

To Find your depth

This exercise in three minutes will start playing games with you...don't let the fingers and the position of the hand move...it's the trick to it. I have done it, I know it and I understand it. No variance in posture for a better-best result. The tragic part of it is within three months [this] is going to relax you and start playing with your nerves one way or the other. Don't worry about it, you will come through. Some people are so powerful they move the world..." –Yogi Bhajan



8:00

O Breath:

Sit straight in Easy Pose.

For both hands, lock the little and ring finger tips under the thumb, and extend the index fingers and middle fingers straight.

The tips of the index fingers are at the sides, earlobe level. Forearms and mudra are perpendicular to the ground, pointing straight up.

Spine is straight, chest is out. Eyes are closed. Make an O of your mouth, and breath through the mouth. Listen to the sound your breath makes.

Crunch your lips to make the opening.

Hold the posture still, the hands do not move.

Keep the posture perfect and concentrate on the sound.

3:30

Chanting Har:

Begin chanting Har. On the 'r', touch the tongue to the upper palate. Chant from the navel, pulling the navel in with each repetition.

Penetrate the chakras. Create the heat, use that power, hammer it out! Strike hard!

To End:

Inhale deep and hold the breath for 30 seconds. Tighten the lips. Control the nose, concentrate on your navel point and line up your energy in a straight simple line.

Cannon fire the breath out, total exhale.

Inhale deep again, maximum deep and lock it, hold the breath for 15 seconds. Fire the breath out.

Relax.



Relax:

Relax.

Comments: "You must listen to the sound of your breath. That is where you will concentrate...in this exercise the greatest beauty is in posture, the hidden purpose is to keep the posture going, so that from arc line the whole body becomes arc line, that's the power of it." –Yogi Bhajan

LECTURE

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We barter the time. Because there is a seminar, which I have to attend, so I thought... oh these are the movies, what they are about?

Student: (----)

YB: Kundalini Yoga? Oh, Alaska has come through, very good, very good, very good. Thanks to me for what? I just remembered the teachings and so you, thanks for remembering the same way, good. Tonight and tomorrow night, it's a special class, one way I want to runaway, the other way I want to teach. So it's between two transitory mind, I am going to share with you something because this is Baisakhi. Hah, let's first talk. You are beautiful, you are powerful, you are young, you are wonderful, you are rich, every aspect of your life is marvelous, agreed. Everything is comfortable or it is not, you can't guess and you can't know. However, what is the aspect of life of spirituality in a man or a person or a woman or a lady. When there is a calamity, if you don't lose your reality, you have your spirit intact. When there is calamity you don't lose your reality, your spirit is intact. When there is a temptation, when there is a?

Students: Temptation.

YB: And you are not it, you are it. Anything you do, anything I am not saying, this thing or that thing, anything you do, you want to look beautiful, attractive, possessive, penetrating, dazzling, anything you do, is the motive is, not you. You

have no soul, it's so bad you can't, there is no word for it. Because whenever you undermine you and you make it up for presenting in a way that it is a saleable quality. You have already sold yourself to yourself. Do you understand what I am trying to say?

But when there is a temptation, any type of temptation, you remain you, through at that temptation, this is your direct relationship between you and your soul. And you shall never lose the game of life. Granted. Third, face, which doesn't have the grace has no life. So whenever you represent yourself, you speak, you talk, you communicate, you relate, you do everything, the standard of your grace is not there to compromise. Three things enough, huh, huh? We are good now. Do you understand?

Now question arises, what should we do that we can understand all this? You have one thing in English called courage. Isn't the life that matters, it is the courage you bring to it. So, live or learn to live courageously. What is a courage? Courage is when your spirit, your soul, talks to you, leads you in life. Not your mind, mind swings. Minds take you from here to there, there to there and body has lot of variances, unbelievable. But it's the spirit, which is stable, which is solid, which is the thing. So when the spirit come through, the beauty of spirit you have courage then and history can prove it to you, history is, that people with courage have stood the time, it, they have, it has, they have stood the Governments the power, earthly, even so much so, the men of spirit have stood the tyranny of heavens. And didn't give an inch.

We talk too many things of commitment. There is a one little story of a little boy of France, Casa Blanca. They say the little boy is a French hero. A comparative to comparatively if life is without commitment, it's a mental prostitution which you all are accustomed to do, simply we don't admit it, calling those who are physically living as prostitute, prostitute is nothing, they are very professional, they understand life. But majority of the people are mental prostitutes and they do lot of things to themself.

But let us talk of a story of a courage. The man, little boy, couple years old. And a friendship started sinking. Captain ordered that everybody will abandon the ship but unfortunately, they did not lower the French flag and this boy stood with the flag mast and went with the ship down. And when the captain from a distant ordered him, he said, "This is a flag of my country and this is a ship of my country, I will not abandon my flag and my country and my ship." Captain had no answer. And he went with it. France has never forgotten that commitment. They still celebrate that as a national holiday, they respectfully understand it.

There are some people in the human body, who had these commitments, courageous commitment. Courageous commitment against impossibility of time and space and they stood their grounds, they lost their human body but they did not lose their courage, they stood well. Now this character, it's very enjoyable, not by anybody else but those who have it. Character is a very enjoyable thing, commitment is a most, marvelous thing, these are not some ordinary things, which all people have. Now, that's why in our life, there is a agony, there is a pain, dissatisfaction and we have mostly not clear. Our affairs do not lost longer because we need character and a commitment. A person with a character and commitment, will undoubtedly will win the trust of everybody, it's known that this guy is not window-shopping. So the face and grace and commitment and character, which a person can represent to the world, surely, brings the human into the brightness of it.

There are some who love God but there are some whom God loves. We take life as very lightly, what is there, yeah, there is not anything, who cares what is there. Question is your character shakable, is your commitment shakable, is your face shakable, is your grace shakable, then you are shaken already. Then nobody will let you live in peace and you are enemy of your own tranquility. To that aspect the men of wisdom, gave human a tool and that's how Kundalini Yoga came into existence. Let us unrelease the reserve the spring power, uncoil it to the man's, let his chakras work in a harmony but I, I am not saying, there are lot of teachings and please go and study them. There are lot of dogs in the streets, there is nothing in it. There has to be ultimately a final teaching one day, where you can be you. You can be anything but you, it doesn't matter. That's why majority of the people are so idiot, romantically idiot, they said the Kundalini Yoga is dangerous. Wow. Well perhaps they are afraid and perhaps it is true because it's a dangerous people who will practice when they do not inspire themself to a character and commitment to that loftiness, naturally leaves a impression with either their practices are wrong. Or they are wrong, it can't be. That's why all people of grace sat together in their oneness and they understood the man at large, doesn't want to suffer. Kundalini Yoga is not to flex your muscle and show your thing and do your thing, now that's not true, please don't misunderstand me. Kundalini Yoga has a basic characteristic and criteria, we do not want to suffer.

Happiness is my birthright, that's the basic fundamental declaration of it. I am not very popular because I cannot sell your gimmicks, I don't have a candy, I don't have ice-cream to go with it and neither I have thirty-two flavors. All I know is, you are handicapped and this knowledge is so handy that it can cap up your nonsense, period. I have never changed from day one, I will never change to day last. It doesn't matter to me, if anybody comes to my class, doesn't come to my class, say hello, doesn't say hello. It doesn't matter to me, I have nothing to sell you. You have to sell yourself, you. You have to become you, you are you in existence but you have not found as you yourself. It should be clearly understood. There is no doubt about your existence, you exist, you have arms and fingers and nails and, you have cheeks and teeth. You have legs and toes and you have body and you have, I think you should be very excited, sexual, sensual, walk naked all the time, who will care all this, you know what this means? You can hang your legs up and head down for thirty-six days and will that certificate something or you can just make a fingertip and say raise and person goes five feet above the ground. See your power, what that mean something? Somebody can send a chair five feet high and can be up. What is big deal? What is that what you are, trying to know and trying to be. There is nothing

more beautiful than you, when you have found you, there is no more tragedy than you, when you are just you. You have to find you within yourself and that is as essential.

Priority and purpose of life is that you must find yourself and you must become real you. Please don't misunderstand, I have lot of fears, so many fears I am right now shaking with the word fear, then what, I have fears, I have fever too, then what I have fever, I have fears and fevers, I have a doubt, I have to go on a route, all this is in life it goes on. But you remain you, in all psychological, sociological, biological, personal, emotional, commotional, everything is there, when everything is there and you are just you within yourself and you have found that depth, you have found your God. You are my teacher, you are not my teacher, if you are my friend, you are not my friend. These are your damn statements who care, sometime you will say, you are my friend, sometime you were not, you are my teacher, you are not my teacher, who cares, does it mean anything? You said that you are my teacher, you said, you are not my teacher. All you have done, added a word not. Thank you. You are and you are not. What is the idea of your values, who the hell you think you are. You are and you are not, first of all point out who are you? Then your word will mean something. When you have not found you, whatever statement you will do, I am your friend not your enemy and I want to kill you, I want to get killed by you, what big deal? Just an expression. Then insanity you made, make the expression true, does that mean anything? No. Do you mean anything? No. Absolutely not.

The tragedy of the story is, that you don't mean anything to yourself. Not at all. Your entire existence is a comparative value, would you like me? No. Do you like me? I think you like me. Say word beggar, going in out being liked and disliked them, oh people hate me, oh they said so, big deal. That's all that means anything? No. So the most precious pranic life you were given, you have just wasted it in comparative study. Did you get your degree, who you are? No. See how good I am tonight? Very good, I am just good and I am just good. I just napped before coming here. So I am unwinding a lecture, to makes you understand. The most precious thing ever happened to you is that you became you and most real thing can happen you will be confined you within you. And what makes you to find within you, is the blessing of the science of Kundalini, the union which is forever between person and ones soul. Penetrating through all the chakras, bringing the awareness in loftiness. I am very grateful that at one moment I was fortunate to learn it. It's not that I didn't learn lot of hanky-panky, I am a very good palmist, believe me, show me hand from a distance I will read it like a book, give me a horoscope I blow your mind. But what the stupid stars can do when you are not you.

There is a book on numerology because I normally sometime put the accountability of a human longitude and latitude, attitude and altitude together and balance it out. You always know what is tomorrow? There is no tomorrow my dear, tomorrow shall become today when it will face you. And if you have not learned to have the mastery of the day, then you can never be my student because two tomorrow when it becomes today, I have to give it a grace. Because yesterday gave me, face and grace. I shall honor my tomorrow. I am honoring my today as I have honored my yesterday, in these sentences is human commitment, it's my honor. Therefore, I shall honor all what I see, feel, hear, touch. Therefore, I shall not fluctuate. People who live in the city knows little earthquake came everywhere put their tails between the legs ran, oh I can't stand it. Yeah, you can't because the earth shook under your feet. And just watch your mind has not found the base of the soul on which it can sit, stand or live on. See how without foundation you are. So let us see if we can practice something tonight for few minutes, to get into our depth. Hopefully, you will enjoy it, if you can't your luck. If you will, your luck, depends upon how you will join it.

Please take these two fingers and hold these fingers and they standard ear, this is called earlobes standard from here put it a straight line like this, straight, your hand must be straight. Yeah, now I am correct. This is not correct, this is correct, hands have to come in a standard with the length of the earlobes. I am not going to measure you, this is what they said in the scripture, so I am just telling you, how good you are at it, it is your problem, that's what is going to be result, be careful, that's very important. Because earlobe is where arc line ends. So these two fingers must be with that standard, like this, chest has to be very out, then only it will be straight and please close your eyes. And please make a O of your mouth O and breathe in and breathe out and listen to that sound which your breath takes.

This exercise in three minutes will start playing games with you. We have just started we have marked the time and we are on it. Standard, just understand, don't let the fingers and the position of the hand move, standardize it, that's all it's the trick to it, I have done it, I know it and I understand it. No variance in posture for a better best result but the tragic part of it is within three months is going to relax you and start playing with your nerves one way or the other but don't worry about it, you will come through. Some people are so powerful they move the world and some people are so powerful, they go to movies, nobody knows why people are doing, what they are doing.

Today, just feel that you have a role to play and script to follow and follow is correctly act out wonderful. So tomorrow may be a new dawn for you with a different experience. You must listen to the sound of your breath. That is where you will concentrate. Yes my friends, watch your posture, in this exercise the greatest beauty is in posture, the hidden purpose is to keep the posture going, so that from arc line the whole body becomes arc line, that's the power of it. And you must concentrate on the sound of breath. Don't disturb yourself with any other thought. Listen to the sound of your breath. Breathe through that little hole, that little O. Crunch your lips to make that O, use your powers. Concentrate. The synchronized lips will help you lot, you can't believe. Concentrate deeply, space out little bit, fly into yourself.

Side B

Concentrate on the power of that sound. Please participate with courage, determination, with commitment, just to achieve an experience. Now with the tip of the tongue you will create the sound of har, har...

(Students chanting, Har, har, har...)

YB: Tip of the tongue. Bring into one action from the tip of the tongue to the point of the navel. Upper palate and tip of the tongue. Watch your hands, don't lose the posture. Penetrate the chakras now, you have the ability now at this moment. Create the heat and penetrate. You and you alone can do it. Power, power, use the power. Hammer it out. Straight, straight hard. You have one more minute, that's all you have. Inhale.

(Students stops chanting)

YB: Inhale deep. Tight the lips, control the nose, concentrate on your navel point and line up your energy as the breath is walking through your body in a straight simple line. In all parallels of the body, you have the mastery of your breath this minute. Cannon fire, exhale. Totally exhale, nothing should be left in the lungs. Inhale again deep, deep, deep, deep, deep, deep, lock it. Fire out, fire out really good. Inhale deep again and relax. You didn't need the third time folks, you were good. That's it. That you paid much less than what you have got. So it's fine, it's not. Too much, if I raise everybody's Kundalini tonight I could have gone that way out. Then tomorrow there will be no need of any student but I have to teach a class tomorrow. Six-thirty, we will do, we will do the same thing. Just relax, relax, relax, just relax, talk to each other and relax two minutes, moment you will be normal I quit. Huh, thank you. Huh? You are very beautiful and that beautiful than your father and your mother, your both parents cannot match you...

Student: Hello, Sat Nam everyone. Tonight you have a chance to win a (?) necklace, a (?) Sahib for your Guru or a tantric necklace. Tonight we are selling the tickets out front, eleven dollars and the proceeds go to benefit Baisakhi, that we just had. And also there is a gurdwara, this Friday night in honor of the Jatedar's birthday at Guru Ram Das ashram. Sat Nam.

YB: Everybody sit down, and Guru Charan will dismiss the class.

Student 2: Please sit down so we can be dismissed. Hah, please sit down one, sit down please we will finish off. There will be a special Gurdwara, Friday night, so we have to get right here six o'clock, right, at the, six o'clock...