

GOD

Stories, Talks, and Aphorisms
by **Yogi Bhajan**

compiled by
Singh Sahib Guru Fatha Singh Khalsa

GOD

Stories, Talks, and Aphorisms
by **Yogi Bhajan**

compiled by
Singh Sahib Guru Fatha Singh Khalsa

Copyright © 2013 Yogi Bhajan

All rights reserved. The use of any part of this publication reproduced, transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, or stored in a retrieval system, without prior written consent of the agents of Yogi Bhajan's estate is an infringement of copyright law.

Published by Guru Fatha Singh Khalsa

www.gurufathasingh.com

Introduction

The Yogi Bhajan I knew was unabashedly a man of God, a man of divine calibre and characteristics. In the tradition of his Guru, Nanak he was also a universal teacher. Yogi Bhajan transformed many, many lives.

My Yogi Bhajan was a master communicator. He could be blunt. He could be subtle. And he knew what to say and what not to say. Yogi Bhajan was a diplomat also.

This Yogi Bhajan lived by faith. Arriving in North America with next to nothing aside from his abiding confidence in the goodwill of his God and Guru, he set forth on a mission of spiritual conquest. By every turn and through every hardship, his faith was duly rewarded, unto the end.

Through his life, Yogi Bhajan sought the fellowship of spiritual teachers and preachers, rabbis and swamis of the east and the west. He befriended two popes, a couple of Anglican archbishops, Sufis and Buddhists, Jains and Shintos, humanists and atheists alike. In the eyes of Yogi Bhajan, God was present in one and all.

While cloaked, somewhat reluctantly, in the regalia of religion, Yogi Bhajan spoke frankly about the abuses of religion, the willful blindness, the arrogance and sheer disfunction that often accompanies holy office. Yogi Bhajan saved his toughest criticism for his fellow Sikhs, wallowing in the mud of the world. He was no friend of conventional religion.

Though English was not his mother tongue, Yogi Bhajan was a willing instrument of divine inspiration. When he spoke to a room, everyone there felt he was addressing their traumas and challenges, personally. Yogi Bhajan gave his students new names, each befitting their individual character and promise. He wrote poetry also, poetry of many voices, a book in English and another in his native Punjabi, with English translation.

Like all great spiritual teachers, Yogi Bhajan challenged the norm and discomfited the comfortable. “God,” I have heard him say, meaning the 'God' people use as an alibi for the weak and a justification for oppressors, “can be found in the English dictionary.” But the real God, the loving God, the all-powerful God, he taught, does not practically exist at all until you dedicate yourself to living in a holy consciousness.

I compiled this collection to honour the memory and inspiration of the great master in the best way I know, by keeping his teachings and illuminations alive and in circulation.

CONTENTS

THE STORIES

If God Comes Before You	3
The Job of a Woman	4
The Boulder	5
To See God	6
The Soldier's Wife	8
The Sparrow	10
The Three Divine Realms	11
The <i>Khalifaa</i> and the Sufi	12
“Never Ask a Question”	15
God is Exactly as Crazy as You Are	17
Abraham and the Angel	18
My God, Your God, Our God	22
It Doesn't Matter Who You Are	23
Making God Appear	25

NUGGETS OF UNDERSTANDING

Compassion	29
<i>Japa</i>	30
This is the New Era	31
Don't Beg!	32
God is a Total Relaxation	33
The Experience of Infinity	34
Where the Man of God Goes	35
There is No Fun in Finding God	36
You are Holy, But You Don't Want to be Holy	37
God is Not Above Us	38
Prayer	39
Call on Him	40
Duty	41
The First Requirement of a Man of God	42

The First Gift of Higher Consciousness	43
The Hypocrisy of Religion	44
Live in Love of God	45
God is as You Relate to It	47
Don't Blame God	48
Talk to Your Soul	50
Man is Supposed to be Happy	51
To Live in Pain is to Deny God	54
Mother Nature is a Spanking Mama	55
Let God Be Felt Through You	56
We Are Tied Down By Our Own Fears	57
We Have Been Told That Giving is Bad	58
Be About God	59
The Power of Mind	60
Recognize God	61
You Are Not Greedy Enough	62
Man is More Infinite Than God	63
You Can Passionately Serve Compassion	64
Three Miracles	65
Don't Be Sorry	66
Everybody Has Exploited God	68
Remember God	69
The Spiritual Nation Called "America"	71
How Can I Sin?	72
The Purpose of Religion	73
See God in One	74
Let God Be Free!	76
You Don't Have to Worship God	77
Don't Underestimate Your Existence	78
<i>Sadhana</i>	79
We Offer Ourselves to God	80
When You Get Up in the Morning, Bless Yourself	81
Share God	83
You Play Games	84
There is No Such Thing as God	85

The Use and Abuse of God	86
God Should Be To You Like a Teddy Bear	88
The War Within	89
God is a Showpiece Which We Use to Impress Others	91
Religion is a Body of Exploitation	92
Give God a Chance	93
The Universality and Closeness of God has to be Understood	94
The Time Has Come	95
The Sacred Sound	96
You Insult God In Many Ways	97
Ask for the Heavens	98
Patience Pays	99

LITTLE GEMS 101

Glossary 118

Acknowledgements 120

References 121

Subject index 125

THE STORIES

IF GOD COMES BEFORE YOU

Once my grandfather said to me, "Come, I want to tell you something very private and very personal." Then he took me on a long walk. It was a very tiring walk. Who wants to walk five miles early in the morning, you know? But I thought, "Why..."

After we reached that place where he used to sit and do all his things, he meditated, he did the whole thing, and he told me. He said, "Are you tired?"

I said, "Yes, I am."

He said, "Then you are very good to listen. When a man is really tired, he can be very good and he can concentrate. Now listen to me."

I said, "Okay, I am really tired. I have no place to go, no idea, thought... At this time, all I want is to sleep, and I am willing to listen."

He said, "Don't bother. You will not be tired after you listen to this."

I said, "Okay, grandpa, tell me. What is it?"

He said, "Suppose just now God appears to you right this minute, almighty God, whatever you imagine about him."

I said, "Then what?"

He said, "What you will ask him?"

I said, "Nothing."

He said, "What you will do?"

I said, "I have not figured it out yet."

He said, "Well, that is my problem. My grandson has not figured out if almighty God comes to him to have audience with him, he doesn't know as a Prince of Wales what to do! I am a very sad man."

I said, "Well, I will bless him."

He said, "That's it. You should have said it the first time. One thing to be a Sikh of the Guru is if the God comes before you, immediately bless him and tell him: 'Go and work elsewhere. I am okay.'"

You've got to tell your children and my grandchildren the same thing. We don't seek blessings. We bless people. That is the role you all have to play. And that is the role you are destined to, and if you shall not play that role, you shall not be here. Then you must rot by the fate and not be blessed by the destiny! That's how it is.

“THE JOB OF A WOMAN”

When Harbhajan Singh was the ripe age of four, his grandfather said to him, “Will you have a goal in your life?”

“What do you mean, grandpa?”

“Everyone must have a goal, something they work to achieve or become. Without a goal to work towards, and without reaching that goal, a person cannot be happy.”

“Grandpa, what is the secret of it?”

“Imagine and reach for the highest. It should be so high that even God should imagine He’s one degree below that. This is what is humanly possible. Then a person has to try and achieve it.”

“And what if we can't make it?”

“The secret is, then God Himself makes it in your body.”

Afterwards, Harbhajan Singh asked permission to go and eat. Then, he found his grandmother and began to ask her questions. What he really hoped was that he might provoke his grandma to fight his grandpa, because he could not believe anything might be bigger than God.

“Grandma, answer me one thing: Can anybody imagine something more than God?”

“Yes,” she said.

“What is it?”

“A graceful woman.”

“What do you mean? How can a woman be bigger than God? Isn't God bigger than anything?”

“Do you know Guru Nanak?”

“Yes, he's my Guru.”

“It was some graceful woman who was blessed to give birth to him. Whenever the Mother Earth thirsts for dignity, divinity and grace, it is a woman who becomes blessed to bear in her womb a saint, hero or giver to uplift the humanity and take them through the challenge of the times. Mother is everyone's first teacher, and without a graceful woman to inspire goodness and loving kindness, there could never be any incarnations of God. God would never take a human form. This is why I say, a graceful woman is greater still than God.”

THE BOULDER

Once, Harbhajan Singh, the government officer, was taking a jeep through the mountains of Kashmir. He and his driver were coming down a hill when a mechanical situation arose which neither of them could have wished for. The brakes failed. The hill ahead continued at a steep incline for about a thousand feet. Off the road, was a precipice and a three thousand foot drop. What were they to do?

In that awesome moment, Harbhajan Singh heard his driver say out loud, “O God, O unseen God, protect me!”

Seconds later, a large boulder appeared, looming straight ahead in the middle of the road. The car struck the boulder and came to a sudden halt. The officer and his driver looked at one another.

Harbhajan Singh spoke, “Look. Do one thing. Let us take this stone and put it in the back of our jeep.”

“What?”

“This is God!”

“How come?”

“Dummy! Don't you see that this stone is the only thing which came to our rescue? No man came and no mechanical thing happened. Only one boulder came right in the middle of the road. It stopped us. The car hit it, and now that boulder rests right here before our eyes.”

“Really?”

“Yeah. Pick it up. Let's put it in the back of the car and keep it as a reminder that God can appear as a beautiful stone to save two lives plus a government jeep.”

TO SEE GOD

In the course of his duties at Palim airport, Harbhajan Singh witnessed a growing procession of Westerners passing through India's gateway to the world. They were rock stars and celebrities, and more often they were simple young people seeking some kind of truth they had not been able to locate in the West.

They made their ways northward from Delhi, sometimes in well-appointed coaches, but usually in the ordinary crowded buses most Indians used. Sometimes they had an address or destination. Sometimes they were led by a haunting intuition. Mostly, they turned up in the holy cities of Haridwar, Rishikesh and Benares – among crowds of saffron-robed swamis, half-naked sadhus, devotees, and tourists like themselves.

Sometimes they would be taken in by a solicitous monk and spend their whole holiday in an ashram, eating simple food, taking in different sounds and sights and ways of being understood. Other times, they might stay a couple of months or more and be taught a few yoga kriyas or be given a "secret" mantra.

Mostly, sooner or later, they found their way back through the timeless continent's gateway to the world, a little skinnier, a little poorer, a little anxious to be back in the hubble-bubble of their familiar Western ways. Seeing this endless stream of tender aspirations, day after day, saddened the worldly-wise Harbhajan Singh.

Once, Yogi Harbhajan received a call to come home because of an emergency. He hurried home and found that he was urgently needed at the Vishwayatan Yoga Ashram.

Arriving at the ashram, Yogi Harbhajan went there and found Swami Dhirendra Acharya.

The emergency was that a young Portuguese woman had come to the ashram wanting to see God. As it happened, India had poor diplomatic relations with Portugal, so the woman was not permitted to remain in the country. That meant she had only a short time to see God.

Swamiji said, "I do not want to deal with this insane woman. She is from the West. You deal with her. She wants to find God."

"What is the difficulty? You could have shown her God in one second."

"Forget it! This nonsense... Who wants this insane white woman? Get rid of her somehow. Talk to her in English. I can't talk in English."

"No. No. I will not talk in English. I will give her God."

"How?"

"Just wait. Wait. But after that, my condition is I have to go to my job. You won't detain me for showing God to somebody else."

"Okay," agreed Swamiji. "Just one God, and it is over with."

"Fine."

The woman was brought before Yogi Harbhajan. He told her to go take a bath and get prepared and pretend to be holy.

“Just understand,” he told her, “this is one moment, if you miss it, you will never find God.”

The woman agreed and took a bath, then dressed herself in an orange robe and sat before Yogi Harbhajan.

He said, “Look in my eyes.”

She looked into his eyes.

“Now you close it. Close it. Now you live. Right? But don't fight. Live. Live! Don't fight!”

“How?”

“Put your hands in the back, and lock them.” Yogi Harbhajan put her into the posture. Then he took his hand and stopped both her nostrils and her lips.

Time passed...

She wanted air.

More time passed...

She began to realize that she desperately needed to breathe.

Time passed slowly...

Slowly...

slowly...

SLOWLY...

Her mind raced wildly. Finally, the woman focussed all her strength and wrenched her mouth wide open. “*GOD!!!*” was all she could say.

“You got it! That's all it is! When there is no hope... the hope in no hope, the love in the unloved, the unknown in the known... That is God!”

Still recovering her breath in deep, convulsive gasps, she beamed a grateful smile, “Thank you!”

THE SOLDIER'S WIFE

There is a very simple story. There was a woman who married a man that she was really in love with. The moment they got married, the orders came calling him for active duty, so he left for a non-family station.

She was left alone. She started to talk to the air, the moon, and the stars. She would send messages by them. Eleven years passed. She was so into it on a practical level that she could spot him, could feel him, and could understand him, even at such a distance.

The twelfth year came, and a messenger from the king came saying that her husband was coming back. "He is now a general, and we are very grateful to him," they told her, "so we would like you to come to the palace, so that he may be honoured along with you."

The messenger couldn't believe it, that she was already dressed and packed. She said, "I am ready."

He thought to himself, "I am minister of defense. The king told me to come personally. I know that no one else knows about this. So how come she is ready?" So it was a kind of funny situation he felt, but he took her to the palace anyway.

A whole party was to happen. They wanted to introduce her to the whole system – how the people were going to come, how she was going to stand, how he was going to be received, and so on.

She said, "I don't need to know all this. I already know what's going to happen, and I'll be perfect."

Then the minister said, "Would you like to read about his great acts? We have made a book out of it."

"Does it talk about the time that bullet went through his heart and he just pulled it out and came back fighting? And then there was that time he had six bullets in his back at such and such spot, and he pulled them out himself, and then he went and single-handedly attacked these troops, and then he did this and that. Is that what you mean?"

He said, "Yeah, all those things. How do you know about them?"

She laughed. She said, "How could I not know about these things? I was fighting with him all these twelve years. I was healing him. And still, I tell you, there is one piece of wood near the hipbone that I couldn't take out."

The minister became a little worried, thinking that the last twelve years had made her crazy. He thought that she might have been thinking too much. She might have gone crazy, but everything went perfectly. They met each other again, and it was perfect.

Finally, they were given a place to live. After they were alone, he said, "I am alive! It is true."

She said, "Wait a minute. There is something I have to do. Turn on your belly." And she put her hand in and took that splinter out.

He said, "How did you know there was a splinter on this side of my hip?"

She said, "My love, I stood by you for twelve years, day in and day out. For twelve years, I would meditate on you, and my meditation would heal you miraculously. I would tell

you where to attack. I would give you intuitive information. It would tell you what was what.”

The husband was amazed. He said, “You meditated on me? You should have meditated on God!”

And she laughed. She said, “Fool, do you think my meditation would have worked without God? I meditated on you and my love was so pure that the pure power of God kept you alive all these years. You died a million deaths, but still the god of death couldn’t touch you, because my constant mediation on you guaranteed that God had to stand behind you. Don’t try to undermine the power of God. I am nothing. God has done it all.”

THE SPARROW

There is a very beautiful story about a man who did a lot of weird things. One day, he called to everybody, “Hey, folks of the world, you think I am a sinner, but God is going to come to take me to heaven.” He sat down and closed his eyes, and there he died.

The people heard the divine music of the heavens, and they couldn’t believe it. So they went to a holy man and said, “How could this happen to this man?”

The holy man said, “Simple. One day, he was walking. Somebody shot a sparrow. The sparrow didn’t die, but got injured. He picked up that little bird as the risk of his life, healed that sparrow – and it took him about two months to do that – and when he let the sparrow fly, it said, “God.”

The other people said, “We don’t understand all that.”

The holy man said, “It is very difficult for the egocentric maniac to understand that in that little sparrow God dwells equally as much as he dwells in anything else which is created. That man had the consciousness to see the essence in that creature.”

THE THREE DIVINE REALMS

Once a holy man devotedly praised the Lord. God appeared before him and asked, “What do you want?”

He said, “I’ve got one question, but I can’t ask it here on this planet. I’d like to go and sit and talk to you where you live.”

So God said, “So it shall be. Let us go.”

With the purest light, he sat down and said, “God, I want to know one thing. I understand there are 8.4 million existences that you have created, and that ultimately everything is transformed into man. Well, if this is the case, then why go through all the hassle of the other incarnations?”

God said, “It is very simple. Through the vegetable kingdom, I teach a person to be creative and obey the law of nature. Through the animal kingdom, I teach a person to obey the law of nature and of instinct. Finally, I create the human to obey the law of nature and the law of sacrifice.”

He said, “Wait a minute. Why must the human sacrifice?”

God said, “Because ultimately the human has to leave his abode, as you have left for my abode. Nothing comes to me until the soul is purified with sacrifice.”

THE *KHALIFAA* AND THE SUFI

There is a wonderful and painful story I would like to share with you. Muhammad was the messenger of God, and people remembered him as the messenger of God. After he died, there was *Khalifaat*, and his lieutenants were the highest religious authority.

There was a very beautiful Sufi person who got enlightened, came out, and said, "*Al-haq, al-haq*, I am the truth, I am the truth."

If anybody says, "I am *Sat Naam*, I am *Sat Naam*," you would pick up the sticks, saying, "God, the guy is crazy!" So they held him and took him before this *Khalifaa*. They said, "*Khalifaa*, this man says '*Al-haq*, I am the truth.'" If he is the truth, then who is Muhammad? Muhammad was a messenger of truth, but he says 'I am the truth.' It is against the religion."

The *Khalifaa* called him and asked, "Who are you?"

He said, "*Al-haq*, I am the truth."

The *Khalifaa* said, "What type of truth?"

The Sufi said, "No type of truth. I am the truth. You know types. I don't know any type. I am the truth."

He would not listen to anything, so the *Khalifaa* said, "The guy is crazy. Let him go. Let him say 'Al-haq.' It doesn't bother anybody."

After a week or so, they again called on *Khalifaa* and said, "What are you doing? He is spoiling everyone. Now our kids are chanting '*Al-haq*.' Everybody in the town is '*Al-haq*!' What is this nonsense? He is starting a new religion!"

The *Khalifaa* said, "What should I do?"

They said, "Kill him! He is spoiling the whole discipline!"

The *Khalifaa* said, "Well, he is a young man; call his mother." So they called his mother.

He said to her, "Oh mother, he is your son and I don't want him to get hurt. He is doing this weird thing. Can you help me tell him not to do it?"

The mother said, "*Khalifaa*, are you a Muslim?"

He said, "Yes."

"You believe in Muhammad?"

He said, "Yes."

The mother said, "Did the mother of Muhammad tell him not to speak the truth?"

He said, "No."

The mother said, "How do you expect that from me? Why do you expect that I will tell that to my own son? If he is truth or he is not, I have always seen him as truth."

Now the *Khalifaa* was totally caught. He said to himself, "My God, I thought she would help me, but she has created another problem. Now she is certifying that he is the

truth. This is very serious.” To the mother, he said, “Lady, I will not let him say anything because he is obnoxious and unreligious. You are the one who gave him birth. You will die.”

So he punished her by death. The Muslim way is to tie the person's hands and legs and nail them with ropes into the sand, do not give them any water, and in two or three days the person dies a painful death. He ordered that, and in three days this poor lady gave up the breath of life.

The *Khalifaa's* men told her son, “Go and collect the body of the your mother. She is dead.”

He said, “*Al-haq*. I am the truth, I am the truth, I am the truth.” The son came there and saw the body of his dead mother. He untied the ropes and said to his mother, “Oh mother, you have died for the truth. Rise!”

The mother would not rise. He got very angry and said, “In the name of God, rise!” Nothing happened.

He said, “In the name of the great truth, arise!”

Nothing happened.

Then he got mad and said, “Oh Mom, I am the truth. Rise!”

His mother came up like a spring and said, “What did you say? *Al-haq?*”

Her son said, “Come on, walk with me!” So mom and son, “*Al-haq, Al-haq,*” went to the *Khalifaa*.

When the *Khalifaa* heard the story, he ran away on his horse because he was so afraid. The horse struck one stone and fell. The *Khalifaa* broke his neck on the spot and died.

The people asked the Sufi, “Where are you going?”

He said, “I am going to the *Khalifaa*.”

They said, “The *Khalifaa* has run away.”

The Sufi said, “Where can he go? I will go where he has run away. I am going to take my mother to him.”

All the townspeople followed this guy. He went there and saw that the *Khalifaa* had died by falling off his horse. All the people stood around and he said, “Wait, wait.” Then to the *Khalifaa*, he said, “Oh *Khalifaa*, in the name of Allah the merciful, rise!”

Nothing happened.

He said, “Oh *Khalifaa*, in the name of that great truth, rise!”

Nothing happened.

Then he said, “Oh *Khalifaa*, I am the truth. Rise!” and the *Khalifaa* got up.

(So God has many ways, but God has only one way: those who give themselves to God become God because originally we all are part of God. It is only living like that, practicing this thing. It is not by chanting “*Angsang wabeguru, angsang wabeguru..*” and when a rat comes into the room, you say, “Ahhh! Momma, poppa, please come!” “What?” “A rat is here!” No, this does not work. “*Angsang wabeguru*” means that rat is equally a *Wabeguru* as you are a *Wabeguru*. The tree is a *Wabeguru*. The stone is a *Wabeguru*. With *Angsang*, in every facet, there is nothing but *Wabeguru*.

Wabeguru means wonderful God. Wonder: *wah, wah, wah...* It is a wonderful word. How many thousands of years have gone by and nobody could ask “What is wonderful?” Everything is wonderful. *Waab waab kaa ki-aa tamaashaa?* This is a whole drama of wonder because God is wonderful. God is wonderful. His creation is wonderful. His creatures are wonderful.)

“NEVER ASK A QUESTION.”

Somebody once said, “I want to be your student.”

“Sure. You can become my student.”

He said, “What do I have to do?”

I said, “Wrap up.”

He said, “What?”

I said, “Everything.”

He said, “What is the first gift I have to offer?”

I said, “You. Wrap yourself up and come.”

“What do I have to do?”

I said, “Nothing.”

He said, “Well, there must be something I have to do.”

I said, “How fast do you want to be divine?”

He said, “Right away.”

I said, “Never ask a question. Just obey.”

“Sir, where can I meet you?”

I said, “This Friday, I will be in New York.”

So the guy came in New York. He said, “Remember I telephoned you?”

I said, “I remember. I heard the voice. I recognized it. You want to be my student?”

He said, “Yeah.”

I said, “You want to be divine right away?”

He said, “Yes.”

I said, “Say it.”

He said, “I want to be divine right away.”

I said, “Be so.”

He said, “How?”

I said, “I told you one condition between you and me is don’t ask questions! *How? Show? I don’t know...* This is all bogus! This is not required. You said, ‘I want to be divine right now.’ I said, ‘Be so.’ Finished. No further dialogue.”

“That’s it?”

I said, “Yeah. That’s it. That is how you become divine instantly.”

He said, “It is very difficult?”

I said, “No. This is all intellectual gossip. You can go on discussing with me. When I went to my teacher, I told him, ‘I have come to study with you.’ And he said, ‘Do so.’ I never asked anything else.”

GOD IS EXACTLY AS CRAZY AS YOU ARE

One girl came to me. She said, "I am pregnant."

I said, "Congratulations!"

"No, no, no. I am very ashamed."

"What for?"

"I got pregnant!"

"Pregnancy is a very good thing. Thank you. You got pregnant. Have fun!"

"No! *I'm not married to him!*"

"This you should have thought of earlier. This is a late proposition. Married or not. When you have sex, you get pregnant."

"What should I do now?"

"Get an abortion."

"I can't get an abortion! It is a bad thing to do!"

"If you get a pimple, what do you do with it?"

"I'll remove it."

"Well, that's all it is! There is a little pimple inside you. Take it out."

"*Why are you saying that to me?*"

"That's all it is about. I am not going to say to you something different, because the soul doesn't enter up to the one hundred and twentieth day. God is very merciful. He knew we are crazy. God is aware of that. I mean, it is a known fact to him."

Do you think God created us in his own image? God is crazy too!

And when I say that, they say, "What kind of holy man are you?"

I say, "Well, that's the kind of holy man I am."

God is exactly as crazy as you are. He is as much a freak as you are. He is as much corrupt as you are. Because you *are* God. You are in the image of God. There is no different God than you.

I am sorry to tell you on the Easter Day because you think "gotta go up, you know, like a balloon..." You are bums! There is no such thing up there! *It is right here.* You don't believe it.

ABRAHAM AND THE ANGEL

You know there was an angel, and Hazrat Abraham just got up and he found this angel writing a list. And he asked him, “O angel of God, Azrael, what are you writing?”

He said, “Go to sleep! Don’t bother me. It is a long work to do, and I thought your place is cozy and silent and I could get the solitude here, and you woke up.”

He said, “Well, I will go to sleep. That’s not a problem, but if you let me know I’ll not have any more anxiety.”

He said, “This is a list of people who love God and I have to compile it and take it to God tomorrow.”

He said, “Oh by the way, is my name there?”

He said, “Shut up! I told you to go to sleep! There is no name of yours there. You don’t love God! Go to sleep!”

Abraham, as obedient as he was known to be, he went to sleep. The next morning, everybody said “Hello!” to him because he was head of the tribe. They said, “You look very bright today, Abraham.”

Abraham said, “Yeah, last night an angel came and it was a great experience and he said ‘Go to sleep!’ and I obeyed. And perhaps in that obedience I am just enjoying my day.”

They said, “Well, what he said?”

“Well, he told me to shut up and he was not nice.”

“Well, what he was doing there?”

“He said, ‘Well, I thought your place has solitude and is peaceful, and you woke up, and you go to sleep!’”

“Oh sir, tell us what he was going to do!”

He said, “He was making a list of all those people who love God.”

They said, “Well, did you ask him if your name is there or not?”

He said, “Well, the first thing I asked was that!”

“And what he said?”

“He said, ‘Shut up! You don’t love God! Your name is not there! Don’t even ask for it!’”

And everybody said, “Oh forget it! You know, if your name is not there, we don’t have a chance! Forget it!”

(It is the same thing: “If Yogiji cannot do it, we cannot do it.” Actually, the fact is if Yogiji cannot do it, you should be in a position to do it. Yogiji is fifty-eight year old, going away person. You are coming in, and don’t blame your conception of power. And don’t deceive your own maturity. And don’t insult your intelligence.)

So the day went by, and the next night came. Hazrat Abraham just opened his eyes a little. He wanted to look. He saw the angel there. He wrote something, then after that, he

was just of sleepy. Hazrat Abraham felt, “What should I do?” He looked around and he said, “Who’s there?”

And he said, “You know who’s there! What do you know? Go to sleep!”

He said, “What a minute! What list you are making today?”

He said, “Well, it’s a very small, little. I have no work. Okay, you want to talk? I can talk. I am free today.”

He said, “Oh, what list is this?”

He said, “Oh, it’s a very special list, most sacred, and I have compiled this list.”

He said, “What you are compiling?”

He said, “The name of the people whom God loves.”

He said, “Oh, forget it!”

He said, “What do you mean ‘Forget it!’ What are you talking about?”

He said, “Well, you know, yesterday you made a list of people who love God and you told me my name is not there and not going to be there. The question does not arise. And now today is the list, the heavy duty list, where God loves people. I should be a very bad fool even to ask you that question. I can’t even ask you if my name is there!”

He said, “*Damn it, yours is the only name! Everything else is empty! Don’t you see it? Yours is the only name, Abraham!* This list has no other name and God loves you. And I selected this place to let you know.”

He said, “I don’t believe you!”

He said, “*That’s the tragedy! I am the angel Azrael and you do not believe me! I do not deserve that contact which you have created with God!* Now God has to come and talk to you. I am nobody.”

He said, “You know, I don’t deal through agents. Good and bad I may be, I am sorry for that, but the fact is...”

He said, “*Don’t you recognize me? I am the angel Azrael!* Don’t you understand me?”

He said, “Gabriel, Azrael, God has so many millions of them. And God, they play their games! You know my problem is I love you. I respect you. I let you use my place, but the fact is I believe in direct communication.”

Azrael went, took the list with him. The next day, Hazrat Abraham started walking, talking slowly to himself. He sat on a stone watching his people grazing the herds. And then the clouds, you know that drama, you can understand, clouds started curling up and the sun broke in and it said, “Abraham!”

And he said, “What?”

He said, “Well, I want to talk to you!”

He said, “Well, because you are God you can talk to me from the top?”

He said, “Yeah!”

He said, “No, come down and we will sit face to face!”

He said, “I can’t!”

He said, "Well then there is no need."

And God said, "Well what do you mean? You told Azrael you wanted to talk to me!"

He said, "Well, I told him, but I didn't say that I have to talk to you from that height! I can't go up. I don't have the wings to go up there where you are."

He said, "But I can't come down!"

He said, "I don't need that kind of God!"

(Gurbaanee: *Aisa shau na keejee-ai ama chota-ee-ai*. Don't have that banker. You accept him and then let suffer. Don't have that Guru for which there is no consciousness. Don't have that teacher for which you have to look around for answers. Gurbaanee says this.)

And he said, "*Well, I am God!*"

He said, "God bless you!" That is where the sentence "God bless you!" came.

He said, "What do you mean?"

He said, "I am not going to talk to you! I don't want that kind of God which talks to me from the sky! Come down on the Earth and let us talk! If you want to talk, I want to talk. But I want to see you too! Talking is not enough. Seeing is part of talking. Talking is part of seeing."

(Communication is through all senses: through eyes, through ears, through lips and through tongue and through skin. Action, reaction and peace, tranquility. It is a communication. It is a law of communication. It cannot be changed. When you don't talk, you are exercising hate. You don't talk, you are exercising cowardice. You don't talk, you are exercising your shallowness. And when you talk, you are exercising your untruth. You may be boasting. So process, procedure is the same. What the consciousness behind it is, that decides the version.)

So basically, God appeared before Abraham. He said, "Let us talk!"

He said, "Wait!"

He said, "What do I have to wait for?"

He said, "What is gone wrong God today? What is going on with you? First you were talking to me from the sky. The first two nights, you sent that angel. And now you are here, and now what is this situation you are so itchy about? I understand God is a very calm and peaceful and nice thing, but you are pretty fast today!

He said, "What do I have to do? I want to talk to you! I am so eager!" You know, love is a very powerful thing. It wants to contact, you know, and God was itchy. He is right before the love and the love is not going to talk. It is a very, you know, irritating situation.

He said, "No, no, no, no! Just wait, wait!"

He said, "What do I have to wait for?"

He said, "Could you please wait?" He spread his shawl and put the food out and he sat down, and he said, "Come on, please sit down!"

And God said, "What do I have to do that for? I want to talk to you! Urgent!"

He said, "First we will meditate on God."

He said, *"I am God!"*

He said, *"Then I am meditating on you! Can not you meditate on yourself for God's sake? You sit down and you meditate on God with me, though you are a god. But if you cannot meditate on you then I cannot meditate on you. Sit down!"*

And they say God sat down and God meditated on himself. And after that meditation, Abraham said, "Thank you, God."

And God said, "Thank you, God."

And then Abraham broke the bread and gave half to God, half to himself, and he said, "Eat."

And God said, "I don't eat."

He said, "Then what is it? I eat. You are God. You eat!"

And they said God ate. God broke the bread. God ate. God meditated on God. And for the first time, God learned that man can teach him to meditate. For the first time, God learned that from the heavens, he can come to the Earth.

MY GOD, YOUR GOD, OUR GOD

Once I met a Jewish friend. He said, "In which God do you believe?"

I said, "Yours."

"Now how can you believe in my God and not be a Jew?"

I said, "That's your problem, not mine."

He said, "What kind of God you have got?"

I said, "I've got one God."

"What does he do?"

I said, "He belongs to all and takes care of the Jews, the Christians, the Buddhists and everybody."

"What does he do for you?"

I said, "He does nothing for me. I do a lot for him."

He said, "What do you do for him?"

I said, "I'm just grateful to him that he gave me an understanding that my God can belong to all and I can belong to all. And I still can have my God."

My God, your God, our God, by God – they don't know what God is! That was the longest speech I ever made and I won the prize at Cornell University.

IT DOESN'T MATTER WHO YOU ARE

This person came to me and he said, "I want to know God. Give me an experience!"

Now how can you give an experience in one day? The next day, he was going to go.

I said, "Well, I can give you an experience if you are willing for it."

He said, "I am willing for anything. If you want money, I can give."

I said, "Forget that! Those things are just for Earth. Let's talk of heavens."

He said, "What?"

I said, "For one day, see God in everything as unkindness, as ugliness, as treachery, as debauchery, as ill will and total insecurity. and be the opposite of it."

He said, "How come?"

I said, "When you have a coin, you see one side. You have to see the other. What you think of God is all positive. So think of God as all negative and be positive. It will test out whether you have found God or not."

You know, in a couple of hours, he came back and asked me. He said, "God, it is very difficult. I have been brainwashed."

I said, "Who told you?"

He said, "I know I am brainwashed."

I said, "With what? Soap? What is the use for your brain? How did they wash it? Did they take the skull off?"

He said, "No, no! I don't mean that."

I said, "I would love to be brainwashed. If somebody can wash my brain, I will be great!" because sometimes you have to brainwash yourself by yourself. You have to use self-discipline, self-hypnosis, self-knowledge, self-kindness, self-grace and self-understanding to understand one thing: It doesn't matter who you are. It does matter what you deliver. It doesn't matter who you are. It does matter what you are carrying with you. So carry the flag of the Guru and take the name of God.

MAKING GOD APPEAR

This guy, this student of mine said to me, “Are you a yogi?”

I said, “Yeah, people say so.”

“Are you or are you not?”

I said, “I am, but it is not for you.”

He said, “No, no, I want to find a yogi.”

I said, “What are you going to do with a yogi?”

“I want to see God.”

I said, “That’s it?”

He said, “How much it will cost?”

I said, “Well, I don’t think it will cost anything, but we can try.”

“How God appears?”

I said, “I will make God appear. Will you be alright with that?”

He said, “Fine.”

I said, “Okay, let us go.”

So I sat in his car. I said, “Keep driving, but you have to do one thing.”

He said, “What?”

I said, “When I say ‘Go!’ go! When I say ‘Stop!’ stop! Is that the condition?”

He said, “That’s it.”

Now on Sunset Strip there are intersections. So on one intersection, it was a red light. I said, “Cross it!”

He crossed it! Nothing happened. And I was praying to God, “Hurry up, man! This is too much!”

Then there was another light. It was red. He was supposed to stop. I said, “No, cross it too!”

He said, “This too?”

I said, “Yes!” And he crossed that.

Well, God appeared. We were about thirty yards. This came “Tooon, tooon, tooon, tooon, tooon” and pulled us on the side. And the policeman was there. We told him exactly what I was doing.

And I said, “You can totally give him a moving violation. He has crossed two red lights on my saying so. You can also book me on it.”

And he thought it is all such a joke and we are so spaced out. He said, “Are you foreigners?”

And I said, “Yes.”

He said, “Okay. Go, go! I don’t want to give warning tickets.”

So when we came around, he said, “What is it?”

I said, “Son, you can cross one red light. You can cross a second, and like that policeman, God will appear. If you have good virtue to talk and you have credit to yourself and you are truthful as we were, he will let you go out of mercy. But when you lie with him, he will send you through circles. Do you know what he would have done for crossing two red lights and disobeying traffic laws? He would have even lifted your licence. You could not have driven.”

After seeing that God, he is still seeing it.

NUGGETS OF UNDERSTANDING

COMPASSION

There is no initiation on this Earth more powerful than the truth and the truth comes out of compassion. Even God appears in compassion. Why God becomes Ram? Why Buddha? Why Guru Nanak? What for? All scriptures say one thing: out of compassion.

Man, if you can come on Earth out of compassion, why can't you have the compassion? What has gone wrong with you? If God can be brought on Earth because of compassion, what has gone wrong with your compassion?

Compassion comes from where? From the totality of the five *tattvas*. When man is compassionate, he is God, G-O-D. Compassion is the quality which binds the God. It is the quality which makes the man a god, a self-realized man, a God-realized man.

A man of God is nothing but a total living compassion. And everything else is a ritual. It is a hanky-pank talk. It doesn't solve the problem of humanity, and that is why we are going in circles, again and again, again and again, again and again.

Self-surrender does not mean anything! "O, I belong to my Master!" You are hooking with a compassion? Not at all. You are hooking with a passion! You are emotional and you are finding some teacher as an outlet of your emotions. That doesn't make any sense!

JAPA

The mind has to be given the medicine of thought. Higher thought is the medicine of the mind that allows it to help itself cure itself. Otherwise the mind is a shattered piece of glass. That is why we do the *japa*. *Japa* is calling on 'Sat Naam, Truth is Thy Name'. *Japa* is calling on energy beyond us.

The moment we know and experience that there is something beyond us, we are connecting with God through the power of our thought wave. And, dear friend, on this Earth there is nothing except God. The intellect will generate thought waves anyway. Why not beam these thought waves to God?

THIS IS THE NEW ERA

Now the Christianity will not live, but Christ-consciousness will live. Buddhists won't live, but the Buddha will live, the eternal wisdom will live. The religion won't live, but the original way of human life will live. The seekers of truth will live, but the commercial religion won't exist.

This is the new era which shall prevail as the Will of the Creator. Man will live in his soul and his consciousness in the unity of love of the man. Again now man will regard and respect the life-giver - and that is the woman. Now the "chick" won't live, but a graceful woman will live. Now the man who was an animal in passion won't live, but a compassionate, graceful, protecting man shall live.

It doesn't matter whether all will practise the righteous path or not, but there is one path only and that is the path of righteousness. All can walk on it. A Christian who will experience Christ-consciousness will live. A Buddhist who will reach the *maha satya* (great realization) of the Buddha will live. A Sikh who will reach the righteousness of the Guru's Word shall live. A Hindu through his humility who will see God all-pervading, shall live. And a Muslim – the word "Muslim" means humble – who shall not hate and kill others in the Name of Allah, but who shall see Allah. That Muslim will live who will believe there is One Creator and One Destroyer and who will not think of other people as *kafir* (unbelievers).

DON'T BEG!

So long as you want to acquire something, you will require something. So long as you require something, you are a beggar! And you lousy beggars, God has created you to become great! Don't beg! He will give to you. He knows all! Praise the Lord. Don't be silly.

After practicing Kundalini Yoga, if you pray for yourself, you are crazy! We are not even allowed that much. We don't pray at all for us. No, no. That is one thing which we should never do. He knows it!

This is the attitude: If something goes wrong with me, I say, "Hey! See, You have been sleeping. I put my best in. I don't know. Nothing happened. God bless You. Have fun! You are Almighty. I am a poor, little creature." Period. Totally unattached. No problem.

Everything which has to come, shall come. I am not going to ask. Do the children tell their Mom that every four hours they need milk? Do they tell it? No. Only when their diapers get dirty, they cry a little bit.

So when our situation becomes rough, I say, "Wow, what a great God You are! Have fun! Shut up!"

He comes through. He knows. He is within you. That consciousness has to be developed: that you are a part of Universal Consciousness, and you are Universal Consciousness!

GOD IS A TOTAL RELAXATION

Mental happiness is nothing but a total relaxation. It is a relaxation from the pressure of the environments of within and without.

After all, what is God? Who is this God we all talk about? Christianity talks about God. Buddhism is silent on the subject. Hinduism is into it too much. Islam talks all around it.

Who is this guy everybody is made to run after? God is the radiance and peace within every existing finite self. God is a total relaxation and complete contentment of the finite self in knowing it is a part of infinity.

Because God is a relaxation and contentment, God does not compete. It is only man who believes in competition. When you compete, you are competing within the realm of ego. There is no such thing as competition within the realm of God. In the realm of ego, you are jealous. In the realm of God, there is no jealousy. In the realm of ego, you want to give and take. You want to do business. In the realm of God, there is only give, give, give and nothing to take. If a human does not understand these basic fundamentals, how can a human be happy?

THE EXPERIENCE OF INFINITY

If the mind is not clear, the consciousness is not clear, and there is a pollution in consciousness. Consciousness is the state of being toward which your mind is directed. Mind is that which acts toward achieving consciousness. The body is that which contains the entire process. The soul is the symbol of infinity, and the experience of infinity is nothing more than the infinity of mind experienced by a finite individual in the finite body. That is all that the God is.

You must understand. God is not separate from you. God is an experience within you.

WHERE THE MAN OF GOD GOES

If someone says there are many ways to God, that is just sales talk. If someone says there are many religions, that is sales talk too. There is only one religion.

Join your religion. Know your religion. Understand your religion. Be your religion.

By belonging to religion and not experiencing religion, do you think you are religious? Forget it! Neither denying the religion nor accepting the religion means anything.

It is the experience of the religion, my dear friend, that can hold the mind. Experience. It is that desire to experience that matters because that desire is the outcome of an energy that matters. Your ego desires you to be finite, to be limited, but you must experience infinity because you are a part of infinity.

Why shouldn't you experience infinity? Instead, you take your ego and you inflate it like your balloon. Then the air goes out, and you fall on your face.

And then what a silly creature you are! You blame the Creator and you don't live in gratitude and you call yourself a man. Without knowing the manners of life, you call yourself a man!

The seeker must know the art of finite and infinite. And the science which teaches him the art of finite and infinite is known as the science of yoga. It is a technology that makes a seeker, a Sikh, a man of God.

Where the man of God goes, there goes God. To whomever he talks, he brings God. Wherever he sits, there is God. When he gets up, there also is God. Around him is God. Above him is God. Under him is God.

God created man, and man created God! The man of God telephones about God. He listens on the telephone about God. He hangs up the telephone if there's no God. He watches the television to feel God. And if he doesn't feel God, he shuts it off.

He eats, and says, "God." He takes a shower, and says, "God." When he is in fever, he says, "God." When he walks, he says, "God." He belongs to God and God belongs to him.

THERE IS NO FUN IN FINDING GOD

There is no fun in finding God. After finding God, you'll be totally amazed to find that you have found nothing at all. There is a state of consciousness much greater than God. It is longing to belong. It is higher than God, more beautiful than God.

Having God is no fun. All sacrifice, all suffering, all giving is only to prove that you belong. The longing to belong is a deep instinct in you. The moment you doubt that you belong, you are in pain.

Once, I went for surgery. The doctor said, "It is going to be a little painful because I couldn't make you totally numb. So," he said, "you'd better talk to me. What would you like to talk about?"

And I said, "God."

He said, "Well, then talk about God."

I said, "Ask me a question and I'll talk to you."

He said, "Are you not being hurt at this time?"

I said, "Yes, but it doesn't mean a thing. I am being hurt physically, but not mentally."

He said, "Well, why don't you tell me about it?"

I said, "There's no fun in telling about it. Do what you are doing."

At that moment, he wanted to numb me and he thought he had done enough, but he could not do enough. So, at that time either he had to do more or he had to accept what I told him, "Go ahead! It doesn't matter."

So he went through it. But at that time he was talking to me about God, and he asked many fantastic questions.

What made him ask? His urge to belong to me at that time. His urge to prove to me that he belonged to me. His desire to come to that level where he thought I was. He asked such fantastic things. He said, "You need not be hurt because you belong to God and you talk about God, and I have heard that people who belong to God don't care. So if you are not going to care anyway, can I go ahead?"

I said, "Go ahead!" Now I could have said "No," but I didn't.

"One thing I must tell you. It is going to hurt you."

I said, "Nothing will hurt me." And mentally, I said, "Well, Guru Ram Das, you are getting hurt, not me. I belong to you and this man thinks I am a man of God. Now you must help me to keep smiling."

You know, I made a deal right away. Voluntarily, consciously, I know what I did. And it was an experience, an experience of belonging. There was absolutely no fear. There was absolutely no pain. There was absolutely no agony. There was no depression. And there was absolutely no feeling that anything had gone wrong.

YOU ARE HOLY, BUT YOU DON'T WANT TO BE HOLY

When a person prays to the merciful Lord, he is extending himself outside, but the reaction is happening inside. Every action has a reaction, equal and opposite. You may pretend you are praying to the heavens, but actually you are changing yourself inside. When you are blessing the sick, you beg of the Almighty, but actually you are not begging for anything, because from inside your being, energy is pouring into the other person. It is from a state of compassion, of compassionate meditation, that the healing activity of God, within the being, flows.

My divinity is my purity. And my purity is what I am within myself. Sometime you may tell yourself that you are not pure, but that is not true. You are merely trying to pretend you are not pure. You are pretending to be impure because you don't like the responsibility. You are holy, but you don't want to be holy. You don't want to be known as holy because then everyone has the right to criticize you if you fall short of that image, and you don't want to be criticized. Sneakiness and cowardliness are the unfortunate result. Everybody wants the sneak around and withdraw, but they also want things to happen.

GOD IS NOT ABOVE US

God is not above us, nor below us, nor on our left, nor on our right, nor in front, nor in back. God is what we are. That is our God! And all these hundreds and thousands of years, man has denied himself respect by separating God from himself.

If you claim you are searching for God, you are lying. You are not searching for God. You are God. When you lie, God lies. When you speak truth, God speaks truth. When you serve, God serves. When you kill, God kills. It is a simple, honest vibration.

The devil in us separates us from God. What is the devil? The devil is the duality within us that separates us from God. That's all there is to it.

Whether you are healthy or sick, there is no separation between you and God. When you are healthy, you are the health. When you are sick, you are the disease. There is nothing beyond you. There was never anything beyond you. And there shall be nothing beyond you provided you believe in yourself.

If you have rhythm within, then you have found reality. When there is no rhythm within, when you don't listen to your own heartbeat, how can you listen to the heartbeat of others?

All charity begins at home. If you have not loved yourself, how can you love somebody else? If you don't keep yourself clean, how can you appreciate anyone else's cleanliness? This is the secret of ease and disease.

PRAYER

My friend, learn never to wake up without meditation and without relating to your own unknown, your God. And never sleep without meditation and relating to your own unknown, God, who knows if tomorrow shall come.

Keep the account clear. Start the day with God, see the day with God, and then God will take care of it. Isn't that simple?

At the end of the day, give yourself to God and go to sleep. And if morning dawns on you again, get up and live moment to moment, day to day, and walk away with the precious gift of life. Life is a precious gift.

There is a very important must, a thing you must do. Pray in the evening when the sun starts setting. At that time your energy gets out of balance automatically. In the morning you are fresh with ambition. In the evening it is natural that you want to freak out somewhere. Don't try to stop it. Pick a place where you can close your eyes from two to five or ten minutes. A couple of minutes of Mool Mantra will do it.

CALL ON HIM

What is a telephone number? A combination of numbers – first area code, then home number. It buzzes and a person says, “Hi!”

When nobody picks it up, you try again, right? Then you put in an emergency call. That is an emergency prayer.

God is nothing but a telephone company. Keep on dialing. Once you get the guy on the line, the job is done forever.

What is his number? There are a lot of lines in my Father's home. Call any. If he won't answer, some secretary will. Leave a message. Morning hours are very good. I'm not kidding. Call on him.

DUTY

When an honest duty is performed, even God can't touch you because God is nothing but a bundle of performances of duty. Look at God. The wind blows, the rain comes, the leaves grow, spring comes, fall happens, the Earth rotates, the Sun is there, moon is there. All is perfect.

When it doesn't look perfect to you, you start looking to God. We humans even question God in the performance of duty, because his duty is related to us. We are the ones who benefit from his dutiful action. That's why they are beautiful actions and that's why we say, "God is great!"

Talking in God, my friend, and living in God, my friend, is all nothing but beautiful. Duty brings you beauty. "Oh, he is very dutiful, very loyal. He delivers things. He is dependable. He is worthy. Et cetera, et cetera..." What proves it? Duty. By talking, duty is not performed.

Dutiful service is Karma Yoga. It is an act of God. Duty towards God, duty towards Guru, duty towards your relationships, duty towards your people, duty towards your land, duty towards everything. Everything is just nothing but duty.

Actually, to be honest in expression, you have come on this Earth to perform duty. A saint, a man of God, a yogi, a swami, why do you study with them and be with them? Because they have performed something well, they can say something well, they can be something and you can learn from it. Failure in duty is failure in self.

THE FIRST REQUIREMENT OF A MAN OF GOD

The first requirement of a man of God is that within eight sentences, he must refer to God. Remember that. Eight is the circle of infinity. Within eight lines, eight *sootras* of expression, God must be fit in. Period. That's it.

One teacher got a real student. He said, "Did you do something wrong?"

He said, "Yes, sir."

The teacher said, "Have you done this punishment before? Then call on yourself, 'I am a rascal. I am a rascal. I am a rascal...'"

That student was of a very divine nature. He said, "I am God's rascal. I am God's rascal. I am God's rascal..."

The teacher came in later. He said, "Fool, what do you mean by 'I am God's rascal.?'"

The student replied, "How can I be myself? You taught me you are never to be yourself; You are to be God's. Right? And now you tell me I am a rascal. How can I say that? I have to say, 'I am *God's* rascal.'"

The teacher said, "Baba, forgive me. I never knew that."

THE FIRST GIFT OF HIGHER CONSCIOUSNESS

The first gift of higher consciousness is the state of equilibrium where neither praise inflates you nor slander depresses you. That is the first gift if you have experienced the kundalini. In this state, if somebody comes and tell you you are great, you say that God is great, and when somebody tells you you are an idiot, you still say that God is great. You have one altar which is Infinity, and on it you lay everything. That is the first state, the state of equilibrium.

You may like praise. You may even love it, but you offer it at the altar of your Creator. You may dislike slander, but you offer it at the altar of your Creator. This is a state of equilibrium. When a person lives in the ecstasy of equilibrium, he is super sensitive. Therefore, he is grateful. This attitude of gratitude makes a person great. If you ever want to be great, this is the minimum requirement.

THE HYPOCRISY OF RELIGION

Jesus came and Jesus left. Moses came and left. Guru Nanak came and left. Muhammad came and left. Everybody came, but nobody left. They all said the same thing and they continue saying the same thing.

They goaded people, they guided people, they climbed mountains, gave this sermon and that sermon, gave this counsel and that counsel. It is all catalogued and nothing has changed. Neither they have stopped trying, nor have you stopped listening.

It is a tug of war. Everybody has said the same thing from time immemorial to now. You have two ears, yet neither you have listened, nor are you willing to listen.

God told Guru Gobind Singh, "Go and establish a religion of righteousness. Let the human worship the Undying Being, the *Akaal Purkh*, not the dying being."

Jesus said not to worship idols, yet I have never seen a single church where he is not hanging on the cross outside. Is that not an idol? Moses said to love all and worship one God, yet Jews feel they are the special chosen beings and everyone else is out. The Hindus were told to see God in everything. Their God is in their temple, sleeps at a certain time and gets up at a certain time. Otherwise, everything goes berserk. That is the hypocrisy of religion.

LIVE IN LOVE OF GOD

There are two powers on this Earth: one is God, the other is thought. "Thought" is a very powerful word. The entire meridians are stimulated by the tongue when you say it: "Ththth... Ththth..." It goes right up to the upper palate, right under your teeth. There are thirty-three meridians there. That is the maximum your tongue can touch at one spoken word.

Write down these figures to discover how many thoughts strike a human being in twenty-four hours. Twenty-four multiplied by sixty. That makes the minutes, right? Multiply it by fifteen. That makes the breaths per day. Okay? Go on multiplying. Multiply that by one thousand. That one thousand lotus petals represents one thousand thoughts per breath, which is what the intellect of the human being discharges. So it comes to 21,600,000 thought waves strike a human being every twenty-four hours. And still we survive!

Do you understand that? It is automatic. Old people, our elders, who spent their entire lives in it, understood. They said, "My God, do I need that many thoughts?"

The answer came: "No, I don't need all that."

For every one facet of life, you should have one hundred and forty thought directions. It means you expand that way.

"Should I not? Why not? Should I? Shouldn't I? No? Yes? No?"

Poor human beings! It is going on all the time. The poor human being is nothing but an abstract distraction. That's why we are miserable!

There are billions of thoughts shocking us. What we need is one wavelength. There are a lot of wavelengths! Imagine: shocks, shocks, shocks... Imagine a spot where one, two billion light waves are affecting! What is happening there?

A person needs to be calm. He needs to be simple. There is no beauty in life if life is not simple. There is no essence in life if there is no kindness. That is why we are mankind! One who is not kind is not a person. There is nothing equal to kindness. There is nothing as beautiful as faith, as trust. If you cannot give me trust, you may give me yourself, it doesn't matter. It means nothing!

Sin comes from a fear complex. Those who are in love with God are not afraid. Is that clear?

Suppose I go before God and he says, "Who are you?"

I say, "You know who I am! I need not tell you."

"Well, what about your Earth name?"

"People call me 'Yogi Bhajan'."

"Okay, Yogi Bhajan, we have got your account."

"What is it?"

"You have done 60 million sins and you have done only two good jobs!"

"Wow! What a great man I am!"

"What do you mean?"

“You created me, and you created me to do all those sins, and still I could manage those two good jobs. Shame on you, Almighty! Your old manufacturing machine is totally rotten, but I still have your essence and I could still do two good jobs! Now what do you want me to do?”

“I’ll send you to hell!”

“I don’t care! You created hell, you created heaven... It’s all your hodgepodge, not mine! I didn’t create a thing! I created two good jobs according to your testimony. That’s quite enough!”

That is how life is, folks. Live fearlessly. Live in love of God. If God does something that creates paranoia, sink it! We don’t need that kind of God.

GOD IS AS YOU RELATE TO IT

Somebody feels: "I am a man."

Somebody feels: "I am not a man." Now one who feels "I am a man" identifies with the finite. Fair.

One who does not feel "I am a man" he feels either "I am a ghost" or "I am a supreme plus-plus something."

What made him to think that? What is that thought which gives you a thought that there is infinity? Polarity.

And what gives you a thought that there is a polarity? Infinity.

So infinity is as related to polarity, as polarity is related to... The finite is as related to infinite, as infinite is related to... God is as related to man, as man is related to keep the relationship!

God is as you relate to it! Not *God is!* There is no such thing as "God is"! God is equal to your relevancy of proportionate relationship towards it.

DON'T BLAME GOD

Life really doesn't exist for anybody for any purpose. Don't be mistaken! The majority of the people, they just live to complete something which they do not know what it is.

If you ask a multi-multimillionaire person, "Are you very happy?"

"Hmm, kind of."

You tell somebody who has six wives, "Are you happy?"

"Kind of."

Somebody who is a bachelor, "Are you happy?"

"Kind of."

Nobody is satisfied. Guru Nanak put it in a few words, "*Naanak dukhee-a sabh sansaar, say sukhee-a jis naam adhaar.*" What made him to say so? Was he so qualified that he could say so in the face of the entire Earth? Yes, he was because he realized the mind is given to a man. Man is given to the mind. What is happening is, the mind is controlling the man and mind is not serving the man.

And so long this will exist, whether you are a Christian or a Jew or a Sikh or a Hindu or a Muslim or what not, you are not going to find life. The real meaning of life, you are not going to find until you do not qualify yourself as an individual, but your mind serves you.

To this extent, 1,430 pages exist in Siri Guru Granth Sahib. You do read it Friday, Saturday, Sunday. And if you just look at it, within eight *sootras* of every *Shabad*, it directs you one thing again and again and again, "Oh my mind... Oh my idiot mind... Oh my beautiful mind... Oh my lovely mind... Oh my sincere mine... Oh my nuisance mind..." Whatever you want to call it! But it is telling the very mind, "Don't misbehave!"

Some of you may not be legally caught all your life. You may escape. Some of you may be successful as holy men. Some of you may be known as good parents. There are a lot of qualifications and adjectives you can live with, but there is one thing: you have to answer to your consciousness: Did you control your mind or did your mind control you?

And this has to be answered on a very critical day, the day you have to leave the body, the five *tattwas*, and make the journey abroad. That journey leaves from the airport known as "Earth". The passage is the universe and the passenger is human being. That day, my dears, you can't be cheated. Neither you have the capacity to cheat. That day, your entire training cannot rescue you. And that day, whatever claim you had in your life, will not come handy. And that is the real day of you and you alone!

If the training during the course of life has been enough that the bewitchment has been toward the higher consciousness and you have directed your mind on the direct route of sacrifice, then there is a chance you can laugh that day and say, "Well, I am going home. The hell with the rest!"

But if that can't happen, your fibre will shrink and then your mind will come with millions of those neurotic ideas which will bewitch your soul. And that day is the day when you will condemn yourself. Don't blame God for that! God has in honesty nothing to do with it.

You have been totally told wrong things by these religious idiots. They never knew what religion is. They never practiced any religion. And they don't have experience of religion. They take a philosophy of religion and sell it to people. People don't have time to read those philosophies. They'll buy it, buy it for \$200 or buy it for \$2 million or leave your entire estate to some religion!

Religion is just living off people, and when the communists and Lenin and everybody said the religion is the opium of the mind of the common person, they were very much in pain! Man has been exploited by religion and religious people throughout the time and space.

There is nothing wrong in that, but the facts are: What is the purpose of religion? The purpose of religion is to give the experience to the individual, to experience in its own self, beyond this bewitchment of the subconscious mind, to relate to the realities of existence, so that an individual can learn the very individuality about itself and live free!

TALK TO YOUR SOUL

I don't think you are very important to me. You are not. I don't think I am important to myself. I am not. What is most important is that we can leave behind a legacy of very practical knowledge for people to practice. In case they want to be divine, they must not feel failure. Nothing should make them afraid of the fact that they can't.

If ever somebody wants to talk to God, one can learn to talk to one's own soul, which is much easier than the magnificent fear of God, the huge God. The little soul can substitute better. Perhaps you will like to know a little transistor microphone are more powerful than big, big buddies which used to hang on and ten people had to carry them if they want to put them on a pole. Life is changing. Effectiveness is changing.

MAN IS SUPPOSED TO BE HAPPY

When I say man is supposed to be born in the image of God, that much you can agree at least, right, for the time being? But it is very difficult to agree for most of the people that man is supposed to be happy.

Why we do not agree to be happy? There are a lot of reasons for this. You have to go along with me all the thousands of years. Somehow, the theory became very evident when the Christianity pushed this sin problem. You know, guilt.

If you look at the paradox and the complicated situation, on the one way they say: “God is omnipresent, omniscient. Whatever we do, it comes from God. There is nothing we can do. It is all fixed.” When you say the Creator is the Master of creativity, then you do not understand...

Let us take for example: If God is all good, then why there is a thief? If God is all, then who is the thief?

Now why the necessity of a thief? To pay the policeman. Polarity is there.

Somehow the concept of polarity got lost and it was pushed so bad by Christianity that almost in the religious realms, we forgot that everything is in balance. There is a good, there is bad and there is neutral: complementary, supplementary and elementary people. We forgot that there is a choice. We can be elementary, we can be complementary and we can be supplementary. It is not that we are fixed by donation who we are. And this is the whole difference between the tribal religion and the religions of consciousness, or you call it “the eastern religion” or “the western religion”.

Now we feel that we live in guilt. I am asking you one thing: Who acts on who? And that is what has to be explained to all of us: We are human beings, we act with emotions, we act to emotions – that’s called reacting to emotions.

Then we have a consciousness and in that consciousness there are chakras, the seventh, the sixth, the fifth, the fourth, the third, the second, the one. We act and react. And in our action and reaction, where our consciousness is, that is the frequency of our level of consciousness.

If we act through the heart centre, it doesn’t matter what it is, we are compassionate. If we acting through the *ajna* sixth centre, it doesn’t matter what reaction is required, we are going to be very peaceful and very intelligently wise. If it is from *shashara*, it doesn’t matter what it is, we have a thousand reasons to tell “God is”. We are going to be very divine. But somehow, not all the time, but somehow if we are going to act through our aura, then we are just acting like a god! That is the eighth powerful center we have got. You can totally act like God. Totally, completely, and perfectly... *and it is possible!* So when they say, “The man is born in the image of God,” it is a clever way of saying man *is* God.

They didn’t say that because in those days if you said “Man is God,” they used to put you on a cross and burn you. You know what I mean? It was very difficult. A lot of people were declared Satan and crucified, though they were very holy people and very divine people because their experience became so one with God.

There was a man called “David”. He was a shepherd. While grazing his sheep, he started saying, “I am God. The sheep are God. The milk is God. The sheep butter is God. The grass is God.” It went so wrong that they killed him. They killed him by tying him with a pole and they beating him with stones.

Sansaar – that was a kind of death in those days you have to meet because there was a theory – there is one God. That one God has ten commandments. So “thou shalt worship none but one God”. And “thou shalt not kill” – but if you kill in the name of God, it is okay. It is called “kosher”.

The commandment is: Thou shalt not kill. And so much was the clarity in the mind of the people that some Christians in a fight with gladiators won, but when the guy said, “Kill!” he refused. That was the sign and the character and the beauty of the Christians.

Don’t misunderstand, where we got messed up is we had a Roman Empire and the Christianity got along with the Roman Empire. The Roman Empire was spread. They had their own nonsense. That nonsense took care of Christianity in principles and the guilt consciousness came out of it.

The theory of the sin came out quite latter. Man is not born to live in sin. Man is not committing any sin. Man is living in faith of God. Man is living in trust of God. Man *is* God! It is very difficult to understand other than God, what else is!

And the outcome of this whole theory is: “Let us go out and find God!” Find God where, folks? On the one hand, you say: “God is everywhere.” On the second hand, you say, “Go and find God!” On the third hand, you say...

I can understand you are unaware, you are unintelligent, you are ignorant and you want to go to somebody and say: “Please let me talk about God or talk to me about God.” That is understandable, but where you are going to find God? The very fact the Christianity in the past through two thousand years pushed this idea to find God, worship God... God *is* there!

And Islam did the worst to it! They said: “Worship Mecca!” If you are on the east side, bow to the west. If you are on the west side, bow to the east. Mecca, the “center of the Earth” is in Arabia, that town, that place.

Now if you tell a Muslim: “What are you doing?” he will kill you! If you tell a Christian, he will never forgive you!

It was surprising. Because at that time a unity was to be created among the religious groups, so that one theory of one God was essential. It was a political move. It has nothing to do with God. Try to understand: This theory of one God has nothing to do with God! God is always one and everything else.

Once I was talking in a conference. They said, “These Hindus are statue worshippers, idol worshippers.”

I said, “What is wrong with them?”

They said, “They worship many gods.”

I said, “They are so great, they take piece of stone and they make God out of it!”

Can anybody do that? What difference is it if you go to church on Sunday? It is all stone. Is God there dancing on the altar which you see, and it is not anywhere else?

The man's power in imagination to confine God to a space on a longitude and latitude is so ridiculous! And that is the only ignorance! That is the only destruction of man's faith in God because God if can be felt everywhere, you can't do anything wrong.

TO LIVE IN PAIN IS TO DENY GOD

One thing which is in Kundalini Yoga is that whosoever brings awareness in another person, elevates himself. So that's why those who teach Kundalini Yoga righteously and truthfully get their own share of their elevated consciousness.

After all, just for example, you are very healthy, but you are not conscious you are healthy. You are very rich, but you may not be conscious if you are rich or not. When you do not have consciousness about yourself, whatever you have, you can't enjoy.

You can earn money. Try to understand. You can earn money. You can earn friendship. I am taking now subtle and nonsubtle values. You can earn money and you can earn friendship. You can make love and you can have love. You can run around and be rich, be powerful politically, socially, personally. And you can be very wise and very elaborate and very intelligent. Now I am taking subtle and unsubtle values. Okay? But you may not be in a position to enjoy any of it

Enjoyment and success of life, which is happiness... enjoyment and success. Relax and rejoice. The rejoicing comes only when you are very conscious. And consciousness comes when you practice to be conscious. And the science which gives you the capability, sensitivity and projection is called Kundalini Yoga. It has the capacity to take away your pain. And to live in pain is to deny God.

MOTHER NATURE IS A SPANKING MAMA

You can always expect mercy from God. God is merciful. But Mother Nature's laws are not. This Mama spansks! Mother Nature is a spanking Mama. Dad is good. He is never home. Whenever he comes, he brings gifts and he tells the baby, "You are perfect!"

Agreed, God is merciful. But if you break a law of Mother Nature, you get right it there and that is called the law of karma! The law of karma has nothing to do with God. Just some people mix the both.

Some people think by mixing the martini with tomato juice, it does not have any liquorous effect. No, that is not true! It does. Tomato juice doesn't save you from the effect of martini. Understand?

So by mixing God with the law of karma, you are mixing destruction with self-hypnosis. It is very dangerous. And that is the only wrong thing so far for thousands of years humanity has been doing. They are mixing the law of karma.

Rather than studying the law of karma as law of karma, they are mixing law of karma and God together. And then, we become fatalist. "Ah, it is the will of God." "We didn't find our fire extinguisher. It is the will of God."

Now can you believe that? It is not the damn will of God. The whole house got gutted! And because the fire extinguishers are not pretty, so you fix them in the closet.

Fire extinguishers should be rather fixed in your armpit so you can pull it and start working with it! You know what I mean? You can't do certain things and then get out of the whole thing. And that is where the problem actually in life is.

LET GOD BE FELT THROUGH YOU

There are two ways to relate to God. Relate to God. Or let God's presence relate through you. There's a gross, bizarre way and there's a sophisticated, graceful way. The Guru's way is different from all other ways which I have understood and studied. You should understand, the Guru's way is when the Guru deals through your presence. That is why the Guru says: "*Khaalsaa mero roop hai khaas. Khaalsay meh hau karau nivaas* - You are my special presence. I live in the Khalsa."

This has to be understood. The spiritual life is that method. That's why you are given the *baanaa*, the *baanee*, the *sayvaana*, and the *simran*. Through *simran* you can change yourself. Through *sayvaana* you can elevate anybody, and with *baanaa*, the God's presence can work through you. Through *baanee*, God can be communicated through you. In your presence, through your presence, by your presence God can serve other people and be communicated to other people...

The whole motivation should be to prepare for God. That's why: "*Khaalsaa mero Satiguroo pooraa* - Khalsa is my True Guru."

That is truly what God says. You have the capacity that through your presence God can be felt. No miracle is required.

Some people say, "Wherever I go, people say, 'Who are you?'" That's right! Through your presence, it should be felt that you are divine. That is *baanaa*. Then there is *baanee*. Through your word, it should be felt that you are divine. *Sayvaana* means that through your deeds everybody should be elevated to the divine. *Simran* means that through that powerful *sadhana* you should be elevating yourself. There are four ways to go...

My urging today is to give yourself a chance. That's my call now. Give yourself a chance that the presence of God can work through you. It will be much better than even having God work right with you. If you have God as your assistant secretary, you'll not be powerful. If you have God in your pocket or in a cage, you are not powerful. All that you want out of God will not make you powerful at all, I can give you this warning. But if you let the presence of God work through you, nobody will then be able to estimate your power.

So make up your mind. Feel it today and give yourself a chance. Let the presence of God, through your life, start to be known and felt. Give it a chance. God gave you life. Make this life a chance for the presence of God to be felt through you. That is my honest feeling.

I can do it. You can do it. And everybody can do it... Let it happen. I give you one commandment today: *Behold! God is in us. Let his presence be felt.* That's it. Simple. Feel it, practice it and live it. God shall live through you. I can vouch for it. *Wahguruji ka Khalsa! Wahguruji ki Fateh!*

WE ARE TIED DOWN BY OUR OWN FEARS

Answer me one thing. Can God commit a mistake? God created you in absolute beauty and innocence.

My grandfather told me the greatest thing one day. He said, “Bhajan, what is the greatest achievement of a man?”

According to my intelligence at that time, I gave him a lot of raps: God, superiority, intelligence, maturity, wealth, giving, helping. You can't believe how many good things – almost a dictionary full – I said to him.

And he looked down at me and said, “Sit down opposite me.” And I sat down and he said, “Look at me. Look at me. Look at me.” Three times he said it, and I started looking at him.

I looked at him and looked at him, and I said, “Grandpa, you look beautiful.”

And he said, “I am God.”

As your age matures, as you grow old, you should look exactly as beautiful as you did as a child. Then you have achieved Godhood.

And that is our difficulty. Though we look like God, we are afraid to act like God. Because once you start acting like God, you have to give and take nothing. And we are scared and our weaknesses come from our fears. None of you are weak. How can you be weak? ... We are the most intelligent and most beautiful people tied down with our own fears.

WE HAVE BEEN TOLD THAT GIVING IS BAD

You think we don't know about God? Who said that? You think we can't represent God? Who told you that? You think we are not maturing right? Who told you that?

Rather, we are very gracefully maturing, very gracefully growing. We are no jerks. We know all. Without any money or any help, we have become human. We have become successful people. And not only are we successful on Earth. We are successful before God too.

Sometimes we don't do *sadbana*. Sometimes we cheat. Sometimes we eat ice cream with sugar and those kind of things. It is alright.

Count your blessings. We are not alcoholics. We are not boozers. We are not wife beaters. We are not wife swappers. We don't molest our own daughters and sons.

Look at how many hundreds and thousands of things we don't do. Have you ever understood?

We have taken care of a lot of things. There is only one thing we have to take care of: I am, I am. I am not afraid of my soul. Because the soul is the inner strength, and we are afraid of that strength because we have been told that giving is bad.

BE ABOUT GOD

The formula not to be wrong and not to be exploited is: Everything comes from God. Everything goes to God.

Start walking towards God. Do everything to prove a point that you are walking towards God. You will never be wrong! It cannot be wrong.

If you are a Khalsa Clinic, walk towards God. If you are a tailor master, walk towards God. If you are a presser woman, if you are a house cleaner, if you are a lady doctor, if you are an idiot, if you are a super idiot, if you are a small idiot, if you are two degree idiot, thirty degree idiot... it doesn't make any difference. Walk towards God!

Talk about God. Walk about God. Feel about God. Be about God. Understand about God. God is the ultimate reality of this universe. The moment you walk towards, feel, or understand the ultimate reality, mentally you will become clear.

THE POWER OF MIND

God, out of his boredom, wanted to create the *prakritee* to see his own self. Self is that important. And in that, the soul refused to be separated because the love of the soul to be part of God is so powerful because it is at the same frequency. I decided not to part.

The condition given was the soul will not accept *tattwas*. The soul will not accept any confinement. So two things were signed out. One was, there will be a time limit by breath, *praana*. That's why a human being is called *praanee* because limited *praanas* are given. It was decided after a certain amount of *praanas*, the *tattwas* will leave and the soul shall be free. That was one condition.

Soul was given the subtle body and it is agreed to that all people of higher consciousness are totally subtly tuned into the all subtle life around them. Therefore, they can be very peaceful and they are very unique, excellent people. Excellent people are those who can look into the fineness of everything and can understand – less commotional, emotional and neurotics.

And the third thing which was given to the soul was the mind. Mind was given as a vehicle, as you marry a daughter, you give her clothes, you give her money, and you give her a car. So it was given as a kind of vehicle that through the power of mind, the soul can always tune into God and the soul can always tune back to the Earth.

RECOGNIZE GOD

This is called “the planet to recognize”. It is not “the planet to seek”. That is the only problem you people have. You seek here. There is nothing to seek here. There is everything to recognize. God is!

What happened is because of the inferior technology of the religion and that of the man, man has been brainwashed to the extent to make him believe that he has to seek God, he has to seek truth.

The first person in body and godhead or God’s man came to totally deny this. He said: “*Aad sach jugaad sach. Hai bhee sach naanak bosee bhee sach.*” There is only one person, one man of God, one God in divine light who could say that truth was, truth was through time, truth is, and Nanak, truth shall be! Therefore, seek nothing! That means seek nothing! Recognize!

Now what I am saying is against Christianity. It is against Islam. It is against Judaism. It is against the entire Hinduism. Entire! It is absolutely 75% against Buddhism. But what should I say? Fact is fact.

But when Buddha was told: “God is,” he said, “Did I say that?”

They said, “God is not?”

He said, “Did I confirm it?”

That’s why most of the time, people say: “Buddha did not recognize God. He never gave the existence of God.”

What I am saying is, whether Buddha did it or not is a secondary question. But those who said: “God is,” and told you to seek it, they didn’t do anything right either. Because the fact is God is! If God is, then what are you going to seek? You are the biproduct of the God. You are not anything other than God itself!

What you are trying to seek? You are trying to seek *what?* Explain it to me. You can’t even explain this! So when the soul came, the soul asked God, “I am part of you. You are part of me. But why time and space in between us?”

God said, “Okay, don’t worry. Here is the mind. It will give you three services. When the mind is neutral, it will recognize the truth, so I will be recognized. When the mind is positive, it will tell you all the good directions. When the mind is negative, it will give you all the badness from which you seek protection.” So mind was given with three portions.

Soul said again, “Second question.”

God said, “What?”

He said, “Suppose I don’t have time to go through it?”

The God said, “Just recognize me. *Amay-ee-to Brahm.*”

Say it to yourself: “*Amay-ee-to Brahm.*”

And that was what Soul was told. That was the first lesson that was given.

YOU ARE NOT GREEDY ENOUGH

Wherever you go, you are confronting your own problem. Your own problem is you are not selfish enough. You are not greedy enough. You are not attached enough that you can totally go to the infinity of almighty God and grab it! That is the reality. That is the potential polarity in reality. That is why there are four and a half billion people. Still, there are twenty-two religions and there are all small tribal religions. Put together, they are five hundred and eighty-two. In spite of all that is going on, the mankind is suffering.

Mankind has never believed, has not yet believed, and nothing has convinced it that God is the creator and knows every part of the creation, every cell of the creation. We say intellectually, "God is the creator." We say it. We say, "*Tkongkaar*." We don't believe it. We say it. I agree, you say it. You say it every time. I also agree and I am willing to give you allowance that you like to agree, you like to believe, but that is not enough.

There is something not enough in us. Our attachment is not enough. Alright, suppose we want to be greedy and we are *very* greedy and we are *very, very* power hungry, let us say very, extremely – then let us think God is all what power is, and let us greedily go after God and get it! And once we get God, we will get everything! But we don't.

We talk of Christ-consciousness. We talk of Christianity, and that is a billion and a half people, about, who are Christian. There is almost an equal number of the Buddhists. And there is almost an equal number of the Muslims. There are Sikhs and a little less, next to them are the Jews. There is a huge number of Hindus. There is a tremendous technology of worship and knowledge, but people are crazy! We are not conscious enough to understand Christ-consciousness. We don't have *buddhi* – wisdom to understand Buddha enough. There is a shortage. Hindu religion which is a totally universal religion, is a totally catholic religion, *kay-ab-to*. What is that without him? It is so universal! But have not achieved the basic balance of divinity and trust.

The greatest thing we lack in our life is we believe trust is subject to the karma on the Earth. No, take this technical point and try to understand. We believe trust is based on the technical activity of this Earth. No, that is not true! Trust is the self!

Sometimes, we make some things and we achieve certain things and we are very boasting and very happy that we have achieved something. And sometimes we lose something and we are very sad and sorrow overtakes us that we have lost something. Actually, there is no gain and there is no loss. Somebody's gain is somebody's loss, and somebody's loss is somebody's gain. Neither we know how to gain so that we can gain the infinite Lord God and catch unto his lotus feet, neither we are going to lose our ego enough that we become totally a pure light. We are kind of half-cooked, half-baked, half-steamed. And that is where duality is. We don't do things with heart and head together. Some things we love at heart. Our head is not there. Some things we love in head. Our heart is not there.

So there is a fight of heart and head, and it is continuous. And we definitely know if we won't have our head in its proper place, we will be insane. If we don't have our heart in its proper place, we will be dead. So there is no choice not to keep our head and heart together.

MAN IS MORE INFINITE THAN GOD

Man is bigger and much bigger and much more infinite than God because we have seen in the history where man had told God what to do, and God did it! He did it out of love and affection, out of *bhaktee*, out of *shaktee*... I am not discussing that, but one thing I know in the history of man, man through the love and through the projection and through the devotion, has called on God to do things.

God is almighty. I don't disagree with it. I agree, God is almighty. I bow. You all bow. Let us be scared, afraid. God is big, huge... lives up there! He has thirty rooms, forty bathrooms. I'm not upset. It's not my problem. But I know and you know and we all know with the power of the prayer, the man has twisted God like a twister! There are not only examples, there are written records that this almighty God which you are afraid of, the man has spun that God with one finger and made him a yo-yo, and it is true!

You are even scared to listen, don't think of saying it. Huh, he is talking about God really? No, nothing has gone wrong with me. I just ate a little garlic last night, nothing more. I am totally in my senses and I am just trying to tell you that which is the most beautiful thing, God, you have made it a scarecrow! And the guilt consciousness that God has to be achieved and we are the sinners and we have to hassle and we've got to go and find it out. You know, who comes near a scared person, tell me? And you think that God is going to come and give you a hug? "Ha, ha! You are afraid of me. Don't be. I am your God." You are bums! You aren't going to get anywhere with that theory.

So long the man will try to find out God, man is not going to ever reach God because the distance is infinite. When the man will realize God inside, God is man and man is God. Therefore we can sing and say, "God and me, me and God, are one." *Hum tum ik bhayo hai meetaa*. I and you have become friends. We are one. What happened to that?

That is what you have to learn. That is what you have to aim at. And that is what you have to practice. *Gursikh Har bolo, Har bolo mayray Gursikh bhaee Har bolo, Har bolo tay sabh paap lai jaa-ee, Har bolo*. Just by saying one word *Har*, all your sins depart, dissolve. And Guru witnesses it, says it. *Har bolo*. Oh my brother, oh my friend, speak *Har*! By speaking *Har*, all you sins will... Then what is this sin business? If you sin, you sin. You did not know to do anything else, so you sinned. Well, what is the idea of getting crushed under that sin?

There is a very popular verse saying *Khbudaa puhuchay kaa janat mai paap baadon say gunaa kio naa ki-aa raheem natay*. God will ask all these pious peoples in the heavens, "Why didn't you commit sin? Didn't you trust me that I can forgive also?"

Actually speaking the fact with you, there is no such thing as sin or this and that. The only sin we commit is we don't trust ourselves. We don't love ourselves enough, trust ourselves enough, know ourselves enough. We don't have greed and attachment enough that we can realize who we are. And that is why when we worship Siri Guru Granth we read, it is a *naad*. It is a *naad*. It awakens our dormant power and it takes us to the realized God within us.

That is why in Sikh Dharma there is a very fundamental state of mind: *Jeevan mukt bo-ay so jee-aa*. You are free while alive!

YOU CAN PASSIONATELY SERVE COMPASSION

There is nothing in the world of God's kingdom without compassion. And there is nothing in the world of God's kingdom without truth. And there is nothing in God's kingdom without love. Compassion, truth and love get together and make the trinity of God. And I want you to understand it. I want you to know it.

And there is always going to be conflict between passion and compassion. You cannot serve two masters at one time. When you serve passion, you will never serve compassion. When you serve compassion, you can never serve passion. But you can passionately serve compassion! And that is called "Yog". That is called "Union". That is called "divinity". That is called "grace". That is called "sainthood". That is called "the life of a seer". That is called "man and God become one". Then you earn the right: "God and me, me and God, are one".

Nobody has said it. Somebody has said "My Father spoke to me." Somebody said "God appeared to me." They always made God bigger. Some said "God works for me." Oneness of God has never been practiced. It started here, and from here, it will go everywhere.

In the history of man in millions of years, man has never had the privilege to utter "God and me, me and God, are one." This affirmation has never existed before. And this affirmation is your beginning.

That's why mostly and sometimes and all the time and no time, you are in difficulty. But you have to recognize there are some unfortunate ones who have never understood this phenomena.

THE THREE MIRACLES

I want to let you know how powerful man is, how powerful his destiny is, and how powerful man can interfere. If I have ever spoken a truth, I am speaking to you now, that you have interfered in the total destiny of God to keep me alive with the power of your prayer. And that what we sing: “God and me, me and God, are one” is truly manifested.

And if the Catholic Church doesn't want you to make a saint and they think you have not performed a miracle, might be one is this and another two you have to perform. After three miracles, they do declare a person a saint.

And the second miracle is that you have taken in America... America wipes out everything in its passion and its sex and its glory and it drowns everybody in its drinks. And the second miracle you have done is that you have taken the *Ni-aara Panth*. You are wearing the *baanaa*. You are reading the *Baanee*. And you are understanding how to do *sayva* and how to do *simran* from those two. And your excellence is coming out.

America doesn't want excellence, neither in any part of the world, nor in America! There is a handful of people, there is a handful of corporations, they want to totally rule the world inside out and they want to do what they want to do.

They are very afraid of you. That's why they don't want you in the army. Tomorrow perhaps if it comes to them, they will not like you in the United States. But they do not know that we shall rule tomorrow.

Things will come to us, and these idiots who think they have the whole world in the palm of their hand will come with folded hands and beg the mercy. It is so written in the heavens and so it shall be done on the Earth.

And the third miracle which I want to let you know is that many of you have started giving your children the spiritual values rather than making them furniture in your living room or in your living world.

Please try to understand these three miracles have cost us twenty million young Americans. Twenty million Americans and Canadians and all the western hemisphere youth revolted to get to a state of mind where they can sing freely from the devotion of their hearts and from the intelligence of their heads: “God and me, me and God, are one.”

And in the end, I can sing: “*Tayra keetaa jaato nahee, Mainoo jog keeto-ee, Mai nirguni-aaray ko gun nahee, Aapay tars pee-o-ee, tars payaa meberaamat ho-ee, Satigur saajan milee-aa, Naanak naam milai taa jeevan tan man teevai hariiaa.*” I shall ever be grateful to God and Guru to give me this realization and deep and precise understanding of this *Shabd*. And whatever through that prayer I will learn, it will enrich me forever, forever, forever.

DON'T BE SORRY

God is what you represent. You have not been trained to take that responsibility therefore you are not mentally trained to relate to God. It is so simple. God created you. God created you to represent God. Now tell me, is it true or not?

Then represent God! God created you to represent God. You created God to represent yourself... I know you are very beautiful people and you know how to make an excuse, but you have not read what I said. I am not interested in the excuses. I am interested in the job done.

You and I can never meet. You love to give an excuse. I have been trained never to excuse. I have never excused myself. I don't know how to do it – because the first step to God and Infinity and consciousness is never, ever, ask for forgiveness. Don't be sorry.

Has ever God spoken to you saying, "Folks, I am sorry."? Has he ever talked to you, "My Lucifer had done wrong. I will regret. I'll change it."? Is there any record of written history where God has come down and said, "Folks, I was deranged yesterday. I freaked out. Sorry, I'll do it tomorrow."?

Don't you understand that as people of God you have no chance of forming or situating an excuse? You are not living by the spirit of God. You are living by the spirit of excusing yourself.

When I have to penetrate through a rush, I never say "Please excuse me." I never say that. I say, "Kindly give the way." That's it. That's what I want. That's what I need. That's a fact. You have to learn to be learned.

Every wrong done in life is a wrong done to yourself and it is totally a perpetuated, pre-planned, meditative, self-murderous excuse! God is perfect. God made you perfect. God believes in perfection. There cannot be a lie, and lies are being lived every day! You are the creation of God. God is omnipresent. God is omniscient. God is beautiful. God is everywhere. And you are nowhere. What are you talking about?

Are you really honestly serious to learn anything about love, about kindness, about God, about cleanliness, about radiance? It is a joke...

The man by nature an energy to the potential of the polarity wants to live, that much man in polarity wants to destroy. It is called the life of balance. We know that. And if self-living and self-destruction can be unequalized, life becomes happy. Otherwise, it is a sad story. We know the secret.

We are not going to go to the heavens and sit down and Lord Shiva is going to appear before us and we are going to say, "Lord, make us happy!" And he will say, "So be it." That is difficult to digest. It is ridiculous.

There is no Shiva, Shiva business. There is no God even! You are totally lying to yourself. God is what you represent. What, are you going to build tomorrow by the scientific laboratory in Knoxville a huge telescope through which we are going to see God? What are you going to do? What are the possibilities? What is your imagination about God? It doesn't work that way? People have tried for centuries and it doesn't work.

Guru Nanak said a very simple thing: *Ikongkaar Satnaam Kartapurkb.* Just understand that. *Ikongkaar Satnaam Kaartapurkb.* You are the One. *Ik.* One. *Ongkaar.* You are the created of that One. You are the One. *Ik.* Read the first basic mantra. *Ik. Ongkaar.* You are one and you are the creation of the One. *Satnaam.* Your identity is truth. *Kartapurkb.* You are the Doer of everything. This is the faculty of God.

Nirbhao. Nirvair. That is another thing. *Nirbhao. Nirvair.* You are fearless and you are revengeless. Why? You are *Akaal Moorat.* That is because you are a personified God. *Akal Moorat.*

And when you reach that faculty of realization, then comes the other sentence. *Ajoonee saibhang gurprasaad.* You are self-born because you are the product of the karma. *Ajoonee.* You didn't come. You didn't go. You are here. Here and now. You always talk "here and now." *Ajoonee* means which does not come, which does not go. That's you. This identity is here. Soul came. Soul will go. Subtle body came. Subtle body will go. You won't. Your identity here is here now.

Saibhang. By your own grace. By your own karma. By your own individuality. By your own essence. By your own consciousness. By your own corruption. By your own honesty. You are you are. Nobody will tell you who you are. Nobody can tell you who you are. People can only help you. Therefore just remember in the end it said if you do not know all that then you know by one virtue and that virtue is *Gur prasaad.* Identify with the identity of the acknowledged learned. You will become learned. In simple Western English, you say "pick somebody's brain". *Gur* means formula.

Any life which can be unknotted can only be unknotted with the essence of the technology of that essentialness through which unknottting can be done. There is no place in life for emotions, commotions, sentiments and rituals and all that stuff. They are just to pass time.

You play cards. There is nothing in cards. Passing of the time. You want to earn and lose, then you start betting with the playing of cards. Dollar a point. Because you want to make something or lose something with it. So long as you make something, lose something, you are an idiot.

When you can learn to be learned, you lose nothing, you gain nothing. You become you. The proposition of life is not to gain, not to lose. To be, to be. And what is the formula to be, to be? *Jap aad such jugaad such hai bhee such Naanak hosee bhee such.* It requires an essential truth. Acknowledged truth in your own caliber.

EVERYBODY HAS EXPLOITED GOD

What has happened is that every religion has made God as a foreign element. God is outside, lives on the seventh sky, and we have to create a construction company that should go and make a staircase, and then we've got to pay something to the priest, something to this guy, get a permit, go through the staircase, reach there... What we are doing?

Everybody has exploited God. Every religion has exploited God. They have tried to make God a foreign element, an alien to you. It has been said, "God is alien to you. Find it!" Now God is everywhere. Where, my folks, you are going to find it? *God cannot be found! You can find yourself - that is what God is!* And if you waste your life without finding God as you and you as God, just remember, you have wasted the most beautiful, excellent chance of life.

REMEMBER GOD

Truly speaking, from day one to this day, we have a written record of thousands of years, hundred thousands of years, where man has tried to involve a lot of methods, a lot of technologies, a lot of methodologies. So much so, that if you can live in India and you can surprisingly look at Hindu religion, it is one of the most funniest and fantastic religions. When I did the study of those religions, I was very shocked. The total motivation behind the whole thing is that, whatever your caliber is, it doesn't matter what, try to remember God.

It is the only religion where they can take an ordinary stone, symbolically, and put it before you and put a little *kesar* on it, and say, "It is a salagram. It is God." They did everything known and unknown to let the man worship God. Man failed. That is the tragedy of it.

And then come the chosen ones, the Judaism, so fanatically well-stated law: "This is it." And every step was cut and dried and well laid out. Man didn't remember God.

Aryans made a rule that they shall not eat without prayer. Still people were sneaking out.

The barbarian never remembered God. And still sometime, somebody was seen in ecstasy of God-consciousness.

There are thousands of years before us, not one day. After all, what is the problem? Why we have to remember God? What is the problem? Are we supposed to remember God to please God? Are we supposed to praise God because if we praise the God we will be happy? Is it true that if we will worship and pray and do all good things, then we will be grateful to our self and we will be excellent and a lot of wealth will come to us and we will be richer and other people will be poor?

Now these are all briberies. You have not been taught religion, because people who teach religion are corrupt themselves. So they use a methodology telling you that if you will meditate on God, you will be loved, you will be having money, your things will come home, your wishes and desires will be fulfilled.

So much so, in one religion it is stated, "If you don't drink wine here, when you go in heavens, there are rivers flowing." What do you mean by "rivers flowing"? In Los Angeles and Albuquerque and Santa Fe rivers are flowing. On every corner, there is a shop. You can get as many bottles as you want. Why to go to heavens and drink? And this is one religion where gay rights are very well preserved. When you go in heavens, you will get young boys for intercourse.

If you study deeply the religions, you will be so shocked that you don't want to be a religious because what has been happening is telling people, "Come on! Come towards God. Come. Worship. You will be given. You will be granted. You will be given more than you need!

This is all not true. The idea to worship God is just to grow strong. That is the only one simple thing. When you look towards God, you will stop looking towards the belittlement around you and finally, by practice, you can reach your own experience of excellence, which is the ecstasy of God, all creativity and creation.

If you just look at Guru Arjun's recitation of Sukhmani, Guru Arjun says there is nothing, he names item by item everything. If you will be towards God, these things will automatically come towards you. Don't live on the promises and don't live on the baits. Don't even think that you will get something. They are nothing! *Riddhi siddhi nao niddhi*, for which people waste their entire life, shall come just on the spur of the moment.

They why, when all can come to us, why we cannot go to the One? What is stopping us? There is a one simple thing and it has to be learned in a very simple manner. In the seeker's way, in the Sikh way of life, in the Sikh *dharam*, there is one word which you won't find anywhere else: *Naam chit dhiavai* – May the God be in my remembrance! And I cannot remember God if I am not recognizing myself, that I am God. I am to recognize myself. That is the will of God. *Manai kee ghat kabee na ja-ay* – Those who understand the will of God, those who accept the will of God, nobody can explain their virtues. And what is that *manana*? What is that to agree to? What is that to accept? That to accept is to accept *you!* You don't accept yourself!

True. Live it. The greatest difficulty in the logic, in psychology, in the reason, in the effectiveness, in *bhaktee*, in *shaktee*, in religion, in theology is that man has not accepted his own existence.

THE SPIRITUAL NATION CALLED “AMERICA”

What I see in America, America was a land of the aliens. We all came all from over the world to practice religion. There was no idea to cross the ocean to come here to eat corn and to kill turkeys. They were all available in Europe. That was not an idea, neither that was a fundamental situation, and neither it was a base.

The basic ideology at that time was that people who wanted to practice religion freely were not allowed to practice, and they wanted space. To get to that space, they moved out. So if you think you have done something unAmerican, it is wrong. We are those who wanted to practice religion, and we wanted space. That's why we are here. That's what America is.

America is not what the government wants. America is not what the people want. America shall always be the homeland of those who spiritually want to develop.

When an American goes to Las Vegas and drinks and boozes himself, he is not American. He loses his identity and his status as far as America as a land is concerned.

America was never a land to cater to people's sex and sensuality, and I tell you today whosoever in the land of America shall practice his own physical satisfaction shall die of no satisfaction. This curse is there because the blessing is there that this land is meant to glow and grow and perpetuate and progress spiritually.

HOW CAN I SIN?

It is fundamentally said that man is born in guilt. And to be very frank, when I started with Christianity, I was told I was the sinner. I never accepted it since that day because I can do mistakes and I can do wrong and I may not be very right, but how can *I* sin?

If God created a sinner, then *God* created a sinner. Period. What is there more than God? Sin and wrong belongs to those who do not believe in God.

God is everywhere. The Hand of God protects you everywhere for every reason. The entire universe is in balance. There is nothing wrong and there is nothing right. Everything will turn out to be in balance. There is no plus. There is no minus. It is the neutral psyche of each molecule which keeps the universe alive and well. And that's the way it is. And that's the way it shall be.

THE PURPOSE OF RELIGION

It is very surprising to me that fifteen years I have wandered in this land and forty years I have lived in India. I have studied twenty-two sections of the world religions: major religions, minor religions, religions which are not even practised. Those facets of the religion have only one purpose, and the purpose of the religion is to see all is God and God is all. And how we can attain to that clarity in consciousness that they all talk about?

For example, take Shinto. See in the grass the God and see the sophistication of God in grass. Now some people, they say, "Forget about Shinto: they worship grass! We worship one God and they worship grass!"

No, they don't worship grass. They take a blade of grass and they share what a fine blade of grass it is. How tenderly it has been built, how it has been nursed, and how even after we cut it out, it is worthwhile and it becomes either a decoration or a food for something else. The idealistic approach is forgotten by the grossness of the emotions.

SEE GOD IN ONE

We will discuss about conscious creativity. If you can read these notes later on, when I will be dead and gone, according to the physiological or biological life... Today I am telling you the secret of God. God appeared to many people out of love, out of devotion, but when God appeared to people, they forgot to ask him, "What is your secret?" They got so much in bliss, they forgot to ask, so nobody asked.

But when God appeared to me, he said, "What do you want?"

I said, "Nothing. Tell me what is your secret."

And he told me, such and such scripture, read such and such page. God disappeared. I disappeared. I couldn't get that scripture for a long time. Somehow, I found it out, took the page out, understood it, and I thought I will share it with you.

There is a thing called "*nirvana*". "*Nirvana, muktee, anand, bliss, sabaj anand...*" There are some words like that. You will read them in Siri Guru Granth. "*Mukta.*" These are all words. For you, they sound good: "*Mukta, anand.*" And you read them and you feel them and you understand them. And you think by doing prayer, by doing conscious *sadhana*, by doing things, it will happen. Sometimes, it happens. Mostly, it doesn't. But when mostly doesn't, you don't feel bad because you may not reach God, but walking towards God is a bliss in itself! It is a very scenic path.

You do not understand. Above all disciplines, the most joyful discipline is to act or fake to act as a holy person. This is a conscious creativity.

Becoming holy is no good! Once you become holy, you have all the power of the five *tattwas* and the seven chakras. What is Kundalini Yoga? Kundalini Yoga activates and brings balance between the five *tattwas* and seven chakras and makes the arcline perfect. So when the halo of the arcline is perfect, you are God! There is no such thing other than that. There is no other than God.

It is just like somebody came to some sage, and he said, "Well, I have a desire to worship God and you are a godman."

He said, "Yeah, what do you want?"

He said, "I want to worship God."

He said, "What are your desires if you meet God?"

He said, "I want to have a beautiful temple, very beautiful surroundings, a lot of wealth, I want everybody to come and eat and be fed and enjoy!"

He said, "Oh, you want another Golden Temple, huh?"

He said, "Kind of. Then I will feel I am with God."

"It is very easy."

He said, "How come?"

He said, "Just think I am God. I am actually God, but you just think I am God."

He said, "It is very difficult. You are a man."

He said, "Well, alright. This is none of your problem. If you want to solve your problem, then you do what I say."

He said, "Alright. Tell me what I have to do."

He said, "First think I am God."

He said, "Alright. You are God."

He said, "Then worship me as a god."

He said, "Okay. I will worship you as a god."

"Third, serve me as a god."

He said, "Alright, I will serve you as a god. Then what?"

He said, "Then go and spread among the people that I am God."

"I will go and spread among the people you are a god. Anything further?"

He said, "Nothing. That's it."

So the first day, he worshiped him. The second day, he served him. The third day, he did the *ustat*, praise as we do *Dhan dhan Raam Daas Gur jin siri-aa tinai savaari-aa*. He said poetry in his praise.

This man said, "You are alright in three days, now you go!"

He went to different villages, to different people, and he stood and sang and praised this man as God. People became very curious. "Well, really, God has come and he lives in that place where nobody has ever cared to go?"

So they all started coming, looking around him, seeing. This man sat and did nothing, but there was some mystique about it. Slowly and gradually, a temple built up. Then, for people's residence, things built up. Then storerooms got built up. One thing led to the other. It became one of the most beautiful temples with all its paraphernalia and a kind of city.

Twelve years later, moving around, this man came to see his God. He met him and he said, "Oh God! That's all I expected when I meet God will happen."

This man pulled out the key. "Here it is, son. I am God and these are your keys." And he walked away and never came back again.

God is *not* God. God *is* God. God is *what* you see and *where* you see it. It is a creative concept. Because it is a creative concept of infinity, therefore you have to develop to see it in one and in all. In *all* you can't see God, if you cannot see it in *one*.

That's why Guru Nanak said, "*Ikongkaar*." Guru Nanak "*Om*" *nahee(n) kabee!* "*Ik Ong Kaar*" *kabeea*. (translation: There is one Creator of this creation. Guru Nanak did not say "Om." He said, "There is one Creator of this creation!")

If you can see God in one, and honestly see it, honestly feel it, don't worry who that person is, what that thing is, if it is "he" or "she" or "it", but if you can see God in one *really*, then you can see it in all really.

LET GOD BE FREE!

If you act not to react, that is called “living in the face of death”. From where that is going to come? From you; you who call yourself “Sikh of the Guru”; you who are willing to practice the reality of God.

You know, when some people want to give me the rap “I believe in God” – do you know what I feel? They are dead and gone. When somebody starts laying a number on God, it means he doesn’t understand or she doesn’t understand God is everywhere anyway. God doesn’t need a rap.

Whenever anybody with me starts rapping God, I know his soul is dead. The man is gone. He has fallen from the dignity of God.

If we are not that sensitive that we feel all the time that God is everywhere, then we want to make it a person – forget it! So actually what we are trying to do is make God a person. Confining God is one of the worst things to do in human life.

Let God be free! Let God be everywhere! Enjoy it! Let him enjoy it! Leave the God alone! You don’t need that guy.

What do you need God for? You can’t eat it. You can’t sleep with it. You can’t take a bath with it. What are you going to do? Because you don’t want to take care of your own scene, therefore you want to blame God for everything?

YOU DON'T HAVE TO WORSHIP GOD

Nobody among you is forsaken by God – nobody! You don't have to worship God. Please understand me, I am not anti-God overnight, you know. Do you understand?

But please don't be deceitful and liars and cheats and disgracefully treacherous. God doesn't want your worship. Leave him alone and take care of your act!

God is alright. I can tell you as a man of God, he is safe, he is happy, and he is prevailing all over. He doesn't need anything from you, not even this offering!

He doesn't care if you meditate. He doesn't care if you don't. But he does care if you don't take a bath in the morning and your capillaries get clogged up and you get a heart attack. And you will be dead sooner than you will think.

You are so worried to take care of God. I am so worried that you should take care of yourself.

DON'T UNDERESTIMATE YOUR EXISTENCE

The power of the mantra is which only can change the mind of the destiny of God so written under his will and so to be executed by the Mother Nature. The man is excellent and excels over God when he has the power of the Word, the *Shabad!* Man has proven it through history.

If man would not have been that beautiful, that superior, that much in the image of God, why God should come on the Earth in the form of a man? Don't underestimate your existence! And the Guru you believe says *Guru arjun partakh bar.* Guru Arjun a personified God. Only that is why he could sit on the hot plate and still smile.

See with the third eye what is happening! See with the ears, the celestial ears listen to the music of God! And speak with the tongue dedicated to God's energy! You shall never regret your visit to this planet inn called "Holiday Earth Inn" where you have been granted a couple of breaths for each cell.

SADHANA

After achieving, you have to have maintenance, you have to have upkeep, to keep up. And when I say “keep up,” it is after achieving. And now I have realized “My God! Some of you have not achieved a thing!” And keep up will do what? That`s why you can`t keep up!

Aray, you have not come strictly to *sadhana*, never gone through it, never engaged yourself in it, never achieved in you the strength what it can give you. How can you keep up *sadhana*? You have no taste of *sadhana* because you have not done *aradhana* as a personal saint, as a personal god, as a personal action!

Sadhana should not be because Yogi Bhajan told you, not at all! *Sadhana* is something that you got it, you do it and you want to experience it. *Sadhana* is a personal, effective, self-contained, resolute, characteristic of an individual. It has nothing to do with what your neighbour does! It has nothing to do with your religion. It has to do with you and with your spirit and with your projectivity and achievement. And when you achieve *sadhana*, then can you keep up with it against every odd? Can you graduate in it? And then I am willing to bet with you if something goes wrong with you.

You must understand, in every religion God is promised to you. We don`t promise God; we are gods. There`s no promise for tomorrow. Union. Where is the promise in union? Nothing! It is union. It is U-S. It is united. It is us. It is achieving it, receiving it, having it, enjoying it, fulfilling it, experiencing it, and being it. Don`t listen to this garbage: “Separate yourself from God.” You cannot be separated.

WE OFFER OURSELVES TO GOD

It is up to you if you want to be near God or away from God. God is neither away from you nor near to you. It is up to you.

It is your mental state. But remember that you are the mind, you are the body, and you are the soul. And all three – this *trkutee* – the soul, mind and body is given to you as a gift! Still beyond that, you are!

Your soul will go where? Where you will guide it? Who is that you which is guiding your own soul? Who is Guru? *Waho Waho Gobinda Singh, Aapay Guru chaylaa*. Great, great is Guru Gobind Singh! He is the disciple and he is the teacher, he is the Guru.

What is the tenth gate? The consciousness to control the nine gates. Your reality is your effectiveness, *Paarbrahm Parmayshar*. *Paarbrahm*: God beyond God, and God beyond beyond God. You guiding you!

Therefore please understand you are shallow and you are deep. You are false. You are real. You are forever. And you are nowhere. Make a choice and let it flow.

It is not the environments which will let you experience the infinity of God. It is not the strength which will give you the infinity of God. It is not the hands and the obedience of the people that will give you the satisfaction of your mind.

No, no, it is at that time when you shall see the light and you shall go blind. When your own little light will be off because the huge, big light is on. You will experience the light.

God is the name of an experience. The purpose of the body is to experience the five *tattvas*, five *rasas*. To experience the *yog* of God is to *bhog* of God. *Yogi andar yogee-aa, Bhogee andar bhogee-aa*. In one who is the *yog*, you are the *yogi*. In one who does the *bhog*, you are the *bhogee*. God, you are everywhere!

We come to this Earth by the identity of the karma and we offer ourselves to God. It becomes *bhayta*. Offer yourself. Put yourself, total self, mind, body and soul, at the altar of the Guru.

You will ask me a question: “What will happen?”

Put it! See what happens. That’s the only way, when you become higher than God. *Prabhupatee*. You remember those three words? What are those?

Saadhana, araadhana, prabhupatee.

Saadhana: you have disciplined yourself. *Araadhana*: you have put yourself. *Tayra tujh ko sompi-aa, naa laagay mayraa*. What you gave me, God, I gave you back. The moment I will be recognized and experienced by you which can give yourself your ego to God, that is the purpose of life.

WHEN YOU GET UP IN THE MORNING, BLESS YOURSELF

What is above is what is below. Go out from today and bless all. And one secret: When you get up in the morning, bless yourself. I do it all the time.

I do like this. When I take the first curl, I say, “Blessed are my hands and blessed is my head who brings them over me, and blessed are my eyes who see them, and blessed is this body which is waked up from the spell of infinite death unto the activity. I shall tell the whole world how beautiful is Guru Ram Das and how God is working in personality through this prosper pipe to give people the miracle beyond written, their destiny and their destination.”

And then I curl around and I sleep a little more, and I get up again. And I always do it secretly thrice. And once I got caught by my own teacher.

He called me and he said, “We are going for a walk.”

And I said, “Uh-oh.” We knew a walk means investigation, otherwise nobody goes with him on a walk.

So he said, “Hey Bhajan, which scripture is it written in that you get up and then sleep, then get up and sleep, then get up and sleep? You must have read something somewhere!”

I said, “Yeah, because you put that guy in my room. He must have told you, sir.”

He said, “Yeah, yeah, yeah, he told me you wake up, then you curl around.”

I said, “No, it is not in any scripture. I made it up.”

He said, “What do you mean, ‘made it up?’”

I said, “Sir, I bless my past, I bless my present, and I bless my future.”

He said, “That’s not true. You want to be doubly sure that you did a right job.”

I said, “Well, if you say it, I have no argument.”

He said to me, “You know, once you are trained as a Catholic, you are always a Catholic. You know, those three things in you.”

And I said, “Sir, isn’t *Ik-Ong-Kar* three things?”

He said, “You are very intelligent. Now what does *Ikongkar* have to do with those three things?”

I said, “Sir, I have reached a stage where it is all the same thing. God is the same thing: those three things. There are three letters in ‘God’ too, not four.”

He looked at me and he said, “Well, you can do it.”

And I said to myself, “Why not?” And the words came out of me, “Why not?”

And he said, “*Now* you have gotten rid of the guilt!”

And I said, “Sir, what is the guilt?”

He said, "Guilt has one gift in life, and that is doubt."

I said, "What is doubt?"

He said, "Doubt is something which splits your personality."

I said, "Then what happens?"

He said, "Then you always hang in hell, romancing the heavens."

SHARE GOD

Do you believe in God? God loves us and we don't accept him. God created us and we don't trust him. God is with us and we never feel it, and so on...

We do this to almighty God and we do it to our fellow human beings, and we do it to our institutions and organizations, but above all, we do it to our relationships.

Do you believe in God? Do you? Do you feel God? No!

You love God, you know God, you feel God, and you understand all about God when, in the name of God, you stand up and *bles others*. If you cannot share God with others, you do not know what God is.

Whenever a human shares himself, it is human and emotional, but when a human shares himself in the name of God, it is divine, it is sacred and it is forever. If you have not shared your God, you have never got it. When you stand up to any challenge and bless someone in the name of God, you invite the almighty infinite God behind you forever.

YOU PLAY GAMES

No human being has been made to play a game. Every human being has been made to go straight. And the basic problem is between two points there is only one straight line. There cannot be two.

What is two? Duality. What is one? God. The difference between one and two is not in figures. It is a state of mind. Everybody wants to reach the one God and have a double mind. Now tell me, alright, take a mirror. Break it in the center and try to see your face. You will see two faces. The same of you will be divided into two faces because there is a line, there is a demarcation, there is a break in the mirror.

Your mind is a God-given mirror to see God, to realize God. See the version and the vision, *darshan* of God. The word is in Sikh Dharma *darshan*. "*Dayo darshan Guru mayray!*" "O my Guru, appear before me! Give me an audience!"

And what audience do you want? You play games. You take a double mind and you want to see the One? Give me a break! Somewhere, somebody is goofing. Somebody is not understanding.

THERE IS NO SUCH THING AS GOD

That peace, which is ultimate reality of today, tomorrow and all the time is called in our English language “God.” There is no such thing as God. It is when you totally sacrifice yourself, you come out absolutely with no reservations and bow towards harmony, bow towards your higher self, bow towards your entire being and confirm within you that even your life is no risk to you.

We have a very common saying in the English language: “over my dead body.” There shall be disharmony over my dead body. Any person other than me shall suffer over my dead body. My love shall live, and if not, over my dead body. Do you understand what I am saying? This statement clears the issue that when a person is totally dedicated towards peace, peace within us, around us and all of us is a very practical, desirable war to win. It is a war for peace.

THE USE AND ABUSE OF GOD

The unfortunate part in life is the religious hypocrisy. The most debauched thing I have experienced is the religious life. I wish I should have understood what a debauchery religion is. When I see that the Communists say that religion is the opium of man and takes away from man the ego, the will, the personality, they misinterpret it. But the fact is religion and reality is so badly misunderstood by all people and is so shallowly practised and so hopelessly understood that if people are suffering today, they are not suffering because God wills it that way. It is not true. It's we who will it that way.

Basically you have to understand life is based in the spirit, the strength, the grit. Three things are very important: manners, morals and morale. You can have very high morals. You can write it all over the billboards and you can write it on your forehead. You can wear clothes and you can look very saintly and you can talk very saintly. Your manners can be very saintly. You can be the most beautiful actress and have a beautiful saintdom. People may just fall in love with you. But if you don't have morale to keep it up, you will fall on your face.

Morals are not morale, and morals are not manners. Morale is morale. It is the continuous truthfulness of your own trust within your own self towards the goal you have set and thought to achieve to walk unto. Do you know what that means? That means you shall never be sick. If you ever fall sick because of some physical interference, you will recuperate very fast.

There is a lot of strength. A human has equivalent strength to make God surrender before it. I am not saying it happens every day, but human history proves that God took the incarnation of the imagination of the human and appeared and obeyed. Almighty God, I am not talking of "a god", that little god somewhere. And this is the recorded history of the man. It is not that I am making it up.

But the problem that we face today in life is called "psychological intervention." Either you be creative and keep on being creative and become more divine and more divine, or become more divided and more divided. But if you want to understand that between divine and divided there is any difference, the difference is only which tendency and frequency you are working for.

Some people say, "I have worked enough!" That is the point where you want to destroy yourself. Enough is never enough. Never say "never." Either you are on a gear called "constructive institutionalization of your personality projection," or you are on a destructive institutionalization of your personality projection. There is no other way that your neurons in the brain even work or can think.

Do you understand what I am saying? The problem is that I have taught at UCLA (University of California at Los Angeles) and I have taught in the United States and I have taught in the international world, and I am a recognized international spiritual leader or whatever you call me. But it is a very funny thing when I see people are not being taught basic definitions of ability of a human structure and a possibility of human work capacity. I have met Jews. I have met Sikhs. I have met Muslims. I have met Hindus, Buddhists. But none knows!

A Jew doesn't know he has the same brain and brainwaves as those of a Hindu. The Jew feels he has a Jewish brain. Hindu feels he has a Hindu brain. And a Muslim feels he has a Muslim brain. And over all of that, a Sikh feels he has a Sikh brain. A brain is a brain, and it has a certain workability, a certain capacity. And it is made in God. And its utilization and workable capacity has an interrelation and interconnection, and are exactly the way which is in a Jew, which is in a Buddhist, which is in a Muslim, which is in a Christian.

The God the everywhere, the God the nowhere, the God the almighty, the God the no-mighty, is just your imagination. It's not your reality. You actually use, abuse and misuse God and its definition. You are never serious about it. But basically, you are it. That means you use, abuse and misuse yourself.

Now if you totally misuse, abuse and use all the energy which you have got, how can you be successful? And what kind of success is there when you become successful, reach the optimum point, and you start destroying yourself? What is this game we are playing in life? We are part of infinity. Therefore we should be infinity. There is no stopping now. That is the life. Life is meant to be given, given and given.

Whenever you want to create in you the energy which cannot be defeated, pick up a set of Kundalini Yoga and do it. Surprisingly, you can tune yourself up. That's all it takes.

Those great sages and saints who made this science and called it "kundalini," were not out for the market. They were out for the experience of the glory of the infinite. That's why this science has no attributes to itself, no adjectives to itself. It is very straight.

GOD SHOULD BE TO YOU LIKE A TEDDY BEAR

You know what you have done is very terrible. You have made God as a huge, big monster, impossible to achieve. Why don't you make him a little friend? A little friend.

God should be nothing more to you than that what you call a "teddy bear." Your love, your direction, your devotion and your relationship to God should be like a teddy bear.

If you can do that, God will love you a million times. That's all you have to do.

What we religion people have done, we have made God impossible. I'll tell you why. If we may not make God impossible, we cannot skim out of you something. Our needs are more than you. We are living off you. We are like parasites. So what we do is we make God so big, so huge, so impossible that you be scared of it.

No, God should be like a teddy bear. I like that relationship of teddy bear. It is beautiful. It is there. That bear doesn't bite you. It doesn't put the nail into you, but it puts you to sleep. That's called ecstasy.

THE WAR WITHIN

You have made a football or a baseball of religion. That is not true. I am a religious man. I am head of the religion. I am Siri Singh Sahib and I have met all the religious teachers, religious leaders... Name people. But I do feel the emptiness and the shallowness, and also the same emptiness and shallowness, I feel in the mankind. So I have been sitting back and thinking, "Why? What is the matter? What is the problem? Why the mankind is suffering? Why religion is not serving the purpose? Why it is not giving what it should give to people?"

It doesn't matter what religion you are in. It doesn't matter. It is not very important.

The difference between other religions and Sikh religion is Sikh religion doesn't tolerate nonsense. It doesn't cater. It says what it says. That is the only difference.

People do not practice. It is understandable. We are not a police force that if you are a Sikh you have to be. If you are a Sikh and you do not get up in the ambrosial hour and do not do things, you are not a Sikh.

You take a bath every day. You change your dress every day for your physical and you do nothing for the mental, and you come out. You are mentally dirty and you are physically clean! You ridiculous! You are in duality and you are spiritually clogged up.

When my arteries got clogged up, they did angioplasty to it and they wanted to bypass and everything. "That is the way to live," they said. But when your spirit is clogged up, neither you do any angioplasty, nor you do any bypass, you are dead! You are physically alive and spiritually dead. You are mentally dirty are you are physically beautiful.

How you can face this world? How do you think things can work out? Is there any chance in your life that you can honest for God's sake? Or you have to be corrupt?

You are corrupt as a human being! Hu-man being: "hu" means light, aura of light; "man" means mental; "being" means now. Now you are the light of the mind of God! That is what the human being word literally means.

You are not. Why not? That is the question. It is not you are not. That is a known fact. And you lean on each other: "You are my wife! You are my wife!"

There is no wife. Wife is "why" and "if". And there is no husband. It is a "his band". There is no husband. And there is no "re-lay-tion-ship". There is no ship! There is nothing! You don't have the spirit! It's not open! You are not vast enough!

You are shallow, you are hollow, and you are an egomaniac, neurotic, psychotic individual. And that all can go away! And you lie and you live a lie, morning till night and evening. And then you call yourself religious.

Among Sikh Dharma, at least there are certain dos and don'ts: "Get in the morning, do some *sadhana*, do this, do that, and it keeps going. It is a little cleansing process.

But I am talking in general, as humans you are: why you are suffering? Because you do not create a relationship with your own spirit. You do nothing, absolutely.

You leave it to the holy men. You leave it to the great men. You are the biggest beggars I have seen who want blessings from God when the God lives damn in you! You are the biggest chaotic phenomena ever God could create!

I was talking to God this morning. I said, "You are a mess too! You should have created something better. It's not going to work out. Destroy this whole universe. Create it again. You did it four times before. You are going to do it this time. Who cares?"

I said, "Almighty God, you are imperfect! You are not perfect. Look what these people are suffering! Don't you understand the suffering is because they don't understand?"

And God said, "No, that's not true! They understand. They don't want to act. And I am mad at them."

I said, "Alright, fine. Is that the answer?"

He said, "That's the answer. People know."

And I said, "God, what do they know? I want to know because I am going to speak to them today. There will be a handful of them, but I will like to speak to them. Tell me directly what you think. I think you are imperfect. You have created the whole thing imperfect and the whole thing is a jazz. It is not going to work out."

He said, "That's not true. Man I created in my own image perfect. He knows how be near with me and that's why mind was given to man. Mind is the quality above time and space. Man is not the quality, does not have the quality to be above time and space. So man has to relate to above time and space. As there are cloudy seasons, the plane has to go up to make the voyage in sunshine. But mind is not that clear. Mind is not clear."

"Yes, sir, almighty God sir, mind is not clear and there is no relationship with the spirit. Yes, that is agreed. Does that mean everybody has to be punished? Everybody has to suffer?"

And I heard a big laughter. And it was, "It is easy, not easy!" That was the answer.

And I got really angry. I said, "What a joke that is!"

He said, "You see, when you do not get what you want, you get angry too!"

I said, "The question is to get rid of this confusion. The mankind has been in confusion for centuries. They have killed. They have fought two world wars. The first world war, they made league of nations. Second world war, they made united nations. And they are not united, neither there is any league among them. And they are preparing for the third war and it is going to blow up everything."

He said, "Why to wait for the third war? Everybody is blowing up! There is a war within everybody. Check up how many people believe honestly to have a clear conscious relationship with their soul. Check up how many people believe consciously to have a clear mind. How many people believe to have a clear, beautiful, well decorated, made up body? And make the proportion, you will get the answer!"

GOD IS A SHOWPIECE WE USE TO IMPRESS OTHERS

Is it that God has made us to be happy and unhappy all the time? Did he? No, it is not possible. But the problem is God made us like something is made in Germany. Mercedes is made in Germany. This Mercedes car is made in Germany. You enjoy the car. You drive the car. But you forget about Germany. You forget about everything. You only remember your Mercedes.

We remember the product, not the producer. We remember ourself, not the God. We are made in God, but who cares what God is!

Once a Sunday you come here, do the thing. Three times, you need God: when you are born, when you are married, and when you are dead! And that's how important God is.

God is a showpiece which we use to impress others. God is also a tool to exploit. God is also a power to shut down those who are weak and miserable, and they want something for them. And God is the tool of the rich who make people feel that, not by the grace of God they are rich, by their own power they are rich.

That is the most stupid, criminal act of a human! When somebody is rich, somebody is beautiful, somebody is happy, he says, "I did it!"

Remember, where "I" lives, "Thou" doesn't exist. And when "Thou" doesn't exist, your happiness does not exist. Whenever an individual cuts his relationship from totality, and creates the relationship with individuality or territory, unhappiness walks in.

RELIGION IS A BODY OF EXPLOITATION

Within me, is God. I *am* God. But we are so afraid to say it! Forget about saying it, recognizing it or believing it! Impossible!

Religion has done one of the most stupid, criminal things – made the man to find God outside! Never it will be forgiven. Religion is a body of exploitation and it really stinks! It *really* stinks! It made the man who believes in religion and God – telling him to find God outside! Now where is outside? They never tell.

So create an outside. They create a Gurdwara, temple or a mosque or a synagogue here. Then who will deliver the God? That guy who has been constipated for the last eight days – a rabbi or a minister or yogi or swami or whatever you want to call it... I don't care! Now this guy is supposed to deliver God to the people on whose collection and donation this person lives! Hallelujah! Do you understand what I am saying?

Now this is a façade the man has created for centuries, calling the church the “body of the Christ”! Making you to bow! Making you to donate! It's nothing but a simple control of one stupid egomaniac in the name of God over the innocent people! That is the most ridiculous joke of every religion!

God lives nowhere outside! Outside is too cold! He doesn't have a shawl! He doesn't have a frock! He doesn't have an overcoat! And he doesn't like cold either! God lives in your heart! And project it through your head! Beyond this, God knows nothing of you!

If a Muslim takes pork, he goes to hell direct without any interference. If a Hindu takes beef, he goes to hell right on that second, in spite of that he may live fifty years later. But a Christian eats both and he thinks he is in the heavens right now!

So what I am trying to explain to you is that these rules and the rituals and the regularities and irregularities, and happiness and unhappiness, good and bad is a continuous flow of senses, how you feel it, how you want it... It is a momentary situation. It is not infinite. God is infinite and God's beauty and love is infinite.

GIVE GOD A CHANCE

It's a very funny world. Nobody believes that God has some operation going, he has some manifesto, he has some program, he keeps himself busy someway. You know what you feel? You feel God is very divine, hung up somewhere on the seventh story, and that's it! Neither you will go up nor he can come down, adios!

It's not true, folks. The One who created this Earth, created it with love. God loves the universe. He is prevalent everywhere. In the every atom of the body, in the every molecule of the health. Do *you* breathe? Do *you* pump your blood? Do you sort out your things in the neurons of your brain? Do you have any design known to you? Our problem is we ask God that we should not die, we should not be poor, we should not be miserable, we should be loved – all problems, just figure it out, they all belong to Earth! Dust to dust. We never say, “Hello, God! How are you? You are up there, we are down. When you are going to say hello to us?” Really come face to face. Never, we never have that desire.

Sometime, lying down, face down in your bed, why don't you talk to God and say. “I am face down. I can't even breathe, but where are you?”

Why don't you sometime yell and scream, “Hey you! My Creator, you idiot! You didn't give me two noses. You should have given me a nose like an elephant so I can go in the kitchen right sitting on my bed and drink my tea.”

Why don't you fight with him? Why can you not fight with God? Why don't you yell at him? Why can you not treat him as a friend? Why you are so scared and separated from him? Why you have thrown him out of your life so much that there is no chance of re-entry? Even your shuttle re-enters the atmosphere. Is God worse than that shuttle? You can't let re-entry happen? Arouse your sensitivity and your refinement! Your psychological barrier and psychotic barrier must drop! Give God a chance. Give him a day. Give him a moment of your life. You may look idiotic talking to yourself, but it will be much better you talk to God within yourself and be seen talking while walking! You sometimes do not have time.

All these rituals and all these rites and all these religions all put together is a fake if there is no trust in God and in God's creation! All love is fake, if no love is universal for all. All sights are blind, if God is not seen in every living and dead being!

On my birthday, I was looking in that hall. There were fish bodies hung there on the height of that thing and I was just enjoying ecstasy.

Somebody asked, “Oh, God! Do you see these dead bodies?”

I said, “Do you see the maker of it? Do you realize we can't even paint it and God really made it?”

Somebody was telling me the horrible story of death and the dead fish and their bodies. And I was telling the person, “No, it is not true. Look at the maker's artistic point of view. And what beautiful color! And just understand, in spite of the fact the beautiful fish is gone – God knows what they did with it! – but still it has become a part of decoration. God wish if we die if we can be put somewhere as a part of decoration. Is that much value and worth we have?”

THE UNIVERSALITY AND CLOSENESS OF GOD HAS TO BE UNDERSTOOD

We are under the cusp of twenty-one years (1991-2112, the cusp of the Aquarian Age) and those twenty-one years will need Nanak the Guru, his teachings as he said so, not as they are being told so. Like God is indefinable, limitless, beyond infinity, but still is a part of every activity, creation and existence. That universality and that closeness of God has to be understood.

You cannot like the Piscean say: “God lives *there* and God lives *not* there, and *this* is God and *that* is not God.” This is over with, finished!

If there is a prostitute – God. If there is a goddess, it is a God. You have to have that width of the mind to understand once and for all, if one is ugly, it is God. If one is beautiful, it is God. Can you do it?

THE TIME HAS COME

Religion, as it has been known, has become absolutely obsolete. In the past five thousand years, religion has been teaching you to redeem your soul. The soul is already redeemed. What you should redeem is your being not true to your words, not true to your commitment, not true to your character. That's what you should redeem.

The majority of people in the world today are nothing but show business. You put on a show. And today even spirituality is nothing but a show. No human believes that they are a fact of life, a fact of existence, that they are real, that they are born in the image of God.

The most magnificent Allah, most infinite God Jehovah, the most pure wise Lord Buddha, whatever you want to call God, has created you in his own image. So God in the New Age is called He-She-It: He, She, and It. Understand that this is the totality of God. The fact is that there is nothing more beautiful, more worthy, more conscious than you.

The time has come for self-value. And the question is not "To be, or not to be?" The statement is "To be, to be." "I AM, I am." The time has come not to search for God, but to be God. The time is not to worship God, but to trust and dwell in the working God.

THE SACRED SOUND

If you have to send a message to God, who is the universe around you, then you have to concentrate on your nerve centers first. Prayer without total concentration of the spine doesn't work because the entire vibratory system, the nervous system, is in the spine. It is simple.

God has given you eyes to see him, but do you see God with your eyes? No, you see things.

God has given you ears to hear his grace, his totality. There are so many things – not just the leaves, but their growth, their green colour. The wind, the breeze, the lightning.

The ears are there to tell you the sound of nature. If you start realizing the sound of nature, then you can realize *Shabad Guru*, the sacred sound.

YOU INSULT GOD IN MANY WAYS

If you go to a shop and see something and you say, “It’s horrible, it’s miserable, its colour and its line are not right. This is not right and that is not right,” the shopkeeper will say, “Please go to another shop. I don’t want to sell anything to you.”

When you are moody and you are depressed, you insult God badly. And then you expect your prayer to be answered! Why? Why? Why?

“Stupid” is not the word for this. Stupid is a very polite word for it. First, you insult yourself, to which you have no right. And then, you are not only insulting yourself, you are also insulting your Creator!

You insult God in many ways. You insult other people that he created. He created the universe which you insult. Then you insult everything you know, and you want to be prosperous?

You want to be recognized? You will be very well recognized by God. Do you know how God will recognize you? He’ll send you to a gourmet party, give you thirty, forty dishes to eat, and then give you indigestion.

He has his ways. You have your ways. He has his ways, because *Saas saas simarao Gobind*. “The One who maintains you, with every breath, appreciate him.”

You don’t even appreciate yourself. You don’t appreciate anybody. You find fault in everything. Why? Because you have been taught to sell yourself emotionally. You have no “to be” in your life – to be in compassion. Not for yourself, nor for anybody else.

You know what parents teach? Be a doctor, be a genius, be an MBA, be this, be that. Have you ever seen any parent who says, “Be a human being, and a nice one, and compassionate and kind”?

ASK FOR THE HEAVENS

When you ask God, ask him for nothing less than the heavens. “Give me the heavens!” That is life when you have a face-to-face relationship with God. This face, which is given to you by him, is what he likes the most. So, face to face, word by word...

What can he do to you if you ask him for that? What? Will you die? Die you must anyway. Nobody can do more than that. Send you to hell? Fine, it's warm. He'll burn you? God is in you – if he burns you, he'll burn himself.

Why are you so upset? Don't you ever separate from him. “God and me, me and God are one,” *Ik Ong Kaar* – what Nanak said was very simple. It will solve all your problems – physical, mental, worldly, and heavenly.

PATIENCE PAYS

Patience pays. Wait. Let the hand of God work for you. The one who has created you, let him create all the environments, circumstances, and faculties and facilities.

*“Too kaabay dolay praanee-aa, raakhaigaa sirjanhaar.
Jin paidaa-is too kee-aa soo-ee day aadhaar.”*

Oh individual, why are you in a very doubtful state? The one who has made you will take care of you. The one who has created this universe, all the planets, planetary faculties and facilities, and the Earth, he is the one who created you.

Wait. Have patience. Lean on him, then all the best things will come to you.

Dwell in God. Dwell in God. Dwell in God and befriend your soul. Dwell in God and befriend your soul. Dwell in God and befriend your soul.

All the faculties and facilities of the creation which are in your best interest shall be at your feet. You need a million things. A million things will reach you.

If you are stable, established, firm, patient – remember, the creator watches over you and creation is ready to serve you – if you just be you.

So please take away the ghost of your life and stop chasing around. Consolidate. Concentrate. Be you. And may all peace and peaceful environments and prosperity approach you forever. *Sat Naam.*

LITTLE GEMS

Offer all action, all thought, to the Creator for forty days and see what happens!



In higher consciousness, there is no duality, no difference between you and God. The difference between you and him is simply ignorance and attachment.



A constant, permanent connection with the Creator is all you need. Then time will serve you and you will not serve time.



Have faith in the creative force, truth. Every happening is a lesson, a message. Smile in the face of adversity. Only wish that God's will be done. You belong to him. He will provide for those who unite with him.



Seek God within. Experience every act as a god for one day.



Any act in the name of God returns ten-fold. It is an action towards the spiritual enlightenment of others.



A clean body is a guarantee that you will have realization sooner. First take care of the gross self, and then realize the self in God.



Man is God when he has faith that he is a man, but he is a Satan when he doubts that he is.

If you are not beautiful and graceful, there is nothing beautiful or graceful. This is a truth, for you are the universe and the universe is you.



We have not gathered here to find God. Forget it! We are him. We are reconciling ourselves to that truth.



There is nothing quick in this world. Pay off your karma gracefully. The divine shall help you. Have no doubt; have no duality: You are the incarnation of God. Every mind has the possibility of expanding to infinity



It takes the same energy to become a god as it does to become a demon.



Truth is God and he is omnipresent. We can't find the guy. All we can do is be so magnetic that God can come and find us.



The only thing you have to do is be beautiful and graceful. Then God will find you.



Yoga means defining yourself within the infinity of God-consciousness. If you can do that, you can become a yogi. That's all there is to it. It is a constant awareness of union of finite and infinite: "I belong to the One, and the One belongs to me."

The conversation between “I” and the “One” is divine intercourse: “In the Oneness, I am surrounded now and forever.” If the finite cannot experience this Oneness, how can he experience the infinite One?



The only thing that comes to you without asking for it, is the breath of life. Everything else, you have to ask for. But the breath of life is an infinite gift from God.

You are a slave to everything except the breath of life. And the breath of life will free you, if you let it carry you to God.



From God you have come and unto God you shall go. In between is a temporary passage through time and space, but *you are never subject to time and space*. You just pass through it. With Guru's blessing, you'll find the guide and the guidance.



The human body is the instrument of divine experience. It is the highest gift of God.



It is my individual experience that the only sin we commit is when we put ourselves down. Whenever we put ourselves down, we are actually making a mockery of God and his gift.



God won't accept you as an angel, because he never sent you as an angel. He won't accept you as a devil because he never made a devil out of you either.



Those who were kind when they could have been unkind – the nature, the God, the universe, shall be kind to them. Those who forgave those who were totally unforgivable, the divine essence will forgive them for many lives.

When you become God, then you will become good. And when you are good, it will claim goods. You'll be healthy, happy, holy, prosperous, self-contained, self-styled, and peaceful. These are the basic qualities of the human who has learned to control his animal nature.



When God is merciful, the outside environment allows you to go inside. When God is merciful, he will guide you to a wise man, and when the wise man is merciful, you will experience God. That is how it happens.

When people say, "God appeared before me," I walk away. That's because that's not the way God travels. God is an experience. There is no chance to get to God directly. If you study human history, you will find this to be true.



Churches and temples are meant to let people know that there is a God. They are like "God fairs" where people come for God-consciousness and to live in God-consciousness and to know we are alike in that consciousness, but God doesn't live there.



God isn't fool enough to live without a woman because that is not the way God is. The law of polarity governs life. Each male has a "fe" and each "fe" has a male. The householder is the pivot of life and God lives in cozy homes.



Praising God is your food. I also tell you, praise *anybody* and you will get him anyway. That one act no one can understand. When the dog starts wagging its tail, that vibration brings love to anything in the world. When the cat purrs, there is never any reaction against her. And when a man praises the Lord, no evil on Earth can attack him.



God supports, God loves everybody. You love some and you hate others. God supports everybody and you support some and hate others. It is true or not?

Then you and God are one? No. We differ in action. Otherwise, we are one.

I have a Father and He has a Heaven and you can reach Him my way. I am the only way. If you have the compassion which I have, if you have the love which I have, if you have the humility which I have, if you have the service which I have, surely as I go to the House of my Father, the Kingdom of my Father, you go too. And there is no other way than that. I have to be like that to go and you have to be like that also.



Why find God? Where is God? Is He on holiday? Whatever happened to Him? If you realize that God is omniscient, omnipresent, and omnipotent, then you must forget finding Him. You have already found Him. But if you have no real connection with Him in that way, then keep on searching and I can guarantee that you will never find Him.



Man as a creator is so much dependent on his Creator that you cannot believe it. And sometimes when you are dependent on something, you don't like it, so you become atheistic. We don't like to feel we are dependent on anything. We don't like the idea of God. It is like a tractor that doesn't like the driver; it just wants to run itself.



Prayer is a control of the self in which you can talk to the Infinite. In meditation God can talk to you and in prayer you can talk to God.



If someone tells me I am a devil and I tell him that I am not and he is, then I am a real devil; then the devil comes out in me. There is a devil in me and there is a God in me; the question is what comes out of me.



If one will realize God, then he will become God. What is realization? When you become that which you realize.

At the judgement time the subconscious tells the story. It has recorded everything and then what can you argue? How can you argue with yourself? God wants you but you cannot face Him. So when man is hiding, whom is he hiding from? His subconscious mind. He is hiding from his own photographer.



The time has come when we should live as one. Forget finding God, I do not know who God is. Let us be very clean and honest and clear, and he will find us. Don't run after him; he will run after you provided you know how to stay clear, provided you know love, provided you know how to stand honest.



Those who do not know to live to their words shall not have the knowledge to know God. When you betray your words, you betray your own concept and the universe shall betray you too.



Do you want to be like God? It is not difficult? Love yourself.



Just understand, once you have reached the Guru, the Siri Guru Granth, then study it, understand it and decide it by your own grace. Create that bond, take that blend. Nothing can separate you. And if you can have a blend that you cannot be separated from Guru, then God is *you*. That is how it works. That is how it happens.



The moment you start working and seeing God in every thing, all wealth, prosperity and opportunity shall come to you.

For one week, whenever you do anything, just imagine God is hearing you, seeing you. Just imagine God is examining you. From Friday to Friday, make an image of God and keep it with you.



The Lord is going to be praised by many. And if nobody praises, he knows how to get his praise. He has a squeezer. It is called "hell".

Hell is a squeezer where those who do not praise him, he gets them in. And he knows how to get his job done. He is a very good administrator, believe me or not. He is totally faultless, free of all ego.



If your feelings and your own emotions, you can control by your mind under the guidance of your intelligence, you have walked on the path of reality. And if this path walking can reach you to a destination where you can understand with your own mind your own consciousness and that intelligence follows the consciousness, you have reached what is called in simple English "God." You don't have to go to God. And that is the total challenge.



Why praise God? It is a very selfish act. When you think big, you become big. God is an infinity. Whenever the finite tunes in with infinity, it enriches itself. That's the secret of prosperity.



To be spiritual is to be crystal clear, to be "seen through," and to see the spiritual in everyone. For God's sake, don't be opaque! Be light, and then you'll be bright!



Start loving yourself. God gave you the gift of life. Fall in love with it. Go crazy for it. Value it. Feel it. Have it. Understand it. There is no God, no divinity and no religion, nothing, if you cannot fall in love with yourself.

God consciousness is the freedom that you get from getting out of your fear complex. When your fear complex leaves you, you are God.



You are not born in sin. You are born in the image of God. You can't be wrong. God Almighty made you to be who you are. Trust it. Believe it. The perfect God cannot make you anything better than you.



You are looking to find God? Which God? That God who gives you breath fifteen times per minute? That God, you think you need to *find*?



We all live in a state of hypnosis. Are you with me? Because once you live in the real self and break through hypnosis, you are God. Do you know that? God is not what you think God is. God is when you live out of the state of hypnosis in your real self.



See God in all. See opportunity in all. See grace in all. With that impact, walk your life very gracefully.



The caliber of this human body is such that it has the capacity to give you the experience of God.



When God gives you good times, He wants you to forget him and sleep. When He gives you bad times, He wants you to wake up and face Him.

Inside you there is a soul which obeys no boundary and no limit. It is as pure and bright as God.



God is within you. It was. It is. It shall be.



A Teacher brings God into the heart of another person.



You do not understand discipline. Discipline is the only friend, other than God, that you have.



Fact is, nobody can control anybody. All you can do is flow with each other like rivers and streams flow with each other and end up in the same ocean. All things come from God and all things go to God.



There is no God outside you. Neither was, nor is, nor shall be. It is all you. The very breath of life is divine.



Where the kundalini is, the entire wealth of the universe and the heavens is. Where the kundalini is awakened, all corners bring gifts and salutations. It is the most divine power of God himself. It is God's thunderbolt.

Free will is essential for existence, but also that free will should listen to your inner will. People have been told there is a 'God's Will'. When you say that, it looks like God's will is outside of you. That is not true. There is no such thing as God's will outside of you. There is a God's will inside of you.



When your understanding is 'I belong to God and God belongs to me'; when that equation is complete, you are a saint. Then everything will come to you. You don't have to hustle.



God rotates the Earth and He is going to take care of your every routine. There is nothing to worry about.



Be practical. Be real. God is within you, not outside. The moment you feel that God is in you, it will cover all the situations in your life.



Find happiness in you. Find an attitude of gratitude. Be happy with what God has given you. If you are happy, happiness will come to you, because happiness wants to go where happiness is.



You have two enemies: fear and duality. When you are afraid, just say, "No," and God will take care of you from that moment onward. And if you have duality, "No." He will create a bridge. Trust him, dwell in him, and be gracious. Tomorrow's world is looking to you.



May your own power prove to yourself that you are the existence of God. May this give you bounty, beauty, and bliss. May you rise to your excellence and recognize God walking on your left and right unto ecstasy. *Sat Naam.*

God created you. You have to appreciate that your own being is a creature in order to appreciate the Creator.



Blessed be your soul. Blessed be your existence. Blessed be your personality. And blessed be God within you. Blessed is your love. Blessed is your selfishness. Blessed are your virtues. Blessed are your values. Blessed are you who represent God and grace of mankind. May you all be blessed with peace, peace, peace. *Sat Naam.*



When God became himself in his own ecstasy, he danced. When he danced out of his own ecstasy and love, he created music. That music created the Earth, the heavens, the planets, and life. He was so in ecstasy that part of him scattered, and that is called the soul, and every soul wants to return to him.



You may choose to leave God, but God will not leave you.



Someone asked me, "What is God?"

I said, "The One who acts beyond you."

"What is maya?"

"That which acts in you."



We come from God's perfection. We have to be perfect. Therefore, we can meet every challenge, every calamity, and every nonsense.

God has given you everything. If you want to give something, give forgiveness. First, forgive yourself. Then forgive your environments. And then forgive all those whom you cannot forgive. This is the beginning of greatness of character.



Every organic and inorganic aspect of life and element of creation calls on God in one way only, and that way is called “prayer”. It is a total stimulation of the human psyche that has the power to bring God’s grace into action and protection of the one who has called on the One.



Now is the time to live to this simple rule: “God is within me. I am, I am.”



May we all understand that God lives in us, as he made us to be in his own image. Let us honour that strength and serve in affection, in compassion, in kindness, and in caring. *Sat Naam.*



Life is very simple, and a simple life is very beautiful. When you walk straight, then God goes round and round you. When you walk round and round, then God stands to the side to see what you want to do.



You are the children of God. You have denied it.

Wake up. Accept it. There is no God beyond you. When you are born, you are the living God. You are afraid to say it because you are afraid to live it. But that is the truth.



You were not born to suffer. You are here to see and experience the infinity of God.

You live by thought. When you stretch your thoughts with wishes and desires, it warps your intuition so you cannot clearly know what is right and what is wrong. Then your decisions are based on advantages and disadvantages, and you do not have the clear guidance. Therefore, let this thought replace all of the others: "I am very, very graceful and God will guide me." Your job will be done, you will be fulfilled, and you will see clearly.



You must learn to appreciate yourself and honour your own soul. Then purity becomes your projection. Then there is no difference between you and God.



It is very nice, once in a while, to say to God, "Hello, how are you? Good morning, my Creator. Thank you very much. Now would you please make this whole day nice and good for me?" It is called "gratitude".



If you cannot serve your soul, God cannot see you.



Understand one thing: If you are the lord of your discipline, the Lord of the Universe will become your servant.



Without intuition, a human being is nothing but an insecure, living in misery. With intuition, a human is absolutely divine.



In God I dwell. That's the key to all wisdom.

Where there is kindness, there is God.



If you cannot see God in all, you cannot see God at all.



It is a simple way of life: I am as God made me to be. I walk as he makes me to walk. My will is his will. My love is his love. Whatever I possess, God has given me as a gift. I am just a caretaker. With his will, I came, and with his will, I will go.



In the House of the Lord, progress is slow, but there is no ultimate darkness. You shall be answered if you will call God.



Blessed are those who care for their values and virtues, who understand their lifespan is a gift, who love God in others and find God in themselves. *Sat Naam.*



There is nothing more beautiful and priceless than a learned woman. A learned woman can create a God, while God once in a while through millions of years can create a learned woman. Your learning can enter the bloodstream of the generations that will follow you. It can bring grace and dignity to the place where you live. It can build a new nation. And it can build a new time.



We must look at things the way God looks at things. Our purity lies in our originality. Our intuition lies in our innocence.

To desire is not wrong. God gave you the power to desire, therefore you must desire. But, whatever you desire, it should be totally controllable by your own essence and command of consciousness. It must filter through your intelligence and it must be in rhythm with your age.



God gave you the greatest weapon, which is communication. And the purpose of speaking is to communicate through truth to gain confidence and gain trust.



When you make your soul hungry, it corrupts your mind. A hungry soul will corrupt the mind and a corrupt mind will pollute your body. The food for the soul is *sadhana*.



When a gift is received and God is not thanked, it becomes fate. If it has not been presented upon an altar, it becomes a curse. Every happiness which is given to you in life must be thanked in this way or it becomes destruction. This is the law of electromagnetic polarity.



What is divinity? Vanity divided between you and God. One man says, "I am great." The other man says, "God is great." The one expression is individual, the other is dedicated.



The ordinary brain cannot be happy, because it is a brain of conflict. It has to be tuned to the Oneness of the Universe.



Blessed are those who have learned to bless themselves. Divine are those who have God in their hearts. Greatness belongs to those who have shouldered the weight of all mankind. Most beloved of God are those who are peace, at peace, share peace, and bring peace to all. *Sat Naam*.

GLOSSARY

- Aad sach jugaad sach. Hai bhee sach naanak hosee bhee sach.* True in the beginning, true through the ages;
True now, Nanak proclaims it shall be true.
Siri Guru Granth Sahib (SGGS) p. 1
- ajna* the sixth chakra, the third eye
- Ajoonee saibhang gurprasaad* self-born, self-existent, Guru's grace SGGS p. 1
- Akaal Moorat* personified God SGGS p. 1
- Akaal Purkh* Undying Being SGGS p. 1
- Amay-ee-to Brahm.* Recognize me as God.
- Angsang wabeguru* in every facet, there is nothing but *Wabeguru*
- Aray!* "Look!" (Punjabi expression)
- baanaa* uniform
- Baanee* Guru's word
- bhaktee* devotion
- bhayaataa* offering
- bhog* enjoyment
- bhogee* enjoyer
- buddhi* wisdom
- darshan* vision
- Dayo darshan guru mayray!* Oh my Guru, appear before me! Give me an audience!
- Dhan dhan raam daas gur jin siri-aa tinai savaari-aa.* Honoured and praised is Guru Ram Das. The One who created you,
that One has embellished you. SGGS p. 968
- Ikongkaar* There is one Creator of this creation. SGGS p. 1
- Ikongkaar Satinaam Kartaa-purkh* You are the One. You are the created of that One. Your identity is truth.
You are the Doer of everything. SGGS p. 1
- Gursikh bar bolo mayray bha-ee, bar bolat sabh paap lai ja-ee.* Oh disciples of the Guru, chant God's Name, my siblings.
Chanting the Name, all sins are washed away. SGGS p. 165
- Guru arjun paartakh bar.* Guru Arjan is veritable God. SGGS p. 1409
- Hazrat Abraham* Prophet Abraham
- Ham tum ik bhayo hai meetaa.* I and You have become friends. We are one.
- Jap. Aad sach jugaad sach. Hai bhee sach naanak hosee bhee sach.* Repeat. True in the beginning, true through the ages;
true now, Nanak proclaims it shall be true. SGGS p. 1
- japa* repetition of mantra
- Jeevan mukt ho-ay so jee-aa.* You are free while alive.
- Jogee andar jogee-aa too bhogee andar bhogee-aa.* Within the yogis, you are the experiencer of the state of yoga.
Within the pleasure-seekers, you are the enjoyer of pleasures. SGGS p. 71
- Khaalsaa mero roop hai khaas. Khaalsaa meh hau karan nivaas.* Khalsa is my special form. I live in the Khalsa.
- Khaalsaa mero satguroo pooraa.* Khalsa is my True Guru.
- Khalifaat* the office of a spiritual and temporal head of Islam (Caliphate)
- Khalifaa* a spiritual and temporal head of Islam (Caliph)
- Khbudaa puhuchay kaa janat mai paap baadon say gunaa ki-o naa ki-aa rabeem natay?* Why didn't you commit sin?
Didn't you trust me that I can forgive also

Manai kee ghat kabee na ja-ay Those who accept the will of God, nobody can explain their virtues.

Naam chit dhi-aavai. May God be in my remembrance.

Naanak dukhee-aa sab sansaar. Say sukke-aa jis naam adbaar. Nanak, the whole world is suffering.
They are in peace who adhere to the Name.

Ni-aara Panth distinctive body of people

Nirbhao Nirvair fearless, without rancour

Paarbrahm Parmayshar Infinite God, Infinite Lord

praanas breaths

praanee receiver of breaths

prakritee nature

rasas senses

riddhi siddhi nao middhi psychic powers, supernatural powers, and worldly fulfilment

Saas saas simara-o gobind The One who maintains you, with every breath, appreciate him. SGGS p. 295

sadhana a regular personal practice dedicated toward physical, mental and spiritual maintenance and growth

sadhana araadhana prabhupatee discipline dedication realization

sansaar the world

sayvaa selfless service

Shabad Holy Word

Shabad Guru Holy Word as Guru

shaktee power

shashara the seventh chakra, the ten thousand petalled lotus

Sikh of the Guru disciple of Guru Nanak

simran meditation

sootra line

Sukhmani a divine poem of Guru Arjun

tattvas elements

Tayra keetaa jaato nabee mainoo jog keeto-ee. Mai nirguni-aaray ko gun nabee I have not appreciated what You have done for me.
Aapay tars pee-o-ee. Tars payaa meheraamat ho-ee satigur saajan milee-aa. I am unworthy. I have no virtues at all.
Naanak naam milai taa jeevan tan man teevai bariaa. You took pity on me and showed me your mercy.
I have met the True Guru, my friend.
Oh Nanak, imbued with the Name,
I live and my body and mind are in blossom.
SGGS p. 1429

Tayraa tujh ko sompi-aa na laagay mayraa. What you gave me, God, I gave you back.

Too kaabay dolay praanee-aa tudh raakhaigaa sirjanbaar. Oh individual, why are you in a very doubtful state?
Jin paidaa-is too kee-aa so-ee dayay aadbaar. The One who has made you will take care of you.
SGGS p. 724

trikutee trinity

ustat praise

Waab waab kaa ki-aa tamaashaa? Wow, wow, what a wonderful drama!

Waabo waabo gobind singh aapay guru chaylaa. Great, great is Gobind Singh, himself the Guru and the disciple!

Wabeguru Wonderful God

ACKNOWLEDGEMENTS

Without the Subject of this collection, there would be no book, no author, no you, no anything, so let me first acknowledge my profound gratitude to the One That Is, through whose grace this project came to mind and ultimately to fruition. Secondly, without the wisdom and occasional audacity of Yogi Bhajan, the world would be a poorer place and I would have had nothing to do. The great Master touched many hearts, transformed many lives, and to him I am most grateful. I am also grateful to all those great souls who troubled to take down or transcribe the words of Yogi Bhajan in one form or another. Oftentimes, while a room or hall full of people was being enthralled with the words and presence of the Master, these thoughtful devotees would be busy seeing their recording equipment was working properly or feverishly making notes and diagrams. Foremost among these was Siri Ved Singh Khalsa, who travelled far and near with Yogi Bhajan, first tape recording, then videotaping many hundreds of his classes and talks. Also on this list are Liv Singh Khalsa of Phoenix, Gurperkarma Kaur Khalsa of Seattle, and Shakti Parvha Kaur Khalsa of Los Angeles. All of them contributed valuable material for this collection. Gururattan Kaur Khalsa of San Diego is especially to be appreciated. From early on, she was taking notes and, in a burst of creativity, with her collaborator Ann Marie Maxwell, published three immense yoga manuals in a short period of a few months beginning in 1988. Her excellent work continues with occasional new manuals of yoga technology. Thanks as well to the fine folks in Vancouver who put together *New Directions* magazine in the 1970s, which today serves as a valuable window into the past. I also extend my appreciation to M.S.S. Sardarni Premka Kaur Khalsa and M.S.S. Sat Kirpal Kaur Khalsa, who in 1979 together edited *The Man Called Siri Singh Sabib* replete with wonderful quotes. I am indebted as well to the good people at Aquarian Wisdom in Espanola, New Mexico for all their research and their great sense of quotability, which together combine to give us a yearly calendar, *Yogi Bhajan Everyday*, another valuable source for this little book. Harijot Kaur Khalsa of Los Angeles, the compiler of several manuals of the Master's yogic exercises and meditations, did not neglect to entertain and inspire her readers with wonderful words of his wisdom, and for that I am also grateful. I am thankful as well to the good people who put together the *Aquarian Times* magazine, wherein I found more great material. And a debt of gratitude is owed as well to Ek Ong Kar Kaur of Espanola, New Mexico for the great quotations in her book, *Praana, Praanee, Praanayam*. I am also grateful to Mahan Kirn Kaur Khalsa for publishing Yogi Bhajan's "Patience Pays" in her *Bound Lotus* manual. Thanks also to Vikram Kaur Khalsa and Dharm Darshan Kaur Khalsa for their incisive and inspiring words from Yogi Bhajan in *Relax and Rejoice: A Marriage Manual*. Standing behind these latter works, and many others beside, are the devoted staff of the Kundalini Research Institute who do their best to see that these quotations are authentic and true. To them, and all the unnamed transcribers who have served to keep these words alive over the years, go my heartfelt thanks. Lastly, my thanks go to Siri Kirpal Kaur Khalsa in Eugene, Oregon for applying her eagle eye to this work when it was nearly done, pointing out several oversights. What an amazing line of transmission! *Waheguru!*

www.invinciblemusic.com

www.yogatech.com

www.aquarianwisdom.com

www.boundlotus.com

www.kriteachings.org

REFERENCES

Stories

- If God Comes Before You - December 29, 1985, Port Saint Lucie, Florida, GTE tape #G229, side 1.
"The Job of a Woman" - Messenger from the Guru's House, unpublished manuscript, the author.
The Boulder - Messenger from the Guru's House, unpublished manuscript, the author.
To See God - Messenger from the Guru's House, unpublished manuscript, the author.
The Soldier's Wife - October 10, 1974 - transcript "Rhythm and Reality: The Art of Healing", pp. 4-6.
The Sparrow - January 15, 1976 - transcript "Elevating the Human Consciousness", pp. 8-9.
The Three Divine Realms - February 26, 1976 - transcript "The Human Aura as a Measure of Consciousness", p. 5.
"Never ask a question." - May 25, 1982, Los Angeles, California - GTE tape #304, side 1.
God is Exactly as Crazy as You Are - April 1-3, 1983, Toronto, Ontario - GTE tape #T08, side 2.
Abraham and the Angel - March 8, 1987, Los Angeles - GTE tape #G282, side 1.
My God, Your God, Our God - July 26, 1987, Espanola, New Mexico - GTE tape #G302, side 1.
It Doesn't Matter Who You Are - July 26, 1987, Espanola - GTE tape #G302, side 2.
Making God Appear - August 16, 1987, Los Angeles - GTE tape #G306, sides 1 and 2.

Nuggets of Understanding

- Compassion - January 31, 1972, Santa Cruz, California - Santa Cruz Intensive original manuscript, page 2.
Japa - February 14, 1972 - *The Man Called The Siri Singh Sahib*, M.S.S. Sardarni Premka Kaur Khalsa and S.S. Sat Kirpal Kaur Khalsa, editors, (Los Angeles: Sikh Dharma, 1979) p. 176.
This is the New Era - Summer Solstice Sadhana 1973, Mendicino, California - Liv Singh tape series, number 4, side B.
Don't Beg! - Summer Solstice Sadhana 1973, Mendicino, California, Liv Singh tape series, number 13, side A.
God is a Total Relaxation - September 30, 1974 - "From the Realm of Finite God to the Realm of Higher Consciousness", pp. 1-2.
The Experience of Infinity - September 30, 1974 - transcript "From the Realm of Finite God to the Realm of Higher Consciousness", pp. 2-3.
Where the Man of God Goes - October 7, 1974 - transcript "Self-healing and Knowing the Self", p. 8-10.
There is No Fun in Finding God - October 10, 1974 - transcript "Rhythm and Reality: The Art of Healing", pp. 1-3.
You are Holy, But You Don't Want to be Holy - October 7, 1974 - Gururattan Kaur Khalsa and Ann Marie Maxwell, *Transitions to a Heart-Centered World through the Kundalini Yoga and Meditations of Yogi Bhajan* (Coronado, California: Yoga Technology Press, June 1988), p. 178-79.
God is Not Above Us - October 10, 1974 - transcript "Rhythm and Reality: The Art of Healing", pp. 4-6.
Prayer - July 14/18, 1975 - Khalsa and Maxwell (June 1988), p.91.
Call on God - August 4, 1975 - Gururattan Kaur Khalsa and Ann Marie Maxwell, *Sexuality and Spirituality with the Kundalini Yoga Sets and Meditations of Yogi Bhajan* (Coronado, California: Yoga Technology Press, 1989), p. 121.
Duty - *Bead of Truth Magazine*, Fall Equinox Edition 1975, p. 8.
The First Requirement of a Man of God - February 5, 1976 - transcript "Reactionary System of Elevated Consciousness," p.16.
The First Gift of Higher Consciousness - February 19, 1976 - *The Man Called Siri Singh Sahib*, p. 153.
The Hypocrisy of Religion - 1977 - *The Man Called Siri Singh Sahib*, p. 368.
Live in Love of God - 1976, Vancouver, B.C. - *New Directions: A Lifestyles Magazine*, Issue 22, April 1977, Vancouver, B.C., pp. 14, 16, 28.
God is as You Relate to It - November 23, 1977, Los Angeles - tape HC-2, side 1.
Don't Blame God - Los Angeles, January 10, 1978 - *Gurperkarma Kaur tape series*, 10-01-78, side 1.
Talk to Your Soul - 1978, Los Angeles - *Gong Meditation tape series* - Class 3.
Man is Supposed to be Happy - February 22, 1982, Los Angeles - GTE tape #279, side 1.
To Live in Pain is to Deny God - March 15, 1982, Los Angeles - GTE tape #285, side 1.
Mother Nature is a Spanking Mama - May 24, 1982, Los Angeles - GTE tape #303, side 1.
Let God Be Felt Through You - August 1, 1982 - *The Psychology of the Graceful Woman: 1982 Women's Training Camp Lectures by Yogi Bhajan* (Eugene, Oregon: 3HO Transcripts, 1982), pp. 219-21.

We are Tied Down by our own Fears - December 1982, Port Saint Lucie, Florida - Yogi Bhajan, *Siblings of Destiny* (Pomona, California: KRI Publications, 1983), pp. 65-66.

We Have Been Told That Giving is Bad - December 1982, Port Saint Lucie, Florida - Yogi Bhajan (1983), pp. 67-68.

Be About God - March 15, 1983, Los Angeles - GTE tape #339, side 1.

The Power of Mind - March 17, 1983, Los Angeles - GTE tape #351, side 1.

Recognize God - March 22, 1983, Los Angeles - GTE tape #340, side 1.

You are not Greedy Enough - March 27, 1983, Reston, Virginia - GTE tape #G93, side 1.

Man is More Infinite than God - March 27, 1983, Reston, Virginia - GTE tape #G93, side 2.

You Can Passionately Serve Compassion - April 24, 1983, Espanola - GTE tape #G096, side 1.

Three Miracles - April 24, 1983, Espanola, - GTE tape #G096, side 1.

Don't be Sorry - June 1983, Ram Das Puri, New Mexico - GTE tape #2, side 1.

Everybody has Exploited God - June 19, 1983, Ram Das Puri, New Mexico - GTE tape #G104, side 1.

Remember God - Ram Das Puri, New Mexico, June 19, 1983 - GTE tape #G104.

The Spiritual Nation Called "America" - June 26, 1983, Ram Das Puri - GTE tape #G105, side 1.

How Can I Sin? - October 28, 1983, New York City - GTE tape #T23, side 1.

The Purpose of Religion - October 7, 1984, New York City - GTE tape #G164, side 1.

See God in One - November 12, 1984, Los Angeles - GTE tape #419, side 1.

Let God be Free! - March 31, 1985, Washington, DC - GTE tape #G186, side 1.

You Don't Have to Worship God - March 31, 1985, Washington, DC, GTE tape #G186, side 1.

Don't Underestimate Your Existence - March 31, 1985, Washington, DC - GTE tape #G186, side 2.

Sadhana - April 22, 1985, <http://www.youtube.com/watch?v=SfUMoCzJHGw>, 0:41-3:14.

We Offer Ourselves to God - December 8, 1985, Los Angeles, GTE tape #G227, side 1.

When You Get Up In The Morning, Bless Yourself - December 29, 1985, Port Saint Lucie, Florida - GTE tape #G229, side 2.

Share God - December 29, 1985 - Khalsa and Maxwell (1989), p. 67.

You Play Games - March 8, 1987, Los Angeles - GTE tape #G282, side 1.

There Is No Such Thing As God - April 12, 1987, GT tape #G288.

The Use and Abuse of God - May 12, 1987 - source unknown .

God Should Be To You Like A Teddy Bear - July 26, 1987, Espanola - GTE tape #G302.

The War Within - Los Angeles, January 17, 1988 - GTE tape #G329, side 1.

God is a Showpiece We Use to Impress Others - January 31, 1988, Espanola - GTE tape #G331, side 1.

Religion is a Body of Exploitation - January 31, 1988, Espanola - GTE tape #G331, side 1.

Rules and Rituals are Not Infinite - January 31, 1988, Espanola - GTE tape #G331, side 1.

Give God a Chance - August 27, 1989, Los Angeles - GTE tape #G430, side 2.

The Universality of God has to be Understood - June 23, 1993, Ram Das Puri, NM - GTE tape #T122-4, side 1.

The Time Has Come - August 1, 2000 - *Aquarian Times*, 1:1:41-42.

The Sacred Sound - August 21, 2001 - *Aquarian Times*, 1:4:46.

You Insult God in Many Ways - August 21, 2001 - *Aquarian Times*, 1:4:47.

Ask for the Heavens - August 21, 2001 - *Aquarian Times*, 1:4:47.

Patience Pays - Mahan Kirn Kaur Khalsa, *Bound Lotus: An Instructional Manual Based on the Teachings of Yogi Bhajan* (self-published, 2005), p. 23.

Little Gems

- p. 103-1 October 12, 1969 - Khalsa and Maxwell (June 1988), p. 133.
- p. 103-2 December 15, 1969 - Gururattan Kaur Khalsa and Ann Marie Maxwell, *Relax and Renew with the Kundalini Yoga and Meditations of Yogi Bhajan*, (Coronado, California: Yoga Technology Press, December 1988) p. 100.
- p. 103-3 December 15, 1969 - Khalsa and Maxwell (December 1988), p. 101.
- p. 103-4 October 10, 1969 - Khalsa and Maxwell (December 1988), p. 148.
- p. 103-5 October 21, 1969 - Khalsa and Maxwell (December 1988), p. 82.
- p. 103-6 October 28, 1969 - Khalsa and Maxwell (December 1988), p. 148.
- p. 103-7 February 10, 1970 - Khalsa and Maxwell (December 1988), p. 148.

- p. 103-8 December 18, 1970 - Khalsa and Maxwell (1989), p. 35.
- p. 104-1 October 14, 1971 - Khalsa and Maxwell (1989), p. 97.
- p. 104-2 June 17, 1972, New Mexico - Summer Solstice Sadhana transcript, p. 1.
- p. 104-3 June 22, 1972 - Khalsa and Maxwell (1989), p. 59.
- p. 104-4 June 24, 1972 - Khalsa and Maxwell (December 1988), p. 16.
- p. 104-5 July 1973, Amsterdam, Netherlands - The Kosmos in Amsterdam, *Beds of Truth*, Issue 21, p. 11.
- p. 104-6 March 21, 1974 - Khalsa and Maxwell (1989), p. 64.
- p. 104-7 September 30, 1974 - transcript "From the Realm of Finite God to the Realm of Higher Consciousness," p. 5.
- p. 105-1 September 30, 1974 - transcript "From the Realm of Finite God to the Realm of Higher Consciousness," p. 5.
- p. 105-2 October 7, 1974 - transcript "Self-healing and Knowing the Self", p. 6.
- p. 105-3 July 14, 1975 - Khalsa and Maxwell (June 1988), p. 134.
- p. 105-4 July 19, 1975 - Khalsa and Maxwell (1989), p. 20.
- p. 105-5 July 19, 1975 - Khalsa and Maxwell (1989), p. 148.
- p. 105-6 August 7, 1975 - Khalsa and Maxwell (June 1988), p. 119.
- p. 105-7 January 15, 1976 - transcript "Elevating the Human Consciousness", p. 14.
- p. 106-1 February 18, 1976 - transcript "Auric Healing and the Rhythm of the Breath", p. 8.
- p. 106-2 March 15, 1976 - transcript "Inner Controversy", p. 8-9.
- p. 106-3 August 7, 1975 - Khalsa and Maxwell (June 1988), p. 67.
- p. 106-4 August 7, 1975 - Khalsa and Maxwell (June 1988), p. 67.
- p. 106-5 July 19, 1975 - Khalsa and Maxwell (June 1988), p. 41.
- p. 106-6 July 4/5, 1977 - transcript, Jai Jeet Sangeet Kaur, KRI.
- p. 107-1 The Teachings of Yogi Bhajan, 1977, p. 147.
- p. 107-2 The Teachings of Yogi Bhajan, 1977, p. 164.
- p. 107-3 The Teachings of Yogi Bhajan, 1977, p. 163.
- p. 107-4 The Teachings of Yogi Bhajan, 1977, p. 148.
- p. 107-5 The Teachings of Yogi Bhajan, 1977, p. 136.
- p. 108-1 The Teachings of Yogi Bhajan, 1977, p. 114.
- p. 108-2 The Teachings of Yogi Bhajan, 1977, p. 93.
- p. 108-3 The Teachings of Yogi Bhajan, 1977, p. 78.
- p. 108-4 Yogi Bhajan, *Relax and Rejoice Marriage Manual, Volume 2*, edited by S.S. Vikram Kaur Khalsa and Dharm Darshan Kaur Khalsa, (Pomona, California: Kundalini Research Institute, 1982), p. 79.
- p. 108-5 September 10-11, 1983, - The Invincible Man Course, GTE tape 2, side 2.
- p. 108-6 September 8, 1985, Espanola - GTE tape #G211, side 2.
- p. 108-7 October 20, 1985, Tucson - GTE tape #G217, side 1.
- p. 109-1 November 7, 1985 - Khalsa and Maxwell (1989), p. 52.
- p. 109-2 December 29, 1985, Port Saint Lucie, Florida - GTE tape #G229, side 2.
- p. 109-3 June 1987 - <http://www.youtube.com/watch?v=CIJF7HtuR0o> 10:45-11:30.
- p. 109-4 August 26, 1988 - Khalsa and Maxwell (June 1988), p. 150.
- p. 109-5 June 23, 1989 - Khalsa and Maxwell (June 1988), p. 45.
- p. 109-6 n. d. - Khalsa and Maxwell (December 1988), p. 82.
- p. 110-1 n. d. - Khalsa and Maxwell (December 1988), p. 45.
- p. 110-2 September 21, 1991 - Aquarian Age Calendar, July 29, 2007.
- p. 110-3 Summer 1993 - *Praana, Praanee, Praanyam: Exploring the Breath Technology of Kundalini Yoga as Taught by Yogi Bhajan*, edited by Ek Ong Kar Kaur Khalsa (Espanola, New Mexico: Kundalini Research Institute, 2006), p. 67.
- p. 110-4 October 31, 1994, Los Angeles - *Mind and Meditation* DVD, KRI Level 2 Course 19:00.
- p. 110-5 n. d., *Physical Wisdom: Kundalini Yoga as Taught by Yogi Bhajan*, compiled by Harijot Kaur Khalsa, (Santa Cruz, New Mexico: Kundalini Research Institute, 1994), p. 42.
- p. 110-6 n. d., Khalsa (1994), p. 7.
- p. 110-7 n. d., *Self-Knowledge: Kundalini Yoga as Taught by Yogi Bhajan*, compiled by Harijot Kaur Khalsa, (Santa Cruz, New Mexico: Kundalini Research Institute, 1998), p. 37.
- p. 111-1 n. d., Khalsa (1998), p. 36.

- p. 111-2 n. d., *Self-Experience: Kundalini Yoga as Taught by Yogi Bhajan*, compiled by Harijot Kaur Khalsa, (Santa Cruz, New Mexico: Kundalini Research Institute, 2000), p. 16.
- p. 111-3 n. d., Khalsa (2000), p. 18.
- p. 111-4 n. d., *Reaching Me in Me: Kundalini Yoga as Taught by Yogi Bhajan*, compiled by Harijot Kaur Khalsa, (Santa Cruz, New Mexico: Kundalini Research Institute, 2002), p. 55.
- p. 111-5 n. d., Khalsa (2002), p. 47.
- p. 111-6 n. d., Khalsa (2002), p. 41.
- p. 111-7 n. d., Khalsa (2002), p. 26.
- p. 112-1 n. d., *Infinity and Me: Kundalini Yoga as Taught by Yogi Bhajan*, compiled by Harijot Kaur Khalsa, (Santa Cruz, New Mexico: Kundalini Research Institute, 2004), p. 49.
- p. 112-2 n. d., Khalsa (2004), p. 44.
- p. 112-3 n. d., Khalsa (2004), p. 31.
- p. 112-4 n. d., Darshan Kaur Khalsa and Satya Kaur Khalsa, *Yogi Bhajan Everyday*, (Española, New Mexico: Aquarian Wisdom, 2003) Year 2004, January 7.
- p. 112-5 n. d., Khalsa and Khalsa (2003), January 9.
- p. 112-6 n. d., Khalsa and Khalsa (2003), January 13.
- p. 113-1 n. d., Khalsa and Khalsa (2003), January 25.
- p. 113-2 n. d., Khalsa and Khalsa (2003), February 4.
- p. 113-3 n. d., Khalsa and Khalsa (2003), February 8.
- p. 113-4 n. d., Khalsa and Khalsa (2003), March 1.
- p. 113-5 n. d., Khalsa and Khalsa (2003), March 4.
- p. 113-6 n. d., Khalsa and Khalsa (2003), March 10.
- p. 114-1 n. d., Khalsa and Khalsa (2003), March 15.
- p. 114-2 n. d., Khalsa and Khalsa (2003), March 19.
- p. 114-3 n. d., Khalsa and Khalsa (2003), April 10.
- p. 114-4 n. d., Khalsa and Khalsa (2003), April 18.
- p. 114-5 n. d., Khalsa and Khalsa (2003), May 11.
- p. 114-6 n. d., Khalsa and Khalsa (2003), May 24.
- p. 114-7 n. d., Khalsa and Khalsa (2003), June 16.
- p. 115-1 n. d., Khalsa and Khalsa (2003), June 23.
- p. 115-2 n. d., Khalsa and Khalsa (2003), July 8.
- p. 115-3 n. d., Khalsa and Khalsa (2003), July 12.
- p. 115-4 n. d., Khalsa and Khalsa (2003), July 29.
- p. 115-5 n. d., Khalsa and Khalsa (2003), August 7.
- p. 115-6 n. d., Khalsa and Khalsa (2003), August 17.
- p. 115-7 n. d., Khalsa and Khalsa (2003), August 19.
- p. 116-1 n. d., Khalsa and Khalsa (2003), September 7.
- p. 116-2 n. d., Khalsa and Khalsa (2003), September 23.
- p. 116-3 n. d., Khalsa and Khalsa (2003), October 19.
- p. 116-4 n. d., Khalsa and Khalsa (2003), October 30.
- p. 116-5 n. d., Khalsa and Khalsa (2003), November 7.
- p. 116-6 n. d., Khalsa and Khalsa (2003), November 12.
- p. 116-7 n. d., Khalsa and Khalsa (2003), November 13.
- p. 117-1 n. d., Darshan Kaur Khalsa and Satya Kaur Khalsa, *Yogi Bhajan Everyday*, (Española, New Mexico: Aquarian Wisdom, 2008) Year 2009, March 21.
- p. 117-2 n. d., Khalsa and Khalsa (2008), March 23.
- p. 117-3 n. d., Khalsa and Khalsa (2008), March 13.
- p. 117-4 n. d., Khalsa and Khalsa (2008), March 15.
- p. 117-5 n. d., Khalsa and Khalsa (2008), October 28.
- p. 117-6 n. d., Khalsa and Khalsa (2008), October 27.
- p. 117-7 n. d., Khalsa and Khalsa (2008), March 22.

SUBJECT INDEX

Abraham 18-21
America 65, 71
appreciating God 97, 113, 115
Aquarian Age 94
Aryans 69
Azrael the angel 18-21
balance 39, 43, 51, 62, 66, 72, 74
blaming God 35, 48-49, 76
breath 7, 60, 78, 93, 105, 110, 111
Buddha, the 29, 31, 61, 62
chakras, the 51, 74
Christ-consciousness 31, 62
Christianity 31, 33, 51-52, 61, 72, 92
Christianity and the Roman Empire 52
communication with the soul 50
compassion 10, 29, 31, 37, 51, 64, 97, 107, 114
competition 33
contentment 53, 116
Cornell University 22
David the shepherd 52
death 9, 10, 48, 76, 77, 89, 93
desire 35, 74, 93, 115, 117
devil 38, 105, 107
discipleship 15-16
duality 84
duty 41
dwelling in God 95, 99
Earth 4, 29, 41, 45, 62, 78, 80, 93, 112
experience of God, the 6-7, 18-21, 23, 24, 31, 34, 35, 80, 96, 110, 112
exploitation of God, the 49, 51, 68, 69, 86-87, 88, 91, 92
faith in God 45, 52-53, 103
fear 45-46, 50, 57, 110, 112
“finding” God 6-7, 36, 52, 63, 68, 92, 104, 107, 108, 110, 116
forgiveness 63, 66, 105, 114
giving 33, 36, 39, 57, 58, 87, 114
“God and me, me and God, are one” 63, 64, 65, 98
God as a little friend 88
God's love 18-21, 74, 83, 92, 93, 106, 116
God's presence 56
“God's rascal” 42
God's secret 74-75
God's will 55, 70, 103
grandfather, Yogi Bhajan's 3, 57
gratitude 115, 117
guilt 81-82
Guru Arjun 70, 78
Guru Gobind Singh 44, 80

Guru Nanak 4, 29, 44, 48, 61, 67, 75, 94, 98
 Guru Ram Das 36, 81
 happiness 33, 48, 51, 54, 55, 66, 91, 92, 112, 117
 Hinduism 80, 33, 44, 52, 61, 69, 91
 human body 93, 96, 105, 110
 idols 44
 ignorance 53, 89-90
 incarnation of God 4, 11, 80, 93, 104, 105, 110
 Islam 52, 61
japa 30
 Judaism 61, 69
 Jesus 44
 karma 55, 62, 67, 80, 104
 Karma Yoga 41
 Kashmir 5
 Khalsa 56
 kindness 4, 20, 45, 66, 97, 105, 114, 116
 kundalini 43, 87, 111
 Kundalini Yoga 54, 74, 87
 life is a gift 39, 80, 105, 109, 110, 116
 longing to belong 36, 60
 Los Angeles 24-25
 love 4, 8-9, 18-21, 31, 38, 44, 62, 63, 64, 66, 85, 93, 106, 107, 108, 109, 113, 116
 love of God 45-46, 83, 88
 mantra, the power of 39, 67, 78
 marriage 8-9, 91
 meditation 9, 21, 37, 39, 69, 77, 107
 mind 30, 34, 35, 48-49, 60, 61, 78, 80, 84, 89-90, 94, 104, 108, 109, 117
 mind, power of the 48, 60, 61, 89-90, 104, 109
 miracles, three 65
 Mool Mantra 39, 67
 morale, the importance of 86
 Moses 44
 Mother Nature 55
 Muhammad 44
Ni-aaraa Panth 65
 oneness of God 38, 64, 73, 79, 84, 93, 94, 105, 117
 patience, the value of 99
 praising God 32, 69, 75, 106, 109
 prayer 37, 39, 40, 63, 65, 69, 96, 97, 98, 107, 114
 purity 9, 11, 37, 111, 115, 116
 purpose of life, the 48, 80
 purpose of religion, the 49, 73
 purpose of the body, the 34, 80, 105, 110
 realization of God 57, 59, 68, 75
 relationship with God 12-14, 18-21, 47, 88, 112
 religion 35, 44, 49, 61, 73, 86, 89, 92, 95, 109
 religions 31, 33, 35, 52, 61, 62, 68, 69-70, 79
 representing God 66-67
 sacrifice 11, 36, 48, 85

sadhana 56, 58, 74, 79, 80, 89, 117
seeing God in all 13-14, 75, 93, 94, 110, 116
self-care, the importance of 77, 89
Shabad Guru 78, 96
sharing God 83
Shinto 73
Sikh way of life, the 70, 89
sin 45-46, 51-52, 63, 72, 105, 110
Siri Guru Granth Sahib (also *Shabad Guru*) 48, 65, 74, 108
sleep 39, 81, 110
soul 11, 17, 31, 34, 49, 50, 57, 58, 60, 61, 67, 76, 80, 90, 95, 99, 111, 113, 115, 117
spirituality as a show 91, 95
subtle body, the 60, 67
Sufi 12-14
surgery, Yogi Bhajan's 36
Swami Dharendra Acharya 6
telephone company, God as a 40
tenth gate 80
trust in God 45, 52, 53, 62, 63, 83, 93, 95, 110, 112
Universal Consciousness 32
unwanted pregnancy 17
woman 4, 31, 106, 116