

General

Tuesday, August 29, 2017 9:28 PM

If serving is beneath you, leadership is beyond you - unknown - good response

Lose your mind, find your soul - eh

The earth does not belong to man, man belongs to the earth - unknown - so so

Smile before bed. You'll sleep better. - Unknown

In the gnostic Gospel of Thomas: Jesus said,

"If you bring forth what is within you, what you bring forth will save you. If you do not bring forth what is within you, what you do not bring forth will destroy you."

Yb

You lie yesterday, you lie today, if you don't lie tomorrow you're going to be ok

YB - From This Morning

Sunday, March 4, 2018 7:54 PM

When ego is lost, limit is lost. You become infinite, kind, beautiful." Yogi Bhanjan

"Whatever you say consciously, your mind should listen consciously. You will be surprisingly successful." Yogi Bhanjan

Happiness is your birthright. Live it!" Yogi Bhanjan

If a woman sits with folded hands in her lap for a few minutes everyday, and feels she is a container so vast that she contains the whole universe, she will never feel weak or have any problems. There is nothing beyond woman except God." Yogi Bhanjan

"Friendship means only one thing: you don't create fences around you, but try to remove fences from the life of another person." Yogi Bhanjan

"Vibrate the Cosmos. The Cosmos shall clear the path." Yogi Bhanjan

Meditation is not what you do in the morning, that's practice. Meditation is the daily result of that practice." Yogi Bhanjan

When a human acts under impulse, as an animal, that human shall never be redeemed. You have to act under intuition. If that is not developed, then you have to act under your spirit." Yogi Bhanjan

Creative consciousness is creative Infinity. Creative consciousness is creative Infinity; and creative Infinity is equal to creative polarity between male and female; and creative polarity is equal to the circle of Infinity. When you relate to the creative consciousness as creative Infinity and creative Infinity as creative polarity, then you must understand, without creative Infinity you do not enjoy the circle of Infinity, which is called life." Yogi Bhanjan

Remember, there's a certain law and that law is: you should not comprise you for anything. All of your surroundings should be made straight in relation to that you. But that you is a very compassionate, inflowing spirit - not ego. If that you is ego, then you will have more enemies and less friends. If that you is of the flowing spirit, then you will have more friends, but hardly less enemies, because that person who'll have friends will always have enemies. The law of polarity is - equal reaction shall be there - equal and opposite." Yogi Bhanjan

Every action has a reaction, equal and opposite. So when you go forward you become big, you become great. A lot of people who cannot see your forward growth, your bigness, out of jealousy start pulling your leg. The more they pull your leg, the more you push forward. The more you push forward, the more they pull your leg. This way all of you must die victoriously saying, "Oh, they couldn't pull my leg!" Adopt this posture. This is called satisfaction. Life is another name for satisfaction - and in that satisfaction we must live." Yogi Bhanjan

When you wake up in the morning, that first second when you open your eyes to be yourself sets the whole frequency of the day. The frequency of your psyche and the frequency of the psyche of the day must connect." Yogi Bhanjan

What is a woman? Woman is your infinity. It is the 'wow' of the man. It's the 'fe' of the male. It is the nucleus from which you focus to see through the experience of creativity." Yogi Bhanjan

In the beginning, the middle, and in the end, it is you and you only. So live well in your inner peace and inner strength. And when you feel weak, call on your soul, your best friend." Yogi Bhaja

Don't rush to know everything right away. What's best is whatever you know, practice it." Yogi Bhajan

Try to walk with woman hand in hand, on the positive road of consciousness called dharma." Yogi Bhajan

There is no greater attribute that I can give a man than this: man is what man is and man should be what man should be." Yogi Bhaja

Man is not meant to suffer. I have presented you with a path to follow in your life that will change the course of your existence so that you can be healthy, happy and holy. The path is well laid. It is complete and it is positive. You can never, ever be in trouble." Yogi Bh

"My feeling is that when you have trust in God, then you are not afraid; and when you are not afraid, you don't react. You let the Divine create the sequence and the consequences and you enjoy it. Rather than living the harshness of life, you watch the drama of life." Yogi Bhajan

When you are mad, angry, emotional, insecure, naive; then just find the Infinity of God. The coin has two sides. Turn it over, look at the other side." Yogi Bhajan

"If you ever want to know who you are and where you are, just keep up. The world shall bow to you." Yogi Bhajan

Never let yourself or anybody down, and never participate in a letdown. Then Almighty God shall never let you down." Yogi Bhajan

Blames and claims are the worst way to live. Live and let live is the best way to keep going." Yogi Bhajan

When you understand who and what you are, your radiance projects into the universal radiance and everything around you becomes creative and full of opportunity." Yogi Bhajan

When you concentrate and find yourself through your own meditations, you can know the status of any person, and find the fountain of your kindness and caliber." Yogi Bhajan

Remember whenever you speak with anyone, you only have one line to speak. You must gear yourself mentally. Whatever you have to communicate in that one line, it must be helped by your creative sense, your sixth sense. You must know where you can penetrate the person or situation and then your creative sense must let you establish your relationship." Yogi Bhajan

"As a man there are three faculties that you must have: wisdom, humility, and the desire to serve." Yogi Bhajan

When Guru Gobind Singh said, "Ang sang wahe guru," it was the most brilliant of ideas. If you can really convince yourself that every limb, that every movement of your limbs is attached to Divinity, you can never accept disloyalty, betrayal, cheating or any kind of game." Yogi Bhajan

That's why we ask you to remember one phrase: commit unredeemably to Infinity. At that moment, we also deliver a thought of Infinity in you: that your commitment is like a commitment unto Infinity. The faculty in you to relate to Infinity is a very progressive thing. The beginning and the end may cross in any way, any form, any shape, at any velocity, it is all the same. Relating to Infinity breeds happiness, confidence, fulfillment, faith, joy, pride, relaxation, incentive, intelligence, and self-experience - ten." Yogi Bhajan

You are not to be disciple; you are to be a living discipline." Yogi Bhajan

Every beat of your heart is the rhythm of your soul. The voice of your soul is your breath. " Yogi Bhajan

But sometime your mind opens up to Infinity. You see everything but you cannot grasp to it. You cannot relate to it. There is not a foundation yet laid on which this high totality can sit and rest and be with you. That happens but once a while you get out of the window some wings here and there." Yogi Bhajan

How can you get out of lust, your element is water? Lust is the sequence of the consequence that is your water element. So long there is a water in you, there is a lust in you. How can you get out of it? Then you are stuck and lesser will be the lust, lesser will be your life." Yogi Bhajan

Unattachment means you are very light mentally. In other words mean no suffering, in other words it means, total happiness, we call it bliss. Bliss only can come to you from nonattachment. But you know what nonattachment we want? Give away your all bank balance, your car and money and start serving and if you continue for twenty years you are nonattached person, that's not true. Have everything you want to have, there is nothing wrong to have things but don't be attached to that, because everything changes every moment." Yogi Bhajan

The people who have no status, always have a universal status, I have never seen a saint going to a King, I have seen many Kings going to saints. Why? Because saint has a universal ego and a King has a limited ego. Rivers flow into ocean, ocean never flows back to rivers. Exactly that is the channel. You have to become a cloud from a vapor to go to the top of the mountain and if ocean wants to go and become a river, that is the procedure open to the ocean and this is known as the cycle of the life or channeling the ego. Because that drop of rain is an ocean and ocean is a drop of rain, there is no difference, difference is only because of time and if you understand that, you understand the very source of happiness." Yogi Bhajan

This is happening in this country, the purpose to make it happen is not to make people to follow a man. The purpose of this whole thing is to make people follow the man within the man, the real man, the higher man so that they can unite their consciousness with the supreme consciousness and break the barrier of the subconscious mind, which is the only war which does not let you consciously know what supreme conscious has to offer and this is the scientific knowledge which can be practiced, so this evening I came here just to explain to you the basic outline, how the man can (?) at any stage, any time, unfold himself." Yogi Bhajan

"It means use ego against ego and become egoless and then you become higher self or control your breath so that you can control your mind and become hassle. That is the choice before the man of today." Yogi Bhajan

"If you feel you can't believe anybody or anything, fine. Don't. Instead believe in yourself. Wake up and go deeply in your self. Master the mind. Get to the essence and process of your own life. Stop playing games. If you find that I am wrong in my statements, then try to be right and exalt, elevate, and take care of yourself." Yogi Bhajan

Through that clear mind you can see the light of the soul and from the light of the soul you see the entire universe which is bountiful, beautiful, and nothing but an act of love. We can conquer our failures and win our life if we have a clear effective mind." Yogi Bhajan

When you are touched by Infinity you become that. Everything else falls short. Everything else is earth language only. " Yogi Bhajan

Regardless of your history of abuses or kindness, opportunity or challenge, it is within you to direct your mind. You can be a saint, you can be a human, or you can be a demon." Yogi Bhajan

The combined strength of your thoughts and your subconscious catches you. This combination, when

the subconscious links with the play of the mind, is the origin of mental intrigues and most of your self-defeating patterns. You need a habit to relate to your mind. Sit with your mind and review it, polish it, and direct it." Yogi Bhajan

Happiness is me and me within myself. Touch somebody - the magnetic field will change, the psyche will change. You don't have to do a thing. You don't have to say a word." Yogi Bhajan

You must understand, if your presence doesn't work, nothing works. Understand this very clearly. The first principle is: If your presence doesn't work, nothing works. Number two: If you are not you, nothing works." Yogi Bhajan

If within three sentences you cannot prove that you work, then nothing will work. In three sentences. You have a limit of only three sentences. And if you cannot, within three sentences win the trust of another person, nothing works. If in the first sentence you cannot make the person understand you are wise and loving, nothing works. Don't look at the situation. Look at yourself. *You* are working. It is your situation and you are in command of you. You have nothing else to worry about. Once you are you, all will be around you, as you want. That's the catch-22." Yogi Bhajan

"I'm not that kind. My kindness is your death. My kindness means you'll never be a teacher. Never. My affection is that I totally carve you out, and you cannot get defeated by time. I am no enemy. Your enemy is your time and space. If I don't make you ride above time and space, I have failed, not you. You came, you paid, you have done your job. Now it is your stamina, whether you can stand it or not. That's a different story." Yogi Bhajan

"I am combat-trained. I know how to eat ego for breakfast, lunch, and dinner. And once the man's ego is gone, everything left is divine. There's no duality. Ego creates duality, and you cannot be combating time and space; you will always have an argument with yourself." Yogi Bhajan

You know, Kundalini Yoga does not take very long - three minutes maximum, or eleven minutes, or sixty-two minutes. It creates in the brain the imprint of evaluation, that there is no pain but achievement. And once the mind is trained to achieve, you can reach Infinity." Yogi Bhajan

When you are yourself, people will ask your advice, they ask your counsel, they love you, they need you. Because always self needs self. Everything can be bought and sold, other than self. Understood?" Yogi Bhaja

"I hope you enjoy your stay and the torture which comes with it, and that you will be strong, brave and courageous. And remember what I say, "It isn't the life that matters, it's the courage you bring to it." Do not give up courage, you will always win. Do not give up hope, you will always have a scope in life. Do not give yourself, and God will always be there in you. Don't pull down the shutters of hopelessness, and discourage yourself. God doesn't dwell outside of you. In God you dwell." Yogi Bhajan

Your presence is communication. Did you ever learn that? Your existence is your communication, and your projection is your relation. You are the power." Yogi Bhaja

When all faculties and facets are dissolved, and oneness becomes one, that's the power of love. Where's there's love, there's no question. Where there's a question, there's no love. Where there's a want, there's absolutely no love. Where there's a need - no, it's not love." Yogi Bhajan

One who is not alert is dirt. How much time do we have to live as dirt? How many lifetimes are we to live as dirt? Applied consciousness is alertness. Alertness is learn on the altar; and altar has no alternative." Yogi Bhajan

Speak it from the guts. Speak it with your soul. Speak it with your power. God gave you a chance to speak. God gave you intention and notion to communicate. Speak truth which is you. Anything else you speak is untrue." Yogi Bhajan.

"So speak your intention, rather than your complicated words. You'll have the happiest life. All will be taken care of." Yogi Bhanjan

There's no greater power than the power of the word. The spoken word is the only essence you have. You as a hue (human) are like a bulb; your mind is like a bow string, and your word is the arrow. Strike, using your faculty of chakra, and you shall always win." Yogi Bhanjan

You owe it to yourself to master yourself. You owe it to yourself to be yourself. There's nothing beyond yourself." Yogi Bhanjan

Whenever you are going to find Self within yourself, you'll be one with the One who created you, because the One who gave you the Self knows the Self and has the Self. As long as you don't have yourself, you are empty. And to fill that emptiness you are going to do so many things; and these so many things are going to confuse you more and more. What's the idea of having the most beautiful, sensory life, sensitive living, and wasting it on confusion? Why?" Yogi Bhanjan

"So if you want to become a Teacher, you must understand, you are the beloved of God. Therefore, you shall not beg, borrow, or lie for existence. You shall not ask. Everything shall come, and in abundance. You are the Lord of Prosperity, you have the power of prayer, and you have the purity of projection. These three things you must understand. They belong to you when you are a Teacher, as a matter of right. Its not a favor." Yogi Bhanjan

First of all, I told you very clearly, don't have a Teacher. It's not written that you should have a Teacher. But once you have a Teacher, guru, whatever you call him - Spiritual Teacher, Spiritual Guide, spiritual friend, idiot, spiritual idiot - it doesn't matter what you call him, it's your concept. But once you call him and accept him, never deny him, because then only can you be redeemed in that linkage. You cannot be redeemed otherwise, it doesn't matter what God wants and what God does. That is called the Law of Final Destination." Yogi Bhanjan

Three things are not under your control: Love happens, devotion and dedication are unlimited, and the honor of spirituality is bestowed. You cannot earn it, you cannot buy it, and you cannot wangle it or manipulate it. Is that clear?" Yogi Bhanjan

"A yogi is a person who is not God, and who is not human, and who is not angel, or a devil. The pair of opposites do not affect a yogi - neither praise nor insult. That's a yogi. A Teacher is the one whom the pair of opposites do not affect. To the ugliest and to the most bountiful, he or she only gives blessings." Yogi Bhanjan

"A Teacher suffers all personal sufferings, because a Teacher is the example of guidance through time and space, and time and space is the test. The test comes only through suffering, and this qualifying through suffering gives you the contentment and happiness that you are everlasting, infinitely immortal. That's how Teachers become immortal." Yogi Bhanjan

People always see you as an individual. And you must know and see and believe and trust you are never an individual. Your "I" is for you an institution. A Teacher is an institution for help, for service, for raising people's consciousness, and granting them the Heavens. He's the guarantor - he or she, whatever - is the guarantor. A Teacher is the guarantor that the other person's life becomes heavenly. So if you are teaching a class for that ten or fifteen dollars, you are not in the right job." Yogi Bhanjan

You can learn by questioning or you can learn by blessing. When you learn by blessing, you will be bestowed the crown of spirituality and then Almighty God will love you and shall serve you, because His entire nature will be at your command. But when you question, you will go into the cycle of birth and death forever. That's the price you shall pay. Because when there's a doubt, man will never find the route. When you obey, there is nothing to say." Yogi Bhanjan

You are priceless, guaranteed by the One who made this universe." Yogi BhaJa

And when you teach the teachings purely, you shall not be offended. Tested? Yes. Insulted? Yes. Betrayed? Yes. Spat at? Yes. But will you in the end lose honor? No. Will you not be worshipped? Yes, you will be. There's no way, because through you only can God prevail. God has no other channel. But God prevails through a Teacher, and a Teacher is a balance, and each balance is that which has two equal sides. A coin has two sides: tails and heads. So people will talk your tale, and people will love to chop off your head. And if you are willing to accept this, you can be a perfect Teacher." Yogi Bhajan

"If you do not speak from the navel, you will never be alert, and if you will not be alert, you shall not have a mastery over time and space. It's a simple rule." Yogi Bhajan

Reverence shall not need reference. Obedience shall command the sensory system of being, and you'll become human. Otherwise you shall remain in the body of a human, an earthling who has no future but comes on the Earth to pick up the next lifetime in the animal kingdom or in the birds." Yogi Bhajan

The soul has its own power. The soul has a purpose: to be redeemed. You come from Infinity, go through the finite, unto Infinity you must exit. And you have Infinite power to do that, by your will." Yogi Bhajan

"You must understand the fundamentals. You have to become total to know the Total. You must learn to obey totally to command totally. It's a simple balance. There is no God but you." Yogi Bhajan

In the beginning you are perfect, in the middle you are perfect. In the end you are the perfect God. That's your merging point." Yogi Bhajan

One thing you must understand. When you are an idiot, everybody knows it except you. When you are handicapped, everybody knows it but you. But you always have a habit of putting on make-up - mental make-up, spiritual make-up, physical make-up, and you try to make up for something which cannot be made up." Yogi Bhajan

Each thought you get with the wink of an eye has to turn into a feeling, an emotion, and a desire. Then it becomes a neurosis, a psychosis. It's a continuous process of the intellect. The intellect lives by it. The intellect keeps on bombarding thoughts and thoughts and thoughts and thoughts and thoughts, and millions of thoughts go into the subconscious, and then the subconscious becomes loaded. Then it unloads itself in dreams, in fantasies, in nightmares and, God, when it starts unloading in to the unconscious, then you've had it." Yogi Bhajan

Happiness is our birthright. We are born to be happy. We are born to be so happy, that out of all calamities, tragedies, and whatever it is, we can go through it happily." Yogi Bhajan

There's nothing outside of us. It's all inside of us. Nanak said if you search outside you are wasting time. It's inside. When we feel beautiful inside, fulfilled inside, inside our own inside, wow, its so good." Yogi Bhajan

"You do not need to invite the enemy or call on bad luck to have trouble in your life. You are already in trouble when you let your mental intrigues go unchecked. If your inherent creativity expands that intrigue, your mind will spin it, magnify it, and spread it in every direction. It will weave that intrigue into your words and then project those words to every part of your mind. The result is you lose track of your real self and become shallow, hollow, and full of games. You lose your power of prayer. You lose your innocence. There is no one who can save you from this mess other than yourself." Yogi Bhajan

Those who learn to live on the primal vibration of God, they are the bright-faced, they are the light of light, and their job is done." Yogi Bhajan

If you can develop your mind to be meditative mind and then you can walk through all time and space as

you are, then in logic and psychology, in reason and in argument, in past, present and future, you determine the time and space. Time and space does not determine you. That is the beginning of you." Yogi Bhanjan

Space is where you are and time is the measurement of the space where you are, within longitude and latitude. When you pinpoint where you are that's called time. If you will not have the meditative mind and experience, then the other alternative is the time and space. Why you are learning what you are learning, you want to get over time and space. That is what it is." Yogi Bhanjan

First you have to learn, then you experience, then you become learned, then you can teach. Simple. First you should know you have a mind, second your mind should compute for you, third whatever it computes you must see that it is correct, then you can compute for others. Simple." Yogi Bhanjan

"Because what I am saying is not bound down by a language, it is not bound down by a territory. It is not bound down by time and space. It is something which experience with the humanity in Infinity. It's a science of the human, therefore it's okay." Yogi Bhanjan

So you have to learn, you have to practice, you have to experience and you have to know. And that is the science." Yogi Bhanjan

Either you can make the destiny or the destiny can make you." Yogi Bhanjan

"Your mind is constantly in motion. It produces every kind of thought. It has no base or fundamental reality on its own. It requires your direction. In order to act and create you must use the mind, but the mind can also use you. It can convince you of something, encourage you, then abandon you when it is wrong." Yogi Bhanjan

The reality is there is nobody who can limit you. There is nobody who can damage you. Your existence is not bound in time and space. You always have a choice of how you project your mind." Yogi Bhanjan

You can project your mind to a concept and capacity with unlimited scope, vastness, and cosmic unlimitedness." Yogi Bhanjan

The mental intrigues that come from your attachments and fears limit your projection and block your vision of what is possible. As soon as you oppress your mind as if it is fixed under time and space, you will feel depressed and cut your self off from your intelligence." Yogi Bhanjan

"To stop the games and mental intrigues and to truly be happy you must develop a consistent attitude of human life in which you can excel above time and space, using your mind at the frequency of your soul. That is the attitude of a happy person." Yogi Bhanjan

When you talk to your mind assess it. Don't be anxious or afraid. As you start talking to it, it will stop working on its other games. " Yogi Bhanjan

This mind is the biggest game player in the world and it's right within you. Once you have a relationship to it, it listens and it cannot play a game to slip something past you or to skip over you. It cannot do anything to you. You begin to use it and ultimately to master it. When you master it you will become masterminded. That marks the beginning of the era of happiness." Yogi Bhanjan

The real game is for you to make your mind follow you, so you can become a sage. If you choose instead to follow your mind, it will make you crazy and weak. In this game mastery is the goal and your main enemy is stress. When you are under stress you begin to lose your mind slowly, to a very polite degree. Your mind starts to wander on its own. It looks elsewhere for shelter and hope. It look into your subconscious and pulls out of it every memory and every fragment of intentions and actions left incomplete in your life. You begin to live in the past. You do not act in the present but according to

overlays from the past." Yogi Bhajan

You must develop the mind, through meditation, to give you the positive of the negative and the negative of the positive so that by your own grace and consciousness you can find the neutral of it. In this way you can reach to the subtle, refined and spiritual dimensions of your life and your relationships." Yogi Bhajan

Why not play one game to become timeless and one with God? That is the game of how you recognize and love your own deep truth in life. When you can play just one game that is boundless in time and space, then all others stop. The measure of the game is how near you are to your own truth, to the reality in your soul. How much consciousness and control of that truth do you have? You will be happy in your life in proportion to the degree that you have a handle on that truth, and that you are willing to pay for that truth, and that you commit to and love that truth." Yogi Bhajan

"If you go along with your mental intrigues, you will not get spiritual and have worldly success or happiness. You cannot reach that happiness and contentment no matter how many sophisticated intrigues your mind creates. Only two things will work: your presence and your unlimited projection." Yogi Bhajan

"You have not learned how to depend on the unseen and unlimited within you. Your soul has a fundamental property that when aligned with your mind gives you impact, intelligence, and effectiveness. Its fundamental property is to be saibhang ~ a self-illuminated, aware, and radiant identity of God. It is not subject to anything. This has been a known fact, explored and experienced for centuries. The soul is a slave to none. In fact, everything is subject to the soul and connected through its projection. So if you call on that and dwell in that, it works where no logic, reason, or mental intrigue can." Yogi Bhajan

If you try to train your mind by confronting your ego and desires, it only causes pain. Train the mind by directing it to confront your unlimited soul. The mind will be elevated, and you will be elevated. That consistent projection and training is called a permanent state of bliss." Yogi Bhajan

Your mind is your projection. Your mind is not your confrontation. When you get mad, that is the time to remember this. Every problem in life, spiritual and non-spiritual, starts when you confront your own mind. If your mind is with you it acts as your leverage, it is your powerful friend. Then you can confront the whole world." Yogi Bhajan

You all want to win the entire world. The world is meant to be won by you. The cosmos is set up so that it is possible for an individual's magnetic field and mental projection to imprint and prevail on the universal magnetic field. When you know this as an experience, integrity and innocence replace your intrigues." Yogi Bhajan

Many great people have found this secret of the mind. They put aside the intrigues. They penetrated the cosmos with a simple, singular projection and never varied regardless of what circumstances, time, and space brought to them." Yogi Bhajan

With your mind you can view every thought, every feeling, and every part of your life. But you can cover that window with so much dust from your ego that you cannot see your soul at all. You can forget your own concept, standards, and who you are in the reality of life." Yogi Bhajan

"The fact is, you are a part of the soul and the soul is a part of God, and you are alive because there is a soul in you and you have the energy of prana to live. That is it." Yogi Bhajan

"Your mind should give you balance and applied intelligence to act. It is a mental problem when you try

to fix on one extreme of emotion and hold the entire universe still. You can never always be happy and you can never always be unhappy. You must see and understand the fluctuating pros and cons, and then live through the diagonal on the line of the soul and reality between them. A clear mind helps you walk that diagonal path and be consciously you." Yogi Bhajan

You should always remain you. You are supposed to remain you, come what may. That is the actual strength of your mind when it is clean and clear." Yogi Bhajan

If God would have created you to be somebody else's version of you, then you would merge into somebody for two hours and come out different. That is not what you are, nor how you are constructed to be. That is your mental distortion." Yogi Bhajan

It is the light of my soul that can carry me. It is my statement, my depth, and my impact from the heart." Yogi Bhajan

"With no duality, with innocence and genuine spiritual integrity, you flow with the flow of your spirit. Then your mind will just serve you and life will be creative, elevated, beautiful, and authentic. And when it is authentic, you will be trusted. You will be direct, speak the truth, and never need to manufacture anything negative to manipulate or control anything." Yogi Bhajan

"When you lose your elevation and have no habit to listen to your consciousness, then it seems like you have no choice. You do not understand it because your mind is doing this to you. Your mind is not supposed to do things to you. Your mind is supposed to do things for you. Now you are caught in the game of mind and ego. Between the two you can be stretched until there is nothing left." Yogi Bhajan

The art and science of using sound to imprint and awaken the mind is called Naad Yoga. I have taught its inner silence and secrets publicly for the first time for everyone. At one time it used to be taught to sages and rulers and healers. Now it has to be taught again because there is so much pain coming from these mind games. We must tame the mind and make it our servant and friend. There is no better way than through the power of the word, the *naad* of the *shabd* and the projection of the consciousness." Yogi Bhajan

If we can remember this one little thing and take it to heart, then we can solve our problems a hundred percent. Just remember: the mind is given to us, we are not given to the mind. It is a simple thing. What did I say? Can you repeat it out loud and listen to your own words? If you can listen and hear the power of your own spoken word, your own committed language, and if it is remembered by you, it becomes you. Say it and listen to it consciously. That is the work of the mind. It should listen consciously and help you be surprisingly successful." Yogi Bhajan

Your soul gives you awareness and the language of love. Your mind gives you consciousness to sense all the differences and the lines drawn. The teacher warns you and helps keep your mind clear, so that you can be guided by the light of awareness and use the power of your consciousness. Your habit in words and concept is to divide everything. What is yours and what is mine? You never remember what is God's and what is divine." Yogi Bhajan

The language beyond mind and ego is love. It is a sixth sense. It is called union or merger." Yogi Bhajan

"What individuality can there be if you do not know you? Individuality without you is just difference. Individuality with you is uniqueness." Yogi Bhajan

A lie is nothing but a habit. It takes away confidence and it comes from a lack of confidence." Yogi Bhajan

"We lack a simple, clear analysis of why people lie so much when it harms them and limits them. To start just think, "What is a lie?" It is anything spoken with uncommitted language. Any word spoken under

fear in which your personality is not clear is a lie. Lying is not a sin. Lying is a habit. It is a damaging habit, but just a habit like any other habit." Yogi Bhajan

Why do people lie? They lie because they cannot love. Instead of loving and giving love, they seek to be loved. They want validation. They act like little beggars who need the good will of the entire world. They do not rely on the goodwill of God and validate themselves." Yogi Bhajan

When you want to be successful and very convincing, just feel truth in your heart. Be sure. Be confident. Feel the truth in your heart, then speak that truth from the heart. Don't try to run it around or manipulate it with your brain or head." Yogi Bhajan

The Guru's words in the Siri Guru Granth Sahib are the perfect committed language where the heart commands the mind to serve Infinity. Once those incantations of the Infinite are in your heart, the truth will always seem sweet and victory in life will be yours." Yogi Bhajan

"To excel and enjoy life you need to enrich your mind. You must blend and use different combinations of your mental facets to support you and your intentions. When your facilities support your mental fashion and your fashion supports you, you become effective and share a legacy that inspires others." Yogi Bhajan

Three minds are very essential for excellence in your life: the Applied Mind, Creative Mind, and the Executive Mind. Each is unique in its particular combination of faculties and facets." Yogi Bhajan

The Applied Mind seeks out the Positive Mind's solutions, but limits them to what is directly applicable to your goal. In this way it is strong, extremely simple, and achieves results quickly. It also prevents overloading that can occur if the Positive Mind spins off on its own freely. A refined Applied Mind is a great asset to accomplish much in your life. If you have converted part of your Positive Mind to the Applied Mind, then the thoughts released by the Negative Mind go to the Positive Mind. The Negative Mind is substituted by a positive attitude, and the Applied Mind solves its problems. You cannot be depressed or blocked." Yogi Bhajan

The greatest thing you can do is rise in the early morning and do a sadhana - a practice to energize the body and refine your mind. Most of us rebel and go crazy rather than get up early. There are two special time zones, when you have to enrich your mind: one in the morning, from 4am to 8am, and one in the evening, from 4pm to 8pm. These are natural moments that have a tide of energy within you and without. The sun and Earth have a special relationship and angle at those times that affect your mind and your energy." Yogi Bhajan

When you open your eyes, don't open them to see how to be rich. Open your eyes to be able to make people rich. Don't open your eyes to become wise or to gather knowledge. Open your eyes to make other people wise. Become vast and remember that you are a part of this entire cosmos. It's a cosmos that should be served by you and the legacy of your wisdom, love, affection, sweetness, kindness and your compassion and caring. Train your mind to relate to your totality and to act without fear." Yogi Bhajan

For each disrespect, you'll in turn not be respected. This lack of grace, mistrust, and abuse is a habit. You did not train your mind to realize you are here for only a few years and have a chance to serve, touch and leave a legacy for all. God has trusted you and respected you enough to give you this body and to put two of you together in this huge world. What is there to trust or not trust?" Yogi Bhajan

Problem is not whether you will live and how rich you can be. The problem is how much impact you have, how many legacies you leave, how much grace you show, and how much vastness you experience." Yogi Bhajan

When you acknowledge your vastness, you have manners. Your mind supports your projection. The evidence of that is love. Love is the living power of Infinity. Where there's a love, there's no question. Where there's a question, there's no love." Yogi Bhanjan

If the Infinite wants something, a devotee can change it. But if a devotee says something, then God cannot undo it. The devotee is merged in that vastness, relies on it, and has no barrier of ego between the two. So the One must stand for the one. Each thought and act stirs the universe and many subtleties occur. They seem like mysteries, but they are masteries." Yogi Bhanjan

"Your mind is not a joke. This mind of yours is a part of the Master Mind, the Universal Mind. That Master Mind is the custodian of the Almighty's force. In the Almighty's force, you are also a force." Yogi Bhanjan

When you enrich your mind you can break the slavery of low habits and ego. You can act as part of the entire cosmos and learn to elevate and to let go." Yogi Bhanjan

Everything you hold onto, that you feel you possess, that is not a gift creates a karma, a debt. What is it you can give in life? When your mind is subtle, what can you give? You can give money, advice, a job, and many things. But that giving in itself is worthless if it has expectation with it." Yogi Bhanjan

The only thing you can truly give someone is forgiveness. For the sake of giving, forgive. If you have an iota of refined mind, forgive, and forget it. Act from your grace, manners, and awareness, and trust the hand of God. You can not understand and master the mind without this knowledge of yourself, your reality, and your spirit." Yogi Bhanjan

"That ability to turn negative into positive, to support all your actions with your facets and manners is the result of meditation. It comes with the refined mind. It is what develops through *sadhana* and *aradhana*. Through *jappa* and discipline." Yogi Bhanjan

"The total sum of this life and this Earth, of this planet, this cosmos, and this space is nothing but energy. Call it any kind of theory you want, this life is constructed so that the energy of existence is transferred into matter. That matter can also be transferred into energy. Whatever the details of your theory, somehow that essential energy created matter and that matter sustains us through the energy! Life is about that balance and exchange of energy." Yogi Bhanjan

"The mind is supposed to be your power, your instrument, and your projection. It can tell you where you are and what is going on. But that very mind becomes your enemy and it kills you. It brings your downfall. It was given to you to connect you to God, and to help you express and experience you. How can you put that nail in? How can you create the hole in the mind and see the beacon of the soul's light." Yogi Bhanjan

"Names given according to feelings will take you to those feelings. Names given by destiny will take you to the destiny. It is just a meditation that everyone repeats for you. When you think of that person and repeat a name that calls on the destiny in them, you pray for that person and that person is blessed each time." Yogi Bhanjan

"The problem with waking on the spiritual path is that you are tested at every step. Each step expands you, lifts you, and gives you elevation. But on the neurotic path, the path of ego, you enjoy every step, but every step is just flat. No lift, no elevation. You get so tied into it that soon nothing can reach you." Yogi Bhanjan

Ego is the very capacity to be finite. You say, "I am. These are my things. This is my life. Nobody can tell me anything. I'll do whatever I want to do." In the end it confines you tremendously and tragically. You

give no attention to your destiny and lose perspective. You live life through the mind's reactions; you do not feel you as you. You do not penetrate to the soul and live from your heart. You avoid the tests and never gain your uniqueness in your destiny. The immediate pleasures of the ego cut you out of the picture and drag you away from the soul. Choose that path and you will never penetrate through your own mind and see the light of the soul, which is the part of God that is in you." Yogi Bhajan

"There's nothing outside of us. It's all inside of us. Nanak said if you search outside you are wasting time. It's inside. When we feel beautiful inside, fulfilled inside, inside our own inside, wow, it's so good." Yogi Bhajan

"You are that you which is above everything. You can never be this, or that. You are that you which is you and you alone. That is the secret of your soul. You must be alert because the mind's reactions can lull you away from the close reality of your soul. That is called temptation. It comes in every form, some subtle, some not." Yogi Bhajan

"Because the first rule of Kundalini Yoga is that you do not show obnoxiously or politely, humbly or powerfully, any power of your own." Yogi Bhajan

"A Sikh is a living sage who helps another person to become a sage in every age. "Sikh" means "student." A student is one who studies to be a student, and whosoever becomes a perfect student, becomes a perfect master. And what is a sage? The one through whom wisdom flows. A sage is not wise. A sage is one through whom wisdom flows." Yogi Bhajan

"You want to learn, learn. You don't learn, don't learn. If you learn, you become learned. If you don't learn, you are not learned. Period. By intuition you can learn. Kundalini Yoga gives you knowledge, awareness. That's why we call it the Yoga of Awareness." Yogi Bhajan

"As a Teacher of Kundalini Yoga, it is your subtle body which has the power to reach everything and anything and can change the molecular structure in 0.0003 trillionths of a second. That is your power. Your power is in your sight, in your touch, in your word. Sight, touch, and word. These are three things you have." Yogi Bhajan

"Because you are a channel of God, you are a channel of divinity. Therefore you can't have duality. When you have duality, you have no divinity. They won't come together. If you have duality you have no divinity. If you have divinity, you have no duality. It's a rule which you can't change." Yogi Bhajan

"The temptations to succeed, to impress, to control, and to belong are everywhere. If your mind reacts and you have no nail for it, it can make you leave "you as you" behind. When your mind is controlled, every opportunity will come to you, in your destiny, and in your spirit." Yogi Bhajan

"We claim and hope for a lot of things. When it comes to the test, it is very difficult. We claim we commit to marriage and a graceful relationship. When a problem comes, we run away and become rude and difficult. Each neurotic drama becomes a choice between temptation and consciousness. Which should win? Consciousness and your spirit!" Yogi Bhajan

"Throughout all your activities, you have to relate, connect, and keep your soul with God. When you are eating, living, waiting, driving, anytime - remember. Let the word guide your mind to synchronize with the Infinite under every mood. With this attitude established you can embrace life and feel the ecstasy of the creation with clarity, humility, and happiness." Yogi Bhajan

"When the Infinite penetrates the mind, it dyes you in the same way. You become vast and see the light of the soul everywhere. Then it is truly true, if you don't see God in all, you don't see God at all." Yogi Bhajan

"Rise in the morning, clean your self, exercise, and direct your mind to Infinity. Simple. But the mind knows. It is definitely aware of your effort and even the intentions of the effort. The mind is above time and space. It calculates the impact and consequence. The little act of sadhana will contain your mind and make your consciousness the ruler." Yogi Bhajan

"Every human being is by nature very honest. All that dishonesty you see displayed is done out of fear. In your core reality and nature, there is no such thing as dishonesty." Yogi Bhajan

"The universe is asking you to confirm with yourself whether you would like to serve the Earth, to save the Earth, be the sage of the Earth. Earth - the Sustainer, the Mother of you, which nurtures you - can you nurture it back? That which serves you, can you serve it back." Yogi Bhajan

"Emotions, feelings, desire, commotion, ego - put it all together, and you lose your identity. The moment you lose your identity, you lose your impact. When there is no impact in your identity, you have no fact, you have no leg to stand on." Yogi Bhajan

"There is no identity for you, except your spiritual identity. There's no grace in you but to learn. There's no achievement other than to become learned. There's no power but to share what you have learned with all and everyone. Share with compassion - you'll be compensated, and you shall have no complex. Then all that is there shall come to you; then you don't have to go to anybody." Yogi Bhajan

"Don't you know you are pure, you are positive, you are spirit, and you have nothing but to be? To be, to be. And the light of your spirit you share, you glow and glare, and you have fun." Yogi Bhajan

"Today we are talking about something very serious. It is the cause of all tragedies, the cause of all our pain, the cause of all our degradation, inferiority, depression, unfulfillment, unhappiness. Whatever negative is in your life, this one thing is the cause of it. It is called a complex. We all are the by-product of complexes." Yogi Bhajan

"Actually, those who do not have complexes are those who live by the virtue of their soul, all the time. It's a mental process, with no diversion. If we believe, "I'm a spirit, I'm among the spirits, I am from the Great Spirit, I have to merge in that Spirit," all problems shall be solved." Yogi Bhajan

"How can you get rid of a complex? Make one complex: "I am the Grace of God. I am the Will of God. I am God." If you're going to make a complex, make it a big one, so all can be contained." Yogi Bhajan

"One of the greatest acts ever done on the religious level to give you wisdom and reality was by Guru Gobind Singh, the tenth teacher of the Sikh way. He gave you directly to the Word, to the *Naad* of the *Siri Guru Granth Sahib*. He confirmed the technology to take you beyond fear and beyond the personality conflict within you. And he gave you no personality to be afraid of in a person." Yogi Bhajan

"When you read and listen to the words in the *Siri Guru Granth Sahib*, it is nothing but your own infinite personality. Your mind dwells in your consciousness. When you read and recite it you always hear the truth, and hear it regardless of the state and strategies of your mind. It is beyond time and space." Yogi Bhajan

"You can sit and read from the *Siri Guru Granth Sahib* yourself. There is no conflict with any other person. There is no personality to confront. Then the reality of you within you is in reach." Yogi Bhajan

"It is that core personality of you, your consciousness that you must recognize. Then the mind will not amplify and manipulate your fears. The moment you have no fear, when you are fearless, and revenge less, you are the living God. God does not live off in some heavens. God lives in every heart. In hearts

where there is fear, then God is in trouble, and non-reality brings a lot of pain." Yogi Bhanjan

"The power of a teacher of Kundalini Yoga is in his zero, in his shunnya. In shunnya you become zero, you reduce everything to nothing: "I am nothing. Everything is nothing. There's nothing to be nothing." The moment you become that, then everything radiates from you." Yogi Bhanjan

"If you cannot practice shunnya, you cannot be a teacher of Kundalini Yoga. Shunnya means zero. The moment you become zero, then all powers will prevail through you." Yogi Bhanjan

"What happens between God and you? What happens when this soul of yours comes to this planet? When you, the light of the soul, come in the soul to experience this creation what occurs? There are five layers of ether. The first, most dense and tangible layer of the ether is when the soul cleans itself and has a receptivity to prepare itself to go back according to karmas and projections. The soul is held by the subtle body so it is neither in earth nor gone into merger in the One." Yogi Bhanjan

"In the second layer of ether, the soul is content to stay, supervise, and help other promising souls. It acts beyond space, beyond its own personal domain." Yogi Bhanjan

"In the third layer of ether, a soul vibrates in the pure light of the soul to reach liberation and to uplift all souls now, past, and future. It goes through and beyond time. It is these three ethers that a meditative mind can easily penetrate. Doing the many meditations that refine the mind gives you the capacity to experience this. It is not mystical, it is practical." Yogi Bhanjan

"The fourth layer of ether is the Light of God itself. The stretch of the atoms to existence. The fifth layer is nothing but God, Being itself." Yogi Bhanjan

"When the soul leaves this fifth ether and travels into an incarnation, it comes to this planet not to seek anything. It comes to recognize God, recognize its consciousness, and experience the creation. All the reactions and commotions and attempts to control are not required. All the fears that you have something to gain and to lose are misplaced. That is why as the soul was to leave the total merger, God gave it the mind and certain lessons." Yogi Bhanjan

"The story of the soul's journey is recounted like this. As the soul was told to go it hesitated. It asked God, "What if I need you immediately and there is no time at all? What can I do?" It was then that God gave the first lesson of the soul. God said, "Just recognize me. Say to your self, 'I am the God'." There is no real separation between you and God. You are only now seeking to understand and experience your self as part of God with a sole proprietorship on the soul." Yogi Bhanjan

Then the soul asked, "I am part of You and you are part of me. But what if all that time and space get in between us? What can I do?" God said, "Don't worry. I have given you the mind. It is faster than time and space. You can reach me no matter where you are." Yogi Bhanjan

"The mind will serve you three ways. When it is neutral it will recognize the truth. When it is positive it will tell you the right direction to go and what good can be done. When it is negative it will warn you and protect you from harm and badness." Yogi Bhanjan

"The mind is your servant to master time and space and to always find a way to connect with the Infinite. To tap this intelligence in the mind say to your self: "I am Thee. Thou is Me. Me is Thou. I am Thee." Play with it. Repeat it in rhythm. It has the *naad*. It penetrates the subconscious and reminds you that you are neither alone nor separated." Yogi Bhanjan

"Then the soul wondered, "What if I have forgotten all this? How can I remember?" Close your eyes and speak truthfully, and for God's sake feel it. Speak it fearlessly and with your whole heart. When you are

caught in time and space say, "God and Me, Me and God are One." Every layman can say it. Put your mind and emotion in it." Yogi Bhajan

"You are never separated from God or your soul. You come to this planet not to seek anything. You come to recognize God and realize your soul." Yogi Bhajan

"When you act out of fear you try to draw attention to yourself out of any insanity you can create. Seeking the attention comes from your darkness and insanity. Creativity and love come from your sensitivity." Yogi Bhajan

"A developed sensitivity in character gives you commitment. Commitment in turn gives you more sensitivity of character. They are interrelated. That is how this planet runs." Yogi Bhajan

"Which brings us back to *sadhana*. That is where you sit, dwell in the thoughts and words of the soul, and peel away all your non-reality with the vastness of your spirit. If you train your mind this way, then you will discover something for your self. If you live in absolute fearlessness, God will live in you because fear and truth cannot go together." Yogi Bhajan

"If you do not find that ground where you and your mind can meet, you become nothing but a suffering man." Yogi Bhajan

"Perhaps you do not understand one fundamental fact: you, as a living consciousness, are subject to time and space. It takes time to do something, and it requires space to do it in. But the mind by nature is faster than time and space. This is a split." Yogi Bhajan

"You depend on the mind, but you cannot rely on it. It takes a thought and magnifies it, twists it left and right, and creates many short cuts, illusions, dreams, and temptations. It creates a mirage, and asks you to walk on it! It will put you deep in that pit, and then you don't have a chance. The mind is too fast." Yogi Bhajan

"You and your mind must meet. If you rush ahead of your time and space, if you depend on the shortcuts your mind projects, your life will be half digested, and you will carry a bad smell." Yogi Bhajan

"You produce a life full of things, but you are absent. It is a life with no juice, no essence, no heart, and no reality. It lacks confidence, penetration, and impact. The mind was given to you to relate to Infinity, and consciousness was given to you to live. If you react and project mentally, and then depend on that, you as you are just zero. Anything multiplied by zero will become zero. With this habit even your elemental personality will eventually become zero and leave no trace." Yogi Bhajan

"When you bring your soul and your will together you become conscious. It is all you and it is all about you. When you live consciously, you make a choice. That choice has to be valid and fully from the heart; a choice without duality and with complete clarity. Then you direct your mind - your head - to act on it. You direct your mind to commit and go for the goal you choose." Yogi Bhajan

"At any stage of our life, if we can very sincerely and very honestly relate to the integrity of our own consciousness and start living consciously, we will start living happily." Yogi Bhajan

"When we connect to that integrity, we will project that consciousness along well-defined paths and conceptions of our self." Yogi Bhajan

The one who works and makes others to work selflessly is a Karma Yogi. One who lives religiously and inspires others to join is a *Dharam* Yogi. One who dwells in God each moment of life and makes others to dwell in God is a *Brahm* Yogi. One who understands the subtlety and the great essence of life is a *rishi*.

One who has mastered his *tattvas* and the use of all nine gates is a swami. One who lives in truth, practices truth, and spreads truth is a Sikh. One whose personality is filled with radiance and who projects truth by his or her presence is a Khalsa." Yogi Bhajan

"What is it like to live with this habit to relate from your consciousness? Hate nobody; love everybody. It won't cost you anything. Love never costs anything. Love is the most selfish act. It gives you so much protection, grace, and radiance." Yogi Bhajan

"The attitude of conscious living is to love and give grace to someone worthy of your trust. Even if you know a person who is hopeless and good for nothing, still love him. Never trust him. You have that right; that is up to your own conscience and intuition." Yogi Bhajan

"When you come from your consciousness, you need not match those who do not, and who are caught in the tangle of reaction to their emotions. You will meet some people who will tell you, "I am leaving you. I don't care. You are nobody." But those who belittle you and try to bring you down are just dogs of the time. They have to bark. They are emotional creeps who can not do anything but what they do. Love them any way. Be confident of your own consciousness and let life be vast and creative as it is." Yogi Bhajan

"Do offer trust to life. When you cannot trust, then at least love. Hatred will go against you and kill you. Vengeance will ruin and cripple you. Anger will rend and cripple your body, and initiate every disease. Your mind may drop those angers and mistrusts, but they leave a scar in the body and wear it down, so live with lightness and peace." Yogi Bhajan

"When you live consciously conscious with mind and consciousness balanced, you develop a sensitivity we call reverence. Then relationships are healing, wise, and productive." Yogi Bhajan

"Success, happiness, and constant prosperity are the result of mastering the mind. The mind exists as a servant to your soul. When the mind is aligned with the soul, each thought that is stimulated from the intellect to eventually manifest into life is perceived and acted on with clarity and reality. You will be happy and fulfilled in your life." Yogi Bhajan

"When the mind is full of unconscious identifications, emotions, projections, intentions, and attachments, the thought is perceived for other than what it is. This masked thought becomes the basis of many false judgements and fruitless commitments that lead to unhappiness and frustrations in life." Yogi Bhajan

"Whether you have money or you don't,
Every man has a wish.
It is the attitude of the magnitude
And the manners of the mission
Which make the man." Yogi Bhajan

"Just sit still for a minute. Close your eyes. Bring your attention to alert and notice all your thoughts and sensations without reacting to them. The mind is noisy. The yogis say it releases a thousand thoughts in the blink of an eye. There are sensations, emotions, thoughts, sensory impressions, conversations with your self, memories, fantasies, intuitions, psychic impressions, and more." Yogi Bhajan

"Here are a few basic characteristics you should know as you prepare to train and conquer your mind. Since the mind is fast, and beyond the categories of time and space, it supports your actions with many more thoughts than you could ever act on. The result of this is that it is not you who think. Your mind thinks, not you. It floods you with thoughts, both wanted and unwanted, intended and unintended. Not all thoughts support the you which is you. You are awareness itself and not all these thoughts. You are

actually carried through the soul." Yogi Bhanjan

"Just like in the ocean you can feel waves that were generated from a far away distance, so in the mind you have thoughts and feelings from the entire universe and every other person. The places and people you are most attuned to and attached to are what usually fill your stream of thoughts. As you become more neutral and non-attached the scope of those thoughts and feelings widens." Yogi Bhanjan

"Consider your eyes. They constantly move with motions called saccadic motion. If this is stopped artificially with a drug, you cannot see. Your eyes need the movement to provide contrasts and comparisons so your nervous system can construct your vision. It is the same with the mind. It seeks contrast and polarity. Since the mind is impersonal as well as personal, you find this search for contrast and extremes throughout nature." Yogi Bhanjan

"Water exists in degrees of subtly from vapor to liquid to ice. Just so, you can think of the mind as the vapor, the feelings as water, and the neurons and connections as ice. The mind is a structure, a process, and an energy that lets your awareness operate and manifest in this creation. You can observe it and you can change it. You can affect it with gross things like food, powerful things like breath, and subtle things like thought. It has its own flow, structure, and metabolism." Yogi Bhanjan

"The mind itself does not stop. That is why "a point of stillness" is one of the essential tools you need to look into the mind. This is where special techniques, like meditation, mantra and breath control are needed. Using the mind to try and convince the mind to be still is like stopping a hurricane by blowing at it. There is too much going on." Yogi Bhanjan

"We need to be able to affect the mind without getting caught in an infinite self-reference. To do that, we need to understand the structure of the mind, recognize the origin of thought, and consciously determine which thoughts are consistent with our true self." Yogi Bhanjan

"The mind is part of nature, *Prakirti*. *Prakirti*, which includes both material and mind, is composed of and governed by the three primary qualities called the *gunas*. The three *gunas* are *sattva*, *rajas*, and *tamas*. *Sattva* is subtle, sublime, clear, neutral, and pure. *Tamas* is heavy, contaminated, confused, concealed, and slow. *Rajas* is fiery, active, initiating, and has the power of transformation. While *rajas* is active, it transforms *sattva* to *tamas* and *tamas* to *sattva*. These three qualities constantly intertwine, intermingle, intermix, contrast, advance, and withdraw in various combinations with each other. It is these special combinations of quality that exist before the manifestation of things or thoughts. They underlie all things in creation." Yogi Bhanjan

"Travel light, live light, spread the light, be the light."

"If you positively move the vibration the world is yours. There is nothing standing between you and you." Yogi Bhanjan

"I see you everywhere.
I see you in the life.
I see you in the mission.
I see you in every goal.
You are wonderful.
Be dutiful.
You are my bountiful soul."
Yogi Bhanjan

"Love is Infinity.
There is no separation.
It is just one essence."
Yogi Bhanjan

"Golden rays of the setting sun
Mingling with the moon at the far away horizon,
And the waves reflecting light towards home.
Somewhere under the canopy, a meditating yogi, a smiling sage
Watching the charisma of the divine heaven."
Yogi Bhajan

"The sun shall rise again tomorrow.
I shall be another leaf of life which will flip over.
Man will build an empire with the thought,
And with the might of the mind, shall play the games."
Yogi Bhajan

"The throbbing beat of the lover's heart on a desperate cold night,
Living in a nightmare, still there is a bright hope -
The golden sun shall rise again.
On the throne of the heart sits the Divine Emperor of the Noble Thought.
Shining like the golden sun of the summer noon."
Yogi Bhajan

"I know the key.
I know how to ski.
I will make tragedy into a game.
I will make disaster into fame.
Out of ashes the phoenix will rise.
On the slope I shall ski."
Yogi Bhajan

"I am, I am.
I am excellence.
To the world of success
I hold the key.
I shall triumph.
I shall succeed.
I am, I am - I am to be."
Yogi Bhajan

"Out of that comes the art in which man equates himself with God,
And forgets the strength of the cyclone.
And as every pride has a fall,
The cyclone comes back
To complete the circle and start all over again."

"Today's corruption is tomorrow's confusion,
And that will bring us pain.
Confusion and duality are our own self-lack.
Morale and truth are our strengths."

"As you train your mind, shockingly it brings you prosperity as well as the faculty to maintain it." Yogi Bhajan

"The soul passes through gradual stages from the one unmanifested consciousness to gross manifestation. It finally connects to the densest condensations of those stages - the five last tattvas: ether, air, fire, water, and earth. It is these gross qualities that we can perceive in the qualities of earthly existence." Yogi Bhajan

"The tattvas give a condition to the mind, and the mind can balance the tattvas. It is a back and forth relationship. These five tattvas give qualities to the manifestation of mind into our senses, actions, and perceptions." Yogi Bhajan

"Individuals, through their experience in the world, and through their reactions to their own mental phenomena, create various impressions that are recorded in the subconscious and the superconscious minds. This accumulation of actions and reactions creates a kind of momentum in the mind. So the mind does not start from zero. It has a perception already focused on specific categories or features of experience, even before a thought is generated." Yogi Bhajan

"The strength of the man does not lie in what he has, but what he can give. Only those can give who have the capacity to tap into the Universe. If the Universe is not in your mind, your heart cannot give." Yogi Bhajan

"To conquer the unknown you must trust." Yogi Bhajan

"We chant mantras so that our souls may be ignited like candles. We walk in the light of this beauty." Yogi Bhajan

"Prayer is the only power we have. It is my personal individual belief that prayer can change the Universe. Politics and power cannot." Yogi Bhajan

"If you give your Self a chance, your Self will give you all the chances." Yogi Bhajan

"The sign of love is that it is blind. The first sign of prayer is that it comes from the heart and not the head." Yogi Bhajan

"God created every individual by its own right. You cannot rule another human being. One of the greatest curses of man is that he wants to rule another human being." Yogi Bhajan

"This is the day to call upon yourself - beyond politics, beyond social, personal, sensual, sexual, all needs - to understand: you have to serve and you have to lead to surround all other humans to uplift their souls." Yogi Bhajan

"We love our discipline more than our own life and deal with the world as a whole. We walk tall and talk tall, as exclusive, straightforward and truthful human beings." Yogi Bhajan

"Fools live in fear, a wise man lives in strength." Yogi Bhajan

"Self-reliance conquers any difficulty." Yogi Bhajan

"Every happening is a lesson, a message." Yogi Bhajan

"Know your mind. You need not know God. God shall know you forever." Yogi Bhajan

"Love is consistent memory. With each breath, it comes, it lives, it excels in you." Yogi Bhajan

"May God bless you with purity and piety, which are the best for armoring oneself in the coming Age. May you be fulfilled in your thoughts; may you be fulfilled in your endeavors and make yourself a life fulfilled with compassion, kindness and care." Yogi Bhajan

"You are very powerful, providing you know how powerful you are." Yogi Bhajan

"Can you believe I am never going to die? Do you know this body does not mean anything? This body is not me. I have absolutely no identity as a body." Yogi Bhajan

"Give yourself values, give yourself grace, give yourself strength. Forget about your yesterday and yesterday's problems. That's one final piece of advice. Just safeguard the problems of tomorrow. What is today? Today is for tomorrow." Yogi Bhanjan

"Reach out. Touch others. Walk tall. In every essence of life, please grow. Time is with you. Tide is with you. Tomorrow is yours and you have to build that tomorrow with the strength of compassion." Yogi Bhanjan

"When you understand who and what you are, your radiance projects into the universal radiance and everything around you becomes creative and full of opportunity." Yogi Bhanjan

"If somebody does bad to you, let Guru Ram Das decide it, let God be the judge. Don't judge it yourself because your judgment may be very limited." Yogi Bhanjan

"Sometimes people do go wrong. There is no judgment needed. Wrong will take a short time or a long time to make the individual aware that something is wrong, and that is the beginning of that person's awakening." Yogi Bhanjan

"Danger is when you are split three ways: Your soul goes one way, your mind goes another way and your body goes yet another way." Yogi Bhanjan

"Develop your Intuition so that the changes in the years to come may be convenient for you." Yogi Bhanjan

"Challenge doesn't come to small people. Challenge comes to great people." Yogi Bhanjan

"Teacher is not great popular person. They teach what they know and make people better than them. Teacher must create a student better than him or her. Otherwise that person is not a teacher but a preacher. There are tons and thousands of preachers." Yogi Bhanjan

"Have wisdom in your actions and faith in your merits." Yogi Bhanjan

"Your job is to control yourself. Your job is to discipline yourself. Your job is to deal with everything in life with affection, love and kindness." Yogi Bhanjan

"You can see the hand of God working only through intuition, then you do not fear. Intuition is knowledge you see behind the Creator's hand. Otherwise you only see time and space working, and that is very annoying. That is the difference between a man with intuition and without intuition." Yogi Bhanjan

"Don't worry and don't hurry." Yogi Bhanjan

"Any act in the name of God returns 10 fold." Yogi Bhanjan

"Kundalini Yoga will dawn on you the secret of how to be Healthy, Happy and Holy." Yogi Bhanjan

"The purpose of life is to reach God within you. Try it so you can be happy, rich and prosperous, beautiful, bountiful and recognizable." Yogi Bhanjan

"Love yourself. Love your soul and let go of the past. Past pain is keeping you in pain. You don't have to deteriorate." Yogi Bhanjan

"You cannot help but change. So change towards righteousness. It is possible and it is human." Yogi Bhanjan

"In the Age of Aquarius, the depression and stress on mankind will tear people up who do not have the technical knowledge of self." Yogi Bhanjan

"If you become your own teacher, prosperity will be there. Good things and good ideas will come to you." Yogi Bhanjan

"There are two ways to change things: Either you are forced to change or you have the intuition to change." Yogi Bhanjan

"Where there is forgiveness, there is God. Where there is sacrifice, there is compassion. And where there is service, there is radiance of the human. Is there anything more precious in a human than these objectives." Yogi Bhanjan

"More you give, more you'll be like God. More you take, more you'll be a beast of burden." Yogi Bhanjan

"Meditation is not what you do in the morning, that's practice. Meditation is the daily result of that practice." Yogi Bhanjan

"You owe it to yourself to be yourself." Yogi Bhanjan

"If you only know one kriya, then share that. Be humble, teach it. Every student is a teacher." Yogi Bhanjan

"Your mind must be developed, artistic, and self-controlled. It must gain a neutrality that lets you encounter and enjoy the constant change that is life." Yogi Bhanjan

"Experience yourself and all in you; in that unisonness is the beauty of life. Otherwise you will be a victim of your own perpetual fear." Yogi Bhanjan

"Falling into prayer is the same thing as falling in Love. It is an infinite fall. You can never come out of it. And in all of human existence these two experiences are the highest." Yogi Bhanjan

"If you make your body very strong, really strong, it can fight off anything." Yogi Bhanjan

"As you train your mind, shockingly it brings you prosperity as well as the faculty to maintain it." Yogi Bhanjan

"This is the day to call upon yourself - beyond politics, beyond social, personal, sensual, sexual, all needs - to understand: you have to serve and you have to lead to surround all other humans to uplift their souls." Yogi Bhanjan

"You determine your worth. Nobody else can do it. Whatever worth you give yourself, that shall be." Yogi Bhanjan

"When does your love die and you fail and you depart from God? When you are insecure. When you forget, 'You and God are One'." Yogi Bhanjan

"When the heart gets into prayer, every beat of the heart creates a miracle." Yogi Bhanjan

"A person who is pure cannot become poor. Do not measure everything with money. Measure everything with grace." Yogi Bhanjan

"Pain and calamity are challenges that give us strength within us and within our prayers. When you are in pain, your prayers become very strong." Yogi Bhajan

"You have to learn only one thing: You are you - with in you, around you, after you, before you, and for you." Yogi Bhajan

"Kundalini Yoga is uncoiling yourself to find your potential and your vitality and to reach for your virtues. There is nothing from outside. Try to understand that. All is in you. You are the storehouse of your totality." Yogi Bhajan

"When you do not consciously relate to your body, your mind does not relate consciously to you." Yogi Bhajan

"Love is consistent memory. With each breath, it comes, it lives, it excels in you." Yogi Bhajan

"You can have a healthy, happy, holy, wholesome life in which you can perceive in yourself the contentment of existence." Yogi Bhajan

"When you are calm, quiet and sensitive then you can expand. But when you are irritated, phobic, fearful, insensitive, and neurotic, you can't achieve anything." Yogi Bhajan

"Love will always make you wise." Yogi Bhajan

"What does yoga mean? Yoga means to be united. When you unite with your soul and unite with the One who gave you the soul, that's what yoga is." Yogi Bhajan

"Blames and claims are the worst way to live. Live and let live is the best way to keep going." Yogi Bhajan

"Your job is to control yourself. Your job is to discipline yourself. Your job is to deal with everything in life with affection, love and kindness." Yogi Bhajan

"The greatest progress in life is when you know your limitations, and then you have the courage to drop them." Yogi Bhajan

"The classification of prayer is this: a technology within a human being through which the unknown is known, the unseen is seen, the unheard is heard. That is prayer." Yogi Bhajan

"If your mind goes along with you it is a blessing. If your mind obeys you, it is a super blessing." Yogi Bhajan

"In the Age of Aquarius, the depression and stress on mankind will tear up people who do not have the technical knowledge of self." Yogi Bhajan

"Consult your spirit, your soul on everything." Yogi Bhajan

"When a human acts under impulse, as an animal, that human shall never be redeemed. You have to act under intuition. If that is not developed, then you have to act under your spirit." Yogi Bhajan

"Everything happening is a lesson, a message." Yogi Bhajan

"In stillness lies the sound which is the creative existence of God. Whoever master the stillness and the silence, and can understand it, receives all knowledge." Yogi Bhajan

"The greatest art is to sit, and wait, and let it come." Yogi Bhanjan

"Don't just talk to a person. Don't just befriend a person. Don't just shake hands with a person. Save that person. Elevate them." Yogi Bhanjan

"Come to an understanding that life is one, and that within this life you must enjoy yourself minus this crazy glue called ego, so that you can experience the universe within you." Yogi Bhanjan

"When the mind is backed by the will, the mind is always positive. When it's backed by ego, the mind is always negative. When it is backed by your will, the hand of God will protect you. Miracles will happen." Yogi Bhanjan

"To be blessed is to live in gratitude, so that God can fulfill you forever." Yogi Bhanjan

"Any act in the name of God returns 10 fold." Yogi Bhanjan

"Hope is not a prediction of the future, it's a declaration of what is possible." Yogi Bhanjan

"Reach out. Touch others. Walk tall. In every essence of life, please grow. Time is with you. Tide is with you. Tomorrow is yours and you have to build that tomorrow with the strength of compassion." Yogi Bhanjan

"Fantasy and anger totally destroy the human body. Tolerance is the greatest human asset." Yogi Bhanjan

"If God wants you to know, God will tell you. Don't question Him; just be." Yogi Bhanjan

"Self reliance conquers any difficulty." Yogi Bhanjan

"Even if you have everything and you do not know forgiveness, you have nothing." Yogi Bhanjan

"Excuses are self-abuses." Yogi Bhanjan

The greatest education is the science of self. The science of self and self-awareness is the highest knowledge a man can possess because then you can pull yourself through all circumstances." Yogi Bhanjan

"This is the day to call upon yourself - beyond politics, beyond social, personal, sensual, sexual, all needs - to understand: you have to serve and you have to lead to surround all other humans to uplift their souls." Yogi Bhanjan

"When a person gets up in the morning and does sadhana, you know what accompanies that person? All the angels, all saints and sages come to listen. Their souls fly to those places to listen to where God is chanted." Yogi Bhanjan

"We chant mantras so that our souls may be ignited like candles. We walk in the light of this beauty." Yogi Bhanjan

"This life is not for wasting. It is for reaching the wonderland of your own consciousness." Yogi Bhanjan

"Bless be the ones who serve others. They are the ones who find heaven on earth." Yogi Bhanjan

"Those who do the prayer and give their time in prayer, they are never preyed upon by evil and doubt." Yogi Bhanjan

"Love yourself. Love your soul and let go of the past. Past pain is keeping you in pain. You don't have to deteriorate." Yogi Bhaijan

"When does your love die and you fail and you depart from God? When you are insecure. When you forget, 'You and God are One'." Yogi Bhaijan

"In the beginning, the middle and the end I am going to say "Be excellent!" Because I see that God made you, God has a purpose, God has destiny, God gives you everything." Yogi Bhaijan

"If your mind can go along with you it is a blessing. If your mind obeys you, it is a super-blessing." Yogi Bhaijan

"Be the answer not the question." Yogi Bhaijan

"The mind becomes monster when it becomes your master. The mind is an angel when it is your servant." Yogi Bhaijan

"There are three values. Feel good. Be good. Do good." Yogi Bhaijan

"Fools live in fear, a wise man lives in strength." Yogi Bhaijan

"If you don't love where you come from, you can't love where you are going to go." Yogi Bhaijan

"There is a way through every block." Yogi Bhaijan

"Don't be so sweet that people will want to eat you, or so bitter that people will want to throw you away." Yogi Bhaijan

"If somebody says, "I love you," wait for the next step. People use love as a hook. They say they love you, but often they're only out to get something from you." Yogi Bhaijan

"You have come from the Infinite to merge with the Infinite. Infinity in you is your soul." Yogi Bhaijan

"Love doesn't give you anything but a glow. In the bewitchment that comes of that glow, even a king will bow to you." Yogi Bhaijan

"Your biggest enemy is your insecurity about yourself." Yogi Bhaijan

"For some, Earth is a five-star hotel, and for some it is a dungeon. All that matters is how many smiles and hellos you can give to all." Yogi Bhaijan

"Kindness, compassion, and caring with love is real love. That doesn't mean you can't tell someone they're wrong. If they are wrong, and you don't tell them, then you are a coward. That is how you ruin your children. If you don't confront, you can't elevate. Sit down with mutual respect and caring. Then confront. If you don't do this, you are a waste and aren't even acting as human." Yogi Bhaijan

"If your mind is your control and emotional feelings are your guide, you are not human. You are an animal. Feelings are like waves. A boat doesn't need waves; it needs wind." Yogi Bhaijan

"This is an affirmation for self-realization: "I shall not sell my consciousness. My consciousness is my awareness of my God." The first principle of self-love is that you are not for sale." Yogi Bhaijan

"Pain and calamity are challenges that give us strength within us and within our prayers. When you are in pain, your prayers become very strong." Yogi Bhaijan

"The moment you open up to Infinity, you become Infinity. You must enter the Aquarian Age with breadth, quickness, and openness and be noble, courageous, and selfless." Yogi Bhaijan

"God within you must have the courage to relate and face the God outside you. Outside is the reflection. Inside is the reality." Yogi Bhaijan

"Human love is for one thing only: to love your soul. Then the Infinite world around you will be in love with you." Yogi Bhaijan

"Anything that pushes you up and out instantly and unnaturally will have a powerful reaction of at least equal force that pulls you down and back in." Yogi Bhaijan

"You must develop the mind, through meditation, to give you the positive of the negative and the negative of the positive so that by your own grace and consciousness you can find the neutral of it. In this way you can reach to the subtle, refined and spiritual dimensions of your life and your relationships." Yogi Bhaijan

"When you can play just one game that is boundless in time and space, then all others stop." Yogi Bhaijan

"The soul is a slave to none. In fact, everything else is subject to the soul and connected through its projection. So if you call on that and dwell in that, it works where no logic, reason, or mental intrigue can." Yogi Bhaijan

"When you stretch the Projection of your mind to reach the Infinite, to dwell in God and to abandon its cleverness for innocence, then everyone and everything senses that presence and wants to serve it." Yogi Bhaijan

"Train the mind by directing it to confront your unlimited soul. The mind will be elevated, and you will be elevated. That consistent projection and training is called a permanent state of bliss." Yogi Bhaijan

"You all want to win the entire world. The world is meant to be won by you. The cosmos is set up so that it is possible for an individual's magnetic field and mental projection to imprint and prevail on the universal magnetic field. When you know this as an experience, integrity and innocence replace your intrigues." Yogi Bhaijan

"Just remember: the mind is given to you, you are not given to the mind." Yogi Bhaijan

"Your spirituality is basic and authentic. Its natural authenticity does many good things for you. What supports and carries you through challenge, temptation, and pain? It is not my money, not my friends, not my power, and not my status. It is the light of my soul that can carry me. It is my statement, my depth, and my impact from the heart. You think it is your environments and the things in those environments. You put a huge amount of energy and time to create those environments. But then you become a prisoner of them and they will never carry you anywhere. The security you thought they would provide turns out to be a blind spot. It is called mental duality. With no duality, with innocence and genuine spiritual integrity, you flow with the flow of your spirit. Then your mind will just serve you and life will be creative, elevated, beautiful, and authentic. And when it is authentic, you will be trusted. You will be direct, speak the truth, and never need to manufacture anything negative to manipulate or control anything." Yogi Bhaijan

"Know your mind. You need not know God. God shall know you forever." Yogi Bhajan

"Love is the ultimate state of the human being where compassion prevails and kindness rules." Yogi Bhajan

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

"A spiritual man is the one who lives for Infinity and whose presence creates peace." Yogi Bhajan

"When you concentrate and find your self through your own meditations, you can know the status of any person, and find the fountain of your kindness and caliber." Yogi Bhajan

"The greatest education is the science of self. The science of self and self-awareness is the highest knowledge a man can possess because then you can pull yourself through all circumstances." Yogi Bhajan

"Prosperity, prosperity, prosperity is perpetual with people who prefer to be penetrating, prepared and purposeful. But prosperity only comes to those who are trustworthy, those who deliver and those who are content and consistent. Basically, it boils down to commitment. If you put your soul into anything, you can win the whole world. It will be yours. You can sweep prosperity with your commitment. Contain, commit and be continuous." Yogi Bhajan

"Life is not set up for us to suffer. Happiness is the birthright of the person, provided you feel ~ at least a little honestly ~ that God is within you. God is *prana*, life. If God is not life, then what is God? Dead? There is no dead God. God is alive. His existence is alive. As long as you live, there is a God for you. The moment you don't live, forget it." Yogi Bhajan

"Poke, provoke, confront, and elevate. This is how your life must be." Yogi Bhajan

"If you can listen and hear the power of your own spoken word, your own committed language, and if it is remembered by you, it becomes you. Say it and listen to it consciously. That is the work of the mind. It should listen consciously and help you be surprisingly successful." Yogi Bhajan

"The only thing that is communicated and is heard as it is at the same time is the truth. That is a power of your mind. It can penetrate the subtlety and intention behind someone's words and it can project and fill yours with a truth beyond any fear or need." Yogi Bhajan

"In the spiritual world, the words of a teacher are very precise. The job of the spiritual teacher is to be a warning. A spiritual teacher is not your guide and your destiny-maker. The teacher knows what your destiny is. He knows who you are in consciousness, in spirit and in circumstance." Yogi Bhajan

"We all have the capacity to keep going mentally, physically, and spiritually. That is the will of God, that is our construction and that is the flow." Yogi Bhajan

"Your soul gives you awareness and the language of love. Your mind gives you consciousness to sense all the differences and the lines drawn. The teacher warns you and helps keep your mind clear, so that you can be guided by the light of awareness and use the power of your consciousness." Yogi Bhajan

"Your habit in words and concept is to divide everything. What is yours and what is mine? You never remember what is God's and what is divine." Yogi Bhajan

"Love, live and be alive. Ten bodies, seven chakras, three gunas and tattvas five. Power, prosperity and happy will, health and happiness by Thy will. It's by Thy will." Yogi Bhajan

"Whenever the ego serves you, your intelligence doesn't. When intelligence doesn't serve you, wisdom leaves as well. The ego lets you know only what is yours. It becomes deaf and insensitive to receive anything else." Yogi Bhajan

"You can tune up your mind with a sacred tune of God, with the words of truth from the Guru that penetrate your heart." Yogi Bhajan

"It is mental forgetfulness and your fears that close the window of the mind, so you do not see the beauty and reality of your self. That is what causes all these unwanted and unnecessary ego troubles." Yogi Bhajan

"The maximum percentage of your brain you can use consciously is about five percent out of a hundred. But if you use only point three percent of your brain capacity consciously, intelligently, and without ego, everything will go smoothly." Yogi Bhajan

"You are the master of your destiny. You are the leader of your day. You are the light of your life. You are nothing but a representation of God on this planet. That is the Will and decree, and that is God. In God you dwell, and God dwells in you." Yogi Bhajan

"Love is the ultimate state of human being where compassion prevails and kindness rules." Yogi Bhajan

"Enrich yourself with sacredness and opportunity will come to you from every corner." Yogi Bhajan

"The greatest blunder you can commit is to think that mind and soul are yours. They are not finite, they cannot belong to finite. They are infinite, they belong to infinite. Just think that. Happiness will come to you." Yogi Bhajan

"Love is consistent memory. With each breath, it comes, it lives, it excels in you." Yogi Bhajan

"Meditation is not what you do in the morning, that's practice. Meditation is the daily result of that practice." Yogi Bhajan

"Getting up for sadhana in the morning is a totally selfish act for personal strength, for personal intuition, for personal sharpness, for personal discipline, and overall for absolute personal prosperity." Yogi Bhajan

"Fake it, you will make it. But you have to believe it." Yogi Bhajan

"And there are so many Infinities in our experience. God is Infinity. Love is Infinity. Commitment is Infinity. In every facet of our life we have the potential for the Infinity of our projection. Projecting with Infinity in our speech is the base of committed language." Yogi Bhajan

"When you want to be successful and very convincing, just feel truth in your heart. Be sure. Be confident. Feel that truth in your heart, then speak that truth from the heart. Don't try to run it around or manipulate it with your brain or head." Yogi Bhajan

"Your faculties are the functions, aspects and projections that give you abilities. To excel and enjoy life you need to enrich your mind. You must blend and use different combinations of your mental facets to support you and your intentions. When your faculties support your mental fashion and your fashion supports you, you become effective and share a legacy that inspires others." Yogi Bhajan

"When you surrender your mind to your soul, then the soul will make God surrender to you." Yogi Bhanjan

"If the Infinite wants something, a devotee can change it. But if a devotee says something, then God cannot undo it. The devotee is merged in that vastness, relies on it, and has no barrier of ego between the two. So the One must stand for the one." Yogi Bhanjan

"Each thought and act stirs the universe and many subtleties occur. They seem like mysteries, but they are masteries." Yogi Bhanjan

"Without vastness and an enriched mind, you entangle in earth and try to have everything and end up with nothing." Yogi Bhanjan

"Mind is the only power you have which is positive, and can be definitely finite or definitely positively Infinite. It can reach both ends of the pendulum." Yogi Bhanjan

"A spiritual man is the one who lives for Infinity and whose presence creates peace." Yogi Bhanjan

"If we take judging ourselves and others out of our life, we will mostly be living in paradise." Yogi Bhanjan

"The strength of the man does not lie in what he has, but what he can give. Only those can give who have the capacity to tap into the Universe. If the Universe is not in your mind, your heart cannot give." Yogi Bhanjan

"You can see the hand of God working only through intuition, then you do not fear. Intuition is the knowledge you see behind the Creator's hand. Otherwise you only see time and space working, and that is very annoying. That is the difference between a man with intuition and without intuition." Yogi Bhanjan

"When you wake up in the morning, that first second when you open your eyes to be yourself sets the whole frequency of the day. The frequency of your psyche and the frequency of the psyche of the day must connect." Yogi Bhanjan

"Your mind must be developed, artistic, and self-controlled. It must gain a neutrality that lets you encounter and enjoy the constant change that is life." Yogi Bhanjan

If you ever want to know who you are and where you are, just keep up. The world shall bow down to you." Yogi Bhanjan

"You do prayer when you are in difficulty. Pray when you are not in difficulty! That is the attitude of gratitude." Yogi Bhanjan

"To be blessed is to live in gratitude, so that God can fulfill you forever." Yogi Bhanjan

"This life is not for wasting. It is for reaching the wonderland of your own consciousness." Yogi Bhanjan

"If a woman sits with folded hands in her lap for a few minutes everyday, and feels she is a container so vast that she contains the whole universe, she will never feel weak or have any problems. There is nothing beyond woman except God." Yogi Bhanjan

"Wisdom, character and consciousness conquer everything." Yogi Bhanjan

"You determine your worth. Nobody else can do it. Whatever worth you give yourself, that shall be." Yogi Bhanjan

"There are two ways to change things: Either you are forced to change or you have the intuition to change." Yogi Bhajan

"You cannot help but change. So change towards righteousness. It is possible and it is human." Yogi Bhajan

"If you become your own teacher, prosperity will be there. Good things and good ideas will come to you." Yogi Bhajan

"What does yoga mean? Yoga means to be united. When you unite with your soul and unite with the One who gave you the soul, that's what yoga is." Yogi Bhajan

"Fears cannot be solved. Never try to solve a fear. Drop a fear. Never solve your problems. Take them to the highest part of you and drop them." Yogi Bhajan

"When the mind is backed by the will, the mind is always positive. When it's backed by ego, the mind is always negative. When it's backed by your will, the hand of God will protect you. Miracles will happen." Yogi Bhajan

"From when you are young, through middle age, you must grow to the point that you glow, so that your light lets people feel the blessings, the virtues, and the happiness." Yogi Bhajan

"Come to an understanding that life is one, and that within this life you must enjoy yourself minus this crazy glue called ego, so that you can experience the universe within you." Yogi Bhajan

"Love gives you the power to merge from finite to Infinity. Love gives you the power to trust from nothing to everything. Love gives you power - The most powerful prayer between you and your Creator." Yogi Bhajan

Love gives you vastness, as vast as there can be. Love gives you the hold and the experience And the touch of your own infinity, As beautiful as there can be." Yogi Bhajan

Love is that surrender. When you surrender at the Lotus Feet of the Master you become the Master. When you become the Master you surrender your universe to the Universe. Then you become divine. When you surrender your Divinity to the Infinity you become Infinite. That is the law of love." Yogi Bhajan

"Every life has a purpose and strength To process a pathway to success. Prayer is the power. Meditation is the guidance, And love is the strength." Yogi Bhajan

"Calamity is a challenge. If you face it, it shall disappear. If you run from it, it will get you." Yogi Bhajan

"Find your own soul and rule the world. Do not play smart with others, When they catch up with you, You will have no place to hide." Yogi Bhajan

"Every child is your first student, There to prove your worth as a teacher." Yogi Bhajan

"Watch out and behold: God can manifest in many ways to test the purity of heart, The wisdom of your head and the greatness of your life." Yogi Bhajan

"Every day is a new life. Yesterday was another death, And tomorrow is another new hope." Yogi Bhajan

"If you need God's help in your life, Be graceful and God shall be grateful to help you. How you are

known will not depend on your demand, It will depend on your commitments." Yogi Bhanjan

"Don't repeat mistakes. It will empty your life. Don't feel sorry. It will empty the joy of victory. Plan graciously before you play your hand." Yogi Bhanjan

Losing a friend or facing an enemy is sometimes purely circumstantial. Things do happen because of time and space. Keep moving - Otherwise, you will jam the traffic of life." Yogi Bhanjan

"There is no tragedy worse than the way you feel it. There is no poverty worse than when you cannot give. There is no misfortune worse than your broken word. There is no gruesome sin worse than betraying your own trust, And there is no insanity worse than when you let down yourself or a friend." Yogi Bhanjan

"Love, my friend, is good for your health. Rejoice and show your gratitude toward God." Yogi Bhanjan

"Be compassionate and wise. It shows your courage." Yogi Bhanjan

"We stuck together. We lived together. And we met the end When the end came. And from light to light, And life to life, We lit the flame." Yogi Bhanjan

"This is a time of prayer, powerful prayer. Powerful prayer is real and rare. Rare is the power when your soul speaks. To the Infinity the finite leaps." Yogi Bhanjan

"Time of prayer is to feel with the One, In oneness of love, so the job can be done. Prayer is nothing but love of a dear heart. Prayer is nothing but longing of a clear heart." Yogi Bhanjan

"If you are not already one step ahead of the work, The work shall walk one step ahead to someone else." Yogi Bhanjan

"Wisdom has no criteria. Stupidity has no age. Woman has one defense. Which is a crossbow between her humility and her grace. Beyond that she has no armor." Yogi Bhanjan

"Cheap behavior, direct and indirect, jeopardizes your happiness. Jealousy is your own enemy. Blame is your own snag. Nagging is your own misdemeanor. Complaining is your felony. In the court of the Universe. This is the way of the Law." Yogi Bhanjan

"Any talk which is not from the heart will hurt. Any scheme with the head will lead nowhere. Life is a mutual concept. Nobody can do it alone." Yogi Bhanjan

"If you are in love, you have the strength to trust. If you can't trust, you can't find where the love is. You can't be a common person and hope for uncommon achievements." Yogi Bhanjan

"When the candle is lit there's no darkness. When life is in love there's no harshness. As the breath of life flows, so the life goes." Yogi Bhanjan

"Slow and steady wins the race. Attitude and manners bring the grace. Identity and dignity give the self face. Nobility and reality open every space." Yogi Bhanjan

"If bitching mouths were stitched, The earth would be a heaven. If the rich were compassionate, The earth would be a heaven. If the holy men of the world unite, The earth would be a heaven. If all could see the one God in all, The earth would be a heaven." Yogi Bhanjan

"There is a calling, and now is the time To awaken from the rhythm of me and mine. There's a light

shining bright throughout all God's space And it shines through everyone by His Grace." Yogi Bhajan

"Love yourself. Love your soul and let go of the past. Past pain is keeping you in pain. You don't have to deteriorate." Yogi Bhajan

"The purpose of life is to reach God within you. Try it so you can be happy, rich and prosperous, beautiful, bountiful and recognizable." Yogi Bhajan

"Hope is not a prediction of the future, it's a declaration of what is possible." Yogi Bhajan

"The purpose of life is to watch and experience living. To enjoy living every moment of it. Just to be. The ideal purpose of your life is that you are grateful - great and full - that you are alive, and you enjoy it." Yogi Bhajan

"Have wisdom in your actions and faith in your merits." Yogi Bhajan

"Consult your spirit, your soul on everything." Yogi Bhajan

"Service creates permanent love and friendship. Self discipline creates grace. And the neutral mind creates wisdom. These are the rules of life." Yogi Bhajan

"When your mind is controlled, every opportunity will come to you as you, in your destiny, and in your spirit." Yogi Bhajan

"The problem with walking on the spiritual path is that you are tested at every step. Each step expands you, lifts you, and gives you elevation. But on the neurotic path, the path of ego, you enjoy every step, but every step is just flat. No lift, no elevation. You get so tied into it that soon nothing can reach you. Ego is the very capacity to be finite." Yogi Bhajan

"The immediate pleasures of the ego cut you out of the picture and drag you away from the soul. Choose that path and you will never penetrate through your own mind and see the light of the soul, which is the part of God that is in you." Yogi Bhajan

"You are that you which is above everything. You can never be this, or that. You are that you which is you and you alone. That is the secret of your soul." Yogi Bhajan

"The purpose of life is to save your life from remoteness. You have to keep your soul with God. You have to relate. That is the purpose of life." Yogi Bhajan

"Sadhana can bring your mind to recognize you and your reality." Yogi Bhajan

"The mind is above time and space. It calculates the impact and consequence. That little act of *sadhana* will contain your mind and make your consciousness the ruler." Yogi Bhajan

"Every human being is by nature very honest. All that dishonesty you see displayed is done out of fear. In your core reality and nature, there is no such thing as dishonesty. There is no such thing as lying. There are many things that have no fundamental existence or necessity." Yogi Bhajan

"When you mix anything in your life with fear, it becomes a non-reality. That is because fear itself is a non-reality. There is nothing foreign, nothing you are not part of, and nothing that is not for you to face." Yogi Bhajan

"You always want to know what is true. It is your instinct. Truth is that which has no fear. Even a truth spoken in fear is a lie. When you mix fear with anything it becomes a non-reality." Yogi Bhajan

"When you become honest within your self and to your self, before your consciousness, there shall not and cannot be any fear." Yogi Bhajan

"We go temporarily blind and temporarily deaf. We become temporarily unintelligent. We cut ourselves off from our reality and our creativity and live in the non-reality of a dream world created with our fears. That is the whole problem. God never made you to suffer and never gave you the mind to create such tortures." Yogi Bhajan

"There is no separation between you and God. You are only now seeking to understand and experience your self as part of God with a sole proprietorship on the soul." Yogi Bhajan

"Creativity and love come from your sensitivity. A developed sensitivity in character gives you commitment. Commitment in turn gives you more sensitivity of character. They are interrelated. That is how this planet runs." Yogi Bhajan

"If you live in absolute fearlessness, God will live in you because fear and truth cannot go together." Yogi Bhajan

"I say to you today, if God has blessed you with a desire for conscious living and has given you a spiritual path, then take it. Walk with it. Excel in it. Grow with it. Then the most fascinating experience is that everything will grow with you." Yogi Bhajan

"Love is the most selfish act. It gives you so much protection, grace, and radiance. It doesn't give you any smallness or suffering." Yogi Bhajan

"When you come from your consciousness, you need not match those who do not, and who are caught in the tangle of reactions to their own emotions." Yogi Bhajan

"Those who belittle you and try to bring you down are just dogs of the time. They have to bark. They are emotional creeps who can not do anything but what they do. Love them any way. Be confident of your own consciousness and let life be vast and creative as it is." Yogi Bhajan

"When you live consciously conscious with mind and consciousness balanced, you develop a sensitivity we call reverence. Then relationships are healing, wise, and productive." Yogi Bhajan

"If you live with that attitude of reverence for your self and all others, you will be healthier, happier, and more effective." Yogi Bhajan

"Share your self and the feeling to just act and speak with reverence and love. It is called conscious living, and it gives you and your mind vastness in reality." Yogi Bhajan

"Success, happiness, and constant prosperity are the result of mastering the mind. The mind exists as a servant to your soul." Yogi Bhajan

"When the mind is aligned with the soul, each thought that is stimulated from the intellect to eventually manifest into life is perceived and acted on with clarity and reality. You will be happy and fulfilled in life." Yogi Bhajan

"When the mind is full of unconscious identifications, emotions, projections, intentions, and attachments, the thought is perceived for other than what it is. This masked thought becomes the basis of many false judgments and fruitless commitments that lead to unhappiness and frustrations in life." Yogi Bhajan

"Since the mind is fast, and beyond the categories of time and space, it supports your actions with many more thoughts than you could ever act on. The result of this is that it is not you who think." Yogi Bhanjan

"Your mind thinks, not you. It floods you with thoughts, both wanted and unwanted, intended and unintended. Not all thoughts support the you which is you. You are awareness itself and not all these thoughts. You are actually carried though the soul." Yogi Bhanjan

"Just like in the ocean you can feel waves that were generated from a far away distance, so in the mind you have thoughts and feelings from the entire universe and every other person. The places and people you are most attuned to and attached to are what usually fill your stream of thoughts. As you become more neutral and non-attached the scope of those thoughts and feelings widens." Yogi Bhanjan

"Water exists in degrees of subtlety from vapor to liquid to ice. Just so, you can think of the mind as vapor, the feelings as water, and the neurons and connections as ice." Yogi Bhanjan

"The mind is a structure, a process, and an energy that lets your awareness operate and manifest in this creation. You can observe it and you can change it. You can affect it with gross things like food, powerful things like breath, and subtle things like thought. It has its own flow, structure, and metabolism." Yogi Bhanjan

"Using the mind to try and convince the mind to be still is like stopping a hurricane by blowing on it. There is too much going on." Yogi Bhanjan

"We need to be able to affect the mind without getting caught in an infinite self-reference. To do that, we need to understand the structure of the mind, recognize the origin of thought, and consciously determine which thoughts are consistent with our true self." Yogi Bhanjan

"Peace is my prayer, peace is my song. Guide humanity so we may not go wrong. Give us a place at Thy lotus feet, So we all may experience this blissful treat." Yogi Bhanjan

"It is God who created you and it is to God that you will go. Nothing exists in between. This world is a temporary visitation. Visit it with love and remember that if you have not learned to leave this earth in happiness, your soul shall be stuck on this earth." Yogi Bhanjan

"Patience pays. Let no temptation shake you, no vibration move you, and no action force you out of yourself and righteousness. An unshakable human being is the highest living phenomenon of God." Yogi Bhanjan

"Those who know the law is to be together; then everything will come together for them." Yogi Bhanjan

"From morning to evening we want you to meditate on one thought. There is one Creator who created this universe. She is truth personified. This is the mantra we chant." Yogi Bhanjan

"Meditation is the creative control of the self where the Infinite can talk to you." Yogi Bhanjan

"Ananda, bliss, is a constant state of mind where one does not feel disturbed either by gain or loss." Yogi Bhanjan

"Hatred is self-suicide and love is self-sacrifice." Yogi Bhanjan

"The only thing that pays in your life is patience. I used to see in my active life that one who hasn't got patience is a patient. The highest test of the human being is whether he has patience or not." Yogi

Bhajan

"A teacher provides technical know-how: the disciple masters it and becomes a great master - that is the law. Those who adhere to this cosmic law and do the labor become liberated." Yogi Bhajan

"One who does not know how to live to his word does not know how to live. And happiness will never come to him, because the word was with God, the word created this world. But if you will honor the word, you will be honored in this world." Yogi Bhajan

"The moment you can love the being of an individual, then you love the God of an individual; the moment that experience happens, then you become a universal soul yourself." Yogi Bhajan

"If the woman stops looking to the male for inspiration and stability, then the male has lost everything. It becomes a matter of existence, not a matter of relationship, because the side of the moon which shines looks toward the sun." Yogi Bhajan

"A person of self-realization is also a man of gracefulness, a man of his word, and powerfully forgiving. These are the four qualities of a yogi." Yogi Bhajan

"A man of dignity is also a man of universal ego; he gives his head but he doesn't bend." Yogi Bhajan

"Life is not given to us to live as a routine. It is given to us as our destiny. Its is given so we experience life. Every day we must die and we must experience that death. And every day we must be reborn and must experience resurrection." Yogi Bhajan

"Man has to understand that he is a center of the universal psyche because he is a part of the universal psyche. The word is not beautiful without him; he is not beautiful without word." Yogi Bhajan

"Understanding and humility lead to the perfection of love, and God is love." Yogi Bhajan

"The one yoga of all yoga is married life; a deep understanding of a woman, a deep understanding of a man, a deep understanding of human relationship, coordination, togetherness, coziness of the self and the relationship." Yogi Bhajan

"What is meditation? When you empty yourself and let the universe come in you." Yogi Bhajan

"Love is the experience of sacrifice in one's self." Yogi Bhajan

"If you can sacrifice your limited ego, you will always get in return unlimited spirit." Yogi Bhajan

"There is no one good or bad, only your actions have an effect that is equal and opposite. You cannot get away from Newton's third law." Yogi Bhajan

"If you want to get out of your karma, there is only one way, vibrate the Nam. The Nam is the vibration of the praise of Infinity." Yogi Bhajan

"Every word uttered by you must come back to you within twelve years and it must grip you within the scale of seven years. This is the law of nature." Yogi Bhajan

"Group-consciousness is an intermediate stage. It is what you pass through in the journey from individual consciousness to universal consciousness." Yogi Bhajan

"The facts of teachings often are distorted through rituals and time, when people who know those

teachings do not live them as their experience." Yogi Bhanjan

"God means total creativity, but the power of love is beyond that. Why? Because all of creativity is the offering of love. Total existence is based on love." Yogi Bhanjan

"A woman is who capable of giving birth must give birth to a saint, a hero, or a giver." Yogi Bhanjan

"People who have the idea that a woman is a weak and frail creature do not know what a woman is. A woman is sixteen times stronger than a man." Yogi Bhanjan

"Man suffers for one reason: Man loses his innocence. When you lose your innocence, you end up with dispute. To regain innocence so that universal consciousness will serve and maintain you is the idea of this yoga." Yogi Bhanjan

"If you don't have self-reliance, what do you have? You can cross the mountains, the oceans, the tragedies, the difficulties, the responsibilities, with only one thing, self-reliance. Fear not, my dear ones; the antidote for fear is self-reliance." Yogi Bhanjan

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Modern Teachers

Tuesday, August 29, 2017 9:27 PM

This whole universe is just the coexistence of a working electromagnetic field. There is no difference between us. Every magnetic field is electromagnetic: this means that our psyches are intertwined. - Yogi Bhan, #yogibhan #kunadliniyoga #3ho #yoga #spiritualscience #spiritscience #electromagnetic

Do not try to fix whatever comes in your life. Fix yourself in such a way that whatever comes, you will be fine - Sadhguru, #sadhguru #isha #ishayoga #selfalignment

Sadhguru

Friday, September 8, 2017 9:20 AM

The source of creation is in every atom, every creature, and every cell of your body. If you can access it, your life will be magical.

There is no such thing as good habits and bad habits. Habit means living life without awareness.

Whatever we do for the environment today is not service – it is a matter of survival.

Most suffering is self-created. You can learn to make your body and your mind work for you, not against you.

Love is not an act – it is a quality.

If you are willing to strive, there is a way to go beyond all the limitations that are considered human.

Gratitude is not an attitude. Gratitude is something that flows out of you when you are overwhelmed by what has been given to you

The Divine is not sitting somewhere in heaven – it is within us

When there is so much wealth in the world, poverty is a crime against humanity

The beauty of motherhood is not in reproduction but in inclusion – to experience another life as a part of yourself.

Karma functions through certain tendencies. But with some awareness and focus, you can push it in a different direction.

Competitors are not enemies. They are people who keep reminding you of your own shortcomings.

To live is to give, and to give is to live.

If human beings were experiencing life beyond the physical, violence would go down dramatically.

Being a creature on the planet means the hand of the Creator has touched you. There is no better blessing.

What you think of yourself and what the world thinks of you is only socially relevant. It has no existential relevance.

Do not try to be the best. Just do your best

The universe is not human-centric. Every life form has a role to play – that's the beauty of it

Are you here to experience life or to think about it?

By going to the temple, mosque, or church, you do not become spiritual. You become spiritual only by

turning inward.

Being a creature on the planet means the hand of the Creator has touched you. There is no better blessing.

I am not against wealth. I am not against comfort. I am against stagnation, because if you stagnate, you are only half alive.

Do you want to look good or feel good? How wonderful you feel within yourself is most important.

Being in truth means simply being yourself. Don't try to be someone else.

What your consciousness is intensely focused on is what will manifest in your life and in the world around you.

Do not settle for a limited experience of life. Where there is a limitation, there is a possibility of breaking it.

Being alive is the greatest phenomenon, not just on this planet, but in the whole cosmos.

Family or no family; city or forest – your external arrangements don't decide how you are inside.

To go through life effortlessly, children need an atmosphere that nurtures inner strength.

Only those who keep the garbage of their minds aside are truly capable of love and compassion.

To live and operate in the world, you may have to identify with something. Play with your identifications – don't let them rule you.

Taking care of the environment is not an obligation – our environment is our life.

They say "seeing is believing," but everyone sees what they want to see.

Propelled by rage, we substitute one injustice for another. Propelled by compassion, we do what is needed.

Logic can take you through the mundane. But if you want to know the magic of life, you need to transcend logic.

Money is only a means, not the goal.

Devotion is when you hold the wellbeing of others above your own

Life knows no failure. Failure exists only for those who are always comparing themselves with others.

What you think about yourself, what others think about you is of no existential significance.

Harmony in the world will happen only when human beings are truly harmonious within themselves.

The highest force in existence is consciousness, and you are that.

Whatever crisis is happening in your life, don't make a crisis out of yourself.

The mind is like a mirror. A convex mirror exaggerates. A concave mirror depreciates. A plain mirror shows you life the way it is.

It is time we chose quality over quantity in our lives, in every sense. Only then can we save the planet

They say marriages are made in heaven. It is just that some people turn it into hell.

Joy is not to be sought outside – it is intrinsic. If you do not mess up your mind, you will naturally be joyful.

You are a tiny speck in the universe. But this tiny speck has the potential to contain the whole cosmos.

Yoga is India's gift to the world. If individual human beings transform themselves, the world will be transformed.

Our lives are all connected. How healthy the plants and animals are today determines how healthy we will be tomorrow.

Being with people means to Include, Inspire, and Invigorate. To scrutinize, criticize, and castigate is not the way to go.

The Dhyanalinga is like a live Guru. Its energies can ignite your spiritual longing, guide you, and deliver you to the Ultimate.

It is not the amount of action but the depth of experience that makes life rich and fulfilling.

Whatever happens – ultimately, life corrects itself.

Without discrimination by caste, religion, gender, or race, we want to offer a spiritual process to every human being on the planet.

If you care for people around you, you must make yourself into a person they enjoy being with.

Whether you have a plan or believe in predictions is what makes the difference between success and chance.

For integrity to flourish in society, we have to nurture it – within ourselves, in our children, in our education systems.

It is the ability to bring out the best in others that makes you a leader.

The significance of being born human is that you have the potential to become limitless. It is up to you to live your Godliness.

Unless you can truly enhance their lives, you should not have children

If you love, love strong. If you hate, hate strong. Whatever the hell you do, live strong.

Prejudice is poison, fed to us from an early age by our families, religions, and society.

Old layers of karma can stick to you only if you keep adding new layers of karmic glue.

We all have the potential to live in blissfulness and inner wellbeing – if only we create the right kind of climate within ourselves

Human population has multiplied irresponsibly in the last hundred years. Where there is no space, there is more friction

Devotion is a tool to dissolve yourself into nothingness and become the very hand of the Divine.

The less rigid your personality, the more powerful your presence.

The purpose of existence is to exist. It is too fantastic to have a meaning

If you are not willing to be vulnerable, you are not willing to transform. Whatever does not transform is as good as dead.

Nothing is predetermined – not even death. Everything has been created by you, though mostly unconsciously

Love is freedom and joy. Attachment is bondage and misery.

Life is fluid, ever evolving. The more dynamic you are, the more happens in your life, all the time.

When I speak, I am not giving a teaching. I am only making people thirsty to know

Grace is subtle. Unless you are alert, you will miss it.

May you realize the true purpose and potential of life. On this Guru Purnima, Grace is upon you.
I am with you.
Blessings,

An ashram is not a refuge. It is a space for those who want to practice living homeless.

Life and death are like inhalation and exhalation. They always exist together

If you plant a tree, you are making a statement that you care for the world, the people, and life on the planet, beyond yourself

Power doesn't corrupt. People are corrupt. When they get empowered, it becomes apparent.

In pursuit of human wellbeing, we have ripped the planet apart, not knowing the only way to wellbeing is to dig deeper into ourselves

Only when your activity is exuberant, will you keep crossing limits. Sport is exuberant activity, so crossing limits becomes natural.

When you come into this world, you have nothing but life in you. What you make out of it is up to you.

If we are serious about saving the environment, we need to adjust our population growth to the natural resources that we have

No two individuals are ever the same. You cannot equate people. You can only create equal opportunity

Your life becomes spectacular not by what you gather and possess but by the profoundness of experience.

You do not have a duty towards anyone or anything. If you have love and care, you will do what is needed.

Spiritual process is a seeking. Religion means assuming things that you do not know.

Spiritual process is a seeking. Religion means assuming things that you do not know.

Life is not accidental – everything happens between cause and effect.

Being human means to consciously do the best you can for everyone and everything you come in touch with.

If we have sufficient trees, we will have sufficient rain, and our rivers will flow.

As the very source of creation is within you, all solutions are within you too.

If you use more of anything than you need, on the overall scale of things, you are committing a crime against all life.

Only people who are deprived of love imagine that God is love. Love is a human emotion.

Rivers are not the property of particular people or entities – they belong to all life in this land.

I'm always intoxicated. No drink, no substance. There's a way to create blissfulness from within

Culturally and spiritually, this is the richest land on the planet. Our rivers are important for it to flourish; let our rivers flow.

If with 7.5 billion people minus one, you feel terribly lonely, that's not love – that's attachment.

If the youth of the world stands up for raising inclusive consciousness, we can address every problem on the planet.

Across the subcontinent, our rivers are depleting at a dramatic pace. If all of us don't do our bit now, we are headed for disaster.

O' the blue-bodied cowherd – ever playful in love and war. Don't you fail to see the immensity of his wisdom and light.

Every citizen should participate in shaping the future of this nation. May you know what it means to create something beautiful.

This Rally for Rivers is about humanity and about Bharat. The greatness of our nation is rooted in our great rivers.

A thought does not take you anywhere – but it can set the course of your life.

If you want inspiration, read a book. But if you really want to walk the spiritual path, the only way is to turn inward.

Passion can choose. Compassion cannot choose – it includes everyone and everything.

Mother Earth is so generous. If only we give her the chance, she will restore everything in absolute abundance and beauty.

Essentially, meditation means to experientially realize that you are not an individual bubble – you are a universe.

If you want to be successful, don't seek success – seek competence, empowerment; do nothing short of the best that you can do.

If there is love in your heart, it will guide you through your life. Love has its own intelligence.

Every human being should have at least a simple spiritual process in their lives. If they have that, they will live and die well.

On this Ganesh Chaturthi, may the Remover of Obstacles clear the way to the fulfillment of what you truly deserve in the coming year.

The planet is not in peril – only our lives are.

The mind is a powerful instrument. Every thought, every emotion that you create changes the very chemistry of your body.

It is not in human hands to create a being – you only facilitate a body.

If you look at the Earth from another part of the universe, we are celestial beings. It's just a question of perspective.

How beautifully you can relate to someone simply depends on your willingness, flexibility, and joyfulness

What you refer to as God or the Creator is pure intelligence – intelligence beyond logic.

With over 1.3 billion people, if our soil and water fail, it will be a horrible disaster. Let's stand up for our rivers.

One day, the earth will consume you. What you consume decides when you will be consumed.

This is once in a lifetime, not just in our lives – in the nation's life. Everyone who consumes water must Rally for Rivers.

If you want to know whether you are moving forward in life, just see if you are a little more joyful today than you were yesterday.

Teachers have the privilege to empower children. The spark of inspiration is what students value a teacher for all their lives.

If we have any love for our children, we have to leave our soil and water in a better condition than they are now.

The source of creation is in every atom, every creature, and every cell of your body. If you can access it, your life will be magical.

There is no such thing as good habits and bad habits. Habit means living life without awareness.

Most suffering is self-created. You can learn to make your body and your mind work for you, not against you

Intelligent ones wonder – idiots are dead sure.

When it comes to terrorism, there is no quick fix. The only lasting solution is individual transformation

For millennia, these rivers have embraced and nurtured us like our mothers. It is time we embrace and nurture them now.

The fundamental strength of Bharat is that we are a land of seekers – seekers of truth and liberation.

If you hold the water you drink with gratitude and reverence, health and equanimity will be a natural consequence.

Always do the best you can for whoever is around you, because tomorrow, either they may be gone, or you may be gone.

Today is a day to express our gratitude to our ancestors, who have contributed to our lives in so many ways.

We owe it to future generations to reverse the damage we have caused. That's why the Rally for Rivers.

If we cannot keep our minds peaceful, how can the world be peaceful? The world outside is a reflection of the human mind.

The divine feminine is an expression of exuberance. May you know the bounty of exuberance this Navratri

The seed of enlightenment is there in every being. Enlightenment is just a realization.

The further we move away from Nature, the further we move away from our own nature.

Only when you do not know yourself, the opinion of other people becomes important.

In this culture, we say Shiva without Shakti is like a shava, a corpse. Without Shakti or energy, there would be no existence.

If you pay enough attention, you will know the tune of creation, and you will naturally find your own rhythm.

We need to recognize that all life on this planet is precious.

Vijayadashami is about conquering the basic qualities of existence: tamas, rajas, and satva. May this be a day of victory for you.

If you treat your tools, including your own body and mind, with reverence, every activity will be a joyful and fruitful process.

How big a shift happens depends on how many people push for it.

You too can be a Mahatma. If you drop the calculation "What about me?" and function to your fullest, wherever you are, you will shine.

Whatever work needs to be done, whatever opportunity comes your way, whatever you have to share – this is the time, not tomorrow.

One who does not know ease is naturally in a state of dis-ease.

What most people consider as devotion is just deception. They are trying to make a convenient deal with God.

Keep a check on how much of you and your activity is conscious or unconscious. Self-audit is self-transformation.

What you can count is of minimal importance in life. What you cannot count, that really counts.

If everything you do is result-oriented, your very existence becomes purely functional.

“Once joy is your constant companion you are no more an issue in your life. After that, life is a journey of endlessly unfolding celebration and discovery.”

A truly intelligent mind is neither influenced by memory nor deluded by imagination.

If you are content with who you are right now, you are not aware who you could be if you were willing to strive.

To know the profoundness of love, at least a part of you should fall. Otherwise, there is no room for anyone else.

‘This moment’ is not an idea. It is the only reality.

Fear, anger, misery, frustration, depression, and despair are all products of a mind that you have not taken charge of.

To be a full-fledged human being is to respond to every life around you to the best of your ability.

Whether it is your work, your marriage, or anything else you do – it is up to you to make it wonderful.

With how much love, care, and tenderness you handle the food that you eat decides how your body will be.

If you are too full of yourself, life has to knead you. There is no other treatment.

Let the light of clarity, joy, and aliveness shine bright in your life.
May you have a cracker of a Deepavali.
Love & Blessings,

Your brain activity, your body chemistry, even your genetic makeup can be changed by practicing yoga.

The mind is society's garbage bin. Everyone who passes by stuffs something into it.

Once you have no problem making mistakes, admitting them, and correcting them, hardly any mistakes will happen.

The secret of life is to see everything with a non-serious eye, but to be absolutely involved. It's like a game.

Doubt is good – it means you are searching for truth. Suspicion is sickness.

The most important thing today is to make human beings rise to a sense of inclusiveness beyond gender, race, religion, and nationhood.

Without the necessary energy, being aware is extremely difficult. That's why sadhana – to stir up the energy.

A spouse is not a destination but a fellow traveler.

Whether it is your body, your mind, or your life energies – the more you use them, the better they get.

Time is not money. Time is life.

Being a seeker of truth means refusing to make assumptions about things that you do not know.

When you do things habitually, it seems easier, but there is no awareness, no growth.

Your body is just a scoop of earth. Carry it gracefully. And when it's time to put it back, put it back gracefully.

There is no such thing as having attained enough. Life is an endless possibility.

In the vastness of the cosmic space, you are like a grain of sand.

For one who has a clear focus on the path, mukti is just a question of time.

Do not wait for things to happen – make them happen.

The experience of life should mature you. It is your choice to transform a memory into a wound or wisdom.

Capability and power without the necessary consciousness is dangerous. It's time to raise human consciousness.

If it is conditional, it is not love.

You can be socially smart but existentially stupid.

Neither health nor joy can be created from outside. There may be

external stimuli, but essentially, both come from within.

There is no such thing as work–life balance – it is all life. The balance has to be within you.

Spiritual process is not a philosophy – it is a method to live your life totally.

Walls of self-protection are also walls of self-imprisonment.

If you want to enjoy success, before you engineer situations, first of all you have to engineer yourself.

You don't have to be super smart for your child to grow up well. You just have to be joyful, loving, and straight with them.

There is no place where there is no Grace.

I'm not trying to give answers. I want you to deepen your questions in such a way that truth becomes the only authority in your life.

Mysticism does not come from the East. It comes from within.

The only real wealth you can carry through life and death is profoundness of experience.

Conflict in the world is not about good versus bad, but one man's belief versus another man's belief.

Once you have no expectations of what the other should do, you will have a successful love affair.

You must live strong. Strong not in terms of how much you can push something or someone, but strong within yourself.

I don't see individual human beings. I don't see individual things. I see the same divinity everywhere.

If instead of working up your desires, you enhance your capabilities, you will walk through this life effortlessly, gracefully, doing very well.

No work is stressful. It is your inability to manage your body, mind, and emotions that makes it stressful.

If we want the country to move forward, the focus of leadership has to shift from personal ambition to a larger vision.

Success need not always be measured in economic terms. It has to be measured in quality of life.

When you are in a great hurry to do something, just hold back a few seconds – that's all it takes to shift from compulsiveness to consciousness.

When there is no envy, jealousy, and comparison within you, you can focus your full capabilities on doing what is needed.

Yoga means union. To be in a state of yoga means to be complete within yourself.

External circumstances can only cause you physical pain. Suffering is created in your mind.

Marriage is not about compatibility, companionship, or extracting happiness. It is an opportunity to achieve a union that will open up a greater possibility.

Whenever you want to create a conducive atmosphere to touch the Divine, light an oil lamp. Agni gives you access to Akash.

You don't have to withdraw to a mountain cave to turn spiritual. It does not matter where you are or what you do in life. The spiritual process has nothing to do with the outside – it is something that happens within you.

Every worm, every insect, every animal is working for the ecological wellbeing of the planet. Only we humans, who claim to be the most intelligent species here, are not doing that.

Changing your attitude is pretense – you cannot keep it up forever. The yogic system is about fundamental transformation – that is what ultimately counts.

The boundless dimension of existence is denied to those who remain within the limitations of logic.

Isha Yoga is not just a practice – it is a living phenomenon. When you do it like an offering, it changes the very fundamentals of who you are.

Putting the wellbeing of others above your own creates a different kind of strength, a strength that will carry you through life and beyond.

If you learn to create the right climate in your body, mind, and emotion, your health, wellbeing, and joy – everything will be taken care of.

The essence of spirituality is to be constantly aware of the oneness of all, at the same time to celebrate the uniqueness of the individual.

If someone loves you because you are theirs, it is about you being their property. If someone loves you for who you are, you are fortunate.

Looking at everything through your phone is only numbing your perception – it does not really enhance your experience of life in any way.

The same energy manifests in a million different ways: as a stone, a tree, an animal, a human being, or in its subtlest form – the Divine.

We can call ourselves human only when we rise beyond our personal issues and our issues of community, caste, creed, gender, and nationality.

On one level, life is effervescent and active. On another level, it is

absolutely still. The inner stillness nourishes the outer activity.

Whatever happens, the question is, are you becoming a better human being – more stable, more joyful, more clear within yourself?

Wherever you may be, whatever you may be, if you are willing to strive, you can evolve yourself beyond the limitations of nature.

Education and spiritual process should not be in the hands of prejudiced minds. Prejudice means not seeing life the way it is.

The simplest way to bring balance to your thoughts and emotions is unwavering commitment towards something.

You cannot play a game half-heartedly. A game is life at full throttle. Are you game?

Sadhana is not about getting somewhere – it is about getting in tune with existence.

Everything comes from nothingness and goes back to nothingness. Nothingness is the basis of existence.

Your ways of thinking and feeling, your likes and dislikes, your philosophies and ideologies all melt down when you fall in love.

If we can make just 1% of the population meditative, this world will be a different place.

Love is a process of inclusion. Once I include you as a part of me, I will be to you just the way I am to myself. CHRISTMAS WISHES.

Absolute stillness and ultimate movement are the nature of Shiva – and that is the Way.

The most fulfilling moments in your life, in terms of activity, are moments when you could touch another life. In the coming year, may you know the immense fulfillment of touching people's lives in the deepest way. May you also know most profound moments of Stillness and Insight of the within.

In the coming year, may you know the immense fulfillment of touching people's lives in the deepest way. May you also know most profound moments of Stillness and Insight of the within. I am with You.

Spiritual process means moving towards your liberation, no matter what your past has been.

Without being in constant exchange with the rest of the cosmos, you cannot exist. The idea of individuality is an illusion.

May your decisions be based upon what truly matters and works, not upon your likes and dislikes.

Having the inner strength, balance, and capability to live well irrespective of outside situations and conditions – that is freedom.

If you are alone and you are getting bored, obviously you are in bad company.

Don't hold back your love, your joy, and your exuberance. Only what you give becomes your quality, not what you hold back.

Solstice

To see winter's mist

collapsing into itself

Exposing the valley

like a guileless Bride.

All that could have been

green or many hued wonder

of the fall has turned gray

With passover of Solstice done

Much warmth and light

Is coming our way

Blessings,

Fear is always about that which is not yet, or never going **to** be.

Meditation is an opportunity to move into a dimension where there is no such thing as stress within you.

If you resist change, you resist life.

Believers believe positively. Disbelievers believe negatively. Both are unwilling to admit that they do not know.

Your wellness and your illness, your joy and your misery, all come from within. If you want wellbeing, it is time to turn inward.

Every human being has some sort of genius, but they destroy it by trying to be like someone else.

There can be no effect without a cause.

What is possible and what is not is not your business. Nature will decide this. Your business is just to work for what truly matters to you.

This is the time to clean up. That means getting rid of all the unnecessary things, not only in your home but also in your mind, in your emotions, in your body, and in your consciousness.

Youth means wide-open possibilities. I think every human being should stay that way all their lives – constantly seeking and exploring.

On this day, allow yourself and everyone else a fresh start. Drop your conclusions and make a fresh attempt in whatever you do in your life, including the spiritual process.

Being essentially an agricultural society and culture, animals have always been part of our lives. That's why we even have festivals that recognize their vital role for us.

The greatest achievement in this country has been that of our farmers, who have managed to feed 1.25 billion people. It's on us now to help them improve their livelihood, the soil quality, and our food security.

In the vastness of the cosmos, everything is going perfect, but one nasty little thought in your mind can make it a bad day. That is lack of perspective.

The very way you breathe, sit, stand, eat, walk, work – everything can become yoga. You can use any process of life to transcend your limitations.

Confusion is better than stupid conclusions. In confusion, there is still a possibility. In stupid conclusion, there is no possibility.

Light comes and goes. Darkness is always – it is the basis of existence.

Yesterday lives only in your mind.

Truth is not hidden – you are hiding from it.

Be it nationality, religion, or brand of clothes – people identify themselves with just about anything. In trying to bring stability to their lives, they only celebrate their limitations. That is not the way of life.

When devotion arises, life becomes profound.

If you love someone, you should do what they like for them. Not what you like.

On Mahashivratri, at the foothills of Velliangiri, you are at the right place at the right time. If you keep yourself receptive, this can be a night of awakening.

Indian classical music is a sound statement about the profoundness of life.

The source of creation is subtle. Only if you make your body and mind shut up, it will speak.

When sounds are in tune, they become music. Out of tune, they become noise. It is the same with you. When all aspects of you are in tune, you become music. Out of tune, you become noise.

If you become a source of joy by yourself, you will have wonderful relationships.

Without raising human consciousness, whatever we do in the world will only lead to more and more suffering.

If you want everyone to fall in love with you, the first thing is, you must fall in love with all of them.

Self-transformation is not just about changing yourself. It means shifting yourself to a completely new dimension of experience and perception.

Integrity is not about the action but its purpose. Are you doing it for everyone's wellbeing or for your own benefit?

Whatever the shape of eyes or nose – a joyful face is always a beautiful face. Become Joy – become Beautiful.

Allowing this life to flower into its fullest possibility is what life is about, is what yoga is about, is what spiritual process is about.

Volunteering means to become willing, or, in other words, to become an absolute YES to life.

A spiritual person and a materialistic person are both seeking the same infinite. One is seeking it consciously, the other one unconsciously.

Devotion demolishes karma and leads to liberation.

The whole existence is a vibration, and so is your thought. If you generate a powerful thought and let it out, it will manifest itself.

Only when you are absolutely devoted to what you do, can you produce something significant in the world.

When you become free from the meanness of the mind, an indiscriminate sense of love and inclusion arises.

Whether you say 'God is everywhere' or you say 'everything is one energy' – it is the same reality, expressed in different ways.

India has been the most vibrant and colorful culture upon the earth for many millennia. Let us make it prosperous once again, as it is not just a Nation but a treasure to the world.

If your relaxation is not of good quality, your work will not be of good quality.

Life is constantly in a flux. Whatever opinions you form, you are bound to be wrong.

Every moment of your life, you perform action – physically, mentally, emotionally, and energy-wise. Each action creates a certain memory. That is karma.

Technology has no quality of its own. How we use it is what makes or breaks us.

In yoga, you never chase an experience – you only prepare for it.

Love can solve problems, compassion can solve problems, and above all, sense can solve problems.

A question is a tool that helps you dig deeper.

Fear, anger, resentment, and stress are poisons you create in your mind. If you take charge of your mind, you can create a chemistry of blissfulness.

Mortality is the fundamental reality of our existence.

The greatest achievement in this country has been that of our farmers, who have managed to feed 1.25 billion people. It's on us now to help them improve their livelihood, the soil quality, and our food security.

Osho

Friday, September 8, 2017 7:28 PM

Mind has only one capacity, and that is to dream. Dreaming is your continuity, and unless this continuity is broken you cannot know what truth is. The question is not whether truth is very far away or near, the question is whether the mind is in a dream or not.

Enlightenment is not a distant goal. It is a present possibility. You can miss it. That doesn't mean that it is far away from you; that simply means that you are fast asleep. You can miss it. That doesn't mean that you have to work hard to attain it; it simply means that you are not aware of something which is already surrounding you.

1. *"The highest state of love is not a relationship at all, it is simply a state of your being. Just as trees are green, a lover is loving. They are not green for particular persons, it is not that when you come they become green. The flower goes on spreading its fragrance whether anybody comes or not, whether anybody appreciates or not. The flower does not start releasing its fragrance when it sees that a great poet is coming by 'Now this man will appreciate, now this man will be able to understand who I am.' And it does not close its doors when it sees that a stupid, idiotic person is passing there—insensitive, dull, a politician or something like that. It does not close itself – 'What is the point? Why cast pearls before swine?' No, the flower goes on spreading its fragrance. It is a state of being, not a relationship..."*

~ Osho

2. *"These three things are to be taken note of: the lowest love is sex—it is physical—and the highest refinement of love is compassion. Sex is below love, compassion is above love; love is exactly in the middle. Very few people know what love is. Ninety-nine percent of people, unfortunately, think sexuality is love—it is not. Sexuality is very animal; it certainly has the potential of growing into love, but it is not actual love, only a potential.... If you become aware and alert, meditative, then sex can be transformed into love. And if your meditateness becomes total, absolute, love can be transformed into compassion. Sex is the seed, love is the flower, compassion is the fragrance. Buddha has defined compassion as love plus meditation. When your love is not just a desire for the other, when your love is not only a need, when your love is a sharing, when your love is not that of a beggar but an emperor, when your love is not asking for something in return but is ready only to give—to give for the sheer joy of giving—then add meditation to it and the pure fragrance is released. That is compassion; compassion is the highest phenomenon."*

~ Osho

3. *"Falling in love you remain a child; rising in love you mature. By and by love becomes not a relationship, it becomes a state of your being. Not that you are in love—now you are love."*

~ Osho

4. *"Drop the idea of becoming someone, because you are already a masterpiece. You cannot be improved. You have only to come to it, to know it, to realize it."*

~ Osho

5. *"Creativity is the greatest rebellion in existence."*

~ Osho

6. *"You become more divine as you become more creative. All the religions of the world have said God is the creator. I don't know whether he is the creator or not, but one thing I know: the more creative you become, the more godly you become. When your creativity comes to a climax, when your whole life*

becomes creative, you live in God. So he must be the creator because people who have been creative have been closest to him. Love what you do. Be meditative while you are doing it—whatsoever it is.”

~ Osho

7. *“Nobody is here to fulfill your dream. Everybody is here to fulfill his own destiny, his own reality.”*

~ Osho

8. *“Only those who are ready to become nobodies are able to love.”*

~ Osho

9. *“Enlightenment is the understanding that this is all, that this is perfect, that this is it. Enlightenment is not an achievement, it is an understanding that there is nothing to achieve, nowhere to go.”*

~ Osho

10. *“Chastity: The most unnatural of the sexual perversions.”*

~ Aldous Huxley

It is not a question of making efforts to be aware. If you make efforts to be aware, you will create tensions inside yourself - all efforts bring tensions. If you TRY to be aware, you are fighting with yourself; there is no need to fight. Awareness is not a by-product of effort: awareness is a fragrance of let-go: awareness is a flowering of surrender, of relaxation.

Just sit silently in a relaxed state, doing nothing... and awareness will start happening. Not that you have to pull it up from somewhere, not that you have to bring it from somewhere. It will shower on you from nowhere. It will well up from within your own sources. You just be silent, sitting.

This is the only moment you have got.

The only hope for you is to be in deep contact with somebody who is awakened. The awakened one is called the master - satguru. If you can find a master, don't miss the opportunity - surrender, relax into his being, imbibe his awareness, let his fragrance surround you. And the day is not far away when you will also be awakened, you will also be a buddha.

Always go on watching your breath coming in, the breath going out. If you move, go on watching your feet moving. If you are talking, be watchful. If you are listening, be watchful. If you are eating, be watchful.

Never allow any act to be done without awareness, and then nothing else is needed. This awareness will spread all over your life; it will be a twenty-four-hour thing.

The beauty of truth is that the moment you hear the truth something inside you responds, says yes. It is not an agreement of the mind, remember, it comes from your totality of your being. Every fiber of your being, every cell of your body, nods in tremendous joy, “Yes!”

The mirror mirrors things, but mirroring is not an activity. It is just the nature of the mirror, that whatever comes before it is reflected.

A single moment is enough! It is not a question of being with a master for a long time; time does not enter into it. It is not a question of quantity, of how long you have lived with the master. The

question is how deep you have loved the master, not how long you lived with the master -- how intensely, passionately you have become involved with the master...not the length of time, but the depth of your feeling. Then a single moment of awareness, of heart wakefulness, a single moment of silence...and the transmission, the transmission beyond all scriptures.

Meditation is a kind of medicine. Its use is only for the time being. Once you have learned the quality, then you need not do any particular meditation. Then meditation has to spread all over your life.

Talking or silent, moving, unmoving, the essence is at ease. The essence is at ease, that is the key word. The essence is at ease, that is the key statement. Do whatsoever you are doing, but at the deepest core remain at ease, cool, calm, centered.

I would like you all to be deeply, intensely, passionately in life, with one condition only: alertness, watchfulness, witnessing. And I know the difficulty arises, because you will be living with millions of sleepy people. And sleep is contagious, just as awareness is. Awareness, too, is contagious - hence the significance of being with a master.

The master cannot give you the truth. Nobody can give the truth to anybody else; it is untransferable. Then what is the function of a master? Then what is the use of searching for a master? Then why be a disciple at all? Still there is a reason, and the reason is that awareness is as contagious as sleepiness.

Understanding is not of the mind: understanding is of the heart. You will have to fall in love.

That's what sannyas is all about. Falling in love with a Master, for NO reason at all - just for the sheer joy of falling in love with someone who has disappeared, who is no more, who has become a great nothing. Who has become a silence.

When you are desireless you will be aware; when you are aware you will be desireless. These are two aspects of the same coin - on one aspect, desirelessness; on another aspect, alertness, consciousness.

You come to me seeking knowledge. You want set formulas so that you can cling to them. I don't give you any. In fact, if you have any I take them away. By and by, I destroy your certainty. By and by, I make you more and more hesitant. By and by, I make you more and more insecure.

That is the only thing that has to be done. That's the only thing a master needs to do! To leave you in total freedom. In total freedom, with all the possibilities opening, nothing fixed... you will have to be aware. Nothing else is possible.

At the death of a parishioner, Master Dogo, accompanied by his disciple Zengen, visited the bereaved family.

Without taking time to express a word of sympathy, Zengen went up to the coffin, rapped on it, and asked Dogo, "Is he really dead?"

"I won't say," said Dogo. "Well?!" insisted Zengen. "I'm not saying, and that's final!" said Dogo.

On their way back to the temple, the furious Zengen turned on Dogo and threatened, "By god, if

you don't answer my question, why I'll beat you!"

"All right," said Dogo, "Beat away."

A man of his word, Zengen slapped his master a good one.

Some time later, Dogo died, and Zengen, still anxious to have his question answered, went to the master Sekiso, and after relating what had happened, asked the same question of him.

Sekiso, as if conspiring with the dead Dogo, would not answer. "By god!" cried Zengen. "You too?"

"I'm not saying," said Sekiso, "and that's final."

At that very instant Zengen experienced an awakening.

When awareness joins with your ears
then listening happens
when awareness joins with your eyes
then seeing happens
when awareness joins with your hands
then touching happens ...

When you are walking on the road, you can walk consciously. That's what Buddha says one should do. You are alert, deep down you are aware that you are walking. You are conscious of each movement. You are conscious of the birds singing in the trees, the early morning sun coming through the trees, the rays touching you, the warmth, the fresh air, the fragrance of newly opening flowers.

Zen is not a teaching, because it knows you are asleep. The primary thing is not to teach you. The primary thing is to wake you up. Zen is an alarm.

A real Master is an awakener. His function is totally different from a teacher. His function is far more difficult. And only very few people can stay with a Master because to wake up after millions of lives is not an ordinary feat. It is a miracle.

In your silent moments when you are sitting, or traveling in a train or in a plane, close your eyes and watch your breath. Going in, you go in with it; coming out, you come outward.

As you go in, there is a small fragment of a moment when the breath stops before it starts moving outward. And once it has moved outward, for a split second the breathing stops again. These two points are very significant, because as you become more and more aware, these points will become more and more clear, longer. One breath goes in and then there is a pause, breathing stops. And in that pause there is so much beauty, so much bliss.

*The Great Way is not difficult
for those who have no preferences.
When love and hate are both absent
everything becomes clear and undisguised.
Make the smallest distinction, however,
and heaven and earth are set infinitely apart.
If you wish to see the truth
then hold no opinion for or against.
The struggle between what one likes
and what one dislikes*

is the disease of the mind.

Sosan

Take life as easily as possible. But people don't understand me. I say to them, "Life is a mystery. It is not to be solved but to be lived." And somebody has asked me, "Osho, when you said that, I heard, "Life is a MISERY, not to be solved but to be lived."

That is up to you. To me it is a mystery, not to be solved but to be lived, but you can hear it as "misery."

Don't make unnecessary problems for yourself, so that your whole energy can become focused on the essential problem. And the essential problem is only one: Know thyself.

If you meditate and fall into sleep, you will wake up meditating. That means in a subtle way, in your deep unconscious, the method continued. Your whole night became a meditation. Your sleep will be of a different quality - more silent, more relaxed, more rejuvenating.

And for six or eight hours, subliminally the witnessing continues. In the morning when you become aware that you are awake, you will be surprised! You are witnessing your breath.

Everything is beautiful if inside your heart there is awareness.

Your daily life is your temple, and your religion. Act in awareness, act consciously, and many things will start changing.

Become silent. Close your eyes.

No movement, as if you are just a stone statue.

Now, go in ... deeper and deeper.

Fearlessly, penetrate like an arrow, to the very center of your being ...

Remember that you are only a watcher.

You are neither the body nor the mind,

but only a mirror reflecting,

without any judgment,

a pure reflection of the moon in the lake.

The only quality that buddha has

is pure awareness

consciousness

witnessing.

Witnessing is a key word for all meditators.

Witness that you are not the body...

Witness that you are not the mind...

Witness that you are only a witness.

The moment you are dropping into sleep is the moment to encounter the unconscious. You have been going into sleep every night and awakening from sleep every morning, but you have not felt the moment when sleep comes, you have not felt what happens. So try this experiment, and after three months, suddenly, one day, you will enter sleep knowingly.

Drop on your bed, close your eyes, and then remember - remember! - that sleep is coming and you are to remain awake when it comes.

This exercise is very arduous. The first day it will not happen, the next day it will not happen, but if you persist every day, constantly remembering that sleep is coming and you are not to allow it to come without being aware of it - you must feel how sleep takes over, what it is - then one day sleep will be there and you will still be awake.

That very moment you become aware of your unconscious.

I know that you are consciousness itself, not the conscious being. Consciousness is not a quality attached to you, you are consciousness. You are totally free.

So proceed from anywhere. Either be more free or be more conscious, and the other will result automatically. Be more free, and you will be more conscious. You cannot be more free unless you are more conscious.

Be more conscious and you will be more free. You cannot be otherwise, because consciousness creates freedom. And when you are absolutely conscious, you are absolutely free. Then there is no cause and no purpose for you to exist.

Then everything is a happening, a leela

I am not here to give you a dogma. A dogma makes one certain. I am not here to give you any promise for the future - any promise for the future makes one secure.

I know you come here seeking some certainty, some creed, some 'ism', somewhere to belong to, someone to rely upon. You come here out of your fear. You are searching a sort of beautiful imprisonment - so that you can live without any awareness.

I am here simply to make you alert and aware. That is to be herenow - with all the insecurity that life is, with all the uncertainty that life is, with all the danger that life is.

Your mind gives you a sort of stupor. Burdened by the memories of the past, burdened by the projections of the future, you go on living - at the minimum. You don't live at the maximum. Your flame remains very dim. Once you start dropping thoughts, the dust that you have collected in the past, the flame arises - clean, clear, alive, young. Your whole life becomes a flame, and a flame without any smoke. That is what awareness is.

Withdraw your awareness from everywhere and just let it rest within yourself, and you have arrived home.

This is the only moment you have got.

It is not a question of making efforts to be aware. If you make efforts to be aware, you will create tensions inside yourself - all efforts bring tensions. If you TRY to be aware, you are fighting with yourself; there is no need to fight. Awareness is not a by-product of effort: awareness is a fragrance of let-go: awareness is a flowering of surrender, of relaxation.

Just sit silently in a relaxed state, doing nothing... and awareness will start happening. Not that you have to pull it up from somewhere, not that you have to bring it from somewhere. It will shower on you from nowhere. It will well up from within your own sources. You just be silent, sitting.

Enlightenment is not a distant goal. It is a present possibility. You can miss it. That doesn't mean

that it is far away from you; that simply means that you are fast asleep. You can miss it. That doesn't mean that you have to work hard to attain it; it simply means that you are not aware of something which is already surrounding you.

Mind has only one capacity, and that is to dream. Dreaming is your continuity, and unless this continuity is broken you cannot know what truth is. The question is not whether truth is very far away or near, the question is whether the mind is in a dream or not.

Ordinarily man is asleep. Even while you think you are awake, you are not. Walking on the road, you are fully awake - in your mind. But looked at from the vision of a Buddha, you are fast asleep, because a thousand and one dreams and thoughts are clamoring inside you. Your inner light is very clouded. It is a kind of sleep.

You are not awake. A mind full of thoughts is not awake, cannot be awake. Only a mind which has dropped thoughts and thinking, which has dispersed the clouds around it - and the sun is burning bright, and the sky is utterly empty of clouds - is the mind which has intelligence, which is awake.

Intelligence is the capacity to be in the present. The more you are in the past or are in the future, the less intelligent you are. Intelligence is the capacity to be here-now, to be in this moment and nowhere else. Then you are awake.

Awareness cannot exist with duality, and mind cannot exist without duality.

Awareness is non-dual, and mind is dual.

So just watch. I don't teach you any solutions. I teach you the solution:

Just get back a little and watch.

Create a distance between you and your mind.

Gautam the Buddha gave to the world a tremendously simple but immensely valuable meditation - vipassana. The word vipassana simply means watching your breath - the coming of the breath in, and the going of the breath out.

You have been sleeping every day, but you have not encountered sleep yet. You have not seen it - what it is, how it comes, how you drop into it. You have not known anything about it. You have been dropping into it daily, coming out of it, but you have not felt the moment when sleep comes on the mind, what happens.

So try this, and with three months' effort, suddenly, one day, you will enter sleep knowingly. Drop on your bed, close your eyes, and then remember, remember that sleep is coming and "I am to remain awake when the sleep comes."

It is very arduous, but it happens. In one day it will not happen, nor *in one week* will it happen. Persist every day, constantly remembering that sleep is coming and, "I am not to allow it without knowing. I must be aware when sleep enters. I must go on feeling how sleep takes over, what it is."

And one day, suddenly, sleep is there and you are still awake. That very moment you become aware of your unconscious also.

Become conscious of your consciousness. And in that very becoming, in that very silence - when you

are only conscious of your consciousness and not of any other content - no thought, no desire, no dream - you are just conscious of your being conscious, the mirror is reflecting itself and nothing else... in that moment, something immensely miraculous happens. You become aware of the divine, you become aware of the essential core of your being.

"It is only a matter of fixing one's thinking on the point which lies exactly between the two eyes. Then all is well. The light is something extremely mobile. When one fixes the thought on the mid-point between the two eyes, the light streams in of its own accord."

Remember, not concentrating but just remaining alert, just a slight alertness. Look at the tip of the nose and remain slightly alert to the third eye. In fact, the moment you look at the tip of the nose you will become alert to the third eye, because that is the other pole of the nose. One pole, the outer pole, is the tip, the end; the other end of the nose is joined with the third eye. The moment you become aware of the tip you will suddenly become aware of the other end too. But just remain aware, effortlessly aware. You need not be worried. Just open the window and wait. Light is such a moving phenomenon that if the window is open it is going to move in. In fact, it has been knocking on the window for many many lives, but the window has not opened and it cannot force it open.

If you can become aware of your desires, if you can watch your desires, then a miracle happens, the greatest miracle of all.

The moment you become aware of your desires you can easily see that no desire can ever be fulfilled.

It is mind that is your sleep. You are sleeping either in the past or in the future. Both are ways of sleeping.

When I say, "Wake up!" again and again, when Buddha says, "Wake up!" a simple phenomenon is indicated.

Come to the present.

There is no goal of life. Life itself is its goal. It is not moving towards some target. It is herenow, it has no future. Life is always in the present.

A rose flower contains all the rose flowers of the past. And if you can understand, let me say, it contains all the future flowers also.

We are here. In this moment the whole existence converges. All the past and all the future converges in this moment. This moment is the bridge between the past and the future. In you, everything is meeting right now. If you can become aware, then you are the whole existence this very moment.

The morning has come. It has knocked on the door. You are aware. Fragile is the awareness as yet, very delicate. You can fall asleep again, yes, that is a possibility, but still you are aware.

The only way out of ignorance and out of this dark night of the soul is to be aware of your own being, aware of your own awareness. In that moment when you are aware of your own awareness, everything stops, time stops. Suddenly you are beyond time and beyond space, and a door opens which makes you part of the whole.

If you can live this moment, if you can be here this moment, then everything takes care of itself. So the whole effort of Zen is how to bring awareness to you.

Learn to be in the present.

Withdraw your energy from the past. Don't waste your time in memories. What is gone is gone. Say goodbye to it and close the chapter.

What has not come yet has not come yet. Don't unnecessarily waste your time and energy in imagination, because no imagination is ever fulfilled. It is because of this that the proverb exists in every language: "Man proposes, and God disposes" because you imagine a certain thing in the future, and it is never so.

Withdrawing yourself from past and future, you will become a tremendously intense energy, focused in the present, concentrated in the present like an arrow.

Each moment being aware, alert, watchful, in the herenow, is the way not to miss the train. Every experience needs your presence here, this moment.

And this is a simple secret, but it opens the doors of existence, of all the mysteries, of all that is worth knowing, worth tasting, worth feeling, worth being.

If you can live this moment, if you can be here this moment, then everything takes care of itself

If you are innocent, you will find that existence loves you.

The phenomenon of witnessing has no ABC or XYZ. It is a simple phenomenon. It is a single step. It is one process.

The journey of one thousand miles is done by the simple step, one step. You cannot take two steps at one time. Step after step, just a single step can be stretched to ten thousand miles or to infinity.

Watchfulness is a simple step. There is no alphabet in it. There are no beginners in it, there are no amateurs in it and no experts in it. Everybody is in the middle, always in the middle.

You are moving perfectly right. Just go on.

Mamiya went to a great teacher to learn meditation. The teacher told him to concentrate on the famous koan: What is the sound of one hand clapping? Mamiya went away and came back a week later shaking his head. He could not get it.

"Get out!" said the Master. "You are not trying hard enough. You still think of money and food and pleasure. It would be better if you died. Then you might learn the answer."

The next week Mamiya came back again. When the Master asked him: "Well, what is the sound of one hand?" - he clutched at his heart, groaned and fell down as if dead.

"Well, you have taken my advice and died", said the Master, "but what about the sound?" Mamiya

opened one eye: I have not solved that yet, he said.

Dead men don't speak! said the Master. Get up and get out!

Begin to be aware of anything
which ordinarily happens unconsciously,
for example - anger, jealousy, pride -
and your consciousness will be deepened.

Act consciously,
even in day-to-day acts be conscious,
for example - walking, eating, talking -
and your consciousness will be expanded.

Be alert when thinking.
No thought should be allowed to pass unwitnessed.

And then, in the end, there is explosion
in which you become totally conscious
with no unconsciousness behind.

The way out of the mind is to become aware of the mind and its mechanism, memory, imagination, thoughts, desires, fantasies. The traffic is there, continuously going on. You have just to stand by the side and watch whatsoever is passing, with no judgment, with no evaluation. Just a silent mirror reflecting whatsoever is passing by... without any commentary, just watching.

In the beginning it seems difficult because our habit is of continuously commenting. But just a little patience, sitting silently, doing nothing, just watching - it comes. And when it comes it opens a totally new dimension.

To be aware of the mind is being a witness of the mind. As the witnessing grows stronger, you already start feeling yourself beyond the mind. Slowly, slowly the distance grows. Your witness reaches to a sunlit peak and the mind is left in the dark valleys, far away.

You can still hear the echoes, but they don't affect you at all.

You are beyond their reach.

You are alone, absolutely alone. This has to be understood very clearly. The moment a person becomes conscious, he becomes alone. The greater the consciousness, the greater the awareness that you are alone. So, do not escape from this fact through society, friends, associations, crowds. Do not escape from it! It is a great phenomenon. The whole process of evolution has been working toward this.

Consciousness has come to the point now where you know that you are alone.

Celebrate aloneness, celebrate your pure space, and great song will arise in your heart. And it will be a song of awareness, it will be a song of meditation. It will be a song of an alone bird calling in the distance - not calling to somebody in particular, but just calling because the heart is full and

wants to call, because the cloud is full and wants to rain, because the flower is full and the petals open and the fragrance is released... unaddressed.

Sitting alone in your room, be loving. Radiate love. Fill the whole room with your love energy. Feel vibrating with a new frequency, feel swaying as if you are in the ocean of love. Create vibrations of love energy around you. And you will start feeling immediately that something is happening, something in your aura is changing, something around your body is changing; a warmth is arising around your body... a warmth like deep orgasm. You are becoming more alive. Something like sleep is disappearing. Something like awareness is arising.

There are a few things which cannot be done by anybody else for you, on your behalf, and those are the most precious things which only you can do.

Awareness is one of those most precious things.

If your awareness lacks love then it is still impure. It has not yet known one hundred percent purity. It is not yet really awareness. It must be mixed with unawareness. It is not pure light. There must be pockets of darkness inside you still working, functioning, influencing you, dominating you. If your love is without awareness, then it is not love yet. It must be something lower, something closer to lust than to prayer.

So let it be a criterion if you follow the path of awareness, let love be the criterion. When your awareness suddenly blooms into love, know perfectly well that awareness has happened, samadhi has been achieved. If you follow the path of love, then let awareness function as a criterion, as a touchstone. When suddenly, from nowhere, at the very center of your love, a flame of awareness starts arising, know perfectly well...rejoice! You have come home.

Love is another name for life, another name for existence, another name for god. Don't condemn it, even if it exists on the lowest rung, because through condemnation you will not be able to transform it. Accept it as it is. Try to understand it. In that very understanding love starts changing: it starts going higher than lust. The more understanding grows, the higher love starts soaring. Love moves higher on the wings of understanding, on the wings of awareness, meditation.

Love plus meditation is equal to sannyas. Just make your love more and more meditative, wherever it is, and meditation will take it upwards. Meditation alone is without energy; love alone is without consciousness. They both need a co-operation, a deep co-operation.

We fight with the void and are then defeated
not because the void is stronger than us
but because it is not.

Now stand up and fight with the empty space of the room
so that you can know and taste
the whole stupidity of the human mind.
And then sit down and laugh at yourself,
and as the laughter dies down
be silent and search within,
and then you will come to know a deep mystery:
the mystery that the void is not only without

but within also!

What is the secret to the art of life? The secret is this: Live in full awareness.

Don't grope in the darkness. Don't walk in sleep. Walk in awareness. Whatsoever you do, no matter what it is - even if it is as insignificant as opening and closing your eyes - do it thoughtfully, do it with awareness. Who knows? Everything may depend on that tiny action, on opening and closing your eyes! You may be walking along the road and see a woman, and you may spend your whole life with her. Even opening and closing your eyes, stay alert.

If you are ready to disappear, I am already not there. I exist only in your mind. As far as my own existence is concerned it is not there. If you are ready to dissolve, suddenly you will become aware that you have dissolved into a nothingness; there is neither master nor disciple.

Light and darkness cannot exist together; they cannot have a co-existence. Why can light and darkness not exist together? Because darkness has no substance in it; darkness has no existence in it. It is nothing but the absence of light, so how can absence and presence exist together? If light is there then absence cannot exist. If absence exists, light cannot be present there.

Awareness is a single solution to all problems.

A man who is aware cannot move in the past, because it is no more. A man who is aware cannot move in the future, because it is not yet. A man who is aware lives in the present, herenow. Here is his only space, and now is his only time. And because he is only herenow, time as such disappears. Eternity is born, timelessness is born.

BELOVED MASTER,
HOW TO BECOME MORE AWARE?

Pankaj, by becoming more aware, one BECOMES more aware. There is no other method to it. It is a simple process. Whatsoever you are doing, do it with such consciousness as if it is a question of life and death; as if a sword is hanging over you.

There is an ancient story in India:

A great sage sent his chief disciple to the court of King Janak to learn something which was missing in the young man.

The young man said, "If you can't teach me, how can this man, this Janak, teach it to me? You are a great sage, he is only a king. What does he know about meditation and awareness?"

The great sage said, "You simply follow my instructions. Go to him, bow down to him; don't be egoistic, thinking that you are a sannyasin and he is only an ordinary householder. He lives in the world, he is worldly and you are spiritual. Forget all about it. I'm sending you to him to learn something; so for this moment, he is your master. And I know, I have tried here, but you cannot understand - because you need a different context to understand it. And the court of Janak and his palace will give you the right context. You simply go, bow down to him. For these few days, he will represent me."

The true master creates discontent in you ... and such a discontent that nothing of this world can ever satisfy it. He creates such a longing in you, that unless you attain to the ultimate you will remain aflame, afire. He creates pain in your heart, he creates anguish ... because life is slipping by every moment, and each moment gone is gone forever, and you have not attained to God yet, and one day is over.

He creates such a deep longing in you, such pain in the heart! He creates tears in your eyes, because only through such divine discontent will you move, will you take the quantum leap, the ultimate jump into the unknown. It is only through such divine discontent that you will gather together all your energies, and you will risk, and you will go on the ultimate adventure of finding who you are.

Follow your own nature. Your nature is consciousness.

Man is very tiny if you look at his body, man is very foolish if you look at his mind, and man is tremendously vast if you look at his consciousness. Three things meet in man. The vast, the infinite, meet in his consciousness, in his awareness. That's what you become aware of when you meditate: boundaries recede and disappear.

The body does not contain you; in fact, you contain the body. Ordinarily you think, "I exist in the body." It is absolutely wrong. The body exists in you; you are vaster, you are bigger - not only bigger than the body, you are bigger than this whole universe. It is awareness that holds all.

What is buddhahood? Becoming aware of the inner sky that was in the rock, in the animals, in the trees, in man and in woman. Once you become aware of that inner sky, you are released from all forms. That is freedom. Not that you become free, because in that freedom you don't exist, you can't exist.

"You become free" simply means you become free from yourself.

You exist in time, but you belong to eternity. You are a penetration of eternity into the world of time. You are deathless, living in a body of death. Your consciousness knows no death, no birth. It is only your body that is born and dies. But you are not aware of your consciousness; you are not conscious of your consciousness.

And that is the whole art of meditation: becoming conscious of consciousness itself.

One has to become more aware than one ordinarily is. To be a sannyasin means to enter into the phenomenon of the sacred. For that more awareness is needed, much more, because it is not something mechanical, something routine. It is now every day. It is moving from the unknown towards the unknowable. It is dropping the known every day, dying to the known and entering into the unknown. It is an eternal pilgrimage, because every moment is so full of mystery that one has to be very alert, otherwise one will miss.

Very few people know the beauty of the stars... Very few people know the beauty of the mountains.

You will feel the most significant experience, you will become ecstatic if you can feel that the whole existence needs you, that you will be missed, that if you are not here there will be a gap, you will be missed. You are not unnecessary, you are not superfluous; you have tremendous significance.

Hence, love yourself. You are needed as much as the trees, as the flowers, as the birds, as the sun, as the moon, as the stars. You have to be here and you have a right to be the way you are.

In the morning remember it is a new day, a new beginning. Have a decision deep in your heart that "Today I am not going to waste this opportunity. Enough is enough! Today I am going to be aware, today I am going to be alert, today I am going to devote as much energy as possible to the single cause, the cause of meditation. I will meditate in all my acts. I will do all the activities, the usual day-to-day activities, but with a new quality: I will bring the quality of awareness to them."

Buddha says: Light the candle of awareness in your heart, and your whole being will radiate compassion.

The possibility is there. If you make the effort you will catch the one ray that exists in you, and once you catch the one ray, the sun is not very far; then through the ray you can reach the sun - the ray becomes the path.

So remember: find attention, let it become a continuity in you twenty-four hours a day, whatsoever you do. Eat, but try to be attentive: eat with awareness. Walk, but walk with awareness. Love, but love fully aware. Try!

It cannot become total just in one day, but even if one ray is caught, you will feel a deep fulfillment, because the quality is the same whether you attain to one ray or the whole sun.

There is only one secret which is not part of the mind, and that is witnessing, watching. Thoughts are passing, desires are moving, memories are coming and going like clouds in the sky and you are sitting silently simply watching, not doing anything. If you do anything immediately the mind starts functioning. What you do does not matter - doing is part of mind. A non-doing witnessing, just witnessing, as if a mirror goes on witnessing whatsoever passes by - that is awareness. And that awareness takes you beyond the mind. It is true meditation.

People don't think they are spiritually asleep, that's why they go on sleeping. Once you understand you are spiritually asleep, then waking is a very simple matter.

The hardest thing is to accept that deep in your being there is a sleep, an unconsciousness. Whatever meditations are being done here are just to shake you, to bring you to a point where the sleeping consciousness cannot sleep anymore. It has to wake up. It is only a question of simple understanding. You can wake up right now! This silence is enough.

It is only through meditation
That you start becoming a man
You start getting out of the animal kingdom.
Something greater than the animal
Starts happening to you through meditation.
On the one hand it makes you a human being
On the other hand it brings great excellence
In whatsoever you do.
The secret is

That meditation releases awareness in you.
To me awareness is the only virtue
And unawareness the only sin.

Relax. Just watch the body and the mind, and remember you are neither. You are the watcher. This already beautiful evening becomes more ecstatic by your watching. Just watching, you will feel utter emptiness.

The emptiness is the name of buddha himself.

This silence... you have all become one in an oceanic consciousness. Boundaries are lost, limits are forgotten...

Collect this experience, because you have to carry it twenty-four hours - in all your actions and gestures, words and silences.

Be silent, close your eyes. Feel your body to be completely frozen. Look inwards, as deep as possible. It is your own space. At the very end you will find the empty heart.

The empty heart is a door to eternity. It is a connection between you and existence. It is not something physical or material. It is not something mental or psychological. It is something beyond both, transcending both. It is your spirituality. Remember, the empty heart makes you a buddha.

This moment is blessed. Ten thousand hearts are feeling the silence and the merger with existence. You are the fortunate ones of the earth.

Relax... just be a watcher of mind and body both. The insistence should be on the witnessing. Witnessing is your secret love. Witnessing is Buddha, watching.

I know you are absolutely in a drunken state. Everything is upside down in you, everything is in a mess. You don't know what you are doing, why you are doing it. You don't know why you are here in the first place! But I know perfectly well why I am here and what I am doing. I am trying to wake you up - you are fast asleep.

Just take one thing seriously and that is to become more and more alert of your sleepiness. And all my efforts here, sutras or jokes, are nothing but means to wake you. Sometimes a joke can wake you up more easily than a serious sutra because listening to a serious sutra you tend to fall deeper into sleep; it is so serious that you can't be awakened by it. But a joke is so light that you don't want to miss it; you listen attentively.

Hopes are bound to be shattered. To hope is to hanker for hopelessness, to desire is to breed frustration. But in the worldly things at least there is a possibility of succeeding, failing, attaining, not attaining. But in spiritual matters there is no question of attainment at all because the goose is out! Nothing can be done about it, it is already out. The moment you start enjoying your valley you are on the peak. There is no other peak!

One day I suddenly decided enough is enough. I dropped the idea of the peaks and started enjoying the valley, and a miracle I saw - the valley disappeared. In fact, from the very beginning there had been no valley, I was always on the peak, but because I was searching for a peak I could not see where I was.

Just try to walk a few steps consciously and you will see the difference - and the beauty and the joy and the relaxation of walking consciously. Your whole body is in tune with existence.

Consciousness bridges you with existence.

Unconsciousness closes you into yourself. In unconsciousness you don't have any connection with existence.

In consciousness you are related to the whole - from the smallest blade of grass to the biggest star millions of light-years away.

There is no need to run towards the ocean. Just slowly enjoy the trees, and the birds, and the people, having a trust in your heart that every river has always reached the ocean. And you cannot be the exception. Existence does not allow any exceptions. You will also reach the ocean.

When you have become a silent pool, here and now, everything happens. In meditation, cause and effect are not two, cause is the effect. The act and the result are not two, the act is the result. They are not divided. In meditation, the seed and the tree are not two. The seed is the tree.

The truth surrounds you, you exist in it. Just like the fish exist in the ocean, you exist in the truth. God is not a goal. God is what is here and now. These trees, these winds blowing, these clouds moving, the sky, you, I ... this is what God is.

When you are utterly present in this moment, when you don't have any past and don't have any future ... when this cuckoo calling, this train passing, this dog barking, is all ... when THIS is all and there is no that, when the word 'here' is your whole reality and there is no 'there', when now contains all time and there is no then ... then you are in the state of samasati.

It is a beautiful morning. Again and again the sun rises and it is always new. It never grows old ... This morning, again the miracle of existence. Each moment it is happening, but only very few - very, very few ever encounter it.

The word encounter is really beautiful. To encounter the moment as it is; to see it as it is, without adding, without deleting, without any editorial work, just to see it as it is, like a mirror....

And what is meditation? It does not mean meditating upon something; the English word is misleading. In English there is no word adequate enough to translate Buddha's word samasati. It has been translated as meditation, as right mindfulness, as awareness, as consciousness, alertness, watchfulness, witnessing - but there is not really a single word which has the quality of samasati.

Samasati means: consciousness is, but without any content.

There is no thought, no desire, nothing is stirred in you. You are not contemplating about God or about great things ... nature and its beauty, the Bible, the Koran, the Vedas, and their immensely significant statements. You are not contemplating! You are not concentrating on any special object either. You are not chanting a mantra, because those are all things of the mind, those are all

contents of the mind.

You are not doing anything! The mind is utterly empty, and you are simply there in that emptiness. A kind of presence, a pure presence, with nowhere to go - utterly relaxed into oneself, at rest, at home.

That is the meaning of Buddha's meditation.

The ocean is not far away. But your ego is a frozen block - it needs melting. Love melts it, fear makes it more frozen, trust melts it. All that the people who are trying to find themselves have to do, is remain melted and allow the river to move on its own.

You should not be the guide. The river needs no guide. Its very nature is to reach to the ocean. It is not an effort, it is its intrinsic quality.

Awareness is eternal, it knows no death. Only unawareness dies. So if you remain unconscious, asleep, you will have to die again. If you want to get rid of this whole misery of being born and dying again and again, if you want to get rid of the wheel of birth and death, you will have to become absolutely alert. You will have to reach higher and higher into consciousness.

The real harvest comes only when you make great effort to wake yourself up.

My beloved ones, I love you. Love is my message, let it be your message too. Love is my color and my climate. To me, love is the only religion. All else is just rubbish, all else is nothing but mind-churning dreams. Love is the only substantial thing in life, all else is illusion. Let love grow in you and God will be growing on its own accord.

There is no way to God without love. God can be forgotten. If love is remembered, God will happen as a consequence. It happens as a consequence. It is the fragrance of love and nothing else. In fact there is no God but only godliness. There is no person like God anywhere. Drop all childish attitudes, don't go on searching for a father. Divineness is, God is not. When I say divineness is, I mean whatsoever is, is full of God. The green of the trees, and the red and the golden, all is divine. This crow crying, and a bird on the wing. and a child giggling, and a dog barking, all is divine. Nothing else exists.

I was thinking what should I give to you today? Because this is my birthday, I was incarnated into this body on this day. This is the day I saw for the first time the green of the trees and the blue of the skies. This was the day I for the first time opened my eyes and saw God all around. Of course the word 'God' didn't exist at that moment, but what I saw was God. I was thinking what should I give to you today? Then I remembered a saying of Buddha: SABBA DANAM DHAMMA DANANA JNATI - the gift of truth excels all other gifts. And my truth is love.

You are alive only in the proportion that you are aware. Awareness is the difference between death and life.

Buddhas have a different definition. Their definition consists of awareness. They don't say you are alive because you can breathe, they say you are alive if you are awake.

Wakefulness is the way to life, says Buddha. Become more wakeful and you will become more alive.

Zazen is a deep unoccupiedness - not doing anything outwardly, not doing anything inwardly. It is not even meditation because when you meditate you are making some sort of effort, you are trying to do something: chanting a mantra, remembering God, or even remembering yourself.

But these efforts create ripples, these efforts create vibrations and your sitting becomes corrupted. Then your sitting is not innocent. Zazen means: sit, and just sit, nothing else.

You are not filled with straw, you are filled with your own awareness.

You are not filled with furniture, cars, houses, money, and other nonsense.

You are just filled with your being, the sheer am-ness, the sheer existence.

Remember, only that which you can take with you when you leave the body is important. That means, except meditation, nothing is important. Except awareness, nothing is important, because only awareness cannot be taken away by death. Everything else will be snatched away, because everything else comes from without.

Only awareness wells up within. That cannot be taken away. And the shadows of awareness - compassion, love - they cannot be taken away. They are intrinsic parts of awareness. You will be taking with you only whatsoever awareness you have attained. That is your only real wealth.

If you become acquainted with death through love and meditation, by and by you will see that life and death are two aspects of the same coin.

Then you are not worried. Then you don't choose. Then you live a life of choiceless awareness. Then all is the same.

If you choose life you have chosen death. If you avoid death you will avoid life - so there is no point in choosing, and there is no point in avoiding.

Just one quality of the Buddha has to be remembered. He consists only of one quality, witnessing. This small word witnessing contains the whole of spirituality. Witness that you are not the body. Witness that you are not the mind. Witness that you are only a witness. As the witnessing deepens, you start becoming drunk with the divine. That is what is called ecstasy.

Remember one thing: meditation means awareness. Whatsoever you do with awareness is meditation. Action is not the question, but the quality that you bring to your action.

Walking can be a meditation if you walk alertly. Sitting can be a meditation if you sit alertly. Listening to the birds can be a meditation if you listen with awareness. Just listening to the inner noise of your mind can be a meditation if you remain alert and watchful.

The whole point is: one should not move in sleep. Then whatsoever you do is meditation.

The mind is a coward, and has to be a coward because it doesn't have any substance. It is empty and hollow, afraid of everything. And basically it is afraid that one day you may become aware.

That fear keeps people away from meditation, makes them enemies of people like me who are trying to spread something of meditation, some way of awareness and witnessing. They become antagonistic to me - not without any reason - their fear is well-founded.

Mind is really afraid to come close to anything that can create more awareness. That will be the beginning of the end of the mind. That will be the death of the mind.

My concern is the immediate, this moment. Beyond this moment nothing exists. The only time that is existential is now and the only space that matters is here. So I don't care what happens in the future. Neither the past nor the future have any validity.

But that is the way of the mind. The mind can only think in terms of past and future, the mind cannot experience the present. It deviates from the present continuously. The mind is like a pendulum, it moves to the left, the far left, or to the right, the far right. Either it is leftist or rightist, and my whole approach is to be exactly in the middle.

The word for the middle which Gautam Buddha used is very beautiful. He called MAJJIM NIKAYA, 'the way of the exact middle.'

If you can keep the pendulum in the middle, the clock stops. The clock represents the mind, and not just literally, not just as a metaphor. Mind is time. Time consists of two tenses, not three. The present is not part of time. The past is time, the future is time. The present is the penetration of the beyond into the world of time.

Meditation cannot be a fragmented thing. It should be a continuous effort. Every moment one has to be alert, aware and meditative. But the mind has played a trick. You meditate in the morning and then you put it aside. Or you pray in the temple and then forget it. Then you come back to the world, completely unmeditative, unconscious, as if walking in a hypnotic sleep. This fragmented effort won't do much.

Consciousness is a continuum. It is like a river, flowing constantly. If you are meditative the whole day, every moment of it - and only when you are meditative the whole day - the flowering will come to you.

Sitting alone in your room, be loving. Radiate love. Fill the whole room with your love energy, as if you are in an ocean of love.

Create vibrations of love energy around you. And you will start feeling immediately that something is happening, something in your aura is changing, something around your body is changing. A warmth is arising around your body... a warmth like deep orgasm.

You are becoming more alive. Something like sleep is disappearing. Something like awareness is arising.

A really mature person cannot be serious, there is nothing to be serious about. The whole of life is fun, it is a play, a play of consciousness. And that's what meditation reveals to you - that the whole of life is a beautiful play of energy.

The same energy is in the trees, in the stars, in the rivers, in the mountains, in you, in animals. It is

the same energy dancing in different forms. We in the East have called it 'leela'. Leela means god's play.

If you are totally in the moment - only then can you be aware.

So forget the whole world while you are eating. Eating, just eat; walking, just walk; listening, just listen; talking, just talk and remain totally in it, alert, aware of each gesture, each nuance. And slowly you will get the knack of it, the hang of it ...

... The process can be reduced into a simple formula: whatsoever you do, do it but remain alert.

You should sit in meditation for twenty minutes every day - unless you're too busy; then you should sit for an hour.

The only hope for you is to be in deep contact with somebody who is awakened. The awakened one is called the master - satguru. If you can find a master, don't miss the opportunity - surrender, relax into his being, imbibe his awareness, let his fragrance surround you. And the day is not far away when you will also be awakened, you will also be a buddha.

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You come to me seeking knowledge. You want set formulas so that you can cling to them. I don't give you any. In fact, if you have any I take them away. By and by, I destroy your certainty. By and by, I make you more and more hesitant. By and by, I make you more and more insecure.

That is the only thing that has to be done. That's the only thing a master needs to do! To leave you in total freedom. In total freedom, with all the possibilities opening, nothing fixed... you will have to be aware. Nothing else is possible.

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When you are desireless you will be aware; when you are aware you will be desireless. These are two aspects of the same coin - on one aspect, desirelessness; on another aspect, alertness, consciousness

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Understanding is not of the mind: understanding is of the heart. You will have to fall in love.

That's what sannyas is all about. Falling in love with a Master, for NO reason at all - just for the sheer joy of falling in love with someone who has disappeared, who is no more, who has become a great nothing. Who has become a silence.

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I would like you all to be deeply, intensely, passionately in life, with one condition only: alertness, watchfulness, witnessing. And I know the difficulty arises, because you will be living with millions of sleepy people. And sleep is contagious, just as awareness is. Awareness, too, is contagious - hence the significance of being with a master.

The master cannot give you the truth. Nobody can give the truth to anybody else; it is untransferable. Then what is the function of a master? Then what is the use of searching for a master? Then why be a disciple at all? Still there is a reason, and the reason is that awareness is as contagious as sleepiness.

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A single moment is enough! It is not a question of being with a master for a long time; time does not enter into it. It is not a question of quantity, of how long you have lived with the master. The question is how deep you have loved the master, not how long you lived with the master -- how intensely, passionately you have become involved with the master...not the length of time, but the depth of your feeling. Then a single moment of awareness, of heart wakefulness, a single moment of silence...and the transmission, the transmission beyond all scriptures.

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Meditation is a kind of medicine. Its use is only for the time being. Once you have learned the quality, then you need not do any particular meditation. Then meditation has to spread all over your life.

Talking or silent, moving, unmoving, the essence is at ease. The essence is at ease, that is the key word. The essence is at ease, that is the key statement. Do whatsoever you are doing, but at the deepest core remain at ease, cool, calm, centered.

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The mirror mirrors things, but mirroring is not an activity. It is just the nature of the mirror, that whatever comes before it is reflected.

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The beauty of truth is that the moment you hear the truth something inside you responds, says yes. It is not an agreement of the mind, remember, it comes from your totality of your being. Every fiber of your being, every cell of your body, nods in tremendous joy, "Yes!"

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Always go on watching your breath coming in, the breath going out. If you move, go on watching your feet moving. If you are talking, be watchful. If you are listening, be watchful. If you are eating, be watchful.

Never allow any act to be done without awareness, and then nothing else is needed. This awareness will spread all over your life; it will be a twenty-four-hour thing.

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When you are walking on the road, you can walk consciously. That's what Buddha says one should do. You are alert, deep down you are aware that you are walking. You are conscious of each movement. You are conscious of the birds singing in the trees, the early morning sun coming through the trees, the rays touching you, the warmth, the fresh air, the fragrance of newly opening flowers.

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When awareness joins with your ears
then listening happens
when awareness joins with your eyes
then seeing happens
when awareness joins with your hands
then touching happens ...

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At the death of a parishioner, Master Dogo, accompanied by his disciple Zengen, visited the bereaved family.

Without taking time to express a word of sympathy, Zengen went up to the coffin, rapped on it, and asked Dogo, "Is he really dead?"

"I won't say," said Dogo. "Well?!" insisted Zengen. "I'm not saying, and that's final!" said Dogo.

On their way back to the temple, the furious Zengen turned on Dogo and threatened, "By god, if you don't answer my question, why I'll beat you!"

"All right," said Dogo, "Beat away."

A man of his word, Zengen slapped his master a good one.

Some time later, Dogo died, and Zengen, still anxious to have his question answered, went to the master Sekiso, and after relating what had happened, asked the same question of him.

Sekiso, as if conspiring with the dead Dogo, would not answer. "By god!" cried Zengen. "You too?"

"I'm not saying," said Sekiso, "and that's final."

At that very instant Zengen experienced an awakening.

--

If you meditate and fall into sleep, you will wake up meditating. That means in a subtle way, in your deep unconscious, the method continued. Your whole night became a meditation. Your sleep will be of a different quality - more silent, more relaxed, more rejuvenating.

And for six or eight hours, subliminally the witnessing continues. In the morning when you become aware that you are awake, you will be surprised! You are witnessing your breath.

--

Everything is beautiful if inside your heart there is awareness.

--

*The Great Way is not difficult
for those who have no preferences.
When love and hate are both absent
everything becomes clear and undisguised.
Make the smallest distinction, however,
and heaven and earth are set infinitely apart.
If you wish to see the truth
then hold no opinion for or against.
The struggle between what one likes
and what one dislikes
is the disease of the mind.*

Sosan

--

In your silent moments when you are sitting, or traveling in a train or in a plane, close your eyes and watch your breath. Going in, you go in with it; coming out, you come outward.

As you go in, there is a small fragment of a moment when the breath stops before it starts moving outward. And once it has moved outward, for a split second the breathing stops again. These two points are very significant, because as you become more and more aware, these points will become more and more clear, longer. One breath goes in and then there is a pause, breathing stops. And in that pause there is so much beauty, so much bliss.

--

Zen is not a teaching, because it knows you are asleep. The primary thing is not to teach you. The primary thing is to wake you up. Zen is an alarm.

A real Master is an awakener. His function is totally different from a teacher. His function is far more difficult. And only very few people can stay with a Master because to wake up after millions of lives is not an ordinary feat. It is a miracle.

--

Take life as easily as possible. But people don't understand me. I say to them, "Life is a mystery. It is not to be solved but to be lived." And somebody has asked me, "Osho, when you said that, I heard, "Life is a MISERY, not to be solved but to be lived."

That is up to you. To me it is a mystery, not to be solved but to be lived, but you can hear it as "misery."

Don't make unnecessary problems for yourself, so that your whole energy can become focused on the essential problem. And the essential problem is only one: Know thyself.

--

Your daily life is your temple, and your religion. Act in awareness, act consciously, and many things will start changing.

--

Become silent. Close your eyes.
No movement, as if you are just a stone statue.
Now, go in ... deeper and deeper.
Fearlessly, penetrate like an arrow, to the very center of your being ...

Remember that you are only a watcher.
You are neither the body nor the mind,
but only a mirror reflecting,
without any judgment,
a pure reflection of the moon in the lake.

--

The only quality that buddha has
is pure awareness
consciousness
witnessing.

Witnessing is a key word for all meditators.
Witness that you are not the body...
Witness that you are not the mind...
Witness that you are only a witness

--

Your mind gives you a sort of stupor. Burdened by the memories of the past, burdened by the projections of the future, you go on living - at the minimum. You don't live at the maximum. Your

flame remains very dim. Once you start dropping thoughts, the dust that you have collected in the past, the flame arises - clean, clear, alive, young. Your whole life becomes a flame, and a flame without any smoke. That is what awareness is.

--

You will feel the most significant experience, you will become ecstatic if you can feel that the whole existence needs you, that you will be missed, that if you are not here there will be a gap, you will be missed. You are not unnecessary, you are not superfluous; you have tremendous significance.

Hence, love yourself. You are needed as much as the trees, as the flowers, as the birds, as the sun, as the moon, as the stars. You have to be here and you have a right to be the way you are.

--

In the morning remember it is a new day, a new beginning. Have a decision deep in your heart that "Today I am not going to waste this opportunity. Enough is enough! Today I am going to be aware, today I am going to be alert, today I am going to devote as much energy as possible to the single cause, the cause of meditation. I will meditate in all my acts. I will do all the activities, the usual day-to-day activities, but with a new quality: I will bring the quality of awareness to them."

--

Buddha says: Light the candle of awareness in your heart, and your whole being will radiate compassion.

--

The possibility is there. If you make the effort you will catch the one ray that exists in you, and once you catch the one ray, the sun is not very far; then through the ray you can reach the sun - the ray becomes the path.

So remember: find attention, let it become a continuity in you twenty-four hours a day, whatsoever you do. Eat, but try to be attentive: eat with awareness. Walk, but walk with awareness. Love, but love fully aware. Try!

It cannot become total just in one day, but even if one ray is caught, you will feel a deep fulfillment, because the quality is the same whether you attain to one ray or the whole sun.

--

There is only one secret which is not part of the mind, and that is witnessing, watching. Thoughts are passing, desires are moving, memories are coming and going like clouds in the sky and you are sitting silently simply watching, not doing anything. If you do anything immediately the mind starts functioning. What you do does not matter - doing is part of mind. A non-doing witnessing, just witnessing, as if a mirror goes on witnessing whatsoever passes by - that is awareness. And that awareness takes you beyond the mind. It is true meditation.

--

People don't think they are spiritually asleep, that's why they go on sleeping. Once you understand you are spiritually asleep, then waking is a very simple matter.

The hardest thing is to accept that deep in your being there is a sleep, an unconsciousness. Whatever meditations are being done here are just to shake you, to bring you to a point where the sleeping consciousness cannot sleep anymore. It has to wake up. It is only a question of simple understanding. You can wake up right now! This silence is enough.

--

It is only through meditation
That you start becoming a man
You start getting out of the animal kingdom.

Something greater than the animal
Starts happening to you through meditation.
On the one hand it makes you a human being
On the other hand it brings great excellence
In whatsoever you do.
The secret is
That meditation releases awareness in you.
To me awareness is the only virtue
And unawareness the only sin.

--

Relax. Just watch the body and the mind, and remember you are neither. You are the watcher. This already beautiful evening becomes more ecstatic by your watching. Just watching, you will feel utter emptiness.

The emptiness is the name of buddha himself.

This silence... you have all become one in an oceanic consciousness. Boundaries are lost, limits are forgotten...

Collect this experience, because you have to carry it twenty-four hours - in all your actions and gestures, words and silences

--

Be silent, close your eyes. Feel your body to be completely frozen. Look inwards, as deep as possible. It is your own space. At the very end you will find the empty heart.

The empty heart is a door to eternity. It is a connection between you and existence. It is not something physical or material. It is not something mental or psychological. It is something beyond both, transcending both. It is your spirituality. Remember, the empty heart makes you a buddha.

This moment is blessed. Ten thousand hearts are feeling the silence and the merger with existence. You are the fortunate ones of the earth.

Relax... just be a watcher of mind and body both. The insistence should be on the witnessing. Witnessing is your secret love. Witnessing is Buddha, watching.

--

I know you are absolutely in a drunken state. Everything is upside down in you, everything is in a mess. You don't know what you are doing, why you are doing it. You don't know why you are here in the first place! But I know perfectly well why I am here and what I am doing. I am trying to wake you up - you are fast asleep.

Just take one thing seriously and that is to become more and more alert of your sleepiness. And all my efforts here, sutras or jokes, are nothing but means to wake you. Sometimes a joke can wake you up more easily than a serious sutra because listening to a serious sutra you tend to fall deeper into sleep; it is so serious that you can't be awakened by it. But a joke is so light that you don't want to miss it; you listen attentively.

--

Hopes are bound to be shattered. To hope is to hanker for hopelessness, to desire is to breed frustration. But in the worldly things at least there is a possibility of succeeding, failing, attaining, not attaining. But in spiritual matters there is no question of attainment at all because the goose is out! Nothing can be done about it, it is already out. The moment you start enjoying your valley you

are on the peak. There is no other peak!

One day I suddenly decided enough is enough. I dropped the idea of the peaks and started enjoying the valley, and a miracle I saw - the valley disappeared. In fact, from the very beginning there had been no valley, I was always on the peak, but because I was searching for a peak I could not see where I was.

--

Just try to walk a few steps consciously and you will see the difference - and the beauty and the joy and the relaxation of walking consciously. Your whole body is in tune with existence.

Consciousness bridges you with existence.

Unconsciousness closes you into yourself. In unconsciousness you don't have any connection with existence.

In consciousness you are related to the whole - from the smallest blade of grass to the biggest star millions of light-years away.

--

There is no need to run towards the ocean. Just slowly enjoy the trees, and the birds, and the people, having a trust in your heart that every river has always reached the ocean. And you cannot be the exception. Existence does not allow any exceptions. You will also reach the ocean.

When you have become a silent pool, here and now, everything happens. In meditation, cause and effect are not two, cause is the effect. The act and the result are not two, the act is the result. They are not divided. In meditation, the seed and the tree are not two. The seed is the tree.

--

The truth surrounds you, you exist in it. Just like the fish exist in the ocean, you exist in the truth. God is not a goal. God is what is here and now. These trees, these winds blowing, these clouds moving, the sky, you, I ... this is what God is

--

When you are utterly present in this moment, when you don't have any past and don't have any future ... when this cuckoo calling, this train passing, this dog barking, is all ... when THIS is all and there is no that, when the word 'here' is your whole reality and there is no 'there', when now contains all time and there is no then ... then you are in the state of samasati.

--

It is a beautiful morning. Again and again the sun rises and it is always new. It never grows old ... This morning, again the miracle of existence. Each moment it is happening, but only very few - very, very few ever encounter it.

The word encounter is really beautiful. To encounter the moment as it is; to see it as it is, without adding, without deleting, without any editorial work, just to see it as it is, like a mirror....

--

And what is meditation? It does not mean meditating upon something; the English word is misleading. In English there is no word adequate enough to translate Buddha's word samasati. It has been translated as meditation, as right mindfulness, as awareness, as consciousness, alertness, watchfulness, witnessing - but there is not really a single word which has the quality of samasati.

Samasati means: consciousness is, but without any content.

There is no thought, no desire, nothing is stirred in you. You are not contemplating about God or about great things ... nature and its beauty, the Bible, the Koran, the Vedas, and their immensely significant statements. You are not contemplating! You are not concentrating on any special object either. You are not chanting a mantra, because those are all things of the mind, those are all contents of the mind.

You are not doing anything! The mind is utterly empty, and you are simply there in that emptiness. A kind of presence, a pure presence, with nowhere to go - utterly relaxed into oneself, at rest, at home.

That is the meaning of Buddha's meditation.

--

The ocean is not far away. But your ego is a frozen block - it needs melting. Love melts it, fear makes it more frozen, trust melts it. All that the people who are trying to find themselves have to do, is remain melted and allow the river to move on its own.

You should not be the guide. The river needs no guide. Its very nature is to reach to the ocean. It is not an effort, it is its intrinsic quality.

--

Awareness is eternal, it knows no death. Only unawareness dies. So if you remain unconscious, asleep, you will have to die again. If you want to get rid of this whole misery of being born and dying again and again, if you want to get rid of the wheel of birth and death, you will have to become absolutely alert. You will have to reach higher and higher into consciousness.

The real harvest comes only when you make great effort to wake yourself up.

--

My beloved ones, I love you. Love is my message, let it be your message too. Love is my color and my climate. To me, love is the only religion. All else is just rubbish, all else is nothing but mind-churning dreams. Love is the only substantial thing in life, all else is illusion. Let love grow in you and God will be growing on its own accord.

There is no way to God without love. God can be forgotten. If love is remembered, God will happen as a consequence. It happens as a consequence. It is the fragrance of love and nothing else. In fact there is no God but only godliness. There is no person like God anywhere. Drop all childish attitudes, don't go on searching for a father. Divineness is, God is not. When I say divineness is, I mean whatsoever is, is full of God. The green of the trees, and the red and the golden, all is divine. This crow crying, and a bird on the wing. and a child giggling, and a dog barking, all is divine. Nothing else exists.

I was thinking what should I give to you today? Because this is my birthday, I was incarnated into this body on this day. This is the day I saw for the first time the green of the trees and the blue of the skies. This was the day I for the first time opened my eyes and saw God all around. Of course the word 'God' didn't exist at that moment, but what I saw was God. I was thinking what should I give to you today? Then I remembered a saying of Buddha: SABBA DANAM DHAMMA DANANA JNATI - the gift of truth excels all other gifts. And my truth is love

--

You are alive only in the proportion that you are aware. Awareness is the difference between death and life.

Buddhas have a different definition. Their definition consists of awareness. They don't say you are alive because you can breathe, they say you are alive if you are awake.

Wakefulness is the way to life, says Buddha. Become more wakeful and you will become more alive.

--

Zazen is a deep unoccupiedness - not doing anything outwardly, not doing anything inwardly. It is not even meditation because when you meditate you are making some sort of effort, you are trying to do something: chanting a mantra, remembering God, or even remembering yourself.

But these efforts create ripples, these efforts create vibrations and your sitting becomes corrupted. Then your sitting is not innocent. Zazen means: sit, and just sit, nothing else.

--

You are not filled with straw, you are filled with your own awareness.

You are not filled with furniture, cars, houses, money, and other nonsense.

You are just filled with your being, the sheer am-ness, the sheer existence.

--

Remember, only that which you can take with you when you leave the body is important. That means, except meditation, nothing is important. Except awareness, nothing is important, because only awareness cannot be taken away by death. Everything else will be snatched away, because everything else comes from without.

Only awareness wells up within. That cannot be taken away. And the shadows of awareness - compassion, love - they cannot be taken away. They are intrinsic parts of awareness. You will be taking with you only whatsoever awareness you have attained. That is your only real wealth.

--

If you become acquainted with death through love and meditation, by and by you will see that life and death are two aspects of the same coin.

Then you are not worried. Then you don't choose. Then you live a life of choiceless awareness. Then all is the same.

If you choose life you have chosen death. If you avoid death you will avoid life - so there is no point in choosing, and there is no point in avoiding.

--

Just one quality of the Buddha has to be remembered. He consists only of one quality, witnessing. This small word witnessing contains the whole of spirituality. Witness that you are not the body. Witness that you are not the mind. Witness that you are only a witness. As the witnessing deepens, you start becoming drunk with the divine. That is what is called ecstasy.

--

Remember one thing: meditation means awareness. Whatsoever you do with awareness is meditation. Action is not the question, but the quality that you bring to your action.

Walking can be a meditation if you walk alertly. Sitting can be a meditation if you sit alertly. Listening to the birds can be a meditation if you listen with awareness. Just listening to the inner noise of your mind can be a meditation if you remain alert and watchful.

The whole point is: one should not move in sleep. Then whatsoever you do is meditation.

--

The mind is a coward, and has to be a coward because it doesn't have any substance. It is empty and hollow, afraid of everything. And basically it is afraid that one day you may become aware.

That fear keeps people away from meditation, makes them enemies of people like me who are trying to spread something of meditation, some way of awareness and witnessing. They become antagonistic to me - not without any reason - their fear is well-founded.

Mind is really afraid to come close to anything that can create more awareness. That will be the beginning of the end of the mind. That will be the death of the mind.

--

My concern is the immediate, this moment. Beyond this moment nothing exists. The only time that is existential is now and the only space that matters is here. So I don't care what happens in the future. Neither the past nor the future have any validity.

But that is the way of the mind. The mind can only think in terms of past and future, the mind cannot experience the present. It deviates from the present continuously. The mind is like a pendulum, it moves to the left, the far left, or to the right, the far right. Either it is leftist or rightist, and my whole approach is to be exactly in the middle.

The word for the middle which Gautam Buddha used is very beautiful. He called MAJJIM NIKAYA, 'the way of the exact middle.'

If you can keep the pendulum in the middle, the clock stops. The clock represents the mind, and not just literally, not just as a metaphor. Mind is time. Time consists of two tenses, not three. The present is not part of time. The past is time, the future is time. The present is the penetration of the beyond into the world of time.

--

Meditation cannot be a fragmented thing. It should be a continuous effort. Every moment one has to be alert, aware and meditative. But the mind has played a trick. You meditate in the morning and then you put it aside. Or you pray in the temple and then forget it. Then you come back to the world, completely unmeditative, unconscious, as if walking in a hypnotic sleep. This fragmented effort won't do much.

Consciousness is a continuum. It is like a river, flowing constantly. If you are meditative the whole day, every moment of it - and only when you are meditative the whole day - the flowering will come to you.

--

A really mature person cannot be serious, there is nothing to be serious about. The whole of life is fun, it is a play, a play of consciousness. And that's what meditation reveals to you - that the whole of life is a beautiful play of energy.

The same energy is in the trees, in the stars, in the rivers, in the mountains, in you, in animals. It is the same energy dancing in different forms. We in the East have called it 'leela'. Leela means god's play.

--

Sitting alone in your room, be loving. Radiate love. Fill the whole room with your love energy, as if you are in an ocean of love.

Create vibrations of love energy around you. And you will start feeling immediately that something is happening, something in your aura is changing, something around your body is changing. A warmth is arising around your body... a warmth like deep orgasm.

You are becoming more alive. Something like sleep is disappearing. Something like awareness is arising.

--

If you are totally in the moment - only then can you be aware.

So forget the whole world while you are eating. Eating, just eat; walking, just walk; listening, just listen; talking, just talk and remain totally in it, alert, aware of each gesture, each nuance. And slowly you will get the knack of it, the hang of it ...

... The process can be reduced into a simple formula: whatsoever you do, do it but remain alert.

--

You should sit in meditation for twenty minutes every day - unless you're too busy; then you should sit for an hour.

Old Zen adage

--

Withdraw your awareness from everywhere and just let it rest within yourself, and you have arrived home.

--

The moment you are dropping into sleep is the moment to encounter the unconscious. You have been going into sleep every night and awakening from sleep every morning, but you have not felt the moment when sleep comes, you have not felt what happens. So try this experiment, and after three months, suddenly, one day, you will enter sleep knowingly.

Drop on your bed, close your eyes, and then remember - remember! - that sleep is coming and you are to remain awake when it comes.

This exercise is very arduous. The first day it will not happen, the next day it will not happen, but if you persist every day, constantly remembering that sleep is coming and you are not to allow it to come without being aware of it - you must feel how sleep takes over, what it is - then one day sleep will be there and you will still be awake.

That very moment you become aware of your unconscious.

--

I know that you are consciousness itself, not the conscious being. Consciousness is not a quality attached to you, you are consciousness. You are totally free.

So proceed from anywhere. Either be more free or be more conscious, and the other will result automatically. Be more free, and you will be more conscious. You cannot be more free unless you are more conscious.

Be more conscious and you will be more free. You cannot be otherwise, because consciousness creates freedom. And when you are absolutely conscious, you are absolutely free. Then there is no cause and no purpose for you to exist.

Then everything is a happening, a leela.

--

I am not here to give you a dogma. A dogma makes one certain. I am not here to give you any promise for the future - any promise for the future makes one secure.

I know you come here seeking some certainty, some creed, some 'ism', somewhere to belong to, someone to rely upon. You come here out of your fear. You are searching a sort of beautiful imprisonment - so that you can live without any awareness.

I am here simply to make you alert and aware. That is to be herenow - with all the insecurity that life is, with all the uncertainty that life is, with all the danger that life is.

--

One has to become more aware than one ordinarily is. To be a sannyasin means to enter into the phenomenon of the sacred. For that more awareness is needed, much more, because it is not something mechanical, something routine. It is now every day. It is moving from the unknown towards the unknowable. It is dropping the known every day, dying to the known and entering into the unknown. It is an eternal pilgrimage, because every moment is so full of mystery that one has to be very alert, otherwise one will miss.

Very few people know the beauty of the stars... Very few people know the beauty of the mountains.

--

You exist in time, but you belong to eternity. You are a penetration of eternity into the world of time. You are deathless, living in a body of death. Your consciousness knows no death, no birth. It is only your body that is born and dies. But you are not aware of your consciousness; you are not conscious of your consciousness.

And that is the whole art of meditation: becoming conscious of consciousness itself.

--

What is buddhahood? Becoming aware of the inner sky that was in the rock, in the animals, in the trees, in man and in woman. Once you become aware of that inner sky, you are released from all forms. That is freedom. Not that you become free, because in that freedom you don't exist, you can't exist.

"You become free" simply means you become free from yourself.

--

Man is very tiny if you look at his body, man is very foolish if you look at his mind, and man is tremendously vast if you look at his consciousness. Three things meet in man. The vast, the infinite, meet in his consciousness, in his awareness. That's what you become aware of when you meditate: boundaries recede and disappear.

The body does not contain you; in fact, you contain the body. Ordinarily you think, "I exist in the body." It is absolutely wrong. The body exists in you; you are vaster, you are bigger - not only bigger than the body, you are bigger than this whole universe. It is awareness that holds all.

--

The true master creates discontent in you ... and such a discontent that nothing of this world can ever satisfy it. He creates such a longing in you, that unless you attain to the ultimate you will remain aflame, afire. He creates pain in your heart, he creates anguish ... because life is slipping by every moment, and each moment gone is gone forever, and you have not attained to God yet, and one day is over.

He creates such a deep longing in you, such pain in the heart! He creates tears in your eyes, because only through such divine discontent will you move, will you take the quantum leap, the ultimate jump into the

unknown. It is only through such divine discontent that you will gather together all your energies, and you will risk, and you will go on the ultimate adventure of finding who you are.

Follow your own nature. Your nature is consciousness.

--

BELOVED MASTER,
HOW TO BECOME MORE AWARE?

Pankaj, by becoming more aware, one BECOMES more aware. There is no other method to it. It is a simple process. Whatsoever you are doing, do it with such consciousness as if it is a question of life and death; as if a sword is hanging over you.

There is an ancient story in India:

A great sage sent his chief disciple to the court of King Janak to learn something which was missing in the young man.

The young man said, "If you can't teach me, how can this man, this Janak, teach it to me? You are a great sage, he is only a king. What does he know about meditation and awareness?"

The great sage said, "You simply follow my instructions. Go to him, bow down to him; don't be egoistic, thinking that you are a sannyasin and he is only an ordinary householder. He lives in the world, he is worldly and you are spiritual. Forget all about it. I'm sending you to him to learn something; so for this moment, he is your master. And I know, I have tried here, but you cannot understand - because you need a different context to understand it. And the court of Janak and his palace will give you the right context. You simply go, bow down to him. For these few days, he will represent me."

Very reluctantly, the young man went. He was a brahmin of high caste, and what was this Janak? He was rich, he had a great kingdom, but what could he teach a brahmin?

Brahmins always think that they can teach people. And Janak was not a brahmin, he was a KSHATRIYA, the warrior race in India. They are thought to be second to brahmins; the brahmins are the first, the foremost, the highest caste. To bow down to this man? This has never been done. A brahmin bowing down to a kshatriya is against the Indian mind.

But the master had said it so it had to be done. Reluctantly he went, and reluctantly he bowed down. And when he bowed down, he was really feeling very angry with his master, because the situation in which he had to bow down to Janak was so ugly in his eyes.

A beautiful woman was dancing in the court and people were drinking wine. And Janak was sitting in this group. The young man had such condemnation, but still he bowed down. Janak laughed and said, "You need not bow down to me when you are carrying such condemnation in you. And don't be so prejudiced before you have experienced me. Your master knows me well, that's why he has sent you here. He has sent you to learn something, but this is not the way to learn."

The young man said, "I don't care. He has sent me, I have come. But by the morning I will go back, because I can't see that I can learn anything here. In fact, if I learn anything from you, my whole life will be wasted. I have not come to learn drinking wine and seeing a beautiful woman dance and all this indulgence."

Janak still smiled and he said, "You can go in the morning. But since you have come and you are so tired... at least rest for the night, and in the morning you can go. And who knows - the night may

become the context of the learning for which your master has sent you to me."

Now, this was very mysterious. How could the night teach him anything? But okay, he had to be here for the night, so don't make much fuss about it. He remained. The king arranged for him to have the most beautiful room in the palace, the most luxurious. He went with the young man, took every care about his food, his sleep and when he had gone to bed, Janak left.

But the young man could not sleep the whole night, because as he looked up, he could see a naked sword hanging with a thin thread just above his head. Now, it was so dangerous that at any moment the sword could fall and kill the young man. So he remained awake the whole night, watchful, so he could avoid the catastrophe if it was going to happen. In the morning, the king asked, "Was the bed comfortable, the room comfortable?"

The young man said, "Comfortable? Everything was comfortable - but what about the sword? And why did you play such a trick? It was so cruel! I was tired, I had come on foot from the faraway ashram of my master in the forest, and you played such a cruel joke. What kind of thing is this, to hang a naked sword with so thin a thread that I was afraid that a small breeze... and I am gone, and I am finished. And I have not come here to commit suicide."

The king said, "I want to ask only one thing: you were so tired, you could have fallen asleep very easily, but you could not fall asleep. What happened? The danger was great, it was a question of life and death. Hence you were aware, alert. This is my teaching too. You can go, or if you want, you can stay a few more days to watch me.

"Although I was sitting there in the court, where a beautiful woman was dancing, I was alert to the naked sword above my head. It is invisible; its name is death. I was not looking at the young woman. Just as you could not enjoy the luxury of the room, I was not drinking wine. I was just aware of death which could come any moment. I am constantly aware of death. Hence, I live in the palace and yet I am a hermit. Your master knows me, understands me. He understands my understanding too. That's why he has sent you here. If you live here for a few days, you can watch on your own."

You asked me, Pankaj, how to become more aware. Become more aware of the precariousness of life. Death can happen any moment. The next moment, it may knock on your door. You can remain unaware if you think you are going to live forever. How can you live unaware if death is always close by? Impossible! If life is momentary, a soap bubble - just a pin prick and it is gone forever - how can you remain unaware?

Bring awareness to each act. Walking on the road, walk fully alert; eating, eat with awareness. Whatsoever you are doing, don't let the past and the future interfere. Be in the present. That's what awareness is all about.

--

A man who is aware cannot move in the past, because it is no more. A man who is aware cannot move in the future, because it is not yet. A man who is aware lives in the present, herenow. Here is his only space, and now is his only time. And because he is only herenow, time as such disappears. Eternity is born, timelessness is born.

--

Light and darkness cannot exist together; they cannot have a co-existence. Why can light and darkness not exist together? Because darkness has no substance in it; darkness has no existence in it. It is nothing but the absence of light, so how can absence and presence exist together? If light is there then absence cannot exist. If absence exists, light cannot be present there.

Awareness is a single solution to all problems.

--
If you are ready to disappear, I am already not there. I exist only in your mind. As far as my own existence is concerned it is not there. If you are ready to dissolve, suddenly you will become aware that you have dissolved into a nothingness; there is neither master nor disciple.

--
What is the secret to the art of life? The secret is this: Live in full awareness.

Don't grope in the darkness. Don't walk in sleep. Walk in awareness. Whatsoever you do, no matter what it is - even if it is as insignificant as opening and closing your eyes - do it thoughtfully, do it with awareness. Who knows? Everything may depend on that tiny action, on opening and closing your eyes! You may be walking along the road and see a woman, and you may spend your whole life with her. Even opening and closing your eyes, stay alert.

--
We fight with the void and are then defeated
not because the void is stronger than us
but because it is not.

Now stand up and fight with the empty space of the room
so that you can know and taste
the whole stupidity of the human mind.
And then sit down and laugh at yourself,
and as the laughter dies down
be silent and search within,
and then you will come to know a deep mystery:
the mystery that the void is not only without
but within also!

--
Love is another name for life, another name for existence, another name for god. Don't condemn it, even if it exists on the lowest rung, because through condemnation you will not be able to transform it. Accept it as it is. Try to understand it. In that very understanding love starts changing: it starts going higher than lust. The more understanding grows, the higher love starts soaring. Love moves higher on the wings of understanding, on the wings of awareness, meditation.

Love plus meditation is equal to sannyas. Just make your love more and more meditative, wherever it is, and meditation will take it upwards. Meditation alone is without energy; love alone is without consciousness. They both need a co-operation, a deep co-operation.

--
If your awareness lacks love then it is still impure. It has not yet known one hundred percent purity. It is not yet really awareness. It must be mixed with unawareness. It is not pure light. There must be pockets of darkness inside you still working, functioning, influencing you, dominating you. If your love is without awareness, then it is not love yet. It must be something lower, something closer to lust than to prayer.

So let it be a criterion if you follow the path of awareness, let love be the criterion. When your awareness suddenly blooms into love, know perfectly well that awareness has happened, samadhi has been achieved. If you follow the path of love, then let awareness function as a criterion, as a touchstone. When suddenly, from nowhere, at the very center of your love, a flame of awareness starts arising, know perfectly well...rejoice! You have come home.

--
There are a few things which cannot be done by anybody else for you, on your behalf, and those are the most precious things which only you can do.

Awareness is one of those most precious things.

--

Sitting alone in your room, be loving. Radiate love. Fill the whole room with your love energy. Feel vibrating with a new frequency, feel swaying as if you are in the ocean of love. Create vibrations of love energy around you. And you will start feeling immediately that something is happening, something in your aura is changing, something around your body is changing; a warmth is arising around your body... a warmth like deep orgasm. You are becoming more alive. Something like sleep is disappearing. Something like awareness is arising.

--

Celebrate aloneness, celebrate your pure space, and great song will arise in your heart. And it will be a song of awareness, it will be a song of meditation. It will be a song of an alone bird calling in the distance - not calling to somebody in particular, but just calling because the heart is full and wants to call, because the cloud is full and wants to rain, because the flower is full and the petals open and the fragrance is released... unaddressed.

--

You are alone, absolutely alone. This has to be understood very clearly. The moment a person becomes conscious, he becomes alone. The greater the consciousness, the greater the awareness that you are alone. So, do not escape from this fact through society, friends, associations, crowds. Do not escape from it! It is a great phenomenon. The whole process of evolution has been working toward this.

Consciousness has come to the point now where you know that you are alone.

--

To be aware of the mind is being a witness of the mind. As the witnessing grows stronger, you already start feeling yourself beyond the mind. Slowly, slowly the distance grows. Your witness reaches to a sunlit peak and the mind is left in the dark valleys, far away.

You can still hear the echoes, but they don't affect you at all.

You are beyond their reach.

--

The way out of the mind is to become aware of the mind and its mechanism, memory, imagination, thoughts, desires, fantasies. The traffic is there, continuously going on. You have just to stand by the side and watch whatsoever is passing, with no judgment, with no evaluation. Just a silent mirror reflecting whatsoever is passing by... without any commentary, just watching.

In the beginning it seems difficult because our habit is of continuously commenting. But just a little patience, sitting silently, doing nothing, just watching - it comes. And when it comes it opens a totally new dimension.

--

Begin to be aware of anything
which ordinarily happens unconsciously,
for example - anger, jealousy, pride -
and your consciousness will be deepened.

Act consciously,
even in day-to-day acts be conscious,
for example - walking, eating, talking -
and your consciousness will be expanded.

Be alert when thinking.
No thought should be allowed to pass unwitnessed.

And then, in the end, there is explosion
in which you become totally conscious
with no unconsciousness behind.

--

Mamiya went to a great teacher to learn meditation. The teacher told him to concentrate on the famous koan: What is the sound of one hand clapping? Mamiya went away and came back a week later shaking his head. He could not get it.

"Get out!" said the Master. "You are not trying hard enough. You still think of money and food and pleasure. It would be better if you died. Then you might learn the answer."

The next week Mamiya came back again. When the Master asked him: "Well, what is the sound of one hand?" - he clutched at his heart, groaned and fell down as if dead.

"Well, you have taken my advice and died", said the Master, "but what about the sound?" Mamiya opened one eye: I have not solved that yet, he said.

Dead men don't speak! said the Master. Get up and get out!

--

The phenomenon of witnessing has no ABC or XYZ. It is a simple phenomenon. It is a single step. It is one process.

The journey of one thousand miles is done by the simple step, one step. You cannot take two steps at one time. Step after step, just a single step can be stretched to ten thousand miles or to infinity.

Watchfulness is a simple step. There is no alphabet in it. There are no beginners in it, there are no amateurs in it and no experts in it. Everybody is in the middle, always in the middle.

You are moving perfectly right. Just go on.

--

If you are innocent, you will find that existence loves you.

--

If you can live this moment, if you can be here this moment, then everything takes care of itself.

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Learn to be in the present.

Withdraw your energy from the past. Don't waste your time in memories. What is gone is gone. Say goodbye to it and close the chapter.

What has not come yet has not come yet. Don't unnecessarily waste your time and energy in imagination, because no imagination is ever fulfilled. It is because of this that the proverb exists in every language: "Man proposes, and God disposes" because you imagine a certain thing in the future, and it is never so.

Withdrawing yourself from past and future, you will become a tremendously intense energy, focused in the present, concentrated in the present like an arrow.

Each moment being aware, alert, watchful, in the herenow, is the way not to miss the train. Every experience needs your presence here, this moment.

And this is a simple secret, but it opens the doors of existence, of all the mysteries, of all that is worth knowing, worth tasting, worth feeling, worth being.

--

If you can live this moment, if you can be here this moment, then everything takes care of itself. So the whole effort of Zen is how to bring awareness to you.

--

The only way out of ignorance and out of this dark night of the soul is to be aware of your own being, aware of your own awareness. In that moment when you are aware of your own awareness, everything stops, time stops. Suddenly you are beyond time and beyond space, and a door opens which makes you part of the whole.

--

The morning has come. It has knocked on the door. You are aware. Fragile is the awareness as yet, very delicate. You can fall asleep again, yes, that is a possibility, but still you are aware.

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A rose flower contains all the rose flowers of the past. And if you can understand, let me say, it contains all the future flowers also.

We are here. In this moment the whole existence converges. All the past and all the future converges in this moment. This moment is the bridge between the past and the future. In you, everything is meeting right now. If you can become aware, then you are the whole existence this very moment.

--

There is no goal of life. Life itself is its goal. It is not moving towards some target. It is herenow, it has no future. Life is always in the present.

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It is mind that is your sleep. You are sleeping either in the past or in the future. Both are ways of sleeping.

When I say, "Wake up!" again and again, when Buddha says, "Wake up!" a simple phenomenon is indicated.

Come to the present.

--

If you can become aware of your desires, if you can watch your desires, then a miracle happens, the greatest miracle of all.

The moment you become aware of your desires you can easily see that no desire can ever be fulfilled.

--

"It is only a matter of fixing one's thinking on the point which lies exactly between the two eyes. Then all is well. The light is something extremely mobile. When one fixes the thought on the mid-point between the two eyes, the light streams in of its own accord."

Remember, not concentrating but just remaining alert, just a slight alertness. Look at the tip of the nose and remain slightly alert to the third eye. In fact, the moment you look at the tip of the nose you will become alert to the third eye, because that is the other pole of the nose. One pole, the outer pole, is the tip, the end; the other end of the nose is joined with the third eye. The moment you become aware of the tip you will suddenly become aware of the other end too. But just remain aware, effortlessly aware. You need not be worried. Just open the window and wait. Light is such a moving phenomenon that if the window is open it is going to move in. In fact, it has been knocking on the window for many many lives, but the window has not opened and it cannot force it open.

--

Become conscious of your consciousness. And in that very becoming, in that very silence - when you are only conscious of your consciousness and not of any other content - no thought, no desire, no dream - you are just conscious of your being conscious, the mirror is reflecting itself and nothing else... in that moment, something immensely miraculous happens. You become aware of the divine, you become aware of the essential core of your being.

--

You have been sleeping every day, but you have not encountered sleep yet. You have not seen it - what it is, how it comes, how you drop into it. You have not known anything about it. You have been dropping into it daily, coming out of it, but you have not felt the moment when sleep comes on the mind, what happens.

So try this, and with three months' effort, suddenly, one day, you will enter sleep knowingly. Drop on your bed, close your eyes, and then remember, remember that sleep is coming and "I am to remain awake when the sleep comes."

It is very arduous, but it happens. In one day it will not happen, nor in one week will it happen.

Persist every day, constantly remembering that sleep is coming and, "I am not to allow it without knowing. I must be aware when sleep enters. I must go on feeling how sleep takes over, what it is."

And one day, suddenly, sleep is there and you are still awake. That very moment you become aware of your unconscious also.

--

Gautam the Buddha gave to the world a tremendously simple but immensely valuable meditation - vipassana. The word vipassana simply means watching your breath - the coming of the breath in, and the going of the breath out.

--

Awareness cannot exist with duality, and mind cannot exist without duality.

Awareness is non-dual, and mind is dual.

So just watch. I don't teach you any solutions. I teach you the solution:

Just get back a little and watch.

Create a distance between you and your mind.

--

Ordinarily man is asleep. Even while you think you are awake, you are not. Walking on the road, you are fully awake - in your mind. But looked at from the vision of a Buddha, you are fast asleep, because a thousand and one dreams and thoughts are clamoring inside you. Your inner light is very clouded. It is a kind of sleep.

You are not awake. A mind full of thoughts is not awake, cannot be awake. Only a mind which has dropped thoughts and thinking, which has dispersed the clouds around it - and the sun is burning bright, and the sky is utterly empty of clouds - is the mind which has intelligence, which is awake.

Intelligence is the capacity to be in the present. The more you are in the past or are in the future, the less intelligent you are. Intelligence is the capacity to be here-now, to be in this moment and nowhere else. Then you are awake.

--

Mind has only one capacity, and that is to dream. Dreaming is your continuity, and unless this continuity is broken you cannot know what truth is. The question is not whether truth is very far away or near, the question is whether the mind is in a dream or not.

--

Enlightenment is not a distant goal. It is a present possibility. You can miss it. That doesn't mean that it is far away from you; that simply means that you are fast asleep. You can miss it. That doesn't mean that you have to work hard to attain it; it simply means that you are not aware of something which is already surrounding you.

--

It is not a question of making efforts to be aware. If you make efforts to be aware, you will create tensions inside yourself - all efforts bring tensions. If you TRY to be aware, you are fighting with yourself; there is no need to fight. Awareness is not a by-product of effort: awareness is a fragrance of let-go: awareness is a flowering of surrender, of relaxation.

Just sit silently in a relaxed state, doing nothing... and awareness will start happening. Not that you have to pull it up from somewhere, not that you have to bring it from somewhere. It will shower on you from nowhere. It will well up from within your own sources. You just be silent, sitting.

--

This is the only moment you have got.

--

The only hope for you is to be in deep contact with somebody who is awakened. The awakened one is called the master - satguru. If you can find a master, don't miss the opportunity - surrender, relax into his being, imbibe his awareness, let his fragrance surround you. And the day is not far away when you will also be awakened, you will also be a buddha.

--

Always go on watching your breath coming in, the breath going out. If you move, go on watching your feet moving. If you are talking, be watchful. If you are listening, be watchful. If you are eating, be watchful.

Never allow any act to be done without awareness, and then nothing else is needed. This awareness will spread all over your life; it will be a twenty-four-hour thing.

--

The beauty of truth is that the moment you hear the truth something inside you responds, says yes. It is not an agreement of the mind, remember, it comes from your totality of your being. Every fiber of your being, every cell of your body, nods in tremendous joy, "Yes!"

--

The mirror mirrors things, but mirroring is not an activity. It is just the nature of the mirror, that whatever comes before it is reflected.

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*And then, in the end, there is explosion
in which you become totally conscious
with no unconsciousness behind.*

--

Yogi Bhajan - Siri Marka

Friday, September 01, 2017 5:49 PM

Lord God, give me love
so I can flow in the love
of all. Give me wisdom
so I can be kind to all.
Give me courage that I can serve all.

You cannot tolerate the fact that sometimes in order to have one thing, you must give up another.

Yogi Bhajan 1984

You must realize that
the strength in you is you. The material world around you is to supplement your strength or to complement your strength; it is not your strength.

Drop your personal weaknesses and complaints. Go out in the world and bless the world.

The attitude of gratitude is the highest way of living, and it is the biggest truth, highest truth

Richness is how much of yourself you achieve.
Richness is not how much you have amassed around you- that's a weight.

The science which teaches you how to absorb the shock of adversity and come out with grace and wonder of life, in the old days was called Kundalini Yoga.

Yogi Bhajan 6/22/2001

Medically, there is no medicine in the world to open up the capillaries other than the cold shower. In the morning when the sun is hitting the earth at sixty degree angle, take a cold shower. Then, dry yourself, cover yourself with warm blanket, and meditate. The blood comes into all the organs to feed them and make them strong. On the outside, your skin is beautiful. On the inside, your body is active and youthful.

Yogi Bhajan 4/24/97

The sign of nobility is that it has a deep effect in relationship with any person one comes across. They say nobility is a virtue which affects every soul. It is a virtue which affects every soul just as innocence affects every heart. Woman has only one virtue: she is noble in the beginning and noble until her death. People do hanky-panky along the way, thus they pollute their virtue of nobility. If nobility is ever precious to a person, that person will never, ever put himself or herself down the tube for any reason, for any argument, concept, thought or feeling whatsoever. Because nobility is like a mirror; once a crack is in it, the entire image is distorted. Noble habits, noble language, noble behavior, noble posture and a noble way of communication are so powerfully impressive that even an enemy's heart can be melted.

Yogi Bhajan 7/2/1978

Walk nobly, talk nobly, live nobly and experience divinity.

Yogi Bajan 7/2/1978

The noble way to act towards a slanderer is to ignore him. It is the greatest punishment one can award to anybody. Do you know how bad you feel if someone doesn't even look at you?

You should not lose your merits in contrast to someone's demerits.

Yogi Bajan 7/2/78

Nobility is the foundation of every grace. Somebody once asked, "Define a noble person." Noble is noble in the beginning, in the end and remains noble through time and space and beyond. There is no era which is left. Nobility is a virtue; it is a fountain from which grace springs.

Yogi Bajan 7/2/78

There is no other way of spiritual progress. There are forms of demagoguery people will teach you. People will process you, people will reach you. Some will take away a person's money, some will take away youth, some will take away beauty and some will take away a person's talents. Some will take away this, some will take away that, but nobody will give one the experience of God consciousness. There is only one way. A person has to have the spirit, and does not allow another person to fall from the spirit. That is the secret of one phrase which you worship and say all the time: Chardee Kalaa, the constant rising of the spirit of Godhood.

Yogi Bajan 7/2/1978

What is a meditation?

It is a practice to fight negativity by self control.

Yogi Bajan 4/24/97

The fundamental law of truth is that it penetrates through all darkness.

Yogi Bajan 10/25/98

YB Teachings, LLC

Woman loves the wise man in every man. She does not need you, she needs security. That depth of security is founded in your wisdom- not in you.

Yogi Bajan 1981

A spiritual teacher is nothing but an emergency brake. A spiritual teacher is not your friend, not your enemy, not your altar, not your worship, not your knowledge, not your money, not your wife, not your husband. The spiritual teacher has no relationship with you, but functions only as an emergency brake.

Yogi Bhajan 1978

Commitment will dry up and die if you don't nurture it.

Commitment needs to have a constant flow behind it.

Commitment has to be nurtured, renewed, and refreshed.

Yogi Bhajan 4/1981

The living trinity is to know the truth, to practice the truth and to sacrifice for the truth; and if it means dead, you are willing to die. We can call it the trinity of attitude.

The word Samadhi

means attitude.

Yogi Bhajan

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

Yogi Bhajan 10/9/85

Be aware who you are, and if this self awareness can relate to the universal awareness, there is an absolute harmony.

Then you are a yogi.

Without personal knowledge there is no width, weight and horizon.

I pray to Thee, Oh Lord, be within me, give me tranquility and peace between me and myself so that I can know myself on the way of prosperity.

Understanding and humility lead to the perfection of love, and God is love.

If we are spiritually strong, we can do the impossible as possible.

Yogi Bajan 8/23/89

You are not time and you are not space. You are passing through time and space. Time and space are not reality, they are an orbit. Time and space provide an orbit.

Yogi Bajan 9/10/83

From <<https://mail.google.com/mail/u/1/#inbox/15e9a7930437dd29>>

When the internal block of ego communicates with emotion, it doesn't matter how wise or how great you are, you become self-destructive; and whenever your ego and your intelligence come together, you shall become successful.

Yogi Bajan 1984

From <<https://mail.google.com/mail/u/1/#search/sirimarka%40thehappysouls.com/15e950c60c130168>>

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Our fears spoil our life.
It is not you who betrays the soul, it is your fear that betrays the soul.
Your fear tells you that only you can handle and only you can make it.
It is never true, never was, nor is, nor shall be. The guiding hand in this world is the hand of God.

Yogi Bajan 4/23/97

From <<https://mail.google.com/mail/u/1/#search/sirimarka%40thehappysouls.com/15e80bb9cbd390d4>>

The attitude of gratitude is the highest way of living, and it is the biggest truth, highest truth.

Yogi Bhajan 8/30/91

From <<https://mail.google.com/mail/u/1/#search/sirimarka%40thehappysouls.com/15e7b966bc8d614e>>

Drop your personal weaknesses and complaints. Go out in the world and bless the world.

From <<https://mail.google.com/mail/u/1/#search/sirimarka%40thehappysouls.com/15e762f1263563fa>>

You must realize that the strength in you is you. The material world around you is to supplement your strength or to complement your strength; it is not your strength.

Yogi Bhajan 9/10/83

From <<https://mail.google.com/mail/u/1/#search/sirimarka%40thehappysouls.com/15e72801ee9902c9>>

Lord God, give me love
so I can flow in the love
of all. Give me wisdom
so I can be kind to all.
Give me courage that I can serve all.

From <<https://mail.google.com/mail/u/1/#search/sirimarka%40thehappysouls.com/15e6621680c2b62f>>

May we all understand that God lives in us as He made us to be in His own image. Let us honor that strength and serve in affection, in compassion, in kindness and in care.

May this day change the life to become positive, courageous and motivated, so we can walk on this earth with grace, with radiance and with prosperity.

Sat Nam.

Yogi Bhajan 1/23/98

The decisive conscience inner self is that creative inner self which gets seeded into the being and flowers into happiness through all action. Just as we can extend ourselves through our credit economy, we can creatively expand ourselves to the very extension of our divinity.

Yogi Bhajan 9/29/77

From <<https://mail.google.com/mail/u/1/#inbox/15eafd01ccc737a5>>

Truth is nothing but giving your values of
earth away and taking the values of ether to you. Truth is nothing
but your strength of your commitment.
Truth is your security.

Yogi Bhajan 10/6/77

From <<https://mail.google.com/mail/u/1/#inbox/15eb4abf543c0f98>>

You must realize that the strength in you is you. The material world around you is to supplement your strength or to complement your strength; it is not your strength.

Yogi Bhajan 9/10/83

From <<https://mail.google.com/mail/u/1/#inbox/15eb94f6cc86d351>>

When you are totally depressed and negative,
do the following experiment: take a shower, rub your body
thoroughly with a soft towel, and then dress
yourself from top to bottom in white. This will change your temperament, consciousness, and energy.

What is a meditation?

It's a practice to fight negativity by self control.

Yogi Bhajan 4/24/97

The only price you have to pay for happiness is to live in a commitment of righteousness, and that
commitment of righteousness should not bear a price tag.

Yogi Bhajan 12/3/77

When your two eyes concentrate on the tip of the nose, the mind stops flirting around.

Yogi Bhajan 3/30/90

If a woman does not have benevolence and does not endorse courage and is not firm like a rock, the house will fall, one way or the other.
Yogi Bhajan 9/7/99

For anything you take, you must give, and for anything you give you must have taken. That is karma. It is very difficult.

Yogi Bhajan 10/6/77

My request to you is, do not let your calmness go. Do not let your peace of mind go. Be with the Guru through this time. Your spirit shall be content.
Out of that contentment you'll find yourself with a lot of richness. It is very essential at this time.
The majority of the world is living in a terrible fear. Nobody knows what is happening. There's too much information available to process.
That is not the way.
Just feel, within yourself, content and satisfied, peaceful and unique.

Yogi Bhajan 7/2003

You are never bad and you are never good. All it depends on is how fast you come to a mutual understanding, and when you stand under in an
understanding, how powerfully spiritual you are that you can live it.

Yogi Bhajan 12/17/99

You need strength, Cherdi Kala (Rising Spirit).

The phoenix rises from the ashes. Man rises from the
adversity. This universe is a university in which

we graduate against adversity. Man is supposed

to be unbreakable.

Yogi Bhajan 11/19/89

If you think you are poor, you are poor because you do not communicate with your soul, the source of prosperity, the source of reality. If you think
you are desperate, you are desperate because you have no Sadhana (Spiritual Practice). Desperation, depression, and a feeling of destitution
comes only to those who have no discipline or sadhana. Only a house which is not cleaned looks dirty and the mind which is not cleaned
stinks. Sadhana is the most selfish act, because it is a self-cleansing.
Cleanliness is Godliness.

It is good to wear good clothes, look good, be bright, beautiful. But when you want to be blissful and bountiful, you have to have a clear mind, a mind through which your soul, your spirit can shine.

Yogi Bhajan

Whatever religion you were and you are and you will be, uplift people and reach out. People like to see that in you.

Yogi Bhajan 5/20/95

If you don't want misery in your life, don't make another person miserable.

Yogi Bhajan 4/23/97

Facing the life decides whether you are fulfilled or not. When you face your life you win, you are fulfilled. This is the secret we all know and this is the only thing we do not want to do.

Yogi Bhajan 4/9/91

The decisive conscience inner self is that creative inner self which gets seeded into the being and flowers into happiness through all action. Just as we can extend ourselves through our credit economy, we can creatively expand ourselves to the very extension of our divinity.

Yogi Bhajan 9/29/77

Truth is nothing but giving your values of earth away and taking the values of ether to you. Truth is nothing but your strength of your commitment. Truth is your security.

Yogi Bhajan 10/6/77

What can you give to your child except the values of self-justice, except self-identity and self-sovereignty. A child must be told in a practical way how to behave and must be treated to be self-sovereign. Otherwise you are absolutely not giving self-respect to that child. If you take away self-respect, after childhood, the child reacts and then needs psychologists, psychiatrists, mental hospitals, and the like. In childhood we have to be taught about life and justice. We have to be asked to relate to the reality of life in practical sovereignty, and to our independence. We have to have a system of judiciary within ourselves so we can have the experience of it.

Yogi Bhajan 2/19/85

When an obstruction comes into our lives, we feel very upset. We suffer. We think everything is ruined. No, it's not true. A car without brakes is not going to be driven on any road. These obstructions, these negativities, these nuisances are part of the game. They give you a chance to cross over them. But you can't cross them because you have not acquired friendship with your own spirit.

Yogi Bhajan 10/5/73

You now have an action to take, you must achieve your own fulfillment so that your inner satisfaction will be strong enough and your courage will be strong enough that you can let the world know that there is a place where we live in total reality. There is an achievement that a man can accomplish, not ritualistically, but in a total reality, and it is that total reality which shall prevail tomorrow.

Yogi Bhajan 12/31/1989

Certain things you must not do as a man:
One- if you know the negative side of your woman, don't remind her when you are angry- never do it. She will never forgive that.
Two- don't question a woman's character when you are not 100% sure, and don't question it directly. She will go reverse.
Number three- when she sees you not uplifting yourself consciously and spiritually, you have a 40% chance of losing the relationship. The woman looks to the man as God. I do not know why, but it is her chemistry, this is what

she wants to look to. You know what she wants? They say, "She wants the devil in the bed and she wants a sage in the living room."
Got it?

Yogi Bajan 1978

Trust is the key note of life. If you trust in God the entire creativity will trust you because everything belongs to God. Trust is the key of love, happiness, dignity, divinity and grace.

Yogi Bajan

On the basis of actual prosperity, actual prosperity in human life is just like spring. ...The tree grows, the leaf grows, they get filled up, there is a lot of color, there is a lot of life. With every prosperity there is a purpose. Human prosperity is not what human has in matter. Human prosperity is what a human has in spirit.

Yogi Bajan, 10/4/1975

You will never enjoy happiness in your life by isolating yourself and separating yourself.

Yogi Bajan 10/5/96

When the heart gets into prayer, every beat of the heart creates a miracle.

Yogi Bajan 10/5/96

You will never find a community leader who doesn't know how to give. Giving is the only way. Don't give only to those who ask. Give to those who don't ask.

Yogi Bajan 3/5/1995

Misery doesn't need appreciation. Misery needs to give you pain. The purpose of misery is to put you through pain. As soon as you start appreciating misery, its purpose is lost.
Yogi Bajan 6/27/84

To live in the highest Self is what human life is all about, but we waste our life on small things. Our poverty doesn't hurt us, but our neighbor's richness does. We are always competing and comparing and planning and imagining things. We rarely allow the flow of life as God wants us to flow with it.
Yogi Bajan 7/28/2002

You cannot live under a camouflage. You have to live openly, honestly, brightly, and forthrightly.

Your words should be so strong that they affect every heart; your truth should be so pure it lifts a person's soul to the heights.

Yogi Bajan 7/28/2002

Even if life is lived with purity and piety, in happiness and in abundance, still it's the journey, which we are supposed to take and supposed to finish. Let us finish it with victory, so nothing falls short in our lives. God has given us this chance with every breath of life, every moment of life.

Yogi Bajan 7/28/2002

Give and I guarantee you, you will get a hundred fold, but I also put it on record, those who go there to take or steal or manipulate and do their hookery, their families shall go under the curse of poverty and shall be crushed by the time.

Yogi Bajan 10/5/1996

If you can rhythmically slow down your breath to four breaths a minute, you can indirectly control your mind and slow it down from its obnoxious behavior.

Yogi Bajan 7/23/87

One must have a mastery of one's self. One must know inside one's self; not only inside the physical body, but inside the mental body, too.

Yogi Bhanjan 3/27/79

You are not human if you are not excellent.

Yogi Bhanjan 1988

Those of you who intend to survive or feel like going on, must understand: don't count your wrongs, count your blessings and you shall not fail. Any human who calls himself a creature of God who does not count many times during the day the blessings, but only counts what he doesn't have, is insulting to God and devilish to himself.

Yogi Bhanjan 1988

We need to develop security through intuition. A person with less intuition will have proportionally more doubt in life. That person will be more vulnerable to crises, and will have more conflicts.

Yogi Bhanjan 7/23/87

Don't expect life will treat you nicely if you do not treat life nicely.

Yogi Bhanjan 1988

Service creates a permanent love and friendship. Self-discipline creates grace. And neutral mind creates wisdom. These are the rules of life.

Yogi Bhanjan 6/11/95

You should be SO angelic, SO graceful, SO perfect that your mood and your routine can be totally predictable so that people can trust you. You want people to trust you but you don't want to be open. That is an insult which NO human being, no matter how rotten he may be, can accept. That's why you lose people. That's why you lose friendship. That's why you lose relationships.

If any of you want to be a leader, (which you all want to, and I know, that's your hidden agenda) you have to do the first thing first.

You should be predictable. And you should be in a position to be acknowledged by your routine.

Yogi Bhanjan 1988

Life is a very real gift. If you do not honor your own gift, and if you do not value your own gift, nobody else is going to do it.

Yogi Bhanjan 1985

If you call yourself a Khalsa (Pure One), then you must be identify in silence by your behavior, by your appearance, by your thought, by your company, by your talking, by your communication, by your deeds, by your acts, by your reality, by your non-reality.

Yogi Bhanjan 1988

The most precious thing in the human body is the breath. A meditation which cannot bring normalcy and equilibrium to your breathing is useless, because the rate and length of the breathing will determine the rate of secretion of your glandular system, and that secretion will give you physical stability. Physical stability will then give you mental stability, and mental stability will project the radiance of the spirit, the soul in you. And when the spirit becomes radiant and healthy, you will look spiritual.

Yogi Bhanjan 1976

Depression is nothing but human duality.

Human anger is nothing but misunderstanding.

Cowardice, slandering and discouragement are nothing but fear.

Yogi Bhanjan 6/27/97

Those who shall not learn to obey shall never be in

a position to command.

Yogi Bajan 1/10/97

See the creative act of God in everyone. Understand that bad and good are part of God's domain. Your job is to communicate the best of you.

Yogi Bajan 6/11/90

Meditation is for your self. Meditation is not for somebody else. When you come for sadhana (spiritual practice), you come for yourself. When you pray, you pray for yourself. Therefore, it is useless asking in prayer, "Get me a car." That's not prayer. That is projecting a desire. "God, give me a car." Don't ask it. Just say "God, God, God." And if God appears, then say, "What kind of God are you? Don't you know what I am asking for?" I mean, if God doesn't know what you need, who knows?

Yogi Bajan

Without personal knowledge there is no width, weight and horizon.
I pray to Thee, Oh Lord, be within me, give me tranquility and peace between me and myself so that I can know myself on the way of prosperity.

Yogi Bajan

Each good wish, each prayer, is the power to extend happiness. That is the power of the prayer. There is no power or worship in this universe greater than prayer. There is no love other than the prayer. Whosoever knows the art and power of worship will become God.

Yogi Bajan

My soul, bless me, be with me. Energize me so I can face the world with the strength of the spirit. Save me from duality, give me the reality and royalty so I can face my world in peace and tranquility. May this journey of life be completed with love and affection, kindness and compassion for all living things.

Yogi Bajan 1/23/98

You know those bumper stickers that say, "have you hugged your kids today?" I think we should have a 3HO bumper sticker that say, "Have you hugged your soul today?" Have you talked to yourself today?. We totally ignore our identity. And we deny our identity to ourself. We want to please everybody for everything and not ourself. Then we have mental problems. We get burnt out. We get tired. We get frustrated. We get depressed. Why not? We must now start to learn to remove our body blocks and let the mind understand that we don't have only a body, we have a mind of our own, and we have a soul of our own. And our body, mind and soul make our identity. We cannot just cater to our physical body.

Yogi Bajan 9/17/84

God is not outside you. He is within you, and feel Him within you, so when you lie, just understand, the guy is hearing it. When you are doing something, which is mean, God doesn't like to tell you but He knows it. It is that sensitivity of knowledge which you have to achieve. It doesn't matter how powerful or expensive a car may be, if it doesn't have brakes, an accident is inevitable. If your mind doesn't know how to stop within the psyche of the circumstances of the flow... to create a universe and unisonness in you—you have not learned to live as a human.

Yogi Bajan 9/23/2002

People who do not have excellent patience and absolute gratifying tolerance shall never be right.

Yogi Bajan 7/24/88

If the soul won't leave, the body won't give in.
If one thing has to ultimately leave, that is the soul, and the soul has a certain period of time through which the body shall continue. The body shall sustain as a faithful friend as long as the soul sustains itself with it. It is a counter balance; they are very personal friends. Soul is the pure essence of life, and body is the circumference of life.

Yogi Bajan 1975

One candle is enough to take away the darkness from a huge area. One white-clad follower of the healthy, happy

and holy life should be enough to take away loneliness and sickness from the whole locality. Serve the people of God. God in return will serve you.

Yogi Bhajan 1974

The era of freaking out is over. Society is feeling a great impact and requires comfort from anybody who can give it. The greatest thing on this earth is to serve the people of God. That is the highest act a man can do for any other man, but it has to be positive, not that you can go help somebody and you go and drag yourself down and get into the pit yourself. You have to be very firm, very honest, very constant, very insistent and very persuasive. In spite of that you have to be very sweet, very kind, very serviceful and very righteous. These things go together. You are not on a trip to convert people. That is not your responsibility; you are not a missionary who has to count how many Christians you convert. But you can proudly say, "I have comforted 50 people." Provide people comfort, go into society, live for people. If God, out of His mercy, has pulled you out of that insanity, then is it not fair for you not to serve those who are still suffering?

Yogi Bhajan 1974

Longitude and latitude are given to everybody. Altitude and attitude are given by Kundalini Yoga. When the spiral rises to penetrate through all the chakras, the man knows he's Brahm. That's why they say Kundalini Yoga is dangerous. It's dangerous because it takes away from the man the ability to be exploited by another man. And for some, life without exploitation has no juice.

Yogi Bhajan 7/20/96

When you become a friend of your consciousness and dwell with God, you do not need friends. You may have many friends. But how could you be lonely? How could you feel needy and form connections out of emotions and temperamental reflexes? That is the truth.

Yogi Bhajan

You have to learn only one thing. This planet belongs to God. God rotates this planet. Let God take care of your routine. Do not interfere. Spare yourself from pain, tragedy, desperation and desolation.

Yogi Bhajan 9/2/91

Mentally say, "I, so and so, do hereby promise and pledge on this sacred time of the day that I will always try my level best to meditate on each breath of mine and will think of it as a gift of the divine".

Yogi Bhajan

May the grace of God be with us, may our virtues come through, may our personality come through with the power of intuition so that we can seed the seeds for prosperity and perpetual infinity of enjoyment in our life, fully protected by God's grace.

Yogi Bhajan

Just understand, there's another power. It's called 'the mind.' You have a mind and you have an ego. But mind and ego come of the Universal Id. You are part of that Universal Id. Every mind computes its desire without you, and the master mind responds. When you can develop that response, life becomes comfortable, happy, relaxed.

Yogi Bhajan 3/13/90

I realize breath is the direct message of God. God is not beyond vibration and each breath brings the divine vibration and charges my body.

Yogi Bhajan

There is no progress if there are no challenges; there is no progress if there are no calamities; there is no progress if there are no mishaps.

Yogi Bhajan

Your ego is not your owner. Don't forget the owner of the whole thing is God Himself, the spirit, the breath of life. Your ego is not your owner.

Yogi Bhajan

Kundalini Yoga gives you inner strength to face the outer world. That's why you need it everyday to face the difficult times because otherwise they become worst. Without your inner strength you can't deal with your life. You need perpetual endurance. And that is what Kundalini Yoga is about.

Yogi Bhajan

When your soul will be the sole guiding factor in the sector of your activities, it will always be a prosperous life, it will be

always happy life.
Yogi Bhajan 1/27/85

Corruption happens when a religious man, having established being religious, becomes corrupt to save his authority and does not save his mission. He does not save what made him spiritual.
Yogi Bhajan 1/7/90

So people think that if they live long, live healthy, live rich, live powerful, all that etc, etc, etc, that is the sign that they are people, they are human. Not true. Not true. A person is a person... per his sun, he has seen the light within and without. If a candle does not light another candle, it breaks the continuity." If you have not done one good thing today to elevate one person, you have wasted your day. If you have not inspired one person today, if you have not served one human today, if you have not smiled at one person... take all good qualities of you. If you have not used them all today, one way or another, you have lost a part of you. And it is each day. And that's the difference between an animal and a human. Human has an impulse of consciousness to ignore light -- or be lit with it.

Yogi Bhajan 3/13/90

When a male child is born and a female child is born, mother out of attachment thinks it is my child. That is where wrong happens. There is no such thing as my child. One soul is so pure, so genuine, so competent, so creative that it can give birth to another soul. Actually to be a woman is only to allow another soul to go through the experience of the creativity of God, but once you possess it that this is my child you start the trouble right that minute. Because when it is your child you will give it the values as you want to give it, but when it is a gift of God then you will give it the values of God like. This is the error, which every mother makes.
Yogi Bhajan 7/4/77

Do not follow anybody, do not listen to anybody, do not look for anything, don't hear a thing, don't worry about anything-all you have to do is to find in you your own sacredness.
Yogi Bhajan

Let us be kind and gentle to the fact of reality that God is never going to abandon the planet earth. Therefore the Creator is not going to abandon creation and the creatures. Let us start our today with ecstasy of consciousness and feeling of oneness with God and with each other. Let us make a resolution that each day we'll say little bit good-bye to insecurity and we'll rely on security little bit more. And that each day, that little bit in a small way, shall go all the way. In the end you will find it is multiplied by 365. That many days are there. But if you're really smart, do it by the hour. If you think you are really smart, do it by the minute. And if you have a real computer consciousness, do it by the second.
Yogi Bhajan

There are a lot of ways you can maneuver your life, but you have no life, you are rather a burden to life when your axle breaks. And every life has an axle, and that is the spirit of God, the breath of life... the most important thing the mortal has to see is that immortality is the axle of life.
Yogi Bhajan

I know sometimes you act very obnoxiously in a most belittling way when it comes to challenge to your ego. Whatever you cannot handle, you handle it very angrily. And anger gives you insensitivity and makes you immune, and cuts you off from the inflow of Infinity. It takes away from you your will and competency to be loving, to be sharing, to be trusting, to be understanding, to be flowing.
Yogi Bhajan

Don't worry about obnoxiousness, narrowness, abusiveness, negativity and neurosis of a student. Had he not been all that, why should he come to you? So please, when you become a Teacher, serve all, like the sun, which shines on all with light and warmth.
Yogi Bhajan 8/1/96

We love God, not in us, outside. We love our lover, not the soul, but the personality, the facade. You have never fallen in love with the nucleus of the soul of the beloved. If you can find the nucleus soul of the beloved, you can never separate.
Yogi Bhajan 6/4/94

Who is right and who is wrong? Don't get into that problem. See that you don't place any burden on yourself. Live light. Don't put the weight of karma on you. Let your impulse always be shining, adjusting and calling. Don't become uptight and don't put up any blocks. To put blocks against your own vibration is the worst thing you can do to yourself. Whosoever will do this to oneself shall never find the Self. The Light of God shall always show you the way. It's a very simple and very honest way of living on the earth.

Yogi Bhajan 10/3/73

Subconscious anger can completely and totally destroy your mind. When your mind is destroyed by your subconscious, then you have only one thing with which to help yourself, and that is ego. Because you have no

friend, you have no energy. You cannot keep yourself together. And when you deal with life with ego, then you are a rebel, then you do not flow with the flow. Then the hassle in life starts. Then you'll sweat and stink.
Yogi Bhajan 7/83

Your greatest art of life to win the world is to move gracefully with utmost patience, tolerance, kindness and compassion, because Mother is not which delivers a baby; Mother is which delivers the universe...If you want to see the strength of a nation, you can see it in the depth of the eyes of the woman and the smile on the face of the child. If you want to see God on earth, you can see it in the depth of the commitment of the woman towards her own nobility. If you ever want to see the miracle of God, just see a very saintly, noble, committed, divine woman, and wherever the light of her human eyes fall, that becomes heaven...and that is the power of a woman.
Yogi Bhajan 7/15/88

Physical intercourse is called 'the bridge of seven constructions.' You can elevate your physical, mental, and spiritual body seven times over if it is an intercourse of mind, body and soul - if it is sacred, if it is worthwhile. Otherwise, it is the dumbest thing to do.
Yogi Bhajan, (Marriage on the Spiritual Path)

The power of prayer can bring peace to the earth and peace to the heart.
Yogi Bhajan

The strength of the man does not lie in what he has, but what he can give.
Yogi Bhajan

You think that when you love somebody you have to totally follow him or her. No, that's not love. When you love somebody, you have to be totally truthful with that person. Yogi Bhajan 8/4/81

Question: You said that nobility is like a mirror, when it is cracked it distorts the image. If one appears unnoble in front of a person, will one's nobility be distorted forever in the eyes of that person?

YB Reply: It may get healed but there shall be a scar. Nobility is like a trust, once it is broken, one has to rebuild it. It is like a credit report, therefore it is not very fair to discredit yourself.

Yogi Bhajan 7/2/1978

The sign of nobility is that it has a deep effect in relationship with any person one comes across. They say nobility is a virtue which affects every soul. It is a virtue which affects every soul just as innocence affects every heart. Woman has only one virtue: she is noble in the beginning and noble until her death. People do hanky-panky along the way, thus they pollute their virtue of nobility. If nobility is ever precious to a person, that person will never, ever put himself or herself down the tube for any reason, for any argument, concept, thought or feeling whatsoever. Because nobility is like a mirror; once a crack is in it, the entire image is distorted. Noble habits, noble language, noble behavior, noble posture and a noble way of communication are so powerfully impressive that even an enemy's heart can be melted.

Yogi Bhajan 7/2/1978

Walk nobly, talk nobly, live nobly and experience divinity.

Yogi Bhajan 7/2/1978

The noble way to act towards a slanderer is to ignore him. It is the greatest punishment one can award to anybody. Do you know how bad you feel if someone doesn't even look at you?

You should not lose your merits in contrast to someone's demerits.

Yogi Bhajan 7/2/78

Nobility is cultivated only when one consciously relates to one's spirit and flow of the soul and one feels the total divinity within. It is a manifestation of divinity. Nobility takes one away from temptation, anger, lust, greed, unvirtuous and unrighteous living. It gives one a qualifying factor to impress everybody without impressing. That is the beauty of nobility. The way one talks, walks, sees, deals, serves, gets served, is a total

sum of one's living behavior. There is a tremendous flow of spirit in a noble person. A noble person is a very powerful individual.

Yogi Bajan 7/2/78

Nobility is the foundation of every grace. Somebody once asked, "Define a noble person." Noble is noble in the beginning, in the end and remains noble through time and space and beyond. There is no era which is left. Nobility is a virtue; it is a fountain from which grace springs.

Yogi Bajan 7/2/78

There is no other way of spiritual progress. There are forms of demagoguery people will teach you. People will process you, people will reach you. Some will take away a person's money, some will take away youth, some will take away beauty and some will take away a person's talents. Some will take away this, some will take away that, but nobody will give one the experience of God consciousness. There is only one way. A person has to have the spirit, and does not allow another person to fall from the spirit. That is the secret of one phrase which you worship and say all the time: Chardee Kalaa, the constant rising of the spirit of Godhood.

Yogi Bajan 7/2/1978

What is a meditation?

It is a practice to fight negativity by self control.

Yogi Bajan 4/24/97

The fact is, nobody can control anybody.

All you can do is flow with each other like rivers and streams and end up in the same ocean.

All things come from God and all things go to God.

Yogi Bajan 2/2/76

The fundamental law of truth is that it penetrates through all darkness.

Yogi Bajan 10/25/98

Woman loves the wise man in every man. She does not need you, she needs security. That depth of security is founded in your wisdom- not in you.

Yogi Bajan 1981

A spiritual teacher is nothing but an emergency brake. A spiritual teacher is not your friend, not your enemy, not your altar, not your worship, not your knowledge, not your money, not your wife, not your husband. The spiritual teacher has no relationship with you, but functions only as an emergency brake.

Yogi Bajan 1978

Commitment will dry up and die if you don't nurture it.

Commitment needs to have a constant flow behind it.

Commitment has to be nurtured, renewed, and refreshed.

Yogi Bajan 4/1981

The living trinity is to know the truth, to practice the truth and to sacrifice for the truth; and if it means dead, you are willing to die. We can call it the trinity of attitude.

The word Samadhi means attitude.

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

Yogi Bajan 10/9/85

Be aware who you are, and if this self awareness can relate to the universal awareness, there is an absolute harmony.

Then you are a yogi.

Without personal knowledge there is no width, weight and horizon.

I pray to Thee, Oh Lord, be within me, give me tranquility and peace between me and myself so that I can know myself on the way of prosperity.

Understanding and humility lead to the perfection of love, and God is love.

If we are spiritually strong, we can do the impossible as possible.

Yogi Bajan 8/23/89

The most intimate relationship within you is between the body and the soul.

The greatest disease on this planet is self-stress. And you must understand, there's nothing more precious than self-healing.

Yogi Bajan 11/17/93

It is the beat of the heart which is common among us. It is the breath of life which is common among us. It is the Creator in us which is common among us. So we are all one, like one sun. We are all the rays.

Yogi Bajan 5/20/95

Meditation is for your self. Meditation is not for somebody else. When you come for Sadhana (Spiritual Practice), you come for yourself. When you pray, you pray for yourself. Therefore, it is useless asking in prayer, "Get me a car." That's not prayer. That is projecting a desire. "God, give me a car." Don't ask it. Just say "God, God, God." And if God appears, then say, "What kind of God are you? Don't you know what I am asking for?"

I mean, if God doesn't know what you need, who knows?

Your excellence as a woman is in the joyful projection of your inner self. If you can be brought to touch your inner self and you can understand your projection, then you can also feel and experience your joyfulness. Then there is nothing that you will know but your own excellence.

Yogi Bajan 6/25/84

The power of woman is in her prayer and in her comprehensive, comparative, communicative strength. Her words and prayers make a woman.

Yogi Bajan 7/19/79

We are told that to forgive is a very great religious act, very pious. Actually when you forgive, you just stop your own further aggravation and nervous breakdown. The greatest ruin to your mental health is your thought of vengeance. It accelerates the self-destruct mode.

Yogi Bajan 6/11/90

Serve all without classification or discrimination. Discrimination means you have reservation, which comes from fear, phobia, non-Infinity.

Yogi Bajan 6/11/90

Try to understand that each one of us has a soul... each one of us has a mind... and each one of us has bodies - mental, spiritual, physical, subtle... all combinations. We have a life... the breath of life... without which we cannot even live. Our real master, our real employer, our real relative, our real owner is the breath of life. The moment the real owner, the Master, the breath of life abandons our body, the mortal falls. The immortal, the soul, leaves. It takes the shelter of the subtle body and a subtle weight leaves the human as all the designs and ambitions are gone. The purpose of being human in this life is to become immortal.

Yogi Bajan 1/6/90

From liking to loving, to understanding, to total kindness, affection, and sacrifice- that is the fundamental base of what is called, "the sacredness of life." We have to accept that our life is very sacred.

When you speak positive there is no negative left to express and then there is a gap. In that gap comes then the super positive and that's what in English we call God. Therefore it is an attitude of gratitude. Attitude of gratitude is when you are grateful for every breath of life. Now people say, "What should we do when we feel something is wrong?" When there is something wrong, feel that thank God it is not you. When you feel there is something good, thank God that you have learnt to be something. And this way you can process your life and progress your life. What will happen? You will get high spirited. You would rise and to fill the vacuum from nature will come the wealth and prosperity. Otherwise your poverty is proportionate to your emotionalism.

Yogi Bajan - 6/26/98

I am telling you that life has the most cruel confrontations, but within you, like in the burning desert, there is a little well of water which is cool and calm and it has a few palm trees with dates full on it.

It is an oasis. So please do not lose the living life in the diagram of perpetual insecurity.

Yogi Bajan 1/6/1990

You are the truth. Whenever you speak the truth with an open heart, it is the key to the heart of every person.

Yogi Bajan 4/7/83

We are people of the earth, but our religion is divine. We come from God. We have to carry that powerful image of God with us throughout our lives, and stop worrying about the earth plane so much.

Do you understand what your problem as a woman is? Woman is a living, organic psyche. Woman is not a machine for intercourse, or a baby machine, or a servant to "his highness, the husband." There is no such thing in a woman. Woman is a living psyche-vibrating, organic, original. All she has to remember is to live in the consciousness of: "I am a woman."

I am telling you one of the most powerful scriptures which I have read: If a woman within herself is a woman, the only guardian angel for service and for pleasure is God, Himself. If a woman within herself is a woman, then the Hand of God is always there to serve you. It's not a miracle. We're talking about science.

Yogi Bajan 7/11/97

If you are poor and you are miserable and you are not well, the reason is that you do not bring your subtle beauty out....It is the subtle beauty which attracts wealth and prosperity. It is the subtle beauty which is always in you till death. When that starts flowing, then God starts working for you.

Yogi Bajan 7/22/88

You can run after satisfaction all over the world, but satisfaction must come from within you.

Yogi Bajan 2/8/90

With meditation, achievements can be manifold; without meditation, the mind will not be a partner.

The moment you become a prayerful person, the fear of the Unknown is gone and love of the Unknown awakens.

Yogi Bajan 1982

You have not yet learned what spirituality is.

It is not religion or knowledge or happiness or good luck or tragedy.

Spirituality is facing yourself with a smile when life confronts you.

Yogi Bajan 12/31/92

The game of life is not based on security, sex, love, emotions or feelings. It is based on balance and imbalance, stability and non-stability.

Yogi Bajan 2/28/92

Passion is like waves;

it comes and goes.

Compassion is the constant flow.

Yogi Bajan 10/16/73

Prayer is the power of a person to get to his Infinity when he's himself, not just when he's confronted.

There are only four powers in the Earth.

God is impotent against these powers:

The power of prayer.

The power of the prayer of the mother.

The power of the prayer of the beloved.

The power of prayer of a noble woman."

Once in a life, each soul must come across the orbit of that soul from whom he has the opportunity to learn

By the virtue of your previous incarnation, you always meet your teacher. Either you surrender your ego to the teacher or you run away from him.

The law is that you will meet the opportunity, not that you will recognize it or sustain a commitment to it.

The science of Reality is to find the sound and to resound in that sound.

Then the soul shall excel and God shall dwell within you.

The power of prayer works at the Arcline. The Arcline obeys no rule of nature. It is the base of the Radiant

Body.

The three salient features of love are: Where there is love, there is no question. Where there is love, there is no pain. Where there is love, there is nothing impossible. If you do not have the capacity to face these three factors, don't call it love. Call it something else.

Yogi Bajan 7/13/89

There is no human without the inborn temperament for awareness. Some have higher blocks to it, some have lower blocks. With some it takes a long time to break these blocks, with others it is quick. That is the only difference. It is a question of time.

Oh Lord of Lords of the time, if you have created this world, create those environments where everybody's mother, sister and every woman on this planet can live with grace.

Yogi Bajan 5/9/71

Because you have a will which has freedom, you make choices and are allowed to get as shrouded and dirty as you like. Out of compassion you always have some opportunity to be shaken and penetrated by a teacher or teaching. You may stay for the shaking, or you may choose to run and create more commotion for yourself.

The universe is balanced by the Word.

If for one moment, the whole world shall have no sound, this entire galaxy and galaxies of galaxies and universe will disintegrate.

Shuniya means zero.

The moment you become zero, then all powers will prevail through you.

If your words have the strength of the Infinite in them and are virtuous, and you value them, you are the greatest of the great. If you do not value your words, you have no value.

Life is like a nest which must be built straw by straw.

The ultimate state of mind is called anahat- the Infinite Unstruck Sound or vibration. It brings intuition, inner strength, and the capacity to be completely open to do what you must do as a unique part of the totality of Being.

When emotion becomes commotion you enter a dangerous zone, because commotion can make a pattern and then the pattern starts governing your life.

Yogi Bajan 2/21/78

What is an ideal marriage? Ideal marriage is a way of life in which a husband and wife compromise to face the time and space together for the security of their own life and their children's.

The beauty of kindness is that when you are kind in character, God serves you, regardless of your destiny.

Yogi Bajan 6/22/01

May this day bring you the light of life and may you understand you are here to be here with joy, happiness and prayer.

May you all be blessed.

Sat Nam.

Yogi Bhanjan 2/1/99

The highest test of spirituality is: "Do good to those who have done wrong to you."

Yogi Bhanjan 1/20/91

There are two ways of power: One is to magnetize everything towards you. Whatever you need, it will be in balance; it will be beautiful; you can enjoy it. The other way is you run after it, and then what do they call it?

"Alice doesn't live here anymore." You'll be running all the time; home will be empty.

Yogi Bhanjan 7/29/99

When you put a foot on Earth, God says 'Thank you.' You are a walking identity of God's creativity. You cannot deny that. Why create insanity? Who invited you to do that? Don't feel guilty. Just get awakened. Just wake up. Start exerting your divinity. It's your birthright. Learn this rule: God who created you shall create for you everything when you exert your divinity. God who created you will give you nothing when you exert your duality.

Yogi Bhanjan 7/4/96

The first step to life is to learn to send vibrations out. Become a beacon of vibratory power of your Soul. Let it touch the unlimited shores. All other powers are useless if you don't have your own power. And the power of your Soul is the pure power. Let the vibration go out from you. It is your prayer. It will meet all challenges unto Infinity.

Yogi Bhanjan 3/29/86

Sadhana (Spiritual Practice) is a test of self-grit. If your sadhana is more important than your neurosis, you are fine. If your neurosis is more important than your sadhana you are not. Doesn't matter how saintly you are, nobody wants to get up in the ambrosial hours. Why you still do it is a mystery. At that time, between 3 and 6 o'clock, the rays of the sun pass at 60 degrees and you want to feel relaxed. You take a cold shower, wake up and meditate. Why do you repeat the mantra hundreds of times? To create a stamina, an absolute mental stamina. Without that there is no chance for the life to be smooth. If somebody refuses to exercise, nobody can force him. But at that one moment in life when that person needs physical stamina, it won't be there. Sadhana is what your mental stamina requires. Love is what your spiritual stamina requires.

Grace will come to you, glory will come to you, happiness will come to you. Everything will come to you when you will act like God.

God gives, never takes anything.

God loves everyone. God lives in you. God guards you.

Any negative word you say negates you a hundred times more than it negates anybody else.

Yogi Bhanjan 6/26/88

Every human being who wants to excel and to develop the character and caliber that upholds the values of the soul needs a direct, fundamental relationship to the mind.

I know you care for friends, your job, your children, your future.

But don't forget the owner of the whole thing is God, the spirit, the breath of life. Your ego is not your owner.

Yogi Bhanjan 1/6/90

There should not be any misunderstanding and this is how I see every woman. You see woman as a chick, you

see a woman as a woman, you see woman as a mom, you see woman in many ways. I see woman, who can give birth. Because, woman is the only one individual creature, which has a liberation with God, in more ways than a man. Man has to become a man of God and woman can serve a man of God, she can be a wife of a man of God, she can be a mother of a man of God and she can be herself a woman of God.

Yogi Bajan 1993 Woman's Camp

This whole universe is just the coexistence of a working electromagnetic field. There is no difference between us. Every magnetic field is electromagnetic; this means that our psyches are intertwined.

Yogi Bajan 12/1/86

Your nature is part of God's Nature, therefore your nature should be like God: loving all, kind, compassionate and caring.

Yogi Bajan 3/17/97

Man by nature is a self-conflict. He is the authority because he represents the sun. He doubts it because he is not sure he is the sun. So there is a little boy and a big man conflicting with each other all the time.

Yogi Bajan 7/16/87

Duality is nothing but the separation between you and God.

This whole universe is just the coexistence of a working electromagnetic field. There is no difference between us. Every magnetic field is electromagnetic; this means that our psyches are intertwined.

Yogi Bajan 12/1/86

Commanding the mind is the only art of survival in a state of bliss.

Yogi Bajan 5/1/88

As a male you have to understand that you will only be recognized as a man if you are trusted. If you don't gain the trust of the people to whom you relate, it doesn't matter who you are, or what you possess, or what you think you can influence, you have nothing to commend you as a man.

When the mind is said to be intuitive and you develop it, it is as good an investment as your hair-do, as your good clothes, or your good language. Then whenever you want the answer to something, you don't have to call on anything but your own computer. Just stop yourself. And, in a few moments, your own self will talk to you.

Love is the frequency of psyche of an individual, which entangles with the frequency of the psyche of another person. It creates inseparable image and it's qualifying. It's not quality, it's not quantity, that is what God is. Totality of God is the love of self. And if you cannot see God in all, you cannot see God at all. If you see this is bad and this is good, you have already divorced fifty percent of you. And if you can deny fifty percent of you, you can deny hundred percent of you. When they say don't judge, that's exactly what they mean, don't judge.

When your mind will be dead, it won't think or imagine. The mind will go to the Universal Mind. The physical body – all the five tattvas – go to the five tattvas. The auric body will go to the light. The pranic body will go to the prana. But the subtle body will carry the soul and shall process to the blue ethers.

It is a conscious act.

Yogi Bajan 4/2/81

It is a real strength of the real person to avoid the foolish person and his company. Too much company of the foolish person can make you obnoxious. Try to understand the saying, "Be in the company of the Holy (or the

company of the wise)."

Yogi Bajan 4/1981

The ability to align yourself with the higher Consciousness and to radiate into the universal magnetic field is more important than any qualification and specialty to your success.

The only thing you will know when you are compassionate and as vast as the ocean, is that everybody else is like a little boat on it. Everybody is a part of you. If you do not understand that everybody is a part of you then you do not understand who you are.

A person must understand his existence in relationship to the total universe. Whosoever understands this knows a deep truth. The whole world around you will become beautiful if you understand that you are you.

When a person has the energy and power through his psyche to focus on things or not, then he has nothing to worry about. The projection of the magnetic field will arrange the radiance of his existence. All the surrounding magnetic fields that will make up the environment and opportunities will be organized to connect and fit with each other. The environment will operate in tune with his purpose.

When you understand who and what you are, your radiance projects into the universal radiance and everything around you becomes creative and full of opportunity and help.

We talk about peace, tranquility, and good luck. But so long as those born of woman do not respect woman, there cannot be peace of mind, national peace, or peace in the Universe. So long as man does not have reverence for the primal force, his mental attribute will still want to exploit woman, reduce her, abuse her, and be angry with her. Every male achievement will be empty.

It is not meditation that stops the mind. It is the surrender of the mind to the soul, and the soul to Truth. It is when you prefer the word of Truth to the word of your own intellect.

I may die or live, I may teach you or not. You are my students or my teacher or my friends or my comrade, it doesn't matter. I have sincerely brought enough teachings to United States that you can enter the age of Aquarius gracefully. But it is YOU who have to practice them... not me. I have done the job. I have given you the measurement of the pranic body, I have given you the protection of the radiant body, it's methods etc. You gotta look into it and you have to do it for your sake so that you will never be handicapped.

Yogi Bajan 11/3/98

One who has not grown in the spiritual world can never enjoy this earth and have happiness.

Yogi Bajan

God gave you a mind to neutralize cause and effect, which is the Positive and Negative Mind. You have to reach the Neutral Mind. Once you start relating to the neutral mind, you will never find any trouble in your life.

When you walk toward light, you have to forget the darkness. In darkness you can't see what you're doing, and ego is just like darkness. It is a total cloud in which you are very limited, and you won't make it anywhere. When you are brilliant, you are flexible, smiling and everything is just all right.

In any form, shape, or projection, if you can elevate a person's consciousness, his spirit, his self, his environments, his life, then it is Seva. You are here to serve, here to lift, here to grace, here to give hope and action, to give the very deep love of your soul to all those who are in need.

Yogi Bajan 9/2006

What really motivates you to change?

It is not the psychiatrist. It is not the priest in the church. It is your realization and acceptance of your subconscious set behaviors, and the urge to look back to your basic origin and start understanding that you are the creative source and nucleus of the whole vibratory pattern in which you live.

Yoga is greatly needed. Each person must deeply understand why he is a human being and what it means to be a human being. Knowledge only becomes real wisdom when you experience it with your own heart and being. Just because you know about or believe something is true, does not mean you can act on it. But if you discover a truth and act on the path of that truth, and if you can find bliss, success, and fulfillment in yourself as a result, then no power on Earth can make you veer from that truth.

Yogi Bhajan 1/1/03

It is the beat of the heart which is common among us. It is the breath of life which is common among us. It is the Creator in us which is common among us. So we are all one, like one sun. We are all the rays.

Yogi Bhajan 5/20/95

If a woman sits with folded hands in her lap for a few minutes everyday, and feels she is a container so vast that she contains the whole universe, she will never feel weak or have any problems. There is nothing beyond woman except God.

Yogi Bhajan 7/18/87

Never be right or wrong, always be neutral.

Speak not through the positive mind or the negative mind, but from the neutral mind.

Your commitment should be more precious to you than your life. If commitment is not more precious than life then within that life you cannot commit to anything, you will not achieve anything.

You want to keep it together. You have the right to keep it together and you have the right to do it now. Man has nothing to think. He wants to hunt, provide and relax. These three basic natural aspects and faculties are his driving forces. These are called impulses. These are his driving impulses. I conquer, I capture and I hold. They will never change. It is a recognized fact. Therefore, if you can provide him a very brightly lit, heavenly ecstasy in a place called home, he will lay down his life for you. If you bitch him to death and break his heart, you will only see a divorce campaign. You won't have a husband.

Yogi Bhajan 7/27/89

With the most corrupt person, you can be honest; with the most angry person, you can be cool; and with the most insulting person, you can be graceful. If the balance of your personality and your sensitivity can remain under your control and your projection, you have learned the art of living.

There is no criterion in life that will carry a marriage, or satisfy the marriage, except your creative communication with the person you love.

As a healer, the first thing to tell every patient is to breathe deeply. Shallow breathing means no endurance, no patience.

One smile can win the world, and one frown can lose it. Just smile at adversity. I tell you it runs away. Two things cannot live together: adversity cannot remain where a man is smiling, and prosperity doesn't live with those who are frowning. The face is an index not to the mind but to the soul.

The challenge of the times is upon each of us. Those blessed with a spiritual life and a reliance upon God will have the capacity to rise and flourish. It is common to spiritual pathways to give time to meditation, prayer and chanting God's name. This nurtures our consciousness, compassion, and kindness as human beings and makes us generous in our acts and deeds. We give of our consciousness and we give of our earnings. The act

of giving creates an opening from the heart and soul unparalleled by any other.

Just remember when you give an offering, you don't make big mess with it. There is a way of salutation to the grace of God and to the self.

That is the first chapter of Vand Chako, share with others and serve them. But don't control people or they will become your dead weight. Share with them and guide them and let them become successful.

Remember that in the tomb of the emperor there are always pigeon droppings, but on the tomb of the saint there are always candles. The king owns the world and tries to control it; the saint owns the world and gives it all away. That is the difference.

Love gives you power to merge, from finite to Infinity.

Love gives you power to trust, from nothing to everything.

Love gives you power, the most powerful, Prayer between you and your Creator.

Love gives you vastness, as vast as there can be.

Love gives you the hold,

the experience, and the touch with your own Infinity.

As beautiful as there can be, Love is that surrender.

When you surrender at the lotus feet of the master, you become the master.

When you become the master, You surrender your universe to the Universe.

Then you become divine.

When you surrender your divinity

to the Infinity, you become Infinite.

That is the Law of Love.

Poem by Yogi Bajan

You think that when you love somebody you have to totally follow him or her. No, that's not love. When you love somebody, you have to be totally truthful with that person.

Yogi Bajan 8/4/81

The fact is, if a person has not experienced the love of his or her soul, within one's self, there is no chance that that person can go out and love, even though it is a faculty of love that you most powerfully need.

Yogi Bajan 7/29/96

You have no sensitivity that your soul shall leave in the subtle body and that your subtle body is as sophisticated as anything in the universe can be. So unless you produce in yourself elegance, grace, sophistication in your mind, manners and attitude, and unless you come from the infinite altitude, and ascend to that altitude, you cannot descend in love. The higher is your being, the deeper is the love.

Yogi Bajan 7/29/96

Just remember, when as

a human, you shall be

consciously graceful,
prosperity will kiss your
feet. I not only said it. I vouch for it. Can you
repeat - consciously?
Being graceful doesn't
work. By being graceful,
you are preparing to be cheated in broad daylight.
I don't believe in being graceful, being nice, being
kind, being honest. It doesn't work - that's what you don't understand!
Life is only decided by consciousness and unconsciousness. If you
can consciously be graceful,
you shall be prosperous.
If you are unconsciously graceful, you'll be ruined. That's the difference.

The best medicine that a person can have is the knowledge and experience that he can swim through every tide and change of the time. If you have the mental competency to deal with every situation that arises, then you are very happy, very healthy, and very well-balanced person.

Yogi Bajan 11/17/93

Middle-aged crisis come from the fear of being old. Instead of being joyful about maturity, people start getting scared of being old.

Yogi Bajan 6/11/90

Everybody defines freedom as it suits them. The only freedom one has to get is to free one's intellect from the ego and put it under the control of the id. And that is done by those who have command of their sixth chakra. (Third Eye)

Yogi Bajan 3/19/91

The physical body is a temple, take Care of it ..

The Mind is Energy, regulate it ...

The Soul is the projection, represent it ...

All Knowledge is false if the Soul is not experienced in the body.

Hate nobody; love everybody. It won't cost you anything. Love never costs anything. Love is the most selfish act. It gives you so much protection, grace, and radiance. It doesn't give you any smallness or suffering. The attitude of conscious living is to love and give grace to someone worthy of your trust. Do not seek anything from people. Give love instead, and rely on God.

Imagine how wise, caring and complete you will be if you apply to your self all of the energy you waste.

Yogi Bajan 9/28/02

Human who lives by the beat of the heart, continuously meditating on the Name of God, shall find heavens here and hereafter.

Yogi Bhajan 1/24/86

Trust is the key note of life. If you trust in God the entire creativity will trust you because everything belongs to God. Trust is the key of love, happiness, dignity, divinity and grace.

Appreciation is an art and a lifestyle; a source of happiness and fulfillment. It's called gratitude, an attitude of gratitude. A person who develops an attitude of gratitude is absolutely divine. You don't have to sweat. If you have achieved the attitude of gratitude, everything in the world will come to you. If you make it a point to have an attitude of gratitude, it could be the greatest achievement in your life. Gratefulness will make you great. It takes away any discrepancy, any negativity, any bother.

Yogi Bhajan 6/27/84

Woman without reverence has no strength. You must demand reverence. It's your right. And you must command reverence; and you must live reverence when you must. Otherwise you will be exploited; you will be misled. You'll be cheated. Your life will be nothing but pain. It's not worth anything. Every woman- beautiful or ugly, short or tall, young or old, married or unmarried, rich or poor- who commands reverence will never be poor and shall never have pain. She can face the calculated life and shall always be the winner.

Yogi Bhajan 7/8/1997

You have to have an understanding that you are like a lotus flower in a pool of mud. You are not to let your leaves get dirty with it.

Yogi Bhajan 7/28/02

Love that shrinks is not love, it is passion.

Love endures the endurable.

Yogi Bhajan 12/22/87

When the breath of life becomes short, you become short-tempered.

When the breath of life becomes long and deep, you understand who you are.

To live in the highest Self is what human life is all about, but we waste our life on small things. Our poverty doesn't hurt us, but our neighbor's richness does. We are always competing and comparing and planning and imagining things. We rarely allow the flow of life as God wants us to flow with it.

Yogi Bhajan 7/28/2002

God only gave you breath of life. When you use it to recite a mantra, you make yourself positive, pure and your vibration is very penetrating.

Yogi Bhajan 6/8/94

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

Yogi Bhajan 6/19/84

Admitting wrongs to one's own self is a chance for improvement. It is one of the highest virtues not because you will be judged by this world but you will be judged by your own highest consciousness.

If you'll just feel and understand that you will become beneficial, you will become virtuous. Your judge is your

own higher consciousness.

Yogi Bajan 1977

When you are depressed, when you feel sadness or shakiness, take a cold shower. Then take a towel and massage your body until you are red. Your disturbing thoughts will go.

Prayer is the power to tap your unknown to bring it to your known and become radiant.

Yogi Bajan 7/21/82

PEople feel that divorce gives them a way out when two cannot live together. Why hang them together? No divorce has solved the problem. Basically divorce creates problems. If you divorce a man or a woman with 28 mistakes and marry someone else with 18 mistakes, you have only overcome 10. And then after a couple of years of marriage you'll find out that actually had 38.

You have been made a human being and you are supposed to be carried by your own self. You have to learn to stand on your own heels. You have to learn to be you. There is nothing beyond you and there is nothing less than you. This is called self-dignity and it's most important. Don't relate to self-ego, relate to self-dignity. Your mind must vouch for you; it must cover you; it must give you the flexibility of the pressure of time and space. This is what we have developed through meditation.

In your life there will be good days and bad days, normal days and abnormal days, right days and wrong days, but you must understand that every day has to be followed by a night and every life has to end. Don't waste your life in reactions.

The Age of Aquarius has so many differences from the religion you have practiced for the last five thousand years. The past won't work; philosophies, assurances, men, institutions will not deliver. You will learn the science to deliver yourself to you first and come out and serve others.

Yogi Bajan 6/20/93

Never speak, talk or communicate that which can scratch your nobility. No one can question your nobility until you open your mouth. Scar of the sword can be healed, the cut of the tongue cannot. Present yourself with nobility unto infinity.

Yogi Bajan 6/23/97

In this world, if we can only learn to respect the concern of others, then we can have happiness.

Yogi Bajan 1977

The one act to perform is for a man and a woman to merge as one. If from this minute they merge as one, they amalgamate now, they shall succeed.

Susses is not anywhere else. By manipulation, nobody has succeeded. Human manipulation is ineffective over divine psyche.

By lying you can scape a situation, but you will never be respected. by corruption you can fulfill your emotional and commotional body, but you will never be trusted. There are certain laws of life. And those laws are responsible for the earth's rotation and for the continuity of life. So that is also God.

Yogi Bajan 7/15/84

Patience pays. Let no temptation shake you, no vibration move you, and no action force you out of yourself and righteousness. An unshakable human being is the highest living phenomenon of God.

Yogi Bajan 1977

Your children can never be grateful to you if you are not graceful parents. You will never have graceful children if you are not graceful, because watermelons don't grow on banana trees. Children are always victims of parental misbehavior. Don't blame anybody else. Mothers are sometimes poisonous; they ruin children. Sometimes fathers take the children's entire strength away from them. But if both parents understand that children are their gifts and they are at their mercy; and that they need values and grace; and if the parents don't fight between themselves for control and authority over who wears the pants and runs the home; and if they behave as parents towards their children then the children can be perfect. Children don't need anything. They are intelligent, they are born saints and they are very powerful. It is the goof of the one parent which messes up the whole game.

Yogi Bajan 7/17/84

When you know that all is light, then you are enlightened. What is enlightened? When you recognize the light. Where? Within you.

Yogi Bajan 1977

Eyes are the light of the soul, ears are the instrument of the Divine, the tongue is the creativity of the Creator. This is the Trinity which makes the totality of God-consciousness.

Yogi Bajan 1977

We want to create a society, a tomorrow, a strength, an education where come what may, two people can fight unhappiness. What is the purpose of life? To succeed and win over unhappiness is the purpose of life. The purpose of life is not to be rich and have a bigger car and a five- bedroom house with a swimming pool on the side in which you never swim. The purpose of life is just to succeed. the purpose of life is to win. Forever. Fateh. Wahe Guru Ji Ki Fateh. Win the victory so that people will recognize God. That is what it means. Bring victory in life; bring happiness to life.

Yogi Bajan 7/15/84

Yesterday's greatest sinner can be a Saint this minute. The only thing required is a decision. 'Am I to guard my future and choose to be a liberated person, or am I to block my future and go by the material-physical aspect of the world?' For any person who blocks his future, it is a guaranteed fact he suffers in the future. Any person who takes advantage of the "now" causing someone else's loss, blocks his future. Anyone who takes advantage of the "now" invites trouble from Mr. Future. Maintain a positive attitude with promoting habits for 40 days, and you can change your destiny.

You have to have characteristics and character that you can be loved. You have to have the point of infinite reserve to serve, so you can always be in the good book of the other man. You have to write your own atonement. Nobody can write it for you.

Yogi Bajan 6/22/97

Negative is as good as positive. It's the filament which creates the light, and it's the vacuum which brightens it.

People say mind is not this, mind is not that. Anybody who starts doing alternative nostril breathing, mind shall not move. Try it sometime. When you are thinking so much and you are very worried and the mind will go, find where your mind is. It will become non-existent. Mind is to serve the breath of life, not to master the breath of life. Mind masters your ego, not your breath of life.

Yogi Bajan 6/22/97

You should be so great that your presence should talk. Talk through your presence. Let everybody feel that you are a woman. You do not have to explain yourself. Let your weakness be yours. Let your strength be

everybody's.

Yogi Bhan 7/13/84

The highest, most effective energy on this planet is the word. There is nothing beyond it, there shall be nothing beyond it, and there was nothing beyond it; therefore, we must consciously understand the power of the word. When we understand the power of the word and we apply the whole mind behind the word, then we create the word which can create the whole world for us.

Where there is peace and tranquility, wealth shall come. And where wealth will come Narayan will come, because wealth, Lakshmi, is the wife of Narayan, the god. They are married too. They cannot be separated.

Whenever there is poverty there will be clumsiness and there will be bitterness and there will be ugliness.

Wherever there is richness, you will find there is divinity. There is God. You think richness means dollars. There is a lot more which makes richness.

Yogi Bhan 7/15/84

Love and fear are two forces. Whatever you do under fear, it shall take away from you your life. Whatever you shall do under love, it will give you fulfillment. Love shall not satisfy your emotions, that's an unfortunate part of it. Love will not satisfy your neurosis. Love will not satisfy your ego. The only God you have is your love and God has no dimension. Ego has every dimension. So when you are in love, you have no dimension, when you have dimension, you are not in love.

Yogi Bhan 3/94

Things come out of you in three ways: in anger, in love and in your tiredness. Mostly you mess up when you are tired. When your energy is weak you have no defenses and you fall apart. You are suppose to have 21 percent oxygen in your blood. Normally you live on 15 to 16 percent. You don't do Pranayam or Breath of Fire. You are supposed to do it every 3 or 4 hours, just for a minute or two, to oxygenate your blood and balance yourself so that you don't have to do this: "Oh my God!"

Yogi Bhan 7/12/89

If there is no confidence that the husband can speak on behalf of his wife and the wife can speak on behalf of her husband, they have not yet married. If this is the commitment, that the husband cannot commit on behalf of his wife and the wife cannot commit on behalf of her husband, they do not yet know what commitment is.

Yogi Bhan 7/15/84 Ladies Camp

Marriage is not an easy path. Marriage is a life. Marriage is not a ceremony, marriage is God. Marriage is an institution of willingness, in which two identities want to amalgamate. It's an amalgamation of two egos to bring out a neutral new personality.

When this amalgamation happens then the divine power in the psyche starts to function. Without that, people are individuals and they will only yell and scream at each other and goodness will never come in that home. It is a granted fact.

Marriage brings happiness. It's an amalgamation of two psyches. And when these two psyches are amalgamated, neither one is an individual. There is no question of he and she. That's it. There is no loss, there is no gain, and there is no bank account.

Yogi Bhan 7/15/84 Ladies Camp

Mankind has to drop the war tendencies and come to realize that peace is the only way. We have to give peace a chance and that's all for us. In your day, give one minute to peace. Sit down and just relax, feel

peaceful inside and give a prayer to honor those who work for peace and for the tranquility of all mankind. Let us honor ourselves. Let us recognize our inner peace. Meditate in your own way. Get into any posture you want and pray deeply for your inner peace and for the entire mankind.

Yogi Bhajan 6/10/89

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Yogi Bhajan 6/10/89

There is no quick fix for life. Life has a style to it and there are certain things which ruin life. Insecurity and commotion. Emotions are all right, emotion I have not worried, but when emotion becomes commotion you are done because next step is you are neurotic and neurosis are not under the control of a human brain. It's a locked in situation.

Yogi Bhajan 7/3/91

Gaining something in life is possible, maintaining something is very difficult.

It needs consistent perpetual nourishment, caring. Call it anything.

Life needs perpetual endurance. And if you as a human being do not have perpetual endurance in the scale of one to ten, you forget it, you are not going to make it, doesn't matter what you have.

Yogi Bajan 7/3/91

Our sentiments, our feelings, our psychology, our projection, our faith, our thoughts, our sex, our make-ups, they cannot make up for our inner happiness. And if the glass is empty, who can quench the thirst? If you are not over happy, you cannot share anything. You will just play the game. Happiness is a by-product of the totality of life which has to be shared compassionately and kindly with all. Some cups of life are empty. They have to be filled. And you must fill them. But you must have it to fill it.

Yogi Bajan 10/11/89

If you are willing to look at another person's behavior toward you as a reflection of the state of their relationship with themselves rather than a statement about your value as a person, then you will, over a period of time cease to react at all.

Life without commitment is like a flower without fragrance. Life without commitment is like a moon without light. It is an eclipse. What is the guarantee that you are intelligent? There's no guarantee that you are intelligent. The guarantee of your intelligence comes when you are tested in the face of your commitment, and you come through.

Yogi Bajan 1977

My question is, "Are you happy?" If you are happy, you are wonderful. If you are not happy, you are worthless to yourself. Unhappiness will create tragedy one way or the other for everybody. If there is anything that's a sin or anything evil, it's unhappiness. You spread it, you chew it, you cook it, you manufacture it. You share it, you create it, you give it to each other like an infectious disease. I don't think syphilis, gonorrhea, herpes, AIDS, or anything is as dangerous as the "touch of unhappiness.

Yogi Bajan 10/11/89

You are wrong if you think your intelligence works or your words are powerful or you are very charismatic. Actually it is your radiant body, the glow, the shine in you that works.

The noble way to act towards a slanderer is to ignore him. It is the greatest punishment one can award to anybody. Do you know how bad you feel if someone doesn't even look at you? You should not lose your merits in contrast to someone's demerits.

Yogi Bajan 7/2/78

You have to confront the age and before that you have to confront yourself to become the sage. Anybody who cannot confront himself or herself shall never be wise, no matter if he is religious or if God Himself comes on the Earth to help. Because God is bound by the law of nature. And the law of nature is that you are self in the beginning, you are self in the middle, and you are self in the end.

Yogi Bajan 6/22/97

Try to act as saints and sages. Let your ego go and let your sainthood prevail.

Yogi Bajan 9/18/01

There is a state of mind in which when somebody is negative to you, you do not become equally negative to

him or her, you just tolerate it. And in that tolerance there is a very great patience; in that patience there is a great prayer. That prayer is: this neurotic idiot, this confused person, is, after all, Your creation.

Yogi Bajan, 7/6/80

"I am a human and my life score is only one breath." It comes in, it goes out. If it doesn't, you are gone. Now tell me, why don't you recognize each breath as yourself and recognize its value and its control?

Yogi Bajan 6/22/97

Remember, those who have to wear a crown on their head must have their neck muscle really strong. Those who want to read the history can read the history; those who want to write the history can write the history; and those who have to make the history must have shoulders to carry the world at large.

Yogi Bajan 6/22/97

If you know how to worship God you should also know how to worship your polarity, who is your partner for life. Therefore it is a fundamental requirement of the woman that she should walk on the righteous path and she should see that her partner walks on the righteous path.

Yogi Bajan 4/1/77

Beauty is not how much powder you have put on your face and how much lipstick you have and how much makeup you have. When a person talks to you, can you elevate that person? That's the rule of thumb. Your sensitivity, your caliber, your position does not lie in how you look.

Yogi Bajan 6/22/97

You know you have a mind, and this mind is part of the Universal mind. If your mind is pure, The Universal mind shall respond.

That is prayer.

The Whole world is our home, ultimately we shall all merge in our Creator.

The Joy is to do it Consciously.

Make that music that enriches your soul. Do those actions that relate to your soul. Live in a way so that the soul is real, and the soul's light will prevail. All this will make you selfless.

You have to confront the age and before that you have to confront yourself to become the sage. Anybody who cannot confront himself or herself shall never be wise, no matter if he is religious or if God Himself comes on the Earth to help. Because God is bound by the law of nature. And the law of nature is that you are self in the beginning, you are self in the middle, and you are self in the end.

Yogi Bajan 6/22/97

It is your duty to speak the truth to your children, and stand to it. Don't lie to them, don't cater to them. Behind the catering, they find your insecurity and weaknesses, which is how they mess you up. When you cater to the child, you are trying to cover up something, and the child has the super-psychic power to see behind it. The moment he uncovers you, he will not respect you. Therefore, it is your duty to be straight with your own born child.

Yogi Bajan 8/6/78

There are things required to be a human, and to be a human, you require a clear mind. If the mind is not foggy, if it is clear, it can see the soul and take God's light through that mind and project it; then you are a human. It is a simple flow of mind.

Yogi Bhanjan 10/11/89

You have to walk on your own feet and you have to walk tall. Human learn to crawl and then walk. All men, women and children are children of God. They have to learn that their neurotic blocks have to be broken in two, to become triangles, and this challenge belongs to all of us. We cannot afford to be limited. We cannot afford to be negative—you cannot have the luxury of a negative thought because it will multiply in you and hurt you badly.

Yogi Bhanjan 11/23/93

You must confront yourself and confronting oneself at the ambrosial hour when the sun is hitting the Earth at sixty degrees is called meditation—clearing the subconscious. If you don't clear the subconscious, you will have pain the whole day. You will have wrong thoughts the whole day. You will have no communication. It's not useless to be nice. If you are not nice to yourself, how can you be nice to anybody? You have not done your job. You have not looked after yourself. You have not enriched yourself.

Yogi Bhanjan 6/22/97

Do not criticize anybody. Everybody is good within his own atmosphere. Try to show your best nature. There are three types of people: fanatic, liberal, and lazy. Lazy are lazy because they are lazy. Fanatics have got hang-ups. They do not reach anywhere because they are stuck. They don't know what to do next. So whatever little they have, they feel it is their kingdom; they don't want to be disturbed and they don't want to enter into anybody's life. The liberal, the new age—the age of truth, these people want to know who they are, what they are, and why they are.

Yogi Bhanjan 9/16/69

May you recognize truth, love and humility for service, for fellow beings. May thy status symbol be service to others. May you recognize you are the God belonging to the one God who has provided you with energy, power to act, and power to serve. May you be healthy, happy and holy. May the cosmos prevail through everyone and the holy Nam hold you. Those who have recognized they belong to their Creator, hail to their victory so that they reach the destination.

Yogi Bhanjan 9/16/69

Be what you want to be, but be real, don't be ritualistic. Religion is 'religion,' - the origin. It has to be reality, not ritual. You know why we are fighting? I have a different ritual, you have a different ritual, now we fight on rituals. Neither I know reality, nor you know reality. In reality we are one, in consciousness we are one.

Yogi Bhanjan 6/5/74

What does lie mean? Today you lie, tomorrow you lie. Three months later that will hammer you out. Why lie? And you are not lying to the governor of New Mexico or to your friends. You are lying to your own soul. Because soul has to go and merge back into the one who sent it. It descended; it must ascend to that place. So from the Infinite you came to the finite; from the finite you have to go back to the Infinite.

Yogi Bhanjan 6/22/97

Our existence is for oneness, in duality we lose everything, in oneness we find the reality.

Yogi Bhanjan 5/20/95

The science of Simran is nothing but to have immense power of Seva. Service. And through service you win the world. There is no other way known to the man. Through service you can maintain friendship, a relationship, a conduct, a political career, a religious career, any career.

Yogi Bhanjan 10/1/75

The process of growth through Kundalini Yoga is a natural unfolding of your own nature. The blocks to that growth are your attachments to the familiarity of the past, and your fear of the expanded Self. As you practice Kundalini Yoga you will grow. Like a snake you will need to shed old skins to be more of who you are.

Love without trust is a river without water.

Yogi Bhajan 7/9/82

Let us pray for peace. Please sit in your consolidated self. Your prayer will be effective by the concentration of your mind, and heart and self. Pray for all. Pray for those who are facing death, pray for those who are dying, pray for those who shall die, pray for those who are all dead, pray for all, every soul. Ask for nothing, but to bring peace, peace to the dead, peace to the living, peace to those who are at war, and peace to those who are not at war. Blessed God, beloved God, creative God, our Creator, within our self and without our self, give us the power to understand peace and tranquility, grace and reality, identity and personality of all. Give us the power to love all, to see you in all and be with you all the time and space. We all pray for those who are at this time in action and in reaction; may peace prevail soon, may everybody come home and be at rest. Bless them, bless us, bless our families, bless our realities, give us a wonderful and beautiful tomorrow. In Thy name we pray. Sat Nam

Yogi Bhajan 1/23/91

In Kundalini Yoga the most important thing is your experience. It goes right to your heart. No words can replace your experience. Your mind may accept the words or it may not, but your consciousness will not accept just words.

So, you are what you eat.

And your power is what you speak.

Your strength is what your manners are.

And your prosperity is based on mutuality.

Yogi Bhajan 8/1/96

Love is the most secure place in an individual. It is very secure, very deep, very curative healing. It has no pain. It is not limited. The highest state of security of an individual is when a person is in the state of love. It is a consciousness which can penetrate through anything.

Yogi Bhajan 7/13/89

Sometimes people think I became religious because I wanted to be religious. Not at all, my dear. I became religious because I wanted to know my own reality and when I found out my reality I started helping people.

Yogi Bhajan 12/5/88

Passing time is not living.

Remember, living is totally different.

If you only pass time, you cannot live.

Living needs discipline.

Yogi Bhajan 12/5/88

If you cannot solve a problem in nine seconds, you cannot impact a person in nine seconds, you cannot establish a rapport in nine seconds- nine seconds is all you have. Otherwise the combination of neurons in

the brain will never support you.

Yogi Bajan 12/5/88

The day we believe in the subtlety of life, all of our problems will be solved, for subtlety can reach out and fill every gap.

Yogi Bajan 9/28/02

If you can intuitively know what is going to happen then you will not enter the sequence and not end up with consequences. That's all the defense you have. And what can give you that intuition? Your mind. How? If you have a meditative mind.

When we judge somebody, we disconnect. It finishes everything. So, why we are in this problem? Because we are not technically trying to elevate ourself with our full facility and faculty of our psyche.

Yogi Bajan 5/5/97

Every human being is great, but a good-spirited woman is divine. God created everything, but the power of God flows through a good-hearted woman. Everything is where God is, but God takes birth through the womb of a good-hearted woman. Therefore, a woman may not be God, but she is the gateway of divinity, and any woman who falls below that standard of divinity is only structurally a woman, but not in reality a woman. You can look like a woman, but according to the basic definition of what woman is, that is not true enough. If you make a paper man, it will look like a man, but it won't be a man. Divinity and dignity—when and where they unite—is called woman.

It is the beat of the heart which is common among us. It is the breath of life which is common among us. It is the Creator in us which is common among us. So we are all one, like one sun. We are all the rays.

Yogi Bajan 5/20/95

You can know a lot. You can talk a lot. But when it comes to learning, you should be ready to receive. Then somebody will be ready to give to you.

Yogi Bajan 2/21/78

Life cannot be a wall; life can be a moving flow, but when you are stuck with your neurosis or your fantasy or your daydream or with your imagination, you do not know what you are losing. You are losing the total purpose of the life.

Yogi Bajan 5/5/97

Two people have one sensitivity, one action, one reaction and one feeling and it doesn't matter how much time and distance they have between themselves—that is the state of ultimate love.

Yogi Bajan 7/7/87

Man cannot stop the Third World War. It is not in their cells. But woman can. A man can love a child, but he doesn't go through the labor pain. The solutions on this Earth are not in the hands of a man. The solutions on this Earth are in the hands of the woman. in the psyche of the woman.

If your love affair falls apart don't misunderstand; it is meant to be. You can't save it. You can't save it because you can't love it. You can't love it because you do not have the control on your ego. If you cannot put the ego on the side, you cannot succeed in love. Period. Don't even try it. It's an inborn cancer with certain people, an inborn cancer of mind that in some people their ego rules. Therefore love must defeat it.

Yogi Bhajan 7/7/87

The act of purification is where you see the unseen of each other. And in the action of purification ninety-five percent of people fall apart. It's very difficult for people, because when you purify yourself with love then you have to merge, and merger of everything in the world is easy, but for two egos.

Yogi Bhajan 7/7/87

Love is the ultimate state of human behavior where compassion prevails and kindness rules. Mostly your love is passionate force. You know, that's how it is. But when this passionate force turns itself to be a compassionate force under the guidance of compassionate intelligence, that is where one becomes brahm giani. One knows all, one sees all.

Yogi Bhajan 7/7/87

Today, many people are having spontaneous spiritual experiences. The soul is opening up, ready to understand and embrace life in more subtle and profound ways.

In the computerized age of Aquarius, in which you are going to be, you will have four mega-billion units of knowledge at the press of a button. I pray that you should have strength to hold yourself. Four mega-billion units of information is not a small thing. And if we do not have a perfect practice of Kundalini Yoga, and have an absolute self-admiration to control it, our nervous system won't have a chance. We'll be depressed all the time.

Yogi Bhajan 6/16/96

My personal weaknesses are my personal weaknesses. My personal strength is my personal strength.

So long as the Lord has given me breath of life, I'll carry the teachings and deliver them as they are. I shall never add or subtract anything whatsoever.

Yogi Bhajan 6/16/96

What is a Mantra? It's a mental projection of positiveness into the negativity which is hurting you.

Yogi Bahjan 6/16/96

When emotion becomes commotion, then you enter a dangerous zone, because commotion can create a pattern, and then patterns start governing your life."

Yogi Bhajan 2/21/1978

Every fault is to rise. Every wrong is to be right. Every loss is to gain. Life is only in one form- Victory.

Yogi Bahjan 6/16/96

The 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.

The greatest art is to sit, and wait, and let it come.

If you learn just one thing, let it be this: Don't bring yesterday into today, and don't worry about tomorrow, because tomorrow has to become today.

If a person doesn't know how to die and doesn't know what grace is or how to confront that last moment, what is the purpose of life?

Whatever religion you follow no matter what you call it, you follow something meant for you to know your origin, which is infinity. That religion should get rid of your self-belittlement and limitation and lift you to

your full human capacity. Instead, what you usually end up knowing is prejudice, division of humanity, love and hatred on the basis of belonging to certain thoughts or certain feelings, or certain practices. This has done more harm to humanity than the good the religions were intended to do.

The strength behind communication is in its quality, not in its quantity. Your talk should be that of quality, not of quantity. You should use small sentences which say a lot. Or you should say a lot in small sentences.

Everyone, whether a king or queen, pauper or beggar, lover or deserter, attorney or accused, is going to be challenged in life. One thing you cannot escape is challenge. Whether you challenge the challenge or you give in to the challenge, that is what decides your spirituality. Is your spirit higher than the challenge so you can face it?

Can you believe the tragedy that somebody comes to you as a teacher, in faith, in trust, in admiration, in adoration, and you can't guide him right, or her right, whatever the case is? Do you have any idea how horrible it is? If you are a spiritual teacher God shall give you what He wants to give you; you cannot earn it. Neither you can learn, nor you can earn, nor you can burn your grace.

Yogi Bhajan 6/16/96

The development of group consciousness in the experience of infinity is the bridge to universal consciousness and the release of the unlimited self.

Every mistake can be recuperated.

God gave you a mind to neutralize cause and effect, which is the Positive and Negative Mind. You have to reach the Neutral Mind. One you start relating to the neutral mind, you will never find any trouble in your life.

When people say, "I was meditating and I had such ecstasy," it's such a lie. When you meditate the entire garbage of the subconscious starts floating, like shit floating on water. Now how can you be having ecstasy when you are floating in a shit pool? And if your mantra is not real, you can't cut through and clean it out. Meditation is nothing but a subconscious cleansing toilet job. And the subconscious is nothing but a mental bathroom. It's got to be cleaned everyday to see it flushes right and nothing sticks.

Yogi Bhajan 6/16/96

To be spiritual is to give and give, never to expect back, as clouds give rain and never come down to take the water back. Your life exists on that giving. Learn to be spiritual; learn from the clouds that give you the light and the spirit of giving through their own drops of water.

You have to be elevated to be a Spiritual Teacher. Being a Teacher is a very big curse. Next lifetime you could be a cockroach. It's a reserve life for you. When you see a cockroach, just understand he was a Spiritual Teacher in one lifetime. You can't betray. You can't be a representative of light and show a person darkness. So you can't talk in the personal sense of feeling, or having an opinion. You can't do anything. Because you are not a person to begin with. You are not a female or a male as a Spiritual Teacher. You are a neutral gender. And you are not yourself because your self-interest cannot be served.

Yogi Bhajan 6/16/96

It is not what you are. It is what you can do for somebody. So a Spiritual Teacher is a forklift to lift the consciousness and to brighten the soul and brighten the day of another person. These are not ideal things I am discussing. I'm talking of normal daily behavior. Your touch, your presence and your intention must work for the greatness and the goodness of the other person, because you must understand what another person is. The other person is your future teacher. Every student is your future teacher. There is no place for ego. He's your best amigo.

Yogi Bhajan 6/16/96

He who wins is the one who has the altitude and attitude of a victory. It's called Fateh. Essence of Fateh is the Teacher will never let go. He must win because he has the moral, spiritual, physical obligation to teach, and through the student, win his tomorrow.

Yogi Bhajan 6/16/96

BLESSED SELF, GIVE ME BEAUTY, BOUNTY AND BLISS. GIVE ME THE PATH AND FULFILLMENT, SATISFACTION IN PART, TO SERVE. MAKE ME COMPASSIONATE, CARING AND KIND TO MYSELF AND TO ALL THAT I KNOW, AND I FEEL AND I UNDERSTAND. MAY THIS DAY, THE PATH ON WHICH WE, BY THY WILL, HAVE COME HERE TO PROGRESS AND PROCESS OURSELVES. GIVE US FORGIVENESS IF WE FORGOT THE TRUTH. GUIDE US ON THE PATH SO WE CAN MAKE IT. IN THY FAITH AND TRUST, AND WITH THY WILL AND WITH THY ENERGY, WE HAVE BEEN BROUGHT HERE UNDER THIS TIME AND SPACE, UNDER THIS ROOF. GIVE US THE STRENGTH TO PROVE OURSELVES FOR THE BEAUTIFUL TOMORROW, THAT WE CAN BE TEACHERS IN THY NAME, IN THY IDENTITY, IN THY TRUTH, IN THY TEACHINGS, TO SERVE MANKIND, OUR GENERATIONS; MANKIND IS IN ALL, BIG AND SMALL. GIVE US THE FAITH TO GO THROUGH ALL CHANGES WITH THE FIRMNESS OF THAT TRUTH WHICH YOU ARE. AND GIVE US THE TRUST THAT WITH EVERY LIMB, AND BEING AND MOLECULE OF OUR BODY, IT IS YOU WHO PLAY AND IT IS YOU WHO EXIST. IN THAT EXISTENCE WE ASK THIS MOMENT WITH THY PRANIC POWER, LEAD US TO THE PATH OF JOY, HAPPINESS, FULFILLMENT AND PROSPERITY, SO THAT WE CAN SERVE IN THY NAME. SAT NAM. THANK YOU VERY MUCH.

YOGI BHAJAN 6/16/96

The purpose of life is to watch and experience living. To enjoy living, every moment of it. And to live in environments which are calm, quiet, slow, sophisticated, elegant. Just to be. Whether you are naked or you have a golden robe on you, that doesn't make any difference. The ideal purpose of your life is that you are grateful – great and full – that you are alive, and you enjoy it. "

Our purpose in this life is to live in higher consciousness and to teach others to live in higher consciousness. But the best test to that consciousness is humility, selflessness, and sweetness. When you teach, teach with honesty, truthfulness, and straightforwardness. As a teacher, never compromise. As a man, always compromise. The teacher does not teach for himself, but for the higher consciousness. And higher consciousness will never compromise with lower consciousness.

Yogi Bhajan 9/18/71

All these Churches, Temples, and Synagogues, all the places of worship were meant to create group consciousness. We start with consciousness then progress to group consciousness and universal consciousness. These religious places were designed so that all the people believing one way could come and join together to praise the Lord and feel high.

The development of group consciousness in the experience of infinity is the bridge to universal consciousness and the release of the unlimited self.

Service is when you totally don't feel like serving--you're tired, you're jet-lagged, you're obnoxious, you're very, very angry, and still you go into the kitchen and you make a good dish and you say, 'Are you hungry? I made this for you.' That's called serving.

Where there is forgiveness, there is God. Where there is sacrifice, there is compassion. And where there is service, there is the radiance of the human. Is there anything more precious in a human being than these objectives?

Who is enlightened?

One who can see everything: good, bad, and neutral.

One who sees all and sees God.

If you cannot see God in all,
you cannot see God at all.

Tomorrow there can be only two things. Either tomorrow will be the worst or it shall be the best. If per chance it is the best, thank profusely and very diligently the Almighty God for giving you one good tomorrow. But if it comes to the worst, thank very dearly for God allowing you to accept the challenge and make it good. If you start with that intention, your life shall NEVER be unhappy.

Everyone, whether a king or queen, pauper or beggar, lover or deserter, attorney or accused, is going to be challenged in life. One thing you cannot escape is challenge. Whether you challenge the challenge or you give in to the challenge, that is what decides your spirituality. Is your spirit higher than the challenge so you can face it?

The first qualification of a Kundalini Yoga Teacher--that he goes through calamity with a radiant smile, he deals with another person with a most humble understanding and he lives in the core relationship of Imperial Majesty.

Your development period is 27 years of age. Your living period is another 27 years. And your dying period is another 27 years. That's how it's proportioned. Your achievement is during the first 25 years. Your time within yourself and with your family is the next 25 years. For the next 25 years you roam the world to share and experience. Then for the next 25 years, you wait to go home. That's how these systems were set.

Yogi Bhajan 7/23/96

Prosperity is Proportionate to Your Purity.

There has to be a cause of death and there has to be an opportunity for wealth. That is how it goes. You are all actors on a paper stage. You are all paper tigers. You have to do what you have to do, but there is somebody else who does everything. I am not trying to be a fatalist, but let me tell you as a scientist, in pure mathematics, root square is the root square to gamma, alpha and beta. In a theta state, productivity can only exchange from matter to energy and transfer the energy into matter. Therefore, all prosperity, productivity and projections are controlled by the self-projection of the neurons.

Understand this: When the rhythm in the neurons, which controls the projection, starts acting within the scope of less than four seconds, man becomes prosperous - no matter how dull he is. When it starts acting within the scope of over seven seconds, a rich man will become poor; that's all it is - time.

Constructive induction helps you understand the facts, and the moment the facts are induced, you shall deduce the opportunity in seconds; these are the balances.

I promise you that those who shall serve others, the Almighty God shall have no power but to serve them, that is the only way. Your power is not in your strength and weakness, in your show and your capacity, in your titles and your achievements, in your money, and in your playing games. Your power is to uplift others. Those who uplift others, God shall uplift them, because it is God's Will to uplift everybody. When you live in your Godliness, He will not let you fall.

Yogi Bhajan 6/20/93

May God guide you on this path. May you understand that you are blessed children and you have a job to do. May you know in your heart that God belongs to you always, within and without. May your sorrows never touch your tomorrow, may your blessings be for all, may your happiness be shared, and may your smiles give hope to others.

Yogi Bhajan 6/20/93

You have to reach the Neutral Mind. Once you start relating to the neutral mind, you will never find any

trouble in your life.

The purpose of being human in this life is to become immortal. There have been humans who trusted in God, who believe in God, who dwelt in God, and their perpetuality is still remembered. They are called prophets, messengers, guides, teachers, spiritual, non-factual. They were factual people who brought home the realization of man's concept.

Yogi Bhanan 1/6/90

Whenever you have a problem, if you put your problem at the touchstone of the spirit, the consciousness and the soul, you will be surprised how easy it is for you to solve that problem. But whenever you take a problem and look at it from the ego's point of view, it will not only bring you confusion, but it will also bring you destruction.

The two most important things in your body are the upper palate, which is the base of the hypothalamus, because the hypothalamus controls the entire nervous system, and the tip of the tongue, which affects the central nerve channel, hushumna. That controls your entire psyche.

Yogi Bhanan Women's Camp 1992.

Some people think vengeance is a necessity and fear is a reality. Both are wrong. Fear only comes to you when you cannot cope up with a situation. And you cannot cope up with a situation when you do not have your transmission... you do not know which gears you have to go through. And you do not want to change the gears because you think something will fall apart. You cannot adjust with it. So, it is a mental game which every human plays.

Sane is that who can deal with insanity and still smile. Brave is that, which can deal with cowardness and still keep going. Rich is that, which can face the poverty and still not give up his consciousness. Spiritual is that, against all devilish darkness, he keeps the light burning. Giving is God, taking is taking, doesn't matter what you take.

Yogi Bhanan 4/8/85

Your greatest art of life to win the world is to move gracefully with utmost patience, tolerance, kindness and compassion, because Mother is not which delivers a baby; Mother is which delivers the universe...If you want to see the strength of a nation, you can see it in the depth of the eyes of the woman and the smile on the face of the child. If you want to see God on earth, you can see it in the depth of the commitment of the woman towards her own nobility. If you ever want to see the miracle of God, just see a very saintly, noble, committed, divine woman, and wherever the light of her human eyes fall, that becomes heaven...and that is the power of a woman.

Yogi Bhanan 7/15/88

Student: What do you do if the destiny is negative and you want to make it positive.

YB: Destiny is not negative. It is the fate, which is negative. Fate eats you up on the way. Destiny or fate are two sides of the same coin. If you will not reach the destiny, you will reach your fate. So question is whether you want to reach the destiny or you don't want to reach the destiny. It's very difficult to go on the top of the mountain; it's very easy to fall at the bottom. That's the law of gravity, make your choice. You want to sweat or you want to fall. Both hurts. Sweat is difficult and fall is hurt. But one is achievement, one is losing. Do as you want.

Yogi Bhanan 12/10/90

There are a lot of very important things in our life. Mind is the muscle; body is the shell. There cannot be two opinions about it: The mind either controls you, or you control your mind. There cannot be two relationships. It's impossible to both control the mind and have the mind control you. No. It is always one-way traffic. It's a

one-way road. Either you control your mind, or your mind controls you. If your mind controls you, whether you are rich or poor, you are done. You will just come and go. If you control your mind, even if you control only forty percent of it, you make sense. If you control fifty percent of it, you make prosperity. If you control sixty percent you become a legend. Life is all about the control of the mind; but there has to be spirit behind it - the soul.

Consciousness, intelligence and ego, take exactly the same energy, what emotions, commotion and ego takes. Happiness is in the palm of your hand, if you take it. Life is a constant flow of love, only takes your participation, your participation is requested.

Yogi Bhajan 4/8/85

Give to everybody, smile at everybody, pay attention. It will all come back to you. People give for the sake of giving, for the sake of the return, for the sake of public relations, for the sake of better relations. Giving is in our nature, but it is conditional. Those who can give unconditionally are those who feel that everything they have comes from God. There needs to be "x" amount of time, personality, self-projection, thinking and planning, which must be one-tenth of your totality, to guide you to the realm of yourself, your soul. Give to God what belongs to God: one-tenth of your time, belongings, income, thoughts, projection, communication, one-tenth of every act. Every act shall be a blessed act in which one-tenth belongs to God.

You are the soul. The sole purpose of the soul is that you must shine like a star. What kind of star can you become? You can become a juggling star, you can become a yo-yo star, you can become a lot of things. Just understand this: it doesn't matter whether you are religious or non-religious, pious or not pious, great or not great - your prosperity is proportionate to your purity.

You are master of your body, mind and soul. It's a gift of God. If you cannot find your own reality, you will never find anybody's reality. There is no love without reality. Everything else is false. When there is a falseness, then there is no strength, no power, then there are conditions. Where there is a love, there is no question. Where there is a question, there is a business, not love. Love is blind, that's what they say. It is your power to live in love. Ask no question, Mother Nature will ask you no question. Don't claim you are in love. You will never be blame that you are not in love.

Yogi Bhajan 6/4/94

The art of being smart is to be small, which can contain all. The art of success is to answer the call of duty with grace and compassion.

The art of happiness is to serve all, and all shall serve you.

You should be smart, learn the art, and go across the world and heal God's creation. This is your job, and what you are actually going to say is, "Hail, hail Guru Ram Das and heal the world." Your job is to heal the world and elevate and uplift everybody. Everybody shall be healed. Take a person from his lower self, from his ditch, and raise the pitch so he can be uplifted. The mantra of the Age of Aquarius is "Keep Up." Help keep everybody up. When you never let yourself down and never let anybody else down, God shall serve you. He shall never let you down.

Yogi Bhajan 6/20/93

Every day of your life your tolerance should be ready to cope with your circumstances.

Yogi Bhajan 1977

The mind becomes a monster when it becomes your master. The mind is an angel when it is your servant.

When your mind thinks too much, it loses touch with the reality of life.

To be real, our feet should be on the Earth and our head should be in the Heavens.

When consciousness changes, people change with it. Some people match up, some don't. The criteria of the Piscean Age were, "I want to know, I want to learn, I want to understand, I want to experience God." It was a time of search. The Aquarian era is, "There is no search." It is a time to be. It is a time to be God, to find within yourself the Godliness—the strength in your manners, in your grace.

Yogi Bajan 11/11/94

Love yourself. Love your soul and let go of the past. Past pain is keeping you in pain. You don't have to deteriorate.

The urge of giving only comes in when God wants to give to you.... God invokes in you something to give to others, so that there may be some empty space where God can send a better gift.

Yogi Bajan 2/5/89

The human lifespan is given to you not to distance from your destiny but cover the distance to your destiny.

Friendship is not a state which you can exploit at your beck and call.

You have to walk on your own feet and you have to walk tall. Human learn to crawl and then walk. All men, women and children are children of God. They have to learn that their neurotic blocks have to be broken in two, to become triangles, and this challenge belongs to all of us. We cannot afford to be limited. We cannot afford to be negative—you cannot have the luxury of a negative thought because it will multiply in you and hurt you badly.

Yogi Bajan 11/23/93

You are wrong if you think your intelligence works or your words are powerful or you are very charismatic. Actually it is your radiant body, the glow, the shine in you that works.

You got to develop a trust to see your inner voice and hear it and trust it. Inner voice can be feeble but shall not be wrong. It is the consciousness in tune, which tells you very humbly and musically what is going on. Please try to listen to it. Raise its volume; you will recognize it is yours. That's the beauty of the inner voice.

Yogi Bajan 12/14/89

We do not trust God. Trust is, not a human faculty because when you trust something, you are fulfilled, you are there, your understanding becomes deep; and it is a state of ecstasy where there is no shakiness. Trust is very difficult.

Yogi Bajan 10/6/89

If we remove judgment of ourselves and others from our lives, we will be living in paradise.

Yogi Bajan 3/10/98

You get up in the morning, you meditate, you feel blessed the whole day. You miss one morning, you go through the day, you will realize something is missing. Why is that scene happen? Because you have not changed yourself in the very morning to one factual fact and that is that you are Satya (unchangeable). 'There is no Sat in me. That means there is no energy in me, no potency in me. I am weak.

Yogi Bajan 11/17/71

Sometime we vibrate and we say things without thinking for a second that we have to prove it, I love you and sometimes, time demands it to prove it. And then we fail. We become miserable and then we become totally miserable. Love is a sacrifice, an experience of sacrifice within oneself. It is better not to say I love you if you are not ready to prove it. Say what you can prove. If you start doing it, it will give you vaak siddhi, whatever

you shall say shall become true.

Yogi Bhanan 11/20/71

When you stop playing games then there'll be one game left to be played, and that is to become the most powerful, forceful, brightest light of God. That is the purpose of life—for everyone.

Yogi Bhanan 7/24/84

When you have to say nothing, do nothing, be nothing, then what are you? You know what you are? You are a lighthouse, so nobody else can wreck near you. That is the one thing in life you have to do. Forklift. Spread the light. Be the lighthouse. So every journey, every destiny, every distance can be safe.

Yogi Bhanan 3/29/87

Mankind is still seeking to find the peace within so it can have peace without. There shall not be peace in the world if there is no peace in the heart of the man. There is not going to be peace in your heart if you do not understand and experience your very relationship with your soul.

Yogi Bhanan 5/19/89

When you face today with courage, with dignity, with grace, and the word of the Guru (spiritual teacher), your prayers will be answered, because you'll become the prayer.

Yogi Bhanan 6/27/93

Before shaking hands with anybody, or coming and talking with anybody, all you require is that when you are nine feet away from that person, and your aura has not yet touched their aura, just insert a psychic thought, "I am going to be very, very noble with this being." You'll be shocked. Your language will change, your manner will change, your entire acting process will change.

Yogi Bhanan 6/26/84

One who rotates the earth, this earth of yours, one who rotates it. In twenty-four hours shall take care of your routine whoever it is. You believe it or not.

Yogi Bhanan 2/19/96

Inhale deeply with reverence, love, compassion, and kindness. Communicate with your breath that it must give you peace of mind, peace on the mother planet Earth, peace and oneness with God and His creation.

Yogi Bhanan 5/13/92

Your failure is when you don't mean to commit. Because without a base, without nailing yourself to the situation, you will never find the answer. You may want to have the answer, you may badly need the answer, you may try to have the answer; but without your nucleus, there is no answer. Are you going to live with this woman or not? Are you going to be with this situation or not? If you are going to be, then go through with everything!.

The problem is that you can't handle a relationship, because to handle a relationship, you have to invest your spirit into it, and you don't have a concept of your spirit.

Blessings on all those who seek peace, blessings on all those who make peace, blessings on all those who have peace of mind and blessed are those whose life is peaceful within love and that deals with respect and endurance and reverence with peace to all. May the humanity pass through the era of peaceful ways as a guiding force and all pain to the humanity being included once for all, so mankind is everywhere in peace. Sat Nam

When a person wants to relay his feeling and the other person is a receptor of relayed feeling then a relationship is established.

And when you do not relay and you do not receive or accept the relay, then the relationship is broken. So basically there is no relationship which is permanent. It must be shocking to you, but it's a real truth. Relationship is nothing but the continued relay of one personality to another..

The breath of life is the only thing that comes to you without your asking. That is an infinite gift from God. You are a slave to everything except the breath of life.

I tell you why God likes you. Because every son wants his son to be better than him. Every God wants every human to be better than Him. So God can represent peace, tranquility and everlasting identity, and that's what God is.

Yogi Bhajan 1/7/90

Who are you? You are a 'hu-man being.' 'Hu' means spirit, the light. 'Man' means the mental, the now, being now. Now you are the spirit of your mind. You are the bright light of yourself. That's your identity.

Yogi Bhajan 7/24/96

Life is based on caliber, consciousness and character. If you have very strong character you cannot be dodged, you cannot be bent, and you cannot be wiped out. It's the character which gives you courage, it is the character which gives you stability, it is the character which gives people impression, it is the character on which people trust, not you. You are worth nothing.

If you do not know how to raise the consciousness of another person, you can never raise your own consciousness.

Yogi Bhajan 12/1/83

You are not going to find God. God is in you, around you, in everything of you. You have thirty trillion Gods in you. If you want to understand, every cell of the body and the three parts of it is God. There is nothing without God.

Yogi Bhajan 11/26/89

There should not be any misunderstanding and this is how I see every woman. You see woman as a chick, you see a woman as a woman, you see woman as a mom, you see woman in many ways. I see woman, who can give birth. Because, woman is the only one individual creature, which has a liberation with God, in more ways than a man. Man has to become a man of God and woman can serve a man of God, she can be a wife of a man of God, she can be a mother of a man of God and she can be herself a woman of God.

Yogi Bhajan 1993 Woman's Camp

You must understand, this body is God's temple, in it lives God.

Yogi Bhajan 8/16/95

Sane is that who can deal with insanity and still smile. Brave is that, which can deal with cowardliness

and still keep going. Rich is that, which can face the poverty and still not give up his consciousness. Spiritual is that, against all devilish darkness, he keeps the light burning. Giving is God, taking is taking, doesn't matter what you take.

Yogi Bhajan 4/8/85

To be a yogi is to have a mental capacity to totally amalgamate with other people's states of mind, without

letting them know at all, and then to raise them up.

Yogi Bhanjan 11/22/77

If you do not love yourself to the depth of totality, you will never love, love as a reality. And that's the tragedy. If you do not love yourself unto totality of your own self, not of anybody, you will never love the love's reality.

Yogi Bhanjan 6/4/94

What is God? In reality it is your own positive self, your higher Self, your universal Self, the Self which knows no defeat, the Self which can rise again and again and again like a wave in the ocean.

Yogi Bhanjan 7/17/84

Children are full-fledged people with high potency antennae which record every vibration within their vicinity completely and very deeply.

Yogi Bhanjan 7/20/76

Life is a continuous vibration of up and down. And in this up and down, try to be neutral; be seated in your own spiritual integrity.

Yogi Bhanjan, 8/2/81

When you have to say nothing, do nothing, be nothing, then what are you? You know what you are? You are a lighthouse, so nobody else can wreck near you. That is the one thing in life you have to do. Forklift. Spread the light. Be the lighthouse. So every journey, every destiny, every distance can be safe.

Yogi Bhanjan 3/29/87

Exactly it is one word in the whole dictionary, which can represent God in you, which can bring knowledge in you, which can make you everything what you want to be and that is gratitude. Attitude of gratitude is an ecstasy, a bliss, an accomplishment, an achievement. In English the word is 'thank you.' To ordinary person you say 'thank you.' Do you say that much thank you to your parents? Do you say thank you that much to your neighbors? Do you say thank you to a tree, which give you a shelter? Do you say a thank you to the car, which takes you somewhere? Why not? The human birth is meant for thanking. You have enemies, thank them, without them you will never be alert. You will never be smart. You will never enjoy your existence. What is a victory when enemy is so heavy, that life becomes treacherously miserable and then you survive? Then you say, 'thank you.' And it is existence!

Yogi Bhanjan 10/31/93

People do not understand that life is a very direct challenge. If you do not stimulate yourself to the optimum point, you will be three fourths dead. If you keep on worshiping your blocks, you will be so badly blocked by your blocks, that you will never be in a position to move. These are the realities; this is our life. We have to make this life successful.

Yogi Bhanjan 11/23/93

However things go, you must remain calm, quiet and peaceful. That peace is the source of prosperity. Self-containment is the art of prosperity and it is the highest spiritual strength. There is nothing to match it.

Yogi Bhanjan 12/1/01

When you are gentle, you don't step on your own self. Gentle means, "everlasting self-respect, self-prestige." Gentle people are those who understand who they are no matter what, and that mostly includes personal pressure. A gentleman is one who has total control of all his senses. Senses cannot misguide him. Emotions

cannot blind him, and desires cannot pull him. That is gentle. Gentle is when you are super kind to your identity as a woman.

Yogi Bhanan 7/18/84

Purity is just like a clean house. It makes you feel good. It's the conscious cleanliness, it is the ethics, it is the morals, it is the honesty, it's the commitment.

Yogi Bhanan 7/17/84

What a woman can do with one smile, you would need a very expert doctor to do. Her divine healing power is more than even she understands, because God has given her the status of a mother. If she's not a mother, she's a mother in potential. Therefore, her mechanism, her life, her clarification, is basically divine.

Yogi Bhanan 7/9/84

Caliber will make you deliver. Character will sustain you. Consciousness will carry you. Courage will bring you honor. Commitment will bring you trust.

Yogi Bhanan 9/3/96

"I am a human and my life score is only one breath." It comes in, it goes out. If it doesn't, you are gone. Now tell me, why don't you recognize each breath as yourself and recognize its value and its control?

Yogi Bhanan 6/22/97

Meditative mind tells you about your mind, projected mind, polarized mind, inductive mind, deductive mind, subconscious mind, super subconscious mind, interrelated mind, correlated mind, and polarized mind. Mind is like an onion, it has so many boxes and so many layers and until the whole thing is not understood you do not understand that you have thought form and when you do not understand your thought form you do not understand your desire. When you do not understand desire you do not understand your commotion. You do not understand your commotion, you do not understand your emotion. And then emotion trace to neurosis and neurosis to pattern, pattern takes you to unhappiness, it is a simple delivery channel. And all this has to be known. And the only science which can give you authority, sensitivity and probe into mind is the art of meditation.

Yogi Bhanan 10/23/78

Never be right or wrong, always be neutral. Speak not through the positive mind or the negative mind, but from the neutral mind. And whenever you have to confront a calamity or a pleasure, take the altitude. Adjust the attitude. Do not react right away.

Yogi Bhanan 7/22/96

There is a constitutional law to being a mother: first be a woman, then be a graceful woman, then become a very, very, very, very graceful person....Bearing a child is not a human's job; bearing a child is totally a divine, divine, divine job ...

From 120 day(of pregnancy) until the day of delivery, whatever you put in through prayer is going to come out.

Yogi Bhanan 7/5/77

However things go, you must remain calm, quiet and peaceful. That peace is the source of prosperity. Self-containment is the art of prosperity and it is the highest spiritual strength. There is nothing to match it.

Yogi Bajan 12/1/01

I was taught the most fundamental law of karma, cause and effect. As shall you sow, so shall you reap. And you are a sovereign independent identity. When you do fault, you lose your sovereignty. You subject yourself and subjection is worse than death. I was taught all that right from day one. It was a continuous process. It was a continuous learning. It was a continuous training. It was a continuous behavior.

You have no right to tell the child what to do. The child has the right to know what is good and what is bad. If you teach the child good and bad, the child will never leave you. There's no better student. You have never accepted a child as a God-given student. You accept the child as your possession. That's your mistake.

Yogi Bajan 7/4/96

Man can be forgiven by God, I promise you. He can be forgiven, even without a prayer. But Mother Nature is not merciful at all. Her law is: As you sow, so shall you reap. She is in charge of karma.

Yogi Bajan "Laws of Life"

A child is born to you to help him face his karma in this life. A child is not your ego; not a pet dog in the house; not a substitute for love. A child has nothing to do with that. A child is born to you so that you can prepare him to face time unto Infinity.

Yogi Bajan 6/1997

What can you give to your child except the values of self-justice, except self-identity and self-sovereignty. A child must be told in a practical way how to behave and must be treated to be self-sovereign. Otherwise you are absolutely not giving self-respect to that child. If you take away self-respect, after childhood, the child reacts and then needs psychologists, psychiatrists, mental hospitals, and the like. In childhood we have to be taught about life and justice. We have to be asked to relate to the reality of life in practical sovereignty, and to our independence. We have to have a system of judiciary within ourselves so we can have the experience of it.

You must understand and learn to be a woman if you want to live as a woman. You can never win by ego and you can never sell yourself. Therefore, to be you, you have to find you within you, and on that ground you have to project. Project what? The only thing you can project is that you are good forever. There is nothing in you more permanent than your own grace. There is nothing more powerful in you than your own wisdom.

Yogi Bajan 7/31/84

What I am trying to tell you is that the very deep feeling, the expression that a woman enjoys, which to her is very relaxing, very creative, very relevant, is when she believes and understands in her depth that she has found a man who, in the depth of her heart, she can trust his wisdom.

Yogi Bajan (Man to Man)

Prayer is the only power we have. It is my personal individual belief that prayer can change the Universe. Politics and power cannot.

Yogi Bajan 12/14/77

If I love somebody, then I have no question to ask, no answer to listen for. Love is beyond questions and answers, love is beyond give and take—nobody has taken anything, nobody has given anything. Love is beyond time and space, love is Infinity; love is God in itself.

Yogi Bajan 10/16/73

Your life is not a hassle. All you have to do is find the values. That is so important because if you have not found the values for yourself as a parent, you cannot find them for your son, your grandson, your neighbor, anybody.

Mothers are the heartbeat that planted the seed of the creation of new beginnings whether you have given birth or not. You are born to be Mother Earth - the guardian, teacher and protector of life! We need your grace, strength and guidance for our future of the Aquarian Age more than ever.

Mankind is still seeking to find the peace within so it can have peace without. There shall not be peace in the world if there is no peace in the heart of the man. There is not going to be peace in your heart if you do not understand and experience your very relationship with your soul.

Yogi Bajan 5/19/89

Inhale deeply with reverence, love, compassion, and kindness. Communicate with your breath that it must give you peace of mind, peace on the mother planet Earth, peace and oneness with God and His creation.

Yogi Bajan 5/13/92

The man and woman play different roles in the relationship. She holds the spirituality and depth. She carries the relationship through the storms and battles of time and space.

When her conscious and subconscious minds are stable, a stability for the couple is created.

Exactly it is one word in the whole dictionary, which can represent God in you, which can bring knowledge in you, which can make you everything what you want to be and that is gratitude. Attitude of gratitude is an ecstasy, a bliss, an accomplishment, an achievement. In English the word is 'thank you.' To ordinary person you say 'thank you.' Do you say that much thank you to your parents? Do you say thank you that much to your neighbors? Do you say thank you to a tree, which give you a shelter? Do you say a thank you to the car, which takes you somewhere? Why not? The human birth is meant for thanking. You have enemies, thank them, without them you will never be alert. You will never be smart. You will never enjoy your existence. What is a victory when enemy is so heavy, that life becomes treacherously miserable and then you survive? Then you say, 'thank you.' And it is existence!

Yogi Bajan 10/31/93

When you are gentle, you don't step on your own self. Gentle means, "everlasting self-respect, self-prestige." Gentle people are those who understand who they are no matter what, and that mostly includes personal pressure. A gentleman is one who has total control of all his senses. Senses cannot misguide him. Emotions cannot blind him, and desires cannot pull him. That is gentle. Gentle is when you are super kind to your identity as a woman.

Yogi Bajan 7/18/84

Instead of drawing the attention of another person by a tantrum, you could win their heart by a service (Seva).

Spiritual maturity begins with the seed planted in our destiny. It is nurtured by a series of teachers and watered by the wisdom each brings to us, a wisdom which is less a philosophy as it is a combination of consciousness and intelligence that lets us face the challenges brought by each stage of our development. In that challenge and answer of life we come to recognize our self, honor our self and deliver our self in relationship.

There is a constitutional law to being a mother: first be a woman, then be a graceful woman, then become a very, very, very, very graceful person....Bearing a child is not a human's job; bearing a child is totally a divine, divine, divine job ...From 120 day (of pregnancy) until the day of delivery, whatever you put in through prayer is going to come out.

Yogi Bhajan 7/5/77

Man was not prepared to do yoga. Hatha yoga? My God! Just stretch like this for two hours and one hour like this. I have done that, and it is too much for me. I can't handle sweating like that. You can run three miles and sweat like a water tank, no big deal. But mental energy has to be controlled, and it has to be controlled by the breath, air - pavan. Pavan is the power. The breath of life is the power, and Shabad is the word. Word is the air, and word represents air.

Yogi Bhajan 1/10/89

The pelvic bone is where the breath of life is triggered and where the breathing power of the pranic body is found. The lungs are cleansing processors, the diaphragm is an aid to that process, and it is through the spinal column that the energy flows.

Our main job is to be together and inspire each other to reach for the golden light. Let us be one in the oneness of each other. Love and reach out, make life happy...live with these words deep in your heart.

Yogi Bhajan 9/2006

God is everything. What is God? Your excellence. Your God is your excellence, your inner being, your soul, your spirit, your Self. God is nowhere to be found. You are God. God couldn't create anything better than you. If you can find yourself, you have found God, right there and then.

Yogi Bhajan 6/25/84

Prayer is not only what you say or utter. Prayer really means attention. When you, your soul and your mind, pay attention, that is called prayer.

Yogi Bhajan 12/1/86

You must understand and learn to be a woman if you want to live as a woman. You can never win by ego and you can never sell yourself. Therefore, to be you, you have to find you within you, and on that ground you have to project. Project what? The only thing you can project is that you are good forever. There is nothing in you more permanent than your own grace. There is nothing more powerful in you than your own wisdom.

Yogi Bhajan 7/31/84

Children are full-fledged people with high potency antennae which record every vibration within their vicinity completely and very deeply.

Yogi Bhajan 7/20/76

It's not important what you say; it's important what somebody hears when you speak. It is important how the inner ear sends the signal and how the body language correlates. If the body language and your words are the same, the other will hear it clearly and will understand perfectly.

Yogi Bhajan 9/9/95

All this makeup, your attraction, your beauty, which does not modify and model you as a graceful woman, is an invitation to exploitation. Do you understand it as a woman? You attract him, have him, get him; then what? Attract him again, get him again, attract him again, get him again. Let him come. If he will come, he will never go. When a man walks to the grace of a woman, he can never walk away.

Yogi Bhajan 7/31/84

Sing a song with a perfect blast. It's such a beautiful emotional release, you will always be grateful to yourself. It is a perfect way to live sane; it is the best way to confront insanity.

Yogi Bhajan 11/22/77

Try to engage your mind in sadhana. Try to get up in the early morning. Try to understand that the time is now and now is the time. Those who feel they love God are fine, but those who get up in the morning for sadhana, God loves them. God created this whole universe just to love. God has a special time available to each of us - when you rise in the 2 ½ hours before the rise of the sun, the ambrosial hours, and synchronize your mind and heart to praise a God, God listens. God feels it so much and falls in love with you so much, that it seems unbelievable. In return that Creator touches you with vastness and cleanses your mind. You become fearless, innocent, and pure.

Conquer your rhythm of breath and you conquer your mental attitude as well as your behavior. When you can do that, you are perfect. You don't worry; you are secure. Your words will never be untrue if you are constant in your breathing.

When you face today with courage, with dignity, with grace, and the word of the Guru (spiritual teacher), your prayers will be answered, because you'll become the prayer.

Yogi Bhajan 6/27/93

A rose's fragrance is so powerful, it makes you want to smell it. Your grace has to be so powerful, that people want to feel it.

Do you know why we suffer? Because we manipulate things. We are manipulators. But if we manipulate just one thing, if we make just one simple manipulating effort--that we shall elevate everybody, then we all shall be elevated ourselves.

Yogi Bhajan 7/25/96

Meditative mind tells you about your mind, projected mind, polarized mind, inductive mind, deductive mind, subconscious mind, super subconscious mind, interrelated mind, correlated mind, and polarized mind. Mind is like an onion, it has so many boxes and so many layers and until the whole thing is not understood you do not understand that you have thought form and when you do not understand your thought form you do not understand your desire. When you do not understand desire you do not understand your commotion. You do not understand your commotion, you do not understand your emotion. And then emotion trace to neurosis and neurosis to pattern, pattern takes you to unhappiness, it is a simple delivery channel. And all this has to be known. And the only science which can give you authority, sensitivity and probe into mind is the art of meditation.

Yogi Bhajan 10/23/78

Spiritual maturity begins with the seed planted in our destiny. It is nurtured by a series of teachers and watered by the wisdom each brings to us, a wisdom which is less a philosophy as it is a combination of consciousness and intelligence that lets us face the challenges brought by each stage of our development. In that challenge and answer of life we come to recognize our self, honor our self and deliver our self in relationship.

Don't feel guilty. Just get awakened. Just wake up.

Start exerting your divinity. It's your birthright.

A child is born to you to help him face his karma in this life. A child is not your ego; not a pet dog in the house; not a substitute for love. A child has nothing to do with that. A child is born to you so that you can prepare him to face time unto Infinity.

Yogi Bhajan 6/1997

I was taught the most fundamental law of karma, cause and effect. As shall you sow, so shall you reap. And

you are a sovereign independent identity. When you do fault, you lose your sovereignty. You subject yourself and subjection is worse than death. I was taught all that right from day one. It was a continuous process. It was a continuous learning. It was a continuous training. It was a continuous behavior.

When woman leaves her gentle and firm nature, or her dignity and divinity, then Mother Nature does not relate to her. In other words, Mother Nature will always relate to a divine woman. And all your wishes shall be fulfilled.

Remember that intellectual knowledge does not hold and sustain you. Knowledge only becomes real wisdom when you experience it with your own Heart and Being.

Yogi Bajan 1/1/03

The body may forget things but the soul doesn't forget its journey. All actions come from the breath of life, and we all breathe the same breath of life. So, we are extremely united if we understand the expression: We are strung like beads on one breath of life which is everywhere. And that is how Universal we are.

Yogi Bajan 8/11/99

Your sovereignty can only be given to you as a child by your mother, by her identifying you as a complete, total individual. What you call 'grit,' the strength of the identity, is given to you by the father. It is all done in the first eleven years. Afterwards anything done or said and taught by the parent is useless, because the base is already built.

Yogi Bajan 2/19/85

What is grace? "Grace is the shield of radiation or radiant shield which protects the pranic balance in your entire living system, not only with you, and within you, and within your psyche, but how you correlate to all other psyches in your communication of memory. All who have gone before you, all who have to follow you. Do you understand what grace is now? That trust that others place in you is your grace. The word you give to others is grace. Expectation of you being who you are is grace. It is a total sum of your personality, reflected by you. It is your radiant body.

The purest thing in the world is the heart of the mother, the heart-chakra, the center of the mother. It can move God. It can move the Universe. It can cause an effect beyond limitation. The heart of the mother is the greatest power of Infinity ever given to any finite being.

Yogi Bajan, Women's Camp 1977.

Nobility is cultivated only when one consciously relates to one's spirit and flow of the soul and one feels the total divinity within. It is a manifestation of divinity. Nobility takes one away from temptation, anger, lust, greed, unvirtuous and unrighteous living. It gives one a qualifying factor to impress everybody without impressing. That is the beauty of nobility. The way one talks, walks, sees, deals, serves, gets served, is a total sum of one's living behavior. There is a tremendous flow of spirit in a noble person. A noble person is a very powerful individual.

Yogi Bajan 7/2/1978

Corruption happens when a religious man, having established being religious, becomes corrupt to save his authority and does not save his mission. He does not save what made him spiritual.

Yogi Bajan 1/7/90

Where there is forgiveness, there is God. Where there is sacrifice, there is compassion. And where there is service, there is the radiance of the human. Is there anything more precious in a human being than these objectives?

The mind becomes a monster when it becomes your master. The mind is an angel when it is your servant.

Student: Is it impossible to change our own destiny?

YB: Destiny is definite. Whether you can reach it or not that's the problem. We help you to reach the destiny. Not to be away from it. Human mind is weak, insecure, and it wastes lot of life and lot of time in insecurities. That's why they cannot reach their destiny. That's why we ask them to have a perpetual endurance and help, so they can make it.

Yogi Bajan 12/10/90

When there is constant pressure and no relaxation, when there is no outlet, or when there is constant boredom in life, or a constant cavity in the capacity of mental life, it results in a shattered mind and the loss of happiness.

Yogi Bajan 6/18/73

Before shaking hands with anybody, or coming and talking with anybody, all you require is that when you are nine feet away from that person, and your aura has not yet touched their aura, just insert a psychic thought, "I am going to be very, very noble with this being." You'll be shocked. Your language will change, your manner will change, your entire acting process will change.

Yogi Bajan 6/26/84

The Trinity of God is nobility, compassion and kindness.

So please, remember that God is a virtue.

When you want God to enter your personality, act noble; don't act powerful and don't act weak.

There is no make up required.

Yogi Bajan 7/15/82

Every day of your life your tolerance should be ready to cope with your circumstances.

Yogi Bajan 1977

The Cosmos works for those who have discipline, who have longing, who have some goal to reach in their lives, and who make a constant, constant, constant effort to reach it. That is dharma. Dharma is in every day, in every action, on every side of the day. Don't waste yourself into the maya of this Earth.

Yogi Bajan 2/9/03

The mother is the only person who can teach her child tenderness and compassion. It is this exposure to gentleness in the lap of the mother for the first seven years of life that teaches a man to be just, tolerant, and compassionate in his dealings with others. The entire capacity of a person for self-control, is determined by the touch of a mother.

Yogi Bajan, The Ancient Art of Self-Healing

God's fear only means don't harm anybody. "Ahimsa," compassion. That's what it means. God's fear does not mean stand and shake. Don't take that concept, please. God's fear means when you have a fear of God you shall not do wrong to anyone, including you.

Love without trust is a river without water.

Yogi Bajan 7/9/82

If the entire divinity and domain of God sits in the heart of a person, and his longing becomes timeless, then man can develop the capacity to love.

Higher caliber means that the more effectively you obey, the higher your consciousness becomes. The law of obedience is this: as effectively as you obey a command of higher consciousness, that infinite your consciousness becomes.

Compassion is for the very strong. Compassion does not come to the weak. People who are unkind, bullies, use rude language, are not strong people. They are very weak people.

Yogi Bajan 7/31/87

The purpose to visit planet Earth is not to find God, neither to announce God nor to denounce God. The purpose of coming to planet Earth is to find the sacredness in you and live it.

When you will become nothing; you shall see everything, you shall feel everything, you shall know everything and you shall command everything.

Yogi Bajan 3/12/89

Whenever you have a problem, if you put your problem at the touchstone of the spirit, the consciousness and the soul, you will be surprised how easy it is for you to solve that problem. But whenever you take a problem and look at it from the ego's point of view, it will not only bring you confusion, but it will also bring you destruction.

When your soul will be the sole guiding factor in the sector of your activities, it will always be a prosperous life, it will be always happy life.

Yogi Bajan 1/27/85

First of all, as humans we have a wrong way to talk. We talk shallow talk, we talk showoff talk, we talk convincing talk, we talk sales talk and sometimes we talk stupid talk. We are not limited to anything. But the only best way to talk in your life is when you just talk to build an understanding. That's very important.

Yogi Bajan 12/11/88

The only thing that is heard and understood and communicated at the same time is truth. Therefore you should be truthful. Do not speak for your advantage or my advantage.

Yogi Bajan 6/1/83.

To put blocks against your own vibration is the worst thing you can do to yourself. Whosoever will do this to oneself shall never find the Self. The Light of God shall always show you the way.

There's no substitution for victory. And there's no equal to nobility—noble dress, noble behavior, noble conduct, noble code, noble appearance, noble jewelry, noble virtues, noble everything. We decided to belong to purity. We brought our dress to the standard of purity and we are trying to bring our conduct to purity. We want to be pure. We want to have a meditative mind. That's why we do Sadhana (Spiritual Practice). I am explaining to you that emotions are like little waves which don't carry you anywhere, but nobility is like the trade winds. It will take you where you belong.

Yogi Bajan 7/92

Origin of everything is God, everything comes from God, everything goes to God. Everything belongs to God. It never belongs to individual. You all have to die, you all have to be born to die, you have come to go. That's called Ava-Gavan. We come to go. If we remember that and we are good, then we know where we are going. Otherwise we don't. We just die. Miserable.

Yogi Bhanan 12/10/90

Sane is that who can deal with insanity and still smile. Brave is that, which can deal with cowardness and still keep going. Rich is that, which can face the poverty and still not give up his consciousness. Spiritual is that, against all devilish darkness, he keeps the light burning. Giving is God, taking is taking, doesn't matter what you take.

Yogi Bhanan 4/8/85

We love God, not in us, outside. We love our lover, not the soul, but the personality, the facade. You have never fallen in love with the nucleus of the soul of the beloved. If you can find the nucleus soul of the beloved, you can never separate.

Yogi Bhanan 6/4/94

With the most corrupt person, you can be honest; with the most angry person, you can be cool; and with the most insulting person, you can be graceful. If the balance of your personality and your sensitivity can remain under your control and your projection, you have learned the art of living.

When a male child is born and a female child is born, mother out of attachment thinks it is my child. That is where wrong happens. There is no such thing as my child.

One soul is so pure, so genuine, so competent, so creative that it can give birth to another soul. Actually to be a woman is only to allow another soul to go through the experience of the creativity of God, but once you possess it that this is my child you start the trouble right that minute. Because when it is your child you will give it the values as you want to give it, but when it is a gift of God then you will give it the values of God like. This is the error, which every mother does.

It is the very evilish thing to think a child as your own property.

Yogi Bhanan 7/4/77

Your greatest art of life to win the world is to move gracefully with utmost patience, tolerance, kindness and compassion, because Mother is not which delivers a baby; Mother is which delivers the universe...If you want to see the strength of a nation, you can see it in the depth of the eyes of the woman and the smile on the face of the child. If you want to see God on earth, you can see it in the depth of the commitment of the woman towards her own nobility. If you ever want to see the miracle of God, just see a very saintly, noble, committed, divine woman, and wherever the light of her human eyes fall, that becomes heaven...and that is the power of a woman.

Yogi Bhanan 7/15/88

Subconscious anger can completely and totally destroy your mind. When your mind is destroyed by your subconscious, then you have only one thing with which to help yourself, and that is ego. Because you have no friend, you have no energy. You cannot keep yourself together. And when you deal with life with ego, then you are a rebel, then you do not flow with the flow. Then the hassle in life starts. Then you'll sweat and stink.

Yogi Bhanan 7/83

There are a lot of ways you can maneuver your life, but you have no life, you are rather a burden to life when your axle breaks. And every life has an axle, and that is the spirit of God, the breath of life... the most important thing the mortal has to see is that immortality is the axle of life.

Your spiritual name is your designated destiny, your heavenly identity. That's all it is. You may or may not live to it, but it is your guiding force. And it's a prayer.

It's a prayer in the other man's word. What is prayer? It is a calling. And you answer the calling. You get

uplifted. It's a plus. It's a way of receiving people's blessings.

Without finding that strength to live your spiritual identity, life will be a waste, and we don't want it to be wasted.

When the heart gets into prayer, every beat of the heart creates a miracle.

When oneness is because I am alive, you are alive; when oneness is because of time and space - my friend, oneness has not been found. Oneness is, wherever you are, I am. Wherever I am, you are there. That is oneness. Once you have belonged to me and I have belonged to you, then it is the end of all that searching. Oneness is that amalgamation within the mind. As long as the oneness is the amalgamation of the body, it is the temple of grossness. Oneness is a subtle thing. It is not gross. It cannot be seen; it can be felt.

Yogi Bhajan 1975

Don't worry about obnoxiousness, narrowness, abusiveness, negativity and neurosis of a student. Had he not been all that, why should he come to you? So please, when you become a Teacher, serve all, like the sun, which shines on all with light and warmth.

Yogi Bhajan 8/1/96

Sing songs that relate to the spirit; it is such a beautiful emotional release. You will always be grateful to yourself. It is a perfect way to stay sane.

Just understand, there's another power. It's called 'the mind.' You have a mind and you have an ego. But mind and ego come of the Universal Id. You are part of that Universal Id. Every mind computes its desire without you, and the master mind responds. When you can develop that response, life becomes comfortable, happy, relaxed.

Yogi Bhajan 3/13/90

Mentally say, "I, so and so, do hereby promise and pledge on this sacred time of the day that I will always try my level best to meditate on each breath of mine and will think of it as a gift of the divine".

As long as your ego exists, you are not a Teacher. As long as you expect appreciation, you are not a Teacher, you are a beggar.

The greatest blunder I have seen that almost everyone makes is to just speak their mind. It doesn't make any sense. They sound like the squawking ducks in a pond. The mind is not meant to be spoken. The mind is mostly waves of thoughts and sensations from many sources. The mind is meant to know the truth. Know your own mind and use it to speak the truth.

There is no progress if there are no challenges;

there is no progress if there are no calamities;

there is no progress if there are no mishaps.

Spirit has no end and no beginning.

A spiritual person shall not draw the line.

A spiritual person shall not judge what is right and what is wrong.

A spiritual person will always aspire to make other people feel right, feel good.

Yogi Bhajan 7/24/88

We do not understand that the most important aspect of a human is the consciousness.

We do not have the power of commitment if we do not have consciousness.

We do not have the power of conception if we do not have consciousness.

And when we do not have consciousness, we do not have basic intuition.

When will joins the ego, it makes you fanatic.

And when will joins your lower consciousness it makes you depressed.

When will joins you, it makes you divine.

Yogi Bhajan 5/24/82

What is the difficulty in us? Why can't we figure out that God is still the owner of this planet earth? He rotates the earth, he will take care of the routine..

Why don't you give the chance to the Master, the Guardian Angel, the God who created you, to fix up your tomorrow? Give it a little chance.... Let us love ourselves in a very small way. And let us love everybody all the way. Let us trust little bit by little bit.

Yogi Bhajan 1/16/99

Nothing can change the pattern of human destiny until the devotion is so strong that one is willing to sacrifice his patterns.

And when that occurs, life is greatly changed.

Elevated consciousness is a surety. Happiness is around the corner.

Head is a computer.

Heart has the power of 108 suns.

Heart center is the strongest of all centers.

Whenever you pray with the head, it will take so long-you have to go through the intellect, thought, circumstance, environment, space and time.

Whenever you sing or pray from the heart, it will be timeless, spaceless and absolutely effective.

So, you are what you eat.

And your power is what you speak.

Your strength is what your manners are.

And your prosperity is based on mutuality.

That's how you will spell it.

Your relationships is based on service.

And your trust with people is based on your purity.

Our fears are there to spoil our lives. It is not you who betray the soul. It is your fear which betrays the soul. Fear is earthly, and has nothing to do with the heavens. Your fear is that you must hassle, and only you can make it. It is never true, never was, nor is, nor shall be. The guiding hand in this world is the hand of God.

In the reality of your own structure and existence, the mind is given to you so that you can act, express, and experience your self in this creation.

The Kundalini is known as the nerve of the soul. This is to be awakened. Your soul is to be awakened. When soul gets awakened, there remains nothing....If your soul is awakened, what else do you need?

Yoga means "union." It is the experience of Infinity in our own finite form. Kundalini Yoga offers us the discipline through which our own self can experience our Self. It is a path that will lead us onward to find the bliss that is at the core of being human.

The prayer of the mother is the most powerful tool. Once you give birth to a child, give him the highest gift: pray for that child. Giving birth to a child and not adding prayer to that child is just building a house with no foundation.

There are four chambers of a Teacher's heart:

one pumps out information,

one pumps out blessing,

one receives all the faculty of negativity,

and one chamber is strong enough to cleanse it.

Many people believe that the spiritual path is difficult and the neurotic path is easy.

Students profess it and even some teachers encourage this idea. I have never agreed to it nor am I willing to agree to it now.

It takes the same effort and energy to walk either path. The problem lies in being subject to time rather than being one step ahead of time.

Drop your prejudice against yourself-Number One.

Drop your limitation against yourself, and drop your insecurities against yourself. Drop your self unto the Altar of the Creator. You will never need an alternative.

God shall come through in your case, in person.

There is no criterion in life that will carry a marriage, or satisfy the marriage, except your creative communication with the person you love.

You cannot sustain a friendship without wisdom. Wisdom is nothing but practical learning of a higher consciousness.

A person can know and trust you only if you are a wise human being.

We never blame ourselves for our own neurosis, we always blame others. You must understand that when we are successful we fail at the same time. Success does not bring you anything but boredom. How to maintain in that boredom is the real secret of success.

Total harmonious relaxation cures the body.

To achieve this there must be coordination between the three facets of ourselves: body, mind and soul.

Yogi Bhajan 4/9/86..

It is not the wealth, it is not the happiness, it is not the possession, it is not the position, it is not the power, it

is not the projection which can help you to be happy. Your happiness is based on your fundamental steadiness, what is called is your foundation. Foundation in science is known in spiritual world as faith.

Yogi Bhajan 1977

We are born for happiness, not for pain. As the pain increases so our insanity and that is a desirable life. Therefore we must understand every moment of our life is in our divinity and not in our duality. If we deny our self our divinity and go after our duality we will be nothing but a chatter box of questions.

Just remember when you give an offering, you don't make big mess with it. There is a way of salutation to the grace of God and to the self.

That is the first chapter of Vand Chako, share with others and serve them. But don't control people or they will become your dead weight. Share with them and guide them and let them become successful.

Remember that in the tomb of the emperor there are always pigeon droppings, but on the tomb of the saint there are always candles. The king owns the world and tries to control it; the saint owns the world and gives it all away. That is the difference.

Self control is not a discipline, self control is not a brake, self control is not something, self control is whether you are in touch with your soul or not. It is mental, it is not physical, it has nothing to do with nonsense.

Yogi Bhajan 3/31/90

It is not how spiritual one is, it is how spiritually one faces calamity. Spirituality is when all is gone, and there is nothing to hope for, you become the hope and you are not gone. That is spirituality.

The main experience in the Age of Aquarius is God within; then you are grateful, you are merciful, you are passionate, you are wonderful.

Whatever God has given you, He'll give more.

There are a lot of ways you can maneuver your life, but you have no life, you are rather a burden to life when your axle breaks. And every life has an axle, and that is the spirit of God, the breath of life... the most important thing the mortal has to see is that immortality is the axle of life.

The challenge of the times is upon each of us. Those blessed with a spiritual life and a reliance upon God will have the capacity to rise and flourish. It is common to spiritual pathways to give time to meditation, prayer and chanting God's name. This nurtures our consciousness, compassion, and kindness as human beings and makes us generous in our acts and deeds. We give of our consciousness and we give of our earnings. The act of giving creates an opening from the heart and soul unparalleled by any other.

A spiritual marriage is a process of amalgamation whereby the man and woman eventually become merged, retaining all of their individual strengths, while complimenting each other, supporting each other and covering for each other's weaknesses.

A woman who is not a leader is a miserable person.. (A) leader has three things. First thing, leader has to sacrifice; second thing, leader has to stand alone; and third, leader has to lead. And leader has to lead by example, by action and by word.

A leader is (one) who can stand on the top of the ladder and can stay balanced and alone. So basically, if you do not want to be the leaders, and you do not want to lead the home, lead the family, lead your environments, with grace, with courage and intelligently, you will have nothing in your life....

Yogi Bhajan 6/30/94

People who love each other don't bargain. Love has no such thing as business. Love has no conditions, because love does not obey time and space.

Yogi Bhanjan 7/1/84

A woman who knows how to save her grace can always uplift humanity. The next sentence shall be in the scriptures: Humanity, in its dignity and divinity, lives because of the grace of a woman.

I am not talking about the humanity who boozes, the gamblers, the thieves. They are humanity, too, but that humanity is a polarity. I am talking of the divine sect of the humanity that lives; whatever is left out is because of the grace of the woman. I said once before, and I say it again today, there shall be no peace on Earth if those born of woman do not recognize the divinity of the woman.

Yogi Bhanjan 7/4/77

Middle-aged crisis come from the fear of being old. Instead of being joyful about maturity, people start getting scared of being old.

Yogi Bhanjan 6/11/90

Your prosperity is base on your spoken word.

With one word you can make a friend, with one word you can make an enemy.

With one word you can win a heart, with one word you can break a heart.

Life is a constant prayer, not a constant play. Your development as a person and especially your development as a woman have a complication and it has a cross-complication. As a woman you do not agree from day one to the day of your death that you are not a man. You do not agree that you have two active parts of the brain and man has only one. You do not agree that you conceive, you deliver, you nurture and you are sixteen times more evolved than a man. You do not agree that the coziness, the gentleness, the kindness, the character and the nobility which you can give to your child is imprinted from the time of growing up. Nobody can substitute for a woman.

Yogi Bhanjan 7/27/89

Every calamity is the test of our reality. Never be afraid of it. Whenever you face calamity with your reality, you shall win because God shall be on your side.

The problem with walking on the spiritual path is that you are tested at every step.

Each step expands you, lifts you, and gives you elevation.

But on the neurotic path, the path of ego, you enjoy every step, but every step is just flat. No lift, no elevation.

You get to tied into it that soon nothing can reach you.

The only relationship that will live is one that has a foundation. Can I put a roof on this house without any foundation? No. A relationship needs a foundation; you need, for yourself, a foundation-your foundation, your discipline for yourself.

Yogi Bhanjan 12/5/88

When you talk to your mind assess it. Don't be anxious or afraid. As you start talking to it, it will stop working on its other games. This mind is the biggest game player in the world and it's right within you. Once you have

relationship to it, it listens and it cannot play a game to slip something past you or to skip over you.

I don't know why you have not been told that it is a mental responsibility for you to see your life through your own clarity-not what other people counsel you, not what other people tell you.

Yogi Bhanjan 12/12/88

It is the beat of the heart which is common among us. It is the breath of life which is common among us. It is the Creator in us which is common among us. So we are all one, like one sun. We are all the rays.

Yogi Bhanjan 5/20/95

There is no progress if there are no challenges;

there is no progress if there are no calamities;

there is no progress if there are no mishaps.

We are not Indians. We are not Americans. We are not Germans and we are not French. We follow a spiritual bond, and spirit is not divided by the boundaries of political arenas. The projectivity of the magnetic field of the soul is always at the same frequency wherever it exists. It is called the lifeline.

Yogi Bhanjan 7/4/84

Consciousness, intelligence and ego, take exactly the same energy, what emotions, commotion and ego takes. Happiness is in the palm of your hand, if you take it. Life is a constant flow of love, only takes your participation, your participation is requested.

Yogi Bhanjan 4/8/85

You within you is the strength of God. You within you is the flow of life. You within you is pure truth and pure light of God. Therefore, always intuitively face life as You, not as the victim of circumstances.

Yogi Bhanjan 7/18/84

When you are gentle, you don't step on your own self. Gentle means, "everlasting self-respect, self-prestige." Gentle people are those who understand who they are no matter what, and that mostly includes personal pressure. A gentleman is one who has total control of all his senses. Senses cannot misguide him. Emotions cannot blind him, and desires cannot pull him. That is gentle. Gentle is when you are super kind to your identity as a woman.

Yogi Bhanjan 7/18/84

Total harmonious relaxation cures the body.

To achieve this there must be coordination between the three facets of ourselves: body, mind and soul.

Yogi Bhanjan 4/9/86

Subconscious anger can completely and totally destroy your mind. When your mind is destroyed by your subconscious, then you have only one thing with which to help yourself, and that is ego. Because you have no friend, you have no energy. You cannot keep yourself together. And when you deal with life with ego, then you are a rebel, then you do not flow with the flow. Then the hassle in life starts. Then you'll sweat and stink.

Yogi Bhanjan 7/83

Prayer is a way to purify oneself, prayer is a mission, a finite can reach infinity through the power of prayer, and what is a curse? Opposite to prayer is a curse, curse is when we make mockery of any of our prayer, or anybody's prayer. In the Aquarian Age, prayer is a constant motivation.

Yogi Bajan 1977

Remember, if your presence doesn't work, your words will not work, and your interest, strength, wealth, and position will not work.

What should work is your presence.

Make meditation the art of life. Make meditation the science of life. Because only with that, and with that only, you can develop intuition.

Yogi Bajan 7/20/1978

If you want to think about everything with the head, you won't make it. Everything is not head and everything is not heart.

Passion and compassion, advantage and sacrifice.

They are the interrelated facets of human action.

Yogi Bajan 10/5/73

When a totally complete, comfortable happy man touches an unhappy man, he brings happiness. Life is a sharing. We share our sorrows and we share our happiness. And if somebody is in sorrow, and we pour our happiness into that person, we make him happy. For that we need clarity of the mind. We need the strength of the soul. We need enlargement of our point of view. We need tolerance. We need courage.

Yogi Bajan 10/11/89

Lord God, give me love so I can flow in the love of all. Give me wisdom so I can be kind to all.

Give me courage that I can serve all.

Neither an appearance is bad nor an act is bad; it is the bad intention which is the problem. Bad intentions are cunning devices.

Without finding the strength to live your spiritual identity, life will be a waste, and we don't want it to be wasted.

The only way a relationship between you and God can be established is if you become grateful and build up a standard of gratitude.

Only then will fulfillment come in life. Only then can you be happy in life. Only then will you be fulfilled in life. Because in God we trust and in God we dwell.

As long as you think that a man needs you for such and such, it is a business; then there is a profit and a loss. When the relationship is established with no profit and no loss, then you both have understood each other.

Where there is forgiveness, there is God. Where there is sacrifice, there is compassion. And where there is service, there is the radiance of the human. Is there anything more precious in a human being than these objectives?

Let us be kind and gentle to the fact of reality that God is never going to abandon the planet earth. Therefore the Creator is not going to abandon creation and the creatures. Let us start our today with ecstasy of consciousness and feeling of oneness with God and with each other. Let us make a resolution that each day we'll say little bit good-bye to insecurity and we'll rely on security little bit more. And that each day, that little bit in a small way, shall go all the way. In the end you will find it is multiplied by 365. That many days are there. But if you're really smart, do it by the hour. If you think you are really smart, do it by the minute. And if

you have a real computer consciousness, do it by the second.

There is no intimacy without compassion.

There is no love without compassion.

There is no community without compassion.

It is caring and compassion; the rest is all a joke.

Never be selfish-be caring, be compassionate, be kind.

Whenever you have a problem, if you put your problem at the touchstone of the spirit, the consciousness and the soul, you will be surprised how easy it is for you to solve that problem. But whenever you take a problem and look at it from the ego's point of view, it will not only bring you confusion, but it will also bring you destruction.

Your Infinity is you when you stop thinking. Have you stopped thinking? That's the end of it. Awareness takes these things away from you: thinking, reason, logic, argument, fantasies, planning, scheming, knowing and worrying. These nine things must go before you can say that you are on the path of awareness. Do you know why? Because the One who rotates the Earth can take care of your routine. These nine things you do are unwanted. They only satisfy your ego. Where there is ego, there is no amigo.

Yogi Bajan 7/20/96

The era of freaking out is over. Society is feeling a great impact and requires comfort from anybody who can give it. The greatest thing on this earth is to serve the people

of God. That is the highest act a man can do for any other man, but it has to be positive, not that you can go help somebody and you go and drag yourself down and get into the pit yourself. You have to be very firm, very honest, very constant, very insistent and very persuasive.

In spite of that you have to be very sweet, very kind, very serviceful and very righteous. These things go together.

You are not on a trip to convert people. That is not your responsibility; you are not a missionary who has to count how many Christians you convert. But you can proudly say, "I have comforted 50 people." Provide people comfort, go into society, live for people. If God, out of His mercy, has pulled you out of that insanity, then is it not fair for you to serve those who are still suffering?

Yogi Bajan 1974

You have not learned to live by the decoration, beauty and make-up of grace. You have learned to look beautiful by your make-up. And you cannot improve on the work of God. Your make-up does not make any sense. That's why, spending all the money on make-up, still you are miserable. Nobody can improve on what He made, the Great Creator, the artist, whose creation you are.

Yogi Bajan 6/26/88

I am trying to relate to you the power that lies in obedience to your own commitment.

Once you commit, obey the commitment and everything that you want to achieve you shall achieve.

Once a man adapts himself to righteousness, then no sacrifice is painful.

As long as a life of righteousness is not adopted, everything is painful.

Yogi Bajan 1974

We do not understand that the most important aspect of a human is the consciousness.

We do not have the power of commitment if we do not have consciousness.

We do not have the power of conception if we do not have consciousness.

And when we do not have consciousness, we do not have basic intuition.

In the worst scenario, sit down, close your eyes and talk to your own soul, spirit. The moment that becomes your attitude, all things you need in life shall come to you.

Serve all without classification or discrimination. Discrimination means you have reservation, which comes from fear, phobia, non-Infinity.

Yogi Bhajan 6/11/90

The clouds of war are always hanging on us. The entire economy of the country is at a standstill and people are in disarray, physically, mentally and spiritually. Nobody knows what is going to happen tomorrow, but people who practice calmness and quietness, who have meditative minds, know that what is happening is not what many think. Time has brought the earth to all this, and sometimes things do happen which are required to happen.

Yogi Bhajan 3/16/03

A yogi is a person who can totally amalgamate himself with you at your level, experience it and realize it, and then pull you up.

Happiness is a by-product of the totality of life which has to be shared compassionately and kindly with all.

Yogi Bhajan 10/11/89

There's no other way on the planet to free your soul unto the destiny and unto God but by serving those who need a hand—smiling at them, wiping away their tears, forgiving them.

You know you have life that you can live. You can have all that you need. That is destined. More than that you can only get, if you open yourself up. Open your door; open your heart to others. You have to show that you are the beloved of the Lord and you are here to live a life for everybody. And this is unlimited. Whatever life is given to you by the pranic energy is unlimited.

By giving from the heart, we reconnect to that source, elevating our soul and fulfilling our destiny. The psyche of giving is very simple, but difficult to understand.

Be competent. Do not show that you are scared. Do not show you are irrational.

Over and above that, never ever let anyone know that you are not willing to listen.

Listen patiently, reply promptly, answer effectively and be in command.

That is the price of living. And the best thing is, speak moderately, politely.

I tell you today and I'll tell you tomorrow and I'll tell you every day: You have only one friend—you and your discipline which will give you all that you need. The rest are all promises. After studying every scripture of every religion and what I went through, I have found that there are three words: Sadhana, Aradhana, and Prabhupati. Sadhana means discipline, Aradhana means perfecting the discipline, and Prabhupati means you will become the Lord Master of God Itself.

Yogi Bhajan 7/20/96

You have to understand the purpose of life.

The purpose of life is to do something which will live forever.

When you talk to your mind assess it. Don't be anxious or afraid.

As you start talking to it, it will stop working on its other games.

This mind is the biggest game player in the world and it's right within you.

Once you have relationship to it, it listens and it cannot play a game to slip something past you or to skip over you.

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Once you have relationship to it, it listens and it cannot play a game to slip something past you or to skip over you.

The radiance of your spirit can be measured according to how the name of God vibrates within you and around you.

If your Sadhana (Spiritual Practice) is perfect, your spirit will be high. If you have forgotten to chant the Name of God, you will be in the doldrums. If you become low and depressed, it is only because you have not warmed up your machine in the morning; you have not done your Spiritual Practice...In the Western world where there is such a criss-cross of mental thought patterns, you must find a way to bring your mind under control. You must learn to bring the level of yourself to zero, whenever you like. This is practiced in Sadhana. Remember, you are you and you are not you. You are you in the frame of the defined finite, but you are not you, in the frame of the infinite.

The law of consciousness is that everything is nothing but consciousness - then to live for achieving higher consciousness means making a promise to be conscious of all facts, of now and then, of ever and ever. It is a pledge and a dedication.

Yogi Bhajan 1975

There is a system called recharging yourself and you have got to know that. When your inner vitality fails, your virtues fall apart.

If you do not breath consciously for 11 minutes a day, you lose 40% of the vitality of life. This 40% you cannot recapture by any medicine or any exercise. But if you do breath consciously for 11 minutes and make it very long, deep and slow, that can do exactly what no miracle can do, because your life is based on the breath of life.

Yogi Bhajan 6/17/92

What is prosperity for a woman? It is when she expands herself, her goodwill, her good manners, her smiles, her counseling, and her uplifting. Prosperity is all good things. Whenever a woman puts all good things together, prosperity and abundance are assured. But if she wastes her time in bitterness, poverty is assured.

Yogi Bhajan 6/26/2001

Our fears are there to spoil our lives. It is not you who betray the soul. It is your fear which betrays the soul. Fear is earthly, and has nothing to do with the heavens. Your fear is that you must hassle, and only you can make it. It is never true, never was, nor is, nor shall be. The guiding hand in this world is the hand of God.

The best medicine that a person can have is the knowledge and experience that he can swim through every tide and change of the time. If you have the mental competency to deal with every situation that arises, then you are very happy, very healthy, and very well-balanced person.

Yogi Bhajan 11/17/93

You have come from the Perfect to be perfect.

It is not that you have come from the Perfect and you have been put here as imperfect, and you have to become perfect.

The very 'in' feeling, when two people are merged, means that then, there are not two beings. Then why to cheat? Why to defend? Why to talk? Why to argue? These arguments, these defenses, these reasons, these situations are only when the One is not found in the oneness of one's own mind. Then you have to structure defense mechanisms.

Yogi Bhajan 1975

Middle-aged crisis come from the fear of being old. Instead of being joyful about maturity, people start getting scared of being old.

Yogi Bhajan 6/11/90

Success, happiness, and constant prosperity are the result of mastering the mind.

The mind exists as a servant to your soul. When the mind is aligned with the soul, each thought that is stimulated from the intellect to eventually manifest into life is perceived and acted on with clarity and reality.

You will be happy and fulfilled in your life.

What is sin? Sin is a fluctuation in the flow of spirit like the high and low tide. When a person is in very low spirits, he cannot represent the low of his spirit. The tide is out and, nobody can come into dock. This is the biggest sin of all. When the tide is in, you are bright, beautiful and wonderful. You have the spirit to match up to everything. How can you keep the tide in? How can you maintain your depth? I can tell you the answer in one word: Sadhana (Spiritual Practice). I can lecture without end. But I have already told you the truth. There is no other truth. All situations can totally be taken care of if a person decides to do Sadhana every morning.

Yogi Bhajan, 1980

When an obstruction comes into our lives, we feel very upset. We suffer. We think everything is ruined. No, it's not true. A car without brakes is not going to be driven on any road. These obstructions, these negativities, these nuisances are part of the game. They give you a chance to cross over them. But you can't cross them because you have not acquired friendship with your own spirit.

Yogi Bhajan 10/5/73

Compassion is the one concept where God surrenders to man.

When a person of God surrenders him or herself to compassion and every step of life is guided by that power, that person is highly enlightened, elevated and exalted.

Yogi Bhajan 4/21/96

The urge of giving only comes in when God wants to give to you.... God invokes in you something to give to others, so that there may be some empty space where God can send a better gift.

Yogi Bhajan 2/5/89

Be kind to everybody. Be caring and be compassionate. It's the way of life we have to follow. It's the strength of life we have to use. And the future of everybody, we have to bring home happiness to all. Never compete, never compare and never confuse yourself with everything here. You have come from God, be with your God and see the glory of God in all, big and small. God shall be with you.

Communication, like a road, is already mapped. And every communication has to have an indication in it as to who you are dealing with. Are you dealing with a person of authority? A person of love? A person of shallow relationship? An acquaintance? You must gear yourself before you even utter one word.

Without love, there is no God. Without love, there's no spirit. Without love, there's no prosperity. Without love, there's no sincerity. Without love, there's no growth in you. There is no happiness without love. Love is the key to everything you are in and you are out. Love is a total state of mind of tolerance. Total tolerance is love. Love has no limit. When it has a limit, then it is not love.

Human love is for one thing only; to love your soul.

Then the Infinite world around you will be in love with you.

Find happiness within you, find an attitude of gratitude. Be happy with what God has given you.

Then all happiness will find you, because birds of the same feather flock together. If you are happy, happiness will come to you, because happiness wants to go where happiness is.

If a woman doesn't want to be weak and she doesn't want to be preyed upon, she should do the prayer and the woman prayer is, she should keep the body Temple as very alert, energetic and she should be very alert mentally and she should be very, very alert spiritually. You have triple alert, be alert physically, mentally and spiritually and just understand, if you miss the whole world and not your nobility, the world should come at your feet. Do you hear me? If you will miss the entire universe, all the opportunity but not your nobility, that same world will come at your feet.

Yogi Bhajan 7/29/88

Whatever thought you do not record, practice and go for, goes into the subconscious.

The subconscious needs to be cleaned so that sometimes the intelligent thought can be pulled out and worked out. It needs to be sorted out.

That's why meditation is essential.

Be kind to everybody. Be caring and be compassionate. It's the way of life we have to follow. It's the strength of life we have to use. And the future of everybody, we have to bring home happiness to all. Never compete, never compare and never confuse yourself with everything here. You have come from God, be with your God and see the glory of God in all, big and small. God shall be with you.

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You are the teacher, you are the first introduction. Can you deny it? What a mother teaches a child in the womb cannot be learned on the Earth. That's why I asked you, after 120 days, just to meditate. Soul has entered. Walk and meditate, Charan Japa Kriya (meditation recommended for expectant parents. Walk 3 miles together daily, chanting 'Wha Hay Guru,' one step per syllable).

Yogi Bajan 6/28/94

Men cannot stop the Third World War. It is not in their cells. But women can. A man can love a child, but he doesn't go through the labor pain. The solutions on this Earth are not in the hands of men. The solutions on this Earth are in the hands of the woman, in the psyche of the woman.

Yogi Bajan 7/10/86

By construction, the fulfillment of a woman is motherhood—and motherhood does not mean that she gets pregnant and delivers a baby. If you understand her total behavior, you will understand her motherhood. Her motherhood is service, her motherhood is sacrifice, her motherhood is relationship. When she knows motherhood, she is fulfilled.

The Teachings of Yogi Bajan p. 28

When a mother is pregnant, the kind of soul she can accept depends on her mental attitude. And then there is another beauty that within the realm of your belly, which is your pregnancy, you can totally transform the soul. The soul is pure and has nothing to do, but the subtle body carries the karma of the previous life. A mother can totally purify the subtle body of the new child.

Yogi Bajan, Women's Camp 1976

Give your worries, pain, misfortune, anything, to God, and take happiness, joy, and smiles back to your home.

The decisive conscience inner self is that creative inner self which gets seeded into the being and flowers into happiness through all action. Just as we can extend ourselves through our credit economy, we can creatively expand ourselves to the very extension of our divinity.

Yogi Bajan 9/29/77

Love yourself. Love your soul and let go of the past. Past pain is keeping you in pain. You don't have to deteriorate.

My soul, bless me, be with me.

Energize me so I can face the world with the strength of the spirit.

Save me from duality, give me the reality and royalty so I can face my world in peace and tranquility.

May this journey of life be completed with love and affection, kindness and compassion for all living things.

Yogi Bajan 1/23/98

Your reliability will give people the courage to trust you.

Their trust will give you the power to carry a situation.

A leader carries and serves people.

Learn to lead as a "seva" (to sacrifice your time and resources for the benefit of others without wanting anything in return); people will love you, and you will continue to expand.

Yogi Bajan 2/20/04

If we consider that physical health is the sustainer of life, then mental health may be considered as the real essence of life

Yogi Bajan 1975

Our children are to be morally, ethically, physically flawless. The world has to follow them. These children have to walk themselves. If you cannot make them strong and deep rooted, and get in them the character like iron, you do not have affection for them.

Yogi Bajan 6/22/2001

Forgiveness is the highest performance of the elevated consciousness.

There is a kindness of nature and a direct approach to life.

There is no deficiency and no depression. It makes a man dedicate himself.

If you want to do something and you have the courage to do something, then do it when it is impossible. Whosoever makes the impossible possible is rewarded. What is a hero? That man who makes the impossible possible.

Yogi Bajan 1975

Nobility is such a virtue.

You can conquer the whole world with it.

It is a code of conduct to be noble.

Nobility is self-determination to not be corrupt.

It is a self-declaration.

The power of prayer can bring peace to the earth and peace to the heart.

The challenge of the times is upon each of us. Those blessed with a spiritual life and a reliance upon God will have the capacity to rise and flourish. It is common to spiritual pathways to give time to meditation, prayer and chanting God's name. This nurtures our consciousness, compassion, and kindness as human beings and

makes us generous in our acts and deeds. We give of our consciousness and we give of our earnings. The act of giving creates an opening from the heart and soul unparalleled by any other.

We have to become reservoirs of energy. Our words, our sight, our presence should be in a position to change the frequency of a person who needs the jump-start.

Do it with words, with touch, with sight and with prayer. It's the same thing. It doesn't matter what condition you are in. But it does matter how precise and clear you are to lift up the other person.

Yogi Bajan 6/22/01

Grace will come to you, glory will come to you, happiness will come to you. Everything will come to you when you will act like God.

God gives, never takes anything.

God loves everyone. God lives in you. God guards you.

The greatest beauty in you is that if you become sacred, your price will go up. If you want to protect your future, never act cheap. If you want to be free, never control anything—it will drag you to death. If you want to be respected, never nag. And if you want to be loved, then deliver. Let your words mean what you say.

Yogi Bajan 7/4/95

We do not feel that we have to raise our children for tomorrow. Child is born to us innocent, child is born to us for love, child is given to us in trust of God. You see how we break the trust of God. Our own chemistry doesn't meet, our own situation falls apart, our own things are stupid and we break the heart of the child.

You are just parents, you just pay the rent, forget about everything else. God has given them their destiny and dignity, let them be who they are. If you can't help, get out.

Yogi Bajan 12/11/88

You must understand when somebody talks to you, if you are not willing to hear them out, you are foolishly going for an unsuccessful future. The first principle of success is, when somebody is talking, hear it. Don't interrupt. Let him complete the sentence; hear him properly. When they are done and you are asked to speak, do not answer the question if you cannot uplift the person. If your answer uplifts that person, you shall be prosperous.

Pregnancy Part 5

He was inside where he was warm, cozy, and well contained. He came out and now he needs that touch, that feeling, that oneness within the nine feet of your aura. You are a modern woman. You want to go to a movie theater. When a child is born, you must stick with him for forty days and for two years you and your husband must keep him near the breast and the chest. That is the most darling God born in innocence to two people who believed in love.

Yogi Bajan Women's Camp, 1989

Pregnancy Part 4

The purest thing in the world is the heart of the mother, the heart-chakra, the center of the mother. It is the purest thing in the world. It can move God. It can move the universe. It can cause an effect beyond limitation. The heart of the mother is the greatest power of Infinity ever given to any finite being. There are certain things which can be considered the most superior things: prayer of the mother, prayer of the beloved (I wish it should say wife, but it is not written in the scriptures, so I cannot alter them), prayer of the self, and prayer of the spiritual teacher. These are four prayers which can alter and change the destiny.

Yogi Bhajan Women's Camp 1977

Pregnancy Part 3

On the 120th day of conception, we give our women a blessing and tell them to meditate more, and look toward God, so that they may have very calm, quiet, intelligent, self-creative children.

Yogi Bhajan Women's Camp 1979

Pregnancy Part 2

When a woman is pregnant, the kind of soul she can accept depends on her mental attitude. And then there is another beauty that within the realm of your belly, which is your pregnancy, you can totally transform the soul. The soul is pure and has nothing to do, but the subtle body carries the karma of the previous life. A mother can totally purify the subtle body of the new child.

Yogi Bhajan Women's Camp 1976

Pregnancy Part 1

During those months of pregnancy a woman is required to be in circumstances which are very secure, respectable, and comfortable, and in which she can have a lot of understanding around her. We always know how to raise the rose bush, but we have never tried to study how to raise our children. Our children are actually raised within those nine months of pregnancy and development. Those are very important days of life of the child.

You have the capacity such that through your presence God can be felt—no miracle is required.

Yogi Bhajan 8/1/82

There is no criterion in life that will carry a marriage, or satisfy the marriage, except your creative communication with the person you love.

A spiritual marriage is a process of amalgamation whereby the man and woman eventually become merged, retaining all of their individual strengths, while complimenting each other, supporting each other and covering for each other's weaknesses.

Where there is forgiveness, there is God. Where there is sacrifice, there is compassion. And where there is service, there is the radiance of the human. Is there anything more precious in a human being than these objectives?

Never give a man your opinion; they get offended. Let him ask your opinion. What is a man? He is pure, living, shining ego. When you give your opinion, he has to counteract it; he has to. When he asks your opinion, he has to obey it because he asked. The same ego which is going to reject is going to obey. Do you understand the psychology?

The greatest art is to sit, and wait, and let it come.

The greatest reward of doing Sadhana (Spiritual Practice) is that the person becomes incapable of being defeated. Sadhana is a self-victory, and it is a victory over time and space. When you get up for sadhana, you defeat a part of yourself because you don't want to get up. Getting up is a victory over time, and doing it is a victory over space. That is what sadhana is. Sadhana is only for you—it is a self-victory...Sadhana is an answer to every misfortune, and who wants to see you in misfortune? Sadhana is not a matter of advantages and miseries, misfortunes and handicaps. It is a very personal thing which does not relate to anybody except yourself.

When you love, you trust each other. When you don't, you don't. Don't camouflage the word "love" and not trust each other."

Yogi Bhanan 4/5/94

Happy New Year!: "Peace of mind, peace of heart, peace in the world, peace among all nations is the need of the day. Without peace there can be no prosperity, love, affection, and prosperous family. Peace has a price which we have to pay. Kindness and service is the way.

Yogi Bhanan's New Year's message, 1998

Do you know what love is? Love is an absolute power of self-totality. Love is not what you think love is. Love is a strength. Love is a goodness, like Godliness. There is no limit to it. There is no shortage in it. There is no bargaining in it. Where there is love, there is no question. Where there is a question, there is no love. Then it becomes a business. So love is the totality of the self. My dear folks, if you cannot find yourself, you can never find anybody you want to find.

Yogi Bhanan 4/5/94

Lord God, give me love so I can flow in the love of all.

Give me wisdom so I can be kind to all.

Give me courage that I can serve all.

The ideal marriage is a way of life in which a husband and wife compromise to face the time and space together for the security of their own lives and their children's.

Yogi Bhanan 1/2/77

With God's grace in past incarnations you earned this life you earned this human body.

It is pre-paid and pre-earned.

Everything in this life is given to you as it is.

You have earned it with your devotion, with your meditation, and with your good deeds.

So be content.

Origin of everything is God, everything comes from God, everything goes to God. Everything belongs to God. It never belongs to individual. You all have to die, you all have to be born to die, you have come to go. That's called Ava-Gavan. We come to go. If we remember that and we are good, then we know where we are going. Otherwise we don't. We just die. Miserable.

Yogi Bhanan 12/10/90

There's no substitution for victory. And there's no equal to nobility—noble dress, noble behavior, noble conduct, noble code, noble appearance, noble jewelry, noble virtues, noble everything. We decided to belong to purity. We brought our dress to the standard of purity and we are trying to bring our conduct to purity. We want to be pure. We want to have a meditative mind. That's why we do Sadhana (Spiritual Practice). I am explaining to you that emotions are like little waves which don't carry you anywhere, but nobility is like the trade winds. It will take you where you belong.

Yogi Bhanan 7/92

In your life you must project, because God gave you life and therefore God can only relate to life.

If a prayer has life in it, it shall be accepted.

If love has life in it, it will live.

Yogi Bajan 7/16/82

The known formula for happiness is: Commitment will give you character. That will give you dignity. That will give you divinity. That will give you grace. That will give you the power to sacrifice. Then you'll feel achieved, and you'll be happy.

Human love is for one thing only; to love your soul.

Then the Infinite world around you will be in love with you.

Why not play one game to become timeless and one with God?

That is the game of how you recognize and love your own deep truth in life.

When you can play just one game that is boundless in time and space, then all others stop.

The measure of the game is how near you are to your own truth, to the reality in your soul.

You within you is the strength of God. You within you is the flow of life. You within you is pure truth and pure light of God. Therefore, always intuitively face life as You, not as the victim of circumstances.

Yogi Bajan 7/18/84

When you put a foot on Earth, God says 'Thank you.' You are a walking identity of God's creativity. You cannot deny that. Why create insanity? Who invited you to do that? Don't feel guilty. Just get awakened. Just wake up. Start exerting your divinity. It's your birthright. Learn this rule: God who created you shall create for you everything when you exert your divinity. God who created you will give you nothing when you exert your duality.

Yogi Bajan 7/4/96

The day we believe in the subtlety of life, all of our problems will be solved, for subtlety can reach out and fill every gap.

Yogi Bajan 9/28/02

God only gave you breath of life. When you use it to recite a mantra, you make yourself positive, pure and your vibration is very penetrating.

Yogi Bajan 6/8/94

Subconscious anger can completely and totally destroy your mind. When your mind is destroyed by your subconscious, then you have only one thing with which to help yourself, and that is ego. Because you have no friend, you have no energy. You cannot keep yourself together. And when you deal with life with ego, then you are a rebel, then you do not flow with the flow. Then the hassle in life starts. Then you'll sweat and stink.

Yogi Bajan 7/83

All sickness, all shallowness, all pain, all miseries are the outcome of one source: keeping negativity within yourself.

Man is so weak that he has not created a universal system. All he has created is a political system.

A political system is outright a system where a bunch of people rule other people. As long as a bunch of people will rule other people, God shall never become our ruler. As long as people will rule people, it will be difficult for mankind to realize that God is our ultimate ruler.

Yogi Bajan 11/18/84

You can run after satisfaction all over the world, but satisfaction must come from within you.

Yogi Bajan 2/8/90

Love that shrinks is not love, it is passion.

Love endures the endurable.

Yogi Bajan 12/22/87

Meditation is only to become intuitive.

It is not emotional, it is not sentimental, it is not attached.

It is a basic reality of life.

Yogi Bajan 3/9/98

You have to have an understanding that you are like a lotus flower in a pool of mud.

You are not to let your leaves get dirty with it.

Yogi Bajan 7/28/02

When the breath of life becomes short, you become short-tempered.

When the breath of life becomes long and deep, you understand who you are.

Yogi Bajan 6/8/83

When we are not spiritually strong,

we can't negotiate properly.

When we are not mentally strong,

we do not have the grit to continue to negotiate.

Then we build more guns and bombs.

Yogi Bajan 5/28/84

We do not understand that the most important aspect of a human is the consciousness.

We do not have the power of commitment if we do not have consciousness.

We do not have the power of conception if we do not have consciousness.

And when we do not have consciousness, we do not have basic intuition.

The greatest thing, which we do not want to remember, is that we have destiny and we have fate.

We have debts and credits from previous incarnations.

It does not matter in what lifetime you did what.

In a human life you can pay consciously.

In an emotional life you have to pay unconsciously.

The whole world may give you support....but if your own mind does not support you, you will not be in a

position to do anything in life. Your own mind cannot be controlled and guided and give you the support until it is brought to a discipline. That word which brings a mind to a discipline to support you is called "Mantra". Man -Tra...to bring discipline to the mind. That is why we do Japa (Repetition of Mantra/Bani). Japa creates the heat. That is called Tapa; Tapa, that heat burns the karma. Out of the karma grows the kindness and it becomes Dharma. Out of that it grows the compassion. That is called "Sidhi", that is called "power". From that comes the word "Sadhu" who has controlled himself through the all aspect of life and that is what we call "Sadhana" (Spiritual Practice). Which you do not normally want to do. How many of you are doing regular Sadhana?

Yogi Bhajan 6/25/1987

Society is feeling a great impact and requires comfort from anybody who can give it. The greatest thing on this earth is to serve the people of God. That is the highest act a man can do for any other man, but it has to be positive, not that you can go help somebody and you go and drag yourself down and get into the pit yourself. You have to be very firm, very honest, very constant, very insistent and very persuasive. In spite of that you have to be very sweet, very kind, very serviceful and very righteous. These things go together.

Yogi Bhajan 1974

The noble way to act towards a slanderer is to ignore him.

It is the greatest punishment one can award to anybody.

Do you know how bad you feel if someone doesn't even look at you?

You should not lose your merits in contrast to someone's demerits.

Yogi Bhajan 7/2/78

You have to live like gods; you have to be universal. You have to go and serve people. You have to spread hope and give them hope! God will do the rest, I can assure you. But go and give them hope. Let them not kill themselves.

Yogi Bhajan 1974

We believe the strength of the man is in the challenge: the higher the challenge, the higher the man's capacity to meet it, the higher is his achievement in life.

Challenge is not something that destroys you; challenge is something that gives you an experience.

Yogi Bhajan 1979

If you appreciate your life, if you appreciate your job, if you appreciate yourself, if you appreciate your surroundings--poor or rich, whatever they are--you are divine. The principal is that you are divine when you appreciate whatever you are.

You must appreciate your job, no matter how dirty it is. You must appreciate your misery no matter how painful it is. The moment you start appreciating misery it will run away. You don't have to do anything. misery does not need appreciation. Misery need to give you pain. The purpose of misery is to put you through pain. As soon as you start appreciating misery, its purpose is lost. How is misery going to be there?

Yogi Bhajan 6/27/1984 (Woman's Camp)

What is a meditation?

It is a practice to fight negativity by self control.

Yogi Bhajan 4/24/97

God is not outside you. He is within you, and feel Him within you, so when you lie, just understand, the guy is hearing it. When you are doing something, which is mean, God doesn't like to tell you but He knows it. It is that sensitivity of knowledge which you have to achieve. It doesn't matter how powerful or expensive a car may be, if it doesn't have brakes, an accident is inevitable. If your mind doesn't know how to stop within the psyche of the circumstances of the flow... to create a universe and unisonness in you—you have not learned to live as a human.

Yogi Bajan 9/23/02

You know those bumper stickers that say, " have you hugged your kids today?" I think we should have a 3HO bumper sticker that say, "Have you hugged your soul today?"

Have you talked to yourself today?. We totally ignore our identity. And we deny our identity to ourself. We want to please everybody for everything and not ourself. Then we have mental problems. We get burnt out. We get tired. We get frustrated. We get depressed. Why not? We must now start to learn to remove our body blocks and let the mind understand that we don't have only a body, we have a mind of our own, and we have a soul of our own. And our body, mind and soul make our identity. We cannot just cater to our physical body.

Yogi Bajan 9/17/84

"I must accept myself the way I am made by God."

That's the first positive statement a human can make to him or herself.

Yogi Bajan 11/22/77

All your personal and financial problems are because you do not care for your spiritual strength.

You have wasted energy on petty things. Cut out all that burns you out so that your light can keep burning forever.

Yogi Bajan 10/16/97

My prayer is that your mind will find confidence, your soul will find peace, you will find your life purpose and you will honor the sacred trust that comes with each breath.

Yogi Bajan 12/17/99

My soul, bless me, be with me. Energize me so I can face the world with the strength of the spirit. Save me from duality, give me the reality and royalty so I can face my world in peace and tranquility. May this journey of life be completed with love and affection, kindness and compassion for all living things.

Yogi Bajan 1/23/98

If we are spiritually strong, we can do the impossible as possible.

Yogi Bajan 8/23/89

There is much wisdom around us but there is no heart to feel it, there is no brain to compute it, and there is no compassion to understand it.

Yogi Bajan 1977

If you do not understand that life is there to challenge you with every breath of life, you do not understand living. If you do not challenge your life yourself, somebody else will challenge it.

Yogi Bajan 3/12/89

Words do not mean anything. If someone starts arguing that which is wrong, if you know it is wrong, just say yes, it is wrong. Get out of it. You can learn about you from everywhere. A person who can accept facts about himself is a factual man.

Yogi Bhajan 1977

It is a universal law that one follows the other; but what we want is one, and what we don't want is other. As rain is followed by sunshine, tragedy is followed by blessings, and blessings are followed by tragedy. It is a cycle. If you don't want blessings, don't want tragedies. If you want tragedies, want blessings also, because each must follow the other.

Yogi Bhajan 1977

Those who are humble in practice are always righteous in the face of God. They are protected by the Supreme Being and shall always live in plentiful abundance.

Yogi Bhajan 1977

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Yogi Bhajan 1977

God exalts the lowliest of the low and exalts him to the highest of the high to prove his existence.

Yogi Bhajan 1977

For every beautiful thing, you have to pass through a valley of hardship. There is no liberation without labor. There is no freedom which is free. To create in you the power to create the intelligence which will give you power to be effective in your own living and give you satisfaction in your own joy, you have to work for it, you have to earn it.

Yogi Bhajan 1977

Ego is nothing but a committed consciousness and when your existence is a committed consciousness and your activity is not committed, then there is duality.

Yogi Bhajan 1977

Who is a teacher? The answer is, he who is the best student is the best teacher.

Yogi Bhajan 1977

You need to know how to calm down every uncalm situation. You must understand, the job we have to do in the future, which each one of you is expected to do and which requires the most extreme balance, is to calm down the environments.

Yogi Bhajan 7/3/84

Question: You said that nobility is like a mirror, when it is cracked it distorts the image. If one appears un noble in front of a person, will one's nobility be distorted forever in the eyes of that person?

YB Reply: It may get healed but there shall be a scar. Nobility is like a trust, once it is broken, one has to rebuild it. It is like a credit report, therefore it is not very fair to discredit yourself.

Yogi Bhajan 7/2/1978

It does not matter who you are, it only matters how you radiate. happiness does not come through materials,

it comes through happiness.

Yogi Bhanjan 1970

The truth is that a person never dies and the truth also is that a person never is alive. This is known as polarity of consciousness.

Yogi Bhanjan 1977

Life has a message for everyone. Life provides an opportunity for everyone. Fortunate are those who avail themselves of it, unfortunate are those who miss it.

Yogi Bhanjan 1977

It is a normal thing in human behavior to be selfish. You can't get away from it, but you can channel it. Be selfish to the extent of being known as generous. Cater to the image to be selflessly serviceful to others.

Yogi Bhanjan 1977

It is a simple thing: When you are attached, how can you be universal?

Yogi Bhanjan 1977

We come on this earth to go. We come in grace; therefore, we must go in grace. This is the highest power one has to achieve.

Yogi Bhanjan 1977

If you cannot see God in all you cannot see God at all that is what I said. It sounds very good to hear but it is the most difficult thing to practice. And specially you who are in this congregation and around this congregation shall be failing if you do not teach your children to see God in all.

Yogi Bhanjan 5/24/92

Liberation is not that from this Earth you will go to God's kingdom. The kingdom of God is where you are, and liberation here is when you are a carefree and frank being.

Yogi Bhanjan 1977

A holy man is one who sees sinner and saint alike. Saints are those who have the greatest compassion; a human being on the path of righteousness who has compassion is a saint.

Yogi Bhanjan 1977

What is a fear complex? When you feel limited. If you feel that you are a part of the universe and the universe is a part of you, what is there to fear?

Yogi Bhanjan 1977

What is a great soul? A great soul is one who recognizes all other souls. A universal soul is that which has merged with every soul. There is a very delicate difference.

Yogi Bhanjan 1977

There are three mantras you should never say: 1) I don't know. 2) I'm not ready. 3) I can't do it.

Yogi Bhanjan 1977

Do you understand that children have their own life, they have their own destiny? They have their own path

of progression. If they have chosen you as parents it does not mean they are your slave. They have chosen you as parents and you have to pay the rent. You have to share with them your basic belief, your strength. If you don't have any strength you have nothing to share. If you care to share something, share your character. If you care to share, share your commitment. If you care to share, share your technique and ecstasy and strength through which your child can tomorrow be the strongest. Don't make them a ball of your emotions. You are cruel. These children have to be tomorrow, men and women by their own right. You are ruining that right today, because you have ruined yours.

Yogi Bhajan 3/6/94

Don't cause a cause for which you are not willing to have the effect. Sequence shall lead to consequence, so don't build that sequence whose consequence you are not willing to face.

Yogi Bhajan 1977

God gave everybody a special head. It was not a collective head in the center of town where you can put in something, get the wisdom and come back. You are complete by yourself. You are complete in your grace. You are a complete incarnation. Simply you should care to know who you are. There shall never be a problem if you call on yourself.

Yogi Bhajan 10/3/73

Love is the ultimate state of human behavior where compassion prevails and kindness rules.

Yogi Bhajan 7/7/87

If in subtlety you become very refined and in activity you become very subtle, you are very near to your soul because there is a direct relationship between the subtle body and the spiritual body. The spirit and the subtle body are very much related, they never leave each other. So anything which is refined—refined art, refined acts, refined speech which is not gross—will put you nearer to the soul. That is a rather a simple way of reaching your God consciousness.

Yogi Bhajan 5/27/81

You are a total combination of ten bodies. You have a spiritual body, mental negative, mental positive, mental neutral, physical body, arc body—which you call halo, auric body, subtle body, pranic body, and radiant body. And they are interlocked, but two are free to go. Whenever the soul desires to leave, the arc body and all other bodies remain behind. They have no combination. The pranic connection with the pranic body totally breaks and with the subtle body the soul leaves. That means your identity is gone.

Yogi Bhajan 5/27/81

You are given a space of life in which you can innocently know your Unknown. That is the law of polarity. But instead of knowing your Unknown, you start knowing everybody else's Unknown. That is your problem. Nobody wants to know himself. Everybody wants to know everybody else. And that is where the whole problem is. Man is not born with problems. Man creates his own problems.

Yogi Bhajan 10/3/73

If your presence doesn't work, you do not work. Your presence is communication. Did you ever learn that? Your existence is your communication, and your projection is your relation. You are the power.

Who is right and who is wrong? Don't get into that problem. See that you don't place any burden on yourself. Live light. Don't put the weight of karma on you. Let your impulse always be shining, adjusting and calling.

Don't become uptight and don't put up any blocks. To put blocks against your own vibration is the worst thing you can do to yourself. Whosoever will do this to oneself shall never find the Self. The Light of God shall

always show you the way. It's a very simple and very honest way of living on the earth.

Yogi Bajan 10/3/73

Life plays with you again and again. You play with life again and again. Simply, you don't let go of things. You lose the flexibility. Rigidity means no life. When you are dead, you become rigid. But when you have spirit, you are flowing. You are flexible. You are beautiful. Then you are, you are. That is the height of the ecstasy of consciousness. Just practice living it. Justifications, arguments and all those things don't work.

Yogi Bajan 10/3/73

If every human being on this earth only wants to know himself, there will not be any problems. I know my limitations. I know my excesses. I know my beauty. I know my dullness. There cannot be a chance of creating a clash. But the reality is we fly from our nest without knowing our destination. When the bird comes out of the nest without knowing the strength of his wings, that creates problems.

Yogi Bajan 10/3/73

If a human being does not know how to be a human being, what advantage does he can gain by being human? If you cannot adjust the impulse of your brain, and if you cannot coordinate your impulse of the brain with the signal impulse of the other personality, how are you going to create a relationship? I have always said, "understand." "Stand under" if you want to live in harmony. Stand under each other. I understand you. You understand me. Stand under me. I stand under you. This is how life goes. Nobody can take advantage of you. Nobody can take advantage of me. People have the right to get into your holes. Block them well. Guard them well. There is no such thing as taking advantage of someone. Who takes advantage of who? There is a saying in Punjabi. "Guard your own house. Don't call others a thief."

Yogi Bajan 10/3/73

You cannot be set in your patterns because your impulse has to vibrate with another impulse. You have to be able to tune and adjust to the rate of that impulse. Life is like a car. You always have a steering wheel, but you just move it a little bit. A little bit, a little bit and keep yourself in the lane. You can't have a stiff steering wheel. If you lose time in making an adjustment, you pay through the nose.

Yogi Bajan 10/3/73

Anybody who wants to rise must pay for it. If you want to levitate your personality, then the art of sacrifice has to be mastered. It is only in giving that you receive. That is the law of conscious existence, for any person at any stage of mind. If someone only wants to get and does not want to give, it won't work out for him.

Yogi Bajan 10/3/73

Watch your heart and watch your head in relation to others. If the heart gets stuck, the head will get stuck automatically. When somebody pounces on your heart, use your head. When somebody pounces on your head, see the heart. Then you can always balance out your life. It is a practical way of living.

This is reality. If you want to think about everything with the head, you won't make it. Everything is not head and everything is not heart. Passion and compassion, advantage and sacrifice. They are the interrelated facets of human action.

Yogi Bajan 10/3/73

Nobody is complete. Everybody has a cavity. One may have a complete personality, but still have a throbbing heart which doesn't rest. If you can reach this always-moving heart, you can move anybody. Whenever you start going head to head you are creating a clash because it is the habit of the head to clash. If somebody is all in his head, get to the heart. If somebody is all in his head and you get to the head, then you are playing a game. If you can't play it, then you will blow it.

Yogi Bajan 10/3/73

Those who continue to live in the past always throw their future into the gutter. Those who live to their word are honored in the court of world, and those who do not are not honored.

Yogi Bajan 1977

If you can sacrifice your limited ego, you will always get in return an unlimited spirit; and when you get an unlimited spirit the universe serves you.

Yogi Bajan 1977

My request to you is, do not let your calmness go. Do not let your peace of mind go. Be with the Guru through this time. Your spirit shall be content. Out of that contentment you'll find yourself with a lot of richness. It is very essential at this time. The majority of the world is living in a terrible fear. Nobody knows what is happening. There's too much information available to process. That is not the way. Just feel, within yourself, content and satisfied, peaceful and unique.

Yogi Bajan 7/2003

My request to you is, do not let your calmness go. Do not let your peace of mind go. Be with the Guru through this time. Your spirit shall be content. Out of that contentment you'll find yourself with a lot of richness. It is very essential at this time. The majority of the world is living in a terrible fear. Nobody knows what is happening. There's too much information available to process. That is not the way. Just feel, within yourself, content and satisfied, peaceful and unique.

Yogi Bajan 7/2003

Admitting wrongs to one's own self is a chance for improvement.

It is one of the highest virtues not because you will be judged by this world but you will be judged by your own highest consciousness.

If you'll just feel and understand that you will become beneficial, you will become virtuous. Your judge is your own higher consciousness.

Yogi Bajan 1977

There are three things to do in life:

love, learn and live.

Yogi Bajan 11/30/83

Man is not what you think man is: man is an institution of grace, not reaction. When, as a man you react, no matter what the temptation is, or how hard the button is being pressed, you are not a man.

Yogi Bajan (Man to Man)

Meditate for peace, tranquility, happiness, joy, and bliss. Feel the energy of the Sun and Moon, the Universe, all planets, all gods and goddesses, saints and sages, all good people, all kind people, all grateful people. They are all radiating their energy to you, and you are receiving peace. Fill yourself, and take a part out of the Universe and its nectar. Just meditate that the petals of the flowers are being showered on you, throughout the heavens, by all the saints and sages, holy men, gods and goddesses. People of dignity and grace and virtue are showering blessings on you. We are blessed by Guru and Gurus and by all those who came throughout time and gave the message of God. They are all radiating their light to you and you are vibrating under that radiation.

We are not permanent here. Nothing around us is permanent. Everything moves on. So is the spirit of the Universe. As the Aquarian Age has to come, the Piscean Age has to leave.

Yogi Bhan 3/16/03

When our consciousness elevates us into sensory human beings, then we will see the reality, feel the reality, and flow with the reality rather than with maya.

Yogi Bhan 3/16/03

War can only be avoided when both parties approach each other honestly. So far, history has shown that war has happened when fanatics attacked and people then rose against it.

Yogi Bhan 3/16/03in

There is the most beautiful thing, which is called the selfish need of a prayer. Birth is according to the karma, cause and effect. That's why you are born on a specific longitude and latitude with different environments. Sometimes environments are very poor, sometimes very rich. You pick the longitude and latitude and you pick parents and you pick environments according to the karma—their karma and your karma.

Yogi Bhan 7/15/82

Peace is experienced and known through the power of prayer. Believe me or not, people who do sadhana (spiritual practice), banis (prayers)—their death is very peaceful. I have seen many people who, when the last time comes, just lie down and say goodbye to everybody, and they are gone because they know where they are going. There is no fear. There is no harassment. That's also one advantage of the power of prayer.

Yogi Bhan 7/15/82

God bless us with peace of mind, tranquility, and prosperity. By Thy grace and divinity, give us peace of mind, peace of heart, peaceful living and peaceful environments. Give planet Earth a peaceful time. May the drums of war start the drums of peace. Sing the glory of Thee and all of the humanity. We pray to Thee, bring us and make us capable to preserve the peace on the planet Earth. Sat Nam.

Yogi Bhan 5/27/90

Prayer is a technology through which the unknown is known, the unseen is seen, the unheard is heard—that is prayer. Prayer is not what you project out and what you project in. These are human feelings about prayer.

Yogi Bhan 7/15/82

The art of healing, the art of ecstasy, the art of God-consciousness has millions of names in mystic terms. It has to do with rhythm and reality. When the body is in rhythm, there is ease. When the body, or any part of the body goes out of rhythm, there is dis-ease.

The head is a computer. The heart has the power of 108 suns. The Heart Center is the strongest of all centers. Whenever you pray with the head, it will take so long—you have to go through the intellect, thought, circumstance, environment, space and time. Whenever you sing or pray from the heart, it will be timeless, spaceless and absolutely effective.

Yogi Bhan 1/23/91

Nobody can make me strong and nobody can make me weak. I make myself strong and I make myself weak. When I connect to my unknown with my own prayer, I am very strong. When I am not connected, I am very weak. It's that simple.

Yogi Bhan 7/21/82

You should learn to pray from the heart rather than head. We have to pray for peace. I know one secret: prayer is the power and it is a very virtuous and graceful power. Love those who hate you, be compassionate to those who are not compassionate, bless those who slander you, and walk on this Earth in the light of God.

Yogi Bajan, 12/22/81

World wars are out of date and shall destroy us forever. However, due to the phobia of insecurity, it might be our habit to start a war and mislead ourselves to think that we can win, although in reality we know the world cannot afford a third World War. Therefore, it is a very human and special thing to pray for peace.

Yogi Bajan 6/19/88

You all want power. Power comes from prayer and now the question arises: what is prayer? Let me tell you the definition of prayer and then you can decide how much prayer you can do. Prayer is the attunement of the mind into the higher consciousness and into the unknown.

It has nothing to do with what you say and what you don't say. It is just attunement, mental attunement, and that is where the power is. What do we do when we are in trouble? We start doing the prayer. When we are not in trouble, who cares? Our prayers are seasonal.

Prayer is the power. One who can do the prayer can be very powerful because prayer makes the entire elements serve that person. Gifts will come to that person. Whosoever will give to that person will be gifted hundredfold, thousand fold. That's also the beauty of it.

Yogi Bajan 7/15/82

Technically speaking, when you speak or hear anything negative, it pollutes your mind. If you do anything negative, it pollutes your body. If you deny anything positive, it weakens your spirit, your soul.

Bring in tranquility and tranquilize yourself through self-hypnosis in your tranquility, in your steadfastness, and in your love for entire mankind. We need the deepest prayer, concentration and strength of the inner mind for universal peace so that mankind can live.

Give Mother Earth the chance to be in peace. Give mankind the chance to live. Give children of the future a chance to enjoy the faculty that the Creator has created for us.

At this time your mental projection in peace can change the warring minds. Peace has a price—the head and heart of all of us. Let us pray.

Yogi Bajan 6/10/89

Mankind has to drop the war tendencies and come to realize that peace is the only way. We have to give peace a chance and that's all for us. In your day, give one minute to peace. Sit down and just relax, feel peaceful inside and give a prayer to honor those who work for peace and for the tranquility of all mankind. Let us honor ourselves. Let us recognize our inner peace. Meditate in your own way. Get into any posture you want and pray deeply for your inner peace and for the entire mankind.

Yogi Bajan 6/10/89

If you are willing to look at another person's behavior toward you as a reflection of the state of their relationship with themselves rather than a statement about your value as a person, then you will, over a period of time cease to react at all.

Yogi Bajan

You've got to accept everything, good, bad, better, best, rotten, or impossible. All is the property of God. Do you see that on some chain link fences it says, "Property of U.S. Federal Government. Trespassing not allowed." Have you read that? On the roadside you'll find those simple wires and there a simple plaque. You

should put a plaque before your eyes. You should put a plaque on your ears. You should put a plaque on your mouth: "Property of Almighty God.

Yogi Bajan 10/11/89

You know two things: hurry and worry. You have sorrow today and you have a fear of tomorrow. You do not feel the presence of God. You did not feel it yesterday, you do not feel it today, and you don't have a hope tomorrow. If you put your tomorrow in the hand of the One who created you, you shall not have sorrow.

Yogi Bajan 10/11/89

Our sentiments, our feelings, our psychology, our projection, our faith, our thoughts, our sex, our make-ups, they cannot make up for our inner happiness. And if the glass is empty, who can quench the thirst? If you are not over happy, you cannot share anything. You will just play the game. Happiness is a by-product of the totality of life which has to be shared compassionately and kindly with all. Some cups of life are empty. They have to be filled. And you must fill them. But you must have it to fill it.

Yogi Bajan 10/11/89

Nobody wants me. Nobody loves me. Everybody hates me." Is it human? Are you human? You are very simple, beautified gorillas. That's what you are. You are not human. Human has an elevation. A mountain which is not high enough is not called "mountain." You call it a "hill." A mountain is a mountain and when a mountain is constant, and consistent, it is called a "range." You are just moles; you try to pretend. You have an exaggerated personal projection of your personality which you cannot control, you cannot deliver, and you cannot feel. You have become so insensitive to your own mental capacity. Forgive me. You have no sensitivity. When you talk to a person, you cannot put your personality in the other person's shoes. You have absolutely no idea how to compute or feel what the other point of view is, what the other person feels, what the other person is going through. You want what you want. If you want what you want, you have no connection to be social. And man is a social animal. There has to be mutuality and there's nothing mutual in you. Therefore there's nothing real in you. Your biggest weapon is kindness and compassion. That requires intelligence and courage. That requires flexibility and intuition.

Yogi Bajan 10/11/89

My question is, "Are you happy?" If you are happy, you are wonderful. If you are not happy, you are worthless to yourself. Unhappiness will create tragedy one way or the other for everybody. If there is anything that's a sin or anything evil, it's unhappiness. You spread it, you chew it, you cook it, you manufacture it. You share it, you create it, you give it to each other like an infectious disease. I don't think syphilis, gonorrhea, herpes, AIDS, or anything is as dangerous as the "touch of unhappiness.

Yogi Bajan 10/11/89

You have the birthright to be happy. You are not happy because you are competing and comparative with something over which you have no control. You have no control over Infinity. And if you have no control over Infinity, don't try to control it. Flow with it, you can reach anywhere. Fight with it, you'll be unhappy. Happiness is your birthright. It cannot be taken away from you.

Yogi Bajan 10/11/89

Life is a very tasteful thing. Life is a very enjoyable thing. Life is a very complete thing. Life is so infinite because it is part of that Infinity called God. The purpose of you is to recognize who you are. You are God. An artist is an artist. The art represents the artist. You are the art and God is the artist. You are the finite and God is the Infinity. God is the source and you are recourse to represent that source. Religion is a science of reality and the art of happiness.

Yogi Bajan 10/11/89

What is happiness? If the flow of the breath of life and the current of the life is strong enough, it will carry you through all unhappiness, all adversity, all challenges; you will swim. If your current is strong and your voltage is all right, and your filament is all right, and your vacuum is okay, and your cover is fine, you will be the brightest bulb in the world. If one thing is missing, you are out. If the outer casing blows up, you'll be just smoke. If the filament gives out, there's no current to pass through and no brightness can come.

Yogi Bajan 10/11/89

Regardless of your history of abuses or kindness, opportunity, or challenge, it is within you to direct your mind. You can be a saint, you can be a human, or you can be a demon. You can act as an animal at the altitude of impulse and ground; as an earthling human at the altitude of feelings and horizon; or as an angel at the altitude of essence, Infinity, and the cosmos. It is your choice.

If we squeeze down, close down ourselves, and start judging and punishing and laying rules on each other, all we are creating is fear. We can only win by love. Love has no side. Love is not a box. Love doesn't mean that you love somebody and you can put somebody in a box and close the lid. Love is an openness of heart, vastness of mind, and the brightness of the soul.

Yogi Bajan 5/20/95

Let us not waste our time in hatred and pulling each other down and trying to control. If I want to give something to somebody, forgive. Forgiveness is the biggest gift you can give to yourself and to others. That is the way to go. Understand that we are all one for one God, for one clay of the five elements. Our existence is for oneness, in duality we lose everything, in oneness we find the reality.

Yogi Bajan 5/20/95

If you do not understand a woman, you cannot reach God, because you do not know how to get away from maya, illusion.

Yogi Bajan 1977

Be what you want to be, but be real, don't be ritualistic. Religion is 'religio,' - the origin. It has to be reality, not ritual. You know why we are fighting? I have a different ritual, you have a different ritual, now we fight on rituals. Neither I know reality, nor you know reality. In reality we are one, in consciousness we are one. ~ Yogi Bajan 6/5/74

A woman who is capable of giving birth must give birth to a saint, a hero, or a giver.

Yogi Bajan 1977

When a totally complete, comfortable happy man touches an unhappy man, he brings happiness. Life is a sharing. We share our sorrows and we share our happiness. And if somebody is in sorrow, and we pour our happiness into that person, we make him happy. For that we need clarity of the mind. We need the strength of the soul. We need enlargement of our point of view. We need tolerance. We need courage.

Yogi Bajan 10/11/89

When your mind thinks too much, it loses touch with the reality of life. To be real, our feet should be on the Earth and our head should be in the Heavens.

Fanatics have no open heart. They have no tolerance. They do not understand that even the worst person in life is not a challenge, it is an opportunity to serve. It is our test of our openness, our love, our affection, to reach out to people.

Yogi Bajan 10/6/94

May you recognize truth, love and humility for service, for fellow beings. May thy status symbol be service to

others. May you recognize you are the God belonging to the one God who has provided you with energy, power to act, and power to serve. May you be healthy, happy and holy. May the cosmos prevail through everyone and the holy Nam hold you. Those who have recognized they belong to their Creator, hail to their victory so that they reach the destination.

Yogi Bhanjan 9/16/69

The load of Karma, the ego of the man and the negativity has gone so deep that the positive vibrations have to be created to save the world. You can't live in this world without a balance and you have to keep balance. There is nobody who is special. Everything is created by the one Creator and you are a temporary custodian of that situation. This is the message of the Aquarian Age. Everyone has to learn to change.

Yogi Bhanjan 9/16/69

Do not criticize anybody. Everybody is good within his own atmosphere. Try to show your best nature. There are three types of people: fanatic, liberal, and lazy. Lazy are lazy because they are lazy. Fanatics have got hang-ups. They do not reach anywhere because they are stuck. They don't know what to do next. So whatever little they have, they feel it is their kingdom; they don't want to be disturbed and they don't want to enter into anybody's life. The liberal, the new age—the age of truth, these people want to know who they are, what they are, and why they are.

Yogi Bhanjan 9/16/69

By going to a church one does not become Christian, by going to a temple one does not become spiritual, but by cleaning his own temple, his own self, one does become what one wants to be. You have to work on yourself. Self shall be tested. You have to stand for your own self in the age of truth. You have to understand how to love; you have to understand how to tolerate the other man's point of view.

Yogi Bhanjan 9/16/69

You will meet people who will act like God. They will be full of love and glow. You will feel them to be calmer than an ocean, but more magnificently projecting love like high tides. Such children you will experience in a very few short years. They will be the same inside and outside. You will not find them secretive. They will talk to you about something which will sound heavy, it will be solid, it will be truth, it will be like gold.

Yogi Bhanjan 9/16/69

The new age—the age of truth and love; the age of tolerance and service; the age of humility and equality—will be known by a few things. The people who will cross into this age will not possess what they should not, they will possess everything they should possess, but under no circumstances will they be possessed by anything. God will not be recognized as a person, but God will be recognized as a primal truth and energy. The worship will change from a personified God to a more subtle truth, energy. It will not be a solar energy or a lunar energy; it will be the creative energy which is known as cosmos.

Yogi Bhanjan 9/16/69

The era in which we are living—the Aquarian Age, the age of truth and love, the age of oneness—when man and God will become one. A new difference, a new ideology, a new life, absolutely something very new. A new wisdom will dawn on man. He will come out of all this unawareness.

Yogi Bhanjan 9/16/69

When nature and you become one then you become divine.

Yogi Bhanjan 7/20/2000

There are things required to be a human, and to be a human, you require a clear mind. If the mind is not

foggy, if it is clear, it can see the soul and take God's light through that mind and project it; then you are a human. It is a simple flow of mind.

Yogi Bhajan 10/11/89

What is hatred? Frustrated love is called hatred. What is a lie? Insecure truth is a lie. If you analyze everything, it is all truth or knowledge, the highest state of gyan. The enemy is agyanta, ignorance.

Yogi Bhajan 7/10/84

Let us not cause pain to each other by our shallowness, by our duality, by our belittleness. Let us become as vast as God is and hug each other, love each other. It is in that heart of us that we all live. It is the beat of the heart which is common among us. It is the breath of life which is common among us. It is the Creator in us which is common among us. So we are all one, like one sun. We are all the rays.

Yogi Bhajan 5/20/95

What is Yoga? – A Poem by Yogi Bhajan

What is light?

Light is where you can see everything.

Light is where darkness disappears.

Who is enlightened?

One who can see everything: good, bad, and neutral.

One who sees all and sees God.

If you cannot see God in all, you cannot see God at all.

Those who seek God inside, find it.

Those who seek God outside waste their time and waste their lives.

This world is the essence of Word, of Shabad.

Those who follow the rules in their essence and being, by action, thought, and deed, shall rule their destiny and shall cover the distance of life with peace, grace, and glory.

When we fold our hands in prayer,

God opens His arms and gives us a hug.

Life is fulfilled with this union.

That is Yoga.

Yogi Bhajan

There is a state of mind in which when somebody is negative to you, you do not become equally negative to him or her, you just tolerate it. And in that tolerance there is a very great patience; in that patience there is a great prayer. That prayer is: this neurotic idiot, this confused person, is, after all, Your creation.

Yogi Bhajan, 7/6/80

Don't play the hooks with other people. Be straight and simple and do it with a smile. To be humble is the highest courage. You have to be intelligent, conscious, and courageous. That is the real humility. Not that you

become humble to pick somebody's pocket.

Yogi Bhaian 12/14/89

If you cause a cause, you have to have an effect.

You can't escape it. Maybe not this lifetime, but the next, even the tenth lifetime.

It is your duty to speak the truth to your children, and stand to it. Don't lie to them, don't cater to them. Behind the catering, they find your insecurity and weaknesses, which is how they mess you up. When you cater to the child, you are trying to cover up something, and the child has the super-psychic power to see behind it. The moment he uncovers you, he will not respect you. Therefore, it is your duty to be straight with your own born child.

Yogi Bhaian 8/6/78

You think that you can act within a certain time and space, but two thirds of the psyche-controlled universe is not under time and space.

When the psyche of the environment is not in accordance with your plans, nothing will happen, no matter what you do. We must apply a meditative mind to see through time and space to reality.

Trust only comes when you trust yourself.

When you trust your dignity, you will always be dignified.

When you trust your love, you will always be lovable.

When you trust your beauty, you will always be beautiful.

When you trust your greatness you will always be great.

Yogi Bhaian 1977

You are dead because you are not alive to your consciousness . But when you face the sequence and relate it to the consequence and then surmount the consequences, you become alive.

Yogi Bhaian 1977

One must be conscious to have consciousness, and one must be conscious that his conscious energy can always vibrate in the direction which is righteous.

Yogi Bhaian 1977

Life is a book of changes. It should be read only to understand how it works. You can't help the changes in life; they must come whether they are good or bad because the good must follow the bad and the bad must follow the good.

To be calm is the highest achievement of the self.

Yogi Bhaian 1977

For every problem there is an answer. No question can exist without the answer being already in it. For instance, ask any question.

Question: What is infinity?

Answer: Infinity is what?

The moment you ask what, you are relating something beyond the finite and you are in infinity.

Yogi Bhanjan 1977

Consciously you must be conscious that nobody is wrong; therefore, you must not slander anybody. When you slander other people, actually your consciousness goes from a higher level to a lower level.

Yogi Bhanjan 1977

What is the value of old age? Grace. Any old man who is graceful will be loved and respected. What is the value of childhood? Sharpness.

Yogi Bhanjan 1977

Who is the savior? It is your own higher consciousness which can save you from your own lower consciousness.

Yogi Bhanjan 1977

Your children can never be grateful to you if you are not graceful parents. You will never have graceful children if you are not graceful, because watermelons don't grow on banana trees. Children are always victims of parental misbehavior. Don't blame anybody else. Mothers are sometimes poisonous; they ruin children. Sometimes fathers take the children's entire strength away from them. But if both parents understand that children are their gifts and they are at their mercy; and that they need values and grace; and if the parents don't fight between themselves for control and authority over who wears the pants and runs the home; and if they behave as parents towards their children then the children can be perfect. Children don't need anything. They are intelligent, they are born saints and they are very powerful. It is the goof of the one parent which messes up the whole game.

Yogi Bhanjan 7/17/84

When you know that all is light, then you are enlightened. What is enlightened? When you recognize the light. Where? Within you.

Yogi Bhanjan 1977

Eyes are the light of the soul, ears are the instrument of the Divine, the tongue is the creativity of the Creator. This is the Trinity which makes the totality of God-consciousness.

Yogi Bhanjan 1977

God just sent you to earth as parents send their child to kindergarten, to school, hoping that you will find some wisdom.

Yogi Bhanjan 1977

Patience pays. Let no temptation shake you, no vibration move you, and no action force you out of yourself and righteousness. An unshakable human being is the highest living phenomenon of God.

Yogi Bhanjan 1977

The soul takes over mind and body. When the soul was given the body, it asked God, "My Lord, if I have to go for that many pranas, how will I keep a link with you? What is the power?" God said, "You will have the mind".

So mind has the power to take you to God and mind has the power to take you away from God. There is no other power. And it is a good polarity. What can take you to God can also take you away from God. That's why they say there's nothing good and nothing bad; thinking makes it so. It's very true. You have to

understand that.

Yogi Bajan 7/17/84

Strength does not lie in the sensuality of the earth. To enjoy the senses is not a bad idea. they are made to be enjoyed but they are not strength. Senses are not strong, consciousness is. That is the deep understanding each one of us has to have. While deciding anything we want to decide, no matter what it is, we have to deeply understand where our strength is and to which side we are going, the stronger side or the weaker side.

Yogi Bajan 7/16/84

Sometimes between husband and wife or partners or friends, we do not believe where the strength is. Strength is in God. Pulling your partner slowly and gradually and gracefully towards God is not a wrong idea, because that is where strength is. That is where the strength shall always be.

Yogi Bajan 7/16/84

In this world, if we can only learn to respect the concern of others, then we can have happiness.

Yogi Bajan 1977

Those who will just identify their identity into the oneness of each other, God shall serve them. God shall not only bless them; that's to little of a thing to ask for. God becomes the servant of those who amalgamate their egos and bring one identity out of the union of the two. They are such that God grants them the soul for which their generations will live forever. And that is how saints are born on the earth.

Yogi Bajan 7/15/84

In your life you must project, because God gave you life and therefore God can only relate to life.

If a prayer has life in it, it shall be accepted.

If love has life in it, it will live.

Yogi Bajan 7/16/82

One who does not know how to live to his word does not know how to live. And happiness will never come to him, because the word was with God, the word created this world. But if you will honor the word, you will be honored in this world.

Yogi Bajan 1977

The highest, most effective energy on this planet is the word. There is nothing beyond it, there shall be nothing beyond it, and there was nothing beyond it; therefore, we must consciously understand the power of the word. When we understand the power of the word and we apply the whole mind behind the word, then we create the word which can create the whole world for us.

We want to create a society, a tomorrow, a strength, an education where come what may, two people can fight unhappiness. What is the purpose of life? To succeed and win over unhappiness is the purpose of life. The purpose of life is not to be rich and have a bigger car and a five- bedroom house with a swimming pool on the side in which you never swim.

The purpose of life is just to succeed. the purpose of life is to win. Forever. Fateh. Wahe Guru Ji Ki Fateh. Win the victory so that people will recognize God. That is what it means. Bring victory in life; bring happiness to life.

Yogi Bajan 7/15/15

Marriage is nothing but a merger of two identities into total oneness.

Yogi Bajan 7/15/84

The one act to perform is for a man and a woman to merge as one. If from this minute they merge as one, they amalgamate now, they shall succeed.

Susses is not anywhere else. By manipulation, nobody has succeeded. Human manipulation is ineffective over divine psyche.

By lying you can scape a situation, but you will never be respected. by corruption you can fulfill your emotional and commotional body, but you will never be trusted. There are certain laws of life. And those laws are responsible for the earth's rotation and for the continuity of life. So that is also God.

Yogi Bajan 7/15/84

Where there is peace and tranquility, wealth shall come. And where wealth will come Narayan will come, because wealth , Lakshmi, is the wife of Narayan, the god. They are married too. They cannot be separated.

Whenever there is poverty there will be clumsiness and there will be bitterness and there will be ugliness.

Wherever there is richness, you will find there is divinity. There is God. You think richness means dollars. There is a lot more which makes richness.

Yogi Bajan 7/15/84

Things come out of you in three ways: in anger, in love and in your tiredness. Mostly you mess up when you are tired. When your energy is weak you have no defenses and you fall apart. You are suppose to have 21percent oxygen in your blood. Normally you live on 15 to 16 percent. You don't do pranayam or Breath of Fire. You are supposed do do it every 3 or 4 hours, just for a minute or two, to oxygenate your blood and balance yourself so that you don't have to do this: "Oh my God!"

Yogi Bajan 7/12/89

A frustrated husband and frustrated wife can only produce a frustrated child. We create nine billion frustrated children every year. Out of that, three million leave their parents and run away, three million are not successful, and three million are hassling. This country produces nine million children who understand the need to achieve but cannot be happy. Nine million people are added to this civilization every ten years. Nine million frustrated people will bring twenty-seven million divorces. We want to be one with God. We want to experience God. We want to see America happy. We want a home, we want security. We want, want , want. But we never do anything to achieve it. To achieve a goodness of God is to not have frustrated people.

Yogi Bajan 7/15/84

If we cannot create an institution in which we create oneness of two individuals, then a child cannot be born with the caliber and intelligence to save the planet Earth.

Yogi Bajan 7/15/84

Why are they quarrels between husband & wife? Because they have never tried to become one. They are still two who are living under one roof. They are still two who are sleeping in one bed. They are still two who are managing one home. they are still two; one is driving the car and one is sitting and sleeping on the side. But they have not yet become one. Marriage is when two become one.

Yogi Bajan 7/15/84

The Age of Aquarius has so many differences from the religion you have practiced for the last five thousand years. The past won't work; philosophies, assurances, men, institutions will not deliver. You will learn the

science to deliver yourself to you first and come out and serve others.

Yogi Bhanjan 6/20/93

There is no quick fix for life. Life has a style to it and there are certain things which ruin life. Insecurity and commotion. Emotions are all right, emotion I have not worried, but when emotion becomes commotion you are done because next step is you are neurotic and neurosis are not under the control of a human brain. It's a locked in situation.

Yogi Bhanjan 7/3/91

This is the only country where I have seen that men have their own bank account and their wives have their own bank account. It's very funny to me. Here the marriage is to control each other. That's not actually what marriage is. Marriage is to BE each other. Anything else is not marriage. Marriage is a divine institution in which two become one. To be each other is a promise before God that we should be each other. That is marriage. Try to understand marriage . It is a simple, unique situation. Where amalgamation takes place, a new metal comes out of the two. a new ego comes out of the two. A new identity comes out of the two. And it is forever. It is not only for today and not tomorrow.

Try to understand. Everything can come to an end. Even life can come to an end. but one thing even God cannot end: the desire to be one in each other. This desire even God cannot take away. To be one with one is not the desire which God has the control.

Yogi Bhanjan 7/15/84

Gaining something in life is possible, maintaining something is very difficult. It needs consistent perpetual nourishment, caring. Call it anything. Life needs perpetual endurance. And if you as a human being do not have perpetual endurance in the scale of one to ten, eight, you forget it, you are not going to make it, doesn't matter what you have.

Yogi Bhanjan 7/3/91

If there is no confidence that the husband can speak on behalf of his wife and the wife can speak on behalf of her husband, they have not yet married. If this is the commitment, that the husband cannot commit on behalf of his wife and the wife cannot commit on behalf of her husband, they do not yet know what commitment is.

Yogi Bhanjan 7/15/84 Ladies Camp

Marriage is not an easy path. Marriage is a life. Marriage is not a ceremony, marriage is God.

Marriage is an institution of willingness, in which two identities want to amalgamate. It's an amalgamation of two egos to bring out a neutral new personality.

When this amalgamation happens then the divine power in the psyche starts to function. Without that , people are individuals and they will only yell and scream at each other and goodness will never come in that home. It is a granted fact.

Marriage brings happiness. It's an amalgamation of two psyches. And when these two psyches are amalgamated, neither one is an individual. There is no question of he and she. That's it. There is no loss, there is no gain, and there is no bank account.

Yogi Bhanjan 7/15/84 Ladies Camp

The moment you touch your soul, you become fearless. Don't just touch your soul. Deal from the point of soul that "I have a soul." You will never have fear. Fear, pain, and hurt only come to you when you are not

dealing with life in the light of your soul. You are dealing with life out of your light of ego. Pain will be there. Hurt will be there.

Yogi Bhanan 7/12/84

You should be so great that your presence should talk. Talk through your presence. Let everybody feel that you are a woman. You do not have to explain yourself. Let your weakness be yours. Let your strength be everybody's.

Yogi Bhanan 7/13/84

Any act that you can turn into a worship; any act that you can turn into an act of higher consciousness; every act you can turn to an act of giving, surrendering, committing to the Absolute—will take you to the Absolute.

Yogi Bhanan 10/16/73

We must learn to love ourselves before we love anybody else. We must honor ourselves before we honor anybody else. We must serve ourselves before we serve anybody else. If we do not know how to do things for ourselves, we shall not be in a position to do things for others.

Yogi Bhanan 7/24/96

Remember, those who have to wear a crown on their head must have their neck muscle really strong. Those who want to read the history can read the history; those who want to write the history can write the history; and those who have to make the history must have shoulders to carry the world at large.

Yogi Bhanan 6/22/97

Yesterday's greatest sinner can be a Saint this minute. The only thing required is a decision. 'Am I to guard my future and choose to be a liberated person, or am I to block my future and go by the material-physical aspect of the world?' For any person who blocks his future, it is a guaranteed fact he suffers in the future. Any person who takes advantage of the "now" causing someone else's loss, blocks his future. Anyone who takes advantage of the "now" invites trouble from Mr. Future. Maintain a positive attitude with promoting habits for 40 days, and you can change your destiny.

There are two guiding instincts in man.

He is either improving his future or blocking his future improvement. If you are conscious of this, and have an honest and sincere urge to improve your future, you will always have promoting habits.

As a male you have to understand that you will only be recognized as a man if you are trusted. If you don't gain the trust of the people to whom you relate, it doesn't matter who you are, or what you possess, or what you think you can influence, you have nothing to commend you as a man.

Yogi Bhanan, Man to Man

Love and fear are two forces. Whatever you do under fear, it shall take away from you your life. Whatever you shall do under love, it will give you fulfillment. Love shall not satisfy your emotions, that's an unfortunate part of it. Love will not satisfy your neurosis. Love will not satisfy your ego. The only God you have is your love and God has no dimension. Ego has every dimension. So when you are in love, you have no dimension, when you have dimension, you are not in love.

Yogi Bhanan 3/94

Negative is as good as positive. It's the filament which creates the light, and it's the vacuum which brightens it.

Beauty is not how much powder you have put on your face and how much lipstick you have and how much

makeup you have. When a person talks to you, can you elevate that person? That's the rule of thumb. Your sensitivity, your caliber, your position does not lie in how you look.

Yogi Bhajan 6/22/97

"I am a human and my life score is only one breath." It comes in, it goes out. If it doesn't, you are gone. Now tell me, why don't you recognize each breath as yourself and recognize its value and its control?

Yogi Bhajan 6/22/97

The Sikh scriptures say woman is the source of consciousness; you play a fundamental human role in uplifting the consciousness of humanity. If humanity has been sustained up until today, it is because of the temperamental tolerance of woman. Your learning, love, and nobility can enter the bloodstream of the generations that will follow you, bringing grace and dignity to the place where you live, and it can build a new nation and a new time.

Every person has two sides. One is a carefree side. The other is a careless side. When one lives in his carefree side, he is guided by his Divine Faculty. When he lives in his careless side he is guided by his animal force.

Father who does not nurture his children should never be a father. Nurture children with what? With spiritual values.

Yogi Bhajan 1/15/89

Dependency is not the way of our yoga. Mastery is. Logic and reason is not the way of our yoga. Spirit is. Here, a student has to become ten times better than the teacher, period. If a student is not ten times better than the teacher, the teacher is doomed. He taught nothing. He just did a business. The spirit of the individual must be free and must be respected and must be exalted by one's own freewill. If you do not know your freewill, you will never recognize God's will.

Yogi Bhajan 6/22/97

You have to confront the age and before that you have to confront yourself to become the sage. Anybody who cannot confront himself or herself shall never be wise, no matter if he is religious or if God Himself comes on the Earth to help. Because God is bound by the law of nature. And the law of nature is that you are self in the beginning, you are self in the middle, and you are self in the end.

Yogi Bahjan 6/22/97

One beauty of spirit is that it doesn't feel anything. If spirit started feeling, everybody will commit suicide. It is spirit which lives. And all we have is spirit.

Yogi Bhajan 6/22/97

You must confront yourself and confronting oneself at the ambrosial hour when the sun is hitting the Earth at sixty degrees is called meditation—clearing the subconscious. If you don't clear the subconscious, you will have pain the whole day. You will have wrong thoughts the whole day. You will have no communication. It's not useless to be nice. If you are not nice to yourself, how can you be nice to anybody? You have not done your job. You have not looked after yourself. You have not enriched yourself.

Yogi Bhajan 6/22/97

When you think any thought, is it narrow-mindedness or is it infinite vastness? You are as great as you are vast. You are as small as you are contracted, and you and God will have no relationship at all. You are condemned from the day you contract yourself. Because God is Infinity. He's Infinite, boundless, everything and all the things.

Yogi Bhanan 6/22/97

Everybody says Kundalini Yoga is dangerous. I agree it's very dangerous, because it makes a person their pure self. Then you are really not dependent on anybody. Do you know how beautiful it is to see somebody independent? Walking tall, carrying their God in their heart, dealing like a human, sufficient, efficient, well mannered, well controlled, elegant, graceful. Do you have any idea how good that is?

Yogi Bhanan 3/7/95

People say mind is not this, mind is not that. Anybody who starts doing alternative nostril breathing, mind shall not move. Try it sometime. When you are thinking so much and you are very worried and the mind will go, find where your mind is. It will become non-existent. Mind is to serve the breath of life, not to master the breath of life. Mind masters your ego, not your breath of life.

Yogi Bhanan 6/22/97

You have to have characteristics and character that you can be loved. You have to have the point of infinite reserve to serve, so you can always be in the good book of the other man. You have to write your own atonement. Nobody can write it for you.

Yogi Bhanan 6/22/97

What does lie mean? Today you lie, tomorrow you lie. Three months later that will hammer you out. Why lie? And you are not lying to the governor of New Mexico or to your friends. You are lying to your own soul. Because soul has to go and merge back into the one who sent it. It descended; it must ascend to that place. So from the Infinite you came to the finite; from the finite you have to go back to the Infinite.

Yogi Bhanan 6/22/97

If you cannot forgive yourself, you cannot forgive anybody. If you cannot elevate yourself, you cannot elevate anybody. If you are not truthful to yourself, you are not going to be truthful to anybody. You liars make excuses. You put the most beautiful human body, soul, mind and the journey at jeopardy because you have developed the habit of lying?

Yogi Bhanan 6/22/97

Those who do not realize heavens on the earth do not know where heavens are.

Yogi Bhanan 1/6/90

In the near future people will go crazy because when consciousness changes they will change with it; some of them will match up with this change and some of them not. The Pisces Age was a time of search, the Aquarius it is a time TO JUST BE, it is about finding the God ship within yourself, the strength in your manner and in your grace; you are individuality, you are impersonality.

Yogi 8/15/94

To start with, you should have an attitude of gratitude. Without an attitude of gratitude, neither prosperity nor pleasure, joy nor happiness means anything, and it works this way. To those who have an attitude of gratitude and who do it with innocence, Mother Nature brings all the wealth, health, and happiness.

Do not flow with the time. Flow, flow above the clouds. Time is a cloud. Rise above it and be ahead of it.

Yogi Bhanan 7/11/84

We have to draw the line. Are we committed to the truth? And do we want to give our-selves a try this way? And do we want to realize during this lifetime the basic truth for which we have come on this Earth? Or do we just want to do what an ignorant man wants to do? One way is to live consciously. One way is to live

unconsciously. Both ways are living.

Yogi Bhanan 6/18/73

Awareness takes these things away from you: thinking, reason, logic, argument, fantasies, planning, scheming, knowing and worrying. These nine things must go before you can say that you are on the path of awareness.

If you want to continue to identify as a woman, it doesn't matter if you are a professional woman, a rich woman, an ugly woman, a sick woman, a healthy woman, if you are sexual or sensual, noble, beautiful, executive or anything. The moment the polite politeness is out of your communication, you are just a person. The moment your commitment as a person is gone, you are nothing. If a male perceives that you are neither polite nor committed, even though it may not be true, you are a big zero and your life shall be nothing but hassle, insecurity, misery, and pain.

Yogi Bhanan 7/11/84

Mind has three faculties: negative, positive and neutral.

If you want to live happy, act through the neutral mind.

Yogi Bhanan 7/12/84

No one woman has ever been insulted because she did wrong. She is always insulted because she did the right thing at the wrong time in the wrong way. You always mess up the time and the method. A good genuine woman requires a good genuine method.

Yogi Bhanan 7/12/84

The main difficulty in a woman's language is whether there is a tension in her communication when she talks or not. The identity of woman lies in her politeness in communication. If the woman takes politeness out of her communication she has to face the consequences. That is called repulsion. When you communicate tensely, you are repelled. When you are repelled, you feel insulted. When you feel insulted, you feel insecure, you feel angry, you get mad. Either you get it out, or you find a way to get it out. That's the worst you do.

Yogi Bhanan 7/12/84

A woman who is not one step ahead of a man has lost the man already.

If you want to lose a man, you'll be one step behind. Then you cannot hold a man. Just Zero in on a man and then always be one step ahead of him. You won't be loved; you will be worshipped.

Yogi Bhanan 7/11/84

The only thing you lack in your life is that you are not secure. A person who is not secure has nothing to do with harmony.

Yogi Bhanan 1/6/90

Through the thick and thin of marriage, a woman not only has to meditate, but she has to concentrate and inspire the male to keep the relationship going. Man needs not only absolute faith, but also absolute assurance that he is loved, he's taking care of, he can be trusted, and he is good.

Yogi Bhanan 4/1/77

Pray unto your higher self, your gracious self, your soul, your spirit.

Just for this moment of prayer, feel your greatness. Expand into your vastness.

Somebody said, "I need a chance".

Every breath of life is another chance!

Yogi Bhanjan 2/11/90

Some of us feel that by dramatizing and traumatizing and projecting insanity, drawing attention, we can be known. Yes, you can be known as a pain in the neck. If that is what you are, that's what you'll be(known as).

Yogi Bhanjan 3/25/90

Die you must. If you are rich, if you are great, that's good. When you die fulfilled, you shall be grateful being you.

Yogi Bhanjan 1/5/94

God created you, therefore you should be hopeful. Things will come at the right time, the right place, for the right reason.

Yogi Bhanjan 3/10/98

Our own fear directs our consciousness to many subconscious areas, unconscious areas, and takes away from us the conscious realization.

Yogi Bhanjan 1/20/91

Power is in divinity, power is in dignity, power is in grace.

Power is not in maya. It never was, it never can be and nobody ever can keep it there.

Yogi Bhanjan 2/19/81

If you can't control your mind, you can't control a thing.

Those who cannot rule their mind are always in pain as a matter of rule.

Yogi Bhanjan 2/1/95

You must know the depth so you can determine the height.

You must know corruption so you can know honesty.

You must know tragedy so you can celebrate victory.

Yogi Bhanjan 2/11/92

When your body, mind and spirit are all three together and can give you mutual existence with others, you are in harmony.

Yogi Bhanjan 2/8/99

You are here to see and to experience the Infinity of God.

You were not born to suffer.

Yogi Bhanjan 11/9/98

Yoga has never been truly described for what it is. It is an art and a science with which you can leap over the pitfall of life. It is a science and knowledge and art where mind and body can work in union and spirit will back it up.

Yogi Bajan 2/11/92

Your security is not in your wealth, your health, your happiness.

Your security lies in your basic fundamental wisdom.

Yogi Bajan 4/9/91

Fools live in fear, a wise man lives in strength.

If you do not know how to raise the consciousness of another person, you can never raise your own consciousness.

Yogi Bajan 12/1/83

Seva, a service of giving without thinking of result, is a very simple thing. It makes you a leader whether you are or not—whether you deserve to be or not. And it brings you opportunities, prosperities, and all the goods, and God, and goodies of the Universe.

Yogi Bajan 4/20/89

Human strength lies in human intuitive experience.

Yogi Bajan 3/13/95

Any individual who has no control on his behavior and on his projection and cannot apply the brakes when they have to be applied, has to face the consequences of every sequence.

Yogi Bajan 1/1/92

Everybody defines freedom as it suits them. The only freedom one has to get is to free one's intellect from the ego and put it under the control of the id. And that is done by those who have command of their sixth chakra.

Yogi Bajan 3/19/91

Truth is that which time and space cannot prove wrong.

Yogi Bajan 2/17/82

May you create peace within your being, understand your strength, create a relationship with your own soul and find the personal, impersonal and universal truth in your actions.

Yogi Bajan 2/1/99

Never speak, talk or communicate that which can scratch your nobility. No one can question your nobility until you open your mouth. Scar of the sword can be healed, the cut of the tongue cannot. Present yourself with nobility unto infinity.

Yogi Bajan 6/23/97

Those who become one with their breath, become one with God.

Yogi Bajan 11/2/98

Everything is subject to His Will. Are you willing to live with that truth?

If you want a happy life, you have to become a very simple, solid, neutral, well mannered and loving person. It is your manners which will decide you. If you act cheaply, cheap you will be. If you act priceless, infinite you

will be.

Yogi Bajan 7/28/98

Every human has a mind. If you have a mind, you have a mission. Your mission has to be motivated by your attitude and manner because every mission has a great magnitude.

Yogi Bajan 1/5/94

The meditative mind is a mental capacity which automatically changes gears as you face life.

Yogi Bajan 1/17/2000

The human lifespan is given to you not to distance from your destiny but cover the distance to your destiny.

There is a conflict between the learned and the learning because everybody is learned and everybody has to learn the process of pain. The relationship between the teacher and the student is like the one between the chisel and the hammer meeting the stone: it creates a spark.

Yogi Bajan 8/15/94

The Universe is asking you to confirm with yourself whether you would like to serve the Earth, to save the Earth, be a sage of the Earth. Earth—the sustainer, the Mother of you, which nurtures you—can you nurture it back? That which serves you, can you serve it back?

Yogi Bajan 7/23/96

Sadhana (consistent spiritual practice) is not a miracle. It is just imprinting the molecules in an elevated form.

Yogi Bajan 2/15/99

You have been made a human being and you are supposed to be carried by your own self. You have to learn to stand on your own heels. You have to learn to be you. There is nothing beyond you and there is nothing less than you. This is called self-dignity and it's most important. Don't relate to self-ego, relate to self-dignity. Your mind must vouch for you; it must cover you; it must give you the flexibility of the pressure of time and space. This is what we have developed through meditation.

Life is here and now. Life is an environment and circumstance, life is Time and Space. Life is growth and enjoy of that growth. What is the difference between a garden and wilderness? Wilderness is growth, garden is growth. Garden grows in the realms as it should be. It doesn't congest an area, it doesn't leave anything empty, it is all laid down, we call it, Landscaping. In wilderness everything grows as it grows. There is no limit and there is no cause for limit or there is a total limit, total desert, total dense jungle, everything is in its own way. That's why we call it wilderness. Exactly life has been given Time and Space. You definitely have a certain amount of life. That is called credit. Now in this credit you have to have a business, business is to master the Time and Space and experience Infinity and that's the way you have to go.

Yogi Bajan 10/30/79

When you blend time and space with the unknown you become the beloved of the unknown.

Yogi Bajan 7/30/85

When you speak from the heart, you rule.

When you speak from the head, you destroy.

Yogi Bajan 11/3/92

In your life there will be good days and bad days, normal days and abnormal days, right days and wrong days,

but you must understand that every day has to be followed by a night and every life has to end. Don't waste your life in reactions.

Sacred marriage requires infinite tolerance, infinite love, lots of infinities.

Yogi Bajan 2/24/01

When emotion becomes commotion you enter a dangerous zone, because commotion can make a pattern and then the pattern starts governing your life.

Yogi Bajan 2/21/78

Our limited mind is our enemy and our unlimited mind is our best friend. When you become a slave of the mind, it will limit you. When you use it, it will bring you the whole universe.

The Guru says, "Bhai jina di paka-reeay sar dije bhaena charrie." "Once you give your hand to somebody in the relationship, let your head roll off but not your hand go." The institution of marriage can be anything in ritual. But in reality it is an honest, living Word of two individuals. And it must be lived unto God, unto the last breath, through time and space, come what may. If this is missing, everything is a sexual, physical, emotional relationship for temporary convenience. It is mental prostitution. So don't misunderstand the institution of marriage, its cause and effect.

Yogi Bajan, Beads of Truth # 33&34

Marriage is an institution which depends upon honoring the Word. There is nothing more precious than one's word. In the beginning there was the Word, the Word was with God and the Word is God. That is why the scriptures say, "Whosoever honors the word of his marriage is honor in the court of the Lord." The Word of God is nothing but a test of two individuals, a given promise.

Yogi Bajan, Beads of Truth # 33&34

People feel that divorce gives them a way out when two cannot live together. Why hang them together? No divorce has solved the problem. Basically divorce creates problems. If you divorce a man or a woman with 28 mistakes and marry someone else with 18 mistakes, you have only overcome 10. And then after a couple of years of marriage you'll find out that actually had 38.

Yogi Bajan, Beads of Truth # 33&34

Every marriage can become successful if both partners play their part honestly. Now, it is not possible that in marriage dark days won't come. In reality, marriage is an institution where two individuals of opposite polarities decide to build a cozy environment which is call a home, and then through the thick and thin of the time, they adjust their behavior. Without adjusting the behavior, no marriage is possible.

Yogi Bajan, Beads of Truth #33&34

What is an ideal marriage? Ideal marriage is a way of life in which a husband and wife compromise to face the time and space together for the security of their own life and their children's.

Yogi Bajan, Beads of Truth #33&34

Prayer is the power to tap your unknown to bring it to your known and become radiant.

Yogi Bajan 7/21/82

When you are depressed, when you feel sadness or shakiness, take a cold shower. Then take a towel and massage your body until you are red. Your disturbing thoughts will go.

Yogi Bajan 3/8/99

The highest test of spirituality is: "Do good to those who have done wrong to you."

Yogi Bajan 1/20/91

There are two ways of power: One is to magnetize everything towards you. Whatever you need, it will be in balance; it will be beautiful; you can enjoy it. The other way is you run after it, and then what do they call it?

"Alice doesn't live here anymore." You'll be running all the time; home will be empty.

Yogi Bajan 7/29/99

There is no better vitamin than breath.

Yogi Bajan 7/13/87

Everybody has a mission. Whether they achieve it or not, support it or not. Mission is there. Mission has to be profiled, has to be defined in life. Then it will show a magnitude.

Yogi Bajan 1/1/92

Patience pays. Prove it. When the karma of your previous incarnation will be cleansed out, and your courage is steady, then everything will start working for you without saying a thing. That is the state of life we must achieve.

Yogi Bajan 4/25/97

The fundamental law of truth is that it penetrates through all darkness.

Yogi Bajan 10/25/98

Learn to elevate yourself when calamity hits.

Yogi Bajan 1/17/2000

When you have your own mind under control, intuition will give you all the knowledge of the world. When you have control of your mind through your social and structural facets, you have the answer to everything. When you have control of your own mind, you can see the soul and God right within you.

You must understand, this body is God's temple, in it lives God.

Yogi Bajan 8/16/95

I know you care for friends, your job, your children, your future.

But don't forget the owner of the whole thing is God, the spirit, the breath of life. Your ego is not your owner.

Yogi Bajan 1/6/90

A teacher is the vehicle. You are not the destination of a person, you are the path. Maintain that standard, you will be very happy.

Yogi Bajan 3/23/90

There should not be any misunderstanding and this is how I see every woman. You see woman as a chick, you see a woman as a woman, you see woman as a mom, you see woman in many ways. I see woman, who can give birth. Because, woman is the only one individual creature, which has a liberation with God, in more ways than a man. Man has to become a man of God and woman can serve a man of God, she can be a wife of a man of God, she can be a mother of a man of God and she can be herself a woman of God.

Yogi Bajan 1993 Woman's Camp

There is no substitute for endurance. And there is nothing more divine and Godly and wonderful than the self courage.

Yogi Bajan 7/12/89

Normally parents cover their mistakes by lying. They lie to their children openly. We call it naked untruth—that is the worst poison that you could ever choose to inject into your child. It will grow in the child, and it will come back to you. If you are wrong, just say you are wrong: Errors are human. Let your child learn from your mistakes. Give your child a chance to live better than you.

Don't raise pups. Raise humans.

Yogi Bajan 8/5/78

Life comes down to one thing and one thing only: do you compromise with your grace or not? And do you compromise it for your own sake, or for somebody else's?

Yogi Bajan 9/4/01

You are not going to find God. God is in you, around you, in everything of you. You have thirty trillion Gods in you. If you want to understand, every cell of the body and the three parts of it is God.

There is nothing without God.

Yogi Bajan 11/26/89

Effective communication is called naad- harmonious speaking and hearing at the same time.

Yogi Bajan 11/24/90

If you do not know how to raise the consciousness of another person, you can never raise your own consciousness.

Yogi Bajan 12/1/83

Commanding the mind is the only art of survival in a state of bliss.

Yogi Bajan 5/1/88

Life is based on caliber, consciousness and character. If you have very strong character you cannot be dodged, you cannot be bent, and you cannot be wiped out. It's the character which gives you courage, it is the character which gives you stability, it is the character which gives people impression, it is the character on which people trust, not you. You are worth nothing.

This whole universe is just the coexistence of a working electromagnetic field. There is no difference between us. Every magnetic field is electromagnetic; this means that our psyches are intertwined.

Yogi Bajan 12/1/86

Strength is not by logic of the truth.

Strength is not the truth itself, if it is not experienced.

Yogi Bajan 8/13/89

I tell you why God likes you. Because every son wants his son to be better than him. Every God wants every human to be better than Him. So God can represent peace, tranquility and everlasting identity, and that's

what God is.

Yogi Bhanan 1/7/90

Spiritual corruption is more powerful than real corruption. Because a real man doesn't know where corruption is and he does it emotionally. Spiritual man does it wisely and his corruption is flawless.

Yogi Bhanan 1/7/90

You love to have shallow friends and shallow life. You do not want to have excellent friends and an excellent life, because you think popularity is in quantity. No. Quality has many followers. Quantity makes you a follower. That's the difference. Enjoy your way.

Yogi Bhanan 8/14/89

If you know how to worship God you should also know how to worship your polarity, who is your partner for life. Therefore it is a fundamental requirement of the woman that she should walk on the righteous path and she should see that her male partner walks on the righteous path.

Yogi Bhanan 4/1/77

When you eat, for two hours you are not supposed to do anything strenuous. Why? Because the body needs all the energy to digest what you have eaten.

Yogi Bhanan 11/17/89

Children are perfect. But because mom wants to eat, you overfeed them, make them fat, let their metabolism overwork and really make them crazy kids. Just feed them sattvic food food of saints, and leave them alone. they will be the best living beings.

Yogi Bhanan 3/74

(Sattvic foods are considered as those that help restore and maintain harmony and balance in one's body and mind)

You cannot judge yourself in the situation you are, you will be always judged by time for the situation you deliver. The law which prevails is the deliverance.

Yogi Bhanan 4/25/93

The human mind thinks that it knows all.

The Universal Mind knows that It knows all.

Yogi Bhanan 6/24/2000

The breath of life is the only thing that comes to you without your asking. That is an infinite gift from God. You are a slave to everything except the breath of life.

Yogi Bhanan 10/7/74

When you walk toward light, you have to forget the darkness. In darkness you can't see what you're doing, and ego is just like darkness. It is a total cloud in which you are very limited, and you won't make it anywhere. When you are brilliant, you are flexible, smiling and everything is just all right.

All businesses fail when the foundation is cracked and what is the foundation of business? Profit. Business has not purpose other than profit. If your profit is based on a project which is honest, which has the good will and your word is that of gold, you have all that you need.

Yogi Bajan 1/26/85

One law of business is, your words should be as good as gold. That's called "good will." That is the principle of every successful businessman. Whenever you bring emotions into business, commotions into business, feelings into business, you lose business. Business is meant for profit, and profit is meant to make further profit. And when there is a lot of profit then comes the third law of Nanak: share. Then establish other businesses and let your brother work in it. You will make more business. And more profit.

Yogi Bajan 1/26/85

When I see you, I see you poor. When I see your aura, I see you rich. The greatest problem in your business life is you don't know how saintly you are, how powerful you are. You do not value your own values. That's the greatest problem you have. Just understand one thing: I have not created you. Your parents have not created you. It is the Will of God which has created you. It is the Will of God which will sustain you and it is the Will of God which will take you away. Are you going to leave behind good will and business, or only business? That's the only decision you have to make.

Yogi Bajan 1/26/85

Love has no limit, love cannot be limited.

Because love takes the infinity and produces it in the concept of the human being.

It has been seen in our entire concept of life, that we are 15% slaves to a routine, to habit. Man must have certain habits without which his life cannot go on. But he can attain liberation by changing the character of these minimum required habits.

The man and woman play different roles in the relationship. She holds the spirituality and depth. She carries the relationship through the storms and battles of time and space.

When her conscious and subconscious minds are stable, a stability for the couple is created.

So technically speaking when a person says, I am spiritual, it does not mean he is wearing robes like me and is walking around and he can give few lectures and inspire people and heal people, all that doesn't matter. All it matters is that when person is challenged, he is sturdy, he can face it and he will face it with a grace. If your face and your grace does not give into challenge, you are spiritual, otherwise you are not, period. Everything else doesn't matter.

Yogi Bajan 12/31/92

The idea to become spiritual is not what you have learned so far. The religion is not spirituality, your knowledge is not spirituality, your happiness is not spirituality, your good luck and tragedy is not spirituality. So spirituality is eventually how you face yourself with a smile in life and its confrontation but don't misunderstand, you will not be challenged. Everybody whether he is a king or a queen, pauper or a beggar are going to be challenged, lover or a deserter, attorney or accused. In life one thing you cannot get rid of and that is called challenge, whether you challenge the challenge or you give into the challenge that decides the spirituality. Is your spirit higher than the challenge and you face it, simple.

Yogi Bajan 12/31/92

Self-hatred is the cause of all problems.

It is the anger of childhood that makes someone hate himself and use his entire life to do harm to himself.

The main problem of the twentieth century is self-hatred.

Yogi Bajan 9/16/85

Give yourself one second when you listen and before you speak.

In one second you can see the light.

And if you stop just one second, you will have total effectiveness because then the third eye, the ajna, will act.

Yogi Bajan 11/00

The only carefree being is that person who is free from negativity. He is liberated. It is a Cosmic Law that such a person is never short of anything. A carefree man doesn't know any misery. He may be humble, but that doesn't mean he is miserable. Ever wise, he sails through time undisturbed. He does not need any correction at the hands of time. His smooth behavior and calmness of personality are the signs that he is a liberated being. In a nutshell, he is the happiest person ever on the earth.

The planet Earth is a hotel. You come here; you pay the Karma you go back home. Call the bellboy, the death courier and go home. Don't call it a death, call it a deliverance. Don't call it a suffering, call it a challenge. Don't call it wrong, call it just slipped away.

Yogi Bajan 12/14/89

People who indulge into the lower chakras will never reach the higher chakras.

And people who are stuck in the higher chakras are called "spaced out".

There has to be balance.

In that balance you bounce in life with joy.

Yogi Bajan 6/28/98

Love has no return because it is infinity, love has no deal, love has no definition, love has no class, love has no jurisdiction.

We live in the world with unawareness.

That is our habit and we love to live like that.

That is our problem.

Yogi Bajan 5/7/69

Mind is a link between Infinity and you.

When the soul got the body, it asked God

"What is the link with You, my Lord?"

And God Said, "Mind."

Yogi Bajan 1/9/98

Society will be rid of corruption and purity will prevail if we just understand our life has a value.

Value can be measured; it is what we deliver and how we deliver it.

It is the extent to which we deliver and with what sacrifice we deliver.

Yogi Bajan 6/19/98

It's not important what you say; it's important what somebody hears when you speak.

It is important how the inner ear sends the signal and how the body language correlates.

If the body language and your words are the same, the other will hear it clearly and will understand perfectly.

Yogi Bajan 9/9/95

You don't have to remember anybody; all you have to remember is you.

God rotates this Earth; God shall take care of your routine.

Yogi Bajan 12/31/91

Once you behave obnoxiously with somebody, you can never change that image.

Obnoxious behavior is self-damaging.

Do not be obnoxious even with your enemy.

Yogi Bajan 7/9/81

Spirituality without tolerance is milk with cyanide.

Yogi Bajan 7/8/81

We call the time we spend on our maintenance Sadhana (spiritual practice).

It is an essential part of life.

If you do your Sadhana, your mind can take the pressure.

It will guide you and groom you properly.

Yogi Bajan 9/28/02

You have been designed as human

and you have been designated as human

and you have a destiny as a human.

Live it and you are God,

deny it and you will never find God.

Yogi Bajan 5/26/75

As long as we fear death, we are just animal.

Only humans have the faculty of the meditative mind to conquer death and to become fearless.

Yogi Bajan 3/12/89

We forget God because we think our limit is this Earth.

That is our limiting mind we apply.

In reality we are here to experience the Infinity.

Yogi Bajan 7/10/75

Love and fear are two forces. Whatever you do under fear, it shall take away from you your life. Whatever you shall do under love, it will give you fulfillment. Love shall not satisfy your emotions, that's an unfortunate part of it. Love will not satisfy your neurosis. Love will not satisfy your ego. The only God you have is your love and God has no dimension. Ego has every dimension. So when you are in love, you have no dimension, when you have dimension, you are not in love.

Yogi Bhajan 3/94

Relationship is in experience and life is an experience.

Environments are to cause that experience.

And the breath of life is to gain that experience.

Yogi Bhajan 4/17/90

You have not yet learned what spirituality is.

It is not religion or knowledge or happiness or good luck or tragedy.

Spirituality is facing yourself with a smile when life confronts you.

Yogi Bhajan 12/31/92

When you walk on the path of spirituality, one thing is very essential: you must see the hand of God.

Yogi Bhajan 5/30/96

Life is by breath, not years.

The average breath is 20-25 times a minute.

In good health you breath 10-12 times a minute.

But if you practice one breath a minute for 11 minutes a day, you can be in control of your mind.

Yogi Bhajan 9/10/95

Service creates permanent love and friendship.

Self-discipline creates grace.

And the neutral mind creates wisdom.

These are the rules of life.

Yogi Bhajan 7/11/95

Compassion is the one concept where God surrenders to man.

When a person of God surrenders him or herself to compassion and every step of life is guided by that power, that person is highly enlightened, elevated and exalted.

Yogi Bhajan 4/21/96

Imagine how wise, caring and complete you will be if you apply to your self all of the energy you waste.

Yogi Bhajan 9/28/02

Passion is like waves; it comes and goes.

Compassion is the constant flow.

Yogi Bajan 10/16/73

Human who lives by the beat of the heart, continuously meditating on the Name of God, shall find heavens here and hereafter.

Yogi Bajan 1/24/86

Those who have to lead must be like a star- with an altitude and attitude of perfection.

If we are spiritually strong, we can do the impossible as possible.

Yogi Bajan 8/23/89

In marriage there is no such thing as a man, and there is no such thing as a woman. One is the harmony, the other is harmonious. That is the relationship. One is Mr. Harmony or Miss Harmony and the other is harmonious. No two people can be perfect. It is give and take and adjustment. It is to establish a frequency.

The most intimate relationship within you is between the body and the soul.

Trust is the key note of life.

If you trust in God the entire creativity will trust you because everything belongs to God.

Trust is the key of love, happiness, dignity, divinity and grace.

Appreciation is an art and a lifestyle; a source of happiness and fulfillment. It's called gratitude, an attitude of gratitude. A person who develops an attitude of gratitude is absolutely divine. You don't have to sweat. If you have achieved the attitude of gratitude, everything in the world will come to you. If you make it a point to have an attitude of gratitude, it could be the greatest achievement in your life. Gratefulness will make you great. It takes away any discrepancy, any negativity, any bother.

Yogi Bajan 6/27/84

You are the truth. Whenever you speak the truth with an open heart, it is the key to the heart of every person.

Yogi Bajan 4/7/83

My soul, bless me, be with me. Energize me so I can face the world with the strength of the spirit. Save me from duality, give me the reality and royalty so I can face my world in peace and tranquility. May this journey of life be completed with love and affection, kindness and compassion for all living things.

Yogi Bajan 1/23/98

The best love is to serve all equally.

Yogi Bajan 5/9/84

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

Yogi Bajan 10/9/85

When an obstruction comes into our lives, we feel very upset. We suffer. We think everything is ruined. No, it's not true. A car without brakes is not going to be driven on any road. These obstructions, these negativities, these nuisances are part of the game. They give you a chance to cross over them. But you can't cross them because you have not acquired friendship with your own spirit.

Yogi Bajan 10/5/73

Nobility is cultivated only when one consciously relates to one's spirit and flow of the soul and one feels the total divinity within. It is a manifestation of divinity. Nobility takes one away from temptation, anger, lust, greed, unvirtuous and unrighteous living. It gives one a qualifying factor to impress everybody without impressing. That is the beauty of nobility. The way one talks, walks, sees, deals, serves, gets served, is a total sum of one's living behavior. There is a tremendous flow of spirit in a noble person. A noble person is a very powerful individual.

Yogi Bajan 7/2/1978

You cannot sustain a friendship without wisdom.

Wisdom is nothing but practical learning of a higher consciousness.

A person can know and trust you only if you are a wise human being.

There are blocks that man can't talk about.

These blocks are keeping you from achieving your potential as men.

If we are not willing to talk about something, how can we get rid of it?

Yogi Bajan 1984

You cannot achieve or crystallize yourself in your life without discipline.

Yogi Bajan 7/23/87

If you need God's help in your life, be graceful and God shall be grateful to help you.

How you are known will not depend on your demand, it will depend on your commitments.

Disease means dis-ease. It means rest. If you won't rest you will rust. Disease is a SOS; the stress is more relaxation is less. So what is wrong with that? You overworked you suffer. That's a part of the game. Don't feel sorry for it. Feel happy that you are diseased and you didn't listen to the body and you are neurotic to keep on doing what you should not be doing. Why to worry? Relax, disease will go away. Be uptight, it will come. Simple rule.

Yogi Bajan 12/14/89

Your physical structure and the male physical structure are different. Your hormones and male body hormones are different. Your psyche and the male psyche are different. Now where have you learned to compete with something which is totally not you, but is your polarity? Do you understand? Male is not you and you are not the male. There is nothing in common. There are two different polarities, two different psyches, two different persons with two different geographies. How can you bring the Himalayas to Sri Lanka? Or how can you take the Rockies to New York?

Yogi Bajan, Women's Camp, 7/30/84

By worshiping a master, you will never, never, never reach God. But by practicing his words, by your practical life, God will come to receive you.

Yogi Bajan 12/25/69

Bana identifies you and instills trust, brings you honor. Bana takes away from you the chance to play games, to be corrupt.

(Bana means vocation, or calling, and refers to traditional Sikh spiritual attire worn by a man, or woman)

Man is poor because man has fear. Man is a miracle by itself. His life, his death, his breath of life, and his every moment is, in itself, a huge miracle. It's a fountain, a fragrance of life, and it has beauty, it has bounty, it has bliss in it.

Because if you believe in Infinity and you believe in the reality of that Infinity, and you, as a little finite part, become part of that Infinity, you will find ecstasy. You will find deathlessness in it. And in that bliss, you can sit on that throne of the Infinite.

Yogi Bhajan 10/6/89

In the beginning, the middle, and the end, it is you and you only. So live well in your inner peace and inner strength. And when you feel weak, call on your soul, your best friend.

Yogi Bhajan 6/19/98

Oh God of all Gods, Oh merciful God, Oh the one God, Lord of all Lords, Oh Infinite, Oh formless in every form, Oh being in every being, Oh supreme being.

Thank you for assuring you are with us. Thank you for assuring you are in us. Thank you for assuring you are us. Grant us the boon of love, health and happiness so that we can shine in the radiance of your praise. Keep us positive, keep us happy, keep us selfless so that we can serve you all over the world as long as we live on this planet. May this day be one with everyone to find the one within and without, and may your joy prevail all around us forever unto Infinity.

Sat Nam.

Yogi Bhajan 6/25/72

Wherever we may go,
whatever we may do,
whatever we may think,
through all action, thought and deed,
may Thy grace prevail and
may Thy light radiate through us.

Sat Nam

"In God I Dwell" means you are full of nothing but kindness, Consciousness and sweetness.

When you see God in all, then you see all that God is.

But if you cannot see God in all, you cannot see God at all.

Trouble without you doesn't exist.

If you do not welcome the trouble, and do not participate, confront, counter and enlarge it, it will go.

Yogi Bhajan 2/13/95

If your security lies in God, then everything is normal.

If your security lies in people, everything is abnormal.

Yogi Bhajan 1/7/90

The beauty of kindness is that when you are kind in character, God serves you, regardless of your destiny.

Yogi Bhajan 6/22/01

You have to learn only one thing.

This planet belongs to God.

God rotates this planet.

Let God take care of your routine.

Do not interfere. spare yourself from pain, tragedy, desperation and desolation.

Yogi Bhajan 9/2/91

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Yogi Bhajan 9/2/91

You cannot judge yourself in the situation you are, you will be always judged by time for the situation you deliver. The law which prevails is the deliverance.

Yogi Bhajan 4/25/93

It's very simple. In life, the body will die but we must experience deathlessness, and we are very emotional. Some people tell me, "I am very poor." It is a reflection. Poverty is a reflection of lack of self-esteem, self-belittlement.

Yogi Bhajan 10/6/89

Take a nap, sleep, and eat that which can be digested and will come out of your body in twenty-four hours. Whatever food you eat is immaterial, but when you eat it must leave your body within twenty four hours.

Yogi Bhajan 4/5/1994

Soul. People say it's dormant; I don't believe that they even understand what the soul is—Pavan Guru (the carrier of the Prana, the breath of life), the sound, the Word, the Guru; it is in us. Who gets up in the morning and feels, "God, I am in trust with you?" You say, "Thank you God," "Bless me God," and, "I pray to you, Lord God, help me," but who has the guts to get up in the morning and say, "I am yours, God; You are mine, and let us have the day together?" You have to get up in consciousness, make God a part of you and be a part of God. Identity must merge in Infinity. That's reality.

Yogi Bhajan 10/6/89

If a human has full control of his mind, through the clarity and the crystalization of mind one can see one's own soul and one can become part of God. That's the only way that you can see everything that God is about. The mind is a virtue; it is faster than time and space. It's given to us to realize beyond the beyond, the

essence of life, the creativity of life, life itself. The beauty, the bounty, the bliss of the mind is found in the awareness of the soul.

Yogi Bhajan 10/6/89

There is no such thing as poverty; there is no such thing as richness; there is no such thing as beauty; there is no such thing as ugliness. These are all expressions—expressions that we communicate all the time. We communicate to integrate ourselves with each other but we have to understand that the basic nucleus of integration is the soul, the part of God within our own selves. This is the reflection of God and we have to feel united in that.

Yogi Bhajan 10/6/89

We do not trust God. Trust is, not a human faculty because when you trust something, you are fulfilled, you are there, your understanding becomes deep; and it is a state of ecstasy where there is no shakiness. Trust is very difficult.

Yogi Bhajan 10/6/89

Highest test of spirituality is, "Do good to those who have done wrong to you".

Yogi Bhajan 1/20/91

When you are angry and insecure, and you yell and scream, it takes away your friendliness. It puts another person in a state of fear. Then communication breaks down.

Yogi Bhajan 3/8/99

Your nature is part of God's Nature, therefore your nature should be like God: loving all, kind, compassionate and caring.

Yogi Bhajan 3/17/97

You are the truth. Whenever you speak the truth with an open heart, it is the key to the heart of every person.

Yogi Bhajan 4/7/83

If we remove judgment of ourselves and others from our lives, we will be living in paradise.

Yogi Bhajan 3/10/98

The body is the temple of the soul, the mind is the force of the soul and the intuition is the campus of the soul.

Yogi Bhajan 9/20/90

Your head must bow to your heart.

It is that strength which will keep you alive and give you power.

Yogi Bhajan 2/8/2000

You got to develop a trust to see your inner voice and hear it and trust it. Inner voice can be feeble but shall not be wrong. It is the consciousness in tune, which tells you very humbly and musically what is going on. Please try to listen to it. Raise its volume; you will recognize it is yours. That's the beauty of the inner voice.

Yogi Bhajan 12/14/89

Whenever you have a problem, if you put your problem at the touchstone of the spirit, the consciousness and the soul, you will be surprised how easy it is for you to solve that problem. But whenever you take a problem and look at it from the ego's point of view, it will not only bring you confusion, but it will also bring you destruction.

You get up in the morning, you meditate, you feel blessed the whole day. You miss one morning, you go through the day, you will realize something is missing. Why is that scene happen? Because you have not changed yourself in the very morning to one factual fact and that is that you are Satya (unchangeable). 'There is no Sat in me. That means there is no energy in me, no potency in me. I am weak.

Yogi Bhajan 11/17/71

There is nothing wrong in this world if you do not hate anyone or create a superiority complex to make anyone else feel inferior.

Yogi Bhajan 1/5/00

Man by nature is a self-conflict. He is the authority because he represents the sun. He doubts it because he is not sure he is the sun. So there is a little boy and a big man conflicting with each other all the time.

Yogi Bhajan 7/16/87

Intuition is God, intuition is Universe, intuition is totality. It is the balance between time and space to come, is coming, has gone. It is the experience, it is the ultimate experience. Without intuition a blind is walking into the blind spot.

It's very painful living without intuition. Absolutely painful. That's why all the riches of the world cannot make us happy. Because we don't have the main ingredient. That is what awakening of the Kundalini means.

Yogi Bhajan 12/14/89

Who are you? You are a 'hu-man being.' 'Hu' means spirit, the light. 'Man' means the mental, the now, being now. Now you are the spirit of your mind. You are the bright light of yourself. That's your identity.

Yogi Bhajan 7/24/96

When you have to say nothing, do nothing, be nothing, then what are you? You know what you are? You are a lighthouse, so nobody else can wreck near you. That is the one thing in life you have to do. Forklift. Spread the light. Be the lighthouse. So every journey, every destiny, every distance can be safe.

Yogi Bhajan 3/29/87

Blessings on all those who seek peace, blessings on all those who make peace, blessings on all those who have peace of mind and blessed are those whose life is peaceful within love and that deals with respect and endurance and reverence with peace to all. May the humanity pass through the era of peaceful ways as a guiding force and all pain to the humanity being included once for all, so mankind is everywhere in peace. Sat Nam

You are wrong if you think your intelligence works or your words are powerful or you are very charismatic. Actually it is your radiant body, the glow, the shine in you that works.

Before a man eats, four conditions should exist in the environment. If these conditions are not met, then it is better for a man to remain hungry. First of all, he should be surrounded by a calm and quiet atmosphere. Secondly, he should be under no mental or physical pressure. Thirdly, the food he is about to eat must be properly cooked with all the ingredients. Lastly, there should be enough time in which to eat gracefully.

Yogi Bhajan, "Food: The Human Medicine"

Thanksgiving Prayer:

Get up, close your outer eyes, go into the very inner self of yours, just for one moment and give thanks to those who have prevailed the peace on this planet, who love to be peaceful, who create peaceful environments for others and who have even offered to give their life for the sake of peace without any comment and understanding of what they did. But the very thought, the thought, the thought was peaceful, let us be kind in our own self, in our own deep self to go into our deeper inner self and may feel love and we may give thanks for one factual fact that we have the privilege to be together on this thanksgiving to give thanks to whom we cannot thank.

Yogi Bhajan 11/20/71

Thanksgiving Prayer:

Our thanks to every such environment where man is supposed to grow in peace and harmony, in love and in tranquility.

Our thanks to all that is graceful around us and also our thanks to all that forces us to become graceful.

Our thanks to that negativity which has made us positive. Our thanks to that power to overtake us, which has given the power to love to sustain our self.

Our thanks to all those natural calamities which have given us the joy and beauty that we have crossed them.

Our thanks to all those sicknesses and weaknesses and laziness which has given the power to triumph over it and give the survival to chant the holy Naam.

Our thanks to all those enemies who made us strong, that we love to live and our thanks to the Almighty Creator, who has created us to go through all this experience in the name of that Holy Name which prevails through everybody.

That cosmic power which is the instrument of our life and our dignity, that Adi Shakti of which we all are part in one brotherhood as pure beings, to that height and consciousness that is which holds this world.

We pray in Thy Consciousness, oh Consciousness of all consciousness, to be with us and bring love, tranquility, and peace to every heart.

Yogi Bhajan 11/10/71

You must understand that in life there is nothing but energy. Matter is a form of energy. Matter cannot be destroyed, nor can it be created. It can only be changed. So your physical body has energy that can be transformed into matter, or matter in your body can be transformed into energy. During sexual intercourse you play out this energy exchange.

When a person wants to relay his feeling and the other person is a receptor of relayed feeling then a relationship is established.

And when you do not relay and you do not receive or accept the relay, then the relationship is broken. So basically there is no relationship which is permanent. It must be shocking to you, but it's a real truth. Relationship is nothing but the continued relay of one personality to another..

The Aquarian Man: "Accepting the challenge is the first act of the man. Converting any adversity into prosperity is the second challenge of the man. Nurturing and caring is the third challenge of the man. Kindness and compassion is the fourth challenge of the man. Being noble and honorable is the fifth challenge of the man. These are the five challenges, which every man has to accept in his life whenever they come head on. Otherwise, you can call yourself a man but you are not. For that, you require character, instinct, intuition, intelligence, and knowledge".

Yogi Bajan, Man to Man

The problem is that you can't handle a relationship, because to handle a relationship, you have to invest your spirit into it, and you don't have a concept of your spirit.

The opposite of war is human longing, human love for peace. People do not understand what peace is. You cannot even think or talk about peace if you do not have your own peace of mind.

Peace unto me, Peace within me, Peace in my mind, Peace in my surroundings, Peace to all, Peace to the Universe. May there be peace in the world. May there be peace all over the world, forever.

Your failure is when you don't mean to commit. Because without a base, without nailing yourself to the situation, you will never find the answer. You may want to have the answer, you may badly need the answer, you may try to have the answer; but without your nucleus, there is no answer. Are you going to live with this woman or not? Are you going to be with this situation or not? If you are going to be, then go through with everything!.

Yogi Bajan, Man to Man

Commitment is knowledge within itself. You don't commit to get the knowledge. When you commit, knowledge comes to you. If you can commit and hold on to it, there is nothing more you have to learn. When you commit, things will happen which will shift in you, change you, stop you, make you to disobey, revolt. Such opportunities will come to you. Even if you forget the truth that is the basis of you, if you continue to be committed, that's all it takes. Commitment does not "begin" anything. Commitment is the end in itself.

Yogi Bajan 10/16/73

People do not understand that life is a very direct challenge. If you do not stimulate yourself to the optimum point, you will be three fourths dead. If you keep on worshipping your blocks, you will be so badly blocked by your blocks, that you will never be in a position to move. These are the realities; this is our life. We have to make this life successful.

Yogi Bajan 11/23/93

Sometime we vibrate and we say things without thinking for a second that we have to prove it, I love you and sometimes, time demands it to prove it. And then we fail. We become miserable and then we become totally miserable. Love is a sacrifice, an experience of sacrifice within oneself. It is better not to say I love you if you are not ready to prove it. Say what you can prove. If you start doing it, it will give you *vaak siddhi*, whatever you shall say shall become true.

Yogi Bajan 11/20/71

You have to walk on your own feet and you have to walk tall. Human learn to crawl and then walk. All men, women and children are children of God. They have to learn that their neurotic blocks have to be broken in two, to become triangles, and this challenge belongs to all of us. We cannot afford to be limited. We cannot afford to be negative—you cannot have the luxury of a negative thought because it will multiply in you and hurt you badly.

Yogi Bajan 11/23/93

Exactly it is one word in the whole dictionary, which can represent God in you, which can bring knowledge in you, which can make you everything what you want to be and that is gratitude. Attitude of gratitude is an ecstasy, a bliss, an accomplishment, an achievement. In English the word is 'thank you.' To ordinary person you say 'thank you.' Do you say that much thank you to your parents? Do you say thank you that much to your neighbors? Do you say thank you to a tree, which give you a shelter? Do you say a thank you to the car, which takes you somewhere? Why not? The human birth is meant for thanking. You have enemies, thank them, without them you will never be alert. You will never be smart. You will never enjoy your existence.

What is a victory when enemy is so heavy, that life becomes treacherously miserable and then you survive? Then you say, 'thank you.' And it is existence!

Yogi Bajan 10/31/93

Inhale deeply with reverence, love, compassion, and kindness. Communicate with your breath that it must give you peace of mind, peace on the mother planet Earth, peace and oneness with God and His creation.

Yogi Bajan 5/13/92

Your life is not a hassle. All you have to do is find the values. That is so important because if you have not found the values for yourself as a parent, you cannot find them for your son, your grandson, your neighbor, anybody.

Mothers are the heartbeat that planted the seed of the creation of new beginnings whether you have given birth or not. You are born to be Mother Earth - the guardian, teacher and protector of life! We need your grace, strength and guidance for our future of the Aquarian Age more than ever.

We usually act as the by-products of circumstances, environments, and actions that constitute the habits that make up our behavior. Habits are embedded in the subconscious, and on the average our subconscious guides about 60% of our actions. Prejudice and bias guide about 25% of our actions, and only 15% of our behavior is conscious. Our sexual failures, our social failures, our family failures, our individual failures, and our human failures are failures because this is how we have been trained.

This life has only one problem—you can be blocked. A block is always square. If you cut the square diagonally—that's the tantric energy—and you will have two triangles. A triangle is a sign of prosperity. A block is an obstacle.

When you are blocked and you start loving a block, then that block becomes your devotee, your deity. It becomes your energy. It becomes your Goddess. It becomes your worship. It becomes your altar and an altar has no alternative. So, you create a block and a block and a block and a block and finally, you create a wall and you don't move.

Breaking the block is loving the self.

Yogi Bajan 11/23/93

Mankind is still seeking to find the peace within so it can have peace without. There shall not be peace in the world if there is no peace in the heart of the man. There is not going to be peace in your heart if you do not understand and experience your very relationship with your soul.

Yogi Bajan 5/19/89

If I love somebody, then I have no question to ask, no answer to listen for. Love is beyond questions and answers, love is beyond give and take—nobody has taken anything, nobody has given anything. Love is beyond time and space, love is Infinity; love is God in itself.

Yogi Bajan 10/16/73

No one is too old to become a saint. All it takes is a turning point, all it takes is a turning of the wheel of thought, all it takes is committing one's self within one's self. All it takes is committing to the Word. From the day that one's words are spoken just to exalt God, God shall exalt that person on this Earth. When the finite will exalt the Infinity, the Infinity will exalt the finite. It is a simple law of give and take.

Yogi Bajan 10/16/73

Prayer is the only power we have. It is my personal individual belief that prayer can change the Universe. Politics and power cannot.

Yogi Bajan 12/14/77

Friendship is not a state which you can exploit at your beck and call.

There is nothing beyond commitment, there is nothing before commitment, and there is nothing in commitment, because commitment is complete within itself.

It is that commitment which is that positive union. An atom makes the molecule, a molecule makes the matter, and matter makes the life.

Yogi Bajan 10/16/73

What I am trying to tell you is that the very deep feeling, the expression that a woman enjoys, which to her is very relaxing, very creative, very relevant, is when she believes and understands in her depth that she has found a man who, in the depth of her heart, she can trust his wisdom.

Yogi Bajan (Man to Man)

When you stop playing games then there'll be one game left to be played, and that is to become the most powerful, forceful, brightest light of God. That is the purpose of life—for everyone.

Yogi Bajan 7/24/84

When faith touches your head it becomes a religion.

When faith touches the heart it becomes the way of life.

And when faith becomes you then you totally become a living divine.

Yogi Bajan 11/24/80

Our main job is to be together and inspire each other to reach for the golden light. Let us be one in the oneness of each other. Love and reach out, make life happy...live with these words deep in your heart.

Yogi Bajan 9/2006

We use our children for security. Then our children use us for security, and life is a mess. Give children their own security: Truth and God. It doesn't matter if you have lied to yourself, or you have lied in your life, or that your parents lied to you. Just, for God's sake, speak the truth for the sake of your children, so that they can understand that there is a truth—that is Sat Nam. Give them the true identity of themselves and you will have angels on the Earth.

Yogi Bajan 6/1975

You have no right to tell the child what to do. The child has the right to know what is good and what is bad. If you teach the child good and bad, the child will never leave you. There's no better student. You have never accepted a child as a God-given student. You accept the child as your possession. That's your mistake.

Yogi Bajan 7/4/96

Children are full-fledged people with high potency antennae which record every vibration within their vicinity completely and very deeply.

Yogi Bajan 7/20/76

A child is born to you to help him face his karma in this life. A child is not your ego; not a pet dog in the house; not a substitute for love. A child has nothing to do with that. A child is born to you so that you can prepare him to face time unto Infinity.

Yogi Bajan 6/1997

When you speak with your own soul and embed that consciousness, that new story, deeply in every cell, then that flow of reality works for you even when you do not have the strength to work for yourself.

I was taught the most fundamental law of karma, cause and effect. As shall you sow, so shall you reap. And you are a sovereign independent identity. When you do fault, you lose your sovereignty. You subject yourself and subjection is worse than death. I was taught all that right from day one. It was a continuous process. It was a continuous learning. It was a continuous training. It was a continuous behavior.

However things go, you must remain calm, quiet and peaceful. That peace is the source of prosperity. Self-containment is the art of prosperity and it is the highest spiritual strength. There is nothing to match it.

Yogi Bajan 12/1/01

A rose's fragrance is so powerful, it makes you want to smell it. Your grace has to be so powerful, that people want to feel it.

There is a constitutional law to being a mother: first be a woman, then be a graceful woman, then become a very, very, very, very graceful person....Bearing a child is not a human's job; bearing a child is totally a divine, divine, divine job ...From 120 day (of pregnancy) until the day of delivery, whatever you put in through prayer is going to come out.

Yogi Bajan 7/5/77

Do you know why we suffer? Because we manipulate things. We are manipulators. But if we manipulate just one thing, if we make just one simple manipulating effort--that we shall elevate everybody, then we all shall be elevated ourselves.

Yogi Bajan 7/25/96

Never be right or wrong, always be neutral. Speak not through the positive mind or the negative mind, but from the neutral mind. And whenever you have to confront a calamity or a pleasure, take the altitude. Adjust the attitude. Do not react right away.

Yogi Bajan 7/22/96

Your sovereignty can only be given to you as a child by your mother, by her identifying you as a complete, total individual. What you call 'grit,' the strength of the identity, is given to you by the father. It is all done in the first eleven years. Afterwards anything done or said and taught by the parent is useless, because the base is already built.

Yogi Bajan 2/19/85

Meditative mind tells you about your mind, projected mind, polarized mind, inductive mind, deductive mind, subconscious mind, super subconscious mind, interrelated mind, correlated mind, and polarized mind. Mind is like an onion, it has so many boxes and so many layers and until the whole thing is not understood you do not understand that you have thought form and when you do not understand your thought form you do not understand your desire. When you do not understand desire you do not understand your commotion. You do not understand your commotion, you do not understand your emotion. And then emotion trace to neurosis and neurosis to pattern, pattern takes you to unhappiness, it is a simple delivery channel. And all this has to be known. And the only science which can give you authority, sensitivity and probe into mind is the art of meditation.

Yogi Bajan 10/23/78

What is God? In reality it is your own positive self, your higher Self, your universal Self, the Self which knows

no defeat, the Self which can rise again and again and again like a wave in the ocean.

Yogi Bhajan 7/17/84

Spiritual maturity begins with the seed planted in our destiny. It is nurtured by a series of teachers and watered by the wisdom each brings to us, a wisdom which is less a philosophy as it is a combination of consciousness and intelligence that lets us face the challenges brought by each stage of our development. In that challenge and answer of life we come to recognize our self, honor our self and deliver our self in relationship.

There are a lot of things we need. One of these needs is for the mind to work for you for the whole day; it must be fresh and clear; it must be made livable. That is why it is a requirement to rise early in the morning when nobody can disturb you, when you can be yourself.

Don't feel guilty. Just get awakened. Just wake up.

Start exerting your divinity. It's your birthright.

Mother becomes blind with the child. She wants a strong child, raise him, teach him, educate him, entitle him, and what else come down to, every mother looks at the grade. What are the grades of my son in the school? So blind is the stupid mother, she never looks at the manners of the child. What are the manners of my child, never. She has no life left to look to the reality, what are the etiquette of my child, what are the manners of my child, what is the mental and the spiritual strength of my child. The child is judged by grades all the way from day one to the last day of his life.

Yogi Bhajan 1/15/89

God who created you shall create for you everything when you exert your divinity.

God who created you will give you nothing when you exert your duality.

When you face today with courage, with dignity, with grace, and the word of the Guru (spiritual teacher), your prayers will be answered, because you'll become the prayer.

Yogi Bhajan 6/27/93

Remember that intellectual knowledge does not hold and sustain you. Knowledge only becomes real wisdom when you experience it with your own Heart and Being.

Yogi Bhajan 1/1/03

The body may forget things but the soul doesn't forget its journey. All actions come from the breath of life, and we all breathe the same breath of life. So, we are extremely united if we understand the expression: We are strung like beads on one breath of life which is everywhere. And that is how Universal we are.

Yogi Bhajan 8/11/99

The purest thing in the world is the heart of the mother, the heart-chakra, the center of the mother. It can move God. It can move the Universe. It can cause an effect beyond limitation. The heart of the mother is the greatest power of Infinity ever given to any finite being.

Yogi Bhajan, Women's Camp 1977.

What is grace? "Grace is the shield of radiation or radiant shield which protects the pranic balance in your entire living system, not only with you, and within you, and within your psyche, but how you correlate to all other psyches in your communication of memory. All who have gone before you, all who have to follow you. Do you understand what grace is now? That trust that others place in you is your grace. The word you give to others is grace. Expectation of you being who you are is grace. It is a total sum of your personality, reflected

by you. It is your radiant body.

Hate nobody; love everybody. It won't cost you anything. Love never costs anything. Love is the most selfish act. It gives you so much protection, grace, and radiance. It doesn't give you any smallness or suffering. The attitude of conscious living is to love and give grace to someone worthy of your trust. Do not seek anything from people. Give love instead, and rely on God.

Yogi Bajan 5/2008

Learn to change gears in your life. It's not hypocrisy; it's real. Your sensitivity is your transmission.

Yogi Bajan 7/12/84

Not having the flexibility to change is a tragedy in itself: and having too much flexibility not to stand for anything is a tragedy in itself.

Instead of drawing the attention of another person by a tantrum, you could win their heart by a service (Seva).

One who rotates the earth, this earth of yours, one who rotates it. In twenty-four hours shall take care of your routine whoever it is. You believe it or not.

Yogi Bajan 2/19/96

Before shaking hands with anybody, or coming and talking with anybody, all you require is that when you are nine feet away from that person, and your aura has not yet touched their aura, just insert a psychic thought, "I am going to be very, very noble with this being." You'll be shocked. Your language will change, your manner will change, your entire acting process will change.

Yogi Bajan 6/26/84

You are all afraid to become lonely. You are scared to become lonely. You do not know what to do with your loneliness, because you do not know how to give. Give your loneliness that oneness, that ecstasy, that state of higher consciousness, that's all is that one loneliness, when you do not have even peer group. Nobody can match you, nobody can reach you, nobody can understand you, nobody even can know you. Then all you become is heaven, heaven become you, Earth has nothing to do with you and then you are really in pain. Tears flow from you like water because you say, "What I am doing here?" I don't know, what you are doing. All you have to do is to uplift other people. Share that oneness of that ecstasy of consciousness, that loneliness and let people know it is good to be lonely. Because lonely has three things in it. Purity, Infinity and ecstasy. When three ingredients, purity, ecstasy or Infinity get together and amalgamate with each other, one becomes lonely. One becomes one.

Yogi Bajan 3/29/87

You must understand one thing. You shall never be happy, doesn't matter what you do. Because when you challenge the natural phenomena of life, you create duality and chaos. And the outcome of duality and chaos is misery, pain, disease, and nonsense.

Yogi Bajan 3/29/87

Seva (Service) is when your inside is honored, when you honor yourself. When I stand before my consciousness, I feel good, and I say, 'Well, I am so blessed that I could do it.' That's Seva.

Yogi Bajan 7/22/78

The purpose of life is you reach a stage of consciousness when there is no peer group. Period. Then only you can become a giver. Before that you can't give anybody anything. Then you are in a business, give and take. But when you give and give and give, and for the sake of giving you live, then you have to have no peer group.

Then you become Ek, One. One is very lonely. It has its own beginning, its own end and its own process.

Yogi Bhanjan 3/29/87

When you relate to the limited self of a woman she becomes very crazy.

Always tell her she is great, unlimited divine and the giver of everything.

All you have to do to deal with a woman is to inspire her spirituality.

When woman leaves her gentle and firm nature, or her dignity and divinity, then Mother Nature does not relate to her.

In other words, Mother Nature will always relate to a divine woman.

And all your wishes shall be fulfilled.

The woman must be able to look to the man for inspiration and stability.

Otherwise you have nothing to offer. Then it becomes a matter of existence and not of relationship.

The side of the moon which shines looks toward the sun. You must be stable as a magnet, which attracts to itself but itself does not move, while she, being the changeable moon is never stationary and never secure.

Fortunate are they who start the day always looking to and cleansing the vibrations. With each breath they vibrate the Divine Nam, the Name of God, to cleanse themselves, to enrich themselves, and to energetically charge themselves so that they can be positively effective for the whole day.

The mother is the only person who can teach her child tenderness and compassion. It is this exposure to gentleness in the lap of the mother for the first seven years of life that teaches a man to be just, tolerant, and compassionate in his dealings with others. The entire capacity of a person for self-control, is determined by the touch of a mother.

Yogi Bhanjan, The Ancient Art of Self-Healing

The Universe is asking you to confirm with yourself whether you would like to serve the Earth, to save the Earth, be a sage of the Earth. Earth--the sustainer, the Mother of you, which nurtures you--can you nurture it back? That which serves you, can you serve it back?

Yogi Bhanjan 7/23/96

The mind is above time and space. If you decide not to complain, it will immediately compensate you with intuition.

Yogi Bhanjan 7/12/84

Let somebody prove friendship which time and space cannot jolt, and then accept the love. Don't accept the love first and then find the friendship; it will never come. You have lost the game.

Yogi Bhanjan 7/11/84

Life is a continuous vibration of up and down. And in this up and down, try to be neutral; be seated in your own spiritual integrity.

Yogi Bhanjan, 8/2/81

Where there is forgiveness, there is God. Where there is sacrifice, there is compassion. And where there is service, there is the radiance of the human. Is there anything more precious in a human being than these objectives?"

Give yourself values, give yourself grace, give yourself strength. Forget about your yesterday and yesterday's problems. That's one final piece of advice. Just safeguard the problems of tomorrow. What is today? Today is for tomorrow.

Yogi Bhanan 7/31/84

Sing a song with a perfect blast. It's such a beautiful emotional release, you will always be grateful to yourself. It is a perfect way to live sane; it is the best way to confront insanity.

Yogi Bhanan 11/22/77

The first step to life is to learn to send vibrations out. Become a beacon of vibratory power of your Soul. Let it touch the unlimited shores. All other powers are useless if you don't have your own power. And the power of your Soul is the pure power. Let the vibration go out from you. It is your prayer. It will meet all challenges unto Infinity.

Yogi Bhanan 3/29/86

You within you is the strength of God. You within you is the flow of life. You within you is pure truth and pure light of God. Therefore, always intuitively face life as You, not as the victim of circumstances.

Yogi Bhanan 7/18/84

Prayer is not only what you say or utter. Prayer really means attention. When you, your soul and your mind, pay attention, that is called prayer.

Yogi Bhanan 12/1/86

A Teacher doesn't hear—he's deaf. He doesn't speak—he's dumb. He doesn't see—he's blind. He just carries the teachings. He never amends them, never adds to them, never subtracts from them. You don't interpret it; you just respectfully carry it to another, and that to another, and that to another. When you do this, all knowledge will come to you. Everything will dawn on you. Your Teacher will speak in you. Your Teacher will guide in you.

Yogi Bhanan 7/22/96

You must command a reputation that what you say is true, what you deal in is truth, what you believe in is truth, and what you are is nothing but truth.

Yogi Bhanan 12/9/77

To be a yogi is to have a mental capacity to totally amalgamate with other people's states of mind, without letting them know at all, and then to raise them up.

Yogi Bhanan 11/22/77

When you are gentle, you don't step on your own self. Gentle means, "everlasting self-respect, self-prestige." Gentle people are those who understand who they are no matter what, and that mostly includes personal pressure. A gentleman is one who has total control of all his senses. Senses cannot misguide him. Emotions cannot blind him, and desires cannot pull him. That is gentle. Gentle is when you are super kind to your identity as a woman.

Yogi Bhanan 7/18/84

A teacher is not a God, but he is a god giver.

A teacher is impersonal, like infinity, and has integrity, self-awareness, and personality, with absolute grace.

You have the capacity such that through your presence God can be felt—no miracle is required.

Yogi Bhajan 8/1/82

Purity is just like a clean house. It makes you feel good. It's the conscious cleanliness, it is the ethics, it is the morals, it is the honesty, it's the commitment.

Yogi Bhajan 7/17/84

There is nothing which can reduce your misery, insecurity, pain, and tragedy if you do not understand that you not only have the right to nurture your body, but you have the responsibility to nurture your mind, and the utmost responsibility to nurture and feed your soul with strength, with loftiness, with Infinity.

Yogi Bhajan 5/7/97

What a woman can do with one smile, you would need a very expert doctor to do. Her divine healing power is more than even she understands, because God has given her the status of a mother. If she's not a mother, she's a mother in potential. Therefore, her mechanism, her life, her clarification, is basically divine.

Yogi Bhajan 7/9/84

You do not understand the power of Sat Nam. The power of Sat Nam is that it purifies the entire time and space when you speak it once....Sat Nam is not a religion. Sat Nam is not a person. Sat Nam is not a word. Sat Nam is the superior self power of God. It is a panj shabad; there is nothing like it.

Yogi Bhajan 7/30/82

Try to act as saints and sages. Let your ego go and let your sainthood prevail.

Yogi Bhajan 9/18/01

Caliber will make you deliver. Character will sustain you. Consciousness will carry you. Courage will bring you honor. Commitment will bring you trust.

Yogi Bhajan 9/3/96

Man seeks inspiration, recognition and confirmation of his personality in a polarity opposite him which is a woman.

Other things that he seeks are expansion on a physical level, on a spiritual level and on a mental level.

On a physical level it is the service we do for each other; on a mental level it is the inspiration that we give to each other, on the spiritual level it is the trust that we have in each other.

If these three things are present, we develop confidence in each other; two people can then experience love.

The power of Kundalini Yoga lies in the actual experience. It goes right into your heart and extends your consciousness so you may have a wider horizon of grace and of knowing the truth. Ultimately you come to understand your existence in relationship to the Universe, and this brings you to the practical experience of Infinity. You can then radiate creativity and Infinity in all aspects of your daily life.

Yogi Bhajan 1/1/03

Everything should be considered as a gift of God. When anything wrong comes to you and you think it is a gift, it won't stay with you. Do you know that? Try it sometime.

Yogi Bhajan 7/5/84

Yoga is a science through which a person can use their mental, physical, and spiritual being to tap into the infinity of God.

Yogi Bhajan 3/28/87

Question: How can a woman get rid of her anger?

YB: By drinking water. It's a very immediate treatment. Take a glass of cold water and you'll be surprised what happens to your anger. For a woman, it is the easiest thing.

Yogi Bhajan 7/12/84

God is everything. What is God? Your excellence. Your God is your excellence, your inner being, your soul, your spirit, your Self. God is nowhere to be found. You are God. God couldn't create anything better than you. If you can find yourself, you have found God, right there and then.

Yogi Bhajan 6/25/84

God is nothing but your own inner consciousness."

Yogi Bhajan 1976

31 minutes of mechanical breathing (conscious breathing) can give you better health than you ever had before. It can give you strength beyond understanding. It can give you answers for every question.

Yogi Bhajan 1/10/98

In years of adversity, you keep yourself together. You pitch in, and you fight. But in prosperity, you fall apart. It is very funny. In adversity, a husband and wife will stick like glue. But the moment they become a little rich, things start happening. Where are you going? What are you doing? There are fights. Prosperity is very difficult to handle. You can handle God if He comes in your house, but prosperity you can't handle because it is an energy. It is a free energy. If you want to make somebody sick, give him ten thousand dollars cash, and let him go and run around. First of all the police will pick him up, if not that, then somebody else. To handle energy, you need gloves, you need discipline.

Yogi Bhajan 1/10/89

Life is a direct challenge. Things will never change in your life if you do not try to find the fundamental fiber in yourself and know who is the giver and the taker in your relationships.

Yogi Bhajan 1976

With the most corrupt person, you can be honest; with the most angry person, you can be cool; and with the most insulting person, you can be graceful. If the balance of your personality and your sensitivity can remain under your control and your projection, you have learned the art of living.

Yogi Bhajan 6/28/84

When you are in the state of the neutral mind, the soul is like a chandelier switched on over you. Communication of the soul is just that light; you are lit up by it.

Yogi Bhajan 7/29/81

Remember, the principle theme of Kundalini Yoga is simple--uncoil your reserve and become excellent. The excellence you produce by yourself is yours. It's not going to come from outside. It simply unfolds. In the beginning is you, in the middle is you. In the end is you.

Yogi Bhajan 10/10/97

In any communication, or in any situation which you cannot confront because it is exaggerating, hot or aggressive, just change your breath. Breathe through the lips instead of through the nostrils. Exhale always through the nostrils. Inhale through the rolled lips and make it slow and long. It will slow everything as required. It will increase your sensitivity. It will give you 10 times more projection over the person you are talking to.

Yogi Bhajan 7/3/84

The time has come. You have to be you. Be a beautiful, bountiful and blissful human. God created you in His own image. Don't create your own images. There is just one image of you – as you being the being of God. It's very human and that is what the Age of Aquarius is all about. It will be an age of humans and peace, love and service and we shall all be relatives. The small wars and fights will go. Humanity will prevail again. As the Berlin wall fell, other walls will fall. We will all be united under One God. One Spirit. One Self.

The process of growth through Kundalini Yoga is a natural unfolding of your own nature. The blocks to that growth are your attachments to the familiarity of the past, and your fear of the expanded Self. As you practice Kundalini Yoga you will grow. Like a snake you will need to shed old skins to be more of who you are.

Yogi Bhajan 1/1/03

Elevate. Each day, live to elevate yourself, each day elevate one person. Make elevation your religion and you shall reach infinity.

Yogi Bhajan 7/27/82

I have found that people have NO idea what love is.....their model is any one of the following: hollywood love, kootchy coo love, we share EVERYthing love, blind love where you loose everything. Then there is the love of INFINITY where you support all for nothing:

"Love which does not make you infinite is not love. Infinite Love is a power within one's soul

which brings Almighty God here. It's not a prayer. It is a power.

Love is a purity. Love is infinity. Love is grace."

Yogi Bhajan 7/1/96

Knowledge only means that when you can avoid suffering, do. If you can't avoid suffering, knowledge, religion, then God won't mean anything to you. It is totally bogus nonsense to go and suffer.

Yogi Bhajan 1/10/89

What is the best way you can win the world? Have you seen those books--"Act like this and win friends"? What is that one principle that allows you to win the Universe, the Creator, the creation, the contact, the consent, and everything? What is that practice? Stand before a mirror and smile. Keep on smiling. Even if you want to be dead, even if somebody is mad at you, just keep on smiling. See how fast he attacks you. You think a smile is not a power? It's the most powerful tool a human has.

Man was not prepared to do yoga. Hatha yoga? My God! Just stretch like this for two hours and one hour like this. I have done that, and it is too much for me. I can't handle sweating like that. You can run three miles and sweat like a water tank, no big deal. But mental energy has to be controlled, and it has to be controlled by the breath, air - pavan. Pavan is the power. The breath of life is the power, and Shabad is the word. Word is the air, and word represents air.

Yogi Bhajan 1/10/89

You know people do yoga, people do therapy and counseling and all that. But aren't you aware that if you do

not breathe, you are dead? And that breath, which can keep you alive - why can it not take care of your little mental disorientation?

Yogi Bhanan 1/10/89

You can't help the changes in life: they must come whether they are good or bad because the good must follow the bad and the bad must follow the good... All things must be balanced. Each day of life is also another day of death.

Everything that comes has to go.

Coming and going is a law of life that nothing is going to stop.

No, nothing can stop it and nothing should stop it.

We are not Indians. We are not Americans. We are not Germans and we are not French. We follow a spiritual bond, and spirit is not divided by the boundaries of political arenas. The projectivity of the magnetic field of the soul is always at the same frequency wherever it exists. It is called the lifeline.

Yogi Bhanan 7/4/84

It is for you to give the message to your own mind; it is for you to give the message to your own soul; it is for you to untangle your own ego. No special method is required. You don't have to hang upside down; you don't have to sit on the bottom of the ocean; you don't have to leave the entire world. This world is circling without you and it will continue circling without you. You only have to take care of your own circle, consciously. Speak politely, be kind to others and understand one thing: righteousness is the self's best luck.

Yogi Bhanan 7/18/82

We do not need new choices. We are flooded with choices. We need an elevated capacity to make choices. We do not need more information. We need the wisdom to use all the information. We do not need another religion. We need the experience of a Dharma (path of righteousness) which creates the spiritual fitness to act believably on our beliefs.

Yogi Bhanan 3/1/95

Appreciation is an art and a lifestyle and a source of happiness and fulfillment. It's called gratitude—an attitude of gratitude.

Yogi Bhanan 6/27/84

Commitment will give you character. Character will give you dignity.

Dignity will give you divinity.

Divinity will give you grace.

Grace will give you the power to sacrifice. Power to sacrifice will give you happiness.

Yoga is greatly needed. Each person must deeply understand why he is a human being and what it means to be a human being. Knowledge only becomes real wisdom when you experience it with your own heart and being. Just because you know about or believe something is true, does not mean you can act on it. But if you discover a truth and act on the path of that truth, and if you can find bliss, success, and fulfillment in yourself as a result, then no power on Earth can make you veer from that truth.

Yogi Bhanan 1/1/03

You need to know how to calm down every uncalm situation. You must understand, the job we have to do in

the future, which each one of you is expected to do and which requires the most extreme balance, is to calm down the environments.

Yogi Bajan 7/3/84

Yesterday's sinner can become a saint now, if you only decide that yesterday is gone. Today is me, tomorrow will be God—that is how you give yourself to God.

Yogi Bajan 7/4/84

A meditation which cannot bring normalcy and equilibrium in your breathing is useless. Because rate of breathing and the length of breathing will determine the rate of your glandular system and that secretion will give you physical stability and physical stability will give you then mental stability. Mental stability, will shine the radiance of the spirit, the soul in you. When the spirit will be radiant and heavy, you will look spiritual.

Yogi Bajan 3/31/71

When mind, body and soul praise the God it is called Kirtan. And whosoever shall do kirtan shall always have a happy soul, satisfied soul.

Yogi Bajan 4/27/82

The most precious thing in the human body is the breath. Without breath your hairdo, your make up, your clothing, your cars, your home has no value.

Yogi Bajan 2/19/76.

As long as you exist, God does not.

When you do not exist, God does.

Yogi Bajan 6/19/98

Who is right and who is wrong?

Don't get into that problem.

See that you don't place any burden on yourself.

Sometimes you say... "Oh, I am only 16," or "I am only 21," or "I am 18." I don't know when you are going to grow up. But not growing up is a personal virtue. There are three things we do in our life: we don't want to grow up, we are self-destructive, and we are self-inflicting on ourself. Emotionally we destroy our own mind because negative mind we stretch it to the point that we have no power to have positive or neutral mind, and we live by negative mind and we stretch it so much that it becomes such a habit without which we cannot even live. So in that way we are slaves. We have confined ourselves to such a zero degree that if any movement is required by us or flexibility is required by us, we can't go wrong.

Prosperity is Proportionate to Your Purity.

There has to be a cause of death and there has to be an opportunity for wealth. That is how it goes. You are all actors on a paper stage. You are all paper tigers. You have to do what you have to do, but there is somebody else who does everything. I am not trying to be a fatalist, but let me tell you as a scientist, in pure mathematics, root square is the root square to gamma, alpha and beta. In a theta state, productivity can only exchange from matter to energy and transfer the energy into matter. Therefore, all prosperity, productivity and projections are controlled by the self-projection of the neurons.

Understand this: When the rhythm in the neurons, which controls the projection, starts acting within the scope of less than four seconds, man becomes prosperous - no matter how dull he is. When it starts acting

within the scope of over seven seconds, a rich man will become poor; that's all it is - time.

Constructive induction helps you understand the facts, and the moment the facts are induced, you shall deduce the opportunity in seconds; these are the balances.

If you cannot bless yourself, then nobody can bless you. When you bless yourself, then the heavens will bless you.

Strength of the spirit, strength of the soul does not come from the body. The nervous system is attached with the cosmic system through the astral body, you are nine feet beyond your body, nine feet each side of yourself.

Yogi Bhajan 7/4/77

Your development period is 27 years of age. Your living period is another 27 years.

And your dying period is another 27 years. That's how it's proportioned.

Your achievement is during the first 25 years. Your time within yourself and with your family is the next 25 years.

For the next 25 years you roam the world to share and experience.

Then for the next 25 years, you wait to go home. That's how these systems were set.

Yogi Bhajan 7/23/96

In the path of God you do an offering, you don't do a charity. Because charity is given to the lower and then it means when you give a charity you think you are doing it a favor. Everything you possess is God's creation you have nothing of yours and then it is not sharing then it's not Vand Chakra it's offering. You give gift to a friend and you are grateful to him that he has accepted it. There is a difference between charity and offering, offering is accepted to the higher one, charity is done to the poor to the low and when you do charity in name of God you think God is low. No my friend you do offering, offering, offering is when you give and it is accepted you feel grateful that something which you had has been accepted that gives you fulfillment right there.

Yogi Bhajan 7/4/77

Self reliance conquers any difficulty.

Conquer your rhythm of breath and you conquer your mental attitude as well as your behavior. When you can do that, you are perfect. You don't worry; you are secure.

Your words will never be untrue if you are constant in your breathing.

Anybody who wants to rise must pay for it. If you want to levitate your personality, then the art of sacrifice has to be mastered. It is only in giving that you receive. That is the law of conscious existence, for any person at any stage of mind. If someone only wants to get and does not want to give, it won't work out for him.

Yogi Bhajan 10/5/1973

The physical body is a temple, take Care of it ..

The Mind is Energy, regulate it ...

The Soul is the projection, represent it ...

All Knowledge is false if the Soul is not experienced in the body.

When you take the Name of God as your basic virtue, then you don't see any negative in anybody. Then you see the positive in everybody.

I am not saying that people do not have any negative in their personality. But you don't see it.

When you see the positive and deal with the positive then your sphere of life, of activity, becomes positive. Then there is nothing to lose.

You have to reach the Neutral Mind.

Once you start relating to the neutral mind,
you will never find any trouble in your life.

Once you touch somebody in a very pure manner, elevate them and give them their own experience--not yours-- they will be grateful to you forever, and they will enjoy it because their perception becomes greater. Make people's perception great.

Yogi Bhajan 3/23/90

The purpose of being human in this life is to become immortal. There have been humans who trusted in God, who believe in God, who dwelt in God, and their perpetuality is still remembered. They are called prophets, messengers, guides, teachers, spiritual, non-factual. They were factual people who brought home the realization of man's concept.

Yogi Bhajan 1/6/90

You have to gradually grow to develop your intuition and your consciousness and you have to do it consciously. Once you consciously reach your intuition, you will be a totally different person. Then you will say, "I call on myself and my psyche".

Yogi Bhajan 8/3/95

Intellect shall release thought, each thought may or may not become emotion, But the moment a thought is trapped with ego, it shall become emotion. And any emotion which joins your personality will become desire.

Yogi bhajan 5/24/82

Mind is there to serve you. Remember, mind is the first servant. And mind is the last, last resort. Don't relate to mind, relate to consciousness. Don't relate to feelings and emotions, relate to intelligence.

Yogi Bhajan 4/2/87

One soul is so pure, so genuine, so competent, so creative that it can give birth to another soul. Actually to be a woman is only to allow another soul to go through the experience of the creativity of God, but once you possess it that this is my child you start the trouble right that minute. Because when it is your child you will give it the values as you want to give it, but when it is a gift of God then you will give it the values what God like all. This is the error, which every mother does.

Yogi Bhajan 7/4/77

Life has unexpected challenges, which can be faced by you if you have the energy for it. That energy won't come to you unless you mentally clear your fog through meditation. As it is essential to clean your house, so it is essential to clean your mind.

Yogi Bhajan, 7/12/88

May God guide you on this path. May you understand that you are blessed children and you have a job to do.

May you know in your heart that God belongs to you always, within and without. May your sorrows never touch your tomorrow, may your blessings be for all, may your happiness be shared, and may your smiles give hope to others.

Yogi Bhajan 6/20/93

You should be smart, learn the art, and go across the world and heal God's creation. This is your job, and what you are actually going to say is, "Hail, hail Guru Ram Das and heal the world." Your job is to heal the world and elevate and uplift everybody. Everybody shall be healed. Take a person from his lower self, from his ditch, and raise the pitch so he can be uplifted. The mantra of the Age of Aquarius is "Keep Up." Help keep everybody up. When you never let yourself down and never let anybody else down, God shall serve you. He shall never let you down.

Yogi Bhajan 6/20/93

I promise you that those who shall serve others, the Almighty God shall have no power but to serve them, that is the only way. Your power is not in your strength and weakness, in your show and your capacity, in your titles and your achievements, in your money, and in your playing games. Your power is to uplift others. Those who uplift others, God shall uplift them, because it is God's Will to uplift everybody. When you live in your Godliness, He will not let you fall.

Yogi Bhajan 6/20/93

When you are in love, there is nothing but love and you do not know what love you are in. If any sensitivity, any jurisdiction, any imagination, any territory, any facial form you are in, you are not in love. Love is a personified status of ecstasy one's own self. Love is within oneself. Whatever projectivity, objectivity, and subjectivity we love, that becomes you.

Yogi Bhajan 6/4/92

If a woman doesn't want to be weak and she doesn't want to be preyed upon, she should do the prayer and the woman prayer is, she should keep the body Temple as very alert, energetic and she should be very alert mentally and she should be very, very alert spiritually. You have triple alert, be alert physically, mentally and spiritually and just understand, if you miss the whole world and not your nobility, the world should come at your feet. Do you hear me? If you will miss the entire universe, all the opportunity but not your nobility, that same world will come at your feet.

Yogi Bhajan 7/29/88

If you do not love yourself to the depth of totality, you will never love, love as a reality. And that's the tragedy. If you do not love yourself unto totality of your own self, not of anybody, you will never love the love's reality.

Yogi Bhajan 6/4/92

When your mind thinks too much, it loses touch with the reality of life.

To be real, our feet should be on the Earth and our head should be in the Heavens.

The household life is the highest life on this planet. Even the angels wish and pray that they should get it. But what we have done is we have made it a living mess; clash of egos, clash of ideas. Marriage is not a sexual, sensual clash, it's a pure understanding of standing with each other through thick and thin, it is not raising children and giving them birth and give them lots of toys and mess them and make them inflated with their so much ego when they are nine year old they should run away from the house, that's not marriage. Marriage is to give children values and if you cannot give children values if you cannot give yourself values.

You cannot give children understanding if you do not give yourself understanding. You cannot give children

the knowledge of sacrifice if you do not know how to acknowledge the sacrifice. You cannot tell the children what honesty is if you do not through the sweat of your brow work hard, honestly and stand up to God and say, here I am, thy creature Oh Creator in thy love and you do not believe the truth.

Yogi Bhanan 6/4/92

Share your strengths, not your weaknesses.

When a child is born, it is felt that this child is mine or ours. There is a responsibility to train a child to be full-fledged human; but in my way or in our way, that is the tragedy. Every child has its own destiny, own way of life and own growth. When that is barred or demarked or different, child is destroyed and we are all destroyed children

Yogi Bhanan 2/10/93

Love is a natural phenomena. First love your body, then love your mind, and then love your soul and then love your totality, then love your reality. Five simple things to do. When you start loving your reality, the whole world will love you. My theory is very simple. And I have believed it from one day to this day. I need two hundred million things. And I really need them. How can I get it? Should I go after everything and get it? I'll be the most stupid living human being, or let me sit and let them come to me. I'll receive them. You should be ready to receive. You should be ready to deserve, you should be ready to be. It is your potential. That's what joy is.

Yogi Bhanan 6/4/94

Prayer is when the mind is one-pointed and man talks to Infinity. Meditation is when the mind becomes totally clean and receptive, and Infinity talks to the man.

Student: Is it impossible to change our own destiny?

YB: Destiny is definite. Whether you can reach it or not that's the problem. We help you to reach the destiny. Not to be away from it. Human mind is weak, insecure, and it wastes lot of life and lot of time in insecurities. That's why they cannot reach their destiny. That's why we ask them to have a perpetual endurance and help, so they can make it.

Yogi Bhanan 12/10/90

Children are not naive little things, they are sensitive, sensible, vibratory, eating creatures. They understand the surroundings, they understand what people mean and how mean they are, they have a thermometer in them. As thermometer can measure the temperature so the child can measure the dishonesty of the parents. Child can measure the dishonesty of the surroundings, child can know the child is innocent, innocence have one beauty, through innocence you can know the unknown and so long the child is unknown in the innocence he knows what neurotic those two bodies are which he calls parents. In other words, the word parent is pay the rent. And pay it honestly and pay it gracefully. And let the child know that you are the guardian in Divinity, not guardian in ego.

Yogi Bhanan 1/6/80

The mind becomes a monster when it becomes your master. The mind is an angel when it is your servant.

You are master of your body, mind and soul. It's a gift of God. If you cannot find your own reality, you will never find anybody's reality. There is no love without reality. Everything else is false. When there is a falseness, then there is no strength, no power, then there are conditions. Where there is a love, there is no question. Where there is a question, there is a business, not love. Love is blind, that's what they say it. It is your power to live in love. Ask no question, Mother Nature will ask you no question. Don't claim you are in love. You will never blame that you are not in love.

Yogi Bhajan 6/4/94

The art of being smart is to be small, which can contain all.

The art of success is to answer the call of duty with grace and compassion.

The art of happiness is to serve all, and all shall serve you.

Every day of your life your tolerance should be ready to cope with your circumstances.

Yogi Bhajan 1977

There are a lot of very important things in our life. Mind is the muscle; body is the shell. There cannot be two opinions about it: The mind either controls you, or you control your mind. There cannot be two relationships. It's impossible to both control the mind and have the mind control you. No. It is always one-way traffic. It's a one-way road. Either you control your mind, or your mind controls you. If your mind controls you, whether you are rich or poor, you are done. You will just come and go. If you control your mind, even if you control only forty percent of it, you make sense. If you control fifty percent of it, you make prosperity. If you control sixty percent you become a legend. Life is all about the control of the mind; but there has to be spirit behind it - the soul.

You are the soul. The sole purpose of the soul is that you must shine like a star. What kind of star can you become? You can become a juggling star, you can become a yo-yo star, you can become a lot of things. Just understand this: it doesn't matter whether you are religious or non-religious, pious or not pious, great or not great - your prosperity is proportionate to your purity.

Student: What do you do if the destiny is negative and you want to make it positive.

YB: Destiny is not negative. It is the fate, which is negative. Fate eats you up on the way. Destiny or fate are two sides of the same coin. If you will not reach the destiny, you will reach your fate. So question is whether you want to reach the destiny or you don't want to reach the destiny. It's very difficult to go on the top of the mountain; it's very easy to fall at the bottom. That's the law of gravity, make your choice. You want to sweat or you want to fall. Both hurts. Sweat is difficult and fall is hurt. But one is achievement, one is losing. Do as you want.

Yogi Bhajan 12/10/90

Your children born of you do not understand you. Do not understand your values. All they understand is their rights and the privilege you provide, that's why give children not the rights and the privilege, give them the values and the technology to have those values. Give children the biggest gift, a value of life. When you give children a technology of life in which you say these are your privileges and every privilege you give, becomes his right, they are asking more and more, you give in more and more, finally you reach a point where you cannot give in and the war starts. War starts that way the day the child will do a drama and wars get to the height when he starts throwing tantrums and trauma and the war is in the worst when he leaves, he is out of the door, but you caused it. You did not give him life and its values, which is your responsibility as parents. You got blinded by the love and forgot your duty.

Yogi Bhajan 7/11/91

Origin of everything is God, everything comes from God, everything goes to God. Everything belongs to God. It never belongs to individual. You all have to die, you all have to be born to die, you have come to go. That's called Ava-Gavan. We come to go. If we remember that and we are good, then we know where we are going. Otherwise we don't. We just die. Miserable.

Yogi Bhajan 12/10/90

We do not feel that we have to raise our children for tomorrow. Child is born to us innocent, child is born to

us for love, child is given to us in trust of God. You see how we break the trust of God. Our own chemistry doesn't meet, our own situation falls apart, our own things are stupid and we break the heart of the child.

You are just parents, you just pay the rent, forget about everything else. God has given them their destiny and dignity, let them be who they are. If you can't help, get out.

Yogi Bhajan 12/11/88

A human cannot recognize another human just as a human, just as he is. You recognize gold as it is, and then you start looking at the purity of it: fourteen carat, eighteen carat, twenty-two carat, twenty-four carat, right? That's what you do. Have you ever measured another human being or person just as a person and then related to their evaluation, their purity of the heart and clarity of the head?

To put blocks against your own vibration is the worst thing you can do to yourself.

Whosoever will do this to oneself shall never find the Self. The Light of God shall always show you the way.

A teacher has a primary responsibility to be a conscious leader, to be ahead of the times.

God's fear only means don't harm anybody. "Ahimsa," compassion. That's what it means. God's fear does not mean stand and shake. Don't take that concept, please. God's fear means when you have a fear of God you shall not do wrong to anyone, including you.

Give us strength, encourage us in spirit.

Elevate us in radiance so we can be healthy, happy, holy and blessed with the bliss of our life and love so that we can smile,

communicate and be as a spirit shining in Thy name to all human beings. Sat Nam.

Kundalini Yoga gives you inner strength to face the outer world. That's why you need it everyday to face the difficult times because otherwise they become worst. Without your inner strength you can't deal with your life. You need perpetual endurance. And that is what Kundalini Yoga is about.

When your soul will be the sole guiding factor in the sector of your activities, it will always be a prosperous life, it will be always happy life.

Yogi Bhajan 1/27/85

Without finding the strength to live your spiritual identity, life will be a waste, and we don't want it to be wasted.

Physical intercourse is called 'the bridge of seven constructions.' You can elevate your physical, mental, and spiritual body seven times over if it is an intercourse of mind, body and soul - if it is sacred, if it is worthwhile. Otherwise, it is the dumbest thing to do.

Yogi Bhajan, (Marriage on the Spiritual Path)

The power of prayer can bring peace to the earth and peace to the heart.

As long as you don't compliment yourself, your environments and your job, you will always be miserable. Complaints bring misery, compliments brings strength.

Yogi Bhajan 10/16/97

Food is the medicine which creates essential energy in the body and creates essential rest in the body to bring equilibrium. That is the beauty of food. All food was considered as human medicine to begin with.

The strength of the man does not lie in what he has, but what he can give.

You don't have to learn to be wise.

If you just flow you can be successful. Mother Nature will carry you.

Yogi Bajan 6/11/90

When you are mad, angry, emotional, insecure, naive; then just find the Infinity of God.

The coin has two sides.

Turn it over, look at the other side."

Yogi Bajan 2/5/92

All knowledge, all scriptures, all wealth, all environments,

all energy is meant to perform duty.

When righteous action is done, God is pleased.

Yogi Bajan 8/6/1975

Let us sincerely sit down, talk to our heart and head,

speak with our neutral mind, and see what is our path.

And let us walk on that path, totally conquering our mind,

so that the world can trust us, believe us, and be with us.

Yogi Bajan 10/8/98

The pelvic bone is where the breath of life is triggered and where the breathing power of the pranic body is found.

The lungs are cleansing processors, the diaphragm is an aid to that process, and it is through the spinal column that the energy flows.

There's a foolishness that Kundalini teachers do: they mix so many things—astrology, numerology, tarot cards, yum-yum, yo-yo, bananas-pananas-chananas. They are afraid to cover their head when they teach. They want to be very popular. If you want to sell yourself, sell in the open market, but do not take a profession as a Teacher. Don't insult this institution. In the end you will be sorry and regret it. The teachings are never for sale, and a teacher never has a price. You are priceless, guaranteed by the One who made this Universe.

Yogi Bajan 7/22/96

Everybody has a dream. It's my dream that every child will have the birthright to have a mother who is graceful and he or she can be proud of her. I think I have a dream that every man can have a wife who never says, "why" and "if" but through her light she shows the path, not to him alone, but to the entire family, to the entire future. That shall be a day when man will not go to an astrologer or a psychic, but he will have the very faith in his wife to tell him how tomorrow will be.

Yogi Bajan 7/27/89

1. Love is blind. It never sees anything.

2. Love is Infinite. What you hear is not worth anything. What is worthwhile, you don't have to hear.

3. Love is in silence and deep sound. It has no word.
4. So when you are in love, you neither see, nor hear, nor speak.
5. Experience your partner as yourself.
6. Within yourself lies the grace which you can feel in the projection of your mate.
7. Love is amalgamation—not adjustment.
8. Love is sublimation—not a gross understanding.
9. Love is a distillation and not a relation of feelings or emotions.
10. Love is a consciousness and intelligence—living in another being and experiencing yourself.

If you can even understand these ten points, then feel that you are married—you are married in love.

Yogi Bajan 1997

Transportation principle is that you cannot transport until you do not have gears. And gears give you power, strength and adjustability to cope up with the time and space, and you are on the road.

Whenever you have a problem, if you put your problem at the touchstone of the spirit, the consciousness and the soul, you will be surprised how easy it is for you to solve that problem. But whenever you take a problem and look at it from the ego's point of view, it will not only bring you confusion, but it will also bring you destruction.

Do not follow anybody, do not listen to anybody, do not look for anything, don't hear a thing, don't worry about anything—all you have to do is to find in you your own sacredness.

Woman can only be a woman if she has grace around her, and man is only a man if he has courage around him. Man without courage and woman without grace are so-and-so's. That is the politest thing I can say.

I am asking you to be committed so that you can have self-confidence, self-projection, so that you can create a strong enough magnetic field that you can be graceful, dignified and noble.

The two most important things in your body are the upper palate, which is the base of the hypothalamus, because the hypothalamus controls the entire nervous system, and the tip of the tongue, which affects the central nerve channel, hushumna. That controls your entire psyche.

Yogi Bajan Women's Camp 1992.

It's very difficult for people, because when you purify yourself with love you have to merge. Anything in the world is easier to merge than two egos.

Yogi Bajan 7/7/87

Food is the medicine which creates essential energy in the body and creates essential rest in the body to bring equilibrium. That is the beauty of food. All food was considered as human medicine to begin with.

By nature the month of April, can give you a total new lease, eat light and eat right. In spite of the taxes and cleaning the houses and all other stuff, this is one time that you can give yourself a new sprouting energy.

Yogi Bajan 3/25/86

People are not taking drugs because they are enjoying drugs. I can tell you that. People take drugs because they don't have transmissions. So they have to accelerate from outside.

Some people think vengeance is a necessity and fear is a reality. Both are wrong. Fear only comes to you when you cannot cope up with a situation. And you cannot cope up with a situation when you do not have your transmission... you do not know which gears you have to go through. And you do not want to change the gears because you think something will fall apart. You cannot adjust with it. So, it is a mental game which every human plays.

It's not the life that matters, it's the courage you bring to it.

If a woman sits with folded hands in her lap for a few minutes everyday, and feels she is a container so vast that she contains the whole universe, she will never feel weak or have any problems. There is nothing beyond woman except God.

Yogi Bhajan 7/18/87

Compassion is for the very strong.

Compassion does not come to the weak.

People who are unkind, bullies, use rude language, are not strong people.

They are very weak people.

Yogi Bhajan 7/31/87

Love gives you power to merge,

From finite to Infinity.

Love gives you power to trust,

From nothing to everything.

Love gives you power, the most powerful

Prayer between you and your Creator.

Love gives you vastness,

As vast as there can be.

Love gives you the hold, the experience,

And the touch with your own Infinity,

As beautiful as there can be.

Love is that surrender.

When you surrender at the lotus feet

Of the master, you become the master.

When you become the master,

You surrender your universe to the Universe.

Then you become divine.

When you surrender your divinity

To the Infinity, you become Infinite.

That is the Law of Love.

Poem by Yogi Bajan

The purpose to visit planet Earth is not to find God,
neither to announce God nor to denounce God.

The purpose of coming to planet Earth is to find the sacredness in you and live it.

In the worst scenario, sit down, close your eyes and talk to your own soul, spirit. The moment that becomes your attitude, all things you need in life shall come to you.

Higher caliber means that the more effectively you obey, the higher your consciousness becomes. The law of obedience is this: as effectively as you obey a command of higher consciousness, that infinite your consciousness becomes.

"I love you but you didn't bring me flowers." Your love is hanging on flowers! You are seasonal, conditional, demanding and bargaining. Love is not a bargain. Love is not a business. It cannot be bought and sold. It has no condition. When you put a condition on love, it evaporates.

Yogi Bajan 7/16/82

The greatest demand is not to demand anything, and the greatest service of love is not to turn it into a business: "You kiss me, I'll bring flowers to you. I brought flowers to you, why didn't you kiss me?"

Yogi Bajan 7/28/81

The best medicine that a person can have is the knowledge and experience that he can swim through every tide and change of the time. If you have the mental competency to deal with every situation that arises, then you are very happy, very healthy, and very well-balanced person.

Yogi Bajan 11/17/93

A woman who knows how to save her grace can always uplift humanity. The next sentence shall be scripture: Humanity, in its dignity and divinity, lives because of the graceful woman. I am not talking about the humanity who boozes, the gamblers, the thieves. They are humanity, too, but that humanity is a polarity. I am talking of the divine sect of the humanity that lives; whatever is left out is because of the grace of the woman. I said once before, and I say again today, there shall be no peace on Earth if those born of woman do not recognize the divinity of the woman.

Yogi Bajan 7/4/77

Middle-aged crisis come from the fear of being old. Instead of being joyful about maturity, people start getting scared of being old.

Yogi Bajan 6/11/90

Hate nobody; love everybody. It won't cost you anything. Love never costs anything. Love is the most selfish act. It gives you so much protection, grace, and radiance. It doesn't give you any smallness or suffering. The attitude of conscious living is to love and give grace to someone worthy of your trust. Do not seek anything from people. Give love instead, and rely on God.

Just remember, when as a human, you shall be consciously graceful, prosperity will kiss your feet. I not only said it. I vouch for it. Can you repeat - consciously? Being graceful doesn't work. By being graceful, you are preparing to be cheated in broad daylight. I don't believe in being graceful, being nice, being kind, being

honest. It doesn't work - that's what you don't understand! Life is only decided by consciousness and unconsciousness. If you can consciously be graceful, you shall be prosperous. If you are unconsciously graceful, you'll be ruined. That's the difference.

People who love each other don't bargain. Love has no such thing as business. Love has no conditions, because love does not obey time and space.

Yogi Bajan 7/1/84

Somebody has given you a totally, deadly wrong idea that a man loves a woman for sex. Forget it. It's a totally lunatic, neurotic idea. They are hunters, but you can make them one of the greatest, most perfect partners in life, by sharing your grace, by sharing your intelligence, by sharing your nobility.

Yogi Bajan 7/27/89

Let your day tell the world you are not a victim, you are a woman victorious!

Yogi Bajan 7/27/89

You want to know the key to success?

Simple - don't walk on others. Don't step on others' toes. Carry others, carry people with you, above you; God shall carry you.

If you, as a woman, do not have grace to add to the strength of the man, if you as a woman have no grace to add to the strength of the child, if you as a woman do not have the grace to add to the totality and identity of that household, the game is lost. All your facets, all your aspects hinge on that one thing. Your radiation, your radiance and your power of the sun flare in reflection. That is grace. Nobility in your face, compassion in your heart, kindness in your head and character in your strength – that is a woman.

A woman who is not a leader is a miserable person.. (A) leader has three things. First thing, leader has to sacrifice; second thing, leader has to stand alone; and third, leader has to lead. And leader has to lead by example, by action and by word.

A leader is (one) who can stand on the top of the ladder and can stay balanced and alone. So basically, if you do not want to be the leaders, and you do not want to lead the home, lead the family, lead your environments, with grace, with courage and intelligently, you will have nothing in your life....

Yogi Bajan 6/30/94

Life is a constant prayer, not a constant play. Your development as a person and especially your development as a woman have a complication and it has a cross-complication. As a woman you do not agree from day one to the day of your death that you are not a man. You do not agree that you have two active parts of the brain and man has only one. You do not agree that you conceive, you deliver, you nurture and you are sixteen times more evolved than a man. You do not agree that the coziness, the gentleness, the kindness, the character and the nobility which you can give to your child is imprinted from the time of growing up. Nobody can substitute for a woman.

Yogi Bajan 7/27/89

Love yourself. Love your soul and let go of the past. Past pain is keeping you in pain. You don't have to deteriorate.

Your mind will always tell you not to obey because if you start obeying something else, you cannot obey your mind.

If the entire divinity and domain of God sits in the heart of a person, and his longing becomes timeless, then man can develop the capacity to love.

What is an ideal marriage? The ideal marriage is a way of life in which a husband and wife compromise to face the time and space together for the security of their own and their children's lives. Marriage is the institution which cannot get boring, because it is a continuous hassle against time and space. How can a thing become boring when you have to exert every minute of your life to keep it going?

Love is a process in which ego is lost and infinity is experienced.

Your greatest strength is love. Your greatest weakness is fear.

Life is a flow of love, only your participation is requested.

When a human has come into an understanding of his or her own dignity,
there is no power on the earth which can shake it.

Yogi Bhajan 4/22/93

The challenge of the times is upon each of us. Those blessed with a spiritual life and a reliance upon God will have the capacity to rise and flourish. It is common to spiritual pathways to give time to meditation, prayer and chanting God's name. This nurtures our consciousness, compassion, and kindness as human beings and makes us generous in our acts and deeds. We give of our consciousness and we give of our earnings. The act of giving creates an opening from the heart and soul unparalleled by any other.

Some people ask me, "How do you know the answer to everything?" I said, "What is there to know? You know everything anyway." You only need to know one thing: anybody who approaches you, just put him one step higher than he is. The job will be done, and you'll be blessed.

It is a gradual experience and a perfecting of your own projection
and the mind which have to be brought in tune with the God-consciousness.

And that takes a practice and a sincere effort on your part.

You have to be sincere because you will definitely be tested.

You must understand when somebody talks to you, if you are not willing to hear them out, you are foolishly going for an unsuccessful future. The first principle of success is, when somebody is talking, hear it. Don't interrupt. Let him complete the sentence; hear him properly. When they are done and you are asked to speak, do not answer the question if you cannot uplift the person. If your answer uplifts that person, you shall be prosperous.

One smile can win the world, and one frown can lose it.

Just smile at adversity. I tell you it runs away. Two things cannot live together: adversity cannot remain where a man is smiling, and prosperity doesn't live with those who are frowning. The face is an index not to the mind but to the soul.

As a healer, the first thing to tell every patient is to breathe deeply. Shallow breathing means no endurance, no patience.

Pregnancy Part 6

One of the kriyas which a pregnant woman can do with her husband is to walk together doing what is called "Charan Jaap." It is a walking meditation. On the left foot the woman chants "Sat Nam," while the man chants "Wahe Guru" on the right. They walk like this together for, say, four to five miles. You will see children of such parents are very calm, very quiet, very smiling. They are not crying. They are absolutely contained.

Women's Camp, Espanola, July 8, 1998

Pregnancy Part 5

He was inside where he was warm, cozy, and well contained. He came out and now he needs that touch, that feeling, that oneness within the nine feet of your aura. You are a modern woman. You want to go to a movie theater. When a child is born, you must stick with him for forty days and for two years you and your husband must keep him near the breast and the chest. That is the most darling God born in innocence to two people who believed in love.

Women's Camp, 1989

The purest thing in the world is the heart of the mother, the heart-chakra, the center of the mother. It is the purest thing in the world. It can move God. It can move the universe. It can cause an effect beyond limitation. The heart of the mother is the greatest power of Infinity ever given to any finite being. There are certain things which can be considered the most superior things: prayer of the mother, prayer of the beloved (I wish it should say wife, but it is not written in the scriptures, so I cannot alter them), prayer of the self, and prayer of the spiritual teacher. These are four prayers which can alter and change the destiny.

Yogi Bhajan

Women's Camp 1977

On the 120th day of conception, we give our women a blessing and tell them to meditate more, and look toward God, so that they may have very calm, quiet, intelligent, self-creative children.

Women's Camp 1979

Pregnancy Part 2

When a woman is pregnant, the kind of soul she can accept depends on her mental attitude. And then there is another beauty that within the realm of your belly, which is your pregnancy, you can totally transform the soul. The soul is pure and has nothing to do, but the subtle body carries the karma of the previous life. A mother can totally purify the subtle body of the new child.

Women's Camp 1976

Pregnancy Part 1

During those months of pregnancy a woman is required to be in circumstances which are very secure, respectable, and comfortable, and in which she can have a lot of understanding around her. We always know how to raise the rose bush, but we have never tried to study how to raise our children. Our children are actually raised within those nine months of pregnancy and development. Those are very important days of life of the child.

A spiritual marriage is a process of amalgamation whereby the man and woman eventually become merged, retaining all of their individual strengths, while complimenting each other, supporting each other and covering for each other's weaknesses.

Do you know what love is? Love is an absolute power of self-totality. Love is not what you think love is. Love is a strength. Love is a goodness, like Godliness. There is no limit to it. There is no shortage in it. There is no bargaining in it. Where there is love, there is no question. Where there is a question, there is no love. Then it becomes a business. So love is the totality of the self. My dear folks, if you cannot find yourself, you can never find anybody you want to find.

Yogi Bhajan 4/5/94

There is no criterion in life that will carry a marriage, or satisfy the marriage, except your creative

communication with the person you love.

The moment you touch your soul, you become fearless.

With the most corrupt person, you can be honest; with the most angry person, you can be cool; and with the most insulting person, you can be graceful. If the balance of your personality and your sensitivity can remain under your control and your projection, you have learned the art of living.

When you feel and experience selflessness within yourself and you can vibrate for someone, then you are fulfilled with love. This is the highest state of individual consciousness.

We use our children for security. Then our children use us for security, and life is a mess. Give children their own security; their security is Truth and God. Give them the true identity of themselves and you will have angels on this Earth.

Your spiritual name is your designated destiny, your heavenly identity. That's all it is. You may or may not live to it, but it is your guiding force. And it's a prayer. When somebody calls me "Yogi ji", it means 'one who is united with the greater soul.' When somebody calls me 'Bhajan,' it means a 'divine song.' And if somebody calls me 'Harbhajan Singh,' it means 'the lion who sings the divine song.' It's a prayer in the other man's word. What is prayer? It is a calling. And you answer the calling. You get uplifted. It's a plus. It's a way of receiving people's blessings.

What we do is that we consider what your past is, calculating your destiny and give you a target name, a spiritual name. That is the journey you have to travel. It sets the standard, the base

You are all here; we'll share with you every moment of your life, and we will ask you to understand your spiritual incarnation and your spiritual name and try to find out the strength to live it. Without finding that strength to live your spiritual identity, life will be a waste, and we don't want it to be wasted.

When you put a foot on Earth, God says 'Thank you.' You are a walking identity of God's creativity. You cannot deny that. Why create insanity? Who invited you to do that? Don't feel guilty. Just get awakened. Just wake up. Start exerting your divinity. It's your birthright. Learn this rule: God who created you shall create for you everything when you exert your divinity. God who created you will give you nothing when you exert your duality.

Once I was told in real estate there are three things which work: Location, Location, and Location. In prosperity three things work: Security, Security and Security. Because security manifests prosperity. Security manifests the entire manifestation. Because security is the rule of harmony.

You perhaps do not know, it is called: 'act of karma.' Each day one negative thought will create a one negative scene tomorrow. These are laws you can't change.

Don't worry about obnoxiousness, narrowness, abusiveness, negativity and neurosis of a student. Had he not been all that, why should he come to you? So please, when you become a Teacher, serve all, like the sun, which shines on all with light and warmth.

Yogi Bhajan 8/1/96

Let us be kind and gentle to the fact of reality that God is never going to abandon the planet earth. Therefore the Creator is not going to abandon creation and the creatures. Let us start our today with ecstasy of consciousness and feeling of oneness with God and with each other. Let us make a resolution that each day we'll say little bit good-bye to insecurity and we'll rely on security little bit more. And that each day, that little bit in a small way, shall go all the way. In the end you will find it is multiplied by 365. That many days are

there. But if you're really smart, do it by the hour. If you think you are really smart, do it by the minute. And if you have a real computer consciousness, do it by the second.

I know sometimes you act very obnoxiously in a most belittling way when it comes to challenge to your ego. Whatever you cannot handle, you handle it very angrily. And anger gives you insensitivity and makes you immune, and cuts you off from the inflow of Infinity. It takes away from you your will and competency to be loving, to be sharing, to be trusting, to be understanding, to be flowing.

There are a lot of ways you can maneuver your life, but you have no life, you are rather a burden to life when your axle breaks. And every life has an axle, and that is the spirit of God, the breath of life... the most important thing the mortal has to see is that immortality is the axle of life.

Your ego is not your owner. Don't forget the owner of the whole thing is God Himself, the spirit, the breath of life. Your ego is not your owner.

There is no progress if there are no challenges;

there is no progress if there are no calamities;

there is no progress if there are no mishaps.

I realize breath is the direct message of God.

God is not beyond vibration and each breath brings the divine vibration
and charges my body.

Wherever you are, whatever you are and whatever the will of God is, may you be blessed, saved, protected and guided into the destiny of divinity, grace and unto Infinity.

Yogi Bajan 2/19/81

Self control is not a discipline, self control is not a brake, self control is not something, self control is whether you are in touch with your soul or not. It is mental, it is not physical, it has nothing to do with nonsense.

Yogi Bajan 3/31/90

You have to learn only one thing. This planet belongs to God. God rotates this planet.

Let God take care of your routine. Do not interfere. Spare yourself from pain, tragedy, desperation and desolation.

Yogi Bajan 9/2/91

You love your children? You do. They are beautiful. Isn't that innocent soul in you also your life child? Have you kissed your soul? Have you hugged your soul? Have you communicated with the soul in the morning at the ambrosial hours when there is absolutely no disturbance? Sadhana is nothing but where a disciplined one, the lover, talks to his own soul. It is nothing but where one cleans his (or her) own mind. Sadhana is nothing but where one prepares for the day to become kind and compassionate for everyone, including the enemies.

Yogi Bajan 4/19/78

Just understand, there's another power. It's called 'the mind.' You have a mind and you have an ego. But mind and ego come of the Universal Id. You are part of that Universal Id. Every mind computes its desire without you, and the master mind responds. When you can develop that response, life becomes comfortable, happy, relaxed.

Yogi Bhajan 3/13/90

Sing songs that relate to the spirit; it is such a beautiful emotional release. You will always be grateful to yourself. It is a perfect way to stay sane.

Mentally say, "I, so and so, do hereby promise and pledge on this sacred time of the day that I will always try my level best to meditate on each breath of mine and will think of it as a gift of the divine".

Value your breath; it is the direct link with your Creator.

Fall in love with your sadhana and give yourself the gift of mental discipline. Master your mind; you will master your environment. A yogi remains unaffected by good and bad.

Yogi Bhajan 7/7/98

May the grace of God be with us, may our virtues come through, may our personality come through with the power of intuition so that we can seed the seeds for prosperity and perpetual infinity of enjoyment in our life, fully protected by God's grace.

When oneness is because I am alive, you are alive; when oneness is because of time and space - my friend, oneness has not been found. Oneness is, wherever you are, I am. Wherever I am, you are there. That is oneness. Once you have belonged to me and I have belonged to you, then it is the end of all that searching. Oneness is that amalgamation within the mind. As long as the oneness is the amalgamation of the body, it is the temple of grossness. Oneness is a subtle thing. It is not gross. It cannot be seen; it can be felt.

Yogi Bhajan 1975

It is not how spiritual one is, it is how spiritually one faces calamity.

Spirituality is when all is gone, and there is nothing to hope for, you become the hope and you are not gone.

That is spirituality.

When the heart gets into prayer, every beat of the heart creates a miracle.

There are a lot of things we need: One of these needs is that for the mind to work for you for the whole day, it must be fresh and clear; it must be made livable. That is why it is a requirement to rise early in the morning when nobody can disturb you, when you can be yourself.

So people think that if they live long, live healthy, live rich, live powerful, all that etc, etc, etc, that is the sign that they are people, they are human. Not true. Not true. A person is a person... per his sun, he has seen the light within and without. If a candle does not light another candle, it breaks the continuity." If you have not done one good thing today to elevate one person, you have wasted your day. If you have not inspired one person today, if you have not served one human today, if you have not smiled at one person... take all good qualities of you. If you have not used them all today, one way or another, you have lost a part of you. And it is each day. And that's the difference between an animal and a human. Human has an impulse of consciousness to ignore light -- or be lit with it.

Yogi Bhajan 3/13/90

There is no intimacy without compassion.

There is no love without compassion.

There is no community without compassion.

It is caring and compassion; the rest is all a joke.

Never be selfish-be caring, be compassionate, be kind.

Never be right or wrong, always be neutral.

Speak not through the positive mind or the negative mind, but from the neutral mind.

If you think you are poor, you are poor because you do not communicate with your soul, the source of prosperity, the source of reality. If you think you are desperate, you are desperate because you have no Sadhana. Desperation, depression, and a feeling of destitution comes only to those who have no discipline or Sadhana. Only a house which is not cleaned looks dirty and the mind which is not cleaned stinks. Sadhana is the most selfish act, because it is a self-cleansing. Cleanliness is Godliness. It is good to wear good clothes, look good, be bright, beautiful. But when you want to be blissful and bountiful, you have to have a clear mind, a mind through which your soul, your spirit can shine.

Opposition is just like a mustard seed; it will grow in proportion to your light.

The main experience in the Age of Aquarius is God within;

then you are grateful, you are merciful, you are passionate, you are wonderful.

Whatever God has given you, He'll give more.

God the Giver constantly gives His gifts and recipients become tired of receiving. Throughout the ages all have been provided for by His Grace. If you have not recognized that you are made in God, recognize it today. Believe it, trust it and be it. Your life will change, your environments will change. Prosperity and opportunity will come to you.

If you do not do the sadhana (spiritual practice), where will the spirit and strength come from to carry you through? Times are getting heavier, let your soul and your heart lift you through the fear and hallucinations of time and space into the infinite love and joy of God.

Yogi Bhajan 7/21/81

The best prayer is when between you and God there's none.

That is the best prayer.

You feel His almighty existence, and He feels your existence.

That is prayer.

It is the Divine Circle of life that the soul longs for the experience of the Creation through its human life and the human longs to merge again with Infinity. It is the Union of the self and the Self that we seek and that, paradoxically, can make us fully human.

By giving from the heart, we reconnect to that source, elevating our soul and fulfilling our destiny. The psyche of giving is very simple, but difficult to understand.

It is not how spiritual one is, it is how spiritually one faces calamity.

Spirituality is when all is gone, and there is nothing to hope for, you become the hope and you are not gone.

That is spirituality.

You cannot be noble, you cannot be honorable, and you cannot be graceful if you do not have very committed, pure sentiments.

Yogi Bhajan 3/31/90

You do not understand discipline.

Discipline is the only friend other than God that you have.

Yogi Bajan 10/1/99

Love yourself. Love your soul and let go of the past.

Past pain is keeping you in pain. You don't have to deteriorate.

When the breath of life becomes short, you become short-tempered.

When the breath of life becomes long and deep, you understand who you are.

Yogi Bajan 6/8/83

When the ego merges with the soul, then a person is enlightened.

Total harmonious relaxation cures the body.

To achieve this there must be coordination between the three facets of ourselves: body, mind and soul.

Yogi Bajan 4/9/86

The purpose of life is to harness time & space.

Then you can realize your own sovereignty and infinity.

If we will not confine ourselves (with spiritual discipline) time will confine us.

If we confine ourselves, time will free us.

Yoga means "union." It is the experience of Infinity in our own finite form. Kundalini Yoga offers us the discipline through which our own self can experience our Self. It is a path that will lead us onward to find the bliss that is at the core of being human.

Just remember when you give an offering, you don't make big mess with it. There is a way of salutation to the grace of God and to the self.

That is the first chapter of Vand Chako, share with others and serve them. But don't control people or they will become your dead weight. Share with them and guide them and let them become successful.

Remember that in the tomb of the emperor there are always pigeon droppings, but on the tomb of the saint there are always candles. The king owns the world and tries to control it; the saint owns the world and gives it all away. That is the difference.

We never blame ourselves for our own neurosis, we always blame others. You must understand that when we are successful we fail at the same time. Success does not bring you anything but boredom. How to maintain in that boredom is the real secret of success.

Your total power, your total strength, your total wonder, is in patience, how much you can tolerate.

Your triumph is in your patience and how much you can give, give, give, give.

Giving is God. You only give when you love. You only take when you are insecure.

Prosperity (Part 5)

We will find no rest, no peace, no wisdom, and the most powerful opportunity as human to enjoy the love and to live in the bliss and grow up in to our heavenly abode shall be lost.

Prosperity (Part 4)

We are born for happiness, not for pain. As the pain increases so our insanity and that is not a desirable life. Therefore we must understand every moment of our life is in our divinity and not in our duality. If we deny our self our divinity and go after our duality we will be nothing but a chatter box of questions.

Prosperity (Part 3)

In this planet we are born among trillions of souls and they all affect us, the difference is not in the soul, the difference is not in the body, whether you are a human body as a mammal, or you are a mammal animal, the difference is in caliber.

That's why we have to understand, without increasing our caliber and our capacity to remain neutral to aim at the object of achievement of our own spiritual self we cannot escape the pain.

Prosperity (Part 2)

Your prosperity is base on your spoken word.

With one word you can make a friend, with one word you can make an enemy.

With one word you can win a heart, with one word you can break a heart.

Prosperity

Life is a mystery if is not solved.

Life is a tragedy if is not lived straight.

Life is a pain if knowledge is not achieved.

Life returns to nothing if infinity is not understood.

Life is a classic opportunity and a tragic lie to live with all your beauty and your bounty and your bliss and God given and nature given.

All what you need to have with one word you can make it, with one word you can mar it.

Normally, there is no power in the human but the power of prayer. And to do prayer, you have to put your mind and body together and then pray from the soul. Ardaas Bhayee is a mantra prayer. If you sing it, your mind, body and soul automatically combine and, without saying what you want, the need of life is adjusted. That is the beauty of this prayer.

Journey of the Soul

Just remember every soul is a God and every soul is a test for you. Every soul is testing how you are behaving; how you're reacting; how you're projecting; how your aggression and progression is.

Yogi Bhajan 10/22/90

Journey of the Soul (Part 7)

If you choose that you should be totally balanced and you will only adopt the policy of God, which is to give, give, give you will never get tired of giving. That carefree Lord moves like the wind, like a breeze in the morning, touching and kissing everybody, hugging, laughing and smiling through the angelic nature. If you become that kind of giver, you will become God.

Yogi Bhajan 10/22/90

Journey of the Soul (Part 6)

When you deal with kindness-comparative kindness, caring and compassion-and you are nice and you go all the way to tolerate, be peaceful, educate others, be knowledgeable and clear minded, that next life gives you an improvement as a human...

Yogi Bhajan 10/22/94

Journey of The Soul (Part 5)

If the balance sheet for this journey of life as a human shows insecurity, jealousy, greed and the un-conclusive self, and if there is absolutely no positive, graceful, angelic nature, if there is no giving then you will never reincarnate as another human. I'm just telling you how the journey of the soul is condemned by you and you alone. That is where the cycle of life goes negative and downward in its trend.

Yogi Bhajan 10/22/1990

Journey of the Soul (Part 4)

Am I going to adopt the behavior of an angel? Am I going to adopt the behavior of a human? Am I going to stay in my basic animal nature? After the completion of your journey, if your balance sheet says you have lived like an animal, you will go back into the animal nature. You will have the body of an animal, and you will be totally condemned to living an animal life. If your behavior is an unconscious animal, then you shall go to the sea world. You will never escape it. You will be living at each other. Look at the sea. Fish eats fish. They live at each other in a balance. They look, they eat. They eat, they live. That's animal nature.

Yogi Bhajan 10/22/90

Journey of the soul (Part 3)

Watch people, watch their behavior then you can understand. It is just like a leopard taking an animal and running it to the height of the tree to hide it. He killed it, He ate it. He wants it for tomorrow. That's animal nature. Look at the human. He will have one piece of bread. If somebody comes he'll share it. Look at the angelic nature. He will look for somebody who's hungry and shall feed him or her. The human is the same...

Yogi Bhajan 10/22/90

In us there are three values: we are angels, we are humans and we are animals. Our barbaric animal nature is to live at each other. Our human nature is to live with each other and our angelic nature is to live for each other. That should decide all of our behavioral aspects if we start looking at this trinity, that is what our behavior is. Whenever you decide to deal with somebody ask yourself, "Am I an angel? Am I going to do it angelically? Am I doing it humanly? Am I going to be a brute-barbaric and neurotic?"

Yogi Bhajan 10/22/90

The soul has a journey and it is pre-destined. It selects it's longitude and latitude to be born. It selects it's geography; it's space, it's protective, nurturing essence of the parents; mother and father, and it's environments. All the aspects, all the events that happen in the first seven years are set. It is like when you have a book. Let us say somebody has a sixty page book that's called "Life". Every page has to be turned and every page has to be read. Every page has to be gone through and has to be understood. In between, there will be things you highlight-the things you like. There will be things that bring tears to your life, and there will be things that are dreadful. Things that are right and things that are wrong. So, let us say that life proceeds like a book. Elementary tomorrow is already in existence. You have to walk on it...

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It only takes a few bacteria to make a huge amount of yogurt in a culture.

It only takes one clear mind that acts beyond its intrigues to seed the world with truth.

Whatever thought you do not record, practice and go for,
goes into the subconscious.

The subconscious needs to be cleaned so that sometimes the intelligent thought can be pulled out and worked out. It needs to be sorted out.

That's why meditation is essential.

There are some people who live life making their security the earth, the here and now. They box themselves in. They feel insecure and irrelevant to the environments if they are not secure. And their security is very important to them so they box themselves in more. That is sort of a prison.

Atma (Soul), the pranic shakti, is also prisoner of the ribcage. It breathes in and out, but when a person with his ego has created an insecurity box, then there's no place for the soul to go in and out. Then a person goes deeper and deeper, layer by layer, into boxing in one's Atma, one's self, and therefore does not have any sensitivity to feel others. All they want to know is that their security is secure. Now, there are other people who live a life of a mission. They live a life to love everybody. They are smiling and beautiful and outgoing to everybody.

Creation has layers. It is subtle.

In the West we pay attention only to the last most dense layer of matter.

Guru Nanak and other saints tell us there are worlds upon unseen worlds.

The mind senses all those seen and unseen worlds.

Each of us must maintain a special balance in the tattvas (the elements) with our mind in order to have a strong body and a unified personality.

The quality of our life, our mind, and our health is maintained by the tattvas (the elements).

The problem with walking on the spiritual path is that you are tested at every step.

Each step expands you, lifts you, and gives you elevation.

But on the neurotic path, the path of ego, you enjoy every step, but every step is just flat. No lift, no elevation.

You get tied into it that soon nothing can reach you.

What is the subconscious?

The subconscious is the unfulfilled record center, and library of events, facts, hurts, injuries, projections, unsolved thoughts, and things asked for but not accomplished.

It's a store house of memory.

Success, happiness, and constant prosperity are the result of mastering the mind.

The mind exists as a servant to your soul. When the mind is aligned with the soul, each thought that is stimulated from the intellect to eventually manifest into life is perceived and acted on with clarity and reality.

You will be happy and fulfilled in your life.

The best love is to serve all equally.

Yogi Bhanjan 5/9/84

You cannot sustain a friendship without wisdom.

Wisdom is nothing but practical learning of a higher consciousness.

A person can know and trust you only if you are a wise human being.

Your spirituality is basic and authentic.

Its natural authenticity does many good things for you.

What supports and carries you through challenge, temptation, and pain?

It is not my money, not my friends, not my power, and not my status.

It is the light of my soul that can carry me.

It is my statement, my depth, and my impact from the heart.

You know you have life that you can live. You can have all that you need. That is destined. More than that you can only get, if you open yourself up. Open your door; open your heart to others. You have to show that you are the beloved of the Lord and you are here to live a life for everybody. And this is unlimited. Whatever life is given to you by the pranic energy is unlimited.

Life is a given gift. Atma, the soul takes the body and the distance of life is covered by destiny and challenged by fate.

That existence which does not have discipline cannot deliver. That deliverance is the measurement of personal happiness, and that needs discipline in every facet of life. Within your discipline, whether you serve or you de-serve, within your discipline, you live or you don't live, within your discipline you eat or you don't eat, within your discipline, you are the discipline. If you are master of that discipline, which is you, you are all God. There is no other.

Yogi Bhanjan 7/20/96

Do you teach your children?

Do you remind each child and say, Be the greatest person.

Be a universal person. Be vast.

Live lightly and forgive all.

Listen. Love. Learn. Excel Live.

May the light within you guide your way on. Because when you look to the outside for light, there is a possibility that you may be blinded and exploited.

But one thing shall never betray a woman: her own light and her own radiance as a woman.

With all that I am, with the extreme mastery that I have realized, I have found ultimately that there is nothing in the Universe but prana (life force). If the pranas are vibrant and the arc lines are complete, you have no problem.

Yogi Bhajan 8/8/90

The purpose of all our efforts is simply to extend your awareness in your consciousness so you can have this foundation in experience and a base in positive habits. Then you can smoothly plan your life to any extent you like. You can radiate creativity and Infinity in all aspects of your life. That is the practical result of yoga. It is the capacity and right to live a healthy, happy, and holy life.

The soul is a slave to none. In fact, everything else is subject to the soul

and connected through its projection

So, if you call on that and dwell in that, it works where no logic, reason, or mental intrigue can.

Prayer is the power to tap your own unknown and bring it to your known and become radiant.

Happiness is your birthright. It cannot be taken away from you. But you act as if it is not your birthright. You begin to wish for happiness rather than accept it and express it. When you wish for happiness, you also wish indirectly for unhappiness, just as night and day follow each other. When you wish, every happiness is followed by sadness and every sadness by a happiness. You are not happy because you make comparisons and compete with something over which you have no control. You have no control over infinity—the vast, creative essence of life and consciousness. If you have no control over infinity, don't try and control it. Flow with it and you can reach anywhere! Fight with it and you'll be unhappy. There's nothing to it. The only problem is you have not consciously developed your mental caliber, meditative mind, and the attitude of gratitude and contentment.

The mind should dance with the body, the whole Universe is your stage, the soul your choreographer. Try to feel that whatever you are doing is the most beautiful thing, the prettiest dance, because you dance with the whole Universe. Don't resent anything. Forgive everything. Express your essence. Let your heart guide you, free of all limitation, regimentation, and fear.

Happiness is your birthright!

Your reliability will give people the courage to trust you. Their trust will give you the power to carry a situation. A leader carries and serves people. Learn to lead as a 'seva' (to sacrifice your time and resources for the benefit of others without wanting anything in return); people will love you, and you will continue to expand.

Yogi Bhajan 2/20/04

Kindness, mercy and forgiveness should be your practice.

Those who do this will not have to find God, for God will find them.

You must understand that in the Age of Aquarius, each one shall be the leader of his own spirit.

Each one shall be the pivot of his own life.

If you love life then you compassionately care for life and you are very consciously kind to life. Those who are not kind to the life of others, Mother Nature becomes indifferent to them and their life has a constant living pain in one form or the other. Therefore my sisters and brothers avoid strife in your life if you meet your creator or wish to meet, don't eat his meat which he created in loving trust.

We have been told to search God. But so long as you are searching, you want to find. Whatever you want to search, you want to find and if you are not finding, you are in pain, you search more and more and more and that's what maya is. Maya is 'Whatever I have is not sufficient, I want more.' That is Maya. And what is divine: 'Whatever I have is more than enough. Thank you.' Once you have an attitude of gratitude your search is finished, the moment your search is finished your pain is gone.

Yogi Bhajan 8/20/91

The reality is there is nobody who can limit you. There is nobody who can damage you.

Every calamity is the test of our reality.

Never be afraid of it.

Whenever you face calamity with your reality, you shall win because God shall be on your side.

God is bountiful, beautiful, wonderful and He has created you.

Therefore do not make any additions or alterations, just keep it all intact and clean.

Every problem in life, spiritual and non-spiritual, starts when you confront your own mind.

If your mind is with you it acts as your leverage, it is your powerful friend.

Then you can conquer the whole world.

You have to understand the purpose of life.

The purpose of life is to do something which will live forever.

Why not play one game to become timeless and one with God?

That is the game of how you recognize and love your own deep truth in life.

When you can play just one game that is boundless in time and space,

then all others stop.

The measure of the game is how near you are to your own truth,

to the reality in your soul.

With God's grace in past incarnations you earned this life you earned this human body.

It is pre-paid and pre-earned.

Everything in this life is given to you as it is.

You have earned it with your devotion, with your meditation, and with your good deeds.

So be content.

Prosperity only means your perpetual strength and your progressions when you control the events as you want them. Perpetual progressions... yours, including your environments, relationships, dreams, and wishes. It is the manifestation by you.

You as a commander, you as a leader to purvey a projection, a penetration, a conception and a delivery of your dreams. If that strength is not there, you are not prosperous.

The greatest blunder I have seen that almost everyone makes is to just speak their mind.

It doesn't make any sense.

They sound like the squawking ducks in a pond.

The mind is not meant to be spoken.

The mind is mostly waves of thoughts and sensations from many sources.

The mind is meant to know the truth.

Know your own mind and use it to speak the truth.

Happiness is your birthright! Accept it. Live it. Enjoy it. Each person, regardless of wealth, status, age, or religion has the hidden desire to be happy. The urge for happiness is behind every other desire. The problem is that each person also forms a hidden or subconscious pattern that creates unhappiness. We learn those patterns. We learn to be unhappy. Some people even identify and depend on the unhappiness. 80% of us learn to communicate and manipulate through some form of dishonesty to the self, self-pity, negative mood, or gossip. In this way we stand in our own shadow and wonder why it's not sunny.

Those who want to be prosperous have to learn to make others prosperous.

If you cannot make others prosperous, you cannot be prosperous, doesn't matter what you try.

You have not learned how to depend on the unseen and unlimited within you.

Your soul has a fundamental property that when aligned with your mind gives you impact, intelligence, and effectiveness.

You must develop the mind, through meditation, to give you the positive of the negative and the negative of the positive so that by your own grace and consciousness you can find the neutral of it.

In this way you can reach to the subtle, refined, and spiritual dimensions
of your life and your relationships.

Our hair fashions might be just a trend, but if we investigate, we may find that we have been depriving ourselves of one of the most valuable sources of energy for human vitality.

Questions with the Master -

What is the focus of Kundalini Yoga? What is the primary objective of the practice?

The primary objective is to awaken the full potential of human awareness in each individual; that is, recognize our awareness, refine that awareness, and expand that awareness to our unlimited Self. Clear any inner duality, create the power to deeply listen, cultivate inner stillness, and prosper and deliver excellence in all that we do.

When you conquer your mind you can listen to wisdom and let it find deep roots in your mind to serve you, to come to you whenever you need direction.

Doing Sadhana (spiritual practice) is not to please God; it is to please your own self, to clean your own self, to cleanse your own mind. You'll find the brightness of the earth.

Yogi Bhajan 7/11/82

We are all pioneers in the Age of Aquarius. No man can give a man anything other than love. No man can

give a man anything other than hope. No man can give a man anything other than service. The only thing you can do is act like a forklift and go into the dirt and lift the other person and put him on track, so he can succeed.

Yogi Bhajan 6/20/93

Not taking advantage of anybody else is called simple living.

That is your basic responsibility.

Raise children with enough love, sophistication, care and security, and give them such intuitiveness and love that they will be proud of their identity and their intelligence; they will never play games.

If you want health, happiness and to be holy, then you'll do sadhana, aradhana and prabhupati. Everything else is bogus, you are all bogus and you will die as bogus! Everything is painful, you are in pain, and you will die in pain, whether you get college degrees, tons of money, lots of power, great american ego maniac or as a very humble bag person, it doesn't make any difference.

Yogi Bhajan 9/25/88

Yoga is not going to make you great.

Yoga is going to make you you!

When you become a friend of your consciousness and dwell with God,

you do not need friends.

You may have many friends.

But how could you be lonely?

How could you feel needy and form connections out of emotions and temperamental reflexes?

That is the truth.

The real game is for you to make your mind follow you, so you can become a sage.

Longitude and latitude are given to everybody. Altitude and attitude are given by Kundalini Yoga. When the spiral rises to penetrate through all the chakras, the man knows he's Brahman. That's why they say Kundalini Yoga is dangerous. It's dangerous because it takes away from the man the ability to be exploited by another man. And for some, life without exploitation has no juice.

Yogi Bhajan 7/20/96

When you talk to your mind assess it. Don't be anxious or afraid.

As you start talking to it, it will stop working on its other games.

This mind is the biggest game player in the world and it's right within you.

Once you have relationship to it, it listens and it cannot play a game to slip something past you or to skip over you.

As long as your ego exists, you are not a Teacher. As long as you expect appreciation, you are not a Teacher, you are a beggar.

As long as you think that a man needs you for such and such, it is a business; then there is a profit and a loss. When the relationship is established with no profit and no loss, then you both have understood each other.

Your Infinity is you when you stop thinking. Have you stopped thinking? That's the end of it. Awareness takes these things away from you: thinking, reason, logic, argument, fantasies, planning, scheming, knowing and worrying. These nine things must go before you can say that you are on the path of awareness. Do you know why? Because the One who rotates the Earth can take care of your routine. These nine things you do are unwanted. They only satisfy your ego. Where there is ego, there is no amigo.

Yogi Bhajan 7/20/96

The prayer of the mother is the most powerful tool. Once you give birth to a child, give him the highest gift: pray for that child. Giving birth to a child and not adding prayer to that child is just building a house with no foundation.

I tell you today and I'll tell you tomorrow and I'll tell you every day: You have only one friend—you and your discipline which will give you all that you need. The rest are all promises. After studying every scripture of every religion and what I went through, I have found that there are three words: Sadhana, Aradhana, and Prabhupati. Sadhana means discipline, Aradhana means perfecting the discipline, and Prabhupati means you will become the Lord Master of God Itself.

Yogi Bhajan 7/20/96

I am asking you to be committed so that you can have self-confidence, self-projection, so that you can create a strong enough magnetic field that you can be graceful, dignified and noble.

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 (Spiritual Practice).

Seva is selfless service. When one is forced by environments and circumstances to selflessness in experience, that is Seva. When you do something for show or to communicate that you have done something, it is not Seva.

Seva is when you feel honored by doing something. You feel it within your own self. It is when you honor your self. When I am honored in my consciousness for doing something, it is Seva. When I stand before my consciousness, I feel good, and I say, "Well, I am so blessed that I could do it,"—that is Seva.

Anything which you eat in your life which turns into a quick sugar is a death note to you. It doesn't matter what: fructose, sucrose, honey, it doesn't matter at all. It doesn't matter what you are eating, anything you are directly eating as a sugar and it hits your bloodstream ... your liver cannot take it.

Yogi Bhajan 11/17/89

Many people believe that the spiritual path is difficult and the neurotic path is easy.

Students profess it and even some teachers encourage this idea.

I have never agreed to it nor am I willing to agree to it now.

It takes the same effort and energy to walk either path.

The problem lies in being subject to time rather than being one step ahead of time.

"When the breath is shallow, all problems come in. All caffeine, all nicotine, all these drugs are the problem of the shallow breath. All those who crave sugar and sweets are shallow breathers." - Yogi Bhajan

Head is a computer.

Heart has the power of 108 suns.

Heart center is the strongest of all centers.

Whenever you pray with the head, it will take so long-you have to go through the intellect, thought, circumstance, environment, space and time.

Whenever you sing or pray from the heart, it will be timeless, spaceless and absolutely effective.

Without pressure, carbon can never become diamond.

If you think you cannot stand the pressure, then you do not know that you are a human being.

The human body has been made to withstand extreme pressure to crystallize the consciousness

Success, happiness, and constant prosperity are the result of mastering the mind.

This whole world is truth and only truth dwells in it. Lies don't.

Therefore, the truth will continue to haunt you, and the lies will evaporate.

Not only will the lies evaporate, they will evaporate you!

Conscious communication is called turiya, when you are totally effective, totally understood and totally truthful.

The Kundalini is known as the nerve of the soul. This is to be awakened. Your soul is to be awakened. When soul gets awakened, there remains nothing....If your soul is awakened, what else do you need?

You know we all do prayer; prayer is a very old institution, prayer is as old as the human being is. There are many types of prayers – one type of the prayer is when you want to communicate with a power beyond us, second type of prayer is when we understand there is a power beyond us and we want to communicate to get some benefit out of it, and then there is a type of prayer in which we want to communicate something which we think is the ultimate infinite power of the entire creation, sometimes we call it God, and then the fourth type of prayer is when we enjoy being happy by praying, there is nothing to ask for.

Yogi Bhajan 1977

Prayer is a way to purify oneself, prayer is a mission, a finite can reach infinity through the power of prayer, and what is a curse? Opposite to prayer is a curse, curse is when we make mockery of any of our prayer, or anybody's prayer. In the Aquarian Age, prayer is a constant motivation.

Yogi Bhajan 1977

There's a life to be lived. Not in love of God, but in trust of God. Accepting the bad and the good, beyond you. There's no elevation and there's no fulfillment if you cannot live beyond you. You live beyond you anyway. Write bad checks and credit cards and everything. That's all living beyond you. Lying, sneaking, saying something, doing something, this is all beyond you. But you can do the same thing with a spiritual credit. You don't have to do all these small things. You can practice forgiveness, trust, kindness. If you cannot share anything, share a smile. Just understand, you don't have to do everything. Small things can make all things.

Woman will test you with three things: Are you noble? Are you courageous? Are you a man of your word? You can never escape this test.

It is not the wealth, it is not the happiness, it is not the possession, it is not the position, it is not the power, it is not the projection which can help you to be happy. Your happiness is based on your fundamental steadiness, what is called is your foundation. Foundation in science is known in spiritual world as faith.

Yogi Bhajan 1977

What is sin? Sin is a fluctuation in the flow of spirit like the high and low tide. When a person is in very low spirits, he cannot represent the low of his spirit. The tide is out and, nobody can come into dock. This is the biggest sin of all. When the tide is in, you are bright, beautiful and wonderful. You have the spirit to match up to everything. How can you keep the tide in? How can you maintain your depth? I can tell you the answer in one word: Sadhana (Spiritual Practice). I can lecture without end. But I have already told you the truth. There is no other truth. All situations can totally be taken care of if a person decides to do Sadhana every morning.

Yogi Bhajan, 1980

Three virtues of Sadhana (Spiritual Practice).

When you have your own mind under your control, intuition will give you all the knowledge of the world.

When you have control of your mind through your social and structural facets, you have the answer to everything.

When you have control of your own mind, you can see the soul and God right within you.

Call on the One who answers all. Reach out and touch the very One in you. You are in form, praise the Formless, with your innocence and your prayer. Speaking is the language of men. Whispering is the language of love. Silence is the language of angels. Go deep into your inner silence and call on Him who answers all prayers.

Yogi Bhajan 7/10/1987

Give your suffering to God and enjoy your life.

You have come from the Perfect to be perfect.

It is not that you have come from the Perfect and you have been put here as imperfect, and you have to become perfect.

Honesty is when you play a game, you play a game face to face with another person, not behind their back. What you cannot face has no grace. What you cannot honor has no honor.

Any offering given in the Name of God or any offering given in the self-exertion of the unknown, multiplies faster than time and space. Contribute one-tenth to your higher being. Give yourself a chance.

Our fears are there to spoil our lives. It is not you who betray the soul. It is your fear which betrays the soul. Fear is earthly, and has nothing to do with the heavens. Your fear is that you must hassle, and only you can make it. It is never true, never was, nor is, nor shall be. The guiding hand in this world is the hand of God.

It is your birthright to be happy and happiness only comes to a disciple with a discipline. Those who do not seek discipline can never be happy."

Yogi Bhajan 3/27/79

So, you are what you eat.

And your power is what you speak.

Your strength is what your manners are.

And your prosperity is based on mutuality.

That's how you will spell it.

Your relationships is based on service.

And your trust with people is based on your purity.

Give people songs, give people love, give people service, give people hope, inspire those who are down-that is the act of Godly people.

The very 'in' feeling, when two people are merged, means that then, there are not two beings. Then why to cheat? Why to defend? Why to talk? Why to argue? These arguments, these defenses, these reasons, these situations are only when the One is not found in the oneness of one's own mind. Then you have to structure defense mechanisms.

Yogi Bhanjan 1975

Devotion is a very rare process in life; if you allow it, it will eat up your ego.

There's only one thing which will bring happiness to you. When you humble yourself and serve others, then God will fill in the gap and shall serve you.

The law of happiness is, "Let things come to you" What comes to you will make you happy. What you go after shall make you miserable.

Whether you challenge the challenge or you give in to the challenge, that is what decides your spirituality.

Yogi Bhanjan 1992

Once a man adapts himself to righteousness, then no sacrifice is painful.

As long as a life of righteousness is not adopted, everything is painful.

Yogi Bhanjan 1974

There are things required to be a human, and to be a human, you require a clear mind. If the mind is not foggy, if it is clear, it can see the soul and take God's light through that mind and project it; then you are a human. It is a simple flow of mind.

Yogi Bhanjan 10/11/89

When you are in the state of the neutral mind, the soul is like a chandelier switched on over you. Communication of the soul is just that light; you are lit up by it.

When you will become my students, then my Radiant Body shall flow through your lifeline, and you will become immortal. The time shall be known by your work and by your deeds. If you will serve the humanity, you shall be exalted. If you'll be kind, compassionate, and caring, God shall honor you with His own hands...Life is waiting for you and giving you a chance to elevate it...Heal the world.

If you conquer your subconscious mind, then you win the world.

When a mother prays, even if she prays wrongly, it will affect you rightly.

I know it from experience. Mother is one institution

that if it prays wrong or if it prays right it becomes right.

Give your worries, pain, misfortune, anything, to God, and take happiness, joy, and smiles back to your home.

The power of the woman to pray is beyond excellence.

People think that being spiritual is about believing what they believe.

Actually, being spiritual means that your spirit is your hub.

Without realizing who you are, happiness cannot come to you.

Nothing can change the pattern of human destiny until the devotion is so strong that one is willing to sacrifice his patterns.

And when that occurs, life is greatly changed.

Elevated consciousness is a surety. Happiness is around the corner.

Fifty percent of the time you only pretend you are hearing or listening.

Are you aware of that?

Your expression, real expression, what you want to say is always ten percent of the total conversation that you started out to project to the other person.

As long as a man is speculating - to agree or not to agree - he's playing the game of the devil. But the moment a person agrees to give and give and give, then God gives everything.

Yogi Bhanjan 1975

Make yourself beautiful, bountiful and graceful. Time has come for you to wake up. What goes out from you, comes back to you. If you serve, you shall win the heart of others. If you are humble, you shall not only win their hearts, you will win their total being. If you serve, people will want to do something for you. Their thousands of prayers will elevate you. God will come through for you.

Yogi Bhanjan 8/25/96

Once a person gives himself to the righteous path of divinity and decides to be a soldier for righteousness and a saint for humanity, that person has achieved God-like grace. It is a mental capacity. When you reach a state of consciousness where nobody can reach you, nobody can buy you, nobody can have you, then you are priceless.

Yogi Bhanjan 1975

If somebody has fallen, we should raise that person up. If somebody is going down, we should lift him. If somebody is hungry, we should feed him. If somebody is unhappy, we should dance with him. There are things to do and those things are part of us.

Yogi Bhanjan 9/4/01

When a person has something, and he is not grateful for it, the law is to take it away from him, so through that pain, he acquires gratitude to the Creator. Thereafter the person learns to give and the moment the person learns to give without condition, he mimics the action of God.

Yogi Bhanjan 1975

The strength of the man does not lie in what he has.

The strength of the man only lies in what he can give.

Do you have the caliber of Seva (Service)? If you have the caliber of Seva, you cannot be poor. If you have the heart to reach out, you cannot be poor, because Seva is the power in self to manifest happiness, life and prosperity.

Yogi Bhajan 8/25/96

Dharma (Spiritual path) is when we take action to uplift and serve others. Seva (Servicio) is our Dharma. Doing Seva, we will receive abundance a thousand-fold. If we do not do Seva, we only serve our purpose, our insecurity, our own ego and ourself.

Yogi Bhajan 8/25/96

There is a system called recharging yourself and you have got to know that. When your inner vitality fails, your virtues fall apart.

If you do not breath consciously for 11 minutes a day, you lose 40% of the vitality of life. This 40% you cannot recapture by any medicine or any exercise. But if you do breath consciously for 11 minutes and make it very long, deep and slow, that can do exactly what no miracle can do, because your life is based on the breath of life.

Yogi Bhajan 6/17/92

The purpose of all our efforts is simply to extend your awareness in your consciousness so you can have this foundation in experience and a base in positive habits. Then you can smoothly plan your life to any extent you like. You can radiate creativity and Infinity in all aspects of your life. That is the practical result of yoga. It is the capacity and right to live a healthy, happy, and holy life.

Normally when two people talk, you get most of the essence of the talk through the cues, rather than the words. An ordinary human being with a normal life only listens to six percent of the total conversation.

The greatest reward of doing Sadhana (Spiritual Practice) is that the person becomes incapable of being defeated. Sadhana is a self-victory, and it is a victory over time and space. When you get up for sadhana, you defeat a part of yourself because you don't want to get up. Getting up is a victory over time, and doing it is a victory over space. That is what sadhana is. Sadhana is only for you-it is a self-victory...Sadhana is an answer to every misfortune, and who wants to see you in misfortune? Sadhana is not a matter of advantages and miseries, misfortunes and handicaps. It is a very personal thing which does not relate to anybody except yourself.

Sadhana gives fearlessness and a sense of self, as well as denomination, domination, projection, polarity combination, equilibrium, respectability, totality, internal and external knowledge, purity, dignity, divinity, and grace. In addition, it gives you radiance, pranic and auric Shakti. Finally, it gives you a quality of metal which is ever shining and you become a metallically living grace. This quality is embodied in "loah", iron, which can absorb all the heat. "Sarab loah" means that log which absorbs the entire heat and cold of all the universe, and still remains neutral. That is what Sadhana gives you. When you want to be beautiful and bountiful, do Sadhana.

All these changes that you are seeing in your personality did not happen because you got counseled, or your teacher was great. You all changed because you wanted to change and you did sadhana. Sadhana changed you. All this other stuff is being done to keep you going. This is a rational approach, not an ultimate approach. The ultimate approach is when you want to change, and you do sadhana. Then you shall change.

The very thought of getting up at the ambrosial hour is dreadful. Now, we feel guilty if we don't. All right, if we have not achieved anything in fifteen years, at least we have this conscious feeling...Guru has guided us early in the morning to stand before that cold shower and we all get exalted and resurrected...Then we do our sadhana. It's a conscious living. We discipline ourselves for the day...Guru has promised if you walk unto him with one step he walks thousands of steps unto you.

Try to engage your mind in sadhana. Try to get up in the early morning. Try to understand that the time is now and now is the time. Those who feel they love God are fine, but those who get up in the morning for sadhana, God loves them. God created this whole universe just to love. God has a special time available to

each of us - when you rise in the 2 ½ hours before the rise of the sun, the ambrosial hours, and synchronize your mind and heart to praise a God, God listens. God feels it so much and falls in love with you so much, that it seems unbelievable. In return that Creator touches you with vastness and cleanses your mind. You become fearless, innocent, and pure.

Sadhana is a test of self-grit. If your sadhana is more important than your neurosis, you are fine. If your neurosis is more important than your sadhana you are not. Doesn't matter how saintly you are, nobody wants to get up in the ambrosial hours. Why you still do it is a mystery. At that time, between 3 and 6 o'clock, the rays of the sun pass at 60 degrees and you want to feel relaxed. You take a cold shower, wake up and meditate. Why do you repeat the mantra hundreds of times? To create a stamina, an absolute mental stamina. Without that there is no chance for the life to be smooth. If somebody refuses to exercise, nobody can force him. But at that one moment in life when that person needs physical stamina, it won't be there. Sadhana is what your mental stamina requires. Love is what your spiritual stamina requires.

What is sadhana? Sadhana is to get up at 3 o'clock or 4 o'clock, take a cold shower. That's a first condition of sadhana. Why cold shower? Because your capillaries get clogged up, and disease can start, and when we put cold shower, right out of the bed you go before the firing squad of the cold shower, it opens your entire capillaries, because the entire blood has got to run out to protect the temperature, and thus all capillaries get opened up. Therefore, when the capillaries get opened up there cannot be any clogging, and all the impurities come to the lungs. Lungs get loaded, fine. You start meditating, you start breath of fire, and you clean out the lungs. Thus, you take your disease off that day forever!

Yogi Bhajan on Group Sadhana:

"All for One, and One for All"

YOUR BODY IS THE TEMPLE OF GOD, and your soul is the Divine Guru within. So, you get up in the morning, meditate, chant the mantras, do the exercises, call on your spirit, regulate the breath, and you get together in group consciousness. In that way you help each other. Group consciousness in morning sadhana is to help each other. If I am trying to sleep, another is not sleeping. If in this whole group, one person opens up to God just once, we will all be blessed in his openness. That is what matters. If one has walked into sadhana with heart and soul in a prayerful mind, we will all benefit. That is the power of the group sadhana. All should participate. But, we still have something of the past in us. We bring up worries about who should lead. "Oh, that leader has brought a very good sadhana! That one has freaked out the sadhana." The truth is that nobody freaked out the sadhana, and nobody made it beautiful. It is the Will of God which prevails through the soul. When you are a servant, and act as a channel, it prevails through you. If in morning sadhana one cannot curtail the barriers and get to Oneness, I don't think there is any other time it can happen. All for one, and one for all. That is the principle.

Those who have no gift of sadhana withÂ them, shall have no gift of happiness. Let us talk in a direct mathematicalÂ proportion. Your sadhana is a proportionate source of happiness in your life.Â Neither your marriage, nor your wife, norÂ your children, nor your future, norÂ your promises, nor your teacher can do it. He can only tell you what sadhanaÂ is. He can tell you to do sadhana. He can remind you. Postman never writes theÂ letter. Letter is only delivered by theÂ postman. And my virtue in your life isÂ only that your destiny has to achieve that highest promise which your soul madeÂ to God... and God gave you the word. And my promise is to remind you that theseÂ 3 words decide EVERYTHING:Â Sadhana, Aradhana and Prabhupati! â€"â€"

Â

Meaning: â€"â€"Sadhana. Aradhana means doÂ the sadhana as prescribed. Prabhupati means you become master of the God. PatiÂ means husband. Prabhu means the God. The creative unknown means prabhu. I'mÂ just telling you in a very simpleÂ English so nobody can feel confused.

â€"â€"I hope you willÂ understand that there is no power in the world which God can bestowÂ on you butÂ

the opportunity of sadhana. When you do sadhana, and your mind is controlled, your life is together.

Yogi Bhajan 9/25/88

Don't do sadhana for your husband, and don't do sadhana for anything else. Do sadhana for yourself. If you cannot get up in the morning at 3 o'clock, if you don't take your cold shower, if you don't massage your body, if you don't do all those things, you pay during the day. Everything is in balance. If you don't sharpen the knife, what do you think you can cut with it? If you don't sharpen your mind, if you do not shine your soul, what are you going to do during the day?

A person once said about sadhana: "Once sadhana is done, nothing should happen to you." I said, "No, when sadhana happens, everything should happen to you, and you should come out as a winner, you should come out victorious!" That is what sadhana gives you. It doesn't give you a written guarantee from God. The one who does sadhana builds himself such a powerful personality, he can conquer anything! That is why I do my own sadhana. I have been doing it for years. I do it even now. Some people ask me, "You are a Master, why do you do sadhana?" I say, "To remain a Master!"

The whole world may give you support....but if your own mind does not support you, you will not be in a position to do anything in life. Your own mind cannot be controlled and guided and give you the support until it is brought to a discipline. That word which brings a mind to a discipline to support you is called "Mantra". Man -Tra...to bring discipline to the mind. That is why we do Japa (Repetition of Mantra/Bani). Japa creates the heat. That is called Tapa; Tapa, that heat burns the karma. Out of the karma grows the kindness and it becomes Dharma. Out of that it grows the compassion. That is called "Sidhi", that is called "power". From that comes the word "Sadhu" who has controlled himself through the all aspect of life and that is what we call "sadhana". Which you do not normally want to do. How many of you are doing regular Sadhana?

Yogi Bhajan 6/25/1987

In sadhana the sadhu lives. In sadhana the nectar of God's Love rains down. In sadhana comes the blessings of Simran, Awareness and Divine Understanding. In sadhana is the meditation of Raj Yoga. In sadhana see God's glory. In sadhana experience Infinity. Sadhana is the daily meditation of the sadhu. Oh Yogi! Become one with God!

These are the three virtues of Sadhana (spiritual practice):

1. Because once you have your own mind under control, intuition will give you all the knowledge of the world.
2. If you have a control on your mind through your social and structural thing you have answer for everything.
3. And if you have control on your own mind, you can see the soul and God right within you.

Yogi Bhajan 9/25/88

Why do we get up for morning sadhana? Because we have to face the whole day, and we cannot face the day without a constant level of energy. People love you for three things only: wisdom, commitment and consistency.

Wisdom is the intuitive nature that allows you to give the right answer by listening within the question that is asked. For every question there is an answer in it.

Commitment is the ability for your whole self to sustain its status in projected reality of action. Then people can trust you. Otherwise, it is like building a cozy bungalow on the top of a volcano. If you act like an earthquake or volcano, who will build upon you?

Consistency is steadiness through time. Sadhana gives us sensitivity to know, to feel, and to touch. It gives us

intuition to touch reality. The methods are three-fold: Jappa, Tappa, Sanjam. Jappa is repetition. Tappa is the heat of central impulsation. Sanjam is merger through simran - meditation on a very slow, conscious breath.

When I tell you to get up and meditate in the ambrosial hours, it seems odd. Why should you get up at 3:30 am?

Because you require those two hours to work out your own mind, so that the rest of the day you can work out your life. Amrit Vela Naam Jaap. Rise in the ambrosial hours and meditate. Be with God. Whenever your mind will be in duality, you will be in trouble. There is no way you can function. 'Should I go north? Should I go south?' If you can't decide which way you are going to go, you are going to sit right there. You'll neither go north nor south. That's called duality. Life is a gift of God, and duality is a waste of that life. It doesn't matter who you are. You may be the President of the United States, or a beggar in the street. Whenever you have duality, you will be in trouble. That's the law. Nobody can change it. To have no duality and to have oneness and clarity of mind, you have to keep your mind clean, smart, and healthy.

It is a human tendency to like to sleep between 3 am and 6 am. It's natural. But if you can be alert enough to work on your mind, to confront the day, then you are alert enough to take care of your life. The reason you don't get up early is not because you are lazy, tired or overworked—that's all wrong. You do not get up early in the morning because the relationship between you and your mind is not established. Period.

Yogi Bajan 7/11/1982

SADHANA - Communicating With Your Soul

Sadhana is nothing but where a disciplined one, with love, talks to one's own soul. Is nothing but where one cleans his own mind. Sadhana is nothing but where one prepares for the day to become kind and compassionate for everyone, including the enemies.

Yogi Bajan 7/26/1990

Sadhana means spiritual practice. It is the 10% of our time that we give to God in the Ambrosial Hours of the morning. The radiance of your spirit can be measured according to how the name of God vibrates within you and around you. If your sadhana is perfect, your spirit will be high. If you have forgotten to chant the name of God, you will be in the doldrums. If you become low & depressed, it is only because you have not warmed up your machine in the morning, you have not done your spiritual practice.

What is sadhana? It is a process which you do every day to grow, to be. There is a fight in this lifetime: to be or not to be. Nobody can destroy you. . . .You destroy yourself by not being yourself.

Yogi Bajan, 7/5/1981

The sustainer of the self is God, and the guidance of the living of life and the nectar of life comes through the mind.

Yogi Bajan 1975

Silence is the language of all languages.

Make it possible so that we can be serene.

Still your body, every fiber of it.

I am trying to relate to you the power that lies in obedience to your own commitment.

Once you commit, obey the commitment and everything that you want to achieve you shall achieve.

We do not understand that the most important aspect of a human is the consciousness.

We do not have the power of commitment if we do not have consciousness.

We do not have the power of conception if we do not have consciousness.

And when we do not have consciousness, we do not have basic intuition.

You know it takes a long time to build something and it takes one moment to destroy anything.

Consciousness is nothing but a faith between you and God.

It is nothing but a finite faith with Infinity - one's own infinity.

Yogi Bajan 1975

If the soul won't leave, the body won't give in. If one thing has to ultimately leave, that is the soul, and the soul has a certain period of time through which the body shall continue. The body shall sustain as a faithful friend as long as the soul sustains itself with it. It is a counter balance; they are very personal friends. Soul is the pure essence of life, and body is the circumference of life.

Yogi Bajan 1975

You have to give something to receive.

Personally what you have to give yourself is the chance to be silent.

Do you know the beauty?

Just close your eyes and look within yourself,

so that you can look all around.

One candle is enough to take away the darkness from a huge area. One white-clad follower of the healthy, happy and holy life should be enough to take away loneliness and sickness from the whole locality. Serve the people of God. God in return will serve you.

Yogi Bajan 1974

The era of freaking out is over. Society is feeling a great impact and requires comfort from anybody who can give it. The greatest thing on this earth is to serve the people of God. That is the highest act a man can do for any other man, but it has to be positive, not that you can go help somebody and you go and drag yourself down and get into the pit yourself. You have to be very firm, very honest, very constant, very insistent and very persuasive. In spite of that you have to be very sweet, very kind, very serviceful and very righteous. These things go together. You are not on a trip to convert people. That is not your responsibility; you are not a missionary who has to count how many Christians you convert. But you can proudly say, "I have comforted 50 people." Provide people comfort, go into society, live for people. If God, out of His mercy, has pulled you out of that insanity, then is it not fair for you to serve those who are still suffering?

Yogi Bajan 1974

What is the difficulty in us? Why can't we figure out that God is still the owner of this planet earth? He rotates the earth, he will take care of the routine..

Why don't you give the chance to the Master, the Guardian Angel, the God who created you, to fix up your tomorrow? Give it a little chance.... Let us love ourselves in a very small way. And let us love everybody all the way. Let us trust little bit, little bit. I mean, I know you care for friends, you care for your job, you care for your children, you care for your future. There's not a one item on the menu that you do not care about. But I just want to tell you, don't forget the owner of the whole thing is God Himself. The spirit, the breath of life. Your ego is not your owner.... Let us be kind and gentle to the fact of reality that God is never going to

abandon the planet earth. Therefore the Creator is not going to abandon creation and the creatures. Let us start our today with ecstasy of consciousness and feeling of oneness with God and with each other. Let us make a resolution that each day we'll say little bit good-bye to insecurity and we'll rely on security little bit more. And that each day, that little bit in a small way, shall go all the way. In the end you will find it is multiplied by 365. That many days are there. But if you're really smart, do it by the hour. If you think you are really smart, do it by the minute. And if you have a real computer consciousness, do it by the second.

Yogi Bhajan 1/16/99

The clouds of war are always hanging on us. The entire economy of the country is at a standstill and people are in disarray, physically, mentally and spiritually. Nobody knows what is going to happen tomorrow, but people who practice calmness and quietness, who have meditative minds, know that what is happening is not what many think. Time has brought the earth to all this, and sometimes things do happen which are required to happen.

Yogi Bhajan 3/16/03

It isn't the life that matters, it's the courage you bring to it.

Grace will come to you,

Glory will come to you,

Happiness will come to you.

Everything will come to you,

When you will act like God.

God gives, never takes anything.

God loves everyone.

God lives in you.

God guards you.

Every child is born as karma to parents, but also every child is born as karma to himself or herself. There is double action and people mostly forget this. One is the karma to parents, the other is the karma to the self, and in between a person has to develop and grow and become free.

The psyche of giving is very simple, but difficult to understand.

When you give, the psyche of genetic process creates a harmony in the molecular commitment. This makes Mother Earth and Heavenly Father to commit to return back in many folds. It is very God-like to give one-tenth of your income and keep nine-tenths for your own insecurities. This is the code Guru has given us to open all doors of prosperity, good fortune, bounty and luck.

Yogi Bhajan 3/16/03

One-Minute Breath

Posture: Sit in easy pose.

Mudra: Hands in Gyan mudra.

Eyes: Eyes are closed.

Breath: Inhale for 20 seconds, hold for 20 seconds, exhale for 20 seconds.

Time: Continue for 11 minutes to 31 minutes.

To End: Inhale deeply, hold and relax.

Comments: The physiological effects of this meditation include: Dramatic calming of anxiety, fear and worry, openness to feeling one's presence and the presence of spirit and stronger intuition.

If all the wishes of mankind would come true there would be no life to live nor rebirth. When our consciousness elevates us into sensory human beings, then we will see the reality, feel the reality, and flow with the reality rather than with maya. Therefore, my request to you is, do not let your calmness go. Do not let your peace of mind go.

Yogi Bhajan 3/16/03

The connection between your power and your projection is the mind; therefore it has to be a quick, clean, classified, qualified mind—a clean mind—that's why you do Sadhana (Espiritual Practice). It's a consciousness.

Yogi Bhajan 7/11/82

If you want things to be done for you so you don't have to do anything, then you must breathe from one to five or six breaths per minute. If you can practice that, then you can attract the universe to you. It is no secret. It's a simple thing. The longer and deeper your breath is, the more your psyche attracts everything to you - it's a way to prosperity.

Since you are radiant and express through all your chakras,

to be contained and classified by only one is always a pain and a problem.

That is a reason why in Kundalini Yoga we raise awareness and not just master a chakra.

Mastering a chakra gives you its power but condemns you to live in its realm

rather than in the realm of our spirit, which is unlimited.

The basic aspect of you as woman is not in your sensuality and in your dramas.

You are not only the givers of life, you are the manufacturers of character.

Whatever character you will give to your children, that shall be their future.

Life is flowing... Moment to moment...

Flow with it, and be sheltered from the hassles of time and space.

Life is full of power... Live it...

From breath... To breath!

Yogi Bhajan (Furman Khalsa)

There is a certain responsibility which rests with you and with your ego. Granted that your backgrounds are not right, granted that you are all learning... but I have understood one thing - once a man adapts himself to righteousness, then no sacrifice is painful. As long as a life of righteousness is not adopted, everything is painful.

Yogi Bhajan 1974

Seva (Service) is a win/win, the total source of victory. The moment you serve with heart and head, and

without grinding any ax, you win the person forever. You deliver another person facing difficulty to their own strength. You save the person in the face of calamity. You protect him in the face of non-reality and bring home the reality. In any form, shape, or projection, if you can elevate a person's consciousness, his spirit, his self, his environments, his life, then it is Seva (Service).

There are many ways in which man can progress and one of the best ways is to be very happy on this earth. For that we must work, for that we must prosper, for that we must shine. There is no doubt about it - we have come on this earth and we must do the duties that earth demands of us. But that is not all we are meant to do. We have come; we don't know how. So we have come from the hereafter from "somebody" and we have to go hereafter back to "somebody".

Yogi Bajan 1974

No one is too old to become a saint. All it takes is a turning point, all it takes is a turning of the wheel of thought, all it takes is committing one's self within one's self. All it takes is committing to the Word. From the day that one's words are spoken just to exalt God, God shall exalt that person on this Earth. When the finite will exalt the Infinity, the Infinity will exalt the finite. It is a simple law of give and take.

Yogi Bajan 10/16/73

Don't think that if there is a challenge in your life then you have no life.

Life without challenge doesn't exist.

Challenge is that which is answered by you, and your answer is by your qualification.

Status symbols don't work in the spiritual world. The spiritual world is the private domain of God and the spiritual world has nothing to do with the fluctuating consciousness. There is One God and one theme, and that is belonging to God.

Yogi Bajan 1975

I hope you will not believe in yo-yo-ism and you'll stop window-shopping. Sit down with yourself and make yourself into the exalted self and grow, glow, and go on. Take the boundaries, go and reach out. Reach out. Touch. Walk tall. In every essence of life, please grow. Time is with you. Tide is with you. I am your yesterday, I am your past and those who live in the past have no future. Don't look to me for any help. That's all I am, a messenger who read the news and passed it on to you all. Tomorrow is yours and you have to build that tomorrow with the strength of compassion.

Men live on this earth and they die, but the saint lives on after death.

You have the choice to live as a saint on this earth and to live forever.

Yogi Bajan 1975

It is said that in the progress of knowledge, when a student commits, he doesn't commit for the sake of commitment, he commits because the commitment is a knowledge within itself. It means getting grounded fast, getting grounded strong; it means leaning unto Infinity.

Yogi Bajan 10/16/73

The purpose is not what life offers us. Life offers us a lot of pain and a lot of pleasure; a lot of worries and a lot of happiness. But you must understand one thing that is unique -- that whether you are worried or you are happy, it is temporary.

Yogi Bajan 4/22/90

Oh Lord of Lords of the time, if You have created this world, create those environments where everybody's

mother, sister, and every woman on this planet can live with grace and there shall be no circumstances in which she has to sell her beauty, sell her body, sell her being, or sell her consciousness to exist on this planet.

Yogi Bhanjan 5/9/71

Within us lives the most calm, serene lake of wisdom,
the most beautiful, powerful pond of kindness, compassion and clarity.

Let us understand and let us dive into it within ourselves.

Any act that you can turn into a worship; any act that you can turn into an act of higher consciousness; every act you can turn to an act of giving, surrendering, committing to the Absolute—will take you to the Absolute.

Yogi Bhanjan 10/16/73

If you can commit and hold on to it, there is nothing more you have to learn.

Even if you forget the truth that is the basis of you, if you continue to be committed, that's all it takes. Commitment does not "begin" anything. Commitment is the end in itself.

There is nothing beyond commitment, there is nothing before commitment, and there is nothing in commitment, because commitment is complete within itself.

It is that commitment which is that positive union. An atom makes the molecule, a molecule makes the matter, and matter makes the life.

Yogi Bhanjan 10/16/73

Your commitment should be more precious to you than your life.

If commitment is not more precious than life then within that life you cannot commit to anything, you will not achieve anything.

The law of consciousness is that everything is nothing but consciousness - then to live for achieving higher consciousness means making a promise to be conscious of all facts, of now and then, of ever and ever. It is a pledge and a dedication.

Yogi Bhanjan 1975

Kundalini Yoga is the yoga of awareness.

It gives you exact awareness.

The moment you are aware, then you can see God everywhere.

Be kind to everybody. Be caring and be compassionate. It's the way of life we have to follow. It's the strength of life we have to use. And the future of everybody, we have to bring home happiness to all. Never compete, never compare and never confuse yourself with everything here. You have come from God, be with your God and see the glory of God in all, big and small. God shall be with you.

You can learn by questioning or you can learn by blessing.

When you learn by blessings, you will be bestowed the crown of spirituality and then Almighty God will love you and shall serve you, because His entire nature will be at your command.

But when you question, you will go into the cycle of birth and death forever.

Where there's a doubt man will never find the route.

When you obey, there's nothing to say.

You must understand one thing: karma cannot be wiped out; the sequence must lead to consequences. The only, the only way is through Sadhana (Spiritual Practice). I can tell you that without Sadhana, you are as useless for positive change as a junk car is. You can talk for hours and hours and I can teach for years and years; but without Sadhana, you have no chance. Sadhana is a self-victory; and one who cannot have self-victory cannot have this Earth at all. I can bluntly tell you.

Yogi Bhajan 1978

This life is a test of polarity and its composition is based on one's action.

Those who love themselves can share the love with others.

Those who redeem themselves and lead people to the path are blessed in the eyes of God.

Those who keep in mind the happiness and grace of others are blessed gods living in a human body.

May you all be virtuous and may your values be beautiful and attractive.

May Almighty God give you strength. Sat Nam.

Make meditation the art of life. Make meditation the science of life. Because only with that, and with that only, you can develop intuition.

Yogi Bhajan 7/20/1978

Remember, if your presence doesn't work, your words will not work, and your interest, strength, wealth, and position will not work.

What should work is your presence.

The mind is subtle, its creativity is absolute, its power is infinity...Whenever the mind is tuned into passion, and not consciousness, the net result will be desire. But once you become conscious, you will have one desire only: to be noble.

We are born as perfectly spiritual beings, and spirit has no limit.

A person who has compassion, God loves that person so much. Everywhere else, humankind has to surrender to nature to reach God, but when a person of God surrenders him, or herself to compassion, and every life part is guided by that power, that person is always highly enlightened, elevated and exalted.

Walking tall in exalted self to help and serve others, is the Khalsa way which we have chosen. In this chosen way by your will, it lets you manufacture God's will, and serve all. When you serve all, all shall serve you. The Almighty will serve you at the call of your nature, if your nature is compassionate, compassionate, compassionate. That's the only reality we have, that's the only tomorrow we have.

SADHANA (Spiritual Practice) - Communicating With Your Soul

Sadhana is nothing but where a disciplined one, with love, talks to one's own soul.

Is nothing but where one cleans his own mind.

Sadhana is nothing but where one prepares for the day to become kind and compassionate for everyone, including the enemies.

Yogi Bhajan 7/26/1990

In us there are three values: we are angels, we are humans and we are animals. Our barbaric animal nature is

to live at each other. Our human nature is to live with each other and our angelic nature is to live for each other. That should decide all of our behavioral aspects if we start looking at this trinity, that is what our behavior is.

Yogi Bhajan 10/22/94

Life was given to you to experience life.

Life was not given to you to experience traumas.

Life is a caliber.

It is given to you once, and it's not meant to be wasted in games.

When you do not consciously relate to your body,

your mind does not relate consciously to you.

Thoughts flood into your mind. Some weaker, some stronger. Sit Still.

Meditate on the mantra from the navel point. That is the point of Infinite vibration. You add your heart to it.

Then as you cross each thought the power in the mantra supports you and dissolves the frustration of your limitations.

You don't need make-up; you don't need to make up for anything.

You are known by your spirit.

You shall project out by your radiance.

You shall be loved and honored by your excellence.

Yogi Bhajan 7/24/96

Nobility is such a virtue.

You can conquer the whole world with it.

It is a code of conduct to be noble.

Nobility is self-determination to not be corrupt.

It is a self-declaration.

When you deal with a man, you deal with a most unpredictable character. Now, with the entire unpredictability of the human being that is a male, to give him a life of happiness and ground him, a woman has to be constant, continuous and dependable; these things a man wants.

No male, whether a king or a beggar can continue with an uncontinuous woman.

If you want to pass the test of time, life, self, grace, projection, and reality, you must decide to keep up, no matter what.

There is no other way. And you have to keep up in the face of everything.

When you do not fall into the pit of your mental depression; when your thoughts are not impure and inferior; when you do not sell out to time and space and your temptation is not your guiding force, then the beauty, the glow and the growth which you get as an independent person is your effective godliness. And it's not garbage. A poor one can do it, a rich one can do it, a healthy one can do it and a sick one can do it.

Yogi Bajan 7/9/95

When we love there are no barriers, no desire, no needs, no wants.

If you want to do something and you have the courage to do something, then do it when it is impossible. Whosoever makes the impossible possible is rewarded. What is a hero? That man who makes the impossible possible.

Yogi Bajan 1975

God rotates the earth and He is going to take care of your every routine.

There is nothing to worry about.

Yogi Bajan 6/19/84

There is no such thing as God if there is no trust in one-self.

God is self-trust.

The greatest beauty in you is that if you become sacred, your price will go up. If you want to protect your future, never act cheap. If you want to be free, never control anything—it will drag you to death. If you want to be respected, never nag. And if you want to be loved, then deliver. Let your words mean what you say.”

Yogi Bajan 7/4/95

You must have the attitude to be selfless

so that you can focus on the general good of another person.

Nobody in his personal identity can find infinity, but everybody who is in love and guides and goads themselves with a discipline shall definitely reach that ultimate end of life. That is self-fulfillment. And when you are self-fulfilled then you have gratitude and that gratitude will bring you prosperity.

Yogi Bajan 1/20/1999

The best vitamin you can ever take is your own breath of life.

Yogi Bajan 11/17/89

Creativity blossoms when every word becomes respectful,

using a respectful language is the power to prosperity,

is path of ecstasy, is life of joy.

There is nothing that is free.

There is nothing without discipline, character and consciousness.

Inhale deeply with reverence, love, compassion and kindness.

Communicate with your breath that it must give you peace of mind,

peace on the mother planet Earth, peace and oneness with God and His creation.

The known formula for happiness is: Commitment will give you character. That will give you dignity. That will give you divinity. That will give you grace. That will give you the power to sacrifice. Then you'll feel achieved, and you'll be happy.

When you meet an ungrateful person, be great.

The moment you become great, you will become fulfilled.

There is no other secret. Nothing else will give you fulfillment.

The question is, 'Are you spiritual or are you not?

The truth is you are.

The reality is you don't believe it.

Human love is for one thing only; to love your soul.

Then the Infinite world around you will be in love with you.

You have to develop the frontal lobe so that your personality is controlled.

And you have to control your upper palate so that the hypothalamus and thalamus can be controlled.

If these two things are developed, you can read between the lines, you can see through walls, you can intuitively be alert.

Whether you are a medical doctor or a chiropractor or another type of healer, life has a challenge that you have to be egoless.

You have to just become, without self, a healer at that moment, for that purpose.

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 and says,

"Okay, baby, do what you want to do.

Prayer is when the mind is one-pointed and man talks to Infinity.

Meditation is when the mind becomes totally clean and receptive,
and Infinity talks to the man.

Time and space cannot play any part between two loving hearts.

Prosperity is only stopped by fear, otherwise everybody is born to be rich.

The greatest thing you can praise is yourself.

As you stand before the mirror and look into it, you look to yourself as a woman.

You look to yourself as a graceful woman.

You look to yourself as a competent, intelligent woman.

You can give thanks for it. It should be so automatic with you. It should be so real.

Yogi Bhajan 7/31/84 Ladies Camp

Any woman on this planet who values herself as a woman is great,

and she is a giver of life.

And when you are a giver of life, what more is there?

The act of kindness is such a powerful weapon that it is endless in its scope.

You can never run out of kindness.

Kindness is the supreme gift of the elevated person.

It is the beauty of the beauty of the beauty.

Grace will come to you, glory will come to you, happiness will come to you.

Everything will come to you when you will act like God.

God gives, never takes anything.

God loves everyone. God lives in you. God guards you.

The strength behind communication is in its quality, not in its quantity.

Your talk should be that of quality, not of quantity.

You should use small sentences which say a lot.

Or you should say a lot in small sentences.

A car without brakes is not worthy of riding.

A consciousness which cannot discriminate between right and wrong is not worthy to be called human.

And a personality which pledges itself and cannot keep its individual privacy is not worthy of being reborn as a human.

Yogi Bhajan 1975

So, you are what you eat. And your power is what you speak. Your strength is what your manners are. And your prosperity is based on mutuality. That's how you spell it.

Your relationship is based on service. And your trust with people is based on your purity. Your impact is in your identity. And your happiness is in your royalty and reality mixed together. These are the principle factors you have to deal with.

Yogi Bhajan 8/1/96

Man is a social animal.

One who socializes with compassion and kindness is a human.

One who socializes with compassion, kindness and grace is an angel.

You will never be given time to prepare yourself to face a challenge.

You have to act spontaneously.

Therefore you must develop your intuition, and you must develop your sixth chakra, command center, to match the need.

The only thing the body and mind are given to you for is your soul, the spirit.

When you are serving your soul, you are subtle, calm and peaceful.

Whenever you are serving your ego, you are fearful and afraid.

You may lie to the whole world but never lie to a child because you will hurt his innocence and he will come back on you a hundred times more powerfully later on.

You do not understand your features. Your features are not your beautiful nose, your beautiful cheeks, beautiful lips, and so on. These are not your features. Your features are your beautiful behavior, your beautiful character, your beautiful health, your beautiful spirit, your beautiful advice, your beautiful wisdom, your beautiful inspiration.

Yogi Bhajan 8/21/78

You do not understand your features. Your features are not your beautiful nose, your beautiful cheeks, beautiful lips, and so on. These are not your features. Your features are your beautiful behavior, your beautiful character, your beautiful health, your beautiful spirit, your beautiful advice, your beautiful wisdom, your beautiful inspiration.

Yogi Bhajan 8/21/78

The purpose of communication is to gain the trust, the infinite trust.

Therefore, you should speak only what you can prove and it should be spoken in such a way that the other person can hear it.

You have to understand the purpose of life.

The purpose of life is to do something which will live forever.

If we can master the use and command of the mind, we can enjoy this world and live truthfully, gracefully, and prosperously.

The process of self-healing is the privilege of every being. Self-healing is not a miracle, nor is self-healing a dramatization of the personality as though you could do something superior. Self-healing is a genuine process of the relationship between the physical and the infinite power of the soul.

Love is a self-acknowledgement. When I love myself, I can be so rich that I can love everybody.

It's gracious to be humble.

It's marvelous to be kind.

It is loving to be compassionate.

It's so human to be caring.

There is no need for big philosophies.

Spirituality is facing yourself with a smile when life confronts you.

Yogi Bhajan 1992

A woman has to learn the fundamental truth that she is she and she has her own design, her own consent, her own self, her own life, her own projection, and her own beauty.

Yogi Bhajan 7/31/84

You have not learned to live by the decoration, beauty and make-up of grace.

You have learned to look beautiful by your make-up. And you cannot improve on the work of God. Your make-up does not make any sense. That's why, spending all the money on make-up, still you are miserable. Nobody can improve on what He made, the Great Creator, the artist, whose creation you are.

Yogi Bhajan 6/26/88

The only way a relationship between you and God can be established is if you become grateful and build up a standard of gratitude.

Only then will fulfillment come in life. Only then can you be happy in life. Only then will you be fulfilled in life.

Because in God we trust and in God we dwell.

If you do not accept your own dignity as a woman, all external trappings shall mean nothing.

It has nothing at all to do with any man or with any relationship.

Once you accept your own dignity, the whole world will come to you.

Yogi Bhajan 7/1/96

When you lean on a man, he feels the energy and he feels the fulfillment that for once in his human life he is doing something.

Men are very dedicated. It is basically in the habit of the male to lean on the woman. When you make him feel great, and you lean on him, that does not mean he thinks of you as dumb, weak and frustrated. No, instead he accepts you as a capacity in which he can do something. When you make him do something, he feels very loving, very grateful, very cozy towards you.

You believe that woman is a doormat. I believe woman is the door to God.

You believe woman is the chick and I believe she is the eagle.

Her sway and her grace is keeping the Earth in its own place.

Yogi Bhajan 8/1/84

It is required of the woman to deal with a man in direct, straight communication.

It takes about three months of this habit to take to the style. No claim, no blame – that is the art of a woman.

The science of the woman is "always keep the spirit going. The art of a woman is: never claim anything and you will never get blamed for anything."

If you want to live rich and be taken care of, do not claim anything.

You must look beyond the mirror! You are the spirit, you are the soul, you are the self.

You are the honor, you are the source of all sources. You are the redeemer of all redeemers.

From you, this creation is born.

Yogi Bhajan, Woman's camp 6/28/94

The noble woman is the goddess which Almighty God worships. It is the altar to which God bows. It is the grace which produces God's soul. It is the ultimate infinity of all virtues. It is the power of all kindness and blessing of God, and the noble woman is the essence of all prayers.

Yogi Bhajan 1984

One thing shall never betray a woman: her own light and her own radiance as a woman.

If the light within you can guide you, you will definitely excel.

Yogi Bhanjan 7/15/94

If every woman makes every man who is born to respect, respect, respect, then there should be no cruelty, no disorder, no mental cruelty, no crime on this whole planet, the world would be just heaven.

Woman has to understand her role. Her role is not to worship God; her role is to be the very self of God. Her oneness can affect and open every heart.

Yogi Bhanjan 7/15/94

What is a woman? Woman is the flowing river of spirit. On its banks dwells a male, a man. It is the flow of that river, that spirit, that woman is clean, healthy and constant, the dweller shall not leave the dwelling. That dwelling will turn itself into a city, a town, a capitol.

Every human has a mind.

With the mind you have a mission.

It has to be motivated by your attitude and manner

because every mission has a great magnitude.

A yogi is a person who can totally amalgamate himself with you at your level,

experience it and realize it, and then pull you up.

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 humankind.

Most beloved of God are those who are peace, at peace, share peace and bring peace to all.

The mind is subtle, its creativity is absolute, its power is infinity...Whenever the mind is tuned into passion, and not consciousness, the net result will be desire.

But once you become conscious, you will have one desire only: to be noble.

When you are insecure you do not love, and when you do not love you do not live. You do not love your lust. When someone caters to your emotions you feel you are in love, but in reality love is the opposite of this. When you sacrifice your emotions for someone, then that is love. Love is an experience of selflessness within oneself. Love is a sacrifice and sacrifice is real life. When you sacrifice you realize you are alive. Those who are dead when they are alive, how can they ever die? But it is difficult to commit suicide when you're alive. It is not a physical suicide – that is a coward's act, but suicide of the ego on the altar of the Universal Self. You must do it for yourself. Then you do not know death. You live forever.

Man cannot live without love.

He must love and also he must be loved.

Sacrifice is the beginning of every love.

One must subject one's self in order to receive an object.

Love means giving. Self-sacrifice means that you accomplish for someone at the expense of yourself.

Love is the experience within one's self of one's own selflessness. That's why love is God.

No one can explain love because love is ecstasy. Love is the essence of an ever-longing devotion.

Love does not change. If love changes, it is not love.

Love is the most secure place in an individual. It is a very secure, very deep, very curative healing.

It has no pain. Love doesn't know pain. It's not small. It's not limited. It has no argument. It's beyond the beyond.

The highest state of security of an individual is when a person is in the state of love.

It is a consciousness which can penetrate through anything for that thing and nothing can penetrate in it.

Love is the experience of selflessness within oneself. No one else is involved. Love is a power beyond the being because love is a totality of the being.

Love is not a business. "I'll bring you flowers, you give me a kiss." It's not a commodity. It does not need approval or appreciations (otherwise it must depreciate). The state of love is beyond this. Come what may, neither is there "Yes" or "Nay."

What is love? When you feel and experience selflessness within yourself and you can vibrate for someone, then you are fulfilled with love.

This is the highest state of individual consciousness.

Love gives you power to merge, from finite to Infinity.

Love gives you power to trust, from nothing to everything.

Love gives you power, the most powerful prayer between you and your Creator.

Love gives you vastness, as vast as there can be.

Love gives you the hold, the experience, and the touch with your own Infinity,

As beautiful as there can be, Love is that surrender.

When you surrender at the lotus feet of the master, you become the master.

When you become the master, you surrender your universe to the Universe.

Then you become divine.

When you surrender your divinity to the Infinity, you become Infinite.

That is the Law of Love.

If I love somebody, then I have no question to ask, no answer to listen for.

Love is beyond questions and answers, love is beyond give and take—nobody has taken anything, nobody has given anything.

Love is beyond time and space, love is Infinity; love is God in itself.

Yogi Bhajan 10/16/73

If you give your word, let the entire universe fall before you, but let your word stand.

Your beauty, your duty, your makeup, your knowledge, your degrees, your education, and whatever else you may want to use to your advantage are based on only one thing: From beginning to end, you act as a woman in absolute grace.

Meditate. Any dirt of ugliness in your mind can only be wiped out by meditation. Get rid of them. What is meditation? Calming yourself and looking toward the infinity of God. That is meditation;

it is simple.

Without love, there is no God. Without love, there's no spirit. Without love, there's no prosperity. Without love, there's no sincerity. Without love, there's no growth in you. There is no happiness without love. Love is the key to everything you are in and you are out. Love is a total state of mind of tolerance. Total tolerance is love. Love has no limit. When it has a limit, then it is not love.

Valentine's day. There is a secretary's day, there is a mother's day, there is a papa's day, why we will do all this? It is billions of dollars' worth of industry because we have yet not understood the depth in us, really what love is. Actually to be very honest with you we have not yet found out who we are and what I want to tell you is how easy, not in talk but in experience, how easy it is to find yourself within yourself....Whatever your outer structure is, I have nothing do with it. Those are sales talks; aspirin is aspirin you sell it under any name and brand, does not make any sense. If you can find your balance within yourself, you will be totally changed and a happy person. I am not promising you that life will not have trouble, but you won't feel the trouble. When you take Tylenol, it doesn't mean that your headache is gone. Headache is there, cause is there, but the feeling of that headache is gone. You understand that? When you love, there is no such thing as love. The feeling of love gives you hope, that you belong to somebody or somebody belongs to you, which is a status you enjoy.

Yogi Bajan 2/17/91

Love is a power, not a logic, debate, discussion, argument or question.

Use it wisely to elevate yourself to excellence.

Do you know what love is? Love is an absolute power of self-totality. Love is not what you think love is. Love is a strength. Love is a goodness, like Godliness. There is no limit to it. There is no shortage in it. There is no bargaining in it. Where there is love, there is no question. Where there is a question, there is no love. Then it becomes a business. So - love is the totality of the self. My dear folks, if you cannot find yourself, you can never find anybody you want to find.

Yogi Bajan 4/5/94

Human is a blend of saint and soldier; this is a complete person.

If you are not a soldier your sainthood will be kicked around.

If you are only a soldier, not a saint, you will start kicking others around.

A wise man does not lead the idiot; he makes the idiot the wisest of all.

Yesterday you had pain, right? That was yesterday. You faced it. It's gone. It's over. You are a winner.

Why are you carrying it on to today in your memory? Why? Don't you know the simple formula?

What was yesterday was yesterday. It's gone. You faced it.

Yogi Bajan 7/ 27/96

In this life, there are challenges. These challenges challenge how much sweetness is in you and how much sweetness you want to share.

Yogi Bhajan 3/5/95

The four aspects of communication are: poke, provoke, confront and elevate.

Life becomes totally worthless, because a slip of the mind is a slip of the destiny. You know, there are certain areas in life which are very powerful. Once you just make a slip of the tongue, God knows where it is going to take you. Once you make a slip of the mind, there is no chance, because the driver, the controller, the essence of your life, is nothing but the mind.

Yogi Bhajan 1975

When a human acts under impulse, as a mammal, as an animal, that human shall never be redeemed. You have to act under intuition. If that is not developed, then you have to act under your spirit.

In the beginning was the Word. It doesn't say in the beginning was God.

In the beginning was the Word because in the very beginning of every moment of time and space your word counts.

Your whole destiny is written in the Word.

Seva means doing a service, a service with no return.

That is how grace gets multiplied, when you are not seeking any return.

I don't care what your circumstances and environments are, if you can change your daily average pressure by balancing it in the morning with Sadhana (Spiritual Practice), and once a week, come to Gurdwara (Temple) in a meditative, graceful, beautiful and pleasant fashion, then I don't think there is any possibility that you can be destroyed.

Soul does not relate to mind; mind relates to soul.

It's a one-way traffic.

The purpose of life, the attitude of life, is to serve the soul.

The art of healing, the art of ecstasy, the art of God-consciousness has millions of names in mystic terms.

It has to do with rhythm and reality. When the body is in rhythm, there is ease.

When the body, or any part of the body goes out of rhythm, there is dis-ease.

When we cannot listen, we cannot speak.

This head has a working mechanism.

It only becomes elevated when you listen.

"Sat Nam." Sat is the truth, Nam is the identity, the noun, the personality, and your ego.

Whenever your ego feels the light of God, you will be very humble. That is the test.

You will be very compassionate. You will be very graceful. You will be very tolerant. You will not be rude. You can't be!

Prosperity has one basic law: Between you and your goodness don't create a gap.

Then you have nothing to worry about. Then you have no suffering.

Take one minute a day to be yourself, to breathe one breath a minute, to love yourself, to feel you are divine. In that one minute feel peace within yourself, feel peace with everybody.

Reach people through compassion, don't put them on the defense.

Now what is intelligence? It is when your senses and your consciousness calculate on the spot.

Senses will say one thing. Consciousness will say something different. And when you can put it together, two and two, that is intelligence.

What is God? In reality it is your own positive Self, your higher Self, your universal Self, the Self which knows no defeat, the Self which can rise again and again and again like a wave in the ocean.

Never give a man your opinion; they get offended. Let him ask your opinion.

What is a man? He is pure, living, shining ego. When you give your opinion, he has to counteract it; he has to. When he asks your opinion, he has to obey it because he asked.

The same ego which is going to reject is going to obey. Do you understand the psychology?

Love is a self-acknowledgement. When I love myself, I can be so rich that I can love everybody.

It is not meditation that stops the mind. It is the surrender of the mind to the soul, and the soul to Truth.

It is when you prefer the word of Truth to the word of your own intellect.

In any communication, or in any situation which you cannot confront because it is exaggerating, hot or aggressive, just change your breath.

Breathe through the lips instead of through the nostrils. Exhale always through the nostrils. Inhale through the rolled lips and make it slow and long. It will slow everything as required.

It will increase your sensitivity. It will give you 10 times more projection over the person you are talking to.

Prayer for a Happy New Year

In God's love for you alone, life unfolds

Like a silken cone unwinds.

And we are all woven, one with God.

Strands of silk, Sacred and divine.

The drums of war are loud and clear,

But hope of peace is also near.

If the Word of God will lead the people

And compassion will flow with the beat of the heart,

The human race will find its essence.

Let us pray for love of peace.

Let us pray for love of truth.

Let us pray for everyone to pray

For the innocent in bondage

Miles and miles away.

Let us pray for the innocent victims.

Let us pray on the death of the innocents--

Those humans created in the image of God,

Tortured by men with earthly authority,

Actions so far away from morality.

In my prayer I wish you the wealth of peace

To make beautiful our tomorrow

Where human beings can live in love

Forever free from sorrow.

Half of your life's burdens will go away if you just forgive your earthly parents.

Just remember, they are good and they did their best.

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.

A person is limited according to his attachment.

It doesn't matter what you have or what you don't have:

it matters only how easily you can let go.

We have to become reservoirs of energy. Our words, our sight, our presence should be in a position to change the frequency of a person who needs the jump-start.

Do it with words, with touch, with sight and with prayer. It's the same thing. It doesn't matter what condition you are in. But it does matter how precise and clear you are to lift up the other person.

Yogi Bhajan 6/22/01

Life is a very tasteful thing. Life is a very enjoyable thing. Life is a very complete thing. Life is so infinite because it is part of that Infinity called God. The purpose of you is to recognize who you are. You are God. An artist is an artist. The art represents the artist. You are the art and God is the artist. You are the finite and God is the Infinity. God is the source and you are the recourse to represent that source. Religion is a science of reality and the art of happiness.

Yogi Bhajan 10/11/89

The power to obey is the power to command.

Here in the West, to surrender, to be humble, to obey is considered to be slavery,

but actually it is the power of the self.

Only the most exalted, most powerful character can surrender.

Hope is brought to people by the people - people who believe in God and experience God consciousness. They are the image of hope and they go where there is darkness.

Yogi Bhajan 1974

If you choose to live in your excellence, then you must take responsibility for yourself.

You must recognize the capacity of your mind, acknowledge yourself, and direct that relationship.

You need a simple mind.

You need the capacity for innocence before your own soul.

You need warmth of heart and clarity of head.

Life without commitment is like a flower without fragrance. Life without commitment is like a moon without light. It is an eclipse. What is the guarantee that you are intelligent? There's no guarantee that you are intelligent. The guarantee of your intelligence comes when you are tested in the face of your commitment, and you come through.

Yogi Bhajan 1977

The purpose of all discipline, knowledge and scripture is that a person should be in a position to hold his values in consciousness.

All sickness, all shallowness, all pain, all miseries are the outcome of one source: keeping negativity within yourself.

The greatest education of a child is so that he or she can walk independently.

Yogi Bhajan 9/18/01

Be kind to everyone

Never speak ill of anyone

Never speak ill of yourself

Society is feeling a great impact and requires comfort from anybody who can give it. The greatest thing on this earth is to serve the people of God. That is the highest act a man can do for any other man, but it has to be positive, not that you can go help somebody and you go and drag yourself down and get into the pit yourself. You have to be very firm, very honest, very constant, very insistent and very persuasive. In spite of that you have to be very sweet, very kind, very serviceful and very righteous. These things go together.

Yogi Bhajan 1974

You have to live like gods; you have to be universal. You have to go and serve people. You have to spread hope and give them hope! God will do the rest, I can assure you. But go and give them hope. Let them not kill themselves.

Yogi Bhajan 1974

All acts of insanity are the responsibility of the sane people, because the sane people are lazy and they could not spread wisdom through to the insane people, to give them some hope.

This is how I look at it.

Yogi Bajan 1974

Commitment is to experience your excellence. It is the highest state of consciousness.

It provides an individual the opportunity to experience his excellence.

But making the commitment is not enough. One has to live it.

Yogi Bajan 1977

The radiance of your spirit can be measured according to how the name of God vibrates within you and around you.

If your Sadhana (Spiritual Practice) is perfect, your spirit will be high. If you have forgotten to chant the Name of God, you will be in the doldrums. If you become low and depressed, it is only because you have not warmed up your machine in the morning; you have not done your Spiritual Practice...In the Western world where there is such a criss-cross of mental thought patterns, you must find a way to bring your mind under control. You must learn to bring the level of yourself to zero, whenever you like. This is practiced in Sadhana. Remember, you are you and you are not you. You are you in the frame of the defined finite, but you are not you, in the frame of the infinite.

You are alive by breath you are a product of breath, and your realization is through breath.

The moment you are in touch with your breath, the universe pours into you.

Your biggest weapon is kindness and compassion.

That requires intelligence and courage.

That requires flexibility and intuition.

Yogi Bajan 10/11/89

When you do not remember God, God remembers you.

And God is so great, whenever you call on Him, He answers you.

Happiness is a by-product of the totality of life which has to be shared compassionately and kindly with all.

Yogi Bajan 10/11/89

You have the birthright to be happy. You are not happy because you are competing and comparative with something over which you have no control.

You have no control over Infinity. And if you have no control over Infinity, don't try to control it. Flow with it, you can reach anywhere. Fight with it, you'll be unhappy.

Happiness is your birthright. It cannot be taken away from you.

Yogi Bajan 10/11/89

You know two things: hurry and worry. You have sorrow today and you have a fear of tomorrow.

You do not feel the presence of God. You did not feel it yesterday, you do not feel it today, and you don't have a hope tomorrow. If you put your tomorrow in the hands of the One who created you, you shall not have sorrow.

Yogi Bhanjan 10/11/89

My question is, "Are you happy?" If you are happy, you are wonderful. If you are not happy, you are worthless to yourself.

Unhappiness will create tragedy one way or the other for everybody. If there is anything that's a sin or anything evil, it's unhappiness.

You spread it, you chew it, you cook it, you manufacture it. You share it, you create it, you give it to each other like an infectious disease.

Yogi Bhanjan 10/11/89

There's no other way on the planet to free your soul unto the destiny and unto God but by serving those who need a hand—smiling at them, wiping away their tears, forgiving them.

People who do not have excellent patience and absolute gratifying tolerance shall never be right.

Yogi Bhanjan 7/24/88

If you can develop in you kindness of behavior, you will be rich, prosperous, beautiful, bountiful and blissful. Nothing can touch you.

Yogi Bhanjan's 6/22/01

You must understand, temperamentally and mentally, humanly and individually, you have to have commitment.

Yogi Bhanjan 12/1/77

The greatest thing, which we do not want to remember, is that we have destiny and we have fate.

We have debts and credits from previous incarnations.

It does not matter in what lifetime you did what.

In a human life you can pay consciously.

In an emotional life you have to pay unconsciously.

Your value is not in how many experiences you have had.

It is in your stability -- in how much sacrifice you can do.

Your value is in how effectively and how consistently you can live for others.

Your value is in how you can take command of yourself and others in any situation.

Your value is in your capability of firmly planting yourself in the neutrality of your higher consciousness and standing as a pillar of strength, turning every negative to a positive.

Your value is how quickly you are there when the call comes.

Meditation is for your self. Meditation is not for somebody else. When you come for sadhana (spiritual practice), you come for yourself. When you pray, you pray for yourself. Therefore, it is useless asking in prayer, "Get me a car." That's not prayer. That is projecting a desire. "God, give me a car." Don't ask it. Just say "God, God, God." And if God appears, then say,

"What kind of God are you? Don't you know what I am asking for?"

I mean, if God doesn't know what you need, who knows?

There's nothing good or bad -- it's only thinking that makes it so.

Yogi Bhanan 5/18/90

Live with applied consciousness, prosperity will break through the walls, you will be flooded with it. You do prayer when you are in difficulty; pray when you are not in difficulty, that's the attitude of gratitude!

Yogi Bhanan 8/30/91

Be competent. Do not show that you are scared. Do not show you are irrational.

Over and above that, never ever let anyone know that you are not willing to listen.

Listen patiently, reply promptly, answer effectively and be in command.

That is the price of living. And the best thing is, speak moderately, politely.

Between two points a straight line is the shortest distance.

Between two human beings, straight behavior is the shortest distance.

If you want to learn a thing, read it.

If you want to understand it, write it.

If you want to master it, teach it.

Power is in the remembrance. When your child is at the university, your power is in the remembrance as a mother, as a father, as a friend. It is psycho-magnetic communication.

That's the only power human understands or has, even without knowing that they have it.

Yogi Bhanan 11/24/90

It is very unfortunate human concept that we only want the good part. We do not want to deal with the negative part.

But I have never seen anything God created which is not positively negative and negatively positive.

Yogi Bhanan 5/18/90

There's a war between character and corruption. Sometimes character will win, sometimes corruption will win. It will go on and on and on. But if your motive is consciousness, character will always win. If the motive is ego, corruption will always win. There are no two ways about it.

Yogi Bhanan, 7/24/84

If we consider that physical health is the sustainer of life, then mental health may be considered as the real essence of life.

You are here to serve, to uplift, to be graceful, to give hope, and to give the divine love of your soul to all those in need. Through service you can win the world.

Attitude of gratitude brings you opportunities beyond your concept.

And when the prayer becomes the vibration of the soul, mind, and self, we can create a miracle."

Yogi Bhanan 12/8/89

When you understand the mission and the magnitude of the mission; then you develop the manners and the attitude to complete that impersonally or you achieve it personally.

If you achieve personally you are lost. If you achieve impersonally you gain.

Yogi Bajan, 1994

From liking to loving, to understanding, to total kindness, affection, and sacrifice- that is the fundamental base of what is called, "the sacredness of life."

We have to accept that our life is very sacred.

If you are poor and you are miserable and you are not well, the reason is that you do not bring your subtle beauty out....It is the subtle beauty which attracts wealth and prosperity. It is the subtle beauty which is always in you till death. When that starts flowing, then God starts working for you.

Yogi Bajan 7/22/88

Attitude of gratitude is the law of Divinity, it's the law of Infinity. You should be grateful for any little good done to you and remember it.

Because as much you remember the little good done to you, that little good will do you more good and so much good that all the goods will be at your feet.

Yogi Bajan 1978

With meditation, achievements can be manifold; without meditation, the mind will not be a partner.

The moment you become a prayerful person, the fear of the Unknown is gone and love of the Unknown awakens.

Yogi Bajan 1982

Never think you can avoid pressure, because it is impossible.

There is pressure being married; there is pressure being single.

There is pressure in choosing a partner; there is pressure in losing a partner.

Everything is pressure.

The question is which way you want to go.

The most serious part of life is direction.

The secret of happiness is in your power to sacrifice and uplift others.

Happiness is in giving, not in taking. God will give to you. Trust in the fact!

The fact of life is that you and God are one identity. There is no place for duality!

Attitude of gratitude brings you opportunities beyond your concept. And when the prayer becomes the vibration of the soul, mind and self, we can create a miracle.

Yogi Bajan 1989

Try to understand that each one of us has a soul... each one of us has a mind... and each one of us has bodies - mental, spiritual, physical, subtle... all combinations. We have

a life... the breath of life... without which we cannot even live. Our real master, our real employer, our real relative, our real owner is the breath of life. The moment the real owner, the Master, the breath of life abandons our body, the mortal falls. The immortal, the soul, leaves. It takes the shelter of the subtle body and a subtle weight leaves the human as all the designs and ambitions are gone. The purpose of being human in this life is to become immortal.

Yogi Bhajan 1/6/90

I think that people who think they are not insecure, are in ecstasy. I think they are statues. I think if you get up in the morning, and you get up in an absolute negative mind and conquer it in one second, you are much more a saint than a saint himself. I think you must have a virtue.

Yogi Bhajan 1/6/1990

Yoga is a science of reality and an experiential proof of the sacredness of all life.

Yogi Bhajan 1/31/96

We are people of the earth, but our religion is divine.

We come from God.

We have to carry that powerful image of God with us throughout our lives, and stop worrying about the earth plane so much.

Experience has stages.

First you feel that life is juicy.

The second stage is delight.

In the third stage you become very polite.

In the fourth you become very humble.

In the fifth you become elevated.

In the sixth you become graceful and enlightened.

A person who talks to you already trusts you until you blow it. Trust is built by every single phrase of communication. It is always computed by the subconscious mind, please understand that. And trust is the most vital truth of life. Trust is the total truth of social life. Your social life, in which more than one person is involved, is absolutely based on your trust.

Your normal process of life is to not give. Not giving yourself a chance, not giving to others. You do not believe in creating a vacuum. Where there is a vacuum, God must fill it.

Yogi Bhajan 6/1996

Every female has a natural power of abundance, good luck, and prosperity, but she has to decide to concentrate on it. If a woman provokes the Divine, there will be prosperity. Her discipline guarantees it. But often she wastes her energy in many ways.

Yogi Bhajan 6/6/2001

What is prosperity for a woman? It is when she expands herself, her goodwill, her good manners, her smiles, her counseling, and her uplifting. Prosperity is all good things. Whenever a woman puts all good things together, prosperity and abundance are assured. But if she wastes her time in bitterness, poverty is assured.

Yogi Bajan 6/26/2001

Communication, like a road, is already mapped. And every communication has to have an indication in it as to who you are dealing with. Are you dealing with a person of authority? A person of love? A person of shallow relationship? An acquaintance? You must gear yourself before you even utter one word.

In the Age of Aquarius, the depression and stress on mankind will tear up people who do not have the technical knowledge of self.

Why do we suffer? The actual fact is we want to suffer. If we are relaxed we will never suffer.

Yogi Bajan 11/19/00

Don't do anything ritualistically, do it as a reality.

Yogi Bajan 11/20/88

Your communication should not be for you. Your communication should be a service vehicle to reach the other person.

We have to understand: Our life is not ours; it is given to us to experience, to live, to give.

Yogi Bajan 11/20/88

Children become obnoxious because they think with obnoxiousness they can get attention.

Yogi Bajan 12/2/1977

Negative thoughts are the base of your misfortune and poverty-when you allow them, the loss is yours.

Positive thoughts are the base of prosperity and contentment-when you allow them the gain is yours.

The urge of giving only comes in when God wants to give to you.... God invokes in you something to give to others, so that there may be some empty space where God can send a better gift.

Yogi Bajan 2/5/89

Never fail to follow procedure.

People come and people go.

Systems live on.

If you can remember this one thing, you will never fail.

Create a system. Organize it in three ways: Action, Cover and Support.

Life will be very convenient.

Yogi Bajan (Business Course)

The limits of human beings are their fears, and their unlimited power is their inspiration. When you are inspired, it is called faith.

Home is where each lives for each other and all live for God.

Your reliability will give people the courage to trust you.

Their trust will give you the power to carry a situation.

A leader carries and serves people.

Learn to lead as a "seva"; (to sacrifice your time and resources for the benefit of others without wanting anything in return) people will love you, and you will continue to expand.

Yogi Bajan 2/20/04

Moment you start working and seeing God in everything, all wealth, prosperity and opportunity shall come to you.

If you think you are poor, you are poor because you do not communicate with your soul, the source of prosperity, the source of reality. If you think you are desperate, you are desperate because you have no sadhana. Desperation, depression, and a feeling of destitution comes only to those who have no discipline or sadhana. Only a house which is not cleaned looks dirty and the mind which is not cleaned stinks. Sadhana is the most selfish act, because it is a self-cleansing. Cleanliness is Godliness. It is good to wear good clothes, look good, be bright, beautiful. But when you want to be blissful and bountiful, you have to have a clear mind, a mind through which your soul, your spirit can shine.

Our children are to be morally, ethically, physically flawless. The world has to follow them. These children have to walk themselves. If you cannot make them strong and deep rooted, and get in them the character like iron, you do not have affection for them.

Yogi Bajan 6/22/2001

Every defeat in your life is based on your own reaction to the situation.

Without tranquility of self you don't have a chance to face even an ordinary thing in your life. Forget about big deals. You need that tranquility and you cannot force yourself from the outer stimulation to reach inside.

Yogi Bajan 11/19/89

Honesty is when your character is your character, and nobody can make it change.

Whatever your weaknesses are, they are all divine and whatever your strengths are they are all divine. Balance it out and you will be absolutely great.

Yogi Bajan 7/1983

The highest sadhana (spiritual practice) is, that your presence should remind people of God.

What bigger and more powerful miracle than that can there be, that by your very presence you can invoke Godhood in people?

It is very difficult to become spiritual. That means you become a part of the Universe, and the Universe becomes a part of you.

Find happiness within you, find an attitude of gratitude.

Be happy with what God has given you.

Then all happiness will find you, because birds of a feather flock together.

If you are happy, happiness will come to you, because happiness wants to go where happiness is.

Two plus two is four, but for some, two plus two is five.

They are so good. They add smiles, they add warmth, they add love, they add passion to it, they say hello, they go one step further to meet and shake hands.

Yogi Bhanan 6/22/2001

Whosoever shall spend some part of his life spreading righteousness and serving righteousness and serving righteously, helping others to live righteously, advising others to live righteously taking care of people who are falling apart and helping them to walk on the path of righteousness, shall always be exalted on this earth as a righteous human.

Love is a power, not a logic, debate, discussion, argument or question.

Use it wisely to elevate yourself to excellence.

Yoga is a science of reality and an experiential proof of the sacredness of all life.

Yogi Bhanan 1/31/96

You only want to deal with a few things, so you pick and choose.

This way you build character of being limited, because you only want to deal with the limited.

No limited thing can be happy, because God is unlimited and the environments are unlimited.

Yogi Bhanan 2/13/95

You have to develop your mind with meditation.

You have to develop your spirit with kindness.

Yogi Bhanan 6/11/2001

To wear the garb of a holy man, and to read the holy scripture and to pretend to be holy is easy.

But there is one fundamental law and that is to accept the will of God, your Creator.

Yogi Bhanan 9/15/97

Learn to bless yourself and everything will be blessed around you. Just bless yourself always.

Yogi Bhanan 6/11/2001

What is self respect?

When you value your own soul, your own identity, your own personality, your own reality.

Yogi Bhanan 3/25/97

If you do not understand that life is there to challenge you with every breath of life, you do not understand living.

If you do not challenge your life yourself, somebody else will challenge it.

Yogi Bhanan 3/12/89

The law of the universe is: obey, serve, love, excel. And this law will never change. Religions will change, prophets will come and go, but those souls who would like to merge in God shall obey this law. And it can never change.

The real worth of a human mind is contentment.

The real wealth of the spirit is when you prevail as divine.

If a human being does not know how to be a human being, what advantage does he gain by being human? If you cannot adjust the impulse of your brain, and if you cannot coordinate your impulse of the brain with the signal impulse of the other personality, how are you going to create a relationship? I have always said, "understand." "Stand under" if you want to live in harmony. Stand under each other. I understand you. You understand me. Stand under me. I stand under you. This is how life goes. Nobody can take advantage of you. Nobody can take advantage of me. People have the right to get into your holes. Block them well. Guard them well. There is no such thing as taking advantage of someone. Who takes advantage of who? There is a saying in Punjabi. "Guard your own house. Don't call others a thief."

The art of being smart is to be small, which can contain all.

The art of success is to answer the call of duty with grace and compassion.

The art of happiness is to serve all, and all shall serve you.

There's no fault in us. Nobody on this earth can be unhappy. It is that prejudice that we want to be on one side. Then we become judgmental. When we become judgmental, we start testing, we are not trusting. When we are not trusting, we are unhappy.

Yogi Bhajan 10/5/96

If you want to think about everything with the head, you won't make it. Everything is not head and everything is not heart.

Passion and compassion, advantage and sacrifice.

They are the interrelated facets of human action.

Yogi Bhajan 10/5/73

Don't worry about tomorrow.

To face it you shall have to become today,

And you are facing today very well.

Tomorrow shall be another day to face.

From: The Game of Love – The Poems and Art of Yogi Bhajan

Wisdom has no criteria.

Stupidity has no age.

Woman has one defense,

Which is a crossbow between her humility and her grace.

Beyond that she has no armor

From The Game of Love – The Poems and Art of Yogi Bhajan

Who is right and who is wrong? Don't get into that problem. See that you don't place any burden on yourself. Live light. Don't put the weight of karma on you. Let your impulse always be shining, adjusting and calling. Don't become uptight and don't put up any blocks. To put blocks against your own vibration is the

worst thing you can do to yourself. Whosoever will do this to oneself shall never find the Self. The Light of God shall always show you the way. It's a very simple and very honest way of living on the earth.

Yogi Bhajan 10/5/73

First consider life is a play, and take an overall view of the play.

Then, take an overall view of yourself.

Define the mission you are undertaking, and the mission you are going to achieve.

Understand that a mortal must become immortal.

Whatever you do must endure to keep guiding coming generations.

Marriage is to lose yourself into one another. It is the process of amalgama-tion. If you put copper and zinc together, you'll end up with a new alloy-brass. There is neither copper nor zinc. In the institution of marriage two people become totally inter-merged. They lose their basic properties and come out with a common alloy which is socially known as a married couple, with totally different virtues and different alloca-tions of duties in life.

Every day is a new life.

Yesterday was another death,

And tomorrow is another hope.

From The Game of Love – The Poems and Art of Yogi Bhajan

Every life has a purpose and strength

To process a pathway to success.

Prayer is the power.

Meditation is the guidance,

And love is the strength.

From: The Game of Love – The Poems and Art of Yogi Bhajan

If you need God's help in your life,

Be graceful and God shall be grateful to help you.

How you are known will not depend on your demand,

It will depend on your commitments.

Losing a friend or facing an enemy

Is sometimes purely circumstantial.

Things do happen because of time and space.

Keep moving –

Otherwise, you will jam the traffic of life.

From: The Game of Love – The Poems and Art of Yogi Bhajan

There is no tragedy worse than the way you feel it.

There is no poverty worse than when you cannot give.

There is no misfortune worse than your broken word.

There is no gruesome sin worse than you betraying your own trust.

And there is no insanity worse than when you let down yourself or a friend.

From The Game of Love – The Poems and Art of Yogi Bajan

Anybody who wants to rise must pay for it. If you want to levitate your personality, then the art of sacrifice has to be mastered. It is only in giving that you receive. That is the law of conscious existence, for any person at any stage of mind. If someone only wants to get and does not want to give, it won't work out for him.

Yogi Bajan 10/5/73

Wisdom has no criteria.

Stupidity has no age.

Woman has one defense,

Which is a crossbow between her humility and her grace.

Beyond that she has no armor.

From The Game of Love – The Poems and Art of Yogi Bajan

Don't repeat mistakes.

It will empty your life.

Don't feel sorry.

It will empty the joy of victory.

Plan graciously before you play your hand.

Watch your heart and watch your head. Watch your heart and watch your head in relation to others. If the heart gets stuck, the head will get stuck automatically. When somebody pounces on your heart, use your head. When somebody pounces on your head, see the heart. Then you can always balance out your life. It is a practical way of living.

Yogi Bajan 10/5/73

Nobody is complete. Everybody has a cavity. One may have a complete personality, but still have a throbbing heart which doesn't rest. If you can reach this always-moving heart, you can move anybody. Whenever you start going head to head you are creating a clash because it is the habit of the head to clash. If somebody is all in his head, get to the heart. If somebody is all in his head and you get to the head, then you are playing a game. If you can't play it, then you will blow it.

Yogi Bajan 10/5/73

A person who has a teacher is corrected each time. Because if you are not corrected, and you don't have a tolerance to be corrected, your neurosis will eat you up like termites.

Yogi Bajan 4/23/97

Those who live for their lineage destroy their family and their lineage.

Those who live for their legacy where all will be remembered, will be light for others.

Yogi Bajan 6/27/93

If you cannot see God in all, you cannot see God at all. Claim God and stop blaming. Try to help. Try to be. And the fantastic situation is, God will come through.

Yogi Bajan 4/23/97

Spirit has no end and no beginning.

A spiritual person shall not draw the line.

A spiritual person shall not judge what is right and what is wrong.

A spiritual person will always aspire to make other people feel right, feel good.

Yogi Bajan 7/24/88

Falling into prayer is exactly the same as falling in love.

It is an infinite fall; you never come out of it.

In all of human existence, these two experiences are the highest.

"I must accept myself the way I am made by God."

That's the first positive statement a human can make to him or herself.

Yogi Bajan 11/22/77

This is the day to call upon yourself- beyond politics, beyond social, persona, sensual, sexual, all needs; to understand. You have to serve and you have to lead to surround all other humans to uplift their souls.

Yogi Bajan 1/15/97

My prayer is that your mind will find confidence, your soul will find peace, you will find your life purpose and you will honor the sacred trust that comes with each breath.

Yogi Bajan 12/17/99

If you appreciate your life, if you appreciate your job, if you appreciate yourself, if you appreciate your surroundings--poor or rich, whatever they are--you are divine. The principal is that you are divine when you appreciate whatever you are.

You must appreciate your job, no matter how dirty it is. You must appreciate your misery no matter how painful it is. The moment you start appreciating misery it will run away. You don't have to do anything. misery does not need appreciation. Misery need to give you pain. The purpose of misery is to put you through pain. As soon as you start appreciating misery, its purpose is lost. How is misery going to be there?

Yogi Bajan 6/27/1984 (Woman's Camp)

Normal human behavior is to talk straight. If you are angry, talk angry.

If you are pleasant, talk pleasant.

The problem starts when you are angry and you talk pleasant.

Yogi Bhanan 11/30/77

Each good wish, each prayer, is the power to extend happiness.

That is the power of the prayer.

There is no power or worship in this universe greater than prayer.

There is no love other than the prayer.

Whosoever knows the art and power of worship will become God.

See the creative act of God in everyone.

Understand that bad and good are part of God's domain.

Your job is to communicate the best of you.

Yogi Bhanan 6/11/90

The greatest disease on this planet is self-stress. And you must understand, there's nothing more precious than self-healing.

Yogi Bhanan 11/17/93

Wealth is in the health of your communication. And communication is the essence of your commitment.

Yogi Bhanan 10/12/85

Those who practice discipline have to be very generous to themselves.

Discipline should never be rigid.

Discipline should be self-acknowledging, so that you can go along with it.

Yogi Bhanan 3/27/97

Remember, it is your privilege and it is your right and it is the purpose of life, to be healthy, to be happy and to be holy.

Yogi Bhanan 3/27/79

Service creates a permanent love and friendship. Self-discipline creates grace. And neutral mind creates wisdom. These are the rules of life.

Yogi Bhanan 6/11/95

We need to develop security through intuition. A person with less intuition will have proportionally more doubt in life. That person will be more vulnerable to crises, and will have more conflicts.

Yogi Bhanan 7/23/87

Serve all without classification or discrimination. Discrimination means you have reservation, which comes from fear, phobia, non-Infinity.

Yogi Bhanan 6/11/90

You love your children? You do. They are beautiful. Isn't that innocent soul in you also your life child? Have you kissed your soul? Have you hugged your soul? Have you communicated with the soul in the morning at the ambrosial hours when there is absolutely no disturbance? Sadhana is nothing but where a disciplined

one, the lover, talks to our own soul. It is nothing but where one cleans his own mind. Sadhana is nothing but where one prepares for the day to become kind and compassionate for everyone, including the enemies.

Yogi Bhajan 4/19/78

Prayer is the only power we have. It is my personal individual belief that prayer can change the universe. Politics and power cannot.

Yogi Bhajan 12/14/77

If you can rhythmically slow down your breath to four breaths a minute, you can indirectly control your mind and slow it down from its obnoxious behavior.

Yogi Bhajan 7/23/87

One must have a mastery of one's self.

One must know inside one's self; not only inside the physical body, but inside the mental body, too.

Yogi Bhajan 3/27/79

In the beginning there was the Word.

Word was with God, and Word was God.

You are what you say. Do not say anything which others do not understand.

Do not say anything which you do not mean to say.

And do not say anything which, when you have said it, you cannot perform or stand by it.

Can a child get into meditation and prayer?

Children are the best. I had a brother who was meditating when he was three years old. I have seen children who are very meditative.

Yogi Bhajan 7/23/87

My only judge is my own higher consciousness.

Yogi Bhajan 12/1/81

Teacher can tell you what to do; wise man can explain what to do; but you have to do it! Money can only buy technology, not experience, which is always personal. Meditation is a very personal thing.

Yogi Bhajan 7/23/87

Every wise man will be aware, when he teaches Kundalini Yoga or talks about it, that there are very strong do's and don'ts. You cannot teach Kundalini Yoga if you cannot come out of your psycho-electromagnetic field to protect your student in the Universe. Kundalini Yoga is not dangerous for the person who learns it; it is dangerous for the person who teaches it. If he cannot protect health, forget it.

There are twenty-two types of Yoga. If you study each one for one year it will take you twenty-two years. So study awareness. Awareness of totality is Kundalini. Kundalini the mother of awareness, the mother of fulfillment, of creation, is not an occult power; it is not a gimmick. It is awareness; it is a totality of the personality of the being. It is not one religion or one God we are going to meet. A man who practices Kundalini Yoga neither meets nor seeks God. God seeks him. He does not meditate, God meditates on him. He is the center of the whole nucleus. When he vibrates, the Universe vibrates with him.

The law of consciousness is not my law or your law. Kundalini is not my yoga or your yoga. It is a union of the individual consciousness with the Supreme Consciousness.

Yogi Bajan 1980

Life is defined as a simple flow of life.

Whosoever lets it flow shall live happily; whosoever complicates it shall live unhappily.

Yogi Bajan 1989

Question (Student): Is the best way to teach our children to be noble is by being noble ourselves?

Reply (Yogi Bajan): There is no better way to teach than to demonstrate nobility against their tantrums. Every child is a Swami Trauma. To make him a Yogi Rama, it still takes a lot of noble behavior on the part of the parents. Children have the right to deal with the traumas. That gives them the aggressiveness to know and to investigate. To expect children to totally get rid of traumas is totally wrong. It means people want their children to be vegetables. Children have the right to create a trauma. Rama means the giver of sun and moon, whereas trauma is the act of ego which a child picks up very perfectly. The children of trauma can be very perfect. No actors can act like them. They are very good. Children can make a father go berserk; children can make a mother and father fight like fighting cocks. They do create environments that adults cannot even understand, because adults lose their innocence. Adults feel that children do not know anything. Actually, children know that adults do not know anything.

Yogi Bajan 7/2/1978

You can learn from your spiritual teacher or you can learn from the hand of the times, it's the same thing. We have to heal ourselves of the indignity and the process we are in. We are not asking you to listen to me or to anybody. We are asking you to stop one thing. The time has come when you must understand that life is nothing but a basic commitment and if you ever want to control something, better to control your emotions, your commotions, your neurosis and your own tongue, which scatters the filth all around.

Yogi Bajan 10/9/85

You have been told again and again that this planet is just like a motel where you come and visit, and the purpose of the visit is to enjoy, to relax and to excel. But what you are trying to find out for yourself are plays for your emotional games, and it's not understood that you ever will wake up and find yourself, not in contrast of the flow of life.

When you are in between the thirties and forties or forties and fifties, whatever your state of mind is, you are still trying to search and find out and perhaps when you will be eighty or ninety, you will be still searching to find out. Searching and finding out is a good thing. But it's bad when it doesn't end anywhere.

Yogi Bajan 10/9/85

Our mental consciousness sometimes is so limited that we cannot even see beyond our own nose, and mostly we don't even see the tip of our nose, forget about seeing beyond it.

Yogi Bajan 10/9/85

Life is a commitment, it is a virtue, it is a constant commitment. Those who want to commit, shall never commit, because commitment is a natural flow. The soul is committed in this body, mind is committed in this body, the self is committed in this body. Where is there a second chance? Those who are still waiting to commit and those who feel they can commit when they feel like it, are wrong. They have lost the understanding of the purpose of life and what can you do for these people? Life is a virtue and a very virtuous gift, given to us for our self-realization. Whether you get it through any religion or through your personal effort or impersonal effort, that's not what we are talking about. We are talking about the basic

understanding, which mostly we lack.

Yogi Bhajan 10/9/85

Life is a very simple challenge. The process God wanted was to give you a living life, let you be born at a certain place of longitude and latitude, and let you experience your life from there onward, so that you can feel the great depth in a small thing called body. The caliber of this body is not big or small, but it has the capacity to give you the experience of God, and the history of man through the centuries has found some people rise to the point to become saints. That does not mean everybody can rise to the point of a saint and that also does not mean, nobody can rise to the point of saint.

Yogi Bhajan 10/9/85

There is one thing every woman should learn: Show no insecurity. If you take on this conscious behavior, 70 percent of your problems will be gone in forty days.

Yogi Bhajan 7/4/1989

A noble woman rues the universe, including the Creator of it, the God. Oh woman if you try to find God, you are wasting your time. You be a woman and God has no alternative but to find you. Don't come out and become a victim. Go inside and become a master.

Yogi Bhajan 6/25/1984

Your very statutory existence as a woman, as a psyche, as a nucleus, as a person, as a creature of God, should bring your excellence around you.

Yogi Bhajan 6/25/1984

Your excellence as a woman is in the joyful projection of your inner self. If you can be brought to touch your inner self and you can understand your projection, then you can also feel and experience your joyfulness. Then there is nothing that you will know but your own excellence.

Yogi Bhajan 6/25/1984

The power of woman is in her prayer and in her comprehensive, comparative, communicative strength. Her words and prayers make a woman.

Yogi Bhajan 7/19/79

We are constantly on alert. Two thirds of our human energy is wasted on this alertness.

Yogi Bhajan 6/22/01

Never listen to garbage. If somebody brings a basket of garbage and gives it to you and you accept it, you will suffer with it.

Yogi Bhajan 6/23/97

There are two ways to deal with this life around us: either we can be emotional or we can be conscious.

Emotional people are not conscious and conscious people are not emotional.

Yogi Bhajan 6/24/84

You must understand one thing: karma cannot be wiped out; the sequence must lead to consequences. The only, the only way is through Sadhana (Spiritual Practice). I can tell you that without Sadhana, you are as useless for positive change as a junk car is.. You can talk for hours and hours and I can teach for years and years; but without Sadhana, you have no chance. Sadhana is a self- victory; and one who cannot have self-

victory cannot have this Earth at all. I can bluntly tell you.

Yogi Bajan 1978

Certain things you must not do as a man:

One- if you know the negative side of your woman, don't remind her when you are angry- never do it. She will never forgive that.

Two- don't question a woman's character when you are not 100% sure, and don't question it directly. She will go reverse.

Number three- when she sees you not uplifting yourself consciously and spiritually, you have a 40% chance of losing the relationship. The woman looks to the man as God. I do not know why, but it is her chemistry, this is what she wants to look to. You know what she wants? They say, "She wants the devil in the bed and she wants a sage in the living room." Got it?

Yogi Bajan 1978

The highest mental power of a human is when he is willing to cope with a condition that is infinitely beyond his control. Still he faces it with the idea that he is going to come through.

Yogi Bajan 4/2/86

Your intuition can tell you everything provided you command yourself and then you obey yourself.

If you do not know how to command yourself, you cannot obey yourself. Therefore you are not you.

Yogi Bajan 3/25/97

You determine your worth. Nobody else can do it.

Whatever worth you give yourself, that shall be.

Yogi Bajan 1/23/93

There are two ways of living.

There are people who handle situations and there are people who are handled by situations.

As a teacher, you must know students personally and treat them impersonally. That's a fundamental law.

Yogi Bajan 4/23/97

Actually man has never understood one thing: it is the most notorious thing in the mind of the man and that is the thought. So powerful is the thought that if the perpetual thought becomes divine, the person becomes divine. If the perpetual thought becomes devilish... ill-willed, negative, stupid, inferior, insecure... person has no chance. Life is a continuous struggle between the two things: positive thinking and positively not thinking.

Yogi Bajan 5/17/90

If you don't want misery in your life, don't make another person miserable.

Yogi Bajan 4/23/97

You are already enlightened beings, you are born with spirit, you live by the spirit, you will die when your spirit leaves you.

Yogi Bajan 3/25/97

There is only one thing we all need: perpetual strength.

It comes from intuition. Because imagination is imagination, intuition is the truth.

Yogi Bhanan 6/27/91

All you have taught your children is "Get 'A' grades! And become a great taker" You have never taught them to be the givers. Those who are not givers, know nothing about God.

Yogi Bhanan 6/27/93

For anything you take, you must give, and for anything you give you must have taken. That is karma. It is very difficult.

Yogi Bhanan 10/6/77

To live positive and be positive requires a very powerful spiritual power, which is called love.

Love is a constant flow of that infinite power. Love represents God. Love represents you.

Yogi Bhanan 11/23/77

If a woman does not have benevolence and does not endorse courage and is not firm like a rock, the house will fall, one way or the other.

Yogi Bhanan 9/7/99

Depression is a reaction in frustration.

Find the weakness in your projection, and correct it.

You will be surprised to find there will be no depression.

Yogi Bhanan 7/29/81

I ask every man who would seek peace to realize peace doesn't come by protests and rallies. We know it and we are aware of it. Peace comes by peaceful actions and so long as those born of the mother will not learn to respect the woman, there shall not be any peace on this planet. The day on this planet the woman will not be exploited, there shall be peace on this earth.

Yogi Bhanan 5/9/1971

If there will be no respect for women, there shall be no peace on this earth. I believe it. I will stand by it and this is what I'm going to preach.

Yogi Bhanan 5/9/1971

Prayer means power. It always was, always is and always shall be. And it is the power of prayer before which God is humble.

Yogi Bhanan 12/1/86

You must understand one thing: your polarity, man to woman, is heavier than one over two. This is because you are born out of woman. If you do not understand woman, you do not understand yourself.

Yogi Bhanan 1978

We have to understand who we are. Answer is very simple, am I a noble man?

If you are a noble man, then you need a noble woman.

Yogi Bajan 8/16/1997

If you can nurse, nurture, love, take care, make a person grow, and from the heart, the person says "thank You," there is no more blessings than that, there is no more goodwill than that.

Yogi Bajan 1997

I believe every human being , by his own right and by his own virtue, is complete.

I don't ask you to agree with it.

I believe we are in the image of God. We are human beings and God created us. God is perfect so we could not be imperfect.

Yogi Bajan 1984

The strength behind the muscles is the nerves.

The strength behind the nerves is the stamina, and the strength behind the stamina is you.

Yogi Bajan 2/21/97

When the internal block of ego communicates with emotion, it doesn't matter how wise or how great you are, you become self-destructive; and whenever your ego and your intelligence come together, you shall become successful.

Yogi Bajan 1984

If you want to get something you will get it. This is a law of nature. If you really want to get something, you really will get it. This is a universal law. This cannot be changed. What you sincerely need according to your magnetic field and psyche and energy shall be provided.

What you really want shall come, but you have to really want it. Unfortunately you don't want, you wish. There is a difference between want and wish.

You wish for things and you want somebody to give them to you.

Yogi Bajan 1984

You have to learn to talk to yourself before you talk to somebody else- you have never learned to talk to yourself.

You have not been trained to talk to yourself and you do not understand the value of self communication. Because you do not have this experience of yourself and you refuse to talk, the block remains.

You refuse to talk and life pushes on; but practically, it is no life at all.

Yogi Bajan 1984

You are not time and you are not space.

You are passing through time and space.

Time and space are not reality, they are an orbit.

Time and space provide an orbit.

Yogi Bajan 9/10/1983

Richness is how much of yourself you achieve.

Richness is not how much you have amassed around you- that's a weight.

Yogi Bhanan 9/10/1983

There are blocks that man can't talk about.

These blocks are keeping you from achieving your potential as men.

If we are not willing to talk about something, how can we get rid of it?

Yogi Bhanan 1984

I'll give you the secret of how to become God.

When you are called in the name of trust by another person, and you come through and you deliver it, you are the God.

When God is called upon in the name of justice and truth, God delivers it.

Yogi Bhanan 9/25/1982

Just remember, nothing succeeds unless it is fair.

It should be fair to me, it should be fair to you and it should be fair to us.

The game of life is "I, you and us." Play fairly, play justly, and play gracefully.

Yogi Bhanan 9/25/1982

You must realize that the strength in you is you.

The material world around you is to supplement your strength or to complement your strength; it is not your strength.

Yogi Bhanan 9/10/1983

Keep the trust. That is what I mean when I say, "Keep Up".

Keep Up means keep the trust flowing, keep the trust going, keep the trust living, keep the trust accelerating.

Yogi Bhanan 9/25/1982

You cannot tolerate the fact that sometimes in order to have one thing, you must give up another.

Yogi Bhanan 1984

Please remember it: First, success which is not everlasting is failure.

Second, success is only success when neither time nor space can take it away.

Yogi Bhanan 9/10/1982

In the garden of God, you are His one and only rose.

Carry your own smell with your own deeds.

Yogi Bhanan 9/25/1982

You are not here to experience life. Earth is not the experience of life.

Earth is the experience of death. You will be shocked to know that.

You have been told differently. You have been told that Earth is the experience of life- that is wrong from the beginning. Life is a continuous factor. Earth is a flow of that life. You come to Earth to flow.

Yogi Bajan 9/10/1983

When you start out - look good. Look in your mirror, look in your consciousness, look in your intelligence, look at yourself-body, mind and soul- and ask one question: " Can I win the trust?"

Yogi Bajan 1982

Question: If a child is going through his traumas, what is the noble way to act?

Yogi Bajan's Reply: First noble way is to make him recognize that he is going through the trauma and that you understand. The moment the child will understand that the parents understand that the trauma is being played as a trauma, then it just becomes a drama. The child will immediately change the drama act and start doing something different. If that does not work, the parents have to exert their authority in a legitimate way to make the child think that they cannot be conquered by that injection of trauma. They will be successful.

When a child reaches the age of eleven, one should never ever play any drama with that child, but should be straight and firm. Now they are entering the stage of ego trauma. You can win them by frank, straight talk. You will win it.

When parents try to hide their own weaknesses from their children and lie to them, it spoils the children. That destroys the image of the parents' nobility. They won't be able to believe their parents or act upon their advice.

Yogi Bajan 7/2/1978

You ask your child to have good grades in school.

You never teach that there are mental grades, spiritual grades, social grades.

There are grades in etiquette, manners.

There are grades in courage.

Yogi Bajan 6/27/1993

In social and political changes, a woman must understand that whenever a woman becomes power hungry she becomes a monster. The Chinese dragon is a monster. It is a very beautiful view of such women who instead of flowing with the flow of noble tradition, become possessive monsters. I have seen in practical life, a noble mother becoming a possessive monster and ruining the future of her children because of her social, psychological and personal handicaps. There is nothing more noble than the relationship of the mother, but in that same relationship of the mother, she becomes a destructive monster when she becomes possessive. A mother becomes possessive because of her social, economical, and personal handicaps.

Yogi Bajan 7/2/1978

A tremendous, beautiful tradition was lost because of war. War destroys, war is not a joke. It doesn't matter if you win or lose. Look at us, in the Vietnam War neither we won nor we lost, but our dollar has never gotten back into shape. War is not a good thing for any country. Insanity and political crisis make us go to war. War only happens when we cannot negotiate with logic and reason, when we leave noble ideas. But on the other hand, nobility also creates war because when one's soul cannot accept the torture of negativity, then one fights. So although war is no good, and fighting is no good, if you just understand every war, it was a noble soul which organized the whole community away from the downward trend of human repercussions and

raised them to fight. They call it, "the call of the dharma." Call of the dharma is the call of the soul which wants to spring forth out of every human being. When this happens, it is a privilege that people go through it.

Yogi Bhajan 7/2/1978

Question: You said that nobility is like a mirror, when it is cracked it distorts the image. If one appears un noble in front of a person, will one's nobility be distorted forever in the eyes of that person?

YB Reply: It may get healed but there shall be a scar. Nobility is like a trust, once it is broken, one has to rebuild it. It is like a credit report, therefore it is not very fair to discredit yourself.

Yogi Bhajan 7/2/1978

The sign of nobility is that it has a deep effect in relationship with any person one comes across. They say nobility is a virtue which affects every soul. It is a virtue which affects every soul just as innocence affects every heart. Woman has only one virtue: she is noble in the beginning and noble until her death. People do hanky-panky along the way, thus they pollute their virtue of nobility. If nobility is ever precious to a person, that person will never, ever put himself or herself down the tube for any reason, for any argument, concept, thought or feeling whatsoever. Because nobility is like a mirror; once a crack is in it, the entire image is distorted. Noble habits, noble language, noble behavior, noble posture and a noble way of communication are so powerfully impressive that even an enemy's heart can be melted.

Yogi Bhajan 7/2/1978

Walk nobly, talk nobly, live nobly and experience divinity.

Yogi Bhajan 7/2/1978

What is attractive in you is not you.

It is your absolutely radiant body.

That is the shining armor around you for protection and attraction both.

And its strength depends on how deeply you consume praana and how many times during the day you try to breathe absolutely mechanically (consciously).

Yogi 5/2/97

Everyone must remember that there are certain characteristics of a noble person, a noble woman. A noble person is noble through all time and space. A noble person is constant and consistent whatever the time and space. Some people behave differently with rich relatives as compared to poor relatives. That is not nobility. Nobility teaches one equality before God. So under any circumstances, one can find a noble person through their constant behavior which is absolute in equilibrium through all pressures and all shortcomings. That is one great sign. Constant continuity of equilibrium of any kind of behavior is the first sign of a noble person. A noble person is one who will not barter, who is not even tempted to barter, the values of character for benefit. Noble people are those who will not forget the presence of God within a person. And most importantly a noble person is a dedicated person, like the Infinity of God. God is Infinity. There is no shortcut, and people who try to shortcut will always end up adopting un noble ways and means. It requires an infinite endurance to live within the range and the circumstances of one's nobility.

Yogi Bhajan 7/2/1978

Nobility is cultivated only when one consciously relates to one's spirit and flow of the soul and one feels the total divinity within. It is a manifestation of divinity. Nobility takes one away from temptation, anger, lust, greed, unvirtuous and unrighteous living. It gives one a qualifying factor to impress everybody without impressing. That is the beauty of nobility. The way one talks, walks, sees, deals, serves, gets served, is a total

sum of one's living behavior. There is a tremendous flow of spirit in a noble person. A noble person is a very powerful individual.

Yogi Bhajan 7/2/1978

Nobility is the foundation of every grace. Somebody once asked, "Define a noble person." "Noble is noble in the beginning, in the end and remains noble through time and space and beyond. There is no era which is left. Nobility is a virtue; it is a fountain from which grace springs."

Yogi Bhajan 7/2/1978

There is no other way of spiritual progress. There are forms of demagoguery people will teach you. People will process you, people will reach you. Some will take away a person's money, some will take away youth, some will take away beauty and some will take away a person's talents. Some will take away this, some will take away that, but nobody will give one the experience of God consciousness. There is only one way. A person has to have the spirit, and does not allow another person to fall from the spirit. That is the secret of one phrase which you worship and say all the time: Chardee Kalaa, the constant rising of the spirit of Godhood.

Yogi Bhajan 7/2/1978

If one becomes a saint by the process of elevated consciousness, it is a virtue. If one becomes a beloved of God, it is a virtue. If one gives away all one's worldly wealth for a good cause, it is a virtue. If one sacrifices one's given human body in the Name of God, it is a virtue. If one defends the weak and the poor, it is a virtue, but it is not the virtue of virtues.

But what is the virtue of virtues?

When somebody is falling apart or freaking out, if someone can hold that person up in the flow of the spirit, it is the virtue of virtues. There is no other virtue.

Yogi Bhajan 7/2/1978

There is nothing wrong with emotions, commotions and feelings, but they will not make you happy.

They will create tension, they will limit you, they will ground you to selfishness.

Your ultimate desire is a desire that uplifts you, your spirit, and your consciousness.

It is always positive to you and your surroundings and your framework.

It is a feeling within the feeling; it deals with the innermost essence.

It is a love of self and grace.

It is a consciousness, which has nothing but radiance about it.

Yogi Bhajan 4/1981

You cannot sustain a friendship without wisdom.

Wisdom is nothing but practical learning of a higher consciousness.

A person can know and trust you only if you are a wise human being.

It is a real strength of the real person to avoid the foolish person and his company.

Too much company of the foolish person can make you obnoxious. Try to understand the saying, "Be in the company of the Holy (or the company of the wise)."

Yogi Bajan 4/1981

When you have trust in God, then you are not afraid; and when you are not afraid, you don't react. You let the Divine create the sequence and the consequences and you enjoy it.

Yogi Bajan 1981

Woman loves the wise man in every man.

She does not need you, she needs security.

That depth of security is founded in your wisdom- not in you.

Yogi Bajan 1981

Commitment will dry up and die if you don't nurture it.

Commitment needs to have a constant flow behind it.

Commitment has to be nurtured, renewed, and refreshed.

Yogi Bajan 4/1981

When someone tells you something, don't reject it. Don't say it is wrong. Don't say it is right. Just think over what the person has said. Then think what you will say.

Yogi Bajan 12/14/77

What is a meditation?

It is a practice to fight negativity by self control.

Yogi Bajan 4/24/97

At an early age you ask this question: "Why are we born? What is the purpose of birth on this planet Earth?"

When we are almost middle aged, when the heat of the young blood is gone, and a little cold seeps in, we start asking: "What is my purpose?"

The fact is that whatever you have achieved, it is because of the karma. It is because of the karma of previous lives. Opportunities, wealth, health, happiness, relatives, friends—they are all part of the karma. This life is to settle the account, to pay for the karma, and to progress on the path or dharma—whichever dharma you may have.

Yogi Bajan 8/21/2001

God is not outside you. He is within you, and feel Him within you, so when you lie, just understand, the guy is hearing it. When you are doing something, which is mean, God doesn't like to tell you but He knows it. It is that sensitivity of knowledge which you have to achieve. It doesn't matter how powerful or expensive a car may be, if it doesn't have brakes, an accident is inevitable. If your mind doesn't know how to stop within the psyche of the circumstances of the flow... to create a universe and unisonness in you—you have not learned to live as a human.

Yogi Bajan 9/23/2002

You know those bumper stickers that say, " have you hugged your kids today?" I think we should have a 3HO bumper sticker that say, "Have you hugged your soul today?"

Have you talked to yourself today?. We totally ignore our identity. And we deny our identity to ourself. We

want to please everybody for everything and not ourself. Then we have mental problems. We get burnt out. We get tired. We get frustrated. We get depressed. Why not? We must now start to learn to remove our body blocks and let the mind understand that we don't have only a body, we have a mind of our own, and we have a soul of our own. And our body, mind and soul make our identity. We cannot just cater to our physical body.

Yogi Bajan 9/17/1984

My soul, bless me, be with me. Energize me so I can face the world with the strength of the spirit. Save me from duality, give me the reality and royalty so I can face my world in peace and tranquility. May this journey of life be completed with love and affection, kindness and compassion for all living things.

Yogi Bajan 1/23/98

We have the ultimate strength of the spirit – the soul. You may not know it, but you have an awakened soul. We are born spiritual people. Simply, we have to be kind and cozy as humans. So there is nothing to worry about.

Yogi Bajan's 10/3/02

By doing a prayer, you are only concentrating on your own strength.

You give yourself a chance to be stronger.

A person who's spiritually strong can't be defeated.

Yogi Bajan 7/15/87

There's nobody without God. If you cannot see God in all, you cannot see God at all.

Yogi Bajan 10/3/02

Live with applied consciousness, prosperity will break through the walls, you will be flooded with it.

You do prayer when you are in difficulty; pray when you are not in difficulty, that's the attitude of gratitude!

Yogi Bajan 8/30/91

To have a conflict is a conscious act. But to keep it inside, and hidden, is a personal crime. If you have to face that kind of situation, you cannot live in peace and tranquility

Yogi Bajan 10/3/02

Those who shall not learn to obey shall never be in a position to command.

Yogi Bajan 1/10/97

People who waste their energy speaking, waste the God in them.

Never speak without integrity. Never.

Word is God.

Yogi Bajan 4/7/83

The most precious thing in the human body is the breath.

A meditation which cannot bring normalcy and equilibrium to your breathing is useless, because the rate and length of the breathing will determine the rate of secretion of your glandular system, and that secretion will

give you physical stability. Physical stability will then give you mental stability, and mental stability will project the radiance of the spirit, the soul in you. And when the spirit becomes radiant and healthy, you will look spiritual.

Yogi Bajan 1976 (Beads of Truth)

If you do not understand that life is there to challenge you with every breath of life, you do not understand living. If you do not challenge your life yourself, somebody else will challenge it.

Yogi Bajan 3/12/89

The problem is that you have one thousand thoughts in the shashara, the seventh chakra, which are released in one wink of the eye. And any thought which is released automatically, which is none of your problem, has to be caught by the id and has to be processed by the ego. And whatever this ego will process, it shall have duality. "May I, may I not? Should I, should I not? Is it, is it not?" That's called processing. Otherwise there's no processing. And when the ego processes, only at that time, if your faith, your wisdom, your courage, your commitment, your consciousness comes through, you will go through it. And you will come through it successfully.

Yogi Bajan 1988

If you call yourself a Khalsa (Pure One), then you must be identify in silence by your behavior, by your appearance, by your thought, by your company, by your talking, by your communication, by your deeds, by your acts, by your reality, by your non-reality.

Yogi Bajan 1988

You should be SO angelic, SO graceful, SO perfect that your mood and your routine can be totally predictable so that people can trust you.

You want people to trust you but you don't want to be open. That is an insult which NO human being, no matter how rotten he may be, can accept. That's why you lose people. That's why you lose friendship. That's why you lose relationships.

If any of you want to be a leader, (which you all want to, and I know, that's your hidden agenda) you have to do the first thing first.

You should be predictable. And you should be in a position to be acknowledged by your routine.

Yogi Bajan 1988

Don't expect life will treat you nicely if you do not treat life nicely.

Yogi Bajan 1988

Those of you who intend to survive or feel like going on, must understand: don't count your wrongs, count your blessings and you shall not fail.

Any human who calls himself a creature of God who does not count many times during the day the blessings, but only counts what he doesn't have, is insulting to God and devilish to himself.

Yogi Bajan 1988

When input is direct, it expects an output. But that expectation of an output, because input has been put in, does not fit in the ego. Because everybody has his own agenda. And when the input is direct, and it cannot match the output, it must burst. There's no way out. Because that is natural law, the law of nature. Input MUST equal output.

Yogi Bajan 1988

You are not human if you are not excellent.

Yogi Bajan 1988

Do you understand what your problem as a woman is? Woman is a living, organic psyche. Woman is not a machine for intercourse, or a baby machine, or a servant to "his highness, the husband." There is no such thing in a woman. Woman is a living psyche-vibrating, organic, original. All she has to remember is to live in the consciousness of: "I am a woman."

I am telling you one of the most powerful scriptures which I have read: If a woman within herself is a woman, the only guardian angel for service and for pleasure is God, Himself. If a woman within herself is a woman, then the Hand of God is always there to serve you. It's not a miracle. We're talking about science.

Yogi Bajan 7/11/1997

The Holy Nam gives you the state of ecstasy and when equilibrium and ecstasy become amalgamated, when they merge together, a person becomes infinitely divine.

Yogi Bajan "Beads of Truth", 1976

All things come from God, all things go to God.

This is the ultimate truth, which you must understand and you must believe and you must trust.

Yogi Bajan 6/27/91

Give and I guarantee you, you will get a hundred fold, but I also put it on record, those who go there to take or steal or manipulate and do their hookery, their families shall go under the curse of poverty and shall be crushed by the time.

Yogi Bajan 10/5/1996

You are the truth. Whenever you speak the truth with an open heart, it is the key to the heart of every person.

Yogi Bajan 4/7/1983

Man is so weak that he has not created a universal system. All he has created is a political system.

A political system is outright a system where a bunch of people rule other people. As long as a bunch of people will rule other people, God shall never become our ruler. As long as people will rule people, it will be difficult for mankind to realize that God is our ultimate ruler.

Yogi Bajan 11/18/1984

You can have thousands and thousands and thousands of merits- one action can wipe it all out; plus put you in the negative.

Yogi Bajan 7/29/1992

Life is a living experience; it's not something you can borrow.

Yogi Bajan 7/29/1992

Even if life is lived with purity and piety, in happiness and in abundance, still it's the journey, which we are supposed to take and supposed to finish. Let us finish it with victory, so nothing falls short in our lives. God has given us this chance with every breath of life, every moment of life.

Yogi Bajan 7/28/2002

You cannot live under a camouflage. You have to live openly, honestly, brightly, and forthrightly.

Your words should be so strong that they affect every heart; your truth should be so pure it lifts a person's soul to the heights.

Yogi Bajan 7/28/2002

Appreciation is an art and a lifestyle; a source of happiness and fulfillment. It's called gratitude, an attitude of gratitude. A person who develops an attitude of gratitude is absolutely divine. You don't have to sweat. If you have achieved the attitude of gratitude, everything in the world will come to you. If you make it a point to have an attitude of gratitude, it could be the greatest achievement in your life. Gratefulness will make you great. It takes away any discrepancy, any negativity, any bother.

Yogi Bajan 6/27/1984

Misery doesn't need appreciation. Misery needs to give you pain. The purpose of misery is to put you through pain. As soon as you start appreciating misery, its purpose is lost.

Yogi Bajan 6/27/1984

When the heart gets into prayer, every beat of the heart creates a miracle.

Yogi Bajan 10/5/96

You will never enjoy happiness in your life by isolating yourself and separating yourself.

Yogi Bajan 10/5/96

Give your discomforts to God, and take happiness home. It is the happiness which you can share, not the troubles. God is interested in your troubles, people are not. Out of sympathy and apathy, they will listen to you for a while. Then they will avoid you.

Yogi Bajan 4/26/97

On the basis of actual prosperity, actual prosperity in human life is just like spring. ...The tree grows, the leaf grows, they get filled up, there is a lot of color, there is a lot of life. With every prosperity there is a purpose. Human prosperity is not what human has in matter. Human prosperity is what a human has in spirit.

Yogi Bajan, 10/4/1975

Trust is the key note of life.

If you trust in God the entire creativity will trust you because everything belongs to God.

Trust is the key of love, happiness, dignity, divinity and grace.

You now have an action to take, you must achieve your own fulfillment so that your inner satisfaction will be strong enough and your courage will be strong enough that you can let the world know that there is a place where we live in total reality. There is an achievement that a man can accomplish, not ritualistically, but in a total reality, and it is that total reality which shall prevail tomorrow.

Yogi Bajan 12/31/1989

The majority of your actions do nothing. All you do is satisfy your emotions. And all this lifestyle and lifetime you spend on satisfying your emotions will be enough to kill you. Everybody has to die. Some shall die fulfilled, but many will die without fulfillment. That is the tragedy of being human.

Yogi Bajan 1/5/94

When you are going through any trouble, duality, depression or misery, go into silence, go into thoughtlessness for a few moments.

Meditate yourself that way. You will get an answer and you will come out of it in the best color.

Yogi Bajan 6/25/98

If your power to communicate does not combine with your spirit and your caliber of honor, you should not speak.

Yogi Bajan 4/14/97

For your happiness you have to have your emotions under control, not have you under the control of your emotions.

Yogi Bajan 12/12/77

One who flirts is not alert and is a failure in the end.

Yogi Bajan 3/30/1990

Woman without reverence has no strength. You must demand reverence. It's your right. And you must command reverence; and you must live reverence when you must. Otherwise you will be exploited; you will be misled. You'll be cheated. Your life will be nothing but pain. it's not worth anything. Every woman- beautiful or ugly, short or tall, young or old, married or unmarried, rich or poor- who commands reverence will never be poor and shall never have pain. She can face the calculated life and shall always be the winner.

Yogi Bajan 7/8/1997

Those who will just identify their identity into the oneness of each other, God shall serve them. God shall not only bless them; that's too little of a thing to ask for. God becomes the servant of those who amalgamate their egos and bring one identity out of the union of the two. They are such that God grants them the soul for which their generations will live forever. And that is how saints are born on the earth.

Yogi Bajan, 7/15/1984

When you are half insane you will not listen.

When you are totally insane, you totally won't listen.

Sanity and listening are in one hundred percent proportion.

Yogi Bajan 7/31/87

Emotions, feelings, sentiments and values should be subject to our own conscious control.

Yogi Bajan 10/16/1984

Any human being who can develop his or her consciousness to trust the Universe is going to be absolutely all right because you are a part of the Universe and the Universe is part of you.

Yogi Bajan 10/5/1973

You should be dependable, authentic, and everlasting.

Yogi Bajan 3/30/1990

When an obstruction comes into our lives, we feel very upset. We suffer. We think everything is ruined. No, it's not true. A car without brakes is not going to be driven on any road. These obstructions, these negativities, these nuisances are part of the game. They give you a chance to cross over them. But you can't cross them because you have not acquired friendship with your own spirit.

Yogi Bhanan 10/5/73

You cannot be noble, you cannot be honorable, and you cannot be graceful if you do not have very committed, pure sentiments.

Yogi Bhanan 3/13/90

What can you give to your child except the values of self-justice, except self-identity and self-sovereignty. A child must be told in a practical way how to behave and must be treated to be self-sovereign. Otherwise you are absolutely not giving self-respect to that child. If you take away self-respect, after childhood, the child reacts and then needs psychologists, psychiatrists, mental hospitals, and the like. In childhood we have to be taught about life and justice. We have to be asked to relate to the reality of life in practical sovereignty, and to our independence. We have to have a system of judiciary within ourselves so we can have the experience of it.

Yogi Bhanan 2/19/1985

We are all pioneers in the Age of Aquarius.

No man can give a man anything other than love.

No man can give a man anything other than hope.

No man can give a man anything but service.

The only thing you can do is act like a forklift- go into the dirt and lift the other person and put him on track, so he can proceed.

Then the big forklift called God will come, and He will go into the dirt and lift you up.

Yogi Bhanan 6/20/1993

Self-control is not a discipline.

Self-control is not a break.

Self-control is not something applied by the mind or the will.

Self-control is whether you are in touch with your soul or not.

It's not mental, it's not physical, it has nothing to do with all nonsense.

Yogi Bhanan 3/13/1990

Your power is not in your strength and weakness, in your show and your capacity, in your titles and your achievements, in your money, and in your playing games.

Your power is to uplift others. Those who uplift others, God shall uplift them, because it is God's Will to uplift everybody.

When you live in your Godliness, He will not let you fall.

Yogi Bhanan 6/20/1993

You have to learn only one thing. This planet belongs to God.

God rotates this planet. Let God take care of your routine.

Do not interfere. Spare yourself from pain, tragedy, desperation, and desolation.

Yogi Bhanjan 2/8/95

The greatest thing I was taught was that I have a complete, full, sovereign identity.

Your sovereignty can only be given to you as a child by your mother, by her identifying you as a complete, total individual. What you call 'grit', the strength of the identity, is given to you by the father.

It is all done in the first eleven years. Afterwards, anything done or said or taught by the parents is useless, because the base is already built.

Yogi Bhanjan 2/19/85

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Yogi Bhanjan 2/19/85

Whenever you mentally expand, you save yourself trouble, but when you mentally contract, you will trouble yourself. When you become vast, your troubles become zero.

When you become little, your troubles become big and you become small.

Yogi Bhanjan 3/8/95

Question to Yogi Bhanjan from an interview:

From the point of view of a yogi, can you tell us what self-esteem is?

Yogi Bhanjan:

Simply it is the state or condition of mind in which the self is realized. I defined it as the character of human excellence. For example, if we excel in the human virtues of kindness, righteousness, courage, dignity and grace we experience our own nobility and divinity. This is the wellspring of self-esteem. Actually speaking, it is the self-conscious good performance which gives self-esteem.

Yogi Bhanjan 5/1988

Every female has a natural power of abundance, good luck, and prosperity, but she has to decide to concentrate on it. If a woman provokes the Divine, there will be prosperity. Her discipline guarantees it. But often she wastes her energy in many ways.

What is prosperity for a woman? It is when she expands herself, her goodwill, her good manners, her smiles, her counseling and her uplifting. Prosperity is all good things together, prosperity and abundance are assured. But if she wastes her time in bitterness, poverty is assured.

A woman must make kindness a priority. Kindness is an essential part of every female. As her kindness expands, prosperity grows.

Yogi Bajan 6/26/01

Love has no limit. Love cannot be limited. Because love takes the infinity and reproduces it within the limited concept of the human being

Yogi Bajan 1/16/95

Reason, logic, question, gain, no gain. Should I, should I not?

All this is beyond the sphere of love.

Love has no argument.

Yogi Bajan 10/3/77

You cannot tolerate the fact that sometimes in order to have one thing, you must give up another.

Yogi Bajan 1984

In the garden of God, you are His one and only rose. Carry your own smell with your own deeds.

Yogi Bajan 9/25/1982

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.

Yogi Bajan 5/18/93

Neither an appearance is bad nor an act is bad; it is the bad intention which is the problem.

Bad intentions are cunning devices.

When you do not consciously relate to your body, your body does not relate consciously to you.

Yogi Bajan 1/30/85

Try to live innocent, straight, calm and peaceful.

Yogi Bajan 1/31/96

You ask your child to have good grades in school. You never teach that there are mental grades, spiritual grades, social grades.

There are grades in etiquette, manners.

There are grades in courage.

Yogi Bajan 6/27/93

Question: You said that nobility is like a mirror, when it is cracked it distorts the image. If one appears un noble in front of a person, will one's nobility be distorted forever in the eyes of that person?

YB Reply: It may get healed but there shall be a scar. Nobility is like a trust, once it is broken, one has to rebuild it. It is like a credit report, therefore it is not very fair to discredit yourself.

Yogi Bajan 7/2/1978

The sign of nobility is that it has a deep effect in relationship with any person one comes across. They say nobility is a virtue which affects every soul. It is a virtue which affects every soul just as innocence affects

every heart. Woman has only one virtue: she is noble in the beginning and noble until her death. People do hanky-panky along the way, thus they pollute their virtue of nobility. If nobility is ever precious to a person, that person will never, ever put himself or herself down the tube for any reason, for any argument, concept, thought or feeling whatsoever. Because nobility is like a mirror; once a crack is in it, the entire image is distorted. Noble habits, noble language, noble behavior, noble posture and a noble way of communication are so powerfully impressive that even an enemy's heart can be melted.

Yogi Bhajan 7/2/1978

Walk nobly, talk nobly, live nobly and experience divinity.

Yogi Bhajan 7/2/1978

If a woman sits with folded hands in her lap for a few minutes everyday, and feels she is a container so vast that she contains the whole universe, she will never feel weak or have any problems. There is nothing beyond woman except God. Yogi Bhajan 7/18/87

When you are mad, angry, emotional, insecure, naive; then just find the Infinity of God. The coin has two sides. Turn it over, look at the other side.
Yogi Bhajan 2/5/92

"I love you but you didn't bring me flowers." Your love is hanging on flowers! You are seasonal, conditional, demanding and bargaining. Love is not a bargain. Love is not a business. It cannot be bought and sold. It has no condition. When you put a condition on love, it evaporates.
Yogi Bhajan 7/16/82

If the entire divinity and domain of God sits in the heart of a person, and his longing becomes timeless, then man can develop the capacity to love.
Yogi Bhajan

You must understand when somebody talks to you, if you are not willing to hear them out, you are foolishly going for an unsuccessful future. The first principle of success is, when somebody is talking, hear it. Don't interrupt. Let him complete the sentence; hear him properly. When they are done and you are asked to speak, do not answer the question if you cannot uplift the person. If your answer uplifts that person, you shall be prosperous.
Yogi Bhajan

Try to understand one thing. Ask yourself one question: "If I am a woman, where is my grace?" Don't ask, "Hey, where is my jewelry? Hey where are my clothes?" Ask "Where is my grace?" "Where is my divinity? Where is my nobility? Where is my courage?" These are also decorations. These are the things to be asked for. Ask certain things which become the decoration of you. Decorate yourself with divinity. Dress yourself with integrity. And fix yourself with the reality of life. You'll be priceless, the most valuable and most revered, respected human being.
Yogi Bhajan 7/27/89

The first step to life is to learn to send vibrations out. Become a beacon of vibratory power of your Soul. Let it touch the unlimited shores. All other powers are useless if you don't have your own power. And the power of your Soul is the pure power. Let the vibration go out from you. It is your prayer. It will meet all challenges unto Infinity.
Yogi Bhajan 3/29/86

Happy New Year!: "Peace of mind, peace of heart, peace in the world, peace among all nations is the need of the day. Without peace there can be no prosperity, love, affection, and prosperous family. Peace has a price which we have to pay. Kindness and service is the way."
Yogi Bhajan's New Year's message, 1998

You within you is the strength of God. You within you is the flow of life. You within you is pure truth and pure light of God. Therefore, always intuitively face life as You, not as the victim of circumstances.
Yogi Bhajan 7/18/84

You have made very deep promises between your Soul and your Self. Now is the time to carve your place into the memory of this planet earth and serve this promise. May your journey complete its way to your destiny. And may you understand the preciousness of your own life.
Yogi Bhajan

In my prayer, I wish you the wealth of peace. To make beautiful our tomorrow.
Where human beings can live in love forever free from sorrow.
Yogi Bhajan

We must know our inner peace and we must experience our inner peace, so that when we walk in this world of ours, we must walk with that satisfaction and with that equilibrium and pride.
Yogi Bhajan 6/6/92

When you speak from heart, you rule,
when you speak from head, you destroy.

Yogi Bhajan 1992

In this rational and irrational world of ours, in this great and not so great world of ours, in this miserable and happy world of ours, in this friendless and full of friend world of ours, in this unique and ordinary world of ours, you have only one thing- Time and Space. Within that X amount of time and within that Space of that X amount of Time, if you will not create a contact with your soul, you will be lost.
Yogi Bhajan 9/16/79

It is the beat of the heart which is common among us. It is the breath of life which is common among us. It is the Creator in us which is common among us. So we are all one, like one sun. We are all the rays.
Yogi Bhajan 5/20/95

The most difficult thing on the earth one can practice is to be humble. It is not easy; it is difficult, because you have to surmount the existence of whole maya and to recognize that God is by your side. Then you feel the humility.
Yogi Bhajan

If you are grateful for what you have, then Mother Nature will give you more.
Yogi Bhajan

Either you are above your energy, and ride it, or you go below your energy, and it rides you. That is where Kundalini Yoga fits in, you will learn to ride your energy, to experience it and penetrate any given situation to attain a balance.
Yogi Bhajan

It is not meditation that stops the mind. It is the surrender of the mind to the soul, and the soul to Truth. It is when you prefer the word of Truth to the word of your own intellect.
Yogi Bhajan

Every action has a reaction equal and opposite; what comes, goes; what is born must die. But the wisdom is to create a legacy which is perpetual, everlasting, and a guidance for all.

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If you have a longing to belong, love and reverence are your handy tools to build leadership to sail through the stormy ocean, to enter the port of peace and tranquility.

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Some people think if they can argue, they can win. Nobody can win with arguments. Logic and reason are not the way of life. The other person is not interested in being convinced. When you try to convince somebody, somebody tries to get out of it. This is normal reaction. If you relate from the heart center, you will always have victory with you.

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Mantras are the mind vibration in relationship to the Cosmos. The science of mantra is based on the knowledge that sound is a form of energy, having structure, power and a definite predictable effect on the human psyche...Mantra takes the vibratory effect of each of your molecules into the Infinity of the Cosmos.

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Our insecurity delays our achievement; our excuses show our weakness, and delay lays the foundation of frustration.

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Every man has a mission; every mission has a magnitude. To fulfill and deliver the essence of magnitude, one requires manners and attitude.

When one does it with devotion and conviction, success comes from all sides.

--

Money is not what money is, money is what money does. You use it consciously it's a divine channel, you use it ruthlessly it will destroy you. First earn it through the sweat of your brow and then give it with the smile of your face, you will understand the true meaning of the money.

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As a human being you are very vast. And that vastness can give you all the happiness you need. That is your fulfillment. That is your completion.

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There are two parts of the body which have to be worked on through meditation. If these two areas are undeveloped in your life, you don't have a chance: the frontal lobe of the forehead, which controls our personality and the upper palate of the mouth, which controls your autonomic systems.

Yogi Bhajan 7/94

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As no lamp can burn without a combustible fuel so no life can exist without a relationship to the spirit in it.

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Therefore to be spiritual is to love everybody's sovereignty and not to control them and not to negate them, but to give them something new, help them.

Yogi Bhajan 1/7/90

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What is the power in life?
With all the ungraceful dirt and nonsense, you remain graceful.

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Whatever you are going to say is going to live forever. And you have to live through it. Therefore, take care you don't have to live through the mud of your own communication.

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Your birthday is one thing that everybody should celebrate because that is when you pay homage to the Will of God for bringing you to this planet earth...It is a very beautiful day to remember; it is a beautiful day to progress; it is a very meditative day. Normally, a birthday is the tie of friendship... I do not know whether you understand the importance of birthday or not. That is the day when God willed you to enter the planet earth and test your own will towards God.

Yogi Bhajan 8/21/78

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The purpose of communication is to gain the trust, the infinite trust. Therefore, you should speak only what you can prove and it should be spoken in such a way that the other person can hear it.

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Love without trust is a river without water. And all of you who try love, love, love, Love fundamentally is the most powerful ecstasy of consciousness, and even if a person goes blind, there is no question when you are in love.

Yogi Bhajan 7/13/89

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Meditate for peace, tranquility, happiness, joy, and bliss. Feel the energy of the Sun and Moon, the Universe, all planets, all gods and goddesses, saints and sages, all good people, all kind people, all grateful people. They are all radiating their energy to you, and you are receiving peace. Fill yourself, and take a part out of the Universe and its nectar. Just meditate that the petals of the flowers are being showered on you, throughout the heavens, by all the saints and sages, holy men, gods and goddesses. People of dignity and grace and virtue are showering blessings on you. We are blessed by Guru and Gurus and by all those who came throughout time and gave the message of God. They are all radiating their light to you and you are vibrating under that radiation.

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Kundalini Yoga is not a religion. Religions come out of it. Kundalini Yoga is not a fad, and it's not a cult. It's a practice of experience of a person's own excellence, which is dormant and which is awakened.

Yogi Bajan 7/26/96

Question: Is war something that is necessary in order for us to restore peace, or is it something to be avoided?

Yogi Bajan: War can only be avoided when both parties approach each other honestly. So far, history has shown that war has happened when fanatics attacked and people then rose against it.

Yogi Bajan 3/16/03

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Mankind has to drop the war tendencies and come to realize that peace is the only way. We have to give peace a chance and that's all for us. In your day, give one minute to peace. Sit down and just relax, feel peaceful inside and give a prayer to honor those who work for peace and for the tranquility of all mankind. Let us honor ourselves. Let us recognize our inner peace. Meditate in your own way. Get into any posture you want and pray deeply for your inner peace and for the entire mankind.

Yogi Bajan 6/10/89

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As long as you are not spirit you are not going to be happy, you are not going to be, and you are not going to have fun. Spirit is the fun, spirit prevails, spirit is your decoration, spirit is your make-up, spirit is your being, spirit is your identity and your spiritual projection is your power.

Yogi Bajan 7/24/96

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We have to become reservoirs of energy.
Our words, our sight, our presence should be
in a position to change the frequency of a
person who needs the jump-start. Do it with words, with touch, with sight and with prayer.
It's the same thing. It doesn't matter what condition you are in.
But it does matter how precise and clear you
are to lift up the other person.

Yogi Bajan 6/22/01

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I ask you one question.
Do you trust in your grace or you don't? And if you really trust in your grace don't let it be scratched.

Yogi Bajan 7/9/81

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Question: What is the most important thing we can do to restore peace in these turbulent times?

Yogi Bajan: To be peaceful ourselves in thought, action, and deed.

Yogi Bajan 3/16/2003

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My request to you is, do not let your calmness go. Do not let your peace of mind go. Be with God through this time. Your spirit shall be content.
Out of that contentment you'll find yourself with a lot of richness. It is very essential at this time. The majority of the world is living in a terrible fear. Nobody knows what is happening. There's too much information available to process.

That is not the way. Just feel, within yourself, content and satisfied, peaceful and unique.

Yogi Bajan 7/2003

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We are not permanent here. Nothing around us is permanent. Everything moves on. So is the spirit of the Universe. When our consciousness elevates us into sensory human beings, then we will see the reality, feel the reality, and flow with the reality rather than with maya.

Yogi Bajan 3/16/2003

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The power of prayer works at the Arcline. The Arcline
obeys no rule of nature. It is the base of the Radiant Body.

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The will of God cannot be changed by a man, men are part of that will.
Yogi Bhajan 1/7/90

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In my prayer, I wish you the wealth of peace. To make beautiful our tomorrow. Where human beings can live
inlove forever free from sorrow.

--
The Perfect One God Almighty made us perfect to face every challenge and be a victor. As every artist wants
to see his art at is best, so our divinity wants us to conquer our duality.

--
Actually, we can go through life in two styles: We can act as if everybody were thieves until proven saints. Or
we can act as if everybody were saints until proven thieves. Which style of life your mind has as a
conception and as an action depends on how strong a nervous system you have.

--
Let us pray for peace. Please sit in your consolidated self. Your prayer will be effective by the concentration of your mind,
and heart and self. Pray for all. Pray for those who are facing death, pray for those who are dying, pray for those who shall
die, pray for those who are all dead, pray for all, every soul. Ask for nothing, but to bring peace, peace to the dead, peace
to the living, peace to those who are at war, and peace to those who are not at war. Blessed God, beloved God, creative
God, our Creator, within our self and without our self, give us the power to understand peace and tranquility, grace and
reality, identity and personality of all. Give us the power to love all, to see you in all and be with you all the time and space.
We all pray for those who are at this time in action and in reaction; may peace prevail soon, may everybody come home
and be at rest. Bless them, bless us, bless our families, bless our realities, give us a wonderful and beautiful tomorrow.
In Thy name we pray. Sat Nam
Yogi Bhajan 1/23/91

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Trust is the fundamental of communication.
Yogi Bhajan 7/9/81

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Those who seek God inside, find it. Those who seek God outside, waste their time and waste their lives.

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Destiny is that you should be consciously divine.
Yogi Bhajan 7/9/81

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I have learned that the best way to improve your communication is to stand before a mirror and talk to your
image. Then you respond back on behalf of the image as if it were a separate personality.

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Law of obedience.

Those who cannot obey cannot command.
Yogi Bhajan 2/21/77

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You must excel and your excellency must prevail because you are the image of God.
Yogi Bhajan 2/21/77

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And what is God?

God is the Master of the entire creation.

You cannot feel God without feeling the entire creation and do you have that capacity to socialize with everything?

Yogi Bhajan 2/21/77

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The greatest award of doing Sadhana is the person becoming incapable of being defeated. Sadhana is a self-victory and it is a victory over time and space. When you have to get up for Sadhana it is a defeat in itself because you don't want to get up. When you get up, it is a victory over time and when you do it, it's a victory over space, that's what Sadhana is. Sadhana is only for you, Sadhana is a self-victory. Through Sadhana you can defeat your all miseries, misfortunes and handicaps. It's a personal thing, it does not relate to anybody else.

7/7/81

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Human life has only one thing to achieve – to be excellent.

Yogi Bhajan 2/21/77

From <<https://mail.google.com/mail/u/2/#search/sirimarka%40thehappysouls.com/161d77ddc194aedc>>

People who are very physical are always poor. I am just explaining to you certain things. People who are mental are always rich and unhappy, people who are spiritual are graciously happy. That is the dividing line.

12/31/86 ©YB Teachings, LLC

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Let time and space pass and let the flow be there. Humans who just let the flow be there are very successful.12/31/86 ©YB Teachings, LLC

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This world is nothing but a game of word. If you want to be an honorable man you have to learn to honor your word. When you dishonor your word you are a dishonorable man. ©YB Teachings, LLC 7/7/73

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When we live evil we stop the inlet of the prana in our being and that is a part of spirituality too.

Let the light come to you, let it flow through you and let you become the light.

Yogi Bhajan

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When we separate ourselves from 'Thou,' from the point of birth to the point of death, it is just like a car not recognizing the gasoline that makes it work. Yogi Bhajan 3/17/97

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There are certain things you must understand. You prepare yourself for a holiday, but you do not know how to holiday. That's why most of the people do not enjoy their holiday. The majority of people, if you deeply understand, do not enjoy relaxation because they are not mentally prepared for relaxation. Yogi Bhajan 2/24/77

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There is a difference between revolution and evolution: Evolution is the law of nature, revolution is the law of ego. A revolting mind is a filled ego mind who seeks destruction, who believes in death and life. Evolution mind believes in transforming its existence into the Higher Being. Yogi Bhajan 5/7/81

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Our relationship will always be happy if we keep on expanding. Touch every heart, bow your head, bless everybody and you shall be blessed. Yogi Bhajan 2/1/99

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The purpose of all discipline, knowledge and scripture is that a person should be in a position to hold his values in consciousness.

Yogi Bhajan

People want gimmicks, people want help,
people want somebody to give them something,
they do not understand they have everything in them, simply they have to go in and get it out.
Yogi Bhajan

This world is a mirage and because of this mirage many people temporarily or permanently are falling apart. It is a mirage and a gorge too. Once you slip, it's bottomless, endless. Life is very positive when there's contentment. Life does not come to you because you are very wise; life comes to you when you are very content. Then you are trustworthy; people like you. They open up their hearts to you and they give you the opportunities. But unfortunately some people in their own realm of consciousness are short-circuited and they do not enjoy life and the light of their souls.

Yogi Bhajan

BhajanYogiSo please understand, your greatest art of life to win the world is to move gracefully with utmost patience, tolerance, kindness, compassion, because remember, mother is not which delivers a baby, mother is which delivers the universe, it is not a tall order, God has given woman all the faculties that she can deliver the universe and a prosperous one, she is not born to suffer. ,
7/15/88

This is the time for the virtue of your breath to be in control of yourself. This is the moment you have to create all power within yourself. Concentrate on the breath. Feel God within you with each breath. Feel the universe around you with each sound.Yogi Bhajan 8/8/2000

We live unnatural, we eat unnatural, we have environmental pressures and then we expect a normal smiling face all the time. Isn't it a joke?Life is given as a gift and gift has to be considered precious.

Yogi Bhajan

God never created you to suffer, God never created you to be poor, God never created you to be out of harmony, God never created you out of being the destitute and God never created you to be the prostitute.

God created you in His own image.

Yogi Bhajan

There are so many pressures on this life, but still this life is to be lived and the only way to live that life is to let it flow, let it be.

Yogi Bhajan

The time has come of 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. Time is not to worship God, but to trust and dwell in the living God.Yogi Bhajan 8/8/2000

Prayer absolutely brings the redemption from karma. Prayer is the power of God in you. You don't do prayer to something outside. You do prayer from inside. You do prayer from inside to inside. Yogi Bhajan 7/15/82

Where there is a known there is an unknown. If you continue relating to the known you are denying the unknown. If you relate to the known which you are, and you search out the unknown, it is the prayer.Yogi Bhajan 7/15/82

Prayer is your method in which you can tune the mind. I tune my mind in a way, you tune your mind in a different way. But remember it is your mind. It is your prayer and it is all about you. Prayer has no relationship with anybody. Prayer is totally your own power to tap the unknown.Yogi Bhajan 7/15/82

All you have to do

is give your sacredness a chance.

Yogi Bhajan

The second aspect of prayer is that the moment you become a prayerful person, fear of the unknown is gone and love of the unknown awakens. Death doesn't mean anything. It is never a fear to those who are prayerful, and prayer doesn't mean that you have to jump and juggle and make a huge panorama show that you are very prayerful. No, it's an attunement. It's a conscious

attunement with the unknown.Yogi Bhajan 7/15/82

The purpose of all discipline, knowledge and scripture is that a person should be in a position to hold his values in consciousness.Yogi Bhajan 8/4/83

In virtues and in misfortunes, time is nothing but the test. In prosperity we make friends, in adversity we test our own self in relationship to our time. I will not see tomorrow that we can overcome our emotions, our feelings and I am willing to share with you to that extent I don't think we will even overcome our corruption. I don't think it is possible not to be corrupt. Because normally, what is a corruption. It's a temporary satisfaction at a proper time and a proper space against the values, which are permanent and forever.Yogi Bhajan 12/30/85

A wise man does not lead the idiot; he makes the idiot the wisest of all. All beings are created by one God so you are created by the same God which created me. If you cannot come to my level, there is something wrong in my teaching.

Yogi Bhajan

The best resurrection is when you get out of your own idiotic nature, when you get rid of your own insecurity, when you rise above on that cross where you are nailed and then you forgive people, that is called Christ.Yogi Bhajan 6/28/87

You cannot hate anybody.

You can't. Because the hate you are hating is in you, that is the inner hatred which cannot take infinity.

It is your inner meanness which cannot take infinity. It is your narrowness, it is your wrong. You don't want to take the height and take the horizon.

Yogi Bhajan

There is no way when you make a sacrifice that it will not be rewarded. And there is no way to live a discipline and not be honored.Yogi Bhajan 3/26/85

In my consciousness there is a support and in the support there is an equal negative and an equal positive. There are always two balances in each personality which balances the very rhythm of life.

Yogi Bhajan

Your soul and you become more and more remote. Your soul, your most intimate friend, seems very remote in time. Then, acting by commitment and grace becomes remote in space. Then you lose face and grace and ultimately the race!

Yogi Bhajan

Without any sensitivity, you can feel your traumas and dramas. You easily feel your depression and aggression. You go after immediate feelings. And there are so many feelings. Your mind becomes heavy and dense with those feelings. Everything else fades to the background.

Yogi Bhajan

All you have to do is

give your sacredness a chance.

Yogi Bhajan

Whether you are naked or you have a golden robe on you, that doesn't make any difference. The ideal purpose of your life is that you are grateful- great and full - that you are alive, and you enjoy it.

Yogi Bhajan

Praise God and blame God, do whatever but

keep talking with Him, that's the bottom line.

Let your ego not stop your communication with

God in good times or in bad times.

Yogi Bhajan

Don't just talk to a person, don't just befriend a person, don't just shake hands with a person. Serve that person. Elevate them. Yogi Bhajan 4/4/1997

Your total life is nothing without activity.

When you are not acting, you are dead.

You act in sleep also.

You act through dreams.

You act through mental vibrations.

You are continually vibrating.

The moment you don't vibrate you are dead.

Death is nothing but non vibration of a finite unit.

That's all death is.

Yogi Bhajan

Three mantras you should never say:

(1) I don't know.

(2) I'm not ready.

(3) I can't do it.

Yogi Bhajan

Your life must be a challenge and that challenge must come from the very heart of you. You must know who you are, and you must submit to your essence.

Yogi Bhajan

Your wealth will increase, your values will increase, your projection will increase,

if you simply love to live, just love yourself and live yourself.

Yogi Bhajan

Hope is not a prediction of the future,

it's a declaration of what's possible.

Yogi Bhajan

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When you are in prosperity, remember God; when you are in adversity, feel God and when you are in anger or you want to revenge and destroy, fear God and when you are enjoying and happy and feasting, praise the God.

These are the laws of life, which you cannot change but you can follow.

Yogi Bhajan

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"If you are not aware for you and aware of you, then your existence will be damaged. If you want to be great, then you will have to feel great and act great. Many people think they have to seek approval. All you have to do is approve of yourself."

**"Whenever I do something I ask myself: Will it exalt me? Will it show my excellence? Will it prove that I am a human? Would I like this to happen to me? And finally, within my best knowledge, is it the best I can do? These five aspects I will always compute and consider."
- Siri Singh Sahib Ji**

"Mental happiness is nothing
but total relaxation. "

"Why can't you love everybody? You have
no tolerance. You have to learn to hold your temper, you have to learn not to slander, you have to learn to have patience, you have to learn to be humble. "

"God just sent you to earth as parents send their child to kindergarten, to school, hoping that you will find some wisdom. "

"The price of nobility is discipline.
The price of ecstasy is sadhana.
The price of God is living without doubt."

"Times will change, values will change; only one thing does not change - that is the depth in you, the soul within you, the part of you which is immortal. A mortal changes, an immortal does not change."

"There is a reason we are here, and that reason is to remain graceful
and face all ungraceful environments with grace. This
is the purpose, and it is a privilege."

"The path of a saint is this: 'Man, you are a god
within yourself; go, recognize it.'"

"It is not that messengers of God and greatly divine people have a different shape, or that they grow golden horns out of their head. The special thing is that they project the Will of God over their personal will."

"You have to be you and that can
only happen if you love yourself."

"If you accept the enjoyment of nature, of its beauty and bounty,
then you will never have a chance to be in the wrong place.
Just accept that you are always in the right place,
and the hand of God's time and space will always be yours."

"The mind is given to us to protect, serve, and save -
to raise our honor, grace and status."

"The purpose of life is to realize you and within you:
The truth in you, the light in you, the delightfulness of God in you.
That is your soul."

"The first step of your life is to learn to send vibrations out.
Become a beacon of vibratory power of your soul.
Let it touch the unlimited shores."

"Live like a God.
Give like an angel.
Be a bright, beautiful, bountiful human being."

"In Thy name, we pray for peace for all,
for the journey of all, for the strength of all
to achieve Thy home, Thy destiny, Thy grace. Sat Nam."

"Obey. Serve. Love. Excel."

"Make your shoulders strong enough
to carry responsibility through thick and thin.
Make your wisdom wise enough,
your consciousness universal enough,
your intuition sharp enough
and your grace big enough to carry the day."

"Trust only comes when you trust yourself.
When you trust your dignity, you will always be dignified.
When you trust your love, you will always be lovable.
When you trust your beauty, you will always be beautiful.
When you trust your greatness, you will always be great."

"Give us the power to understand the meaning
of the words we speak.
Give us the strength to face the effect
of the words we speak.
Give us the tranquility to hold ourselves
to the words we speak."

"Take one minute a day to be yourself,
to breathe one breath a minute, to love yourself,
to feel you are divine. In that one minute
feel peace within yourself, feel peace with everybody."

"As a human, the only weapon you have is kindness.
Sacrifice, patience, and forgiveness
are the tripod on which kindness rests."

"Let it be known that you are kind and compassionate,
that you feel. Let your strength be known.
Strength in crisis makes you a leader."

"If you want to achieve anything in this lifetime,
learn to be noble, courteous and
committed."

"Walk tall and stand by the strength of your soul."

"Live like a God.
Give like an angel.
Be a bright, beautiful, bountiful human being."

"Be kind, conscious and compassionate.
The whole world will be your friend."

"There is no such thing as an accident.
It is all part of a master plan.
Play your role as gracefully as you can and relax."

"Pray unto your higher self,
your gracious self, your soul, your spirit.
Just for this moment of prayer, feel your greatness.
Expand into your vastness."

"Your beauty is your character.
Your beauty is your commitment.
And your beauty is that you can be trusted."

"May we flow as the river of love with
trust and tranquility to quench the thirst of those
who shall come to the gate of Guru Ram Das."

"Every word spoken must go to the heart.
That is the art."

"Make just one knowledgeable, personal decision;
that you shall not walk into any environment or any action
that does not enhance your grace. You will never be
disgraced, no matter what the world does to you."

"By your own virtue, by your own worship,
by your own consciousness, create your own character.
Be known by your own character and conduct
rather than by your feelings, emotions,
wealth, or anything else."

"Our relationships will always be happy
if we keep on expanding.
Touch every heart, bow your head, bless everybody
and you shall be blessed."

"Life has given you a chance.
Give life a chance and live it."

"Good and bad, all is the creation of God.
Choose the smooth way and walk tall with a smile and with grace,
so that you can reach the pedestal of dignity and divinity where people can trust you."

"Life is a balance. The swings in the mind are there to give you the experience, and to let you discover the "you" within you. For all those who praise and recognize you, there may be an equal number who want to slander you. That swing lets your standard be tested. You cannot hold to something external. You must find your own depth and test it. Confirm it."

"There is nothing brighter, more beautiful, more bountiful than your own living soul.
Get in touch with the warmth, the love, and the romance of it."

"We have been blessed as human beings with three things: body, mind, and soul.
Soul is the highest self. The body and mind are there to serve the soul.
The purpose of life and the attitude of life are to serve the soul."

"Each day in life is given to you to experience yourself. Each one at every moment.
Who knows when that special moment will come when you can listen to the Truth,
and be the Truth."

"Wisdom becomes knowledge when it becomes your personal experience."

"There are three conditions that occur when you are in love. You are firm like Infinity. You are simple like simplicity, and you are noble like nobility.
If you don't meet these three conditions, you are not in love."

"There is nothing brighter, more beautiful, more bountiful than your own living soul. Get in touch with the warmth, the love, and the romance of it."

"We have been blessed as human beings with three things: body, mind, and soul. Soul is the highest self. The body and mind are there to serve the soul. The purpose of life and the attitude of life are to serve the soul."

"You are here to serve, to uplift, to be graceful,
and to give the very deep love of your soul to all those in need.
Through service you can win the world."

"The moment you feel you are part of Infinity,
your limitedness will cease, and happiness will flow."

"Leave your shortcomings, forget your misery, and just serve.
Uplift others in the Name of God."

"Do not accept defeat in the hands of time; you will be immortal."

"There is no way when you make a sacrifice that it will not be rewarded.
And there is no way to live a discipline and not be honored."

"A song which brings all together as one is the only thing

that brings God, heaven, and earth together in Oneness."

"Religion is not a documentation of rules - and do's and don'ts. Religion is my own life conducted by me. It is my conduct, my personality and my reality.
It is my truth, my light, my prosperity, my happiness and my totality."

"God gave you a chance to speak.
God gave you an intention and a notion to communicate.
Speak the Truth which is you. Speak it with your soul. Your words must have power, must project and must hit the target."

"Your makeup is not going to make you beautiful. You are born beautiful in the essence of your creativity and your presentation to your self."

"If you drive a car without a license plate, you will be subjected to charges by the police because your identity is in question. Similarly in life, when you do not carry your grace with you, your self is in question."

"When you are in trouble, and you don't know what to do, just breathe in and hold your breath ten to fifteen seconds."

"Your whole self has to be personified by you. You have to come to an understanding with your self and be a friend to your own self. You have to make a compromise with your self, know who you are, and know what you want."

"The purpose of knowledge is to develop infinite faith in self."

"The whole world is in the palm of the one who smiles and has elevated spirit."

"In between birth and death, you have time to emit light so you leave behind a legacy."

"Your total power, your total strength, your total wonder is in your patience-
how much you can tolerate."

"Forget your curses now and start counting your blessings.
Bless everybody; God will do the rest."

"In God I dwell."

"There are two ways of living in this world: worry and relaxation. If you worry, you have to concentrate to imagine, and it becomes physical work. But if you relax and turn your mind to the Universal Mind, then things will come to you."

"Truth you speak, trust you get. Lies you tell, distrusted you are.
Trusted, you win; distrusted, you lose."

"The sign of an unhappy person is that he seeks happiness."

"When a person is happy, he shares happiness."

"When you 'fall in love' there is nothing else but pain, because the Unconscious wants to merge, and the Conscious doesn't know what to do."

"The purpose of knowledge is to develop infinite faith in self."

"There is no way when you make a sacrifice that it will not be rewarded. And there is no way to live a discipline and not be honored."

"The highest yoga is married life - a deep understanding of a woman and a man, and a deep understanding of a human relationship and its coordination, togetherness, and coziness of the self."

"Beloved God, bless us with strength so that we can rise in our radiance. May we be truthful and positive, humble to serve and strong to defend and give those who are born today the value of everlasting smiles and cherdi kala."

"Every practice is a must, enhancing your respect, grace, and trust and giving you peace of mind, harmony, and fulfillment."

"The One who rotates the earth can take care of your routine."

"Blessed are those hands that help others. Blessed is the head that prays for others. Blessed are the beings who are conscious, intuitive, shining and serviceful to all. May happiness be your birthright and may you earn it through your virtue. May you share peace with all in the Name of the One who created you. Sat Nam."

"A spiritual teacher should never give an ego, have an ego or believe that a student is all right. His job is to find the wrong and correct it. He is a solid person who is the final line between dignity and destiny."

"You may pretend you are praying to the heavens, but actually you are changing yourself inside. When you ask a blessing for the sick, 'Oh Almighty, I beg of you...' from insider your life, energy is pouring into the other person. It is from a state of compassionate meditation that the healing activity of God within the being flows."

"People who waste their energy speaking, waste the God in them. Never speak without integrity. Never. Word is God."

"Those who trust in Infinity will never lose their dignity."

"Where there is kindness there is God."

"Happiness come from contentment, and contentment always comes from service."

"Trouble is a bubble created by self-ignorance, and it can be burst by self-identity."

"There is one thing common to every religion. When the spirit dies one dies. When the spirit lives, one lives."

"I am beautiful, my soul is bright and shining, my mind is clear and effective, and my body is only the Will of God. I am healthy, happy, and holy."

"If you meditate on your flow of spirit, breath of life, then you know how to recall your inner strength."

"May we see everything from the light with which life is blessed. May Almighty God's presence be felt by us in every creature and existence. Sat Nam."

"You were born to be happy, not to suffer. If your sensitivity increases, you will enjoy everything in the universe."

"Remain positive and use your entire being to reinforce a positive life. This is a most divine act."

"Slander hurts you most of all. It is self-poison; it eats away at the soul. If you see something that is not right, do not voice it until you know what to do with it."

"One is wise and one is foolish. Everybody has some wisdom and some foolishness. There is only a difference in percentage, not in totality."

"Without intuition, a human being is nothing but an insecure, living in misery. With intuition, a human is absolutely divine."

"The highest state of enlightenment is when you fail and your discipline wins."

"Life is a book of lessons through which you must learn."

"Live with the flow of spirit. If you do not develop this, you will suffer with anxiety that has no answer."

"A God-conscious man is a universal man. He is very mobile and flexible. He fits into everything. His flow is like water- you can pour it into any pot and it takes the shape of the pot, and whatever the material of the pot, it remains water. Similarly the basic human ingredient is soul, and that soul is part of the Universal Soul."

"When a man becomes God-conscious, he becomes humble enough to present his entire personality before the world without fear."

"There are three mantras you should never say:

1. I don't know.
2. I'm not ready.
3. I cant' do it."

"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 we get rid of our fear we can have a very comfortable tomorrow."

"When prayer becomes the vibration of the soul, mind, and self, we can create a miracle."

"Every smile is a direct achievement; every frown is a net loss. Every hanky-panky is a loss of trust and every lie is a loss of face. Every moment without understanding is a misunderstanding."

"Qualify yourself with strength, ask yourself for strength, and bring out the strength in yourself."

"Pushing retracts your reality. Never push. Push only towards God and universality because that is where you have to go and where you are going. That will create harmony."

"When a man knows himself, he knows every self. When a man loves himself, he loves every self."

"Getting up for sadhana in the morning is totally a selfish act-for personal intuition, for personal sharpness, for personal discipline, and overall for personal absolute prosperity."

"Your job is to control your life. Your job is to discipline your life. Your job is to deal with everything in life with affection, love, and kindness."

"When you speak from the heart you rule. When you speak from the head, you destroy."

"In the House of the Lord, progress is slow, but there is no ultimate darkness. You shall be answered if you will call God."

"If you just flow with the flow of life, you will enjoy everything in peace, in harmony, and in honor."

"Beloved God, bless us with the grace of wisdom. Give us the knowledge to acknowledge. Sat Nam."

"We do not understand that the most important aspect of a human is consciousness. We do not have the power of commitment if we do not have consciousness. We do not have the power of conception if we do not have consciousness. And when we do not have consciousness, we do not have basic intuition."

"Personal power is the projection of the caliber of a person. Success is when your caliber understand the caliber of another."

"The law of the universe is: Obey, serve, love, excel. And this law will never change. Religions will change, prophets will come and go, but those souls who want to merge in God shall obey this law. And it can never change."

"Those who want to expand to Infinity must know to contract themselves to shunia, a point of zero."

"The new trend is that people are using their psyche to reconnect with their power of self and become beautiful and pure."

"As a human, the only weapon you have is kindness. Sacrifice, patience and forgiveness are the tripod on which kindness rests."

"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 meditation for 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."

"Individual consciousness will refine you, group consciousness will expand you and universal consciousness will redeem you to infinity."

"No one outside of you can give you joy. You have to give yourself joy from your internal self."

"Human love is for one thing only; to love your soul. Then the Infinite world around you will be in love with you."

"You are a channel of God; you are a channel of divinity. Therefore you can't have duality. When you have duality you have no divinity. If you have divinity, you have no duality."

"The most intimate relationship within you is between you and the soul."

"Beloved God, give us a life of truth, a life of character, a life of compassion- a life, which through us becomes nothing but kindness. Kindness is the law of life. Make us feel it. Make us receive it. Make us give it through our words, actions and deeds. Sat Nam."

"Strength is our discipline, our purity, and our piety. This is the trinity of divinity."

"The art of being smart is to be small, which can contain all. The art of success is to answer the call of duty with grace and compassion. The art of happiness is to serve all, and all shall serve you."

"Like the ray of sun that brings light and warmth to the earth, prayer is the ray of the mind, which takes the call of the soul into the infinity of the wonderful God, the Supreme Lord. Within the scope of time, it is the frequency that establishes human longing into a state of ecstasy, with a feeling of divinity and fulfillment of Infinity."

"Communication and friendship is fitting a person in where they feel comfortable, not where you want to fit them or think they should go."

"Your stature has to be so huge that everybody feels you are a most wonderful, angelic, divine person."

"There are a lot of sad things in life, but the saddest of all is when you do not recognize your anger, and you do not deal with it."

"Wisdom, character and consciousness conquer everything."

"Man is not born poor; man is born pure. When purity prevails, poverty leaves and our problems cease to exist. May we all be blessed to understand that everything is within us. It was, it is, and it shall be. Sat Nam."

"Herbs heal, doctors diagnose, and God cures."

"This life is the most precious gift you have. Enjoy it."

"Excellence, elegance, and grace are the three elements of a human being. If somebody challenges

these three in you, avoid that person."

"The opposite of war is human longing, human love for peace. People do not understand what peace is. You cannot even think or talk about peace if you do not have your own peace of mind."

"You were not born to suffer. You are here to see and to experience the Infinity of God."

"Bless us, God, with Thy virtues. Bring peace to the earth. Bring us to a state of kindness and courage so that we can live righteously and in Thy grace. Make us healthy, happy, and holy, and give us such virtues that we may pay homage to Thee in exchange for this life. Sat Nam."

"All individuals are divided into three categories: Human beings carry the light, show the path to others, serve missions, sacrifice, commit and obey. Balloons are those who inflate themselves. Bags absorb whatever you put into them; they do not discriminate between nectar and garbage. Bags are 70% of society, balloons are 20%, and human beings are 10%"

"Blessed are those who dwell in God; blessed is God who dwells in them. The Creator, creation, and the light are one. May this peace and tranquility and oneness prevail forever. Sat Nam."

"Blessed God, beloved God, give us radiance, give us truth, give us patience, tolerance and beauty. Of all gifts, give us first the gift of kindness, so that we can handle life. Thy precious gift, with our kinder selves. Sat Nam."

Yogi Bhajan

"Feel good, do good, and be good. These are the only goods you can carry along with you; all the rest belongs to the planet Earth."

"Your beauty is not in your money, your jewels, or your household goods. Your beauty is in your innocence."

"Just a few awakened souls, a few real teachers, can remove all the garbage and give people peace, tranquility, and grace."

"Care, kindness, and compassion can win every time."

"Oh God, bless me, bless me, bless me with Thine own essence, so that in Thine image I may glow and grow to serve. Sat Nam."

"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 Nam."

"When you are in trouble and you don't know what to do, just breathe in and hold your breath for ten to fifteen seconds. God will guide you."

"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 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."

"The highest test of spirituality is to do good to those who have done wrong to you."

"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 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."

"The real wealth of the human mind is contentment. The real wealth of your spirit is when you prevail as divine."

"There are three ways of Destruction: Vacillation, fluctuation, flirtation."

"Ingrown anger is like an ingrown hair. The pain it creates in life is unbearable."

"A good deed confirms our consciousness, and a bad deed betrays our consciousness. It doesn't matter what our consciousness is, but we must decide, channel it, and live to it. There is nothing good and nothing bad, thinking makes it so."

"Who are you? You are a 'hu-man being.' 'Hu' means spirit, the light. 'Man' means the mental, the now. Now you are the spirit of your mind. You are the bright light of yourself That's your identity."

"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."

"Understand one thing: If you are the lord of your discipline, the Lord of the Universe will become your servant."

"Contain yourself; be content and continuous. If you can contain yourself, you are a victor. If you can be content, you are successful. If you are continuous, you are an achiever. These are three things you require, whether you like them or not."

"Prosperity: Think of gain, not of loss."

"Even in the worst situation a human has to be grateful and hopeful. This is the source of both happiness and prosperity."

"Just sit in absolute calmness and meditate in absolute love; then live to share."

"What is meditation? When you empty yourself and let the universe come in you."

"Come to Oneness. Realize and be grateful that God has created you."

"May we process our thoughts with purity and piety. May we process our deeds with kindness and caring. May we process our body, our being, and our identity into self-respect and grace."

"Each day in this life is given to you to redeem yourself. Each moment. Each one. Who knows when that moment will come when you can listen to the truth and be the truth."

"Learn to listen to others calmly, learn to listen to yourself quietly. Your strength is not in your wealth. Your strength is not in your degrees. Your strength is only in you, now calmly, quietly, peacefully you can face the consequences. The moment you do not listen quietly to your own self, it is natural that you will become anxious."

"In Kundalini Yoga we do not worry about the effect; we are concerned with the cause, because cause has the effect. Effect can never happen without cause. Consequences shall never happen without sequences. If a person can be aware enough to know the trend of the sequences, he can control the consequences."

"You all ask for power; you all want power. Power comes from prayer. And what is prayer? Prayer is the intunement of the mind into the higher consciousness and into the Unknown. It has nothing to do with what you say and what you don't say. One who can pray can be very powerful, because prayer makes all the elements serve that person. Gifts will come to that person. Whoever will give to that person will be gifted in return a hundredfold, a thousandfold."

"Those who have courage have to serve flawlessly with absolute sacrifice of self."

"God, bless me so I can see and enjoy the beauty and bounty of my life. Give me the surroundings and the strength to serve all those I meet. Uplift my spirit so I can share Thee with all. Make this day my virtuous day. Sat Nam."

"We are born for a human experience. That means we have to keep our purity and piety as our priority and spread it to people, share it with people, and understand our discipline."

"Blessed are those hands that help others. Blessed is the head that prays for others. Blessed are those who are conscious, intuitive, shining, and serve all existence. Sat Nam."

"Human strength lies in each person's own wisdom, which comes from the heart, which comes from the inner being."

"Let us resurrect to the light so that not only the human but also the angel shall seek our friendship."

"There are two ways of living in the world, the way of worry and the way of relaxation. If you worry, you have to concentrate to imagine and it becomes physical work; but if you turn your mind to the universal mind, then things will come to you."

- Siri Singh Sahib Ji

"Individual consciousness will refine you, group consciousness will expand you, and universal consciousness will redeem you to Infinity."

"Everything in this universe has been created as a teacher. The moon is a teacher, the stars are a teacher. But there are people who become professional reminders. That is what we call a teacher. A teacher is a professional person reminding someone to realize that he belongs in the finite to Infinity."

"Nothing can change the pattern of human destiny until the devotion is so strong that one is willing to sacrifice his patterns. And when that occurs, life is grantedly changed. Elevated consciousness is a surety. Happiness is around the corner."

"Life is an attitude. You have to basically decide, once and for all, whether or not you

are going to be original."

"When we feel we are limited, we become limited. When we feel we are unlimited, we become unlimited."

"No two bodies are alike and no two minds are alike. What is alike? The spirit, the soul."

"The purpose of life is to realize you and within you: the truth in you, the light in you, the **delightfulness of God in you. That is your soul.**"

"In the house of the Lord, progress is slow, but there is no ultimate darkness. You shall be answered if you will call Him."

"The law of the universe is: Obey, serve, love, excel. And this law will never change. Religions will change, prophets will come and go, but those souls who would like to profit to merge in God shall obey this law.
And it can never change."

"You have two enemies: fear and duality. When you are afraid, just say, 'No,' and God will take care of you from that minute onward. If you have duality, He'll create a bridge. Trust Him.
Dwell in Him and be gracious."

"Conquer your mind and you will conquer the world. Which mind? The conscious mind? No. The supreme conscious mind? No. Which mind? The subconscious mind. If you conquer your subconscious mind, then you win the world."

"Each good wish, each prayer, is the power to extend happiness. That is the power of the prayer. There is no power or worship in this universe greater than prayer. There is no love other than the prayer. Whosoever knows the art and power of worship will become God."

"What you say should not just be truth now, but should be a proven truth tomorrow."

"Consciousness is always above time and space. When a moment comes in your life that your commitment is challenged, at that time, challenge the challenger and follow the commitment, not the challenge."

"Who is enlightened? One who can see everything: good, bad, and neutral. One who sees all and sees God. If you cannot see God in all, you cannot see God at all."

"If you cannot spend time on yourself, your body, your feelings and needs, and you do everything for everybody but not for yourself, you will be in trouble and nothing will work."

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Yb - library of teachings

Sunday, September 10, 2017 10:09 AM

One line: You will never get love if you are not willing to receive it

Yogi Bhajan Tea - New

Friday, September 01, 2017 5:32 PM

When ego is lost, then universality exists

Empty yourself and let the universe fill you

Soul is the highest self

Socialize with compassion, kindness, and grace

Your greatest strength is love

Love is an elevated self

Every smile is a direct achievement

Empty yourself and let the universe fill you

When ego is lost, then universality exists

Patience pays

The art of happiness is to serve all

The mind is energy: regulate it

Bliss is a constant state of mind, undisturbed by gain or loss

Empty yourself and let the universe fill you

The body is a temple: take care of it

The purpose of life is to enjoy every moment of it

Love, compassion and kindness are the anchors of life

Socialize with compassion, kindness, and grace

The art of longing and the art of belonging must be experienced in life

The art of happiness is to serve all

The moment you love, you are unlimited

Bliss cannot be disturbed by gain or loss

Every heartbeat creates a miracle

The power of love is infinite

A relaxed mind is a creative mind

The power of prayer extends happiness

Soul is the highest self

The only tool you need is kindness

Appreciate yourself and honor your soul

Sing from your heart

Say it straight, simple, and with a smile

By honoring your words, you are honored

Love is compassion prevails and kindness rules

Love has no fear and no vengeance

The mind is energy: regulate it

Life is a chance. Love is infinity. Grace is reality

Compassion has no limit. Kindness has no enemy

Act, don't react

Let your heart speak to others' hearts

Give forgiveness, that is your greatness

An attitude of gratitude brings opportunities

The beauty of life is to experience yourself

Listen and you will develop intuition

I am beautiful, I am bountiful, I am blissful

Be proud of who you are

Live light, travel light, spread the light, be the light

Dignity and tranquility last forever

By honoring your words, you are honored

Every smile is a direct achievement

May the peace of inner self bring us joy

Love is ecstasy

Where there is love, there is no question

Let your manners speak for you

Our intuition comes from innocence

Love your soul

Love is life, life is love

Life is a gift. Experience is the beauty

Truth is everlasting

Life without love is a ship without sails

Practice compassion, forgiveness, and kindness

Mental happiness is total relaxation

Love without trust is a river without water

Love your soul

Trust is the union of intelligence and integrity

Use your head to live with heart

Let us be kind and Compassionate to remove the sadness of the world

Love is where compassion prevails and kindness rules

May this day bring you peace, tranquility, and harmony

Uplift everybody and uplift yourself

Let your manners speak for you

Mental happiness is total relaxation

Love has no fear and no vengeance

The Art of happiness is to serve all

Impression is for the now, trust is for the future

Have wisdom in your actions and faith in your merits

An attitude of gratitude brings opportunities

Love compassion and kindness are the anchors of life

The purpose of life is to enjoy every moment

Dignity and tranquility last forever

Never try to impress others, try to impress yourself and find happiness within you

Live righteously and love everyone

Life without love is a ship without sails

Compassion creates understanding

Joy is the essence of success

Yogi Bhan Tea - Old

Friday, September 01, 2017 5:31 PM

There are three values: Feel Good, Be Good, and Do Good

To be calm the highest achievement of the self

Leave a legacy and be one with Infinity and then you will be liberated

When you live consciously conscious with mind and consciousness balanced, you develop a sensitivity we call reverence

If you don't love where you come from, you can't love where you are going to go

One thing to remember is, all things come from God, and all things go to God

If you will live with an attitude of reverence for yourself and all others, you will be healthier, happier and more effective

Keep your Mind, Body and Soul together

Committed language is when you speak directly, with your heart, with all parts of your mind supporting what you say

Without realizing who you are, happiness cannot come to you

Nature is a giver, a helper, a true friend, a sustainer. It is a constant harmony

When you act as an angel, you are kind, compassionate, helpful, and true to your word

What is meditation? When you empty yourself and let the universe come in you

When your mind is subject to you, you act and become superior. You have clarity and deliver your excellence

Whatever you are, you are. Be proud of it

To recognize the truth, first recognize that you are the truth

Every woman has to know she's the beauty of the universe, and every man has to know he's the star of courage

Be loved for your knowledge, your experience, and your faith

Inner voice means to never utter a wrong word, never think a wrong thought, and never wish a wrong wish

Goodness and kindness should become human nature, because they are the real nature

Identify your identity and act and speak directly from it with a neutral mind. This gives you caliber,

success, and happiness

Life's an unsolved mystery. Those who solve it, don't talk about it. Those who don't, talk a lot.

Three mantras you should never say: I don't know; I'm not ready; I can't do it

When your mind is subject to you, you act and become superior. You have clarity and deliver your excellence

Recognize that the other person is you

One thing to remember is, all things come from God, and all things go to God

What is meditation? When you empty yourself and let the universe come in you

Your mind is not your mind; it is God's gift to you to recognize, to reconcile, to harmonize with his creation

Marriage is when there are two bodies but only one soul

When you know that all is light, then you are enlightened

Meditation is the creative control of the self where the Infinite can talk to you

A plant can't live without roots. Your soul is your root

Our five senses are given to us so we can be sensible

There are people who handle situations and there are people who are handled by situations

Be loved for your knowledge, your experience, and your faith

Live like a god. Give like an angel. Be a bright, beautiful human being

To recognize the truth, first recognize that you are the truth

If you will honor the word, you will be honored in the world

He who is the best student is the best teacher

If you do not value your words, you have no value. Your word is your value

Every woman has to know she's the beauty of the universe, and every man has to know he's the star of courage

The purpose of the being is to receive love from the Unknown

Just remember: the mind is given to you, you are not given to the mind

When the time is on you, start, and the pressure will be off

Where there is a question there is no love, where there is love there is no question

Mental expansion is found in the inspiration we give each other

Wisdom, character and consciousness conquer everything

Wisdom becomes knowledge when it becomes your personal experience

It's not about the life that matters; it's the courage that you bring to it

Meditation is the creative control of the self where the Infinite can talk to you

You are true now, you were true then, and you shall ever be true - know this and you'll be fine

Success adores a prosperous attitude

Touch every heart. You will be in love and become smart

If you conquer your subconscious mind, then you win the world

You are a living existence of light; you need not seek anything

Man's power is his prayer. And where prayer goes, God follows

Love is unchanging and limitless

The greatest mantra of this age is "Keep Up"

Leave a legacy and be one with Infinity and then you will be liberated

Bliss is a constant state of mind where one does not feel disturbed either by gain or by loss

A human being on the path of righteousness who has compassion is a saint

The purpose of life is to do something that will live forever

When you engage the world with compassion, kindness, and grace, you are an angel

Every chick has to become an eagle, every woman has to become graceful and every tomorrow has to become divine

Don't live at each other; don't live with each other; but live for each other

Socialize with compassion and kindness

The faculty which makes a leader is, when your word is so effective, it goes to the heart of a person

There are people who handle situations and there are people who are handled by situations

You are not a human being having a spiritual experience but a spiritual being having a human experience

Meditate by emptying yourself and letting the universe fill you

To be graceful is to be great and full

If you do not have a mastery of your mind, you cannot know the mystery of existence

If you are remembered, leave nothing but goodness behind

Wisdom, character, and consciousness conquer everything

Travel light, live light, spread the light, be the light

The One who rotates the earth for you takes care of your routine

There is nothing good and there is nothing bad, but thinking makes it so

One who speaks the truth shall go, but the truth he speaks shall not

The best anger is be angry at your faults

Recite: "God and me, me and God are one"

Only share your strengths, not your weaknesses

When your mind is subject to you, you act and become superior. You have clarity and deliver your excellence

Identify your identity and act and speak directly from it with a neutral mind. This gives you caliber, success and happiness

Committed language is when you speak directly, with your heart, with all parts of your mind supporting what you say

Your mind is not your mind, it is God's gift to you to recognize, to reconcile, to harmonize with His creation

The One who rotates the earth for you takes care of your routine

Work speaks for itself

Face and grace can win every race

Without realizing who you are, happiness cannot come to you

The law of excellence is: obey, serve, love, excel

Spiritual expansion is found in the trust we have in each other

When your mind is subject to you, you act and become superior. You have clarity and deliver your excellence

The whole universe is the stage on which your mind dances with your body guided by your heart

The One who rotates the earth for you takes care of your routine

Let your manners speak, your deeds prove and your delivery impress

Patience gives you the power to practice; practice gives you power that leads you to perfection

Love is the ultimate state where compassion prevails and kindness rules

If you will live with an attitude of reverence for yourself and all others, you will be healthier, happier and more effective

Committed language is when you speak directly, with your heart, with all parts of your mind supporting what you say

When the little me has recognized the big me and the little I When the little me has recognized the big me and the little I has recognized the big I, oneness is achieved

Meditate by emptying yourself and letting the universe fill you

Spiritual expansion is found in the trust we have in each other

Think about yourself: the temple of God, the body; your spirit of God, the soul; the flow of God, the mind

Clarity of mind comes to those people who are in the practice of practicing firmness

Only share your strengths, not your weaknesses

If you have harmony with nature, you will be exalted

Man's power is in his prayer. And where prayer goes, God follows

A relaxed mind is a creative mind

Love is unchanging and limitless

Be kind, compassionate, helpful, and true to your word and you will be an angel

Physical expansion is found in serving each other

There is nothing more precious than self-trust

Man is as vast as he acts

He who is the best student is the best teacher

The trust that others place in you, is your grace

What is meditation? When you empty yourself and let the universe come in you

Face and grace can win every race

There is nothing good and there is nothing bad but thinking makes it so

Committed language is when you speak directly, with your heart, with all parts of your mind supporting what you say

Happiness comes from entertainment

Life is a chance. Love is infinity. Grace is reality.

Marriage is when there are two bodies but only one soul

Our intuition lies in our innocence

Wisdom becomes knowledge when it becomes your personal experience

Our intuition lies in our innocence

When your mind is subject to you, you act and become superior. You have clarity and deliver your excellence

Bliss is a constant state of mind where one does not feel disturbed either by gain or by loss

Wisdom character and consciousness conquer everything

When you engage the world with compassion, kindness, and grace, you are an angel

Where there is a question there is no love; where there is love there is no question

If you do not value your words, you have no value. Your word is your value

When the time is on you, start, and the pressure will be off

Leave a legacy and be one with infinity and then you will be liberated

Identify your identity and act and speak directly from it with a neutral mind. This gives you caliber, success, and happiness

Touch every heart. You will be in love and become smart

Physical expansion is found in serving each other

They who live in the past limit their future

Mental expansion is found in the inspiration we give to each other

Whoever you are you are. Be proud of it.

Man's power

YB - Prosperity & Business

Saturday, September 02, 2017 12:45 AM

“Business is not a puppetry of emotions. It’s not a drama of feelings. And it’s not a drama of ego. Business is a pure sense of purity. It’s very meditative living if you really want to know. The reality is you have to be one step ahead.” Yogi Bhajan

“You want to know the key to success? Simple – don’t walk on others. Don’t step on others’ toes. Carry others, carry people with you, above you; God shall carry you.” –Yogi Bhajan

“You must understand when somebody talks to you, if you are not willing to hear them out, you are foolishly going for an unsuccessful future. The first principle of success is, when somebody is talking, hear it. Don’t interrupt. Let him complete the sentence; hear him properly. When they are done and you are asked to speak, do not answer the question if you cannot uplift the person. If your answer uplifts that person, you shall be prosperous.” –Yogi Bhajan

“In the worst scenario, sit down, close your eyes and talk to your own soul, spirit. The moment that becomes your attitude, all things you need in life shall come to you. –Yogi Bhajan

“Nobody in his personal identity can find infinity, but everybody who is in love and guides and goads themselves with a discipline shall definitely reach that ultimate end of life. That is self-fulfillment. And when you are self-fulfilled then you have gratitude and that gratitude will bring you prosperity.”

–Yogi Bhajan 1/20/1999 (YB Teachings, LLC)

“However things go, you must remain calm, quiet and peaceful. That peace is the source of prosperity. Self-containment is the art of prosperity and it is the highest spiritual strength. There is nothing to match it.”

–Yogi Bhajan 12/1/01 (YB Teachings, LLC)

Live with applied consciousness, prosperity will break through the walls, you will be flooded with it. You do prayer when you are in difficulty; pray when you are not in difficulty, that’s the attitude of gratitude.

–Yogi Bhajan 8/31/91 (YB Teachings, LLC)

YB- From 3HO & Other

Saturday, September 02, 2017 12:45 AM

"The strength behind communication is in its quality, not in its quantity. Your talk should be that of quality, not of quantity. You should use small sentences which say a lot. Or you should say a lot in small sentences."

"Now what is intelligence? It is when your senses and your consciousness calculate on the spot. Senses will say one thing. Consciousness will say something different. And when you can put it together, two and two, that is intelligence."

"The mind is above time and space. If you decide not to complain, it will immediately compensate you with intuition."

"The mind is subtle, its creativity is absolute, its power is infinity...Whenever the mind is tuned into passion, and not consciousness, the net result will be desire. But once you become conscious, you will have one desire only: to be noble."

"There are a lot of things we need: One of these needs is that for the mind to work for you for the whole day, it must be fresh and clear; it must be made livable. That is why it is a requirement to rise early in the morning when nobody can disturb you, when you can be yourself. "

"Whenever your mind is in duality, you are in trouble. There's no way you can function. "Should I go North? Should I go South?" If you can't decide which way you are going to go, you are going to sit right there. You'll go neither North nor South-that's called duality. Life is a gift of God and duality is a waste of that life. "

"Your mind will always tell you not to obey because if you start obeying something else, you cannot obey your mind."

"Soul does not relate to mind; mind relates to soul. It's a one-way traffic. "

"When you are in the state of the neutral mind, the soul is like a chandelier switched on over you. Communication of the soul is just that light; you are lit up by it. "

"Every mistake can be recuperated. God gave you a mind to neutralize cause and effect, which is the Positive and Negative Mind. You have to reach the Neutral Mind. One you start relating to the neutral mind, you will never find any trouble in your life. "

"Higher caliber means that the more effectively you obey, the higher your consciousness becomes. The law of obedience is this: as effectively as you obey a command of higher consciousness, that infinite your consciousness becomes. "

"When your mind thinks too much, it loses touch with the reality of life. To be real, our feet should be on the Earth and our head should be in the Heavens. "

"The mind become a monster when it becomes your master. The mind is an angel when it is your servant."

"When a human acts under impulse, as a mammal, as an animal, that human shall never be redeemed. You have to act under intuition. If that is not developed, then you have to act under your spirit."

"Never be right or wrong, always be neutral. Speak not through the positive mind or the negative mind, but from the neutral mind. And whenever you have to confront a calamity or a pleasure, take the altitude. Adjust the attitude. Do not react right away."

"Remember one thing: listen to everybody very patiently, and act only when you have to act."

"With the most corrupt person, you can be honest; with the most angry person, you can be cool; and with the most insulting person, you can be graceful. If the balance of your personality and your sensitivity can remain under your control and your projection, you have learned the art of living."

"There's nothing which can be more precious in you than your own relationship with your own consciousness."

"God is neither there nor anywhere. If there is any God, it is either in you or not at all. To relate to God as outside of you is the biggest insult. "

"God loves one thing: his own nobility. Men have created wars in the Name of God; men have killed people in the Name of God. They think they have done great things to please God; but God is never pleased with these men. God is only pleased with those who are noble, compassionate and kind. "

"What is a lie? Truth spoken in fear. Just realize that truth spoken in fear is nothing but a lie. And how many of you lie? Everybody. Whoever speaks in fear, lies."

"If you give your word, let the entire universe fall before you, but let your word stand."

"In any communication, or in any situation which you cannot confront because it is exaggerating, hot or aggressive, just change your breath. Breathe through the lips instead of through the nostrils. Exhale always through the nostrils. Inhale through the rolled lips and make it slow and long. It will slow everything as required. It will increase your sensitivity. It will give you 10 times more projection over the person you are talking to. "

"The purpose of communication is to gain the trust, the infinite trust. Therefore, you should speak only what you can prove and it should be spoken in such a way that the other person can hear it. "

"In the beginning was the Word. It doesn't say in the beginning was God. In the beginning was the Word because in the very beginning of every moment of time and space your word counts. Your whole destiny is written in the Word. "

"Whenever you have a problem, if you put your problem at the touchstone of the spirit, the consciousness and the soul, you will be surprised how easy it is for you to solve that problem. But whenever you take a problem and look at it from the ego's point of view, it will not only bring you confusion, but it will also bring you destruction."

"Sat Nam. Sat is the truth, Nam is the identity, the noun, the personality, and your ego. Whenever your ego feels the light of God, you will be very humble. That is the test. You will be very compassionate. You will be very graceful. You will be very tolerant. You will not be rude. You can't be!"

"Ego does two jobs: Ego allows you to go for temptation and ego allows you to go for sacrifice. Ego works both ways."

"Death strikes only those who live in ego. Beyond ego there is no such thing as death. "

"When you walk toward light, you have to forget the darkness. In darkness you can't see what you're doing, and ego is just like darkness. It is a total cloud in which you are very limited, and you won't make it anywhere. When you are brilliant, you are flexible, smiling and everything is just all right. "

"Ego and infinity are totally opposite. Spirituality is nothing but infinity. When you are angry, upset or rude, you are talking from an ego point of view, from a limited point of view. "

"God's fear only means don't harm anybody. "Ahimsa," compassion. That's what it means. God's fear does not mean stand and shake. Don't take that concept, please. God's fear means when you have a fear of God you shall not do wrong to anyone, including you."

"What is God? In reality it is your own positive self, your higher Self, your universal Self, the Self which knows no defeat, the Self which can rise again and again and again like a wave in the ocean."

"Give yourself a chance to have the presence of God work through you...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. "

"Those who see whatever is happening around them as God are always tapped into their known and unknown."

"Love and God and God and love are nothing but a projection of your own self. Those who can love can be God. Those who are God can love."

"In your life there will be good days and bad days, normal days and abnormal days, right days and wrong days, but you must understand that every day has to be followed by a night and every life has to end. Don't waste your life in reactions. "

"Life is a continuous vibration of up and down. And in this up and down, try to be neutral; be seated in your own spiritual integrity. "

"Never give a man your opinion; they get offended. Let him ask your opinion. What is a man? He is pure, living, shining ego. When you give your opinion, he has to counteract it; he has to. When he asks your opinion, he has to obey it because he asked. The same ego which is going to reject is going to obey. Do you understand the psychology?"

"It is the committed woman who can have a committed man. Man is committed in equal proportion to the woman as life goes on. If you commit two hundred percent, man will be committed two hundred percent. If you commit twenty percent, man will be committed twenty percent. "

"As long as you think that a man needs you for such and such, it is a business; then there is a profit and a loss. When the relationship is established with no profit and no loss, then you both have understood each other."

"The process of self-healing is the privilege of every being. Self-healing is not a miracle, nor is self-healing a dramatization of the personality as though you could do something superior. Self-healing is a genuine process of the relationship between the physical and the infinite power of the soul."

"You have to understand the process of healing in the Age of Aquarius. What will give the healing is the flow of your soul energy. "

"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."

"The art of healing, the art of ecstasy, the art of God-consciousness has millions of names in mystic terms. It has to do with rhythm and reality. When the body is in rhythm, there is ease. When the body, or any part of the body goes out of rhythm, there is dis-ease."

"Whether you are a medical doctor or a chiropractor or another type of healer, life has a challenge that you have to be egoless. You have to just become, without self, a healer at that moment, for that purpose. "

"As a healer, the first thing to tell every patient is to breathe deeply. Shallow breathing means no endurance, no patience. "

"When you can take a dive to the depth of Infinity, you can also understand and measure the height of Infinity."

"Prayer is when the mind is one-pointed and man talks to Infinity. Meditation is when the mind becomes totally clean and receptive, and Infinity talks to the man. "

"It is not meditation that stops the mind. It is the surrender of the mind to the soul, and the soul to Truth. It is when you prefer the word of Truth to the word of your own intellect."

"Sometimes you ask, Which meditation will work out? Every meditation will work out! "

"Meditate. Any dirt of ugliness in your mind can only be wiped out by meditation. Get rid of them. What is meditation? Calming yourself and looking toward the infinity of God. That is meditation; it is simple. "

"Meditation is the creative control of the self where the Infinite can talk to you. "

"The active mind becomes still when you meditate, and the passive mind becomes active. When thoughts come to you, don't get upset; let them pass through. After some time of meditation you will find a time when no thought will be released by the passive mind. Then you will enjoy a state of bliss. "

"What man seeks is a woman who will never let him down, who will never attack him as a madwoman, and who will always come through with wisdom. Three things. Sex is extra. Cooking meals is extra. Pressing his shirt and his pants is extra. Doing his laundry is extra. There are three hundred extras and three things which are real."

"Woman can only be a woman if she has grace around her, and man is only a man if he has courage around him. Man without courage and woman without grace are so-and-so's. That is the politest thing I can say."

"As long as you think that a man needs you for such and such, it is a business; then there is a profit and a loss. When the relationship is established with no profit and no loss, then you both have understood each other."

"You cannot make your life a reaction to others; you must make your life your own. "

"The soul is a continuous source of yourself. The body and mind are given to you to serve the soul. "

"If we are pure, we are clean. Then our soul's light can shine through our own mind and we can be creative and beautiful. The real strength, the real beauty, is that of the soul which should not be blocked by the darkness of the mind."

“The moment you touch your soul, you become fearless. ”

“As long as you are not spirit you are not going to be happy, you are not going to be, and you are not going to have fun. Spirit is the fun, spirit prevails, spirit is your decoration, spirit is your make-up, spirit is your being, spirit is your identity and your spiritual projection is your power.”

“We are not Indians. We are not Americans. We are not Germans and we are not French. We follow a spiritual bond, and spirit is not divided by the boundaries of political arenas. The projectivity of the magnetic field of the soul is always at the same frequency wherever it exists. It is called the lifeline.”

“When people start serving the soul, which is everywhere and nowhere, they start becoming the soul; and the soul is a part of God. ”

“The only thing the body and mind are given to you for is your soul, the spirit. When you are serving your soul, you are subtle, calm and peaceful. Whenever you are serving your ego, you are fearful and afraid. ”

“The purpose of life, the attitude of life, is to serve the soul. ”

“The soul is the highest self, body and mind are there to serve the soul. But when the two servants start serving each other, the Master goes hungry. That is why souls are hungry, empty and in pain. The soul can only find liberation if the mind and body serve it. ”

“If the body does not flow with the soul and the soul cannot command the body, the human life is lost. It has no purpose. The relationship between the human body and the soul is like the relationship of a lover and a beloved....The soul is in every part of life as the beloved is in every part of the lover.”

“That is the first sign, the first qualification of a Kundalini Yoga Teacher--that he goes through calamity with a radiant smile, he deals with another person with a most humble understanding and he lives in the core relationship of Imperial Majesty.”

“A teacher has a primary responsibility to be a conscious leader, to be ahead of the times.”

“As long as your ego exists, you are not a Teacher. As long as you expect appreciation, you are not a Teacher, you are a begger. ”

“You are a fountain of love, blessing, grace, bounty, beauty, and bliss, but you seek from your student public relations, admiration, appreciation. And then you proudly say that such-and-such model and such-and-such actor and such-and-such this comes to your classes. What do you teach, acting or reality?”

“I would like to explain something to you. It is not a good thing to become a teacher of Kundalini Yoga and mix other things. When you practice Kundalini Yoga, you stay with it only. Remember that.”

“Meditation is the art of breaking habits, to purify the mind and to take care of day-to-day things.”

“When you talk effectively, be very polite, because if effectiveness does not carry the politeness, it can hurt. Effective talking is from the fifth center, fifth lotus, throat chakra.”

“Love is a state of mind where you fall and the fall is bottomless. Once you fall in love you cannot stop; if you can stop, you have not fallen. ”

"The known formula for happiness is: Commitment will give you character. That will give you dignity. That will give you divinity. That will give you grace. That will give you the power to sacrifice. Then you'll feel achieved, and you'll be happy."

"Commitment is the ability for your whole self to sustain its status in projected reality of action. Then people can trust you. Otherwise, it is like building a cozy bungalow on the top of a volcano. If you act like an earthquake or volcano, who will build upon you?"

"If tomorrow a problem comes, just remember who your teacher is. Just remember at that time who is your teacher. You will find a solution. And if that really comes through to you, then believe it."

"In the worst scenario, sit down, close your eyes and talk to your own soul, spirit. The moment that becomes your attitude, all things you need in life shall come to you."

"Smile in adversity; that is the first lesson."

"If you do not understand that life is there to challenge you with every breath of life, you do not understand living. If you do not challenge your life yourself, somebody else will challenge it."

"Everyone, whether a king or queen, pauper or beggar, lover or deserter, attorney or accused, is going to be challenged in life. One thing you cannot escape is challenge. Whether you challenge the challenge or you give in to the challenge, that is what decides your spirituality. Is your spirit higher than the challenge so you can face it?"

"Spread the light and the grace and be alert. Take cold showers. Meditate. And pray. So that adversity may not make you a victim. Difficulty is very simple. You have to decide between victory and being a victim. You understand? And choice is yours. It is a free choice."

"You may lie to the whole world but never lie to a child because you will hurt his innocence and he will come back on you a hundred times more powerfully later on."

"Every child is born as karma to parents, but also every child is born as karma to himself or herself. There is double action and people mostly forget this. One is the karma to parents, the other is the karma to the self, and in between a person has to develop and grow and become free."

"The prayer of the mother is the most powerful tool. Once you give birth to a child, give him the highest gift: pray for that child. Giving birth to a child and not adding prayer to that child is just building a house with no foundation."

"We use our children for security. Then our children use us for security, and life is a mess. Give children their own security; their security is Truth and God. Give them the true identity of themselves and you will have angels on this Earth."

"If we cannot create an institution in which we create oneness of two individuals, then a child cannot be born with the caliber and intelligence to save the planet Earth"

"Kundalini Yoga is uncoiling yourself to find your potential and your vitality and to reach for your virtues. There is nothing from outside. Try to understand that. All is in you. You are the storehouse of your totality."

"Yoga is not going to make you great. Yoga is going to make you you!"

"Yoga was made for a person to be healthy, happy, and holy. Kundalini Yoga was made to be healthy,

happy, and holy and aware! The secret of your soul is awareness. ”

“I am asking you to be committed so that you can have self-confidence, self-projection, so that you can create a strong enough magnetic field that you can be graceful, dignified and noble. ”

“I am trying to relate to you the power that lies in obedience to your own commitment. Once you commit, obey the commitment and everything that you want to achieve you shall achieve. ”

“Life is a chance to commit, and commitment means to go through it, to complete it. It is an experience. ”

“Love is a process in which ego is lost and infinity is experienced. ”

“If the entire divinity and domain of God sits in the heart of a person, and his longing becomes timeless, then man can develop the capacity to love. ”

“Time and space cannot play any part between two loving hearts.”

“Love knows no pain, no sacrifice is too much for it; it is an absolute one-pointed state of mind toward the well-being of the other person who is called lover or beloved. ”

“Love is a self-acknowledgement. When I love myself, I can be so rich that I can love everybody.”

“By construction, the fulfillment of a woman is motherhood; and motherhood does not mean that she gets pregnant and delivers a baby. If you understand her total behavior, you will understand her motherhood. Her motherhood is service, her motherhood is sacrifice, her motherhood is relationship. When she knows motherhood, she is fulfilled. ”

“One thing shall never betray a woman: her own light and her own radiance as a woman. If the light within you can guide you, you will definitely excel.”

“The time has come when a daughter should be treated as a daughter, a mother should be treated as a mother, a wife should be treated as a wife, and over and above all, woman should be treated as a woman.”

“Woman has to understand her role. Her role is not to worship God; her role is to be the very self of God. Her oneness can affect and open every heart.”

“Just as rain showers on the land and brings green things, so on woman God showers His Blessing and brings forth from her heart humanity. ”

“The noble woman is the goddess which Almighty God worships. It is the altar to which God bows. It is the grace which produces God's soul. It is the ultimate infinity of all virtues. It is the power of all kindness and blessing of God, and the noble woman is the essence of all prayers.”

“You believe the woman is a doormat. I believe woman is the door to God. You believe woman is the chick and I believe she is the eagle. Her sway and her grace is keeping the earth in its own place.”

“Your physical structure and the male physical structure are different. Your hormones and male hormones are different. Your psyche and the male psyche are different. Now where have you learned to compete with something which is totally not you, but is your polarity? Male is not you and you are not the male. There is nothing in common. There are two different polarities, two different psyches, two different persons with two different geographies. How can you bring the Himalayas to Sri Lanka? Or how

can you take the Rockies to New York?"

"Your commitment should be more precious to you than your life. If commitment is not more precious than life then within that life you cannot commit to anything, you will not achieve anything. "

"In your commitment is your essence of your flow of spirit. In your commitment you know who you are. Without commitment, you do not know who you are. "

"It is the conscious commitment which gives us happiness and progress. If our commitment is emotional and temperamental, it is not going to work. "

"The process of growth through Kundalini Yoga is a natural unfolding of your own nature. The blocks to that growth are your attachments to the familiarity of the past, and your fear of the expanded Self. As you practice Kundalini Yoga you will grow. Like a snake you will need to shed old skins to be more of who you are."

"One Kundalini Yoga set done well is more than one needs. I don't believe in freaking out on Kundalini Yoga sets. That's not Kundalini Yoga. One good set a day, is more than enough. Everything in life is a bunch of tools to build up yourself so that you can totally realize yourself and experience yourself."

"Don't do sadhana for your husband, and don't do sadhana for anything else. Do sadhana for yourself. If you cannot get up in the morning at 3 o'clock, if you don't take your cold shower, if you don't massage your body, if you don't do all those things, you pay during the day. Everything is in balance. If you don't sharpen the knife, what do you think you can cut with it? If you don't sharpen your mind, if you do not shine your soul, what are you going to do during the day?"

"Sadhana is self-enrichment. It is not something that is done to please somebody or to gain something. Not at all. Sadhana is a personal process in which you bring out your personal best."

"There is something called seva, which is done with your heart and head both. It is done in the Name of God, in obedience to God, and for the sake of God. What that brings no man can give you. "

"Elevate. Each day, live to elevate yourself, each day elevate one person. Make elevation your religion and you shall reach infinity. "

"When you cannot give, you are not God; and without giving there is no God. "

"We have chosen a way of life to welcome everybody, to love everybody, to inspire everybody and to uplift everybody. "

"Service is when you totally don't feel like serving; you're tired, you're jet-lagged, you're obnoxious, you're very, very angry; and still you go into the kitchen and you make a good dish and you say, "Are you hungry? I made this for you"-that's called serving. "

"Seva means doing a service, a service with no return. That is how grace gets multiplied, when you are not seeking any return."

"Love is not enough; intelligence is not enough; powerful strength is not enough. You may put everything on one side of the scale, but if you are missing gratitude, you shall lose. "

"Gratefulness will make you great."

"The problem with you is, you want to be appreciated all the time, but you do not know to appreciate all the time. "

"To start with, you should have an attitude of gratitude. Without an attitude of gratitude, neither prosperity nor pleasure, joy nor happiness means anything, and it works this way. To those who have an attitude of gratitude and who do it with innocence, Mother Nature brings all the wealth, health, and happiness. "

"The only way a relationship between you and God can be established is if you become grateful and build up a standard of gratitude. Only then will fulfillment come in life. Only then can you be happy in life. Only then will you be fulfilled in life. Because in God we trust and in God we dwell."

"The attitude of gratitude is the highest way of living, and is the biggest truth, the highest truth. You cannot live with applied consciousness until you understand that you have to be grateful for what you have. If you are grateful for what you have, then Mother Nature will give you more. "

"You do prayer when you are in difficulty. Pray when you are not in difficulty! That is the attitude of gratitude. "

"Conscious communication is called turiya, when you are totally effective, totally understood and totally truthful. "

"Your electromagnetic radiance should be continuous and should be creatively high. That's why there is discipline. That's why we do sadhana. "

"Getting up in the morning to do your sadhana does not mean you will become God. No, getting up in the morning, you will become you! "

"When a person gets up in the morning and does the sadhana, you know what accompanies that person? All the angels, all saints and sages come to listen. Their souls fly to those places to listen where God is chanted."

"Prayer is the only power we have. It is my personal individual belief that prayer can change the Universe. Politics and power cannot. "

"Prayer means power. It always was, always is, and always shall be. And it is the power of prayer before which God is humble, God is junior. Every man can become commanding over God through his prayer."

"Prayer is the power to tap your own unknown and bring it to your known and become radiant."

"Whenever you want to reach your own unknown you pray. The only channel through which your own unknown can reach you for help is the power of your own prayer. Prayer is not talking to God. "

"There is no damage so serious, even though it is to the point of insanity, which cannot be erased by the power of prayer. "

"The power of prayer can bring peace to the earth and peace to the heart."

"Marriage is an institution of willingness, in which two identities want to amalgamate. It's an amalgamation of two egos to bring out a neutral new personality."

"The purpose of marriage is, what is not my grace, she should bring it to me. What is not her grace, I should bring it to her."

"No two people really know each other before marriage because it takes about seven years to know each other, another seven to understand each other, another seven to live with each other and another seven to enjoy each other."

"Those who will just identify their identity into the oneness of each other, God shall serve them. God shall not only bless them; that's too little of a thing to ask for. God becomes the servant of those who amalgamate their egos and bring one identity out of the union of the two. They are such that God grants them the soul for which their generations will live forever. And that is how saints are born on the Earth."

"There is no relationship between a male and a female unless both of them decide to work on each other, because both are polarities. You want a relationship which is totally romantic-and that doesn't exist. "

"There is only one thing--that is amalgamation forever. Good and bad, great and small, all of it is in one pot now. In this you will find peace and tranquility."

"Why are there quarrels between husband and wife? Because they have never tried to become one. They are still two who are living under one roof. They are still two who are sleeping in one bed. They are still two who are managing one home. They are still two; one is driving the car and one is sitting and sleeping on the side. But they have not yet become one. Marriage is when two become one. "

"Try to understand marriage. It is a simple, unique situation. Where amalgamation takes place, a new metal comes out of the two. A new ego comes out of the two. A new identity comes of the two. And it is forever; it is not only for today and not tomorrow. Try to understand. Everything can come to an end. Even life can come to an end. But one thing even God cannot end: the desire to be one in each other. This desire even God cannot take away"

"There is no criterion in life that will carry a marriage, or satisfy the marriage, except your creative communication with the man you love."

"Marriage is not to control each other; marriage is not to love each other, marriage is not even to live with each other. Marriage is to BE each other. Anything else is not marriage."

"When you speak, stand behind it. Don't say what you don't mean, otherwise, you'll be the worst mean person. Don't say what you feel! Don't speak what you feel, speak what your consciousness allows you to speak."

There is such an immense library of Yogi Bhanjan wisdom, I love sorting through it to find the most potent quotes! I offer you my hand picked best here. Enjoy.

☾☆☽ LIFE ☾☆☽

"It isn't life that matters, it's the courage you bring to it."

"You must dive deep into the core of your I-Am-ness. Your life must be a challenge and that challenge must come from the very heart of you. You must know who you are, and you must submit to your essence."

"Just understand one word. Take it from me, I'm not giving you any Sanskrit word or any religious word or anything. I'm just telling you something which will help you survive through all odds. Whenever you face anything and you don't have an answer, just call yourself inside and say, "Victory." Lean on 'Victory.' Make it a guide word, make it a precious word. I don't know what you are, who you are, why

you are. Don't ask questions. Don't do your analysis. Don't try to solve problems. Just utter the word 'Victory.' With just the mental utterance of this word your whole life will change. Mentally utter the word 'Victory.' Try it. You'll find the strength of a hundred angels behind you."

"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. "

"I still say every human who breathes is God, provided that person realizes this truth and acts like God."

"Your Infinity is you when you stop thinking. Have you stopped thinking? That's the end of it. Awareness takes these things away from you: thinking, reason, logic, argument, fantasies, planning, scheming, knowing and worrying. These nine things must go before you can say that you are on the path of awareness. Do you know why? Because the One who rotates the Earth can take care of your routine. These nine things you do are unwanted. They only satisfy your ego. Where there is ego, there is no amigo."

"We are not asking you to become religious. We are definitely asking you to become spiritual. for God's sake, find your soul. Find out where you have come from, what you are doing here, and where you are going. Look at the map of your life.

Our mission is simple, the Age of Aquarius is dawning -- it can't be avoided. There shall be people who will believe in experience and spirituality, who will need a healing hand, who will need a committed, strong character and heart. They will need a person who is vast like Infinity, who's high beyond the sky and deep beyond the center of the Earth -- who's everything. But you don't want everything. you want what you want; you don't want what you don't want."

"The question is, "Are you spiritual or are you not?" The Truth is you are. The reality is you don't believe it."

"The fundamental law of Truth is that it penetrates through all darkness."

"Caliber will make you deliver.

Character will sustain you.

Consciousness will carry you.

Courage will bring you honor.

Commitment will bring you trust."

"This is the most funny, most idiotic, most insane thing I have heard: "Oh, I am an old soul, he's an old soul, he's my soul mate." And they screw each other. Can you believe this soul-mate business? Souls have started screwing. God bless America, this great country! When I heard that, I said, "Wow, we've had it." "This is my soul mate. I want to marry her." Souls marry? Souls don't marry. They don't. Really, they don't. Souls don't marry, and souls don't mate. Souls have no mate. Everything is a soul mate. The entire existence is one soul, as there is one sun and there are a million rays. That's how it all is."

"The art of being smart is to be small, which can contain all.

The art of success is to answer the call of duty with grace and compassion.

The art of happiness is to serve all, and all shall serve you.

These are three fundamentals."

"You have not yet learned what spirituality is. Religion is not spirituality. Your knowledge is not spirituality. Your happiness is not spirituality. Your good luck and tragedies are not spirituality. Spirituality is facing yourself with a smile when life confronts you."

"Trust is the keynote of life. If you trust in God the entire creativity will trust you because everything belongs to God. Trust is the key of love, happiness, dignity, divinity and grace."

☾☆ WOMEN ☾☆

"If a woman sits with folded hands in her lap for a few minutes every day, and feels she is a container so vast that she contains the whole Universe, she will never feel weak or have any problems. There is nothing beyond woman except God."

"You are woman, not a playmate. You are a woman, not a good-for-nothing. No creature on this planet has the beauty, the strength, and the power that you have as a woman."

"You do not understand your features. Your features are not your beautiful nose, your beautiful cheeks, beautiful lips, and so on. These are not your features. Your features are your beautiful behavior, your beautiful character, your beautiful health, your beautiful spirit, your beautiful advice, your beautiful wisdom, your beautiful inspiration."

"You don't need make-up; you don't need to make up for anything. You are known by your spirit. You shall project out by your radiance. You shall be loved and honored by your excellence."

"Not only are you powerful, you are prestigious. Not only are you prestigious, you are beautiful. Not only are you beautiful, you are consciousness. Not only are you consciousness, you are the spirit. Not only are you the spirit, you are the security of the future, the most bountiful beauty ever God created. Men call it 'woman.'"

"May the light within you guide your way on. Because when you look to the outside for light, there is a possibility that you may be blinded and exploited. But one thing shall never betray a woman: her own light and her own radiance as a woman. If the light within you can guide you, you will definitely excel. The time has come when this exploitation must stop. The time has come when a daughter should be treated as a daughter, a mother should be treated as a mother, a wife should be treated as a wife, and over and above all, woman should be treated as a woman."

"By construction, the fulfillment of a woman is motherhood—and motherhood does not mean that she gets pregnant and delivers a baby. If you understand her total behavior, you will understand her motherhood. Her motherhood is service, her motherhood is sacrifice, her motherhood is relationship. When she knows motherhood, she is fulfilled. "

"When are you going to decide, 'This is the end of my exploitation—I am going to live today as a woman.' When are you going to learn to stop being anything other than a woman?"

"The universal Infinity we bow to, this Adi Shakti, this kanda, that represents Infinity. That's our symbol. When we worship Infinity, then we appreciate the Infinity, we bow to the Infinity, and we ask the Infinity to be with us. When you are with Infinity, you are not limited."

"Accept yourself early in the morning when you look in the mirror or when you open your eyes—just say, "By the Grace of God, I am a complete woman." One affirmation only, and remember it throughout the day. Dress up for yourself, be for yourself, and carry yourself. You will never be handicapped."

"Woman has to understand her role. Her role is not to worship God; her role is to be the very self of God. Her oneness can affect and open every heart."

"You must, in your own mind, understand that you are the keeper of your own grace, your own character, your own commitment, your own standard."

☪️ YOGA ☪️

"Yoga is the science to unite the finite with Infinity and the art to experience Infinity in the finite."

"Longitude and latitude are given to everybody. Altitude and attitude are given by Kundalini Yoga. When the spiral rises to penetrate through all the chakras, the man knows he's Brahman. That's why they say Kundalini Yoga is dangerous. It's dangerous because it takes away from the man the ability to be exploited by another man. And for some, life without exploitation has no juice."

"Actually, Kundalini Yoga means awareness. Awareness is a finite relationship with infinity. That's all it means. This dormant energy is in you. This awareness is sleeping so you only experience (a limited part of) your full capacity. When it can be extended to Infinity, you remain You! In that state, nothing is lacking. This is the basic human structure, the framework through which we have to function."

"I have found that people lack a basic understanding about the goals, process, and techniques of Kundalini Yoga. They do not understand the core concept of yoga. Some people think yoga is a religion. Some people think it is physical exercise for vitality and health. Some people think it is a psychological system that develops the potential of the psyche. In reality, this is all based on misunderstanding. Yoga is essentially a relationship."

Consider the origin of the word "yoga." Yoga, as we in the West understand it, has come from the biblical word, yoke. This from the root word in Sanskrit: jugit. They both mean "to join together" or "to unite." Yoga is the union of the individual's unit consciousness with the Infinite Consciousness. The definition of a yogi is a person who has totally leaned on the Supreme Consciousness, which is God, until he or she has merged the unit self with the Infinite Self. That is all it means."

"Yoga is a technology of awareness. It starts with the universal human predicament that regardless of your individual level of experience and awareness, the underlying reality of every human mind is that it is both infinite and creative in potential. This unlimited potential is limited in practical action. Your possibilities meet with your actualities at the border of awareness. Awareness varies and gives you different choices and capacities. To break the unconscious limits, a person needs a technical know-how. That know-how is required to expand the caliber and capacity of the mental faculties, to bring about an equilibrium, to control the physical structure and to experience the Infinite Self."

"The techniques of Kundalini Yoga form the owner's manual for human consciousness. Yoga explores your dimensions, depth, nature, and potential as a human being. In simple terms, that is all that yoga means."

☪️ MANTRA ☪️

"We meditate so that our minds can be sharp and alert. We chant mantras so that your souls may be ignited like candles. We walk in the light of this beauty."

"Mantras are not small things, mantras have power. They are the mind vibration in relationship to the Cosmos. The science of mantra is based on the knowledge that sound is a form of energy having structure, power, and a definite predictable effect on the chakras and the human psyche."

"Just see how powerful a mantra can be. All the stars and the Universe are very powerful, I am not disagreeing with the powers. But, by chanting a mantra, just see how powerful you can be."

"What is a mantra? Mantra is two words: "Man" and "tra." "Man" means mind. "Tra" means the heat of life. "Ra" means sun. So, mantra is a powerful combination of words which, if recited, takes the

vibratory effect of each of your molecules into the Infinity of the Cosmos. That is called "Mantra".

"We have totally forgotten that this Universe is the outcome of vibration. This Universe is not communication. This Universe is not money. This Universe is not love, it is not sex, it is not beauty, it is not even God. That one line is true: "In the beginning there was the Word, Word was with God, and Word was God." That's all it is about. What is a word? Creative vibration."

"Every element of the Universe is in a constant state of vibration manifested to us as light, sound, and energy. The human senses perceive only a fraction of the infinite range of vibration, so it is difficult to comprehend that the Word mentioned in the Bible is actually the totality of vibration which underlies and sustains all creation. A person can tune his or her own consciousness into the awareness of that totality with the use of a mantra. By vibrating in rhythm with the breath to a particular sound that is proportional to the creative sound, or sound current, one can expand one's sensitivity to the entire spectrum of vibration. It is similar to striking a note on a stringed instrument. In other words, as you vibrate, the Universe vibrates with you."

☪ TEACHING ☪

"The first role of the teacher is to be humble...the character, the courage, the grace, and the magnitude of a person is in practicing humility. One who cannot go under can never grow. The first power of the seed is to go under, and then grow.

So, the first principle of a Teacher is, "I am not." If you cannot practice shunias you cannot be a teacher of Kundalini Yoga. Shunias means zero. The moment you become zero, then all powers will prevail through you. The moment you become that, then everything radiates from you."

"Call yourself anything, be anything, label yourself with anything. But there is no identity for you, except your spiritual identity. There is no grace in you but to learn. There's no achievement other than to become learned. There's no power but to share what you have learned with all and everyone."

"A Teacher only sees the flow of God and is just a vehicle. Have you seen a water tap in a building where you press the button and water comes? You quench your thirst and you leave. Understand?"

"There are three things you cannot hide: smell of the garlic, fragrance of the flower, and the wisdom of the teacher."

"A Teacher gives you an experience; a preacher gives you philosophy. Without experience you can never become a Teacher, you become a parrot. There's a difference between a wise Teacher and a wise parrot Teacher. They 'quack quack' everything, they know everything, they can talk about everything, but there's never an experience."

"You do not give anybody anything. As a Teacher of Kundalini Yoga, it is your subtle body which has the power to reach everything and anything and can change the molecular structure in 0.0003 trillionths of a second. That is your power. Your power is in your sight, in your touch, in your word. Sight, touch, and word. These are three things you have. You spoke, "Eat this, you will be healed." You are healed. You look at it and you say, "You are healed." There's no power in Almighty God to change it. Do you know what I'm saying?"

"You shall refuse none, therefore you shall accept none. That's the most difficult thing in the life of a teacher. Therefore, in Kundalini Yoga we don't initiate. We are not swamis. We are yogis, and the pair of opposites do not affect a yogi—neither praise nor insult."

From <<https://www.mantrasandmiracles.com/blogs/news/an-epic-collection-of-the-best-yogi-bhajan-quotes>>

"Here are the rules of communications to memorize:

Rule Two

Whatever you are going to say is going to live forever.

And you have to live through it.

Therefore, take care you don't have to live
through the mud of your own communication."

"Here are the rules of communications to memorize:

Rule One

You are communicating for a better tomorrow,
not to spoil today."

Yogi BhaJan

"Individual consciousness will refine you, group consciousness will expand you, and universal
consciousness will redeem you to Infinity."

5 points

Saturday, September 9, 2017

1:20 AM

1. Recognize that the other person is you.
2. When the time is on you, start, and the pressure will be off.
3. Vibrate the Cosmos; the Cosmos shall clear the path.
4. There is a way through every block.
5. Understand through compassion or you will misunderstand the times.

- 1 You exist. (I AM)
- 2 Everything is Here/Now.
- 3 The All is one, and the One is all.
- 4 What you put out is what you get back.
- 5 The only constant in the universe is change -
except for the first 4 postulates, which never change.

1. Never obey anyone's command unless it is coming from within you also.
2. There is no God other than life itself.
3. Truth is within you, do not search for it elsewhere.
4. Love is prayer.
5. To become nothingness is the door to truth. Nothingness itself is the means, the goal and attainment.
6. Life is now and here.
7. Live wakefully.
8. Do not swim—float.
9. Die each moment so that you can be new each moment.
10. Do not search. That which is, is. Stop and see.

Four Agreements

Monday, October 16, 2017 9:09 AM

The Four Agreements are:

1. Be Impeccable with your Word: Speak with integrity. Say only what you mean. Avoid using the Word to speak against yourself or to gossip about others. Use the power of your Word in the direction of truth and love.

2. Don't Take Anything Personally

Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

3. Don't Make Assumptions

Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.

4. Always Do Your Best

Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret.

From <<http://www.toltecspirit.com/>>

Words of Wisdom sets

Monday, October 16, 2017 10:53 PM

Four Agreements

1 intro

Introduced by a college class, these agreements didn't register with me until

#fouragreements #DonMiguelRuiz #toltecwisdom

#wordsofwisdom #quotes #wisdomset

2 Be Impeccable with your Word

Life has a way of obviously reminding you when you aren't true to what you say, no matter how big or small. It's not about fulfilling your daily promises to yourself or others, just to check it off the list. It's about making a conscious choice to stand by what you say and be confident that in that moment that's your truth. It's OK if later in life you're grown and changed and that no longer is a truth for you, but the feeling of relief and safety you get from being able to stand behind everything you say in that moment far outweighs any benefit of lying for the sake of not seeming wrong in retrospect.

3 Don't Take Anything Personally

This one is quite obvious, but we do need to be reminded - you never know what's going on in someone's life at that moment. It's worth remembering - that we are all rather selfish creatures. Everything we do, we think about ourselves first, to make ourselves feel better. If someone gives a compliment or does something good for you, don't take it personally - even if they meant it, you're at risk of sticking up your nose and turning that ego to full volume - when that person could just be saying something nice to work off their own karma. If someone says or does something mean - it's also probably a way to roll off some stress and make themselves feel better in the only way they know how.

4 Don't Make Assumptions

Almost goes hand in hand with the previous agreement - you never want to assume what's going on in a person's life. But in relation to your own life, this is a very valuable tool for self-preservation. We all know that phrase - when you assume, you make an ASS out of U and ME. So Cover Your Ass and always ask questions - to others and to yourself. Test your beliefs, information that you take for granted, a gut feeling even - is this person really safe and on my level, or I am just assuming so because of stereotypes and clichés?

5 Always Do Your Best

This brings us full circle to the first agreement.
It's also a boon to always to

6 Conclusion

1. Intro

#yogibhajan #kundaliniyoga #aquarianage #5sutras #3ho #yoga

#wordsofwisdom #quotes #wisdomset

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