



Excerpted from Post Tantric Lecture by Yogi Bhajan  
Summer Solstice Sadhana 2010  
*Kundalini Yoga as taught by Yogi Bhajan®*  
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“...This course, which you have gone through three days was designed not by me, I don’t take responsibility. It was meant to teach you something and that’s what I am trying to explain to you. I know you are Americans, and you are Western, and you are crazy. You have been told that life is granted and it is in your hand. My dear, it is not true. Look at the system of life: you have a spirit, power, grit; that great thing you talk about, all of it comes from your soul. You have mind, sharpness, intelligence, and you have body, physical appearance. But just remember one thing, which you normally forget, doesn’t matter if you follow anything or not. That physical body is just one body; you are a combination of ten bodies. They all have a balance.

You have three minds, granted. You are given a negative mind because you have right of life. The job of the negative mind is whatever you see, whatever you hear, whatever you smell, and whatever you feel the negative mind is to process it to let you know what is the danger for you in it. Then you have positive mind which should tell you what is the benefit in it, you never reach it. What your positive mind does, it goes to the subconscious and pulls all the previous hurts, pain, and duplicates it; it triples your negative mind. Then you must process to reach the neutral mind to tell you what it is. That’s why either you trust people or you don’t, you love people or you don’t. Your life is very cut and dry, cut and dry land is like a desert, it’s a land there’s no life in it, there’s no joy. That’s why there is no joy in your life.

My idea twenty years ago to teach you Kundalini Yoga, tomorrow is our twentieth whatever, call it anything. My idea is to teach you Kundalini Yoga was a personal risk. Kundalini Yoga has never been taught as we do. I broke the rule, I have read the scripture, and it is prohibited. When I came I talked to myself when I said, “Okay, what is a risk?” Let us do it. If I die within one year and bah, bah, bah, whole thing it matters nothing. When I came in this country I was not Mahan Tantric, I didn’t have any power, and I didn’t lie. One thing you must agree with me I... You can call me anything in the world but I am a very daredevil, I only believe what I know. Because you are, you call yourself my student but you have not followed my one, one quality.

My one quality which is very excellent is what I say, I mean it and I deliver it. Otherwise I will never say and I have never subject myself to anybody. My love of Guru Ram Das is just that true. I never subject to myself, doesn’t matter who you are, what you are, what you can do. It matters to me very little because you must understand like you, I also, I am a slave of my own Karma. In my last life if I would have taught as good as I am today I would not have come, so we are very promised friends and we are promised people, I have to do my job, you have to do yours, you can pick it up or you can drop it, it is your problem. For you woman is great; wealth is great, all that nonsense is great. That’s all here, that’s the means. And you will be extremely a mean person if you are stuck with means, just not forget the end. End is very simple, from time immemorial to time immemorial, end is only one: I am, I am, God and me, me and God are one or Sat Nam. Sat, what is Sat?

Student: Truth.

Yogi Bhajan: Dead wrong, there is no truth. Let me tell you certain things, there is no such thing as God, there is no such thing as truth, if you cannot identify yourself Nam. Nam means noun, noun is the name of person, place or a thing.

Let me tell you something in a very simple dramatic way, how you can find God. Easy. You don’t have to work for it. Don’t even do Sadhana, don’t become a Sikh, don’t become anything. This all we do only for one thing that we may become self-conscious of our consciousness. None of you who is a human being whether you are woman or a man, you are ugly, dirty, small, big doesn’t mean anything. You get up in the morning and you are human being, your intellect, this Shashara, give you thousand

thought per wink of the eye, so your morning shall be always in doubt. Whole day you will use your intelligence if you have to sort it out. Then comes the night and then you will sleep only if you have become victorious.

Now let us talk in English: Parma, Karma, Dharma. Doubt, action and reaction, and faith. Lot of you are very burnt when you hear word faith, what faith? Faith is nothing but applied consciousness, when intelligence and consciousness get together it becomes applied consciousness, you may be very intelligence you are useless, you are no good. Intellectual are never intelligent, intelligent are no good, so what do you want to be. So you have to develop something which is intuition and intelligence with your consciousness. So just remember what is Dharma. I'm not talking to you. I am using you for the coming generation to follow the suit. Dharma religion, reality, infinity, bliss, Sat Chith, Anand, truth, mind clarified mind like ghee and bliss. It is the product of intuition plus consciousness. That is Dharma, it is not difficult.

There is no Sat; truth: not possible. Don't be fool, you can't buy it, you can't sell it, and everybody like me who teaches is all a business. Some are good businessman, some are small, some big deal, some small deal, some can make fool of you, some can make tool of you, some can make whatever they can make of you.

Let me tell you what reality is. When I was the commanding officer of home guard in New Delhi, one night I just said, "Let me go and check the armed guard, and see how the armory beat is." It was a natural instinct, so I didn't tell anybody, didn't telephone anybody I just put my own civilian clothes, I got up on the cycle pedaled it up, and I went there. So when I entered, the sentry on duty he said, "Hold, who is there?"

I remember it because it happened to me personally. I just stopped. Well I am a professional soldier; there was no problem. Then I heard the bullet, that bolt and bullet clicking (makes clicking sound) and he cocked the raffle. He louder than before he said, "Password," and I knew if at this moment I'll not say something is right coming through me and it is (?) and it (?), and I'll be in pieces all around.

And I said whatever the secret password was. I knew it, I announced it, and then I stopped and he clicked it back and I know now the bullet has gone back into the chamber.

And then he said, "Pass friend all is okay."

I had a little sweat on my forehead; it is normal. Your parasympathetic little reacts to it and I walked in, and at a little distance when he totally recognized me and he shouted, "All well, all well", within the spur of the second, the entire guard followed and when they recognized me they gave me presentation of arm. I walked in, inspected it, wrote my note, I walked off. Got on my cycle came home. That's all God is about. Mantra is the password, you are laughing; it's true.

(Student: Laughter.)

Your mantra is your password, and your courage: the grit to identify is Sat Nam.

*'Sat Nam Thee Keerthan Nam Japay Meraie Jeeba Sat Nam Tero Poora Pool Bala Inie Sat Nam, Sat Naman Saie Akasam, Tahay Zimatha Pasam.'*

Through Sat Nam all the creation came.

If five words and there are five words as there are five Tattvas Sa Ta Na Ma. You know everybody has a nickname, God has nickname too, and that is Sat Nam. True identity. What is true identity? What is this Sat Nam? What is the truth we are selling to each other? It's a business. That is identify in our own song, That's why we told you yesterday, if you believe in your song you can never go wrong. That's why I came today also, to teach you Sat Nam. Sat Nam is not what they tell you, there are scriptures and books, they are twenty-two religion, eight religion all talk about Sat Nam, they do not still know what it is. You know what Sat Nam means? Anybody, Sat Nam is your first line of the song of Khalsa repeat it,

Student: (---).

Yogi Bhajan: Now let us nicely sing it.

Student: Singing the Song of Khalsa.

Yogi Bhajan: That is Sat Nam. It is your American song, it is in English, and this is the true, exact truthful meaning of Sat Nam. When temptation has the whole universe in palm of hand and death is confronting you, you stick to your own reality. Less than that Sat Nam is in the scale of one to ten, five, four, six, two, one. Temptation, temptation, you want to know temptation, it is in Japji.

*'Jay Jug Charay Aarjaa Hor Dasooni Hoe  
Navaa Khanda Vich Jaanee-ai Naal Chalai Sabh Koe  
Changa Nao Rakhae Kai Jag Keerat Jag Lay  
Jay Tis Nadar Na Aavaee At Vaat Na Puchhai Kay.'*

That is temptation. If in the four worlds *Jay Jug Charay Aarjaa* your life is more and more, more and it is ten, ten, ten hundred times more; *Jay Jug Charay Aarjaa Hor Dasooni Hoe Navaa Khanda*: all over the world and beyond the world you are known, recognized, respected, revered and blessed; *Navaa Khanda Vich Jaanee-ai Naal Chalai Sabh Koe*: people love to introduce themselves to you, they love to walk to you, they just come to be around you, they feel good, they want to feel happy with you; *Changa Nao Rakhae Kai Jag Keerat Jag Lay*: your name is worship for them. When they take your name they feel great.

Friends don't sleep together and they are not tie in, only you know somebody's friend, you name somebody I know so and so. If somebody knows who that is, he say (?). You know it works, Nam works always. Somebody told me, "How the Nam works?"

I said, "You know governor?"

He said, "I know Mr. Carruthers".

It works that's why people take picture, sign and all that, they just recognize identification with something you love, adore, and mean something to you. When there is a tremendous absolute temptation but just remember whatever you get here is earth, it has nothing ether in it. You don't think that way huh, that's why Guru Nanak said,

*'Sochai Soch Na Hovai Je Sochi Lakh Var.'*  
Thinking won't think you think hundred thousand time.

So you have to have a intuition to think that way, not to think that way, but to feel that way, not to feel that way, but to experience that way, on the spot, on the moment of time and space. Remember, those who seek to learn from time shall always be hung up in space because time creates space. Timelessness is what you are. I have come today to acknowledge you. I have not yet recognized you, acknowledge is enough.

You went through these three days, you are clear, from clear to become real, now your task. I did what I was supposed to. Hand of God brought you here, it was not my temptation, but this course is meant to create that effect. And in life remember all Sadhana, all teaching, all Bhakti, all Shakti, all powers, have only one thing to give you, what is that?

Student: (---).

Yogi Bhajan: Clear. Clear, from what? When the reality really becomes clear, it is called crystal. It is not purification, it is not sublimation, which can give you what you need, it is that crystallization, gem quality. Carbon is carbon, my friend, nobody buys it. Charcoal is charcoal; for five dollars you can

get as much as you want, but when it comes to the same carbon diamond, then started: cut, uncut, on this, that, clarity. And sometime one little diamond can buy the whole town.

Carbon, no big deal. What carbon does? You know why we love diamond, it turns the sun energy into our life energy, it helps the prana, it's a friend of prana. It has no other value, it is a damn carbon, no big deal. Crystal is better, man got very tired of it, he created CZ. You know that stone, twenty dollars you can get this big one, what they call them?

Student: Cubic Zirconia.

Yogi Bhajan: Oh whatever they are, and some of them are better than the real diamond. But we have a past, we can't even accept it. No, no diamond is done. You know why? Because our ego doesn't know what is the profit and what is the loss, our ego only knows real/non-real. We are never clear on real/non-real. Who is real, who is non-real we are never clear, why? We don't have intuition. You do not have any strength, you are all bogus, hypocrites, why?

I tell you simple thing, without intuition what do you know what is what. Your intuition, you don't have arm, you don't have hooves, you don't have skin, nothing, you have no protection, your protection is intuition. And why I studied Kundalini Yoga not that I like it, it was the most difficult thing for me to study. I wasted so many years, you know why? It gives you intuition.

In America I don't use it most of the time because it scares people. You know everything, and if anybody knows that somebody knows everything, God, they don't even come near him because then emotions, feelings, drama, trauma, and neurosis has no place. Tell somebody don't drive the car on three miles two furlong; in thirty-seventh yard you are going to meet an accident. And if luckily or unluckily that happens and you become a show boy you said it, next day rather being grateful to you that you said it the person will leave the road when he sees you. Oh my God, that is the person who said it. What he is going to say, God?

I did my Ph.D., to communication and I teach you today a lesson in communication. First talk apathy, then talk sympathy, then speak truth. Poke, provoke, confront, elevate, you know what I mean? First your job is to merge with another person, make him feel that you realize somebody's pain, and then make him feel or her feel that his pain or her pain is not in vain, and then become a being and then assure the person you can tame as a team that person's pain.

Pain is a very beautiful thing; if there would have been no pain there would be no research. Disease, it is the uneasiness in us for which we look for comfort. What is a comfort? You know what we imagine comfort is? I should sit in a beautiful silken bed with a canopy, and everything should come and go, and I don't have to move. That's almost dead. Nobody wants to sweat; Americans realized now in the past ten years they are running marathon, because this is a cold country you got to sweat, otherwise you get arthritis, Paratis, Keritis everything.

(Student: Laughter.)

And America started running because they realized God—car into car into car—when car was your life I walked into your life I said, “No, no car, Ek Ong Kar.”

(Student: Laughter.)

There is but one Kar called God. So please remember that today we are sending you back home clear, clean, now, from now onwards your job is to become real. I shall be teaching a meditation tomorrow personally. I am going to come about 2 o'clock if I can if, if I can survive these three days.

(Student: Laughter.)

This teaching with television is just teaching through a satellite, it's the same thing it doesn't make any difference. I shall be with you and we will do a job, but massage your butts today.

(Student: Laughter.)

I am not lying and I am not telling you and there may be lot of work and you have done it very well and go home as fast as you can, whatever you want to do, do it. Don't be persuaded by my commercial, I told you in the beginning, I am doing my commercial. So read my lips and take care of your hips.

(Student: Laughter.)

And I will give you few tips tomorrow.

(Student: Laughter.)

So that you can get rid of your sorrow, isn't a poem. Really, take care of your hip, what is next? And I mean it. You know when you see me sad and complaining all that I am a very good actor, that is a drama. Why I do drama you will ask me, you are yogi, we trust you, why you lie to us? I can do drama so that you may not have to do trauma. Trauma is drama plus hysteria. You can't stop; drama everybody can stop. Trauma is you become into it and if you really believe in trauma then do one trauma. Believe nobody, but trust God. This is my last line to you if there is any spirituality, any consciousness, any grace, anything you are, never disbelieve God because God is the biggest actor in the planet. He created this Earth for His own reasons, He never tells anybody. That's all Guru Nanak said. And one line which Guru Nanak said, you should learn too:

*'Anath Baie Anath Haie.'*

*'End is endless.'*

If you believe in God directly or indirectly through me or through anybody, you got to trust this one thing and in the words of Guru Nanak he says so *Anthana Sifdi, Bolo* speak,

Students: (recite Japji).

Yogi Bhajan: Why you are alone?

Students: (recite Japji).

Yogi Bhajan: This I am going to teach in the ladies camp. This pauri, through Guru Nanak, came to you. It has these following powers. Whosoever perfect these words by uttering, by singing, by remembering shall have mastery on five Tattvas, three Gunas, and eight Chakras, ten bodies, and infinity.

I swear it is true. When I wanted to be a yogi I happened to be a Sikh, and I wanted to play games. And you know I believe in victory, I am not lying to you, I just want to win, I am, I am, just that kind of man. And I did all the stuff which I can't tell you, you start telling you what I can do and what I did, I worked on it, it works.

I went to a great saint and I said to him, "Competition is hard and I want to win."

He told me, "I am already wining."

If a woman is in trouble she has a pauri, that can conquer the basic creativity, Adi Shakti and that is '*Eka Mayi...*' Dekho, there are two shlokas in forty pauris, er, thirty-eight pauris and that creates the entire Naad system of the Aad. Aad Naad, Guru Nanak didn't give you Japji to do a Paath. Word is Paath. Pa Taie, Tiya, Tiya means base, Aasan, Aasan means Tiya, Atta, get Tiya, Tiya means place, where, in the heart of God. Sometime you say, "Why we get up in the morning, cold shower, take banis."

(Student: Laughter.)

No, no, no it is a damn selfish work, it is nothing to do with God, it is nothing to do with public, it has nothing to do anything. It is your time for yourself. Sadhana is not for anybody, Sadhana is for you, for your personal purposes. It is self clear, self real becomes clear by reading Banis, that's why there are five Banis. You have been told one of the most important is Japji. Ji, means the soul.

Jap means the repetition of your own soul. When you repeat things, when you clean the cloth you mess it up many, many times. You know I learned from your that machine when I came here I didn't have shirt, Shakti gave me a shirt, it was bush-shirt of her son. One day it was so stinking, I said, "My God I have to clean it." Somebody told me, there is a machine there, if you put one coin, a quarter and stick it in it will get cleaned. Oh I don't know what wrong I did, I still do not know I put the coin all right, I stick it in I never found it back.

(Student: Laughter.)

All I found is that this much little. Was machine mad at me, or I was mad at her or my coin was no good, but that is what I learned. If you do not keep your shirt clean that, that plump (sic) that which I found out that's what you will become in life. You know we make paper out of it, the what they call that thing?

Student: (Pulp).

Yogi Bhajan: My shirt became pulp.

(Student: Laughter.)

And I learnt all what you do for yourself putting that money coin and make it clean if you really do not clean it will end up as a pulp. And many lives are nothing but a pulp. You know it and I know it, that is not like each other.

Don't lie because in you lies the God itself. You do not understand, what is a lie, when you cannot face anything you bypass, to gain what? Time and space and that is what Avagavan is, that is the recycling of life is, don't do it. If it is wrong sing a song, say it, who cares, if God doesn't care who cares. I tell you funny story now, and then I'll let you have the blind walk. I was telling somebody who I love very much, very spiritual things, then I noticed aura didn't change, I said, "Oh my God, this person is deaf, not listening anything."

And then I stopped I said, "Do you know?"

And the answer said, "I am thinking."

I said, "Guru Nanak said don't think."

She said, "But I am still thinking."

I said, "Have you heard me?"

And she said, "Kind of."

(Student: Laughter.)

And I said, "But God has heard don't worry job will be done, go, go, go now, it is okay."

And job was done, a month later she said, "Job was done."

I said, "You didn't hear somebody has bigger ear. You have very small ears."

Lot of people feel I manipulate; no my dear I save you from manipulation. You play with the Maya. If you play with the maya you will end up with Chaya; Chaya means the shadow. You will end up with shadow, shadow is not reality, reality according to Guru Nanak is you, Sat Nam, identify. So wherever you go you are Sikhs of the Guru or you are man of God, there are two things, identify. When people ask you who you are, tell them who you are? That is your password. Your destiny name is your password. Do you understand? That is what you have to be.

Now I tell you catch twenty-two, those who lift their destiny the universe live for them, Those who live for universe they have no destiny, and that is the truth. Hey listen to me, watch, when I came here one day, they were going in a car, they said, "Let us go on a freeway."

I said, "No, no, no don't do this please, we will pay. I don't want to go on a freeway."

(Student: Laughter.)

That much I knew America.

They said, "We will make it quick, we will get on a freeway."

I said, "No, don't, don't be thief, don't cheat, please."

When IRS wanted to give us a exemption I told Shakti, they said give us a budget. I told Shakti I said, "Make a bogus budget."

She said, "What, no bogus. You are yogi what are you telling me?"

I said, "Bogus means which doesn't exist." She couldn't understand, and I couldn't understand freeway. This is how we started.

(Student: Laughter.)

I still cannot say turnpike; I always say, turn pie, but I don't care. I made it, you should also identify yourself.

Somebody in Tucson called me, there was a student meeting, and I have gone there to address, he said, "How you know you are a yogi?"

I said, "I am the only one who know, nobody else."

"Have you found God?"

I said, "Yes."

"Where?"

I said, "In English dictionary."

(Student: Laughter.)

That's all, the God is only in one place, English dictionary doesn't exist anywhere It's true. And remember if you know the truth, if you know the future, if you know everything and if that hurts somebody don't speak it. Then you will say, "What should you do?"

"Pray."

What is a prayer? Pray, pray is what? Pray on the bad-luck of that person and eat it up, you will be benefited ten folds. Don't hurt, don't insult, don't abuse, don't undermine, don't hit below the belt, don't attack the weak, don't betray the friends. Live as God made you to live, that is called Akal Moorat. You know Guru Nanak said,

*'Akal Moorat.'*

Then he promise you Ajooni, Saibhung, Gurprasad. You have to do a long walk tonight and you have already changed the weather of the valley, I was there watching 3 o'clock the news and it said, "There is no relief from the heat."

I said, "My God," they don't want to change the report, I mean what should I do and the people are freezing up there, that's why today there is no freeze, rain, hail or nothing, because we felt yesterday you had a taste of it and you are not very prepared for it.

So just remember you are clear and now it is the time for you,

*'Apnie Atiya Apna Apay Khasawyai.'*

With your own hands take care of your own self, with the trust of divinity.

Don't please remain divided on this issue, God is everywhere and you are nowhere. Wherever you are God is, standing on God, walking with God, under God, over God, left God, right God, don't do your number. And God has one number one Ek.

Did I say good things?

Students: Yes sir.

Yogi Bhajan: You like it?

Students: Yes sir.

Yogi Bhajan: You should like them, one day you have to speak like me: ten times better than me. This planet earth shall be yours. Don't believe me, I tell you why. You should believe me.

Five thousand years ago, there was no Judaism, three thousand year ago there was no Buddhism, five plus thousand year there was no Hinduism, and five hundred and twenty year ago there was no Sikhism. When they told me to cover their shelter we held the money, I said, "No, no, no, no, Christian worship God in caves, let us worship with shelter." We do not drive those fancy Rolls-Royces and Mercedes they are not very comfortable, car is a car, but we drive them to say, those who believe in Ek Ong Kar will have a nice car.

(Student: Laughter.)

It's all relative. Sometime people ask me, "Why the flags are flying?"

I said, "Just to identify."

Watch my life and watch my words, and watch everything. Everything which this person has done, has done with one intention to identify and you have seen my seal, have you seen Siri Singh Sahib seal, there is a banner underneath, what it says?

Students: In God I Dwell.

Yogi Bhajan: What more to identify? People may feel anything. It doesn't matter. What it matters in life is, isn't the life that matters it is the courage, feel it, and identify the feelings, deal it, and identify the dealings, and seal it so time and space cannot get you. I am not going to say louder than this because Soram is going to give me injection tonight otherwise I don't want to take so... I am supposed to take care of my throat and I am doing very well and I wish you well, I wish you a happy summer, and a hard, terrible tomorrow.

(Student: Laughter.)

I have to do what I have to do, and I have those who, who feel machos and stick around 2 o'clock tomorrow I'll see you and it is not essential to attend the class, you can play, you can have fun, you can go and eat enchiladas.

(Student: Laughter.)

And then, you must know first lesson of mine in United States was in YMCA Alhambra, I went there to teach, you know how many students came, me.

(Student: Laughter.)

I gave the best lecture of the world to the walls, you know what that lecture is? Liberated Man. We have printed it so many times and sometime never it in the stock, that was the first lecture which I gave in Alhambra YMCA, the concept of the liberated man and it is very simple and it is very spiritual, and it is very easy, and it is very true. The man who drove me has a tape-recorder and he taped it, and there was a Mexican girl who transcribed it and Shakti printed it. It is still the most elevated real concept of spirituality. So don't feel guilty if you cannot come. You may have appointments but I'll reach yet my appointment, 2 o'clock tomorrow here and we will do a class.

(Student: Laughter.)

My personal advice is don't come.

(Student: Laughter.)

I am going to do it anyway, so it is not obligatory but I was told should we join.., don't worry about it I tell them myself, but if you care to come then bring your water with you and few Kleenexes whatever, and we will have a real class, all right, is it clear.

Student: Yes sir.

Yogi Bhajan: Well, who is the teacher today?

Students: (---).

Yogi Bhajan: Now take care of them.

Thank you very much.