



The Law of Life

Kundalini Yoga as taught by Yogi Bhanan®

Meditation: Prayer to Project the Impact of the Heart

July 1, 1987

Just understand, the law of life is law of communication. The law of life is?

Students: Law of communication.

Yogi Bhanan: Either you can do it in love or you can do in hatred but both are based on communication. Just remember that. You understand what I am saying? When you get what you want or you give what you want, it is considered a gift. But when you don't get what you want, then you will do everything you can to get what you want. All in life is just communication: either it is in the form of love or it is in the form of hatred. There were people who were with me; they were my right hand. Once I was spending all the money on them. Now they are in a lawsuit, and I am spending money against them. Base is the same, spending the money. It makes no difference.

You understand life? Life has a challenge, which you cannot miss; you have to accept it. And in this challenge there is one problem, which you all have. You all have that problem, I have seen it. Your life is painful, is that true or not? In one way or the other it is painful. I know that. I deal with you, you deal with me. It is painful but for one reason only: You have been taught that by misbehaving and by miscommunication and by mismanagement you can get away [with it]. It is not true. You are judged by yourself; your misbehavior, your miscommunication and your misdeeds are judged by you. So you can never get away with it. Do you understand what I am saying?

If you have to make a phone call you have to make a phone call. If you have not made the phone call, you shall pay for it one way or the other. The other person may or may not, doesn't matter. I can understand you are busy; but next time, when someone asks you, "Please make a phone call for me," he will remember in his subconscious: this person does not come through. If you do not come through six, eight, ten times, that is what will stand in the subconscious. You live by conscious, subconscious and unconscious; these are the three forces, which are you. It's not one force. You always deal with the conscious force, 'all right, I forgive, I forget.' No, no, neither anybody forgets nor anybody forgives. It becomes a memory style, and you are mostly not influenced by anything except memory because you have three minds, positive, negative and neutral.

The Negative Mind is the first mind, which gives you life, the right of life. It tells you where the danger is, therefore it has to act first. Then you must reach the right mind (the Positive Mind), and it must tell you what is good for you. It won't because the subconscious will start supporting the Negative Mind. Subconscious will say, "Hey idiot, these people betrayed you before, they have come to betray you today." Do you understand what I am saying? Then your Neutral Mind has no place to go. Because if the Negative Mind gives you what is negative, and the Positive Mind gives you what is positive, the Neutral Mind will give you what you should do. You follow that? And that has to become a habit, created, as a discipline, it cannot be a natural thing because the subconscious and unconscious are more forceful than the conscious. Why? What you see during the day you may forget but what you see in a dream you can't forget—and dreams come through the subconscious.

The unconscious, all of a sudden, in the middle of nowhere, you have an experience, an experience you can't forget because you are not conscious. What is it all about? You are not releasing it through the subconscious, and all of a sudden the unconscious releases something, which you do not even understand. But you can never forget. So there are a lot of vital forces in your life. In my own experience, I have seen a person and clocked that person, that from the last eighteen months after one good thing, within that many hours, I expect that person is going to do or say something very neurotic to

me. It is on a clock. And you think the subconscious is not powerful? It is extremely powerful. It dictates your habits. It influences your actions. It directs your thinking.

You all talk about God, right? You all think you are very divine, right? I agree, I bow to you, you Divines. But let me tell you something. It's a very funny thing, I should not say it. I am considered to be a holy man; whether I am or not doesn't matter, don't bother about it. I don't care how holy I am. But I do consider certain things that I want to share with you tonight, which are not expected of me to say publicly. Even in a private joke I should not say it. But I am now so freaked out with the stigma of being holy that I want to come out with that. Normally in this life of yours, you have got these eyes, right? You understand these eyes? Through this you see.

Yesterday I gave you a kriya to put a blindfold on your eyes and go through it. These eyes are given to you only to see the Earth. Are you with me? This eye, these two eyes of mine, will only see the Earth. If you do not develop the Third Eye, which can see the Unseen, these eyes are as useless as anything you can rely on. It will only give you the power to move on the Earth. So these two eyes of yours are only for your earthbound journey. Your ears are given to you to hear. They will only hear the communication as per impact, they cannot intercede the communication until they are developed. Your eyes can see the Unseen if they are developed. Your ears can hear not only the interceding of the communication but also the impact. Your tongue can speak the directive dictate but it only communicates to pass the time or express the emotions. Tongue has to develop in order to speak consciousness; normally the tongue only tells you your feelings and your emotions.

Do you understand the difference that I am trying to bring to you? Do you understand what I am trying to communicate? Your nine holes are earthbound, they have to develop to become homebound or heaven bound. Now, I am not trying to pretend to be very holy. But take this question of mine, okay, and ask even the holiest of the holy and you won't get the answer—that much ignorance is there in the holy world.

You will meet a lot of people and they will ask you, "Naam Japo!" Right? This a very common phrase you have heard; I think your ears are very much loaded with it. And normally people ask question, 'how?' *Jo jap hei na*. Jap is an accomplishment of the *andar*, which means the central focal nerve. If not applied with the Jap, Jap absolutely has no effect and when you say *Nam Thiao, Nam Thiao Ji*, that is with the breath. Nobody will tell you the technique. Normally you will meet somebody who will call himself a Guru; he will give you a mantra and keep on talking. Parrot talks. You can teach a parrot to say Ram but the parrot has no consciousness behind the word Ram. You have.

When you say Wahe Guru, and Christian says, Father, Son, and Holy Ghost, and Hindu says Trimurthi, and Muslim says Allah, his messenger and his peace, you will find that in 22 religions, all speak about three things but they cannot unite. Why? There is a known and unknown. There is known, unknown and memory, because there is conscious, unconscious and subconscious. Wahe Guru—Whaa-Hay-Guroo—Guroo is conscious, Hay is subconscious, Whaa is unconscious. That's why we call it Trikuti Mantra.

Word, the mantra, is that which can direct you to all three worlds—here, hereafter and before. Before the Karmas have come, it will cut it down; now it will give you all you need; and in the future, it will be your guide to safety. Do you understand what I am saying? We have to develop because without these developments, take for example, a car: suppose there is a car here, you don't start it yet you want to make mileage on it, how is it possible? If you don't put gas in it, how can you drive it even if you start it? You take away the battery, it won't work, with all your technicians, you have to put the battery in it.

So life has a question, and the question is that all things should be in harmony. If a little spark plug is missing from the car, it won't move. What should I say about you? You have no plugs and you still move. You know what I am saying? You have a temporary short-circuit, and with the heat of that you move, that is called emotion. You have a jump circuit, an energy, which is called feeling. You have not

always applied the intelligence, which is the real, harmonious way to live; you do not apply consciousness to every question, which is the togetherness, the wholesomeness, of you.

It's very funny when people ask me questions: somebody has invited you tomorrow at six o' clock, should we accept or not? If I say, "Do whatever is best;" it doesn't satisfy the person. They want my involvement. Yes or no, should or should not, how, how many people, when, what, where? If I have to do all that myself—where, what, when—then why are you questioning me, my dear? Not only that, if a person comes to you first ask him this question, "Where have you been?" See the mood change in one second! Because in life the Unknown understanding is stronger than the known understanding, which you in the Western world have not yet learned.

If you want to have emotions and feelings, then feel the other man's state of mind and move with your emotion to see that the person feels secure about it. I am not asking you to use intelligence and consciousness. I am asking you, don't be an idiot. Use feeling and emotion, but use it in the right direction. If runway goes from north to south, don't start driving south to north and then feel there will be no accident. This is very important what I am saying: just remember one thing in life, person who talks to you already trusts you until you blow it. Trust is built by every single phrase of communication, and it is always computed by the subconscious mind. Please understand that.

Trust is the most vital truth of life. Trust is the total truth of social life, and social life is absolutely relational, social, whatever you want to call it, in which more than one person is involved and is absolutely based on your trust. By trust you can even jump into the pit and not worry about it. If you know this road I have gone through, it is okay, you will be okay. There may be such a dangerous thing, where there will be a mine and you may blow up but you will not bother. But if you don't trust the road it may be a perfect road, you won't walk. That's why every road has a map and every map has a road indicated on it. Exactly as in life, communication is already mapped and every communication has to have an indication in it of who you are dealing with: Are you dealing with a person of authority, person of love, person of shallow relationship, acquaintance? You must gear yourself first, before you even utter one word.

Your greatest problem, my dear, is that you have only one *modus operandi*, one mono note of talking. If you have a harmonium that has only one key and you play it that way, see how stupid you will look. Won't you? Am I wrong? Have you seen that piano? How many keys are there? Eighty-eight keys. Lock all eighty-seven and play with one key, every note, can you do that? This is where your life is; you do not apply communication according to the gear. Your communication should not be for you, your communication should be a service vehicle to reach the other person. Talking is for the other person, speaking is for the other person, listening is for you. Dharma is not for other people, Dharma is for you. Sadhana is not for other people, Sadhana is for you. Wearing Bana is not for other people, Bana is for you. The way you wear Bana, even a person who wears the worst Bana will judge you by that because the computer in the subconscious doesn't forget anything.

You know, it is very funny, one day somebody called me, he said, "Sir, I want to tell you something."

I said, "What?"

He said, "So and so is freaking out!"

I said, "How you know?"

He said, "Sir, I read your lecture that day, it says 'person is what his turban is.'"

I said, "Yeah."

He said, "This person, this person's turban is becoming punk."

I said, "You mean the person is punk?"

He said, "That's true."

Believe me or not, three weeks later I met that man without turban and the shortest cut hair I have ever seen. God gave him the most beautiful beard; he used to say, "Guru Ram Das has blessed me

with exactly the same beard he had.” Absolutely, I tell you, there was not a sign of it. *Perava, Perava, yeh Bana hei na; Bana* is called *Perava*, the modus of getting ready to be. *Bana* means *Baan*; *Baan* means facing the opposition. *Bana* comes from word *Baan*. *Baan* means facing the onslaught: *Baan laa dey*. It’s a very particular word: *hei Taan, Maan, Baan*. *Taan* means the power, the strength, the stretch. *Maan* means the faith, the grit, the knowledge, *Baan* means confronting capacity. *Bana* means what you wear for confronting capacity and that is absolutely your total conscious, subconscious and unconscious best. So please don’t misjudge me. I know the question. You say, “We have seen people who wear very beautiful *Bana* and they left.”

Yes, I will also tell you there were Mukhia Singh Sahibs¹ and they left. Leaving does not change the Law of Nature. I have seen a very healthy person who ate two meals and he was yelling and screaming and talking and laughing and jumping and enjoying and then he sat in the chair and he was dead. That means eating, laughing, all was wrong? No, people die spiritually but live physically. A tree grows flowers, fruits; but all fruits do not get served. Some rot, some fall apart, some are eaten by animals, birds; some grow and some don’t. So when a life of spirituality starts, it receives over and over, it becomes greater and greater, but all cannot get what they want. Only those get it who just decide one simple thing and please tell me what that one thing is. I want to know this one secret line, this key line, *hei*.

Student: (inaudible)

Yogi Bhajan: Yeah, but that is what I taught; I want simple layman language. “Keep up” is real, keep up; you get everything in the world, including God, no big deal! Tell me emotionally, with your feeling, the key to success. We are discussing, here, success. What is the key to success in this life? Very obnoxiously, say it after me: “It doesn’t matter.”

Students: It doesn’t matter.

Yogi Bhajan: “I’ll get it.”

Students: I’ll get it.

(Students laugh)

Yogi Bhajan: True. This is the keyword and it must ring in your ears all the time. Doesn’t matter.

Students: Doesn’t matter

Yogi Bhajan: I’ll get it.

Students: I’ll get it.

Yogi Bhajan: This is the only Earth explanation. It is a constant explanation. I’ll tell you the subconscious explanation. You want to understand that, too? Because this you will hear, “Doesn’t matter, I’ll get it.” You understand? That’s your satisfaction. But suppose you don’t get it, suppose you don’t get it, where will you get the support?

Student: (inaudible)

Yogi Bhajan: No, that’s called simple betrayal to get something. God doesn’t give you the attitude of escapism. Now, question is, you are determined to get it. How you will get it? Suppose you are trying to get it and you are not getting it. Hmm?

Student: (inaudible)

Yogi Bhajan: Nothing works, nothing works. There is one line by Guru Gobind Singh; I love him only for that line. When he made the Sikhs, who gave their head, and he gave them the Amrit and the Rehit—you understand that was the exchange? And he, in his own words, said, “*Rehit Piare Mohay Ko Sikh Piara Naahi.*”²

¹ Leadership title in Sikh Dharma

² “I love the living discipline, not the Sikh.”

If you *will* get it, you *want* to get it and you *are not* getting it, get it by the rule. Then recheck, revise and, just understand, play the law of rule and you shall get it. Then the entire Mother Nature will come to your support.

Once a girl told me, "I have become a Sikh, my parents have abandoned me."

I said, "Thank you. You have parents, Guru Gobind Singh is your father, Matha Sahib Deva is your mother. In Sikh Dharma there is no orphan."

She said, "What does that mean?"

I said, "Just believe it."

She believed it. Today, she has parents, she has a beautiful husband, she has a beautiful home, she got everything she needs; because somebody, very beautiful, looking for something like that; because each drop of rain has to come through a tributary, and through a rivulet, it becomes rain. When a path is established, when a path is established, the whole universe will come. Dharma, when you want to get it, really you want to get it, and you have the determination to get it, and it is not happening, then make it your Dharma to get it. Now suppose you get it and they don't want you to have it, that's the most difficult stage. What am I saying? Suppose you want to have it and you can't get it; and because you made it a Dharma to get it, you got it, and then they don't let you have it, what are you going to do?

Student: (inaudible)

Yogi Bhajan: Don't fight for it, win it. Put all of you in it. What does 'all' mean? Conscious, subconscious and unconscious, that's 'all'. There are certain rules. In Yoga they are called Yam and Niyam: do's and don'ts. In Dharma it is called Rehit Maryada. Sometimes you see me talking to my students in a directive manner; doesn't matter what their age is, or who they are. But you see me talking to the Indians in a very diplomatic manner. You are sometimes shocked about it, aren't you? That was the question I was asked today, "How can you change switches in talking to this and talking to that?"

I said, "With my student the future is at stake. With my friend the present is at stake."

I am very direct with my students because I know wrong shall be recorded. Write it down: "Wrong shall be recorded." They call it Akashic Record. One way or the other, you have to pay it. The only difference is that instead of being put on the cross, you can just be spanked. I'll tell you my own case. Because if that night I had not felt that little pain. . . I had a phone conversation and I felt very uneasy and very little pain. I told the doctor, because after that conversation, that pain was not a welcome situation. Normally I have control in a commotional and insulting conversation but that day it got me. I called the doctor; Dr. Soram came, I said, "Doctor, I have a pain, which is not real. It's not an ordinary pain."

He said, "Sir, it can be muscular, it can be gas..." and all that.

I checked it all. I went to the bathroom; I took hot water and I threw it out. As a yogi I just checked, I called him, "Soram, I don't want to take the responsibility. I think this pain is with the heart because the telephone call was so commotional and I felt so insulted. Normally I pocket insult but today I couldn't. I would like you to check it out."

He said, "Sir, I can't check it right now, let's go to the emergency room."

We went to the emergency room, but by that time I had cooled off. They checked everything, and everything was normal. All fine.

He said, "Sir, everything is normal."

I said, "No, is there any other test? Let's go for it."

He said, "Yes, there is a test but it's a very heavy test, I don't think that would show anything."

I said, "Let us go for the test."

Then we took that treadmill test and made it heavy; something showed up. Then they took another test and that showed everything. So the difference is, if I had not been given the gift of God and caught it in time, it would have caused a heart attack and paralyzed half my side. But that was not needed; still an attack did happen because there is no absolute forgiveness before Mother Nature.

These past two years, what we are going through and the way I have worked and overworked, it took a toll. Sometimes you see people with me fully armed. They are not with me because I have done anything wrong; but because there are some people who do not want me to live. I have heard through a very reliable source that there is a contract out on me. Because there is a saying and a feeling among some people that this man is not supposed to live—and that happens when you have it all. They don't want you to live. That's the test, that's part of the game. That comes with the turf; that comes with the territory. You understand what I am saying? At that time, in that territory, you have to face it. If you walk into grizzly bear territory and you don't meet a grizzly bear, either it is not their territory or there is something wrong with your map.

When you are successful in your life, and when you have it through the will and you put your all in it and they won't let you have it, that's the fun of it. Then fight to the last. You understand? Walking on the spiritual path is very Godly and very Divine; but it is extremely lonely and absolutely painful. That's why you have to prepare yourself to be tough enough. Tough, be tough enough not to puff. That won't work. Everybody knows unity has a strength, right? But when you get united, don't separate. Fight it. Instead, you get united, and the next day you say, "my chemistry does not meet yours, I am forty-nine, I am thirty-two, I am thirty-one." When you got united you didn't say, "I am this, I am that. This is mine"; that's not unity. When you shake hands, you shake hands, whether it is cold or it is hot. Once hand is shaken, that's it. You know what they tell me for this? You know what they tell me? They tell me I am an idiot. If compassion makes you an idiot, it's better to be an idiot than to be a wise man and throw people inside, out.

If you cannot show somebody that you are you, then you have to show somebody you are a yo-yo. You cannot be a third thing; either you are you or you are a yo-yo. It is better to become you and die as you than be a yo-yo. Because God made me *me* and God made me and nothing else, so I must commit and go through it. This is what Guru Gobind Singh taught the people, an ideological philosophy, which can be practiced through practical channels by human beings, who have an absolutely yo-yo life, to become committed, strong and reach the eternal and experience happiness forever. That is Dharma. But sometimes, I know, in communication you just don't care what you say. And once you say something, then you say, 'I never said it, I don't remember it.' On a telephone call today I was reminding somebody, "Three years ago, on such and such day, you called me and you said this, this, and this happened and I am grateful that you gave me a warning."

He said, "I don't remember."

I said, "I do."

Be careful what you say in anger and in passion, because it can be used against you in love and in normalcy. Your words may not mean much to you but they will create an Akashic Record that will create a subconscious relationship for you. When you have an Akashic Record and subconscious relationships the rest of the life, you just need to mend your mistakes. Do you understand what I am saying? Because "In the beginning there was a word, word was with God and word was God."³ "*Akhree naam akhree saalaah, akhree gi-aan geet gun gaah.*"⁴ That one Pauri in Japji is so well explained by Guru Nanak that if you just learn that one step, that one Pauri, your life will be happy, successful, prosperous, beautiful, anything you want. Because it explains to you that once a word comes out of the teeth, it's an arrow, which has left the bow. It cannot come back. It may miss its target but it will go somewhere. It may not have the impact, the interlocked impact, which you wanted; consciously it may not hurt; but subconsciously it will live. Unconsciously it will become a reminder to the other person: Are you with me? Therefore, only God directed our destiny, we wrote it. Write it down.

³ John 1:1

⁴ 19th Pauri of Japji Sahib, Guru Nanak Dev Ji

I'll tell you a little story. There was a saint who had a very pet disciple, extremely pet, to the extent that the pet disciple could say anything, and he would never mind it, which gave that pet disciple the encouragement to fool around any time he wants. He tried many times, he was mostly successful. That became a habit. One day the saint was sitting in his very great ecstasy and this pet disciple said, "My Lord, send me to Hell so I can meet you there."

Now that was his what you call negative joke or whatever; because saints are meant to send people to Heaven. The moment he said that, the saint in ecstasy said, "So be it!"

The next day the disciple died. He went to Hell and he saw his saint there who said, "All right, your wish is complete, I am going back to my body."

The student said, "How come?"

The saint said, "That's what you said."

Now, the saint could come back to his body, the disciple couldn't. He was stuck there. Sometimes what you say, you say, but how the other person interprets it remains the record with the other person. It is called subconscious reaction. Don't be afraid of anything in this world of yours; be afraid of the subconscious reaction. And if you don't want to have any trouble in your life, never allow the unconscious of another person to act against you. Unconscious reaction is either a blessing or a curse and Almighty God can't change it—not even God can. God can't do all It can do because it is It's creation. This is God's own rule. Therefore, when you talk to any person, do not hit with your words in such a way that the person's unconscious comes forward and displays itself.

Whatever is said under the influence of the unconscious shall happen, doesn't matter what. Subconscious will create a reaction in the future; unconscious will make it happen in future, definitely. Therefore it is better to deal with everything consciously. You understand what I am saying? There is a very beautiful saying, "*Zabaan Sheri, Mulk Geeri.*" "If your language is sweet, you can win the whole world." But please remember when you talk sweetly, talk straightforwardly, because too much candy brings pimples. There is another very popular saying, "*Aisey Kourey Na Ho Koiee Thuk De, Aisey Mithey Na Ho Koiee Kha Ley.*"⁵ "Don't be so sweet that everybody wants to take a bite out of you. Don't be so bitter that everyone spits you out." You understand what I am saying? That is called the natural law.

It's the natural law for you to speak with an understanding and listen with an understanding. Is that clear? You have ten minutes for questions and then after that we have to do a Kriya. Yesterday we sang that *shabd* by those Bhai Sahibs? Correct?

Student: (inaudible)

Yogi Bhajan: Unconscious is your total sum-ness. Unconscious is represented by your arcline; your arcline (arc body) represents your unconscious power, strength and manipulation.

Student: (inaudible)

Yogi Bhajan: No, no, it is the total sum on which the soul thrives.

Student: (inaudible)

Yogi Bhajan: Soul is like a car, it is the horsepower. Unconscious is given to you, conscious is God. Unconscious is also God, which you consciously have to develop in order to realize. Things happen, weather comes, this and that you can all predict; but there is something, which you say, "I don't know", which you cannot consciously say. Sometimes things come to you unconsciously without your consciously knowing about it. That is the total wholesomeness of God. Next? Yeah, Ganga, let me go to the first and last and then I will come in-between.

Student: (inaudible)

Yogi Bhajan: It is a very simple thing. Why do you have to make it a question? When the arrow hits you, pull it out and then stitch the wound. It will leave a scar but it will heal. It's simple.

Student: (inaudible)

⁵ Not Gurbani

Yogi Bhajan: Now, I have to be truthful, and you have put me on the spot. Sometimes, my dear daughter, I don't speak at all and the words come through me, which I wish I should not even have a tongue to speak and sometimes I myself wonder what made it happen. Many times, to be very truthful with you, I don't have time or space or a position to speak and something makes me to speak. You might have experienced my behavior. I am not very dangerous when I speak; I am very dangerous when I don't speak because at that time, I know that I know what I know, and what I know is what it is, but I don't speak. It means I do not give the forewarning to the one because the other one doesn't deserve it, or my subconscious says that you will have an unnecessary reaction and you can't take it. So mostly I speak. But, at times, I don't.

That's not healthy but sometimes it's the overriding power to change what I know, mostly. I sit and pray and I am just not very sure; mostly my prayers are with the God and whatever is happening is happening. All these prayers are answered, or not, I don't know. I have had an experience in my own life that when I did pray for somebody, it could change the life. It went very well, but the other person made a mockery of the prayer; and, in spite of my best effort, I couldn't get the least (change).

Because I am sick today and I am feeling bad . . . actually, to be honest with you, I am not interested in how bad you are. All I am interested in is how good you can be. I see the goodness in it and I want everybody to have it. A lot of people are getting mad at me because I push too much but I feel that I do not know whether tomorrow the sun will dawn on me or not; so I have to finish what I have to finish by the dusk today. Some people are not very true. They are not true to themselves; and it's very difficult to speak the truth to one who is not truthful to himself. You understand the problem? That's the problem.

The problem is not that what I say is not good. Even those people who swear in nothing but calling me names know that whatever I said was true. It is not in my interest to lie to somebody, because if I lie to somebody it doesn't help my purpose, which is that everybody should grow. My purpose is that everybody should be very strong, invincible. That's what I believe in—invincibility. I feel that if you have reality, if you have God, it's useless. Can you believe that? Aren't you scared of me? I don't believe it.

To me, this God and Godliness is too little a situation if not tested. Are you with me? Now you are thinking, What is he talking about! No, I am not crazy. I am saying something; try to understand that. If you have a God, it must be registered and it must hang on the wall. You got it. Otherwise, who knows whether what you have got is real or not. It's good to have a gem, but it should also have a gemology certificate: how many carats, what is the quality, what is the weight and what is the reasonable price.

To have life, and not the worth of it, is no life. To have the mood, and not to control it, is no mood. If mood controls you, then you are worse than an animal. If your passion controls you, your feeling controls you, you are nothing. It's better not to live than live as a yo-yo. And I can never forget that line, "It's not to reason why, it is but to do and die, rode the six hundred . . ." ⁶ Knowingly, the order is wrong; knowingly, the attack is nothing but death; knowingly, they will not come back; knowingly, if they had time to plan they shall win but there was no time for it, my love. They rode it; the entire World War is forgotten and all the dead are forgotten but the charge of light brigade became a daily prayer for all those who believe in heroism. France may live or die, but Casablanca will always live. A little boy, when the captain of the ship ordered everybody to abandon the ship, and he left himself, he saw this little boy with the French flag.

He said, "I am the captain. You come to the boat. Leave the ship, it is sinking."

The boy said, "You have the order to let the ship go, but you have no authority to let the flag go. As a Frenchman, I'll die with my flag. My flag won't go alone."

⁶ From the poem, "The Charge of the Light Brigade", by Alfred Tennyson

The flag is a symbol of the entire nation, under which they stand together. You understand that? Those who deal with me as a teacher; they get what a teacher can give. Those who deal with me as a man; they get what a man can give. Those who deal with me as God; they get what God (can give). Those who think I am just a yo-yo monkey; they get what a monkey gives. In my reality, I have seen that I am just a reflection of somebody's arcline. I do magnify it well, though; and for that, I have to go through this hell for a long time and I am not upset about it. I feel good about it because I feel very bad when I do not do my job.

I am what they call an A-category person? I am type A. I don't keep reserve. I don't because I think a job done is done forever. An undone job is somebody's blunder, and I am not interested in the excuses for delay; I am only interested in the job done. So, I am category A. Normally, I should have blood pressure problems, heart attack, and all that. But that can only kill my physical body not my consciousness; and I tell you, I don't care a damn what happens to the body. But I do care, I do not want to pollute my consciousness. Is that understood about me? Good enough.

There are four letters written by the son of Guru Ram Das; these were the letters by his son who later became Guru Arjan. These are the first four stanzas of what is called *Shabd Hazaray*. Those words are very powerful to connect the conscious, unconscious, and subconscious and bring the formality of love to the extent that Guru Ram Das gave Guru Arjan Dev the Guruship. He was Arjanmal but he became Guru Arjan. People sing *mera mann lochai*; you can take a recording of it and play with it. It does work; and it has no failing record.

When anybody is abandoned by love, or lover, or there's someone he wants to meet, unite and put together, if you read that *Shabd Hazaray* everyday and sing it, playing it eleven times a day as a sadhana, a personal sadhana, it brings you victory. One girl called me, and she is mad at me because her husband was going to divorce her. He ran away and didn't show up and I told her to do this sadhana; he came back and he is still fighting her. So I told her, "I told you to connect, I didn't tell you to change." So she said, "What should I do now?"

I said, "Keep on doing it for a while, it will be all right. Because now he cannot go, he has to deal with you, face him." But it does work.

Meditation: Prayer to Project the Impact of the Heart Begins Here
See the end of the lecture for a complete write-up.

All right? Now our time is up, next time, okay? Let's do the sadhana now that we have time. Please sit in a comfortable seated posture. Okay, left hand inside, right hand outside, connect the thumbs. Thumbs are connected and pushed toward your heart side. Give it an angle of sixty degrees, lock it. See this lock? That's okay. Push it toward sixty degrees and keep the pressure on, okay? Perfect. Close your eyes. It is called, prayer intercepting the ego to project the impact of the heart, that's why it is on the left side. When you do it on the right side that is the projection of the power of the prana. This represents ego. Press it this way please and put it in the center like that; hold it right, all right, close your eyes please and sing.

(*Shabd, Ab Jana Oopar*, is played.)

You have to read with it, you can't be separate. All right, put your papers in front of you, you can do it meditatively. From the heart. Go ahead. Hold, hold, hold, hold, now we are going to sit whole night tonight. You have to go with them, you can't go with them on one line *and* the other line; they will lead and you will follow. You have to do it exactly, consciously. Is that true? Understand? Let's do it that way. Not this back and forth, and can you please put the tape from the very beginning? All right? Yes.

Student: (inaudible)

Yogi Bhajan: Mudra is very simple, left hand in, right hand out and right thumb presses to the left side. It's an angular sixty degree, that's how it will look. It will not be like this, it will not be like this,

it is not like this, it is just pressed. Right thumb will be at sixty degrees, left thumb will be almost straight. That's how the mudra will be.

Student: (inaudible)

Yogi Bhajan: At the heart center, right here. All right, ready?

Student: (inaudible)

Yogi Bhajan: When they are singing you have to sing with that song. That's what it is. That's conscious singing, on the word, follow the word and repeat it. No, when they are singing you are singing, when they are not singing you are not singing. That's a discipline, don't you understand? All right? All right go.

(*Ab Jan Oopar* is played)

Yogi Bhajan: (over the music) Doesn't matter. I am teaching you communication discipline. Now, you understand discipline in communication? Listen, learn and repeat. This is called meditation. Listen, learn and repeat. Catch the frequency; your ear will develop the interpretative power of what is being said. Concentrate on your ears. Hold, hold, hold, hold, hold, hold, hold. Listen.

(Music stops)

It is called the inner voice. If the inner voice speaks to you, and you cannot interpret it, and speak it in the outer voice, your life is useless. You understand that? All problems in life come because when the inner voice speaks the outer voice cannot interpret; and our brain is not trained to interpret it. You follow? So I am giving you training. This is my purpose in this camp; this summer I want you to go home perfect so that you can interpret the sound in absolute—its future, its present, its past, its source, its now and its effectiveness. You understand what I am going to do? The transition of life must be success because your interpretation is right.

If you give somebody an address, turn left and instead of saying turn right you say take another left, the guy will go in a very different direction. The whole problem in your life is that you listen but you cannot interpret. With this kriya you are going to learn the art of listening, interpreting and creating. You are interlocking your own past, present and future. So please don't take it non-seriously. It's very important that at this time in your life you understand it. God is like that. The guy, who does that, what they call him?

Students: (inaudible)

Yogi Bhajan: The unconscious is the conductor and what are you? The orchestra; and what is the total sum of it called? Symphony. Understand? This sound is coming, the sound of the conductor. The orchestra must hear it and repeat it and create it so the heavens, the angel, your souls, your ancestors, those who are still hanging because they could not be redeemed by their own actions, you can do it today—including yourself. You understand what I am trying to do? These are the last few gifts of my life to you. They call it a going-away present; and still some of you don't understand what I am saying.

All I am saying is that I want to give you some going-away presents, which I feel in my heart are best for you. Whether they work or not, I don't know. It's up to you. But I want you to learn now. This body will be gone, I may be with you in the heavens and through your unconscious, subconscious voice or through your inner voice I'll speak to you. You won't listen to me; you don't listen to me now. You don't care because I talk to you. But if you miss it, you miss it forever and I am trying to do my best. I am not very happy that everyone couldn't come but at least it'll be on the record. People will practice when I'm gone so that you can have that direct connection. All right, play it.

(*Ab Jan Oopar* is played)

Yogi Bhajan: (over the tape) Very good, very good. You may ask me the question, you can ask the question, Why am I using . . . when I do this it means stop.

(Music stops)

You may ask me this question: Why am I using this music? Some of you are here; and some of you are not here; and some of you are here who have just come to the camp. I am just trying to explain to you something, scientifically and consciously. The notes on these tapes are based on the notes of the inner voice, exactly how the little consciousness or inner consciousness speaks. You do not understand most of the words of that (inner consciousness); and neither these words you understand, because notes are similar and concentration is tuning, listening, learning, listening and repeating. Listening, learning and repeating.

So if you can interpret these words, it is called “trigger shot”. Trigger shot is, you take a rifle, you put a bullet in it, you take the trigger and you have only the trigger shot. When the trigger hits, bullet goes. You understand that? See the voice? Done, done, you understand what I mean? This is called first-sight love, which has no cure; and this is called *Bandhana*. This is not *Prarthana*, this is not prayer; this is *Bandhana* in which the world is everlasting, impact is everlasting. I am teaching you that if you can learn the everlasting impact of your inner voice you shall be talking to God all the time and be normal and happy. That’s what I am trying to explain to you. What I am pleased about is that you have done very well.

You are very sweet and I am extremely grateful to you. Just sound the first word, the trigger—tick—and then the whole word should come out. Trigger impacts the cartridge and cartridge goes and hits the destination. Aim is right. You have to have that development. We do not develop this among our children, that’s why we say everything to them and they don’t listen. A mother who does not give her child impact communication, who does not train the child to be in an impact communication; a teacher who does not train a child in impact communication; a congregation that does not learn impact communication cannot deliver the goods. So if you do not have your inner consciousness, you cannot deliver the happiness of your life.

You understand what I am trying to say? Inner consciousness speaks all the time. It doesn’t say anything different than what I tell you loud and clear. You don’t like me for that most of the time. I feel very painfully, understandably, that you don’t listen to your inner voice either. You look in the mirror and you don’t look at yourself. You look to see whether you look beautiful or not. You discuss; you go to the mirror for a debate, you don’t go for analysis. I haven’t seen anybody using a mirror to look at what you look like. You only look to see whether you are pretty or not; and that is your standard. So you even use a mirror for the wrong purpose. You use your inner voice for the wrong purpose. You have the habit of using the right thing for the wrong purpose—that’s why you have pain your life. And I don’t think you should have it.

I know that moment I drop this body, all this pain, all this insult, all this nonsense will be over forever. I have paid my dues; I have paid my Karmas; I am already on extension. I should have gone at forty-eight, I am fifty-eight: ten years extended. God knows what more is coming. Now they say that my lifeline has become longer. God knows what wrong I did to deserve this. But this is what they say; this is the way it is. Some of you will love me and die for me; some of you will love me to kill me. These are two sides of the coin; but I’ll do my job. Between the two grinding wheels I’ll deliver. That’s what I believe life is about. You understand? Now, are you willing to concentrate for a while or you are hungry and you want to leave? What is your program?

Students: (inaudible)

Yogi Bhajan: Are you in love? You want to do it?

Students: Yes, sir.

Yogi Bhajan: Are you upset?

Students: No.

Yogi Bhajan: Chocolate?

(Students laugh)

I can't believe it. Okay, let's do it then. Some people have to go; they might have some duties or something, is that true? Where are you going? To meet your husband?

Student: (inaudible)

Yogi Bhajan: That's what I am saying. Those who have duties and need to go, they can leave and not feel handicapped. All right now, I'll say ready, set and go and you will put the tape from the beginning. And no hanky-panky this time with these beautiful people okay? All set? I didn't say anything. See, we are all learning here, ready? Give me the signal. Ready, go, set. You cannot do this, I said ready go and set. I didn't say ready, set and go. Nobody listens, that's what I want to tell you. Are you tuned in with me? All right, ready, set, go.

(Students laugh)

(*Ab Jan Oopar* is played)

(Students sing along)

Very good, that is how it should be. That is how it should be. Your interpretation in learning and communicating and repeating exactly what your inner voice says should be a hundred percent correct. This is a very practical way we are going to learn: A-apple. Yeah, I am true; we are learning first side of inner love. First time. Neither A gives you apple, nor apple gives you A. But you learn the whole alphabet. So this is the first thing you are learning: as they speak, you speak; when they stop, you stop. What they say, you say. Difficult isn't it? But you have done so well I can't believe it. All right? You are with me?

Okay what we will do is tomorrow we will repeat this Shabd in Sahaj Bajaroli Kriya. It's a very sacred Kriya in the Yoga; it really does what it does. But when you come to the class, do me a favor, clean your monkey glands. I don't want any mucous here whatsoever. You know how to clean monkey glands? With the brush? You have biting teeth or no teeth? Biting teeth?

Students: (inaudible)

Yogi Bhajan: All right, take your paste, whatever you use. What do you use? Everybody has different paste, right? Different taste, different paste, right?

(Students laugh)

Brush your teeth very good and there are here, two big balls, you know? Get them out, okay? Then the rest I'll do, perfect. Five or six, what time?

Students: (inaudible)

Yogi Bhajan: Okay.

(Students laugh)

May the long time . . .

Students: May the long time sun shine upon you, all love surround you and the pure light within you, guide your way on.

Yogi Bhajan: Sat Nam

Students: Sat Nam.

Yogi Bhajan: Thank you very much, you are very pretty, beautiful, and wonderful. You did a job, which I am proud of, okay?



Prayer to Project the Impact of the Heart

Kundalini Yoga as taught by Yogi Bajan®

July 1, 1987

Posture: Easy Sitting Pose. Sit with spine straight, chin in and chest out.

Eyes: Closed or meditatively recite with the *shabd* sheet.

Mudra: With the palms facing the chest, cup the hands, right hand behind the left, in front of the solar plexus. The left hand is closest to the body, the right hand is cupped around the left. The thumb pads touch. Push the right thumb pad into the left, creating a 60-degree angle with the right thumb. The right thumb should point directly at your heart; the left thumb will come almost straight up to a 90-degree angle. Keep the pressure on the thumbs throughout the meditation.

Music: *Ab jan oopar ko na pukaarai*; Sing with the *shabd*; alternately singing and listening. Sing along with the kirtani and then listen to the musical response. See *shabd* sheet.

Time: 22 Minutes

Comments: The thumbs represent ego. This mudra is called the prayer that intercepts the ego to project the impact of the heart, that's why it is pointing to the left side. When you do it on the right side that is the projection of the power of the Prana.





Prayer to Project the Impact of the Heart

Kundalini Yoga as taught by Yogi Bhajan®

July 1, 1987

Shabd: *Ab jan oopar*

*Saarang, Fifth Mehl:
ab jan oopar ko na pukaarai.*

Now, no one complains about the Lord's
humble servant.

*pookaaran ka-o jo udam kartaa gur
parmaysar taa ka-o maarai. ||1||
rahaa-o.*

Whoever tries to complain is destroyed by the
Guru, the Transcendent Lord God.
||1|| Pause ||

*nirvairai sang vair rachaavai har
dargeh oh haarai.*

Whoever harbors vengeance against the One
who is beyond all vengeance, shall lose in the
Court of the Lord.

*aad jugaad parabh kee vadi-aa-ee
jan kee paj savaarai. ||1||*

From the very beginning of time, and
throughout the ages, it is the glorious greatness
of God, that He preserves the
honor of His humble servants. ||1||

*nirbha-o bha-ay sagal bha-o mitiaa
charan kamal aaDhaarai.*

The mortal becomes fearless, and all his fears
are taken away, when he leans on the Support
of the Lord's Lotus Feet.

*gur kai bachan japi-o naa-o naanak
pargat bha-i-o sansaarai.*

Chanting the Name, through the Guru's Word,
Nanak has become famous throughout the
world. ||2||45||68||