

The Strength of a Teacher

Yogi Bhajan – June 17, 1994

THE STRENGTH OF A TEACHER

PART 1

YOGI BHAJAN, 6/17/94 – FIRST ANNUAL TEACHERS CONFERENCE, NM

YOGI BHAJAN: Do you have any questions?

QUESTION: Could you talk about turbans?

YB: Turban is only for the fortunate people. Turbans are only for the fortunate people -- people who want to crown themselves. It's not a ritual, it's not a religious nonsense, nothing. If you get a cranial adjustment on your head, it'll cost about three hundred and fifty bucks to get it done.

We also tie our full head of hair into the rishi knot. That's why it's called rishi knot. It means 'knot of the sage.' This whole thing that I am talking about is 5000 year old. Pull all your hair up, knot it in the morning. At night you comb them down in the back and braid them. That's also a requirement.

When you tie the turban, that is when the cranial adjustment happens. All parts of the skull are pulled together, and they remain together. This gives you cerebral power to work things out. That is why turban is called 'pugaree'. 'Pug' means the feet. 'Gharee' means the fortress. That which gives you the fortress at your feet. It means it holds your personality. It is the old yalmaka of the Jews. It is 3,000 year old science. In the case of the Jews, their turban used to be seven yards long, yard and a quarter wide, and they used to tie it and tie it and tie it. Today, finally, it has been reduced to a little cap held on the head by a bobby pin.

The most beautiful thing about a turban is that the day you are not mentally real your turban will never come out looking correct, no matter how hard you try. And since mostly people are not mentally right, their turban is never right. I know in my case also, when I put a turban on and I am not in my unisonness, it's always a mess. It's a very heavy situation for people.

The concept is, do you fashion yourself for your personality and strength, or is your fashion a statement that you are on sale? As a man do you want to just snatch a girl and hook somebody and tell somebody your nonsense? Do you want to live like a commoner and not commit? There are a million things which you do. Or are you just you in the beginning, middle and end? Are you on sale or you cannot be priced? The deciding factor can only be the made by the person himself. There's no way that you can be asked to do something which your character cannot make you to do.

There was a time in the world at large among the rulers in India that you couldn't tie a turban until you were really a man of God.

You've seen the Hari Krishna people, they have a little hair on the top of their head? They are called 'crown hair'. There was an order of death that you can either be beheaded, or your hair was cut. But the crown hair is considered a source of divine strength, and it was allowed. So if person was condemned to get his hair shaved off, they would only leave the part on the very top of his head. The rest they would shave off, and that was the execution of death.

MSS GURUCHARAN SINGH: Sir, is there any negative effect if somebody were teaching yoga, but not covering their head?

THE MOST BEAUTIFUL THING ABOUT A TURBAN IS THAT THE DAY YOU ARE NOT MENTALLY REAL YOUR TURBAN WILL NEVER COME OUT LOOKING CORRECT, NO MATTER HOW HARD YOU TRY. AND SINCE MOSTLY PEOPLE ARE NOT MENTALLY RIGHT, THEIR TURBAN IS NEVER RIGHT.

YB: I don't want to comment on that. During the time they will find out for themselves. It's not a question of who's a teacher, and who's not a teacher, and whether you are right or wrong. It's a personal question. Turban is a personal question. Turban is not a teacher or student question. A teacher can be a debauch. A teacher can be low-grade, selfish, emotional crazy person; and he may tie a turban and hide himself behind it.

When you tie a turban you crown yourself. And, when you teach yoga -- especially Kundalini Yoga -- you are an endangered species. Because this is the oath of the teacher, "I am not a woman, I'm not a man, I'm not a person, I'm not myself, I'm a teacher." So you give away four faculties for one qualification. So this means that person is not himself, he's a teacher. What does it matter to him whether he ties a turban or he wears this, or he does that? That should not be applicable. But if you want to be a teacher and sexy and social and you want to convince people not with your wisdom, but maybe with your body, and with your B.S. -- I call Bullshit -- when you grab and promise the student wrong things and seduce people sexually and sensually and go after that kind of nonsense. That's where it becomes a professional problem. It's not something one has to be worried about.

Actually a teacher of Kundalini Yoga won't have to manipulate, won't have to play games. If you are a really a Kundalini Yoga teacher, the world will come to your feet. Twenty-five years ago, how many people did I know?

The problem for everyone of you, whether you are a woman or a man, you have to travel 36 inches. That's the journey you have to make. And that is from the second chakra to the sixth. That's all it is, folks.

It is very difficult to be a teacher and to be secure. Normally as teachers you are insecure. I happen to know you all, therefore I can talk to you frankly. As a teacher you cater to the students -- more the number, more the dough, more the classes, more you are popular. That's not Kundalini Yoga. In Kundalini Yoga you take a student, crash him, mess him up, powder him up, reconstitute him, fix him up, let him go -- let him go and grow. Let him go and glow.

That's why we don't initiate anybody. Why mess up somebody? If they can't take it, they can't take it.

Between a man and God there is an opening door and the key to that door is called "Kundalini". As a teacher, when you profess to teach somebody Kundalini, then you have to have some special character, some characteristics, some courage. You have to be somebody special.

It doesn't matter what people say to me. Whatever you say to me, I hear it, I acknowledge I have heard it, but I know you are just earthlings, and it doesn't mean a thing. My job is to tell you in return where your best is. That's the job of the teacher. It's not a personal relationship. No. A student has come to you and your job is to deliver him or her -- but not with your personal nonsense.

A TEACHER BRINGS GOD INTO THE HEART OF ANOTHER PERSON.

Some people say to me, "I saw this meditation in my dreams." I really shake in myself. Does this idiot know what he is talking about? He knows he has made it up, but he says it's a dream. So I question him, "Which chakra does it effect? What was your the parasympathetic return to the basic of the nervous system base?" Well, if it really came to him through a dream, he should know the whole thing.

That's why we want to keep Kundalini Yoga very open, very honest, but absolutely pure. Sometime people ask me, "Should we keep our eyes closed or open during this exercise?" I say, "I didn't ask and I don't remember, therefore you should not ask and you don't have to remember." You are a teacher. You have to be an honest, frank, straightforward, stalwart leader for the best of the other person, not for you. You understand that?

You can teach and you can mesmerize, and you can magnify and you can convince people and you can be great. But you'll end up as a shit one way or the other, because the faculty of teacher is more than God. A teacher brings God into the heart of another person. Therefore hanky-panky doesn't work. And if you start with hanky-panky and ego, you will have no Amigo. God will not be your Amigo. Be warned about it.

All these teachers are going to go away, and any of you who will teach on the basic principle with grace will remain. This is the Age of Aquarius, and that is what people have to practice, period. I know all the yogas, but in every other yoga you have to be an unmarried, single person. You can't be married. That's where it starts. This is the only yoga which is for householders and it does allow you to marry, have a family, plus it gives you divinity. Time-wise it is a very short time. The exercises are very small, the kriyas are very good, and they do effect one, two, three, done deal. There's no nonsense.

But what should I tell you? I hear you say, "I'm Italian, I can't deal with the French. I'm French, I can't deal with the Dutch. I cannot deal with this, and that." When you talk like that I say, "Wait, what? What they are talking about?" You are all teachers of the same science, for the same purpose, and that is for the best of your students -- whatever they may be.

You are all teachers of Kundalini Yoga. How many of you believe God wants you that way? Then why do you put your own thing in it?

STUDENT: Because I am God.

YB: You are only God when you are working for yourself. When you are working for others, you are supplying the goods to others who are Gods. You are just a channel. A water pipe is not water. You are never a God when you are a teacher. Matchstick is not fire. It only lights the wood. That is the difference.

A teacher is a *means*, not an *end*. We do not say, "In God I trust." We say, "In God I dwell." So you are yourself a guest of God. A guest can never be the owner. When you take the vows of a teacher, you will never claim any ownership.

Still you would like to be teachers?

STUDENTS: Yes.

YB: It is the spirit of a teacher which works, actually. It's not how you look, or what you are. It is your majesty. And it's the majesty of your spirit, your soul. It's the character of that majesty in you which makes you a teacher. It is the "Imperial Divinity", they call it -- I.D., the identity, this "Imperial Divinity" which has no duality. Your character is used to uplift others. You are like a forklift; go into the dirt, pick up a student, put him on the rail, make him move and make him a teacher for tomorrow. There is no place for your feelings, for your emotions, or for your garbage; *and* it is not your hunting ground.

YOU ARE LIKE A FORKLIFT; GO INTO THE DIRT, PICK UP A STUDENT, PUT HIM ON THE RAIL, MAKE HIM MOVE AND MAKE HIM A TEACHER FOR TOMORROW.

You don't live off your students. So far the God within the student has lived off me. You have to run your own businesses, and you have to show your students every aspect of life. Trust me when I tell you this -- when you start taking on these characteristics of a teacher, your work will be done by God Himself. You have to have that strength.

HE WHO EATS WHAT HE EARNS THROUGH HIS EARNEST LABOR & FROM HIS HAND GIVES SOMETHING IN CHARITY; HE ALONE, O NANAK, KNOWS THE TRUE WAY OF LIFE.

GURU NANAK, SGGS PG. 1245

You do hard work, you earn, and then you give. Nanak, that one knows what the truth of giving is.

Giving is forgiving. You shall not react to anything. Your student can slander you and slander you and slander you and slander you and manipulate you and do all kinds of nonsense. You will resurrect. You'll rise above that.

Once I went to a meeting and there was an implant there from this Judo-Christian group, and they told him I am a Satan. They came to harass me and try to prevent me from speaking. So this guy got up and he said, "I have a question." As a normal, well-trained parrot type of a thing, he did what he did, going on and on. I looked at him, I said, "Anything else?" He said, "You are not going to answer me?" I said, "Garbage is a garbage. Garbage can only be given an answer by garbage. I don't have garbage. It's your paranoia, and may God bless you and Christ give you consciousness." And so I got out of it. He said, "Why you named the Christ?" I said, "He's my friend. What's so wrong with that?" And that was the end of it.

QUESTION: Can you talk about the relationship between teaching and money?

YB: You teach clear and free, and you have the right of donation which must go towards the working of the organization you have established; and that should be enough to give you an opportunity to work. But question is like this, folks - this is a science for householders and if you don't work yourself and make money, then you are always vulnerable. Your students can pull the rug out from under your feet. Why do you think all these swamis and yogis came here and then freaked out? They were not bad teachers. They all had a rich man to support them all, and they expanded like wild fire. Then this guy got mad about something and pulled the rug out from under them, and they fell apart.

PERSON: What about making a living teaching yoga?

YB: You can make as much of a living as you want. Teach a class, give people the experience. If people want to ask you for personal counseling as a teacher, you can charge as much as you want for the time that you spend. We always charge ten, fifteen dollars a class, or sometimes twenty, thirty dollars because of the expense of travel, and all that stuff. But then if somebody comes and they just want to sit with you, on a one to one basis, you can establish your time and your money rate. That is for counseling. That is where somebody seeks and you pay.

**MONEY IS THE PROBLEM, BUT IT SHOULD NEVER BE THE PROBLEM.
YOUR TEACHING METHOD AND STRENGTH AND CHARACTER
SHOULD BE THE PROBLEM.**

I pretend to be poor to let people know that a teacher can act as a poor person if he wants to. And sometimes I act very rich just to confuse you guys. I do so many things. My job is wherever your consciousness is, confuse you to see whether you get confused or not. That's a character of a teacher. Because there is another teacher who is parallel to you - and that's called *time*. Because once your student falls into the trap of time, as a teacher it'll hurt very much. You have to be one step ahead of it.

QUESTION: How can you be sure you're always doing the best for your students?

YB: Crack his head, and see what comes out of it. Don't be personal. Take pros and cons and discuss them. Let him choose what is best for himself.

You have to recognize the fact that every student of yours is tomorrow's teacher. How goofy he may be, that's the fault of his parents. How neurotic he is, that's part of the environment and circumstance. Those two are given to you. They come with the territory. Thirdly, how much he can react to you and become your sworn enemy, that's also a positive effect of a student. It's a right of a student to betray his teacher. It is his right. Because every young soul, when he grows up to a certain stage, it is his rightful idea to throw off the teacher. Every student of yours will teach for a while, but later on he would like to put you into the grave. And that's a very rightful thing. It will force you to see how good a teacher you are, when you see how you hold your grounds.

Are you scared of that? Are you scared that your students might grow up more than you? You should not. Let your students learn and know for tomorrow, and let them commit their mistakes. If they ask to verify, counsel them to a correct point of view.

You must understand that spiritual ego is the worst thing on the planet. And when you are teacher, a lot of people respect you, a lot of people trust you, a lot of people like you, so many things happen. That's the good part. Some people want to kill you, some people want to throw you off, some people want to slander you, some people want to wrong you. That is also a good part. Everything balances out. But you will always try to do your best. Is that understandable?

QUESTION: Sir, about teaching and money from classes, if we're teaching enough and money is there, should we still develop some other base for our security?

YB: First of all when you start teaching, you should not be insecure to begin with. When you're insecure then you're teaching insecurity also. And Rome is not built in one day. You should not be in a position to be embarrassed by that.

I used to teach and charge \$35.00 for a one week Tantric course. We never made money, we always were short. But people were so loving and so giving that when we finished and they told me, "We are short so many thousands of dollars," I'd say, "Guys, now come on." And we always made it. So basically when you give people the elevation and you give people the strength, they may not let you down.

Money IS the problem, but it should never be the problem. Your teaching method and strength and character should be the problem. If you have strength in teaching and you don't goof around, you'll have as many people as you want.

Now in Kundalini Yoga, you cannot come free. That's the first thing.

ITARASHTAM TITHAR KUSHTAM

You have to pay. But when I started teaching, our students never used to have money. So I used to take a hundred dollars, go and get the cash, throw it on the lawn so people could pick it up and pay in the classroom. Some people picked it up and never even came to the class! But we kept our tradition. That's how it was. So there were always some rich students and some poor. Rich would give more and poor would give less, and it all balanced out.

I used to pay I think a hundred sixty dollars for the place where I used to live, and we never had the money. But we never felt that we would be in a mess.

Still today, it's not that I am poor. I'm not denying to you and neither I am lying to you because I am more rich than anybody else. But my expenses are more than my income, and still I make it. I'm a very rich guy. Very rich. But I give so much that my Chief Accounts Officer is always bugging me. She says, "Look at the expenses. You have to learn to contain your expenses." I say, "Sometimes you have to learn that a person may need money more than me. And if I say 'give it', then give it. Then somewhere we're going to get it."

Money is a medium. It is a very harsh thing when you don't have it. It's a very rough thing when you don't have it. But it's not that money is all there is. It's not that your beauty is all. It's not that your youth is all. God is in all and if you trust one thing - that you dwell in God - you will never be in a mess.

There are two ways that you work. On one hand you want to be divine, teachers, spiritual and all that. On the other hand you want to be insecure, freaky and you want personal satisfaction. The two things do not mix. Oil and water don't mix. Teach with grace and live with courage.

Kundalini Shakti - it is a Shakti Yoga. It is not something where you have to be a freak. You do not subject yourself in this to a man. I'm your teacher but my teachings are your teacher. I am just a vehicle. Many people want their emotional tie, and I am already tied to you. I love you all, but the problem is I want to punish you, too. Because tomorrow I'll be gone and you have to represent me. And you have to represent me by becoming ten times greater and stronger than me.

You have nine holes and you are holy, so make sure you watch what comes in and what goes out of those holes. Only let positive things come through these nine holes, and all the mess go out.

If you are constipated you are not a holy man. Do you know that? But if you are constipated, take triphala and clean yourself over time. Triphala is very good. It's for the brain. It's energetic. It cleans you out. Try taking three capsules and go in time. It is a natural, helpful method. If you are worse than that, you may require six. But sometimes you start taking senna tea and you have all the crawling going on inside and you are miserable. How would you like to be a yoga teacher, sitting in the middle of the class, saying, "Wait a minute. I'll be right back. Where is the bathroom?" What impression would you give to your students? Go with this natural system, be in control of your nine holes. And that is the quality of the tenth gate - when you consciously watch what you are doing. Is that clear?

TEACHING IS TO REACH INTO THE OTHER'S SOUL
BECAUSE WHEN THE SOUL IS LIT, THE GOD PREVAILS.

Don't teach with the idea that you are teaching. Teach with the idea, "Ong Namu Guru Dev Namu" -- that God is coming through. You know folks, when I teach a class, I sometimes ask my staff to transcribe a lecture of mine and send it to me; I want to see what I've taught. It looks good. At that time the Akashic tape record will be set in me, and I just go through it very fine and clean and I know what I'm teaching, and that's all okay. But later on when I come out of that trance, I want to see what it was I said.

We teach and teach and teach and teach because that's the way only we know to reach, reach, reach your inner soul. Teaching is to reach into the other's soul because when the soul is lit, the God prevails. Teaching is the noblest profession. It's an art, it's a profession, and it is a gift of God.

But as a teacher you can fail yourself and you can fail your students. I have my personal attitude towards that. Majority of the students don't like me. A teacher is not a very lovable, likable personality. Because the teacher's breakfast is the ego of his student, his lunch is the personality of the student, and his evening tea is to put him into such a mess that he should not be in a position to come out. His dinner is to test him against the face of death and see whether he can come through or not. Now these are four responsibilities of a teacher. How are you going to be popular? Where is your popularity? Nowhere.

You have to make your students stronger than you, better than you, and ten times great than you! Your total investment is your student. If your student is not more elevated than you, you have messed up, you've goofed. You are gone.

The problem with you is you teach this exercise yoga, I call it 'jerk yoga'.... "Oh, couple this, couple that, this posture, that posture, this..." You call it yoga? Forget it! Eat anything, do anything, run around anywhere, no questions, no discipline, nothing. Twenty minutes meditate, and you are divine? Forget it!

Somebody said, "I am vegetarian." And I said, "Oh, very good. I am vegetarian, too." He said, "But I do eat fish." I said, "Well, that's fine. What else do you eat?" "Oh, I eat eggs, too." I said, "That's fine." "And I don't mind soup as long as there are no chunks of meat in it." "You mean you eat chicken soup?" I asked. He said, "That's right. Isn't that right?" I said, "Yeah." I said, "What else do you do?" He said, "Not much." I said, "How much chicken soup do you eat?" He said, "That's my main diet. I want to look very skinny." I said, "You know what a rooster does to every hen?" He said, "I know." I said, "That's what you're going to do to every woman student?" He said, "Oh, you found me out. That's my problem. I'm very weak with women." I said, "Man, you're a man like a chicken. You are what you eat, so in your veins runs that chicken. The chicken has inhabited you." "You mean I should not eat chicken?" I said, "I didn't say that. I didn't say 'don't eat chicken'. I didn't say 'Tie a turban'. I didn't say you should do this or that. Question is what do you want to be?"

Ask yourself one question, "What do you want to be?" Do you want to be a teacher and a saint, or do you want to be just a teacher and one of the biggest con men? Is your body a purity, piety and power of God, or are you just a fake? That I don't want to ask you. That you have to ask yourself.

There are three things you must know: 1. Don't let down yourself; 2. Don't let down your students; and 3. Don't let down the teachings - and God will come through. That I can promise you.

THE TEACHER'S BREAKFAST IS THE EGO OF HIS STUDENT.

There are three things you must know:

1. Don't let down yourself,
2. Don't let down your students, and
3. Don't let down the teachings --

and God will come through.

I came to the West to create teachers. And the funny part is, you are teachers of Kundalini Yoga and you are not proud of it. As much knowledge as you have, there's not one person in the world who can sit with you and match up to you. I can bet on it. But unfortunately you white skinned earthlings, you are not proud of it. You go see some swami and you say, "Oh Swami ji, hee hee hee." (SSS puts his hands together in a prayerful pose, and hunches his shoulders, as if someone were timidly approaching someone else.) Sometimes I see you and I say, "Here he goes. Okay, fine with me." You have no self-pride, you have no self-respect. You don't get it that God is in you. "God and me, me and God are One." You have not understood it. You don't have a relationship with God. You don't have a relationship in Oneness with God.

There is one student of mine, she said, "Put your hand on my head. I'll be elevated." I grabbed her from the neck, and lifted her up. I said, "Now you are elevated." Why should I put my hand on her head? I am the Mahan Tantric. If in my presence your purity cannot be received, you are just the worst.

What is the diameter of the earth? How many thousand of miles is the equator?

PERSON: Eight thousand?

YB: Now, why eight thousand? Why not seven thousand, nine hundred ninety nine? Why does your spermatozoa make eight circles around the egg before it penetrates? Why is every mantra in Kundalini Yoga an ashtang mantra with eight strokes? Why?

PERSON: Eight represents Infinity.

YB: When you teach Kundalini Yoga you are here, hereafter and thereafter. You have three aspects to cover for your students. Here, hereafter and thereafter. Charge money, folks, and you are stuck for any penny, any Gurudakshina that student has offered.

What is the most a student may give you? Twenty dollars, a hundred dollars, one thousand dollars, a million dollars? Do you know what your responsibility is? Here, hereafter, and thereafter, you stand as guarantor that this person shall not fall into any evil. That's how it is.

You may say, "How can we do this?" I'm going to give you a simple exercise that will aid you in this goal. It's a very simple thing. You should do it privately and the whole day it will work.

MEDITATION

This is your left hand, your purifying power. Take your left hand, put it in the center of the forehead, in this trikurti. And take the right hand and just raise it. Close your eyes and look deep down at your chin, moon center and calm down. We'll do it for eleven minutes. Breathe slowly, please. Close your eyes and look at your chin.

This is self-purifying. It will purify the shushmana, the divine nerve of you. Play the tape, "Ong Namō Guru Dev Namō." Now feel energetic, be strong. Close your eyes, they must be rolled down. Concentrate at your chin. That's the moon center. It's a very simple exercise. It's not hard, but it's going to freak you out in another two minutes. If you concentrate correctly the shushmana must start vibrating. There's a law to it - it doesn't matter what your state of physical mind is. Physical body and mind don't mean anything. If your eyes are fixed at the chin, where your hand is, that thing will become hard like lead. If your forehead becomes hard, you are in the job. And if your body starts itching and hurting, you are successfully doing it.

Concentrate, meditate, and excel. Soon the world is going to come and find you. They're going to say, "Oh my kundalini's rising... I don't know, I can't say, I, this, that, bah, bah, bah." Your job is to calm those people down. Your job is to give them back their personality. If you do not know your personality and it's not strong and pure and projective, what you can give? Empty glass cannot quench a thirst.

Steady. It is going to affect your nervous system now. Ida and pingala are going to go through the convulsions. It's positive. Be steady. Just remember, "You are not a woman, you are not a man, you are not a person, not yourself -- YOU ARE A TEACHER." And you must experience everything which you share.

Let me now flow through you. Hold tight. Don't move, and concentrate. (Silence for a few seconds.)

Breathe slowly, long and deep. And keep spine straight; it'll be a help.

Haray, where Kundalini is, entire wealth of the universe and the heaven there is. I love to discuss money with you, that I agree. But you do not know. Where the Kundalini is awakened, all corners bring gifts and salutations. It's the most divine power of God Himself. It is God's thunderbolt.

Concentrate on your chin. Breathe very controlled. Long and the best.

(Part II begins:) Ready? Now with the tip of the tongue, concentrate like that. Don't move. "Har Har Har Har Har Har..." (Word 'Har' is continuously chanted in a very flat monotone, using the tip of the tongue striking against the upper palate, keeping the posture and not moving the rest of the body.)

(After about 5 minutes)

(Part III begins:) Inhale deep. Inhale deep, deep. This is a priceless breath. Inhale deep. Hold tight, stretch your spine, tight. Hold deep. Stretch your spine. Hold deep. (15 seconds) Canon fire, let it go. Inhale deep again. Deep. Hold tight, now stretch your entire posture. (15 seconds) Canon fire. Inhale deep. Hold tight. Now go inward, look at your body, and whatever comes to you intuitively, send the energy to that area. (15 seconds) Heal, heal, heal. Fire out. Relax.

(End:) Put your hands up and move your shoulders, right now, quick, quick, quick, quick. Before it gets to you. Move, move, move, move. Move the upper area. Move. Now relax.

IT IS VERY FORTUNATE YOU HAVE THIS ASSOCIATION NOW. WHEN I'LL BE GONE PHYSICALLY AND YOU'LL BE ASKED TO SEARCH ME OUT SPIRITUALLY, YOU HAVE TO SIT TOGETHER TO GET TO IT.

PERSON: Is that eleven minutes concentrating, and then eleven minutes...

YB: Actually the timing of this is eleven minutes, and eleven minutes of 'Har'. And then eleven minutes of holding the breath, one breath a minute. I don't think you need an explanation of what will happen to you. All who have gone through it, know it. Today I had you hold the breath only three times.

GURUCHARAN SINGH: Is there a name for the meditation?

YB: This is a very simple exercise, it is just to purify your shushmana, clean the shushmana, the central nerve, the chi energy. Because as a teacher you have to deal with everybody and you have to generate in you the power and purity and subjection. Sometimes it's good to do some simple things in a simple mode and conduct.

You know, it is very fortunate you have this association now. When I'll be gone physically and you'll be asked to search me out spiritually, you have to sit together to get to it. Spirit is stronger than the physical body.

There are tapes available of all classes and they are as they are. They are very priceless and at this moment you can get your own library. Afterwards it'll not be available to you. Today it is free. Tomorrow one tape will sell for whatever amount is.

You are asking for money? You can make as much money as you want. Soon, in this 25 years, the world is going to go crazy. People will pay you anything. They will just want peace of mind, and nobody will be able to give it except you. You have the power of the Shakti. And it's a Golden Chain, it's a Golden Link. It's from Infinity to Infinity. So don't bring your little ego into it. It will be totally burned and crushed. Just one warning. Don't bring your ego, "Oh, I'm a teacher. I, I, I..." No, nothing. It comes from Infinity, it goes to Infinity. You are just the giver. You are the distributor center, that's all you are. And it shall prevail, man. There's no way it can be stopped.

If you don't obey, you cannot command. That is the power of the teachings. Therefore you have to tune in into Infinity, you have to teach Infinity. What is Kundalini Yoga? Uncoiling the reserve power unto Infinity itself. It is a simple thing. Energy is there, you are there. It is just for you to get it, and give it. Distribute it. Give it gladly, give it courageously, give it purely. You can never get hurt. And you shall never be poor.

Certain things must happen to a person who teaches Kundalini Yoga. He's always protected. At the last minute something comes to his rescue. I don't know how it happens, but I know it's always there. One is you will never be poor. Never. You can never be poor. That's one beauty. At the last minute, if something is happening at the last minute the hand of God will pull you through. No, it is called 'trust'. Dwell in God. And if you are poor, it means you were not distributing it right. First is getting. Give it, and be glad, be happy.

You are afraid because you have ego. If you have no ego, why should you be afraid? Let God mess things up, who cares? Teach under the Name, live under the Name, flow in the Name, and be in the Name. That's what Name is -- Nam. Some people even made a commercial out of it. "We'll give you a private mantra." There's nothing private. We're as open as daylight is. There's nothing private, no initiation, nothing. Just go and get it. Get your scene together, everything else will get together.

ACTION AND REACTION IS KARMA. DHARMA IS WHEN YOU ARE ABOVE KARMA.

You can either go after 200 million things and you'll never get what you are running after. Or you can just be there, vibrate, and let things come to you. Be the powerhouse, be the magnet.

GSK: Could you characterize the difference between meditating at the tip of the nose, the brow, and the chin, and the crown?

YB: You have to die physically one day and you don't want to hang in as a ghost. Majority of you spiritual people hang in as ghosts. As a teacher if you goof, your next life is a cockroach.

If you meditate here on the moon center (the point in the center of the chin), you'll control all your emotions. All emotions -- good, bad, right, wrong -- no problem.

When you look at the tip of the nose, you will elevate yourself to the heights. You can't even measure it. When you meditate on the third eye center, you'll start seeing things clearly. It's called "panorama show" -- because at the time of death that's where you are going to see everything -- how mean you were, how creep you were, how crazy you are, everything.

When you concentrate at the crown of the head, you are going to exit from that point. When you concentrate there, then your exit will be clear, no karma. Out, straight, gone, finished. No karma.

So what are the points? 1. Chin. 2. Tip of the nose. 3. Third eye point. 4. The tenth gate, four. Is that clear? Fourth is the exit point. I'll tell you how to die. The moment you know your time has come, you'll start seeing the panorama show, (Yogi Bhan points to his 3rd eye point). Immediately look at the chin to clarify your mind, right in a second. Sometimes you will know about three minutes earlier and sometimes only 30 seconds before. But you must get thirty seconds. There's no way that that chance will not be with you, however helpless you may look. Concentrate on chin for a second or two or three. You'll still have 27 seconds. Really. And secondly concentrate at the tip of the nose, to pull yourself up. Then concentrate at the 3rd eye point, and clearly know how rotten you are and how right you are, it doesn't matter. And then ask in prayer, that you gotta go straight. Then you concentrate at the top of the head, the crown center, 10th gate, and you'll be gone. That soft point when you are a baby. That's the exit gate. You should practice meditating at these points in this order. You have to practice. You have to practice.

QUESTION: When you see the panorama....

YB: In the panorama you shall get three seconds to see all your life and how mean you were, how right you were, how wrong you were. Good and bad, all the balance will be before you. In three seconds. How selfish you are, how attached you are. Panorama - then after that is the exit.

In the Siri Guru Granth there is a shabad*. It is written about how at the last moment if you think of this, think of that, what you'll come back as. He is really good. He just says, "If this ticket means this, then you are going to get this." And he doesn't hesitate one second. So look into it. I think the Association can take that shabad and circulate it.

QUESTION: Should it synchronize with your last breath?

YB: You just concentrate, it will all happen. God is very merciful. He doesn't want to hang people here as ghosts, and then keep on creating and then keep on generating and keep on giving and all that. He doesn't like karma either. Action and reaction is karma. Dharma is when you are above karma. You do not act or react - you resurrect.

*The shabad from the Siri Guru Granth referenced above is included at the end of part 1 of this lecture.

Does anybody have the paper I wrote today? "The Theory of Reincarnation?" You have that? I wrote it today. This paper contains the knowledge of 5,000 years and hundred and thousands of books. I'm going to read it to you just now.

THE THEORY OF REINCARNATION

SIRI SINGH SAHIB, YOGI BHAJAN -- JUNE 17, 1994

The Theory of Reincarnation is the theory of Cause and Effect, "Awa Gavan", to come and go. It is explained and qualified by 5,000 years of testimony through all the scriptures and scientifically by Newton's Third Law of Force, "Every Action has its Opposite and Equal Reaction."

Man has divided time measurement as space into longitude and latitude. At one second in time, at a certain longitude and latitude of space, when you create a cause and do not complete it and experience the effect of it, you have to reincarnate in the next lifetime to complete it. That is how unconscious and pretensely religious, unrealistic people create a cycle of life death and rebirth.

Sometimes our emotions, feelings, numerous habits, environmental pressures, peer pressures, experience of the past, weakness of the moment, and fear of tomorrow stops us. This is just to know what that "stop" means because God is creative, and creative energy is infinite.

When we, the micro-gods, cause a cause or start a sequence, even by our thoughts alone, we can create a whole incarnation to complete it. Just as one spermatozoa with one egg makes the entire human being, so it is very easy to see how one thought, one space, creates an incarnation.

We, on our way into the Aquarian Age, must understand the magnificent attribution of our own reincarnation. It is heavy, so we may not like to understand it. Sophisticated living which has a depth and subtleness is the reality, but because we are human we may prefer to be unawakened.

Ultimately our cause and effect has to be Infinity, which is our completion. But by our incomplete thought we load our subconscious and unconscious and cause the unknown to act it out on our behalf. That is, we create our next reincarnations by sowing the seeds that will bear the fruit.

However, there is a hope. When we meditate in a state of unisonness and tune into the mantra of the *Tattwas*, "Sa-Ta-Na-Ma", or the mantra of the *Tresha Guru*, "Wahe Guru," or the mantra of the *Ik Sharee*, one sound word, such as "Jehovah: Yaa," "Hallelujah: Haa," "Laa-Allah: Laa," "Raiana: Raa," etc.

With these mantras we erase the Akashic Record of cause and effect. This can only happen when the planet Earth and self are passing through the twilight zone of time and space. These are from 4 a.m. to 7 a.m., and 4 p.m. to 7 p.m. of local longitude and latitude. In the morning it is called the *Amrit Vela* -- 'ambrosial hours', and in the evening it is called 'prayer time', '*Sansia Vela*'. Any meditation done in the state of unisonness at that time gives us a clear tomorrow and erases the cause of sorrow which we seed through our thoughts. Through meditation we stand redeemed. It is called 'Mokshaa' or 'Nirvanaa' or 'redemption' or 'liberation'. And that is how the balance in the end accounts for our exit from the planet and for our merger with God, or our next body (reincarnation). This, in essence, completes and explains the theory of cause and effect, the theory of reincarnation, the theory of the Akashic Record, or "Awa Gavan".

IF YOU LIVE IN YOUR GRACE, THE WHOLE UNIVERSE WILL BE AT GRACE. AND THEN AT LAST MOMENT IF YOU PRAY IN GRACE, YOU SHALL GET THE ANSWER.

QUESTION: Could you do a sadhana from four to seven at night the same as you could do it in the morning, and have the same effect?

YB: Morning is for facing the day. Night is for facing the death.

How you'll face your death depends on how much meditative energy you have developed at the twilight zone of the evening. How you'll face your day or your brightness or your expansion of everything, that depends upon your meditation in the ambrosial hour. Simple as that.

QUESTION: Sir, when we chant the "Waah Yantee" mantra, are we saying, "Treshaa" Guru?

YB: Treshaa Guru. Treshaa Guru. Treshaa Guru is Brahma, Vishnu, Mahesh. The Creator, the Sustainer, and the Deliverer. It is their personal mantra. "Waah Yantee, Kar Yantee, Jag Doot Pati, Ith Waahaa, Brahmaa Deh, Treshaa Guru, Ith Waahe Guru."

Treshaa Guru means Brahmaa, Vishnu, Mahesh. Like in Japji they say, "Aykaa maa-ee jugat viaa-ee, tin chaylay parvaan." Tin. Tin means three. It's the same trinity. Father, Son and Holy Ghost. It is yin, yang and self. Yin Yang is a great theory of balance. But self is forgotten. Yin, Yang in a triangle. Yin, Yang and self. Doesn't it sound right?

QUESTION: Sir, you said there were originally six Gurus' and Treshaa Guru is one of them?

YB: Six gurus are which gave the earth. The knowledge. There are six schools of thought, six Gurus and six paths. "Che ghar, che gur, che upadesh." That's okay. But three are the God-incarnation, and these are called 'treshaa guru's'. It's called 'Trinity of the Man'. 'Trinity of the God'. And that is called Treshaa Gurus.

QUESTION: If somebody is going to pass out, is dying, do these same things work for them?

YB: If he does them himself.

QUESTION: But if somebody is guiding them?

YB: No, at that time guiding is, you chant "Akaal". You chant the infinity, you bring the Infinity onto the earth. If you don't want that guy to suffer, then chant "Akaal."

QUESTION: Is there a technology to tell people?

YB: I have been through all that. I learned Buddhism, I learned Shinto, I learned Tao, I learned Islam, I learned Judaism, I learned everything. Then I learned there's nothing to learn. All there is to practice. After learning all that long path, and going through a hell of a time, I found out it all is in grace. If you live in your grace, the whole universe will be at grace. And then at last moment if you pray in grace, you shall get the answer. There's no problem. I have found it after hustling for years. You shouldn't have to. Whatever the Buddhists do, whatever the Sikhs do, what the Muslims do, they do what they know to do. You are a student of the Infinity and teacher of the Infinity. You do what you have to do. If you don't do what you have to do, you are do-do. And that's not the way to look at it. We cannot limit the soul to any reincarnation. This last life which we are going through has to seek the Infinite freedom. We are sons and daughter of the Akaal, the Infinity, Deathlessness.

QUESTION? So there is no way to help another person who is dying?

GIVE KINDNESS TO SOMEBODY, YOU EARN KINDNESS. GIVE GREATNESS TO SOMEBODY, YOU EARN GREATNESS. BE PURE TO SOMEBODY, YOU EARN PURITY. GIVE SWEETNESS TO SOMEBODY, IT WILL ADD UP. IT IS CALLED "KARMA".

YB: Just chant 'Akaal' right by the person's side, push him out. Last night I got a telephone call, somebody's father was in trouble and he goes in and out. I said, "Oh, okay, thank you very much. Just meditate, it'll be all done." And it went out.

You can even do it silently. Just say, "Akaal" (said very quietly as if under the breath).

QUESTION: When somebody's dying and you're helping them, you are engaged in that way.

YB: You are engaged with their death. Um huh.

QUESTION: When you are engaged with someone's death, do you get some karma from this?

YB: No, no, no. If somebody's dying and you are engaged in this death, you are in the goodness of God, right? God, Good and Goods, you know my book, "72 Stories of God, Good and Goods"? Have you read that? There is a one story in that. You want a person to go through, you sit down on your own shushmana, the passageway of your life, and you chant "Akaal".

We don't grow this beard and this hair and all that. This is "Akaal Moorat" -- this is pictorial God. That's what we believe in. It's not that we are afraid to go to a barber. We are not. And it's not that we like beards or don't like beards.

Technically, at that time your essence, your relationship with Akaal will come through. And if you'll chant that, you give that other person freedom. In lieu of that, you earn freedom. What is the loss is that? There's nothing wrong.

Give kindness to somebody, you earn kindness. Give greatness to somebody, you earn greatness. Be pure to somebody, you earn purity. Give sweetness to somebody, it will add up. It is called "Karma". Karma is not what you do. Karma is what you do earn with others.

Somebody was very mad at me. I said, "Do anything but please don't call me names." He said, "Why not?" I said, "Then I can't help you. Say one bad word to me and the One who loves me will tear you apart; then I am not a party to it. I'm warning you. Be nice to me." He said, "I am angry at you." I said, "Say everything. Make hand gestures. Do anything but don't utter a word. If you say one wrong word, you will get it." And I saw him going, "Umm, yeeeeaaaaa. (Makes hand gestures of anger and frustration.)" I said, "That's nice. That's good acting. That's fine. That I can tolerate. I'll bless you. But say no word."

Word is Infinite. Word becomes Akashic Record.

QUESTION: What about thoughts?

YB: Thoughts are action, and are the same thing. That's why we have to erase it through meditation. That's why I wrote this paper. Because a lot of people are confused about cause and effect.

QUESTION: For a long time I've heard the letter "D" in G-O-D referred to as the "Destroyer". And now you're saying it is the "Deliverer". Could you talk about the two aspects here?

WHATEVER YOU WANT TO BE, JUST BE, AND EXPERIENCE IT. THAT'S WHAT KNOWLEDGE IS. LIFE OF THE LEARNED IS THE MOST PEACEFUL LIFE.

YB: Shiva. He's also the Deliverer. What you cannot deliver shall destroy you. If you call yourself a teacher, and you don't deliver yourself as a teacher, you will be destroyed. If you say you're a man of God and you don't give people God, they will kill you.

People will bow to you and salute you, but when you do not deliver them, they'll come after you. That's automatic cause and effect. You look like a saint, be like a saint, act like a saint, and bless like a saint - God will come through you.

There's no handicap in this world. There's no guilt. We are all bamboo pipes. Put it in the river and deliver the water. You should not have any doubts among yourselves. Whether you are right or wrong, whether you are good or bad, sit down and say, "Ong Namoo..." Let it go.

That's what "Ang Sang Wahe Guru" means. With every limb God is. God is your Creator, you are the creature, and you are dealing with creation. There should be no problem. Just don't relate to problems and they'll disappear.

You think I don't have problems? I have more problems; I have your problems, my problems, the future's problems, and the past's problems. The fact is that if you don't relate, there's no problem.

QUESTION: In one of your books you say to read the mystical Kabbalah, and even though I was not born into the Jewish religion, I've been reading it. Many friends of mine have been discouraging me, telling me that I'm crazy, and I'll get confused.

YB: There's nothing wrong in knowing all mystical things. You are not crazy. Kabbalah is a very simple science of Kundalini Yoga, but just a little twisted.

One very nice thing I did was I did not switch this Kundalini Yoga to any me, us, we, Sikhism, nothing. I didn't give it an 'ism'. I gave it as it is. It will create the Sikh. It will create the purity, piety of the God. That is its problem, not mine. But I kept it as it is. So learn from and read the Kabbalah; there's a lot of triangles in there. I don't have time to go through all this, so I want you to learn. See how many miserable things you have to learn to just jump one step and when you see them, then you say, "Oh, I knew it all ready."

You are not crazy. You are obeying your teacher. Read it well. Master it. Because then you will find it a comparative study and then you will be very exalted. You will be able to discuss it.

Somebody once came to me and said, "I am Christian and I can't follow you." I said, "Who the hell wants you to follow me?" He said, "I want to follow Christ." I said, "Go ahead and do it. Go forty days on a water fast." Twenty-seven days he fasted. I said, "See?" He said, "I am now very weak and pure and enlightened and all that." I said, "Then do what the Christ did. Take the book and read it. Go ahead. You say you follow Christ? Follow Christ exactly as it is. Don't call yourself Christian."

You know where I found good Christians? In the graveyard. Oh yes, they carry the cross, lined up. They never give it up. When they were alive they never cared. Isn't it true? That's why whenever I pass the graveyard, I salute. They are willing to lie down there with a cross and wait, but they were not willing to practice it when they were alive. Try to understand that.

**SO YOU HAVE TO MEDITATE TO CLEAN OUT THE RECORD AND MAKE THE
BALANCE RIGHT. DON'T BOUNCE YOUR CHECKS.**

Judaism is based on that, and then later on they twisted it. Christianity has its reincarnation chapter taken out. You know, everything suits them. So we are trying to educate you because sooner or later all religions are going to flood in. So what are you going to do if you don't know it? Better prepare yourself.

Whatever you want to be, just BE, and experience it. That's what knowledge is. Life of the learned is the most peaceful life.

QUESTION: Sir, if someone chooses to meditate by just being aware without using the pulse of naad and word, since naad creates Akashic Record clearing, what state do they end up in?

YB: I tell you what it is. You see this? This is a cup? (He holds up a paper cup.) I'm drinking from it. Now what happens?

PERSON: Nothing. It's empty. You have a nice clear empty cup.

YB: It will give you nice, clear empty thoughts. It doesn't work. That is the problem. You have a bow and you have no arrow, and you say, "Wooo...." (demonstrates someone pulling the bow string back, but then drops hands because they have no arrow) and it doesn't mean anything. That other person says, "What?" Without projection there's nothing. Something has to be in it.

QUESTION: Sir, could you please explain a little bit about Ida and Pingala?

YB: That left and right thing? When you meditate it starts stimulating and the pivot is the shushmana. The moment you consolidate yourself, then that power will start penetrating, not going up but coming down. When chakras are penetrated upward -- that's called living. When chakras are penetrated backward, return, that's called 'ecstasy'.

GURUCHARAN SINGH: What's the connection between sensing through the radiant body, and the ratio between fat and protein in the body?

YB: Sometime when you sense and you do not burn those senses through meditation, you end up very, very piglike fat. You know all the psychics, real good ones, they are just like balloons. Many spiritual teachers are very fat. Have you known that man, Hall, what is his name?

PERSON: Manly Hall.

YB: Manly Hall? Have you seen him physically? He has elephantitis. He was just as thick as an elephant. His legs and body were huge. But he was a great mystic. He wrote the best in the world. So you have to meditate to clean out the record and make the balance right. Don't bounce your checks.

QUESTION: Could you characterize the difference between Kundalini Yoga and you said there were 22 yogas all together?

YB: Oh, there's Karam Yoga, Giaan Yoga, Hatha Yoga, Yoga Yoga, My Yoga, Your Yoga, Our Yoga.

QUESTION: What makes Kundalini Yoga *Kundalini Yoga*?

YB: Oh, that's the purpose of life, to raise the Kundalini. I mean to say, everything else is just a paraphernalia.

YOUR JOB IS TO WATCH. YOU ARE THE SUPERVISOR, YOU ARE NOT THE EXERCISER. THAT'S WHY AS A TEACHER YOU SIT HIGHER, SO THAT YOU CAN LOOK AT WHAT IS GOING ON. IT'S YOUR RESPONSIBILITY.

My idea was to come to the United States not to make money out of you guys and to become a great teacher. My idea was to come to the United States to make you teachers because you are all Christians. Indians will not teach you anything straight. Period. You are untouchables. You are low-grade humans. Like in some churches they don't allow the blacks to enter, remember that? So when I saw at the airport westerners bringing tons of money and going back home empty, I made up my mind if ever came here, I was going to create teachers who are going to come back to India and teach. That's what I am working at. I have my own agenda. If God gives me life, I am going to create teachers who'll teach the whole universe the science of awareness and unisoness. That's Kundalini Yoga. Because I was learned, I thought, "Let me share." Everybody threatened me, "Oh, it is dangerous. Don't do it." I said, "Oh it is dangerous? We'll see." Eating a banana can be dangerous -- what do I care?

QUESTION: You've taught us the yoga and given us very specific sequences of exercises and sets of exercises. Are we supposed to be teaching exactly the way that you taught us, in the same sequences and the same sets?

YB: Yes, if I tell you, "Go to Santa Fe, then go to Espanola," don't try to jump into Espanola because Santa Fe can't be ignored.

Sequences and consequences are for the rhythm. That's why we teach classes exactly the way they are. If I say that we are going to effect third chakra, fourth chakra, you know, we're going to do this, this, this. If you listen to those tapes, they are specific and pre-defined. It's not that I am having a dream and dreaming it. No, we know how to go, and what to do. And that's what we do.

QUESTION: What about the times on those exercises?

YB: It depends on how I feel; sometimes I am very tired, I want to go home fast, I put my own projective energy into it and do it fast. Other times I want you to have a deep experience and reach out, and I just stay a little longer. It depends, it is a teacher's paradise. It's how you want to do it. It's my experience, how I feel. And that is how I do it.

QUESTION: Does that mean we can shorten a set if, for example, we've only got a 45-minute class?

YB: If you just shorten the class and don't give people enough, they will just cuss you, man.

QUESTION: Some classes that have very very long exercises; can you keep the sets, but just shorten them?

YB: Listen, this is the idea. What we are teaching you is the length required. You shorten or lengthen it, but say so. When we shorten the class we say, "Okay, we are going to three minutes." I do it, why not? I say, "Tonight's class is nine minutes. But it's so hard, and I hope you'll bear with me." And I teach each exercise exactly by watch 3 minutes. And after that we take about 2 hours to get rid of people from the yoga center. Question is at what frequency you put what psyche, and project how powerfully. That is teacher's paradise to shorten it as you want.

QUESTION: What about doing yoga with your students when you're teaching, where you're talking to them about the exercises at the same time?

WE HAVE SELF, AND SELF-IMPROVEMENT IS ONLY BY SELF.

YB: You want to do the exercises with them? That's very kind, but who is going to look after these persons when you are into your own exercises, and they are doing something else? Your job is to watch. You are the supervisor, you are not the exerciser. That's why as a teacher you sit higher, so that you can look at what is going on. It's your responsibility. You are responsible for the clock.

QUESTION: What is rebirthing? Many people claim to do it.

YB: There are millions of millions of gimmicks to get money from people. I have no comments. Every day there is one nuisance or the other, and people believe it, they swear by it. And if you talk too much to them, they bring other friends into it. And you end up with your bank balance short by that amount.

Scientology people are my best friends. I mean to say we talk, sit down and they charge money, and I don't disapprove their charging thousands of dollars. It costs about 25-30 thousand dollars. Because you sit person to person at \$8.00 per hour on an E-meter, this lie detector, and you want person to person. You've got to pay the man, he's a technician. A technician charges \$20.00 an hour. Why are you calling Scientology bad? You are rich, you pay, go through it. There is nothing wrong with it, but you are short of 25-30 thousand dollars. What is their science? Their science is very simple. You speak, they challenge you, and the E-meter tells whether you are lying or not. You understand what I mean? You challenge, you gain. You speak again. Challenge you again, speak, 'till such time you have nothing left in you but to say, "This is how it is." Now they say, "Meter says you're all right." You understand what I mean? Simply people pay so much money to see their biorhythm, to get a biofeedback. Understand?

Lately there's another thing. They put those glasses before the eyes and you become a superman. As far as man is living, all gimmicks, machines, procedures, personality will come through. We have nothing with it. We have self, and self-improvement is only by self.

QUESTION: Sir, when you're teaching Kundalini Yoga can you put on some music and if so, what kind of music?

YB: Music is helpful if your mind is not subtle, or the class needs it. It's a help. Music is very helpful. That's why you play the gong, sometimes, to push you out of the web-lock of the planet Earth. We do it. We push on it.

QUESTION: Can you use some new age or relaxation music, or only mantras?

YB: Mantras? Some people want to use water sound. Why don't you go in the ocean and drown? I mean, I can't understand these gimmicks. What the hell are you doing in the class? A yoga class needs elevation, projection of those proper combination and permutation of words which push you through. You need a rocket for taking this space shuttle, right? Now what are you going to do? Give a few fans to it and you think it's going to go up? That's wrong. Kundalini Yoga is not a pop festival, nor is it a rock and roll concert. It has those subtle set projections through which the man can go inward. If you are so interested to eat something or drink something or whatever, go ahead and do it somewhere else. But when you are teaching, be with the purity of the essence as you have been taught. That's positive and that's good. That'll keep you out of trouble, keep the person out of trouble.

**I'M NOT SAYING BEING A TEACHER IS AN EASY TASK.
YOU HAVE TO LIVE AND GIVE.**

Have you seen the Christian ministers? I like them. They may be wearing pants, shorts, whatever, but when they go as a minister they wear their proper robe, they dress themselves properly, they wear the collar, the whole thing right. And they just perform nicely. Afterward you meet them in the street, you don't even recognize them. All you have is discipline. That applies to you, and when you practice that and experience then your students will automatically practice it better. It is giving of yourself; it is a very hard task. I'm not saying being a teacher is an easy task. You have to live and give.

QUESTION: Yogiji, would you explain, "Every action has an equal and opposite reaction"?

YB: That is the law of Newton's Third Law of Force. You can read it in a physics book. It will tell you exactly what you cause, and with that you start a sequence, from which you can't stop the consequences. Simple as that. But they can tell you all the elements, how they work, how the molecules form -- the whole long story. Get an ordinary book on physics. Just don't cause a cause for which you are not ready for the effect. Causing a cause is a mischief when you are not ready to face the effect.

QUESTION: Is there any Kundalini Yoga that we should NOT teach children under 13 years old?

YB: A child has to grow, and he must first cross 11 years. A little bit of Hatha Yoga to just prepare him to meditate before 11 years is fine. But generally these exercises are strenuous and they have to be taught when a person has reached 11 years and thereafter. We do insist on that.

QUESTION: Is there a limit to the number of times that we should play the gong during the week?

YB: No, it is up to you. I play a gong when I feel like spacing you out. You know what I mean? I'm not very polite with things. I just want to do what I want to do. I go, I see the class, I see how it is, and I teach how I feel like doing it. But I know what I want to do, I have to deliver it. That I know. I have taught classes when I was absolutely, absolutely sick, and had no energy whatsoever. And I taught three classes that day -- do you know why? I thought perhaps this was the last day I was going to teach, so let me do my best. And I did a pretty good job. I have a very determined mind. Once I make up my mind, nothing can change it. I go to class just to teach and I make a deal with God, "Hey, come along now. It's You in the star spot, and I'm just a front." I have a very good relationship. Develop a very friendly relationship between you and God.

CLOSING PRAYER

BLESSED GOD, THESE ARE YOUR CHILDREN. THEY HAVE DECIDED TO BE YOUR TEACHERS, IN YOUR NAME, FOR THE SERVICE TO HUMANITY. GIVE THEM THE CONSCIOUSNESS, GIVE THEM THE STRENGTH, GIVE THEM THE GRACE, GIVE THEM THE DISCIPLINE, GIVE THEM THE BEAUTY, BOUNTY AND BLESSING. GIVE THEM ALL WHAT THEY NEED TO SERVE, GUIDE PEOPLE. PREVAIL THROUGH THEM, COME THROUGH THEM, DESCEND ON THEM, IMPACT THEM, LOVE THEM, AND BE IN THEM. FOR THEIR COMING, THEY HAVE SERVED UNTO THEE FOR THY GRACE, THEY MAY BE BLESSED. SAT NAM.

3 PART MEDITATION FOR CLEANING THE SHUSHMANA



POSTURE

PART I:

A. Left hand: Left finger tips are held together, side by side, and are placed on the forehead in a line perpendicular to the floor. The pinkie finger is placed at the spot between the two eyebrows, and the rest of the fingertips are in line up the forehead, until the index finger is just below where the turban forms its peak.

B. Right hand: Right elbow bent down at right side of body. Right palm flat, about 8-12 inches to the side of the right cheek, palm faces forward (like you are taking an oath.)

EYES: Eyes closed, and look at your chin, the moon center.

BREATH: Breathe very slowly.

TIME: 11 minutes.

PART II:

Same posture, no break after part I. Begin chanting the mantra, "Har, Har, Har" in a continuous monotone for 11 minutes.

PART III:

Same posture, begin long deep breathing, breathing as long and deep as possible, up to one breath a minute. Inhale, stretch your spine and entire posture up, and hold the breath. Exhale, heavy canon fire breath out through the nose. Continue. As you inhale, look inside at your body and send the energy to the part that needs healing. Heal yourself. 11 minutes.

END:

Raise your arms over your head, and shake the shoulders and body out for about half of a minute.

EFFECTS: This is a very purifying meditation. It will purify the



'shushmana', the divine nerve of you, the chi energy. Because you know as a teacher you have to deal with everybody and you have to generate in you the power and purity and subjection. And sometimes it's good to do some simple things in a simple mode and conduct.

COMMENTS: If you concentrate correctly the shushmana will start vibrating. Your forehead will feel like lead under your fingers. If you start itching and hurting, don't worry -- it's working!

*This is the Shabad from the Siri Guru Granth that Yogi Bhajan referenced in this lecture.

Gujaree

(Siri Guru Granth Sahib, Pg. 526)

Ant kaal jo lachhree simarai aisee chintaa meh ji marai.

Sarap jon val val utarai. (1)

Aree baa-ee gobid naam mat beesarai. -- Rahao.

Ant kaal jo ishtaree simarai aisee chintaa meh je marai.

Besavaa jon val val utarai. (2)

Ant kaal jo larike simrai aisee chintaa meh jo marai.

Shookar jon val val utarai. (3)

Ant kaal jo mandar simarai aisee chintaa meh jo marai.

Prayt jon val val utarai. (4)

Ant kaal narayain simarai aisee chintaa meh jo marai.

Badat vilochan te nar muktaa peetunbar vaa ke ridai vasai.

Gujaree

At the last moment, he who thinks of wealth and dies in such a thought is born again and again as the serpent species.

O sister, do not ever forget the Name of the Master of the world. Pause.

At the last moment he who thinks of a woman and dies in such a thought, he is born again and again as a prostitute.

At the last moment, he who thinks of the sons and dies in such a thought, he is born again as the swine species.

At the last moment, he who thinks of mansions and if he dies in such thought, he is born again and again as a goblin.

At the last moment, he who thinks the Lord, and if he dies in such a thought --

Says Tirlochan, that man is emancipated and the yellow-robed Lord abides in his heart.

THE STRENGTH OF A TEACHER

PART 2

YOGI BHAJAN, 6/18/94 – THE FIRST ANNUAL TEACHERS CONFERENCE

The subject is "Strength of the Teacher." Do you want to know exactly what that is? Truthfully? Strength of a teacher in reality is the strength beyond and over God. Do you believe it? No you don't. That's the tragedy.

There is a slok that is commonly quoted. "Say that God and the teacher are standing together. Whose feet I should touch first?" That's the question of the disciple.

Understand that there is a student, and he has God on one side, and on the other side is the teacher. He wants to know whose feet he should touch first. Somebody has to be greeted first. He said, "I am a sacrifice to my teacher who made me to meet God." You understand?

So when God and your teacher come in front of you, teacher comes first. And there's another line which you must remember.

RAAM KEE BAANDHEE BHAGAT CHATAA-VAI.
BHAGAT KEE BAANDHEE KO-EE NAA-HE.

A KNOT GIVEN BY GOD CAN BE UNTIED BY HIS DEVOTEE.
A KNOT GIVEN BY A DEVOTEE CANNOT BE UNTIED BY ANYONE.

(NOT GURBANI)

If God gives a knot, if something is done by God, his devotee can open it up. But a knot given by a devotee, nobody can open.

God does many things, and God's people do interfere. But when God's people do something, God cannot interfere. Is that clear?

But we are talking of a real teacher -- not a funky, characterless, mild, black-minded, insecure creature who pretends to be a teacher and he's insecure to death. Teacher is a flow of Godly will. Teacher IS Infinity. Teacher has no personal limit.

Now you are going to take today with me the Teacher's Oath. Please put your left hand on your heart, and raise your right hand as if you are taking an oath. Now say out loud, "I am not a woman, I am not a man, I am not a person, I'm not myself, I am a Teacher." That's it.

Your weaknesses are your weaknesses. Your dreams are your dreams. Your exceptions are your exceptions. Your nonsense is your nonsense. But when you are a teacher, *you* don't exist. If you exist, then you are not a teacher. Whenever a person represents Infinity, no defined subject must be there. You must resurrect. Action and reaction has opposite and equal effect. You cannot be part of that action and reaction. That is why you have knowledge, you have to have sutras, you only speak what you know truthfully between God and you.

WHEN YOU ARE A TEACHER, YOU DON'T REACT -- YOU RESURRECT.

If you ever care to become a teacher and then turn the whole thing into your personal hunting ground, there will be no redemption for you. All rules say, "If God blesses, this thing can happen." But you will not be blessed, it doesn't matter if God blesses you 108 times. Because God is bound by discipline. Those who represent God and betray God by any finite segment are not Infinite. They are fake.

Yesterday somebody asked the question, "What about money?" Money -- that comes. This is a most stupid question. "When you are a teacher, where the money will come from?" A flood will come to you, God will come to you, angels will dance at your command. A man of God is not here in the human body to pay the karma of the body. He's here to command and the Mother Nature, the entire Shrishti, the entire being of that person obeys, dances. But there's a catch-22. You have to *be* a teacher. When things don't happen it is in proportion to how much phoniness you have, how much insecurity you have.

You teach Kundalini Yoga, is that true? That is the Living Principle of Almighty God. God is impotent. God cannot produce another God. He is a lonely, one unit, self-contained self in Itself. Out of His boredom, like yours, and out of His weakness like ours, He threw the Shakti, the thunderbolt of Kundalini, and uncoiled Himself. That was the process. And that process of the uncoiling of God and creating the universe is Kundalini Yoga. You must understand it very clearly, being western.

You cannot be taught this in India because your background is Judeo-Christian, and therefore, according to the Indian Brahmins, you are untouchable and unworthy of any spiritual teachings. Be clear on this.

Now my idea is to send teachers from here to teach Indians. Yesterday history repeated itself. Yesterday Sardarni Shanti Kaur Khalsa went in a village called Ludhiana. She met with the ministers of the Guru, all the granthis, and she taught them how to project as a man of God and a servant of the Guru. It happened.

So technically speaking the sun has to rise in the west, and you have chosen to be people of God. You are the direct descendants. We worship no man, no human. We worship Adi Shakti, the Primal Force. You know the mantra? "Aadi Shakti, Aadi Shakti, Aadi Shakti, Namō, Namō. Sarab Shakti, Sarab Shakti, Sarab Shakti, Namō, Namō. Pritham Bhagwatee, Pritham Bhagwatee, Pritham Bhagwatee, Namō, Namō. Kundalini, Maata Shakti, Maata Shakti, Namō, Namō." Whosoever can master this mantra, can make God dance. These words may look very ordinary to you, but before these words, all creativity of God comes to shunias. Zero. And you, yourself, elevate to Infinity.

The word 'Krishna' means 'Kar-ish-oo-naa' -- where the world becomes zero. 'Rama' means the creator of the sun and moon. Raa-maa. Similarly there is a yoga which is basic, "Haa-thaa".

God cannot create another God, therefore God is impotent. The potent God is when God through the divinity of the Infinity of the Adi Shakti prevails. In the world of Nanak, "Aykaa maa-ee jugat viaa-ee, tin chaylay parvaan. Ik sansaaree, ik bandaaree, ik laa-ay dee-vaan. Jo tis bhaavay, tivay chalaavay jiv hoveh furmaan. Oh vekhay oh na nadaraa naa aavay, bhootaa ayo vidhaan. Aades tisai aades. Aad aneel anaad anaahat jug jug ayko ves." (from the 30th Pauri of Japji Sahib)

"Aades" is the salutation of the yogis. And the yogi is the one whom the pair of the opposites does not affect. Good and bad, right and wrong, high and low, great and small, everything is in pairs in this universe. A yogi does not obey the law of duality and polarity.

**WE ARE NOT GOD. GOD IS THE CREATOR AND WE ARE THE CREATOR
OF GOD. IN THE CONSCIOUSNESS, IN THE HEART,
IN THE HEAD OF THE PEOPLE WE TEACH.**

There was one primal force, "Adi Shakti". She had three disciples: Brahma, Vishnu, Mahesh -- the one who created, one who sustained, and one who destroyed or delivered. And those three letters became God. "G" for Generation, Generating, and being Generous. "O" for Organizing, Ovulation and Effectiveness thereof; that is Vishnu. And Mahesh -- who Delivers or Destroys. In principle whatever you cannot deliver shall destroy you.

Your progression and projection is based on your deliverance. You deliver elevation to your students, they'll worship.

And it is the same principle. "Joe pinday so barminday." God cannot create another God. Man cannot create another man. Woman can create man and woman both. What is in me is all there is, and thereafter. "Barmind" means all thereafter. "Pinday" means all there is.

Anything you do for your own self, you waste your fortune. Fortune is waiting to come to you. You get insecure. And when things are ugly, bad, stinking, insecure, immoral, unethical - the grace, the opportunity, the prosperity, the wonders don't come there. Great people do not come to stinking places. It's very difficult even to invite them. It doesn't matter how you much pray. There has to be something clean, something clear, something good.

God is G-O-D: "Generating", "Organizing", "Destroying". Good is G-O-O-D. If you want to be good, you have to just be extraordinarily organized. And Goods mean to be serviceful and you'll have every opportunity in the world. People will give you their heart. People will give you their life.

When I came here 25 years ago, did I have a billboard saying, "I am Yogi Bhajan?" They couldn't even pronounce my name correctly. And I did not look like this. I had a polka dotted pink turban, bush shirt, and striped pant which didn't have any buttons, and I was very ashamed. That's all. And one pair of shoes.

In Canada I walked the streets in minus 45-degree weather in those clothes with no shoes, and I had to wear newspaper on my feet. One day I was going to go out and I was putting a newspaper around my foot. It was "Globe and Mail", which was a thick paper. I looked down and saw I was on the front page.

I only stayed there for a few months. I came to the United States for three days, and never went back. Did I know you all? No. Can I know you all? No. Will I know you all? There is only one link between us. I started, and you will follow; you will start, and others will follow. This Golden Link will continue.

We are not God. God is the Creator and we are the creator of God. In the consciousness, in the heart, in the head of the people we teach. Do you understand now who you are?

The job you have chosen is not a monkey job. It's a very elevated job. You give God to those who do not have their destiny, who have no chance. You cross through time and space, because you are the teachers.

YOU ARE JUST REFLECTING THE INFINITY THROUGH YOUR DIVINITY.

Now, how can you succeed and how can all these big things I am talking about happen? You want to know how? God wants it. He's a very sexy guy. He wants to create. Alone, He can't create. He needs a vehicle, and you are His vehicle.

A pipe is not water, and even if a pipe may be a gold pipe, still it cannot quench the thirst. It is what comes through the pipe that counts. So when you say, "Ong Namō Guru Dev Namō", after that you are not you. After that let the knowledge flow, and let the learned learn.

You know, there is one thing which everybody will seek, and that is the learned person. Even God seeks that person. There is a story. Once Hazarat Abraham woke up and he saw the Angel Israel writing out a list. Abraham said, "What are you writing?" The angel said, "I am writing the name of those who love God. I have to complete the list." He said, "Is my name there?" The angel said, "No." Abraham said, "You know, man, I love God very much, but you know, there is something wrong. Okay, then I don't love God. Forget it. I'm not going to get up right now." And he slept.

The next day he woke up again, and the Angel Israel was there, once again making a list, but he was not writing. Abraham said, "What are you writing now?" The angel said, "I am writing now the list of those who God loves." He said, "Forget it, man. I love God, my name was not there. How can my name be here?" The angel said, "Bloody fool, yours is the only name. That's why I'm sitting idle. There's only your name, nothing else."

Remember, don't waste your time in love of God. That's false. That is the teachings of the Brahmin to steal money out of you, to control you, to make a mess out of you. Let God love you. If you ever try to love God, you are bogus, you have hocus pocus, and you are wrong as a human. Let God love you. God is everywhere and you are nowhere. He can find you in any layer, in any sphere, in any circumstances. Just remember, God knows it all. And you have only to answer the call. And if you have made up your mind to answer the call, God shall flow. It is no power of the God not to come through the teacher. Because He needs you as you need Him. Have no fear. Make a personal relationship -- Father, Son and Holy Ghost. That Trinity means only one thing. God is God, and can't move. The son moves It. And the Holy Ghost prevails in all that there is.

Whenever you are asked to love God, you are asked to waste your time. Love who? You can't see Him, you can't find Him, you don't know Him. Even God doesn't know who He is, or She is. So why to waste time with this kind of guy. Parabrahm para parabrahm parmashar. He is beyond the beyond, beyond of the beyond of the God. That's what God is.

But there's a very simple way to trap God. Become trappers, not idiot, neurotic human beings. You can pull your tongue out, and do those things, and wear nothing and all this bogus hocus-pocus. When you start anything, just tell Him, "Hey, hey God, come with me." If you are a little nice, with good breeding and good manners, you can say, "Please God, let's go." But He likes first letter, "Tu, Thou, You." He likes first person, personal communication. But if you like to have worldly manners and you are earthlings and you are afraid of something that Big should walk with you -- just tell him 'please'. It won't please Him but He will think quick.

You have to have a relationship where you and God are One. "God and me, me and God, are One." This is the ashtang mantra. It is in English.

WITH ALL KNOWLEDGE YOU ARE NOT GOING TO BE ANYBODY SO LONG AS YOU DO NOT UNDERSTAND ONE THING -- GIVE GOD A CHANCE.

You know the moon? The moon is dark, a planet without light. It is bright, cool, expands everything, does everything, because it reflects the sun. In the same way, the teacher reflects the God. You are not teaching Kundalini Yoga or that yoga or this yoga. You are just reflecting the Infinity through your divinity. Write down the principle. You teach through your divinity that Infinity. God is Infinity of the Infinity of the Infinity. Man has the divinity of the divinity of the divinity. And earthlings have duality of the duality of the duality. Therefore they have an idiotic, rusting, personality.

Whenever you say, "May I", you have already admitted you don't know. So long a man in the body of self-given by Almighty God does not know how to command God, it cannot be the child of God. A child commands the father, demands the mother. So long you do not understand the fundamental relationship of command and demand, you will be reincarnating all the time. You'll never be complete.

Therefore in Kundalini Yoga, how rotten I may be, consider me zero. If you want to become ten, you have to be ten times stronger than me, better than me, more qualified than me, and you will be blessed that way.

Kundalini Yoga is the science of perpetual awareness from which originated Raaj Yog. The throne of the Raaj Yog to preside over was given to Guru Ram Das from the time Infinite to the time Infinite. Rulership is now in our home.

You have to have two characters. Imperial Divinity. That's called I.D. That's your I.D. That's your only identity. Any time you don't have Imperial Divinity, you are not teachers of the Kundalini Yoga. Is that understood now?

There is no bigger rebel in the spiritual world than me. I play boxing with God everyday. Do you know what foolishness I have done today? It was very hot. I was in the flea market. I said, "Hey, have some shame. It's too hot." That's all I said. And five minutes later, out of the blue we had rain. So we had to run. And then thereafter did you see that guy called 'sun'?

God has some work to do. Let this damn God work. Let Him create miracles for you. Let Him establish things for you. Let Him give people confidence on your behalf. Let him know He knows you. Let him know He plays with you, flows with you. Give God a chance. That is worship. Give God a chance.

That the whole purpose of this human life. There's nothing else. All time being wasted in worship and knowledge... go and take all the libraries, you idiots. Take all the books and knowledge of the world. Put it on a donkey. He's not going to become a priest. With all knowledge you are not going to be anybody so long as you do not understand one thing -- Give God a chance.

That is your religion, that's your reality. There is no other reality. Born of a spermatozoa and egg shall continue to be so if you don't give God a chance. Is that clear?

IT IS NOT WHO YOU ARE, IT IS NOT WHO YOU THINK YOU ARE. IT IS WHAT YOUR PRAYER IS. PRAYER IS THE POWER BETWEEN YOU AND YOUR CREATOR.

Wear a turban or not... I'm not asking you to wear a turban. Neither did I want in the beginning to do any such things. I studied in a Catholic convent called "Sacred Heart". I was a boy studying with girls. And there I was all the day with Mother Superior. One day we had a fight. I did something which was not liked by my housemother. She was very much against me, and she brought me before my Mother Superior. Mother Superior said, "What you did is wrong." I said, "I cannot be wrong. There's no such thing as wrong." She said, "What do you mean?" I said, "You believe in Christ?" She said, "Yes." I said, "You are the most stupid human being on the planet. You believe in Christ and you said I have done wrong? Christ took away every wrong. Is that not true?" She said, "That is true." I said, "Then you repeated the word, you fell from the court of the Christ on the earth. You told me I'm wrong?" She said, "Could you shut up?" I said, "No. This, ask this housemother. She always think everything is wrong. I don't know where she is come from. And now you also have said something is wrong?"

You know what happened? She told the housemother, "You leave. I'll talk to him personally." And she said, "Don't mess her up." And I said, "I didn't mess her up. I told her 'This is a prayer time. Let us ring the bell.' And she said, 'No, you can't do it.' And I said, 'Why not? This bell is a call to the God. It is in the church.' And she said, 'You can't do it.' I said, 'I'll do it.' And I played it. It was very good. And she said, 'You can't do it.' I said, 'I can do it.' Then I did it." That bell is so heavy it required two full-fledged people to move it. And I was just three year old. I hung myself with it and I did it. It played perfect, because I wanted it. And Christ was on the line, and God would have been very mad if that little boy thought He doesn't come through. So He had to act. Otherwise who was I, a three-year-old kid, to ring that big heavy bell? I couldn't even hold that big rope in my two hands. But the bell rang.

It is not who you are, it is not who you think you are. It is what your prayer is. Prayer is the power between you and your Creator. And when you pray, God obeys. Man's prayer never goes in vain, because God is not insane. He knows somebody is praying and He knows He has to come through if He wants to be called "God." That Guy, He needs His stability, also. He never wanted to be lonely. He likes some people to love Him, to call on Him, talk to Him, ask Him things.

How many of you are fathers and mothers? Don't you like your children to ask you things? Correct? Then you have to decide what to give or not to give. Correct? But you want God to give you everything you ask for. He's not stupid. He'll only give you what is best for you. And mostly God gives you trouble. Oh yeah. God gives His disciple trouble so they can pray better. That's why we say,

**"KETIAA DUKH BHUKH SAD MAAR.
EH BHE DAAT TERE DATAAR."**

--GURU NANAK, FROM THE 25TH PAURI OF JAPJI SAHIB

**IF YOU GIVE ME MULTIPLE MEGA MEGA PAIN, CALAMITY AND HUNGER
AND MULTIPLE TROUBLE, I'LL CONSIDER THEM AS YOUR GIFTS.**

JUST TEACH TRUTH. AND LET GOD WORK. PUT THIS GUY WHO CREATED US TO
WORK. PREACHER IS THAT ONE WHO DRAMATIZES THE TEACHINGS.
THE TEACHER TEACHES. GOD IS THE PREACHER.

And you know what that does to Him? The mother says, "What do you want?" And the child says, "Nope. (Shrugs his shoulders.)" She will sit there and tear up her hair just wanting to know, "What do you want?" And the child says, "I don't know. No, no, nothing. No, no, I don't want anything." He shrugs his shoulders up. And every mother on the earth is a victim of this behavior. It is called 'apathy behavior'. The moment the child plays the biggest thunderbolt of apathy, the mother goes berserk, and the father goes insane. And return is sympathy. And every child knows that he can spin the parents just like this. So the devotee. There's no difference.

When you go from here after this seminar and teach, for God's sake idiots, don't preach. We are not preachers. We have not to justify. We have not to convince. We have not to lay the number. Just teach truth. And let God work. Put this guy who created us to work. Preacher is that one who dramatizes the teachings. The Teacher teaches. God is the preacher. If you take away His role, He'll become insecure, He'll throw you out. You just teach. Never preach. Understood?

Now you may be in a very serious situation sometime where you need immediate help. And for that situation you can call, talk, lay it down. Don't call collect, that's the only one thing we are asking.

And I'll now ask Dr. Inderjit Kaur who happens to be my wife, and who is a psychologist to come up. She is the chairwoman of the state of New Mexico of licensing psychologists. She happens to be here, I tricked her here to, "Come, come with me, come with me." Now she is going to come and say a few words. Come on, come on, come on, don't worry. They know you.

Her number is not secret; take it and wherever you are and whenever you are in any difficulty and you can't reach me because I have to be reached through Nirinjan, which is impossible because Nirinjan has 48 hours work in 24 hours which she has to perform. But Bibiji is a very kind and compassionate woman who still wants to work, right? She's busier than busy, but somehow she's going to talk to you for a few minutes and welcome you to call her whenever you may need it.

BIBIJI INDERJIT KAUR: Sat Nam. Welcome to New Mexico. Call me any time.

I have one good news to tell you, that 3HO as an organization is a non-governmental organization now and a part of the United Nations. We got accepted, and we are going to participate. The conference is happening in September in Cairo. We have a booth there for 3HO and we have set up a press conference, and we are teaching a workshop on youth, and how to excel, on 10th of September. So, we all can go, and we have to tell them how many people we want to bring. This is a chance, if anybody wants to go to Cairo as a part of the 3HO organization. This is our first participation. You all are welcome. Whoever wants to go can contact Dya Singh in Espanola. Sat Nam.

YB: Now, there some are concluding remarks I would like to make, because we have to go to Taos to join Ma who is lecturing there.

PRINCIPLES WHICH WILL MAKE YOU A TEACHER

1. IDENTIFY. YOU MUST LOOK LIKE A TEACHER.
 2. LAW OF IMPACT: WITHIN 3 MINUTES YOUR WORD MUST PROVE TO THE LISTENER THAT YOU ARE A TEACHER.
 3. SERVE YOUR STUDENTS BECAUSE THEY ARE YOUR TEACHERS FOR TOMORROW.
 4. YOUR PURITY AND PIETY SHOULD BE THE FUNDAMENTAL ON WHICH YOU SPEAK.
-

Write down these principles which will make you a Teacher. Number one: Identify. You must look like a teacher. Second: Within 3 minutes your word must prove to the listener that you are a teacher. Within three minutes every teacher has 3 minutes to prove he's a teacher. Is that clear?

STUDENTS: Yes, sir.

YB: It's called 'verbatim effect', or 'law of impact'. It cannot be wrong. Identify. That's why every teacher has to wear a habit, or we wear bana, or we wear something, whatever you do. For God's sake, don't start out dressing like I did when I first came here. I had a shirt which I cannot describe to you the condition, it didn't have buttons, but that's how God tested me. And I never had shoes. But still within a minute and a half, everybody who talked to me knew I was a teacher. And that's what you have to understand.

Third: Serve your students because they are your teachers for tomorrow. If you nurture them, nurse them, serve them, love them, and make them grow, they will glow.

And fourth: Your purity and piety should be the fundamental on which you speak.

Also, write down these three words: Sadhana, Aradhana, Prabhupati.

SADHANA IS YOUR AMBROSIAL MORNING SELF-PURIFICATION.

ARADHANA, THE WAY THE SYSTEM IS.

PRABHUPATI, YOU'LL BECOME THE HUSBAND OF ALMIGHTY GOD.

That's the exact literal meaning. "Prabhu" means God. "Parabaho, Para-om, Par-ay, Prastee, Taa-o, Satyiaa, Giaan Bhagatee." So basically God is what God is. Forget about all the other stuff, and you'll marry Him automatically. He'll become your projection. That's exactly what it means. When God becomes a wife, that means projection. He's a moon, luna center. A woman who cannot project a husband is a lunatic. One who can project is a luna. Moon is beautiful, but when it doesn't project, what do they call a moonless night? Then stars take over, and they complain, "My husband doesn't come home." Why should he?

Don't learn from me how to be a husband and wife -- learn from the sun and moon. Woman weans and waxes. If you find a steady woman, please let me know her name; I'll go for it. There's no such thing on the planet. You don't understand the woman. Woman weans and waxes. Man is warm, bright and steady.

And every woman should know, "Woman" contains the word "Man" in it. Write down: "WO", and then next word is what? "MAN". Correct. And third is "She". "She" contains the "He". Correct? Spell it, you'll find it. And "Female" contains the "Male".

Any woman who cannot contain man is a failure in itself. Don't play games. Contain him. Parbhathi contains Shiva. Don't please the man. Don't worship the man. Don't sex the man. Don't hex the man. Contain him, as you contained in the beginning in the womb. Make the universe as your womb, and contain him. Once you contain him in the universal womb, you will sustain him forever.

If I get a chance with you again, we'll discuss Shakti and Shakta -- the power of the impotent and power of the potent. That's what it literally in English means. Shakti means power of the potent. And Shakta means power of the impotent. That means God and Prakirti, God and the Universe.

STUDENTS: May the long time sunshine upon you...

YB: Inhale deep, hold the breath, for peace and tranquility. And now project the Infinity. "Saaaaaaaat Naam."

BLESSED GOD, THESE CREATURES OF YOUR CREATION HAVE REPRESENTED THE EFFORT TO TEACH THY GRACE, THY IDENTITY, AND THY DIVINITY. THEY HAVE EXPECTATION OF HIGH MORAL SENSES. IN THEIR HUMBLE WAY THEY HAVE OFFERED THEIR SELF TO THEE. ACCEPT THEM AS THY INFINITE FLOW. FLOW THROUGH THEM, LOVE THEM, GIVE THEM PROSPERITY, IDENTITY, GRACE, COURAGE, CONSCIOUSNESS, INTUITION, AND SIMPLICITY, HONOR, PEACE OF MIND, AND GIVE THEM THE CHANCE TO SERVE THE UNIVERSAL PEACE SO THAT ALL MEN OF GRACE, RACE, COLOR AND CREED CAN PROSPER IN THY WORLD, WHICH YOU ROTATE. TAKE CARE OF THEIR ROUTINE SO THEY CAN SERVE YOU WITH HEAD BOWED AND BLOSSOMING HEART. SAT NAM.

END OF TRANSCRIPT -- 6/18/94 - (YB-191 - day two of two) -- © Yogi Bhanan, 1994

© Yogi Bajan, 1994

Printed by the 3HO International Kundalini Yoga Teachers Association