

## **NM427 A11201 The Art of Meditation Deepening Awareness.**

The job of the mind is to think and play human energy into many directions. The mind controls the entire human presence and the way one progresses. It gives man the power to penetrate, but it could also destroy it. If you do not direct your mind, your mind will direct you. The mind directs you to what you physically feel. The mind will never direct you to what you spiritually feel. Your physical growth may become humungous, but your mental growth will become narrower, and narrower, and narrower, and your spirit will have no chance to go through it. You must have command over your mind or your spiritual life will go dormant. People play games because their minds let them slip. You may be a doctor, an attorney, a banker, the wealthiest person, a businessman or a worker, but if you do not directly control your mind, you are in trouble. And, when the mind tells you to spin yourself and you cannot match up with that spin, this trouble multiplies. If your own mind refuses to obey you, how can the universe obey you? How can Prakirti obey you? How can anyone obey you? Spiritual disciplines are harsh, I agree. But without that chiselling harshness, the mind does not listen. The mind takes you to sights and places you do not want to go to. Still you go. Misfortune guarantees fortune, and fortune is followed by misfortune. Like parallel sisters, they cannot be separated. To get out the cycle of fortune and misfortune you must have full control of your mind. You must know your mind and your mind must know you. For that there is meditation. The art of meditation is to control the mind. Says Guru Nanak, "Those who have meditated on their inner identity and taken on this hard work, Oh Nanak, are bright and beautiful. Their accounts are all settled." As humans we must think straight, live straight and walk straight. In this way we will be fortunate and prosperous. We will be very easily understood, trusted and believed. Otherwise we will have problems and spend the rest of our life solving problems. We have a basic problem: our mind is not with us and we do not know how to concentrate. If we cannot concentrate, we cannot achieve. It is so simple! Technically speaking, man has to have some time to have a discipline for tuning-in. That is why Guru Nanak said, "Rise in the ambrosial hour, the time of the true identity. Count your blessings! That action alone will cover your actions and you will find your self to be respectable. That is how I came to know. Although God knows what I do, I must find time for myself, my thoughts, my virtues and my values." You within yourself can find your true identity. Nobody can find it for you. You must get up in the morning and find your true identity. You need time to be all to yourself, where there is nobody else. It will bring prosperity. People will like to talk with you, see you, and enjoy your company. Your radiant body will become brighter and brighter. There is no make-up that can make your body brighter! There is no make-up for character! You can try anything you want but, for character, you have to work with yourself. You must make your own path in your own life for your own prosperity and richness, and you have to be beautiful, bountiful and blissful. That is the way God made you.

### **NM0427 MEDITATION - Deepening Awareness**

1. Sit straight in a cross-legged position. Raise both hands to shoulder level with the elbows relaxed down. Point the index fingers up and hold the other fingers with the thumbs. Eyes are closed. Consciously do very Long and Deep Breathing through the "o" of your mouth. Continue for 11 minutes.
2. Continue the exercise, pulling the navel in with each exhale. Meditate on your mind. Achieve a stage where your mind remains balanced despite what anybody says. If you count your values, you give your virtues a chance, and vice-versa. Continue for 11 minutes. To end, inhale deeply, hold, and squeeze your spine, muscle by muscle. Exhale. Repeat 2 times, on the last breath squeezing every part of your body from toe to top. Relax. There is no beauty in you if you do not have tolerance. You have to have an exalted sense of tolerance. It does not matter what anybody does, what they say or how they attack you. However things go, you must remain calm, quiet and peaceful. That peace is the source of prosperity. If you are poor, you are the reason for your poverty. If you are not containing yourself, how can you contain anything else? Self-containment is the art of prosperity. It is the highest spiritual strength. There is nothing to match it.



Link to video

[https://drive.google.com/file/d/1eHBOy9FIIIxko04ZiXPeial0SUh\\_mqfT/view?usp=sharing](https://drive.google.com/file/d/1eHBOy9FIIIxko04ZiXPeial0SUh_mqfT/view?usp=sharing)

kriya 37,58minutes



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Side A

.... Exert your power of mind to meditate on your mind by doing so you will achieve receive a stage of reaching where your mind will remain balance in spite of what anybody says, if you start counting your values you will give chance and birth to your virtues vice versa inhale deep hold your breath and squeeze your spine it's very important, squeeze your spine muscle by muscle let it go. Inhale deep again, concentrate and this time spine fiber must be squeezed, squeeze try it let it go incase you might have missed one inhale deep get to control of your body squeeze from toe to top every part of your being let it go I am not going to discuss how you feel. I understand these are something which I will share with you, my idea is that is no beauty if you do not have tolerance you have to have exotic sense of tolerance doesn't matter what anybody does, what they say, how they attack you, what they want out of you, you remain calm that is the faculty of the ocean, how many river drops in it, how many things go you remain calm quiet and peaceful. It is that peace we are talking about which is the source of prosperity if you are poor that is by your own reason because if you are not containing yourself how can you contain anything else well when we return from India we lecture on that subject.

(Students laughter)

Self-containing is the art of prosperity you know there was once a man went to his teacher he said, "This is, this is, this is." He complained about thirty six thousand time and the teacher said, "What is your problem?"

He said, "I cannot contain myself."

And he said, "I am seeing it at least if you would have come and sat down and contained yourself I should have blessed you, you didn't give me a time." Self contentment is the highest spiritual strength there is nothing to match you know I don't have lot of students because I don't believe in quantity I am working on quality and people who are, are people and your virtue is your progression I am leaving with it simple strength of promise (?) praying for my help because my program as it is it's horrible moment I have to land I have to go from one thing to another and it is a kind of continuous we are booked up to twenty fifth and then after that it's not going to end but when I comeback I tell you lot of stories. I am going to meet why India could produce such saints and why not now? I am going for actually study I am itching to go and see what is going on, why teachers do not build people, why they build big huge ashrams all kind of stuff and one of the most important thing whether I do anything or not the kids they are God (?) we have good report with our kids right and they are growing so still we have to build two storeys of (?) academy so if you keep on creating babies we can accommodate them.

(Students laughter)

Yeah that, that was what my dream was in my life I should have for my second generation to come a place, place to be and they say it is now getting better there are good vibration and in Anandpur house will be very beautiful it will have twelve department I know Siri Karam is angry at me who is spending so much money what should I do that's the way I appeal that it is dishonest on my part I am not denying it the honest on my part is that it should be a beautiful place where it should speak for you.

(YB's laughter)

It's very funny people think they are not (?)

(YB's laughter)

This is Gurdwara they call (?) Gurdwara, this is Gurdwara (?) government of Punjab has totally repaired it, it looks very pretty, it's very funny, people are very simple, because it is on the mountain it looks like a fort and looks very pretty wow! It's well done, mission is completed I am leaving behind you the fences all round the property so you know what you own and what you don't I know the (?) is mad at me now he has to look after everything those are his people. I am leaving behind you with essential essence that you will continue teaching cross every Saturday like Dev Swaroop, she is MBA she can teach a class if not she can copy it but must meet every Saturday better than you meet now so each Sunday, each Saturday you will pick up a teacher for next Saturday, democracy.

(Students laughter)

Right not difficult it's just a matter of getting selected and giving a lecture, giving a Kriya, making a program, organizing and this way we can help us we need this because after this eleventh episode each day things are getting tighter it's a very slow depression it is called cold depression, it's mental, physical, economic in many other ways so please don't forget promise.

Students: Yes sir.

(Students laughter)

YB: Few people have said to get rid of me I will go I don't mind at least you said big 'yes sir' then I would have been at least happy and satisfied right.

Student: Yes sir.

YB: You know what you said, yes sir.

(Students laughter)

It means get off our back let us have fun.

(Students laughter)

That's not true. Will you honestly and sincerely and honorably do it?

Students: Yes sir.

YB: That's sound right but that's what you have to be reminded of that you should all have beautiful teacher in us all of us and this is time to practice okay.

Students: Yes sir.

YB: May the longtime.

(Students sing 'may the longtime' in the class)

YB (Talks over the song): Saaaaaaa

Students: Saaaaaaaat Naaaaaaaam

YB: Bye Wahe Guru Ji Ka Khalsa,

Students: Wahe Guru Ji Ka Khalsa, Wahe Guru Ji Ki Fateh.

YB: (?)

Students: (---)

YB: Whatever you like.

Students: (---)

YB: By the way those who have to send the offering to golden temple must write their name and the money and give it to one of my staff member we will go and present it there on your behalf.

Side B

... This is our last Saturday when we have to meet. Next Saturday I'm leaving, so you will be free to do wrong things from next Saturday. Isn't that true?

(Students' laughter)

There is one thing we all have in us, and that's called mind. The job of the mind is thinking. It plays a human energy into many directions. That's the duty of the mind. It is given for watching the entire presence of the human and how a human can progress. It does two things. It gives a man power to penetrate and also it destroys a man's power of penetration. It is both ways. It is not something, you cannot say your mind is this or not that. Your mind is this and that both things. Now it's a moment of truth. If you do not undertake to direct your mind, mind will direct you. There is no way out. Either you direct your mind or your mind will direct you. If your mind directs you with all the wealth and power and happiness and sex and fashion and arms and ammunitions and cannons and bombs and you don't get anywhere because every mind directs you to what you physically feel and that's not important. Mind when directs will never direct you what you spiritually feel. So your physical growth may become humongous you will mental growth will become narrower and narrower and narrower and your spirit will have not chance to go through it. These are the things, which are not taught, which are not discussed and spiritual teachers normally depend on students. Therefore they are not very happy to say some stuffs. You are being blessed, you are in good shape, this is so terrible this whatever you bless, everybody lives sixty-five, seventy, eighty years an average and where in eighty years person has no technology to control ones own mind. It is not essential, it is most important thing in life, that you must have command on your mind because there is no other way. Once you don't have command over your mind your mind will have command over you. There is no way out. It is either or situation. And when mind has command over you spirit goes dormant and dormant and dormant and dormant. In the life of a saint slander is the way of life because if you are a saint you are outspoken, you are outspoken you slandered, because anybody outspoken with, he says oh no, he is this, he is that, it's a very ordinary thing to do. It will touch your tolerance to the head. Criteria of life is all this when Guru said,

"Rehit piarey mohey ko Sikh pyara naahi" I do not love a Sikh, I love rehit. Rehit means discipline, the performance of life, which is dedicated I am thirty three years in United States and before that I live to but if I forget who am I and my mind slips game is lost, it doesn't matter how bad is the time and how uncomfortable is the environments and what people think say or imagine that's not my problem that's not what I have to go by, I have to go by who am I what I am and what makes me what I am and that is the consideration, loss and gain is not the gain normally people play games because mind let them slip, that's why you can be a doctor, you can be attorney, you can be banker, you can be the wealthiest person, you can be a businessman, you can be a worker whatever you are if you are not direct related to the control of your mind you are in trouble, trouble is not what you think trouble is trouble is what your mind tells you trouble is and when the mind controls you it tells you, it spins you and when you cannot match up with that spin your trouble multiplies, it's very funny one woman met me and she said, "I have wrinkles around my eyes." Now watch this I asked my secretary, I took the glasses on my eyes. I said, "What wrinkles?"

She said, "There are wrinkles around my eyes here."

And I say, "I don't see them."

He said, "But they are going to be wrinkles on me."

(Students laughter)

I said, "I mean you have no wrinkles, you are going to have wrinkles."

She said, “Yeah I have covered my forehead these lines, these lines are fortune people cover them can you believe this, this is the reflective lines of the lines of the infinity indication of that

“Mastak so likey paag”

Whatever written on your forehead you cover that, isn't a fun? Ignorance is such a situation that you can't believe it so she is going to have wrinkles.

I said, “Okay what you want if you can tell me something that I don't have wrinkles I will be very happy.”

He said, “That's it?”

Yeah. Now it is about ten years and she still doesn't have wrinkles. I told her to give a message on the face blemish cream and with blemish cream your face looks like a baby face that's a known fact so I told her, I said, “Just try it if that works” now that works now there is no blemish cream we don't make it anymore.” Now she said, “Get me maid.”

I said, “No I am not going to for one person start making blemish cream the total interest in wrinkles, total interest is not wrinkles in life, wrinkles in mind the spirit is totally wrinkled that's not the problem and problem is body. People are so afraid to be old you can't believe them you may be ninety year old if your spirit is young you are fine but that's not the position, the position is I don't want be old, I don't want to be old but I am old, each day I am getting old am I proportionally getting wise as I am getting old if I am not proportionally getting wise as I am getting old my, my life is in debt, it is a bad account life is a motivated self everyday you lose a day, everyday?

Students: You lose a day.

YB: And everyday you gain a day of wisdom it will be balanced, everyday you lose a day, everyday you gain control of your mind, tell your mind to concentrate it will not, what spirituality is that spirit has no way, spirit is being choked why you have to speak and discuss and talk and convince somebody why not your presence works? Because your present doesn't work, because there is no show of your spirit, people are afraid to socialize once I asked a person, I said, “You must shake hands with ten people everyday.” So once a while I ask him how many times you shook hand today? With two, with three, I said, “What happened to the other seven?” I tried but I couldn't. Have you shaken hand this morning with anybody, your husband, your children, if there is nothing there is touch a tree, touch something that is a basic show of strength of spirit, that's the expansion of spirit what are you trying to find God for what? If you don't recognize the God is with everything and your God has to extended itself to something and you are closing in because of status, because of training, because of birth, because of God knows what because of I once had a servant when I was young he was to take care of my horses and he was so friendly with horses, sometime there is a emergency we got to go and we have to catch a horse because they were out in the pasture, running around free so he will just by name call Bino, Bino, and Bino will come start eating grass and start coming to him. He will come, he will settle it and all that and gives where we have to go otherwise you have to ride a horse and go after horse with a rope and rope it in and bring in and doing the neck like that and you rode, it's quite a one hour job so if you have to go nine O'clock you have to start eight O'clock so if you are asked to concentrate your mind, concentrate, concentrate like that horse I see it everybody doing going through this your own mind refuses to obey you how the universe can obey you, how the Prakriti can obey you, how every other person can obey you, your own mind is not with you, understand that. Spiritual disciplines are harsh I agree, I agree I am not disconnected with that part but without this chiseling harshness mind doesn't not listen, mind takes you to sides and places where you don't want to go but still you go, there was person his habit was just to if you sit with the guy eight O'clock in the morning till eight O'clock night he will talk against everybody first he will talk against those who he knows then he will talk those who imagine to he knows then he will talk about those he doesn't know at all but keep on talking can you believe the state of mind, state of mind which doesn't trust, state of mind which cannot talk, state of mind which will not allow you to smile and state of mind which won't let you shake hand, now on the television comes a advertisement have you hugged somebody today, have you get somebody's company, keep the company, metro life insurance.

(Students laughter)

(YB's laughter)

It is everyday and they advertise after, after every show and they might be advertising for their company but fact is it's truth. If you are not social, if you are not?

Students: Social.

YB: You will lose some opportunity which is otherwise is yours, you understand that? Isolation living is a personal confined death, it makes you and force you to miss opportunity, who knows in which human or what thing God will come through. There was a disciple he was going in and he was trying to cross a river and he was to go on those you know stone path he jumped from one stone to other but he saw in the middle of the river there is a huge cobra standing there doing like this he didn't know what to do he was in middle of the river, he couldn't turn back, he couldn't go forward there was a cobra, so he said, “Okay you do your job I will do mine.” He sat down and made his hand like a cobra and start doing like this. After couple minutes the cobra slipped into the water he had a pathway when he come near the bank he saw the footprints of he lion. He said, “Okay.”

(Students laughter)

I mean you detained me there to let this thing past if I regularly by that path pass the path I would have been right into the very mouth of this lion who was hungry enough and caught a deer. Sometime you do not understand misfortune guarantees

fortune and fortune is followed misfortune they are like parallel sisters they cannot be separate to get out this fortune, misfortune, unfortune this that you have to have a full control on your mind and your mind has to know you and you have to know your mind and for that there is a meditation the art of meditation is to control one's mind and Guru Nanak says very clearly, Jinee naam dhiaa-aa gai maskat gal.

Those who have meditate in the inner of their identity and taken this hard work.

Nanak tey mukh ujaley, keti chutee naal, Nanak they are bright and beautiful and their account is all settled, that is the life. That is living, that is being a human that's a fundamental qualification of a human, that one's identity is established and what is your identity? You are a human and human is very simple word, human, hue means the aura, mann means the mind, being means time being for this time being you are a light of God in a simple layman English that's what you are and if you always think you are a light of God the darkness will ever touch you and if you don't think you a light of God darkness will never leave you. You can't runaway from reality, reality is that you are a mammal with two legs therefore you have to walk erect and straight by complicating things you do not complicate things but you complicate your life, that's why if you go on the free way when you start driving that the policeman thinks you are drunk because you are supposed to drive straight with these lines and within the lanes, it will not be tolerable fact, if you are moving too much because you are not endangering yourself alone, you are endangering other vehicles too so when your mind wobbles not only endanger yourself it endangers all others we have a classification that is they are human, therefore we have to think straight we have to live straight and we have to remain straight and that way we will be fortunate, will be prosperous because we be very easily understood, you will be very easily trusted, we will be very easily believed other than that we have problems, then rest of the life we keep on solving problems but we have a basic problem, basic problem is we don't trust ourselves or mind is not with us and we do not know how to concentrate, what we cannot concentrate we cannot achieve, it's so simple, there is nothing much to it, you can be simply reminded of this nobody can force you to do it technically speaking man has to have sometime for one's self to keep a discipline. Tuning in, that's why it is said amrit veyla sach nao vadeyai vichaar, raise in the ambrosial hour and see it's the time of the true identity you within yourself can't find your true identity I cannot find it nobody can find it for you, you have to get up in the morning and find your true identity vadeyai vichaar, count your blessings karmee aavey kapraa, nadree mokh dwaar, that action alone will cover your actions once you are covered, you are no more nude you will find yourself respectable, Nanak yevey jaaniye, sab aapey sachaar, Nanak that is how I come to know. I have to find time for my self for my thoughts, for my virtues, for my values though God knows what I do still I have to find what is in me and when we are working during the day we are always rubbing shoulders with each other there is no time, times is that when we are all ourselves there is nobody else, that criteria alone it's very beautiful criteria it will bring you prosperity, people like to talk to you, people like to see you, people like your company wherever you be, you will be radiant because your radiant body will be brighter and brighter and brighter. There is no cream yet which can make your body brighter. It is you, no it's true, there is no make up for it, there is no make up for character you try everything you want to know but still for your character you have to work with yourself, that's why the beauty of the Kundalini Yog is in that we never initiate anybody, if one is fool enough not to initiate oneself what is the idea, we initiate that, self initiation is when you realize simple thing you have the right to live, you are not a herd of sheep keep going, no, you have to make your own path in your own life for your own prosperity and richness and you have to be beautiful, bountiful and bliss and that's the way God made you there is no shortage, for short circuiting but this life which you have got is God given gift, it is in His own hands he has written your destiny on your forehead, this has to be exploited for that we will do the following Kriya see if we can get in to our mode and mood to be deeper. Please close your eyes and fold your hands all the three fingers with your thumb and put one finger index finger out in the Mudhra and make a 'O' of your mouth so you can have a conquered effect on your death and breath in and breath out, with this 'O' when you breathe you will know you are breathing so it becomes a conscious act take the longest breath, breathe in and breathe out that's all you have to do. Concentrate on your breath. Better you make the 'O' better effect it will be, concentrate, concentrate, concentrate, concentrate on the breath. In other words, what you are doing is paying attention to your breath and breath will pay attention to you, on exhale pull the navel in continue the exercise.

END OF LECTURE  
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