



#TCH 038/16

## Self-Perpetuating Energy

Yogi Bhajan, Ph.D. - July 21st, 2001 - Espanola, NM, USA

### **MEDITATION - Hear the Inner Voice**

*Sit straight in a cross-legged position. Place your hands over the ears with the thumbs stretched forward under the jawbone. Eyes are closed. Pull up the navel on each word as you chant the mantra, "Sat Siri, Siri Akal" by Sangeet Kaur and Harjinder Singh (from "Raga Sadhana"). Be straight and be positive. Try to hear the inner voice. Continue for 31 minutes. To end, inhale deeply, hold, and press your ears as hard as you can. Exhale. Repeat one more time, then inhale deeply again, hold and, keeping the hands over the ears, rock the body from side to side 2 - 3 times. Relax..*

With the regular practice of this kriya you will start hearing the inner voice, knowing exactly what is being said inside. If you feel dizzy after doing this kriya, drink water to come into balance.

**Student** - Why do your followers turn into Sikhs?

Sikh means "student." There is the paraphernalia of wearing white, wearing cotton and having the hair tied up over the solar centers. But nobody has to do it. We don't want Sikhs. Sikhism is totally against proselytization. In Sikhism, for the first time in the history of mankind, no one is initiated and everyone is equal. Sikhism is not a religion. It is a path to learn how to be a student and keep growing.

Love of the Guru... Ah! There is no ecstasy like it! It is very enjoyable. And people do not understand why we bow to a book, the Siri Guru Granth Sahib. If we understand its philosophy we will understand that we have been wasting our lives.

The Siri Guru Granth Sahib is a subtle word. It is a permutation and combination of words in ragas. If you properly analyze it and understand it, it is beyond wonders. Slowly people recognize it and come to an understanding of the words, as was said by John, "In the beginning was the Word, and the Word was with God and the Word was God." What was, what is, and what shall be, are the same. One thing remains constant, consistent and carefree, and that is God Himself. God is not a person—it is a Self-Perpetuating Energy. And when you become near Divine, you also become a self-perpetuating energy, and then there is nothing good, nothing bad, nothing wrong and nothing high.

There was once a man who was very religious and smart but, after doing something else, he died and was reborn as a bull. A sadhu rode on him from village to village begging for food and putting it on his back. Finally the bull became old and the sadhu beat him up and threw him out in a pasture. The bull thought, "All my life I went begging with him but now that I am old he cannot trust me!" So when he got stuck in some mud and could not pull himself out, he gave up and lay down, willing and determined to die.

Many sadhus came with villagers and tried to save him, but it was not possible. Finally a prostitute came. She asked, "Why can't he come out?" They said, "We are trying our best. The more we try, the more he goes in." She said just a few words in Sanskrit, and the bull came out.

Everyone was shocked, "How can a professional prostitute who has no dharma do this, and we could not do anything?" They asked, "What did you do?" And she answered, "Not much. You all know who I am. Once a man gave me a parrot as payment. That parrot had been trained to speak one stanza of Gita every day. I was always there to listen to that stanza. When I saw the bull getting caught in the mud worse and worse, I just said that stanza. And, by its power, now the bull is fine."

If you are gold, you will end up as gold. In this attitude of life, karmas do not matter. What matters is the attention you pay to your Creator. "Rub Mayra Yaaray, Nao Da Ma Kumaray..." "God is my Friend. He is a Pot Maker. He makes a pot everyday and whatever He wants, He puts in it." "O Mayray Naal Piaray..." "He is in love with me. That's why He is my Friend. His Name is Pot Maker."



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