

NM369 A01113 **The Rules Look Into Your Internal Being** November 13th, 2000 - Espanola, NM, USA #NM0369

In your childhood you were taught to work for your income, rather than how to make life's rules work for you. The animal kingdom is free and clear, it goes by impulse. Humans have to go by intuition, but you do not—you go by imagination. You imagine things, you trust them and put your force behind them to make them happen. But it is not real, and sometimes you end up at a dead end. Intuition is real and imagination is not. Imagination is your hidden subconscious and your environments. Intuition is clarity of the immediate environment—you see it, you know it, you are in it. Neither you, your parents, nor your grandparents were taught to calculate your mission in life. When I was young, I was directly and indirectly told that we have a spiritual rhythm. If you fall from that spiritual rhythm you are totally lost. Lean on your spirit every moment of life! See the spiritual atmosphere, and figure out the standard of your identity. That is the standard you must live for! Your understanding should be, "I am not above the rules." To feel that you have to obey the rules is a very negative thought. To believe that you are the rules, is a very positive thought. It is the thought that if you get up at the ambrosial hour, take a bath, and meditate, your calamities and problems will be gone. Sometimes you wake up in the morning and you do not get up. It is not difficult to get up, but you do not have self-control. If your self is not obedient to you, the world can never be obedient to you. When you wake up, and do not get up, you are a human and you are not a human, you are a bunch of environments and circumstances, you are real and you are not real. You have a will, but you cannot follow Guru's will. When you cannot follow Guru's will, you cannot exercise God's will absolutely and practically. It is a simple law: The person who walks and follows His will, will reach the concept of God within the self, for God is within oneself. There is a difference between being real and being successful. When you are real, God serves you. When you are successful you serve yourself. Reality is God. As Guru Nanak said, "In the beginning it was real, through all times it was real, now it is real, and real it will be." As you need a physical regulatory system to regulate your body—any irregularity causes your doctor to worry—so you need a mental regulatory system to regulate your thoughts. That is meditation. And you need a regulatory system to regulate your spirit. That is your self-awareness. You have to constantly encourage the other person to excel—poke, provoke, confront and uplift. Without this, no relationship can keep going. You must be uplifting, kind, compassionate, and tolerant. The peepal tree is considered sacred. Unlike all other trees, it releases oxygen both night and day. Very ill people can benefit by lying in beds placed beneath this tree. We sometimes forget that we need something to uplift us. That is why we come and meet as a sadh sangat where, in our collective effort and union, there is no difference between us and our Creator.

**MEDITATION - Look Into Your Internal Being** Sit straight in a cross-legged position. Place your left hand on the heart. Raise the right hand up to chin level with the index and middle fingers pointing upwards and the other fingers held down by the thumb, palm facing forward. Elbows are relaxed down. Eyes are closed. Listen to the Singh Kaur's song Hukum (from Peace Lagoon) and look into your internal being. Continue for 22 minutes (four repetitions of Hukum). To end, inhale deeply, exhale. Inhale deeply, hold, and stretch your spine upward. Exhale. Inhale deeply, contract your entire body so that the energy can be equalized. Exhale and relax.

