

NM381 A10205 Self Sensory System III Oneness Expand the Mind Beyond

You. Yogi Bhajan, Ph.D. - February 5th, 2001 - Espanola, NM, USA Everybody knows that there is a God. It does not matter what religion you belong to, or whether you say God, Shakti, or Manifestation. Everybody is told creatively, again and again, that there is a God, but you do not know what to do with it. You are smart to agree, “Yes, there is a God. Yes, God created me, and yes, God is everywhere.” But when you are asked which God you follow, you freak out, “I follow Allah,” “I follow Ram,” “I follow Krishna,” “I follow Mohammed.” It comes down to the messenger. First there was the Word, then the person who introduced the Word. Although there is one God and one humanity, one creation and one Creator, you cannot love the oneness of it. You need something to be in variance. The Muslim God is available on Friday. The Jewish God is available on Saturday. The Christian God is available on Sunday. Lord Shiva is available on Monday. Hanuman is available on Tuesday. Ganesha is available on Wednesday. Jupiter is available on Thursday. There is one God, but you have divided that God into many, many things. In the same way, there is gold, and many ornaments—some for the ears, some for the nose, some for the neck, some for the hands. You keep changing God into forms because you have not yet found your form. If you find your form in oneness with the One who gave you that form, you will not do this anymore. It will all look alike to you. Your capacity will change, your capability will change, your sense of prosperity will change and your prospects for life will change. There are 5,000 years of written records that there is one God who created the universe, and everything belongs to God. In the last 5,000 years nobody has believed it. Why? Two things are dormant in you. First, your front lobe, which brings your personality into unison. Second, your hypothalamus and thalamus are connected but they do not work in unison. Until these two things are functioning, you will think many things, and nothing will be true for you. What you see in dream is not reality. What you see in imagination is not reality. What you see in your sensory system is not reality. Your intuition tells you what reality is, and you do not want to believe it. You are not in reality because you are a manifested personality. Only the One who manifested you knows. You do not even know why you are sitting here, or why I am talking to you, or why you are listening to me. Know it is the flow and interconnection of the psyche. It is called life. In life, we have been promised that our awakening will come to us within time and space.

NM0381 MEDITATION - Expand the Mind Beyond You



1. Sit straight in a cross-legged position. Extend the forearms and hands straight forward, with the left palm face down and the right palm face up. The elbows are bent and held relaxed at the ribcage. Eyes are focused at the tip of the nose. Breathe very long and deep—the breath you inhale, the time you hold the breath in, and the time it takes to exhale should be as long as possible. Continue for 11 minutes.

2. Remain in the same position and breathe deeper and deeper with self-control. Your body will start balancing itself and that is where the expansion of your mind comes from. Continue for 11 minutes.

3. Remain in the same position and do Breath of Fire, moving the navel powerfully with the strength of your diaphragm. Breathe consciously. Spread and regenerate the energy. Continue for 3 minutes. To end,

inhale deeply, hold, stretch the spine and squeeze the entire body. Exhale. Repeat 2 more times. Relax.