

On Teaching Kundalini Yoga

Yogi Bhajan - March 23, 1990



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ON TEACHING KUNDALINI YOGA

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Do you know the oath we take as Teachers of Kundalini Yoga? Listen to this. Try to understand; you are doing something. This concept is to purify you as a channel and bring the heavens through you.

"I'M NOT A WOMAN, I'M NOT A MAN, I'M NOT A PERSON,
I'M NOT MYSELF. I AM A TEACHER."

NOTE: The mudra the Siri Singh Sahib used as he gave this oath is as follows:

Keeping all the fingers straight, hold up the left hand next to the left shoulder, palm facing forward, as if you are taking an oath. Bend the corresponding fingers down as you repeat each segment of the oath.

(Straightening it back up before you bend the next finger):

"I'm not a woman"	bend the pinkie finger down
"I'm not a man"	bend the ring finger down
"I'm not a person"	bend the middle finger down
"I'm not myself"	bend the index finger down
"I'm a teacher"	bend the thumb down

Then you close your eyes and you concentrate at the Ajna chakra, or Ajana chakra, the Third Eye; and then you chant three times, "Ong Namo Guru Dev Namo." It's called "Naadhi Sodhani Kriya." "Naadhi" means all the channels. "Sodhanaa" means perfect them. And it's a "Kriya," an action. Understand?

Everything which has been given to you is totally pure. Nothing has been added or subtracted. So the purpose is very simple: to give people honestly what we have.

Do not promote yourself or promote anything which suits people. But give people that which can serve them, can uplift them: Energy. Share pure technology -- not emotions. Don't put a rider on it. If it's a bitter pill, let it be bitter. Don't sugar coat it. It is very deceitful on the part of a Teacher to teach teachings to please people. You teach these things to build people, to nurture people, to bring their reality out, bring their personality out, take away their cavities, take away their downfalls, their pitfalls. You have that capacity. Through this teaching you have a very perfect quality to stimulate the real strength in a person. Don't look for popularity or personality.

In Kundalini Yoga we do not initiate anybody. If a person is foolish enough or not fit enough to initiate himself or herself, our initiation will not make any difference. It's the quality of the people, the quality of their thought, the quality of their perception, the quality of their projection, quality of their behavior, and the quality of their life which matters. Not the quantity.

Your job is, when you speak, when you look, when you hear, when you walk, when you talk....ALL activity of your life creates a facet and its effect. Pavan (air) energy, praan (life-force) energy, paramatma (soul) energy, God. Whatever you name it, anything, it's nothing but uncoiled energy of God. We have this dormant power in us. We are like a bud of a flower which has no fragrance. When we blossom we'll have fragrance. Give people the stature and status that they can blossom and give them the fragrance that they can enjoy their life. In return they'll be grateful to you.

KUNDALINI YOGA IS LIKE THE SUN --
IT SERVES ALL WITHOUT DISCRIMINATION.

You can satisfy your feelings, your teachings, your dramas, your traumas, your missions, your dreams in many other ways. That's not a Teacher of Kundalini Yoga. Teacher is one who purifies a person to give the person an experience of his own purity, own piety, own strength, own totality, own identity, own infinity. And that's your job. I'm not asking you to push it, I'm not asking you to pull any number. I'm just explaining to you what a Teacher is. If you do not follow these few rules, you shall be nothing but preachers. You'll have huge congregations, you'll be very charming, you'll have a lot of charisma, and the end result is there will be nothing -- no juice. It'll be a very temporarily lived attitude. But once you touch somebody in a very pure manner, and elevate a person and give that person their own experience -- not yours -- they will be grateful to you forever. And they will enjoy life, because their perception will become greater. Make people's perception great.

It's not that I don't know other yogas. I have studied them well. But in every other accountable form of yoga, you have to remain single as a student until you become a Master. And that means no marriage, nothing. I know a householder cannot do it. Other yogas say a person must remain single in order to have the time to totally, absolutely and perfectly give himself or herself to his practice. As I studied everything, I understood and I said, "What's this? Not possible. This is just for the few."

Kundalini Yoga is for the householder. It's sharp, it's precise, it's perfect, it has an effect in experience. It takes 22 years for a Hatha yogi to perfect "a" posture. Once he perfects the posture, he's great. But you need 22 years, 24 hours a day, total concentration, atmosphere, yam, niyam, the whole stuff. Today you do not have 22 hours, much less 22 seconds. So what we can do? Go flat? No. Give people an experience in three minutes! Three minutes means 180 seconds. You'll be surprised, each kriya is divided that way - 31 minutes, 11 minutes, 7 minutes, 3 minutes. 62 is the maximum. It is timewise, convenient.

When you teach, let the student develop that experience. Once the inflow happens, every person shall experience the elevation. Their perception becomes stronger. Their life becomes happy. And in return, you will benefit. There's no quicker way to affect 108 elements, 10 bodies, 5 tattwas, 7 chakras, and 3 gunas. Luckily we have the knowledge of this science and we'd like to share it with people.

We are moving Yoga Center in Los Angeles to a new location. We are going to decorate it and make it like a model center. If we are successful, then we are going to idealize that and share it with everybody. But we definitely want a place where we do not want egomaniacs and we do not want people who just care for themselves and for their group or that, here. That's not Kundalini Yoga. Kundalini Yoga is like the sun -- it serves all without discrimination.

But, there is one rule: "Itarashtam tithar Kashtam" -- Nobody comes empty handed. It's one rule: If a person shall come empty handed, that person may sit here for six hours and do all kinds of yoga, but the moment he goes out of that door, he'll go empty handed. "As you come, so you'll go." That's the only one condition, and it's not up to you or me.

YOU ARE THE VEHICLE. YOU ARE NOT THE DESTINATION OF A PERSON. YOU ARE THE PATH. MAINTAIN THAT STANDARD. YOU'LL BE VERY HAPPY.

When I first came to the United States, we had people with no money come to my classes. One day I said to them, "How come you people stand outside, and never come inside. What's the matter?" One man said, "Well, there's a rule that we have to pay and we never have money." So I said, "Tomorrow morning, you come." I used to get change, you know? Quarters and all that. The next morning I started throwing coins on the ground outside the door so that they could find it. They came, picked up those coins, we collected the fee, and they came in. That's how they paid.

One day a man said, "Master, why do you do this?" I said, "That rule is not mine. But a rule is a rule. I honor it, and I want you to honor it." He said, "We want to pay you back." I said, "No. Don't pay me back or front. That's not the purpose. I just want to tell you that in this science, the rules are, 'That which I obey, you obey.' It applies to all equally and at all levels."

KUNDALINI: Uncoiling the dormant self into the aware self. It's known as the Yoga of Awareness. "Kundal" means "lock of the hair." Sampson lost one kundal from the shashara (crown chakra at the top of the head), and became impotent, useless, and hopeless. When his hair grew to full strength he became the most powerful man again. That story is in Bible.

I'm not asking you to become total saints overnight and grow wings in your armpits. To be saintly is not advisable. But less than that is not enjoyable, either. The question is, where do you want to enjoy life? In simple English, an angel is nothing but a highly elevated transparent equilibrium. A human is nothing but high level, transparent experience.

Just remember, if you awaken your Kundalini as a Teacher, you don't have to do much. You can do it with a thought, with a sight, with a word, with a sign, with a prayer. You can dramatize it so big that person will say, "You have done TOO much," or you just say nothing and just wish and it shall be done. It's a dialing code. Once you fix the area code and the dialing code and you put the number through, you will hear the ring. It won't go flat. If all circuits are blocked, then redial. You'll get it.

This is a pure science, brought with utmost purity, and shared with you. Don't create your personal mess. That will be a very stupid thing to do.

Many times you may have experienced with me where you'll ask about an exercise, "Are the eyes closed or open?" Right? I don't always know. Maybe I didn't ask. Or, maybe I don't remember. So be it. It's also very graceful for a Teacher to admit what he knows and what he doesn't know. There should be no misunderstanding to the student that the Teacher is all-knowing, all-doing, omnipresent, omni-this or omni-that. That's a quality reserved for God, not a Teacher. You are the vehicle. Postman is a postman. He's a man with the post. He doesn't start opening the letters and reading them. Have you seen a postman come to your house, ring your bell, open up your letters and start reading them to you? Don't try to do that. Give people a very subtle, elevated personality. Let them enjoy their own reality. Give them purity, piety. And that's the maximum blessing you can do. When you do this for people, God shall come through for you.

I'd like to repeat: In Kundalini Yoga, the personality of a human is nothing more than just a vehicle. It's not an identity. No Teacher of Kundalini Yoga shall become Guru or any such thing. I can introduce you to the Teacher who displays any false pride this life -- in his next incarnation you can find him in the bathroom, or under the kitchen sink. They call it 'cockroach.'

ALL GREAT MEN, AT THE COST OF THEIR GREAT PERSONAL AND IMPERSONAL SACRIFICE, LEAVE BEHIND A LEGEND AND LEGACY THAT THE FUTURE ENJOYS. AND FOR GIVING THAT HAPPINESS, THEY BECOME IMMORTAL. THERE'S NOTHING MORE TO IT.

And the second benefit of being a Teacher is that you shall be elevated beyond angelic powers. You'll enjoy the fulfillment HERE. You don't have to go to the heavens. You'll feel heavens here. The electromagnetic psyche will meet the entire Electromagnetic field and things will start coming to you. But remember, any gift received, if you do not evaluate it with equal prayer, you'll carry the burden. You might have noticed that it doesn't matter what present you give to me, good or bad, I put it on the altar. I get up in the morning at my prayer time and I pray. And I do ask many, many times, "In Thy Name, in Thy Grace, Oh my Lord, this thing has come as a gift from Thee. It has been given in faith, so fulfill the faith because that's what makes You God." And then I repeat every adjective in the world. It looks crazy, but that's what reality is.

You are the vehicle. You are not the destination of a person. You are the path. Maintain that standard. You'll be very happy.

Tonight I speak to you to encourage you. Many of you know me personally... many of you do not know me... but you don't know me much. And I don't exist, either, except that I'm a vehicle for these teachings. I brought them to you. I have done my job. In case of any difficulty, if you want to reach me, so long I am alive, I'll be in a position to serve you.

In Kundalini Yoga, the higher you are, the more humble you are. Don't forget that principle. Don't go by this machoness of, "I am a Teacher and ten people follow me." That profile is wrong. You are a Teacher and you have the privilege, by God's hand and with Guru's grace, to serve ten people. It's a diagonal energy. It lifts, it moves. It's the spiral energy. It uplifts to the top. It's a cushion spring. So please understand certain basic rules which I have explained to you tonight, and try to follow as many of them as you can. Can, or you can't, that's up to you, but it was my obligation to meet you face to face and offer this to you. Any questions? This is your chance.

Question: How would you clarify the relationship between the Gurus and the yoga?

Answer: Guru unites through the sound current. And yoga prepares you to hear that sound current. You are physical, mental and spiritual. The ground is plowed, manure is fixed and everything is done. Then things are given.

That's why when I started teaching Kundalini Yoga, I also gave people Sikh Dharma. Because I didn't want to misguide them. I didn't become myself a "Sat Guru." Neither I am, nor I was, nor I will be. Those who want to proceed further have the right to go. Those who don't want to, must not.

I have studied all religions, I have practiced them. Many of them I like, and certain concessions I like in many religions. Such as in Christianity I like the generalization, "Trust in God, all is fine."

I like Sikh Dharma for three things: there's no proselytization allowed, there's no forced conversion allowed, and there's nothing which is not complete as God made it.

The Sikh religion, or Sikh Dharma as they call it, it is a student's path. 'Sikh' means student, 'Path' means path -- it's a path to reach the purification of the Khalsa. 'Khalsa' means purified. Man with a piety. In between is a personal effort.

IT'S THE HIGHEST RESPECT AND HONOR, BESTOWED UPON
A HUMAN BEING, WHEN THEY BECOME A TEACHER.

Why do I teach Kundalini Yoga? Because this yoga helps the 'Grishti', (householder). The man who lives in the world can find the heavens here. He' doesn't have to wait to die to find out if he is going to the heavens or not. Your personality can perceive heavens here.

When I came to the United States, I didn't have any friends, I didn't know 'boulevard' from 'freeway' or 'north' from 'south'. Even now if you ask me to go to Pasadena from here, I can't. I'm as weak on the earth as a blind man can be. But when you talk to me about heavens, I'll bring God right on the earth.

I believe when you become the nucleus hub of the energy, everything comes to you. You need two million things in your life. You can't have them all. But once you can straighten yourself and become "I," the pure I, everything comes to you. It is that hypnotic, electromagnetic psyche of yours which can attract everything. Your presence can work. You want to be sensual, sexual, attractive and suck people in, just like the Hoover vacuum cleaner. That's your personality, it's not mine. It's not that we don't need vacuum cleaners. We do. We also need umbrellas, but when a man of God walks and can't hold the umbrella, the clouds become his umbrella. I have seen it.

I've actually no intention to tell anybody what to do. But you have to tell yourself what to do. Because Kundalini Yoga does tell you one thing: one day you have to stand before your God, face to face. And your eyes shall be totally dipped into The Eyes. And your breath shall be that Great Breath. And you shall have to answer to God about how real, and how truthful you were. You cannot at that time count the fast counterfeit currency of emotions, feelings, and your earthly achievements. In heavens, your heavenly achievements will come through. That's the currency which works there. If you can collect that currency here, you'll do fine. If you can't, you can't.

I was lucky and fortunate that I came here to serve. That's all I believe in and that's all I am. It's a privilege to be with you one night and teach and talk. Your personality as a Teacher is based upon pure service -- service to elevate, carry on, keeping another person's spirit up. Keep the candle burning. All great men, at the cost of their great personal and impersonal sacrifice, leave behind a legend and legacy that the future enjoys. And for giving that happiness, they become immortal. There's nothing more to it.

It's the highest respect and honor, bestowed upon a human being, when they become a Teacher. It's your choice to become real or false. If you ask my opinion, if you fake it correctly, you make it all right.

Yes, I did break a few rules, and I'm not saying I didn't. The first rule was that you don't teach openly. I was left with no choice. I taught openly, well aware of the warning that 'Whosoever shall teach openly shall die within the next sun,' -- that means one year. I didn't say a word. I taught. I even didn't know what would happen. But I taught. It worked very well. One year went and I was still alive. And I said, "Hey, it doesn't apply to me. It shall not apply to anybody. We shall live and all shall live."

Then I questioned many, many wise people, and sages about this. They said, "That warning is only for the people who are not the Masters. They go empty within a year." And yes, I saw that happen. I saw some people who, out of their ego, had become great, and they thought that they were perfect and all that. I didn't tell them anything. I didn't say, "You are a Teacher," or "You are not a Teacher." They became empty. They didn't even last one year. They disappeared even earlier than that. There was nothing left. So I understood that what was written was correct. What is, is correct.

IT IS UP TO YOU, HOW YOU WANT TO EXCEL. WITH EGO, YOU WON'T LAST.
MINUS EGO YOU WILL NEVER BE DESTROYED.

When a saint dies, people drop flowers. When a man dies or a king dies, pigeons drop droppings. You can make the choice. So what I have tried to tell you is, the very oath which you take, by yourself, is very simple: "I'm not a woman, I'm not a man, I'm not a person, I'm not myself. I am a Teacher." With that concentrated strength, you work. Otherwise you will be biased. As a woman you can be biased, as a man you can be biased, as a person you can be biased, as your self you can be biased. There are many waves going through our brains and minds and ideas.

Actually all teachings are there to tell you to be yourself. But here it's such a simple thing: I am NOT myself. Then who are you? You are the vehicle. That's why the opening mantra of the class is "Ong Namō Guru Dev..." We don't say "Om Namō." We say, "Ong Namō Guru Dev Namō." Oh Transparent -- Guru Dev. A transparent made me the transparent. 'Guru' means the one who brings light into darkness. I bow to you - "Ong Namō." Oh creative total self. The difference between "Om" and "Ong" is "Om" cannot be chanted, cannot be spoken. That's why Guru Nanak put "Ik" before it. "Ik Ong Kar..." It's the total permutation and combination to create that sound.

To experience yourself, and all in you in that unisonness, is the beauty of life. Otherwise you will be a victim of your own perpetual, permanent fear. For every success, for every achievement, for every love and for everything we want newness. Pleasure comes out of newness, enjoying newness. But there's a pleasure also which is everlasting, in which you become anew all the time. That's the tantric energy, the diagonal energy.

In Astrology, there's a square. And when you have a square in your life, when some star squares you, it is bad, not good. But if you cut a square diagonally, it becomes two trines, two triangles. It becomes good luck. That's what these teachings do. You cannot move a big boulder, a stone, but if you put a big pulley around it, make a lever, you'll easily move it. That's life. You have to keep up, you don't have to stop.

Why do we wear white? Because all seven colors are contained in white. Some people cannot wear white. A person who cannot wear white must know why not. I'm not going to give you the explanation again -- I've given it so many times. We do wear cotton because our sensitivity has to reach Infinity and cotton breathes. It's not that we have a boutique shop and want to sell you something. These are just certain helps. I do know color therapy. I'm Master of it. I'm aware of it.

Let us talk facts. Fact is, you want to become attractive. But do you realize that you can attract devils, demons, as well as you can attract angels and you can attract good people? You're out in the market for attraction, and I want you to be out in the market for uplifting and elevating -- not attracting. A Teacher of Kundalini Yoga is a forklift. He uplifts the spirit. That's what you have to do.

And, I also will say, "There's no rule." Just sit down and honestly chant "Ong Namō Guru Dev Namō." Let it come through. "Fake it, you will make it." But you have to believe it.

Let me tell you my experience with my own Teacher. A special audience with your Teacher comes up after every 12 years. When I was 12 years old, I had a special audience, and nothing happened then. I didn't expect to have another audience for 12 more years. But when I was about 16-1/2, I was called to present myself, and I was very surprised. I didn't know what he was going to say. After all, it had only been 4-1/2 years.

**AS A KUNDALINI YOGA TEACHER, YOU HAVE THE PRIVATE RESPONSIBILITY TO
RESPECT EVERY OTHER SCHOOL OF TEACHINGS AND TEACHERS.
YOU HAVE NO CONFLICT.**

I had the habit to obey my Teacher. The law is, "Obey, Serve, Love, and Excel." This is the spiritual essence. So I went in. I bowed down. I got up. He said, "Bhajan, it is a very special day. I have called you." I said, "Yes, Master." He said, "You ARE the Master." Out of habit I said, "Yes, Sir." He said, "That's it. And there are certain conditions with it." I said, "Please let me know." He said certain things. I said, "Thank you, Sir." He said, "You can retire now." I came out.

Outside there were twenty-five to thirty people waiting. "What happened, what happened?"

I said, "Don't you see?"

"No."

I said, "Don't you know?"

"No."

I said, "I am the Master. Bow!" And they all bowed. I said, "Wow! It works!" I said, "Now rise! This is what happened! That's what the Master said, 'I am the Master.'"

They all said, "Yes, sir." Because they had the same conscious habit to obey, too. There was no logic, no reason, no debate, no asking, no questioning, nothing. I hope you will carry the tradition with grace and your utmost dignity wherever you find fit.

In the West we think yoga is an exercise. Some people emphasize it as a totally physical thing. Glands are the guardians of the health. Every posture in Hatha Yoga is for glandular secretion. It's a very effective way. Every pranayam is for energy. Yams and niyams are to keep going. Dharana, dhyiaan, samadhi is for elevation. (Note: these are the steps in Raaj Yoga, written down by Rishi Patanjali thousands of years ago. Asanas are postures, Pranayam is breathing exercises, Yams and Niyams are ethical precepts, Dharana is concentration, Dhyiaan is meditation, and Samadhi is Divine Union.)

Kundalini Yoga is for Experience. It's not that we don't use those asanas or we don't use pranayams or we don't use kriyas, bandhanas or bandhas. We use all that. As a Kundalini Yoga Teacher, you have the private responsibility to respect every other school of teachings and Teachers. You have no conflict. Reaction is for the fool. Achievement is for the wise. It takes the same energy to achieve what you want to achieve, or same energy to react.

If you want your earthly popularity, go ahead. If you want your heavenly popularity, go ahead. You have a choice. Bring heavens to people. That's how they come to you, by the will of God. They are here. They're not going to go away, whether you want it or not. They have to go home, and that is what you are serving them for -- to help them to go to their very home.

People who are in Los Angeles, they are in Los Angeles. But when they've got to go to San Francisco, you have to draw the map and see they that they reach their destination. With that kind of intention it doesn't matter if one person comes to your class or no one comes to your class or 100 persons come to your class or a thousand people come to your class. Just with that intention, with that thinking, you are there to serve. There's nothing wrong or right - thinking makes it so.

**YOU'RE NOT TEACHING WITH YOUR PERSONALITY.
YOU ARE A VEHICLE -- LET IT FLOW.**

You may not be elevated. Don't bother. Who cares what your mood is? Whether it is polished or not polished, a forklift is still a forklift. They call it 'fork' and 'lift.' If it lifts it is a forklift, if it doesn't lift it's just a fork.

There are two words. "Yoga" - "Teacher". Whether you teach Hatha Yoga or Bhakti Yoga, "Yoga" means union; "Teacher" means one who teaches how to unite finite and infinity. Keep things simple. Don't complicate them.

You know what I did in America? I stopped chanting anything which was not supposed to be. I only would say certain words from Gurbani which I know have a permutation and combination between the tongue and the palate. This causes the hypothalamus to be worked out. It's very easy. That's all. Otherwise I could have spoken certain mantras to make myself look wonderful. I could have made you to look like an idiot so I would look very wise. But that's called 'impressing.' That's not service. We don't impress; we deliver. Majority of the Teachers try to impress their students that they are big, great, fantastic, wonderful, blah, blah, blah. We don't impress; we deliver. This is your question hour. Come on, say anything.

Question: Over the years when I've been teaching, sometimes I'm not sure if what I'm teaching is accurate or...

Answer: Who wants you to be sure? That's the most stupid thing. Sit on that Teacher's bench and presume hypnotically that you are the Teacher. Go with the will of Guru and God. That's why the first thing you chant is "Ong Namoh Guru Dev Namoh." It's not a psychological test or biological condition. Even when the heavens do not come through you, they are stupid heavens, don't worry about it. You are serving. God also has ears and eyes to see. If somebody's going to serve, God shall come through. That's why God is Omnipresent, Omnipotent, and Omniscient. Your doubts are personal. You have to undoubtedly serve. Undeserving people also get sunshine. There's no ticket for it. It's not a lottery. Whether you are deserving or not deserving, just remember one thing: when you sit on the seat of a Teacher, you would not be sitting there if God had not bestowed honor. How long that honor is bestowed is your prayer. Is that clear? You're not teaching with your personality. You are a vehicle -- let it flow.

Question: So the same thing applies to teaching something you haven't personally experienced?

Answer: You will experience. A Teacher with a concentrated mind experiences in seconds. I have seen people experiencing from just taking the yoga manual and reading it in the class. They teach and get so high that they forget what to do next. It's a science, it's an art, it works. The margin of level is only 11%. It's covered by 33% insurance. Because you have started with the purity and piety of the mantra and you have brought the past, present and future into consideration of time and space. It is a very elevated status. You may not conceive right now as a human being what you are doing. But through time and space, you will realize that what you are doing is far out.

Question: After class when a student asks a question that I'm not sure about it, or I'm not able to answer, what is the best approach?

GIVE THE PERSON AN EXPERIENCE AND HE WILL NEVER FORGET IT.

Answer: If you're not sure, don't be sure. There's no gun at your head. If you can't answer, search out the answer. There's nothing wrong in asking for an extension. Sometimes even I ask, "Give me an extension." Students don't mind. And if you don't feel like answering, just say, "I don't want to answer." You are the Teacher. You're not a person. You're not discussing the question and answer as a person. Remember: "You're not a woman. You're not a man. You're not a person. You're not yourself. You are a Teacher." That is the oath. Press the right button, there shall be the right experience. That's the beauty of Kundalini Yoga. And don't question someone's class, creed, time and space, or anything. It's the status of timelessness and beinglessness and selflessness. It's pure vitality of Infinity. So...what is there to worry about? Enjoy it.

You can attract anything. God knows what you can attract. The fact is that you have become mentally, physically and spiritually projecting as attractive. And you feel you are at your best. You shall attract. I don't know what you will attract, and that you're not sure of. You think you will attract so and so. You think it may not happen. You may be attracting something which tares you apart. Who knows? But you are the one who asked for it. "You asked for it, you got it, Toyota." You know what I mean?

Question: Can you say something about Shakti Pad?

Answer: Shakti Pad is a very funny status. In Kundalini Yoga you must go through it. It's called 'self doubt' status. "I am, I am, I'm not." "They are, they are, they are not." "It is, it is, it is not." "We are, we are, we are not." Everything is twice yes and one time no. It's the biggest pain in the neck. But it's a sign; it's a graduation. If somebody at that time just becomes humble enough and lets it go, you don't have to even raise a pinkie. You can go through it peacefully. That's what I did. I do not know any other experience. Things started happening just on the beck and call, I didn't want to participate with them. I just let it flow. I was just enjoying it as any ordinary person will be enjoying it. But the Doer does everything anyway. We are just in the audience. We can laugh, we can enjoy, we can cry, we can be happy, but something is happening. We are part of that. No problem.

Question: Do you see a difference between teaching Kundalini in the 90's and the 70's and the 80's in terms of what to present?

Answer: Kundalini Yoga is a timeless teaching, and if you want to define it by the decade, it will decay. If you think your teeth are forever, cavities will prove otherwise. That's why when I started teaching I did not consider the time, space, who, what, etc. These are infinite teachings. Kundalini Yoga is for everybody. You can do public relations for it. But Kundalini Yoga you can do its own public relations. Give the person an experience and he will never forget it.

One day of intimacy brings contempt. But if somebody's uplifted, there's no intimacy. The stage is higher for the other person. They're grateful, doesn't matter. He may give the life to you, total self, no problem. If you serve somebody and he gives you a gift of life, you must give that gift to the Giver in whose grace that it is given. That's why we say on the Jupiter finger, the most wise guru, "I'm not myself." It is our sadhana to say, "I am not myself." And, "I'm not a woman," comes first because 'jantee hai naa,' first comes the woman; first comes elevation of the woman. "I'm not a woman. I'm not a man. I'm not a person. I'm not myself. I'm a Teacher." Very simple.

Question: You mentioned something about prayer, and relating that to the class.

Answer: I can't tell you the kind of prayer I do. I think everybody should do their own prayer. If you hear my prayers, you won't like me at all. I do many kinds of prayers.

BE SIMPLE, BE STRAIGHT, AND DO IT WITH A SMILE.

There is a one prayer to be humble and nice and asking forgiveness. Another prayer is that you pray in a very nice way. Another prayer is that you feel and you purify yourself and your sadhana, and you say, "Well, 40 days I'll do this if God blesses me." Time prayer. Self-prayer. Humble prayer. Unison prayer, and all that. One prayer is, "Hey, what are you doing? What kind of God you are?" And, "You go hell. You created a hell." That's also prayer. The relationship of prayer is between a mother and a child. It all depends on what your mood is, what you are going to say and what you are going to do. Your prayer is between you and the Creator, with no rules and regulations. There also comes a stage when you do not know what you are saying and you do not know what you are doing, and it's happening.

Let me tell you a personal story. Somebody once invited us to Florida. We went there. I was supposed to teach there but something went wrong, I don't know what. The next morning our student/host asked if we could sit in her car, with our luggage. I said, "Fine." I thought perhaps she was shifting our accommodations. She took us to a very small sheltered place. She unloaded the luggage and said, "Please wait here." Then she drove away. A few minutes later I said, "Wait a minute. We have been dropped at a bus stop. It means we have no place to go. We have no money. Now what should we do?" I said, "Well, don't worry. Bus will come." When the bus came, we got on. The driver said, "Where do you want to go?" I said, "We have five dollars. Wherever it takes us. Is there any town within the five dollar limit?" He said, "Yeah, yeah, yeah. Give me three dollars and so many cents, it'll be fine." We didn't ask where we were going. We came to a city and got off. The person who was with me said, "What should we do?" I said, "Don't worry."

We walked to a bank, and asked for the manager. The manager came, "What I can I do for you?" I said, "We are very unfortunate people. We got stuck here. I have a bank in Los Angeles. This is the name of my manager. Could you please call him collect, and tell him that I need money?" I gave him my bank manager's name, and the number. Luckily he was a kind man. He said, "Okay, holy man. I'll do it for you." He called the number, he talked to my bank's manager. He said, "Oh, he has a beard. He has some cloth on his head." Certain questions were asked. My bank manager said, "How much money does he want? Whatever he is given, tell me and I'll remit you. He'll have Carte Blanche." And my bank manager gave him the bank transfer code. The man came back to me and said, "Sir, how much money do you want? Fill out this paper and I'll give it to you." We got the money and left. So I learned in a very beautiful way that credit works. Create credit of your personality. It will work. Create credit of your Teachership, it will work. Create credit of your being. It will work. You can always draw on your credit. You always have to pay a debit.

Nobody can tell anybody what to do. As we mature, we start doing things. But if the hand of God has bestowed on you the capacity to be a Teacher, be so. Just don't question it. Give God a chance to flow through you, that's all. Let it flow. Possible? Doubtful. I know that's one thing of which man is very doubtful -- let it go, let it flow, let it be. To be, to be. But try. God shall come through.

Three things are very important in life. It doesn't matter what you are doing. Be simple, be straight and do it with a smile. I don't think anybody can fail after doing these three things. And this is the trinity of life. Life is a lie if you do not practice these three things.

Question: When teaching a set, is it important to do it very specifically as you have given it? Sometimes I feel like I need to insert something.

THE IDEA IS NOT TO FEEL RESTRICTED. THE IDEA IS TO FEEL INFINITE.

Answer: No, no. The first thing you all should avoid is TENSION. And don't be at war, "I HAVE to be EXACT!" Have confidence that you have now sat down and you are who you are, the Teacher. And God shall protect you. That's what 'Ang Sang Wahe Guru' means. (Translated as 'God is in every limb and every fiber of me.') It shall protect you. Trust it. 'In God we Trust' -- it's written on the dollar bill. What else you want? It's the biggest teaching on the planet. Trust God and keep going. You won't be hurt. A friend doesn't let you get hurt. How can God let you get hurt? Don't worry -- Be happy.

What is the purpose of life? Nanak says it in two lines, "Nanak Nam..." Nanak, through the grace of the Name of God...."Cherdi Kala..." you should have an elevated self. Kala, Kundalini, Kundal, it's all the same thing. Cherdi Kala. An ever rising elevated self. "Tere Bani," through Thy Grace, "Sarbat da Bala." Through Thy grace you will wish good to all. Purpose of life is being good to all -- including your enemies. Because there's no enemy; they are only the challenges.

A poet defines a Sikh very beautifully. The couplet goes: "Honee naal jolanday matha sikh kabavan soee." It is a very beautiful definition. "Those who go and confront the calamity, and do it willingly and smilingly, are called 'Sikhs.' Many, many times calamity has laughed. But in the end, it has always cried and has failed."

Once you have an elevated self, when you are there, everybody will look to you. You don't have to ask, "Respect me, love me, help me, comfort me, be with me." You don't need that. It's Carte Blanche. Once you are there, at the status of your personal credit where you just serve the will of God, the light of God, the flow of God and let it happen, then Kundalini Yoga is just a technique. You can inject God and the other person will be elevated, and he shall be grateful to you. It's not difficult at all. It's meant for the common householder. Just be; for a moment, for a second. There's no difficulty. But all this duality, "I'm a Teacher, I'm a Teacher, am I not a Teacher, am I doing it right?" -- this act is not required. Sit down, bad or good as you are, and just meditate and jump into the infinity of the transparent Guru. Let him take over. Allow him to take over. That's all that is needed. God knows if you are blond or brunette or you are yellow or pink or you are up and down. That's not the problem. Let it be. Lift and uplift. All the goodies will start coming because God is good and brings goods.

Listen to this philosophy. Narayan is God, right? His wife is Lakshmi, goddess of wealth. So how can you love the man and not have the wife around him? And his child is Ganesha. Wow. That means "The one who makes possible of the impossible." Look at the pictorial sense of the word. It's not bad. Just let it be. When you sit here, let it be. That's why you have seen when some other Teacher comes, I always leave the chair and ask him to sit there. I always go and sit in the congregation. Because at one time you let one vehicle teach. That's the meaning of "Ik Ong Kar." One in the beginning, One in the middle, One in the end. And the purpose of life is to become One with the One.

Shakti: Perhaps it's hard for people to speak and say what they'd say otherwise.

Answer: Oh, I don't mind. Please feel free. Don't worry. I have gone through whatever you can go through. I was the biggest rebel myself, so I know how to rebel. A tamed horse does not mean that it was not wild once. Don't be scared. I have gone through all what you can call hell, and by His grace came out on the other side. I just let it be. It came out all right.

There's a saying, "Those who do not have their own personal God have Infinite God." Their boats always come and touch the shores. The idea is not to feel restricted. The idea is to feel infinite. Whatever you are, you are. Don't try to force yourself to change -- it's a violence. Don't try to change anybody -- it's a violence. Let it be. It will all come home. Just for a few minutes, let it flow. The One who can rotate your earth for you, you think He cannot take care of your routine? The One which can grow forest after forest, can't He take care of this little toothpick? What joke is this? What's the big deal?

Thank you very much. I'm very grateful that you gave me this attention and came here. Bless you all. Whatever you are, let His grace be with you. Sat Nam.

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