

Reverence

Yogi Bhajan, Ph.D. - May 14th, 2001 - Espanola, NM, USA

There is one thing that works, that is reverence of Self. The Guru says, “*Oh my mind, you are part of life. Try to know your principle, reverence.*” Reverence works better than any miracle. There is nothing better or more powerful.

When Mati Das and Sat Das were sacrificed with the ninth Guru, they were asked, “Do you want something?” They said, “Turn our faces towards the Guru.” A man is being boiled in a big pot of water, another is sawed in half and they are asking “Just let me see my Guru.” That is all! Look at the quality of the human! These are painless, fearless, totally extended people.

When someone comes to your home, you do not ask, “Would you like to eat?” You think, “Oh no! I have to cook again!” God has come, a soul has come, it is an opportunity to serve, but there is no reverence! The inflow and outflow are not extended, and you call yourself human! Like the Dow Jones, you go up and down everyday, as if your lives depended on it. If you know how to stabilize yourself with your own reverence, the universe will adjust with you, as when a child is innocently playing and everybody is attracted, because God loves His creatures.

Your problem is that you have not developed a sensory system, the sixth sense. Instead your life is based on passion! The sensory system is the subtle power that is between you and God as One. From this sensory system grew one word, Ek–Ong–Kaar.

MEDITATION - Experience Trikuti

1. *Sit straight like great yogis in a cross-legged position (students must sit facing forward in straight lines parallel to the teacher’s bench). Raise the arms to the shoulder height, parallel to the floor, and bend the elbows so that the hands are in front of the heart, palms facing down, right over left, 1 to 2 inches apart. Eyes are focused at the tip of the nose. Chant from the navel in a two and one-half breath cycle, “Ek Ong Kaar – Sat Naam Siree – Wah-hay Guroo,” with reverence, to experience Trikuti—the heavens, the underworld and the earth. Continue for 28 minutes.*

2. *Same posture. Chant long “Sat Naam”. Continue for 3 minutes. To end, inhale, hold and meditate on the sound. Join with the whole universe of the sound. Exhale. Repeat 2 more times. Then inhale, hold and raise the arms up. Shake and move the whole body like a snake. Exhale and relax.*

As a Khalsa you must grow the sense of purity and piety; as a Singh you must grow the sense of grace and courage; and as a Sikh you must grow the sense of humility and service. You will be revered. Wherever you will go, God will walk ahead of you, behind

you and all around you! What a wonderful day it will be! Guru Nanak took away our misunderstanding, he said “*Ek Ong Kaar, Sat Naam,*” true is His Identity, “*Karta Purkh,*” He is the Doer of all.

Today I received a call from a man who had been to the hospital for bladder problem. When he came home his pain had struck again. I told him to put water in a cup, meditate on it and drink it, and tell God to clear him. He tried it and soon confirmed that he was all right. We have forgotten that a person has power over himself. If he has no power over himself, he has no power over anyone else. If you cannot share your power, what can you share?

The sensory man is a living forklift. He is a lighthouse. He is a heavenly grace. Without connection with the sensory system, we can have no love, affection or relationships. You control, command and demand, but love is giving, not demanding. When you demand, you get nothing. When you do not demand, Mother Nature gives you something 100,000 times better. Do not gamble with your life. Life is very precious. Feel that God is on all sides of you. Let the Hand of God do things for you.

