

**LA959 A10224 The Beauty of Self Create Balance.** Yogi Bhajan, Ph.D. - February 24th, 2001 - Los Angeles, CA, USA Yoga is the union of the Self with Infinity. Kundalini Yoga teachers must carry students with great respect and a firm discipline. Many cannot be disciplined through yoga because they consider yoga an extra activity. Kundalini Yoga creates people who cannot deny that they are yoga students. They cannot deny they have a teacher. To say that you belong to someone you must give your identity. Once you give your identity you become a nonidentity, and you can merge in the Infinite Identity. The moment you achieve a new identity you become a nonidentity to the rest of the world, which accepts you as abnormal, because angels and God are abnormal. Once you accept it, the job is done and you can be pushed into an absolute projective reality, where you become “I am, I am.” This is the Age of Aquarius, where people will acknowledge each other by being sensory human beings, not by face, features, color, status or religion. In the Age of Aquarius people will meet with a sensory, psychic flow, beyond any barriers and any consideration of wealth. When we meet a famous person, we want a photograph. What is the difference between a famous person’s photograph and your photograph? When you feel no honor other than your own honor, you are an Honor. That dignity, which gives divinity and grace, comes when you know yourself, when your mind knows your mind, and when you know you, you are fear-free. You are attached to nothing. In a state of Shuniya, zero, where you have everything and nothing, you become Krishna. When you have the sun and the moon at the same time, you become Rama— Ra, the sun, Ma, the moon. When you have totality and identity at the same time, you are Sat Nam, your true self. Unfortunate are those who seek appreciation from others—there is no divinity! Divinity is knowing that God made you. Appreciate yourself, be kind to yourself, be conscious of yourself, be caring of yourself. Pay attention to yourself, and you will not have problems. Life is pure creative beauty. Do not waste it! Ask those who have no eyes what the eyes are. Ask those who have no ears what the ears are. Yoga is love and affection between you and yourself. There is no need to be worried or tense. When you were a child you had someone to care for you and hug you. You did not have any concerns. When you grew up you lost that innocence and naturalness. Nature, Prakirti, this universe, only serve those who are natural. Once Prakirti serves you, you will have the touch of Purkha, the Infinite. In Kundalini Yoga you are chiseled and put into a balanced state of self so that the Ida, Pingala and entire body may come through the central energy channel, Shushmana, in unison with the projected micro-consciousness and micro-existence. Then your molecular self may discharge its electro-magnetic field into your own solar system, your Shashara, at the top of your skull. Let us do it!

**LA0959 MEDITATION - Create Balance** Sit straight in a cross-legged position with balanced shoulders. Extend the right arm straight forward at a sixty degree angle, palm facing down, and raise the left arm up straight, palm facing forward. Eyes are closed. Do Breath of Fire.



Continue for 11 minutes. During the last 4 minutes, do a heavy Breath of Fire and in the last minute, put everything into it. To end, inhale deeply, hold, and squeeze your body. Cannon fire out. Inhale deeply, hold, and squeeze your spine as much as you can. Cannon fire out. Inhale deeply, hold, and lift your body with your upward stretch. Cannon fire out, and relax. You have to re-energize, re-charge, and re-challenge yourself to know yourself. With the right arm’s angle you angle yourself, with the left hand held straight up you raise your antenna, and with Breath of Fire you open all the chakras and burn your karma! The body will come into balance. Once you are balanced, your thoughts, projection and progress will improve. During the meditation, different areas of the body will hurt because everything is coming into balance. You do not have to give up. Show your strength and self-endurance. That is yoga!

That is the beauty! If the body says, “Hallelujah, I’m going to stop!” say, “No! I will not let you. You are my body. Stand with me now!” Pull up that reserve energy—the Kundalini. Accept the challenge! This meditation works on the central nervous system to give you a new tomorrow. You will lose a lot of fears. You will be surprised tomorrow morning. A lot of things will leave your body, because you have conquered yourself tonight.