



To Do and To Be

Yogi Bhajan, Ph.D. - April 19th, 2001 - Los Angeles, CA, USA

The most difficult thing to believe is, "Humee Hum Brahm Hum," "We are we and we are God." I may teach another 100 years, but I will not be able to convince you that you are God. Sometimes you do not even believe that you are a part of God. You do not even believe that the One who rotates this Earth can take care of your routine. Once you believe that you are God, Mother Nature will start working for you.

You are loved for your values and you are respected for your virtues. If you have values and virtues, opportunities will come to you. If wealth is lost, nothing is lost. If health is lost, something is lost. If character is lost, everything is lost. But there is no character to build on if you do not start with it!

Your life is to *question*. But a teacher does not answer your question. He takes away from you the strength to question. What do you become? The *answer*. Then you become the answer to everything in the world, and then you become a teacher. That is how teachers are made. You have to have impact! People have to trust you, because only when people trust your behavior are you able to take away their pain.

You want to be prosperous. Believe it! If somebody is prosperous, enjoy it! If you want God to be kind to you, be kind to everybody. "Humee Hum, Brahm Hum." You are only God here, but when you go out you become human and when you go across the road you become a demon. If you have become God here, be God! If you become virtuous here, be virtuous!

Once I went to India and stayed in a village. After doing my sadhana I would sleep for an hour or so, then wake up, sit in a tub of water up to my navel point and do Sat Kriya. A man brought the water each morning, serving me well. One day I asked him, "You don't look like an ordinary person. Who are you, really?" He said, "I'm a police officer." "Why have you chosen to serve me?" "I want to learn something from you." "What do you want?" "Just bless me." "Okay. Sit down and do Sat Kriya with me." So he did, and I told him to keep on doing it.

Three years later when I went again to India, a man came with cars and truckloads of people, announcing that a saint had come and we should go see him. We went to see him, and after some conversation I said, "Didn't I see you a few years ago at such and such place? Now you are a saint?" He said, "Yes." "How does one become a saint?" "Just as a police officer may do Sat Kriya, so I have become a saint!"

Doing is what life is all about. You have to learn to *be*. Just sit down, close your eyes, calm down and be. Be yourself! Not anybody else. Just a creative human being. Just like this:

MEDITATION - Be a Creative Human Being

1. Sit straight in a cross-legged position. Place both hands on your face, totally covering it. Chant the mantra, "Humee Hum, Brahm Hum," by Niranjan Kaur. Cover your face; cover your karma. Continue chanting for 11 minutes.

2. Maintain the posture and do very Long and Deep Breathing while listening to the mantra. Continue for 3 minutes. To end, inhale deeply, hold, and exhale. Repeat 2 more time. Relax.

Practice this meditation every day for 11 minutes without asking anything. The "Humee Hum, Brahm Hum" mantra is your basic seed—you need this realization in your being. You must start progressively progressing so that Nature and environments can uplift you. You will then realize happiness, because you are part of the whole and the whole is part of you. Start now—it is essential! I can authoritatively say this because I have gone through calamity after calamity and I kept chanting, "Humee Hum, Brahm Hum."

You want your body to serve you, but you do not want to serve your body. You want your mind to be sharp and smart and be with you, but you do not want to tune it. You want your spirit to be available, but you do not want to care for it. On one hand you want to live the way you want to live. On the other hand you want Mother Nature to serve you. It is not practical. You need to become wise. You need to have energy to share it. You need to serve and help people.

There is a power within you that is to grow up. This power is your inner strength. You must do what you must do, and you need that strength to do it. *You must do it right so that the impact of the act may be perfect.* When your act has an impact and the impact is perfect, you are the Lord of the Universe. Power lies in your own spirit, in your own self, and you are in command of it.

