

Expansion

Yogi Bhajan, Ph.D. - November 10th, 2001 - Espanola, NM, USA

We think we are living, but that is not true. Breath is living in us! The body is a structure in which the Breath of Life lives. Why? Because it has a karma. Whatever you are getting in life is normally pre-ordained—your birth, parents, relatives and your environments. Still, through discipline, you can earn good will, compassion, grace and kindness.

We have made phrases to separate ourselves from life. “This is Christian,” “This is Japanese,” “This is American.” We have marked and divided the world by boundaries and divided people by signs and systems through language. Our life is amazing! We live on one Earth, in one universe, and we are not universal.

To not understand compassion is to not understand God. God is an Impulse of Expansion and man has to compassionately understand expansion. The moment you do not expand, you contract. Then what is the use of life? When you are compassionate and vast like the ocean, everybody else is a little boat on it. Everybody is a part of you. If you do not understand that everybody is a part of you, you do not understand who you are.

We have come to go, yet we have not prepared ourselves for going. You must be ready to go! When you understand this it becomes very difficult to separate your self from the total, large universe. You will never fight with anybody, you will not hate anybody and you will not *squeeze*. Those who are fanatically committed are squeezed into themselves, not vast. Religion is a very vast reality. When you identify yourself with religion it does not mean you are special. It means you are gentle, that you will hug those who do not deserve to be hugged. Understand the meaning of religion. It is your reality! Deep in you there is a Reality.

Self-control is the way of life. Sharing your life with yourself is the way of life. Closing your eyes and meditating is self-control—trying to calm yourself so you can fight successfully with your mind. These are simple things, but people do not understand them.

A very beautiful psychiatrist was my student at UCLA. He was always upset—with his car, his house, his wife, his children. He used to say, “It’s my habit.” I told him, “You are reaching the end of your life—your blood pressure is high. Someday you will lose your consciousness.” “I don’t know how to stop!” I told him to lie down for ten to fifteen minutes each day and breathe long and deep. He got totally cured. Later he told me, “That was the easiest medicine I’ve ever had!” I replied, “It’s always there.”

When you do not know what to do, just take long deep breaths. The longer the breath, the longer your life will be, because your life is based on your breath. The shorter the breath, the worse off you are. The longer the breath, the better you are.

A normal person breathes fifteen times per minute, and a well-balanced person ten times. If you are a real practitioner and want to be prosperous, you have to breathe seven to nine times per minute. Less than that, you are a yogi. And if you want things to be done for you and you do not want to do anything, you must breathe one to five times per minute. Then you can direct the universe for yourself. It is a simple thing. When your breath is long and deep your psyche attracts everything for you. That is the way to prosperity.

There are some people who are failures. Anything they do, they fail. Have them breathe one breath a minute and then meet with them after two to three years. They will be prosperous and beautiful, because their *sense of communication* will have changed. If there is fear in your voice, with the practice of Long Deep Breathing you can eliminate it and be prosperous.

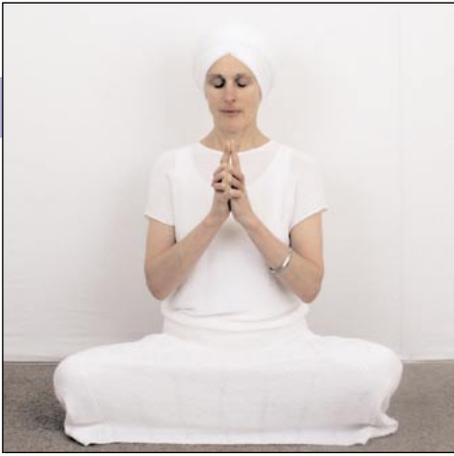
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Our intelligence, our sophistication, is the key to our living! We must understand that our life is for expansion and that it will expand up to death whether we use it or not. If we use our life it will expand beautifully, benefit us beautifully and make us comfortable. You cannot stop expansion! Old age without wisdom, youth without success and childhood without smiles are worthless. Children must smile, youth must succeed and old age must be wise. These are the criteria to which one has to grow, religiously.

Without meditation the mind cannot be used. It becomes crooked, with no boundaries. Instead of being your first friend it becomes your first enemy. The mind works when you are sleeping and while you are awake. It works all the time but, when you do not meditate, it has no direction. It is like a car without a steering wheel.

When you say words like, "Don't disturb me. I'm not in a good mood," you are already disturbed! Realize how rude it is that you are not in a good mood. *You are a human being.* If somebody comes to talk to you, you are supposed to see and meet and receive that person, head-on! Learn to receive the psyche of another human being--do not see the body. See the projection of energy. If you cannot see God in all, you cannot see God at all. And you can only see God in all if you know you have a God. God meets the God. Devil does not meet the God.

MEDITATION - The Breath of Life

1. Sit straight in a cross-legged position. Hold your hands in Sarab Gyan Mudra in front of the heart—fingers interlocked with the index fingers pressed very tightly together, extending upwards. Eyes are closed. Meditate on your breath as you do Long Deep Breathing, inhaling and exhaling so deeply and completely that you can hear your own breath. Each breath should be a voluntary, mechanical breath. Continue for 11 minutes.

2. Same posture. Do Long Deep Breathing in rhythm with the mantra, "Sat Naraayan Wah-hay Guroo, Haree Naraayan Sat Naam," by Matamandir Singh, inhaling during one complete sound cycle (2 repetitions of the mantra, about 20 seconds) and exhaling during one complete sound cycle (2 repetitions of the mantra). Continue for 11 minutes.

3. Same posture. Do a powerful Breath of Fire. Continue for 3 minutes, doing your best during the last minute. To end, inhale deeply, hold and exhale. Repeat one more time. Relax.

In this meditation you must concentrate on your breath. The moment it starts affecting your metabolism, you start feeling light, then knowledgeable and then your sense of security starts increasing. You should breathe, not your body! Meditate deeply on your breath and increase your self-control.

If the Self starts working it will take care of things. There is nothing more important than your Self. You have to change the frequency of your psyche and change the degree of your expansion of consciousness. When you understand the behavior of compassion, what you want can come 100 times! But you have to act responsibly and consciously. Work. Be. Have more success in business and make more money to help more people. Give them peace, tranquility and grace. Trust your Self so people can trust you.

The power in you is a thought. Feel fulfilled. God gives you everything! The question is, God does not have your ways. God is Infinity and Vastness, and if you are limited and small it will not work! What difference does it make whether you are poor or rich if you have not tried to help somebody? Go, lift somebody up! Put somebody on the trail, let things move. Feel happy about it. That is happiness!

You have to live alert. The freedom we used to enjoy is gone. Still, you have to live. You need sobriety, self-control and consciousness and you need to live in that purity and tranquility. Somewhere, if there is a long, long line where you have to stand, you will need that patience within you.

