



The Flow of Life

Yogi Bhajan, Ph.D. - February 22th, 2000 - Los Angeles, CA, USA

You all want to live successfully. Who is stopping you? There is a law which cannot change—if a person does not use his own ego, there is no reason that person will not be happy. Ego limits and scares you, and puts you in a bonded state of mind. You cannot move, cannot flow, you become cautious. In the name of your security you follow the ego, but it takes you miles and miles away from destiny and happiness.

Do you want to go with the flow of life or do you want to go with your ego? You want to ride an elephant and a horse at the same time. You have ego because you have nothing else. You do not have ecstasy. You do not understand that you are a part of the universe and the universe is part of you. Therefore you protect yourself. You do not trust in the Vastness, the Infinity of God. Therefore you do not trust in your own Infinity. You have come from the Infinite to finite, and will merge again in Infinity. But what you do not trust in, do not believe, do not befriend... how can you merge in it?

Every day we are alive, every day we are dying. If we live to die and death is inevitable, then you should just relax. By hustling, hassling, playing mental and physical games, you just invite trouble. Trouble makes you unhappy.

And when you are unhappy, with everything that you have, you do not feel worthy. Feel your worth. Feel your beauty. Feel your tranquillity. Everybody is born tranquil, peaceful, honorable, gracious, made in God. Our life problems can be as diminished as we want to diminish them. If you have a problem—drop it, keep going—problems never follow you. There are as many problems as there are achievements.

I am interested in you and in your power, not your weaknesses and criticism. I am interested in your elevation and in your achievement for yourself. Do you want to achieve in life? Do you want to live happily? Conquer your sadness, conquer your shortcomings, conquer your narrowness. How do we do that? Let us do it tonight and see if we are successful.

MEDITATION

1. Sit straight in a cross-legged position, eyes closed. Stretch the left arm out to the side at shoulder level, palm face down. Raise the right elbow and move the right hand in a circular sweeping movement in rhythm with the breath. On the deep inhale, through a pursed mouth, bring in energy with the hand. On the exhale, through the nose, complete the circular movement. Palm is slightly cupped. Open the chest. Give yourself power. Break through. Continue for 11 minutes.

2. Place your hands on your heart. Long deep breathing through the nose. Calm down, relax, go deep. Continue for 3 minutes. To end, inhale deeply, hold 10 seconds, expand your chest while pressing the heart as hard as you can and straightening the spine as much as you can. Take the energy all the way up. Cannonfire exhale. Repeat 2 more times. Relax.

"May the seed of purity in you flourish and cover all your aspects and projection. May you understand life is a pure living experience. May you truly understand the meaning of divinity, integrity and personality. May this day bring you to understanding that God is within you, always was, is, and shall be. And may you start looking to that inner strength to walk tall and happy. Sat Nam."



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