

Afternoon Yogi Bajan Lectures and Meditations

2010: A Path to Conscious Compassion

“The only beautiful thing which makes you human is compassion”

MONDAY	TUESDAY	WEDNESDAY	FRIDAY	SATURDAY
<p>The Known and Unknown July 8, 1997</p> <p>It's the cosmic law of love that you know the Unknown and Unknown knows you. Once your Unknown is known to you, the concept of life becomes wider and wider and wider.</p>	<p>The Primal Force of Life July 16, 1990</p> <p>What is <i>Dharam</i>? <i>Dharam</i> is a solid sense of Divinity which has no duality. Where there is no doubt, where there is no <i>Baram</i>, there is <i>Dharam</i>. <i>Dharam</i> means you come to your basic initial integrity: ‘<i>I am, I am</i>’. Neither I was, nor I am, nor I shall be but just, ‘<i>I am, I am</i>’</p>	<p>Communicating with Compassion July 4, 1986</p> <p>When you intervene to promote, to excel, to save life, that is where you enjoy divinity. That's why all power comes through life, all power comes through love, all power comes through the consciousness through which we can serve others.</p>	<p>The Law of Life July 1, 1987</p> <p>I am teaching you that if you can learn the everlasting impact of your inner voice you shall be talking to God all the time and be normal and happy. If compassion makes you an idiot, it's better to be a idiot than to be a wise man and throw people inside out.</p>	<p>Being Me: My Actions Define My Reality July 29, 1992</p> <p>You are already you. The moment you start finding who you are, you lose your sight. It's just like I have a diamond in my pocket and I am living in the street; I am trying to find <i>in the street</i> where the diamond is. How can the street produce a diamond? If you want to find out that you are you, test it out. Learn by experience how good you are, how bad you are. Don't find it.</p>
<p>Formless Goddess Meditation <i>Mantra</i>: various</p> <p>Your essence of life is an essential part of your happiness. And the benefit is your energy will be restored. It's a self-healing process. Calm, quiet, thoughtless, formless, selfless: as a goddess within you should preside over you. You must win today over your self.</p>	<p>Meditation to Rest the Mind <i>Mantra</i>: Harsingh, Narsingh Neel Narayan</p> <p>Can you not learn from your own beat of your heart? It is always there. Consolidate and bring your mind to rest.</p>	<p>Interlocking Ego and Projection Meditation <i>Mantra</i>: Rakhe Rakanahar</p> <p>Connect this way. Okay? Close your eyes and just call on yourself: ‘I feel better, I am better and that is my base’.</p>	<p>Prayer to Project the Impact of the Heart <i>Shabd</i>: Sab Jana</p> <p>It is called prayer: intercepting the ego to project the impact of the heart. It is called the inner voice. If the inner voice speaks to you and you cannot interpret it and speak it in the outer voice, your life is useless. By this kriya you are going to learn the art of listening, interpreting and creating.</p>	<p>Closing Meditation</p> <p>One day you will become a being of just pure light- neither will you have nothing nor will you have everything. That will be the day when you will understand who you are. Delightfully enlightened. Seeing how beautiful this world is. Delightfully.</p>