

Afternoon Yogi Bhajan 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 Are Always with You July 8, 1997</p> <p>"It's the cosmic law of love that you know the Unknown and the 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>Karam</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 Is the Law of Communication 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 an 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 <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</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>

A Path to Conscious Compassion

Any person who just wants to be happy has to do one thing. Because happiness is your birthright and the unknown phenomena in the psyche which you understand is simple: I am part of all there is and everything is a part of me.

Jo-ai pinday, so Braminday [Gurbani]

What is in you, is all that God is

--Yogi Bhajan July 8, 1997

If you are full with strength, you can share with others. If you have a lot of endurance you can carry others. If you are standardized in your temperament you can absolutely help others. If you are deep you can resprout. These are the requirements of you. Woman is not only symbol of it; she is the most dominant example like a lighthouse on the tremendous, dangerous and treacherous rocks to show the ship the way to safety, to make them to reach their harbor.

--Yogi Bhajan July 16, 1990

Response is not what you are looking for. Receptivity and that fundamental electromagnetic reality that whatever you are saying is being received without question. Have you ever thought of that? That's called love.

--Yogi Bhajan July 4, 1986

Life is just a matter of consciousness; it is not something which I and you can do. But just remember one thing in your life and be careful about it. It is the worst risk not to take risk for the good of others. If you cannot take risk for the good of others, you are not human.

--Yogi Bhajan July 4, 1986

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. You understand that? And all problems in life come because when the inner voice speaks the outer voice cannot interpret and our brain is not trained to interpret it. You follow? The whole problem in your life is you listen but you cannot interpret it. Thus I am giving you training and this is my purpose in this camp, this summer. I want you to go home perfect; that you can interpret the sound in absolute--its future, its present, its past, its source, its now and its effectiveness. You understand what I am going to do? So that the transition of life must be success because your interpretation is right.

--Yogi Bhajan, July 1, 1987

This sound is coming, the sound of the conductor. The orchestra must hear it and repeat it and create it so the heavens, the angel, your souls, your ancestors those who are still hanging could not be redeemed by their action you can do it today. Including yourself. You understand what I am trying to do? These are the few last gifts of my life to you. They call it 'going away present'. And still some of you are not understanding what I am saying. All I am saying is that I want to give you some going away presents, which I feel in my heart are best for you. Whether they'll work or not I don't know. It's up to you. But I want you to learn now. This body will be gone; I may be with you with heavens and through your unconscious, subconscious voice or through your inner voice I'll speak to you. You won't listen to me now; you don't listen, you don't care because I talk to you. Then if you miss it, you miss it forever and I am trying to do my best. I am very not happy that all couldn't come but at least it'll be on the record, people will practice when I'll be gone so you can have that direct connection.

--Yogi Bhajan, July 1, 1987

If you want to have emotions and feelings then feel other man's state of mind and move with your emotion to see that that's the person feels secure about it. I am not asking you to use intelligence and consciousness. Person who talks to you already trusts you until you blow it and trust is built by every one phrase of communication and it is always computed by the subconscious mind, please understand that and trust is the most vital truth of life.

--Yogi Bhajan, July 1, 1987

Your communication should not be for you, your communication should be a service vehicle to reach the other person. If your language is sweet, you can win the whole world. But please remember when you talk sweetly talk straightforwardly because too much candy brings pimples.

--Yogi Bhajan, July 1, 1987

“Home where each lives for the other and all live for God.” Write down the other side of it here, “People of God live for each other. People of God live for each other in goodness and in faith.”

--Yogi Bhajan, July 1, 1987

Karmee Aapo Aapnee Kay Nayrhai Kay Door.

Your actions will tell you who you are and your actions will tell *you*, not others.

The tragedy of the words of Nanak is not understood.

Karmee Aapo Aapnee Kay Nayrhai Kay Door

My action will tell me what I am to me.

And if my action tells me I am handicap to me, I am crippled to me, I am not real to me, I am not secure to me, I am not in love with me, rest is all BS.

Makes no sense. Does it hit the cord? Hmm, do you understand? Because you are western therefore you do not have this philosophy. It's called 'philosophy of self-reality.' Theosophical society is based on it. That was the biggest research. You want to know who you are? Right? Now don't try to defend yourself but isn't that true? You want to know what your destiny is? Right? You want to know what your future is? Right? You want to know what you are going to get tomorrow or not? Right? Ask your damn actions. The performance of your action can tell you what you don't even want to know.

--Yogi Bhajan July 29, 1992

Your actions are not for me, and my actions are not for you. My actions are for me and your actions are for you and whether they are good or bad it's not for me to judge because at the last moment, for thirty seconds, you will see the panorama of your whole life and you shall be judging yourself.

--Yogi Bhajan July 29, 1992