

## **NM411 A10820 Compassion and Passion Bhakti Shakti and Prayer . Yogi Bhajan, Ph.D.**

- August 20th, 2001 - Espanola, NM, USA When God is in you, you are compassionate. When a demon is in you, you are passionate. In the way of passion you work, hustle and scheme to get whatever you want. In the way of compassion you do nothing, it is all done for you. You do not want to look divine. You want to look beautiful and passionate so that you can seduce people and opportunities. Wanting to be rich, you get into the rigmarole of riches—scared that no one cares about you or that someone may cheat you. Just as all knowledge is useless if there is no experience, life is useless if there is no compassion. Who do you live for? Your self, your family, your friends, your city? What empowers you? Does God empower you? Do you see God in everyone, everywhere, for all purposes? Passion is self-involvement into self. Compassion is universal involvement into the universe. When you got up this morning did you meditate on your breath and thank the One who gave you the Breath of Life? See how ridiculous it is to become conscious in the morning and to not breathe consciously! Karma changes into Dharma when you apply your consciousness. This life is a gift. It is not yours! When somebody gives you a gift, you take care of it—ten years later when someone asks you where you got it you say, “So and so gave it to me.” And when God gives you the gift of life, there is no mention, no mention at all! Remember that the One who rotates the Earth everyday can take care of your routine. All that is happening to us is from previous lives. If we just pay the debt and do not add any plus to our account, we will have nothing. Time is passing, precious time, do not waste the Breath of Life! Sing His Praises! Understand that you are a creature! Start belonging to the One who made you belong. In the cosmology of your existence, in the unison of your atoms, in the dance of yourself lay a power and sensitivity for which you are responsible. Why are you suffering? You are born by His Will. Relax! Unlimitedness will not be touched. Where you use “I”, “Thou” will run away. When “Thou” runs away, “I” has no place, because “Thou” opens the Third Eye, “I” does not.

### **NM0411MEDITATION - Bhakti, Shakti and Prayer Part 1 – Bhakti Yoga.**

Sit straight in a cross-legged position. Eyes are closed. Meditate on the spine from the base to the top, and chant the “Ramiya Tan Barak Tayraa” shabd (from “In His Mercy” by Guru Raj Kaur). In this composition by Kabir, Creator and creature talk together. “Even if the child runs away in anger, the mother does not bear it in mind.” What forgiveness! Continue for 11 minutes. To end, inhale deeply, exhale and relax. You pray all the time, but your prayers are not answered, for neither do you create the prayer from the navel nor do you concentrate on the spine. Prayer without spine and word without navel mean nothing. Your entire central nervous system is based on your spine. Concentrate on your spine and do the prayer. It will be answered. If you dial the wrong telephone number...”Hello... hello...” no one answers, but there is nothing wrong with the telephone!

### **Part 2 - Shakti Yoga.**

Sit straight in a cross-legged position. Place the right hand on the heart and extend the left arm forward and upward at a 60 degree angle, palm facing down. Eyes are closed. Pulling in the navel with every word, chant the “Ik Acharee Chand” shabd, (“Ajai Alai” by Gurushabd Singh and Nirinjan Kaur. Jaap Sahib, lines 190-196). Continue for 3 minutes. To end, inhale deeply, exhale and relax.

### **Part 3 – Prayer.**

Bring the hands into Prayer Mudra in front of the heart center. Eyes are closed. Chant the first Pauri of Jap Sahib, “Chakra Chihan,” by Gurushabd Singh and Sarb Shakti Kaur. Continue for 3 minutes. To end, inhale deeply, exhale and relax. Perceive that God is in front of you and you are talking to Him. When you recite Gurbani, personify the writer, face to face. In few days you will have a habit and then you will feel it.

The sensory system is very powerful. All senses come under the sensory system just by personifying it. He exists anyway. Just consciously feel it.

