



The Temple of Understanding

Yogi Bhajan, Ph.D. - March 19th, 2001 - Espanola, NM, USA

In India, you can see statues of gods lying on the ground, but if somebody buys one and installs it in a temple, it becomes a deity. You are all statues: Buy yourself with consciousness, and install yourself in the temple of understanding! You have to surround yourself with glory so you can become a deity.

Guru Gobind Singh carved us into saints and soldiers because he knew we are statues. A man told me that he wanted to find God, but he did not want to spend time with me. I told him "You don't have to do anything with me. I am not going to hold your hand. Here are four pages of Guru Gobind Singh's "Namastang..." and this is the way to chant it. Just do it." Today he is so grateful.

I was raised to be a happy, powerful human being. When I arrived in America I saw poverty in children from very rich families. There was frustration and disassociation. What is important in life? It is not important to be rich and powerful. What is most important in life is to be recognized to be as wise as God, not just to worship God. We say that Hindus worship statues. Is there any church where Jesus is not a statue? Mecca is a stone, so, it too, is a statue! A statue gives you an imaginative sense of equalization. You may have statues in your purses in the form of pictures, "This is my child, this is my wife..." Some of you keep a Guru's image with you. A statue opens you to the moment when you and your extended self, your alternative ego, remember the Creator.

Life is a penetrating truth. Do you know what the difference is between truths and lies? When you speak truth, whether it may be good or bad, it affects the heart of another person, and the other person's heart forces their head to agree. When you tell a lie, it affects the head of a person, and the other person's head tries to force their heart to agree, but the heart says "go to hell!" The head cannot force the heart to agree. The heart will never allow anything which is wrong, because there sits your common sense.

When I was a child our family was very rich, but only one teaching remained with me from this childhood and through times of poverty: Do not let yourself down. Do not let anybody else down. Do not participate in anybody's letdown. This is a trinity of wisdom. If you can live to these principles and measure everything in their light, God and Mother Nature will keep you up.

Guru Nanak gave us Japji, the key to richness. Japji molds us to be healthy, happy and holy. When you understand it, you will be prosperous, pure and perfect. And Japji teaches us how to obtain these benefits: In the ambrosial hours before sunrise when the sun hits the Earth at a thirty degree angle, reach out and catch that energy. In the evening when the sun goes down to a thirty degree angle, catch its relaxing energy.

This human body is given to you on lease. When your lease is up, you will be gone. Keep the lease intact so that your soul may enjoy its existence. That is divinity! Without this divinity, nobody can work. They cannot even start working. Piscean Age teachings are obsolete, but it is going to take a long time before people wake up and really believe that they are divine and not born in sin.

MEDITATION - Regulate the Heartbeat

1. Sit straight in a cross-legged position. Extend the arms forward at heart level parallel to the floor, with the elbows bent at 90 degree angles so that the hands are in front of the chest, 4-6 inches apart. Palms are flat and face down, fingers open. Eyes are closed. Chant from the navel, "Har, Har, Har, Har, Har, Har Haray," raising and lower the arms together in rhythm with the mantra and pausing momentarily after "Haray." Continue for 10 or 30 minutes divided into three parts: First part, at the fast pace of about 3 seconds for each repetition of the mantra. Second part, at the slow pace of about 8 seconds for each repetition of the mantra. Third part in silence, at the slow pace of about 8 seconds for each repetition of the mantra.

2. Continue the movement and practice thoughtlessness. Feel that you can control the non-flowing of thoughts. Sometimes the intensity of thought changes your personality and behavior. Sometimes you do not want something, but it happens. Continue for 1 minute. To end, inhale deeply, hold and stretch your spine all the way up. Clear the path of the nervous system. Exhale. Repeat 2 more times. Relax.



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