



## *The Journey of Consciousness*

*Yogi Bhajan, Ph.D. - April 2nd, 2001 - Espanola, NM, USA*

Saints and sages found that whether people had wealth or had nothing, they did not find contentment. When sages in India discovered the concept of zero, where zero multiplied by zero becomes zero, it was realized that anything multiplied by infinity becomes infinity. Everyone has limits, but the sages realized—we all come from the Limitless.

Some know that through infinity we can have contentment. Others have no contentment and are constantly searching. Others live in their universal nature but want to be isolated. And finally there are people who do not respect any boundaries, they can be successful in their profession and foolish in other aspects. Their life is like a bull tied to a Persian wheel—boring, endless, consuming and tiring. Their life revolves around an axle in an orbit that is very difficult to break, which leads to questions like, “What is life?” “Where am I going?” “What am I doing?” To answer these questions we have developed philosophy. People living in the desert saw the sun during the day and beautiful constellations in the cool night and made the sun, moon and

stars their symbols. When some Jews revolted a little bit they were put on a cross and the cross became their symbol. When some people who believed in infinity became finite, “Om” became their symbol. Others with no God or path of life, with no wisdom, *buddhi*, started saying that there are eight ways of wisdom, and became the Buddhists. Finally came Guru Nanak simply saying, “You have come from infinity, you have to go back to infinity.”

When there was no rationale for life’s experiences, man concluded that the most powerful facet of a human is the mind. The mind teaches you to lie, betray and cheat, but you were born with a neutral mind. Wise men found that the mind should be controlled, and from this evolved all forms of yoga. Patanjali divided humans, personality, identity and infinity into eight steps, creating Ashtang Yoga, the *Yoga of Eight Steps*. Out of Ashtang Yoga, and circumventing the eight steps, came Kundalini Yoga, which uncoils the body’s reserve energy and gives power to control the mind.

Guru Nanak’s theory was simple, “All is because all is.” That is Gyan, knowledge, and all you have to learn. All is, all is—accept it. Accept it and it will bring contentment. If you do not accept it, you will be wandering in your own mind.

When a woman is in love with a man her life becomes a prayer for that man. And when a man is in love with a woman, he becomes humble. Although your greatest strength is love, it is not the love you know. In modern times, love provides only emotional co-existence. Men want to conquer women, and women want to conquer men. In reality, men and women should conquer Prakirti, the creativity around them, so that they can find a Creator beyond all layers. The sages found a way. One of these ways you will practice tonight.

### **MEDITATION - Sarb Gyan Kriya**

*Sit straight in a cross-legged position. Both hands are in receptive Gyan Mudra. Cross the right hand over the left hand in front of the heart center, so that the four tips of the thumbs and index fingers are together, palms facing up. Elbows are relaxed down. Eyes are closed. Chant the Mangalacharan Mantra, “Ek Ong Kaar Sat Gur Prasaad, Sat Gur Prasaad Ek Ong Kaar” (#CT111, “Ek Ong Kar Satgur Prasad” by Nirinjan Kaur). Continue for 31 minutes. To end, inhale deeply, hold, and extend the arms up straight with the palms together, like a salute, the body will distribute the energy through neutral channels itself. Exhale. Repeat 1 time, than inhale deeply, press the hands together and synchronize the body from toe to top. Relax.*

As one obtains true happiness, intercommunication evolves from sexual to sensual, social, local, national, international and cosmic to the Infinite. Out of that, Prakirti, the universe, is born. The mantra “Ek Ong Kar Sat Gur Prasad, Sat Gur Prasad Ek Ong Kar” explains it, and this most sacred kriya is the seal to go with it. The mudra by itself will change the flow of the body’s energy. Do this kriya, make it part of your life, and you will be surprised at the changes in you.



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