

Yogi Bhanan's Christmas Talk

“Christmas Day” - December 25, 1969, 3HO Melrose Ashram, Los Angeles

Chanting: “...*Nam Siri Wha Guru Ji.*”

[Yogi Bhanan begins by reading:] Yeah, [I] love mankind; it's people I can't stand...

Beautiful day today. This is a kind of day when human body can project out the love power for which no certificate is required. I have got a given example.

You have been all coming here and you saw this picture minus this frame. I kept it with a purpose on the chair like this. Elizabeth made it. She made the other one which is in the house. That is perfect, that most beautiful picture. The people who know their teacher, if you are to auction that picture to them... Somebody can go and pay a fortune, and may not have that type of picture. The other picture she made, and she was sorry; she thought that tears are coming out and it is perhaps not a good work. And I told her, “Keep it. It has a purpose.”

We kept this picture here and I think the day before yesterday or sometime I gave it to Jim Baker. I said, “Get it framed.” So this picture is now framed. It is that same little thing which used to sit here.

Everyone has this message. It is a practical thing which we have done. Without this frame, there was no glow. Picture is the same. I have not changed it. Nobody has done a little painting over it. What has happened is that spirit of God is in everyone exactly as picture of this man, this great man who came five thousand years was exactly staying in the Ashram. [Yogiji was referring to Guru Nanak who was actually born five hundred years ago.] Nobody was looking even at it. Somebody said somebody is in tears. Nobody knew it is Guru Nanak. But when it has been given a golden frame, it has become a great thing.

Soul is a soul. Soul does not incur karma. Karmas are incurred by the body. Cleanest is the body. Most projection is of the soul. Soul has to come out. From where? From clean, delicate body.

And you may be also worried for one thing. Those who are seeking the path of truth, I want to give them a little, humble warning. This is the Aquarian Age. It is coming in. The people who are saintly, who want to live in higher consciousness, they can't afford to fool around for a little bit. This little bit thing has to be taken care of, because if you take a one hundred gallon pot and put milk in it, and you put one drop of acid in that, you can never get the milk back.

Exactly, truthfully, with your entire self, living all the time in a higher consciousness, you can't go ahead and fool around. You can't afford [it]. And you know one thing? People who are seeking truth or on the path of truth, they get bugged immediately.

You must have [had that] experience by now. Now we are one year old. You do a little wrong; next minute you are in pain. Something goes wrong. Why? A warning. I pushes you to the right path. It tells you to go the way of God you are to go. This is a strange phenomenon which normally a man does not understand.

Man of God can't seek power. He can't be recognized by his saying, "Please recognize me. I am a great yogi from India. Learn from me." This is not going to happen. It never happened with me. How can it happen with you?

I sat down just like a little thing and just anybody who came... "Yes, I know a little bit. You know, I'll just try. We will just do our prayer. We'll see. Little bit, little bit, little bit, little bit..." Now you have six running ashrams. What little bit is now?

We are going to, with love and devotion, send three or four teachers: another person for Washington DC; one for Philadelphia; one for Woodstock - the community has asked for a teacher; New Jersey. You are going to go.

This rosary of the Aquarian Age has to become together and all beads have to set in. These beads would not look nice by saying, "We want...!" What do you want? You are an independent country. You are an independent nation. You don't look better by saying, "Hey, I want...! And this is a protest..." This is a waste of energy. No need doing anything.

Learn from the Indian population. They were slaves. They had to hassle. They had to struggle. You are an independent nation. Calm. Quiet. Peaceful.

Project love! Project your spirit out of your body. The glow must convince [others that] this man is beautiful. The talk must convince another man that, "Oh gee, I couldn't keep him in service. He had long hair. But he was so beautiful."

I went to a store. There was a big signboard: *Jesus Christ had long hair and a beard.* Now they have started convincing. The entire message of this whole thing was: Don't hate the fellow being.

And I go further ahead. My message is: Love yourself so that you may know how to live with self-respect. Love yourself so that you may know how to live with self-respect and hate none. If you can practice this sentence, you will be recognized as a God's man. No philosophy is required.

You are not supposed to go into a million books and live the life the author has lived. Live practically. Live to the truth. Live on the edge of the brink of truth. One slip, you are all lost. It is a very hard way.

Today, yesterday night I talked to you. Do you want the proof? Today we celebrating the day for the Christ, right? The arrival of the Christ? This is what it means, Christmas to you? All the saints, saints, sages, Ten Commandments by Moses. When all holy people, they come, they give you a message... They are all one! You just see which brand one is. There is no brand! There is all one brand.

Do you want to know whether he [Jesus Christ] is alive or not. I give you the proof. In Vietnam there was a war going on, right? Seventy-two hours there is a truce. In whose name is this truce? In the name of President Nixon? No. Russian prime minister has done it? No. Chinese president has done it? No. It has been done in the Name of Jesus the Christ. That is his arrival day. At least let us not fight for seventy-two hours because he was a man of peace.

Is he alive or is he dead? I am asking a practical question.

Student voice: "He is alive."

He is alive. His credit is there in the world. People can do peace on his name. What else you want? That life, everyone can live. The teacher, the masters, the guru, the guides, whatever you can call them, I don't know. Swamis, whatever... I mean to say, I give you the freedom to call anybody by any name. Don't call the names, but call anybody by the name.

They come. They live with you a pattern of life. Those who start worshipping the being, the body are the greatest human which can be bracketed in the category of fools. Because a teacher LIVES a life and lets you lead that same life. Follow that path, [do] not start worshipping.

Because he was the one man who went to the Mount Everest, therefore he was great. But why you don't go there? "No, no we are not going to go there." That is not right. All teachers who have preached truth, have got the message of truth. They have told the human being to lead that path. By worshipping a master, you will never, never, never reach God. But by practicing his words, by your practical life, God will come to receive you. That little mystery, you have to understand.

By becoming my follower, you will never reach Kundalini Yoga. By doing those types of exercises and practicing them and *beej mantra*, you can DEFINITELY harness the awareness. If you make a big portrait of me and sit before it "Angangangangand..." go on doing it, what is going to happen? I know it. Nothing is going to happen. But if you look into my eyes in that [*tratakam*] portrait and project beyond that I, guru yoga you do, in two minutes you will be where I am not because I am a medium. I am a

humble instrument. I do what you have to do, so my qualification is that of a little match stick. I light the fire and you become all light.

That truth you have to understand. That is all. Everybody has to live to the higher consciousness. It is a habit to live in an animal consciousness in a man. It is a fearful thing to live in consciousness. And it is a beautiful thing to live in higher consciousness. All men are alike in the court of God. If God is the Creator, then he has created everyone with his love.

Somebody asked me once a question, "Why somebody has got one eye, the other guy has got the other eye?" I said, everybody was to be given two eyes. Somebody has not earned that so he didn't get it, but the opportunity for everyone is alike. Opportunity everybody shall have. You all can live in higher consciousness, and there is only one way to eat up your ego; that is the fear of the Creator, Somebody has created you.

I am sitting here. Why? Some power has made me to sit here. The moment I feel I AM SITTING HERE, I! - then he is not sitting here. And these words will be minus sweetness, plus everything. That something which goes in the heart and sits in, will not come out of the tongue of Yogi Bhajan. I may try a hundred million postures. I did twenty years all the postures. I was the greatest yogi. I was the greatest nut. And I was asking those teachers, "Something is wrong somewhere. That sweetness has not come. That calmness has not come. That glow has not come. I don't FEEL anything! Give me that key! Give me that word for which I can open that gate of consciousness, any time I like, I can go and I can come."

They were helpless. They said, "We know up to this. We know up to this."

[I thought,] "Is there anybody on this Earth who knows something?" Many times I will go with a plate, with an offering, with money, bow down, lie down with all my family, make them do it, rub my nose, so many times I have the scar here. You know by rubbing, just showing, proving that I am very humble: please help me.

And on the third day, they will return my plate. "Oh no, you have come here to test us, and you... I don't know what you want. You are alright. You know everything. We know who you are. We don't... We can't..."

They won't accept me as their student. But there was an urge, there was a hunger, there was a truth. I was wanting and there was a problem with me. I wanted to know is there a practical way, a practical way, because something sat in my head.

Lisa, there is a lot of space there. Only courage is required. Walk down straight. Great people don't stop. Yeah, follow John. Go ahead.

There was a simple message which I wanted to know: "Is there any practical way where one can stop to live in the lower consciousness and start living in higher consciousness?" After practicing everything which I could have practiced, I came to know: Yes, there is! And that method is that the radiance of the spirit must come out of your physical being. And the link between the Creator and you is the breath. The power which comes to you through the breath, if that can be captured with the *beej mantra*, man can be God on Earth.

And I practiced it, and I am claiming it, and I know it is the truth. There is no duality in that. Everyone can do it. There is no engraved statement of sins. With each breath, everything is computed and you can tear that off as you tear off the page. The destiny can be torn off. The cycle of the karma, the wheel of the karma, can be stopped.

And you don't believe it. Good for you! Look at me. It is practical proof within myself. I know it. I recognize it. The love I get in serving people, helping them, giving them the awareness which they need, is much more than that egoistic position: "Yeah? Whadya want? Who are you?" I know. I have gone through all that whole thing. Commanding... Four telephones on the table... Lies... All that.

Basically, man is seeking a truth and that truth has to come within this life period. I was discussing this day at home, there is some wrong conception given to you all. Most of the people have read some books or some author has screwed this thing into their brain, that once you become a human body, you can come and come and come a hundred twenty times; it doesn't matter. And you can reach God one day. Don't do that.

Remember now, I will give you an analogy and think it with your logic. Once you want to pass an examination, you can fail once. But if your conduct is alright in the college, nobody is going to throw you out. You can fail the second year. You can fail the third year. You can fail the fifth year, the sixth year. But don't forget you are failing. But one day, slap the principal and see if they let you be in the college.

Exactly [so, the] human body is the highest achievement of the conscious soul for its liberation to the higher consciousness. And one action, negative action, they call it *bajar paap*, a conduct which is a supreme negative, can make the soul start from the seed cycle again. I am not telling you something wrong. It is a *parteet shaastar*. I am quoting exact the scripture. All methods are there.

There are twenty types of yoga. I have practiced them perfectly to my highest consciousness. And this day, when the spirit of that great man [Jesus Christ] is here on the Earth, all aware, I want to tell you simply one thing. How many times more you are going to wait to start living in the higher consciousness?

Is it a custom with us? We know this is wrong. Everyone knows: "Early to bed, early to rise, makes a man healthy, wealthy and wise." Everyone. Why you do not sleep before

three a.m.? What is special about it? Everyone knows if you will eat light at night, you will live long. Everyone knows. Why twenty heavy dishes are needed at night? I want to ask a simple question today to you. It is a question we can talk [about].

It is a great day. It is a day which comes once a year. Why it is essential for us not to recognize our-self that we are the gods? If you will not recognize or give recognition to yourself, you will never love to live in self-respect. And do you know what you are going to do? You are going to trade yourself for things. And you will never reach any destination. There is no hope.

I am talking very frankly, very truthfully to each one of you, subject to question. You can ask me a hundred questions. I don't care. I have passed through the eye of the needle and now I know that bitter truth. And now I am not going to have any duality.

Live with a self-respect! You will live like a god on Earth! And if you want to trade yourself with all the worldly comfort and power and position, you are useless. Simple formula. No rule is applicable to this law. It is a simple, moral, spiritual law. Honor yourself and live to the expectation of a noble, honorable being. And then you don't need anything. Then you will be recognized. You don't ask for recognition. You will be recognized. You need not propagate for it.

There is a candle. That candle is burning. When it was not burning, it was not emitting any light. The moment somebody has given it a touch of fire, it has started burning. And now you can't help it. You put anything around it, whatever the area it can reach, it will spread light. And that is the quality of the truth. When truth comes in, all around it, spreads the truth. The touch of that man gives you the truth. Life flows through the words of that man.

There is no miracle in this! Truth is nothing but the truth. Truth doesn't know any miracles. No performance can equate itself to the truth. Suppose I have got eight *sidhis*. Let us suppose a proposition. Let us talk it mathematically. I have got eight *sidhis*. I can create gold. Anything known to the human body on this Earth can be created. Can that give contentment? No. If the world will come to know that I can create gold, all the big smuggling parties will be on me, to smuggle me out and keep me in the jail so that I can produce gold for them. And if I won't produce, what they will do to me, you can't believe it.

Suppose I am capable that I can do like this, it will be so, and it happens, United States is not going to give me the permission to cross their boundary. There will be a little beautiful cell they will fix me in. They will go, "What a beautiful man! He can do anything. We will use him." They need not make a rocket. They will tell me, "All right. Send these people on to the moon, one by one." I will have to do it. If I don't do it, the electric chair is for me.

That is what these occult powers... That is why in every book it is written, these occult powers are nothing but distractions from the path of truth. Don't get into them. Power of God is one. How you use it, it does matter. If you use it for negative purposes, it's a black magic, it's a dark thing. And you will pay through your soul, many lives for that action. And if you use it for service with humility to give awareness to people, your body will die, you will never die.

Saints and sages, monks and men of God, they never die. Men die. I have seen men dying. I have never seen any saint dying. Saints and sages live forever. Their credit lives. Their words live. Their houses live. Only men die. Those die who capture nothing but the Earth.

What is gold? What is a house? What is a property? They are the media. Media is to be acquired for the achieving of higher consciousness, and if you have lost that destination and have lost yourself into media, you will lose everything. And this type of teaching guarantee, this guarantee bond which has been issued here by some people that you can come back, and come back, and come back. Please, it is not truth.

Any blunder on any path... The body has been granted with a limited energy to pass, the orbit on the planet Earth for the liberation of the soul. It is a highly scientific talk I am giving to you. And any error where you cannot go on that path, will not let you reach the destination. You will over consume the energy because your path, because your orbit has become longer than it was designed. This is karma yoga scientifically explained.

And if you can live within your higher consciousness awareness, all the time in awareness, you will be recognized not as a man of God, you will be recognized as gods, by many people because God will sit in this temple and start working.

That house becomes a White House where the president of America resides. It may be a black house, [but] immediately the painters, the brick people, all will go and paint it white because the President of America is going to live there. You have to understand one thing, when the God will start living in this temple of yours, there is no need, it will become a White House.

Jis neech ko ko-i na jaanai, naam japat chau kunT pachaani.

This is a *shastra*. This is scripture. This is the Adi Granth. It has never been challenged by any philosopher. That mean man who is not recognized by anybody, when the Name of God comes on his tongue all the time, the awareness comes, the union comes, the union of the consciousness with the higher consciousness becomes complete, then the four corners of the world comes and bow to him.

Nobody bows to the bones and the flesh. They all bow to the truth to that person. Why you love a record which is where there is a beautiful music? Why? Do you love that *laik* [vinyl]? Or you love the sound in that? Truth is always magnetic for the

man. Don't seek in this world anything except truth, and don't be afraid to sacrifice anything if you can get truth.

And one word I give you today. If you can listen to it for the next year 1970, it will be a great act of kindness. Don't go the way you want to go. Go the way which is the right way. Don't work that day without meditating and cleaning yourself, charging your battery. Don't do one way traffic. Don't hassle without producing within yourself the spirit, the consciousness. Get up, meditate, clean yourself, charge yourself and then act all day. You will be guided by that divine universal spirit. You will never fall. There will be a circumvent force duly charged in the morning. There will be a guarantee that it will lead you the whole day. And if you do it without charging, it is just going on the street without checking the gas. And once you are on the highway and the tank registers empty, you are struck. If you can manage somehow, time is wasted.

If you are honest and truthful and you don't want to waste time in a lifetime, and you want to make it this lifetime, walk on the channel of truth. It is only difficult in the beginning, later on it becomes wide open.

I remember, once there was an ashram in India. It was a very wealthy ashram. There was a property of millions of rupees with it. A case came before Government of India: Who should take over? The right man who was to take over could not take over. The other people took over. And he just withdrew. He left.

And per mistake, the secretary of the state decided, those people who have taken over, they are right. They should carry on. That man never even protested. After six months the circumstances went so bad in that ashram that these people went to him and bowed to him, "Please come and guide us."

He said, "No, no, no. You said I'm the wrong man, I'm alright."

They said, "No. You are not wrong. We were wrong." And then, Government of India had to [reverse the decision] convert the whole process re-back, you know, to recognize him because once they had not recognized him, they had said he is wrong and these people are right... Now these people became the petitioners to the Government of India: "We are wrong and he was right, therefore Government of India decision is wrong. That man may be considered to be the right man."

It may take a long time for the truth to come out, but always victory will be with the truth. Patience pays and faith moves the mountains, otherwise stones are heavy.

We are the pockets of the Aquarian Age. We are growing all over the world like mushrooms. Nobody has seen ever the fields of mushrooms. They grow here, there, everywhere. And they are to be all made into one rosary. Time will make them. But we are to have patience. This transitory period for the youth of America is the time

for them to purify themselves, clean themselves, make them capable to take the responsibility of the Age. That all is the message of the Aquarian Age.

We are entering within a few days in 1970. [In] '72, the Uranus will start projecting. By '74 it will start coming to us through the light of the sun. [In] '76 it will be coming in the full being. Truth will be recognized. Falsehood will have fall. Nobody can help it.

I am not making a prophesy. I am just reading the stars. This is how the will of the great Creator has to prevail. Man has to live in love, in higher consciousness of speech, and in truth. And duality will be equal to insanity. Nobody can help it. Those who will follow the path of truth will live longer, will live better.

Let us all understand, the only way to spread the truth is to become teachers. As I have come and taught truth to you, that health is the first thing, let us be healthy. Higher consciousness will give us a state to be happy. And we will be holy, and we will be healthy and happy. And we need teachers and you ought to be teachers. The only way to serve the mankind is to take the truth and take it to the corners to spread it. Life does what life does. Life does. It leads. There is no second thought.

You don't require churches and schools. You require to go anywhere where you find a place: in your own house, in the neighbour's house, in the adjoining house... to humbly, truthfully talk the truth. And it will be heard. Churches will start hearing you too.

But if you go and kick at the gates and want an entry, no, the police will hear you then. Don't hassle. Time is yours. This is what [since] the first day I am asking. Time is yours. You are the future of the time. Time is going to come and sit in your lap. Don't hassle. It is yours. Keep patience. Patience pays.

Earn peace, good manner, good behavior, good personality. Project a divine personality of God which is within you, like this. It was just a picture. The frame has given its beauty.

You are all souls. Your frame has not given you beauty. Make the frame beautiful and make it transparent so that the soul can project out. Nothing, nothing special has to be done. It is a simple formula and it should be done in a very simple, honest manner what is much needed.

The soul may be allowed to project out, [rather] than your vicious mind, the lower mind, the animal mind which is pulling you: go-go whiskey, go-go and then a hang up (hang over), and then a lime juice in the morning, and then somebody to straighten your legs to get up... What are we doing to ourselves? Have you ever considered that? Don't you know the scientific formula of physics? Action has a reaction, equal and opposite.

Don't go fast! You have to come back. Go the normal way. *Sahej vastaa*. Go the divine path. Go the truthful way. Walk free. That is the freedom. And if you walk on truth, one foot, he is going to come ten feet to meet you. Creator has a power of infinity. That does not mean he is indefinitely lost and you can't reach him. The moment you tune yourself to him, he's going to see you and he's going to catch you, but he wants this body to earn it because he has put a soul in it. And so long [as] you breathe, that desire is in you, but... dash dash dash dash. I don't say anything further. I know what is "but." Everybody says I know what is right, BUT you know sometimes I do a little bit.

I say why not take a pin, a pin between these two ribs, pass it on [push it in]. That is a little bit pin. If it won't stop your heartbeat, it is not a pin. [If your] body doesn't recognize a little bit, why your behavior recognizes that little bit? And that little bit makes you a mud. Instead of a man of God, you become a man of temptation. Choice is yours. Choose any way. Both can't be chosen.

This pendulum business, come and go, it's not right. Be one way. Either be a liquid or be a solid. But you can't be: overnight you are a solid and overnight you are a liquid. That's not the right thing. One way, the only way, the way of truth. And truth does not tolerate a little bit of untruth because the milk does not recognize any citric acid.

Go home and have the experiment. Take a pound of milk, and put little bit. Little bit. And if God bless you, give a little boil. And the whole milk will go left and right. Don't keep on in yourself putting this little bit each day and zeroing what you are to do. You are the children of the Aquarian Age. You have to take the responsibility. And that little bit will not let you be what you ought to be, and the cost will be too heavy to be paid. And that is perhaps why I'm sitting here and talking, otherwise I don't think there is any purpose, and the only purpose is that we have to cross the barrier of time as Master of the time not as slaves of the time.

Choice has to be made in these years. You make it now, or you don't make it now. That is with you because you are the direct true image of the Creator. Some people call him God. I call him Computer. And there is a one energy which prevails through everyone, the cosmos prevails through everyone, and the Holy *Naam* holds the world.

It is not a new philosophy. It is not a new thought. In this New Age, men in the Aquarian Age shall be known by truth, not by their possessions. The Piscean Age is going to go away. Media shall be a media. It shall not be a master. And the spirit shall rule, not the intellect. And everyone who doubts it may note it under his own signature today so that his coming generation may feel it, that it was a truth.

Today is a very pure day, let us call on him, for a few minutes, who has created us, in gratitude. Who has given us two eyes, two arms, two hands... you know, two nostrils,

two lungs. Let us unite consciously, consciously unite with that higher consciousness, on this day, this pure day in togetherness.

Steve, son come up. Come up right here. Humility does not mean that you may not get a place to meditate, uh? Up, up. There is a Tom there outside, uh? Can anybody call him? Tom! Get him in.

Yeah, just look... This is accommodation. Let us fill our self with pure light and love. Come in, come in! Feylord, you are supposed to come in quick. The tape record is on and there is no voice for you. Come on! Make a little voice.

This is a music law of seven through which all the vibration can be harmonized, and the *beej mantra* which we meditate is *Sat Nam*. *Sat* means the truth. *Nam* is a Name. It means truth personified. To worship truth personified is not a bad thing. Everybody has to do it. But it has to be done in a way the breath of life may become forceful and we open our solar plexus. That all is the beauty you have to learn. Nothing much, nothing less. And that old teaching, the *chakram*, *chakram*, *chakram*... These chakras are nothing.

I tell you the secret of Kundalini Yoga. The rectum is the centre where all the centres of the nerves end. The organs, sex organs, also exactly is the same. Fourth vertebra in the spinal column does represent the same thing. The nipples of the heart centre does represent the same thing. They can stimulate you totally! The second vertebra in the neck does represent the same thing. The third eye does represent the same thing. And the top does represent the same thing. These are the nerve centres of the 72,000 nerves with their classified service nerves such as energy, message and contact nerves. It is through certain exercises [that] the flow of the life current can be reached in these centres, and the circulation of the blood can purify all the capillaries of the body, [so] the life can emit out the spirit, or the God. And this is known as the yoga of awareness. People call it Kundalini Yoga, or a process in which one uncoils the divine energy within himself.

Without [a] master [it] is exactly as without light is. But everybody has to be a master, if of nobody except... [If] it is not possible to have another student, [then] be master of yourself. Yourself needs a leader too.

Be a master of the self and the day you become the master of the self, the world will recognize you as a great master. I can tell you the secret. And without mastering the self, there is no mastery at all. And this truth you have to understand. Let us purify our self with truth. These are vibrations. The words I can tell you: *Sat Nam*. *Sat* represents the truth. *Nam* represents personified. It means the spirit of that creative God, the cosmos, stands personified through these vibrations. It is not a big thing. But to chant it is not a muttering. It is an electro-physical process through which this energy does circulate or is made to circulate.

That is the key. There is no big thing about it. But now we will practice. If what I am talking is right, good. If it is wrong, catch me right here! Sure. You have seen the law of tide [waves]. Tide takes six coils. On the seventh coil [wave] it goes a little up, and then it strikes, cleanses the shore, goes back. This is the law of tide, if you know it. In those days there was no electricity so this is how it has been explained. So if the vibrations can be created by the *beej mantra*, it will cleanse the body of the negativity. And [if] the body will be cleansed of negativity, the remainder will be positivity, and that is a divine light.

Don't do it for a show sake. Somebody may just start DOING it. No, no. Do it as your breath permits you honestly. And let us all follow.

Yogi Bhajan leads students chanting: "*Saaaaaaaaat Nam. Saaaaaaaaat Nam. Saaaaaaaaat Nam.*"

Fill in your lungs with this power of Divine.

Students chanting: "*Saaaaaaaaat Nam. Saaaaaaaaat Nam. Saaaaaaaaat Nam. Saaaaaaaaat Nam.*"

This is sufficient for you to practice. When you want to purify yourself and you want to project truth out of you, you may come here [and] learn it. You may not come here. Truth cannot be sold. It cannot be bought. It doesn't belong to anyone. I am a humble instrument giving you a technique which is practical and which can be proved. There is no duality.

We do not give a mantra in the ear and we do not make a special mantra for the special person because we know One God has created everyone and he is in everyone. And one master key can open all the locks of darkness or unawareness. Therefore we have not named it a "Swami Bhajan Yoga Ashram." We have named it as a 3HO, Healthy, Happy, Holy Organization. Number one: personality out.

Number two: the mantra is very common. It is open to everyone because the truth belongs to everyone.

Number three: we are producing teachers and everybody if [they] cannot have a student, he has his own self. Be a teacher of yourself and teach truth to it, and you will be really happy, healthy, and holy.

I am a humble instrument, who by the will of my master have come in this beautiful land where people were praying, they were seeking, and I just like a postman have started delivering their messages to them. That's all I am doing.

If you start worshipping me, I go to the toilet the same way you go, I take the same bath, I have the same pains, somewhere here and somewhere there. I am exactly like

you. And in history, never imagine... Only there is one way I don't suffer: when I live in my higher consciousness. [The] moment I live in the animal consciousness, man, that's a great hassle! *Dee, dee*, all the time.

And a simple formula: it is a habit to live in animal consciousness and it is a habit to live in the higher consciousness, but you have to take once the decision and you have to stick on it for forty days, and the world will know, "Man, forget it, this man is on his way! We can't help him."

Then only those people will talk to you who are on the path of truth. And *Sat Nam* will prevail. You have to live the way *Sat Nam* lives.

What is *Sat Nam*? Personified truth. Let us literally translate it in English. *Sat Nam*. *Nam* means name, identity, noun. Noun is the name of a person, place or a thing. *Sat* means truth, a personified truth. Beautiful vibration. We meet each other: "*Sat Nam!*" At that moment... Yesterday I was telling all lies, [but] this is *Sat Nam*. That is what the mantra does, it creates vibration and purifies you. That is why you call each other *Sat Nam*. We shake hands with each other with *Sat Nam*. We become *Sat Nam*. We vibrate with this *Sat Nam* and the breath comes back to us with a hundred times life.

We do not belong to anyone. We belong to our self. God is within. The truth is within.

My people love me. I love them. Nothing wrong in it. Everybody has to love everyone. What is wrong in that? They love me because I brought truth to them.

I was telling someone today, this man [Guru Nanak] is not going to die, but I am surely going to die. This guy is not going to die. I can give you writing. He is a great man, but I am going to die because I am a humble man. I am a human being. He brought a truth.

And I am a body through which it prevailed, and that's it. And this is a very thin intellect thought. You have to understand that. And you all be like that.

People need it. Time needs it. Everyone wants it. Who doesn't want truth on this Earth?

The only way to reach truth is to be a personified truth. And I am not asking you to live six months on truth. No parole period. Forty days! If a person can take a vow that he is going to be truthful for forty days, I can guarantee that he is not going to go to the path of lies again.

If that is wrong, I will leave this yogi-ship. It is not required. It is not needed. Because *shastar* is wrong. That holy scripture is wrong on which this teaching stands. And I am not going to stand for it on non-truth. That truth does speak. If a person practice through his tongue forty days truth, whatever he says, becomes truth.

What is a duality? And you all are a seeking power. Later on, you make everybody [into an] animal and ride over it. Forty days first speak truth, and if you can do it, [if]

you can be trapped in my this trap, then you all will be gods. And there is no duality and I know it for sure.

All right, if you can't do forty days constantly, every one morning, speak truth for one hour. Can you do that? And it will be taking a longer period. And still you will be truth.

DO SOMETHING! TIME IS NOW AND NOW IS THE TIME. Tomorrow it will be too late. That is all I am talking about. I am not crazy. I know what I'm talking. And there is no big hassle about it. There is no big power in it. It is just a self contentment, self happiness, light within our self. And we have to live in that light.

If you won't learn it by your self, time will teach you. And those who learn through the time, they learn through the hard way, and please dear children of God, be gods. Dear children of God, be gods. Acquire this light, the truth, the love. Let humility, service and love be thy decorations. And let you lead the light to everywhere.

With your blessing today, we are sending [a] few ones with light. Bless them. And ladies, lead the divine songs and men shall follow you.

Ladies chant: *"Ek Ong Kar Sat Nam, Siri Wha Guru Ji."*

Men chant: *"Ek Ong Kar Sat Nam, Siri Wha Guru Ji."*

Ladies chant: *"Ek Ong Kar Sat Nam, Siri Wha Guru Ji."*

Men chant: *"Ek Ong Kar Sat Nam, Siri Wha Guru Ji."*

Ladies chant: *"Ek Ong Kar Sat Nam, Siri Wha Guru Ji."*

Men chant: *"Ek Ong Kar Sat Nam, Siri Wha Guru Ji."*

Ladies chant: *"Ek Ong Kar Sat Nam, Siri Wha Guru Ji."*

Men chant: *"Ek Ong Kar Sat Nam, Siri Wha Guru Ji."*

Together!

Chanting together: *"Ek Ong Kar Sat Nam, Siri Wha Guru Ji."*

Chanting together: *"Ek Ong Kar Sat Nam, Siri Wha Guru Ji."*

Chanting together: *"Ek Ong Kar Sat Nam, Siri Wha Guru Ji."*

Chanting together: *"Ek Ong Kar Sat Nam."*

Ek Ong Kar Sat Nam Siri Wha Guru. There is one Creator who has created this universe. Truth personified is he. Great. Wow, what a wisdom! We never knew this. The moment we knew this... There is one Creator, who has created *Ong Kar*. When

Om comes with *Kar*, it becomes *Ong*. When he is *Om*, he is absolute. He doesn't create anything. He was *sun samaadh*. He was within himself. When he created something, he became *Ong*. And then came the *Kar*. You can't say it. Grammatically it is wrong in Sanskrit: "*Om kar*". There is no word like that.

It is *Ong Kar*, and word *Ong*, wow, can only be sung in the *sushamna* in neck lock. *Om* cannot be. *Om*. When he was *Om*, you were in him. *Om* represents the Absolute. *Ong* represents the Creator. *Kar* means Creation.

Ik means one. *Ong* means the Creator. *Kar* means the creation. *Sat* means the truth. *Nam* means the name or the identity. *Siri* means great. *Wow* means Wow! You know, whenever you meet someone you say, "Wow!" If something is groovy, you say it. So that is Wow. *Guru* means wisdom. *Guru* doesn't do anything to you. *Guru* is your wisdom.

And this mantra has got eight keys. And eight in numerology represents God and his creation. One is he. Two is longing. Three is half of eight. Four is cup of prayer. Five is half of balance. Six is a man in prayer. Seven is a platform of levitation. Eight is a god and his creation. Nine is god in blessing. Zero is infinity. That's all. It has got eight keys. God on creation can be one, circle over circle. That you can get on the mantra paper.

May the long time sun shine upon you
All love surround you
And the pure light within you
guide your way on.
May the long time sun shine upon you
All love surround you
And the pure light within you
guide your way on.
May the long time sun shine upon you
All love surround you
And the pure light within you
guide your way on.
guide your way on.
guide your way on...

It is our year. 1970 is the year of the Aquarian children. Hail to the God! Hail! The period of truth is coming nearer. We have to pray the price. The *DHaul* [drum] of blood shall be offered with love and smiles. The cowards shall fall and truth shall lead its way to the destiny.

It will be another repetition of history, but never mind. I come. I go. I come. I dwell in truth. This time has always done it to me. It will always do to everyone.

We shall cross the age with glory and love, and when the tyranny will ask for the toll, pay it with the same smile with which you have chanted. This chant will keep you in such a high vibration... At that time you will not get anything to become high. The chant will help you. That is what I am training you for.

And don't misunderstand that you will not to pay for it. You will not be allowed to go on the highway without paying the toll. And get ready for the time. And we are coming nearer to that beautiful time. Hail to the glory! He [Jesus Christ] led it. He did it. He went on the cross. Ram went for fourteen years into the exile. Krishna came on the world on the seventh month, man. He was not allowed to have a birth. His six brothers and sisters were killed, and just to live he came on the seventh month. Kansa [the evil prince] never knew it.

When the age changes, truth comes. And those who dwell on the vibrations of truth, they cross the time and the pain is never pain for them. Pain becomes a joke. The men of God, they dance on the edge of the sword, as people dance on the floor in a dancing hall. Feel great! No pain should lead you to misery. At that time, remember these words if you can:

Jay at mushkil aabhanay, dho-ee ko-ee na day. Laago hoay dushmanaa, sakaree bhaj khalay, sabhay bhajay aasaray, chukay sabay sarao, chit avay us paarbraham lagay na Thathee vao.

If all the people have left me, all my shelters have been washed away, enemies are approaching, the dear ones are running away... At that time, if the Name of the Creator comes within me, the warm air even will not touch me.

That is the glory in which you have to pass the test. Only then will you be passed and you will be given a degree that you are the children of the Aquarian Age. Without passing, you cannot get anything, and you have to sit in the examination of sacrifice to cross through the thin channel of time.

But do it peacefully. The children of truth do not hassle and they do not waste their energy. They make themselves light, bright, beautiful, presentable, clean and charming. Magnetic, so that you can attract everyone. God bless you.

If I have not reached to you through my words, I love to reach you through the food. That is a God-given gift for you all. And whosoever has brought this Adi Granth today in this ashram, God bless him. This does speak to me many times, and I am grateful to you for the love. You have given many presents to show your love and I have got one word to say: I love you all and that is why I am here.

I can't return to you your presents. They bear a very big price, but I promise to you when the time will come, I will pay the price for you all. And that too with a smile, with

a beauty, and with that grace through which we all have gone. Thank you very much. And I request everyone to go the other side and do the “*Sat Nam*” with the food.

Students bless the food: “*Sat Nam*”. “*Sat Nam*”. “*Sat Nam*”. “*Sat Nam*”.

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Notes

truth This is the most used word in Yogi Bhajan's Christmas talk. In Gurmukhi or Sanskrit, it is *Sat*. In this talk, “truth” carries three meanings. The least used meaning relates to the reality of something, as in “It may take a long time for the truth to come out...” The word conveys the sublime experience of being, as in “When truth comes in, all around it, spreads the truth. The touch of that man gives you the truth”. *Sat* and *dharma* are closely related. In this talk, many times truth means goodness and virtue, as in “the path of truth”.

beej mantra (pp. 3, 5, 11, 12) *Beej mantra* means “seed mantra”. It is *Sat Nam*.

I was asking those teachers (p. 4) Yogi Bhajan is relating his experience with various spiritual teachers during his life in India.

I have gone through all that whole thing. (p. 5) Yogi Bhajan is speaking of his career in the Indian Civil Service.

Adi Granth (pp. 7, 14) the original volume of *Shabad Guru* compiled by Guru Arjun.

go-go whiskey, go-go (p. 9) Whiskey a Go Go is the name of a Los Angeles bar.

Wha Guru (p. 14) The pronunciation of this mantra in the early years of 3HO was as written. Later, it was changed to “Wahay Guru”.

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