



The Fist of Life

Yogi Bhajan, Ph.D. - August 1st, 2001 - Espanola, NM, USA

Spiritual corruption is ego. The problem is not the teachings. The problem is the teacher! Some egomaniacs try to make others think they are wiser than everyone. Being blinded by sexual desire, or wanting to establish themselves and put a crown on their head, they may do things that are ugly and low. I teach you in simple terms. Teachings are complicated only by those who are egomaniacs, insane and corrupt—by those who fight with God and do not understand the work of the saints. I once saw a man carving his name into a bridge with a knife. I told him, “Except for disfiguring the bridge you are not doing a thing.” He replied, “My name will be here for my children and their children to find.” That is a simple story of a man of ego—he did not want to use the bridge to go across.

All the 12 stars are in your hand—Jupiter, Saturn, Sun, Mercury, Venus, Mars, etc etc. When you are alive you are like an open hand facing the earth. To become like a teacher you have to pull all together into the fist of life. And when you leave the world, you have to open up the fist towards the sky and let it go. You have never been told that your mind, your spirit, your being and your consciousness need to be put together.

You are conscious about yourself when you feel good through kindness, compassion, goodness and grace. Consciousness is a fragrance of human bounty. Come to an understanding, make a fist of your beauty, bounty, grace and bliss and say, “I am, I am.” God made you as best He could. Rather than asking God to do anything better, please Him.

Says Guru Nanak, “*Koodarat Kahaavan Kahaa Veechaar, Variaa Na Jaavaa Ayk Vaar, Jo Tudh Baavai Sahee Balee Kaar, Tu Sadaa Salaamat Nirankaar.*” *Creative consciousness cannot be explained to Thee, oh Lord. I cannot even once be a sacrifice unto Thee, despite all you have done for me. What pleases Thee is my will, oh Lord. You are always there, oh Formless One!* Without reaching this understanding, everything is useless, for the world does not make any sense. If you understand those few words of Guru Nanak, the entire creative consciousness of the universe, Prakirti, will be here to serve you. The purity and piety that are His Grace will always be with you, and all your problems will be solved.

Guru Nanak could speak, see, feel and understand God in form and formlessness. Who ever realizes the 40 stanzas of “Japji” will be a saint or sage, whether or not he belongs to any religion. Sometimes one line of “Japji” explains the whole universe. If you can get that grasp you will be very successful in your life.

We are not born to work. We are born to see it works out, and it does work out! One who works is a clerk. The one who gets the job done is a commanding officer. Do this kriya and see the difference.

MEDITATION - Naam Nadh Kriya

Sit straight in a cross-legged position, chin in, chest out. Cross the arms over your chest and hold your shoulders, hugging yourself tight. Eyes are focused at the tip of the nose. Chant the “Ik Acharee Chand” shabd (“Ajai, Alai” by Gurushabd Singh and Sarb Shakti Kaur). Continue for 3 to 11 minutes. To end, inhale deeply, hold, stretch the spine and hug yourself tight, putting in every bit of energy. Relax.

Learn to hug yourself. All tension will go away! You may have chronic depression, or depression to the point of having shaking hands, going crazy, or being unable to see through. Whenever you have a mental condition you want to get out of, do this kriya. This shabd works on the radiant body. Whatever physical, mental or spiritual problems you may have, just go into a bathroom, sit on the seat, give yourself a big hug, and chant the “Ik Acharee Chand” shabd once. Then wash your face and hands and come out. You will be out of the trouble!

