



## *Character of a Teacher*

*Yogi Bhajan, Ph.D. - July 12th, 2001 - Espanola, NM, USA*

A Yogi is not affected by the pair of opposites. Appreciation does not make him happy and insults do not make him sad. A yogi lives in a state of great joy, peace and contentment. What matters is the standard of character in your life. The degree of character you can build in a student is only as much as you have. Low-grade teachers and low-grade students do low-grade things—don't waste your energy and time on it. Who is inspiring, standardizing and building whom? Once your touch makes the difference, even if a word is not spoken, there is feeling, vibration and stimulation.

In the next ten years we will reach the stage of a sensory human being where the sixth sense will be the most powerful tool and today's knowledge will be obsolete. No drugs, food, wealth, imagination or stimulation will give you what you need. You will depend totally on your sensory system to feel complete, fulfilled and enjoy life rather than hustling, swearing and cheating! Instead of saying "I am better than you" we will say "We are equals."

A teacher is not one who gives great quotes. Some people quote anything in an effort to impress others, but it is not how to deal in life. Deal very humbly, graciously and generously, with a compassionate character. A teacher teaches with his character and builds character. Teachers who become emotionally attached fall into pits of glamour and prestige. Such teachers do not last long.

Why have you come here? You have come to find your Self. Self is the most powerful, sacred thing God has given you in this precious life. You have nothing else! Self is like a package: However you want to open it and however far away from it you go—it still gives you fragrance.

The time has come for us to help each other in simple ways; reach people for their betterment. It requires your depth and compassion. As there is sensual and sexual intercourse, there is also communicative intercourse, and intercourse where you vibrate compassion constantly and consistently. People see and feel it. They believe you and trust you. That level of love is multifaceted and creative. When you deal with people compassionately, people may turn their backs on you, but you will remain positive and compassionate. If unfortunate things occur, your compassion, the reality, will be there, giving a sense of touch through words, sight, and existence that will heal.

Sikh Dharma actually means, "The Path of the Student." The pathway to one's own self. It is a path that leads from the head to the heart. Once you can reach that, you will be fabulous. The world will come to you and you will laugh at it. Things will come to you and you will smile. There are not many needs in the life of a person who is fulfilled. Once you have a sumptuous meal, have eaten and enjoyed, you want to relax. You do not want to go to another restaurant and eat. Exactly in life, that is what Kundalini Yoga is all about. It is the only yoga that requires a person to be a householder, not a celibate. Finally mankind has found a means for a man to be a householder, a yogi and a source of enlightenment. That is why Kundalini Yoga kriyas give results in very little time, rather than months and years.

There are two teachers who come in a student's life. One is a person, and the other is time. What a person cannot do, time will. Those who do not learn from the master will learn from time. Give your students a chance to be judgmental and suffer a little. Slowly, gradually they will learn. If they do not have that depth, faith and reach to receive the teachings, naturally, after a while, time will teach them. Nobody can escape cause and effect! We have a right to start a sequence, but we have no right to not face the consequences

### **MEDITATION - To Be Present**

*Sit straight in a cross-legged position. Make a fist of the right hand, raise the right arm up straight and move it in small and fast counterclockwise circles. Do your best. The faster you move the more benefit you will have. Continue for 3 minutes, then switch arms and do the same movement in a clockwise direction. Continue for 1 minute. Relax.*



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