



Out of the Mud Comes the Lotus

Yogi Bhajan, Ph.D. - May 7th, 2001 - Espanola, NM, USA

No one forces you to be corrupt. You corrupt yourselves. Whatever you do not process will drown you. You may have the strongest teacher, wealth, the universe, but when you corrupt yourselves and cover it with loftiness, it cannot last! That is why marriages based on sex do not work. There is no homogeneity between head and heart. The homogeneity is between passion and possessiveness.

A lot of problems are based on the psychological bondage of either the father phenomenon or the father phobia. Even our souls are tied in. It is such a polite and slight corruption that you get into it without wanting to. Women who put everything into the pouch of a man instead of God are corrupt. And men who put everything into the pouch of a woman instead of God are corrupt. Men and women are meant to interact, walk through life and reach their destinies. But because of our father phenomenon or father phobia, we lean on each other until the other person's back breaks.

God is forgiving, but Mother Nature is not. If it is not in your nature to control the environments and if you feel that what happens to someone's daughter can never happen to your daughter, corruption will reach you one way or another, sooner or later. Wake up! Look around! See the truth! Share, participate and do something! If a fire burns your neighbor's house, do you think it has nothing to do with you? When wrong is in your sight, act to heal it! Your appearance and impact are so beautiful. Keep them that way, for your future and for your children.

When my grandmother walked in front of me, it was a comparative study of divinity. I saw her churning yogurt to make butter, reciting Japji with every stroke. I asked her, "Why do you recite Japji when you make butter for us?" She said, "Japji will live in your marrow, bone and molecules. Wherever you are and whatever you do, the Japji will never leave you."

Our children in India go to the Dukh Bhanjan pool, where a man with a spear makes people come out after two minutes. They go in with their Gutkas and recite Chaupai for hours. No one makes them get out. They have found a way! These are your children, born out of you. But you have not done it! You have not been the role model for them! The environment created them, as out of the mud comes the lotus.

Just remember, "Ang Sang Wahay Guru." Live it! Feel it! Be it! And see miracles happening.

MEDITATION - Bless the Earth, Bless Your Self

1. Sit straight in a cross-legged position, chin in, chest out (students must sit facing forward in straight lines parallel to the teacher's bench). Extend the arms upwards and forward at 60 degree angles, palms facing down, fingers spread open. Eyes are closed. From the heart chant the mantra, "Ang Sang Wah-hay Guroo" by Nirinjan Kaur. Continue for 22 minutes.

2. Bring the hands to the heart. Silently meditate on the mantra, "Ang Sang Wah-hay Guroo" by Nirinjan Kaur. Walk into the infinity of Wahe Guru! Personify the mantra! Continue for 11 minutes.

3. Same posture. Sing, "Bountiful, Blissful and Beautiful" by Nirinjan Kaur. Continue for 11 minutes. To end, inhale deeply, hold, and feel "Ang Sang Wah-hay Guroo" in you. Believe it. Trust it. It will take care of all. Exhale. Inhale deeply again, hold, and remember "Ang Sang Wah-hay Guroo," the greatest teaching, the greatest practice, and your greatest investment in you. Exhale. Inhale deeply, hold, and remember that light comes from the sun and is reflected by the moon. This combination is the unison combination of the universe. Never forget it. Reflect each other. Exhale and relax.



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