



All Belongs to God

Yogi Bhajan, Ph.D. - October 4th, 2001 - Espanola, NM, USA

At the time of Guru Nanak, people's understanding was that dharma was limited to heaven or to hell. That is what fanaticism and terrorism are all about. Fanaticism and terrorism are not a small thing. They are in our fiber, like the design within the blanket and, after 25 years of terrorism, it is not possible to just pull it out.

If you are in love with a girl and you have no idea that you can ever even speak to her, and then she gives you a hug, you feel you are in heaven. This is a bogus heaven. There are some women who have the capacity to take the polarization of an activity into the cosmic activity, plus that of the micro to macro consciousness, and bring them into unison. In this unison, the psyche moves, and you are in heaven! That is all heaven is for that moment.

And when you have used your whole head not to be caught or to be understood, and have put layer upon layer to do something and are suddenly confronted, this is hell.

That moment of psycho-inter-elected psyche of the cosmos, into micro and macro consciousness, together into the unison-ness of the person, is heaven when it is positive and hell when it is negative. That is heaven and hell. That is why Guru Nanak said, "I only need the consistent love of Yours in longing between You and me." It means that there is Infinity and the finite has to have a relationship with It. The enrichment that Infinity grants the finite is the ecstasy of consciousness.

Giving is very difficult. When you give, you do not think God is making you give. You think you are giving! We once went to a restaurant. We were 30 people. I sat watching to see if anybody prayed before eating. None. Zero. We were late, everybody was hungry, and everybody gobbled as though they had not eaten in a century. Nobody said, "Nothing belongs to me, Lord. All is Yours, and I give Yours to You. I have no attachment." Humans forget; this is one of the greatest lessons.

We have to develop a consciousness that will guide us through life. Believe, as a matter of reality, that whatever is being given is given by God and whatever we are giving, God is telling us to give. That is all. When your mental state becomes that clean, clear and crystal, that crystal will promise you the Infinite, beyond the heavens and the earth. 14:50 It is a qualifying factor of life. Adhere to these words: "Nothing belongs to me. Whatever there is belongs to You, because You are in everything."

We bought this ranch and gave it to Sikh Dharma. It is better to give it to Sikh Dharma, which is the custodian of my soul and spirit. When a person gives to a person, you cannot give. When you understand the spirit and soul of yourself and Sikh Dharma, then you will know—nothing belongs to you. All belongs to God.

If you do not already pay Dasvandh, begin now! And add one dollar more each day to Dasvandh so that your community can be in strength and nobility. There are certain principles in life that have to be learned. If we do not have strength for these principles, let us try this kriya and see if it works.

MEDITATION - Prayer of Surrender

Sit straight in a cross-legged position. With the hands held loosely cross the left wrist over the right in front of the diaphragm. Palms are facing upwards with the thumbs spread apart. Eyes are closed. Sing the "Ik Acharee Chand" shabd, ("Ajai Alai" by Gurushabd Singh and Nirinjan Kaur. Jaap Sahib, lines 190-196). It is a uni-mantra, composed of single words which are mega-multiplied. Chant as if you were being recorded—with that consciousness! Continue for 62 minutes. During the last 3 minutes listen to the shabd and do a powerful Breath of Fire. To end, inhale deeply, expanding your chest and shoulders. Expand your body! Exhale and repeat 2 more times. Relax.

