



# The Science of Zero

Excerpts from a lecture given by Yogi Bhanjan on November 11, 1994 in Los Angeles

**WHEN CONSCIOUSNESS CHANGES**, people change with it. Some people match up, some don't. The criteria of the Piscean Age were, "I want to know, I want to learn, I want to understand, I want to experience God." It was a time of search. The Aquarian era is, "There is no search. It is a time to be." It is a time to be God, to find within yourself the Godliness—the strength in your manners, in your grace. You are in dignity, you are in individuality, you are in personality. The theory has been that man is born innocent and he has to be introduced and learn about God. And as many people as there are, there are that many faiths and directions.

So, as time passes and goes on, still no one has learned and thought that, "As it is, at the same moment, it is not." When you understand the science of, "It is and it is not," then automatically the Unconscious in you gives you the intuition, and with that intuition you can live well. That's the purpose.

In the science of yoga it is called the science of *shuniya*. The best translation in English is, "The Science of Zero." It's a practical development of a

human self. The Science of Zero is: anything multiplied by zero becomes zero. When you know zero, then there is nothing else to know, you know everything else. The power of zero is that in the neutral self through which the intuition can guide you, you can learn to be you. Once you are you, your every thought is valuable, your existence will be flowing, and the whole of Nature will help you.

You have to understand, without emotional satisfaction you can't have personal satisfaction and development. But, on the other hand, there is another satisfaction; it is called, "acknowledgement of the self." That's the highest emotion—the meditation on zero, *shuniya*.

**As we hold our ego, our thumbs, we conquer the ego so we may more readily come to the point of Shuniya—the point of zero. Once we get to that point, the Universe can flow through us.**

**Yogi Bhanjan**

## MEDITATION FOR SHUNIYA

(Taught on 8/22/00, referenced in *A Year with the Master*, p. 76)

### Position:

Sit in Easy Pose or on a chair with a straight spine. Make fists with both hands, the thumbs of each hand touch the mound beneath the pinky, while the fingers envelop the thumb. Raise the arms straight up over the head, keeping the shoulders relaxed,

the elbows straight, and the arms perpendicular to the ground. The fingers apply pressure rhythmically to the thumb in time with the music. Continue for 31 minutes.

Eyes are closed.

### Mantra:\*

*Aadee shakti aadee shakti, aadee shakti, namo namo  
Sarab shakti, sarab shakti, sarab*

*shakti, namo namo*

*Pritam bahgwatee, pritam*

*bahgwatee, pritam bahgwatee*

*namo namo*

*Kundalini mata shakti mata shakti*

*namo namo. ■*

\*The tape *Adi Shakti* by Gurudass

Kaur was played in class and is

available from Ancient Healing

Ways ([www.a-healing.com](http://www.a-healing.com))

or Spirit Voyage

([www.spiritvoyage.com](http://www.spiritvoyage.com)).