

## Meditation on Everyone as a Flow of Life



*Taught by Yogi Bhajan on May 1, 2000, Espanola, New Mexico*

"You don't relate to the soul. You forget you have a soul. What is the use of you when you can't complete you within your own elementary nature? Without that, you can't be happy. You have to remember, you are spirit. As long as you don't remember you are spirit, then how can you know everyone is spirit?"

"When you are born, the cord is cut and you start breaking away from the meditative mind. Then you grow up and it is lost. As long as you don't have a meditative mind, you have no happiness, no matter what you try. You are subject to open attack and even your own mind won't protect you. Only a meditative mind will protect you under attack. Your mind will react. All the energy of your own mind is wasted by you, which is supposed to be used by you, for you.

"Everybody is a way, a flow of life. We are not a life; we are a way of flow of life. And once you recognize this, you are liberated, you are self-realized. You know what is self-realized? You are a way of flow of the spirit. That cuts the ego. Then you join 'I am' and 'we' and 'us'— join and flow. Self-realized, united, with the self-realization that you are part of Infinity. You come from Infinity to pay your karma to go back to Infinity." -Yogi Bhajan

### Part 1

**Posture:** Sit In Easy Pose.

**Mudra:** Lock the hands In Bear Grip at the heart center.

**Eyes:** Eyes are closed or focused on the tip of the nose.

**Mantra:** Chant *Humee Hum Brahm Hum* by Nlrinjan Kaur. Pull the Bear Grip with each word of the mantra.

**Time:** Continue for 11 minutes.

### Part 2

Continue to hold the posture with a steady pull on the Bear Grip. Breathe long and deep. Create the equilibrium of the Earth's magnetic field and the energy field of the heavens.

**Time:** Continue for 3 minutes.

To end: Inhale deeply. Hold. Exhale. Repeat 2 more times and relax. ©The Teachings of Yogi Bhajan