



Meditations for the New Millennium

Wake Up To Your Destiny

Yogi Bhajan, Ph.D. - October 5th, 2000 - Espanola, NM, USA

When I was 16 and half years old, my master told me, "You are the Master. Henceforth you will take care of things." I have not forgotten this through many hard times, environments and disgraceful circumstances. You only remember that you are a teacher when you sit in a class and teach. If you maintain your status as a teacher, or a teacher-student, through all circumstances, environments and pressures, you will become a great teacher.

The majority of you are great teachers, but you do not accept that you are teachers. Tomorrow the masses of people will call on you for help. What are you going to do—start dancing? If you want to go some place and get lost—then go. You will not be the one to take care of things. You have not trained your moral and ethical responsibility to remember who you are. You feel you can polish your ego and it will shine, but you will rust because you did not exceed your teacher and become better than him. You have to be 10 times better than me in normal circumstances! In abnormal circumstances you should be 20 times better, 100 times better! You must learn, *To be, to be*. And you cannot waste time.

Your purity, piety, commitment, depth, compassion, love and grace are always being tested. You have to take care of yourself. Do you think you can cheat yourself and it will not cost you anything? Personal cracks cost more than social insults. Now is the time to wake up from your sleep, break your cocoon and come out! Wake up to your destiny. Give yourself up to the fact that you are beautiful, bright, bountiful and blissful. The future is waiting for you.

When I used to captain my team I would tell them, "The moment you've got the ball, that very moment you have to pass it. Don't start to dribble and play around. You might lose the ball and never get it back." We must be conscious, we must practice, and open our eyes—open our third eye, to catch the moment, to run with it and reach the destination. Within the faculty of that one moment and action, you must consolidate what you have learned and find mastery within yourself.

Let us salute the Lord—the most powerful, omnipotent healer, the most pure of the universe—as an identity and personality.

MEDITATION - Salute to the Lord

1. Sit straight in a cross-legged position. Raise the hands up in front of the forehead with the elbows out to the sides and raised to shoulder level. The palms face forward, fingers spread open, pointing towards opposite fingertips about 2 inches apart. Eyes on tip of the nose. Sing the mantra, "Ong Namō Guroo Dev Namō" (#CT060 "Ong Namō" by Niranjan Kaur). Continue for 11 minutes.
2. Raise the arms up straight, palms facing forward. Breathe long and deep and simply listen to the mantra. Concentrate—develop your listening power. Continue for 3 minutes. To end, inhale deeply, hold, and squeeze your body and stretch the spine upwards to the best of your ability. Exhale. Repeat. Then, inhale deep, hold, and concentrate on your heartbeat. Exhale and relax.

A few minutes, a powerful analysis of yourself and a little meditation can bring you to the standard of a saint. When you project your saintliness your power play becomes positive and the objectives of your life are achieved.

"Most dignified, distinguished and destined are those who remember their destiny. May God's Almighty Hand bless you with moments of grace and spiritual status and may you have the strength to keep it that way. May you be pure in your own eyes, wonderful in your own hearing, and masterly in your way of speaking. May God bless you and bless you forever. Sat Nam."



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