

Contents

Intro'	8
Intro 2	9
Intro 3	11
Intro 4	14
Amazing Story Grandfather	15
Like Leaves Blowing In The Wind	15
Terms	17
Quantum Field Theory	17
hyperdimensional (not <i>comparable</i>)	18
Inner Senses	19
The More You Pay Attention To Something	20
The Light Divine	22
Mother; the Infinite Matrix	25
Divine Light	30
Conscious Breathing	33
The word of God.	36
Sound Currents	37
<i>Guru Nanak on Listening</i>	39
Naam or Word – Amrit-Nectar By Kirpal Singh	42
Naam or Word – Amrit-Nectar 2	43
Naam or Word – Amrit-Nectar 3	44
Naam or Word – Amrit-Nectar 4	45
Naam or Word – Amrit-Nectar 5	46
Naam or Word – Amrit-Nectar 6	48
Naam or Word – Amrit-Nectar 7	50
Naam or Word – Amrit-Nectar 8	51
Naam or Word – Amrit-Nectar 9	52
Naam or Word – Amrit-Nectar 10	54
Naam or Word – Amrit-Nectar 11	56
Naam or Word – Amrit-Nectar 12	58
Sikh Gurus	59
Guru Nanak Dev	59

Quotes 1.....	60
Quotes 2.....	61
Guru Angad	62
Quotes 1.....	63
Guru Amar Das.....	64
Quotes 1.....	65
Guru Ram Das	66
Quotes.....	66
Guru Arjan.....	68
Quotes 1.....	68
Guru Hargobind	69
Quotes 1.....	70
Guru Har Rai.....	71
Guru Har Krishan.....	72
Guru Tegh Bahadur	73
Quotes 1.....	74
Guru Gobind Singh.....	76
Quotes 1.....	77
Quotes 2.....	78
Kabir	79
Thirsty Fish	80
Oh, Companion, That Abode Is Unmatched	81
Are you looking for me.....	83
Illusion and Reality	84
Where do you search me	85
Looking at the grinding stones.....	86
I Said To The Wanting-Creature Inside Me	88
The moon shines in my body	88
Raindrop.....	90
Knowing nothing shuts the iron gates	91
The Word	92
WITHIN this earthen vessel.....	93
The Lord is in me	94

My swan, let us fly to that land.....	95
O Slave, liberate yourself.	96
The Bride-Soul.....	97
The Guest is inside you, and also inside me	99
To Be A Slave Of Intensity	101
O servant, where dost thou seek Me?	102
The Impossible Pass	103
Plucking your eyebrows	104
When the Day came.....	105
The self forgets itself.....	106
Many hoped	107
It is needless to ask of a saint	108
Lamps burn in every house	109
Lift the veil.....	110
My body and my mind	111
O, friend! hope for Him whilst you live.....	112
O How may I ever express that secret word?	113
Tell me, Brother	114
Oh Sadhu	115
THE light of the sun	116
The middle region of the sky.....	121
The river and its waves are one	122
To what shore would you cross	123
What kind of God would He be.....	124
When He Himself Reveals Himself	126
When you were born in this world	127
Where Spring, the lord of the seasons	128
Current	129
Yogi Bhajan.....	129
.....	129
Guru Granth Sahib	137
Guru Granth Sahib Quotes.....	143
Videos.....	147

Age of Universe according to Vedas	148
Chakras.....	152
Endocrine System.....	156
.....	156
Hypothalamus gland	158
Pituitary Gland	159
Pineal Gland	160
Thyroid Gland.....	162
Adrenal Glands.....	163
Pancrea	164
Ovaries	165
Testis	166
Think Outside Of The Box	167
Michael Cremo.....	167
Shamini Jain.....	169
Paul Anthony Wallis	173
Michael J.Tellinger	175
Graham Hancock.....	177
Richard Fletcher	189
Modern-day version.....	189
Modern-day version meditation.....	193
Take Me To Your Leader	195
.....	195
.....	197
1 Split Second Got It Driving Car	198
Kundalini Snake Experience	199
Initiation.....	204
Initiation	204
Mediation Ganges	212
First Time Meeting Zoran.....	217
Space Ride –Zoran.....	220
Sai Baba Dream	226
Gurminder Singh Khalsa.....	228

Michael Singer.....	229
BIO	229
Quotes	234
Joe Dispensa.....	239
Quotes 1.....	241
Quotes 2.....	243
Quotes 3.....	245
Prem Rawat.....	247
Quotes 1.....	248
Quotes 2.....	249
Bruce Lipton	251
Quotes 1.....	253
Quotes 2.....	254
Gregg Braden	256
Quotes 1.....	258
Quotes 2.....	259
Deepak Chopra.....	261
Quotes 1.....	263
Quotes 2.....	264
Michio Kaku.....	266
Quotes 1.....	268
Quotes 2.....	270
Albert Einstein.....	271
Quotes 1.....	273
Quotes 2.....	274
Nicolas Tesla.....	275
Quotes 1.....	277
Quotes 2.....	278
Galileo Galilei	279
Quotes 1.....	281
Quotes 2.....	282
Galileo's Telescope.....	283
Charles Darwin	286

Quotes 1.....	288
Quotes 2.....	289
Stephen Hawking	290
Quotes 1.....	292
Quotes 2.....	293
Leonardo da Vinci	294
Quotes 1.....	296
Quotes 2.....	297

Intro'



I truly believe in synchronicity. The title of this book is The Physics of Spirituality. Mind you I did not come up with this title. My twin brother John's business partner and dear friend Gurminder Singh Khalsa came up with this title.

They have known each other for over 33 years. I have been fascinated by physics and the foundation of consciousness in the universe. For almost fifty years I've been meditating. You could say my brother and I have a knack for it.

If you have been reading my books which you probably haven't I have been writing about the practical experience behind all religions. They are all talking about the same thing. In the past few months, I wanted to talk about the Sikhs. They have an incredible background that the west has ignored.

Gurminder passion is studying the quantum field using the external lab and internal lab. We will get to that in this book.

Intro 2

I have two dear friends call them both Mike and George. I once worked for the USDA. They were my co-workers. Both of them studied physics. In fact, George has a masters in it. We would have coffee breaks and they would discuss things. I could follow it. My understanding came from an inner level.

Fast forward 9 years.

I remember our sweet time having our coffee hours at work. At times you guys would talk physics that was beyond my comprehension. Here's a great video on the works of David Bohm. I would love to do a zoom session with both of you. I'm writing a book on storytelling and thought this would be a perfect story to talk about.



This is the response from George.

The video "Infinite Potential: The Life and Ideas of David Bohm" is really long (sorry Richard) so it's taking me a while to go thru it. I'm finding myself needing to go back and look up terms and definitions.

The video tells a great story but doesn't get into the math at all. I need to see the math to understand it. Not saying Bohm is wrong, just saying that since no math formulation was brought up it was hard to tell what his theory means.

The video was more of the life story of Bohm than the details of his theories. (Caveat, I haven't seen the whole video yet). By the way, I find it curious that he was a victim of McCarthyism (a master of conspiracy theories). Kind of parallels today's current events. I'll not venture into politics.

I'd like to add that during my time as a particle physics student, I was also into astrophysics. When I entered graduate school, I had to choose between the two. In the 20 years since graduate school, I veered back into astrophysics as a hobby. I would love to discuss topics such as star system structure, life on other planets, etc, if you guys are interested.

Elementary particle - Wikipedia

In particle physics, an elementary particle or fundamental particle is a subatomic particle with no substructure, i.e. it is not composed of other particles.[1](pp1–3) Particles currently thought to be elementary include the fundamental fermions (quarks, leptons, antiquarks, and antileptons), whic...

en.wikipedia.org

Intro 3

Hi Guys.

Both of you are correct. This is a video of David Bohm and not his teachings. I found it quite fascinating. He wrote an advanced physics paper while in high school. His mentor in college Berkley was J. Robert Oppenheimer the father of the atomic bomb. He was asked by Oppenheimer to assist in making the bomb. Unfortunately, he couldn't get a security clearance. He had different political views and this was during the Joseph McCarthy era. Consequently, he was blacklisted. He was a great friend of Albert Einstein. Due to being blacklisted, he left the country.

Here are a couple of important details I liked. David's wife read a book from Krishnamurti. She saw that both of them talked about the observer and the observed. One did it by studying the external while the other studied the internal. She spoke to her husband about this. This lead to 25+ years of dialoguing between each other/

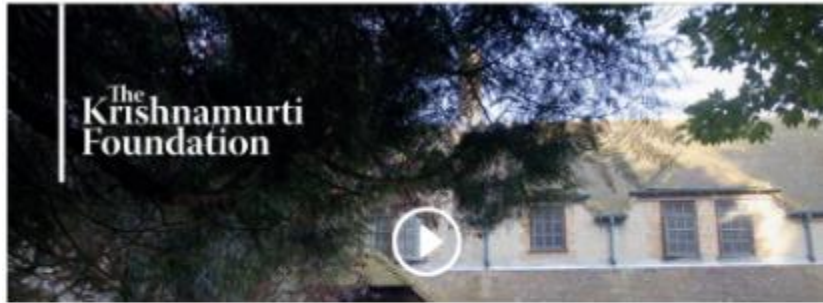
My first acquaintance with Krishnamurti's work was in 1959 when I read his book *The First and Last Freedom*. What particularly aroused my interest was his deep insight into the question of the observer and the observed. This question had long been close to the centre of my own work, as a theoretical physicist, who was primarily interested in the meaning of the quantum theory. In this theory, for the first time in the development of physics, the notion that these two cannot be separated has been put forth as necessary for the understanding of the fundamental laws of matter in general. Because of this, as well as because the book contained many other deep insights I felt that it was urgent for me to talk with Krishnamurti directly and personally as soon as possible. And when I first met him on one of his visits to London, I was struck by the great ease of communication with him, which was made possible by the intense energy with which he listened and by the freedom from self-protective reservations and barriers with which he responded to what I had to say.

https://kfoundation.org/krishnamurti-and-david-bohm/?gclid=EAIaIQobChMI5NqYgZ_t6gIVUdbACh20WQ6hEAAAYASAAEgL-2PD_BwE

I have been meditating for almost 50 years. I believe the scientist and the mystic are both talking about the same thing. One has an external lab while one has an internal lab. Granted the mystic doesn't have bookish knowledge. Yet the mystic has direct experience. The more I meditate I concluding that what I'm experiencing is the quantum field. The quantum field is beyond time and space. It lies in all dimensions. Mind you this is what the mystic experience. A modern-day scientist may have different terminology.

I find it fascinating the Dali Lama had David Bohm as his scientific mentor for over twenty-five years. The Dali Lama said if science proves that some of the Buddhist theories need to change due to the latest scientific breakthroughs he would change and move with the times.

My understanding of science is at a kindergarten level. Yet I'm been discovering the lab within for almost 50 years. I thought it would be great if you are open to learning more about the internal lab within.



Krishnamurti and David Bohm – Krishnamurti Foundation Trust

Read a featured article on the remarkable
collaboration between world-renowned...

kfoundation.org

Intro 4

Richard Fletcher

By the way, it was great hearing from both of you.

Well, this lead to a discussion called the Mystic and the Scientist. Quite frankly sometimes people are stuck in their boxes. What can I say? We have two different points of view.



The Mystic And The Scientist

So this is where synchronicity comes in. John and Gurminder called me out of the blue. They were calling me to be in their incredible conversation. From the conversation, Gurminder, John, and I are writing the book. We will also have our discussions online so you may watch them. I get both of my wishes granted. Gurminder has been a Sikh all his life. He has studied physics for around fifty years. He thinks outside of the box. He is constantly learning and growing. Gurminder loves to meditate. What can I say? A surfer would say I'm stoked. I'm beyond stoked.

So come along on this incredible adventure. Mystics have talked about this for thousands of years. Listen to the wisdom from your heart. The ride is just beginning.

Amazing Story Grandfather

Click on the photo to see a series of youtube videos between Krishnamurti and David Bohm



My business partner Guy loves to listen to Krishnamurti. He would send me a lot of his YouTube videos.

My daughter Leilani called me on Thanksgiving. Her cousin Ray was visiting her family. Ray is engaged to someone.

They said her Grandfather was a very famous Guru around the world. Could you guess who it was? After several

guesses, she said, Krishnamurti. What a small world it is?

Like Leaves Blowing In The Wind

This book may seem like leaves blowing in the wind. It has no rational meaning or direction. It's just random thinking.

I love the following two paragraphs from Michael Singer.¹

The surrender experiment is a challenge I gave myself to try to allow life to unfold around me without struggling with it. We are all intelligent enough to realize that we are not in control of 99.9 percent of what goes on around us.

Our hearts beat, our food digests, and our cells divide — all without any intervention of our own. Likewise, the planets stay in orbit, and the entire rest of the universe unfolds on its own. W

e are not controlling any of this, yet it has been unfolding in perfect harmony for billions of years. If the forces of creation can create and

¹ <https://www.yogajournal.com/meditation/surrender-experiment/>

maintain the entire universe, every moment, are not the moments unfolding in front of me part of this same universal perfection?

When I was in my early twenties, I took one look at this and realized that all the moments of creation are part of the same interrelated perfection.

They have nothing to do with me; they belong to the forces that created them. All that is happening each moment is that I'm seeing the result of 13.8 billion years of forces that interacted together to create exactly what is in front of me.

That being the case, I decided to experiment with surrendering to that perfection instead of listening to what my preference-driven mind had to say about it.

Specifically, when something appears in front of me, I try to honor and respect the enormity of its origins, rather than immediately judging whether I like it or not.

That is the surrender experiment, and my new book is about what ended up happening as I aligned myself with life instead of struggling to align life to me.

This book talks about the various unique people's ideas of the physics of spirituality. Each one is different and seems random. But there is a thread tying them all together. Hopefully, this book will help you to see it. If you do see this thread your life will change forever.

Did you know the closer one gets to the truth the more chaotic it seems? Take a look at your dreams and you will understand what I'm talking about. Pure intellectual logic will never take you back home. Christ said only the innocent child can enter the kingdom within.

Terms

Quantum Field Theory



In [theoretical physics](#), **quantum field theory (QFT)** is a theoretical framework that combines [classical field theory](#), [special relativity](#) and [quantum mechanics](#)^{[1]:xi}, but *not* [general relativity](#)'s description of [gravity](#).

QFT is used in [particle physics](#) to construct [physical models](#) of [subatomic particles](#) and in [condensed matter physics](#) to construct models of [quasiparticles](#).

QFT treats particles as [excited states](#) (also called [quanta](#)) of their underlying [fields](#), which are more fundamental than the particles. Interactions between particles are described by interaction terms in the [Lagrangian](#) involving their corresponding fields.

Each interaction can be visually represented by [Feynman diagrams](#) according to [perturbation theory in quantum mechanics](#).

Quantum field theory (QFT) extends quantum mechanics from single localized particles to fields that exist everywhere. These fields represent forces that permeate all of space and time.

This goes beyond the seen and unseen worlds. These even include the heavenly realms. When I was young I thought heaven existed in a heavenly realm with pearly gates. My present understanding of heaven is part of the quantum field. You are the universe. You just don't know it.

In the quantum field, there is no trauma. In the quantum field, there is no anger, hatred, and negative emotions.

We are trying to solve our emotional issues using matter over matter. By using the quantum field to heal we are using kindness, love, and compassion to heal

and transform ourselves. We are using our free will to tap into the quantum field and rewire our nervous systems and our body.

Mystics have done this for thousands of years. Modern-day scientists are using the tools of mystics and combining them with scientific instruments and protocols.

These are exciting times for humanity. We are on the verge where it will be a common everyday practice to rewire our brain towards quantum awareness. We are only moments away. Yes, it will take time but the sun is arising.

Man will soon realize the harmful effects of negative thinking and negative emotions. They will see the practical evidence of how it has put a man in a downward spiral in life. We have been fighting for thousands of years. Need I say more?

Humanity is stuck on the merry-go-round of life. The mystics have declared there is a way around this mess that we created. This is a divine video game.

Once a person understands the rules and why the game was even created in the first place this person will simply smile.

We have free will. The message in this book is you are the universe. You just don't know it. Think outside of your box. The quantum field exists everywhere and that includes inside of you.

hyperdimensional (not comparable)

1. Of or pertaining to a system having more dimensions than naturally observed in our universe.

*A game of tic-tac-toe in four dimensions is **hyperdimensional**.*

Other Words from *hyperdimensional*

hyperdimensionality

Quantum Links in Time and Space May Form the Universe's Foundation

Gurminder taught me the concept of **hyperdimensionality**. We will be using these terms throughout the book.

The mystics have been talking about the common denominator of dimensions for thousands of years.

Inner Senses



I always had the intuitive feeling when I was a young boy that just like we have five external senses we have five internal senses.

I just knew it yet my internal senses were not developed yet. I have been meditating now for fifty years. My internal senses are a part of my life.

I have a mantra I've been saying for some time now.

The more attention you pay to something the more attention it pays to you. The reason this stuff I'm talking about sounds like a fairy tale is because you haven't paid any attention to it. It's as simple as that.

I'm going to briefly talk about the inner senses and the chakra systems. In my eyes, they hold the keys to life's mysteries.

The More You Pay Attention To Something

I stumbled upon this mantra a few years ago.

It came from the well within.

The more you pay attention to something the more attention it pays to you.

I know this may sound crazy but here goes.

In the beginning, one meditates on God.

After some point in time, God begins to meditate on you.

The more you pay attention to something the more attention it pays to you.

It's like a radio station KGOD.

The radio station has been in existence for eternity.

It has always been broadcasting.

Yet we have forgotten to tune to that station.

Consequently, we live our lives without tuning within.

When one discovers the station within one begins to tune in each moment to that signal.

That's the signal behind your breath.

It's like a tuning fork.

The more one tunes into this divine station the body and mind tunes into this station.

After some point, this divine station starts to pay attention to you.

Christ and many other great masters demonstrated this to the world.

This radio broadcast exists inside of you.

The universe is singing a love song to each one of us.

It is custom designed.

The operating system, hardware, and software have been there since birth.

The radio station has been broadcasting for eons.
You just have to tune in to it.
The only way is to go within.
You can't listen to this station with your external ears.
You have internal senses that have been lying dormant for many years.
Look at a newborn child and you will see what I'm talking about.
Note this is your true nature.
You are a part of this divine broadcast signal.
Talk to any quantum scientist today and they will tell you the same thing.
You are the universe and you just don't know it.
Roll your eyes all you want but in essence, that is who you are.
We are stuck on a video level of life where we have forgotten our true nature.
Consequently, chaos is all around.
You can solve this missing piece of the puzzle.



Guru Nanak clearly referred to spiritual attainments in this life as being akin to the experience of death: "every day do I die and every day do I come back to life...."³

This meant that the Guru could attain an NDE-like experience without actually dying physically. The Adi Granth, also, mentions specifically the vision of the Divine Light in the same context as "overcoming death":

Pray to the Lord, to the True Guide,
That in Him thou mayest meet the Beloved Friend.
In this meeting the soul is happy
And death dies of its own disease
May I live in the [Divine] Name,
May the name in me be indwelling.
Without the Guru to teach us, we walk in darkness,
Without the Word, we have no understanding.
The Word of the Guru is light,
His Word's light leads to the Truth.
There, Death has no existence.
His light is joined with Light....⁴

The Adi Granth makes frequent reference to the human encounter with a Divine Light: "God, being Truth, is the one Light of all." God "shines out in His own splendour." Moreover, "His brightness shineth forth" With "The blaze of the splendour dazzling like the sun."⁵

Guru Nanak added more on this issue in other writings. For Nanak, God is "The light of all light." The light of God "Illumines land and seas." God is "The embodiment of light; the lamps of the sun and moon and all their light emanate from Him...." God is "pure light" ... the "ever pure light." This "All-wise Being of light sits on the throne eternal." God's light is "Infinite," and

God Himself"Is immaculate and all light."6

The Adi Granth also makes it clear that this Divine Light can be found within one's self: "The Eternal Light indwells in the human mind, and the human mind is the emanation of that light." Further, "the best light is the Light of God in the heart." Ultimately, the Sikh aspirant wishes to be immersed in the Divine light, as was Guru Nanak: "As waves blend with water, so my light is blended with the Lord's Light."7

Nanak goes on to say that "In Thy creatures is Thy light..."; indeed, "in every heart there is the same light...." "In this ultimate union," our light blends with the light eternal," and Nanak encourages followers to "merge your light with the light eternal." As the guru himself would put it,

within every body
Is the Lord hidden;
within every body
Is His light.
Searching his body, his home,
By the master's instructions one finds
the Name revealed within. 8

Divine Encounters - Sikhism - The Light Divine
<http://lovinglight.com/bbain/sikhism/lightdivine.htm>

Notes:

3. J. R. Puri, *Guru Nanak: His Mystic Teachings* (Punjab, India: Radha Soami Satsang Beas, 1982), 82. This title will be abbreviated as *Mystic Teachings* from this point onward.
4. *The Adi Granth*, in *Selections from the Sacred Writings of the Sikhs*, trans. Dr. Trilochan Singh, Bhai Jodh Singh, Kapur Singh, Bawa Harkishen Singh, and Khushwant Singh; revised by George S. Fraser (NY: Samuel Wiser, 1973), 71. All references to the *Adi Granth* will be taken from this collection.
5. *Adi Granth* 31, 267, 270.
6. *Mystic Teachings*, 12.
7. *Adi Granth* 98, 195, 180.
8. *Mystic Teachings* 158, 170, 369, 418, 84.

***Joti* (Light) is term used to describe the Godhead, God's creation or the state of highest spiritual experience**

As the "spiritual" principle, the female images the One Transcendent within the individual. The term used most frequently in Sikh scripture for the Spirit within the body is *joti* (or *nur* at times), meaning light. *Joti* is grammatically feminine; *joti* is metaphysically the feminine dimension of the numeral One. Light has been a crucial concept in the religious heritage of humankind. It is used to describe the Godhead, God's creation or the state of highest spiritual experience. This image is found in various traditions:

Hindu: Lead me from the unreal to the real,
From darkness lead me to Light. [44]

Jewish: Lift up the light of thy countenance upon us, O Lord! [45]

Buddhist: Hold firm to the truth as a lamp and refuge. [46]

Christian: God is light; in him there is no darkness at all. [47]

Islam: God is the light of the heaven and the earth. [48]

Shinto: She lights the far corners of Heaven and Earth—the great Kami of the Sun. [49]

And Sikh: There is a light in all and that light is the Ultimate One. [50]

It is in its aspect as light—as *joti*—that we shall now explore the role of the feminine principle in the Sikh vision of the Transcendent. This dimension of the feminine principle raises three important issues: What is the nature of *joti*? How can the Transcendent remain transcendent if the One Light is immanent in all? What meaning does this ontological base have for society?

We shall first examine the feminine nature of *joti* and its relation to the Transcendent. *Joti* (light) has been strikingly—and aptly — used as an image for the Transcendent Reality, for the nature of light is manifestation. Light is being, just as its absence, darkness, is nothingness."There is

nothing that is more without need of being defined than light.”[51] *Joti*, continuing the feminine dimension of the Transcendent is no ordinary light. Its ineffability and noetic quality have been beautifully rendered by Guru Nanak:

*jhilmili jhilkai candu na tara
suraj kirani na bijuli gainara
akathi kathau cihanu nahi koi.* [52]

It is brilliantly dazzling,
yet it is neither the moon nor the stars,
Neither the sun-ray, nor the lightning of the skies,
Words cannot describe it, nor can any sign or symbol.

Joti is thus totally transcendent: it is not the radiance from the moon, the stars, or the sun, or the flash of lightning. In this case, light has no form, and it never becomes an attribute of anything other than itself. It subsists by itself.

This image of *joti* from the Sikh scriptures corresponds to Suhrawardi's perception of *Nur al-anwar* and the Upanisadic-Gitic perception of *Jyotisam jyoti*. Both *Nur al-anwar* and *Jyotisam jyoti* signify the light of lights, the ontological ground of the universe. In both philosophies, the light of lights has a direct symbol in every domain: the sun in the skies, the fire in the elements, and *al- nur al-ispahbadi* (Ishraqi) or *atman* (Hindu) within the individual.... *Joti* is accepted as the source of all energy and every being — everything depends on it. A verse in the Guru Granth reminds us of the ontological base of our existence; we exist only because of the *joti* placed in our bodies by the One:

*e sarira meria hari tum mahi joti rakhi
ta tu jag mahi aia.* [54]

O my body, the One put *joti* (light) inside you,
Only then did you come into the world.

That *joti* pervades the body is reiterated in another hymn of Guru Nanak as

well:

*jis da jio pranu hai
antari joti apara. [55]*

The One who has given life and breath
Has placed in the body Its joti (light) infinite...

According to the Guru Granth, most of us remain oblivious to the divine light within us. This condition is portrayed through an eloquent simile—that of a deer which, ignorant of the musk within its own body, runs frantically in the jungle searching for it. "The perennial light is within us all," says a verse; "It's only the enlightened ones who recognize this" (*ghati ghati joti nirantari bujhai gurmati saru*) 59

Joti is therefore both all-pervasive and transcendent, and this single ontological base has enormous significance for human society. A popular couplet from the Granth brings out the social implications latent in this conception of the Transcendent:

*aval allah nuru upaia kudrati ke sabh bande
ek nur te sabhu jagu upjai kaun bhale ko mande. 60*

Allah first created Its light, and from it were all made,
From that One Light came the whole cosmos,
whom shall we then declare good, whom bad?

From One Light (*ek nur*) has originated the entire cosmos. One Light is beyond all and yet simultaneously within all....

It is because creation emanates from the One Source, *ek nur*, that the Sikh tradition upholds the equality and unity of humankind. When from One Light all are born, who can be called good, who bad, who high, who low?... A thoroughly egalitarian and liberating structure emerges out of the Transcendent Light's being the spirit in us all. Shattered are all caste structures, shattered are all racial and gender monopolies. The ground is set for a just social, political, and economic world in which oppressive and

hierarchical systems would not find any base.

The Sikh understanding of *joti*, the feminine principle of the Transcendent, residing within all initiates the search of the individual, man and woman, for his or her origin. It provides both men and women with the spiritual goal, with the right opportunity to exclaim with Ntozake Shange:

i found god in myself
& I loved her
I loved her fiercely. 67

Nikki-Guninder Kaur Singh,
The Feminine Principle in the Sikh Vision of the Transcendent,
Cambridge University Press, 1993, page 59-64
ISBN 0521432871

Notes:

44. Brihadaranyaka Upanishad 1.3.28.

45. Psalms 4:6.

46. Mahaparinibbana Sutta.

47. John 1:5.

48. Qur'n XXIV. 35.

49. Cited by David Kinsley, *The Goddess' Mirror: Visions of the Divine from East and West* (New York: State University of New York Press, 1989), 71.

50. Guru Granth, 663.

51. S. H. Nasr, Discussion of Suhrawardi's *Hikmat al-Ishraq*, bk. II, ch. 9, Class lecture, Temple University, February 24, 1982.

52. Guru Granth, 1033.

53. S. H. Nasr, *Three Muslim Sages* (Cambridge, MA: Harvard University Press, 1964), 69. The following passage by Suhrawardi has been cited: The essence of the First Absolute Light, God, gives constant illumination, whereby it is manifested and it brings all things into existence, giving life to them by its rays. Everything in this world is derived from the Light of His Essence and all beauty and perfection are the gift of His bounty, and to attain fully to this illumination is salvation.

The ontological status of the various planes of reality is dependent upon their proximity to the *Nur al-anwar* and upon the extent to which they are

themselves illuminated. The *tashkik al-dhati* theory of Suhrawardi's finds a parallel in the Hindu ontological speculation. For it is maintained in the Hindu religious texts that the universe is constituted of the various gradations of light....

54. Guru Granth, 921.

55. Ibid., 140.

59. Guru Granth, 20.

60. Ibid., 1349.

67. Ntozake Shange, For colored girls who have considered suicide when the rainbow is enuf (New York; Macmillan, 1975).

Divine Light



I've been meditating on the divine light inside of me for around 50 years. Mystics have been talking about this for thousands of years.

My perception is that this divine light is the quantum field. It exists in all dimensions, It is beyond time and space. It exists in all universes.

Mankind is on an incredible journey. We are going from darkness to light. We are on a journey to discover our true nature. As I said we are hardwired to find God. We have everything set in place.

The car is there sitting in our garage. God is sitting patiently in the passenger seat. All it takes is for you to use your remote control and open the garage door within.

You see it's only by your will alone can you open the garage door. Nobody will open the door for you including the one in your passenger seat. You see the law for human beings is free will.

You must make the practical decision to use your will to open the door within.

Well, what does this have to do with new wiring? Our subconscious is running the show. Almost every action we take is automatic.

We go to bed. Our alarm clock goes off. We use the same hand to shut it off and go back to bed for five minutes. The alarm goes off again. We shut off the alarm.

We stumble out of bed and go to the bathroom. We brush our teeth. We are trying to wake up. Off to the kitchen, we go to brew some coffee. It's time to head off to work just in time for rush hour traffic.

We make a few phone calls along the way. Some of us text when the cars are stopped. We make it to the office and do the same dull routines. I could go on and on.

Our daily routines in life are hardwired. We party on the weekends to release stress and wake up in the morning with a hangover.

Day by day, year by year we continue this routine. Our subconscious picks this up and reinforces it in our everyday life.

Our wiring is complete. This is our being and personality. You are a combination of all the thoughts you have ever had. Mankind is locked inside of his box.

So what is this new wiring you are talking about? Imagine you are the universe. You just don't know it.

What if I told you that slowly you could rewire your circuits to understand and experience your true nature? What if your true nature is part of the quantum field? It is part of the universe and God. What if I told you, you are magnificent?

Meditation is a way to directly rewire your circuits within. It is a way to slowly reprogram your subconscious. You are a computer programmer for your subconscious. You can transform and change into a butterfly.

I have said before the mind is like a tuning fork. Whatever it focuses on it will vibrate at that level.

Meditation allows one to tap into the quantum field which is infinite love, kindness, compassion, and tolerance. These are just a few traits.

The more one meditates these traits are rewired into our circuits and create new wiring within. One learns to stop, look, and listen in life.

Every moment a person makes a conscious decision to act and be aware. These lead to a proactive human being instead of reactive beings whose leaves are blowing in the wind.

One learns over time to be in the center of the hurricane instead of the 150 miles per hour of the winds of the mind.

Our world at large is stressed out. Yet the person who meditates slowly learns to be in the center of the hurricane. Yes, this takes time and effort. But with the same time and effort it takes to be angry and pissed off in the world is the same time and effort it takes to be a kinder person.

Everything takes time and effort. Mystics have talked about this for thousands of years, ways to go outside of your box. They have talked about the human body is designed to experience God within you.

Many people try to use affirmations to program directly to our subconscious. Only when a person learns how to dive deeper into meditation will this work. Imagine

from 0 to 7 years old everything that came before you the good, bad, and ugly was directly stored in your subconscious. Your brain waves were in a theta state.

From seven on the waking state is in beta. Your subconscious is online. Over 90% of your actions are dictated by your subconscious. For so many people on this planet, they are living lives that are stressed out.

Their brain waves are in high beta. No matter what affirmations they say they can't rewire and reprogram their subconscious.

Only by learning how to meditate and learn how to go into more coherent brain waves states can one learn to reprogram the subconscious.

These are exciting times. There is a marriage between science and spirituality. Science is giving direct evidence to help mankind discover his true nature and to discover the quantum field within.

I don't know about you but I'm blown away by the possibility for humanity to change. We are on the journey of going from darkness to light. New tools are coming our way. Just wait and see.

The more a human being embraces his true nature one's imagination becomes larger. The universe starts to give you a different point of view on this journey of life. Ponder this over. Are we living in the matrix and don't realize that we have been asleep?

What is the power behind your breath that is keeping you alive? The mystics have known about that for thousands of years.



Here is an excerpt from this book where [Siri Singh Sahib, Yogi Bhajan](#) speaks about breath: ²

Note Gurminder's uncle is Yogi Bhajan.

Breath is life and life is breath. There is no difference between the two. It is your breath of life. You have to care for it.

We don't remember that the breath has got any importance for us. We do not know that we are attached to the breath. We think it is automatic and our great grandfather must have signed a lease for it.

We worry for everything in this world, but we do not worry on that which gives us life, that is our breath. Moment you don't breathe, they throw you out. Breath is your everything and you have no time to meditate on that.

You meditate on God, but not on the breath, which is the tender charge of God. I have to tell you one thing very clearly. I can only pass on the truth to you. I cannot sit in you and breathe.

² <https://www.sikhdharma.org/conscious-breathing/>

Take a conscious breath. Conscious is: take it in as long and deep as you can and take it out as much as you can. That is called conscious breath.” (Conscious breathing is also called “mechanical” breathing.)

What is attractive in you is not you. It is your **radiant body**. That is a shining armor around you for protection and attraction.

And (its strength) depends on how deeply you consume prana and how many times during the day you try to breathe mechanically.”

Your mind stops automatically when you are doing a mechanical breath. Your mind cannot go anywhere. It comes right to the point and it says, ‘Yes, master’. Normally it says, ‘Hey, slave, do what I say’.

But once you start rhythmic mechanical breathing, your mind shall stop. And if you do it well for a while every day, you will be shocked to find that the mind will not disobey you for any reason.



n yoga never breathes a breath of life automatically, always breathe mechanically. Thirty-one minutes of mechanical breathing can give you better health than you ever had before.

t can give you strength beyond understanding. It can give you answers to every question, which you can’t even imagine. Because you live by the breath and you die by the breath.

So you must enjoy the breath. And to develop intuition, you must have your breath, the basic elementary power of life, under your control.

Only conscious breathing, praanayam, gives you consciousness. You can breathe automatically. Breathing you can do unconsciously. Why do we do conscious breathing? Are we insane? No. Conscious breathing leaves you with

consciousness. Conscious relationship with praana is the conscious relationship with (Divine) Consciousness.

If you do not breathe consciously for eleven minutes a day, you lose 40% of the vitality of life. This 40% you cannot recapture by any medicine or any exercise.

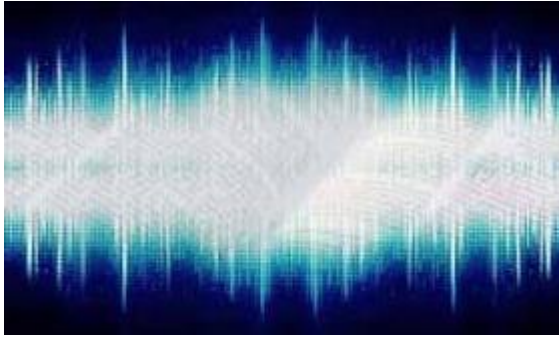
But if you do breathe consciously for 11 minutes and make it very long, deep, and slow breathing, that can do exactly what no miracle can do, because our life is based on the breath of life.

Anyone who breathes consciously for two and one-half hours during the 24 hours, which is one-tenth of the day, automatically is given all knowledge, all consciousness, etc., etc. Otherwise you will fight for pennies: 'Who said what to whom? Why me? Why that? Why? If...But!'

If you can command the breath of life and consciously breathe, you can be in command of your life and environments will relate to you as per your wish.

May we all understand, in the breath of life we can be Infinite and with our fearlessness and character, we can achieve all the riches of the earth to share them with mankind.

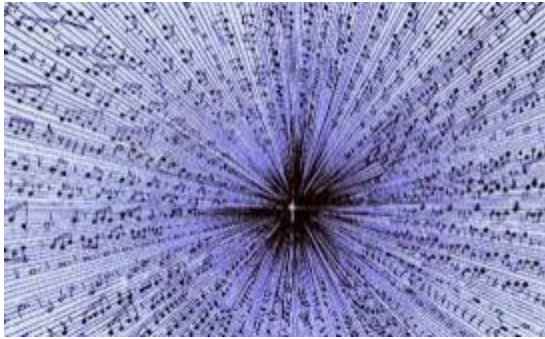
The word of God.



The following is a list of words from the following spiritual traditions. Note these words can't be spoken. Behind your breath lies the unspoken word.

he word of God is to keep the entire universe alive. Mystics have known this for thousands of years.

- "Naad", "Akash Bani", and "Sruti" in the [Vedas](#)
- "Nada" and "Udgit" in the [Upanishads](#)
- "[Logos](#)" and "Word" in the [New Testament](#)
- "[Tao](#)" by [Lao Zi](#)
- "[Music of the Spheres](#)" by [Pythagoras](#)
- "Sraosha" by [Zoraster](#)
- "Kalma" and "Kalam-i-Qadim" in the [Qur'an](#)
- "[Naam](#)", "Akhand Kirtan", and "Sacha ('True') Shabd" by [Guru Granth Sahib](#)



All mystical traditions talk about listening to the inner sound currents.

Yogi Bhaja on sound

³

Have you ever been in a situation where the facts added up, the agreement made sense, it all looked right, you were nodding your head, and yet you had a thought or a fleeting feeling telling you this was not the way to go? And you said yes anyway because the information—as processed through the intellect—was louder than your inner voice? And you kicked yourself later when your intuition proved to be correct?

We’ve all been there. To keep from going there again, we need to develop a stronger relationship with our inner voice so that when it speaks, we acknowledge it and follow its guidance. Usually we hear it, then minimize, dismiss, ignore, or talk ourselves out of it.

The [Siri Singh Sahib, Yogi Bhajan](#) said, “The greatest tool you have in your life is to listen. Why? If you listen, you will listen sensitively. And you will be shocked how fast you will become intuitive.”

Japji Sahib, the 38 pauree (stanza) morning prayer composed by [Guru Nanak \[1\]](#) includes four paurees that describe the powerful effects of deep listening to the sound of the soul. These paurees teach us to listen to the sound current of our own divinity. Yogis call this *sunia*. Guru Nanak says that by listening deeply, even the blind find their way.

³ <https://www.sikhdharma.org/listening-to-the-sound-of-your-soul/>

Every person has inner guidance available to them and a choice to listen and live with its support. The inner voice is the voice from the soul. It is our guide and guardian.

When we allow it, permit it to lead us, say yes to it, consciously agree to it and trust it, life is joyful and with ease. Otherwise we are handicapped and life becomes a hassle.

How does this work? The frequency of our divinity—our soul—influences the quality of thought. With each breath the mind has the opportunity to consolidate that frequency.

When we practice mantra, its sound modulates the breath so our mind has sufficient *prana* (life force) to carry our own divine frequency. When our thoughts and feelings resonate with the soul, conflicting thoughts and emotions are quieted and we can sense the guidance of intuition that is always present.

The [Siri Singh Sahib, Yogi Bhajan](#) once spoke about the relationship between the neutral mind and intuition, or inner guidance. **He explained that the neutral mind has its own mantra: “Guide me to the Lord, my Lord.” Right now, take a moment to slow your breath. Repeat these words for three minutes.** When you are done, notice the quality of your thoughts and how you feel. Let this practice become a habit.

April 5, 2017

Mata Mandir Singh



The first Sikh Guru, the founder of the Sikh way of life, spoke 36 stanzas when he came out of his samhadi, or submersion in the infinite.

Four of those stanzas he wrote about listening, or perhaps it could be called “hearing truthfully”, or as I prefer, “Tuning In”.

The word he used is Suniai. One thing about the grammar of these stanzas: Guru Nanak is very vague about what is happening by whom; he is speaking in very general terms.

This is a very strong statement. He is saying that through the faculty of listening one can become a realized being

. It is a complete yoga practice in and of itself. He mentions heroes... if one is submerged in the oneness of the unending sound current then how can one be afraid? We are a part of the unending whole. That is a state of deathlessness.

Here Guru Nanak is referring to the very structure of the universe. Dhaval refers to the Hindu scriptures called the Puranas that imagine the earth is held in the horns of a bull, perhaps similar to the Greek mythology of Atlas.

By tuning in and hearing the sound current, one can understand the vibrational field that supports all matter. Guru Nanak is urging us to reach a quantum physics understanding within ourselves. To go beyond superstition, mythology, and blind belief to the experience of reality within ourselves.

Here Guru Nanak is saying that, by listening, one becomes aware of inner light, the other hells and heavens, and underworlds. The concept is that we create hells and heavens for ourselves right here on earth.

We don't have to wait till death, although there are other realms and heavens to dwell in according to the karma created. To become subtle through listening is to

⁴ <https://www.yogaofsound.com/single-post/2017/04/05/Guru-Nanak-on-Listening>

become aware of the existence of these parallel universes that exist all the time. Through listening, one can transcend everything and merge in the light, the source of all that pervades all the realms.

Again we see the concept of being beyond time or deathlessness. When one is tuned into that sound current, one is beyond time and space. Therefore death cannot touch that part of you that is merged in it.

It is interesting that the actual title in Tibetan of the famous Buddhist scripture we know as “The Tibetan Book of the Dead” is the words, Bardo Thodal which means “Liberation by hearing in the intermediate state”.

Nanak speaks to his mind saying “Nanak! Wake up! Listen! A lover of God, a devotee, is always blooming.” A devotee always has energy and is always being renewed.

When one has touched on the underlying energy of the universe and vibrates at the same frequency, how can one then be depressed, closed down, bored or frightened?

He is saying that someone who is in love with that, doesn't bloom, and it is done with like a flower, but yet stays in the constant state of being renewed, rejuvenated, and reborn.

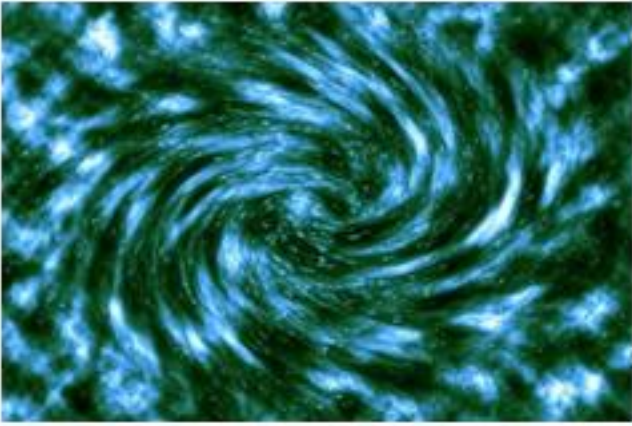
It is interesting to combine pain with sin. What is a sin? When we do something that is against our own higher consciousness. By doing that we cause ourselves pain. By tuning in, we no longer identify with those thoughts that can cause pain.

Yogi Bajan has said that our crown chakra releases one thousand thoughts per wink of the eye. It is the thoughts we latch onto that become desires, which then must be fulfilled. We become restless and unhappy from these thoughts.

If you see a man with a gold watch, you may think, “I want that watch.” Your mind may latch onto that thought. If your brain chemistry is of a certain pattern, you may decide that you must have that watch.

You may begin to plot how to get his watch. Beat him up and take it from him? Or sneak into his house at night when he is sleeping and steal it? It can become an obsession.

The thought took hold, became a desire, and you may have entered into a hellish state to obtain that desired object. If you are in a neutral state, of the meditative mind, then the thought would never have become a desire; therefore, no act, no sin, and no pain.



AMRIT or Aab-i-Hayat or Maha Ras is the elixir of life, or whoever partakes of it gets everlasting life and escapes forever from the otherwise interminable round of births and deaths.

The sages and seers wandered in quest of It, but nowhere in the wide world were they able to find It. Is It then a chimera or mirage ?

The saints in reply have repeatedly said that Amrit is something real

and solid. It is the Water of Immortality, which lies hidden and buried within the depths of the soul, encrusted with the dust of ages, and may be delved into even now and rediscovered, if one has the patience to do as he is bidden.

In the scriptures of the various religions we come across references to the sacred Water of Life. The Muslim divines describe It as Aab-Haiwan or Aab-i-Hayat and always suggested Its use to the world-weary pilgrims. It is also called Chasma-i-Kausar. The

Hindu scriptures call It Mansarover or the Pool of Nectar (Amritsar), which if tasted would grant life everlasting. In the Vedas we read of It as Soma Ras, which granted Cosmic Awareness or Universal Consciousness to the Rishis and the Munis who partook of It in ages long ago. The saints generally call It Amritsar or the pool or the fount of Nectar. Christ often spoke of It as the Water of Life.

And let him that is athirst come, and whosoever will, let him take the Water of Life freely.

Whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life.

CHRIST

In the Holy Bible, it is stated that Christ used to bring the dead to life. At one place, he is said to have administered this Water of Life to a Samaritan lady. From all this it is abundantly clear that Christ freely made use of this Water of Life in treating the ills of mankind. And very often he refers to the Voice of God as well.

For the trumpet shall sound, and the dead shall be raised incorruptible, and we shall be changed.

ST. PAUL

When the dead shall hear the Voice of the Son of God: and they that hear shall live.

CHRIST

By these means, he is said to have redeemed no less than one hundred forty and four thousand souls. 5

The Rishis and Munis or the holy men of old and even the saints in comparatively recent times tasted of the Water of Life and made their followers drink from the great fountainhead, and it is possible even today to partake of this Water with the grace and kindness of some Master-saint.

Naam or Word – Amrit-Nectar 2

Amrit: What It is

From a careful study of the scriptures, we learn that the Water of Life or the Nectar is nothing but the Word or Logos of Christ; Naam or Shabd of the saints; Kalma of the Muslims; and Nad of the Vedic Rishis.

Amrit is the True Naam (or Word),

But It cannot be described in words.

He who tastes of it by attuning with the Word is accepted at His Court.

GURU AMAR DAS

O dear self, Amrit is the Hari Naam,

And one gets access to It through a Master-soul.

GURU RAM DAS

The Word of God is the elixir of life and is a panacea for all the ills of the world; Bhikhan says, It is with the Grace of the Guru that one finds a Way to Salvation.

BHIKHAN

Master's Word is pure ambrosia,

A draught of It quenches all thirst.

GURU AMAR DAS

The treasure of the Word is the Water of Life (Amrit),

Drink ye, my brothers, to your hearts' fill.

The Way to the Nectarian treasure of Word (Truth) one finds through a saint,

Blessed are the saints who are ever devotedly in tune with It.

GURU ARJAN

Amrit becomes manifest by devotion to the Master,

O Nanak! Shabd is the Nectar of Life,

And a rare devotee of the Master partakes of It.

GURU RAM DAS

The Limitless Song (*Anhad Bani*) has an ambrosial effect,

It lulls both the body and the mind to a quiet repose.

GURU ARJAN

O Thou who makes manifest the elixir of Bani within,

I make an offering of myself to Thee,

For thou hast implanted in me the *Amrit Bani* (Word)
and I remain absorbed in the holy Naam.
O God! wonderful are Thy ways and means,
The mind in the gyres can hardly understand them.
Thou hast attuned it with the delectable (Amrit) *Bani*,
And the immortal ambrosial Word (Shabd) is now fully manifest.

GURU AMAR DAS

Those who are proud of Thy Naam are completely saturated with it,
O Nanak! there is but one Amrit (Nectar) and none besides It.

Naam or Word – Amrit-Nectar 3

GURU ANGAD

The Naam of Hari is the elixir and a draught of It makes one contented.
O Nanak! he who drinks of It escapes all delusion.

GURU AMAR DAS

Whoever deals in the wealth of Naam
Lives on the everlasting manna of life.

GURU ARJAN

The Word of the Master is extremely sweet,
Such an elixir one finds within,
Whosoever tastes of It, gets perfected,
O Nanak! such a one remains in perpetual bliss.

GURU NANAK

The Word of the Master is the Water of Life,
To drink It is to quench all thirst.
The mind verily gets drenched in Truth,
And always remains absorbed in Truth.

GURU AMAR DAS

The riches of Word (Truth) one gets through the grace of a Master,
Blessed are the saints who are ever in tune with It.

GURU ARJAN

Amrit is often used for Hari (God), Hari Kirtan (the Divine Song) and Maha Ras
(exhilarating vintage). He alone gets out of desires who engages in the Word. Had is the
fruit of the Tree of Life (Amrit-phal) and is a gift from God.
False are all the designs and colors that we see,
A drop of the Water of Life is a blessing that comes from a Sadhu.

GURU ARJAN

Had Naam alone is Amrit; commune ye with It through the grace of a Master,
Hari Naam is All-pure; a contact with It ends pain and sorrow.

GURU RAM DAS

A rare soul drinks the cup of divine vintage (Hari Ras),
O Nanak, he gets the reward of the Divine Word and thereafter lives by It.

GURU ARJAN

I sacrifice my all on Him, who implanted the life-giving Naam in me,
The ambrosia of Naam is supremely sweet,
One drinks of It by the direction and Will of the Master.

GURU AMAR DAS

The scriptures tell us that what we call Amrit or the Water of Life is just the same thing
as Naam or the Word. A touch with this divine vintage gives God-intoxication:
Those who wholly depend on Thy Naam, are completely dyed in Thy color,
O Nanak! there is only one exhilarating vintage and no other.

GURU ANGAD

In this age of Kali Yuga, there is no other Wine but of Amrit.
God's Naam is Amrit in the present Kali age,
This wealth one may get by devotion to a Sadhu.

[Naam or Word – Amrit-Nectar 4](#)

GURU ARJAN

Amrit is Sound Principle

Amrit is Divine Harmony, and is reverberating all the time everywhere. It is the Bread of
Life (Manna or Heav-enly Food) on which the spirit feeds and thrives.
With the meeting of the Satguru, the ever-restless mind gets steady
and one finds the tenth door,
There the Melody divine—the Bread of Life—holds the universe light,
Countless are the strains and endless, ever saturated in Truth,
O Nanak! the contact thereto comes through a God-man alone,
No more the wild goose chase, for Homeward one is led.

GURU AMAR DAS

A disciplined soul makes one self-disciplined and contented he becomes,
Absorption in the Master awakens the inner Music of the soul;
By drinking the Nectar divine, one is contented and rises in His Presence,
Listen ye to the great Music of the harp and taste It night and day,
A rare soul alone understands It through the Master's grace.

GURU NANAK

Amrit is Light Principle

The vision-center behind and between the two eyes, if and when directed steadily
toward Gagan (inner horizon), gradually gets lighted up. It starts with flashes as from

lightning and in course of time makes manifest a starry sky, and the Sun and the Moon come to view besides several other lighted scenes. When the spirit transcends all these and enters Trikuti, the headquarters of the subtle region, there she beholds the Sun of Brahmand and beyond Brahmand, the Moon of Par Brahmand Region. We come across frequent references to the higher spiritual phenomena in the writings of Sant Tulsi Sahib and many others.

Blessed indeed is the Ambrosial Sound of God, the contact whereof comes through the grace of the Master;

The darkness is dispelled and one gets enlightenment just as the Sun chases away the darkness of the night;

Then one sees the otherwise Invisible, the Inexpressible and the Unfathomable One, as explained by the Master.

GURU RAM DAS

Wondrous sweet is the Nectarean Voice of the Master,

Fortune may favor a rare soul to relish It.

Light within, one quaffs the quintessence Divine,

And hears the True Sound at the seat of the soul.

GURU AMAR DAS

Pure is the Light and *Soma* Juice is the Word,

A contact with them grants a selfless life of everlasting bliss.

GURU ARJAN

For God, who commanded the light to shine out of darkness, hath shined in our hearts,

to give the light of the knowledge of the glory of God in the face of Jesus Christ.

[Naam or Word – Amrit-Nectar 5](#)

ST. PAUL

Thy Word is a Lamp unto my feet, and a Light unto my Path.

THE PSALMS

Amrit: Its location

The divine ambrosia can be had by inversion and not anywhere in the world outside.

One can find It only if one transcends into the spiritual regions above the physical body.

A draught of the Water of Immortality is enough to grant life everlasting to the individual.

In order to reach the Hauz-i-Kausar or the pool of nectar, one has to dig deep into the human self.

The human body is the temple of God wherein dwell both the soul and the Over-soul.

This temple has quite a number of instruments through which the Self within works in the physical plane without. These instruments may be likened to doors and windows through which the soul and the mind go out into the world in search of worldly pleasures.

But the soul itself is imprisoned in the body and knows no way to escape therefrom.

The body has nine visible portals: two eyes, two ears, two nostrils, mouth,

rectum and the generative organ. So long as the spirit remains absorbed in the sensory pleasures, it cannot have an access to the Heavenly regions and, therefore, cannot

taste the elixir of life. Besides these nine outlets there is a hidden spring-door behind the center of the eyes. When the spirit, by means of concentration, is gathered up at this center, it becomes qualified for ingress into higher realms with all the spiritual heritage therein.

A whore of spirit that delights in the nine sense organs
does not get to the wondrous Reality,

Kabir therefore saith: all the nine chambers lie deserted
– Essence is only in the tenth.

KABIR

The nine portals lead to naught—nectar may be sipped at the tenth.

The Master manifests the Water of Life at the tenth gate,

And listening to the Divine Music, one is led to stillness absolute.

GURU RAM DAS

There is hardly any need now to search without,

when the Master has shown the Reality within;

The Unending Music swells in the tenth chamber,
there one realizes the ambrosial Word.

GURU ARJAN

The nectar of Divine Harmony is in the human body, and whoever delves for It, gets It within. All outer activities on the plane of the senses, like pilgrimages, penances and fasts, rites and rituals, forms and formularies, are of no avail. In this Path, one has to lose himself before he can rediscover himself.

For whosoever will save his life shall lose it: but whosoever will lose his life for my sake,

the same shall save it.



CHRIST

It means that one can have life eternal only when one learns and practices the art and science of death-in-life by rising above the body-consciousness at will. This is the only Way to get the Water of Immortality and there is none besides it.

The Naam or the Word is the bestower of all gifts,
And It ever abides in the human body.

GURU ARJAN

Everyone is endowed with the Water of Life,
None but the destined one can drink It.

KABIR

The fountain of Amrit is bubbling over,
One can have a taste of It through the Word of God.
Like musk in the deer is hid the nectar within,
And like the deer a mad search is made without.

GURU AMAR DAS

A Sufi saint says,
Beloved is in the house and I make a search in the world,
With a spring of crystal water within, I go athirst.
Inside the head, there is an inverted well with an opening behind the eyes. A current of nectar issuing forth from the well is coming into the body; but the unfortunate spirit, ever busy in the outer pursuits of the world, is not destined to have a taste of It and so continues in sorrow.
Everything of any value is in the body and nothing is without. Whoever has, through the grace of the Master, found the treasures within, is indeed blessed and enjoys true happiness both within and without. He drinks the ambrosial showers as they fall and is ever in a state of blissful intoxication. The Way to It, however, lies through some Master-saint, and the spirit, torn away from her source ever since the day of creation, is once again reconciled with her Creator and lives in perpetual peace and beatitude.
Everything is within and nothing without,
He who searches without is yet in ignorance.
He who finds it within himself through a Master-soul,

Ever lives in a state of bliss and beatitude.
The Amrit falls down in a big shower,
Night and day he lives in perfect satiety,
And sings the praises of God.
The aeons of separation come to an end,
And the blighted tree once again blossoms forth.
Gifted with right knowledge, he revels in Naam,
All hail to the Master! that brought this about.



GURU ARJAN

The pool of nectar lies in the folds of the mind; it is only when the mind grows still that it becomes manifest. A contact with Naam grants eternal life.

O Nanak! drink within the elixir of life as a pure gift of the Guru,
He alone takes in the divine drink, who is destined from above.

GURU ANGAD

The mind must first be purged of all ills, before one can receive the life-giving ambrosia.
Through instructions of the Master, the mind becomes pure,
And then the sacred pool comes to view.

GURU AMAR DAS

Who can taste this Nectar

From the writings of the Masters it appears that one cannot taste this nectar until one learns to die while alive. One has, therefore, to “forsake the flesh for the spirit” for “flesh and blood cannot inherit the Kingdom of God.”

If any man will come after me, let him deny himself,
And take up his cross daily and follow me.

For whosoever will save his life shall lose it,
But whosoever will lose his life for my sake, the same shall save it.

CHRIST

We have been leading a physical existence only. We know how to live on the physical plane and that we do with the help of our physical senses. We have never known that there is anything beyond and that we have senses subtle and causal, apart from the physical, and can make use of them by transcending the physical plane. There are tremendous possibilities in man, fashioned as he is in the image of God, but alas! in the mighty swirl of mind and matter we have lost hold of the lifeline within and are drifting headlong in the stream of life with no anchorage. A Master-saint is the only refuge and a haven where one may for a while have a respite and time to think over his sad plight. And how does the Master help here ? He shows one how to leave the body by withdrawing the sensory currents at the seat of the soul. This transcension of the physical body is called “death-in-life.” It is the Open Sesame that unlocks the door leading into the Kingdom of God.

If thou wishest to have everlasting life,
Learn thou to die in the body, before death overtakes thee.

MAULANA RUMI

He who knows how to die while living drinks Amrit (the Water of Life),
My mind is convinced of the need and is devoted to the Master's instructions.

GURU RAM DAS

Learn to die while alive, for in the end death over-takes all.

BABA FARID

Learn how to die that you may begin to live.

THOMAS A KEMPIS

Remember ye the Naam and love the Lord unceasingly,

Live in constant devotion to God's elect.

Those who live-in-death, drink the Water of Life,

And their minds get absorbed through the instruction of the Master.

[Naam or Word – Amrit-Nectar 8](#)

GURU RAM DAS

Drink ye the Water of Life—a pure gift from the Master,
With an easy death, ye shall rise in eternal life.

GURU NANAK

Spiritual Comfort is God's free gift and not of our own merit. It comes only through the grace of some Godman. He is the "Way, the Truth, and the Life." The absorption in the Master alone helps one to gain the pool of nectar within and this is called a second birth or resurrection.

Amrit: How one gets It

(i) Through the Grace of God:

God's Word is the Water of Life,

One gets It through His grace.

Remember God every moment of your life,

And make this your constant practice.

GURU ARJAN

Everyone sows his field, but blessed are such as God approves of,

With the help of the Master is sown the seed of divine Nectar,

And then one gets the fruit of the Tree of Life (Amrit).

GURU RAM DAS

(ii) Through preordination. By one's good deeds one may get Amrit within, if so ordained.

One with earned merit in the past ages may by preordination find Nectar within,
Highly blessed is God's Word; one may taste of It through the instructions
of the Master.

GURU RAM DAS

(iii) Through devotion to Satguru. Amrit is all pervading in Its fullness, but we can hardly taste It on the plane of the senses.

Water, water everywhere,

But not a drop to drink.

Amrit is much sought after; even the gods and goddesses are in search of It, but one can partake of It only through the grace of the Master.

Amrit, which is sought after by Rishis, Munis and gods,

that I have found with the aid of the Master,

I have got Amrit through the Master's grace

and Truth is now implanted within me.

GURU AMAR DAS

One cannot by his own unaided efforts get to the Hauz-i-Kausar or the Fountain of Life.

For this purpose we have of necessity to seek the aid of a living Master who has for himself found this Fountainhead and is competent to lead others to it.

And he showed me a pure river of Water of Life, clear as crystal,

proceeding out of the throne of God and of the Lamb.

Naam or Word – Amrit-Nectar 9

ST. JOHN

The sovereign remedy of Naam lies in the pool of the crystal clear Waters of Life

which one gets by the grace of the Master,

Nanak therefore saith: one preordained to get It meets a Master

and thereby says good-bye to his ills.

The elixir of life (Amrit) one gets from a Master,

And thereafter he lives by the bread of the holy Word,

All patterns, all colors and all designs are from Him,

A rare soul, O Nanak! lives by this Amrit.

O my Master! I would like to be a sacrifice unto Thee,

Thy very sight is a great bliss, for Thou out of compassion

hast given me the elixir of Naam.

GURU ARJAN

God Himself directs and grants communion with His holy Word,

By His grace one meets the Master and drinks of the ambrosia (Amrit).

Shabd is Amrit and Bani, the Voice of God, as well;

By devotion to the Master, It has become audible.

GURU AMAR DAS

(iv) By acceptance of Master's Will and commandments.

If ye love me keep my commandments.

CHRIST

O mind! lead a life acceptable to the Master,

For He shall lead thee to thy Native Home,

And grant thee the Water of Life to quench thy thirst,

And all comforts and blessings shall be thine.

The gift of elixir depends on the sweet Will and Pleasure of the Master,

A rare soul may get It without much effort.

GURU AMAR DAS

In the company of the saints ye partake of the precious Amrit.

GURU RAM DAS

A drop of the divine vintage is a great blessing,

You can drink of It through some *Sadh*.

O Nanak! he alone lives who practices the Naam,

And partakes of the Water of Life with saints.

GURU ARJAN

Amrit in Its fullness abides in a saint, and His glance of grace is enough to transform a person.

Satguru is Amrit incarnate for He is one with Hari (God),

O Nanak! one remembers God through grace and finds Him through the Master.



GURU AMAR DAS

Satguru is the pool of nectar and a blessed soul dips into It,
And gets cleansed of the dirt of ages and communes with the pure Naam.

GURU RAM DAS

Man comes into the world just to find the river of the Water of Life and this he can do
through a Master-soul. But all orders and sects based on outer observances are a
source of sorrow, duality and affliction, and one cannot reach the Fountain of Life
through such practices. Without the Amrit of Naam, nothing is of any avail, and whoever
gets entangled in them cannot find a way out.

The precious Water of Life for which you came into the world
you can get from a Master-saint,
Rise above all thoughts of distinctive labels of various religious
and clerical orders,
Cast aside all raiments and rituals as also all cunning and cleverness
and mental oscillations,
These shall avail thee not on this Path.

GURU NANAK

Amrit: who can get It
Out of millions of devotees, only a rare one who sits at the feet of a living Master gets
contact with the elixir of life.
God alone grants the heavenly ambrosia,
A rare soul out of myriads may get It.
Verily, verily the Amrit showers from above,
But a rare devotee partakes of It,
The mind blossoms forth and sings of His glory.

GURU AMAR DAS

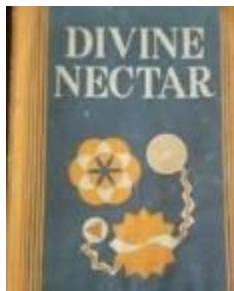
A devotee of the Master engages in the pursuit,
And finds the Amrit and becomes truly blessed,
O Man! commune with the Naam day and night,
Thou shalt lose all impurities and become sanctified.

GURU NANAK

The divine Amrit falls down in showers,
A devotee through the grace of the All-pervading gets It.
The enlivening story of God is truly sublime; we have had a taste of it
through the words of the Master;
Heaven's light dawned, dispelling all darkness, just as sun chases away the night,
The Invisible, the Indescribable, and the Unknowable, became manifest
through the instructions of the Master.

GURU RAM DAS

It is bubbling over in its fullness in the temple of the human body, but a man of the world
cannot get access to it.
In the body lies the Fount of the Water of Life,
But a sensual person cannot have a taste of It.



GURU AMAR DAS

I would make an offering of myself at the feet of my Master, who unraveled to me
the great mystery,
The world without the Water of Life is but a waste-land, and a worldly-wise man
does not even know of It.

GURU NANAK

Amrit: Its merits

The merits of Amrit are countless indeed. A contact with It renders all other joys and
pleasures insipid and makes one a true renunciate.

No longer does he hunger and thirst for things of the world,

He sees Him as All-pervading, in the core of his heart;

Dyed in the color of Amrit, he renounces all and revels in his Master and his teachings.

GURU NANAK

The Water of Life abides in each heart in Its richness. He who tastes of It knows Its
exhilarating influence. Communion with the Power of God is union with God, and one
becomes fearless even of death, the last enemy of man. Not only do they achieve
freedom but many another along with them gets freed.

Those who relish It become fearless by saturating themselves in the sweet elixir of
Naam.

This one gets through the grace of God, and transcends the realm of *Kal*.

GURU AMAR DAS

Amrit in Its fullness lies within,

Ye may relish It by an actual contact,

Thou hast cheated the whole world which is going round and round;

He who follows the Master derives the greatest benefit,

He who tastes of the true ambrosia is not molested by death;

Not only does he achieve freedom,

But many another he puts on the Path.

GURU RAM DAS

The wondrous gift of Amrit confers many supernatural powers on him who partakes of it, and grants peace and ecstasy. Through It one is rid of all pain and sorrow, doubt and skepticism, lusts and passions, and is freed from the most ancient malady of egotism; and all desires and cravings fall off like dry leaves as if by an enchanter driven. The mind too gets steady and rarefied. Ultimately one gains salvation and attains to the state of Sehaj, and is honored in the Presence of God.

From the teachings of the Masters, who laid great emphasis on communion with Him, it is clear that Amrit is nothing but Naam, Shabd or Word, and this Pool of Nectar lies within each one of us but becomes manifest only through a glance of grace from some true Saint who enables us to partake of It.



Amongst the Sikhs there is the practice of preparing “amrit” with the help of a sword. By a careful study of the matter we realize that this too is in fact prepared with the help of Naam or Bani. The consciousness is first turned inward so as to contact the Inner Sound Principle, and then as it comes down saturated in the divine it is turned without, converting the preparation into an Amrit. It is only a competent Master (a true Khalsa with full refulgent light in him) who can, by his glance of grace, prepare the Amrit, and whoever partakes of It becomes truly intuned. A saint with eyes bubbling over with divine intoxication can in an instant take one to the mount of transfiguration and make him into a saint.

A glance of grace from a saint makes thee a saint.

GURU ARJAN

One can drink of the divine Nectar through the grace of a Satguru, and truly blessed are they who get an access thereto: they rise into the light of Universal Consciousness and gain salvation from the endless wheel of births and deaths, and live in perpetual ecstasy enjoying His beatitude.

By drinking of the ambrosia one lives forever,

By communion with the Lord, one is ever in a state of bliss;

While in the world one remains in contentment without any cares and anxieties;

Let the mind and soul be intoxicated by the sweet fragrance
of the lotus feet of God,

Nanak says: O Lord! I am ever devoted to such as *Chatrak*
feels exhilarated by the rain drop.

GURU ARJAN

Source: http://www.ruhanisatsangusa.org/naam/naam_amrit.htm

Sikh Gurus

Guru Nanak Dev



Guru Nanak Dev Ji (Guru Nānak) (15 April 1469 -22 September 1539) is the first of the ten Sikh Gurus. Sikhs believe that all subsequent Gurus possessed Guru Nanak's divinity and religious authority. Guru Nanak may be referred to by other titles such as Baba Nanak or Nanak Shah.

5

Gurminder told me a story that Guru Nanak reincarnated into the rest of the Sikh Gurus. Imagine this is like Christ manifesting 10 times into a different body. Many people ask why.

The reason is it takes a significant amount of time for a society to change. This gave the Shik's around 300 years to change. Click on this picture to launch an incredible movie detailing the life of Guru Nanak.



⁵ https://www.azquotes.com/author/10662-Guru_Nanak

Quotes 1

- Conquer your mind and conquer the world.
- We are born of woman, we are conceived in the womb of woman, we are engaged and married to woman. We make friendship with woman and the lineage continued because of woman. When one woman dies, we take another one, we are bound with the world through woman. Why should we talk ill of her, who gives birth to kings? The woman is born from woman; there is none without her. Only the One True Lord is without woman
- The highest religion is to rise to universal brother hood; aye to consider all creatures your equals.
- As fragrance abides in the flower
As reflection is within the mirror,
So does your Lord abide within you,
Why search for him without?
- With your hands carve out your own destiny.
- Be kind to all beings, this is more meritorious than bathing at the sixty-eight sacred shrines of pilgrimage and donating money.
- Truth is the highest virtue, but higher still is truthful living.
- Only fools argue whether to eat meat or not. They don't understand truth nor do they meditate on it. Who can define what is meat and what is plant Who knows where the sin lies, being a vegetarian or a non vegetarian
- There is but One God, His name is Truth, He is the Creator, He fears none, he is without hate, He never dies, He is beyond the cycle of births and death, He is self illuminated, He is realized by the kindness of the True Guru. He was True in the beginning, He was True when the ages commenced and has ever been True, He is also True now.
- Do not wish evil for others. Do not speak ill of others. Do not obstruct anyones activities.
- The world is a drama, staged in a dream
- Those who have loved are those that have found God
- Like the juggler, deceiving by his tricks, one is deluded by egotism, falsehood and illusion.
-

Quotes 2

- God is one, but he has innumerable forms. He is the creator of all and He himself takes the human form.
- From woman, man is born; within woman, man is conceived; to woman he is engaged and married. Woman becomes his friend; through woman, the future generations come. When his woman dies, he seeks another woman; to woman he is bound. So why call her bad? From her, kings are born. From woman, woman is born; without woman, there would be no one at all.
- Burn worldly love,
rub the ashes and make ink of it,
make the heart the pen,
the intellect the writer,
write that which has no end or limit.
- Speak only that which will bring you honor.
- False is the body, false are the clothes; false is beauty.
- Even Kings and emperors with heaps of wealth and vast dominion cannot compare with an ant filled with the love of God.
- The True One was there from time immemorial.
He is there today and ever there you will find.
He never died nor will he ever die. ...
Look within, you will see Him there enshrined.
- Build the raft of meditation and self-discipline, to carry you across the river. There will be no ocean, and no rising tides to stop you; this is how comfortable your path shall be.
- Blessed, blessed is that body horse which meditates on the Lord God.
- I am in constant bliss, day and night, egotism has been dispelled from within me.
- Let God's grace be the mosque, and devotion the prayer mat. Let the Quran be the good conduct. Let modesty be compassion, good manners fasting, you should be a Muslim the like of this. Let good deeds be your Kaaba and truth be your mentor. Your Kalma be your creed and prayer, God would then vindicate your honour.
- See the brotherhood of all mankind as the highest order of Yogis; conquer your own mind, and conquer the world.

Guru Angad



Guru Angad was an Indian religious leader and the second of the ten Sikh gurus. He was born in a Hindu family, with the birth name as Lehna, in the village of Harike in northwest Indian subcontinent. Wikipedia

Born: March 31, 1504, Sri Muktsar Sahib, India

Died: March 29, 1552, Amritsar, India

Full name: Bhai Lehna

Spouse: Khivi

Children: Anokhi, Datu, Amro, Dasu

Parents: Mata Ramo, Pheru Mal

6

⁶ https://www.azquotes.com/author/46930-Guru_Angad

- Die before the one whom you love; to live after he dies is to live a worthless life in this world.
- They, who have no eyes in their face, are not called blind. They alone are blind, O Nanak, who stray away from their Lord.
- Twenty-four hours a day one looks for contentment in eight different directions but one must also explore the ninth place, which is to their own body and contemplate within. Within the body are the nine treasures of the Name of the Lord—seek the depths of these virtues. Those blessed with the karma of good actions praise the Lord and become true devotees
- Mortals are known by their actions; this is the way it has to be. They should show goodness, and not be deformed by their actions; this is how they are called beautiful. Whatever they desire, they shall receive; O Nanak, they become the very image of God.
- He Himself creates, O Nanak; He establishes the various creatures. How can anyone be called bad?. There is One Lord and Master of all; He watches over all, and assigns all to their tasks. Some have less, and some have more; no one is allowed to leave empty.
- O Nanak, the worldly achievements and glory is worthy of being burnt in the fire if it causes one to forget God. Usually these worldly things has caused mortals to forget the the Name of the Lord. Not even one of them will go along with you in the end.

Guru Amar Das



Guru Amar
Das

Guru Amar Das, sometimes spelled as Guru Amardas, was the third of the Ten Gurus of Sikhism and became Sikh Guru on 26 March 1552 at age 73. Before becoming a Sikh, Amar Das followed the Vaishnavism tradition of Hinduism for much of his life. Wikipedia

Born: May 5, 1479, India

Died: September 1, 1574, Goindwal Sahib, India

Full name: Amar Das

Books: Anand Sahib

Children: Mata Bhani, Bibi Dani, Bhai Mohan, Bibi Bhani, Bhai Mohri

Parents: Tej Bhan Bhalla, Bakht Kaur

7

⁷ https://www.azquotes.com/author/46931-Guru_Amar_Das

Quotes 1

- They who quarrel with others, instead of quarrelling with their own hearts, waste their lives.
- They are not said to be husband and wife, who merely sit together. Rather they alone are called husband and wife, who have one soul in two bodies.
- Deep within the self is the Light of God. It radiates throughout the expanse of His creation. Through the Guru's teachings, the darkness of spiritual ignorance is dispelled. The heart lotus flower blooms forth and eternal peace is obtained, as one's light merges into the Supreme Light.

Guru Ram Das ⁸



Guru Ram Das was an Indian and the fourth of the ten Gurus of Sikhism. He was born on 24 September 1534 in a poor Hindu family based in Lahore. His birth name was Jetha, he was orphaned at age 7, and thereafter grew up with his maternal grandmother in a village. Wikipedia

Born: October 9, 1534, Lahore, Pakistan

Died: September 1, 1581, Goindwal Sahib, India

Full name: Ram Das

Spouse: Mata Bhani (m. 1554–1581)

Known for: founder of Amritsar city

Children: Guru Arjan, Baba Prithi Chand, Prithi Chand, Baba Mahan Dev

Quotes

That Gurumukh unto whom the Lord becomes merciful, chants the Lord's name and wins the game of life. – Guru Ram Das Ji

The beloved himself is the musician, and the musical instrument; servant Nanak vibrates his vibration. – Guru Ram Das Ji

The fool does not know, the One (God) who gives; instead, he clings to the gifts. – Guru Ram Das Ji

Some have cruelty in their hearts – they constantly act in cruelty; as they plant, so are the fruits which they eat. – Guru Ram Das Ji

⁸ [Guru Ram Das Quotes](#) | [RitiRiwaz](#)

Even if the poisonous snake is fed large amount of milk, it will still yield only poison. – Guru Ram Das Ji

Don't worry – let the creator take care of it. The lord gives to all creatures in the water and on the land. My God bestows his blessings without being asked, even to worms in soil and stones. – Guru Ram Das Ji

Look upon all with equality, and recognize the Supreme Soul, the Lord, pervading among all. – Guru Ram Das Ji

My mind yearns so deeply for the vision of Hari, the way a thirsty man yearns for a drink of cool water. – Guru Ram Das Ji

Other than the Lord, no one can kill you or save you; so why do you worry, O my mind. – Guru Ram Das Ji

I am overflowing with sins and demerits; I have no merits or virtues at all.

I abandoned the Ambrosial Nectar, and I drank poison instead.

I am attached to Maya, and deluded by doubt; I have fallen in love with my children and spouse.

I have heard that the most exalted Path of all is the Sangat, the Guru's Congregation.

Joining it, the fear of death is taken away.

Keerat the poet offers this one prayer: O Guru Raam Daas, save me!

Take me into Your Sanctuary!

Guru Arjan



Guru Arjan

Quotes 1

- He who lowers his mind to the dust of all men's feet, Sees the Name of God enshrined in every heart.
- Don't create enmity with anyone as God is within everyone.
- By the Grace of God, I am cured of the disease of egotism, and Death no longer terrifies me.
- The Lord of man and beast is working in all; His presence is scattered everywhere; There is none else to be seen.
- Thou O Lord, art my Father and Thou my Mother. Thou art the Giver of peace to my soul and very life.

Guru Hargobind



Guru
Hargobind

Guru Hargobind, revered as the sixth Nanak, was the sixth of ten Gurus of the Sikh religion. He had become Guru at the young age of eleven, after the execution of his father, Guru Arjan, by the Mughal emperor Jahangir. Wikipedia

Born: July 5, 1595, Amritsar, India

Died: March 3, 1644, Kiratpur Sahib, India

Children: Guru Tegh Bahadur, Baba Gurditta

Parents: Guru Arjan, Mata Ganga

Grandchildren: Guru Har Rai, Guru Gobind Singh

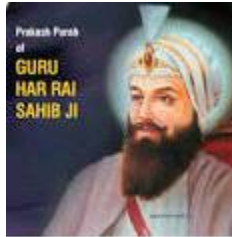
Grandparents: Guru Ram Das, Mata Bhani

9

⁹ https://www.goodreads.com/author/quotes/414358.Guru_Gobind_Singh

- “He alone is a man who keeps his word:
Not that he has one thing in the heart, and another on the tongue.”
- “If you are strong, torture not the weak,
And thus lay not the axe to thy empire.”
- “He who trusts, however, in an oath on God,
His Protection also in He; in need, He shows the Path.”
- “Shed not recklessly the blood of another with thy sword,
Lest the Sword on High falls upon thy neck.”
- “When there is incest, adultery, atheism, hatred of religion, no more
dharma, and sin everywhere, the impossible Iron Age has come; in what
way the world will be saved? For the helpless, the Lord Himself will
manifest as the Supreme Purusha. He will be called the Kalki incarnation
and will be glorious like a lion coming down from heaven.”
- “Har aan kas ki o rastbaazi kunad Rahim-e bar o rehmsaazi kunad Those
who follow the path of truth In their thought and action, He showers
mercies upon them, They are granted His compassion.”

Guru Har Rai



Guru Har Rai

Guru Har Rai revered as the seventh Nanak, was the seventh of ten Gurus of the Sikh religion. He became the Sikh leader at age 14, on 8 March 1644, after the death of his grandfather and sixth Sikh leader Guru Hargobind. He guided the Sikhs for about seventeen years, till his death at age 31. Wikipedia

Born: January 16, 1630, Kiratpur Sahib, India

Died: October 6, 1661, Rupnagar, India

Children: Guru Har Krishan, Ram Rai, Baba Ram Rai

Parents: Baba Gurditta, Mata Nihal Kaur

Grandparent: Guru Hargobind

Great-grandparents: Guru Arjan, Mata Ganga

*"Man breaks flowers with one hand and offers them with the other,
but the flowers perfume both hands alike.
The axe cuts the sandal tree,
yet the sandal perfumes the axe." ¹⁰*

¹⁰ [Man breaks flowers with one hand & offers with other hand - ReflectandRespond](#)

Guru Har Krishan

Guru Har Krishan was the eighth of the ten Sikh Gurus. At the age of 5, he became the youngest Guru in Sikhism on 7 October 1661, succeeding his father, Guru Har Rai Ji. He cured hundreds of locals of Delhi irrespective of their religion at that era where Gurdwara Bangla sahib near conought place is situated. Wikipedia

Born: July 7, 1656, Kiratpur Sahib, India

Died: March 30, 1664, Delhi, India

Other name: Bal Guru, The Eighth Master

Parents: Guru Har Rai, Krishen Devi

Siblings: Baba Ram Rai

Grandparents: Baba Gurditta, Mata Nihal Kaur

“The eyes of understanding are very good, but the cataract of pride so blinds them, that they cannot see God’s path.”

Guru Tegh Bahadur



Guru Tegh
Bahadur

Guru Tegh Bahadur was the ninth of ten Gurus of the Sikh religion. The Guru Granth Sahib contains 116 poetic hymns composed by him. Wikipedia

Born: April 1, 1621, Amritsar, India

Died: November 11, 1675, Chandni Chowk, Delhi, India

Spouse: Mata Gujri (m. 1633)

Parents: Guru Hargobind, Mata Nanaki

Children: Guru Gobind Singh

Books: Hukamnamas, Mahalla nawan: compositions of Guru Tegh Bahādur-the ninth guru (from Sri Guru Granth Sahib)

¹¹

¹¹ <https://quotes.thefamouspeople.com/guru-tegh-bahadur-6761.php>

Quotes 1

- *Give up your head, but forsake not those whom you have undertaken to protect. Sacrifice your life, but relinquish not your faith.*
- *True Realisation of the actual nature of this material world, its perishable, transitory and illusory aspects best dawns on a person in suffering.*
- *For whom praise and dispraise are the same, and on whom greed and attachment have no effect. Consider him only enlightened whom pain and pleasure do not entrap. Consider such a person saved.*
- *One who vanquishes his ego and beholds the Lord as the Sole Doer of all things, that person has attained 'Jiwan Mukti' (is liberated while living), know this as the real truth, says Nanak.*
- *saints, renounce the Ego, and always flee from lust, wrath and evil company. One should consider pain and pleasure, honour and dishonour the same. One should renounce both praise and blame and even the search for salvation. This is a very difficult path and rare is a (Gurmukh) pious person who knows how to tread it.*
- *mother, I have been blessed with the wealth of God's Name. My Mind is free from wandering and is established in peace. Avarice and worldly love dare not touch me and pure divine knowledge fills me. Greed and desire cannot affect me. I am totally immersed in Lord's devotion.*
- *If the hands, feet, or body are covered with dust, they are cleansed by washing them with water. if clothes are made unclean, by use of soap they are washed of impurity. If the buddhi (intellect) is defiled by sin, love of the Name will purify it.*

- *Why go to search forests (to find Him). He who dwells in all hearts but remains ever pure, pervades thy heart also. Just as fragrance fills the rose and reflection the mirror, the Lord pervades all without a break; search Him inside thee. The Guru hath revealed this knowledge that the Aum pervades inside and outside. Saith Nanak, without knowing thyself the scum of doubt will not be removed.*

Guru Gobind Singh



Guru Gobind Singh, born Gobind Rai, was the tenth Sikh Guru, a spiritual master, warrior, poet and philosopher. When his father, Guru Tegh Bahadur, was beheaded for refusing to convert to Islam, Guru Gobind Singh was formally installed as the leader of the Sikhs at age nine, becoming the tenth Sikh Guru.

Wikipedia

Born: January 5, 1666, Patna City

Died: October 7, 1708, Takhat Sachkhand Sri Hazur Abchal Nagar Sahib, Nanded, India

Nationality: Indian

Spouse: Mata Sahib Kaur (m. 1700), Mata Jito (m. 1684), Mata Jito (m. 1677)

12

¹² https://www.azquotes.com/author/46928-Guru_Gobind_Singh

- The greatest comforts and lasting peace are obtained, when one eradicates selfishness from within.
 - Karta (The Creator) and Karim (The beneficent) are the names of the same God. Razak (The provider) and Rahim (The merciful) are also the names given to Him. Let no man in his error wrangle over differences in names. Worship the One God who is the Lord of all. Know that his form is one and He is the One light diffused in all.
 - Those who call me God, will fall into the deep pit of hell. Regard me as one of his slaves and have no doubt whatever about it. I am a servant of the Supreme Being; and have come to behold the wonderful drama of life.
 - I came into the world charged with the duty to uphold the right in every place, to destroy sin and evil... the only reason I took birth was to see that righteousness may flourish, that good may live, and tyrants be torn out by their roots.
 - It is nearly impossible to be here now when you think there is somewhere else to be.
 - I tell the truth; listen everyone. Only those who have Loved, will realise the Lord
-
- The Lord Himself reveals the Path, He Himself is the Doer of deeds.
 - Whosoever assumes a religious garb pleases not God even a bit. O ye men, understand this clearly in your minds, that God is attained not through showmanship. They who practice deceit, attain not Deliverance in the Hereafter. They do so only to accomplish the affairs of the world and even the kings worship them for their appearance! But through showmanship, God is attained not, howsoever one searches. He who subdues his mind alone recognizes the Transcendent God.
 - For this purpose was I born, let all virtuous people understand. I was born to advance righteousness, to emancipate the good, and to destroy all evil-doers root and branch.
 - Blessed, blessed is that Sikh of the Guru, who goes and falls at the Feet of the True Guru. Blessed, blessed is that Sikh of the Guru, who with his mouth, utters the Name of the Lord.
 - Egotism is such a terrible disease, he dies, to be reincarnated he continues coming and going.

Quotes 2

- Without the Name, there is no peace.
- Those who worship and adore the Lord through the Guru's Word forget all their pain and suffering.
- Fruitful is the entire life of those, who feel hunger for the Name of the Lord in their minds.
- Day and night, meditate forever on the Lord.
- The ignorant person is totally blind he does not appreciate the value of the jewel
- I am a sacrifice to the Guru, who has totally cured me of the fatal disease of egotism. Glorious and great are the virtues of the Guru, who has eradicated evil, and instructed me in virtue.
- In egotism, one is assailed by fear, he passes his life totally troubled by fear.
- I fall at the feet of those who meditate on the Truest of the True.
- In the City of Death, there is pitch darkness and huge clouds of dust, neither sister nor brother is there. This body is frail, old age is overtaking it.
- Egotism is such a terrible disease, in the love of duality, they do their deeds.
- Meeting the True Guru, hunger departs, hunger does not depart by wearing the robes of a beggar.
- Blessed, blessed is the True Guru, who has given the supreme gift of the Name of the Lord.
- Blessed, blessed is the Knower of the Lord, my True Guru, He has taught me to look upon friend and foe alike.
- Blessed, blessed is their Guru, whose mouth tastes the Ambrosial Fruit of the Lord.

Kabir



Kabir Das

Kabir Das was a 15th-century Indian mystic poet and saint, whose writings influenced Hinduism's Bhakti movement and his verses are found in Sikhism's scripture Guru Granth Sahib. His early life was in a Muslim family, but he was strongly influenced by his teacher, the Hindu bhakti leader Ramananda. Wikipedia

Born: Varanasi, India

Died: Maghar, India

Movies: Seers and Clowns, Yes We Can

Parents: Neeru, Neema

Children: Kamaali, Kamaal

13 14 15

¹³ <https://www.poemhunter.com/kabir/>

¹⁴ <https://allpoetry.com/Kabir>

¹⁵ <https://www.poemhunter.com/kabir/poems/>

Thirsty Fish

It makes me laugh to think
That a fish in the water
Thirsts for a drink.

From forest to forest he sadly roams
In search of a jewel
Lying at home.

It makes me laugh to think
A musk-deer is seeking
The very fragrance
Which emanates from him.

Without knowledge of the Self
What use O pilgrim,
At Mathura or Kasi
To go looking for him?

Oh, Companion, That Abode Is Unmatched

Oh, Companion, That Abode Is Unmatched,
Where My Complete Beloved Is.

In that Place, There Is No Happiness or Unhappiness,
No Truth or Untruth
Neither Sin Nor Virtue.
There Is No Day or Night, No Moon or Sun,
There Is Radiance Without Light.

There Is No Knowledge or Meditation
No Repetition of Mantra or Austerities,
Neither Speech Coming From Vedas or Books.
Doing, Not-Doing, Holding, Leaving
All These Are All Lost Too In This Place.

No Home, No Homeless, Neither Outside or Inside,
Micro and Macrocosm Are Non-Existent.
Five Elemental Constituents and the Trinity Are Both Not There
Witnessing Un-struck Shabad Sound is Also Not There.

No Root or Flower, Neither Branch or Seed,
Without a Tree Fruits are Adorning,
Primordial Om Sound, Breath-Synchronized Soham,

This and That - All Are Absent, The Breath Too Unknown

Where the Beloved Is There is Utterly Nothing

Says Kabir I Have Come To Realize.

Whoever Sees My Indicative Sign

Will Accomplish the Goal of Liberation.

Are you looking for me

“Are you looking for me?

I am in the next seat.

My shoulder is against yours.

you will not find me in the stupas,

not in Indian shrine rooms,

nor in synagogues,

nor in cathedrals:

not in masses,

nor kirtans,

not in legs winding around your own neck,

nor in eating nothing but vegetables.

When you really look for me,

you will see me instantly —

you will find me in the tiniest house of time.

Kabir says: Student, tell me, what is God?

He is the breath inside the breath.”

What is seen is not the Truth
What is cannot be said
Trust comes not without seeing
Nor understanding without words
The wise comprehends with knowledge
To the ignorant, it is but a wonder
Some worship the formless God
Some worship His various forms
In what way He is beyond these attributes
Only the Knower knows
That music cannot be written
How can then be the notes?
Says Kabir, awareness alone will overcome illusion

Where do you search me

Where do you search me?

I am with you

Not in pilgrimage, nor in icons

Neither in solitudes

Not in temples, nor in mosques

Neither in Kaba nor in Kailash

I am with you O man

I am with you

Not in prayers, nor in meditation

Neither in fasting

Not in yogic exercises

Neither in renunciation

Neither in the vital force nor in the body

Not even in the ethereal space

Neither in the womb of Nature

Not in the breath of the breath

Seek earnestly and discover

In but a moment of search

Says Kabir, listen with care

Where your faith is, I am there.

Looking at the grinding stones

Looking at the grinding stones, Kabir laments
In the duel of wheels, nothing stays intact.

searching for the wicked, met not a single one
When searched myself, 'I' found the wicked one

Tomorrows work do today, today's work anon
if the moment is lost, when will the work be done

Speak such words, sans ego's ploy
Body remains composed, giving the listener joy

Slowly slowly O mind, everything in own pace happens
Gardner may water a hundred buckets, fruit arrives only in its season

Give so much O God, suffice to envelop my clan
I should not suffer cravings, nor the visitor goes unfed

In vain is the eminence, just like a date tree
No shade for travelers, fruit is hard to reach

Like seed contains the oil, fire in flintstone
Your heart seats the Divine, realize if you can

Kabira in the market place, wishes welfare of all

Neither friendship nor enmity with anyone at all

Reading books everyone died, none became any wise

One who reads the words of Love, only becomes wise

In anguish everyone prays to Him, in joy does none

To One who prays in happiness, how sorrow can come

I Said To The Wanting-Creature Inside Me

I said to the wanting-creature inside me:
What is this river you want to cross?
There are no travelers on the river-road, and no road.
Do you see anyone moving about on that bank, or resting?
There is no river at all, and no boat, and no boatman.
There is no tow rope either, and no one to pull it.
There is no ground, no sky, no time, no bank, no ford!
And there is nobody, and no mind!
Do you believe there is someplace that will make the
soul less thirsty?
In that great absence, you will find nothing.
Be strong then, and enter into your own body;
there you have a solid place for your feet.
Think about it carefully!
Don't go off somewhere else!
Kabir says this: just throw away all thoughts of
imaginary things,
and stand firm in that which you are.

The moon shines in my body

THE moon shines in my body, but my blind eyes cannot see it:
The moon is within me, and so is the sun.

The unstruck drum of Eternity is sounded within me, but my deaf ears cannot hear it.

So long as man clamors for the I and the Mine, his works are as naught:

When all love of the I and the Mine is dead, then the work of the Lord is done.

For work has no other aim than the getting of knowledge:

When that comes, then work is put away.

The flower blooms for the fruit: when the fruit comes, the flower withers.

The musk is in the deer, but it seeks it not within itself: it wanders in quest of grass.

Raindrop

I went looking for Him

And lost myself;

The drop merged with the Sea -

Who can find it now?

Looking and looking for Him

I lost myself;

The Sea merged with the drop -

Who can find it now?

Knowing nothing shuts the iron gates

Knowing nothing shuts the iron gates;

the new love opens them.

The sound of the gates opening wakes

the beautiful woman asleep.

Kabir says: Fantastic!

Don't let a chance like this go by!

The Word

Find the word, understand the word,

Depend on the word;

The word is heaven and space, the word the earth,

The word the universe.

The word is in our ears, the word is on our tongues,

The word the idol.

The word is the holy book, the word is harmony,

The word is music.

The word is magic, the word the Guru.

The word is the body, the word is the spirit, the word is being,

The word Not-being.

The word is man, the word is woman,

The Worshipped Great.

The word is the seen and unseen, the word is the existent

And the non-existent.

Know the word, says Kabir,

The word is All-powerful.

WITHIN this earthen vessel

WITHIN this earthen vessel are bowers and groves,

and within it is the Creator:

Within this vessel are the seven oceans

and the unnumbered stars.

The touchstone and the jewel-appraiser are within;

and within this vessel the Eternal soundeth,

and the spring wells up.

Kabîr says:

'Listen to me, my Friend!

My beloved Lord is within.'

The Lord is in me, and the Lord is in you,
As life is hidden in every seed.
So rubble your pride, my friend,
And look for Him within you.
When I sit in the heart of His world
A million suns blaze with light,
A burning blue sea spreads across the sky,
Life's turmoil falls quiet,
All the stains of suffering wash away.
Listen to the unstruck bells and drums!
Love is here; plunge into its rapture!
Rains pour down without water;
Rivers are streams of light.
How could I ever express
How blessed I feel
To revel in such vast ecstasy
In my own body?
This is the music
Of soul and soul meeting,
Of the forgetting of all grief.
This is the music
That transcends all coming and going

My swan, let us fly to that land

My swan, let us fly to that land
Where your Beloved lives forever.

That land has an up-ended well
Whose mouth, narrow as a thread,
The married soul draws water from
Without a rope or pitcher.

My swan, let us fly to that land
Where your Beloved lives forever.

Clouds never cluster there,
Yet it goes on and on raining.
Don't keep squatting outside in the yard –
Come in! Get drenched without a body!

My swan, let us fly to that land
Where your Beloved lives forever.

That land is always soaked in moonlight;
Darkness can never come near it.
It is flooded always with the dazzle
Of not one, but a million suns.

My swan, let us fly to that land
Where your Beloved lives forever.

O Slave, liberate yourself.

Where are you, and where's your home,
find it in your lifetime, man.

If you fail to wake up now,
you'll be helpless when the end comes.

Says Kabir, listen, O wise one,
the siege of Death is hard to withstand.

The Bride-Soul

When will that day dawn, Mother;
When the One I took birth for
Holds me to His heart with deathless love?
I long for the bliss of divine union.
I long to lose my body, mind, and soul
And become one with my husband.
When will that day dawn, Mother?
Husband, fulfill now the longing I have had
Since before the universe was made.
Enter me completely and release me.
In terrible lonely years without You
I yearn and yearn for You.
I spend sleepless nights hunting for You,
Gazing into darkness after You,
With unblinking hopeless eyes.
When will that day dawn, Mother?
When will my Lord hold me to His heart?
My empty bed, like a hungry tigress,
It devours me whenever I try to sleep.
Listen to your slave's prayer -
Come and put out this blaze of agony
That consumes my soul and body.
When will He hold me to His heart?
When will that day dawn, Mother?

Kabir sings, "If I ever meet You, my Beloved,
I'll cling to you so fiercely You melt into me;
I'll sing from inside You songs of union,
World-dissolving songs of Eternal Bliss."

The Guest is inside you, and also inside me

The Guest is inside you, and also inside me;

you know the sprout is hidden inside the seed.

We are all struggling; none of us has gone far.

Let your arrogance go, and look around inside.

The blue sky opens out further and farther,

the daily sense of failure goes away,

the damage I have done to myself fades,

a million suns come forward with light,

when I sit firmly in that world.

I hear bells ringing that no one has shaken,

inside 'love' there is more joy than we know of,

rain pours down, although the sky is clear of clouds,

there are whole rivers of light.

The universe is shot through in all parts by a single sort of love.

How hard it is to feel that joy in all our four bodies!

Those who hope to be reasonable about it fail.

The arrogance of reason has separated us from that love.

With the word 'reason' you already feel miles away.

How lucky Kabir is, that surrounded by all this joy

he sings inside his own little boat.

His poems amount to one soul meeting another.

These songs are about forgetting dying and loss.

They rise above both coming in and going out

When I Found The Boundless Knowledge

Kabir:

My mind was soothed

When I found the boundless knowledge,

And the fires

that scorch the world

To me are water cool.

Friend, hope for the guest while you are alive.

Jump into experience while you are alive!

Think...and think...while you are alive.

What you call 'salvation' belongs to the time before death.

If you don't break your ropes while you're alive,
do you think
ghosts will do it after?

The idea that the soul will join with the ecstatic
Just because the body is rotten -
that is all fantasy.

What is found now is found then.

If you find nothing now,
you will simply end up with an apartment in the City of Death.

If you make love with the divine now, in the next life you will have the face of
satisfied desire.

So plunge into the truth, find out who the Teacher is,
Believe in the Great Sound!

Kabir says this: When the guest is being searched for, it is the intensity of the
longing for the Guest that does all the work.

Look at me, and you will see a slave of that intensity

O servant, where dost thou seek Me?

O servant, where dost thou seek Me?

O servant, where dost thou seek Me?

Lo! I am beside thee.

I am neither in temple nor in a mosque:

I am neither in Kaaba nor in Kailash:

Neither am I in rites and ceremonies,

nor in Yoga and renunciation.

If thou art a true seeker, thou shalt at once see Me:

thou shalt meet Me in a moment of time.

Kabir says, ' O Sadhu! God is the breath of all breath.'

The Impossible Pass

The pundits have taken
A highway that takes them
away,
and they're gone.
Kabir has climbed to
The impossible pass
of Ram
and stayed.

Plucking your eyebrows

Plucking your eyebrows,
Putting on mascara,
But will that help you
To see things anew?
The one who sees
Is changed into
The one who's seen
Only if one is
Salt and the other
Water. But you, says Kabir,
Are a dead
Lump of quartz.

When the Day came

When the Day came -

The Day I had lived and died for -

The Day that is not in any calendar -

Clouds heavy with love

Showered me with wild abundance.

Inside me, my soul was drenched.

Around me, even the desert grew green.

The self forgets itself

The self forgets itself

as a frantic dog in a glass temple

barks himself to death;

as a lion, seeing a form in the well,

leaps on the image;

as a rutting elephant sticks his tusk

in a crystal boulder.

The monkey has his fistful of sweets

and won't let go. So

from house to house,

he gibbers.

Kabir says, parrot-on-a-pole:

who has caught you?

Many hoped

Many hoped

but no one found

Hari's heart.

Where do the senses rest?

Where do the Ram-chanters go?

Where do the bright ones go?

Corpses: all gone

to the same place.

Drunk on the juice

of Ram's bliss,

Kabir says,

I've said and I've said,

I'm tired of saying.

It is needless to ask of a saint

It is needless to ask of a saint the caste to which he belongs;

For the priest, the warrior, the tradesman, and all the
thirty-six castes, alike are seeking for God.

It is but folly to ask what the caste of a saint may be;

The barber has sought God, the washerwoman, and the carpenter-
Even Raidas was a seeker after God.

The Rishi Swapacha was a tanner by caste.

Hindus and Moslems alike have achieved that End, where remains no mark of
distinction.

Lamps burn in every house

Lamps burn in every house,
O blind one! and you cannot see them.
One day your eyes shall suddenly be opened,
and you shall see: and the fetters of death will fall from you.
There is nothing to say or to hear,
there is nothing to do:
it is he who is living, yet dead, who shall never die again.

Because he lives in solitude,
therefore the Yogi says that his home is far away.

Your Lord is near: yet you are climbing the palm-tree to seek Him.

The Brahman priest goes from house to house
and initiates people into faith:
Alas! the true fountain of life is beside you,
and you have set up a stone to worship.

Kabîr says: 'I may never express how sweet my Lord is.
Yoga and the telling of beads,
virtue and vice-these are naught to Him.'

Lift the veil

Lift the veil
that obscures
the heart

and there
you will find
what you are
looking for

My body and my mind

My body and my mind...

My body and my mind are in depression because
You are not with me.

How much I love you and want you in my house!
When I hear people describe me as your bride I look sideways ashamed,
because I know that far inside us we have never met.

Then what is this love of mine?

I don't really care about food, I don't really care about sleep,
I am restless indoors and outdoors.
The bride wants her lover as much as a thirsty man wants water.

And how will I find someone who will take a message
to the Guest from me?
How restless Kabir is all the time!
How much he wants to see the Guest!

O, friend! hope for Him whilst you live

O, friend! hope for Him whilst you live
O, friend! hope for Him whilst you live,
know whilst you live, understand whilst you live:
for in life deliverance abides.

If your bonds be not broken whilst living,
what hope of deliverance in death?

It is but an empty dream, that the soul shall have union with Him
because it has passed from the body:

If He is found now, He is found then,
If not, we do but go to dwell in the City of Death.

If you have union now, you shall have it hereafter.

Bathe in the truth, know the true Guru,
have faith in the true Name!

Kabir says: 'It is the spirit of the quest which helps;
I am the slave of this Spirit of the quest.'

O How may I ever express that secret word?
O How may I ever express that secret word?

O How may I ever express that secret word?

O How may I ever express that secret word?

O how can I say He is not like this, and He is like that?

If I say that He is within me, the universe is ashamed:

If I say that He is without me, it is falsehood.

He makes the inner and the outer worlds to be indivisibly one;

The conscious and the unconscious, both are His footstools.

He is neither manifest nor hidden,

He is neither revealed nor unrevealed:

There are no words to tell that which He is.

Tell me, Brother

Tell me, Brother, how can I renounce Maya?
When I gave up the tying of ribbons, still I tied my garment about me:
When I gave up tying my garment, still I covered my body in its folds.
So, when I give up passion, I see that anger remains;
And when I renounce anger, greed is with me still;
And when greed is vanquished, pride and vainglory remain;
When the mind is detached and casts Maya away, still it clings to the letter.
Kabîr says, 'Listen to me, dear Sadhu! the true path is rarely found.'

Oh Sadhu

Oh, Sadhu, This is the Village of the Dead

The Saints Have Died, The God-Messengers Die
The Life-Filled Yogis Die Too |
The Kings Die, The Subjects Die
The Healers and the Sick Die Too ||

The Moon Dies, The Sun Dies
The Earth and Sky Die Too |
Even the Caretakers of the Fourteen Worlds Die
Why Hope For Any of These ||

The Nine Die, The Ten Die
The Eighty-Eight Die Easily Too |
The Thirty-Three Crore Devatas Die
It's a Big Game of Time ||

The Un-Named Naam Lives Without Any End
There is No Other Truth ||
Says Kabir Listen Oh Sadhu
Don't Get Lost and Die || Oh Sadhu This is the Village of the Dead

THE light of the sun

THE light of the sun, the moon,
and the stars shine bright:
The melody of love swells forth,
and the rhythm of love's detachment beats the time.

Day and night, the chorus of music fills the heavens;
and Kabîr says 'My Beloved One gleams like the lightning flash in the sky.'

Do you know how the moments perform their adoration?
Waving its row of lamps,
the universe sings in worship day and night,
There are the hidden banner and the secret canopy:
There the sound of the unseen bells is heard.

Kabîr says: 'There adoration never ceases;
there the Lord of the Universe sitteth on His throne.'

The whole world does its works and commits its errors:
but few are the lovers who know the Beloved.

The devout seeker is he who mingles in his heart
the double currents of love and detachment,
like the mingling of the streams of Ganges and Jumna;
In his heart the sacred water flows day and night;
and thus the round of births and deaths is brought to an end.

Behold what wonderful rest is in the Supreme Spirit!
and he enjoys it, who makes himself meet for it.

Held by the cords of love,
the swing of the Ocean of Joy sways to and fro;
and a mighty sound breaks forth in song.

See what a lotus blooms there without water!
and Kabîr says 'My heart's bee drinks its nectar.'

What a wonderful lotus it is,
that blooms at the heart of the spinning wheel of the universe!
Only a few pure souls know of its true delight.
Music is all around it,
and there the heart partakes of the joy of the Infinite Sea.

Kabîr says: 'Dive thou into that Ocean of sweetness:
thus let all errors of life and of death flee away.'

Behold how the thirst of the five senses is quenched there!
and the three forms of misery are no more!

Kabîr says: 'It is the sport of the Unattainable One:
look within, and behold how the moon-beams
of that Hidden One shine in you.'

There falls the rhythmic beat of life and death:
Rapture wells forth, and all space is radiant with light.
There the Unstruck Music is sounded;
it is the music of the love of the three worlds.

Their millions of lamps of sun and of moon are burning;
There the drum beats, and the lover swings in play.
There love-songs resound, and light rains in showers;
and the worshipper is entranced in the taste of the heavenly nectar.
Look upon life and death; there is no separation between them,
The right hand and the left hand are one and the same.
Kabîr says: 'There the wise man is speechless;
for this truth may never be found in Vadas or in books.'

I have had my Seat on the Self-poised One,
I have drunk of the Cup of the Ineffable,

I have found the Key of the Mystery,
I have reached the Root of Union.
Traveling by no track,
I have come to the Sorrowless Land:
very easily has the mercy of the great Lord come upon me.

They have sung of Him as infinite and unattainable:
but I in my meditations have seen Him without sight.
That is indeed the sorrowless land,
and none know the path that leads there:
Only he who is on that path has surely transcended all sorrow.

Wonderful is that land of rest,
to which no merit can win;
It is the wise who has seen it,
it is the wise who has sung of it.
This is the Ultimate Word:
but can any express its marvelous savor?
He who has savored it once,
he knows what joy it can give.

Kabîr says: 'Knowing it,
the ignorant man becomes wise,
and the wise man becomes speechless and silent,
The worshipper is utterly inebriated,
His wisdom and his detachment are made perfect;
He drinks from the cup of the inbreathings and the outbreathings of love.'

There the whole sky is filled with sound,
and there that music is made without fingers and without strings;
There the game of pleasure and pain does not cease.
Kabîr says: 'If you merge your life in the Ocean of Life,
you will find your life in the Supreme Land of Bliss.'

What a frenzy of ecstasy there is in every hour!

and the worshipper is pressing out and drinking the essence of the hours:
he lives in the life of Brahma.

I speak truth, for I have accepted truth in life;
I am now attached to truth,
I have swept all tinsel away.

Kabîr says: 'Thus is the worshipper set free from fear;
thus have all errors of life and of death left him.'

There the sky is filled with music:
There it rains nectar:
There the harp-strings jingle,
and there the drums beat.
What a secret splendor is there,
in the mansion of the sky!
There no mention is made of the rising and the setting of the sun;

In the ocean of manifestation,
which is the light of love,
day and night are felt to be one.

Joy forever, no sorrow,-no struggle!
There have I seen joy filled to the brim, perfection of joy;
No place for error is there.
Kabîr says: 'There have I witnessed the sport of One Bliss! '

I have known in my body the sport of the universe:
I have escaped from the error of this world.
The inward and the outward have become as one sky,
the Infinite and the finite are united:
I am drunken with the sight of this All!
This Light of Thine fulfills the universe:
the lamp of love that burns on the salver of knowledge.

Kabîr says: 'There error cannot enter,
and the conflict of life and death is felt no more.'

The middle region of the sky

The middle region of the sky,
wherein the spirit dwelleth,
is radiant with the music of light;

There, where the pure and white music blossoms,
my Lord takes His delight.

In the wondrous effulgence of each hair of His body, the brightness of millions of
suns and of moons is lost.

On that shore, there is a city,
where the rain of nectar pours and pours,
and never ceases.

Kabîr says: 'Come, O Dharmadas!
and see my great Lord's Durbar.'

The river and its waves are one

The river and its waves are one
surf: where is the difference between the river and its waves?

When the wave rises,
it is the water;
and when it falls,
it is the same water again.

Tell me, Sir, where is the distinction?
Because it has been named as wave,
shall it no longer be considered as water?

Within the Supreme Brahma,
the worlds are being told like beads:
Look upon that rosary with the eyes of wisdom.

To what shore would you cross

To what shore would you cross,
O my heart?
there is no traveler before you,
there is no road:
Where is the movement,
where is the rest,
on that shore?

There is no water; no boat, no boatman, is there;

There is not so much as a rope to tow the boat, nor a man to draw it.
No earth, no sky, no time, nothing, is there: no shore, no ford!

There, there is neither body nor mind:
and where is the place that shall still the thirst of the soul?
You shall find naught in that emptiness.
Be strong, and enter into your own body:
for there your foothold is firm.
Consider it well,
O my heart!
go not elsewhere,
Kabîr says: 'Put all imaginations away,
and stand fast in that which you are.'

What kind of God would He be

What kind of God would He be
if He did not hear the
bangles ring on
an ant's
wrist

as they move the earth
in their sweet
dance?

And what kind of God would He be
if a leaf's prayer was not as precious to creation
as the prayer His own son sang
from the glorious depth
of his soul –
for us.

And what kind of God would He be
if the vote of millions in this world could sway Him
to change the divine
law of
love

that speaks so clearly with compassion's elegant tongue,
saying, eternally saying:

all are forgiven – moreover, dears,
no one has ever been
guilty.

What

kind of God would He be
if He did not count the blinks
of your
eyes

and is in absolute awe of their movements?

What a God - what a God we
have.

When He Himself Reveals Himself

When he himself reveals himself,
Brahma brings into manifestation
That which can never be seen.

As the seed is in the plant,
as the shade is in the tree,
as the void is in the sky,
as infinite forms are in the void-

So from beyond the Infinite,
the Infinite comes;
and from the Infinite the finite extends.

The creature is in Brahma,
and Brahma is in the creature:
they are ever distinct,
yet ever united.

He Himself is the tree, the seed, and the germ.
He Himself is the flower, the fruit, and the shade.
He Himself is the sun, the light, and the lighted.
He Himself is Brahma, creature, and Maya.
He Himself is the manifold form, the infinite space;
He is the breath, the word, and the meaning.

He Himself is the limit and the limitless:
and beyond both the limited and the limitless is He,
the Pure Being.

He is the Immanent Mind in Brahma and in the creature.

The Supreme Soul is seen within the soul,
The Point is seen within the Supreme Soul,
And within the Point, the reflection is seen again.
Kabîr is blest because he has this supreme vision!

When you were born in this world

When you were born in this world
Everyone laughed while you cried
Conduct NOT yourself in manner such
That they laugh when you are gone

Kabir's mind got cleansed like the holy Ganges water
Now everyone follows, saying, Kabir Kabir

Guru the washerman, disciple is the cloth
The name of God likens to the soap
Wash the mind on foundation firm
To realize the glow of Truth

Alive one sees, alive one knows
Thus crave for salvation when full of life
Alive you did not cut the noose of binding actions
Hoping liberation with death!

Inexpressible is the story of Love
It cannot be revealed by words
Like the dumb eating sweet-meat
Only smiles, the sweetness he cannot tell

Worry is the bandit that eats into one's heart
What the doctor can do, what remedy to impart?

Where Spring, the lord of the seasons

Where Spring, the lord of the seasons, reigneth,
there the Unstruck Music sounds of itself,
There the streams of light flow in all directions;
Few are the men who can cross to that shore!

There, where millions of Krishnas stand with hands folded,
Where millions of Vishnus bow their heads,
Where millions of Brahmas are reading the Vedas,
Where millions of Shivas are lost in contemplation,
Where millions of Indras dwell in the sky,
Where the demi-gods and the munis are unnumbered,
Where millions of Saraswati, Goddess of Music, play on the veena
There is my Lord self-revealed:
and the scent of sandal and flowers dwells in those deeps.



Born Harbhajan Singh Puri, August 26, 1929, in the part of India that became Pakistan in 1948, he was the son of a medical doctor. He spent his youth in privileged environments in private schools and his summers in the exclusive Dalhousie mountain region of Himachal Pradesh. As a young boy he attended a Catholic

convent school.

When he became a United States Citizen in 1976, Yogi Bhajan changed his name legally to Harbhajan Singh Khalsa Yogiji

When he was just eight years old he began his yogic training with an enlightened teacher, Sant Hazara Singh, who proclaimed him to be a Master of Kundalini Yoga when he was sixteen and a half.

During the turmoil of partition in 1947, at the age of 18, he led his village of 7000 people, near what is Lahore Pakistan today, 325 miles on foot to safety in New Delhi, India, where he arrived with only the clothes on his back.

Displaced Indians were given houses in India and soon he was able to continue his education at Punjab University where he excelled in debate and was a star athlete, playing both hockey and soccer and earning the name "China wall" from his opponents.

After graduating with a degree in Economics, he began Indian government service with India's Internal Revenue Department, and supervised the creation of the IRS building in New Delhi. Shortly

¹⁶ <http://www.yogibhajan.org/main/yogibhajan.html>

thereafter he moved to the Customs Service and become head of Customs at Palam International Airport (now known as New Delhi's Indira Gandhi Airport).

He married Inderjit Kaur in 1952. They had two sons, Ranbir Singh and Kulbir Singh, and a daughter, Kamaljit Kaur.

Throughout his academic career and government service he continued to teach yoga to people from all walks of life.

In September of 1968, he left India for Canada to teach yoga at Toronto University, carrying a letter of recommendation from Sir James George, Canadian High Commissioner in New Delhi, who had been his student.

After two months in Canada, he flew to Los Angeles for a weekend visit. Arriving in Los Angeles virtually unknown, Yogi BhaJan met a number of young hippies,

the spiritual seekers of that era, and immediately recognized that the experience of higher consciousness they were attempting to find through drugs, could be achieved by practicing the Science of Kundalini Yoga, while simultaneously rebuilding their nervous systems.

Breaking the centuries old tradition of secrecy surrounding the empowering science of Kundalini Yoga, he began teaching it publicly.

With the yogic sciences of yoga, meditation, yogic philosophy, and loving acceptance, he gave the soon to be called "Baby Boomers" an effective alternative to the prevalent drug culture. He called it the "3HO" (healthy, happy, holy) way of life.

From humble beginnings, teaching first at the East West Cultural Center and then in a student's furniture store in West Hollywood, "The Yogi" was like a magnet.

Students flocked to his classes. Soon he was teaching at colleges and universities, including Claremont and UCLA, and accepting invitations to teach in other cities.

In July of 1969 the non-profit 3HO Foundation (Healthy, Happy, Holy Organization) was incorporated in California. 3HO's service to humanity is through Kundalini Yoga, meditation and the Science of Humanology which improves physical well being, as well as deepening spiritual awareness.

Under his guidance as Director of Spiritual Education, 3HO mushroomed worldwide, to 300 centers in 35 countries. In 1994 3HO became a member of the United Nations as an NGO (Non-Governmental-Organization) in Consultative Status (Roster) with the Economic and Social Council, representing women's issues, promoting human rights and providing education in alternative systems of medicine.

Traveling extensively in the seventies and eighties, Yogi Bajan crusaded tirelessly to educate, uplift, and enlighten everyone he met. His basic message was "It is your birthright to be healthy, happy, and holy".

Inspired and motivated by his words and adhering to the practices he taught, students created music, art, and poetry reflecting the universal wisdom he shared.

Over 200 books have been written based on his teachings, as well as a wealth of CD's, videos, paintings, and sculpture. He himself wrote over 30 books including The Yogi Bajan Library of Teachings❖ , Furmaan Khalsa, Masters Touch, and Mind and Its 81 Facets.

Becoming the Mahan Tantric (only living Master of White Tantric Yoga) in 1971, he conducted workshops in cities around the world. In 1987 he transferred these workshops to videotape, calling them "Renew to be New" Courses, which will continue to be held worldwide.

In 1973, Yogi Bajan founded 3HO SuperHealth, a remarkably successful drugless, drug rehabilitation program, blending the proven ancient yogic wisdom of the East with the modern technology of the West. SuperHealth was accredited by the Joint Commission on Accreditation of Healthcare Organization and received its highest commendation. In 1973 it distinguished itself as being in the top 10% of all treatment programs throughout the U.S.

In 1989 Yogi Bajan met with then President Mikhail Gorbachev and established addiction treatment programs in Russia based on the 3HO SuperHealth model. Currently a pilot project of Superhealth is being formed by the Punjab State Government in India.

True to his earliest commitment, "I've not come to gather students, but to train teachers," the International Kundalini Yoga Teachers Association and KRI (Kundalini Research Institute) now holds teacher-training courses throughout the world.

Embodying a rare combination of spiritual and down-to-earth practical wisdom, Yogi Bajan was equally at home in the pulpit, the podium, the board room, the living room, or sitting on the grass in a park, teaching and educating people in all walks of life. His expertise and influence extended into the realms of communication, the healing arts, business, religion, and government.

Loyal friend and mentor of Senators, Congressmen, and Governors regardless of political affiliation, he promoted spiritual awareness in all arenas.

An ardent advocate of world peace and religious unity, the Siri Singh Sahib met with world leaders of all faiths to encourage dialogue, including Pope Paul VI, Pope John Paul II, the Dalai Lama, and two Archbishops of Canterbury. In 1995 he received the Courage of Conscience Award from the Peace Abbey in Sherborn, Massachusetts

In 1971 at the Celebration of Life Music Festival in New Orleans he shared the podium with Swami Satchidanda and Swami Vishnudevananda.

He participated in many interfaith forums and conferences, including the World Parliament of Religions. In the early 70's he helped organize the first 'Meeting of the Ways' in San Francisco and was co-founder of the Unity of Man Conference. He became Co-President of the World Fellowship of Religions in 1974.

He served on the Board of Directors of the American Council of Executives in Religion and was a member of the Interreligious Council of Southern California, the Rotary Club, and the Los Angeles World Affairs Council.

In June of 1985 he established the first International Peace Prayer Day Celebration in New Mexico. This annual day of musical celebration and interfaith prayer draws several thousand participants, including prominent national and international leaders in the realms of religion, politics, and humanity.

Those honored at this event and given grants for leading the way in spreading the word of peace have included: Grandmothers for Peace and the Gesundheit! Institute.

A graduate in Economics from Punjab University (1952) and a savvy entrepreneur he encouraged his students to start their own businesses.

One of the first, Yogi Tea, brought his famous recipe into the mainstream, and it is now one of the leading tea companies in the health food market in the USA and Europe.

He became a trusted management consultant for 14 corporations worldwide, representing industries as diverse as health food manufacturing (KITT-Golden Temple Foods), computer systems (Sun and Son), and security services (Akal Security). He conducted

business seminars and authored several books to guide the aspiring entrepreneur as well as the seasoned executive.

He was a champion of women's rights, and believed that it is women who are the backbone of society, and since 1972 when he inaugurated the first of annual women's camps, he taught technology to turn 'chicks into eagles.'

Yogi Bajan fathered the science of Humanology and in 1980 he earned his Ph.D. with his dissertation titled "Communication: Liberation or Condemnation".

Standing six feet three, his powerful and dynamic presence dominated any gathering. Fearless, outspoken yet humble, he could be both charming and daunting as the occasion required.

His openhearted acceptance of everyone along with an uncompromising insistence upon excellence made him a formidable teacher.

His motto: "If you can't see God in all, you can't see God at all".

His credo: "It's not the life that matters, it's the courage that you bring to it". His challenge to students, "Don't love me, love my teachings. Become ten times greater than me".

Although Yogi Bajan has left his physical form, he asked that his students and those who knew him celebrate his Homecoming. The light of his spiritual essence continues to bless all those whom he loved, and that is the entire human race.

◆ The Yogi Bajan Library of Teachings, November 24, 1990

[YouTube Videos](#)



Yogi Bhajan's Legacy Official Trailer 1 2018 Documentary

P Gu • 5.6K views • 2 years ago

CC



Yogi Bhajan: Welcome Your Future

3HO Foundation • 11K views • 10 months ago

Lecture 8/21/85 Courtesy of the Yogi Bhajan Library of Teachings.



Guiding Yourself by Intuition - The Power of Sadhana | Yogi Bhajan - SikhNet.com

SikhNet • 37K views • 2 years ago

Guiding Yourself by Intuition - The Power of Sadhana | Yogi Bhajan - SikhNet.com If you do not have the ability to work for yourself ...



Discover Your Soul | Siri Singh Sahib | Yogi Bhajan | GurbaniKirtanNonstop

Gurbani Kirtan Nonstop • 734 views • 3 years ago

Beautiful lecture by Siri Singh Sahib explaining why knowing one's inner self is important rather than knowing the mortal being.

Gurminder's stories of his uncle

Guru Granth Sahib

17



Guru Granth Sahib every dawn ...

Guru Granth Sahib



17

[https://en.wikipedia.org/wiki/Guru_Granth_Sahib#:~:text=Guru%20Granth%20Sahib%20\(Punjabi%3A%20%E0%A8%97%E0%A9%81%E0%A8%B0%E0%A9%82,human%20gurus%20of%20the%20religion.](https://en.wikipedia.org/wiki/Guru_Granth_Sahib#:~:text=Guru%20Granth%20Sahib%20(Punjabi%3A%20%E0%A8%97%E0%A9%81%E0%A8%B0%E0%A9%82,human%20gurus%20of%20the%20religion.)

Illuminated *Guru Granth Sahib* folio
with *nish* ([Mul Mantar](#)) of [Guru Nanak](#)

Guru Granth Sahib ([Punjabi](#): ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ Punjabi pronunciation: [\[gʊɾuː grəntʰə saːhɪb\]](#)) is the central religious scripture of [Sikhism](#), regarded by Sikhs as the final, sovereign and [eternal living Guru](#) following the lineage of the [ten human gurus](#) of the religion.

The *Adi Granth*, its first rendition, was compiled by the fifth Guru, [Guru Arjan](#) (1563–1606). [Guru Gobind Singh](#), the tenth Sikh Guru, did not add any of his own hymns; however, he added all 115 hymns of [Guru Tegh Bahadur](#), the ninth Sikh Guru, to the *Adi Granth* and affirmed the text as his successor.^[1] This second rendition became known as *Guru Granth Sahib* and is sometimes also referred to as **Adi Granth**.^{[2][3]}

The text consists of 1,430 *angs* (pages) and 5,894 *śabads* (line compositions),^{[4][5][6]} which are poetically rendered and set to a rhythmic ancient north Indian classical form of music.^[7]

The bulk of the scripture is divided into sixty^{[4][5]} *rāgas*, with each [Granth](#) *rāga* subdivided according to length and author.

The hymns in the scripture are arranged primarily by the *rāgas* in which they are read.^[5] The *Guru Granth Sahib* is written in the [Gurmukhi](#) script, in various languages, including [Lahnda](#) (Western Punjabi), [Braj Bhasha](#), [Kauravi](#), [Sanskrit](#), [Sindhi](#), and [Persian](#). Copies in these languages often have the generic title of [Sant Bhasha](#).^[8]

Guru Granth Sahib was composed predominantly by six Sikh Gurus: [Guru Nanak](#), [Guru Angad](#), [Guru Amar Das](#), [Guru Ram Das](#), [Guru Arjan](#), and [Guru Teg Bahadur](#). It also contains the poetic teachings of thirteen Hindu [Bhakti movement](#) *sant* poets and two [Sufi Muslim](#) poets.^{[9][10]}

The vision in the Guru Granth Sahib is of a society based on divine justice without oppression of any kind.^{[11][12]} While the Granth acknowledges and respects the scriptures of Hinduism and Islam, it does not imply a moral reconciliation with either of these religions.^[13]

It is installed in a Sikh [gurdwara](#) (temple). A Sikh typically bows or prostrates before it on entering such a temple.^[14] The Granth is revered as eternal [gurbānī](#) and the spiritual authority in Sikhism.^[15]

Guru Nanak composed hymns, which were sung by his followers in *rāga* set to music.^[16] His successor, Guru Angad, opened centers and distributed these hymns. The community would sing the hymns and his agents collected donations.^[17]

This tradition was continued by the third and fourth gurus as well. The fifth guru, Guru Arjan, discovered that [Prithi Chand](#) – his eldest brother and a competing claimant to the Sikh guruship - had a copy of an earlier *pothi* ([palm-leaf manuscript](#)) with hymns and was distributing hymns of the earlier Gurus along with his own of hymns.^[18]

Guru Arjan considered these as spurious and became concerned about establishing an authentic anthology of approved hymns.^[19]

Guru Arjan began compiling an officially approved version of the sacred scripture for the Sikh community. He sent his associates across the Indian subcontinent to collect the circulating hymns of Sikh Gurus and convinced Mohan, the son of Guru Amar Das, to give him the collection of the religious writings of the first three gurus.^[19]

As his associates returned with their collections, Guru Arjan selected and edited the hymns for inclusion in the Adi Granth with [Bhai Gurdas](#) as his scribe.^{[20][note 1]} This effort yielded several drafts and manuscripts, some of which have survived into the modern era.^{[18][22]}

The oldest surviving manuscript version of the *Adi Granth* is the Guru Nanak Dev University Manuscript 1245 and has been dated to c. 1599. Other early editions of *Adi Granth* with some variations include the Bahoval [pothi](#) (c. 1600), Vanjara pothi (c. 1601) and Bhai Rupa pothi (c. 1603).^[22]

Another early variant manuscript is called the Guru Harsahai pothi, preserved by [Sodhis](#) and is believed to be the one that existed before Guru Arjan's compilation and one he gave to his eldest brother [Prithi Chand](#).

It was initially installed in Amritsar, then was moved in the 18th-century and preserved in Guru Harsahai (35 kilometers west of [Faridkot, Punjab](#)) till 1969, when the state government requested it be displayed for the 500 years celebrations.

It was moved for the first time in over 200 years and briefly displayed in Patiala for the event. Thereafter, the Sodhis consented to transfers. In 1970, however, during another such transfer, this early version of the *Adi Granth* manuscript was stolen.^[18] However, photos of some pages have survived.

This manuscript is claimed by the Sodhis to be the oldest and one written in part by Guru Nanak. However, this claim is first observed only much later, in texts attributed to the 17th-century Hariji, the grandson of Prithi Chand. Based on the evidence in the surviving photos, it is unlikely that Guru Nanak wrote or maintained a pothi.

The features in its Gurmukhi script and the language suggest that the hymns are significantly older, and that the pre-canonical hymns were being written down in early Sikhism and preserved by the Sikh Gurus prior to the editing by Guru Arjan.

The existence of Guru Harsahai manuscript attests to the early tradition of Sikh scripture, its existence in variant forms and a competition of ideas on its contents including the [Mul Mantar](#).^[23]

Many minor variations, and three significant *Adi Granth* recensions are known and these provide insights into how the Sikh scripture was compiled, edited and revised over time.^[22] There is a fourth significant version called the Lahori bir, but it primarily differs in how the hymns are arranged and the final pages of the *Adi Granth*.^{[22][note 2]}

In 1604, the first edition of the Sikh scripture, *Adi Granth*, was complete and officially approved by Guru Arjan. It was installed at the [Golden Temple](#), with [Baba Buddha](#) as the first *granthi* or reader.^[27] No hymns were added by [Guru Hargobind](#), [Guru Har Rai](#) and [Guru Har Krishan](#). In the Sikh tradition,

Guru Hargobind is credited for adding the *rāga* tunes for nine out of 22 Vars. The hymns of IX Guru Tegh Bahadur, after his beheading in Delhi, were added to the scripture by his son and successor Guru Gobind Singh.^[21]

In 1704 at [Damdama Sahib](#), during a one-year respite from the heavy fighting with the [Mughal Emperor Aurangzeb](#), Guru Gobind Singh and [Bhai Mani Singh](#) added the religious compositions of Guru Tegh Bahadur to the Adi Granth to create the final edition called the *Guru Granth Sahib*.^[28] Prior to Guru Gobind Singh, three versions of the *Adi Granth* pothi with minor variations were in circulation at Sikh shrines across the Indian subcontinent.^[29]

In addition, several unauthorized versions were in circulation, issued by sects founded by one of the sons or relatives of earlier Sikh Gurus such as [Prithi Chand](#), Guru Arjan's elder brother.^[29] Guru Gobind Singh issued the definitive final edition that included the hymns of his father, and closed the canon.

This manuscript is called the Damdama bir, and a 1707 rare copy of this manuscript is now preserved at the Toshakhana in Nanded, Maharashtra.^[29]

The compositions of Guru Gobind Singh were not included in Guru Granth Sahib and set into the *Dasven Padsah ka Granth*, which is more popularly known as the [Dasam Granth](#).^[28] The compilation and release of this definitive edition of the latter was completed by Bhai Mani Singh.^[30]

In 1708, Guru Gobind Singh conferred the title of "Guru of the Sikhs" upon the Adi Granth. The event was recorded in a *Bhatt Vahi* (a bard's scroll) by an eyewitness, Narbud Singh, who was a bard at the Rajput rulers' court associated with gurus.^[41]

Sikhs since then have accepted Guru Granth Sahib, the sacred scripture, as their eternal-living guru, as the embodiment of the ten Sikh Gurus, the highest religious and spiritual guide for Sikhs. It plays a central role in guiding the Sikh's way of life.^{[3][42]}



A [Granthi](#) reciting from Guru Granth Sahib

No one can change or alter any of the writings of the Sikh gurus written in the Guru Granth Sahib.

This includes sentences, words, structure, grammar, and meanings. This tradition was set by Guru Har Rai. He sent his eldest son Ram Rai as an emissary to the Mughal emperor [Aurangzeb](#) in

Delhi. Aurangzeb, a devout Muslim ruler, objected to a verse in the Sikh scripture (*Asa ki Var*) that stated, "the clay from a Musalman's grave is kneaded into potter's lump", considering it an insult to [Islam](#).

Ram Rai tried to please the emperor by explaining that the text was miscopied and modified it, substituting "Musalman" with "Beiman" (faithless, evil) which Aurangzeb approved. [\[43\]](#)[\[44\]](#) The willingness to change a word led Guru Har Rai to bar his son from his presence, and name his younger son as his successor. [\[44\]](#)



Guru Granth Sahib -English Version Quotes

Make modesty your circumcision, and good conduct your fast. In this way, you shall be a true Muslim. Let good conduct be your Kaabaa, Truth your spiritual guide, and the karma of good deeds your prayer and chant. Let your rosary be that which is pleasing to His Will.”

— Sant Singh, Guru Granth Sahib -English Version

“In this world, in the nether regions of the underworld, and in the Akaashic Ethers, the Guru, the True Guru, has shown me the Lord; He has showered me with His Mercy. He is the unborn Lord God; He is, and shall ever be.”

— Sant Singh, Guru Granth Sahib

“He Himself is the pen, and He Himself is the scribe;”

— Sant Singh, Guru Granth Sahib

“The speech of the great spiritual beings has a higher purpose. They are filled to over-flowing with Ambrosial Nectar, and they have absolutely no greed at all. ”

— Sant Singh, Guru Granth Sahib

“five thieves: sexual desire, anger, greed, emotional attachment and egotism. They plunder the Nectar, but the self-willed manmukh does not realize it;”

— Sant Singh, Guru Granth Sahib

“O my mind, remember always the Dear Lord. At the very last moment, He alone shall be your best friend; He shall always stand by you. ”

— Sant Singh, Guru Granth Sahib

“As the moth falls into the lamp, as the thief steals without hesitation, as the elephant is trapped by its sexual urges, as the sinner is caught in his sins, as the gambler’s addiction does not leave him, so is this mind of Nanak’s attached to the Lord. || 8 || As the deer loves the sound of the bell, and as the song-bird longs for the rain, the Lord’s humble servant lives in the Society of the Saints, lovingly meditating and vibrating upon the Lord of the Universe.”

— Sant Singh, Guru Granth Sahib

“The addict is addicted to his drug, and the landlord is in love with his land. As the baby is attached to his milk, so the Saint is in love with God. ”

— Sant Singh, Guru Granth Sahib

“Make your mind the farmer, good deeds the farm, modesty the water, and your body the field. Let the Lord’s Name be the seed, contentment the plow, and your humble dress the fence.”

— Sant Singh, Guru Granth Sahib

“The Guru has implanted spiritual wisdom within me, as a bridle in my mouth. He has applied the whip of the Lord’s”

— Sant Singh, Guru Granth Sahib

“This perishable realm and world has been made like a house of sand. In no time at all, it is destroyed, like the paper drenched with water.”

— Sant Singh, Guru Granth Sahib

“O man, grasp this Truth firmly in your soul. The whole world is just like a dream; it will pass away in an instant. ”

— Sant Singh, Guru Granth Sahib

“The world is entangled in its own pleasures; no one is for anyone else. In good times, many come and sit together, surrounding you on all four sides. But when hard times come, they all leave, and no one comes near you.”

— Sant Singh, Guru Granth Sahib

“desert is not satisfied by rain, and the fire is not quenched by desire. The king is not satisfied with his kingdom, and the oceans are full, but still they thirst for more. O Nanak, how many times must I seek and ask for the True Name? || 1 ||
SECOND”

— Sant Singh, Guru Granth Sahib

“The Dark Age of Kali Yuga is the vessel, filled with the wine of sex; the mind is the drinker. Anger is the cup, filled with emotional attachment; egotism is the bartender. Drinking too much in the company of falsehood and greed, one is ruined.”

— Sant Singh, Guru Granth Sahib

“If my body were to become the paper, O Beloved, and my mind the inkpot; and if my tongue became the pen, O Beloved, I would write, and contemplate, the Glorious Praises of the True Lord.”

— Sant Singh, Guru Granth Sahib

“When the mind is conquered, its turbulent wanderings are stopped. Without conquering the mind, how can the Lord be found?”

— Sant Singh, Guru Granth Sahib

“let good deeds be your distillery, and let Truth be the molasses you ferment; make the most excellent wine of Truth. Make virtue your bread, good conduct the ghee, and modesty the dish of meat. As Gurmukh, these are obtained, O Nanak; consuming them, evil and corruption depart.”

— Sant Singh, Guru Granth Sahib

“Great men speak the teachings by relating them to individual situations, but the whole world shares in them.”

— Sant Singh, Guru Granth Sahib

“The body is the bottle, self-conceit is the wine, and desire is the company of drinking buddies. The glass of the mind’s longing is filled to overflowing with falsehood; the Messenger of Death is the bartender. Drinking in this wine, O Nanak, one takes on countless vices and corruption. So make spiritual wisdom your molasses, and the Praise of God your bread; let the Fear of God be the dish of meat. O Nanak, this is the true food; let the True Name be your only Support.

— Sant Singh, Guru Granth Sahib

Videos



Age of Universe according to Vedas

18



Hello!! I am Amit Goyal, a final year PhD student in [Department of Computer Science](#) in [University of British Columbia](#) (UBC). My supervisor is [Dr. Laks V. S. Lakshmanan](#). I completed my Bachelors in [Computer Science](#) from [Indian Institute of Technology, Bombay](#) (IITB). My PhD thesis focus on understanding Influence propagation in Social Networks and how it can be leveraged in various applications like Viral Marketing.

I wrote this article long back so putting it here without much modifications. It talks about the current age (and total age) of universe as described by Vedas (sacred books of Hinduism). According to modern science, there are two theories:

- a. The Steady State theory, which says the universe is never born, never dies, and is always like what it is.
- b. The Big bang theory, which says the universe began with a point of energy exploding in a "big-bang".

Since the universe is expanding and evolving, 1st theory is not 100% correct automatically. Big Bang theory says that the current age of universe is 11-20 billion years. But according to new observations, i.e. clusters of galaxies, super-clusters, Great Wall (Tully's complexes), it is quite evident that our universe is much much older than that.

Lots of cosmologist believe that big-bang theory is not correct although it is most widely accepted. In short, modern man is not aware of forces and science which are needed to explain the creation of universe.

Lets look at vedic science and what it says. Right now I am quoting only what it says:

- a. Total age of universe is 311.04 trillion years (human years).

18

https://www.cs.ubc.ca/~goyal/age_of_universe.php#:~:text=This%20time%20span%20is%20also,get%20sucked%20and%20Brahma%20dies.&text=%2D%3E%20In%201%20day%20of%20Brahma,there%20are%2014%20%22manvantara%22.

b. Current age is around 155.521972944 trillion years.

How it is calculated:

-> There are 4 ages on earth which keeps circulating:

Satya Yuga - 1.728 million years

Treta Yuga - 1.296 million years

Dwapara Yuga - 0.864 million years

Kali Yuga - 0.432 million years

Total: 4.32 million human years.

-> This yuga cycle is called maha (in english, it means great/big) or divya (divine) yuga. One thousand such cycles forms one day of Brahma (a demigod in hindu religion which governs the universe). So one day of Brahma is $4.32 \text{ million} * 1000 = 4.32 \text{ billion}$ human years. Each such day of Brahma is called a "kalpa". His night also constitutes 4.32 billion human years. During his day, life exists in universe. In nighttime, no form of life exists. So one complete day and night has 8.64 billion human years.

-> Age of Brahma is 100 years. Each year of Brahma has 360 days and same number of nights. Thus, total age of Brahma is $360 * 100 * 8.64 \text{ billion} = 311,040 \text{ billion}$ human years. i.e. 311.04 trillion years. This period is called "maha kalpa".

-> The life span of the universe is one "maha kalpa". i.e. 311.04 trillion human years. This time span is also the duration of one breath of "Vishnu" (the ultimate god in hindu religion). When he exhales, thousands of universes emerges and one "Brahma" is born in each universe. When "Vishnu" inhales, all universes get sucked and Brahma dies.

-> This cycle is non-ending and eternal. That's why "Vishnu" is considered eternal in Vedic Science (or religion).

How much old is our universe:

-> Note that the period of Satya Yuga is $0.4x$, Treta Yuga is $0.3x$, Dwapara Yuga is $0.2x$ and Kali Yuga is $0.1x$ where x is the time-span of one maha-yuga cycle. I will use ' x ' as 1 maha-yuga cycle subsequently.

-> In 1 day of Brahma, there are 14 "manvantara". Each "manvantara" is divided into 71 "maha-yuga" cycles. So total make $14 \times 71 = 994x$ (mahayuga cycles).

-> Remaining cycles (1 day of Brahma contains 1000 maha-yuga cycles) are used to fill gaps between manvantara. Before and after each manvantara (called as "sandhya" and "sandhyamsa" respectively), there is a junction of 1.728 million (age of Satya Yuga, or $0.4x$) human years. Total number of junctions are 15 (since there are 14 manvantaras). So total gap period is $= 0.4 \times 15 = 6x$. Hence total makes 1000 maha-yuga cycles or 1 brahma day.

-> According to the Vedic texts, current age of Brahma is 50 Brahma years and 1 brahma day (we are in the 1st day of 2nd half of brahma) and we are in the seventh "manvantara", in the 28th turnover of its 71 yuga cycles. In this cycle, we are in the start Kali Yuga. Age of kali yuga is not known perfectly but it is around 5000-10000 years. For calculation, let's assume 8000 human years.

-> So current age of our universe (in terms of maha-yuga cycles) =

$(50 \times 720 \times 1000) \text{ -- } 50 \text{ years} \times (360 \text{ days} + 360 \text{ nights}) \times \text{total no. of cycles in one day/night}$

+ (6×71) -- 6 manvantara each of 71 maha-yuga cycle

+ (7×0.4) -- 7 junctions or gaps for 6 manvantara

+ (27×1) -- we are in 28th cycle of 71

+ $(0.4+0.3+0.2)$ -- In this cycle, we are in Kali Yuga. Satya Yuga, Treta Yuga and Dwapara yuga are $0.4x$, $0.3x$ and $0.2x$ respectively.

+ around 8000 human years -- very small, so ignoring it.

Thus total age = $(36,000,000 + 456.7) \times 36,000,456.7 \times 4.32$ million =
155,521,972.944 million years = 155.521972944 trillion human years. Now add
the age of kaliyuga. i.e. around 8000 human years. One we calculate the exact age
of kaliyuga, we can know the exact age of universe.

How ancient Indians (or Vedic people, more precisely) come up with these
numbers, I dont have a clue.

Chakras



For over five thousand years the Indians have discovered flower petal-shaped vortexes of energy lying across seven different areas on our spinal column.

These chakras are directly connected to the endocrine system of glands.

These chakras are responsible for distributing energy through the body. Where there is a blockage disease will occur. In our next chapter, we will talk about the Chinese discovery of meridians.

I won't go through the specifics of each chakra. Here's a general overview of each one. The following information came from color-meanings.com

The Root Chakra – The Sanskrit word for this Chakra is Mooladhara Chakra (mool means root). The chakra color associated with the root chakra is Red.

The root chakra defines our relation to Earth. It impacts our vitality, passion, and survival instincts. The red chakra colors are also indicative of our need for logic and order, physical strength and sexuality as well as the fight or flight response when faced with danger.

The sense of smell in the human body is connected to the Root Chakra. The gland to which the root chakra is attached is the Gonads.

The Sacral Chakra –The chakra color associated with the sacral chakra is orange. This chakra relates to the water element in the human body.

The chakra colors are orange which impacts sexuality, reproductive function, joy, desire and even creativity, and compassion for others.

The sense of Taste is associated with the Sacral Chakra. Glands and organs impacted by this chakra include the lymphatic system, female reproductive organs, large intestine, pelvis, and bladder.

The Solar plexus Chakra – The Sanskrit word for this chakra is Manipura Chakra which translates to “city of jewels”.

Thus the solar plexus chakra is the personal power chakra that is responsible for one's personal and professional success.

The chakra colors yellow of this energy vortex are associated with fire, energy, charge, etc.

This element of fire, when balanced and harmonious allows one to feel more confident, cheerful, and energetic along with the right amount of respect for self and others.

Our sense of sight is associated with the solar plexus chakra. The glands or organs associated with the Solar plexus chakra are the Adrenal glands.

The Heart Chakra – Anahata Chakra or the heart chakra is associated with the chakra color Green. This chakra influences our relationships and has the Air element.

A weak heart chakra is responsible for sabotaging relationships through distrust, anger, envy, etc. The sense of touch is impacted by the heart chakra and the glands connected to it are Thymus and lymph.

The Throat Chakra – The Vishuddhi chakra refers to our true voice. As the name suggests, the Throat chakra with its chakra colors Blue is associated with the ability to communicate, listen, etc.

The glands to which the Throat chakra is attached are the esophagus, ears, throat, thyroid, jaws, teeth, and neck vertebrae.

The ethereal element of the Throat Chakra, when balanced, allows an individual to have a pleasant voice, artistic abilities, expressive ways, and also the ability to be in a higher place spiritually.

Individuals with a balanced throat chakra can meditate well and use their energy efficiently and artistically.

The Third Eye Chakra – The Ajna Chakra translates to the “center of knowing or monitoring”.

This chakra is associated with chakra colors Indigo and is connected to the Pineal or pituitary gland. Those with a well-balanced brow chakra can have telepathic

abilities, and charismatic personalities and they often do not have any fear of death.

The element of electricity or telepathy along with the chakra colors of Indigo are associated with our sense of Thought.

The Crown Chakra – This chakra is known as Sahasrara chakra in Sanskrit and is associated with the chakra colors of violet or purple.

The crown chakra is associated with the pituitary gland, nervous system, and the brain and head region with its element of light.

In its balanced state, this chakra can render individuals the ability to perform miracles, transcend the laws of nature, and have a heightened awareness of death and immortality.

Now according to the great masters and mystics, the journey begins at the base of the spine. There lies the Ida and the Pingala nerve. Imagine a column called the Sushumna which is not physical and goes from the bottom of the spine

Here's the definition of the Sushumna from Wikipedia.

Sushumna (सुषुम्णा, suṣumṇā "very gracious", "kind" [3]) runs along the spinal cord in the center, through the seven chakras.

Under the correct conditions, the energy of kundalini is said to uncoil and enter Sushumna through the brahma dwara or gate of Brahma at the base of the spine.

The Shiva Samhita treatise on yoga states, for example, that out of 350,000 nadis 14 are particularly important, and among them, the three just mentioned are the three most vital.

It seems to me that God hardwired each human being to help them discover his true nature. The journey begins at the base of the spine of the root chakra. Here the consciousness of me me and me reside.

The human being is existing in a state of survival mode. The goal in life is to master each chakra and ultimately arrive at the crown chakra and enter its door. At this stage, one will realize that I am the universe. We are all one.

This is our true state of existence. We are all one huge gigantic family. Each one is responsible for discovering our true nature.

The world will be in a better place if we all did this. Ponder this over. So do you think that you are hard-wired to find God? Maybe it's time to use your inner key to start the engine.

Endocrine System



The following information came from Wikipedia.

The endocrine system is a chemical messenger system comprising feedback loops of hormones released by the internal glands of an organism directly into the circulatory system, regulating distant target organs.

A hormone is any of a class of signaling molecules produced by glands in multicellular organisms that are transported by the circulatory system to target distant organs to regulate physiology and behavior.

Hormones have diverse chemical structures, mainly of 3 classes: eicosanoids, steroids, and amino acid/protein derivatives (amines, peptides, and proteins).

The glands that secrete hormones comprise the endocrine system. Hormones are used to communicate between organs and tissues for physiological regulation and behavioral activities, such as digestion, metabolism, respiration, tissue function, sensory perception, sleep, excretion, lactation, stress, growth and development, movement, reproduction, and mood.

Hormones affect distant cells by binding to specific receptor proteins in the target cell resulting in a change in cell function.

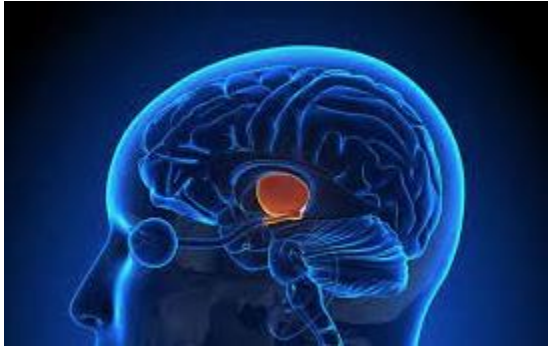
This may lead to cell type-specific responses that include rapid changes to the activity of existing proteins, or slower changes in the expression of target genes.

Amino acid–based hormones (amines and peptides or protein hormones) are water-soluble and act on the surface of target cells via signal transduction pathways; steroid hormones, being lipid-soluble, move through the plasma membranes of target cells to act within their nuclei.

Endocrine glands are glands of the endocrine system that secrete their products, hormones, directly into interstitial spaces, and then absorbed into the blood rather than through a duct.

The major glands of the endocrine system include the pineal gland, pituitary gland, pancreas, ovaries, testes, thyroid gland, parathyroid gland, hypothalamus, and adrenal glands. The hypothalamus and pituitary gland are neuroendocrine organs.

Hypothalamus gland



The hypothalamus is a portion of the brain that contains several small nuclei with a variety of functions. One of the most important functions of the hypothalamus is to link the nervous system to the endocrine system via the pituitary gland.

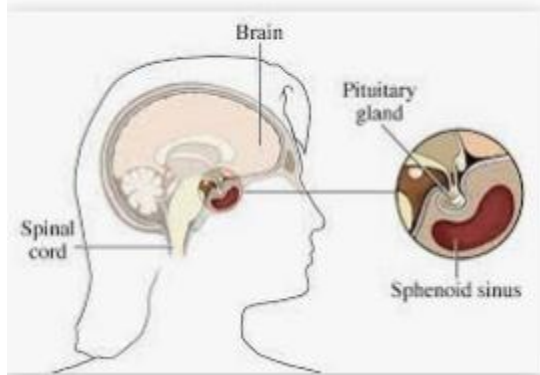
The hypothalamus is located below the thalamus and is part of the limbic system. In the terminology of neuroanatomy, it forms the ventral part of the diencephalon.

All vertebrate brains contain a hypothalamus. In humans, it is the size of an almond. The hypothalamus is responsible for the regulation of certain metabolic processes and other activities of the autonomic nervous system.

It synthesizes and secretes certain neurohormones, called releasing hormones or hypothalamic hormones, and these, in turn, stimulate or inhibit the secretion of hormones from the pituitary gland.

The hypothalamus controls body temperature, hunger, important aspects of parenting and attachment behaviors, thirst, fatigue, sleep, and circadian rhythms.[citation needed]

Pituitary Gland



The pituitary gland is a pea-sized gland that sits in a protective bony enclosure called the sella turcica (Turkish chair/saddle).

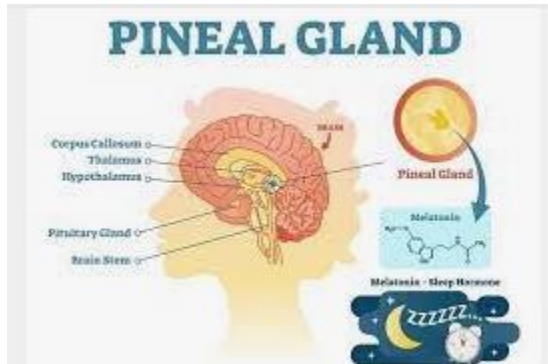
It is composed of three lobes: the anterior, intermediate, and posterior lobes.

In many animals, these lobes are distinct.

However, in humans, the intermediate lobe is but a few cell layers thick and indistinct; as a result,

it is often considered part of the anterior pituitary. In all animals, the fleshy, glandular anterior pituitary is distinct from the neural composition of the posterior pituitary.

Pineal Gland



The pineal gland is a small endocrine gland in the brain of most vertebrates.

The pineal gland produces melatonin, a serotonin-derived hormone that modulates sleep patterns in both circadian and seasonal cycles.

The shape of the gland resembles a pine cone from which it derived its name. The pineal gland is located in the epithalamus, near the center of the brain, between the two hemispheres, tucked in a groove where the two halves of the thalamus join.

The pineal gland is one of the neuroendocrine secretory circumventricular organs that are not part of the blood-brain barrier.

Nearly all vertebrate species possess a pineal gland.

The results of various scientific research in evolutionary biology, comparative neuroanatomy, and neurophysiology, have explained the phylogeny of the pineal gland in different vertebrate species.

From the point of view of biological evolution, the pineal gland represents a kind of atrophied photoreceptor. In the epithalamus of some species of amphibians and reptiles, it is linked to a light-sensing organ, known as the parietal eye, which is also called the pineal eye or third eye.

René Descartes believed the human pineal gland to be the "principal seat of the soul".

Academic philosophy among his contemporaries considered the pineal gland as a neuroanatomical structure without special metaphysical qualities; science studied it as one endocrine gland among many.

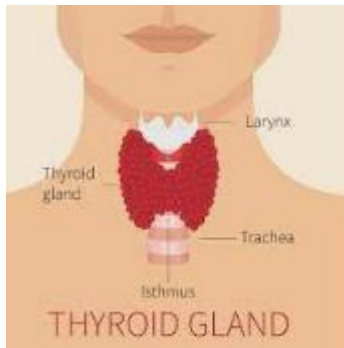
Seventeenth-century philosopher and scientist René Descartes were highly interested in anatomy and physiology.

He discussed the pineal gland both in his first book, the *Treatise of Man* (written before 1637, but only published posthumously 1662/1664) and in his last book, *The Passions of the Soul* (1649) and he regarded it as "the principal seat of the soul and the place in which all our thoughts are formed." In the *Treatise of Man*, Descartes described conceptual models of man, namely creatures created by God, which consist of two ingredients, a body, and a soul. In the *Passions*, Descartes split man up into a body and a soul and emphasized that the soul is joined to the whole body by "a certain very small gland situated in the middle of the brain's substance and suspended above the passage through which the spirits in the brain's anterior cavities communicate with those in its posterior cavities".

In the late 19th century Madame Blavatsky (who founded theosophy) identified the pineal gland with the Hindu concept of the third eye or the Ajna chakra. This association is still popular today.

Rick Strassman, an author and Clinical Associate Professor of Psychiatry at the University of New Mexico School of Medicine, has theorized that the human pineal gland is capable of producing the hallucinogen N,N-dimethyltryptamine (DMT) under certain circumstances.[61] In 2013 he and other researchers first reported DMT in the pineal gland microdialysate of rodents.

Thyroid Gland

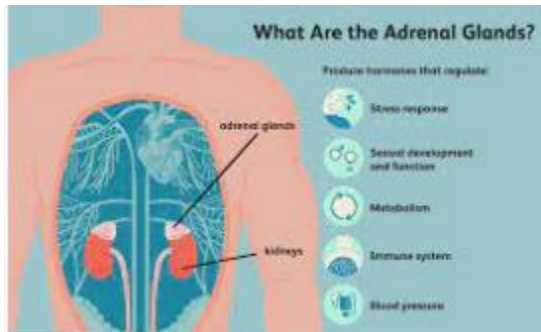


The thyroid gland, or simply the thyroid, is an endocrine gland in the neck, consisting of two lobes connected by an isthmus. It is found at the front of the neck, below Adam's apple.

The thyroid gland secretes three hormones, namely the two thyroid hormones (thyroxine/T4 and triiodothyronine/T3), and calcitonin.

The thyroid hormones primarily influence the metabolic rate and protein synthesis, but they also have many other effects, including effects on development. Calcitonin plays a role in calcium homeostasis.

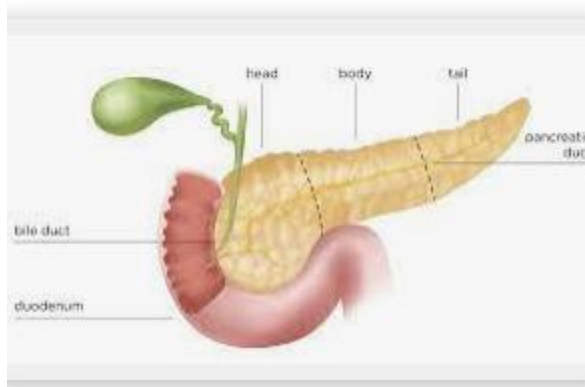
Adrenal Glands



The adrenal glands (also known as suprarenal glands) are endocrine glands that produce a variety of hormones including adrenaline and the steroids aldosterone and cortisol.

They are found above the kidneys. Each gland has an outer cortex that produces steroid hormones and an inner medulla.

Pancreas



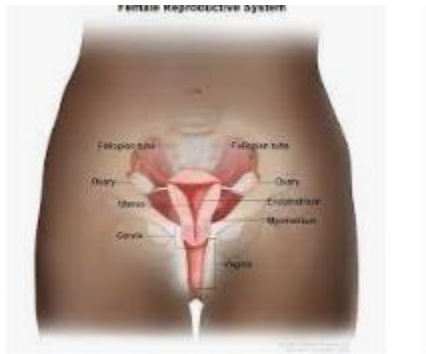
The pancreas is an organ of the digestive system and endocrine system of vertebrates. In humans, it is located in the abdomen behind the stomach.

The pancreas is a gland, having both an endocrine and a digestive exocrine function.

As an endocrine gland, it functions mostly to regulate blood sugar levels, secreting the hormones insulin, glucagon, somatostatin, and pancreatic polypeptide. As a part of the digestive system, it secretes pancreatic juice into the duodenum through the pancreatic duct.

This juice contains bicarbonate, which neutralizes acid entering the duodenum from the stomach; and digestive enzymes, which break down carbohydrates, proteins, and fats in food entering the duodenum from the stomach.

Ovaries



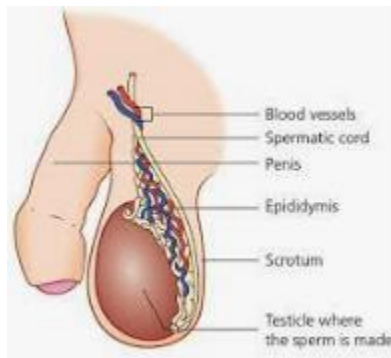
The ovary is an organ found in the female reproductive system that produces an ovum. When released, this travels down the fallopian tube into the uterus, where it may become fertilized by a sperm.

There is an ovary (from Latin ovarium, meaning 'egg, nut') found on the left and right sides of the body.

The ovaries also secrete hormones that play a role in the menstrual cycle and fertility.

The ovary progresses through many stages beginning in the prenatal period through menopause. It is also an endocrine gland because of the various hormones that it secretes.

Testis



Testicle or testis is the male reproductive gland or gonad in all animals, including humans. It is homologous to the female ovary.

The functions of the testes are to produce both sperm and androgens, primarily testosterone.

Testosterone release is controlled by the anterior pituitary luteinizing hormone; whereas sperm production is controlled both by the anterior pituitary follicle-stimulating hormone and gonadal testosterone.

Think Outside Of The Box

Michael Cremo



Michael A. Cremo, also known by his devotional name Drutakarmā dāsa, is an American freelance researcher who identifies himself as a Vedic creationist and an "alternative archeologist" and argues that humans have lived on Earth for millions of years. [Wikipedia](#)

Born: July 15, 1948 (age 72 years), [Schenectady, NY](#)

Education: [The George Washington University](#)

Research interests: Archaeology, Human Origins

Where did we come from? What is the true history of humankind? Michael A. Cremo and Richard L. Thompson challenge the prevailing theory of Darwinian evolution with their groundbreaking work *Forbidden Archeology: The Hidden History of the Human Race*.

Forbidden Archeology was first released in 1993 and quickly became an underground classic. Today it is a bestseller, with foreign editions in over twenty languages, presenting both accepted and anomalous scientific evidence defying traditional ideas concerning human evolution.

Join us in a fascinating intellectual excavation of a vast store of hidden knowledge and meet author Michael Cremo.

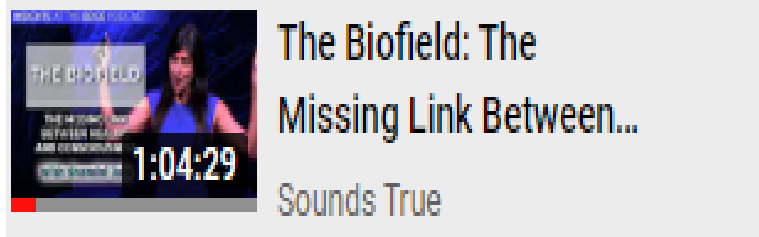




Forbidden Archeology
with Michael Cremo

[Human Devolution: A Vedic Alternative To Darwin's Theory \(secure.website\)](#)

Shamini Jain



Shamini Jain is a **visionary scientist and evolutionary leader**, with the energy and heart of a healer. With "Healing Ourselves", Dr.

<https://www.shaminijain.com>

Books: [Healing Ourselves: Biofield Science and the Future of Health](#)



I stumbled upon Shamini Jain by accident on YouTube. The title of the YouTube video was The Biofield:

The Missing Link Between Healing and Consciousness. This is right up my twin brother John and I alley. We have been studying this for around fifty years.

This is the frontier of medicine. Of course, the ancient ones have talked about this for thousands of years.

Shamini utilizes both the current scientific model and the ancient model. She is helping push the boundaries between what we hold on to so dearly in western medicine and who we truly are.

We are going from the Newtonian model to the quantum model. This is the difference between night and day.

This is a blog she wrote. This is dear to my heart. ¹⁹

¹⁹ <https://www.shaminijain.com/post/hacking-into-healing-the-real-future-of-medicine>

MARCH 8, 2016

Hacking Into Healing: The Real Future of Medicine

With these new advances in science, we have a choice to shape the new paradigm in health and medicine. We can choose to watch as industry dollars utilize scientific advances to advance the next wave of Big Pharma, or we can choose to support research that will irrefutably map the impact of our consciousness on our own health, so that we can better directly heal ourselves and prevent disease before it starts.

Investigating the "Impossible"

About 40 years ago, a group of microbiologists, behavioral scientists, and medical doctors in laboratories from UCLA to Russia proposed, based on their carefully conducted, independent studies, a completely heretical idea: that the brain, immune, and hormonal systems were connected -- and that emotions had a major influence on the body.

They were completely laughed at by the scientific and medical community. Some were denied tenure. They were sometimes shut out of university laboratories for their "psychological nonsense."

Nevertheless, they persisted with the idea, and with their tenacity and vision, as well as years of careful research in the laboratory, founded the field that we now know as [psychoneuroimmunology](#), or PNI.

Fortunately for us, these scientists persisted -- and paved a path that has had tremendous impact on our understanding of health and medicine.

Forty years later, the fact that the nervous system, the immune system, and the endocrine system are connected is now a given, and nearly every day we are reading about exciting developments in these fields, such as the contributions of the [vagus](#) nerve in immune and brain communication, and the recent [paper in Nature](#) reporting the existence of functional lymphatic vessels in the brain -- something that again, was thought to be impossible.

We've learned about the power of our own [emotional states on our immunity](#) -- and how our [mental state](#) plays a role in certain disease risks -- in some cases, even helping [predict how long we live](#).

Hacking the Body Electric

In parallel with these advances in PNI, we are seeing a rise in bioelectromagnetic medicine -- including brain stimulation. These new devices -- based on the mapping of the body's responses to magnetic and electrical stimulation -- are being heralded as the "[Future of Medicine](#)" -- and some show tremendous promise in helping forward better treatment of certain diseases.

Unfortunately, the devices that could mitigate diseases, can also serve to disempower us, if used improperly. The fervor for these devices doesn't just stop at finding new solutions for cancer or Alzheimer's disease -- corporate interests are pushing the development of devices down to "fixing" our mood and even our eating patterns.

Feeling sad or out of sorts, or need to obliterate that hunger craving? No problem, a brain zap can fix that. There are plenty of folks ready to [sell](#) you such devices, whether or not they actually are based on sound scientific evidence. Some people are also creating [DIY brain stimulation](#) devices for home use to treat depression and enhance attention, which is not safe.

Is the "New Medicine" really based on Ancient Medicine?

While industry focuses on devices that can be sold as the next new medicine, some scientists have been uncovering the effects of ancient medicine -- mind-body-spirit practices such as [yoga, meditation, tai-chi](#) and even [energy healing](#) on psychological, neural, immune, and endocrine outcomes for patients including those with [PTSD](#), [cancer](#), and [cardiovascular disease](#).

The interesting thing is that the health impact of these practices, which have been part of global cultures for thousands of years, were mapped out long ago by the sages that had discovered and shared them.

The described "mechanism of action" circulated around the understanding that these are spiritual practices that have a strong influence on the subtle energy system (part of what we now call in the West the "Biofield"), and through refining ourselves spiritually, positive shifts occur in our emotional, mental and physical well-being.

Sadly, because of the emphasis on materialism in science and medicine, "spirit" is still considered a dirty word and is generally taboo for research and discussion.

The study of "biofield" is not so far behind in the ridicule line, despite the [basic science and clinical research](#) demonstrating effects of the biofield on health, as is now being shown with bioelectronic medicine.

In fact, [industry is now in a race to begin mapping out the electromagnetic readouts of the body](#) -- one aspect of the biofield -- but only to develop devices that can be bought and sold for mitigating disease symptoms.

The Future of Medicine is Up to Us

However, similar to the collaborations and dedication that resulted in the new field and advances of psychoneuroimmunology, a group of scientists as well as practitioners in diverse disciplines (including physics, biophysics, microbiology, psychology, endocrinology, technology, medicine, contemplative practice and the healing arts), are joining together to collectively advance the totality of understanding on the role of the consciousness in healing, including mapping the impact of mind-body-spirit practices on the biofield and health.

This group of scientists, practitioners, and educators, who are part of the [Consciousness and Healing Initiative](#), are ready to take the bold steps needed to rigorously ask and answer the harder questions -- what is the role of our own consciousness in influencing our biology?

How deeply can we guide and facilitate our own healing through our emotions, behavior, social, and spiritual connections, and how can we harness these effects to promote better health for ourselves, our communities and our planet? Scientific research that examines us as the agents of change for our own healing, would help to herald a true shift in the practice of medicine.

With these new advances in science, we have a choice to shape the new paradigm in health and medicine.

We can choose to watch as industry dollars utilize scientific advances to advance the next wave of Big Pharma, or we can choose to support research that will irrefutably map the impact of our consciousness on our own health, so that we can better directly heal ourselves and prevent disease before it starts.

We must choose not to lose the psyche in psychoneuroimmunology, and support the research and education that will truly empower our own health and healing, to usher in the real Future of Medicine.

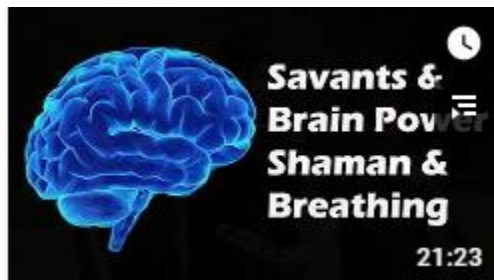
Paul Anthony Wallis



Paul Anthony Wallis is a popular speaker, researcher and author of books on spirituality and mysticism.

Today his work probes world mythology and ancestral narratives for their collective memory of human origins, and their insights for developing our human potential.

Paul's book *ESCAPING FROM EDEN* has been hailed by George Noory as "THIS GENERATION'S 'CHARIOTS OF THE GODS!'" Paul is a regular voice in *The Paranormal Chronicles* on The 5th Kind TV in collaboration with GAIA TV.

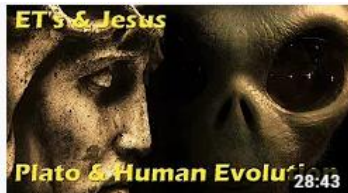




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By popular request: How do God, Jesus, the Bible and ETs go together? Aren't Christianity and the story of humanity's ET roots ...



Michael J. Tellingner



Michael Tellingner is a scientist, explorer and internationally acclaimed author of numerous books, and dozens of lectures available on YouTube.

He is the founder of the UBUNTU Liberation Movement of UNITY & Higher Consciousness. Michael has become an authority on the ancient vanished civilisations of Southern Africa, the

mysterious origins of humankind, resonance, cymatics, and the power of sound. His research includes a diverse field of subjects such as archaeology, mythology, human origins, religion, origins of money, spirituality, breakthrough science and consciousness.

Long before the Sumerians or Egyptians saw the light of day, an advanced civilisation of humans lived in Southern Africa, mining gold.

They left behind more than 10 million stone circle ruins all connected to each other, that make up the largest cluster of stone ruins found anywhere on Earth to date. Their tools and artefacts indicate that they had a deep understanding of sound and resonance and used sound to power their tools and also as a source of energy.

They carved the first statue of Horus, the first Sphinx, built the first Pyramids and built an accurate stone calendar right in the heart of it all. Adam's Calendar is the flagship amongst millions of circular stone ruins, ancient channels, agricultural terraces and thousands of ancient mines, mysterious tools and artefacts, left behind by the ANUNNAKI and a mysterious vanished civilisation.



The Annunaki and the Origins of Humankind with Michael Tellingner

Damanhur Spiritual EcoCommunity 38K views • 8 months ago

Con voi beautiful friends! Yes!And... is a series of interviews with some of the guests that visit Damanhur, to share their stories and ...



Ancient civilizations with Michael Tellinger | South Africa

Loving Life • 6.9K views • Streamed 2 months ago

Michael takes us down a remarkable path of ancient civilisations and the lessons to be learnt today.



Giant Footprint - South Africa - Ancient gold mines - HIDDEN ORIGINS - Michael Tellinger

Michael Tellinger • 2.3K views • 1 day ago

Michael Tellinger shows one of the greatest examples of a giant footprint and evidence of giants in human history - that leaves us ...

New

Graham Hancock



Graham Bruce Hancock is a British writer and journalist. He is known for his pseudoscientific theories involving ancient civilisations, Earth changes, stone monuments or megaliths, altered states of consciousness, ancient myths, and astronomical or astrological data from the past. [Wikipedia](#)

Born: August 2, 1950 (age 70 years), [Edinburgh, United Kingdom](#)

Spouse: [Santha Faiia](#)

Education: [Durham University](#)

Movies and TV shows: [The Pyramid Code](#), [2012: Science or Superstition](#), [AppJudgment](#)

Awards: [Anisfield-Wolf Book Award for Nonfiction](#)



Is the house of history built on foundations of sand? | Graham Hancock | TEDxReading

TEDx Talks 996K views • 4 years ago

NOTE from TED: Please be aware that this talk contains outdated and counterfactual assertions, and should not be understood as ...

CC



THOTH's PROPHECY read from the Hermetic Texts by Graham Hancock

After Skool 2.3M views • 11 months ago

Graham Hancock is a British author who specializes in theories involving ancient civilizations, Earth changes, stone monuments ...

CC



"Ancient Structures" with Graham Hancock (from Joe Rogan Experience #142)

PowerfulJRE 1.3M views • 6 years ago

This clip is from the Joe Rogan Experience podcast #142 with Graham Hancock & Duncan Trussell (<http://bit.ly/1ki8Pjb>), also ...

²⁰“If ever a society could be said to meet all the mythological criteria of the next lost civilization — a society that ticks all the boxes — is it not obvious that it is our own?”

— Graham Hancock

It's not often that anthropology, archaeology and geology soak up the spotlights of mainstream attention. While the field itself is full of fierce debates and fanatical disputes, it all usually remains silently confined within the insulated walls of academia.

Enter Graham Hancock.

For decades now, Graham has been pushing a theory so controversial that it has even made the likes of Scientific American lose their usually-cool-headed approach to scientific reporting:

“Graham Hancock is an audacious autodidact who believes that long before ancient Mesopotamia, Babylonia and Egypt there existed an even more glorious civilization”

²⁰ <https://medium.com/borealism/understanding-ourselves-a-guided-quote-tour-of-graham-hancocks-controversial-theory-fc6723d489e9>

— *Michael Shermer, writing for Scientific American*

It was his infamous book, *Finger Prints of the Gods* (published in 1995) that set everything into motion. And while many of us have bumped into his hypothesis at one point or another, it may be worth recounting his postulations as we wait patiently for an interview with Mr. Hancock himself.

The quotes below, compiled from his numerous works, all weave and stitch together a summarized depiction of his central theory: that an ancient civilization may have existed before recorded history, advanced beyond the regular standards that we over-impose on ancient cultures and eventually wiped away by a celestial catastrophe (the impact hypothesis, as Hancock has come to argue and cross-reference with the work of other researches like Randall Carlson).

“Human history has become too much a matter of dogma taught by ‘professionals’ in ivory towers as though it’s all fact. Actually, much of human history is up for grabs. The further back you go, the more that the history that’s taught

in the schools and universities begins to look like some kind of faerie story.”

— G.H.

It may be a necessary place to start — Graham’s attitudes towards the established dogmas of academia can be easily illustrated by watching any one of his debates.

His theories are grounded in the simple premise that we shouldn’t remain tied to our current interpretations with such conviction because all scientific theories, no matter how factual they may seem, are mere conjecture (the best guess that we’ve managed to formulate). Especially when we’re talking about matters from millenia prior..

This is the cause of all animosity between Hancock and his skeptics, which mostly include institutional academics that have built their careers upon their hypotheses. Graham fervently asserts that we can’t claim, with total certainty, to know how everything went down and how we’ve arrived to where we are today, and that there exists a large body of evidence that calls for a reconsideration of our current understandings relating to ancient existence.

While it may be a slippery premise to his overall foundation of hypotheses, it nonetheless remains a valid point. There are many blanks to be filled in with respect to the advancement of numerous civilizations and, despite how we've managed to fill those blanks, we can't quite be sure that we're right.

“Ancient Egypt, like that of the Olmecs (Bolivia), emerged all at once and fully formed. Indeed, the period of transition from primitive to advanced society appears to have been so short that it makes no kind of historical sense. Technological skills that should have taken hundreds or even thousands of years to evolve were brought into use almost overnight — and with no apparent antecedents whatever.”
— G.H.

Hancock bases a lot of his speculation in the gaps that exist throughout history, gaps that mysteriously fail to reveal the existence of a gradual progression of civilized existence.

The Ancient Egyptians knew an awful lot about astronomy and, as Hancock has worked to discover, correlated the construction of

their iconic structures with celestial patterns — a process which seems much too complicated to calculate as accurately as they did.

One possible extension of Hancock's theory is that a group of nomadic survivors, representing the remnants of an advanced civilization that had been largely eradicated before our recorded history, traveled the world and shared their superior knowledge of astronomy, agriculture, and architecture, with budding civilizations like that of the Inca's.

“We learn that they arrived in Mexico “from across the sea in a boat that moved by itself without paddles,” and that Quetzalcoatl was regarded as having been “the founder of cities, the framer of laws and the teacher of the calendar.”

— G.H.

The God's of certain cultures — sometimes regarded as Viracocha, sometimes Quetzalcoatl, sometimes Bochica — all share striking similarities in folklore and historical depictions, leading many (beyond Hancock himself) to believe that the founders of many

civilizations around the world had really been these nomadic survivors.

“What is remarkable is that there are no traces of evolution from simple to sophisticated, and the same is true of mathematics, medicine, astronomy and architecture and of Egypt’s amazingly rich and convoluted religio-mythological system (even the central content of such refined works as the Book of the Dead existed right at the start of the dynastic period). The majority of Egyptologists will not consider the implications of Egypt’s early sophistication...Look at a 1905 automobile and compare it to a modern one. There is no mistaking the process of ‘development’. But in Egypt there are no parallels. Everything is right there at the start. The answer to the mystery is of course obvious but, because it is repellent to

the prevailing cast of modern thinking, it is seldom considered.”

— G.H.

Egyptologists are possibly Hancock’s arch nemeses for the sole fact that, should his theory ever prove more valid, it would destabilize a long-held interpretation of Ancient Egypt (among many other cultures). The institutions that guard their long-held beliefs seem to be especially aware of this and don’t entertain any refutation to their current belief structures, which do remain the most convincing until more contradictory evidence is discovered.

“No, the problem at Göbekli Tepe is the pristine, sudden appearance, like Athena springing full-grown and fully armed from the brow of Zeus, of what appears to be an already seasoned civilization so accomplished that it “invents” both agriculture and monumental architecture at the apparent moment of its birth.”

— G.H.

Göbekli Tepe itself stands as Hancock's most prized bit of archaeological support for his theory. The nature of this, what many call, 'worlds first temple' located in Turkey is such that it indicates that the prior inhabitants seemed to contradict our history.

The temple had been founded in the 10th millennium BC, a time whereby the hunter-gatherer ought to have characterized our progression as a human species; instead, discoveries made at this temple point to the fact that systems of agriculture and complex construction had been around much longer than most currently anthropologists agree on, shattering the conventional view of how our civilization really progressed.

“The Maya knew the time taken by the moon to orbit the earth. Their estimate of this period was 29.528395 days — extremely close to the true figure of 29.530588 days computed by the finest modern methods.

The Mayan priests also had in their possession very accurate tables for the prediction of solar and lunar eclipses and were aware that these could occur only within plus or minus eighteen days of the node (when the moon's path crosses the apparent path of the sun)."

— G.H.

While the Mayan's may have been wrong about their apocalyptic calculations, the accuracy of their other calculations is something that shouldn't be disregarded.

Simply put, there was no way for certain civilizations to know what they knew. Whether it relates to the construction of the Great Pyramids of Egypt, the celestial predictions of countless South American cultures, the celestially-correlated construction of Angkor Watt in the 12th century or the underwater ruins of lost civilizations like Yonaguni Jima, we know very little, in all actuality, as to how we've come to where we are today.

This mystery, perhaps no longer at the forefront of mainstream curiosity, is still one that teases us without end.

Our collective psychology demands such answers because, maybe, we simply can't truly appreciate who we are or where we're going without understanding who we once were and where we had come from.

This may be Hancock's primary motivation and the fuel that drives his curiosity. As much time as he spends looking back, like all historians and archaeologists do, the whole point is to simply enhance our look forward, equipped with a greater understanding of our own origin.

“If ever a society could be said to meet all the mythological criteria of the next lost civilization — a society that ticks all the boxes — is it not obvious that it is our own?

Our pollution and neglect of the majestic garden of the earth, our rape of its resources, our abuse of the oceans and the rainforests, our fear, hatred and suspicion of one another multiplied by a hundred bitter regional and sectarian conflicts, our consistent track record of standing by and doing nothing while

millions suffer, our ignorant, narrow-minded racism, our exclusivist religions, our forgetfulness that we are all brothers and sisters, our bellicose chauvinism, the dreadful cruelties that we indulge in, in the name of nation, or faith, or simple greed, our obsessive, competitive, ego-driven production and consumption of material goods and the growing conviction of many, fuelled by the triumphs of materialist science, that matter is all there is — that there is no such thing as spirit, that we are just accidents of chemistry and biology — all these things, and many more, in mythological terms at least, do not look good for us.”

— G.H.



One early morning around 1986 I was meditating. I felt such joy and happiness. All of a sudden I felt this incredible power. I saw this incredible cobra at my root chakra.

This cobra was slowly rising up my spine. The energy was incredible. It was so real. I became a little afraid due to the power and the cobra.

I knew I would not be harmed at all. I controlled my fear and let the experience grow. The cobra went all the way to my third eye which is the pineal gland.

At each step of the way, I would have a different experience. I have always heard about the Kundalini experience but this was the first time I had the experience to see it.

The scriptures talk about this experience. The cobra was so real. It was like you had to face your greatest fears and then and only then could you be taken to a different level of consciousness.

Amazingly, this experience exists inside of our being, and yet it is dormant. We are so involved in this world that we simply are unaware of a greater reality.

I learned that the scriptures of the past were based upon practical experiences. We have simply convoluted the meaning of the experience and come up with a different meaning altogether.

Let's fast forward to the early 2000s. I'm living in Ashland Oregon. My wife and I love to go to the ashram in the sky.

That's what I call it. Imagine in the winter in a snowstorm a large group of people is meditating. It is a guided Kundalini mediation.

A huge taiko drum is vibrating throughout the ashram. What is this thing called kundalini? What does kundalini have to do with the quantum field? Read the chapter on chakras to find out.



Let's fast forward to 2019. Lately, I'm researching the works of Joe Dispenza.

He is using the ancient kundalini techniques but he is also using the latest scientific instruments to measure what is going on when one practices these techniques.

Scientists know that the body and mind are united. You can't separate the two. All our emotions are stored in our bodies.

That means the good bad and ugly. For most of our lives, we are living in a survival mode of existence. We are reactive beings. Our subconscious is running the show.

Experts estimate that the mind thinks between 60,000 – 80,000 thoughts a day. That's an average of 2500 – 3,300 thoughts per hour.

That's incredible. Other experts estimate a smaller number, of 50,000 thoughts per day, which means about 2100 thoughts per hour. Yet how many are new thoughts?

We have been playing the same record for years. We have the same routine.

We go to bed. Our alarm clock goes off. We use the same hand to shut it off and go back to bed for five minutes.

The alarm goes off again. We shut off the alarm. We stumble out of bed and go to the bathroom. We brush our teeth. We are trying to wake up. Off to the kitchen, we go to brew some coffee.

It's time to head off to work just in time for rush hour traffic. We make a few phone calls along the way. Some of us text when the cars are stopped. We make it to the office and do the same dull routines. I could go on and on.

Imagine that our negative emotions are stuck in the first three centers of the lower chakras. There is a law that whatever strong emotion you have stored, this emotion will be predominant in your life.

Say for example someone makes you angry. You can't drop it and you hold on for twenty years. You can't forgive this person. Well unfortunately you have drunk your poison.

This gets stored in your subconscious mind. Whenever you think about this you will secrete chemicals into your body and these chemicals will bring you angry emotions.

Your stress level will go out. You will be in a fight or flight syndrome. Unfortunately for the majority of human beings, this is our present state.

This breathing technique allows the negative emotions to be released and travel up the spine to the crown chakra. There a physical/spiritual alchemy takes place. It transforms that anger into pure love. That is the goal.

Joe Dispenza and his crew have wired up thousands of participants and have mapped out the regions of the brain which get affected.

Many of his students go into high gamma waves which are off the normal charts. The reason why is that most people live in a high beta state of mind and have no idea how to change.

We are stuck in our ways. Most people are comfortable staying in misery and don't want to change.

Fortunately millions of people are waking up from their slumber. A new dawning is occurring for mankind.

We are our pharmacy. Every day our bodies create hundreds of thousands of chemicals.

These chemicals create strong emotions. Say for example you are angry. Your emotional state will be angry. Therefore you will have angry thoughts.

These thoughts will then create angry emotions. We are caught in a cycle. The goal is to be free. The goal is to be in tune with the quantum field. Ponder this over.



Slowly breathe in. and tighten your muscles as if you are having a bowel movement.

At the same time tighten your muscles around your navel (lower abdomen). Bring them up and in.

Tighten your muscles around your solar plexus (upper abdomen). Bring them up and in.

As you are breathing in follow your breath up the spinal column past the heart, throat, and pineal chakras to the top of your head.

Hold your breath comfortably until you need to take a breath. Be gentle with yourself. Keep on tightening of your muscles.

When you have to slowly exhale your breath. A wave of bliss is about to be released. Do this for five to ten minutes. Slowly build up your time doing this.

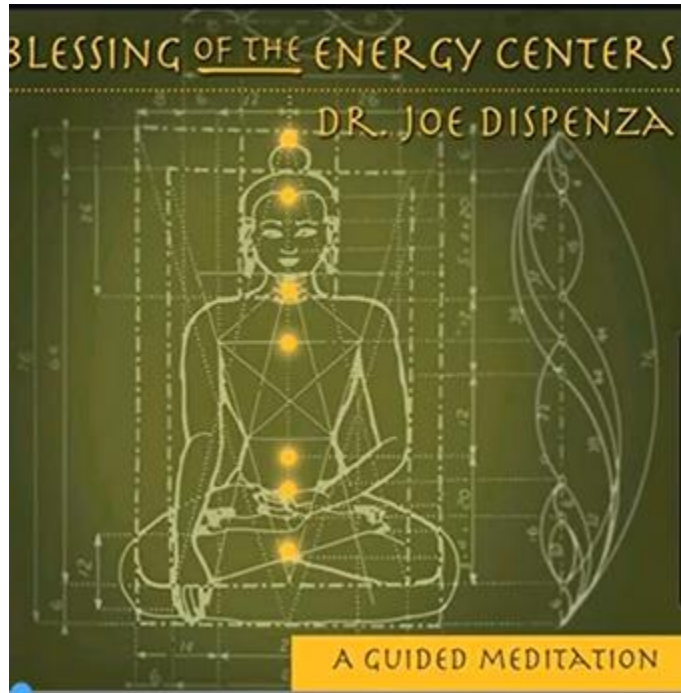
In essence, this technique is converting locked negative emotions up your spine where it is transformed into the quantum field. This is pure alchemy. You are transforming darkness into light.

On the material side, your body is sending spinal fluid up your spinal column to your pituitary gland.

The pituitary gland then secretes thousands of chemicals that turn this negative energy into love, kindness, and compassion.

In this state, tremendous healing can occur and does occur. Look at the work Dr. Joe Dispenza has done and you will see there are thousands of people being healed in all sorts of manners. This technique is thousands of years old.

Mind you this technique will seem awkward at first. Just take your time. After some point, it will become second nature to you.





I remember when I was a child my Uncle took my brother and me to Bob's Big boy for a chocolate milkshake.

The placemats were a spaceman with the words "take me to your leader".

My brother and I were in so much joy placing these masks over our faces.

In one way we knew that we came from the stars and it

was really funny to see these masks. We knew that these earth and bodies were stardust and could laugh at the joke. Yet we take this life too seriously.

We think this world is so physical yet over 94 years ago Einstein taught us differently. Yet we continue to live and believe so staunchly in this space-time continuum.

My brother and I knew we were special and yet we knew everyone was special but didn't know about it. I remember looking at the stars when I was a child and I knew that I came from far beyond the universe.

Here I was in a tiny human body but something inside of me knew that my consciousness existed everywhere. I was the sun and the stars.

I knew as human beings we could experience this but at the time our western culture never expressed the idea. I remember when I was probably about 10 years old my yearning for self-discovery began. I began to look consciously for ways to learn about myself.

Whenever I heard the words India or meditation or yoga it would send a chill down my back. I remember trying to get involved with a church but I had a hard time with the concepts.

I felt that life was glorious and incredible. Christianity was trying to make me feel guilty for what 2000 years ago. At the time I had a strong connection with Christ which I still do. It was my own personal and private connection. I felt that religion should be a private experience. I had my own experience with the creator.

At times I would watch the church services on TV but they didn't have any substance. I felt it was a lot of talks and they took advantage of people. I knew at that age if I kept my vision that I would someday have the experience that I was looking for.

I knew the doors were inside of my being but I wasn't conscious of the doors being opened. I knew I needed a direct personal experience with my creator.

My life as a child ran on two levels. I was a happy-go-lucky kid. I loved the world and played to my heart's content. On the other side, my life was very personal.

I wished for the stars and my friends on the other side. I lived in this world but I didn't altogether leave my inner world. I knew there was a purpose to live.

Our culture at that time hardly expressed our desire to become one with our creator. We were taught that when you die you might have the chance to experience your creator. I could never buy that. I knew as

human beings we could have a firsthand moment-to-moment connection with our Lord. It was direct and personal. As a child, I never wavered from that.

At times I would have fleeting glimpses of that experience. I remember waking up and feeling such joy and ecstasy. I knew that in my dreams I went to such an incredible place.

But I didn't have full conscious memory. I knew my friends were looking after me. I felt that in due time I would be shown the way to consciously 24 hours a day to be in that joy.



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1 Split Second Got It Driving Car



One morning I was driving to work when I had this incredible flash that only lasted for a second. In this flash, I become one with the whole universe.

I was the sun, the stars, black holes galaxies. I knew everything. I was intelligent. Here I was driving down the highway in rush hour traffic when I had this experience.

The experience only lasted one second but it had such an impact. It was like lightning striking. My whole body and being were so charged. Each one of us can have such a realization.

It goes beyond time and space. I wondered what would happen if I could tap into this 24 hours a day. Makes you kind of wonder.



infinite zoom: the inner universe

4.4M views • 8 years ago



Chris Tolworthy

1. create 40 images in Photoshop. Each is around 4000 pixels on each side. Each image contained a small version of the next ...



One early morning I was meditating using Mafu techniques. I felt such joy and happiness. All of a sudden I felt this incredible power. I saw this incredible cobra at my root chakra. This cobra was slowly rising up my spine.

The energy was incredible. It was so real. I became a little afraid due to the power and the cobra. I knew I would not be harmed at all. I controlled my fear and let the experience grow. The cobra went all the way to my third eye which is the pituitary gland. At each step of the way, I would have a different experience. I have always heard about the Kundalini experience but this was the first time I had the experience to see it.



The Vedas talk about this experience. The cobra was so real. It was like you had to face your greatest fears and then and only then could you be taken to a different level of consciousness.

Amazingly, this experience exists inside of our being, and yet it is dormant. We are so involved in this world that we are simply unaware of a greater reality.

I learned that the scriptures of the past were based upon practical experiences. We have simply convoluted the meaning of the experience and come up with a different meaning altogether.



Jai Uttal - Gopala

354K views • 11 years ago



Shakti Amrita

Naval Special Warfare -Meeting Alien



I was working for the Navy as a computer programmer. One day I got off work and was walking downstairs from the main building I was working in.

All of a sudden this alien is behind me. He looks like a combination of a human and a reptilian. I had a little fear but I knew I would be all right. As soon as I reached the bottom of the stairs I saw the guard look right at me. I was thinking do you see what I see?

The alien was right at my side. I couldn't believe the guard didn't see him. I laughed to myself and walked out of the building. The alien continued to walk by my side until I got to my car.

I entered my car and the alien sat in the passenger seat. He drove with me about 10 miles.



To this day I wished I said something to him. I was still a little afraid not because he was an alien but because this incident caught me totally by surprise.

I remember looking at this alien in my car and I could see him smiling inside. He was friendly and at the same time full of wisdom. I knew I would be ok but at the same time, it was an Erie feeling that I saw an alien face to face.

It's strange in our society the vast majority of people know some beings exist from other planets or worlds and our government tries to suppress and downplay any activities about UFOs and aliens.

Some people might say it was a hallucination or a vision. I don't drink, take any drugs including medical drugs, get plenty of sleep, etc. This encounter was as real as any physical encounter with any human being I have faced. The only difference was this was an Alien.

For myself, I knew I had a wonderful encounter with an Alien from a different home than earth. The next time I think I will carry on a conversation and learn more about him.

A few months later I was with Zoran who claims to have a huge mother ship within our galaxy. He was taking my family for a walk in the Laguna Mountains outside of San Diego.

I had no idea where we were going. I had a picnic lunch with me. We probably walked for about an hour. All of a sudden Zoran stopped and with a smile, he said: "Do you see anything different about this place."

I looked around and at first glance, I thought about what you are talking about. All I see is just a forest. Then I started to see what was around me. All around us were a huge circle.

Inside of this circle the leaves, grass, and trees were burnt. I have heard stories about how when a UFO lands the surrounding area is burnt. I knew this wasn't

man-made or made by nature. It was obvious some craft had landed. It was kind of strange that Zoran took us on this walk and we just happen to end up here.



The Killers - Spaceman

42M views • 13 years ago



TheKillersMusic

#TheKillers #Remastered #Spaceman.

CC



The following day I packed up my bags and took a train to Prem Nagar, Maharaj Ji ashram near Hardwar is a small town in the foothills of the Himalayas.

For the next two weeks, I listened to discourses about this knowledge. Something inside of me knew that I was

to receive the experience of a lifetime. I knew the door to my soul was to be opened.

Words are hard to express the feeling that was going inside of my being. I knew that in a short time I would be shown and revealed the secret of life itself.

I knew this experience was real. I talked to a lot of people who had this experience and I could tell and sense that something wonderful was going on.

I liked the idea the proof is in the pudding. I didn't want to join a cult or a religious group. I just wanted a direct and continuous experience of the power that is keeping me alive. I knew through practice this could be achieved.



During this time the war between India and Pakistan was going on. Each night air raid sirens were going on and off in the distance we could hear bombs going off.

There was a general blackout at night. Pakistani bombers were only miles away.

Air raid sirens were heard in the distance. At the ashram, the whole place was so serene while in this part of the world people were dying.

Trains of Pakistanis were being massacred going from India to Pakistan and train loads of Indians were being massacred going from Pakistan to India. Such a dichotomy.



Tommy Emmanuel - Initiation

465K views • 15 years ago



D. Kelly

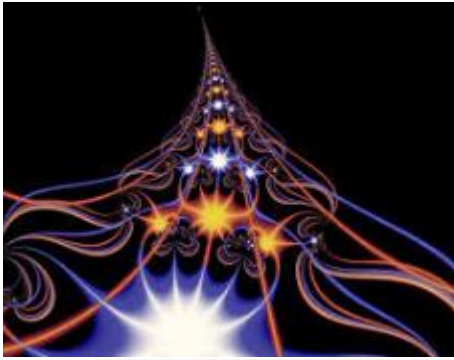
Another from the Sierra Nevada Centre Stage show in early-mid 2002. Great version this one! Still amazes me what Tommy can



I'll never forget my initiation. There were probably about 20 of us in a small room. Maharaj Ji had initiators who revealed his knowledge.

We were in the room while Maharaj Ji was playing on top of the roof directly overhead of us.

The experience that I had that day still sends shivers of joy just merely the thought.



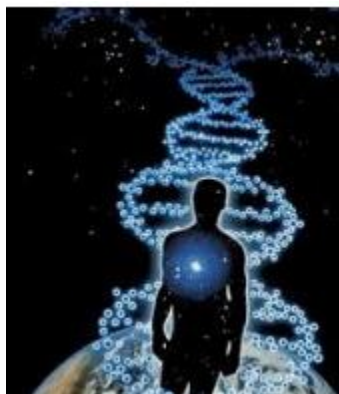
The first technique the initiator revealed was the light technique. I always knew that human beings could see the light inside. This is an actual experience.

When the initiator touched my forehead I felt this incredible surge of energy. I knew at that point that something incredible was going to happen.

My whole body and soul sensed it. My conscious completely left this physical existence. A golden circle of light appeared. Inside of this circle a brilliant blue star appeared.

This golden circle of light and this blue star were so beautiful. It was probably the most beautiful thing I have ever seen.

Waves of love, joy, and peace were surging inside my consciousness. All of a sudden the star transformed into a ray, a tunnel of blue light that went on infinitely. I merged with the blue ray. It's very hard



to describe this experience. I was at home. The doors were opened. I was given the keys and it was up to me to cultivate the experience.

I have definite proof that we are more than these bodies. All of a sudden the mystery of life was revealed. I knew the secrets behind all religions.

There was a genuine experience that could be shown and experience. Years later I realized that this experience was an initiation into Lord Michael's blue ray. It was the Jacobs ladder. This experience was the ladder to God. To this day I'll never forget this

experience. It gave me practical proof that God existed. I knew it but this was a practical experience.

It was more real than any outside human experience. I knew that my life was on track. I have waited years to go home and I was shown such a glorious place.

When I returned to this earth and regained physical consciousness my whole body was shaking like a duck.

My body had a hard time. Can you imagine being hooked up to the power plant of the whole universe?

I knew no damage was done. Over time I knew that the body was built and designed to handle that kind of currents. Day by day through mediation man can slowly harmonize with these frequencies and begin to vibrate at this frequency.

inner music

Three other techniques were revealed. One was the music techniques. I was shown how to listen to the innermost frequencies of life.

Since God is energy, man can be in tune and listen to subtle energy frequencies. Different religions have different concepts of this experience.

By listening to this music over time man is filled with such joy and peace in his life. The mind slowly begins to slow down. In this state, man gets in contact with an energy frequency that is infinite.



This energy is pure love and bliss. The whole universe is composed of this energy. It was is and will always be.

This is the Word of God. Every major religion talks about the Word in some form or another. There is a very simple

technique where a man can be in direct communion with this subtle energy.

When a person first receives this initiation the word is very subtle. The majority of people don't understand the power of this word.

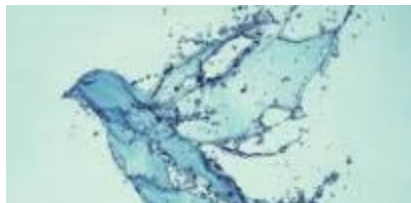
I know a lot of people who took this experience and never really tried it out. Over time I can consciously put myself in direct communication with this Word.

My whole being is instantly filled with such a wave of love and bliss. I'm not there 24 hours a day but I know it is possible. I have had experiences that I was completely taken out of this physical world and taken to a place where there is no time and space.

The only thing that existed was this incredible energy of love. I knew I was at home with my father. This energy exists through all of the creation.

It exists in the manifest and unmanifest. It exists throughout time and space and beyond. All of creation comes from this word. In the bible, in Saint John, the verse goes like this.

In the beginning, was the Word. The Word was with God and the Word was God. Human beings can tune into this experience.



The last experience was one of the living waters or nectar experiences. When a man is in this experience powerful hormones and enzymes are secreted through the endocrine system.

Through the ages, man has learned that he can experience this nectar or living water. Just one drop of this is an incredibly powerful experience.

One drop can take man's consciousness into an altered state. This fluid is very cleansing to the body. When Christ was in the desert for 40 days and nights he lived off this manna.

This experience is energy in its subtle form. It is energy yet it transmutes itself into matter. This experience is very powerful to the endocrine system.

I have had numerous experiences with this nectar. It's probably the most intoxicating drug known in the universe. Unlike a drug that has a side effect, this experience is completely beneficial to the body and soul.

These experiences reveal over time who we are. We are more than our mind and body. We are this source of life.

Each one of us is part of this universal consciousness. We just don't remember it. It's amazing when we were born we came from the source.

Our whole being was this consciousness. Over time we forgot. Years later we have completely forgotten our true existence.

After the initiation, I thanked my creator for revealing himself to me. My dreams come true. I had the tools. Everything made sense to me. I could read the scriptures and understand the hidden meaning. The scriptures were at the same wavelength. I had a lot of respect for the major religions.



Hank Williams Sr... I Saw The Light - 1948

11M views • 9 years ago



V.A. HOSS

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Mediation Ganges



The following day I was sitting by the Ganges meditating when I completely lost consciousness of this planet. I saw a light more brilliant than the noonday sun.

My consciousness was flowing into a river of nectar. I felt the whole Ganges River was flowing through me. Maharaj Ji had a beautiful poem by Rumi a great Sufi teacher that sums it up. It goes like this.

There is a palace in the sky without any foundation. A blind man sees a light more brilliant than a million suns. A deaf man listens to the unstuck music.



Castle in the air - Don McLean Original

4M views • 13 years ago



keyoshei morinaka

This song is my favorite since childhood... http://www.4shared.com/audio/FuRrNjDs/02_-_Castles_In_The_Air_-_Don_.html

A lame man climbs up a well and drinks the nectar and becomes intoxicated. The clincher is only a wise man who understands what I'm talking about.

From then on my life was to change drastically. After my initiation and this experience, my life was never the same. I was shown something so incredible that my focus was on this experience. My whole life from

then on was based on practically cultivating this experience. Day by day I was going deeper and deeper into my existence.



My days in India were spent in meditation and spending time with Maharaj Ji.

Mediation was such an incredible experience. I call it going to the movies.

Day by day I was going deeper and deeper into realms I have never been before. Prem Nagar was such a beautiful place.

I was thousands of miles away from home and then again I was truly at home. I was content and full of such incredible bliss. My mind was learning to focus on something inside of me that never changes that is, was, and will always be.

I was learning how to be connected to that experience twenty-four hours a day. I practiced meditation liked how I surfed with joy and the thrill of riding the wave of life.



To this day I'm still blown away that this experience is lying dormant inside of humanity just waiting to be discovered. We are searching for the jewel and the jewel is hidden inside of each one of us.

Over time it's not all bliss and roses with this experience. I had to face my mind. The mind is such a powerful thing. It can be your friend or enemy.

I learned over time to become its friend. In the beginning, at times I thought I would go crazy. The mind was constantly chattering. I would sit for hours and at times I wanted to get up and just forget the whole thing.

But then I would break through. Then the experience would rush in and completely saturate your being. You are bliss. I felt that I had to break down the door.

Over time I walked through the door and my mind hasn't bothered me in this way since. I'm not saying my mind doesn't bother me at times it does.

But when I close my eyes or put my connection to this Word of God my whole being is filled with bliss. In the beginning, it took tremendous effort to have this kind of experience. In the beginning, you meditate on the experience. Years later the experience meditates on you.

I remember that on a few days before Christmas the whole ashram took a train ride from Hardware to Patna a city in Bihar India. Bihar is one of the poorest states in India.



The scenery was beautiful. We were traveling on this old funky Indian train. We would see swamps that were full of Lotus flowers. Wildlife was everywhere.

Maharaj Ji was having a three-day program. I remembered at the festival there were probably a million people there.

At one point in the festival, the Arya Samaj attacked the festival. I'm not sure how many people died. This group caused a lot of trouble in India.

It was kind of scary to sit on the stage watching fighting only a half-mile away. India was quite a different place. The people were quite friendly. They liked westerners. The Indian people, in general, had a strong conviction for God.



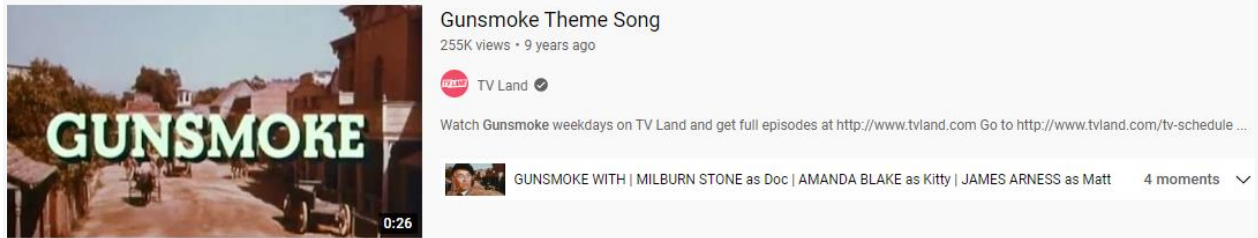
Before leaving Bihar my friend Peter left to go back to America. I loaned him the money which I got back in South Africa. The westerns left in January.



There were only a few of us left. I spent my remaining time in Delhi. I remember I would meditate and go into town. The Indian food was great.

I bumped into the son of James Arness. His father was a famous actor in Hollywood. He

played in Gunsmoke on TV. He had a son (Rolf) at the time was a world champion surfer.



It was quite funny meeting him. I was buying a kilo of cashews for one dollar. I just started talking to him.

During this time Maharaj Ji was planning to go to South Africa. He needed a few westerners to go and help set up the necessary arraignments.

Somehow Maharaj Ji's mother asked me to go. So in early February, we embarked to Bombay.

First Time Meeting Zoran



Richard, Makara and Barbara 1

Let me introduce Zoran. Zoran is an entity who is known in other dimensions as LOGOS. Logos on this planet came from the Greeks which means Word or Power. The Bible talks about LOGOS as the word.

In the beginning, was the word and the word was with God and the Word was God. Zoran was the personification of that word. The first time I meet him was in Phoenix AZ. A few of my friends saw him and said I might like to see him. They said he was different and like to teach with toys. Zoran is channeled by MAKARA.

When he comes into her body he takes over much live Mafu. Anyway, we arrive late to the hall and I see the program is started. From the loudspeaker, I hear a voice that sounds like Mafu. I am thrown for a loop and ask myself "why is Mafu tape being broadcasted through the sound system."

I sit down and see that this voice is Zoran. I loved the way Zoran was. His whole teaching was through games and laughter. He had all these stuffed toys that he would hand out.

At one part of the program, he started to pull out people from the audience. He pulled me out and gave me an orange ball. He then proceeded to ask each one of us what this toy means to us.

When he came to me he asked me about the orange ball he gave me. I told him that orange represented collagen the substance that ties the cells together. Without collagen, the cells would fall apart.

This ball represents the life force that keeps the entire universe together otherwise it would fall apart. He just laughed and blinked his eye and said a good answer. That night I was very intrigued by Zoran. I knew that we were best of friends and I wanted to talk to him personally. The following day a meeting was arranged.

The first part of the meeting was spent in laughter. People outside the room said it was like an auditorium of people laughing. There were only 3 of us. At one point Zoran said if I laugh anymore I will have to leave this physical body. It will cause damage to her body.

At this time the tone became more serious. I learned that I was a student of his on a planet called Nucleus. This school was learning about the ways to split open the atom using one's mind. This school was built on practical experience. It was truly a mystery school.

Makara and I were both students in this school. Zoran told me many wonderful things. We became really good friends. At all of the seminars, he would always call on me. I became a friend just like in the good old days.

I remember one day he asked me "What do you think about Women?" Well, I said that I want to solve the mystery. He said that someone special was going to happen and that very soon I would meet the woman of my dreams.

The next night I had a dream where I meet my future wife Barbara. A voice came to me and said when you meet this person you should get to know her. A month later I was staying at a friend's house when Barbara walks into the house. I recognize her at once. I played it quite cool because I knew that destiny would be played out. The rest is history.



Zoran taught me a lot of techniques for getting in touch with himself. His whole style was through laughter.

He said that laughter and joy create such a frequency that it just sinks in subconsciously. He had a great analogy that when you go to the bathroom you

don't inspect your stools.

He said so many people struggle to reach happiness. Life is not a struggle. Life is not a battle. Life is fun and humorous. I have never laughed as much as with Zoran. He taught me a new angle on life.



The Cars - Drive (Live Aid 1985)

4.9M views • 1 year ago

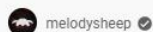


The Cars performing at Live Aid in front of 100000 people in the John F. Kennedy Stadium, Philadelphia USA on the 13th



"We Are Star Dust" - Symphony of Science

1.9M views • 10 years ago



We are star dust, reaching out to the universe. The 15th Symphony of Science video featuring Neil DeGrasse Tyson, Richard ...

CC

Space Ride –Zoran



One night in Sedona I was with three of my friends. We were outside looking at the stars in lawn chairs. It was early July and was a nice evening.

The sky was clear. There were thousands of stars in the sky. We were looking at a strange phenomenon

taking place.

We would see these streaks of light going vertical in the sky. Imagine a huge flashlight sending a flash of light from left to right across the sky. It would come in one-minute intervals.

All of us were delighted with the show. We were making the same oohs and aahs when kids see fireworks.

During a lull, I notice three stars in the sky I never noticed before. These three stars formed a triangle in the sky.

It looked like a pyramid. All of a sudden I felt myself being sucked out of my body. It was like this huge vacuum sucking me out and my body.

There was this tunnel of light and I was traveling inside of this tunnel. We have all seen on Star Trek The Next Generation the sensation of warp speed. This was the same kind of sensation that I felt.

The next thing I knew I saw this huge Mother Ship. This ship was so large that there were Mountains, oceans, and earth-like plants inside of this ship.

I was greeted by a group of 12 beings. I recognized Zoran and Lord Michael. They took me on a tour of this ship.

The whole ship had a clear plastic-like substance which was the outer shell. Inside of this was the mountains. The main engine room was driven by energy itself.

They had the technology to convert energy itself to drive the whole ship. All electricity was generated by pure and perfect energy. There was no pollution whatsoever.

It's hard to put in words what I was going through and what I saw. It was so beautiful. These beings were so beautiful.

They were friendly and extremely intelligent. Their technology was light years ahead of ours. At one point I was placed at this beautiful table.



Zoran, Lord Michael, and the rest of the 12 beings placed their hands on my body and started to send me brilliant colors of light.

My whole body was enveloped in a rainbow of light. This light was pure consciousness. It was alive and extremely blissful. I felt all the stress taken out of my body. It was an incredible ceremony taking place. No words were spoken. 12 incredible beings were performing an ancient ceremony on me.

I felt they once again reminded me that we all come to the same source of life. There is a universal consortium of beings who are called the white brotherhood whose mission is to transform this universe into something far beyond what we can imagine.

There are millions of humans alive on this planet who are part of this consortium. Before we were born we all decided to come down and help this planet earth.

All the major religions know that something incredible is about to happen to this planet and the beings on this wonderful earth.

We are to usher in this era along with our friends. Our weapons are love. Love is the most powerful force in the universe. Our mission is to consciously change ourselves into being beings of love. Christ was a prime example of this.

We all have the same capacity. We just have to stop, look and listen to what going on. Here the most incredible event is taking place on this planet and we are asleep. We are too involved in little lives to stop for just one second and ask some basic questions.

Who am I.? What is the purpose of this life? Where is true happiness? I feel as a society we need to learn about tolerance, forgiveness, and being open-minded.

Each of us is so caught up in our mindset that we can't see that there are flowers on a beautiful garland called life. Isn't it so beautiful that we are so different yet all of us at the same time are so similar?

The breath of life is keeping us alive and we are unconscious of this fact. It's time to wake up and smell the roses. Each one of us is having the experience to remind us to wake up either conscious or subconscious. Even if you don't believe in any of this at all.



Imagine if this was all make-believe. There was a time when flying an airplane was make-believe. It is now a reality. There are millions of people on this planet whose prayers are to see peace on the planet.

In time this will have to happen. We just have to bring peace to ourselves. We have to know

who we are. We are beings of love.

We have simply forgotten who we are. It is now time as a whole that we wake up. It's kind of funny the whole world wants peace and happiness. Yet there is so much misery and poverty and greed.

The love we have inside is boundless and endless. It is worth more than all the riches in the whole universe. Without we are nothing. I know I had many incredible experiences in my life. Many people are envious of them. Yet without love, they mean nothing.

It's like a body without breath. No life whatsoever. Our main mission is to be so filled with love that whatever we touch turns to love. What would happen to this planet if every citizen on this planet were experiencing such love?

We would have no conflict, war, or poverty on this planet. We would truly help each other out. We would truly know that humans are incredible beings.

Well, I came back and my friend knew that something incredible had happened to me. I told them just a fraction of what happened to me. It was still so personal that I didn't want to blab out or be arrogant.

Years later I felt the time was right to put the experience in words. This incident showed me that my friend beyond the stars was always looking after me and this planet.

I knew my days as a young child looking up at the stars were based upon an unconscious yet conscious connection with my friends. We are never alone. We have friends who are looking after us. Most of the time we don't know it.



"We Are Star Dust" - Symphony of Science

melodysheep 1.9M views

mp3:<http://bit.ly/IIUVRB> We are star dust, reaching out to the universe. The 15th Symphony of Science video featuring Neil DeGrasse Tyson, Richard Feynman and Lawrence Krauss. Materials used...



On Maharaj Ji's 14th birthday on December 10, 1972, a huge party was held in Prem Nagar ashram in India. For some reason, I came as the Blue Meanie. At the time I didn't

know why I choose that. I didn't like that character in the Yellow submarine at all.

Years later I had this dream was I was the Blue Meanie in this Yellow submarine. I felt this incredible energy of love filling me up. All of a sudden this Blue Meanie became 2,4,8,16,32,64,128,265,512,1024 and on to infinite .

This happened in less than a fraction of a second. My whole consciousness was in the infinite ocean of blue meanies. The whole sea loved itself.

Each blue meanie was separate yet tied together by the ocean of love. I felt a power more powerfully than a nuclear power plant surging through me.

This was the power of love flowing through me. I became the universe. Every part of creation was an aspect of this consciousness. I knew and experience everything on this planet and all other universes.

I was one. The effects of this dream lasted a long time. I felt so fortunate to be reminded of who we are. Life will teach us in such a beautiful manner.

Many experiences we don't seem to care about or know, will be used in the further for a greater purpose.



One day in Arizona I had this incredibly vivid dream. I dreamt that Sai Baba was sick. For those of you who don't know Sai Baba is a great Indian Saint.

He can manifest jewels from his hands. He has millions of followers in the world. Sai Baba was very sick in my dream. There were a lot of people around him in my dream.

He came up to me and said only you can heal me. As soon as he said that I felt tremendous energy flowing from within my being. I placed my hands towards him and started to send energy inside of his body. His whole body was shaking.

After a few moments, he was healed. The love that was flowing between us was incredible. I felt this incredible wave of love flowing into me.

My whole being was saturated with this experience. It was more than a dream. I really can't put the experience in words but it was incredible.

About three months earlier I took this incredible healing course. There the instructor told me that I would receive a great gift from Sai Baba.

Three months later this experience came to me. I have learned since then to have respect for all teachers. We can all learn from each other. I certainly don't have all the answers.

I don't know anyone who does. Each of us has something special to offer this world.



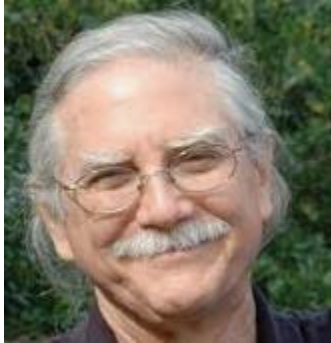
SAI BABA:: MATERIALIZATIONS

6M views • 9 years ago



OM SRI SAI RAM !!!

Michael Singer



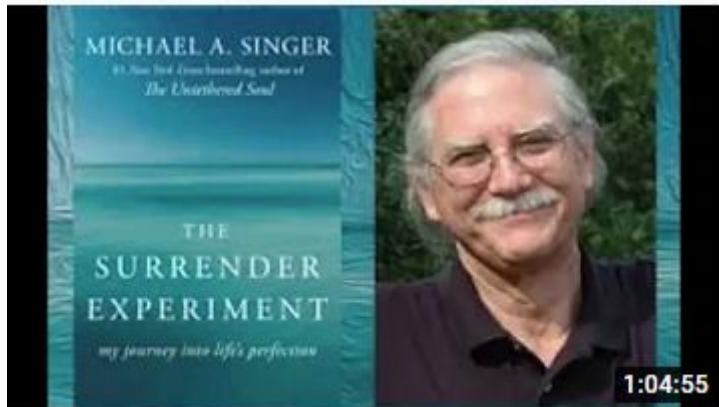
BIO ²¹

Michael Alan Singer (or Michael A. Singer; born 6 May 1947) is an American author, journalist, motivational speaker, and former software developer.[1][2] Two of his books, *The Untethered Soul* (2007) and *The Surrender Experiment* (2015), were New York Times bestsellers.[3][4] Singer graduated from the University of Florida in 1971 with a master's degree in economics, and while attending university, Singer had a spiritual awakening and went into seclusion to focus on meditation and yoga.[5] This experience inspired him to establish the Temple of the Universe in 1975, a meditation center open to men and women of all beliefs and religions who seek inner peace.[6][7]

Singer is also involved in the medical software industry.[8][9] He helped form the Medical Manager Corporation, which marketed software that helped medical practitioners to digitize their medical records.[10] In 2000, Medical Manager was recognized by the Smithsonian Institution for its achievements in information technology.[2][11] Later that year, Medical Manager became a subsidiary of WebMD, in an acquisition valued at roughly \$5 billion.[12] Singer continued his work in physician software strategies at WebMD, where he remained as executive VP, physician software strategies, and head of research and development and chief software architect of WebMD Practice Services.[13] He resigned from WebMD in 2005 and focused on writing.[14][15]

²¹ [Michael Alan Singer - Wikipedia](#)

Author Michael A. Singer went from a penniless yogi in the woods to CEO of a billion-dollar public company—almost against his own will



Yoga Journal: What is “The Surrender Experiment”? ²²

Michael A. Singer: The surrender experiment is a challenge I gave myself to try to allow life to unfold around me without struggling with it.

We are all intelligent enough to realize that we are not in control of 99.9 percent of what goes on around us. Our hearts beat, our

food digests, and our cells divide — all without any intervention of our own.

Likewise, the planets stay in orbit, and the entire rest of the universe unfolds on its own. We are not controlling any of this, yet it has been unfolding in perfect harmony for billions of years.

If the forces of creation can create and maintain the entire universe, every moment, are not the moments unfolding in front of me part of this same universal perfection?

When I was in my early twenties, I took one look at this and realized that all the moments of creation are part of the same interrelated perfection. They have nothing to do with me; they belong to the forces that created them.

All that is happening each moment is that I’m seeing the result of 13.8 billion years of forces that interacted together to create exactly what is in front of me. That being the case, I decided to experiment with surrendering to that perfection instead of listening to what my preference-driven mind had to say about it.

Specifically, when something appears in front of me, I try to honor and respect the enormity of its origins, rather than immediately judging whether I like it or not. That is the surrender experiment, and my new book is about what ended up happening as I aligned myself with life instead of struggling to align life to me.

²² <https://www.yogajournal.com/meditation/surrender-experiment/>

YJ: How did your practice help you stay centered (and peaceful) during your amazing rise to success as founding CEO of a billion-dollar public company and also during your indictment on federal fraud conspiracy charges (which were later dropped)?

Singer: Though I have consistently maintained daily practices, my true practice of yoga is done inside at all times. It is this internal practice of constantly letting go of whatever disturbance arises within that has allowed me to stay centered through these amazing situations life has presented to me.

Yoga is like a fine wine that becomes better over time. You start by letting go of the little things that irritate you for no reason, like the weather, or someone else's attitude. Of what purpose is it to get disturbed by things that are just passing by and are pretty much out of your control?

So you begin the practice of allowing the shifts in your inner energy to just pass through internally. You do this by deeply relaxing and giving them the space they need to pass. It is very much like relaxing into an asana.

The more you relax, the easier it becomes, until at some point it becomes an enjoyable experience. It can be the same inside if you begin relaxing and releasing early enough in the process.

Then something bigger happens in life that challenges your willingness to relax and let the reactionary disturbance pass by within. Your tendency is to resist the uncomfortable feeling and control your environment so that you don't have to deal with the inner disturbance.

But your commitment to yoga demands that you let go and use each situation life puts you in to go beyond your comfort zone. This is the true practice of yoga, and it becomes your way of life.

But what will happen to my outer life if I commit myself to letting go within? That is the subject matter of *The Surrender Experiment*. What happens is phenomenal. You begin to see a perfection between what you need to let go of inside and what unfolds outside.

You are presented each moment with the perfect situations to bring up the issues you have stored within, which in yoga we call *samskaras*, and you are then given the opportunity to let them go. If you do this each time, you will achieve the goal of yoga — a liberated energy flow that constantly bathes you with love and bliss as it rises within you. So becoming CEO of a public company and being wrongly charged by the federal

government are both the same — they are amazing opportunities to let go of yourself at a very deep level and learn to surrender to the phenomenal perfection of a life devoted to yoga.



“If you want to be happy, you have to let go of the part of you that wants to create melodrama. This is the part that thinks there’s a reason not to be happy.

You have to transcend the personal, and as you do, you will naturally awaken to the higher aspects of your being. In the end, enjoying life’s experiences is the only rational thing to do. You’re sitting on a planet spinning around in the middle of absolutely nowhere.

Go ahead, take a look at reality. You’re floating in empty space in a universe that goes on forever. If you have to be here, at least be happy and enjoy the experience. You’re going to die anyway.

Things are going to happen anyway. Why shouldn’t you be happy? You gain nothing by being bothered by life’s events. It doesn’t change the world; you just suffer. There’s always going to be something that can bother you, if you let it.”



My dear friend David told me about Michael's singer. I listened to a few of his videos. I like what I heard. I sent David an email. This is what he sent me.

Yes, it's so practical and very relative to just day-to-day living. I really liked his explanations of

Trapped energy or samskaras. It's so nice to know that we can just be human and able to handle all experiences and then any discordant energy we can recognize and release. And that's what's called purifying the mind. Ramakrishna said that purifying the mind is our purpose and that a purified mind is the same as the self.

“The essence of spirituality is about letting go of the stuff inside—because when you let it all go, what’s left is pure spirit.”

“There is nothing more important to true growth than realizing that you are not the voice of the mind - you are the one who hears it.”

“Only you can take inner freedom away from yourself, or give it to yourself. Nobody else can.”

“If you truly love someone, your love sees past their humanness”

“If you want to be happy, you have to let go of the part of you that wants to create melodrama. This is the part that thinks there’s a reason not to be happy. You have to transcend the personal, and as you do, you will naturally awaken to the higher aspects of your being. In the end, enjoying life’s experiences is the only rational thing to do. You’re sitting on a planet spinning around in the middle of absolutely nowhere. Go ahead, take a look at reality. You’re floating in empty space in a universe that goes on forever. If you have to be here, at least be happy and enjoy the experience. You’re going to die anyway. Things are going to happen anyway. Why shouldn’t you be happy? You gain nothing by being bothered by life’s events. It doesn’t change the world; you just suffer. There’s always going to be something that can bother you, if you let it.”

“When a problem is disturbing you, don't ask, "What should I do about it?" Ask, "What part of me is being disturbed by this?"

“Do not let anything that happens in life be important enough that you’re willing to close your heart over it.”

“Eventually you will see that the real cause of problem is not life itself. It's the commotion the mind makes about life that really causes the problems.”

“We are constantly trying to hold it all together. If you really want to see why you do things, then don't do them and see what happens.”

“The truth is that most of life will unfold in accordance with forces far outside your control, regardless of what your mind says about it”

²³ [Michael A. Singer Quotes \(Author of The Untethered Soul\) \(goodreads.com\)](#)

“there is no reason to constantly attempt to figure everything out”

“Imagine if you used relationships to get to know other people, rather than to satisfy what is blocked inside of you. If you’re not trying to make people fit into your preconceived notions of what you like and dislike, you will find that relationships are not really that difficult. If you’re not so busy judging and resisting people based upon what is blocked inside of you, you will find that they are much easier to get along with—and so are you. Letting go of yourself is the simplest way to get closer to others.”

“Your relationship with God is the same as your relationship with the sun. If you hid from the sun for years and then chose to come out of your darkness, the sun would still be shining as if you had never left. You don’t need to apologize. You just pick your head up and look at the sun. It’s the same way when you decide to turn toward God—you just do it.”

“Instead of being encouraged to feel completely protected, loved, honored, and respected by the Divine Force, you’ve been taught that you’re being judged. Because you’ve been taught that, you feel guilt and fear. But guilt and fear do not open your connection to the Divine; they only serve to close your heart. The reality is that God’s way is love, and you can see this for yourself.”

“True personal growth is about transcending the part of you that is not okay and needs protection.”

“How would you feel if someone outside really started talking to you the way your inner voice does? How would you relate to a person who opened their mouth to say everything your mental voice says? After a very short period of time, you would tell them to leave and never come back. But when your inner friend continuously speaks up, you don’t ever tell it to leave. No matter how much trouble it causes, you listen.”

“To get some distance from this, you first need to get some perspective. Walk outside on a clear night and just look up into the sky. You are sitting on a planet spinning around in the middle of absolutely nowhere. Though you can only see a

few thousand stars, there are hundreds of billions of stars in our Milky Way Galaxy alone. In fact, it is estimated that there are over a trillion stars in the Spiral Galaxy. And that galaxy would look like one star to us, if we could even see it. You're just standing on one little ball of dirt and spinning around one of the stars. From that perspective, do you really care what people think about your clothes or your car? Do you really need to feel embarrassed if you forget someone's name? How can you let these meaningless things cause pain? If you want out, if you want a decent life, you had better not devote your life to avoiding psychological pain. You had better not spend your life worrying about whether people like you or whether your car impresses people. What kind of life is that? It is a life of pain. You may not think that you feel pain that often, but you really do. To spend your life avoiding pain means it's always right behind you."

"If experience is the best teacher, there's nothing that comes close to the experience of life."

"Your inner growth is completely dependent upon the realization that the only way to find peace and contentment is to stop thinking about yourself."

"The only permanent solution to your problems is to go inside and let go of the part of you that seems to have so many problems with reality. Once you do that, you'll be clear enough to deal with what's left."

"Billions of things are going on in this world. You can think about it all you want, but life is still going to keep on happening."

"There is nothing more important to true growth than realizing that you are not the voice of the mind - you are the one who hears it"

"To attain true inner freedom, you must be able to objectively watch your problems instead of being lost in them... Once you've made the commitment to free yourself of the scared person inside, you will notice that there is a clear decision point at which your growth takes place."

"When you feel pain, simply view it as energy. Just start seeing these inner experiences as energy passing through your heart and before the eye of your consciousness. Then relax. Do the opposite of contracting and closing. Relax and

release. Relax your heart until you are actually face-to-face with the exact place where it hurts. Stay open and receptive so you can be present right where the tension is. You must be willing to be present right at the place of the tightness and pain, and then relax and go even deeper. This is very deep growth and transformation. But you will not want to do this. You will feel tremendous resistance to doing this, and that's what makes it so powerful. As you relax and feel the resistance, the heart will want to pull away, to close, to protect, and to defend itself. Keep relaxing. Relax your shoulders and relax your heart. Let go and give room for the pain to pass through you. It's just energy. Just see it as energy and let it go."

"The psyche is built upon avoiding this pain, and as a result, it has fear of pain as its foundation. That is what caused the psyche to be. To understand this, notice that if the feeling of rejection is a major problem for you, you will fear experiences that cause rejection. That fear will become part of your psyche. Even though the actual events causing rejection are infrequent, you will have to deal with the fear of rejection all the time. That is how we create a pain that is always there. If you are doing something to avoid pain, then pain is running your life. All of your thoughts and feelings will be affected by your fears."

"You have to understand that it is your attempt to get special experiences from life that makes you miss the actual experience of life."

"The most important thing in life is your inner energy. If you're always tired and never enthused, then life is no fun. But if you're always inspired and filled with energy, then every minute of every day is an exciting experience. Learn to work with these things. Through meditation, through awareness and willful efforts, you can learn to keep your centers open. You do this by just relaxing and releasing. You do this by not buying into the concept that there is anything worth closing over. Remember, if you love life, nothing is worth closing over."

"It's actually a shocking realization when you first notice that your mind is constantly talking. You might even try to yell at it in a feeble attempt to shut it up. But then you realize that's the voice yelling at the voice:"

“The only thing you have to know is that opening allows energy in, and closing blocks it out. Now you have to decide whether or not you want this energy. How high do you want to get? How much love do you want to feel? How much enthusiasm do you want to have for the things you do? If enjoying a full life means experiencing high energy, love, and enthusiasm all the time, then don’t ever close.”

“It is truly a great cosmic paradox that one of the best teachers in all of life turns out to be death. No person or situation could ever teach you as much as death has to teach you. While someone could tell you that you are not your body, death shows you. While someone could remind you of the insignificance of the things that you cling to, death takes them all away in a second. While people can teach you that men and women of all races are equal and that there is no difference between the rich and the poor, death instantly makes us all the same.”

“What if you knew that the next person you’d see would be the last person you would ever see? You’d be right there soaking it in, experiencing it. It wouldn’t matter what they were saying; you’d just enjoy hearing the words because it would be the last conversation you’d ever have. What if you brought that kind of awareness to every conversation? That’s what happens when you’re told that death is around the corner: you change, life doesn’t change.”

Joe Dispenza



Dr Joe Dispenza is an international lecturer, researcher, corporate consultant, author, and educator who has been invited to speak in more than 33 countries on six continents.

As a lecturer and educator, he is driven by the conviction that each of us has the potential for greatness and unlimited abilities.

About - Dr. Joe Dispenza drjoedispenza.com › pages › about

Record label: Encephalon, LLC

Albums: Reconditioning the Body to a New Mind, Tuning in to New Potentials, Changing Beliefs and Perceptions

Movies: Evolve Your Brain

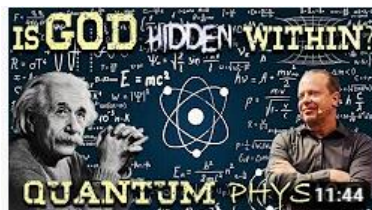
Education: Life University, The Evergreen State College ²⁴



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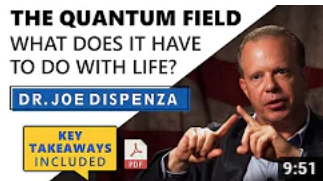
²⁴ https://www.goodreads.com/author/quotes/345332.Joe_Dispenza



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Joseph Dispenza, D.C ON The Brain, Quantum Physics & The Observer and Creating Your Day.

“Can you accept the notion that once you change your internal state, you don’t need the external world to provide you with a reason to feel joy, gratitude, appreciation, or any other elevated emotion?”

“A memory without the emotional charge is called wisdom.”

“And can you teach your body emotionally what it would feel like to believe in this way . . . to be empowered . . . to be moved by your own greatness . . . to be invincible . . . to have courage . . . to be in

“I'm taking this time to create my day and I'm infecting the quantum field. Now if (it) is in fact the observer's watching me the whole time that I'm doing this and there is a spiritual aspect to myself, then show me a sign today that you paid attention to any one of these things that I created, and bring them in a way that I won't expect, so I'm as surprised at my ability to be able to experience these things. And make it so that I have no doubt that it's come from you,' and so I live my life, in a sense, all day long thinking about being a genius or thinking about being the glory and the power of God or thinking about being unconditional love.”

“We should never wait for science to give us permission to do the uncommon; if we do, then we are turning science into another religion.”

“To be empowered—to be free, to be unlimited, to be creative, to be genius, to be divine—that is who you are.... Once you feel this way, memorize this feeling; remember this feeling. This is who you really are....”

“Meditating is also a means for you to move beyond your analytical mind so that you can access your subconscious mind. That’s crucial, since the subconscious is where all your bad habits and behaviors that you want to change reside.”

“If you want a new outcome, you will have to break the habit of being yourself, and reinvent a new self.”

“Your thoughts and feelings come from your past memories. If you think and feel a certain way, you begin to create an attitude. An attitude is a cycle of short-term thoughts and feelings experienced over and over again. Attitudes are shortened states of being. If you string a series of attitudes together, you create a belief. Beliefs are more elongated states of being and tend to become subconscious. When you add beliefs together, you create a perception. Your perceptions have everything to do with the choices you make, the behaviors you exhibit, the relationships you chose, and the realities you create.”

“Warning: when feelings become the means of thinking, or if we cannot think greater than how we feel, we can never change. To change is to think greater than how we feel. To change is to act greater than the familiar feelings of the memorized self.”

“Your thoughts are incredibly powerful. Choose yours wisely.”

“Psychologists tell us that by the time we’re in our mid-30s, our identity or personality will be completely formed. This means that for those of us over 35, we have memorized a select set of behaviors, attitudes, beliefs, emotional reactions, habits, skills, associative memories, conditioned responses, and perceptions that are now subconsciously programmed within us. Those programs are running us, because the body has become the mind. This means that we will think the same thoughts, feel the same feelings, react in identical ways, behave in the same manner, believe the same dogmas, and perceive reality the same ways. About 95 percent of who we are by midlife¹ is a series of subconscious programs that have become automatic—driving a car, brushing our teeth, overeating when we’re stressed, worrying about our future, judging our friends, complaining about our lives, blaming our parents, not believing in ourselves, and insisting on being chronically unhappy, just to name a few.”

Quotes 2

“To be happy with yourself in the present moment while maintaining a dream of your future is a grand recipe for manifestation. When you feel so whole that you no longer care whether “it” will happen, that’s when amazing things materialize before your eyes. I’ve learned that being whole is the perfect state of creation. I’ve seen this time and time again in witnessing true healings in people all over the world. They feel so complete that they no longer want, no longer feel lack, and no longer try to do it themselves. They let go, and to their amazement, something greater than they are responds—and they laugh at the simplicity of the process.”

“Most change starts with the simple process of something outside of us altering something inside of us. If you begin the inward journey and start to change your inner world of thoughts and feelings, it should create an improved state of well-being. If you keep repeating the process in meditation, then in time, epigenetic changes should begin to alter your outer presentation—and you become your own placebo.”

“The latest research supports the notion that we have a natural ability to change the brain and body by thought alone, so that it looks biologically like some future event has already happened. Because you can make thought more real than anything else, you can change who you are from brain cell to gene, given the right understanding.”

“First, every day I would put all of my conscious attention on this intelligence within me and give it a plan, a template, a vision, with very specific orders, and then I would surrender my healing to this greater mind that has unlimited power, allowing it to do the healing for me. And second, I wouldn’t let any thought slip by my awareness that I didn’t want to experience.”

“Think of it this way: the input remains the same, so the output has to remain the same. How, then, can you ever create anything new?”

“So if we want to change some aspect of our reality, we have to think, feel, and act in new ways; we have to “be” different in terms of our responses to experiences. We have to “become” someone else. We have to create a new state of mind ... we need to observe a new outcome with that new mind.”

“The quantum field responds not to what we want; it responds to who we are being.”

“The only way we can change our lives is to change our energy — to change the electromagnetic field we are constantly broadcasting. In other words, to change our state of being, we have to change how we think and how we feel.”

“Making Genetic Changes We used to think that genes created disease and that we were at the mercy of our DNA. So if many people in someone’s family died of heart disease, we assumed that their chances of also developing heart disease would be pretty high. But we now know through the science of epigenetics that it’s not the gene that creates disease but the environment that programs our genes to create disease—and not just the external environment outside our body (cigarette smoke or pesticides, for example), but also the internal environment within our body: the environment outside our cells. What do I mean by the environment within our body? As I said previously, emotions are chemical feedback, the end products of experiences we have in our external environment. So as we react to a situation in our external environment that produces an emotion, the resulting internal chemistry can signal our genes to either turn on (up-regulating, or producing an increased expression of the gene) or to turn off (down-regulating, or producing a decreased expression of the gene). The gene itself doesn’t physically change—the expression of the gene changes, and that expression is what matters most because that is what affects our health and our lives.”

“Conscious thoughts, repeated often enough, become unconscious thinking.”

“To sum up the meditative process, you have to break the habit of being yourself and reinvent a new self; lose your mind and create a new one; prune synaptic connections and nurture new ones; unmemorize past emotions and recondition the body to a new mind and emotions; and let go of the past and create a new future.”

“By Itself, Conscious Positive Thinking Cannot Overcome Subconscious Negative Feelings”

“Meditation opens the door between the conscious and subconscious minds. We meditate to enter the operating system of the subconscious, where all of those unwanted habits and behaviors reside, and change them to more productive modes to support us in our lives.”

“The point is, true happiness has nothing to do with pleasure, because the reliance on feeling good from such intensely stimulating things only moves us further from real joy.”

“we’re addicted to our beliefs; we’re addicted to the emotions of our past. We see our beliefs as truths, not ideas that we can change. If we have very strong beliefs about something, evidence to the contrary could be sitting right in front of us, but we may not see it because what we perceive is entirely different. We’ve in fact conditioned ourselves to believe all sorts of things that aren’t necessarily true—and many of these things are having a negative impact on our health and happiness. Certain cultural beliefs”

“You will learn that the true purpose of meditation is to get beyond the analytical mind and enter into the subconscious mind so you can make real and permanent changes. If you get up from meditation as the same person who sat down, nothing has happened to you on any level. When you meditate and connect to something greater, you can create and then memorize such coherence between your thoughts and feelings that nothing in your outer reality—no thing, no person, no condition at any place or time—could move you from that level of energy. Now you are mastering your environment, your body, and time.”

“Reason this: When you think from your past memories, you can only create past experiences. As all of the “knowns” in your life cause your brain to think and feel in familiar ways, thus creating knowable outcomes, you continually reaffirm your life as you know it. And since your brain is equal to your environment, then each morning, your senses plug you into the same reality and initiate the same stream of consciousness.”

“Consider creating several Mind Movies—one for health and wellness, for example, and another for romance, relationships, and wealth.”

Prem Rawat



Prem Pal Singh Rawat, born 10 December 1957, is an Indian American also known as Maharajji, and formerly as Guru Maharaj Ji and Balyogeshwar. Wikipedia

Born: December 10, 1957 (age 62 years), Haridwar, India ²⁵



You Are The Source: Prem Rawat

WORDS OF PEACE • 67K views • 4 years ago

Who are you? 4.54 billion years in the making. That's a lot of time, isn't it? 4.54 billion years in the making, for you to be alive today ...



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Where is the Light

Prem Rawat Official • 4.2K views • 1 week ago

We may not be able to remove all our problems, but there is state of being where we can experience freedom from them.

²⁵ https://www.azquotes.com/author/22471-Prem_Rawat

Quotes 1

- It is not the world that needs peace, it is people. When people in the world are at peace within, the world will be at peace.
- When you are introduced
to the clarity inside of you,
to the simplicity inside of you,
to that beauty inside of you,
the journey of life begins.
- We think a wise person is someone who solves problems. Truth is, a wise person is someone who avoids problems.
- Every moment in your life is unique. You will never have two alike... Never. This is the science of living: When you begin to appreciate every moment. To have a heart so open, an understanding so beautiful, and a yearning for appreciation so complete that when that moment comes.... you see exactly what it is.
- You should love one another and behave lovingly
because when love comes, everything comes. You should speak to one another with love and humility. Love is the essence.
- The world doesn't want you to know. They want you to believe. But there is a big difference between believing and knowing. Should you believe in yourself or should you know yourself?
- Take solace, take comfort.
Your problems, too, will go away one day. They're temporary.
The only thing that is permanent in nature is in your heart.
Recognize that and be fulfilled.
Fulfill the possibility that was declared the day you were born,
the moment you took your first breath.
- Happiness is your own treasure because it lies within you.
- Peace is not a luxury. It's not an option. It is fundamental to the existence and well-being of a human being to have peace in their life.
- People think God is a man. People think God has got ears, nose, teeth and he rises daily in the morning, brushes his teeth and washes his mouth. And he is an old man and he has a beard. All these things people think. But no, God is energy. God is perfect and pure energy.
-

Quotes 2

- Who are we waiting for?
We look up
to the sky,
waiting for
the angel
to come down
and fix all of
our problems.
YOU
are the angel
that can
fix your problems.
- Every human being has to find their own peace. Peace is within you and me. When you and I can experience who we really are, what life is, and what we are doing here, that's the day peace will begin in this world.
- You find freedom inside - nowhere else. In the heart of every being is that one space which is free, which is filled with Peace, and which is full of Love.
- Life is a tide; float on it. Go down with it and go up with it, but be detached. Then it is not difficult.
- This peace is not the absence of anything. Real peace is the presence of something beautiful. Both peace and the thirst for it have been in the heart of every human being in every century and every civilization.
- There is something so beautiful inside you that if you knew it, you would fall in love with it. It is irresistible. You can truly experience that.
- Practice peace, change your world.
- That peace which is within us, we must experience it. And if we are searching for peace outside we will never find the peace within.
- Every moment has a momentous gift for you.
- I suggest you take a look at yourself. Not the concepts, not the ideas, not the goods, not the bads. But a timeless purity of existence. A witness to the beauty that is.
- There are people who are very greedy, there are people who don't care. But in my opinion, that is a minority. The majority of the people on the face of this earth

want peace, and if this is true, then peace on earth is a very achievable objective. People say it's not going to happen. Well, let this time belong to those who believe it can happen, not to the ones who say it cannot.

- This life that has been given to us as a gift, as such a precious gift. To really try to understand it, really try to recognize it, is the greatest meditation. Through the media of this Knowledge we can tap into our inner sources that are so beautiful.
- Peace is when the heart is no longer in duality, when the struggle within has been resolved.... A voice has been calling out: "What you are looking for is within you. Your truth is within you, your peace is within you..."
- Awaken and rejoice. Awaken and be alive. Awaken to the possibility of being fulfilled.
- We are all individuals. I can't eat for you and you can't eat for me. I can't sleep for you and you can sleep for me. We are absolutely all individuals. When our purpose is fulfilled, it feels beautiful. That is, to me, the feeling of fulfillment.

Bruce Lipton



Bruce Harold Lipton, is an American developmental biologist who supported the theory that gene expression could be influenced by environmental factors, i.e. environmental factors have a greater impact on health than genetic research has previously determined. Wikipedia

Born: October 21, 1944 (age 75 years), Mount Kisco, NY

Spouse: Margaret Horton

Movies: The Living Matrix

Albums: Bruce Lipton's Music For A Shift In Consciousness

Education: University of Virginia, LIU Post ²⁶



An Interview with Bruce Lipton on Epigenetics and Quantum Mechanics

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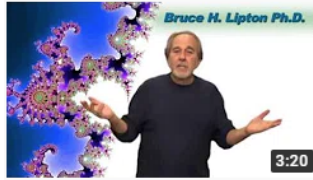


Wisdom of the Force - Jedi Master Bruce Lipton on Quantum Physics

Bruce H. Lipton, Ph.D. • 34K views • 3 years ago

www.bruce-lipton.com - Dr. Bruce Lipton returns from a long time ago, in a galaxy far away to deliver an important message to you!

²⁶ https://www.azquotes.com/author/18422-Bruce_H_Lipton



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Bruce H. Lipton, Ph.D. • 19K views • 7 years ago

www.bruce-lipton.com In this excerpt from a lecture on The Honeymoon Effect: The Science of Creating Heaven on Earth, Dr.



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Wisdom From North • 17K views • 5 years ago

Bruce H. Lipton, PhD is an internationally recognized leader in bridging science and spirit. Stem cell biologist, bestselling author ...

CC

Quotes 1

- The moment you change your perception is the moment you rewrite the chemistry of your body.
 - Each of our cells is a living entity, and the main thing that influences them is our blood. If I open my eyes in the morning and my beautiful partner is in front of me, my perception causes a release of oxytocin, dopamine, growth hormones - all of which encourage the growth and health of my cells. But if I see a saber tooth tiger, I'm going to release stress hormones which change the cells to a protection mode. People need to realize that their thoughts are more primary than their genes, because the environment, which is influenced by our thoughts, controls the genes.
 - Just like a single cell, the character of our lives is determined not by our genes but by our responses to the environmental signals that propel life.
 - As soon as you start to tell yourself in your perception that you can't do something anymore, then your biological system will adjust to prove you right. You will not do what you think you can't do.
 - Beliefs and thoughts alter cells in your body.
 - People need to realize that their thoughts are more primary than their genes, because the environment, which is influenced by our thoughts, controls the genes.
 - Life has everything in it. But you only see what your perception allow you to see
 - Most illness is just stress from not living in harmony
-
- A miraculous healing awaits this planet once we accept our new responsibility to collectively tend the Garden, rather than fight over the turf.
 - Your perspective is always limited by how much you know. Expand your knowledge and you will transform your mind.
 - If the brain expects that a treatment will work, it sends healing chemicals into the bloodstream, which facilitates that. That's why the placebo effect is so powerful for every type of healing. And the opposite is equally true and equally powerful: When the brain expects that a therapy will not work, it doesn't. It's called the "nocebo" effect.

Quotes 2

- When two people become entangled, one person will conform to the energy of the other person. When one of them is a healer whose cells are vibrating at a higher level, the client's cells become entangled, and their energy is lifted. That's why that old saying, "physician heal thyself," is so important, even though most don't understand it: If the physician's energy is going to influence or, in scientific terms, "entrain" the patient's, the doctor's must be higher.
- The 'secret of life' is BELIEF. Rather than genes, it is our beliefs that control our lives. PSYCH-K is a set of simple, self-empowering techniques to change your beliefs and perceptions that impact your life at a cellular level.
- You may consider yourself an individual, but as a cell biologist, I can tell you that you are in truth a cooperative community of approximately fifty trillion single-celled citizens.
- It is far easier to be entertained by a reality TV than to participate in our own reality.
- When we truly recognize that our beliefs are that powerful-we hold the key to freedom.
- We are conscious co-creators in the evolution of life. We have free will. And we have choices. Consequently our success is based on our choices, which are, in turn, totally dependent on our awareness.
- I am the master of my genes, not the victim of them.
- Nature is based on harmony. So it says if we want to survive and become more like nature, then we actually have to understand that it's cooperation versus competition.
- The fact that science led me to spiritual insight is appropriate because the latest discoveries in physics and cell research are forging new links between the worlds of Science and Spirit. These realms were split apart in the days of Descartes centuries ago. However, I truly believe that only when Spirit and Science are reunited will we be afforded the means to a better world.
- We can control our lives by controlling our perceptions.
- Recently, results of the Human Genome Project have shattered one of Science's fundamental core beliefs, the concept of genetic determinism. We have been led to believe that our genes determine the character of our lives, yet new research surprisingly reveals that it is the character of our lives that controls our genes. Rather than being victims of our heredity, we are actually masters of our genome.

- ...[E]very person perceives the world differently. So essentially, there are six billion human versions of reality on this planet, each perceiving its own truth.
- I learned again and again in my life, until you get your own act together, you're not ready for Big Love. What you're ready for is one of those codependent relationships where you desperately need a partner.
- We are today beginning to see work by very reputable scientists that says the universe is created by our observations. It is not a coincidence; we are actively involved in physically shaping the world that we experience.

Gregg Braden



Gregg Braden is an American author & scientist, who is widely known for his appearances in Ancient Aliens and his show Missing Links, and other publications about linking science & spirituality. He became noted for his claim that the magnetic polarity of the earth was about to reverse. Wikipedia

Born: June 28, 1954 (age 65 years), Missouri

Nationality: American

Spouse: Martha Reich Braden

Movies: Gregg Braden: The Science of Miracles, MORE

Albums: Gregg Braden's Music From The Divine Matrix, Verlorene Geheimnisse des Betens (Ungekürzt)

27



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Heal Documentary • 76K views • 2 years ago

<http://www.healdocumentary.com/purchase.html> A sneak peak from the documentary HEAL: Gregg Braden speaks to ...

²⁷ https://www.azquotes.com/author/25747-Gregg_Braden



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Quotes 1

- We are never more than a belief away from our greatest love, deepest healing, and most profound miracles.
- You can manifest the life you truly want with clear intention, emotional intelligence and imagination...like it or not, your life is what you have chosen.
- When we form heart-centered beliefs within our bodies, in the language of physics we're creating the electrical and magnetic expression of them as waves of energy, which aren't confined to our hearts or limited by the physical barrier of our skin and bones. So clearly we're speaking to the world around us in each moment of every day through a language that has no words: the belief-waves of our hearts.
- The world around us is nothing more and nothing less than a mirror of what we have become from within.
- To create reality, focus beyond the outcome, as if it has already happened.
- There can only be one solution to any problem: a change in attitude and in consciousness.
- The secret of our lost mode of prayer is to shift our perspective of life by feeling that the miracle has already happened and our prayers have been answered. Now we have the opportunity to bring this wisdom into our lives as prayers of gratitude for what already exists, rather than asking for our prayers to be answered.
- The new shift in thinking is the gateway to human transformation. And because of the sheer number of people involved in this shift, and the growing magnitude of the crises that are driving us to change the way we think, we are standing on the threshold of human transformation at a level unlike anything ever before known on Earth.
- Quantum science suggests the existence of many possible futures for each moment of our lives. Each future lies in a state of rest until it is awakened by choices made in the present.
- The prime rule of reality is that we must become in our lives what we choose to experience in the world.

- When you go into the world today, before you leave your home, promise yourself that you'll find at least one miracle. Without any limits or bounds on what you think it should look like, simply state for yourself your clear intention that of the many miracles that cross your path, you'll recognize one of them.
- When a certain number of people come together and they choose at a moment in time to create a precise emotion in their hearts, that emotion literally can intentionally influence the very fields that sustain the life on planet earth.
- Just the way sound creates visible waves as it travels through a droplet of water, our "belief waves" ripple through the quantum fabric of the universe to become our bodies and the healing, abundance, and peace-or disease, lack, and suffering-that we experience in life. And just the way we can tune a sound to change its patterns, we can tune our beliefs to preserve or destroy all that we cherish, including life itself.
- We live in a world where everything is connected. We can not longer think in terms of us and them when it comes to the consequences of the way we live. Today it's all about WE.
- Perhaps one of the most powerful keys to determining our experience of the months ahead comes from a shift in thinking that invites us beyond asking, 'What can I get from the world that exists,' to asking, 'What can I offer to the world that is awakening?' The way we answer this question as individuals becomes our collective answer to what comes next.
- Feeling is the language that speaks to the Divine Matrix (the Universe). Feel as though your goal is accomplished and your prayer is already answered.
- Every time one person chooses a new way to respond to the challenges of life, each time an individual chooses a new option, that person then becomes a living bridge for all the others who choose to follow in that person's path.
- Here's your protection for whatever comes: Find something to be happy about every day, and every hour if possible, moment-to-moment, even if only for a few minutes.
- Beliefs, and the feelings that we have about them, are the language that "speaks" to the quantum stuff that makes our reality.
- Every second we choose to nourish ourselves in a way that supports or depletes our lives, and to think and speak about other people in a way that is honoring or dishonoring. What choice are you going to make today.

- All it takes is one person in any generation to heal a family's limiting beliefs.
 - The great challenges of life appear to us when, and only when, we have everything we need to survive and heal from the experience.
 - The key to our transformation is simply this: the better we know ourselves the better equipped we will be to make our choices wisely.
-
- The power of our beliefs can work in either direction to become life affirming or life denying.
 - In the instant of our first breath, we are infused with the single greatest force in the universe--the power to translate the possibilities of our minds into the reality of our world.

Deepak Chopra



Deepak Chopra is an Indian-born American author and alternative-medicine advocate. A prominent figure in the New Age movement, his books and videos have made him one of the best-known and wealthiest figures in alternative medicine. Wikipedia

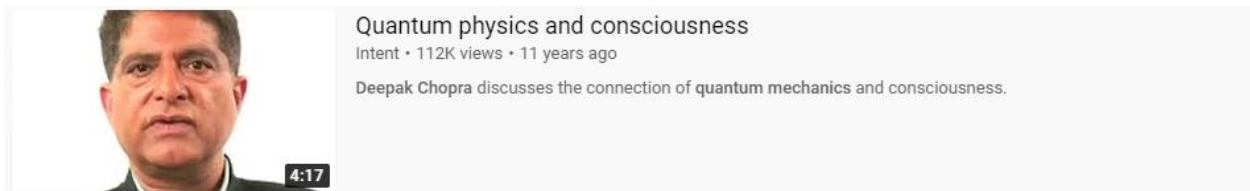
Born: October 22, 1946 (age 73 years), New Delhi, India

Spouse: Rita Chopra (m. 1970)

Movies: Decoding Deepak, The Shadow Effect, MORE

Children: Mallika Chopra, Gotham Chopra

28



²⁸ https://www.azquotes.com/author/2840-Deepak_Chopra



Derpak chopra quantum physics

Moirangthem Jugindro

A Final Destination: The Human Universe, Deepak Chopra • 39:11

Reinventing the body | Deepak Chopra | TEDxTimesSquare • 10:28

[VIEW FULL PLAYLIST](#)

Quotes 1

- All great changes are preceded by chaos.
- In the midst of movement and chaos, keep stillness inside of you.
- No matter what the situation, remind yourself "I have a choice."
- Be happy for no reason, like a child. If you are happy for a reason, you're in trouble, because that reason can be taken from you.
- There is a light within each of us that can never be diminished or extinguished. It can only be obscured by forgetting who we are
- Beyond the mind, at the deepest level of consciousness, resides the spirit. This is the part of us that is eternal, unchanging, and imbued with pure unlimited potential. Tapping into this potential is what enables us to manifest miracles.
- Every time you are tempted to react in the same old way, ask if you want to be a prisoner of the past or a pioneer of the future.
- If you want to be happy, make someone else happy. If you want to find the right person in your life, be the right person. If you want to see change in the world, become the change you want to see.
- You must find the place inside yourself where nothing is impossible.
- You alone are the judge of your worth and your goal is to discover infinite worth in yourself, no matter what anyone else thinks.
- The best use of imagination is creativity. The worst use of imagination is anxiety.
- One thing we can do is make the choice to view the world in a healthy way. We can choose to see the world as safe with only moments of danger rather than seeing the world as dangerous with only moments of safety.
- According to Vedanta, there are only two symptoms of enlightenment, just two indications that a transformation is taking place within you toward a higher consciousness. The first symptom is that you stop worrying. Things don't bother you anymore. You become light hearted and full of joy. The second symptom is that you encounter more and more meaningful coincidences in your life, more and more synchronicities. And this accelerates to the point where you actually experience the miraculous.

Quotes 2

- In my life nothing goes wrong. When things seem to not meet my expectations, I let go of how I think things should be. It's a matter of not having any attachment to any fixed outcome.
- If you have your full attention in the moment, you will see only love.
- The true spiritual secret is this: what you seek, you already are. True success is discovering your inner divinity~ it's the ability to love and have compassion, trust your intuition, and awaken to your unlimited creative nature.
- The Ego, however, is not who you really are. The ego is your self-image; it is your social mask; it is the role you are playing. Your social mask thrives on approval. It wants control, and it is sustained by power, because it lives in fear.
- Take responsibility for your last bad decision, and then let it go. Don't blame others or make excuses for yourself.
- Whatever relationships you have attracted in your life at this moment, are precisely the ones you need in your life at this moment. There is a hidden meaning behind all events, and this hidden meaning is serving your own evolution.
- If you focus on success, you'll have stress. But if you pursue excellence, success will be guaranteed.
- Change your story, change your life. Basically, that's what it is.
- You are the most important part of the family. Take care of yourself first. Then you'll be able to take care of everyone else even better.
- Meditation is not a way of making your mind quiet. It is a way of entering into the quiet that is already there - buried under the 50,000 thoughts the average person thinks every day
- You are the luminous mystery in which the entire universe with its forms and phenomena arises and subsides. When this realization dawns there is a complete transformation of your personal self into your universal self . . . the complete loss of all fear, including death. You have become a being who radiates love the same way the sun radiates light. You have finally arrived at the place from which your journey began.

- To make the right choices in life, you have to get in touch with your soul. To do this, you need to experience solitude, which most people are afraid of, because in the silence you hear the truth and know the solutions.

Michio Kaku



Michio Kaku is an American theoretical physicist, futurist, and popularizer of science. He is a professor of theoretical physics in the City College of New York and CUNY Graduate Center. Wikipedia

Born: January 24, 1947 (age 73 years), San Jose, CA

Nationality: American

Spouse: Shizue Kaku

TV shows: Sci Fi Science: Physics of the Impossible, Visions of the Future, How the Universe Works, The Universe, 2057, Time

Education: Harvard University, Ellwood P. Cubberley High School, University of California, Berkeley

29



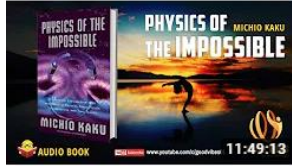
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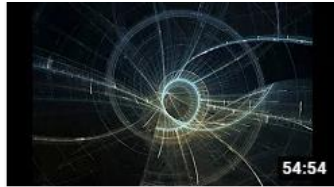
²⁹ https://www.azquotes.com/author/7702-Michio_Kaku



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Quotes 1

- In string theory, all particles are vibrations on a tiny rubber band; physics is the harmonies on the string; chemistry is the melodies we play on vibrating strings; the universe is a symphony of strings, and the "Mind of God" is cosmic music resonating in 11 dimensional hyperspace.
- The most complex object in the known universe: brain, only uses 20 watts of power. It would require a nuclear power plant to energize a computer the size of a city block to mimic your brain, and your brain does it with just 20 watts. So if someone calls you a dim bulb, that's a compliment.
- All kids are born geniuses, but are crushed by society.
- What is the universe? The universe is a symphony of vibrating strings...we are nothing but melodies. We are nothing but cosmic music played out on vibrating strings and membranes.
- The human brain has 100 billion neurons, each neuron connected to 10 thousand other neurons. Sitting on your shoulders is the most complicated object in the known universe.
- Impossible is relative.
- In the beginning God said, the four-dimensional divergence of an antisymmetric, second rank tensor equals zero, and there was light, and it was good. And on the seventh day he rested.
- It's pointless to have a nice clean desk, because it means you're not doing anything.
- Srinivasa Ramanujan was the strangest man in all of mathematics, probably in the entire history of science. He has been compared to a bursting supernova, illuminating the darkest, most profound corners of mathematics, before being tragically struck down by tuberculosis at the age of 33, like Riemann before him. Working in total isolation from the main currents of his field, he was able to rederive 100 years' worth of Western mathematics on his own. The tragedy of his life is that much of his work was wasted rediscovering known mathematics.
- Beyond work and love, I would add two other ingredients that give meaning to life. First, to fulfill whatever talents we are born with. However blessed we are by fate with different abilities and strengths, we should try to develop them to the

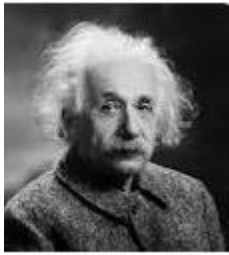
fullest, rather than allow them to atrophy and decay. ... Second, we should try to leave the world a better place than when we entered it.

-
- Music is the voice of God traveling through ten-dimensional hyperspace.
- I began to realize something - to understand the future you have to understand physics. Physics of the last century gave us television, radio, microwaves, gave us the Internet, lasers, transistors, computers - all of that from physics.
- You know; when I look at the night sky and I see this enormous splendor of stars and galaxies, I sometimes ask the question, well how many worlds are we talking about? Well do the math, there are about 100 billion galaxies that are in the visible universe and each galaxy in turn contains about 100 billion stars, you multiply and you get about ten billion trillion stars. Well I think it is the height of arrogance to believe that we are alone in the universe, my attitude is that the universe is teeming, teeming with different kinds of life forms
-
- If you could meet your grandkids as elderly citizens in the year 2100 ... you would view them as being, basically, Greek gods... that's where we're headed.
- Wormholes were first introduced to the public over a century ago in a book written by an Oxford mathematician. Perhaps realizing that adults might frown on the idea of multiply connected spaces, he wrote the book under a pseudonym and wrote it for children. His name was Charles Dodgson, his pseudonym was Lewis Carroll, and the book was Through The Looking Glass.
- Math is discovered. To be invented requires an inventor, but math exists outside of humanity. But ultimately, the laws of the universe will be reduced down to a single equation, perhaps no more than one inch long. But leaves the final question, where did that one inch equation come from?
- We have the media, which is such a waste in the sense that you can actually feel your IQ get lower as you watch TV.
- Some advice: keep the flame of curiosity and wonderment alive, even when studying for boring exams. That is the well from which we scientists draw our nourishment and energy. And also, learn the math. Math is the language of nature, so we have to learn this language.
- What do oil company executives, vampires and NASA bureaucrats all have in common? They fear solar energy.
- Common sense has no place in Quantum Mechanics.

Quotes 2

- "Did God have a mother?" Children, when told that God made the heavens and the earth, innocently ask whether God had a mother. This deceptively simple question has stumped the elders of the church and embarrassed the finest theologians, precipitating some of the thorniest theological debates over the centuries. All the great religions have elaborate mythologies surrounding the divine act of Creation, but none of them adequately confronts the logical paradoxes inherent in the question that even children ask.
- Physicists are made of atoms. A physicist is an attempt by an atom to understand itself.
- I believe we exist in a multiverse of universes.
- ...the laws of physics, carefully constructed after thousands of years of experimentation, are nothing but the laws of harmony one can write down for strings and membranes. The laws of chemistry are the melodies that one can play on these strings. the universe is a symphony of strings. And the "Mind of God," which Einstein wrote eloquently about, is cosmic music resonating throughout hyperspace.

Albert Einstein



Albert Einstein was a German-born theoretical physicist who developed the theory of relativity, one of the two pillars of modern physics. His work is also known for its influence on the philosophy of science. Wikipedia

Born: March 14, 1879, Ulm, Germany

Died: April 18, 1955, Penn Medicine Princeton Medical Center, NJ

Education: University of Zurich (1905), ETH Zürich (1896–1900),

30



Albert Einstein The Quantum Theory Documentary 2014
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The Secret Of Quantum Physics: Einstein's Nightmare (Jim Al-Khalili)
| Science Documentary | Science

Reel Truth Science Documentaries • 650K views • 8 months ago

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Albert Einstein - The Quantum Theory - Short Documentary & Biography

Flash Back • 8.5K views • 4 years ago

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³⁰ [https://www.azquotes.com/author/4399-Albert Einstein](https://www.azquotes.com/author/4399-Albert_Einstein)



The Uncertainty Principle | Genius

National Geographic  1.6M views • 3 years ago

Einstein disagrees with his friend and fellow physicist Dr. Niels Bohr about a fundamental concept of quantum physics.

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Quotes 1

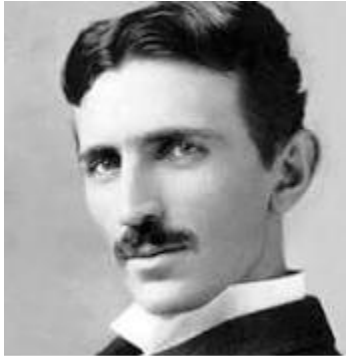
- We are slowed down sound and light waves, a walking bundle of frequencies tuned into the cosmos. We are souls dressed up in sacred biochemical garments and our bodies are the instruments through which our souls play their music.
- The difference between stupidity and genius is that genius has its limits.
-
- Weak people revenge. Strong people forgive. Intelligent People Ignore.
-
- The only thing more dangerous than ignorance is arrogance
- The world will not be destroyed by those who do evil, but by those who watch them without doing anything.
-
- Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.
- Knowledge and ego are directly related. the less knowledge, the greater the ego
- The true sign of intelligence is not knowledge but imagination.
- Don't listen to the person who has the answers; listen to the person who has the questions.
- There is no vaccine against stupidity.
-
- We cannot solve our problems with the same thinking we used when we created them.
- In the middle of every difficulty lies opportunity.
-
- Everything that exists in your life, does so because of two things: something you did or something you didn't do.
- Success comes from curiosity, concentration, perseverance and self criticism.
- Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning.
-
- Do you believe in miracles? Well, you should. In fact, life itself is a big miracle. There are so many things that are beyond our understanding. There are two ways to live: you can live as if nothing is a miracle; you can live as if everything is a miracle.

Quotes 2

- The main task of the spirit is to free man from his ego.
- Three great forces rule the world: stupidity, fear and greed.
- Everything you can imagine, nature has already created.
- The measure of intelligence is the ability to change.
- Only two things are infinite, the universe and human stupidity, and I'm not sure about the former.
- Adversity introduces a man to himself.
- Don't wait for miracles, your whole life is a miracle.
- Genius is 1% talent and 99% percent hard work.
-

Imagination is more important than knowledge. Imagination is the language of the soul. Pay attention to your imagination and you will discover all you need to be fulfilled.

Nicolas Tesla



Nikola Tesla was a Serbian-American inventor, electrical engineer, mechanical engineer, and futurist who is best known for his contributions to the design of the modern alternating current electricity supply system. Wikipedia

Born: July 10, 1856, Smiljan, Croatia

Died: January 7, 1943, The New Yorker, A Wyndham Hotel, New York, NY

Books: My Inventions: The Autobiography of Nikola Tesla, MORE

Education: Graz University of Technology (1875–1878)

31

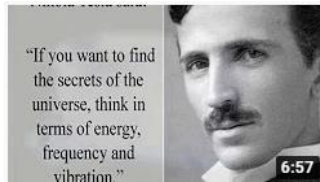


Nikola Tesla - Free Energy (fuel free system - How does it works?)

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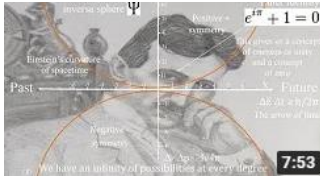
³¹ https://www.azquotes.com/author/14543-Nikola_Tesla



Nikola Tesla was right! RESONANCE holds everything together

Dyslexic Artist Theory on the Physics of 'Time' • 17K views • 2 years ago

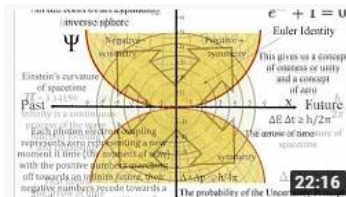
Tesla said that everything was based on energy frequency and vibration with resonance holding things together. But for this to be ...



Tesla, Einstein and the paradox of Quantum Mechanics.

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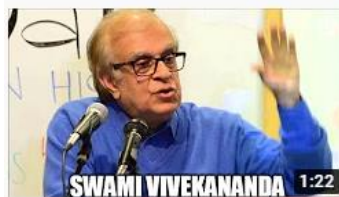
Tesla said that "The day when we shall know exactly what electricity is will chronicle an event probably greater more important, ...



Nikola Tesla's universal motion

Dyslexic Artist Theory on the Physics of 'Time' • 27K views • 9 years ago

There is nothing endowed with life—from man to the nimblest creature—in all this world that does not sway in its turn. Whenever ...



Rajiv Malhotra: BARC 8_ Swami Vivekananda influenced Nikola Tesla

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How Nikola Tesla Used Vedantic Science to Invent

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"If you want to understand the secrets of the universe, think in terms of energy, frequency, and vibration." I believe this statement ...

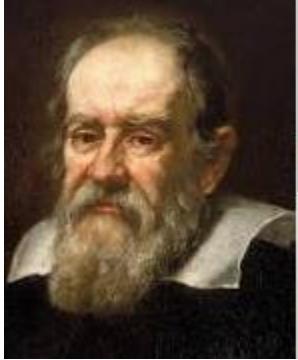
Quotes 1

- Alpha waves in the human brain are between 6 and 8 hertz. The wave frequency of the human cavity resonates between 6 and 8 hertz. All biological systems operate in the same frequency range. The human brain's alpha waves function in this range and the electrical resonance of the earth is between 6 and 8 hertz. Thus, our entire biological system - the brain and the earth itself - work on the same frequencies. If we can control that resonate system electronically, we can directly control the entire mental system of humankind.
- If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.
- Anti-social behavior is a trait of intelligence in a world full of conformists.
- I don't care that they stole my idea . . I care that they don't have any of their own
- The gift of mental power comes from God, Divine Being, and if we concentrate our minds on that truth, we become in tune with this great power. My Mother had taught me to seek all truth in the Bible.
- Be alone, that is the secret of invention; be alone, that is when ideas are born.
- Of all the frictional resistances, the one that most retards human movement is ignorance.
- My brain is only a receiver, in the Universe there is a core from which we obtain knowledge, strength and inspiration. I have not penetrated into the secrets of this core, but I know that it exists.
- It will soon be possible to transmit wireless messages around the world so simply that any individual can carry and operate his own apparatus.
- A new idea must not be judged by its immediate results.
- Einstein's relativity work is a magnificent mathematical garb which fascinates, dazzles and makes people blind to the underlying errors. The theory is like a beggar clothed in purple whom ignorant people take for a king... its exponents are brilliant men but they are metaphysicists rather than scientists.
- To know each other we must reach beyond the sphere of our sense perceptions.
- If your hate could be turned into electricity, it would light up the whole world.

Quotes 2

- Peace can only come as a natural consequence of universal enlightenment.
- The day science begins to study non-physical phenomena, it will make more progress in one decade than in all the previous centuries of its existence.
- You may live to see man-made horrors beyond your comprehension.
- I could only achieve success in my life through self-discipline, and I applied it until my wish and my will became one.
- The mind is sharper and keener in seclusion and uninterrupted solitude. Originality thrives in seclusion free of outside influences beating upon us to cripple the creative mind. Be alone-that is the secret of invention: be alone, that is when ideas are born.
- If you only knew the magnificence of the 3, 6 and 9, then you would have the key to the universe.
- My belief is firm in a law of compensation. The true rewards are ever in proportion to the labour and sacrifices made.
- Today's scientists have substituted mathematics for experiments, and they wander off through equation after equation, and eventually build a structure which has no relation to reality.
- Science is but a perversion of itself unless it has as its ultimate goal the betterment of humanity.
- Everyone should consider his body as a priceless gift from one whom he loves above all, a marvelous work of art, of indescribable beauty, and mystery beyond human conception, and so delicate that a word, a breath, a look, nay, a thought may injure it.

Galileo Galilei



Galileo di Vincenzo Bonaiuti de' Galilei was an Italian astronomer, physicist and engineer, sometimes described as a polymath, from Pisa. Galileo has been called the "father of observational astronomy", the "father of modern physics", the "father of the scientific method", and the "father of modern science". Wikipedia

Born: February 15, 1564, Pisa, Italy

Died: January 8, 1642, Arcetri, Italy

Discovered: Ganymede, Europa, Io, Callisto, Rings of Saturn

Known for: Analytical dynamics, Heliocentrism, Kinematics, Observational astronomy

32

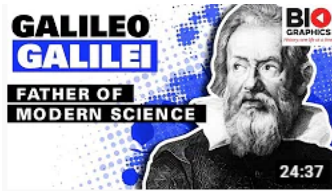


Galileo Galilei Documentary The World Changes

Rael Ruiz • 135K views • 4 years ago

biography of famous people.

³² https://www.azquotes.com/author/5284-Galileo_Galilei

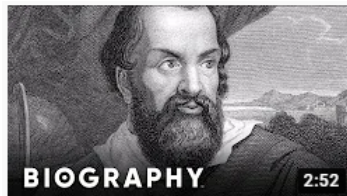


Galileo Galilei: Father of Modern Science

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Galileo - Physicist | Mini Bio | BIO

Biography  190K views • 7 years ago

Watch a short biography video of Galileo, the "the father of modern physics." #Biography Subscribe for more Biography: ...

Quotes 1

- All truths are easy to understand once they are discovered; the point is to discover them.
- The laws of nature are written by the hand of God in the language of mathematics.
- You can't teach anybody anything, only make them realize the answers are already inside them.
- I have never met a man so ignorant that I couldn't learn something from him.
- Knowing thyself, that is the greatest wisdom.
- In the sciences, the authority of thousands of opinions is not worth as much as one tiny spark of reason in an individual man.
- I do not feel obliged to believe that the same God who has endowed us with senses, reason, and intellect has intended us to forego their use.
- To understand the Universe, you must understand the language in which it's written, the language of Mathematics.
- To be humane, we must ever be ready to pronounce that wise, ingenious and modest statement 'I do not know'.
- The sun, with all those planets revolving around it and dependent on it, can still ripen a bunch of grapes as if it had nothing else in the universe to do.
- Two truths cannot contradict one another.
- Nonetheless, it moves.
- There are those who reason well, but they are greatly outnumbered by those who reason badly.
- Measure what can be measured, and make measureable what cannot be measured.
- The Bible shows the way to go to heaven, not the way the heavens go.
- Mathematics is the language with which God has written the universe.
- The greatest wisdom is to get to know oneself.

Quotes 2

- And who can doubt that it will lead to the worst disorders when minds created free by God are compelled to submit slavishly to an outside will? When we are told to deny our senses and subject them to the whim of others? When people devoid of whatsoever competence are made judges over experts and are granted authority to treat them as they please? These are the novelties which are apt to bring about the ruin of commonwealths and the subversion of the state.
- Where the senses fail us, reason must step in.
- Science proceeds more by what it has learned to ignore than what it takes into account.
- Long experience has taught me this about the status of mankind with regard to matters requiring thought: the less people know and understand about them, the more positively they attempt to argue concerning them, while on the other hand to know and understand a multitude of things renders men cautious in passing judgment upon anything new.
- The prohibition of science would be contrary to the Bible, which in hundreds of places teaches us how the greatness and the glory of God shine forth marvelously in all His works, and is to be read above all in the open book of the heavens.
- Surely, God could have caused birds to fly with their bones made of solid gold, with their veins full of quicksilver, with their flesh heavier than lead, and with their wings exceedingly small. He did not, and that ought to show something. It is only in order to shield your ignorance that you put the Lord at every turn to the refuge of a miracle.
- In my studies of astronomy and philosophy I hold this opinion about the universe, that the Sun remains fixed in the centre of the circle of heavenly bodies, without changing its place; and the Earth, turning upon itself, moves round the Sun.
- You cannot teach a person something he does not already know, you can only bring what he does know to his awareness.

Galileo's Telescope

Can you imagine young Galileo pointing his telescope towards the stars?

What was in his young mind.

What kinds of thoughts would float up to the surface of his mind?

He went against the concepts of his time.

During this age, scientists and the Church believed the Sun and the planets revolved around the earth.

Galileo and some scientists before such as Copernicus believed the earth and the planets revolved around the Sun.

Galileo was the first scientist to use a telescope to prove his theory.

Yet why does man hold on so tightly to his ideas and beliefs?

The Catholic church and the Pope himself couldn't believe Galileo.

They said he was a heretic.

How dare you challenge the idea that the Sun and the planets revolve around the earth.

Who do you think you are?

Imagine being tried by the Inquisition.

They found him guilty and place him under house arrest.

Fortunately, they didn't kill him.

Yet he spent the rest of his life in house arrest.

Today Galileo is known as the father of the following.

Father of Observatory astronomy.

Father of modern physics

Father of the scientific method.

Father of science.

All I can say is wow.

Imagine Galileo also studied and mastered the following.

Astronomer.

Physicist.

Engineer.

Philosopher.

Mathematician.

He was in my eyes a genius.

He was way ahead of his time.

Isn't it amazing we don't want men to challenge our way of thinking?

Man at times loves living in the box.

It's a comfort zone.

You don't want to learn anything new or be challenged.

If someone has something to say that is different we get angry.

How many innocent people got killed in the Inquisition?

To be honest I probably would have died back then from what I'm speaking.

Just think Christ died on the cross.

Yet the Inquisition killed millions of people who believed in Christ in a different way.

What do you think Christ would say?

He would shake his head and probably have tears of compassion flowing from his eyes.

Look this adventure of life is all about discovering the mysteries of life.

We should be grateful when we meet someone who has a different idea or
concept of life.

I was fortunate to be brought up in a household that accepted all ideas in life.

Till today I still love to hear life stories from people all around the world.

Imagine today we have telescopes scattered throughout the universe.

We are looking for the mysteries of life.

Charles Darwin



Charles Robert Darwin, FRS FRGS FLS FZS was an English naturalist, geologist and biologist, best known for his contributions to the science of evolution. His proposition that all species of life have descended over time from common ancestors is now widely accepted, and considered a foundational concept in science. Wikipedia

Born: February 12, 1809, The Mount House, Shrewsbury, United Kingdom

Died: April 19, 1882, Home of Charles Darwin - Down House, Downe, United Kingdom

Awards: Copley Medal, Royal Medal, Wollaston Medal

Education: Christ's College Cambridge (1828–1831)

33



Charles Darwin and Evolution

OpenMind • 312K views • 2 years ago

This is our seventh episode in the animated video series "Amazing Moments in Science": Charles Darwin and Evolution.

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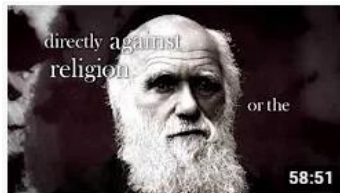
³³ https://www.azquotes.com/author/3658-Charles_Darwin



Theory of Evolution: How did Darwin come up with it? - BBC News

BBC News • 150K views • 8 months ago

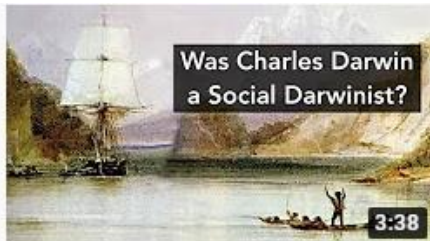
160 years ago, the British naturalist published his famous book "On the origin of species". His theory radically transformed Biology ...



Charles Darwin

Full Documentary • 16K views • 3 years ago

Charles Robert Darwin (12 February 1809 – 19 April 1882) was an English naturalist and geologist, best known for his ...



The Real Lesson of Darwin's Research

Michael Thomas • 246 views • 4 months ago

Quotes 1

- It is not the strongest of the species that survives, nor the most intelligent that survives. It is the one that is the most adaptable to change, that lives within the means available and works co-operatively against common threats.
- The love for all living creatures is the most noble attribute of man.
- The world will not be inherited by the strongest, it will be inherited by those most able to change.
- Sympathy beyond the confines of man, that is, humanity to the lower animals, seems to be one of the latest moral acquisitions.
- It is not the biggest, the brightest or the best that will survive, but those who adapt the quickest.
- A man who dares to waste one hour of time has not discovered the value of life.
- Building a better mousetrap merely results in smarter mice.
- Nothing exists for itself alone, but only in relation to other forms of life
- Everything in nature is the result of fixed laws.
- In the long history of humankind (and animal kind, too) those who learned to collaborate and improvise most effectively have prevailed.
- The more one thinks, the more one feels the hopeless immensity of man's ignorance.
- Ignorance more frequently begets confidence than does knowledge.
- It is not the most intellectual of the species that survives; it is not the strongest that survives; but the species that survives is the one that is able best to adapt and adjust to the changing environment in which it finds itself.
- There is no fundamental difference between man and animals in their ability to feel pleasure and pain, happiness, and misery.
- Intelligence is based on how efficient a species became at doing the things they need to survive.
- In the struggle for survival, the fittest win out at the expense of their rivals because they succeed in adapting themselves best to their environment.
- I ought, or I ought not, constitute the whole of morality.

Quotes 2

- I have called this principle, by which each slight variation, if useful, is preserved, by the term of Natural Selection.
- A mathematician is a blind man in a dark room looking for a black cat which isn't there.
- Some call it evolution, And others call it God.
- An American monkey, after getting drunk on brandy, would never touch it again, and thus is much wiser than most men.
- Man with all his noble qualities, with sympathy which feels for the most debased, with benevolence which extends not only to other men but to the humblest living creature, with his god-like intellect which has penetrated into the movements and constitution of the solar system- with all these exalted powers- Man still bears in his bodily frame the indelible stamp of his lowly origin.
- The highest possible stage in moral culture is when we recognize that we ought to control our thoughts.
- With savages, the weak in body or mind are soon eliminated. We civilized men, on the other hand, do our utmost to check the process of elimination. We build asylums for the imbecile, the maimed and the sick. Thus the weak members of civilized societies propagate their kind. No one who has attended to the breeding of domestic animals will doubt that this must be highly injurious to the race of man. Hardly anyone is so ignorant as to allow his worst animals to breed.
- If the misery of the poor be caused not by the laws of nature, but by our institutions, great is our sin.

Stephen Hawking



Stephen William Hawking CH CBE FRS FRSA was an English theoretical physicist, cosmologist, and author who was director of research at the Centre for Theoretical Cosmology at the University of Cambridge at the time of his death. Wikipedia

Born: January 8, 1942, Oxford, United Kingdom

Died: March 14, 2018, Cambridge, United Kingdom

Children: Lucy Hawking, Timothy Hawking, Robert Hawking

Spouse: Elaine Mason (m. 1995–2006), Jane Hawking (m. 1965–1995)

Movies and TV shows: Into the Universe with Stephen Hawking,

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The World As Told By Stephen Hawking

Discovery UK • 191K views • 2 years ago

Stephen Hawking was an English theoretical physicist, cosmologist, and author. He worked on theories regarding black holes, ...

³⁴ https://www.azquotes.com/author/6401-Stephen_Hawking



Stephen Hawking on black holes - Professor Stephen Hawking

The Guardian 268K views • 6 years ago

Highlights of a talk by **Stephen Hawking**, director of research at the Centre for Theoretical Cosmology within the University of ...



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MP3: <http://www.symphonyofscience.com> My own musical tribute to two great men of science. Carl Sagan and his cosmologist ...

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Symphony of Science - 'The Unbroken Thread' (ft. Attenborough, Goodall, Sagan)

melodysheep 2M views • 10 years ago

MP3: <http://www.symphonyofscience.com> "The Unbroken Thread" is the fourth video in the Symphony of Science series, and it features ...

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Quotes 1

- So remember to look up at the stars and not down at your feet. Try to make sense of what you see and hold on to that childlike wonder about what makes the universe exist.
- The thing about smart people is that they seem like crazy people to dumb people.
- Intelligence is the ability to adapt to change.
- Quiet people have the loudest minds.
- It is all right to make mistakes; nothing is perfect because with perfection, we would not exist.
- It is my view that the simplest explanation is there is no God. No one created the universe and no one directs our fate. This leads me to a profound realization. There is probably no heaven, and no afterlife either. We have this one life to appreciate the grand design of the universe, and for that, I am extremely grateful.
- One, remember to look up at the stars and not down at your feet. Two, never give up work. Work gives you meaning and purpose and life is empty without it. Three, if you are lucky enough to find love, remember it is there and don't throw it away.
- However difficult life may seem, there is always something you can do and succeed at.
- I have noticed even people who claim everything is predestined, and that we can do nothing to change it, look before they cross the road.
- I don't fear God- I fear His believers.
- It is very important for young people keep their sense of wonder and keep asking why.
- The more you learn, the more you know. The more you know, the more you forget. The more you forget, the less you know. So why bother to learn.
- What I have learned from life is to make the most of what you have got.
- So next time someone complains that you have made a mistake, tell him that may be a good thing. Because without imperfection, neither you nor I would exist.
-

Quotes 2

- The human race is just a chemical scum on a moderate-sized planet, orbiting around a very average star in the outer suburb of one among a hundred billion galaxies. We are so insignificant that I can't believe the whole universe exists for our benefit. That would be like saying that you would disappear if I closed my eyes.
- Nothing is better than reading and gaining more and more knowledge.
- People won't have time for you if you are always angry or complaining.
- We are only the temporary custodians of the particles which we are made of. They will go on to lead a future existence in the enormous universe that made them
- I am just a child who has never grown up. I still keep asking these 'how' and 'why' questions. Occasionally, I find an answer.
- A person who smiles in the face of adversity...probably has a scapegoat.
- One can see from space how the human race has changed the Earth. Nearly all of the available land has been cleared of forest and is now used for agriculture or urban development. The polar icecaps are shrinking and the desert areas are increasing. At night, the Earth is no longer dark, but large areas are lit up. All of this is evidence that human exploitation of the planet is reaching a critical limit. But human demands and expectations are ever-increasing. We cannot continue to pollute the atmosphere, poison the ocean and exhaust the land. There isn't any more available.
- The universe doesn't allow perfection.
- I'm not afraid of death, but I'm in no hurry to die. I have so much I want to do first.
- Look up at the stars, not down at your feet.
- The fact that no one understands you doesn't mean you're an artist.

Leonardo da Vinci



Leonardo di ser Piero da Vinci, known as Leonardo da Vinci, was an Italian polymath of the Renaissance whose areas of interest included invention, drawing, painting, sculpture, architecture, science, music, mathematics, engineering, literature, anatomy, geology, astronomy, botany, paleontology, and cartography. Wikipedia

Born: April 15, 1452, Anchiano, Italy

Died: May 2, 1519, Château du Clos Lucé, Amboise, France

On view: Ambrosian Library, Louvre Museum

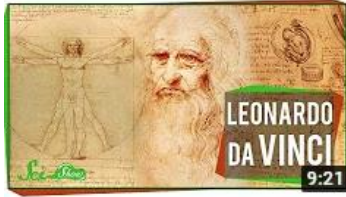
Periods: High Renaissance, Early renaissance, Renaissance, Italian Renaissance, Florentine painting

Education: Andrea del Verrocchio

Series: Madonna of the Yarnwinder, Leda and the Swan

35

³⁵ https://www.azquotes.com/author/15101-Leonardo_da_Vinci



Great Minds: Leonardo da Vinci

SciShow 1.4M views • 6 years ago

Leonardo da Vinci was one of the most diversely talented individuals of all time. His "unquenchable curiosity" led him to make ...

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Aloisa Conti • 276K views • 3 years ago

History Documentary BBC ♦ Leonardo DaVinci, behind a Genius.



Leonardo da Vinci

Bill Gates 347K views • 2 years ago

Bill Gates shares his thoughts on Leonardo da Vinci and the new biography about him by author Walter Isaacson. Learn more at ...

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Quotes 1

- Learning is the only thing the mind never exhausts, never fears, and never regrets.
- Life is pretty simple:
You do some stuff. Most fails. Some works.
You do more of what works.
- Simplicity is the ultimate sophistication.
- Whatever you do in life, if you want to be creative and intelligent, and develop your brain, you must do everything with the awareness that everything, in some way, connects to everything else.
- There are three classes of people: those who see, those who see when they are shown, those who do not see.
- The greatest deception men suffer is from their own opinions.
 - Be a mirror, absorb everything around you and still remain the same
- People reveal themselves completely only when they are thrown out of the customary conditions of their life.
- It's not enough that you believe what you see. You must also understand what you see.
- Experience is a truer guide than the words of others.
- I am not poor. Poor are those who desire many things.
- Nothing strengthens authority so much as silence.
- Nature is the source of all true knowledge. She has her own logic, her own laws, she has no effect without cause nor invention without necessity.
- Fix your course on a star and you'll navigate any storm.
- You don't get into trouble because of the things you don't know. It is the things you don't know you don't know that really get you into a mess.
- As you cannot do what you want, Want what you can do

Quotes 2

- All thoughts start from emotions.
- average human “looks without seeing, listens without hearing, touches without feeling, eats without tasting, moves without physical awareness, inhales without awareness of odour or fragrance, and talks without thinking.
- life without love, is no life at all
- I have been impressed with the urgency of doing. Knowing is not enough; we must apply. Being willing is not enough; we must do.
- The greatest geniuses sometimes accomplish more when they work less.
- I love those who can smile in trouble, who can gather strength from distress, and grow brave by reflection. 'Tis the business of little minds to shrink, but they whose heart is firm, and whose conscience approves their conduct, will pursue their principles unto death.
- In rivers, the water that you touch is the last of what has passed and the first of that which comes; so with present time.
- Whoever in debate quotes authority uses not intellect, but memory.