

**NM415 A10910 Karma and Dharma To Feel God within You.** Yogi Bhajan, Ph.D. -  
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When your intention and tendency in your actions is to please others so that everyone should respect you and like your environments, you are manifesting a gathering of karmic thoughts. When you do something collectively for everyone, irrespective of your personality, to serve others and to bring them together, that is dharma. In karma you are for yourself. In dharma you are for everything. People involved with karma argue, impress and try to lead everyone. But that leadership, that impression, ends up with an act of selfishness. The net result of karma, of doing whatever you want to do, is to end up lonely, because you fail to realize that God is with everybody and with you. Those who believe in dharma believe that the Totality of the Universe is with them. Limitations in their vision disappear, consciousness starts vibrating and they become beautiful. The most powerful beauty of a person is the beauty of the radiant body. It collects the essence of the other nine bodies, and in communication with others, it collects 50% of their vibratory strength. You are born with five tattvas, three gunas and seven chakras. They are all wrapped up in the aura. The beauty of a huge aura is that it affects individuals. You feel you are a part of them and they feel they are a part of you. You never feel lonely. You always feel part of the positive, collective mind of the Cosmos. When you think collectively, as an individual, that the Creator is with you, the entire creation is with you! When we say, "Learn from the Guru," we are saying, "Learn from the word of the Shabd Guru." Those Words of Wisdom are for everybody. You were born for collective consciousness. You all need these words—they are the essential part of your life! Sometimes, you work and serve for five to eight years, and you say, "I'm awakened, I'm realized!" But you are actually saying you have no discipline. You have realized your shallowness. You could have realized greatness, virtues, values, power and togetherness. You would have taken everybody into your arms and hugged them, and provided your Radiant Body's shelter to uplift them. Once a thief sat on a pathway and watched a lady come by at night. To him she was an easy prey. So when she reached the point where he thought he could grab her, he was shocked to see four huge cobras—two moving in front of her and two behind her. When she arrived home, the elder in the house asked, "What has happened to you? You are very bright!" She said, "I just came the same way I usually do." She was not aware of what happened! Then she went to bed and dreamed that something was covering her. She got up, did her meditation and realized that her Isht, what she was meditating on, was protecting her. Many times the Unknown Hand of God protects you. Do you realize? Many times not. Union with God is called "Sanjog." "Vijog" is separation from Almighty. They both take care of your actions and reactions. When you turn the net result of your karmas into good actions and gratefulness, then life becomes free. In our heart is our God. His not coming from the outside. Simply we have to feel it. That great feeling is "Ang Sang Wah-hay Guroo."

**NM0415 MEDITATION - To Feel God within You**

Sit straight in a cross-legged position. Grip the hands together, right palm over left, in front of the heart. Elbows are relaxed down. Eyes are closed. Chant the mantra "Ang Sang Wah-hay Guroo" by Nirinjan Kaur, pulling the navel in and up with 5 strokes in rhythm with the mantra. You will be surprised at what it does. Feel the Creator within you. Continue for 11 to 31 minutes. To end, deeply inhale and completely exhale. Deeply inhale, hold and stretch the spine and the hands up in the lock, exhale and relax.

