

760520 -3ho adv MAHA GYAN AGNI PRANAYAM
3HO Advanced Class

MEDITATION:

One way to adjust our relay capacity is to open our heart center and project our self into Infinity. As we gain clarity in our relationship to our self and our soul, we can become clear about our other relationships. We cannot have a good relationship with others if we do not have one with our self. That is why, in yoga, our first steps help us to realize self-respect, self-dignity, self-awareness and self-discipline. From that foundation we can build a synchronized relationship between the polarity of our finite sense of self and our unlimited Self. Then nothing can stop us from victory and a creative relationship to our originality.

This is a very powerful kriya. Maha Gyan means “the great knowledge.” Agni means the “purity of fire.” Practice this kriya unto that Infinity of God.

TIME: Begin by practicing this kriya for 11 minutes and slowly build up to 31 minutes.



POSTURE: Sit in a comfortable meditative posture, with your spine straight and your chin in and chest out.

MUDRA: Cup your hands at heart level with your fingertips touching. Your hands make a “little boat.” Make sure that the outsides of the hands from the Mercury (pinkie) fingers all the way to the base of the palms are touching as much as possible. Place your thumbs just inside your hands and bend them down ninety degrees. The thumbs touch each other and your hands. It is a snug position.

EYES: Closed.

CHANT: Inhale deeply and chant in a monotone, eight times in one breath:
Ek Ong Kaar, Sat Gur Prasad, Sat Gur Prasad, Ek Ong Kar



LECTURE

.... Student: 3HO six fifteen advanced class, Thursday May 20th 1976

YB: It used to be common practice when we used to come to the ashram, you start singing. I waited up to six thirty, people were smiling and laughing but nobody was chanting. So that way you should come six thirty, start chanting up to seven o'clock and then I'll come and give you lecture seven o'clock, right? There is nothing more purer and more beautiful for any human life. Can you make it louder so that they can hear?

There is nothing more purer and nothing beautiful than chanting the name of God, in spite of the fact we try our best to be with God. But deeply we are concerned to be not even with ourselves. It's very amazing if you understand it thoroughly well. Any person who is not with himself and herself shall not be with God. The first approach to be with God is to be a self. Self-contentment, self-respect, self-sacredness, until this self is not pure how can it merge with the greater self which is the purest. We always try to build relationship on this earth. Sometime we are tested through those relationships.

Once I was sitting myself and somebody talked to me, and the direct question the person asked, “Do you think that people don't play maya with you?”

I said, "They do. I live among maya, I am played by maya, they play maya around me."

And he said, "Why?"

And I laughed and I laughed even on the question today. Because those who play maya with me they will end up in maya alone. None of you came here to play maya with me. All you came here to get along with me to get out of the maya. That was our fundamental relationship. Our relationship is only one relationship. It is a ship to which you relate to and by playing the game of maya we will get out of the maya. It is sure. That is granted. Because in the jungle you have to play the game of the jungle and still get out of the jungle. If you do not play in the jungle the game of the jungle you will not be secure, you won't be safe. And if you don't get out of it why you are playing any game at all?

In our depressions which our mental frequencies when we do not relate to the power of infinity around us, we have a limited life. First we are children, we are innocent, unaware of this earth, we do not know who is who, simply we know there is a woman, she can give us milk when we need it. So we liked the milk, we looked to her with lot of love and when she does not respond to that we start crying. We create such a havoc that she got to give milk. Then we wet our pants or whatever you call them, then either normally we are changed, if we are not changed then we create lot of fuss. So we create tantrums when we are born because we do not know communication. So people who create tantrums are not bad because they do not know what is a communication. Any person who can communicate shall never create a tantrum. It's a basic human situation. But why then we don't communicate because sometime when we communicate we are not heard, not heard to our satisfaction. So we think saying something and not being heard doesn't mean anything, let us create a huge tantrum, mess up the situation, bring full stop to everything and then perhaps some way out will be found out.

All right, then we become adult. Ji, then you know, we want everything.

"Kuvari tey chao pey aavey tey mamley hunn kuari nathiya."

What a beautiful Gurbani, when I was a virgin I wanted to get married. Now I got married, now I have all the problems but I cannot become virgin again. It's a very good simile, which Guru Nanak has given. We want; and by wanting we forget can we hold it, can we maintain it, can we go through it or not.

I remember the story of a sage, he came to a Guru and Guru said to him, "Take this chapatti." It was a big roti, big chapatti, big bread and one fourth of that bread was given to him. He looked around, somebody was eating three, somebody was eating two chapattis, somebody eating five chapattis, somebody eating eight chapattis. It looked like a chapatti competition. But he said, "There was three basketful of chapattis, why he has given me..." he ate very consciously and he said perhaps when I finish he will ask, do you want one more and I'll say yes. And when he finished, Guru said, "Wash your hands and go and digest it." He said, "My God! I have not even... my all teeth have not even felt it, I have eaten or not, even my tooth have not been exercised and here he says go and digest it. What do you mean by digest it?"

So he became skinnier and skinnier but just that quarter chapatti a day. That's all. Very painful. One day he decided to leave. So he came to the Guru and he said, "Sir."

He said, "I know, you want to leave. But just don't leave. Let those leave who have the time to leave."

He said, "But sir..."

He said, "There is no ifs and buts. Tomorrow when there will be kitchen time see me."

So when the kitchen time came the guy used to have a big chapatti and one fourth of it, now it was a small chapatti and one fourth of it. He said, "My God! I must have left yesterday, I should not have come to speak to this donkey fellow, what kind of damn teacher I have got, he is totally hopeless, totally inhuman, he knows about everybody, about me he knows nothing, look what he has done to me, it's ridiculous, it's totally insane, I am wasting my time, I am young man, I'll be old, I'll have nothing and this guy doesn't even give me chapatti, even dogs here eat four-five chapattis. Everybody has a sabji and chapatti, milk and

chapatti and he specially gives me one fourth chapatti and yesterday because I came in anger and leave the punishment now he has given me one eighth and that too of a smaller chapatti. That's bad."

What should he do? He can't get up and beat that guy. So he said, "Tonight, I'll run away."

So when the last evening meditation class came and his teacher called, he said, "Tonight is a very bad night it's not night for running. Those who will run tonight shall get to be deer rest of their life."

So he said, "Look this idiot knows also that I have decided to run."

(Students' laughter)

"And now he is using the black magic telling me that I'll be transferred(transformed) as a deer. So all right baby, I won't run today I'll run tomorrow. He said only today, tonight is the only night why not tomorrow night? Tomorrow I'll run away what, he is going to do he is not going to chase me and be upset and all that."

So next day came and that one eighth of the chapatti the same....

