

## *Kindness Has No Limit*

*Yogi Bhajan, Ph.D. - November 3rd, 1999 – Espanola, NM, USA*

In life, what you like and what you do not like are not important. It is what society has established as law. Whether or not you like something, you are to abide by the law. But if you do not like something and continue to resent it, you will become a living resentment. You will start resenting everything--good, bad, normal, up, right, and down.

Your bad habits do not bother others; they technically kill you! When you do not remain in your higher consciousness and talk gracefully, when you do not favor your good manners and try to be very reasonable, and when you do not try to be mutual, loving and conscious, you damage yourself more than anything else.

Human means light. To be human means to see everything in the light of the circumstances, to sit together and understand each other. If you do not have reverence for something, and if you think you can win with obnoxiousness and resentment, you are totally wrong. It may not hurt the other person, but it will definitely hurt you. If you are not kind and compassionate and caring for others, nobody will ultimately care for you.

You are not who you are, and you are not what you think you are. You are what your reputation is! You repeat mistakes again and again, and then you want everybody to be compassionate and kind to you. It does not work. You must have a true, kind, compassionate and caring identity.

All dramas you do for momentary sympathy and empathy, and all quarreling you do, are neither right nor healthy for you. They reduce your age, take away your youth, and burn up your energy. That glow, which you can use for sixty, seventy years, dies at age thirty or forty. If you are very kind, compassionate and caring, you can maintain your health better than anyone.

We are entering the Age of Aquarius where communication is a perfect necessity. For the sake of that, you must be very, very, very tolerant, kind and caring. Tomorrow you will all be needed. You have the power to reach out and touch everybody with love and affection. And you can never ever be happy if you do not sacrifice. Not the sacrifice of goats, sheep and birds—the sacrifice of a little bit of your ego! Give yourself a chance, let somebody thank you, feel you, understand you—that you are a kind person because you belong to the race of mankind. For the time being you are a human being. You should see things in the light of light, not in darkness.

If there is just one good person in a million, by that one person, that one million can live. Obnoxiousness and cruelty have a limit, but kindness has no limit and no competition. When we say, “Ang Sang, Wah-hay Guroo,” “God is in my every limb”—it belongs to those who have established mental compassion in their lives.

You grew up in the last thirty years like graceful people. You are well respected in the entire state. Why? You participate with the community, with its political and social life. You kept the community free of what we call crime. People respect you and want to know you, and they want to know how it is that you are not falling apart. It is your expression of kindness that makes you better people.

This world is yours to enjoy and be happy. If you have a handicap, if you cannot work, if your fantasy has become bigger than your ego can handle, and if your life is totally a torment between hopelessness and darkness—still, you can get up in the morning, meditate, clean yourself, and clean your act. Sadhana, Aradhana and Prabhupati. If you do a constant and consistent sadhana you will have Prabhupati. “Prabhu” means “God,”

*continued*



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and “pati” means “Lord Master, the Husband”—you will have even more status than God. What else do you want?

A yogi is one who does not know the pair of opposites. He is not happy, not unhappy, not this, not that. What is it that keeps you in that state? You can achieve that status if you personally care for your grace.

### MEDITATION - Energize Yourself (31 minutes)

**1.** Sit straight in a cross-legged position. Place your right hand on the back of the neck and raise the left arm up straight, palm facing forward, fingers spread wide. Eyes are closed. Sing from the navel **“Har Har Har Har Gobinday,”** by Nirinjan Kaur. Continue for 15 minutes.

**2.** Switch hand positions and continue for another 15 minutes.

**3.** Place both hands over the navel point, press hard, and in a monotone chant **“Har, Har, Har, Har...”** moving the navel in rhythm with the mantra. Continue for 1 minute. To end, inhale deeply, hold the breath and press hard on the navel, moving the navel as though you are chanting the mantra, without uttering a sound. Exhale. Repeat 2 more times. Relax.

**CAUTION:** This meditation should not practiced by pregnant women.

This kriya augments energy in every part of your body. Learn to energize yourself to stop short-circuiting your fuses. Your normal habit of saying, “I can’t do it,” and “I don’t know what I’m doing!” has to stop.

*“May God bless you and bless you with virtues and values. May you understand each day and each breath of life is a privilege. And may you shine in the eyes of your Almighty Creator and be respected in the eyes of all your fellow beings. May this day bring you prosperity, health, wealth and happiness. In a simple way, one God made us all to be in Oneness of His Grace. Sat Nam.”*



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