

"There are two ways of living in this world; the way of worry and the way of relaxation. If you worry, you have to concentrate to imagine, and it becomes physical work. But if you turn your mind to the Universal Mind, then things will come to you."

Polarity

"Faith means one-pointedness of mind towards infinity. Duality means one-pointedness of mind toward two existences, Infinite and finite."

"In all darkness, there is a light and in all light there is a darkness."

"Giving does not mean cleverness. Giving is not giving when you feel you are losing something. Giving in reality is creating an effective vacuum, sucking the flow from the great infinite Consciousness. That is giving."

"The highest man is he who can uninvolve in every involvement."

"A graceful person is one who remains graceful even through all ungraceful times. A happy person is one who remains happy through all unhappy times."

"Hatred is self-suicide and love is self-sacrifice."

"What is God union? It is the same union that we find in our polarity. In that ecstasy, in that enjoyment where there is a complete merger of two polarities, when the female offers herself and the male accepts, both unite in that ecstasy of infinity. In such a union soul is born out of the soul of a woman, which changes the face of the earth."

"It is not only the child that is born which is creativity, it is the merger of the two polarities

that is highly important."

"Of God you are the polarity. God is infinite and you are finite."

Destiny

"What you are you are, and destiny is destiny. Make a dog an emperor and still he will lick the grinding wheel."

"You are what you relate to. If you relate to an infinity you are an infinity. If you limit yourself, then you are limited."

"Nothing can change the pattern of human destiny until the devotion is so strong that one is willing to sacrifice his patterns. And when that occurs, life is grantedly changed. Elevated consciousness is a surety. Happiness is around the corner."

"You cannot help but change. So change towards righteousness. It is possible and it is human."

"In stillness lies the sound which is the creative existence of God. Whoever masters the stillness and the silence, and can understand it, receives all knowledge."

Yogi Bhajan

INTRODUCTION TO YOGI BHAJAN

Yogi Bhajan also referred to as the "Siri Singh Sahib Bhai Sahib Haribhajan Singh Khalsa Yogi Ji" is a wonderful example of a modern Sikh saint who has helped to share the wisdom and technology of Sikhism with humanity.

Yogiji emerged as a religious, community and business leader with a distinguished reputation as a man of peace, world-vision, wisdom, and compassion. He authored and published more than 30 books on topics ranging from spirituality and consciousness to communication and psychology. He founded several food companies that manufacture and distribute natural products based on these teachings. He fostered economic development in every community in which he was involved, conducted business seminars, and authored several books that provide guidance to both the aspiring entrepreneur and seasoned business executive alike. As the Siri Singh Sahib, or the Sikh leader in the Western Hemisphere, he met with Pope John Paul II to discuss inter-religious dialogue and worked side-by-side with the Dalai Lama and the Archbishop of Canterbury to foster world peace. At his passing, Yogi Bhajan joined a select few – Dr. Martin Luther King Jr., Mother Theresa, and Pope John Paul II – in having members of the U.S. Congress pass a bipartisan resolution honouring his life and work.

Below are just a sample of some the magical words of wisdom which Yogi Bhajan has given.

General Quotes

"When you start loving God, he starts putting money into your life or a lovely woman or a temptation like power or authority. He puts it before you to see if you will let it go, to see who you love most."

"The more spiritual you become the harder

times you experience; the more spiritual you become, the more slandered you are."

"Not having flexibility to change is a tragedy in itself, and having too much flexibility not to stand for anything is a tragedy in itself."

"One who speaks the truth shall go, but the truth he speaks shall not go."

"The mind is like a mirror through which you can see infinity. But if you put the blackness of hatred over it, you will see nothing."

"Amid the swirling, confusing, unfocused energies of the modern world, there is a light, a calm and a healing in the centre of All things."

Learning, Knowledge and Wisdom

"One is wise and one is foolish. Everybody has some wisdom and some foolishness. It is a mixture. There is only a difference in percentage, not in totality."

"Fools live in fear, a wise man lives in strength."

"You are very powerful, providing you know how powerful you are."

"When you speak from the heart, you rule. When you speak from the head, you destroy."

"If you want to learn a thing, read that. If you want to know a thing, write that; if you want to master a thing, teach that."

"If you really want respect in this life, never advise anybody without being asked; and secondly, when somebody really asks you for advice, just wait until he is ready to listen; and when you find the person is really ready to listen, then always give him the polarity, the two sides of the subject as you know it."
"There is nothing good, nothing bad; thinking makes it so. All is God. In the worst there is God; in the best there is God. Beyond God

there is nothing."

"Since ancient times, humans have found that they have zillions of thoughts, billions of feelings, millions of emotions, thousands of desires, hundreds of fantasies, And a multitude of realities and personalities. We do everything to get rid of this pressure, because it is eating us up inside. We try every method available, but, ultimately, our mind and thoughts rule us and bog us down. We have the Birthright to be Beautiful, Bountiful and Blissful. If you want to take one good step towards this, make an appointment with the Ancient One."

Living

"When there is a time to stay, one should stay. When there is time to go, one should go. When there is a time to fight, one should fight. When there is a time to have, one should have but it should all be graceful."

"There are three values; Feel good, be good, and do good."

"We have been blessed in virtue as human beings with three things: body, mind, and soul. Soul is the highest self; body and mind are there to serve the soul. The purpose of life, the attitude of life, is to serve the soul."

"Life is in balance. The swings in the mind are there to give you the experience, and to let you discover the you within you. For all those who will praise and recognize you, there may be an equal number who want to slander you. That balance and swing lets your standard be tested. You cannot hold to something external. You must find your own depth and test it, confirm it. So calamity is not bad. It is right, to test you."

"An uplifting song is a conscious ecstasy, a combination of soul, mind and body when man becomes crystal clear and reaches God."