

## DAILY INSPIRATIONS 1

*Body it's the shell experience.  
Mind is the perpetual experience.  
Soul it's the real experience.- Yogi Bhajan*

*The noble woman is the goddess which almighty God worships.  
It is the altar to which God bows.  
It's the grace which produces God's soul.  
It is the ultimate infinity of all virtues.  
It is the power of all kindness and blessing of God,  
And the noble woman is the essence of all prayers.  
What else do you want? I have said all.- Yogi Bhajan*

*"Kundalini Yoga is uncoiling yourself to find your potential and your vitality and to reach for your virtues. There is nothing from outside. Try to understand that. All is in you. You are the storehouse of your totality."*

*The best way to improve your communication is to talk to a standing tree and exchange personalities. Find one standing in a very remote place. First you say something and then answer from the tree. It will totally change your way of communication.*

*The year will change... the entire constitution of the world will change. Individuals will change. Realities will change. The goals and objectives will change, and objections and doubts will change.*

## The Journey

*“This world and our journey in life it’s actually very clear.  
Every aspect of it is organized and creative.  
We are supposed to live with each other in love,  
Work as worship,  
And follow the path of righteousness  
To propel our consciousness across the cycle of time.” Yogi Bhaijan*

## The seven steps to happiness

*“Commitment leads to Character  
Character leads to Dignity  
Dignity leads to Divinity  
Divinity leads to Grace  
Grace leads to power of Sacrifice  
The Power to Sacrifice leads to happiness” Yogi Bhaijan*

*Let our children be, and give them the basic spiritual values. Deal with their spirit. Uplift, keep up, and give them faith. That is the most positive thing they need. Yogi Bhaijan*

*What I'm trying to ask you again today, once and for all: Learn to live as a personified God! I am these days talking to you each Sunday, leaving a few messages, and letting you know. You think America will live forever, you are wrong. You think your position will continue, you are wrong. Things will change. Heavens will change, everything will change. One thing will never change. If you start learning to be a personal god, within your own realm of consciousness. Yogi Bhaijan 12/06/1987*

*Why react? Time spent in reaction is better re-directed toward action. Yogi Bhajan*

*"The purpose of the human is to receive Love" - Yogi Bhajan*

*Our greatest teachers never left behind billions of dollars. They left behind a priceless way of life, a destiny and a distance that can be traveled by everybody and experienced within a lifetime.*

*Kundalini Yoga is the supreme technology to awaken your awareness and take you into your original Self. It is a natural unfolding of your own nature.*

*Life is a balance, and success is the natural revenue of a balanced life.*

*Your enemy is not outside you, your enemy is your given servant, the mind. Your mind does not let you surrender, your mind does not let you have devotion, your mind tells you to do this and that, your mind takes you away from the truth. It's all your mind, because your mind is not tuned in to the beam light of the higher magnetic frequency which is the spiritual teacher, the guide. 3/4/81*

*"Enrich yourself with sacredness and opportunity will come to you from every corner." Yogi Bhajan*

*Don't worry, because you make yourself small by worrying, by being afraid. Expand. Trust in the Infinity of God. The Infinity of God shall come through you.*

*The purpose of the entire practice of all of human life is: When you breathe the breath of life, you know that you are breathing it. You give it to Infinity as an offering. Then close your eyes and say "Wahe Guru!" and be One. That act of that moment is the purpose of life.*

*Live with a smile. All will come to you because God cannot abandon what you have created.*

*The practice of Kundalini Yoga and meditation is all about freeing your body and mind so you can hear the voice of your own soul  
Yogi Bhajan*

*The real cause of your fluctuation is depression in consciousness. You are not consciously conscious of your existence; therefore, you are not consciously conscious of your action; therefore you are not consciously conscious of your reaction. And when you are not consciously conscious of your action and what sequence it will lead to, you are not willing to accept the reaction. Then depression has to happen. The Teachings of Yogi Bhajan.*

*Yoga it's the science for all humanity.*

*It is the custodian of human grace and radiance.*

*It holds a great future for every human being.*

*It brings mental caliber for purpose and prosperity of life. YB*

*The best thing I learned was to let everybody be better than me. You always want to control things or feel they should be worse than you, so you may feel good. 1/10/95*

*We have two strengths: the life force and the creative strength of the life force which is within us.*

*Being rich is having the power of wealth. Prosperity is when you are purposefully satisfied.*

*You must not only be intuitive, you must also be conscious. Intuition will tell you panoramically what your tomorrow is, and consciousness will guide you to that tomorrow.*

*This body, mind, and spirit is yours. Enjoy it or waste it. It is your choice.*

*You are not going to get life without putting life into it.*

*Those who do not develop strength from inside cannot get it from outside.*

*Prayer is the power and faculty of love.*

*You need grit. You need strong nerves. You need the totality of you.*

*You are the soul consciousness of God. Try to understand and realize your basic values. These values will become virtues. These virtues will bring you many opportunities. These opportunities will bring you peace, and the success will begin. You will expand.*

*Meditation is the creative control of self so that the Infinite can talk to you.*

*Keep Up! (Chardi Kalah)  
Har Har Har Har... Meditate on the Name.*

*As the tears of God's Love come to your eyes,  
The Path will be revealed.  
And you'll see God - Everywhere  
Keep going! Keep up!  
Keep walking... Slowly...  
Effortlessly... Gracefully...  
Sing the Nam!  
The music of the Spheres,  
And keep on drinking  
The Nectar essence of God!*

*We are entering the Age of Aquarius on November 11, 2012. It will be a new time. The entire psyche is changing. You must purify the mind, body and soul to be real, innocent, and sattvic (pure). Elevate yourself to be angelic. This age which you will serve is an age of awareness; an age of experience.*

*You are the soul consciousness of God. Try to understand and realize your basic values. These values will become virtues. These virtues will bring you many opportunities. These opportunities will bring you peace, and the success will begin. You will expand.*

*You need grit. You need strong nerves. You need the totality of you.*

*You are not going to get life without putting life into it.*

*"Wherever there is mystery, there is no mastery, and where there is mastery there is no mystery"*

*“Revolve your life around Summer and Winter Solstice and everything will be taken care of.”*

*Woman has a biological and psychological capacity to be competent and to manage her affairs under normal circumstances.”*

*“Knowledge only becomes real wisdom when you experience it with your heart and being”*

*“The job of a teacher is to elevate.”*

*People come into your life for a reason, a season or a lifetime. When you know which one it is, you will know what to do for that person. When someone is in your life for a REASON, it is usually to meet a need you have expressed. They have come to assist you through a difficulty, to provide you with guidance and support, to aid you physically, emotionally or spiritually. They may seem like a godsend and they are. They are there for the reason you need them to be. Then, without any wrongdoing on your part or at an inconvenient time, this person will say or do something to bring the relationship to an end. Sometimes they die. Sometimes they walk away. Sometimes they act up and force you to take a stand. What we must realize is that our need has been met, our desire fulfilled, their work is done.*

*The prayer you sent up has been answered and now it is time to move on.*

*Some people come into your life for a SEASON, because your turn has come to share, grow or learn. They bring you an experience of peace or make you laugh. They may teach you something you have never done. They usually give you an unbelievable amount of joy. Believe it, it is real. But only for a season.*

*LIFETIME relationships teach you lifetime lessons, things you must build upon in order to have a solid emotional foundation. Your job is to accept the lesson, love the person and put what you have learned to use in all other relationships and areas of your life. It is said that love is blind but friendship is clairvoyant*

*Thank you for being a part of my life, whether you were a reason, a season or a lifetime.*

*"May we change our heart, our head, our personality, and our reality so that we can go through the Age of Aquarius and Aquarian times in peace and tranquility." - Yogi Bhajan*

*If in your professional life you show your character, your honesty, your distinctiveness, your firmness and your truthfulness, you may not make a lot of money very quickly but it will always be a living flow for you.*

*Cause must have effect and effect must create impact - permanent and infinite.*

*It takes you 40 days to get a reputation, but it takes you 25 years to get rid of it.*

*Insecurity is the main problem in any relationship. When you become insecure, you goof.*



*If you understand that you are ten bodies, and you are aware of those ten bodies, and you keep them in balance, then the whole universe will be in balance with you.*

*Truth is infinite. It cannot be captured in any mental or emotional imagination. Teaching is infinity. It is a flow of the same energy and reality. Therefore no finite person can teach the truth.*

*It doesn't matter if you know everything.  
The question is: do you practice it?*

*If you can just keep your food light,  
then you will be healthy and you will live a long time.*

*Those who do not develop strength from inside cannot get it from outside.*

*The real cause of your fluctuation is depression in consciousness. You are not consciously conscious of your existence; therefore, you are not consciously conscious of your action; therefore you are not consciously conscious of your reaction. And when you are not consciously conscious of your action and what sequence it will lead to, you are not willing to accept the reaction. Then depression has to happen. The Teachings of Yogi Bhanjan.*

*The greatest power is when nothing disturbs you, when your peace of mind is always in one piece, when you are not afraid.*

*"May we change our heart, our head, our personality, and our reality so that we can go through the Age of Aquarius and Aquarian times in peace and tranquility." - Yogi Bhanjan*

*"When the sun shines, it gives warmth to all in the same way." -  
Yogi Bhajan.*

*Gratitude is the open door to abundance.*

*I am beautiful, I am bountiful, I am blissful. I am, I am.*

*A spiritual human is one who lives for Infinity and whose presence  
creates peace.*

*You have to know your strengths and weaknesses. Between your  
strengths and weaknesses is you.*

*When you are in any conflict and under pressure, if you relate to the  
Infinite on the terms of the Infinite as an established behavior, it  
will always forgive, respond, and support your righteous intentions.*

*If you give yourself discipline. People will give you everything.*

*The spirit is stronger than the physical body.*

*In your life, there are three ways you can drop fear. One is courage.  
You walk through it. Another is to bypass it. The third is to take the  
help and the strategy in which you are satisfactorily assured. But  
you do not have to relate to fear.*

*Happiness is every human being's birthright.*

*Fear numbs you. Anger aggravates you.  
Attachment squeezes you to death.*

*You can't learn anything with ego. You can't know anything from your curiosity. Learning won't come to you until you keep yourself pure enough that you are able to receive it. You can know a lot. You can talk a lot. But when it comes to learning, be ready to receive. Then somebody will be ready to give it to you.*

*The beauty of Kundalini Yoga is that it is a technique to move the psyche through a physical action.*

*In stillness lies the sound which is the creative existence of God. Whoever masters the stillness and the silence, and can read it, that person gets all knowledge which exists.*

*Live innocently, straight, calm, quiet and peaceful.*

*The time has come when your own psyche can flow and beam on the other personality, and in that cross-exchange you can heal a person just by walking by his side. For this to work, we have to have mental clarity and mental projection.*

*Yoga is a science of reality and experiential proof of the sacredness of all life.*

#### *PRAYER*

*God, give us the power to break through our blocks and barriers in life.*

*Open us, like the open sea, to touch the shores of the heart,  
And give us the strength of that pleasant breeze,  
So that we may hug and kiss the life as it lives among us at this  
Time and Space.*

*Give us the values and virtues to be noble, to be graceful,  
And to be glorious in our strength as human beings.  
Change our values and virtues from the wrong path,  
So we can determine our own path on which we can walk with  
sincerity  
In our physical existence to cover our journey unto our destiny.  
In Thy Name we pray.  
SAT NAM*

*It is essential for a woman to have cat-footed balance, otherwise  
you can be hurt in your brain. - Yogi Bhajan*

*When the finite pressures you, and you show your infinity under  
pressure, that is divinity.*

*Stress takes you away from you all the time.*

*Keep up through bad or good!  
That is the real key to success.*

*Just as all rivers end up in the ocean, all forms of yoga end up by  
raising the kundalini. What is the kundalini? It is the creative  
potential of the human being.*

*Those souls who have the destiny to come and learn from me, will do  
it. They are already in the body and will find their way to these  
teachings. I am just the postman delivering their letters from the  
cosmos.*

*Tolerance is the greatest human asset.*

*We live by the beat of the heart, not by the thoughts of the head.*

*"Everybody is contained in love. You don't have to do a thing.  
When love comes from inside and prayer comes from inside, then  
everything becomes great."*

*The first quality of being human is based on these four facets:  
Honor, grace, divinity and dignity." Yogi Bhajan*