

NM335 A00111 *Connect Up to Infinity*

January 11th, 2000 - Espanola, NM, USA #NM0335

When you feel superior you bore everybody with yourself—a lot of air with no purpose. All our problems—jealousy, insecurity, fears and mistrust, come from our inferiority complex. People have problems because they cannot connect up to Infinity. Society does not trust a yo-yo. Show your worth, and prove that you are trust worthy. Wherever you go, your reputation goes ahead of you. In life, to be worthy, you should be trustworthy to the entire universe. Professionally you are getting ready for the Aquarian Age. I hope you will not let down the global consciousness. You are needed by the world now.

MEDITATION - Connect Up to Infinity

1. *Sit straight in a cross-legged position. The right hand is held up beside the right shoulder with the elbow relaxed down. Lock the first two fingers close together pointing upwards, and use the thumb to hold the other two. The left hand rests on your heart. Eyes are closed. Sing from the navel Ong Naamo Guroo Dayv Naamo by Niranjan Kaur. Continue for 31 minutes. Inhale deeply, hold, exhale like cannon fire through the nostrils. Repeat 2 more times.*
2. *Same posture but switch hands. Chant from the navel Wah-hay Guroo, Wah-hay Jeeo by Sangeet Kaur and Harjinder Singh (from Raga Sadhana). Continue for 11 minutes divided in three parts: first part loudly, second part whispering, last part in deep silence. “In silence you speak in yourself and you must hear by your ears. God will give you the power to hear the unknown sounds of the world—you can talk with birds and animals and humans alike.”*
3. *Same posture. Chant from the navel Sat Narayan by Jasbir Kaur. After 2 minutes bring the hands in prayer mudra in front of your chest. Continue chanting as you press the hands together for another 2 minutes.*
4. *Chant 5 times from the navel Har Har Har Har Gobinday by Niranjan Kaur. To end, inhale, exhale, relax.* A Kundalini Yoga teacher can earn \$250,000–\$300,000 a year, easily. You have trained in Kundalini Yoga for 30 years in a professional system to control your inner self. It is a graceful profession. Thousands of people are needing to seek refuge. They need guidance to be goaded to a state of mind where they can feel relaxed, and they will give anything for this. Share your spirituality with others. You should not hesitate now. The Age of Aquarius is a challenge. If you want to give something to somebody, forgive them. Let nature take care of its course, not you. Do not come in between. It is not worth it. Nature always gives you wealth to give you trouble. You start guarding your wealth, being around your wealth. *You* are the highest wealth! Control yourself, for yourself. Nothing can be learned unless you can deeply gear yourself into meditation. Once you start meditating, you will come out totally different. Your worth will come out. Philosophy and faith will not work in the Age of Aquarius. These are Piscean. The slogan of the Piscean Age was, “I need knowledge—take me where I can get it.” The slogan of the Aquarian Age is, “I have knowledge—take me where I can have experience.” I shall know my reality and understand my identity. I shall have prosperity and serve and compassionately care for all living beings. Professionally start acting as leaders, teachers, guides, and help people. You have the power of touch, the grace of Guru Ram Das. Where do we get this power? “*Amrit Vaylaa Sach Naa Vadiaaee Veechaar, Karmee Aavai Kapraa, Nadaree Mokh Duwaar...*” Meditating on Truth in the early morning before sunrise, praise the Lord. All your actions shall be covered, and you will see the door of redemption. Nanak, this is how I have found it.

