



The Divine Essence of a Teacher

CLASS THREE ♦ Morning of April 22, 1997

You have come here to become teachers. It is my responsibility to tell you what a Teacher is. We are playing the tape of that shabad of Nanak in which a Teacher is described. If you understand what is written in this shabad, and you understand that is the way you want to be, you are a Teacher.

You have one friend in you—that is your mind. When your mind has duality, it takes you away from your reality. The difference between a Teacher and a human is, the Teacher surrenders his duality. God is in us, therefore we do not say, "In God we Trust." We say, "In God I Dwell." The gap between man and God has to be eliminated. If a human wants to enjoy the Earth: There are many roads and many ways—I am not disagreeing—there are many philosophies and many theories; there are many choices and many therapies. But one thing is always true: There is always one experience.

If you do not have an experience of bliss, you should work for it. Because it is not your teaching, your philosophy, your knowledge which matters. It is your bliss that you share with another person who is unfortunate which is all that matters.

You have ten bodies, but your radiant body solidly affects and acts within a twenty-five mile radius. When the glow of the shield of your radiant body extends to twelve and a half miles, you are just an ordinary human being. When it extends to three miles, you are worse than a bird. Every species created by God has a soul. The difference is how that soul radiates in its surroundings. One bulb is fifty watts, another bulb is a hundred watts, another is a thousand watts. Each light is different. All three are bulbs. All run on electricity. The purpose of all is to spread light, but the glow is different. And there's another thing. The bulb is made out of vacuum. Because the heater isn't, even if it uses 5,000 watts, it can give you heat, but not the glow.

You have three minds: negative, positive and neutral. A person who does not deal with the neutral mind, even with all wealth shall not prosper and can't be happy, because negative and positive cancel each other. It is the neutral mind which becomes the intuitive force in you.



You must know where you have to go. You must know what you have to conquer. With every thought, ask only one question: "Will this thought, if I pursue it, make me noble, or will it make me bitter? Will it make me a stonehead, or will my fragrance be all over the world? Will it give me the strength to make people happy, or will I make other people unhappy?"

☺ What kind of Teacher will you be? Do you want to limit yourself with territory? A Teacher has no territory, a Teacher has no personality, a Teacher has no reality. His only reality is he uplifts, uplifts, uplifts; he keeps up and uplifts, keep ups and uplifts. It's like a philosopher's stone: any metal he touches becomes gold.



You have to start your thoughts like this. "I come from the Heavenly Father, to be on Mother Earth. She will nurture me and nurse me if I only ask."

No. You are taught, "Go, get money. Find a rich woman. Find a rich man. Have good sex." All that kind of stuff which if you go after, is going to give you trouble. When you "go and get it" then you have to carry the weight. There's no difference between you and a slave. You are actually a mental tragedy and a coolie. In your head, you carry all the weight. You make no sense to the Divine.

Do you know what God thinks, sitting in you? He says, "Oh, I'm living in an idiot." God sits inside you, you mess Him up inside you, and He gets very mad. So He tells His wife, *Prakirti*, "Teach this guy a lesson."

Now, you know what God's lesson is? Do you know the vengeance of God? He will give you all wealth, but no satisfaction. That's a "Nerd #1." God is a Nerd. When He starts behaving at your level, He's really very indifferent.

Any person who has no time for God and meditation or yoga, you will find him or her getting rich about middle age. Watch my words. It's true. They become rich. The moment they become rich, they are attached, and they are hooked. They can't let attachment go, and they can't become Infinite. They can't go, grow, and glow. They are finished. This is God's revenge. But if you sit tight, bright, things will come to you.

☺ There's no fault with any student. Sometimes I am criticized for that, but I don't react. Some people I help, some I counsel, some I advise, some I talk to, and some I leave alone. They have made up their minds not to listen, and I have made up my mind not to say anything. If one is not willing to change for himself or herself, they are never going to change for anybody else.

You all must have dated at one time or another. Just remember today how many lies you told while dating. How much you made up to impress? Did you ever tell your man that, "At night I snore. Even my cat and dog leave the house"? Did you ever tell your fiancée, "My menstruation is fifteen days long"? Did you ever tell your fiancé that, "I have been raped six times"? Did you ever tell anything which will concern that man tomorrow? No. Because you are afraid that he will exploit it. That is the quality of a Teacher. If his students tell him anything or everything, and if the Teacher betrays it, exploits it, then it is a natural law, that Teacher either has to elevate that person into the Heavens or go to hell himself or herself.

So this has created students who window-shop, and Teachers who are philosophers. Nobody is willing to take the pain to wake up another person. The majority of the Teachers are themselves asleep.

It is good to be good. It is good to have goods, but the reality is, you are God.



☉ Technically, your mind is your tool. If you do not correctly use it, you will look like a fool. Don't let your mind rule you—rule your mind. You will be prosperous, powerful and princely. It's up to you. As a Teacher, you cannot dress like a commoner. You cannot behave like a commoner. You cannot eat and sleep like a commoner. Because it is the commoner you are going to lead. The only way you can lead is with your own discipline. The effectiveness is your own power. Therefore, you should decide with your mind.

It looks great. People stand up when you come, they touch your feet, they give you presents, they love you very much. All that is great, but there's a consequence to it. You will rebel and revolt from inside if you don't have a discipline. This world is a conscious world, and you have to take charge of every thought consciously.

If your words do not have a smile, if you do not talk heart to heart, and you decide everything with your head, it is better to keep a dog as a friend rather than you. You are a useless, painful drag. The only thing in this world that counts is your smile, your uplifting word, and your kindly body gesture. These are three fundamental requirements of a Teacher.

There are three more: When you have a student, chisel the student, penetrate into the student, and make a student better than you. Otherwise your tomorrow is dead. Teach your student to become a Teacher. And make him understand again and again and again.

The whole world is your student. Trees are your students, stones are your students, your family is your student—everything is your student. A Teacher cannot think in any other way. If you think anything else, you are not a Teacher.



Today the world has become very literal. Minds have to become very vast. Today's world is the Aquarian world—a small mind will never be happy. In this room there are so many denominations of religions that you can't even count them. But we have only one purpose—to experience, to help, and to serve the future. That is fundamental. It is the basic nature of the human which is born in the image of God, not to let that image be tarnished. Divinity is your reality, and the false side is maya. When "I" and "Thou" fight, "I" always loses. But "Thou" is never happy to win.

Purkha and *Prakirti*, or *Shakta* and *Shakti*, are our parents. Though they are God, the rude stonehead miserable children, the children in duality, are not happy news to the parents. That's why God changes the system after a while. This planet Earth and humanity have been wiped out four times before. What we do here doesn't work right. We need to change for ourselves; nobody can change us, nobody can love us, nobody can take care of us. It is always we in the beginning, we in the middle, and we in the end. As you sow, so shall you reap. If you sow wrong, you will weep, Mr. Creep.

☉ You have come here to become teachers. It is my responsibility to tell you what a teacher is. We are putting the tape of that *shabad* of Nanak in which a Teacher is described. If you understand what is written in this *shabad*, and you understand that is the way you want to be, you are a Teacher. As long as I live, I will keep on hammering you, that's all it is.

Yogi Bhajan translates the lines of the shabad "Gurdev Mata," which appears on page 250 of Siri Guru Granth Sahib, and was written by the 5th Nanak, Guru Arjun.

ਗੁਰਦੇਵ ਮਾਤਾ ਗੁਰਦੇਵ ਪਿਤਾ ਗੁਰਦੇਵ ਸੁਆਮੀ ਪਰਮੇਸੁਰਾ

Gurdev maataa Gurdev pitaa. Gurdev swami parmeysuraa.

The Teacher is Madre and Padre. Transparent Mother, Transparent Father. The Teacher is the Master, like God.

ਗੁਰਦੇਵ ਸਖਾ ਅਗਿਆਨ ਭਜੇਨੁ ਗੁਰਦੇਵ ਬੰਧਿਪ ਸਹੋਦਰਾ

Gurdev sakhaa agiaan bhanjan, Gurdev bandhap sahodaraa

Guru Dev is a friend who dismisses the darkness of ignorance, who removes the ignorance. Such a relative which comes through every time.

ਗੁਰਦੇਵ ਦਾਤਾ ਹਰਿ ਨਾਮੁ ਉਪਦੇਸੈ ਗੁਰਦੇਵ ਮੰਤ੍ਰਿ ਨਿਰੋਧਰਾ

Gurdev daataa har naam updeysai, Gurdev mant nirodharaa

Gurdev is the Giver, the Teacher of the Lord's Name. Gurdev is the Mantra which never fails.

ਗੁਰਦੇਵ ਸਾਂਤਿ ਸਤਿ ਬੁਧਿ ਮੂਰਤਿ ਗੁਰਦੇਵ ਪਾਰਸ ਪਰਸ ਪਰਾ

Gurdev shaant sat budh moorat, Gurdev paaras paras paraa

Gurdev is a saint and wisdom personified. The Teacher is like the Philosopher's stone; whatever it touches, changes. The power of the Teacher is the touch of the Teacher, whether it's through words, body gesture, sight, or presence.

ਗੁਰਦੇਵ ਤੀਰਥੁ ਅੰਮ੍ਰਿਤੁ ਸਰੋਵਰੁ ਗੁਰਗਿਆਨ ਮਜਨੁ ਅਪਰੰਪਰਾ

Gurdev teerath amrit sarovar, Gur giaan majan aparanparaa

The Teacher is like a pilgrimage to a pond of nectar. His uplifting knowledge is beyond, beyond, beyond.

ਗੁਰਦੇਵ ਕਰਤਾ ਸਭਿ ਪਾਪ ਹਰਤਾ ਗੁਰਦੇਵ ਪਤਿਤ ਪਵਿਤ ਕਰਾ

Gurdev kartaa sabh paap hartaa, Gurdev patit pavit karaa

Gurudev does everything and removes all sins, is honorable, and stands with purity.

ਗੁਰਦੇਵ ਆਦਿ ਜੁਗਾਦਿ ਜੁਗੁ ਜੁਗੁ ਗੁਰਦੇਵ ਮੰਤ੍ਰੁ ਹਰਿ ਜਪਿ ਉਧਰਾ

Gurdev aad jugaad jug jug, Gurdev mant har jap udharaa

The Teacher is from the very start, through all time, and always shall be. Guru Dev meditates, repeats the mantra of the Divine, ever, and perfects it.

ਗੁਰਦੇਵ ਸੰਗਤਿ ਪ੍ਰਭ ਮੇਲਿ ਕਰਿ ਕਿਰਪਾ ਹਮ ਮੂੜ ਪਾਪੀ ਜਿਤੁ ਲਗਿ ਤਰਾ

Gurdev sangat prabh mel kar kirpaa. Ham moor paapee jit lag taraa

The Teacher creates the union between the congregation and God. Through blessings, the Teacher removes the arrogance and ignorance and takes the human across.

ਗੁਰਦੇਵ ਸਤਿਗੁਰੁ ਪਾਰਬ੍ਰਹਮੁ ਪਰਮੇਸੁਰੁ ਗੁਰਦੇਵ ਨਾਨਕ ਹਰਿ ਨਾਮ ਸਕਰਾ

Gurdev satgur paarbrahm parmeshar, Gurdev naanak har namskaraa

The Spiritual Teacher is a divinely true Teacher and true guide, like God. Through a Teacher, Nanak salutes God.

Meditation to Experience the Essence of a Teacher

I have given you the words of Nanak, which define the essence of a Spiritual Teacher. It's not a commercial thing, it is real. And the key to that, joining into that, is the mantra, Ong Namo Guru Dev Namo. That is the mantra, that's a key to the essence of that shabad, Gurdev Mata.

Mudra: Place the palms flat together at the heart center in Prayer Pose.

Eyes: Closed.

Music/Time

(a) 3-1/2 minutes *Ong Namo Guru Dev Namo* sung by Nirinjan Kaur. Sing along with the tape. Rhythm is slow.

(b) Meditate on one full repetition of the tape for *Gurdev Mata* sung by Guru Jiwan Singh. (See words page 240.)

(c) 1 minute *Ong Namo Guru Dev Namo*



End: Inhale deeply. Hold for 12 seconds, while you go deep into your soul, finding the Divine tranquillity within. Exhale. Repeat 3 times. Relax.

Comments/Effects: There is a very correct way to fold your hands at the heart center, which will bring the proper effect. Place the two palms flat together, with the thumbs slightly extended away from the palms to form a "V". The fingers need to be pointing straight up, at exactly 90 degrees. The base of the palm, the lines on the wrists, should be placed at the middle of the heart center. The tip of the tallest finger should be just a few millimeters below the chin. The elbows are bent and out to the sides, not pointing down.

The incorrect way to do this posture, which sometimes is done, is to place your palms flat together at the heart center, and to angle the fingers forward at a 45 degree angle, and some people even angle the fingers down towards the floor. This will not bring the proper effects.

In Kundalini Yoga we do not start without this mantra *Ong Namo Guru Dev Namo*. It's a telephone number of *Shakti*, with its own area code number, and it is a direct line.

This is a simple *kriya* which you all must know. You may read about Kundalini Yoga, you may write about Kundalini Yoga, but you will never be in a position to project Kundalini Yoga with your word, and through your body, if you do not have a mastery of this mantra.