



PART ONE

The Aquarian Age & the Awakening

CHAPTER 1



The Aquarian Age & the Awakening

The Age of Aquarius is coming our way. Emptiness, insanity, and pain shall be everybody's affair. People will like to hit walls to find out where they can go.

They shall come to you. As insane as they are, if you do not take away their pain, and instead you sit in judgment, you are wrong people.

That's why we wanted to teach you how to remain disciplined in the most undisciplined world.

How to grow, to glow. How to serve, to be.

First, we identify ourselves: We are, we are.

Second, our words should be such that they should cool down any fire, the desperation, the depression of the person.

Third, we must have the power to uplift the soul and serve the person, to be graceful.

And finally, we must stand pure.

—YOGI BHAJAN

“Keep up & you will be kept up!”

—YOGI BHAJAN

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Consciousness in the Aquarian Age

Excerpted from *The Quantum Technology of the Shabd Guru*, by Yogi Bajan and Gurucharan Singh Khalsa.

THE AQUARIAN AGE IS DAWNING. NOVEMBER OF 1991 marked the cusp of the last step of the shift of the Age. There have been many Ages and shifts of Ages before in the long history of Humankind. But this shift of Age is different. The old Piscean Age was dominated by machines and hierarchies. The new Aquarian Age is ruled by awareness, information and energy. The greatest power will be your Word—your consciously projected words. This change is radical, not incremental. It is a simultaneous change in both the outer and inner worlds. The mind is changing its sensitivity, its basic frequency and functioning. Our lifestyle is changing its sense of time, space, relatedness, and relevancy.

In the Age we are leaving behind, it was a central and even sacred task to find and gain access to the right information. There were special places of study in remote areas—like Tibet, or in a deep jungle or an isolated desert, accessible to a few who could

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qualify or who had a special destiny. The motto of the Age was "to be or not to be." Learn, grow, and become something. Great knowledge about human potential was guarded by secrecy and layers of initiations.

In the Aquarian Age there are no secrets! Information is available. Finding it is not the central task any longer. In this Age the motto is "be to be." You already are something by the grace of the Creator. Accept your wholeness and your connectedness to a larger creative existence, and express it with each committed action. Let your actions demonstrate wisdom. Study alone, knowing a truth alone, will not be important. Real value will come from truth embodied in practical actions and in the internal caliber and qualities of your mind and heart. This is the profile of a fulfilled human being.

THE UNKNOWN WILL BE KNOWN

In the last Age people could get away with many more behaviors—from embezzling to dumping pollutants. They could hide them. Now that is rapidly becoming impossible. In the past one could establish a persona—a mask to show to the world, and be known by. Now every persona is under audit. Each action can be tracked regardless of appearances. Every money exchange, statement, and behavior leaves a trail. They will be known by those actions.

Action is the language of the awakened Self. As the Aquarian Age dawns, the old defenses and manipulations based on hiding or controlling access to information will no longer work. We need the capacity to assess our actions and their consequences before we take them, as if every action will be known and will reveal us. Only then can we realize that our word, fulfilled by actions, is our ultimate gift and power.

VAST CHANGES AFOOT

There are many dimensions to the radical shift of this Age. People everywhere are talking about it, making predictions or debunking it. Some sense the shift as a cataclysm or end of the world, others as a new beginning, and still others as a time of uncertainty and unpredictability. What is clear to everyone is a sense of

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urgency and a vast change in society, consciousness, and the nature of our perception of the world and each other. We have always experienced

change. But rarely with this intensity and speed and *never* with this scope and vastness. The change is on all levels of life at once. It is not sequential and orderly, nor is each step predictable. And it affects each one of us personally.

Regardless of how the shift is perceived, every person down to the grass roots of society is reaching for something to do about it. Each person must accept the responsibility to elevate and manage his or her own state of awareness, to deal with widespread and constant stress, to take actions and to make decisions on a vast, shifting array of problems. Although people intuit the shift in different ways, there are several over-arching themes that we all agree must be confronted and dealt with.

THE CHARACTER OF THE AQUARIAN AGE

- ▶ Change and learning is continuous and life-long. We must maintain mental, emotional, and physical flexibility.
- ▶ Intellect is not enough. We need a new relationship to intuition, emotion and instinct.
- ▶ Information is not enough. Neither is knowledge. We need wisdom.
- ▶ Learning is not enough. We must learn how to learn.
- ▶ Complexity is increasing as is our need to deal with it.
- ▶ Our sense of personal identity and its foundation is shifting.
- ▶ This is an age of paradox—more global and more individual,

with fewer boundaries and more demand for political separations. Everything is faster and we have less time. We need far more love and unity, for we have more fear and tremendous insecurity.

► Stamina and constant peak performance are the common benchmarks to evaluate all people and their work, and the need is to go inward and regenerate.

► We require a reconciliation and integration of the spiritual side of life with the technological and material sides—a spiritual fitness to sense values and meaning.

► There is no isolation. Each action we take must be considered ecologically, and globally, because each person does affect, directly or indirectly, vast networks of people, and other living beings and places.

USING THE MEDITATIVE MIND

We must learn to use the mind differently. The mind of the future Aquarian Age person will change both in sensitivity and quality over the next several decades. In a few generations our mental struggles will seem as distant and perplexing to them as the problems and thoughts of ancient prehistoric empires seem to us now. That change of mental quality will occur automatically and has already begun in some people.

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use of the neutral mind. We need stamina under stress, clarity of values for decisions, and a new base for identity. We need the ability to command our brain, mind, and states of consciousness consciously through the filter of intuition, wisdom, and the positive, negative, and neutral minds.

UNIQUE CHALLENGES IN THE AQUARIAN AGE

We must prepare for and find antidotes to a wave of new maladies. Each Age has its special challenges to body, mind and soul. For example, leprosy, tuberculosis, malaria, and smallpox are plagues that we faced for many generations in the last Age. Through new medical technologies and committed efforts, some of the old enemies, like smallpox have disappeared. Others are contained and in retreat. Now, as we enter the Aquarian Age, previously unknown challenges such as viral epidemics and psychological and spiritual ailments beset us, with more on the way. Depression and fatigue-related psychological illnesses are at epidemic proportions and rising at accelerating rates. *The Annals of Internal Medicine*, a prestigious U.S. medical journal, recently reported fatigue and stress as two of the top reasons people seek a doctor. Over 25 percent of

patients complain of prolonged fatigue lasting at least several weeks. Other symptoms come with the fatigue: insomnia, inability

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to concentrate or make decisions, loss of a feeling of control, and alienation from normal social and sexual relationships. News reports are

increasingly documenting that even the most competent, productive, and intelligent people have lost their sense of balance to the inescapable pressure of information overload, the lack of time, and increased social and personal demands.

At first people will try to deal with this gap with increased electronic technology, attempting to use more sophisticated devices and software, to sort the flood of information. The ancient defenses of our human nervous system will accelerate. We will fight, withdraw, and fantasize more. Some of us will attempt to diffuse the impact of the flood of information with harmful adaptations like drug use and violence. Electronic technology will only bring us more information, more choices, more contacts, and more complexity. It will push us beyond all the old frontiers of identity—home, neighborhood, country, values, and the natural rhythms of nature. Our old touchstones for forming an identity will fail, and we will have a pervasive identity crisis.

A TECHNOLOGY FOR INNER ENERGY

All these examples highlight the necessity for a potent and practical technology to generate the inner energy needed to survive and excel under this pressure. Energy is "the capacity for action or accomplishment; the effort the mind and body is able to exert to move from the current state to a desired state." Remember the famous formula of Einstein, $E = mc^2$. It converts the mass of an object into the amount of energy it can generate. In the realm of the mind we can write a similar formula:

$$E \text{ (inner energy)} = mc^2 \quad (\text{Mind}) \text{ (Consciously Conscious)}$$

We must consciously direct the consciousness of the mind. We release the energy we need to excel and balance ourselves with an inner technology that can alter the frequency of the mind and the state of the brain.

We do not need new choices. We are flooded with choices. We need an elevated capacity to make choices. We do not need more information. We need the wisdom to use all the information. We do not need another religion. We need the experience of a dharma that creates the spiritual fitness to act believably on our beliefs.

Excerpted from *Shabd Guru*, by Yogi Bajan and Gurucharan Singh Khalsa.

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Five Sutras for the Aquarian Age

ONE

Recognize that the other person is you.

TWO

There is a way through every block.

THREE

**When the time is on you, start, and
the pressure will be off.**

FOUR

**Understand through compassion or
you will misunderstand the times.**

FIVE

**Vibrate the Cosmos, the Cosmos
shall clear the path.**

—YOGI BHAJAN

Keep Up!

(Chardi Kalah II)

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!

—YOGI BHAJAN from *Furmaan Khalsa—Poems to Live By*



Yogi Bhaajan's Message at the Dawn of the Aquarian Age

THE AGE OF AQUARIUS BEGAN ON NOVEMBER 11, 1991. We are in the cusp period between Pisces and Aquarius. The world shall change. A new world shall emerge beyond our expectations, imaginations, and situations.

With this year, we will not only say goodbye to 1991, we will say goodbye to the Age of Pisces. Now, the slogan of the Age of Pisces: "I want to know, please help me," will change to the slogan of the Age of Aquarius: "I know, let me help take you there."

This will be the age of experience, expertise, and expansion. Prosperity shall be the key factor, and the prosperity message is:

Prosperity, prosperity, prosperity, is perpetual with people who prefer to be penetrating, prepared and purposeful. But prosperity only comes to those who are trustworthy, deliver, and who are content and consistent. Basically, it boils down to commitment. If you put your soul into anything, you can plug into the whole world. It will be yours. You can sweep prosperity with your commitment. Contain, commit, and be continuous.

We wish you the best in 1992, the beginning of the Age of Aquarius.

—YOGI BHAJAN, DECEMBER 20, 1991

The Self-Sensory System & the Transition from the Piscean to the Aquarian Age

TEACHINGS OF THE MASTER

A LECTURE BY YOGI BHAJAN

August 2000

IN THE NEXT TWELVE TO FOURTEEN YEARS YOU WILL BE needed by the world. It does not matter who one is today, or to whom one belongs, people's minds are going to go empty. In the Piscean Age, the main need was for knowledge, for creative legacy. That's why in the Piscean Age sex was taboo; it was monitored, matured, glorified. Sex and sensuality were considered the primary attractions. Beauty was physical, and people pursued each other. Sexual intercourse was the orientation of relationship, and it reached the point of obnoxious duality. Perversion became very prominent.

DUALITY WON'T WORK ANYMORE

But the time is changing, and people are looking towards fulfillment of the self through purity and piety, individuality, and reality. They don't want to practice duality anymore; that's why you will find few marriages. Sex will not be the attraction. A Sensory System will develop, a new system where the individual will find him or herself complete. Communication will be humongous. Everybody will have access to all knowledge. With a push of the button you can get any information you want. The whole world will be at your disposal. The obsession with sex will have no place. One will not look for satisfaction through physical intercourse. It will be automatic that one will find satisfaction through the self-sensory system, which people will develop in the coming 50 years. The foundation is being laid now because the cusp period is 1991 to 2012 for the Age of Pisces to go, and the Age of Aquarius to come. We have already gone through nine years of these 21 years.

What is that personal sensory system? There will be no need for cosmetic make-up. People will be open, straight, simple, and their beauty will be internal, not external. Man and woman are

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going to reach out with such dignity, such devotion, such an elevated, loftiness of self that the beauty of the human character will be so bewitching. Not only the

one who is willing will be enjoying and realizing, but their realization will be so profound that no destructive temptation by another person will work.

WHAT WE ARE LEAVING BEHIND

The Piscean Age was the ugliest age. It was an era in which the female was rooted out from her roots, and exploited to the brink and to the brim by men. Male-female relationship didn't have any strength. It didn't have any character. It didn't have any taste. So females in the past century gave birth to the most fearful, insecure, impotent, or oversexed men, and sexual disorder was worse than ever before in the past 3,000 years.

In humankind, men were sexually inferior; they did not have the power of endurance. And they could not carry the love and polarity of the female. In other words, men and women could not become a unit. Their sexual habits were so shallow that the Akashic record did not even record them. Men were the product of being worthless and useless; their sexual intimacy had no depth.

The men produced in the last century, whom we call "great," wanted to indulge in the power of destruction. That's why we created the atom bomb, the hydrogen bomb, and smart bombs; we had two wars, and we killed more people in the name of religion than anything else. Religion became not reality, but an ugly fanaticism.

THE WORKING GOD

The ugliest thing that happened in this last century is that man started finding God outside himself. Man forgot that God is the working God, *Karta Purkh*, which, Nanak said, works and breathes in us. It's part of us; It's not separate. We were blind to God's presence everywhere.

The only way to survive today is through the insanity of the ego. Not ego—ego has a rational reference—but the *insanity* of the ego. Man's ego is like a snake which spews poison at you like a fountain. It doesn't mean anything. It just scares you, that's all.

People have become limited, small, squeezed to a point of just physical existence. Today we are six-billion ugly ducklings of the human race living on the planet, and we have no quality, no quantity, no character, and no commitment. Look at our character; it's wrapped in lies and inconsistency. We truthfully say things which are not true. We dramatically say things which are not true.

And we do the ugliest thing on this planet: we build a power which surrounds the individual. How many houses, how many

boyfriends, how much money do we have? We end up adding on dirt—a termite heap of dirt.

In character we have become very shallow. How many and how big are our TV sets? How many cars do we have? You'll never hear a person talking about how much satisfaction, how much containment, how much contentment, how much character, and how much realization he has. You won't hear it these days.

"Who had sex with who? Who wants who? Who chased who? Who is nude? Who is more nude?" Do you understand? There's a competition going on. You see all our magazines—it's a human joke. And when a race of humans starts making mockery of themselves openly and obnoxiously, nothing is sacred.

So this is the state of affairs, and it has to go on for 12 more years of this cusp period. And it will be bad for us.

BUILDING THE FOUNDATION OF THE NEW AGE

My idea to present this to you is that many of you will try to reach out to help people or help yourself, and you will have something to understand. It's called "Building the Foundation of the New Age."

The Age of Aquarius will be the age of experience where only people of experience will be liked, respected, worshipped, talked to and understood. It's not a matter of how young or old you are, how white you are, or how black you are.

Religion as it has been known has become absolutely obsolete. Because in the past 5000 years religion has been teaching you to redeem your soul. Soul is already redeemed. What you should redeem is your being cheap, shallow, worthless, useless, not true to your words, not true to your commitment, and not true to your character. That's what you should redeem.

The majority of the world is nothing but show business. You put on a show. And spirituality is nothing but a show. No human believes that they are a fact of life, a fact of existence; that they are real; that they are born in the image of God. The most magnificent Allah, most infinite God Jehovah, most pure, wise Lord Buddha, whatever you want to call your God, has created you in His own image, and this is it. So God in the New Age is called He-She-It—He, She, and It. And if you don't understand the totality of God as He, She, and It, then you are s_ _ _ . You can put silver leaf or gold leaf on it, that is still what you are. So you are wrapped in gold, your wealth, and you think you are covered; you are wrong. You are wrapped in silver, and you think you are shining and bright, and you can make a fool of others? You are dead-ly wrong.

The fact is there is nothing more beautiful, more worthy, or more conscious than you.

TO BE, TO BE

The time has come of self-value. And the question is not: "To be or not to be;" the statement is: "To be, to be." "I am, I Am." The time has come not to search for God, but to be God. Time is not to worship God, but to trust and dwell in the working God.

As this is coming through me, it is cleansing me. If you are not listening and only hearing, you are not getting it. But if you are listening, it will go into you. You have to come to the awareness of how bad and unfortunate we have made this world as ugly as possible, and how beautiful actually God created it. We are purely enemies of God, because God within us is in pain, and there is no God outside us. Each one is the manifestation of God, so it won't work to create God by making a stone God. Every grain of sand is God. And we have to have our subtle body, our sophisticated self to see it.

In reality, you are a bunch of molecules living by the Pranic Body. You are nothing more, nothing less. As long as the psyche will not merge in you, equally in balance, you will have no aware-

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ness. Human existence is a combination of the Pranic Body and psyche energy, which is the universe, *Prakirti*, the creation in proportion. When you have that state of mind you are clean and clear. You stop searching; you

start practicing. The oddness in you becomes even, and your flow becomes as vast as the universe—and sometimes beyond the universe. You have the authentic reach to yourself. I don't want anybody because I want everybody. This concept is very difficult. I don't want to be "I"; I don't want to be "we." I want to be "just as it is." And my run is with the flow of the psyche of the universe as it takes me, as it moves me, as it desires me. Man will stop cutting corners and come to a real existence. And it's not long from now.

Any person who thinks he is great may be nothing, because the Information Age is so powerful, and so knowable, and so acknowledgeable, and so understandable, that nothing can work. We will not be competent to cheat each other, but we can help and deal with each other as equal. There's no beautiful, no ugly. The love of existence of our life and of our breathing will be in need of the flow of the psyche in us, therefore, we can be a real combination of self within the self. And the sensory system which will develop automatically out of us will be our archangel protecting us and glorifying us.

LIVING BY THE SELF-SENSORY SYSTEM

Those who hustle and hassle and move and want, will just die suffering. They'll not get anything. Now the time has come that you will have a meditative mind to wait and see what comes to you. Your mind will direct you to work towards the right channels.

The love of existence of our life and of our breathing will be in need of the flow of the psyche in us. The sensory system which will develop automatically out of us will be our archangel protecting us and glorifying us.

You will meet the right people. Our future is now, and our presence is our purity. We don't have to purify ourselves—we are pure. We simply have to not make it ugly by diversion, by concoctions, stories, and by creating meaningless romance and fantasy, and imagining things which are zero. We'll master ourselves through our service, through our character, through our commitment, and the most powerful thing which people have—our grace. Our individual grace is the most wanted today. And our projection, which will give us satisfaction, fulfillment, and exaltation, is our nobility. We will act noble, gracious, kind, and compassionate. These are our essential features.

Our future is now and our presence is our purity. We don't have to purify ourselves—we are pure. We simply have to not make it ugly by diversion, concoctions, stories, and by creating meaningless romance and fantasy.

Our creativity will be our sensory system. And through this sensory system we will be overflowing with energy, touching the hearts of people, and feeling their feeling, and filling their emptiness. We will act great and our flow will fulfill the gratefulness in the hearts of others. It will be a new relationship. We will create a new humanity which will have the new sensory system, and thus we will establish the Age of Aquarius. This is the fundamental character you have to learn by heart.

(For the Meditation to Develop the Self-Sensory System, see Chapter 31.)

Seven Steps to Happiness

1st Step is Commitment

The first step is commitment. In every life you are meant to commit. That is why the word is commit-meant. Commitment gives you CHARACTER.

2nd Step is Character

Character is when all your characteristics—all facets, flaws, and facts—are under your control. Yin and yang meet there, totally balanced. Character gives you DIGNITY.

3rd Step is Dignity

People start trusting you, liking you, respecting you. Dignity will give you DIVINITY.

4th Step is Divinity

What is Divinity? Divinity is when people have no duality about you. They trust you right away. They have no fear about you. Divinity gives you GRACE.

5th Step is Grace

Where there is grace, there is no interference, no gap between two people, no hidden agenda. Grace gives you the power to SACRIFICE.

6th Step is Power to Sacrifice

You can stand any pain for that person. That sacrifice gives you HAPPINESS.

7th Step is Happiness

—YOGI BHAJAN



