

The Game of Love

A Book of Consciousness
The Poems and Art of

Yogi BhaJan

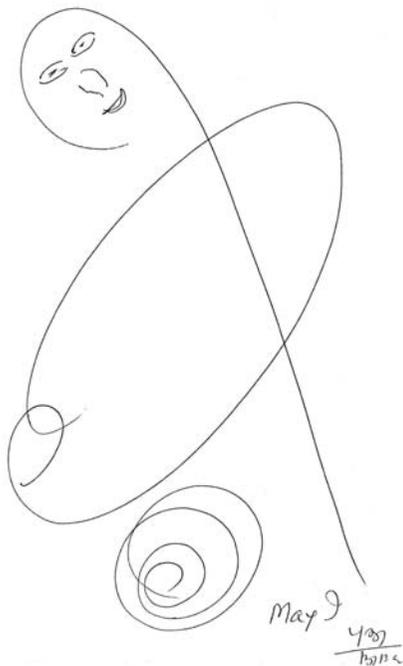
Sikh Dharma International

YOGI BHAJAN CD
INCLUDED!

The Game of Love

A Book of Consciousness
The Poems and Art of
Yogi Bhanjan

“If you want to play the game of love, walk on my street.
Put your head in your hand as an offering – headless, egoless.
Those who walk on this path have no hesitation.” *Guru Nanak*



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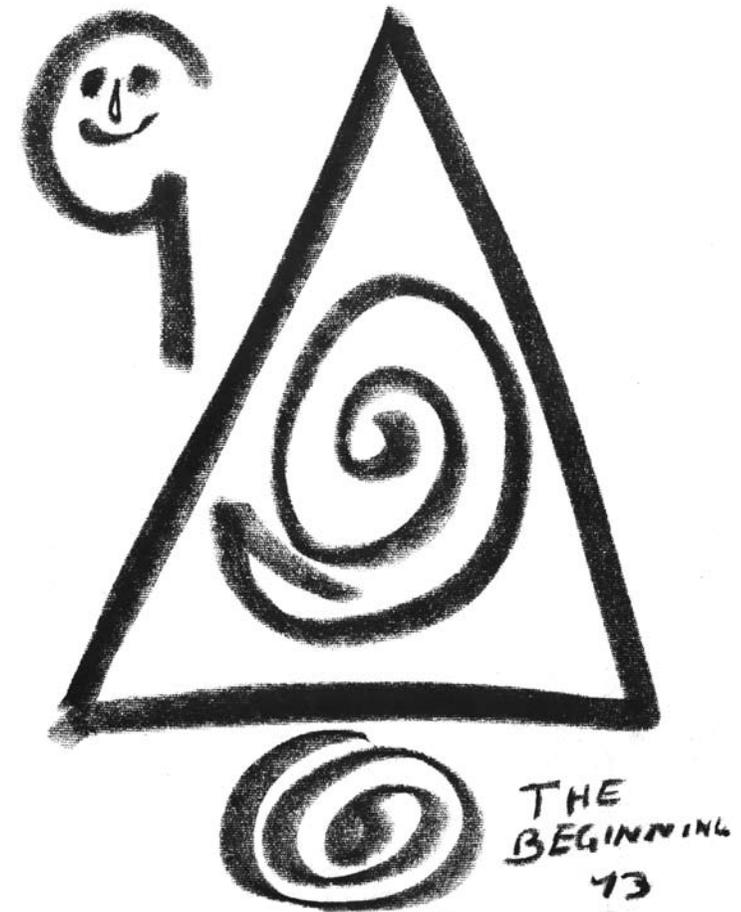
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Yogi Bhanan, PhD

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Dedication

This volume is dedicated to all those who have benefited in any way from the Teachings that Yogi Bhanan so freely shared with everyone, and to everyone who has uttered "Sat Nam" – even once, and even if by accident. May every student become a teacher and may every teacher become a Master.



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Foreword

Yogi Bhajan, also known as the Siri Singh Sahib, was a man of vast knowledge and infinite facets of being. By Guru's grace, I was blessed to be married to him. He was a master of Kundalini Yoga, a master of business and philosophy, a devoted husband and father and a spiritual master to millions; and as revealed in this book, he was a brilliant poet and master linguist.

On those days on which he was inspired to recite poetry, he would usually begin with a single line, followed by a moment of silence, and then, succeeding lines would flow from him like a fountain — rhythmically, gracefully, and his voice melodic, like a song. Within every poem that he uttered was an ocean of philosophy, worthy of becoming an entire PhD research topic!

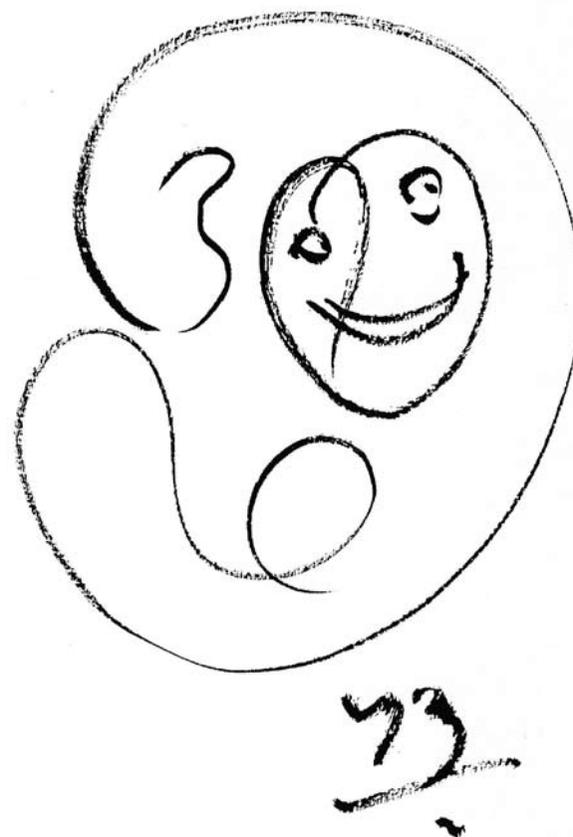
Yogi Bhajan never required a specific time or place, special environment or particular atmosphere in which to write. Knowing his habits, I always carried paper and pen with me. At any given time he might say, "Take out pen and paper to write." On one of those occasions, he had just undergone heart bypass surgery at Cedars Sinai Hospital. It had been a critical night for him, and he was wearing an oxygen mask. I had just completed reciting his morning banis (prayers), and the nurse had just left the room. Suddenly he took off his oxygen mask. I pleaded with him to continue resting and replace his oxygen mask. Yet, over my protests, he calmly insisted, "Write fast before the nurse returns," and then he dictated the most beautiful poem.

Throughout his life he was unwaveringly dedicated to serving the soul of every person he met. He taught that every human being has the divine birthright to excel and to live as a healthy, happy and holy be-

ing. He fervently believed this, and through his poetry readers will be guided to rise to their own highest destiny.

It is my constant prayer that God gives each of us the strength, courage and commitment to follow in his footsteps. I have been blessed, beyond the power of words to describe, to have shared 52 years of my life with this master in the Guru's service to uplift humanity. There has never been another human being like him. His sublime poetry will serve to guide us and our children's children for thousands of years to come. ॐ

Bibiji Inderjit Kaur Khalsa, PhD





Game Over

We are now entering fourteen years during which our old game is basically over, and in 2012 it will all be over.

We are going to start playing a new game: the game of love.

The game of love means that you identify yourself as Infinity, not as an individual, and that's the huge difference you have to understand. So whether you are a man or a woman – whether you are argumentative or rational – whether you are withdrawn or aggressive, that's up to you. But if you want a happy life you have to become a very simple, solid, mutual, well-mannered and loving person.

It is your manners which will decide you. If you act cheap, cheap you will be. If you act priceless, you will be infinite. This is the very simple formula of life.

People who indulge in the lower chakras will never reach the higher chakras, and people who are stuck in the higher chakras and have never reached the lower chakras are called spaced out. There has to be a balance. In this balance you have to bounce in life with joy.

Your strength lies in your smiles and in your songs. Let us reach out for happiness, prosperity, strength and courage, so that time cannot take its toll on us and make our lives worthless. 6

Yogi Bajan
June 28, 1998

Waiting for You

It's a long way to go.
Time is moving very slow.

Stars are shining very strong,
Guiding my way, so nothing goes wrong.
You are still far away,
Like the Milky Way.

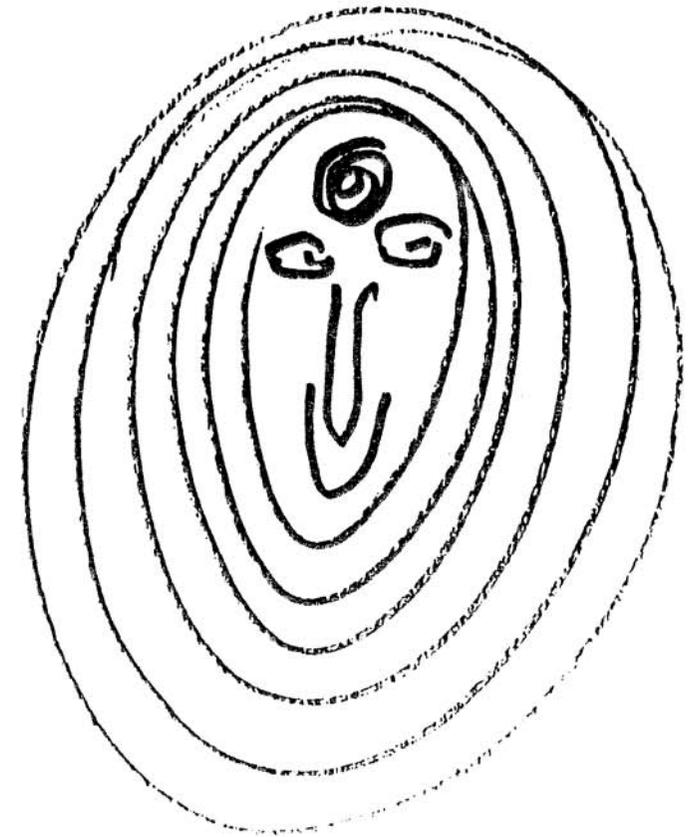
I see you in me.
You want to be.
Light in you and Light in me,
Makes me you and you as me.

We unite alright,
To fight the dark,
Like Noah's Ark.

Long way to go,
Unknown only knows.

Light in you, Light in me,
Make us one with the One to be.
In time and space,
In the new human race,
We will shine as a guiding star,
Some very near some very far.

The long way has ended.
With One I have blended,
Waiting for you. 6



Want ME -



My Departure

Tomorrow I will be gone,
You will be alone.

On every turn of the time
I come again like a radiant sun.

You don't know.

Life is a joy if you know to live
Live like a God's man —
Control your emotions
And build a dam
To not let go a flood.
You can keep living forever.

I say to you and you alone,
I will be gone tomorrow
And you will be alone. ॐ



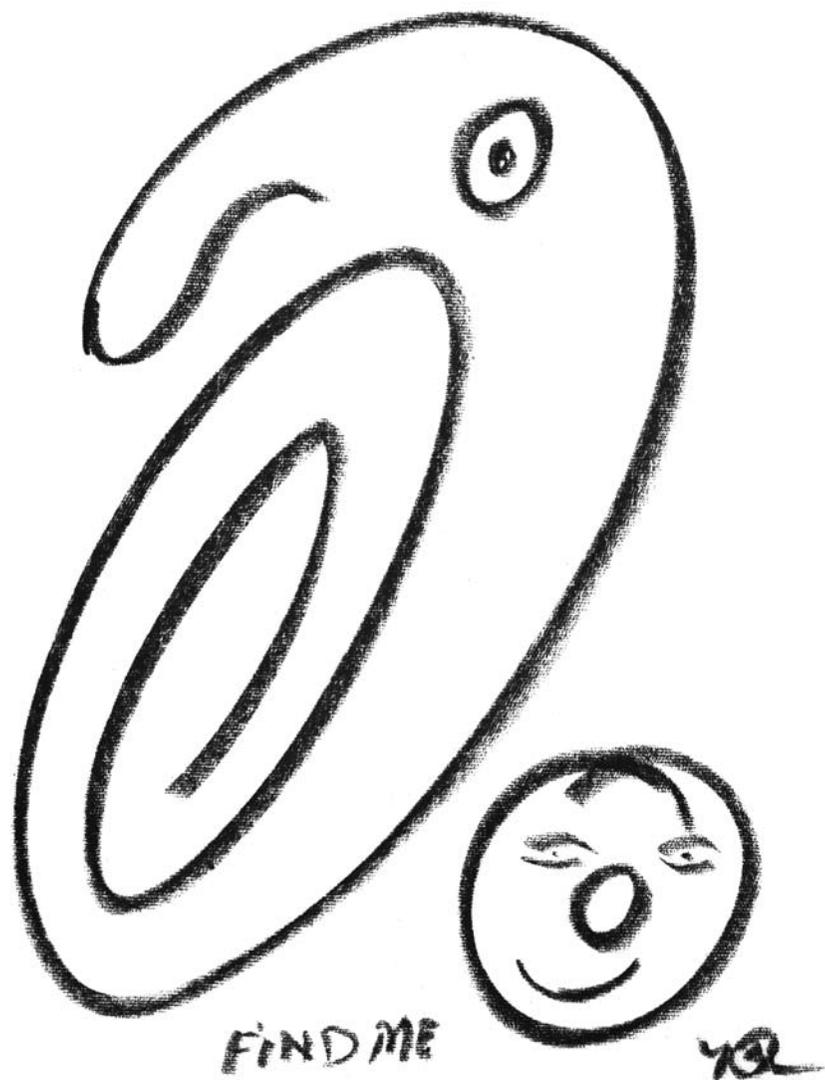
The Sacred Kiss

O wonderful death!
O beautiful friend!
Sometimes you come so late
That waiting becomes painful.

In the longing to go home,
To find the eternal peace,
You are the only friend
Who can make it happen.
In reality you are the only one
Who can give freedom,
With a wonderful reason
To get rid of duality!

This body of the tattwas and its juices
Sometimes dries away
Like a barren land.
You are the only one
Who stops the falling of time's sand
Under which are toil and turmoil,
Emotions and motions,
Love and lies,
For there's a great fear to die.

But in reality
You take us from time and space,
Walking and talking,
You take us to the ultimate base:
The Infinity of God.
Home sweet home —
The ultimate dwelling of the soul!



Blessed is my Soul

Blessed is my soul which is free.
Luckily it has no belly,

Neither it is dry nor wet,
Neither it is happy nor it sweats.

It has nothing to sell or buy.
It has nothing to even try.

I am lucky I have a soul.
It goes everywhere and pays no toll.

Sometimes it is low, sometimes it is high,
But it always moves on the turnpike.

It is educated, but it reads no signs.
What a wonderful soul is mine!

I am lucky I do have a soul,
Between the white and the black hole

My soul knows the absolute,
And it is my soul to which I salute.

I am happy each day
I have a beautiful soul to play.

It is a beautiful little soul of mine.
It is radiant and has a wonderful shine.

It is my friend and playmate.
My soul is my best soul-mate.

I am lucky I do have a soul,
It is the nucleus of the world as a whole.

Blessed is my soul, which is free. 6

Time Has Come

Time has come to blow the trumpet,
Time has come to blow.
Time has come to go forward my people,
Time has come to go.

Time has come to face the cannons,
Time has come to face the sword,
Time has come to show your courage,
Time has come to be bold.

Time has come to be saints and soldiers.
Time has come to know.
Time has come to go forward, my people,
Time has come to go. ॐ

What is Yoga?

What is Yoga?
What is Light?

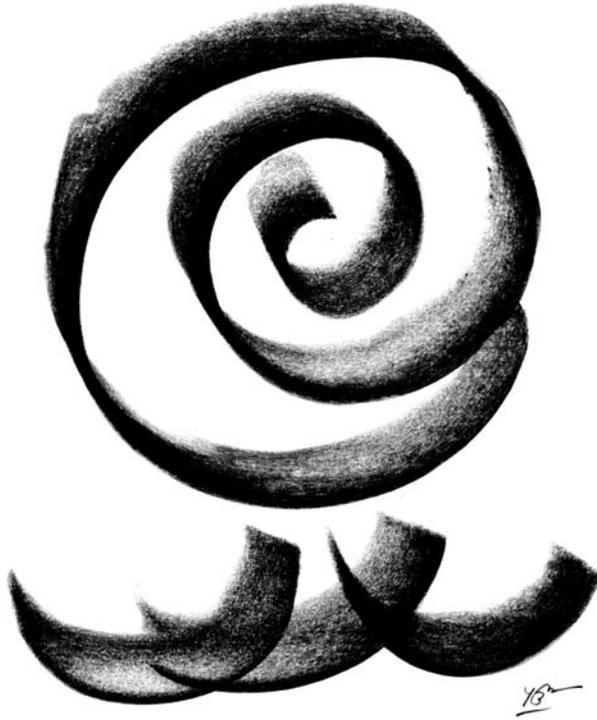
Light is where you can see everything.
Light is where darkness disappears.

Who is enlightened?
One who can see everything: good, bad and neutral.
One who sees all and sees God.
If you cannot see God in all, you cannot see God at all.

Those who seek God inside, find it.
Those who seek God outside, waste their time and waste their lives.

This world is the essence of Word, of Shabd.
Those who follow the rules in their essence and being,
By action, thought and deed, shall rule their destiny
And shall cover the distance of life with place, grace and glory.

When we fold our hands in prayer,
God opens His arms and gives us a hug.
Life is fulfilled with this Union.
That is Yoga. ॐ



"We were in the Intensive Care Unit at Cedars Sinai Hospital when the Siri Singh Sahib was recovering from an angioplasty. Only a few of us were allowed into the ICU to care for him. During this time he was coming in and out of awareness. As he did this, he told me to give messages to various people about their destiny or about aspects of their lives that he foresaw might challenge them if and when he was gone from this planet. During this period he also dictated the poem "Oceantide" to me in the spirit of giving hope to all of us to keep up in our destiny. Even in this post-surgical period he was with us, teaching us, wanting to serve us and inspire us to be strong for the day when he would be gone. He was waking and sleeping, and each time he awoke he gave a message to inspire us to go to the Guru, just like the postman he always said he was."

*Sardarni Guru Amrit Kaur Khalsa
Española, New Mexico*

Oceantide

As tides in the ocean hit the shore,
And powerful winds pound it more,
And turbulence attacks every door,
Peaceful life becomes uprooted.

At that moment, my love, nations awaken
And carry the flag to reach their destiny.
In this storm of attack, as waves of hate rise,
Enemies we love wield weapons forged of lies.

They cut through the calm, death blades churning,
Passions of vengeance cutting and burning.
Sharp teeth of ignorance in a roaring jaw,
Wild animal nature attacking till our wounds become raw.

At this moment, my love, each soldier of the nation
Picks up the flag to pitch it on the peak of VICTORY!

Oh, soldier-saints you know your destiny.
You know Khalsa's ultimate glory.
Each one of you must now rise up
And fulfill your role in the story.

Each one of you knows you are a saint.
From your souls, this spiritual nation has come.
To mint tomorrow and get rid of sorrow,
You must all unite as one.

O sons and daughters of Guru Gobind Singh,
You are very real and very clear.
Your duty for tomorrow is your duty of today.
The time is now, the time is here.

Don't you know these thirty trillion cells
Shall keep away the hell
From my children today and my darling ones of tomorrow?
Don't you see that you must become me
To get rid of suffering and sorrow?

There's nothing to fear, I'll always be here;
My love for you is forever.
When my body dies, the lesson will be high.
So learn now to walk together.

When a wise man dies, earth kisses the skies.
So now as my heart gets its rest
I'm watching to see: do you understand me?
What I've taught; do you practice your best?
Mother Nature made me lie down
To watch you carry on this mission.

This humble prayer of love I send:
May no storm of passion cloud your vision.
May kindness and compassion emerge, as the Guru you serve.
Anger and treachery leave when Guru's grace you receive.

Oh, my loves, let the spring come.
Fragrant flowers of consciousness bloom in your hearts.
Peace and happiness reign.
The ocean of life is calm once again.

Souls united in Truth are never apart.
What I've done and not done doesn't really matter.
Truth will stand out.
It's something no one can shatter.

The House of the Guru will live forever.
So be in peace
Never say never.

Each one is a Saint
Each one is a whole.
Yogi loves everyone.
Yogi loves every soul. ॐ

Lists and Alphabets

Poems based on lists and alphabets are an old and traditional poetic form. In the Siri Guru Granth Sahib we find alphabet poems (composed so that each verse begins with the succeeding letter of the alphabet) and list poems using, for example, the days of the week, the months of the year, the hours of the day, stages of life, and more. Each verse starts with a word in the list or alphabet and then goes on to expound upon that word. Yogi Bhanjan often tried his hand at lists and alphabets and asked his students to do so as well. These proved to be powerful poetic forms for teaching.

Some of the poems in the following section were directly dictated by him as lists or alphabets, and some of the lists were given in classes he taught or from training sessions he gave in "the Dome" (his home in Española, New Mexico).

Guruka Singh Khalsa



The Five Sutras Of The Aquarian Age

1. Recognize that the other person is you.
2. There is a way through every block.
3. When the time is on you, start, and the pressure will be off.
4. Understand through compassion or you will misunderstand the times.
5. Vibrate the Cosmos, and the Cosmos shall clear the path.

Sutras are figuratively and literally "threads" that string life together, words to live by. The yoga sutras of Patanjali have sustained the world over thousands of years in their perfect wisdom. Astrologers have determined that every two thousand years, time moves us backward through the astrological signs, into a new age. In simple language this means that we are completing the Age of Pisces and moving into the Age of Aquarius. The cusp of a new age lasts for around twenty years, so now in 2007, we are presently four fifths of the way through the Piscean-Aquarian cusp, and the Age of Aquarius will be officially entered in 2012. Each age has its own theme, its own axiom.

In the Age of Pisces the axiom was: "I believe."

In the Aquarian Age it is: "I know."

A new age calls for its own words and wisdom by which to live. Yogi Bhanjan brought forth these five simple truths which he called the "*Five Sutras of the Aquarian Age*." They are as simple and straightforward as they are deep and transcendent. ॐ

Three Laws of Prosperity

1. Be kind to everyone
2. Never speak ill of anyone
3. Never speak ill of yourself 6

The Eight Elements of Excellence

The **VISION** to see your goal and keep it
in your consciousness.

The **COURAGE** to attempt it and to keep up.

The **GRIT** to go through it.

The **HUMILITY** to know who the Doer is.

The **KNOWLEDGE** to substantiate it.

The **PRAYER** to feed it.

The **GRACE** to carry yourself through it.

The **DETERMINATION** to achieve it. 6

Ten Commandments and Ten Promises

1. **Thou shalt have no other Gods before Thyself.**

Thou shalt conquer the earth. The Lord is Peace.

2. **Thou shalt not take the Name of the Lord in vain.**

Thou shalt never be polluted.

3. **Thou shalt remember the Sabbath day to keep it holy.**

Thou shalt live in Peace and at Rest.

4. **Thou shalt honor thy father and thy mother.**

Thy identity shall be perfect.

5. **Thou shalt not kill.**

Thou shalt not be killed.

6. **Thou shalt not commit adultery.**

Thy purity shall be granted.

7. **Thou shalt love thy neighbor.**

And the entire neighborhood shall love thee.

8. **Thou shalt not steal.**

All shall belong to thee.

9. **Thou shalt not bear false witness.**

The power to witness My Creation shall be thine.

10. **Thou shalt not covet thy neighbor's wife**

nor thy neighbor's goods.

The Universe shall never question thy will and

all goods shall come to thee. 6

Ten More Commandments

11. **Behold - Happiness is thy fundamental right.**

I grant you that for the Age of Change.

12. **I granted you my total self for all allowances,**

so you can know me as you know yourself.

13. **Behold and recognize my love is within you.**

Your acceptance of it is your awareness.

14. **I made everything that I made, and I made it in polarity,**

and I am in you to watch that you can balance it.

This is your karma.

15. **I am your consciousness. I am your existence. I am in every cell of you.**

Hear me, oh human, hear me.

16. **Relate to all that I have created as real, as pure and as me.**

This is purity, piety and identity for you.

17. **Behold, I set you on a journey with destiny.**

You must walk the distance with my light within you.

18. **Behold, I am Thy Lord God.**

If you cannot see me in all, you cannot feel me at all.

19. **I created you in infinity, and happiness is your birthright.**

In all nuclei, orbits and boundaries I am I am.

20. **Do unto others as I do unto you.**

I Thy Lord live in thee in every cell. Recognize me and avoid the Hell.



The Eleven Commandments of the Space Age

1. Keep your mind, body and soul together.

2. Enjoy time and space.

3. Trust in God.

4. The One who can rotate the earth for you can take care of your routine.

5. Death is nothing but a good sleep.

6. Love is a one-way traffic.

7. The price of life is to keep your ego with you.

8. Think and believe that you represent your Creator.

9. Those who have come shall go.

10. Know that you are alive.

11. If you are remembered, leave nothing behind but goodness.

If you speak these commandments, they will become your daily routine.



The Twelve Signs

Aries

When the universe and all its stars
Start dancing and crossing the orbit
Leaving trails of light in the triangles of the zigzag...
The very existence and its loyalty are called Aries!



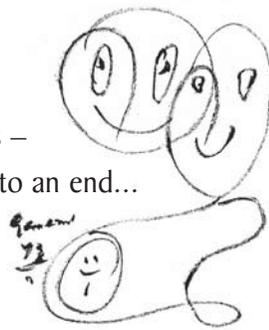
Taurus

When the meek becomes mighty
And righteousness comes down into the center of the Self,
And softness passionately takes over the kindness...
The universe comes through with a standing ovation,
Blessing the grace of the power of the Lord.
That is the mighty bull, the Taurus!



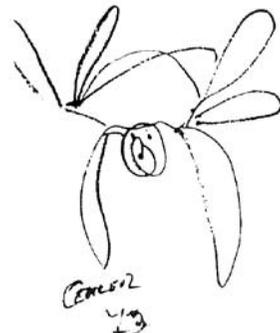
Gemini

When innocence loves innocence
And openness becomes secretive,
And the blend of the three worlds –
past, present and future – comes to an end...
Then Gemini is experienced!



Cancer

When all the stars dance around the moon
Reflecting the mighty sun in the dawn of the day
And in the beauty of the sunset...
The total sum is the children of the moon
Reflecting through tears
The Self and the selfless.
That is the Cancer!



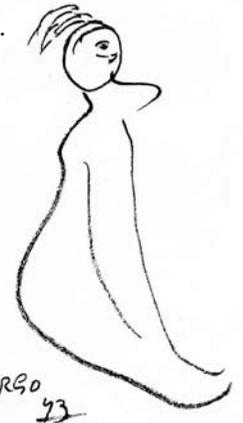
Leo

When I was whisking away in the meadow
I heard the roar of the lion
And saw their pride laughing at me,
Because I couldn't be like them...
Master of the beast... Singhal!



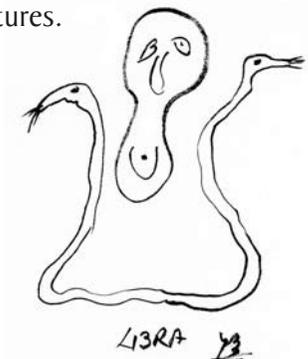
Virgo

In the crystal Self
I saw the sophisticated plight of the coolness of the moon
And the lightness of the breeze
Showering kisses in the morning,
And the beauty of a tiny crystal of dew – the purity of water
And the nurturing essence of fire below in the sun...
Eye was amazed being a Virgo!



Libra

When the Divine needs to be figured out,
Ability needs to be experienced,
Divinity needs to be practiced,
And the human wants to see the light...
The balance of Libra creates harmony with ecstasy of consciousness
To preserve the dignity of all living creatures.
The domain of Libras exists
In that sustained state of consciousness
Where the law of life is balanced.
In that existence the human can serve
the dark and the light
With the equality of love.



The Game of Love

A Book of Consciousness. The Poems and Art of Yogi Bhajan

"The entire fiber of this universe, every molecule, is alive because of love." – *Yogi Bhajan*

"These spectacular poems bring a glimpse and step up into the elevated consciousness of a remarkable Master of Life. Hearing these words, we recognize them, from the depths of our own possible human consciousness; we are transformed through that realm, which will usher in and serve the future human psyche."

– *Guru Raj Kaur Khalsa, Vancouver, B.C., sacred musician, teacher and community leader*



"I love the drawings. They add a non-verbal dimension to the book which makes me feel like I'm in Yogi Bhajan's presence - the twinkle in the eye, his most wonderful and essential humor. They're like a cross between Picasso and Dr. Seuss."

– *Sat Mander Kaur Khalsa, editor, Eugene, OR*



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 - An intimate experience of Yogi Bhajan, the man, the teacher and the master, through his collected English poems and lists illustrated with his drawings
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