



Psyche

Yogi Bhajan, Ph.D. - November 3rd, 2001 - Espanola, NM, USA

I am dedicating this class to the psyche. If you understand what it means and enduringly correct your position, you can save yourself from much speculation. Temperamentally the psyche is creative. In your capacity of psyche you have to dress and encircle yourself. With the projection of the psyche, with all the dealings that you deal, you must protect your identity, because without your own identity you can never, ever be successful. If you want to weigh somebody or to love somebody, fine. If you want to argue with someone or to have a relationship with someone, fine. Everything is fine if it leaves your identity as an independent self.

Human nature is for projecting. But do not project in a way that you go out of balance. Your divinity is your identity. But you do not care for your identity; you care for your divinity. You love the trunk of the tree but you do not care for the roots. How long are you going to last?

Kundalini is symbolized by a snake, naga. “Na” means “no,” and “ga” means “go.” The power of a snake is that it can go where nothing else can go. Why? It is flexible! If you are flexible, you are kundalini energy. If you are stiff like a dead man, you are dead. When you play tough you do nothing but kill yourself. Life is a flexible flow. Flexibility is equal to identity, is equal to Infinity. And Infinity is equal to prosperity. Why are we quibbling? For what? It is very difficult to be flexible. Ego!

If you dress royally, walk royally, your manners are royal and you are beautifully royal, nobody is going to check your bank account. The best thing in life is *how* you want to act. You act to carry your friends, your desires, your ambitions, your imagination. But if you do not carry your psyche you are worthless.

Carry your psyche with you—I am, I am. Do not bargain your self and lose the impact of your being. The psyche does not recognize special exercises. It requires an *attitude*. Keep the attitude that you are a creature created by God and let things come to you. You will be the healthiest, happiest and holiest. All your problems will be over. You will be free!

MEDITATION - Channel the Psyche

Sit straight in a cross-legged position. Place the left hand on your heart with the thumb tip touching the base of the little finger and the other fingers wrapped around it. Raise the right hand to shoulder level with the right index finger pointing straight up and the other fingers curled down with thumb covering them. Elbows are relaxed down. Eyes are closed. Using the tip of the tongue chant the “Har, Haray, Haree, Wah-hay Guroo” mantra, by Nirinjan Kaur. Continue for 11 minutes. During the last 3 minutes toughen the index finger with all the energy. To end, inhale deeply, hold, and stiffen the index finger. Exhale. Repeat 2 more times. On the last inhaled breath, also stretch your spine as much as you can. Relax.

In this meditation you say these six sounds with the *tip of the tongue*—here resides the difficulty. “Wah-hay Guroo” is the most difficult sound to chant with the tip of the tongue. You normally chant it correctly, but today you have to chant it *incorrectly*. Because the pressure is on the psyche and the psyche is in the tip of the tongue. The fastest way to the target in the body is the tip of the tongue, as it communicates immediately to your reality.

When you raise the index finger, it brings momentary knowledge through psyche. It is a delivery pattern. Try it when you have a problem. Just sit down and raise this finger. There is knowledge and there is mind and there is universal mind and universal knowledge. The moment you raise this finger it connects and the inflow starts. It may take 3 minutes, but if you are bright it may take only 3 seconds.

This meditation should be done for a total of 22 minutes, in two sessions of 11 minutes each. Do not do it for more than 11 minutes at a time or you may hallucinate. This very entitling meditation can clear many things in life, many hearts. It channels the psyche of the body and the universe into one channel.



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