

## *The Experience of Your Self*

*Yogi Bhajan, Ph.D. - December 12th, 1999 - Johannesburg, South Africa*

Your intellect gives you one thousand thoughts per wink of the eye. Just imagine how many thoughts you create each day! Some of these thoughts become feelings. Out of a million feelings you have a few hundred thousand emotions. Out of many, many emotions you will have one desire. Out of many, many desires you may complete one if you are clean. All unfulfilled thoughts go to your subconscious mind and from there to the conscious mind where you have daydreams and nightmares. You then live in an imaginative world, and fantasy is very easy, very charming. You can live in a palace “just like that!” It does not cost anything—just you and your thought and your belief in that thought.

Many people are victims of phobias. We have sixteen split personalities, to start with, but an abnormal phobia may entail having over 108 personalities. You think, you think that you do not think, and you do not think because you are still thinking. You said it! Do you understand this formula? You lie all the time! If you do not believe me, just record yourself for a whole day. Then at night, play the recording and listen to yourself. You will hear *lying for nothing*. You just lie! Why? You do not want to trust anybody, because you do not trust yourself. You do not have the potential energy essential to create a union between you and yourself.

Yoga is to create one's own magnificent self. Your power is in your purity and piety. From that will come compassion, kindness, care, sweetness, smiles and love. When we love, there are no barriers, no desires, no needs, no wants. It is transparent! When the universe becomes transparent between two people they can see through everything. But we live within the boundaries of our thoughts, we do not share our real thoughts with anybody. A man and wife can sleep together for fifty years without telling each other their basic thoughts. It is called a composite opposite. People make up a personality with their alter ego.

One day, lie on your bed, look up at the ceiling and think about your alter ego. Ask yourself these questions: “How many things do I lie about?” “How many things am I truthful about?” “Why am I not simple?” And you might ask yourself why you have sex with everybody or with nobody and what is this drama going on in your life, and why. You have to find the basic element in you. You have to find who you are. That is what Kundalini Yoga is about. Once you find who you are, the universe is yours and everything comes to you.

You cannot become a master if you cannot become a slave. And who wants to be a slave? Nobody! It is the most difficult thing to do, I know. When I was seven years old my grandfather sent me to my teacher with fifty horsemen, tents and servants. When they left, I had only a bunk bed and a bucket of lime—it was my job to keep the outhouses clean. I said, “I will be tested for a few days. It doesn't matter.”

After four months my teacher called me and said, “You're not clean yet.” “No,” I answered. “I am very imperfect. What is wrong?” “You think you come from a rich family. You are stupid.” “Wow,” I thought, “nobody has said ‘stupid’ to me!” If somebody in the village said that I was stupid, his head would have rolled on the ground. “Why is he telling me I am stupid? There must be some reason for it.” Then I sat down calmly and said, “Yes, I am stupid. If you don't correct me then you'll also be stupid!”

He gave me the biggest lesson, which I want to share with you. He said, “In this life, all that you have is from previous lives. What you earn in this life will free you. If you smile, laugh and are graceful you will be free. Do not barter your grace for anything.” It went to my heart, and I have lived it all these years. I have my best friend in life, my Grace. I will not jeopardize it. And if I can give anybody something, my grace tells me what to give: Forgiveness.

If anybody does wrong, there is nothing wrong. Do not react! If you want to progress in your life and grow, act to not react. Your energy, growth and self-confidence depend on this. Over and above all else, you need the experience of yourself.

Science has two powerful tools. One is a lens and the other is a lever. With a lever we move what cannot be moved, and with a lens we see what cannot be seen. The whole world is based on that. This same lens is also inside of you. Let us see if we can clear our front lobe and central neurological and sciatic system, with its projection and

*continued*



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its biochemistry. After so many years they have found it is true, that the brain works not only with chemicals but with many interlocked nerves. Let us do this beautiful kriya:

### **MEDITATION - Kriya to Develop Human Power (33 to 93 minutes)**

#### **Part I**

*Sit straight in a cross-legged position. Relax your hands in your lap, palms facing up. Eyes are focused at the tip of the nose. Make an "o" of your mouth and breathe through it, inhaling in 4 strokes followed by a Cannon Fire Exhale. Continue for 11 to 31 minutes. To end, inhale deeply, hold and let the breath prevail through your being, Cannon Fire Exhale. Repeat 2 more times. Relax.*

#### **Part II**

*Stretch both arms forward and upward at 60 degree angles, palms facing inward. The elbows must be straight. Rhythmically make fists and open the hands wide. The arms and hands must be so hard and stiff that when your hands open it is as if an electric shock is going through them. Continue at a fast rhythm for 11 to 31 minutes. To end, maintain the posture and make the hands into tight fists. Inhale deeply, hold the breath and tighten the fists even more. Squeeze your entire body! Exhale. Repeat 2 more times. On the last inhale also stretch the spine from the tailbone all the way up. Relax.*

You have to create an electro-magnetic field with an electrical vibratory effect. It will give you a new, fresh young brain. Be sexual, sensual, angry. Get out anything you can. Release the hidden anger which is burning inside although you are smiling. It is a very powerful exercise that will clear away subconscious dirt.

When you feel pain below the elbow it means the descending colon is inflamed. Do it fast and faster—act against yourself! Less than that will not work. Make up your mind that "No matter what, I am going to cut through," and cut through you—above your spirit, above your body, above your mind. If you get that experience you can be the greatest. Break through the walls of taboos and feelings and imaginations. Cut it out! Do it and master it—or it will hang you up for the rest of your life.

When you can do this exercise for 31 minutes, it will make you a superior person, taking you to certain areas where you never thought you could be. By doing these exercises you will be good and alert. Those who flirt do not know how to be alert, and those who are alert do not flirt. They are positive, exact and straightforwardly truthful. That is the only way to live.

#### **Part III**

*Extend the arms forward at shoulder level parallel to the floor, with elbows slightly bent. Hands are held loosely. Palms face down. Move the arms up and down as though you are bouncing balls. Eyes are closed. Move the shoulders and the spine with the motion. Move the whole body so much that you start to come up off the floor. Use your nerve power. Take your nervous system into your command and move, move, move! Continue for 11 to 31 minutes. To end, inhale deeply, hold, and press your hands together as you stretch the arms forward as much you can. Exhale. Repeat 2 more times. Relax.*

This exercise will cleanse and clear your thoughts. It will help the kidneys, liver, spleen and the mechanical movement of your muscles. When doing it, get angry! It is a better therapy than any therapy you have done so far.

Do this Kriya for 40 days, starting each exercise with 11 minutes and working up to 31 minutes. You will become a perfect specimen of human power—beautiful, bountiful and blissful.

*"May God bless you, bless you, bless you. May your purity and piety give you bliss and may your reality give you prosperity and power to serve others. May you always be for others so God may be for you. We thank Thee, Oh Lord, for this moment of our union and may we progress on the Path by Thy Will. Sat Nam."*



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