



Be in Command!

Yogi Bhajan, Ph.D. - November 7th, 1999 - Los Angeles, CA, USA

The majority of people have the habit of drinking, smoking and having sex. They have no self-control and no capacity to match their self. Instead they match up with emotions, feelings, and commotions.

The amount of energy wasted on personal feelings, commotions and emotions, cannot be replaced by any vitamin or in any other way. Life is a gift, and when we start creating our own life rift and start with our life to drift, we cannot stop. You know what you are doing and you know why you are doing it. But the tragedy is, you cannot stop! Because you have not developed an understanding and an under-strength, and your inner being is not awakened enough so that when you have to stop, you stop.

If God is, and God can rotate the Earth, God can take care of your routine. *That* is your fulfilling, happy and exalted self, and that you can only learn if your self has no short-circuits. Have you ever seen a car that would break down every thirty miles? That is what all you are. Do not misunderstand me. You are perfectly made by God within the consciousness of God and in the Image of God. There is nothing wrong with you. But you are selling yourselves for cheap values, emotions and commotions. When you drive in life without brakes,

without a steering wheel and without a transmission, you will have an accident. You know how to drive a car, but you do not know how to drive your life! In a car you know how to change gears, but in your life you do not!

If you learn and teach Kundalini Yoga, you shall be uplifted. From your present state of mind you should go up so you can go home and feel comfortable. Big things start looking smaller from higher up. That is the purpose of Kundalini Yoga. The horizon becomes so vast! Fear goes and life becomes very loving. Kundalini Yoga is a relative diagonal energy into the inter-correctiveness of the micro-consciousness to create macro-consciousness in experience. It is not building muscles. Yoga is not anything but union with you. You have a body, mind and spirit. But you are not all that. You are the custodian and the guardian of the body, mind and soul. You are above these three.

In the Age of Pisces you were taught to free your soul. Now it is, "Be in command!" If you are a smoker and you want to quit that habit, when you feel like smoking just breathe in and hold the breath. Substitute nicotine with oxygen. In 5-10 days of practice your habit will be over—period. If you have a problem sleeping at night, do not eat after 4 o'clock—you will sleep like a lamb. Control your body! Control your environment! Control your appetite! Control everything you can control! These are your feelings, for your sake! Nobody is going to do anything for you! A doctor can patch you up, but he cannot give you a capsule that will cause all your energy to flow properly.

I have seen a person driving a car, totally tired and asleep. He wanted to know what he should do, since God had saved him from disaster. I said, "Just don't drive tired." You do not need to make accidents in your life. You need energy, strength, inner change and inner gears.

MEDITATION - For Self-Control

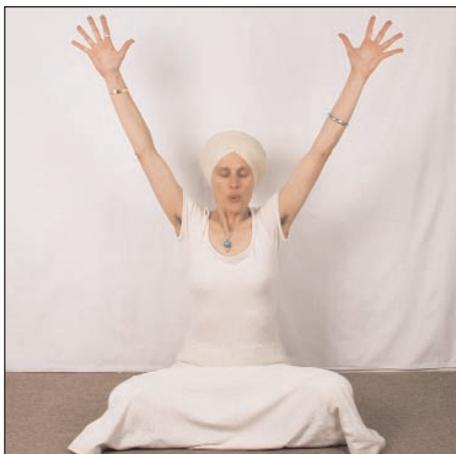
Part I - Cross Your Barrier

Sit straight in a cross-legged position. Lock your hands in Bear Grip in front of the forehead, with elbows out to the sides, raised above shoulder level. Make an "o" of your mouth and inhale through it as you straighten the arms upwards. Exhale through the nose as you return to the starting position. Close the eyes and meditate on the sound of the breath. Continue for 3 minutes. To end, inhale deeply, hold, stretch your hands and your spine. Cannon Fire Exhale. Relax.

Move very systematically and rhythmically so all disease can be burned out of the blood. Listen to the sound of the Breath of Life--this can do more for you than the movement. Become part of the total energy. Do not lose courage. Test your grit. Cross the barrier!

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These exercises are re-vibrating and re-shaping your being with the tool of the Breath of Life. We are doing them to break that line beyond which you cannot go. To cross that limited space to become unlimited. To cross that defined state of mind to become infinite.

Part II - Shiva Shakti Kriya

Brings the hands together in front of your mouth in a lotus bud shape: fingertips and base of the hands are touching creating a ball shape, thumbs are together. Elbows are relaxed down. Make an "o" of your mouth and inhale through it as the thumbs (the lingam, the male organ) go inside the space between the hands (the yuni, the female organ). Exhale as you extend the thumbs toward the mouth. Continue for 3 minutes.

Anytime you do this exercise it will energize and re-cooperate your physical health.

Part III - Recharge

Raise both arms to the sides at 60 degrees angles with no bend in the elbows, palms facing forward, fingers spread open and tight like steel. The tighter the fingers are, the more perfectly the energy will prevail. Make an "o" of your mouth and breathe with full-strength. Receive energy from the heavens and earth to recharge and become strong. Continue for 3 minutes. To end, inhale deeply, hold and let this breath circulate throughout your being. Cannon Fire Exhale. Relax.

You need to be in your control. If you practice this meditation, it will help you. You can do these three exercises each morning in bed to revive and renew yourself for the whole day. And the whole day you can be just charming, energetic, together and real. You will not lie.

Knowledge belongs to those who practice, and lousiness belongs to those who do not. Knowing is not enough. Experience is.

Answers to students questions

On Alimentation

A student of Swamiji came to visit me. Swamiji said, "I'm sending you this guy. Make the best out of him." I gave him a pita bread and said, "Walk for two and a half hours while chewing this bread. Here is a circular path. Now, go!" Pita bread is a little hard and not easy to swallow. He ate it and sent a lot of saliva to his stomach. His stomach got cured and his digestive system was healed. By walking, his navel came to its center and his breathing improved. Ten days later I said, "Go and tell Swamiji you are okay."

If you chew your food well and put saliva into it, which God has provided—it is free—you can be so healthy! Your brain will be very sharp. Chewing food causes nectar to come from the upper palate—it is the nectar of the brain itself.

On Fighting

You fight only because of your basic insecurity, and you want to be guaranteed for that insecurity. The other person cannot give you that guarantee. How can you love somebody so much and three or four years later start hating each other? A relationship is where your highest spirituality is tested by tolerance. It is pure tolerance. It has nothing to do with right and wrong. It is a matter of understanding. Understanding means "stand under." In relationships you have to stand under each other. Do not try to be macho and very wise and have the last word. Nothing in a relationship can go wrong if you inject humor and endure it.

Men have only a right brain, not a left. The left brain is subjective. So a man can only stand three minutes, then it is a war! When a man comes home he wants to have heaven. A woman who can temporarily give him heaven,

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Kundalini Research Institute

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can have him dance like piano has it's own notes. What a woman can do with a smile, cannot be done with a gun. It is up to you. Because you may do everything to be beautiful, but as a woman, three words from your mouth can decide your fate.

On Balancing Energy

Body temperature is maintained by the nostrils: The left nostril is cooling and the right nostril is hot. When you are angry and feel you want to do something terrible, start breathing through your left nostril, you will calm down in exactly one minute.

On Forgiveness

The only thing you have in your power, which is the greatest power in you, is to forgive. Minus forgiveness, you are a double-legged mammal with absolutely nothing to lean on. If you give, give forgiveness. And give with an open heart, and give it openly. Let a person die of his own shame. Say, "Bless you! May God make you very strong and give me the courage to face yourself." What can anybody do after that?

On Teachers

A teacher is one who lives, projects and has power through his own purity and piety. As a teacher, every part of your being has to be pure. Sharing that purity is sharing your piety. There is nothing personal in it. We take an oath: "I am not a woman. I am not a man. I am not myself. I am not a person. I am a teacher." You become an excellent gender, and look at everything from on high.

On Getting Rid of Anger

If you do not get rid of anger you get cancer. Cancer comes to those who have inner anger. But it is very easy to get rid of anger. The simple solution is: Sitali Pranayama. Breathe through an extended, curled tongue for exactly 3 minutes, then drink a glass of cold water. You will be surprised how you feel!

On Opening the Third Eye

Focus both eyes at the tip of your nose. After awhile you will feel a tremendous lead-like sensation at the front lobe. The front lobe controls your personality. After a long period of practice, you will break through. After that, there is nothing to worry about.

On Grief

Grieving—for what? One comes and one goes. If one has gone and you have not gone, you grieve. If you have to go too, what are you grieving for—a loved one? Everybody is a loved one. If you love yourself you will not have grief.

On Emotions

Emotions are very important. Every thought becomes a feeling, then feelings become emotions and emotions become desires. Desires become neuroses, neuroses become psychoses, and a psychotic person becomes a date. Any mistake you ever do will occur when your emotions are attached, for you lose judgment.

On Fear and Faith

You should never make a move out of fear or faith. You need to go within yourself. Fear is what you have told yourself. Faith is what somebody has told you. Both are wrong. You have to depend on your own intuition, which God has given you, which shall be true. Start leaning on that. It is the best friend a human has got. All animals live on impulse. If you start living on impulse, you are worse than my ducks!

Intuition takes one second. When you are in any trouble, simply think what you feel and know, not what somebody told you. Just close your eyes and think what you think. That will be best. Do not lean on others. Be strong in yourself so that you can help others.

On Insecurity

Insecurity is the problem in any relationship and any drama. When you become insecure, you goof. The moment you are insecure, the other person knows you are not trusting and fears that you are going to hurt him. One thing leads to another. What are you insecure about? Breath is free! It is automatic! The earth is rotating. You are living. If we are kind, compassionate and caring, nothing can go wrong.

