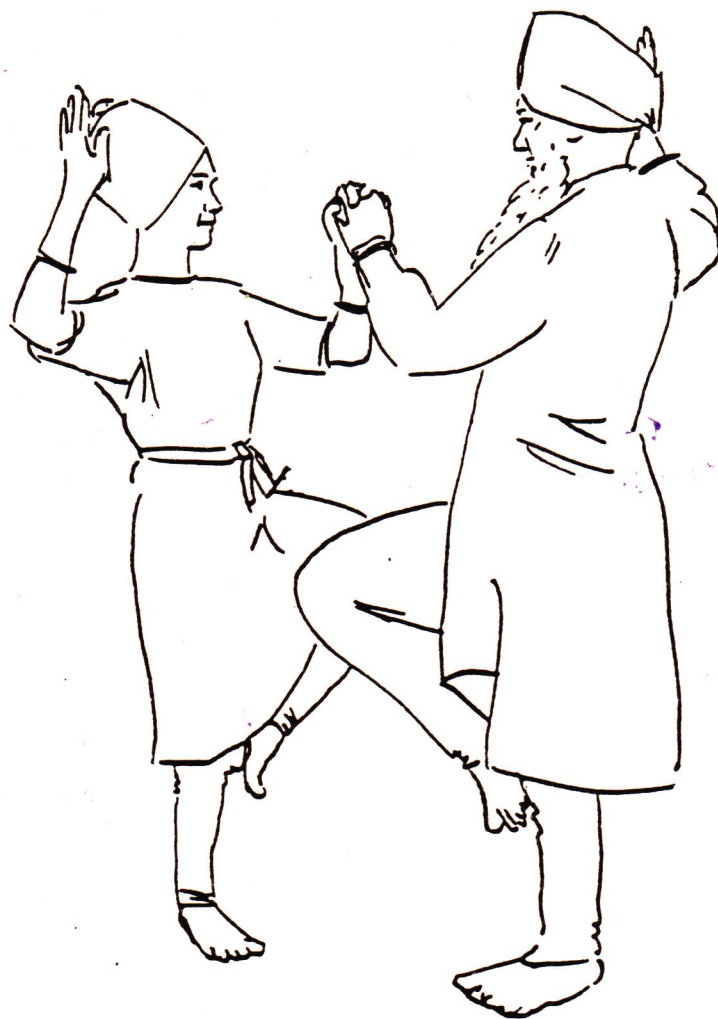


Volume 1



*Relax & Rejoice:
a Marriage Manual*

*by
Yogi Bhajan*

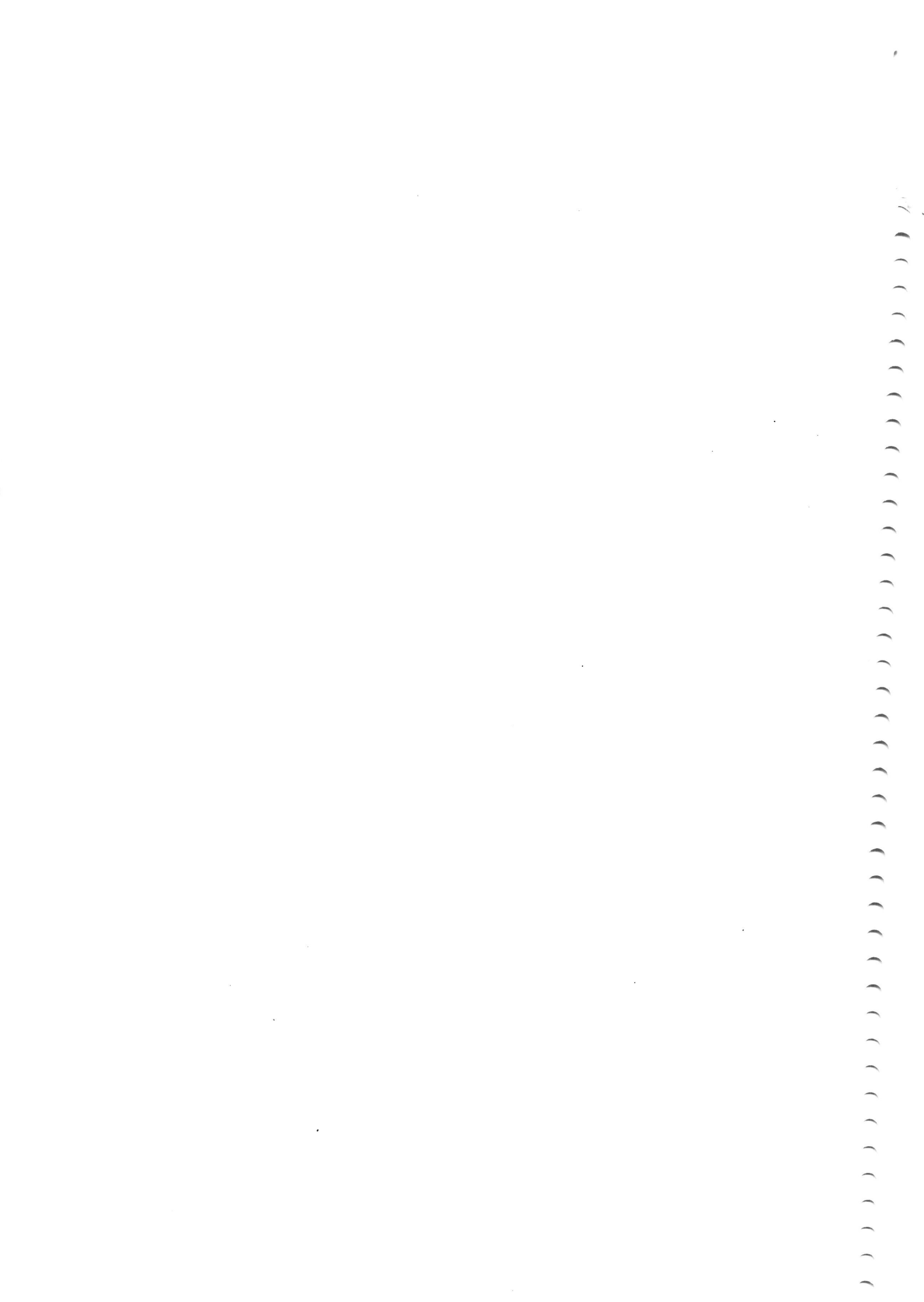


Volume 1

RELAX & REJOICE:
A MARRIAGE MANUAL

by
YOGI BHAJAN

Compiled by
Elandra Kirsten Meredith
and Alice B. Clagett





NOTICE

This book is merely a reference work. The directions stated in it are in no wise to be considered as a prescription for any mental or physical ailment by the reader, nor does the information claim treatment or cure for any specific mental or physical ailments or problems.

ACKNOWLEDGMENTS

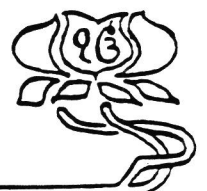
We are grateful to M.S.S. Shakti Parwha Kaur Khalsa for her boundless spirit, enthusiasm, and support in encouraging the production of these works for the benefit of those eager to practice the teachings of a great spiritual master.

With the intention of having as much relevant material as possible under one title, we have drawn on both previously unpublished material and various published information.

RELAX & REJOICE: A MARRIAGE MANUAL

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ISBN pending.

Compilation, editing, and portions of the text by Elandra Kirsten Meredith. Layout, typing, and illustrations by Alice B. Clagett.





TO NEW STUDENTS

To those who have never taken a Kundalini Yoga class through 3HO Foundation (Healthy, Happy, Holy Organization), please begin by tuning in to your own higher consciousness by chanting in the way described on page 42. Those who understand the power of mantra will understand that by so doing they will enhance their appreciation of the wisdom in these pages one hundredfold.

VOWEL PRONUNCIATION GUIDE TO CHANTS

A bus	I sit	U put	E gate	O hope
AA far	EE see	OO mood	AI elder, cat	AU claw, sound

We have done our best to provide an accurate guide to the pronunciation of chants in the meditations. However, the best phonetic rendition of a foreign language is just an approximation. Therefore we suggest that you practice the chants found in the meditations with someone, such as a 3HO teacher, who already knows them. A tape of the chants in this manual will be available soon.

Please note in particular that "A" in the chants is pronounced like "u" in "bus"; "AA" is pronounced like "a" in "far." "AY" is pronounced as in "day."





FOREWORD

This manual in two volumes is a humble attempt to distill, to organize and to index some of the monumental quantity of Yogi Bhajan's teachings relevant to relationships and marriage. Both new and old students and teachers will thus have these important teachings more easily accessible for daily practice and for teaching material.

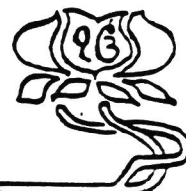
The main aim (as with Survival Kit: Meditations & Exercises for Stress & Pressure of the Times) is to inspire you to actually use them -- to pull the manual off your shelf, find the Venus Kriya, or meditation with accompanying comments (or information you want to use), and there and then sit down and do it.

The pressure of the times, in a culture which has lost even the concept of marriage and family, calls for us to find ways to incorporate these teachings more and more into our daily lives.

By the grace of God and Guru, these teachings are coming through the humble person of Yogi Bhajan, incomparable master of spirituality, of Kundalini Yoga and of White Tantric Yoga. He has been teaching this Science of Humanology -- on how to be human, how to be and live as a graceful human being, man or woman, wife or husband, mother or father -- continuously in the West for 12 years, through Kundalini Yoga classes, University lectures, White Tantric courses, Meditation courses, and at gatherings and conferences all over the world.

The compilation of this work has necessitated sifting through vast quantities of notes and volumes, published and unpublished, to extract relevant lectures and quotations for the years 1969-1982. Three main sources are: personal notes taken directly from classes or from study over a 10-year period by S.S. Vikram Kaur Khalsa; personal shared notes of early students before the Kundalini Research Institute (KRI) started officially recording and transcribing; and the published material at present available through KRI.

This does not purport to be a complete presentation. For a fuller understanding of the context of Yogi Bhajan's teachings found herein, refer to those volumes of his lectures available through KRI, and to his tapes available through Golden Temple Enterprises (see Appendix.)





This manual consists almost entirely of Yogi Bhajan's own words (except where stated otherwise). This means that in the simple reading of it you are likely to experience powerful effects. The relevant quotations at the end of each meditation are as useful a tool in transforming the consciousness as the meditations themselves.

The yoga exercises for couples (Venus Kriyas) have not previously been published, with the exception of a few in an early Beads of Truth magazine. Approximately half of the meditations are previously unpublished; the remainder are taken from many different sources, including the Kundalini Yoga/Sadhana Guidelines and the Kundalini Meditation Manual (KRI).

How to Use This Manual

This Marriage Manual is prepared in two volumes for ease of handling. Volume 1 contains a compilation of some of Yogi Bhajan's teachings on Love, Communication, Man and Woman, as well as about 35 yoga exercises (Venus Kriyas) for married couples, several meditations to do with your partner (including meditations to end an argument, to become as two bodies and one soul, and to do as preparation for sexual intercourse.)

Volume 2 contains a compilation of some of Yogi Bhajan's teachings on Marriage and Sex, exercises for male potency, and about 37 meditations to deal with problems that often come up in a marriage. These include meditations for effective communication, for financial and marital stability, for security, to deal with frustration, to open the heart, to regain youth, for positive wakeup, to love better and fight better, to avoid temptations, for thinking before you speak, to become a charming, passionate and tolerant spouse, to calm anger, and many more.

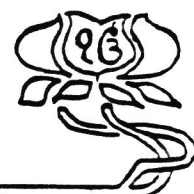
There is also a subject index to Yogi Bhajan's sayings in Volume 2, as well as a Glossary and an Appendix in each volume.





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*Note: Quotation marks around Venus Kriya titles indicate titles invented by the compilers for the sake of convenience.





ON LOVE

by

Yogi Bhanjan

- Man cannot live without love; he must love and also he must be loved. Love is the highest fulfillment on every level. When you are recognized, it is an expression of love; when a present is given to you, it is an expression of love; when someone communicates to you, it is an expression of love; when someone smiles at you, it is an expression of love. All these are expressions of love. But can you be satisfied with expressions? No, you want to experience something. Even when you have physical or verbal or mental intercourse, are you loved? No. These are also expressions of love. Then what is love? When you feel and experience selflessness within yourself and you can vibrate for someone, then you are fulfilled with love. This is the highest state of individual consciousness; everything else is beautiful. These feelings are of such fulfilling beauty that we do not have the vocabulary at our command to explain them, and our inability to explain only tells us that these feelings exist like ecstasies. If you can explain ecstasy, it is not an ecstasy.
- Love is the experience of selflessness within oneself. No one else is involved. It is the thought pattern of my life which is involved. Love is a power beyond the being because love is a totality of the being. Love is not a business -- "I'll bring you flowers, you bring me a kiss." It's not a commodity. It does not need approval or appreciations (otherwise it must depreciate). The state of love is beyond this -- come what may, neither is there "yes" nor "nay."
- Two things make you feel loved -- social security and individual convenience. Blended together it's known as love, but actually it's a packet of misery.
- You think if you love somebody you should be sweet all the time. Honey diet = die! If you really love, be direct, innocent and graceful.
- We say we love each other. Actually the word 'love' is a highly misused concept. Love is a righteous duty



to the self and the surroundings. Love is not what you say love is. Sometimes you say, "I love you" and I say, "O God. Yeah. It's all right." And then I pray that you must understand the meaning of the fact that you love me. And then I further pray that if you don't, then something must tell you. Because you have to understand this aspect of life is very essential. Without love, there is no God. Without love, there's no spirit. Without love, there's no prosperity. Without love, there is no sincerity. Without love there's no growth in you. There is no happiness without love. Love is the key to everything you are in and you are out, but not the kind of love which you know. There is a difference between giving somebody cheesecake and asking him to eat, or giving him a pound of sand and asking him to eat. When you love somebody, somebody decent and great, you will serve him cheesecake as dessert. But if you are punishing somebody you'll put a pound of sand before him, take a gun and say, "Well, eat the sand or I will shoot you in the head."

- Love means giving. Self-sacrifice means that you accomplish for someone at the expense of yourself.
- The power of love is not positive and it is not negative. It is both positive and negative.
- You don't want somebody to hate you; you want all to love you. Actually, love is hatred and hatred is love; there is no difference. In one, ego is satisfied; in the other, ego is not. When ego is not satisfied, it is a hatred; when ego is satisfied, it is a love.
- Love is a self-sacrifice. Love is the experience within one's self of one's own selflessness; that's why love is God. No one can explain love, because love is ecstasy. Love is the essence of an ever-longing devotion. Love does not change. If love changes, it is not love.
- I can't betray you. Therefore I have to suffer. Whenever you can't betray, you have to sacrifice, and to sacrifice is to suffer.
- Love is inertia. It's the most secure place in an individual. It is very secure, very deep, very curative, tive healing. It has no pain. Love doesn't know pain.

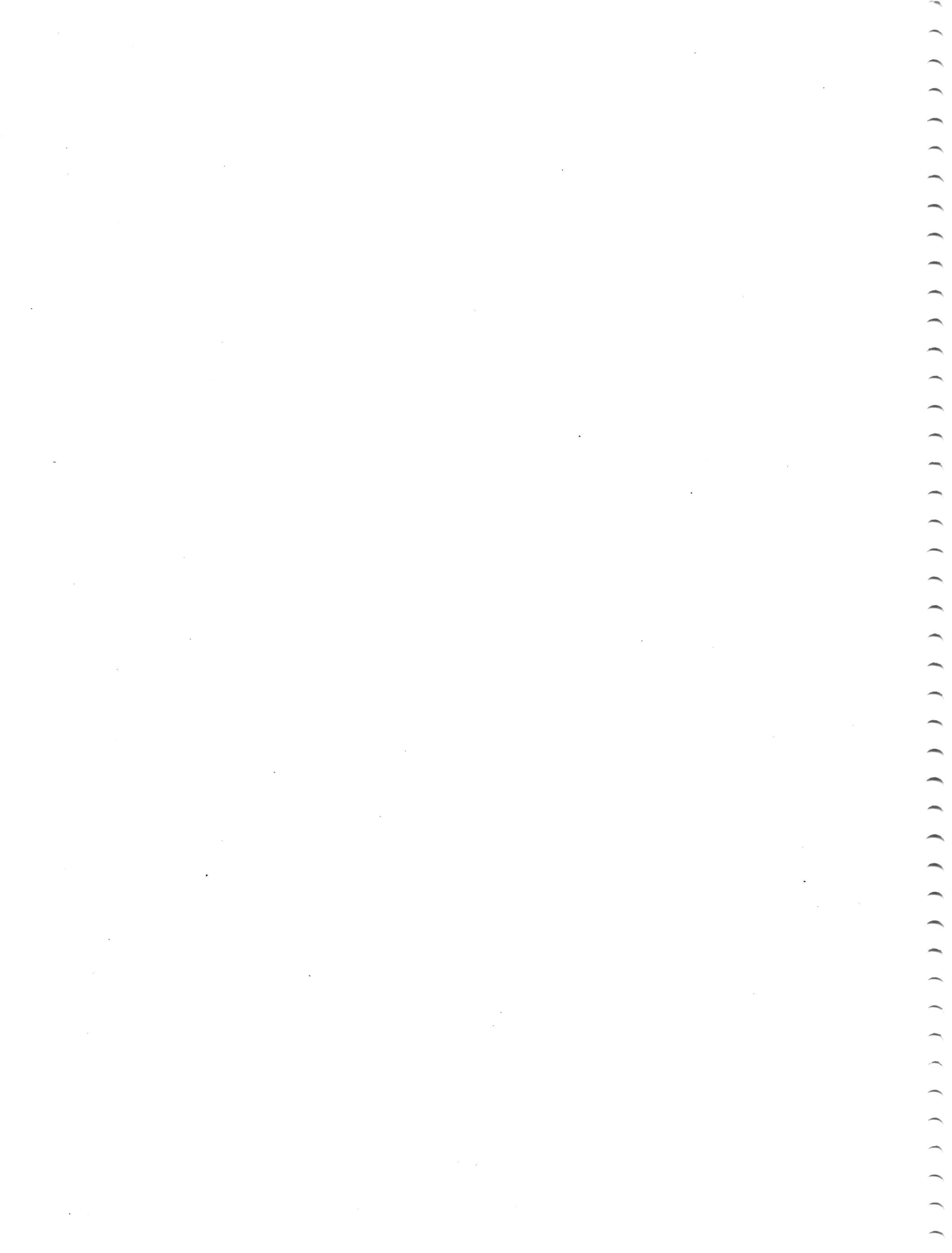


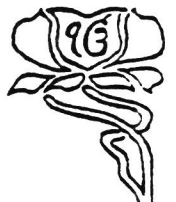


It's not small. It's not limited. It has no argument. It's beyond the beyond. The highest state of security of an individual is when a person is in the state of love. It is a consciousness which can penetrate through anything for that thing and nothing can penetrate in it.

- When you are insecure you do not love, and when you do not love you do not live. You do not love your lust. Our love is a statement of existence and convenience. When someone caters to your emotions you feel you are in love, but in reality love is the opposite of this. When you sacrifice your emotions for someone, then that is love. Love is an experience of selflessness within oneself. Love is a sacrifice and sacrifice is real life. When you sacrifice you realize you are alive. Those who are dead when they are alive, how can they ever die? But it is difficult to commit suicide when you're alive. It is not a physical suicide. That is a coward's act, but suicide of the ego on the altar of universal self. You must do it yourself. Then you do not know death. You live forever. This is why we remember Buddha, Christ, Nanak, Rama.
- Love is a total state of mind of tolerance. Total tolerance is love. A state of total sacrifice.
- Love is a sacrifice; love has no limit. When it has a limit, then it is not love.
- Sacrifice is the beginning of every love. One must subject one's self in order to receive an object. How many of us can subject ourselves?







ON COMMUNICATION

by
Yogi Bhanjan

- Basically, if husband and wife cannot sit and talk with each other honestly, no psychiatrist or psychologist or minister or counselor can make them talk honestly. It is lack of honesty in a relationship which is causing the irritation and is causing the fight. A man does not suffer with anything else but dishonesty. Hallucination and mental projection which is not practical, realistic, is a dishonest existence. ... Apply Bhanjanism to you: Poke, provoke, confront, elevate....

What keeps people together is a continuous search for honesty. It is a continuous urge to seek honesty. Without honesty we do not have any hope. And people who are not honest in their communication shall never be happy, come what may. And those who will not learn the art of happiness will not be healthy because unhappiness will tax their health. An unhealthy person will never be holy because he can't meditate. So we are fighting a vicious cycle.

Therefore...counsel each other now,...save money,... feed each other....

- People who listen to slander, people who slander, people who gossip are shallow people.
- The best counseling is that a person should tape-record himself. Talk out all the negativity. Then find a substitute for the negativity. This is a confrontation within oneself, so nobody should be near.
- All these people in JHO who have marriage problems are only those who do not talk because their mother didn't talk or their father didn't talk.
- Whenever there is tension in the brain, the result is swollen nerves in the muscles, and this affects the discs of the lower back so pain starts. Learn to talk things out immediately or you will get into a "slip and skip" personality.
- INVOKE, DON'T PROVOKE.



- At the heart center you communicate what's right; at the throat center, what is; at the ajna or sixth, what is ultimate. It doesn't matter what you do or say; it matters what chakra it comes from. You must be able to shift more gears, like a transmission.
- Within yourself you must have ego. Those who do not use ego within themselves use it in communication.
- You must learn to grind yourself. Only the one who learns to grind himself knows his grounds. Otherwise a person is just floating.
- People who honor and value their words, when they speak they bind God. You should communicate with affection and sweetness. If your language is sweet you can rule the whole world.

Whether you can value your own words is the test of the soul of the man. Your entire value is your word! Your word is your soul. Value, practice and prove your word.

- Everything you think or utter is a mantra. Why do you betray your existence all the time? That is the instinct of denial of gratitude.
- Never use the mantras "I don't know" and "I'm not ready."
- If your values can change, your words will change. If your values do not change, neither will the word. Those who do not know how to live up to their words won't have the knowledge to know God. When you betray your own words, you betray your own concept and the universe shall betray you.
- Once you give your word you cannot take it back.
- If one will exalt the word, the word will exalt him in this world.
- Somebody starts rapping to you and is very negative. Get your tape recorder and say, "My friend, record yourself. Then go and listen to yourself." Don't use the telephone and call somebody and spread garbage. Tape record yourself alone. Give yourself 72 hours. Then listen to yourself as many times as you like. You will grow rapidly by this method.





- Very quiet husbands normally come from earth signs like Virgo and they normally don't like to talk. Never confront an earth-sign husband face to face. If you take them out for a walk, make them move, then discuss anything, you are safe.

You can discuss anything with fire-type husbands when they're eating. Air-type husbands are very good when they get up, at the first breath, they call it. If you discuss anything with them in the faculty of the first breath, you can have them. But unfortunately with the Zodiac air-sign husbands, when you discuss anything in the afternoon you have a bear on your back.

When water-sign husbands tell you they're very happy, get them. Otherwise you'll be flooded. In these Zodiac signs, which tell about men (and husbands fall into this category), the people of the olden age just told us the animal nature and the tattva (the faculty of nature which can affect you).

- Refer to meditations on communication in Relax and Rejoice, Volume 2, pages 70, 72, 76, 78 and 80.

Editor's Note: For further information, please refer to meditations and comments on communication in Relax and Rejoice, Volume 2, pages 70-74 and 76-82.







WOMAN



It is woman
who is the soul mate of man.
Woman,
cultural essence of the world's
household.
Woman,
nucleus of the universe yet
independent.
Woman,
creativity of Brahma, the creator.
Woman,
light of man.
Woman,
dharma and integrity of man.
Woman,
giver of birth to man.
Woman,
with whom man merges,
Woman,
giver of birth to avatars.
Woman,
Goddess Bhagauti of the universe.
Woman,
royal seal of the dharma.
Woman,
technique of techniques in the
universe.
Woman,
primal meditative prayer.
Woman,
liberator of the universe.
Woman,
creative essence of the life seed,
nucleus of the family,
symbol of God's creativity.
Woman,
queen of the home.
Woman,
unfathomable and unreachable.
Woman,
river of shakti power.
Woman,
giver of birth to the light of Brahma.

-- Yogi Bhajan



❀ WOMAN ❀

Woman,

Vanisher of doubt
through prayer.

Woman,

The Khalsa who expels
her doubt and merges
with God.

Woman,

Unequaled radiance of
the Divine Mother.

Woman,

Techniques of
experiencing shakti
and bhakti.

Woman,



The devoted wife who
honors her word and is
honored in God's court.

And

It is Woman
who merges with
Brahma,
the Supreme Creator.

-- Yogi Bhajan
December 1979



 ON BEING A WOMAN 

compiled from YOGI BHAJAN's teachings
by S.S. Vikram Kaur Khalsa

The first basic requirement for marriage is to know who you are as a woman. Yogi Bhajan quotes Rishi Kulpa: "Woman, if you ever understand that you are a woman, you are better than God. I need not worship God. I am only in search of a woman who just realizes that she is a woman."

Yogi Bhajan also says, "It is through woman that man is born, and it is her divine obligation to maintain her identity as the sustainer of mankind, the ideal toward whom man can look for inspiration and renewal...."

"There are two people who can make a man grow high: one is a guru, a spiritual teacher who can infuse his spirit and take him up. The other is a woman.

"Woman is the basic projection of the man. She is the moon of his sun. The moon represents growth, rest, expansion and energy. You are active, warm, creative, perfect -- no problem!...

" You must understand your own basic psychology. You will suffer if you don't understand it. You have a fluctuating construction based on the 28-day cycle of the moon. The moon center on your chin leaves you open to all earthly vibrations. This is your only basic weakness, that which makes you want a man. If you did not have this time in your cycle when you feel you need a man, then you would never have anything to do with them...."

"The effect of the moon is threefold: 1) the outer moon effect gives lots of intellectual thoughts. 2) A woman's own zodiac moon effect waxes and wanes according to the movement of the inner moon in relation to the outer moon. If you're not sharp this makes you look confused. 3) The inner moon cycle is the difference in your menstrual cycle, your moon cycle, and the moon outside."

- An exercise to balance the three-fold moon effect is:
Lie on your stomach, chin on the ground, arms by the sides, palms up, and do Kirtan Kriya (SAA TAA NAA MAA) for $\frac{1}{2}$ hour. See page 90 for details of the mantra.







"Your basic faculty as a woman is to be able to change every negative thing around you to the positive." This faculty can be exercised in the following ways:

1. Using the technology of bana (beautiful, modest dress), bani (divine speech), simran (meditative mind), and seva (selfless service). Chanting, meditating, doing yoga, reading from the sacred scriptures.
2. Taking care of your diet, hygiene and exercise, and not overloading to the point of stress. Being a moon child, you can activate your aura with just 10 minutes of exercise.
3. Observing Shakti Parwha Kaur's formula for happiness: Don't take yourself too seriously, and have the right container for everything.
4. Meditating on the ornaments of a wife: mercy, grace, compassion, forgiveness.
5. Giving, serving, sharing. Feeding people. Being humble, doing selfless service.
6. Seeing God in everyone. Not criticizing; unseeing the faults you see in others.
7. Remembering you are not your subconscious, and you are not your past.
8. Turning your emotions to devotion so as not to suffer because of them. Breaking the cycle your parents laid on you.
9. Having an attitude of gratitude. (See Volume 2, page 55.)
10. Attending to work dutifully. (Work is worship.) Happiness is the performance of a duty in a dutiful way; dutiful is beautiful.
11. Doing group sadhana (spiritual practice) and being in the company of spiritual people. Avoiding situations that may drag you down; selecting books and movies with care.
12. Watching your tongue carefully. Not speaking or listening to negative talk or gossip. "Saint" means "say not." Slander takes away your radiance.
13. Remembering the purpose of practicing spirituality is not to be spiritual but to be a total human being -- not too good, not too bad.



 ON BEING A WIFE 

- Marriage is a job which basically is the woman's responsibility (70%) because she is best equipped to handle it: She's a Rolls Royce; he's only a Ford. She's a heavy duty tire whereas a single needle will flatten his tire!

How to Deal with Your Lifetime Job and Longterm Goal

- Accept the responsibility and actively make it your goal. Ask yourself, "How much am I prepared to create a man out of a banana spine?" (All men are totally insecure about a woman.) Are you afraid of your own greatness and of his? Are you prepared to commit to understanding and removing your fear, to hard work, to self-sacrifice, to self-understanding?
- There is a force working for us all. Have faith in it; then you will not be cheap and sell out. You will be graceful and you will experience Infinity.
- The measurement of God in you is in how graceful you can act. That's finding God and knowing God; otherwise you have a price, you can be bought and sold; you are a commodity.
- Understand yourself, understand that your grace is your saving grace, make yourself a Queen of spirit and righteousness. Queens don't fight with servants and staff of the Imperial Palace. Be a queen of consciousness, then make him a King. If you are not a Queen first, you'll be a doormat.
- Remember, it is your project. Decide whether you are going to make him or break him, as that decides your marriage. Do it for yourself. This is one of the ways women can be liberated -- through serving an egocentric man gracefully. God will have to come to you; you won't have to find Him!
- To gain any beautiful thing, you have to pass through a valley of hardship. There is no liberation without labor. There is no freedom which is free. To create in you the power to create the intelligence which will give you satisfaction in your own joy, you have to work for it, you have to earn it.





- Study, understand and define your project, and observe your progress each day -- Did you make it gracefully through today, as a woman (follow guidelines on page 16) and as a wife?
- Being a wife is a job. Be concerned that you do your job right. Don't run around doing other jobs while neglecting that one.
- Know yourself and your basic psychology (page 11) Work out together where you 11 moon centers travel during the month, and make sure he understands the teachings on sex.

Understand Your Own Worth

- Woman plays 70% of the part of building the human race. She is responsible for giving dignity and divinity and grace and peace and harmony and strength. Cooking is not a small job. Who tells you cooking is an ordinary job? You are what you eat. To have a home is not a small job. To get pregnant and deliver a baby is not a small job. To raise a child is not a small job. Who says a woman's part is small? It is the largest of all, and surely and definitely the most important.
- A good woman has 11 rays in her projected arc line; a man has 9. She can penetrate the man's aura and trigger the pituitary. She is 16 times more intelligent than he; she has 16 times more stamina, is 32 times more firm in her ideas, 64 times more intuitive, and has 32 times more power to defend herself than the man. She is 16 times more intellectual, 16 times more compassionate, and 16 times more patient than he.

Understand Your Own Handicaps

- Our desire for recognition can be our biggest downfall. It can make us dominating and pushy. It also makes us 16 times more jealous than a man. When a woman is power hungry she is a monster.
- Our belief or behavior that we are better than every other woman is another pitfall.
- Our basic habit of competition, which causes us to become jealous or blind or forget our virtue, and which builds a habit of insecurity is another factor.
- Our lack of self-esteem, our fear, our self-revenge, the fact that we ourselves are our own inner enemies,





our success-avoidance habits, our neuroses -- to deal with these, do the appropriate meditations.

- We are insecure. We are 8 times more insecure than a man. We must be made secure through our relationship with our higher consciousness and through the man's commitment and his relating to our Divinity.

To Get Him to Be What You Want and Need Him to Be,
Understand Some Basic Facts About Him:

- He thinks linearly, one thing at a time only.
- The way you feel just before or after your period he feels all the time.
- He's a seeder basically. His aura can be imprinted from one moon to the next only, whereas yours is permanently imprinted.
- He wants a cozy home and woman. He wants appreciation and inspiration, especially as soon as he comes home from work.
- He wants spiritual upliftment, mental satisfaction, and physical companionship.
- He wants his food and clothes taken care of.
- He wants a goddess in the living room, a chef in the kitchen, and a prostitute in bed.
- He wants to be supported and covered socially.
- He needs to rule in his house; otherwise he is impotent.
- He is nothing, totally insecure, without your support, because his ego and consciousness are hung up on his virility, on his "tail in front."
- He lives by ego, and so needs ego-support. Ego = strength for men. He needs to feel woman is leaning on him. He needs her as a security pillow. He needs to lean on something -- a cushion.





- He's useless when it comes to divinity; until there's a strong woman behind him he's useless.
- He's supposed to misbehave. He's not made sophisticatedly like a woman, who's like a Rolls Royce. His standard is a Ford. He can't get over it...and that's why he has to take shelter in a huge ego, although it's false. This is called an "ego-mechanism." His system is not capable of tolerance, not does he have a tremendous ability to absorb, which is called patience.

Understanding Your Handicaps and His, Use the Following Guidelines and Create a Good Marriage

- Cater to his ego, treat him and serve him as a King, both privately and publicly whenever possible (especially when he doesn't expect it and when he's most obnoxious). Don't worry; eventually the relationship becomes so tuned that your desire becomes his service, and his desire yours. It's worth the effort and the wait.
- Do not try to control or rule him. (Even though he is a baby, you must not cater to that image.) You must supplement and complement him. The north pole does not rule the south pole. They are not equal. When a woman wants to be a male, she becomes an eunuch mentally. This is a social problem in this country.
- He looks to woman to inspire him, so do not negate him or put him down or undermine his ego.
- Be diplomatic and twisting rather than run head-on into man's ego -- this is wisdom, not manipulation. Two egos cannot sit in one cup.
- Don't confront a man, because you are confronting the ego, the id, inviting a clash of id which is not necessary. Instead, use your power of suggestion.
- If you stand under what you understand, all problems will be solved. Support him.
- There are always deficiencies in men. Cover them, don't exploit them, and they will be your friends. Man loves to be covered. Don't interrupt him when he's talking to others. Show patience and win the battle. "Mistakes"





are supposed to be missed. Otherwise they "take" you. "Miss that take." If you take it, it will take you.

- Never retaliate. Use your hands for prayer instead. Forgive. Meditate.
- To pressure him when needed, use his friends. A man is weak before social pressures.
- To pressure him to understand something he's not seeing, tell him you had a dream. (There's no difference between night dreaming and day dreaming!)
- Pray that he will never cater to you. Your ability to manipulate him can only lead to your own defeat. Do the Meditation to Perfect the Power of Prayer, vol 2, p. 112. If he caters to you as a neurotic male, peel him and eat him like a banana!
- Follow every trick to keep yourself positive. A wife is "why" and "if" when she's not an angel; when she has faith in God she is God.
- Understand yourself -- Your own lack of self-esteem comes from lack of inspiration from your father. You need him to relate to your unlimited nature, to the divine in you; otherwise you go crazy. Remind him.
- You must give him total relaxation, not a hard time to draw his attention. That makes him hard. Cozy homes cannot exist when the partners are selfish -- they are 90% unhappy.
- The way you see him and the way you treat him you can make him. See the God in him. That means sacrificing both complaining and nagging. Do it to your girlfriends instead, or to your tape recorder. (Never nag; God won't forgive nagging because God and His creativity don't do it.)
- Don't question him. Don't challenge his faith in you. Suspicion and distrust break "the contact of grace of the mate." "If you bust the trust you will rust."
- Be cozy and confident, loving and trustworthy and inspiring.
- Marriage is a carriage of happiness and it is ruined by the woman's unalertness. Be alert. Do not become lazy.





- Do not be a "hatching hen." Be alert to your husband -- man should be mystically told he is trusted but actually supervised. He's always an egomaniac no matter how divine.
- Your fluctuation and your flirtation are your own destruction.
- Make things happen together; that's the secret of a happy marriage.
- Don't get bugged by a demanding husband. A demanding husband will last much longer than the nondemanding type.
- When he needs female energy, give it!

His flow of metabolism changes all the time. You must be constant, continuous and dependable. He feels you are the only energy; he expects a cup of tea to get made by you when you're tired. He thinks you are the spirit.

- You must understand: A man has a shallow capacity to understand. A man understands one thing at a time; a woman, three things at a time. Don't blame him for it. You complicate; he is simple. He is hungry; you discuss the Rehraas. You complicate because you have nothing else to do.
- Man loves woman for one reason: to find a polarity, coziness and inspiration. You must match a man in consciousness if you want to live with him and remain married to him. The main purpose of woman for a man is to satisfy the polarity of a man.
- Man has a sun ego and he does want to relate to woman for appreciation and inspiration. If you cannot give this then don't marry. Why have a divorce?
- Never tell him problems when he comes home. He does not want to be hassled in his home after hassling all day at work. No man wants to do what his wife wants him to do. No wife can break a husband's ego and have a good man.
- 80% of marriages are ruined on financial disputes.
- Woman is overprotective of children, she is overprotective of herself, and she overprotects her environments. She overprotects her material wealth. This is because to her all this means security.





- Do not play the role of mother with your husband. 75% of marriages break for this reason.
- When you bring the past into your future you are creating trouble. Normally girls tell me, "I had a very rotten past." I know. You all have, but what should I do? What was yesterday? Monday. What is today? Is it going to be Monday today? No. Then why are you hassling about Monday, which has already gone? Your past is past. Your future is based in the present. If a man likes you, he likes you now. Don't lay your past on him or the children. Past is past.

Why do we cling to the past? Because we are insecure. We are insecure about our self-realization, and therefore we do not have self-confidence.

- Admit your faults and mistakes. It's one of the highest virtues, not because you'll be judged by this world, but because you'll be judged by your own higher consciousness.
- Understand that he is an egomaniac who will never be controllable. Just say, "I am very sorry. It is the will of God. I love you very much." And shut up. That is your nobility. That is your way of relating: nobly, calmly, and quietly. But not to the extent that he puts a revolver to your forehead and says, "There you go!" At that time use karate. Once in a while, do remember that to subdue obnoxiousness with martial arts sometimes is not a bad idea.
- Use Godly words and language: "By the grace of God and Guru...." or "I love God and you very much."
- Never be rude to your husband. Only speak sweet language to him. Use the meditations in this manual to achieve this. Study communication. Speak the right things at the right time and place.
- It is mismanagement to discuss in the living room the bed or kitchen or in the kitchen discuss the living room or the bed. Pillow talk must be that.
- When there's tension, wait. Then tackle communication later, calmly and gracefully. Otherwise find out why you yell and fight and get dirty. This tendency gets in the way of your goal.





- Don't be concerned about his yelling, swearing or macho ways; this is OK and better than having a banana spine. Roughness and rudeness in a man can be ignored. With a woman it is unintentional, whereas with a woman it is intentional.
- Be "uncertain of the certain relationship," because when you are uncertain you're always acting at your best. You become lazy when you become certain of something. Be certain only of one thing: You've got to make it. Don't take anything for granted and don't get out of a date. Don't get into sitting back like "a hatching hen."
- "Understanding" = "standing under," supporting.
- A woman who is not playful is not worthwhile.... She is dreadful. Her beauty is in her playfulness.
- Sometimes be a mystery. Surprise him. Don't tell him where you bought such and such.
- Man needs:
 1. shelter of a confidant.
 2. upliftment
 3. a cushion -- if he fails, she won't let him fail.
- To strengthen him, he needs a second kind of shelter. That is "uplift." Somebody should uplift him. "Oh, don't worry, darling, you can create the heavens in your head...." There will be one foolish phrase he wants to hear again and again: "I love your muscles." He may be as skinny as a crow. He may not have an ounce of meat on his entire arm from his armpit to his fingers, but he loves to hear somebody saying in a soft voice, "Darling, I love these hard arms." You'll go insane without it, I can tell you that. It's a million dollar trip! You don't care what crazies she can take you through, what mud you have to be driven through, but that one phrase, "When you hug me, your bones really get into my inner ribs," that's it. (If she says, "It gets to my ribs," it's useless -- inner ribs makes the difference).

"God," she says, "I touched you and I flipped out into the skies." This guy feels far out. It's a big drum of 100 proof whiskey. He's drunk right there without





a second thought that anything else exists on the planet. That one man must have that "whiskey" in a specific dose. He needs it. That is what he needs out of a woman. That is "uplift" and it is shelter too.

Then for security, he needs a "cushion." A cushion is also a shelter. Suppose the man fails. She won't let him fail. That's being a cushion. It is an extension of his id. His id must be extended through a woman. "Sweetheart, anything in the world I can do for you...."

- Don't live *at* or *with* each other, but *for* each other.
- A marriage is organic; it has to live and grow. It's the effort that counts. It's not the life that matters but the courage you bring to it. Hold an attitude of gratitude.
- Keep up!







ON BEING A MAN
IN RELATIONSHIP TO A WOMAN

God, creator of all creatures of this congregation, if you have blessed them, bless them with peace, prosperity, grace, harmony and joy. If you have made them men, let them grow to be men of grace, dignity, divinity, peace and projection to all sight. Give them the radiance that they should carry Thee on this planet. Sat Naam.

-- Yogi Bhajan

- The strength of the man does not lie in what he has. The strength of the man lies only in what he can give. Only those can give who have the capacity to tap into the universe. If the universe is not in your mind, your heart cannot give.
- When a man knows himself, he knows every self. When a man loves himself, he loves every self.
- Your image is a reality; live to it. God created man in his own image. You are the living God. Live up to it.
- In your consciousness, you have to find time to think. Ask yourself three questions: 1) How much am I a part of the "I am" which made me what I am? 2) During my working day, my existence and awareness, how much of the time have I been aware of that "I am" part of that greatness that I am? 3) What can I do to extend myself? If you refuse to talk to yourself, your Creator won't talk to you. Ask yourself: 1) Am I doing right? 2) Whatever I'm doing, does it belong to me? 3) Do I want to do something else? Do this 11 minutes a day.
- The scriptures say man should live in his own grace and project nothing but dignity. He shall be respected not only by his own woman, but any woman in this universe. Now man has to prove that he is a real honest and graceful man.
- Your business, work, social status, your social relationship, your everything depends on what? What do you do everything for? For a woman. [Every male has one



central pivot, and that must be a woman.

- Woman, the giver of life, has been reduced to a sex symbol; the house, the symbol of happiness, has been reduced to a play of emotions.
- If woman is given her proper place, there will be peace amongst humanity.
- The only priority for which woman is used in this country is as an emotional dump. Psychologically, logically, and socially woman is a necessity in this country as a social dump, as the emotional and social dump of a male. Do you understand that going from the Infinite creativity of Godhood to the position of being an emotional and social dump of the neurosis of the male is low, low, low, low, lower than an ordinary human, than an ordinary animal relationship? And it is accepted publicly. Now look what they are trying to do to a woman in this country. They are going to give her equal rights. So when there is a war, the enemy can enjoy raping our women.
- If you will not learn to respect woman, and you do not consciously deliver her to God, supreme consciousness is not going to talk to you. You will end up having broken homes and broken hearts.
- Do one favor for yourself. Never be ungrateful in a relationship to any woman. For if you do not respect a symbol, then you do not respect your clarity of consciousness, and woman is a symbol of regeneration. We call it the symbol of *Adi Shakti*.
- You cannot love me if you will not love your first teacher, who is woman. You are born of a woman. If you do not learn to respect woman, the Supreme Consciousness will not talk to you. You will end up with broken homes and broken hearts.
- If you do not understand what a woman is, you cannot reach God, because you do not know how to get away from *maya*, illusion.
- A potent man is stable just as a magnet attracts and itself does not move; he has no insecurity whereas the female can never be secure because she is never stationary; the relationship is like the sun and the moon: the moon moves and changes.





- You are born of a woman; try to understand yourself and let the woman understand you. Don't try to understand her; you will mess up. Any man who tries to understand a woman will live miserably, and any man who allows a woman to understand him, whatever he is, lives in happiness.
- Don't expect that whatever you are consciously, that is what your woman should represent.
- Woman is a polarity. The moon reflects. She reflects you. She can never be you. She represents your subconscious. She will never reflect your conscious.
- You do not know what a woman is; you do not know what a moon is. The full moon is a woman. It goes from dark to full and full to dark. It changes, and you do not want a woman who should not change; it's terrible. A woman who does not fluctuate is not a woman, and a man who fluctuates is not a man.
- Woman is 16 times shyer than the man. She loves to hide her desires. She wants to be a mystery. She wants you to locate her. She plays this seesaw game very much. That is her natural tendency. She is not constant. She changes in diameter and dimension and light and projection, behavior, everything. Study the moon to study a woman and don't look at the moon. Those who look at the moon become neurotic and mad.
- As a woman she is the soul of the universe. Without her exists nothing. When woman is perverted the entire universe is perverted. When she wants to get to something, she does it. When she wants to destroy something, she does it. When she wants to make something she does it. Her power is totally Infinite. Woman has Infinite power and Infinite control over men. Men do not like it. Man doesn't like being controlled by a woman.
- Every man wants his wife to be a queen.
- A man who is blessed by a woman is blessed by nature. A man who is cursed by a woman even God cannot forgive.
- No man has ever been born who does not love a woman.
- Nature made man impotent. He becomes potent only through a woman, thought, feeling and words.





Total divinity of the woman is the ecstasy of the man.

On Being a Husband

- Know yourself, your strengths, weaknesses, fears, frustrations and needs. Study Yogi Bhajan's Man to Man, Parts 1-6.
- Study woman. Read all the Khalsa Women's Training Camp manuals from 1976 to now.
- Know your specific responsibilities and duties as a husband.
- A man can lose everything on this planet but hope. To build up what you need to build up, there's no magic which can help you except sadhana. Your not doing it is not laziness, negativity, self-depression -- it is self-denial.
- You do not understand your problem as a male. You are born of a woman. The element, the basic elemental ingredients of you come from her earth. Therefore in chemistry you do carry the woman in you. The only area where you fall in your life is when you match up the moon with the earth. So what do you do? Match up the moon with the ether. It's the law of continuity: You cannot give guidance to a woman based on earthly law. She knows better than you. Therefore, you have one option. You can keep the balance if you can be divine. You therefore must establish a divine approach to go about it.
- You are to be a source of strength, stability and security. Your duty is to make her secure, both materially and spiritually. She must know you provide for her.
- She must be able to look to you for inspiration and stability. Otherwise you have nothing -- then it becomes a matter of existence and not of relationship, because the side of the moon which shines looks toward the sun. You must be stable as a magnet, which attracts to itself but itself does not move, while she, being the changeable moon, is never stationary and never secure.

How to Make Her Secure

- Send her to Khalsa Women's Training Camp each year.





- An insecure woman is a snake in the armpit. So spend some time and make her secure.
- When she sees you not uplifting yourself consciously and spiritually you have a 40% chance of losing the relationship. The woman looks to the man as God.
- Do a strong sadhana. Sadhana is self-victory. One who cannot have self-victory cannot have this earth at all. Without it you are as useless for a positive change as a junk car is.
- Understand she is here to sprout, she is here to receive, conceive, and she is very insecure. The only thing which makes her secure is when you tell her that she is Infinite and that her spiritual spirit is what can give her the experience of Infinity.
- Woman has an infinite ego. No man can match it. If you are born out of a woman, how can you match a woman? You are always weak before a woman. When you relate to the limited self of a woman, she becomes very crazy. Always tell her she is great, she is unlimited, she is divine, the giver of everything.
- All you have to do to deal with a woman is to inspire her spiritually, because she's very handicapped for Infinity.... Intellectually some people talk and rap with a woman. They are ready for divorce. Some people instigate her physically; they are ready for a fight. If you always do it spiritually, you'll win the game.
- You must share your soul. Share inspiration. Enthusiastically do spiritual practice together: meditations, Venus Kriyas, reading Lavan (see Appendix) together, reading scriptures, chanting, etc. Be the one to suggest it, and set the time. Talk to her about your soul's longings and aspirations in Godly language. Encourage her to share in what your soul loves and enjoys. All this does not just happen, but requires much practice and keeping up at all costs. Give time to relax and rejoice together. -- S.S. Vikram Kaur Khalsa
- She contains you, but you must be able to hold her and sustain her, just as the words "man" and "male" hold and sustain the words "woman" and "female." Your aura must be very strong and steady. She looks to you as the stable sun energy. You must complement and supplement her.





- You cannot cater to her emotionality, negativity or manipulation, and be pulled off center by it.
- She needs to be given constant social security and constant leadership. That's what she looks to a male for.
- Establish yourself as a leader in her eyes (not yours). That's what she needs a man for. That also means man must rule in the home. When she rules, she's terrible. She does it out of sheer necessity, because she does not believe you're capable of delivering the goods.
- Erase the past in her by being constant. If you fluctuate and go up and down like an idiot, forget it.
- Don't put off a problem and ignore it. Confront it, face it, establish it and clear it out. Be very honest. If you're not willing to confront her you get totally defeated.
- For a woman there are no problems; her problems are propositions. She wants a constant security to counter her waning and waxing, and to test this she continually gives problems in the shape of propositions to the man she loves the most. Sometimes it reaches the point of insanity.
- You should consult and discuss with her on decisions which affect the family, even small ones, and be prepared to stick by them. It should be the nature of man never to utter a word to a woman which he is not going to fulfill.
- Know how to deal with "Women's Disease" (WD) -- "On Women's Disease," p. 33) creatively, humorously: sing to her, throw her in a lake, tell her she's divine, take her out for a surprise.
- Under all circumstances and sentences which a woman speaks you must find the undercurrent. There always is one; that's her basic nature. You must study it.
- Follow the Law of Approach: Be direct, be a fact, and be exact. Don't give her time and space unless you can be exact: Tell her 4:30 p.m. -- that means you be there at 4:29! Then be dignified about it. If she's sure you are a noble person, you have no problem.



How to Understand Your Woman



- Woman always finds her faults in another person. That is her nature. When a woman blames you, accept it straight away. It's the best way to zero her. When she says, "You are a fool," you say "Yes, I am. Could you make me a little rice today?" You can make any woman relax in this way. Never fight a woman. Just turn her around.
- The problem with us is our neuroses with our mother. First of all, dealing with that point, I want to tell you: Never consider woman as a mother. Don't deal that way. For that purpose, you must take a paper and pencil and write down all the incidents which you have had with your mother for which you like her or dislike her or hate her -- those incidents which have influenced you. Write it down. Make them numerical points. Then also think: How does this correlate with my wife? Confront these areas with absolute firmness. The areas of the neuroses which you have with your mother and areas of conflict which you have with your wife -- correlate them and cancel them out. Find out where the conflict is and then deal with that conflict as politely and as firmly as you can.
- Mother phobia is where the woman hates you as the greatest creep. The first chance she gets she will tell you you are a creep. And then if you ask her why she said so, she'll not have any reason. At that time if you shut up, you are just an idiot. At that time is the opportunity to politely discuss how she comes to think so, from which thought it came, why she said that, etc. Whenever woman starts negating you, at that moment she is working under a bewitchment of a secondary thought which comes from her subconscious. Try to meet that thought half-way and kill it forever. At that time if you ignore it, you are asking for trouble....
- No woman thinks man is grown up. She always thinks men are children, babies. Especially with our modern shaving and hairdo and all that, we look like babies. So in concept, a woman always thinks that a man who has asked for things is a child, never an adult. Never mind what their age is. And when she gives an opinion, she gives an opinion about which you feel totally handicapped or really really great. But it will tie you in. So what you have to do is very, very beautifully ask for her opinion, relish it, and take that part out of it that does not belong to you.





- It is much better that you don't talk to a woman about your weaknesses. Because to begin with she thinks you are weak and she can manipulate you. Remember also in life: Don't get manipulated by the woman you love the most, and never try to manipulate a woman you love the most. Straight, firm talk is the way to deal with those areas where mental and physical intimacy and contempt can breed.
- If you give any woman anything physical and seek the physical pleasure out of it, you are a business man. That's what you all do; woman does the same. She manipulates you and the end result is frustration and that's why we're miserable. But if we can inspire, the return will be marvellous.
- Your basic maturity is that you must provide your woman security and she'll provide you with inspiration. That's the bargain. Now I will give you one example of security. Suppose there is a Sunday Gurdwara and you don't want to go. Drag yourself. You must go, because if you cannot provide leadership you cannot gain respect. Write it down in your heart, head, and feet also: If you cannot provide leadership you cannot gain respect, and this is what bugs the woman most. In certain areas she looks to you for leadership and you can't provide it. In the children's discipline, sometimes she needs you. When she looks to you and you cannot answer you have lost her. Because what is a male to a woman? He who provides and protects. When she feels you provide and protect, she'll give you every inch of energy she has. But you must remember, you actually live here; your spirit does.
- Never listen to a woman telling you something against somebody.
- Expect a wife to be your wife, not an equal. Expect a lot out of her and you cannot deliver her anything.
- When a man is negative, give him a glass of water; when a woman is negative, give her a present. (Remember, though, that giving a present doesn't mean you can conquer her -- you are triggering inquiry in her!)
- If you need to correct her, she will correct herself if you give her the "silent treatment." Just become





silently happy. This forces her to confront you and she'll look into your eyes and see what's wrong.

- Know her focus as a woman. Find out by letting her talk. She loves to talk. If you love to listen, she'll tell you everything about herself. Unfortunately, the majority of you don't take time to know where she is.
- Watch out when a woman is quiet; it's not her nature -- a storm is coming. Talk to her, read Japji aloud.
- Reach Mother Nature in her and you have a nurse in your hand. (She's 60% Mother Nature.) She'll give you a massage, good food, wonderful laundry, and so on. Forget operating on a 50-50 basis -- she can be cruel!
- If a man is a man, he attracts a woman to serve him.
- Know her childhood and yours. When she's 36 or when you're 40 or 45 you become a child again and a lot of problems show up.
- Know the cycles of life: 18 years is the life cycle, 11 years is intelligence, 7 years is consciousness. Confront your partner during these times.
- She wants a devil in the bed and a sage in the living room. She wants a sexual saint.
- If you know the negative side of your woman, don't remind her when you are angry -- never do it; she will never forgive that. Don't question a woman's character when you are not 100% sure, and don't question it directly; she will go reverse.
- A woman should not give her body to a man unless he gives her his soul. When a woman gives her body to a man she absorbs all of him. That changes her. She cannot forget the man. It can be a deep pain.
- Man seeks inspiration, recognition, and confirmation of his personality in a polarity opposite him which is a woman. The fourth thing that he seeks is expansion -- on a physical level, on a spiritual level, and on a mental level. On a physical level, it is the service we do for each other; on a mental level, it is the inspiration that we give to each other; on a spiritual level, it is the trust that we have in each other. If these three things are present, we develop confidence






in each other. Then the two people can experience a kind of love.


- In the joy of your life, if you really want to enjoy your living, you must get the spring of life, the nectar of life, from the projection of woman. She must project greatness to you. That's the only way you can become great.
- If a female commands a male, he is impotent.
- Woman cannot be catered to like a sheep.
- When your wife knows that she can milk you, you have no happiness in your store.
- In America, men are bananas, but women are neurotic too.
- If you cannot provide leadership, you cannot gain respect, and this is what bugs the woman most.
- Woman likes the touch of nearness. Don't be absolutely stiff and don't make it a point of authority with a woman.... Don't have a hard-neck policy ever with a woman because woman fluctuates and she needs the room to fluctuate. When you put a strict discipline, direct confrontation on her, she has to use her defense mechanisms, and while doing so, she can sometimes prove very dangerous.
- Now, as far as your personality towards the control of a woman is concerned, you can only control through your image. You must build your image as a holy man or a spiritual man or a man of honor, of honesty, and of true words and all.
- If you fake it, you can make it. The first idealistic position is, pretend you are holy. Pretend you are holy, attend all holy services, and secondly, try to eat holy food. In other words, what I am trying to tell you is: Look very religious. You may not be religious; don't worry about what you are. You have to look very religious.

Write it down. Write down a pattern. It's called a fake spiritual pattern, and just force yourself to live it. After about three months' time, she will inspire you to live it. The gap between your fake spiritual inspiration and your making a spiritual life is about 90 days.





ON WOMEN'S DISEASE



by YOGI BHAJAN

edited by S.S. VIKRAM KAUR KHALSA

Women have a problem which we men think of as "W.D.," that is, "Women's Disease." At some point she needs attention without knowing it and without knowing why (particularly just before or just after her period). It's a kind of emotional fever to the point of hysteria that she goes through, and unconsciously she lays a number on you to draw attention. When this happens, the immediate solution is to take her to a movie, or to a lake and throw her in, and then pull her out -- do something unusual! She'll be alright then. Every woman goes through this, whatever her age, relationship, personality -- it's all the same. She gets into this problem, and she'll never warn you, never tell you, she doesn't know herself, but suddenly, if you fail to take care of it, you are a terrible man.

To keep your house very happy, always have a little fight every Sunday. This way you will never hurt each other. It's a good thing, which will always make you feel fresh and new.

Q. What are the symptoms of women's disease?

A. First of all, never tell anyone in the presence of your wife that she is a beauty. You might not get any lunch. Whenever the moon is in transit and her menstrual hormones do not coordinate, she feels very irritable. The hormone secretion in her menstruation is not in conjunction with the moon, and if this happens to a difference of a few degrees, then she becomes irritable.... If you do not take care of her, you are going to have hell around you. So if you want to relate to a woman, understand this thing, this W.D.: It's a special feature of every woman, without exception. God never created her for that reason, but there must be a reason: I asked Him and He never gave me an answer. If there were no W.D. almost 80% of homes would be happy, and 80% of the world would be heaven. I think that is the only way we pay karma. No matter how good a man you may be, it can hit you without notice.

Q. How does she act?





A. She acts like that day is special. Her spine becomes straight, her chin is tucked in, her chest out, her shoulders straighten up. You know. I can't explain to you how, but I can feel it happening. She is a little uptight, upright, about little things that day. It's no fault of the poor woman. It's the way she's manufactured. That day you may fool with her hair, kiss her, take her out, but if you don't have money and tell her to pay for it, she'll willingly knife you. You have to take some special action; if you don't, get ready for divorce. Or for a quarrel at least, which won't last less than 7 days. That is the extent of her wrath. If you allow her to get into that trip, she will then enjoy teasing you, because in her subconscious mind she feels that you have teased her, you don't love her, you are a bull, you are a dog, you are an animal. To her you are just nothing; You are an exploiter because you did not understand her sensitivity.

You poor fellow, you become a criminal for nothing. You are innocent, very divine, a godly person -- it's all immaterial to her. She knows no mercy. She wants to chop off your head and drink your blood. That's the way it is. So what do you do? Be wary and very watchful. If your eyesight is not very good, get special spectacles so that you can feel those symptoms. And you'd better fold your hands and say, "Mama, what do you want?"

You must understand, woman is very, very shy, 16 times shyer than the man. She loves to hide her desires. She wants to be a mystery. She wants you to locate her, to find her. She plays this seesaw game very much. It's her natural tendency, that's the way she is. Like the moon -- a new moon, a full moon, dark of the moon, this moon or that moon. She's not constant, she changes in diameter and dimension and light and projection, in behavior and in everything....

The only way to get a woman is to create vibrations which are Infinite. Infinite vibrations are the law because woman being creator relates to Infinity for affection, and thus she can spare you. In our 3HO family we have seen many ladies who chant a lot, do japa, recite their banis (prayers), and are therefore less affected. I'm not saying they don't feel it at all, just less often, because mantra gives them a power to relate to the Truth.





The only way to make a home happy, married life happy, and a woman happy is never to draw attention to any limited thing. Always tell her she is unlimited. She is great. She is divine. She is a giver of everything. Keep her so high that if she falls she doesn't crack her everything. You understand what I am talking about? In other words, use psychology.... But if you feel that in spite of doing this, things don't work out, then become as huge, as solid as a mountain whose strength and breadth are immeasurable. Never give in to a woman at any cost.

First, never start it. And when it starts, never give in. If you give in, you have lost the game of your life. Happiness can never come to your home again. This is what the scripture says: Arjun said, "Lord Krishna, what is a hell and what is a heaven?" Lord Krishna replied, "Where woman is disrespected it is hell; where the woman rules, it is also hell. The opposite is heaven."

Q. What do you mean by "giving in"?

A. Men are always crazy. They just compromise with minor values. They do not understand that one matchbox, one matchstick can burn the whole candle. If you cater to the ego of the woman, you must understand she is Infinite. She has an Infinite ego. No man can match it.

If you are born out of a woman, how can you match a woman? That is the one tragedy. You have to understand that. You are always weak before a woman, because you are born out of her. How can you match her? She knows more tricks, because she brought you up. My gardner knows how this plant grew up, how it can be trimmed, when it will grow. He knows the in's and out's of all of it.

Do you understand what I am talking about? A male is born out of a woman. So you had better relate to that aspect of Infinity and not to the limited self. Because when you relate to the limited self of a woman she becomes very crazy. There's no limit with her. Therefore, the scripture says, "Man should live in his own grace, and project nothing but dignity. He shall be respected not only by his own woman, but by any woman in this universe." Do you follow this law? Have you understood it?





Q: You said where a woman rules is hell, and the opposite is heaven. What if neither rules?

A. It is impossible. Somebody has to rule somewhere. It may be that he rules in the morning and she rules in the evening. But somebody's got to. A house where a man rules is a very comfortable house.

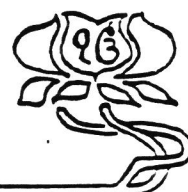
Q. If she rules in the morning and he rules in the evening, is it hell in the morning and heaven in the evening?

A. Whenever she rules, you'll know how soft your skull becomes. It is not in the nature of the woman to rule. She rules out of sheer necessity, because she does not believe you are capable of delivering the goods. That's the simple truth. You understand? When there's a puppet king, that's when the woman rules. Have you seen a strong king when the shakti rules? No, you don't agree -- but I can tell you then, if you don't agree with this, take care of your married life!

It is the experience of man from recorded time to this day. A woman never likes to rule if she is provided for, if she is protected, and if she relates to Infinity. To rule is not her nature. When she departs from that nature, it is only out of necessity. And remember, when she comes out of her shell, she is a terrible thing.... You know, see Hindu mythology. All goddesses are beautiful. She's jet black, she has a cup in one hand, she's drinking blood, and she's chopping off heads. When she comes out of her shell that's what she's like. She is the goddess of the universe, that same soft sophisticated woman. You understand?

Women will refuse to get exploited. Marriage these days cannot really be called marriage. If a man is not sincere and honest and does not live honestly maintaining the grace of the man, then it is most difficult to maintain his married life. Woman will revolt much quicker.... Now man has to prove that he is a real, honest and graceful man. Woman cannot be catered to like a sheep. Her expansion of ego is tremendous....

Start now! I never relate to what happened yesterday.
Now is now! -- 21 Jul 72



❁ TO WOMAN ❁

Power,
the universe is power.

Power is energy,
energy is matter,
matter is the universe.

Power is Shakti and Shakti is womankind.

A woman may love, and may hate
A woman may heal, and may hurt
A woman may give life, and may destroy
A woman may pray, and may curse

All things are within the power of woman

But the greatest woman is she

Who bows at the feet of the Guru
Who devotes her life to the Khalsa
Who lives the words of her teacher
Who gives divinity to her children
Who looks only to the divine in her husband
Who maintains her grace under pressure
Who inspires the people she meets
Who treats all men as brothers

I bow to such a woman.

-- M.S.S. Vikram Singh Khalsa
18 May 1982





❁ POEM TO MY WIFE ❁

When I first said I loved you
you were there.
When I took the vow 'forever'
you were there.
When I gave my head to the Guru
you were there.
When my children were conceived
you were there.
And when they were born
you were there.
When I tried, failed and needed comfort
you were there.
When I was a broken man and needed support
you were there.
For all my disasters
you were there.
For all my triumphs
you were there.

Why do you think you will not be there

When money is no problem
When life's no more a struggle
When our children are both married
When we become grandparents
When life just flows around us
When bliss becomes a habit
When speech becomes superfluous
When we live in selfless service
When we merge with the Guru.





Why should I leave you?

Is there any face more pretty?
Is there anyone more beautiful?
Is there any better mother?
Can a wife be more supportive?
Can one soul be rent asunder?
Is there another more divine?
Is there another more protective?
Is there anyone more right,
for me?

And what about me?

Can I escape my karmas?
Can I destroy my children?
Can I betray my teacher?
Can I forget my vows?
Can I insult your grace?
Can I ruin life,
for you?

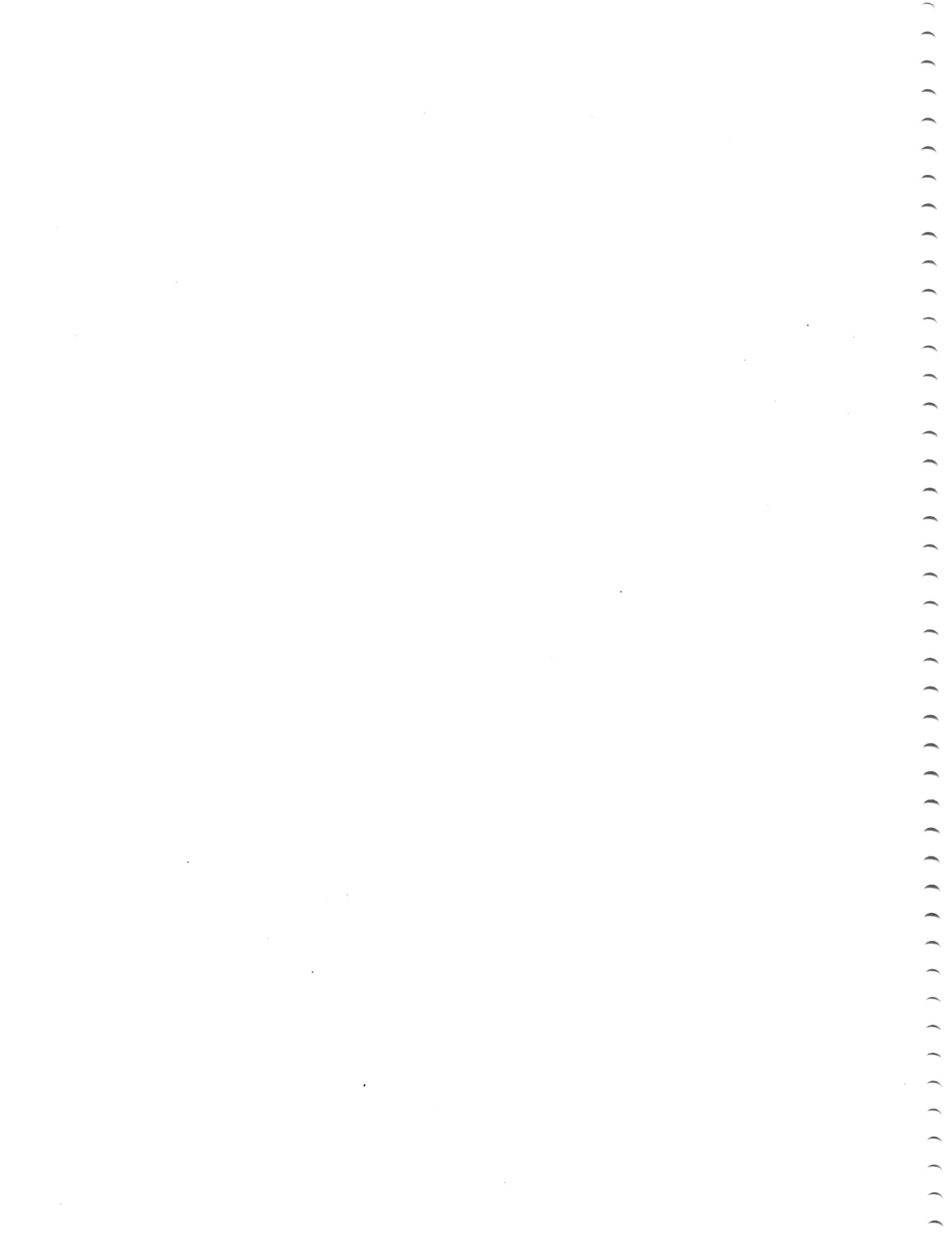
Please,

Live for me,
Love me,
Trust me,
Support me,
Improve me,
Cherish me,
Protect me,
Nourish me,
Inspire me,
to God

And I will do the same,
for you

-- M.S.S. Vikram Singh Khalsa
18 May 1982







ON VENUS KRIYAS



Please read the information below with great care and attention. It is of the utmost importance that it be understood and abided by.

A Venus Kriya is an exercise done by a man and a woman together. "Kriya" means "completed action": "kri" is Sanscrit for "to do." "Venus" refers to love, being the name of the Roman goddess of love and beauty.

A Venus Kriya scientifically and precisely combines polarity with asana (posture), mudra (hand position and pressure), mantra (sound, chant), pranayam (breathing technique) and meditation to generate a strong psychomagnetic field. Energy is drawn and directed positively towards subconscious cleansing and the raising of consciousness through the chakras to higher divine consciousness, rather than towards ego gratification and manipulation.

There appears to be no observable difference between Venus Kriyas and the exercises taught by Yogi Bhajan during a white Tantric Yoga session. However, Venus Kriyas do not constitute Tantric Yoga. Venus Kriyas have been given for our use under specific guidelines, whereas Tantric Yoga can be practiced only under the direct supervision of the Mahan Tantric, Yogi Bhajan, during a white Tantric Yoga course. His powerful magnetic field acts as a filter to cleanse the mind of subconscious negativity and to channel the energy directly towards higher consciousness.

Venus Kriyas do not require his direct supervision, but they are also extremely powerful. Therefore, they were given along with specific guidelines. The procedure is set out below. It is important to note that Venus Kriyas must not be done or taught by anybody for longer than 3 minutes, and only one should be done within a one-hour period. The Kriyas were originally given for varying time limits. However, at this point of time in the 80's, the 3-minute limit must be abided by. To prepare to receive the effects more completely, a Kundalini Yoga set may be done first.

These Venus Kriyas were taught by Yogi Bhajan in the early 70's, and none have been taught by him since. They have not previously been published, but have existed only in the shared notes or memories of students who were taught them directly. For the sake of organization, each one has been given a title.

There are also some meditations for couples. These are not Venus Kriyas. They were taught later and a few have been previously published.



PROCEDURE FOR PRACTICE OF VENUS KRIYAS

As much preparation as possible beforehand is recommended to gain the maximum benefit and enjoyment from the Venus Kriya. This includes quiet, inspiring, and relaxed surroundings, incense, a Kundalini Yoga set, a meditation, and chanting. This is not essential, however. A Venus Kriya can be done any time. You may wish to set a timer (digital watch or kitchen timer) for 3 minutes so you need not concern yourself with watching a clock during the exercise.

6 Steps to Follow

1. Sit down opposite your partner, put your own hands together in prayer mudra (palms together at the center of the chest), and tune in to yourself by chanting ONG NAMO, GU-ROO DEV NAMO three times. This chant means "I bow to the Infinity of the Creator within" or "I call on the Infinite Creative Consciousness; I call on the divine wisdom." Inhale completely and exhale slowly as you chant the first two words; then inhale a half breath and chant the remainder, thus:



2. Then chant AAD GURAY NAMEH, JUGAAD GURAY NAMEH, SAT GURAY NAMEH, SIRI GUROO DEVAY NAMEH three times. This chant means, "I bow to the Primal Guru; I bow to the Guru of all ages; I bow to the True Guru; I bow to the great, invisible Guru." Each repetition is chanted in a monotone on just one breath:





3. With hands still together, look into the eyes of your partner and bow your head in recognition of the God-consciousness in her or him.

4. When looking into each other's eyes, project love and divine light. Project humbly: for example, "I am nothing; you are great." This opens the heart to let love flow, the real love that Yogi Bhajan defines as "the experience of selflessness within oneself." If no mantra is specified you may choose one; you may project any loving thoughts or positive affirmations.

5. Upon completion, stretch up, twist from side to side, again bring your hands together, look into the eyes of your partner, and say, "Thank you. Sat Nam" (that is, "Truth is the Word; Truth is my Identity"). Bow deeply before your partner.

6. Massage each other if you feel like it, and then relax completely.

• On Venus Kriyas -- a Word of Warning

Any person who uses any direct or indirect method to reach sexually or sensually to another person in the name of God or to any such vibration or any camouflage or any crooked mind towards any person, his 7 generations pay for it, not only he. That is one action for which there is no remedy.



"PUSHING PALMS"

Begin with steps 1-4, pages 42-43.

Now sit facing your partner looking into his or her eyes. Put your palms together with your partner's. Knees must be touching. Begin chanting the Maha Shakti mantra: GOBINDAY, MUKANDAY, UDAARAY, APAARAY, HARY'ING, KARY'ING, NIRNAAMAY, AKAAMAY. (These words are the 8 aspects of God: Sustainer, Liberator, Enlightener, Infinite, Destroyer, Creator, Nameless, Desireless. Note that the words "HARY'ING" and "KARY'ING" can also be pronounced "HAARY'ING" and "KAARY'ING.") The woman chants the first word, the man the second, and so on:

Woman chants words in script. Man chants regular words.

GO - BIN-DAY MU-KAN-DAY U - DAA-RAY A-PAA-RAY

HA-RY'-IN - G KA-RY'-ING NIR-NAA-MAY A-KAA-A-MAY (GO-)



On each word, push one palm to your partner's shoulder as your partner pushes the other palm to your shoulder.

Continue for 3 minutes. Then inhale, exhale, and complete the exercise with steps 5-6, page 43.





"WASHING WINDOWS"



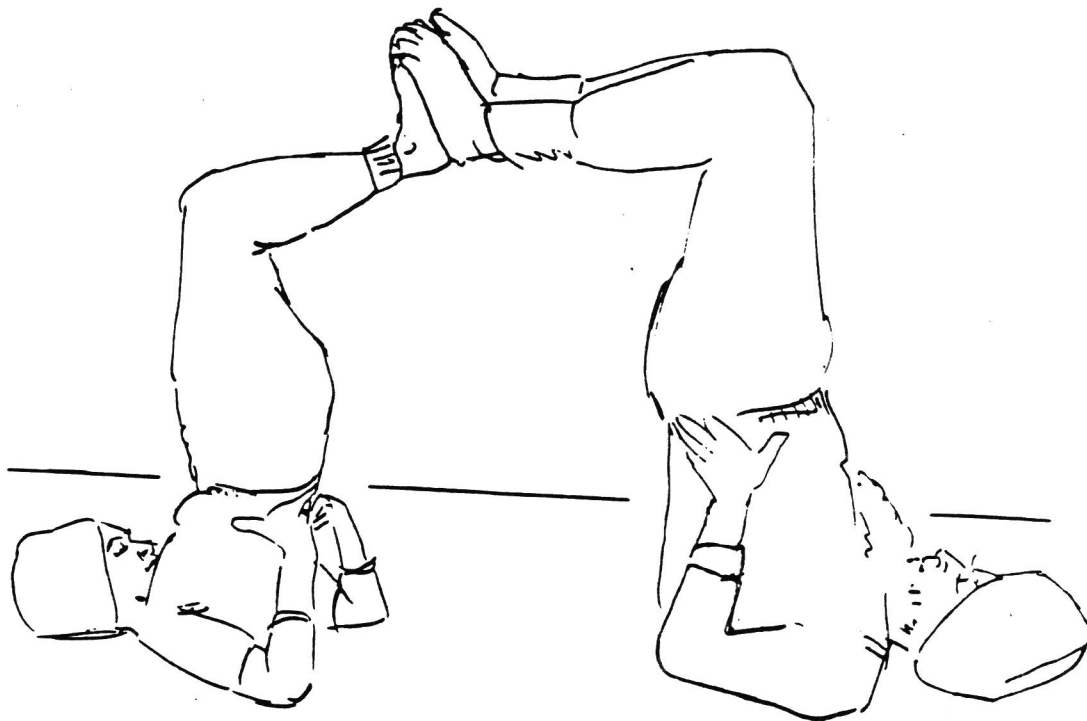
Begin with steps 1-4, pages 42-43. Then sit on heels (rock pose), palms and knees touching those of your partner. Move your hands as if you were washing windows (1). Do breath of fire for 3 minutes.

When the time is up, inhale, hold the breath in, and press hard (2). Exhale and relax. Complete the kriya with steps 5-6, page 43.





"VENUS SHOULDER STAND"



Begin with steps 1-4, pages 42-43.

Now put yourself in shoulder stand 4 feet away from your partner. Bend your legs and join the soles of your feet with those of your partner. (You may need an assistant to get into position.)

Meditate at the third-eye point -- midway between and a little above the eyebrows -- for 3 minutes. (Originally given as a 31-minute exercise.)

When the time is up, complete the exercise with steps 5-6, page 43.



"THREE-PART KRIYA"



Begin with steps 1-4, pages 42-43. Then sit on your heels (rock pose) facing your partner (1). Stare into each other's eyes without blinking. Radiate love. See yourself in the other person's eyes. Continue for 1 minute. (Originally given as 15 minutes.)

When the time is up, stand facing your partner. Join hands and look into each other's eyes, projecting divine love (2).

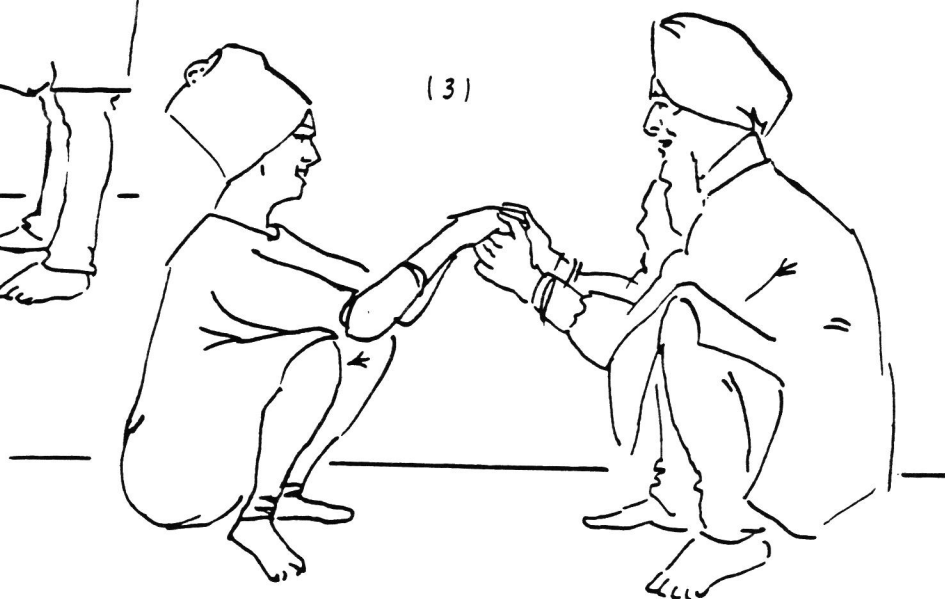
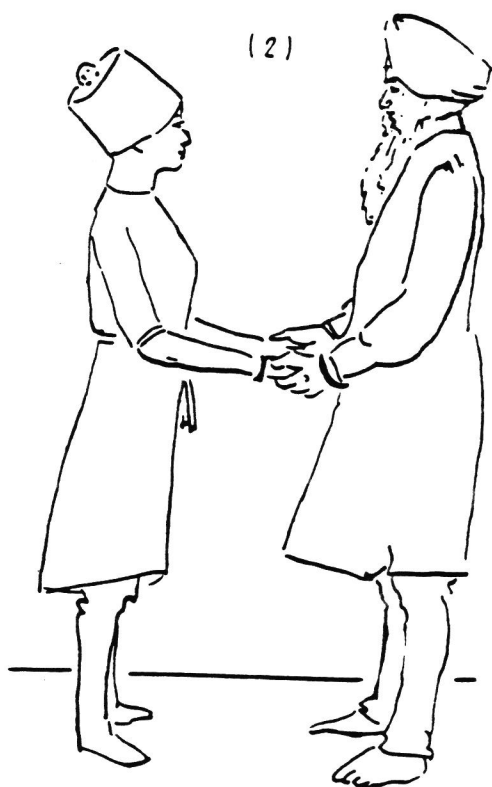
Then squat down together into crow pose, keeping the feet flat on the ground and touching the buttocks to the ground (3). Inhale up, eyes still locked, and hold the breath in. Exhale down, and hold the breath out. Repeat the inhale-hold-exhale-hold 5 times.





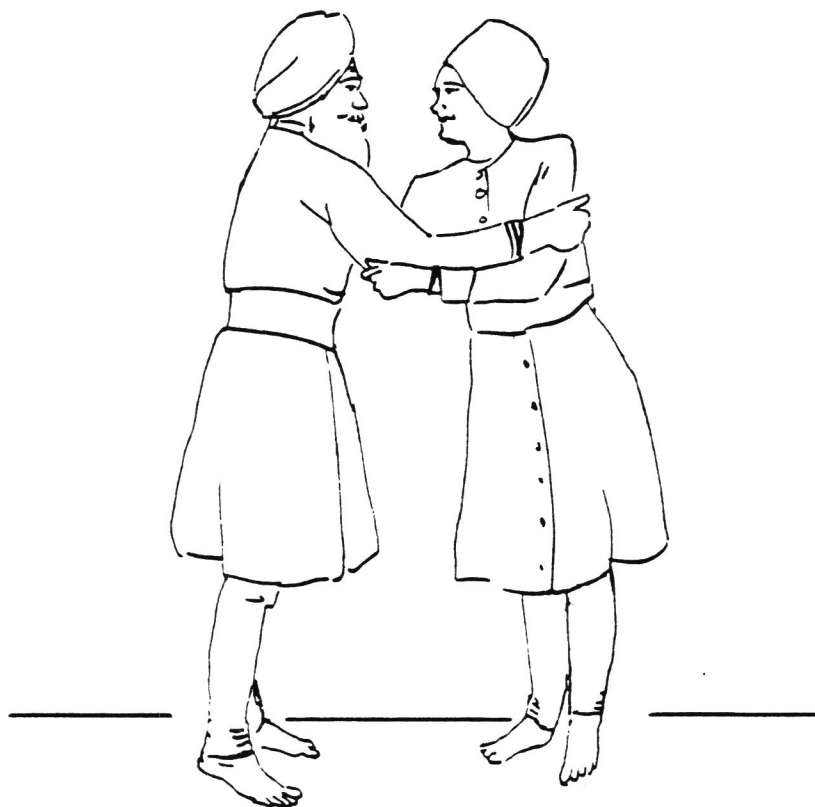
Once more, sit on your heels facing your partner (1). Inhale, hold the breath in, then exhale and hold the breath out. Repeat 5 times. Then relax.

Complete the kriya with steps 5-6, page 43.





"LIVER TWIST"



This exercise strengthens the liver. Begin with steps 1-4, pages 42-43. Then stand up facing each other. Put your hands on your partner's triceps. Stand on tiptoes and lean against each other. Begin twisting left and right. You twist one way as your partner twists the other.

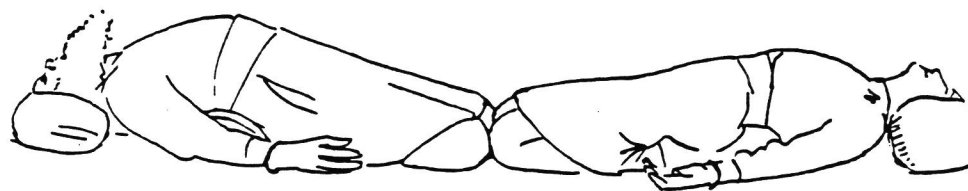
Continue for 3 minutes. Then inhale, exhale, and relax.

Complete with steps 5-6, page 43.





"VENUS FISH POSE"



Begin with steps 1-4, pages 42-43. Then sit on your heels with your knees against your partner's knees. Lean back onto the top of your head with your arms relaxed at your sides. Eyes closed. Go into a deep sleep. The past will be forgotten. Open yourself and sleep.

Continue for 3 minutes. Then inhale, straighten your head, exhale, stretch out your legs, and relax. Complete the kriya with steps 5-6, page 43. (Originally given as a 31-minute kriya.)





"VENUS ROCK POSE"

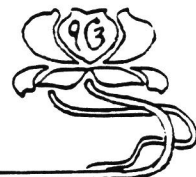


Begin with steps 1-4, pages 42-43. Then sit on your heels (in rock pose) facing your partner, knees not touching your partner's knees. Look into each other's eyes without blinking. Project love and divine light. Hands are on the knees.

Continue with normal breath for 1½ minutes, applying mool bhand (pull up on the rectum and sex organs and draw them up towards the navel point) throughout. Then do breath of fire for 1½ minutes. (Originally given as 3 minutes each.)

When the time is up, inhale completely and apply maha bhand. (This is "the great lock" -- Pull in on the chin, pull up on the diaphragm, pull in the abdominal muscles, and pull up on the rectum and sex organs.) Exhale and once more pull maha bhand. Repeat the inhale-exhale with the locks twice, then relax.

Complete the exercise with steps 5-6, page 43.





"TOUCHING FINGERTIPS"



This kriya will improve your eyesight. It will allow the [life] current to flow between male and female. Feel it flow through the fingertips!

Begin with steps 1-4, pages 42-43.

Now sit on your heels facing your partner, touch fingertips, and have your eyes fixed on your partner's eyes, projecting divine love. Knees are touching.

Hold the position 2-3 minutes, then inhale, hold 10 seconds, and exhale. Again inhale, hold 10 seconds, and exhale.

Complete the kriya with steps 5-6, page 43.





"TO GET RID OF GRUDGES"



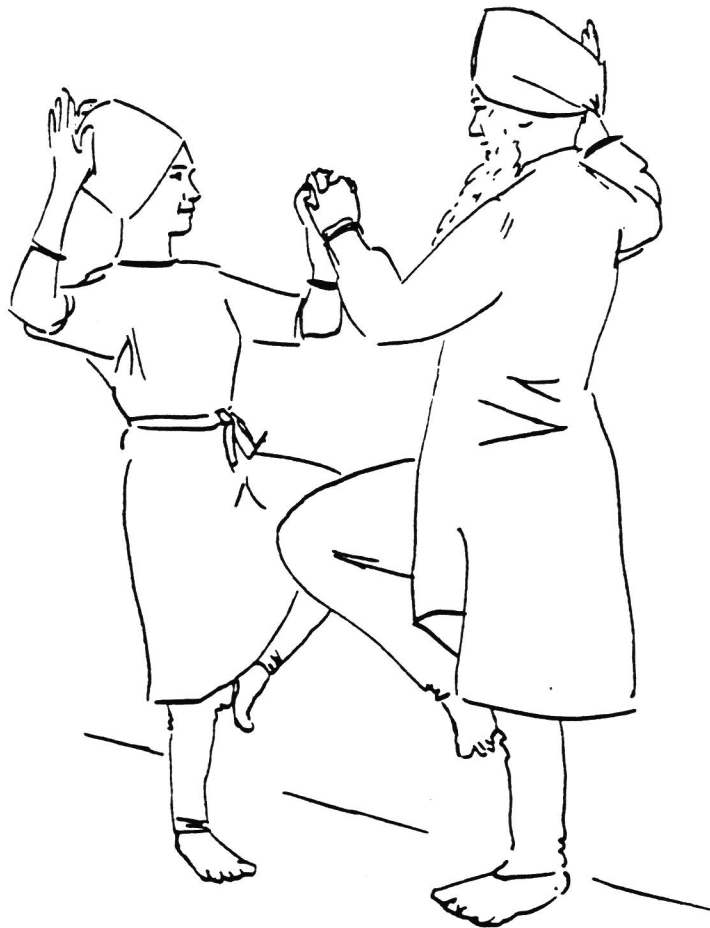
Begin with steps 1-4, pages 42-43. Then sit back to back with your partner, knees up, arms around your knees. Meditate on your heart. Hear it. Meditate on the sun. Bring it into your heart. Burn out all the bitterness you've felt through all the years.

Continue for 3 minutes. (Time originally unspecified.)

Complete the kriya with steps 5-6, page 43.



SHIVA SHAKTI POSE

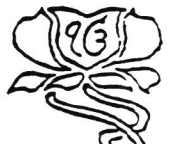


Begin with steps 1-4, pages 42-43.

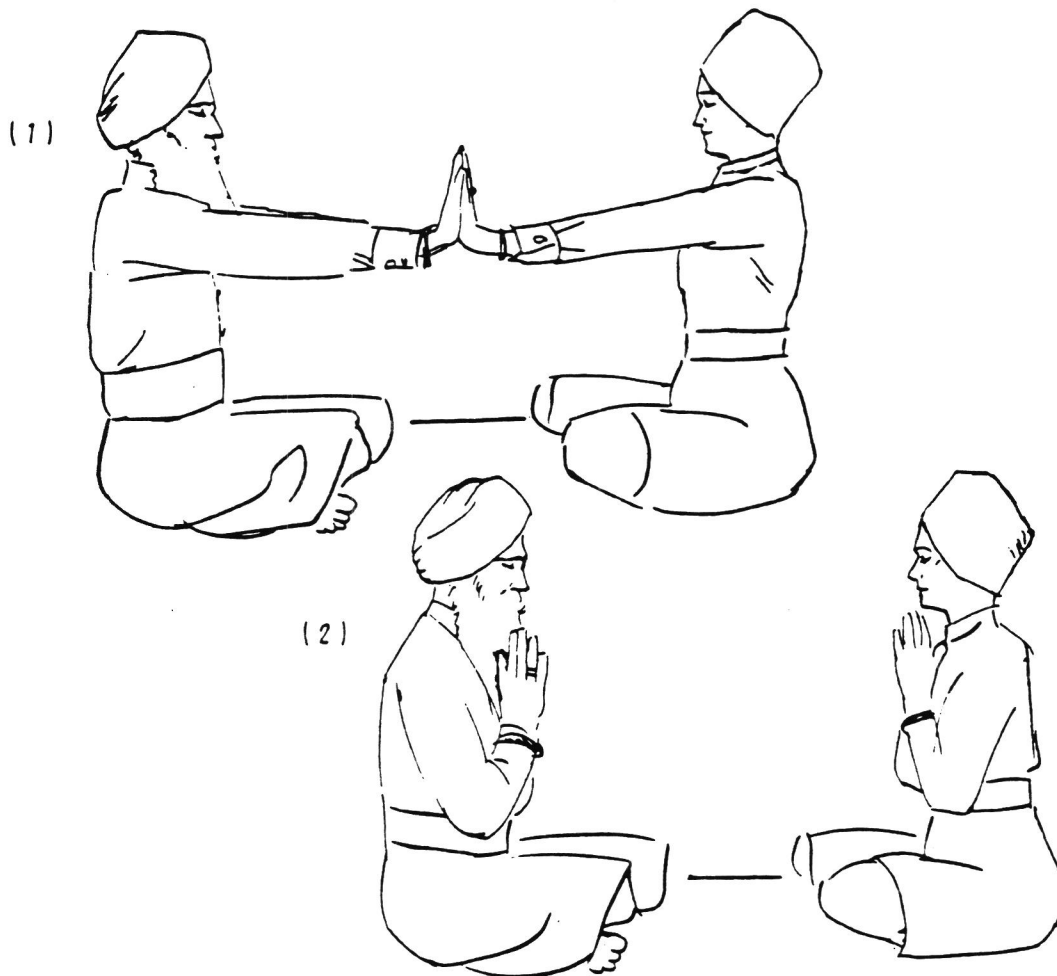
Now stand facing your partner in Shiva Shakti Pose: The man's left hand holds the woman's left hand and both right hands are held up. Right upper arms are parallel to the ground.

Look into each other's eyes throughout. Lift up your left leg and balance on your right leg. The left leg doesn't touch the right leg. Holding this position, let yourself become the god Shiva (man) or the goddess Shakti (woman). Let your souls dance.

Hold for 3 minutes, changing legs if necessary. Then complete the exercise with steps 5-6, page 43. (Originally given as a 31-minute exercise.)



"LIFE CURRENT KRIYA"



Begin with steps 1-4, pages 42-43.

Sit in easy pose (any comfortable cross-legged position) with arms out at shoulder level, touching palms with your partner (1). Close your eyes and concentrate on your arms, feeling that there is one life current going through you both.

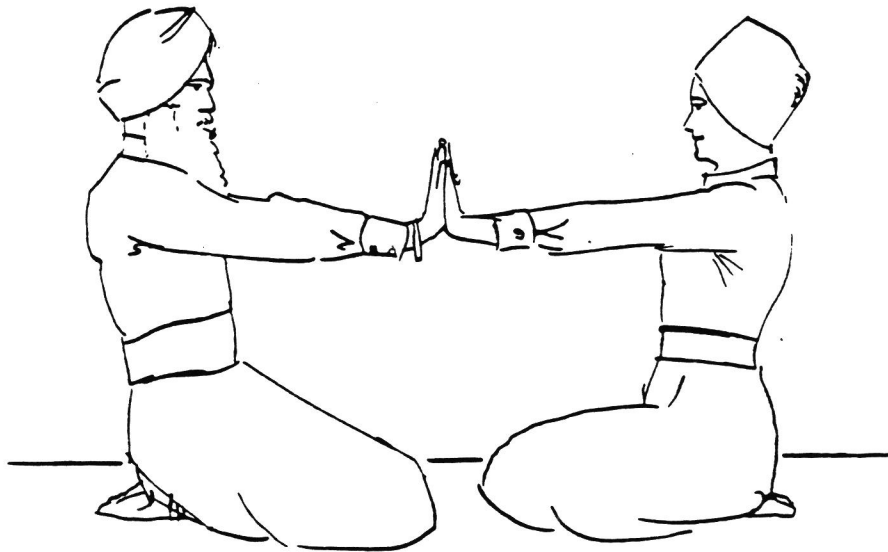
Hold this position for 30 seconds. When the time is up, inhale-exhale deeply 4 times. Then apply your own palms together at your chin (2) and meditate on your own personality, charm and beauty. The fact is you are living because God needs you to fulfill His purpose; you are a divine being.

Meditate on this thought for 2½ minutes, then inhale, exhale, and complete the kriya with steps 5-6, page 43. (Time for second part originally unspecified.)





"SENDING PRANA"



Begin with steps 1-4, pages 42-43.

Now sit on your heels (rock pose) with the arms out at shoulder level, touching palms with your partner. Stare into each other's eyes without blinking. Send prana (life force) through the hands and eyes.

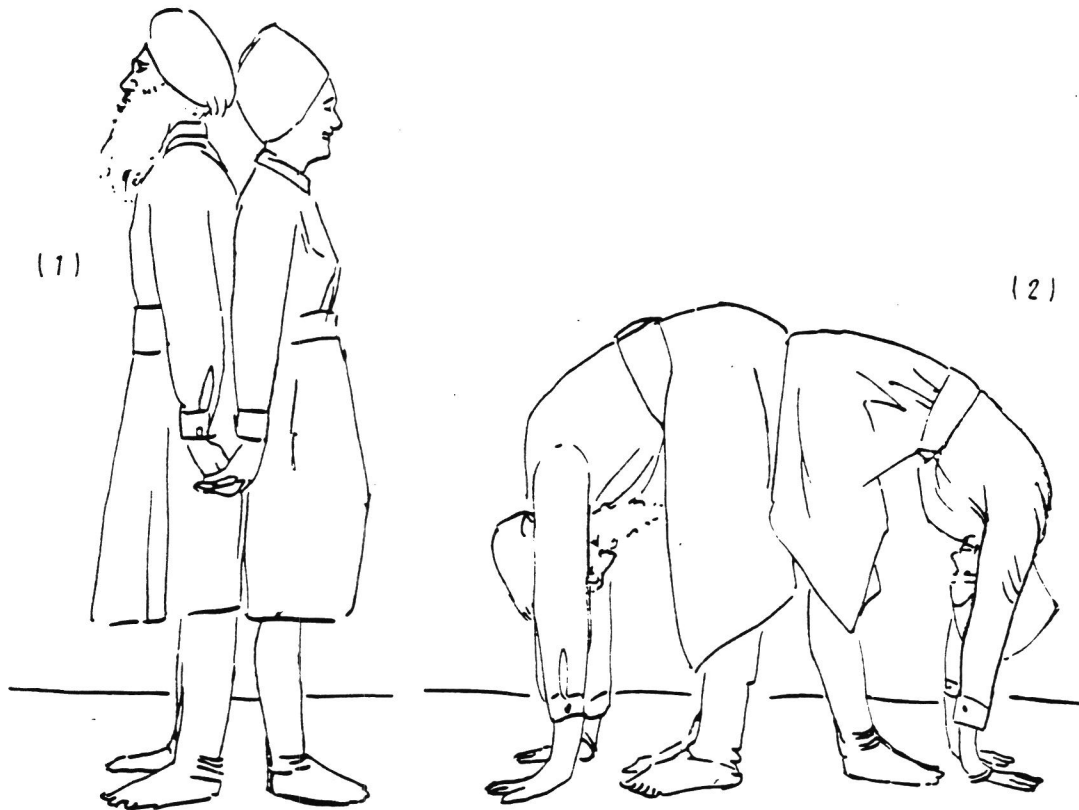
Continue for 2 minutes. (Originally given as 10 minutes.) Then close your eyes and visualize your partner for 1 minute. (Time originally optional.)

Complete the kriya with steps 5-6, page 43.





"ONE UNIT"



Begin with steps 1-4, pages 42-43. Then, standing back to back with your partner, clasp hands and touch heads in any relaxed manner (1).

Meditate on being one unit. You are Infinite consciousness; you are a mind only which is supporting the body.

Normal breathing for 2 minutes. Then separate and bend over, legs straight, to touch the ground (2). Keep the hands on the ground for 1 minute. (Originally given as 3-5 minutes back to back and 1 minute bending over.)

Complete the exercise with steps 5-6, page 43.





"STRENUOUS CROW"

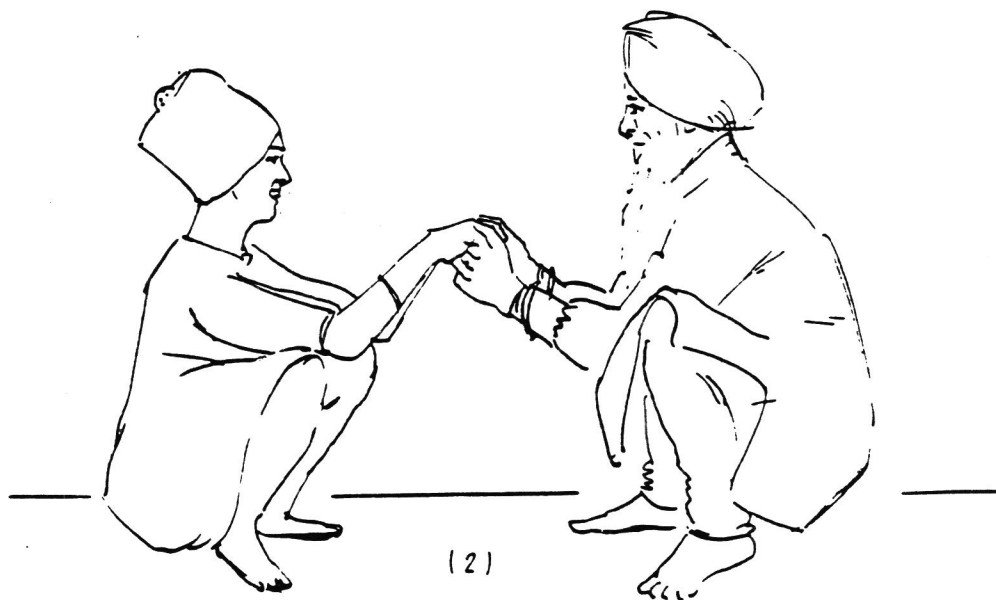
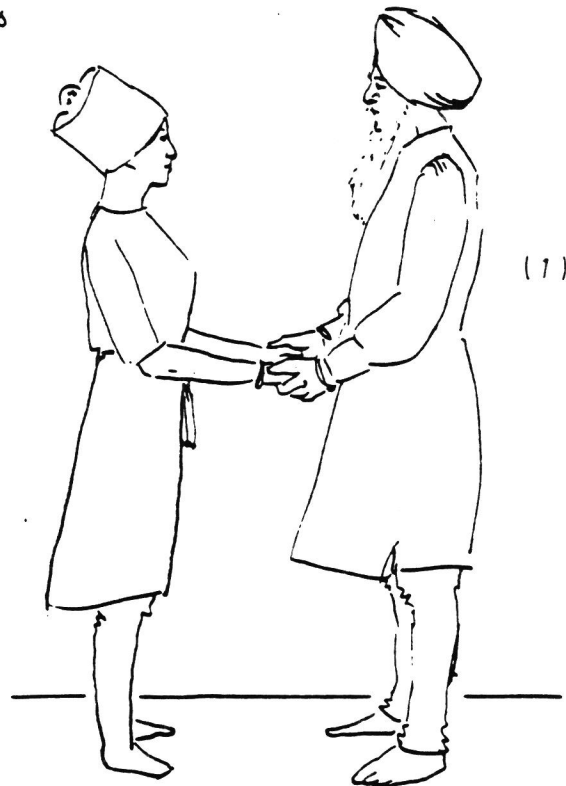
Begin with steps 1-4, pages 42-43.

Stand facing your partner. Join hands and look into each other's eyes, projecting divine love (1).

Verbally greet each other. Then squat down together into crow pose, keeping the feet flat on the floor and touching the buttocks to the floor (2). Talk to each other throughout the exercise.

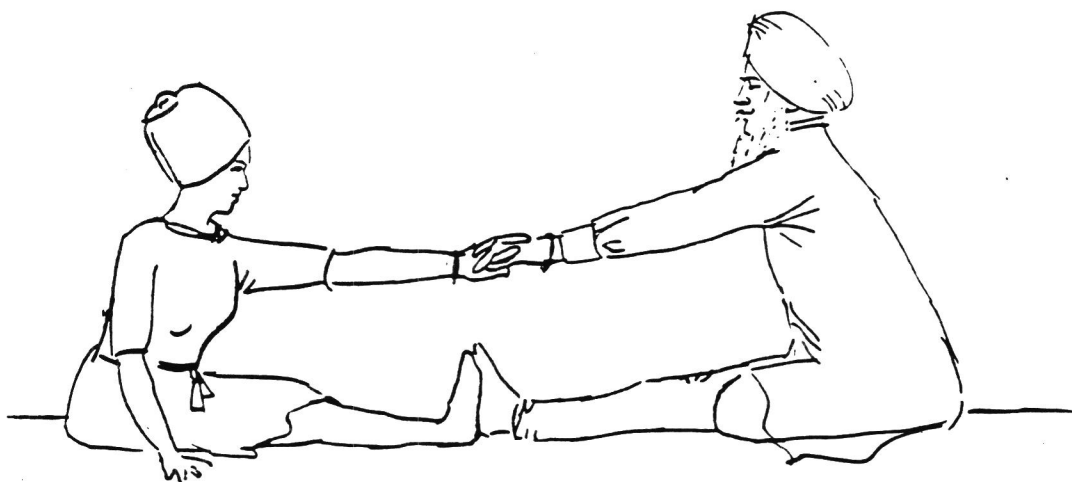
Each cycle of the exercise should take 3-4 seconds.

Continue for 3 minutes, then take steps 5 and 6, page 43.





"ONE-LEG LIFE NERVE STRETCH"



Begin with steps 1-4, pages 42-43.

Now sit opposite your partner. Extend opposite legs. Place foot against foot. Extend opposite arms and grasp hands, interlacing fingers.

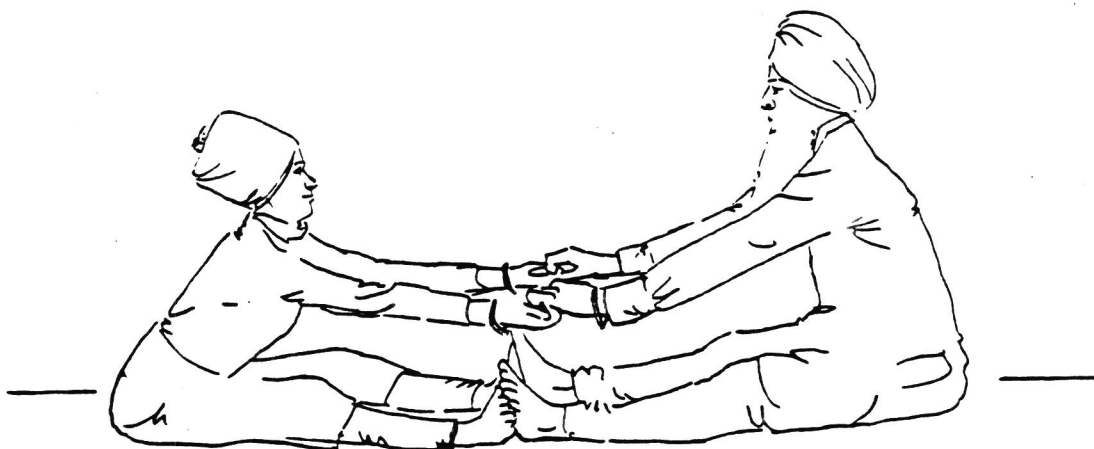
Begin normal breathing for 1½ minutes, followed by breath of fire for 1½ minutes. (Originally given as 3 minutes each.) When the time is up, inhale and pull maha bhand. (Pull in on the chin, pull up on the diaphragm, pull in the abdominal muscles, and pull up on the rectum and sex organs.) Then exhale and pull maha bhand again. Repeat the inhale-exhale with maha bhand twice.

Now do steps 5-6, page 43.





"VENUS LIFE NERVE STRETCH"



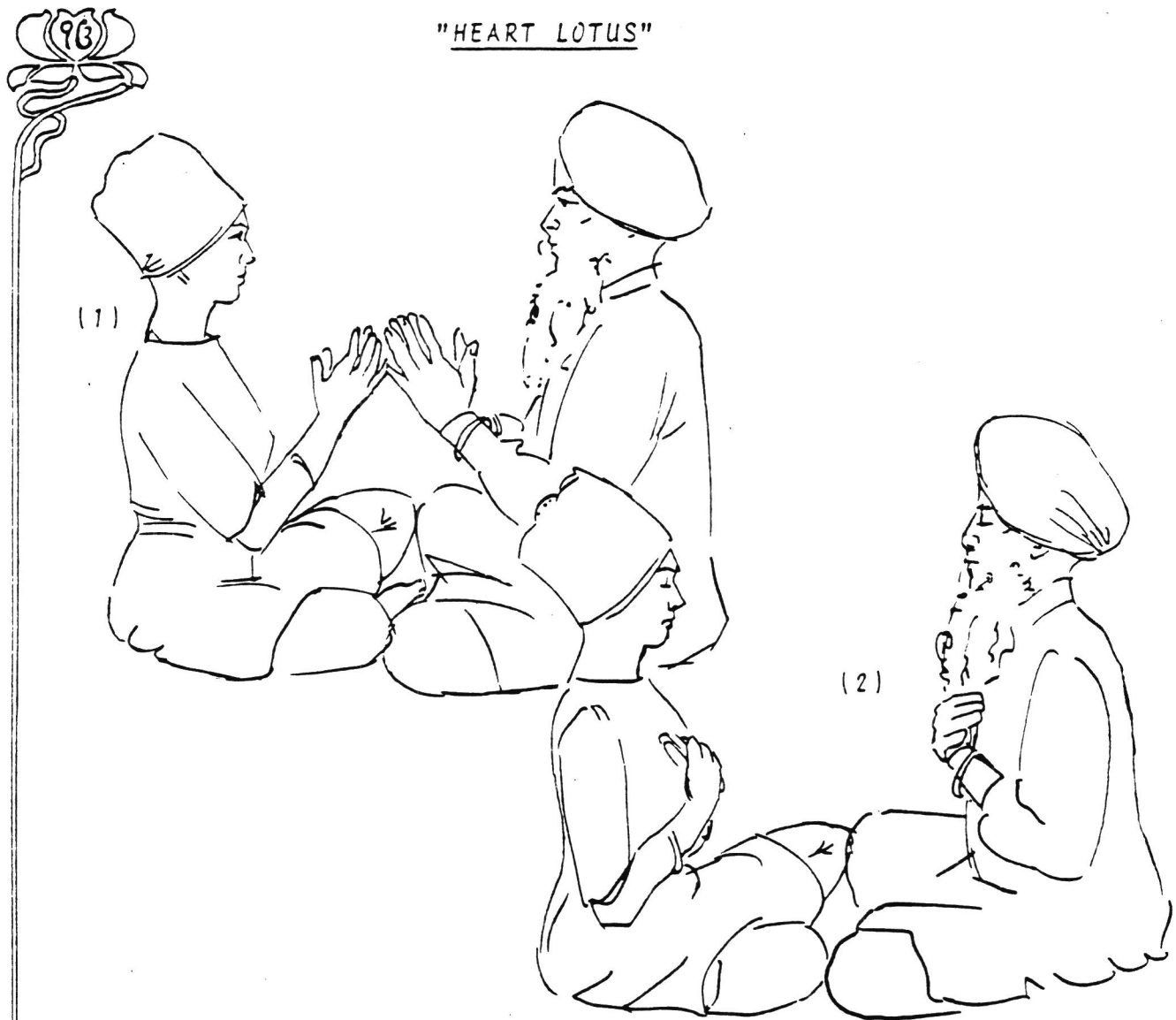
This is a very powerful exercise. Begin with steps 1-4, pages 42-43. Then come sitting with legs outstretched in front of you, feet touching your partner's, knees straight. Extend your arms between your outstretched legs and grasp your partner's hands. Keep your spine straight.

Look into your partner's eyes, projecting divine love. Continue with normal breathing for 1 minute, then with breath of fire for 2 minutes. (Originally given as 2 minutes of normal breathing followed by 3 minutes of breath of fire.)

When the time is up, inhale and hold the breath in, allowing the energy to circulate. Then exhale and apply mool bhand. (Contract the muscles of the rectum and sex organs and draw them up towards the navel point. Also pull in on the navel point.)

Complete with steps 5-6, page 43. (Originally given with a 5-minute rest followed by a repetition of the exercise.)



"HEART LOTUS"

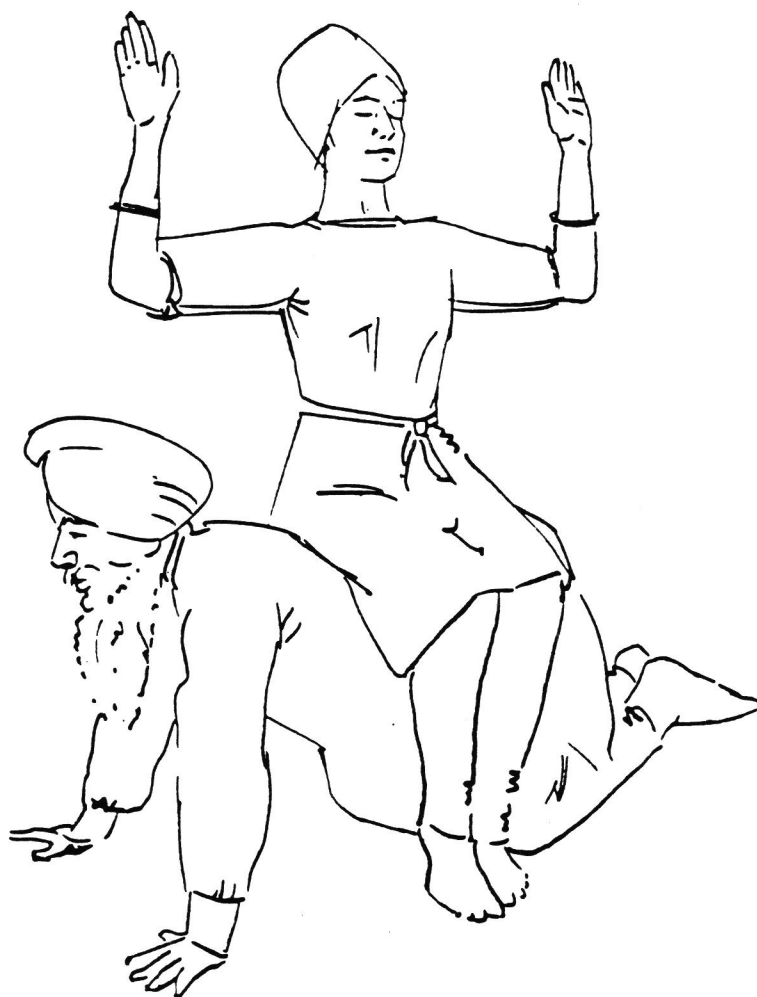
Begin with steps 1-4, pages 42-43. Then sit in easy pose or lotus pose across from your partner, looking into his or her eyes. Form your hands into a lotus: all the fingers are spread with the hands cupped. Then the man puts his little fingers under the woman's little fingers. These are the only fingers that touch. This makes a heart lotus (1).

Look into the soul, the heart of your partner, through the eyes. Continue for 1½ minutes.

Now place one hand over the other at your heart center (2). Close your eyes and meditate on your heart. Go deep within, to the center of your being. Continue for 1½ minutes. (Originally given as 15 minutes each.) When the time is up, inhale deeply and exhale deeply 3 times, then relax.

Complete the kriya with steps 5-6, page 43.



"VENUS CAT-COW"

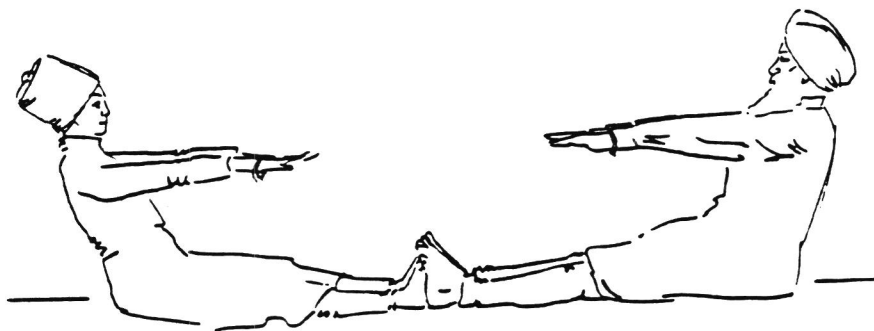
Begin with steps 1-4, pages 42-43. Then the man gets on hands and knees. The woman sits on the man's back with her arms at right angles, upper arms parallel to the ground, fingers together and extended up. The man very slowly arches and unarches his back, putting a pressure on his neck and concentrating on his third-eye point (between and slightly above the eyebrows). The woman also meditates on her third-eye point.

Continue for 3 minutes. (Originally given as a 15-minute kriya.) Complete the kriya with steps 5-6, page 43.





"DIFFICULT 60° LEAN"



Begin with steps 1-4, pages 42-43.

Now place your legs straight out on the ground in front of you, soles of your feet touching those of your partner. Lean back at a 60° angle with your arms straight out in front of you. Begin breath of fire.

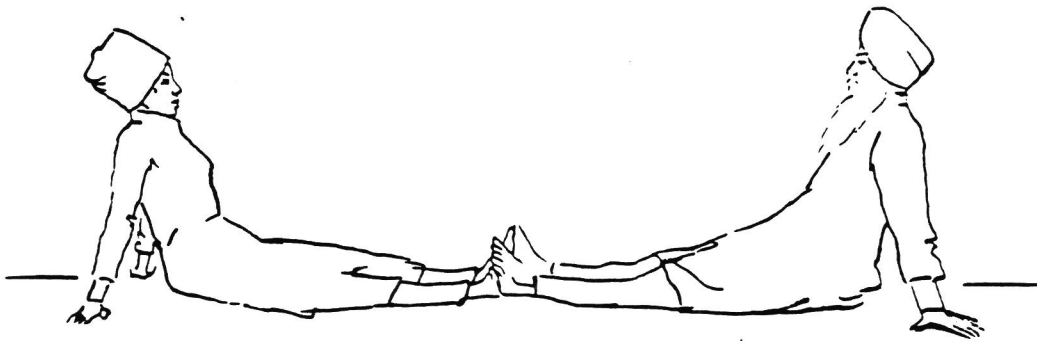
Continue for 3 minutes. Then inhale, clasp hands with your partner, exhale and relax.

Complete the exercise with steps 5-6, page 43.





"EASY 60° LEAN"



Begin with steps 1-4, pages 42-43.

Now stretch your legs out on the ground in front of you, soles of your feet touching those of your partner. Lean back on your hands at a 60° angle and begin breath of fire.

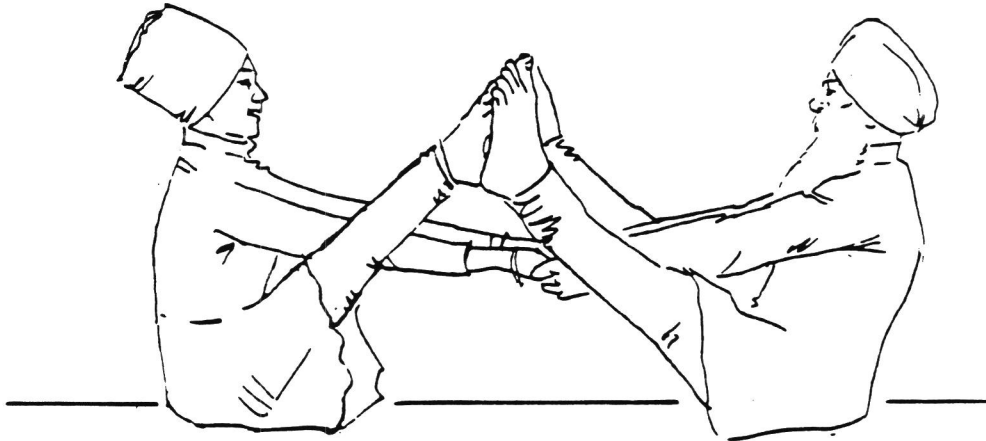
Continue for 3 minutes. Then inhale, exhale, and relax.

Complete the exercise with steps 5-6, page 43.





VENUS LOTUS



Begin with steps 1-4, pages 42-43.

Now clasp hands with your partner, feet touching your partner's feet. Keeping the legs straight and the feet touching, bring the legs up at a 60° angle from the ground with the legs outside the arms. Look into each other's eyes, projecting love and divine light. See yourself in the other person. Lift the other's vibration. Realize that you two are one.

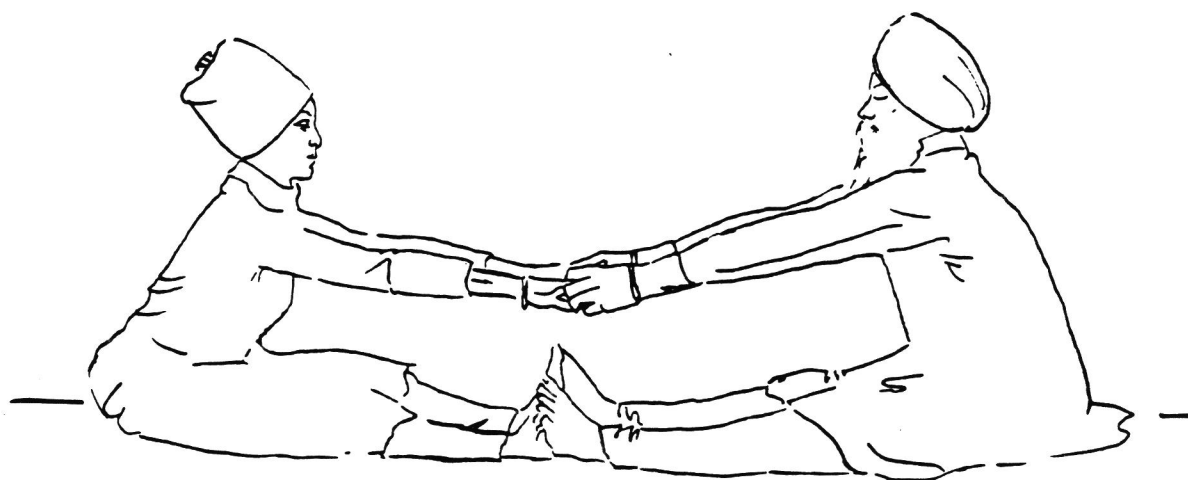
Do breath of fire for 3 minutes. (This kriya has also been taught with normal or long deep breath.)

When the time is up, inhale, exhale and relax. Complete the kriya with steps 5-6, page 43.





"BREATH OF FIRE"

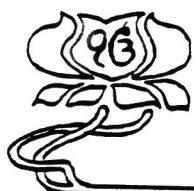


Begin with steps 1-4, pages 42-43.

Now bring your legs out straight on the ground in front of you, feet touching your partner's feet. Clasp hands with your partner and begin breath of fire.

Continue for 3 minutes, then inhale, exhale and relax.

Complete the kriya with steps 5-6, page 43.



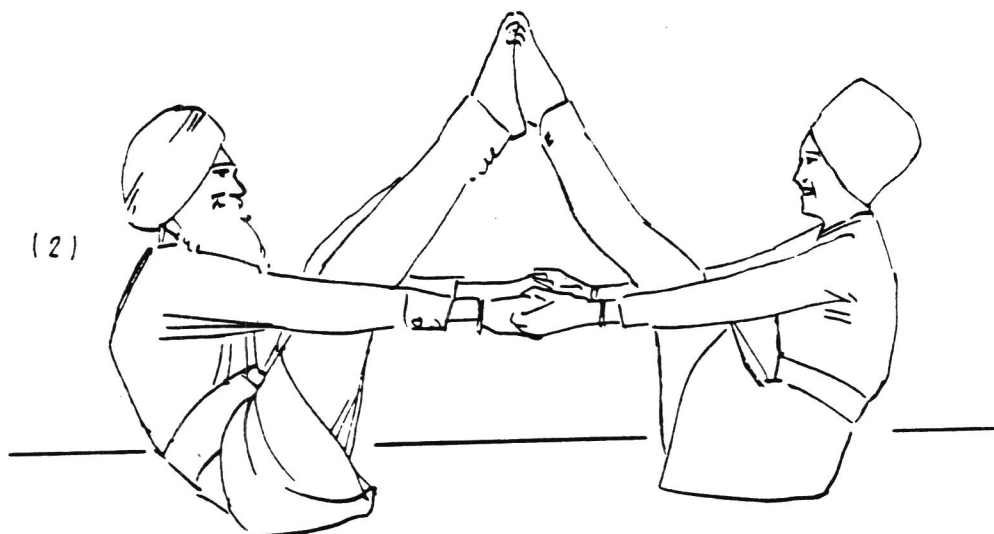
"LEG LIFTS"

This kriya will exercise the magnetic field.

Begin with steps 1-4, pages 42-43. Then sit facing each other, eyes fixed on your partner's, projecting divine love. Place the soles of the feet together, knees bent, arms outstretched outside of the legs with the hands in inverted finger lock with your partner. (The man's palms are down and the woman's are up.) See (1).

Now straighten the legs and form a triangle with your partner, so that the legs are up at 60° (2). Inhale, hold the breath in, then exhale. Repeat the inhale-hold-exhale twice. Then relax.

Complete the kriya with steps 5-6, page 43.



"SEEING YOURSELF IN YOUR PARTNER"



This is a very powerful exercise!

Begin with steps 1-4, pages 42-43. Then sit in rock pose (on your heels) with your knees touching your partner's knees and your hands in your lap in venus lock. (The fingers are interlaced, left little finger on the bottom and right thumb on top. For women, the left thumb is on top. The inside thumb should press into the webbing between the forefinger and the thumb of the opposite hand.)

Fix your eyes on your partner's eyes and concentrate on seeing your own image in your partner. Project love.

Continue for 3 minutes. Then complete the kriya with steps 5-6, page 43. (Originally given as a 15-minute kriya.)



"TOUCHING PALMS"



Begin with steps 1-4, pages 42-43.

Now sitting on your knees (rock pose), touch palms and knees with your partner. Look into each other's eyes and project love and divine light. Do breath of fire for 3 minutes.

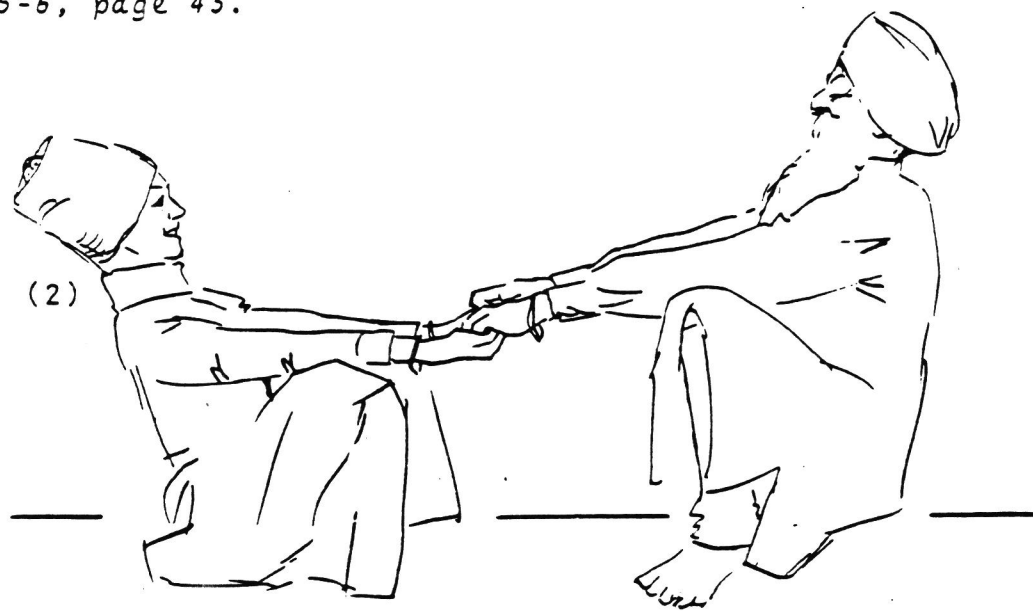
When the time is up, inhale, exhale and relax. Complete the exercise with steps 5-6, page 43.



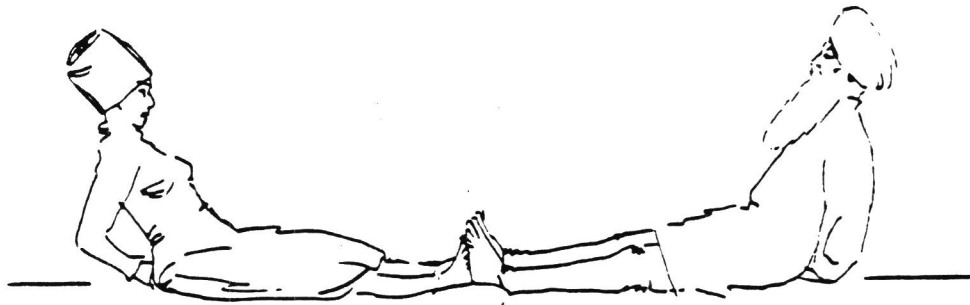
VENUS CROW

Begin with steps 1-4, pages 42-43. Then squat with your feet flat on the ground (in crow pose). Hold hands with your partner: men palms down, women palms up (1). Do breath of fire for 2 minutes. Then exhale and apply root lock (mool bhand -- applied by contracting and drawing up the muscles of the rectum and sex organs and pulling in on the navel point). Repeat twice.

Now lean back at 60° , straightening the arms (2). (The buttocks do not touch the floor.) Inhale, exhale, and relax. Complete the exercise with steps 5-6, page 43.



"KEEP-UP KRIYA"

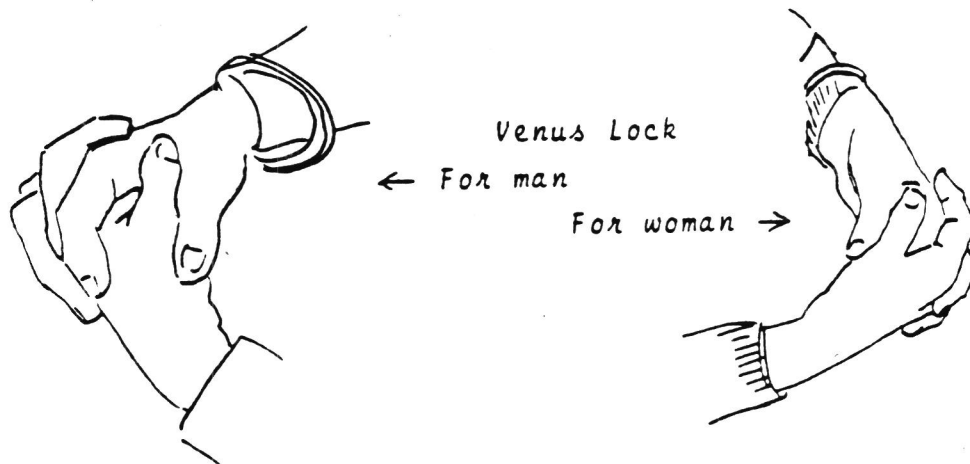


Begin with steps 1-4, pages 42-43.

Now sit with legs out straight, feet touching those of your partner. Hands are in venus lock behind the back. (The fingers are interlocked with the left little finger on the outside. Men put the right thumb on the outside, and women put the left thumb on the outside.)

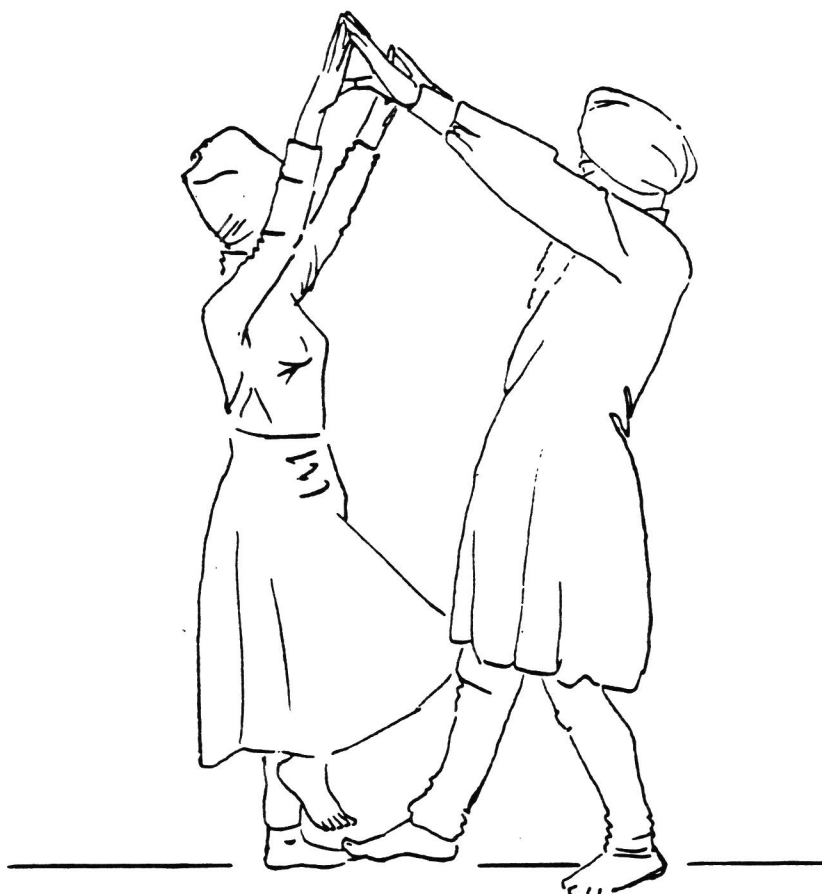
Lean back to 60° and hold the position for 3 minutes. Breath technique is optional.

When the time is up, inhale, exhale, and relax. Complete the kriya with steps 5-6, page 43.





"HIDE AND SEEK"



Begin with steps 1-4, pages 42-43.

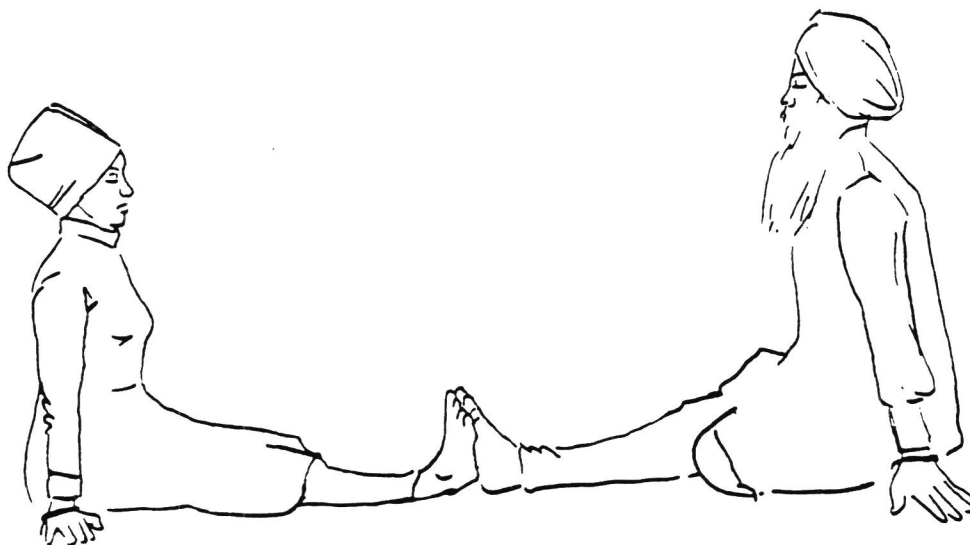
Now stand in front of your partner with arms up and fingertips touching. Keeping balanced, with eyes closed, the man must find the woman's toes with one of his feet. The woman must do her best to hide her feet.

Continue for 3 minutes. (Originally given as 15 minutes.) When the time is up, complete the kriya with steps 5-6, page 43.





"ONE LEG OUT"



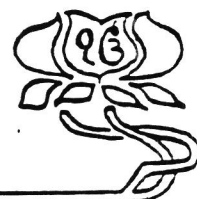
Begin with steps 1-4, pages 42-43.

Sit opposite your partner. Extend opposite legs, and place the extended feet together. Sit on your free heel.

Hold the pose with normal breathing for 1½ minutes. Then continue with breath of fire for 1½ minutes. (Originally given as 3 minutes each.)

When the time is up, inhale completely and pull maha bhand. (Pull in on the chin, up on the diaphragm, in on the abdomen, and up on the rectum and sex organs.) Exhale completely and once more pull maha bhand. Repeat the inhale-exhale with the locks (bhands) twice, then relax.

Complete the exercise with steps 5-6, page 43.





"VENUS BACK ROLLS"



Begin with steps 1-4, pages 42-43. Then sit down back to back with your partner. Exhale and bow down as your partner relaxes down onto your bowed back. Then inhale and lean back onto your partner's back as your partner bows down (1,2). The vertebrae should relate to each other like teeth of a wheel.

Continue for 3 minutes. (Originally given as a 30-minute kriya.) When the time is up, inhale, exhale and relax.

Complete the kriya with steps 5-6, page 43.





"TIPTOE KRIYA"

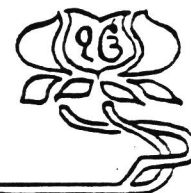
This kriya is for the heart. It will give you a good physical workout.

Begin with steps 1-4, pages 42-43. Then stand up. Fix your eyes on those of your partner, projecting divine love. Clasp hands with your partner, fingers into fingers.

Inhale, lift up your arms, and stretch up on your toes (1). Then exhale into crow pose, feet flat on the ground (2).

Continue for 1-3 minutes. Then inhale, exhale and relax.

Complete the kriya with steps 5-6, page 43.



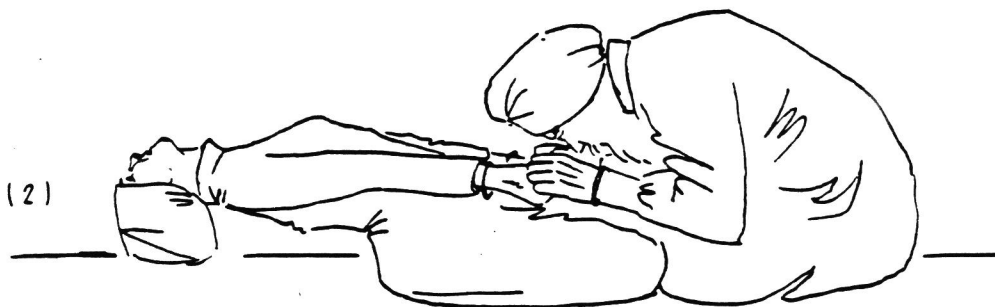
"BACK STRETCH"

This kriya is for the heart. It will give you a moderately good physical workout.

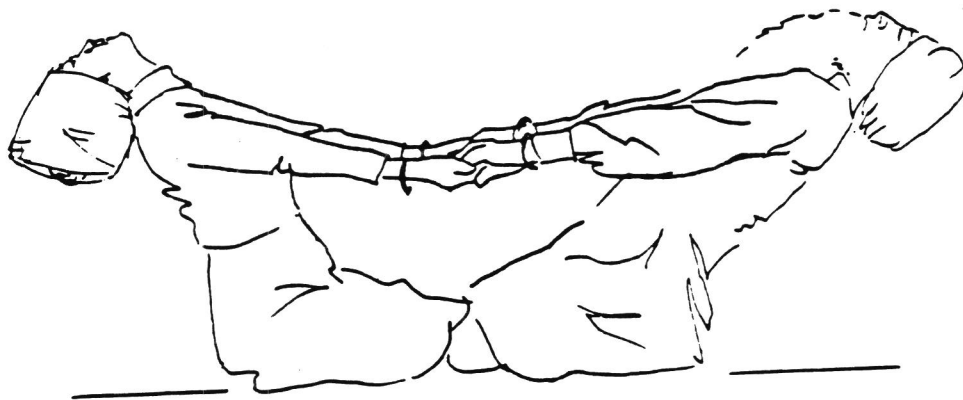
Begin with steps 1-4, pages 42-43. Then sit on your heels (rock pose) with your knees touching your partner's knees and clasp hands. Fix your gaze on your partner's eyes, projecting divine love (1).

Now the woman inhales and leans back, touching her head to the ground as the man exhales and leans forward (2). Then the woman exhales and leans forward as the man inhales and leans back.

Continue for 1-3 minutes. (Originally given as 1-5 minutes.) When the time is up, complete the kriya with steps 5-6, page 43.



Time: 3 minutes

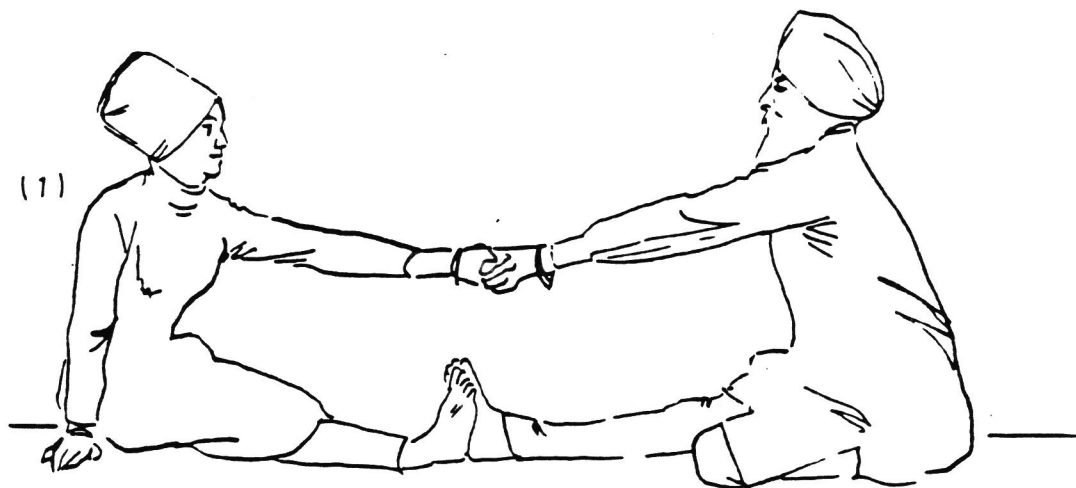
"DOUBLE BACK SEND"

Begin with steps 1-4, pages 42-43.

Now sit on your heels (rock pose) with your knees touching your partner's knees and clasp hands. Both partners then lean back as far as possible. Breath technique is optional.

Continue for 3 minutes, then inhale, exhale, and relax. Complete the kriya with steps 5-6, page 43.



"FOOT LIFT"

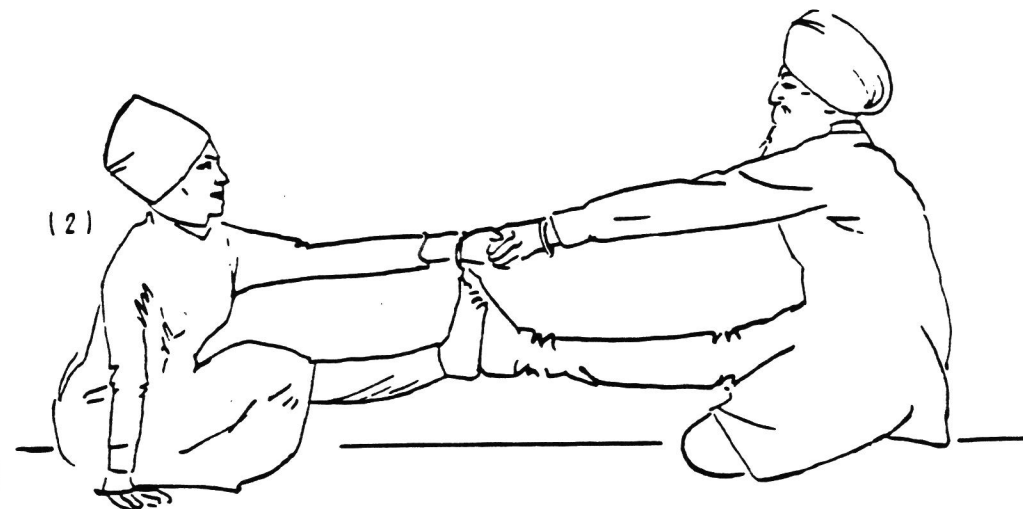
This kriya is for the magnetic field. It's fun, and requires cooperation and coordination.

Begin with steps 1-4, pages 42-43. Then sit on your left heel, right leg out in front of you. Place your right foot against your partner's right foot and clasp left hands. Fix your eyes on your partner's eyes, projecting divine love (1).

Now inhale and lift the right feet (still touching) to the clasped hands (2). Exhale and lower the legs.

Continue for 1½ minutes, then switch legs and hands. Continue for another 1½ minutes. (Originally given as 3 minutes each.)

When the time is up, inhale, exhale and relax. Complete the kriya with steps 5-6, page 43.



Time: A: 15 minutes
B: 15 minutes
C: open
D: 11 minutes
E: open

Meditations for Couples

MEDITATION FOR TOTAL DIVINE HORNINESS

-- TO DO BEFORE SEX



What It Will Do for You

This meditation will free up your creativity.

How to Do It

A. Imagine that you are going to realize your real values. Imagine that you are the creation and the creator. Meditate on your creative principle and love your physical super-structure; kiss every part. Feel you are part of the energy of the cosmos. Feel you are a beautiful link -- union -- that your soul is in intercourse with the universal soul. 15 minutes.

B. Feel total divine horniness. Stretch totally. 15 minutes.

C. Brahm mudra: Sit in easy pose, palms on the chest, nipples exactly in the center of the palms. Only the middle fingers are touching (1). Feel the breath of life expand in the palms. Talk and play with the breath.

D. Hands in gyan mudra (thumb and forefinger touching) at the chest, thumb and forefinger forming an "O" in front of the nipples. Remaining fingers are extended straight out together (Vishnu mudra)(2). Stretch every



HEART SAVER



What It Will Do for You

If you do this meditation for 11 minutes you are superb.
If you do it for 31 minutes you are supreme.

How to Do It

Sit in easy pose with a perfectly straight spine.
Elbows are even with and upper arms parallel to chin.
Forearms are pointing up perpendicular to the ground
and touching each other in a straight line from elbows
to fingertips. Palms are facing in.

Look to the third-eye point. Begin chanting the Saraba
Shakti Mantra: GOBINDAY, MUKANDAY, UDAARAY, AFAARAY,
HARY'NG, KARY'NG, NIRNAAMAY, AKAAMAY.

You may alternate chanting with your partner or chant
in unison. Continue for 3, 11 or 31 minutes.



WIDE-EYED KRIYA



How to Do It

- Sit in a comfortable cross-legged position facing your partner. Make the fingers of each hand into a circle, thumbs beneath, other fingers curled above. Look through the circles at your partner. The eyes are half shut by the upward action of the lower lids (called "snake eyes").

Don't blink! If you feel like blinking, open your eyes.

Time for practice is open.





LONG "EK ONG KAAR"



What It Will Do for You

This meditation will help you to become as two bodies and one soul.

How to Do It

Sit in easy pose opposite each other, knees touching, hands in bear grip with your partner. (Woman has fingers together, hooked into man's fingers, which are also together.) Woman has left palm up, right palm down. Look into your partner's eyes projecting love and divine light.

The mantra is EK ONG KAAR, SAT NAAM SIRI, WAHAY GURUO, chanted in the 2½ cycle breath. Take a deep inhale and chant EK ONG KAAR in one breath. Pull in the navel point slightly when you chant EK, which is very short. ONG and KAAR are equal in length. Take another deep inhale and chant SAT NAAM SIRI. Pull in the navel point slightly when you chant SAT, which is short. NAAM is very long, and SIRI just escapes your tongue with the last bit of breath. Then take a short half-breath and chant WA-HAY GURUO. Pull in the navel point slightly on WA-, which is short. -HAY and GURUO take an equal length of time. (See staffs.) If you've never heard this chant, it's a very good idea to ask someone who knows how to demonstrate it for you. See page 81 for notes on pronunciation of "EK" and "ONG."



⊗ = BREATHE!

♩ = 60

EK O - N - G KA - AR SAT

(x = SPOKEN, NOT SUNG)

NA - AM S - RI WA - HAY GU - ROO

Continue for 11 minutes. Then close your eyes and have the image of your partner suspended in your third-eye point.

Note: This meditation can also be done sitting back to back with your partner, hands in gyan mudra (thumb and index finger touching) at your knees:



Comments on the Mantra

As the Siri Singh Sahib has said, "If you chant this mantra during these dark ages of the Kali Yug, it will open the lock of ignorance and darkness. This will liberate you and unite you with the Divine. In the





period of two and one-half hours before the rising of the sun, when the channels are most clear, if the mantra is sung in sweet harmony, you will be one with the Lord. This will open your solar plexus, which in turn will charge the solar center. The solar complex will get connected with the cosmic energy and you will be liberated from the cycles of karma that bind you to this earth. All mantras are good because they all awaken the divine, but this mantra is the mantra for this time. It represents the path of progressive spiritual knowledge of the self."

Chanting this mantra means unlimited attachment to the Infinite beyond any man or finite form. Those who attach themselves to a man or personality end miserably. This brings union with the ultimate cosmic energy. The Siri Singh Sahib says, "It is equal to millions and billions of suns. When you will recite this mantra, the day shall come when you shall have the light within you. You will find it equal to you cannot say what. There is no vocabulary and there is no tongue which can just say how bright that light is. But remember that light you shall see. That is the only light through which you can overcome the cycle of karma. Then nothing disturbs you. Then you live normally, and you are beyond the power of the cycles of time and space."

Note: For further information on this mantra, see Kundalini Yoga/Sadhana Guidelines, pages 37-38.





MEDITATION TO END AN ARGUMENT

What It Will Do for You

There are always times in a marriage relationship where husband and wife do not get in an Infinite and graceful consciousness. They want to yell and argue. They have lost the ability to listen, be silent, and act as a single unit of energy. When you have argued and talked until you can talk and argue no longer, do this meditation together. It will break the spell of intolerance and confusion and disperse any latent anger. Ending an argument this way will maintain peace in the subconscious realms so you do not carry the dispute into unrelated areas and times of your relationship.

How to Do It

Sit 4 to 5 feet across from your partner, in easy pose with a straight spine. Make fists of both hands. Put both fists with back of hands towards you, 6 to 8 inches in front of the third-eye point. Extend and press the thumb tips together until they become very white. (There is no need to press very hard, just firmly.) Be sure to let the last joint of the thumb relax and bend as much as possible. Eyes closed. The mantra is WHA GURRO.



With deep, powerful breaths, each partner alternates saying the mantra. Make the pitch as high as possible. You should feel the vibration at the nose and third-eye point when you say GURRO. The sound WHA lasts about 1 second and the sound GURRO about 7 seconds.





Listen to each other's sound. If the sound is correct, it will penetrate the skull and seem to be inside you.

Warning: It is essential to keep the eyelids closed. If they are open, you will get faint and dizzy in a few strokes of the chant. If your eyes are closed, you are protected, and the effects on consciousness will happen in 8, 9, 10, 11 or so repetitions.

Continue for 2 minutes. -- 16 Jan 75

Comments

The mental frame from which you see yourself and the world will be totally shifted within and without by this exercise.

Note: See Kundalini Meditation Manual, page 53, "Meditation to Transcend Individual Consciousness and Anger."

On Fighting: To Man

- Your wife fights you, you fight your wife because sometimes opposite nostrils work. The magnetic fields are on a negative frequency and then collision happens and the polarity changes. All you have to do is go near a woman at that time and she'll feel she's been bitten by a snake. You don't know what's gone wrong.
- By being in conflict we are damaging our own psychic power.
- No relationship is meant to be ego. Relationship is meant to complement and supplement each other. It's a total service trip.
- Argument is her basic nature. Have you seen any man who can win an argument with a woman? He usually gets angry and breaks walls, a head or a plate. In the game of words she's sharper than you. She'll make you totally frustrated. There's a decent and divine way -- just be silent.





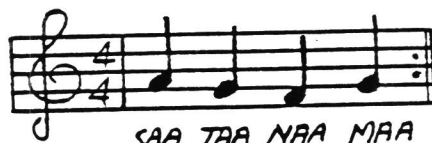
On Fighting: To Woman

- A line from the scriptures: "Woman, you must understand as a human being you can't keep barking the whole night with the dogs." Now this is not a put-down on men. The animal nature of man is that when you confront him he likes to bark at you. Abusively rudely, he will put the whole hot-pot on you. Your alternative is to be suggestive.



KIRTAN KRIYA TO CLEAR THE CLOUDS

Sit in easy pose back to back with your partner. Hands are in gyan mudra at the knees (1). Meditate at the third-eye point. The mantra is SAA TAA NAA MAA:



SAA TAA NAA MAA

As you chant SAA, touch the forefinger to the thumb (2). On TAA, touch the middle finger to the thumb (3). On NAA, touch the ring finger to the thumb (4). On MAA, touch the little finger to the thumb (5).





As you chant each syllable, visualize energy entering the top of the head and pursuing an "L"-shaped course out through the third-eye point, projecting out to Infinity. This energy flows along the energy path called the golden cord, connecting the pineal and the pituitary glands.

Begin chanting in a normal voice for 5 minutes. Then whisper for 5 minutes. Vibrate the mantra silently for 10 minutes. Then whisper for 5 minutes. And finally, chant aloud for 5 minutes.

When you have finished, stretch the hands up as far as possible and spread the fingers wide. Stretch the spine and take several deep breaths. Then relax.

Comments

The Siri Singh Sahib said at Winter Solstice of 1972 that a person who wears pure white and meditates on the SAA TAA NAA MAA sound current for 2½ hours a day for one year will know the unknowable and see the unseeable. Through this constant practice, the mind awakens to the Infinite capacity of the soul for sacrifice, service and creation.

For further information, see Kundalini Yoga/Sadhana Guidelines, pages 95-96 and The Teachings of Yogi Bajan, pages 3-4.

Note: It is also fine and very beneficial to practice Kirtan Kriya alone.



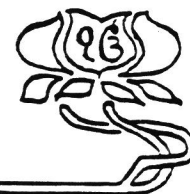


THE FANTASTIC KRIYA
(KHYAN KARAB KRIYA VARIATION 1: ADI KRIYA)



What It Will Do for You

1. This pranayam enables you to work hours and hours and hours. It is very invigorating, very energizing. It will give you a lot of strength. You can always feel very light. You will not fail to acknowledge the feeling that you are weightless. That happens because all of the functions become so individually tuned in and effective that you get into a state of youth as when you were a child, and everything was working perfectly.
2. The second advantage is to prevent forgetfulness when we grow old.
3. Holding the breath out flushes and purifies the blood; this is excellent for ridding the body of disease. Not only is the blood purified, but it has more power to absorb oxygen so that the main functions of the bodily organs gain a special kind of strength.
4. You will not project the signs of old age either through skin or features.
5. You will not grow fat.





How to Do It

Sit down with your partner in any comfortable meditative position that maintains a straight spine. Look like a man of God. Think of a good thought. Relax the arms and hands down in a comfortable position. Eyes can be closed half way, 9/10, or completely.

The mantra is the Mool Mantra: EK ONG KAAR, SAT NAAM, KARTAA PURAKH, NIRBHAO, NIRVAIR, AKAAL MOORAT, AJOONEE, SAI BHANG, GUR PRASAAD, JAP. AAD SACH, JUGAAD SACH, HAI BHEE SACH, NAANAK HOSEE BHEE SACH.

Inhale deeply, exhale while chanting the mantra, then hold the breath out as your partner chants the mantra. Build to 31 minutes. When this time is reached, you will have a sensation of weightlessness for about 10-15 minutes after completing the meditation.

Comments

There should be somebody with you. When you chant he holds, and when he chants you hold. It is a good combination for a husband and wife to relate to each other.

Woman is the symbol of shakti, that which comes from Infinite, self-created, and which stand behind. Shakta, that which takes the Infinite and stands in front. One is shakti and one is shakta; both are the polarity of the same divine force called God. Nobody is superior, nobody is inferior. One is the base, and pushes up. The other gets pushed up from the base. So there are not two different things. That is why the grace of God is in you as a male or as a female. It is your moral strength. That is your honor, and that is why we feel that a person should live in his heart, not head. Head is beautiful, head is not wrong -- but something is beyond head -- that is heart, the self, the being which throbs for somebody, which moves for something, which moves even when you don't move. Something which lives in you, when you feel you are dead, that is your heart. Brain can collapse and revive, but when the heart collapses and it doesn't revive, the brain won't even function. The value of the heart chakra is very definite.



SEARCHING FOR FINGERTIPS



Stand up, stretch, and walk around individually with arms at a 60° angle, fingers spread out. Touch only the fingertips of other people as you walk. Eyes are closed. Continue for up to 15 minutes.

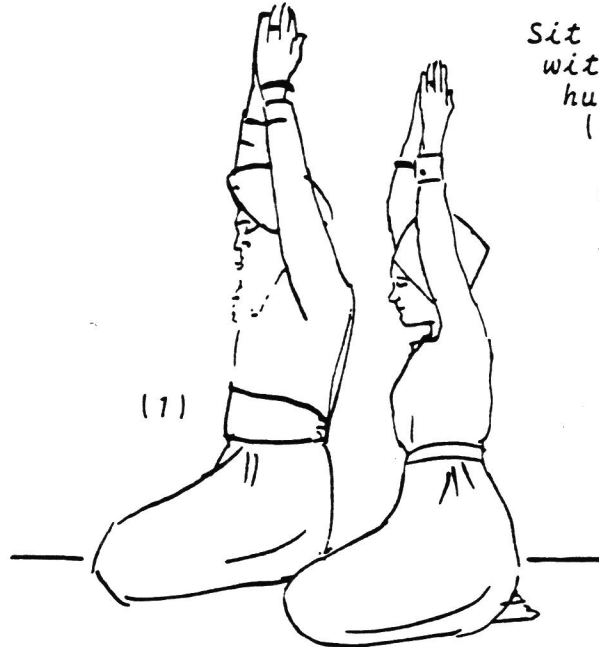
Note: Group exercises should be taught by an experienced instructor and carefully monitored.





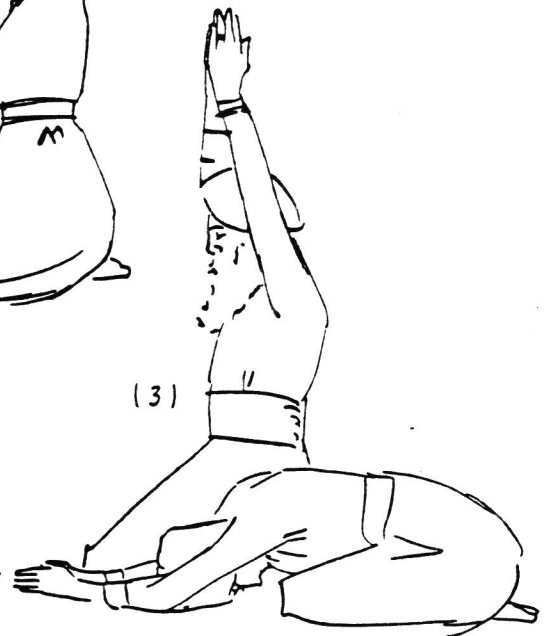
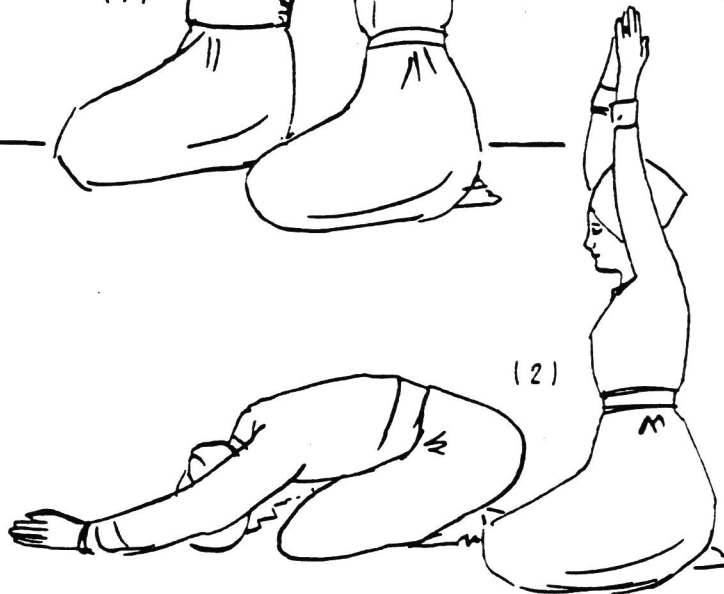
"ONG-SOHUNG" BOWING

Sit on your heels in rock pose, with arms overhead, upper arms hugging ears, palms together. (1).



Men chant ONG and then bow down into gurpranam (fore-head resting on the floor, arms resting on the floor over the head, palms together) (2). While the men are in gurpranam, the women chant SOHUNG.

Then the women bow in gurpranam as the men rise up to chant ONG (3).



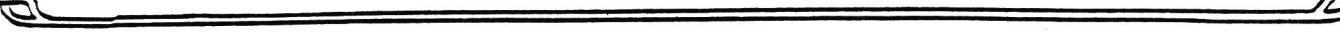
Continue for 3 minutes.

Note: Group exercises should be taught by an experienced instructor and carefully monitored.



(See note page 81 on pronunciation of "ONG.")



❁ APPENDIX TO VOLUME 1 ❁






 GLOSSARY
 

AAD GURAY NAMEH, JUGAAD GURAY NAMEH, SAT GURAY NAMEH, SIRI GURUO DEVAY NAMEH -- I bow to the Primal Guru; I bow to the Guru of all ages; I bow to the True Guru; I bow to the great, invisible Guru.

AKAAL MAHAA KAAL -- undying great death.

AURA -- energy emanations from the body including light, heat, sound, electromagnetic vibrations, emotions, and general health.

AUTONOMIC NERVOUS SYSTEM -- acts upon smooth muscles and heart muscles and the glands and governs such involuntary actions as reflexes.

BHAKTI -- devotion.

BHANDS -- locks (conscious muscular contractions of various chakras) used to pull energy up the spine.

BRAHMA -- the creator god of the Hindu sacred triad (Brahma, Vishnu and Shiva).

BREATH OF FIRE -- rapid abdominal breathing. Mouth is closed. See Survival Kit, pages 49-51 and Kundalini Meditation Manual, pages 24-25.

CHAKRAS -- seven nerve centers along the spine. Their projected centers of consciousness are as follows:

FIRST or MULADHARA chakra is the rectum.

SECOND or SVADHISHTANA chakra corresponds to the sex organs. It controls and transmutes sex energy.

THIRD or MANIPURA chakra corresponds to the navel point. This is the place from which the 72,000 nerves of the body emanate.

FOURTH or ANAHATA chakra, also known as the HEART CENTER, is located at the midpoint between the two nipples. It affects the heart and circulation and imparts a sense of equality, service and the capability to give compassion and true love.

FIFTH or VISHUDDHA chakra, where the nipples and throat form a triangle, imparts knowledge. Also known as the THROAT CENTER.



SIXTH or AJNAA chakra (THIRD-EYE POINT) is the area between the eyebrows and slightly above them. Corresponds to the pituitary gland. Imparts intuition.

SEVENTH or SAHASHRARA chakra, also known as the CROWN CHAKRA or SOLAR CENTER, is located at the top of the head. It corresponds to the pineal gland. Imparts extreme humility, universal consciousness, the ability to go beyond pleasure and pain.

CROWN CHAKRA -- see CHAKRAS

DIAPHRAGM -- a circular barrier of muscular tissue separating the lung cavity from the abdominal cavity.

EASY POSE -- sit in a comfortable crosslegged position with a straight spine (sukhasan). Chin tucked in (not out or up) so that neck vertebrae are straight.

EK ONG KAAR, SAT NAAM, KARTAA POORKH, NIRBHAO, NIR VAIR, AKAAL MOORT, AJOONEE, SAIBHUNG, GUR PARSAAD, JAP: AAD SACHSH, JUGAAD SACHSH, HAI BHEE SACHSH, NAANAK HOSEE BHEE SACHSH -- God is One; Truth is His Name; He is the Creator; the Fearless; Without Enmity; Immortal; the Unborn; Self-Illuminated; by the Grace of the Guru; Recite: True in the beginning; True throughout all the ages; True at present; Nanak, True He shall ever be.

EK ONG KAAR, SAT NAAM SIRI, WAHAY GUROO -- There is one Creator who has created this Creation. Truth is His Name. Great, indescribable beyond words is His wisdom.

EK ONG KAAR, SAT NAAM SIRI, WAHE GUROO G.O.D. -- See above. G.O.D. = the three aspects of God: Generating, Organizing, and Destroying.

ELECTROMAGNETIC FIELD -- see MAGNETIC FIELD.

FINGERS -- each of the fingers has a special name in yogic practice and is associated with a special effect or ability. The THUMB, also known as dragon's head and dragon's tail, is associated with ego. The INDEX or JUPITER finger corresponds to knowledge or wisdom. The MIDDLE (SATURN) finger is associated with emotional control and patience. The RING (SUN) finger





represents vitality, health and life energy. The LITTLE (MERCURY) finger involves the ability to communicate.

GOBINDAY, MUKANDAY, UDAARAY, APAARAY, HARY'NG, KARY'NG, NIRNAAMAY, AKAAMAY (the Guru Gaitri Mantra) -- Sustainer, Liberator, Enlightener, Infinite, Destroyer, Creator, Nameless, Desireless.

GOBIND -- another form of the word GOBINDAY (Sustainer).

GUROO GUROO WAHAY GUROO, GUROO RAAM DAAS GUROO -- The first part of the mantra projects the mind to the source of knowledge and ecstasy. The second part means, "The wisdom that comes as a servant of the Infinite." It is a mantra of humility which allows the finite to experience Infinity.

GYAN MUDRA -- finger position which brings wisdom or knowledge. There are two forms: For RECEPTIVE GYAN MUDRA, put the tip of the thumb together with the tip of the index finger. The other fingers are extended and joined. For ACTIVE GYAN MUDRA, bend the index finger under the thumb so the fingernail is on the second joint of the thumb.

HAAREE, HAAR, HAREE, HAR: names for God in His creative aspect.

HARY'NG -- Destroyer (name for God).

HEART CENTER -- see CHAKRAS.

JUPITER FINGER -- see FINGERS.

KHALSA -- "the pure ones."

KRIYA -- technique used in Kundalini Yoga to produce an altered state of consciousness. It can be a meditation, an exercise, or both. "Kriya" means "completed action."

KUNDALINI -- latent natural energy within each individual.

KUNDALINI YOGA -- the yoga of awareness, a technique to awaken the creative potential in a person. It has been kept secret until brought to the West by Yogi Bhajan in 1969.





LIFE NERVE (SCIATIC NERVE) -- the longest nerve system in the body. It extends from the pituitary down the spine, branching in the pelvis to go down each leg and ending in the big toe. The SCIATIC NERVE is that branch of the system which starts at the lower back and extends down the outside of the thighs to the feet.

LONG DEEP BREATHING -- abdominal breathing with long, complete inhalations and exhalations through the nose. See also Survival Kit, pages 47-48.

MAA -- rebirth.

MAGNETIC FIELD -- the electrically charged field which surrounds a person. A person with a strong magnetic field will be a strong, magnetic person.

MAHAA BHAND -- application of NECK LOCK, diaphragm lock, and MOOL BHAND (ROOT LOCK). Contract the muscles of the rectum and sex organs and draw them up towards the navel point; pull in on the navel point and up on the diaphragm. Pull the chin back (not down or up) so that the neck vertebrae become as straight as possible.

MANTRA -- mind projection: a technical device for regulating the mind. The words of each mantra have a particular quality, rhythm and effect.

MERCURY FINGERS -- see FINGERS.

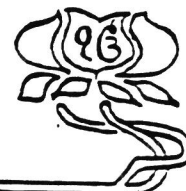
MOOL BHAND (ROOT LOCK) -- applied by contracting the muscles of the rectum and sex organs and drawing them up towards the navel point, and pulling in on the navel point.

MUDRA -- hand position relating to energy flow of a particular meditation.

NECK LOCK -- pull the chin back (not down or up) so that the neck vertebrae become as straight as possible.

ONG -- God as the Creator in manifestation and activity. In contrast, the mantra OM denotes God in His absolute or unmanifested state.

ONG NAMO, GUROO DEV NAMO -- I bow to the Infinity of the Creator within; I call on the Infinite Creative





Consciousness, I call on the divine wisdom.

PARASYMPATHETIC NERVOUS SYSTEM -- the part of the autonomic nervous system that induces secretion, increases smooth muscle tone, and dilates blood vessels.

PINEAL GLAND -- a small hormone-producing appendage of the brain. Medical books say its function is unknown. In ancient times, this gland was called the "seat of the soul." It lies deep in the center of the skull, like a small inverted mushroom 8 mm long. Recent research shows that it is an active secreting gland, and that sunlight is necessary for its proper functioning. The gland provides a natural time-keeping mechanism that enables animals to maintain precise rhythm. Natural light, as well as music and color, activate the gland. It also has a tranquilizing effect associated with homeostatic equilibrium. The pineal gland corresponds to the CROWN CHAKRA at the top of the head, also known as the seventh chakra, the gateway to perfect peace and harmony in universal consciousness.

PITUITARY GLAND -- master gland which controls the whole endocrine system. This small oval organ of the brain produces various internal secretions directly or indirectly affecting most basic body functions. The pituitary gland is just behind the third-eye point.

PRANA -- life force carried by the breath.

PRANAYAMA -- science of breathing

RAA RAA RAA RAA MAA MAA MAA MAA SAA SAA SAA SAT HAREE
HAAR HAREE HAAR -- RAA: sun; MAA: moon; SAA: Infinity, cosmos, beginning; SAT: truth; HAREE, HAAR: names for God in His creative aspect.

ROOT LOCK -- see MOOL BHAND.

SAA TAA NAA MAA (the Panj Shabad) -- the bij or seed mantra SAT NAAM broken down to its nuclear form of five primal sounds: S,T,N,M and A. SAA means Infinity; TAA birth; NAA death and MAA rebirth. The totality includes both finite and Infinite.

SAT KARTAAR -- True Doer

SAT NAAM (a bij or seed mantra) -- Truth is the Name of God, Truth is the Identity or "Name."



SAT NARAYAN WAHAY GUROO, HAREE NARAYAN SAT NAAM --
 SAT: true; NARAYAN and HAREE: names for God;
 WAHAY GUROO and SAT NAAM: see Glossary notes.

SATURN FINGERS -- see FINGERS.

SCIATIC NERVE -- see LIFE NERVE.

SHAKTI -- power (female)

SOHUNG -- "I am Thou."

SOLAR CENTER -- see CHAKRAS.

SOLAR PLEXUS -- a nerve network in the abdomen. See
 also CHAKRAS.

SUN FINGER -- see FINGERS.

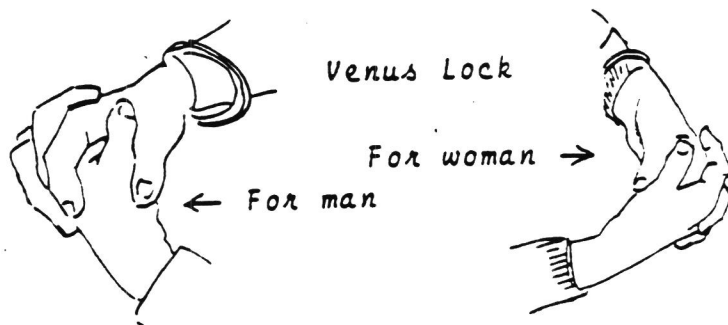
TANTRA -- the union of the male and female principles
 of the universe. This is not sex; it is a cosmic
 science. White Tantric Yoga as taught by Yogi Bhajan
 clears the subconscious of its garbage, enabling
 clear, harmonious communication to take place.

THIRD-EYE POINT -- see CHAKRAS.

THROAT CENTER -- see CHAKRAS.

VENUS KRIYA -- yogic exercise or meditation done by
 a couple.

VENUS LOCK -- this mudra, or hand position, channels
 sexual energy and balances glands. Interlock the
 fingers, left little finger on the outside of the
 hand. Men should have the right thumb on the out-
 side of the hand, and women should have the left
 thumb on the outside. The outside thumb should
 press down firmly on the pad below the inside thumb.
 The inside thumb should press into the webbing be-
 tween the forefinger and thumb of the opposite hand:





WAHAY GURUO -- WAHAY is an untranslatable expression of one experiencing the Creator's supreme power. It is ecstasy. GURUO means the wisdom, the sense of higher wisdom.

WHA, WHAHO: variations of WAHAY.





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ON
YOGI
BHAJAN

Yogi Bhanan, master of White Tantric Yoga and Kundalini Yoga, started teaching in America in January 1969. He is Director of Spiritual Education for the Healthy, Happy, Holy Organization (3HO), which has now expanded to over 100 centers teaching Kundalini Yoga throughout the world.

In 1971, he inaugurated a whole new concept of teaching for women which has been the catalyst for dynamic change in the lives of thousands of women. Out of this developed Khalsa Women's Training Camp (an annual event) and the Grace of God Movement Women of the World (GGMWW).

Yogi Bhanan now travels constantly, lecturing and teaching White Tantric Yoga and Meditation courses. Despite the amazing popularity of the spiritual way of life he has inspired in a basically materialistic era, Yogi Bhanan remains a humble and pure channel of the Infinite:

"Somebody just shared his knowledge with me and by the grace of God I collected it. We are in a desert, and I have a little water with me that I want to share with people. Does that make me a water man? Am I the rain? Am I the clouds? Am I the ocean? No. I am just a little can of water in the desert to which people can touch their lips and think of surviving. Beyond that, I am nothing." -- Yogi Bhanan, 27 May 76





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