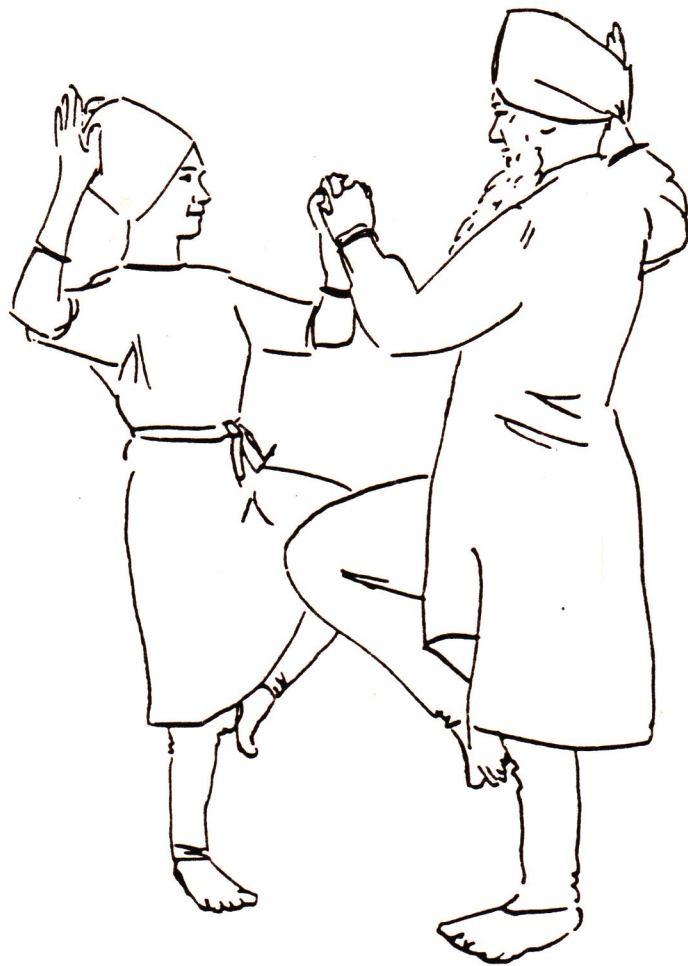


Volume 2



*Relax & Rejoice:
a Marriage Manual*

by
Yogi Bhajan

Volume 2



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With the intention of having as much relevant material as possible under one title, we have drawn on both previously unpublished material and various published information.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

Copyright 1982 Harbhajan Singh Khalsa Yogiji (Yogi Bhajan).
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.

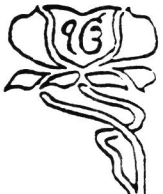




CONTENTS -- VOLUME 2

	<u>Page</u>
Foreword.....	iv
Contents.....	vi
Index to Meditations.....	vii
Subject Guide to Sayings of Yogi Bhajan Included with Meditations...	ix
Marriage - Honoring the Word.....	1
On Marriage.....	7
Understanding Sexual Behavior.....	13
Exercises for Male Potency.....	24 ff.
On Intercourse.....	33
Meditations to Deal with Problems in Relationships.....	39 ff.
Appendix to Volume 2	
<i>Lavan (The Wedding Song)</i>	133
Recovering the Lost Art of Marriage (by M.S.S. Gurushabd Singh Khalsa).....	135
Marriage Mandala (by M.S.S. Gurucharan Singh Khalsa).....	144
Glossary.....	155
Books on Related Topics.....	162
On Yogi Bhajan.....	165





INDEX TO MEDITATIONS

	<u>Page</u>
Remarkable Meditation: The Wahay Guroo Whisper Meditation for Success, Happiness That Lasts, Simplicity and Grace, Breaking Through Ego to Selflessness, to Never Be in Pain Again, for Automatic and Effortless Divine State.....	40
Bedtime Meditation to Love Better and Fight Better....	44
Transcendental Meditation to Become a Charming, Passionate and Tolerant Spouse.....	46
Meditation for Security.....	48
Meditation for Financial and Marital Stability.....	51
Meditation to Free You From Fears and Neuroses.....	52
Meditation to Make Your Worries Look Little.....	55
Meditation for the Penniless: To Tap Opportunities Around You.....	56
Meditation to Bring Innocence and Dispel Fear.....	60
Meditation to Take Away Hardships.....	61
The Million Dollar Therapy -- To Get Unstuck from the Material Plane.....	62
Meditation for Aggressiveness or Emotionality.....	65
Meditation to Remove Negative Thoughts.....	66
Meditation to Remove Self-Imposed Limits and Enhance Intuition.....	68
Meditation for Thinking Before You Speak.....	70
Meditation to Avoid Saying What You Don't Mean.....	72
Simple Meditation to Overcome Feeling Crazy.....	75
Meditation for Effective Communication.....	76
Meditation for Positive Communication.....	78
Meditation to Communicate Better and Unblock the Subconscious.....	80
40-Day Meditation to Regain Youth.....	83
Meditation to Deal with Frustration.....	84
Meditation for Trust.....	87
Meditation to Make an Angry Idiot Calm and Gentle.....	90



Meditation to Avoid Doubt, Frustration and Anger by Strengthening the Inner Voice.....94

Meditation to Eliminate Outrageous Behavior and Produce Happiness.....96

Meditation for Patience and for Positive Wakeup.....99

Evening Meditation Against Loneliness and Restlessness.....100

Meditation to See the God in Your Partner or Others..103

Meditation for Love Without Attachment, for Kindness, Forgiveness, Sweetness, and Knowing God Is You.....104

Meditation to Open the Heart.....108

Meditation to Console.....110

Meditation to Perfect the Power of Prayer.....112

Meditation for the Ability to Make Clear Decisions...114

Meditation to Cleanse the Subconscious of Guilt.....116

Meditation Against Temptations.....118

Meditation to Eliminate Thoughts You Dislike.....121

Meditation to Remove Too Much Itchy Desire.....122

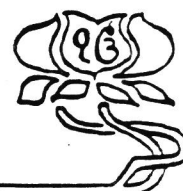
Meditation to Heal a Broken Heart.....124

Meditation for Women to Get Rid of Unwanted Horniness.....125

Meditation to Get Out of Undesirable Desire and Weird Dreams.....126

Meditation to Change a Man Who Is Just Nothing to Everything.....128

Man's Meditation to Keep Clear of His Wife.....129





SUBJECT GUIDE TO THE SAYINGS OF YOGI BHAJAN
INCLUDED WITH MEDITATIONS

<u>Subject</u>	<u>Page</u>
Anger.....	74, 92, 98
Arguments.....	70, 82, 85, 92, 103
Attachment.....	68, 69, 105, 119
Behavior, Outrageous.....	98, 111
Being Great.....	55, 88, 97, 119
Blame.....	103, 105
Communication, Speech.....	70, 71, 73, 74, 77, 79, 81, 82, 88, 103 105, 109
Decision-Making.....	83, 115
Desire.....	127
Doubt.....	60, 88, 127
Emotional Upset.....	65, 92, 95, 102, 127
Enemy, Inner.....	60, 110, 119
Evening Restlessness.....	102
Fear.....	60, 69, 93, 116
Fighting and Love.....	45, 85, 105, 106, 109
Flirtatiousness, Temptations....	111, 118, 119, 120
Frustration.....	85, 86, 105, 111
Grace.....	55, 97, 98, 105, 106
Gratitude.....	55, 105
Greatness.....	55, 88, 97, 119
Guilt.....	60, 69, 116
Habit Patterns.....	54, 105
Heart, Opening.....	105, 109
Inner Enemy.....	60, 110, 119
Innocence.....	60
Insecurity.....	49, 50, 63, 89, 98, 105, 119





Jealousy.....	54, 85, 88, 95, 98
Limitations, Attachments.....	68, 69, 105, 119
Loving and Fighting.....	45, 85, 105, 106, 109
Making Decisions.....	83, 115
Material Wealth.....	63, 119, 120, 127
Money.....	64, 119, 120, 127
Negativity.....	66, 67, 74, 79, 103
Opening the Heart.....	105, 109
Outrageous Behavior.....	98, 111
Prayer.....	74, 102, 113
Restlessness, Evening.....	102
Speech, Communication.....	70, 71, 73, 74, 77, 79, 81, 82, 88, 103, 105, 119
Strategy, Wifely.....	47, 82
Strength.....	83, 115
Subconscious.....	54, 66, 81, 98, 116, 117
Suffering.....	60, 97
Talking Too Much.....	71
Temptations, Flirtatiousness....	111, 118, 119, 120
Trust.....	74, 88, 89, 98
Unhappiness.....	67, 88, 97, 98, 111, 119, 123
Upset, Emotional.....	65, 92, 95, 102, 105, 127
Wealth, Material.....	63, 119, 120, 127
Wifely Strategy.....	47, 82
Youthfulness.....	83





MARRIAGE — HONDRING THE WORD

by
Yogi Bhejan

It is an ingrown desire of a woman to become a mother. *Bij mantra serab ko gian.* The very seed of the mother has the knowledge to be a mother. To fulfill this desire, she has the desire to mate with a male. With these two strong desires there is a very powerful desire in every woman's heart to have comfortable, cozy and secure environments. Also, you will be surprised that as long as you ovulate you have a desire to look pretty. This desire is called *washna*. *Washna* means: a very subtle desire in the subconscious mind. Consider that if this desire of the subconscious mind did not exist in a woman, no woman would ever marry a man. All these houses and cities do not come because men ever desired them. Fundamentally, by nature, man doesn't believe in a home. I am just giving you the psychological differences so that you can basically and truthfully understand your role in relationship with the role of a male. These roles are not the same at all. If it were left to men, you all would be living with a back pack. To have a home, to have protection, to have security, save some money, save some food, all this paraphernalia is the invention of her subconscious mind. Therefore, it is very correct when they say woman is the axle of human society. Man comes home when necessity brings him; woman goes out of the house when necessity takes her out. These subtle differences of subconsciousness are supposed to be very well known by us.

In Western society dating has become a nonsense. In the beginning, the idea of dating was very pure. Now you have exploited it sensually and sexually. Previously, when two families liked a relationship, the boy and girl would go, sit down in a very cozy, private environment, and discuss their sincerity and seriousness about life. Now it is just going to a restaurant or a movie and dropping back at somebody's apartment for some reason.

In ancient societies, there was a procedure called *scamber* in which, when a woman turned 16, she used to declare the requirements and conditions for a male to qualify as her husband. These were then published. A date was fixed when she was 18 years old when any well known person in the society who fulfilled those conditions from among all the competitors would be considered worthy of her hand.





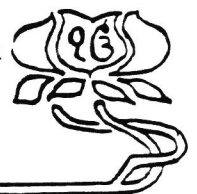
If there was more than one person who could fulfill the conditions, she would select the one she liked. A *soamber* marriage was the first institution of marriage known to human society.

Later marriages were arranged or were by individual effort. Today let us discuss the pros and cons of arranged marriages. The system was that each family used to have a *prohat*. A *prohat* is a person who knows every accident, incident and fact about the child from birth through the present. Whenever the daughter crossed the 16th. year, an indication would be given to her *prohat* to find a suitable match. Two *prohats* would sit together to exchange notes on the marriageable boys and girls they had. They discussed age, beauty, caste, dowry, efficiency, education, father, genes — every detail of compatibility from A to Z. Now we use computers; these *prohats* were old-time computers. They would consider these things in detail: health, economic position and circumstances, ability to raise and provide for a family, social status, social structure and family history. Then they brought the proposal to both parents who would discuss those details. If the parents approved, then the details would be given to the brothers and sisters of the family for their approval. Meanwhile, the girl and boy didn't know the arrangement. Finally, when everything was settled completely between both families, the boy and girl were informed. They were allowed to decide whether they liked the relationship or not. The philosophy is in the old saying, "Love starts after marriage and is lived up to death."

The advantages of arranged marriages are that there is economic and social security. All details, pros and cons, are checked out very properly, and the involvement and concurrence of the relatives provides a further social security. But in many cases the young people today do not like this kind of marriage.

The disadvantage of this kind of marriage is there is no kick and joy out of the emotions and it almost never satisfies the ego. In a non-arranged marriage, it is the ego of the two which keeps them together for a long time. "Well, I selected this man. It doesn't matter how nasty he is." Or he will say, "I chose this girl. It doesn't matter how sloppy she is." Their egos play a most important role. That is the only disadvantage.

As the society has become individualistic, arranged marriages have become very rare. This gave an opening to premarital, material relationships. It also brought





into societies the institution of unwed mothers and an unsocial attitude between the relatives and the husband and wife. In marriages where the parents do not approve, it is nothing but a hassle for the rest of the life. Or the marriage doesn't suit the brothers and sisters, or vice versa. There are a lot of situations in marriages that will surprise you. In only a few cases the mother-in-law accepts the daughter-in-law. This is because of woman's psychological deficiencies. She does not take care of the pros and cons of other women. Every mother-in-law thinks she knows better than the daughter-in-law. But when that mother-in-law was a daughter-in-law, *her* mother-in-law knew better than she. It is natural.

The best course for a human relationship is for each couple, when they get married, to take a vow to do their job and play their part right. Whether your parents and relatives approve of it or not, you should always be respectful to them. Every marriage can become successful if both partners play their part honestly. Now, it is not possible that in marriage dark days won't come. In reality, marriage is an institution where two individuals of opposite polarity decide to build a cozy environment which is called a home, and then through the thick and thin of the time, they adjust their behavior. Without adjusting the behavior, no marriage is possible. People feel that divorce gives a way out when two cannot live together. Why hang them together? No divorce has solved the problem. Basically divorce creates problems. If you divorce a man with 28 mistakes and marry a man with 18 mistakes, you have only overcome 10. And then after a couple of years of marriage you'll find the guy actually had 38!

The question arises: *What is an ideal marriage?* Ideal marriage is a way of life in which a husband and wife compromise to face the time and space together for the security of their own life and their children's. These days many marriages are dissolved between the ages of 36 and 45. That is a period when marriage has become a boredom, and everybody wants to look to new values. You must be aware that nobody looks to new values and there is no such thing as boredom. Marriage is the institution which cannot get boring because it is a continuous hassle against time and space. How can a thing become boring when you have to exert every minute of your life to keep it going?





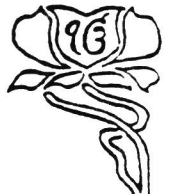
The life cycle runs by 18 years, the mental cycle by 7 years, and the conscience cycle by 11 years. So between the ages of 36 and 45 the development of two individuals needs more sacrifice, more cohesiveness and more understanding. This period of life is known as the renewal of values. And, if in renewing values we re-establish different values but do not discard our basic object — that we are married to keep things going — then divorce will hardly be possible.

Marriage is an institution which depends upon honoring the Word. There is nothing more precious than one's word. In the beginning there was the Word, the Word was with God and the Word is God. That is why the scriptures say, "Whosoever honors the word of his marriage is honored in the court of the Lord." The Word of God is nothing but a test of two individuals, a given promise. The Guru says, "*Bhai jina di pakareeay sar dije bhaena charrie*: Once you give your hand to somebody in the relationship, let your head roll off but not your hand go." The institution of marriage can be anything in ritual. But in reality it is an honest, living Word of two individuals. And it must be lived unto God, unto the last breath, through time and space, come what may. If this is missing, everything is a sexual, physical, emotional relationship for temporary convenience. It is mental prostitution. So don't misunderstand the institution of marriage, its cause and effect.

It has been found that during the pregnancy, as woman goes through the psychological, physical and mental changes, she forgets the basic value that it was the woman who married the man, not the mother of the child. The child is the by-product of the relationship. The by-product should not be given a preference over the basic relationship. It is a common fault which has been found in 40% of the marriages, and it is a common complaint which exists in 80% of the husbands. They feel they are neglected, unloved, and separated from the love of the woman the moment she becomes a mother. No intelligent woman should allow this to happen.

Another thing in life which always kills marriage is competition between work and attention to the self. This iceberg of emotional tendencies has caused 30% of marriage destruction. A man leaves home at 6:30 and is supposed to be at work at 9 o'clock. From 8:00 to 4:00 he does his job. To him, coming back home is a desire to relax, be taken care of, be happy — exactly as a child comes home from school. But when that man,





in the shape of an adult but with the mind of a child, comes back home, you have been waiting eight hours for that opportunity to grab him. There comes the conflict. For example, "Darling, Mrs. X called up at 3:30 today. I was trying to reach you at work, but you were at a meeting. It is their child's birthday. I have already bought the present, and I think we should go." And the husband says, "Just wait a minute." He goes and opens the back of his car and brings in a huge bundle of papers, and she says, "What is this? Have you brought a present also?" He says, "No, this is the office work which my boss wants me to complete at home, and I'm supposed to give it to him at 10 o'clock tomorrow. Now there is a definite clash. A wise woman will permit him to work, go herself with the present, apologize for the circumstances, cover her husband socially, gracefully. There is one tendency of men which is very strong, but they don't talk about it. Basically every man desires his mate to cover him socially with grace. If a woman is not covering him socially and gracefully, he may not complain, but he will never forgive her.

Two things in life man will never say directly: when he sexually desires you and when he's mad at you because you didn't protect him socially. They will start picking at different things for different reasons and will not talk directly at that time. Social coverage of the personality of a male is the strongest vitamin or protein you can give him. If a woman knows the art of covering a man socially and protecting his interest economically, she doesn't need any other qualification. Out of this relationship of marriage the male needs a social and economic protection, whereas the woman needs social and personal security.

Some societies, because of their social, regional, geographical and climatic environments, have different rituals about marriage throughout the world. But in reality it is not wrong to say marriage is a carriage of taking responsibility and reaching up to Infinity. One girl sat with a boy and they started discussing their matrimonial proposal. The girl said, "Suppose my dear, I lose my legs and hands." He said, "Dear, I'll become your legs and hands." She said, "Suppose I lose my eyes." He said, "Dear, I'll become your eyes." And finally in the end she said, "Suppose, dear, I lose myself." And he said, "Darling, then I'll become yourself." She said, "All right. I think we must marry each other."



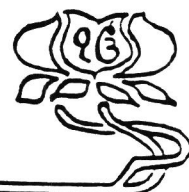


Marriage is to lose yourself into one another. It is the process of amalgamation. If you put copper and zinc together, you'll end up with a new alloy — brass. There is neither copper nor zinc. In the institution of marriage two people become totally intermerged. They lose their basic properties and come out with a common alloy which is socially known as a married couple, with totally different virtues and different allocations of duties in life.

There is a situation called mental reservation which destroys the most happy marriage. Therefore, if you ever come across such a situation, it is much better not to let your mental reservation develop but to openly discuss it with your mate and try to overcome it, and in case you can't overcome it, you should consult a professional on the subject.

Now we come to a very difficult topic: the behavior of marriage in relation to becoming parents. It has been found out that when the woman becomes the mother she gets more attached to the child than to her husband. This is the first situation in marriage which creates a subtle jealousy. As young people or as young married people, you have a certain behavior. But when you become parents, sometimes the woman changes the values of life drastically. It is a very, very sad situation. And that has been a cause of ruining many marriages. Actually speaking, a child should be considered as a trust of both and a gift of God.

In the Western world, if anything has been very shabbily treated it is the institution of marriage. But if there is anything important in human life, that is the institution of marriage. When you are not socially or structurally or sexually compatible, mental imbalance is always the background. In such cases, both partners must discuss their mental backgrounds — possibly with an expert — and try to overcome their difficulties.



 ON MARRIAGE 

by
Yogi Bhajan

- Life is like a nest which must be built straw by straw. Its composition should be according to requirements, its coziness should be to the standard of delicacy of softness, its place and height should be to the standard of safety, and it must be protected by the will of Infinity. Don't count the deficiencies and demerits of your comrade or partner of life. Remember the merits and add as many as you can. Count your graces or blessings and worry not for tomorrow. Tomorrow is the extension of yesterday. Whosoever does not master yesterday has a very bleak tomorrow. Learn from your sufferings and you will always avoid sufferings.
- We have totally forgotten the beauty of the marriage institution! It comes from the word "merry," which means to be happy, to live together in a happy atmosphere. That's all gone. Now it's a matter of convenience, a matter of security, a matter of satisfying the sex instinct.... The fundamentals are wrong, the bargaining. Don't marry for values.
- Married life is not a partnership but a total polarization of energy and trust.
- Marriage is a commitment between you and God. Not to husband or wife.
- Marriage is to raise the seed of the male whom you love totally and completely and egolessly.
- Marriages go wrong because we relate to a fixed proposition socially and want that goal and we rebel from a righteous way of life.
- Get married exactly like you buy a car. Payment, maintenance, insurance, careful driving. Americans buy a car and don't put water in. Check the do's and don'ts!
- The purpose of marriage is to fulfill the potential of the polarity.
- Your basic foundation lies in how happily you can be married.





- In the Western world, if anything has been very shabbily treated, it is the institution of marriage. But if there is anything important in human life, that is the institution of marriage.
- Marriage is when there are two bodies and but one soul.
- What is an ideal marriage? The ideal marriage is a way of life in which a husband and wife compromise to face the time and space together for the security of their own life and their children. These days many marriages are dissolved between the ages of 36 and 45. That is a period when marriage has become a boredom, and everybody wants to look to new values. You must be aware that nobody looks to new values and there is no such thing as boredom. Marriage is the institution which cannot get boring, because it is a continuous hassle against time and space. How can a thing become boring when you have to exert every minute of your life to keep going?
- The Guru says, "Once you give your hand to somebody in the relationship, let your head roll off but not your hand go."
- The institution of marriage can be anything in ritual. But in reality it is the honest, living word of two individuals. And it must be lived unto God, unto the last breath, through time and space, come what may. If this is missing, everything is a sexual, physical, emotional relationship for temporary convenience. It is mental prostitution. So don't misunderstand the institution of marriage, its cause and effects.
- In reality, marriage is a carriage of taking responsibility and reaching up to Infinity.
- Marriage is to lose yourself into one another. It is a process of amalgamation.... If you put copper and zinc together, you'll end up with a new alloy, brass. There is neither copper nor zinc. In the institution of marriage, two people become totally intermerged. They lose their basic properties and come out with a common alloy which is socially known as a married couple, with totally different virtues and different allocations of duties in life.
- Marriage is an institution. There is nothing wrong with institutions. It's a well-protected, laid down, experienced institution. It's a creative institution of human consciousness. Marriage is a carriage of





united consciousness, united happiness. It's a yoga. You get married. If you feel separate in one account, you'll feel separate in every account. Why do our marriages break? Because we feel separated on one account and united on other accounts. That's not the way this institution is established. We found out that individual consciousness cannot help marriages.

- Marriage is an institution which depends upon honoring the word. That is why the scriptures say, "Whosoever honors the word of his marriage is honored in the court of the Lord."
- Every 7 years a change happens in life. Your life is on a 7-year cycle. Every 7 years your marriage should be on a new platform. Growth must happen.
- After marriage you must protect your marriage. Marriages are organic. They have to live and grow.
- Marriage is an organized, clever, diplomatic hassle.
- The institution of marriage is a test of the total human caliber. It is the most difficult thing in the world to remain married. Marriage is the greatest problem. What is a marriage? It is two egos united. Marriage is nothing. Don't think that marriage is sex. You can pay \$100 and have sex. Sex is not a problem. People masturbate; they don't need anybody. People can have sex in the same gender; they don't need the opposite sex. They are happy. They are gay, they enjoy it. They feel they are perfect. Some people just meditate and they have a better ejaculation taste than any physical ejaculation. They don't need sex. That's not the problem. Though sex is a most powerful instinct, still it is not the most powerful instinct.
- People get married. I ask them, "Why did you get married?" "Oh, I love him!" It's an absolute lie. It's just like a traveler who got tired and took a staff in his hand. Somebody told him, "Oh, your staff is beautiful!" "Oh, I love it!" No, you don't love it. Your legs cannot carry you. You're carrying a staff to carry you. If your legs would have carried you, why the hell would you need a staff? When you cannot handle your emotions, then you get somebody to lay them on. And normally, 90% of marital relationships are based on that. We call it emotional co-currents. In humanology, the emotional





co-currents are relationships which are based on security for leaning on each other. You want to get in your mud, and you want somebody on the shore to get in and when he pulls you out you pull him in. They call it a game of chance.

It's very well illustrated. There's a mud pool and you get into a mud pool first, play with the mud. You're in the mud pool, and then you pretend that you can't get out. You need help. He who loves you must pull you out. Bull! And that idiot who will give his hand you will pull into the mud. And you come out and say, "Try to come out too!" They call it co-current behavior.

- There was a study done of 75,000 marriages. We found out they end up in divorce because of one thing, and that's when the wife starts to become the mother of the husband. Where they grow to the point that she starts mothering the husband. That's why reactions of rejection came from him, and in that reaction man always wants to get rid of the woman.
- The one yoga of all yoga is married life; a deep understanding of a woman, a deep understanding of a man, a deep understanding of human relationship, coordination, togetherness, coziness of the self and the relationship.
- The time has come when we should live as one. Forget finding God, I do not know who God is. Let us be very clean and honest and clear, and he will find us. Don't run after him; he will run after you provided you know how to stay clear, provided you know love, provided you know how to stand honest.
- The institution of marriage is two polarities joined together to pull life together through hard and even times. But nowadays we think of relationship as staying together through even times only. How can it be possible that through any relationship you cannot have hard and even times?
- In any relationship, when there is any desire or exploitation involved, this relationship is known as living *at* someone. Living *with* people is when you join forces with people to inspire other people toward happiness. Living *for* people is when you are willing to sacrifice your material, mental, and energetic spiritual strength to raise and elevate another man. These are the three types of relationships. The





third type which makes you live for other people makes you immortal, the second type of relationship makes you happy, and the first kind of relationship makes you miserable. And this pattern of behavior decides our destiny.

- Husband and wife can't be negative at the same time. When one is negative, the other is positive. You can never be still. Either you are on the way up or down. Marriage is a carriage of a united soul. Souls must join. I must understand you. You must understand me. God provides the understanding. Stand under.
- When you are not socially or structurally or sexually compatible, mental imbalance is always the background. In such cases both partners must discuss their mental backgrounds, possibly with the help of an expert, and try and overcome their difficulties.
- The secret of a happy marriage: Make things happen together.
- Remember, marriage is not a permanent institution. Marriage can be followed by divorce. It is your intelligence which can stop divorce. Be alert. Second, put your domestic guidelines in your memory and let the vehicle of marriage run on that lane.
- You can marry an equivalent caliber. You can't marry an equivalent body. Marriage is not to a body, it is to a caliber. The majority of people suffer in marriage because they marry a body, not the caliber. You must have caliber and equilibrium to determine what is good in 50 years from now. Go and see how warm and responsive her mother is....
- In America you find almost all marriages break down between the ages of 36 and 45. Why? The juice is gone, and then dryness cannot hold it together. There is no reality; there is no commonness. Both have lived at each other instead of for each other. That is why we say in a marriage: "First is God, second is Guru and the path, and third is you." It is this way so that you may not feel that you can freely do anything and get away with it.
- To walk straight is all a human being can do. You are an American-born woman. There is a lot of ego and a lot of emotion. 86% of her homes are wrecked. There is no peace. Television rules our homes more than





God. Violent scenes on television are our only way. We live like jerks. We live from kick to kick each day.



Peace never comes directly from God. It comes from the woman of the house. We worship Adi Shakti, the primal power. Therefore it is obligatory on you to raise the vibration of the house and of the man.

You can understand the man coming from the office, and there's a bully dog in the house. That is the life that many women live. But also men can come home tired and sick of all the world around, and there can be a radiant angel who can take away all the pain and give back spirit to the man. That's the dharma we walk on.

Be the spirit of the man, not the manager. He is not marrying a manager today -- an egocentric maniac idiot woman who cares for herself and has no spirit to give to the man, one who thinks her fashion makes her beautiful, not the glory of the house and the grace of her soul.

- Marriage is a carriage unto Infinity.



 UNDERSTANDING SEXUAL BEHAVIOR 

by
Yogi Bhanjan

"The problem is that sex is a very important thing in our life. It's the base of every important relationship so it has to be right. Too much of it is not good, and too little is also not good."

We are going to cover the sexual and sensual discrepancies in married life. Sexual discrepancies are based on mental prejudices and identification with the past, childhood and other such experiences to which many women relate. The sexual relationship will be marred if she relates to her husband as a father figure, caters to him as a son, or is distrusting. The sexual relationship is in the head of the woman and the man. It is not an instinct which comes and goes with the weather, the season, time or space or biological reason. It is something which is triggered in the head, goes through the living room, the kitchen, and ends up in the bed. It is a long process to go through.

Temporary impotency is also caused by behavioral dissatisfaction. Some people really figure that if they don't indulge in any sexual relationship they are very spiritual. The fact is that it is escapism. You don't have any spirit. You can't flow. Some people use the flow of the spirit for physical satisfaction. That is also an escape. Both ways are wrong. Having too much sex, like a rabbit, or too little, like a monk, is not healthy. Unless a person has the capacity to transmute his sexual energies and reach a state of consciousness where he can adjust the mental attitudes to effective greatness, it is very inconvenient living. Sexual discrepancies are caused and confirmed either by experience, relating to those experiences, or from some neurosis under which people take shelter.

Sexual discrepancies and unharmonious living also come out of the fear of pregnancy. There was a woman who got married but never wanted to get pregnant. She never wanted to use pills because she knew that was unhealthy so she was under so much fear that she never enjoyed the sexual relationship. Finally she got an IUD and felt so safe she started running after her husband who didn't know where to hide himself.





Our sexual behavior depends on many, many things. Most people use sex as a tool. It is a tool of communication in most of the cases. It has nothing to do with what it really is. Sexual energy is nothing but a mental, physical, and emotional exchange of two people's energies.

Sometimes a sexual relationship is marred by physical inconvenience which is a very deep-to-the-earth situation. If either the woman or the man doesn't feel physically comfortable, sexual intercourse can end up as a nuisance. Room temperature must be comfortable. But the most detrimental thing which can happen to you is to indulge in a sexual relationship after you have eaten. After eating food, this heavy exercise in which you involve all your nerves, all your muscles, and all your mind, can ruin your stomach. If you do not listen to that warning and keep on doing it, ultimately you will end up having a quick discharge, a premature ejaculation.

Another problem is when you do not discharge. You go on and on having sex, but you do not discharge. This habit comes to those who indulge in sex when they are tired. Finally, the nervous system totally freezes and the nerves become frigid. Ladies who use sex as a communication — just to communicate to the other person that she belongs to him — they become frigid, unable to move and unable to flow in the sexual relationship.

The problem is that sex is a very important thing in our life. It's the base of every important relationship so it has to be right. Too much of it is not good, and too little is also not good. Having a sexual relationship has nothing to do with life, but if you do not have the right type of environments and the right type of mood it is better to avoid it. One wrong sexual intercourse can affect your mind worse than clouds of problems. Therefore, it is very basic and very desirable that you proceed with this relationship with the utmost caution and calculation. It is pretty dangerous to indulge in physical intercourse with a woman when she is not in the mood or not ready for it. Forcing either a woman or a man into a relationship of physical cohabitation is almost creating a wall between the two individuals. It is unhealthy, mentally not right and makes the relationship very shallow. Actually, it is highly damaging to have intercourse when the people are not mentally, trustingly satisfied. Trustingly satisfied is when you are relaxed and cozy, and the mood has already been set in the living room. Some





people think that they can just set the mood in the bedroom; they are the greatest offenders of the sexual life and they create more discrepancies, deficiencies, and problems than anybody else.

Even in the western world, there used to be such environments where you would go out, you would eat, you would be together, you would dance, you would return at midnight, and if you wanted to have sexual intercourse, fine. If not, fine. But now, it is just a "get-in and get-out" business. It is true, the men get the release, but it is also true that the women get the frustration. The woman has to raise herself, or you have to help her, to reach a point of tiding.

Many women have sex with men other than their husbands, leaving the area of grace. That happens when they do not love themselves, when they hate themselves and think they are not beautiful and think, instead, they are ugly. They go out and use sex as a tool to prove to themselves that somebody loves them. Actually, nobody loves them because they are available, and that makes such a woman even sicker. For a woman to be untruthful in a relationship is nothing but a mental sickness. A woman who cannot be very truthful, precise, honest, or loyal in the sexual relationship is very self-blind. She's polluting herself.

Any sexual discrepancies or handicaps make you mentally unsocial. That is the problem. They create mental frustration. They make people who are not satisfied in sexual behavior frustrated. The more you want to solve this frustration, the more solidly you get into it. We have seen certain people getting totally cured. Instead of getting into this unhealthy vicious cycle of "the more frustrated you feel, the more you indulge," they have tried to use self-control. Self-control, in these kinds of areas of frustration, is developed through games: volleyball, tennis, badminton — kinds of games which are very intelligent and very powerful. The best of them is badminton. It is a very powerful, intelligent, self-involving game. Next comes tennis. But with tennis, the problem is that if you want to become skilled in it, either you develop a bad elbow or shoulder, or God knows what. With badminton you will never have any problem at all. That is why it is called a delicate game. It is sophisticated, it involves the mind very much, and the results are tremendously good. All those are games which people enjoy, feel their nerves and muscles, and feel their life. Then they can come and lie down and sleep well. When





you are too involved in your work you have no feeling toward sex. Your energy is involved and you are involved and you feel a deep feeling of fulfillment. It has been seen that good professional athletes who are very honest in athletics have much less weakness for sexual discrepancies. Their sexual life is very normal and they are very relaxed.

It also has been found that people who do not do any regular meditation or sadhana or exercises have a kind of "itchy" nervous system, and their indulgence in sex is to get rid of the "itch." Any time you want to get out of the "itch" and indulge in sexual life, you are actually acting against your mind, and when you do that it will give you neurosis of temperament. You will be short-tempered, intolerant, unsocial and your communication will be defective and poor, and it will be impossible for you to keep your promise. All these human behavior deficiencies come out with those people who use sex as a tool for their nervous "itch."

The relationship between the man and the woman in the married life affects the person in his career, too. If somebody is married to a woman who is very bitchy and bites at him all the time, he will be super defensive. Any man who is married to a woman who uses this put-down technology will be an egomaniac. If a woman uses her sexual, sensual and social behavior to promote sexual neurosis, she will end up ruining the man. Therefore, your sexual approach should be a sane approach.

It is very undesirable to indulge in a sexual relationship when you are very hungry or when you are under the pressure of time. It is nothing but a nervous exploitation.

Women have formed this new idea, "We are not sexually compatible." People who say they are not sexually compatible are not mentally compatible. It is desirable to sit down and talk about where the shoe pinches and take care of that area. You will be surprised that the sexual behavior will change.

Now let us discuss sexual polarity out of sexual neurosis. There is no woman who can be satisfied without a man — man in figure, man in thoughts, man in imagination, or man in physical needs. One aspect of a male is required by every woman, and woman has to resolve to become totally honest about it. That is why they say: "Baba





boolee bela jee bana, man kartar tin babayta nikaray sukee rasay surnar." This means, "I am sorry. It is the Will of God. You are right." Does this mean that you are a second-rate citizen or a slave? It does not. "I am sorry" opens up the communication. "It is the Will of God" clears the blame. "You are right" gives the apparatus the energy to live and carry on, because tomorrow there is going to be another mistake and clash. When woman uses this technology, she is not a second-rate citizen, but actually she is a compassionate holder of the fort. You must understand that men are like mirrors; they are unable to repair themselves. Once they get an emotional crack in their minds, they live with it. Two things men do not have as a basic quality that women have: the ability to repair himself, and the ability to see his egocentric approach. Men have a difficult time sitting down and rationalizing themselves. Somebody has to do it for them. A woman has to understand that if she doesn't want to pull him out of the difficulty nobody else will. Through the thick and thin of the time a woman not only has to meditate, but she has to concentrate and inspire the male to keep the relationship going. Man needs not only absolute faith, but also absolute assurance that he is loved, he's taken care of, he can be trusted, and he's good. You do not know these men; that is your basic problem.

There's a very popular saying that it takes a woman, like the moon, 14 days to wax and 14 days to wane, and man does it with 14 breaths waxing and 14 breaths waning, so that means every two minutes. That is a very true nature of the male. There is a second, very calculated thing. Male is a seed and he is a seeder: whether he sprouts or not depends on how much water you put on him. If you keep a seed in a dry bottle, what will you get out of it? Seed. But if you put water around it, what are you going to get? Sprout. And you can put a sprout in the earth and get a plant. And then you nurse the plant and you get a fruit. And when you open the fruit, what do you get out of it? Seeds. So if you want to multiply your earth, multiply your heaven, and multiply your grace, then you have to take care of both the seed and the seeder. Do you understand this logical and reasonable approach?

Now the problem these days is that a modern woman thinks that she and the male are equal. The woman is trying to be a male. In the *Kama Shashtra* it says, "Woman, you are virtuous because you are a woman, and





if you will not remain a woman, you will lose all your virtue." Woman is virtuous because she is a woman, and when she does not act, think, behave, deal and understand as a woman, she is of no use to a man. You do not understand one thing as a woman: "woman-plus" is what you are needed for. Man cannot relate to you if you are just a secretary and you have no woman in it. You will never last more than three months. Men do not trust anybody who is on the lower trend of the spirit. You must understand that. There's a very blunt saying, "Men do not marry prostitutes." The art of sexuality is known as prostitution when you commercialize it, and it is no substitute for a woman. So if you think that by enlarging your sexual and sensual behavior you are going to win the confidence of the male, you are only acting on a very frivolous, self-destructive thought.

Actually, man needs in woman the fundamental security. You may go on counseling a woman and a man for everything, but I give you the last counsel which the Rishi Kulpa gives to all men and women. He says, "Times will come and times will go. Many suns shall shine and many moons will rise, but if you both know you are a male and a female and keep the promise to be so, even God will serve you and destiny and fortune will help you." Among male and female there is one thing and only one thing which really matters — promise to be a male and a female to each other. Every "fe" has a male and every male should have a "fe"; every star has an orbit; every orbit helps the star. The very existence of the male and female depends on the fundamental promise that the male is a male of the female, and the female is a female of a male. Neither the comfort nor the discomfort, the happiness or the unhappiness, the riches or the poverty, the strength or the weakness, the divinity or the nondivinity, the anger or the tolerance mean a thing. These are the states of emotion and self-control. But over and above that, between a man and a woman there is a single thing and that is summed up with these two sentences: "He is my man. She is my woman." Whenever a woman doubts that he is her man she is in a state of mental mess and so it is with the man.

This sentence will take you away from all the neuroses, handicaps and depreciations of the male and female relationship: "*Worship God by practicing the worship on your polarity.*" The explanation of this is that if you know how to worship God you should also know how to worship your polarity who is your partner of life. Therefore it





is a fundamental requirement of the woman that she should walk on the righteous path and she should see that her male partner walks on the righteous path.

Further Teachings on Sex

- I know this is a very touchy subject. Sex is the greatest problem in the USA. United Sex Allergy = USA. This allergy is almost incurable.
- Sex is a creative action of the self; we want to produce one like ourself. It is an act of ecstasy and is divine. If sex were filthy, God would never have created it; it is a God-given gift. Horniness is a creative rush of the creativity.
- In sexual love we have lost integrity. When we feel we are hungry, we are supposed to eat; so when we feel passionate, we feel we are supposed to have sex. That's what sexual love has become today. When man loses the sense of reproductivity and the honor for his seed, man loses the value of self-respect. When you do not value the seed, what do you value? A farmer who does not care for the quality of his seed, nor for the quality of his land, does not care to preserve the seed, does not care to sow it in a proper line. Do you call him a good farmer?
- When the polarities are not merged, physical intercourse between a man and a woman is nothing but an exploitation.
- Sexual life has a powerful effect on the longevity of marriage.
- People who do not enjoy sex become negative.
- Sex for gratification is self-animosity.
- All mental problems come from abuse of sexual energy.
- The attitude of man to project and conquer is his in-born attitude. It is in his spermatozoa. The first act ever performed by the male in the tiniest form was when the spermatozoon conquered the egg by entering the egg and being part of it. It can never conquer the egg, or could not have conquered the egg. The power to penetrate is the basic power which makes you male. What





your spermatozoon does is the same thing you do in the male and female relationship. Nature created your power to penetrate and created her power to receive and relieve you of that power through which you desire to penetrate. Therefore there's a balance in the relationship....

The sperm moves forward by moving the tail. Put your ego behind. Go forward. Put your ego in front, and you can never penetrate. That's the secret of success. Whosoever shall put the ego behind shall penetrate.

- The shine in the eyes, the strength in the tongue are dependent upon how much semen there is in the self.
- We do not let our sex organs become mature. In men it takes 13-24 years. So a man cannot hold a woman. His machine, apparatus, is predamaged, as he has used it since he was 15 or 16. The basic semen, the oil in this machine, is not there. The machine doesn't work. It rattles. That rattle is known as a domestic quarrel. Meditate on this. There is no melting of each of them; there is no feeling of each of them; there is no relaxation of any nervous system. There is no tolerance and no sacrifice. Man is totally selfish in the highest basic relationship with the woman. And that causes in her negativity, which after days and days and action by action builds up to a mountain, and then she can take no more.
- Am I potent? Am I competent? Can I prove it? Nothing can kill you as a man more than fear of impotence and incompetence.
- All sexual relationships have one purpose: to get rid of loneliness.
- Woman doesn't love a man: she loves her fulfillment. She loves her strength; she loves her security. If you can't deliver those, forget it!
- The attitude you should bring into the bedroom is





the attitude of unison; the attitude of, "I am for you, you are for me." Not already expecting certain things. It is a common flow.... If you do not have the incentive invocation in the woman that she's out to please you and serve you and glorify you and put you on the pedestal of lordship, you are not having a woman. Then you have to regroup yourself and reassess yourself, find where the defect is, try to remove it, and recapture yourself and your personality, because without the total, absolute, beaming support of the woman.... You do need the support of a woman. It is in your biological genes.... All it needs is a combination, combined forces, between the two of you, to come to an understanding.

But we are sneaks. We don't confront a woman. We don't talk to her. What you want should be totally a settled relationship. What she wants, what you want. Decide it once and for all. Tell your obnoxiousness, tell your niceness, tell your needs, tell what you feel, tell what you want, and let her say what she wants, what her feelings are, and sit down and mutually give and take and decide what you actually want. Because in the privacy of the bed it is bad to discuss, sit down across the table and figure it out. Then give each other a 20% margin.

- In our potential sexuality, the tragedy of our life comes from the male. There are many, many males who when they feel horny and sexual, and the woman doesn't respond, get angry and find different ways to show her how idiotic they are. Do not believe me, every woman knows it. She knows it. She knows how idiotic you are. Normally there are certain things you must do: Let the woman invoke the incentive of sensual wavelength, and let it mature. And if you decide to sleep on two different beds, never go to the bed of the woman you love the most. Let her come to you. Any man who's sexually weak before his woman is a nuisance to himself.
- Two things in life man will never say directly: When he sexually desire you and when he's mad at you because you didn't protect him socially.
- Woman is protected, her organs are protected; she should live protected. Man is the opposite. If a





man has a relationship with a woman who has a relationship with another man, she can upset both circumvent forces.

- Woman can mess up man faster than he can mess her up, by going to another man or thinking of another man. The vibratory effect at the time of physical intercourse is very, very unique in the aura of the male and female. If you don't believe me, one day plan to think of somebody else when having intercourse. Next morning he'll get up feeling like a bum. God knows how angry he might be. And don't tell him you did it!
- Sexuality in behavior never brings peace. In every date there's a pit.
- Sexiness is like a hand towel to a man.
- For man to remain potent, after urinating or taking a bath he should massage between sex organ and rectum once or twice.
- To stop wet dreams, take hot water and lemon or orange and honey. One wet dream messes up the body for 3-4 hours.
- You know how sometimes you say, "Well what should I do when I feel very hot about something?" If a person feels mentally absolutely so horny sexually that with the mental trend of the mind projection he can totally ejaculate, if that state of meditative projection of the commotion has agreed towards the female of a normal person, or if he is a faggot then towards the male, or if it is a lesbian or this or that, whatever your projection of sexuality is, if that state has been reached, you know what it is equivalent to? Chewing one celery stick. Do you believe it? Try it sometime. That is true.

Q: What do you mean, "equivalent to"?

A: Well, when such a state of mind occurs in which you are totally jacked up and there is no way for you to get out of it, go to the refrigerator. Take a celery stick out, sit down, and start chewing. After you





get to the end of it, feel how you feel. Call me collect if it doesn't change you.

- "I am very lustful. How can I master my lust, my master?" I said, "Lustfully remember that you must glitter as divine."
- When you're feeling horny, just do the SAA TAA NAA MAA meditation (see page 91, but double the times indicated); it'll all be neutralized. To feel horny is not a sin. It's okay.... But when you incentively feel horny towards a woman and if you know how to invoke the meditative mind, you can become totally creative. Horniness on the physical level is intercourse, but on a higher level it is creativity also.... So it is the same, you must understand -- it is the same energy.
- Semen should be like jelly, whitish thick. If you are very perfect and are very vibrant, then it should be brownish. If you are weaker then it is more watery and less thick. If it does not have this required thickness, you cannot enjoy your sexual relationship. Banyon milk from Hawaii can help.
- Two things can spoil intercourse and cause depression in the woman. Sometimes she is very very wet, or sometimes the male organ does not supply the "butter of life."

The "butter of life" is the secretion which comes out of two incision-like marks on the penis. It is the food of the woman's vagina. Normally a man is supposed to be in one 28-day moon cycle for intercourse. When he has intercourse, that secretion is cleaned out in the woman. It is plucked out by her membrane which gives strength to her pituitary gland and her pineal gland. That's the way nature made it, as explained in the old scriptures. Unfortunately, when you are circumcised the secretion is still produced but cannot be stored. Circumcision is not a good idea.

Editor's note: On the next few pages you will find some previously unpublished yogic exercises for male potency. For other exercises refer to the Man to Man volumes published by Kundalini Research Institute.



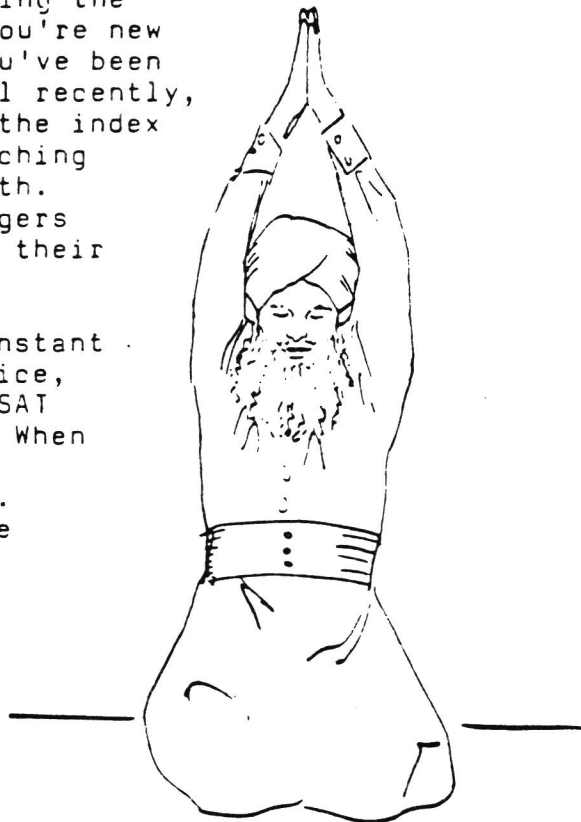


SAT KRIYA FOR MALE POTENCY

Sit on the heels, arms hugging the head, palms touching. If you're new to kundalini yoga, or if you've been doing drugs or have been ill recently, interlace the fingers with the index fingers pointing up and touching each other along their length. Otherwise, have all the fingers extended and touching along their length.

At a moderate pace, in a constant rhythm and quiet tone of voice, begin repeating the mantra SAT NAAM ("Truth is my Name"). When you say SAT, pull up and in slightly on the navel point. When you say NAAM, relax the stomach.

Visualize energy flowing from the base of the spine through the top of the skull with each repetition of the mantra.



Continue for 3 minutes.

Over a period of time, and with due respect for the tremendous power of this kriya, you can build up to 31 minutes. When you have finished, inhale. Exhale, hold, and apply mool bhand (pull in and up on the anus, sex organs, and navel point.) Repeat. Inhale, exhale, and relax on your back, arms along your sides, palms facing up, for at least as long as you practiced the kriya. -- early 1970's

Note: See also Kundalini Yoga/Sadhana Guidelines, page 44.



Time: A & B: open
C & D: 17-93 minutes total
E (relaxation: open

For Men



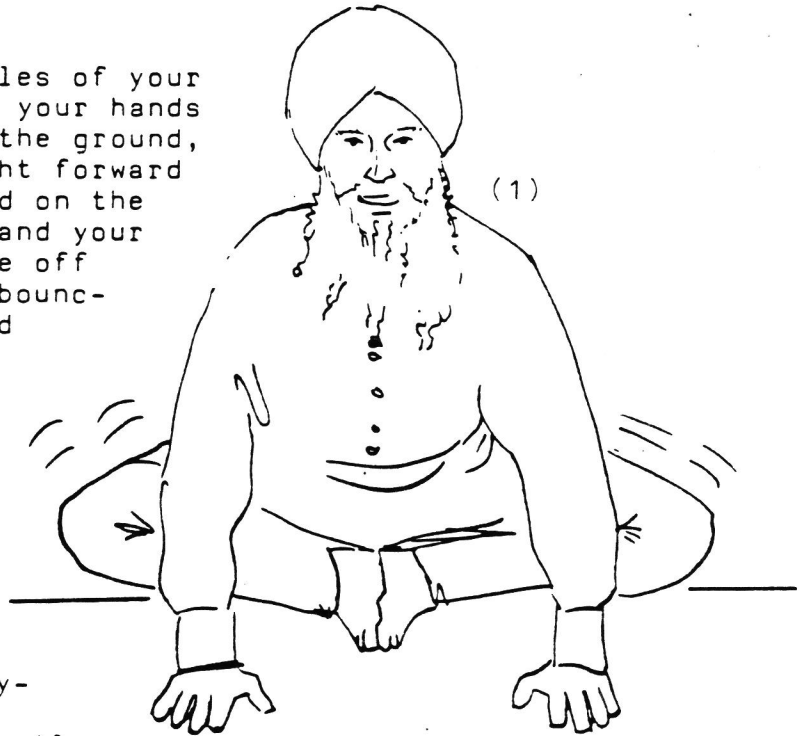
GURUKA KRIYA FOR MALE POTENCY

What It Will Do for You

Of the first exercise in this kriya, Yogi Bhajan says:
"You will be potent to 70-80 years."

How to Do It

A. Sit with the soles of your feet touching. Put your hands in front of you on the ground, and shift your weight forward till you're balanced on the sides of your feet and your hands. Buttocks are off the ground. Begin bouncing. Feel horny and think of sex (1).



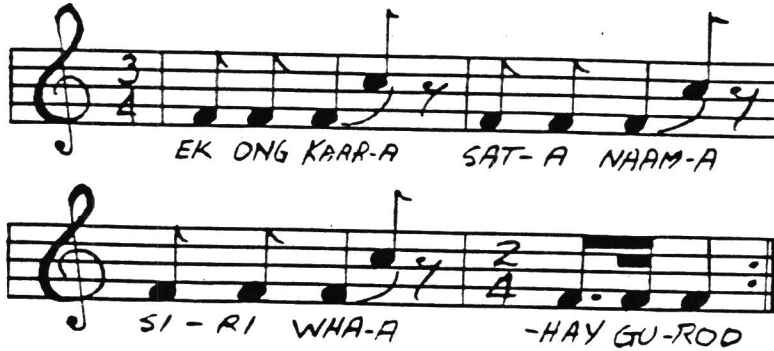
B. Rest in life nerve position (2), legs stretched out in front of you, index finger of each hand curled around the corresponding big toe, with the thumb applying 10-15 pounds of pressure to the toenail. Relax in the position; normal breathing.

C. Sat kriya in rock pose. (See preceding page.)





D. Laya Yoga: Sit in a comfortable cross-legged position. Hands are resting on the knees in gyan mudra (thumb and forefinger touching) (3). The mantra is EK ONG KAAR-A, SAT-A NAAM-A, SIRI WHA-A, -HAY GURROO. ("EK" rhymes with "neck," the "O" in "ONG" is as in "go" and "NG" is nazalized. When you chant "ONG," the vibration should tickle the back of your throat.):



The vibration of the mantra is $3\frac{1}{2}$ cycles per breath, and the rhythm gives a sense of spinning. Pull mool bhand (pull up on the rectum and sex organs, in on the navel point) throughout. On "EK," pull in sharply on the navel point and visualize energy starting from that point and coursing downward. On the final "A" of "KAAR-A" pull up on the diaphragm so that the rib cage lifts (uddiyana bhand or diaphragm lock) and visualize energy piercing the first chakra (rectum) at the base of the spine. On the final "A" of "NAAM-

A" pull diaphragm lock and visualize the energy spinning through the lock at the diaphragm and heart center. On the final "A" of "WHA-A," pull diaphragm lock and visualize the energy spinning through the throat chakra. On "-HAY" relax the stomach and diaphragm and visualize the energy spinning out of the crown chakra





at the top of the skull into Infinity.

As you get into the rhythm of the chant, allow yourself to spin with the breath and the sound current up the spine. Let go and get lost in the spin.

Continue for 11-31 minutes. The spine will heat up and sweat.

E. Relax on your back in corpse pose, arms along your sides, palms facing up (4). Just relax.



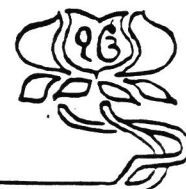


ASANA TO VITALIZE THE SEX ORGAN



Squat in crow pose, feet flat on the ground. Wrap your arms around the outside of your thighs with your hands holding the ankles from the inside.

Do breath of fire for 3 minutes.

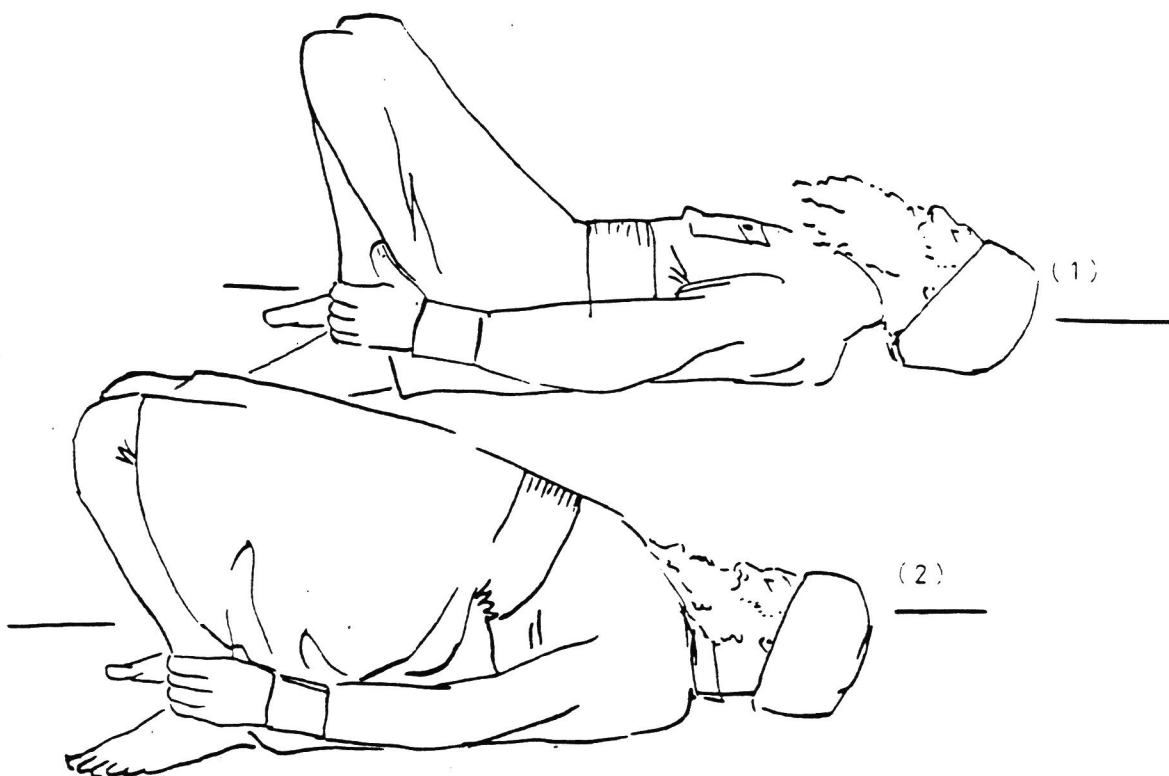




INVERTED BOW POSE FOR MALE POTENCY

Lie on your back. Bending the knees with your feet on the ground, grasp the ankles (1). Inhale and raise the buttocks, pushing the navel point up (2). Exhale and relax down.

Continue for a total of 26 times.

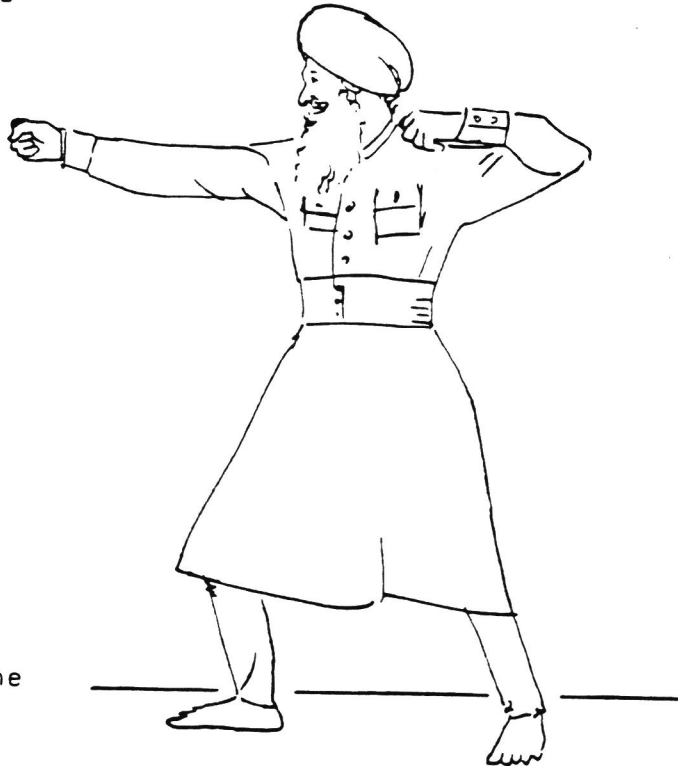


ARCHER POSE FOR MALE POTENCY

Stand with the right leg bent forward enough so the toes can't be seen over the knee. The left leg is straight back with the foot flat on the ground at a 45° angle to the front foot. Raise the right arm straight in front, parallel to the ground. Make a fist as if grasping a bow. Pull your left arm back as if pulling a bowstring back to the shoulder. Create a tension across the chest.

Face forward. Fix the eyes above the front fist to the horizon.

Hold the position for 3-5 minutes, then switch legs and arms and repeat.



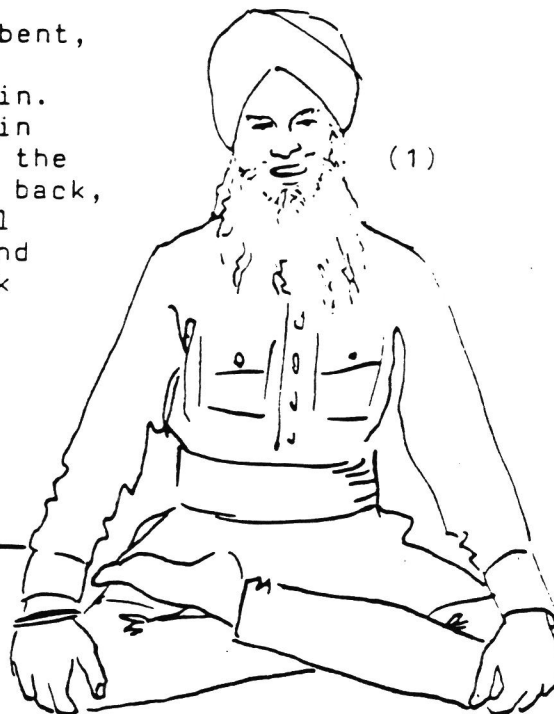


LOTUS ROLLS FOR MALE POTENCY

Sit in lotus pose: knees bent, each foot folded onto the opposite thigh at the groin. Grasp the knees (1). Begin rocking back and forth on the spine (2). When you rock back, rock all the way back till your knees touch the ground behind you. When you rock forward, rock all the way forward till you're sitting up.

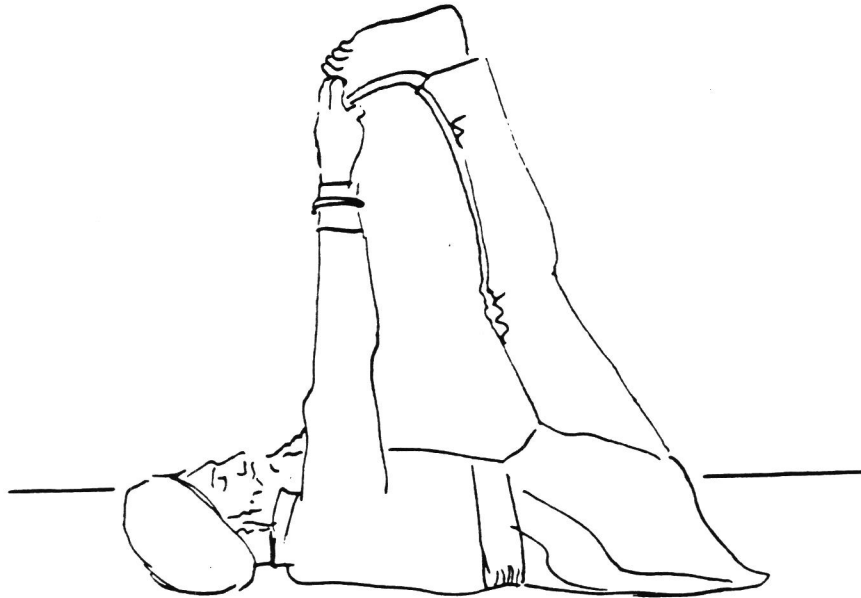
Continue for 1-3 minutes.

Caution: This exercise should only be practiced if your body is supple enough to accommodate lotus pose without discomfort!





LEG LIFT FOR MALE POTENCY



Lie down on your back. Bring your legs to 90°. Hold onto your toes. The breath is normal.

Time is open.





ON INTERCOURSE

compiled from YOGI BHAJAN's teachings
by S.S. VIKRAM KAUR KHALSA

1. Study

A man must be trained in sex because his organs are outside his body; a woman doesn't have to be because hers are inside. He should study the teachings carefully.

2. Preparing 72 Hours in Advance

The sex game must start 72 hours before sex, and somewhere outside the bedroom. If it starts in the bed, it's bad in the sense that a female is not a body. She is the inner body, the mental body, the rational body, the projected body, the physical body, the subtle body, the auric body, and the cosmic relative body. So for the 72 hours (2-3 days) before, prepare the mind, think it over. Build yourself up to it. The mind is the biggest sex organ in the body. Sex is an attitude of love, when every cell and part of the body is stimulated and awakened. The 72 hours before are the hours of anticipation. Intercourse is the end of the drama of love, not the beginning. In the days before, take the time to do Venus Kriyas.

3. Communicating

Woman is shy and secretive by nature and will pretend enjoyment rather than risk hurting your ego. You must draw her out to find out what she wants and needs, both at the beginning of the relationship and thereafter. Don't take anything for granted.


4. Empty Stomach

You should not have eaten for 2½ hours in advance. The law of sexual enlightenment = lightenment in the stomach. Your eating that day should be light, warm, nutrititious liquids. You should not be constipated.

5. Breathing

The man should breathe through his right nostril and the woman through her left. You can change your nostril





breathing by putting pressure in the armpit of your right arm with your hand. It should change within 3 minutes and after that work for 2½ hours. It's good if you can breathe only once per minute (instead of the usual 15-30 times). Breathe long and deep to control excitement, so as not to lose yourself, which frustrates a woman, and to prolong intercourse.

6. Healthy Nervous System

Before ever going near a woman, be aware of having your three nervous systems in balance. If your parasympathetic nervous system is out of balance, you will have a hard time getting an erection. If your sympathetic nervous system is out of action, you will ejaculate quickly. If your action nervous system is out of balance, you will have a problem ejaculating at all. Kundalini Yoga can correct these problems. Talk to your local Kundalini Yoga teacher. (See Appendix.)

7. Taking Time to Play

Give yourself 2-3 hours. There has to be a long time to relax and playfully play together. It's in the scriptures that you must play "*Krishan lila*." Lord Krishna played with his *gopis* (milkmaids) in absolute ecstasy. So man should play to stimulate woman, and this play should go on for an hour to two hours in time, to the extent that he can smell his sweat. (Also, a woman's beauty is in her playfulness.)

8. Increase Her Aura

Take the above steps to make sure the woman has an aura of 7 feet. That means that you will feel great. If her aura is less than 3 feet, less than that of an animal, your energy level will be down for a week.... The intercourse doesn't mean a thing. The intercourse takes from you the strength of the blood of your semen. But intercourse can give you the strength of this blood; it can give you life.

For this to happen you must understand that woman is not flesh. Woman is aura. Woman is aura. Woman is aura. And when you have intercourse with a woman who is negative, a woman whose aura is not 7 feet, you will lose your strength.





9. Nine Areas to Stimulate in Order

There are nine areas which need to be massaged and stimulated in a particular order. Do not do it as a tour, but keep returning to places already massaged.

- 1) breasts -- from outside inwards
- 2) neck -- working upwards
- 3) lips
- 4) cheeks
- 5) ears
- 6) spine
- 7) thighs, inside and out
- 8) calves
- 9) clitoris or vagina

In bed it is your foremost duty to keep her entangled both physically and mentally. If you let her mind go off, forget it! It's no longer intercourse, but rape. Only 10% of all men know how to keep her entangled.

10. Intercourse

After you've stimulated the centers, you can enter her. There are 3 different positions of the opening to the vagina: lower, upper and normal. 60% of women have lower (clitoris distant from the entry), which means that to enter from the front you need to use pillows to raise the buttocks 6" to 1 foot. Also, you can enter from the back or have her on top. She may need extra stimulation for the clitoris; she can stimulate herself. 30% have an upper entry (clitoris close to the entry), which means she reaches orgasm easily, and possibly lubricates so much you'll feel like you're swimming. The 10% normal entry is easiest for both of you.

The woman's spine should be cool and the breasts very tense when you enter her. Don't just do a piston motion, back and forth bang bang. Enter slowly; hold her with your right hand on the lower spine, then rotate. This rotation causes all the nerves to be stimulated as a suction is set up. There should be a suction sound and a pulling.

11. Positions

Try different positions to accomplish this. The





position stated to be the best of all is the one which would require quite some practice: The woman lies on her back with her legs around her own neck. The man is above her, his elbows on the ground, knees forward, body 60% back. Another position mentioned is bringing the legs up onto his shoulders.

12. Her Orgasm

In case you've done away (with your erection), don't walk away. Satisfy her through the clitoris and bring her to tiding. If she has not aroused herself enough to come and you do not find that her nails have gone through your skin and her teeth haven't bitten into you (which is very normal), then you must stimulate her to 3 or 4 tidings. (60% of illness in women is due to nonsatisfaction with intercourse.)

13. Afterwards, Don't Sleep

There's one thing you do which is a human tragedy or a human error. After physical intercourse, normally men turn over and sleep or the woman turns over to sleep. Now unfortunately that is a mess. After physical intercourse, continue the game of love. It should be continued to the extent of time that one of you falls asleep. Have you ever done it? If not, you should not be married. It's the greatest tension and it's the greatest fatigue to the nervous system. It makes your life 5 years shorter. Five years! You're not rabbits that just go tee, tee, tee and out. When physical intercourse is over, it is better to massage each other, talk to each other, do something but keep the physical entanglement going on until somebody starts snoring. Then that's the end of it.

14. Take Care of Yourself

It's the woman's responsibility after intercourse to take care of herself and of him. (See page 37.) She must revive him; she will lose him otherwise. The magnetic fields of the two must intermix. Both should keep the spine and organs warm. He should wash the organ in warm water; the feet will tingle. Then he should urinate.

15. Foods for Afterwards

If food is necessary, it should be something warm but light. A special drink has been given for this





purpose: Simmer 8 ounces of milk with 2 tablespoons of grated ginger. Add 2 tablespoons of sesame seeds and honey to taste. This can also be put in the blender.

Almonds, soaked in water overnight and peeled, give energy, as do warm milk sweetened with honey, green ripe grapes, and either dates or date milk (milk simmered with dates for 45 minutes).

Information for Women

A woman should participate 60%. If you participate at the ratio of 40-60, you will end up on the worst side. If you can't participate, just tell him honestly, "I'm not feeling well. Give me a foot massage," and get out of it straight. Don't play games at that moment.

Some massage points:

1. Massage and stimulate his head and hair.
2. Lips.
3. Begin at the top of the neck and go down the spine. Roll the skin for circular stimulation.
4. Buttocks region.
5. Inside of the thighs and the testicles.
6. Then the penis.
7. Then the navel and chest region (nipples).

After sex, for a woman it's important that she not turn over and sleep; it doesn't matter how tired she is. Why am I giving woman the responsibility? That is the way God made her. It's called the most crucial hour. If you sleep at that time your aura can be totally blown out of proportion and punctured. You do not understand what men can do to you. They can inject negativity into you from which you can never come out. They can unload themselves in you totally. Therefore you must be meditatively prepared. When everything goes all right, then afterwards take care of this baby. Put him to sleep.





The Reconstructive Equilibrium Method for the Benefit
of your Aura

After you have taken care of him, do the following:

1. Exercise and do bundle roll. (Lie down with legs together and arms next to sides; roll over and over, keeping the body straight.) To avoid old age, stretch every muscle of your body.
2. Meditate.
3. Go to the bathroom and urinate. This changes your nostril breathing, which immediately neutralizes you.
4. Wash your face in cold water.
5. Wash your armpits with a wet towel, for your para-sympathetic nervous system.
6. Wash between the legs.
7. Wash behind your ears.
8. Wash your feet with a wet towel.
9. Brush your teeth.





MEDITATIONS TO DEAL WITH
PROBLEMS IN RELATIONSHIPS

Before doing any of these meditations, sit down in a comfortable cross-legged position, put your hands together in prayer mudra (palms together at the center of the chest), and tune in to yourself by chanting ONG NAMO, GURU 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:



Then chant AAD GURAY NAMEH, JUGAAD GURAY NAMEH, SAT GURAY NAMEH, SIRI GURUO 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.

On meditations where time indicated is "open" or unspecified, periods of practice of 3, 11 or 31 minutes are good.

Note: It's healthiest to do meditations on an empty stomach.



A REMARKABLE MEDITATION:

THE WAHAY GUROO WHISPER MEDITATION FOR SUCCESS,
HAPPINESS THAT LASTS, SIMPLICITY AND GRACE,
BREAKING THROUGH EGO TO SELFLESSNESS,
TO NEVER BE IN PAIN AGAIN, FOR AUTOMATIC AND
EFFORTLESS DIVINE STATE

taught by YOGI BHAJAN

at the Salem Meditation Course, 13 May 82

edited by S.S. Vikram Kaur Khalsa

Editor's Note

This meditation is so remarkable, so powerful in its immediate effect, that it seems like the "ultimate" meditation, because if you really do it you are not likely to have a self-image problem or a communication or marriage problem thereafter!

Because of its power, we would like to offer some guidelines for doing it. Please don't do it alone! Have a trusted friend to watch you, or a nonparticipating monitor if there's a group. The monitor should be experienced in the effects of Kundalini Yoga. The energy generated can become so strong as to be frightening. It's important to stay calm, relaxed and fearless. We practice Kundalini Yoga to strengthen all the systems of the body to handle an increase in energy: The nervous system in particular needs to be strong. You may feel spaced out or very "high" to the point where you fear being unable to deal with anything in a practical manner. However, in actual fact the energy increases your awareness on all levels and gives a greater capacity for action and alertness.

Some safeguards: Always wear a white cotton head-covering when meditating, and preferably have the solar center (crown of the head) covered by hair tied in a bun. Always sit straight with the head in neck lock (head in alignment with the spine, chin pulled back (not up, down or forward), as the Kundalini energy opens the centers on its way back down rather than going up. Always start with ONG NAMO and AAD GURAY NAMEH. (See page 39.) For dealing with unknown experiences: Be practical and calm. Have the feet massaged. A vibrator is good. Relax. Chant GUROO GUROO WAHAY GUROO, GUROO RAAM DAAS GUROO in a monotone.



The Meditation

When you meditate, your lower back should be in, your chest should be out, your chin in, your eyes either straight or as directed, body simply in a perfect straight line. Meditation is the art of purifying your personality to be happy. Nobody wants to listen to this, but everybody wants to be happy. You cannot be happy if things are dirty round you. If the mind is dirty, and there is a lot of rust and a lot of dust on it, it won't work smoothly. And when your mind won't work smoothly, your life won't be smooth. If your life isn't smooth, you'll be unhappy. These are simple things. Why not relate to simple things in a simple way? Why make it complicated?

A. Live simply. Sit down. Be pleasant. Be nice. Make it; fake it, fake it, fake a smile. Just fake a smile. Look good. Sit straight and look good. Now, go inside. Close your eyes. Pretend -- fake it -- that you are graceful. Relax and be very graceful, because commitment gives you character; therefore, commit! With character, you get divinity; divinity gives you dignity, and dignity gives you grace. Therefore sit as a graceful statue of God. Produce the atmosphere that I, so-and-so, am a statue, graceful, beautiful and wonderful creation of God. Give yourself a chance. Those who can fake this can make it. Evaluate yourself, that you are very graceful, very calm, very beautiful. Don't move. Don't let your body move. Control your nerves. Control your muscles.

Command your mind to produce a very graceful structural appearance of yourself! When you start commanding it, all the dirty thoughts and negative thoughts, a lot of garbage, will start floating through you. Don't worry. Your meditation has set in. The moment the first negative thought hits you, you are meditating. That's the sign. Avoid that, and start positively directing your mind to create -- I repeat, create -- a graceful, wonderful personality of yourself.

And now I give you the mantra:

I AM IN SUCCESS WITH MY DIVINE!

I am in success with my divine! I am mentally, mentally in success with my divine! I am in success with my divine! I am I am, I am I am, God and me, me and God





are one. I am in success with my divine. My divine. Don't fight with ego. Just go along with it. I ego, my ego, mine ego, I am in success with my divine! I am in success with my divine! Come on! Come on, come on, come on. Get to it. Feel it. Feel it. Feel it. God is everywhere; God is Infinity. God is merciful. Just get related to it right now and your whole life will change. Feel the relief success will install in you. I am in success with my divine. I am in success with my divine! All failures will vanish. Just come on quickly. Get to it! It's the shortest way to get to the best.

I am in success with my divine! I swear, I declare, I say, I utter, I speak, I pronounce, I proclaim -- all known and unknown expressions I meditate and say: I AM IN SUCCESS WITH MY DIVINE!

B. Now we want to proclaim to God our gratitude. In a very heavy and whispered sound, utter the word WAHAY GURROO. WAHAY GURROO. Utter it precisely, in a heavy whisper. However much energy you put out you will get back 10 times. Heavy breath! Heavy duty! You will experience something if you put out a lot of energy. Keep the tempo! Don't get tired; keep going! We must penetrate! Break the shield! A heavy duty whisper will do it! Get into it! Come on; control the breath! Push!!

Inhale deeply! Hold the breath. Lock it. Lock it. Concentrate. Concentrate. Lock it. Hold it. Concentrate. [30 seconds total] Let it go! Now smile.

You were only about 3 minutes away from breaking through the corridors of Self, and you would have gone to the stage of selflessness. But we don't have arrangements for you to spend the night here, so we had to stop. But just remember, if you ever repeat this meditation, exactly in the way I have directed, make sure that some friend you can trust is around you. That's necessary, because sometimes you can get into an experience you can't even explain. That person should have a deep understanding.

Sit down; do it; be pretty heavy. See that the breath is rhythmic and see that you have that capacity, the feeling. You will reach a point that is called the point of exhaustion. Bodily you will feel you are exhausted. You can't do it any more. It is the end of





the road. From that point onward it takes only a maximum of 7 to 11 breaths. That's how close you are.

Those 7 to 11 breaths then make you break through to a stage where there should be no tiredness, and you will be you for the first time. The experience will be very personal, and that state of mind will be very personal, and that happiness will be the beginning of all happiness thereafter. You will never be in pain again. Just break the cycle of the insanity which is eating you up.

Sometime when you break through the field of ego with this you will find yourself entering a state, which you can vividly remember, of Infinity. Then there will come a time when you need not put out any effort. You can do it just by sitting like this and you will change and then you are here. Then it will become you. When that stage becomes you, it doesn't matter what you do, who you are; you'll automatically be guided by the divine will. Then you'll no longer say, "I hear a voice" or "I have this intuition" or "My inner voice tells me".... There's no need for it. It's just automatic, no problem; you'll just know. We're all good, very good.





BEDTIME MEDITATION TO LOVE BETTER AND FIGHT BETTER

What It Will Do for You

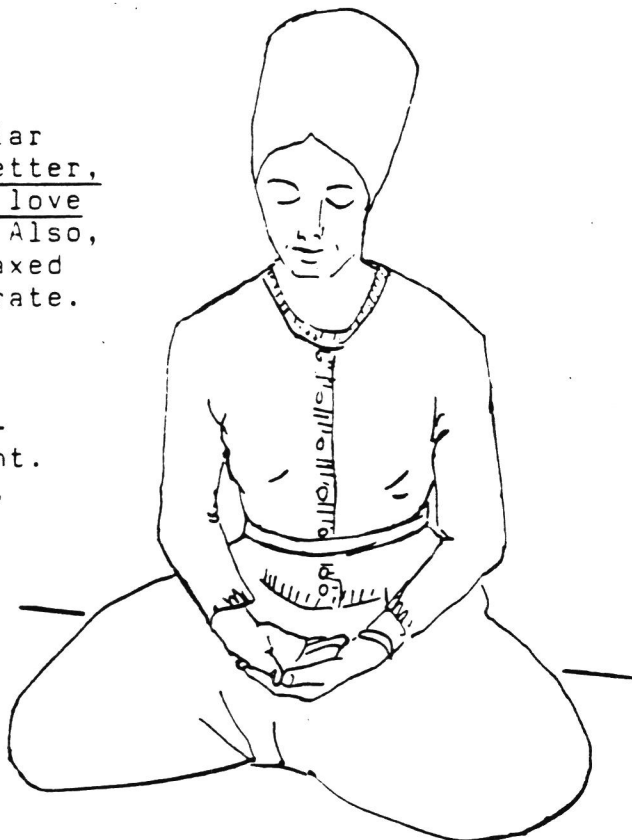
After a few months of regular practice, you will think better, work better, share better, love better, and fight better. Also, sleep will be deep and relaxed and the nerves will regenerate.

How to Do It

Sit in any comfortable posture with the spine straight. Place the hands in the lap, palms up, with the right hand over the left. The thumbs are together and point forward.

Focus the eyes on the tip of the nose, eyelids half-closed. Inhale in 4 equal parts, mentally vibrating the mantra SAA TAA NAA

MAA. Hold the breath, vibrating the mantra 4 times for a total of 16 beats. Exhale in 2 equal strokes mentally vibrating WAHAY GURUO.

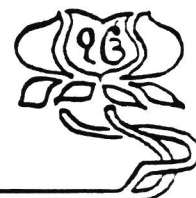


Continue for 15-62 minutes. -- 1 Apr 74

Comments

There cannot be enough praise of this meditation (which is also known as Shabd Kriya) and its growth promoting effect on the personality. It gives radiance and the radiance gives patience which is the first condition of real love. In love you give without attention to all the mistakes of another as the sun gives light and warmth to all people.

For more information, see Kundalini Meditation Manual, page 50.





On Loving and Fighting

- To keep your house very happy, always have a little fight every Sunday. It'll keep you from hurting each other. You will always have that exercise done, and you will feel very fresh and new.... It is a good thing. It is a very good thing.
- Male and Female makes a union and this complete union is the greatest yoga.
- There is a very powerful feeling that is called longing for each other. This instinct of longing is the most powerful instinct, because it can prevent the totality of the psyche of the universe from acting in relation and according to the individual psyche. This most powerful unknown power of the individual can be realized in one relationship only: the relationship between male and female. There is no way you can understand the impact and the depth of this relationship. We call it love in practice. I'm not talking of love in imagination or love of people; I'm talking of love in action, when man feels for another individual. It is an attraction of polarities; one polarity seeks to merge with another to create a neutral state of mind. It is very unfortunate that... neither do men know how to do this nor do women know what it is.





TRANSCENDENTAL MEDITATION TO BECOME
A CHARMING, PASSIONATE AND TOLERANT SPOUSE

What It Will Do for You

Practicing this two-part meditation allows you to know yourself. It allows you to become passionate, and to serve others with humility and sweet language, tolerance, and patience. It helps you to begin dwelling in the higher triangle; that is, to transform the energy of the rectum, sex organs, and navel point (lower triangle) to the pituitary, pineal and memory glands (higher triangle).

How to Do It

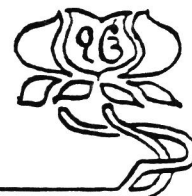
A. Sit in a comfortable cross-legged position. Make a circle of the thumb and the Saturn (middle) finger, keeping the other fingers straight. Arms are bent at a 90° angle, upper arms parallel to the floor, hands towards the ceiling. Inhale through the mouth making a whistling noise. Exhale through the nose silently.



Do this deeply for 10 minutes. Then inhale and hold. Relax the breath, and meditating on the center of the skull, chant SAT NAAM in a hammering way for 10 minutes.

B. Still sitting in a comfortable cross-legged position, lock the index (Jupiter) fingers together at the mind nerve (center of the chest), forearms parallel to the floor. Close your eyes and chant LA-A-A-A-A-A-AH very sweetly from the back of your throat at the upper palate of the mouth. Create a continuous sound, inhaling when necessary. Listen to the sound as though it comes from Infinity. (See drawing next page.)

Continue for 5 minutes. Then inhale through the mouth; exhale through the nose; and repeat the inhale and exhale.

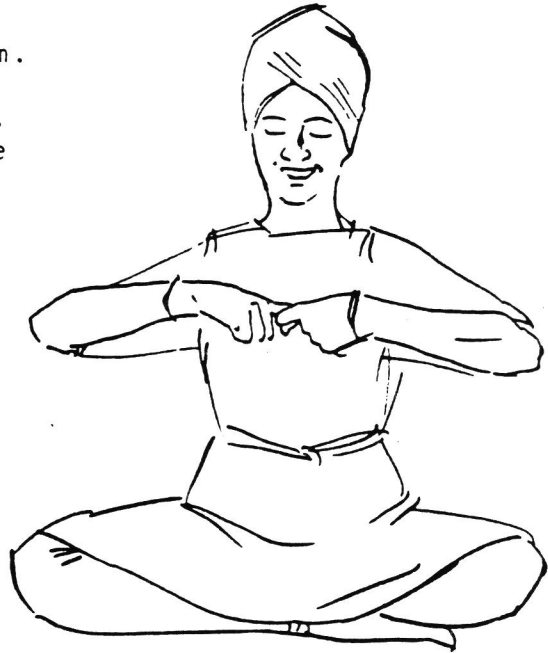


Comments: The Jupiter finger represents knowledge and wisdom. The Saturn finger represents emotional control and patience. The symbol for the Aquarian age is I know, man must know all secrets.

Be passionate. Serve others and you will be served. Humility and sweet language are the greatest gift. Start dwelling in the upper triangle. Tolerance is godliness, patience pays. -- 8 Dec 1970

On Wifely Strategy

- Never bite him, never kill him, but hiss at him. If you lose your hiss, you will lose your kiss.... Don't put your head in the sand.
- There is one wonderful mistake a woman makes. She wants to make the man a king; the moment she does that, many queens come and she doesn't like that. First you should become a queen and let that make the man a king.



MEDITATION FOR SECURITY

What It Will Do for You

This meditation unblocks the spine. The mudras work on the area of the brain having to do with security. If you feel insecure, do this meditation.

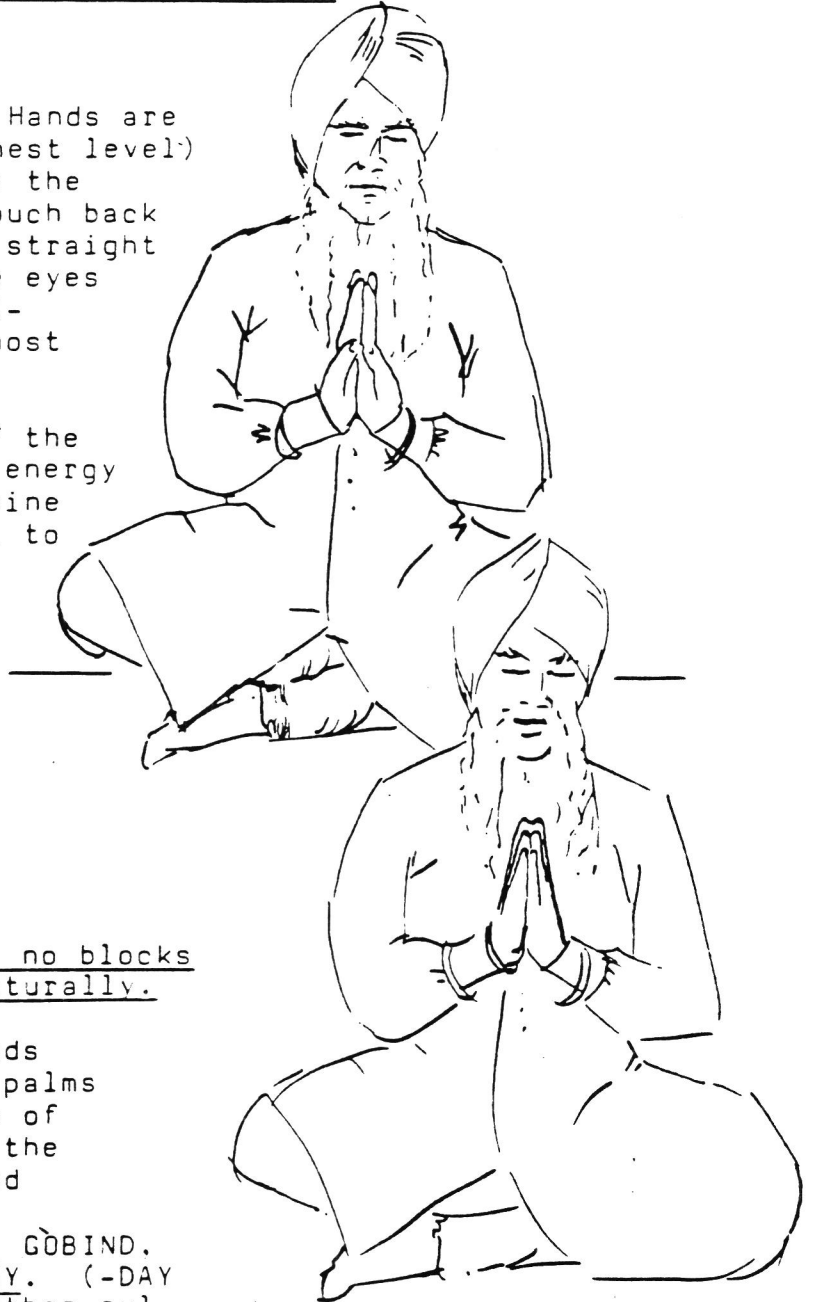
How to Do It

A. Sit in easy pose. Hands are at the heart center (chest level) in reverse prayer pose: the fingers of each hand touch back to back; thumbs extend straight out from the body. The eyes look straight ahead, although the lids are almost closed.

Meditate on the base of the spine. Physically pull energy from the base of the spine to the top of the skull to the tip of the nose. Mentally stretch from the buttocks all the way up the back. Do this with a rhythm, so that the spine moves a little. This part of the meditation is very physical; it requires exertion. You'll sweat.

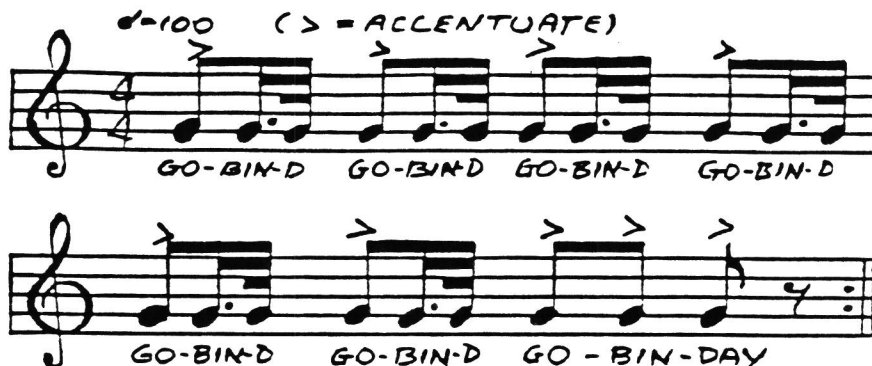
Continue until you feel no blocks and the breath comes naturally.

B. Now reverse the hands back into prayer pose, palms pressed together, backs of thumbs pressed against the chest. With exaggerated lip movement, chant:
G`OBIND, G`OBIND, G`OBIND, G`OBIND.
G`OBIND, G`OBIND, G`OBIND`AY. (-DAY lasts longer than the other syllables. See staff below.) Clearly enunciate the "GO" and "D" sounds. One cycle of the





mantra lasts 5 seconds. The breath comes in naturally.



Continue for 11-31 minutes. -- 26 Jan 76

On Insecurity

- All sickness, unhappiness, and so on, come from insecurity, which comes from not knowing who you are. You do not know when to apply the brake and when not to. You apply it when going uphill!
- Jealousy comes from insecurity, which is non-knowledge of the self, which comes from not using the ego on thought patterns.
- There is nothing that eats up a person but insecurity. Insecurity out of fear takes away all your vitamins, takes away all your energy, messes up all your mental balance. The moment your mental balance is messed up, the whole thing is off.
- Under the influence of love, there is no reaction; under the influence of love you act. It's the process of action. Fear = reaction. When we react we create insecurity.
- To Woman: If you love a man, all you have to do to lose him is act insecure. Just act insecure. You may be married to a God-like husband; he will leave you. Because you do not satisfy his polarity, and if you do not satisfy his polarity, he cannot be constant in his behavior towards you. That is a cosmic law.

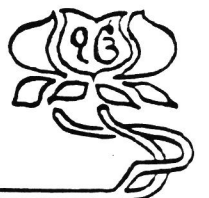
You must sacrifice your insecurities and immature mental flirtations and substitute them with a solid divinity, because a man is useless when it comes to divinity.

- To Woman: Most of the time you say, "I cannot communicate with my husband." That is because you are unkind





at heart. He cannot communicate with you because he is unkind. Where does unkindness come from? From insecurity. To be unkind, first you have to be insecure. Then only can you be deceitful. You have to be insecure first before you can lie or be deceitful or cheat somebody or not communicate. All negative things, granted, exist, but the root of them all is one -- insecurity.



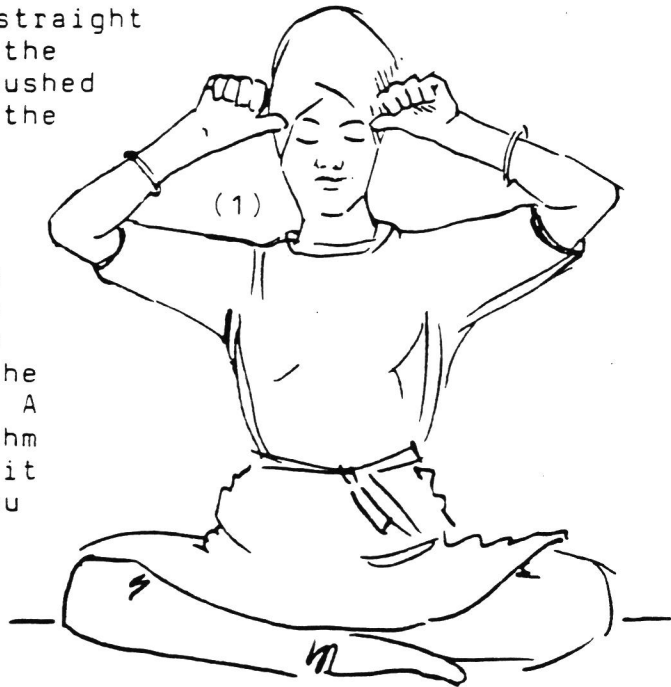
MEDITATION TO FREE YOU FROM FEARS AND NEUROSES

What It Will Do for You

Also known as the "Medical Meditation for Habituation," this meditation is effective in removing phobic conditions and addictions, as well as for drug dependence and mental illness. It works not only on such physical addictions as smoking, overeating, drinking and drugs, but also on subconscious addictions which lead us to insecure and neurotic behavior patterns. These subconscious addictions include the desire for acceptance and advancement, fear of rejection, and love based on emotion rather than on spiritual values.

How to Do It

A. Sit in easy pose with a straight spine, making sure that the lowest 6 vertebrae are pushed forward. Make fists of the hands. Extend the thumbs straight and place them on the temples in the niche where they fit. Lock the back molars and keep the lips closed. Vibrate the jaw muscles by alternating the pressure on the molars. A muscle will move in rhythm under the thumbs. Feel it massage the thumbs as you apply a firm pressure with the thumbs. (1)



Keep the eyes closed. Look to the third-eye point. Mentally vibrate the mantra SAA TAA NAA MAA at the third-eye point. (See staff.)



Continue 5-7 minutes. The time may be expanded to 20-31 minutes with practice.



B. Now inhale, exhale and relax into easy pose, hands in gyan mudra (2). Chant the mantra AAD GURAY NAMEH, JUGAAD GURAY NAMEH, SAT GURAY NAMEH, SIRI GURAO DEVAY NAMEH. (At least 3 times; see staff.) -- 1974 or 1975

$\text{♩} = 100$ (X = SPOKEN, NOT SUNG)

AAD GU-RAY NA-MEH JU-GAAD GU-RAY NA-MEH

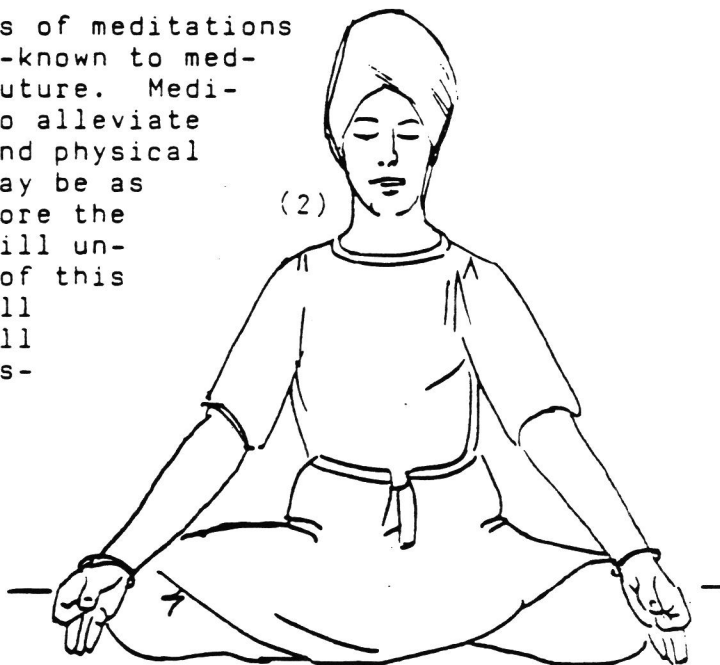
SAT GU-RAY NA-MEH SI-RI GURAO DE-VAY NA-MEH

Comments

This is one of a class of meditations that will become well-known to medical science in the future. Meditation will be used to alleviate all kinds of mental and physical afflictions, but it may be as many as 500 years before the new medical science will understand the effects of this kind of meditation well enough to delineate all its parameters in measurable factors.

In this meditation, the pressure exerted by the thumbs triggers a rhythmic reflex current into the central brain. This current activates the brain area directly underneath the stem of the pineal gland.

It is imbalance in this area that makes mental and physical addictions seemingly unbreakable. Imbalance in the pulsating radiance of the pineal in turn affects





the pituitary gland, the "master gland" which regulates the rest of the glandular system, and the entire body and mind go out of balance. This meditation corrects the problem.

- On Habit Patterns

Man from the very first is a habit-free being and this is a freedom given to him. But as we develop, we slowly develop habits and man becomes so accustomed to habitual thought patterns that he intellectually justifies them.

- To Woman, on the Subconscious

Your subconscious is not you. You should form a behavior pattern which will be constructive to you.

- To Woman, on Jealousy

Woman is 16 times more jealous than a man because she is seeking with all her power to be recognized. It is her one handicap. She has a deep knowledge of man, and unknowingly she competes with him. The moment she has a jealous thought, doubt, or suspicious thought -- say that he is dressing up for and enjoying the company of others more than her -- she loses the "contact of grace of her mate." So they fight, and she builds up a habit of insecurity.

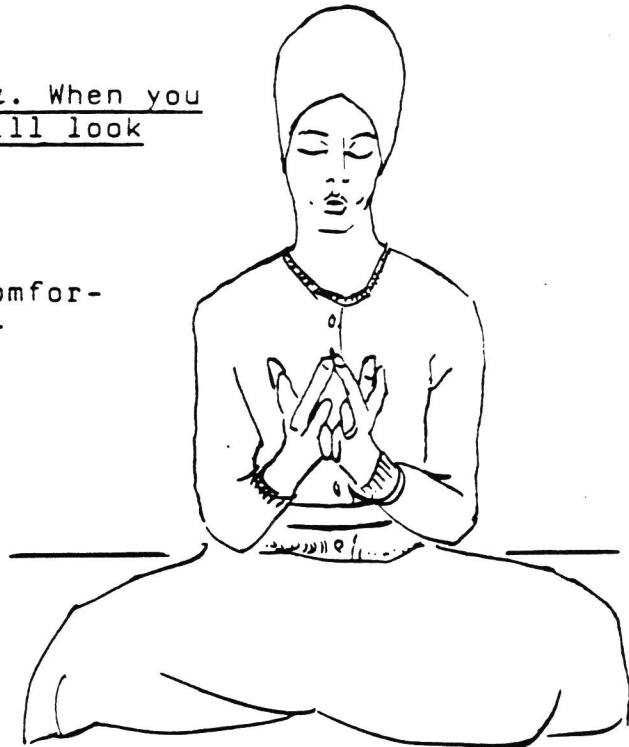


MEDITATION TO MAKE YOUR WORRIES LOOK LITTLEWhat It Will Do for You

This is Bandu Daya Kriya. When you finish it, everything will look little to you.

How to Do It

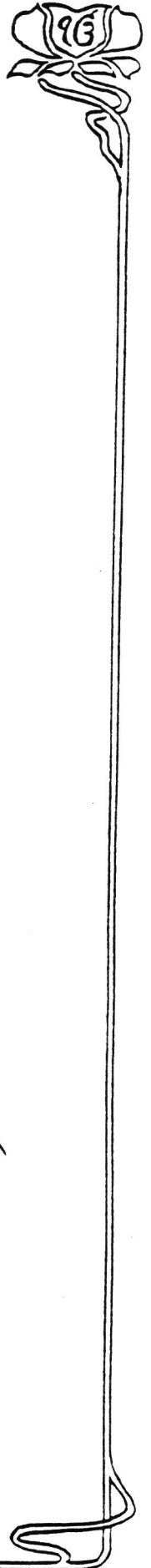
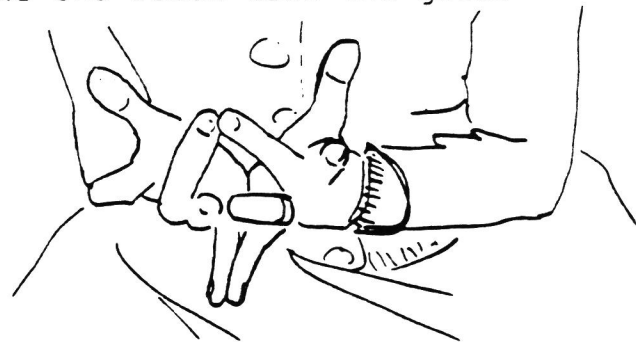
Sit in easy pose (any comfortable cross-legged position). Sides of little fingers and inner sides of palms are touching. Middle fingers are perpendicular to the palms, tips touching. Thumbs are pulled back. Hold the mudra (finger position) out from your chest. Inhale in 8 parts, and exhale in a whistle.



Continue for 11 minutes. Add 1 minute each time you practice the meditation. -- 27 Oct 75

On Grace and Greatness

- In the grace of the man and the woman lies the grace of God -- there is no need to be great, just graceful, just real, just the image God created for us, just grateful; the attitude of gratitude to Infinity is the highest yoga.
- All you need to do is be a man. Or be a woman. God is great, not man. Don't try and be great or make your children great. Be real. Be human. Pushing yourself to be great, presenting yourself to somebody as something you are not -- 60% of all that you do is unnecessary. You live a dream and a lie.



Time: warmup: open
A: 11-31 minutes
B: 31 minutes

Meditations

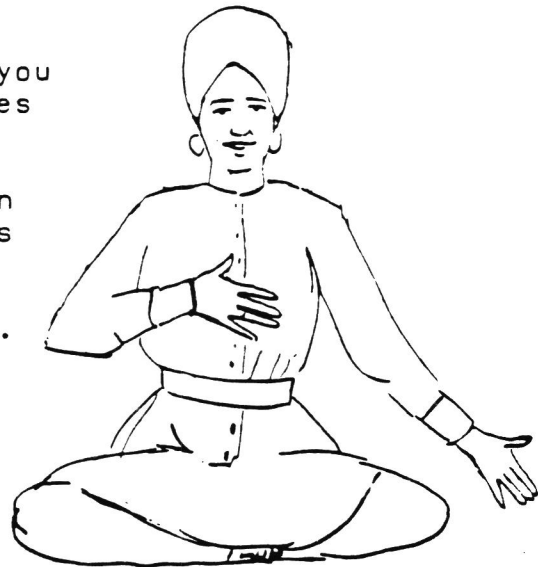
MEDITATION FOR THE PENNILESS:
TO TAP OPPORTUNITIES AROUND YOU

What It Will Do for You

Within 90 days of doing this sadhana you can activate your brain to that extent that you will exactly start knowing what is what. It will make you supersensitive. It will immediately give the right direction. It will make it intuitively possible for you to live creatively to your own potential, to tap the opportunities. It will give you a kind of benefit that you definitely require for the sake of your own happiness. It will give you an intuitive mind, a mind that will let you know whether you are going in the right direction or not.

How to Do It

Warmup: Sit as calmly as you can in any posture that does not cause pain. Relax the arms at the sides with the palms facing forward. Then alternately bend the elbows so that the forearms come up toward the heart center as rapidly as possible. Do not bend the wrists or hands. Do not touch the chest. At one stage, you will be surprised to feel the arms move automatically like you are not doing anything.



Time: open.

Comments

This is a warmup for the meditation. It cleans out the lymph glands in the upper chest and helps prevent breast cancer. Try to maintain a balance in the rhythmic motion of your hands. If your hands hit each other, it means this balance has been upset. Warm-up. In a couple of minutes you will have a





sweat on your forehead. I know that. It is a very powerful exercise. Even if you do this exercise 10 to 15 minutes every morning without meditating, you will never die of a heart attack. You will eventually die -- I am not saying you will become immortal, but you will die from something else besides a heart attack or stroke.

A. Immediately after the warmup, with the elbows still at the sides, extend the forearms up at 60°. Place the sides of the hands together, palms up, at the height of the diaphragm. Fingers are relaxed and slightly spread. Thumbs, also relaxed, are slightly out and up.

Look right into the center of the hands, where the little fingers are. Inhale deeply and chant the mantra HARY'NG (with emphasis on the second syllable) 8 times consecutively. (When chanting HARY'NG, the tongue touches the sides of the mouth, toward the front at the base of the teeth. The point where it touches is the second controlled meridian of the central main system.) Chant very powerfully. Each cycle takes about 10 seconds. Continue for 11 minutes; gradually increase the time to 31 minutes.



Comments

This is such a powerful mantra, HARY'NG. It brings health and it brings intuitive opportunity. Grab the opportunities which are always with you. It works by changing the psychomagnetic field of the individual. If you want to test this, give this meditation to a person who is penniless. Don't provide any opportunity yourself. Something shall happen so





that man will become extraordinarily wise or extraordinarily beautiful.

The theory is that the huge computer mind is Infinite, and the human mind is limited. But if you know the combination of the frequency of the signal which can tap the resources of the Infinite mind by the finite mind, the flow shall start appearing to the finite mind. (So it is not a miracle.)

You may send a telegram: "Daddy, I am in trouble. Send 10,000 American dollars to address such and such in the Mexico jail, district such and such." Send one telegram, send a second, send a third, send a fourth, fifth, sixth, and seventh. On the eighth telegram, perhaps Daddy will be there with money. Mantra is nothing but a telecommunication of the finite unto the Infinite. The individual creates a frequency of vibration within his electromagnetic field to tap the electromagnetic field of the universe. When you chant a mantra or do a meditation, that is how it is, because life and existence are based on the breath.

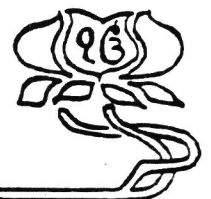
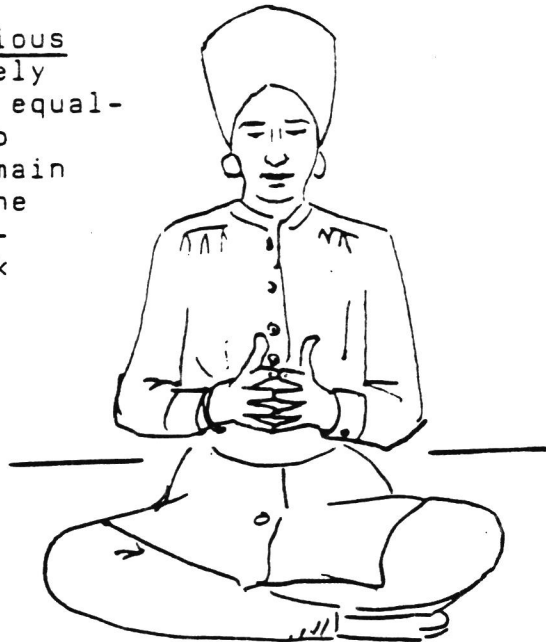
B. Come back to the previous meditation posture. Loosely connect the fingertips to equalize energy. Let the thumb (which represents ego) remain extended and separate. The fingers are loosely separated, hands relaxed. Look down 60°.

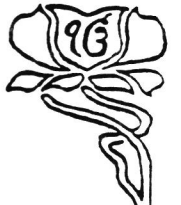
Repeat the 'mantra HARY'NG 16 times on a single breath with each chanting cycle lasting 13-15 seconds.

Continue for 31 minutes.

Comments

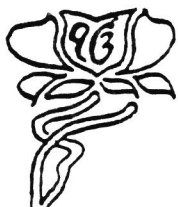
You will find 3 difficulties with the meditation. One, your tongue will become dry and stiff. That means you





have a problem with your pancreas and your circulatory system. Second, your rhythm will slow down. That means you do not have the proper proportion of metal in your body. Thirdly, you will start sleeping in about 7 or 8 minutes. That means you are overeating, you are overweight. Face these 3 difficulties, and it will take you a couple of months to bring this meditation under your control. If in the privacy of your life you can do this for a half hour it will be to your benefit, but if you like, you can do more or less. It is up to you.





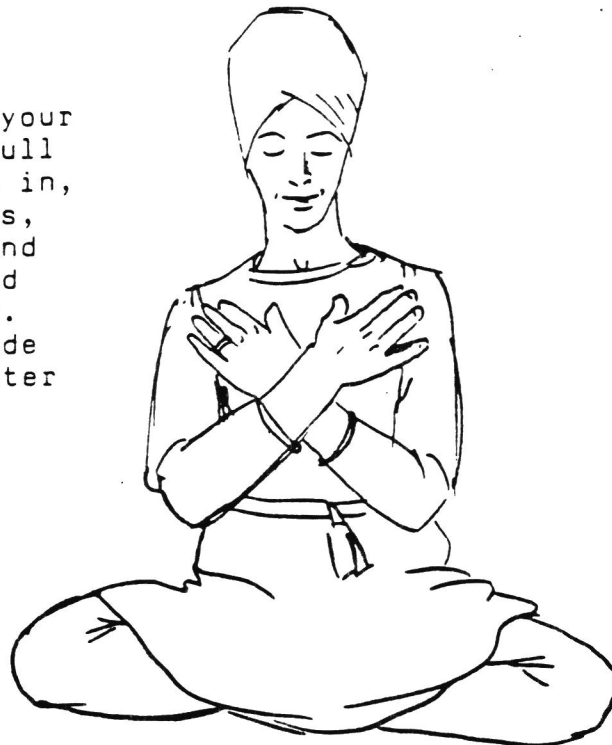
MEDITATION TO BRING INNOCENCE AND DISPEL FEAR

What It Will Do for You

This *Mahan Kaal Kriya* will bring innocence and dispel fear from the personality. It is very powerful. If it is practiced, everyone in your family will live to a ripe old age.

How to Do It

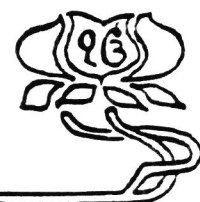
Sit in easy pose. Cross your hands on your chest and pull maha bhand (tuck the chin in, pull in and up on the anus, sex organs, navel point and diaphragm). Look back and up to the top of the head. (Pain will come to the side of the jaws.) In the center of the head, vibrate the mantra AKAAL MAHAA KAAL.



Time: open. -- 30 Apr 73

On Innocence and Fear

- It's my study that all divorces are caused by only one thing -- clash of ego. Every clash of ego has arisen out of fear. Only one thing is the enemy of a person -- when he doesn't have faith.
- Our enemy is our past experiences. These lead to guilt complexes which are recorded in our subconscious mind and then we relate in that way according to our past.
- We believe in saving face, not the soul.
- Man suffers for one reason: Man loses his innocence. When you lose your innocence, you end up with dispute. To regain innocence so that universal consciousness will serve and maintain you is the idea of this yoga.
- When your doubts are gone, then your fears will be gone. Your feelings and experiences will be of happiness.





MEDITATION TO TAKE AWAY HARDSHIPS

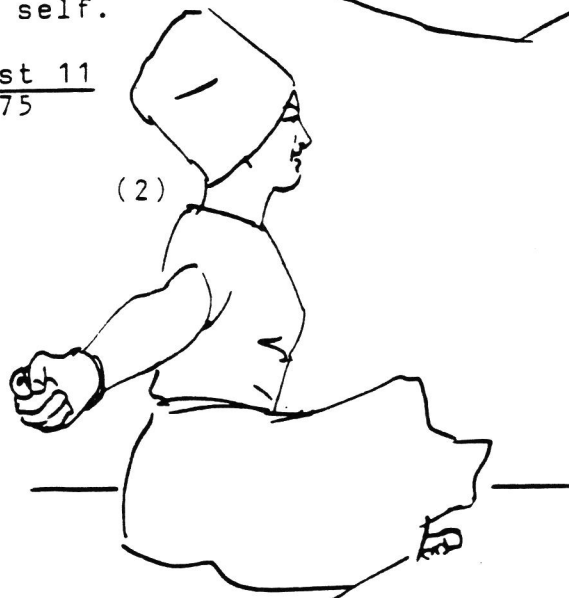
What It Will Do for You

This meditation works on the central channel (*shushmnaa*) of the *kundalini* (latent natural energy within an individual). It creates a vibration in the ethers and takes away hardships.

How to Do It

Sit in easy pose. Hands are in fists, thumbs outside. Begin swinging the arms backwards in big circles like a pendulum. First they come forward and up (1); then they go back and down (2). Mentally vibrate WAHAY GURUO on the highest and lowest points of the swing. Feel that you are offering yourself to your higher self.

Continue for at least 11 minutes. -- 13 Feb 75



THE MILLION DOLLAR THERAPY --
TO GET UNSTUCK FROM THE MATERIAL PLANE

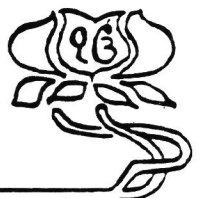
What It Will Do for You

"If all you understand is dollars, this is a million-dollar therapy. If the earth element in you is strong, and is not balanced out by the ether, you'll be stuck here. You don't belong to this earth anyway. You've got to go and you've got to know where to go and what to do.

"My idea about going is going with grace. It requires a little bit of work, a little bit of sacrifice, and a little bit of understanding that I am, I am, my mind is my mind."

How to Do It

Sit in easy pose with a straight spine. Hands meet at chest level. Forearms form a straight line parallel to the floor. The palms face each other and the tips of the thumbs press against the mounds at the base of the little finger. Press the fingers of opposite hands together from the fingertips to the first knuckle. The thumb knuckles are also pressed together. Press hard! The knuckles will hurt, but it will give you a kind of joy and satisfaction.





Close the eyes nine-tenths, and look at the tip of the nose. Inhale in 8 equal sniffs. Then, with gently pursed lips, exhale through the mouth (almost as in a whistle).

There is no mantra. However, if several people are practicing, the leader may keep time on the inhale by chanting ONG! 8 times.

Practice this kriya for 11 minutes only! -- 19 Mar 79

On Material Wealth

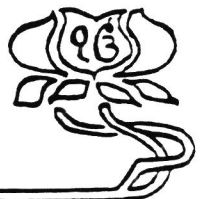
- The mind is in duality. My mind is finite and my mind wants Infinity in both ways: my mind, my children. I want them to be saintly second-hand. But the first thing I want them to be is doctors and geniuses and whatnot. First my mind wants money, my mind wants a job, my mind wants the whole thing. I collect chairs on which I never sit. In every house there's 40% of the stuff which has never been used. Every person requires 80% of the material wealth which he doesn't mean to use at all. On a practical level, every individual uses 20% of his wealth. 80% is his load. It is called "security trauma." The income tax people get 80% because they know 60% of the people won't file income tax.
- Normally people expert and successful in a certain thing worked very hard but are in pain. The earthly and spiritual must be in balance. Otherwise they will never be happy.
- There is nothing wrong with having a good car, an airplane, a boat, a 20-room house. There is nothing wrong with it. If you have it you are blessed. Have everything but don't be concerned with (attached to) it. It is absolutely all right to have 6 cars. No problem. But don't be concerned about such things. Material concerns can sometimes take the form of disease, a sickness.
- To Man: Woman is very attached to the earth in one way only. That is when she is very insecure about her husband. To deal with this, negotiate.
- To Man: Because of the mother instinct, every woman is basically a mother. Woman is overprotective of children,





overprotective of herself, and she overprotects her environments. She overprotects her material wealth. If you transform it to the security of Infinity, she is always secure.

- To Man: We took a study of successful marriages, and we found out the successful marriages are those where the man gave an exact amount of money to the woman and told her to manage it. She gets so much involved in the whole management business, and she looks to him as this great god who has to rescue her if her management falls apart. The relationship continues for years and years and years. That's why they say, "Make woman as the queen and the empress of the home; man is a hunter in the outer world."





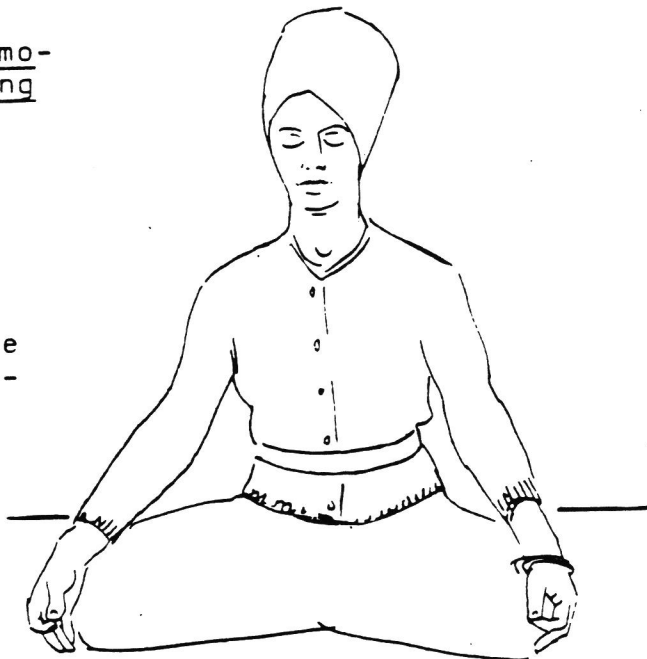
MEDITATION FOR AGGRESSIVENESS OR EMOTIONALITY

What It Will Do For You

If aggressiveness and emotionality are interfering with your relationship, do this meditation.

How to Do It

Sit in easy pose with a straight spine. Raise the ribcage and push the neck down into the sternum (breastbone). Inhale and exhale without dropping the ribcage. Concentrate on both sides of the navel.



Time: open. -- 1972

● On Emotionality

The institution of marriage is a union of the two polarities to go through everything devotedly. Now where there is emotional upset, what devotion is there?



MEDITATION TO REMOVE NEGATIVE THOUGHTSWhat It Will Do for You

This meditation cleans mental garbage. It changes you totally and puts you on a new wavelength. Do it when you feel a lot of negative thoughts. Receive the nectar of the *naam* to break the pattern of finite consciousness. It neutralizes harmful thoughts in you and in others.

How to Do It

Come into Vir Asan, sitting on the left heel, right knee at the chest. Elbows are resting on the right knee, forearms touching along their length. Palms are together with fingertips at the level of the third-eye point. With eyes almost closed, look at the tip of the nose. Concentrate at the third-eye point.



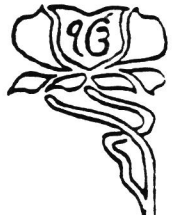
Inhale and mentally vibrate WHA. Exhale and mentally vibrate GURUO. Do it at a rate of 12 breaths a minute. This is not a heavy breath.

Continue for a minimum of 15 minutes. -- 1974

On Negativity

- When the subconscious mind is controlled consciously by the individual as a habit and he does not relate to his negative past as a habit and he relates to Infinite nature to bless him, that person reaches the highest consciousness as a living being. In the occult science he is known as *jiwan mukti*. *Mukti* means "salvation," *mukti* means "through with karma cycle," and *jiwan* means "alive."
- Your thoughts color your aura. As the color remains constant, it changes the power of the circumvent force,





which will attract God-consciousness. Man has a ring around his aura called "silver lining." This shows how strong he is. Dirty green in the aura means lies. Dark red means jealousy and negative ego. Aura represents original rather than projected personality.

- By denying that you have a negative part of you, it's like trying to seesaw with only half a seesaw. Stand with a balance between high and low.
- All sickness, all shallowness, all unhappiness, all pain, all miseries are the outcome of one source: keeping negativity within yourself.
- If you don't give four hours to God per day, don't give it to negativity!
- Use this commandment: Thou shalt not wish ill to anybody. Practice it. See how difficult it is.





MEDITATION TO REMOVE SELF-IMPOSED LIMITS
AND ENHANCE INTUITION

What It Will Do for You

This *Dayksha Patra Kriya* carries you beyond a sense of limitation into neutrality, intuition and receptivity. It is very relaxing.

How to Do It

Sit in easy pose. The right palm is cupped on the left palm at chest level. The left thumb presses against the fleshy mounds at the base of the right fingers, thumbtip touching the tip of the left middle finger. Place the right thumb on top of the left thumb, forming a cross

The eyes are half open. Inhale, then exhale as you chant WAHAY GURUO in a monotone.

Continue for 31 minutes.
-- 19 Apr 76

On Limits

- Once a person said, "O my God, this whole thing has flopped down; it's miserable." Then he said, "No, it's not miserable. We made an effort; it was a flop; fine. We'll reconstruct ourselves; that's OK." Things fall apart, things get made, things get delivered, things break. But that's all things. You are beyond things. There are things and they're all things, but you are beyond those things.
- Where is the limit of a person? How can you be limited? A person is limited according to his attachment. It doesn't matter what you have or what you don't have; it matters only how easily you can let go.
- Detachment does not mean that you wear a loin cloth and carry a begging bowl and are detached from this





world. Detachment comes from creative acting. If you only create a few things, you will feel attached to them. If you are constantly creating, you will feel free. You have been involved in many affairs and you have learned about failure and success. This has brought you to a state of attachment which will limit you. God has not made any person to limit himself. Man is not born to be limited. Death and life mean nothing to those who live moment to moment in happiness, joy and creativity.

- What limits us? Being indirect. Do not allow the mind to preconceive. This way we make our limited world little and unhappy.
- Where there's fear there's no faith, no happiness, nothing. What is there? There is a limit. Fear is not an emotion, a calculated thing. Fear is your limit. There's no such thing as fear in your behavior if you're limitless. When you limit yourself you are afraid. Afraid of what? Anything you do out of fear is guilt.
- The war of the senses is the higher sense, the higher consciousness and the individual consciousness. The finite and Infinite consciousness are always at war. There is no ending to it. It will never end.

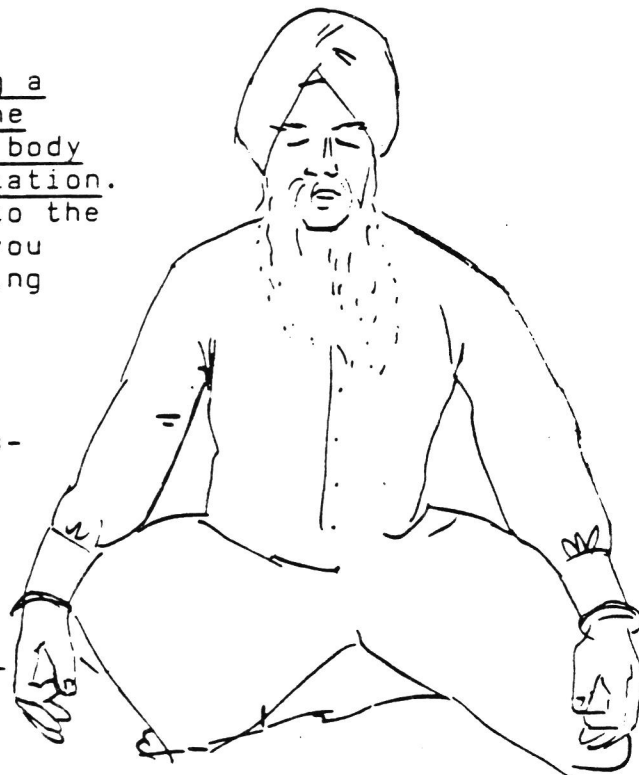


MEDITATION FOR THINKING BEFORE YOU SPEAKWhat It Will Do for You

If your lips are not doing a proper job of guarding the most powerful hole in the body (the mouth), do this meditation. Because the lips connect to the sex organ and the brain, you may notice these areas being affected.

How to Do It

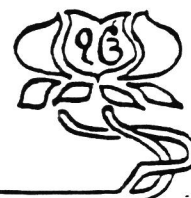
Sit in a comfortable cross-legged position, hands in gyan mudra (tip of thumb and index finger touching) resting on knees, elbows straight. In a quick beat like a heartbeat, chant MAA MAA MAA MAA and so on. The lips will tingle.



Time: open. -- 25 Apr 72

On Careful Speech

- A human being honors the word, dies for the word, lives for the word, and the words of human beings are the utmost gift of God. Communication is the biggest gift God has given us. Please remember: Whenever you speak, concentrate on the third-eye point. Warn yourself before speaking to see from where you're talking. If you talk from any lower chakra, you can really be in trouble. Speak from your forehead, where you can speak for the destiny, of destiny, and unto the destiny.
- Marriage is an institution which depends upon honoring the Word. There is nothing more precious than one's word.
- Ask yourself before arguments: Does this add to or diminish the obstacles to my enlightenment?





- To Woman:
 1. Entertain no rude words.
 2. Entertain no words which do not have as their objective sponsoring you as a woman.
 3. Answer no coarse communicative dialogue.
 4. Avoid gross truck drivers' language.
 5. Communicate with absolute manners and graceful words and tones.
 6. When the communication is not graceful, leave.

- To Woman: The woman who talks more suffers more. The woman who doesn't enjoys more.

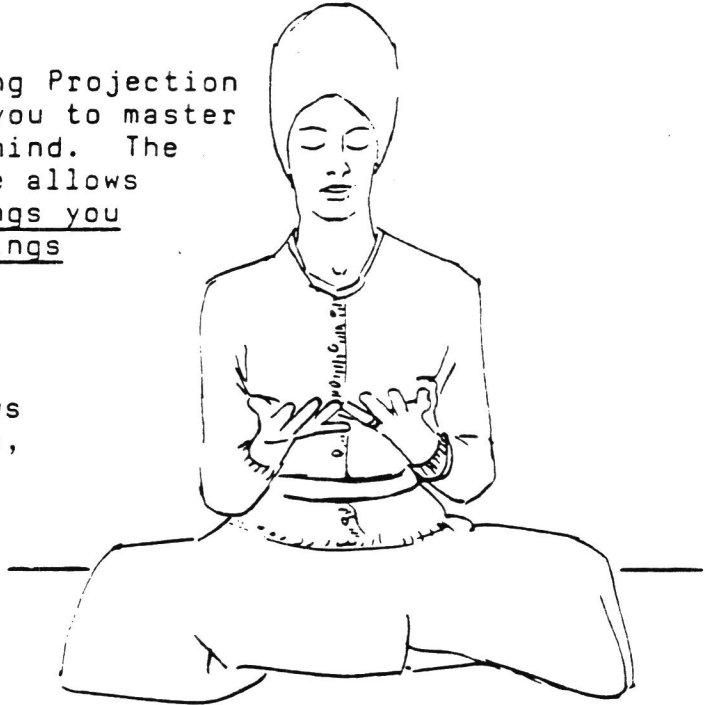


MEDITATION TO AVOID SAYING WHAT YOU DON'T MEANWhat It Will Do for You

This "Kriya for Balancing Projection with Intention" allows you to master the four levels of the mind. The resulting mental balance allows you to avoid saying things you don't mean. It also brings mental relaxation.

How to Do It

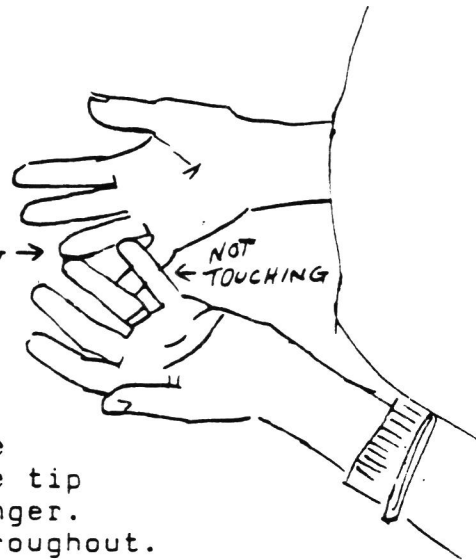
Sit in easy pose. Elbows are relaxed at the sides, palms flat, fingers spread gently (not wide), thumb spread back easily. Touch the ring fingers together. The right little finger goes under the left little finger at 90° to it, but not touching it. Close the eyes. The mantra is SAA TAA NAA MAA.



When you chant SAA, tense the tip of the thumb and the index finger (but keep the fingers motionless). On TAA, tense the tip of the thumb and the middle finger. On NAA, tense the thumb and the ring finger. On MAA, tense the tip of the thumb and the little finger. Keep the fingers motionless throughout. One cycle of the mantra takes 5 seconds. The breath automatically adjusts itself.

TOUCHING →

← NOT TOUCHING



Continue for 11-31 minutes. -- 22 Apr 76





On Controlling the Tongue

- There is something which is much worse than cancer, worse than heart attack, worse than any abuse. It is much worse than any sin; it is much worse than any ugliness -- that's when you don't have any reservoir in your communication. You don't filter your talk; you just bust out and say what you want to say. And then you explain, and then you apologize, and then you hurt somebody deep, and then you cannot repair it.

I have now counseled for 11 years and have found that 30% of divorce in the family occurs for no reason. The bottom line, the basic line of the whole thing is one sentence. She said this or he said that. It stuck there and became a wall between two living people.

- Talking is not just talking. Talking is the mixture of the trinity of the person and it is the vibratory effect of man. If you remember that God sits on the tip of man's tongue, you will be very cautious about what you do with it. The tongue is not an insignificant thing, although it lives amidst 32 teeth. It is the most flexible part of the body, the most sensitive part of the body, as well as the most effective part of the body. A word said by the tongue can cut through the heart in a way which no medicine can cure. And sweetness from the tongue can bring you the total wealth of the world.
- Talk consciously. It's really very simple. Whatever you have to say, just feel you are saying it between the eyebrows and the root of the nose, at the third-eye point. If you remember to speak from there, you will remember also to speak from where the destiny is written.

Whenever a person talks sublimely, sophisticatedly, decently, dedicatedly, it will bring love; otherwise it will bring hatred. There's no such thing as a relationship or no relationship. Whatever you say is just your expression. It all boils down to one thing: From which center of consciousness do you talk? Don't speak whatever comes out. Conscious speaking is when you project through the *ajnaa*, the center of consciousness. Don't speak from any other center. If you speak from the throat center, you can speak so harshly, the truth will be so bitter! If you speak from the heart center, you will be so compassionate everybody will eat you up.





If you speak from the third center, you will always speak in fear. It will look like black magic; nobody will know who you are. In the second chakra you are all expert. First chakra is best learned in San Francisco.

- Self-relaxation is the highest discipline. A relaxed man can communicate with man. An unrelaxed man cannot communicate with man. An unrelaxed man cannot communicate with God, Who is the total sum of all humanity.
- When you judge someone, you block yourself. Word (vibration) is the creative power of the universe. You do not honor. Always be graceful when you speak. Create in you the creativity to vibrate gracefully, and the whole universe will delve deep to serve you.

People who honor and value their words, when they speak they bind the 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.

Your fulfillment is your base. When a man is set on his foundation, nothing in this world can shake him.

- Once you give your word you cannot take it back.
- Never use the mantras "I don't know" or "I'm not ready."
- 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 ever say things against any human form, because that is slander of what is divine and God-manufactured.
- Never let the name of a person who is negative cross your tongue. Never retaliate. Use your hands for prayer instead.

What do you think when you are mad? Everything is a mantra, everything you speak. Think: 1) I won't get mad. 2) I won't yell. 3) I will trust. 4) I won't betray friendship.





SIMPLE MEDITATION TO OVERCOME FEELING CRAZY

What It Will Do for You

If you're feeling crazy and out of control, do this meditation.

How to Do It

Sit in easy pose, upper arms parallel to the ground, forearms pointing toward the ceiling. Fingers are outspread and pointing up. Rotate the hands back and forth, pivoting at the wrist.

Continue for 5 minutes.
-- 1973





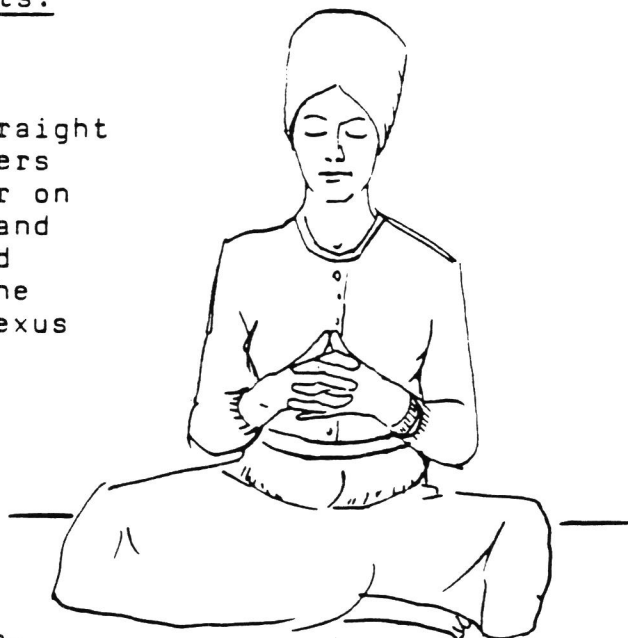
MEDITATION FOR EFFECTIVE COMMUNICATION

What It Will Do for You

This meditation will make your language very effective, so effective you will be able to communicate through the sheer force of your thoughts.

How to Do It

Sit in easy pose with a straight spine. Interlock the fingers with the right index finger on top and the thumbs joined and pointing straight up. Hold the position in front of the chest between the solar plexus and the heart. Upper arms are relaxed down at the sides.

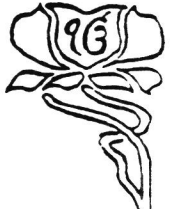


Eyes are closed. Deeply inhale through the nose and chant the mantra RAA RAA RAA MAA MAA MAA MAA SAA SAA SAA SAT HAREE HAAR HAREE HAAR on the exhale. Be sure to chant the entire mantra with one full exhalation. (See staff.)



Time: open. -- 23 Apr 78





On Straightforward Communication

- Once you are known as a straightforward and outspoken person, that's it. There cannot be any difficulty. When you twist things, not only do you waste your energy in twisting, actually you twist your own image. Remember that there is no such thing as a secret. The cat will always come out of the bag, and you will feel bad about it. Why? Your own consciousness will hurt you.



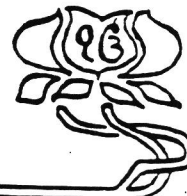
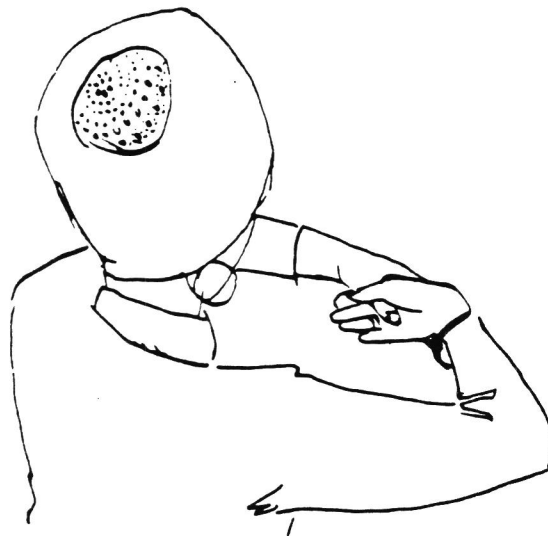
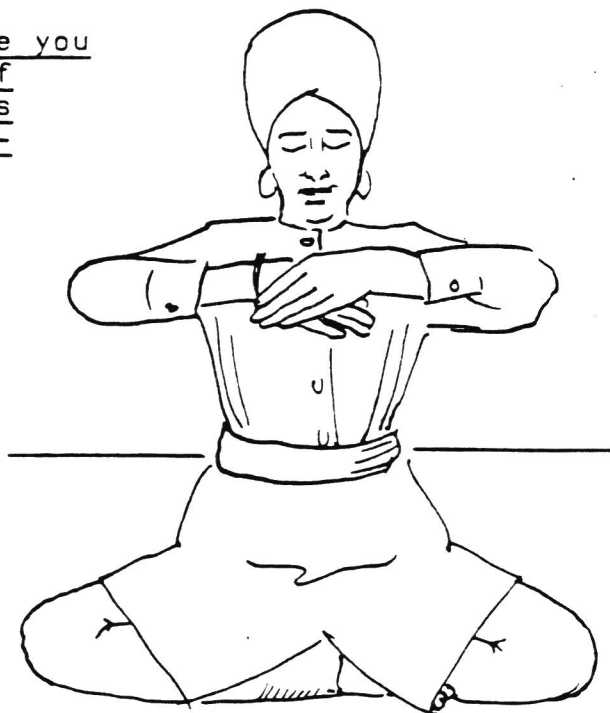
MEDITATION FOR POSITIVE COMMUNICATIONWhat It Will Do for You

This meditation will give you the ability to get out of all negativity and always have the power to communicate positively.

How to Do It

Sit in easy pose with a straight spine. Both palms face the body with the back of the right hand in the palm of the left. The fingers of both hands are straight. Fold the left thumb over the right palm and fold the right thumb over the left thumb. The hands will be crossed with the fingers angled downward. Lock the thumb in place. (If you are left-handed, reverse the hand position.) Hold arms at shoulder level parallel to the floor. Stretch the shoulders forward. The hands should be 9 to 12 inches from the chest.

Eyes are closed. The mantra is HAREE HAREE HAREE HAREE HAREE HAAR. Deeply inhale through the nose, then chant the mantra 5 times in a monotone as you exhale. Be sure to use up





all the breath as you chant. Feel the words vibrate at the back of the throat. Then inhale and begin again.

Continue for whatever length of time you prefer up to 31 minutes. (3 minutes and 11 minutes are good lengths of time.) -- 20 Apr 78

Note: It's best to do this meditation on an empty stomach.

On Positive Communication

- If one will exalt the word, the word will exalt him in this world.
- If your values can change, your words will change. If your values do not change, neither will your words.
- Those who do not know to live to the words shall not have the knowledge to know God. When you betray your own words, you betray your own concept and the universe shall betray you.
- Three things: Patience, tolerance, and humility in communication. Without them you will never be a successful man. You will find a lot of pain in your heart. But if you have these three qualities in any human being you will find a progression every day.
- If anybody abuses, slanders, or speaks negatively, say something positive about him. Thus you kill your enemies safely.



MEDITATION TO COMMUNICATE BETTER
AND UNBLOCK THE SUBCONSCIOUS

What It Will Do for You

When there are negative vibrations between you because of incomplete communication with yourself or with your partner, do this meditation. It will aid in the process of self-evaluation, probe the ego to change, and unblock subconscious communication.

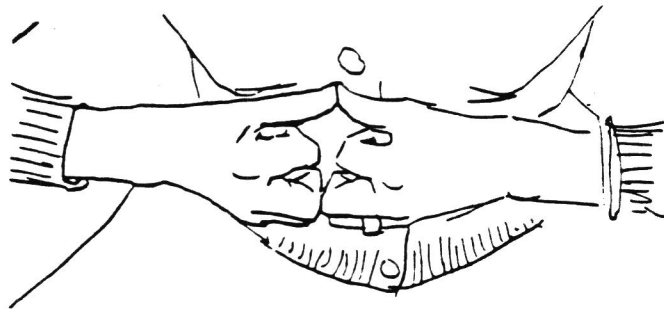
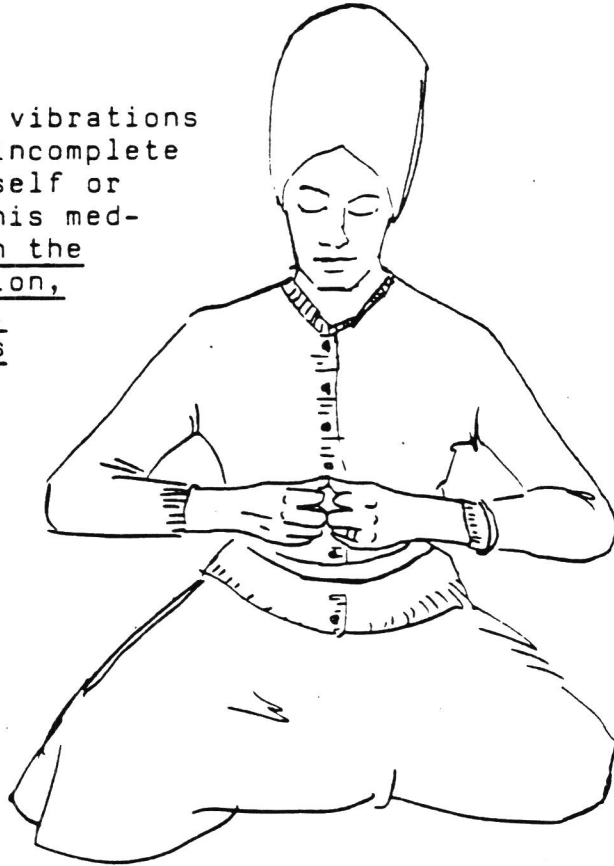
How to Do It

Sit in a comfortable crosslegged position. Spine is very straight. Lift the chest. Curl the fingers in as if making fists. Place the fingers of each hand on the fleshy mounds at the base of the fingers. Have the thumbs and the knuckles of the middle fingers touching.

(No other fingers touch.) Forearms are at chest level, thumbs pointing toward the heart center.

Begin long deep breathing. Watch the breath. Concentrate. Heat will pass between the thumbs.

Continue for 31 minutes. Then inhale deeply, exhale, and relax for 5 minutes. With practice you may do the meditation another 31 minutes after the relaxation. -- 22 Oct 71





Note: See also Kundalini Meditation Manual, page 33.

On Communication

- You have your conscious mind and your subconscious. If you can control your subconscious consciously, you are a conscious person. When you consciously control your subconscious, you become your master.
- If you cannot face your subconscious mind, how in God's name are you going to face God?
- The subconscious mind is like a television camera fixed in the brain. It is a part of your mind. It films consciously. It records you, and you can't get out of it.
- You should meditate consciously and talk to your subconscious self.
- At the judgment time the subconscious tells the story. It has recorded everything and then what can you argue? How can you argue with yourself? God wants you but you cannot face Him. So when man is hiding, whom is he hiding from? His subconscious mind. He is hiding from his own photographer.
- Your subconscious mind will not let you go; and if it will not let you go, why don't you prepare yourself now? Is that too much to ask?
- Normal human behavior should be to talk straight. If you are angry, talk angry. If you are pleasant, talk pleasant. The problem starts when you're angry and you talk pleasant. You are the worst creature among the animal kingdom ever to be seen, dealt with, or to be known. You are more dangerous than the man-eater, because you are playing with the truthful existence of the psyche of another person. You are assuring the person: "I am your friend. I have promised to be your friend. I am beautiful. You are wonderful." But in your heart you are saying, "All right. Convince him so that he can drink this glass of milk with potassium cyanide in it."
- To Man: When the relationship of communication between male and female is not right...there's one thing you can do very fast. Cut down on food. That's definite. Whenever your relationship with the female is not right, for

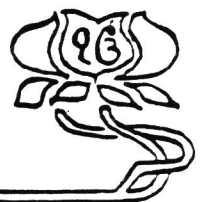


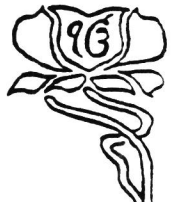


your life, health, longevity, and perfect maintenance of yourself, cut down on food, number one. Number two, cut down on heavy foods totally. They should be out of your menu. Number three, totally cut down on any or every stimulant drink. Lastly, develop a habit of taking a nap after meals. Otherwise you will have a bleeding stomach, a bleeding intestinal tract, and heart attacks. All these are the outcome of that. Whenever you take a light meal, no matter how light it may be, try to take a 5-7 minute nap. Close your eyes, still your body, and lie dead.

Note: Heavy foods include double cheese, double mushrooms, double onion, double pizza -- any food which does not digest by its own gravity. Stimulant drinks include syrupy drinks, coca-cola, coffee and whiskey.

- To Woman: The eastern hemisphere of the brain in a woman belongs to her; the western hemisphere she has to use for projection. It's a great weakness of woman to pause before replying. When you are not spontaneous and don't reply on the spot, the ego of the man takes it that you don't know.
- To Woman: In communication, use the word "God." Say, "It's God's grace; I love you." That way, in every communicative sense, you must come out as a mystery. When a woman is found out there's nothing more to know about her.... Avoid that to avoid divorce.
- To Woman: Don't confront the man, because when you confront him you are confronting the ego, the id, and then you are inviting a clash of id when it is not necessary. Never nag!





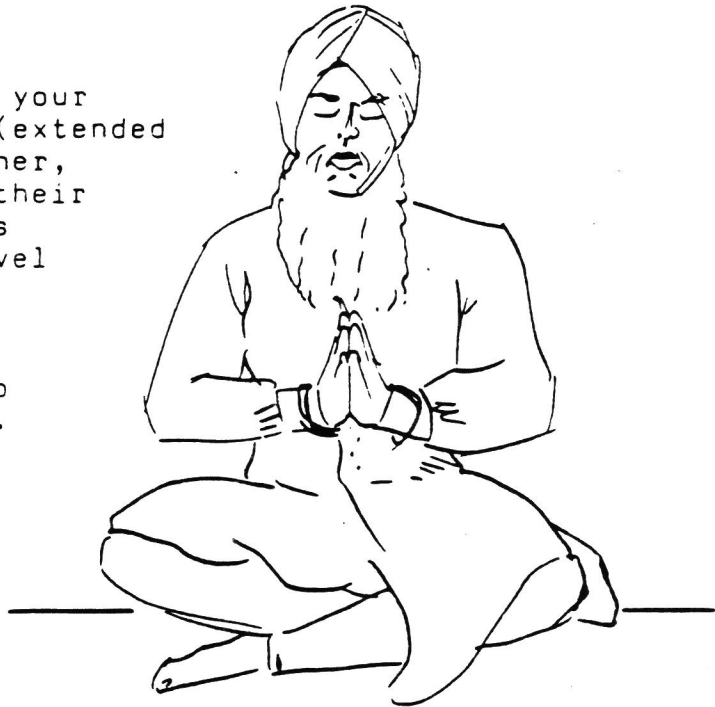
40-DAY MEDITATION TO REGAIN YOUTH

What It Will Do for You

If the pranayam (breath technique) in this kriya is done 108 times, the entire supply of body blood is purified and oxygenated. It is also good for the glandular system. If the kriya is done for 40 consecutive days you will regain your youth.

How to Do It

Sit in easy pose with your hands in prayer pose (extended upward, fingers together, hands touching along their length). The forearms press at diaphragm level along the ribs. The eyes focus on the tip of the nose. Breathe through the mouth onto the tip of the tongue. The tongue is not curled. Inhale in 4 parts, then exhale in 4 parts. Mentally vibrate the mantra WAHAY GURUO on each part.



Continue for 5 minutes.
then repeat -- up to a
total of 1 hour. -- 28 Sep 73

Note: See also "Meditation on the Sound Current ONG," said to give a man "power, beauty and youth," Kundalini Yoga Manual, page 27.

On Youthfulness and Strength

- To become strong and keep from old age, hold SAT NAAM at the navel point all the time.



Time: A: 1 minute
B: 7 minutes
C: 4-5 minutes

Meditations



MEDITATION TO DEAL WITH FRUSTRATION

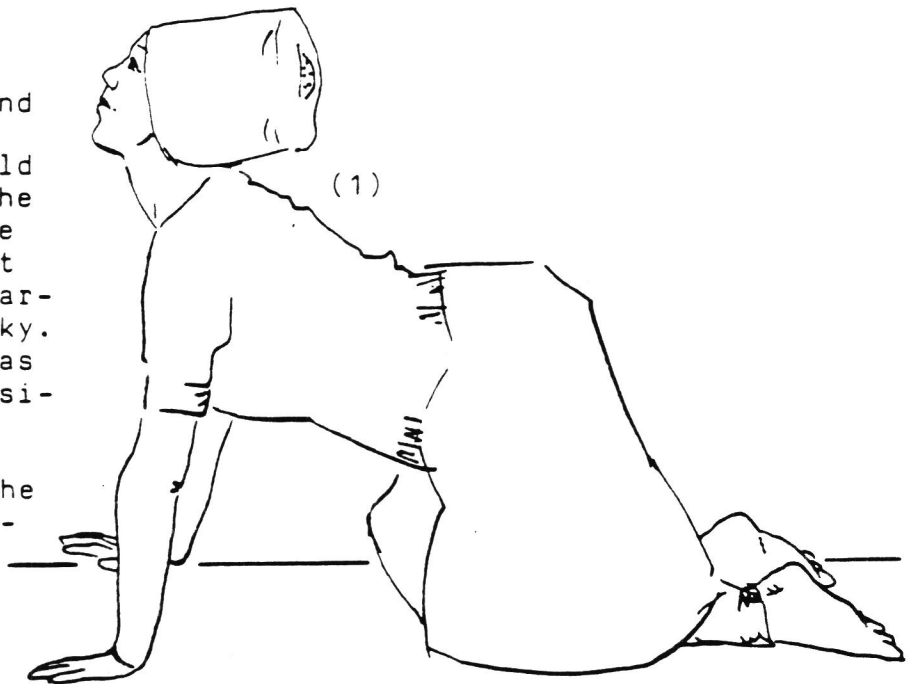
What It Will Do for You

This is a meditation against frustration. If you are wondering, "Why am I not getting anywhere?" then do this meditation. Exercise A will expand your mind. It will make you young, powerful and beautiful. Exercise B allows all problems and self-conscious negativity to surface. Exercise C "will release any pressure within you and will give you comfort. We are so serious that seriousness sometimes turns to negativity. We have forgotten something which is our right, part of that privilege we enjoy in being here -- laughter!"

How to Do It

A. Assume cow pose on hands and knees (1). The lower back should sink down and the head should come way back so that the eyes are staring up at the sky. Press the head as far back as possible and look as far up and back as you can. (The thyroid and parathyroid will start secreting within 7 minutes automatically.)

Keep your eyes fixed at one point.
Breathe long and deep.



B. After about 1 minute, start the following mental exercise: Think of something that is bothering you. It may be anything: a money problem, sex, a domestic problem, a car problem, or anything; it doesn't matter. Start wrestling with it. Keep the head back. There is a certain section of the brain which you cannot open up in any other position. That will open up now. Bring



up any thought from the subconscious that is bothering you. This is known as churning the mental self. Any negative thought -- on men, matter, material, immaterial -- Why doesn't God come to me; why am I not getting anywhere?

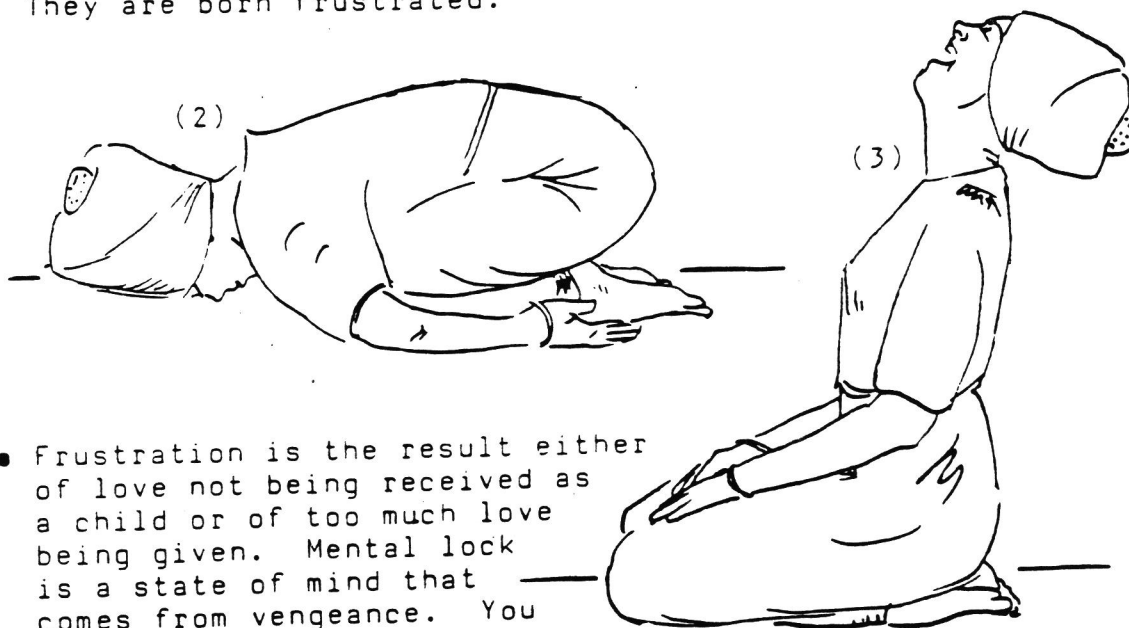
Continue for 7 minutes.

C. Now sit back on your heels and touch your forehead to the ground (2). Relax. Let your arms rest alongside your body, palms up. A lot of blood may come to the brain cells which you have just opened in the preceding exercise. Just relax; let the tension drain from you. Infinite love flows to the relaxed man.

Continue for 4-5 minutes. Then look up at the sky and laugh (3). -- 9 Dec 70

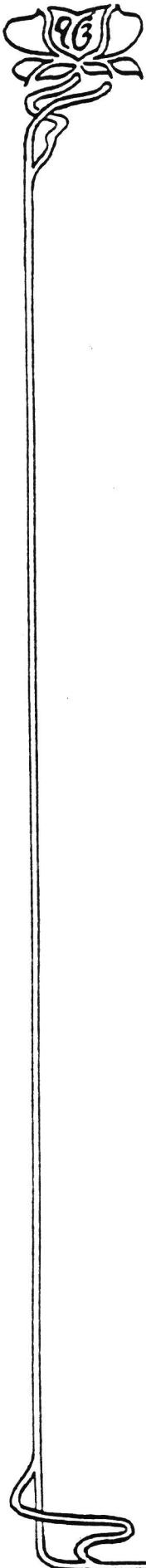
On Frustration

- I have never seen a man who is not frustrated. They are born frustrated.



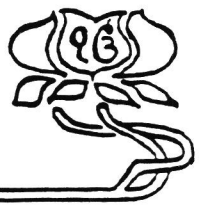
- Frustration is the result either of love not being received as a child or of too much love being given. Mental lock is a state of mind that comes from vengeance. You want to go and prostitute yourself. You want sympathy through destruction. Very common. It's necessary to go on a mono diet.

- If you want to grow, you must face opposition. If you say there will not be people to negate you and not to



oppose you and not to put you down, you can never progress. You must have equal opposition to the amount you have to increase.

- When you have sex for security out of frustration, then you seal the frustration.





MEDITATION FOR TRUST

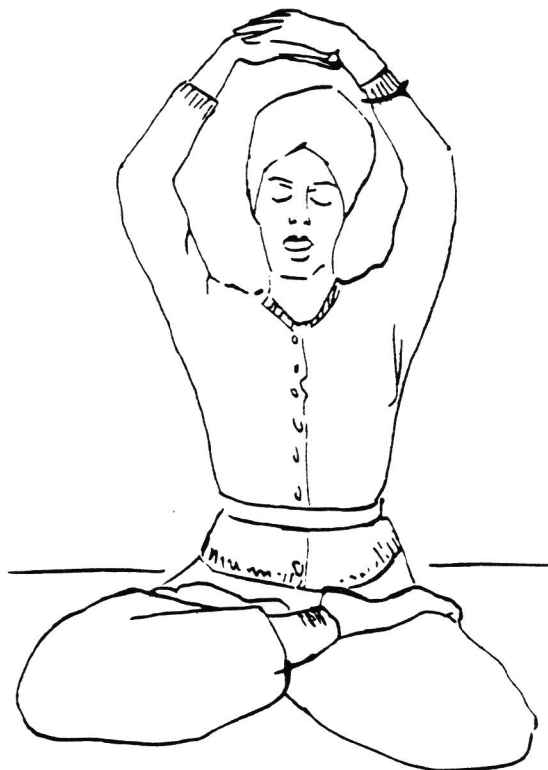
What It Will Do for You

This meditation builds trust, without which a relationship can be pure misery. Trust is the basis of faith and commitment and your sense of reality. When your ability to trust is strong you will have such elevation of spirit that you can stand up to any challenge. The meditation builds and balances your aura from the fourth chakra up.

How to Do It

Sit in lotus or easy pose. Arch the arms up over the head with the palms down. If you are a male, put the right palm on top of the left. Ladies put the left palm on top of the right. Put the thumbtips together with thumbs pointing back. The arms are bent at the elbows slightly. Keep the eyelids open slightly and look down toward the upper lip.

Chant the mantra WAHAY GURGO Form the sounds with the lips and tongue very precisely. Whisper it so that the GURGO is almost inaudible. It takes about 2½ seconds per repetition.



Continue for 11 minutes. The time may be increased by 1 minute after every 15 days of practice until you reach a total of 31 minutes. It is important to respect these time limits, as the kriya is very potent, and its effects extensive.

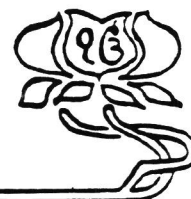
Note: See also Kundalini Yoga/Sadhana Guidelines, "Meditation for Brosa," page 104.

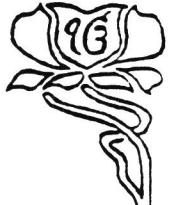




On Trust

- If you bust the trust you will rust.
- Host those who have been your enemies, respect those who have slandered you, and communicate with those who have been all your life angry with you.
- Trust only comes when you trust yourself. When you trust your dignity, you will always be dignified. When you trust your love, you will always be lovable. When you trust your beauty, you will always be beautiful. When you trust your greatness, you will always be great.
- Everyone has a self, but nobody trusts self. To trust yourself you have to trust your higher self.
- I have to discuss with you before I leave the contrast consciousness which I have never taught yet. I know you need it. I know you need it for your children, for your family life, for your behavior projects and for your fundamental growth. This contrast in consciousness is a very pure symptom. We value A, then also we value B. We have two hemispheres in the brain. One says, "This is good for you!" The other says, "It's good for you, but what good will it be to waste time on it?" You understand? One creates a positive thought and positive desire. The other creates doubt of the time and space you will spend. It won't object to it. Remember that. It won't fight it. That is where it makes a fool of you. But it will create doubt, and where there is doubt there is no happiness. That is how in your life happiness runs miles and miles away from you, in spite of the fact that it is always in your reach. Systematically, don't kill a person. Instead, create doubt in his mind and leave. He'll be dead anyway. Mostly the so-called friends which are very inwardly subconsciously jealous of your spiritual progress or your attainment are such humans who are very active in the mind of another friend. 80% of the casualties in this field of spiritual progress happens through friends, 20% through opposition of circumstances, time and space. So life on the spiritual level is not very normal, either.
- To Man: You have your own mental process, and all you want out of her is inspiration.... What you want from a woman is inspiration and companionship. Companionship, you can hire it, you can do something, you can get along.





- To Man: In the wholeness of relationship you need something more. It is called companionship of trust. You need somebody in your life you can deeply trust. Next to God, you trust your woman. You want to talk to her. You want to tell her everything. Your basic maturity is that you must provide your woman security and she'll provide you with inspiration.
- In the Azdaas there is the phrase "*bhrosaa daan*," which means "God, give us the grace to trust people." "*Bhrosaa*" is the ability to have faith in someone else. It is the most difficult thing. If you cannot have faith in another person who is known, how can you have faith in God, who is unknown?





MEDITATION TO MAKE AN ANGRY IDIOT CALM AND GENTLE

What It Will Do for You

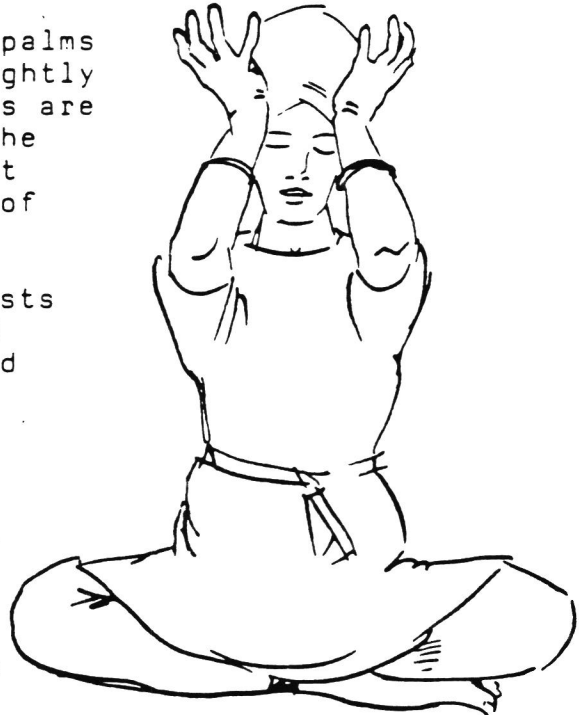
This meditation makes the two sides of the brain discharge, adjusts the electromagnetic field of the brain, and brings neutrality. Any pain is the result of imbalance in the brain.

How to Do It

A. Sit in easy pose with the palms exerting a slight pressure slightly above the temples. The fingers are held up like moose antlers. The elbows are pulled down in front of the body. Look to the top of the head (1).

Chant SAT mentally and make fists of your hands (2). Chant NAAM mentally and open the fists and spread your fingers. Each SAT NAAM cycle should take 3 or 4 seconds.

Continue for 22 or 31 minutes.
Then do one minute of stretching.





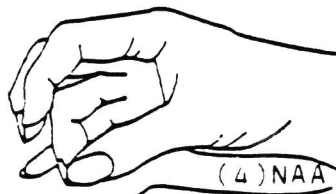
B. Kirtan Kriya: Sit in easy pose with hands in gyan mudra at the knees (1). Meditate at the third-eye point. The mantra is SAA TAA NAA MAA NAA MAA. (See staff.)



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 2½ minutes. Then whisper for 2½ minutes. Vibrate the mantra silently for 5 minutes. Once again whisper for 2½ minutes, then chant in a normal voice for 2½ minutes. Finally, stretch the hands up as far as possible and spread the fingers wide. Stretch the spine and take several deep breaths. Relax. -- Nov 72

Note: For more information, see Kundalini Yoga/Sadhana Guidelines, pages 95-96.





On Anger

- Huge anger creates a split in your being. You say, "I love you" -- behind it is anger. Have patience. You peed in your pants. You were wet. You weren't changed. You were angry. Now you're dry, but angry like gunpowder. You've grown up, but your intellect and intelligence hasn't.

Husband and wife must stop fighting.

- You can be angry at anything or everything; it's a positive drive, it's an energy -- it's *agni* (fire). Somebody once said, "I don't want to be angry. Bless me." I said, "No, I would have to cut out your stomach, because anger means you will have heat. It would mean no blood circulation, no food digestion. How can I bless you with that? He said, "Well, I'm angry too much." I said, "Be blessed to be angry with yourself!"
- There's no way you can get rid of greed, anger, lust, pride and attachment. You have equal air, water, fire, and earth in you. Anger is from the fire element. Be angry at yourself; there's nothing wrong with that.
- If you want to kill someone, kill your own feelings. If you want to take something from someone, take away your own pride.
- We must stop this cycle of cursing each other -- our parents did it to us; we must stop somewhere.
- Say to yourself, "I won't get mad. I won't yell. I will trust. I won't betray friendship.
- Ask yourself before arguments: "Does this add to or diminish the obstacles to my enlightenment?"
- To Woman: The woman forgets the man is a child. The man becomes angry. Either his ego is hurt outside or he's afraid his ego is going to be hurt. Scared. All men are like that with one exception -- a dead man.

The capacity to control anger is very limited in man. Reason and the brain shut off. Give the devil something to eat to shut him off.

Woman is a heavy duty tire. With man, a single needle will flatten his tire.





- To Woman: If man is in ego and fear, give him a glass of lassi. [Lassi: Blend 1 cup yogurt, 3 ice cubes, 2 teaspoons lime or lemon juice, and honey to taste.]

Don't be mad with a madman. Anger doesn't suit you.
Lose your grace and you will look like an animal in
a zoo.

If you lose your cool, you must boil.



Time: A: 11 minutes
B: 5-11 minutes
(Build to 31 minutes
then to 2½ hours)

Meditations

MEDITATION TO AVOID DOUBT, FRUSTRATION AND ANGER
BY STRENGTHENING THE INNER VOICE

What It Will Do for You

At times when the path of truth and clarity seems lost, calm yourself and still your mind. Then the path will come to you. In this meditation the head is out as if to be sacrificed and given to the Guru or the higher Self. Besides strengthening your mental direction, it can alleviate any blood disease.

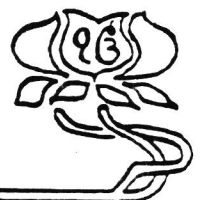
To live life according to the guidance of inner truth is essential. If you do not, you will have doubts. If doubts are not removed, then frustration comes in. Frustration, when not released, leads to anger. Anger then leads to destructive action either to the Self, others, or both. To stop this vicious cycle, create the habit to still the Self and ask questions of your own higher consciousness. This meditation can develop that capacity.

How to Do It

A. Sit with a straight spine in easy pose or lotus pose. Cup the hands lightly together. Leave a fish-like hole between the outer sides of the little fingers. Bow the head forward over the palms. Look into the palms, eyes barely open. Inhale in 10 strokes, mentally vibrating WHA-HO with each stroke. Exhale in 10 strokes, each time mentally vibrating GURUO.

Continue for 11 minutes.
Then inhale powerfully, exhale powerfully, and relax.

B. Sitting in easy pose, spine straight, hands in gyan mudra (see next page), chant in a continuous monotone:
WHÀHO WHÀHO WHÀHO WHÀHO WHÀHO WHÀHO WHÀHO WHÀHO

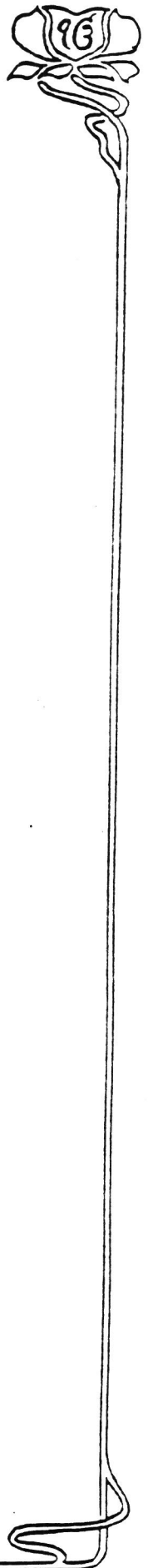
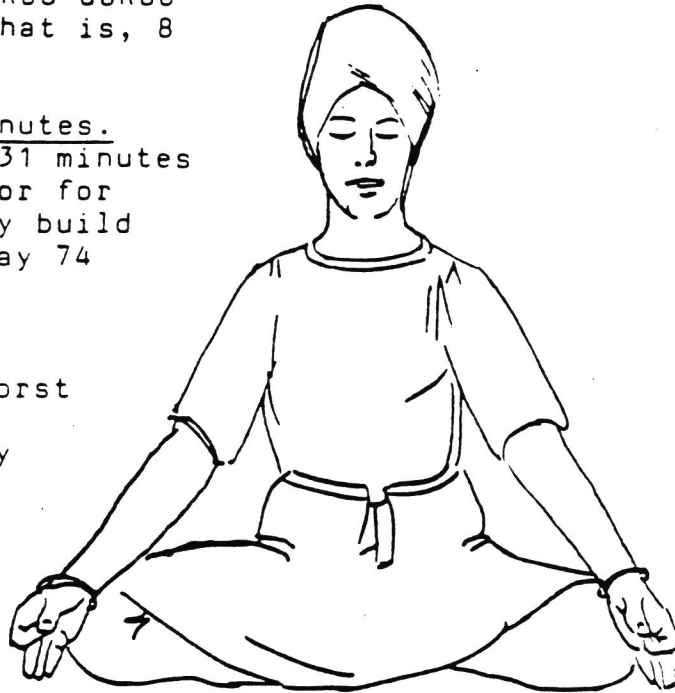


GŪROO GŪROO GŪROO GŪROO GŪROO
GŪROO GŪROO GŪROO (that is, 8
times each).

Continue for 5-11 minutes.
You may build up to 31 minutes
on this meditation; or for
yogic therapy, slowly build
to 2½ hours. -- 27 May 74

● On Stability

Watch out for your worst
enemy -- whosoever
steals your stability
is your worst enemy.
It's not evil -- it
makes you strong.
They are all those
who lay emotional
tantrums. They
say, "You are
no friend if
you are not
miserable when I am." We must work together against
our own sickness.





MEDITATION TO ELIMINATE OUTRAGEOUS BEHAVIOR
AND PRODUCE HAPPINESS

What It Will Do for You

This meditation changes the metabolism of the mind and develops a "funny mandala" called the "Brahm Mandala." It is *mangala charan*: It produces happiness on the spot where there is unhappiness. The mudra symbolizes yin and yang. It is the mudra of immediate spirit and heart. All previous, present and future incarnations shall be projected towards righteousness. It is good for outrageous behavior, tremendous depression, and inconsistency in character.

How to Do It

Sit in easy pose, spine straight. Hands are in loose fists, thumbs on the outside, index finger pointing up. Hands are facing each other, 1 to 1½ feet in front of the face. The left index fingertip is at eye level and exactly even with the lowest knuckle of the right thumb. (The left hand is the lower hand.) Hands are about 4 inches apart. They are like conches, pointing to God.

The eyes are open. Look directly at and through the space between the hands. The neck is straight, not tilting or falling. Mentally vibrate the mantra AAD GURAY NAMEH, JUGAAD GURAY NAMEH. SAT GURAY NAMEH, SIRI GURAO DEVAY NAMEH. (See staff.)



Continue for 11 minutes. Then close the eyes, and holding the position, chant the mantra aloud in a monotone. The rhythm is simple and the pace moderate.

Continue for 3-5 minutes. Then inhale, exhale, and relax. -- 24 Nov 75





$\text{♩} = 100$ (X = SPOKEN, NOT SUNG)

AAD GU-RAY NA-MEH JU-GAAD GU-RAY NA-MEH

SAT GU-RAY NA-MEH SI-RI GU-ROO DE-VAV NA-MEH

On Unhappiness

- Why do we suffer? We live halfway. We never say "No," we never say "Yes." It's human duty, if you can't say "Yes" to something, always say "No." Put your heart into it. The idea is to do it consciously and just do it. If you say "Yes," all right. If you couldn't do it, fine, do your best and leave the act to God.

SAVING YES

How long will we deny our grace
How long deny God's sweet and simple face?

How long will we deny our teacher
How long deny our love and his
How many more times let his home burn

When will we say yes?

How long will we cower from the light
What does it take to give up the fight?

How long before we say I believe you
How long before we say I trust you
How long before we say I know you

When will we say yes?

-- S.S. Vikram Kaur Khalsa

18 May 82

- When we are dissatisfied, have we asked ourselves how we have failed in our duty? Our depression and dissatisfaction don't come out of the skies. It comes from non-fulfillment of our duty.





Happiness is nothing but the fulfillment of a duty in a dutiful way.

- We are unhappy because our thoughts are not directed by a positive mind.
- If any person is unhappy, it is because he wished for unhappiness. When you wish for happiness, you also wish indirectly for unhappiness, just as day precedes night and night precedes day. Every happiness is followed by sadness and every sadness is followed by happiness.
- When you are happy, take it as a blessing of God. When you are unhappy, take it as a test of God.
- Happiness only comes when you have the power to meditate on a thought when it is released.
- Happiness is righteousness.

On Outrageous Behavior

- You have the right to be crazy. You have the right to be wise. I am not challenging your right. You can be secure or you can be insecure. You can be happy; you can be unhappy. You can earn and live gracefully and you can earn and live ungracefully. Nobody is challenging that right. They call it free will because the instinct of the man is in his control. He has the power of free will.
- Nobody destroys your progress. You destroy your progress. And then this choppy behavior is so bad; some people do not go into the water with canoes. They say, "No, we don't trust this part of the ocean." Exactly so, some friends of yours do not trust you at all, because they had a bad experience with you.
- To maintain grace in the most ungraceful moments is the human worth.
- To Man: When a woman has any extreme behavior, she's asking for help. She doesn't mean to break. But sometimes we react so much out of fear that it breaks up the marriage. Remember: always, in every length and strength, woman doesn't seek a break, because she seeks security by nature.





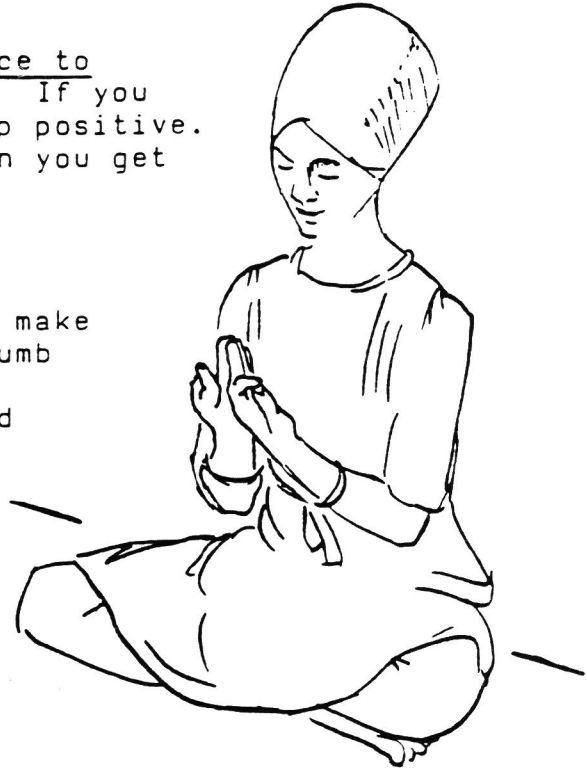
MEDITATION FOR PATIENCE AND FOR POSITIVE WAKEUP

What It Will Do for You

This meditation teaches patience to control the pulse and impulse. If you do it before bed, you'll get up positive. Write down your experience when you get up.

How to Do It

Sit in easy pose. The fingers make a mountain: the tips of the thumb and index finger touch in gyan mudra, and the middle, ring and little fingers are extended touching each other back to back along their length. Bring the forearms up at a 45° angle to the body. Stare at the tip of the nose with the fingers in your line of sight. No specific mantra given.



Continue for 11-15 minutes. --
1975.



Time: A: over 11-31 minutes
B: 11-31 minutes
+ 11 minute relaxation

Meditations



EVENING MEDITATION
AGAINST LONELINESS AND RESTLESSNESS

What It Will Do for You

This *Shabd Shu Gadhara Kriya* (*Karam Shambavi Mudra*) is to be done when the sun is at 60° or at sunset, the two weak points of the day when negativity may triumph. In the evening you become lonely and restless. All negative acts start in the evening. This kriya eliminates negativity. You will not be betrayed in life or love if you meditate on Infinity in the evening when Venus comes up.

The first part of this kriya creates an active seal of consciousness to bring triple changes: in the physical, in the mental, and in the totality of the being. The second part sometimes brings depression and unruly thoughts, so must be practiced with the first part and followed with a relaxation.

Further, the kriya balances the ego, conquers fear of death, promotes sound sleep and eliminates strange dreams, and gives a positive attitude. It produces a vitality in the etheric body so that it becomes extremely strong and totally regulates the glands. Thus the emotions become constant and the mind becomes divine.

How to Do It

A. Sit in a comfortable cross-legged position, spine straight, chin locked down into the cavity at the base of the neck. The neck must relax. Forearms are parallel to the ground and at an angle of 90° to the upper arms. Fingers are in receptive gyan mudra (tips of thumb and forefinger touching). Concentrate at the third-eye point. Inhale in 4 strokes mentally vibrating SAT SAT SAT SAT. Exhale in one long stroke mentally vibrating NAAM.



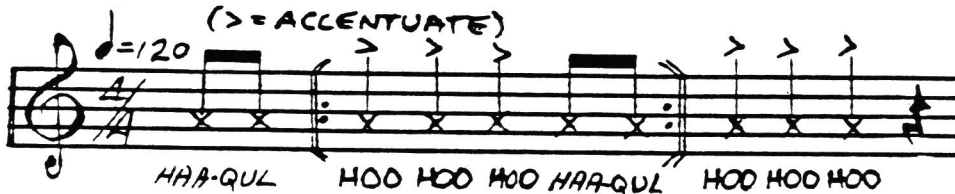
Concentrate at the third-eye point. Feel it as the apex of a triangle with the hands.

Continue for 11 minutes. (Build to 31 minutes with time.)

When you are done, inhale and tip the head back. Then bring the head level. Come sitting on the left heel, right leg stretched out in front of you.

Grasp the big toe of the outstretched foot with the right hand. Pulling back on the toe, grab the heel of the same foot with the left hand. Chant HAAQUL HOO HOO HOO. (See staff.) (Time is not specified.) The breath comes automatically.

--2 May 72




B. Sit in easy pose or lotus pose, arms between the legs under the buttocks. Let your head fall back, chin up. Mentally concentrate through the rectum to the chin. Inhale in 4 parts mentally vibrating SAT SAT SAT SAT. Exhale in one long breath mentally vibrating NAAM.

Continue for 11 minutes. (Build to 31 minutes with time.) Inhale and bring the neck straight. Then relax the body and breath completely.

Important: Follow with 11 minutes of relaxation.

--9 May 72



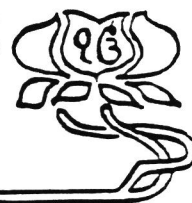


Comments: In life there are constantly waves of emotions, yet life is not these waves. The highest point of consciousness in life is love, but love is a constant frequency of vibrations throughout life that has no condition in it. The problem with us is that the positive and negative aspects of the ego are not balanced so no neutrality and constancy can take root. Positive ego is the constant vibratory projection of the self. Negative ego is the overprojection or under-contraction of the self. The imbalance of these two makes us unable to conquer the fear of death so we resist changing and evolving to higher consciousness, since every real change is experienced as a death.

Part A of this two-part kriya is a positive ego stimulant. Part B stimulates the negative ego. If you become irritated when you begin practicing this kriya, add the practice of "Movement Relaxation 5/2/72," Kundalini Meditation Manual for Intermediate Students, page 52 (KRI).

On Loneliness and Evening Restlessness

- How can your Creator and how can Mother Nature who created you make you lonely? There are beautiful trees, there are beautiful times; everywhere around you beauty is in such abundance that if you look ahead, you can enjoy and enjoy forever and ever. Why do you feel lonely? And why do you want to be recognized? And why do you overextend yourself and make yourself weak?
- This is how you distribute your time: You give 60-70% to your ego; 40% to your imaginations; 10-15% to self-pity. So you give about 40-60% to your insecurities. At a normal rate, from 3-5% of your time you give to your own divinity. Every person who gives 10-15% of his time to his divinity is normally a saint.
- If you watch TV at night, you can't get up. You get spaced out; it takes away all your energy. Evening is a time of peace and rest.
- Give evening to happiness on earth, morning to God. Make sure evenings are passed in elevated human relationship.
- Avoid any situation which will drag you down. Be in the company of the holy. You've gone to a yoga class for 7 days. On the 8th day you go to a movie; you've had it!





MEDITATION TO SEE THE GOD
IN YOUR PARTNER OR OTHERS

What It Will Do for You

This *Pikhna Bhakti* meditation gives you the power to see the creative consciousness of another individual. It is an enjoyable, devotional meditation.

How to Do It

Sit in easy pose. Look toward the tip of your nose through closed eyes. On the screen of your closed eyes project a picture of anyone you know well -- husband or wife, holy man, deity, friend. Relax and meditate on the figure you've created.



Time: Open. -- 6 Aug 75

On Placing Blame

- The wise man blames himself and finds the answer; the fool blames others.





MEDITATION FOR LOVE WITHOUT ATTACHMENT,
FOR KINDNESS, FORGIVENESS, SWEETNESS,
AND KNOWING GOD IS YOU

Comments

You can be upside down. I don't care. Neither should you care, because you are you. You are a unit where God is. God is in each one of us. You are not without God. Remember one thing. Don't go on this feeling that I am making you God, that you are working toward God. You are God, but there is a layer, a thick layer around you that has to be washed off. And that light must come and that light must go to others.

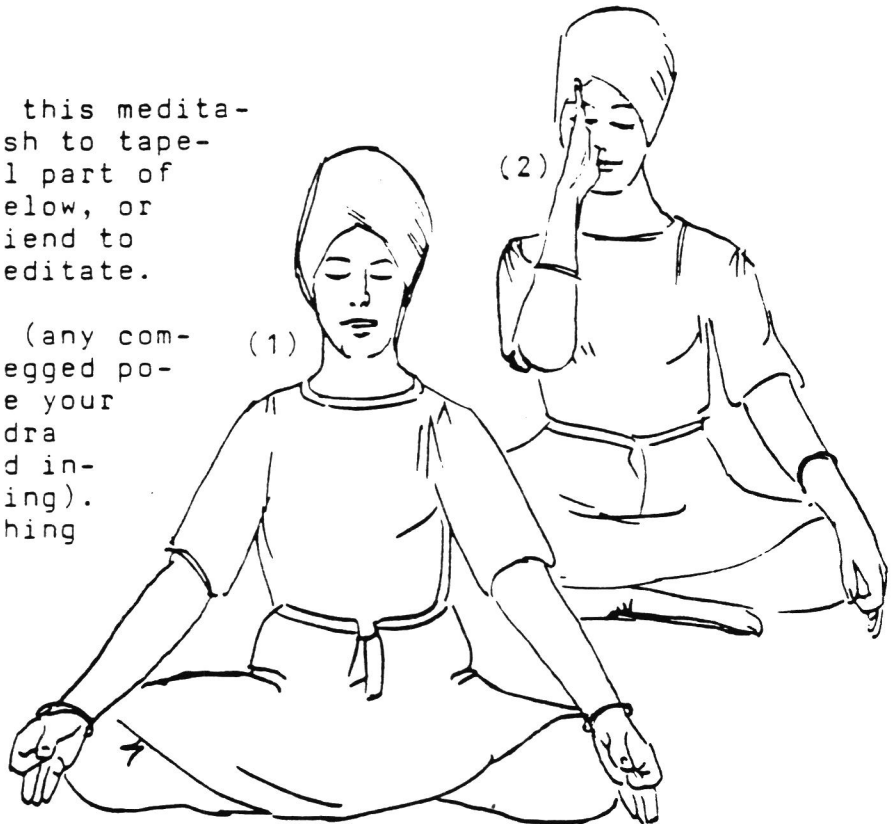
How to Do It

Before you begin this meditation, you may wish to tape-record the verbal part of the meditation below, or arrange for a friend to read it as you meditate.

Sit in easy pose (any comfortable cross-legged position) and place your hands in gyan mudra (tip of thumb and index finger touching). Begin deep breathing through the left nostril. Elbows straight (1).

If left-right nostril breathing is not under conscious control, use your right thumb to block the right nostril. Fingers of the right hand point up like antennae (2).

Concentrate on the top of your head. Take a vow: After this day, if I have had any negativity toward any conscious soul, consciously or unconsciously, I now forgive and I am kind to the whole universe. I am I am and I





am a kind being. I am I am I am a beautiful being, a great being, a truthful being. Kindness and love. I am filled with it. That is what I am. All love, all kindness, all love, all sweetness, all sweetness, all smiles. My soul smiles, my self smiles, my being smiles, I am I am. I came to go, I go to come. I brought nothing, I will carry nothing. Therefore I am a free being. I don't want any attachments. Attachments will make me heavy. I want to be light. I am I am I am very light, light, light, lighter than a feather, lighter than a rose petal, lighter than anything in this room, lightest of the light, lighter than light, completely light. I am a living truth. I am a living reality. God is within me. Let me go within and see God. God is in me and let me go within and see God. God the Creator, the Creator of the universe. That is what I am. I am pure pure pure manifestation of God.

Now inhale, exhale, and relax. (Note: this meditation takes however long it takes you or your friend to speak it.) -- 12 Jan 70

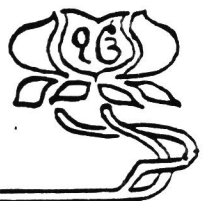
On Godliness

- If you intend to smile all the time, it will give you self-confidence. If you intend to smile all the time, it gives you a power, mental power, to tolerate anyone. If you care to smile all the time, it gives you an open-hearted power to communicate even with the most reserved man. If you intend to smile all the time, the entire universe smiles for you.
- Life is a game, but we do not want to play unattached. We want to play for the sake of winning and losing, and that is where unhappiness comes in.
- There is nothing more noble than the relationship of the mother, but the same relationship of the mother becomes a destructive monster when she becomes possessive.
- You are weavers. You spin love and hate. You love when your ego wants you to, not your soul. The soul never changes love; it is active when you activate it, and passive when you do not.
- What is hate? Hate is when love is not maintained. Hate is frustrated love.





- The purpose of the being is to receive love from the Unknown.
- Why do we tell you to remember God? What is there that you should remember or not remember? What are you going to gain? The moment a man realizes that potentially he is Infinite and he is only limited in activity, he can be happy. If something goes wrong, he should not give in. He knows that he can regenerate, recapture, and redo. If God is with you, then you are great. You can take it.
- A person of self-realization is also a man of gracefulness, a man of his word, and powerfully forgiving. These are the four qualities of a yogi.





I THOUGHT

I thought I had to do to be
I thought I had to be and be
In order to be me.

I thought I had to hold and hold
I thought I had to be so bold
I thought I had to be so right
I thought I had to be all right
I thought I had to shine so bright
I thought I had to fight and fight
I thought I had to live and die
I thought it happened by and by

I thought God was a great big deal
Unreal
But God is ... just is.

-- S.S. Vikram Kaur Khalsa

18 May 82



Time: open



MEDITATION TO OPEN THE HEART

What It Will Do for You

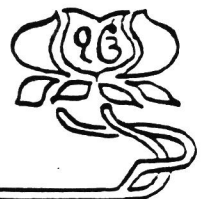
If you feel your heart is closed and there is no flow of love, and want to change to open your heart, do this meditation.

How to Do It

Sit in comfortable cross-legged position. The mantra is SAT KAR-TAAR.

As you say "SAT," the hands are pressed together in prayer mudra at the center of the chest (1). As you say "KAR" the arms are extended out in front of you with hands and fingers pointed straight up (2). As you say "TAAR" the arms are out from the sides and parallel to the floor, hands up (3). Make the transition from step to step a flowing movement.

Time: open. -- 1971





On Opening the Heart

- It doesn't take time to open your heart and to feel the love in you. But when will you do it? That is what takes time.



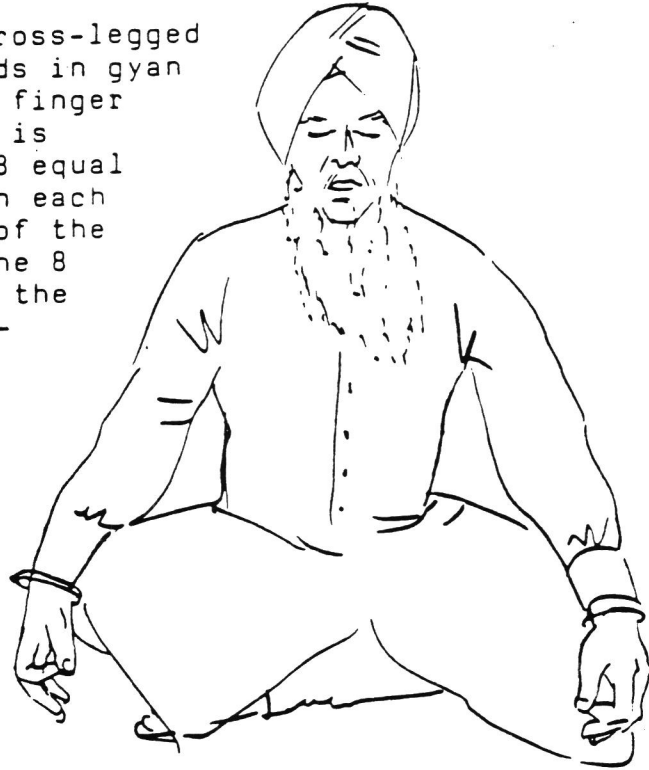
MEDITATION TO CONSOLEWhat It Will Do for You

If you have suffered insult or injury, this meditation will heal, console, and wash away all negativity.

How to Do It

Sit in a comfortable cross-legged position with your hands in gyan mudra (thumb and index finger touching). The mantra is WHA GURUO. Inhale in 8 equal parts chanting WHA. On each inhale, let the sound of the chant strike each of the 8 chakras, starting with the first (rectum) and proceeding up through the crown chakra (7th) to the total aura (8th). Project the sound around the body.

Then exhale GURUO all on one breath; release yourself to Infinity; relax and merge with the sound current.



Time: optional.

Note: This meditation may be done pulling mool bhand (pulling up on the rectum and sex organs and in on the navel point) throughout. It can also be done following Sat Kriya. (See page 24.)
-- 1971

On Self-Animosity

- Enemy: En-me. Nobody can be great without animosity. Your own self has tremendous animosity towards your own self. Without the Guru there is no light because of self-animosity. It's an ingredient within in abundance. You are your own enemy. You have to confront it. The only way you have is to train yourself with Infinity.

- A virgin girl breaks her virginity not because she feels sexy, but because of her own animosity.
- There is no such thing as wrong. You act against you -- that's wrong. Act for you; that's truth.





MEDITATION TO PERFECT THE POWER OF PRAYER

What It Will Do for You

This is a meditation to conquer sickness, become a spiritual healer, and perfect the power of prayer.

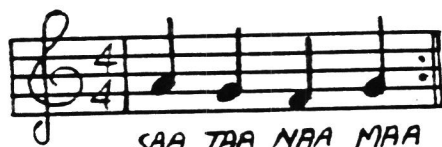
Warning: Only practice this meditation in the presence of an observer or in a group. Beginners should only practice for a maximum of 11 minutes.

How to Do It

Sit in easy pose. Fingers are interlocked, left little finger on the bottom. The right thumb is over the left thumb, and the tip of the right thumb is tucked into the hole separating the two hands. The tip of the left thumb rests inside the right hand in the nook between the thumb and index finger. Eyes are unfocused, looking down toward the ground.

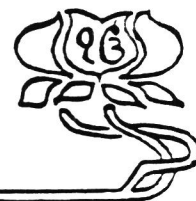
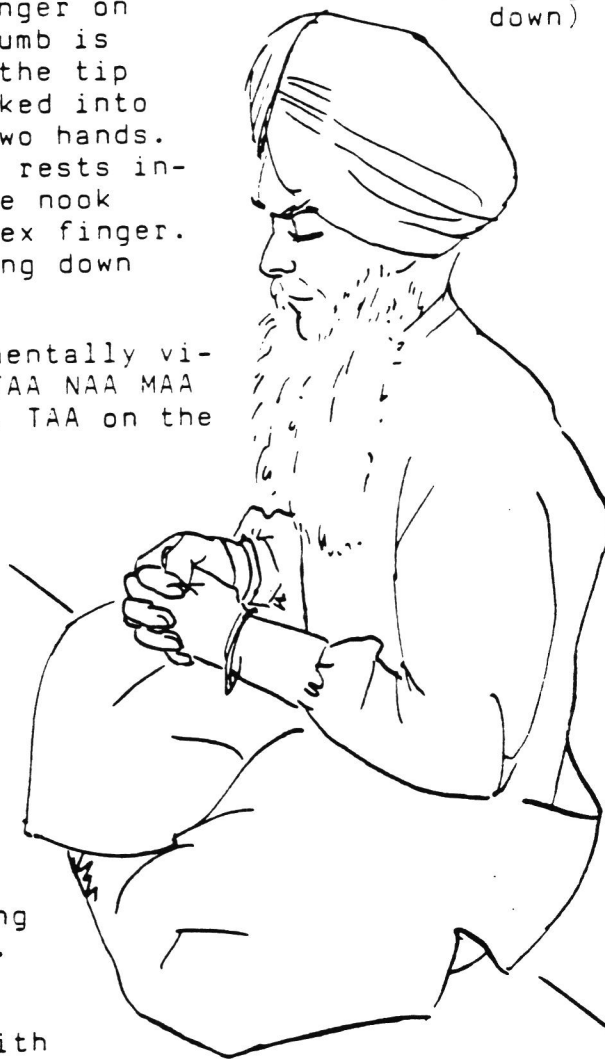
(looking down)

Inhale in four strokes, mentally vibrating (see staff) SAA TAA NAA MAA (SAA on the first stroke, TAA on the second, etc.).



The inhale takes 4-5 seconds. Now hold the breath in while you mentally vibrate WAHAY GURUO 16 times in a gentle pulse (loud then soft). The breath is held for 16-20 seconds. Now exhale in 4 strokes, mentally vibrating SAA TAA NAA MAA as before. (4-5 seconds).

Continue for 11 minutes. With practice you can work your way up to 31 minutes.





Note: If you wish to heal yourself, concentrate on breathing through the left nostril during this meditation. If you wish to heal others, concentrate on breathing through the right nostril.

On Prayer

- Prayer is the first and last power of every person.
- There are certain things which can be considered the most superior things: The prayer of the mother, the prayer of the beloved (I wish I could say "wife" but it is not written in the scriptures so I cannot alter them), the prayer of the self, and the prayer of the spiritual teacher. These are four prayers which can alter and change the destiny.





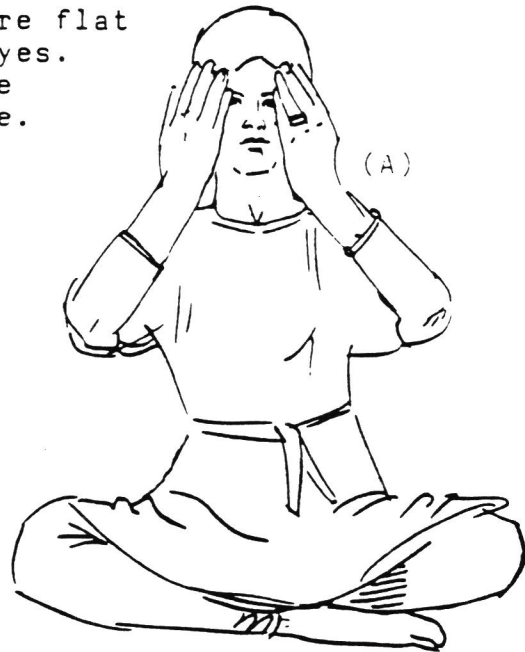
MEDITATION FOR THE ABILITY TO MAKE CLEAR DECISIONS

What It Will Do for You

This meditation, also known as the "Meditation on the Life Current of your Heart unto Infinity," gives one the ability to make decisions clearly and to know future thought forms. It is not an easy, light meditation. It affects the central part of the brain and stimulates the entire nervous system. As the nerves adjust, a pressure may be felt near the eyebrows and color changes may be seen. The meditation brings a lot of changes.

How to Do It

A. Sit in easy pose. The hands are flat like discs, palms toward the eyes. Each hand cuts through half the vision of the corresponding eye. The hands should be about 3 inches apart, not touching. When the hands are at the correct distance from the eyes (about 6 inches), the two little fingers appear to form a heart-like figure when you look straight ahead. (If you look up or down the figure won't appear.) Adjust the distance till you find the heart-like figure. Then meditate on that heart drop and see what color changes it goes through. Look into the distance, hands perfectly still.



Continue for 5-11 minutes. Then inhale, exhale, and relax the hands. Note: Do not do part A of the meditation without completing it with part B!

B. Sit in easy pose, hands resting on the knees in gyan mudra (tips of thumb and index finger touching), elbows straight. In a monotone, chant the mantra GOBINDAY, MUKANDAY, UDAARAY, APAARAY, HARY'NG, KARY'NG, NIRNAAMAY, AKAAMAY. Pause after each word; make each one separate. There is no trailing sound at the end of the word. It is a very lonely and individual art. Yogiji says, "It





is like slicing cheddar cheese or cutting beet greens. The cutting is what matters. What no conscious efforts can produce in a man, 'God Greens' can work out. It is a pause and the word. Cut, pause, word. You can never understand the Siri Guru Granth Sahib (Sikh scriptures) if you don't understand *rahao* ('pause'). *Rahao* is the entire secret in the vibratory yin and yang in every *shabad* ('song'). Word and pause are the balance of that meditation and that is the highest power."

Continue for 5 minutes. -- 5 May 75



On Making Decisions

- To Man: The male is perverted because he wants to be a female because he is not stationary in character. Males should especially learn to stick to their decisions. All trouble of nonstability comes from parents because they never stood on their own feet.





MEDITATION TO CLEANSE THE SUBCONSCIOUS OF GUILT

What It Will Do for You

Most people carry a sense of guilt toward some thing or things they have done in the past which subconsciously affect their actions and relationships in the present. This meditation will help clear that burden.

How to Do It

Sit in a comfortable cross-legged position, spine straight, chin slightly tucked in. Palms are at the heart center (chest level), right over left, and facing up. The arms are out at a slight angle (50) from the body.



Think of each year of your life, and ask God to erase any wrongs you have done.

Time is open. -- 5 Oct 72

On Guilt and the Subconscious

- When you bring the past into your future, you are creating trouble.
- So long as you have guilt consciousness in you you cannot improve.
- Why are you afraid that God will not forgive you? His Name is forgiveness. So do not worry all the time or the fire of worry will make a barbecue out of you.
- What is sin? Sin is making or creating a block in the subconscious mind.
- What is a guilt consciousness? When you are conscious of not doing something, but you do it; a guilty con-





science is nothing but consciously doing something which consciously you are aware you should not do. We call it subconscious blocks. Between the conscious existence and the superconscious there is a subconscious. When there are a lot of blocks in the subconscious mind, the conscious works as a supreme conscience, and in between there is no communication.

- In your subconscious mind you always know what is right and what is wrong and when the coma of death overtakes you it will be the only friend you have, your subconscious mind. What the subconscious mind does, it tells you everything you have done in your life, right and wrong. It presents you with a bill, and it makes you feel guilty. It stops you from communicating with Infinity. That's the purpose of the subconscious mind. So when you cannot communicate in the coma of death with Infinity you cannot go into Infinity.
- We are 60% ruled by the subconscious and 40% by the conscious, which has 25% ego prejudices.

A person usually is very unaware. Those who live for others live forever. Those who live for self do not know what self is.



MEDITATION AGAINST TEMPTATIONSWhat It Will Do for You

Also called the "Meditation for Christ Consciousness," this kriya imparts a sense of tremendous energy. It helps overcome temptations, in the consciousness that temptations come not to fill the void, but to teach strength of character.

How to Do It

Sit in easy pose. Each thumb is on the fleshy mound below the little finger of the same hand. Put the palms together, with the right thumb snugly above the left thumb. The bottoms of the palms touch firmly. Hold the hands at diaphragm level, pointing up slightly. Mentally vibrate any mantra that inspires you to Infinity, in the following pattern:

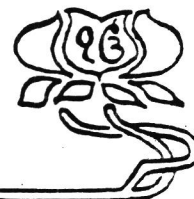
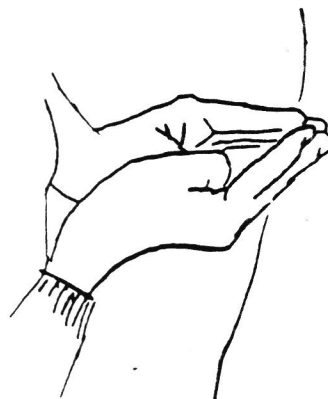
Inhale, mentally repeating the mantra once (5 seconds). Hold the breath in, mentally repeating the mantra 16 times (20-25 seconds). Exhale, mentally repeating the mantra once (5 seconds).

Continue for 11-31 minutes. --
22 Mar 76

Note: Always drink water, tea or milk after this meditation!

On Temptations

- Now we're adults. We do adultery





with our consciousness. It is not the physical adultery which matters but the conscious adultery with consciousness is a very heavy toll which is taxing to every human life.

- To Man: Nobody hurts you. You hurt yourself. Nobody can hurt you. Because you don't have any intention of getting hurt, right? But you are impulsive, you are impulsive and compulsion is there. Impulsively when you are compulsive, you will ruin yourself. You have to train your mind. That is meditative. That is intelligence, that is applied intelligence that you are not impulsively compulsive. The animal is impulsively compulsive. It's a granted fact. Have you observed them? When they want to play, they want to play. When they want to cry, they want to cry. It is a simple vigor. Uncontrolled, unchanneled. But can you believe that you are passionate, very passionate, really hot. And you meet a girl and you remember who you are and then you politely act gracefully as a human being, as a man, as a Khalsa, whatever you think. It's a question of degree, then, of how much you know yourself. And then deliverance of your adequate performance towards that situation where inside you are in a turmoil and outside you are focused and focally controlled. The difference between these two is your difference between you and God. You can measure it all the time. Somebody said, "Where is God?" God is between your compulsive impulsiveness and your controlled behavior called "sadhana."
- To Woman: We have read through many years of human experience that man is useless when it comes to divinity. Until there is a strong divine woman behind him, he is useless.... We want you to sacrifice your insecurities and your immature mental flirtations. We want you to substitute them with a solid divinity.
- Patience pays. Let no temptation shake you, no vibration move you, and no action force you out of yourself and righteousness. An unshakable human being is the highest living phenomenon of God.
- When you start loving God, He starts putting money into your life or a lovely woman or a temptation like power or authority. He puts it before you to see if you will let it go, to see who you love most.





- When all karma starts burning up, channels will become clear. Happiness will start coming to you. You will be in such a state of consciousness that three things will start coming to you: a lot of money, a lot of women, and a lot of authority -- authority to manipulate people. They must come, three of them together. That's a cosmic law. You can't get out of it. And if you can get out of these three, then you're OK. You will have a lot of money, a lot of power. You will always be supported by a good shakti. This is a blessing. It is a God-given gift to us. But we should never misuse it. Always try to guide your line of action by the greatest gift given to use by Guru Ram Das -- the art of living in humility.
- By flirting you mentally totally block the alertness of the mind.



MEDITATION TO ELIMINATE THOUGHTS YOU DISLIKEWhat It Will Do for You

This meditation rids the inside image of negative thoughts that are present so positive thoughts can manifest without interference.

How to Do It

Sit in easy pose. Make a cup of the hands by putting the right over the left. The fingers will cross each other. Place the cupped hands at chest level and look into them. Inhale deeply through the nostrils. Exhale through the puckered mouth as if spitting -- a long, dry spitting motion of air. Meditate on a particular thought you have which you don't like. Inhale the thought you don't like and spit it out with the exhale.

Continue for 11 minutes.

Then inhale, exhale, maintain the mudra and concentrate on the spine. Slowly draw your attention down the spine all the way to the bottom. Feel the spine as if feeling a stick in your hand. The more you feel it, the greater will be the energy flow and the relief experienced. -- 19 May 75

Comments

Man in his essence is with the Infinite, unlimited creative power some people call God. If man goes within himself and consciously experiences his own beauty, he becomes God. Destiny is nothing but the outer impression of the inner image a man carries of himself. If he knows himself as God, he can reunite the destiny to his highest potential. When he looks to the surface life, he sees only the reflection of that which is inside him.





MEDITATION TO REMOVE TOO MUCH ITCHY DESIRE

What It Will Do for You

We may have a desire for money, or red sweaters, or sitting on flag poles, or for enlightenment. Whatever the desire is, it needs to manifest or transform on some level of your being. This meditation removes the block of too much desire so you can manifest yourself.

How to Do It

Sit straight in easy pose. Make a cup with the hands by putting the right hand over the left. The fingers will cross each other. Put this open cup at the level of the heart center. The eyes look only into this cup.

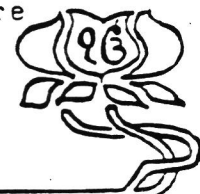


Inhale deeply through the nose. Exhale through the puckered mouth. The exhale is as if you spit the air into the palms, but it is a dry, long spitting motion of air. Meditate on inhaling a particular desire and spit it into the cup with the breath through the mouth. Pick a single strong desire and focus only on that desire throughout the meditation. It will calm and fulfill this desire. Concentrate and imagine, "Whatever you need at this time, no matter how dirty or sublime that desire is."

Continue for 11 minutes. -- 15 May 73

Comments

Otherwise known as the Beggar's Meditation, this kriya is nearly identical with that in the "Meditation to Eliminate Thoughts You Dislike" (page 121). It affects the "conflict personality area" of the brain, a point $\frac{2}{3}$ back from the hairline and $\frac{1}{3}$ up from the base of the skull, just under the solar centers, that can work out and manifest desires. Yogi Bhajan has said that there are blocks of desire in the personality which are





"itchy" and persistent. They "sit in the heart of the person. But if you put the hand in the heart, you will never find them. They are in the 1/3, 2/3 area of the brain."

For further information, see Kundalini Meditation Manual page 28.

On Desire

- Why do people worship God? For happiness. Why do people get married? For happiness. Why do people divorce? For happiness. Everything is done in the name of and for happiness. Still there is no happiness. What makes a man unhappy? When he has a desire and it is not satisfied. It does not matter what the desire is.
- When desire turns to activity, decide whether it caters to the finite or the Infinity. If you don't decide, only time will.



MEDITATION TO HEAL A BROKEN HEARTWhat It Will Do for You

This meditation is very relaxing if you understand it; otherwise it is boring. It's good for the nerves. It will almost stop the heart, and will heal a broken one.

How to Do It

Sit in easy pose. Palms are held lightly together, with the tip of the middle finger at the level of the third-eye point. The arms are totally horizontal. Look within. (No mantra or breath specified.)



Continue for 11, 31 or 62 minutes. Then inhale, exhale, relax the breath, and with clasped hands stretch the arms up for 2 minutes.
-- 26 Mar 75

MEDITATION FOR WOMEN
TO GET RID OF UNWANTED HORNINESS

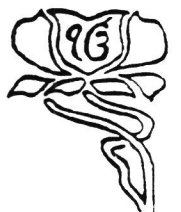
What It Will Do for You

This is a meditation for women to neutralize and forget unwanted horniness. It is also called the "Neutril Nostril Kriya."

How to Do It

Sit in easy pose (any comfortable, cross-legged position) and tilt back the head. Bring the arms out at a 60° angle. Open the nose and mouth wide, open the self to the universe, and make the sound "ahhhhh" 3 or 4 times. Then inhale, exhale, and relax.

Time: a few minutes.





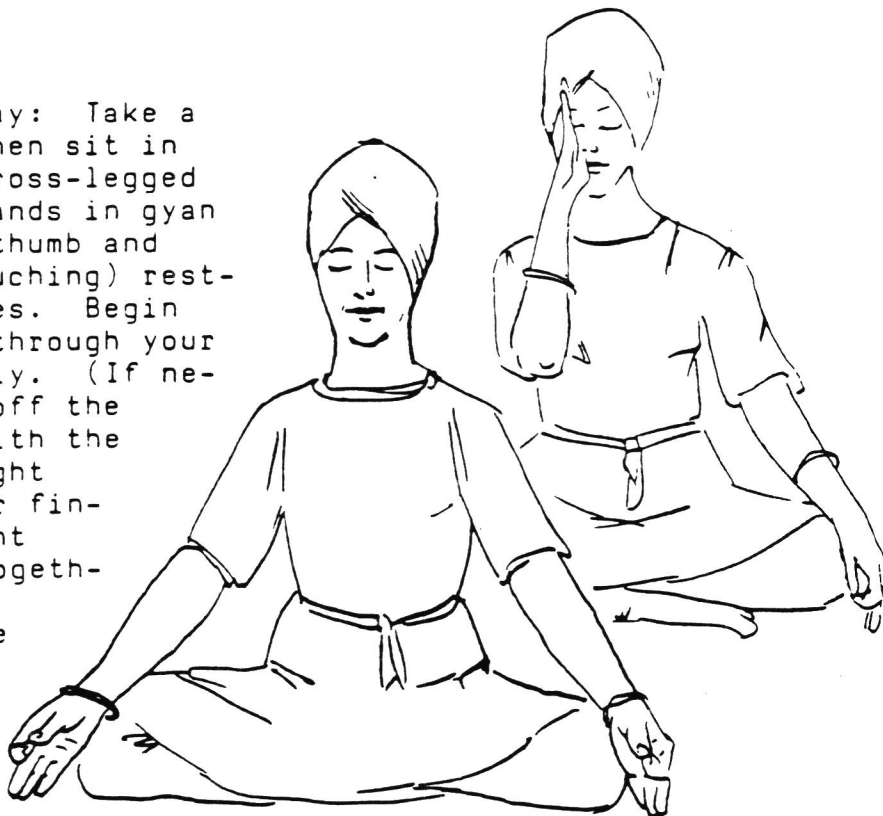
MEDITATION TO GET OUT OF
UNDESIRABLE DESIRE AND WEIRD DREAMS

What It Will Do for You

If you are troubled by weird dreams or desires, do this meditation. If you do it for 27 days, you will be conditioned to get out of this trouble. You'll eliminate the dream problem and also improve the body.

How to Do It

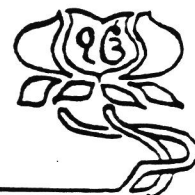
Do this every day: Take a cold shower. Then sit in a comfortable cross-legged position with hands in gyan mudra (tips of thumb and index finger touching) resting on the knees. Begin breath of fire through your left nostril only. (If necessary, close off the right nostril with the thumb of the right hand. The other fingers of the right hand are held together and extended straight up like antennae.)



Continue for 5 minutes. Then begin normal breathing

through the left nostril. As you begin to feel tired, relax in gyan mudra. You'll go into a deep meditation, and during this time you will be conditioned to get out of your desire or weird dreams. Try to extend the time you practice this part of the meditation a little more each day.

To come out of this meditation, begin breath of fire through both nostrils for 5 minutes. Then relax deeply for 15 minutes.





On Desire

- You will never be happy if what you desire is fulfilled, because then you will desire something else. When will you stop?
- Thoughts will become emotions. They pass through the standard of ego, and then become desire and you are a slave.
- If a person is mentally ill and has a desire and you fulfill it, he becomes more sick, because his desires are sick. He wants somebody to say, "No, you don't need this. You need that."
- First deserve, then desire.
- 56% of people in the United States and Canada do not know what they want...because we have trained our minds in duality.
- "I am very lustful. How can I master my lust, my master?" "Lustfully remember that you must glitter as divine."
- The intellectual mind created what? Thought. Thought created what? Emotion. Emotion created what? Desire. Desire created what? The object, the act.





MAN'S MEDITATION TO KEEP CLEAR OF HIS WIFE

What It Will Do for You

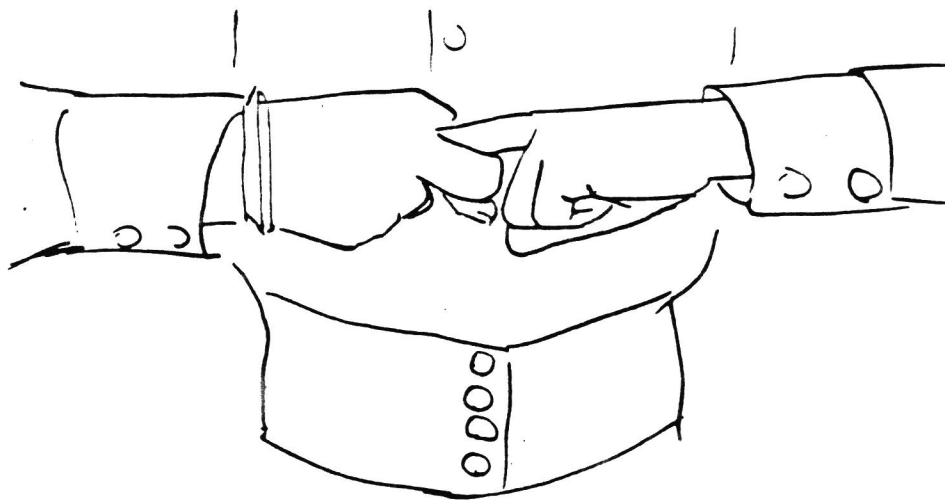
This is a meditation for a man to do when he comes home from work and his wife is upset because he works too much.

How to Do It

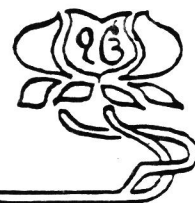
Take the Saturn fingers (middle fingers, which represent patience), lock them together, and pull. This creates pressure on the meridian center affecting patience. Pull with mental attention as well: Pull it in your head. If your hands shake, that's the best.



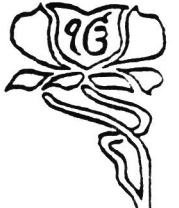
Continue for 1 minute. You'll be able to handle her no matter what.



APPENDIX TO VOLUME 2







❁ LAVAN ❁
(The Wedding Song)

Rag Suhi: Guru Ram Das

Proceeding forth into the first nuptial round
The Lord presents before you His instruction for
the daily duties of marital life:
It is not enough to relate to the Vedas or Brahma,
You must be constant in the performance of your
righteous duty;
Thus the errors of the past shall be washed away.
Be confirmed in righteousness, and
repeat the Lord's Name.
The practice of the Name has been urged in the
Smritis as well.
Reflect upon the True Guru, who is ever perfect,
And all your sins and errors will leave you.
By the greatest good fortune the mind is filled
with bliss
And thoughts of the Lord are soothing to the mind.
Slave Nanak proclaims that in this first round
The marriage ceremony has begun.

Comes the second nuptial round
And the Lord has made you to meet the True Guru.
With your heart bound by the fear of the Fearless God
All sense of pride has been washed from the mind.
Knowing the fear of God and singing His praises,
You behold His presence before you.
God, the Lord Master, is the soul of the creation;
He pervades everywhere and fills all places
with His Being.
Know then that there is One God, within us
and without;
And His songs of rejoicing are heard in the company
of His servants.
Nanak proclaims that in this second nuptial round
the Divine Music is heard.

In the third round the praises of the Lord fill
my mind.
By the greatest good fortune you have come to meet
the Lord God in the company of the holy.
Singing His praises and speaking the Divine Word,
the Immaculate Lord is found.



It is by very great good fortune
That the pious attain to the Lord
And tell that story which can never be told!
The music of God resounds within and we contemplate
the Lord God:
For we have been blessed with a great destiny written
upon our foreheads.
Slave Nanak proclaims that in this third round the
love of God has been awakened in the heart.

In this fourth round,
The mind grasps the knowledge of the Divine,
And God is realized within.
By the Guru's Grace, we have reached the Lord
with ease;
Our bodies and our souls are filled
with the tender delight of the Beloved.
I am a sacrifice unto my Lord.
God seems sweet to me and I have become pleasing
to my Master.
He fills my thoughts all night and day.

I have obtained the object of my heart's desire --
my Lord.
By praising His Name I have gained the highest praise.
The Lord Himself becomes one with His holy bride,
While the heart of the bride blooms and flowers with
His Holy Name.
Slave Nanak proclaims that in the fourth round we
have found the Eternal Lord.

-- Peace Lagoon
by Sardarni Premka Kaur



 RECOVERING THE LOST ART OF MARRIAGE 

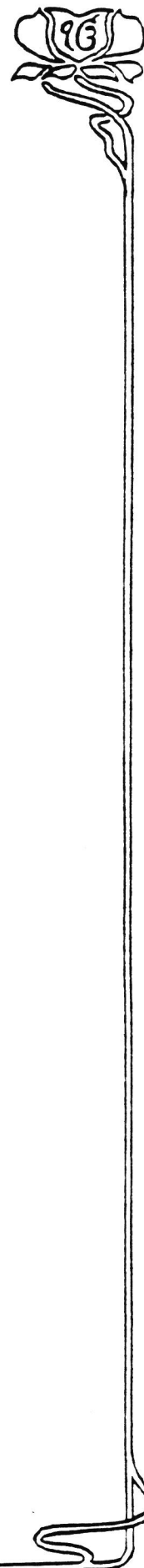
by

M.S.S. Gurushabd Singh Khalsa

It was a springtime psychological conference and a Saturday night. M.S.S. Gurucharan Singh Khalsa and I were to present a workshop entitled "Marriage--the Science of Cozy Homes." We had little hope for a large turnout because our workshop description sounded old-fashioned compared to the rest. We were competing against a discotheque and an erotic film festival which was to begin at midnight, just after the end of our lecture. Nevertheless, some forty people appeared, sat tentatively on the carpeted floor, and we began. I asked them how many of them were married, and got a few half-raised hands. One couple asked if I meant married to each other and I said, "Not necessarily." So after some conferring with the woman beside him he raised his hand and said, "We're married to each other. Can we stay in this workshop?" "Yes."

To really appreciate the appropriateness of his question one would have to have seen the conference bulletin with it's list of workshops on "How to overcome the tyranny of the sexual dyad," "Open marriage," "Be gay for a day," and "How to make your week-end conference affair meaningfully integrate into your life." There was an unmistakable anti-marriage climate which I felt as a distillation of our society's ill-will toward an unsupported institution. The feeling at the conference was, "Well, marriage doesn't work. Now let's see where we can go from here." Currently statistics apparently support the first premise. Marriage as an institution seems to be on its knees. It is seen by many as a burden, a "love-killer," and part of the male socio-economic plot to thward woman. The divorce rate steadily rises, and the number of marriages and the birth rate are on the decline.

But back in our workshop with it's apparently corny title, people still wanted to know how to make marriage work, and I felt that even among those most vehemently outspoken against marriage there was still a desire to see it work. It was almost as though their acrimony sprang from feelings of having been cheated. As a vehicle, marriage had failed them, but perhaps it was not due to an inherent defect in marriage but our society's lack of knowledge about males and females.



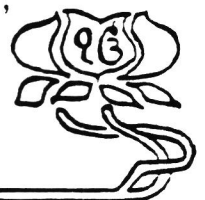


The climbing divorce rate does not reflect the inadequacy of marriage as a form; it reflects the simple truth that marriage is, unfortunately, a lost art, a lost science.

The workshop began with our observations. Society undermined women and marriage. Relationships had a cyclical transitory quality. They started with mutual disclosures, confessions of needs, and infatuation. They proceeded into stalemates and boredom, fear of long-term commitment and the succumbing to society's pressure to be unfaithful. Current therapies that encourage acting out one's emotions were fine for allaying anxiety in the short run, but lethal for long-term relationships. For many in encounter groups, life became a series of confrontations, tantrums and exhaustion. They were still left with only their self-preoccupation as the core of their being and a loneliness that propelled them into more incomplete relationships--relationships that became increasingly more guarded as successive negative experiences deadened the desire to give wholly. As the workshop continued and our description of our civilization and its discontents unfolded, we could almost feel the group question form, "Yeah, we know it's terrible. Got any better ideas?"

Yes, we have better ideas. We make our marriages last. Once a woman and man take each other's hand in marriage their vow is to let their heads fall before the hands give way. It is possible to have relationships that last forever. It is possible to know, when you take a vow of marriage, that it will last. It is possible to conceive children and be confident that they will grow up in a normal home, not a broken one. Again, the question from the audience was, "If this is possible, how do you get there from here?" You can get there the way we got there--through experience and guidance.

My first experience in Tantric Yoga was excruciating. We were in the mountains of Paonia, Colorado. I sat opposite a woman I had never seen before and along with three hundred people, began an ancient Tantric kriya. It started out innocently enough with fixed gaze and benign-looking arm movements, but then after five minutes I began to feel that a little Tantric Yoga went a long way. We continued until we had reached the 31-minute mark, switched partners and began again for another half hour. I felt relatively on top of things, but in the next round of one hour my rational mind






felt the pinch. At first when the pain started impinging on my self-image as a strong young man, my ego stepped in and took up the fight. I had to keep up because I was a strong man and I couldn't let this poor frail woman down. That thought was adequate for a short burst of energy but it did not seem to generate much sustaining power in my arms. It was best when I just chanted the mantra and kept my eyes steadily linked with my partner's. I noticed that if I looked away it seemed to break the energy link between us and the pain in my arms would become more noticeable. So, out of a self-preservation instinct, I kept my eyes glued to hers. Then I began to notice the next layer of energy blocking. If I took my mental attention away from my partner and the mantra, the pain in my arms would become unbearable. So, I kept my mind in the mantra and my eyes focused in hers and found a real freedom and strength beyond my own in just linking myself with God and letting Him do the work.

I remember another Tantric course in Washington D.C. This was the occasion of the birthday of Guru Ram Das. My wife and I faced each other and looked into each other's eyes. I could see my own reflection in her eyes and I realized that we were really a part of each other, that there was no such thing as an action that affected one of us and not the other. Guru Ram Das, the fourth Guru, was known for his healing and his compassion. I can remember praying, "Listen, Guru Ram Das, I know this is your daughter sitting before me and we have been placed so that she is looking at me and I am in her eye. Why can't you make me pure enough that I am not dirt in her eye? Why not make me totally pure so that what she sees is pure?" Then the Siri Singh Sahib spoke in a low tone into the microphone. "It is said that if you wish for something on Guru Ram Das' birthday your wish shall be granted." I felt a little flutter of joy go through me. The Siri Singh Sahib had us close our eyes and he took us on a journey to Amritsar, the home of the Golden Temple. He described perfectly the marble stairway that led to the walkway containing the pool of water surrounding the temple itself. It is an historic walk around that tank. There is the place where Baba Deep Singh's head fell after he miraculously threw it in the heat of battle. There is the Akal Takht, where the sixth Guru, Guru Hargobind, ministered to his Sikhs. There is the tree where Baba Buddha sat and supervised the building of the tank. And finally there is a spot legendarily known for its healing powers. The legend goes like this: A man stricken with leprosy sat on the banks of this body





of water when it was not yet a tank. It was still only a pond. He saw a black bird hovering above the water. Suddenly it dived into the water and reappeared snow white. The man himself slipped into the water and emerged clean of his disease. When his wife returned he went to embrace her but she pushed him away. She didn't believe he was the same man, and she wanted to know where her husband had gone. Finally Guru Ram Das settled the dispute saying that the waters of that pond were healing. He pointed out that one of the man's fingers that had not been dipped in the water was still leprous and asked him to dip that finger in the water while his wife looked on. That finger became healed too, and the wife became convinced of her husband's identity. Guru Ram Das enclosed the healing waters in a tank and a Golden Temple was placed in the center of the water. Even today people stand at that spot where the leper was healed in order to heal themselves.

During the Tantric exercise it seemed as though we had actually been at the Golden Temple. Now we were hovering over the spot where the leper had been healed, and the Siri Singh Sahib said, "Imagine your soul could come to the edge of the tank." Almost instantly a small, dark, lizard-like creature appeared and skittered along the edge of the tank. My mind said, "Aw, come on, you've got to be kidding. That thing is not my soul." Then came the instruction, "Now, let it dip in the tank built by the fourth Guru." With that, the little cartoon reptilian soul of mine slid into the water and emerged as a luminous rod of light, so brilliant and so clear that when it reentered my body I felt awed by its presence. Its light filled my whole body. I vowed never to betray it.

The Siri Singh Sahib had told us that the soul of a demon and the soul of a saint were the same; all souls belong to God. He had also told us that the worst curse was a self curse. What was cured in me was not my soul but the darkness in which I had engulfed it by my own self-hate. For my whole life, I had never respected women for their real beauty, and now in the presence of my wife and the Mahar Tantric, my prayer to become pure for the sake of a woman had been answered. I was in ecstasy.

Kundalini Yoga, Tantric Yoga, and Laya Yoga are the three Shakti Yogas. Shakti means power, power that is feminine in nature. It is that power that rises in the spine and illuminates our minds. If there is ever an elevation





of consciousness it is because the Kundalini has risen. Within the science of Kundalini Yoga there is a chant: *Adi Shakti, Adi Shakti, Adi Shakti, Namó, Namó. Sarab Shakti, Sarab Shakti, Sarab Shakti, Namó, Namó. Pritham Bhagavate, Pritham Bhagavate, Pritham Bhagavate, Namó, Namó. Kundalini Mata Shakti, Mata Shakti, Namó, Namó.*

Adi Shakti means primal power of consciousness, which is feminine. *Sarab Shakti* means all power. *Pritham Bhagavate* refers to the consciousness of the Creator at the exact instant of creation. *Mata* means mother, so *Kundalini Mata Shakti* refers to Mother Kundalini Power. *Namó* means "I salute," or "I bow to." This chant is a grateful prostration before the primal, all-powerful, actively creative, mother energy that is all responsible for the elevation of ourselves. It is present in all yoga and without its presence there is no progress in consciousness. In the Shakti yogas we continually humble ourselves before its presence. One will never find a Kundalini yogi who can insult a woman. How could he perform Raj Yoga meditations with the intensity of a Kundalini yogi and then degrade a woman who is a manifestation of Shakti energy? To insult a woman is to immediately put a ceiling on one's spiritual progress.

We call the women of our family "shaktis." We make a conscious effort to see that they are treated respectfully. We make a conscious effort to counteract the years of training that have taught American women that they are sexual objects and symbols to be draped across billboards and magazines for the purpose of extracting money via the connection of the libido and wallet. We consciously reverse the process of self-degradation in women whose self-images have been shattered and deformed by a culture whose men have forgotten that they were born out of women. Our shaktis practice meditations that remind them they are "The Grace of God." They meet with each other to support each other in their awareness of their own strengths as women. We have changed our manners and our dress. We have changed conduct in courtship. We have done everything on the physical plane to manifest our respect for women. Yet, the fear between men and women runs to profound depths and it is within a marriage that its deepest remnants must be encountered and overcome.

That experience of being able to selflessly *be there* can lay the foundation for a successful marriage. After all, what marriage can work if the partners do



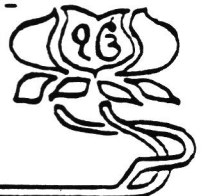


not have the strength to remain steadfast no matter what is happening in their external lives or their minds? The prerequisite in marriage is commitment, and Tantric Yoga, in its purity and directness, teaches that commitment is everything and that it is within our grasp.

A woman's sex organs are internal. It is the man who enters her and plants a seed. An hour later he may be asleep or in the kitchen making a sandwich; his job, as he sees it, is basically over. But inside the womb another kind of sex may still be going on -- quietly, inexorably, cells are dividing and a new life is taking shape. It is the woman who must bear the burden of the pregnancy. She must feel herself become progressively radiant but also more helpless until in birth she is supremely vulnerable. She has given up her whole body selflessly for the birth of another human. And if she is to participate in this sacrifice for life, shouldn't she demand of her husband that he at least know how to be *there*?

Now, it is not so much that men do not want to be there. It is more a case of their not knowing how. Society does not support fidelity, and the record of the average American "Homo Normalis" is, at best, serial monogamy until marriage when things are supposed to radically change and he should somehow know how to be faithful even though his whole life's training has been to the contrary. There is an old saying that when two divorcees get married there are four heads in the bed. These days honeymoon suites are filled with ghosts of old lovers and foreshadowings of those to come. There is also the question of sexual identity.

Where does one look these days to find his sexual identity? To the culture? the culture as represented by what? By *Time* magazine? According to "the culture" in which today's adolescents find themselves, it is all right to be just about anything -- heterosexual, homosexual, transsexual, bisexual, asexual. And how does one determine which of these he is? Suppose you have a homosexual thought. Does that mean you are homosexual? Suppose you have a homosexual thought and you do not act it out? Does that mean you are a "closet queen"? What if you have a heterosexual thought and you don't carry it out? Does that mean you are a closet heterosexual? For every passing feeling you have about your own identity you can find a group that lives it as a way of life, and would love you to join their support group. When an entire society has lost its basic





values it is time to rely on your own experience to find an identity but that experience must somehow transcend the confused culture to show us what we need to know.

In summer solstice in Elk, California, we had lined up in Tantric lines. This time there were over a thousand of us. The men had their palms on the foreheads of the women, and again, eyes were locked into eyes. The women pounded the men on the chest and chanted the mantra "Sat Nam" ("God is Infinite Truth") and the men simply responded in unison, chanting "Wahe Guru" (an expression of ecstasy of experiencing Infinity). The women started out somewhat tentatively. Their "Sat Nam's" were weak and a little on the giddy side, but as the exercise progressed it became serious business. The blows to the chest became more forceful. Tears started to form, and many of the women were crying. And the men were just trying to keep calm, uttering their "Wahe Guru's" as steadily as they could. Then the women started to really let go. "Sat Nam" became almost deafening and there were definitely no longer any pulled punches. I felt that, as men, we were must paying back a little karma for all those sleazy billboards. "Hi. My name is Dolores. Fly me to Miami." "Sat Nam." Slam! And all the fathers who made their daughters feel wretched and fearful of growing up "Wahe Guru" because of having witnessed their mother's pain. "Sat Nam." Slam! We were getting it all out. "Wahe Guru." What could the men do but sit there steadily and take the responsibility? "Sat Nam." Slam! We were going to build a new nation built on trust "Wahe Guru" and if that took some garbage removal "Sat Nam" slam! then that is where we would begin. "Wahe Guru." And then I started to feel the identity "Sat Nam" slam! of this woman beyond this culture and its wounds "Wahe Guru" that I was feeling not just the frustration of a woman "Sat Nam" slam! but the power of all women "Wahe Guru." I felt as though I were in touch with every man that had lived and that I was sitting before the spirit of all women.

Tantric Yoga permeates the mind with awareness of the Infinite interplay of male and female energy. The tantric experience irritates any part of us that blocks out surrender to that awareness. Tantric Yoga plants a seed in the mind that blooms as a glorious flower, and if, in its growth process, that flower uproots the weeds that now occupy its destined space, let us not be surprised by the pain of upheaval. After Tantric, marriages adjust.





Tantric works out the destiny. Marriage works out the details. A woman can hear a man say that he will be faithful, but she must feel the steadiness of his actions in day-to-day life before she can lean on being a woman. For a woman to be a woman, she must have a certain environment. A marriage must provide a climate in which a woman can discover herself as Shakti. Once she has found that identity, she can radiate that power, and anyone who comes within the field of energy will be nourished. But we are so insecure. A woman can watch her husband go through his daily routine. He may be totally devoted. He may love her deeply, and yet she may feel, "Somewhere, somehow, he will leave me. I have always been left. I am used to it. No one has ever given me love that was selfless. My father never treated me with respect for my womanhood. He never treated my mother with respect. Why should this guy, who calls himself my husband, be any different? Her husband may be a saint. He may be perfect toward her until the day of his death, but she may wonder if he had lived one more day, would he have left her then? Or, if she became convinced that he really did love her, she might feel unworthy of his love and sabotage their relationship as only a person who feels unworthy knows how. And let us face it, the odds are against her husband being a perfect saint. How then do we turn the tide in our favor?

It is a slow interplay of parts and an evolution. The women of our family go to summer camp in New Mexico. Every day, in a humorous and fatherly manner, the Siri Singh Sahib talks to them as daughters. He tells them how to be women. He tells them about sex, about how to work on their husbands, how to make a man great. He tells them how to function in the world so their Infinite identity as Shakti is unmistakable, so that their presence commands respect from every man. They run, they swim, they march, dig ditches, care for horses, practice martial arts. They feel and see in each other that *Shakti*. But most of all they experience the love of the Siri Singh Shaib who systematically, patiently, and expertly marches directly through their insecurities, and communicates to the very core of them as women. By the end of the summer they have experienced the fatherly love of a man whom they could not any longer doubt.

When my wife returned from her summer in Espanola our relationship had changed. At first I couldn't figure out exactly how she had changed. She had more knowledge. She knew more information, more things, but






information doesn't erase fear.' What had changed in her was her knowledge that *it is possible*. It is possible to be a woman. It is possible to make your man feel as though he is great and not feel you will lose him. It is possible to know so deeply that you are a woman that nothing can ever harm you again. It is possible to give as a woman. It is possible to give as a mother. It is possible to live in the vastness of consciousness that woman is the supreme power in this human play and she can reach beyond her dreams to the reality of her divinity. *It is possible!*

A man likes to feel his woman is happy. He feels it is a reflection of his own devotion and steadiness. He likes to see his wife revolve around it, feel secure in it, feel loved in it, express herself in it, feel graceful in it. And he in turn feels nourished by her. He may completely misinterpret her. He may be nourished by her more than he is capable of realizing, but still it can be a very beautiful thing -- this interplay between his simple ego and steadiness and her many facets of energy and expression. And that one soul which is the combined property of man and wife can feel the human support of a balanced marriage and feel completely secure in the knowledge that "I shall make it this time."

When I teach these days, I feel complete. Our years of practice of the yoga known as marriage have begun to show tangible results. When people ask if there is a way out of their loneliness they can look at us and feel the answer. They can feel that, yes, realization of their Infinite potential is within their grasp and no, they do not have to walk that path alone. In that home where one finds a fulfilled marriage, one will also find God. As our teacher has told us for years, "God lives in cozy homes," but until now that science and art of marriage has been out of the reach of many. For those who know JHO through any of its facets it is becoming obvious that, through the grace of God, Guru, and our teacher, we have revived a lost art. It is our simple joy to pass it on. If God lives in cozy homes, then let us evolve a nation of them, a world of them.





MARRIAGE MANDALA

by

M.S.S. Gurucharan Singh Khalsa

Marriage as a process and institution is central to the strength and development of civilization. It has had many proponents, apologists, and opponents. It is never a dull topic. Recently the wind of social opinion has shifted to lively opposition or at least to an erosion of the foundations of marriage and social sanity. As "moderns" we are expected to leap at the newly discovered relativisms and adjust to planned obsolescence of our commitments. If we follow the lead of O'Neill's propositions in *Open Marriage* we must huddle with our lawyers and bind ourselves to androgyny and equal mediocrity of the sexes before poisoning for the marital scrimmage. Marriage is viewed in terms of the individual's "growth" with no consideration for the generational, biological and evolutionary urges that must be played out in the drama. Basic to a full understanding of marriage is incorporation of the differences between the sexes. Marriage is not a cool partnership, a business, a sexual arrangement, or a legal contract. Marriage is a *mandala*: a creative pattern of life that integrates the many facets of the self.

The new flexible forms of marriage appear to many observers as the only way of saving the institution. Not only are the radical feminists, nouveau humanist psychologists, and social visionaries subscribing to this view, even the conservative spokesmen of some churches and publications like *U.S. News and World Report* are bending painfully under the confusion. When they look at the reports of divorce statistics, rotating communes, rising homosexuality, swinging singles, artificial wombs, and DNA transplants, they steady themselves with shaky legs and feel that they must admit to the inevitability of change. With the roles and nature of male and female obscured and almost lost in the rush of our efficient wish-fulfillment society, they can find no solid guidelines on which to base good judgment. By agreeing to the trends, with noisy cautions and ponderous conditionals, they can at least pose as intelligent conservatives.

Alvin Toffler has popularized one rationale for this theme in *Future Shock*. He believes that the rapid pace of technological progress engulfs us with individual





options and possibilities. He feels that we will have much longer lives and that we will experience stages of life parallel to the steps of a multi-level super-industrial state. Consequently the different requirements of each stage will predispose us to take different partners. There will be series of marriages. The parental period in those marriages that result in children will be very short since women will not have the "burden" of conceiving, bearing, or raising the children themselves. The family stands precariously on the precipitous edge of technology awaiting the advance that will make another biological or social function unnecessary and plunge marriage further into uselessness. This vision of marriage subordinates sexuality and parenthood to individual options and growth, and to companionship.

Most feminist writers such as Nora Ephron, E. de Rham and Germaine Greer, and many social-anthropological writers like G. O'Neill, J. Bernard and C. Bird, urge a greater female role in employment, much less emphasis on children, and a greater male role in the home. There is quite a bit of talk about how the woman is suppressed and unhappy. Ms. Bernard claims that men get healthier and happier in marriage, but women get neurotic and sick. She sees the greatest strain in childbirth. The elements of importance emphasized in *Open Marriage* by G. O'Neill are typical of this line of thought. The O'Neills recommend greater emphasis on the need for privacy, separate identity, and psychological growth. They feel this is stunted by the "archaic, rigid, out-moded, oppressive, static, decaying, victorian" nature of current marriages. They say we should adopt the "free, dynamic, honest, spontaneous, creative" structure of an open marriage. In this new arrangement there is a perfect symmetry and reciprocity of sex roles. The O'Neills fear that if the man's and woman's earnings are too different, or the time spent in the house is not equal, then they will have too little in common to grow together. Thus the relationship relies on ultimate reciprocity and assumes a kind of androgyny.

There are serious difficulties with the "new marriage" models being sold to us. Besides ignoring the biological and spiritual nature of marriage, they often base their arguments on cross-cultural comparisons and anthropological studies. Curiously enough, the brilliant investigator Margaret Mead is often quoted to show the relativity of the structure of marriage. In *Three Primitive Societies*, she described societies with very different customs. The O'Neills and others take this

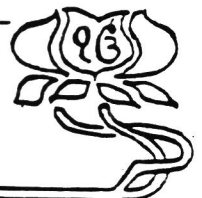




as an indication that our nature as male and female is social and pliable. However, closer examination of Mead's studies does not support open marriage and contractual relationships. In one tribe both partners are warm, nurturing, and passive; in the second tribe both partners are aggressive and indifferent to children; and in the third the woman is the dominant, impersonal managing partner. All these groups were complete failures in dealing with the environments. They were all on the verge of extinction when they were studied. It is a plausible argument from Mead's data that the roles as arranged were a significant part of their failure. In none of the societies was there an "open, synergic" relationship. The separate roles of the sexes were rigidly maintained. Mead concludes from her studies that (1) males require a special arena to express achievement, from which women must be excluded to some degree; (2) women who are aggressive, competitive and not concerned with motherhood produce ruthless men and disintegrative competitiveness in the society as a whole; (3) men passive and occupied with child-rearing lose sexual ability and gain fear of aggressive women; and (4) a society which maintains sexual differences between male and female (the male as productive, protective, aggressive, and the female as supportive, nurturing, and passive), and has an emphasis on children, that society will be cooperative, generous, and stable.

The need for the role separation and the importance of parentage is further supported by anthropologist Bronislaw Malinowski. He maintains that the essence of marriage is parenthood, and even above that, motherhood. The male role in this is less central than the female. In most cultures the male must prove the capacity to maintain and give security to the woman and child before a marriage is allowed. Marriage is not just a confirmation of a loving feeling. It is the transmutation of that love, urge and commitment into a continuity at once social, biological, and spiritual that transcends the two individuals. We may profess many reasons for marriage but there are deeper sexual and evolutionary impulses at work. The woman gives meaning to the limited drive of the male. Her inner realm of meaning is offered to the male in return for the exterior realm of sustenance and security.

It can be almost unanimously agreed that marriage in today's culture is not what it should be. The way to change that state is not to erase the evidence of history and counter the intelligence of our own biology



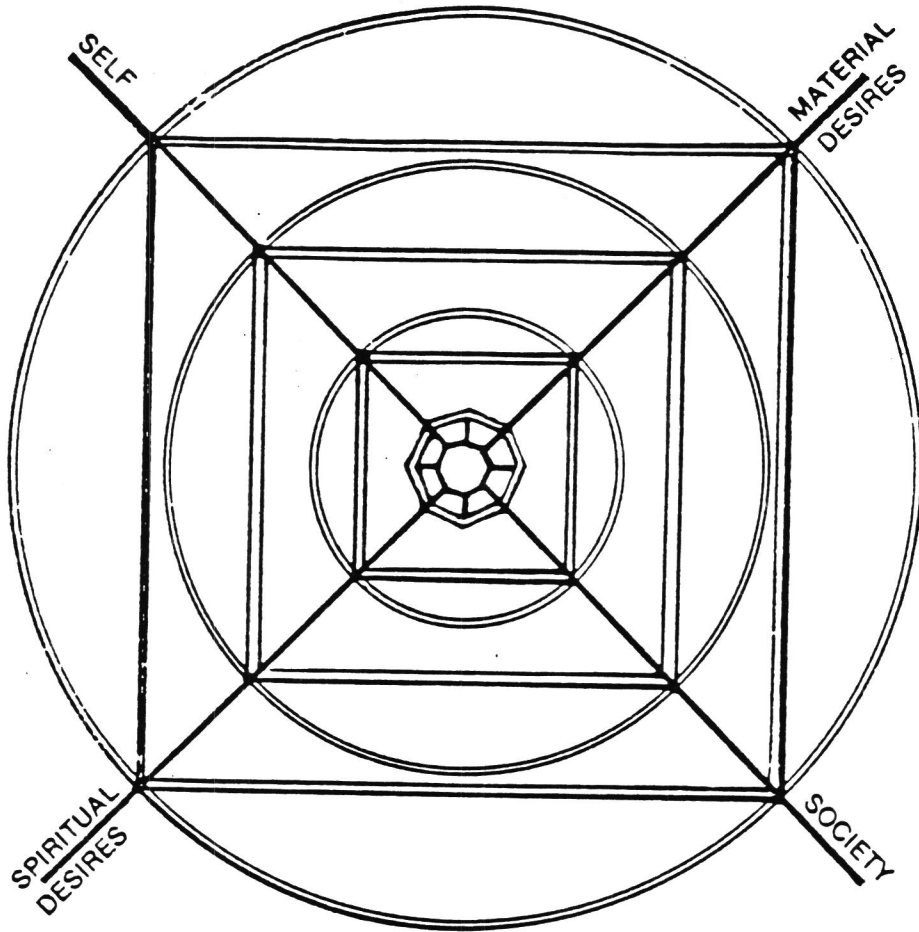


and design. We should recognize the personal and tra-
personal parts of marriage and strengthen their posi-
tions. On the deepest levels, marriage is based not
on sameness but on complementary patterns. The man's
most profound psychological life must be experienced
through a woman. The woman must recognize her innate
power over the man, his dependence on her, and his
need to compensate externally for that dependence. It
is interesting to note in passing that, of single wo-
men, single men, married men, married women, and mar-
ried women with children, it is the latter who live the
longest and with the lowest incidence of disease. In
addition, the rising divorce rate is counterbalanced
to a degree by a rising marriage rate and a skyrocket-
ing remarriage rate. Those marriages with children
are far more stable than those without. The urge to
marry and confirm the securities of a complementary
relation is very high but surrounded with confusions.

One way of giving some order and integration to the
many aspects of experience and the self has been to
represent the facets in a simple diagram called a man-
dala. Mandalas have a great variety of forms with
only a few rules for their formation. They always
have a center that represents the origin, or point of
change. The pattern radiates from the center symme-
trically, usually becoming more complex further from
the center. The outer patterns are created by the
interplay of opposites, of polarities. A mandala can
be as simple as a circle or square, or as complex as
the ancient Tibetan mandala system that would take
an artist most of his life to complete. The use of
form and symmetry to represent the facets of an exper-
ience in consciousness reminds us to view the process
wholistically. By representing all the parts in a
right-brained, intuitive form, we are more likely to
approach its solution wholistically.

We can sketch a mandala that illustrates the yogic
approach to marriage. In every mandala there is a
center. In marriage the center is the commitment to
each other and to God. The center is a yin-yang, a
union of opposites. From this center three circles
radiate out. The circle is feminine, soft, and round.
It represents spirit. The concentric rings represent
the stages of marital commitment and union. The first
circle is the body and material desires. The second
is the mind and emotional desires. The third is the
spirit and the desire for union with God. All three





MATERIAL & BODY DESIRES:

Inner Circle (Female)
Inner Square (Male)

MIND & EMOTIONAL DESIRES

Second Circle (Female)
Second Square (Male)

SPIRIT & DESIRE OF UNION WITH GOD

Outer Circle (Female)
Outer Square (Male)





levels must be experienced in a complete marriage. Since the feminine element gives birth to all things, the circular forms are necessary to represent these realms in the mandala. In each marriage there is a test and maturation in each realm. At first, a marriage can survive out of physical and sexual relations. After seven years the two bodies know each other very well. Boredom, frustration, and a sense of a lack of creativity can enter. The divorce rate usually soars after seven years. Later the foundation of the marriage must rest on the mind. The intentions, creativity, and thoughts become a ground for interest and relationship. After seven more years even the ploys of the mind become well-known. This is especially felt by the woman. A man can feign ignorance and try to be satisfied but the woman knows all the tricks of the mind. She gave birth to man. If the relationship is to survive it must enter the realm of spirit. Both partners must feel a commitment and project beyond themselves and even each other. This leads back to the center of the mandala, the essence of spirit, the sense of commitment and service to the horizon of the self.

Radiating from the center are the lines of polarity, the specific dimension in which each of the realms are acted out. In this mandala the lines represent society, the personal self, material values and the spirit. Each line intersects the three realms. If we connect all these points we have a sequence of three squares. The square is cornered, sharp, hard to move, masculine. It is the male concern with all the details, parts and fragments of the universal process. It is a limited perspective but one which provides protection and a stable base for security. The male concern with the realm of the mind forms a protective security for the feminine realm of the material. His concern for the material value does not protect the feminine mind but it does provide a practical ground for the central commitment to express itself. Surrounding all the realms is the feminine sense of spirit and value. This mandala has many relations in it. It is a reminder that the neglect of any of the realms or dimensions leads to imbalance and fragmentation. This is one of the biggest difficulties with the approach of the O'Neills and feminists. The requirement of rigid sameness and reciprocity in the sexes creates a tight calculus of relationships that makes an "open marriage" even more unstable than the ordinary marriage. It denies the wholeness of the individuals, and it denies their connectedness with anything larger than their own bodies





and personal attachments. It turns marriage into a constant exchange and barter business. That type of marriage is where material desire and body intersect in the mandala. This attitude destroys the wholism and symmetry of the marriage process. A marriage is a commitment for two people, not to exchange and barter for products or services, but to escape the psychology of exchange altogether. Each partner takes the whole of the other person as a living reality, not as one channel on a television, full of optional stations.

Woman has a natural capacity to give and create. Her creativity is much broader than a man's. A man lives his whole life for a woman. He is born out of one. He is raised by woman, then he looks for a woman to have a family. He looks to her for praise and support. A man requires recognition from a woman because his earliest recognition was from a woman. Without it he will create complex male rituals, clubs, and sacrifices. He becomes ruthless without the feminine element of compassion. The female has a built-in self-consciousness of maintaining the values of spirit and compassion. This comes from her inner intuition of motherhood. To deny this part of her is to take meaning, intelligence, and capacity from her. Because of this inner creativity a woman is inherently more independent than a man. When she marries she consciously takes on the man as a sort of project. She is the creative element. She regulates that energy. If she is directly directive, or consciously calculative, the man cannot develop into his full role as a protector and cannot provide the secure environments which the nature of motherhood requires.

The drive to diminish the feminine capacity and to de-emphasize maternal sexuality is practically an attempt to reduce women to the condition of men. It makes women slavishly dependent on external performance and achievement, and short-circuits the rich and eternal dimension of female sexuality for the brief tension-release mechanism of the male impulse. This cannot work in the long run because women themselves sense the potential poverty of such a masculine approach.

At the center of the mandala is the male-female commitment to a relationship. This commitment is very different for the two sexes. A man marries for many reasons. He is a "seeder" by nature so he may marry for sexual balance. He wants a home environment to return to so he marries for a home-wife. He may want someone to

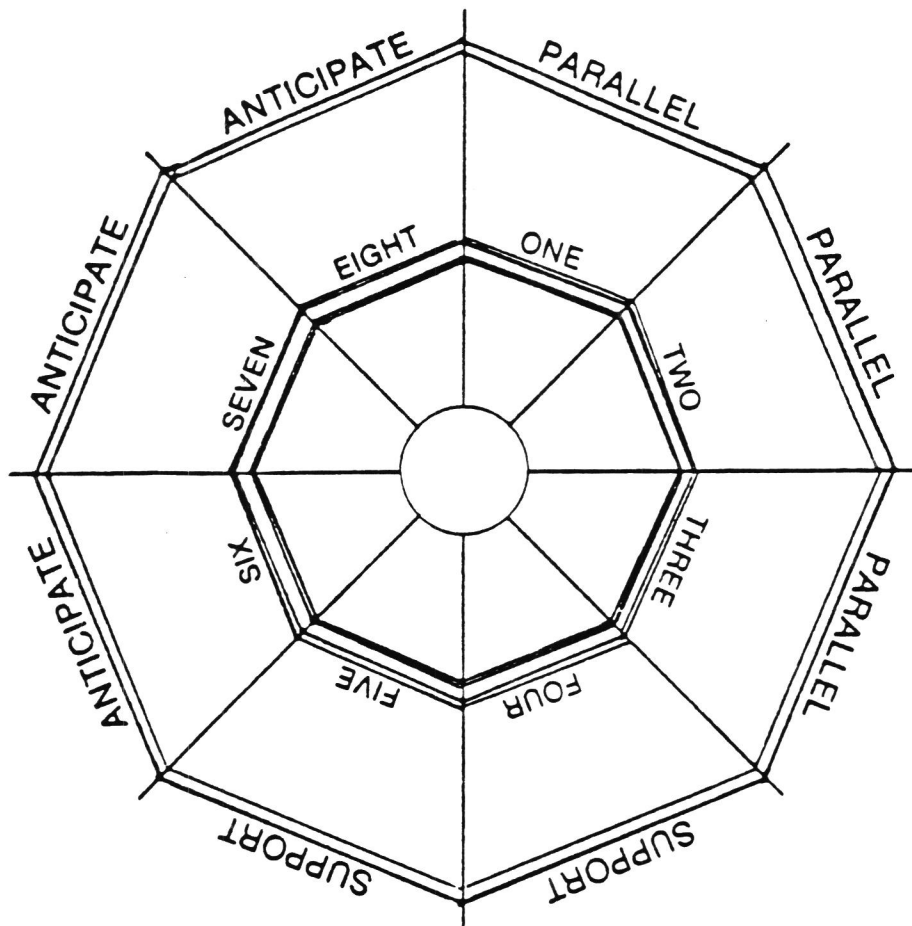




totally serve him as his mother did. He may see social opportunity or money in marriage. He may marry to serve God with a sense of spiritual values, but this is rare. In most cases we do not plan marriages. We fall into them emotionally from a shared childhood, a common pain, or a passing pleasure. We look for reasons later. A woman can give more reasons than a man, but in the inner feminine soul she knows she does not need a man as much as he needs her. She marries subconsciously to gain secure environments in which to raise a family or in which to carry out her creative impulse. In marriages without children, her creative projects and crusades become the surrogate children. A man as a "seeder" simply seeds and leaves. He does not know the results of his act. A woman always subconsciously expects the seeds to develop and bear fruit. She is connected with the extended effects and meaning of actions. She has a sixth sense which always computes the potential of creating in every environment.

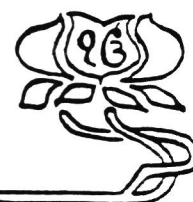
With this dimension of subtlety a woman has more options on how to react to emotions and environments than a man. If she wants her man to provide the functions she needs she encompass his basic facets. Man has eight basic facets of himself that determine the potential physical and emotional environments of a woman in the relationship. We can represent these facets and how a woman reacts to them as two concentric octagons which we place at the center of the marriage mandala. The inner octagon represents the eight facets of the male: child neurosis, imaginative flirtation, emotional imbalance, inner conflict, creative imagination, equilibrium, trust, and ego. Surrounding these are the reactions appropriate for the woman to create a sustained polarity of the sexes in the security of commitment. If the male acts by comparison with the past ("your nose is like my mother's"), allow him to go through it. Don't fight him but go parallel to him. If his mind is fluctuating and flirtatious parallel him because it is the natural tendency of a "seeder" mentality. If he gets emotionally upset act parallel to it. If you force him to understand the upset he will get more confused until the emotion has passed. If he has a basic inner conflict, be very positive and help guide him subtly with your inner sense of value. If he is creatively hopeful, support him totally. If he normally acts from a place of equilibrium, learn to calculate in advance when he will be off balance. Always create the feeling in him that he can trust you for all reasons to be graceful and supportive,

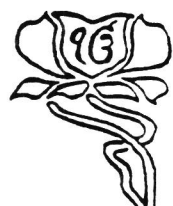




MALE CONDITIONS

- One: Child Neurosis
- Two: Imagination-Flirtation
- Three: Emotional Imbalance
- Four: Inner Conflict
- Five: Creative Imagination
- Six: Equilibrium
- Seven: Trust
- Eight: Ego





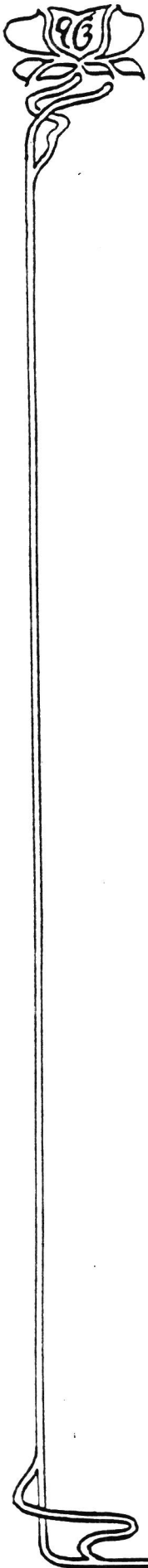
because he does not trust himself. When he expands his ego for recognition be sure to feed it.

The octagonal form represents totality in relationship. All the mantras for stimulating the kundalini are eight-fold (other than *bij* ("seed") mantras and the *mul mantra*). Eight is a symbol of universal creativity and balance between the finite self and the Infinite cosmos. A sense of this relation must be imbued from the start in a good marriage. If marriage is started with intelligence, comfort, and family planning, the children and generations that come from it can revitalize society. If we remember the broader values and instincts involved in marriage the cycle of neurotic children and weak men can be broken. The modern hope to break the cycle by inventing new forms of relations that stem from the head rather than the heart will only lead to a "monster in the lab." Our own creations will turn on us, for we forgot to give them compassion and human-ness. We are largely determined by fixed sexual potentials and natures, but we have a wide range of responses to these limitations. If we transcend the play of polarities by emptying the womb into test tubes and single-parent homes, we empty the heart of hope as well. The first group to hurt from this will be women. The inner pain of sensing sexuality as meaningless stimulation without the end product of life will bring a revulsion against sexuality altogether and help induce an eunuch society.

Marriage itself is a living mandala. It is a form and interplay of the most basic energies in our consciousness. It is the Cosmos playing through its finite creation. Marriage is a process of transformation, creation, and commitment. It is a practical transcendence of the limits within ourselves through being what we are! Marriage does not ask you to be something different. It demands that you fulfill yourself as a full human male or female, rather than as an abstract metaphysical entity called "just a human being." If we can fulfill our own potential in activity, then that activity will stimulate a new potential to experience the undying chain of bio-social links to the cosmos itself.

How faithfully we relate to this mandala determines what type of marriage we will be responsible for creating. The ideal mandala is built without overlooking any of its points. When all our efforts have been put





in and we survey the end products, there are four types of marriages that appear. The least complete form is a marriage that satisfies only earthly values: the need for money, sexuality, etc. This is a single square with a dot in it. It is the mere existence of the sperm within the egg secured in its material connections. The second type is called a harmonious marriage. In it the partners agree to lines of activity that they never step across. It is a relationship with set values and bounds within which everything else occurs. The third type is an equilibrium of personality. In this marriage the partners actively complement and supplement each other. This is the center of the marriage mandala. It is a double octagon of creativity. The last type is a spiritual marriage where the partners enjoy sex, coziness, service, sacrifice and death. Here they have extended the lines of polarity from the personal center to the outer edge of the spirit that encompasses everything and completes the mandala.

Through all of life there is a sense of pattern, transformation and polarity. We see it reflected in the mathematical spirals of the sunflower, the radiant bands of the rainbow, and the symmetric rings of a tree trunk. When we step back from our day-to-day existence and turn our mind toward years, we can see the strong waves of time that shape our lives into spring, summer, fall and winter. These patterns remind us of the larger cycles and destinies that guide individual experience. They reflect our magical mystic roots beyond this one personality. In the midst of all these influences we recognize certain points of peace and certain relationships which are central to forming the creative patterns that run across lifetimes. The most outstanding point is the total commitment in the institution of marriage. From it we radiate a pattern of experience that forms civilization itself. If the marriage is well made it becomes a living mandala of creation and transformation.





❁ GLOSSARY ❁

AAD GURAY NAMEH, JUGAAD GURAY NAMEH, SAT GURAY NAMEH, SIRI GUROO 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 GURROO -- 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 GURROO 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).

GURUO GURUO WAHAY GURUO, GURUO RAAM DAAS GURUO -- 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.

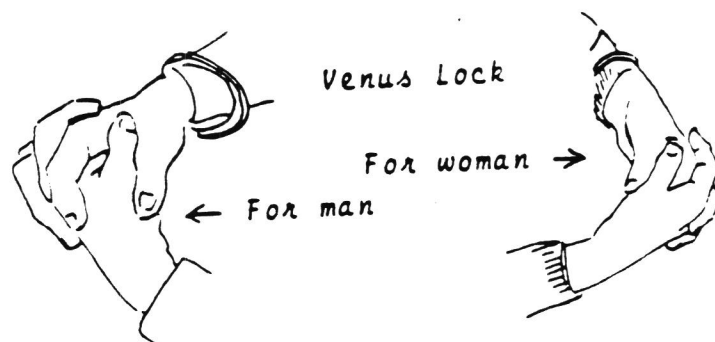
TANTRA -- the union of the male and female principles
 of the universe. This is not sex; it is a cosmic
 science. White Tantric Yoga as taught by Yogi Bhajan
 clears the subconscious of its garbage, enabling
 clear, harmonious communication to take place.

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.





BOOKS ON RELATED TOPICS

Sadhana Guidelines: Experience Kundalini Yoga, the most potent yoga on this planet. Complete instructions for your daily practice of this ancient science of awareness, including three inspirational talks by Yoga Bhajan. Over 30 exercise sets and meditations. 107 pp.

Keeping Up with Kundalini Yoga: The latest in our series of Yoga manuals. Beautifully illustrated. Simple, straightforward instructions. Explanations of the effects of each exercise and a special section devoted to beginners. Sets for elevation, preparation for meditation, metabolism and relaxation, third-eye stimulation and more. 36 pp.

Meditation Manual: A treasury of more than 40 Kundalini meditations for the realization of your highest potential. Includes preparatory exercises and explanations of the basic techniques. For intermediate students. 70 pp.

Yoga Manual: A collection of beginners' Kundalini Yoga exercise and meditation sets with instructions, illustrations, and commentary. An excellent complement to the Sadhana Guidelines. 42 pp.

Journey to the Blue Ethers: An incredible voyage in consciousness. Step-by-step instruction in the practice of Soorya Kriya, one of the most powerful self-energizing techniques of Kundalini Yoga. Followed by a guided meditation into the Blue Ethers. Bathe your consciousness in the soothing cosmic sea beyond the body [tape]. Instruction manual included.

Stressaway -- the Way to Relax, by Gurutej Singh Khalsa and Gordon Briggs: A complete 40-day program for the relief of stress and anxiety in your daily life, through diet, exercise and keeping still. Beautifully illustrated. 79 pp.

Survival Kit -- Meditations and Exercises for Stress & Pressure of the Times, by Yogi Bhajan: A marvellous collection of meditations for nearly every conceivable emergency, and others to prevent those emergencies from happening. Meditations for: atomic radiation, to prepare for earthquake, for insanity, to ward off death, to tranquilize the mind, to alleviate depression and 25 more. Plus breathing for survival, survival exercises and exercises and meditations for group consciousness. With clear illustrations and cross indexing. 74 pp.





Maintenance Yoga: A series of rigorous exercise sets designed to stimulate the glandular system and strengthen the nervous system. "Your body is the vehicle of God -- a Truth machine. Keep it in tune!" For intermediate students. 16 pp.

Slim and Trim Exercises for Women & Meditations: These invigorating yoga sets taught by Yogi Bhajan especially for women are designed for both muscular and structural strength. The meditations build inner strength and security. Together they enhance the total woman. 28 pp.

How to Improve Your Running & Your Life with Kundalini Yoga, by Siri Brahma Singh Khalsa: Achieve an exhilarating balance in your life through the integration of Kundalini Yoga and running. Conditioning exercises, warm-ups, cool-downs, exercises for strengthening specific areas. 43 pp.

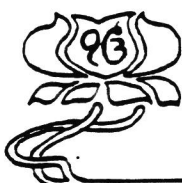
Tratakam Meditation Photo: By gazing at this specially prepared photo of Yogi Bhajan, your own higher self will speak to you. This photo bears the direct stare of neutrality which is an ancient aid to self-guidance. 8"x10". Includes a 4-page article on how to use the photo plus fascinating information on the meditative art of gazing.

Teachings of Yogi Bhajan, by Yogi Bhajan: Gems of wisdom from the master of Kundalini Yoga and Tantric Yoga. His words on love, happiness, God, the self and much more. Read 9-11 pages aloud.... It can change your life. 193 pages.

The Golden Temple Vegetarian Cookbook: The master of yoga is a master in the kitchen as well. Food to delight and heal your mind, body and spirit. Many of the recipes included are served at the internationally famous Golden Temple restaurants. 224 pp.

The Ancient Art of Self-Nutrition, by Yogi Bhajan: The ancient science of healing through foods revealed in this invaluable reference guide. Over 400 physical and mental conditions and their food remedies. 101 pp.

Communication: Liberation or Condemnation, by Yogi Bhajan, Ph.D.: His doctoral dissertation. A lucid explanation of Yogi Bhajan's unique teachings on communication: *What It Is and What It Is Not, Communication with Self, Communicating with Others, Frequency of Communication, Who's On the Other End?* and more. 72 pp.





Man to Man Series, by Yogi Bajan: No one has ever talked about men this way before! 7 volumes.

Women in Training: Priceless lectures by Yogi Bajan from Khalsa Women's Training Camp, his unique summer session for women. 5 volumes.

Also:

How to Know God, by Swami Prabhavananda and Christopher Isherwood

Peace Lagoon, by Sardarni Premka Kaur

Education of the Spirit, by Gurushabd Singh Khalsa, Ph.D.

Prepared Birthing and Mothering, by the Institute of Prepared Birthing and Mothering

What's Wrong with Eating Meat? by Ananda Marga association

Conscious Cookery, by Siri Ved Kaur Khalsa

Pilgrim's Guide to Planet Earth, for the New Age traveler

My Mind Is an Ocean, children's poetry

For additional copies of this manual,
write or call the following:

Alice B. Clagett
P.O. Box 3142
Santa Monica, CA 90408
(310) 393-8167





ON
YOGI
BHAJAN

Yogi Bhanjan, 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 Bhanjan 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 Bhanjan 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 Bhanjan, 27 May 76





VOLUME 2: TEACHINGS OF YOGI BHAJAN ON MARRIAGE AND SEX. EXERCISES FOR MALE POTENCY. 37
MEDITATIONS TO DEAL WITH PROBLEMS IN MARRIAGE, INCLUDING: 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 Calm Anger, to Become a Charming, Passionate and Tolerant Spouse, and many more.