



Communicating with Compassion

Kundalini Yoga as taught by Yogi Bajan®

Meditation: Interlocking Ego and Projection

July 4, 1986

Life is just a matter of consciousness; it is not something which you and I can do. So just remember one thing in your life and be careful about it: It is the worst risk not to take a risk for the good of others. If you cannot take a risk for the good of others, you are not human. You are worse than an animal because the other life is God in selflessness. When you intervene to promote, to excel, to save that life that is when you enjoy divinity. Whatever power you achieve for yourself, whatever you gain for your own self, however near to God you become, it is still a selfish achievement. Do you understand that?

That's why all power is through life, all power is through love, all power is through consciousness through which we can serve others. And just remember: when you love something—now be with me; this is very technical, scientific thing I am telling you—when you love something, the first sign will be that you like to promote it. If you have a good stone, you like to show somebody. If you have nice jewelry, you like to show it off. You understand what I am saying? It is the nature of man, when he loves something, he wants it to be excellent, he wants it to be promoted; he wants it to be this or that; it's his nature. But what you are promoting, sometimes, cannot take it and the reaction can be hate. It is called de-monitoring the gift.

Life is a gift. The life you work for is a gift. The classification of love, the way of love which you believe is loving, actually isn't. It is the psychological, physiological and biological communication of emotions and the entertainment of feelings. You can call it love; but love is a silent, rational foundation, doubtlessly without doubt and precisely, precisely accepted. Love, which is not precisely accepted in a foundation of communication and goodwill, has not yet established the trust, the merger. Now, whether you are Western or Eastern, whether you are Northern or Southern, whether you are gray, black, blue, or pink; it has nothing to do with the reality of the phenomenon of love, which is a total art in itself. You like to communicate with something you love. Let me give you an example: You have a child of two months old. Hours and hours you talk. Hours and hours you love. Hours and hours you wish. Hours and hours you play. Does he tell you stories? Does he respond to you? Sometimes with a smile, sometimes with a giggle, sometimes with silence, finally the child gets tired and sleeps. And still, you tickle him and do all kind of things like that; not because you are looking for a response. No, you are looking for receptivity—that fundamental electromagnetic reality—whatever you say will be received without question. Have you ever thought of that? That's called love.

According to your science, emotions are love, commotions are love, feelings, richness, and vastness are love. No, not true. There are many people who are vaster than you, richer than you, bigger than you, but there are very few people that are committed like you, clean like you, pure channels like you, deals like you. One woman once told me, "I love Sikh Dharma," she said. "Every teaching is perfect. But I can't tie a turban." I said, "You love to be a queen, but you don't want to put on a crown?" "No, no, no, sit down with me, please. Sir, tell me what is in a turban?"

I said, "Each layer you put around your head, you totally wind up, in your own consciousness, in your own commitment, and in your own identity, your own special uniqueness. It gives you one glance. It gives you just one glance; and within that one glance, the person knows you are something that he has to deal with. Later on you may be totally bogus. You may be totally a piece of cake, a cup of ice cream, a donut or whatever, but at that glance, that first glance, the person is admittedly aware that you are something plus; you are a woman plus—and he has to deal with that plus. Is that plus enough for many of you? No. For you the biggest plus is that all people look like you and you look like them. You are lost. But to achieve that plus, you have to pull out. Pulling out for that plus has a responsibility. You know what it is? You have to drop your own negativity, and you have to be super positive—that is the key to happiness. The key to happiness is not in your power. The key to

happiness is not your game. The key to happiness is not in your wealth or your reach or your friends. Anything and everything you may put on one side of the scale, on the other side you put your own self-identity; you are still winning with self-identity. Nobody wins with other tools or means other than self-identity. To uphold your self-identity is a classic reality; it is an art and a science; it is Self.

No woman, like no moon. If ever the moon doesn't come to the full moon, then there is no moon. Each woman has to come to that full biorhythmic self-identity, and she has to acknowledge it. Not as a joke. Nor as a ritual. Your life cannot be a reaction. It will always bring you trouble. Your life has to be always in action. Men react. Why don't you go for the medical change and make yourself a male? If reaction is your concept, be a male. Men react. It is their nature. The God-given instinct in a woman is not to react, but to act: one step ahead of a man. A woman who is not one step ahead of a man, and man who is not one step ahead of time are failures. The problem with you is that you want to control your man instead of controlling yourself. With the energy that you use in trying to control the man, with that same energy, if you control yourself, man will go around you like a clock. The real expression of you—that you are the better half—will fit in right there. It is not a good half. It is the better half. What is best for you, in the reality of science, is when you can excel, when you are sacred, you are trustworthy, and you are you—when you are that plus, in identity.

Sometimes I communicate, and some people say, "Well, I have tried my best. I have done everything in the world I know to do. I can never (pause), nothing works." And I hear it. I want you to exchange with me one day of life. Just one day. Call me anytime. Figure it out. Write it down. Type it. Short hand it. Do whatever. But this absolutely negative Self of yours, just give me seven minutes. I'll cut in on you sometimes and say, "But stop here. No, stop. Stop. Stop. Breathe. (Yogi Bhajan takes a deep breath.) Are you all right?"

"Yes."

"Can you breathe?"

"Yes."

"That is enough."

The idea is not to buy yogurt. The idea is put a drop of yogurt in the entire negativity of the milk and make it yogurt, so that we can have the butter, the better half. Life has a solution: woman. Woman has a solution within herself. If life has a solution within the woman, and woman within the woman has a solution, and woman within the environment has a solution, then woman with a reality has a solution, and woman with identity has a solution. Woman is the only solution! Looking for a solution outside your Self is nothing but madness, craziness. It doesn't mean a thing. You can never achieve what you were born to achieve, the experience of this beautiful life. You will always feel handicapped.

Just understand, in your consciousness there is a power. In your intelligence, there is a science to deal with it. And like me or not (I am not asking you to totally like me or believe me), you have to develop your personality so that your presence works. Sometimes I wonder when people drop remarks about you, "Oh, that dumb girl." Well, that's the imagination. No, that is a constant behavior impression. Constant behavior creates an impression; and a constant impression creates reputation; and reputation travels faster than you. So don't indulge in your own cycles and circles. Watch out! Emotions, commotions, feelings; you can play Monopoly; you can play a game. But in reality, in a practical way, you have to face the day.

Now! You expect a man to cooperate. Is that true? Little bit more, little bit here, little bit there, right? I can give it to you in writing: you can't expect it *and* it'll never happen. Men cannot cooperate constantly and consistently; it is not in their nature; it's not in their hormones. It doesn't work that way. You're trying to expect what does not exist. A man who's very inconsistent with you is calling for help. A man who is very steady with you is calling for your silence. And a man who is very superior in behavior to you is asking you to excel. This is the way men deal. There is another category that you don't like either: men who don't do a thing and ask you to support them. They're asking for your compassion. They're seeking what their mother never gave them through you. They're not arrogant or ignorant or idiots. Not at all.

In your whole life, you've never understood one thing: Man has never grown enough to deliver a baby. He cannot get pregnant. Doesn't matter which way you try. The very fact that man cannot be pregnant means man cannot hold anything other than himself. And barring few conditions, every woman can hold another Self, and often many, many times more. Sometimes even, what do they call them? Quadruplets or even six or eight. God knows, in one shot the family is ten people. I saw that once; eight kids came out of one woman: one, two, three, four, five, six, seven, eight. Can you find one man who can do it? So what are you trying to ask of the man? To give you a baby? Are you asking that?

Beyond the fact that the man is a seeder, there is no other reality. Beyond the fact that the man can play, man can initiate. Remember one thing in life: Man can initiate a conversation, but if you complete it, you will have him in the palm of your hand. You complete. You carry. He will initiate. That is the relationship, folks. If you don't like it, don't like it. Find somebody who is equal—you can't. You don't have that. And if you do not push your man toward consistent higher consciousness, you are consistently pushing him toward trouble with you.

How many of you, raise your hand, want to avoid a fight with your man? Raise your hand. Almost a majority of you, right? How many of you have made your man read at least *Japji* every day? Well, all those who have done this will be safer than those who have not. Man intuitively denies God. Sorry to tell you that. But what can I say? This is a fact; because man wants to play God. I have not yet met one man who doesn't want to play God. And in the scriptures all have done the same thing.

Guru Gobind Singh even said, "When, as Rishi Dusht Daman, I had a talk with God, he said, 'I sent Ram; he got himself worshipped. I sent Krishna; he got worshipped. I sent Mohammed; he got worshipped. Now you go and let *Me* be worshipped for a change.'"

You know what men enjoy? They enjoy telling you that they are great and you are small. No, no, no, no. There is a trick in it. Try to understand the science of it. When a man does that, when he says that he is great and you are small, you know what he is actually asking you? Can anybody tell me?

Student: Elevate him.

Yogi Bhajan: No. He is asking you to prove it; prove that you are greater. And if you miss that opportunity? You can expect one week of abuses, cursing, breaking plates, everything else. Take it for granted.

It is the nature of a male's capacity to ask a female to reflect the higher image of the man. They don't want anything else. They will never compromise; doesn't matter what you do. This is the way they are made. It's a manufacturing defect.

There was once a sage, a man I knew, and he was married to a very beautiful woman. They had a beautiful home. They asked me to just counsel them in one way or the other. I said, "What's the matter?"

He said, "I am impotent, and I want a child. But my wife doesn't, I mean, either way, it is all right with her."

Looking at the whole scene, everything, I said, "Well, you are impotent. Agreed. How is your personal life?"

He said, "Far out."

I said, "Suppose you get a very young girl with ten million dollars in a trust fund and very educated and capable of having a child and all that? Would you divorce your present wife and go for it?"

He said, "No."

I said, "Anything double of that?"

He said, "No."

I said, "Ten times that?"

He said, "No."

I said, "What is it?"

He said, "I am impotent. She has never let me feel, for one minute, in all my marriage that I am

impotent. And she has made me to believe that I am the most potent man on this earth.”

I said, “How does she do it?”

He said, “I don’t know how she does it, but somewhere along the line, she does it.”

I said, “Do you feel embarrassed?”

He said, “No way.”

“Do you feel handicapped?”

He said, “No way.”

“Do you feel inferior?”

“No way.”

“Do you have any regret?”

He said, “No way.”

I said, “I would like to know what she does. What’s the bottom line?”

He said, “Bottom line? When she looks at me, I look toward the sky, and I always ask her, ‘What are you looking at?’”

“She says, ‘I am looking at how the God has come to Earth.’”

I said, “Well, I would like to meet such a person.” I couldn’t meet personally, but I had a telephone conversation with her. Believe me or not, I have yet to meet a person who can converse with you like that.

She told me she had read my books; she had read my lectures; she had listened to my tapes; and she likes the ultimate positive. She said—now watch this—“Ultimate positive,” which I say, and she wished that I should start with the positive.

And then she said, “I do understand your patience with me is more than the Himalayas, because you belong to India, and your character cannot be super-matched so that people can understand you at certain level. But I feel very inspired.”

I was very relieved when I finished the conversation because I was starting to fall in love with her. It was the most cozy conversation, uplifting and excellent, with absolute etiquette and manners. And without recognizing her face or knowing her, I could see on the other side of the phone there was a very well-featured, well-established and very self-reliant woman—and that is called delivery. You have to deliver your Self. You always have to deliver a baby; you’re always pregnant with positivity—one plus.

A lot of people will tell you what you *can* be; all I’m telling you is what you *are*, in reality. I never have said what you *can* be. You have to rationalize this fact: you are the best. Not with ego and pride, or with a commission to plunder yourself and be haughty, because you have no capacity as a female to be a female and then react. Your best choice is to be sophisticated. Come out with your decency. Come out with your commitment; come out with your Higher Self. And come out each time as though you are a piece of art; but just remember, you’re a signed piece of art and you have a destiny to live up to. It is that destiny which should not be taken away by fate. And you are the deciding master of that fact. Nobody can decide for you.

History will be kind to those who are kind to history. Just remember these few lines, which you sing: “When things are down and darkest, that’s when we stand tallest.” And the second line is, “We die before we . . .”

Students: Fall.

Yogi Bhajan: That’s all. All right, just remember certain things. Now I would like to give you a little runaround for a few minutes and just make you practice and just feel how you feel. Okay?

Meditation: Interlocking Ego and Projection Begins

See complete write-up at the end of the lecture.

(Affirmation Exercise) With your right hand, take the finger of communication like this and put your three fingers up, like this. With your left hand, take the sun finger here and put other three fingers up. Just see? This simple thing. Connect this way, okay? Close your eyes and just call on yourself: “I feel better, I am better and that is my base. I feel better, I am better and that is my base. I feel better, I am better and that is my base.” Just simple, talk to yourself. Talk to yourself. Repeat this affirmation to yourself: “I feel better, I am better and that is my base.” Let me hear it.

Students: I feel better, I am better and that is my base. I feel better, I am better and that is my base. I feel better, I am better and that is my base.

Yogi Bhajan: Okay. Now there is an exercise I would like you to do.

This your right hand. Right? This your left hand. Just join it here. Interlock the, what do you call it, thumb?

Students: Thumb.

Yogi Bhajan: Interlock the thumb; one hand will be taller and one will be shorter. Look to the side; look straight and put the hands out to the side, straight.

Now we are stretching the sciatica and interlocking the ego. Mostly people can do it; some can't. This, their ego (thumb), is so stiff that it doesn't bend at all. They are very difficult to deal with. God made them that way; I can't help it. But normally it is just like that. And pull it this way; and look straight. Look straight. Look just straight. Hands on one side.

You are projecting energy on the other side—and look straight. Close your eyes; close your eyes. And as the record is played, chant. This is the work of the Fifth Chakra. Project your energy out to the side and see what your body goes through. Watch it. Don't proclaim anything.

(Singh Kaur's "Rakhe rakhanhaar" plays.)

Concentrate on Navel Point. You all have to look at each other and the direction. Hold. Now what you have to do is when you sing "Jis simarat sukh hoe sagale dookh jahi" the last time (the second time), make a circle, like this, and go back again. Understand?

Students: Yes, sir.

Yogi Bhajan: Okay. Now, last. Now. Now. Hold. Hold, hold, hold. How do you feel? Now for these few minutes now we will just do it say, five, five, ten, eleven minutes are left to do it. Just do it correctly. I'm just trying to pinpoint the situation. Just do it correctly and see what it does to you. I mean, just understand what the *shabd*, what the *naad* and what the yoga; when these three things are put together, what they can create in you. That's what we are doing right now. Okay?

(Music continues.)

Correct! Interlock the thumbs. Thank you. Relax. Feel it for yourself.

It is a very special day; today is the Fourth of July. I'll ask you one thing in particular. In whichever humble way you know to pray, make a prayer so that we may survive this period. Eighty-four to eighty-eight is the period of test and trial and the strength of triumph. Triumph will only come, a victory will only come, with the power of prayer. Nothing else can help. As you are all being attacked in your belief, in your existence, and in your identity, therefore, you need to share.

I'll play my part; and with your strength and with your prayer and with my prayer to the Guru to keep our honor afloat. But just remember, it is not we alone; it is our coming generations and our children, grandchildren and great-grandchildren who have to follow us, they must not feel that we have failed in prayer

and that we have fallen. That's why I like you to participate with your heart and head bowed in prayer, in strength, in the manner you know best. Thank you very much.

*May the long time sun shine upon you,
all love surround you
and the pure light within you,
guide your way on.
Sat Nam.*



Interlocking Ego and Projection

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Part One

Affirmation Exercise: With your right hand in Buddhi Mudra, thumb and pinkie finger together, and with your left hand in Surya Mudra, thumb and ring finger together, bring both hands in front of the shoulders, palm out. The other three fingers of each hand are straight and pointing directly up. Close your eyes and just call on yourself: *I feel better, I am better and that is my base.*

Talk to yourself. Repeat this affirmation aloud; repeat it several times. Practice for **2-3 Minutes:** *I feel better, I am better and that is my base.*



Part Two

Bring the palms together with the thumbs interlocked like horns, sticking straight up, with the left thumb pressing back into the right thumb; the fingers of the left hand extend beyond the fingers of the right. The arms are extended out in front of you and then stretched strongly to your left. The head and torso remain pointing straight ahead. Close the eyes and chant from the Navel Point and project your energy out to the side. *Rakhe Rakhanhaar* by Singh Kaur. **6 Minutes.**

Rakhay rakhanhaar aap ubaarian
Gur kee pairee paa-eh kaaj savaarian
Hoaa aap dayaal manho na visaarian
Saadh janaa kai sang bhavjal taarian
Saakat nindak dusht khin maa-eh bidaarian
Tis saahib kee taayk naanak manai maa-eh
Jis simrat sukh ho-eh saglay dookh jaa-eh
Jis simrat sukh ho-eh saglay dookh jaa-eh

*God Himself is looking out for us,
gives us the light, and takes care of our affairs.
God is merciful, and never forgets us.
God guides us, giving us good people to help us.
God does not allow hurt to come to us.
I take comfort in the thought of God.
When I remember God, I feel peaceful and happy
and all my pain departs.*

(continued)



2. Stay in the posture, but on the second repetition of the final line of the mantra, *Jis Simrat Sukh Hoa Sagalay Dukh Jai*, separate the hands and circle the arms upward and around once, in a large arc coming back to the posture. **6 Minutes.**

To End: Inhale, exhale and relax.



Comments: This is the work of the Fifth Chakra. Project your energy out to the side and see what your body goes through. Watch it. Don't proclaim anything. Concentrate on Navel Point. I'm just trying to pinpoint the situation. Just do it correctly and see what it does to you. I mean, just understand what the *shabd*, what the *naad* and what the yoga; when these three things are put together, what they can create in you. That's what we are doing right now.

–Yogi Bhajan