



The Art of Appreciation

Kundalini Yoga as taught by Yogi Bhanan®
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Today we are talking about something very, very important. The greatest enemy of every woman is her insecurity. She remains insecure in love, she remains insecure with her children, she remains insecure with her husband. There's a tremendous amount of continuous insecurity which doesn't truly exist in her, she creates it in her psyche. Now, here comes a basic question: why does a woman feel insecure? Can anybody answer me, please?

Student: She has learned to be that way because she's been exploited and manipulated.

Yogi Bhanan: Well, that's a negative answer. I don't think so.

Student: She doesn't trust in God?

Yogi Bhanan: She may have trust in God or she may not have trust in God.

Student: She doesn't know herself.

Yogi Bhanan: Some do know and still are insecure.

Student: She's afraid she's going to be vulnerable.

Yogi Bhanan: She's vulnerable? Men are not? They are more vulnerable than women. Woman, when she wants to be secure, is very well secure. Try to understand that. There's only one weakness, just one, which makes her insecure—no matter what—it is her desire to be appreciated. The problem is in her chin, her moon center. You can kill any woman, she may even be a queen, just ignore her.

In fact, there is a story of an actual queen who had a man that arranged the saddling of her horse and assisted the queen in mounting the horse. Every time the queen came to ride, he would prepare the horse, bow down and she would put her foot on him and mount the horse. He would ride along with her, guide them back and hold the horse while the queen dismounted. He would do all these things, but he would never notice what she was wearing or how she looked.

One day a minister of the court said, "Oh my God, do you know what the queen was wearing today?"

The man replied, "Why do I have to know? She wears what she wears. It is not part of my job."

He said, "What is your job?"

He said, "My job is to see that the horse is prepared, everything is fine and she rides it."

The minister returned to the court and said to the queen, "Oh my God, you are so appreciated. You are wearing such a wonderful robe." She explained that it was a special robe.

He said, "I don't think the robe is that special; I'm sorry to tell you that."

She said, "There is not a human being who will not notice."

He said, "If you would spare my life, I can assure you that your own horse-man has not looked at it."

She said, "Call him." She was a very majestic queen. She knew all the tricks of the trade.

The man came and she said, "The horse was very youthful today. Did you notice that?"

He said, "Your Majesty, you were riding it, you felt it, it's beautiful."

She talked and took him all around the palace and finally said, "Well, I feel hungry. Would you like to join me in this little snack or would you like a cup of tea?"

She did everything; she ran around with him for one hour. Then she said, "Did you notice this robe of mine, how beautiful it is?"

He said, "If Your Majesty says so, so it will be so."

She got fiery. What was going on? She said, "Why don't you look at my robe?"

He looked at the robe. She said, "Have you looked at it?"

He said, "Yes."

"What is it?"

He said, "It is a robe, Your Majesty's robe."

"Do I look good in it? Do I look bad in it? Neutral in it? Normal in it? Idiot in it?"

He said, "Whatever Your Majesty feels."

That was the end of it.

"Can you give me the assessment?"

He said, "Yes."

She said, "What is it?"

He said, "It is a robe to cover Your Majesty's body. That's all."

She understood. She took him to the side, sat down, and said, "What do you mean?"

He said, "Look, Your Majesty, there is nothing to be angry about. My job is to prepare your horse and that's it. If you are going to ask me for any other job, you are mistaken and I am mistaken. You can either have me killed, or you can spare my life. But I only know what to do, and I just do what I have to do."

She said, "Okay, okay I understand."

She made up her mind, "I am going to make this man appreciate me."

Forty years later she was on her death bed and she called him. She said, "What am I doing?"

He said, "Whatever Your Majesty's pleasure is."

She said, "Do you know I am dying?"

He said, "If it suits Your Royal Highness, it will happen."

She said, "Kiss my hand." He picked it up and kissed it. She said, "How do you feel about it?"

He said, "As your allowance of feeling has been extended from Your Majesty, that's my privilege."

He never budged an inch. She wrote in her diary as she was dying, "I have met one man who's just a man and God couldn't create anyone more than that."

If you appreciate your life, if you appreciate your job, if you appreciate yourself, if you appreciate your surroundings—poor or rich, whatever they are—you are divine. The principle is that you are divine when you appreciate whatever you are. You might be thinking, "When we love God we'll become rich, and we'll have the whole world under our feet." You are totally mistaken. You do not know what God is. That's why you all suffer. God is a psyche appreciated around and within us. There's no loneliness. You must appreciate your job, no matter how dirty it is. You must appreciate your misery, no matter how painful it is. The moment you start appreciating misery it will run away. You don't have to do anything. Misery doesn't need appreciation. Misery needs to give you pain. The purpose of misery is to put you through pain. As soon as you start appreciating misery, its purpose is lost. How is misery going to be there?

In your life, your relationships, your dealings, who you are and who you want to be, there is only one thing: how you extend your sensitivity, how you deal with it. If people find you laughing, smiling, secure, beautiful, enchanting, wonderful, communicative, they will love you. In the same way, when you are in absolute love with somebody, snap at that person thrice, and then say, "Hey, we have a date." He'll say, "I'm busy." This planet Earth moves around what is called an axis, an imaginary rod between the north pole and the south pole. Somehow, that movement on the planet is supposed to be a divine manifestation of the magnetic psyche. It is in balance with all other stars and orbits and galaxies. The whole thing is complete within itself. No energy is wasted. No energy is produced. Otherwise, if God had to put in petroleum every day to move the earth, God knows how many gallons He'd need, and if He missed once, we'd all come to a stop. It's all automatic.

For the entire creativity, the axis is the woman. You are the axis of that entire psyche that is called creativity. Why do flowers grow? So that men can pick them and bring them to you. Why does cotton grow? So that it can turn itself into cloth and can be given to you as gifts. Why are so many poor silkworms killed in boiling water? So that special gifts can be arranged. Why are all these poor little

animals, minks, killed? So that you can have a coat. Do you know how much a man has to work, after paying his income tax, to earn what these coats cost these days? Do you know? And then, when he brings it to you and you say, "I love you;" but by the third day you say, "Who are you?" Do you understand what happens to that man? The problem with you is, you want to be appreciated all of the time, but you don't know how to appreciate any of the time. I'm giving you the answer to every question.

A woman cannot live without being appreciated, but a woman need not live without appreciating. Appreciation shall get appreciation; temporary appreciation shall get temporary appreciation. Appreciation cannot come through any other source. Without learning to appreciate, there shall be a gap in life and that gap will mean un-fulfillment, which means anger, frustration, negativity, and neurosis. That's why in Thailand every woman is taught, from day one until death, to appreciate. That's why every Japanese woman is taught, as a life lesson, to appreciate. It is in their culture. Asian people are extremely well trained to appreciate. It's not in the culture of the White people. You don't appreciate anything. White people are extremely un-appreciating. Brown people, from the Middle East and India and that region, are just hypocritical (they rely on appearances and not true appreciation).

Appreciation is an art and a lifestyle; a source of happiness and fulfillment. It's called gratitude, an attitude of gratitude. A person who develops an attitude of gratitude is absolutely divine. You don't have to sweat. If you have achieved the attitude of gratitude, everything in the world will come to you. If you make it a point to have an attitude of gratitude, it could be the greatest achievement in your life. Gratefulness will make you great. It takes away any discrepancy, any negativity, any bother.

You think, "I love you," is enough. No, love is not enough. Intelligence is not enough. Powerful strength is not enough. You may put everything on one side of the scale, but if you are missing gratitude, you shall lose. All corruption in life comes when your mental mind is not in gratitude. Although a woman thinks she needs appreciation, actually her total strength lies in gratitude. You don't even appreciate what God gives you. It's very funny, when you are a child and innocent, you don't appreciate. When you are young and beautiful, you don't appreciate. When you are old and wise, you don't appreciate. Then what do you appreciate? And why should somebody appreciate you?

If you are an elder and you are not wise, then you are the dumbest human being, not even worth hating. Old age guarantees wisdom. If somebody comes to talk to you and finds that you have no wisdom, no experience, nothing to share, nothing to give, that person is not going to come to you again. If somebody is pigheaded, and he comes to you and you are a totally boring nuisance and tell him the news and the weather, why should even that idiot come to you a second time? Explain it to me. Maybe he'll come a second time under some circumstances. A third time, he'll come by mistake. A fourth time? No way. If you're youthful and you're young and you don't appreciate yourself, you become cheap. Why should a cheap person *not* be exploited? Why should you be respected if you don't respect yourself? If you are young and beautiful and you are not graceful, you are cheap. I don't want to say you are a prostitute, my apologies, but in a sense of the word, it is true. What's more, I'll say you are worse than a prostitute because you don't cash in on it. That's true. If you examine the whole of life, some people, they spoil their youth, they spoil their whole life, but don't cash in on it. When you are a child you have the most beautiful virtue of all virtues, more than God can afford to give you and more than you can have; that's your innocence as a child. When you don't appreciate it, you lose it. The moment you become a young adult, you become a crook. You start wrangling things. Now, tell me, how much wrong do you do to yourself and why? Guru Nanak said,

[insert gurmukhi]

Amrit velaa sach naa-o vadi-aa-ee veechaar. (2)

Amrit vela, the ambrosial hour; “sach naao,” the truthful identity. At that time you are alone; you are by yourself. The world is at sleep and you are awake. You have a chance to talk to your own identity. *Amrit velaa sach naao*. It is an identity. Which identity? Truthful identity. *Vadi-aa-ee veechaar*: This is the order—appreciate. *Veechaarn* means compute. Compute appreciation. What is the first appreciation at the ambrosial hour, can anybody tell me? To be alive. That is the first appreciation. The second appreciation is to be conscious to be alive. The third appreciation is to be intact and be alive.

Somebody once told me that was wrong about this. I said, “Okay, time will tell you.” After three months, one day he got up, he was very appreciative, everything. He wanted to move his left hand, he couldn’t; right hand, he couldn’t; legs, he couldn’t. He found that from his shoulders to his base he could move anything, the rest of his body was all gone. He asked me, “What should I do?” I said, “Just appreciate you are intact.” Hands are your servants. Legs are your servants. They are just like a car; don’t dent them. All organs in the body, by individual status, are your humble servants. They need appreciation. They need rest. They need some special gift. Have you ever thought that we should give the body a rest for one full day? Just as appreciation. Have you ever thought that for the sake of appreciating your stomach, you won’t make Saturn circles around the refrigerator? Have you ever gone on a fast for 10 to 14 days thinking, “I will not open the refrigerator except at special times”? Have you ever trained yourself for 2 weeks and said, “I won’t do certain things”? Who can tell you? Tell me. Nobody can tell you.

Have you ever decided that for one month you will not use any trauma or any neurosis in your communication? You know, I’ll tell you the secret, just keep it to yourselves. Don’t tell your men, by the way. It’s very top secret, believe me or not. I am a man, too, and I am a very respected man. I know the psyche of it. Once a man is insulted by you, you can chop him up into mincemeat, including his bones, and then deep fry him. Then make a hole in the bottom of the Earth and put him there, and then tell him that he’ll again be made into a full-fledged man, if he can forget it. He can’t and he won’t. Just as a sexual relationship with any man cannot be eliminated from your aura, so any hurt in the psyche of a man cannot be eliminated either. Those sensitivities are just to be understood.

You come out and open your mouth, and you say whatever you want to say—whatever the hell you want to say, baby, lives for the rest of time and space! We in the West never understood it, but now we understand it. We call it the *akashic*¹ records. Do you understand the phrase *akashic* record? Whatever you say stays. So, please, in appreciation of your divinity, your grace, and your being a woman, don’t create that kind of *akashic* record. God has given you so much bountiful beauty in your psyche, your arcline, and your projectivity. God has made you 16 times more sensitive than a male, 16 times more intelligent than a male. God also gave you the privilege of being a mother, therefore you have 16 times more mental, intuitive computing capacity. You can project beyond time and space within a second because it is your privilege and right to protect the new life, the new creativity, which we call in our language “child”. Men don’t have that. But unfortunately, sometimes you play dumb because you are lazy and you lose the best chance of your life.

This is the law: in relative creativity, the psyche of the polarity remains effective only if the protectiveness of the nucleus and the center of the life cycle is maintained in absolute balance, so that it can always shine. In simple English: a candle shall give you better light if you put glass around it, so that the air it needs is controlled and the flame that shines is protected. If a candle needs some protection to spread the light equally to all, why don’t you? Any questions, please?

Questions & Answers

¹ The record in the etheric field which records all actions.

Question: Is it true also in women, too, that when she is insulted she never forgets it?

Yogi Bhajan: The answer is, when woman is insulted, she should *not* forget it. Basically woman cannot be insulted. If she is insulted, she should investigate why she has been insulted, and she should never forget it. She should get rid of that environment or situation in which she caused it. Otherwise, I don't see in the formation of the divine order that woman is supposed to be insulted. There are no grounds for it. In the most insulting circumstances, you can turn the insult from anybody by just handling yourself nobly, by just being noble.

Question: Why does woman's need for appreciation appear so shallow?

Yogi Bhajan: Why is the need for appreciation shallow? God, it has brought such a hell to the womenfolk from century to century. It is not shallow; it is very deep.

Question: Then why does woman get into makeup and flattery and that kind of thing?

Yogi Bhajan: Because my dear child, we do not understand our nobility. When we are not understood within ourselves and we do not know the power of our own nobility, then we compensate for it with makeup. Everything in the other world is makeup because it is minus nobility. A noble woman may be anywhere in the world, and once her aim or her projection is that she is very noble, people don't even notice what she is wearing, they just bow. Nobility has one thing: it brings salutation. Appreciation is nothing but salutation.

Question: Sir, what is the best way to teach a child the art of appreciation?

Yogi Bhajan: It is so simple. Just tell the child, "If you'll be grateful, you'll become great." Use this simple line. You don't have to teach him through books. That's what I was told. I was told: if I shall be grateful, every great thing will come to me—and it's true. Look at me! Most of the time I don't say even 'thank you' or 'please'. Have you not noticed that? But I concentrate so pointedly while talking that there is no difference between you and me. That's what I have to teach. It's a priceless thing to teach.

I'm going to teach the art of communication. You have heard me sometimes say, "Hey, come here." You feel so happy about it because it is so concentrated between me and you that there is no gap, there's no shallowness in it, there's no low manners. There's an absolute security. Even if I call you and snub you, there's appreciation in it because it's for your good, not for my good.

Yesterday I met a very good student. She came back and she wanted to be appreciated. She said, "I am still with your teachings, I am still with you." I said, "No. I sent you for a purpose. I gave you an order: if you go this way you will save yourself and your husband and your child. You agreed. But when you went, in one month you turned the whole thing upside down. You want me to appreciate you, I don't." Now, what was it? Appreciation or not appreciation? It was appreciation of the highest order. It was the greatest sacrifice on my part. You must understand my appreciation. If I come out with lies to mess you up, then there is no God. It is my responsibility to share my communication with you in absolute appreciation, in which you benefit 100%. It doesn't matter what happens to me. Truth which is attached to *maya*² is not truth. Just remember that.

Question: If a woman really insults a man and afterwards she knows that she blew it and that he'll never forget, how can that relationship ever flow again?

Yogi Bhajan: It's called the art of compassion. That's why God gave compassion to all of us. There's no forgiveness on this planet. Not at all. But we humans enjoy compassion. We enjoy two things: one is compassion, the other is hope. The sexiest thing on this planet is hope, believe me or not. It is the sexiest

² Maya represents worldly, material things, usually associated with the negative aspects of attachment.

thing in life. The moment hope is lost, everything is lost. You are depressed and dead. Hope is the greatest, horniest, sexiest, and most creative thing. Sex is the sixth sense. What I am saying is that it is all one thing—and that is hope. You enjoy hope and you enjoy compassion, and when compassion and hope can come to you, forgiveness is there, though it is camouflaged.

Question: What about “forgive and forget”?

Yogi Bhanan: Nobody forgives and nobody forgets. What you call forgiving is enjoying your own compassion, your own hope and your own magnitude. There is no such thing as forgiving. It doesn't exist. We say “forgiving” just as we say, “The sun has risen today at 6 a.m.” You and I know that the sun doesn't rise; the Earth rotates. There's no forgiving; there's no such thing as forgiving. People who know compassion and hope we call forgiving. Compassion and hope, along with the power to be, is called kindness.

I know what you are trying to clarify: Why do I forgive? Why don't you ask me a direct question? Why do I forgive those people who abuse me and insult me? It is my divine duty to be here in order to remind you that to be here is *temporary*, and *not* to be here is *permanent*. Therefore, my first act is total, complete tolerance. I am not using the word compassion; I am using the word tolerance. I tolerate those insulting humans who feel they will be here permanently. Because the greatest insult you can do to a holy man is think you are permanently here when he knows there is nothing permanent here. His non-permanency and your permanency will come into conflict most of the time, and then all you do is nothing but slander him, abuse him, and curse him. That is called the way to hell. People do that. It's all right.

Question: What is psyche?

Yogi Bhanan: Psyche is the in-flow rhythm of the energy of the whole creativity of life.

Question: [Question about the arcline and the teachings from the prior day.]

Yogi Bhanan: Men can definitely use that art. But I am teaching to all women, that's why I told you and not men.

Question: Why is woman more sensitive than man?

Yogi Bhanan: It is her nucleus. It is her essence. She is creative. She is extremely creative and intelligent. God made her that way because God understood that she had to protect and take care of the entire life she is in, and the entire life of all children born to her, good or bad, just because of the *akashic* record as computed in the past. She has the responsibility to raise them, and she is the trusted trustee of God. Woman is the trustee of God. Whether she produces one child or none, it doesn't matter.

Question: Can the *akashic* records understand our shortcomings and change when we do?

Yogi Bhanan: Records don't have compassion. Otherwise they are not records. Even when you write the word hopelessness, there is hope in it. You can't even write the word hopeless without putting hope first. Think about it.

Question: How can a woman balance protecting herself with letting her light shine out?

Yogi Bhanan: With the clarity of glass. If the glass is smokey, it is useless; it won't let the light pass. Have your environments around you very clear, very shiny, very transparent. What is transparent? When inside and outside are the same. People will trust you totally as a person. If somebody doesn't show up sometime, you say, “Something must have gone wrong. It is not expected of so-and-so.” Is that true or not? That is the clarity. The will to do things is not enough. You have to have good will.

How was the class this morning? The thought came to me, my teaching you a class doesn't matter. Each day if I choose someone, that person learns the guts to teach and you learn the guts to learn—it will match

up. So for the classes, I'll come and give you a set in 15 minutes and you will go through one hour straight with the person I select to lead the class. I know it's hard; but I tell you, when the inches fall, and the belly is flat, and the cheeks are good and red, you will appreciate it. I want you to go back home as you should look, not sick and tired and neurotic and the husbands say, "My god, here comes the clogged up sink." I didn't make it up; somebody said this to me: "Sir, my wife is a clogged up sink" You may not know it but sometimes it happens. Thank you. I appreciate you.