



Create Your Reality¹

Includes the Meditation: *The Radiant Body: The Beauty of Every Woman*
Kundalini Yoga as taught by Yogi Bhajan®
June 25, 2001

This women's camp, this training camp, is just like the old days, remember? No men, all women, getting it together, right? But in spite of all that, woman is in trouble. She has been, she is, and with God's grace, she will continue to be in trouble because woman is a different person than the man. I don't know whether I should say these things, or whether you will understand them or not, because you have been brainwashed for a long time. With all these struggles, we have come to the understanding that we are all humans and everything is equal. Now, the tragedy is woman is *not* equal. In the material metabolism of the molecule, and the sense in the sensory system, if a molecule gives birth to another molecule it becomes a mother molecule, it cannot be the same—that's the law.

How many of you have studied chemistry? Hmm, that is the trouble. Mother molecule cannot be equal to a molecule; so, too, a woman who gives birth to a man cannot be equal to man, do you follow? If she wants to become equal to man then she is defying the law of nature. But where is the problem? The problem is that God is the Creator, right? Correct? You agree? Even if you don't agree, just accept it. God is the Creator, so we worship him, right? We have ultimate faith that God is our Creator, agreed? Now, you are not going to like what I'm about to say: woman is the Creator also.

But when woman is exploited, not worshipped, tragedy happens. Man without courage and woman without grace are two useless weights on the Earth, which make nothing but messes. Do you follow? No, I know you don't follow. I have been teaching this for 33 years, the same thing again and again and again and again. You just say "yes, yes" and go back home and do the same weird things.

The power of the woman lies in acceptance—that's the only way you can befool a man. How do you befool a man? What can you do? "Yes sir," "whatever you say," "thank you," "your command is my obedience"—and then do nothing. It is systematic; in the neurological form, 2m is equal to 3XDR, which means man forgets in exactly two seconds. You follow? So, don't prolong the dialogue with him. First, accept. Second, don't ever prolong the dialogue with a man.

If you don't want to do something, tell the man to figure it out. How you will say it? For example, "Darling I am very confused about this. Could you please help me figure it out. Please show me the way." Man doesn't have the capacity to figure it out; so after hustling for a while, he is going to say, "Darling do whatever you can"—and you get your way.

You must understand, Sun is a Sun and it only reflects for 12 hours. Moon reflects the other 12 hours. When the Sun shines, there is no Moon; when the Moon shines, there is no Sun. So what is in the heavens has to be understood. But you, you want to match up with men (gestures butting heads). You are not goats! You believe you have to fight with the guy, you follow what I mean?

¹ From Khalsa Women's Training Camp. Available as a DVD in the I AM A WOMAN: Practicing Kindness Series, Volume 1.

As a male is contained in a female, so a man is contained in a woman, so he is contained in she. The basic principle is to contain the man, not contest the man, understand? Men have nature. They change after two and a half hours, when their nostril changes. So what is the difficulty? If there is a point of argument right now, just lay low, don't say anything, and after two and half hours get him. You know what I am saying?

Who conceives the child, who delivers the boy, who nurtures the boy, who potty trains him? Then his whole life you have to keep potty training him. Whenever you stop potty training the man, he gets dirty, he stinks, he smells, and he spoils things. I didn't make you as you are. I can only tell you what man has learned, what humans have learned through these 5,000 years of scriptures.

I-aanrhee-ay maanrhaa kaa-ay karayhi.
Aapnarhai ghar har rango kee na maaneh.
Saho nayrhai Dhan kammlee-ay baahar ki-aa dhoodhayhi.

Guru Nanak explained it so clearly and so well and with such a deep understanding that there is no doubt about it. He doesn't blame you, he says, *I-aanrhee-ay*, oh innocent one, *maanrhaa*, this egomaniac, *I-aanrhee-ay maanrhaa kaa-ay karayhi*, what he is doing this for? *Aapnarhai ghar har rango kee na maaneh*: the most beautiful, colorful woman, in his own house, he doesn't want to be with, *baahar ki-aa dhoodhayhi*, what he is trying to find outside?

So your life is based on two things: one is make yourself a graceful woman and two is to be tolerant. The woman who forgets for one moment to be kind loses the game of the life. We have reached a stage, a state of mind now, in this humanity, where sooner or later in another 10 years, mankind has to come to zero angles, the understanding of a man and a woman has to develop to a point where we become perfect. This is the time—now—we should have a sensory woman, fully qualified and extremely executive about herself. We went through a period of sensuality, sexuality, exploitation and all sorts of things, but now it's not practical. Today woman cannot fall in love and marry. Instead, she has to fall in love with career, so she can learn and qualify herself; and then be the executive, be perfect in that state of life. *Then* she can choose a partner, you understand? That game is over—when you were 16—you are declared, and you can get engaged, and there is a party, and you get married and la-la-la—it's over.

Now, you get up in the morning, meditate, do your sadhana, prepare your breakfast, do his laundry, prepare his work clothes, make sure the car was serviced and gas was put in last night. Yeah? You give him bedtime tea, right? Give him a kiss, show him a few flowers, send him to office, take care of the children, prepare their homework, get them ready for school, got it? After doing all that, you get ready, you take care of your clothes, dress up and go to the office and earn your wages. At night you meet him, "hello darling, honey," prepare the supper, right? Meet friends, gossip the whole night, at midnight have sex with him, satisfy him, put him to bed, massage his feet, whatever, the son of a gun snores and you wake up. There are some other things that I have not said. If you do *all* that, he says, "She is all right."

Guard your home from relatives, invading hyenas who come and get all over you and what not. It is in the west, in the east, in the north and the south. If you get pregnant there is no escape. Right? And then somewhere, sometime, you make a mistake. You get tired of all this, and you find another man and start the cycle again, and another man and start the cycle again. It doesn't work, it has never worked, it will not work. So woman has to be a woman in the beginning, in the middle, and in the end—and you have to carry your cross. So why not work on your Radiant Body and be bright and beautiful, so you won't go through all this rigmarole, right?

[Meditation for *The Radiant Body: The Beauty of Every Woman* begins here. See the end of the lecture for complete write-up.]

Put your Jupiter fingers together, lock your Saturn fingers with your thumbs and look at the tip of your nose, put your spine straight, all right. Put your index finger, the first stem of the index finger to the other, the Jupiter finger and lock your Saturn finger with your thumb, right at the Heart Center. Look at the tip of your nose; now it's very important to look at the tip of your nose—that is very important. Guru Gobind Singh gave us these words, the one mantra for our Radiant Body. [Meditation begins.] Inhale, hold the breath, exhale. Inhale, hold it tight, concentrate, exhale. Very clearly, inhale deep, hold tight, exhale.

You want to find a miracle answer? Whenever you are in trouble, I am not putting any condition on it, when you are in trouble, if you memorize this mantra by heart, and start chanting it, see the situation being solved and the opposition dissolved right in your presence. It is not very difficult to remember these few words, is it? Rather than arguing and questioning and answering and saying, just start chanting, mentally. And watch out. See what happens. I am not telling you that you will not experience difficulty, because it's the faculty of the moon to wane and wax. But whenever you are waning and waxing, and you are being attacked one way or the other, just start chanting it, you will excel, accepting this is the beauty of every woman.

Now, welcome to Española. Well, how are your tents doing? You may not like the situation but the fact is, originally our idea was to have the Earth's energy, and be with the Earth so that the Heaven can descend. I know you can afford motor homes and all those kinds of things. But just suffer, it will make you tough. When a woman is trained to be tough and then she smiles; then she wins. Happiness is her birthright.

May the long time sun shine upon you, all love surround you, and the pure light within you, guide your way on. Sat Nam. May you be blessed, may you enjoy the pure heart, may you enjoy the exalted head, may you feel complete and fulfilled, and may his grace be with you all the time. May you be successful in your mission and may you complete your life and be a victor.



The Radiant Body: The Beauty of Every Woman¹

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Posture: Easy Sitting Pose, spine straight, chin in Neck Lock

Eyes: Tip of the Nose

Mudra: With the elbows relaxed at the sides of the body extend the Jupiter fingers of each hand and bring the pads (first digit) of the Jupiter fingers together in front of the Heart Center. The thumbs lock over the Saturn fingers, making a fist in each hand. The right hand faces away and the left hand faces the chest.

Mantra: Alai Alai

To End: Inhale, suspend the breath, exhale. Repeat twice more.

Time: 24 Minutes

Comments: Work on your Radiant Body and be bright and beautiful.

Guru Gobind Singh gave us these words, the mantra for our Radiant Body. If you want a miracle or an answer to any of your troubles, *“memorize this mantra by heart and start chanting it, and see the situation solved and the opposition dissolved right in your presence. Rather than arguing, questioning, answering and talking, just start chanting mentally. See what happens. I am not telling you that you will not face difficulties, because it's the faculty of the moon to wax and wane; but whenever you are waxing and waning, and you are being attacked in one way or the other, start chanting it. You will excel. Accepting this is the beauty of every woman.”*



¹ This meditation is available as part of the I AM A WOMAN: Practicing Kindness DVD Series, Volume 3: Act Great and Never Be Turned by Fate.