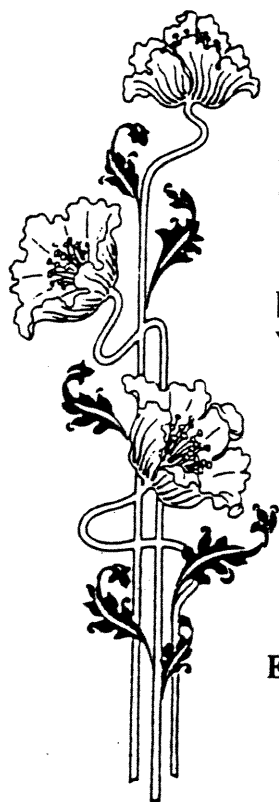


HARMONIOUS COMMUNICATION

by
Yogi Bhajan, Ph.D.

From the Course "Human Sexuality," Spain, 1986
Includes 7 Meditations for Harmonious Communication



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by
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Harmonious Communication
by Yogi Bhajan, Ph.D.

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HARMONIOUS COMMUNICATION

Introduction

If you understand harmonious communication, then you don't have to go and get a Ph.D. in it as I did; you can be doing your Doctorate in your daily life.

The word "harmony" comes from "equalization of oneness." In music, through use of the different notes, we create a vibratory oneness in the nose which we call "harmonious."

The instrument we play is called a "harmonium." If you look at the harmonium, you see white keys and black keys. Using both white and black keys, you create one continuous musical note.

I am using the words "musical note." Harmony without a musical note doesn't exist. It is a blend of high and low, black pitch and white pitch, blended together for no other reason than to create happiness through those notes.

"Happiness" does not mean what you mean by happiness. It means continuous added energy to elevate the listeners. That is why, when you play musical notes, the conductor plays on different people, in different directions, with different notes, to blend the whole thing into a symphony. Life is exactly like that.

In the relationship between man and woman, the woman is playing a symphony on the life of the man, and the man is

playing a symphony on the life of the woman.

So communication is a direct "addedness," a direct "plus" into each other's life.

That is, provided you care.

Provided you want the relationship to live.

Provided you understand, and give it priority.

Provided that it is more important to you than anything else.

Harmonious communication is the base in every individual which will bring success.

In every walk of life, in every aspect of life,

it can turn failure into success,

it can give you authority,

it can expand your personality,

cause people to trust you,

and give you the power to really get into a person.

It can also make you feel comfortable with the world we live in.

But: it is not what you want! Harmonious communication is what it is.

Harmonious communication has nothing to do with what you feel, what you know, and what you want.

It is an art in itself.

It is a science by its very nature.

In harmonious communication you have to understand the other person, you relate deeply to whatever knowledge you have of the other person, and to whatever knowledge you want to communicate to the other person.

You do it in a very loving manner, and not in any sense or means to figure out any offensiveness.

You let the other person feel you are very honestly asking for help and not laying a number on them.



Creating Trust

Whenever you communicate, you must have a purpose. You must have a manner, and you must have a theme to deliver. Whenever you communicate to control or to talk, to introduce your motive or your legislation, or to be what you want to be, you are wasting your communication energy.

People **want** to talk. But they don't want to talk when it does not bring mutual trust or create mutual benefit.

For example, a lady once told me that her husband had a girlfriend. He was keeping it a secret, but she knew he had a good relationship with this woman. The relationship between herself and her husband was not good. She didn't know what to do. Should she confront him? Should she confront the girlfriend? Should she let things be? What should she do?

I asked her what her motive was. She said, "I want my husband to come back to me. I want him to talk to me. And I want him to know that this woman is ultimately not good for him."

So I told her, "Why don't you become friendly with the woman, let her know that you know, but that you trust her goodness. She will find a way to extricate herself, and you

won't have to do anything."

It was a very difficult task for the ego of the woman, knowing the facts, but she did talk to this other woman, and did such a good job that for the sake of their mutual friendship, the other woman told the husband to stay at home. The situation was taken care of in a highly moral, inoffensive and diplomatic way.

The oneness of the spheres where intelligence meets, where consciousness meets, where hearts meet, where heads meet, that oneness is what is called harmonious communication.

However, this is not the way you normally talk! You get upset. You get mad. You get mentally ill regarding your own identity. You say things to others to hurt them. One wrong word said lives forever on the earth and in the heavens. There is no way you can get out of it.



Power of Speech

So speaking is not just your expression. It is not only communication. Speech is a tool. It is a weapon which can inflict cuts which will live forever. **There's an old saying: A sword cut may heal, leaving a scar, but a wound made by the tongue may never heal, nor leave a scar.**

When you say something, the person concerned will keep it in his memory, because the first mind to receive it is the negative mind. So immediately the subconscious will release all this about the person's personality. You will be running against a tidal wave trying to make sense, because that person's mind will already be on the alert.

Sometimes in your childhood experience or in your adulthood, not the person you are talking about, but your past may come in when you communicate and totally block the future. The majority of waste in our lives is because of wrong communication. It is as if you prepared a delicious dish of food, and forgot to put seasoning in it. Or as if you had made the best dinner, but with nothing at all to drink.

Something which will totally prevent your joy in life is your capacity to communicate using wrong words at wrong times

with wrong manners. Soft, self-acknowledged speech, proper phrasing, proper delivery of your words form the basis of communication.

Communication is very misunderstood by all human beings:

When you are angry,

when you are emotional,

when you are hurt,

when you are insecure,

or when you are into an ego trip --

that's when you feel you must talk,

and that's why you mess up!

Because when you talk it should be for the future, not for the past or the present.

Communication is the art of building heaven in the future. People who do not have this art have no future. It doesn't matter what religion, what nation they belong to. Those who do not know the perfect art of communication must live through a lot of pain in their lives. For a person who doesn't know the art of communication, the most powerful ingredient in his life fails in the face of his own deficiencies.

If you cannot maintain harmony of communication, and do not have the patience to deliver, you might as well be an animal being ruled solely by cause and effect! It is an insult to yourself as a human being not to develop the art of harmonious communication.

Forget about relationships! If somebody loves you, they love you. He or she will try their best. But I have yet to

see one human being in the history of the subject of communication who could be so saintly as to keep up with a neurotic talker or digest indecent communication.

It is the worst blow to yourself to devalue yourself thus to worthlessness. With all your manners, with all the knowledge everyone has of you, if it is known that you do not know how to talk, or you are aggressive in talking, or, let us say, unpleasant in talking, all your merits weighed against this one failing reduce your value to zero.



Evaluating Your Own Consciousness

Harmonious talking, or harmonious communication, is the basis of all that you need on this planet and hereafter. Even if you are praising God, and you do so in inharmonious ways, not only will your friends hate you, but even the angels will not come to your rescue.

I have learned techniques to correct this defect. One technique is to talk to a tree and exchange personalities. The tree is stationary, standing in a very remote place. You say something to the tree, and then you answer from the tree's perspective. It will totally change the way you communicate.

The second-best method to improve your communication is to stand before a mirror and talk to your image. Then let the image be a personality, and speak in it's behalf. The third technique is to tape-record yourself talking. Whatever you say during the day, with the permission of the other people you're talking to, record it.

In the evening, sit down and listen. You may just have to understand how offensive, neurotic and inhuman you can be. Listen to it played out loud, and create a harmonious communication out of your own tape. This is called "hypnotic

self-correction of communication."

The method which brings the best results is this: You talk, and somebody who knows you well tapes it. The moments when you are offensive are recorded, and an attempt is made to try to correct you on the spot. This is to develop the habit of talking in absolute harmony.

Question: In the third suggestion that you just gave, when you listen to the recording that you've made of yourself during the day, can you explain how to make a harmonious communication?

When you make a tape of your communication during one full day, and then listen to how you talked the whole day, it will create almost exactly the same reaction in you as it does in other people. When you listen to somebody, you listen with self-interest. So you can understand how offensive you are.

Mostly when we talk in an emotional state of mind we do not listen to ourselves. That is a normal "self-defense syndrome" in communication. When I talk I want somebody to listen to me, but if I myself have to listen to what I say, 80 percent of the time I would not talk at all, and 90 percent of the time I would not talk in my normal manner.

That is how effective this method is. There's a saying, "Think before you speak." It means, "Evaluate what you are saying, then evaluate how you feel about it, how you receive it, how it affects you, and if it's a good thing to live with. If you cannot accept it, how do you expect somebody else to accept it?"

Question: By making a harmonious communication from it, do we make another tape?

Yes, you make another tape, listen to that, see the difference, make a third.... Sometimes you have to do it seven or eight times. Then you say, "O my God, am I that rude?" It's a question of how **rude** you are, not how truthful you are, or how much you lie, or how good or bad you are, or how moral or immoral you are, or how sexy you are.... That's not the problem. The problem is, on a scale of one to ten, how rude are you? How much of an earthquake do you create in your communication?

I used to say, "What is your communication on the Wretched Scale?" Not "Richter" scale but "Wretched.". On a scale of one to ten, how wretched are you in communication? You have to understand what kind of vibration and what kind of earthquake you bring into your communication. It's very important.



Passion versus Compassion

Question: Sir, aren't most people aware of how they communicate, or are they blind to their weaknesses?

People who are aware of how to communicate either are saints, or are those who have good in their hearts for others, because they talk with compassion. Otherwise you talk with passion. When you talk with passion, you want to make a point. You don't care, come hell or heaven, about the other point of view.

Therefore, normally when you talk, you talk to win. You talk to conquer, not to establish a relationship. If you are talking with the purpose of establishing a relationship, you always have to have consideration for how the other person feels, what the other person is doing, where the other person is at, what they want, how much they can take.

If somebody is enjoying eating food, and you start talking about the bathroom, what are you doing? It's another thing if you really want to talk to him and discuss the bathroom. That's why black humor normally offends simple people. That is why straight humor makes everybody happy.

Loving Communication

When you say "I love you" to somebody, it can create offense and start a fight. Because, if you love them, what need is there to talk about it? The first concept of love is, you don't talk about it. When you talk, you don't love. Then you are settling something. **Love means that life is settled. The very sign of love is a settled life. There is no insecurity whatsoever. There is nothing to discuss.** The game is over. It is all a merger of oneness. But when you start **talking**, it means everything is a lie, and you are talking from a point of view of settlement of new life and security. That is why when Western people **talk** about love they are all confused.

Love does not mean anything other than the fact that everything is permanently settled! Communication and care for each other has been established. So when you start talking, you reopen the wound. It is just like tearing off a scab. Then the wound will never heal. That is why, in the West, your definition of love is upside down. The lover does not know what you love, and the beloved does not know what is beloved by you.

Guru Nanak, in the shabad "I-aanaree-ay maanaraa kaa-eh

kareh" (from Shabad Hazare) spoke of love between man and woman. There he said:

"Aap gavaa-ee-ai taa shaho paa-ee-ai
aor kaisee chaturaa-ee."

"Efface thy ownself and then shalt thou obtain the Groom. What can other cleverness avail."

-- Guru Nanak, Siri Guru Granth Sahib, p. 922

Manmohan version, p. 2357

You lose yourself into the oneness of the other being. That is how you get the other being. All of the clever ways will never work.

Some people think Guru Nanak teaches dumbness: That's not true! Guru Nanak teaches a merger of security at a common frequency of communication. People who talk are like barking dogs who pretend to be lovers. If you delve into the old scriptures like those of Manu, you will be shocked at what he says. He says, **"A woman who talks does not know what a woman is, and a woman who talks back is worse than a prostitute. With a prostitute you can settle on a price, but with this woman you can't."**

Manu cuts left and right with the harshest words. On the one hand he understands the glory, the projection, and the power of the female, and then he says, **"If the man loves you, what need is there to talk? Wait and express; things will come."**

There is a story in one of the scriptures about a woman who wanted a necklace. She wanted a necklace so fine that everyone would praise her husband, or her boyfriend, whatever

the case was. That was the only reason she wanted to wear a necklace. So one day her boyfriend or her husband brought her a necklace as a present. She loved it and kissed it.

One day they were going to a party. Her husband said, "Why don't you wear that necklace?" She said, "Fine." She wore it, but with a high-necked dress.

He looked at her and said, "The necklace cannot be seen."

She said, "I'll talk to you about it when we are alone."

He said, "Talk to me now!"

That's how men are. When you say, "I'll talk to you later," they say, "Talk now." If you say, "Let's talk now," they say, "I'll talk to you later." You will always get this immediate response from a man. So if you want to postpone a conversation, just say, "I have something to talk to you about." He will say, "Not now." Ninety-nine percent of the time it works.

If you say, "I'll talk to you later," he will say, "Talk now, before you do anything else." That's how it goes.

So the man in the story said, "We'll talk now!"

She said, "I know you love me. I know you are very rich. I know you didn't have much time. But I know so-and-so whose man brought her a necklace. If she wears that today, and I wear this, it will be a put-down for you. I am wearing the necklace for you and not for me. Would you prefer that I show it now, or should I wait?"

He said, "Don't worry about it. Go ahead and wait. No

problem."

A month later he brought her a necklace you wouldn't believe, then threw a party so that she could show it off. This happened because of the way she talked.



Nonverbal Communication

When you love, you don't talk. When you talk, there is some insecurity which you are communicating. Otherwise, two lovers **know**. They can feel it. They can understand it. And they acknowledge it. Acknowledged communication through body vibration. It is the psyche of the human body, life.

There's a saying that what the living psyche of two people communicate cannot be explained in words. One handshake, one kiss on the cheek, one hug can say more than a thousand years of talking. Talking is like barking at each other. Trying to convince, trying to argue -- when somebody you love is a neurotic idiot, big-headed, stone-headed, then you go on and on and on and on and **on**.

This is called carving the brain. It's not harmonious communication. You want to beat on somebody until there's an imprint. The other person takes it with patience because there is no way out. This is molding, not communication. Normally we talk to mold each other, either for common benefit or for mutual individual benefit.

You are told in a king's court not to talk out loud; you are told to whisper. In India, during a certain period about 2000 years ago, people knew how to read lips. Nobody heard

anybody talking; they just saw their lips moving. Two people would put one movement into the lips which was their special secret. No one else could interpret it.

You might hear people speaking Spanish or English and using some word you don't understand here and there. You might never know what they're saying, but this word they'll use over and over. Two people might talk in a crowd without anybody catching on. **That means talking to be better, to prepare each other -- not to bug each other and to mug each other.** Not to be at each other.

So harmonious communication can be accomplished in many ways. It doesn't require being loud and rude. Communication for the purpose of victory has already brought defeat. With communication you build your tomorrow, not your today. And yesterday has already told you your mistakes.



For Women: How to Avoid Provoking a Man

Question: How does a woman turn a man's aggressive communication towards her into harmonious communication?

Man, by his basic nature, can never afford to be aggressive to a woman unless provoked by her. It is a biological, psychological, and creative human tendency for man not to be aggressive to a woman, unless he is already in a fit or under a spell of destruction. Like some rapist who catches you in the middle of the road, or someone who has gone out to murder you, that kind of communication. Or a fight is already happening, and people are hitting each other.

But no female can come up with even one instance where she is communicating and she has not first provoked the man to become angry with her. It is not in a man's nature. It doesn't matter how much of a man he is -- a normal man never likes to be offensive to a female. Unless he's drunk, or already angry from something that happened before he came home, or he has systematically acknowledged that the woman ought really to be beaten, that that is the only way she will do as she ought -- has some psychiatric difficulty. Because by offensiveness he conquers an unpleasant woman, rather than a pleasant one.

Battered Woman Syndrome

A man always wants, by nature, to conquer a pleasant woman. That is his motive as a being. It is a pretty safe situation if you keep him safe. But if a man who is working 80 hours a week comes home and you say, "I don't have bread, I don't have butter, I married a s--t, my father was so good, my uncle was so good, my ex-boyfriend used to spend all his time in bed with me and I still had plenty of money" -- I know how women talk sometimes.

Then they end up black and blue with bruised faces so swollen you can't see their eyes. That is called a battered woman syndrome. That is a psychological disease where a woman wants to be abused and beaten. She tries to get even with the sensual arousal in her. If you go to a school of psychiatry, you will find psychological cases where, because of constant abuse or neglect, a woman causes a charged atmosphere and gets to the point where there is no alternative but physical force. That is an unfortunate situation for which medical treatment is definitely required.

It's possible to learn to remember -- a confronting woman has already lost her front. She will be lucky to save her back. (This is an exact translation -- it's not

something that I made up.) Because temperamentally, man is very short-tempered in comparison to woman. So the situation can become offensive and physical much faster than otherwise. Normally if a man is very sensitive, he will leave the room or the communication and walk away. but in other cases, some men are so short-tempered that before you know what's happening you are already attacked.

So it is preferable for a woman to understand that to create an offensive situation is not a very realistic way of life. Especially in a male-female relationship, it is the least pleasant thing to continue in,

because it affects the children,

it affects one's health,

it affects the personality,

it affects earning power,

it affects commitment,

and worst of all, it affects character.

If wealth is gone, nothing is gone;

if health is gone, something is gone,

but if character is gone, everything is gone.

Confronting communication does not help build character.



Universal Rules of Communication

Question: Are there tools of harmonious communication that are universal and can get me off the rational plane?

There are rules to remember.

Rule number one is: You are communicating for a better tomorrow, not to spoil today.

The second rule is: Whatever you are going to say is going to live forever, and you have to live through it. Therefore, you have to understand that you have to take care so that you need not live through the mud of your own communication.

The third rule is: One wrong word said can do much more wrong than you can even imagine or estimate.

Rule four is: Don't turn a chance word spoken during a communication into a war.

The last rule is: When you communicate, keep in mind that you will have to communicate again. Don't make the road rough.

These are the rules.

Subconscious Interference

Question: How can one control the ego? Are we always going to receive what we're projecting?

Whether or not you control your ego, you are always going to receive what you project. But if you don't control your ego, you are going to constantly get what you project.

Suppose you have a friend. You say something to offend him. From then on, whenever you say something in that tone of voice, at that intensity, his sensitivity will tell him that you are going to offend him. You may not even remember it, but he's never going to forget it. So it's a useless way to do it.

I know of a case where two people were once totally lost in each other during sexual intercourse, and the female said, "O God, you are a devil!" The man always wanted to know what devil that was, and when she had that experience. Within six years they were divorced. As a result of that one word she said wrong in her whole life, they both were divorced crying, neither of them has remarried, but divorce was unavoidable.

It happened! Just because of that one unrecorded statement. Sometimes you may presume that this person is an idiot, or that you just have to live with that part of the person. It is called "the accepted personality." In that

case you also accept certain communication.

Suppose you are in love with a low-caste woman. You'll always know that woman has a certain inferior way of communicating which corresponds to her caste. The same applies to a man. That does not mean you like it. This is the "accepted personality." It does not mean it is good or bad. But if at some point you lose tolerance for that characteristic, that creates a problem.

With age, your personality and your consciousness change, as does your intelligence. What you like when you are young and hot you do not like in middle age at all. When you are old, you don't even want to touch it!

In Los Angeles I am at this time counselling a couple. She doesn't want to wear certain clothes. He's ready to walk out on her. The man has become rich, an executive; he wants a certain image. His wife wants to go to every party in a ponytail, and he wants her to look special. He says, "I am willing to pay for it." She says, "I'm not going to sit at the beauty salon for two hours." Even in counselling he said, "Tie a turban; do something -- I don't like this ponytail. I'll take anything! Wear a hat; do anything!" He hates ponytails.

Now this man has become allergic to ponytails. Neither one of them knows why. She has been wearing this ponytail for 15 years. She loves to put her hair up so that she can do anything and go anywhere she wants, but she doesn't want to cut her hair. She loves the ponytail more than anything

else. And it is a beautiful big bunch of hair. He says, "Either you make a bun, or you make this or that." I feel this ponytail is going to separate them. But that is how you are.

Question: Is it his or her inflexibility?

It is his new demand which just popped up like a mushroom overnight. Nobody knows how. He became allergic to ponytails. I think what happened was he went to a party and one of her friends pulled her ponytail or something. Now, in his subconscious, he feels she is a horse. I don't know why. That's what he feels. And he is asking her to change.

She doesn't want to change. Now it has become a never-ending battle. It has reached the point where, if he goes to a party, he doesn't take her. If she invites people to a party, he doesn't go. It's a very heavy situation, but that is how it is. I hope to go back and convince her that there are so many possible hairstyles -- and I think the mutual solution will be that she can braid her hair, and that should be considered good enough.

I have never understood that insanity in two people, but that's how it can be sometimes.

Question: Isn't something minor like this just a symptom...?

No, no.... No minor thing is a symptom. It is a change of consciousness and intelligence which will not accept a form. It will not. It has nothing to do with you or your concept.

For **me**, to wear baggy clothes is a servant's job. From

my childhood to this day, all my servants wore baggy clothes. It doesn't matter if you are my mother or my wife or my sister or my neighbor, whenever I see a person in baggy clothes, I always think of them as a servant. Then I say, "Wait a minute!" I cannot differentiate between baggy clothes and servants.

What do you want to do? It's not my fault. I have a little self-control, and I may not express myself. My way of communication doesn't matter, but whenever you come with baggy clothes it seems to me that my servant has arrived. It is an identity conflict, and it takes a minute to understand who this person is and why this person is dressed this way. It has nothing to do with the person; it has nothing to do with me. To me, when you are alert, you wear shapely clothes. So some things are a question of training.

If you go to Afghanistan, you will not find one single person who is not baggy, because the weather there is so rugged that you have to wear clothes that make you look like a tent. When I was in Kashmir and the higher areas, we used to wear coats which were just like portable tents. The person was just like a stick in the center of the tent. It was a big coat all around, and they would tie a ring underneath it. You had to move very cautiously with your coat hanging around a device holding burning charcoal. You would pull the device up and down to keep that area of yours warm.

God, you would look like an idiot! But it's a necessity, and that's how it is for everybody. I tried to be

smart one day and almost froze to death! You can't stay alive that way!

They also wear a muffler or a turban, and leave a long length of it hanging down behind -- which I never liked -- but when a blizzard starts, they can take the cloth and cover their faces three times with it! They are very innovative.

Geographical needs sometimes dictate clothing. If you are eighty years old and run around in sub-zero temperature wearing only a T-shirt, you must be a fool! A smart person understands why and where to do what and do it well:

1. **Every seven years your consciousness changes.**
2. **Every eleven years your intelligence changes.**
3. **Every eighteen years your metabolism and life cycle change.**

Don't take these things as permanent.



Openness

Question: How can a person be more open to express himself and communicate?

The one thing which people most need to know is that grabbing and grasping and wanting are not love. This is wisdom. People do not love people. People love to hunt wisdom with each other. There are three ways this may happen:

1. Either you want to grasp the wisdom of another person, or
2. You want the art of success of another person, or
3. You want the use of the physical energy of the other person.

If it's other than these three things, you must really be in love with the other person, otherwise it's a waste of time. Beyond that there is no such thing as communication.

People talk to statues, praise them, worship them because they want the angelic power of that statue. In their imagination, they think the statue is the image of that powerful angel which is behind that statue. When you carry with you a picture of your son, or your girlfriend, or your father, it's the same.

Reverence for anything will give your body three times

as much power. Just remember. The altar alters your flow of energy threefold. This applies to anything in memory of reverence, and anything in communication which is reverent.

People send pictures and feelings in this way. One guy I saw was looking so stocking-like and small, and the other person said, "Wow! My God, how are you!" Out of all proportion to his friend's appearance, as if he had come across a gold mine! You couldn't believe the change! The strength of the feeling depends on the connection between the two psyches.



communicate?

You are never supposed to show who you are. You are always supposed to tell what you can be. People are not buying who you are. People want to buy who you can be. Whenever you talk to someone to tell them who you are, you have already blown it. But if you talk about who you can be you have already made it. Make your choice!

Question: What about nonverbal communication?

Nonverbal communication, or avoided communication, or environmental communication or intuitive feelings, or psychological interlocking of the personality are the kind of communication which only two individuals can decide. It doesn't involve a third person.

Question: Is harmonious communication totally free of conflict?

No, no, no.... Harmonious communication is communication accepting the conflict as mutual. I communicate with you, accepting that you are a lunatic, and you communicate with me, accepting me as a barbarian. Our personal defects are normalized by establishing harmonious communications. If you cannot accept each other, you cannot talk to each other.

Harmonious communication means you are already established with each other. You are what I am, and OK, let us go together.... It is the only way in which two persons can unite.

When two people have one voice, that is strength. When two people have two voices, that is weakness.

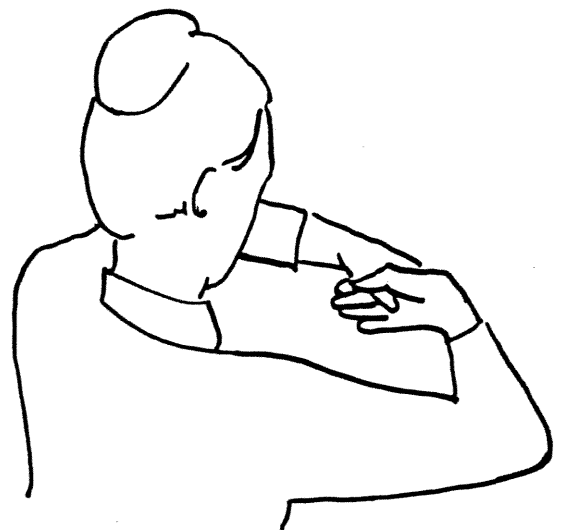
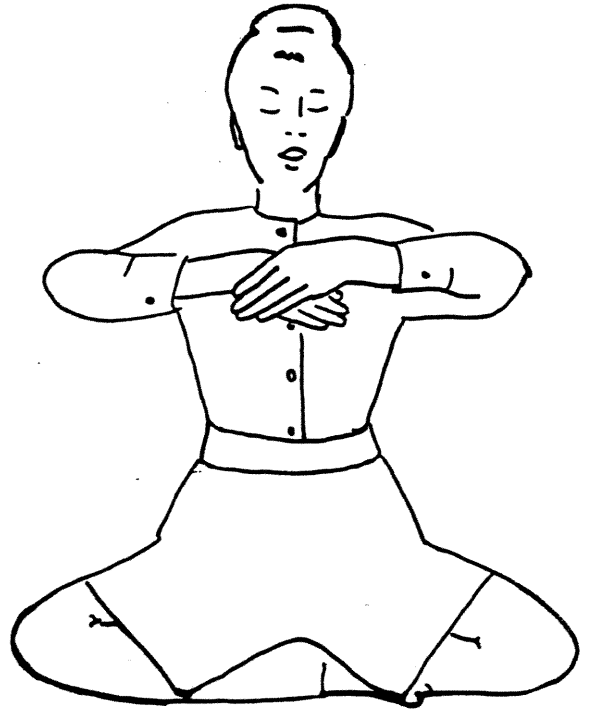


**Meditations
for Harmonious Communication**

For Positive Communication

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 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. Then inhale and begin again. Continue for 3, 11 or 31 minutes.

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



For Effective Communication

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 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.)
Continue for 3, 11 or 31 minutes.

RAA RAA RAA RA-A MAA MAA MAA MA-A
 SAA SAA SAA SAT HAREE HAAR HAREE HAAR

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

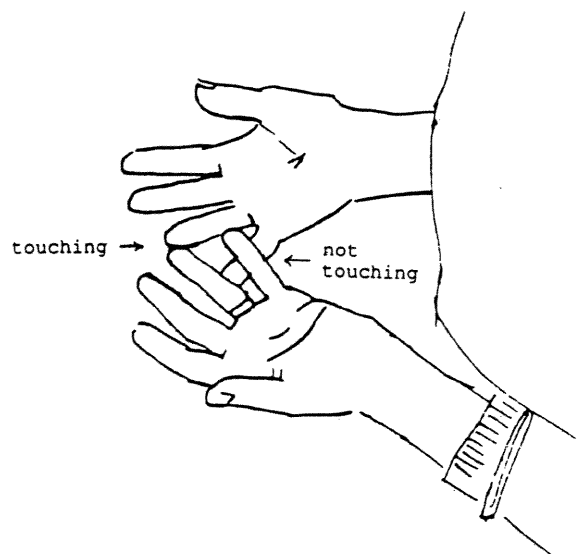
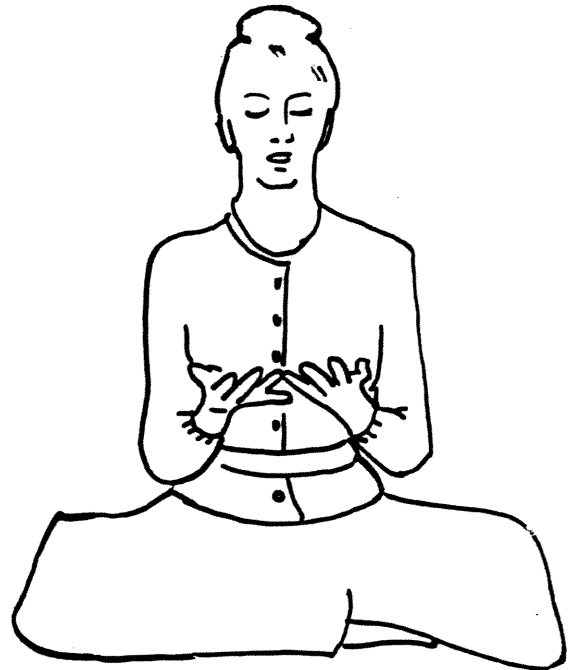


Balancing Projection with Intention

Sit in easy pose. Elbows are relaxed at the sides, palms flat, fingers spread gently (not wide), thumbs 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 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. **Continue for 11-31 minutes.**

Comments: This kriya 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.



For Thinking before You Speak

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. Continue for 3, 11 or 31 minutes.



Comments: 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.



For Melody and Precision in Speech

Sit up straight. Hands are on the knees with thumb and index finger touching (gyan mudra). Inhale deeply and at a low pitch begin chanting SAA RE GAA MAA PAA DHAA NEE SAA TAA NAA MAA as you would sing an ascending major scale (Do Re Mee Fa So La Tee Do). Each note is higher than the last. Inhale and repeat. Each cycle should take 15 seconds.



Mentally divide the spine and skull into 12 regions. Imagine 7 earth regions and 5 ether regions. Concentrate on the energy going up the spine as you sing the mantra. **Continue for 3, 11 or 31 minutes.**

Comments: Your spine and skull are divided into 12 areas. It is the principle of elevation, the elevation of the shabad. TAA is the solar center. When this is activated, you will have a smell which no nose can detect, but everyone will be attracted to you. NAA is the spot on your head where the prana leaves when you die. MAA is

between the eyebrows; it is the creative principle. That is why we say your destiny is written on your forehead. From NAA to MAA is where your destiny is written. SAA is where the memory gets damaged from drugs. The first SAA starts at the base of the spine, where there is a triangle.

There are 7 sounds of earth and 5 sounds of ether. Everything we need is in these 12 words. When prana and apana meet in Saraswati, the matter is finished.

Known as Brahm Sargam, **this meditation will bring melody and precision to your power of verbalization.** It will impart Vac Siddhi. Whatever effect you want will occur. **If this sound is perfect, you can communicate whatever you want to communicate and get whatever effect you want from the communication.** If you listen to someone chant Brahm Sargam with your ear on their back under the shoulder blade, you will hear a beautiful falling and rising sound. That is the universe from which all sound comes.

This meditation was part of an old secret science of the Indian ragis. It is part of Brahm vadia, which the sages left for humanity. As time passed, the ragis lost the SAA TAA NAA MAA part of it.

Once you hear the chant in the Sushumna, then the central nerve will start giving you the sound back.

To End an Argument

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



much as possible. **Eyes are closed.** The mantra is WHA GUROO.

With deep, powerful breaths, each partner alternates saying the mantra. Make the pitch as high as possible. You should feel the vibration at the nose and third-eye point when you say GUROO. The sound WHA lasts about 1 second and the sound GUROO about 7 seconds. **Continue for 2 minutes.**

Comments: There are always times in a marriage relationship where husband and wife do not get in an Infinite

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



For Inspiring, Truthful, Deeply Penetrating Speech

Sit in easy pose with a straight spine, hands in gyan mudra on the knees. The shoulders and hips should be in line. Now lock the tips of the front teeth together. Focus the eyes on the tip of the nose. The tongue touches the upper palate (this should occur automatically within about a minute). Project the mantra SAA TAA NAA MAA (a as in "father") out from the third-eye point. Beam it out, creating an internal harmony.



Continue for 31 minutes. Minimum compromise time is 15 minutes. If you wish to master this meditation, practice it for 1 1/2 hours at a sitting. Three hours' practice at a sitting are said to open up psychic abilities.

Comments: The name of this very powerful, but simple meditation ("Dhrib Dhristi Lochina Karma") means "the action of acquiring insight into the future." Honest practice of this kriya is said to impart many benefits. According to

tradition, your words will have the power to penetrate deeply; you will learn to talk inspiringly, and your words will always represent the truth of a given situation; you will be able to project your personality or your bodily sensations anywhere; your eyes will have the power to heal; and you will always know the consequence of any sequence of actions that you start.

When practiced on the eve of the full moon, the kriya influences the subconscious mind most completely. While most meditations require long periods of practice for mastery, it is possible to master this kriya in one or several sittings. Concentrate with total devotion!



Kundalini Yoga Teaching Centers

The 3HO Foundation has more than 200 centers offering kundalini yoga instruction as taught by Yogi Bhajan. To find out about kundalini yoga teachers in your area, surf to www.sikhnet.com/ then click on "Directories." When you get to the list of Directories, click on "IKYTA" (which stands for International Kundalini Yoga Teachers Association). This is a very complete and up-to-date list of teachers by geographical region.

To obtain a free directory of kundalini yoga teachers in America, contact the following:

Nam Kaur Khalsa
3HO-IKYTA
International Kundalini Yoga Teachers Association
Route 2, Box 4, Shady Lane
Española, NM 87532 USA

Phone: (505) 753-0423
Fax: (505) 753-5982
email: ikyta@newmexico.com

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Japji of Guru Nanak: Understanding the Guru's Banis (Annotated Edition)

A word-by-word translation of Guru Nanak's morning prayer. Includes the original Gurmukhi, a transliteration, a word-by-word translation, a line-by-line translation, and relevant comments and interpretations. Plus an essay on strategies for understanding Gurbani. By Bhai Sahib Guruliv Singh Khalsa, 1982, 170 pp, 8¹/₂ x 11, ISBN 0-940992-07-8, paper, \$24.95

Aasaa dee Vaar

The traditional morning kirtan of the Sikhs with easy-to-follow translation and transliteration. The *vars* of Guru Nanak and Guru Angad along with the *chhants* of Guru Ram Das. "Aasaa dee Vaar" combines in-depth philosophical analysis of man and his place in the world with a strong devotional feeling. This colorful blend is unique in the religious literature of the world. Edited by M.S.S. Vikram Singh Khalsa, 1983, 56 pp, 8¹/₂ x 11, ISBN 0-940992-09-4, paper, \$15.95

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- **Golden Temple Enterprises**, Box 13 Shady Lane, Española NM 87532 USA, phone (800) 829-3970, fax (505) 753-5603. Free book, music, and video catalogs available on request.
- **Ancient Healing Ways**, RR3, Box 259, Española, NM 87532 USA, phone (505) 747-2859, fax (505) 747-2868. Free catalog of publications and products for health, healing, and humanity, including audio cassettes and yoga video, available on request.

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Healing through Yoga, Meditation, and Massage by Yogi Bhanan. A course taught by Yogi Bhanan in Barcelona, Spain, on August 16-18, 1985. Includes transcripts of Yogi Bhanan's course, meditations on developing healing energy in the hands, massage techniques, and several yoga sets.

Keeping Up with Kundalini Yoga. The latest in a 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.

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Sadhana Guidelines. Kundalini yoga is the most powerful and effective form of yoga taught today. It is especially suited to the needs of busy people who want to stay calm, bright, and centered in a high-energy world. This book contains complete instructions for your daily practice of this ancient science of awareness, as taught by Yogi Bhajan.

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Tratakam Meditation Photo. When you gaze at this specially prepared photo of Yogi Bhajan, your own higher self will speak to you. This 8 by 10 inch photo bears the direct stare of neutrality, an ancient aid to self-guidance. Includes a 4-page article on how to use the photo plus fascinating information on the meditative art of gazing.

Yoga Manual. A collection of beginners' kundalini yoga exercise and meditation sets with instructions, illustrations, and commentary. An excellent complement to the *Sadhana Guidelines*.



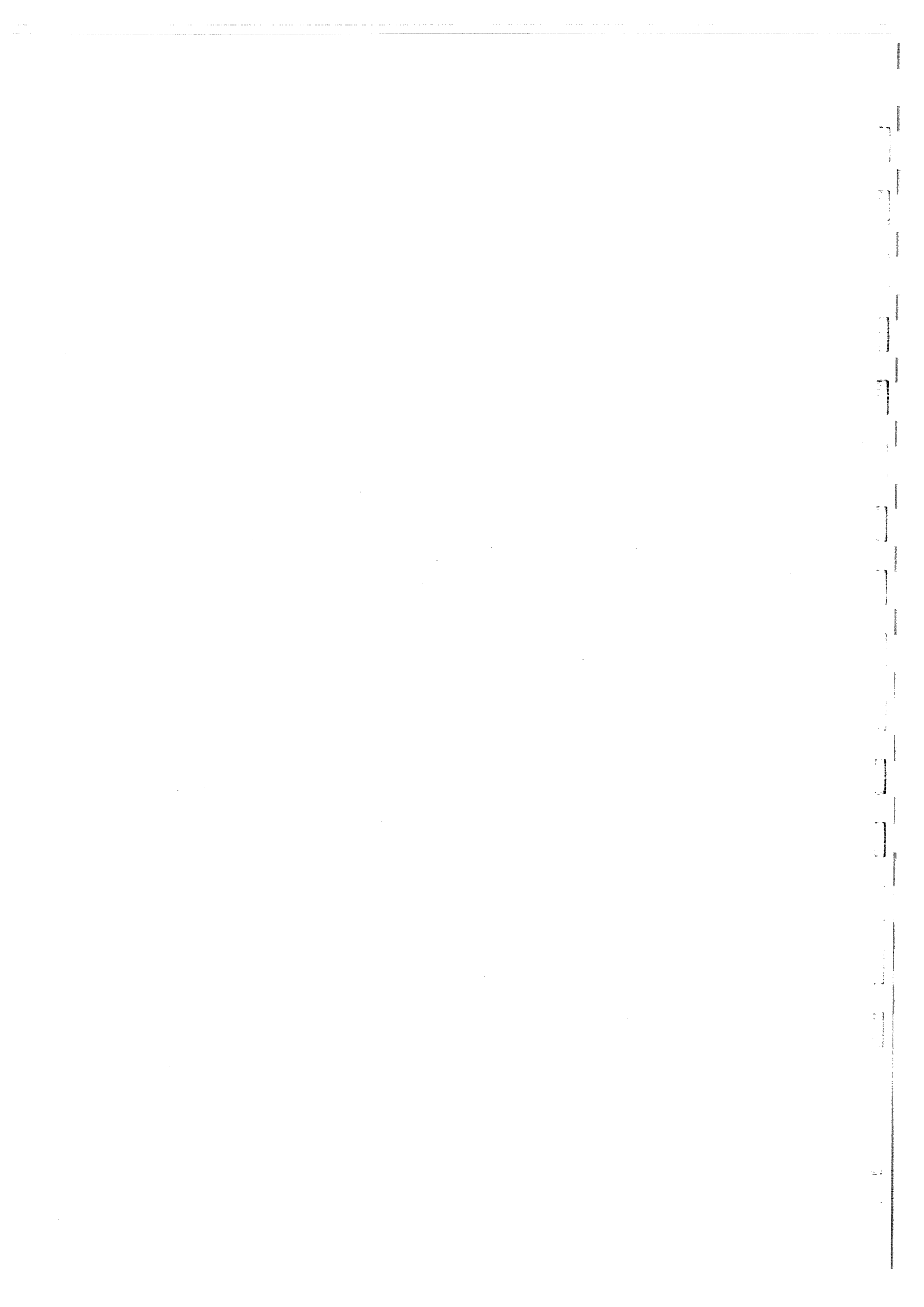
ABOUT YOGI BHAJAN

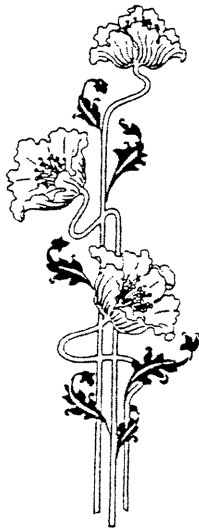
Yogi Bhajan, master of white tantric yoga and kundalini yoga, started teaching in America in January, 1969. He is Director of Spiritual Education for the Healthy, Happy, Holy Organization (3HO), which has expanded to over 100 centers teaching kundalini yoga throughout the world.

Despite the amazing popularity of the spiritual way of life he has inspired in a basically materialistic era, Yogi Bhajan 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 Bhajan





Communication is very misunderstood by all human beings:

When you are angry,
when you are emotional,
when you are hurt,
when you are insecure,
or when you are into an ego trip—
that's when you feel you must talk,
and that's why you mess up!

Because when you talk it should be for the future, not for the past or the present.

Communication is the art of building heaven in the future.