

NM405 A10529 Looking to the Higher Self Sahaj Naad Kriya to Build a Foundation of Human Excellence.

Yogi Bhajan, Ph.D. - May 29th, 2001 - Espanola, NM, USA Life is basically very secure. Only humans are insecure. We hold onto things and are not sure of tomorrow. Women who practice insecurity and men who practice arrogance are the most dangerous things on the planet. When people say, "Chant the Name of God," it means that you should look to a higher self than yourself. In doing this you feel vast and your problems become small. While Lord Shiva was teaching Parvati she often fell asleep. It took three lifetimes for Parvati to learn the teachings of her husband. One day she said, "Lord Shiva, ocean of teachings, I am a humble woman. I have taken three lifetimes to hear you, still I can't reach your teachings. You say it is very easy, I say it is very difficult." Lord Shiva looked at her and said, "Do you really want to learn, or are you asking for arguments' sake?" Women were arguing then and they are arguing now. To help a woman find a real mate, she has been given a special sixth sense to argue. Arguing is a woman's treat. A man's treat is to smile. When a woman argues, just smile, drink a glass of water and get out of the house as fast as you can. Parvati replied, "Really, Lord, I want to learn!" Shiva said, "Then keep obeying whatever I will say. You will become obedient and the knowledge of Infinity will be with you." Parvati did it. When a woman does not feel that she is a female, a shakti, it is a tragedy. When women says, "I don't know," "I can't deal with it," they are not taking long breaths, they cut the psyche. Men have a very different approach. They say, "I'll think it over and call you back." It is actually a man's way of resting his brain.

NM0405 MEDITATION - Sahaj Naad Kriya, to Build a Foundation of Human Excellence

(At the end of the meditation you need to eat a banana that has been left in the peel, slit and filled with raisins, and drink water or a remineralising drink)

1. Sit straight in a cross-legged position, (students must sit facing forward in straight lines parallel to the teacher's bench). Place your hands over the ears with the thumbs under the jawbone. Eyes are closed. Powerfully move the navel as you sing the "Ik Acharee Chand" shabd, ("Ajai Alai" by Gurushabad Singh and Sarab Shakti Kaur. Jaap Sahib, lines 190-196). Be firm. Cross your weakness. Continue for 31 minutes.
2. Place the hands on the heart, right over left, with 25 pounds of pressure per square inch. Powerfully move the navel like the beating of a drum as you chant, "Har, Har, Har, Har..." ("Tantric Har" by Simran Kaur and Guru Prem Singh). It will open up the heart and stimulate all the chakras. Continue for 11 minutes.
3. Keep the left hand powerfully pressed on the heart. Stretch the right arm up straight, fingers widespread and tight like steel. Chant, "Raa Maa Daa Saa, Saa Say So Hung." Heal yourself. Continue for 11 minutes.
4. Return both hands to the heart center. Keep chanting. Continue for 3 minutes.
5. Place your hands over the ears and keep chanting. Hear the mantra inside. Continue for 3 minutes. To end, inhale deeply, hold, and press powerfully on the ears. Exhale. Repeat 2 more times. Let the last breath go with the sound "Har." Relax. 6. Peel and chew the bananas and raisins until they are totally mixed with saliva. Drink water or a remineralising drink. When you want God's grace to come down, simply go up.

When people are rude, crude and obnoxious, do not reidentify yourself, smile! Let them know who you really are. You will swim across and they will not drown, because of your blessings. It is a silent meditation. There is no equivalent of kindness! And there is no substitute for grace. You should be respected, your words should have effect and people should honor you. You should look good, be good and, if a lot of goods come to you, do not be haughty or proud but share, because God is in everybody.

