



Act Great and Never Be Turned by Fate¹

Includes the Meditation: *Interconnected Mental Trance*

Kundalini Yoga as taught by Yogi Bhaijan®

June 30, 1997

Before I start, I would like to tell you something. You are not born to suffer, but you do suffer. You are not born to be poor, but some of you are poor. You are not born to be unhappy, but many of you are unhappy. You were not to be—and you are. This is what we are discussing today. We'll go step by step, in a very complete, rational approach, so there should be no misunderstanding of why we are the way we are, and why we are not the way we should be.

You have a personality. Some of you have great features; some are very pretty; some are very intelligent; some are very energetic; some are very sexual and sensual; some are very calm and quiet. Everybody has a different attitude, values, desires, ambitions and circumstances. Your geography is different, the way you took the life, your longitude and latitude, is unique. But after all, what is the answer to life? If you do not develop your faculties, you will never have facilities.

What do we do? We develop ourselves professionally, and that's all. We never develop ourselves personally. Nor do we develop ourselves impersonally. We have absolutely no power over ourselves. Where there is something emotional, we get involved. We do not even know what we are getting involved in, and the result is nothing but trouble. When you develop your personality, you must also develop your faculty to be impersonal. When you develop your identity, you must also be in a position to read, see, and perceive fairly, to merge in another identity. When you have all the facilities of life you need, you have to have all the facets of life you need.

I was talking to a professor in the university today. I said, "Professor, your holidays are this week. Why don't you come here and visit?" He said, "My facility for my holidays is that I'm going to totally sleep." I just laughed. I said, "That's why for the past 20 years you have been a junior professor; and you have never become a full professor. You sleep too much." He said, "Well, I get enough salary. It doesn't make any difference. I am not in any trouble. What do I lose?"

You think that everything in your life is loss or gain. Everything. Actually, there is no loss or gain. Somebody's loss is somebody else's gain; somebody's gain is somebody else's loss. Somebody takes away your husband; you take away somebody else's husband. You find somebody; somebody finds you. Why does all this happen? Because you have not developed your faculty. As a woman, you are not a woman. You are a statue of a woman—that's all right. Your emotions are not under your control; your projection is not under your control; your confidence is not under your control; your self-esteem is not under your control. Nothing. What kind of woman are you? Even a house has a boundary. It is defined by its walls. Structurally it has something there to identify it. You have an identity crisis. You can't identify yourself, who you are. So when you cannot identify yourself, you hustle: I am a woman. Then what? Should we make pickle out of you? You are a woman; be a woman. But you are not a woman to the standard of a woman; you are a woman to your own thoughts and ideas of a woman. The world has a standard; and the world will never love you or respect you or be with you until you are up to the standard of a woman. You must, in your mind, understand that you are the keeper of your own grace, your own character, your own commitment, your own standard. You have your own facility, your own faculties, and your own facets. If you cannot be you, then you are going to be exploited and you will be losers.

¹ from Khalsa Women's Training Camp Notes, XXII, *The Applied Identity of Woman*; this lecture is available on DVD as part of the I AM A WOMAN: Practicing Kindness Series, Volume 2.

What happens? When we are young, our blood is hot, and we smell men. We smell men, and we want to eat them. If somebody doesn't have a lot of men around, she puts herself on sale: 50% off, 25% off, 75% off—free! As a girl, though, you forget one thing: It is the girl who becomes a mother. It is the girl who becomes a woman. It is the woman who becomes the mother. It is the mother who becomes the family. You are the base of reincarnation—and, therefore, no impurity will suit you. Men are impure to start with.

Sometimes people say that because I'm a man, I get men out of trouble by saying that. No, I'm not getting men out of trouble. Men are half-brains; they don't have a left brain. Talk to any man. If he's reading a newspaper, he will break your teeth if you ask him something. Ask him something while he is watching a football game. Try telling him, "I want to tell you something." If he's drinking a cup of tea, he will throw it at your face. They don't have that faculty. They are not you. Your fundamental identity is not, "Oh, I love you, I know I love you." Why does it matter if you say, "I love you?" It doesn't matter. If you say, "I hate you," it doesn't matter. If you sleep with him, it doesn't matter. If you have sex with him, it doesn't matter. You can say, "I'm your companion," and all that; nothing matters. Nothing that you say matters really matters. What matters is that you are you—that matters! When you walk tall, the world will walk with you. When you give a call, everybody will come to you. But when you have a split personality, who's loving who? Which part of you?

I have yet to see one person who doesn't want to be great. If you want to be great, the only answer is be great, act great, move great. If you can state great, you will never be turned by fate. For a woman there are certain things: She is 16 times more intelligent than a man, and she is 200 times more sensitive than a man. If there is something very supersensitive—that is a woman. By cutting your hair this way or that way, wearing shorts and revealing yourself, try it all if you want, all you're doing is inviting trouble. A graceful woman will never be daringly touched by any low-grade man.

Many times I have counseled people and heard, "My husband is this, my husband is that." The husband has no problem. Show him you are you: *Humee hum brahm hum*². By the third day, he will be straight. Man cannot exploit you by right; he can only exploit your emotions. Men are very clever. It is guaranteed. First, they create feelings. "Oh honey, I miss you. You know, I was sitting there having a cup of tea..." But he was having a cup of tea with somebody else, you know what I mean? He's not telling you that! He says, "I was having my tea, and I was thinking of you; I miss you. When I was drinking the tea, it was as sweet to me as you are." But he may have been having tea with his girlfriend—that's what liars these men are, including me. Men are men whether they are upside down, or downside up.

If you don't you know the English spelling of "woman," it means, "contain the man: wo-man" She contains he; and female contains male. Your process is to contain the man, and if you contain the man, you are guaranteed a happy life. If you can't contain, consult me. Learn from the heavens. There is a moon, and it reflects the sun. It wanes and waxes to adjust to it. You should also have a man and you should reflect him. If there is nothing to reflect, then be a full moon and reflect your total Self.

No woman can live in peace if she is not respected, because the faculty of mother cannot be worshipped until woman is respected. You don't have to gain money, health, beauty, or sexual and sensual effects. You have to gain a social system of respect. In psychology, social life is admissible and counseling is admissible. But it is not to tell you what is wrong and what is right—that is a matter of dispute. It is to tell a person how to regain one's own social identity. That's how you should look at it.

² *Humee hum brahm hum* means "We are we, we are God."

Your education is your education. Your environments are your environments. Your relationship is your relationship. The social, psychological system of your life must precede you. Ninety-nine percent of battered women are those whose social, psychological systems are not ahead of them. All they believe is that they get angry, and so they provoke; they provoke—and all a man needs is that and time, one, two, three, and bam.³

Yogi Bhanan: Take it for granted. Repeat it.

Students: Take it for granted.

Yogi Bhanan: Man is a man. Students: Man is a man.

Yogi Bhanan: Neither he menstruates . . . Students: Neither he menstruates

Yogi Bhanan: nor he has breasts . . . Students: nor he has breasts

Yogi Bhanan: and he's not going to ever deliver a child. Students: and he's not going to ever deliver a child.

Yogi Bhanan: So he's a very different, half-headed species. Students: So he's a very different, half-headed species.

Yogi Bhanan: Therefore, with this half-headed species . . . Students: Therefore, with this half-headed species

Yogi Bhanan: creating a conflict . . . Students: creating a conflict

Yogi Bhanan: is just asking for a beating. Students: is just asking for a beating.

So, you want a beating go ahead. Yogi Bhanan: True? Students: True.

Why do you want everybody to appreciate you? May I know the reason? First appreciate yourself. Then people will appreciate you. Why should somebody do for you what you cannot do for yourself? If a glass is not full of water, how can it quench the thirst? Ideally, you have to understand one thing: As a woman you are a person who can create another woman, who can create a man. Man has no credibility to create another human. Do you understand what a humungous and most powerful credit you have?

One lady once told me, "Whenever I speak, there is a fight in the house." I said, "Go on silence. Why speak?" Because any fight, any insult, any rudeness is against you. Your system is 16 times more sensitive than a male's and affects you very deeply.

Tonight is our opening night of the Camp, and we are going to give you an Interconnected Mental Trance Meditation. We would like to connect your hypothalamus with your neurological system, and your salivary system, which is responsible for your circulatory life. It is so effective that if the internal circulatory system is very good, then the social circulatory system will be very good, and then your interactive social system, how you act with others, shall have no pressure. You will be very relaxed. Okay? Let's do it and let's understand it.

[Meditation: *Interconnected Mental Trance* begins here; see complete write-up at the end of the lecture.]

It is not very difficult. The right hand faces upward; the left hand faces downward. You are sitting with a straight spine. Put your eyes at the tip of your nose, and very kindly breathe long and deep. Breathe in

³ Editor's Note: Yogi Bhanan, in this discussion, points out that women must be graceful and wise enough to be ahead of time and ahead of any situation—especially dangerous ones. In today's culture, when abusive behavior within marriages and other intimate relationships is still rampant here and around the world, this is a very sensitive issue. Some are quick to say that this teaching implies that a woman is asking for it. No. Instead, he is insisting that woman is responsible for generating her environments, and they must be respectful environments. Read carefully and remember his goal: uplift woman to be her radiant, beautiful, graceful, divine Self. Nothing more, nothing less.

through the nostrils, and let it come out through the mouth. That's all. Nothing more, nothing less. Just mechanically breathe. Don't do anything. My only request is to keep your spine straight. The rest can be as you want it. You have the right to balance both the Heaven and Earth. For the first few minutes you may not understand it; afterward it will be fantastic. It will show you the effect. Let the thoughts go. Don't work your brain. It's not a time to work the brain. Try to deeply meditate. You can enter into the inner circle of your psyche. It will calm down your irritated nerves and your non-reality. Inhale deeply. Put your hands together. Press hard with all the force. Exhale. Inhale again. Press hard—place complete pressure right from the shoulders. Place all the pressure you can. Let it go. Inhale deeply again. Deep. And very kindly just squeeze all the muscles of your spine up to your head, up to C1⁴. Relax.

This time, which you have wasted, is for the faculty of your self-engagement. You can work and achieve anything you want in your life, but if your own nervous system is not with you, then your internal thought and communication cannot be expressed. You will be handicapped in expression and effectiveness. Words expressed with a certain power and frequency of the psyche go much deeper than otherwise. It is a simple thing. With a BB-gun you can't kill an elephant. With an LMG⁵, you can kill anything you want. But if you kill a sparrow with an LMG, you are not going to find even a feather left. The question is not what you are saying, but rather how you are penetrating, and with what force, that is what matters. So if you have a meditative personality, and your subconscious is clear, your conscience is active, and you communicate, you will be effectively successful—that is one step toward success in life.

If you play games, then games will play you. And in this way, you will lose what is called your basic personality. You are not trusted by what you look like. You are not trusted by what you are, or what degrees you hold. Your fundamental elementary personality is what brings the trust home—and people must trust you. If you are a professional, then you must be trusted professionally. Every profession has a boundary. Do not cross it. You are not the profession; you are professional—understand that. A profession has its do's and don'ts. You are not a woman. You have to be *womanly*. Do you understand that? "I'm a woman. I am a woman." Have you seen an ape (beating his chest)? What are you talking about? Who cares how much you beat your chest, "I'm a woman, I'm a woman." No, you are not a woman if you are not womanly.

I have a bow and arrow. I pull the string and let it go. It goes at the strength of my string (and the depth of my pull)—that is my faculty of projection. My bow is my spirit—that which gives me strength. But the arrow is my quality, as in womanly, manly. It must hit the bull's eye; you are not supposed to miss.

Today a special faculty has been given to you. Before dismissing the class, we will entertain three questions.

Student: I'd like to know what you mean by how to contain your man.

Yogi Bhajan: Containing man. Men are very simple creatures. They're not very difficult. What does a man want? By faculty, man marries a woman not for sex or for partnership, nor for gain and loss. These are wrong teachings that you have been given for centuries, and you have to correct them. Man marries a woman for pillow talk—that is his ultimate need. Without that, man goes insane. He wants to lie down by somebody's side and whisper in her ear, "I am trying to do something wonderful and I'll let you know soon. It's going to be great news. If you keep it secret." That's what he needs—an ear—when he is lying down, tired, on the pillow. At that time he has no defense, and he wants to share with somebody. That

⁴ First cervical vertebra

⁵ Light machine gun

somebody is the woman. The woman who provides that opportunity, with a smile, has the man. It doesn't matter what else happens. Just listen to him.

But do you know what a woman's policy is? When a man says, "I want to talk to you," she says, "Oh no, no, wait, I have to talk to you. Since this morning I have been waiting. Wait a minute." Then you start talking like a machine gun firing at him: Ta-ta-ta-ta-ta. Drrrrrrr drrrrrrr drrrrrrr. Listen to men—don't question them. Just listen to them. A woman who can listen to a man can have him in her hands. Men want to be listened to. First of all, they speak very little. Men are not talkative. They will never talk much. They talk very little. So, if you listen, all their problems are solved. Just try it sometime. And sometime do me a favor, ask him, "Did you say that? Can you repeat it?" Oh my God, you will have him. "Oh my, she's paying attention to me." Men are all attention freaks.

Secondly, if a man says, "You are a bitch, you are a dog, you are..." You all must have experienced that. Don't answer, "Your mother was like this, your father was like this." Don't equate it. Just say: "Thank you for recognizing your essential elements in me." (Laughter) With that one answer, the man will be flattened.

Men sometimes get abusive when they are tired. They have been out for hours. Woman has 98 tasks to do: children, breakfast, sending the kids to school, laundry, sex at night (or no sex—whatever), going to social affairs, taking care of the social relationships. Oh God! Woman is the most powerful supermachine God has ever created—and still nobody knows what she does. She receives no credit for all this. And then she carries a child for nine months, gives birth, and all that. She's considered a super powerful, angelic machine—with no rights.

As late as the 1800s, woman was sold in the markets of the Middle East for three sheep and four goats. And that civilization that we call the best today? We never knew how to clean ourselves after clearing our bowels until the late 18th Century. So for God's sake, understand that this is a developing time. If you are a professional, and you are dealing with your patient, try to have patience first.

Listening is one of the biggest powers you have. Listen. Have patience. And listen effectively. It is a professional thing. And if you are counseling or you are communicating, remain impersonal. Don't say, "In my opinion, I have an objection to it." Never say those words. Never. You know what you should say? "Let us weigh the pros and cons. Your wisdom and my little experience can put it together." Involve the ego of the male. Otherwise, be ready for a divorce. They say if a woman is good at sex, she's safe. No. Or a woman who is talented is safe. No. A woman who can involve the ego of the male is successful—that's the key to success.

Student: Sat Nam, Sir. Recently you talked about "Dukh parhar sukh ghar leh jaa-eh." I was interested to know if that can be a person's *pran sutra*.⁶

Yogi Bhajan: That's what Guru Nanak said:

Gaavee-ai sunee-ai man rakhee-ai bhaa-o
Dukh parhar sukh ghar lai jaa-ay

Singing the praises of God, let your heart be filled with Love.
You will then obtain joy in your mind and throw away your pain.

⁶ See I AM A WOMAN: Essential Kriyas for Women in the Aquarian Age for examples and a suggested practice of *pran sutras*.

There are millions of troubles, and we want to get rid of them. What can we do? Take those troubles, put them on the altar, and go happily. Any trouble for which the sequence can be broken, the consequences will not have to be faced. The best way to break the sequence and avoid facing the consequence, is to put your bundle, your basket of troubles, at the altar. Give it to Jesus Christ, give it to Moses, give it to somebody. Let them work. What are they here for? Give God a job. Poor guy is free.

It's a mental attitude. Take this mental attitude that "my troubles, my tragedies are my Creator's." Do you agree that you have a Creator? Somebody made your nose and eyes. If I would have been God today, I would have put your eyes in your knee caps, so you can see the ground clearly. Somebody, something, some power—call it anything—designed you. We, for the sake of our convenience, call him God. G for generating, O for organizing, D for deliverance or destruction. There are three aspects of God. So what is generated you must deliver, or it shall be destroyed. It is based on the central part, and that is organization. You must be organized.

Have you seen that book of mine? *God, Good, and Goods*. God is G-O-D, God. Good is G-O-O-D. And goods is G-O-O-D-S. That should decide the life. In this book we have written 72 short stories for children to understand how the mega-psyche works in macro- and micro-consciousness. For example: every disease is circumstantial. Every disease, if you root out the circumstances, you let the disease go. I got very seriously ill. Now you ask me, "How come *you* got sick?" Well, anybody else who would do what I do, would be dead. I'm only sick. You know, I flew constantly, for 20 years—in, out, in, out, in, out, day, night, morning, afternoon. Well, the body couldn't take the toll. It was affected. Had I been moving the way I am moving now, I would have been all right. Oh, I am all right now. But I would have been very all right.

You have the authority to cause a cause. You cannot avoid consequences. You can only start the sequence. Once you start the sequence, you must face the consequence. The best thing is not to start the sequence. That's why you see men who come home from work, taking bourbon on the rocks, or a 6-pack, lying down on the chair in front of the TV, and nibbling at some food. They don't talk to anybody. Their wives get totally roasted. "Hell, I have waited the whole day, and he's not even saying 'heh?'" She doesn't understand. She is only roasted in the home. This guy is totally roasted inside and out. He is tired. His nervous system is gone. He's tense. He's not relaxed.

Once I was counseling a couple. We tried many things—nothing worked. So I told the gentleman that when he comes home, do not stay in the living room for a second. Go straight to the bathroom and take a cold shower. He should be very cold. Then he should massage himself powerfully with a towel, and change his clothes. Then come out. It has been four years, and these people have never raised their voices against each other. It worked. On the first day that he followed this regimen, he lay down on the chair and said, "Oh God, thank you!" His wife said it is the first time he has called on God in his life. It is an expression. When anything goes wrong: "Jesus Christ!" Is he a bail bondsman?

It is your expression, your faculty as a female to understand you are not for sale. Ask yourself, "Am I selling myself, or am I carrying myself?" Ask yourself. You must talk to yourself before you walk into anything. One more question.

Student: Sir, is it possible to produce the effect of naad in English? And if so, how?

Yogi Bhajan: Well, every language has an effectiveness. Hebrew has a system; Sanskrit has a system; Gurmukhi has a system, but other languages are vocal languages. So, basically they are expressions of people. But all languages have a sound current. Look at this Arabic: Hummmeeeh oooooo
aaahahhhhhho oooooo raaaaa hoooooon waaaaah hooooo. Aniiiiinn thouun thyyuun heeeoon. (Yogi

Bhajan illustrates the nasal, musical style of Arabic.) That's called talaauat. This is how the Koran is read. The Koran may say anything or not, but the system is basic. You may not understand the Arabic, but it will sound sweet to your ears. It will reach to your heart. Similarly with Sanskrit, and with Gurmukhi. You read the *shabds*. You may not understand the meaning, but it works. So languages whose words are recited with rhythm and a set musical tone, have a very powerful effect.

So this is your first night here, right?

Students: Yes, Sir!

Yogi Bhajan: And it is the first day that Ladies' Camp has started and it is not raining. I think the rain understood that you are not in the tent anymore. And the mosquitoes have not visited you. Have they?

Students: Yes, Sir.

Yogi Bhajan: Okay. Please understand this Narayan oil. Just put a little on your hand, and put it on the areas which you want to show people, and show to mosquitoes. But be warned: Save your eyes and your lips from that oil. Otherwise, you will be dancing for an hour or two for nothing. It must not touch membranes. But where this oil is on the skin, once a mosquito comes, it never flies back. Done. It is a wonderful thing to do. However, suppose one day you have forgotten, and you are bit by a mosquito. The moment the mosquito bites, take that poison, that watery thing out and take Foille. Take that little cream and rub it in. You will not have a big bump. These are home remedies of New Mexico. Foille they call it. It is a little tube, it doesn't cost much, and it is available over the counter.

All right now, you are all welcome. Who is who among you? Those who have come from Europe raise your hands. Good. Now East Coast. Ooh. Midwest. And West Coast. Canada and Alaska, consider the same. People from Italy—Italianos. All right, you are all welcome. Just remember this was my introductory lecture. So I am being very nice to you. You should be nice to me. What we are going to achieve in these two weeks is the processing of your caliber as a woman. It has to be inter-psyche, and you have to have inter-nervous correction. You all have to have a subtle look at your every facet as a woman. You also have to fix your adjustment as a faculty of woman. All this I have to complete within these two weeks. There is no profession in the world that can help you if you do not become professionally a "self-help." That is a must.

May the essence of the spirit, which took the shape of the human body be bright, beautiful and bountiful. May our essence of weakness and fears be subdued by our power and the light of the spirit, in which we must develop confidence. May our surroundings be those of joy and happiness, in gratitude to the fact that God created us. Our Lord Creator created us to enjoy His creativity. Let all there is be in abundance with us. Let us look at all as ours, in heart and head forever. Sat Nam.



Interconnected Mental Trance¹

Kundalini Yoga as taught by Yogi Bhajan®
June 30, 1997

Posture: Easy Sitting Pose

Mudra: Bend the elbows and tuck them into the sides of the body. Extend the forearms out in front of the body, and raise them to a 45 degree angle. Palms are flat, fingers pointing straight forward with the right palm facing the ceiling and the left palm facing the floor. The palms are bent slightly at the wrists and positioned at the level of the Heart Center. Keep the spine straight.

Eyes: Tip of the nose

Breath: Breathe long and deep in through the nose and out through the mouth. Breathe mechanically.

Time: 22 minutes

To End: Inhale deeply and put your palms together at the Heart Center; press hard and hold for about 10 seconds. Exhale. Inhale a second time, press very hard, use the shoulders to add all the pressure you can. Hold for about 10 seconds and exhale. Inhale a third time, and squeeze your spine, vertebrae, and muscles from your base to the top. Hold for about 20 seconds and exhale. Relax.



Comments: This meditation will connect your hypothalamus with your neurological system and your salivary system, which is responsible for your circulation. If the internal circulatory system is very good, then the social circulatory system will be very good, and then your interactive system—how you act with others—will have no pressure. You will be very relaxed.

You are bringing a balance between Heaven and Earth in this posture. You'll feel the effect afterwards. Let your thoughts go; don't work your brain. Try to deeply meditate. You can enter into your inner circle of the psyche. It will calm down your irritated nerves and your non-reality.

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*.