



Spiritual Acceleration¹

Includes: *The Meditation to Power Your Life Force*

Kundalini Yoga as taught by Yogi Bhajan®

July 3, 2000

Life has two forms of acceleration: one is emotional, the other is spiritual. It is not true that you are spiritual, nor is it true that you are emotional. The truth is that you have to have acceleration: either emotional or spiritual. When you accelerate emotionally your life becomes very hard and challenging, because then it shows you exactly what it is all about. It is very narrow, it is very shallow, but it is very satisfying. Emotional acceleration is very satisfying.

With spiritual acceleration, you rise up, you are near the heavens, and it is very vast, very vast. It doesn't give you any exactness, but it does one thing good for you: what you need comes to you. In emotional acceleration, you have the power to get things; but you get them, and you are not satisfied. In spiritual acceleration what you need in life comes to you, and you are very satisfied.

Woman is very beautiful and bountiful, and God entitled her to bliss. But her emotional acceleration gets her into trouble. Women who are spiritually accelerated are very steady, very solid—"I am, I am." They are fantastic; there is nothing like them. They walk tall, they walk graciously, things come to them; they are satisfied. But what is the fun to be satisfied, tell me?

We don't want to be spiritually satisfied. I have seen people asking for trouble because they want it. When you are spiritually satisfied you seem very divine and very beautiful, your ego has no place, therefore you are very well understood. But we want to be emotional, we want to be flirting, we want to be exploring. It is the nature of the woman to scratch around in unwanted territory. It is very stupid for a woman to walk into unknown territory, but you all do it. Had that not been the case, there would be no divorce. No woman would have ever suffered. They even get into the unknown territory of their children—challenging them, exciting them, telling them what to do. It comes to the point the friendship is lost, and the home becomes a police state.

Secondly, women react very fast. They don't just wait, let time pass, have a little patience. They think they are being attacked. The psyche of a woman is very engulfing. But if she can have patience and wait, she will win—she cannot lose. She is not born to lose. Isn't it funny? She is not born to lose yet she loses every time, because she cannot penetrate as a solid self, as a spiritual self. Nothing else wins on this Earth but spirit. She should just change her gear from being emotional and commotional, wanting this and that. She should come down to being spiritual—that is her best projection. She has to recognize she is divine in the beginning, divine in the middle, and divine in the end—that is her salvation, that is her beauty. For

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

that she needs patience, she needs courage. I am going to say it, but you won't like it: she needs silence. Silence is a very rare power of a woman.

You don't have to get even, right on the spot. Do you know what I mean? Right out, straight on the spot! What women do with men, men do with God. Don't misunderstand me. I am not saying that men are very good. Men have no trust in God. Women may have trust in God because of the child; because of being a mother, because of the environments, she may turn to her spirit, but men don't. Have you seen that movie Grumpy Old Men? Well that's what they are. They don't even complain properly.

You will not believe me, but if a man is a real lover every woman would run away from him. Do you know that? Woman needs a partner; she doesn't need a lover. Do you hear me? All this drama of sex, and bed sharing, loving, kissing, and hugging are all for partnership, not for love. Woman as an institution is the worst lover. She puts a price on everything. "What's in it for me?" I am not asking you to confess. This is not a Catholic Church. I am not saying it because you should agree with me. In India we call it *baksheesh*. With any act the servants perform, they expect something. The real name of a woman is *baksheesh*. If you want to test it out, on your next birthday, let your husband give you just a little teeny-tiny flower from the street. He just picked it up on the street and says to you, "This is a token out of my heart and out of my love. This is my gift." Then watch the monkey-dance: "That's it?" A dog cannot bark that loud: "Ya, ya, ya, ya!" Test it out.

She doesn't know the blessing that in that one sight, in that one moment, a ton of love can make the life green forever. Some of you don't want to listen to this, "What is Yogiji talking about? This is total rubbish. He is always for men. Now he's letting him off the hook so he doesn't have to spend money on birthdays and anniversaries." Right? I say, "Each day is a gift." Each day when you wake up for each other and say hello to each other, that solid, consolidated essence of that juice, of that togetherness, to be alive and well together is the highest gift. And mind you, such a woman never becomes poor, she is never unhappy, never unhealthy, never gets insulted. Nothing negative happens to such a woman. The whole universe serves that woman. She is the goddess of all goddesses. She is the reality of all reality. She is the purity of all purities. She is the fact of life, not a piece of meat. You want to know what truth is? God seeks the sight of such a woman. That virtuous woman, the angels own her.

I know you would also not like to hear that you cause misery when you are emotional. Then your caliber doesn't work, your talent doesn't work, and you shadow your personality. Sometimes you cannot even communicate, and it comes to the point of divorce, because you are not getting what you want. And sometimes you consider divorce better than marriage or relationship. Out of a man who sleeps with you, you want the love of a father, which is a very pure love, which is a very nurturing love. But nurturing love cannot be substituted by sexual love. I would like to discuss that this week, but I am not touching that subject today. Today I am just giving you some time to ask some of the questions which you might be sitting on. I will reply. The floor is yours. Ask any question—it doesn't matter what.

Question: Sir, you told us that when we have sex with a man his aura is connected to ours for seven years. What happens if the man dies during the seven years?

Yogi Bhajan: You know spirit, aura, memory never dies. They call it akashic records. Whatever you are doing on the Earth, the Heavens are recording it. The Earth is living it, and water, the vibration of communication, is sustaining it.

Jal thal Brahm bhay hai surtee jeevan jugat kee ey jugatee

Water, earth, heavens have consciousness, and knowing this is the process of life and living. Memory doesn't go anywhere; it faces you consciously, subconsciously, unconsciously in dreams.

Jaagrat supan sukhpatt turyaa aatam bhoopat kee eh bareeaa

Jaagrat—awake, *supna*—dream, *sukhpatt*—in the state of ecstasy, *turyaa*—in the excellence of your own self. These are the stages of this bundle of life. This is what you are. Anything else?

Question: Sat Nam. Sir, in the last couple of weeks I have been feeling a lot of sadness and despair.

Yogi Bhajan: Very good, very good, very good, very good.

Question: I was wondering what I could do to shift it, to heal it.

Yogi Bhajan: No, no don't shift it, be miserable, be horrible, curse yourself, because you don't appreciate. Every breath of life you are wasting being negative is priceless—it cannot come back. You cannot afford the luxury of a negative thought—you can't. You know how precious this life is?

Question: Yes, Sir.

Yogi Bhajan: Once it is over you can't buy it. "Oh I am sad, I am miserable. Oh, somebody said bad things to me." For 32 years I have heard nothing good. That's why I am so good. Do you want to know truthfully what I feel? I don't call you humans. I call you earthlings. You are empty specimens of life and you waste your life for nothing. You want to be this, you want to be that. Do you want to be human? God made you human. When are you going to become a human? When are you going to live like a human? I am very happy you are sad and miserable, keep going. It is an endless road.

Question: Is fear underneath sadness?

Yogi Bhajan: Sadness, fear, insecurity, and nonsense come from the basic ungratefulness towards the creative god. It is the uncreative denial of god. You have to be absolutely meditative on the denial of god to be sad, miserable, horrible, insecure, worried. First you have to deny your creator to experience those things. Do you know what happens? Your breath becomes short, your life becomes miserable. I know in these days what short breath does, I am going through medical adjustment—I understand that. You have to forget that you are a creature, and that the greatest creator created you in his own image, giving you distance, destiny, and destination. You have to first deny this, then you will become sad, mad, etc.

If you remember that God is with you, then God is with you. What are you worried about? *Ang Sang Wahe Guru*. What a beautiful thing to know. *Ang* means "every limb." These fingers are getting together because of God; that is the only thing you have to know consciously. And you are very powerful. I am not sitting here because I was supposed to sit here. I am sitting here because your prayers defied death, that's why.

Question: Sat Nam. Sir, what do you do if your husband is sick?

Yogi Bhajan: He is beautiful. I see him every day.

Question: Yes, he is, Sir.

Yogi Bhajan: So what are you talking about? He is active, he is getting better, he is very healthy, and he is getting around.

Question: But if he insists he is sad and miserable.

Yogi Bhajan: That is your relationship. It is to get to you. He met me one day and I said, “You are not going to be miserable anymore, you are going to be great.”

He said, “Yes, Sir.”

Yogi Bhajan: Now he is wonderful. You should tell him, “You are beautiful, you are marvelous (Kiss, kiss). I love you. Wow. I see angels dancing around you.” All those words are not remembered—remember them.

*Amrit vaylaa sach naao vadiaaee veechaar
Karmee aavai kapraa nadree mokh duaar
Naanak ayvai janeeai sabh aapay sachiaar*

In the *amrit vela*, the ambrosial hours before dawn,
Chant the true name, and contemplate his glorious
Greatness. By the karma of past actions, the robe of this
Physical body is obtained. By his grace, the gate of
liberation is found. O Nanak, know this well: the true
one himself is all. —Guru Nanak, from the 4th pauri of Japji Sahib

Rise in the ambrosial hours and praise the lord. And when you meet your husband, do nothing but praise him.

Question: May I take it one step further? What happens if your husband is almost abusing you? He raises his hand to punch me, or says, “If you do that one more time, I’ll murder you.”

Yogi Bhajan: In your house is there never a short circuit? The lights don’t ever go off?

Question: Yes.

Yogi Bhajan: Now stand before me right there, right. Okay, you are the husband and I am the wife, okay, now say all that you want to say.

Question: (screaming) “I hate you! I hate when you do that! I am going to hit you. You are making me do it!”

Yogi Bhajan: (Remaining silent.) Silence is the most powerful weapon.

Yogi Bhajan: You think I don’t go through this. I get telephone calls where I am being so abused. Do you know what I say at that moment? *Wahe Guru, Wahe Guru, Wahe Guru, Wahe Jio*

*Ridai sudh jo ninda hoe
Humray kapray nindak dhoe*

If my heart is pure, and I am slandered,
Then the slanderer washes my clothes. —Bhagat Kabir, Siri Guru Granth Sahib, page 339

The slanderer cleans our clothes, washes us clean. The abuser gives us the clarity and consciousness of life. Without these miserable people we’ll never rise, understood? We should be grateful for the opposite

wind, because only through that can we rise to the heights. Some winds are mild, some are miserable. In life it is the same thing. It is a constant life of complaining. You meet some people who are complaining all the time. They do not know the word “compliment.” Complain, complain, complain. Compliment them in return.

Question: Sir, I have heard you say about Scorpios that we spend most of our life either in the bottom two or the top two chakras.

Yogi Bhajan: Scorpios? They have another side, too. Cobra.

Question: How do we keep from jumping in—between all of them, and become something more steady?

Yogi Bhajan: Do you want to know the truth? A secret?

Question: Yes.

Yogi Bhajan: Give me a dollar.

Question: I think I have a \$20 in my wallet. Do you want a dollar?

Yogi Bhajan: I am truthful, I can't give you such a sacred secret without something. Good, now repeat what you said.

Yogi Bhajan: Never react. Reaction is your falsification, your sadness. Never react. Reaction takes all the power out of you. Never react. The guru says,

Moorkhai naal na lujh-ee-ai

Don't entangle yourself with unwise situations or with unwise men.

—Guru Nanak, Siri Guru Granth Sahib, page 473

Don't entangle with a foolish person—even if it is your husband, your son, your wife, your father, your mother, your neighbor—anybody.

Question: Sir, when we have a yoga class with the mothers and the babies, some of the babies consistently begin to cry when we chant Ong Namō Guru Dev Namō.

Yogi Bhajan: They do so in my class, but do I react? If they don't cry, they are not babies, they are adults.

Question: But they don't cry for other kinds of chanting or other sounds.

Yogi Bhajan: Why don't you ask them? Have a communication. There is a lady who comes to Guru Ram Das Estate who talks with the deer, the emus, the ducks—and they respond to her. I think she knows their language, and they know her language. I don't know what they say to each other but it looks very cozy. So talk to the child.

Question: Sir, when is it right to intervene if one person is harming another?

Yogi Bhajan: Do you remember when you provoked it? Decency never gets violence.

Once when I was teaching at the University of California at Berkeley, the whole room was full of students, an intruder tried to disrupt the class. He had a knife in his hand, and he started dancing over me. Everybody wanted to grab him and eat him alive. I knew that, but I just said, “No.” Finally he sat down and we did the entire class. In the end, they wanted to grab him and teach him a lesson and I said, “No.”

Sometimes we provoke violence. Sometimes our greatness provokes violence, sometimes our kindness provokes vengeance, sometimes our love provokes fear. Every positive has an equal negative. We should have patience. If a man is violent, don't speak with him until it is settled.

Question: What about a human being harming an animal, for instance a dog?

Yogi Bhajan: Don't participate, and don't ever say hello to that man ever again in your life. Come in my presence and harm a dog, and I'll show you how you will feel for the rest of your life. I'll ban your entry. I'll never see your face.

(Speaking to the student.) You are not satisfied. Don't play games with me. You have to learn yourself how to be non-violent and not participate with violence at all. Absolutely none. Then things will start going the way you want them to.

Question: You mean I won't see violence anymore?

Yogi Bhajan: I don't see it anywhere. Many years ago I was meditating in my room in back of the ashram in Los Angeles, and I heard the cries of a woman. I picked up the telephone to call the security guard outside, and I said, "Something funny is going on in the back."

So two, three people came in a jeep, checked it out, called me back, and they said, "There is nothing."

But I still heard the cries. So I went out myself, and I saw a very skinny woman near the hedge. He had struck her with a long iron rod. I saw him. He was one and a half times the size of me. I said to him, "My dear boy, leave this girl alone."

And he said, "Go away, old man."

I said, "I am not going to go away. You have to let her go."

And he put that iron rod up and started walking towards me, so I started withdrawing. I lured him to the middle of the alley, and I just sat down and I struck him on the shin with my Dr. Scholl shoes. (I was wearing those Dr. Scholl shoes. Do you remember those wooden shoes?) When he was lying down and I had the long iron rod in my hand, I said, "Gentleman, which way do you want the prana to leave?"

He said, "What?"

I said, "Which way do you want to die? I can kill you right this minute. The old man is not going, you are going."

"I am going." He jumped up.

I said, "Wait, take this iron rod." And he ran.

I told the girl, "Go to the police station and record your complaint."

She had been buying a newspaper, and this guy slipped into the back of her car and forced her to drive to that back lane. Everybody told me that I was an idiot, that I should not have taken a risk. I should have called my security guard again.

No, sometimes you have to act. If you are well-trained the way I am, it is okay. If by habit you tolerate violence once, twice, then it will continue happening in your presence. Do you understand?

Question: I hope so, Sir.

Yogi Bhajan: You don't have to hope so. You are not to participate.

Question: Do not participate but do not tolerate it?

Yogi Bhajan: Just go in absolute silence. Have no relationship with a violent person. The person will learn a lesson. So simple. Do not participate with indecent behavior.

Question: Sir, I was reading in the 1976 KWTC notes where you say that if a person can't leave their body and go to help a student, then they're not really a teacher. I guess I am not a teacher.

Yogi Bhajan: Were you once a Catholic?

Question: Yes, Sir.

Yogi Bhajan: No, no, that is really true, you are a catholic and you truly live and practice guilt. The thought—psyche is more powerful than god. You can sit and meditate and reach out anywhere through thoughts and be more effective than otherwise.

Question: You have done that many times for me, Sir, but...

Yogi Bhajan: Oh, that is a very normal situation. But what I am saying is that you can do it too. I don't connect with people; I connect their god within themselves. You do the same.

Student: Thank you, Sir.

Yogi Bhajan: Thank you for listening. Oh hello, how are you?

Student: I am well, thank you, Sir.

Yogi Bhajan: This question will be very funny, watch.

Question: Can you describe when a woman pulls the *mulbandh*, from where is the contraction pulled and what is the specific benefit for the woman?

Yogi Bhajan: When the anus, the second chakra, and the navel are contracted together it is called *mulbandh*—Root Lock. The benefit of that is that it helps to accelerate the upper chakras. That's why I always suggest you take 1-R, and never get constipated. Constipation is nothing but automatic *mulbandh*—it raises the blood pressure, and sometimes will make you angry without knowing why.

Have you seen the Panama Canal? It has bandhas, locks, to bring the ships in. they raise the water, open the gate, the ship is carried by the water to the next, then the next. That is how our bandhas work. We have uddiyana bandh—diaphragm lock, and jalandhara bandh—neck lock. These are our bandhas, and that is how we move our chakras.

[Meditation to Power Your Life Force begins here. See the end of the lecture for a complete write-up.]

All right, now just meditate unto that one God which created you. Put your left hand on your navel point, where your eternal power of the name of life lies.

Put the tantric tape on. We'll do it for just a few minutes, don't worry about it.

(*Tantric Har* is played.)

Pull the navel. Bolo, bolo, speak, speak, from the navel!

Inhale. Deep, deep, deep, hold tight. Squeeze your body. Cannon fire out through the mouth.

Inhale deep again beautifully, inhale, pull the navel in, squeeze the entire body. Create the unisonness.

Cannon—fire out. Again deep, deep, deep, deep, hold. Be bold and hold. Cannon—fire out.

Har bolo guru kay sikh meray bhaae

Har bhojal jagat taraavai

Chant the name of the lord, O Sikhs of the guru,

O my siblings of destiny. Only the lord will

Carry you across the terrifying world—ocean.

—Guru Ram Das, Siri Guru Granth Sahib, page 1264)

Once you utter the sound *Har* from the navel point, the *anahat* will wash away all demerits of the human being in his life. It is so powerful.

Yogi Bhajan: Now sing. Turn it into a concert.

The class sings:

May the long time sun shine upon you,

All love surround you.

And the pure light within you,

Guide your way on.

Sat Nam.

Yogi Bhajan: When you chant like this, you redeem the angels. Once again: Sat Nam.

Bless you, bless you, bless you, thank you, Sat Nam.



Meditation to Power Your Life Force¹

Kundalini Yoga as taught by Yogi Bhajan®
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Posture: Easy Sitting Pose

Mudra: Place your left hand on your Navel Point. The right hand is at the shoulder, as in Oath Pose. Make a fist of the right hand, then extend the Jupiter finger up toward the ceiling.



Mantra: Chant *Har* from the Navel Point

Music: Tantric Har

Time: 3 minutes. The practice can be extended to 31 minutes.

To End: Inhale very deeply. Suspend the breath and squeeze your body; pull the navel in. Cannon fire exhale through the mouth. Repeat twice more.

Comments: Place your hand on your Navel Point, where your eternal power, the Name of life lies and meditate unto that One God who created you. Once you utter the sound Har from the Navel Point, the anahat will wash away all demerits of the human being in his life. It is so powerful.

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