

HOW TO SPEAK INTUITIVELY AND DEVELOP APPLIED CONSCIOUSNESS

AN EXPERIENCE WITH YOGI BHAJAN



March 20, 1995

I AM ASKING A FUNDAMENTAL QUESTION. Do you listen when you speak? Do you think about what you are going to say and whether your intention to speak is intuitive, emotional or personal? Come on. There is no answer? You never thought of it?

Student: It's varied.

Yogi Bhajan: You always have one habit. You always speak based on your feelings. You are animals. Animals create sound based on feelings. There is an animal in us which is called our animal or beastly nature. Our fundamental force is our feelings, our ego, our "I." That's why most of the time you waste your life by creating an impact, convincing people,

manipulating and creating relationships which never last, which mess up your life left and right without any rational reason. And you suffer from this.

Your entire suffering in life is based on your terminology and manner of speaking. Word. In the beginning there was a word, word was with God, word was God, word is God. As long as you speak based on feelings and emotions, you are just serving the beast in yourself. When you speak as a human, when you speak with a higher purpose or a mission which is beyond you, you reach the hearts of other people. Your language changes, your word changes, your sound changes. And when you speak like an angel, you speak uni-

versally in totality. These are the three distinct lines of communication. You may sometimes intermix them, and create a hodgepodge and confusion. That is the worst thing you can do.

You have to develop an intuitive sense of communication so you may not incur karma. You know, whatever you do in your life, it doesn't matter to me. Please understand this is a yoga class. This is not a religious class or a philosophy class or a mathematics class or a geometry class. It's a class about yoga. So whatever you say, whatever it is, you have the right to speak. But whatever you may say which incurs Karma, you shall pay for it. It will catch up with you, maybe now, maybe later.

What do you think you are? Intelligent? Yes. You think you are very wise? Yes. You think you are very experienced? Yes. You think you have knowledge? Yes. You have everything? You have nothing! All you have is your word. Everything else is background. Everything else is the background and environments that influence you to speak. Whatever you speak, that's it!

*"O Kehndey Gal Keh Mainu Muhoan Kadh,
Main Tainu Pindo Kadhan"*

The words say "You speak me out of the mouth; I'll throw you out of the village." In common language these old village sayings capture a reality. Sometimes you say certain things and they will tear you apart. Sometime you say certain things and they make you as exalted as the Lord. Your total universe is based on your word spoken.

There is another language: when you don't speak. There is no spoken word and still you speak. There is body language, there is spoken language and there is the language of the being. You study so many spiritual things. If you study one simple thing—how to speak—you will be fine.

You may have the most precious medicine, if you do not know how to deliver it, you can't save the patient. You may have all the wealth, if you cannot use it, what is the use? The vehicle of the human being in existence is intercommunication—how you communicate.

Intuitive communication is called grace. I was talking one morning to a woman, and I said, "You know what is the best

thing that has happened? It doesn't matter how spaced-out this program is, but your language has changed." I was listening to a very Westernized woman. She was talking of the ascending or descending masters. I didn't know what they were, but I listened to her tape. These guys were there through all the ages and they were all on one tape. Regardless of the idea or reality of it, the language was very reverent. There was a lot of reverence in those words, and that projection in the words changed her language.

After forty-five minutes of listening to the tape, I found they had actually said nothing. Not a thing. So, what we say and what we hear is a play of our ownself. Nobody speaks to us. We speak to our self. But the reality is that when you speak to someone you have to hear yourself too. If you speak negatively to someone and it pollutes them, it shall pollute you, too. The tragedy is that the other person will be polluted consciously, and you will be polluted subconsciously! That will be the worst for you. You can't get out of it. You may not know the impact of it; the base of every disease is a wrongly spoken word. Because, whatever you hear, it affects your body. Whatever you speak, it affects your nervous system, your body, and your being.

Sometimes we feel that what we say has no effect on us, it just has an effect on others. No, my friend, it actually has a much deeper effect on you than on anyone else because you are hearing what you are saying too. Don't think that by speaking you can only disturb someone else; you can also ruin yourself because thoughts are all there is in life. Even thinking there is a God is a thought. Have you seen him, have you found him? No. It's just a thought. And we have one thousand thoughts per wink of the eye through our *Shashara*. And every thought has a feeling and emotions and a desire that come with it. You can go under with weight of the zillions of thoughts you have, or you can meditate in the morning to "house-clean." Because when the subconscious gets overloaded, it starts to unload into the unconscious. When the unconscious unloads back into the conscious, you start suffering from nightmares.

You must understand that by the age of twenty-seven a person has a groove cut in the mind by an unconscious nightmare. By the age of fifty-four, you are unable to reverse it. It's called "set life." You keep on doing things, doing things,

repeating the same things. Somewhere along the line, a couple thousand years ago, men would sit in their own orbit of tranquility, harmony and peace, practicing their own yoga, and in that awareness, they found out where the problem is.

TONIGHT WE ARE GOING TO PRACTICE INTUITIVE SPEAKING. Right? Now, what is it that you want? There is one common need. What's that common need that you all have? What is it everybody wants? You want food. Right? That's your primary need, your hunger. Human hunger needs food, right?

You want food. You see people eating food. When you put food before certain people, they will pray. They will bow. Automatically! You do not have to say anything to them. For them it's a gift, it's angelic. Some people look at the food and say "Thank you," to the host as a guest. They are human. Some people just start eating like a pig. They will say nothing. Have you ever noticed this? How people eat their food can show you where a person is at. It's our first need, food. We eat and drink two or three times a day. These are the primary needs we all have.

I would like to let you know a basic reality. You are sixty percent water. Water is very important in your body. Everything depends on the balance or imbalance of your water. There is nothing more, nothing less than that.

In Chinese medicine, they don't treat a person just for symptoms. They adjust the water system of the person. They don't care what you say about that approach. It's very funny. You go to a good Chinese doctor, he will first say, "I'll get a sample of your stool." And from the smell of the stool he'll find out if your colon and digestive system have a balance or imbalance of water. They measure everything from that fundamental fact, then they regulate your water.

There is only one way to stop old age. You must rain like water; perspire freely. Your pores must be open. Whether you exercise or find some other system like a sauna, you must sweat. In cold places they found a system so they can sweat. Everywhere geographically man found some system or way to sweat.

But we humans have never found the way to speak! That is essential for your health and your life! Your tongue has to touch eighty-four meridians on the upper palate of your mouth. In yoga, we ask you to repeat certain words, or mantras, and you do. And they do something good to you.

Every mantra has a capacity to make your thirty trillion cells dance with it. Your whole body vibrates with it. It is an interlocked vibration. You create the sound and that is creative of light. Light is creator of the sound. These two are interrelated. When you sit down, you vibrate light and you speak.

Now, utter these words, "I need food."

Students: I need food.

Yogi Bhajan: No, no, no, no. Just examine its effect. It is something you must test. It is not something you should just laugh at. It is a very basic need, "I need food."

Students: I need food.

Yogi Bhajan: I shall be grateful if I could have some food.

Students: I shall be grateful if I could have some food.

Yogi Bhajan: Is there any possibility that somehow I can have some food?

Students: Is there any possibility that somehow I can have some food?

Yogi Bhajan: Now, these three sentences all ask for food. But there is a different style of human behind it. Your words are your projection. You as a person and your personality are behind those words. Whosoever puts his personality behind his words gracefully receives the grace of Mother Nature. He shall never be poor, he shall never be wrong, and he shall never be in trouble. This is the simplest way to get rich socially, economically, and personally.

Do you understand what I am saying? Your word is a thunderbolt! You stand behind it to throw it. It is how you throw your thunderbolt that matters. Your demand is the same. You can say, "Hey, food!" Can you not say it like that? And if you are the most mannerless, then you just go to the refrigerator and say, "What is there to eat?" You may question it, but the fact is that very negative word spoken by you directly or indirectly negates you. These are things in life you were never trained to pay attention to. You've never been trained to understand this.

That is why in the Orient, when you begin to study yoga, they teach you mantra. "Man-tra." Vibration, "tra," "tarang." The sound "tarang" means vibration. It is like an ocean that has waves. Mantra literally means, "Mental waves." Mantra is not some nonsense you just do for a few minutes. It's the most powerful thing, if done with the proper combinations. A combination is called Mudra. And doing the mantra is called

kriya. Mantra is just a mental wave. Mind is locked by the mantra and its waves are controlled. Mantra has that capacity. And once your mind is locked and the thunderbolt is set, you are set for life.

When intuition comes to you, then you know! When you are intuitive you feel the progress and projection, the graph and geometry of your effect. Whatever you say, the other person is not going to hear more than twenty percent of it unless you have a perfect way of delivering your sound. After fifteen minutes, nobody listens. This is a natural law of the body. If you talk to someone, just take your key lines and repeat them. Do that so you grind them in. Your key lines will get ground into that person's mind.

Speaking is so the other person hears you. Speaking is not so that you get your emotions out. The process of speaking which we normally use is to get our emotions and personality out. That's the wrong way to speak, it's a waste of energy. When you speak, the other person must receive it. They must get one hundred percent of it! That's the way to speak.

If sometime you feel like the mood is not right then you must grab the attention of the other person. I sometimes tell a joke. I say, "Hello, are you pink or yellow?" The person immediately comes to attention. You won't believe it. This one line of mine puts a person right on their center, alert and present. They say, "Oh what? What are you saying? What is pink? What is yellow? What is me?"

Why does it work? Because it is a direct question. Do you know why you say hello? Because you want to know whether a person is hollow, or there is a halo there. It's the way you talk. If you want to speak to someone you say, "Hello." You want to know whether a person is inside, if they are present or if they have gone somewhere else mentally. Sometimes you can speak to someone as they sit before you and they say, "Ha, ha, ha, you know, hmm, I understand, I understand." But after two days you say to them, "Remember, I spoke to you that day?"

"Oh yeah, oh yeah..., I was not there."

You can be so much absent, and absentminded that you will not know what you said or heard. So tonight, we'll speak to our internal self. This is the first time you are going to do it. Please do it right. Stage by stage we can experience it.

MEDITATION FOR INTUITIVE SPEAKING AND APPLIED CONSCIOUSNESS

(Following is the meditation taught during this class. See opposite page.)

Sit in Easy Pose. Place your fingertips on the heart center with the fingernails touching and the knuckles bent. The thumbs extend upward, and all four fingers touch the heart center gently. The fingers curve naturally into the heart center.

Chant the mantra **HAR** at the pace of one per second, along with the *Tantric Har* tape. The Navel Point pumps automatically with this sound. If you just listen to the sound and feel yourself saying it you will enter a meditative twilight zone. Go past that by feeling the sound in the fingertips and then the entire ribcage and then the entire body. Hear the subtle energy of the sound.

There are six creative sounds that create our world: *Har Haray Hari Wha He Çuru*. Listen to the sound of Har as a creative qualified word expressed by your being and the Being of all. Chant 3 minutes out loud. Then whisper with it for 4 minutes. Then do it silently. Pump the navel and feel the sound at the heart center for 5 minutes.

Then extend the arms up with the fingers spread wide apart and continue chanting *Har* for 90 seconds to distribute the energy. To end inhale very deeply, make fists of your hands and press them on your chest hard. Exhale. Inhale deeply again and press the fists on the navel point. Hold as long as you can. Exhale. Inhale and place the fists next to the shoulders. Hold. Consolidate yourself and then exhale and relax.

Now, listen to this. You have reached a point in your meditation and practice and it is very important. If you can resound this mantra with the sound *Har* in your heart center and rib cage, you can control the universe. That great power can come to every ordinary person. He wants us to really sense and feel the vibration echo in the mind and the infinite mind.

There are six sounds: *Har, Haray, Hari, Wha He Çuru*. That's all. These are the six sounds. If you can control and hear the six sounds in the rib cage, then there is nothing you cannot hear. The rib cage represents the universe. It is a microcosm of it actually. Once you start intuitively knowing

and hearing nature as Mother Nature speaks, then you can know exactly where you stand. You have not yet found yourself where you come from. My dear folks, emotional living is existence, but it is not living. Ultimately we need to live within ourselves.

The most important thing is that our pranic energy must come through, with our help, when we need it. And every word spoken should be effective, creative and well understood. Whatever you say must create a creative work. That awareness and capacity is called “applied consciousness.” It means that you speak consciously and apply that to the creativeness. That is very human. And if you apply the creative consciousness to create loftiness or towards Infinity, that’s God. There’s no big deal. Don’t be misled that God is somewhere else. God is in you and in your words. It is how you speak. We can say, “We feel good.” That is human. We can say, “Blessed are we.” That is Divine.

(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.”

In me there is the pranic Self of the Atma. The friend of that body, the cage, in which lives the life in that consciousness to love, to serve, to be in bliss. May the guiding stars of my destiny make me cover the distance. And may the wind behind, may the shining sun and bright path, lead me to the end in peace, in complete fulfillment so that the journey will look done well, in ecstasy. So one can find the blessing and the bliss combined in one breath. *Sat Nam.*

Sometime if you are in a mental duality, you should do this: Criss cross your hands, palms down, in front of your chest at solar plexus level. Move them quickly back and forth. This creates a subtle sound and clears you up. Have you seen people who distribute cards quickly left and right? They do this kind of movement. Do this just for few minutes and you will be surprised how it can affect you, because it creates the sounds which you do not know.

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Yogi Bhajan • March 20, 1995

POSTURE & MUDRA: Sit in Easy Pose. Place your fingertips on the heart center with the finger nails touching. All four fingers touch the heart center gently. The thumbs extend upward. The fingers curve naturally into the heart center. The eyes are focused at the tip of the nose.



MANTRA: Chant the mantra **HAR** at the pace of one per second along with the *Tantric Har Tape*. The Navel Point pumps automatically with this sound.

- a) Chant **3 minutes** out loud.
- b) Then whisper with it for **4 minutes**.
- c) Then do it silently. Pump the navel and feel the sound at the heart center for **5 minutes**.
- d) Then extend the arms up with fingers spread widely and chant to distribute the energy for **90 seconds**.

TO END: Inhale very deeply, make fists of your hands and press them on your chest hard. Exhale, inhale deeply again, press the fists on the Navel Point. Hold as long as you can. Exhale, Inhale and make the fists next to the shoulders. Hold. Consolidate yourself and then relax.

COMMENTS: If you just listen to the sound and feel yourself say it you will enter a meditative twilight zone. Go past that by feeling the sound in the fingertips and then the entire ribcage and then the entire body. Hear the subtle energy of the sound. There are six creative sounds that create our world: **Har Haray Haree Wha-Hay Guroo**. Listen to the sound of **Har** as a creative, qualified word expressed by your being and the Being of All.