



Mind and Mentality I

Yogi Bhajan, Ph.D. - April 24th, 2000 - Espanola, NM, USA

We have lost our personality in the name of civilization. Mind and mentality have become shallow. Our personality decides our priorities. If we knew each other's priorities there would be no difficulty. But our priorities are deeply personal. They come out of fear, not out of love. When you fly, you must fly using the opposite wind. Similarly, when you have opposition, it gives you the personality to prioritize and face it. Your intuition automatically does it. But if you become afraid, it does not work.

Love is your fantasy to be liked. Love comes from the first hug your mother gave you. You are still chasing that hug even today, and you will keep on chasing it until your grave. Because the one thing you will never know is your mother. A mother is nothing but a hug, and a hug is psychic flow. It is that mother who turned her blood into milk, and that nipple which you sucked, which is as alive as it was the first day. It has never run away. Deep in you is that imprint of that psyche which can never leave you. You seek that hug, because your *love* grants temporary safety from your own insecurity.

The mind cannot be cleared without meditation. In meditation you calm your self through a posture of energy and will. All subconscious negativity starts flowing. You are chanting, "God, God, God..." thinking, "that girl behind the tree—I would like to sleep with her." "...God, God, God." This is your subconscious thought which you do not want people to know. In this, "God, God, God..." you are pretending to be spiritual. You are trying to impress people. It is your batting game.

You know three things—batting game, dating game and rating game. How many of you have ever spoken truth on a date—"I am an angry, dirty piece of nothing, but will you marry me?" Instead, you are seductive, "I had a dream—an angel told me that I should be with you..." Or you play the rating game and think, "She is getting old—she is getting all these wrinkles." Some women think of divorcing at the top of their husbands' careers, because they seek the independence which they sought from the very beginning.

Mind and its mentality are one of the most secret things in this civilized world—you never let anybody know the mentality brewing within your mind. Meditate, clear out the subconscious mind. You will save yourself from a lot of pain, shallowness and errors if you give yourself a chance.

MEDITATION

Sit straight in a cross-legged position. Raise the left arm up straight, palm facing forward, fingers spread. Bend the right arm with the elbow down, forearm facing forward. Point the index finger upwards and hold down the other fingers with the thumb. Eyes at the tip of the nose. Chant in a monotone, "Har Haray Haree, Wha-hay Guroo," moving the right forearm from side to side, like a pendulum, in rhythm with the mantra. Continue for 11 minutes. To end, inhale deeply, stretch the spine, tighten the right index finger like steel and spread the fingers of the raised left hand. Give your body a rest of the inflow of the psyche and the energy of the nervous system. Exhale. Repeat 2 more times. Relax.

In this meditation the posture creates a balance of energy and enables a mental and physical body adjustment. The mantra is composed of the six sounds of the tip of the tongue. Hit the upper palate with the tongue on the "r" sound to stimulate the hypothalamus and the thalamus. The secretions of these glands control personality, emotions and feelings.



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