

**NM403 A10522 The Human Psyche Polish Your Psyche** Yogi Bhajan, Ph.D. - May 22nd, 2001 - Espanola, NM, USA

You are not born by the physical intercourse between your mother and father. Your psyche chooses your parents and all of your relationships, both good and bad. The good and bad are equal in balance. Some relationships will drag you down the drain, and some will take you to the zenith of life. Your karmas have blessed you to be human. You are afraid to be good because your goodness is alone. Many people can sit together in the pit, but only one person can sit on top of the mountain. That is the flow of life. A drop of rain comes to the tributaries, then to the river. When the banks of the river overflow we sandbag them. The water flows on to the ocean. From the ocean it becomes clouds and goes to the mountains and completes the cycle, which you have to complete. Whether you can keep the discipline or not decides your plus or minus. You must decide how to polish your psyche. Psyche is the projection of the spirit. It is up to you whether you beam your psyche consciously or emotionally. That is why Guru Nanak said, "In the ambrosial hours of the morning praise the Lord who has created you so that your actions are covered, karma is covered and Dharma is born."

**NM0403 MEDITATION - Polish Your Psyche**

1. Sit straight in a cross-legged position (students must sit facing forward in straight lines parallel to the teacher's bench). Bring the right hand in front of the heart, palm facing left, elbow relaxed down. Extend the left hand forward, palm facing down, elbow relaxed down. With the utmost speed and full strength, move the left hand a few inches up and down, as if bouncing a ball. The hand must move with the heart. Eyes are one tenth open and focused at the tip of the nose. Chant the "Ik Acharee Chand" shabd ("Ajai, Alai" by Gurushabd Singh and Nirinjan Kaur. Jaap Sahib, lines 190-196). Continue for 11 minutes.
2. Sarb Pranam, Spiritual Salutation. Continue chanting. Stretch both arms forward and upward at 60 degree angles, palms facing down. Eyes are closed. This position will hold your mind steady so you do not have to work on your mind. Concentrate on generating the sound and rhythmically pulling up the navel. Continue for 11 minutes.
3. Continue chanting. Press both hands on the heart centerf, right over left. Eyes are closed. Powerfully pull the sound of the mantra from the navel. Concentrate! The navel will open up the chakras, and the words will do miracles. Continue for 11 minutes.
4. Same posture. Continue chanting with a powerful whisper using the force of the diaphragm. Use power, Shakti force! Press hard on the chest and pull the navel. Continue for 3 minutes.
5. Same posture. Sing from the navel the song, "Bountiful, Blissful & Beautiful" by Nirinjan Kaur. Continue for 11 minutes. To end, inhale deeply, hold, and cannon-fire exhale all negativity. Repeat 2 more times. Relax. We are purifying ourselves so that the purity and piety of the Khalsa may prevail. It is our duty to prevail. As a spiritual Khalsa nation we will be in a position to row this boat unto the destiny, and we will cover the distance. We ask for the grace and miracle of Guru Ram Das so we can walk this distance and carry on this mission in our life with purity and piety. Communicate with the One who created you. See Him, feel Him, have Him, understand Him, walk with Him, and talk with Him, because you are the student of the Shabd Guru. When a man chants the Shabd Guru and transforms himself into the subtle body, there is never a problem. God comes and serves such a person. This is your privilege, this is your right, and this is your practice.

