



Shine the Brightness

Yogi Bhajan, Ph.D. - February 15th, 2000 - Los Angeles, CA, USA

We have a conflict between our caliber and our intellect, yet we do not recognize, understand or want to do anything about it. Our intelligence guides us but we do not have the caliber to carry through. It is okay to become spiritual, read books, talk spiritually, be better than others, guide people. But that does not mean being religious at all. If the reality does not come out of you, and you are afraid to be real, you have an interwoven network. You influence people, people influence you, environments influence you—you are in a churning wheel, back and forth. You cannot develop yourself. You are not original. You do not have any faculty of you within you.

Some people become rich because they know how to exploit. This is not greatness at all. It is a temporary benefit and a permanent loss. When you have a habit of exploiting.. you go to exploit your wife, she says, "Bye! Give me 50% and get out of my life!" It is the same exploiter who is successful, but through the subconscious habit of exploiting anything and everything he has no life of his own. He cannot live, cannot love, he does not know how to flow. He has no humility, no humor, no happiness. His consciousness—the consciousness which has to give him value, excellence, peace, discovery, and all he needs—is based on manipulation.

Life is practical joy only if you think happiness is your birthright, and you can only have happiness when you are neutral. When you have an objection, option, and opinion you are not neutral. Only by being neutral can your existence feel the flow of your psyche. Otherwise you do not. You stop your greatness and become smaller and smaller, narrower and narrower. You were born to expand, to elevate, to be bright, to be beautiful, bountiful and blissful. It is your natural faculty. Shine the brightness. You must know about yourself and see beyond you. There is no difference between you and God—it is a matter of caliber. Make your caliber brighter and bigger. Try to see through.

MEDITATION - Dispel Inner Anger and Gain Neutral Self

Part 1. *Sit straight in a cross-legged position. Eyes closed. With the elbows relaxed down, extend the forearms parallel to the ground. Make tight fists of your hands, with the thumbs on the outside. Chanting "Har, Har, Har..." from the navel, forcefully and rhythmically sweep the forearms towards the diaphragm, left fist over right. Make the movement very hard without touching the body. Continue for 11 minutes. To end, inhale deep, hold 15 seconds with hands in front of the diaphragm, tightening them as you have never experienced before. Exhale. Repeat 2 more times. Relax.*

If you do this practice every day for a few days, the internal anger—from which you are suffering and which comes out subconsciously in many ways through your personality—will disappear. Volunteer yourself to get it out—why suffer? It is a powerful exercise. Afterwards you get into a state of ecstasy. Once your inner anger is out, all you are left with is wisdom.

Part 2. *Still sitting with eyes closed, place both hands at the heart center. Go into a deep, calm meditation. As you trust in non-existence, feel and imagine non-existence. Let yourself go... balance the energy—the power created in the first part of the meditation must be replaced by self-neutral self. Continue for 11 minutes. During the last half of the meditation you may sing along with the "Long Time Sunshine Song" (by Har Bhajan Kaur). Relax.*

6' / 9' / 11'

3' + 3'
4'30 + 4'30
5'30 + 5'30



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