

Build Your Own Nobility (or rewrite your own history)

Yogi Bhajan, Women-In-Training, July 9, 1998

Part 1:

POSITION: Stand and spread your feet approximately 2-3 feet apart with your right leg forward and your left foot at a right angle. Push forward with your upper body so that your right knee is over your right toes. The left leg is stretched straight and your tailbone is tucked under. Neck is in Neck Lock with the chest out.

Curl the fingers of both hands onto the palms, with your thumbs pulled back. As if pulling back a bow and arrow, your right arm is straight and placed at a 60 degree angle. Your left elbow is stretched back at a 60 degree angle

EYES: Keep your eyes open and focused on the thumb.

BREATH: Inhale, exhale and Breath of Fire. Continue with a strong Breath of Fire.

TIME: Three minutes.

COMMENTS: "Build your life around nobility, not sexuality. If you are not noble, you are sexual. There is nothing in between for a woman. A woman who is not noble is sexual and whosoever is sexual is living in pain because she's not independent. Sexuality makes you dependent. You don't want to listen to that, because your mama and grandmama told you be sexual."



Part 2:

POSITION: Continue in Archer Pose

MUSIC: Chant AAD SACH, JUGAD SACH HAIBHAE SACH, NANAK HOSE BHAEE SACH once between each verse of MERA MAN LOCHAI. After completing MERE MAN LOCHAI, chant AAD SACH, JUGAD SACH HAIBHAE SACH, NANAK HOSE BHAEE SACH three times. (Yogi Bhajan played version by Bibi Bhani Kaur.)

TIME: Continue for 16 minutes with right foot forward then 16 minutes with left foot forward.

END: After completing both sides. Sit down and rest.

COMMENTS: "I have the intention to let you know something very sacredly secret. The nervous system consists of the parasympathetic, sympathetic and active nervous

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systems. There are three systems in you. In your case and in the case of a man there is a difference. You have to have an interlocked energy, man does not. Man, by nature is impotent. He can not be ready for physical intercourse until he's induced by the environmental circumstances or mental arousal. Where as a female is receptive whenever she wants, wherever she wants and to whatever she wants. There are two different species we are discussing here.

When I discuss you as a woman, I have to show you your handicap. Your handicap is not you. Your handicap is a non-harmony in your nervous system. We are trying to create harmony through this posture, Mantar Chile Chariaa. Mantar means "mantra." Chile Chariaa means, "when it is interlocked." The impact is interlocked. It's just like a guided missile. You can't leave it. This is the bow and arrow pose. It is called Archer Pose."

Part 3:

POSITION: Sit on your heels (Bujar Aasam) with your fingers interlocked and behind your back in Yoga Mudra. Move from sitting on your heels with your straight back to the posture where your forehead is on the floor in front of your knees and your hands are stretched up perpendicular from the floor. The hands must come up when the head goes down. This movement will take care of the whole digestive system and body diseases.

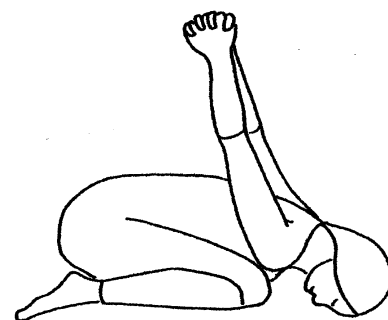
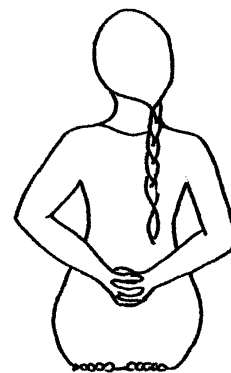
You will bend and bow and touch your forehead at the word NAMO or NAMASTANG.

MUSIC: JAAP SAHIB.

TIME: This posture will take care of you if you practice for 31 minutes.

COMMENTS: "The other problem which you will face is the stomach. The stomach and digestive system create which you call hyperactivity. The stomach is a very powerful thing in a woman because she not only has to feed herself but also the coming child. Therefore, that system is very effective. It can be conquered by a simple thing. Your back pains and front pains will be gone.

This summer we must build your nervous system. You're all in middle age crisis. Woman never grows old except when she things she's an idiot. Otherwise, she is one creature on the earth which never grows old. There are so many tributaries to relate to it that she cannot even expect to be old. If she gets old, it means she is not wise. A wise woman is never old. She's a place of worship. You grow old because you're not wise.



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This summer if we practically and honestly bring our nervous systems into harmony and our stomach systems are renewed, we'll go back home absolutely healthy and much younger. The question is not what your age is, the question is what your energy is and what your tolerance is. Those two things matter in life.

In life it doesn't matter what your age is, or how poor or rich you are or what your age is, or how poor or rich you are or where you are. What matters is life is how alert you are and how conscious you are. Both depend on two things: 1) How your nerves work, 2) How your sustenance works.

But as far as you're concerned, I want to wish you the best. My problem is not what you are. My problem is what you can be. That's the whole relationship I've got you everybody. I'm not looking for who you are. What you are or what is going to be. I am just very practical. I'm looking for what you can be and how fast we can make the best of what we are. We are not concerned with how long it will take or what the circumstances are. The real happiness starts becoming yours when you are the best of you. It can't be otherwise.

Unfortunately, womenfolk suffer the most because they always wait to be the best. That's the tragedy of a woman. She always wants to wait to be the best. In that waiting, sometimes the life passes away. It has been my pleasure to be with you today."

NOTE: You can purchase the music at www.SpiritVoyage.com or listen to it at www.sikhnet.com.