



## Yogi Bhanjan on Women In Training Camp August 21, 1978:

STUDENT: Everything in camp has been specifically designed for us, and I was wondering why there is so little yoga in the morning, since yoga will really clean out the consciousness.

YOGI BHANJAN: In the morning we give you yoga to stimulate your glandular system as a matter of saadhanaa. Then we want to train you for the whole day — as a working day. We want to train you so that when you go back to your homes so that you can confront the world as a working day world, and not as a spaced out yogi. That's why we did not emphasize the yoga. Otherwise we could have added two hours just for yoga classes, and we could have pressurized everybody to attend and all could have been in a beautiful space. But after all, the space you have to deal in is the world.

The purpose of this camp is to make you spiritually powerful so that you can materially be successful without losing sight of the spiritual world. That's the design of this camp. This camp is not designed to create yogis. Our purpose is that you should confront the world as a saint, but live as a soldier in your readiness. I have been told many times that some people think they come to camp only to meditate, to only do yoga, and they do not want to participate in other activities. I have not given an inch, knowing that that will displease them and they shall leave.

We never had this camp to give somebody ego. We wanted to have this camp to let somebody get rid of the ego. I am not going to tolerate any scandal, any interference, any cliques, or any such thing. It's very dear to me, this camp, because I believe we can build a woman.

I am sick and tired of obnoxious women who are very aggressive and very, very shallow in their behavior in the United States. To give them a standard of security, grace, and purity of thought, I designed this camp.

It is not a yoga camp. It is not a meditation camp. It is a Woman in Training Camp. It is totally to train the whole-sum of the woman, not just one part of it. It is not a teacher's training camp either.

Here in the missals, it is not necessary for a minister's wife or a teacher's wife to be any more important than anybody else. Things may sneak in tomorrow without my knowledge, but if I find some favoritism or something like that, I'll crush it so badly, you won't believe it. Always, I have one thing to say: let us make things available, and those to whom God gives the grace shall enjoy

them. We believe this camp is a very qualified training, and if a person goes through it gracefully, she shall come out with definite results.

A lot of men don't like their wives to come, a lot of people don't want even their girlfriends to come, and a lot of ladies don't want to come to this camp. But I am not going to change my intentions: I believe that woman should be a woman to begin and to end, and that she must develop wholesomely as a woman. These camps are designed toward that. That's why there is not a lot of yoga, or drill, or Gurbaanee, or Sikhism, or anything else. There is a little, little, little, little of everything. We do not want to be too pushy, we also do not want it to be too slow. It can be intensive.

---

## **Yogi Bhajan**

### **Women In Training, June 27, 1976**

The purpose of women's camp is to create one intelligent, honest, creative woman who can discipline herself through every thick and thin of life; who can kill her own negativity and thus give birth to a positive child. Everything I do is based on this one thing only. Your future generations, your children are the by-product of your mind and only your mind. They learn by watching you.

A spiritual person learns and disciplines herself to use the positive mind, and the unspiritual person lives by the negative mind. Both powers are there, don't misunderstand. Women's camp is to build in you the positive character of a woman, so that you do not act for profit and loss, because grace cannot be purchased or sold. Any human being who has a price is a commodity. Come join us at women's camp to realize and remember your true value as a woman.

At Women's Camp, we are asking you to look at yourself, patch up what is torn apart, leave what is excessive, and fill in the gaps. You can do it. The idea is that all of you who believe in one reality, one thought, who have one goal to achieve and a common spirit to live righteously, should get together and help each other create a new energy. The energy should build up character one by one, micro-consciousness and macro-consciousness. That is what our future is based upon.

Many of you are unfulfilled. You are unfulfilled as children and you experience that gap in adulthood. A fool picks up the goodness of the past and the devil picks up the evilness of past days; both are picking up negativity. An angel picks up goodness of today and lives with it.

A person consciously dies and is reborn as a new being right in his own presence. That is what we call Khalsa. A seeker becomes Khalsa, pure in consciousness. It is a continuous process, a total way of living. ...A person can kill his or her past, be reborn, and then acknowledge it. The problem...is

that you ...still relate to old, past negativity as if that is the only thing you know...without acknowledging this fact of rebirth. To become Khalsa is similar to what happens in marriage. Khalsa is one who knows emotions, gains and losses, but only lives for righteousness. Khalsa is consciousness of purity.

Women's Camp is totally for your positive development. There is no silence. You can talk to everyone, befriend everyone. Here we want to build a family of equals who are honest, disciplined, virtuous, can give up negativity and share their positive qualities. The first fundamental criteria for this camp is to offer an open and honest invitation for you to become what you want to become, to have the chance to overcome your difficulties, and improve your capability to handle time and space.

The purpose of women's camp is to learn to ride on your thoughts. Do not let your thoughts ride on you. Thoughts ride on you to become desire, but when you ride on your thoughts, then it is your choice. That is the difference between a free man and a slave. So this is a direct opportunity to direct yourself. Let your weaknesses fall flat before you. Experience it; it will work.

All your life is one experience in which you eliminate negativity in yourself so that kindness can forever live within you. All it takes is just one action. Therefore I say to you, take maximum advantage of this time as human life won't come to you again. This women's camp life won't come to you again. It is just a cycle.

The difficulty which we are suffering in this country is that we are very individualistic, with no regard for social, group living. We feel privacy is very special to us. To be very frank, social living, communal living or group living is very healthy. It takes care of a lot of emotions and makes a person feel that he is a part of humanity. It also provides an opportunity for self-observation and assessment. This is why we have created Khalsa Women's Training Camp.

By the grace of Guru and God we have this camp. It has taken many years to buy this land. Each year the arrangements will be even better. In the coming years perhaps we will be in a position to build an institution of humanity. I intend to build a Guru Ram Das University of Humanology where people can learn how to be human. We want to give that as a gift to our people and our country.

This camp is just the beginning of that future institution. We want each person to learn every facet of life; not totally mastery but some knowledge so that you are confident and wise in the face of time and action. No person should be able to lay down any situation in which you can be exploited. We

want you to learn to present your thoughts, defend yourself and make amends to yourself. The greatest learnings of all learnings is when a person learns how he can amend himself to be positive. Those who did not do sadhana on Monday, shall never do sadhana on that Monday again, so that one part of you is minus that day.

Understand that it takes much less force to go down from the top of the mountain; it takes a lot of courage and power to make it to the top of the mountain. Those who make it to the top of the mountain are those who put everything into it and are very together. When you want to roll down to the bottom, you have nothing to do but simply slip once and you will not stop until you reach bottom.

The scriptures clearly define the characteristics of a woman: "Mahan devee atman fustate maha pujane Shakti maha kaul kaulioo mahan bujang. Namo kahubarti bhagvati dauveean devi mahan mata namasacaram namasacaram namo namo." This is an example of how to address a woman. Every positive superlative has been included in this slok. That is how great you are. God can't produce a God equal to himself, but woman can produce not only an equal but a better human being than herself. In creative power, woman is more powerful than God.

I told people it was my job to create a healthy, happy and holy family. It has become manifest and it is going to live forever. Its generations shall rule the world. It shall be a way of life. ...Your auras have become more clear. But you are unable to totally forget your past, which was the purpose of this camp.

We do not want you to repeat those habits which are not positive or constructive. You must learn one thing in life: either you learn as your teacher teaches you or time will teach you, the gentle or hard way. In certain areas of life, I don't want you to learn the hard way. It is much better for us to learn to negotiate. This teaching and communication is nothing but simple negotiation. There is a definite hope for every hopeless, but you must act now!

