



On Communication - Part I

Yogi Bhajan, Ph.D. - October 23rd, 2000 - Espanola, NM, USA

Without the art of communication—the ability to express, project, reach out and listen—you cannot reach the heart or turn the head of another person, and you will face many difficulties in life.

Most people have ego, neuroses and ambitions, and they do not want to listen. People have inborn neuroses because of circumstances, parents and childhood. Parents do not know how to communicate with children, and do not give them values, their communication is a control system. Many people do not want to communicate. They want to lean on their expectations. When you expect people to be a certain way, it is difficult for them to agree immediately just by reading your expectations.

Some people have virtues, but no values. They work well, but you cannot depend on them, they do not respond to you because it is not their priority. When you do not receive a prioritized communication, you do not know what is going on and you must reach out all the time just to understand.

Some people begin to destroy themselves when they become successful. They become frustrated, angry, reaching nowhere—therefore they do not want their success. Frustration and depression come from non-communication. People are afraid to talk about themselves or their situations. In communication, you are never sure who is going to help you. Anyone can help you.

Communication is the basis of prosperity. Anger and frustration are a shield against prosperity and better communication. "Because of this, because of that..." There is no because. If you create a cause, then you have to face the sequence. And if you face the sequence, then you have to face the consequences.

Listening is the most powerful aspect of communication. Be peaceful, listen, see the other point of view, and come out with a mutual understanding. Communication is the only way to bring mutual understanding—the natural outcome of every expression of love. When somebody loves you and does not say it, you know it through their body language and many other ways. Appreciate it. Appreciation is communication.

Jaggi is marvelously rich. If properly pronounced, it can give you the ability to reassess and reconsider your communication, and to develop the habit to pre-judge and pre-know your communication. When Nanak says, "Whatever pleases Thee, O Lord, that action is wonderful, O Unseen One." This is confirmation that you are always in perfect existence. In short, Nanak is saying, "Your unseen is God."

Your unseen is your sweetness, your comprehension, your compassion. Your unseen is the chance to change the scene. If you have this understanding you can live in complete understanding of your own life. When we live in doubt it is because we cannot communicate with ourselves about the huge reality of life—that we are everything, for we are made in God's own image, and God is everything.

11' / 16'30 / 22'

MEDITATION - Understanding the Nature of Communication

Sit straight in a cross-legged position. Bring the hands up with pinkie fingers pointing up and the other fingers held down with the thumbs. Palms facing forward, elbows relaxed down. Close the eyes. Chant loudly from the navel point, "Sat Naam Sat Naam Sat Naam Jee, Wah-hay Guroo, Wah-hay Guroo Wah-hay Guroo Jee" (#CT130 "Dhumi"). Continue for 22 minutes. To end, inhale deeply, hold, and circulate the energy in every cell of your body. Exhale powerfully. Repeat one more time. Inhale as deeply as you can, hold, and stretch your spine circulating the sound into your body. Exhale. Relax.

As the stringed instrument plays during the meditation, it provokes you to say the mantra. Similarly, the psyche of the universe prevails and provokes you to say certain things. When you say them wrong, it is because you are not pure. Understand that your misfortune is contained in your miscommunications. If you understand the cosmic music and communicate accordingly, you will be pure and prosperous.



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