



Santhika
Retreat
Center

www.santhikaretreatcenter.com

To build a relationship with yourself

Yogi Bhajan

" Whatever you say, it doesn't matter. Leave ideas behind that what you said could be meaningful. What really matters is that you are you. And this is important. When you walk with your head held high, the world will walk with you. You call and everyone will come to you. But when you are a disconnected person, who loves whom? what part of you? I have yet to meet a person who does not want to be great. If you want to be that way, then the only way is to be present with greatness, to act with greatness, to move with greatness. If you can act from this state, your luck will not change you." - Yogi Bhajan

Today we will make a connecting trance psychic technique, we will activate the connection between the hypothalamus, the nervous system and the salivary system, which is responsible for the cardiovascular system, for life. And it is so effective that if the internal cardiovascular system is very good, then the connections in the social system will be very good too, and then your way of interacting with others will not create any pressure. You will be very relaxed.

Posture: Sit as pictured. The right hand is pointed palm up. Left hand down. The back is straight. Focus on the tip of your nose. Inhale deeply and longly through your nose and release the air through your mouth. Continue breathing like this and keep your back straight. Balance your palms. Balance heaven and earth. Let the thoughts pass by. Don't get involved in thinking about them. Now is not the time for thoughts. Meditate deeply. This way you can enter the inner circle of the psyche. This will completely calm your irritated nerves.



Time: 22 minutes.

Finally: Breathe in deeply. Place your palms in front of your chest and press one against the other. Exhale. Breathe in again. Press hard. Shrink. Exhale through your mouth. And repeat one more time. Then relax.

Comments:

The time you have now spent, you have spent in order to build a relationship with yourself. You can work on your life, you can achieve anything you want, but if your own nervous system is not on your side, then your internal communication cannot be expressed correctly. You will experience difficulty in expressing yourself, and then difficulty in action. Words spoken with a certain psychic strength and frequency go deeper than words spoken without them. It's simple. With a small pistol, you cannot kill an elephant. But with a light machine gun, you can kill anything. If you decide to kill a sparrow, you won't even find a feather. The question is not what you say. The question is what comes from you and how it reaches others and with what power. And this is important. If you have a meditative personality, your subconscious is clear, your consciousness is active, and you are able to communicate, then you will be very successful. This is a step towards a successful life. If you play games, then the games themselves will play you. And then you will lose what I call the foundation of the personality. Then what you see will not be trusted. There will be no trust in what you are. None of your qualifications will be trusted.