



# Kriya for a Stable and Effective Personality

8 exercises 44 min - 46 min Lecture

This is a very special Laya Yoga kriya. Yogi Bhajan said: "You will not be the same as you came. The change will be tremendous and very precious. Please understand the Divine when touches, nothing matters before it." In the lecture, Yogi Bhajan notes that in the process of personality we walk between reality and non-reality. Sometimes we go too far to non-reality and it pulls on reality too much. Unwanted, undesirable thoughts arise; to be healthy and not overloaded by these thoughts, we eliminate them. The entire human design incorporates systematic procedures that use the negating force to eliminate destructive overload. But what happens when you don't eliminate these thoughts? Yogiji said that we become depressed and the personality becomes variable and inconsistent; endurance, tolerance, and the basic capacity of commitment become unavailable. He said: "Your shifting attitude in search of your own personality and own happiness and own self is so destructive...that your environments cannot keep up with it. And that's called self-disaster, which has to be eliminated." This unique kriya gives the power to eliminate thought-overloads, allowing you to establish endurance and commitment. You can then stand before adversity and turn it around. You can be steady and unwavering in the face of life's ups and downs. You can be consistent in your relationship with God, with others, and with yourself.

## 1. Laya Yoga to Get Rid of Foolishness

**Comments:** *"Laya Yoga is a science where you project your psyche, interlock it, and twist the psyche to become neutral and positive. It is the game of the wise people to get rid of the foolishness...it's good to be negative...it's the right of life to look at everything negatively and see what negative is...[and then] make the positive....In positive there will be a picture, there will a color, you can enjoy it....So in life, try this." —Yogi Bhajan*

### Laya Yoga to Get Rid of Foolishness (3 min to 5 min)

1. Sit in Easy Pose.
2. Close your eyes and say aloud to yourself, "Please speak to me."
3. Repeat the words, listening to yourself and meditating on them.
4. Speak urgently, powerfully, longingly. Put your emotions into the words. Put in your feelings, make it real. Make it impressive. Do your best.
5. Keep repeating the words until you feel bored. Then open your eyes and see how you feel.

**Eye Focus** Closed

## 2. Rest

### Rest (1 min to 2 min)

1. Relax.

### 3. Laya Yoga to Change Your Frequency and Become Effective

**Comments:** *Understand that you can use language to elevate yourself, and conversely to destroy yourself. Your life lies in the spoken word and—if it is not effective—you are not effective. This big "BUT" is the source of pain in your life. In Laya Yoga, if a person can totally stabilize their own frequency, the entire Universe will run to them! This is the only way in the word of Kingdom of God to become attractive. When you can sit, wait, and smile. You have to have welcoming nature, you have to have projection, you have to be calling and answer the call.*

#### **Laya Yoga to Change Your Frequency and Become Effective (2 min)**

1. Sit in Easy Pose with an attentive and forceful mood that tells yourself you are going to be very effective. And now say these words, "I love you, BUT..."
2. Consciously press the lips when saying "BUT".
3. Listen to yourself. Meditate as you repeat it.
4. Meditate. Find out what it is, try it. Question it. Seek it, approach it, project it. See for yourself.

#### **To End**

1. Now answer to yourself: How do you feel?

### 4. Rest

#### **Rest (1 min to 2 min)**

1. Relax.

## 5. Offering Through Your Word

**Comments:** *Your spoken word is the totality of yourself. When you speak, nobody listens but God. The spoken word is always listened to by God, and that is all God is about. God is an ear to hear.*

### Offering Through Your Word (1 min)

1. Sit in Easy Pose.
2. Hold the Saturn (middle) finger of the left hand in the right hand, and pull firmly.
3. Pull to the sides with the elbows straight out. The mudra is close to the chest, between the heart and the throat.
4. Repeat the words, "HAVE me." Emphasize the word "HAVE."
5. Open the mouth wide when saying "HAVE". This puts a necessary pressure on the back of the jaw.
6. Meditate on it. Look deeper, more and more. Try hard, chanting loud and clear.
7. Make it an offering, without reservation, a deep feeling carried by the words of offering.

## 6. Rest

### Rest (1 min to 2 min)

1. Relax.

## 7. Laya Yoga to Get the Ear of God

**Comments:** *You will go deeper and deeper. Experience it through endurance.*

### Full Voice (2 min)

1. In Easy Pose, bring the hands flat together with the thumbs crossed, this is called Prayer Mudra.
2. Close the eyes.
3. With the fingers pointing forward from your chest, press the palms together and the heel of the hands against the heart center.
4. Speak aloud, declaring: "Thou is my light, Thou is my life."

### Whisper (15 min)

1. Continue the posture and mudra.
2. Play a recording of Narayan by Guru Raj Kaur Khalsa.
3. Now in a whisper, continue repeating: "Thou is my light, Thou is my life".
4. Chant with the beat of the music. Concentrate.
5. Keep on, deeper and deeper. Exert your endurance. Whisper strongly.
6. From the deep place, say it. Say it from "the in of it." Get the ear of God.
7. Experience it through endurance. These two walk hand in hand. Endure, experience, deeper, stronger, ever stronger.
8. Still deeper and stronger. Now is the time!

### Arms Up at 60-degrees (6 min)

1. Continue the music.
2. Put the hands in Gyan Mudra, raise the arms to the sides and up, holding a 60-degree angle, palms facing up.
3. Spine straight.
4. Now whisper even stronger. Make it as loud as a cobra's hiss. This "hiss" will give you an experience of a Divine kiss.
5. Stay steady. Keep up through this and gain what some pay thousands of dollars for, gain the rebirthing, learn how to love. Hiss and kiss the God.
6. Make the best of this rare opportunity, all the way to the end, perform better and better to your very best.
7. Stretch out, straight, firm.

### Meditate Through the Chakras (4 min)

1. Music continues to play. Eyes are closed.
2. Inhale. Place the hands over your heart, folding one over the other. Hold the breath for 30 seconds. Then exhale.
3. Inhale. Concentrate on the crown of the head and hold the breath for 30 seconds. Then exhale.

4. Inhale again deeply, hold your breath firmly in the rib-cage for 30 seconds. Then exhale.
5. Now meditate at the Third Eye for 30 seconds.
6. Shift the focus to the throat and meditate for 30 seconds.
7. Return the meditative focus under the hands at the heart center for 30 seconds.
8. Then meditate at the navel center for 20 seconds.
9. Now meditate at the second chakra, the sensual creative center, for 20 seconds.
10. Shift the focus down to the elimination center, meditate there for 20 seconds.
11. Relax.

**Rest (1 min)**

1. Stretch and do a cat stretch to each side.
2. Rest in place, sitting up.

**Eye Focus** Closed**Mudra** Prayer Mudra

## 8. Free Dance - Sitting

**Comments:** *Experience physical ecstasy. Dance with the upper body, and if you like to, even sing along.*

**Free Dance (9 min)**

1. Still sitting, close your eyes, and begin a free dance. Move as you like, creatively, and keep moving.
2. Play "Walking Up The Mountain" by Guru Dass Singh.

**To End**

1. Relax.



