

## On Communication - Part II

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### **MEDITATION - We Are We, We Are God**

*Sit straight in a cross-legged position. Interlock the fingers in Venus lock—with the thumbs interlocked and the hands forming a cupped position—in front of the solar plexus. Chant, listen and understand the mantra, "Humee Hum, Brahm Hum," (#CT110 "Humee Hum, Brahm Hum" by Nirjyan Kaur). Continue for 22 minutes. To end, inhale deeply and hold—did you hear what you were saying? Raise yourself to that consciousness, to understand what you were saying deep in your heart! Exhale. Repeat 2 more times. Relax.*

You must hear and understand what you speak. If you do not develop this ability, you will not have knowledge of the universe. Your inner conflict will take away all your energy and sense of reality. Once you speak, hear and understand, "Humee Hum Brahm Hum," "We are we, we are God," all conflict in your personality will disappear.

Non-verbal communication is the essence of our inflow. When you are self-rejective, when you are scared and have a non-communicative nature, you cannot say to someone, "I love you." Non-verbal communication can be a release of commotions, or, when active, it can become flirtation. Sometimes people are obnoxious, and even though you are conscious of it, even if you talk reasonably, and you are innocent and sincere, you are hurt by them. When innocence does not work, you pocket your grief in a non-communicative hell. When your intuition is developed to know where things are leading, but you cannot say it, that pain and pleasure together is non-verbal communication.

There is a lot of non-verbal communication instead of communication. You all do it, and deny it. You speak in the sense to slip by and are non-communicative about it. When you like somebody passionately and cannot say a word, your non-communication sinks the ship. Non-verbal communication can also save you from expressions which your body undertakes instead of verbalizing. Sometimes, instead of ending up with what you have to have, you end up with garbage. When you stink, you try to cover yourself in a very non-communicative way.

For effective communication, poke and provoke—involve the other person. Confront—confrontation is the only reality we have. Then elevate—enemy and friends—to reality.

