



## Get Rid of Anger & Fear<sup>1</sup>

Includes the Kriya: *Take Away Fear & Sadness*

Kundalini Yoga as taught by Yogi Bhajan®

May 8, 1985

Yogi Bhajan: Are we ready for the yoga class?

Students: Yes, sir.

[See complete write up the Kriya: *Take Away Fear and Sadness* at the end of this transcript.]

Yogi Bhajan: Okay, please put your hands up, quick, quick I am going to finish fast. You are looking good.

Put your hands up. (See Exercise 1) Open up the elbows, work out the stomach. Never work on your stomach; instead, work your stomach through the elbows. Hey! What am I doing? This, this, this—it is outward. It is not inward, it is outward. It is stretching the elbow. We're making it about two millimeters longer today, yeah. Don't lie to yourself. Do it just because you honestly want to do it. Great! Chant Har! Tip of the tongue, navel, fiery, fiery! Navel and tongue, fiery! Cheeks must get the push: Har, Har Har, Har, Har! One week you are going to fight, get it out now, come on! Out, out, angry, angry, angry! Stomach is on fire. Get out the anger! Box! You are boxing, boxing.

Hold! You should have done it so strongly that this roof would have come off! Your elbow should have stretched down. This is *Agan Granthi*; this is a place of fire. If you do not know the art of equilibrium of your stomach, you have not lived; you have lived as junk, a stinking pot of junk. Stomach has an acid, which if you put iron in it, it will melt—that much hydrochloric acid it produces! It's not a joke and nobody in the science of yoga has ever thought that the stomach is very sensitive. It is more sensitive than the brain. The entire body's creative sensitivity is in the stomach. It produces juices; it asks and directs. It is thought that the brain sends the signal, it is not true. Stomach sends the signal to the brain to coordinate the entire system. Stomach has its own identity and this was the most confusing thing because we always believe that the man's head governs the man and the heart supports the man.

Later on Rishi Tana found out that the brain and the heart are subject to the stomach. After that discovery, the entire science of maintaining health changed. Fasting or feasting, by the eleventh moon don't eat on full moon don't eat, don't do this, don't eat that, don't eat this combination with that combination. The whole science came out to be true because when you are emotional, you feel bad in your stomach. When you are angry you feel bad in your stomach. Anything with this is because this *Agan Granthi*, this is where your life and fire is! But what you are doing now is very funny and I see you starting, already, after a minute or so, giving up, because the elbow, from here to here [elbow to shoulder] controls the what?

Students: Stomach.

Yogi Bhajan: Stomach. This is stomach and what did I say? Put your hands like this and I said what? Navel and the tip of the tongue. Now you are going to do it like this: you are going to pull your tongue out and create Har. (See Exercise 2) You are going to say it like this, right? Har,

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<sup>1</sup> Available as a DVD in the series Foundations, Volume Two.

Har—a different sound, see? Now look, keep it in the family; these secrets you wouldn't get by serving your whole life. Nobody will teach you, nobody will share with you [these kriyas]. I am not going to live very long; I'm not going to live forever. That's why now I think you are right, you are available, so you should know these, with a promise that you will give it to coming generations, right? Tongue out! It works, but now you don't want to do it. Get mad! Mad, mad, mad! Very good.

(Chanting stops.)

Yogi Bhajan: Feel a little better? Now this other exercise is the worst of all, but after doing it you will understand how much we can do, you know? You see your hands, put them like this and move like this. (See Exercise 3) Hey! Mantra! Go mad, tongue out, out, out, out! Come on! Inhale.

(Chanting stops.)

Yogi Bhajan: Very good, you are right. You are right. Okay, you are done for the day. Sit in Baby Pose now, quick. Your hands behind you, relaxed, and sleep, sleep. (See Exercise 4) Put *Har, Har Mukanday* on. You don't have to do anything but chant that mantra in Baby Pose. Sleep, sleep, go to sleep, simply keep your tongue alive and the sound alive, and when the gong hits, after that try to space with it. From the navel, play it.

Rise up, with the tip of the tongue, with the tip of tongue stimulate—now. (See Exercise 5) Inhale deep.

(Music stops.)

Yogi Bhajan: Inhale deep. Totally inhale deep; hold the breath, let it go. Put your hands in the lap, relax, sit down, drop your head down, feel very tired. (See Exercise 6) Shoulder down, head down, feel very tired, as if you have traveled 300 miles. Absolutely feel sad, tired and gone. (*The Only Education that I Want* is played.) Put your head down, your hands together, your shoulders down, everything totally relaxed. Feel very sad, super sad, bring all the sadness out.

(Music stops. *Chattr Chakkr Varti* begins.)

Yogi Bhajan: Please sing with it.

Sit right, now. (See Exercise 7) Glorify yourself, glorify yourself, magnify yourself, sanctify yourself, be radiant. In the projection of Maya, and the power, keep your mantra going. Louder and louder, doesn't matter what happens. All noises—inhale—all noises of the world will calm down, the journey of the soul will continue. All noises of the world will calm down, the journey of the soul will continue. You are not this body; you are not this mind. They are the servant, you are the soul. You are the sole proprietor of your soul. Soul, by virtue of its own strength, will continue. The journey is for the soul, not for you. This is the journey of the soul, not yours. Exhale, inhale again. The *pranas* are given just to give you the sensitivity. It's the journey of the soul. The soul could have traveled without the *prana*, without the body, without the mind. Mind and body and *prana*, everything around the soul is built to give it sensitivity. It is the journey of the soul, not yours.

This journey will continue until it is merged in the Infinite soul—that's the sole purpose of life, of *avagavan*, coming and going. It is not you, it was never you, it was never meant for you. Soul

wanted to go through the experience. Help the soul to go through the experience. The soul will love it, it will be grateful, it will be redeemed, it will be enjoyable. Ignore the soul and get into the senses? The journey will continue, but the purpose will be defeated. Exhale, inhale again. Hold. *Chattr chakkr varti*, this cycle, the entire cycle, all of life, all this dance of the atom is *chattr chakkr varti*. It is the dance of the soul. It's always with you, from *abhangang* to *bibhootay*; so it was, is and ever will be. Give this soul a chance to complete the journey in peace and tranquility. The soul is hitchhiking in this body, don't be rude to it. Let it [the breath] go. Inhale deep, hold the breath of life and understand: the body is not the soul, mind is not the soul. The soul's purpose is to hitchhike through this body and go through the canyons and mountains and the storm and the pleasantness of everything, but still make it home. Help it to make it home, its real home. You may go to the best restaurant but you cannot rest there for life. You have got to get out, pay the bill. Let it [the breath] go.

Students: May the long time sun shine upon you. All love surround you and the pure light within you, guide your way on.

Yogi Bhajan: Okay, good. Sat Nam. Thank you very much and repeat this for one week. You will not be the same person; you will be altogether different. The fear will go away. The stomach will be all right. Life will be wonderful—process is complete. It's on the tape. If you don't want to hear it and do it or remember it, you can put the tape on and go through the exercises. Plan it well, one week, until next Wednesday, right? Can you not spare half an hour every morning? On time? That's all it needs. It will take away fear from your personality. Sadness and fear will fly away. Sat Nam.