



The Teachings of Yogi Bhajan

Harbhajan Singh Khalsa

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The power of the word is the most wonderful power given by the Creator to all human beings. It is a power with which we make relationships and with which we break relationships. It is the most effective tool to check, create, and change the individual state of consciousness. In this book there are words that have a perfect combination of sound and rhythm to open up the areas of the subconscious mind and to give the reader the energy to bring peace and comfort to the self. It will take a reader nine to eleven pages of reading aloud, using very consciously the tongue in pronunciation to rotate and touch the meridian points of the upper palate to achieve the total effect. As the Mahan Tantric and as Master of Kundalini Yoga, Yogi Bhajan has the knowledge to make people healthy, happy, and holy. This book has been published to make people happy in moments of sadness and to lift their spirits in times of depression. It is a tool to be used to clean out the subconscious realm to affect the negative force and to replace it with thought waves of positive frequency. Within the pages of this book lies a powerful formula that will change the state of mind, eliminating interlocked neuroses, and bring higher values to the individual as well as increased powers of concentration and the strength to work longer hours.

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