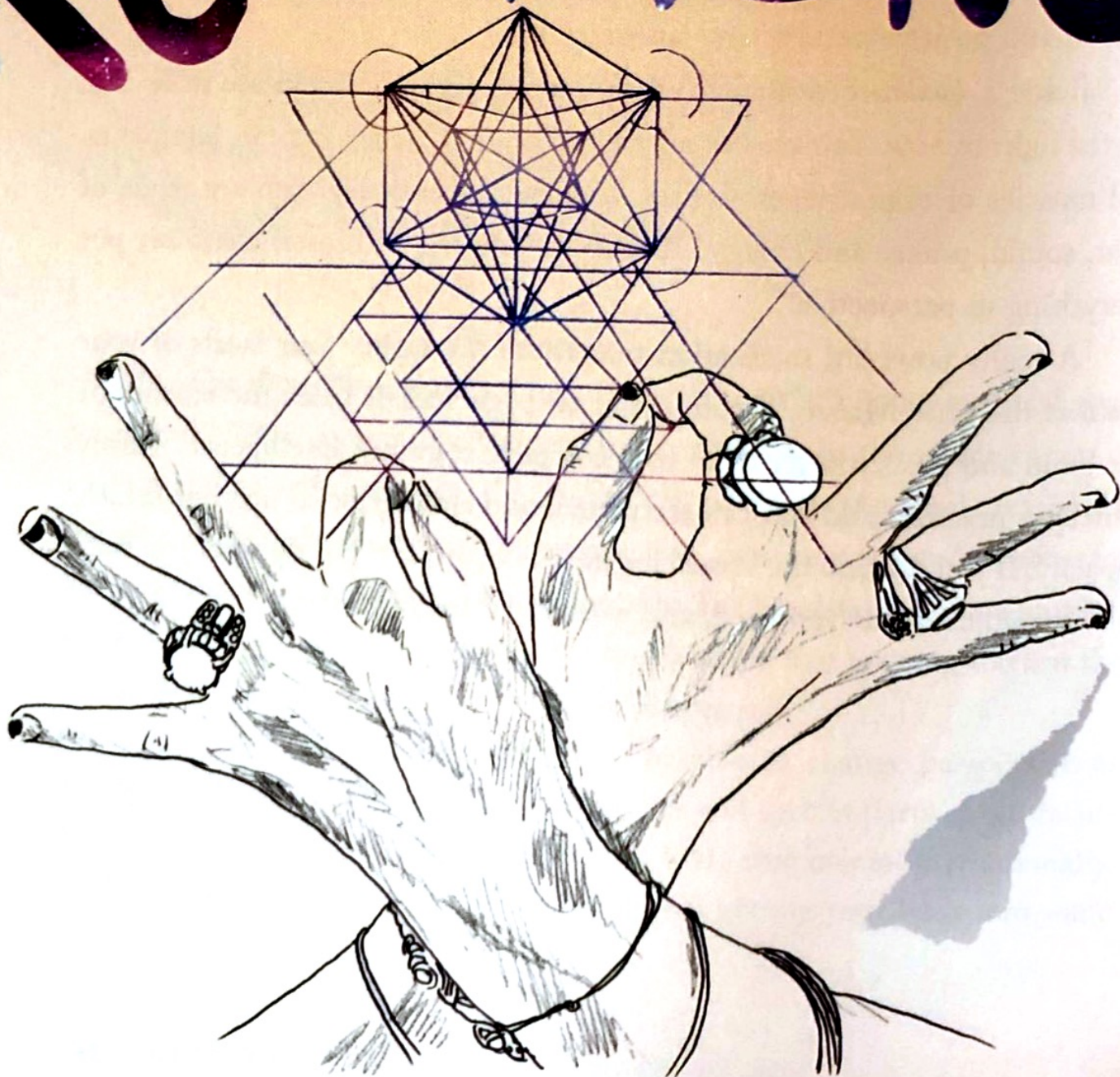


Sweet RELATIONS



Relationship is truly the greatest yoga. Yoga means the union of opposites or mastery of polarity. And a good relationship should be an expression of that in all of its aspects. It is also the greatest yoga because it tends to be the most *confrontational* yoga; it offers you the greatest and most intense possibilities for evolution and personal transformation at a rapid pace. Because relationships of any kind are microcosmic and macrocosmic simultaneously, they are one of the biggest pieces to a satisfying life.

But in today's new age of virtual realities, instantaneously deleted communications, social media gratification as a toxic mimic of intimacy, and dating apps, there's now a wider spectrum of what relationship looks like. From casual dating and serious courtships, to life-long marriages and conscious uncoupling, there's room for all kinds of relational experiences, which makes it more difficult to get the most out of our relationships, whether they last twenty-four hours or twenty-five years. Because what's possible in relationships today is constantly changing, we need the skills to handle the

multilayered complexities of the new relational playing field. Mastering the tools necessary to get the most out of any relationship is one of the most valuable investments you can make. And I'll give you one hint—the way you get the most out of any relational experience is about giving what you want to receive.

These yogic relational agility tools give you the ability to relate consciously and pleurably across the entire range of the relational spectrum, which can add excitement and authenticity to any relationship, regardless of its length or intensity.

WOMEN DATING

Most women want to be in some sort of a relationship. It's our nature. Women are wired for relating, community, and family, so when you're not in an intimate relationship, most likely you're on some level looking for one. And that usually means some version of dating or socializing.

Conscious dating requires you to activate and use your *innate sensitivity*. Whenever you meet someone, as a woman you have a native intuitive wisdom about how that interaction will play out. If you listen to your intuition and train yourself to do so more and more, you can save yourself a lot of time and heartbreak, or at least you can consciously experience something in relationship rather than feel victim to it.

Your intuition works fast, anywhere from three to nine seconds. So you know within *three seconds* of the beginning of your date—or, actually, within three seconds of *seeing him or her on screen*—what that date is going to tend to be like or at least if it's worth your time to figure it out. You know if the date is going to be interesting, fun, sexy, boring, okay, or whatever. Intuitively you can know exactly what it's going to be like. The human sensitivity level is getting quantumly more active. Back in the day, even five years ago, you might not have had this faculty or didn't know how to get in touch with it, but there

also wasn't the velocity of a computerized age to contend with. And with this sensitivity, you can make a decision about spending time and energy going out with this person or not.

YOGIC ENERGY EQUATION

$$X \text{ Amount of Energy} + X \text{ Amount of Time} = \text{Your Day / Life}$$

What I will say here is that this is *not* a question of morality or being judgmental. The binary device of the mind is always judging—that's part of its faculties. So it's a real New Age poison to think that you can stop that inherent mechanism from running the information through a bifurcating, binary, black-and-white, program. Once that is done, which again happens within seconds, then there is the more qualitative discernment of intuition, which we are taught *not* to listen to from a very young age.

That being said, even if you feel or intuit that this may not be the guy or gal for you in the long run, or that something is happening that may not be your highest spiritual blah blah, that doesn't mean you don't choose to experience whatever it is. This skill and faculty isn't about not having fun or experimenting with whatever you need or really just want to experience. However, the more you are conscious of your intuition, the more likely you are to find clarity while cutting through your own patterns of self-deception, which leads to a more fulfilling and honest experience, relationship, or date.

If you are having trouble activating your innate sensitivity, a good way to tap into it is to begin to train yourself to follow the intuitive voice and stop second-guessing yourself. Start doing it with something more practical like how to dress yourself in the morning or how to find your way somewhere following innate sense of direction. Second-guessing yourself is one of the fastest ways to cut your connection to your intuition. Your intuition can always be refined, but you first need to develop a relationship with it. So start by training yourself to listen to at least the first impulse.

First thought, best thought. It's actually a powerfully deep teaching. You're not just training your mind for the first thought, but you are training your whole mind-body system for the first complete thought that creates clarity and a deeper "breath" in you—physically, emotionally, or mentally.

Now, these are very simplified ways of starting to connect with complex processes of intuitive power in your system. And there are a lot of other factors to determine and cultivate your intuition. Another way to connect is to ask yourself the question and then sit for a couple of minutes focusing on *Sat* on the inhale and *Nam* on the exhale. This is a good way to clear the mind's layers of clutter that are addicted to patterns that may not be serving your highest good.

Other yogi tricks to increasing intuition are really focusing the eyes at the brow point during any yoga exercise, meditation, or pranayama—unless the instructor or directions specifically tell you otherwise. When you focus at the brow point, the cross of the ocular nerve stimulates the pituitary gland. Your intuition and the power of your sixth chakra—the *Ajna*—are based on the amount and rhythm of the secretions of your pituitary gland. As you breathe slowly and open up your sixth chakra, you will develop a more subtle awareness of your intuition.

Try sitting for a moment after a strong breath practice and sense the energy circulating and gathering around you. After a really powerful breath exercise, your cells are clean and activated. They are awake and sensitive and can read the energy field with striking precision. Sitting for a minute after a pranayama or meditative practice will help to develop this connection and intelligence. This quiet moment can find you in the middle of a tough decision and help direct the right action. When I practice this personally, I just go in the direction of the highest amount of energy, which is pretty obvious in many ways when you train yourself daily to pay attention.

DATING SPECTRUM

If every date you go on leaves you feeling dissatisfied, it's time to look at the lowest common denominator of those dates. You. If you are looking for a partner and you continuously find partners who are similar in some ways but *not* in the way that you want, look at the projection that you are putting out there.

Relationships and dating can be subtle. Men (and women) respond to *energy flows*, oftentimes without even knowing it. If you keep encountering people you consider to be slimy or who don't treat you the way you want, you are in some way broadcasting old subconscious baggage or self-fulfilling prophecy that is attracting them. This is not about you feeling bad about yourself or using it to reinforce your self-loathing. Simply consider it a point of reference to get honest with yourself.

On the flip side of the coin, a date of a really high caliber, or simply with someone who's a lot of fun, will respond to the kind of *radiance* you project outwardly to them. Not just a physical radiance but an energetic radiance.

It's important to really take note that men are *not* attracted to the size of your jeans only. That's complete propaganda designed to disempower you. Quality men are attracted to *energy*. So if you are in a space of openness—if your heart is open, if your breath is open, if your subtleness is open, and if you are broadcasting radiance—you are going to start to become *very* attractive to the kind of men you most likely want to be spending time with.

When you begin to practice any of these techniques, one of the more amazing things that happens is that you clean and clear your aura, which is the energy house you live your life in, and therefore you naturally will start to radiate more. These practices also affect your arcline, which is best shown in Renaissance art as the angelic halo above people's heads. This is actually a phenomenon of your more subtle self. I cover more about arclines in the next chapter, "Sex Is Science," but in the meantime, here is a really powerful practice for increasing your radiance.



CROSS-HEARTED KIRTAN KRIYA

POSTURE: Sit in easy pose. Cross your wrists in front of your heart. The palms are facing the body and also slightly up.

EYES: Focus your eyes on the tip of your nose.

BREATH AND MANTRA: Breathe normally. Out loud, say each syllable of the mantra *Sa-Ta-Na-Ma* as you alternate touching each finger to the thumb. So on *Sa*, you touch the tip of your index finger to your thumb. On *Ta* you touch your middle finger with

your thumb. On *Na* you touch your ring finger. On *Ma*, the pinky finger. Do it monotone or check out the melody on RA MA TV.

TIME: 3 to 11 minutes

TO END: Inhale, exhale, and relax.

LOOKING TO GET SERIOUS

If you're in the market for deeper partnership, there are a few dating tools that will help you develop the connection you want.

At an unconscious, biological level, men are looking and yearning for devotion and support for their purpose on the planet from the woman they choose to spend time with. This is an energy that so many modern women are either devoid of or refuse to embody on some level. *Devotion* in the post-feminist age has a bad connotation. It's been misunderstood that it means giving up your personal power in some way. And while the concept of devotion *does* mean service, it *does not* mean servant. Devotion means you come with a level of self-confidence, self-containment, and self-reliance that allows you to support your love's purpose or mission. That's true devotion. And if you can begin to practice that, you will start to attract someone of a high caliber, one worthy of your devotion, exactly the kind of person you're looking for, and exactly the kind of human you deserve if you're practicing giving in this way. What *caliber* really means is that you attract a love who is reliable, steady, deep, wise, and ready.

We want to go into a potential relationship with openness and experimentation and for some kind of exchange or experience that isn't just transactional. But the "what have you done for me lately?" consciousness is very programmed into the way we function in relating.

When you start fixating on a specific type of person, which is normally what we are doing when we go after first-impression physical attraction—automatically a transactional relationship is created. Either consciously or unconsciously, you think that type is going to do something for you—raise you socially, give you a certain kind of life, be great in bed . . . whatever. Standards are healthy, but many of our concepts around attraction, what attracts us initially and what keeps us attracted, are transactional. When relationship becomes primarily transactional, then it always fails. *But* if it is resurrectory,

meaning open and fresh and looking to revitalize and rejuvenate each other, discover something new together, creating love and curiosity between each other, then it will always win!

If your caliber is trans-act-ory . . . you will meet failure after failure, after failure, after failure. And if your caliber is resurrectory . . . you shall succeed, and you shall succeed, and you shall succeed, and you shall succeed, or you can be in between, you understand?

—YOGI BHAJAN

Since all relationships are a dance of polarity, even in same-sex relationships, these archetypal tendencies and energies run through each partner. In order to keep things hot, alive, electric, and working, both people have to acknowledge their respective opposites and recognize how these opposites work to create the good tension and healthy friction in relating. There's some strange post-feminist notion that we are looking for a mate that is like us in some ways, and I can tell you that the more a partner is *not* like you, the more possibility there is for sustained chemistry, which is always the long-term relationship quandary.

Now, you can actually work to polarize a relationship after there've been too many same-same activities—grocery shopping, movie watching, parenting, etc. These functionary or mindless activities are important and can also be made hot, but mostly they don't create attraction.

It's also important to note that often you are most attracted to people who hold some sort of magnetic pattern that is *not* good for you particularly. This

subconscious recognition is often experienced as heavy physical attraction.

Our first impressions are frequently related to our parents and subconscious stuff, rather than what's going to move us or what's going to change us. Now, whether you want to take that on or not is your choice. But I think what it highlights is that what we're attracted to at first sight isn't really what's going to take us to the transformation that relationship holds the potential for.

A way to know if you've found a solid, reliable partner is to look at the quality of his stance, particularly his legs. Yogi Bhanjan always recommended that women discern the viability of their partners by looking at them from the feet to legs up.

How do they stand? It's not about how great looking their legs are but about how exactly they position themselves in relationship to the earth. Are they floating? Are they rigid? Is there energy there at all? It seems simple, but this embodiment will tell you a lot about how the man shows up in all of his activities, relationships, and work. It's a bio-communication that broadcasts the energetic profile of his character.

See if you can, for yourself, perceive the archetype of a man just by decoding the body language. It's a metaphoric and intuitive practice. But through the practice you will start to bring more subtlety into your choicefulness and thus deeper satisfaction.

WOMEN IN RELATIONSHIPS

Now, when you get into the space of an actual relationship, or if you're currently in a relationship, one of the most important things you can do is look at the relationship like you look at other practices in your life such as exercise, eating well, or anything else that requires you to show up in a certain way.

When trouble's a-brewing, I hear a lot of women complaining about

their male partners and what is and isn't happening. He's this, he's that. He's lazy, he's an asshole, he didn't fix what you asked him to, and so on. The thing about this dynamic is—and I say this to women all the time—if you're having a problem in a relationship, you've got to look at *yourself*. Because a woman's intention and energy holds the *caliber* of the relationship.

Now, that doesn't mean you are or aren't the boss in the relationship. It simply means that you *hold the energetic level* for your partner to elevate and inspire into. If you are having a problem with your partner, look at what kind of energy you are putting out into the space of your relating. Is it elevating? Is it positive? On the surface, you could be hip enough to know not to complain or nag outwardly about or to your partner, but underneath the surface you could still be sabotaging the relationship with a nonverbal stream of expletives.

Most women are still detoxifying a lot of anger from an age of violence and adversarialism between the sexes. As we detox our own personal anger, we must recognize that our lingering anger, while directed at our partners consciously or subconsciously, often has nothing to do with them. Believe it or not, men want so badly to meet women where they are and even—*gasp*—to make them happy. It's a terribly unproductive belief that men are not evolving as fast as women are. They are trying as hard as they can, but it is up to women to hold open an elevated vision for them. Blaming men for lingering anger between the sexes keeps worthy men out of this space of actualization. And more important, out of your space. This belief is like a man repellant.

And if you are in a same-sex relationship, remember all of these concepts relate in one way or another, particularly ways to consciously work with power struggles and subconscious subterfuge in relationships.

There are many really good yogic ways to offset some of this anger in a relationship, ways that leave both you and your partner with a sense of release and relaxation, and a kind of cleansed energy.

The best way to work with a partner, especially a man, is to use *subtle*

signs. No one wants to feel antagonized by the human being who they expect, and deeply need, to be their best friend. We know that disagreements happen, as do lapses in communication, which can turn into arguments. But rather than give in to the hypnotic pattern of relational aggression, it is possible for us to work to the level of clarity and patience to work on a deeper and far more effective level. These are the yogic arts of true change and discourse.

SUBTLE SIGNS

Anytime you talk to your partner, *particularly* male partners, start by looking at the area of the forehead right between the eyebrows. Esoterically we call this the third eye, but it also is the location of the pituitary gland. If you pulse and project your message—a positive one, please—into the area of his pituitary gland, you will actually make *a lot* of progress in getting what you want! This is the space where your partner will truly receive your message and have the ability to metabolize and even act on it! This is such a sweet way to start creating depth in your communication. And it is an especially good technique if you want your partner to do something—like some kind of chore. This replaces nagging. And it isn't manipulation; it's more like subtle positive reinforcement.

Even if you are not face-to-face with your partner, you can beam over a message into their third eye. The incredible thing is, your partner will receive the message as if it were *their* idea. You are able to then insert your intuition and special feminine intuitive clarity into the decision-making or situation, and their ego stays intact. This is *healthy*! When your partner does pick up the message or the nuance, make sure you overtly exclaim that it is a good idea or you really like where they are going or taking you. This will help them make better decisions in the future.

You can even just pulse a mantra like *Victory* into the third eye to help your partner elevate their own consciousness, something you both want. You

may be surprised, if you pay attention, how much negative rhetoric you are thinking about your partner during the course of the day. So to turn around even just a bit of that into positive energetic reinforcement and good elevating thoughts will make an impact on him. Again—your partner *wants* to make you happy.

REAL RESPONSIBILITY

While women have to maintain the energetic caliber of the relationship, this doesn't mean men get a free pass. Without question, there are definitely situations that call for leaving a relationship.

Taking responsibility means we honor men and ourselves and know that when something is off, if there is bad air, *we* have the capacity to clear it on multiple levels. Men are much more simple and direct in how they look at the world. If they tell you they want an apple, they want an apple. If we say we want an apple, we may want an apple but . . . *Oh, I don't feel like an apple anymore. Are there oranges or bananas? Are they organic?* If you're in a relationship with a man, you're in a fairly simple situation. When it comes to relationships, men who are in relationship with women are the ones who have it much harder! But, as very complex beings, women have the capacity to maneuver the relational scene and do it gracefully and intelligently for the upliftment and health of all involved.

This relationship topic is vast and really could fill the pages of this whole book, but if you take one thing from this conversation, understand that as women, we directly create the future, literally, through our own bodies in childbirth. So when we are graceful and strong, compassionate and clear, we can *create* the energy of relationships that are hot, kind, and fulfilling to all parties involved.

If you are looking for a quick meditation for grace under fire—just say

to yourself, “I am bountiful, blissful, and beautiful.” Say it over and over until at least some small part of you believes it or remembers it. Doing this will strengthen the heart, clear insecurity, strengthen the clarity and projection of the mind, and generally support and allow for your true female essence to live and breathe.

MEN IN DATING

Through the maze of relational complexities, one thing that’s very certain is that men are totally different from women in how they operate in the realm of dating, loving, and relating.

Regardless of sexual orientation, the male and female bodies contain certain standpoints of biochemical behavioral and preferential attitudes toward the major themes of life. I am going to be talking a lot about predominantly heterosexual men in this section, but it’s important to understand that all relationships and attraction are about the laws of polarity, which exist beyond gender and sexual orientation.

I know you’re unique as a man. I don’t want to change you, and I’m not going to give you some female-driven advice on how to be more sensitive or do more yoga or meditation. What I am going to do is give you some tools to honor your nature and to navigate the relational experience more efficiently and intelligently.

Dating should be a place that allows experience and growth of more of your elementary self. I like and use the word *masculinity*, but it is such a tricky word, especially in the current discussion of gender identity and multi-layered sexual orientation. I live in Muscle Beach, and I’m certainly not talking about some caricature or concept of what being manly looks like. It also doesn’t mean the media’s or music industry’s creation of pimps or players. It’s not a *GQ* Man of the Year self-concept either. It has virtu-

ally nothing to with gender identification either. Masculinity means that as man if that's where you identify, you feel and therefore act strong, dependable, creative, and empowered—there's a connection to a deeper meaning of life and death than to shallow sense gratification, making money with no meaning, conquests of sex, and video games. It means you know how to breathe and how to be still in yourself during the course of a day—no matter what whirlwind is around you. Nothing is more masculine than being a deep force of consciousness in the face of life's ups and downs. This ability says to a woman or a more feminine-identified person that you can handle matters when the storm of energy and expression starts to rage and that you aren't going to change your direction because of the passing weather pattern.

And dating can be a place where you get to express that kind of consciousness in full. It's more *fun* that way. And part of enjoying dating and getting to feel a bigger sense of yourself as a man means having awareness, perspective, stability, and smart decision making. This all stems from your ability to breathe into your lower body, feel your legs, and find a center of gravity within yourself—preferably a couple of inches below the belly button, which will anchor you.

In the realm of modern dating, one thing men misunderstand is having sex with a woman and thinking she's not going to be attached. *Any* time you have sex with a woman and it's a somewhat enjoyable experience, that woman is going to become biochemically and energetically attached and connected to you . . . wait for it . . . forever. I know this may not seem true in the world of casual sex, but I'm telling you that it is. She may not know it herself, and—trust me—her feeling this way doesn't mean you have to marry her, but it's really, really important to know and understand that she feels this way. If you're having sex with men, this is different. It really only applies to woman-man sexual intercourse because a woman has certain parts of her energetic anatomy that are tuned for her receiving the information of your familial, lineal, and genetic codes in the case that you would become father to her child.

When you are kind, you like women, and want to respect them, or you simply just want to avoid drama, having sex with a woman you don't really want to have some kind of a relationship with, however casual, can create more harm than good. And it's important as an evolving man to have the wisdom to know which is when. Now, you can do *other* things on your one-night stand. But having penetrative sex with a woman is a 100 percent guaranteed way to trigger the attachment instinct in a woman or hurt her feelings because you as a man do not operate the same way biologically. We're trying to build a world of understanding between the sexes, and so more and more compassion for each other and the way we operate biochemically is necessary to bridge these gaps. And negotiating the dating scene in a deeper, more intelligent way does count and will make you stand out as a man of integrity.

In addition, having a deeper discernment and reverence around sexual engagement will accelerate the expansion of your consciousness. Yogi Bhanjan gave this teaching around the power of sex to amplify or degenerate intelligence and awareness in a vast and cosmic sense.

*Physical intercourse is called
"The Bridge of Seven Constructions." You
can elevate your physical, mental, and spiritual
body seven times over if it is an intercourse
of mind, body and soul—if it is sacred,
if it is worthwhile. Otherwise, it is
the dumbest thing to do.*

—YOGI BHANJAN

Essentially, if you understand the power of sex, and enter into a sexual engagement with intelligence and respect and a bit of yogic science, you can up-level your consciousness sevenfold. However, if that space is not available to you, a random sex act, no matter how satisfying and passionate, can actually downgrade your awareness. If you're at all interested in merging your mind into the yogic heights of cosmic oneness, how you approach physical intimacy is an important place of focus.

If you're just out there to date, have fun. Remember, the whole point of dating is in many ways to become a better man who will attract higher-and-higher-quality partners. Becoming a pickup artist is a toxic mimic of what it means to be a true evolutionary man. So you might get some social praise for it, and you might get some satisfaction for your ego, but the bedrock of your integrity as a man does not feel fulfilled. Fulfillment comes from a relay of energy and experience between two or more people, and this relay, when done with some artistry, can be utterly powerful and inspiring for your purpose and direction on the planet. This is where relating with women will start to be healing and productive rather than habitually destructive, draining, and distracting.

A basic Yogi Bhajan teaching is that a woman has three forms, only one of which most men have been conditioned to relate to in our society—the physical form. But as many men know, no matter how hot her physical form is and how fun sex with her was in the moment, there's always a price to pay when you relate only to that singular part of her. Whether she gets angry that you've ditched her after sex, or she gets insecure and starts crazy texting you, or you realize shortly after sex that you're done with her and you feel subconsciously guilty or not good about yourself—it's ultimately not fulfilling.

In order to get true fulfillment from any interaction with a woman, you must relate to her spiritual and mental forms as well as her physical form.

Being a man is so much more satisfying and integrated than what you've

*All three forms must support you.
If one form of the woman supports
you, it is no support at all.*



been sold by the media, music culture, and society. Your essence is touched by the deeply fulfilling dance of both the direction of purpose and the emptiness of nothing that you've been hunting and craving your whole life. Even though by nature men are seeders, they are also simultaneously providers, lovers, counselors, rocks, and so much more. By acknowledging the forms of woman, you also are acknowledging all the facets of yourself and, in the process, beginning to embody these facets. The more you are a total expression, the more deeply initiated you become as a man. This integration, depth, and strength gives you instantaneously more attractiveness inside and out, no matter what your physical form.

If you're interested in a relationship, know this about yourself. Most men find relationships soothing in many ways, and some men even have a *craving* for commitment, as it brings them closer to themselves as focused, creative, living potential manifesters. Being in a committed relationship helps men experience strength, focus, and goodness. When you're dating with the intention of finding a partner, look for a woman who can really see you and support your purpose. There are a lot of beautiful women out there who are so shallow, they will ultimately waste your time and distract you from your path. Seek women who have the ability to reflect you and be a true inspiration, intuitive guide, and companion on your journey.

When you do meet someone like this, woo her by making her feel safe. She is looking for your *leadership*—physically, emotionally, and spiritually. She wants your decisiveness, direction, and true desire.

Leader is the most intelligent person. She doesn't care for your intellectual raps, she doesn't care for your ego flairs, she doesn't care for a lot of things. A leader is a very sacrificial, highly calculated, most sophisticated human behavior in relationship to a woman. And that is expected of every woman: to demand a man who can lead her, who can stimulate her.

—YOGI BHAJAN—

She also is attracted to your integrity, which is just another way of saying your ability to find, make, and stick to your own attunement of truth! Your integrity shows when you are integrated and relaxed in the face of danger, change, or challenge. She'll be so attracted to you as a man when you are genuine, comfortable, and direct. Women always ultimately know when men are acting outside of their own integrity, and it's one of the biggest turnoffs. They will quickly begin to disrespect you and act subversively and passive-aggressively in response to this subtle misalignment.

MEN IN RELATIONSHIPS

As I wrote above, relationship is the greatest yoga. And commitment for a man is both a highly powerful spiritual exercise, one that will develop you as a true warrior, and a very difficult biochemical exercise because it is coded in your genetics to not particularly be monogamous. In many ways committed relationship goes against a hardwired part of a man's nature (the animal part), which is important for women to understand and have compassion for. There is a spectrum of realities in current relationship possibilities, meaning many

people are experimenting with more-honest relationships that may or may not include monogamy. Relationships are changing more rapidly than ever before, and for both men and women, consciously discussing our limbic system programs, what brings us more joy, what works in the parameters of a particular relationship, are all worthwhile subjects to explore.

As the honesty, intimacy, and connection grow deeper, relationship starts to have the power to transform and bring both parties into a higher form of themselves. This is when the yoga, the practice, really gets juicy and rewarding. The opposite of that is when relationship brings out the worst in both partners, which can happen as well. Each person in a relationship is subconsciously trying to have a bigger experience of something, and usually it's not the best of each other. However you can *train* yourself to experience the best things about your lover and relationship then becomes fertile ground for your human and spiritual development as a man.

One thing to note is that a woman is always testing you. *Always*. Women, for better or for worse, need to make sure everything is safe. She doesn't believe that everything's fine because of her innately primal and active mind that is wired to see all the worst things that could happen in any scenario in order to protect the "home and children." So she is going to test you to make sure everything is secure. Be aware of these tests and keep steady. This requires some connection to your breath and also that which will never end. It's a deep spiritual practice to keep grounded when you are being tested by the ever-changing moon like feminine aspect of anyone's psyche—these feminine tests actually show up in all genders. It's just nature testing man—it's that primal.

*If a woman doesn't fluctuate, she's male.
They fluctuate. Let them fluctuate.
A stable woman is very boring.*

STROKE BREATH FOR STABILITY

POSTURE: Sit in easy pose. Bring the hands to heart level with the left palm facing down and the right palm facing up. The hands should be directly in front of the heart center, palms facing each other, with about four inches of space between the hands. It should be as though you are holding a softball in front of the heart.

EYES: Focus the eyes on the tip of the nose.

BREATH: Inhale through the nose in eight equal strokes. Exhale through the mouth in eight equal strokes. Make the breath pattern continuous—i.e., don't take breaks in between the inhale and exhale cycles. Use the mantra *Sa-Ta-Na-Ma* to measure the count.

TIME: 11 minutes

TO END: Inhale and hold the breath for thirty seconds. Exhale slowly through the nose. Relax.

Women naturally cycle their moods and their conscious psyches every two and a half days. In the media, this is characterized often as a woman's moodiness, but as a conscious man, you can relate to the cycles differently. It's not that she's moody—it's that her psyche is naturally in flux. So it's why one night she wants to just be mellow and watch movies, and then the next day she's a sex maniac, and then two days after that she wants to go to church, and then two days after that she's burning Bibles. I'm exaggerating here, but the point is, it's not menstrual, it's not hormonal, it's not something that can be regularized. It's just a woman's natural way. She is

a powerful weather pattern that *changes*. And your challenge is to learn to be *steady*.

She's going to have a whole spectrum of experiences, thoughts, and emotions. Just be steady. She might get mad, throw a temper tantrum, or have a total meltdown. Just be steady. Yogi Bhanjan said never to engage a woman in her negativity. So this kind of balance requires an unparalleled level of nervous system strength and mental neutrality. You can learn through some of the techniques in this book, especially anything that deepens your breath, to be able to stand strong, relaxed, and calm in the eye of the storm. However, Yogi Bhanjan left the Stroke Breath for Stability on page 190 as a practice especially for men to create nerves of steel.

Now, this doesn't mean you don't get to have your own emotions or your own ups and downs. But it does mean that you don't fall into the trap of hers. She might be picking a fight. Just be steady. This is going to eventually calm her and return you both to relational bliss.

In addition, always trust a woman's intuition. Over the course of history, we've been programmed to think women are crazy or fragile minded and not worth listening to. Yogi Bhanjan taught that bioenergetically women are sixteen times more [fill in the blank] than men—positive and negative. This means that women are sixteen times more neurotic, but it *also* means that women are sixteen times more data sensitive, sixteen times more intelligent about what to do with that data, and sixteen times more effective when taking action. So just *listen*. The smartest men in the world listen to a woman's intuition.

Whatever you do, do not add to a woman's insecurity, because it will make you miserable. An insecure woman is a terror to be with. She then will not be able to relate to your masculinity in a way that's enjoyable for you, and because you have enlarged her insecurity, she will make your life much less enjoyable to say the least. So don't undermine your woman. Do your best to support her and *praise* her.

In the joy of your life, if you really want to enjoy your living, you must get the spring of life, the nectar of life, from the projections of a woman.



If her projection is strong, self-loving, and stable, you will reap the benefit of this in your life. She will be able to support and nourish your purpose, and ultimately, this is one of the reasons you would be attracted to going deeper into a committed relationship with her. If she projects your greatness and holds that vision of you, her support and prayer is very powerful.

We're entering a new time when women are expected to be professional, hot, *and* feminine throughout the course of a day, not even mentioning motherhood or all the other roles that are required. They are running all manner of society—from companies to nation-states. Kicking butt and taking names. At the same time, they are moms, wives, cooks for their families, and neighborhood leaders. Sometimes men in relationship with these women can think, *Does she even need me?*

Every woman needs to feel feminine, to feel prized and loved. It doesn't matter if she's the next president of the United States or the best homemaker who ever lived. Above all, no matter how powerful your woman is, she wants to be cherished and protected. Do this for her, and so much treasure can grow between you. As a strong, independent woman myself, I can personally attest to the more outward, the more type A, the stronger your woman is—the more she *needs* your cherishing and allowing for her to relax into some experience of your inner stillness. She actually needs your depth, which requires some sort of meditative and contemplative practice to cultivate and maintain. These

aspects of yourself are some of the most important things you can give her, and doing so *does* require practice, deeper breath, embodiment, and a clear mind. All of the practices I've given in this book will do this, but my favorite for men is Sat Kriya in the next chapter. Do it three to sixty-two minutes a day for clear, calm, grounded, purposeful action.

When Yogi Bhanan was asked how to inspire women spiritually, he said one word: "Action." Often, when men get into the comfort of relationship, women feel like men lose their edge of action, and start to slowly disrespect them for that. It's a slow poison, but over the years it will become the beginning of the end if you don't continue to sharpen your tools, your depth of self-inquiry, if you don't keep your heart open, your body healthy, and your spiritual connection alive. I'm not talking religion here—I'm talking whatever your personal god is—nature, exercise, creativity, sports, meditation. Whatever brings you closer to yourself and the cycle of life and death.