



# Man to Man: The Men's Teachings Of Yogi Bhajan, PhD

*Yogi Bhajan*

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"Conquer the mind and you conquer the world." Guru Nanak

A fascinating look into human nature through the eyes of Yogi Bhajan, Master of Kundalini Yoga, *The Mind* details the different parts of the mind and how they work together to create the individual personality, with all its survival mechanisms, reactions, insights and intellect. Yogi Bhajan's teachings encourage you to befriend your mind, explore its inner workings, and make it your servant rather than your master.

Select from 42 different meditations, including several meditations for the Artist within you. Increase your sensitivity with the meditation: Judging Environments through the Senses. Clear your psyche with the meditation: Deep Memory of a Past Projection. Clear the blocks to success with the meditation: Pursuing the Cycle of Success. These meditations work with the different aspects of your mind and your personality to clear the way for greater insight and intuition, deeper connection to your creative identity, and ultimately success through excellence.

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