



## Eat When You Want to Eat!

Yogi Bhajan said to sleep when you're sleepy and eat when you're hungry. The trick of course is to learn to tune into our body and psyche to learn to tell the difference between what we need and what we're compensating for. Between what we need and what we're told we need. Between what we

need and what we're taught to want.

There are many important boxes to check when are trying to get a sense or our inner weather. The most important thing is to work on the emotional level because more than anything else, our emotions can cloud the clear blue sky of Self. The first step is to acknowledge what we're feeling, even if that feeling is out of phase with our best intentions. The second step is to decide what we want to do with that feeling. If we don't have a creative or constructive outlet then we should make an effort to transform it. There are many techniques in Kundalini Yoga to help us reverse the polarity of a negative emotion in just a few minutes.

This is what Yogi Bhajan had to say about being sensitive to our own sensitivity: "Look at this drama in the individual play. If the stomach did not have the capacity to give you hunger pains, no one would eat. When the juices come, then the urge to eat comes, and at that time you should eat. Instead we see it as 6:00, and we feel we have to eat. It doesn't matter if you are hungry or not. You eat because it is eating time. in reality there is no such thing as eating time. Anytime can be eating time. When you eat without the urge to eat, sleep without the urge to sleep, and so on, then you begin to do what is wanted by you, rather than what is needed by you. Actually, your itching soul was purified, given a human body , and sent to earth to enjoy, so that God could take a little rest. That is way and individual has to understand his Self. Understanding the Self means to stand under your own Self. And one who can stand under his Self, can stand under every self and then that person is known as a beloved of God, because God is in every self. This is the basic secret behind every happiness, and behind every joy that a person can experience."