

AQUARIAN TIMES

featuring Prosperity Paths



Connecting as ONE Global Family



“The Age of Aquarius shall come, and the world shall unite under our songs filled with these words of love, truth, service. Man will again be pure, piety shall rule, and forgiveness, compassion, and kindness will be the principle attributes of humans.”

— Yogi Bajan

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Do your world a bowl of good!

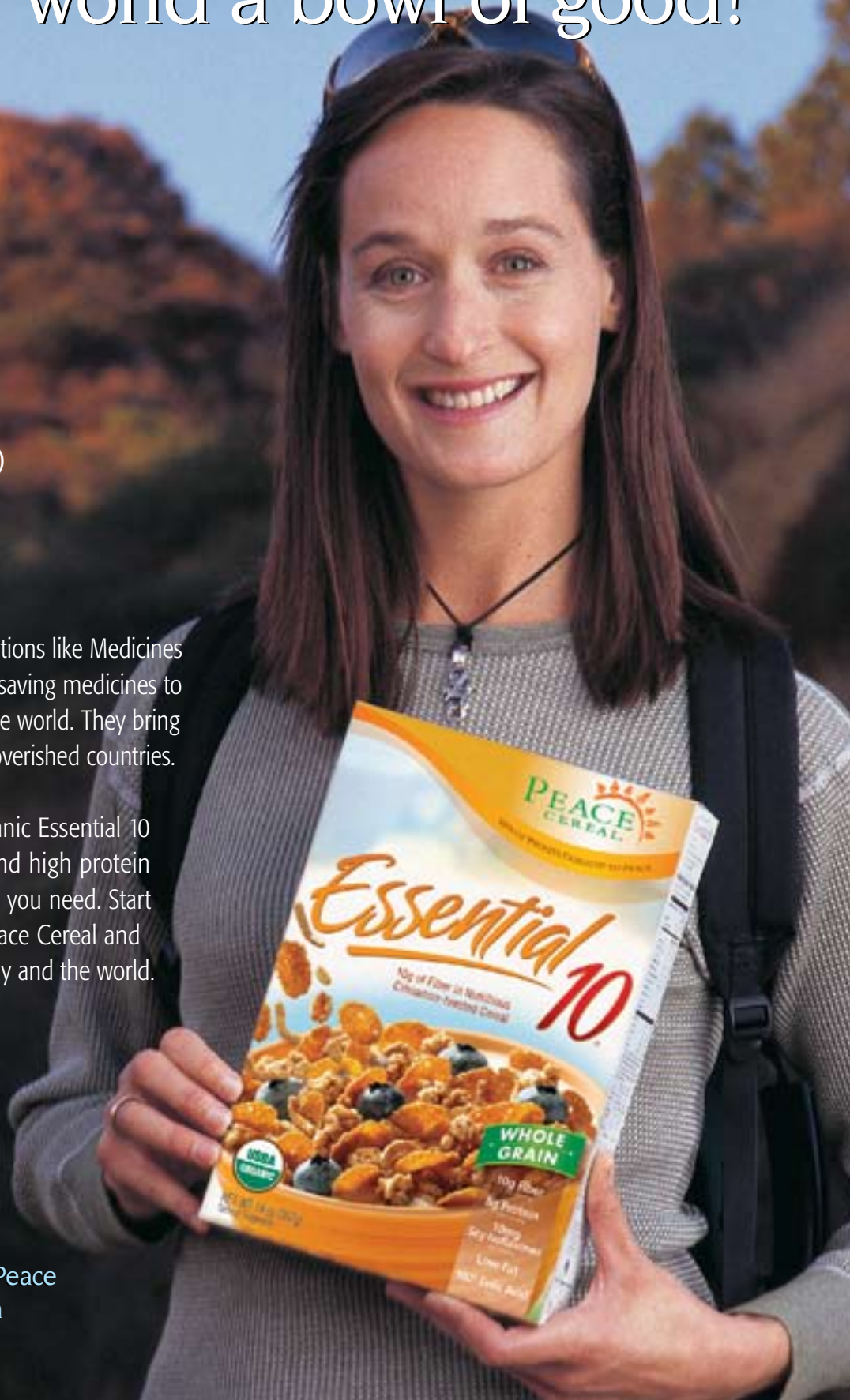
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2008 Meditation of the Year

From the Editor

What better way to begin 2008 than by celebrating our deep connection to each other. Throughout this issue you will learn how, through our events and practices, we are building a spiritual family that is living to serve humanity with compassion and love.

May this year be filled with inspiration, prosperity, and happiness for all!

Humbly yours,



Siri Ram Kaur Khalsa
Editor in Chief

From Your Perspective...

Sat Nam! I just wanted to tell you how much I loved the November/December issue. I read it from cover to cover. Very inspiring. I even wrote Nadh Singh in Ottawa to appreciate his article on Seva.

Satbachan Kaur Khalsa
Espanola, New Mexico

I want to thank you and the rest of the AT staff for the September 2007 issue on Relationships. The "highest yoga" also seems to be the hardest yoga. Thank you for the inspiration and heartfelt warmth of this recent issue of AT.

Prem Siri
San Leandro, California

I am sending a donation not only as a way of continuing with you and with all the Aquarian family who are all so kind and inspiring, but also with the hope that it will help other people receive the magazine. Please know that every word all of you have written has uplifted me and my friends in enormous ways and we all feel blessed for receiving the teachings.

Siri Atma Kaur
Argentina

Note from the Editor: AT/PP is available in PDF format on-line at www.aquariantimes.com

Cover Photo by Gurudarshan Kaur Khalsa

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3HO International – Celebrations and Camps

SUMMER SOLSTICE SADHANA CELEBRATION

Ram Das Puri, Española, NM
June 19 – 28, 2008

INTERNATIONAL PEACE PRAYER DAY

Ram Das Puri, Española, NM
June 21, 2008

WOMEN'S CAMP

Ram Das Puri, Española, NM
June 29 – July 7, 2008

KHALSA YOUTH CAMP

Ram Das Puri, Española, NM
June 30 – July 12, 2008

CONSCIOUS PREGNANCY TEACHER TRAINING

Espanola, NM
July 7 – 19, 2008

EUROPEAN YOGA FESTIVAL

Fondjouan, France
July 22 – 30, 2008

WINTER SOLSTICE SADHANA CELEBRATION

Lake Wales, FL
December 19 – 25, 2008

Please visit www.3HO.org for details

3HO IKYTA – International Kundalini Yoga Teacher Association

ANNUAL INTERNATIONAL TEACHERS CONFERENCE

Ram Das Puri, Española, NM
June 20, 2008

ANNUAL EUROPEAN TEACHER CONFERENCE

Fondjouan, France
July 31, 2008

Please visit www.kundaliniyoga.com for details

3HO International – Global Meditations

YOGI BHAJAN BIRTHDAY ANNIVERSARY

August 26, 2008

UNITED NATIONS INTERNATIONAL DAY OF PEACE

September 21, 2008

YOGI BHAJAN REMEMBRANCE DAY

October 6, 2008

GURU RAM DAS BIRTHDAY ANNIVERSARY

October 9, 2008

Please visit www.3HO.org for details

KRI – Kundalini Research Institute

INSTITUTE COURSE: HEALING THE WOUNDS OF LOVE

Española, NM
July 6 – 11, 2008

LEVEL ONE TEACHER TRAINING IMMERSION

Española, NM
August 2 – 28, 2008

Please visit www.kriteachings.org for details

Sikh Dharma

2008 BAISAKHI

Los Angeles, CA
April 6, 2008
coordinator@gururamdasashram.org, 1(310) 201-0954

INTERNATIONAL KHALSA COUNCIL

Espanola, NM
April 23 – 26, 2008
www.khalsacouncil.org

White Tantric Yoga

COURSES

Please visit www.whitetantricyoga.com for schedule

CALENDAR OF EVENTS

To list your event, workshop, tour, or concert information on the 3HO International website (www.3HO.org/yogaevents.html) or in the next issue of Aquarian Times, please send your information to atmas@3HO.org. The deadline for Aquarian Times August 2008 issue is April 4, 2008.

Coming Events

PAROS, GREECE

INTERNATIONAL WOMEN'S INTENSIVE FOR KUNDALINI YOGA TEACHERS

May 26 – June 1, 2008
www.simran.de

SINGAPORE

CAMP MIRI PIRI
May 28 – 31, 2008
ramdas_guru@yahoo.com

BOULDER, CO; SAN DIEGO, CA; SALT LAKE CITY, UT; HOUMA, LA

LEVEL ONE TEACHER TRAINING OUTREACH COURSES

www.kriteachings.org

VANCOUVER, B. C., CANADA

KHALSA MEN'S CAMP

Summer 2008
www.yogawest.ca

MILLIS, MA

WOMEN'S CAMP

July 2008
www.kundaliniyogane.com, www.3HO.org/women

PERUSSON, FRANCE

2008 GATKA CAMP

July 31 – August 9, 2008
www.nanakdevsingh.com, nkhalsa2@arcor.de

SOUTH FRANCE

TEACHERS FOR AQUARIUS CAMP

August 2 – 9, 2008
www.satya.singh.de

SINGAPORE

SELF AWARENESS YOUTH CAMP

Fall 2008
ramdas_guru@yahoo.com, gjkaur@gmail.com

MILLIS, MA

KUNDALINI YOGA FALL FESTIVAL

October 2008
www.kundaliniyogane.com

KLINT, GERMANY

SIKH DHARMA DAYS

December 27 – January 1, 2009
info@3HO.de, 49(40) 479-099

Visit www.3HO.org/yogaevents.html for more listings

Workshops

SAN FRANCISCO, CA

CONSCIOUS PREGNANCY TEACHER TRAINING

6 weekends, starting February 8, 2008
www.3HO.org/women

BROOKLYN, NY

GURU NANAK'S JAPJI SAHIB

Guru Ram Das Ashram
February 29 – March 2, 2008
sjsgrd@juno.com, 1(718) 369-6674

MILLIS, MA

GURU NANAK'S JAPJI SAHIB

March 8 – 10, 2008
holly@kundaliniyogane.com, 1(508) 376-4525

BALLINROBE, COUNTY MAYO, IRELAND

CONSCIOUS PREGNANCY TEACHER TRAINING
March 12 – 25, 2008
www.3HO.org/women

SYDNEY, AUSTRALIA

LEVEL ONE TEACHER TRAINING OUTREACH COURSE

March 15 – August 30, 2008
suraj@kundaliniwellbeing.com

SYDNEY, AUSTRALIA

CONSCIOUS PREGNANCY TEACHER TRAINING

April 7 – 20, 2008
suraj@kundaliniwellbeing.com

CRESTONE, CO

GURU NANAK'S JAPJI SAHIB

May 9 – 11, 2008
retuta@crestonehac.com, 1(719) 256-4036

TELE-COURSE

JOURNEY INTO THE HEART OF SIKH DHARMA

Sikh Dharma Minister's Training
September 2008
sunderkaur@watermakefire.com, 1(303) 325-5186

SOUTHALL, LONDON, UK

DUKH BHANJAN - END OF SUFFERING

A Naad Yoga Meditation Night
Gurdwara Sri Guru Singh Sabha
November 2008
info@rajacademy.org, 44(020) 8575-3888

Visit www.3HO.org/yogaevents.html for more listings

Yatras & Tours

INDIA

KHALSA LADIES' CAMP

SHABAD GURU INDIA YATRA

February 25 – March 9, 2008
www.yogawest.ca, grk@uniserve.com

HEMKUNT, INDIA

LIFE AND TEACHINGS OF GURU GOBIND SINGH

HEMKUNT YATRA

August 5-24, 2008
www.karamkriya.co.uk, info@karamkriya.co.uk

SRI HAZUR SAHIB, NANDED, INDIA

2008 SIKH DHARMA INTERNATIONAL INDIA YATRA

300th Anniversary of Siri Guru Granth Sahib Guru Gaddee

October 23 – November 4, 2008
sdcustomerservice@sikhdharm.org, 1(505) 367-1373

SOUTH AMERICA

THE 6TH LORD OF MIRACLES TOUR

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October 1 – 31, 2008

ramdaskhalsa@gmail.com

Visit www.3HO.org/yogaevents.html for more listings

Concerts

SNATAM KAUR CELEBRATE PEACE TOUR

East Coast USA, February – March 2008

West Coast USA, April – May 2008

Europe, Fall 2008

www.SpiritVoyage.com

KIRTAN TOUR WITH SAT KIRIN KAUR

England, August 2008

Germany, September 2008

satkirin@gmail.com

Visit www.3HO.org/yogaevents.html for more listings

IN MEMORIUM

It is with full hearts that we offer humble tributes to two dear members of our dharmic family who contributed so much to the spirit of our Dharma, and who passed away in December 2007



Sardar Singh Khalsa

Sardar Singh Khalsa left his physical body on December 2, 2007, in Oslo, Norway. He was a leader in the European Khalsa community and has always been known for his positivity, selflessness, and joyful disposition. For many years he was the Director of the European Yoga Festival, where he led with a kind heart, listening to people, and always being there when he was needed. He sang beautiful *Kirtan*,

represented the Sikh community in its relations with the Norwegian government, and was active in interfaith work.

Sardar Singh was also a wonderful father and family man. For many of us he and his family represented our ideal of a united, strong, and beautiful family. He loved and honored his wife, Seva Kaur, and his three daughters were his pride and joy.

He faced his illness for two and a half years with hope, courage, and humor. In his passing, he shared with all of

us a vision of how to die gracefully with light and love. We send our love and blessings to his wife, Seva Kaur, and his daughters, Guru Simrat Kaur, Guru Amrit Kaur, and Siri Dharma Kaur.

“Sardar, you are greatly missed. There will never be another Sardar Singh. You will live with us forever. Every Yoga Festival will be a tribute to your efforts and vision. You will be honored by your daughters’ achievements and by Seva Kaur’s example of love and commitment.

On the Ransabhai Kirtan¹ night I will look for you. I will find you, sitting as you always did, with your head bowed, quietly, discreetly. Your voice will be heard as a whisper, singing along with the kirtan. When the time of the *Ardas*² comes, you will stand with us. Your *Wabe Guru* will resound in our minds as a reminder of someone who lived life to the fullest, filled with devotion to God, and gave love to everyone wherever he went.

We will always love and miss you. Your friend,
Gurudass Singh”

1 All-night kirtan

2 Sikh prayer



Deva Singh Khalsa

Son of Hari Nam Simran Kaur and brother of Simran Singh, Deva Singh left his physical body on December 1, 2007, in Espanola, New Mexico. His was a bright, angelic presence. His passion was to inspire the youth of our Dharma to be healthy, happy, and holy through the teachings of Yogi Bhajan. Deva Singh always hoped that the communities around the world would come

together as a true family and support each other through group sadhana and the yogic lifestyle. It seemed that his wishes came true when so many people from so many plac-

es came together in the most gracious and beautiful way at his memorial service on December 4, 2007 in Espanola, New Mexico.

His beautiful smile, sense of humor, and infectious laughter inspired and filled all those around him with joy. His unconditional love for all people as children of God is an inspiration to expand our hearts. Remembrance of his effortless ability to acknowledge the beauty of all individuals will give us added strength to expand our own consciousness. And remembrance of his undying courage will remind us of God’s sustenance within us. Deva Singh’s humility set an example of how to live to become ten times greater than the Siri Singh Sahib (Yogi Bhajan).

Deva Singh, we love you. You forever live in our hearts. Thank you for bringing so much joy into our lives. Infinite love,
From your brothers and sisters in divine

WE BELONG TO EACH OTHER

Excerpts from Shakti Parwha Kaur's remarks on her 52nd birthday, Summer Solstice 1981

We are a whole culture, we are a new era, we are the pioneers of the Aquarian Age, and we are building a spiritual family

There was a time when I knew everyone in our 3HO family by name. Now when I see you, I have to say, "Please tell me your name." But whether you realize it or not, we are all very closely linked together as part of this divine family.

Yogi Bhajan is a builder of people, he is a Teacher of teachers. He is seeing a long way ahead. He is seeing what we can become. He is the sculptor and we are the raw material. We do not like the hacking and the chipping and the pounding, but what can come out of it is going to be beauty and grace. We can't expect it to not be painful. He wields that chisel with total love, with total compassion, with total impersonality. He has a universal love which is so vast that it can encompass each and every one of us equally.

It's a big ego trip to be depressed. It's a big ego trip to think you are no good. It is a big ego trip to think, "I can't live up to this or that," because if you can just get your ego out of the way, God can work with *anyone*. Each one of us is unique and special and valuable. And we are here on this planet among these billions of souls to do something. Here we all are today in this incredible Land of Enchantment¹ with the greatest spiritual teacher in the whole world. And all we have to do is just get our egos out of the way, open up our hearts, open up our ears, and actually follow his advice.

The most incredible caliber of people belong to 3HO. There is nothing like us anywhere. I realize that we are few in numbers compared to the billions of people on the planet, but do you realize what a tremendous impact we few are making,



and can make? We are a whole culture, we are a new era, we are the pioneers of the Aquarian Age, and we are building a spiritual family. And each one of you is vitally important to that; don't sell yourselves short, you wouldn't be here today if you weren't meant to be a part of this. Nothing happens by accident, everything is according to God's plan.

We are all very, very blessed to be here, we belong to each other. We have a lot of problems to work out, none of us has yet made it. So we have to accept ourselves as we are and yet try to improve. Don't feel bad about yourself, look to the divinity within but mainly just keep up, "If you keep up, you will be kept up." Yogi Bhajan

Shakti Parwha Kaur Khalsa was Yogi Bhajan's first student in the United States. He gave her the title Divine Mother of 3HO. She has been teaching Kundalini Yoga since 1969 and she produced the 3HO newsletter, *The Science of Keeping Up*, for over thirty years. She is the author of *Marriage on the Spiritual Path* and *Kundalini Yoga: The Flow of Eternal Power*.

¹ Land of Enchantment: New Mexico

TO WAKE OR NOT TO WAKE:

SUMMER SOLSTICE SADHANA IN NEW MEXICO

By Tommy Rosen (Bhagat Singh)

It is 2:45 a.m. during the week of Summer Solstice¹ in the mountains outside of Espanola, New Mexico, and I am awake in a tent watching my wife, Kia, sleep for a few moments longer. This is the third year that we have come to this powerful land to practice White Tantric Yoga² with well over a thousand people, Sikhs and non-Sikhs alike, from all over the world.

Any minute now, a man with a long, white beard, wearing a turban and playing a guitar, will walk every inch of this land repeating his early morning wake-up song, “Rise Up,” at the top of his lungs.

This wee-hour minstrel is Guru Singh, one of Yogi Bha-jan’s first students and a powerful teacher of Kundalini Yoga. It just so happens he is also a talented musician who sings with a kind of soulful infectiousness that ruins almost anyone’s chances of actually staying in bed. I’m so tired it hurts, but to roll back to sleep carries with it a feeling that I will miss something important. I know I have to get up.

¹ Annual Kundalini Yoga camp held in New Mexico by 3HO at the time of the summer solstice

² Meditation course for healing subconscious thought patterns and expanding awareness



Kia and I take the three-minute walk down to the Tantric shelter, an open-air structure where *sadhana* (morning practice) takes place. It would be pitch black if not for the incredible blanket of stars that extends from horizon to horizon in every direction. People walk silently in reverence to the sanctity of this special time of day known as the *Amrit Vela*, or ambrosial hours. I gawk awe-struck at the stars as if I've never seen them before. Something begins to happen.

We enter the shelter and sit down with our yoga mats, meditation pillows, sleeping bags, and shawls to wrap around us in the chill of the early morning. The space fills up quickly from 3:30-3:45 until there are about a thousand people. A light illuminates the stage where a man and woman sit and recite *Japji*,³ regarded by Sikhs as the most important of their daily prayers, and which begins morning *sadhana*. This twenty-minute long hymn is sung in *Gurmukhi*.⁴ I do not know what they are saying, nonetheless, the recitation is beautiful and there is a power to the tone of it. Simply put, it feels great to be seated upright on my meditation pillow next to Kia surrounded by a thousand people all meditating in the middle of

yoga set lasts an hour. I am feeling a hum through my body, slightly electric, quite lovely. I feel alive.

It is now time for the 'call of the day.' We chant *Ek Ong Kar, Sat Nam Siri, Wahe Guru*⁵ for seven minutes. The sky has left its purple pre-dawn glow and we are into oranges and yellows. The sun is not far below the horizon. With the completion of this chant, we come to the final part of our *sadhana*: a full-blown devotional concert!

A multi-piece band takes the stage and we spend the next fifty-five minutes singing six different chants. Today's instrumentation includes drums, tabla, guitars, harmonium, and the angelic voice of Niranjan Kaur. This is not some shabby band with second-rate chops. These folks are proficient musicians bringing the highest vibe imaginable to the Tantric shelter at 5:00 a.m.! The purity of it is disarming to the point where I just start laughing. Then I look over at my wife and notice the tears pouring down her cheeks. We are so blessed.

At 6:15 a.m. the final chant is completed. We are now in full daylight and the sun is on the rise. Kia and I gather our things and make our way back to our tent to prepare

This is a total departure from anything I grew up with in terms of culture, education, or spirituality. And yet here I am.

the night to ancient words I cannot understand. This is a total departure from anything I grew up with in terms of culture, education, or spirituality. And yet here I am.

When *Japji* is completed, the lights are dimmed as a teacher takes the stage to lead us through this day's Kundalini Yoga set. You never know what you are going to get in Kundalini Yoga. There are thousands of individual *Kriyas* (specific sequences of exercises), each with a unique purpose and rhythm. Today's *Kriya* is challenging both mentally and physically. I remember Yogi Bajan's words: "Keep up and you'll be kept up." Everyone is moving according to their body's abilities, some quickly, some slowly, some perhaps more awkwardly than others, but we are all keeping up. I feel deeply connected with everyone here.

Meanwhile outside, with each passing second, the world is perceptibly changing as the night transforms itself into day. I know this happens every twenty-four hours, but I never really make the time to observe it, certainly not like this. The

for the day. It seems as if there is a lot of time and space to do what this day will require of me. At every level of my being I feel calm.

Remembering back to the tent this morning, it dawns on me that I might have stayed in bed and missed this. I look to the sky and say, "Thank you."

(Courtesy of *Yogi Times Magazine* September issue 2007 yogitimes.com)

Tommy Rosen (Bhagat Singh) lives in Venice, California with his wife, Kia, a yoga teacher and filmmaker. Tommy produced The Eco Gift Expo, a holiday gift show for eco-conscious people at the Santa Monica Civic Auditorium, in December 2007 and will be expanding the concept to other cities in 2008. <http://www.ecogift.com>

Tommy and Kia are jointly producing a documentary on the life, legacy, and magic of Yogi Bajan called *In the Eyes of My Teacher*, which will be finished in July of 2008.

3 A prayer written by Guru Nanak which relates the conscious mind to the soul; one of the daily prayers of the Sikhs

4 A sacred language based on the transformative power of the sound current

5 Translation: One Creator created this Creation. Truth is His Name. Great beyond description is His Infinite Wisdom. For chanting instructions see p. 429 in *The Aquarian Teacher Level One Yoga Manual* available through www.kriteachings.org

MUDRA BECOMES ART

By Lynn H. Roberts



Fastened to bamboo slats, each image seems to hang in mid-air, subtly accompanied by its own floating MP3 Player on which Anette has recorded the mantra linked to the mudra.

Using all our senses to open our hearts and awaken our souls, Anette Uziel (Sada Simran Kaur) has created *Mudra: A Photographic and Sound Experience*, which was recently exhibited at the Bakehouse Art Complex in Miami, Florida.

With her 13 images of yogic *mudras* (hand positions) held at heart level, accompanied by written and audio *mantra* (repetition of sounds that activate specific energies), Anette allows one to enter the process as spectator or as participant. An elegant, vibrant exhibit, *Mudra: A Photographic and Sound Experience* has been brewing within Anette for about four years, since she first began practicing Kundalini Yoga. She has now been certified in multiple levels of Kundalini Yoga training.

Experiencing Anette's work is a celebration that is at once visual, kinesthetic, auditory, and olfactory. It is an amalgam of elements used to create the black and white images of *mudras* on rich art paper that lie on deep, lush purple colored raw silk. Fastened to bamboo slats, each image seems to hang in mid-air, subtly accompanied by its own floating MP3 Player on which Anette has recorded the *mantra* linked to the *mudra*. Background music flows alongside the wafting scent of burning incense. Each image embodies an intent, and the corresponding recording allows the spectator to savor the experience caught in hand movements and repetitive sounds that are thousands of years old. One can listen to the *mantra*

chanted with musical background while observing the image, or even participate by placing one's hands in the demonstrated *mudra*. It is a cellular experience.

Anette was inspired to create a heart opening collection when she volunteered to work with orphans in Mexico at the Refugio Infantil Santa Esperanza. As she comforted a sobbing child whose only toy had been taken away, she truly understood the meaning of opening our hearts, while holding the little girl whose tears flowed and chest heaved with sadness. She has merged that knowing with her skill as an artist, teacher, and practitioner of Kundalini Yoga. Ten percent of all proceeds from sales of this work will be donated to the Refugio orphanage.

At a time when our world is painfully torn, Anette's work helps us understand that we are all One and that it is by being committed, daring, and disciplined that we can open our hearts and share in the same beauty, the same light, the same peace.

Lynn H. Roberts is CEO of www.globotext.com and www.smintl.com, multi-language custom publishing, translation, and strategic planning ventures founded in 1990. The firms provide services to a wide range of multinational corporations, governments, not-for-profit and multilateral organizations.

Editor's Note: These mudras are part of an art exhibit. They are not presented here as Kundalini Yoga as taught by Yogi Bhajan.

KUNDALINI YOGA:

TERSHULA KRIYA “THUNDERBOLT OF SHIVA”



Terhula is the thunderbolt of Shiva (one of the Hindu Trinity of gods: Brahma, Vishnu, and Shiva). Shiva is the destroyer or regenerator. *Terhula kriya* can activate the self-healing process. This meditation balances the three *gunas*—the three qualities that permeate all creation: *rajas*, *tamas*, and *sattva*.¹ It brings the three nervous systems (sympathetic, parasympathetic, and autonomic) together. It is said that this meditation gives you the ability to heal at a distance, through your touch, or through your projection; that many psychological disorders or imbalances in the personality can be healed through practice of this *kriya*; and that it is helpful in getting rid of phobias, especially father phobia.

Posture: Sit in Easy Pose,² with a light *jalandhar bandh*.³

Eyes: The eyes are closed, looking at the back of the eyelids.

Mudra: Bring the elbows next to the ribs, forearms extended in front of you, with the hands in front of the heart, right over left, palms up. The hands are approximately 10 degrees higher than the elbows. There is no bend in the wrists. The arms from the fingertips to the elbows form a straight line. The thumbs are extended out to the sides of the hands, the fingertips and palms are slightly offset.

Mantra: Mentally chant the mantra:
Har⁴ Har Har Wahe Guru (Har Har Wha-Hay Gu-Roo)

Breath and Visualization: Inhale through the nostrils, pull back on the navel, and suspend the breath. Mentally chant the mantra for as long as you are able, while retaining the breath. While chanting, visualize your hands surrounded by white light. Exhale through the nostrils and visualize lightning shooting out from your fingertips. When you have completely exhaled, hold the breath out, pull *mulbandh*,⁵ and again mentally recite the mantra as long as you are able. Inhale deeply and continue.

Time: 31 – 62 minutes.

It is suggested that this meditation be done in a cool room, or at night when the temperature is cooler, since it directly stimulates the kundalini energy and generates a great deal of heat in the body.

² A comfortable cross-legged sitting position

³ Neck Lock; stretch the back of the neck gently straight by pulling the chin straight back and lifting the chest

⁴ The ‘a’ is as the ‘u’ in ‘up’ and the ‘r’ is rolled so it almost sounds like a ‘d’.

⁵ Root Lock, simultaneously contract the muscles of the rectum, sex organs, lower abdomen, and navel point

NUMEROLOGY FORECAST FOR 2008

By Nam Hari Kaur Khalsa

This is a very exciting and energized year affording us a renewed sense of spirit

Whoosh! Out goes the physical, mental, and emotional debris of 2007, creating space for new opportunities and relationships in the highly charged energy field of 2008. The calendar year of 2007 has been a time of intense clearing and cleansing on the planet. The overall number was nine ($2+7=9$), and nine represents completion. Whatever wasn't going to make it into the Aquarian Age has gotta go!

Now we stand on the cusp of 2008, and eight is the number of power, opportunity, and authority. This is additionally a super-magnetic time for relationships, so if you've been wondering when Mr. or Miss Wonderful is going to show up, take heart, your chances are good this year as eight marks auspicious meetings with people. Not only will the Love Boat be packed, new social and business alliances which have the capacity to go the distance, will be forming. This is a very exciting and energized year affording us a renewed sense of spirit.

All great plans of vision require sufficient energy to stay the course. From a yogic perspective, number eight is the "Pranic Body." Our life force and physical vitality are contained in the Pranic Body, which is directly linked to the breath. It is the storehouse of strength and reserve energy. We are fearless in good measure when the physical body is charged with prana. A strong Pranic Body helps to fuel our Radiant Body, which is the number ten ($2+8=10$). It is the Radiant Body that attracts our best opportunities. Whether your cup of tea is Kundalini Yoga, Hip-Hop dancing, or high Sierra hiking, keep the lungs breathing deeply and you will be victorious in ascending your spiritual mountain. Life is a polarity; so if you see one of your fellow travelers about to get caught up in the avalanche rather than the ascension, lend a hand by teaching them the 2008 Meditation of the Year.¹ You'll gain an extra good yogi point and the heavens will clear the way for your destiny.

The world of power is a tricky and intriguing terrain. We've all had the thought, "If I ran the show, things would be really different!" You're probably right on the "really different" part, but would the changes truly serve all those affected? This is the time to remember the number of the New Millennium, which is two (2000). Creative cooperation and harmony are the keynote themes of the number two. In the film classic *Mutiny on the Bounty*, we can see the archetypal struggle between the old-school regime of tyranny versus a more Aquarian inclusive spirit. This is an excellent example of what we will be facing throughout the world on many different levels. A "king of the mountain" attitude can find its way into life's little dramas. Our participation and prayers are crucial now as a trend is being set for the next three years. We'll have a second chance to catch up in 2011.

We can no longer afford to exhaust our natural resources with the reckless pioneering of the past. That was the energy of the number one, "My way or the highway." Two, the number of the New Millennium, invites and inspires us to work together towards a win-win solution. This is truly possible and it is only our fear which hinders and inhibits the infinite potential for health, wealth, and happiness for all.

Eight is the number of infinity, all are included. Let's not create a cause which shall have a negative effect and break the heart of another person. In the currently popular book, *Power vs Force*, author David Hawkins states, "The key to Joy is unconditional kindness to all life, including one's own, which we refer to as compassion. Without compassion, little of any significance is ever accomplished in human behavior. The patient can't be truly cured or fundamentally healed until he invokes the power of compassion, both for himself and others. At that point the healed may become the healer."

Nam Hari Kaur Khalsa can do a personal numerology reading for you in person or over the phone. Your questions on love, money, spiritual destiny, and opportunity cycles are answered. Call (310)202-8937 or email akara@cybermesa.com

¹ "Tattva Balance Beyond Stress & Duality," which can be found in *The Aquarian Teacher Level One Yoga Manual*, p. 406, and at www.positivemind.com

SUPER FOODS:

SEA VEGETABLES

By Deva Kaur Khalsa



Sea vegetables grow in the oceans, where they absorb 56 different minerals and trace elements. They provide ten times the mineral content of broccoli. *Kelp* contains more minerals than any other vegetable in the world. No other food contains more iodine, the mineral that helps your thyroid regulate metabolism and weight. Kelp also helps carry radioactive substances and heavy metals safely out of the body. *Hijiki*, in Japanese, translates as “bearer of wealth and beauty.” Ounce for ounce this sea vegetable has fourteen times more calcium than milk. It builds strong bones and also soothes the nerves. *Kombu* contains sitosterol, a chemical that helps prevent your digestive tract from absorbing cholesterol. [Excerpts from *Food as Medicine*, by Dr. Dharma Singh.]

Deva Kaur Khalsa has studied vegetarian cooking, raw living foods, Kundalini Yoga, and hypnotherapy since 1992. She helps to foster new habits in others by example and through her teaching, empowering them to take control of their lives. Contact her at deva@thecleanse.com, www.thecleanse.com, or (800) 563-3327.

Pad Thai

Vegetables:

2 zucchinis made into noodles with a spiral slicer or vegetable peeler
3 scallions
10 snow peas
1/2 cup mung bean sprouts
1 lime, juiced
1/2 tsp Celtic sea salt
1 Tbsp extra virgin olive oil

Sauce:

In a blender combine:
1 Tbsp hijiki seaweed soaked in enough water to cover. Soak 30 minutes or more.
1/2 cup almond butter
1 lime
4 cloves garlic, peeled
7 dates, pitted
1/2 cup extra virgin olive oil
1 jalapeño
1 1/2 Tbsp fresh ginger, shredded
1 – 2 Tbsp Tamari
1 cup water

Toppings:

1 cup almonds, chopped
1/2 cup cilantro
1/2 cup mung bean sprouts

Optional: 1 package of rice noodles, follow directions on package

Put the vegetables, lime juice, salt, and olive oil in a bowl and let marinate for 1 hour. Then place them on a platter with or without the rice noodles, and cover with 1 cup of sauce and toppings, or put the toppings and sauce on the side and let individuals serve themselves.

Yields 4 servings

Seaweed Salad with Ginger Sauce

1 package or 1 1/2 cups hijiki

2 cucumbers w/peel, cut long slivers
1 cup raw almonds
1/2 onion, chopped
1 carrot, shredded
Sprinkle of cayenne pepper and garlic powder
Soak almonds and seaweed 2 hours. Throw out soak water. Mix other ingredients together.

Ginger Sauce

1 Tbsp umeboshi plum vinegar
3 Tbsp olive oil
1 Tbsp honey
3 Tbsp Nama Shoyu or Bragg Aminos
2 inch piece of fresh ginger root, peeled and sliced
Blend. Mix in w/seaweed salad & serve.

Asian Chowder

2 onions or leeks
2 inches of fresh ginger chopped finely
1 tsp umeboshi vinegar
1 or 1/2 lemon, juiced to taste
1 stick kombu, broken in small pieces
1 tsp powdered kelp
6 cloves garlic
1 bunch scallions
1 cluster bok choy
2 inches daikon radish
3 cups water

Optional:

1 cup of pre-cooked soybeans
4 shitake mushrooms, soaked in hot water 30 minutes to 1 hour and chopped fine
Nori torn in small pieces and tossed in at the end of cooking

Boil ginger, onions, garlic, daikon, and seaweed in 1 cup water for 10 minutes. Add scallions and bok choy. Add 2 cups water. Low boil for 20–40 minutes. Add vinegar and lemon juice just before serving. Yields 4–6 servings.

THE EUROPEAN YOGA FESTIVAL IN FONDJOUAN, FRANCE

CONNECTING AND PRACTICING THE TEACHINGS AS ONE SPIRITUAL FAMILY

By Patwant Kaur (Deirdre Rhodes)

"It takes lifetimes to be where you are now...you are becoming Godlike through your sadhana."

Arriving at the Kundalini Yoga Festival just outside of Blois in the Loire Valley in France was like what I imagined entering Woodstock in 1969 must have been like. Only this time, in 2007, we refreshingly got high and expanded our consciousness just by using the ancient sacred and scientific technology of Kundalini Yoga and Meditation as taught by Yogi Bhajan.

I was squished in a taxi between beautiful Spanish and Dutch yogis. We met at the station in Blois and in true yogic spirit shared the ride in anticipation of the beckoning sacred ground. We ended up really connecting (in all three languages) and camped together for the entire festival, along with my friend and fellow Capetonian yogi, Jai Jagdeesh Kaur.

Everyone did karma yoga (selfless service), whether it was chopping vegetables, cooking food, or cleaning toilets. It was beautiful to observe everyone lovingly serving each other: a beautiful microcosm of how the world should operate.

Words from "The Aura of the Gong" workshop taught by Nanak Dev Singh from Berlin stay with me: "It takes lifetimes to be where you are now...you are doing such a huge *sadhana*¹...you are becoming Godlike through your sadhana." After this expanding gong experience he had all 1,400 of us stand up and dance to Bob Marley, moving the energy of our souls in celebration, liberation, and joy. We danced through laughter, through tears, through pain and beyond all our limiting boundaries, remembering with each breath the essence of who we truly are.

Three days of White Tantric Yoga (WTY) is something everyone should experience. What an honor and luxury to have all this time and sacred space to engage with and expand the soul. During WTY we all sit opposite a partner in specific energetic lines. Through these meditations we clear the subconscious mind, unlock blocks, and open deeply to our purpose and potential as spiritual beings. Sitting opposite someone and looking into his or her eyes for hours and days on end is an incredibly moving experience. I could feel us moving mountains as we sat still and surrendered all to the Infinite: breathing, crying, laughing, and experiencing our souls through it all.

A river of tears flowed while listening to Bibiji, Yogi Bhajan's wife, speak. My heart sang with songs of overwhelming blessings for my spiritual teacher, Yogi Bhajan, who brought these teachings from India to the West in 1969. He devoted his life to sharing the spiritual technology of Kundalini Yoga and Meditation. She spoke with such love and devotion about her husband, a man, a spiritual leader and master. Those of us who hadn't met him in the flesh really got a deep sense of his dedication, humility, and love. I truly felt like I had stepped into my spiritual family.

As a teacher of Kundalini Yoga in Cape Town, South Africa, I feel that having the experience and inspiration of our global community has really deepened my personal *sadhana* and life experience in a very special way. Words become small when needed to capture the immensity of life-changing experiences. "I am the light



Yogis in the forest during a break in the White Tantric Yoga course

of the soul. I am bountiful, I am beautiful, I am bliss, I am, I Am"² is a meditation that echoes in gentle whispers deep within me. Yogi Bhajan said, "Knowledge only becomes real wisdom when you experience it with your heart and being."

I feel richly blessed to have had this experience and to have connected with such beautiful beings. The theme for this year's festival was "The Light of the Soul." I felt that light beaming from every heart there.

Patwant Kaur is a Kundalini Yoga teacher in Cape Town, South Africa, as well as a Social History, Arts and Culture, and Drama educator. She writes plays and poetry, and is also a performer.

¹ Spiritual practice

² Song by Bibi Bani Kaur

2008 3HO CALENDAR

experience, renew, love

3HO Celebrations

Summer Solstice Sadhana Celebration

Ram Das Puri, Española, NM

June 19 - 28

International Peace Prayer Day

Ram Das Puri, Española, NM

June 21

Khalsa Youth Camp

Ram Das Puri, Española, NM

June 30 - July 12

Winter Solstice Sadhana Celebration

Lake Wales, FL

December 19 - 25

3HO Women

Conscious Pregnancy Specialty Teacher Training

San Francisco, CA

6 weekends, starting February 8

Ballinrobe, County Mayo, Ireland

March 12 - 25

Sydney, Australia

April 7 - 20

Espanola, NM

July 7 - 19

Women's Camp

Ram Das Puri, Española, NM

June 29 - July 7

3HO IKYTA

Annual Teachers Conference

Ram Das Puri, Española, NM

June 20

3HO Global Meditations

Yogi Bhajan Birthday Anniversary

August 26

United Nations International Day of Peace

September 21

Yogi Bhajan Remembrance Day

October 6

Guru Ram Das Birthday Anniversary

October 9



*"We are all together
in the consciousness of
the One Creator."*

Yogi Bhajan



3HO Foundation

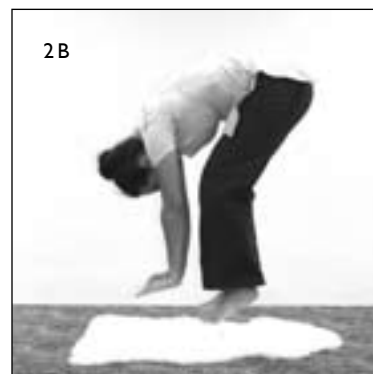
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KUNDALINI YOGA:

WORKING ON THE METABOLISM

Taught by Yogi Bhajan on February 5, 1986



Fruits are energizing and cleansing. They are used for their capacity to accumulate and store pranic energy for healing. The months of February and March are the period between the end of winter and the beginning of spring. During this time, it is good to eat "p" fruits (pear, peach, plum, papaya, pineapple, pomegranate, apricot, persimmon) and avoid eating other foods in the evening. According to yogic tradition, eating this way and doing this set every day will give you a good summer and good health—despite your age, your deficiencies, and all the wrongs you have done in the past.

You will need a "p" fruit for this set.

1. Sitting in Easy Pose,¹ begin moving the arms as if you are swimming (the crawl stroke). Move vigorously for 3 ½ minutes.

2. Come up onto all fours, supporting yourself on your feet and hands. Make the body jump, pushing off so that both your feet

and hands are off the ground at the same time. Continue for 6 1/2 minutes.

3. Come into Easy Pose and repeat the swimming motion of exercise one for 1 minute.

4. Lie down on your back and do Cat Stretch to the left and right. (Cross the right knee over the body, keeping the shoulders on the ground, then switch sides.) Move smoothly and continuously. Continue for 1 minute.

5. Come into Bow Pose. (Lie on your stomach, bend your knees, grasp your ankles, and lift your legs, torso, and head up off the ground.) Extend your tongue out. Rock on your stomach as you strongly inhale back and exhale forward through an open mouth. Continue for 3 minutes.

¹ A comfortable, cross-legged, sitting position; Sukhasana



When your metabolism starts goofing around, things go bad in spite of everything and it creates a lot of discouragement. We want to be totally new people, sweet and darling, with our metabolism perfectly working with us in smooth harmony. –Yogi Bhajan

6. Come back onto all fours, supporting yourself on your hands and feet. Begin running in place, moving all four limbs like a horse. Move your limbs alternately. This exercise brings sensual, sexual, and nervous system balance. Continue for 3 minutes.

7. Lie down on your back and come into Stretch Pose. (Raise your head and heels six inches off the ground, with your palms facing down, fingers together, and hands reaching towards your feet above the body.) You can support your lower back by placing your hands palms down under your hips if necessary. Do Breath of Fire² for 2 minutes. Then inhale, exhale, and relax.

8. Come into Baby Pose and nap. (Sitting on your heels, bring your forehead to the floor and your arms alongside

your body with palms facing up.) Continue for 5 minutes.

9. Lie down on your back and put your arms straight up at 90 degrees. Hold your piece of fruit in both hands. Relax the rest of your body. Sing along with *Mender of Hearts*³ by Singh Kaur. Your body will go through heavy changes during this. Stay relaxed and open up your heart. Continue for 8 minutes.

10. Slowly rise up into Easy Pose with your arms extended out in front of you, still holding your fruit. Keep your arms straight. Continue singing as you offer your fruit, asking the Unknown to bestow its healing energy. Concentrate on your prayer. Continue for 2 minutes.

11. Eat your fruit.

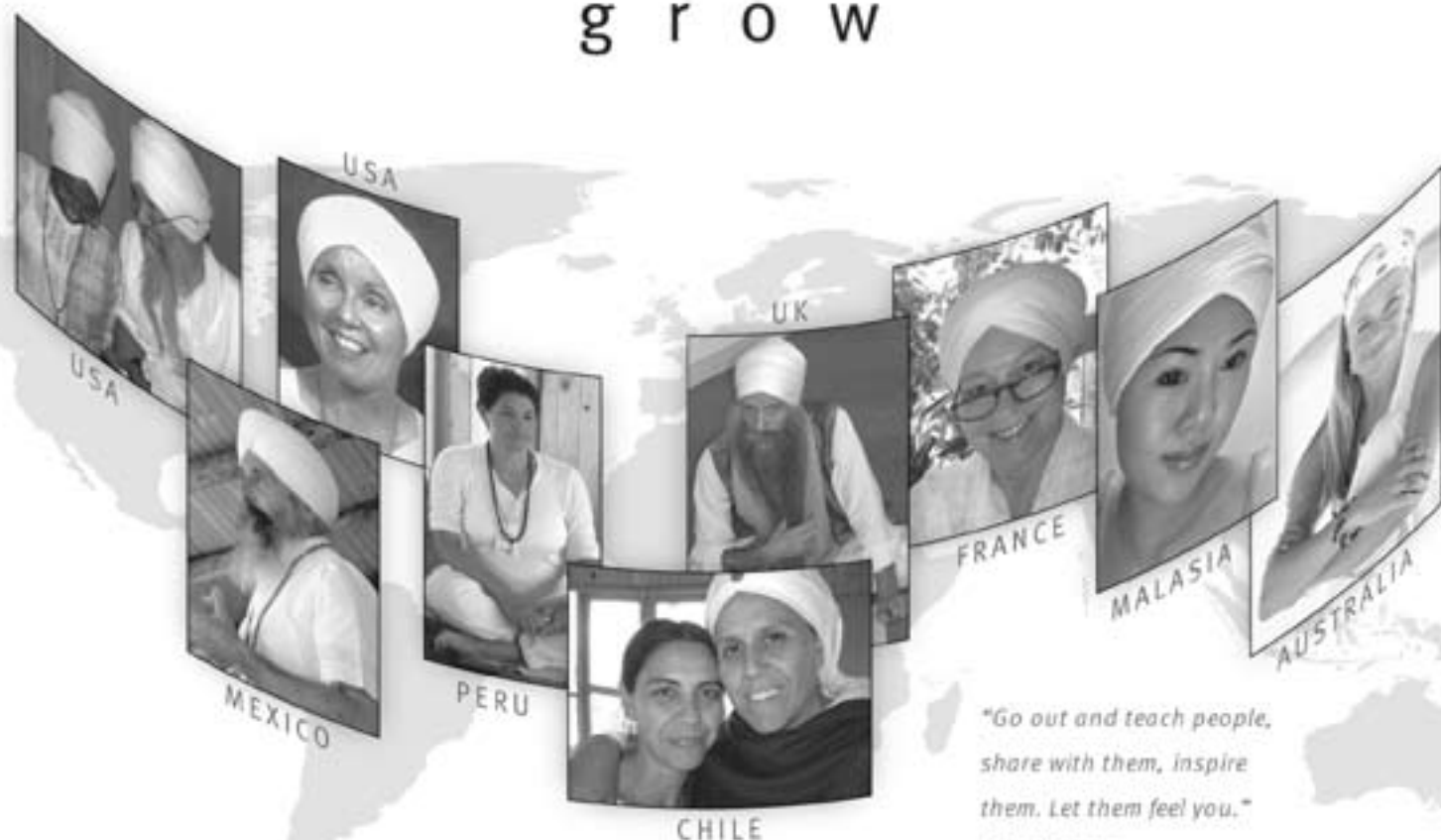
² Continuous rapid nostril breathing, two to three breaths per second, while pulling the navel point in on the exhale and relaxing it on the inhale

³ Available through www.spiritvoyage.com and www.a-healing.com



International Kundalini Yoga Teacher Association

connect
serve
grow



*"Go out and teach people,
share with them, inspire
them. Let them feel you."*

-Yogi BhaJan

KUNDALINI YOGA IN FINLAND: REACHING OUT IN THE HEART OF WINTER

By Jivan Mukta Singh (J. Lafontaine)

Last July a group of Kundalini Yoga students began their pioneer adventure of joining the first Teacher Training course in Finland



In 1969 Yogi Bhajan started openly teaching the ancient tradition of Kundalini Yoga. During his life, many places around the world became 3HO Centers that gave uplifting examples and opportunities to Westerners to practice the 3HO lifestyle and discipline. Kundalini Yoga as taught by Yogi Bhajan was first exported from India and, after being based in Los Angeles for several years, from “the mother land of Española” to different lands with different cultural idiosyncrasies. But it was not until the year 2007 that the furthest territory of Europe would finally be included in this expansion.

A few years ago in Finland there were only occasional Kundalini Yoga classes in a very few places. For the last two and a half years my wife Sat Darshan Kaur and I have been living in Helsinki. Along with dedicating our time to be with our family, we have opened a regular space for the practice and philosophy of Kundalini Yoga. This work began with the simple aim to make a contribution to the people of Finland. (Finland is my wife’s homeland, but I come from the other extreme of the planet—Chile—*finnis terrae* as it was called by the Spanish Empire.)

In a few seasons, we witnessed how our efforts expanded the practice of Kundalini Yoga and then led to the challenge of organizing the first Kundalini Yoga Teacher Training in Finland. For that I asked Shiv Charan Singh from London (known from the Karam Kriya School and the Guru Ram Das Project) to facilitate the training.

What commenced like a romantic endeavour became a professional activity that continues to surprise me. What I learned it takes to become a good and wise person a few years earlier, is now the substance that keeps me doing my bit in the middle of Finland’s very cold and dark winters.

Before everything started expanding, I had an inner experience that moved me towards Helsinki. I was at a crossroads. Yogi Bhajan had passed away three months before. My intu-

ition drove me to get clarity from the Tratakum meditation¹ and while looking into the eyes of the Master my meditation became something I had never experienced before. I can’t describe it. However, towards the end of it I could hear a clear and audible message: “*Go to Finland. I will not leave you alone.*” The answer was given to me and ever since that happened my destiny totally changed.

From that time on, with Sat Darshan Kaur and the contribution of other local teachers (Sadhu Kaur and Vappu), we have brought to Finland the deep human understanding of Kundalini Yoga.

In October 2006 we created the Finnish Association of Kundalini Yoga. We clearly understood that the time, energy, and resources given to the creation of the Association were the basic foundation for the life and growth of Kundalini Yoga in Finland. Also, it was wise to think in terms of making a long-lasting and impersonal contribution. Indeed, we realized that a professional Association required setting up a group of organised teachers, who together have the chance to grow in group consciousness and to also serve all who seek the yogic goal of cosmic loving awareness.

Nowadays we are very happy that fourteen Finnish students of Kundalini Yoga are the first backbone of this valuable chain of service and spiritual discipline in Finland. Now it is possible to offer the very good options of practising Kundalini Yoga, participating in *sadhana*, or attending a Kundalini Yoga workshop or training in Helsinki in the heart of the winter.

Jivan Mukta Singh lives in Helsinki with his wife and two children. He teaches Kundalini Yoga and he is a member of the board of the Finnish Kundalini Yoga Association. He is currently writing a PhD thesis in Comparative Religions at the University of Helsinki.

¹ This powerful meditation is described on p. 408 of the *Aquarian Teacher Training Yoga Manual*, and in the Winter 2005 issue of *Aquarian Times* p. 49.

Healing the Wounds of Love



*Love is life: it brings us to life,
gives us the courage to live our
life and inspires us to sacrifice our
life for others. As natural as love
is—so, too, are the wounds of love.
To live fully, we need to learn how
to heal the wounds of love.*



A KRI Institute Course, Espanola, New Mexico July 6 – 11, 2008

How do we become whole again—in body, mind and spirit? How do we transform our wounds into our strength? How do we allow the Infinite to open us irrevocably, to expand us limitlessly, to connect us fearlessly and to inspire us to use every experience—good and bad—for the benefit of others? In this course we will:

- Identify our wounds
- Dissolve our fears in the balm of love
- Release self-loathing or self-limiting patterns
- Inspire one another to love what is—as it is
- Allow Narayana, the name of God, to merge us with the Infinite and to awaken gratitude in our hearts

KRI Institute Courses are open to the public and serve to bring the best of our research and curriculum development to teachers and students around the world. Dive deeply into the psyche of being human and the consciousness of being divine. Study with an internationally recognized team of Senior Trainers. Courses will range from deep meditation, breath and vitality, naad yoga and the sound current, communication and consciousness, the healing arts and much more.

Healing the Wounds of Love

Pre-registration Price: \$695 + housing

For more information see: www.kriteachings.org

ANNOUNCING A KRI INSTITUTE COURSE: HEALING THE WOUNDS OF LOVE

By Sat Purkh Kaur Khalsa

We will dive deeply and, with the touch of the Master, have the opportunity to heal old wounds and restore that which was broken

Many of us search for the sense of being whole, for healing. Many of us experience some major split with our Self—the God within—from the time we're children, a seemingly fathomless chasm that must be crossed in order to find—what? Our Self, our Soul? Me? My particular gap opened up when I was about eight years old. I remember it distinctly. I went to bed after a perfectly ordinary day and the next morning I woke up feeling that I had lost something. The loss was palpable to me. I remember saying to myself—in all the innocence of an 8-year-old's mind—"I'm going to spend the rest of my life trying to find what I've lost, to remember what I've forgotten."

So began a life of searching to be made whole again—to be restored. In the process, I generated lots of pain, terrible moments of loss, humiliation, and despair; and also some amazing experiences of awareness, insight, and awakening. But even with all the breakthroughs and all the internal shifts, there was still that Perfect Flaw, as Gurucharan Singh¹ calls it. The God-shaped hole that my mind was always hoping to fill—the fundamental breach I had experienced as a child—was still within me.

As we were approaching the launch of the *Authentic Relationships* course in the summer of 2006 in Espanola, New Mexico, I began working with a powerful technology developed for that course. It

uses the first four letters of *Shabd Hazare*² along with the mantra *Aad Such, Jugaad Such, Haibhai Such, Naanak Hosee Bhai Such*, given by Guru Arjan.³ Yogi Bhajan originally taught this *kriya*,⁴ which he called 'the secret of Gurmat,'⁵ in 1987. It's a meditation that uses the sound current to heal the wounds of love.

I was skeptical; but also very curious. Could this be what I'd been searching for? So, like any good Kundalini yogi, I knew that I could depend only on my own experience. I committed to doing the practice for 11 days in a row. On the seventh evening, as I lay down after completing the practice, I had a profound experience: I felt a sword piercing me through the heart and my life flashed before my mind's eye (yes, just like in the movies)—all the pains, all the disappointments, all the relationships, all the traumas, all the ecstasies. Everything. And in this way, as I watched the slideshow of my life, I understood that we are the only ones who judge our lives; there's no God in the Heavens waiting to pronounce mercy or condemnation. Instead, we have the opportunity to practice forgiving ourselves and see that everything we've ever longed for was within us all along. There is nothing outside of us.

2 Shabd Hazare: One of the Sikh prayers; letters of love and devotion written to Guru Ram Das by his son, the future Guru Arjan

3 Guru Arjan: The fifth Sikh Guru; this mantra removes blocks

4 Kriya: Combination of posture, mudra, mantra, breathing, and rhythm; literally means completed action; a kriya can be one exercise or a specific sequence of exercises

5 Gurmat: The Guru's teachings



Yogi Bhajan talks with Siri Pritam Bhagvati Kaur

We are All. With that realization, I recognized that my god-shaped hole—that perfect flaw—had been healed. I had been restored.

This coming summer, KRI introduces a course based on this process: "Healing the Wounds of Love." We will observe the pains of our childhood; uncover our hidden agendas, our masks; and recover our authenticity. We will dive deeply and, with the touch of the Master, have the opportunity to heal old wounds and restore that which was broken.

As a community, we have all been grieving the loss of our Teacher, Yogi Bhajan. As individuals and as families, we all have old wounds that continue to play out in our lives at home and at work. This course offers all of us a chance to come together and heal—to practice forgiving and to embrace remembering. Join us and awaken to the clarity of the heart and the blooming of the lotus within.

Sat Purkh Kaur Khalsa is the Production Manager for the Kundalini Research Institute. She works on the development of the Level Two Teacher Training Curriculum, the KRI Website, Rights and Permissions, as well as other DVD and book projects. Her new album, *Nectar of the Name*, was released last summer and includes the meditation *Healing the Wounds of Love*.

I KRI's Director of Training

TURNING LONELINESS TO ONENESS

Excerpts from a lecture by Yogi Bhajan 3/29/87



The purpose of life is to reach a state of consciousness where there is no peer group, period. Only then can you become a giver. Before that you can't give anybody anything; you are in a business of give and take. But when you give and give and give, and for the sake of giving you live, then you become *Ik* - One. Then you have to have no peer group. "One" is very lonely. It has its own beginning; it has its own end. And its own process.

You're all afraid to become lonely. You do not know what to do with your loneliness, because you do not know how to give. Give your loneliness—that oneness, that ecstasy, that state of higher consciousness—then nobody can match you, nobody can reach you. Then all you become [is] heaven, heaven becomes you, earth has nothing to do with you....

You are really in pain. Tears flow from you like water because you say, "What I am doing here?" All you have to do is, uplift other people, share that oneness of that ecstasy of consciousness, *that* loneliness, and let people know it is good to be lonely—because "lonely" has three things in it: purity, infinity, and grace (ecstasy). When three ingredients—purity, ecstasy, and in-

PHOTO BY NARAYAN SINGH, SIGHT AND SOUND PHOTOGRAPHY

finitude, get together and amalgamate with each other, one becomes lonely, one becomes One. Are there two Gods? There is but One God. If there is but One God, then there is but one you, there is but one me. “I am, I Am.” Then who do you want to be friends with?

I’m not saying that you should not relate to people and be nice to them and serve them and play with them. Loneliness means that, in that state of consciousness, you see everybody as you. That oneness, that loneliness, is a state of consciousness when you do not see anyone other than you. One focus, one picture, one meditation, one consciousness, one feeling, one emotion.

What is pain? [It’s when] you don’t have satisfaction. How can you have satisfaction when you do not accept loneliness as the highest state of consciousness? What happens to you in an ecstasy? You want to go up, up, up, up, up. You

understand you or be with you, because you are very special, made by the One in the image of One’s own self. For convenience you call it “God.”

Death is going Home and everything should be counted, cared for. We all have to go to the One. One is in the beginning, One is the now, and One is the end. Those of you who are sitting here do not understand that the beginning and the end are the same. You are not humans. You do not know what the reality of life is. The beauty of life is: now, beginning, and end are the same. That is called living. That is called loving. And that is called being—being “now.” Because beginning and end are lonely.

Loneliness does not mean that you can’t share with others. It is only the One, lonely, who can share with all. Loneliness is a very accepted righteous state of consciousness, which is achieved by the saints. When you become lonely and you’ll

Loneliness means that in that state of consciousness, you see everybody as you.

want to go more, more, more. You want to go higher, higher, higher than all. When you reach the top of all, you become One. Lonely. Exclusive. In that exclusive oneness, the loneliness, the One within you is awakened. And within you is that Infinite teacher, that’s called the “soul.” You asked for it; you work for it; you do it. And then you cry?

You do not know who you are. You do not know you are unique. You are One. The oneness in you, you have not found. That’s why people take everything away from you. That’s why you want socializing, and society, and relations. How bizarre and berserk these relationships are. You all want it, because the one relationship you needed with the One has not been established.

Now tell me, if you do not survey where you are going—which road, which freeway you have to take, which lane you have to take, or you do not take enough gas in your car, enough food, enough money, how can you get to your destination? Just as with an ordinary destination of an ordinary man in daily life, for the soul the destiny is simply your destination. In the travel of the soul, we call it “destiny.” In the travel of a man, we call it destination. There’s no difference. And everybody goes alone. Even that driver who has six passengers in the car is alone and is the driver by designation. Designation, distance, destiny. It’s the same thing. You are designated as a human being for the destiny to become One. It is a very long, lonely road. Nobody else can travel on it with you, match up with you,

not love yourself, then you’ll have tears, you’ll have pain. It does not reach the uniqueness of the loneliness of the oneness of the One, the highest of all. Unconsciously you all reach for oneness. Consciously you all deny it.

What you have to offer at the last clang of the death, why not give it up yourself? Why not die when you are alive? When you die when you are alive, do you know what they call it? The English word for being dead when alive? “Compassion.” The state of compassion is when you do not recognize any other identity other than you. You’ll have no fear, and you’ll have no vengeance, because you’ll be alone. Loneliness, the oneness, is the ultimate reality of all times and all ingredients. All *tattwas*¹ merge to be one. I urge you to create a surge to merge with one lonely being called God. Why did God create the Earth? Why did God create the planets? Why did God create the Universe? Why did God create the whole cosmos?” He was so lonely that he wanted to feel whether He is lonely or not, so He split Himself. That’s why every soul wants to go back to that Oneness. Unconsciously, they are programmed to it.

When you have to say nothing, do nothing, be nothing, then what are you? You know what you are? You are a lighthouse, so nobody else can wreck near you. That is the one thing in life you have to do. Forklift. Spread the light. Be the lighthouse. So every journey, every destiny, every distance can be safe.

¹ Tattwas: elements

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FORMING LIFELONG BONDS AT THIS INTERNATIONAL SIKH SCHOOL IN INDIA

By Kirandeep Kaur

Nestled in the quiet fields of Chheharta village, *Miri Piri Academy* rests peacefully on the beautiful land where Guru Hargobind Ji¹ played and trained as a child. Here, just a short walk from the Guru's birthplace, Yogi Bhajan founded this school to train the future leaders, teachers, and healers of the world. Today Miri Piri Academy (MPA) brings the children from far-flung communities together to form bonds of friendship and shared experience that transcend cultural differences and communication barriers.

In the words of Dharma Kaur Khalsa, Grade 11, "I feel that MPA is my home and my family. There are people here from all over the world: Thailand, France, Germany, Mexico, and America. If I needed a place to live anywhere in the world, I would always have somewhere to go."

Students from all over the world have enrolled after hearing about the school at Yoga Festivals, Youth Camps, Summer Solstice, or through interactions with local Kundalini Yoga teachers or MPA alumni. Waheguru Kaur, the daughter of a Kundalini Yoga teacher in Austria, decided to join MPA six years ago when her Khalsa Youth Camp guide told her about the school. Seeking self-discipline and spiritual expansion, Gurusher Kaur came to MPA from Mexico City when her mother's friend, an MPA parent, told her about our unique program. She had no experience with Kundalini Yoga or the Sikh lifestyle at the time. After one week of *sadhana*² in Espanola, New Mexico, Dhianjot Singh, the son of a Kundalini Yoga student, was inspired to give up a life of drug use and negative influences and come to MPA. He has not looked back since. Today he is a model student and he is currently also studying for his certification as a Kundalini Yoga teacher.

After ten years of service and hard work to build our facilities, solidify our program, and prepare ourselves for International Baccalaureate Accreditation, Miri Piri Academy is now ready to open its doors to students from all walks of life.

Kirandeep Kaur has been the Director of Academics at Miri Piri Academy since October 2005. She has been teaching and involved in education since 1996. She currently serves on the Governing Council of Khalsa College, Amritsar.

For more information visit www.miripiriacademy.org



Dharmatma Kaur, Germany
and Siri Deva Kaur, Mexico

Our Family

By Sunderta Kaur Meisman, USA; Gurusher Kaur De Triana Alonso Cordero, Mexico; Karta Singh Perez Padilla, Mexico; and Guru Seva Singh Khalsa, Mexico

From Alaska to Chile
From Holland to South Africa
From Russia to Thailand
We meditate in one land.

Before the sun rises we wash the marble,¹
A selfless service that burns our Karma.
We learn Gurbani Kirtan² at the feet of the Guru,
We practice Kundalini Yoga and live Sikh Dharma.

In Gatka³ we fight. We learn never to take flight.
With our uncut hair and unshaved beards,
We accept ourselves and fight our fears.
So we continue to grow throughout the years.

We sit and meditate day and night,
Opening our third eyes to build aware sight.
Our hearts connect so we can project,
Love for each other, clear and direct.

We are teachers of the Aquarian Age.
We are moving towards a higher stage.
We are leaves upon a tree of old,
A yogic tradition that turns auras into gold.

MPA is the home of our brothers,
Where we learn to see God in one another.

1 The students at MPA go to the Golden Temple and are blessed to do the seva of washing the marble floors.

2 Sacred music based on the power of the sound current

3 A Sikh martial art form

1 The sixth Sikh Guru

2 Daily spiritual practice

SUCCESS THROUGH FAMILY

LEARN HOW TO CREATE SUCCESS AT HOME, AND EVERYTHING ELSE WILL FALL INTO PLACE

Excerpts from a lecture by Bhai Sahiba Dr. Bibiji Inderjit Kaur, Summer 1987

The root of success is the family. You may be successful outside, but if the family is not together you cannot enjoy yourself, you cannot be a balanced person. If we solve our domestic problems, we can enjoy every success in the outside world.

The whole thing lies on both the husband and the wife. Success is for the family, not for one person. When we say, “He is successful” or “I am successful,” we really say, “We are successful.” It becomes our concept. At that time we blend with each other. Siri Singh Sahib (Yogi Bhajan) talked about blending our personalities or egos. If the long-term goal is ours and the short-term goal is yours or mine, things won’t work until we make it “ours.” Because if your attitudes or intentions are different, the energy can’t be focused in any direction.

It is a universal fact that a man needs nurturing and care from a woman and a woman needs security and love from her man. More than love, she needs a demonstration of that love. That is the human need: If you work hard or do something for someone, you need appreciation. It’s very important to appreciate a person.

A couple must trust each other. There must be understanding, cooperation, and the most important—budgeting, diplomacy, and a non-doubting attitude towards each other; hospitality and faithfulness towards each other, and open communication. A couple must be able to discuss different things together. They may have arguments, but there should be no criticism. It’s important to discuss things with an open mind. They must know when, where, and how to speak; how and where to spend; and how to maintain respect for the family and for the public and social image. They must understand priorities of time and position.

In India, there is a very popular saying, “When a husband and wife bend down to help each other instead of running to put each other down, they should pray for stronger backs rather than for a lighter burden.” We should not worry about the work. Rather we should worry about how we can support each other. And we should judge each day not by the harvest we reap but by the fields we sow. If we haven’t done our *sadhana*¹ in the morning, we are not going to get a better result during the day.

¹ Daily spiritual practice



If you don’t get up for *sadhana*, you are not going to have your positive mind working for the day because you have not done anything for the Guru. And then your ego begins to think, “I did it,” and you don’t give credit to God or Guru, that it’s Guru’s grace you are successful today. When we attribute our spirituality and grace to the Guru, then the Guru works for us.

You may have success all over the world, but you will never enjoy that success until you have a peaceful home and a spiritual environment in the family. Live with the Guru’s grace, and whatever happens, don’t take credit for it. Just give the credit to the Guru. We pray that all couples should first find spirituality and then find success in the outside world. Material things don’t last for long, but if you have a spiritual mind or a spiritual environment it will last forever and the Guru will always bless you.

Dr. Bibiji Inderjit Kaur was the wife of Siri Singh Sahib Bhai Sahib Harbhajan Singh Khalsa Yogiji (Yogi Bhajan), and is the Bhai Sahiba of Sikh Dharma International.

THE MASTERY OF THE SIRI GURU GRANTH SAHIB

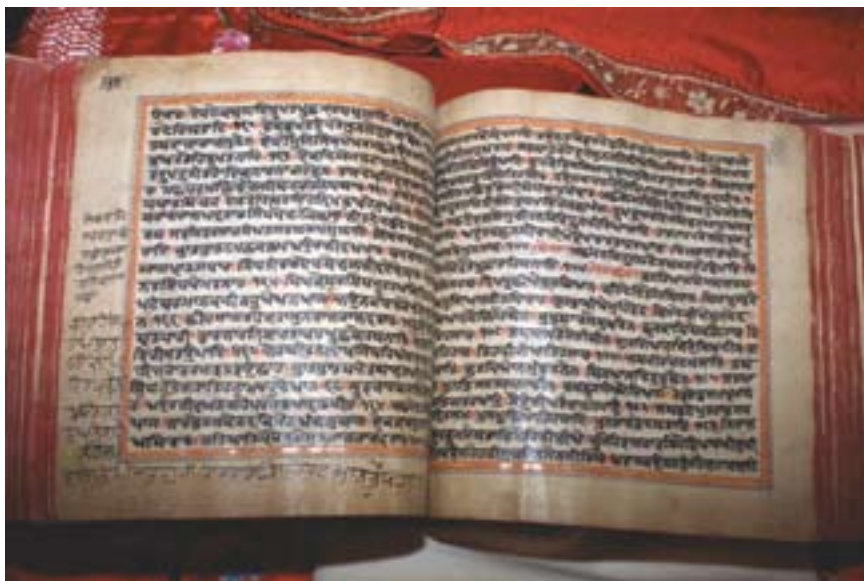
Humanity has always elevated itself with one conception only—faith—and it is the faith that matters.

This year there will be major events throughout the world celebrating the 300th anniversary of the installation of the *Siri Guru Granth Sahib* as the Living Guru of the Sikhs. Three hundred years ago, in 1708, Guru Gobind Singh, the 10th master (Guru) of the Sikhs, bestowed the Light of the Gurus on the *Siri Guru Granth Sahib*. This is one of the most profound and beautiful aspects of Sikh Dharma—that the *Siri Guru Granth Sahib* received, and will always hold, the Light of the Gurus, and thereby holds the Throne as the Spiritually Sovereign Living Guru of the Sikhs.

The physical form of the *Siri Guru Granth Sahib* is a volume of 1430 pages of sacred teachings, originally spoken by Sikh Gurus and other enlightened beings from different spiritual traditions. In 1978, the Siri Singh Sahib Bhai Sahib Harbhajan Singh Khalsa Yogiji (Yogi Bhajan) taught about how the *Siri Guru Granth Sahib* became imbued with the Light of the Gurus, and about its power and its purpose.

“You’ll be surprised and shocked that as human beings we have no natural defenses. We have no hoofs; we have no claws; we have no hard skin. We have absolutely nothing. What is the defense of this creature? Faith. Humanity has always elevated itself to mastery of the entire globe with one conception only—faith—and it is the faith that matters.

“For hundreds of thousands of years humanity prayed and prayed that man should be free to worship God. Man should never worship man. It is below the dignity of the man to worship a man. Man can love a man. Man can sacrifice for



another man. Man can do everything else, but man can never worship a man. That is why Guru Gobind Singh gave us the Siri Guru Granth, where man is free to worship God and the words of those who have been in resourceful communication with God.

“In Sikhism, the Gurus are closeted in the Guru Granth Sahib, in the essence of their meditative power. The Sikh reads the Guru; the Guru talks to the Sikh, until this unfortunate Sikh becomes pure enough to be Khalsa. He reads the *Bani*¹ of the Guru, changes happen. He takes the *bana*,² the faith, the essence, the appearance. And then he does *simran*³ on the Word of the Guru. Then he becomes serviceful, useful, creative, and intelligent in essence.”

Excerpted from *Sikh Dharma Magazine*, Vol. III, No. 4 Winter 1978.

- 1 Sacred words
- 2 Distinctive Sikh clothing
- 3 The constant remembrance of God's Name

LISTENING FROM THE HEART

SIKH MINISTER NAMED HEAD CHAPLAIN FOR MAJOR MEDICAL CENTER



Sat Kartar Kaur Khalsa-Ramey (center) at her installation as director of hospital chaplaincy with officials and Siri Sikdar Sahiba Guru Amrit Kaur Khalsa

Sat Kartar Kaur Khalsa-Ramey takes her inspiration from a Sikh soldier who lived hundreds of years ago named Bhai Kanhaiya. On the battlefield, Bhai Kanhaiya shared water and gave medicine to whoever had fallen in battle—no matter on which side or to whose army the soldier belonged. It is this spirit of serving all people that Sat Kartar incorporates into her work as a chaplain.

“It’s been my blessing to serve in hospital settings since the early 1980s,” said Sat Kartar. “All of this training comes down to one thing—seeing God in all. You need to listen from the heart, and be able to be with a person at the most vulnerable time in his or her life. As a chaplain, I have ministered to a wide gamut of people,” she said. “And over time I realized it’s all the same. It’s seeing God in that person, and trying to get myself out of the way so I could be fully with them and serve them in the way they needed to be served.”

Sat Kartar Kaur was installed as the Director of Hospital Chaplaincy and Clinical Pastoral Education for the California Pacific Medical Center in San Francisco, California, on October 29, 2007. The California Pacific Medical Center is one of the largest private, not-for-profit, academic medical centers in Northern California.

In this new leadership position, Sat Kartar Kaur assumes the tremendous responsibility of providing for the spiritual needs of the patients treated at the Medical Center. “What makes this position unique is that I am within the Department of the Institute for Health and Healing where spirituality and medicine come together at the bedside for the patient,” she said. “Care and comfort at the bedside is very important. When people are hospitalized, they can feel stressed and overwhelmed. The California Pacific Medical Center has made a promise of providing excellent care that goes ‘beyond medicine.’ This excellent care embraces the body, mind, spirit, and emotions.”

Sat Kartar Kaur Khalsa-Ramey is an ordained minister through Sikh Dharma International and has been involved in healthcare for over 25 years. Her career includes developing in-house chaplaincy training programs for hospitals, and working with hospital staff to create environments that deeply honor the spirit of healing. One of the programs she developed is a program called Spiritual Care at Life’s End (SCALE). SCALE assists patients and their families to face life-threatening illness with dignity. This program was created during her tenure as the Director of Spiritual Care at Banner Thunderbird Medical Center in Arizona. Sat Kartar’s philosophy is, “Regardless of the circumstances, we have the opportunity to continually evolve towards wholeness.”

To learn more about the path and services of Sikh Dharma, visit our NEW website: www.sikhdharma.org.

Prosperity Paths



The Art of Giving Back



Elevate Yourself

Excerpts from a lecture by Yogi Bhanjan
on November 19, 1992

You will find that in a certain stage and age, a wife will compete with her husband, children will compete with their parents, the beloved will go astray, relationships will break. You sometimes say, "Oh my God, what should I do?" "What happened to my father?" "What happened to my husband?" What happened is a very simple thing: when the wind changes, the waves (of the ocean) change. If the wave doesn't change, that's the difference. When the wind changes, poverty comes out of richness, richness comes to poverty, a position becomes high, a position becomes low...

I know we all need our freedom, but I am asking why do we want to first do what we have done, and then want freedom from what we did? You want counseling for your inner anger, your inner frustration. You do not know how to talk and how to manage yourself. You want somebody to mediate between you to hear your garbage and the other person's garbage. It's a wrestling match in pain, who hurts who. Well,



just don't hurt anyone. Thousands of years have gone by and man doesn't know how to love. For thousands of years we have suffered; we do not know the price of grace. Centuries have passed by and we don't understand commitment. It's within reason to poke and provoke and confront—that much is okay. But it's the worst thing to not also elevate. And rather than elevating yourself, you go for counseling. You fight in life from boredom, and life shall become very boring when the spiritual height is not achieved every day.

There is nothing in *maya*¹ which can keep you out of boredom. Sex, food, entertainment—whatever you are doing, it will not give you elevation. If you elevate yourself one inch every day, you will be in a new sphere; a new layer of life; you will be a new person, and boredom will not reach you. And relationships in life like children, wife, husband, friends, peers are relationships to touch each other; to elevate. Don't stop after the first three stages: poke, provoke, and confront. I never knew that a husband and wife will be so idiotic that they can't sit together and do *sadhana*² instead of fighting. I never knew in my whole life that anybody can counsel anybody, and now I am a counselor myself.

The majority of you have not learned to confront. Because you have no courage, you have no wisdom. Therefore you cannot poke. You have no courage so you cannot provoke. You

cannot confront because you don't have character. You cannot elevate, because you have no wisdom.

The very thought that you can say to yourself, "I am not cheap," will make you a person, will make you Divine. What is the purpose of knowledge? Knowledge is not to be cheap, not to be shallow, but just to be graceful no matter what. Don't you think that tomorrow God will give you what you have to have? Don't you understand that Mother Nature shall provide for you like a mother; and Heavenly Father will take care of you as the father? Are you bigger than God, that you know better? Are you more than Mother Nature that you can provide better—that you can never trust God the Infinity?

Having no self-control is exactly like having no brakes in a car; and having no commitment, no strength, and no courage is like having no transmission. If you can understand the depth of life, then you have to understand that whatever you do to ruin your life, that exact same amount of energy can make your life healthy, wealthy, prosperous, great, and perfect.

Energy can only change into matter and matter can only change into energy. There is nothing that can be added or subtracted. When you get inferior, insecure, and freak out, you stop becoming prosperous—you stop becoming great. You have to understand that adult behavior is in a very courageous frankness, which should be based on elevation. You decide the life that you want and what you can get.

¹ The illusion of the reality of sensory experience of one's self and the world

² Daily spiritual practice

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Thank you!



Community

By Darshan Kaur Khalsa

News from the Sikh Dharma International Dasvandh Office

We send you blessings in this New Year and share with you Darshan Kaur's resignation as the Director of Dasvandh for Sikh Dharma International, after many years of devoted service to spread and share the teachings of the Siri Singh Sahib, also known as Yogi Bhajan. Although we will miss her, we wish her every success, and know she will continue to be a vital and energizing force for sharing the mission of the Siri Singh Sahib throughout the world.

Please join us in thanking Darshan Kaur for her tremendous and valuable years of service. We wish her Godspeed in her new endeavors and hope to have her back as a regular contributor to Aquarian Times.

Community spells togetherness, and 'together' comes from the words "to gather." Like, 'family,' community is about the gathering of people who share something, whether it is blood lines, hobbies and other interests, or a spiritual path. What I have always loved about our spiritual family is its diversity. People from every walk of life, from all over the world, all come together in prayer. Wow! I am not sure if there is anything more profound or life-altering in existence than that. With our consciousness, we are changing the world. By coming together we are making a difference in the world. By praying together, we are impacting the world.

For me, this is what the word "community" really means. As a young child I spent my life moving from one place to another, often every year. As

a teen I continued in this pattern, moving around until I finally noticed that I was looking for community, and, further, that it was not about being accepted in a community, but rather that I was looking for a safe place to make a difference in the world.

This is what I have found from our beautiful worldwide family—community, the safe haven to make a difference, to have an impact on the world. It has been my great honor and privilege to serve as Director of Dasvandh for the past decade and I will continue serving in every way possible. I look forward to meeting many of you as my work takes on the different attribute of *teaching* in communities around the world.

You are the people who have made my job a joy. Thank you for making up this beautiful worldwide community. Thank you for making Dasvandh and tithing a priority in your life—to support the organization that supports your efforts to serve in the world. Thank you for staying connected and being the light in the world. Thank you for being the forklifts who serve and uplift. It is an honor to serve you.

Darshan Kaur Khalsa worked for Sikh Dharma International for eleven years, first as the Deputy Chief of Staff and then as the Director of Dasvandh. Her current venues are: *Money Girl Consulting*, *Your Path to Prosperity* Courses, and *Freelance Writing*. She is a happy mom, writer, musician, and entrepreneur. She is the co-creator of *Aquarian Wisdom Calendars* and the *Yogi Bhajan Every Day* email service. For courses or consultations Darshan Kaur can be contacted at: darshanmay14@yahoo.com



what is dasvandh?

Every spiritual path has an avenue of participation, an opportunity to give back through tithing. While tithing is traditionally one-tenth of one's income, many people simply give whatever amount they can. The principle of tithing is that if you give to Infinity, Infinity, in turn, will give back to you tenfold. It is a spiritual practice through which you build trust in the ability of the Universe to respond to the energy that you give.

Dasvandh supports the mission of spreading the teachings of the Siri Singh Sahib (Yogi Bhajan) on the Sikh faith, meditation, keeping up, prosperity technology, conscious relationships and many other topics. These tools strengthen and nurture our state of being in today's world. Your donations help us continue this work. Please participate as a Dasvandh donor today. Thank you!

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2008 Prosperity Meditation of the Year



"Let us see what we can do tonight to energize our center of courage, our *superconscious*. The word *superconscious*, which you may not find in the dictionary, is a word which will be used after a thousand years. Unconscious, subconscious, and there is a beautiful thing called *superconscious*. How do we develop that? It's a combination of intelligence, consciousness, and courage."Yogi Bhajan

Posture: Sit in Easy Pose¹ with a straight spine (or in a chair with both feet flat on the floor). Tuck the elbows next to the ribcage and bring the forearms vertical, palms facing forward. Keeping the Jupiter (forefinger) and the Saturn (middle) fingers straight and together, fold the thumbs over the ring and pinky fingers of both hands.

Motion and Mantra: From the beginning position with the palms facing forward, rotate the hands 90 degrees, so they are facing each other. In a steady rhythm, repeat this motion, facing the hands forward and then towards each

other, as you chant *Har*,² striking the upper palate with the tip of the tongue and pulling in the navel with each movement.

Eyes: The eyes are focused on the tip of the nose.

Time: Continue for 11 minutes.

To end: Inhale deeply, hold tight for 25 seconds as you mentally squeeze yourself. Shrink to bring yourself into the capacity of being zero (*shuniya*) under all circumstances. Imagine you are just a central line and the two sides of your body have squeezed into the central line for the length and breadth of the spine only. Exhale. Inhale deeply again, exhale. Inhale deeply again, hold tight for 20 seconds and reduce the body by "self-hypnosis" to the strength of the length and only the breadth of the spine. Exhale. Inhale deeply again, hold tight for 10 seconds. Self-hypnosis is a very powerful thing. Exhale. Inhale deeply and release the breath. Inhale deeply and release. Finally, inhale deeply to full strength and hold tight for 20 seconds as if you are just one stick, two and

¹ A comfortable cross-legged sitting position

² The 'a' is as the 'u' in 'up' and the 'r' is rolled so it almost sounds like a 'd.'

Meditations for the dawning of a New Age

ਅੰਮ੍ਰਿਤ ਵੇਲਾ ਸਚੁ ਨਾਉ ਵਡਿਆਈ ਵੀਚਾਰੁ ॥

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Benjamin Forrest - Aquarian Sadhana Mantras Available at SpiritVoyage.com



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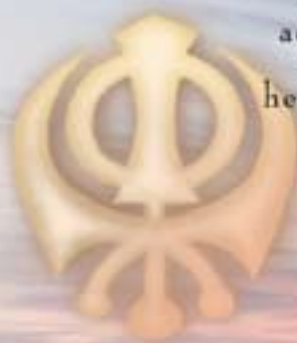
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