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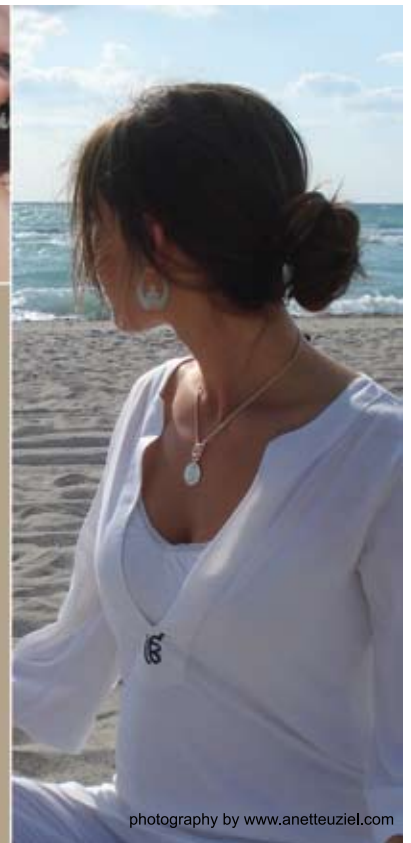
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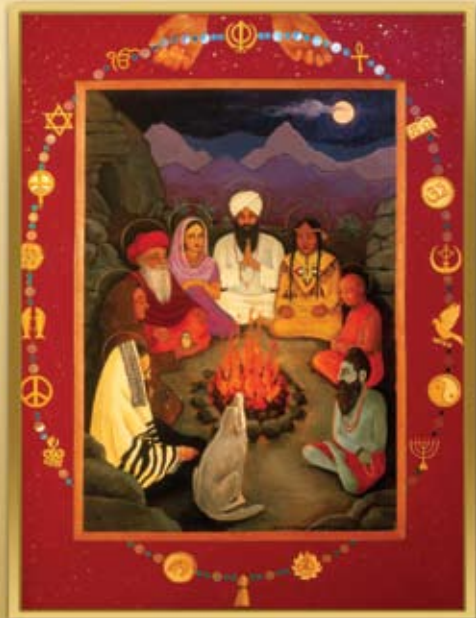
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Talkback

We adore receiving the *Aquarian Times*. As an "outpost" it is essential to our feeling of connectedness and it's great to share with yoga students... many who have subscribed!

Atma Kaur Khalsa & Atma Singh Khalsa

Newport News, Virginia

I have been reading *Aquarian Times* for a number of years and your "Power of Sound & Mantra" issue was especially timely. It arrived shortly after I received another yoga magazine, also dedicated to mantra and kirtan. After reading both issues cover-to-cover, I was inspired to not only update my Kundalini music collection, but to create a special chanting class. We do, of course, chant as part of our Kundalini Yoga classes, but this class is specifically dedicated to the power of mantra. Thank you much!

Susan Tauster

Glen Ellyn, Illinois

I think that I will read my AT online and collect them in PDF format—less clutter and magazines in my house, less postage and cost for you, less dead trees—everyone wins!

William Mize

St. Petersburg, Florida

Please continue sending *Aquarian Times* to me. Would it be possible to get 3-4 extra copies, so I can pass them out to my students? Thanks for a wonderful publication.

Penny Scrutchin aka Patwant Kaur

and Einstein, "the Yoga Dog"

Fair Oaks Ranch, Texas

Note from the Editor: Thank you Penny (Patwant Kaur). We'd be happy to send you bulk copies quarterly for the cost of shipping. Just email gurutera@aquariantimes.com

I am enclosing a check for \$11 as a voluntary subscription to continue receiving the *Aquarian Times* in print form, and as support for the magazine to be self-sufficient. Bless you in all you do. I am grateful for all the blessings and inspiration I receive from your publication.

Ann and Dale Gibson

Watkinsville, Georgia

Please send *Aquarian Times* to this address and I will be happy to share the magazine with others. For some reason, I feel prompted to reach out at this time. I am always hoping to do good work, or as the Buddha says, make merit. I'll certainly be happy to send a donation as well. Peace to you,

Lawrence Weston

Redwood Valley, California

Cover photo by Gurudarshan K. Khalsa

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The Art of Cleansing

GENERAL CLEANSING WISDOM
TO HELP YOU REACH YOUR
OPTIMUM HEALTH

By Kartar Singh Khalsa, D.O.M.

As we make the transition from the Piscean Age to the Aquarian Age, many people are struggling to free themselves from old patterns and institute new ones. As yogis, we have many tools—yoga sets, meditations, foods, diets—that can help us to make positive changes. Many habits we develop, especially around food, are unconscious. They develop in the first three *chakras*,¹ in the first three years of life. If we don't, when necessary, correct these underlying patterns that inhabit the psyche, we continue to manifest the same habits, which lead to the same behaviors that inevitably lead to the same outcomes. Cleansing is a way to help sensitize us to our patterns and enable us to use those patterns in a healthy way to build vitality.

Cleansing as a Process

The first step in the art of cleansing is the awareness that change is necessary. This usually occurs when we begin to notice that things aren't right. This can be a single symptom like headaches, a more complex set of symptoms, or even a state of disease as measured by Western medicine—"dis-ease" as Yogi Bhaijan used to say. The second step is the recognition that we are willing to go through the process of change. Next, we need to consider what we would like to work on. We need to think about alkalizing the body, cleansing the liver, making sure that the large intestine is eliminating efficiently, and saturating our body with *prana*.²

THE ELEMENTS OF CLEANSING

Acid/Alkaline Balance

When the body is too acidic, it puts stress on the body's resources to maintain the correct pH balance. A less alkaline, more acid metabolic environment encourages the develop-



ment of both short and long term illnesses. One of the great benefits of periodic cleansing is to adjust this balance for optimum resilience. Our environments and lifestyles constantly acidify us through food, stress, and emotional patterns.

The first step in the art of cleansing is the awareness that change is necessary.

Periodic cleansing turns the tide so we can be who we are and be supported by a well-functioning body. Some of the simple ways to alkalize are to take baking soda baths (1-2 cups in a warm bath for 15-20 minutes), drink one quart of the Master Cleanse throughout the morning instead of breakfast (see p. 7 for recipe), or use umeboshi plum vinegar as a salt substitute.

The Liver

The liver is the most common organ system to work on because of all the hard work it does cleaning the blood day in and day out. Over time the liver can become toxified and not

¹ Energy centers located respectively at the base of the spine, the sex organs, and the navel point

² Life force, vitality

Master Cleanse

Created by Stanley Burroughs

1 quart of purified water

1 shaved lemon (save as much of the white pith as possible)

1 - 2 Tablespoons Grade B Maple Syrup (depending on how sweet you like it)

1 pinch of cayenne (go easy if you are sensitive to spicy food)

Place all ingredients in a blender and blend for 20-40 seconds. No straining necessary. Sip the master cleanse throughout the day or instead of breakfast. You can drink the Master Cleanse daily for an extended period of time.

Purpose:

- To dissolve and eliminate toxins and congestion that have formed in the body.
- To cleanse the kidneys and the digestive system.
- To purify the glands and cells throughout the entire body.
- To eliminate all unusable waste and hardened material in the joints and muscles.
- To build a healthy blood stream.

When to use it:

- When sickness has developed for all acute and chronic conditions.
- When the digestive system needs support and cleansing.
- When better assimilation and building of body tissue is needed.

Get rid of the junk,
stay clean, get going,
enjoy your life.

Yogi Bhanjan

work efficiently. Even pain can create a chemistry that the liver needs to clean. Lifestyle and habits can contribute to this, including over-eating and eating too often. Common substances which can put pressure on the liver are alcohol; coffee; cigarettes; pharmaceuticals; greasy, oily, fatty foods; and meat. Emotions, especially anger, can injure the liver. In Chinese medicine the liver is responsible for the smooth flow of *chi* (vital life force) in the body. Many cultures and paths have a history of working on this fascinating organ. In the tradition of Kundalini Yoga, we use yoga sets such as *Let the Liver Live* (see pps. 22-23) and *How to Relieve Inner Anger* (see pps. 19-20). Both of these sets help to move the energy of the liver and any accompanying negative emotion, which is crucial while going through a detox or cleansing program.

Pranayam

Pranayam is important during cleansing because of its invigorating qualities. *Sitali pranayam* (see p.8) is especially good for cooling and soothing the liver and any agitating thoughts or feelings that arise during this process. Long deep breathing is also very powerful as it moves energy in the organ systems, the lymph, and the chi.

The Large Intestine

The large intestine is crucial to successful cleansing. The primary route by which toxins are eliminated is through bowel movements. Because a lot of stimulating foods are eliminated from the diet during cleansing, the tendency is for people's bowel movements to slow down. Thus any cleansing program needs to supplement this activity to ensure proper elimination. Some common methods are to add flax seeds, magnesium oxide, or certain teas, and to take enemas or colonics. All of these require their own set of instructions and caution. The rule of thumb is to have a bowel movement after every meal. While you are cleansing you should have several bowel movements a day. If not, it can lead to discomfort and a reabsorption of the toxicity you are trying to eliminate.

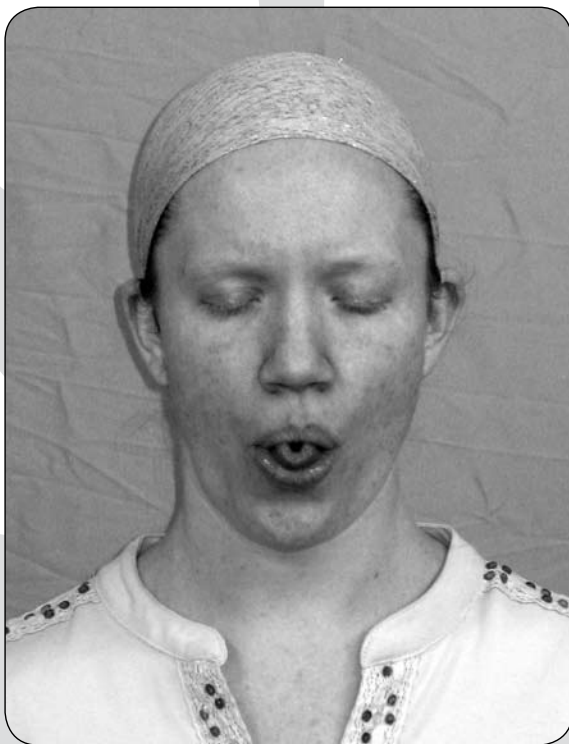
Timing

To do a cleanse you need to commit to a specific process for a specific period of time. What can you reasonably manage given your current lifestyle and responsibilities? How long and how extensive a cleanse is right for you? This is important because, if you are overly ambitious in what you try to take on, it can lead to a lack of success.

A 3-day cleanse is a quick and mild cleanse, a 7-day cleanse is more intense, a 10-day cleanse is for a deeper, more thorough cleansing, and a 40-day cleanse is the length of time needed to break old habits.

Support

Finally, we need to consider environment and support. It is recommended for people to cleanse in their regular environment so as to begin the process of initiating new patterns, habits, behaviors, and outcomes where they spend the most time. In cases of more severe medical problems or addictions, residential programs are recommended. You need to have a support structure around you while you go through this process. It can be friends, family, and health care practitioners. We often recommend that people let those around them know about their adventure. Don't be surprised by people's reactions: some may be encouraging, some may be curious, and some may tease. Know that whenever you choose to do this type of work, it is inspiring to those around you. Your act of personal cleansing has a powerful healing effect on your environment and those around you. We also encourage people to take good care of themselves during this process. Treat yourself to healing massage and energy work, take therapeutic baths, rest, and relax. Some people find themselves more quiet than usual as they turn inwards while doing a cleanse. Honor that. Some people are surprised that they have more or less energy than usual. If you are tired, rest. If you have extra energy, enjoy it but don't overdo it. Moderation is the key.



Sitali Pranayam

This pranayam is said to give power, strength, and vitality. It can have a cooling, cleansing effect. Initially, the tongue may taste bitter (a sign of detoxification), and eventually may become sweet.

Posture: Sit in an Easy Pose with a light Jalandhar Bandh.¹ Roll the tongue into a “U” with the tip just outside of the lips.

Breath: Inhale deeply through the rolled tongue. Exhale through the nose.

Time: Continue for 3 minutes. Alternatively, you can practice this breath 26 times in the morning and 26 times in the evening. Or, 108 repetitions is a deep meditation and a powerful healer for the body and digestive system.

¹ Neck lock: stretch the back of the neck gently straight and lift the chest

General Cleansing Wisdom

Stay hydrated during this process. If you are on a juice cleanse, make your juice in the morning so it's fresh and it will give the body the most nutrients and *prana*. Keep fresh water with you in all your environments. Exercise lightly during the process to keep the metabolism up. Do yoga and meditation to keep the energy and lymph moving and to begin the process of establishing new patterns in the psyche at the core level. Consider doing a cleanse with a group, which can enhance the process.

To maintain a healthy, cleansing diet, eat alkalizing foods and grains such as quinoa and millet, and fresh fruits and vegetables. Eat a balance of raw foods and water-sautéed or steamed foods (cooked oils cause free radical damage, which can lead to premature aging).

The art of cleansing means having an awareness of the entire cleansing process and its effect on your psyche. It is the capacity to have a strategic plan based on real assessment of where you are and where you want to be. Let the destination draw you through the process so you end up where you want to be.

As with any change in your healthcare regime, please consult your primary healthcare practitioner before undertaking any new exercise, dietary, or herbal treatment program. The information presented here is not to be used as a diagnostic tool or as a substitute for qualified medical care. Anyone who has reason to suspect serious illness should seek appropriate medical advice and care promptly.

Dr. Kartar Singh Khalsa practices acupuncture and herbology at the GRD Health Center in New Mexico. Over the last eight years he has guided over 1,600 people through *The Cleanse*, a 10-day rejuvenation/detox program. Dr. Khalsa possesses a passion for helping to empower people to take control of their health. For questions about cleansing, detoxing, or residential programs, please call *The Cleanse of Santa Fe* at 505-988-7076 or visit www.thecleanse.com.

Cleansing Foods and Recipes

“When we unblock on a physical level—cleaning out the digestive tract while jump-starting the lymph, circulatory, and glandular systems with life-giving foods, juices, supplements, and yoga—our immune system becomes stronger, our blood chemistry is restored, and we literally build a new body at the cellular level.”

Kartar Singh Khalsa, DOM

Polarity Drink

By Dr. Linda Lancaster

The liver is the main organ responsible for detoxification in the body. Toxic compounds are altered by the liver so they can be safely eliminated. The Polarity Drink is designed to cleanse, purify, and restore the normal functioning of the liver, gallbladder, and kidneys.

1 whole orange or grapefruit (remove the peel and chop into pieces)

1 whole lemon (remove the peel and chop into pieces)

1-2 Tbsp of cold-pressed olive oil (start with less and add more as you can tolerate it)

1 slice of fresh ginger root (peeled)

1-2 cloves of fresh garlic (if your work situation makes this impossible, use 2-4 capsules of encapsulated garlic and swallow them with the Polarity Drink)

1-2 teaspoons of ground flax seeds

1 pinch of cayenne pepper

Place all ingredients in a blender, cover with water, and liquefy. Drink very slowly, thoroughly mixing the drink with your saliva before swallowing.

Drink on an empty stomach in the morning. Continue daily for two to three weeks at a time.

Ayurvedic Kicheree aka Mung Beans and Rice

By Deva Kaur Khalsa, *The Cleanse*¹

1 cup basmati rice, rinsed

1 cup mung beans, rinsed

8 cups filtered water (or more if you want it soupy)

2 stalks chopped celery

1 carrot, peeled and chopped

½ bunch chopped kale, broccoli, chard or other greens (optional)

Spices: 1 tsp each of cumin powder, cumin seeds, coriander, turmeric, and black pepper or chili pepper or chili flakes

2 large onions, chopped

2 inch piece fresh ginger root, peeled and chopped finely

4 cloves garlic chopped finely

2 tsp sea salt

1 stick of kombu or other sea vegetable (in exchange for some of the salt in the recipe, you can use sea vegetables)

1 Tbsp olive oil or ghee (clarified butter)

Garnishes: ¼ cup finely chopped cilantro, ¼ cup finely chopped onions

Yields 8-10 servings

Add the rinsed mung beans to the water in a 2 quart pot. Cook for ½ hour. Then add the rest of the ingredients and continue to simmer for one hour, stirring often. Cook until the mung beans have fully opened up and fallen apart. (You can soak them overnight to make them even easier to digest.) Garnish and serve warm.

¹ *The Cleanse* is a vegan detox program combining Chinese and Ayurvedic herbs, nutritional supplements, raw living foods, and Kundalini Yoga

Beet and Carrot Casserole²

This very tasty recipe is wonderful for the health and cleansing of your liver and digestive tract.

1 bunch medium size beets

1 pound of carrots, peeled

2 bunches of scallions, chopped

3 cloves minced garlic

4 - 6 Tbsp olive oil or ghee (clarified butter)

Braggs Liquid aminos and black pepper to taste

Grated cheddar or soy cheese to taste

Steam the beets whole or halved. When half done (ten to twenty minutes) add the peeled carrots. Cook until tender yet firm. After they cool, remove the beet skins (they slide off easily). Coarsely grate the beets and carrots. Mix them together loosely so the colors stay distinct.

Lightly sauté the scallions and garlic in the olive oil. Then add the Braggs, black pepper, scallions, and garlic to the beets and carrots. Toss this mixture together lightly. Place it in a casserole dish and bake at 350 degrees for 20-30 minutes. (A tasty option is to cover the casserole with grated cheese for the last ten minutes until the cheese is melted and golden.)

Very Healthy for the Liver

By Indra Kaur Khalsa, adapted from a recipe by Yogi Bhajan

Blend:

1 cup Buttermilk or yogurt

1 cup Yogi Tea without milk

1 cup Pomegranate Juice

“In 40 days it cleans you out. Cleans up all the arteries, takes care of the liver, changes the chemistry of the blood, takes care of all the organs, reshapes and retunes every organ in the body, clears the skin, takes away the old age.”

Yogi Bhajan

² Adapted from *Foods for Health and Healing: Remedies and Recipes*, available through www.a-healing.com

Food: The Human Medicine

EXCERPTS FROM *BEADS OF TRUTH*, WINTER 1992

By Yogi Bhajan

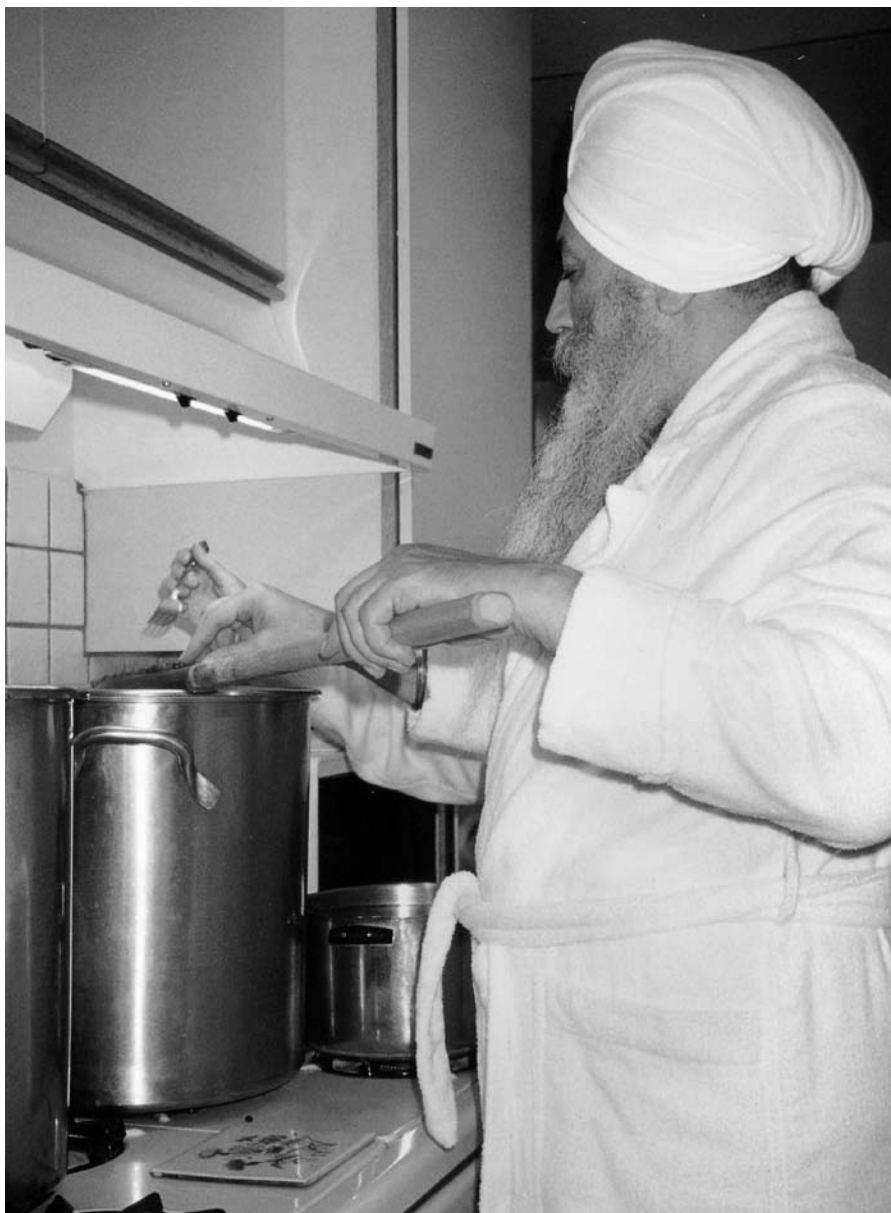
To begin with, all food was considered as human medicine. Food is the medicine which creates equilibrium. That is the beauty of food. The basic properties of a food must be that it should be nutritious, sustaining, and balanced. Balanced food is that food which can be digested without drawing on your health. It should not put a strain on the body.

Food which sustains you will always give you more joy in life. Any food which pushes you is going to kill you. You don't grow old by years, you grow old by food. The bottom line is not how much you know, the bottom line is how much you eat and what you eat.

We take medicines to get rid of disease. What does medicine do? It fights the disease and gives the body a chance to recuperate. What is a medicine? It is a sustaining food. Chemical medicines are produced because they are inexpensive. The difference between organic medicine and chemical medicine is that chemical medicine is direct, while organic medicine is indirect. Organic medicine affects us slowly but its effects are long term. Eating tasty food is nutritious, but eating right food is sustaining too. Eating the right food is a cure in itself. What has happened with modern medicine is that they have removed the curing properties of foods. They have taken those direct properties, filled the medicine with them, and have shoved it into people. If the whole food or the whole herb is used, rather than merely taking the extract from it, there is hardly any negative reaction.

Fasting

Juice fasting is to be done with extreme caution and wisdom. Don't go on a fast without preparing for it, and without having the capacity to go through it. Those people who go on a fast indiscriminately can mess up their metabolism and their



YOGI BHAJAN IN THE KITCHEN

body and their energy. Juice fasts should be done only by someone whose body is already intrinsically strong enough to withstand the toxins that will be eliminated. Juice fasting increases the cleaning capacity of the lungs, liver, kidneys, bowels, and skin. It expels toxins, and rejuvenates the mental, glandular, hormonal, and nervous systems. It can also expel decayed cells and stimulate the growth of new ones.

PHOTO BY SOORYA KAUR KHALSA

Raw Vegetable Juice

The juices that are typically recommended to people are carrot, beet, and celery. Alkaline juices are the best. For things like ulcers, cabbage juice is recommended. Cucumber is also a popular one. Raw vegetable juices, when extracted from organically grown fresh vegetables, give the body the easiest way to ingest a high percentage of the vitamins and minerals contained in these foods. Diets of fresh vegetable juices build and regenerate the body. Vegetable juices are easily assimilated within ten to fifteen minutes. The juices must not be drunk, but “eaten,” thoroughly “chewed” and mixed with saliva. Vegetable juice fasts are good for losing weight, detoxification, and cleansing the organs, cells, and tissues of the body.

Mung Beans and Rice Diet

This is a good cleansing diet. It is good for the kidneys and helps in higher meditation. Mung beans are an easily assimilated protein. This diet will work on the colon and the digestive organs. It is beneficial in cases of constipation. For thirty days eat only Mung Beans and Rice at mealtimes with lots

The bottom line is not how much you know, the bottom line is how much you eat and what you eat.

of green vegetables cooked into the same dish. Fruits may be eaten between meals whenever desired and Yogi Tea may be taken. This is a good winter diet and is recommended for people over forty.

Men

Before a man eats, four conditions should exist in the environment. If these conditions are not met, then it is better for a man to remain hungry. First of all, he should be surrounded by a calm and quiet atmosphere. Secondly, he should be under no mental or physical pressure. Thirdly, the food he is about to eat must be properly cooked with all the ingredients. Lastly, there should be enough time in which to eat gracefully.

Women

As a woman you must watch your elimination system, your urine and stool. It is more important for a woman than a man. Your food should pass through the body easily and take less than eighteen hours.

The majority of a woman's sicknesses come from eating the wrong foods. It doesn't matter *what* you eat, but it matters how you *eliminate* it. Mostly you eat for eating's sake, you eat for the taste. But whatever you eat, it should not sit in your stomach and then not come out. Food must clear your stom-

ach in two hours, and your body in eighteen hours. Otherwise you are asking for a problem.

In constitutional structure, a woman is required not to fast. If she has to, she should prepare herself scientifically and medically. If a woman fasts without proper guidance and preparation there is a sixty percent possibility that her Navel Point (the pulse at the navel) will go off position. That will mess up her pituitary gland secretion, her breasts, and her digestive system.

The best pattern in which a woman should eat is to have two meals a day and two light (nourishing) drinks and one of these meals should be steamed vegetables. Breakfast should be very light, healthy, and totally liquid. At lunch time you can eat what you like—as heavy a food as you think you can digest. The second drink can be taken in mid-afternoon. During the evening, make sure your meal is totally light and easily digestible. A woman should never eat late at night, and never heavy meals. If you can make the evening meal mainly vegetables, it will give you tremendous physical security.

A Cleansing Diet

If you are eager to begin to bring about a distinct improvement in your general health, try a special diet of eating only fruits, nuts, and vegetables (cooked or raw) for thirty days. This diet is used in India when the person looks old and the body is wearing out and becomes impotent. It is said to cleanse the system and revitalize the body. The first few days you may feel weak, but then gradually your strength will increase and you will start to feel light and happy. After thirty days, dairy products may be added to the diet.

The best seasons for this diet are summer, spring, and fall, when the weather is warm and these foods are available fresh. Springtime is when new blood starts coming in. It's a good time to cleanse. It is written that you cannot be a man of experience unless you cleanse yourself in the spring.

As with any change in your healthcare regime, please consult your primary healthcare practitioner before undertaking any new exercise, dietary, or herbal treatment program. The information presented here is not to be used as a diagnostic tool or as a substitute for qualified medical care. Anyone who has reason to suspect serious illness should seek appropriate medical advice and care promptly.

DETOXING THROUGH MASSAGE

INCLUDING A MASSAGE PROTOCOL TAUGHT BY YOGI BHAJAN IN 1992

By Gurusahay Singh Khalsa, D.C.

It is essential for your health that you regularly cleanse and detoxify your body. Similar to changing the oil in your car, you need to purify your blood and give your digestive organs some quality rest and rebuilding time so they can function optimally. Sluggish digestion and impure blood leads to early aging and disease.

By practicing yoga you are able to stimulate the flow of *prana* (incoming, life giving energy) and *apana* (the eliminative en-

on Yogi Bhajan's step-by-step instructions. The person receiving the treatment would, at its conclusion, explain to the rest of us what the effects of the treatment were. Yogi Bhajan would also add his explanation of the treatment, such as "rubbing this area of the knee releases the tension in the opposite elbow."

The following massage protocol was taught in Espanola, New Mexico, in 1992. It is a very short but powerful example of the synchronistic effects of healing through area (the points), pattern (the order of stimulation), and rhythm (the tapping). I think this mini-massage is a perfect representation of the basics of all of Yogi Bhajan's teachings on the subtlety of body work.

This particular series stimulates the stomach and spleen, the main organs of digestion. The diaphragm is also released, which allows for greater breathing capacity, which in turn allows for a more complete exchange of oxygen and carbon dioxide in the lungs. By tapping on the feet, all the organs of the body are toned and the nervous system is allowed to go into a deep relaxation.

When doing massage work, always ask permission from the "receiver" to work on them. Explain to them the areas of the body that you'll be stimulating and make sure they don't have injuries or areas (like the belly if they're pregnant) that you should be avoiding. Start off your massage by centering yourself, chanting *Ong Namo Guru Dev Namo*,¹ and rubbing your palms briskly together for 1-2 minutes to increase the healing flow in your hands.

The times listed for the following exercises are what were taught by Yogi Bhajan that day. It would be okay to increase the times proportionately for a longer massage.

We learned that by stimulating acupressure points and other areas of the body in a specific order, the healing channels and flow of energy are opened to allow the body to self-heal.

ergy) to keep your body balanced and eliminating properly. By eating light, easily digestible foods, you are giving your body the building blocks it needs to heal, grow, and repair.

As part of the wonderful health technologies of Kundalini Yoga as taught by Yogi Bhajan, he often shared different massage techniques to aid in the healing and cleansing of a person. These massages in large part were taught to the Khalsa Chiropractic Association during week-long seminars. We learned that by stimulating acupressure points and other areas of the body in a specific order, the healing channels and flow of energy are opened to allow the body to self-heal. All healing comes from within, but external stimulation of points allows the circuits to be turned on.

Yogi Bhajan would pick a person, have him or her lie down, and then have one of the other doctors give a massage based

¹ For complete instructions, go to www.kriteachings.com/toolsforteachers

1. With the person lying face up, rub a point, on both legs, on the outside front of the lower leg, about 2 inches below the knee cap. It is just outside the shin bone. This corresponds to the acupuncture point, ST 36. (30 seconds)



2. Next, using the base of your palms, massage the front of the thigh, half way from the knee to the groin area. This massage should not be so deep that it is painful. It should be very soothing and rhythmic and the pressure should alternate from one hand to the other. (1 minute)



3. Now massage the thighs directly above the knee caps with your thumbs inside and your fingers outside. Again, this is a soothing, rhythmic massage alternating from one hand to the other. (2 minutes)



4. Strike the abdomen very lightly directly above and below the navel with the sides of your hands. You should alternate your hands like gentle karate chops. (1 minute)



5. To finish, strike the soles of the feet, one foot at a time, with the sides of your hands very lightly, again like a karate chop. (20 seconds each foot)



Dr. Gurusahay Khalsa has been practicing chiropractic and acupuncture in Atlanta since 1978 and is a co-founder of the Khalsa Chiropractic Association. Gurusahay is able to share these techniques from a unique perspective—Yogi Bhajan personally demonstrated many of his massage and yoga therapies on him. Contact Dr. Gurusahay through www.grdhealth.com

Healing on a Cellular Level

SIMPLE THINGS THAT YOU CAN DO IN YOUR EVERYDAY LIFE

By Dr. Linda Lancaster

At this time in our history, the Earth plane holds a tremendous karma that we all bear. Our modern world is filled with contaminants and pollutants that affect us at every level. Bacteria, parasites, viruses, heavy metals, chemical poisons, drugs, and radiation can all penetrate, congest, and interfere with the physical body; the force fields of the etheric, astral, and mental bodies; and their connection to the Divine.

There exists an invisible world within the visible. In the body, before changes are registered on the physical level, healing takes place in these subtle energetic realms. For this reason, as healers, it is essential that we concern ourselves not only with the physical form but also with the subtle anatomy.

Struggle, fear, worry, anger, and selfishness all pollute the free flow of vital energy through our subtle anatomy as well as our physical anatomy. This inner and outer pollution creates blockages in our electromagnetic field, producing shock, congestion, and inflammation. Ultimately, these blockages inhibit communication between individual consciousness and the Greater Soul.

Each cell is a microcosm of our subtle anatomy. Pollution such as heavy metals and radiation affects the acid-alkaline balance at the cellular level. Heavy metals, chemicals, and poisons are in the alkaline field and cause the cell to lose its electrical charge. On the other hand, radiations from X-rays, underground uranium, computers, and electric power lines can create a high acid field manifesting in the form of inflammation.

Our cells are little batteries filled with electricity used for energy within the

body, like the battery in your car. This energetic activity at the cellular level has been described as Chi, Yin/Yang, or Vital Force in traditional medicines. Homeopathy and herbal medicines are powerful tools for stimulating and balancing the Vital Force. Yogic practices such as pranic breathing, meditation, and mantra are effective in strengthening the electromagnetic etheric web. That little tickle in the throat, the rash that won't go away, and changes in bowel movement and urine production are all signals that a person is out of balance and needs detoxification. Symptoms are not necessarily indications of disease but are our body's way of signaling that we need to listen.

There are many ways to begin detoxification and cleansing. Ongoing therapeutic baths to neutralize heavy metals, chemicals, and radiation can help with the constant onslaught of these pollut-

As healers, it is essential
that we concern
ourselves not only
with the physical form
but also with the
subtle anatomy.

ants.¹ Dietary regimens can cleanse and neutralize many pollutants and open the channels of elimination to help re-

¹ For more information about therapeutic baths, visit www.aquariantimes.com, or *Aquarian Times* Spring 2004 issue, p. 40



MILK THISTLE, USED FOR CLEANSING THE LIVER

move the toxins. Cleansing foods such as beets—to keep the gall bladder flowing, and asparagus—to keep the urinary system healthy, can be eaten on a regular basis. Dark leafy greens are filled with chlorophyll and are helpful in detoxing. Liver cleansing is essential to regular cleansing programs. Herbs such as Milk Thistle, Yellow Dock Root, and Dandelion Root can help with cleansing the liver. Homeopathic remedies are also helpful to support the detox process. For example: Nux Vomica 30C can be taken 3 times daily for a few weeks to help detox the effects of drugs in the system. And last but not least, Bach Flower Remedies can help with emotional toxins that get stuck in the system like a needle gets stuck in the groove, on a long-playing record.

Dr. Linda Lancaster is a Naturopathic and Homeopathic Physician internationally known for her work in Energy Medicine. Her health and cleansing programs have been offered to her patients for more than 30 years. Dr. Lancaster was one of Yogi Bhajan's Physicians for 7 years and remained by his side until his passing. He honored her with the Conscious Healer and Humanitarian Award in 2002.

www.lightharmonics.com
www.gfim.com



Freedom from Addictive Behaviors

THE SUPERHEALTH PROGRAM DESIGNED BY THE MASTER

By Mukta Kaur Khalsa, Ph.D.

Everyone could probably use some spring cleaning on the inside at one time or another—perhaps a good colon cleanse. Many of us would benefit from more permanent lifestyle and dietary changes to alleviate chronic health problems. And some of us actually need a powerful detoxification program to help curb high-risk addictive behavior. SuperHealth is such a program.

When Yogi Bhan came to America to teach Kundalini Yoga in 1968, he found people taking drugs, prescription medications, and alcohol to numb their pain and unhappiness. He also found people seeking spiritual fulfillment. When he began teaching Kundalini Yoga and meditation classes, his students experienced an alternative way of feeling good naturally.

One day, as an experiment, Yogiji set up a two-week program at the 3HO center in Washington, D.C. for two heroin addicts. The core of his program for them was Kundalini Yoga and meditation. An amazing thing happened. They overcame

their addictions and experienced a remarkably positive transformation. This was the birth of SuperHealth.

Over the years, SuperHealth developed into a systemized residential program in Tucson, Arizona, with customized treatment plans for behavioral addictions including stress, substance abuse, and other unhealthy habits and emotional disorders. The program included three Kundalini Yoga and meditation classes each day; a specific detoxification and rehabilitation diet complete with fresh juices; a vitamin and herbal regimen; therapeutic massage; Humanology (applied psychology from the perspective of Kundalini Yoga); and individual, family, and spiritual counseling. The program was accredited by the prestigious Joint Commission on Accreditation of Healthcare Organizations, eventually receiving its highest commendation, and distinguished to be in the top 10% of all treatment programs throughout the United States.

In 2004, the Punjab government invited SuperHealth to conduct a 90-day pilot project for drug-users, in Amritsar, India. In October of that year, with a team of professional volunteers, the program opened to serve ten clients. The experience profoundly changed their lives. A research paper in *The Journal of Ethnicity in Substance Abuse* was published in 2008 on the effectiveness of the program in Amritsar.

The problem of addictive behaviors and unhealthy lifestyles spans all cultures and is becoming increasingly acute as globalization spreads. To address this concern, SuperHealth is conducting specialized training programs for yoga teachers and healthcare professionals. Once trained, these people will be able to serve their local communities.

The goal of the SuperHealth program is to assist people to get in touch with their

inner strength in order to conquer problems. SuperHealth offers tools to discover the inner self with meditation which can help to build confidence and self esteem, and to feel comfort in all situations. When a person is faced with challenges, it takes courage and dedication to change. We are not born to suffer, our ego creates our pain. Faith, trust, discipline, and prayer support us to become the most amazing, excellent people we can be.

Mukta Kaur Khalsa is the Director of SuperHealth and author of a newly released book, *Meditations for Addictive Behavior* (available at www.itascabooks.com, 800-901-3480). She studied this technology personally with Yogi Bhajan from 1973 until his passing in 2004, and directed a specialized rehabilitation hospital in Tucson, Arizona. Contact her through www.super-health.net.

Cleansing and Energizing Grapefruit Juice

Grapefruit Juice: An 8 oz. glass helps in the detoxification process and is also good for the kidneys and urinary tract.

Grapefruit, Apple, and Carrot Juice

A wonderful detoxification drink. Very cleansing as well as an energy booster. Combine $\frac{1}{3}$ grapefruit juice, $\frac{1}{3}$ apple juice, and $\frac{1}{3}$ carrot juice.

Use fresh juices whenever possible.

Meditation

Meditation is the art of breaking habits to purify the mind and to take care of day-to-day affairs.

Yogi Bhajan

The practice of meditation gives the psychological edge necessary to remain calm and non-reactive under challenging situations. Increased breath capacity developed through long deep breathing exercises carries more oxygen to the brain, which in turn helps to create a heightened sense of awareness. Science has shown that conscious controlled breathing can also elevate your mood, create relaxation, shield you from the effects of stress, aid in pain control, and alleviate a wide range of symptoms like headaches and indigestion.

To achieve the best results, practice a specific meditation for 40 days. This is the amount of time required to create a new habit or break an addiction.

Before beginning the meditation, chant the Adi Mantra (*Ong Namo Guru Dev*

Namo).¹ This translates as "I bow to the Creator, the Divine Teacher within," and promotes an attitude of hope, strength, and courage—qualities needed to begin the process of breaking habits and changing your life.



The Healthy, Happy, Holy Breath

This is a self-healing *mantra*. We have the right to be healthy and happy and to live in peace with ourselves. This affir-

¹ For complete instructions, visit www.kriteachings.com/toolsforteachers

mation is known to empower us to carry out our intentions and become more in control of ourselves.

Posture: Sit with your spine straight in a chair or cross-legged on the floor. Hands are relaxed and resting on the knees. Close your eyes and focus them at your Third Eye point, the point between the eyebrows.

Chant: Take a deep full breath inhaling through the nose. Hold the breath, pushing the chest forward, and silently repeat the following mantra 3 times:

Healthy am I, Happy am I, Holy am I

As you exhale, repeat the mantra 3 times out loud.

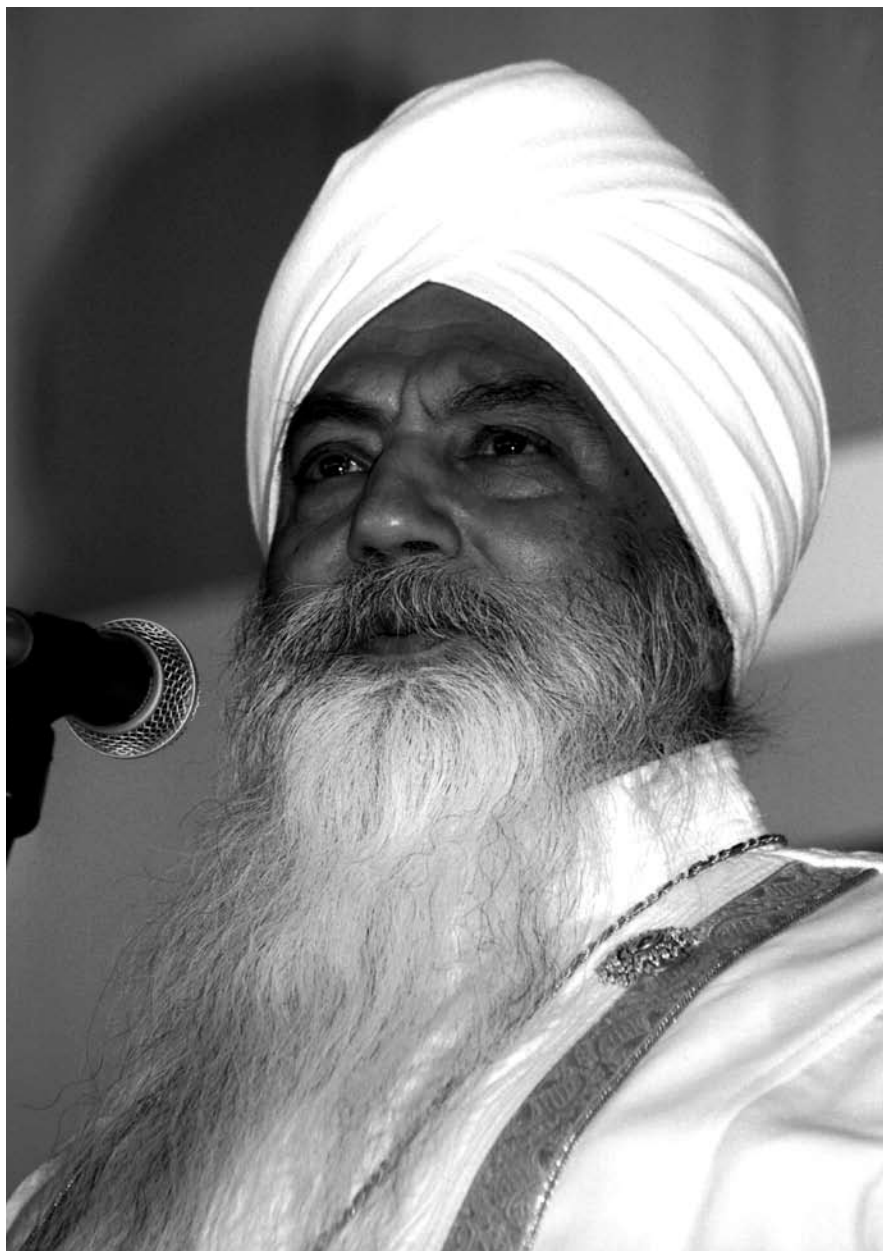
Time: Continue for 11 minutes.

To end: Inhale deeply, completely filling the lungs with the breath. Exhale and relax. Sit in silence for 1-2 minutes. Inhale deeply and raise your arms over the head, interlock the fingers, and stretch the arms and spine upward. Exhale and relax.

The Window of the Mind

EXCERPTS FROM *THE MIND: ITS PROJECTIONS AND MULTIPLE FACETS**

by Yogi Bhanjan



I want to share with you a few concepts and some practical techniques that open the window of your mind. With your mind you can view every thought, every feeling, and every part of your life. But you can cover that window with so much dust from your ego that you cannot see your soul at all. You can forget your own concept, standards, and who you are in the reality of life.

Each of you knows that when the body is not cleaned, it eventually stinks. To prevent that you shower and clean yourself every morning. It is an act of self-respect and a duty to your consciousness. Do you know it is exactly the same with the mind? When the mind is not cleaned, it eventually stinks. So much dust can accumulate you cannot see anything at all and

someone will smell the stink if they just think of you! The entire house of your personality gradually becomes a garbage dump if it is not cleaned.

What is it like to have the mind clear so you can see through it without distortion? It is very easy to feel and say, "I am very happy." It is also very easy to feel and say, "I am very unhappy." In reality you are neither happy nor unhappy. "Happiness" and "sadness" are your mental concepts. They are constructions of your mind and its projections. When the mind is clear it serves you. If you are unhappy, your mind should give you the way to be happy. If you are happy, the mind should just remind you that there is a possibility to become unhappy. You can never always be happy and you can never always be

unhappy. You must see and understand the fluctuating pros and cons, and then live through the diagonal on the line of the soul and reality between them. A clear mind helps you walk that diagonal path and be consciously you. You are supposed to remain you, come what may. That is the actual strength of your mind when it is clean and clear.

There are many ego trips in the spiritual world. And spiritual ego is one of the worst, most intractable of all egos. Very few spiritual people speak to you straight and blunt. Most speak like this, "Humm. Yeah, I see you are a beautiful and wonderful person. I feel a great light around you. You must be a healer and had great past lives." They inflate your spiritual ego and make it even harder to see through the window of your mind. It doesn't help you with the job of cleaning. It is better to tell the student what they need to do.

The spiritual world is not calm, quiet, and peaceful. It is not a special realm that is minus ego and minus the mind. They are still people, and they must still deal with the mind and the ego.

What is it like to have the mind clear so you can see through it without distortion?

The problem is when you go with the ego and inflate it, deflate it, and depend on it. I don't want to offend your ears with something I should not say. You all know what happens to any meal, even to a gourmet meal. It goes through you and ends up coming out in the rest room. No matter how inflated the gourmet and grand the meal, it will come through the same as a humble meal. You should just let it go! It doesn't matter what the meal is and it doesn't matter what the words are, spiritual or political or economic. It is not you. And you must find a simple diagonal line of life through it.

Your spirituality is basic and authentic. Its natural authenticity does many good things for you. It is the light of my soul that can carry me. It is my statement, my depth, and my impact from the heart. You think it is your environments and the things in those environments. You become a prisoner of them and they will never carry you anywhere. With no duality, with innocence and genuine spiritual integrity, you flow with the flow of your spirit. Then your mind will just serve you and life will be creative, elevated, beautiful, and authentic. And when it is authentic, you will be trusted. You will be direct, speak the truth, and never need to manufacture anything negative to manipulate or control anything.

Mostly you train your mind to listen to "inflations." You love the pleasing sounds that praise your ego. These ears listen so much to inflated lies they can not recognize the truth when it is spoken. If the window of the mind is dirty, if the mind is shallow and you have not refined it, then you can speak truth to such a mind and it can not hear it or take it in to experience.

We habitually spin lies in the name of truth. We have become accustomed to this as a fact and even admire it like marketing. This is how our mental games drop us. We fall from our own innocence and descend from our own elevation. We are very beautiful and creative people. We are made in the image of God. We have the fastest and the most wonderful power—our own mind. It can take us to God. It can take us to ourselves. It can take us deep into our self or far out into the Universe. When clean and open the mind can do anything that we want.

If we can remember this one little thing and take it to heart, then we can solve our problems a hundred percent. Just remember: the mind is given to us, we are not given to the mind. It is a simple thing.

The window of your mind can be cleared or fogged over by the words you use and how you use them. There is a gap between what you say in words and what you intend to communicate. That is why you are so often confused. That is why we

have to learn to honestly talk with each other. That is why we need to learn to notice when our mind has split off with the ego and emotions. The only thing that is communicated and is heard as it is at the same time is the truth. That is a power of your mind. It can penetrate the subtlety and intention behind someone's words and it can project and fill yours with a truth beyond any fear or need.

Your soul gives you awareness and the language of love. Your mind gives you consciousness to sense all the differences and the lines drawn. The teacher warns you and helps keep your mind clear, so that you can be guided by the light of awareness and use the power of your consciousness.

It is mental forgetfulness and your fears that close the window of the mind, so you do not see the beauty and reality of your self. That is what causes all these unwanted and unnecessary ego troubles. You have the ability and intelligence and consciousness. You are just scared. That is why you need to practice meditation, *naam simran*¹ and *jappa*,² to cleanse the fear out of the mind. You can tune up your mind with a sacred tune of God, with the words of truth from the Guru³ that penetrate your heart. The maximum percentage of your brain you can use consciously is about five percent out of a hundred. But if you use only point three percent of your brain capacity consciously, intelligently, and without ego, everything will go smoothly. You are the master of your destiny. You are the leader of your day. You are the light of your life. You are nothing but a representation of God on this planet. That is the Will, and the decree, and that is God. In God you dwell, and God dwells in you.

* Available at www.kriteachings.org, www.a-healing.com, www.spiritvoyage.com

¹ The constant remembrance of the Name of God

² Recitation/repetition of the Name of God

³ The giver of the technology which takes you from darkness to light; the Teacher; for Sikhs, the Shabd Guru: the *Siri Guru Granth Sahib*—sacred writings of enlightened beings

Kundalini Yoga

TO RELIEVE INNER ANGER

Taught on September 21, 1988

"When the inverted anger becomes part of the body, the simple effect is that you have absolutely no relationship with your Self... Inferiority complex or superiority complex are a cover-up of inner anger. Manipulation and lying are parts of inner anger. Not being self-sustaining or having a foundation to work it out is an inner anger. Misbehavior, wrong calculation, self-destruction, destroying the business, destroying the relationship are all inner anger...On the other hand, anger comes from the place of the Aagan Granthi. It is the area of the heart, it is the blood, it is the circulation, it is the diaphragm, it is the heart pumping. The whole life depends on it. So in the center of the heart is a furnace. Either it can cook for you or it can burn down your house and there is nothing in between." **Yogi Bhajan**

1. Lie down flat on your back in a relaxed posture with your arms at your sides, palms up, and your legs slightly apart. Pretend to snore. Continue for 1½ minutes.



2. Still lying on your back, keep your legs out straight and raise both legs up 6 inches from the floor and hold for 2 minutes (if necessary, you may place your hands under the buttocks to support the lower back). This exercise is said to balance anger. It pressurizes the navel to balance the entire system.



3. Remaining in the posture with your legs up at 6 inches, stick out your tongue and do Breath of Fire¹ through your mouth. Continue for 1½ minutes.



¹ Continuous rapid breathing, two to three breaths per second, while pulling the Navel Point in on the exhale and relaxing it on the inhale

4. Still lying on your back, lift your legs up to 90 degrees with your arms on the ground by your sides. Begin to beat the ground with your hands with all the anger you can achieve. Beat hard and fast. Continue for 2 1/2 minutes.



5. Still on your back, bring your knees to your chest and wrap your arms around them. Stick your tongue out. Inhale through your open mouth and exhale through your nose. Continue for 2 minutes.



6. Sit in Celibate Pose: begin by sitting on the heels then spread the feet far enough apart so that your hips will fit between them. Moving slowly, sit down on the floor with your feet on either side of your hips. Cross your arms over your chest and press them hard against your rib cage (6a). Bend forward and touch your forehead to the floor as if you are bowing (6b) and then come back up. For 2 1/2 minutes move at a pace of approximately 30 bows per minute, then for another 30 seconds speed up and move as fast as you can.



7. Sit with your legs straight out in front of you. Begin to beat all parts of your body with open palms. Move fast. Continue for 2 minutes.



8. Stand up and bend forward, keeping your back parallel to the ground. Let your arms and hands hang down loosely. Remain in this posture and sing for 3 minutes. (In class, Yogi Bhajan played a tape of Guru, Guru, Wahe Guru, Guru Ram Das Guru.)



9A. Continue singing and come into Cobra Pose: Lie down on the stomach, placing the hands on the ground underneath the shoulders. Lift the chest and heart up first, and let the head follow as you lean back and arch up. Try to straighten the arms but don't overarch the lower back. Hold the posture for 1 minute with normal breath.



9B. Still in Cobra Pose, begin circling your neck, as you continue singing. Continue for 30 seconds.



9C. Still in Cobra Pose, begin kicking the ground with alternate feet. Continue for 30 seconds.



10. Sit in Easy Pose and close your eyes. Stretch your arms over your head, keeping the elbows straight and the palms together. Interlock your fingers except the index fingers which are pointing straight up. Begin *Sat Kriya* in Easy Pose: chant *Sat* as you squeeze the Navel Point in and up. Chant *Nam* as you release it. Continue for 1 minute 15 seconds.



11. Lie down in Corpse Pose (on your back with arms by your sides, palms face up) and nap for 5 minutes.



Kundalini Yoga

Let the Liver Live

TAUGHT ON JANUARY 30, 1985

1. Lie on your left side. Place your left hand under your head with the left elbow resting on the ground. Lift the right leg up straight and hold the toes with your right hand. Keep both legs straight. Begin Breath of Fire¹ and continue for 4 minutes in this posture.

2. Come into Wheel Pose: lie down on your back and bend the knees. Keep the feet flat on the floor and place the palms on the ground above your shoulders with the fingers pointing towards the feet. Lift the torso off the ground, raising the navel all the way up.² In this posture, take one complete breath through the nose, inhaling and exhaling completely. Then take one complete breath through the mouth, inhaling and exhaling completely. Continue alternating from nose to mouth, taking one complete breath with each. Continue for 4 minutes.

3. Come into the same posture as in exercise #1 with Breath of Fire through the mouth for 2 minutes.

“When you do not consciously relate to your body, your mind does not relate consciously to you.”

¹ 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

² If you are unable to do Wheel Pose, then lie on your back and visualize your body in a perfect Wheel Pose and follow the breathing instructions



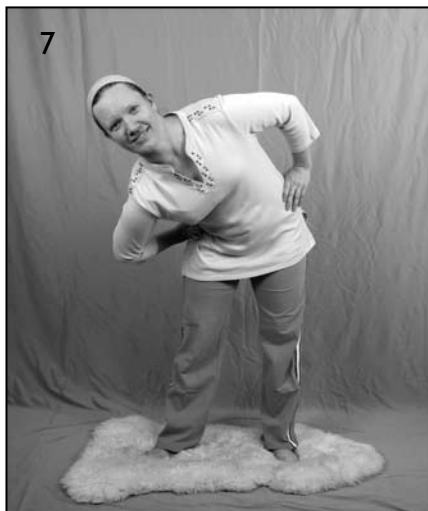
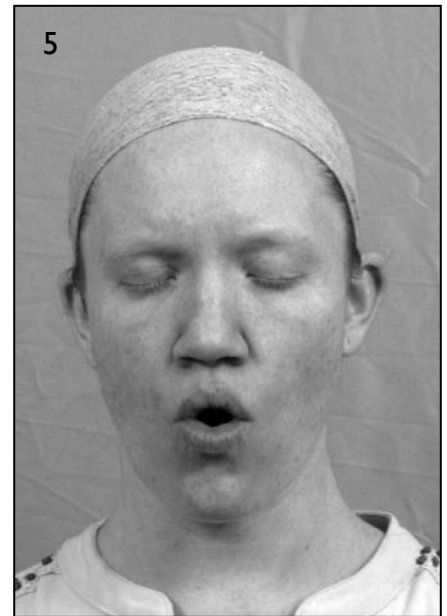
4. Stand up with legs apart 18 to 24 inches. Bend forward and stretch the hands back through your legs to touch the floor. Reach back as far as possible. Keep the head down. Hold this position for 1 minute. Then, in this position, roll the tongue and do Breath of Fire through the rolled tongue for 3 minutes.

5. Repeat exercise #1 with Cannon Breath (a powerful, explosive Breath of Fire through the mouth). Continue for 30 seconds.

6. Stand up (6a) and sit down (6b) 52 times without using the hands for support.

7. Stand with hands on the hips. Roll the upper torso in large circles. Continue for 2 minutes.

8. Relax



*"Anyone who shall
do exercise #7 for
11 minutes morning
and night will have
no problem with
Mr. Liver."*

Yogi Bhajan

A Deep Cleansing, Healing Experience

AT THE KUNDALINI YOGA TEACHER TRAINING IMMERSION COURSE

By Mukanday Moore

If I told you I enjoyed getting up at 3:30 a.m. to take a cold shower, you would probably think I was a bit off balance. After the cold shower, I went to the Gurdwara (Sikh temple), where up to fifty other students gathered to do Kundalini Yoga and then meditate for an hour and a half. This is generally how I began every day of the Level One Kundalini Yoga Teacher Training Immersion Course, held in Espanola, New Mexico, in August of 2008.

For the twenty-eight days of the course, 50 others and I were students learning to be Kundalini Yoga teachers. The days were long. They came with waves of mental and physical exhaustion and were filled with lessons and accomplishments. My mind and body felt like a sponge being squeezed and filled, squeezed, and filled even more. It was a fantastic experience—one that took stamina, determination, and tolerance. To be able to put your usual life aside for an entire month takes a certain degree of stability. To be able to maintain a level of deep processing for a month takes honor and self-commitment. To be able to endure not only your own process, but everyone else's as well, takes self-respect. Yes, we were learning the mechanics of teaching Kundalini Yoga, by doing *kriyas* (sets of exercises) up to four times a day, and up to a dozen different meditations a day, most of them for 3 to 11 minutes each, but some for as long as 62 minutes—every day for twenty-six days. There were a few blocks of 'down time,' but not many. We had work to do! Add to this a regulated, specific, vegetarian diet, and you have the components of a deep cleansing, healing experience.

So, who are these people and why do they do these things? As I am one of them, I would like to share, in some limited form, my own personal understanding of it all. All of these components of the process are individual technologies, which you can use individually, yet the impact of the sum is phenomenal. The technology of the cold shower is called Ishnaan Therapy. When done properly, it gives the blood capillaries a good flushing, stimulates the circulation, and helps the skin to glow, bringing the body's inner warmth to the surface. Rising two and a half hours before the sun provides the subconscious mind with a quiet space for cleansing and releasing its deeper garbage. There is something special in that time of day,



KUNDALINI YOGIS AT THE TEACHER TRAINING IMMERSION COURSE

when it is easier for the mind to relax. Kundalini Yoga kriyas gently stimulate the body. The yogic regulation of the breath (*pranayam*) helps prepare the mind and body for meditation. During the next hour and a half, a series of seven specific *mantras* are chanted—every morning, including Sundays. These

Cleansing the mind is an important habit, just like brushing your teeth every day.

seven mantras take the mind through a prescribed process of cleansing and focusing. Cleansing the mind is an important habit, just like brushing your teeth every day. The technology of mantra (the sound current) aids in training the mind to focus on the here and now, and to let distractions come and go. The yogic breathing deepens the impact of the sound current and sends oxygen more completely through the body and brain. Spending two and a half hours a day remembering the Infinite is a worthy practice of tithing your time. Then the rest of the day is covered. I have set myself and my intentions for the day, by meditating deeply and clearly.

In this way, I moved into the work of the day with confidence. The days were long—about twelve hours of classes designed toward taking each of us from individual consciousness, to group consciousness, to universal consciousness. Class time began with a small group check-in. I'd check in with the same group every morning, a time to share any issues of my own. Usually, I would complain about things like having oatmeal again for breakfast. It was a place to speak about insecurities and doubts, and a time to ask questions about the schedule and process.

A variety of classes would be offered until lunchtime: anything from the workings of the mind, yogic and Western anatomy, healthy diet and lifestyle practices, the power of the sound current, and posture and breathing techniques, to name a few. All three meals were shared outdoors under the beautiful Cottonwood trees. Generally, in the afternoons we would break into small groups and take turns being the 'teacher' for the

The days were long—about twelve hours of classes designed toward taking each of us from individual consciousness, to group consciousness, to universal consciousness.

group. We were evaluated by our peers and two faculty evaluators. This was both fun and challenging, even though I've been teaching for almost ten years already. We all had some ability to share, and it was very encouraging to be evaluated by my peers.

After dinner was generally a 'lighter' time. One night we had two beautiful young women teach Indian folk-style dancing, called Bangara. That was exhausting and fabulous! Often we watched a video-class of Yogi Bhan, who passed away in October of 2004. After all, he is the one who brought Kundalini Yoga and its healthy lifestyle to the West in 1969. I was fortunate enough to have met him in person several times. It's hard to describe what an amazing man he was.

I felt deeply cleansed, 'polished' by this whole process. I love Kundalini Yoga. I always feel calmer, happier, stronger, and clearer after doing any amount of it! That's why I've kept doing it for twenty-six years. Nothing else I've ever tried has brought me to this realm of bliss. Nothing. Nothing else can sustain this state for me. Nothing. And I've tried a few. It's truly a deeply dynamic technology of how to be a human, fully experiencing the gift of life. What better prayer could I offer than to live my life every day with the vibration of the Name¹ in my heart?

¹ Name of God, *Nam*, True Identity



MUKANDAY MOORE

One day, when I was feeling funky, thinking thoughts like, "I don't belong here," I said to someone that life was like a kaleidoscope, ever-changing. Her comment was that kaleidoscopes always reflect the Light. I took hold of that metaphor: Each of us is a single kaleidoscope, with our lives changing and flowing, beautiful moments to be viewed. And, to extend the metaphor, we are a part of each others' kaleidoscopes, pieces of Light in other people's lives, reflecting Light, ever-changing. Even when it's 'dark,' we all have Light within us. We cannot turn it off. For as long as we have breath, we have Light. So breathe more consciously, polish that Light, and make it stronger. Let it shine for everyone to see! First bring peace and balance to yourself. Then share it with others.

Kundalini Yoga is a huge technology. I'm not necessarily a scientific person. I tend to approach things through experience. But there is a benefit and an understanding to be had by every person through this technology. The purpose of the study and use of this technology is to bring forth that life energy which sustains all life and intelligence—a deep blessing to be experienced. And this Immersion course was indeed a deep blessing for me.

Because this path has sustained me, my husband, and our three children for many years, I keep teaching Kundalini Yoga classes. I just added two more to my weekly offerings. These teachings are for everyone. The door is open and you are welcome to come on in. There's usually a delicious pot of Yogi Tea on the stove!

Mukanday Kaur has been one of Yogi Bhan's students for twenty-six years, and a Kundalini Yoga teacher for ten years. She lives and teaches in Lexington, Virginia, with her husband, Dr. Avtar, D.O. and their three children. She enjoys gardening, cooking, and hiking the Blue Ridge Mountains. For a workshop, contact her at blissfulorchids@yahoo.com

2009 calendar of events

To list your event on the 3HO International website or in the next issue of *Aquarian Times*, go to the events page at www.3HO.org and click on "Have your event featured here and in the *Aquarian Times* magazine." The due date for the August 2009 issue of AT is April 7, 2009.

February 2009

MELBOURNE, AUSTRALIA
KRI TEACHER TRAINING LEVEL 2 MODULE: CONSCIOUS COMMUNICATION
February 2 – March 2, 2009
gurujivan@tpg.com.au

WHITE TANTRIC YOGA
HAMBURG, GERMANY
February 7, 2009
whitetantricyoga.com 3ho.de

WASHINGTON, DC, USA
KRI TEACHER TRAINING LEVEL 2 MODULE: VITALITY AND STRESS
February 11 – April 30, 2009
cristin@spiralflightyoga.com

WHITE TANTRIC YOGA
STOCKHOLM, SWEDEN
February 14, 2009
whitetantricyoga.com rootlight.se

ANANDPUR SAHIB, INDIA
KRI TEACHER TRAINING LEVEL 2 MODULE: MIND AND MEDITATION, AND INDIA YATRA
February 20 – 26, 2009
yogicadventures.com info@yogicadventures.com (505) 412.0612

RISHIKESH, INDIA
JOURNEY THROUGH THE CHAKRAS
February 21 – 28, 2009
kathrynmccusker.com kathryn@kathrynmccusker.com 44(207) 722.1323

WHITE TANTRIC YOGA
AUSTIN, TX, USA
February 21, 2009
whitetantricyoga.com yogayoga.com

NORTHERN INDIA
INDIAN YOGA JOURNEY OF A LIFETIME
February 23 – March 9, 2009
tabithadeanyoga.co.uk info@tabithadeanyoga.co.uk

BARCELONA, SPAIN
CHILDPLAY YOGA TEACHER TRAINING – A TRAINING FOR ALL INTERESTED IN CHILDREN'S YOGA
February 27 – March 1, 2009
childplayyoga.com hargobindkaur@shuniayoga.com (3493) 265.8926

CENTERVILLE, MA, USA
RADIANT CHILD YOGA PROGRAM – COMPREHENSIVE CHILDREN'S YOGA TEACHER TRAINING
February 27 – March 1, 2009
littleonesyoga.com centervillewellness@yahoo.com (508) 775.1422

WHITE TANTRIC YOGA
PHOENIX, AZ, USA
February 28, 2009
whitetantricyoga.com yogaphoenix.com

March 2009

JALISCO, MEXICO
SACRED CHANT RETREAT WITH SNATAM KAUR & GURU-GANESHA SINGH
March 2 – 9, 2009
spiritvoyage.com info@karamkriya.co.uk 1(888) 735.4800

SANTA FE, NM, USA
KRI TEACHER TRAINING LEVEL 2 MODULE: LIFE CYCLES AND LIFESTYLES
March 6 – April 5, 2009
yogasouthwest.com deva@thecleanse.com (505) 988.7076

WHITE TANTRIC YOGA
MILLIS, MA, USA
March 7, 2009
whitetantricyoga.com satkartarkaur@khalsa.com

WHITE TANTRIC YOGA
ROME, ITALY
March 15, 2009
whitetantricyoga.com infotrantra@ikytaitalia.org

WHITE TANTRIC YOGA
BARCELONA, SPAIN
March 21, 2009
whitetantricyoga.com

WHITE TANTRIC YOGA
MIAMI, FL, USA
March 28, 2009
whitetantricyoga.com info@yogasourcefl.com

April 2009

WHITE TANTRIC YOGA
CHICAGO, IL, USA
April 4, 2009
whitetantricyoga.com shaktakaur.com

LONDON, UK
KRI TEACHER TRAINING LEVEL 2 MODULE: MIND & MEDITATION
April 9 – 14, 2009
info@karamkriya.co.uk

WHITE TANTRIC YOGA
OAKLAND, CA, USA
April 11, 2009
whitetantricyoga.com satsantokh.com

WHITE TANTRIC YOGA
LOS ANGELES, CA, USA
April 18, 2009
whitetantricyoga.com whitetantricyogala@hotmail.com

May 2009

WHITE TANTRIC YOGA
NEW YORK, NY, USA
May 2, 2009
whitetantricyoga.com kundaliniyogaeast.com

WHITE TANTRIC YOGA
TORONTO, CANADA
May 9, 2009
whitetantricyoga.com torontokundaliniyoga.com/

WHITE TANTRIC YOGA
EUGENE, OR
May 16, 2009
whitetantricyoga.com yogawestseugene.com/

WHITE TANTRIC YOGA
MEXICO CITY, MEXICO
MAY 23, 2009
whitetantricyoga.com kundalinimexico.com

MAYA TULUM, MEXICO
JOIN YOGA YOGA ON THE CARIBBEAN BEACHES
May 30 – June 6, 2009
yogayoga.com events@yogayoga.com

June 2009

WHITE TANTRIC YOGA
TEL-AVIV, ISRAEL
June 5, 2009
whitetantricyoga.com

3HO – SUMMER SOLSTICE SADHANA CELEBRATION
RAM DAS PURI, ESPAÑOLA, NM, USA
June 18 – 27, 2009
3HO.org

3HO – ANNUAL INTERNATIONAL KUNDALINI YOGA TEACHERS ASSOCIATION CONFERENCE
RAM DAS PURI, ESPAÑOLA, NM, USA
June 19, 2009
3HO.org

3HO – INTERNATIONAL PEACE PRAYER DAY
RAM DAS PURI, ESPAÑOLA, NM, USA
June 20, 2009
3HO.org

KRI – TEACHER TRAINING LEVEL 2 MODULE: STRESS AND VITALITY
RAM DAS PURI, ESPAÑOLA, NM, USA
June 28 – July 4, 2009
kriteachings.org

3HO – WOMEN'S CAMP
RAM DAS PURI, ESPAÑOLA, NM, USA
June 28 – July 5, 2009
3HO.org

3HO – KHALSA YOUTH CAMP
RAM DAS PURI, ESPAÑOLA, NM, USA
June 29 – July 12, 2009
3HO.org

July 2009

WORLD PEACE SANCTUARY, WASSAIC, NEW YORK
700 VOICES SACRED MUSIC FESTIVAL
July 10 – July 13, 2009
brettduback.com duback@optonline.net

3HO – EUROPEAN YOGA FESTIVAL
FONDJOUAN, FRANCE
July 28 – August 5, 2009
3HO-europe.org

August 2009

KRI – LEVEL ONE TEACHER TRAINING IMMERSION
RAM DAS PURI, ESPAÑOLA, NM, USA
August 1 – 27, 2009
kriteachings.org

3HO – ANNUAL EUROPEAN KUNDALINI YOGA TEACHERS ASSOCIATION CONFERENCE
MUR DE SOLOGNE, CHATEAU, FRANCE
August 5, 2009
3HO.org

3HO – YOGI BHAJAN BIRTHDAY AND 3HO FOUNDATION 40TH ANNIVERSARY PARTY
ESPAÑOLA, NM, USA
August 22, 2009
3HO.org



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has been created as a teacher.
The moon is a teacher, the
stars are a teacher. But there
are people who become
professional reminders. That
is what we call a teacher.
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to realize that he belongs in
the finite of the Infinite."*

— Yogi BhaJan

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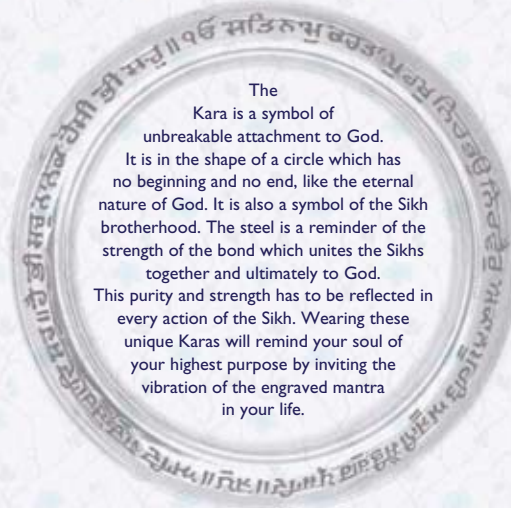


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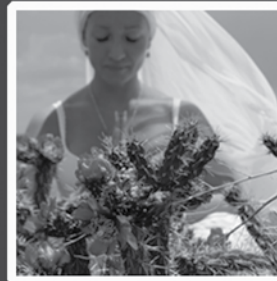
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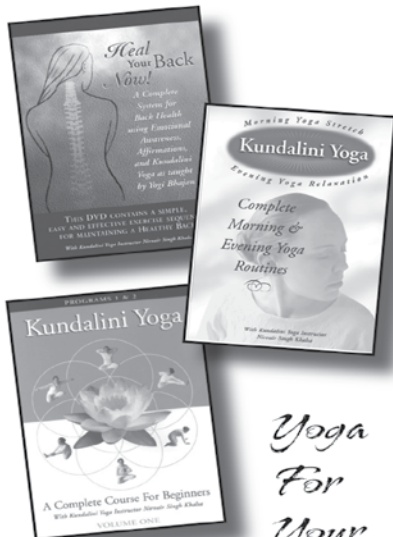
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5.15am	Wake up	2.30pm	Study Hall
5.30am	Japji	3.30pm	Sports/Gatka Practice
5.45am	Physical Fitness	5.00pm	Kundalini Yoga/Sat Nam Rasayan
7.15am	Room Inspection	6.00pm	Dinner
7.30am	Breakfast	6.45pm	Rehiras
8.10am	Academic Classes	7.15pm	Fine Arts/Golden Temple
1.10pm	Lunch	10.00pm	Lights Out



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Realizations

FINDING CLARITY AT THE MIRI PIRI ACADEMY

By Alejandra Satkirk Kaur Yanez, Grade 11

I never thought I'd go half way around the world to India. Having lived most of my life in a small town in Mexico, it was a great surprise to me when I moved to Europe at age eleven. I was walking to school one day in Berlin when I thought to myself, "Wow, I'm in Europe. I live here. This is such a great opportunity and experience." What could be more drastic than moving to Europe? Everything seemed to have happened by pure chance, and on that sunny morning in Germany, although I had the feeling that this wasn't the end of it, I never did see India coming.

At around Christmas time in 2007 I realized I needed a change. I had the feeling that I had already learned what I needed from my surroundings and situation. I was going to move back to Greece with my father when Ananda Kaur and Amrit Singh, staff members at Miri Piri Academy (MPA), came to Berlin. They told me about the school and in a wild moment I made up my mind that this was what I wanted, even though I really couldn't see any way that this could happen.

Despite all the ups and downs in the road, I somehow managed to get here. It was a long journey, but I don't regret having made it. Even after just a month and a half, I already had a very different perspective of things.

Before I came to India I knew that it would be something completely different from anything I was used to. In my experience, such changes are the ones I've most learned from, because when you go to a different environment from one you're already comfortable in, you are confronted with things you've never had to deal with before. Before coming, I kept an open mind about MPA, making sure I didn't make up unrealistic expectations. I completely forgot, however, to keep an open mind about my reactions to the challenges of my own mind; the realizations I would have about myself, rather than the challenges presented by the outside world; those realizations which would surface randomly at *sadhana* (spiritual practice), while taking a shower, running, or eating breakfast.

For example, last night I was looking at pictures on the wall of my room when I realized that all my life I had modeled myself on those around me. How I acted, and therefore who I was, was always based on the people around me. I changed completely to fit the environment instead of being centered within myself. When you move to different surroundings it is easiest to change yourself to fit in, but if you can stick to who you are and what you believe in, if you can take the challenges as they come, have the stamina to take the lessons and grow with them, you get much more out of it. When you just give



ALEJANDRA SATKIRK K. YANEZ

in to peer pressure and change everything about yourself to make things easier, ultimately you wind up not knowing who you are. You become the background. What we learn here at MPA, especially the yoga and meditation, gives us the ability to be aware and stick to who we are and what we believe in.

At MPA I feel I have the time to think about myself, partially because I don't have the same kinds of responsibilities and complications that I do at home. There is space to get into myself and clarify what I want and where I'm going. I feel that there is a constant pull of energy towards a better self. You can choose to go with it, or throw a tantrum and have it drag you there anyway. I'm curious to see where I'll be by the end of the school year, and the effect it will have on my life back at home.

Alejandra Satkirk Kaur Yanez was born in Cuernavaca, Mexico. She loves travelling and learning new languages. She plans to study English Literature and Journalism, and to be able to travel as part of her work. She is currently in her first year at Miri Piri Academy, and is a developing connoisseur of Chai.

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Prosperity Meditation: Prayer of Surrender

Taught by Yogi Bhajan on October 4, 2001

Start by chanting the Adi Mantra (*Ong Namo Guru Dev Namo*) 3-5 times.¹

Posture:

Sit in Easy Pose. Place the hands, palms up, in front of the diaphragm, with the left wrist underneath the right.

Eyes:

Eyes are closed.

Time:

62 minutes

Chant:

‘This meditation uses the mantra called *Ik Acharee Chand*, a mantra that mega-multiplies. It can be found on the CD titled *Ajai Alai* by Nirinjan Kaur and Guru Shabd S. Khalsa, available at www.spiritvoyage.com and www.a-healing.com. Chant the words rhythmically and precisely.

To End:

Inhale very deeply, exhale. Inhale again deeply; expand your shoulders as well as your chest. Exhale. Inhale deeply again, expand your body with this breath. Exhale and then relax.

¹ For complete instructions, visit kriteachings.com/toolsforteachers

Mantra Transliteration and Translation

This mantra is found in *Jaap Sabib*²

<i>Ajai Alai</i>	Invincible, Indestructible
<i>Abhai Abai</i>	Fearless, Unchanging
<i>Abboo Ajoo</i>	Unformed, Unborn
<i>Anaas Akaas</i>	Imperishable, Etheric
<i>Aganj Abbanj</i>	Unbreakable, Impenetrable
<i>Alakkb Abbakkb</i>	Unseen, Unaffected
<i>Akaal Dyaal</i>	Undying, Merciful
<i>Alaykb Abhaykb</i>	Indescribable, Uncostumed
<i>Anaam Akaam</i>	Nameless, Desireless
<i>Agaab Adhaab</i>	Unfathomable, Incorruptible
<i>Anaathay Pramaathay</i>	Unmastered Destroyer
<i>Ajonee Amonee</i>	Beyond Birth, Beyond Silence
<i>Na Raagay Na Rangay</i>	Beyond Love, Beyond Color
<i>Na Roopay Na Raykbay</i>	Beyond Form, Beyond Shape
<i>Akarmang Abharmang</i>	Beyond Karma, Beyond Doubt
<i>Aganjay Alaykbay</i>	Unconquerable, Indescribable

Visit the Dasvandh Meditations page at www.dasvandh.org for a downloadable sound clip of this mantra.

“Consciousness is always above time and space. When a moment comes in your life that your commitment is challenged, at that time challenge the challenger and follow the commitment, not the challenge. That is the only way to experience higher consciousness.” Yogi Bhajan

Visit us at www.dasvandh.org for access to a wealth of meditations, Yogi Bhajan lecture excerpts, testimonials, and articles on building your Path to Prosperity! You can also sign up for monthly prosperity technology e-mails and learn about the power of Dasvandh as taught by Yogi Bhajan.

² One of the daily Sikh prayers, this was written in praise of God by the 10th Sikh Guru, Guru Gobind Singh, who represents royal courage and radiance

JOURNEY TO THE INFINITE

IN MEMORIAM: DYAL KAUR, DEVOTED TEACHER, BELOVED WIFE

By Gyanwant Singh

Dyal Kaur was my beloved wife of twenty-three years and my best friend, but above all she was an incredible teacher. Her battle with cancer and her transition into the light was written about in past issues of *Aquarian Times*. Her doctors gave her a maximum of three months to live after her diagnosis, but she would have none of that and so began her battle to continue to teach and elevate her students. She out-lived the odds she was given by fourteen more months, during which she continued to devote herself to her practice as a Kundalini Yoga teacher.

She had great compassion for her students, never judging and always elevating them to be better than she without reservation. I will never forget how, up until four weeks before her transition, I would take her to class and she would drag her oxygen bottle into Yoga Village no matter how she felt or how much pain she was in. She would just get up on the platform and become the teacher. I was so proud of her and I was amazed at how students would show up during this time a half hour early because space became so limited and so many wanted to come and be part of the miracle of her dedication.

I will always remember when I held her and sang one of our favorite prayers, "God and me, me and God, are One," and how her eyes were so blue and sparkled like the sun's rays on a small lake when she took her last breath. Dyal Kaur passed on May 8, 2008, and in the middle of September I was meditating and realized that I needed to take her ashes to New Mexico and scatter them in the place where the master's ashes were scattered. I felt this would be my way of helping to complete her journey



GYANWANT SINGH SCATTERS THE ASHES OF HIS BELOVED WIFE, DYAL KAUR

and to provide closure for myself, of which I am sure she approves.

I was received by everyone at the Hacienda de Guru Ram Das with such compassion and support on a scale rarely experienced, and have made many new friends as well. I have delighted in playing drums at *sadhana* (daily spiritual practice) most mornings and was given the privilege of reading in the *Akband Path*¹ on two occasions. I was also invited into many people's homes and ended up staying an extra week. The community there is more precious than the finest of stones, and I am grateful for the time I was there.

I would like to share a prayer that I wrote for Dyal Kaur, which I placed on her

bathroom mirror early in her battle: "Divine Father, I ask for strength to make my life worth every breath." Sat Nam and blessings to all, light all around.

Five years ago **Gyanwant Singh** (Steve Ar-ruda), Dyal Kaur's husband, made the commitment to practice Kundalini Yoga daily. He took the teacher training course that Dyal Kaur had organized at Yoga Village in Clearwater, Florida, which helped him to deal with her illness on a higher level. He plans to carry on her work and, by God's Grace, to excel as a great teacher.

¹ A continuous recitation of the *Siri Guru Granth Sahib* (Sikhs' permanent Living Guru embodied in a sacred volume)

2009 NUMEROLOGY FORECAST

LEARN THE MANTRA THAT CAN CARRY YOU THROUGH

By Nam Hari Kaur Khalsa

The calendar year of 2009 shifts the psyche of humanity into a uniquely curious paradigm of two opposite trains of thought and behavior. Two-thirds of the planet will be experiencing intense duality, conflict, and rage, while an emerging one-third will be evolving into a higher octave of inter-connectivity through our subtle awareness. Number 9 represents the Subtle Body, our personal domain of sensitivity and intuition. There will be an increasing “100th monkey” effect in the area of people connecting through spirit and effecting change by forming spiritual alliances. This may be as simple as organizing an inner city organic garden on a deserted lot, or forming a healing power circle on the day of the full moon.¹

However, in the negative polarity, 9 may be expressed as a ruthless sort of rage and indifference. As humans we must develop our sensory awareness to the point that we can detect the negativity or danger within a 27 mile radius. Without the grace zone of your own magnetic field filtering the right information at the right moment, you don’t have a chance. Sooner or later something will clobber you. Sounds pretty heavy, doesn’t it? Well, the good news is that there is an answer, and you are not born to suffer. If it’s minus 40 degrees outside, you need the proper coat, and not just a windbreaker. The *mantra* which will carry and shield you throughout 2009 is *Dhartee Hai, Akash Hai, Guru Ram Das Hai*.²

Dhartee means earth; your earthly affairs will be covered. *Akash* means heavens or ether; you will be divinely guided. Guru Ram Das is the fourth of the spiritual masters in the Sikh tradition, and interestingly enough, invoking his help works for everyone. Four is the Heart Chakra and calling on Guru Ram Das will heal your heart and give you the compassion to understand the times. This mantra also strengthens your connection to the Subtle Body, which is your ultimate system to transit 2009. What would take volumes of discussion and dialogue can be sensed and known in an instant through the Subtle Body. Your ability to perceive danger and maneuver accordingly is also in the realm of its energy field. It is above time and space, and will save your grace.

We also have the effect of number 11 at play, since $2 + 0 + 0 + 9 = 11$. Eleven is the highest spiritual octave number and represents the ethereal sound current. There will be waves of new music for us to enjoy, as well as an increasing influence of artists vocalizing their concerns for humanitarian issues. Bob Dylan could even come out with a new rendition of “The Times they are a’Changing”! Many people will be awakening to a place of intense spiritual longing—the desire to feel connected and loved within a specific tribe of people. This will be wonderful for filling the halls of yoga centers, churches, and L.A. Fitness.

However, it will also lead towards the tendency for some searching souls to be manipulated out of emotional despair, with the potential of creating fanatical belief systems. Whether it’s religion, a get-rich-quick scheme, or liposuction for the subconscious mind, there will be a league of lemmings headed in the wrong direction. This behavior cycle will spike at three different points in the year (May, September, and one ‘wild-card’ period), and the Tibetans have a beautiful motto which says, “The best armor is to stay out of range.”

Elevation is your best working strategy; even a smile at the right moment can quell a brewing storm. Speaking of storms, go ahead and get that flood insurance, while at the same time keeping your own spiritual high-ground through meditation, prayer, and simple living. Personal righteousness serves no higher purpose. Whether in families, the office, or even friendship, people suffer every day because someone else has deemed themselves to be “right.” A wise yogi once said, “Every truth has three dimensions: Your truth, my truth, our truth. Highest truth is where everyone is elevated.”

Author of *Akara Numerology*, **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 See the Healing Ring meditation found in the *Aquarian Teacher* manual available from www.kriteachings.org

² For *Dhartee Hai* meditation instructions, visit www.kriteachings.org. Go to The Source – online shopping and look for the *Isht Sodhana Mantra Kriya*.

DRINK TO YOUR HEALTH: BONE-UP ON CALCIUM

By Indra Kaur Khalsa

Are you getting enough calcium? We hear this over and over from friends, health experts, and in the media. There is a lot of attention on calcium requirements and dairy products as a source of calcium. Calcium not only builds bones, but also calms the nervous system and allows muscles to relax. While many people take supplements to make sure that they are getting enough calcium, there are also many foods besides dairy products that are good sources of calcium.

Sources of Calcium

Calcium is found in most fruits, vegetables, nuts, and seeds. Some good food sources of calcium are green leafy vegetables, beans, seaweed, and molasses (see chart). Two vegetables, Swiss chard and spinach, both contain calcium, but they also contain oxalates that form such a strong bond with the calcium that very little of it in these vegetables will be available for the body to absorb.

The Humble Sesame Seed

Sesame seeds are high in both calcium and protein but you get more calcium in sesame butter made with unhulled sesame seeds than you do from sesame tahini made with hulled sesame seeds, because the majority of the calcium is found in the hulls of the sesame seeds. The catch is that the hull of the sesame seed needs to be ground or blended for proper digestion and in order for the calcium to be absorbed. Roasting the seeds before they are ground enhances their flavor without affecting their calcium content. Ground unhulled sesame seeds are used as a nutritious and tasty addition to many recipes, especially when sprinkled over main courses, added to sauces, salad dressing, cereal, veggie burgers, and soups. In soups and tomato sauces they add a rich, cheesy flavor.

The Fountain of Youth

Recipe by Yogi Bhajan

For good health, youthful radiance, and to improve elimination, try this recipe which includes a unique combination of ingredients. It makes a very tasty breakfast smoothie. Soak the almonds overnight in water, then discard the water and peel the skins off, discarding them as well. Serves 1-2

- 1 cup water
- 2 green peppers
- 3 Tbsp raw, unhulled sesame seeds
- 15 raw almonds, soaked and peeled

2 apples, with peel, cored and quartered

2 bananas, relatively ripe

The inner white pulp of the banana peels

1. Place the water in the blender.

2. Add the ingredients in the order given, one at a time, blending well after each addition. Be sure that the sesame seeds and the almonds are well blended before adding the next ingredient. Blend until smooth. To separate the pulp from the inside of the banana peels, carefully run a spoon down each strip of the peels.

3 tablespoons of unhulled sesame seeds = 315 mg of calcium

3 tablespoons of white hulled sesame seeds = 30 mg of calcium

3 tablespoons of sesame seeds also contain 5 grams of protein

When taking calcium supplements, always take them with meals

The Recommended Daily Allowance (RDA) for calcium is about 1000 mg/day for most adults

Food Source

Amount of Calcium

1 Cup collard greens, cooked	304 mg
1 Cup broccoli, cooked	135 mg
3 oz. tempeh	129 mg
1/2 Cup tofu	150-250 mg
1 Cup milk or yogurt	288 mg
1 oz. cheddar cheese	200 mg
1/2 Cup almonds	150 mg
3 Tbsp un-hulled sesame seeds	315 mg
2 Tbsp blackstrap molasses	344 mg
1 Cup navy beans, cooked	126 mg

Indra Kaur Khalsa teaches Kundalini Yoga and Sat Nam Rasayan classes near Boulder, Colorado. She has a Ph.D. in Food Science and Nutrition and has been a student of Yogi Bhajan since 1978. She uses yoga, meditation, Sat Nam Rasayan, and nutrition to help restore the body's natural capacity to balance itself.

ARTSBRIDGE

A QUEST FOR UNDERSTANDING AND COEXISTENCE

By Sat Ardas Kaur Trejo

My name is Sat Ardas Kaur and I am from Mexico. I graduated from Miri Piri Academy in 2005. I am currently in my final and senior year of college in Massachusetts, studying Creative Art Therapy. During the past summer I started working at Artsbridge Inc., a non-profit organization that brings youth from Palestine and Israel to an art/dialogue summer camp in the United States. I worked full time as a counselor and art assistant, and I had the opportunity to be in some of the dialogue sessions. I was with the young students from their arrival at the airport through their whole summer camp experience.

My heart glowed when they overcame moments of pain and struggle between them with their will to understand each other and with the compassion that opened their hearts. I taught Kundalini Yoga classes and, although not all of the youth participated, there were moments when I thought, "Wow, here I am practicing Kundalini Yoga with these kids who are culturally supposed to be enemies even before they are born." They come from a reality in which there is so much hatred and pain, it is hard to open a heart in such settings. But during those three weeks last summer they realized—and said it themselves—that they could now relate to each other as human beings.

Last week Debbie Nathan, the director of Artsbridge Inc., went to the Middle East for the first meeting with the kids after the camp. She came back even more inspired by their will to continue the healing work they started and their own reflections on how it has been to go back to their communities with a new perspective.

Artsbridge is a one-year program in which the kids go back home and keep using art and dialogue within their own communities. Some of them become mentors and come back the next year to guide and support future gen-



erations on the quest for understanding and coexistence. It is hard work, but they are willing to do it, it is time to change, the Aquarian Age is coming soon...

After Artsbridge camp, I flew to Canada for Khalsa Ladies Camp and then went to "Kaur United" (most Sikh women take the name Kaur which literally means "princess"). "Kaur United" was organized by a group of young women students who made sure we had inspiring lectures about the Guru's¹ teachings and Sikh values. It was a blessing to share those moments with Kaur's of all ages. There were many moments which reminded me why my heart resonates the way it does when I bow to the *Siri Guru Granth Sahib*, and why I call myself a Sikh. It is about serving, it is about caring and being actively involved in the quest for a fair reality for all, to stand against discrimination and be the light in all kinds of weather—foggy, windy, stormy, and sunny days.

I am now an intern for Artsbridge. There is something we intend to make sure of, and that is that these youth have the

¹ The Sikhs had ten living Gurus, and the 10th Guru transferred the Guruship to the *Siri Guru Granth Sahib*, sacred volume containing the words of many enlightened beings who wrote while in a state of union (yoga) with God

chance to continue their work and to make sure Artsbridge can provide the safe space for them to do so. Please visit the website www.artsbridgecamp.org and contact me at sat.ardas.trejo@gmail.com or the director of the program, Debbie Nathan, at debnathan@mac.com. May your hearts be inspired when you see the videos and photos of the hope these youth bring through their efforts for co-existence.

Please share this letter to all Khalsa you may consider to be interested in knowing about Artsbridge and the young generations of Sikhs who, like myself, are inspired by Sikh teachings to care about all of humanity. Sat Ardas means true prayer, and it is my prayer that the day will come when our understanding of our connection as human beings who share a world that does not belong to us, but of which we are a part, brings true compassion; and that the hearts of all people are opened, so that we can all live under the same sky with kindness—even for those who do not share that same understanding, and who may even threaten all we hold true.

Sat Ardas Kaur Trejo began taking Kundalini Yoga classes in Mexico in 2003. She went to Miri Piri Academy in India for her senior year of high school in 2004-2005 where she became a certified Kundalini Yoga teacher. She is currently attending college in Massachusetts.

PLAYING WITH YOGA

HOW TO HELP CHILDREN LOVE YOGA

By Karan Khalsa

Until I tried to get my son to do yoga, it hadn't occurred to me that it would be so challenging. At ten, he is far more interested in Transformers and his Wii than Stretch Pose or Long Deep Breathing. So I took it upon myself to get some tips from the experts.

First I talked to Shakta Kaur, author of a wide range of yoga books, DVDs, and CDs for adults and children. I was really excited to hear that she is about to release a series of playing cards called Yoga Warrior Cards. "Most yoga products for kids are more

In order to work with children, you have to be able to embrace chaos, be very active, and go with the rhythm of children.

focused on girls than boys," she said. "I worked with two boys to create these cards. Their imaginations really brought this project to life." The cards each have a bio-mechanical robotic character with names like Power Bud and MaxiMorph doing different yoga postures. The postures have been given cool boy-friendly names (for example, Shoulder Stand is called Rocket Launch). I can't wait for the cards to arrive! Hopefully they will find a home beside the Yu-Gi-Oh cards that fill my house.

"Teaching yoga is very different depending on a child's age," says Shakta Kaur. "With older kids, I try to engage their interest by talking about real life—exercises that help with shoulder pain from a heavy backpack or breathing techniques to help with concentration before a test. But telling stories is the most sure-fire

way of keeping children engaged up to age 8 or 9. Children play at yoga. The posture is important, but it is more important at that age to be fun and engaging."

Snatam Kaur is a strong believer in combining yoga and story-telling. In her DVD, "Shanti the Yogi: Mountain Adventure" she weaves a story and singing into a fun-filled yoga class. Snatam says, "From Yogi Bhajan I learned to engage children's imaginations and use stories. Growing up, we always had stories with yoga at home and at the 3HO Children's Camp. It made it really fun for me. In my children's workshops, we use music to support the stories and exercises. It creates the whole environment and mood—ominous music and snake sounds when we go into cobra pose really enhances the imagination. And children love to sing and love the celestial communications (mantras with movements)."

"A little 4-year-old boy came to one of our workshops. He was really shy, sitting on the side with his mom. Months later, his mom wrote me to say that, although her son had not participated in the class, every day since then he sings Yogi Bhajan's words, 'I am happy, I am good' from my *Feeling Good Today* CD."

Gurudass Kaur, who teaches Childplay Yoga workshops all over the world, said, "In order to work with children, you have to be able to embrace chaos, be very active, and go with the rhythm of children. Children play at yoga, they don't practice yoga. I use so many techniques in my program. Using mantras with movement is a very powerful practice for children because they love music by nature. You want to involve as many senses as you can when you are working with children. And let them play!"

Every child is unique, and there's no end to the tools we can try to employ to get our kids interested in yoga. But it seemed



the universal message from the experts is to make sure the kids have fun doing it.

For more information about the products and teachers in this article:

Shakta Kaur:

Radiant Child Yoga Training:

www.childrensyoga.com

Books, DVDs and Warrior Yoga Cards:

www.SpiritVoyage.com

Snatam Kaur:

Children's Products:

www.ShantitheYogi.com

Workshop Schedule:

www.SpiritVoyage.com

Gurudass Kaur:

Childplay Yoga Training:

www.ChildplayYoga.com

DVDs and Music:

www.SpiritVoyage.com

Karan Khalsa is a child of the 3HO community. After spending 16 years attending school and working in India, she joined Spirit Voyage to connect her business life with her inner spirit. Now her career is dedicated to sharing the healing sound current of music and the healing technology of yoga with the planet through Spirit Voyage.



The Dawning of the Age of Aquarius

By Guruka Singh Khalsa and Shakti Parwha Kaur Khalsa

The Aquarian Age isn't just something that we started singing about in the sixties! It's an actual measurable time period. It is an astrological age, i.e., a time period that parallels major changes in the development of the human race. Each astrological age roughly corresponds to the time taken for the vernal equinox to move through one of the twelve constellations of the zodiac.

So, how does the Aquarian Age fit into this? It takes a little over 2,100 years for our Solar System to travel through each of the Signs or constellations.

So far, humanity has recorded events in the astrological Age of Taurus, which was the time of Adam; followed by the Age of Aries, when Abraham came into the picture. Just about the time the Roman Empire rose to power, our Sun entered the constellation of Pisces. It was in this Piscean Age that Jesus was born.

The Age of Aquarius is foretold in Jesus' words in the Aquarian Gospel,¹ *"And then the man who bears the pitcher will walk forth across an arc of heaven; the sign and signet of the Son of Man will stand forth in the eastern sky. The wise will then lift up their heads and know that the redemption of the Earth is near."*

When Yogi Bhan came to the West, the Aquarian Age was already dawning. A new consciousness was being born on Earth. We are now in the 21-year Cusp period (1991-2012), which is divided into three 7-year increments and leads up to the actual arrival of the Aquarian Age in 2012.

Yogi Bhan explained back in November of 1991 that this period of transition from the Piscean to the Aquarian Age would bring increasingly greater turmoil and upheaval to the planet. All around us we can see the Piscean walls of misunderstanding and fear starting to crumble under the sheer weight of higher consciousness that is manifesting on this planet. The old Piscean Age was dominated by machines and hierarchies. The new Aquarian Age is ruled by awareness, information, and energy. Yogi Bhan told us, "What worked before, won't work now." And, "Nothing can remain hidden." We are now seeing that manifested every day. People are waking up. For some this brings fear, and for some, joy. As the Aquarian Age comes closer, the contrast between those who live in fear and those who live

in love becomes more obvious every day, for the two states are mutually exclusive. As I write this, we are now less than 1000 days away from the true beginning of the Age of Aquarius.

For over 35 years Yogi Bhan gave his life and energy to train teachers of Kundalini Yoga to share tools for the healing, inspiration, and personal awareness urgently needed by humanity in this critical time and space.

"We do not need new choices. We are flooded with choices. We need an elevated capacity to make choices. We do not need more information. We need the wisdom to use all the information. We do not need another religion. We need the experience of a Dharma² that creates the spiritual fitness to act believably on our beliefs. The Shabd Guru³ is a special kind of technology with a unique contribution to develop potentials and handle the problems of the new Age—the Aquarian Age. In the body it produces vitality; in the complex of the mind it awakens intelligence and develops wisdom and intuition; in the heart it establishes compassion; in each person's consciousness it builds the clarity to act with fearless integrity. The Aquarian Age demands personal experience and the capacity to act. The Shabd Guru is available to all. You need not search. You need to practice, experience, incorporate, and express."⁴

Guruka Singh Khalsa is a teacher, writer, inveterate punster, and the Executive Director of SikhNet. He has translated Yogi Bhan's Gurmukhi poetry into English in the volume *Furman Khalsa* as well as translated Guru Nanak's Japji and other hymns from Sikh scriptures.

Shakti Parwha Kaur Khalsa was Yogi Bhan's first student in the United States. She has been teaching Kundalini Yoga since 1969. She is the author of *Marriage on the Spiritual Path: Mastering the Highest Yoga*; *Kundalini Yoga: The Flow of Eternal Power*; and *Kundalini Postures and Poetry*. She is frequent movie-goer in the City of Angels.

² Spiritual path

³ The Guru or teacher in the form of the sound current

⁴ Yogi Bhan: Basis, Use and Impact of the Quantum Technology of the Shabd Guru, Read the article in its entirety at <http://tinyurl.com/5u7tcg>

This article was excerpted from the soon-to-be-published book on Sikh Dharma by Shakti Parwha Kaur and Guruka Singh. The current working title is *Heroes, Saints, Yogis, and People Like You and Me—Personal Adventures in Consciousness*. Look for it later this year at www.sikhdharma.org

¹ *The Aquarian Gospel Of Jesus The Christ*, by Levi H. Dowling

Excerpts from a New Book

IT'S ABOUT A NATURAL, SPIRITUAL WAY OF LIFE

By Shakti Parwha Kaur Khalsa

I was definitely not looking for a religion. I wasn't even looking for a teacher in December of 1968 when I first met Harbhajan Singh Puri. I had no idea that this man towering over everyone at 6' 2", wearing a pink turban, black velvet shoes that curled up at the toes, and white trousers with a thin black window-pane design, would soon become world-famous as Yogi Bhajan, Master of Kundalini Yoga, spiritual teacher to hundreds of thousands, and eventually the Chief Religious and Administrative Authority for Sikhs in the Western Hemisphere, with the ministerial title of "Siri Singh Sahib."

If he had started preaching about religion, I would have run in the opposite direction. However, he said that he had come to teach Kundalini Yoga...

...Between the exercises in his classes he talked about the meaning and purpose of life. He explained the virtues that give human beings value and make life worthwhile. We were inspired and enthralled by the fascinating tales he told of noble Sikh men and women whose lives adorn the pages of Sikh history. They came to life for us as the tales he told of their courage, sacrifice, and honor spoke to our hearts and awakened our souls.

Sikhs don't ever try to convert anyone. We respect the rights of everyone to worship God in whatever way they choose. So, we don't proselytize—but we do advertise! Dressing distinctively attracts attention, but there are lots of people who don't know what Sikhs believe and practice. That's why Guruka Singh Khalsa and I compiled a book to share the experiences of "people like you and me" and provide a simple understanding of Sikh Dharma.

Guru Nanak

The Sikh way of life began in India when Nanak said there is only One God who



SUMMER SOLSTICE, SANTA CLARA CANYON, NEW MEXICO, JUNE 1970

breathes in every body, and we should respect all ways of worship. His students were called "Sikhs." He was called Guru, which means "Teacher." Actually, "Guru" means much more than that—it means the inner teacher within all of us.

This inner teacher is the "shabd"—the sound current—and so is known as the Shabd Guru.

For the Record: 3HO and Sikh Dharma

... have a symbiotic relationship. Sikh Dharma is not a philosophy, it's a simple and practical way of life. 3HO is a separate not-for-profit organization founded by Yogi Bhajan. People of many religions (or no religion at all) practice its teachings, which include Kundalini Yoga. Not all Sikhs practice Kundalini Yoga, and most people who follow the 3HO teachings are not Sikhs, though many of the first generation of teachers trained by Yogi Bhajan are (as you must have noticed at Summer Solstice). These technologies complement and supplement each other.

Being a Sikh is a path of remembering one's True Identity and then living it. It arises

naturally from within oneself in the process of self-discovery. That's why it is a *Dharma* (a natural, spiritual way of living).

On the other hand, religious persecution, fanaticism, and bigotry have been poisoning people since the beginning of 'civilization.' Even today, religions are causing bloodshed and perpetuating hatred among people. Of course, it's fanatics who do the damage, but they do it in the name of religion.

Due out by June, 2009, our book contains up-close and personal stories by many contributors, as well as outstanding events in the remarkable history of Sikh Dharma. Keep an eye out for it. Our latest working title is: *Heroes, Saints, Yogis and People Like You and Me—Personal Adventures in Consciousness*.

Shakti Parwha Kaur Khalsa was Yogi Bhajan's first student in the United States. She has been teaching Kundalini Yoga since 1969. She is also the author of *Marriage on the Spiritual Path: Mastering the Highest Yoga; Kundalini Yoga: The Flow of Eternal Power; and Kundalini Postures and Poetry*.

May the Long Time Sun Shine Upon You

WHERE IT ALL BEGAN...

By Willem Wittstamm



1998 AQUARIUS FESTIVAL IN NIMBIN, AUSTRALIA

Most of you are probably aware that 2008 is a big jubilee year because it's forty years ago that Yogi Bhan came to the West. Probably not so well known is the fact that the song "May the Long Time Sun Shine Upon You" was first published that same year. It's the closing tune of "A Very Cellular Song" on the LP *The Hangman's Beautiful Daughter* of the Scottish based hippie-folk band *Incredible String Band*.

I was/am a great fan of the *Incredible String Band*. And this is my favorite of their songs. Two years ago I met Shiv Charan Singh and his Karam Kriya group¹ in England. Being interested in Numerology, I was attracted by an email concerning a retreat in my neighbourhood. This was my first contact with Kundalini Yoga. Hearing the "Long Time Sun" song at the end of my first Kundalini Yoga *sadhana* (daily spiritual practice) seemed like a wonder to me. It struck me deeply that there still were people knowing and singing this song that I've been singing as my personal *mantra* for more than thirty

¹ Karam Kriya uses applied numerology to provide diagnostic tools for transformation.

years. It was so perfect that finally I found the teachings of Yogi Bhan. I was hooked on Kundalini Yoga from the first day, with *Isbnaan*,² daily *sadhana*, and all.

I looked up the address of the Incredible String Band members. Robin Williamson, one of the two leaders of the band, got back to me, saying he knew that the song was picked up by Yogi Bhan's students during the sixties. Mike Heron, the other band leader said that both the tune and the words were his creation and were registered at the "Performing Rights Society" in the spring of 1968. So the song is forty years old now.

Mike also told me that they never met Yogi Bhan or any of his Kundalini Yoga students. But the *Incredible String Band* toured the States several times in the late Sixties and "May the Long Time Sun" was always the farewell song on their live gigs (they also played Woodstock). Looking for details about how the song was integrated into Kundalini Yoga classes as the closing prayer, I found the answer in the *Aquarian Times* Winter '05 issue. Gurudass Singh of Virginia wrote in an article about the *Kbalsa String Band*:

² Early morning cold shower hydrotherapy

“One day as he (Yogi Bhajan) entered the room, a group of yoga students including Guru Singh were playing a round of a piece by the Incredible String Band...Yogiji asked them to keep playing it, and from then on requested them to play it after his classes. It quickly became a tradition that continues today at the end of every Kundalini Yoga class taught throughout the world.”

During its forty years of existence the song inspired many people worldwide. In my research I came to know Paul Joseph from Australia, known as “Doctor Love” in the late Sixties. He wrote to me and told this story:

“... my deep appreciation and warm love to Mike Heron for all his wonderful gifts, but especially for this chant which has brought immense joy and meaning to my personal life and more importantly, great commonality and spirit in action for my community....The song became the anthem of the Aquarius Festival³ thirty-five years ago and is now carved in the streets of Nimbin, Australia, and etched in the hearts of many. The song has been the theme of a whole migration and resettlement of an area of Australia called the Rainbow Region.”

“It started on one of the first student meetings about the Aquarius Festival. They were a particularly radical lot up there and the arguments raged around the room and chaos threatened. I had recently learned this little song from the *Incredible String Band*. I started to play the tune quietly on my guitar, hoping to add a peaceful element to the proceedings. Whether it was the magic of the words or the seduction of the sentiment, the mood of the meeting changed. By the second chorus people started to hum along and by the third time everyone was singing together and an amazing feeling of joy arose in the room. The transformation was really delightful. When the song concluded someone said, ‘I fly kites, I could run a workshop on kite-making and flying.’ Another said, ‘I’ve got a truck, my uncle’s got a chainsaw I can borrow.’ The

enthusiasm became infectious and we were warmed by the fires of creativity expressed there—a fire which is still burning after thirty-five years!”

During the original festival, which had no program or stars, but was Australia’s iconic hippy love fest, the song worked particular magic. Paul Joseph headed a procession throughout the festival site and over 5000 people joined in singing and dancing to the tune for over two hours.

This year he has been elected president of the Aquarius Foundation and was invited by the city council of Nimbin to put an exhibition together in the regional gallery. It’s called “Aquarius ‘08 - May the Long Time Sunshine upon You.”

I personally had so many magical moments singing this song, the latest being not so long ago at the funeral of my wife’s grandma. After what I thought was a somewhat hollow sermon by the priest, I stood up and spontaneously sang this song. How calming and soothing it was, magically closing wounds. We all cried and laughed at the same time. It fit so well and was consoling to sing “Guide your way on ... Sat Nam.”

There is one subtlety about the “closing prayer” I would like to share with the *sangat* (spiritual community): I have developed a “technique” to intensify the direct impact of a *kriya*⁴ using *May the Long Time Sun Shine*. Let me explain. Closing my daily yogic session, I sing the song and take a deep breath before the last line. When I have reached the “n” of the last word “on” I stretch it: “nnnnnnnnnnnn” and lay my tongue against the upper palate using all my concentration to vibrate the essence of what I had experienced/learned/imagined during the particular kriya, into my physical body. It’s so strong and direct, some-



times it vibrates my whole head. The message is definitely anchored in the body.⁵

I would like to invite you all to join me in expressing my gratitude to Mike Heron, the originator of the song, through which he has given so much to the yogic community. So, why not say “thank you” now? So many people have received such a wonderful benefit singing this tune. The year of the 40th anniversary of 3HO seems perfect for a gesture of thanks to the originator of the Long Time Sun song. If you would like to join me in expressing gratitude or conveying experiences you had with this song, please send me a letter or an e-mail. I will collect the emails/letters and forward them to him.

May the long time sun shine upon you, all love surround you, and the pure light within you, guide your way on.

Willem Wittstamm is a Kundalini Yoga teacher in Germany. He hitchhiked through Europe/Asia in the Seventies, played music in the Eighties, traveled with a variety show in the Nineties, and is now married and the father of five children. His special interests are Celestial Communication and Kriyas using *Jap Sahib*. Contact him at Wittstamm@t-online.de.

⁵ Please note this is Mr. Wittstamm’s personal interpretation and not a technique taught by Yogi Bhajan

³ For more information about this festival, visit www.rainbowregion.com.au/aquarius/

⁴ Combination of posture, mudra, mantra, breathing, and rhythm; literally means *completed action*

Summer in the Land of Enchantment

Kundalini Research Institute's Teacher Training Programs
Summer 2009 • Hacienda de Guru Ram Das, Española, New Mexico

Vitality + Stress

June 28 - July 4

- Explore the Nature of Stress: Its Causes and Effects
- Identify Your Stress Personality
 - Increase Your Vitality –
- *Applied Consciousness Is the Key*
- Develop Your Mental Endurance and Spiritual Clarity
- Cultivate Strategies to Cope with Stress
 - Build Your Core Vitality & Prepare to Serve the Aquarian Age

With Lead Trainers Gurucharan Singh, Krishna Kaur, Shanti Shanti Kaur, and Nirvair Singh



Immersion Course August 1-27

- Focus—without all distractions of daily life
 - Integrate—make connections and merge the body, mind and spirit
- Transform—intensify the experience of your transformative potential
 - Taste the good life—Ashram living: vegetarian food, beautiful music, and mutual support and tolerance
- Experience group consciousness—amplify your awareness through the power of Sangat
- Cultivate relationships—make life-long friends with fellow spiritual seekers

Invoke the Warrior Within!



Vitality + Stress

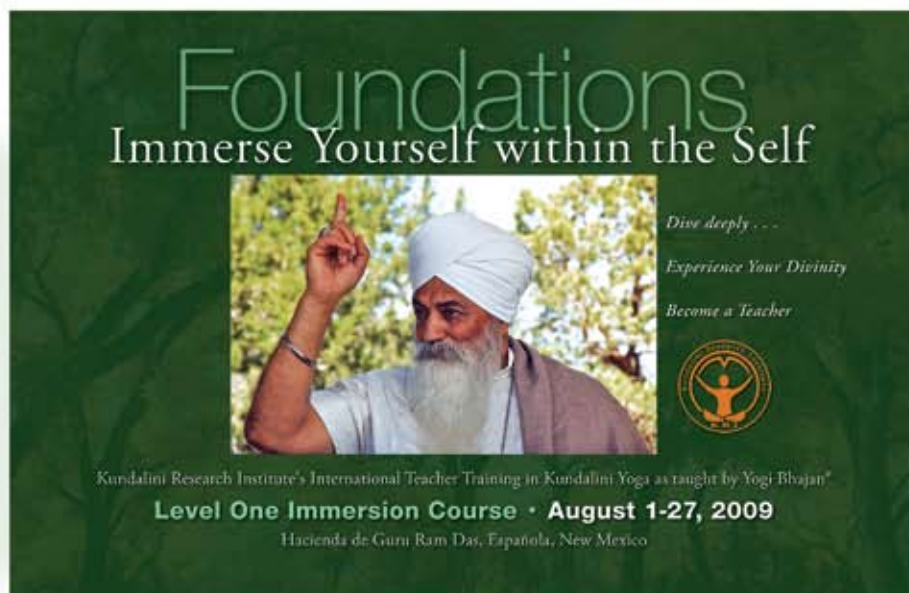


Kundalini Research Institute's International Teacher Training in Kundalini Yoga as taught by Yogi Bhajan®

Level Two: Transformation • June 28-July 4, 2009

Hacienda de Guru Ram Das, Española, New Mexico

Foundations Immerse Yourself within the Self



Dive deeply...

Experience Your Divinity

Become a Teacher



Kundalini Research Institute's International Teacher Training in Kundalini Yoga as taught by Yogi Bhajan®

Level One Immersion Course • August 1-27, 2009

Hacienda de Guru Ram Das, Española, New Mexico



www.kundaliniresearchinstitute.org

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Hacienda de Guru Ram Das is located in Northern New Mexico on the sacred ground where Yogi Bhajan taught for 30 years

2009 peacejoyunity

3HO Foundation celebrations

3HO Foundation 40th Anniversary

January 5

Summer Solstice Sadhana Celebration

Guru Ram Das Puri in Española, NM • June 18 – 27

Annual International Kundalini Yoga Teachers Association Conference

Guru Ram Das Puri in Española, NM • June 19

International Peace Prayer Day

Guru Ram Das Puri in Española, NM • June 20

KRI Stress and Vitality Level Two

Española, NM • June 28 – July 4

Women's Camp

Guru Ram Das Puri in Española, NM
June 28 – July 5

Khalsa Youth Camp

Guru Ram Das Puri in Española, NM
June 29 – July 12

European Yoga Festival

Fondjouan, France • July 28 – August 5

KRI Teaching Training Immersion Level One

Española, NM • August 1 – 27

Annual European Kundalini Yoga Teachers Association Conference

Fondjouan, France • August 5

Yogi Bhajan Birthday Anniversary and 3HO Foundation 40th Anniversary Party

Española, NM • August 22

Winter Solstice Sadhana Celebration

Lake Wales, FL • December 19 – 25

3HO Foundation 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

*"The greatest
miracle is unity"*

— Yogi Bhajan



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YogaInfo@3HO.org

3HO Foundation

Healthy, Happy, Holy Organization

3HO Foundation Healthy, Happy, Holy Organization is a 501(c)3 NPO and a Non Governmental Organization (NGO) in consultative status with the Economic and Social Council (ECOSOC) of the United Nations.