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# From the Editor

SAT NAM, DEAR FAMILY. Well, we heard you loud and clear and through God's Grace and the sponsorship of one of our readers, we were able to bring back the higher quality format of *Aquarian Times featuring Prosperity Paths* to the March issue.

In 2006, for the first time since the inception of *Aquarian Times* five years ago, we produced six timely issues at no cost to our readers. Many of you have shared your appreciation for this consistent connection to our community of students and teachers around the world, and your gratitude for the continued access to the teachings of Yogi Bhan. Others of you who live in remote areas have said how deeply you are touched by the magazine because it is your only contact with the organization. Over 4000 people have been added to our mailing list to receive free issues just this past year. In addition, many of you showed your support for the magazine and the teachings by advertising in the *AT Marketplace*, and as a result our advertising grew substantially.

This year, we have been faced with unforeseen financial challenges. We will endeavor to continue to serve you and we need to ask for your support. These are the ways that you can help to keep *Aquarian Times featuring Prosperity Paths* in print and free:

- Take out a full page or half page ad in the *AT Marketplace*
- Become an *Aquarian Times* sponsor\*
- Contribute your articles, photos, or artwork
- Let us know how to continually improve the magazine

In 2000, when I volunteered to help launch the magazine, Yogi Bhan closed his eyes and minutes later opened them and said, "Yes, there is a destiny there." *Aquarian Times featuring Prosperity Paths* has a life of its own and through your support and the power of our infinite spirit, it is our prayer that it will remain a precious part of our lives.

Humbly yours,



\*If you are interested in becoming an *Aquarian Times* sponsor, contact Siri Ram Kaur at (774) 721-6717 or siriramk@kiit.com and to advertise contact Amrit Kaur at (505) 367-1383 or ATadvertising@kiit.com.

*Aquarian Times featuring Prosperity Paths* is proud to provide a publishing outlet for authors and advertising associated with several nonprofit corporations, the creations of which were inspired by Yogi Bhan. We recognize that these nonprofit corporations have different purposes and that their activities are separate from each other. We trust that as a reader of *Aquarian Times*, you will find those articles which appeal to your interests enlightening, no matter how you relate to the Aquarian Age.

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# How I Conquered the Fear of Public Speaking through Kundalini Yoga

By Susan Jacobs

I tuned in with *Ong Namō Guru Dev Namō*, and much to my surprise, relief came as the words started flowing out of my mouth.

Public speaking has never been my thing. My fear was so great growing up that through school I sat in the back of the classroom praying that I wouldn't be called upon. On those occasions when I was forced to speak, I panicked and froze. When I began a long career in public relations, my job often required that I make introductions at large events. I hoped this would help free me from my fear.

I was asked to speak to a class of college students about my illustrious career. "No problem," I said. As the date approached, I remained calm. "Great," I thought, "my fear is gone." During the introduction though, I experienced a true anxiety attack. No breathing or relaxation techniques calmed me down. There I was, with students waiting for me. I had to bite the bullet and make it happen. To this day, I have no memory of that hour. I continued over the years to try to overcome this fear by accepting other speaking engagements. But it was always the same and I realized that I was not meant for public speaking.

Because of this phobia, the idea of teaching was never on my radar. When I started doing Pilates, I fell in love with it and I wanted to share it with others. I decided to leave my comfort zone and try teaching Pilates. During my teacher-training, formulating words to instruct just one student was excruciating. Why was I so afraid? Why was it such a struggle to find my voice?

At the time, I was dealing with a hyperthyroid condition. To find ways to heal

naturally, I read about the chakras,<sup>1</sup> specifically the fifth, the throat chakra, and its characteristics: speak your truth. I was struck. Before I'd be able to find my true voice, I knew it was necessary to clear out old baggage. So, I practiced Kundalini Yoga and meditated often. Things began to release. My speaking and teaching voice changed. I rejoiced.

Teaching Pilates was fulfilling but as I continued to experience the power of Kundalini Yoga, I knew I'd teach it one day too. The opportunity arrived. I met my teacher, Krishna Kaur, and went with her and a small group to Africa for a six-week intensive teacher-training program. Because Pilates and Kundalini Yoga were such integral parts of my life and my passion for them was so strong, I realized that I did have a teacher in me.

During the yoga course when it was my turn to teach, it was still challenging and my heart pounded. Twenty-five pairs of eyes were focused on me. Krishna was watching too, so my nerves were really wired. I tuned in with *Ong Namō Guru Dev Namō*, and much to my surprise, relief came as the words started flowing out of my mouth. It was as though they were coming from somewhere else and I was just the messenger. I felt peaceful, strong, confident, and natural.

Now I teach Kundalini Yoga and Pilates professionally and never stress about it. Once on my mat, the words flow easily. Tuning in helped me to detach from my ego and allow the divine teacher in



The author with her teacher, Krishna Kaur, at the teacher training course in Ghana, January, 2005.

me to shine through. I felt connected to the Golden Chain of teachers and able to be a vehicle through which the teachings can be conveyed. And it continues to be remarkably easy!

Sometimes I wonder if the change came about as a result of the teachings. Or is it because my thyroid condition is more balanced? Has doing Kundalini Yoga daily for years had this impact? Regardless, it doesn't matter. Teaching Kundalini Yoga has helped me gain confidence about myself and realize the importance of these teachings. My generation is in line to keep Yogi Bhaḡan's teachings alive. There's no time for my voice to quiver or crack, and now it rarely does. I speak my truth and I teach the truth about Kundalini Yoga, for which I remain eternally grateful.

In addition to teaching Kundalini Yoga, **Susan Jacobs** is a Pilates instructor, Shiatsu massage therapist, and a freelance writer in Brooklyn, New York. Contact her at [susanjacobs460@yahoo.com](mailto:susanjacobs460@yahoo.com)

<sup>1</sup> Eight energy centers in the human, seven correspond to nerve plexes in the physical body; and the eighth corresponds to the aura.

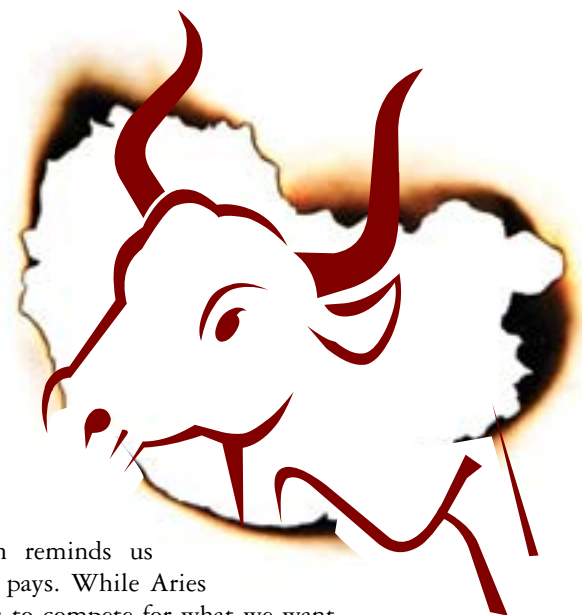
# Spring Astrology: Sun in Aries and Taurus

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"VIBRATE THE COSMOS, THE COSMOS  
SHALL CLEAR THE PATH!" – YOGI BHAJAN

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By Japa Kaur



**T**he official start of the 2007 zodiac year is on March 20th—the day that the Sun enters Aries for its four-week journey through the sign of the Ram. Happy Spring! The eggs are hatching, the sprouts are sprouting and the Sun is shining more often than not.

As we make the trek through the Cardinal Fire sign of Aries, we all feel the call to action. Aries energy is bold, assertive, and adventuresome. As a result, we all feel more aggressive than usual—on the roads, in the workplace, and with our dearest loved ones. Don't be surprised when people cut you off in the grocery store checkout line, when you knock your head on the car door while rushing to get out, or when you have fights with your children daily—if not hourly.

A good way to effectively manage this extra dose of fire in your belly is to practice Kundalini Yoga. With so much powerful energy in the Cosmos for the first four weeks of the spring season, you might as well put it to good use. Take this extra anger and aggression out at your weekly yoga class or in your daily *sadhana*.<sup>1</sup>

Even if you can't make it to your yoga class or don't have time for a full morning *kriya*,<sup>2</sup> you can at least bend down and touch your toes. A simple life nerve stretch<sup>3</sup> a couple of times a day can help unleash your courage—a key element of the Aries fire.

The four-week Aries transit is also a good time to practice *Nabhi Kriya*,\* which strengthens your core muscles, third chakra,<sup>4</sup> and immune system. The *Kriya to Relieve Inner Anger*\*\* and yoga sets that work on the liver (the organ where anger is stored) are also excellent to practice during this time.

On April 20th, the mood shifts when the Sun takes off its Aries robes and enters Taurus, the sign of the bull. For the four weeks that follow, we are under the influence of this earthly

energy which reminds us that patience pays. While Aries encourages us to compete for what we want, Taurus asks us to sit back, relax, and enjoy what we have.

The transit of the Taurus Sun is the time to enjoy massages, bubble baths, and aromatherapy. Splurge for a day at the spa or at a weekend meditation retreat. Taurus is a sensitive, feminine Earth sign—reminding us to get in touch with our inner beauty and to be receptive and compassionate to ourselves and those around us.

A favorite set during this time is the *Short Kriya to See Inner Beauty*\* to harness the strong Venus energy of this period (Taurus is ruled by Venus). *Awakening Yourself to your Ten Bodies*\*\* and any other set that opens up the neck and shoulders (parts of the body ruled by Taurus) are also good.

Keep in mind that although these recommendations hold true for all signs, some people are equipped to deal with certain energies better than others. Those with an abundance of fire and air in their charts should flourish during the Aries Sun from March 20th – April 20th, while those who have more water and earth will tend to feel stronger and more self-assured from April 20th – May 21st when the Sun transits Taurus.

No matter what sign you are, you can benefit from the cosmic forces at work as long as you set the intention to work harmoniously with the prevailing energies instead of trying to fight against them. You can manifest the power of Aries and Taurus in a conscious and positive direction, or you can become an unconscious victim of it. The choice is yours.

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**Japa Kaur** is a certified Kundalini Yoga Teacher and reads astrological natal charts, relationship compatibility charts, and astrocartography relocation maps. She writes horoscopes for Center.com and is currently writing a book called *American Astrology*. She can be reached at (415) 488-1669 or [japa@ekt.org](mailto:japa@ekt.org). (See ad on p. 21.)

\* From *Kundalini Meditation Manual*, available from [www.a-healing.com](http://www.a-healing.com).

\*\* From *Owner's Manual for the Human Body*, available through [www.a-healing.com](http://www.a-healing.com) and [www.spiritvoyage.com](http://www.spiritvoyage.com).

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1 Spiritual practice

2 A combination of posture, mudra (hand position), mantra, breathing, and rhythm

3 Stretching the backs of the legs by bending forward from a standing or sitting position

4 One of the eight yogic energy centers, located at the navel point



# Healthy Finger Foods

By Akasha Richmond

I met Yogi Bhan in 1979 when I came to Los Angeles to take a Kundalini Yoga teacher training course. I lived with Gurmukh Kaur who managed the Golden Temple Restaurant (this was before her teaching days). Gurmukh knew I liked to cook, so she put me to work at the restaurant. At that time it was really just for fun—I wasn't thinking cooking would become a career.

Yogi Bhan heard that I was shaking things up at the restaurant. He spoke with me a lot, which calmed me down. Eventually I began cooking for him *and* with him. I really had fun with him in the kitchen—he was always adding wacky things to dishes, like ground coffee beans and enough chilies to make you cry. I invented a nutmeg cookie that he used to have me make for parties.

A few of the dishes in my latest cookbook, *Hollywood Dish*, are inspired from his recipes. Being a chef is a great thing—everyone is usually nice to the chef. I feel fortunate to have known Yogi like that. The following recipes are from my new book.

**Akasha Richmond** is the chef/owner of Akasha's Visionary Cuisine, a catering and event company in Los Angeles, and the co-founding chef of Eaterna, an organic take-out food company. She is the celebrity chef for Silk® Soymilk, and she has served her recipes at events including Farm Aid, the Sundance Film Festival, and backstage at the Grammys. She is the author of *The Art of Tofu: Celebrated Vegetarian Recipes from around the World*. Her most recent book, *Hollywood Dish*, chronicles Hollywood's quest for the best natural and healthy foods available.

## Pimento Cheese Bites with Cream of Tomato Dip

### Pimento Cheese Bites

1 cup grated cheddar soy cheese, or cheese of your choice  
2 tablespoons vegan or light mayonnaise  
2 tablespoons chopped green onion  
1/4 cup diced pimentos, drained  
1 tablespoon chopped green olives  
1/8 teaspoon kosher salt or coarse sea salt  
1/8 teaspoon freshly ground black pepper  
1/4 teaspoon hot red pepper sauce  
6 slices spelt, whole-wheat, or sliced sourdough bread  
Canola cooking spray, or olive oil  
1 tablespoon unsalted butter, or non-hydrogenated soy spread

Mix the cheese, mayonnaise, green onion, pimento, olives, salt, pepper, and red pepper sauce in a small bowl. Divide equally on 3 slices of the bread and top with the remaining bread slices. Heat a 10 or 12-inch nonstick sauté pan over medium heat. Spray with the cooking spray. It's optional to add a tablespoon of butter or non-hydrogenated soy spread to the pan. Cook the sandwiches on each side until browned and cheese has melted. Add more spray or soy spread as you go along. Cut into quarters and serve with the dip.

### Cream of Tomato Dip

1 tablespoon extra-virgin olive oil  
1/2 cup diced onion  
1 large shallot, minced  
1 teaspoon kosher salt  
1 (28-ounce) can whole tomatoes in juice, chopped (retain juice)  
1 tablespoon tomato paste  
1 cup vegetable broth  
1 bay leaf  
1/4 cup chopped fresh basil  
1/2 tsp dried thyme leaves or 1 tsp fresh  
2 tablespoons white rice flour  
1 cup plain soymilk  
1/4 cup soy milk creamer  
1 teaspoon sugar, optional  
Freshly ground black pepper to taste

Heat the olive oil over medium-low heat in a 4-quart soup pot. Add the onions and shallots and sauté until softened and clear, about 8 minutes. Add salt, tomatoes, tomato juice, tomato paste, vegetable broth, bay leaf, basil, and thyme. Bring to a boil, lower to simmer, and cook for 30 minutes.

Mix the rice flour with the soymilk and soy creamer. Whisk into the tomato mixture and simmer 5 minutes more. Remove the bay leaf.

Puree the dip in 2 batches in a blender until smooth and creamy. At this point, taste the dip. If you think it needs to be sweeter, add the sugar, and then season to taste with freshly ground pepper.



2007

# SUMMER & WINTER

Whenever I come to Summer Solstice,  
I leave with more clarity on how to be a  
wonderful human being.  
Hari Arti Singh - GERMANY

## INSPIRATION

Connect with a spiritual community,  
serve through karma yoga (selfless service)  
and participate in early morning group  
Sadhana (daily spiritual practice)

## TRANSFORMATION

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I attend Solstice to accelerate my spiritual growth  
and connect with a spiritual community.  
Mark Pasley – USA

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Winter Solstice Sadhana Celebration  
December 19-25, Lake Wales, FL



# SOLSTICE SADHANA

## *Celebrations*

I just started practicing Kundalini Yoga and I love the healing process, the uplifting vibration and the sense of community and peace experienced at Solstice Sadhana.  
Philippine Demeestere – USA

Absolutely a wonderful experience, great people, powerful White Tantric Yoga, inspiring classes, and yummy Yogi Tea.  
Robert Hay - CANADA

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*Revolve your life around Summer and Winter Solstice and everything will be taken care of.*

**Yogi Bajan**



# THE GREAT

BHAI JI BABAJI SINGH KHALSA, AUGUST 15, 1947 – NOVEMBER 19, 2006

**I WAS RECENTLY** blessed to be in Mexico City with the community there as Babaji Singh Khalsa prepared for his great transition from this lifetime. I felt so privileged to share in this very sacred time of Babaji's returning Home to God. In the early '70s Babaji was the first teacher to bring Kundalini Yoga to Mexico, and today there are thousands of teachers and students throughout Mexico.

By Guruka Kaur Khalsa

PHOTO BY SIRI RAM KAUR KHALSA



I have been visiting with this community for three years and went as a representative from International Headquarters, bringing prayers and blessings from everyone.

I arrived with Nirvair Singh Khalsa, the General Manager of KRI, on a Thursday. By God's Grace, we arrived in time to present Babaji with the Proclamation announcing his honorary title of "Bhai Ji" (highly respected soul brother), bestowed on him by Sikh Dharma International in honor of his life work and his completion of a definitive Spanish translation of the *Siri Guru Granth Sahib*.<sup>1</sup> We sat close to Babaji, on his bed, and read him the Proclamation. He indicated that he understood completely. Before and after the reading of the Proclamation, a group of teachers, students, family, and friends chanted together to create a sacred space.

Friday morning and afternoon, Babaji was very quiet. Throughout the day, the room was filled with singing and chanting. I began repeating *Japji Sahib*<sup>2</sup> (*Japji* helps the soul leave the body) and *Sukhmani Sahib*<sup>3</sup> (*Sukhmani* brings peace to the mind). In the early evening the completed Spanish translation Babaji had done of the *Siri Guru Granth Sahib* arrived and Babaji became highly animated. He was practically sitting up. He was so articulate, he complained that the cover of the *Siri Guru Granth Sahib* was not what he ordered, and he was able to read the opening *Mul Mantra* without assistance. Guru Amrit Kaur, Babaji's wife

beautiful daughters, Paulina and Tatiana, and her sister Carmine, as well as Guruka Singh, Babaji's son. The family support in this group was very loving and beautiful.

Guru Amrit Kaur did a wonderful job opening their home to anyone Babaji requested to speak with and to anyone wanting to be with him. She showed an incredible spirit of generosity in sharing her last days with her very beloved husband. I was truly grateful to be included in this special time.

After the upbeat nature of Friday, Saturday was different. We all kept up—chanting, meditating, offering our prayers, *Japjis*, and *Sukhmanis*, but on this day it became clear that Babaji's condition had progressed to the point that he was no longer consciously with us. Though he was in the process of withdrawing and preparing to leave, we all felt the presence of his soul very powerfully. We gently spoke to his soul in gratitude for the work he had done in this life, and quietly conveyed our prayers that others would keep carrying the work forward. It was a difficult day, but a very intimate one. Having suffered with cancer for many years, Babaji had recovered many times previously from being near death, but it was clear that this time he was transitioning out of his physical body—though his physical body still appeared to be strong.

Sunday started in the same manner, though now we were all more peaceful.

barely breathing, we all stood around the bed and chanted *Japji* together. Within a few minutes, he passed away and we all started chanting *Akal* together. (Chanting *Akal* at the time of death guides the soul on its journey into the *Akal Purkh*, the Undying Being.)

It was a beautiful and sacred death, and together we all learned and experienced the celebration of the departure of a great soul in the very manner that Yogi Bhajan taught and encouraged us to do. Later that night we cleansed Babaji's body in the Sikh tradition and dressed it in full *bana*<sup>5</sup> including a turban. He had a gentle smile on his face, and we brought him down to rest in the *sadbana* room, where many came by to say farewell. In the morning we came together to chant *Japji* and share our stories of Babaji. At 11:00 a.m. some of us went to the crematorium. We recited *Japji* and repeated *Kirtan Sobila*<sup>6</sup> until the body was cremated. Afterwards we went to one of Babaji's favorite local restaurants and celebrated his life, returning to the ashram in time for a Gurdwara<sup>7</sup> service. We finished with a beautiful *Langar*.<sup>8</sup>

I shall always be grateful I was able to go to Mexico to be with the community during Bhai Ji Babaji's passing, for even in his passing, he was a teacher. In the process, I learned from Babaji, his family, and the *sangat*<sup>9</sup> how to go through this great transition with beauty, joy, grace, and hope.

# TRANSITION

of four years, completed reading the *Japji* in Spanish.

Then we moved on to a celebration, a great party. We chanted and sang lively Mexican songs and Babaji was very happy. Guru Amrit Kaur was surrounded by her

Babaji's breathing was slowing down and getting weaker. The rest of us did the *Aquarian Sadhana*.<sup>4</sup> Then we chanted and sang for hours. While some beautiful music that Babaji and Guru Amrit Kaur both loved was being played, Jai Hari Kaur and I recited another round of eleven *Japjis*. When, a few minutes later, Guru Amrit Kaur saw that Babaji was

**Guruka Kaur Khalsa** serves as Executive Director of The International Kundalini Yoga Teachers Association (IKYTA.) She has the opportunity to travel and work with Kundalini Yoga teachers around the world.

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1 Revered as the living Guru for Sikhs, a 1430 page volume containing the sacred words of many enlightened beings who wrote while in a state of union with God

2 The first of five daily Sikh prayers recited to connect one to one's soul

3 One of the five daily Sikh prayers

4 A series of seven morning meditations given by Yogi Bhajan to help prepare us and usher in the Aquarian Age, which starts on November 11, 2012

5 Traditional Sikh clothing

6 The last of the five daily Sikh prayers

7 Sikh temple, literally 'the gate of the Guru'

8 Community meal

9 Spiritual community



# Kundalini Yoga: *Self-Care*

TAKE AWAY THE STRESS OF DAILY LIFE WITH A MERIDIAN TUNE-UP AND DEEP RELAXATION



When Yogi Bhajan originally taught this set, he began the class with a quick warm-up of two rounds of the Har Aerobic Kriya.<sup>1</sup>

**1. Stand up.** Wrap the arms around the chest, crossing in front. Hands are hugging the back, just under the rib cage. Hold the rib cage as tight as you can. Begin kicking slightly as you lift the legs alternately in front of the body, as if dancing, kicking the legs forward while standing in place. It is called “walking the miracle mile.” Continue for 3-5 minutes.

**2. Do the same basic exercise as in #1,** but after kicking first one leg and then the other, bend forward and touch your toes while keeping the knees straight. Then pop back up and continue alternating the kicks and the forward bend. Continue for 2 minutes.

**3. Sit on your heels and clasp your hands together,** fingers interlaced, and rest them on the top of your head. Rotate your torso around in a circle, moving from the waist. This will release the toxins from your cells that could eventually block your blood flow. Continue for 1 minute.

**4. Still sitting on your heels,** press the palms of your hands just under the cheekbones and lift. It will be the Venus Mound<sup>2</sup> of your palms pressing up under the cheekbones and there should be enough pressure to prevent any speech. Inhale through pursed lips, taking deep drinks of air, and exhale powerfully through the nose. Continue for 2 minutes.

**5. Sitting in Easy Pose** (a comfortable crossed-legged sitting position) and, using the same breath pattern as in #4, place your hands on the knees and bend at the waist, leaning from side to side. Inhale deeply on one side and exhale deeply on the other side. Bend as deeply as possible. Continue for 2 minutes.

**6. Lie down flat on your back,** with your arms by your sides, palms facing up, and go to sleep. Play the music of *Rakhay Rakhana*.<sup>3</sup> This music has eight beats like your heartbeat. You must be able to hypnotize yourself into going to sleep. Relax and let yourself go. Relax for one hour (try for the whole hour, but if that is not possible, then relax for at least 11 minutes).

<sup>1</sup> The Har Aerobic Kriya, also known as the kriya To Build Stamina and Spark the Glandular System, can be found on pages 42-43 in the *Owner's Manual for the Human Body*, available through [www.a-healing.com](http://www.a-healing.com) and [www.spiritvoyage.com](http://www.spiritvoyage.com).

<sup>2</sup> The Venus Mound is the fleshy mound at the base of the thumbs.

<sup>3</sup> Yogi Bhajan played Singh Kaur's version, available at [www.a-healing.com](http://www.a-healing.com) and [www.spiritvoyage.com](http://www.spiritvoyage.com).

TAUGHT BY YOGI BHAJAN AT WOMEN'S CAMP, JUNE 30, 1986

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3



4



5



6





3HO's International Kundalini Yoga  
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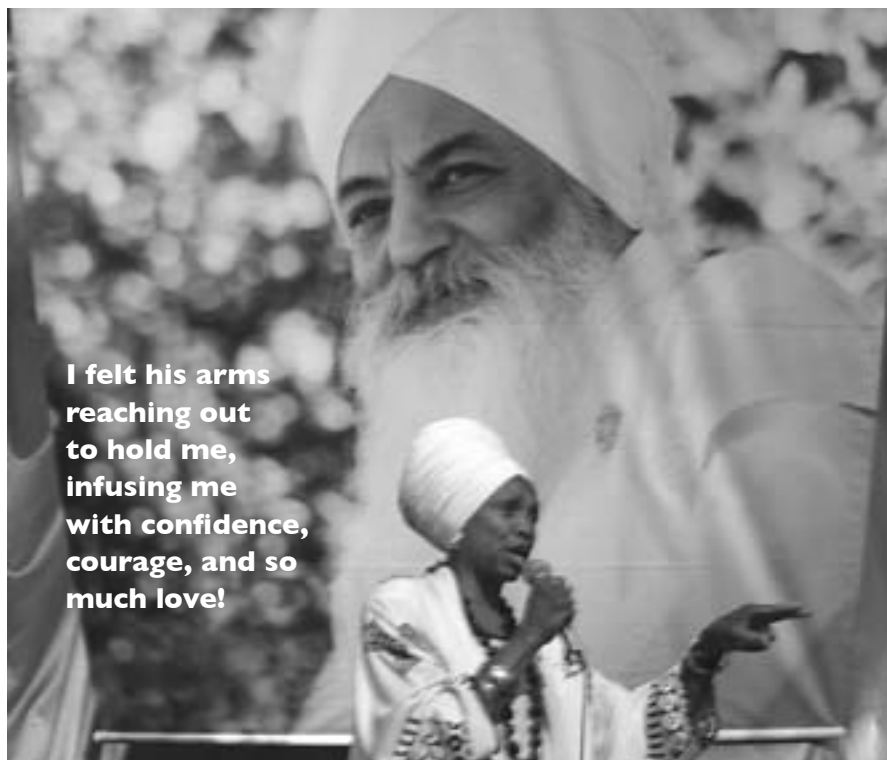
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Yogi Bhajan, Sept. 24, 1989

# A Subtle Shift:

BEING A TEACHER SINCE YOGI BHAJAN'S PASSING

By Krishna Kaur Khalsa



**I felt his arms reaching out to hold me, infusing me with confidence, courage, and so much love!**

I had just arrived back home from a teaching engagement in Minneapolis, and I was quite tired from the trip. I was relaxing in front of the TV on Tuesday evening, October 5th, 2004, at about 9:00 p.m. in Los Angeles, when the phone rang with word from New Mexico requesting that we pray and chant for Yogi Bhaḡan, as he was needing our healing energy at that time.

This call was like one I had received many times before over the past several years, but there was something different about this particular call. I started phoning people in New Mexico and after several unsuccessful attempts to reach anyone, I experienced a growing feeling of pressure in my chest that wouldn't let me rest, so I made a reservation on the first flight the next morning. I caught the 6:00 a.m. flight to Albuquerque, rented a car, and drove straight to Yogi Bhaḡan's ranch.

Tension was high, as were the hopes that he would survive this crisis as he had done so many times in the past.

I was shown into his room and was told I could stay for ten minutes. I can't express the joy and gratitude I felt as I walked through the tiled hallway to his chambers. The room was subdued and peaceful. Hymns of Guru Ram Das played softly as Bibiji, his wife, sat by his side.

I sat on the floor at the foot of his bed and touched the white cotton blanket that covered his feet. Before I could say "Sat Nam," I was overwhelmed by an amazing rush of energy that seemed to surround and almost lift my body off the floor. After a moment or so, I found myself smiling and chuckling inside, as he no longer seemed to be lying down in bed, but rather he was jubilant and calling my name like he had so many times from the stage. "Where is my Black? Where is my Krishna!" I felt

his arms reaching out to hold me, infusing me with confidence, courage, and so much love! It felt like he was letting me know that he knew I was there, and he was very happy to see me.

When my time with him was up and I walked from his small domed room, I knew it was he who had sent for me the night before, and no matter what, he would never leave my side. I am so grateful I listened to the pressure of that little voice inside my heart, and that I had the blessing to see him once more before he left his physical body.

As I look back over my experience with Yogi Bhaḡan, I am trying to articulate what is different about me now and how my teaching has changed since his transition. I find it quite difficult to find the words or images that would come close to expressing the subtlety of the shift that has taken place inside of me. In many ways, I am not different at all. My passion is just as strong as ever, my commitment just as deep, my love of God and Guru is still beyond words, but there is a kind of inner lightness inside me that I can't explain. I know something is different.

It could be that a great saint I was close to is no longer on this earthly plane, and I am feeling the separation. Or, it could be that his presence is even more powerful now that he is not encumbered by his ailing body. Or, it could be that this feeling of lightness was brought on by the increased awareness of my own mortality. I don't know! All I know is that Yogi Bhaḡan is "walking up the mountain" with me, and that he will "never leave me alone, no matter where I may roam."<sup>1</sup> And that gives me even greater strength and courage to serve humanity with peace and love and spread the radiance of the Holy Nam<sup>2</sup> everywhere I go.

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**Krishna Kaur Khalsa** has been teaching Kundalini Yoga since 1970. She is the founder of Yoga For Youth, a program that is focused on "at risk" and incarcerated youth. She is also the founder of the International Association of Black Yoga Teachers.

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<sup>1</sup> These are words from Krishna's *You are my Lover, Lord*, a song Yogi Bhaḡan frequently requested her to sing.

<sup>2</sup> Nam means name, or true identity.

# KRI Level 2 LifeCycles & LifeStyles

CATCH THE FIRE OF TRANSFORMATION: COMING THIS JULY!

By Sangeet Kaur Khalsa

The focus of this module is on how to maintain *you*, your awareness of *you*, and your elemental or spiritual identity through all the various stages of life.

In the heat of a northern New Mexico summer, the launch of the 4<sup>th</sup> Transformation module in Level 2 KRI certification training will take place. We have already processed ourselves through three of the modules. As KRI Director of Training Dr. Gurucharan Singh Khalsa describes it, “In *Conscious Communication*, you learn how each word you speak creates a world and you come to awareness about that.” In *Authentic Relationships* you focus on your ability to have “genuine authenticity in all your relationships, both those from the past as well as present.” In *Mind and Meditation* you learn how to relate to the mind in all its aspects through the process of *shuniya*, or stillness.

The 4<sup>th</sup> module, LifeCycles and LifeStyles, will take place July 1 – 8, 2007, at Hacienda de Guru Ram Das in Espanola, New Mexico. The focus of this module is on how to maintain *you*, your awareness of *you*, and your elemental or spiritual identity through all the various stages of life. “It is the secret to living a purpose-filled life that is both meaningful and elegant,” as Gurucharan Singh explains. “In order to do any of these things we have to develop habits. In the very first lecture, Yogi Bhajan said that you’re liberated when you’re able to choose *promoting* as opposed to *demoting* habits in relationship to your elemental identity. We need to develop habits that support our ability to find ourselves and not lose ourselves in the midst of life so we can deliver ourselves in grace and healing.”

We will be using key meditations to “rebirth” ourselves—not going back to childhood but clearing out the accumulations at each life stage to bring our thoughts into a place of innocence, awareness, and that stillness where we can have a clear relation to our soul.

We’ll be talking during the week about the different life cycles that occur every 7, 11, and 18 years and experiencing meditations and *kriyas* to streamline our passage through these stages. There will be interesting cross-generational conversations, and a focus on the mid-life crises that can occur in the early ‘40s and again in the mid ‘50s when these cycles converge over short time spans.

In addition to the six days of immersion in the course, each participant is asked to commit to a 90-day program to deepen this process: daily meditations, journaling, reviewing the six Yogi Bhajan DVD lectures, and meeting together in groups and with mentors. All of this is designed to take each of us through the crucible of transformation.

We are committed to cross all barriers to create what Gurucharan Singh calls a “culture of consciousness” formed because “we’ve shared certain common experiences together and we’ve located and understood that consciousness within ourselves.”

“It’s not about any one *kriya*, one thought or one belief,” he explains. “It’s about taking that flame that was awakened in our heart and spirit and passing it on so that this whole planet gains an aura of light as we transition into the



Students who want to experience this deep level of authentic transformation can take the courses in any order. They must be spread out over at least a two-year period to allow time to integrate the practices and personal changes that accompany them.

**Conscious Communication  
Authentic Relationships  
Mind and Meditation  
LifeCycles and LifeStyles  
Vitality and Stress**

If you would like more information on any of the Level 2 Transformation modules, please visit [www.kriteachings.org](http://www.kriteachings.org)

New Age. It’s about each one of us being so enriched by that experience of stillness and compassion that anyone who encounters us senses that authenticity, depth, and kindness. This is the culture of consciousness, beyond all religions, beyond all countries.”

**Sangeet Kaur Khalsa** is a KRI Senior Teacher Trainer; the founder of Womanheart Retreats for women, author of the popular book *Womanheart—Healing Our Relationships, Loving Ourselves*, and the Director of The Healing Source based in Phoenix, Arizona.



# MY PATH TO BECOMING A TEACHER

By Devta Kidd



"If you want to learn a thing, read that; if you want to understand a thing, write that; if you want to master a thing, teach that." –Yogi Bhajan

I DID NOT KNOW that I was looking for Kundalini Yoga. I knew that I was looking for a foundation for a life with meaning and purpose. I knew that service to others was a core value in my life, and I believed that each person can change the path of their own life. I made my prayer to find God within myself and to fulfill my longing for purpose.

This prayer was answered when Kundalini Yoga came into my life at my place of work. It was an addictions recovery center and a Kundalini Yoga teacher came to work there as a counselor. The day I took my first class, I knew that I wanted to be a teacher. After two years of classes I participated in the Aquarian Teacher Level 1 Program at Yoga Yoga in Austin, Texas.

This program focused on laying the foundation as an Instructor of Kundalini Yoga. I wanted to deeply experience Kundalini Yoga, get answers to my questions on how everything works, and deeply, deeply immerse myself in the community of yogis. I got all of this and more. The curriculum included topics such as: the essence of the human being; the

foundations of yoga and Kundalini Yoga as taught by Yogi Bhajan; divine alignment; the breath; the mind; the power of the *naad*<sup>1</sup> and meditation; the energetic and light bodies; and the crucial importance of *sadhana*.<sup>2</sup>

The course culminated with opportunities to practice instructing in front of small groups of other teacher trainees who offered authentic feedback.

After teaching Kundalini Yoga for several years, I wanted to deepen my experience of myself as a teacher and experience a transformation in consciousness. I longed to serve students of Kundalini Yoga from a profound sacred space. This would take a deep, honest self-assessment and a commitment to enhance the fundamentals of my self-awareness and test my self-discipline. I heard that Transformation: Level 2 training was a way to do that—a path to crystallize my experience, self-confidence, and skill. I took the leap and began my participation in Transformation at the launch of the Authentic Relation-

1 Sacred sound current

2 Daily spiritual practice

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# The day I took my first class, I knew that I wanted to be a teacher.

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ships course in Espanola, New Mexico, along with 150 other teachers and trainers from around the world. Level 2 is truly about self-transformation.

I realized on the first day of the course that this was not just a class. This will be a two year journey! I have to do as much out of class as in it. This is all about challenging my character and trusting my presence as a truly excellent teacher.

To really transform I realized that working in groups and teams is essential. This is not about me learning something. This is not something I will accomplish alone. This is about giving and accepting feedback with my fellow travelers on this path about all the core values and central skills I must have. It was exciting and scary at the same time. As I participated in the course, heard the inspiring lectures of Yogi Bhanjan, shared feelings and experiences with my study group, and settled into a new level of meditation and stillness, my fears were calmed. This entire level of growth is like putting your soul on a slow simmer—you warm up and change, gradually. It is filled with insights but the real beauty of it is the sight I started to get of myself. This is not about techniques. This is about realizing my self at the center of all my efforts. I link to the golden chain. I become still, honor my relationships, consciously use the power of communication, and discipline my mind. This is about stepping up, projecting out, and loving the soul and personality that I am as I serve, heal, and teach. It is about a kind heart and a compassionate head.

Some things seem to stick more than others. When we practiced and committed to “Pre-forgive” all our relationships, it turned me around. It changed my entire perspective on my relationships and let me release many

wounds and blocks I had not even realized I had. This process is not intellectual, though it was filled with many concepts; it put the teachings into each cell of my body so I can authentically be myself.

After this experience, I am ready to go and go all the way. The way of Kundalini Yoga has never been a solo journey, and Level 2 is no exception. I am intrigued by how all five themes of the courses (see box) work together to give something greater than any single part. The videos of Yogi Bhanjan surprised me. They were like a regular class where his presence was as tangible as the people sitting beside me. I found a place in my heart to connect with the awareness he projects, even though I

never met him. I plan to connect with the whole global community of teachers before, after, and during the training courses. I like the emphasis on developing an ongoing conversation with a group and having a personal mentor to refine my ability to reflect, to be aware, and to be consciously conscious of how well I apply these teachings in my life and not just in class or a workshop. This is all about living it, delivering it, and being it.

---

**Devta Kaur** lives in Bloomington, Indiana, where she helped to found Bloomington's Midland Yoga Center ([midlandyogacenter.com](http://midlandyogacenter.com)). She works as a Strategic Excellence Facilitator for Monarch Media, Inc., and is a firm believer in the power of compassionate communication.

The five core modules of Level 2 training take place over a 2-year period:

## **Conscious Communication**

Connect with the universal ability to relate to yourself and others with authentic compassion and courage. Discover and practice the technology for effective, penetrating communication that goes beyond words.

## **Authentic Relationships**

Understand how to cultivate the courage and neutrality necessary for authentic, conscious relationships. Learn how neutrality easily translates to unconditional love, which elevates, motivates, and inspires.

## **Mind and Meditation**

Overcome limitations perceived by the mind. Unlock unlimited potential, and experience the mind serving the soul. Conquer your mind, conquer the world.

## **Lifestyles and Lifecycles: Living a purpose-filled life**

Every cycle of life has its gifts, lessons and obligations. How do we master our self at each stage of life with positive habits so we can stay true to our purpose and our soul's desire? Learn to embrace grace, balance, and flow in every cycle of life.

## **Vitality and Stress**

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 - Yogi Bhajan -

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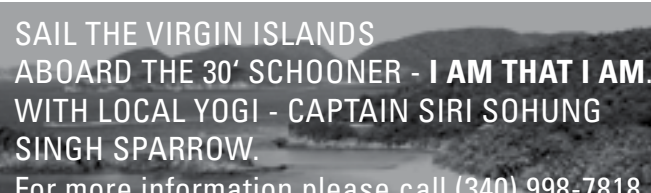
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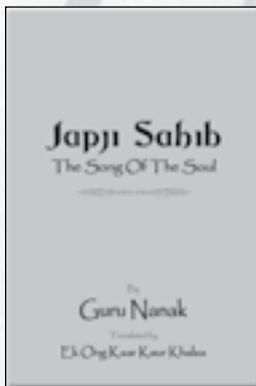
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# Teacher of Sound and Light

TEACHING GURU NANAK'S *JAPJI SAHIB* IN SINGAPORE

By Ek Ong Kaar Kaur Khalsa

---

I felt the transformative presence of the *Shabad Guru*, of Guru Nanak in his Light Body, come into the room to be the real teacher.

---



It's another dimension of reality. Teaching.

A time when all the usual laws of time and space get suspended. And a room that looks like any other room, filled with people who look like any other people, is transformed. There's a light that descends, a luminescence that can be seen by the inner eye. As that power moves through, it purifies everything—*kar-mas*,<sup>1</sup> sicknesses, imbalances—in the students *and* in the teacher. Opening a doorway for us to glimpse the Ultimate Reality. The reality that we are all love, gently descended to Earth to have an experience together.

Last November the Sikh Centre in Singapore invited me to teach Guru Nanak's<sup>2</sup> *Japji Sahib*<sup>3</sup> during the weekend of Guru Nanak's birthday (Nov. 3-5, 2006). The Sikh Centre in Singapore specializes in programs that promote the cultural and spiritual identity of Sikhs. The course drew sixty people who came together to study this beautiful Song of the Soul (*Japji Sahib*).

*Japji Sahib* is a living guide for

any spiritual student who longs to learn how to live in their Divine Nature on the Earth. It is not just poetry, philosophy, literature, or language. *Japji Sahib* is the *Shabad Guru*—it is the Teacher in the form of the Sound Current. Through the sound of it, it has a practical power to awaken the Soul to its destiny and reality.

The course lasted from 10:30 a.m. to 4:30 p.m. on Saturday and Sunday. It was a mixture of lecture, meditation, chanting, and group discussion. Rajveer Singh Khalsa, Guru Jaswant Kaur Khalsa, and Christine Plaud from Singapore, and Dharma Kaur Khalsa from New Mexico all assisted with teaching the course.

The course began with a musical recitation of *Japji Sahib*—sung by Harminder Pal Singh and Dalveer Kaur Sidhu from Singapore. Halfway into the recitation, our voices began to merge. We were not singing *Japji Sahib*; it began to sing us. In that moment, I felt the transformative presence of the *Shabad Guru*, of Guru Nanak in his Light Body, come into the room.

People tell me I am a great teacher. Like any person, I appreciate a compliment. But it's not the truth. Perhaps I can be witty in moments

and keep students laughing. And perhaps I can be wise. But I don't have anything to do with what happens during these courses. That Light is present and It does Its own work. I watch it moving through the room. Reflected in people's smiles, or the luminescent light in their eyes. This Energy, this Power, opens another dimension for all of us. And suddenly people talk about the most important things in their lives with each other. The longing of their spirits, the secrets of their hearts. Trying to find a way to have it all make sense.

The power of *Japji Sahib* lies in its ability to create a framework where the mind can experience and surrender to the Divine Reality that lives inside all of us. To meditate upon it is to unravel the mystery of life. It creates an inner harmony by bringing our earthly existence into alignment with our spiritual existence. The key, Guru Nanak tells us, is to deeply listen, to sing with all of our hearts, and to let the love that lives inside us permeate everything in our lives.

---

**Ek Ong Kaar Kaur Khalsa** is a teacher and an ordained minister of Sikh Dharma. She translated Guru Nanak's *Japji Sahib* under the direction of Yogi Bhajan during the last years of his life.

1 The cosmic law of causes and effects

2 The first of the Sikh Gurus and the composer of *Japji Sahib*.

3 The first of five daily Sikh prayers recited to connect one to one's soul

# Japji

PAURI 33: THE EGO ERADICATOR

By Dev Suroop Kaur Khalsa

**H**uman beings are blessed to be social animals that thrive on a state of emotional connectedness with others. To this end, we may long for loving and understanding relationships, but the thing that tends to trip us up is our own ego—our awareness of our individual identity to the exclusion of our experience of Infinity. At its worst, the ego manifests as an inflated feeling of pride and superiority over others.

The yogis refer to the ego as a ‘tiger’ that must be slain in order to experience Infinity. Ego and Infinity are totally opposite. The ego is limiting and finite. Wherever “I”—the ego—lives and thrives, “Thou”—Infinity—can never come to dwell. It is in our Infinity and vastness that we can see the beauty of our inter-connectedness and shared experience in life and can easily flow in relationships. Such unification cannot occur when the ego is in play.

Recently a friend of mine was indulging his ego in a sense of superiority and said some clearly hurtful things to his girlfriend. Enough was enough. She confronted him and told him to either change his behavior once and for all, or else. In the days that followed, we witnessed a dramatic struggle between his desperation to be seen as being right, versus his strong desire to maintain the most meaningful relationship of his life. He tried blaming others for his behavior and he created justifications that he hoped others would believe. As you might expect, it didn’t work. Fortunately, my friend eventually gave up the fight, surrendered his ego, and gracefully relaxed into a place of union with his girlfriend.

It is said that reciting the 33rd *pauri* (stanza) of *Japji Sahib*<sup>1</sup> dissolves your ego and brings forth your divinity. It removes negativity, neutralizes your destructive nature, and prevents harm to others by your hand.

As you can see from the translation below, Guru Nanak<sup>2</sup> stresses that we as individuals are not the ones running the show. Higher caliber and elevated awareness become a personal reality when we effectively surrender to and obey the command of higher consciousness—to remember that God is the Doer and that “The One who rotates the Earth can take care of your routine.” (Yogi Bhajan)

## Suggestions for Practice:

To experience its power, a *Shabd*<sup>3</sup> should be recited 11 times a day for a minimum of 40 days. Recite it in English or in *Gurmukhi*,<sup>4</sup> both are beneficial. However, reciting in Gurmukhi allows you to better access the power of the mantra. As the words are recited in proper *Naad*, or sound current, the tongue hits the meridian points on the upper palate, effecting a change in consciousness. Work carefully to pronounce the words properly. *Japji* CDs are available through [www.a-healing.com](http://www.a-healing.com).

**Dev Suroop Kaur Khalsa** teaches Naad Yoga and Kundalini Yoga, specializing in the use of sound for transformation and upliftment. She can be reached at [anahad@cybermesa.com](mailto:anahad@cybermesa.com).

## 33rd Pauri of Japji

*Aakhan jor chupai neh jor  
Jor na mangan dayn na jor  
Jor na jeevan maran neh jor  
Jor na raaj maal man sor  
Jor na surtee gi-aan veechaar  
Jor na jugatee chhutai sansaar  
Jis hath jor kar vaykhai so-i  
Nanak utam neech na ko-i*

The power to speak  
Or keep silent,  
I don't have that power.

I don't have the power  
To beg or to give.

When I live,  
When I die-  
Is far beyond my power.

I have no power  
To rule as a King,  
With wealth  
Or through the force  
Of my own mental manipulations.

I have no power  
To attach myself to God  
through meditation,  
Or to attain wisdom,  
Or to reflect on what I see.

I have no power  
To know the way  
To liberate myself  
From the world.

Whose Hand  
Holds this power?

The One  
Who does and sees all.

Nanak,  
No one is high  
And no one is low.

Translation by Ek Ong Kaar Kaur Khalsa

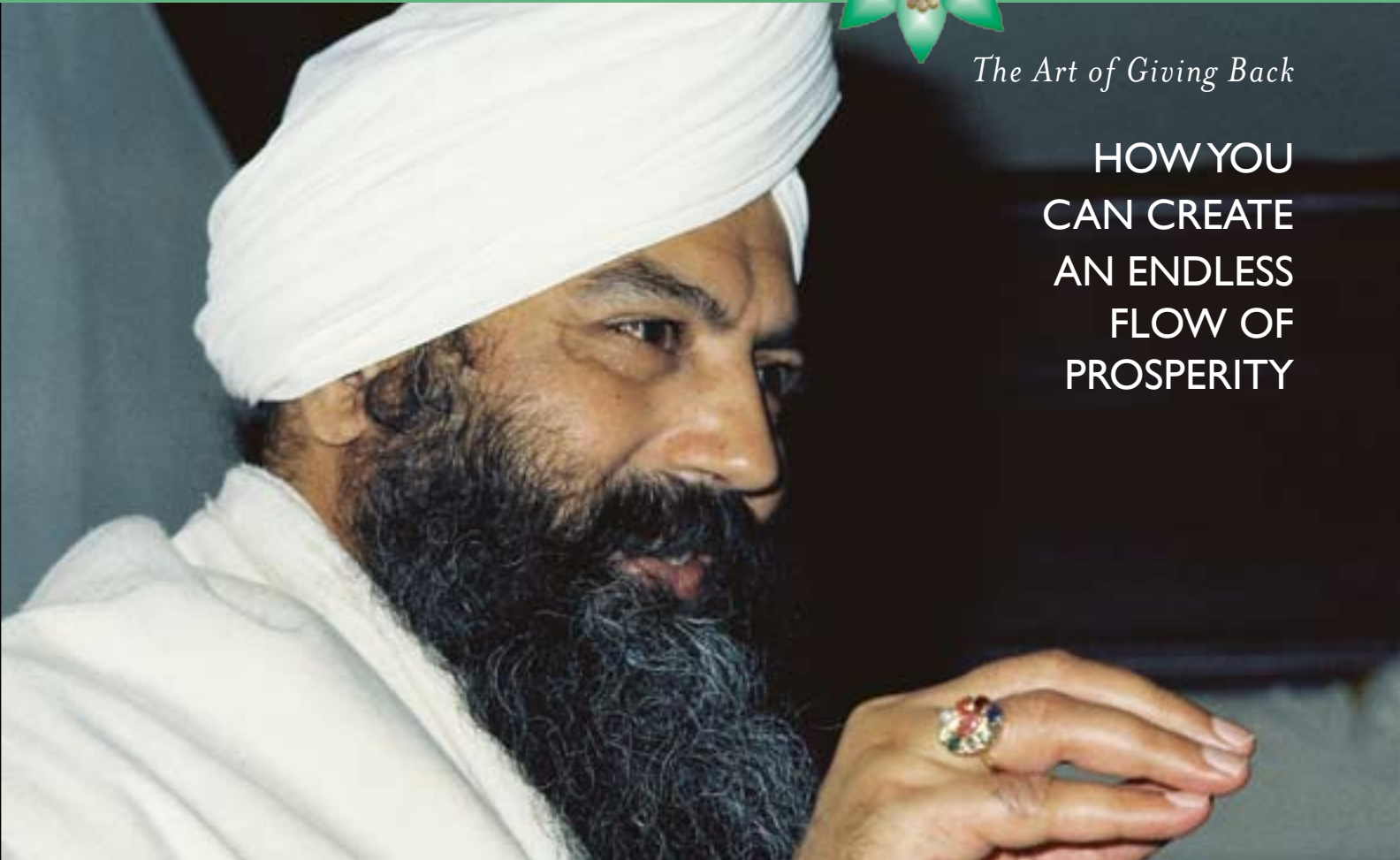
1 The first of five daily Sikh prayers recited to connect one to one's soul  
2 The first of the Sikh Gurus and the composer of *Japji Sahib*.  
3 Sacred song based on the sound current  
4 The written form of the Punjabi language used in Sikh scripture

# Prosperity Paths



*The Art of Giving Back*

HOW YOU  
CAN CREATE  
AN ENDLESS  
FLOW OF  
PROSPERITY



## The Giving Event

By Darshan Kaur Khalsa

In the book, *God, Good and Goods*, Yogi Bajan tells a story of the man who went to ask questions of a well known sage, but instead the sage asked the man those same questions. When he admitted he couldn't answer them, the sage said, "Then how do you think I can answer you? Questions and answers are integrated. It is at the same frequency that a question is asked that an answer must be understood." He went on to say, "That's why your life doesn't change. You are looking for the answer to that question which shall change your life and that question and that answer will come only when you reach the state of that frequency—not by verbalization. It comes from the soul, the spirit; it comes from within you."





With prosperity it is no different. How often do we ask ourselves, "When am I going to have enough money? When are things going to be different for me financially?" It is really about being on the same frequency as the answers in order to understand them.

Prosperity is all about a frequency, and the two most powerful elements for increasing that frequency are gratitude and giving. Gratitude has to be the single biggest tool for raising consciousness about prosperity that is available to humankind. Giving is the physical manifestation of the trust that comes from true gratitude, while opening the door of our hearts to receive more.

Your relationship with yourself, your willingness to immerse yourself in gratitude, and your deep understanding of giving back, are key to allowing the flow of consciousness around prosperity into your life, and, like any discipline, with time they increase the frequency and allow the questions to answer themselves. Those answers come from the soul, the spirit—they come from within you.

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## Practicing Gratitude

Make a list each day of all the things you have in your life that you are grateful for. Meditate on the list and give your thanks. Place the list on your altar.

By practicing every day, you will begin to find more and more things to be grateful for. If you were to keep up the practice, you would eventually find yourself being grateful for **every single moment** of your life. This, indeed, is the true state of gratitude from which prosperity flows endlessly.

**Darshan Kaur Khalsa** works for Sikh Dharma as the Director of Fundraising and Dasvandh. She is a happy mom, a writer, musician, and entrepreneur. Her current projects include *Aquarian Wisdom: Yogi Bhajan Everyday* calendars and [LinkingSpirits.com](http://LinkingSpirits.com).

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# Woman and Prosperity

EXCERPTS FROM A LECTURE BY YOGI BHAJAN ON JUNE 28, 2001

Good luck will knock at her door when she is kind,  
compassionate, and has good manners.

**B**e prosperous. Woman has a natural power of abundance, good luck, and prosperity, if she decides to concentrate on it. If a woman invokes the Divine, there is no reason that she will not be prosperous. Her discipline guarantees it. But as a female she wastes her energy in many ways. A woman with good manners concentrates on prosperity. What is that? What is prosperity? When she expands herself with good will, good manners, smiles, counseling, and uplifting others.

Whenever a woman decides to concentrate on all these good things, prosperity in abundance is assured. But if she wastes her time betraying, yelling, screaming, calling names, being rude, poverty is assured. For a woman, health, wealth, and happiness lie in her good manners.

Kindness is an essential part of every female. In kindness, as she expands, prosperity comes with it. She will have more friends. She will have more opportunities. Good luck will knock at her door when she is kind, compassionate, and has good manners.

Every aspect of the Universe is at the tip of the fingers of the woman who decides to be compassionate, kind, and caring. Just stop. Just wait. Don't react. Just don't react. Then the whole Universe is available to you. A woman wastes all her energy by being jealous, neurotic, talking negatively, and competing and comparing in a very negative way. These are not essential for her life.

There is no good and bad. There is no guilt, there is no sin. There is no wrong, there is no right. There is only our own insanity or our own meditative concentration.

A woman can make a palace out of a straw house. On this planet, the only mammal who can transform life is the woman. She has 'x' amount of energy. If she doesn't waste her energy in many different ways and she concentrates in **one** way, that's it. If she means it, then there is nothing which can stop her from becoming prosperous.

You want to know what God is? **You, as you are!** But three thousand years of religious training is asking you to deny this. God is a living energy and lives in you. Can you accept this? We are never disconnected; we are always everywhere. Our psyches connect us. That's called faith. We are never separated. But sometimes we forget. If we cannot be affectionate with each other, then the result will be negative. Let us see in our goodness how good we can be.

When you don't give anybody anything you will never be prosperous. The first principle of life as a human is to be loving. You must meet people. You must receive people. You must talk to people. You must share your wisdom with people. You think God is far away from you. Test it out. If your love is true and true is your love, then all that is in the Universe belongs to you. Love first, everything will come to you.



## what is dasvandh?

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

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

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# Meditation to Recognize Prosperity When it Comes to You

## Position:

Sit in Easy Pose<sup>1</sup> with a light Neck Lock.<sup>2</sup> Begin with the hands in Prayer Pose<sup>3</sup> at the Heart Center with the thumbs crossed.

- 1 Raise the arms up with straight elbows to 60 degrees as you chant **Aad Guray Nameh**.
- 2 Bring the hands back to the Heart Center as you chant **Jugaad Guray Nameh**.
- 3 Stretch them back up, with straight elbows, 60 degrees as you chant **Sat Guray Nameh**.
- 4 Bring them back to the Heart Center as you chant **Siree Guroo Dayvay Nameh**.  
Continue for 31 minutes.  
Project the mind out as you chant.

## Mantra:

**Aad Guray Nameh**<sup>4</sup>

Salutations to the Primal Guru<sup>5</sup>

**Jugaad Guray Nameh**

Salutations to the Guru throughout all the Ages

**Sat Guray Nameh**

Salutations to the True Guru

**Siree Guroo Dayvay Nameh**

Salutations to the Great angelic, transparent, invisible Guru

This mantra activates the ten bodies<sup>6</sup> to serve you in your daily interactions. While other meditations bring you prosperity, this meditation helps you recognize the prosperity when it comes, enabling you to immediately respond to the opportunities it brings.

- 1 A comfortable cross-legged sitting position
- 2 Stretch the back of the neck gently straight by pulling the chin straight back and lifting the chest.
- 3 Palms together at the center of the chest
- 4 Nameh could also be translated as "reverent greetings." The "eh" sound rhymes with the "a" in "cat."
- 5 Guru means Teacher, or that which takes you from darkness to light, from ignorance to knowledge.
- 6 The human is made up of ten bodies: the physical body, three mental bodies, and six energy bodies.





# GOLDEN YOGINI



April Bernardi, "Nirankar Kaur", has been teaching Kundalini Yoga for the past 5 years. She is a graduate from Kundalini Yoga East in New York. She is also certified through Goldenbridge Yoga Studio to teach "The Khalsa Way" Prenatal Yoga. April is a full time Yoga Teacher who also gives workshops. For more information on upcoming events or for ordering information, go to [www.goldenyogini.com](http://www.goldenyogini.com)



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