

AQUARIAN

TIMES

featuring Prosperity Paths



*Let the highest and
best company be
the brotherhood and
sisterhood of all people.*
- GURU NANAK

our expanding

global community

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*Within this sanctuary I have built my home, great...
great is Española, God's real home. - Yogi Bhajan*

For registration or more information, please visit us at www.3HO.org or email KRI at teachertraining@3HO.org

Kundalini Research Institute PO Box 1819
Santa Cruz, NM 87567 www.KRIteachings.com



A handwritten signature in black ink, appearing to be 'Yogi Bhajan', is written over the bottom right portion of the page.



WHOLLY HOLY

INTERNATIONAL KUNDALINI

ANNUAL TEACHERS SUMMIT

Unleashing our collective Wisdom and Building our Global Community.

Imagine all the Kundalini Yoga teachers in your area working together in one opportunity and opening up for everyone: teamwork has inspired the impact of Kundalini Yoga in your community; teachers feel elevated and included, able to share their gifts and support each other world wide. All this and more is possible.

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Fondjerson, France

July 22 - 28 in connection with the European Yoga Festival dates

Mexico

November dates to be announced

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KPTA@KND.org or 806.362.1313

"It is very fortunate you have this Association. When I'll be physically gone, search me out spiritually. You'll have

JAMMAN JAMMAN YOGA TEACHERS ASSOCIATION

*"I am grateful to have found this extraordinary family of beautiful souls,
bringing the teachings of Yogi Bhaजन to the world."*
Melinda Hess, 2006 IKYTA Teachers Conference, New Mexico

Visit our Web site at www.ikyta.org/yoga.com

- Learn about the International Kundiālī Yoga Teachers Association membership benefits
- Join the association
- Find a certified Kundiālī Yoga teacher in your area
- See our calendar of global events - Professional Members please post your local events on the calendar
- More information on our Teacher Conferences and Teacher Summits



IKYTA

"It is not together to do it." - Yogi Bhaजन

SELF MASTERY

Healthy, Happy, Holy

LEVEL 1 TEACHER TRAINING INTENSIVE

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USA – West Coast

Level 1 Teacher Training Intensive

AUGUST 14 - SEPTEMBER 4
Ghost Ranch - Abiquiu, NM

USA – East Coast

Level 1 Teacher Training Intensive

SEPTEMBER 22 - OCTOBER 13
Omega Institute - Rhinebeck, NY

INDIA

Level 2 Conscious Communication

NOVEMBER 11 - 17
Anandpur Sahib, India

Three-day Yoga Yatra

NOVEMBER 18 - 20
Amritsar, India

Level 2 Authentic Relationships

NOVEMBER 21 - 27
Anandpur Sahib, India

“The teachings, the wisdom, the generous amount of love that came from my instructors and the friendships that I made, left me with an experience that will forever give me strength and support.”

Leila Astarabadi, 2005 Level 1 Self Mastery

Anandpur Sahib, India

2006 3HO EVENTS

SPECIALTY TEACHER TRAINING
CONSCIOUS PREGNANCY
MAR 19 - 31, HOLLYWOOD, FL

NEW! AQUARIAN TEACHER PROGRAM
LEVEL 2 CONSCIOUS COMMUNICATION
MAR 24 - 26, *CONTINUED*
MAR 31 - APRIL 2, VANCOUVER, CANADA

BAISAKHI CELEBRATION
BIRTH OF THE KHALSA
APRIL 16, LOS ANGELES, CA

SPECIALTY TEACHER TRAINING
CONSCIOUS PREGNANCY
APRIL 25 - 30, *CONTINUED*
MAY 28 - JUNE 3, ROME, ITALY

NEW! AQUARIAN TEACHER PROGRAM
LEVEL 2 CONSCIOUS COMMUNICATION
MAY 16 - 21, CORDOBA, ARGENTINA

NEW! JAAP SAHIB
JUNE 11 - 14, ESPAÑOLA, NM

NEW! MEN'S CAMP
JUNE 14-16, ESPAÑOLA, NM

PEACE PRAYER DAY
JUNE 17, ESPAÑOLA, NM

SUMMER SOLSTICE SADHANA
JUNE 16 - 24, ESPAÑOLA, NM

3HO WOMEN
WOMEN'S CAMP
JUNE 25 - JULY 2, ESPAÑOLA, NM

KHALSA YOUTH CAMP
JUNE 26 - JULY 9, ESPAÑOLA, NM

NEW! AQUARIAN TEACHER PROGRAM
LEVEL 2 AUTHENTIC RELATIONSHIPS
JULY 3 - 8, ESPAÑOLA, NM

SPECIALTY TEACHER TRAINING
CONSCIOUS PREGNANCY
JULY 10 - 22, ESPAÑOLA, NM

NEW! IKYTA ANNUAL TEACHERS SUMMIT
WHOLLY HUMAN JAM
JULY 22 - 24, *IN CONJUNCTION WITH THE*
3HO EUROPEAN YOGA FESTIVAL DATES
FONDJOUAN, FRANCE

3HO EUROPE
EUROPEAN YOGA FESTIVAL
JULY 25 - AUG 2, FONDJOUAN, FRANCE

SELF MASTERY
LEVEL 1 TEACHER TRAINING INTENSIVE
AUG 14 - SEP 4, GHOST RANCH - ABIQUIU, NM

INDIA YATRA
HEMKUNT TRAIL
AUG 24 - SEP 7, HIMALAYA MNTS, INDIA

YOGIJI GOLF CLASSIC
AUG 25, ESPAÑOLA, NM

SPECIALTY TEACHER TRAINING
CONSCIOUS PREGNANCY
SEP 1 - 13, VANCOUVER, CANADA

SPECIALTY TEACHER TRAINING
CONSCIOUS PREGNANCY
SEPTEMBER 18 - 24 *CONTINUED*
NOV 14 - 9, STOCKHOLM, SWEDEN

SELF MASTERY
LEVEL 1 TEACHER TRAINING INTENSIVE
SEP 22 - OCT 13, OMEGA INSTITUTE
RHINEBECK, NY

NEW! IKYTA ANNUAL TEACHERS SUMMIT
WHOLLY HUMAN JAM
NOV 2 - 6, TOLUCA, MEXICO

NEW! SELF MASTERY
LEVEL 2 TEACHER TRAINING INTENSIVE
CONSCIOUS COMMUNICATION
NOV 11 - 17, ANANDPUR SAHIB, INDIA

THREE-DAY YOGA YATRA
NOV 18 - 20, AMRITSAR, INDIA

NEW! SELF MASTERY
LEVEL 2 TEACHER TRAINING INTENSIVE
AUTHENTIC RELATIONSHIPS
NOV 21 - 27, ANANDPUR SAHIB, INDIA

WINTER SOLSTICE SADHANA
DEC 19 - 25, LAKE WALES, FL

NEW! AQUARIAN TEACHER PROGRAM
LEVEL 2 MIND AND MEDITATION
OCT 2006, AUSTIN, TX

OTHER DATES TO BE ANNOUNCED:

NEW! JAAP SAHIB
OCT - ANANDPUR SAHIB, INDIA

FOR MORE INFORMATION ON THESE EVENTS
AND GLOBAL MEDITATIONS, PLEASE VISIT US
AT WWW.3HO.ORG

WHITE TANTRIC YOGA
PLEASE VISIT WWW.WHITETANTRICYOGA.COM

Healthy, Happy, Holy

KHALSA YOUTH CAMP

AGES 4 - 12

explore

Española, NM
Ram Das Puri
JUNE 26 - JULY 9

Set above the Española Valley in the Jemez Mountains of New Mexico, Khalsa Youth Camp is a dynamic way for children to bond in lasting friendships, experience multi-cultural activities and enjoy experiential fun projects and games.

What I liked most about camp:

"The food and marching"

Dattar Singh, age 4

"The four elements class and walking on the earth without shoes"

Guru Amrit Kaur, age 9

"The climbing wall and pizza on Sundays"

Dev Amrit Singh, age 9

"I love watching my child interact with other children in an environment that is cultivating consciousness."

Jennifer Gardner (Parent) 2005 Khalsa Youth Camp

For more information please visit www.3HO.org

3HO Foundation Healthy, Happy, Holy Organization is a 501 (c) (3) non-profit organization



The purpose of life is to realize you and within you: the truth in you, the light in you, the delightfulness of God in you.

That is your soul.

Yogi Bhajan

spiritual guide

Siri Singh Sahib Bhai Sahib
Harbhajan Singh Khalsa Yogiji
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published by

Sage of the Age
1A Ram Das Guru Place
Española NM 87532

printed by

Starline Printing
Albuquerque, NM

Aquarian Times (ISSN: 1534-5068)
is published bi-monthly in the United
States. ©2006 Sage of the Age Publishing.
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3HO Events Information / Registration

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3HO Women / Women's Camp / Excel & Celebrate Program / India Yatra

Sumpuran Kaur Khalsa, www.3ho.org, sumpuran@kiit.com, 505-367-1302

3HO Women / Conscious Pregnancy Course

Tarn Taran Kaur Khalsa, www.3ho.org, ttk@3ho.org, 505-367-1309

Solstice Sadhanas

Jaap Kaur Khalsa Gardner, www.3ho.org, jaap@3ho.org, 505-367-1345

Self Mastery Teacher Training Courses

Ravi Kaur Khalsa, www.3ho.org, ravik@3ho.org, 505-367-1304

Khalsa Youth Camp / Work Exchanges

Sat Jiwan Kaur Khalsa, www.3ho.org, 3hosatjiwank@3ho.org, 505-367-1301

Jaap Sahib Course

Ravi Har Kaur Khalsa, www.3ho.org, naad-japji@sikhdharm.org, 505-367-1348

IKYTA membership / Teacher's Directory (find a teacher near you) / Gurudakshina

Sat Atma Kaur Khalsa, www.kundaliniyoga.com, ikyta@3ho.org, 505-367-1313

International Peace Prayer Day, United Nations

Satmitar Kaur Khalsa, www.peaceprayerday.org/PeacePeople/
satmitar@sikhdharm.org

Kundalini Yoga Questions & Experiences

Satya Kaur Khalsa, satyak@sikhdharm.org

Kundalini Research Institute (KRI) Information and Support / Certification

Dharam Singh Khalsa, kridharam@sikhdharm.org

YB Teachings, LLC / Permission to use the Teachings of Yogi Bhajan to create new products / Translation of existing products / KRI Seal of Approval

Dharma Kaur Khalsa, www.KRIteachings.org, dharmak@3ho.org, 505 367-1318

White Tantric Yoga

www.whitetantricyoga.com

Building Community

Panch Nishan Kaur Khalsa, panchnishan@sikhdharm.org

Spiritual Name Requests

Nirinjan Kaur Khalsa, www.3ho.org/yb/spiritualname.html, nirinjan@sikhdharm.org

SuperHealth

Mukta Kaur Khalsa, mukta@sikhdharm.org

Give to Dasvandh

Darshan Kaur Khalsa / Amrit Kaur Khalsa, www.dasvandh.org, dasvandh@sikhdharm.org, 505 747-0388

SikhNet: Sikh news, lectures, Siri Guru Granth Sahib, hukam from Harimandir Sahib, streaming radio, gurbani music live. various directories, lectures. www.sikhnet.com

Marketing Service and Support

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Enjoy upcoming issues of

Aquarian Times featuring Prosperity Paths

July Healing • September Service • November Transformation

To join our mailing list for your free issue, send your request and mailing address to: **AT-PP@kiit.com**

To submit your stories, poetry, photography, and artwork: **ATeditorial@kiit.com**

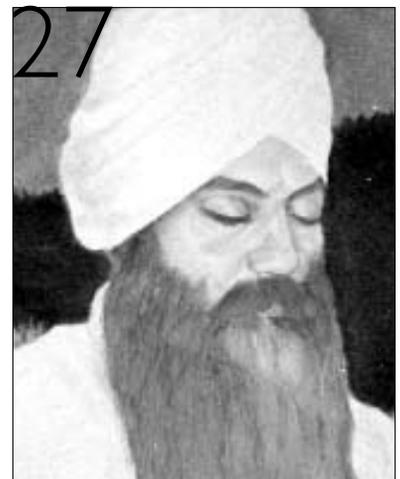
To submit your letters to the Editor: **siriramk@kiit.com**

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note from the editor

**Whatever name of God
you chant, just do it.
It will tune you in.
It will be your own
biofeedback machine.
Yogi Bhajan**

In his boundary-breaking style, from East to West, Yogi Bhajan carried Guru Nanak's message of universal acceptance of all mankind. Similarly, he acknowledged the distinction between various types of yoga—Hatha, Kundalini, Raja, Bhakti, Shakti, and Karma, while he taught that all had the same end, to raise the dormant power of infinity in man. By openly teaching Kundalini Yoga, Yogi Bhajan found a platform to embrace everyone, unconditionally. And, he created an international interconnected organization that would thrive to serve the Aquarian Age.

Today, 3HO is a densely layered organization—a kaleidoscope of distinctly different individuals and communities. Yet our lives are integrated because each of us, from wherever we are on this planet, is connected to the vast reservoir of wisdom found in the teachings of Yogi Bhajan. And even more vital is the depth of connection we share with each other. This issue of *Aquarian Times featuring Prosperity Paths* celebrates the widespread expansion we are commonly experiencing throughout our global community.

As a growing community, we have an unparalleled opportunity to communicate. And, the secret to our success as a magazine lies in our ability to communicate your story. If you are changing people's lives, then let us showcase your work in *Aquarian Times*. If the teachings of Yogi Bhajan have enriched your life, tell us how, so that we can tell others. If you have discovered best practices in your yoga center, then share them with the thousands of teachers that *AT* reaches around the globe. If you have come up against adversity, then tell us how you won the battle. If the power of chanting the *Naad* has brought synchronicity in your life, then tell us about those events you know were beyond mere chance so that others can recreate the same miracle in their lives.

From its headquarters here in Española, the Secretariat staff is working hard to become more relevant to your life. If you have a question, comment, or need, please use the reference list on page 6 to contact the corresponding administrative office and let us know how we can serve you. You can also look forward to the July Editor's Note, which will introduce you to the leadership group Yogi Bhajan established to facilitate the work of the organizations, including their areas of specialization, current photos, and contact information.

We continue to invite you to be a part of creating an international chronicle of this lifestyle we share and the life-changing benefits we enjoy in practicing the teachings of Yogi Bhajan.

In the spirit of universal acceptance,

Above right: Siri Ram Kaur, Editor, and Hari Kaur, Director of International Public Relations, represent our 3HO NGO on their recent visit to the UN in Geneva.



Who We Are

Aquarian Times featuring Prosperity Paths is dedicated to providing you information and practical tools to manifest health and happiness in your life. We offer an array of articles to benefit your body, nourish your mind, and touch your soul, many of which can augment your progress along any spiritual path. You will find in every issue the Teachings of Yogi Bhajan including Humanology and the 3HO way of life; Kundalini Yoga, the Yoga of Awareness; Sikh Dharma technology and the Shabd Guru;* Naad Yoga,* mantra and prayer; and resources such as our annual Calendar of Events, products and services, and website links.

The times we live in call for openness and inclusiveness. *Aquarian Times* offers a welcoming environment for readers of all faiths and beliefs as we strive to connect as one global family. We warmly invite your talent and participation.

*See Glossary, p. 40

Have you been missing your
Prosperity Paths lately?

THIS IS IT!

In case you haven't noticed, *Prosperity Paths* has undergone a major change in 2006. We've merged with our sister publication, *Aquarian Times*, to bring you the best stories, articles, and news about the 3HO and Sikh Dharma communities. *Prosperity Paths* has its own section in *Aquarian Times* where you will continue to find:

- Prosperity Technology as taught by Yogi Bhanjan
- Great lectures from the master on prosperity and consciousness
- Insightful tidbits to help you manifest your soul's potential
- And, as always, information on the art of giving back

If you have been missing *Prosperity Paths*, turn to the center of *Aquarian Times* and you will find it. And we have also included an envelope so you can continue to give back to the source of your own Infinity.



Prosperity  Paths



what's new

in our global community

2006 Global Seed Money Program

The Global Seed Money program is a grant-giving process that has been designed to help support and fund qualified nonprofit organizations that are working to spread the teachings of Yogi Bhajan. We are actively soliciting grant requests from around the globe to bring the technology of Kundalini Yoga as taught by Yogi Bhajan and the Siri Singh Sahib's teachings on Sikh Dharma to currently under-served locations.

Global Seed Money can be used to help kickoff an endeavor that will eventually become self-sufficient, or support a one-time-only project. Every year grants are distributed by the Legacy of Yogiji Foundation and Sikh Dharma Europe to projects that spread the teachings of Yogi Bhajan.

Past projects Seed Money has supported:

- Translation of the *Conscious Pregnancy Manual I* into German, French, and Italian (2004-2005)
- Scholarships for children to attend MPA (2003-2006)
- Support of fundraising for the Guru Ram Das Project Center in the UK (2003-2004)
- Production of 3HO Kundalini Yoga flyers in Germany (2003-2004)
- Teacher Training in Ghana (2004-2005)

For information, questions or consultation regarding Seed Money projects kindly send an e-mail to: seedmoney@yogitea.nl



Teacher Training in Ghana



Bibiji addresses the students of Miri Piri Academy in India



Satkirin Kaur speaks in NYC

New York City Interfaith Event

On February 1, 2006, just one day after the President's State of the Union speech, prominent New York religious leaders came together for a press conference in lower Manhattan's Battery Park to urge President Bush and Congress to enact humane immigration reform and to reject anti-immigrant legislation pending in Congress, specifically the Terrorist and Immigration bill.

With the Statue of Liberty as backdrop, clergy leaders representing nearly a dozen faiths and denominations—priests, pastors, rabbis, and imams among them—pleaded for immigration policies that respect the dignity of all individuals and honor America's tradition as a nation of immigrants.

Representing Sikh Dharma, Sat Kirin Kaur Khalsa of New York City spoke at the event, sharing the message of Guru Nanak: We are one creation, of one Creator, equal before God, caring for one another, and wishing well to all. Sikh Dharma International and the Sikh Coalition were signers on the statement brought forward by the New York Immigration Coalition, along with 160 other faith organizations.

Friends of Miri Piri Academy

Miri Piri Academy (MPA) is an international K-12 boarding school in Amritsar, India, where leaders, teachers, and healers of tomorrow are being trained and educated. We would like to invite you to join our new association, **The Friends of Miri Piri Academy (FMPA)**. The FMPA will act as a resource and support group in collaboration with MPA to serve the alumni, parents, students, and the mission of MPA. Each year members will form working groups to identify project priorities and implement new programs and resources. It is our hope that this organization will serve as a grassroots network for building the future of Sikh Dharma through our most important legacy, our children.

If you would like to become a member of this organization, please email Saraswati Khalsa at saraswati@kiit.com. We look forward to working together in the future, for our future. ■



YOGI BHAJAN

Library of Teachings

ਸਤਿ ਸਾਮ੍ਹ

SNEAK PREVIEW!
(For Your Eyes Only)

www.KRIteachings.org



EXPA

From Alaska to New York to Amsterdam and beyond, students young and old answer the call to share the teachings of Yogi Bhanjan

By Tarn Taran Kaur Khalsa

Yogi Bhanjan came to the West to create teachers, not to create disciples or followers. In his very first days here, he would look at someone and say, “Go out and teach.” He said to Nirvair Singh, “Go to Alaska and teach.” To Sat Jivan Singh he said, “Go to New York and teach.” And to my husband and me, he said, “Go to Amsterdam and teach.”

For centuries the precious teachings of Kundalini Yoga were held in India in a very sacred, secret way. In 1969, Yogi Bhanjan saw that people’s longing was very deep, and that it was the right time and space for us to go out and spread this knowledge. Not only would we fulfill our personal destinies in becoming teachers, we would help to fulfill *his* vision, which was to spread these teachings throughout the entire planet.

When Yogi Bhanjan would look you in the eye and say, “Go to Amsterdam,” he was tuning into your destiny. He was also feeling the longing of the spirits of the people who were living in those places to which he sent us. So it was natural that once people started teaching, small yogic communities began to spring up all around the world.

“You’ve had the blessing to have the touch of the teacher, now you serve others with that,” said Yogi Bhanjan. At first we lived in ashrams (literally, *house*



of the teacher), usually a large house in which a yoga teacher and several yoga students lived together. We didn’t know what living in an ashram really meant, and we experienced many pitfalls and stumbling blocks as we figured out how this was going to work. It was really an experiment and Yogi Bhanjan guided us along the way. He telephoned us, encouraged us, and he always brought us back to Solstice gatherings to regroup, be re-inspired, and learn more of the teachings.

ENDING

THE HOUSE OF

THE TEACHER

Events like Solstice Celebrations were very important when we first began to build our communities, and they still are, because they bring our collective body together—our intelligence and our spirit. Together we continue to create a synergistic global network and community. Yogi Bhajan told *all* women to attend Women’s Camp every year. He said, “If you want to keep your marriage and family together, come to camp. Learn to be a woman of dignity and strength.” These events built the 3HO community and are still the foundation blocks for Yogi Bhajan’s

work together, and where we could wear our hair long, our yoga clothes, and for some of us, our turbans. We were able to work in an environment that supported our values and spiritual development.

Communities changed and grew over time as people married, had families, businesses developed, and our priorities shifted. People began moving into their own homes in nearby areas, and always, as we spread out, we tried to maintain our group sadhana* and other community activities. Today, for all of us who practice Yogi Bhajan’s

This new format created new challenges. We needed to learn to be more understanding, tolerant, and compassionate. We had to move from individual consciousness to group consciousness in order to reach universal consciousness. We learned to honor ourselves as individuals, and to honor the sacredness of each person in the group. Then we could move into the state we were deeply longing for: universal consciousness, learning to see God in all.

There is a great expansion of the teachings around the world now. When it is time, and when a soul is ready, the call to teach is heard. As in the days when Yogi Bhajan heard the calling of our souls, saw our destinies, and told us to become teachers, many of those who are today practicing Kundalini Yoga are able to hear that call, and go out and teach in the spirit of humility and service. As our global spiritual community grows, surely in the not too distant future the sound of *Sat Nam** will be heard wherever a soul is listening. ■

Since 1972, **Tarn Taran Kaur** has taught Kundalini Yoga and nurtured the 3HO community throughout Europe and the U.S. Together with her husband, Tarn Taran Singh, they established 3HO Germany and Yogi Tea Europe in 1975. She is a KRI Teacher Trainer - Level I and II, the International Program Director for 3HO WOMEN (www.women.3ho.org), and the main trainer for the KRI Specialty Training: Conscious Pregnancy®. She authored *Conscious Pregnancy: The Gift of Giving Life* and she resides in an adobe passive solar home in Espanola, New Mexico, between her global teaching seminars. You can reach her at ttk@3ho.org.

*See Glossary, p. 40.

We learned to honor ourselves as individuals, and to honor the sacredness of each person in the group. Then we could move into the state we were deeply longing for: universal consciousness, learning to see God in all.

vision. At these events and our regional Yoga Festivals we nurture and synergize our global network and community.

At first, many of us were content with subsistence level incomes, because we just wanted to do yoga all day. Then we learned that financial prosperity was important so that we would have the means to serve others and gracefully take care of our families. Communities became very creative in finding ways to financially maintain themselves. Golden Temple gourmet vegetarian restaurants sprang up around the world. They provided a place for us to

teachings, that longing to be together in the spirit holds us together in community.

Most of the first ashrams used a Piscean* model, in which the ashram director was in charge of every aspect of running the ashram. As Yogi Bhajan nurtured each community, and as the times changed, the students became more personally empowered. With that empowerment and inner stability that they developed from their sadhana, ashram structure changed from having one single ashram director, to a more Aquarian* model with a collaborative team that worked together to set the guidelines of ashram life.



4 PEOPLE IN ROME REACH 4000

Hari Singh organizes an interfaith program at an event that brings Nobel Peace Laureates, Mikhail Gorbachev, the Mayor of Rome, and thousands of others to celebrate peace in Rome's largest music hall

By Hari Singh Khalsa

Just a few hours have passed since a dream of mine became a reality. I dedicated my whole self to this project and last night, Thursday, November 24, 2005, a project created, promoted, and organized from within the Council of Religions, took place in Rome. Here's how the story unfolds...

One day during a meeting of the Council of Religions with the Mayor of Rome, just two months ago, I proposed to create an event that united all religions in harmony, underlining important themes like peace, respect, and knowledge. The Mayor agreed and told us to organize the largest event possible, larger than any other event about religious brotherhood had ever been. Coincidentally, Rome was also to host the Sixth World Summit of Nobel Peace Laureates from the 24th to the 26th of November. This seemed like a good starting point for our event.

We had just a short time to organize it. When I say 'we,' I'm speaking about the four people within the Council who worked on this project. Luckily, one of them was the Honorable Franca Coen, City Councilwoman in charge of Multicultural Events, who helped us

and we had to work



to shoulder with the other organizations that were involved: “Men for Peace,” and “The Gorbachev Foundation.” We also had to get approval from governmental institutions since the event was “patronized by the President of the Republic.” We encountered many problems, but the challenge became more exciting daily. We were like modern Don Quixotes, fighting the windmills. But the project took shape and others joined our efforts.

So here we are at the big day. We were able to obtain the largest hall at the Auditorium Parco della Musica in Rome: a beautiful theatre, but perhaps too big with its 3,800 seats. But we could not retreat. The event was set for 6:00 pm. My wife, Guru Inder Kaur, who had been by my side during the whole project, our children, and I were in the auditorium by 4:30 pm. I did last minute checks of the seats, the microphones, the instruments, the lights, and the video. We were ready to go!

The box office calls to tell me they are opening the doors. Getting from the entrance to the actual auditorium takes five minutes. The first people start strolling in, people I know, smiling faces, encouraging and



We encountered many problems, but the challenge became more exciting daily. We were like modern Don Quixotes, fighting the windmills.

thanking me. Then, suddenly, people stop coming. Only 300 people had shown up. Too, too few! We call the box office, but they put us on hold (I start chanting the Guru Mantra with all my heart) and then the answer comes: there are so many people that security has decided to have them come in by groups! All the seats fill up and some people even sit on the stairs. Security tries to stop others from coming in, but we convince them by vouching for them personally. Not even the bodyguards thought so many people would come. Everyone is excited. In a few minutes President Gorbachev and 25 other Nobel Prize winners are due to arrive.

The lights dim and here they come, headed by President Mikhail Gorbachev and the Mayor of Rome, Walter Veltroni. The VIP seats are packed—Guru Inder Kaur is sitting right behind Mr. Gorbachev and the Mayor. I race around fixing last minute things. The MC invites Mr. Gorbachev onto the stage, and now I can finally sit down. There is

nothing left for me to do, just to pray that it all goes for the best. Mr. Gorbachev speaks eloquently and at length. The timing looks like it may need to change, and we may need to cut down our part of the program. But we made the decision that this day was created to celebrate peace together and that we would continue as planned, especially since the Mayor, Nobel Prize winners, and 140 journalists were in the audience.

Let me specify that similar events have already taken place, for instance the event organized by Pope John Paul II in Assisi. However, at that event, when the time came to pray, each religion went off to a different piazza and prayed separately. Our challenge was to stay united in our differences. It was not a time to divide and separate, but a time to enrich each other together. However, some religions don't allow joint prayer, or even watching other faiths pray. So, in the light of this obstacle, we tried to create presentations that were not prayer, but were born from the core of each faith.

The Buddhist monks begin with their trumpets and cymbals; a mime follows, evoking Christian traditions; a Muslim boy reads a verse from the Koran; then the Jewish Choir performs. The Sikh presentation was the last one. I had decided to do the presentation myself with my children, Emanuele (Hari Kirpal Singh) and Federica (Guru Angad Kaur). The idea dawned on me during a *sadhana** a few days earlier.

When the Jewish Choir concludes, five Indian men with harmonium and tabla

come onto the stage. They begin chanting *Wahe Guru*.* After a bit the kids and I walk on stage, and we stop to salute the public. The response is huge applause, and the Sikhs that had come to watch shout *Bole So Nihal!*¹ from the audience with all their might. After our salutations we sit in a yoga pose (the kids are perfect) and we begin to recite a mantra. Manu and Fede get up and begin unraveling a long cloth that I had concealed under my shirt. After they unravel the whole thing (6 meters!), the word *peace* can be read on the cloth. At this point everyone jumps to their feet and starts clapping. (Later I learn that many people had tears in their eyes.) Leaving the cloth open, we thank the audience and exit the stage. It is done!

The rest was nothing but interviews, compliments, handshakes, photographs, etc. One last thought I would like to share with you—when we were on stage with our eyes closed, I felt a presence of light near me that sustained and encouraged me. When I got off stage, I turned and looked back, and I saw Yogi Bhajan's eyes winking at me. ■

Hari Singh is the Founder of the ComUnita Yoga Dharma, Director of the Yogi Bhajan Ashram in Rome, a representative for the Council of Religions, and President of the Indian Sikh Association in Italy. You can reach him at: harisinghkhalsa@yahoo.it

*See Glossary, p. 40.

¹Bole So Nihal: “The one who speaks shall be blessed.” Traditionally called out at occasions when a unifying Sikh affirmation is desired.



nordic light

Hundreds graduate from teacher training and Kundalini Yoga becomes the major form of yoga in the Swedish workplace

By Göran Boll aka Jivan Shakti Singh

At Astra-Zeneca, one of Sweden's largest pharmaceutical companies, well over one hundred employees join in for the Wednesday 7:30 a.m. early morning Kundalini Yoga class (another hundred will show up for the Friday lunch class). They all tune in by chanting 'Ong Namō Guru Dev Namō' and then start with three minutes of Breath of Fire.**

An hour later the teacher ends the class, and when the last 'Sat Nam' has echoed, the teacher gathers his things and walks upstairs to the HR department. There, one of two Rehab Yoga groups, with twelve employees in each, all on long-term sick leave for burnout-syndrome, are waiting to get started with their ten-week Kundalini Yoga Rehab program.*

Sweden is a small country (about the size of California) up by the Polar Circle. The population of Sweden is nine million people. And in this country Kundalini Yoga is booming! Some one hundred and fifty teachers have graduated since teacher-trainings started here in 1993.

Currently there are four ongoing teacher training courses, in Stockholm (the capital) and in two other major cities, with about one hundred people in training to become teachers.

In June 2006 a Kundalini Yoga Festival will take place on Öland, one of the large islands off the southeast coast of Sweden. Harnam Singh initiated it six years ago, and last summer over of three hundred people from all over Scandinavia and Europe came together on Öland for two weeks of Kundalini Yoga and related activities (www.harnam.nu).

As in America, interest in yoga is growing enormously in Sweden, with Power Yoga and Ashtanga Yoga dominating the gyms while Kundalini Yoga is the major yoga form in the Swedish workplace. Over the last ten years nearly 300 of Sweden's largest workplaces have introduced Kundalini Yoga to their employees. The Swedish Parliament, the Swedish Hunting Association, major corporate law firms, and Swedish secret defence units, have all been given Kundalini Yoga classes. Accurate statistics are hard to come by, but between 50,000 and 100,000 Swedes have been introduced to Kundalini Yoga.

Kundalini Yoga Pregnancy Yoga is growing fast in Sweden, with more and more women taking courses. Sat Nam Rasayan¹ is also gaining wider popularity, with a new training starting in Stockholm this spring (www.akal.se).

This is a very exciting period. The latest and very interesting



development is that Sweden's medical community is now knocking harder and harder on the door of Kundalini Yoga. For years Kundalini Yoga teachers have gone to various hospitals and led courses with employees there. The Medical College at the famous *Karolinska Institute* had introductory Kundalini Yoga classes for the students every semester for five years. Several scientific studies have been conducted using Kundalini Yoga in Sweden. One hospital trained their physical therapists in the basics of Kundalini Yoga to use with patients. The largest hospital in Sweden now has a Kundalini Yoga centre inside the hospital (www.yogahuset.se) and the Cardiac Intensive Care unit at one of Stockholm's major hospitals recently invited a Kundalini Yoga teacher to give introductory classes to all of the 140 staff members. The hospital will evaluate the techniques to see if they can be used with patients undergoing treatment after having suffered heart attacks.

Rehab Yoga or Yoga as therapy, using Kundalini Yoga, is a growing trend in this country and in the autumn of 2006 the *Institute for Medical Yoga (IMY)* (www.yogayoga.nu) in Stockholm will start a one-year introduction course in Yoga Therapy for Kundalini Yoga teachers.

These are exciting times indeed. Things are looking very bright for the future in Sweden, both for Kundalini Yoga and for the health and well-being of its devoted practitioners. ■

Göran Boll/Jivan Shakti Singh, certified teacher trainer and head of SKY (the Swedish Kundalini Yoga Teachers Association), is founder and CEO of IMY, the Institute for Medical Yoga in Stockholm. Since 1996 he has introduced Kundalini Yoga to some 25,000 people at 250 of Sweden's largest workplaces. E-mail: info@yogayoga.nu

* See Glossary, p. 40.

¹Ancient healing art meaning "deep relaxation in the true identity."



3HO brings light to Israel

*We have come to expel the darkness
Light and fire in our hands
Each one is a tiny light
And all of us a mighty light
Go away darkness, away blackness
Move away from the light*

**Two teachers share their hope for peace through
Kundalini Yoga**

By Simrit Kaur (Sarit Maor) and Ek Ong Kar Singh

This beautiful Hanukah song is an ancient wish of people who recognized the power of a strong community with a clear bright intention.

Israel, the birthplace of three of the world's major monotheistic religions, has become a place of war and dispute, and a clash point between East and West. Throughout history the beautiful aura of the place has attracted many armies and empires, all wanting to conquer the territory, impose their beliefs, and use the country for their own interests. As we approach the Aquarian Age*, the expansion of awareness will dramatically influence not only individuals but also the whole region.

The small population of seven million people in the very young, fifty-seven year old state of Israel is very diverse, including orthodox and secular Jews, Muslims, and Christians. Immigrants from Europe, Africa, Asia, and America have brought different cultures, languages, and costumes. All came with different visions of how this place should be. However, it is clear that a new vision, a new dynamic, is emerging. Every fifth person is involved in some kind of "new age" activity, from holistic belly dancing to Kabala classes and you can find a yoga teacher on every corner.

Our young 3HO community started about a year ago, with a few teachers who came back to Israel from Europe and America, all in the same year, without planning it, talking about it, or even knowing about each other's existence. This wonder revealed itself to us as we were celebrating Hanukah together in the last week of 2005. The gathering included lighting candles, which is a reminder of an ancient miracle when, 2000 years ago, a little oil lamp that was found in a temple in Jerusalem and had not enough oil to last one day, lasted eight full days.

Seven teachers were there at our gathering with their students. Twenty-five of them are now in the process of becoming teachers themselves, taking the Aquarian Teacher Training program—the first one ever in Israel. Yogi Bhajan left his physical body when the first seeds of 3HO and Kundalini Yoga were being planted in Israel. He had projected that Kundalini Yoga would sprout in Israel in the year 2006, and that a few teachers would come from outside, but many more would come from within. The sprouts will bloom next year, when in 2007 we are going to have our first White Tantric Yoga* course.

During our Hanukah gathering of the sangat,* we lit the third candle out of the eight, strengthening our will power, knowing that tomorrow we will light the fourth one, symbolizing the transition to the heart that we are all wishing for ourselves and for others. Our vision for the years to come is to see our 3HO community growing, and to have more Kundalini Yoga teachers, who go to all the places, ignite the light, and bring love and peace unto the region and beyond. ■

Ek Ong Kar Singh is the co-author of the newly published *Kundalini Yoga Cookbook*. **simrit kaur** is working on the translation of the *Aquarian Teacher and Japji* into Hebrew. They have both been qualified as Kundalini Yoga teachers in the U.K. and are now living and teaching in Israel.

*See Glossary, p. 40.





expect the unexpected in moscow

Despite the impossible odds, a group of determined men and women establish a Kundalini Yoga center in the heart of Moscow

By Hari Har Kaur Khalsa

Kundalini Yoga came to Russia in 1991, when Guru Jivan Singh (Yakov Marshak) met Yogi Bhajan at a conference in Moscow. Yogi Bhajan gave Guru Jivan Singh very intensive training and blessings to teach. Since that time many Russian people have been strongly impacted by Kundalini Yoga. And it is only in 2005 that we organized our own center of Kundalini Yoga here.

In August 2005 we started looking for a location for a yoga centre. We saw many places before we asked ourselves, "What would be ideal for us?" And we decided that we needed at least 200 square meters. The next day we were offered a place with 240 square meters on Pokrovka Street. It was on the second floor in a building with no living flats, and when we measured the room, we saw that we could make the yoga hall one hundred square meters, a cafe area fifty square meters, and also have a small room for massage therapy. It was just what we needed. But where would we get the money for rent and repairs? We called a few yoga colleagues and asked if they liked the idea. Most said, "Yes, how much money do you need?" They wanted to invest—as soon as possible. A few days later, in mid-September, we collected enough money to rent the place. It was Sat Siri Singh from Germany who came up with this idea to invest our money, effort, meditations, work, and hearts into this project.

The repairs needed were much bigger than we had imagined. There were so many things to do. But we knew that we needed to open the center on December 8th for our teacher training course. The floor repairs to the yoga hall started the night before the first *sadhana** was scheduled to occur. Nobody was sure if the hall would be ready. When we came for *sadhana*, it was still not ready, so we went into the café. At 5:00 a.m. there were twenty-two people, those most close to the project. We were listening to *Japji** and feeling that the unbelievable is possible. At 8:00 a.m. the floor was finished and at 10:00 a.m. we moved into the main yoga hall. The teacher training course began in our new center, which is called the *Sat Nam Yoga Center*. Karta Singh led the yoga that day and we enjoyed it like never before.



We were listening to Japji and feeling that the unbelievable is possible.

Expect the unexpected—these words had come to my mind a few days earlier when I was meditating all the time to reduce my fears and to ask for help from Guru Ram Das,* while repairmen and workers continued day and night. During the next five days of seminars and classes the attendance steadily increased, and on the last day there were seventy people! They came not only from Moscow, but also from St. Petersburg, Estonia, Kazakhstan, Italy, and Slovenia. Some classes went until 11:30 p.m. and still we did not go home, because people wanted to relax and talk.

We celebrated the New Year in our center and did *sadhana* at 4:30 a.m. on the 1st of January. Today, we continue to discover that so many people are restless and tired, and in need of the knowledge of how to live life with deeper meaning. Yoga is just the tool which can give them a new approach to problems. We welcome yoga students from other countries to come and join us to support and inspire each other. ■

Hari Har Kaur's first Kundalini Yoga teacher was Guru Jivan Singh (Yakov Marshak), who began teaching Kundalini Yoga in Moscow in 1991. Currently Hari Har Kaur is in the process of becoming a professional Level I Teacher Trainer and is the Director of the Teacher Training Association and Sat Nam Yoga Club of Russia.

*See Glossary, p. 40.

strong as steel, steady as stone



Spreading the message of the Tenth Master in South America

By Hari Nam Singh Khalsa

Last summer, my wife, Kulwant Kaur, and I had the immense privilege of visiting our 3HO and Sikh Dharma families throughout Spanish-speaking South America (Colombia, Ecuador, Peru, Bolivia, Paraguay, Chile, Uruguay, and Argentina). Our intent was to share the teachings of the tenth Sikh Guru, Guru Gobind Singh Ji.

We offered a weekend workshop in each locale entitled, “Strong as Steel, Steady as Stone: How to Be Physically, Mentally, and Spiritually Invincible in the Face of Everything.” Our message was simple and to the point: a joyful, successful, and meaningful life is based upon the virtues of character, commitment, courage, love of truth, and code of conduct. Put another way, when the life is principally and consciously oriented around these virtues, there is nothing in life that can defeat you. And in my mind, this is very much the message of Guru Gobind Singh.

We had the pleasure of presenting this course to hundreds of students and teachers throughout South America, who were, without exception, kind, generous, respectful, humble, devotional, and heart-centered. Everywhere we went the people already had a great love and affinity for the practice of Kundalini Yoga and meditation. Very few people were familiar with Guru Gobind Singh or the “soldier-saint” prototype he so articulated and projected. I felt a great sense of challenge in presenting this aspect of the Dharma. I shared the Guru’s message of Spiritual Royalty: “If you are a man, you are a King; if you are a woman, a Queen. You have the courage of a Lion. Within your heart shines Infinite, spiritual strength. The path is powerful and clear. Be it and the world is yours.”

To my great joy and satisfaction, the message of Guru Gobind Singh was more than

enthusiastically received. In fact, many people expressed that they had been waiting their whole lives for exactly this message. It has been four months since we left and still not a day passes without our receiving at least one e-mail from South America, assuring us that the spirit of Guru Gobind Singh is alive and well in South America.

Hari Nam Singh is a certified teacher trainer with IKYTA, and the director of both Yoga Heaven and The Center for Existential and Spiritual Counseling in Portland, Oregon. Hari Nam travels extensively, offering weekend workshops and individual counseling sessions. He can be reached by phone at 503-295-1191 or by e-mail at harinam56@hotmail.com.

**Many people expressed that they
had been waiting their whole lives
for exactly this message.**



the green painted dogs



Two German house-husbands spread Kundalini Yoga throughout China and Europe

By Adarsh Singh Khalsa

After living more than six years in China, I, as a Kundalini Yoga teacher, am still a rare species in this vast country. We arrived in Shanghai from Germany in the autumn of 1999, a few weeks after the birth of our second child. My wife had been offered a job there. At the time I had nothing to do with yoga and was only looking for some relaxation after my demanding profession as a computer engineer. On our third day in Shanghai I met another German house-husband, and he asked me if I wanted to join him doing yoga.

We met almost every afternoon for about two hours to practice Kundalini Yoga together. Over the months we bought a lot of books and CD's, studied the web, and tried every set we could get. After a year of intense practice we invited a Kundalini Yoga teacher from Germany to come to Shanghai to train us to teach.

In those days there were several pregnant ladies in the neighborhood so we started by teaching prenatal yoga. Within a short time my friend, Sat Mandir Singh, and I became well-known, like green-painted dogs,¹ and we taught yoga almost every day.

The following years brought a couple of changes—my dear friend went with his family to the U.S., and I continued to give classes alone. After some time my wife, who is a garment engineer, and I began designing and producing yoga clothes specifically for Kundalini Yoga practitioners.

I traveled quite often to Germany, and whenever possible I took seminars and met with fellow yoga teachers. With the support of my wife, I took many classes and we went to some yoga festivals in France together.

Over time I gained experience and slowly what I call the serious stuff started: first a student with a pinched sciatic nerve hobbled in—after six months of intensive Kundalini Yoga classes, we went samba dancing. Another student with anxiety is now free of medication, and a student with severe back pain gained quite a bit of flexibility and lost most of his pain.

Classes grew—kids' yoga at our international school, regular and prenatal yoga for our expatriate community, yoga for special needs, etc. Funny enough, whenever I picked up

some knowledge, soon there was a student in need of it. After I finished a seminar in April of 2004, a friend of ours was diagnosed with breast cancer, and it happened that I could give her support with Kundalini Yoga. Afterwards she told me she found that some easy yoga was one of the best preparations for her chemo.

In the autumn of 2004 Angad Kaur from Canada came to Shanghai with the idea of opening a Kundalini Yoga studio. We began working together and in the spring of 2005 Angad Kaur officially opened her studio, YogaAsia (www.yogaasia.com).

Both Angad Kaur and I started Kundalini Yoga teacher training Level 2 certification in 2005 in Europe, as we have set the intention to educate not only students, but also teachers. As I write these lines my family is packing—my wife's new job offer and promotion sends us to Hong Kong. Soon I will begin teaching there. I have to leave Angad Kaur and her studio behind, knowing that the seed is planted and that a small community is evolving and growing. ■

Adarsh Singh is a German computer engineer, living in Asia since 1996 with his wife and two children. He teaches children's yoga, prenatal yoga, and yoga for special needs, and is currently taking teacher training Level 2. He and his wife have a yogic clothing business called Yogatex, www.YOGATEX.com.

¹A German expression meaning they stood out and people talked about them.

answering the call



Kundalini Yoga is Growing Fast in China

By Angad Kaur

When I finished my teacher training in Toronto in 2003, I had the thought that I would be teaching Kundalini Yoga for the rest of my life. In October 2004, I went back to my home town, Hong Kong. I set up a few introductory classes in three health clubs but not even one student called for a lesson. The project was cancelled, so I decided to go for holiday and enjoy myself.

I traveled to Shanghai for the first time and fell in love with the city. The Chinese blood inside me urged me to find my roots and experience life in China. The best way to do that was to stay there and be one of them. So in November, 2004, I packed my sheepskin, Kundalini Yoga books, mantra CDs, almond oil, timer, and Yogi Tea, and started my exploration.

On the eighth day after I arrived in Shanghai, I got calls and emails asking for Kundalini Yoga classes. I remembered my teachers, Krishna and Hari Darshan, saying during teacher training, “Just teach whenever there is a call of duty!” So I started teaching at home. This lasted for two months, and I found that although the community was small, new students were coming in nonstop. Then I started to realize that I might have a mission in China.

Yoga is hot not only in Shanghai but in the whole of China. I thought that if Hatha, Ashtang, and Bikram yoga can be so popular in Shanghai, why not Kundalini Yoga? That’s when I set up the first Kundalini Yoga Studio in Shanghai.

Most of the students are expatriates from Europe, Japan, Asia, and America who are residing in Shanghai and have already heard about Kundalini Yoga, or have only had experiences at other yoga centers in Shanghai.

With the grace of Guru Ram Das, in November 2005, I was asked to teach at one of the premier Shanghai yoga centers. There I have had a chance to interact with more Chinese people. Though I only started teaching two months ago, I already have had positive feedback from the Chinese students:

“I didn’t have a period for three months, but after only two Kundalini Yoga classes, my period came back again!”

“Whatever I see, I normally find it ugly. But after my first Kundalini Yoga class, everything I see is so beautiful! I have been practicing yoga for one and a half years, and have never had this kind of experience!”

“When I chant Ong Namō Guru Dev Namō, I am so connected with my Buddha!”*

“After class, when I look into the mirror, I find my eyes are so bright and clear!”

“Kundalini Yoga looks simple but it’s very powerful!”



The Chinese community of yoga students is growing fast—especially the Buddhist group. They have no problem sitting in Lotus Pose,¹ chanting, meditating, and focusing on the third eye. Hopefully we can start the first teacher training here in Shanghai in 2007. Think of the population in China; how many Kundalini Yoga teachers do you think we need? ■

Angad Kaur began practicing Kundalini Yoga in Melbourne, Australia, when she took the first yoga class of her life. She completed teacher training in Toronto in 2003 and started teaching in Shanghai in 2004. She is currently taking the Radiant Child facilitator course (www.childrensyoga.com) and teacher training Level 2.

*See Glossary, p. 40.

¹Easy Pose with the feet lifted onto the thighs close to the groin.



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– SS SatJivan Singh Khalsa, New York (for Hemkunt Trail 2004)

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Prosperity Paths



THE ART OF GIVING BACK
Issue Number 69 May/June 2006

**Darshan Kaur explores
the value of living in a
spiritual community**

By Darshan Kaur Khalsa

We Are One



In life we find many different types of relationships: impersonal, in which our interactions are with people we hardly know, such as store clerks or bus drivers; personal, in which we interact with people at a level where there is a closer exchange of feeling or commitment, such as with friends and family; and community, where our interaction is with a larger group of individuals, generally in a work, living, or common interest setting.

Each relationship we engage in has a different impact on the world around us. In community we can have a very powerful and profound impact. That which we give in community reverberates visibly. When we do seva, selfless service, to keep our spiritual institutions strong and growing, or when we make community meals together, nourishing the body and building connections with one another—all of this affects the material level—how life is experienced in practical reality. And these activities create the cozy, warm feeling that we associate with belonging to a larger purpose. We can find the fulfillment of ‘longing to belong’¹ on many levels and in many types of relationships, but relationships in community also serve a larger function in creating a structure in which we can live and share our personal values.

Within spiritual organizations the drive for

community is very special, because it is joyful to find a place to share spiritual values and beliefs with people who share the same spiritual practices.

The Guru* tells us that spiritual community is actually a necessary component on the road to our own awakening. Through spiritual community, we receive encouragement and understanding of like-minded people, who really “get” what we’re going through and can inspire us to keep going. Also, spiritual community can become a pressure-cooker of sorts, where we learn to develop infinite acceptance and patience. Guru Nanak* tells us in *Japji*,* that it is this kind of patience that actually holds the world in place.

Communication, support, serving together, building community together—all are important ingredients to make spiritual community work. Tithing, what Sikhs call Dasvandh—giving one-tenth back to the Source—is also a necessary ingredient. It provides the green energy, the earth element that keeps the community alive and helps it to thrive.

Serve that spiritual community whose very existence serves your spiritual growth. Give one-tenth to your own Infinity. We are grateful that the Creator has given us a beautiful, righteous way of living—a Dharma—to practice; and people with whom to share that practice. In that gratitude, may our Dasvandh keep the community alive and growing for generations to come. ■

Darshan Kaur is the Sikh Dharma Director of Fundraising and the Dasvandh Director. She is a happy mom, a writer, musician, and entrepreneur. Her current projects include *Aquarian Wisdom's* new email service and her new website, www.LinkingSpirits.com.

*See Glossary, p. 40.

¹Yogi Bhasan defined ‘longing to belong’ as love.



2006 Prosperity Meditation of the Year *For Royalty in Service to the Divine*



There is a universal force that keeps the Creation in motion: the force of love, the force of service. When we flow with love and service in our hearts, it gives us a royal projection on the Earth. Then, the most divine opportunities in alignment with our highest good come to us.

This meditation was given so that the mind can surrender to the heart and accept the gifts that the Creation has to give. By opening our hearts, our royalty shines through. In service to the power of love, unlimited prosperity comes to us by the hand of the Divine. ■

Position:

Sit in Easy Pose,* with the spine straight. Bring the hands together 2-3 inches in front of the heart center. The base of the palms touch, as do the sides of the thumbs and the tips of the little fingers. The rest of the fingers flare out to form the petals of the lotus flower.

This is called *Lotus Mudra*.

Focus your eyes on the thumb tips. Breathe long, slow, and deep. As you exhale, feel the breath touch the thumbs. Continue for 11 minutes.

To end:

Inhale deeply, suspend the breath, squeeze all your muscles for ten seconds. Exhale and repeat the closing sequence two more times. Relax.

*See Glossary, p. 40.



Become a Giver



Excerpts from a lecture by Yogi Bhan given on September 4, 2001, in Espanola, New Mexico

In our lives there are three very difficult things. One is to pass our time. The second is to know our tomorrow. And the third is to meet our obligations, which are a demand on us. That's the process of life.

Mostly we cannot save ourselves from our emotions. When we cannot save ourselves from our emotions, we cannot use our intuition. So we are not aware of our tomorrow. That's why there comes the necessity of a guide. Otherwise there is no necessity for a man to have a guide. We are very fortunate that in fourteen hundred and thirty pages [of the *Siri Guru Granth Sahib**] there is nothing *but* guidance. It comes to one understanding, and that is: there is no heaven and there is no hell; there is no guilt and there is no nonsense. All you have to do is to make sense. To who? To yourself. >

Life is a conception. There is no such thing which shall not test your guts. So what does life come down to? Life comes down to one thing and one thing only: do you compromise with your grace or not? And do you compromise it for your own sake, or for somebody else's?

It is up to you, because there is no such thing as God outside of you. When you close these eyes forever, your God closes His eyes forever. Your God starts with you, goes with you, and ends with you. But you don't live that way. You have guilt. So you can never be you.

So what do you have to do? You have to save yourself from yourself. You have to drop that guilt. That's why we are a community, that's why we are a family, that's why we are together. We can get it together. You will never find a community leader who doesn't know how to give—*seva*. * Giving is >



the only way. Don't only give to those who ask, give to those who don't ask. Keep on giving, become a giver. Your faculty and God's faculty will become the same. That's divinity. That's absolute divinity.

Dayndaa day lainday t'bak paa-eh- "You, Great Giver, keep giving to us and we grow tired of taking" (*Japji Sahib** by Guru

There is no heaven and there is no hell; there is no guilt and there is no nonsense. All you have to do is to make sense. To who? To yourself.

Nanak,* Third Pauree). You should be so conscious and so giving that people get tired of your hospitality. Giving is habit, character, consciousness, and self-projection.

How many people have you broken bread with out of joy? How many times have you had the guts to sit down with someone and share from one plate? We talk about God, divinity, yoga and all the yak, yak, yak— What have you learned? How many people have you hugged, how many children have you played with? You are looking for a romance but you need romance with nature, the *prakirti*.¹

In this life there are challenges. How much sweetness is in you and how much of that sweetness are you willing to share? How much? How many times have you become one with each other [in consciousness] in the name of God? How much closeness have you produced? How relaxed are you when somebody makes a mistake? Where is your kindness and compassion?

Consistent sense of radiance of the tenth body² is required to protect us. The subtle body* must give us intuitive self so that we can understand what is coming on us. Every day we should socialize and be kind to each other to grow our ultimate aura. If somebody has fallen, we should raise them. If somebody is going down, we should lift them. If somebody is hungry, we should feed them. If somebody is unhappy, we should dance with them. There are things to do and those things are part of us.

Life is like a beautiful, beautiful, marvelous horse, and we get crippled riding it through unnecessary problems, unnecessary attachments, unnecessary things, but we believe God does everything. If God does everything, what is it that you are bothered about?

What we get out of our holiness is intuition. We can see in time what it shall be: the sequence has started, what shall be the consequence. But when we are not with the flow, we do not know.

Do you remember a day when you wanted to come to class and you couldn't? It happens. It happens many times. It happens. When you wanted to get up in the morning and be with your God and Lord, you couldn't. It happens. When you wanted to love somebody and serve somebody, you really wanted it but you couldn't. We want to get rid of this 'couldn't.' We want to make our will so clean, so clear, so positive, that the 'couldn't' doesn't touch our shores. We have a very strong disease: 'couldn't.' And ultimately this 'couldn't' is like a cancer and eats our determination, our essence—because we 'couldn't.'

All our problems on this planet come from this 'couldn't.' This 'couldn't' gives us a slip from our Dharma, from our duty.

Just imagine Guru Gobind Singh, the tenth Sikh Guru, when he, himself, was decorating his younger son to send him to war. He

could, and he did it. Because he had a mastery over 'couldn't.' The Sikhs were there and they said, "Lord, until we are finished you are not supposed to send your son."

He said, "No, let him go and face the war."

For the glory of the Dharma he decorated his own son to go into the war where each soldier was outnumbered by one hundred twenty-five thousand to one.

When I came to the United States I started teaching Kundalini Yoga. I knew that at least it's a science which gives a person excellence. It will create excellent characters; it will take away from us 'couldn't.' It will give us a pathway of an essential sacrifice which will give us maximum happiness.

Things shall not change if you don't change them. What will change things in you is that *you*, the divine you, which is in you. It is the divinity in you which will allow you to sacrifice. It is the reality in you which will make you realize. Don't take it personally. It is not personal. It is a general rule of *prakirti*. It is the law of the Lord. *Purkha*³ and *prakirti*. It shall never change, you have to change with it. Because the only thing which dies is the physical body, but there are nine other bodies too. The total account is ten bodies. That's the reality. You have to learn to love all the ten bodies, not the physical body only. Even if you don't destroy the physical body, it is going to destroy itself. It's the law of *prakirti*.

Jo upjo sobinsay. "One who is born has to die." But the other bodies can help you to be young, fresh, and beautiful. This body is given to serve. Recognize there are nine others with it and that is called the path of Dharma.* And it is up to you to follow it or deny it. Once your life gets subject to rhythm, 'couldn't' will go away. ■

*See Glossary, p. 40.

¹Matter or primal nature.

²The tenth yogic body representing spiritual radiance and courage.

³Purkha is unmanifest spirit.

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 give whatever amount they can. The principle of tithing is that if you give to Infinity, Infinity, in turn, will give back to you. It is a spiritual practice through which you build trust in the ability of the Universe to respond to the energy that you give.

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THE UNSEEN EYE

The unseen eye in you must see. It should see clearly through the fog, through the snow, through the rain. The rain of richness, smog of mental pollution, and snow of ego have to be cleared so that you can see where you are going.

**Excerpts from a lecture
by Yogi Bhanan given
on May 11, 1990 in
Acapulco, Mexico**

Each individual is made by God Himself, and each individual has a destiny. Destiny is crossed by fate. You can fall into any trap. If you go by your destiny, you will live your life fulfilled. The moment you are not living your life fulfilled, you have crossed the line of destiny, and you are under the grip of the powerful fate: duality, doubt, misery, insecurities, neuroses, nightmares. Some people get so much into it, they become a victim to bewitching thoughts. We say some ghosts live in us. But it is no ghost living in us—we become the ghosts because we lose the path of light. We have to grow up to understand. We have come from the heavens, and we must not forget it, in order to go back to our origin. That's all it takes. >

...You have the windshield wiper on your car. Why? In the rain you cannot see. That wiper moves the water so that you can see. If it is snowing, it wipes the snow away. The purpose of life is that you can see. You can see what you *have* to see. The unseen eye in you must see. It should see clearly through the fog, through the snow, through the rain. The rain of richness, smog of mental pollution, and snow of ego have to be cleared so that you can see where you are going. Don't forget that this Earth is a temporary place. Once you are trapped by your commotion and it becomes your haunting thought, the moment you are a victim of it, you are your own slave. You shall have no happiness, no relationship, no friendship. You will not be you. You will just be bewitched by that haunting thought. By the subconscious, you will become your own victim. You will do those weird things which will destroy you, by your own will. People can counsel you, they can help you, they can ask you to stop, they can yell and scream at you. Are you going to stop? No. You are drunk and bewitched by that thought.

...If in your whole life you say, "I'm not a saint," okay, be a devil. But recognize that in the end you are not going to be able to say, "I was a devil for 68 years; now I am a saint." It doesn't happen that way. If you want to be happy, you have to be happy when there's no happiness around. How can you be happy that way? Because you feel the Infinity in you. It will take away that soreness, that pain, that belittlement, that power in which you belittle yourself. God is nothing but our own power of Infinity. It is our romance, it is our imagination, it is our reality. I can't give it to you. You have to make it your own as I made it my own. Each one has to make his own reality of Infinity. In our language, we call it *Ang Sang Wahe Guru*. With my each limb, God is. *Ang Sang Wahe Guru* means "With each limb of mine, God is."

...There are sixteen facets of life of every human. They call it, *Solaa Kalaa Sampuran*. *Solaa Kalaa Sampuran* means one is perfect in sixteen facets of his life. Touch communication, spoken communication, thought communication. Touch of life, good will of life, elevating factor of life. Being careful, being caring, and being kind. Being compassionate. Touch of wisdom. Firm in wisdom, and perfect in wisdom. Wisdom means when you know the answer to the question, "Why is?" When you have the answer of every 'why is,' then you are wise. You respect your identity, you believe in your identity, and you are your identity. All total, you are a human being. For the time being, you are the mental light.¹ These are the sixteen facets. They are right in the palm of your hand. You can throw them away, or you can believe them, you can trust them, and you can do it.

There's no God somewhere else. God is what you are. If you are stupid, your God is stupid. If you are wise, your God is wise. If you are obnoxious, your God is obnoxious. If you are compassionate, your God is compassionate. God is an Infinite impulse. It is how the living pulse is represented. If the heart is going at a hundred beats a minute, the pulse will read 100 beats a minute. If the heart has no impulse, the pulse will be dead. That is your life, my friends. It cannot change. If your love of earth is total, and you have no love for ether, no love for air, no love for water, no love for fire, then you'll be dust to dust. That's what we have done to the planet Earth. We have made it a ball of dust in which our own lives are now threatened.

In Moscow, 250 of the world's best known scientists were explaining to us that we are killing the algae in the water at the

rate that we'll have no oxygen. We are producing pollution in the air; we'll have no ozone. We are cutting down the forest to the rate that we'll have absolutely no rain. We are changing the weather, we are changing mankind. They were also expecting that like the great Sahara, that is how these very lush lands will become. That is on the Earth. But that is happening inside us, too. Everywhere we are told that you are born in sin, you live in guilt, and you pay to the holy

man. What a foolish idea. Anybody who God made, who has nine holes, is holy. What is a holy one? You have nine holes—two eyes, two ears, two nostrils, six, seven, (points to mouth), eight and nine (points to the lower part of the body). You have to be conscious that what goes in you, what comes out of you, is based on judgment. Judgment. I repeat the word 'judgment,' that it should be based on kindness and compassion. If all your actions are based on kindness and compassion, you shall also be judged kindly and compassionately. If your actions are based on your selfishness, you shall be judged accordingly. Nobody can get away from this action. This is Newton's Third Law of Force. Action has a reaction equal and opposite. When you start a sequence, you must face consequences. You are very happy to start a sequence but you are very afraid to

face the consequences. When you are faced with the consequences, you say, "Oh, I am miserable. Oh my, it is unexpected. I didn't want it. I didn't want to have it. I even don't deserve it." Very good. Who created it? You. Nobody else.

...In your life first you create habits, then habits create you. And today is a day when you can create a habit of meditation. Then meditation will make you intuitive, and intuition will solve your problems. As a human, you have to know before you face life, that you cannot live the life of impulse. That is how the animals and birds live. You cannot live that way. You as a human, whether you are a Christian, Jew, Sikh, Hindu, atheist, whatever you call yourself; you have to have intuition. Yesterday's gone, my friend. Today is going away. Only you can know tomorrow. If you know tomorrow, you'll be happy and hopeful. If you don't know tomorrow, you'll be happily miserable. That is the deciding factor. When we meditate, there are a lot of promises that are totally bogus. Actually when we meditate, it is a totally simple thing. Our mental subconscious garbage starts floating through our arcline. Meditation is cleaning your own subconscious so you can feel and think and totally act right. ■

¹Hu means light; man means mind

May Almighty God bring us peace of mind, bring us peace on the Earth, and prosperity to all mankind. Let the Unknown take away all the pain and establish the kingdom of pleasure and happiness. May prosperity, tranquility, and grace prevail. May we love each other for His Name and enjoy our stay on the Earth with a big smile and a very lit-up face to represent the eternal happiness. May our strength, ourselves be committed, and become the source of commitment for others, so the excellence, ecstasy, and self may be experienced. May this day be the start of a peaceful life, within and without us. Sat Nam.

Yogi Bhanan, December 2, 1989, Rome, Italy

**When you
know the
answer to
the question,
"Why is?"
then you
are wise.**



Some people think of yoga as a self-help discipline. In my opinion, it is the most powerful healing modality on the planet. People do yoga to improve their lives, and it is a wonderful tool for alleviating both depression and addiction, which often go hand in hand. I always recommend professional guidance as well, for people dealing with these complex issues. You may be having the problem for the first time, but an experienced professional will be addressing your issue for the hundredth time. Whether you take your direction from a professional, a book, a seminar or your own inner compass, you still will need to develop the inner discipline to recognize and act on the fact that ultimately you are the only one who can change your habits.

Yogi Bhajan recommended a *sattvic* diet—eating light, easy to digest foods that are free of stimulants. This will greatly help by calming your mind and soothing the emotional turmoil eating away at you. Balance your diet by eating a wide variety of whole foods and avoiding processed foods and soft drinks. Cleansing programs can be a great way to start the process of change by detoxifying your body and giving you an experience of what ‘healthy’ feels like. Certain cooked proteins like Mung Beans and Rice, and Kitcheree (the soupy version of Mung Beans and Rice) ease digestion by helping to break down proteins. Meat can give a double whammy to your digestive system as it contains nitrogen groups which tend to dull your mind, and because it takes so long to digest, it also causes unhealthy

say goodbye to depression and addiction

Learn how a balanced diet and Kundalini Yoga can bring relief and personal fulfillment

By Siri Atma Singh Khalsa, M.D.

fermentation. Avoiding foods like meat that generate toxins, and caffeinated drinks which contain toxins, will give your liver enough time to clean the blood, and enable your mind to be focused and responsive to your command.

Kundalini Yoga exercises aid digestion, circulate the blood, and stimulate the thalamus, hypothalamus, pituitary, and pineal glands, contributing to a healthy mind and a body that is less susceptible to depression and addiction. In addition, yoga strengthens the energy bodies yogically known as the Aura and Arcline, which protect you from your own mental negativity and the negativity of others. This helps eliminate the self-defeating thought patterns that generate depression and addictive behaviors. By integrating the Subtle, Pranic and Radiant energy bodies, you attract prosperity and connect to the voice of your soul, which will bring you personal fulfillment. You may find, once you establish a regular practice of doing Kundalini Yoga and eating a sattvic diet, depression and addiction will vanish as you nourish your soul from within.

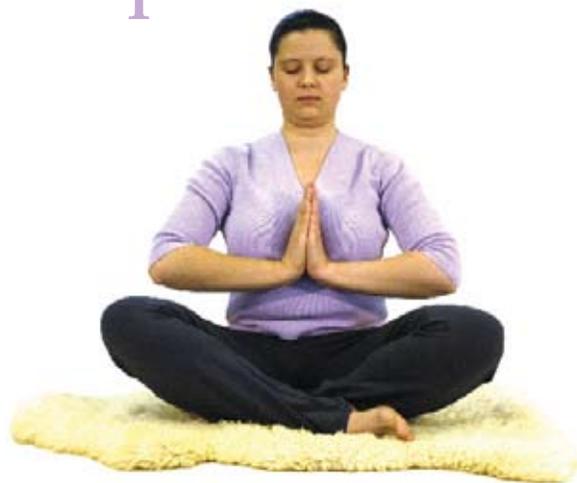
The following Kundalini Yoga kriyas and meditations have been used to help overcome depression and addiction: *Nabhi Kriya*, *Aura Strengthening Set*, *Sat Kriya*, *Meditation for Healing Addictions*, *Blue Gap Meditation*, and the *Grace of God Meditation*. These can be found in *The Aquarian Teacher* and *Sadhana Guideline* manuals. ■

Dr. Siri Atma Singh is an Internist who served as Yogi Bhajan’s full-time personal physician for four years. Currently he offers private Yogic Consultations by phone, leads workshops on the role of Kundalini Yoga in healing and medicine, and teaches in KRI Teacher Training programs around the country. Dr. Siri Atma can be reached at drsiriatma@yogicreality.com or 505-927-3480.

kundalini yoga

For the Heart

1



When the Heart Chakra is balanced and strong, it is like a healthy immune system which lets love in and keeps disease away. The Heart Chakra is intricately involved in keeping the heart, lungs, and thymus gland in proper working order. It is located in the center of the chest, not at the physical heart, and is the center of kindness, compassion, and selfless acts of giving. When the Heart Chakra is open, we can see ourselves through the eyes of others, and we can see others to be as important as ourselves. This Kundalini Yoga set works on opening the Heart Chakra and strengthening the physical heart.

Tune In: Sit in Easy Pose, with your spine straight. Join your palms together at your heart center, thus joining the sun and moon energies, prana* and apana,¹ creating a balance within. Call on the Creator within by chanting *Ong Namō Guru Dev Namō** three times.

1 Keeping your palms together, begin Long Deep Breathing* for 3 minutes, focusing your concentration on the beat of your heart.

2 Come into Back Platform Pose, with your weight on your heels and elbows. Your hands form fists at the sides of your chest and from toe to head your body is a perfectly straight line. Do Long Deep Breathing for 3 minutes. Relax.

3 Sit on your heels with a straight spine in Rock Pose. Lock your hands together, so that each is pulling on the other, with one thumb straight up and the other straight down. Your hands join together in front of your heart center, the pivot point (3a). On the inhale, raise your left elbow up and, keeping a straight line between your elbows, lower your right elbow (3b). On the exhale, raise your right elbow and lower your left elbow (3c). As you fall into a rhythm, quicken the pace. After 1 ½ minutes, inhale, exhale, and proceed to the next exercise.

4 In the same posture as exercise 3, inhale and with your arms parallel to the floor, pull with maximum force at your hands. Exhale and engage root-lock (mulbandh)* while you pull on your hands. Inhale and repeat the same process 3 more times. Then relax in Easy Pose.

6b



6a



Yoga model: **Dhanwant Kaur Khalsa** was born in St. Petersburg, Russia, and moved to New York City 18 years ago where she took her first Kundalini Yoga class. She moved to Hacienda de Guru Ram Das in Espanola, New Mexico three years ago.



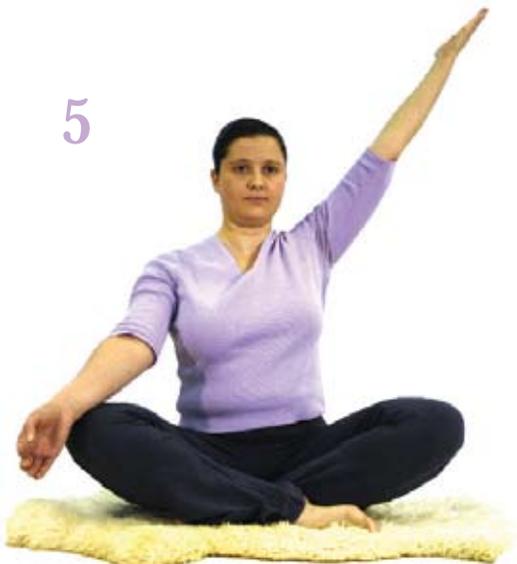
5 In Easy Pose, have your right arm down in active Gyan Mudra (thumb locked over index fingertip with the rest of the fingers straight), wrist resting on the knee. Your left arm is raised at your side at a 60 degree angle to the floor. Engage Root Lock (mulbandh) and breathe long and deep for 5 minutes. Your eyes should be open and focused straight ahead on one point.

6 Place your right hand palm down on your chest, at the heart center. Place your left hand palm up on your back, just opposite your right hand. Feel the flow of energy between your hands. As you deeply inhale and exhale, concentrate on the energy at your heart center. Inhale Sat, exhale Nam.* Continue for 5 minutes.

Relax on your back. ■

*See Glossary, p. 40.

¹The eliminating force of the body



kundalini yoga

For Relaxation

Sat Nam* Law of Tides: Vibrate Sat in six waves and let Nam be the seventh. On each wave thread the sound through the chakras beginning at the base of the spine. On Nam, let the sound and energy radiate from the seventh chakra at the top of the head through the Aura, unto Infinity.

1 Sit on your heels in Rock Pose. Bend forward with the Brow Point* on the ground and the arms stretched out with palms together. Do Long Deep Breathing* for 1 minute. Then begin to chant the mantra *Sat Nam* in the law of tides, also known as the law of seven (see paragraph above right). Continue for 15 minutes.

2 Immediately stretch your legs out straight in front of you. Sitting up with a straight spine, lean forward, keeping the spine straight and bending from the hips. Grasp your toes (or as close as you can get) and relax the torso down towards the thighs. Keep the head aligned with the spine. Do Long Deep Breathing for 3 minutes.

3 Relax on your back for 7 minutes. Do not move. Be immersed in stillness. Let each section of your body relax. In higher consciousness you are infinite, radiant, and full of energy. Do not think. Let your thoughts drift overhead like so many misty clouds. Deeply relax.

4 With your eyes still closed, stretch your body with the arms overhead on the floor. Then roll your wrists and ankles in circles. Come sitting up in Easy Pose. Raise your arms to a 60 degree angle from the floor. Cup the palms toward the sky. Concentrate on your palms. The amount of energy you can pull in from the Cosmos is proportional to your concentration. Continue for 3 minutes.

Comments: It is difficult to be perfect in the art of relaxation. We live in duality. In our innermost self we were created perfectly. But by our own attachment we create a personality to oppose our divine personality. We push many thoughts into our subconscious and cannot expand because of fear: fear that this erected false personality is all there is and if we let it go, we shall die.

The basic reality is the fundamental truth to which a person belongs. It is that radiance that comes to a person's face when he is relaxed. Happiness comes from relaxation. There are two basic ways to attain happiness. One is the fulfillment of desires,



but all desires can never be fulfilled. The other way is to realize you are part of the Infinite. The Universe is not beautiful without you; you are part of the beauty. If you relax about the Unknown, or God, 75% of your tension will go.

In the first exercise, the meditation on the name of Truth (*Sat Nam*) is powerful enough to change the body metabolism and body temperature. The second exercise stretches the life nerves and forces circulation. The deep relaxation lets you taste the realms beyond the body and the beyond in the body. The last exercise energizes your heart circulation and power of healing. ■

*See Glossary, p. 40

ONE



IN THE

SPIRIT

**Kundalini Yoga
provides an avenue
to unite as one
human family**

**By Shakti Parwha
Kaur Khalsa**

Movies such as *Syriana*, *Paradise Now*, and *Munich* reflect and affect the growing public consciousness of the futility of war—the tragedy and futility of hatred—while they reveal the common humanity buried inside people, no matter how fanatic or cruel their actions. Some people consider these films controversial. To me, they are valuable signs of the times. It is no accident that these “based on true events” dramas are being shown at this time as our planet is going through the upheaval and turmoil of bringing in the Aquarian Age. Yogi Bhanjan told us insanity and violence would increase, and we shudder in horror at the accuracy of his prediction. Yet we see light at the end of the tunnel. Mother Nature erupted in 2005 with tsunamis and hurricanes, tragedies that injured and killed, but brought out the courage, compassion, and kindness of “strangers.”

When 3HO was in its infancy, we sang many rousing choruses of *We are One in the Spirit, we are One in the Lord*. It captured the prevailing enthusiasm¹ of the idealistic generation that flocked to learn from the Yogi. It was an openhearted era of loving acceptance of everyone, presaging the Aquarian Age of brotherhood yet to come.

We didn't know how traumatic the change of Ages was going to be, but Yogi Bhanjan did. He traveled extensively throughout the world, preparing people for the Aquarian Age. Even when his words had to be translated, his teachings went straight

to the hearts of the thousands of people he reached. Language was no barrier for him.

A number of years ago when I was in Loche, France, to facilitate the White Tantric Yoga course at the European Yoga Festival, everything the Mahan Tantric* said on the video and everything I said, had to be translated into five different languages. I kept my comments to a minimum, which is not easy for me!

I set up informal evening meetings with students from the various countries. One night with the Italians, one night with the French, one night with the Germans, one night with the Dutch, and one night with the Spanish-speaking group. Each evening was a different experience and I recognized a different feeling, a different “flavor.” Some groups were more serious and subdued while others were more gregarious and prone to laughter. The beauty of the experience was the feeling we shared of all being part of the same 3HO family.

I had always assumed that “people are people,”—fundamentally the same. And, of course that is true—fundamentally. But in practical application, people in every country, every continent, even in every state in the U.S. are different. Different cultures have their own unique ways of eating, of dressing, of talking, of worshipping, of behaving toward one another. Customs, attitudes, and values can vary from just one time zone to the next. Folks in Texas have a different mindset from New Yorkers. They go at a different pace and definitely have a different way of talking. Hawaiians and Bostonians; mid-westerners and Californians, and people in each country in South America have their unique identity. Right across the border only a few miles apart, Canadians and Americans sound different and act different.

With the electronic age making global communication instantaneous, geographic distinctions seem to be non-existent—*seem* to be. For even with the Internet connecting everyone, are we there yet? Are we one united family of humanity?

In his *Language, Thought, and Reality*, Benjamin Whorf postulated that the way their native language is structured is a major factor in the way people understand the world and behave with respect to it and each other. I'm sure that is true. The amazing thing is how the teachings of Yogi Bhanjan have transcended the differences and acted as a unifying force bringing about harmony and spiritual understanding among people of all nations, all languages. I don't know why I call it amazing, since he was, after all, a Master of communication. His Ph.D. dissertation, *Communication: Liberation or Condemnation*, reveals some of the techniques he naturally used which made him so successful in bridging any language barrier. He knew Kundalini Yoga and the 3HO way of life could bring the great human family into harmony and oneness. And that is the light that I see—not just at the end of the tunnel, but already shining in the tunnel, for it radiates from the hearts of all those in the growing global community who understand that we are indeed, One in the Spirit, i.e. Sat Nam! ■

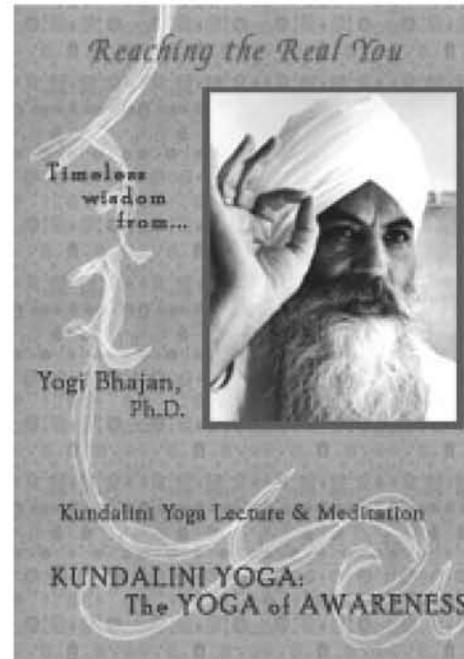
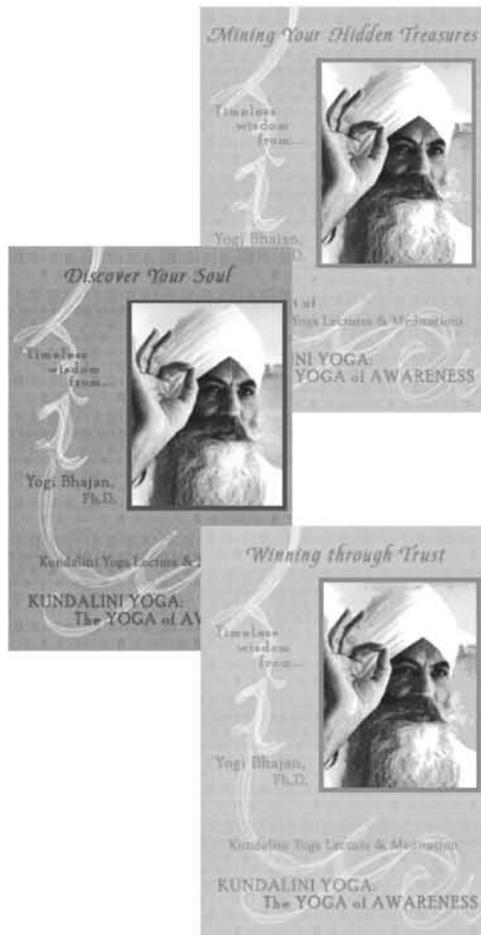
Shakti Parwha Kaur was Yogi Bhanjan's first student in the United States. She has been teaching Kundalini Yoga since 1969. She was officially certified by KRI after completing the first *Masters Touch Teacher Training Course* in 1996. Author of *Kundalini Yoga: The Flow of Eternal Power*, *Tool Kit for Teaching Beginners*, and *Kundalini Postures and Poetry*, Shakti is currently working on *Marriage: The Highest Yoga*.

*See Glossary, p. 40.

¹Derived from the Greek, meaning “filled with God”



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worship God through our own soul. This
is the sole purpose of this life."*

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the power of women's camp



One woman tells her story of how Women's Camp taught her she could attract anything, even a new home
By Stephanie Andrews



I learned at Women's Camp that a woman is a very powerful creature. Women set the tone for the whole family, and have the power to attract everything that is needed in life. All we need to do is to tune in to our source and set our intentions. At Women's Camp we were given the homework to practice the meditation "*Humme Hum Braham Hum*," which means roughly, "We are we and we are God" every single day for a period of forty days and to observe what would happen.

When I came back home to my family, inspired from what I had learned at camp, I diligently began to do my homework. I practiced my meditation every day, which did not receive much support on the home-front. Both my husband and the boys constantly teased me about my "hum hum" noises, but I kept up.

Some time ago we were able to purchase a piece of property and our dream was that we were going to build our own house. Slowly, we pulled together enough to build the garage, which we then moved into and lovingly referred to as our gar-ouse.

The gar-ouse became the lone structure of our dream. We never quite got around to building any more. The funding never came together; nor did we find an architect to finish the plans. The energy around our dream home seemed very blocked.

So, I did my meditation homework and tried to keep my intentions very clear, and I said to the Universe, "I am stuck here and I need some guidance. Am I supposed to build this house or am I just supposed to let it go? Can you just give me an answer?"

Shortly, we received a piece of mail from the county planning office. We were, it said, in violation of such-and-such code, and if we did not submit plans and a schedule for their completion, we would lose our building permit completely.

Naturally we were quite freaked out. I immediately called the planning official to see if there was any leeway. When he answered the phone he sounded like the booming voice of God, "You are going to finish that house!" He was so direct and so clear I knew that I had to do it. I had to find the resources to complete this project.

Shortly afterwards, I ran into my neighbor, who told me that they were bringing an architect up to do some work for them, and what if she sent him by to see what he could do for us? That was excellent, definitely something I should take advantage of, but where was I going to get the money to pay the fellow?

Next morning, I went for a walk and ran into an old high school friend I had not seen in a long while. I had lent him a couple of hundred dollars way back when. He said to me, "You know, Stephanie, I was thinking about you recently, about how grateful I

was that you helped me out when I needed it. I'm doing so well now—I wanted to pay you back." And he handed me \$600. Perfect.

Next, my husband found more work and some of his additional earnings will be able to go towards building the new house. And when I walked into my gar-ouse today, the completed house plans were there, waiting for me on the table! At camp, I had been told to observe the effects of the *Humme Hum Braham Hum* meditation, and after watching everything fall into place, I see clearly how Women's Camp is building my home.

Now my husband says to me, "Honey, do more of that hum hum thing."

Stephanie Andrews comes from a family of eight and was raised in the tight-knit community of Humboldt County, California. She is a Doula (childbirth coach and support), has studied Kundalini Yoga for five years, and has attended all three of the Women's Camps in her area.

3HO WOMEN'S COURSES 2006

Women's Camps
Española, NM
June 25 - July 2
Millis, MA
July 27 - July 30
Vancouver, BC
August 16 - 20

Pregnancy Teacher Trainings
Hollywood, FL
March 19 - 31
Rome, Italy
April 25 - 30, May 28 - June 3
Española, NM
July 10 - 22
Vancouver, BC
September 1 - 13

Excel & Celebrate Women's Circles
starting soon www.women.3HO.org

A spiritual camp for women sponsored by 3HO Foundation and held in New Mexico and other locations around the world.



a healthy, happy,

3HO Foundation Staff and Contact Information

When Yogi Bhajan came to the U.S., he stated that his goal was to help people manifest their birthright to be healthy, happy, and holy—thus the origin of the name 3HO Foundation (3HO stands for Healthy, Happy, Holy Organization). 3HO was “born” on January 5, 1969, when Yogi Bhajan first spoke publicly about his vision and his mission to create a “3HO.” 3HO has now grown into a worldwide global community of individuals, local communities, and yoga centers. Anyone who lives the lifestyle embodied in Yogi Bhajan’s teachings of Kundalini Yoga and Meditation is considered part of the 3HO family.

However, 3HO did need a structure, a legal identity to enable it to serve its purpose, and so the 3HO Foundation was incorporated

according to California law on July 29, 1969, as a nonprofit educational foundation. And that’s what we do: educate!

But it wasn’t always so “organized.” The first office was Yogi Bhajan’s living room on Phyllis Street in West Hollywood. Letters were typed by a helpful student sitting in the garage. In 1972 Yogiji moved to the newly purchased Guru Ram Das Ashram on Preuss Road, where he counseled students and gave dictation to Shakti Parwha Kaur, his first staff member, who typed on a manual typewriter at her apartment down the street. Soon other students came to serve the yoga master. One offered to cook for him, another helped with the growing correspondence. Someone had to keep track of his appointments. As he began his extensive travels, he needed a tour secretary. And so, little by little, a staff emerged.

For some time, desks were placed in the front area of Guru

3HO Foundation Staff



Avtar Hari Singh Khalsa



Hari Bhajan Kaur Khalsa



Jaap Kaur Khalsa Gardner



Kyla Hoffbauer

Avtar Hari Singh Khalsa is President and CEO of 3HO Foundation. He has his eye on the big picture for 3HO and serves on several Dharmic administrative boards. He lives in Espanola, New Mexico, with his wife, Ravi Kaur, and their Labrador Retrievers, Ty and Max.

Hari Bhajan Kaur Khalsa works in 3HO Information. She is more than happy to put you in touch with the right person to answer your questions related to 3HO Events and Services. You can reach her at yogainfo@3ho.org.

Jaap Kaur Khalsa Gardner joined the 3HO Events team in 1999. She is the General Manager for the Summer and Winter Solstice Sadhana events. She is passionate about helping to spread the

teachings of the sacred science of Kundalini Yoga, and enjoys meeting all the wonderful people who attend these events and journey into their soul through the practice of White Tantric and Kundalini Yogas. If you can catch her running around at one of the events, please say *Sat Nam* to her, as she would love to meet you! Contact her at jaap@3ho.org

Kyla Hoffbauer is the 3HO Information and Registration Manager. She will help you get set up for an Event and you are sure to get thorough information regarding courses and events when you call or email. She is an excellent resource, and will also refer you to specific 3HO staff members who may have more specialized knowledge about your concerns. yogainfo@3ho.org or 888 346-2420

Ravi Kaur Khalsa has worked for 3HO Foundation for the past 17 years. She has been with 3HO Events since 2001. Growing up in 3HO has given Ravi Kaur a deep and profound love and understanding of the teachings of Yogi Bhajan. Currently she is General Manager of Self Mastery (Teacher Training Intensives) and Program Director for Summer Solstice, Khalsa Youth Camp, and Winter Solstice. Her deepest passion is to serve all those whose lives are touched by these teachings. ravik@3ho.org.

Sat Jiwan Kaur Khalsa is in her second year of working for the 3HO Foundation. As an integral member of the Solstice team, she has the opportunity to interact with the many *sevadars* (those who serve selflessly) who are happy to spend their vacations serving to

and holy organization

Ram Das Ashram until, in 1976, a building at 1649 S. Robertson Boulevard was purchased, and the official offices of 3HO and Sikh Dharma, as well as Yogi Bhanjan's office, began to function at "The Secretariat."

When Yogi Bhanjan moved his main place of residence to Espanola, New Mexico, in 1994, the majority of the staff and the administrative offices slowly relocated there. Today Espanola is a large and thriving center of corporate—and spiritual—activity.

The 3HO Foundation strives to create greater awareness of the vast body of the teachings of Yogi Bhanjan, which encompass living a conscious life in all its dimensions: Kundalini Yoga practice, meditation, diet, relationships; and also to provide easy access to those teachings. A directory of the more than 6,000 Kundalini Yoga teachers around the world is available in print and on the 3HO

website. Kundalini Yoga sets and meditations are available online and in manuals. 3HO sponsors major events such as Summer and Winter Solstice Celebrations, Women's Camp, Khalsa Youth Camp, the Conscious Pregnancy course, Self-Mastery Teacher Training; and co-sponsors International Peace Prayer Day. 3HO is also an NGO (Non-governmental organization) of the United Nations.

Besides the 3HO Foundation offices, the administrative offices in Espanola serve several other nonprofit organizations: Kundalini Research Institute (KRI), International Kundalini Yoga Teachers Association (IKYTA), Sikh Dharma International, and Sikh Dharma Education International (SDEI). In the next several issues, look for information about these organizations and their staff, contact information, and ways in which you can utilize these resources.



Ravi Kaur Khalsa



Sat Jiwan Kaur Khalsa



Sumpuran Kaur Khalsa



Suraj Kaur Khalsa



Tarn Taran Kaur Khalsa

share the teachings of Yogi Bhanjan at these premier events. Currently, Sat Jiwan Kaur is the General Manager of Khalsa Youth Camp and the Facilities Manager for all 3HO events. 3hosatjiwank@3ho.org.

Sumpuran Kaur Khalsa was raised from childhood in the early days of the 3HO lifestyle, which included a lot of garlic, yoga, sadhana, and communal living. She went to school in India during her formative years (12-18) and now leads the India Yatras. Yogi Bhanjan appointed her General Manager of the Women's Areas. She currently lives in Espanola and heads up the 3HO Women's Office, organizes the Women's Camps and the Excel & Celebrate Program (a six-week women's program), and develops products and programs

based on Yogi Bhanjan's teachings for women. sumpuran@kiit.com.

Suraj Kaur Khalsa moved to Espanola to work on the Events Team one month after attending Summer Solstice for the first time in 2005. She began work with the Computer Team shortly after Winter Solstice and is now in charge of our 3HO Registration database as the Database Project Manager.

Tarn Taran Kaur Khalsa is a KRI Teacher Trainer Levels 1 and 2, the International Program Director for 3HO Women (www.women.3ho.org), and the Program Director for KRI Specialty Training: Conscious Pregnancy©. She authored *Conscious Pregnancy: The Gift of Giving Life*, *Yoga Manual for a Conscious Pregnancy*, and *The 40 Day Blessing* originally in 1983,

inspiring women and their families globally. Recently she has rewritten these books which are based on Yogi Bhanjan's sacred teachings on conception, birth, and the 40 days following birth. ttk@3ho.org.

For more information about Yogi Bhanjan, the 3HO lifestyle, including Events, White Tantric Yoga, SuperHealth De-addiction Program, International Peace Prayer Day, Kundalini Yoga sets and meditations, class locations, diet, sadhana, and even yogic numerology, visit www.3HO.org, email yogainfo@3ho.org, or call 888-346-2420 or 001-505-753-4988 (international). You can also find information about 3HO as a Non-Governmental Organization in consultative status with the Economic and Social Council of the United Nations. ■



east meets west

Students from Indonesia, Singapore, Thailand, Australia, and India come together at the Malaysian Sikh Youth Camp

By Jugat Guru Singh Khalsa

The Malaysian Sikh Youth camp is the largest of its kind in the whole world. This year about 900 youth attended and 500 *sevadars*¹ volunteered to serve the camp. The ages ranged from five to fifty.

This camp is very much like the Summer Solstice Celebration in New Mexico. People from Malaysia and many surrounding countries like Indonesia, Singapore, Thailand, and even Australia gather once a year for this camp, which is geared towards inspiring young Sikhs.

I attended the camp last year along with the rest of the *Chardi Kala Jetha* (Sada Sat Simran Singh and Harimander Jot Singh)². We taught a few *kirtan** classes which were greatly successful. They wanted us back again this year without question, and they wanted us to teach more classes.

So this year we returned and brought the entire 12th grade from Miri Piri Academy (MPA)³ with us as well. It was an unbelievable experience. From the day we arrived we were busy from morning until night and it seemed like there wasn't enough time to go around.

We taught about three classes every day, played *kirtan* at least once a day, and led a *gatka*⁴ class in the evenings. This did not include the unending flow of questions and discussions. Thanks to Rajveer Singh and Guru Jaswant Kaur of Singapore, the camp administration allowed us to teach three Kundalini Yoga classes per day, and required that everyone participate! It was awesome! Sada Sat Simran, Harimander Jot, and I each took five or six of our school kids with us and taught different age groups. The MPA school kids taught by example and whenever they felt the inspiration they would add to what was being discussed. They were excellent demonstrators and perfect ambassadors for Yogi Bhajan's teachings.

There were also lectures in the mornings at which our kids sparked a lot of conversation among their groups. I cannot say enough about how well this group of students from MPA served as role models to thousands who were eager to connect with them and learn about the Sikhs from the West.

This was probably the most powerful experience of the whole camp for me, to see our young people in their element, eager to practice and test the water with the things they have learned, and to watch them be successful and inspiring and uplifting people's lives.

This was probably the most powerful experience of the whole camp for me, to see our young people in their element, eager to practice and test the water with the things they have learned, and to watch them be successful and inspiring and uplifting people's lives.



Rajveer Singh organized our participation in the camp, and even arranged a holiday for us after camp at a resort town in which we enjoyed two days of water parks, go-carts, and animal safaris. Then we spent several days in Kuala Lumpur, the capital of Malaysia, conducting *kirtan* programs and being tourists. This was all under the aegis of a very humble and beautiful family who work very closely with Rajveer in Malaysia. The man of the house and his family served us as honored guests. When we left he said that they had always wanted to serve the Siri Singh Sahib (Yogi Bhajan), and that being able to participate in this with his "grandchildren" was a prayer answered. They were remarkable hosts and took care of even the littlest details of our stay in Malaysia. They are working with Rajveer to open a Guru Ram Das Ashram in Malaysia where Kundalini Yoga classes can be taught regularly and teachers from around the world can come and share their experiences and knowledge.

As a result of this camp we were invited to Indonesia, Singapore, Thailand, England, and Australia to participate in and, in some cases, even run a similar camp. We will be attending the next camp with Rajveer Singh and Shanti Kaur in June 2006 in Singapore.

If you have any questions please write me at jgsk@miripiriacademy.com. We look forward to doing this not only every year, but eventually every month! ■

Jugat Guru Singh lives in India with his wife and two children. He is the Director of Spiritual Studies at

Miri Piri Academy in Amritsar, and is responsible for managing and developing all subjects involving spiritual studies, yoga and meditation, and outreach programs such as the Malaysian Sikh Youth Camp. He has been serving the Academy since 1997.

*See Glossary, p. 40.

¹One who performs seva, selfless service.

²A jetha is a group of travelers on a spiritual journey, usually musicians. The Chardi Kala Jetha is a music group representing 3HO in events around the world.

³School in India where many Sikh parents from around the world send their children.

⁴Sikh martial art form.

the blessings of langar

By Siri Ved Kaur Khalsa

There is a simple and beautiful tradition, established about 500 years ago in India, in which all people regardless of caste, religion, race, or gender, sit together as equals and share in a blessed meal. No one has special seating or dishes. All sit on the floor and are served together. This is called *Langar*. At the Golden Temple in Amritsar, India, over 10,000 people are served every day in this way! The food there is simple, usually *dal* (spiced lentil soup), *chapattis* (whole wheat flat bread) and *chawal* (rice). Its taste and vibration are very divine because it is prepared and served with constant chanting and prayer. All of the food and labor are donated. It is considered a blessing and privilege to contribute in any way.

We can easily bring this tradition into our communities. If you are beset with a difficult challenge or wish blessings for a special event, whether it be dealing with a great personal loss, a stressful important decision, or a family celebration, say a prayer, make some food, and find some people to serve. You might invite friends over, bring the food to work, or share it with your neighbors. The act of preparing and serving food with love and prayer is very potent! Such an offering brings power to your prayer, a deep sense of fulfillment, and the hand of the Divine into the resolution of your affairs.

One day my husband, Gurujodha Singh, came home and said he wanted to start serving *langar* to the homeless every Saturday. He made a few phone calls, I rounded up a few pots, and the next thing we knew we were preparing food for 200 people every week. We did this for over a year, and served it at the Union Rescue Mission in downtown Los Angeles. As word spread of what we had undertaken, donations came in to help pay for the food and two 60-quart stainless steel pots “manifested.” A local market donated fresh vegetables. Someone donated baking trays (we made cornbread every week) and in no time it became a community project.

This is to say that it doesn't take a lot for you to make a difference. When you do something with goodness in your heart, it generates more goodness. Who knows what lives you may touch? Even the smallest bit of love and kindness goes a long, long way toward making this world a finer place. ■

Siri Ved Kaur studied vegetarian yogic cooking with Yogi Bhajan, beginning in 1971. While she served as his personal cook, his wife, Bibi Inderjit Kaur, also trained her in the fine art of Indian cooking. Since then she has authored two cookbooks, *From Vegetables, With Love* and *Conscious Cookery*, and numerous columns for *Aquarian Times*. She still lives in Los Angeles, where she writes, teaches music, and is the office manager for the Khalsa Medical Clinic.

This is the first dish Yogi Bhajan taught me how to prepare when I served as his personal cook

Triple Chili Veggie Pilau Yield: 4-6 servings (about 7 cups)

This curried rice dish is bursting with vegetables and three varieties of fresh chilies. It is the first dish Yogi Bhajan taught me how to prepare when I served as his personal cook. Basmati rice is widely available natural white rice that is very easy to digest. This particular dish is known by the yogis to be helpful for the kidneys and digestion. I love it best served with steamed beets and a scoop of cottage cheese or yogurt.

If your palate isn't quite up for all the chilies, you can reduce the heat by de-veining and deseeding the chilies (wear gloves or oil your hands first to protect your skin from the potent oils; wash your hands afterwards), or by using only Anaheim chilies (which are really quite mild).

- 1/4 cup olive oil or ghee
- 2 medium onions, thinly sliced
- 1/4 cup finely chopped fresh gingerroot (peeled)
- 1 1/2 tsp. turmeric
- 1 tsp. caraway seeds
- 1/4 tsp. celery seeds
- 2 tsp. poppy seeds
- 2 Anaheim chilies, chopped
- 1 yellow chili, chopped
- 2 serrano chilies, chopped
- 1 cup basmati rice, rinsed clean and well drained
- 2 cups water
- 4 cups chopped assorted vegetables (broccoli, carrots, zucchini, green beans, asparagus, red radishes, cauliflower, and fresh peas are all good)
- 1/2 tsp. salt, or more to taste

Heat oil or ghee in the bottom of a 2-quart saucepan over a medium-high flame. Sauté onions and ginger until quite soft and lightly browned. Add spices and continue to cook, stirring constantly, for 1-2 minutes. Add chopped chilies and sauté a little longer, adding a touch more oil if needed to prevent sticking. Now add rice and cook two more minutes, still stirring, until the rice is slightly toasted. Add vegetables, water, and salt and bring to a boil. Immediately cover and turn the flame to very low. Cook for 10 minutes. Remove from heat and let sit another 8 minutes. Remove lid, fluff lightly, and serve.

glossary

3HO: The Healthy, Happy, Holy Organization, a non-profit organization dedicated to serving humanity through the teachings of Kundalini Yoga and the 3HO lifestyle as taught by Yogi Bhajan.

Akhand Path: A continuous recitation of the Siri Guru Granth Sahib, lasting about 48 hours, by a team of readers.

Aquarian Age: Age of “I know. I want to experience.”

Aura: The energy field that surrounds and interpenetrates the body, also called the electromagnetic field.

Breath of Fire: 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.

Brow Point: To focus at the Brow Point, close the eyes and focus at the root of the nose, between the eyebrows, and up about 1/8 inch, as if you were looking at a small blackboard on the inside of your forehead; also called the Ajna, or Third Eye.

Chakras: Eight energy centers located at the base of the spine, sex organs, navel point, center of the chest between the nipples, throat, brow point, crown of the head, and electromagnetic field surrounding the body

Corpse Pose (Savasana): Lie on the back, arms at the sides, palms facing up, ankles uncrossed. This posture facilitates deep relaxation.

Darshan: Blessing by seeing or being seen

Dharma: spiritual path.

Diaphragm Lock: See Uddiyana Bandh

Easy Pose: A comfortable, cross-legged, sitting position; Sukhasan.

Electromagnetic Field: See Aura.

Golden Temple: Most revered and sacred Sikh temple in the world located in Amritsar, India.

Gurbani: The revealed wisdom of the Sikh Gurus in their own words, found in the *Siri Guru Granth Sahib*; the devotional songs of the Gurus.

Gurdwara: Sikh temple or place of worship, the “gate of the Guru.”

Gurmukhi: Literally “from the mouth of the Guru.” The written form of Punjabi, used in Sikh scripture and in contemporary India.

Guru: Gu means darkness; Ru means light; the giver of technology.

Guru Nanak: [1469-1539] The first of the ten Sikh Gurus, a saint and minstrel, and the founder of the Sikh lifestyle.

Guru Ram Das: [1534-1581] The 4th Sikh Guru, the embodiment of compassion, humility, integrity and service, known for his healing power as “The Lord of Miracles.”

Gyan Mudra: The tip of the thumb and index finger touch forming a circle, and the rest of the fingers are straight; activates the wisdom and knowledge areas of the brain.

Jaap Sahib: Sikh prayer written in praise of God by the 10th Guru.

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

Japji: the first of five daily Sikh prayers recited to connect one to one’s own soul.

Karma: The cosmic law of cause and effect, action and reaction.

Khalsa: Pure ones.

Kirtan: Sacred music.

Kriya: Combination of posture, hand position, mantra, breathing, and rhythm; literally means completed action.

Kundalini: The energy that lies at the base of the spine.

Langar: Free community kitchen open to all, regardless of religious background.

Long Deep Breathing: Long, deep, slow rhythmic breath; the abdomen expands to begin the inhale, and contracts to end the exhale.

Mahan Tantric: Master of White Tantric Yoga.

Mantra: a syllable or combination of syllables that help focus the mind

Mudra: yogic hand position.

Mulbandh: Root Lock, used to close off the lower three chakras, allowing the Kundalini energy to flow upwards; simultaneously contract the muscles of the rectum, sex organs, lower abdomen, and Navel Point.

Mul Mantra: The first pauri (*stanza*) in Japji

Naad: basic sound for all languages, originating from the sound current; the secrets hidden in sound.

Nam: Name, true identity.

Neck Lock: see Jalandhar Bandh.

Neutral Mind: the mind that judges and assesses without attachment in relation to either fear or wishful thinking; it observes the actions of both the negative and positive minds, and then makes decisions in relationship to the higher self.

Ong Namu Guru Dev Namu: Opening chant used in every Kundalini Yoga class meaning, “I bow to the Divine teacher within.”

Piscean Age: Age of “I want to know. I need to learn.”

Prana: The life force or vital air above the navel center.

Pranayam: Yogic breathing technique.

Prashad: Guru’s gift (*often meaning blessed food*).

Rock Pose: Sitting on your heels; Vajrasan

Root Lock: See Mulbandh.

Sadhana: Daily spiritual practice.

Sangat: Community of like-minded people.

Sat Nam (Sat Naam): True identity.

Sensory Human: The fully-functioning human, intuitively aware, self-validated, and authentic.

Seva: Selfless service.

Shabd: Sound current, Divine Word.

Shabd Guru: Sacred volume of writings and source of spiritual wisdom and guidance.

Shakti: woman; feminine aspect of God.

Sikh: Literally a seeker of Truth.

Sikh Dharma: The youngest of the major world religions, founded by Guru Nanak in the 1400’s and based on belief in one God, conscious living, equality of mankind, and respect for all religions.

Siri Guru Granth Sahib: 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 (*yoga*) with God.

Subtle Body: One of the ten yogic bodies characterized by intuitive knowing and mastery; carries the soul at the time of death.

Summer Solstice: Annual Kundalini Yoga camp held in New Mexico by 3HO at the time of the summer solstice.

Tattwas: Qualities associated with earth, water, fire, air, and ether.

Uddiyana Bandh: Diaphragm Lock, applied on the exhale by lifting the chest and pulling the diaphragm muscle (*the area above the navel, in and up*).

Venus Lock: Mudra with fingers interlaced. For men, the right thumb tip presses on the Mound of Venus (*base of the thumb*) of the left hand, with the left thumb tip resting on the webbing between the thumb and index finger of the right hand. For women, the mudra is reversed.

Wahe Guru: Indescribable wisdom.

White Tantric Yoga: Meditation workshop for healing and transmuting subconscious thought patterns and expanding awareness.

Yogi Tea: a healing formula made from cinnamon, black peppercorns, cardamom, cloves, ginger, and milk; the original recipe also calls for black tea.

Ancient Healing Ways



[REDACTED]

[REDACTED]



[REDACTED]

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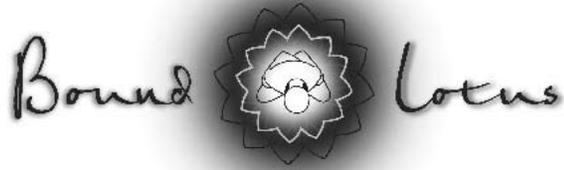
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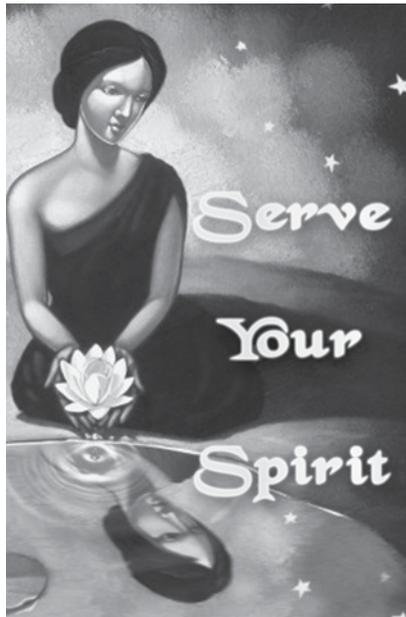
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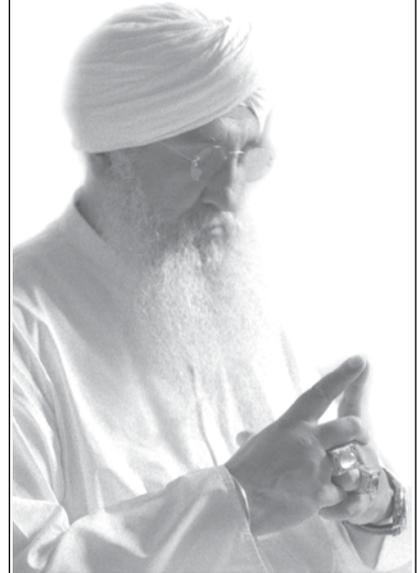
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23 Anchorage AK

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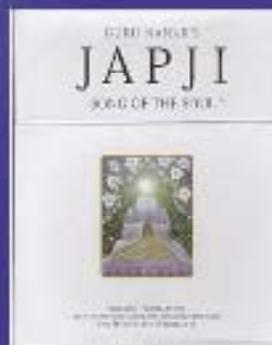
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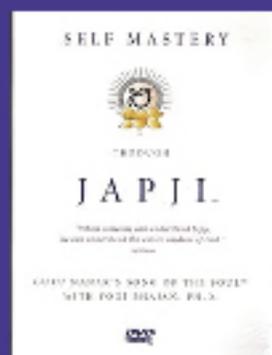
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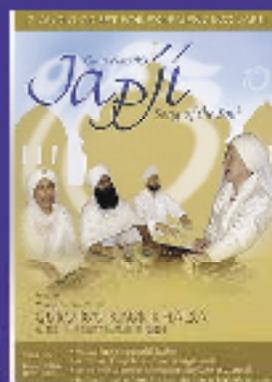
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