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Yogi Bhajan

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Blossom into your potential

From the Editor

Dear Family,

Please join us in welcoming our newest additions to the *Aquarian Times* featuring *Prosperity Paths* team: Rachel Boothe, Graphic Design and Baldev Singh, Advertising and Sales. Originally from Evanston, Illinois, Rachel now lives in Santa Fe, New Mexico. She studied design at Columbia College in Chicago and has been a graphic designer for the past 10 years. She is excited to be working with *Aquarian Times* because she enjoys practicing Kundalini Yoga. Baldev Singh is the General Manager of a chain of 25 retail stores that serve the hip-hop fashions of New England. In his words, "My fulltime job keeps me very involved in the day-to-day operations of someone else's business. Working for *Aquarian Times* gives me the opportunity to connect with our community and to be part of a great message for personal growth and prosperity."



Also new is our opt-in plan, which, as we 'go greener' and become more conscious of how we use precious resources, lets us find out who really wants to continue to receive four issues of *Aquarian Times* for free in 2009. This means it is very important for you to email or mail us your request to remain on our mailing list. See complete details on page 7.

There is a wealth of insight and inspiration to be found in this issue on the extraordinary concept of Infinite Love. May you find a place within these pages that touches your heart and gives you an experience of love—as Yogi Bhajan describes it, "the last chance of life."

Humbly yours,



Siri Ram Kaur
Editor in Chief

Cover painting by Sewa S. Khalsa, and available at www.sikhphotos.com

Correction:

In the February/March 2008 issue, we inadvertently omitted the last line of the Prosperity Meditation on p. 36. It should read, "Finally, inhale deeply to full strength and hold tight for 20 seconds as if you are just one stick, two and one-half inches wide, and the length of your spine. Exhale and relax." The corrected meditation can be found at www.aquariantimes.com.

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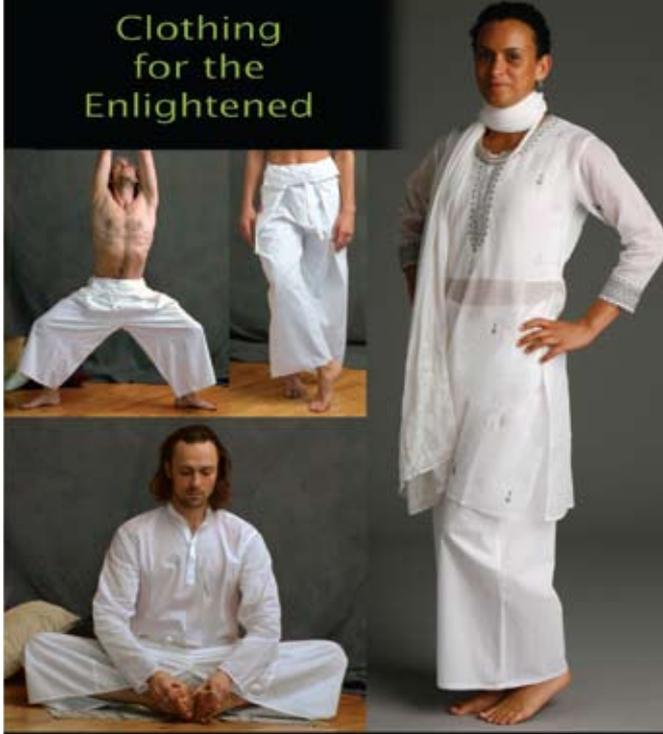
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BACK TO SOUTH AMERICA TO BE REBORN AS A TEACHER

By Dharma Kaur Khalsa

Dharma Kaur Khalsa from Española, New Mexico, started traveling and sharing the teachings of Yogi Bhajan in South America in January 2007. Following are excerpts from her letters home, detailing her travels and experiences in Bolivia and Chile as a teacher of the Aquarian Age.

2/23/07

Exactly one month ago I left Española, New Mexico. It seems surreal. Here I am in La Paz, Bolivia, a place that I never even thought of visiting. In 2001 Yogi Bhajan told me that it was my destiny to represent him some day in “all those countries where they speak your language (Spanish), because I won’t be able to go any more, to contribute to build the Khalsa Nation.”

3/10/07

Thursday we had a meeting at the Municipality in La Paz to present Kundalini Yoga to the leaders of the city in charge of social programs and dealing with children on the streets and addictions. Eight people attended my presentation. After I spoke, not only did they want me to start teaching the next day, but also, they asked where *they* could practice Kundalini Yoga. The doors were opening everywhere.

I taught my first class at a rehab center located an hour’s drive up the mountains. Twenty-three boys between ten and twenty years of age were absolutely taken with Kundalini Yoga from the moment I asked them to remove their shoes and socks, to the last *Sat Nam*. Through *Sat Kriya* and chanting *Har* with all their might, they were there. Open hearts, curious deep brown eyes, cramped in a small room, it was as if Yogi Bhajan was right there with us.

3/26/07

Traveling to Santa Cruz, I am amazed by the landscape. The vegetation seems to penetrate the window that I am looking through. Climbing up and down mountains, one curve after another, all of a sudden the mountains open up and I see a lake, a river, or a waterfall. Santa Cruz looks like an old colonial town—much more prosperous than any I’ve seen so far in Bolivia. Our taxi takes us to our hotel. My eyes open wide when the driver drops us off at a five star hotel. The owner is one of the students in the class I’ve come to teach. We are stunned. The hotel provides us with a beautiful air-conditioned room

CLASE DE KUNDALINI YOGA CON
DHARMA KAUR KHALSA

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Yogi Bhajan.

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for the class, water, and a break room. Twelve students arrive. Only one of them has practiced Kundalini Yoga before. Most of them are educated and prosperous people. No one has ever taught Kundalini Yoga in Santa Cruz before. We tune in, and the magic begins.

After class I am interviewed for a TV program. The woman who talks with me wants me to move to Santa Cruz to help them with a drug program there. I wish I could clone myself. The next morning after breakfast I have two numerology clients and one *Sat Nam Rasayan*¹ session. One of my clients decides to take the Master’s Touch course² this summer in Española, and to open a Yoga Center in Santa Cruz.

¹ Ancient healing art based on the application of the meditative transcendent mind; from Sanskrit meaning “universal remedy of manifested truth”

² Kundalini Yoga Teacher Training course

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After the last *Sat Nam*, not one word was spoken for about fifteen minutes. We were lost in God's Creation.

4/9/07

If you were not spiritually oriented before, a trip on these roads will certainly do the trick! Not only is ever-pervading Nature absolutely breathtaking, but also every time you come safely out of one of the million curves without having been hit by a truck or bus; every time that you see a pothole in time and are able to not fall right into it; every time you end up on a patch of rocks instead of pavement and you managed to see it coming and slowed down enough; every time that you avoid one of the big stones that some repair vehicle "forgot" to remove from the road after it was repaired; every time that you don't have to wait in a line because half of the road has fallen down a hill with the last rainfall; every time that you go slow enough over one of the many bumps in each village you pass; every time that you need gas and are lucky to get some; every time that someone gives you clear and correct directions to get somewhere—you certainly end up thanking God for all the miracles and wonders that He allows you to experience. If you *don't* have a strong spirit of adventure, I recommend you never take a tour by car through Bolivia!

5/16/07

Friday I left for Puerto Varas, Chile, which is fifteen minutes North of Puerto Montt, an almost three hour bus ride. This morning I led *sadhana*³ in a big covered terrace that sits up on a hill with a view of all of Puerto Varas, part of a lake, and the Andes Mountains with at least three volcanoes. About twenty-five people gathered from all corners of the region. Once a month they have

3 Daily spiritual practice

been gathering for *sadhana* and come from as far as Castro, Ancud, Valdivia, Osorno, etc.

It was a freezing cold morning and we barely kept warm in spite of *Bowling Jaap Sabib* and blankets. The best experience of this *sadhana* was the sunrise. We could see the light slowly coming from behind the Andes and between the majestic volcanoes. It turned orange, yellow, pink, and white as it allowed the blue sky to appear. Not one cloud. No words can describe that beauty and wonder. After the last *Sat Nam*, not one word was spoken for about fifteen minutes. We were lost in God's Creation. Frozen in our spots (because of the cold, too) we remained there, drinking it all in, an unforgettable spectacle.

5/23/07

We drive along the Viña del Mar coast to the yoga center where I am to lead morning *sadhana*. We arrive and go up the stairs to the third floor. The staircase opens up into a large room. It is dimly lit. For a second I am speechless—over thirty people are quietly sitting there, waiting for me. The room is full. Later I return to teach a Kundalini Yoga course to twenty-one people. For at least a week I had been struggling in my mind with what I would be teaching. Nothing would come to me. As we finished tuning in, I silently repeated the Teacher's Oath⁴ and prayed for guidance. At the end of the three hours, not one student wanted to go home or even move. They were glued to their sheepskins on the floor. And so was I. We had been through an amazing journey together. It felt to me that at this place where I was

4 "I am not a woman. I am not a man. I am not a person. I am not myself. I am a teacher."

born forty-six years ago, I had just been reborn, this time as a teacher. Now I truly was experiencing my destiny.

10/2/07

Friday evening we began eleven days of chanting *Dhan Dhan Ram Das Guru* in honor of Guru Ram Das's Birthday.⁵ We even had a prayer-box that we took from home to home each evening.

10/15/07

Each evening the energy built. You could feel how the sense of community was growing and deepening. By the end of the eleven days, several people approached me and asked if we could find some other reason to continue to get together every night. We did, and it was really a very beautiful season. Each night more people started showing up—moms, daughters, husbands, friends, maids—everybody came along and it became a big family event, in every sense of the word.



DHARMA KAUR AND STUDENTS AT THE KUNDALINI YOGA COURSE IN PUERTO VARAS, CHILE

It felt to me that at this place where I was born forty-six years ago, I had just been reborn, this time as a teacher. Now I truly was experiencing my destiny.

Gurubachan Singh from Española came to town with the Lord of Miracles tour.⁶ The visit of this little group of my American family made me aware of how important it is for these sangats⁷ that are a bit isolated in this part of the world to see more people who have walked this path for a long time. What each person has to share about his/her unique experience, wisdom, and way of being becomes an invaluable treasure. I wish many more would take on this seva⁸ and come to this part of the world and offer what they have to give: personal experience, stories of Yogi Bhajan, kirtan,⁹ bhangra.¹⁰

10/24/07

I received an invitation to speak at the Universidad Católica to a class about love, marriage, and relationships on the Sikh Dharma Path. This class is a required religion class and the head teacher (a priest) decided to open it up to different religions and topics, as a way to interest the youth. Close to twenty students sat that morning in the *aula* (auditorium). This became one of those moments where I thanked Guru for

the amazing amount of teachings that Yogi left us on these topics. In a second I had the whole audience captive. For an hour they listened, eyes wide open and totally there.

11/13/07

There is no doubt in me that with each step my destiny as a Teacher is manifesting more and more. I love it but I am not blind to the challenges it brings. No wonder Yogi spoke of the role of the Teacher as the highest incarnation—it demands all from you, on all levels of your being. There is nothing that you don't end up working on within yourself. Now I understand what he meant when he said that if we wanted to master something, we had to teach it.

I thank each of you for your emails, calls via Skype, and all the ways that you make me feel supported and loved. I could never do this without your company across the distance. It is such a miracle to now have such a big family that stands right there with me, prays for me, sends me a smile, offers me help. Thank you, thank you, thank you!

5 The 4th Sikh Guru, representing service, healing, and compassion.

6 Yearly tour of South America for the purpose of sharing the teachings of Yogi Bhajan

7 Spiritual community

8 Selfless service

9 Sacred music

10 Punjabi folk dance

Dharma Kaur Khalsa was born in Chile, is of German descent, worked as a lawyer, sings opera, and lived at Hacienda de Guru Ram Das in Española, New Mexico for seven years. She is now living in Bolivia and continues to travel throughout South America, sharing the teachings of Yogi Bhajan.

COOKING FOR YOGI BHAJAN

By Sewa Kaur Khalsa

Cooking for Yogi Bhajan was a fun-filled experience. He traveled all over the world, and when he came to the Pacific Northwest, I would travel to whatever city he was in—Eugene, Portland, Seattle, Vancouver—and cook for him. And when I went to New Mexico in the summers, I would spend a large part of my time in the kitchen at the ranch (Yogi Bhajan's residence). I learned to cook Indian food from Bibiji, Yogi Bhajan's wife.

Yogiji himself was a masterful, if not always traditional, cook. On occasion he would come into the kitchen and take over. I remember one time at the ranch he actually took leftover spaghetti and mixed it with leftover dhal (spiced lentils). I was shocked to discover that it tasted good.

Another time, when I was cooking for some Indian guests, I had made a really nice, healthy dhal, and Yogi Bhajan came into the kitchen and added a quart of ghee (clarified butter) to the dhal. I was aghast. The guests were delighted. Over time, I learned to expect the unexpected.

Sewa Kaur Khalsa began cooking for Yogi Bhajan in the 1970s, shortly after she became his student. A talented seamstress, she also made many of his beautiful robes. She is an accomplished artist, with degrees in Ceramics and Fine Arts. She lives in Seattle, Washington and tests new recipes for Yogi Tea.

Healthy, simple, and easy to make, this recipe can be made ahead of time and baked later.

Stuffed Portabella Mushrooms

4 medium Portabella mushrooms

1 pound extra firm tofu

1 onion chopped

4 cloves garlic chopped

1 jalapeno chili chopped

1 red bell pepper chopped

1 stick celery chopped

1 T olive oil

2T Bragg Aminos

1 t black pepper

2T cilantro

1 T nutritional yeast

Optional: top with Parmesan cheese

Preheat oven to 375 degrees.

Clean mushrooms, scoop out and discard stems and gills.

Scoop out a small amount of flesh from the center of the mushroom to make room for filling. Chop and save this extra mushroom to use in the filling. Brush the insides and outsides of the mushroom caps with olive oil, and put them in a 9" x 12" pan.

Filling:

Sauté onions, garlic, bell pepper, celery, and extra mushroom for 5 minutes in olive oil. Then add crumbled tofu, chili, Bragg Aminos, black pepper, yeast, and cilantro. Stir together for a few more minutes.

Stuff mushroom caps with filling. If using cheese, cover tops at this time.

Bake for 25 minutes.



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NUMEROLOGY FOR 2008: RECLAIMING YOUR SPIRITUAL POWER

By Nam Hari Kaur Khalsa

Eight is the power number, and in the calendar year of 2008 we are all being tested in relation to our personal power and boundaries with others. No one likes feeling disempowered. Keeping the divine balance between having a strong energetic stand, and possibly having the other person feel overwhelmed by you, can be a tricky juggling act. Let's take a look at our basic Soul personality and how we can best maintain ourselves throughout this year.

How to calculate your Soul Number: The Soul number is the day of birth, and is written as a number from 1 to 11. If your birth date is greater than the number 11, just add those two numbers together to reach the Soul number. For example if you are born on the 17th, $1+7=8$. Your Soul number is an 8. Or, if you are born on the 29th, $2+9=11$. Your Soul number is an 11. Those born on the 1st would be a 1 Soul, and those born on the 10th, 19th, or 28th would be a 10 Soul.

Soul of 1:

This year will challenge your independent spirit to take hold of the reins and charge off into new directions. Your communication needs to be tempered at this time and Yogi Bhajan has said, "When you speak from the heart you rule, and when you speak from the head you destroy." Remind yourself to be inclusive of other people's feelings so that your personal vision and plans may run more smoothly. This can be a highly successful year if you give yourself plenty of space for physical exercise and meditation.

Soul of 2:

"We can work it out!" sang the Beatles not so long ago and there isn't a more appropriate theme song for you this year. Compromise, communication, and negotiation are all keynote themes of '08. A great oak tree becomes so big and strong, offering shade to all, because it is able to bend instead of break. It feels as if people want a lot from you now, so help where you can, while keeping your boundaries, and learn when to say no. It is important for the 2 Soul to learn to give from a place of abundance, and not depletion.

Soul of 3:

Keep your navel point strong this year or you're up for an emotional roller coaster ride. Three represents the navel center, and *Sat Kriya* is your new best friend in '08. Then all your

relationships will run more smoothly. Number 3 is creativity itself and this is the time to put your creative visions into action. The world loves you when you're happy, so keep your smile on and watch your social horizons expand. The highs and lows of your inner emotional landscape are better navigated when you remember to nurture yourself and eat right.

Soul of 4:

Think outside the box, or you'll feel very boxed in this year. Your Heart Chakra¹ wants more love and appreciation. Our ability to attract love into our lives starts with loving ourselves first. Ease your judgments of others and watch the universe around you change. Remember the first *sutra*² of the Aquarian Age which is, "The other person is you." Your industrious side can accomplish a lot now; just remember not to skip steps, and take time to smell the roses along the way.

Soul of 5:

Watch out world, here comes the Soul of 5! You want changes and you're willing to take risks to get what you want. This is an excellent time to seize the day, as opportunities abound. Just be sure not to bite off more than you can chew. Remember moderation over your impulses so that you're not feeling trapped in the classic 5 Soul mantra, "Damn, what have I gotten myself into?" Five also represents the physical body and aerobic exercise is a must in order to move out pent up frustration. The higher spiritual octave of 5 is discipline, so working with an 11 minute *pranayam*³ throughout the year will save the day nine times over.

Soul of 6:

"Don't Tread on Me!" declares the 6 Soul this year. You are feeling particularly irate over any injustices you may perceive, especially to yourself. Maintain your emotional equilibrium by creating a cozy sacred space within the home environment. Six is the home, and feeling protected and loved are two of your highest needs now. On a spiritual level, 6 is the power of prayer—our projective psyche unto infinity. Prayer and meditation are your *shunia* point (state of stillness) to allow the hand of God to work for you. Don't push the river, just let it all flow.

1 The fourth chakra; energy center of love and compassion; located at heart level in the center of the chest

2 Five lessons or rules for the Aquarian Age written by Yogi Bhajan

3 Yogic breathing technique

Soul of 7:

Sanctuary and serenity are your two primary needs this year. The fast paced rhythm of this time may not agree with your more contemplative relaxed side, so be sure to allow plenty of space around significant decisions and the people you need to deal with. If pressured, one of your better responses might be, "Your question is so important that I'll need a little time to think it over." Number 7 represents the voice and singing, so have your favorite spiritual CD's at arm's reach to help shift the flow of the psyche to a higher octave. Also, relax in nature for awhile.

Soul of 8:

You are in divine alignment with the Universal Cycle this year. The world is your oyster as long as you breathe deep, and pace yourself through all of life's grand endeavors. Eight is the Pranic Body, that part of ourselves connected to infinity through the breath. We are fearless in good measure with a strong Pranic Body. Pranayam (yogic breathing) is essential for you now. It will give you the ability to hold a steady course and not be swayed by fear or doubt, yours or someone else's.

Soul of 9:

This year can have a quality of magic to it if you remain calm and patient amidst the whirlpools and tidal highs and lows. Keep a very steady and deep meditation practice so you may see beyond the veil of the superficial. Nine is the most intuitive number and has access to vast realms of psychic information when the spiritual antennae are properly tuned. This is also an important year to refine the company you keep. Remember to fly more with the eagles and less with the crows.

Soul of 10:

Your imperial self is fired up this year so be careful not to charge off where angels fear to tread. Number 10 is, 'All or Nothing.' A balanced approach is your best friend and that balance can be maintained through pranayam (yogic breathing). You may feel the urge to fight for what you want, just choose your battles wisely so the strength and vitality of your nervous system aren't depleted. A strong cup of ginger tea will help with this. Tens can have the tendency to over or under project themselves. Pace yourself and learn to delegate or share the load. You don't have to be the amazing hero all the time.

Soul of 11:

Your lightning-speed mental energy is being pressed to the limit so don't feel as if you have to have everything figured out to feel safe. Trusting and allowing are important themes for you this year. Just be relaxed about what you can't control. Going into 'brainiac' overdrive won't solve the problem. Physical exercise is your way out and up over the mountain. Your spiritual faith is being tested now so reading scripture and/or inspirational works will help keep your spirits in the higher altitude of a more graceful and noble self.

THE LAW OF LOVE

Love gives you power to merge,
from finite to Infinity.

Love gives you power to trust,
from nothing to everything.

Love gives you power, the most powerful
prayer between you and your Creator.

Love gives you vastness,
as vast as there can be.

Love gives you the hold, the experience,
and the touch with your own Infinity,
as beautiful as there can be.

Love is that surrender.

When you surrender at the lotus feet
of the master, you become the master.

When you become the master, you
surrender your universe to the Universe.

Then you become divine.

When you surrender your divinity
to the Infinity, you become Infinite.

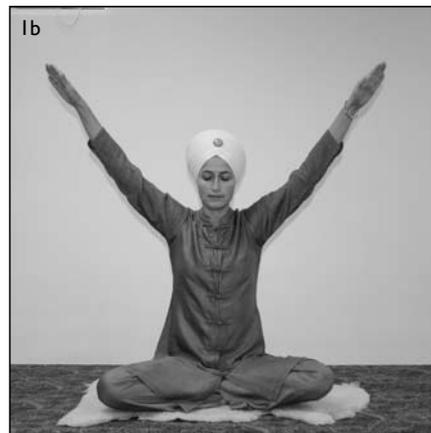
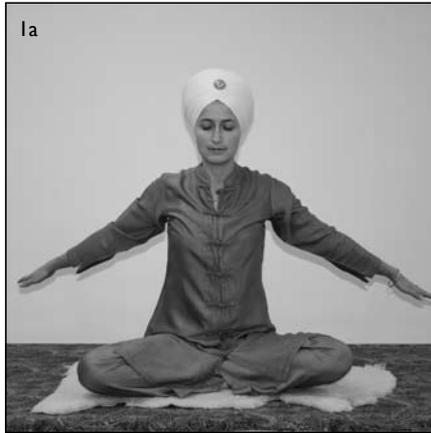
That is the Law of Love.

Yogi Bhajan

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

KUNDALINI YOGA

THE ESSENCE OF SELF



When you are weighted down by the scars and disappointments of life, it is difficult to sense the broader reality of which you are a part. This pain creates blocks to the inflow of cosmic energy and you become less sensitive to your own possibilities. This set of exercises guides the prana¹ through your body to the heart chakra,² opening the heart so you can give and receive love without fear, anger, or resentment, and experience compassion. In this state of compassion you can release the pain of former relationships, energize current relationships on a higher level, and begin to express your divine essence.

The exercises in this kriya³ are for the release of tension, strengthening the digestion, and opening the lungs. *If you are new to Kundalini Yoga, you may want to rest after each exercise unless otherwise noted.*

1 The life force

2 The fourth chakra or energy center; center of love and compassion; located at heart level in the center of the chest

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

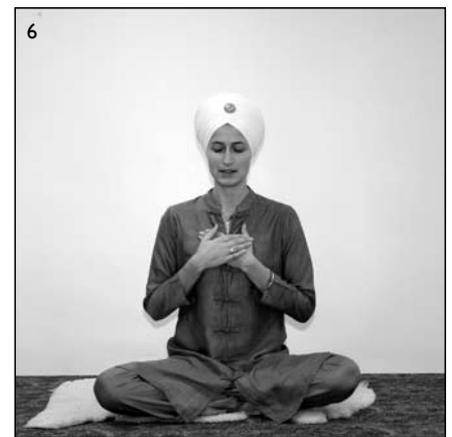
1. Sit in Easy Pose, arms extended to the front, parallel to the floor with the palms facing down. Spread the arms slightly to form a V and rotate them backward in large circles (1a & 1b). Begin Breath of Fire⁴ and gradually increase the power of the breath as you rotate the arms faster and faster, wider and wider. Continue for 4 minutes. For best results, do this exercise very energetically. The faster the breath is, the more powerfully it stimulates the heart.

2. Lie on the stomach and come into Bow Pose.⁵ Rock back and forth from the shoulders to the knees, coordinating the motion with a powerful Breath of Fire—so powerful that it feels as though fire were coming from the nostrils. Continue for 1 minute.

3. Lie on the back with the thighs clasped to the chest, forehead to the knees (or as close as possible). Rock along the entire length of the spine in coordination with Breath of Fire for 1 minute.

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

5 Lie on the stomach, grab the ankles and use the thigh muscles to pull the upper body off the ground. Then lift the legs off the ground.



Open your heart so you can give and receive love
without fear, anger, or resentment.

4. Come into Crow Pose⁶ with the hands clasped in Venus Lock⁷ on top of the head. On the count of one, inhale and stand up, and on two, exhale and squat back down into Crow Pose. Continue for 52 counts.

5. Repeat Exercise #1 for 2 minutes.

6. Sit in Easy Pose and cross your hands at the center of the chest over the Heart Center. Close your eyes. Drop any self-limitations. Surrender the self to the Self. In this expanded

awareness, experience your essence. Remain focused and meditate for 11-31 minutes. Musical Variation: Sing with the CD or tape, *Dhan Dhan Ram Das Guru* by Sangeet Kaur,⁸ beaming from your heart, and meditating on Guru Ram Das to open your heart and create a miracle in your life.

This set can be found in the *Inner Workout* manual, p. 29-30, available from www.kriteachings.org, www.a-healing.com, and www.spiritvoyage.com

⁶ Squat down with the feet flat on the ground

⁷ Mudra with fingers interlaced. For men, the right thumb tip presses on the fleshy mound of the thumb of the left hand, with the left thumb tip resting on the web between the thumb and index finger of the right hand. For women, the mudra is reversed.

⁸ Titled, *The Blessing*, and available from www.a-healing.com and www.spiritvoyage.com

THE DEEP AND POWERFUL ALCHEMY OF WHITE TANTRIC YOGA

ONE MARRIAGE IS STRONGER AFTER THE IMPOSSIBLE BECAME POSSIBLE

By Tommy Rosen (Bhagat Singh)



Back in 2003, my girlfriend, Kia, and I decided to go to Maui to celebrate my 36th birthday. We had been together for 3 years, long enough to know we had something special. We had spoken about the possibility of getting married someday, but I was quite happy to continue on as things were. The convention of marriage, as I had witnessed from my parents and most of the adults I had known, was fraught with difficulty and challenge. It was painful and in some cases, ruinous. When occasionally I would meet two people who seemed to be doing well together, I relegated them to a special group of Human Beings who were blessed, but whose lives I could not understand.

Our week in Hawaii was magical and blissful, unusually so for me. I could not remember a time where I had felt so free of concern. On one of the last days of the trip, I was overcome by a profound sense of love for Kia and I suddenly asked her if

she would marry me. Our wedding took place only two weeks later in Yosemite Valley. At the beginning of the ceremony, Kia walked radiant and smiling through a beautiful meadow toward a life with me. My heart cracked open. For that day and many days thereafter, I knew no fear, no worry and no concern. Then, sometime later, when life returned to normal and things were not feeling quite so clear and carefree, I remembered the old adage, “Any fool can have a successful wedding.” Kia and I had taken a big leap of faith and would certainly support each other, but I didn’t yet know how to have a successful marriage. We were going to need help to make it work.

Two years later, I am facing Kia seated on the floor of a structure known as “The Tantric Shelter” on a piece of land known as Ram Das Puri in New Mexico. I am dressed in white clothing and my head is wrapped in a white turban that is so poorly conceived by me that the word “turban” really does

When the kriya was finished, we had completed something that had previously seemed impossible. The power of achieving something that you think you cannot do is transformative. That very experience lies at the heart of White Tantric Yoga for me.

not apply. I am appallingly tired from the past several days of early morning sadhana.¹ I am in a straight line of men, also seated and dressed similarly, who are facing a line of women. Looking across the tape on the ground which helped delineate the lines, I see the smiling face of my wife, Kia. Our knees are almost touching. Our eyes are about 3 feet apart. This is our first day of White Tantric Yoga. For the next 10 hours or so we will be engaged in 31 and 62 minute meditations that are physically and mentally challenging. The main questions running through my head are: What are we going to be asked to do? Will I be able to keep up? How did it come to this?

The promise of White Tantric Yoga is compelling. It would have to be. It is my understanding that, simply put, through this extremely powerful and difficult practice you cleanse your subconscious, at the deepest level, of all insecurity and childhood trauma. Who doesn't need a little bit of that?

Staring into your partner's eyes sometimes for hours on end as you perform difficult kriyas² is an intense experience. Whatever comes up for either of you becomes a part of the experience for both of you. Many times throughout the day, I would nod off during a set. I was trying so hard to stay awake, but after a certain point I just couldn't help it. My eyes would roll back for a few seconds and when I came around, Kia would be glaring at me with frustration. With her eyes she kept telling me to "pull it together," but the harder I tried the worse it got. Finally, we came to this particular kriya where we placed our palms against our partner's palms and alternately pushed one hand forward and one hand back. I was now getting frustrated with Kia because I thought she was pushing too hard. Of course, she was frustrated with me because I was not pushing the way she wanted me to push. So there we were, one minute into a 62 minute kriya and I am thinking, "This could be the longest hour of my life." And it was! We were yelling at each other using only our eyes and facial expressions. It must have been quite a sight.

When the kriya was over, Kia and I noticed that we were not the only couple for whom this exercise had been challenging. In fact, several couples were very riled up.

What had happened? Issues such as power, control, compassion, patience, and tolerance all came up in this kriya. You might say it was made to bring up those issues. Some were affected by it, others less so. I had never seen Kia demonstrate

intolerance or a lack of compassion toward me. And Kia had never heard me call her a "stubborn goat" before, either. I remember looking at the enormous photo of Yogi Bhanan on the stage and feeling like he was laughing at me.

Kia and I came through our first day of Tantric feeling like two embattled pugilists. We apologized to each other and committed to do better. The next day, Kia was much warmer, more understanding. I was more patient and more present. One kriya in particular, included us interlocking fingers with our partner with our arms up at a 45-degree angle toward each other. I felt that to make it all the way through without lowering our arms would be impossible, but was determined to give it a try. I would support Kia's arms and she would support mine. As the 62 minutes passed, a plethora of internal voices rose up and demanded that I lower my arms, but I would not. Kia was right there with me! When the kriya was finished, we had completed something that had previously seemed impossible. The power of achieving something that you think you cannot do is transformative. That very experience lies at the heart of White Tantric Yoga for me.

Many people have asked me what effect White Tantric Yoga has had on my life. I explain it like this...

Have you ever been in a place where there was some kind of background "white noise," such as from an air conditioner or fan, which was suddenly turned off? You might have spent days or months or years living in that noise, but you barely even noticed it. Now that it is gone, however, the relief you experience is just huge. It feels as if you have taken your first deep breath in a very long time. A terrible annoyance has been removed. You remark, "My God, I'm glad that stopped! How could I possibly have endured living with that horrible noise for all that time?"

The garbage of my subconscious, which used to drive so many thoughts and decisions, was removed so that I could have better thoughts and make better decisions. My marriage with Kia has gotten better every year because my relationship with my highest self has been able to develop. White Tantric Yoga has made that possible.

Tommy Rosen (Bhagat Singh) lives in Venice, California, with his wife, Kia, a yoga teacher and filmmaker. Tommy is currently producing The Eco Gift Expo, a holiday gift show in Los Angeles <http://www.ecogift.com>. Tommy and Kia are jointly producing a documentary on the life, legacy, and magic of Yogi Bhanan called *In the Eyes of My Teacher*, which will be finished in July of 2008.

¹ Daily spiritual practice

² Combination of posture, mudra, mantra, breathing, and rhythm; literally means *completed action*; a kriya can be one exercise or a specific sequence of exercises

CALENDAR OF EVENTS

To list your event, workshop, tour, or concert information on the 3HO International website or in the next issue of *Aquarian Times*, go to the events page at www.3HO.org and click on "Have your event, workshop, tour or concert featured here and in the Aquarian Times Magazine." The deadline for *Aquarian Times* November 2008 issue is July 8, 2008.

3HO International – Celebrations and Camps

SUMMER SOLSTICE SADHANA CELEBRATION
Ram Das Puri, Española, NM, USA
June 19 – 28, 2008

INTERNATIONAL PEACE PRAYER DAY
Ram Das Puri, Española, NM, USA
June 21, 2008

WOMEN'S CAMP
Ram Das Puri, Española, NM, USA
June 29 – July 6, 2008

KHALSA YOUTH CAMP
Ram Das Puri, Española, NM, USA
June 30 – July 12, 2008

CONSCIOUS PREGNANCY SPECIALTY TEACHER TRAINING
Española, NM, USA
July 7 – 19, 2008

EUROPEAN YOGA FESTIVAL
Fondjouan, France
July 22 – 30, 2008

WINTER SOLSTICE SADHANA CELEBRATION
Lake Wales, FL, USA
December 19 – 25, 2008

Please visit www.3HO.org for details

3HO IKYTA – International Kundalini Yoga Teacher Association

ANNUAL INTERNATIONAL TEACHERS CONFERENCE
Ram Das Puri, Española, NM, USA
June 20, 2008

ANNUAL EUROPEAN TEACHER CONFERENCE
Fondjouan, France
July 31, 2008

Please visit www.kundaliniyoga.com for details

3HO International – Global Meditations

YOGI BHAJAN BIRTHDAY ANNIVERSARY
August 26, 2008

UNITED NATIONS INTERNATIONAL DAY OF PEACE
September 21, 2008

YOGI BHAJAN REMEMBRANCE DAY
October 6, 2008

GURU RAM DAS BIRTHDAY ANNIVERSARY
October 9, 2008

Please visit www.3HO.org for details

KRI – Kundalini Research Institute

HEALING THE WOUNDS OF LOVE
Española, NM, USA
July 6 – 11, 2008

LEVEL ONE TEACHER TRAINING IMMERSION
Ram Das Puri, Española, NM, USA
August 2 – 28, 2008

Please visit www.kriteachings.org for details

White Tantric Yoga

COURSES
Various International Locations

Please visit www.whitetantricyoga.com for schedule

Coming Events

PAROS, GREECE
INTERNATIONAL WOMEN'S INTENSIVE FOR KUNDALINI YOGA TEACHERS
May 26 – June 1, 2008
www.simran.de

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

USA: BOULDER, CO; SAN DIEGO, CA; SALT LAKE CITY, UT; HOUMA, LA
LEVEL ONE TEACHER TRAINING KRI OUTREACH COURSES
www.kriteachings.org

VANCOUVER, B. C., CANADA
KHALSA MEN'S CAMP
Summer 2008
www.yogawest.ca

PERUSSON, FRANCE
2008 GATKA CAMP
July 31 – August 9, 2008
www.nanakdevsingh.com, nkhalsa2@arcor.de

MILLIS, MA
WOMEN'S CAMP
July 2008
www.kundaliniyogane.com, www.3HO.org/women

SOUTH FRANCE
TEACHERS FOR AQUARIUS CAMP
August 2 – 9, 2008
www.satya.singh.de

GALICIA, SPAIN
INTERNATIONAL KUNDALINI YOGA FESTIVAL
August 11 – 17
www.kundaliniyogavigo.com,
kundaliniyogavigo@hotmail.com

SINGAPORE
SELF AWARENESS YOUTH CAMP
Fall 2008
ramdas_guru@yahoo.com, gjkaur@gmail.com

MILLIS, MA, USA
KUNDALINI YOGA FALL FESTIVAL
October 2008
www.kundaliniyogane.com

BANGKOK, THAILAND
KRI TEACHER TRAINING
LEVEL 2 MODULE: MIND AND MEDITATION
November 18 – 23
www.kundaliniyogathailand.org,
event-info@kundaliniyogathailand.org

BANGKOK, THAILAND
KUNDALINI YOGA FESTIVAL ASIA
November 25 – 30
www.kundaliniyogathailand.org,
event-info@kundaliniyogathailand.org

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

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

Workshops

CRESTONE, CO, USA
GURU NANAK'S JAPJI SAHIB
May 9 – 11, 2008
retuta@crestonehac.com, 1(719) 256-4036

LANDHUIS DE BEVERMEER, THE NETHERLANDS
THE AIR IS THE GURU!
May 11, 2008
hknl@kundaliniyoga.nl

LANDHUIS DE BEVERMEER, THE NETHERLANDS
NAAD YOGA EN ENERGY TRANCE DANCE!
June 21, 2008
hknl@kundaliniyoga.nl

ST. JOHN, VIRGIN ISLAND, USA
FLORIAN VILLA YOGA RETREAT
Sikh Dharma Minister's Training
August 2 – 7
www.florianvilla.com
info@florianvilla.com

DAKU, FIJI
SEVEN DAY KUNDALINI YOGA RETREAT
A Naad Yoga Meditation Night
August 10 – 17
www.dakuresort.com
glenara@aapt.net.au

TELE-COURSE
JOURNEY INTO THE HEART OF SIKH DHARMA
Sikh Dharma Minister's Training
September 2008-May 2009
sunderkaur@watermakefire.com
1.303.325.5186

SOUTHALL, LONDON, UK
GURDWARA SRI GURU SINGH SABHA: DUKH BHANJAN - END OF SUFFERING.
A Naad Yoga Meditation Night
November TBD
info@rajacademy.org
44.020.8575.3888

Yatras & Tours

HEMKUNT, INDIA
LIFE AND TEACHINGS OF GURU GOBIND SINGH
HEMKUNT YATRA
August 5-24, 2008
www.karamkriya.co.uk, info@karamkriya.co.uk

THE 6TH LORD OF MIRACLES TOUR
IN HONOR OF GURU RAM DAS
Traveling to 12 cities and 8 countries in South America
October 1 – 31, 2008
ramdashalsa@gmail.com

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

Music & Concerts

SNATAM KAUR WORLD TOUR
Europe, Fall 2008
www.SpiritVoyage.com

KIRTAN TOUR WITH SATKIRIN KAUR
England, August 2008
Germany, September 2008
satkirin@gmail.com



Summer Solstice Sadhana Celebration

Kundalini Yoga Intensive and 3-days of White Tantric Yoga
Ram Das Puri, Española, NM
June 19 – 28



IKYTA Annual International Teachers Conference

Now at Summer Solstice Sadhana
Ram Das Puri, Española, NM
June 20

International Peace Prayer Day

Celebration of Peace at Summer Solstice Sadhana
Ram Das Puri, Española, NM
June 21



Women's Camp

The Excellence of Womanhood
Ram Das Puri, Española, NM
June 29 – July 6

Khalsa Youth Camp

Building confidence, strength, and spiritual identity for ages 4-12
Ram Das Puri, Española, NM
June 30 – July 12



“Let us join together with a joyful spirit to uplift all for a brighter tomorrow”

— Yogi Bhajan



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KUNDALINI YOGA

MEDITATION FOR THE 4TH CHAKRA

The Heart Center



The fourth chakra is the Heart Chakra, or Heart Center. It is called *Anahata*. It represents the opening of feelings, compassion, and the capacity to love. At the Heart Chakra there is no conflict; Heavens and Earth come together in balance. Heart-centered compassion is universal and unconditional.

“Hate nobody; love everybody. It won’t cost you anything. Love never costs anything. Love is the most selfish act. It gives you so much protection, grace, and radiance. It doesn’t give you any smallness or suffering. The attitude of conscious living is to love and give grace to someone worthy of your trust. Do not seek anything from people. Give love instead, and rely on God.” *Yogi Bhajan*

Posture:

Sit on your heels with a straight spine.

Position:

The upper arms are parallel to the ground, on the same level as the shoulders. The elbows are bent and the fingertips are nearly touching each other at the center of the chest near the heart center. The hands are flat with the palms facing downward.

Mantra:

The meditation is done to the rhythm of *Hume Hum, Brahm Hum* by Nirinjan Kaur and Guru Prem Singh.¹ The meditation is silent, you do not chant along with the tape.

Focus:

The eyes are focused at the tip of the nose.

Meditation:

From the starting position, the hands and forearms move out to the sides, palms facing down. Pull the navel point in strongly and lift the solar plexus and diaphragm slightly in a focused motion. As the arms move back in, the navel is released. The navel is pulled in as the arms again move back out to the sides. Continue this movement, using the rhythm of the tape to set the pace.

Time:

11 minutes.

To Finish:

Inhale deeply and hold the breath 15 seconds and then release. Repeat this two more times and relax.

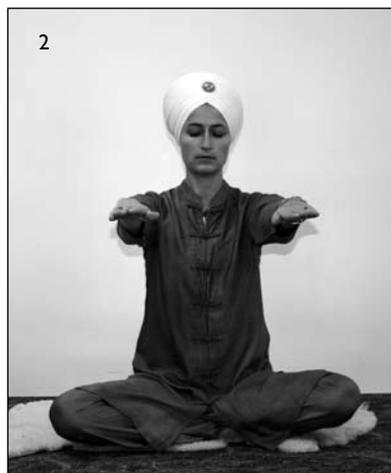
This meditation can be found in *Physical Wisdom*, compiled by Harijot Kaur, p. 35, available from www.kriteachings.org, www.a-healing.com, and www.spiritvoyage.com

¹ Available from www.a-healing.com

KUNDALINI YOGA

CREATING SELF-LOVE

Love doesn't rule you. What rules you is fear, phenomenal fear. Through this kriya love can be invoked and fear can be reduced. **Yogi Bhajan**



1. This exercise is called *Reverse Adi Shakti Kriya*. Here you are mentally and hypnotically blessing yourself. This self-blessing is to affect and correct the magnetic field. It is said that doing this exercise will hurt if you have a lot of anger. Self-help is very difficult for those who are angry. After doing this exercise for 5 minutes your muscles may start hurting if your diet is improper. The taste in your mouth will change if you are breathing correctly.

Sit in Easy Pose with a straight spine and hold your right palm six to nine inches above the top center of your head. The right palm faces down, blessing you. This self-blessing corrects the aura. The left elbow is bent, with the upper arm near the rib cage. The left forearm and fingers point upward. The left palm faces forward and blesses the world. The eyes are closed and focus at the lunar center in the middle of the chin. Breathe long, slow, and deep with a feeling of self-affection. Try to bring the breath to one breath per minute: Inhale for 20 seconds, hold for 20 seconds, exhale for 20 seconds.¹ Continue for 11 minutes then inhale deeply and move slowly and directly into position for Exercise 2.

¹ If your current lung capacity doesn't allow this timing, reduce each part to 10, 10, 10 or 5, 5, 5

2. This exercise is said to benefit everything between the neck and navel, and to give strength to the heart and open up the heart center.

Extend your arms straight out in front, parallel to the ground, palms facing down. Stretch out to your maximum. The eyes are closed and focused at the lunar center in the center of the chin, and the breath is long, slow, and deep. Continue for 3 minutes then inhale deeply and move slowly and directly into position for Exercise 3.

3. Stretch your arms straight up with the palms facing forward. There is no bend in the elbows. The eyes are closed and again focused at the lunar center, and the breath continues to be long, slow, and deep. Continue for 3 minutes. To finish: Inhale, hold your breath for 10 seconds while you stretch your arms upward (try to stretch so much that your buttocks are lifted) and tighten all the muscles of your body. Exhale. Repeat this sequence two more times.

This set can be found in *Self-Knowledge* compiled by Harijot Kaur, p. 11, available from www.kriteachings.org.



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Let them feel you."*

— Yogi Bhaijan

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THE PATH TO INFINITE LOVE

By Sat Purkh Kaur Khalsa

The path to Infinite Love is ultimately the path to your Self and, in becoming a Teacher, I have discovered the surest footing yet.



KRI

As individuals, we define ourselves by many things: I am a woman, a sister, a daughter, a student, a teacher, an aunt, a friend. But that is not our true identity. All those things pale in comparison to being the beloved. It is the priceless jewel that every person seeks. All the stories prepare us for it: Cinderella and Snow White haunt our every step; Prince Charming is just around the next corner; someday we'll find that perfect fit. It is a long journey from these beginnings to Infinite Love—knowing and embodying your Self as a priceless jewel. Yet everyone must make the journey. And everyone has to find their own path.

My long and winding road began in many ways with KRI International Teacher Training in Kundalini Yoga as taught by Yogi Bhajan. The process of becoming a Teacher indelibly marks my spiritual journey on the path to becoming whole. There's a definitive before and after. But as I contemplate the qualities of the "before" and the "after," I ask myself: Is there still pain? Is there still heartache? Is there still disappointment? And the answer is always, "Yes." So what makes the "after" so different? My Teacher.

I've had many teachers throughout this process. My first teacher gave me

the affirmation, "God and me, me and God are one," and I knew that I would never be the same again. The ground had shifted; I was in new territory. My second teacher showed me my grace. Everything that I thought I knew about how to be in the world and how to be in relationships had to be tossed out and relearned (I'm still learning!). My third teacher affirmed my purity. Despite all the things I'd done, she taught that my purity belonged to God, and with that truth, all shame and blame fell away. My fourth teacher showed me my Self subtly and indirectly. With patience and unconditional love, he continues to guide me, again and again, to gentleness, integrity, truth, and hope.

The Teacher of all my teachers is the Master, Yogi Bhajan. I know him through them. His grace and strength, his 'poke, provoke, confront, and elevate,' are alive in the words and actions of each and every one of them. My connection to him has shown me that I don't need to be loved—only to love.

Each of these teachers has called me to a new level of integrity, awareness, and accountability. They've required something more of me and in turn have called me to require something more of myself. I find I now have to stand in the world in a new way. I have to bow to the

present in a new way. I have to balance the polarities—the Shakti¹ and Bhakti²—in my every action. Ultimately, I have to live in relationship to the True Teacher, the one within. It's the first thing we learn in any Kundalini Yoga class: *Ong Namō Guru Dev Namō*. "I bow to the Infinite, I bow to the Divine Teacher within." The path to Infinite Love is ultimately the path to your Self and, in becoming a Teacher, I have discovered the surest footing yet.

The Kundalini Research Institute invites you to find your Teacher within and to live in love, Infinite Love. Join us for the Level One Immersion Course here in Espanola, New Mexico, August 2008. For more information visit www.kriteachings.org.

Sat Purkh Kaur Khalsa is currently the Production Manager for the Kundalini Research Institute. She works in the development of Level Two Teacher Training Curriculum, the KRI website, Rights and Permissions, as well as other DVD and book projects. Her CD, *Nectar of the Name*, includes the meditation, 'Healing the Wounds of Love.'

1 Power of the feminine, creative aspect of God
2 Devotion

Love is my last chance

Actually, love is a self-acknowledgement. When I love myself, I can be so rich that I can love everybody.



Excerpts from a lecture by Yogi Bajan
March 28, 1994

Tonight we are discussing the most important subject, and that is “Love is my Last Chance.” That’s why human *karma* got the body. Human karma did not get the body, the environments of the body, the parents and the relatives, and the longitude and latitude where you were born in order to hassle your life all the way. If you hassle life, and by profession you have become a hassler, that’s not human. Human life, when it has no love at the heart and no affection in the head, is the life of a hassler. It’s a life of pain, disgrace, unfulfillment, doubt, and questions. It has no integrity, no dignity. With all the wealth of the world, it has no peace.

Love is my last chance in life in the sense that I have to love, first of all, my own consciousness. I have to love my own character. I have to love my own characteristics. I have to love my own dignity. I have to love my own dimension. There are so many things I am supposed to love for *myself*, before I say even one word of, “I want to love you.”

I understand that when you are young, you want a soul mate, or you want a friend or a relative or a lover or a husband, etc. It doesn’t give you anything, because the incomplete is relating to the incomplete. You

should try to understand something, the very simple logic of it: one incomplete human is helping another incomplete human. It means, I have a broken leg and I am trying to help a person who has a broken arm. So that does not mean that I am not helping and that does not mean the other person is not getting help, but this kind of living and this kind of religion and this kind of situation doesn't make sense.

Now, love as you understand it is very different than what love is. You have sensual love, you have sexual love, you have personal love, you have conditional love, you have unconditional love, etc. Actually, love is a self-acknowledgement. When I love myself, I can be so rich that I can love everybody. The "depending" love—because you love me, you depend on me, and I love you, so I depend on you—is a business, because I expect this, you expect that. That is not love. That is called, what can you call it? Softening the way. Meaning one thing, doing something different.

In love we honor.
In love we grace people.
In love we support.
In love we sacrifice.
In love we give.
In love we elevate.
In love we will pray.

Love is the one word most abused in the human vocabulary. Because, the first condition of love is, when you are in love or you love somebody, you have no question to be asked. Where there is a question, there is no love. Where there is a condition, there is no love. Where there is an expectation, there is no love. Where there is jurisdiction, there is no love. Where there is a territory, there is no love. That which can be defined and have dimension is not love.

When a child wants to go and catch a piece of burning fire wood, his mother jumps in and stops him and pushes him away. It's a very cruel act, a harsh act. It's an act of enforcement, but it's an act of love, it's a protection, it's a mother's bond for the child, protection. These are the faculties in which we act under love. In love we honor. In love we grace people. In love we support. In love we sacrifice. In love we give. In love we elevate. In love we will pray.

Love and fear are two forces. Whatever you do under fear, it shall take your life away from you. Whatever you do under

love, it shall give you fulfillment. But love will not satisfy your emotion. That's the unfortunate part of it. Love will not satisfy your neurosis. Love will not satisfy your ego. Love and God have no dimension. Ego has every dimension. So when you are in love, you have no dimension. When you have dimension, you are not in love. And this cross reference of life takes away ninety-nine point nine percent of your life and you are totally blank at the time of death, you did not accomplish your one chance, which God gave you through a human body, and love was your last chance.

You couldn't love anybody without condition. You couldn't love anybody like God: without control, territory, expectations, and whatever. If anybody wants to experience God, the person may talk for years and years about everything, every knowledge. You can read a library, book after book. But if tons of love do not show up from that person, and his projection is not totally clean and clear love, the rest is just bait, and it is called hooker's paradise. This love is nothing but "hooker's paradise." We make bait out of love and put a hook in it to get our job done. It is very destructive.

Those who understand life and love have endurance. They do not act childish, and they do not act passionate and entangle themselves in commotion and neurosis. Their words are like jewels and they are conscious like the brightness of God, and their strength is like Infinity. These are the people who really are the beloveds of God, and they enjoy love as the last chance of life. Otherwise, *Maya*¹ is so bewitching, people forget their reality and they forget so badly, that at the last day, they can't remember why they didn't prepare for the last day. You prepare in your life for tomorrow. There is no tomorrow. Every tomorrow shall become today to face you, and today you always face. But the day you start preparing for that last day by reminding yourself, "When I quit the planet, what legacy am I going to leave behind? And what link shall I have with Infinity"—then you are liberated.

I have never forgotten that God has made me a human, never for a moment. And I never misunderstand that He could have made me a donkey. And He could have made me a snake. And I never forget that God made me a wise man. And I would have been very grateful if He had made me a foolish man; then I wouldn't have to exert myself. Do you understand what I mean?

So in wisdom, in equality, in ecstasy of consciousness, you have to understand that God made you for a purpose. Please learn to deliver that purpose, not your ego. That's the secret.

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

Healing the Wounds of Love



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

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

- Identify our wounds
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forever.*

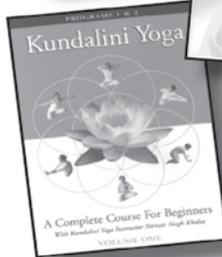
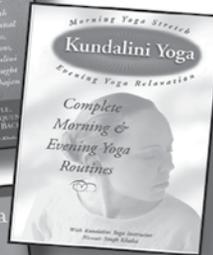
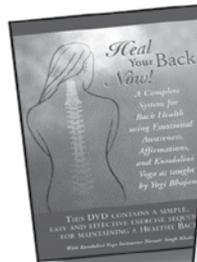
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5:00PM	KUNDALINI YOGA/SAT NAM RASAYAN
6:00PM	DINNER
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MPA STUDENTS OPEN HEARTS AND MINDS IN SYDNEY, AUSTRALIA

By the Miri Piri Academy Administrative Team

Two hundred and fifty people from 10 to 50 years old attended the first ever Miri Piri Academy Camp in Australia to learn, inspire, and practice with each other.

The universal message of Guru Nanak¹ is the heart of all our endeavors at Miri Piri Academy (MPA). Through knowledge, practice, and experience our students learn to see God in all and to serve God in all. The annual Senior Class Trip is the culmination of this effort, an opportunity to demonstrate open hearts and open minds, and to inspire children and young adults from countries around the world.

This year's trip was the most successful in MPA history. It was also the most fun! The travel to Sydney, Australia had its challenges, and at times it seemed like we might not get everyone on the plane, but by God's grace we made it there and back safely, with lots of stories to tell. Everywhere we went, we had the opportunity to talk to people about the Siri Singh Sahib (Yogi Bhajan), our lifestyle, and the school. Some demanded that another school be built in Australia right away, saying that they had been waiting twenty-five years, and that it had been far too long.

After two days of sightseeing and fun, our students began their mission of sharing by leading the *sangat*² of Parklea Gurdwara (Sikh temple) in the *Song of the Khalsa*.³ An instant hit, it was requested at every program afterwards. Later that evening our group led a two-hour class at Suraj Kaur's Sydney Kundalini Yoga Center. Attended by forty students, the excitement was palpable. The participants were blown away by the young teachers who taught from the heart.

Two hundred and fifty people from 10 to 50 years old attended the first ever Miri Piri Academy Camp in Australia to learn, inspire, and practice with each other. For three days the *Chardi Kala Jetha*⁴ and our senior students taught Kundalini Yoga, a first for everyone at the camp. This was followed by classes in Shastar Vidya (martial arts) and Yogic Humanology.⁵

1 The first of the ten Sikh Gurus, a great saint and the founder of the Sikh lifestyle; composer of *Japji Sahib*

2 Spiritual community

3 Written by Livtar Singh Khalsa and sung at the end of Gurdwara service, it recounts main events in Sikh history

4 A group of accomplished musicians comprised of former MPA students, some of whom are now on the MPA staff who play Gurbani Kirtan (sacred music).

5 The applied psychology of the human being, from the perspective of Kundalini Yoga



Participants at the Miri Piri Academy Camp in Australia

Students were divided according to gender and age, and Yogi Bhajan's teachings on yogic lifestyle, men and women, and relationships were shared with eager listeners who said that they had never had the opportunity to discuss these issues with such frank openness and clarity. All of us were inundated by requests for teachers to come and provide further training.

On the last day of camp we showed a video about Miri Piri Academy to about 3000 people. The response was overwhelming. The pile of brochures that we had put on the stage was 'attacked' by an eager crowd. The surprising thing was that it was the children, many of them younger than ten years old, who refused to leave without a brochure. For the rest of that day our MPA students were signing autographs, sharing email addresses, and taking countless pictures with the people they had taught and inspired.

The experience will be remembered as a highlight in the lives of both the camp participants and our students, who came away with a powerful experience of their ability to open the hearts and minds of others through simple love and service.

SELFLESS LOVE

By Guruka Singh Khalsa

*I am God's Beloved, I am never separate from Him
Hold me close, Oh my Love! For I am Love Itself!**

I first started doing Kundalini Yoga in 1970 and *sadhana*¹ soon became a precious part of my day. After *sadhana*, I felt so good; full of energy; alive in every cell of my body. What an incredible experience! But soon I started wondering, “So, what comes next? There must be something more.” And it became crystal clear to me that each of us is given ‘x’ amount of energy in our life, and the fundamental question is, “What do you want to do with your energy?”

So, I fell in love.

Every human being longs for love and acceptance. We spend a lot of time and energy working on our relationships and looking for emotional satisfaction. We discuss “falling in love” and we ask each other, “Have you ever been in love?” Of course, the question assumes that everyone has an understanding of what love is. How else could you answer the question? But what a strange concept it is. I mean, actually... there’s no place else to be, is there?

*The entire fiber of this universe, every molecule, is alive because of love.*²

We all exist, breathe, and communicate in love. Love is the very fabric of existence. The earth loves the rain. The flower loves the sun. The bee loves the flower. The dog loves his master. In fact, the *whole* universe is made of love! The expression “love makes the world go ‘round’” is much more than an expression; it’s a statement of fact.

* “Piyar” from *Furman Khalsa* by Yogi Bhajan, available at www.a-healing.com

1 Daily spiritual practice

2 Yogi Bhajan

*Kabir, the Lord's slave, has discovered
An ocean filled with the nectar of love;
But I find no one disposed to taste it.
When men do not believe my words,
Words from my own experience,
What else can I say to convince them?*³

So what is love anyway? Well, it’s beyond words to express. Love is an experience of selflessness within oneself. Beyond physical love, beyond romance, beyond obsession, passion, and infatuation there exists another realm. It is the love of God. Now there’s a conundrum! *Ek Ong Kaar*—God and the Creation are One: “God and me, me and God are One.”

*The entire Creation is one with God.
But we call its parts by different names.*⁴

If I’m God, does that mean that loving God means loving myself? Well, sure; but it means even more than that. God is love—absolute, pure, infinite, unconditional love. We are all actually made out of love. It’s who we are and what we are.

The first *sutra*⁵ of the Aquarian Age is, “Remember, the other person is you.” Okay, so I’m God and the other person is me. Hmm... we’re both God.

Ah! There lies the most essential truth: There is only One, and tag! We’re all It.

So what now? As everything else falls away and we become grounded in our soul, we begin to live in our own essence;

3 Teachings of Yoga translated by George Feuerstein (page 96)

4 Guru Arjan Dev Ji, the 5th Sikh Guru, from Sukhmani Sahib

5 Section from scriptures; thread; the Five Sutras of the Aquarian Age are five lessons or rules for living in the Aquarian Age written by Yogi Bhajan



PHOTO BY GURUDARSHAN K. KHALSA

our words and actions become singularly marked by kindness and compassion, and that compassion has no limit. That is *Saibhang*, living in the light that is love itself and being spontaneously present in the experience of each moment—on the edge of the infinite moment of creation where love is constantly unfolding. Living in that space, every action becomes *seva*,⁶ and in fact, there’s nothing else to do but serve the One God.

Guruka Singh Khalsa is a teacher, writer, inveterate punster, and the Executive Director of SikhNet. Known by many as “Doctor Hi-Fi,” he loves to play with electronics, computers, music, and words.

6 Selfless service

SOUL MATE: THE FINAL TEST OF THE SOUL

Excerpts from a lecture by Yogi Bhajan, January 15, 1989

When you feel lonely in the very base of you, let your mind catch that longing with the Shabad.

Maya is the shadow of God. Maya¹ lives as God lives. The intention and the intuition given to a man are so that he can see through that shadow to the reality. It's amazing how the darkness is dark, and you are asked to see through darkness to light. That's why this Earth is the test. It's the final test of the soul.

Today people are lonely. They are lonely because they don't have a relationship. There is a yearning for relationship. A female wants to mate with a male. A male wants to mate with a female. This longing in us comes naturally.

I looked deep into myself and asked, "Where does this longing come from? Why do people want to mate?" It's a natural thing. But then—why is it said that this is right and that is wrong? Why are we not free like animals to mate everywhere we can?

Actually, it's very funny. This mating call comes from the soul. The soul feels lonely for God. The soul has a friend called the mind. The soul asks the mind, "Bring my lover to me. Bring my mate to me." And the mind, if it does not have the Guru's *Shabad*,² offers alternatives.

Some people are compulsive buyers. Some people are compulsive sex maniacs. Some people who cannot handle themselves take drugs. People do a lot of things. But the source of all the trouble is the same. It's the call of the soul for mating with God. The soul is dormant. But whenever its yearning comes, whenever it begins to have an understanding, it calls on the mind, "Take me to my love." It wants to mate. Whatever is the impulse in the body, is really the impulse of the soul. There is no other impulse.

Why did Guru Gobind Singh make the *Siri Guru Granth Sahib*³ the Guru? Why did he give us the Shabad? At that moment, when you feel lonely in the very base of you, in your very bones—let your mind catch that longing with the Shabad.

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

2 Sacred sound current (mantra, or words of the Guru)

3 Permanent Living Guru of Sikhs; Words of God embodied in a sacred volume of 1430 pages



When the yearning, the urge, the longing comes from your soul, do you want to satisfy it with Maya? Or do you want to satisfy it with the Guru's Shabad? That is the decisive factor in your life. You have to decide—nobody else can decide it for you.

It is not that something is wrong with the soul. The soul does call. The mating call does come. But what we do, how we use it—that is the issue. You live by the soul. You don't live by money. You don't live by food. You don't live by friends. You don't live by your sexual intercourse. Man wants to communicate with God, and man can only communicate through his soul. The soul wants to communicate with God. Man is the way in between. It's a hurdle. What I am saying is that this longing, this yearning, this urge to mate, this heat, is not human. It is divine. It's God. It is between the soul and God.

Sometime do this as an experiment: when that longing comes, when that yearning, that heat comes—don't let it go. Take the Shabad of the Guru and see whether you can certify for yourself what I am saying. There is a chance. The *rasa*, the juice, the satisfaction from chanting the Shabad is so obvious, so supernatural, so fulfilling, that you may find all of your problems will go away.

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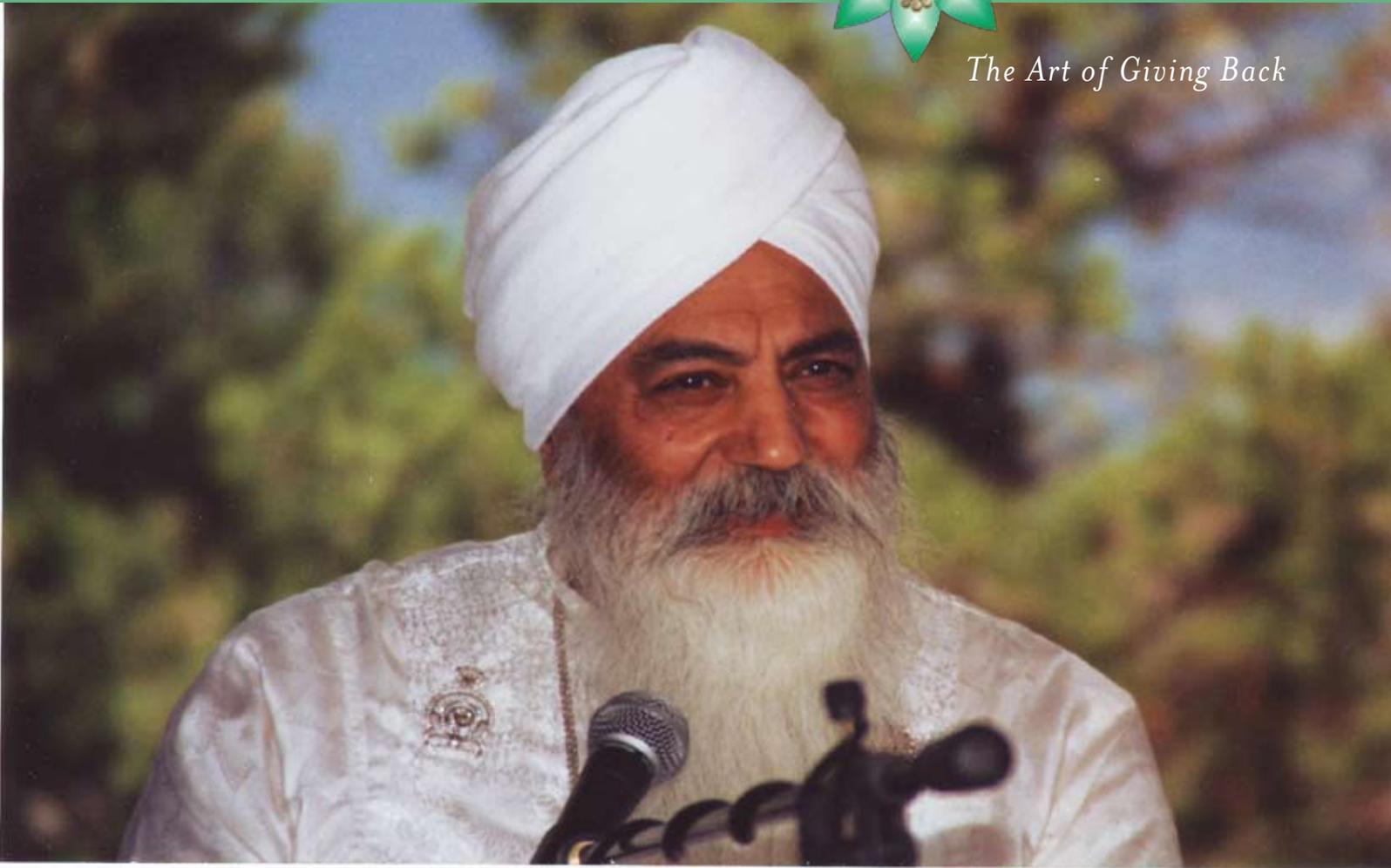
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Wealth Equals an Open Mind and an Open Heart

Excerpts from a lecture by Yogi Bhan
December 29, 2002

Wealth means character, characteristics, straightforwardness, honesty, courage—these are all values.

This life, like an ocean, has waves which are sometimes forty feet, sometimes six feet, and other times they are little waves. The ocean's waves touch the shore. It is a continuous process and it moves with the moon and the axis movement of the Earth.

Similarly our waves as humans move in the excellence of our spirit. Some people do not understand what the spirit and the soul can do for them. They simply know they exist; they do not know why they exist, what makes them exist, and what the purpose of this existence is. This is what brings us to tell lies, cheat, or be hypocrites. We feel that money is wealth—that is not true. Wealth means character, characteristics, straightforwardness, honesty, courage—these are all values. This is all called wealth. We gather together money with the idea that what we cannot get otherwise, we will buy.



Well, you cannot buy courage, you cannot buy character. This is what humans have failed to learn.

Technically, it is correct that we are born to achieve our life. This *karma* is going on and some are very rich and some are very poor. There is no equilibrium because there is no security to keep the equilibrium. Equilibrium does not belong to the wish of the individual. It's the collective will of the people. There are some people who cannot talk truth, who are not open, not straightforward; they are as closed as their books are, as closed as their minds are. Some do not and cannot and will not live with each other, because they say, "Our chemistry doesn't match." The fact of life is that man is a social animal. We need to understand that, in the Infinite sense of existence, we have to exist with each other, no matter what. Love is not lost between two people if they forgive and forget, and are kind, compassionate, and caring. This will give them wealth—wealth and happiness.

We need to understand that in the Infinite sense of existence, we have to exist with each other, no matter what.

Our every act counts, our every word matters. Our life is not limited to the sense that we have passed or failed. We have lost in life—and this loss is a permanent loss—if we do not rise for tomorrow and make ourselves valuable and help others,

serve others, talk to others, open people's minds and hearts, share their dreams, and serve them one way or the other, as we can. That will be very pleasant to everybody's soul.

Life is spirit. The soul that teaches life, the moment it leaves, although no weight is lost, *you* are gone. You are [here] as long as your spirit is, and as long as your soul is. Every day is a day of challenge: how much good have I done today? How kind was I? How many people have I inspired? How many people have I brought to laughter? How many people have I satisfied that they felt alive again? These things matter in life; they are what life is. They are the reality, and they are the religion, and they are the person and personality for which we are human.

Say you become the richest person, then what? What can you do? You cannot eat unlimited *chapatis*¹ when you are hungry! But you can be good to an unlimited strength. You can do some good with your existence. You can be kind and compassionate to your children, give them guidance and give them love to make them follow you.

Some people are very unfortunate; they think if they are not secretive, they are going to lose everything. They are not going to lose anything! God gives to those who are open-minded and open-hearted. Let God come in and prosperity come in. Let God always bless you.

¹ Indian flat bread

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Infinite Love

Give to Dasvandh and Help Spread Light and Love

By Darshan Kaur Khalsa

Love and fear, the old duo pops up again. I wonder at it because Infinite Love seems so beyond all of that, so unlimited, so beyond any preconceptions. But then again, it can't be touched if we have a shadow of fear over us.

Overcoming fear isn't always simple or easy, but it is a worthy ambition, if for no other reason than because the experience of the embrace of Infinite Love is such a beautiful one. But, there are plenty of other reasons to make the attempt: fear stands in the way of progress, growth, and goodness; and fear gives rise to the kind of negative situations we can witness in the world today, such as corporate greed taking over while humanitarian and earth-protective efforts are driven down.

But it's our choice to participate or not, and that is when the subject becomes very, very exciting.

Infinite Love offers us the opportunity to reach up and beyond our normal day-to-day emotions and commotions, to touch something higher than ourselves. By embracing Infinite Love we lift ourselves out of fear; we give ourselves permission to move beyond the mundane and the ordinary.

How do we do it? If you use the image of holding a large ball, it's clear that you can't do anything else but hold the ball. But if you reach for something else, something higher than the ball, the ball falls. Now replace the image of the ball with "fear" and the same principle applies. To reach for "something higher" means to reach for something over and above our daily thoughts and actions. For example, take a successful business woman who wants to change careers and do something that helps children.

While attached to her existential fears about survival (remember the image of the ball), she may not be able to go beyond the fear she is holding. But she can let go of the fear by reaching higher than herself. By embracing Infinite Love through experiencing the joy that comes from working with the children, and the goodness and light she is spreading through her work, she no longer has any hands free to hold the fear.

This is the day-to-day journey of spiritual life. Yogi Bhajan used the word "forklift" to remind us to lift ourselves constantly and to lift those around us. This is the very important work of all spiritual individuals and spiritual organizations today, and it is vastly important. The world needs our positive vibrations, our prayers; it needs us to drop our fears and to serve.

Sikh Dharma International is one such organization. Every day we uplift and serve thousands around the world, contributing to the positive vibrations the Earth is in such need of. Your support helps us spread the teachings that show more people how to vibrate positively, to embrace Infinite Love and to change the world. Please give generously to Dasvandh today. Use the convenient envelope in the magazine to send your contribution. Thank you.

Darshan Kaur Khalsa's current projects are her book, *The Power to Change: The Spiritual Path to Self-Empowerment*, and teaching seminars on *The Power to Change everything including Prosperity, Health, and Global Warming*. She is the co-creator of *Aquarian Wisdom Calendars* and the *Yogi Bhajan Every Day* email service. For courses or consultations contact her at: darshanmay14@yahoo.com



what is dasvandh?

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

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

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Prosperity Meditation: Blossom into Your Potential



No one wants to become limited, because each of us is Infinite; the source of each of us is Infinity. Infinity has everything. When you relate to Infinity, Infinity gives you everything. **Yogi Bhajan**

This meditation is said to cause the heavy area of the vagus nerve¹ to activate. It is also said that this extends the brain, eventually to Infinity, and that the result is that the person meditating will blossom like a flower into his/her entire potential.

Posture: Sit in Easy Pose² (or in a chair with both feet on the ground) with the spine straight. Relax the arms down with

the elbows bent by the sides. Draw the forearms in towards each other until the hands meet in front of the body, about one inch above the navel. Keep both palms facing up, and rest the right hand in the palm of the left hand. Press the thumb tips together.

Eyes: Eyes are one-tenth open and focused on the tip of the nose.

Chant: Inhale deeply and continuously chant the following *mantra* in a low, monotone voice, moving your lips to create the sound.

Mantra: *Sat Nam Sat Nam Sat Nam Sat Nam Sat Nam Sat Nam Wahe Guru*

Time: 11 - 31 minutes.

To End: Inhale deeply, exhale, and relax.

¹ A cranial nerve that carries motor impulses from the brain to many major organs. The vagus nerve controls the muscles of the larynx (voice box), stimulates digestion, and regulates the heartbeat.

² A comfortable cross-legged sitting position; Sukhasan

picture yourself

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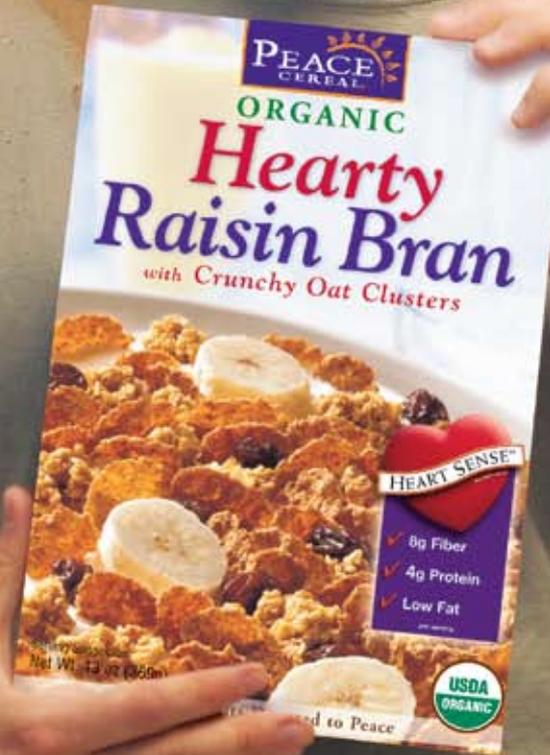
"Take the very earth of this place and put it on your forehead. It will rewrite your destiny."
Yogi Bhajan, lecture on Espanola

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