

# AQUARIAN TIMES

featuring Prosperity Paths



## The Gift of Giving

*“Make an attitude to be in gratitude, you will find the whole Universe will come to you.”*

*Yogi Bhajan*

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## From the Editor

*Aquarian Times featuring Prosperity Paths will reach your door every quarter in 2008!*

Many, many thanks to our readers for taking the time to let us know that you are absolutely, positively counting on receiving *Aquarian Times featuring Prosperity Paths* in print format next year and in the years to come. We were grateful to hear, first hand, of your appreciation for the accessibility of the teachings as well as the community connection the magazine provides. We will continue to strive to serve your needs and the vision of Yogi Bhajan to create a conscious global community—celebrating the joy of living a healthy, happy, holy lifestyle.

October 6, 2007 marked the third anniversary of Yogi Bhajan's passing. It was understood it could take about three years to go through the process of transformation that occurs when a great leader and founder of a community dies. We have reached that crossroads where the responsibility of leadership is being shared by many who have stepped up and answered the call to serve.

In this issue you will learn of outstanding service being done around the globe in places like South Africa, Chile, and at the United Nations in New York where the 3HO Foundation United Nations Office hosted their first workshop entitled, "Spiritual Responsibility and Environmental Sustainability." (See the article on page 9.) How timely, right in synch with the Nobel Peace Prize being awarded to the United Nations jointly with Al Gore for his monumental efforts to bring awareness to the issue of climate change.

We also want to make special mention in appreciation of Dr. Harjot Kaur Singh, who, as an integral part of his medical team, was at Yogi Bhajan's side during the most critical times. We honor her in this issue not only to correct our omission of her service in the Yogi Bhajan Tribute issue of *Aquarian Times* 2004, but also as a way to remember him on this third anniversary of his departure from this Earth. Dr. Harjot was a great comfort and support to him, which of course brought solace to those of us who were with him during that time of his life. (See the article on page 4.)

We present this issue to you with joy and gratitude for all that Yogi Bhajan has given us and to give thanks to each other for Keeping Up together in love and service.

Humbly yours,



Siri Ram Kaur Khalsa

Editor in Chief

**Special Note:** We can now offer International Subscriptions for the cost of shipping & handling. Contact Amrit Kaur, at [ATadvertising@kiit.com](mailto:ATadvertising@kiit.com) for more information.

Cover Painting by Sewa Singh Khalsa: Guru Ram Das the 4th Sikh Guru, the embodiment of compassion, humility, integrity, and service, known for his healing power.

# Meditations for the dawning of a New Age

ਅੰਮ੍ਰਿਤ ਵੇਲਾ ਸਚ ਨਾਉ ਵਡਿਆਈ ਤੀਰਥਾਰ ॥

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# THE SONG OF SEVA

RE-ESTABLISHING CONNECTIONS THROUGH SERVICE

By Nadh Singh

“Seen a lot of rain  
 Seen a lot of road  
 I’ve seen a lot of the road  
 We’re on overload  
 I see it in myself  
 It’s everywhere I go  
 Every one of us  
 Looking for a connection  
 Connection”  
 – Miten, “Connection” from  
*Songs for the Inner Lover*



Seva at the Los Angeles Baisakhi Day celebration

**W**hen was the last time you felt a connection to other people? Have you been searching for a way to do this?

The irony of this day and age, known to some as the age of communication, is that it has never been easier to communicate with people from all over the globe in record time, yet many of us feel even more disconnected from fellow human beings than ever. The rapidity and bulk of information erodes its quality and human color, and can often lead to people feeling overloaded, as the song above suggests. If this rings true for you, then perhaps *seva* is the answer you have been looking for. The word *seva* comes from Sanskrit and literally means “string.” It implies the inherent interconnectedness between human beings. It is through service that this connection is re-established. As a guide to help you remember what *seva* is, here are four handy reminders:

**S: Selflessly devote yourself completely to your task,** and do so with love. If you are asked or offer to do dishes or wash the floors, do so completely. With every brush of the mop or the scouring pad, recognize that there is no unimportant task, and that all acts are acts of love. Selflessly devoting yourself is honoring the divine light within you and recognizing the same divine light within others.

**E: Expect nothing in return.** Often we give our time or energy and expect something in return. Some wait for the favor to be returned, while others anticipate the recognition from a colleague, friend, relative, or supervisor. Like a fisherman who waits patiently in his boat, we too may be waiting for an expected outcome to all our effort and patience, but may be sadly disappointed when the outcome is not quite what we expected. When expectations are attached to the gift of *seva*, then it is bound by conditions, and as such, it is not truly a gift of love, but rather a fish hook of sorts.

**V: Value the string that is inherently present when doing seva.** Honor *seva* for what it is—a connection to your inner self and to others.

**A: Accept others just as they are,** with loving eyes. While you’re at it, accept yourself as you are too! Don’t try to change anyone, including yourself, in the process. Simply let your acts of *seva* reconnect you to the You in you.

**Nadh Singh** is a Kundalini Yoga student who lives in Ottawa, Ontario, Canada. He is a certified public school teacher, stained glass artist, musician, and counselor. He can be reached by e-mail at [terrarium44@yahoo.ca](mailto:terrarium44@yahoo.ca).

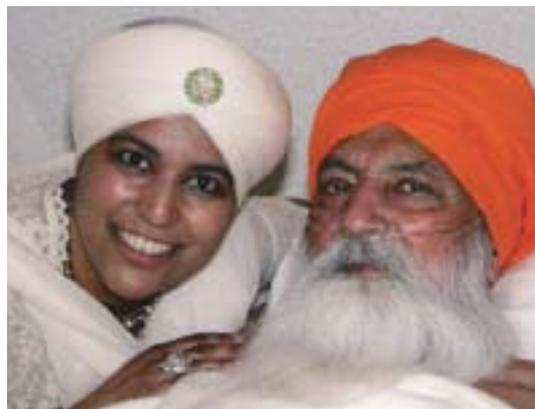
# SERVING THE MASTER

DR. HARJOT KAUR SINGH SERVED AS AN INTEGRAL PART OF SIRI SINGH SAHIB'S (YOGI BHAJAN) MEDICAL TEAM DURING THE LAST YEARS OF HIS LIFE

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Currently Dr. Harjot Kaur Singh practices Family Medicine in private practice in Calgary. She also chairs the Calgary Regional Health Authority Spiritual Care Advisory Committee. Dealing with the spiritual needs of patients in Acute Care, they also encourage all health care professionals to understand that if you acknowledge the spiritual aspect of the patient, you impact the healing process more powerfully.

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The very first time I met the Siri Singh Sahib (Yogi Bhajan), when I was 12, he told me he wanted me to do something in medicine. Then he got a far away look in his eye, and said, “You’ll be really good as a doctor, and people from all over the world are going to come to you, and you are going to heal them. And you are going to heal me too.” After that, every time I met him—every year or so—the only thing he said to me was, “Get that MD degree.” By the grace of God I did.

When I was in medical school, from time to time Yogiji would call me. Sometimes he would say, “I want you to work on this *seva*<sup>1</sup> project. Put 200% of your efforts into it and don’t worry about school.” At other times he’d call and say, “For one week I want you to just study. Don’t do anything else, just study.” And I’d say, “Okay.” He would advise me like that. It was funny because a lot of my colleagues in school were failing their exams, while I wasn’t making it to all my classes, and I was passing. They used to get kind of angry with me and say, “How can this be happening?”

The first time I acted as his personal physician was in 2000 in India. I arrived in Delhi in the middle of the night, the Siri Singh Sahib ji having gotten there about 8-9 hours earlier. He had become ill and I was called to his side early in the morning. He spent two weeks in Delhi recuperating and told me that he was getting in the habit of my being by his side every day and explaining what was going on with his health.

When we returned from India, I made sure to call him from Calgary every morning. That way I remained part of his medical team. He would tell me how his health was faring, or just talk about anything. For at least six months I talked with him every single day, and when possible flew down to New Mexico from Calgary on weekends to see him.

I always remain very grateful to the Guru for the opportunity to serve the Siri Singh Sahib ji—not only as a medical physician, but also by bringing comfort during difficult times. The Siri Singh Sahib ji would say to me, “You are my student, you are my doctor, you are my daughter, and a musician. And also you are my friend.” My entire office knew that I was on call for him, and if I received a phone call from Espanola, they cancelled everything so that I could immediately leave to be with him.

He used to say, “You know, Harjot, all the *sants*<sup>2</sup> know that you are the doctor to the *sants*. When they need you, they will find you and you will need to take care of them. And I have found that to be true. When saintly people travel through Canada, or when I go to other countries, especially India, someone will call and ask me to take care of a saintly person and their unique sort of spiritual needs as well.

On reflection, I think what helps me to be a good physician is my spiritual practice. It provides an additional level of protection and insight. When I was with Yogiji, if he had a health crisis, a *shabd*<sup>3</sup> would just come to me. As I recited it, its spiritual power lent an extra layer of protection. Intuition is a valuable asset to a physician; the *shabd* helped me to know intuitively what to do. I have been told by caregivers that my presence at a patient’s bedside seems to help patients feel more relaxed and secure and that everything about their state of health seems to get a little better when I’m there. They wonder why that is. It’s totally the grace of God, but I believe it’s also the power of prayer and the power of the *shabd*. In short, it’s your spiritual practice as well.

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1 Selfless service

2 A spiritually evolved, saintly person

3 Sound current, Divine word

# ASTROLOGY

## SAGITTARIUS AND CAPRICORN

By Japa Kaur



As the days wane to their shortest length and the nights grow increasingly longer, it is inevitable to feel the hibernating tone of current planetary energy. Our focus becomes internal as we spend more time reflecting on ourselves and our own personal growth. ‘As above, so below’ is the general rule, so take note that as planets shift gears so does the general mood among people, businesses, politics, plants, and animals. Knowing where the planets are, understanding their energy, and working with that energy in a conscious manner help us to make the most of these dark months.

On November 22, the cosmic atmosphere changes gears as the Sun moves into higher-minded Sagittarius. During the four weeks that follow, as the Sun transits this mutable fire sign, the key word for everybody is *truth*.

Sagittarius is the sign of the great archer, with his bow pulled back and his arrow pointed directly at *Sat Nam*.<sup>1</sup> Truth is his identity and truth is what the great archer shoots for. As a result, this is a time of year for us to get focused on our own inner truth. This is a time to look toward higher learning, spirituality, and foreign cultures to inspire us to greater consciousness, awareness, and ultimately our own inner *Sat Nam*.

This four-week period is a terrific time to add three minutes (each side) of Archer Pose<sup>2</sup> with Breath of Fire<sup>3</sup> to your daily practice. Be firm and steady in your stance as you tuck your pelvis under, lengthen your spine, and draw back your bow. Be conscious of where your arrow is pointed and have faith that you will reach the target you are shooting for.

Sagittarius Julie Andrews says that her favorite Kundalini Yoga set is “Sweat and Laugh in the Morning” (found in *Kundalini Yoga: the Flow of Eternal Power* by Shakti Parwha Kaur Khalsa<sup>4</sup>). This set incorporates the two things that Yogi

Bhajan says we must do every day—sweat and laugh. Indeed, this sentiment falls in line with the Sagittarius energy that reminds us to look on the bright side. Sagittarius is about going with the flow, being adventurous, staying light, traveling, living in faith, and having fun.

The time to get serious, grounded, and practical begins on December 22 when the Sun moves into prudent-minded Capricorn. For the four weeks that follow, Capricorn energy will be dominant, thereby reminding everyone to get to work. This is a time to set goals for yourself that you would like to accomplish during the upcoming year. Create a budget for your finances and look to ways in which you can cut back your spending, your consumption, and your waste.

During this period it will be easier to get things done. Your mental focus will be sharp and you will have no problem tackling all of the chores on your list. While Sagittarius marks a time of expansion and growth, Capricorn asks us to consolidate, cut back, and refine.

In addition, be more careful with your time and how you spend it. Put limits on who you talk to and for how long. Capricorn is a conservative sign that calls for you to be more cautious of your energy, so be mindful of your own life force and how and where you direct it.

From December 22 – January 21, while the Sun transits this practical Earth sign, it would be a good idea to add more grounding Kundalini Yoga sets to your daily practice. Capricorn is associated with bones, joints, and the skeletal system. In following with that theme, look to “Self-Adjustment of the Spine” (*Kundalini Yoga* by Shakti Kaur Khalsa<sup>5</sup>), the “Basic Spinal Energy Series” and “Flexibility and the Spine” (both found in *Sadhana Guidelines*<sup>6</sup>) to enrich your daily practice while also staying in alignment with the divine flow of the cosmos.

**Japa Kaur** is a certified Kundalini Yoga Teacher and reads astrological natal charts, relationship compatibility charts, and astrocartography relocation maps. She writes horoscopes for Center.com and is currently writing a book called *American Astrology*. She can be reached at (415) 488-1669 or [japa@ekt.org](mailto:japa@ekt.org). (See ad on p. 23.)

1 *Sat* means truth, *Nam* means identity

2 Stand up with the right foot 2-3 feet in front of the left foot. The right leg is bent and the left leg is straight. Curl the fingers of both hands onto the palms, thumbs pulled back. As if pulling a bow, lift the right arm out in front of you and bend the left elbow, pulling the arm back. Pull the chin in. For more complete instructions see *The Aquarian Teacher Level One Textbook*, [www.kriteachings.org](http://www.kriteachings.org).

3 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, similar to a dog panting but through the nose with the mouth closed

4 Available through [www.a-healing.com](http://www.a-healing.com) and [www.spiritvoyage.com](http://www.spiritvoyage.com)

5 Available through [www.a-healing.com](http://www.a-healing.com) and [www.spiritvoyage.com](http://www.spiritvoyage.com)

6 Available through [www.a-healing.com](http://www.a-healing.com), [www.spiritvoyage.com](http://www.spiritvoyage.com), and [www.kriteachings.org](http://www.kriteachings.org)

# MIGHTY HAIR

IMPROVE YOUR VITALITY AND MEDITATION WITH LONG HAIR

By Deva Kaur Khalsa

Consider the possibility that the hair on your head is there to do more than just look good. Man is the only creature who grows longer hair on his head as he grows into adulthood. Left uncut, your hair will grow to a particular length and then stop all by itself at the correct length for you. From a yogic perspective, hair is an amazing gift of nature that can actually help raise the Kundalini energy (creative life force), which increases vitality, intuition, and tranquility.

## Cut Hair

Long ago people in many cultures didn't cut their hair, because it was a part of who they were. There were no salons. Often, when people were conquered or enslaved, their hair was cut as a recognized sign of slavery. It was also understood that this would serve as punishment and decrease the power of those enslaved.

The bones in the forehead are porous and function to transmit light to the pineal gland, which affects brain activity, as well as thyroid and sexual hormones. Cutting the hair into bangs which cover the forehead impedes this process. When Genghis Khan conquered China, he considered the Chinese to be a very wise, intelligent people who would not allow themselves to be subjugated. He therefore required all women in the country to cut their hair and wear bangs, because he knew this would serve to keep them timid and more easily controlled.

As whole tribes or societies were conquered, cut hair became so prevalent that the importance of hair was lost after a few generations, and hairstyles and fashion grew to be the focus.

The science of hair was one of the first technologies given by Yogi Bhanjan when he came to America. "When the hair on your head is allowed to attain its full, mature length, then phosphorous, calcium, and vitamin D are all produced, and enter the lymphatic fluid, and eventually the spinal fluid through the two ducts on the top of the brain. This ionic change creates more efficient memory and leads to greater physical energy, improved stamina, and patience." Yogi Bhanjan explained that if you choose to cut your hair, you not only lose this extra energy and nourishment, but your body must then provide a great amount of vital energy and nutrients to continually re-grow the missing hair.

In addition, hairs are the antennas that gather and channel the sun energy or *prana* to the frontal lobes, the part of the brain you use for meditation and visualization. These an-

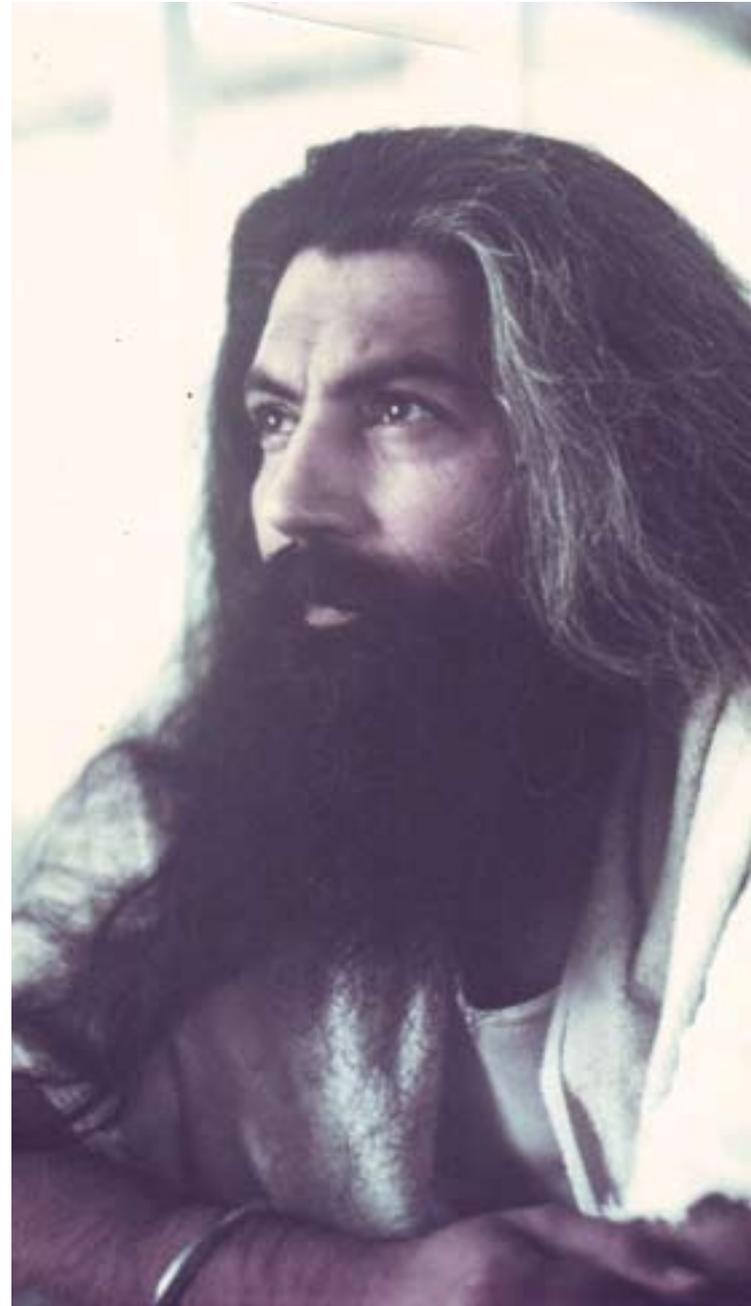


Photo courtesy of 3HO Foundation

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“Our hair fashions might be just a trend, but if we investigate, we may find that we have been depriving ourselves of one of the most valuable sources of energy for human vitality.” –Yogi Bhajan

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tennas act as conduits to bring you greater quantities of subtle, cosmic energy. It takes approximately three years from the last time your hair was cut for new antennas to form at the tips of the hair.

### Kundalini Hair Care

In India, a Rishi is known as a wise one who coils his or her hair up on the crown of the head into a ‘rishi knot’ during the day to energize the brain cells, and then combs it down at night. A rishi knot energizes your magnetic field (aura) and stimulates the pineal gland in the center of your brain. “This activation of your pineal results in a secretion that is central to the development of higher intellectual functioning, as well as higher spiritual perception (Yogi Bhajan).” During the day, the hair absorbs solar energy, but at night it absorbs lunar energy. Keeping the hair up during the day and down at night aids in this process. Braiding your hair down at night will help your electromagnetic field balance out from the day.

### Split Ends

Loose scattered hair can develop split ends. Instead of trimming them and losing your antennas, Yogi Bhajan has recommended applying a small amount of almond oil to your hair overnight so that it can be absorbed before you wash it the next morning. Keeping your hair coiled on your crown and protected with a head covering during the day will help your antennas heal. If you have long hair, see if your experience is different when it is clean and coiled at your crown, or down and loose.

### Wet Hair

One year after Winter Solstice, when Yogi Bhajan was sitting in our living room with wet hair, he explained that he was drying it before putting it up in order to avoid a headache. When you put your hair up wet, it will tend to shrink and tighten a bit and even break as it dries. A better idea is to occasionally take the time to sit in the sun and allow your clean, wet hair to dry naturally and absorb some extra vitamin D. Yogis recommend shampooing the hair every 72 hours (or more frequently if the scalp sweats a great deal). It can also be beneficial to wash your hair after being upset to help process emotions.

### Wooden Comb

Yogis also recommend using a wooden comb or brush for combing your hair as it gives a lot of circulation and stimula-

tion to the scalp, and the wood does not create static electricity, which causes a loss of the hair’s energy to the brain. You will find that, if you comb your hair and scalp front to back, back to front, and then to the right and left several times, it will refresh you, no matter how long your hair is. All the tiredness of your day will be gone. For women, it is said that using this technique to comb your hair twice a day can help maintain youth, a healthy menstrual cycle, and good eyesight.

If you are bald or balding, the lack of hair energy can be counteracted with more meditation. If you are finding some silver strands in your hair, be aware that the silver or white color increases the vitamins and energy flow to compensate for aging. For better brain health as you age, try to keep your hair as natural and healthy as you can.

### Tagore’s Hair

Yogi Bhajan told us this story about hair many years ago at Women’s Camp in New Mexico: Recognize how beautiful and powerful your hair is—that when you keep it, you live a life of fulfillment in this world. When Rabindranath Tagore, the great poet who found God within himself, tried to meet a friend on a steamer ship, the friend didn’t recognize him and so wrote him a letter. “We were on the same steamer, but I didn’t find you.” Tagore said, “I was there.” His friend said, “I understand you are now a God-realized man, and I would like to know what your first action was when you became aware of the Oneness in all.” Tagore said, “When I realized the Oneness of all, I threw my shaving kit into the ocean. I gave up my ego and surrendered to nature. I wanted to live in the form that my Creator has given me.”

When humans allow their hair to grow, they are welcoming the maturity, the responsibility of being fully-grown, and fully powerful. That is why you will find grace and calmness in a person with uncut hair from birth, if it is kept well. The Creator has a definite reason for giving you hair.

It is said that when you allow your hair to grow to its full length and coil it on the crown of the head, the sun energy, *pranic* life force, is drawn down the spine. To counteract that downward movement, the Kundalini life energy rises to create balance. In Yogi Bhajan’s words, “Your hair is not there by mistake. It has a definite purpose, which saints will discover and other men will laugh at.”

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**Deva Kaur Khalsa** trains Kundalini Yoga teachers and teaches Kundalini Yoga in South Florida. She has been a student of Yogi Bhajan for over 35 years. She is co-owner of Yoga Source in Coral Springs, Florida, and can be reached at [www.MyYogaSource.com](http://www.MyYogaSource.com).

2007

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in the consciousness of  
the One Creator."*

**Yogi Bhajan**

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*Save the dates for 2008*

Summer Solstice Sadhana, June 20-28

Winter Solstice Sadhana, December 19-25

# 3HO FOUNDATION UNITED NATIONS OFFICE HOSTS ENVIRONMENT WORKSHOP

By Deva Kaur Khalsa

*Global Warming wasn't yet a 'hot' topic in his day when Mark Twain famously said, "Everybody talks about the weather, but nobody does anything about it." Well, Deva Kaur, representing 3HO Foundation, has been working with the United Nations "to do some things about it" as well as other issues the NGO<sup>1</sup> community addresses at the UN. Here is her report.*

"Spiritual Responsibility and Environmental Sustainability," was the title of the workshop co-sponsored by 3HO Foundation, United Nations Office at the Annual Department of Information (DPI) Non Governmental Organization Conference at United Nations headquarters in New York in September of 2007. The Conference theme was "Climate Change: How it impacts us all." Sat Jivan Singh, Sat Kirin Kaur, and Kuldip Singh of New York, Jai Singh and Siri Ram Kaur of Boston, and Deva Kaur of Switzerland represented 3HO Foundation at the Conference.

Three key issues addressed were:

- 1) The relationship between human awareness and the quality of the environment
- 2) The connection between the laws of nature and the laws of human evolution
- 3) The place of spirituality in the environmental debate

In the words of Chief Oren Lyons,<sup>2</sup> "The environment isn't over here. The environment isn't over there. You are the environment." In this light, the workshop aimed to examine the important choices that our generation faces and that our children face: the choices that will determine the nature of our lives, the lives of our children, and of future generations. Humanity has a choice and that choice is to make peace with our Mother Earth.

In her presentation, Louise Diamond, Co-Founder and President Emeritus of the Institute for Multi-Track Diplomacy, recalled the basic truth of our connectedness and how we need to implement and incorporate our understanding, within our spiritual and physical lives, that *we are one with all that is*.

Sat Dharam Kaur, Naturopathic physician and Kundalini Yoga Teacher, addressed the link between environment and health and called for an environmental code of ethics.

Nancy Roof, Founder and Editor of the integral global journal, *Kosmos*, reminded us of the sacredness of the Earth, our common humanity, and our common future.



Dr. Elizabeth Bowen, former President and UN Representative of Physicians for Social Responsibility and Representative of the Baha'i International Community, introduced the "Millionth Circle"<sup>3</sup> and she encouraged us to come together as one in solidarity with the Earth. "When a critical number of people change how they think and behave, a new era will begin."

The second part of the workshop invited the participants to discuss the questions, "What am I personally doing in terms of spiritual responsibility to encourage environmental sustainability?" and "What can we do more efficiently as NGOs, that we are unable to do alone?"

The workshop was well attended by NGOs, Government Ministers, and Representatives of Governmental Missions, and provoked lively discussion, producing a range of solutions which were educating, encouraging, and inspiring.

The workshop conclusions were:

- Peace with the environment is union with the environment;
- Peace with the environment is the essence of our material and spiritual evolution as a human race;
- Peace with the environment is the foundation of a disease free society;
- Peace with the environment is the most powerful way of nurturing the values of life.

The workshop closed, as it began, with one minute of silence.

---

**Deva Kaur Khalsa** of Switzerland is the Chief Administrative Officer and Main UN Representative for 3HO Foundation. She shares the teachings of Kundalini Yoga as she travels throughout the world serving the mission of the Office of 3HO Foundation, United Nations Office. For more information, please email [NGO@3HO.org](mailto:NGO@3HO.org).

<sup>1</sup> Non Governmental Organization

<sup>2</sup> Faithkeeper of the Turtle Clan, Onandaga Nation, Haudenosaunee (Six Nations Confederacy) and Associate Professor in the American Studies Program at the State University of New York at Buffalo

<sup>3</sup> Refers to the circle whose formation tips the scales and shifts planetary consciousness. The phrase comes from Jean Shinoda Bolen's book, *The Millionth Circle: How to Change Ourselves and the World*

# KUNDALINI YOGA

## EXERCISE SERIES FOR THE HEART

This *kriya*<sup>1</sup> for the heart is challenging, energizing, and balancing. It is meant to stimulate the blood circulation, bring a lot of *prana*<sup>2</sup> to the chest, and help to reduce tension and the impact of stress hormones on the body. Be sure to go deeply into the slow deep breath, inhaling *Sat* and exhaling *Nam* in the last exercise. It will relax and rejuvenate you.



Before practicing Kundalini Yoga or sharing it with others, tune in to your higher self and the ancient lineage of this science with the mantra *Ong Namō Guru Dev Namō*.<sup>3</sup>

1. Sit in Easy Pose<sup>4</sup> with the hands in Active Gyan Mudra (forefinger curled under the thumb with the other 3 fingers straight), and the wrists resting on the knees with the palms facing up. Inhale in 3 equal parts, hold the breath a few seconds, then exhale in 3 equal parts and hold the breath out a few seconds. Repeat 5 times, then relax.

2. Sit with the legs extended in front of you, feet together, toes pointed. Raise the arms out to the sides at a 60 degree angle to the floor, with the palms facing each other and fingers stretched open like antennae to draw in energy. Raise the left



leg (keeping it straight) to chest level. Begin Breath of Fire<sup>5</sup> and continue for 3 minutes. Inhale, exhale, and relax for 1 minute. Repeat with the opposite leg for 3 minutes. Then relax for 3 minutes.

5 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

1 A combination of posture, mudra, mantra, breathing, and rhythm; a kriya can be one exercise or a specific sequence of exercises

2 The life force or vital air above the navel center

3 For instructions, see *The Aquarian Teacher Level One Textbook* or *Kundalini Yoga Sadhana Guidelines*

4 A comfortable, cross-legged, sitting position; Sukhasan



**3.** Lie down on your back and lift yourself into Platform Pose, supporting your entire body with only the heels of your feet and your elbows. Place your hands in fists at the sides of your chest. Press the toes down towards the ground. The body should be in a straight line from head to toe. Begin Breath of Fire and continue for 3 minutes. Then inhale and hold the breath for a few seconds, exhale, and relax. Relax on the back for 2 minutes.



**4.** Lying on the back, raise the legs to a 90 degree angle, keeping the legs together. Catch the toes with the hands and straighten the knees. Begin Breath of Fire and continue for 3 minutes. Then inhale, exhale, and relax on the back for 2 minutes.



**5.** Stand up and rise up on the toes with the heels together (5A). Extend the arms parallel to the ground in front of you. Begin Breath of Fire and continue for 3 minutes. Then inhale and slowly crouch into Crow Pose (squatting with the feet flat on the floor, and the spine straight) (5B). This may produce a cold feeling in the hands. Hold for as long as is comfortable up to 1 minute, then exhale and relax.



**6. Cat/Cow:** Come onto the hands and knees with the hands shoulder-width apart, fingers facing forward. The knees are directly below the hips. Inhale into Cow Pose, tilting the pelvis forward and arching the spine down. Bring the head up and back without scrunching the neck (6A). Exhale into Cat Pose, tilting the pelvis in the opposite direction, arching the spine up like a frightened cat, and bringing the chin into the chest (6B). Do this exercise rapidly for 1 minute, coordinating the movement with the breath (inhale into Cow, exhale into Cat). Then sit in Easy Pose and relax for 2 minutes.

**7.** Sit in Easy Pose, apply Venus Lock behind your back (men interlace the fingers so that the right thumb rests on the fleshy mound at the base of the left thumb, the left thumb rests on the webbing between the right thumb and index finger, and the left little finger is on the outside (7A). Reverse the fingers for women). Focus the eyes at the Brow Point.<sup>6</sup> Chant *Ong* as you lower the forehead to the floor, raising the arms up to a 90 degree angle behind you (7B). Chant *Sohung* as you rise into the original sitting position. Continue for 3 minutes then relax.



**8.** Sit in Easy Pose with the hands in Gyan Mudra.<sup>7</sup> Calmly meditate on the breath, as it leaves and enters your body, silently inhaling *Sat* and exhaling *Nam*. Continue for 10 minutes, then inhale deeply, exhale, and relax.

<sup>6</sup> Close the eyes and focus at the root of the nose, between the eyebrows, and up about 1/8 inch.

<sup>7</sup> The tip of the thumb and index finger touch and the rest of the fingers are straight

# DEDICATION TO SERVICE IN SOUTH AFRICA

By Pritam Hari Kaur Khalsa

“[South Africa] is a country in which one can expect the unexpected. An inspiration for all. What made it possible was the determination of the people... to work together ... to transform bitter experiences into the binding glue of a rainbow nation.”  
— UN Secretary General Kofi Annan

South Africa is a many-faceted country with many challenges. It has traits of both first and third world economies that influence each other and are still undergoing a great process of learning to harmonize with each other. Yogi Bhajan sent my husband Har Bhajan Singh here in 1985, or actually I should say, ‘returned’ him, post haste, to the country of his birth. Two years later he gave us his blessing upon our engagement and asked me to teach here. I relocated from my ashram life in Germany. These early days were interesting times to say the least. They were the last tense years before the demise of Apartheid. I remember one newspaper would leave big empty spaces on its pages as a visual protest indicating that content had been censored in this so-called “state of emergency.” The atmosphere was a bit heavy. Har Bhajan Singh started a natural foods store in Johannesburg, the economic capital known as the City of Gold. The store was called Fruits & Roots. In addition, we merrily taught our few yoga classes and offered early morning *sadhana*.<sup>1</sup> After all, ‘when things are down and darkest’ what better thing to do than share techniques and products that lift our spirits?

Two decades later, I bow my head to the energy and dedication of the many incredible Kundalini Yoga practitioners and teachers in South Africa. Somehow, in this ‘new’ South



Har Bhajan Singh, Hari Bhajan Singh, and Pritam Hari Kaur, Johannesburg, South Africa

Africa, Aquarian beings honor the call from the heart by serving and benefiting their communities.

In Cape Town, Maha Mataji, Atma Kaur, recently moved to Barrydale in the Klein Karoo (a semi-desert area towards the interior), opening her yogic retreat centre, Little Samadhi. Anton Casciati runs Guru Ram Das Studio, a healing centre where students of Kundalini Yoga teachers Yogi Prana and Linda Kantor/Siri Atma Kaur take classes. And it is always a good place for *sadhana*, followed by breakfast.

George Golding created a website that enables members of the public to bypass organizations and directly support a cause or individual. Dorly Viollier/Siri Ram Kaur holds Kundalini Yoga for Menopause classes from her exquisite studio in up-market Camps Bay. She also serves *langar*

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Group lunch at Johannesburg Teacher Training course

(free community kitchen open to all regardless of religious background) to the homeless. Deirdre Rhodes/Patwant Kaur teaches Kundalini Yoga and drama classes to women in an inner city museum. Sat Siri Singh, a Webmaster by trade, teaches beginners classes.

Jai Jagdeesh Kaur is the founder of St. Joseph's ([www.stjosephsaep.co.za](http://www.stjosephsaep.co.za)), an award-winning community program with various yoga in-house and outreach projects including retreats in Betty's Bay, and classes in prisons, and in the maximum forensic unit at the state mental hospital. She is a journalist and filmmaker, who consistently features Kundalini Yoga in her work. She created *Beautiful As Butterflies*—a documentary in which she charts the healing journey through Kundalini Yoga of four women from abused backgrounds (see story in *Aquarian Times* July 2006). As a free-lance journalist, her essays on Kundalini Yoga always appear in mainstream publications!

Brad Baard, who is in the Teacher Training program, is an events organizer, currently working on smoke-free, drug-free, big open air Aquarian dance parties. Gurujot Singh from Herndon, Virginia, often visits Cape Town on business, where we hope one of these days he and his wife, Gurumeet Kaur, will make a more permanent home for themselves.

In Durban, architect and teacher Bruce van Dongen/Nihal Singh is building a fantastic retreat centre called Sattva

Anjali in an urban nature reserve overgrown with indigenous forest. Barbara Leiman/Satwant Kaur teaches Kundalini Yoga and gives esoteric astrological readings.

In Johannesburg, Coco van Oppens/Didar Kaur teaches children's yoga and is a teacher trainer. She is currently working on a seed money-sponsored documentary about the European Yoga Festival. Ravi Kaur is the mother of Atma Singh who completes his schooling at Miri Piri Academy<sup>2</sup> this year, and also the mother of little Sat Nam Kaur. She conducts individual yoga and counseling sessions, holds retreats, and is studying for a degree specifically aimed at counseling people with HIV/AIDS. Her husband, Jono de Vries aka Jiwan Singh, is an award-winning documentary filmmaker. Both were part of the political resistance during the years of Apartheid. Devi Kaur donates community

time to a home for young girls who were trafficked children rescued from being sex-workers. Karin Geldenhuys/Balwant Kaur created a yoga centre called Shakti Khaya on top of one of the many rocky ridges that intersect the city of Johannesburg. She plans to sell it after a recent armed robbery and because she now spends more and more time in India.

Jane Sonnenberg/Patwant Kaur is a dedicated *Sat Nam Rasayan*<sup>3</sup> healer and family constellation therapist. She hosts Guru Dev Singh<sup>4</sup> when he comes here to teach *Sat Nam Rasayan*. Siri Dharma Kaur is a lawyer and her service is through playing music, teaching at a drug rehab centre with Baba Kaur/Dr. Delia Robertson, and teaching at an AIDS orphanage. Samantha Skyring/Karta Kaur reaches out to black rural children through drumming and yoga; her project is called 20,000 Drums. Simran Kaur and Hari Singh/Jabu Mashinini, both trained mediators as well as Kundalini Yoga teachers, teach non-violent communication (à la Marshal Rosenberg) in black township schools. Dena/Liv Avtar Kaur took to heart the encouragement to find a *seva*<sup>5</sup> project and, in record time, found an orphanage

2 An international elem-high school in Amritsar, India that promotes the development of leadership skills

3 Ancient healing art based on the application of the meditative transcendent mind

4 The founder of the School of Sat Nam Rasayan

5 Selfless service



Siri Dharma Kaur, Siri Dattar Singh, and Mxolisi, Siri Dharma's foster child

in the black township of Alexandra where she now teaches. Har Bhajan Singh recently created a class in Soweto, the large African township in the South of Johannesburg.

So on and on goes the list of these stellar, dedicated human beings. The growth of Aquarian consciousness in South Africa, it seems, is always a process of reaching out to people in need. With a 40% unemployment rate, every working person has spheres of influence like a stone

dropped into a still pond, which support many members of their extended families. Despite the well-known crime statistics, we love the directness and vibrancy of Africa and are grateful to serve the Guru's plans here. With the demise of Apartheid, more and more Sikhs of Indian descent come to live and work here and, as of last year, Johannesburg has a beautiful and lively Gurdwara.<sup>6</sup>

In addition to our two companies, Fruits & Roots ([www.fruitsandroots.co.za](http://www.fruitsandroots.co.za)) and Earth Products ([www.earthproducts.co.za](http://www.earthproducts.co.za)) and teaching and training, we hosted and co-taught two KRI Level 2 Teacher Training courses here in April and May of this year: *Conscious Communication* and *Authentic Relationships*. We now have a date for our second White Tantric Yoga Course: May 31, 2008, in Cape Town, and we invite you cordially to share with us and bring your special energy here!

**Pritam Hari Kaur Khalsa** began practicing Kundalini Yoga and living in the ashram in Hamburg, Germany in 1981. In 1986 Yogi Bhajan asked her to go to South Africa, where she has two natural foods businesses with her husband Har Bhajan Singh. They conduct Teacher Training and have one son, Hari Bhajan Singh who has recently graduated from Miri Piri Academy.

Reprinted from *Kundalini Rising* newsletter, Spring/Summer 2007

<sup>6</sup> Sikh temple or place of worship, the "gate of the Guru"

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# THE ART OF GIVING

ONE WOMAN'S RADIANCE REACHES ACROSS THE BAY

By Jiwan Shakti Kaur and Updesh Kaur

## Prayer

Lord God,  
Bless me with healing.  
Allow me to feel close to your heart.  
Grant my body ease.  
Give my mind peace.  
Strengthen my immune system.  
Keep me focused on victory.  
Delete all cancer from my body.  
Hold me, my husband, my doctors,  
my healers, and my friends in  
your embrace.  
Allow me the consciousness  
of gratitude.  
May I live, breathe and  
vibrate the Naad.  
Sat Nam  
– Dyal Kaur



Dyal Kaur

**D**yal Kaur, fondly known as Martha (Arruda), and I first met at Winter Solstice. I remember how excited I was to meet her. I lived an hour or so away from her in North Tampa, and had heard many beautiful things about her from some of the students I was teaching and from studios she had taught at in the past. My heart danced with delight to be in her presence—she radiated such warmth and kindness. Her smile truly lights up a whole room!

I was new to the area, and she immediately welcomed me with open arms and introduced me to other Kundalini Yoga teachers and students from the Clearwater area. She would invite me to lunch, refer Tampa students to my classes, inform me of events that were being offered, and extended an invitation to join the local Yoga Teachers Association, making me feel like I was part of the community.

Early in our friendship I recognized Dyal Kaur's commitment to creating community. Over the years, she has encouraged her students to attend Teacher Training courses in New Mexico and in the summer of 2001, when three of her students returned from Teacher Training, she arranged for a local studio to offer space where the students and teachers could come together for morning *sadhana*<sup>1</sup> every Saturday for the past six years.

The community of Kundalini Yoga teachers bloomed from one to four to ten. Dyal Kaur provided opportunities for these new teachers to gain experience and confidence. She would have them substitute teach when she was away, and seek out potential teaching opportunities with studio owners interested in offering more Kundalini Yoga classes and connect them with these new teachers.

<sup>1</sup> Daily spiritual practice

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She continues sharing, opening community, and reminding us all with her presence how beautiful it is to have each other not only in good times but in trying times as well. She reminds us how in giving we all truly can receive.

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Dyal Kaur operates from a place of abundance and understands the true definition of yoga: union. As the senior Kundalini Yoga teacher, she encouraged one teacher to take the prenatal yoga course, which has now been taught in the Clearwater area for over five years. She assisted in the New Mexico Teacher Training at Ghost Ranch and provided assistance during student practicums there for two years. From the day we met, she spoke of bringing Kundalini Teacher Training to the Clearwater area, saying over and over again how, “This area needs more teachers.” Her heart’s desire is to share these teachings with as many people as possible; she has shared her vision, she prayed, and at Winter Solstice 2006 she applied to the Aquarian Teacher Academy for a Teacher Training course in Clearwater. It was going to happen...or was it?

In January of 2007, Dyal Kaur was diagnosed with stage four lung cancer. She contacted Hari Charn Kaur from the Teacher Training Academy to withdraw, stating, “My only regret will be that I never brought Teacher Training to the Clearwater area.” In January, Dyal Kaur began the arduous process of determining the best course of medical treatment to eliminate the cancer from her body. She reached out to the community to share her experience, once again initiating a new level of giving and receiving for all. The local Kundalini Yoga teachers came together to support her; the first Healing Ring of the Tantra meditation was conducted on the full moon, February 2nd. It brought together a community of over sixty people who continue to come together every month.

Dyal Kaur continues to be there for the community by sharing what she’s going through. She created a blog (<http://marruda.blogspot.com>) to keep the community apprised of her progress and process. I was amazed at how open she has been with us. She continues sharing, opening community, and reminding us all with her presence how beautiful it is to have each other not only in good times but in trying times as well. She reminds us how in giving we all truly can receive. When I think of a yogi’s grace, someone who has the community’s best interest at heart, someone who shares from the heart, it is she who exemplifies that!

Dyal Kaur’s giving has never stopped. When Hari Charn Kaur heard Dyal Kaur’s dream she began contacting Teacher Trainers to bring the training to Clearwater, Florida, in support of Dyal Kaur’s healing and legacy. Hari Charn Kaur con-

tacted Teacher Trainer Deva Kaur of Coral Springs, Florida and Updesh Kaur of Clearwater (Administrator) and planted the seed to begin the initial planning for the first Clearwater Kundalini Yoga Teacher Training.

Deva Kaur, as the Lead Trainer, reached out to her circle of fellow Teacher Trainers and partnered with some of the best. The Clearwater Teacher Training began to take shape. The dates were selected, brochures printed, and the training team confirmed. Besides Deva Kaur, the team includes the following from New Mexico: Pritpal Kaur for Postures, both Dev Suroop Kaur and Sangeet Kaur for Sound and Mantra, Shanti Shanti Kaur for Yogic and Western Anatomy, Gurucharan Singh for Mind and Meditation, and Hari Charn Kaur representing KRI.

The last remaining piece required for the Teacher Training was securing a location and Dyal’s prayer was being answered as if by a miracle when Inder Kaur (Linda Wilkerson) and Sunder Kaur (Jamie Luber) each had a beautiful vision of opening a yoga studio and a desire to build community. With encouragement from Dyal Kaur and direct input from Harnal Singh (Phil Lokey), Sunder Kaur reached out to Inder Kaur to pursue their vision. The lease was finalized in the spring of 2007 and the studio held its first sadhana on Saturday, August 4th. Both women graciously offered to host the first Clearwater Kundalini Yoga Teacher Training course.

The local Kundalini Yoga teachers are also coming together in support of Dyal Kaur, the Teacher Trainers, and the Clearwater Teacher Training course. They include Inder Kaur, Sunder Kaur, Harnal Singh, Shire Eaton, Chris Fanelli, Kim Hehr, Crysta Mitcher, Margaret Stewart, Updesh Kaur, and Jiwan Shakti Kaur.

So many people within the 3HO community are making this happen. So many people are giving, and it is truly a reflection of our Teacher, Yogi Bhajan, and the many gifts he gave to us. Dyal Kaur is a reminder of how the radiance of one woman who shares and gives so much can reach far beyond the bay and inspire so many to come together and be as One.

Yogi Bhajan says, “Patience pays, wait. Let the hand of God work for you. If you need millions of things, millions of things will come.”

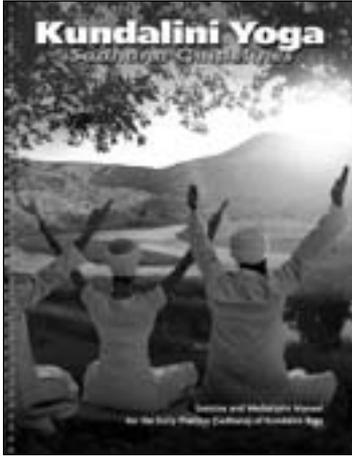
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You can check out the new Clearwater studio at [www.ayogavillage.com](http://www.ayogavillage.com) and the Clearwater Teacher Training course at [www.ClearwaterKYTT.com](http://www.ClearwaterKYTT.com).

# KRI PRODUCTS

## BOOK REVIEWS

### **Kundalini Yoga Sadhana Guidelines, 2nd Edition**



First published in 1974, *Kundalini Yoga Sadhana Guidelines* has become the best selling Kundalini Yoga manual of all time. Designed for the beginning student, the 2<sup>nd</sup> Edition clearly describes and illustrates the practice of Kundalini Yoga exercises and meditations. These techniques have been drawn from the great wealth of teachings of Yogi Bhaijan. The 2<sup>nd</sup> Edition also includes

several new *kriyas*<sup>1</sup> and meditations, new articles about the history and technology of *sadhana*,<sup>2</sup> and new illustrations throughout.

Over 30 exercise sets (*kriyas*) and 15 meditations will guide you into the experience of your vastness and beauty as a human being. Practiced correctly, each touches and activates different potentials of the self, and strengthens and balances the body systems. Cherish each of these techniques as a precious jewel, to be practiced and experienced on your way to physical health, mental and emotional balance, and the experience of expanded awareness.

New to this edition:

- A comprehensive history of the *sadhanas* Yogi Bhaijan gave over the years.
- The Aquarian Sadhana, the core of our practice until the year 2012
- A revised and updated essay from Gurucharan Singh Khalsa, Director of Training for the Kundalini Research Institute
- New Illustrations by Harijot Kaur
- Several new meditations and *kriyas*

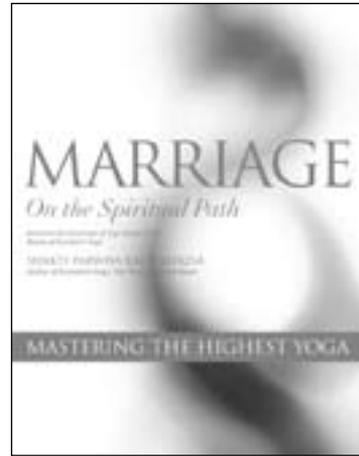
*Kundalini Yoga Sadhana Guidelines* provides great ideas and techniques for building your own personal spiritual practice. Life is as we make it. Open these pages and design the next steps on your journey of a lifetime.

<sup>1</sup> A combination of posture, mudra, mantra, breathing, and rhythm; literally means completed action; a *kriya* can be one exercise or a specific sequence of exercises

<sup>2</sup> Daily spiritual practice

### **Marriage on the Spiritual Path: Mastering the Highest Yoga**

By Shakti Parwha Kaur Khalsa



“Marriage is a carriage of happiness through the test of time.”  
—Yogi Bhaijan

This is a practical guide to understanding and achieving a successful spiritual marriage while keeping up with the demands of daily living in the 21<sup>st</sup> Century. Based on the teachings of Yogi Bhaijan, it includes inspiring personal stories candidly revealed by those on the spiritual path; practical advice from marriage counselors; transcripts of Yogi Bhaijan’s lectures on marriage; and yogic technology—mantras and meditations that work.

Shakti Parwha Kaur Khalsa was Yogi Bhaijan’s first student in the U.S. She witnessed many younger students jump into marriage without a clue as to the real meaning of this lifelong commitment. She initiated a “Don’t Get Married” talk in which she pointed out the difference between romance and reality, and urged young people to think carefully about what they were doing and why. This book is an expanded version of the advice Shakti has been giving for many years.

She offers a pragmatic approach to a most mystical union, marriage—the highest yoga. *Marriage on the Spiritual Path: Mastering the Highest Yoga* is a primer on how to approach the most important decision you’ll ever make—and a reminder to those who’ve already made it: How to be happy, how to be committed, and how to successfully unite in an often divided world.

Both of these books are available through [www.kriteachings.org](http://www.kriteachings.org)



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- Yogi Bhajan -

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## \* Kundalini Beat \*

by Dev Suroop Kaur

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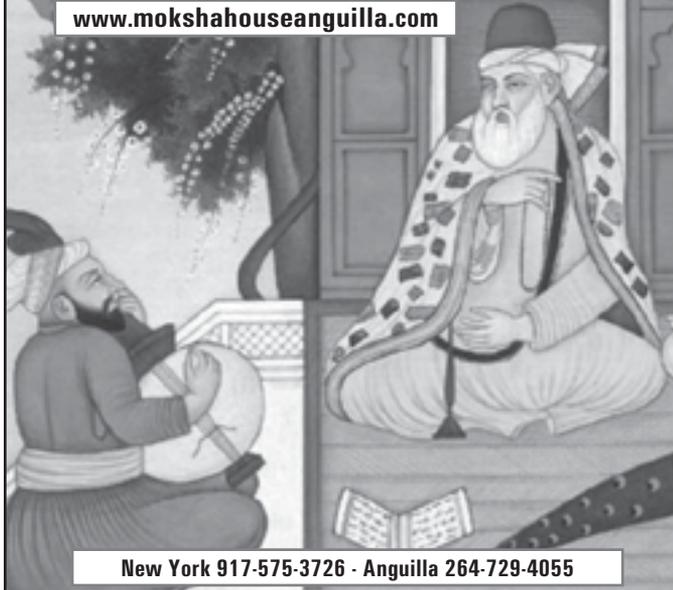
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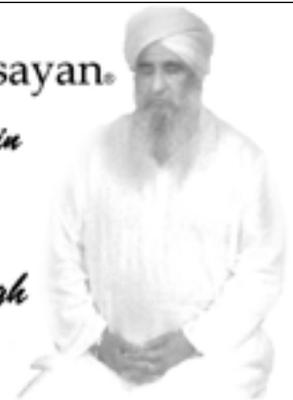
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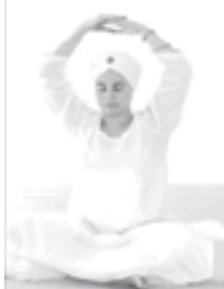


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to all*

*Peace  
to the Universe*

*May there be peace  
in the world*

*May there be peace  
all over the world,  
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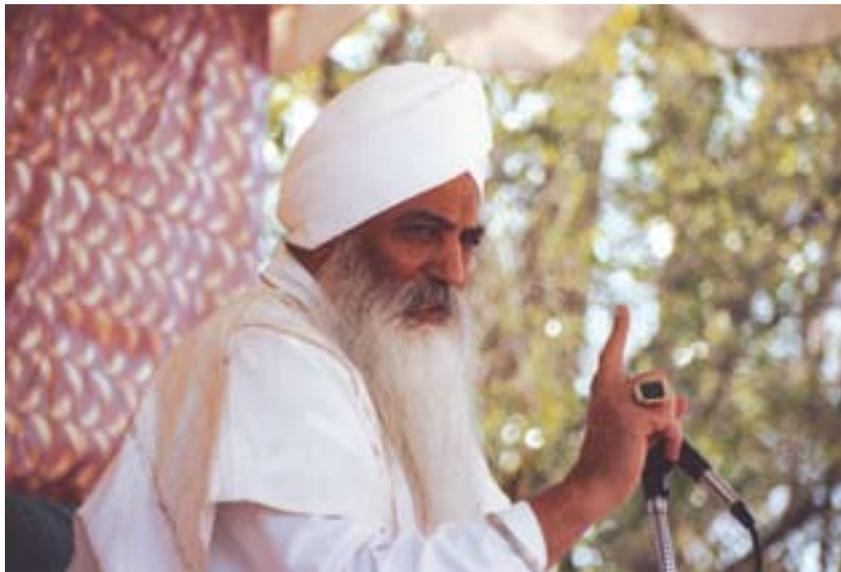
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# CONSCIOUS COMMITMENT

Excerpts from a lecture by Yogi Bhanan, July 10, 1995



to increase the vitality, the surroundings of somebody, giving somebody grace.

Whether you are single or you are married, or you are this or that, I don't know what you all are. But one thing you have is the spirit. It is the spirit which takes the birth, not you. It is the spirit which has to be delivered. That's the destiny.

One day a great football player came to me, and he wanted to learn meditation. He came to my class, and he was introduced by someone known to me. I said, "Why do you want to meditate?" He said, "Just give me something which should be enough for me to be human." I said, "You are a very well known football player." He said, "It doesn't

**T**here is only one thing to understand. Living is a commitment.

Animals live by impulse. For the most part, they don't store food or those kinds of things, although they store a little bit here and there. But every day they live by impulse. They know they have to go hunting, birds know they have to go and pick up seeds, and they have to live.

In the ocean, the fish eat the fish indiscriminately. Man eats the fish. Fish eats the fish. So on this Earth, life has a purpose. You love the eagle. The eagle is beautiful. And you love the rabbit. But the rabbit is the breakfast of the eagle. You can't tell the eagle, "Please come and eat pancakes." That's not his food.

When you see scenes like these you say, "What is going on?" Yes, life is a commitment, an impulsive commitment. But for the human it is a conscious commitment. That is the difference.

The difference between the animal and the human is that the human has conscious commitment and the animal has an impulsive commitment. But without commitment, there is no living.

It is human nature to create a sociological impact by psychological sound. From this basic nature you can understand humans are conscious of making an impact on each other. Love is *seva*. It's offering yourself and helping

matter. I will go to God and tell Him I played football? That's why I came to you. I have played football. I have done all that I have to do. I have made money. I have a family. I have enough injuries. I can still play two, three years, but I don't want to be injured more and be a cripple. I just want to retire. I can afford it. But I want to meditate."

I said, "I will give you some very powerful things, so that you don't have to worry." I gave him *Sa Ta Na Ma* Meditation<sup>1</sup> and *Sat Kriya*<sup>2</sup> to do. I said, "That will take care of everything." I also gave him *Sodarshan Chakra Kriya*<sup>3</sup> with the breath. He took notes of everything.

He said, "Thank you, Sir." He just realized that one day he has to die, and playing football and having a name and having credit cards and so much of this, so much of that, is not enough.

You are being rich, you are being poor, you are being healthy, you are being unhealthy—all this is not enough. The only thing which is enough is you are being you. If an animal cannot live without impulse, you with impulse can live as animals, but without consciousness you cannot be human. Life is a commitment—a conscious commitment for the human.

1 For instructions, see p. 425 of *The Aquarian Teacher Level One Yoga Manual*, 1st Edition, available through [www.kriteachings.org](http://www.kriteachings.org)

2 For instructions, see p. 348 of *The Aquarian Teacher Level One Yoga Manual*, 1st Edition, available through [www.kriteachings.org](http://www.kriteachings.org)

3 For instructions, see p. 39 of *Physical Wisdom*, available through [www.kriteachings.org](http://www.kriteachings.org), [www.a-healing.com](http://www.a-healing.com), and [www.spiritvoyage.com](http://www.spiritvoyage.com)

# LANGAR CHILE

## BRINGING FOOD TO THE DARKEST CORNER OF SANTIAGO

By Guru Atma Kaur

It is rush hour and most of the people in Santiago are concerned about getting home, eating dinner, and spending some time with their loved ones. But not all—there are many people that are left out—people without jobs, family, home, or most importantly, love. And then there are those who take the time to reach out to help others from their heart. Four years ago, two young students of Yogi Bhajan, Sinmrit Singh and Guru Darshan Singh, had the same thought. “Let’s get together and make some food for the homeless people that live in ‘La Vega,’ (the central market of Santiago).” This is how *Langar Chile* was born—no thoughts about how, or about how much, just the clear intention of doing it and not letting anything stop it.

They started with hot tea and cheese sandwiches. And week by week, these two young men found a way into people’s hearts. The gangsters stopped being aggressive. The old ladies started telling their stories. And the old men started smiling.

Four years later, Sinmrit Singh and Guru Darshan Singh still have the same simple approach. “This is about getting together, cooking food, and serving it. It’s no more complicated than that,” they tell me as they prepare the food for that evening.

Guru Darshan Singh explains, “The greatest challenge isn’t money. We’ve always been covered and I trust we always will be. The greatest challenge is to keep the right spirit. This is not a duty; it is something we do from the heart. Now we feel people are counting on us. I am the one who is blessed in serving them, not the other way around. And it is real. It is a feeling I get every time we go. It is not because I feel great about myself because I am doing this; it is because I can share with them. I am not here to save them, but simply to feed them and spend some time with them.”

“It could sound funny, but the food is just an excuse to talk to these people. Every time I go there I feel that they give us so much. After all this time, they’ve opened up, they tell their stories, and they are all amazing,” comments Sinmrit Singh.

**Sinmrit Singh and Guru Darshan Singh** are the founders of *Langar Chile*. Sinmrit Singh, a therapist and a chef, has been a Kundalini Yoga teacher since 2001. He felt blessed to be the personal cook for Yogi Bhajan in the summer of 2001.



Guru Darshan Singh serving Thursday night langar in Santiago

Guru Darshan Singh is also a therapist and the director of Agni Yoga Studio, and has been a Kundalini Yoga teacher since 2005.

**Rene Espinoza**, the Director of the Hatha Chilean Academy of Yoga and a Hatha Yoga instructor, offered *Langar Chile* the use of the kitchen in his yoga studio. “Twelve years ago, when I was becoming a yoga instructor, service was part of it, but I couldn’t put it together until my path crossed that of these Kundalini Yoga guys. I joined in. I like that it is simple, and that people from the yoga community are doing it.”

### **Shakta Kaur**

“I felt disconnected from community. I like to be of service and thought this project was a good way to share with others. It has no politics around it, and it is not about showing off. It is quiet, and honest.”

### **Puran Singh**

“I’ve never done anything like this. When I heard of it, something inside told me I needed to be part of it. I take photos, and help serve food. It feels good, and I like helping others not as lucky as we are.”



Sinmrit S., GuruNishan S. & GuruDarshan S.



Rene Espinoza



Shakta Kaur



Puran Singh and friend



Surpreet Kaur



Raimundo Hernández



Shiv Charan Kaur and friend



Siri Simran Kaur



Guru Atma Kaur

### Surpreet Kaur

“I was a Kundalini Yoga student at Narayan Yoga Center in Santiago. Last year, Gurubachan Singh of Albuquerque, New Mexico came to Chile on his Lord of Miracles tour<sup>1</sup> during which *Langar Chile* gave a presentation. I got interested right away, and now I am filling one of the cooking slots.”

### Raimundo Hernández

“I heard of *Langar Chile* through Guru Darshan Singh. Because it was done on the streets, not in a place for homeless people, I got interested. And also these guys go to the most dangerous place, and at night. That’s where the real need is.”

### Shiv Charan Kaur

“I heard about *Langar Chile* from Guru Darshan Singh. I like to go because it is about serving, about giving to the people, it is simple, and straightforward. Even when I am tired, I push myself to go. It is always nice to go and do it.”

### Siri Simran Kaur

“Sometime in 2005, somebody told me about this, and I got interested right away. I am a psychologist and social service is part of what I studied. *Langar Chile* gets me out of the office and the bubble I live in day-to-day. Commitment works for me, so this is perfect.”

### Guru Atma Kaur

“I like this effort because it feels real. These guys are going to a very dangerous place. They are fearless and devotional. It really touched my heart. I got very inspired by them—that’s why I started helping them and also wrote this article—so others can get inspired as well.”

<sup>1</sup> The Lord of Miracles tour was created in 2003 in honor of Guru Ram Das, and tours many countries in South America every October. It is organized and directed by Gurubachan Singh of New Mexico.

*Langar Chile* began four years ago and continues to serve the hungry every Thursday night. If you would like to support *Langar Chile*, please contact Guru Darshan Singh at [comunidadlangarchile@gmail.com](mailto:comunidadlangarchile@gmail.com), <http://langar-chile.blogspot.com>, (56)-9-90002451, or (56)-9-82497506.

### Tips for starting your own langar program:

- Start with the practical aspects first.
- If you are serving in the streets, find out about permits or other requirements you might need.
- Be simple—it is about cooking food and serving it.
- Make one dish to avoid issues of somebody getting more of one dish than another, and possible fights for it. Also, it’s cheaper and easier to serve.
- If people reject you, keep in mind you are the one ‘knocking on their door.’ It is their ‘home,’ and you should respect that.
- Be real with people. An attitude of “I am here to help you” is deeply annoying.
- Come back to the spirit of service, not duty. Chant *Ardas Bhaee Amar Das Guru*<sup>1</sup> until you go back to the heart—for days if necessary.
- If you are serving in a dangerous place, keep security in mind.
- Commit to it!
- Enjoy it.

<sup>1</sup> This mantra assures that all needs are provided for and guarantees the prayer will be answered. Without having to say what you want, the need of life is adjusted. For more information about this mantra, see p. 82 of *The Aquarian Teacher Level One Textbook* available through [www.kriteachings.org](http://www.kriteachings.org)

## THE DESTINY OF WOMEN IS THE DESTINY OF THE WORLD

By Guru Rattana, Ph.D.

Guru Rattana (Gururattan Kaur Khalsa) is a leading teacher and popular author. She studied with Yogi Bhajan for 26 years. His early teachings were the main inspiration behind her unique and popular series of manuals on Kundalini Yoga and Meditation.



In her latest book, *The Destiny of Women is the Destiny of the World*, Guru Rattana has succeeded in integrating some of the major concepts of woman's inner empowerment. The book provides tools for you to use to wake up to your destiny and your true nature as a Woman and realize your own beauty, grace, and power. The author's beautiful words speak directly to your heart and soul.

This outstanding book prepares us to honor and revere the sacredness of the Feminine in the Aquarian Age. By sharing so effectively with her reader her own visionary insights, Guru Rattana has created a precious gem. Engaged in reflective reading, the awakening process offers the 21<sup>st</sup> Century woman a liberating and transformative experience.

Every woman reading *The Destiny of Women* will feel exalted, inspired, and passionate about her own life and role on the world stage. This is a book to experience and share. It reminds us that every woman can blossom and bless the whole world with her divine fragrance and magnificent presence.

*The Destiny of Women* will evoke fond memories from KWTC,<sup>1</sup> recalling the empowering messages and unforgettable times shared in the presence of the Master of Kundalini Yoga, Yogi Bhajan. This inspired work takes a quantum leap in capturing the essence and spirit of his teachings.

*The Destiny of Women* is also relevant for men. It shows how, working together, we can lead the way to a heart-centered world. It asks, "What are you doing with your sacred moment on Earth?" It will help you in your quest to find your own answer to this fundamental question and bring it forth in your life.

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Review by Claire Livingston, certified Kundalini Yoga teacher in Encinitas, California

<sup>1</sup> The original name for Women's Camp, Khalsa Women's Training Camp

The book cover features a woman in a white turban and shawl, smiling, holding a glowing blue sphere with the text 'The Destiny of Women is the Destiny of the World' on it. The background is a lush green landscape with a waterfall and many white birds flying in the sky. The author's name 'Guru Rattana, Ph.D.' is at the bottom of the cover.

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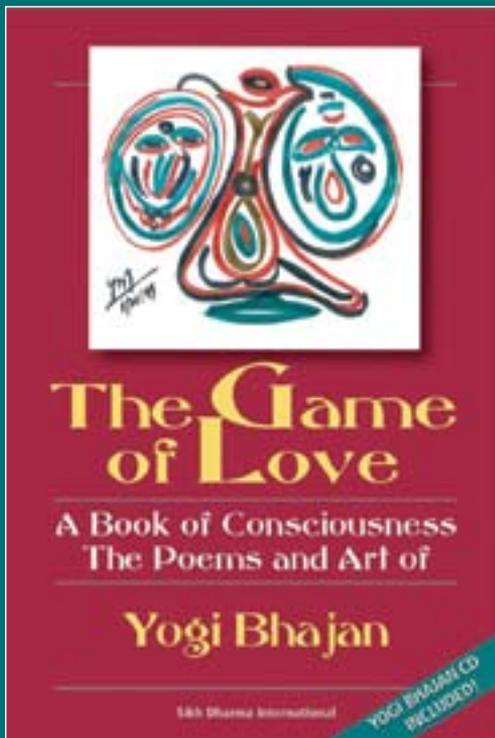
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Guru Rattana, Ph.D.

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# Prosperity Paths

*The Art of Giving Back*



## *Make an Attitude to be in Gratitude*

Excerpts from a lecture  
by Yogi Bhanjan  
August 30, 1991

**N**ow, there is a word called prosperity. We all want to be prosperous, because prosperity gives us a status—conscious status, applied conscious status—that we are successful, we are good, we are comfortable, we are rich, we must be a genius or intelligent.

If you want to be prosperous, there are certain things you have to have; one is your genuineness. If you are a genius and you are not genuine, it's useless. Being a genius is not enough, being genuine is equally required. Do you have patience? You must have patience. Without patience you can't achieve your purpose. Then you must have talent and you must walk tall with it, otherwise people will never obey



you, never follow you, never understand you, never know you. If you have a talent, you must walk tall and if you walk tall, you must carry the wagon with you—teamwork; you must be talented enough to walk tall and take the teamwork in hand.

We work hard: we propose, we process, and we project it. These three things are essential. If we do these three right, prosperity shall be there. If there is prosperity, you have to show it—that's human nature. Some show it for their own sake, some show it for their higher self's sake, some show it for their lower self's sake.

The tragedy of life is, when you reach a certain standard of prosperity, then it becomes a routine, and then it becomes boredom. There you have to learn something. To start with, you should have an attitude of gratitude. Without an attitude of gratitude, neither prosperity nor pleasure, joy nor happiness means anything, and it works this way. To those who have an attitude of gratitude and who do it with innocence, Mother Nature brings all the wealth, health, and happiness.

The only way a relationship between you and God can be established is if you become grateful and build up a standard of gratitude. Only then will fulfillment come in life. Only then can you be happy in life. Only then will you be fulfilled in life. Because in God we trust and in God we dwell.

The attitude of gratitude is the highest way of living, and is the biggest truth, the highest truth. You cannot live with applied consciousness until you understand that you have to be grateful for what you have. If you are grateful for what you

have, then Mother Nature will give you more. Because this Universe is made by God by one universal rule, everybody has a standard of birth, growth, and death, except man. God is extremely forgiving, but if you do not acknowledge what you have, in gratitude, you will never have more, and if you care to get it, something will be lost.

The law of balance is a law of applied consciousness. You can never change it. You will get one thing, you lose the other; you get third thing, you lose the fourth. Always there will be a gap. The 'law of gap' is that there is no gap and how can that gap be filled? Be in gratitude. Make an attitude to be in gratitude, you will find the whole Universe will come to you.

What is a prayer? A talk to our higher self, asking our higher self, relating to our higher self. Why do we just pray at one time? Why don't we pray in gratitude? Gratitude is a prayer and praise put together; because God is in all. We must pray and praise all the time and then you can see God in all, otherwise you cannot see God at all.

We are all broken. Why do we break? Because we don't have gratitude. Our attitude is not of gratitude. Our manners are not of gratitude. That's why our mission is to be prosperous, that all our prosperity is to share with others: *Nam japo, vand chhako, dharma dee kirat karo*. The purpose is to be in gratitude forever. Live with applied consciousness, prosperity will break through the walls, flood you with it. You do prayer when you are in difficulty. Pray when you are not in difficulty! That is the attitude of gratitude.

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# The Greatest Gift

By Darshan Kaur Khalsa



Lord of Miracles Tour, Gurubachan Singh with children in Peru

In the Yin-Yang of life, the “Gift of Thanks” is the reciprocal action of receiving. It is the perfectly matched opposite response for all the many ways in which we receive every day. And it is the natural reflex—we are given a gift, and we say, “Thank you.” Whether it is the people we share our lives with, the food we are nourished with, the friends we have, the shelter we can call home, the work and activities we participate in—whatever we are given, the reciprocal action is to be present enough to appreciate it with a deep sense of gratitude.

If you sit down and make a list of all the most important gifts in the world, I think you will find that they all fall under one heading—the Gift of Thanks. Whether it was the gift of love, the gift of caring, the gift of seva (selfless service), or even the gift of knowing someone well enough to pick something that has deep meaning to them—all of these things fall under the category of the Gift of Thanks.

It is so easy in the highly commercial and corporate focus of our society to center our attention on the material aspect of gifts, but this year, in this season, we invite you to focus on the Gift of Thanks itself. See the box for some ideas, but don't hesitate to come up with your own personal ways to celebrate the Gift of Thanks.

We are grateful to you, our readership—our constituency of friends and family, for your support. Your kind letters and words of encouragement are the inspiration of our work. And your generous year-end contributions make it possible for us to continue to give back to the world in even larger ways. Please give today.

*Thank You*

## Giving Thanks

- Support people you love by supporting what they love: Consider giving a donation in their name to their favorite non profit.
- Try for an extra personal touch: Consider creating gifts of photo montages, photo or video slideshows, words shared, a picture drawn or painted—things that touch people's hearts in a different way than a store bought present.
- Offer your help and support: Consider helping out by babysitting, house-sitting, or in some way that gives someone you care about the time and space to do something they love.
- The greatest present you can really give is being totally present. Be with whom-ever you are with; listen consciously to what they share with you; and respond from the heart.
- Say, “Thank you.” Show your gratitude in as many ways as you can think of.

## 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 Bajan) 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: Gurprasad

Guru is that guidance which takes you from darkness to light. Gurprasad means Guru's Grace or Blessing; given by the grace of the Guru.

## Excerpts from a lecture by Yogi Bhajan, May 7, 1989

Somebody gives you prasad<sup>1</sup> in the Gurdwara,<sup>2</sup> and I have seen fingers going like this (demonstrates somebody asking to be served just a tiny amount of prasad). And I see you in Al Gelato (an upscale Los Angeles ice cream parlor) eating this big ice cream.

I absolutely have no mind to understand what you are doing. I have absolutely no idea. I feel like you, within that moment when you do this (making the sign for just a little prasad), have shipped me to Mars or Venus or somewhere. This is a very contrast of a human. And I also see you in Al Gelato with this ice cream, with whipped cream, with raisins, and those nuts—you want it bigger and bigger. Something goes wrong with you.

But just remember, if Gurprasad is Gurprasad, then accept it as it is given. And accept it with such devotion that it can open the faculty, it can open your path. These eyes of ours are only there to read sign boards, but these eyes can also see the great creativity of God.

**Posture:** Sit in Easy Pose<sup>3</sup> with a straight spine. With your upper arms close to your sides, bring your hands to the level of the heart with the hands side-by-side and cupped (the way they are for receiving prasad).

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



**Mental focus:** Allow all the blessings of heaven to flow to you; ask for whatever you need; know yourself to be blessed; feel the boundless flow of spirit.

**Time:** There was no time given for this meditation. We suggest starting with 3 to 11 minutes and working up to 31 minutes.

<sup>1</sup> Guru's gift (often meaning blessed food); in the Sikh tradition, a pudding made of flour, ghee (clarified butter), and honey

<sup>2</sup> Sikh temple or place of worship, the "gate of the Guru"

<sup>3</sup> A comfortable, cross-legged, sitting position; Sukhasan



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