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TIMES



Serving the Spirit

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Selfless Service
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at the Guru Ram Das Center
Helping New York's Homeless
to Take the Yoga Challenge
Hope for Inner City Youth
through Kundalini Yoga
Breathwalk Unites
a London Community**

Volume 5 Number 5 September/October 2006

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SELF MASTERY INDIA 2006

LEVEL 2

KRI Certified Level 2

In Level 2, the student has lived the experiences they studied in Level 1, understands the fundamentals, and is committed to developing the quality of presence and projection required by an excellent teacher. In this level, the Instructor participates in honest character assessments centered on the following five interconnected themes:

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

Level 2 is open to KRI Level 1 Certified Instructors. The 300-hour/2-year certification program consists of five 60-hour modules on the above five themes and fulfills the Yoga Alliance 500-hour requirement. Graduates of Level 2 earn the title of Certified Practitioner of Kundalini Yoga as taught by Yogi Bhajan®.

3HO Self Mastery

LEVEL 2 MODULES IN INDIA - EXCEPTIONAL OPPORTUNITY
Join us for the first level 2 modules offered in Anandpur Sahib, India

Learn in the land of the ancient masters. Visit the Golden Temple in Amritsar. Experience daily Sadhana. In-depth study of the Teachings of Yogi Bhajan.

Join us for Conscious Communication and Authentic Relationship modules offered for the first time in Anandpur Sahib, India.

NOV 11 - 17: CONSCIOUS COMMUNICATION MODULE
Understand what contributes to and what detracts from allowing harmonious, effective, and penetrating communication as a person and as a teacher.

NOV 18 - 20: THREE-DAY YOGA YATRA TO THE GOLDEN TEMPLE IN AMRITSAR

NOV 21 - 27: AUTHENTIC RELATIONSHIPS MODULE
Understand how to maintain integrity and always relate to the True Essence in the midst of the rhythms and energies at play in relationships.

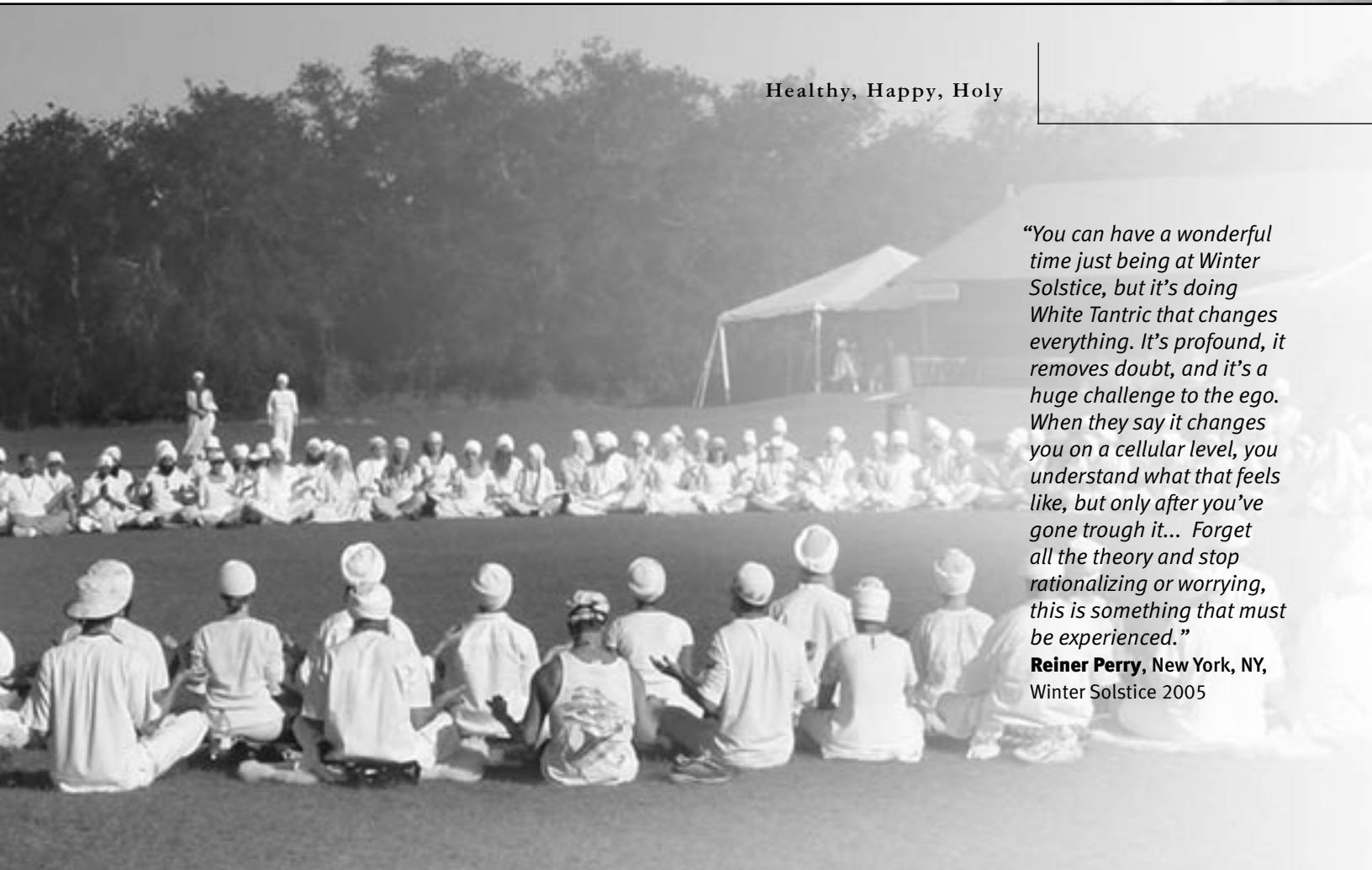
*Level 2 Training modules include tuition, course materials, meals and accommodations.

**Three-day Yoga Yatra includes transportation between Anandpur Sahib and Amritsar, meals and accommodations.

Healthy, Happy, Holy

"You can have a wonderful time just being at Winter Solstice, but it's doing White Tantric that changes everything. It's profound, it removes doubt, and it's a huge challenge to the ego. When they say it changes you on a cellular level, you understand what that feels like, but only after you've gone through it... Forget all the theory and stop rationalizing or worrying, this is something that must be experienced."

Reiner Perry, New York, NY,
Winter Solstice 2005



Healthy, Happy, Holy

"The course was so powerful and well conducted. Many tears were shed by a lot of us and many new perceptions were obtained. Not one dull moment. Greatest thing about the course and Kundalini Yoga is that it helps us to be PRESENT, which I believe is the KEY... This course is not to be missed."

Dan Yeroucham
Vancouver, Canada
Self Mastery India 2005

WINTER SOLSTICE SADHANA

LAKE WALES, FLORIDA

Winter Solstice Sadhana 2006

Lake Wales, Florida

DECEMBER 19 - 25

The essence of Sadhana is in a three step sequence – Sadhana, Aradhana, and Prabhupati. Together we will celebrate Aradhana, the second focus of our three-year theme.

2005	Sadhana	Discipline
2006	Aradhana	Commitment
2007	Prabhupati	Mastery

As the year ends, join a warm and welcoming international spiritual community for a week of inspiration, rest, and renewal. This camp, situated around a quiet lake, is nestled in the tranquil hills and lovely gardens of Lake Wales, Florida. Celebrate, meditate, connect with friends old and new, and give your self the chance to start the New Year with a greater sense of tranquility and fulfillment.

2006 3HO CALENDAR OF UPCOMING EVENTS

CONSCIOUS PREGNANCY, SPECIALTY TEACHER TRAINING, SEP 1 - 13, VANCOUVER, CANADA
CONSCIOUS PREGNANCY, SPECIALTY TEACHER TRAINING, SEPTEMBER 18 - 24 CONTINUED
NOV 14 - 9, STOCKHOLM, SWEDEN

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

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

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

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

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

NEW! AQUARIAN TEACHER PROGRAM, KRI CERTIFIED LEVEL 2 TEACHER TRAINING MODULE, MIND AND MEDITATION, OCT 14 - 16 CONTINUED OCT 20 - 22
AUSTIN, TX

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

GLOBAL MEDITATIONS:

HEALTHY, HAPPY, HOLY DAY, YOGI BHAJAN'S BIRTHDAY ANNIVERSARY AUG 26

YOGI BHAJAN REMEMBRANCE DAY, OCT 6
GURU RAM DAS BIRTHDAY ANNIVERSARY, OCT 9
3HO NGO INTERNATIONAL DAY OF PEACE, SEP 21

2007 EVENT DATES

JAAP SAHIB, JUNE 10 - 13, ESPANOLA, NM

MEN'S CAMP, JUNE 13 - 15, ESPANOLA, NM
SUMMER SOLSTICE SADHANA, JUNE 15 - 23, ESPANOLA, NM

INTERNATIONAL PEACE PRAYER DAY, JUNE 16, ESPANOLA, NM

3HO WOMEN WOMEN'S CAMP, JUNE 24 - JULY 1, ESPANOLA, NM

KHALSA YOUTH CAMP, JUNE 25 - JULY 8, ESPANOLA, NM

NEW! AQUARIAN TEACHER PROGRAM, KRI CERTIFIED LEVEL 2 TEACHER TRAINING MODULE, LIFECYCLES AND LIFESTYLES, JULY 1 - 8, ESPANOLA, NM

CONSCIOUS PREGNANCY, SPECIALTY TEACHER TRAINING, JULY 9 - 18, ESPANOLA, NM

IKYTA ANNUAL TEACHERS SUMMIT
WHOLLY HUMAN JAM, JULY 2007 IN CONJUNCTION WITH THE EUROPEAN YOGA FESTIVAL DATES, FONDJOUAN, FRANCE

SELF MASTERY, KRI CERTIFIED LEVEL 1 TEACHER TRAINING, AUG 13 - SEPT 5, GHOST RANCH, NM

SELF MASTERY, KRI CERTIFIED LEVEL 1 TEACHER TRAINING, SEPT 21 - OCT 12, OMEGA INSTITUTE, RHINEBECK, NY

INDIA YATRA, NOV 5 - 19

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

DATES TO BE ANNOUNCED SOON:

ADDITIONAL DATES FOR CONSCIOUS PREGNANCY, SPECIALTY TEACHER TRAINING



To register or contact us for more information: 1-888-346-2420

www.3HO.org

YogaInfo@3HO.org



Take care of the spiritual facet of your life by joining with others to experience and elevate yourself, the group and the universe.

Yogi Bajan

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



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Foundations and Awakening
Instructor Certification
Open to all

Level 2
Transformation
Practitioner Certification
Certified Instructors only

Level 3
Realization
Teacher Certification
Certified Practitioners only

*Within us there lives
the most calm,
serene lake of wisdom.
You must leave your
limitations and use all
methods to raise your
consciousness. If you
understand Kundalini,
you understand the whole
universe. It is your existence.
It is the power in you
through which you make
your mind expand.*

Yogi Bhajan

For more details on Level 1 and Level 2
training opportunities
and registration information,
visit us on-line at:
www.KRIteachings.com
or contact:
TeacherTraining@3HO.org
Phone: 505.367.1314

the aquarian teacher program

KUNDALINI YOGA AND MEDITATION AS TAUGHT BY YOGI BHAJAN®

IS A JOURNEY OF INTENSE SELF-REFINEMENT THROUGH THREE LEVELS OF AWARENESS AND CERTIFICATION.

Level 1 introduces the student to the fundamental principles and practices of Kundalini Yoga technology. This course acquaints the student with the body, mind, and energy that contribute to the human essence, and instructs on how Kundalini Yoga and the yogic lifestyle can harmonize and uplift.

*Graduates are Certified **Instructors** of Kundalini Yoga as taught by Yogi Bhajan®.*

In Level 2 the student works to deepen their understanding of Kundalini Yoga, developing the quality of presence required by an excellent teacher. The Instructor participates in honest character assessment centered on five interconnected themes offered as five separate courses:

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

*Graduates are Certified **Practitioners** of Kundalini Yoga as taught by Yogi Bhajan®.*

Level 1 & Level 2 meet the Yoga Alliance 500-hour requirement.

The final stage in this process requires focused instruction on techniques to allow the teachings to permeate every aspect of your being.

*Graduates are Certified **Teachers** of Kundalini Yoga as taught by Yogi Bhajan®.*

Self Mastery Intensives

Self Mastery Intensives offer a community-based immersion-styled learning environment in some of the most revered spiritual study locations in the world. These Intensives are the most accelerated path towards Kundalini Yoga teaching certification.

Aquarian Teacher Training Dates and Locations

Mind and Meditation

October 14-16 continued
October 20-22
Yoga Yoga Studios
Austin, TX

LifeCycles and LifeStyles

July 2007
Hacienda de Guru Ram Das
Española, NM

Vitality and Stress

February 2008
Los Angeles, CA

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Cover painting of seva at the Golden Temple by Gurukirn Kaur Khalsa

keeping up together

Note from the Editor

Over the last ten years of his life Yogi Bhajan repeatedly said to us, "By the year 2007 you must be known for your service." Today, we see thousands of people throughout our community who have found their platform to serve by sharing his teachings. As we approach 2007, *Aquarian Times* decided it was time to showcase some of their work.

Whether it's to homeless men and women in Manhattan, at-risk-youth in New England, the elderly in London, or people suffering with life-threatening disease, 3HO teachers and Sikh Dharma ministers are bringing hope and knowledge to those ready for the experience of self healing. Routinely, around the world, classes in Kundalini Yoga and meditation, chanting, and prayer are reshaping people's lives forever.

In this issue, we learn from Guru Nanak, the first Sikh Guru, that at the deepest level, giving without thought of reward is the true recognition of the God within another human being. We also explore how in its purest sense, the act of selfless service can bring each one of us closer to our true Self.

Many of us are discovering and developing the form of work and creativity through which we most want to make a contribution. Instinctively, we know that we have come here to give. In a world where the pain of war, poverty, poor health, and excessive stress prevail, now more than ever we are called to serve. Our collective talent leaves us poised to spread our wings in service to each other and to our global family.

In the spirit of universal acceptance,

Sri Ram Kaur Thole

"When you take action to uplift and serve others, you will get a thousand-fold return." -Yogi Bhajan



Who We Are

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

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

*See Glossary, p. 35



In our July 2006 issue, we published a story about Kundalini Yoga in Mexico, on p. 48. In case you wondered who Babaji Singh is, here is his photo above.

talkback...

It is very exciting to see the manifestation of Yogi Bhajan's dreams in this magazine. I first met Yogi Bhajan in 1968 before the first 3HO ashram existed on Robertson and Melrose (in Los Angeles) on Jules Buccieri's property behind the Antique Shop. I remember when Yogi Bhajan met Johnny Rivers, and this magazine and all it speaks for was still light years away. My heart is full with this truth and delight and value now touching so many, just as he hoped. I know Kundalini Yoga and Yogi Bhajan have been more than an inspiration to my life—it is a way of life defining spiritual principles and obediences that offer my grace to my God. How lovely to feel this recognized by so many others who are conscious of presence and gratitude. What a better world has happened.

Carrie White (Ram Das Kaur)
Los Angeles, California

I would like to see articles that are funnier, happier, and more profound, transformational, and loaded with experienced lifestyle details. I would like to see variation of material, regular columns to look forward to, and delightful ways of presenting them. And I would like to see really good authors from all over the world. I'm not sure how you could get writers on a regular basis that also have the 3HO experience to do all this. Your readership hopefully has a huge variety of experience with the teachings. I don't mean this as a criticism. I would just like to see us present a wonderful publication that presents the elegance and depth and humanity that this way of life has to offer.

Siri Gian Kaur
Española, New Mexico

Thanks for spreading the teachings and legacy of Yogi Bhajan. Forward my compliments to the staff of *Aquarian Times*. Great magazine!

Dyal K (Jane R. Khalsa)
Costa Mesa, California

Thank you for your continued work on this magazine. I looked through the issue for a web address for the magazine and couldn't find one. If you don't have a specific site dedicated to the magazine, how about making one? In much the same way NPR (National Public Radio) uses their website to provide supplementary material to their radio programs, you can use a website to provide supplementary material to the content contained in the magazine. By perfect example, on page 36 of the March issue, you have the *Japji** section by Dev Suroop Kaur. It would be really nice if readers could see a link to the effect: "Go to www.sitename.org to listen to an audio recitation of the 32nd Pauri* and hear the pronunciation"... etc. etc. That's something I know I would like and probably many others would as well. Best and thanks again,

Craig Snyder (Sat Kartar)
Boca Raton, Florida

[Editor's Note: You can find *Aquarian Times* featuring *Prosperity Paths* online at www.aquariantimes.com. The website is in development, and we hope to offer supplemental information on the site in the near future.]

* See Glossary, p. 35.

Send your letters to siriramk@kiit.com

spiritual guide

Siri Singh Sahib Bhai Sahib
Harbhajan Singh Khalsa Yogiji
(Yogi Bhajan)

editor in chief

Siri Ram Kaur Khalsa

dasvandh director

Darshan Kaur Khalsa

managing editor

Guru Tera Kaur Khalsa

senior editors

Nirinjan Kaur Khalsa
Ek Ong Kar Kaur Khalsa

consulting editors

Shakti Parwha Kaur Khalsa
Satsimran Kaur
Peraim Kaur Khalsa

design

GRD Design, www.grddesign.com

advertising and sales

Amrit Kaur Khalsa
ATadvertising@kiit.com, 505-367-1382

customer service

AT-PP@kiit.com

editorial submissions

gurutera@kiit.com

letters to the editor

siriramk@kiit.com

published by

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six times a year. Our mailing list is growing and we are currently distributing the magazine internationally through www.AquarianTimes.com.

A business card ad is just \$180 a year. A quarter page ad can be as low as \$100 per issue—with a year long commitment. This is a wonderful and economic way for you to promote your business or event.

Give us a call today and become part of the growing number of businesses marketing themselves through *Aquarian Times*.

what's new

in our global community



Report from Khalsa Council, Baisakhi 2006 Session

The Khalsa Council is an international advisory body created by the Siri Singh Sahib (Yogi Bhajan) and comprised of 200 Sikh ministers and teachers who meet semi-annually. The Khalsa Council holds the essence of the intuitive "touchstone" that guides the evolution and leadership of Sikh Dharma. Since Yogi Bhajan's passing in October 2004, the Khalsa Council's focus has turned to working with the leadership that is becoming more and more active throughout our global community, and to exploring new ways for all of us to work together so we can collectively fulfill the mission he assigned of becoming leaders in the Aquarian Age.

The current Khalsa Council two-year agenda, Development of Our Local and Global Infrastructure for the Yogic, Dharmic, and Sat Nam Rasayan Communities, continues through 2007. The April meetings also included discussion on ways of fostering leadership in the next generation while honoring and maintaining the wisdom of the current generation. If you would like to participate in the Autumn 2006 Khalsa Council session, please contact the Khalsa Council Secretary at khalsacouncil@sikhdharm.org or call 505-367-1349.

3HO's 2006 Summer Events

Jaap Sahib: The Yoga of Sound [1]

Over 80 people from around the world attended the very first *Jaap Sahib* course. The powerful 4-day event held at Hacienda de Guru Ram Das in Espanola, New Mexico uplifted and inspired everyone with marvelous music and in-depth teachings.

"It was a great honor to participate in the first Jaap Sahib course. We had the blessing of doing 31 minutes of a kriya called Bowing Jaap Sahib Kriya. Thank you so much for this "kundalini rising" experience. Each day moved us deeper into our faith. Every teacher brought us to a deeper understanding of Guru Gobind Singh, the tenth Sikh Guru, and the exquisite power of his bani,¹ *Jaap Sahib*, to uplift us out of the negativity of the mind, and into the infinite space of fearlessness, from where we can conquer all and experience the true happiness that is our birthright. To feel the call of Khalsa* as so many of us do—whether a Sikh or a seeker of truth, who will not stand by in the face of injustice, but will steadfastly and compassionately serve others—is a blessing that reverberates to the core of my being."

Gurumukh Kaur, aka Elizabeth Greathouse

Yoga House Studio, YogaHouseStudio.com, Washington D.C.



Men's Camp: A Kundalini Yoga Intensive for Men [2]

This year's exciting Men's Camp attracted men from all corners of the world. The program was physically challenging, mentally stimulating, and spiritually fulfilling.

"All the teachers were great, inspirational, and insightful. The group discussions were very in-depth and meaningful."

Deva Singh Khalsa, Espanola, New Mexico

Summer Solstice Sadhana: Kundalini Yoga and White Tantric Yoga Intensive [3]

Fifteen hundred people came to Ram Das Puri this year to celebrate Summer Solstice and Peace Prayer Day. This magical time of the year included three glorious days of White Tantric Yoga that challenged body, mind, and soul, leaving everyone inspired, uplifted, and with hearts full of gratitude.

"I am not religious but very spiritual, and this is the most beautiful gathering of human beings I have ever been with on a large scale. Light and love everywhere."

Bret Arjan Singh, DuBack, Connecticut



"One of the best things I've done in my whole life. "

Jot Singh, Rio De Janeiro, Brazil

Khalsa Youth Camp [4]

This year Khalsa Youth Camp was a very full camp experience. The children enjoyed the camp programs, the leadership development workshops, all the fun and games, and especially the new friendships that were made.

“This was my first summer at KYC, and I loved it! I want to come back because it was great meeting new friends, and experiencing what being a Sikh is.”

Sat Atma Kaur, Age 10, Chicago, Illinois

Women's Camp [5]

One hundred twenty women of all ages gathered together and experienced the incredible beauty, grace, and power of women's wisdom. By participating in a variety of workshops, viewing Yogi Bhajan video lectures, and connecting with one another, Women's Camp provided the ideal place for self-reflection, rejuvenation, and inspiration.

“For the second time in my life 3HO has helped me rediscover my true happy, healthy, and holy self. Women's Camp also provided me with ideas, tools, and confidence to begin my project of providing a women's healing retreat in Thailand. Thank you 3HO for helping heal the Earth, one person at a time—beginning here and now.”

Brandi Beason, Pai, Mae Hong Son, Thailand

KRI Level 2 Authentic Relationships [6]

From all around the world, 140 KRI Certified Kundalini Yoga Teachers and Teacher Trainers participated in the launching of the Level 2 Authentic Relationships course. The course was profound, transformational, and deeply appreciated.

“I am a senior trainer. The course was transformational, just as Level 2 is meant to be. As trainers, it is very important that we continue to be the student and grow. We are never done. Taking the course is important in order to better teach it, no matter how knowledgeable one is or the number of years studied with Yogi Bhajan.”

Guru Terath Kaur, Espanola, New Mexico

“This was a divinely transformational course with top-notch teachers. If you want to raise your connection to the infinite within, and your frequency, then this course is a must.”

Gretchen Cline, Grand Haven, Michigan

*See Glossary, p. 35

†Sacred words

for your information

3HO Events Information / Registration

Joti Kaur, www.3HO.org, 3HOregistration@3HO.org, 505-367-1311

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

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

3HO WOMEN / Conscious Pregnancy Course

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

Solstice Sadhanas

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

Self Mastery Teacher Training Courses

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

Khalsa Youth Camp / Facilities Management for 3HO Events

Sat Jiwan Kaur Khalsa, www.3HO.org, 3HOsatjiwank@3HO.org, 505-367-1301

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

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

International Peace Prayer Day, United Nations

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

Kundalini Yoga Questions & Experiences

Satya Kaur Khalsa, kri@3HO.org

Kundalini Research Institute (KRI) Information and Support / Certification

Guru Atma Kaur Khalsa, guruatma@sikhdharm.org

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

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

White Tantric Yoga

www.whitetantricyoga.com

Building Community

Panch Nishan Kaur Khalsa, panchnishan@sikhdharm.org

Spiritual Name Requests

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

SuperHealth

Mukta Kaur Khalsa, mukta@sikhdharm.org

Dasvandh

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

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

Marketing Service and Support

Bhajan Kaur, bhajankaur@3HO.org

Office of Community and Public Relations

Sat Sundri Kaur Khalsa, satsundrik@kiit.com

Miri Piri Academy

Sada Anand Kaur, www.miripiriacademy.org, melsark@yahoo.com, 91-183-225-9767

Khalsa Council

Ravi Har Kaur Khalsa, khalsacouncil@sikhdharm.org 505 367-1349

Library of Teachings

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The Kundalini

By Nam Kaur Khalsa

In the early 1970s, at the end of one of his classes at Guru Ram Das Ashram in Los Angeles, Yogi Bhajan asked Gurucharan Singh Khalsa to create a new organization and call it the Kundalini Research Institute for Living in the Aquarian Age. (Later the name was shortened to the Kundalini Research Institute [KRI].) Yogi Bhajan founded KRI to train Kundalini Yoga teachers, accurately preserve the teachings in their full integrity, and promote education and research.

Yogi Bhajan taught the first KRI Course for teachers in August, 1972, in Pomona, California. These week long courses were specifically for the advanced development of teachers, and attendance was by invitation only.

The first actual Teacher Training course that Yogi Bhajan taught was at "the Olive Street house" in West Hollywood. In those early days there were no exams and no certificates as there are today, but the students had the incomparable first-hand training by the Master of Kundalini Yoga himself.

Even when he wasn't engaged in official Teacher Training, Yogi Bhajan was always training Kundalini Yoga teachers in his grass roots style, sending out some who had taken only a few Kundalini Yoga classes to far-reaching cities and countries to start ashrams. This early seeding made Kundalini Yoga Teacher Training an international endeavor from the very beginning. Many of those pioneer teachers are still teaching and training teachers today. They form the core of KRI's Teacher Training Executive Council (TTEC).

In 1996, Yogi Bhajan directed the TTEC to create the outline for a standardized three level International Kundalini Yoga Teacher Training certification program. This formed the basis



Amrit Singh Khalsa



Nam Kaur Khalsa



Satya Kaur Khalsa



Dharma Kaur
Khalsa



Hari Simran Kaur



Satsimran Kaur



Hari Charn Kaur
Khalsa

Who are the people who make all this happen at KRI?

Amrit Singh Khalsa became acting KRI CEO in 2005, and supervises the four divisions of KRI: Teacher Training, Use of the Teachings, Library of the Teachings, and Archival Preservation.

Nam Kaur Khalsa, who served as Founding Director of International Kundalini Yoga Teachers Association (IKYTA) and CEO of KRI, now focuses on the Use of Yogi Bhajan's Teachings, KRI product production, and providing access to Yogi Bhajan's Teachings on the KRI website.

Satya Kaur Khalsa is KRI's most senior Reviewer for submissions that incorporate Yogi Bhajan's Teachings. Satya Kaur and her Aquarian Wisdom partner, Darshan Kaur Khalsa, produce the calendars of Yogi Bhajan's quotes that we enjoy each year.

Dharma Kaur Khalsa practiced law in Chile before moving to the U.S. She puts her legal skills, keen proofreading eye, and fluency in German and Spanish to good use as the Manager of the Yogi Bhajan Teachings area.

Hari Simran Kaur works in the graphics arena, producing covers for Yogi Bhajan's CDs, DVDs, and yoga manuals. She also is part of on the Web Development Team.

Satsimran Kaur is the General Manager of White Tantric Yoga worldwide, as well as the General Manager of the Library of Teachings (LOT) and Archival Preservation. She supervises the transcribing of Yogi Bhajan's lectures in Bangalore, India.

Harijot Kaur Khalsa is a KRI author and advisor who has donated all her work in creating and illustrating a number of KRI yoga manuals. Her newest work, *Praana, Praanee, Praanayam*, is a book containing many new precious breath techniques of Kundalini Yoga.

Jai Jeet Sangeet Kaur Khalsa is the Archives Librarian and a KRI Reviewer, and she is creating the Yoga & Meditation Index.

The KRI Teacher Training Team consists of:

Hari Charn Kaur Khalsa, General Manager for KRI Teacher Training, who also works directly with the staff of Miri Piri Academy to continue to integrate the teachings of Yogi Bhajan and Kundalini Yoga into all aspects of the school curriculum. She served as the program director for SuperHealth¹ for many years in Tucson.

Research Institute

for KRI's Aquarian Teacher textbook and yoga manual, the most complete compilation of the science of Kundalini Yoga as Taught by Yogi Bhajan® there is. It serves as the training manual for Awakening and Foundation: KRI Level 1 Teacher Training and is used in 40 programs internationally. It is now being translated into German, Greek, Spanish, Portuguese, Croatian, French, and Hebrew. This year KRI will certify approximately 1,200 new Level 1 Instructors internationally.

Gurucharan Singh, working with a large team, is currently developing an international standardized curriculum for Transformation: KRI Level 2 Teacher Training certification as a Practitioner. This second level will consist of five modules that together create a unified whole: Conscious Communication, Mind & Meditation, Authentic Relationships, Yogic LifeCycles & LifeStyles, and Vitality & Stress. KRI Level 3 Teacher certification is also under development—it will focus on Realization.

In addition to developing and supporting Teacher Training programs, KRI also helps to ensure the accurate use of Yogi Bhajan's teachings by reviewing products and translations. KRI review is free of charge and leads to the KRI Seal of Approval. There are many exceptional works that carry the KRI Seal of Approval which have

been produced by Kundalini Yoga students and teachers in many countries. KRI also publishes products itself—75 products based on Yogi Bhajan's teachings so far.

Today, KRI's website (www.KRIteachings.org) provides a direct experience of Kundalini Yoga with the Master, Yogi Bhajan, by presenting streaming videos of his classes online. We receive emails from people all over the world who are becoming Yogi Bhajan's students through these priceless resources.

The Yogi Bhajan Lecture Library consists of lectures taken from a variety of published works, including *Aquarian Times* magazine, *The Mind*, and *The Master's Touch* books and our early publications, *Beads of Truth* and *The Science of Keeping Up!* You can now search on the KRI site for the information and inspiration you need by a simple word search on hundreds of pages of Yogi Bhajan material.

In an effort to serve those who teach and practice Kundalini Yoga, KRI is planning to have all KRI published yoga sets and meditations available via a searchable online index, so you can find all the yoga sets or meditations that pertain to a given topic. Audio clips of Yogi Bhajan chanting mantras will also be added, and the Q&A section will be expanded to include audio of frequently asked questions answered in Yogi Bhajan's voice.



Jai Jeet Sangeet
Kaur Khalsa



Gurucharan Singh
Khalsa, Ph.D.



Sat Purkh Kaur



Tarn Taran Singh
Khalsa



Sarb Jit Kaur
Khalsa



Dharam Singh
Khalsa



Tej Kaur

Gurucharan Singh Khalsa, Ph.D., has served as Director of Training & Research for many years. He co-authored *The Mind: Its Projections and Multiple Facets* with Yogi Bhajan. Gurucharan Singh's most recent book is *The Psychospiritual Clinicians Handbook: Alternative Methods for Understanding and Treating Mental Disorders*.

Sat Purkh Kaur, Level 2 Project Manager, has many years of experience in the publishing field and in project management.

Tarn Taran Singh Khalsa is the Executive Coordinator of Teacher Trainers. He is working with IKYTA and KRI to serve the Trainers and the development of Level 2 and Level 3 Teacher Training Certification.

Sarb Jit Kaur Khalsa is the Teacher Training Administrator and Contract Manager.

Dharam Singh Khalsa is a Teacher Training Contract Manager and Customer Support person. He serves our Trainers and Level 1 programs to ensure that all teachers-in-training receive the highest quality training. He will be leaving KRI to pursue his undergraduate degree in India.

Tej Kaur (New Mexico), assisting with Level 2 Teacher Training development, works on the translation of Level 2 materials into Spanish. Tej Kaur will be taking Dharam Singh's position when he leaves. ■

For more information, visit **www.KRIteachings.org**. You may also order *The Aquarian Teacher* textbook and yoga manual, available exclusively through KRI: email kri@3ho.org, or phone 505-367-1335. If you are looking for a teacher training program in your area, please visit the IKYTA website at www.Kundaliniyoga.com. For information on Self Mastery Teacher Training please visit www.3ho.org. For details about producing products, please see the Product section online at www.KRIteachings.org.

¹SuperHealth is a de-addiction program based on Kundalini Yoga and meditation.



New From KRI

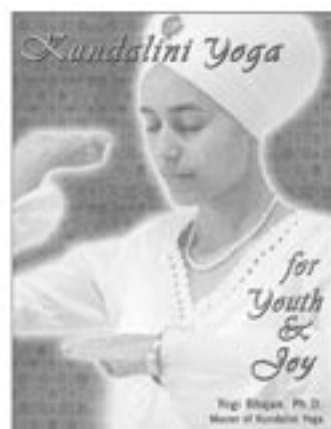


New KRI Book:
Praana Praanee Praanayam

*A*n in-depth collection of never before published breath techniques to exalt yourself, compiled and illustrated by Harijot Kaur Khalsa, author of 6 Kundalini Yoga manuals.

New release of an old favorite:
Kundalini Yoga for Youth and Joy

27 dynamic kriyas to increase the electromagnetic frequency of your aura, arc line and pranic bodies, and balance head and heart. Includes all the basics needed to begin Kundalini Yoga.



*"We must learn to meditate
on our breath.
Breath is God in us.
Breath is life in us.
Breath is us.*

Yogi Bhajan

Products produced by the Kundalini Research Institute. To purchase, contact us at:
www.kriteachings.org • 505.367.1335 • kri@3ho.org

Serving the God in All

The soul can advance to enlightenment through selfless service

By Gurukirn Kaur Khalsa

Most of us have had an experience, at some point in our lives, where we're feeling lonely and another person offers us a simple act of kindness that literally makes our day. Such an act of kindness is *seva*, service in its purest form, where one human being sees into the heart of another and does what he can to lift them up, without asking for anything in return.

The practice of *seva* is integral to both the yogic and Sikh traditions. In the yogic scriptures, the soul could advance through the round of incarnations to enlightenment through self-discipline and *sat karam*, good deeds. Good deeds included giving alms and helping others in need. Progression could only be achieved by the true of heart—those who rendered service because of their love for humanity—rather than solely for the desire for advancement. This principle became a foundational element of the Sikh tradition as well, and is called *nishkam seva*, or selfless service.

When Guru Nanak began sharing his teachings in India in the early 16th century, there was widespread corruption on many spiritual fronts. The members of the powerful yogic sects held sway over the common people and acted as intercessors, demanding money to pray for them so that they could receive good fortune. In different ways, people were made to feel small and powerless. Guru Nanak sought to put into place a society where the relationship with God was direct and personal, and where the people in the community cared for each other. By his tireless example, he taught his followers that God lived in each one of them and that they had the power to lift each other up by doing acts both large and small that would make living in this world a little easier.

One of the most profound expressions of *nishkam seva*, which continues to this day in Sikh Gurdwaras all over the world, is called *Guru ka Langar*. The caste system of Guru Nanak's day prescribed a rigid delineation of social classes, which included separated eating spaces. Guru Nanak broke through this barrier by having people of all castes sit in long lines shoulder to shoulder to receive and eat the same food. The beggar was given the same consideration as the king. Indeed, Emperor Akbar sat and ate in the *langar* lines before being granted an audience with Guru Amar Das. What this did was to raise even the lowliest person to equal status in this spiritual society. It gave each one a sense of belonging. This is what *seva* does.



Guru Nanak sought to put into place a society where the relationship with God was direct and personal, and where the people in the community cared for each other.

At the 2004 Parliament of the World's Religions in Barcelona, Spain, the *Nishkam Sewak Jatha*¹ of Birmingham, Great Britain, set up several tents to prepare and serve *Guru ka Langar* to the 8,000 delegates each lunch time. The effect was profound. On any day, a Greek Orthodox priest might converse with a Hasidic Jew, a Sikh with an American Indian. Barriers began to melt away and were replaced with understanding. People's hearts were touched seeing the elder Sikhs who lovingly dusted off each person's shoes in the shoe rack. Soon, talk of the *langar* was everywhere and was mentioned as one of the most profound aspects of the whole conference.

As spiritual beings, our deepest pain may come from our sense of separation from the Creator. It is often reflected in our sense of separation from each other. When we reach out to help another person, we overcome this sense of separation, bringing union and oneness instead. By performing *seva*, we put into action one of *Yogi Bhajan's* most cherished phrases: "See God in all, or see God not at all." ■

Award-winning poet and artist, **Gurukirn Kaur Khalsa** lives with her family in Phoenix, Arizona.

¹ The Birmingham, UK *sangat* (spiritual community)

breathwalking the path of service

The ultimate fitness program for everyone

By Siri Simran Singh

Yogi Bhajan left us with a wealth of technologies and teachings. One of the most exciting and innovative is *Breathwalk*, which he developed with Gurucharan Singh Khalsa. A simple, efficient, and highly effective method that works on body, mind, and spirit, *Breathwalk* synchronizes breathing, walking, and primal sounds to benefit walkers. Best of all, it is designed to be inclusive, being “the ultimate fitness program for everyone.”

It was with this in mind that we set up *Breathwalk UK* in London—to serve the physical, mental, and spiritual well being of those intimidated by yoga, yet in need of its benefits. Breathwalk is a project based on *seva*,* and on the teachings and values of Yogi Bhajan. We hope that the lessons we’ve learned in running *Breathwalk UK* can serve as inspiration for you to set up your own *seva* project.

Our international Aquarian business team from five countries brings skills including legal expertise, accounting, business management, nursing, computer programming, economics, public relations, and music. Every skill has proven to be invaluable in the project. Every member “champions” tasks that need to be done, while receiving support and backup from other members of the team.

The project demands commitment, and that too has been an important lesson.

Our regular *Breathwalk* Sundays have taken place in southeast London every Sunday since we began in March 2006, come rain or shine. This discipline is carried not by one person, but by the dedication of the entire team, and it has begun to have an impact on the local community. For example, Surrey Docks Farm, a local farm where we finish our walks, has experienced a boost in business. The farm’s mission of education and raising environmental consciousness dovetails with our own. In our newsletters, we help promote the farm, and the farm in turn provides our walkers with hot cups of Yogi Tea, delicious cooking, and organic food, encouraging them to return. This synergy is a virtuous circle, creating and generating its own prosperity that brings everyone in the community closer together.

The farm cafe has become simultaneously our favourite eatery, classroom, and meeting point. Kundalini Yoga students who usually only see each other in yoga classes now have a

more social forum to share their joys and experiences with each other, and with local people. A mother who participated in a *Breathwalk* found that her usual urge to keep a busy schedule every weekend is gone, and now she finally has the time to relax with her son. Another participant, a young girl, has become a volunteer working on the farm, and she is being taught how to make her own yogurt to keep her skin healthy.

In creating *Breathwalk UK*, we have manifested a channel through which the teachings of Yogi Bhajan can flow and inspire everyone. *Breathwalk UK* has been and continues to be an invaluable opportunity to truly embody all facets of Yogi Bhajan’s teachings through service. Many have been so touched by this spirit that they offer to serve as well. Our CD project, for instance, is being produced completely through *seva*, with musicians, composers, and sound engineers all giving their time selflessly to make the music. This will enable even more people access to *Breathwalk*, guided by music and instructions on the CD.

Our service through *Breathwalk UK* has created more than an organization. It is a process, carrying us all together, teaching us and allowing each of us to grow on our own, and to grow stronger as a community.

If you are interested in learning more about *Breathwalk UK* and what we’re up to, please join us for our *Breathwalk* Sunday walks at Canada Water in southeast London, or keep up-to-date with our monthly newsletter. Find it all at www.breathwalk.co.uk. Our CD is available now. We truly appreciate your participation, and if you have any comments or suggestions, please email us: info@breathwalk.co.uk. ■

Siri Simran Singh teaches Kundalini Yoga and is working with the Guru Ram Das Project in the UK to help alcoholics and drug users recover. He is also currently completing his Ph.D. thesis on *The Role of Local Governments in Economic Development in China* at the London School of Economics. He can be reached at: sirisimran@mac.com.

* See Glossary, p. 35.



people get well, stay well, and live well

At the Guru Ram Das Center for Medicine & Humanology

By Shanti Shanti Kaur Khalsa, Ph.D.

"I believe I would not be alive today if I had not started to practice Kundalini Yoga and make the life changes you helped me to make."

On Guru Ram Das' birthday in October 1986 it was my blessing to teach the first ever Kundalini Yoga class especially for people with HIV. 1986 is the same year that AZT went into clinical trials and many of the students in the class found themselves more sick from the side effects of the medication (the kinks had not yet been worked out in the dosing) than from any opportunistic infection. Teacher training prepares us to teach healthy people, not people with life-threatening health conditions. *Ong Namō Guru Dev Namō** came through and Guru Ram Das gave the students what they needed.

Over the next few months under Yogi Bhajan's guidance, classes were formed to meet the wide range of needs for people in all stages of HIV disease, and thus our service to people with serious illness began.

Twenty years later, the Guru Ram Das Center for Medicine & Humanology continues to pioneer the instruction of Kundalini Yoga for health recovery for a variety of health conditions. We provide an integrative program for the whole family, from those newly diagnosed, to those going through the rigors of medical treatment and the recovery year following treatment. In addition, we train and assist yoga teachers and health professionals the world over.

Classes have been held at support groups gathered in private homes in the Hollywood Hills; the high-rise hospitals of New York City; in a clinic in the township of Soweto, South Africa; in Bangkok, Mexico City, Moscow, and dozens of other places worldwide. Because of this outreach, thousands of people have personally experienced the practice of Kundalini Yoga and Meditation as a powerful approach to help get well, stay well, and live well.

Founded as a non-profit organization by Yogi Bhajan, the long-term mission of the Guru Ram Das Center for Medicine & Humanology is to bring the techniques of Kundalini Yoga as a treatment modality into the health care field, just as other methods—such as acupuncture and chiropractic services—have been integrated in the recent past.



Some of the volunteers from the Guru Ram Das Center for Medicine & Humanology gather to celebrate.

We accomplish this by:

- Teaching Kundalini Yoga and Meditation to those with life-threatening or chronic illness such as asthma, diabetes, HIV disease, cancer, heart disease, chronic pain, depression, and life transitions. Friends and family members are included in all our programs.
- Training nurses, doctors, psychologists, and other health care professionals to use Kundalini Yoga and Meditation as part of their patients' treatment plan.
- Providing specialized training to KRI certified yoga teachers worldwide, so they may knowledgeably and safely instruct people with illness in yoga and meditation.
- Conducting research on the medical effects of Kundalini Yoga and Meditation.
- Building a global network of health care professionals, yoga teachers, and yoga and meditation researchers to provide competent, appropriate, research-informed instruction in Kundalini Yoga to those recovering from illness. >

We often hear how valuable the conscious selection and instruction of Kundalini Yoga is to people with illness. A family from San Antonio, Texas, told us, "Very few people understand chronic illness; many are afraid of it. There is a whole science to keeping up through it and not being a victim to such circumstances. Knowing what to practice and how to apply it to a person who is ill is an art and a grace. We are very grateful that an organization like yours exists. Your work has helped our family enormously."

A woman from San Francisco relates,

"When I tested positive for Hepatitis C, it was so far along I thought my life was over. The help I received through the Guru Ram Das Center gave me an experience of myself and made me aware that I can have a future, and that I do have a future. I learned what I need to do in order to stay well, to live my life in a way that reminds me all life is a sacred gift. I believe I would not be alive today if I had not started to practice Kundalini Yoga and make the life changes you helped me to make. Thank you."

And a research scientist from Los Alamos,

New Mexico, reports, "My A1C score is usually around 18 and my doctor told me for my better long term health it needs to be between 5 and 7. After I took the Kundalini Yoga for Living with Diabetes course, my doctor and I were both amazed when my A1C dropped a full 10 points, down to 8! This has never happened in the 24 years I have had diabetes."

Angela Matzelle, an instructor in the Diabetes Program states, "At first people come to class just to feel better, before they recognize the full benefits of practicing Kundalini Yoga. Gradually they come to change their lives in ways that have little to do with their diagnosis."

A woman from New York wrote, "Thank you for the amazing professional training course you offered. Both the content of the course and your words of encouragement were helpful. I have already taught some of the information you shared to my HIV positive group and have noticed a shift in their breath quality and state of mind. As you suggested, I have incorporated several short, deep relaxations during the class and I have noticed how helpful this is to their well-being. They have given me great feedback about the changes in my teaching. Thank you again. May the work that you do reach all those in need."



Top: These KRI Level 1 certified teachers in Palo Alto, California, are trained to teach Kundalini Yoga to people with chronic or life-threatening illness. They have just completed the 2 1/2 hour Meditation to Invoke the Master's Touch. Bottom: Teaching Kundalini Yoga to People with HIV at Ten Gate Yoga in Los Angeles, California.

SCHOLARSHIP PROGRAMS

The Guru Ram Das Center for Medicine & Humanology offers three different scholarship funds:

Lighthouse Scholarship Fund benefits yoga teachers and health professionals taking training courses; they are our lighthouses, sharing the technology.

Carmelita Scholarship Fund is for clients, students, and their family members who participate in our programs.

Miri Piri Academy Graduate Fund provides a stipend for graduates of Miri Piri Academy while they intern at the center for 1 to 2 years.

Who do we serve? You! Contact us if:

- You or a family member has a chronic or life-threatening illness and would like to include the practice of Kundalini Yoga and Meditation as part of your approach to recovery.
- You are a KRI Level 1 Certified Kundalini Yoga teacher or health professional and you have students or patients with chronic or life-threatening illness and would like coaching or training on what and how to teach them.

Visit us online at www.grdcenter.org or reach us at (505) 753-4692 or at healthnow@grdcenter.org. ■

Shanti Shanti Kaur Khalsa, Ph.D., is director of the Guru Ram Das Center for Medicine & Humanology. A charter member of the International Association of Yoga Therapists, she lectures widely on the behavioral, psychological, and spiritual aspects of getting and staying well. Email healthnow@grdcenter.org, or visit our website, www.grdcenter.org.

* See Glossary, p. 35.

The Guru Ram Das Project

Serving the Spirit in London, UK

By Shiv Charan Singh

Anyone teaching Kundalini Yoga long enough may eventually find themselves called to serve outside the formal role of being a teacher. This extra call of duty and deepening heart connection to the suffering of others cannot be ignored. Service is the natural attitude of the intuitive human being.

The Guru Ram Das Project (GRDP) in London, UK, was founded to provide a structure for sharing the teachings in a non-commercial context. It is a registered educational charity born out of the Kriya Center and the Karam Kriya School where a number of the activities were taking the shape of *seva*, and needed to be recognised as such.

GRDP has a pool of 70 volunteers. The work of the GRDP includes:

- Teaching Kundalini Yoga and meditation to special needs groups.
- Hosting Gurdwara* programs that bridge the Western yoga community and the Eastern Sikh communities.
- Educating the general public on who the Sikhs are; UK has over 300,000 Sikhs.
- Participation in interfaith events.
- Bringing the technology of Kundalini Yoga and the dharmic* lifestyle to young adults in universities and Sikh camps.

It is a continual challenge to share the practical wisdom of Kundalini Yoga and the community spirit of Sikh Dharma* wherever they may be appreciated, without concern for monetary gain. This requires a range of skills, such as the ability to identify needs, expertise in professional fundraising, understanding of local government policy, sensitivity to cultural differences, and the ability to build bridges between diverse communities. And all of this is gratefully supported by the good will of a core group of loyal donors.

In the area of special needs, the GRDP currently brings Kundalini Yoga to prisons, drug and alcohol rehabilitation centers, day-care centers for the homeless, women who have suffered domestic violence, community centers for the elderly, as well as to young adults with mental health problems, and people who are HIV positive. The project is also developing programs to bring complementary medicine and holistic counselling services to these different groups.



Men from a Senior Center with Sanak, a 76 year-old volunteer, and Sri Ganesh Kaur, GRDP project manager.

GRDP currently brings Kundalini Yoga to prisons, drug and alcohol rehabilitation centers, day-care centers for the homeless, women who have suffered domestic violence, community centers for the elderly as well as to young adults with mental health problems, and people who are HIV positive.

Young Sikhs in Britain are no longer entranced by Westerners who have chosen to be part of Sikh Dharma. Instead of asking us to speak on 'Why we became Sikhs,' they now request that we come and teach them Kundalini Yoga and how to breathe right, eat right, and enhance their experience of *simran* (meditation). As a follow-up, some are inspired to become Kundalini Yoga teachers themselves.

GRDP hosts evenings of devotional singing (*kirtan*), which are wonderful opportunities to inspire and awaken the attitude of service in others. Musicians from all backgrounds play using modern and traditional instruments. Food is prepared alternately by a group of students or a Sikh family.

The 'One World' nature of the project is reflected in its management. Sikhs from both Western and Eastern traditions work together as Trustees and inspire each other.

The GRDP has an Aquarian vision of a *dharamsala*, a center which will have the Guru at its heart. This center will include

healing, educational, and meditative activities. Additionally, there will be a library and museum, as well as an Internet café. Its doors will be open to all at all times of the day and night, and there will be food available for the hungry.

Such a vision is born out of the boundless love of Guru Ram Das* for humanity. His example motivates us to bring out the best in ourselves and to find the way to bring out the best in others.

Siri Ganesha Kaur is the Project Manager for the Guru Ram Das Project. Contact her at the Kriya Center, 25-27 Bickerton Road, Archway, London, N19. UK. Telephone 0207 272 5811, Mobile 07799133305. ■

Shiv Charan Singh is the founding director of the Karam Kriya School and Kriya centre for Kundalini Yoga in North London. He is a skilled counsellor, author of several books on human communication and the mystery of numbers and poetry. www.karamkriya.co.uk

* See Glossary, p. 35.

serve

Kundalini Yoga brings hope to youth in America's inner cities

By Sat Kartar Kaur Khalsa

Kundalini Yoga for Youth (KYY) was founded in 1993 in response to the unprecedented youth homicide rate in the inner cities of Boston, Massachusetts. Frustrating work as an organizer in numerous peace and social justice arenas had inspired me to do graduate work at Tufts University in social change theory. This in-depth study coincided with Yogi Bhanan's teachings that the only deep and lasting change in this world is achieved through shifts in individual and group consciousness. Begin to work *for* the way you wish the world to be as opposed to *against* the disliked forces.

For a long time I had felt angry and helpless in the face of racism and social injustice. Although a good student, I had trouble committing to potential career paths because of constant immersion in the pain that I perceived. Choosing to go into the neighborhoods steeped in violence, crime, and chaos began a path of deep spiritual growth for which I shall ever feel blessed and be grateful. It is a daily testament to the teachings of Yogi Bhanan. What follows is a brief sample of the grace bestowed through service.

"85% is Showing Up" Yogi Bhanan (YB)

I was never sure I agreed when Yogi Bhanan began a three to five day White Tantric Yoga course by saying, "85% is showing up!" I began to understand this statement in multiple dimensions as I struggled through the fear and doubt, not only of the viability of the program, but of going into areas the newscasters referred to as "war zones." It was right on the heels of the Rodney King¹ verdict, yoga was not yet popular, and I had no experience in the culture or the neighborhoods, and very little in teaching Kundalini Yoga. I only knew Kundalini Yoga was the most powerful force in my life, and that if it helped my abundant anger level diminish, perhaps it would also help these youths.

After a bit of searching, I connected with a principal of a new federal program to pull young people out of gangs, help them through the courts, and help them earn a high school equivalency diploma. Yogi Bhanan said that you will meet the people you are meant to meet. The principal told me that having taken classes herself, she wanted Kundalini Yoga in the program, and she was willing to fund four more classes throughout the community's after school programs. The program had begun, and now it was time to learn how difficult it was for the youth to simply "show up." 85% were outside the door, listening but unable to come in. Trying anything new held too great a potential for humiliation and shame. Yogi Bhanan also said, "The other person is you." I understood; I had been so sensitive growing up that I would only try what I could practice alone. It took the students a year to trust me and another year to trust themselves. The mantra *Keep Up* took on a new meaning. After a year and a half of thefts, persistent non-cooperation, and even a threat to my life, the students remained so difficult to reach that I almost gave up. Then "Cuba" called to say, "Sat, you really saved my life." That was the first of many occasions when the students saved the program.

"If you teach Kundalini Yoga you will always be saved but not until the last minute." YB

In addition to the lack of commitment of the youth, funding is a continual

challenge for inner city programs, and programs are often short-lived. The lack of funding, while surely not the goal, has provided rare opportunities for spiritual growth and experience. As I drove to a public class one evening, calling to God that this is "the last minute," I was moved to tears when a student pulled me aside at the end of class to say that she and her husband would be donating \$5,000 to KYY.

"Take great responsibility and do great deeds without regard for your circumstances. Taking a vision and making it happen against all odds—that's what 3HO is all about." YB

On another occasion of complete funding cuts to the neighborhoods, guidance came through meditation to keep teaching without funds—that hundreds of children would be helped—trust. Shortly thereafter, I received a call that valuable antique footstools (carved in the likeness of Africans on hands and knees) had been donated to an auction house in KYY's name, as a way of clearing the *karma** of the family for having owned them. Each instance of overcoming concerns for personal needs or well being by serving the students has yielded deeper inner peace and further humbling moments of the Infinite support that surrounds us all when we serve.

"Our greatest teachers never left behind billions of dollars. They left behind a priceless way of life, a destiny, a distance that can be traveled by everyone and experienced within a lifetime." YB

The students have matched the commitment. They have shifted to a longing for the Kundalini Yoga classes held in countless after school programs, housing projects, leadership programs, drug rehabilitation centers, elementary, middle and high schools. They teach mantras on field trip buses and drive their mothers to distraction with the meditation tapes that keep saying "the same thing over and over." They petition their administrators for continuing classes and their teachers for passes out of study halls to attend yoga.

"Bana² gives people hope and lets them know who to ask for help." YB

Instead of running away from yoga class the students call to me from blocks away, from three floors down on the mall escalator, or upon their return from Puerto Rico or the Dominican Republic. The program is a constant and easily seen presence in the neighborhoods, at weddings, funerals, graduations, births, and daily life. My anger and pain are healing, and so are theirs. Truth is the Doer. *Ek Ong Kar*.³ We really are One. ■

Sat Kartar Kaur Khalsa is the Director of Kundalini Yoga for Youth. She studied Kundalini Yoga with Yogi Bhanan for 31 years and has lived in Guru Ram Das Ashram in Millis, Massachusetts since 1986. She also teaches Kundalini Yoga at Brown University and publicly. You can contact her at 368 Village Street, Millis, Massachusetts 02054, (508) 376-6206, satkartarkaur@khalsa.com.

¹King's beating by L.A. police was caught on videotape.

²Bana is the distinctive clothing worn by Sikhs.

³Ek Ong Kar means "There is One Creator who created the Creation."

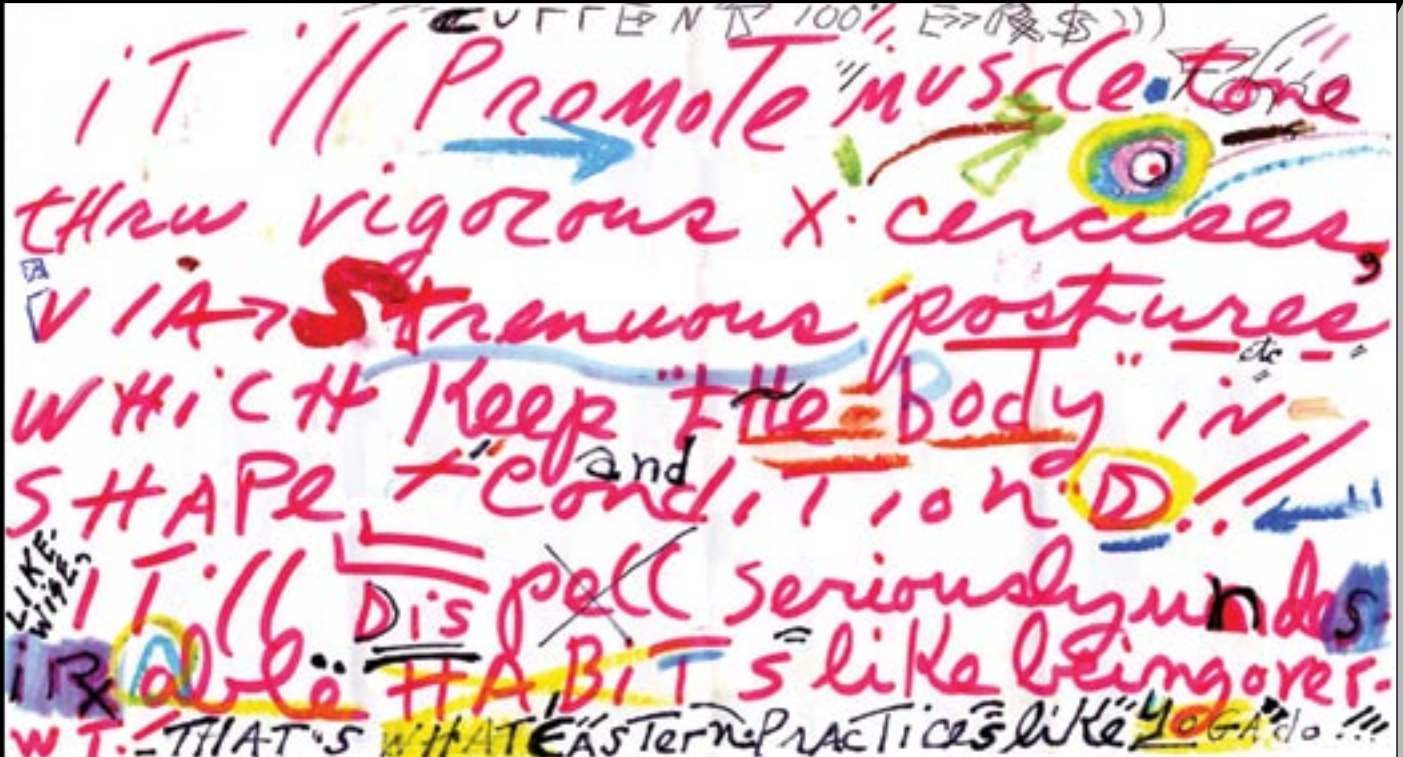


I only knew Kundalini Yoga was the most powerful force in my life, and that if it helped my abundant anger level diminish, perhaps it would also help these youths.

to deserve

teaching homeless men in a new york shelter

By Sarabjot Kaur



Transcription of Ken's drawing/essay: "It'll promote muscle tone thru vigorous x-cercises via strenuous postures, etc., which keep the body in shape and condition!! It'll dispell seriously undesirable habits like being overweight! That's what Eastern practices like yoga do!!!"

In May 2005, right before I became certified as a Kundalini Yoga instructor, I began teaching at the Bellevue Men's Shelter in Manhattan. I had just spent a life-changing year training with Sat Jivan Singh and Kaur at Kundalini Yoga East and was eager to start sharing the teachings of Yogi Bhajan with those who I felt needed them the most.

A quick search on Google led me to Anne Tannenbaum, a soft-spoken and open-hearted woman who had been running the Art Therapy program at the Volunteers of America (VOA) Reception Center for over four years. The VOA Reception Center is a section of the shelter that welcomes homeless men with severe and persistent mental illness, an untreated medical condition, or advanced age. Anne introduced me to the clients, and showed me the recreation room, where I could teach. The room was crammed with furniture and an old pool table that threatened to fall apart at any moment. The delicate operation of moving the table aside to prepare the room for yoga class would soon become part of a weekly ritual. Soon, and without having ever heard of *seva** or Karma Yoga, my students would begin to take initiatives such as moving the furniture to the sides, sweeping and mopping the floor, cleaning the gym mats and bringing out the CD player. A stick of Nag Champa incense and a few candles would bring the last touch to our makeshift yoga space.

For the first class, I taught Long Deep Breathing, Alternate Nostril Breathing, the Basic Spinal Energy Series, and the Pulse Meditation. Joseph and Sam were on the floor; Robert and Warren sat on chairs. I prepared my next few classes keeping my least able students in mind and choosing kriyas* that could mostly be done sitting in chairs or standing, such as Getting the Body Out of Distress from the *Reaching Me in Me* manual, Surya Kriya, or Folding and Unfolding of the Energy from the *Infinity and Me* manual. For Frog Pose, I would have the students grab onto the edge of the pool table and squat up and down.

Having only ever taught my fellow teacher trainees, I was forced to quickly make radical adjustments. With clients loudly erupting in the room in the middle of a silent meditation, students commenting on every exercise or taking breaks to go smoke a cigarette, I realized my ability to hold the space would depend on a subtle combination of flexibility, sense of humor, and firmness.

Gradually, I started learning more about my students:

Warren, a tall soft African-American man in his fifties, was schizophrenic and was broken by years of alcohol and drug addiction. He was attending a daily rehabilitation program at Bellevue Hospital. He has since moved to a transitional housing program.

Robert, a scruffy and joyful 68 year-old man of Irish descent is a self-educated man and a Buddhist. He's been in the shelter for a year.

Joseph, a 33 year-old black American man from San Diego, California, is diagnosed with Post Traumatic Stress Disorder Syndrome. Since May 2005, he has never missed a class.

Jamie, 48, was born in Panama. He has been living in the streets of New York for 20 years, recycling bottles and cans and going in and out of the shelter system.

Malek, 54, is the father of 19 children from 5 different women. He was the victim of a stroke in 1954, and lost usage of his right arm and leg. ›

Warren, Sarabjot Kaur, and Mike at Snatam Kaur's concert.





Jamie, Robert, Joseph, and Raymond at the shelter.

Highly creative and perceptive, Ken is psychotic. He expresses himself best through colorful essays and drawings (see illustration, p. 20).

As I was getting to know each of them, I soon realized my students welcomed challenges, and learned not to underestimate them. I started upping the stakes, with more challenging kriyas and longer, more elaborate meditations. Now, I often teach the exact same class at the shelter and at Kundalini Yoga East on any given week.

Over the last year, I have seen the power of Kundalini Yoga work its magic on my shelter students. I have seen them learn how to work with their limitations, improve their posture, and develop their focus and stamina. Robert has become the master of modifications, always spontaneously finding ways to adapt postures and exercises to sitting in a chair. At the beginning, I had to do all the exercises with them to keep the momentum going. Their focus is now such that they won't stop an exercise until I instruct them to do so. They are also enthusiastic singers. When given the choice, they always prefer a meditation with a mantra, and would rather do it for 11 minutes than 6. They especially love Snatam Kaur's voice, so when she was in New York with the Celebrate Peace Tour in September 2005, Joseph, Warren, and Mike made the trip to the Upper West Side to attend her free concert.

The end of the class is an opportunity to sit down, drink Yogi Tea, and eat fresh fruits. It is a time to talk about Yogi Bhajan, discuss health challenges, projects, dreams, family, and life. No matter how tough and stressful my day has been, I always leave the shelter energized, joyful, and deeply inspired by my students' commitment and wonderful outlook on life.

By the time this article is published, it will be a year and a half since I started teaching at the shelter. Little did I know then that passing on the teachings of Yogi Bhajan would not be an act of giving but rather an act of receiving. Many thanks to Anne, Robert, Joseph, Malek, Mike, Warren, Jamie, Ken, and the others for their contribution to this article. ■

In addition to teaching at the V.O.A. Reception Center, **Sarabjot Kaur (a.k.a. Claire Hallereau)** teaches a weekly class at Kundalini Yoga East. She was born and raised in France, and is a performer and theater tour producer. You can reach her at 718.953.2832 or challereau@gmail.com.

* See Glossary, p. 35.

Joseph, 33, grew up in San Diego. With a mother addicted to crack-cocaine, a stepfather on death row, and an aunt who abused him, Joseph was left to fend for himself. After dropping out of school, Joseph moved to Los Angeles, got on social security insurance, and met his girlfriend. Their five-year tumultuous relationship led to a violent conclusion, which left Joseph mentally and physically traumatized. Joseph moved to New York in December 2002 to start anew. With no one to turn to, he went from shelter to shelter before being diagnosed with post-traumatic disorder and being accepted at the Reception Center in January 2005. He took my first yoga class at the shelter in May 2005 and hasn't missed a class since then. His original motivation was to get his shattered body back in shape but he soon realized there was more to Kundalini Yoga than just physical therapy. He says Kundalini Yoga has helped him regain his self-esteem and has given him the spiritual dimension he needed. As other Kundalini Yoga teachers—Anka, Sat Siri Singh, and Damian—started taking turns to teach the class when I was traveling, Joseph got a glimpse of the Kundalini Yoga community and got more and more inspired. He says Yogi Bhajan and the community feel weirdly familiar to him. Anne observes that, "Yoga has nearly transformed Joseph. He has begun to meditate and defines himself in part by his yoga commitment." With the support of his case manager, Joseph recently moved to transitional housing and looks forward to becoming a nurse.

"Learning Kundalini Yoga has taught me about true friendship. Before that, I really thought that the world was hard and cold. Yet my friend opened my mind, heart, and spirit to a network of people that were healthy, peaceful, and most of all, uplifting to be around. One day I truly hope to be a part of that network of people and hope to be looked upon as peaceful, healthy, and uplifting."

Sarabjot Kaur is gratefully accepting donations towards the purchase of a small gong and yoga mats for the Bellevue Men's Shelter and to help support clients who wish to continue Kundalini Yoga after they have left the shelter. Contributions can be sent to: Claire Hallereau, 486 Eastern Parkway #4E, Brooklyn NY 11225 with the mention: "For Bellevue Men's Shelter."

Prosperity Paths



The Art of Giving Back

Issue Number 71
Sept/Oct 2006

The Unseen Hand of God

- Excerpts from a Lecture by Yogi Bhajan ›
- Embracing the tradition of Seva ›
- Meditation for Prosperity ›



The Unseen Hand of God

I should be who I am, with God within me, and evidence that God is within me should be seen by everybody.

**Excerpts from a Lecture by Yogi Bajan
on August 16, 1995, in Los Angeles, California**

The truth is you are *Atma*.¹ You are a spirit born for human experience, not a human born for a spiritual experience. For thousands of years you have been hammered and hammered, and told again and again, "Be spiritual." The majority of you are searching for God. God is everywhere. You are nowhere, and you are trying to search for Somebody who is everywhere. It's like looking for sand in the desert. In the desert, people want to find an oasis, or they want to find water or shelter. They don't look for sand. We don't have to look for God at all. We should just be ourselves. I should be who I am, with God within me, and evidence that God is within me should be seen by everybody. That's why you are in pain.

You want love, but love who? You don't love yourself; you don't fulfill yourself; you do not fundamentally understand yourself. You don't understand that you have a soul, consciousness, and intelligence, that you are totally you, complete, and made by that Infinite God, which is God Itself. But you want to love; you want somebody to love you. Who can love this hungry person who has no love for himself...?

How can you fill a glass which has no bottom? You can keep on pouring tons and tons and tons and tons of water, but will it ever be filled? Never. How can you ever find happiness without face, grace,

commitment, and character; and without sacrifice, divinity, and dignity? You can't. Where is the chance for purity, piety? Where is the privilege for sacrifice and love and tolerance and understanding? What do you give to anybody? Do you give forgiveness? Life is based on love. It seeks love. *Atma*, the soul, seeks other souls. It seeks the union here, now, hereafter, and thereafter. You can't help it. You must understand, this body is God's temple, in it lives God...

Perfect God made a perfect machine, gave you breath of life, designed you with His own perfection, and gave you everything that your *karma** could get for you. But if you keep yourself clean, mentally, spiritually, and physically, that's *Dharma*.* *Dharma* is to clean yourself mentally, physically, and spiritually. *Karma* is to live by action and reaction and in the depression of those functions. It's up to you, folks...

Listen. This is the theory: when we fold our hands, the Hand of God opens. God is everywhere, and you are nowhere. When you know this fact within and without, you don't have to act: then all of nature acts for you. When you trust your Creator, the entire creation serves you. When you find reality in yourself, you experience ecstasy. The Universe is one of light; it shines brightly and every human has the right to prosperity and the privilege of God's Hand. When our two hands hold themselves together in prayer, it's the unseen Hand of God which prevails. It is time we must realize that man and woman are human, created by one Creator for the ecstasy of consciousness and the happiness of life. May we all acknowledge that truth—being firm, being real—so that we can enjoy prosperity, beauty, bounty, and bliss from God's own Hand. ■

* See Glossary, p. 35.

¹Atma means Soul

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Seva

One of the highest traditions that we can embrace

By Darshan Kaur Khalsa

“You have to project your purity and piety to uplift and raise people’s consciousness. Reach out. Give them the spirit. Show them there’s a better thing than maya. It’s time for you to serve people, humanity. Our main job is to be together and inspire each other to reach for the golden light. Let us be one in the oneness of each other; love and reach out, make life happy. I hope you will live this day with these words deep in your heart.” Yogi Bhajan

Service is very powerful but it doesn’t necessarily mean you have to go deep into the forests of some foreign land, or give your life up to a cause. Many people also feel called to serve within the realms of their normal everyday lives. Yogi Bhajan often spoke of the concept or tradition of *seva*, selfless service, as the way to integrate service into our daily lives: “That’s what you are here for. You are here to serve, here to lift, here to grace, here to give hope and action, here to give the very deep love of your soul to all those who are in need.” YB

Those in need are everywhere and sometimes service is something that happens very subtly; the tangible attributes may not be plainly visible, yet the service is powerful just the same. Our mindset, our intentions, our devotion, our desire to serve and uplift—these are what make *seva* one of the highest traditions we can embrace.

Yogi Bhajan also spoke of *seva* as one of the foundation stones for achieving prosperity in our lives. The first step of prosperity is giving. Giving of ourselves is a mindset, a place of selfless action that actually becomes the preparatory stage for receiving. The selflessness itself releases us from the attachment of expectations, and that, in return, opens the space, allowing for that which can come to us, to come.

During his lifetime, Yogi Bhajan founded 3HO, Sikh Dharma International, and other service organizations to uplift humanity. And he always believed that serving in the smallest ways, over time, would create the largest impact. Through his teachings on Kundalini Yoga and Sikh Dharma, Yogi Bhajan shared tools with people so they could have a chance to heal their inner pain; to find peace in themselves; to find a place in the world; and to have cozy homes and healthy, happy families. It was this commitment to serving the soul of every human in the most humble ways that gave birth to a global movement.

Dasvandh supports the ongoing work of these service organizations through which we reach out, share the teachings of Yogi Bhajan, and create positive change in the world, one person at a time. Give to your own Infinity and support the work of uplifting humanity by sending in your Dasvandh donation today. ■

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

* See Glossary, p. 35.



what is dasvandh?

Every spiritual path has an avenue of participation, an opportunity to give back through tithing. While tithing is traditionally one-tenth of one’s income, many people give whatever amount they can. The principle of tithing is that if you give to Infinity, Infinity, in turn, will give back to you 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 yogic technology, meditation, the Sikh faith, keeping up, prosperity technology, conscious relationships and many other topics. These tools strengthen and nurture our state of being in today’s world. Your donations help us continue this work. Please participate as a Dasvandh donor today. Thank you!

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Meditation To Bring Prosperity to Your Life

Introduction by Darshan Kaur Khalsa

One of the most inspiring and fascinating aspects of Yogi Bhajan's teachings is that no matter what the subject matter, he adroitly reminds us that it is always a case of bringing one's self back in alignment with God and Divine Will. Even on the subject of prosperity, this message remains the same. In one lecture on prosperity, he said:

"This subject is very serious and extremely simple: what you should do to bring prosperity to your life. Prosperity doesn't mean that you have wealth, health, and happiness. The best way to explain prosperity is like when a rosebud flowers and

opens up; it has its fragrance. When a person is prosperous, there is that fragrance of security, grace, depth, character, and truthfulness, which that person can share. Like a candle emits light, a prosperous person emits prosperity.

It is the greatest tragedy that we are all trying to find God outside of ourselves. God is within us, and therefore, we have to act like God's existence. One of the greatest human weaknesses is that we want to impress others. But once we begin impressing ourselves, it's nirvana:¹ we are redeemed, we are free, and we get whatever we want. You will find you

are you, and that the very joy of being you is a most precious joy." YB

Prosperity, like many other things for which we strive, manifests itself when we remember that God is within us. When we center our attention on becoming one with the Infinite, we become more present in the now; being really present in the now produces the consciousness, which creates prosperity as a way of life. ■

Part One

Sit in Easy Pose*

(or in a chair) with a straight spine. Raise the right hand to the level of the right ear, with the fingers pointing straight up and the elbow out about 10 inches from the ribs (like you are taking an oath). The left hand covers the navel point, with the fingers straight and the palm laid flat over the navel. Close your eyes and just think of yourself and the breath of life. Continue for 8 minutes (no longer).

Part Two

Still sitting in Easy Pose, bring both hands to the heart center. The thumb tips are touching each other, as are the fingertips, and the hands form a triangle in this position. The bases of the palms are apart. The point of the triangle faces up. The eyes remain closed. Meditate on your purity and divinity while whistling to the instrumental music of *Ardas Bhaee*** (side two of the tape). Continue for 4.5 minutes. Then inhale powerfully. Hold the breath in and use your imagery and perceive yourself as pure and Divine. Exhale. Inhale and repeat two more times.

Part Three

Still sitting in Easy Pose with eyes closed, extend the arms straight out to each side. The arms are very straight with no bend, at shoulder level with the right palm facing up and the left palm facing down. Inhale and feel that heaven and Earth are joining in you, that right and left are in balance. Suspend the breath for 20 seconds, and then exhale with cannon-fire breath² through the mouth. Repeat two more times, then inhale deeply and hold tightly. Exhale and relax.



Part One



Part Two



Part Three

¹Characterized by bliss and freedom. Letting go of ego, passion, and desire. Liberation.

²Powerful exhalation through 'o' shaped mouth.

* See Glossary, page 35.

** *Ardas Bhaee* is available from www.a-healing.com.

service with a smile

A little kindness goes a long way.

By Shakti Parwha Kaur Khalsa

If a customer is rude to you, and you talk back, you may get even; but if you don't say anything, you get ahead of him!" I've never forgotten these words of Mr. Hudacek, Manager at Van de Kamps, where I worked as a waitress for three years, so my then husband could go to art school.

In 1952 Van de Kamps, "the largest coffee shop on the West Coast," was located on the famous "Miracle Mile" on Wilshire Boulevard in Los Angeles. We were expected to smile—all the time. If you weren't smiling, the hostess would come over and remind you. It didn't matter if you had a stomach ache, your marriage was falling apart, your dog just died, or you had a sick child at home; when you were serving the public, you had to smile.

One afternoon, waiting on a customer, I was called aside and handed a subpoena. My soon to be ex-husband was claiming child custody. I almost lost it! I got into a heated argument with the customer over whether he had ordered his English muffin buttered or not. I knew I was right; he had asked for it buttered! Fortunately, I caught myself mid-argument and apologized. Then the man also apologized, and told me he had just been in an auto accident. No wonder we were both upset.

Now whenever I have to deal with someone who is angry and unreasonable, I try to give them the benefit of the doubt—who knows what may have just happened in their lives?

When the Beverly Hilton Hotel opened in 1955, they hired more than 50 waitresses. In a few weeks they started weeding out. In my interview (Yes, I abandoned Van de Kamps for the upscale Hilton) I was told that they wanted to keep me because I was so pleasant to the customers. (I definitely smiled a lot.)

I didn't last long in the prestigious dining room overlooking the pool. Clumsy at carrying heavy trays, I spilled wild mountain blackberry syrup all over a South American gentleman's white Panama suit. I was quickly transferred to work the counter in the coffee shop. No trays. Safer for all concerned. And I kept smiling.

As a waitress I learned psychology, patience, perhaps even humility—swallowing my "pride" to apologize no matter what—and what to say to keep the customer happy: "I'm *so* sorry," "I'll be right with you," "Is everything all right?" 'Kill 'em with kindness' works.

Meanwhile I was studying astrology and reading books on metaphysics, trying to understand why my life was so hard—divorced at 22, raising a son alone. I discovered *The Power of Positive Thinking*¹. There was a tall fiery red-haired waitress at the Hilton who gave me a really hard time. Every day, driving to work and dreading my next encounter with her, I repeated over and over, "God bless Diane² for her kindness and sweetness." It worked! Soon her attitude softened; she actually became friendly. Hooray for positive affirmation!

When I met Yogi Bhan I thought surely I could quit working as a waitress and be his full time secretary. No way. He told me, "You're not there for the money." He said, "Even if we have to pay *them* for you to be there..." When I accepted the fact that it was a karmic necessity, an opportunity for my spiritual growth, I stopped resenting the job. It took five years before my waitress days were over and I could serve Yogi Bhan full-time as his Executive Secretary.

For over 35 years I had the privilege of observing his living example of selfless service. Yogi Bhan gave time, money, energy, encouragement, and guidance wherever it was needed, with



Now whenever I have to deal with someone who is angry and unreasonable, I try to give them the benefit of the doubt—who knows what may have just happened in their lives?

no concern for what he might get in return. He never reacted; he always acted, in service. When he smiled, it opened our hearts; when he spoke, he touched our souls; and wherever he looked, his gaze brought Light. His very existence was a service to the evolution of this planet. ■

Shakti Parwha Kaur Khalsa was Yogi Bhan's first student in the United States. She has been teaching Kundalini Yoga since 1969. Author of *Kundalini Yoga: The Flow of Eternal Power*, *Tool Kit for Teaching Beginners*, and *Kundalini Postures and Poetry*, Shakti is currently working on *Marriage: The Highest Yoga*.

¹Best seller by Dr. Norman Vincent Peale

²Not her real name.

seva is a win-win

Quotes by Yogi Bhajan on Seva

“We are on this planet to love each other, to serve each other, and to uplift each other.”

Yogi Bhajan



“**T**here’s only one thing which will bring happiness to you. When you humble yourself and serve others, then God will fill in the gap and shall serve you. People talk to me, ‘I have a light.’ People talk to me, ‘I have a dharma.’ People talk to me, ‘I have happiness.’ I don’t believe any of this. The test of a happy man is when he comes out and serves those who are unhappy. That man only knows God. A Sikh asked this question, ‘Guru, if I do not see and find God in myself, where will I find God?’ The Guru answered, ‘In service of the *sangat*.’* It’s a privilege. It is the highest privilege and honor bestowed on an ordinary man. There’s no other way on the planet to free your soul unto the destiny and unto God but by serving those who need a hand—smiling at them, wiping away their tears, forgiving them.”

“*Seva* is a win, the total source of victory. The moment you serve with heart and head, and without grinding any ax, you win the person forever. You deliver another person facing difficulty to their own strength. You save the person in the face of calamity. You protect him in the face of non-reality and bring home the reality. In any form, shape, or projection, if you can elevate a person’s consciousness, his spirit, his self, his environments, his life, then it is *seva*.”

“Sometimes when people are asked to do *seva* in the ashram—to do cleaning, for example—they ask why. Kundalini Yoga is Kundalini Yoga. Karma Yoga is Karma Yoga. Karma Yoga is equally competent to take you to God.”

“I’d like to share something very personal with you. I used to wash the floors of *Harimander*.¹ I was known as Yogi Baba, and a lot of people used to meditate on me. When they saw me washing those floors, they used to freak out. They asked me, ‘Why are you doing so?’ I asked them, ‘Why do you think I’m doing it?’ They said, ‘We don’t understand it at all. Why do you need this?’ I said, ‘I may have reached God consciousness long ago through meditation, but I have not reached it yet through *seva*.’ *Seva* means doing a service of no return. That is how the grace gets multiplied: when you are not seeking any return. I said, ‘By doing this *seva* at the Guru’s House I want to make a relationship between me and my *Guru*.’* Therefore, I feel that serving the House of the Guru is more graceful for me than anything else.” >



“A Sikh asked this question, ‘Guru, if I do not see and find God in myself, where will I find God?’ The Guru answered, ‘In service of the sangat.’”

“Some people do not understand that they have come here to serve everybody, to be humble, to be quiet. Guru Nanak* said, *Sochhai soch na bovae jay sochee lakh vaar*. ‘You think and think ten thousand thoughts, but not one thought will give you what you seek.’ I say, ‘If you cannot stop thinking, then do one favor: think what good you can do.’ We are on this planet to love each other, to serve each other, and to uplift each other. We have come to this Earth to give, not to take. Don’t take pride in taking. Give. Give, and there will be virtue in what you will be given. And that will give you God.”

“This body has to earn from *karma** to the state of *dharm*.* What is *dharm*? That’s the question which everybody asks. Karma needs action and reaction. Every action you do will have a reaction. That you cannot change. Dharma is when you take action to uplift and serve others—this is your *dharm*—and for this *seva*, you will get an abundance, you will get a thousand-fold return.”

“There is a story I want to share with you. Brahma is the source and the giver of *Gian* (knowledge). Once Brahma had a *yag*, a gathering, to which he first invited demons. Food was served; they were sitting in *langar** lines. Brahma said to them, ‘You cannot bend your elbows at this meal.’ So everybody’s elbows were straight, and they were supposed to eat. Do you know what they did? They tried to eat but the food fell on their faces, noses, mouths, clothes, and they couldn’t enjoy the food. Then Brahma gave a feast for the angels. They also couldn’t bend their elbows, so they fed *each other*, and had fun. Being for each other is the ecstasy, it

is the divinity. And being for yourself is the tragedy. Self is for being for others; not just for yourself.”

“If you serve, you shall win the hearts of others. If you humble yourself, you shall not only win their hearts, but you will win their souls. If you serve, God will come through for you. *Seva* is a very wonderful cause, it is the real thing. Service is not what serves you, it is when you enrich another person.”

“*Seva* is to earn first and then to share. That is *seva*. Exploitation and getting exploited are not *seva*. *Seva* is very misunderstood. *Seva* is when you have something to share and you can give. It is not *seva* when you have nothing to share. I do not know what kind of *seva* that is. That is called pushing too much.”

“*Seva* is selfless service. When one is forced by environments and circumstances to selflessness in experience, that is *seva*. When you do something for show or to communicate that you have done something, it is not *seva*.”

“Service (*seva*) is when you feel honored by doing something. You feel it within your own self. It is when you honor your self. When I am honored in my consciousness for doing something, it is *seva*. When I stand before my consciousness, I feel good, and I say, ‘Well, I am so blessed that I could do it’—*that* is *seva*.” ■

*See Glossary, p. 35.

†The Harimander Sahib is another name for the Golden Temple in Amritsar, India.



Teachers Summit

We interviewed over 40 Kundalini Yoga teachers and trainers to learn what issues they are facing at this time. Certain common themes emerged. They will be used to shape our Teachers Summits:

1. Clarifying the roles of Local, National, and International Associations.
 - a. How are we going to work together?
 - b. Where and how do decisions get made?
2. What are the guidelines we can use to develop an "electo-selecto" system that insures that we hold the vision of Yogi Bhajan, while being open to growth, expansion, and international representation?
3. What systems do we need to create for teachers and trainers to have input into IKYTA, KRI and 3HO?
4. Associations need to develop strong mission statements that serve all teachers (locally, regionally, nationally, and internationally), serve our unity and community, and carry the essence of Yogi Bhajan's Legacy.
5. What do individual teachers and trainers get out of the Association?
6. What is it that we can do together, that we cannot do separately?
7. What principles, values, and guidelines do we all agree on that can serve to guide us on local, national, and international levels?
8. How can we co-create and/or support Kundalini Yoga teaching communities that:
 - a. Honor our elder teachers and trainers?
 - b. Foster the collaboration of elders?
 - c. Foster the collaboration of traveling teachers with the teachers serving that domain?
 - d. Support the initiative of new teachers?
9. Communication! Communication! Communication! - All things simple and friendly.

We look forward to seeing you in Europe and Mexico at IKYTA's two Teacher Summits, where we will carry this work forward together. Join us at this ideal time for growth and expansion. ■

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*Each one of you must rise up
and fulfill your role in the story.
Each one of you are a saint.
From your souls this spiritual
nation has come. To mint
tomorrow and get rid of sorrow,
You all must unite as one.*

Yogi Bhajan

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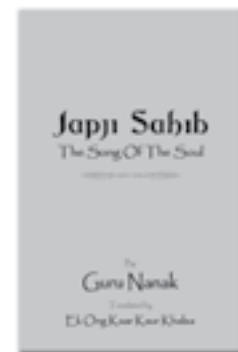
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Guru Nanak Brings Love and Light

The Guru for the Aquarian Age
inspires us to seek inner Divinity

By Ek Ong Kaar Kaur Khalsa

In the centuries preceding the birth of Guru Nanak* in Northern India, religious intolerance, torture, war, and even thievery “in the name of God” were the social norm. The horrors committed during this period rival the worst atrocities in Western history, including the Spanish Inquisition and the Jewish Holocaust. But the terrors in the Guru’s time lasted for generations.

Sometimes the insanity of humans torturing each other causes us to wonder whether Divinity exists at all. The third Guru of the Sikhs, Guru Amar Das, writes, “When the world is in distress, it heartily prays. The true One attentively listens, and with His kindness grants comfort. He gives the order to the clouds and the rain falls in torrents.”

When the human race faces its darkest moments, the power of prayer can bring a powerful Light from the Heavens to serve the difficulties on the Earth. Guru Nanak was such a Light.

The beauty of Guru Nanak’s birth rests in how profoundly human it was. There were no prophecies to herald his coming. No miracles took place around his conception or birth. An astrologer is reported to have seen in him a powerful destiny—either as a king or as a sage. And it is also reported that his mid-wife said that the baby’s first sound was “a laugh like a wise man joining a social gathering.” But other than these brief moments, Guru Nanak entered the world humbly and unannounced.

Yogi Bajan said Guru Nanak’s soul meditated in the ethers for 10,000 years before taking birth as a human—so extraordinary was the task the Creator needed him to do. During the light-half of the moon in either May or November (historians conflict on this), in 1469, Guru Nanak quietly came in.

JAPJI SAHIB

During the first 30 years of Nanak’s life, he sought out the company of the wise—asking questions, dialoguing with them, learning from them. He did not discriminate between the different sects of his time, for he had a profound sense of the One Spirit behind everything. Still, he struggled. Once, he lay in bed for days, unwilling to rise or do anything at all. His parents, concerned about his health, sent for a doctor. But Nanak told the doctor, “What can you do for me? I am longing for my Beloved. Only the medicine of the *Naam*—of the Spirit—can heal me.”

Guru Nanak had a habit to rise before the sun and take a bath in the river before doing his meditation. One morning after immersing himself in the waters, he did not resurface. Everyone in the town—his parents, wife and children; his friends and relations—believed him dead. Only his sister Nanaki did not believe it.

What happened during those three days? The stories from that time vary. In devotion, one can only imagine what his experience must have been like. But it seems to my mind that, for those three days, he dwelled in a deep state of meditation under the water; his breath so slow it nearly stopped; his concentration so profound that his soul broke through every barrier of time and space, and directly merged with his Love.

Yogi Bajan said Guru Nanak’s soul meditated in the ethers for ten thousand years before taking birth as a human.

In that moment of merging, the 10,000 years of meditation in the ethers ignited a fire in his awareness. He listened deeply and heard that in the Universe a Song exists to guide the soul home. Every true master in every tradition has heard that Song. It is real, and the human has the capacity to listen to it and understand it. To sing it is to find the path to the Divine within one’s own being.

When Guru Nanak emerged from the water, he brought that experience of union, of listening to that Song—and he composed *Japji Sahib*. *Japji Sahib* is a teaching song that guides a person to the Divinity within himself or herself. It is a prayer for any person on any path. Because what Guru Nanak described was the Unity behind the diversity in creation, and that there is One Teaching behind all teachings. He taught that every person has a birthright to find their inner Divinity, and live healthy, happy, and holy on the Earth. ■

Ek Ong Kaar Kaur Khalsa is a teacher, Sikh Dharma minister, and writer. She currently serves as the Project Manager for the Yogi Bajan Library of Teachings. During the last years of Yogi Bajan’s life, she worked directly under his guidance on a translation of Guru Nanak’s *Japji Sahib* which can be found at www.amazon.com. She lives in Espanola, New Mexico.

* See Glossary, p. 35.

finding the ultimate diet

Feel light and more relaxed with green foods and Kundalini Yoga

By Hariang Kaur Michon

In 1987, I was working on a book about Yogi Bhajan's teachings—the first book on Kundalini Yoga in the Dutch language. While translating an advanced breathing technique, *Ungali pranayam*, I came across the Green Diet, and it intrigued me. I did some research and found more information on the diet in Yogi Bhajan's book, *Foods for Health and Healing*. That summer I went to Women's Camp in New Mexico, a yoga training camp for women, where Yogi Bhajan taught daily. During the yoga classes, Yogi Bhajan shared his extensive knowledge of nutrition with his students.

Back home in the Netherlands, I dove back into my translation work, and came across the Green Diet once again. I decided to try it. Soon I discovered that this diet worked for me—I felt good because of it, and more importantly, I was having fun doing it. A whole new world opened up to me and I learned about many foods I never knew existed. There are so many green vegetables, fruits, beans, seeds, and nuts! Although I was already practicing and teaching yoga every day, when I was on the diet I became more supple and even lost some superfluous weight. I didn't feel hungry at all, because with this diet I could eat as much as I liked. With the change in eating habits to more green foods rich in chlorophyll, I felt mentally lighter and more relaxed. I also chose yoga sets to fit the diet (see box). Soon my students started asking me about the changes they saw in me, and wanted to be included. And so a tradition was born—to do the Green Diet and practice the Kundalini Yoga exercises and meditations together.

For more information, please visit our website, where you can find tips on how to prepare for the Green Diet, yoga exercises, recipes, and more. <http://www.michon.org/eng/> ■

Hariang Kaur Michon has been a yoga teacher since 1974 and a KRI Certified Kundalini Yoga teacher trainer since 1995. She operates the Guru Ram Das Yoga Center in Enschede, The Netherlands. She has written several books on Kundalini Yoga in the Dutch language.



A Favorite Green Diet Recipe: Spicy Split Pea Soup

This is a delicious soup in winter as well as in the summertime. During winter the kohlrabi can be replaced by broccoli, since broccoli is available year-round.

Ingredients:

2 large onions, diced
3 cloves garlic, minced
1 Tbs cumin seeds
4 bay leaves
1 Tbs grated ginger
1 green chili pepper, chopped
3 Tbs olive oil
9 ounces split peas
1 kohlrabi, chopped
1 cup celery, chopped
1 leek, chopped
salt to taste

Preparation:

Heat the olive oil in a pan with a thick base. Add the onions, garlic, cumin seed, bay leaves, and ginger. Cook until glazed; then add the green chili pepper. Stir and let simmer for 3 minutes. Add a half-gallon of water, the split peas, and some salt. Let simmer for 45 minutes on low heat. Add the kohlrabi and celery. After 5 minutes, taste to check if the kohlrabi and celery are softened. Add the leek just before serving the soup. Yield: ½ gallon. Prep time: one hour.

The Green Diet

The Green Diet is a vegetarian diet in which you eat only foods that are green in color, either on the inside or on the outside. It is known to have a detoxifying effect, cleansing the liver, ridding the body of unneeded mucous, and making the skin healthier. It's a good diet for losing weight, because you can eat as much as you like, provided it's green. Some examples of foods on the Green Diet are: green apples, avocados, mung beans, watermelon, all green vegetables, and green grapes.

Kundalini Yoga to Complement the Green Diet

- The Complete Workout for the Elementary Being, from *Inner Workout*, p. 48
- Detoxification, from *Self-Experience*, p. 9
- Strengthening the Stomach, from *Owner's Manual for the Human Body*, p. 40

Glossary

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

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

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

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

Breath of Fire: Continuous rapid nostril breathing, two to three breaths per second, while pulling the navel point in on the exhale and relaxing it on the inhale.

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

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

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

Darshan: Blessing by seeing or being seen.

Dharma: spiritual path.

Diaphragm Lock: See Uddiyana Bandh.

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

Electromagnetic Field: See Aura.

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

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

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

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

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

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

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

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

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

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

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

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

Khalsa: Pure ones.

Kirtan: Sacred music.

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

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

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

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

Mahan Tantric: Master of White Tantric Yoga.

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

Mudra: yogic hand position.

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

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

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

Nam: Name, true identity.

Neck Lock: see Jalandhar Bandh.

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

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

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

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

Pranayam: Yogic breathing technique.

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

Rock Pose: Sitting on your heels; Vajrasan.

Root Lock: See Mulbandh.

Sadhana: Daily spiritual practice.

Sangat: Community of like-minded people.

Sat Nam (Sat Naam): True identity.

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

Seva: Selfless service.

Shabd: Sound current, Divine Word.

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

Shakti: woman; feminine aspect of God.

Sikh: Literally a seeker of Truth.

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

Siri Guru Granth Sahib: Revered as the living Guru for Sikhs, a 1430 page volume containing the sacred words of many enlightened beings who wrote while in a state of union (*yoga*) with God.

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

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

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

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

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

Wahe Guru: Indescribable wisdom.

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

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

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- Yogi Bhajan -

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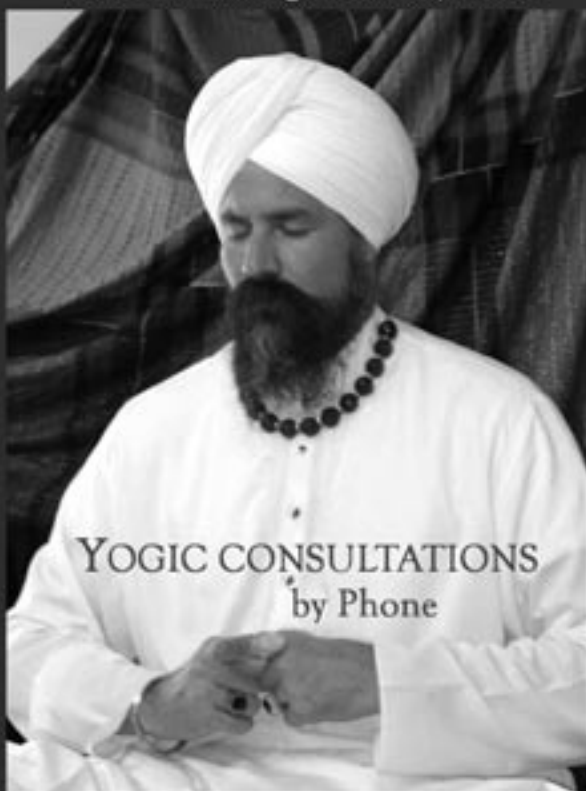
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the spirit of God falls at 90 degrees direct.'
-Yogi Bhajan (1929-2004)

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The idea is to just stop. Just wait.
Don't react. Therein lies the whole
Universe. Just don't react.

-Yogi Bhajan

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kundalini yoga

Where Lies the Wisdom

Taught by Yogi Bhajan on May 28, 1992

Introduction by Indra Kaur Khalsa

I first began to do this *kriya** because I wanted to experience *shuniya*—the state of deep relaxed awareness and thoughtlessness. Through practicing the kriya, not only did I experience this, but I also discovered that it helped me in ways that I had not expected. I found that my neck was healing from a serious injury I had received in a car accident. Before I began this kriya, my neck muscles were locked tight, with little flexibility. As I practiced the kriya, these muscles loosened and softened. I also began to notice that the symptoms of further serious injury from the car accident began to diminish. In addition, my shoulders and mid-back adjusted and released long-standing tensions. I have gotten so much benefit from this kriya that I hope to be practicing it for a long time.

“The purpose of this class is to strengthen the glandular and circulatory systems, purify the blood, and allow the self to become great and wise.” —Yogi Bhajan



1a



1b



1c

1. Posture: Easy Pose.* Stretch the tongue out, pushing from the root of the tongue.

Mudra: Hands on the knees, palms facing up. Left hand: ring fingertip and thumb tip touch. Right hand: index fingertip and thumb tip touch (1a). The other fingers are kept straight.

Breath: Breathe through the nose, intentionally and slowly.

Eyes: Closed.

Time: 16 minutes.

“Push the tongue out and keep stretching it out with constant pressure. You are affecting the Sushmana, the central nerve channel of

the spine. Keep stretching the tongue out, out, out, out, out. The vagus nerve system¹ will be balanced. Push and push and push until you start shaking. If by chance you have a pressure on the forehead or on the back of the head, just don’t worry. This is absolutely normal. Keep it that way. This exercise will renew the balance of your parasympathetic, sympathetic, and central nerve systems. It is very easy, extremely useful, and it will protect you from a lot of confusion. Just stay steady and stabilize yourself.” YB

To end: Inhale deeply and hold the breath, bring the tongue in, and press the tongue against the upper palate as hard as you can with the mouth

closed. Exhale. Do this 3 times, holding the breath for 20 seconds each time (1b).

Relax, stretch a little bit, move the shoulders and hands (1c). Let the circulation flow. Relax for 5 minutes.

“If you can do this exercise anytime during the day, your own self can give you a lot of strength, power, energy, and intuition. If you can stabilize the tongue under your control from its root and keep it out, breathing through the nose, you will totally change to be super positive with just this effort. But you have to practice it. You have to do it yourself. Changes will be very positive. You will start feeling, ‘I couldn’t do it; now I can do it. I can’t be; now I can be.’” YB >



2

2. Posture: Easy Pose. Elbows are bent at the sides near the rib cage. Forearms are perpendicular to the ground and the palms face forward away from the body. Hands are at about shoulder height and slightly in front of the body.

Mudra: Place both thumbs on the mound of Mercury, right at the base of the little finger. The index finger is straight and tight, and the other 3 fingers are closed in a fist over the thumb. The index finger is hard like steel. Put full pressure on it. Keep it firm.

Breath: Not specified.

Eyes: Look at the tip of the nose.

Time: 15 minutes.

Music: *God is Within Me*, available at www.a-healing.com. The music was played for the last 10 minutes of the exercise for encouragement.

To end: Inhale deeply, hold the breath, and come to the stage of *pratyahar*² and *shuniya*. Squeeze your whole body tightly. Allow your energy to stabilize. Exhale. Do this 3 times, 20 seconds each.

"No chanting, no thinking, nothing. Open yourself to reach a stage of infinite balance. This will give you an experience of Infinity. As a human being, whatever you will confront, ultimately you will know how to deal with it. It's your intuition, your little voice which becomes louder so you can hear it. It will give you a very powerful inner relaxation, if you can strongly keep it under control. Learn the control of the self. Be steady and firm." YB



3

3. Dance while sitting in Easy Pose. Whatever you move will be healed. You will heal yourself. Move your elbows, your shoulders, and your ribcage (Bangara movement). Normally there is no way to adjust the ribs, but you have to learn to do it yourself. Move the hands. Move the fingers as if playing a piano. Dance limb by limb. This exercise prevents heart attacks and nervous breakdowns, and balances calcium, potassium, and sodium.

Music: *Punjabi Drum Music* (available at www.a-healing.com)

Time: 6 minutes.



4

4. Posture: Easy Pose. Elbows are bent, and the hands are above the head and slightly behind it. Palms are together, fingers straight, thumbs crossed (locked). Lean backwards about 15 degrees, as if you are saluting someone behind you. It will give you a deeper breath.

Breath: Not specified.

Time: 1 ½ minutes.

To end: Inhale, and tighten and perfect the posture. Exhale. Do this 3 times, holding 10 seconds each time.



5

5. Talk to each other: (If you are alone, you can speak with yourself during this time.) Don't meditate.

Time: 18 minutes.

Music: *God is Within Me*



6

6. Posture: Easy Pose. Place the thumbs on the mounds of Mercury and make a fist with the rest of the fingers. Arms are stretched straight up. Circle the arms backwards from the shoulders in large circles. Armpits are open. Do not bring the hands down below waist level. The pull will be on the central vagus nerve in the armpit area and the area below the armpit.

Breath: Not specified.

Time: 30 seconds. ■

Indra Kaur Khalsa, Ph.D., lives in Louisville, Colorado and teaches Kundalini Yoga and Sat Nam Rasayan classes and has a private practice in Sat Nan Rasayan, yoga therapy, and nutrition. She can be reached at (303) 665-6170.

* See Glossary, p. 35.

¹The longest of the cranial nerves, passing through the neck and thorax into the abdomen and supplying sensation and/or motor impulses to the ear, larynx, pharynx, vocal-cord muscles, and abdominal and thoracic viscera

²Consciously and analytically directing your mind towards the Infinite

two-part meditation to realize your grace and rise above reflex actions

Through this breath meditation you realize your grace and you don't need to find God: He will find you. The heart center opens and your consciousness is altered.

1. Sit in Easy Pose.* Breathing only through your nose, inhale completely in 16 equal strokes. Resist each inhalation slightly by making your nostrils smaller. Then exhale in one continuous breath. Hear the sound of your breath on the inhale as *Sat* (rhymes with 'but,' and means 'truth'). Let the breath and sound strike the bend of the nose as you inhale. Focus your eyes on the bend of the nose between the eyebrows. Do this for 5 minutes on the first day. Then each day increase the time by 1 minute to a maximum of 31 minutes.



2. Sit in Easy Pose and chant the mantra *Sat Nam** (rhymes with 'but Mom') according to the Law of Seven, also known as the Law of Tides: vibrate *Sat* in six waves, letting your voice rise and fall within each wave, and let *Nam* be the seventh sound. On each wave, thread the sound through the *chakras*,* beginning at the first chakra. On *Nam*, let the sound and energy radiate from the seventh chakra at the top of the head through the *aura*,* unto Infinity.

First chakra – base of spine, rectum

Second chakra – sex organs

Third chakra – Navel Point

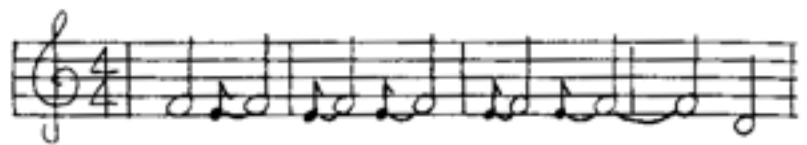
Fourth chakra – heart

Fifth chakra – throat

Sixth chakra – Brow Point*

Seventh chakra – top of the head

Continue for 15 minutes.



Sa -a -a -a -a -a -t Nam

Comments:

We must rise above reflex actions in dealing with our instincts or we become less than human and lose contact with our source of higher energy, integration, and inspiration. If we are to find God, the Infinite, we must first stop looking for Him and find ourselves. To find ourselves we must first value ourselves and the life energy that sustains us. A person who begins to meditate on the breath begins to value life, because breath is the active link between God and life. It is a journey of consciousness. ■

* See Glossary, p. 35.

pure ganesh

By Karan Khalsa

If you've ever seen GuruGanesha play his guitar, you understand why Spirit Voyage had to make *Pure Ganesh*. GuruGanesha becomes a part of his guitar when he plays. He sits in a yogi's pose, legs crossed, knee over knee, with a guitar in his lap. He usually starts with a small smile on his face and the sparkle of anticipation in his eye, as if he's about to be reunited with an old and dear friend. And as his fingers start to move across the strings, his entire body begins to move too, and the music comes not just from the guitar, but from the entire union of the being he and the guitar have become.

GuruGanesha's musical energy is boundless. Knowing the passion behind his music, I felt compelled to release an album that really showcased his guitar in a deeper way. When GuruGanesha passed me the gauntlet of running Spirit Voyage, I didn't realize he was also opening the door to letting his own musical creativity be born anew.

The pieces in *Pure Ganesh*, which he co-produced with Krishan Prakash, brilliant up-and-coming producer and musician, were written during his travels with Snatam Kaur on the Celebrate Peace tour sponsored by Spirit Voyage and Peace Cereal.

I sat down with him and his wife, Mata Mandir Kaur, to talk about the inspiration behind the music. "This whole album is very personal," he said, looking at his wife and smiling. "My wife named the album. I was playing it for her, and she said, 'This is Pure Ganesh!' And that was our 'Aha!' moment. 'That's it! That's the name of the album!' I yelled, and we got up and danced together till the song was over."

"Can you tell me about some of the faster tracks? They've got an upbeat lilting jazz-blues fusion sound with some Grateful Dead style guitar in there. Where did they come from?" I asked.

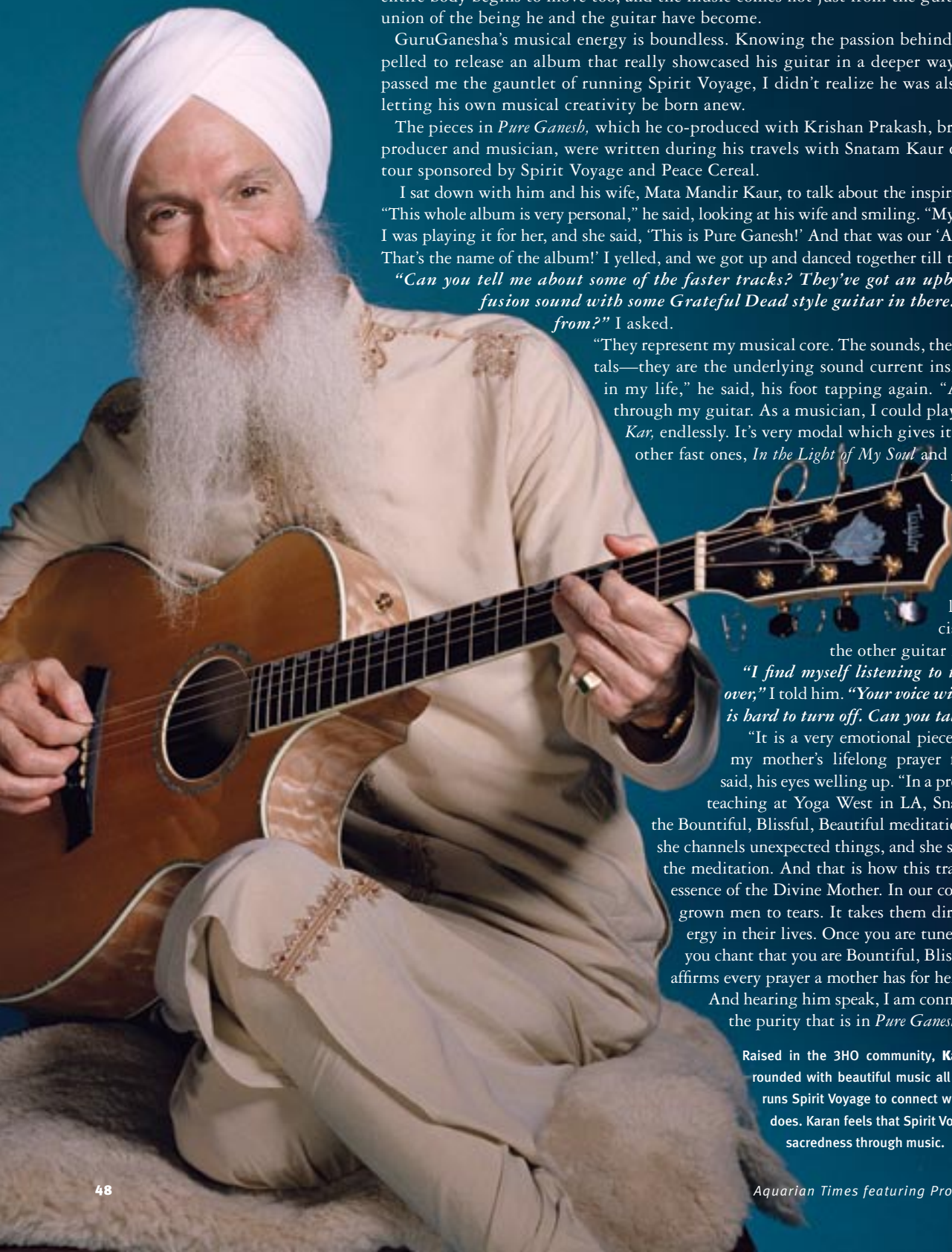
"They represent my musical core. The sounds, the chants, the instrumentals—they are the underlying sound current inside of me at this point in my life," he said, his foot tapping again. "And that is manifested through my guitar. As a musician, I could play the first track, *Ek Ong Kar*, endlessly. It's very modal which gives it a sense of infinity. The other fast ones, *In the Light of My Soul* and *Adi Shakti*, are born of my late '60s heritage with a bit of rock and a bit of blues. This style of music is in my genetic code. It emerged from years of listening to Jerry Garcia, Eric Clapton, and the other guitar icons of that era."

"I find myself listening to the *Ma* track over and over," I told him. "Your voice with Snatam's harmonies is hard to turn off. Can you talk about that track?"

"It is a very emotional piece and a manifestation of my mother's lifelong prayer for me," GuruGanesha said, his eyes welling up. "In a prosperity workshop I was teaching at Yoga West in LA, Snatam Kaur was leading the Bountiful, Blissful, Beautiful meditation. Sometimes on stage, she channels unexpected things, and she started weaving *Ma* into the meditation. And that is how this track was born. *Ma* is the essence of the Divine Mother. In our concerts, this song brings grown men to tears. It takes them directly to the mother energy in their lives. Once you are tuned in to that energy, and you chant that you are Bountiful, Blissful, and Beautiful, that affirms every prayer a mother has for her child."

And hearing him speak, I am connected more deeply with the purity that is in *Pure Ganesh*. ■

Raised in the 3HO community, Karan Khalsa has been surrounded with beautiful music all her life. She acquired and runs Spirit Voyage to connect what she loves with what she does. Karan feels that Spirit Voyage helps people find their sacredness through music.



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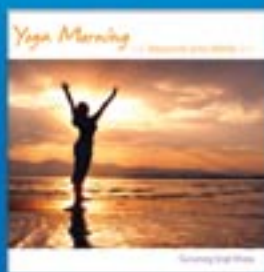
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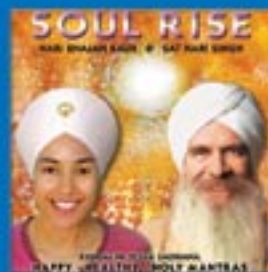
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