

AQUARIAN TIMES

featuring Prosperity Paths



A Spiritual Family for the New Century





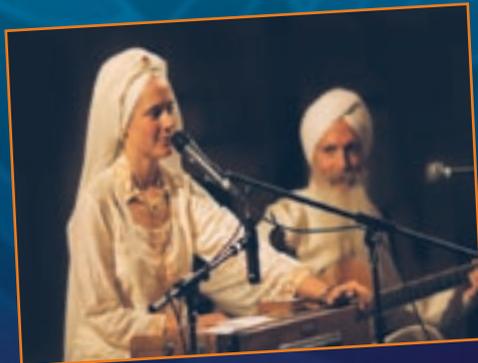
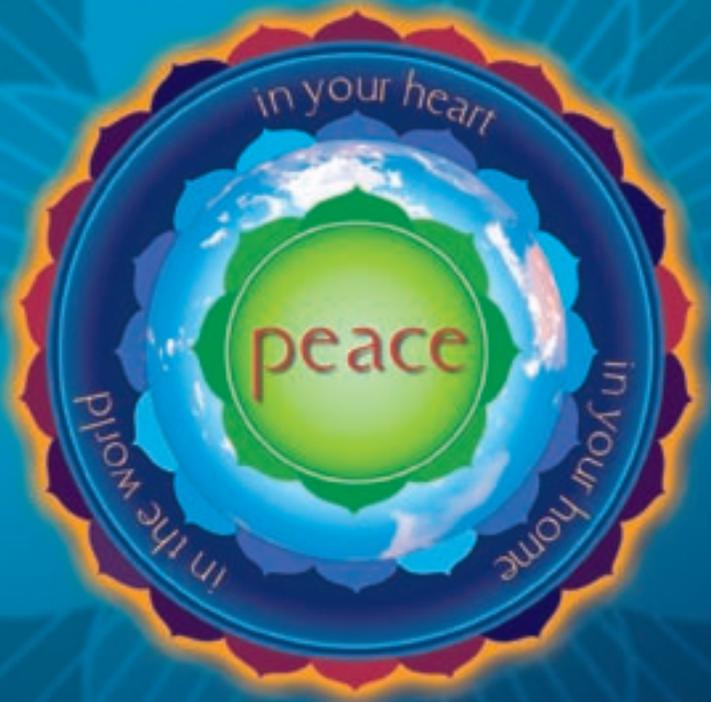
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2006 3HO EVENTS



Summer Solstice Sadhana *Aradhana*

ESPAÑOLA, NEW MEXICO *June 16 – 24*

The perfection of Sadhana is a three-step process:
Sadhana, Aradhana, and Prabhupati.

- 2005 Sadhana – Daily Spiritual Discipline
- 2006 Aradhana - Commitment
- 2007 Prabhupati - Mastery

Let's join together
to celebrate Aradhana,
and experience the power
of nine days of self-transformation.

- White Tantric Yoga
- Daily Group Sadhana
- Kundalini Yoga and Meditation Classes
- A Variety of Workshops with Extraordinary Teachers
- Cleansing Diet Provided
- Nightly Yogi Tea Café Performances
- Ransubhai – All night sacred music
- Shopping at the Bazaar



INTERNATIONAL
3HO FOUNDATION

1-888-346-2420
www.3HO.org
yogainfo@3HO.org



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

~ Yogi Bhajan

“As I grow on the spiritual path, one thing is certain - it takes a lot of work and constant effort to ‘Keep Up’. Even though my personal daily practice helps ensure peace within, being in the group energy of likeminded people at Solstice gives me the support I need to accelerate the process. Thank you!”

~ Seva Singh, Española, NM

Self Mastery

A 3-week Teacher Training Intensive in Kundalini Yoga

AS TAUGHT BY Yogi Bhajan®

Level 1 - Ghost Ranch (Abiquiu, NM) August 14 - September 4

Level 1 - Anandpur Sahib, India, November

This teacher training offers an in-depth exploration of Kundalini Yoga to develop skills to become a Kundalini Research Institute-Certified Level One Instructor. Kundalini Yoga, in the tradition of Yogi Bhajan, is a dynamic and powerful tool for expanding awareness. An integrated and authentic system of exercise, breath control, and meditation that has been practiced in India for millennia, it is safe, comprehensive, and simple. It promotes physical health, stimulates the mind's potential, and touches one's innermost being.

"The Self Mastery program was the BEST thing I have ever done in my life! Preparing for India wasn't easy, but it was worth all the time it took. This was truly a completely unforgettable experience. India is entralling. Living in the small village of Anandpur Sahib (the City of Bliss!) was truly one of the greatest ways to experience India, its people and the culture. The accommodations were far superior to any hotel I stayed at in India. The staff who cared for us was attentive and caring in every way, from preparing delicious meals to caring for our rooms. The program is exceptional. The teachers are amazing, and the bonds I made with the other participants will last a lifetime."

~ Francesca, New York (on Self Mastery in India, 2004)



India Yatra

Hemkunt Trek

August 24 - September 7

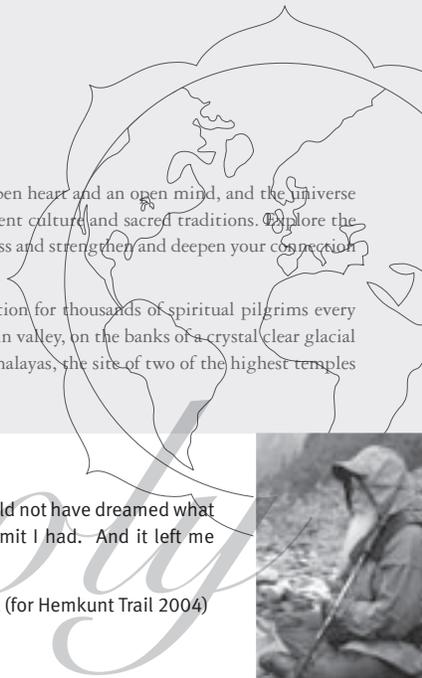
A Journey That Serves Your Soul

A *Yatra* is a spiritual pilgrimage, a journey that serves your soul. You embark with an open heart and an open mind, and the universe illuminates the journey with profound clarity. Come with us and experience India's ancient culture and sacred traditions. Explore the majesty and magic of northern India. Your journey will give you the opportunity to express and strengthen and deepen your connection with your own soul.

The Hemkunt trail is only accessible four months out of the year. It is a sacred destination for thousands of spiritual pilgrims every summer. Once you arrive at the holy destination, you will be nestled in a unique mountain valley, on the banks of a crystal clear glacial lake, surrounded by the sacred seven sisters (peaks) in the Urtarkhand section of the Himalayas, the site of two of the highest temples in India. Join us for a once-in-a-lifetime experience you will never forget.

"I never imagined that the journey itself would be my ultimate test. And certainly I could not have dreamed what the experience would be like. It pushed me beyond every physical and mental limit I had. And it left me nothing to relate to except my spirit, my soul, my link to God and Guru."

~ SS Sat Jivan Singh Khalsa, New York (for Hemkunt Trail 2004)



"Remember that no relationship will ever live when you live at each other or with each other. Only one relationship shall ever permanently live – when you live for each other."

~ Yogi Bhajan

NEW EVENTS IN 2006

LEVEL II TEACHER TRAINING - A FIVE MODULE TRAINING PROGRAM
WHOLLY HUMAN JAM - IKYTA
TEACHERS SUMMIT
JAAP SAHIB
3HO MEN'S COURSE

SOLSTICE SADHANAS

SUMMER SOLSTICE SADHANA
JUNE 16 - 24, ESPANOLA, NM
WINTER SOLSTICE SADHANA
DEC 19 - 25, LAKE WALES, FL

3HO WOMEN

3HO WOMEN'S CAMP
JAN 6 - 8, PIERCY, CA
JUNE 25 - JULY 2, ESPANOLA, NM
3HO WOMEN CONSCIOUS PREGNANCY
APRIL 25 - 30, ROME, ITALY
MAY 28 - JUNE 3, ROME, ITALY
JULY 10-22, ESPANOLA, NM

CELEBRATIONS

3HO 37TH ANNIVERSARY
JAN 5, ESPANOLA, NM
PEACE PRAYER DAY
JUNE 17, 2006, ESPANOLA, NM
HEALTHY, HAPPY, HOLY DAY
YOGI BHAJAN'S BIRTHDAY
AUG 26, ESPANOLA, NM

KRI TEACHER TRAINING PROGRAMS

THE AQUARIAN TEACHER
KRI LEVEL I
TEACHER TRAINING PROGRAM
MAR 12 - APRIL 2, ANANDPUR SAHIB, INDIA
SELF MASTERY
AUG 14 - SEP 4, GHOSTRANCH, ABIQUIU, NM
SEP 22 - OCT 15, OMEGA INSTITUTE,
RHINEBECK, NY

THE AQUARIAN TEACHER

KRI LEVEL II
TEACHER TRAINING PROGRAM
FIRST MODULE
CONSCIOUS COMMUNICATION
JULY 2 - 9, ESPANOLA, NM
NOV 11 - 17, ANANDPUR SAHIB, INDIA
SECOND MODULE
CONSCIOUS RELATIONSHIPS
NOV 25 - DEC 1, ANANDPUR SAHIB, INDIA
CONTACT 3HO FOR COMPLETE TEACHER
TRAINING SCHEDULE

3HO EUROPEAN YOGA FESTIVAL
JULY 25 - AUG 2, MUR DE SOLOGNE, FRANCE

WHOLLY HUMAN JAM - IKYTA TEACHERS
SUMMIT, DATES WILL SURROUND EUROPEAN
YOGA FESTIVAL, MUR DE SOLOGNE, FRANCE

WHITE TANTRIC YOGA

ONE-DAY MEDITATION WORKSHOPS
WORLDWIDE
WWW.WHITETANTRICYOGA.COM
FOR DATES AND LOCATIONS

SIKH DHARMA EVENTS

BAISAKHI
THE ANNUAL SPRING CELEBRATION
OF THE BIRTH OF THE KHALSA
APRIL 16, 2006, LOS ANGELES, CA

JAAP SAHIB
JUNE 11 - 14, ESPANOLA, NM

INDIA YATRA

AUG 24 - SEP 7, HEMKUNT TRAIL, INDIA
INDIA YOGA YATRA, NOV 18 - 24,
DHARAMSALA AND AMRITSAR, INDIA

3HO MEN

3HO MEN'S COURSE
JUNE 13 - 16, ESPANOLA, NM

3HO YOUTH

KHALSA YOUTH CAMP
JUNE 26 - JULY 16, ESPANOLA, NM
TEEN WILDERNESS
JUNE 26 - JULY 2, ESPANOLA, NM

AMAR INFINITY

AMAR GOLF TOURNAMENT
AUGUST 22, 2006, ESPANOLA, NM

EVENT DATES TO BE ANNOUNCED

JAAP SAHIB, ANANDPUR SAHIB, INDIA
WHOLLY HUMAN JAM - IKYTA TEACHERS
SUMMIT FALL CONFERENCE
3HO WOMEN'S CAMP, MILLIS, MA



note from the editor

“I want to serve you because you have a destiny. And I have a destiny not to let you face your fate. That is our relationship.”
Yogi Bhanan

OUR BELOVED TEACHER, YOGI BHANAN, WAS GENEROUS YET DELIBERATE IN HIS WORDS.

In the sixteen months since his death, the great sadness that first enveloped so many of us has begun to transform with time into a deep sense of gratitude and awe—awe for the boundless extent of his reach, gratitude for his genuine love of humanity.

Virtually cataloguing all that we might face in the years to come, he created the architecture for the future that would allow us to embrace our tomorrow with strength and grace. For many years prior to his departure from this Earth, Yogi Bhanan steadily trained a group of women and men to carry on his leadership. His genius resulted in a montage of skills and talents that only he could assemble to serve our global family. His credo: judge your impact by the kindness and compassion you show others, measure your success by the values and virtues you uphold as you prosper. In his words, “Life is a harmonious experience of being together. Like the harmonium which has many keys when you play it and a beautiful sound comes out of it—humans are totally interdependent. We are born to be together, to enjoy the fruit of life.”

His instructions for the future were clear: there would not be another Siri Singh Sahib. To this end he created the office of the Siri Sikdar Sahiba and appointed Sardarni Guru Amrit Kaur as the first to hold this position. The Siri Sikdar Sahiba and the Bhai Sahiba, Bibiji Inderjit Kaur, who was appointed to the office of Bhai Sahiba in 1985 by the Siri Singh Sahib, together have the responsibility to serve, preserve, and share the teachings of the Siri Singh Sahib on the practice of the Sikh religion. He created the office of Director of Spiritual Trust of the 3HO Foundation to maintain the integrity of 3HO in its mission to serve and share the teachings of Yogi Bhanan on the practice of Kundalini Yoga, meditation, and the 3HO lifestyle, and he appointed Sopurkh Kaur Khalsa to hold this position. He named a Board of Managers, called Unto Infinity, which among its responsibilities holds the administrative authority for 3HO, Sikh Dharma, SDEI, and KRI. This Board of Managers is to work with the boards of directors and officers of each of these individual corporations

to make sure that the values and standards set by Yogi Bhajan for our organizations are served and preserved through time.

In addition, many individuals make up the support staff of the Secretariat, established by Yogi Bhajan to serve our global community from its headquarters in Espanola, New Mexico. As we launch the new *Aquarian Times featuring Prosperity Paths* we hope to reserve space in each issue to introduce the members of the Secretariat, noting their areas of expertise, so they can serve as a resource for you in your work. Together we can experience all the benefits that our collaboration will bring.

Aquarian Times featuring Prosperity Paths will now be distributed *free* every other month and will serve to connect us to each other worldwide. In this first issue celebrating our 3HO family, you'll hear from people who were with Yogi Bhajan in the earliest days when he came to answer the deep longing we had in the West for a spiritual family. You'll meet people who are practicing the teachings of Yogi Bhajan around the globe, some in exotic places throughout Latin America. You'll get a glimpse of Sada Sat Singh and Kaur's exciting new yoga retreat, Casa di Guru Ram Das, located in a medieval hill town in the charming Umbria region of Italy. And, you'll hear in the words of the Master, Yogi Bhajan, how by God's design, the 3HO way of life will serve the needs of the times for thousands of years to come.

2005 was the year of the greatest natural disaster in modern American history—Hurricane Katrina's assault on the Gulf of Mexico. It was also a year of international peril as devastating earthquakes and merciless currents ravaged many thousands of lives. We can imagine that Yogi Bhajan was connected to some vast reservoir of knowledge of what was to come when he said years ago, "Your strength is only in you; how calmly, quietly, peacefully you can face the consequences." In this issue we share the story of several young members of our global community who served by helping others to restore their lives following one harrowing disaster.

This past year represented the formation of new relationships in our global family. For some people this meant relocating to new communities and for others embarking upon new career paths or uniting in marriage. There has been such an outpouring of sincere gratitude for being a part of this family inspired and nurtured for thirty-five years by our beloved teacher. Now you can inspire many others by sharing your experiences in *Aquarian Times*. We would love to publish and touch others with your stories of service and your experience of living the teachings of Yogi Bhajan. Our upcoming themes will be: March - Teaching; May - Global Community; July - Seva (Service); September - Healing; and November - Transformation. Please share your talents by writing your story, or express your experience of Yogi Bhajan's teachings through poetry, art, or photography. Send your submissions for publication in any of our upcoming issues to ATeditorial@kiit.com.

"May we flow as the river of love with trust and tranquility to quench the thirst of those who shall come to the gate of Guru Ram Das." Yogi Bhajan

In the spirit of Universal acceptance,



SIRI RAM KAUR KHALSA

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.

Opposite: 3HO family and friends celebrate with Siri Ram Kaur and Jai Singh Khalsa as they make their final wedding round at Guru Ram Das Ashram in Los Angeles, June 5, 2005.

talkback

We have reserved these pages for you, our readers, to share your thoughts and opinions

On the Yogi Bhajan Tribute issue:

Thank you for putting together such a beautiful tribute to our beloved teacher, Yogi Bhajan. Reading so many of the articles brought back wonderful memories of the 'early days' and the incredible times we shared. I feel re-inspired and blessed at being reminded of all that was and all that is to be. Again, thank you for this most beautiful issue.

Maha Atma Kaur

Penfield, New York

I'm very glad that *Aquarian Times* came out with this homage to Yogiji! Kundalini Yoga came into my life like a flash of thunder. My Buddhist philosophy teacher, H.E. Dzongsar Khyentse Rinpoche, told us that for our practice it would be good to do Kundalini Yoga. Now I am teaching Kundalini Yoga and I feel grateful to Yogi Bhajan, and to all these teachers. I feel blessed and imagine the good and benefits they've brought to people all over the world.

Dharam Kaur (Ruth Saldanha)

Rio de Janeiro, Brazil

The Tribute issue is very inspiring and uplifting. Thank you for putting all the different experiences together. It is like being a part of all these great people who knew Yogi Bhajan personally and had the blessing to work with him. I never met him but his spirit is always with me when I'm teaching, and I can hear his voice and guidance so clearly that I have the impression he is sitting in front of me.

Guru Tera Kaur

Pacific Palisades, California

I have received my first issue, and it was well worth the wait. What a wonderful issue. What a phenomenal man!

Donna Young

Irvine, California

I read the majority of the Tribute issue on Sunday. And that evening and the following day I was kind of blissed-out and very meditative. Just reading it—so many of his words and stories about him—was a meditation that was very, very powerful. Definitely a collector's edition!

Amrit Singh Khalsa

Espanola, New Mexico

I am always impressed by the quality and detail provided in your magazine. I produce a small monthly yoga newsletter in my community so I have an appreciation for the dedication and the hard work that goes into your magazine. *Aquarian Times* is a true gem! I am looking forward to your next issue.

Devinder Kaur (Alison Finney)

Ottawa, Ontario, Canada

On the Spring and Summer issues:

My copy of *Aquarian Times* came in the mail today and I read it cover to cover. It was just the inspiration I needed to recommit to my yoga practice. It reminded me of the treasures of Kundalini Yoga. I love the interview with Yogi Bhajan where he talks about putting your negative thoughts into your meditation. Without my sadhana¹ and meditation in the morning, my negative thoughts take root and begin to manifest in my life. Thank you for putting out such a fabulous magazine and for reminding me of the tools that are available to me. I'll be up nice and early tomorrow, for sadhana.

Tanya Greve

Los Angeles, California

Good job on the spring issue! It's easier to read, is packed with information, and is *very well done*. The new features in the magazine are terrific. I was especially pleased with the balance between information on Western and Eastern medicines and philosophies and with the well-written and researched stories that spoke to both approaches. There are an increasing number of credible research studies being done on alternative approaches to health (acupuncture, homeopathy, etc.), which contribute to better consumer choices. I would like to hear about more of these in upcoming *AT* issues.

Theresa Henderson

Hanover, Massachusetts

Thank you very much and congratulations on your spring issue, which is really, really, really interesting, and has received a lot of care and improvement!

Marianne Van de Calseyde

Brussels, Belgium

The magazine is really great. But...I have a few ideas that could be even better. The covers have too many immaculate, impersonal female faces that make us believe we are holding a glossy women's magazine or Hollywood film star publicity in our hands. Regarding dairy products, even the WHO recognizes that the toxins stored in the fatty tissues of animals are one of the main causes of degenerative diseases. Instead of publishing recipes with cream and ghee, it would be better to show people alternative ways to get protein and calcium such as beans, tofu, nuts, seeds, and seaweed, as well as how to make food tasty without using cheese.

Kristina Lindström

Madrid, Spain

From our Prosperity Paths readers:

I just wanted to let you know how valuable the work you do is. *Prosperity Paths* is an ongoing source of inspiration.

Holy Kaur

Portland, Oregon

I would like to thank all of you for the wonderful job you do at Sikh Dharma Dasvandh. I thoroughly enjoy *Prosperity Paths*. The meditations are great and the information you provide truly helps me feel connected.

Sahaj Kaur

Kent, Washington

Thank you for being you. Kundalini Yoga has brought so much joy to my life.

Jennifer Jiruska

Minneapolis, Minnesota

I very much appreciate your publication, to which I have subscribed for quite awhile. I have a weekly advice column called, "Dear Dr. Doe" which I write for 480 papers around the country. I am sometimes able to incorporate some of your Kundalini wisdom. Last week I described a children's meditation given by Yogi Bhajan.

Doe Lang

New York City, New York

And, your responses to our survey question, "What else would you like to see in the new bi-monthly magazine?":

"Seva (service) activities that are global and/or local... My 'stumbling across' *Aquarian Times* inspired me within one reading to register for Women's Camp without ever taking a Kundalini Yoga class. I want to make sure that the free edition is still widely available to those unfamiliar with these teachings."

"I would like to see more articles about Kundalini Yoga and events in Europe, especially in Austria. I feel kind of lonely with my Kundalini Yoga practice. I am always looking forward to the *Aquarian Times* magazine. It helps me to keep going."

"Integrating Kundalini Yoga into daily life (keeping spirituality separate from religion and how to explain this to students), assisting newcomers that join others that have been practicing for years..."

"Articles from experts bridging Kundalini Yoga and new medical research in fields such as neurobiology... There are a few good scientists and Kundalini Yoga teachers around the globe that would collaborate. I would love to help in this."

"More articles on your Canadian brothers and sisters, right livelihood, and coping in the world as a spiritual man..."

"How about a 'tips for teachers by teachers' column, ways to deal with Shakti Pad,² biographies of the 'old-timers' (people who have been with Yogi Bhajan from the beginning of 3HO), who to contact about various aspects of Kundalini Yoga, questions and answers..."

"Pick a city and give info on the local Kundalini Yoga community, such as studios, where to take classes, good places to eat, things to do like get a massage, etc."

If you would like to share your thoughts, comments, questions, and suggestions, please send them to: ATeditorial@kiit.com

¹Daily spiritual practice of yoga, meditation and chanting

²Stage of spiritual growth at which either transformation or discontinuity occurs.

AQUARIAN TIMES

featuring Prosperity Paths

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BY GURUJOT SINGH KHALSA
PHOTOS BY PRABHU SINGH KHALSA
AND GURUJOT SINGH KHALSA



the urge to serve in Baton Rouge

**Young Khalsas answer the call
after the greatest natural disaster
in modern American history**

*Even though this was
the first time I had
met any of the Sikhs
there, it felt like we
were family.*

SOME YOUNG SIKH FRIENDS AND I HAD BEEN FEELING THE URGE TO SERVE HUMANITY in some way, so we started our own group called S.E.V.A. (Sikh Espanola Volunteer Association). When hurricane Katrina struck and we heard about the service of United Sikhs, an international human development organization, we felt that we had found our first opportunity. United Sikhs began serving 1300 meals a day for hurricane Katrina relief under the project name “Ghanaia¹.” As soon as we could, after collecting donations, filling out a legal form, and getting tetanus shots, we bought tickets to Baton Rouge.

When we were flying into the airport we saw lots of military helicopters, cargo planes, Hummers, and U.S. Army personnel unloading boxes of supplies. We stepped off the plane into such intense humidity and heat, that it reminded me of arriving in India. Tanmed Singh, a volunteer with United Sikhs, was waiting for us at the baggage claim area.

We arrived around noon and were eager to do seva.² I went with a small group to the Allen Chapel, a small, unorganized shelter for evacuees.

At the Allen Chapel there were about 100 evacuees. We started by helping them get organized. We went to the second floor where we saw utter chaos—opened boxes, canned food, and piles of clothes. We went through the room like a white tornado! We moved the boxes of food together, organized the mountains of clothes, and organized the medical supplies by category. The leaders of the shelter were in shock when they saw how we had whipped the room into shape.

Afterwards we met at the United Sikhs Headquarters located at Sumir Kaur and Sahib Singh's house, where they had donated space to the effort. We had some dal (beans), rice, subzi (curried vegetables), and plain paranthas (Indian flat bread). I was happy to eat some traditional Punjabi food as a contrast to my usual traditional New Mexican food. Then we just socialized, played kirtan,³ and shared in our spirit of chardi kalaa⁴ and seva. Even though this was the first time I had met any of the Sikhs there, it felt like we were family. Meeting American-born Sikhs like myself was very nice. I found out that I actually knew the United Sikhs director, Kuldeep Singh. He is a SikhNet chat moderator, and I've been in email contact with him since I started at SikhNet seven months ago. He even showed us a clip of him playing kirtan at our friend, Gurumustuk Singh's wedding.

The next day I went back to the Allen Chapel where some of the younger evacuees helped us prepare food. We served evacuees from the shelter, volunteers, organizers, and evacuees from other households who depend on shelters for support. They were very happy to have a break from pre-packaged military food. Then we helped move more boxes of clothes. We saw two more trucks come in with supplies.

The next day was Sunday so we arranged to have kirtan at the United Sikh headquarters. Some Sikhs went to New Orleans to help a Sikh family move their belongings. Sikh doctors from Chicago arrived and they spent the limited amount of time they had going to shelters

and administering tetanus shots. We left for the airport to return home in the afternoon.

After the trip, our S.E.V.A. group talked about it and agreed that we had had expectations that Baton Rouge would be in peril and that we would be saving lives. We had also thought that some of the evacuees might be racist, violent, or unwelcoming. This was not the case. We all felt gratified to have participated in any way. We helped some evacuees who felt we really cared, and our help was much appreciated. Also, we met some cool Sikh brothers and sisters who share the Khalsa spirit of service.

I give special thanks for the hospitality of Sumir Kaur and Sahib Singh, who are evacuees themselves. Thank you's also go to organizers Kuldeep Singh, Gurbinder Singh, and Tejinder Kaur (Tej Auntie) for their service.

It is the goal of S.E.V.A. to do a service project every month. Ideas for future projects are to prepare and serve food to those in need, to work with Habitat for Humanity, and to work with local officials in cleaning up the environment.

GURUJOT SINGH KHALSA works for SikhNet in Espanola, New Mexico. He went to school in India for five years and then spent two years as a staff member at the school. Reach him at: gurujot@sikhnet.com. Blog for S.E.V.A.: sikhsewa.blogspot.com.

¹ Bhai Ghanaia (also known as Bhai Khanaya) was a soldier in Guru Gobind Singh's army who brought water and comfort to enemy wounded as well as Sikh soldiers. He was known for his compassion and seeing God in all.

² Seva: selfless service

³ Kirtan: sacred music

⁴ Chardi kalaa: high spirits

Quotes From Volunteers

"For a long time we talked about doing seva outside of the ashram community. Then hurricane Katrina struck, and we said, "Let's go!" That's why getting off the plane was like, "Wow, we made it!" We had thought about doing something for others for a long time, and at times we wondered if it would ever happen. It was a little scary to me when we actually got there, but I was thrilled to be able to serve."
– Sita Kaur

"What inspired me most about the people I met was their determination. The aid workers were determined to assist those in need, and the people affected by the hurricane were determined to see their lives and homes rebuilt."
– Hari Singh

"The spirits of the people directly affected by the hurricane were high even in the midst of disaster. I had the chance to go to a church and serve food to about 25 people. They were so happy and appreciative. It meant a lot to me. I had been warned about people being frustrated and angry, but my experience was just the opposite. It put life in perspective and made my own problems seem small." – Sita Kaur





yoga under the umbrian sun

**Sada Sat Singh and Kaur
fulfill a lifelong dream
in the most beautiful garden in the world**

*The retreat is only a
two-and-a-half hour
drive from Rome*

“YOU’RE MOVING WHERE TO DO WHAT?”

Friends of husband-and-wife yoga teachers Sada Sat Singh and Sada Sat Kaur Khalsa were astounded when the couple spoke of their plans to open up a retreat in Italy. It was hard to see how these two cherished teachers could leave Los Angeles. As the co-directors of Golden Bridge Yoga along with founders Gurmukh and Gurushabd Khalsa, they had legions of loyal, loving students. They also enjoyed successful businesses in homeopathy, nutrition, and music. Sada Sat Kaur’s second CD of meditative and rocking mantras, *Shashara*, debuted in January 2005.

While “the Sada Sats” (as they are known to friends and students) once were directors of a Los Angeles ashram, they had never started a permanent retreat. “I decided a few years ago that there were some things I wanted to do in my life, and that was one of them,” Sada Sat Singh recalls.

But how to do it? They began exploring possible locales. Sada Sat Kaur, an American of Russian descent, wanted to go to Italy; Sada Sat Singh, an American of

Italian descent, wanted to go to Russia. But the moment Sada Sat Singh stepped onto Italian soil, he knew he was home.

Meanwhile, word of their plans traveled to their spiritual teacher, Yogi Bhajan. He reportedly said, “Yes, they should do that. That’s perfect.” Knowing they had Yogi Bhajan’s blessing, they asked him to name their new center. In response, he wrote, “You’ve been with me many years, and now it’s time to share what you know.” He named the retreat center House of Guru Ram Das, after the fourth Guru in the Sikh lineage, known for his humility, service, and healing power.

While they were excited about their new venture, the Sada Sats realized the enormous effort required in developing a retreat. They sought out partners, with the wish that one of them would be Italian. As grace would have it, a dear friend they did not see often happened to call them from Amsterdam. Mata Mandir Singh, a musician who composed the *Yoga of Sound* CD series and an experienced restaurateur, mentioned that he had married an Italian woman, Sat Nam Kaur, and said he also wanted to move to Italy.

After sharing their visions via incessant e-mails, the two couples became partners in this endeavor and met in Italy to discuss plans and look at properties. They fell in love with the lush valleys, forests, and picturesque medieval hill towns of the Umbria region, once described by Henry James as “the most beautiful garden in all the world.” Only a two-and-a-half hour drive from Rome, Umbria—which includes the capital town, Perugia, and the towns of Assisi and Spoleto among others—is the birthplace of a great number of saints and artists.

Once they decided on the area, they looked at over 60 locations. As none really suited the partners, the Sada Sats went home, deciding to try again later in the year. Mata Mandir stayed an extra day to play at a music festival. While he was talking to the mayor of the town about plans for the retreat, two real estate agents overheard him and said they had a borgo, or little hamlet, that exactly fit his needs. Burnt out from viewing ill-suited properties, he reluctantly changed his plans and stayed another day. But after looking at the plot that was once a monastery known as I Frati (“The Friars”), Mata Mandir knew it was perfect. He convinced Sada Sat Singh to return immediately, saying, “Come and you’ll understand.”

Sada Sat Singh says, “I knew it was the place.” Yet shortly after that initial elation, he experienced buyer’s remorse. He had committed to the large investment without his wife even seeing the property. Doubts plagued him until one day, while chanting during his morning practice, he heard an inner voice admonishing, “Shut up. Don’t you know that Guru Ram Das and Guru Gobind Singh are already here?” He asked Mata

Mandir what mantra he was singing at the festival just before he met the real estate agents. Mata Mandir said it was the shabd, *Sat Gur Daya Nidh*, which means “When a person takes one step to God, God takes 1000 steps to that person.”

To the Sada Sats, God seems to have taken all those steps and more. Friends and loved ones have offered their help and support. Even the local community has made the retreat a project of the heart. The retreat itself is a little village known by its historic name, Borgo Rurale di Passano. The 10-acre retreat sits on a hill about 2000 feet above the Tiber Valley and is surrounded by forest and waterfalls. Besides their living quarters in a lookout tower built in 500 A.D., there is an attached farmhouse now called Casa di Guru Ram Das, built in the 1850s, which can sleep up to fifteen people. In the coming year they plan to begin restoration on another building, La Scuola, adding five large bedrooms.

As three of the partners are teachers and all of them fabulous chefs, they offer Casa di Guru Ram Das as a retreat for individuals and as a center to teach courses on yoga, meditation, mantra, vegetarian cooking, and the yogic lifestyle. In addition, independent groups will be able to teach their own

courses in various subjects.

Sada Sat Kaur looks away dreamily, as she envisions the future of Casa di Guru Ram Das. “The possibilities are endless, because we’re all so experienced from so many years of living this way of life.”

ELISSA KERHULAS is a certified Kundalini Yoga instructor, freelance writer, and mother of three living in Hollywood, California. She devotes herself to discovering and sharing with her Los Angeles students the most effective and efficient ways to get fit in body, mind, and spirit. For more information about Casa di Guru Ram Das, visit www.yogaborgo.com.





the Lord of Miracles tour

The Gurubachans and company spread the light of Guru Ram Das throughout Latin America

PHOTOS BY
SAT GURUMUKH SINGH KHALSA

THE LORD OF MIRACLES TOUR WAS CREATED IN 2003 IN HONOR OF GURU RAM DAS¹ AND takes place annually in October, the month of his birthday. Several years ago Yogi Bhajan directed Gurubachan Singh and Kaur of Albuquerque, New Mexico to begin teaching in South America. Organized and directed by Gurubachan Singh, this mission began with a teaching tour of nine countries and thirteen cities in South America. Following is a series of letters written by Guru Kirn Kaur of Espanola, New Mexico, and SatKirin Kaur of New York City, who joined the Gurubachans on their most recent trip to the region.

October 5

Dear Ones,

We started in Quito, Ecuador, with Gurubachan Singh, Gurubachan Kaur, Sat Bachan Kaur, Hari Dharam Kaur, Sat Gurmukh Singh, Simran Singh, myself, and our favorite traveler, Amar Singh (soon to be 3 years old!), all from New Mexico, and SatKirin Kaur from New York.

Hari Dharam Kaur and I arrived in Quito a day early and had the chance to visit with the sangat (community) there, including Har Hari Singh and Jap Hari Kaur. They drove us in the pouring rain to a place named La Mitad del Mundo (the middle of the world), where the latitude is zero degrees and the equator parts the world in half. You stand on one side and you're in the Northern Hemisphere and you stand on the other side and you're in the Southern Hemisphere!

GURU KIRN KAUR

October 8

Sat Nam from La Paz, Bolivia, at 15,000 feet above sea level!

The air is crystal-clear, the views are spectacular, the surroundings otherworldly, and the air vibrates with a deep spirituality that is palpable. We were greeted by Shant Kaur, a Bolivian yoga student, and Deva Kaur and her husband, Bernardo, descendants of Germans who came to Bolivia in the 1930s. They spoke German to one another, perfect English to our tour group, and immaculate Spanish with everyone else. When we asked Shant Kaur how she had



learned to tie such a beautiful turban, she said she learned from the SikhNet turban-tying video!

GURU KIRN KAUR

October 10

Greetings from Bolivia once again,

Last night after Hari Dharam's sweet class filled with stories of the Gurus and lovely chanting, Simran Singh and I gave a short Gatka² presentation, and people were delighted. Needless to say, we were both quite out of breath, since exercising in this altitude takes its toll!

Then we met with several doctors and psychologists who work in a drug rehabilitation center, and Gurubachan Singh and SatKirin Kaur gave a short presentation on 3HO SuperHealth.³

A woman who saw us at the airport begged us to come to her center and see the work she was doing with orphans and elderly people. You could hear a pin drop when we arrived, it was so quiet. But as soon as we walked in, right on cue, the children and elderly people broke into loud applause with huge grins on their faces. Gurubachan Singh gave a short talk about how Guru Ram Das himself had been an orphan, and how he grew up to become a great Saint who changed and touched many lives, even to this day. And then, much to the children's delight, we passed out cookies and candies.

GURU KIRN KAUR

October 14

Greetings from balmy and humid Paraguay!

Having come from cold and rainy La Paz, we all had to pack away our sweaters and coats, since Asuncion lies in a flat, tropical plain with fruit trees everywhere. It is easier to pluck mangos, avocados, tangerines, oranges, lemons, maracullas, or chirimoyas than it is to go shopping at a local market!

We met Sat Pal Kaur of La Paz and toured the elegant and spacious yoga center called Dharma and the office, which serves as the South American headquarters for Sikh Dharma and 3HO. They have a beautiful Spanish language website with all kinds of information, schedules, classes, stories, etc. You can check it out at: www.elcaminorealiberoamerica.com.

Gurubachan Singh met with the Vice-President of Paraguay, who graciously welcomed us to his country. Then our Khalsa delegation headed downtown to distribute food and other supplies to a group of about 400 poor indigenous people. We brought sacks of rice, beans, sugar, tea, milk, and soap, and set up a distributing system. Many of these people had not had a decent meal for several days, so they were quite grateful to receive this bit of help in the form of food. We were very grateful to serve in this way as it was seva⁴ in the truest sense.

GURU KIRN KAUR

October 22

Departing from Buenos Aires, Argentina, we traveled six hours to the town of Rosario de la Frontera. In this northern region, dubbed the "breadbasket" of Argentina, there is a beautiful, little-known Gurdwara⁵ attended by Argentine born Sikhs. This is South America's first Gurdwara and was established by Sikhs who came to Argentina in the early 1900s. Originally they came to establish sugar cane farming as well as work the railroad built by the British. Now, only a few of the families still farm, while most run supermarkets, transport companies, and other businesses. Spanish and Punjabi are spoken and occasionally English can be heard.

SATKIRIN KAUR



October 23-26

We re-boarded our bus for the two-hour drive to the picturesque city of Salta, which is built in a vast crater of a burned-out volcano. Our presence in this small town created quite a buzz. Even though it has no yoga center, we invited everyone we met to the Shabd Guru⁶ class we were teaching at the Sheraton Hotel. And they all came, including Sikh families from Rosario and other far away towns, and students from a Hatha yoga studio in the next province.

Under the clear night sky we meditated and chanted together. Even the Folkloric dancers who came to perform, most of them children, meditated and chanted to Guru Ram Das. After the class they gave a spirited and elegant dance performance.

SATKIRIN KAUR

November 1

Sao Paulo is a massive city carved out of the Amazon Jungle. The encroaching greenery on all sides of the city is the home of the famous blinding rain of the jungle which causes this zooming metropolis to pause.

What a joyous and heartfelt closing to our October tour as we met on Sunday in the Guru Amar Das Gurdwara built by the late Guru Sevak Singh and his wife Subagh Kaur Khalsa.

SATKIRIN KAUR

Postscript

It is very humbling to see these small 3HO communities spread throughout Latin America, and in most cases it is literally a handful of truly devoted students who carry the weight of their yogic communities. Everybody we meet is extremely happy to see us, and they would like to extend an invitation to everyone to come down and spend time with them. And believe me, they would receive you with incredibly open arms and treat you royally.

GURU KIRN KAUR

¹The 4th Sikh Guru, known for his compassion, service, and healing power

²Sikh martial art

³A successful drug rehabilitation program based on Kundalini Yoga and a healthy lifestyle

⁴Selfless service in the name of God

⁵Sikh place of worship

⁶Sacred volume of writings and source of spiritual wisdom and guidance



a slice of life at the mother ashram

Divine Mataji, GuruMeher Kaur, provides a window into life at the Mother Center of 3HO

*What's going on in
your community?
What are the
challenges faced
and the triumphs
accomplished by
you or your ashram,
center, or sangat?
Send your stories to:
ATeditorial@kiit.com.*

Española is the Mother Center of this entire 3HO family, the prosperity of self and the future of the Dharma, tied in with the entire humanity. Look to Española as the Mother Center. Therefore, if God has guided you here and has given you the virtue to do service here and has given you that chance, then don't waste it. There is no greater opportunity than to serve this house and to meditate here. – Yogi Bhajan

I've lived here in the Mother Ashram for eleven years, and I've been living the 3HO lifestyle since 1971. My husband, Gurumeher Singh, and I moved to New Mexico in 1984. We lived in Albuquerque, and then Roswell, New Mexico. When he passed away in 1994, I came to the *Hacienda de Guru Ram Das* in Española, where my four daughters live. (I have twelve grandchildren—two of them live here—and five great grandchildren.)

My daughters and I all started on this path together. Two of my daughters and I were living in Orlando, Florida, and we were looking into alternative lifestyles. I had asthma and somebody suggested I try yoga. So we went to a Kundalini Yoga class—it was a foot massage class—and we were hooked!

Just before the very first 3HO Winter Solstice gathering, Yogi Bhajan was coming to Orlando, and by then we were very much involved in this lifestyle. We said to my oldest daughter who lived in the Northeast, "This is neat! Come!" She got on a plane so she could come and straighten us out—make sure we weren't getting into something weird. But she ended up moving right into the ashram. Looking back, it didn't seem unusual for us to all be there. It just happened that way.

It had been no problem for us when I was a Sikh and my husband wasn't. We were already vegetarians. Gurumeher Singh had always been a very open man, and when he was ready, he just did it. In 1984, he became a Sikh and tied his first turban. He retired, and threw away his razor. So for the last ten years of his life he was tying a turban and going to Solstice celebrations.

Because so many people in the sangat had seen me as they were growing up and called me mataji or grandma, it seemed natural for me to become the Ashram Secretary three years ago.

A Land of Healing

The Mother Ashram is unique because Yogi Bhajan made it his home so much of the time and taught here. People come here to heal physically and also spiritually and psychologically because the energy is so uplifting and nurturing.

For many, part of the experience of visiting the Mother Ashram includes spending time at Ram Das Puri in the Jemez Mountains just above Española. Ram Das Puri is very ancient land, sacred to the Native Americans before we were here. People would come who had diseases like tuberculosis, and they would be healed. Yogi Bhajan said to take the earth, the clay of this area, especially at Ram Das Puri, and put it wherever your pain is, just like you would treat yourself with medicine, and see if it will take the pain away. He said many times: "Take the very earth of this place and put it on your forehead, and it will re-write your destiny."

One time when I was up at Ram Das Puri working at the summer Children's Camp, it rained like crazy. There was a huge enticing mud puddle. One by one, the kids ended up flopping right down in it. Their hair was matted with this red mud. It was getting dark and I thought, "How in the world are we going to get this out of their hair?" We just rinsed it out, thinking we would shampoo in the morning because it was now getting too dark. The next morning when the children got up, their hair was absolutely gorgeous, no tangles, smooth and shining. It was amazing.

It is said that if you put a rod through the Earth straight down from Española, it will emerge at Amritsar, India, home of the Golden Temple. There are many similarities between Northern India and Northern New Mexico in the landscape, the architecture, and the deep spirituality found in both places. In India, Guru Gobind Singh's original fort, Goindwal's original well, and the original Golden Temple were all made of adobe. We have a weekly Akanth Path¹ at the Mother Ashram that creates a sacred vibration throughout the ashram community and which I don't doubt has a beneficial impact on the whole planet.



Ashram Life

Well over 300 people are members of the ashram community, although many of them now live in nearby areas. Much of the nearby housing has been converted to office space for the many businesses that are based here and as members continue to move to adjacent areas, fewer and fewer people are living within walking distance to the Gurdwara and Langar hall now.

Everyone has to find a livelihood in order to pay their rent and buy their groceries. There are various job opportunities nearby, including Akal Security's corporate offices, and the administrative offices of non-profit corporations such as Sikh Dharma, 3HO, and KRI. Some members have their own businesses or find work in Española, Santa Fe, Los Alamos, or other nearby towns. Our community is not set up to receive someone who just wants to come and hang out, do some seva, and sleep in the Langar hall. What we are is a working community.

As Ashram Secretary sometimes I get calls from people who ask if we host retreats and I let them know that we are not set up for retreats. We are a live-in spiritual community. We have morning sadhana, weekly Gurdwaras and Akhand Paths, and yoga classes available.

The Mother Ashram is a peaceful center for spiritual growth and provides experience in living in a spiritual family. The pace of life in Española is much slower than in many U.S. cities. There are no jets overhead, no large malls. There are very few distractions, the air is still clean, and you can look out at the ever-changing light on the mountains and feel you are at a retreat. Under the beautiful blue skies of the Land of Enchantment, it is the blessing of those who live here to be the caretakers and hosts of this sacred community.

GURUMEHER KAUR (above) is the ashram secretary for the *Hacienda de Guru Ram Das*. If you call for information, you are likely to speak with her. Yogi Bhajan bestowed the title of "Divine Mataji" (Mataji means 'mother' in Punjabi) on GuruMeher Kaur on Mother's Day, 2002, for her years of dedicated service, inspired grace, and nobility. You can reach her at 505 367-1315 or gurumeherk@sikhdharma.org

¹ Akhand Path: Continuous reading of the *Siri Guru Granth Sahib*, the living Guru of the Sikhs



building bridges between communities

Gurumustuk's blog breaks down barriers between East and West

The key to it is the person-to-person connection that comes from the vulnerability and honesty of opening up my life for the world to see.

ONE THING THAT I HAVE NOTICED OVER THE YEARS IS THE COMMUNICATION AND PERCEPTION gap between our “Western Sikh” communities and the Sikhs from a Punjabi background. I have always felt the need to do something to help bridge this gap so that we can be more unified. We all can learn so much from each other. I know that this will take time, but we need to start breaking down the cultural barriers and make personal connections with other Sikhs we meet. Most Punjabi Sikhs don't know much (if anything) about us Westerners and this lack of knowledge has led to misunderstandings and judgments about who we are and what we do.

I recently started an online journal (blog). It is a public website where I chronicle the day-to-day happenings of my personal life. This was initially just meant for my family and friends; however it quickly grew to become a window into the entire Sikh Dharma community living here in Española, New Mexico. I post personal stories, thoughts, photos, sound clips, videos, inspirational quotes, and just about anything that I find uplifting and relates to our lifestyle. The key to it is the person-to-person connection that comes from the vulnerability and honesty of opening up my life for the world to see. There is something extremely empowering and transformative about this. The act of simply being present for people has become more powerful than I could ever imagine. Over 800 people a day now come to read my blog and many share their own thoughts with me regarding what I have written there.

It is amazing how people's hearts open and how inspired they are to see a “Day in the life of Sikhs in Española.” They see the smiles, the joy, and the love in the faces of our sangat (community) and it opens their eyes to our happiness, and it gives them hope. It's a way of sharing our lifestyle in little bite size pieces that people can absorb slowly and see who we are and what we are about... and they want to be a part of it.

I get hundreds of emails from people expressing their joy and thanks, not just to me...but to all of YOU who live this blessed way of life side by side with me all over the world. Here are a few snippets from some of the emails to give you a picture.

“Veerji (Dear brother), all I can say is wow! You have left someone who can talk a lot speechless.”

“After reading your blog I got inspired and started growing back my hair.”

“I don’t have any words to express how I am feeling. All I can say is Wow!”

“When I see you guys I feel the true spirit of Guruji’s teachings in your life....”

“You and your fellow Sikhs in New Mexico are a breath of fresh air and really are inspiring. Seeing your devotion makes myself want to become a better Sikh and better person.”

“I am overwhelmed reading the blog as I have just come to know about Sikhism being followed outside India by people not born into Sikhi.”

“That picture has made me cry. Guru Ji is amazing. Who says Sikhi is not flourishing?”

The message that I am learning from this experience is how simple it is to be authentically available to people and to share with them.

When I say “we” these days, it doesn’t just mean me and my wife and son, nor does it mean only our community in Española, nor even just our 3HO family around the world. It means all of us everywhere who have been called on any level to serve the Guru’s mission and live a life of purity, ecstasy and grace. Why not try your hand at your own blog? You don’t need much computer skill. Just go to www.blogger.com and give it a go. And when you do, send me a link to your blog so I can add it to SikhiWiki. What’s that? Well, I’ve run out of space here, but just go check out www.sikhiwiki.org

GURUMUSTUK SINGH is the webmaster of www.sikhnet.com and lives with his wife and son in Española, New Mexico. You can read his blog at: www.MrSikhNet.com

BY GURUKA SINGH KHALSA

the power of serving others

Guruka Singh explores the opportunity to serve, moment to moment

IN 2002 YOGI BHAJAN TAUGHT REGULAR evening classes for the Española community and we all flocked to those classes with great joy and appreciation, especially since Yogiji was already in ill health and had to make a great effort to come and teach us. I remember one evening when he entered, sat down and asked us, “What is the source of all power?” There was a long silence, and then he said “Well?” and people began to raise their hands. “God,” said one person; “sadhana,” said another, “the breath,” said yet another. He kept on shaking his head. After a few minutes he said, “I will give \$100 to the correct answer.” After more guessing from the assembled class, and more vigorous head shaking on his part he held up his hand for us to stop guessing. “The root of all power is Seva!” he said.

So what is seva anyway? I hear you

replying “selfless service,” but what does that mean? Lately I’ve come to understand that seva isn’t something we do. It’s a state of mind. As I begin my sadhana each day I place my forehead on my altar and pray, “Guru Ram Das Ji, I am yours and you are mine.” I start each day anew offering myself to my Guru and knowing that he will take care of me and all my needs. “What can I do for you today? Show me what you want me to do today, and I will do it.” Seva means making myself available to people, being present with everyone at every opportunity, and doing the thing that needs doing in each moment, whatever that may be. The state of mind of a servant is to be alert to his master’s needs, to be very intuitive, and to act without hesitation.

At the Master’s Touch course a student asked me, “3HO is healthy, happy and holy. I understand things I can do to be

healthy, and I feel my wholeness and oneness with God, but what is the way to be happy?”

I said, “The secret of happiness is really very simple. How happy you are is inversely proportional to how much time you spend thinking about your own predicament in life.”

Another student asked me, “Tell me how you know when someone is enlightened. Does their aura change? Is it their power of meditation?” I said, “I know because when they use up the roll of toilet paper in the bathroom, they put a fresh roll in its place.”

Seva is each next moment.

GURUKA SINGH is a teacher, writer, inveterate punster, and the Executive Director of SikhNet. He met Yogi Bhajan in 1971, began teaching Kundalini Yoga, and has taught ever since. Known by many as “Doctor Hi-Fi,” he loves to play with electronics, computers, multimedia, and words.



3HO Participates with the United Nations

3HO shines at the 58th Annual UN NGO Conference

3HO REPRESENTATIVES ATTENDED THE 58TH ANNUAL Non-Governmental Organization (NGO) Conference at the United Nations headquarters in New York City on September 7-9, 2005. Bibiji Inderjit Kaur, Mukta Kaur, Dharma Singh, Sat Kirn Kaur, and I joined over 3,500 people representing 1,160 NGOs from 124 countries in a dialogue about how NGOs will impact efforts for peace, security, human development, and human rights.

Secretary General Kofi Annan pointed out last year, "It is people mobilized as you are, more than any government initiative or scientific breakthrough, who can overcome the obstacles to a better world." Now, more than ever, NGOs are empowered when their service to the world is recognized.

Yogi Bhanjan strongly encouraged us to become known for our service, and 3HO is emerging as an expert in the NGO community. The United Nations is a perfect arena to expand our network and generate powerful alliances, as the UN is the only international forum of its kind in existence. 3HO's experience at the Conference enabled us to clarify some of our goals for ongoing UN involvement:

- First, 3HO is synchronizing its peace effort with the United Nations. 3HO sent an invitation to our worldwide community to participate in the International Day of Peace on September 21st, through yoga, meditation, and sharing a meal with neighbors. The reports we received will culminate in a collage that reflects our collective support for this UN initiative and will be sent to UN headquarters. In addition, we have invited UN Staff and NGO representatives to attend and speak at our Celebrate Peace¹ events.

- Second, 3HO is working to offer more tangible forms of Yogi Bhanjan's legacy of teachings and yogic technology through specific outreach programs and materials like the SuperHealth program. Drug de-addiction is an important project in the halls of the UN.

- Third, 3HO is making efforts to extend our relationship with the Economic and Social Council in order to work with the World Health Organization. Mukta Kaur will attend a conference related to drug addiction in order to educate people and increase awareness of the SuperHealth technology. In addition, we expect to increase our presence at other important UN Commissions such as the Commission on the Status of Women and the Human Rights Commission. Also, there are many UN related organizations, such as the World Council of Churches, which are requesting our participation.

- Fourth, while officially representing 3HO at this conference, what people responded to most was our projection of radiance. Constantly, people asked us who we were. It was sometimes assumed that we were heads of state, rather than NGO representatives. It was a magical opportunity for us to experience the power of our practice and presence, especially in this international forum, where people are familiar with ethnic and religious dress. The majesty of the Guru truly shines...and that, along with our impressive experience, materials, and delivery, will clear the path for 3HO to become known for our service.

SATMITAR KAUR is the General Manager of 3HO NGO.

¹ For more information about Celebrate Peace, please visit www.celebratepeace.com

BY SHAKTI PARWHA KAUR KHALSA

Recognizing that we each have different strengths and weaknesses, he challenged us as a family to support and encourage each other, rather than compete and complain.

my cup runneth over

Shakti Parwha Kaur recounts Yogi Bhajan's heart-centered vision of the ideal family

“Put the cloves in the boiling water first, and watch them pair up and dance together!” Little did I know in January of 1969 when Yogi Bhajan taught me how to make yogi tea, that it wouldn't be long before there would be pots of Yogi Tea™ boiling on stoves all over the world! Soon his Kundalini Yoga students began taking cold showers in the ambrosial hours¹, chanting God's Name before the dawn and wearing white clothes, “So that people would know who to go to for help.” Yogiji committed himself to training teachers, healers, and leaders in preparation for the chaos he knew would come as the Aquarian Age struggled to be born.

From the very beginning, Yogi Bhajan emphasized his intention to create a 3HO *Family*. He taught the value of living *for* each other, not just *with* each other and definitely not *at* each other. He envisioned an ideal family, where everyone is accepted, appreciated, and included. He said, “Children are the future, they are not furniture.” And he taught us how to raise them with respect, preparing them to be the leaders of tomorrow, independent, self-confident. He said, “Old is gold,” so at our functions, people of all ages sing, eat, laugh, and meditate together. He gave us a treasury of words to live by, truth in capsule form, “God lives in cozy homes, not in crazy homes; it's not the life that matters, it's the courage that you bring to it; patience pays.”

He was an idealist—and at the same time a practical realist. He knew that although the guidelines for being human that he taught, Humanology, were perfect, we would have to struggle and grow in consciousness to live up to them, as people in any family struggle to get along. He wanted us to understand and accept one another as Divine beings in human form. “If you can't see God in all, you can't see God at all.” Recognizing that we each have different strengths and weaknesses, he challenged us as a family to support and encourage each other, rather than compete and complain.

For practical legal reasons, 3HO was incorporated. But Yogi

Bhajan never wavered from his heart-centered vision of a 3HO Family, a vision that gave birth to such songs as “We are the people, the people of love, let us people love today. Sat Nam, Sat Nam....”

Musicians such as Guru Singh, Livtar Singh, and Guru Dass Singh, inspired by the Master's soul-to-soul teachings, put his words to music. It has been said, “God respects me when I work, but He loves me when I sing.” And sing we did! In 1979, for its 10th Anniversary, 3HO produced an amazing music and mantra double CD.

Within that first decade Yogi Bhajan revealed ancient mantras, kriyas,² and techniques for living that changed our lives. And for two more non-stop decades, he kept on downloading a legacy of guidance and inspiration to serve the whole human family for generations to come.

With Aquarian foresight he set up groups of people within 3HO to handle the administrative details of the growing organization. He trained and groomed his staff and students to excel in business; he encouraged people to return to college and earn their degrees in fields he saw matched their destiny.

In less than 36 years the 3HO family Yogi Bhajan created has spread throughout the world. We are now at home in 35 countries with 4100 certified Kundalini Yoga Teachers.

Second and third generations of the 3HO Family are now enjoying Yogi Tea. Some still count out the spices; personally I buy it prepackaged, but I must admit, I miss watching the cloves dance!

SHAKTI PARWHA KAUR KHALSA is the author of *Kundalini Yoga: The Flow of Eternal Power*, *Tool Kit for Teaching Beginners*, and *Kundalini Postures and Poetry*. Shakti was Yogi Bhajan's first student in the United States and has been teaching Kundalini Yoga since 1969. She produced the 3HO Newsletter, *The Science of Keeping Up*, for over 30 years. Ordained a minister of Sikh Dharma in 1973, she lives in Los Angeles, California.

¹ Ambrosial hours: Two and one-half hours before dawn

² Kriya: Combination of posture, mantra, breath, and rhythm; literally 'completed action'

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Peace Lagoon



This long-awaited classic book of inspired poetry, timeless guidance, and divine wisdom is now available! Like a buried treasure, this new edition has surfaced to become a constant companion of those who want to find comfort, inspiration, and peace.

PEACE LAGOON, by S. Premka Kaur, was first commissioned in 1969 by Yogi Bhajan to help awaken the souls on this planet. Read silently or aloud, its words carry mantric power. It contains many beautiful and uplifting prayers. Some of the most beloved are "Japji Sahib" which connects you with your soul, "Sukhmani Sahib," the centerpiece epic which brings peace to soul, heart and mind, and "Sidh Gosht," Guru Nanak's conversation with the yogis.

Use it to choose a guiding message for the day or any situation.

Teachers of Kundalini Yoga are encouraged to read a portion aloud in yoga class during the relaxation or at the end of class. Both students and teacher will share the blessing and bliss of being transported by this divine sound current.



To order a copy, please go to www.spiritvoyage.com or www.a-healing.com

BY PERAIM KAUR KHALSA
PHOTO BY NARAYAN SINGH



siblings of destiny

Peraim Kaur chronicles 32 years of experience in a spiritual family, and proposes a mandate for the future

We were on an enormous learning curve in a grand experimental adventure and Yogi Bhajan was our ultimate touchstone. He was the North Star and all roads led to him, the big papa of us all.

THERE ARE SO MANY THINGS I COULDN'T HAVE ACCOMPLISHED WITHOUT THE SUPPORT OF my spiritual family. I remember waving good-bye to my son as he left to go to school in India for the first time, and wondering deeply, even though I trusted the wisdom of the Siri Singh Sahib (Yogi Bhajan), if I was doing the right thing. Two years later I sent my daughter. If it hadn't been for the bravery and guts of those other parents in our community, I may not have had the courage to carry through on something that has allowed my children to follow their own spirit quest without my fearful interference, learn to respect another far older culture, and forge lifelong bonds with their peers. I might not have had the energy or discipline to get up each morning and do yoga. My healthy diet might have fallen apart. But most of all I'd have missed out on the experience of sharing myself with others and embarking on a spiritual journey in the company of those who desired more than anything to reach their highest potential.



I remember hosting Yogi Bhajan at our ashram in Montreal. We “campaigned” for a year to have him come to lead a White Tantric Yoga course by sending photos of the ashram along with a card that I drew of us all waving invitingly from every window. It must have worked because we were given word that he would come. We worked diligently to have a successful White Tantric Yoga course and to present our ashram at its best. We painted and repaired and hung curtains and covered cushions and scrubbed corners and cleaned gutters and washed windows. His visit was such a momentous and uplifting event for us that we basked in the euphoria of it for another year until he returned again.

Meanwhile we sat in meditation together, ate together, taught yoga, and learned how to be a family. Our house meetings were hilarious, inspiring, and sometimes painful sessions where discussions usually led to confrontation that became discovery. I also have fond recollections of making breakfasts of “banana blick” (an exotic variation of baked bananas) and yogurt while singing along to the early morning chanting in the sadhana room, and later taking all the children out on the

bus to the Science Museum. Imagine five toddlers who have just wet their snowsuits and—you get the idea.

Then there were Sunday Gurdwaras where the six adults who lived there were so busy playing the kirtan, waving the chauri (symbol of reverence) over the Guru, taking the hukam (Guru’s message), and serving the prashad (Guru’s gift), that there was no one left sitting in front of the Guru. The unique circumstances of those early ashram years taught me how to compassionately accept and cherish people whose lives would never have crossed paths with mine any other way.

My biological family was about my past and being held to and by the traditional expectations of my lineage, but my spiritual family was about owning my own future and satisfying a deep longing for a new identity. Here, united at last with like-minded men and women, I could transcend the constraints of familial dictates and their accompanying narrow limitations and soar as a free soul ready to embrace the spiritual experience. We recognized each other as siblings of destiny and while we attended to the daily tasks of ashram life we were making history. Needless to say we were on an enormous learning curve in a grand

experimental adventure and Yogi Bhajan was our ultimate touchstone. He was the North Star and all roads led to him, the big papa of us all.

In the middle years of my life I served on Yogi Bhajan’s staff, and continue to serve his mission. Living directly near the master brought my experience of spiritual family to another level. His concern and care for us all was monumental and constant. I had never imagined a person could take such a loving interest in so many. The number of people he checked in on daily was impressive. He took every opportunity to gather us together and feed us in social gatherings that are the hallmark of many of my memories. This kind of family was a revelation to me. It confirmed what I’d already suspected—that blood ties are strong, but spiritual ties are stronger. It was a quiet revolution of nuclear family transforming into spiritual family that would show a different way for those of us who had thought that social change could only happen from our active expression of anger and dissatisfaction.

When I first met Yogi Bhajan, I was overwhelmed by his presence. The memory of my awe makes me smile. I had to write him a note ahead of time because when I got face to face with him, I would



This kind of family was a revelation to me. It confirmed what I'd already suspected—that blood ties are strong, but spiritual ties are stronger.

simply forget anything I had wanted to say. We all felt his presence so strongly that the mere thought of having to see him would straighten us out. We would adjust and cleanse our consciousness as we anticipated being in his presence. He was our consciousness mirrored back to us. Just picturing him in my mind told me automatically if I was being honest with myself, what were the thoughts worth entertaining, the words worth expressing, and the actions worth committing to.

Even though he is no longer in his embodied form, he is still exerting that same power for us if we open to it. But we are now beholden to each other to not isolate ourselves and lose that precious gift of the company of the holy. To look at this gift in the context of the world we live in is to be truly amazed and grateful to Yogi Bhajan for bringing us together to be the family that we are. Not only do we offer comfort and support to each other, but we also help each other stay on the path and keep our intention straight and our energy positively directed. And we need to be this great family for the sake of all those who no longer have cohesive functioning families of their own. Whether we are aware of it or not, we are contributing to creating a new kind of

culture that will serve many in the future. It is not sufficient to know and practice a technology that can heal and uplift. It is our obligation and our blessing to share it with the world as one family.

The technology we have been taught by Yogi Bhajan is vast and relevant and has many applications and implications as the new century unfolds. Think of the struggle so many are having in just seeing and being seen: the young men and women of today who are trying to forge identities that can withstand the pressures of our junk culture and the empty information of the internet, with few role models or guides to teach them how to honor and protect their grace; the children who are silently or angrily mourning the early passing of their innocence and who are inexorably initiated into the present atmosphere of shallow sexuality and casual violence, and taking solace in consumer goods.

Yogi Bhajan was the head of an enormous spiritual family. He has passed the responsibility on to all of his sons and daughters to carry on in his place. We don't have the luxury of thinking it's just about practicing the technology and making it available to people. We need to be living examples that people can see

and be drawn to. Many people need the dialogue of reassurance and recognition. Yes, we are all human beings in the same boat, but there is a way to rise above the daily pressures that can drain away the life force and fill us with profound weariness and dismay. People need to know that what has been done to them in their lives, and what is happening to their society and the Earth is not hopelessly irreversible. Yogi Bhajan has trained our spiritual family to build communities that provide comfort and shelter from the contemporary misery that surrounds us where people can experience that their spirit is indeed recoverable; that anger can be transformed into positive creative action; that sadness falls away before devotion to something greater than themselves, and that love is really the tie that binds us to each other. You could even go so far as to say that our mandate is to make sure that we remain inclusive to all and that there need never be such a thing as a spiritual orphan as long as the Khalsa family prevails.

PERAIM KAUR was a student of Yogi Bhajan's for thirty-two years, and was on his staff for sixteen years. She currently works with the KIIT companies, lives in Santa Fe, New Mexico, and is a frequent traveler to India.

PROSPERITY PATHS

Presented by DASVANDH

The Gift That Lives On

EXCERPT FROM A LECTURE BY YOGI BHAJAN
ON JULY 10, 1991

human longing

**Yogi Bhan teaches
that our greatest power
is our pure prayer**

YOUR LONGING TO BE BEAUTIFUL IS BASED on your grace. You want to be happy, you want to be worshipped, you want to be radiant, but you have been trained not to do a thing. Who supports that longing? You? No. The planet Earth? No. The angels? No. The longing in you is the one thing which God shall serve.

Pooran paar brahm paraa paar brahm
parameshwar.
*That infinite God of all infinity, shall serve
longing.*

He is infinite. He is sovereign. He is imperial. He is free: that great sovereign becomes a slave before human longing. Understand and value that prayer is the power of the person. Your prayer has to become so powerful and pure. Then how can anything go wrong?

Once you know your status and your depth, and you have earned that status by your longing, God belongs to you.

There are two ways to live: either you hassle and sweat and die, or you sit tight and firm in the glory of your longing, in the best of yourself and your grace, and all will come to you. When your ego conflicts, then there is trouble, because fear will come. The moment you are a victim of fear,

trouble is everlasting: if one goes away another will come in. God, who rotates the planet Earth, can take care of your routine. What is that key strength in you as a human being that can make God work for you? It is your longing.

There is only one power which nobody can defeat, it's longing to belong. Your strength is your longing to belong to that identity which is the reality, which is the Infinity.

The concept of longing to belong is the human concept of ecstasy. That ecstasy, the power of Infinity, is where you can find the totality of God which comes as a sense of longing. Without a sense of longing, all is nothing.

longing to belong

Darshan Kaur shares a universal tool to know the flow of the Infinite

BY DARSHAN KAUR KHALSA

THE SIRI SINGH SAHIB (YOGI BHAJAN) OFTEN SAID THAT OUR longing to belong is a gift; that this unique desire is really just a yearning for Oneness with the Infinite. We experience the longing to belong in so many ways: wanting to fit in, wanting to be a part of something, wanting to do our part with others; and we search for commonalities—in groups, religions, neighborhoods, communities. Out of all possibilities, the longing to belong is probably the single greatest motivator for change. It motivates us to seek better posts, to apply for better jobs, to move to better neighborhoods, to seek the company of spiritually like-minded people. And spiritual organizations come into existence to honor the longing to belong and to serve as a merging point, while also showing us that merging with the Infinite is the ultimate in belonging. Part of belonging is acknowledging it by regularly expressing an Attitude of Gratitude and by “giving back.” This is often called tithing.

Some people think practicing an Attitude of Gratitude means seeing the positive side of everything, but that's not really it. In today's world, that can seem like a daunting task. It is not always easy to see the positive side of everything. I like to think of the Attitude of Gratitude as being present. Here is something you can do very easily to develop the Attitude of Gratitude without forcing yourself to see things differently: Close your eyes, and take a few deep breaths. After a minute or so, look for one small ray of sunlight in your world and acknowledge it. Take another breath or two, and look for another. By bringing ourselves to the present and focusing on the little things, our appreciation and our Attitude of Gratitude grow. Keep practicing this every day as you find more and more things to be grateful for. This practice can change your life.

While the Attitude of Gratitude brings to our awareness how much we have to be grateful for, giving back empowers us to become a part of that cycle. One shows us how much we receive; the other allows us to give back, thus increasing the flow of energy in both directions. Both are equal on the scale of human needs.

Tithing is a wonderful tool for giving back and we encourage you both to practice the Attitude of Gratitude and to give back by either starting a regular tithing program or increasing your existing program. Please let us know if we can assist you in this process in any way by contacting us in the Dasvandh¹ Office: dasvandh@sikhdharma.org.

¹ Dasvandh: Das(ten), vandh (to give)



The longing to belong is probably the single greatest motivator for change.





meditation for financial empowerment

“There are 108 elements in this Universe which are at the tips of your fingers, provided you decide to be compassionate, kind, and caring...As you expand in kindness, prosperity comes with it.” Yogi BhaJan

STEPPING UP TO THE PLATE WHEN IT COMES TO YOUR

finances can be tough, but it’s imperative to your prosperity. Where does your money come from? What are your assets and what are your debts? What are your habits with money? Do you have a budget? Do you live by it? Do you know where your money is spent and where it is saved? It’s simply not possible to be prosperous without detailed knowledge of our finances. By failing to keep track of our finances, we risk playing the role of victim. But by paying attention and looking at it squarely, we empower ourselves to really take charge of our prosperity. What does that empowerment look like?

“I was so afraid of looking at my finances that I just wouldn’t do it. I had debts. I knew I was earning money, but I never saw it. I couldn’t track where I was spending it. I felt like I wasn’t in charge, and I wasn’t. I was afraid because I knew I had mounting debts and they seemed too

huge to overcome—ever. But I finally sat down and worked out my numbers and I prayed to be debt free. It doesn't happen overnight, but I can testify that it does happen, and every step of the way I got stronger and stronger. The real gift was the personal empowerment I got out of it. I am no longer at the mercy of my fear, I am no longer just vaguely guessing—today I know where I stand, and my prosperity has increased so much because of it.” Allison from California.

In yogic tradition, practicing the following meditation

correctly opens us to the opportunity to explore and recognize the bounty we already have. Not stepping up to the plate is a form of denial, and when we ignore our financial picture, we also put at risk our essence, our skills and talents, our beauty, consciousness, and capabilities—everything about ourselves that is really essential to a life of true abundance, prosperity, and wealth. It is when we begin to acknowledge what and who we are and what we have that the Universe opens itself to us, and we can reap its vast rewards.

Prosperity Meditation to Feel your Abundance



When we ignore our financial picture, we also put at risk our essence.

Part One

Position: Make a fist of the left hand, with the thumb covering the fingers. Hold the fist 6-8 inches in front of the heart chakra and wrap the right hand around it. Close your eyes and do Long Deep Breathing (slow deep breathing through the nose). Continue for 7 minutes.

Part Two

Now instead of the hand, hold an orange. Hold it with both hands as a symbol of prosperity. Look at the tip of your nose. Continue to breathe deeply. Be gracious. Continue for 7 minutes.

Part Three

Meditatively peel the orange and eat it, chewing each bite very thoroughly. Hold it in the essence of prosperity.

Variation

You may choose to practice parts 1, 2, and 3 as above, or you may practice only parts 2 and 3. If you choose to practice only parts 2 and 3, then part 2 is done for 11 minutes.

Yogi Bhajan's comments on the meditation:

“Feel yourself holding your abundance. The hand is your spirit. It is not a hand you are holding, it is Jupiter, Saturn, Sun, and

Mercury. The best thing is to know what you have. Sometimes we do not have the power to concentrate and we miss the opportunity. Elementary abundance is in your hands. Your hands will hold it, and the breath of life, your breathing (prana), will be the longest and deepest, and you will concentrate. That is all that is needed.”

For more about prosperity technology visit www.prosperitytechnology.org

DARSHAN KAUR is a writer, musician, and entrepreneur. She works for Sikh Dharma Dasvandh and has been teaching about prosperity and tithing for 5 years. Her current projects include creating a prosperity technology course for the Dasvandh office and operating her new website, LinkingSpirits.com, an interactive website bringing spiritual people together.



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PHOTO BY GURUMUSTUK SINGH - WWW.SIKHPHOTOS.COM

3HO Family

Excerpts from lectures by Yogi Bhanan

“3HO is a family of healthy, happy, and holy people. Do you understand the word ‘family’? If, under all longitudes and latitudes, we keep our nucleus together, that is a family.”

Yogi Bhanan gave this lecture on January 5, 1994, the 25th anniversary of 3HO.

WE STARTED A HEALTHY, HAPPY, HOLY WAY OF LIFE, AND THAT became 3HO. It is a dream come true. It is a very pure path in which every human was worshipped equally. Everybody is a potential teacher. There is no ‘yes’ and ‘no’, rather there is a set discipline to follow.

We built a foundation called the 3HO Foundation: a Healthy, Happy, Holy Organization of people. The first song I sang was, “We are the people, the people of love, let us people love today.” Certain little things started happening in a very unique way with all of you. All of those who have left, all who are with me, who shall be with me, or who shall leave me, all play a very important role in the development of 3HO—a lifestyle of the Age of Aquarius where humans shall be first and foremost purely human, and will do everything graciously.

I came with nothing and I shall leave with nothing. I own everything as though I own nothing. It shall all belong to the generations now and to come. I have just played a role as a custodian and a caretaker. I have taken ownership with a great perfection. My basic idea is very simple: don’t let anybody down, don’t let yourself down, and don’t participate directly or indirectly in any letdown.

That shall be the legacy of 3HO. A group of young people had the will to conquer the times, and made a space for themselves in history. Time could not conquer them. And this is not a small thing, in spite of what you may think. This 3HO shall be the most important legacy on this planet for the Age of Aquarius. Sooner or later people will experience a tremendous amount of emptiness which always brings a void. A void brings unhappiness. Then people will want to find a place where they can be healthy, happy, and holy. It all fits in.

Who could have dreamt that after twenty-five years we would be what we are today? With all the heaven and hell we have gone through, we have survived with a very unique pride with which we have walked tall in the face of the entire Universe. Today anywhere you go you will find that this is a living legacy which is not only for now, not only for the next one hundred years, but for the coming two thousand years of the Age of Aquarius, when mankind will find shelter in the 3HO way of life. And then, you who are here now, who are just considered to be a handful of people, shall be considered as the most Divine. Isn’t it amazing?

This small little thing, which was started to give people a way of life, with love and dedication, shall prevail in the coming change of the Age. All the energy which poured in to build this foundation, to me is a wonderful experience.

This lecture was given at Summer Solstice at Ram Das Puri in New Mexico on June 20, 1993.

YOU HAVE COME HERE FROM ALL THE LANDS, AND YOU WILL KEEP on coming here from all the lands for centuries to come. This land has its karma and this land has its dharma to enrich you whenever you come here, as it has done for centuries. It has a practice, it has a habit, and it has blessings. It is the dwelling place of the guardian souls of this planet.

It’s a human history. It is a path that will always be there—that will live, will flourish, and will expand. This path belongs to those who are not cold, whose hearts have not become stone, whose heads have not become so swollen that they can’t hear the voice of the soul. This path will belong to those who will do justice to themselves, who will listen to their souls as well as their mental and spiritual passions, who will not be spiritually blind or fanatic, and who will not be too lazy to walk. This path will belong to those who, with all their strengths and weaknesses, will still serve others. And I promise you that those who shall serve others, the Almighty God shall have no power but to serve them, that is the only way. Your power is not in your strength and weakness, in your show and your capacity, in your titles and your achievements, in your money, and in your playing games. Your power is to uplift others. Those who uplift others, God shall uplift them, because it is God’s Will to uplift everybody. When you live in your Godliness, He will not let you fall.

We are all pioneers in the Age of Aquarius. No man can give a man anything other than love. No man can give a man anything other than hope. No man can give a man anything but service. The only thing you can do is act like a forklift—go into the dirt and lift the other person and put him on track, so he can proceed. You will ask me the question, “If I start doing that all the time, what will happen to me?” Then the big forklift called God will come, and He will go into the dirt and lift you up. Is there a better deal than that?

Please remember, we are here to start an era, to start an Age, to celebrate the transition from the Piscean Age into the Aquarian Age. We are here to celebrate that. We are the pioneers. We are the pioneers of the Dharma. Let’s bow our heads in prayer and let us open our hearts. Let us walk on this blessed land for a few days in spirit. With these words, with your likes and dislikes, your loves and hatreds, your affection and understanding, I hope you will carry the Guru’s words to all the lands, cross the boundaries which have never been crossed, touch the boundaries which have never been touched, walk into hearts which have never been open, shake hands which hate to be shaken, go and bring people out of their holes so they can be holy, and pull people out of their heights, so they can save their height in the eyes of God.

You should be smart, learn the art, and go across the world and heal God’s creation. This is your job, and what you are actually going to say is, “Hail, hail Guru Ram Das¹ and heal the world.” Your job is to heal the world and elevate and uplift everybody. Everybody shall be healed. Take a person from his lower self, from his ditch, and raise the pitch so he can be uplifted. The mantra of the Age of Aquarius is “keep up”—help keep everybody up. When you never let yourself down and never let anybody else down, God shall serve you. He shall never let you down.

May God guide you on this path. May you understand that you are blessed children and you have a job to do. May you know in your heart that God belongs to you always, within and without. May your sorrows never touch your tomorrow, may your blessings be for all, may your happiness be shared, and may your smiles give hope to others.

¹The fourth Sikh Guru, embodiment of compassion, healing, and service.

“Where there is Dharma there is no karma. So we have to lean on Dharmic values and we have to build a Dharmic family, we have to relate to that family and we have to relate to it deeply.”



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The Living Tradition: Ancient Teachings in Everyday Life

Looking through the eyes of people who have studied with Yogi Bhajan for decades

BY GURU SINGH KHALSA

The day I met Yogi Bhajan, Master of Kundalini Yoga, my intuition said, “This is the man you’ve been looking for all your life.” It was at that very moment that I experienced the Master’s first lesson—always trust your intuition.

After studying with him for some time, I began wearing a turban. Yogi Bhajan asked me why. “To look like you,” I said. “It is your inner desire to emulate,” he explained. My second most important discovery—I was here to emulate the Master.

Then there were my premonitions, which Yogi Bhajan encouraged me to believe in, but cautioned me never to reveal. In 1974, I came across a painting of Guru Arjan’s¹ wife serving langar. As I stared at her image, a message came through, “There is your wife.” At the time I was not involved with anybody but I knew that someday, she would come along. It was two years later at Winter Solstice that I saw Gurperkarma Kaur. The same voice came to me and said, “There she is.” Within minutes someone unexpectedly approached me to say that Yogi Bhajan wanted to see me in his cabin. I walked in and he said, “Guru Singh, you’re getting old. Have you met anybody yet?” People laughed and my mind went blank. Everything shut down. Then he told me to call him sometime when I was alone. Two weeks later I called him. “Do you remember my question,” he asked. “Yes,” I said. “Well, who is she?” (This taught me how his psychic networking worked.) I revealed that her name was Gurperkarma Kaur. “Perfect,” he said, “now go and call her and ask her to marry you.”

So, I called this woman to whom I had never spoken and asked her to marry me. She wanted to know if Yogi Bhajan had anything to say about the engagement, and

when I told her he said, “Perfect,” she said yes! This experience taught me how the entire network of human psyche is totally interrelated.

One time, we were flying back from San Francisco where Yogi Bhajan had just given a lecture. He said he wanted to listen to the tape because he knew he had said something very important. It was then that I realized he never delivered his lectures from prepared papers and that when I taught Kundalini Yoga, I too could be open to the flow of truth, and the truth would come through.

When Yogi Bhajan first came to America, he did not come as a self-proclaimed authority, he came as one of us and we fell in love with him. So now when I teach children, I relate as one of them. I bring the yogic technology as my contribution rather than entering the room as an authority. I learned from Yogi Bhajan that in order to reach teenagers you have to be able to see them as you.

Over these past three decades, I’ve watched Yogi Bhajan be highly visible, yet invisible. I’ve seen how his transparency allowed him to be successful in any given moment—to lead without leading and to lead by completely opening up the space for all to succeed.

Guru Singh is a KRI Teacher Trainer, yogi, writer, musician, composer, and most importantly, he says, ‘a family man.’ Visit his website gurusingh.com



¹ Guru Arjan: The fifth Sikh Guru embodying sacrifice, balance and teaching

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Kundalini Yoga & Meditation

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the ups and downs of forward bends

Guruprem Singh sets the foundation for many yoga postures

THE YOGIC JOURNEY BEGINS WITH BOWING, not only physically, but with devotion and humility. Forward bending is essentially the most basic of movements. It is the first movement to which we attach an exhalation. Forward bends or “bows” require learning the skill of rooting into a position in order to create a controlled release as we bend forward. In learning how to bend forward correctly, we are setting the foundation for building many other postures, like wide leg stretches, single leg stretches, and standing forward bends. The fundamentals listed below are applied, whether sitting or standing, moving fast or slow, with our feet together or apart.

Forward bends require that we learn, and learn how to apply, three basic principles that govern many postures.

Yogi Bhajan gave **GURU PREM SINGH KHALSA** the title of “Posture Master,” and asked him to map out the correct and conscious practice of Kundalini Yoga. Guru Prem is an ex-gymnast and has been practicing Therapeutic Massage and Yoga Therapy for 26 years. He is the author of *Divine Alignment*.





The First Principle: *Always Use the Fewest Moving Parts.*

We do this by creating two simple unobstructed energy flows from the navel point: The Root Line and the Heart Line.

The first energy flow we create is the root line, which is both a muscular connection and a flow of energy, from the navel point to whatever part of us is touching the floor. This consolidates that half of the body into one firm but active unit that can act as our base. Our base both connects us to the ground and gives us the support we need for leverage. Creating a root line uses the navel to engage the muscles of the pelvic floor (Mulbandh or Root Lock¹), which allows us to control the position of the sacrum to consolidate its relationship to the rest of the spine. This positioning is important to protect the lower back from compression and injury.

The second energy flow we create is the heart line. This is to keep the flow of energy between the navel point and the heart, and between the heart and the head, unobstructed and open. We do this by creating an active cooperation between the contraction of the muscles of the pelvic floor (through Mulbandh) and the positive positioning of the rib cage, mid-back, neck, and head (Jalandhar bandh or Neck Lock²). When the Mulbandh stretches the lower and sacral spine in one direction, the Jalandhar bandh stretches the thoracic (ribcage area) spine and cervical spine in the opposite direction. This consolidates the upper half of the body into another firm but active unit. And both units are connected at the navel point.

The Second Principle: *Move from the Major Joints First.*

Forward bends take place at the hip, the ball and socket joint where the heads of the femurs (long bones of the thighs) attach to the pelvis. When the top and bottom units of the body are consolidated, then the hip joint can act between them like the hinge on a door. This allows us to use leverage to take maximum advantage of the force of gravity. Once we have consolidated the two halves of our body and centered our bend at the hip joint, we can let our top half release forward. In order to control this forward release, we have to use the navel to press our legs into the floor so that our base provides a counterbalance to our forward movement. Confidence in our ability to provide this counterbalance allows us to ride gravity downward as far as our flexibility will allow. In rising back up from a forward bend, we once again use the navel to press our legs into the floor, which creates leverage so that our upper body rises in reaction to the downward press of the legs.

The Third Principle: *Move with the Breath.*

Coordinating the breath with a forward bend makes good sense: it is simply the need to empty out the balloons of the lungs and reduce the girth of the chest in order to fold forward with ease. That the inhalation, the filling up of those two air balloons within the chest, can help you to “float” back up, is also an easy concept to accept. As our proficiency develops, we will become more and more aware of how the breath interacts with the outer movement, but that awareness can most easily begin in forward bends.



The Forward Bend:

Begin by sitting on the floor with your spine straight. Extend your legs straight out in front, a few inches apart. (If you cannot straighten your spine, put a yoga pillow or rolled up mat under your buttocks so that your hips are higher than your knees.)

Before you reach forward and grab your big toes, apply the Mulbandh, contracting the Navel Point (located an inch and a half below the navel) and engaging the muscles of the pelvic floor (by contracting the muscles of the rectum, sex organs, and lower abdomen). Flex the feet by pulling the toes back towards your body, and contract the quadriceps (the muscles on the front of the upper thighs). This activates the muscles on the front of the legs, which allows the hamstrings to stretch in a supported way.

Straighten the spine (opening the heart center) as you bend forward and grab your toes (figure 1). If you cannot keep your spine straight and reach your toes at the same time, you will need to add length to your arms by placing a yoga strap around your feet (any kind of belt or strap will do) and holding onto the strap (figure 2). Then use your arms to pull your chest forward towards your toes, maintaining the Mulbandh and keeping the quadriceps contracted.

Lengthen your chest towards your toes and drop your belly to your thighs (figure 3 & 4). Relax, and let the force of gravity gracefully pull you downward. Keep your spine straight and bend only at the hip joints. Keeping your legs straight, use your arms to lightly pull against your feet as if you were trying to pull your legs towards

your hips. Hold the alignment of your spine without being concerned with how far down you can bend.

To come up out of a sitting forward bend, inhale and press your legs into the floor to leverage the rising of the upper torso. As the inhalation expands the chest, you will feel as if you are floating up.

In order to gain and maintain flexibility it is important to “strengthen what you stretch.” When you press the legs into the floor to raise the upper torso, it contracts and strengthens the hamstrings, the same muscles you have just stretched.

When we have dynamic forward bends, we need to engage a light Jalandhar bandh, the neck lock, to keep the head from leading the movement. If you lead from your head you will collapse your chest and strain your back. As you “inhale up,” lift and open the chest and press the legs firmly into the floor from “sit bones” to heels. As you “exhale down,” release forward while continuing to draw the legs into the hips.

To have fun and safely practice forward bends or any yoga posture, you must enjoy the process. Keep the end result in mind, but be unattached to it. Attachment creates tension which will not allow you to release or surrender into the process. Enjoy the journey, because there are always rewards along the way if you are in the moment to receive them.

¹The muscles of the rectum, sex organs, lower abdomen, and navel point

²Stretch the back of the neck gently straight by pulling the chin straight back and lifting the chest.



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Yogi Bhajan



meditation for the seventh and eighth chakras

in 8 languages

Seventh Chakra: *humility and vastness, the tenth gate, the seat of the soul, connection to the highest self, elevation. Located at the crown of the head.*

Eighth Chakra: *radiance, electromagnetic field, protection, combines the effects of all the chakras. Located in the electromagnetic field*



PHOTO BY GURUDARSHAN KAUR KHALSA

English

Sit in Easy Pose with the spine straight. Place the hands in Gyan Mudra.¹ Focus at the tip of the nose. Chant *Ang Sang Wahe Guru* (Ung sung wha-hay guroo) for 31 minutes. To finish, inhale deeply and hold the breath as long as comfortable. Exhale and repeat two more times. *This meditation exalts the intuition.*

Russian

Сядьте в позу лотоса или легкую позу, сложив ноги перед собой, с прямой спиной, подбородок слегка прижат к шее. Сложите руки в Гьян Мудру, указательный палец касается большого пальца той же руки. Положите руки на колени ладонями вверх. Сфокусируйте глаза на кончике носа приоткрыв их на 1/10. Пойте Анг Санг Вахе Гуру в течение 31 минуты. По окончании глубоко вздохните и задержите дыхание насколько возможно, после чего выдохните и повторите два раза. *Эта медитация усиливает интуицию.*

German

Meditation für das Siebte und Achte Chakra Sitze in einer einfachen Sitzhaltung (Schneidersitz) mit gerader Wirbelsäule. Bringe die Spitzen von Daumen und Zeigefinger zusammen (Gyan Mudra). Schaue mit halbgeschlossenen Augen konzentriert auf die Nasenspitze. Singe monoton oder in einer eigenen

oder dir bekannten Melodie das Mantra *Ang Sang Wahe Guru* für 31 Minuten. Atme zum Schluß tief ein und halte den Atem solange dieses dir ohne Probleme möglich ist. *Dann atme aus und wiederhole diesen Atemzyklus noch zwei Mal.*

Italian

Meditazione per il Settimo e Ottavo Chakra Sedersi in posizione facile. Mani in Gyan Mudra. Concentrarsi sulla punta del naso. Cantare *Ang Sang Wahe Guru*. Alla fine, inspirare profondamente, trattenere il respiro quanto e' possibile, espirare. Ripetere 2 volte ancora. *Questa meditazione auita ad esaltare l'intuizione.*

French

Méditation pour les septième et huitième chakras Assis en simple position de yoga (jambes croisées) avec la colonne vertébrale bien droite. Mettez les mains en position du Mudra Gyan. Focalisez les yeux sur le bout du nez. Chantez *Ang Sang Wahé Guru* pendant 31 minutes. Pour terminer, inspirez profondément et retenez votre respiration le plus longtemps possible. Expirez et répétez cette respiration 2 fois de plus. *Cette méditation exalte l'intuition.*

Spanish

Meditación para el séptimo y octavo chakras: Siéntate en postura fácil. Coloca los manos in Gyan Mudra. Mira la punta de la nariz Canta *Ang Sung Wahe Guru* por 31 minutos. Para terminar, inhala profundamente y sostén lo más posible, exhala. Repite dos veces más. *Esta meditación exalta la intuición.*

Portuguese

Meditação para os sétimo e oitavo chakras: Sente-se em posição fácil. Coloque as mãos em Gyan Mudra. O foco dos olhos fica na ponta do nariz. Cante *Ang Sung Wahe Guru* por 31 minutos. Para terminar inspire profundamente e retenha o ar enquanto a sensação for cômoda. Expire e repita mais duas vezes. *Esta meditação exalta a intuição*

Swedish

Meditation för Sjunde och Åttonde Chakrat Sitt i lätt meditationsställning med rak rygg. Placera händerna på knäna i Gyan Mudra Fokusera på nästippen Upprepa mantrat *Ang Sang Wahe Guru* under 31 minuter För att avsluta, ta ett långt djupt andetag in och håll andan så länge du förmår. Andas ut och repetera detta ytterligare två gånger. *Denna meditation stärker din intuition*

¹ Gyan Mudra: Thumb tips touch index fingertips and the rest of the fingers are straight.

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“THE FOLLOWING THREE EXERCISES ARE VERY important. They are part of man, and man is part of them. After practicing these exercises, never just sit down. First stand up, and only then relax.” Yogi Bhajan

1 Stand up straight, and extend your right arm straight up towards the ceiling. Bend the left arm at the elbow and place the palm of the left hand on your right side, directly over your liver. Hold tightly at this spot. Now bend at the waist towards the left. It is recommended by KRI that you hold the posture for 1 - 3 minutes.

Comments: Your liver will go through a lot of changes. Just watch it. Make sure you hold your liver tightly and bend as much as you can and hold the arm in the air as straight as possible. Don't feel you have to do it a long time. This posture develops your power of penetration.

2 Still standing, squat down as if you are about to come into Chair Pose, but instead of grabbing your ankles, place your hands flat on your thighs. Hold this posture. Your buttocks should go down, but not too

much. Putting all the weight on both the knees, look forward. Sit balanced with your lower back in and spine tight. Keep the elbows straight and the knees open. It is recommended by KRI that you hold the posture for 1 - 3 minutes.

Comments: If you want to develop your sexual potency, do this posture.

3 Stand up straight, stretch your arms overhead at 60 degrees. The arms form an arc over the head, with the palms facing down, directly above the shoulder area. Squat down, as in exercise 2, keeping the arms in this position. Knees should be a little bit together, but not touching. Heels should be placed together if you can do so and keep your balance. Heels do not have to be flat on the floor. Try to lower yourself down in the posture to the point that you can still keep your balance. It is recommended by KRI that you hold the posture for 1 - 3 minutes.

Comments: This exercise is very good for relieving pressure from the lower back.

From *Man To Man Part 6, Sex, Success, and Prosperity* available at www.a-healing.com



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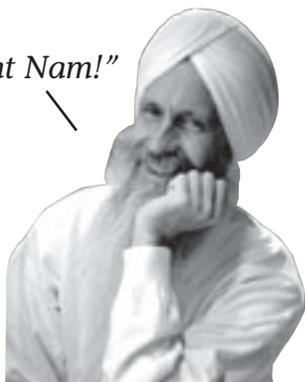


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the healing power of food: Yam Curry

BY BIBIJI INDERJIT KAUR

THIS IS A STORY COMMONLY TOLD IN INDIAN households that shows how our vibrations—our thoughts and feelings—affect the food we prepare. The story is about a sick man with a chronic illness that was, according to the doctors, impossible to eradicate and cure. So the wife of this sick man cooks food for her husband on a daily basis but feels helpless and hopeless about finding a cure for him. These vibrations permeate the food she prepares and make a negative impact on her husband's psyche: the man remains in a dreadfully sick state. However, one day this wife simply decides to let go of these feelings of helplessness from her soul. She realizes they are not only depressing; they are also not serving any useful purpose. So, she begins to chant *Sat Nam*¹ as she prepares food for her sick husband. Then, to his doctor's surprise, her husband begins to regain his health and recovers from the sickness that was ailing him.

The reason behind this apparently miraculous transformation in her husband's health was connected with the food he was eating. This man continued to eat the same food that his wife had been preparing previously, made with the same ingredients. The true reason behind the healing was the transformation in the wife's vibratory frequency emanating from her thoughts and feelings and being infused into the food she prepared for him. She had made a conscious choice to change her psyche and elevate her mental and emotional attitude. This created an impact in the oscillations of her brain waves.

Vibrations are a subtle form of energy, but these subtle vibratory frequencies projecting from our thoughts and feelings are extremely powerful. The more we consciously project thoughts that are elevating, uplifting, and kind, the more we impact our entire surroundings with positive energy. Try singing, playing your favorite music, or reciting prayers or poetry when preparing a dish, and experience the difference for yourself. The ingredients you use will become a dish with the most delicious aroma, and taste utterly divine when you add the most important ingredients of all: your own unique vibrations, your light, your prayers, and your love.

Yam Curry (*Arbee Bhujiaa*)

Yams with a distinctly Indian flavor and featuring mango powder (amchur), traditionally known as a digestive aid and rich source of vitamin C.

2 medium-sized yams
1/2 + 1/3 tablespoons ghee (clarified butter)—you will be using each measurement of the ghee at a different time in the recipe
2 tablespoons oregano seeds (ajwan)*
1/2 teaspoon turmeric
1 tablespoon whole cumin seeds
1 teaspoon fresh ginger, peeled and finely chopped
5 teaspoons mango powder*
1 teaspoon garam masala*
2 or 3 small fresh green chilies, mild or hot to taste, chopped fine
1/2 teaspoon salt, or to taste
1/4 teaspoon ground black pepper

Garnish:

1 small tomato, chopped
2 teaspoons fresh cilantro, chopped

Bake or peel and steam the yams until tender but not mushy. Then peel (if baking) and mash. Sprinkle the yams with oregano seeds. In a large frying pan, heat 1/2 tablespoon of ghee until sizzling and sauté the yams until they are golden brown. Add another 1/3 tablespoon of ghee and mix in the turmeric, cumin, garam masala, ginger, green chilies, salt, and black pepper. Sauté for a few minutes. Add the mango powder and cook for another minute or two. Garnish with chopped tomato and cilantro leaves.

Yield: 2 Cups

*Available in Indian spice shops—we don't have one nearby but found them at an Indian restaurant

BIBIJI INDERJIT KAUR has taught cooking classes all over the country. She is a clinical therapist, writer, speaker, Executive Representative for 3HO to the Non-Governmental Organizations of the United Nations, and serves as Bhai Sahiba of Sikh Dharma. She was married to Yogi Bhasan for 41 years. This recipe can be found in her cookbook, *A Taste of India*.

¹Sat Nam: True identity

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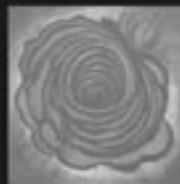
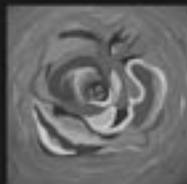
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albizzia: the tree of happiness that cures depression

THE FLOWERS AND BARK OF THE MIMOSA tree (*albizzia julibrissin*) are one of the most valued Chinese botanicals for relieving anxiety, stress, and depression. Commonly found growing throughout temperate zones in the Western United States, *albizzia* is native to China, Persia, Korea, and Japan. It is popularly known as the “happiness herb” by the Chinese. Some Chinese herbalists and acupuncturists even call it “herbal Prozac.” Its use was first documented in the *Shen Nong Ben Cao* (Divine Husbandman’s Classic of the Materia Medica) during the second century for its mood supporting and calming properties. Chinese healers traditionally recommend its use for anyone who is suffering from grief as a result of a severe loss.

Both the bark and the flowers of *albizzia* are used as a calming, non-drowsy sedative in traditional Oriental medicine. Categorized in the Chinese Materia Medica as a calming spirit herb, the bark is thought to ‘anchor’ the spirit, while the flowers uplift it.

Considering the proliferation of antidepressant drugs with their increasingly recognized adverse effects throughout the Western world, it’s wonderful that nature has an abundant and safe alternative growing probably in close proximity to one’s doorstep. In my opinion *albizzia* offers a more profound effect in treating depression and anxiety than the two most commonly promoted herbs, St. John’s Wort (*Hypericum perforatum*) and Kava (*Piper methisticum*) and thus should be more widely used.

There are broadly three classes of antidepressant medications, Tricyclic Antidepressants (TCA’s), Monoamine Oxidase inhibitors (Mao’s), and the most popular, Serotonin Selective uptake inhibitors (SSRI’s). All three categories of drugs list a plethora of possible and in many cases, likely side effects. These include abnormal weight gain, headache, excessive sweating, upset stomach, diarrhea, sleep disturbances,

drowsiness, tremor, weight loss, and decreased libido.

Over hundreds of years of traditional use, *albizzia* has proven to be a terrific antidepressant and anti-anxiety herb with no known side effects. While the traditional Chinese dose is 9 to 15 grams daily, a positive effect can be achieved with as little as 3 grams daily. Therefore, *albizzia* flowers and bark offer an extremely effective and vastly inexpensive alternative to antidepressant pharmaceuticals.

For those who are presently taking a prescribed antidepressant and wish to withdraw and possibly substitute *albizzia* flower extract, they should consult with their doctor. I have personally seen no adverse interactions from taking both the drug and the herb simultaneously. I always advise my patients to begin by taking both and then to gradually lower the dose of the drug during the withdrawal period.

I have given a 5 to 1 alcoholic extract of *albizzia* to many patients for depression, anxiety, and insomnia. Usually I prescribe about a half teaspoon of the extract three times a day and for more severe cases a tablespoon three times daily. I also prescribe a 5 to 1 dried powdered extract.

As well as giving *albizzia* to many patients suffering from acute and chronic depression and anxiety, I’ve also given it to those who complain of high stress with noticeably marked improvement after even a single day of use. While there are undoubtedly many individuals who will require stronger medication, and for these pharmaceuticals may be of value, *albizzia* is a good choice for probably more than 50 percent of those who are presently taking a pharmaceutical drug. At a mere fraction of the price, *albizzia* is devoid of the adverse side effects and can be easily stopped at any time. It seems reasonable to conclude that before one resorts to the use of drugs, nature’s own gift from the “tree of collective happiness” should be given a try instead.



Albizzia flowers and bark offer an extremely effective and vastly inexpensive alternative to antidepressant pharmaceuticals.

DR. MICHAEL TIERRA L.AC., O.M.D., is the founder of the American Herbalists Guild and author of numerous books on health and herbal healing including *The Way of Herbs*, *Planetary Herbology*, *Chinese Traditional Herbal Medicine Vol. 1 & 2*, and *The East West Course of Herbology*. www.planetherbs.com

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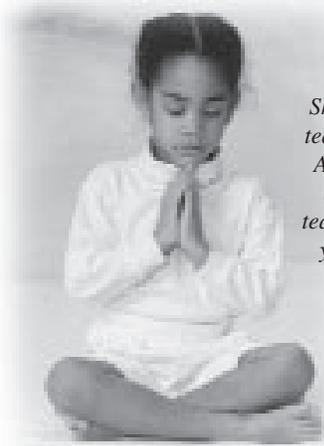
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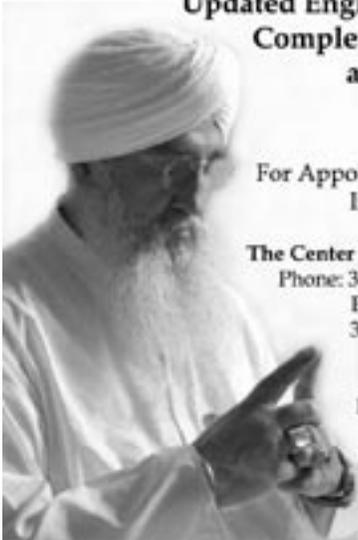


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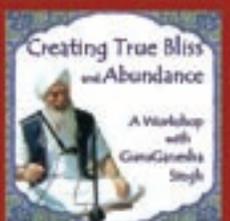
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