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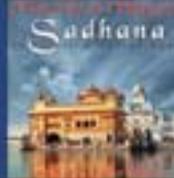
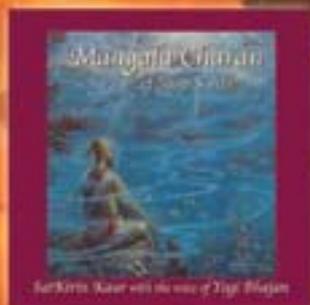
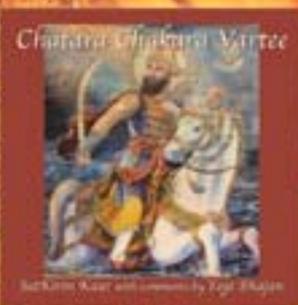
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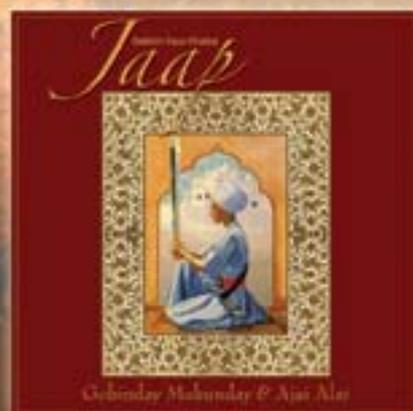


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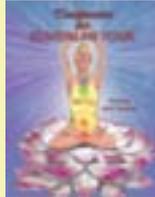
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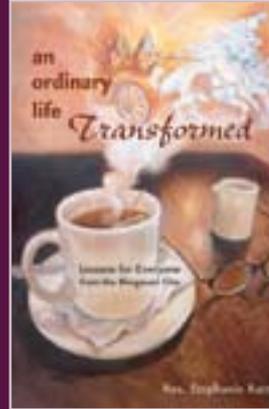


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FROM THE EDITOR

Dear Family,

Happy New Year!

Thanks to the support of our advertisers, we are very pleased to be able to offer you another year of *Aquarian Times* featuring *Prosperity Paths* as a free publication.

As we look forward to this coming year together, this is our vision for 2007:

- A deeper exchange of personal experiences of the Teachings of Yogi Bhajan®. If you are a student or teacher who has had an inspiring experience with his teachings, we invite you to write your stories of transformation.
- Highlights of service to humanity around the world. Let us acknowledge and share with others the great work you are doing in your community.
- An expanded listing of events, products, and services in our *AT* Marketplace. If you have a product or service you would like to promote, we invite you to advertise in the *AT* Marketplace.
- A listing of the Kundalini Yoga Centers where you can find *AT/PP*. Order your bulk copies now so your center can be featured in this exciting new column.
- The resources to continue to produce the magazine and offer it for free in the coming years. If *AT/PP* is making a difference in your life, please send your contributions to Dasvandh using the envelope provided.

Your letters mean so much and help to guide our endeavors to serve you. We look forward to sharing another year and celebrating the gift of this technology.

Humbly yours,

Swi Ram Kaur Khalsa

SUMMER SOLSTICE

By Guru Singh Khalsa

It is the brightest fire of the year—June 21: the longest day, the shortest night, a time spiritual communities have celebrated for thousands of years. This is the Summer Solstice, and in June of 1969 3HO began its now thirty-seven-year-old tradition of gathering from all over the world to celebrate with Kundalini Yoga, meditation, and White Tantric Yoga.

The full story of our tradition actually begins the previous summer. It was June of 1968. I had just returned to Espanola, New Mexico, from a year of studying healing music in Michoacan, Mexico. A flyer hanging in the local Safeway store read: “A Gathering of the Tribes, June 21, 1968, in Aspen Meadows near Santa Fe, sponsored by the Juke Savages, the Hog Farm, Ken Kesey, and The Merry Pranksters, featuring the Grateful Dead.” These were all friends of mine from San Francisco so I made the trip up those mountains.

Over a thousand people gathered. It was so wonderful that we decided to meet again at Winter Solstice in Los Angeles, where an extraordinary event added to the significance of being in L. A. Another poster caught our attention in early January, 1969, this time in a health food store. The poster read: “Yogi Bhan teaching at the East West Cultural Center.”

About two hundred of us drove to the class in a group that would soon form the nucleus of 3HO's original students: dozens of members of the Juke Savage performance group, the Hog Farm commune, and The Committee situation comedy collective. It was not our idea to stay long in Los Angeles, but Yogi Bhan inspired us all to remain for the winter and long beyond early spring, as he taught two phenomenal classes every day except Sunday.

When May returned, our lingering memories of the previous Summer Solstice returned so strongly, we invited Yogiji¹ and everyone else to come to the mountains in New

Mexico, the “Land of Enchantment.” A ragtag caravan of cars, trucks, and buses left from Los Angeles to cross the southwestern deserts to Aspen Meadows above Santa Fe. At this time in our community's evolution, we were few, but this would soon change as our enthusiastic innocence attracted several hundred more young people living around New Mexico to our gathering. Yogi Bhan fell in love with the land and the “enchanted” state, and from this first Summer Solstice gathering he established a center in Santa Fe. As word spread that such a teacher and technology were in town, students arrived in large numbers.

In addition to Kundalini Yoga classes, one of the most outstanding events at our first 3HO Solstice was the now famous school bus race. As Yogiji stood at the starter's position, a homemade checkered flag rose above his salmon-colored turban. He waved it wildly to indicate the start of the race. Enveloped in the largest cloud of New Mexico dust anyone could imagine, he emerged coughing, sputtering, and laughing as the spurting diesel buses went speeding down the meadow of our makeshift racecourse. Later that evening, in the teepee Yogiji was staying in, the inspired conversation twisted and turned through tall tales and cosmic commentary, ending in the initial planning about Woodstock, the colossal music festival to take place later that summer. Two months later, the reality was that Yogi Bhan's student, Tom Law, sat before hundreds of thousands of people and led Kundalini Yoga exercises and meditations that opened the historic Woodstock festival. Many of 3HO's early members came from this gathering.

¹ Term of respect and affection used to address Yogi Bhan.

With this and other events, our 3HO family was growing too large for Aspen Meadows, so for Summer Solstice 1970 we gathered in a dry arroyo on the Santa Clara Indian Reservation just outside of Espanola. Bruce King, running his first campaign for Governor of New Mexico, came to visit our campsite. Now a great friend, he loves to tell the story of how he predicted we “would never last a month in New Mexico.” (He is glad to have been completely wrong.) Watermelon was the food of the day and Yogiji would walk around with a huge bucket of ground black pepper to make certain each of us had plenty on our once delicious fruit. People would actually hide from his bucket, but he found us all. It was during this Solstice we discovered the land that we now call Hacienda de Guru Ram Das—our 3HO and Dharmic headquarters in the Espanola Valley.

The following year, 1971, we ventured northward to Paonia, Colorado, a town of about 400 people, known for its cherry orchards. We camped on a mesa covered with groves of cherry and apricot trees and helped pick the fruit as part of our exchange. The highlight of this Solstice was that Yogi Bhajan had now inherited the position of Mahan Tantric (Master of White Tantric Yoga), and the first Solstice White Tantric Yoga course² took place. One of the most memorable exercises was to see how long each couple could hold their focus and concentration without breaking. Yogiji set up a band of roving jokesters to get people to crack. If you failed this test, you joined the jokesters to challenge those who remained. The last couple held out for two hours and broke when someone got a shovel, thrust it between the couple, and yelled, “Can you dig it?”

This Solstice had a unique bathing system of jumping into an irrigation ditch from which you could see the glaciers melting to feed it. You would then float two hundred yards to a low bridge where you needed help to stand; it was far too cold to do it on your own.

In 1972, we came west to Northern California’s Mendocino County with several additions to our ongoing Solstice tradition. It was here we first experienced parachute shade canopies, straw-bale ground cover, and Yogi Bhajan’s Solstice Diet. In addition to White Tantric Yoga, a highlight of this Solstice was the three-women-against-one-man-free-for-all Kabaddi³ contests.

In 1973 and 1974, we moved back to New Mexico—Yogi Bhajan’s preferred location—to a Scout camp in the Jemez Mountains. Having seen several yatras⁴ to India by 1974, a curious group from the SGPC⁵ (including its President, Gurcharn Singh Tohra) came to see us in our own environment.



The first Solstice Amrit ceremony⁶ took place at this camp.

In 1975 and 1976, we went to extreme heights—literally—the eastern slopes of the Pecos Mountains provided a forestry dude ranch with minimal facilities, frosty mornings, and sizzling Tantric afternoons.

In 1977, our roving band of 3HO yogis finally found what has become our permanent home for annual gatherings. Just outside Espanola, high on a mesa, Yogi Bhajan—by the Grace of Guru Ram Das—discovered 150 acres which had been sacred to the local Pueblos Indians, and named the land Ram das Puri. We gathered on that sacred land as the Pueblos Indians had gathered their tribes for centuries. Yogi Bhajan instructed where to drill and from deep within the mountain came the water we would drink. Time was short and when everyone arrived, the only shelter set up was that old faithful system of parachute canopies and straw-bales. Sheepskins, socks, and blankets were always covered with straw when we packed our bags for home.

Over the next year, we built the first installment of our Tantric Shelter,⁷ a children’s camp, a Gurdwara,⁸ and the beginnings of a fully functioning kitchen, plenty of flush toilets, and permanent tent-sites. In 1985 Yogi Bhajan inaugurated the first International Peace Prayer Day to focus our group energy on global peace. As the years have gone by, our children’s camps have grown, our facilities have improved, the numbers of students who come from all over the world have increased, and the message remains the same: Ram Das Puri, Home of the Khalsa, is the place to be when Summer Solstice rolls around.

Guru Singh Khalsa is a yogi, teacher, musician, author, and minister of Sikh Dharma. He lives in Los Angeles with his wife and children. He began studying Kundalini Yoga with Yogi Bhajan on January 10, 1969, and now teaches worldwide with a base at Yoga West in Los Angeles and Miri Piri Academy in Amritsar, India.

² Meditation course for healing subconscious thought patterns and expanding awareness

³ A team sport involving ‘raiding’ the other team while holding the breath and chanting

⁴ Spiritual journey, in this case by Yogi Bhajan’s early students

⁵ A Sikh governing body in India

⁶ Sikh baptism ceremony

⁷ The metal shelter under which White Tantric Yoga is practiced

⁸ Sikh place of worship



2007 SUMMER & WINTER

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Yogi Bhajan



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3HO's First Solstice Gathering

By Livtar Singh Khalsa

The charge to attend the first 3HO-sponsored Summer Solstice Celebration in 1970 was \$5.00. We were outraged! How dare they charge money for a spiritual experience! And so much!

It was held at Santa Clara Canyon, some kind of alpine heaven between Espanola and Los Alamos, New Mexico. It had a clear mountain stream, meadows of long sweet grass, and tall beautiful pine trees. “Wow,” I thought when I first saw it, “This is the kind of place to have an experience.” Little did I know.

My “tent” was a piece of clear plastic spread between two mounds with a gully between. I had just enough room to lie in the gully under the plastic. The altitude was so high that there was snow on us when we awoke the first morning.

The owners of the land were our brother and sister Native Americans who graciously allowed us to camp there. We thought that meant we could get away with anything. We had all arrived on the land full of hope and optimism, energy and spunk, dreams and visions of an Aquarian future.

The reality of life as a mixture of “The Bliss and The Blues” was about to hit home. Within a couple of days, we had broken enough terms of our “treaty” that we were being thrown off the land. (I think I heard something about some guy dealing out of his car, and the rule about not bathing nude in the creek also wasn’t being too closely observed. After all, we were only six months out of the ‘60s.)

“Oh mama, could this truly be the end?” Was our Solstice over? Could our great experiment be done before it was even off the ground? Should we hang it up and take off for our new ashram¹ teaching assignments? Or should we try to move the entire Solstice production to another location? We had a meeting and decided to move the whole thing.

So how do you take a ragtag army of a couple of hundred hippie yogis and move them to another location when only one person knows where the other location is? You do it all at once.

We somehow got everyone loaded into their cars and lined up on the dirt road out of the canyon. We pulled up to the main road where all the cars stopped in a long line. Sud-

denly, Yogiji jumped out into the middle of the main road and blocked it. He held up a large shawl and started to swing it around in a great circle above his head. In an unbroken stream, the cars started shooting out to make a right turn onto the highway. “Go, Go, Go!” shouted Yogiji as he spun the shawl like a karmic bullwhip.

At that moment I mentally moved through time and thought I was watching Moses in a great white turban leading the Israelites from bondage to freedom. After the cars had all made it onto the highway and were speeding away, he jumped into the car (I think it was a small under-powered Peugeot) with Dawson, the Santa Fe ashram teacher at the time, and *passed all 60 cars* without pulling into his own lane once, and that route was a narrow two-lane road back then.

My car was near the rear, so I saw him pass the entire line, going over rises and around blind curves. I will never forget that for as long as I live—that *knowing* that your destiny lies in knowing where the true road leads and what is on it.

We were led to a patch of land that we have now driven by many times—the dry riverbed just north of Camel Rock, across from what is now Gabriel’s restaurant. The owner, Robert Boissier, had agreed we could use it for the last few days of our Solstice experience.

We drove down into the riverbed on a road so crumbly and steep we knew we literally couldn’t drive out again. We drove down into a parched wilderness with absolutely no facilities and no guarantee we would even have water. We didn’t care. That was for later. For now, we had a lot of yoga, a lot of meditating, a lot of breathing, a lot of experiencing, and a lot of merging with the Infinite to do.

P.S. We did make it out of the riverbed.

Livtar Singh Khalsa became a student of Yogi Bhajan in 1969. He was 19. After this first Solstice he was sent to Atlanta to start an ashram. He has lived there ever since, teaching yoga, writing music, burning atomic-bomb-amounts of karma, and generally having a good ole time.

¹ Literally meaning ‘house of the teacher;’ a home where yoga is lived and taught

3HO Germany Celebrates 30 Years of Service!

By Guruka Kaur Khalsa

When Satya Singh and Simran Kaur first invited me to be the 3HO International/IKYTA representative at their 30th Anniversary Celebration for 3HO Germany, I felt very honored and grateful. It was almost two years later on September 16, 2006, when I arrived in Hamburg to celebrate with a wonderful team. Tarn Taran Singh and Tarn Taran Kaur from Espanola, the teachers who first brought Kundalini Yoga to Germany, were received with great affection and respect. Guruka Singh from Espanola gave a beautiful presentation on Kundalini Yoga in Politics, on the Web, and in the Media. Shanti Shanti Kaur from Espanola brought her specialty of Kundalini Yoga healing. Krishna Kaur from Los Angeles brought her beautiful voice and spirit, and shared the work she is doing with inner city youth and in Africa.

There are eight local chapters of 3HO Germany, so rather than having one central celebration, there were eight. We participated in the Hamburg celebration. More than 300 Kundalini Yoga students and teachers gathered at the Bucerius School of Law auditorium. Delicious vegetarian food was available all day, a small bazaar was open offering yogic products, and many pictures showing the history of 3HO Germany were posted around the open space. The day was filled with joy and lightness—the culmination of all the love and planning the Hamburg team put into the event. Guru Atma Kaur, a financial officer for 3HO Germany, arrived in a charming clown costume and danced and played, bringing many smiles.

The true star of the day was Kundalini Yoga. There were over 200 participants in yoga classes throughout the day. Nanak Dev Singh led *gatka*,¹ dancing, and the Gong Gang. Imagine eleven gongs in a circle all being played simultaneously! That was a real out of the physical body experience! Gurudev Singh from Rome led a class on the Sensory Human and Sat Want Kaur from Hamburg led Breathwalk² classes.

The evening started with a concert by Krishna Kaur, Tarn Taran Singh, Sat Hari Kaur and Sat Hari Singh from Hamburg, and Marcus from Mexico. The evening ended with Bhangra³ and a great Rockout.

I presented a plaque from 3HO International, IKYTA, and KRI to Satya Singh and Simran Kaur, in recognition of their 30 years of service. Simran Kaur was honored for her dedication in serving 3HO Germany and for her commitment to bringing Kundalini Yoga to everyone, as well as for her personal commitment to sharing the techniques of Non-Violent Communication. She received a standing ovation from her community so full of love and gratitude. It brought tears to many eyes.

¹ Sikh martial art form

² Kundalini Yoga Meditations done while walking

³ Lively Indian folk dancing



Sunday afternoon Satya Singh led a group of students in a challenging yoga set at a nearby park and returned home for our final 3HO celebration with dinner, a birthday cake, chanting, and stories.

For so many years when I lived in New York, Ohio, and California, I always looked forward to coming “home” to Espanola where I could be inspired and transformed at solstices and Women’s Camp. Now I am blessed to live in Espanola and it was sweet to travel to Hamburg and become inspired and transformed there. The power and grace of Yogi Bhanjan’s teachings that we live every day can be felt around the world. They unite us in love and consciousness.

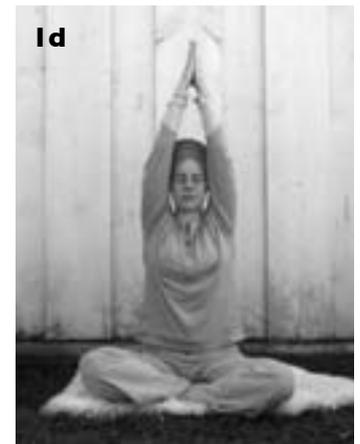
Thank you, 3HO Germany, for your 30 years of service, for your beautiful celebration of 3HO, and for inviting me to participate.

Guruka Kaur Khalsa is the Executive Director of the International Kundalini Yoga Teachers Association (IKYTA). She lives in New Mexico and has the pleasure to travel and work with Kundalini Yoga teachers around the world.

Brain Balance Sequence for IQ

Taught on June 27, 1984, at Women's Camp

This entire series is repeated, so the set is done twice in one sitting. Chant the mantra **Sa Ta Na Ma** out loud during each exercise.



1. This is a 4-part exercise done in Easy Pose to the beat and sound of **Sa Ta Na Ma** (pronounced **Saa Taa Naa Maa**).
 - a. As you chant **Sa**, extend your arms straight out in front of you, level with the heart, and clap the hands.
 - b. On **Ta**, open the arms straight out to the sides with the palms facing up.
 - c. On **Na**, keep the arms and hands where they are, but turn the palms down.
 - d. On **Ma**, bring the arms up straight over your head and clap your hands together. Continue this sequence for 1 minute.

2. Reverse the sequence in exercise 1, still chanting **Sa Ta Na Ma**.
 - a. **Sa** - bring the arms up straight over your head and clap your hands together.
 - b. **Ta** - extend the arms straight out to the sides with the palms facing down.
 - c. **Na** - keep the arms extended out and turn the palms up.
 - d. **Ma** - bring the arms straight out in front of you and clap the hands. Continue this sequence for 2 minutes.

“You have to concentrate and meditate. You have to learn to go by command. One day you traveled by a road and it was clear. The next day it was also clear. One year later when you went, it was clear. But one year and one day later it was not, and you were not prepared for that. If you are not prepared to face the time and space on this ground level, then you are spaced out. Routine makes you spaced out. This will keep you alert.”

Yogi Bhajan

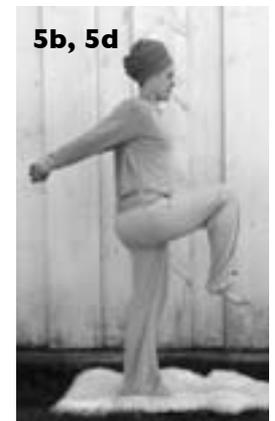


3. **Sit in Rock Pose (on your heels)** and clasp the hands behind the back, interlacing the fingers, palms facing up.
- Sa** – come up onto your knees.
 - Ta** – bend forward and place your forehead on the ground. Raise your arms up behind your back as high as they will go. Do not sit down on your heels.
 - Na** – Rise back up on your knees and bring the arms down, hands still clasped behind your back.
 - Ma** – Sit back down on your heels in Rock Pose and keep the arms behind your back, hands clasped.
- Continue this sequence for 2 minutes.

4. **Stand up** and interlace your fingers, palms up, behind your back.
- Sa** – bend forward from the waist and bring your forehead down as close to your legs as you can. Raise the arms up behind you as far as you can.
 - Ta** – return to a straight standing position and relax the arms down behind your back.
 - Na** – arch the head, neck, and shoulders backwards, keeping the hands interlaced and arms relaxed behind you.
 - Ma** – return to a straight standing position, arms relaxed behind you.
- Continue this sequence for 2 minutes.



5. **Stand up** and interlace your fingers, palms up, behind your back.
- Sa** – raise the left knee up as high as you can and simultaneously raise the arms up behind you as high as you can. Keep the rest of the body straight. Then lower the knee and the arms.
 - Ta** – same as (5a.) but raise the right knee.
 - Na** – same as (5a.).
 - Ma** – same as (5b.).
- Continue this sequence for 4 minutes. If you are in a class, the teacher can call out (a.) or (b.) in any order, and you listen and follow the command exactly as called.





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- Yogi Bhaajan

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A special thanks to Kirinjet Kaur of Portland, OR, for the new IKYTA logo design.

KRI Teacher Training Level 2 Mind and Meditation Course

THE LAUNCH IN AUSTIN, TEXAS

By Kewal Kaur Khalsa

I came to the KRI Teacher Training Level 2 **Mind and Meditation** course at Yoga Yoga in Austin, Texas, expecting to further my training as a Kundalini Yoga teacher. But it quickly became apparent to me that this course would also train me to *live* better as a teacher. Level 2 is when things “get real.” We came from Level 1 Teacher Training having the concepts and the practice of these powerful yogic teachings. Level 2 training gave us a new dimension of realization and daily application of our yogic tools. I found it liberating and transformational beyond my expectations.

The course began on October 14, 2006. It was the launch of a new Level 2 Module, **Mind and Meditation**. Kundalini Yoga teachers came from around the world to take this next step in experiencing the mind—its aspects, projections, and facets—and meditation. For six days we studied the latest research on brain development, engaged in discussion with study groups, explored the experience of *Shuniya*,¹ and observed personal responses, thoughts, and feelings when engaging the mind in a variety of applications and meditations.

Gurucharan Singh

Khalsa, co-author of *The Mind: Its Projections and Multiple Facets*, and a team of trainers led us on a journey of self, including five hours of silent meditation working on each of the nine aspects of the mind as taught by Yogi Bhajan. A highlight for many participants was learning a meditation process for identifying and releasing—clearing and letting go of—emotions and patterns that no longer serve us. For others, profound moments came in reaching a deeper experience of meditation—going where they had never before been in their practice. Working in small groups for daily discussions allowed an opportunity to process new information, and share experiences and perspectives.

A central aspect of the course was Yogi Bhajan video lectures and meditations. It was as though he was right there in the room with us, guiding the experience. I found myself experiencing his

¹ A state of stillness where the ego is neutralized and the Universe flows through you



It quickly became apparent to me that this course would also train me to live better as a teacher.

words and directions as if he were physically there.

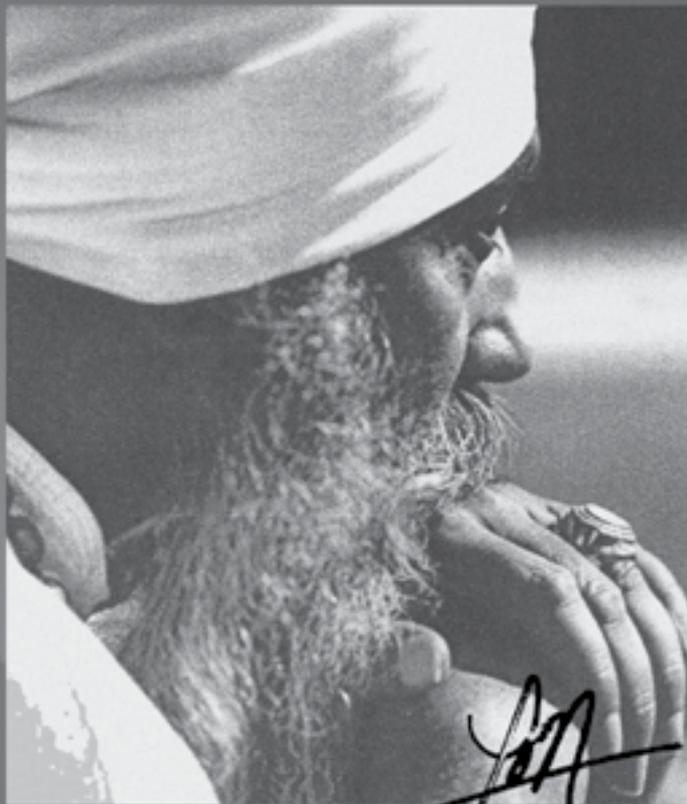
As we went through the week, I became more of an observer of my own mind and the mental patterns of those around me. A feeling of relief and clarity came from truly having the experience of being free of any drama, while still being fully present in what was going on.

In this process, we each had our challenges and our victories. It was a special mix of intensity, fun, release, and new explorations. I feel immense gratitude for all who stepped up to host, teach, and participate in this important work.

Kewal Kaur Khalsa is a Kundalini Yoga teacher and a Teacher Trainer for Level 1 and 2 courses. She was a founding partner of Yoga Yoga in Austin, Texas, and now is the Director of Yoga Phoenix in Phoenix, Arizona, where she lives with her husband and daughter.

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the mind

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Fabulous! Invaluable to have this time and space to reconnect to my soul and the community of teachers.

Keval K. Khalsa – Durham, NC

I felt lots of compassion and love and blessed to have had the opportunity to be in this course with all the beautiful souls!

Catherine Crandall – McLean, VA

All trainers were amazing; everyone brought a unique talent and personal experience to the course. I am in awe of the talent of the teachers.

Himat Kaur – Santa Cruz, NM



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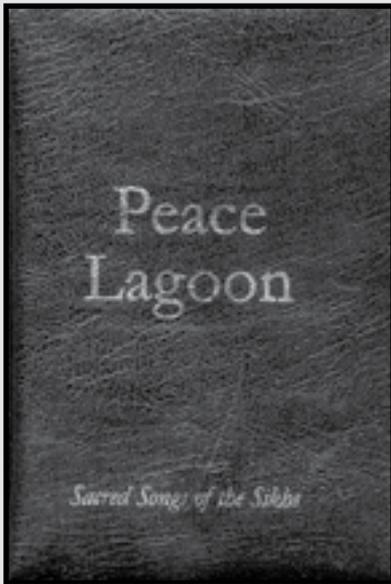
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Jaap Sahib: The Yoga of Sound

By Hari Bhajan Kaur Khalsa

Jaap Sahib is a powerful *bani* (Sikh prayer) written by Guru Gobind Singh, the tenth Sikh Guru. It is said to have the power to bring courage, vitality, divinity, and self-command. I was blessed to have two very personal experiences of the grace and power of Guru Gobind Singh and the *bani* of *Jaap Sahib*.



Purkha: Unshakable

I wake at midnight paralyzed with fear. The nightmare is one I have had before. I am climbing a winding staircase into an attic, higher and higher. I am being pushed by some menacing force below me to keep going. The specter of grave danger permeates every fiber of my being. Returning to consciousness is but a momentary relief. I am certain if I go back to sleep I will return immediately to that place of terror. I have to counter the energy. I have to do battle. My hands shake as I flick on the light and reach for my iPod. The screen lights up. I turn the wheel on the Playlist to the *banis*, click on *Jaap Sahib*. Voices come through the headphones. I begin to chant the words of Guru Gobind Singh, willing myself to stay awake, to not fall asleep until the *Naad*¹ takes the battlefield and rides down the fear. I begin to release the tension in my body—my fingers uncurl, brow relaxes, my mind calms and I begin to drift. At five in the morning I swim slowly to the surface of consciousness, a sweet taste is in my mouth. I feel the presence of Guru Gobind Singh. The might of his sword and the infinity of his words have delivered me from the darkness of night into the pure light of dawn.

Prakirti: Flow

I'm at the *Jaap Sahib* course². It's the last day. It must be over 90 degrees under the tent. I'm hungry and my back aches. Sardarni Guru Amrit Kaur³ is leading us in a meditation to

¹ Sacred sound current

² Course held in Espanola, New Mexico, in June, 2006

³ Sardarni Guru Amrit Kaur served on Yogi Bhajan's staff for 30 years. As Siri Sikdar Sahiba, she serves our global communities and represents Sikh Dharma International at Sikh events.

open up to guidance and clarity. She speaks about *sabej paad*, a state of consciousness where all you need comes to you, where you are in the divine flow, and of *sat paad* where you become the disciple of your own discipline and merge with the One. The last two days have been both informational and inspirational, but today I am tired and am resistant to mounting any effort towards concentration and stillness. "Ask for a message," she says. "Let the Infinite speak to you." With the steady beat of the mantra *Chattr Chakker Vartee* from *Jaap Sahib* pulsing in the background, I will myself to hold the posture and *mudra*.⁴ I begin to feel a steady surge of strength and serenity. I send my request for a message out into the unknown. Three simple words slip through the veil and pierce my heart—*like a river*. They rush through my entire being. Tears fall uncontrollably. I am profoundly aware of the unity of all that exists in this vast Universe. I understand in my very core that to risk diving into the icy depths, to lose the breath, to open to crystal clear moments of transcendence, is what it is to live fully as a human being, what it is to walk the way of Khalsa,⁵ what it is to flow *like a river*.

Hari Bhajan Kaur Khalsa lives mostly in Los Angeles and sometimes in Sisters, Oregon. She is a Life Coach, poet, and writer with a weblog at www.PoetryEvolution.com where she shares her musings on how to navigate everyday life, making art, and the spiritual path in today's tumultuous world.

⁴ Yogic hand position

⁵ Those who are pure in heart

*I want you to fulfill your life in prosperity and peace.
That is why I say, meditate on this place of prosperity
where the spirit of God falls at 90 degrees direct.
-Yogi Bhajan*

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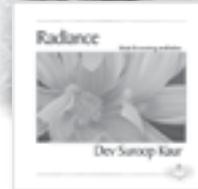


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1 Santiago, Chile
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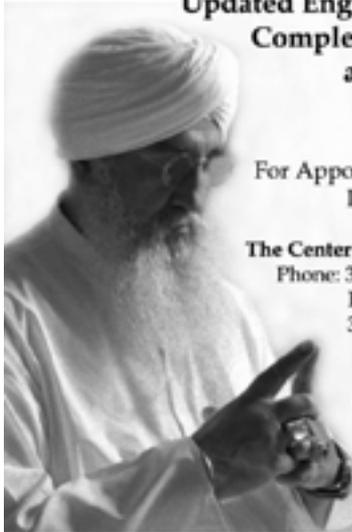
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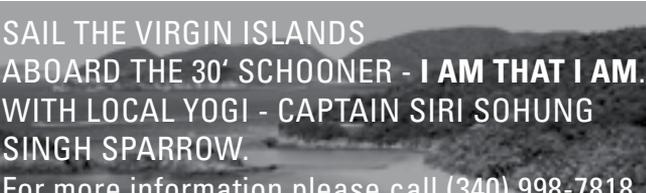
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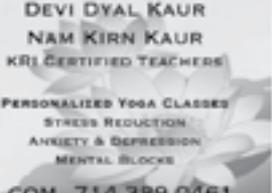
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The Art of Giving Back

Issue Number 73
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Be You

Excerpts from Yogi Bhajan lecture of September 10, 1995, Berlin, Germany

Once, just for fun, I started looking at somebody's hand, and twenty people wanted to get their hands read. You all want to know your tomorrow but you don't care to know your today. Isn't it amazing that we call ourselves civilized human beings, with churches, religious teachers, yogis, swamis, preachers, and counselors—all with tons of status—yet you are all mentally alone? There are books, libraries, and magazines, but you are still unfortunate and still alone. You have never been taught that this loneliness is a power. You don't have a practice, so every day you become harsher and harsher and harder and harder. You have never been taught to become you. You have been taught to become "somebody."

We have been taught wrongly for all these years. We have never been taught to be peaceful or how to achieve peace of mind when everything is upside down. Our existence is not a peaceful, tranquil existence. You have a very powerful magnetic psyche. You can just attract things, you can get things, but no, you don't have that training to do so. Instead you sweat and hassle and go after things. Is that living? Hustling and going after things? Your own dog will not do it. He has a master and that dog has nothing to do with the rest of the world. You have God and yet you are beggars and hustlers, requesting everything: "Please, can I, may I, should I, would you love me? Would you like me?" What kind of life is this?

Because I travel everywhere, I see this common disease, this sickness. We are suffering because we do not trust



ourselves. It's simple. There is no self-trust. We look in the mirror. We want to look good and then make speeches. We want to convince each other. Don't we know each other?

It's very important that you are just you, even though you may be sick, hungry, or tired—just you are you. Just that. That's very important. Think—when you are not you, how miserable that situation is.

The time has come to become your own master. Stop chasing masters. Become your own reality and stop chasing religion. Stop chasing God, be you. Become your own God. In the beginning, in the middle, in the end it is you and you alone. So live well in your inner peace, in your inner strength. And when you feel weak, call on your soul, your friend.

To start, sit down, and breathe one breath per minute. In exactly thirty seconds your soul will start communicating with you. In three minutes you can change your mood. On the average you take fifteen breaths per minute. Suppose you had one hundred years to live. If you breathed at the rate of **one** breath per minute,¹ you could live for **fifteen**

¹ One breath per minute is done by inhaling through the nose for twenty seconds, suspending the breath for 20 seconds, and exhaling through the nose for 20 seconds. You can start with 5 or 10 seconds and build up slowly to 20 seconds.

hundred years because life is measured by breath, not by years or calendars². When you are out of balance, your breath will be shallow and fast, and you will average twenty to twenty-five breaths per minute. In good health you breathe ten to twelve breaths per minute, and in the best mental state, you breathe five to seven breaths per minute. But if you practice one breath per minute for eleven minutes a day, you can be in control of your mind.

The time has come. You have to be you—a beautiful, bountiful, blissful human. Nobody can create you. God created you in His own image. Don't create your own images. Just have one image of you as you being the being of God. It's very human and that is what the Age of Aquarius³ is all about—the “New Age.” It will be the Age of humans and peace, love and service. We shall all live as one family and wars will cease. Humans and humanity will prevail again. As the Berlin Wall fell, other walls will fall. We will all be united under one God, one spirit, one self.

² In yogic tradition, we are allotted a certain number of breaths and when they have been used up, we leave the body.

³ The Aquarian Age begins on November 11, 2012. It will be an Age of expanded awareness through direct experience.

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Experiencing Peace in Prosperity

By Darshan Kaur Khalsa

The most important thing we can do to restore peace in these turbulent times is to be peaceful within ourselves in thought, word, and deed.

Yogi Bhajan

When you think about it, each and every spiritual activity is geared towards the same thing. Whether the activity is *pranayam* (breathing exercise), prayer, meditation, yoga, or a spiritually-oriented event, being present, being here now, being you within you is what it is all about. And why? Because being present is the way to experience Oneness, Suchness, *Shuniya*,¹ peace.

There cannot be peace in any part of our lives until we know peace inside. When we care for ourselves, when we are fulfilled, and when we accept that happiness is our birthright, that is when we begin to move through the fourth chakra². Far away from the fear, insecurity, and power issues of the first three chakras,³ moving through the fourth chakra is where love becomes love for the sake of love, and from where compassion and service come. We become genuine, the foundation of inner peace.

Peace is an important factor in every facet of our lives. To be present, to be at ease, to be peaceful, allows things to flow; and prosperity, like most things, needs to flow. It needs a way to come in, a way to go out. If you have a business but you have no way for money to come in, how can your business prosper? If our thoughts block prosperity, how can it come into our lives? And, like the ripples of a pond when a stone is plunked in it, peace ripples throughout our lives. It expands from us to our auric fields, then to our outer world, to those we live with and work with, and so on. When the ripples of many individuals come together, peace is felt in waves across the planet.

The spiritual practice of tithing is an important part of every spiritual discipline because it creates the space for prosperity to flow. We give, it creates a vacuum, prosperity flows to us; we give again, it creates a vacuum and more prosperity flows to us. Coming into Oneness with giving and receiving is important because it creates a very peaceful flow for prosperity in our lives.

We encourage you to start your tithing program today. If you already practice tithing, consider stretching a little by giving a little bit more to allow for more prosperity to flow into your life. If we can be of service, please contact us at the Dasvandh office.

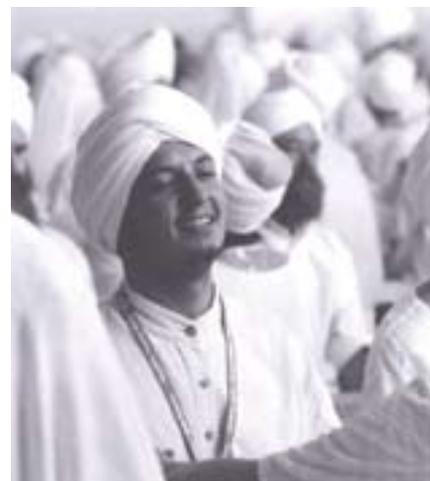
May your life be peaceful. May you experience peace in your heart, peace in your mind, peace in your body, and peace in your prosperity.

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

¹ A state of stillness where the ego is neutralized and the Universe flows through you

² The center of love and compassion located at heart level in the center of the chest

³ The first chakra is located between the anus and sexual organs and represents physical security; the second chakra is located in the sexual organs and represents creativity; the third chakra is located in the area of the navel and solar plexus and represents personal power and commitment.



what is dasvandh?

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

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

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Prosperity Meditation of the Year: 2007

Bring Prosperity Home with Jupiter Kriya

Taught by Yogi Bhajan in Hamburg, Germany, Prosperity Course, February 4, 1990

"If you do this once a week for 62 minutes at a regular time, that's all you need. Within you there is a capacity to bring prosperity home. This *kriya*,¹ called Jupiter Kriya, does so. It is powerful enough to clear out the garbage in your subconscious mind. Your own electromagnetic psyche shall be tuned in with the Universal electromagnetic field. This shall give you special energy and competence. There is hardly any possibility that you will have a problem. This meditation can be done for 31 minutes, out of kindness, but the requirement is to do it for 62 minutes." Yogi Bhajan

Part 1

Posture: Interlock the index fingers, also called the Jupiter fingers, at the middle segment. The left index finger hooks down over the right. The right index finger hooks horizontally with the left. Bring the mudra to the Heart Center (the center of the chest) with the arms parallel to the ground. If you hold the hands too low, it will cause a depression. Keep the spine straight. Variation: you may also hold the mudra at the level of the Brow Point (between the eyebrows).

"If you hold the posture at the Heart Center; you will be an achiever. If you hold it at the Third Eye, you will have the strongest projection." Yogi Bhajan

Eyes: Fix your eyes at the tip of the nose. Totally relax your face.

Breath: Make the lips round, as if you were drinking water. Then breathe deeply through the mouth. Exhale through the nose. Breathe in like you are breathing in prosperity, like you are drinking water: Drink the *prana* (breath of life) through the mouth and exhale through the nose.

Mantra: Listen deeply to the following *mantra* chanted by Nirinjan Kaur² while you keep the breath going. This sound of the breath and the mantra guarantees prosperity.

Har Har Har Har Gobinday

Har Har Har Har Mukunday

Har Har Har Har Udaaray

Har Har Har Har Apaaray

Har Har Har Har Hareeung

Har Har Har Har Kareeung

Har Har Har Har Nirnaamay

Har Har Har Har Akaamay

While you are meditating, ask for opportunities to flow into you.

If you are doing this meditation for 31 minutes, continue Part 1 for 24 minutes.

If you are doing this meditation for 62 minutes, continue Part 1 for 55 minutes.

In 3 minutes, it will start breaking the blocks. Yawn or sneeze, don't interfere with body language. You have tensions of years and years. Let that go. After approximately 11 minutes, the thought patterns in your head should start to change and your body should start to relax. With those tensions gone, you will start finding new horizons. About 15 minutes into the meditation, certain things which have been blocking you will start to tremble as blocked energy is released. After approximately 22 minutes, you will start to face your mental blocks, which need your perfect attention. Keep the breath strong and full as the fight starts between you and your mind.

Part 2

Posture: Keeping the Jupiter (index) fingers interlocked, raise the arms and hold the mudra over the head.

Eyes: Keep the eyes focused at the tip of the nose.

Breath: same as in Part 1.

Mantra: same as Part 1.



Continue for 5 minutes, whether you are doing the meditation for 31 or 62 minutes. This posture is done to establish brain strength. It will strengthen the gray matter.³ It creates a halo around your forehead—a sign of good luck.

Part 3

Posture: Keeping the Jupiter fingers interlocked, lower the arms and hold the mudra at the Navel Center.

Eyes: Keep the eyes focused at the tip of the nose.

Breath: same as Part 1.

Mantra: same as Part 1.

Continue for 2 minutes, whether you are doing the meditation for 31 or 62 minutes.

To End: Shake the hands and your entire body very vigorously for one minute. Every part of your body that you move will be your friend.

Comments: Jupiter is the Lord of Knowledge. By holding the fingers in the Jupiter lock, you will invoke the Jupiter guidance. By looking at the tip of your nose, you will control your mind to achieve it. By breathing a full breath inside the pranic energy, you will bring the result home. By the sound current (mantra), you will change the neurons of the brain to set a pattern of success. There is a subliminal, computerized permutation and combination in the sound of the mantra to assure prosperity.

¹ Kundalini Yoga exercise or meditation or sequence of same

² Yogi Bhajan specified the version of this mantra to use, which is found on *Meditations for the Aquarian Age* by Nirinjan Kaur, available from www.a-healing.com or www.spiritvoyage.com.

³ Brain cells in the thin outer layer of the cerebral hemispheres

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