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From the Editor & Our Readers

Dear Family,

WE ARE BLESSED to have at our fingertips Yogi Bhajan's teachings on Kundalini Yoga and meditation—a formidable collection of awesome technology to combat the adverse effects of stress. As the world becomes a global village, time speeds up, and information threatens to overwhelm our psyches, these priceless teachings give us the potential to rise above our limitations, and live in balance and harmony. We hope you will find technology and inspiration in this issue to help you keep up, and share with others.

Once again, we thank you for all your letters and generous donations. We deeply appreciate your support.

Humbly yours,



DEAR SOULS, Thank you dearly for the inspiration, guidance, and wholesome examples the Sikh Dharma, Kundalini Research Institute (KRI), and 3HO organizations bring forth to our world. Here is a donation from my heart to yours. Thanks for Being.

Philip Marshall
Chicago, Illinois

THANK YOU for your phone call and also for sending me *Aquarian Times featuring Prosperity Paths*. I am so very grateful to hear from you and to know I am able to receive them. The information and all the knowledge I receive from them are so wonderful. May all be blessed that bring *Aquarian Times featuring Prosperity Paths* to us. I am a 67-year old widow, working on myself and wanting to make a difference in the world in a positive way. So again thank you for the *Aquarian Times*, as it has been so helpful to me.

Janette Deganis
Nova Scotia, Canada

Cover photo by Gurudarshan Kaur Khalsa

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VITALITY AND STRESS

THE LAUNCH OF KRI'S NEW LEVEL TWO CERTIFICATION COURSE

Teachers and leaders of the Aquarian Age¹ need to have the ability to manage stress and renew vitality on a constant basis. Vitality is our first principle—our primary virtue. We don't run away from stress; we awaken vitality in order to manage stress. Yogis and teachers need to hone their capacity to manage stress so that it elevates daily experience.

Energy management starts with the many human habits that either promote or demote body, mind, and spirit wellness. Stamina is our personal "sustainable energy." Are we depleting, maintaining, or renewing our individual reserves? Do we use and share skills and strategies for a life that thrives and fulfills?

This course aims to provide tools to provoke, awaken, and integrate the innate healing capacities within every cell of the mind, body, and spirit. We will identify techniques and interventions to nurture positive habits and cultivate vitality. We'll explore and identify for ourselves those things that may be overlooked or hidden within you. Are they habits, beliefs, strategies that no longer serve you and diminish your vitality?

It's time for us to rise above our own inner conflicts and habits of struggling to survive. A deeper study of our own stressors and coping mechanisms will lead us to a higher level of energy, personal development, and human functionality. This, in turn, will naturally be of service to those around us.

Yogi Bhajan spoke again and again of the challenges we would face in the coming Age and how to prepare for them. There is increasingly less room for error as millions succumb to the pressures of the Aquarian shift. We are called to lead and teach in a time of great change; and change, of course, brings stress. Therefore, as challenges increase, we must master our own lives and rise above the energy wave of turmoil so we can joyously be of great service to humanity.



Los Angeles has been aptly chosen to host the launch of the KRI Level Two Vitality and Stress course February 16 – 18, and 22 – 24, 2008. It is the birthplace of America's culture of health and of 3HO. More Kundalini Yoga teachers and practitioners choose its sunny climate as home than any other city in the world. Participants might wish to visit studios and teachers who were with Yogi Bhajan when he began his legacy here in 1969. Make your Level 2 Training a rejuvenating Yoga Vacation in Los Angeles.

Level Two: Vitality and Stress

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February 16, 17, 18, and 22, 23, 24, 2008

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- **Stamina—mental, spiritual, and physical**
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- **Decision-making and Ethics**
- **Aging**
- **Communication and Relationships**
- **Addiction and Relapse**
- **Food, Obesity, and Stress**
- **Coping Strategy Inventory—Do you recognize your stressors? What habits are already in place and what habits do you need to build to better manage stress?**

¹ Age of "I know. I want to experience;" beginning on November 11, 2012; an Age of expanded awareness obtained through direct experience

YOGA AND STRESS MANAGEMENT

A SCIENTIFIC PERSPECTIVE

By Sat Bir Singh Khalsa, Ph.D.

Yoga is widely respected as a practice that is capable of improving our ability to cope with stress.

The word “stress” has gained a good deal of notoriety in recent times. Although a stressor can be a physical challenge that requires us to either withstand or manage it (e.g. hypothermia or dehydration), we more commonly think about stress in its psychological version, as in a heavy workload at our job, or family relationship problems.

When unwanted stress occurs over a relatively short period of time, we are usually capable of a full recovery from its effects. But when we are faced with multiple back-to-back instances of stress or a sustained level of stress that prevents us from appropriate recovery, we may start to experience negative physical and psychological consequences. This happens when the systems in our bodies which mediate stress responses go into overdrive, producing chronic high levels of stress hormones. This, in turn, can lead to a wide variety of medical consequences including depression, anxiety, high blood pressure, and insomnia.

Managing Stress

Fortunately, there are a number of ways to manage chronic stress. One obvious approach is to limit stress by reducing it at its source and/or by more efficiently managing it. However, in circumstances such as family relationship problems this approach is not necessarily helpful. Psychological approaches that address our perception of stress – including strategies such as resetting our internal goals and expectations and modifying our thoughts with respect to stressors – can be applied. However, even this tactic may not be all that beneficial for some circumstances, such as in the case of a low-income single parent. A strategy that is more universally useful for all chronic stress circumstances would be to increase our capacity to cope with stress using mind/body techniques, of which yoga is a particularly suitable candidate. Fortunately, these techniques can modify our internal psychological management of stress as well as our physical responses to stress.

Yoga is widely respected as a practice that is capable of improving our ability to cope with stress. In fact, multiple research studies have shown that yoga practices using postures,

breath regulation, and meditation, either alone or in combination, can lower the levels of stress hormones, reduce tension and anxiety, and improve overall mental well-being. Among research evidence is the example of a study examining effects on perceived stress before and after 90-minute classes of hatha yoga and biology in a school setting. Participants in the yoga class showed significant reductions in perceived stress, whereas participants in the biology class did not.

Benefits from Yoga over Time

A good example of evidence of the sustained benefit of yoga practice for stress over a longer time course is an older Indian study showing that normal healthy subjects involved in a 6-month yoga practice showed reductions in stress hormones that were greater than those of subjects practicing an exercise program. However, in order to demonstrate that yoga is also capable of improving stress coping in chronic stress, studies showing that yoga can improve both physical and psychological components of chronic stress in populations of people actually under chronic stress are more appropriate. A number of such studies have been reported.

A recent study in Sweden evaluated a 10-session, 4-month long Kundalini Yoga intervention for 18 people from a large financial company with self-reported stress-related problems. In addition to the group practice sessions, subjects also practiced at home. At the end of the study, the yoga program participants experienced statistically significant improvements in perceived stress, stress behavior, and exhaustion as assessed from specific questionnaires designed to measure these outcomes. Although similar improvements were observed in a control group, which underwent a cognitive behavioral therapy program for stress, the yoga group also showed significant reductions in the stress hormone noradrenalin, whereas the cognitive behavior therapy group did not. This study was important in that it suggested that a Kundalini Yoga intervention alone could be as effective as a well-established technique for stress-reduction.

In another European study, women research volun-

teers under high levels of distress participated in a controlled study of a 12-week yoga program consisting of two classes per week and in practice at home. At the end of the program, subjects who underwent the yoga program had significant improvements in scores of questionnaires designed to measure perceived stress, anxiety, depression, well-being, vigor, and fatigue as compared with a group of subjects who did not practice the yoga techniques. These self-perceived changes were further supported by objective measures of the stress hormone cortisol, which was shown

to be reduced after the yoga practice sessions. As is common with mind-body treatments such as yoga, not only did subjects not experience any negative side effects, but in fact showed substantial improvements on a number of other symptoms, such as headache and back pain.

Evaluating Stress Techniques

An ideal population useful for evaluating stress interventions is that of caregivers for relatives with chronic medical or psychiatric conditions, whose life circumstances incorporate many of the components characteristic of chronic stress. A small study of caregivers of dementia patients was conducted to evaluate the benefits of a 6-week stress management program incorporating hatha yoga, meditation, and mantra¹ repetition in both formal yoga sessions and in at-home practice. Most of the subjects reported feeling better after the intervention and 90% or more of them found the practices to be moderately, quite a bit, or extremely useful for them. Questionnaires assessing anxiety and depression showed significant improvements.

These studies, described above, as well as many similar studies, provide good evidence that yoga is indeed an effective stress coping technique capable of improving subjectively perceived stress, symptoms and consequences of chronic stress (e.g. anxiety and depression), and stress hormone levels. However, as with all scientific research, more work needs to be done in this area by multiple investigators in different settings and in a variety of subject populations before yoga will begin to be accepted by the healthcare and education systems as a stress management intervention worthy of universal implementation. Preventive studies to show that yoga techniques can improve stress resilience are also needed to demonstrate that people can avoid the negative consequences of chronic stress.

Given the significant impact of chronic unmanaged stress in both generating and exacerbating a variety of mental and physical medical conditions, the ultimate widespread implementation of yoga practices in our education and health-care systems will go a long way to improving the overall health of the population.

Sat Bir Singh Khalsa, Ph.D. is an Assistant Professor of Medicine at Harvard Medical School and the Director of Research for the Kundalini Research Institute (KRI). He has been a student of Yogi Bha-jan's teachings for over 35 years. His research is on the effectiveness of yoga and meditation practices and he teaches a course at Harvard Medical School on Mind Body Medicine. He can be reached at khalsa@hms.harvard.edu.

I A syllable or combination of syllables that helps focus the mind

For more information on the studies referenced in the article, contact Guru Tera Kaur at gurutera@kiit.com.





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December

1 Santiago, Chile
21-23 Winter Solstice, FL

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9 Stockholm, Sweden
16 Phoenix, AZ
23 Austin, TX

March

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8 Portland, OR
15 New York, NY
22 Oakland, CA

30 Rome, Italy

April

5 Madrid, Spain
12 Los Angeles, CA
19 Chicago, IL

May

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10 Toronto, Canada
17 Mexico City, Mexico
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18 New York, NY
25 Herndon, VA

November

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8 Los Angeles, CA
15 Minneapolis, MN
22 Espanola, NM
29 Bangkok, Thailand

December

6 Seattle, WA
13 Buenos Aires, Argentina
21-23 Winter Solstice, FL

2007-08 SCHEDULE

For more information go to: www.whitetantricyoga.com

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THREE MEDITATIONS TO HANDLE

STRESS

Introduction by Shakti Parwha Kaur Khalsa

3HO

AS HUMAN BEINGS, we all have outside pressures and demands on us that can cause us suffering. Adding insult to injury, we often create our own internal stress through worry, insecurity, resentment, and anger. One trick to living happily (and in good health!) is to be able to successfully control and manage stress in our lives.

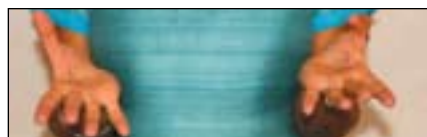
Here are three dynamite kriyas¹ that work on stress. Do these if you want to feel relaxed, mellow, and able to handle the pressures of each day. Yogi Bhajan first taught them on November 18, 1991, at the Whole Life Expo in Los Angeles. He told everyone in the audience to teach them freely to everyone, share them with their families, children, friends, enemies, everyone! In class the next night at Yoga West, he told us to do them, and to write them up and send them to everyone—no restrictions!



1A



1B



2A, 2B



3A, 3B

1. Pittar Kriya: Eliminate Stress and Clean the Liver

Put your left palm at the center of your chest (the Heart Center). Bend the right arm and cup the right hand (1a). Move the right arm past your right ear, as if throwing water back behind you over your right shoulder (1b). Keep the right arm moving back and forth, making sure that the wrist passes the right ear, for precisely 11 minutes. Then inhale deeply, hold the breath while pressing the arm as far back behind you as possible. Exhale. Repeat the inhale, hold, and exhale 2 more times.

2. Balance all the Chakras and Work on the Glandular System

¹ A combination of posture, mudra, mantra, breath, and rhythm; literally means 'completed action;' a kriya can be one exercise or a specific sequence of several exercises

Bend your elbows and press them in to the sides at the rib cage, with your palms facing up. Bend the Saturn (middle) fingers and place the thumbs over the first joint of the Saturn fingers (2a). Release the Saturn fingers with a flick (2b). Rapidly chant aloud *Har*² with each flick of the fingers, over and over again, using the tip of the tongue. (Note: the tongue flicks the upper palate as you chant *Har*.)

Eyes are fixed at the tip of the nose.

Continue this rapid 'flicking' motion with the fingers for 11 minutes. Then inhale deeply and hold the breath, while continuing to capture and then release the tip of the Saturn finger with the same springing motion. Repeat the inhalation and holding of your breath twice more,

keeping the fingers moving.

Note: The thumb represents the ego or "I."

3. For Your Nervous System

Works on your ability to *Do* and gets rid of your 'junk.'

Look at the tip of your nose. Extend arms out straight to both sides, keep them straight with no bend in elbows and turn the palms down (3a). Criss-cross them in front of you, horizontally, alternating over and under, while chanting *Har* continuously with the tip of the tongue each time the arms cross (3b).

After 11 minutes, inhale deeply and hold the breath while you continue to move the arms. Repeat the inhalation and holding of your breath twice more, then relax.

² One of the names of God in His creative aspect; the 'a' is short and sounds like the 'u' in 'but' and the 'r' is rolled as in Spanish



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IT IS YOUR BIRTHRIGHT TO BE HAPPY

By Japa Kaur

The Cosmos is encouraging us all to simply have a good time.

When the month of July kicks off, you may feel as if your head isn't quite working correctly. Communication is slightly off, your computer keeps crashing, and the new car you just bought seems to be a lemon. Why? Because Mercury, the planet of communication, travel, and mechanical objects, seems to be moving backwards. Mercury is retrograde.

Instead of fighting the backward movement of Mercury, work with it. For the first few days of July, Mercury asks you to reflect, review, and renew yourself. Put away your computer, turn off your cell phone, and meditate. Quiet your mind and listen to the cosmos. It is trying to tell you something.

On the weekend of July 7 and 8, Mercury will be slowing down as it seemingly comes to a complete stop. This is the perfect weekend for a meditative retreat—either at your local yoga studio or in your own home. Clear out the cobwebs of your mind. Forgive, allow, and relax. Taking this important time-out to unload, cleanse, and refresh your brain will put you in a strong position on July 9th when Mercury turns direct, thus putting communication, travel, and electronic processes back in forward motion again.

The next big date to note is July 22 when the Sun moves into Leo—the sign of creative self-expression, children, romance, and good plain fun. For the next four weeks, the Sun asks you to jump on the bandwagon of joy. Lift up your heart and express your thanks for being alive. The Cosmos is encouraging us all to simply have a good time. Remember that it is your birthright to be happy. So, don't worry, be happy. Positive vibrations. Every little thing is going to be all right.

Good Kundalini Yoga sets to do during this time include ones that work on the heart and the ego—parts of the being associated with Leo. *Heart Shield Meditation*,* *For a Calm and Open Heart Center*,** and *Challenge the Ego in You*,** are all recommended. One might also consider adding *Ego Eradicator**** to his or her daily practice for 40 days, starting at the onset of the Leo Sun.

On August 23, the Sun asks us to turn down the volume on the party and start preparing for winter. On this day, the Sun moves into Virgo—the sign associated with the fall

harvest. For the next four weeks, we are encouraged to clean up—literally and figuratively. Straighten out your closets, organize your desk, and eat foods that are fresh from the garden. Squash, zucchini, corn, and apples are all good choices for fall feasting.

From August 23 – September 23, the Virgo Sun asks us to take care of the details. Virgo is an Earth sign, reminding us to be practical, grounded, and organized so that we can manifest the energy of fire and air—passion and knowledge—here on planet Earth. This is the time of year when you might want to create a good working budget for yourself and your family. Make a list of things that you would like to accomplish before the end of the year. Put your ideas and dreams into motion.

During the transit of the Virgo Sun, keep your Kundalini Yoga practice strong with sets that work on the stomach, digestive system, and the brain. *Healing the Stomach*** and *Unlock Your Mind*** are excellent *kriyas*¹ for this period.

Overall, the planets have a great deal of energy and wisdom for us to utilize. The key is to work with the energy that they are projecting instead of fighting against them. Go with the flow of the cosmic current and you will reap bountiful rewards.

Japa Kaur is a certified Kundalini Yoga Teacher and reads astrological natal charts, relationship compatibility charts, and astrocartography relocation maps. She writes horoscopes for Center.com and is currently writing a book called *American Astrology*. She can be reached at (415) 488-1669 or japa@ekt.org. (See ad on p. 27.)

*This set can be found in *The Mind* by Yogi Bhanjan and Gurucharan Singh.

**These sets can be found in *Self Knowledge*, compiled by Harijot Kaur Khalsa. Both of these books are available from www.a-healing.com and www.spiritvoyage.com.

***This exercise can be found in the *Aquarian Teacher*, p. 314, available through KRI@3HO.org.

¹ Combination of posture, mudra, mantra, breathing, and rhythm; literally means completed action; a kriya can be one exercise or a specific sequence of exercises

KUNDALINI YOGA THE WARRIOR'S



1A



2A

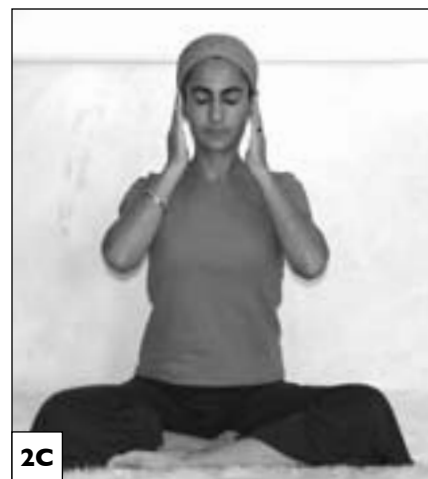


1B



2B

Become a warrior of great courage. Do each exercise in this series regularly and wholeheartedly, moving with great tension and power as in the practice of a martial art. This endeavor will strengthen the heart and release deep-seated stress. It is designed to give you the chance to relax and be you. It builds within you a victorious personality with "courage in you, no matter what!"



2C

1. **Sit in Easy Pose.**¹ Place the right palm on the ground about 6 inches from the body. Extend the left arm to the side, parallel to the ground, and bend the elbow so the palm faces the head (1a). First slap the ground firmly with the right palm 8 times, chanting *Har*² with each slap. Then begin sharp powerful motions with the left palm as if to slap the cheek but stop about an inch before contact (1b). Move the left

palm in and back out 8 times chanting *Hari*³ with each "slapping" movement. The left arm position is held very firmly, and the slapping motion should be done so powerfully that the cheek would be bruised if the palm were to actually make contact. This motion affects meridian points on the left arm, involved in reconstituting the heart muscles. Continue alternating between the two hands for 3 minutes.

2. **Remain in Easy Pose** and repeat the previous sequence of motions, this time with both hands simultaneously. First slap the ground with both hands 8 times, chanting *Har* (2a), then with both hands strike towards the cheeks 8 times chanting *Hari* (2b, 2c). Continue alternating (2a) and (2b, 2c) for 5 minutes.

1 A comfortable cross-legged sitting position

2 One of the names of God in His creative aspect; the 'a' is short and sounds like the 'u' in 'but' and the 'r' is rolled as in Spanish

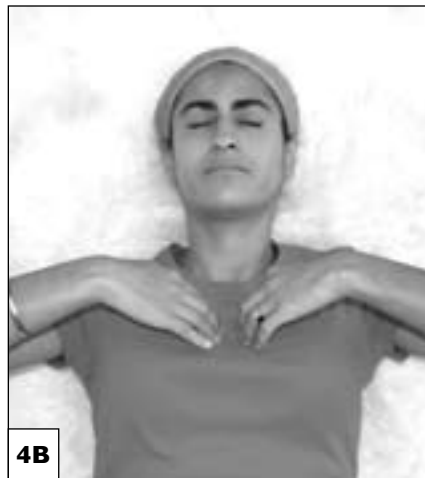
3 Pronounced 'haree,' the same as *Har* but with 'ee' on the end

TENSION RELEASE



Oh my soul, bless me. Be with me. Energize me so that I can face the world with the strength of the spirit. Save me from duality. Give me the reality and royalty, so that I can face the world in peace and tranquility.

- YOGI BHAJAN



3. Remain in Easy Pose. Make the hands into fists and extend the arms back and 45° below parallel (3a). Maintaining great tension in the arms, bring the left fist in toward the chest, stop just before contact (3b), then extend the arm back to its original position. Now rapidly repeat the motion with the right arm. Continue alternating rapidly, about once per second, for 4 minutes.

4. Lie on the back. Make the hands into fists and begin a powerful punching motion with both arms together, straight up toward the sky (4a). Then lower the hands and tap the sides of the sternum with the fingertips (4b). Move powerfully, alternating between one punch and one tap for 4 minutes.

5. Remain on the back. Raise the heels six inches off the ground and punch the sky as in exercise (4a). Continue for 4 minutes. Practice of this exercise strengthens the intuitive mind.

6. Relax on the back as you listen to beautiful, uplifting music to carry you into a state of deep relaxation. Completely relax and go to sleep. (The music used in class was *Dhan Dhan Ram Das Guru* by Sangeet Kaur; available through www.a-healing.com and www.spiritvoyage.com)

CONSCIOUS CO-EXISTENCE IN CRESTONE, COLORADO

By Danilo Retuta



Crestone Healing Arts Center Massage School students at White Tantric Yoga in Espanola, New Mexico

Nestled in the Sangre de Cristo Mountains, overlooking the high desert valley of San Luis, is Crestone, Colorado, a living example of the profound possibilities in conscious co-existence. Among Crestone's 1500 inhabitants, there are a significant number of artists, craftsmen, alternative builders, environmentalists, eco-political activists, educators, healers, teachers, permaculturists, and many other individuals who, in their own way, are committed to elevating self as well as planetary awareness.

Crestone is a flourishing experiment in inter-faith harmony. Native American, Catholic, Hindu, Shinto, Buddhist, Sikh, and other spiritually-minded groups have become integral parts of this small, yet unique southern Colorado community. Visitors might randomly encounter conversations referring to a Native American sweat lodge ceremony, a sunrise service at the Carmelite monastery, the High Lama of Bhutan teaching at his Crestone retreat, Shumei International's "Spiritual Awakening through Taiko Drumming" classes, the Festival of Lights celebration at the Haidakhandi Universal Ashram, or a sitting meditation at Crestone Mountain Zen Center. In Crestone, spirituality truly abounds.

Kundalini Yoga has also found a home in Crestone. Yoga retreats and classes are offered regularly through the Crestone Healing Arts Center. Kundalini Yoga has been an indispensable part of the center's Massage School curriculum for the last seven years. The Center begins its fourth year of KRI Certified Kundalini Yoga Teacher Training this September. Lead Trainer Dyal Singh Khalsa and a host of visiting teachers including Siri Atma Singh, MD., Dev Suroop Kaur, Ek Ong Kaar Kaur,

Pritpal Kaur, Darshan Kaur, Kartar Singh, OMD., Deva Kaur (all of New Mexico), Guru Prem Singh and Simran Kaur (of Los Angeles), and Guru Raj Kaur (of Vancouver, B.C.) have graced Crestone with their expertise in imparting the dynamic and elevating teachings of Yogi Bhajan.

Kundalini Yoga and aspects of Indian tradition have enriched Crestone's public school system. My wife, Sue, shared Bhangra¹ dancing with a group of thirteen high school students as a colorful finale to her third year of teaching Kundalini Yoga at Crestone's local Charter School. Sue's students donned turbans, kurtas,² and colorful attire to usher in Crestone's Bhangra debut during the school's year-end fundraiser. The young performers were overwhelmed at the community's enthusiastic applause and post-performance compliments. The night's proceeds went towards funding the students' March 2007 cultural tour of India. A visit to Amritsar's Golden Temple and Miri Piri Academy, an international school based on Sikh principles, was a much anticipated part of their itinerary.

The Kundalini Yoga of Crestone fund has helped several Charter School students attend White Tantric Yoga³ courses as well as Summer Solstice activities at Yogi Bhajan's beloved Ram Das Puri,⁴ in Espanola, New Mexico. The impact on the students has been profound and life-changing. Jack Ward, a Charter School senior and participant in three White Tantric Yoga courses, has studied yoga with Sue for the last three years. He has this to say about Kundalini Yoga, "What attracted me to this yoga was the fact that I didn't need to 'believe.' I simply had to participate and experience the benefits. I have since become more flexible, more aware of my body, and I am tranquil in my state of mind. I feel blessed that I have finally realized I deserve to be happy." Jack has aspirations of starting Kundalini Yoga Teacher Training soon after graduation.

The seeds of the Kundalini Yoga lifestyle have sprouted and continue to grow here in Crestone.

Dan Retuta and Sue Beck Retuta are KRI Certified Kundalini Yoga Instructors and co-directors of Crestone Healing Arts Center's Massage Therapy Certification Program. They established the first KRI and IKYTA Certified Kundalini Yoga Teacher Training in Colorado.

¹ Indian folk dance

² Long Indian-style shirts

³ Meditation workshop for healing and transmuting subconscious thought patterns and expanding awareness

⁴ The name of the land where the Summer Solstice Celebration is held, in the foothills outside of Espanola, New Mexico

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All the Kundalini Yoga teachers listed in this Directory are KRI Certified through Level 1 KRI Teacher Training. All Teacher Trainers listed here are licensed by KRI. Teachers have provided their own descriptions.

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FINDING ONENESS

THROUGH SIMRAN AND SEVA

Excerpts from a lecture by Yogi Bhajan given on May 1, 1975 in Los Angeles

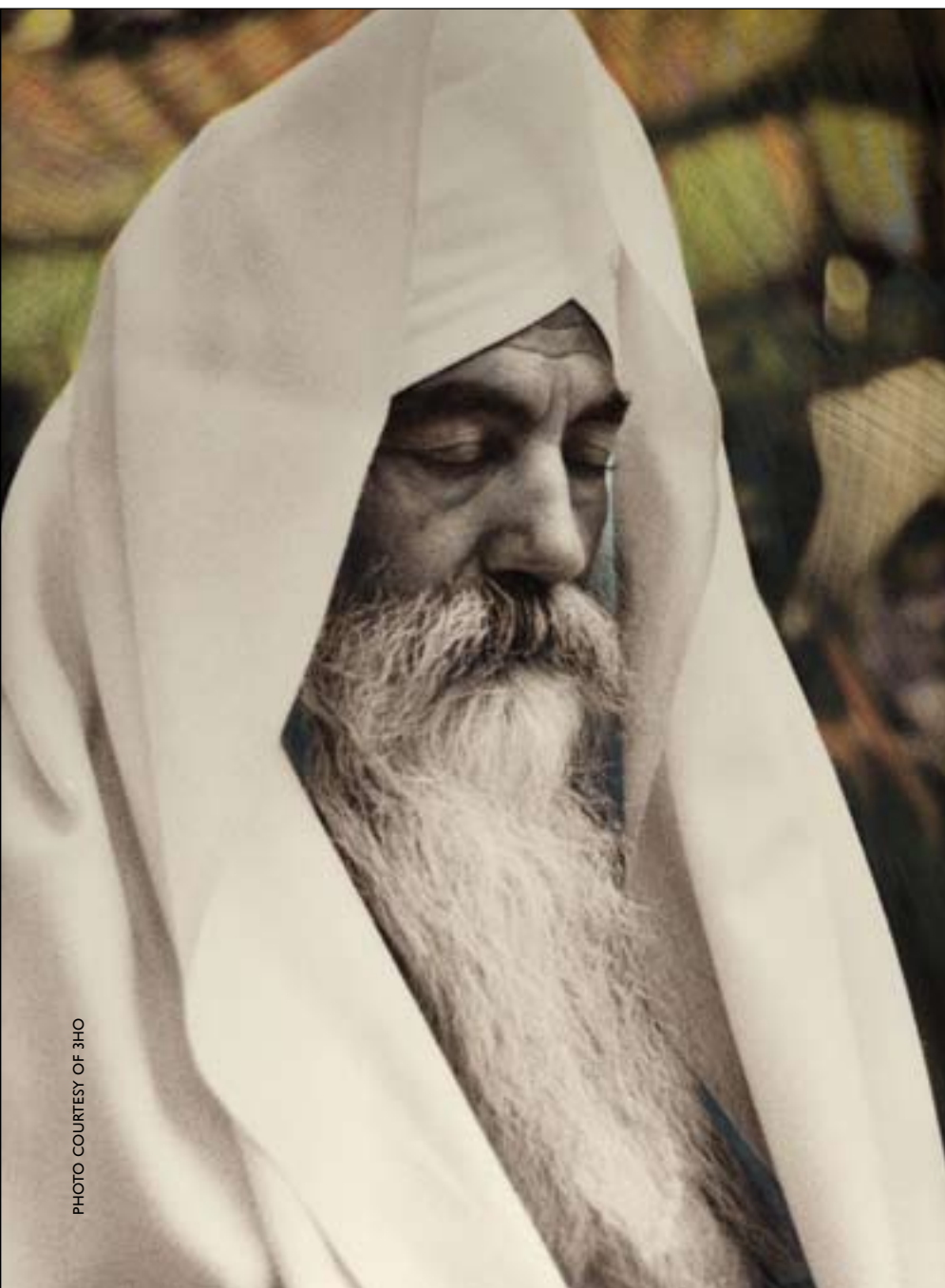


PHOTO COURTESY OF 3HO

Simran is the direction from the outside to the inside, to go into the deepest of the inside.

The greatest beauty in the science of yoga is how the mind works. Intellect gives a thought, and you run after the thoughtwave, or you stop. If you stop, think about each thoughtwave, and correct the channel of it, you will never be in trouble. Don't correct yourself, your ethics, your morals, your 'yes,' or your 'no.' If you have to correct something, correct the thoughtwave. All yogas teach you to think to the root of the thought, and eliminate it in deep meditation. This may be *a* process, but *the* process to correct thoughtwaves was given by Guru Nanak¹—*simran*.²

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

2 The constant remembrance of God by chanting His Name with each breath

One is only that one whose inner self and outer self experience the same thing at the same moment for the same oneness.

Sikh Dharma³ is based on two pillars, *simran*, and *seva*.⁴ *Simran* is meditation in the form to correct the thought form. *Seva* is service. You can always win everyone with *seva*.

There is a beautiful story of a little kingdom in the foothills of the Himalayas, a very precise community. The king of the adjoining country became greedy and attacked this kingdom. People fought with great bravery but they lost the war. When the victorious force came in, people showed such a discipline, such a training of mind, and gave so much to help the forces to establish themselves, that the enemy forgot they were the victors. Instead, they thought they were the guest army, coming to another country. Instead of declaring the king to be a subject of the victorious king, they met like brothers and friendship was established. It is a recorded human history—that good manners serve you even in defeat.

Good manners, good personality, and goodness is good everywhere, and the way one can achieve goodness is by practicing the science of *simran*. Raising consciousness through the chakras⁵ to the ultimate chakra is the science of Kundalini Yoga, and exactly the science of *simran*—correcting the thoughtwave of the individual psyche. It's a complete and total root science of yoga.

The process of life is commitment and experience: *simran* and *seva*. Nobody can correct his state of mind without making the mind commit or experience. You have an obligation to your 'you' within you. It demands that you provide it with the experience. Without it, you are not satisfied. You talk to your 'you' all the time: you receive direction, flirt with it, lie to it, and you know you are not doing the right thing. Then you come out before the world and as a very honest person. It is fascinating that in our wisdom we don't have wisdom to see how we function. This is *maya*.⁶ Everyone directs himself and receives direction. Worry is conflict between you and your 'you.' Doubt is from a tremendous split between you and your 'you.' When you deny your 'you' within you, you deny a lot of things to yourself, and your scene is not together—because you are never together with your own 'you.'

3 The youngest of the major world religions, founded by Guru Nanak and based on belief in one God, conscious living, equality of mankind, and respect for all religions

4 Selfless service

5 Eight energy centers of the human being; seven correspond to nerve plexes in the physical body, and the eighth corresponds to the aura or electromagnetic field

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

This 'you' within you talks to you, suggests to you, receives satisfaction from you, and takes a new promise from you every day. You feed it every moment. That is why Guru Nanak gave the greatest mystical science of the word—*simran*, to change the direction and have mastery over the intellect.

Problems come from the fact that the self has not satisfied itself... within you. One who has found himself has found the whole world...

Vibration is nothing but the total sum of the experience of the thoughts. Experience is *seva*. *Simran* will raise your consciousness. Kundalini and consciousness are not two things. *Simran* raises you to be more aware, widens your horizon. You see better, see more...and you will serve...

If you go on the top of the mountain and see the beauty around, it is natural for you to want to share... Man cannot be without sharing himself. Problem is he wants to share with somebody else, not within himself...

We have to deal with two personalities, inner personality in destiny, and outer personality in time. If personality in time is delivered to its destiny, one has achieved liberation. If not, then it's a continuous cycle of time, come and go—*aavaa gavan*. The theory of *aavaa gavan* is soul has to reach its destination. It has come from Infinity; it must end in Infinity—the Oneness of God. To get into the oneness of God, person has to learn to be one. One is only that one whose inner self and outer self experience the same thing at the same moment for the same oneness. This can only happen when you have gone above action and reaction, to the stage received in experience through the power of *simran*...

In *simran*, action, reaction, and direction is known, destiny is reached...Intellect is the pilot of inner self; intelligence is the pilot of outer self... Outer self controls because it's what you represent to the world. Awareness is when you represent what you want to represent...Man is known by his action. Commitment is the action of inner self to support the outer self... It surpasses truth, because commitment is truth, and achievement is the experience of your own commitment.

Therefore, unity of the being is unity of the inside and outside. *Simran* is the direction from the outside to the inside, to go into the deepest of the inside, to trigger it so the entire outside may correspond. The science of *simran* is nothing but to have immense power of *seva*, of service, and through service you win the world. There is no other way known to the man.

MY JOURNEY WITH KUNDALINI YOGA

BACK TO ITS ORIGIN IN THE EAST, KUNDALINI YOGA TOUCHES HEARTS AND MINDS IN INDIA

By Amandeep Singh

There is usually a point of time in everyone's life when an incident or occurrence creates a significant change. The significant change in my life was brought about by Yogi Bhajan when I first read his book, *The Teachings of Yogi Bhajan*. This book not only brought Yogi Bhajan into my life but also the vast science of Kundalini Yoga.

Kundalini Yoga can be used by anyone for their own upliftment. As a Sikh, it became a catalyst for my own spiritual fulfillment.

My first experiences with Yogi Bhajan were in the subtle realm. He would come into my dreams, guiding me at various points of my life. The guidance became even brighter when we began to communicate through writing letters.

A quote from one of Yogi Bhajan's letter to me, "... become a great teacher and change people's consciousness by your own vastness and compassion. Study, earn, and learn. Depend on God, and spread the teachings of the Guru..." was what inspired me to take the first step towards teaching Kundalini Yoga.

It had always been my desire to share these teachings in the Punjabi language, especially in India. With Guru's grace, this desire materialized when I was given the opportunity by Sant Baba Ram Singh Ji Nanaksarwale,¹ to teach during his retreat.

The month of Magh is the 11th month in the Sikh calendar, running from mid-January to mid-February. It is the month of spiritual upliftment. *Siri Guru Granth Sahib*² says, "In the month of Magh, let your cleansing bath be the dust of the company of the Holy."

Every year at this time there is a special 21-day intensive sadhana³ in the Ek Ongkaar Ashram Nanaksar Shingra,⁴ practiced by the devotees of the Nanaksar Sampardah.⁵ The mission of the Nanaksar Sampardah is to create awareness of Shabd Guru⁶ as the ever-lasting Guru of the Sikhs. This mission traces its origins to Bhai Daya Singh Ji, who was one of the Panj Piaras.⁷ Currently, it is led by Sant Baba Ram Singh Ji.

This year I was able to take part in the 21-day retreat. The basic requirement is that all participants take *Amrit*, the Sikh baptism. During the retreat the participants are totally immersed in reciting Gurbani,⁸ singing kirtan,⁹ and meditating. I planned to observe si-



lence but Baba Ji told me to open the silence for one and one half hours every day to teach Kundalini Yoga to the participants.

We began the first yoga session with the chant *Ong Namo Guru Dev Namo*.¹⁰ I felt a blissful light flowing through me, and an ocean flowed down my cheeks. This was the joy I had yearned for.

As the days passed, we practiced different *kriyas*¹¹ and meditations. The participants began enjoying it so much they would be there before the scheduled time, waiting. We allocated ten minutes after each session for questions and answers. In doing this we broadened our knowledge—discussing yoga theories and sharing our personal experiences.

One participant told me he experienced *Shuniya*.¹² Another expressed with tears how he felt the presence of a strange type of energy around him. Each participant had something to share at the end of the sessions.

At the end of the retreat, Baba Ji honored each one of us. Being impressed with my efforts in teaching yoga, he took me into his arms and declared that I shall henceforth be known as "Swami Ji." I was honored to receive such a title. My feeling at that moment is beyond expression.

This is just the beginning. I believe there is more to come. After all, Guru Ram Das¹³ is the Lord of Miracles.

Yogi Bhajan did not link Kundalini Yoga to Sikhism only. He gave it as a technology for everyone, including those who do not have a religious preference.

Amandeep Singh teaches Kundalini Yoga in India, Malaysia, and Singapore. He is a certified teacher trainer, as well as a healer and counselor. He can be reached at 65-9621-0275 or satjug108@hotmail.com.

¹⁰ Opening chant used in every Kundalini Yoga class meaning, "I bow to the Divine teacher within"

¹¹ Combination of posture, mudra, mantra, breathing, and rhythm; literally means completed action; a kriya can be one exercise or a specific sequence of exercises

¹² A state of stillness where the ego is neutralized and the Universe flows through you

¹³ The 4th Sikh Guru, the embodiment of compassion, humility, integrity and service, known for his healing power as "The Lord of Miracles"

1 A learned sage and the current leader of Nanaksar Sampardah (see footnote #5)

2 Revered as the living Guru for Sikhs, a volume containing the sacred words of many enlightened beings who wrote while in a state of union (yoga) with God; source of spiritual wisdom and guidance

3 Daily spiritual practice

4 An ashram near the village of Shingra in the state of Haryana, India

5 A Sikh lineage tracing its origins back to the days of Guru Gobind Singh who was born in 1666.

6 The Guru or teacher in the form of sound and rhythm which removes the fabrications of the ego

7 The first five initiated Sikhs, during the Baisakhi celebrations of 1699, who volunteered to give up their lives as a sign of their faith and love for their Guru

8 Sacred language based on the power of the sound current

9 Sacred music

RELEASING STRESS FROM THE MIND WITH JAAP SAHIB

Sat Kirin Kaur Khalsa's CDs bring us the powerful sound current of Guru Gobind Singh

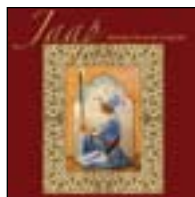
By Barbara M. Montgomery

The blessing of her teacher, Yogi Bhajan, and the transformative experience of *Jaap Sahib*¹ have inspired Sat Kirin Kaur to produce three powerful CDs: *Chatara Chakara Vartee*, *Mangala Charan*, and the most recent release, *Jaap*.

"*Jaap Sahib* is said to have the ability to overpower your negative mind," Sat Kirin says. "Entering the sound current of *Jaap Sahib* is a profoundly transformative experience. The perfection of Divinity in human form, exemplified by the life of Guru Gobind Singh,² is embodied in the *chands*³ of *Jaap Sahib*." Each CD focuses on one or more of these *chands*, interspersed with the voice of Yogi Bhajan, Master of Kundalini Yoga.

Sat Kirin opens her latest CD, *Jaap*, with *Gobinday Mukanday*, a recitation of the divine qualities of the Creator as described by Guru Gobind Singh. *Gobinday Mukanday* is said to transform ignorance into wisdom and act as a profound purifier for both hemispheres of the brain.

Ajai Alai, the second selection, moves us to realize our true power. *Ajai Alai* reminds us that our true nature is invincible, indestructible, fearless, unborn, and imperishable. This



chant is said to work on conquering the deepest depression and self-delusion.

Chatara Chakara Vartee, the first CD of the series, speaks directly to the heart. These words acknowledge that God is ever-present in all life. This leaves no room for fear. It brings forth the power of the inner sacred warrior.

Mangala Charan, the second CD, opens the listener to an experience of the breadth of Infinity.

The three CDs of the *Jaap Sahib* series fill the mind with spiritual energy. Through these chants, one's mind bows to the spiritual strength and profound devotion embodied by the 10th Master, Guru Gobind Singh. All three CDs are available from www.spiritvoyage.com and www.a-healing.com.

1 Sikh prayer written by Guru Gobind Singh in praise of God

2 The tenth Sikh Guru, known for his royal courage and radiance

3 A *chand* is a small section

Barbara M. Montgomery is a Spanish/Australian journalist and writer.

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Prosperity Paths

The Art of Giving Back



flow of life

Excerpts from a lecture
by Yogi Bajan
June 28, 1998
Española, New Mexico

The time from the old times to new times is a flow of time, which is the flow of life. Life is being totally misunderstood these days to the point that emotions, commotions, fantasies, and thoughtlessness make people forget who they are. But the reality is that the time which is coming before us demands the nearness of God and the human as one unit. We have to understand that God lives in us, not outside us. So, under the old faculty of simplicity, life is very simple. But now the way life is very complicated, which is very disturbing to many people. *Karmee aapo appanee ke nerai ke door*—how lovely, pleasant, and near you are to God depends upon you, with your *karm*, your actions. For every action there is an equal and opposite reaction. This is Newton's Third Law, and this is a science of *aavaa gavan*—come and go. It depends on every characteristic of your life, not only your character but your environment, your prosperity, and how you act....

There comes a man in his misfortune, he missed the fortune because he has acted wrong. Acting wrong is ill will, it is insecurity, putting people down, showing your authority, messing around with people, and creating conflict. Acting right is being sweet, mannerful, absolutely grateful, and working in harmony. It is understanding others as an equal part, not as low or small or high or exploiting them and doing those kinds of things....



The first duty is that the *karm* (action), should be inviting. Secondly, if the inviting *karm* has all the rational logic to reach for settlement, for harmony, for working together, for being together, for getting it together, the other person will feel confident. And only then will the third step happen—there will be heart-to-heart talk. Once you establish heart-to-heart talk, then the head will go for it. And when the head goes for it, prosperity has to come, because prosperity, at that time, is a moment of gain, a gesture given by Mother Nature. Normally, we don't trust each other, we want to grab, and we just make life a mess. When our thoughts are to make our earth very strong, we are definitely forgetting that we have weak heavens.

Heavens and Earth have to be in balance with us. Our prayers, our dedication, our giving, our serving—all have to be as equally good as our earning. If an area is a bad area, the first thing people do is to put iron bars on the windows and the doors, and double lock them for security. Similarly, there is a spiritual security. If you are not radiant, and you are not shining, and you are not sweet, and your manners are not gracious, when you only know what you know and you don't bother about anybody else, then the whole Universe will bother you. Because you will be out of the loop, you will never be part of it...

We are now entering another fourteen years¹ to follow the path where our game will be over. We are going to start play-

ing a new game, the game of love. The game of love means to identify ourselves as Infinite, not as the individual. That's the difference, the huge difference you have to understand today. *Jinee naam dhiaai-aa*—those who have meditated and identified their identity as Infinity; *gay masakat ghaal*—who have done this hard work; *Nanak te mukh ujalay*—their faces are bright and beautiful; *Kaytee chuttee naal*—their account is all clear; they have a pathway straight and free.

So whether you are a man or a woman, whether you are argumentative or rational, whether you are withdrawn or aggressive, that's up to you. Nobody can tell you what to do about that. But if you want a happy life, you have to become a very simple, solid, mutual, well-mannered and loving person...

It is your manners which will decide you. Cheap you act, cheap you will be. Priceless you act, infinite you will be. This is the very simple formula of life. People who indulge into the lower chakras² will never reach the higher chakras, and people who are stuck in the higher chakras and have never reached the lower chakras are called "spaced out." There has to be that balance. In this balance you have to bounce in life with joy. Your strength lies in your smiles and in your songs. We are fortunate that we have the *Shabad Guru*.³ We like to reach out for happiness and prosperity and strength and courage so that time can't take its toll.

¹ Referring to the 2nd and 3rd of the three 7-year segments of time in the 21-year cusp period beginning in November 1991, leading up to the Aquarian Age

² Eight energy centers of the human being; seven correspond to nerve plexes in the physical body, and the eighth corresponds to the aura

³ The Guru or teacher in the form of the sound current

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Stress and the Mind

FINDING THE EASE OF STAYING PRESENT MOMENT TO MOMENT

By Darshan Kaur Khalsa

I guarantee you that I intimately understand the word “stress.” I lived with it for years and years, allowed it to control my actions, my lifestyle, my belief systems. Until one day I decided to remove it from my life completely. First I had to investigate the word itself. Even playing with it, the word “stress” can produce ripples of its meaning in the body—the “sssss” rolls on the tongue in a hissing noise, vibrating the cells with nervous energy. The sound resonates in the ears—it reminds me of a snake, hidden somewhere in the recesses of my surroundings and threatening to get me.

Stress has the energy of speed and adroitness, but it is stilted, difficult, hard, painful, overwhelming—all derivatives of fear, anger, frustration. It didn’t feel like it was easy, gentle, automatic, or flowing in any way, and it was not the feeling of ease that accompanies joy, happiness, and gratitude.

Investigating stress points to the fact that *flow*, the cardinal aspect of Presence, is missing. Stress, in essence, is a choice of the mind to not be present in the flow of life. In Presence, there is only the intention of the moment, and vibrating with the energy of that intention. There is no need to run through lists of chores, responsibilities, and Other Things To Do in an impossibly packed life. Life, like breath, flows naturally, and Presence requires that we breathe fully in the moment, turn our attention fully to the moment, and vibrate with the energy of the moment. Then, when it is time, move to the next task with that same balanced, flowing, easy energy.

So how does stress relate to prosperity? Stress is a counter-effect to the flow of prosperity—it has to be, if it comes out of fear, anger, frustration, and being overwhelmed, doesn’t it? Prosperity, like breath, flows naturally in and out. We give; we receive. We give in gratitude; we receive in gratitude. We let go; we are given to. Everything about prosperity is clear, easy, flowing, and gentle. If we are stressed about money, we are focusing our energy on its difficult aspects like making ends meet, paying bills, or getting out of debt. To turn that around we have to be willing to let go of the stress, to focus our energy on our intentions, and to vibrate in the frequency of that intention. By focusing on the moment, the bills get paid, the debt is reduced, and eventually we can enter the sphere of true prosperity—where our relationship with abundance, money, and wealth flows as easily as our breath, in and out.

This month I urge you to reevaluate your financial arena and see if there is anything you can do to move away from stress and into the realm of flow. Our prosperity meditation this issue focuses on the flow of life. Try it for 40 days and let us know your experiences with it. And please—remember that when you give, you are opening the door to receive ten times more richly. Consider starting or increasing your tithing program with Dasvandh. Your contributions help make it possible for us to send you this magazine six times a year and to continue our mission of sharing the teachings of the Siri Singh Sahib (Yogi Bhajan). Thank you!



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Darshan Kaur Khalsa works for Sikh Dharma International 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.



Lotus Prayer for Prosperity



Position: Sit in Easy Pose¹ with a straight spine. Bend the elbows down into the sides of the body. Bring the hands in front of the heart center; palms facing one another, with the fingers pointing up towards the ceiling. Spread the fingers wide apart. Make your hands into a lotus in front of your heart center by bringing together and touching the tips of the pinkies, the sides of the pads of the thumbs, and the base of the palms. The other fingers will be kept spread apart, and curved slightly to form the lotus petals.

Keeping the mudra² with the fingers pointing straight up, begin gliding your arms up in a straight line, until the hands are a little above, and a little in front of the head. Then in a continuous movement, without any abrupt stop, glide them back down to the starting position. Continue.

¹ A comfortable cross-legged sitting position

² Hand position

Eyes: Unspecified.

Mantra: *Reality, Prosperity and Ecstasy* by Nirinjan Kaur is played for 15 minutes. Then the instrumental tape *Dhuni* is played for 6 minutes. These tapes are available through www.a-healing.com.

Time: 21 minutes

To end: Inhale, exhale. Relax.

Yogi Bhajan's comments: This is a prayer for prosperity. It is the prayer of the lotus. Just listen to the lyrics of the *Prosperity* tape,³ and go into a deep prayer.

³ *Reality, Prosperity, and Ecstasy* by Nirinjan Kaur

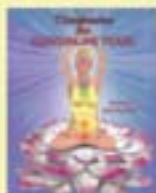
GOLDEN YOGINI



April Bernardi, founder of Golden Yogini



April Bernardi, "Nirankar Kaur", has been teaching Kundalini Yoga for the past 5 years. She is a graduate from Kundalini Yoga East in New York. She is also certified through Goldenbridge Yoga Studio to teach "The Khulu Way" Prenatal Yoga. April is a full time Yoga Teacher who also gives workshops. For more information on upcoming events or for ordering information, go to www.goldenyogini.com



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