

# AQUARIAN TIMES

A close-up photograph of a hand holding a string of red beads. The hand is positioned in the upper right quadrant, with fingers gently gripping the beads. The beads are a deep red color and are strung on a thin wire. The background is a white, textured fabric, possibly a shirt or a shawl, which is draped over the hand and the beads. The lighting is soft, highlighting the texture of the fabric and the smooth surface of the beads.

## Wisdom for the Aquarian Age

Cultivate Peace

Reap the Blessings of Langar

Practice a 1,000 Day Sadhana

Look to the Shabd Guru

Featuring the 2009 3HO  
IKYTA Teachers Directory

# The CLEANSE™

*of santa fe*



3, 7, 10 & 40 Day At-Home Cleanses

ASK ABOUT THE RESIDENTIAL CLEANSER with THE ASHRAM EXPERIENCE!

[www.TheCleanse.com](http://www.TheCleanse.com) • [www.FoodOnPurpose.com](http://www.FoodOnPurpose.com)

VISIT OUR NEW **RETAIL OUTLET** AT 2021 PINON ST. IN SANTA FE

**505-988-7076 • 800-563-3327**



## THE KHALSA RAJ COLLECTION

*Fine Jewelry & Artful Objects to Uplift & Inspire*



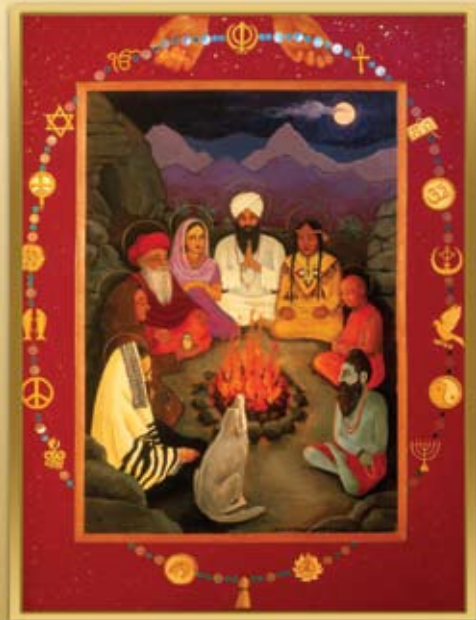
For many of your gift giving needs - jewelry designed by world renowned knife, sword and jewelry maker Jot Singh Khalsa welcome to his very affordable online store at [www.tbekbalsaraj.com](http://www.tbekbalsaraj.com) - enter code AT4 for discount at checkout.



[www.ninetreasures.com](http://www.ninetreasures.com)

*Tantric Necklaces  
Spiritual and Ayurvedic Jewelry  
Adi Shakti Pins, Engagement Rings  
Gemstone Rings, Watches*  
[sales@ninetreasures.com](mailto:sales@ninetreasures.com)  
toll-free: 866-747-0408

## Museum Quality Spiritual Paintings



"The Mala" painted by Mahan Kaur, Sewa Kaur and Seva Kaur  
Beautiful Giclee on Canvas, Magnificent Color, 22"x30"

To order: email [sevakaur@sbcglobal.net](mailto:sevakaur@sbcglobal.net), call 310.409.6039  
or visit [www.sevaartanddesign.com](http://www.sevaartanddesign.com)



## Echo

Soothing & Sacred Sounds  
by Devinder Kaur

Devinder Kaur's debut album.

"Echo" is a beautiful combination of guided relaxation and meditations for peace of heart and mind. Devinder Kaur's soothing voice leads you into a seated posture or corpse pose relaxation with pranayam and a softly chanted Guru Ram Das mantra. The accompanying instrumentation of harmonium, gong, and overtone vocals further guide you into a deep state of relaxation. The 3 Gong relaxation meditations are designed for peace of heart (heart chakra and mind (ajna and crown chakra) to bring relaxation and self-healing.

**\$17.99**

[www.spiritvoyage.com](http://www.spiritvoyage.com)

Order by Phone: 1.888.735.4800



*Guru Mantras for Body & Home  
"wear with awareness"*



**Divine Bliss**

[www.mydivinebliss.com/at](http://www.mydivinebliss.com/at)  
[info@divinebliss.com](mailto:info@divinebliss.com)

*Organic & Natural Womens, Mens,  
Infant, Toddlers & Jewelry*

Mitar Kaur  
954-696-9299

Jiwan Kaur  
954-445-6775



photography by [www.anetteuziel.com](http://www.anetteuziel.com)

**Retail: 800-359-2940 Wholesale: 877-753-5351**

**www.a-healing.com**

**Ancient Healing Ways**

Herbal blends for detoxification, weight loss, energy and immune support. Personalized herbal blends. Ayurvedic, Chinese and Western herbs.

Bodycare products from Herb Technology and Soothing Touch. Healing gels, creams essential oils, and more.

Golden Temple Granola, Peace Cereal and Sweet Home Farm Granola.

Aulterra cell phone Neutralizers.

Kundalini Yoga books and manuals, mantra CD's and DVD's.

The entire line of Yogi Tea.

Supplier of the finest products for health and healing for over 22 years.

Books on Ayurvedic and vegetarian cooking and living.

The Ringing Cedars Anastasia Books and The Law of Attraction Books and CD's.

Simran Kaur invites you to visit:

**GYROTONIC® SAT NAM**

*We are a fragrance free facility.*

Discover our large selection of:  
Kundalini books, beautiful music, unique clothing, natural sheepskins, pillows, accessories, Yogi Bhajan educational materials, and instructional DVD's. We will be happy to arrange for special orders.

*Yogi tea served at each Kundalini class.*

*First regular class complimentary!*

LOCATED AT:  
2916 South Dixie Highway  
West Palm Beach, Florida 33405

HOURS:  
Mon-Wed 9-8  
Thurs-Sat 9-5

PHONE: 561-650-0304  
[www.GYROTONICSATNAM.com](http://www.GYROTONICSATNAM.com)

**Get Really Clear!**

**Transform confusion to wisdom and pain to strength!**

Siri-Gian Kaur skillfully helps You blossom with:

**INTUITION TRAINING: The Art of Soul Listening!**  
Free Newsletter and Other Free Stuff  
Intuitive Counsel by Phone and E-mail  
Transformational Healing  
Monthly Soul Guides  
Lifeline Ongoing Soul Support

**[www.SoulAnswer.com](http://www.SoulAnswer.com)**

# Letter to our Readers

Sat Nam,

Welcome to the dawn of the Aquarian Age. Although the day of the actual shift is set in the near future, we are already experiencing some of the powerful transformation that this new Age brings. The social, environmental, economic, and political challenges the world is currently facing send a clear message that things can no longer be done the way that they have been. It is time for radical change; old ways of being and doing will no longer work.

Speaking of change, you may have noticed that *Aquarian Times* magazine is now a publication of 3HO Foundation International. This is one of several significant changes that 3HO will be bringing to you in 2009 and beyond. Based upon your requests (you asked and we heard you), here are some of the exciting things in store for the 3HO Global Community:

- **A Global Community of Living Yoga.** A new dynamic website to connect the 3HO Global Community and serve as a global resource for all your 3HO and Kundalini Yoga as Taught by Yoga Bhajan® related interests.
- **Advertising Kundalini Yoga as Taught by Yoga Bhajan® in Yoga Journal.** Within the last quarter of 2009 and extending through 2010, we will be launching a monthly advertising campaign in the very popular U.S. magazine *Yoga Journal*.
- **Yoga Center Partnership Program.** A global network for Kundalini Yoga centers to connect with each other and receive valuable resources and services from 3HO Foundation International.
- **Partnership Programs.** For individuals, organizations, and businesses, the use of the 3HO service mark that identifies the user as being a part of the Global Community.
- **United Nations.** 3HO has long been a Non Governmental Organization in consultative status with the Economic and Social Council of the United Nations. We are now researching and developing opportunities for the 3HO Global Community to connect to and participate in the work of the United Nations.
- **IKYTA Teacher Training Associate Membership.** A new IKYTA Membership category for Teachers in Level 1 Teacher Training. Begin to receive valuable discounts while you are in a teacher training program, including additional discounts to the Solstice Sadhana Celebrations and International Women's Camp.
- **World Market.** A fundraising program that promotes your products or services to the 3HO Global Community, which supports a yogic lifestyle, and in return, gives you the opportunity to donate a percentage of the sales back to 3HO that are generated from 3HO promotions.

These new programs and innovations are inspired by 3HO Foundation International's ongoing commitment to working in partnership with the 3HO Global Community. This commitment is grounded in our tradition of service and is at the heart of everything we do and how we do it. We pride ourselves on being partners with and serving EVERYONE.

We encourage you to take the time to contact us with your questions and input regarding 3HO. The challenges we face today are shared concerns and can best be addressed together. In this time of vast need and great change, our interconnected world demands a freshly recast consciousness and a revolution in ways of being. The Teachings of Yogi Bhajan© give us that. Together we will accomplish what no single organization or person can solve or do alone.

*Aquarian Times* is your magazine and we continue to look forward to receiving your input and comments to help keep your magazine vibrant and relevant to you.

*The greatest miracle is unity* Yogi Bhajan

In unity,

Bhajan Kaur  
Chief Executive Officer

Sada Sat Singh Khalsa  
Chairman of the Board

Siri Ram Kaur Khalsa  
Editor in Chief





# Contents

## THE AQUARIAN AGE

### PIONEERS IN THE AGE OF AQUARIUS 5

Excerpts from a lecture by Yogi Bhajan

### WINNING THE GAME OF LIFE 12

Excerpts from a lecture by Yogi Bhajan

### CARRYING US INTO THE AQUARIAN AGE 15

Solstice Sadhana 2008-2012

By Gurucharan S. Khalsa, Ph.D.

### 2009 SOLSTICE SADHANA 17

The Water Tattva and the Narayan Kriya

Compiled by Liv Kaur

### CULTIVATING PEACE 24

By Kristie M. Huber

### WAYS TO GIVE 42

### LEAPING INTO THE AQUARIAN AGE 46

A Time for Truth in Person and in Business

By Karan Khalsa

### BUILDING AN ARK FOR THE AGE: Shelter in Stressful Times 52

By Atma K. Khalsa

### THE SELF SENSORY SYSTEM OF THE AQUARIAN AGE 55

Excerpts from a lecture by Yogi Bhajan

## THE AQUARIAN TEACHER

### TEACHING IN THE AQUARIAN AGE 7

KRI Level One Teacher Training Immersion Course

### THE SOUL SINGS ITS WAY HOME 8

By Tajinder Kaur

### MAKING SENSE IN AN AGE OF CHANGE 9

Our Role as Aquarian Teachers

By Devjot Singh

### 3HO IKYTA 2009 TEACHERS DIRECTORY 28

## KUNDALINI YOGA TECHNOLOGY

### A 1,000 DAY SADHANA 10

World-wide Meditation for an Invincible Spirit

Compiled by Gurucharan S. Khalsa, Ph.D.

### KUNDALINI YOGA: Creative Energy Set 19

### WAKE UP! IT'S THE DAWN OF A NEW AGE 25

With Meditation for the Frontal Lobe

By Guruka S. Khalsa

### CALENDAR OF EVENTS 44

### SUMMER 2009 NUMEROLOGY FORECAST 45

By Nam Hari K. Khalsa

### CAT'S-EYE: The Gem of Transcendence 47

By Hari Jiwan S. Khalsa

### BLESSINGS OF A WOMAN: A New CD 48

By SatKirin K. Khalsa

### LANGAR: A Sacred Tradition of Sharing Food with Others 49

By Sat Jivan K. Khalsa

### SHABD GURU: Our Guide through the Wave of Change 53

Excerpts from Shabd Guru: Basis, Use and Impact of the

*Quantum Technology of the Shabd Guru* by Yogi Bhajan

and Gurucharan S. Khalsa

### ANAND SAHIB: Lessons for your Soul through the Song of Bliss 59

By Ek Ong Kaar K. Khalsa

### MEDITATION TO CREATE PROSPERITY 60

# AQUARIAN TIMES

## spiritual guide

Yogi Bhajan

## chief executive officer

Bhajan Kaur

## editor in chief

Siri Ram Kaur Khalsa

## managing editor

Guru Tera Kaur Khalsa

## senior editors

Ek Ong Kar Kaur Khalsa

Shakti Parwha Kaur Khalsa

Bhajan Kaur

## marketing and communications manager

Liv Kaur

## graphic design

Rachel Boothe

## creative team

The 3HO Global Community

Bhajan Kaur

Guru Tera Kaur Khalsa

Liv Kaur

## advertising and sales

Baldev Singh Khalsa

(508) 528-8447

Adsales.Aqtimes@gmail.com

## customer service

Prabhu Prakash Kaur

YogaInfo@3HO.org

888.346.2420

## editorial submissions

GuruTeraK@AquarianTimes.com

## letters to the editor

BhajanKaur@3HO.org

## published by

3HO Foundation

6 Narayan Ct

Española, NM 87532

## printed by

Starline Printing

Albuquerque, NM

## website

www.AquarianTimes.com

## Aquarian Times

(ISSN: 1534-5068)

is published quarterly in the  
United States.

© 2009 3HO Foundation

All rights reserved

No portion of this publication may be reproduced  
without written consent of the publisher.

3HO Foundation ~ Healthy, Happy, Holy  
Organization is a 501(c)3 NPO and a Non-  
Governmental Organization (NGO) in consultative  
status with the Economic and Social Council  
(ECOSOC) of the United Nations.



3HO Foundation

Healthy, Happy, Holy Organization

Cover photo by Gurudarshan K. Khalsa,  
www.aquarianvision.com

# Pioneers in the Age of Aquarius

EXCERPTS FROM A LECTURE BY YOGI BHAJAN,  
SUMMER SOLSTICE, GURU RAM DAS PURI, NEW MEXICO, JUNE 20, 1993



**Y**ou have come here from all the lands, and you will keep on coming here from all the lands for centuries to come. This land has its karma and this land has its dharma to enrich you whenever you come here, as it has done for centuries. It has a practice, it has a habit, and it has blessings. It is the dwelling place of the guardian souls of this planet.

This path belongs to those who are not cold, whose hearts have not become stone, and whose heads have not become so swollen that they can't hear the voice of the soul. This path will belong to those who, with all their strengths and weaknesses, will still serve others. And I promise you that those who shall serve others, the Almighty God shall have no power but to serve them, that is the only way. Your power is not in your strength and weakness, in your show and your capacity, in your titles and your achievements, in your money, and in your playing games. Your power is to uplift others. Those who uplift others, God shall uplift them, because it is God's Will to uplift everybody. When you live in your Godliness, He will not let you fall.

We are all pioneers in the Age of Aquarius. No man can give a man anything other than love. No man can give a man anything other than hope. No man can give a man anything but service. The only thing you can do is act like a forklift—go into the dirt and lift the other person and put him on track, so he can proceed.

You will ask me the question, "If I start doing that all the time, what will happen to me?" Then the big forklift called God will come, and He will go into the dirt and lift *you* up. Is there a better deal than that?

Please remember, we are here to start an era, to start an Age, to celebrate the transition from the Piscean Age into the Aquarian Age. We are here to celebrate that. We are the pioneers. We are the pioneers of the Dharma. Let's bow our heads in prayer and let us open our hearts. Let us walk on this blessed land for a few days in spirit. With these words, with your likes and dislikes, your loves and hatreds, your affection and understanding, I hope you will carry the Guru's<sup>1</sup> words to all the lands, cross the boundaries which have never been crossed, touch the boundaries which have never been touched, walk into hearts which have never been open, shake hands which hate to be shaken, go and bring people out of their holes so they can be holy, and pull people out of their heights, so they can save their height in the eyes of God.

You should be smart, learn the art, and go across the world and heal God's creation. This is your job, and what you are actually going to say is, "Hail, hail Guru Ram Das<sup>2</sup> and heal the world." Your job is to heal the world and elevate and uplift everybody. Everybody shall be healed. Take a person from his lower self, from his ditch, and raise the pitch so he can be

---

Those who uplift others, God shall uplift them, because it is God's Will to uplift everybody.

---

uplifted. The mantra of the Age of Aquarius is "Keep Up." Help keep everybody up. When you never let yourself down and never let anybody else down, God shall serve you. He shall never let you down.

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

© 1993 The Teachings of Yogi Bajan

<sup>1</sup> That which takes you from darkness to light

<sup>2</sup> The fourth Sikh Guru, embodiment of compassion, healing, and service

# The Five Sutras of the Aquarian Age

By Yogi Bhajan

Recognize that the other person is you.

There is a way through every block.

When the time is on you, start, and the pressure will be off.

Understand through compassion or you will misunderstand the times.

Vibrate the Cosmos. The Cosmos shall clear the path.



# Teaching in the Aquarian Age

FROM THE KUNDALINI RESEARCH INSTITUTE

*It is now time for you to become what you were meant to be. You are teachers of the Aquarian Age.*

Yogi Bhajan

What does it mean to be a Teacher in the Aquarian Age? First, we need to know what the Aquarian Age really implies. The five sutras (see opposite page) provide a road map for our journey: you and I are the same; there's a way through any pain; don't wait or hesitate; feel the other person—don't separate; vibrate infinity and realize your divinity. Sounds good, yes? But what does it really mean to be a Teacher? Well, it can mean a lot of things but here are two key principles: Heal by your presence and lead by your service.

Where's the road map for becoming a Teacher? It's called Level One Teacher Training from the Kundalini Research Institute—Immersion 2009. Here are comments from a recent graduate:

"The Immersion Course provides an opportunity to dive deeply into the philosophy and practice of Kundalini Yoga as



during morning *sadhana* (daily spiritual practice) but also have the chance to interact with the Espanola ashram community and fellow yogis from all over the world, making the experience even richer. The course encompasses a wealth of knowledge and covers themes such as the yogic lifestyle, perfect alignment, the psychosomatic effects of yoga, how to correctly perform *pranayam* (yogic breathing), the secrets to unlocking the potential in *kriyas* (yoga exercise sets), and how to improve *mantra* pronunciation and find your own voice. I am very grateful that I embarked on this life-changing adventure!"

**Irene Carolina Herrera**, 2008 Immersion Course Graduate and KRI Certified Teacher

## **Take the Next Step: Aquarian Teacher Immersion Training, August 1-27, 2009 in New Mexico**

The Aquarian Teacher Level One Immersion program welcomes those drawn to teaching, individuals wishing to deepen their personal practice, and yogis from other traditions seeking to broaden their knowledge and skills. Kundalini Yoga Teacher Training is an opportunity to commit to positive change, in the company of others willing to do the same. The science of Kundalini Yoga will give you the tools and confidence to transform yourself and elevate others.

You are invited to become part of this international community and make a real difference in your life and the world around you. This is a community-based immersion course in the content, culture, and consciousness of Kundalini Yoga as taught by Yogi Bhajan®. It is the most unique and experiential yoga certification program available today. Here, in a community of practitioners, you'll be given the opportunity to establish a lifelong foundation for a successful yoga practice. Take the next step on your path and awaken your potential using the technology of Kundalini Yoga.

*If you want to learn something, read about it. If you want to understand something, write about it. If you want to master something, teach it.*

Yogi Bhajan

Heal by your  
presence and lead  
by your service.

taught by Yogi Bhajan® amidst a beautiful New Mexican setting, the place where Yogi Bhajan himself used to live. Espanola is home to many of Yogiji's first students. Over the course of four weeks, students have the opportunity to meet knowledgeable and compassionate mentors who guide them on the journey of becoming a Teacher. Participants not only get a glimpse of the more devotional practices

Successful completion of this course leads to KRI certification as a Level One Instructor in Kundalini Yoga, and meets the Yoga Alliance criteria for RYT (Registered Yoga Teacher). You will be qualified to teach Kundalini Yoga in most venues, and may continue on to Level Two if you wish. For further information, visit [www.kundalini-researchinstitute.org](http://www.kundalini-researchinstitute.org) or write to [teacher-training@kriteachings.org](mailto:teacher-training@kriteachings.org).



# The Soul Sings its Way Home

By Tajinder Kaur, United Kingdom

*Silence of the land, sounding of the ocean,*

*Speak of one message, 'stand at zero.'*

*An inner solitude and solace,*

*Where the heart shall be set free.*

*The touch of the heart, always a caress,*

*Like a memory of gold at the end of each rainbow.*

*Both hope and life felt strongly,*

*How easy we become our own prison.*

*But when light touches our face and our minds,*

*When birds sing, winds whisper*

*And bees weave liquid gold,*

*Then sounds become music, silence sings.*

*So smile for a moment, each moment, each breath,*

*Know you are not what you have and not what you do,*

*You are what you are, you are always yourself,*

*Able to use or waste, to grasp or to give,*

*The only possession the prana you are gifted.*

*Seasons and cycles, still finite is infinite,*

*You finally offer yourself back to life itself,*

*Until then the soul sings its way home.*

# Making Sense in an Age of Change

## OUR ROLE AS AQUARIAN TEACHERS

By Devjot Singh, United Kingdom

**Y**ogi Bhan's messages about the Aquarian Age may have been difficult to contextualise before now. We can forgive ourselves perhaps for simply hearing his teachings as an inspirational metaphor supporting personal commitment to a spiritual path. We may have felt confirmed in our preferences and justified in any stance against war, hunger, and a myriad of social injustices. But now that we are suffering a global recession, oil production has probably peaked, and we're looking at the first evidence of runaway climate change, perhaps we had better look again at what the Master was telling us and what will be asked of Aquarian Teachers.

---

The role of Aquarian Teachers will be to model Aquarian ways of being so that others have a healthy alternative to move towards when the old ways stop working.

---

The Piscean Age, its values, achievements, and champions will not go gently into a different future. The collective ego of the Piscean world has been manifesting its will without limit and creating an unsustainable reality for a long time. It seems likely that the karma of these excesses will be the crucible for transformation, but Pisceans will not volunteer for the trip. Indeed, in the sunset years of the Piscean Age, we will surely witness every form of denial, destructive resistance, and actions that actually make things worse for everyone. While many Western minds are still in service of the ego rather than the soul, business as usual will continue to take the whole world towards breakdown. Those who have a rose-tinted view of a future in which we all vibrate at the frequency of grace and beauty will be shocked to see what ugliness arises in the next few years.

The Piscean worldview, and many of its manifestations, will likely collapse before anything significantly different emerges. It may have to be this way and, although we would be wise to take precautions against the consequences, we can be detached, personally impersonal about it. The role of Aquarian Teachers will be to help

people make sense of the changes and to model Aquarian ways of being so that others have a healthy alternative to move towards when the old ways stop working. Our psycho-spiritual preparation for the Aquarian Age must soon support that of others. We should not be waiting.

If you aren't already aware of the interconnected mix of factors that is defining the decline of the Piscean Age, you might inform your neutral mind about some of the following: peak oil, human population forecasts, colony collapse disorder in bees, the food or fuel debate, species extinction rates, UN forecasts for water stress and desertification. These are all earthly symptoms indicating the state of our home system. With only earthly lenses, without a framework big enough to join the dots, it's easy to miss the meaning. With an understanding of the transition from Piscean to Aquarian however, we have different eyes to see.

In Yogi Bhan's simplest description, the end of the Piscean Age will mean the end of 'I' and the start of 'We.' The primacy of the individual, the privilege of my choice, and the supremacy of money as the proxy measure of value, is coming to an inevitable conclusion. If the fears and desires of our egos are still running the show, then we can expect some pain. If we are ready to embrace the universal in ourselves and transcend the Piscean duality of our past, then we will be ready for the Aquarian Age. While *prana*<sup>1</sup> still flows through your body there is time to do the work.

---

**Devjot Singh** and **Tajinder Kaur** are Kundalini Yoga teachers based in the UK. They offer transformational retreats and programs designed to put human consciousness in service of life itself. [www.hotterearthleadership.org](http://www.hotterearthleadership.org) and [www.somalotus.com](http://www.somalotus.com)

---

<sup>1</sup> Life force

*You may write one thousand books, you may serve everybody and kiss everybody's feet, but if you cannot energize another person, your value is zero. You have to add something to somebody's life. You have to give to somebody so the other person may feel enriched by you.*

Yogi Bhan



# A 1000 Day Sadhana

THE PRACTICE IS WORLDWIDE—JOIN IN AT ANY POINT AND ADD TO THE GLOBAL PSYCHE, PROJECTION, AND PRAYER THAT WE MAY ENTER THE AQUARIAN AGE AWAKE, AWARE, AND JOYOUS.

By Gurucharan S. Khalsa Ph.D., New Mexico, USA

We are quickly approaching the long-awaited transition to the Aquarian Age. Much has been written about this. In essence it is humanity's transition from adolescence to maturity. We leave behind the Piscean Era and enter into an age of global awareness, radiance, intuition, and cooperation—an era that will usher in an age of equanimity and prosperity, accompanied by an evolution in our capacity to perceive, think, feel, and sense. Such growth means that much needs to be left behind. Old structures and ways of thinking, communicating, and living will pass. Confusion, depression, and conflicts will increase as the old ways of holding power—politically, religiously, socially, and personally—all fight their last fight. This period of testing and growth will last until 2038 when peace will have an opportunity to prevail on Earth.

Yogi Bhan used his intuitive clarity to focus and prepare us for this transition, noting that the dawning of the Age would be precisely at 11:30 am (PST), November 11, 2011; the cusp period will end and the Age of Aquarius will begin. We will be challenged on every front, and from that pressure, a new culture of consciousness will bloom. He defined it as the time of Khalsa: those who are pure in heart; clear in conscience; fearless and effective in action; intuitive, kind, and compassionate; noble within the Self; and humble before the Infinite Creator.

One of the many blessings in the community of those who practice Kundalini Yoga as taught by Yogi Bhan® is the love of discipline that allows us to

awaken, expand, and refine our awareness. With that expanded awareness we can act effectively, heal those in distress, and enjoy the tumultuous, spontaneous creativity of life. We practice 40-day meditations to embody new experiences or increased capacities. We practice 90-day meditations to clear our subconscious and build new habits. We practice 120-day meditations to realize that awareness in our daily lives. But when we want to experience self-mastery and confirm our consciousness, beyond every change of time, space, and circumstance, we practice for 1,000 days.

A 1,000-day practice projects our newfound awareness, mastery, and consciousness. In symbolic traditions like numerology, it represents the nobility of the individual: “1” expanded and radiant and supported by the three “0’s”—the body, mind, and spirit; the negative, positive, and neutral minds; and the three gunas.<sup>1</sup> It is experience and mastery blended into a self-qualified awareness of human excellence.

Yogi Bhan gave us a practice for the Aquarian Age, which calls on those inner virtues. He shared it so that we could act with integrity and clarity as teachers, healers, and leaders; so that we could be human under the pressures of the times and the distractions of change, ego, and emotion. Our practice is worldwide and *you can join in at any point*, adding to the global psyche, projection, and prayer: that we may enter the Aquarian Age awake, aware, and joyous.

<sup>1</sup> Qualities inherent in all creation: Sattva (purity, balance); Rajas (activity, energy, the process of change); and Tamas (darkness, inertia).



3HO Foundation International, The Kundalini Research Institute, and Sikh Dharma International invite you to join us in this 1,000-day *sadhana* (spiritual practice). We are doing the meditation on page 11 for 1,000 days, leading up to the Aquarian Shift on November 11, 2011. It uses the power of *shabd*—the technology of sound and consciousness. We are practicing it 11 minutes each day. If you wish, you can increase the time to 31 minutes. Ideally, choose a regular time to do it each day. Get together with friends and students. Practice it in community. Be together. Be brilliant with light. Be powerful with prayer. Be prosperous. Face the future with an open heart and open arms.

**Gurucharan Singh Khalsa, Ph.D.**, is the Director of Training for the Kundalini Research Institute. Author, psychotherapist, and researcher, he has collaborated on original research on the cognitive and physiological impact of meditation.

# Meditation for an Invincible Spirit in the Aquarian Age

Taught by Yogi Bhanjan, February 5, 1992

**I**n the face of any great change, we confront three destructive impulses: to be alone and withdrawn, to deny or fantasize about the future that's coming, and to live with greed or scarcity instead of prosperity. This mantra counters these three tendencies and instills the mind with courage and caliber.

Chant the Adi Mantra (*Ong Namō Guru Dev Namō*) 3-5 times.<sup>1</sup>

**Posture:** Sit straight. The left hand is in Gyan Mudra, the tip of the forefinger touching the tip of the thumb, resting on the knee with the arm straight. Raise the right hand to about 12 inches in front of the chest, holding the mantra sheet\* and concentrating on the written words as you chant. If you don't have a mantra sheet, angle your hand as if you were reading a sheet of paper, with the palm open and the wrist straight.

**Eyes:** Apply Neck Lock (stretch the back of the neck gently straight by pulling the chin straight back and lifting the chest) and look down the nose to see the mantra sheet or the palm. When Yogi Bhanjan gave this meditation, he asked us to focus the eyes, to pay attention and not drift. If you do not have the page to read from, use the palm but continue to focus.

**Mantra:** Focus on the movement of the tongue and the sensation of the sound as it creates a time and space. Sing with Niranjan Kaur's *Aquarian March*.<sup>\*</sup> Become a symphony. Continue for 7 minutes (27 minutes for a 31 minute practice). Then, as you continue chanting, close your eyes and put your hands on your heart, one palm resting on your chest, the other palm resting on the back of the first

hand. Press the hands firmly into the chest. Press hard. Continue for 2 minutes. Then, keep your hands on the heart and begin to whisper the mantra. Whisper powerfully. Continue for 1 minute.

*Sat Siri Siri Akaal, Siri Akaal Maha Akaal, Maha Akaal Sat Nam, Akaal Moort Wabe Guru*

**To End:** Chant without the music for 30 seconds. Then inhale, exhale, and relax.

Note: The mantra is pronounced: Sat Siree, Siree Akaal, Siree Akaal, Mahaa Akaal, Mahaa Akaal, Sat Naam, Akaal Moorat, Wha-hay Guroo. Click on Tools for Students/Teachers at [www.kundaliniresearchinstitute.org](http://www.kundaliniresearchinstitute.org) to hear the pronunciation.

*Sat Siri* Truth, Projective Prosperity, and Greatness

*Siri Akaal* Great Undying One Who Knows No Death

*Maha Akaal* Infinite Who Is Deathless

*Sat Nam* Truth as Identity; or Identity of All That Is

*Akaal Moort* Embodied Form or Image of the Infinite

*Wabe Guru* The Ecstatic Totality of God and Existence

\* The mantra is available as a free download at [www.kundaliniresearchinstitute.org](http://www.kundaliniresearchinstitute.org) and the DVD of this class, "1,000 Years and Beyond," can be purchased from the website at The Source.

Watch live broadcasts and connect to Global Community members who are participating in the worldwide meditation on the Kundalini Research Institute Facebook profile.



The 1,000 day meditation began on February 14, 2009 and ends November 10, 2011

*On November 11, 2011 we will do a special meditation to complete this practice in a global wave of sound and consciousness. Join us as we prepare for the first Summer Solstice of the Aquarian Age, where the full energy of the sun ignites us and unites us in June 2012. Let's join hands and hearts as a contemplative community and act together in the love of excellence, the gratitude of being, and the hope for peace and prosperity.*

# Winning the Game of Life

Excerpts from a lecture by Yogi Bhanan, July 7, 1992, Women's Camp, New Mexico, USA



Life is your own grace. What is grace? I have asked this question of many people. Grace is when you are not for sale, for any value direct or indirect, or for any offering or temptation. Totality and your reality, equal your value. The totality of this world, and your reality as you know it you don't give in. If you have that basic character, then you have grace. And there is no introduction required. When people know that you have grace, they start saying, "Your Worship," "Your Grace." Then your personality works. That's where the personality starts functioning: you don't have to utter a word, you don't have to say anything. Then people have reverence and love and trust and understanding for you. It boils down to when you don't let yourself down, you don't

let others down, and you don't let others let down others. It works three ways; it has three dimensions to it. You have to have that deep understanding.

What we are trying to do in this course is to give you actual preparation for the Age of Aquarius, give you this basic knowledge which will work. Piscean knowledge won't work. Your gains won't work, your obnoxious or very fundamental excuses won't work. Because the Aquarian Age is the Age of Knowledge: "I know, I can deliver you." The Piscean Age was, "I want to know, deliver me." It's totally one hundred-eighty degrees opposite.

You'll be surprised. We are only a couple of months into it. Just tell somebody, "I'm sorry." He'll say, "Oh yeah, yeah, yeah. How many times have you been sorry?" People's attitudes have changed—no fault of anybody. Promises, excuses, games, moods—they will eliminate you out of your life very fast. When the Age changes, that's what happens to people. If they don't change fast enough to match up to the requirement of the psyche of the time, their psyche becomes non-functional, non-communicative, mute. Then finally, they are left in a corner. The Aquarian Age is going to corner all

---

It boils down to when you don't let yourself down, you don't let others down, and you don't let others let down others.

---

Pisceans. It's natural. Winter has to freeze everything. Spring has to sprout everything. Summer has to ripen everything. And Fall has to let everything fall. So there's no reason to be upset with it. It's a natural phenomenon. That's why we're trying to make the effort that if you can prepare yourself for your homes there'll be no divorce. Moreover, the children are growing up, you have to prepare them. And you have to change your attitude toward the whole household. Even if you're single you have to change your attitude toward your own personal household so you can survive better.

The economy has changed. Geography has changed. The politics are changing. You'll find changes, unbelievable changes. There's no reason for you to worry about those changes. All they're inviting you to do is to change too. It is so shocking to me when you say, "Oh, unfortunately my mother did this to me." "Oh, as a



child it happened to me.” You do not know that you have a teacher. His name is Yogi Bhajan. He said one thing, “Those who live in the past have no future.” How blunt a statement can be made? One statement is made so loud and clear, without any reservation or argument and still you don’t understand what you are doing to yourself? The past is yesterday, that’s your memory, that’s your glory. You can talk about it, it doesn’t mean a thing. That’s yesterday. You can remember it, you can repeat it, you can propagate it, you can learn about it, whatever you say. But it’s already gone. Today you can’t stop, it is already going. Tomorrow, if you are not prepared, is on you. And all the energy you put in the past, you take away from tomorrow. That’s where your sorrow lies. That’s why you don’t have the energy to make everything possible.

This life of yours is enjoyable, but you can’t enjoy it. Because if you play it right, then you can enjoy it. It is a game. You’ll be happy when you win. If you can’t win in your own life, when are you going to win? What does any other victory mean to you? Some people are afraid of commitment. They think it is slavery, going into the dungeon. No, you are meant to commit. Commitment: it is meant to commit. What you commit to is your choice. If you are married to fun and loyal to none, that is your commitment. Then enjoy it. Be cheap. What price you put on yourself is your price. And the only life that is worth living is graceful, which is priceless. Pricelessness is deathlessness. Then you ultimately become a very reputed person.

## BECOME A CERTIFIED YOGA INSTRUCTOR

### KRI LEVEL I KUNDALINI YOGA TEACHER TRAINING IN SALT LAKE CITY

Sept. 25, 2009 through May 23, 2010



**Pritpal Kaur,  
LEAD TRAINER**

with: *Dev Suroop Kaur, Haricharan Kaur,  
Shanti Shanti Kaur, Pritpal Singh and  
Gurucharan Singh, Dir. of Training for KRI*

**Course Fee:** \$3100 (early registration)  
\$3250, paid between Aug. 25<sup>th</sup> and Sept. 25<sup>th</sup>  
\$3400 with payment plan

**Course held in Salt Lake City, UT**



The completion of this course qualifies students to be recognized as a **Registered Yoga Teacher by Yoga Alliance**//For further information or to register, contact: **Guruprasad Singh at 801/633-3908 • [www.3houtah.org](http://www.3houtah.org)**

## The Aquarian Teacher™ KRI Level 1 & Level 2 Kundalini Yoga Teacher Training in New Mexico

**KRI Level 1 Teacher Training:** Oriented to Health Professionals and those seeking a deeper understanding of the health benefits of Kundalini Yoga as taught by Yogi Bhajan. Includes review of scientific research on the medical effects of yoga and meditation and provides the foundation for future training in yoga therapeutics.

**You will find training with this focus no where else.  
Train with the leader in Kundalini Yoga therapeutics!**

Included is a 1-year program of follow-up and support.

**200 hours – 4 days a month from Oct 2009 through Mar 2010 in Espanola, NM**

**KRI Level 2 Teacher Training:** Authentic Relationships – Six days of bliss, deep experience and transformation at **Ojo Caliente Mineral Hot Springs and Spa**. Spend your days deepening your understanding of relationships - with your soul and with others. Then spend your evenings soaking in the sacred healing waters of the natural hot springs. Through kriya, meditation and group work and powerful video classes with Yogi Bhajan we will journey together developing authenticity in relationships of all kinds.

**November 9 – 14, 2009**

for more information on both Level 1 and 2, go to: **[www.kytrainings.com](http://www.kytrainings.com)**  
or email [kytraining@gmail.com](mailto:kytraining@gmail.com) or call 505-747-1119

**Other Upcoming Level 2 Trainings:**

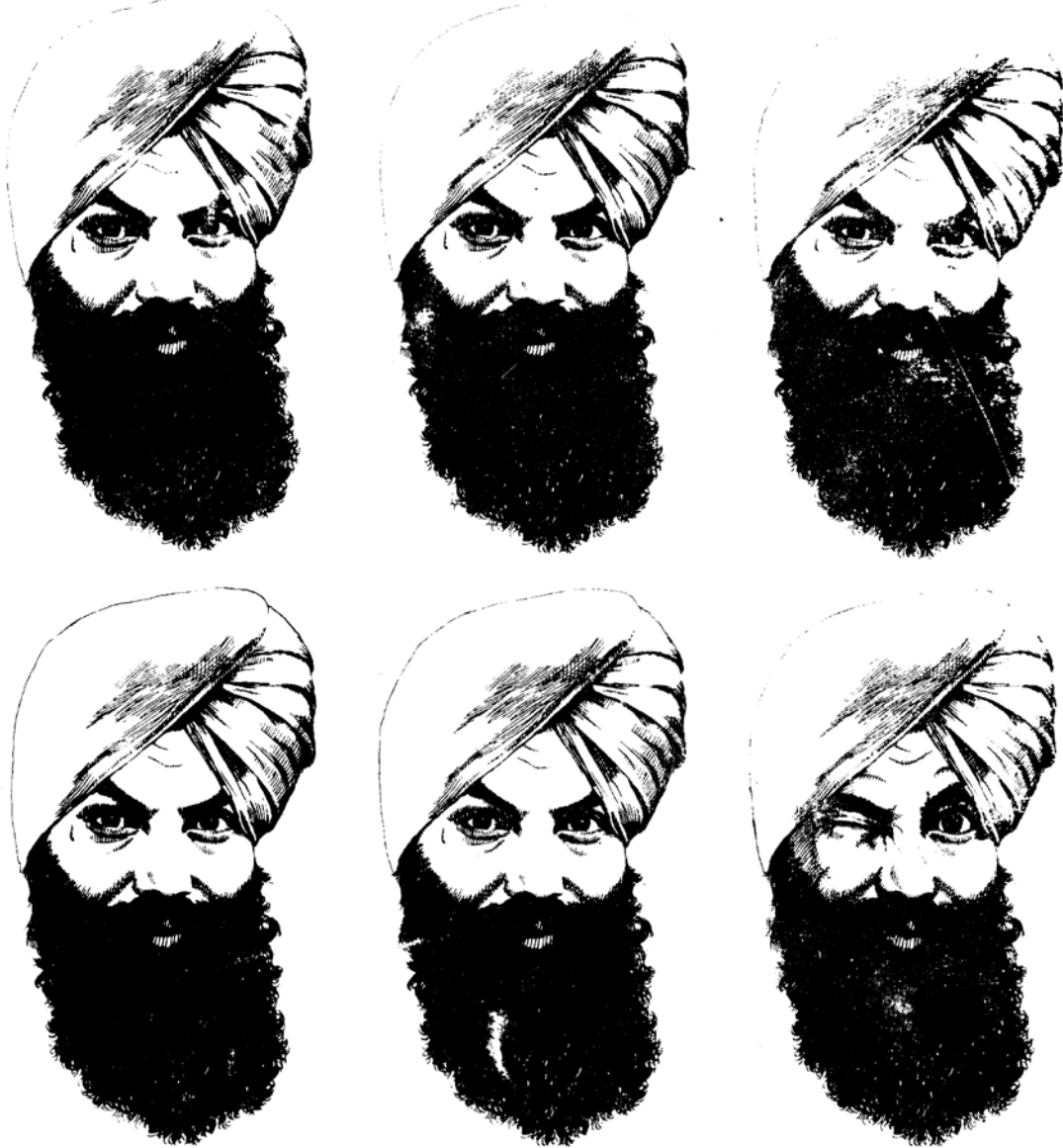
Spring 2010/Lifecycles & Lifestyles • Fall 2010/Mind & Meditation • Spring 2011/Vitality & Stress



**Trainers:** Dev Suroop Kaur, Shanti Shanti Kaur, PhD, Pritpal Kaur, Pritpal Singh and Special Guests

**CAMP MIRI PIRI - CONNECT TO YOUR SOUL**  
Española, New Mexico, USA June 14-18 '09 - Chardikala Jatha, Snatam Kaur  
[www.SikhNet.com/CampMiriPiri](http://www.SikhNet.com/CampMiriPiri)

3HO Then



**KEEP UP!**

BEADS OF TRUTH 1972 SUMMER SOLSTICE SOUVENIR EDITION



## THE 3HO SOLSTICE SADHANA CELEBRATION THEMES FROM 2008-2012

**By Gurucharan Singh Khalsa, Ph.D., New Mexico, USA**

In this coming Age, we are called to embrace change—both personal and global. Yogi Bhaian was a visionary who guided us on a path of discipline and consciousness, and pointed us toward the horizon of the Aquarian Age—a time when sacredness is shown through compassion, courage is demonstrated by our character, and prosperity flows from our originality and intuition.

The transition into the Aquarian Age from 1991 to 2012 brings us fully under the pressure of change. It is a pressure on each person, each nation, and every belief system. From 2012 to 2038 we will be sorting out a new way of living together; a new approach to sustaining our environments; a new reach into micro- and macro-worlds of technology; and a new sensitivity to knowing each other—in our depth and shallowness—in the blink of an eye.

Every solstice, as we gather under the full force of the solar energy, we become of one mind and weave together thousands of hearts into a single heart. The central axis of our solstice psyche is the land that Yogi Bhaian discovered, high in the New Mexico Mountains. It is laced with the spirit and prayers from ancient gatherings of Native American Nations who called for peace, unity, and sacred healing. Its water and air refresh and heal the body. The days of White Tantric Yoga clear the emotions and the mind. The village-like community created by our gathering of people from all over the world renews our vision of people committed to making a difference in the world and in their individual lives through consciousness, collaboration, and action. We have come together like this long enough now that there are spokes reaching out into and around the world—solstice or summer gatherings on

other continents that add to the spirit and energy of this New Mexican plateau.

Each year from 2008 to 2012 we will be working on one of the five elements, or *tatvas*, and the associated qualities within us. We will have our chance to energize, elevate, and develop the best qualities of our body, mind, and spirit and to enjoy one another as we serve this time of awakening. Each solstice combines the individual work with the creation of a powerful group psyche that can project our prayer and intention to all. Traditionally the five elements correspond to the first five *chakras*<sup>1</sup> and are described by the qualities of earth, water, fire, air, and ether (space). By the time we reach the 2012 solstice, we will have energetically reached the sixth chakra and be ready to rely on a new level of subtlety and self-discipline. In this way we will be fully conscious and prepared to embrace change as we work together for unity and express our uniqueness as we serve, heal, and lead in this new time. Here is a brief summary of the themes for the 2008 - 2012 solstice celebrations:

**2008 Earth: New Beginnings**

**2009 Water: Passions of the Soul**

**2010 Fire: Spiritual Warrior**

**2011 Air: Healing One, Healing All**

**2012 Ether: Sat Nam**

<sup>1</sup> Eight energy centers of the human being; seven correspond to nerve plexuses in the physical body, and the eighth corresponds to the aura. They are located at the base of the spine, sex organs, navel point, center of the chest between the nipples, throat, brow point, crown of the head, and electromagnetic field surrounding the body.



## 2008 Earth

### New Beginnings—Dropping the Past and Living the Present; Setting the Foundations for the Future

First Chakra (end of the spine between the anus and sex organs): Survival, self-acceptance, security

2008 was a cycle of 10, which represents the energy of completion and a new relationship between the Self and the Infinite. It was a time to recalibrate your inner compass and head for new horizons.

The mantra for this year was *Dhartee Hai, Akash Hai, Guru Ram Das Hai*. It connects the earth and the vastness of the ether and projects it from the heart.

## 2009 Water

### Passions of the Soul—Opening Your Creative Essence

Second Chakra (sex organs): creativity, relationships, feelings

The element of water is essential to life, to our bodies, and to our minds. The energy of this year is to master the self by using and directing the Negative Mind, that part of our greater mind that protects us and secures a path forward. We reorganized our earth element last year. This time we fill ourselves with the power of higher emotions. We accept the intuitive, protective sensations of our negative mind and calm its over-reactions. The 2009 solstice celebrations are opportunities to clear subconscious emotions and come into a positive relationship with our most powerful emotions.

The mantra for this year's solstice is *Narayan*, the Lord of Water. It moves the passions and opens the heart. It heals wounds and fills us with passionate compassion.

*Sat Narayan Hari Narayan Hari Narayan Hari Hari* (see p. 18 for complete meditation instructions)

## 2010 Fire

### Spiritual Warrior—Strength, Balance, and Peace in a Changing World

Third Chakra (navel point and solar plexus): personal strength and power, commitment, identity

This is a time to call on our courage with the grit, caliber, and fortitude of a Spiritual Warrior. This is also the year to get clear about your goals. It is a moment to consolidate your self-discipline so you feel clear and worthy to steward all that is given to you. The Third Chakra strength must infuse your words and projection so that your seeds take root and reach to the heights. The mantra for this time is:

*Sat Nam Sat Nam Sat Nam Sat Nam Sat Nam Sat Nam Wabe Guru*

## 2011 Air

### Healing One, Healing All—the Age of Guru Ram Das

Fourth Chakra (center of the chest): compassion, service, love

As we enter into this new Age, compassion is the key to healing and to communication. The element of air is expansive and moving. With compassion and kindness this energy can go beyond our body, our home, our community, our village, our tribe and find common sacredness in the entire world. In the Fourth Chakra we become aware of our self, the presence of our gentleness and our power to bless. Guru Ram Das left us with a miracle mantra that invokes a state of grace, healing, and transformation. Even if you know nothing at all about healing, with this mantra and an open heart, you can tap into your power to heal

The mantra for 2011 is the miracle mantra of healing:

*Guru Guru Wabe Guru Guru Ram Das Guru*

Any method of chanting this mantra will ferry you across this change of the Age. If you master it, your very presence will be enough to unblock the way and elevate those you are with.

## 2012 Ether

### Sat Nam—Speak and Be the Living Truth

Fifth Chakra (throat): Power of projection and penetration

Now we are in the Aquarian Age without qualification. We need to become the answer to living on this small globe together. When we act from our original Self, we begin from silence and we create through the Word. We vibrate with our entire being. We project with the power of the Fifth Chakra. The past is gone. Let it go. Welcome what is yet to be seen. Release all fear and replace it with trust and commitment.

Two mantras guide us through 2012 and beyond:

*Humee Hum Brahm Hum* to connect the heart and throat chakras and empower your words into action.

*Wabe Guru* to have all actions fulfilled in the stillness of the Infinite and the certainty of prayer.

*In the Aquarian Age, you don't pray, you ask God to pray for you. Tell God, 'Lord, pray for me that I should be as infinite as You are. Make me as bright, bountiful, beautiful as You, oh Lord. Give me the power of love to serve. Let me know to serve myself. Let my touch heal. Let my sight create miracles. Where I exist and pass, let there be nothing but the enlightened dance of Your Grace.*

Yogi Bhajan

# The Water Tattva

Compiled by Liv Kaur, New Mexico, USA

The twenty-first century heralds the Age of Aquarius. In Western astrology, Aquarius is the water bearer. Water is one of the five *tattvas*,<sup>1</sup> and it is the theme for the 2009 Solstice Sadhana Celebrations. How does the water *tattva* affect us and our relationships with others as we move into the Aquarian Age?

The water *tattva* is associated with the second *chakra*,<sup>2</sup> which holds the energy of creativity and the ability to see outside of ourselves. According to the *Aquarian Teacher*,<sup>3</sup> “the second chakra . . . correlates in how we relate to others. A person whose second chakra is balanced can exhibit these qualities: positivity, a relaxed mental attitude toward sexuality, patience, creativity, and responsible relationships. . . . From the yogic point of view, the experiences of the second chakra provide the first taste of merger, of going beyond one’s isolated self; dissolving with, through, and into another. The momentary forgetfulness in the ecstasy of sexual release is a taste of the much greater bliss available to us as we let go and merge with the Infinite Polarity, where our finite and infinite have intercourse into a creative sense of awareness. . . . Taste is the sensory system connected with the second chakra. Without passions, life has no taste, and taste itself is conveyed by the watery mixtures of chemicals that we take in through our tongue. When you experience great passion, then the taste within your mouth also changes. In the state of yoga, you unite with the Infinite. At that point your brain



SIRI BEANT SINGH OF NEW YORK

produces an *amrit*, a sweet nectar. To yogis, the tongue represents the male organ, and the lips represent the opening of the female organ. The constant vibration of this into speech is the production of seed, and those seeds are what give the creativity in the world. You can create on the gross material level directly through the second chakra and the physical organs, or you can create through the word and through vibration. In both cases, you’re mastering the art of blending polarities.”

Masaru Emoto, researcher and author of *The Hidden Messages in Water*, asks, “Do you know that your consciousness can change water? When you send your gratitude to water, its quality improves. When you call water by names or ignore it, it deteriorates.” Through his research, he found that water responded most positively and beautifully when told the words, “Love and Gratitude.” It is through relationship and communication that giving and receiving are made manifest.

Yogi Bhan’s teachings support this universal wisdom: “Water, Earth, Heavens have consciousness, and knowing this is the process of life and living. You know spirit,

aura, memory never die. They call it *akashic* records. Whatever you are doing on the Earth, the Heavens are recording it. The Earth is living it, and Water, the vibration of communication, is sustaining it.”

The key to healthy chakras is balance. Kundalini Yoga as taught by Yogi Bhan® gives us the tools to balance our chakras. Frog Pose and Sat Kriya are known to work on the second chakra; and the Narayan Kriya, which honors Narayan, the Lord of Water, will work on our second chakra and on healing, strengthening, and balancing the relationships we have with ourselves and with others.

Water can teach you to be compassionate to others; and to wash clean and purify all who come into contact with you. Just as water is always flowing, the *sadhak* (person on a spiritual path) is continuously flowing and progressive, never stagnant.

**Liv Kaur** is the Marketing and Communications Manager for 3HO Foundation in Española, New Mexico.

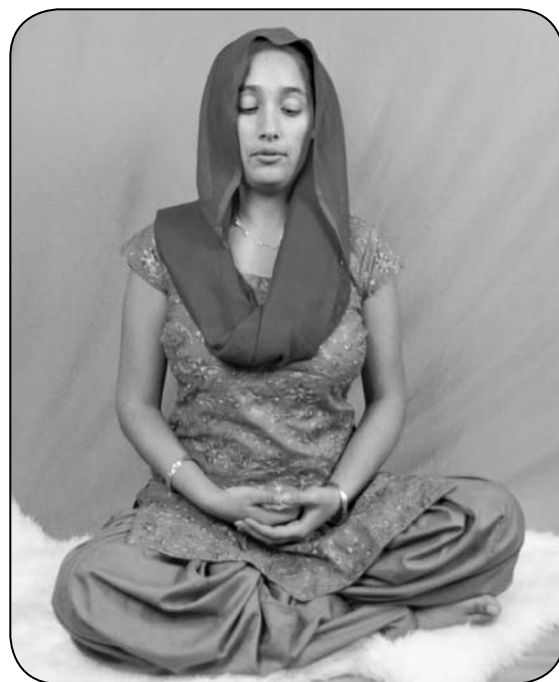
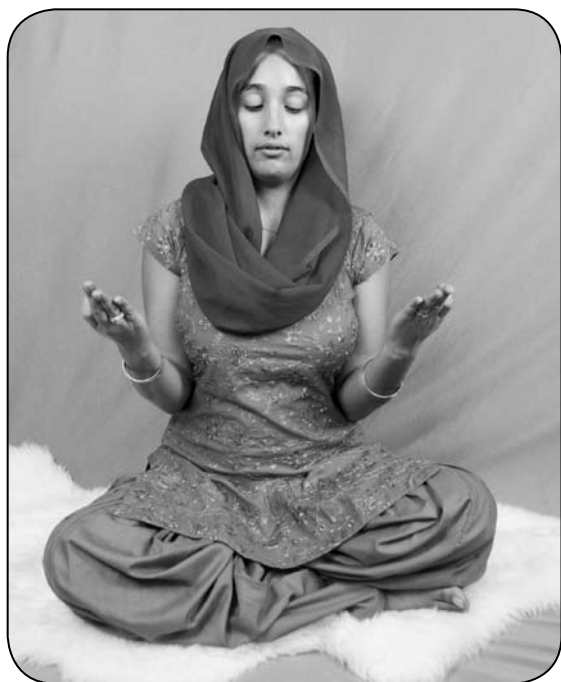
<sup>1</sup> The five gross elements of earth, water, fire, air, ether (space)

<sup>2</sup> Eight energy centers of the human being; seven correspond to nerve plexuses in the physical body, and the eighth corresponds to the aura. The 2nd Chakra corresponds to the sex organs.

<sup>3</sup> *The Aquarian Teacher*™ KRI International Kundalini Yoga Teacher Training Level I, available through [www.kriteachings.org](http://www.kriteachings.org)

# Narayan Kriya: Clearing and Clarity for Prosperity

## 2009 Meditation for the Water Tattva



Chant the Adi Mantra (*Ong Namo Guru Dev Namo*) 3-5 times.<sup>1</sup>

**Posture:** Sit in Easy Pose (a comfortable cross-legged position). Tuck the elbows into the body with the forearms angled up so that the hands are at the level of the Heart Center, chest width or slightly wider. The hands are in Gyan Mudra (the tip of the forefinger touching the tip of the thumb), palms up.

**Eyes:** 1/10 open and focused at the tip of the nose.

**Mantra:** Take a deep breath and chant the mantra in a monotone on one breath. Take a deep breath before each recitation of the mantra:

*Sat Narayan Hari Narayan Hari Narayan Hari Hari*  
(Pronunciation: *sat naraayan haree naraayan haree naraayan haree haree*)

Use the mantra to knit back together any tears within the fabric of your relationships.

**Time:** 11 Minutes

**To End:** Inhale deeply and hold. As you hold the breath, visualize your relationships and bless, forgive, and understand. Use this breath to heal these relationships. Exhale. Repeat twice more.

After doing this meditation for 11 minutes, chant *Wahe Guru* for 3 minutes. Hands are in Gyan Mudra at the knees or relaxed in the lap, right hand resting on the left, with palms up. Chant it in a slow monotone—*Wha-Hay-Guroo*—with equal time given to each of the three parts of the mantra. This seals the effects of the practice.

This meditation is available in pdf format at [www.kriteachings.org/toolsforteachers.htm](http://www.kriteachings.org/toolsforteachers.htm), under KRI Kriyas.

<sup>1</sup> For complete instructions, go to [www.kriteachings.com/toolsforteachers](http://www.kriteachings.com/toolsforteachers)

# Kundalini Yoga

As taught by Yogi Bhajan®

## CREATIVE ENERGY SET

*For four days in May 1977, Yogi Bhajan taught a series of Kundalini Yoga sets designed to stimulate the glandular system and strengthen the nervous system to help us prepare for the times ahead.*

Chant the Adi Mantra (*Ong Namo Guru Dev Namo*) 3-5 times.<sup>1</sup>

1. Lie flat on the back and raise the left leg as far as possible. Keeping the leg straight, reach up and grab the ball of the left foot. If this is not possible, grab the ankle or the calf, keeping the leg straight. In this position, begin vigorously kicking the buttocks with the right heel. Continue for 2 - 3 minutes, switch sides, and repeat.



2. Come into shoulder stand with the weight resting on the elbows and upper arms with the legs going straight up. Lower the left leg to the ground behind the head. Raise the left leg back up while you



lower the right leg. Continue to raise and lower alternate legs in this scissor motion for 2 - 3 minutes.

3. Sit up with the legs straight and spread wide apart. Reach forward and grasp the big toe of each foot (3a). If you can't reach the toes and keep the legs straight, grab the ankles or wherever you can reach on the leg. Inhale and then exhale, bringing the forehead down to the left knee (3b). Inhale back up and then exhale bringing the forehead to the right knee. Then inhale up and exhale bringing the forehead down towards the floor in front of you (3c). Maintaining a rapid pace, continue this left, right, center sequence for 2 - 3 minutes.



<sup>1</sup> For complete instructions, go to [www.kriteachings.com/toolsforteachers](http://www.kriteachings.com/toolsforteachers)



4. Lie flat on the back (4a). Lift the legs straight up and then over the head into Plow Pose with the legs straight and the feet on the floor (4b). Then return the legs to the floor in front of you. Continue this motion for 2 - 3 minutes.



5. Lie flat on the stomach with the chin on the ground. Make fists of the hands and fit them into the area underneath your body on either side of the groin. Point the toes and press on the fists while raising the legs as high off the ground as possible into Locust Pose. Keep the legs straight and hold this position for 3 minutes.



6. Lie flat on the stomach with the heels touching. Keeping the arms relaxed by the sides, arch up and raise the head and chest off the ground as much as possible. Stick the tongue all the way out and breathe rapidly through the mouth. Continue for 2 - 3 minutes.



7. Continue the breath described above in exercise 6 and put the hands down to support the upper body, coming into Cobra Pose. Bend the knees and bring the feet toward the head. Arch the back, trying to touch the head to the toes. Continue for 2 - 3 minutes.



8. Remaining on the stomach, bend the knees, grab the ankles, and arch up into Bow Pose keeping the arms straight. Bend the neck and try to touch the left ear to the left shoulder. Hold for 45 seconds. Then try to touch the right ear to the right shoulder. Hold for 45 seconds.



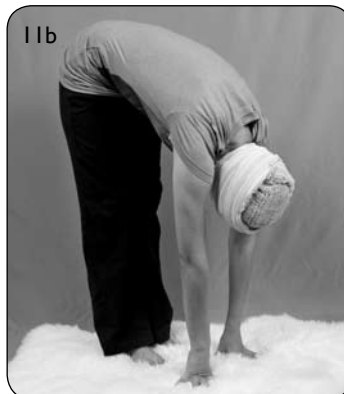
**9.** Remaining in Bow Pose with the head straight, rock forward and back for 1- 3 minutes.



**10.** Come into Crow Pose, squatting with the heels flat on the ground throughout the exercise. Hold the palms together in front of the body with the arms parallel to the ground and the elbows straight (10a). Rise to a standing position on each inhale (10b), and return to Crow Pose on the ex-hale. Continue for 2 - 3 minutes.



**11.** Come into Frog Pose with the fingertips on the ground in between the knees (11a). Slowly raise the buttocks by straightening the legs and keeping the fingertips on the ground (11b). Return to Frog Pose. Continue slow frog lifts for 2 - 3 minutes, then stand with the legs straight and bend at the waist so that the torso is parallel to the ground. The arms and head hang down relaxed (11c). Shout continuously and as loud as possible for 2 - 3 minutes.



**12.** Sit on the heels in Rock Pose. Place the hands on the shoulders with the fingers in front and thumbs in back. Rhythmically twist left and right. Continue for 2 - 3 minutes.



**13.** Still sitting in Rock Pose, put the thumbs in the armpits and the fingers on the chest. The fingers are pointing toward each other. Raise and lower the elbows rapidly as if flying (13 a & b). Continue 2 - 3 minutes.



**14.** Still sitting in Rock Pose, interlace the fingers behind the back. Bring the forehead to the floor and raise the arms up as high as possible into Yoga Mudra. Keep the arms straight. Breathe long and deep for 2 - 3 minutes.



**15.** Still sitting in Rock Pose, bend the elbows and bring the hands up in front of you, so that the arms are parallel to the floor. The right hand presses down on the left hand, and the left hand pushes up on the right. Both palms face down. Maintain maximum tension for 2 - 3 minutes.



**16.** Still sitting in Rock Pose, open the hands and spread the fingers. Stretch the arms out in front parallel to the ground. Then, using alternate hands, make a grasping movement and pull toward the Heart Center with great tension, as if pulling a 200 pound weight. Continue alternately stretching, grasping, and pulling with maximum tension for 2 - 3 minutes.



**17.** Sit in Easy Pose. Clap the hands in front of the chest with the elbows straight and arms parallel to the floor (17a). Immediately bring the arms out to the sides with the wrists bent back 90 degrees, arms still straight and parallel to the floor (17b). Then bend the arms to clap behind the head, keeping the elbows stretched back as far as possible (17c). Finally clap behind the small of the back (17d). Clap with maximum force and as loudly as possible. Continue rhythmically and rapidly in four counts for 2 - 3 minutes.



18. Sit in Full Lotus or Easy Pose. Place the fists on the ground by the hips close to the body. Raise and drop the buttocks 25 - 30 times. If sitting in Easy Pose, take care to use only the arms to lift off the ground.



19. Sit on the right heel with the left leg stretched straight out and the toe pointed. Place the palms on the ground near the buttocks. Raise the left leg up to a 60 degree angle. (Avoid leaning back.) Hold for 1 minute. Switch legs and hold for 1 minute. Then raise both legs up to 60 degrees. Hold 1 minute more.



20. Sit in Easy Pose with the hands resting on the knees. Rotate the spine in a large circle, keeping the head relatively still, and grinding deeply in a counter-clockwise direction. Change direction after 1 - 1 1/2 minutes. Do this exercise for a total of 2 - 3 minutes.

**Taught on September 21, 1988**  
**Source: Kundalini Maintenance**  
**Yoga Sets**

*Always seek the advice of a trained health professional before beginning any exercise program. The information presented here is not intended to diagnose, treat, cure, or replace proper medical care. The benefits attributed to the practice of yoga come from the centuries-old yogic traditions. Results will vary with individuals.*



# Cultivating Peace

## A QUEST FOR UNDERSTANDING AND COEXISTENCE

By Kristie M. Huber, Pennsylvania, USA

**H**ow shall we embrace this beautiful Aquarian Age that will be dominated by many positive attributes—compassion, altruism, and peace, to name a few? By becoming compassion, altruism, and peace.

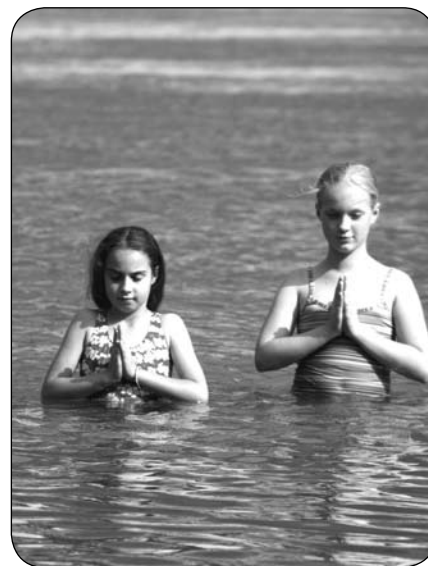
Studying and practicing Kundalini Yoga as taught by Yogi Bhajan® over the last six months has transformed me and my environments. As I felt peace within, I saw it spread outside myself to my surroundings. Yogi Bhajan spoke of the need for us to become God consciousness. As we each strive individually to do this, we spread enlightenment to our environments which invites others to evolve as well. Our presence can alter the energy of the environments we inhabit. By focusing within, we paradoxically transcend the self and connect collectively to effect the evolution of consciousness beckoned by the Age of Aquarius.

A reliable path to personal transformation is allowing ourselves to slip into the gap—into that silent, clear space we find within ourselves during meditation, prolonged exercise, yoga, or when creating. It is in this space between the moments where time is lost; not lost as in hours are suddenly gone, but lost as in the concept becomes irrelevant. Get into the gap however you can—exercise, meditation, yoga, music, the arts. Your intentions are clear from this space and the more time you spend there, the more you carry and radiate that heightened awareness and peaceful energy as you go about your daily routine. Yogi Bhajan taught many meditations and yogic exercises to help us achieve this state of clarity where you come to recognize yourself as the creator. It is when you can reside in the gap that all things become possible. So many of us are overwhelmed

by anxiety, fear, and stress; our thoughts are fearful and harried, creating a fearful and harried world and disease within ourselves. But when we are in the gap, we experience peace. The more time we spend there, the more we become peace and draw peace into the realities we create. It is time to take responsibility and create peace in this world.

I have witnessed firsthand how one person's transformation can impact surrounding environments—my own transformation since practicing Kundalini Yoga as taught by Yogi Bhajan® and its impact on my formerly stressful workplace. I do paralegal work in a high stress, competitive law firm and my transformed presence and knowledge has brought peace to an aggressive, vindictive, and otherwise negative environment. I was amazed to discover that since I began practicing Kundalini Yoga and playing recordings of mantras given by Yogi Bhajan in the office (at an almost inaudible level), there has been a drastic reduction in verbal altercations and hostile energy. In addition, my employer recently said that I bring a calm presence to my department! I believe that the personal peace I have cultivated emanates from me and impacts the energies in my environment. This is an example of how one person can make a change and radiate light and peace into her surroundings. When we all do this, the impact will be global. When we each find the light within and radiate that light, we can connect collectively to create a web of God consciousness.

The Aquarian Age expects us to be fearless in discovering our inner truths and walking our individual paths aligned with spirit. It is time for us to follow our bliss, our hearts, connect with and trust our inner guides,



trust that the net will appear—become who we intend to be; welcome the disengagement of the ego; be responsible for our every word, thought, and deed. Each of us has a unique evolutionary path and one is not better than another. Stay meditative during this time of chaos. Spread peace by emanating that peaceful frequency cultivated by regular, daily meditation. The thriving of our true essence will be our contribution to the collective consciousness. Individually we will connect to create a consciousness and reality dominated by peace, altruism, and compassion. This is how to embrace the Age of Aquarius.

---

**Kristie Huber** aka **Karambir Kaur** currently resides in Bethlehem, Pennsylvania, where she does paralegal work. She is a writer, counselor, and Reiki practitioner, and has been studying Kundalini Yoga as taught by Yogi Bhajan® for almost one year.



# Wake Up!

IT'S THE DAWN  
OF A NEW AGE

**By Guruka Singh Khalsa**  
**New Mexico, USA**

---

Success in these times depends on just one thing: your intuition must work and you must know how to listen to it.

---

**T**he Aquarian Age is upon us now. Yes, right now. Each day I see the signs everywhere. Command and control structures are failing and being replaced with teamwork and consensus. That which could be easily hidden is quickly coming to light. It's time to flow or go. It's time to let go—to let go of our old mental frameworks and rigid forms. It's time to let go of our fears and self-belittlement. It's time to escape the trap of ego and control. The dawn of this new awareness is dispelling the darkness, ignorance, and ugliness of the past. The angels are washing their windows. It is a time of blessing and a time of hard work.

It's time to come to our senses! It's time to be real with each other and to know that you already know everything there is to know. Now is the time to pay attention. Now is the time to wake up!

The beauty and uniqueness of the Aquarian Age is us: you and me.

*Those who deeply know who they are, and have worked hard, can rejoice and go Home. O Nanak! Their faces shine with joy and they take many others along. Japji, Guru Nanak*

Success in these times depends on just one thing: your intuition must work and you must know how to listen to it. The mind is just too slow. It served us for the last 2000 years, but it will take you round and round in circles if you let it. The time of the mind is over. Our brain works. The brain is much bigger than the mind. We already know the answers. All we have to do is pay attention and act.

You know, it's always a bit funny to me to hear all the excitement about the "Age of Aquarius." It's all just the evolution of consciousness on the planet, and though it's accelerating asymptotically, it's a continuous and steady process. Now what about the coming Age of Capricorn? Then we'll really get down to business!

---

**Guruka Singh** is a teacher, writer, inveterate punster, and the Executive Director of SikhNet. He has translated Yogi Bhajan's Gurmukhi poetry into English in the volume *Furman Khalsa* as well as translated Guru Nanak's *Japji* and other hymns from Sikh scriptures. Known by many as "Doctor Hi-Fi," he loves to play with electronics, computers, multimedia, and words.

# Meditation to Develop the Frontal Lobe and Hypothalamus

Taught by Yogi Bhajan, August 8, 2000

*There are three stages of time. One is yesterday, one is today, and one is tomorrow... And there is no such thing as tomorrow. If tomorrow does not become today, there shall be no tomorrow. You cannot meet tomorrow face to face. What do you think? Tomorrow will become today and then it will face you... Birds have no worry of tomorrow. They only make their nest when they are to lay their eggs. That is their only tomorrow. And when it's over, everything is over. Have you seen birds coming and opening a bank account? Or carrying a packet of food with them? No. They are not subject to the limits of time and space. They fly, they go. Where they see food, they get it. They are constantly living in today. But you as human beings live today and work for tomorrow, which you cannot face. That's why some are too rich, some are too poor, some are too angry...*

*We have two things in our body; frontal lobe and upper palate. We need to practice stimulation and control. These are two things in the body which are underdeveloped. And you can only develop them by imagination and by certain permutations and combinations of words with the tongue, so you can get the result.*

Chant the Adi Mantra (Ong Namō Guru Dev Namō) 3-5 times.<sup>1</sup>

1. Sit in Easy Pose with hands in Gyan Mudra,<sup>2</sup> resting on the knees.
2. Eyes at the tip of the nose, nine parts closed, one part open.
3. Chant *Wha Hay Guroo, Wha Hay Guroo, Wha Hay Guroo, Wha Hay Jeeo*. (You can use the CD *Raga Sadhana* by Sangeet Kaur and Harjinder Singh available from [www.a-healing.com](http://www.a-healing.com) and [www.spiritvoyage.com](http://www.spiritvoyage.com)) Continue for 31 minutes.

*We need music for the rhythm. We need these words because their permutation and combination make the tongue to touch the upper palate meridian points accurately... Keep the spine straight for strength.*



4. Inhale, remain in the posture, and begin Long Deep Breathing. Continue for 3 minutes.

*Concentrate on the sound you have listened to and chanted. Breath should be strongest, longest, and most powerful. This is a time for your virtue of the breath to be in control of you. This is the moment you have to create all the power within yourself. Concentrate on the breath. With each breath feel God within you, with each sound feel the Universe around you. And this power which you are creating, nobody can take away from you. When it becomes your total power as per your own excellence, you will be recognized by all human beings, birds, and animals.*

5. Inhale deeply. Straighten your spine and squeeze the entire fiber of your body to create one electromagnetic field. Hold tight. Fire out (exhale powerfully through the mouth). Repeat 2 more times.

<sup>1</sup> For complete instructions, go to [www.kriteachings.com/toolsforteachers](http://www.kriteachings.com/toolsforteachers)

<sup>2</sup> The tips of the thumbs and index fingers touch and the rest of the fingers are straight



# connectservegrow

## Join 3HO IKYTA: A place of connection for all teachers of Kundalini Yoga as taught by Yogi Bhajan®

Today, 3HO IKYTA members are found in over 67 countries worldwide!

### PROFESSIONAL MEMBERS DISCOUNT

#### 2009 Summer Solstice Sadhana Celebration

Receive an additional \$27.00 off Early Registration Rates

#### International Women's Camp

Receive an additional \$11.00 off Early Registration Rates

**REGISTER NOW!** Ends May 31, 2009

### 3HO International Kundalini Yoga Teachers Association Conference "Synergy, Unity and Prosperity"

June 19, Guru Ram Das Puri, Española, NM  
10:00am – 5:30pm

**Not a current 3HO  
IKYTA Member?  
Join today!**



3HO International Kundalini Yoga Teachers Association

505.629.1708 • [www.KundaliniYoga.com](http://www.KundaliniYoga.com) • [IKYTA@3HO.org](mailto:IKYTA@3HO.org)

*"Your presence is communication. Did you ever learn that? Your existence is your communication, and your Projection is your relation. You are the Power." ~ Yogi Bhajan*



# 2009 3HO IKYTA TEACHERS DIRECTORY

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: Contact upma@3HO.org to modify listings.

## ARGENTINA

### BUENOS AIRES

Sat Narayan Simran K Khalsa  
0115491169914401 satnarayansimran@gmail.com

## AUSTRALIA

### BONDI

Stephen Leppard (Sat Baksheesh)  
+612-93694629 sleppard@ozemail.com.au

### BRISBANE

Briellen (Brie) Kalamir (Har Simrat Kaur)  
0422-963-207 brie@spiritrisingyoga.com.au

### Spirit Rising Yoga

+61-0422-963-207 info@spiritrisingyoga.com.au

### BYRON BAY

Jacinta Csutoros (Har Jiwan Kaur)  
0419-344-842 harjiwan@internode.on.net

### CENTRAL COAST NSW

Chloe Rubbo (Dharamjot Kaur)  
0433932027 chloe.rubbo@gmail.com

### DOVER HEIGHTS

Melissa Rankine (Pavter Kaur)  
+61293711057 mel@purekundalini.com

### HEIDELBERG HEIGHTS, VICTORIA

Renee Goodman (Gurujivan Kaur)  
3-9458-3571 gurujivan@tpg.com.au

### MACKAY

Catherine Plant (Hari Arti Kaur)  
07-49540570 sadhu\_bij@hotmail.com

### MELBOURNE

Kathleen Heathcote (Guru Dev K)  
+613 9646 5535 steveandkathy@tpg.com.au

### MOSMAN SYDNEY NSW

Suraj Kaur Bryson  
0411194256 suraj@kundaliniwellbeing.com

### MULLUMBIMBY NSW

Maya Stange  
61266841937 maya@thevillas.net

### NEWCASTLE, NSW

Virginia Ebbeck (Devmuti Kaur)  
6124975-3968 ginny\_@hotmail.com

### NEWTOWN, SYDNEY

Katie Manitsas  
0421-836-009 katie@samadhiyoga.com.au

### NTH MACKAY QLD

Barbra Whitfield (Didar Kaur)  
0749575178 didarkaur@yahoo.com.au

### PERTH

Suzanne McDonald (Seva Simran Kaur)  
00-61-89384-7005 goldencabinet@bigpond.com

### ROSE BAY, NSW

Rhickey Jennings (Meherban Singh)  
+61408812088 rhickey@fedex.com

### SYDNEY

Gail Power (Siri Pritam Kaur)  
-61-0417-230-557 gailfiteny@yahoo.com.au

### Jaye Roberts (Meher Kaur)

0414-898-262 jaye@essenture.com.au

### Michael Thomson (Harnam Singh)

0414637788 michael@michaelthomson.com

## AUSTRIA

### VIENNA

Christian Navarro Garcia  
+436609460140 nirmal.kundaliniyoga@chello.at  
OLYMPIA  
Revel (Sat Sarbat Kaur)  
011-43-1-97154092 sat.sarbat@chello.at

## BELGIUM

### BRUSSELS

Cristin Tighe (Simran Kaur)  
011-322-732-02-93 cristin@yogasimran.com

### Gisèle Viselé (Siri Ram Kaur)

23-2-375-46-81 sounyai@skynet.be

### Sounyai Center

32-2-375-46-81 sounyai@skynet.be

### Yoga Simran Simran Kaur (Cristin Tighe)

02-732-02-93 cristin@yogasimran.com

### LASNE

Atlantide Asbl  
003226331266 info@atlantideasbl.org

### Huguette Declercq (Amrit Kaur)

003226331266atlantide.asbl@easynet.be

## BOLIVIA

### LA PAZ

Nene Molina  
nenemolina@hotmail.com

## BRAZIL

### BELO HORIZONTE

Amrit Atma Kaur Regina Lopes C. Queiroz  
55-31-92399444 aak@abaky.org.br

### Centro Guru Ram Das (Guru Sangat Kaur)

31-32975508 secretaria@abaky.org.br

### Centro Yogi Bhajan

55-31-32271308 cybhajan@gmail.com

### Chardi Kala Centro De Kundalini Yoga

+5531-3234-5792 chrdikalacky@gmail.com

### Guru Sangat Kaur Khalsa

31-35818969 gsk@abaky.org.br

### Kirn Jot Kaur

55-31-35818969 kjk@abaky.org.br

### Sadhu Kaur (Maria Borges)

55-31-99592899 sadhukaur@gmail.com

### Siri Sahib Singh (Rodrigo Rodarte)

+5531-3234-5792 sirisahibsingh@gmail.com

### PORTO VELHO

Loanda Maraldi Freire (Prem K)  
55.69.3221.1845 loandamfreire@hotmail.com

### RIBEIRÃO PRETO

Adriana Mendonca Mesquita (Kalyan Kaur)  
55-16-3624-0910 milena.scato@hotmail.com

### Dulce Tallarico (Adi K)

16618-2176 tallarico@netsite.com.br

### Lais Moreira (Guru Suroop Kaur)

55-16--3627-4400 alegreviver@netsite.com.br

### RIO DE JANEIRO

### Sotanter Kaur (Since 1997)

21-2551-4892 sotanterkaur@yahoo.com

### SAO JOSE DO RIO PARDO

Maria Ines Nasser de Moura (Pritam Hari kaur)  
55-19-3608-5609 maraines@uol.com.br

### SÃO PAULO

3Hobrasil Instituto Kundalini Yoga  
55-11-4485-1556 info@3hobrasil.com.br

### AKYM - Associação Nacional de Profes-

soras de Kundalini Yoga do Brasil

55-11-3271-4729 akym@akym.com.br

### Associação Cultural Instituto De Kundalini

Yoga Kundal Yoga E Meditação Dharam Kaur  
55-11-68412040 info@kundalyoga.com.br

### Eliane Lorenzetti Bez Chleba

0-11-5548-8299 elianelchleba@ig.com.br

### Kundal Yoga E Meditação Dharam Kaur

5511-6841-2040 info@kundalyoga.com.br

### Subagh Kaur Khalsa

55-11-4485-1556 info@3hobrasil.com.br

### COTIA

Eloydeq Lorenzetti Bez Chleba (Hari Jiwan Kaur)  
55-11-4703-5336 jiwankaur@terra.com.br

### RIBEIRÃO PRETO

Dulcelara Moleiro Tallarico (Adi Kaur)

55-16-3618-2176 adikaur2@yahoo.com.br

### Gislaine Aparecida Mileo Krubniki Ferraz

(Pavan Kaur)

55-16-3632-8829 pavankaur@pavankaur.com.br

### Maria Das Gracias Beltrami (Meher Kaur)

55-16-3612-4208 gracabeltrami@yahoo.com.br

### RIO DE JANEIRO

### Ruth Viotti Saldanha (Dharam Kaur)

55.21.2537.8381 kaur.dharma@yahoo.ca

### SÃO PAULO

Aurora Alexandrina Castellotti (Guru Atma Kaur Khalsa)

55.11.3755.1388 gakk@uol.com.br

### Brazilian Kundalini Yoga Teachers Associa-

tion Angad S

011-5511-5184-0423 luzdenanak@ig.com.br

### VITORIA

Vedya Kaur

27.9975.0995 vedyakaur@yahoo.com.br

## CANADA

### ALBERTA

### CALGARY

David Mannix  
dave\_mannix@yahoo.com

### Judy D. Negrey (Jagpaul Kaur)

403-922-8277 soulinsights@shaw.ca

### Noer Mannix-Wuisman

noer\_wuisman@yahoo.com

### Tracy Gawley (Sat Sangeet Kaur)

403-226-2906 tracy@tracysvision.com

### EDMONTON

### Satwinder Kaur Sran

780-457-6639 s\_sran@yahoo.com

### INNISFAIR

### Kathy Law (Sada Anand Kaur)

403-728-3152 dcllee@telusplanet.net

## BRITISH COLUMBIA

### BURNABY

Marie Chang  
604-809-8378 mariejc@telus.net

### COMOX

Anita Kalnay (Angad Kaur)  
250-898-8788 kalnay@shaw.ca

### DENMAN ISLAND

Hari Amrit Kaur Khalsa  
250-335-1143 hariamrit@telus.net

### LANGLEY

Lorna Allan  
604-513-1454 lallan@uniserve.com

### NANAIMO

Jana Ziman (Guru Bhai Kaur)  
250-591-7304 janaziman@shaw.ca

### RICHMOND

Nirmaljeet Sandhu  
604-204-0168 nimisand@yahoo.com

### SURREY

Harjit Kaur Khalsa  
604-512-4421 harjitk.khalsa@gmail.com

### VANCOUVER

Alex Hutton  
alex555@fastmail.fm

### Andrina Perry (Devmuti Kaur)

604-215-0083 andrina@telus.net

### Baljit Dhudwal

604-321-5559 bdhudwal@hotmail.com

### Dawn Swanson (Hari Prakash Kaur)

604-688-3194 dawnswan@telus.net

### Dharm Kaur Khalsa

604-714-0509 dharmkaur@gmail.com

### Guru Raj Kaur Khalsa

604-736-2919 grk@khalsa.com

### Hari Singh Khalsa

604-736-2919 harisinghkhalsa@mac.com

### Thomas Khu

604-649-3693 thomas@phonebooth.ca

### VICTORIA

### Alanda Carver (Siri Amir Kaur)

250-642-3001 muircreek@hotmail.com

### John Ricker (Pranpati Singh)

250-598-5744 pranpati@hotmail.com

## MANITOBA

### WINNIPEG

Deborah Smith (Kirti Kaur)  
204-792-3341 essenceyoga@gmail.com

## NOVA SCOTIA

### HALIFAX

Anastasia Akasha Kaur  
902-446-4665 anoint@hotmail.com

## ONTARIO

### AILSA CRAIG (LONDON)

Sandra Brazeau (Pritam Hari Kaur)  
519-2324145 sbkundalini@hotmail.com

### ALMONTE

Mary Biggs (Kirinot Kaur)  
613-256-4993 marybiggs@sympatico.ca

## AUBURN

**Katrina Bos**

519-529-3526 kbos@hurontel.on.ca

## BARRIE

**Ganga Elizabeth Auer**

705-792-5960 gangauer@rogers.com

## BARRIE

**Yogaroom**

705-792-5960 gangauer@rogers.com

## BRANTFORD

**Glenys Vanstone**

519-757-1643 vanstone@execulink.com

## CANNINGTON

**Paola Di Paolo (Satya Kaur)**

905-989-0392 info@fourdirectionsyoga.com

## ETOBICOKE

**Ivan Ivanisevic Purusha**

416-712-6264 purusha@rogers.com

## MARKHAM

**Adele Spraggon**

spraggon@sympatico.ca

## MERRICKVILLE

**Pamela Mcmillan (Prem Siri)**

613-269-4035 pamela@merrickvilleforum.ca

## OTTAWA

**Alison Finney (Devinder Kaur)**

613-841-4854 info@pranashanti.com

**Catherine Larrivee Currie (Rai Kaur)**

613-8189642 catherine@pranashanti.com

**Christine Garand (Kulmeet Kaur)**

613-232-9225 christine@fearlesscooking.ca

**France Girard (Siri Karm K)**

613-565-2648 sirikarm@sympatico.ca

**Harimandir Singh Khalsa**

613-563-4399 info@vegybnb.com

**Navjit Kaur Sidhu (Nina)**

613-839-0596 nina@yogaandtea.com

**Pranashanti Yoga Centre (Devinder Kaur)**

613-761-9642 info@pranashanti.com

**Sat Hari Kaur Khalsa (Leanne Levchuk)**

613-727-0147 breathlady@gmail.com

**Shunnya Centre**

613-565-5644 info@shunnyacentre.com

**Siri Bandhu Khalsa**

613-563-4399 siribandhu@yahoo.com

**Sophie Terrasse**

613-842-9771 terrasse@rogers.com

**Yoga & Tea Studio (Navjit Sidhu)**

613-304-6320 info@yogaandtea.com

## OWEN SOUND

**Sat Dharam Kaur**

519-372-9212 sdk@log.on.ca

## PERTH

**Pamela Leviton (Parmatma Kaur Leviton)**

613-326-0989 dk763@ncf.ca

## ROCKLAND

**Diane I. Desrochers (Meherbani Kaur)**

613-446-1648 desrod@sen.parl.gc.ca

## ST. CATHARINES

**Lisa Scandolari (Devi Kirn Kaur)**

905-9357482 lisadoesyoga@yahoo.ca

## STITTSVILLE

**Wendy Saunders**

613-435-0750 wendysaunders@rogers.com

## TORONTO

**Catherine Allon (Shanti Devi)**

416-694-0232 ccawaken@ca.inter.net

**Danuta Szejewowska (Kirn Kaur)**

416-620-1222 danuta@k-yoga.ca

**Daya Kaur (Yvonne)**

416-674-7083 dayakaur@rogers.com

**Deborah Stewart Finestone**

416-656-5063 deborahstewfine@rogers.com

**Guru Fatha Singh Khalsa**

416-888-8535 gurufathasingh@gmail.com

**Katherine Humphrys (Santokh Kaur Aruna)**

416-944-2888 santokh@yogaunlimited.com

**K-Yoga**

416-620-1222 info@k-yoga.ca

**Linda Racicot (Akasha Kaur)**

416-260-0132 linda@lindaracicot.com

**Lisa (Elizabeth) Lorenzon (Sunder Kaur)**

416-546-5361 isaloren@rogers.com

**Lotus Yoga Centre**

416-929-4428 info@lotusyogacentre.com

**Marion Schoeler**

416-485-8704 marionschoeler@sympatico.ca

**Tom Russell (Nirmal Singh)**

416-929-9369 nirmal@thewellnesspath.ca

**Wendy Welch (Jai Satya Kaur)**

416-461-8879 jaisatyakaur@yahoo.ca

## WINDSOR

**Nancy Balestrini (Inder K)**

519-251-4758 nancyafb@yahoo.com

## QUEBEC

### ILE BIZARD

**Shabad Saroop Singh Khalsa**

514-993-0067 sssent@sympatico.ca

### MONT TREMBLANT

**Ingrid Berg**

514.907.5365 ingriddubec@hotmail.com

### MONTREAL

**Amber Judge (Amrit Kaur Khalsa)**

514-257-4598 a.kaur.khalsa@gmail.com

**Dale Belcham**

freedomisendless@gmail.com

**Equilibrium**

514-843-9642 yogamontreal@bellnet.ca

**Jasvinder Kaur (Jennifer Malisaukas)**

514-341-4457 info@pavanguru.com

**Monique-Olivia Durand (Devi Kirin K)**

Pavan Guru Yoga Space

**Jasvinder Kaur**

514-341-4457 info@pavanguru.com

**Sabine Gauvin (Har Hari Kaur)**

514-385-5367 sabinegauvin@sympatico.ca

**Sylvie Corbeil**

514-288-2018 shivani.yoga@yahoo.ca

**Yvon Villeneuve**

514-349-6515 yvilleneuve@sympatico.ca

### ROSEMERE

**Linda Langlois (Onkar Kaur)**

450.965.0866 came01@videotron.ca

### WAKEFIELD

**Sharron Cosgrove (Seva Simran Kaur)**

819-459-3980 shcosgrove@sympatico.ca

## YUKON

### DAWSON CITY

**Marielle Veilleux (Sat Nam Kaur)**

867-993-6347 marielleveilleux@yahoo.com

### DAWSON CITY

**Under The Midnite Sun Yoga Center (Marielle Veilleux/Sat Nam Kaur)**

867-993-6347 marielleveilleux@yahoo.com

## CHILE

### LAMPA

**Asociacion de Profesores de Kundalini de**

**Chile APKY**

056-2-733-1217 asocprofkychile@yahoo.es

## CHINA

### SHANGHAI

**Nilaya Prem**

8613701957976 nilaya@126.com

## COSTA RICA

**St. Teresa El Centro De Yoga Kundalini**

-011-506-2640-0361 shrednyogi@yahoo.com

## DENMARK

### COPENHAGEN

**Trine Hedegaard (Sat Ravi Kaur)**

+4528702102 trine@yogini.dk

## EGYPT

### GARDEN CITY

**Dev Dharam Hueske**

2-018-177-1114 keepup108@yahoo.com

## ESTONIA

### TALLINN

**Sukhdev Kaur Kaur (Lilia Del Rio)**

+37253731839 liliadelrio@gmail.com

## ESTONIA

**Rame küla/Läänemaa (Marika Blossfeldt)**

372-47-75363 pollitalu@yahoo.com

## FINLAND

### HELSINKI

**Jivan Mukta Singh (J. Lafontaine)**

+358-404-104-863 info@kundaliini.com

**Sat Darshan Kaur (A. Sat Darshan**

**Lafontaine)**

+358-44-278-9970 info@kundaliini.com

### TAMPERE

**Taina Isotalo (Sadhu Kaur)**

+358-3-2532734 tisotalo@yahoo.com

## FRANCE

### CORENC

**Atma Singh Bagneres**

33-04-76-18-27-17 atmasingh@goldentemple.fr

### DINGY ST CLAIR

**Dominique Puvilland**

330450327895 dominique.puvilland@wanadoo.fr

### PARIS

**Mrs. Nooteboom (Guru Hans Kaur)**

33-143293668 kundalini-yoga-ghk@wanadoo.fr

### ST MICHEL LES PORTES

**Amrit Nam Sarovar (Karta Singh Khalsa)**

0033-0476-34-22-05 ans.info@amritnam.com

**Jean Loius Astoul (Karta Singh Khalsa)**

+33-04763-42205 kartasingh@amritnam.com

## GERMANY

### BERLIN

**Bibi Nanki Kaur Kaur (Kerstin Wiechmann)**

49-30-78704497 nanaki@snaful.de

**Sohan Anne Kaur Boeing**

+49-30-440-32-690 info@kundalini-yoga-berlin.de

### BONN

**Svenja Teske**

satkaramkaur@teskenet.de

## BREMEN

**Anand Kaur Martina Seitz**

042177404 anandseitz@aol.com

**Shanti K Gnau**

0049-0421-704670 shanti-k@web.de

## DREIEICH

**Holger Ideler (Har Bhajan Singh)**

+49-0-6103-64609 holger@ideler.info

**Holger & Helga Ideler Yoga Center**

+49-6103-69-7610 helga.ideler@hiconsulting.de

## ECHING-GUENZENHAUSEN

**Christina Pangerl (Bhagwati Kaur)**

-8133-2787 bhagwati@kundalini-yoga-muenchen.de

## Freiberg

**Antje Kuwert**

0049-7141-9131962 info@kundaliniyoga-ak.de

## HAMBURG

**3HO Organization Deutschland**

49-40-479099 info@3ho.de

**Anja Luhrs (Hari Kaur)**

0049-40-39-38-95 anja-sonne@web.de

**Ardas - Center For Yoga & Health**

040-39805275 info@ardas.de

**Barbara Wester (Simran Kaur)**

49-40-4604756 simran.kaur@hamburg.de

**Klaus Stülpnagel (Sat Hari Singh Khalsa)**

0049-40-18164499 sathari@goldentemple.nl

**Meher S. Blossfeldt (Meher Singh)**

040-39805275 info@ardas.de

**Subagh K. Blossfeldt (Subagh Kaur)**

040-39805275 info@ardas.de

**Wisse Wester (Satya Singh)**

49-40-475883 satya.singh@hamburg.de

**Yogazentrum Hoheluft**

49-40-475883 satya.singh@hamburg.de

## HEIDELBERG

**Divine Human**

49-6221-412-057 gurumarka@gmail.com

**Gurumarka Singh Khalsa**

+49-6221-412-057 gurumarka@t-online.de

## HEILBRONN

**Steffen Schott (Sat Want Singh)**

004917664207339 satwantsingh@gmx.de

## KARLSBAD

**August Berzel (Gobinde Singh)**

004907202937133 gobinde@gmx.de

## KARLSRUHE

**Adelheid Pelz (Hari Har Kaur Khalsa)**

00497218200495 hariharkaur@aol.com

## MÜNCHEN

**Kai Michaelis**

+498962489362 kai@k-yoga.de

## NIERSTEIN

**Karen Sarab Sarang Lattewitz**

+4906133927047 sarabsarang@web.de

## HONG KONG

### HING KONG

**Minal Dhulashia (Prem Siri)**

852-94318846 m\_dhulashia@hotmail.com

## IRELAND

### CAPPAGHMORI

**Burren Yoga And Meditation Center (Sotan-**

**tar Singh) Salvador Broch**

353-91-63-76-80/ US phone # 714-418-3000

sotantar@gongmaster.org

CARRIGROHANE  
Kundalini Yoga Teachers Association of  
Ireland KYTAI  
353 (0)87 333 9642 info@kundaliniyoga.ie

---

## ISRAEL

JERUSALEM  
Gillian Reingold Gillyana  
050-903-0655 nadayoga3@yahoo.com

KOCHAV YAIR  
Caroline Finch Karol Finch  
09-749-2875 finchkarol@yahoo.com

---

## ITALY

CASERTA  
Anna La Peruta  
39-0823-1871344 annalaperuta@libero.it

BOLOGNA  
Angelo Daldi (Jiwan Singh)  
0039-051-380516 jiwan@fastwebnet.it

FLORENCE  
Meherbani Kaur Khalsa  
+39-348-7319764 meherbani@karamkriya.it

LATINA  
Gigliola Di Libero (Hari Purkh Kaur)  
+39-393-5787153 hari.purkh@libero.it

MILANO  
Sangeet Kaur Bachetti  
39-02-54-55-040 sangeetyoga@gmail.com

RAVENNA  
Associazione Kirpaa  
00393392227758 info@kirpaa.it

Federica Fanelli (Fateh Kaur)  
00393392227758 fateh@fatehkaur.it

ROME  
Angelo Strignano (Nirankar Singh)  
+393356576404 nirankar69@gmail.com

Associazione Erbamoly  
+39-333-3236981 associazionerbamoly@libero.it

Centro Yoga Shakti  
0039-06-66154142 info@kundaliniyoga.it

FIKY Federaxione Italiana Kundalini Yoga  
39-6-321-7044 fiky@fiky.it

Guru Jiwan Kaur (Pascucci Teresa)  
0039-06-66154142 gurujowan@kundaliniyoga.it

Jagat Kaur  
+39-333-3236981 jagat.kaur@libero.it

Karta Singh Giustiniani Massimo  
0039-06-66154142 kartasingh@kundaliniyoga.it

TERNI  
Calvani Luca (Siri Ram Singh)  
+393356610080 ramacal@iol.it

---

## JAPAN

TORIDE, IBARAKI  
Kinya Akiyama (S.S.Dya Singh)  
81 297 72 0168 (from abroad) 090 9856 2449  
(from Japan) dya@mx10.ttcn.ne.jp

---

## MEXICO

COYOACAN  
Guru Hans Kaur Khalsa  
55-5688-3913 guruhans@cablevision.net.mx

GUADALAJARA  
Solange Del Nero (Sat Guru Kaur)  
33-36416824 hotmail.com

JALISCO  
Roberta Dee Dee Camhi (Har Kar Khalsa)  
978-865-4616 rdcamhi@mac.com

MEXICO CITY  
Ashram Guru Arjan  
+5255-55796515 ashram@guruarjan.com

Sat Tara Singh Khalsa  
52-55-2109-9349 smonkey@entropia.com.mx

MONTERREY  
Patricia Herrera (Guru Nam Kaur)  
81-83427000 phdohren@att.net.mx

OAXACA  
Kunda'Vi  
951-204-5849 quirosana@yahoo.com  
Sardarni Kaur (Suarez Y Fernandez)  
951-204-5849 quirosana@yahoo.com

---

## NEW ZEALAND

BLENHEIM  
Krisztina Paterson (Sat Darshan Kaur)  
64-3-577-5507 satdarshan@kundaliniyoga-nz.com

---

## PARAGUAY

ASUNCIÓN  
Marialyda Jacqueline (Fernández De  
Garbett) Sat Pal K  
595-21615298 satpalkaur@dharma.com.py

---

## PERU

LIMA  
Augusta Thorndike  
01-2210354 augustathorndike@gmail.com

---

## POLAND

WARSAW  
Tomasz Winski (Harjeet Singh)  
+48-601-343-314 tom@astrologus.pl

---

## PORTUGAL

LISBON  
Satya Kaur  
+351-261-098-194 satya@karamkriya.co.uk  
LONDON  
Shiv Charan Singh  
+351-261-098-194 info@karamkriya.co.uk  
Santa Susana, São João Das Lampas Qunta  
Do Rajo  
+351-261-098-194 satya@karamkriya.co.uk

---

## SINGAPORE

SINGAPORE  
Birgit Groh  
0065-90905787 birgit.groh@gmail.com  
Janet Song Lai Wan (Jai Kartar Kaur)  
65-90258219 janetslw@singnet.com.sg

---

## SOUTH AFRICA

CAPE TOWN  
Deirdre Rhodes (Patwant Kaur)  
0731065707 suryawellnessprogramme@gmail.com

JOHANNESBURG  
Pritam Hari K Khalsa  
011-27-11-886-6869 khalsa@kundaliniyoga.co.za

STRUBENVALE  
Judy Connors Simran  
+27118151256 judy@phaphama.org  
ALLEN'S NEK  
Robert Witham (Dharam Dev Singh)  
27 11 475 1247 witham@telkomsa.net

---

## SPAIN

BARCELONA  
Guru Guru Sat Guru Kaur Khalsa  
0034-657-475-845 satgurukaur@khalsa.com

Sat Guru Kaur Khalsa (Cheryl Baker)  
0034-657-475-845 satgurukaur@khalsa.com  
TARRAGONA  
Esencia Altamira Camas España  
34-977-781-661 info@esenciatarragona.com  
Tami Camas (Sada Simran Kaur)  
625230962 info@esenciatarragona.com  
TRES CANTOS  
Benigna Perez Gonzalez (Prem Kaur)  
918036463 premkaur@kundaliniyogatrescantos.com  
Yoga Prem  
918036463 premkaur@kundaliniyogatrescantos.com

---

## SWEDEN

BROMMA  
Sophia Goth (Amar Dev Kaur)  
46708307051 sophia@breathe.se  
GOTHENBURG/GÖTEBORG  
Clara Nestor (Hari Kaur)  
+46-0-31-14-85-09 info@yogastudion.com

HÖLLVIKEN  
Jona Dahlquist  
+46708177871 jona@yogajona.se

LAHOLM  
Lena Wildgoose  
46-430-21416 lwildgoose@msn.com

SKANÖR, HÖLLVIKEN, MALMÖ  
Kundaliniyoga Syd  
+708177871 jona@yogajona.se

SOLNA  
Merjam Auraskari (Hari Jot K)  
+468-6550482 merjam@rootlight.se  
Rootlight Yogacenter & Yogabutik  
+468-6550482 info@rootlight.se

STOCKHOLM  
Goran Boll (Jiwan Shakti Singh)  
468-210330 info@yogayoga.nu  
Tom Jensen  
8-6000849 jensen.tom@telia.com  
Viveka Pasquier (Har Dyal Kaur)  
+4686413747 info@yogaakuten.se

UMEÅ  
Maja Tellegard (Harpal Kaur)  
+4690771227 kyskolan@hotmail.com  
Maya Yoga Center  
+4690771227 kyskolan@hotmail.com

---

## SWITZERLAND

ERLENBACH  
Zh Seeschau  
+41-44-915-55-28 info@seeschau.ch  
LUZERN  
3HO Switzerland (Harpal Kaur)  
0041-41-210-1688 liliane.gabriel@sqz.ch  
Lucia Graf (Sat Pal Kaur)  
0041-41-210-1688 luciagraf@yogaluzern.ch  
Ra Ma Da Sa Center  
00416697153 luciagraf@gmx.ch

---

## TAIWAN

TAIPEI  
Satwant Kaur Swk  
+886-930384290 tullian@tin.it

---

## THAILAND

BANGKOK  
Annick Hemsin  
+66-81-618-1218 annickhemsin@hotmail.com  
Marie-France Champagne (Sunderta Kaur)  
66-8-9-494-46-79 mfcampagne@gmail.com

HUA HIN  
Hanneke Meijers (Johanna Wouthera  
Catharina)  
+66-818579417 hanton@loxinfo.co.th  
PHNOM PENH  
Tonie Nooyens (Anthonius Philip Engel)  
+85592429835 info@kundaliniyogacambodia.org

---

## TRINIDAD-TOBAGO

MARAVAL  
Gordon Price (Hari Sant Singh)  
868-628-3335 harisant@khalsa.com  
Rosanna Farmer (Bahadur Kaur)  
868-628-8726 rosanna@wow.net

---

## TURKEY

ANKARA  
Buket Tuba Aran  
00905326448079 binodanandini@yahoo.com

---

## UK

LONDON  
Guru Kaur Khalsa  
+44-20-7394-8587 firsttight@amritvela.com

BRISTOL, GLASTONBURY AND LONDON  
Siri Datta Kaur  
01935-423-466 jeshoua33@aol.com

CAMBRIDGE  
Har Hari Kaur  
01223-575-181 harharikaur@ntlworld.com

LONDON  
Andra Levinson Milsome (Ram Rattam Kaur  
+44-07971803233 info@breathoflife.co.uk

Kathryn Mccusker (Sarab Sewak)  
+447990521642 kathryn@kathrynmccusker.com  
Kundalini Yoga Teachers Association of UK  
44-(0)7952-697-550 info@kundaliniyoga.org.uk

NEWBURY  
Darryl O'keeffe  
+447885625398 uk@i-sky.net

I-Sky.Net  
447885625398 uk@i-sky.net

ST. ALBANS  
Guru Ram Kaur  
+44-01727-827554 grk@sohanjaliai.com

ST. ALBANS, HERTFORDSHIRE  
Sohan Jaliai  
01727-827554 grk@sohanjaliai.com

---

## URAGUAY

MONTEVIDEO  
Ana Maria Rosillo  
bhajank@gmail.com

CARDONA - SORIANO  
Shiva Kaur (Gladys Cabrera de Waksman)  
598 536 9212 shiva.kaur@gmail.com

Bhajan Kaur (ANA ROSILLO)  
598 613 93 52 bhajank@gmail.com  
Varanjeet Kaur (Sylvia Pardo)  
598 506 18 66 pshi@adinet.com.uy

---

## USA

---

### ALABAMA

BIRMINGHAM  
Harinam Kaur Khalsa  
harinamkhalsa@yahoo.com  
Harinam Singh Khalsa  
205-967-5665 harinamkhalsa@yahoo.com

## ALASKA

### ANCHORAGE

Amrit K Khalsa  
907-345-2854 amritlaw@pobox.alaska.net

Beth Verrelli  
907-929-4077 bverrelli@yahoo.com

Jai Kaur Rinehart  
907-522-5456 bobi@rbfundraising.com

Joanna Fujimoto (Sat Purkh Kaur)  
907-646-1494 jbfujimoto@gmail.com

Kundalini Yoga Of Alaska  
9073451339 nkk@pobox.alaska.net

Lori Trummer (Siri Sundri Kaur)  
907-743-9460 ltrumner@fs.fed.us

Nirvair Kaur Khalsa  
907-345-1339 nkk@pobox.alaska.net

Nirvair Singh Khalsa  
9073451339 alaskayogi@gmail.com

Siri Hari Hari S Khalsa  
907-345-2854 sirihs@alaska.net

### FAIRBANKS

Shabd-Sangeet Khalsa  
907-455-8580 ssk@orchidessences.com

### JUNEAU

Grace Elliott (Sahaj Kaur)  
907-209-9549 sahajkaur.elliott@gmail.com

Harimander Kaur Clark  
Sushma/Susan Clark  
907-586-6952 sushma@alaska.net

Mukhya Khalsa  
907-780-4051 mukhya@hotmail.com

Sitka Mike Sinder  
907-747-8196 mikesinder@gmail.com

## ARIZONA

### CAREFREE

Sandra Mershon Amrita  
480-595-7775 bamart@aol.com

### FLAGSTAFF

Haring Khalsa  
928-526-5831 Haring.Gurdarshan@msn.com

### MESA

Gordon Sims (Gurudeep Singh)  
480-338-7091 gsims66@gmail.com

Gretchen Bickert  
602.570.3375 ursus88@gmail.com

### PARADISE VALLEY

Debra Pabst (Guru Daya Kaur)  
602-228-0458 pabstearth@aol.com

### PHOENIX

Adi Singh Khalsa  
602-255-0664 khalsa-maintenance@khalsa.com

Ardas Kaur (Patricia Graham Jones)  
623-363-1946 ardaskaur@gmail.com

Bettina Wilshusen (Nam Kaur)  
602-277-5579 rtw2000@cox.net

Bibi Bhani K Khalsa  
602-254-0418 bibibhani@cox.net

Christopher Gallagher (Guru Karam Singh)  
602-618-2098 gurukaram-chris@cox.net

Diane Young (Dev Sarang Kaur)  
602-265-2568 dlyart@yahoo.com

Guru Ardas Kaur Oats-Smith (Michelle)  
602-955-6412 guruardas@cox.net

Gurukirn Khalsa  
6025101541 gk@vail.com

Janine Lode (Sadhana Kaur)  
602-277-8097 janinelsez@cox.net

Jodha Khalsa  
6025101541 jsk@vail.com

Kewal Kaur Khalsa  
602-230-9263 kewalkaur@gmail.com

Lisa Meyer (Gagandeep Kaur)  
602-535-5659 lisameyer54@cox.net

Randall Wilson (Rai Singh)  
623-570-5269 raisinghdidj@yahoo.com

Ray Kessler (Yogiray)  
602-651-1133 yogiray@cox.net

Regina Dimarco (Akal Dev Kaur)  
602-616-6334 gina0219@yahoo.com

Rick Reeker  
602-863-3659 rickcolleen@cox.net

Sarah Butterfly (Nirmal Kaur)  
623-206-8531 nirmal@yogaphoenix.com

Sevak Singh Khalsa  
602-252-0406 sevak@theelevationinstitute.com

Simran Ji Nam Khalsa  
6029567997 skhalsa88@cox.net

Susan "Terri" Corral (Jasjeet Kaur)  
602-256-0846 jasjeetkaur2002@yahoo.com

Yoga Phoenix (Kewal Khalsa)  
602-271-4480 info@yogaphoenix.com

PRESCOTT & PRESCOTT VALLEY  
Jill Brazda (Siri Dyal)  
928-771-0441 jlbrazda@healingdance.net

SCOTTSDALE  
Jim Dixon (Yogi Jim)  
602-635-1954 yogijim@cox.net

TEMPE  
Jane Root Mangalacharn  
602-677-0574 rbroot@cox.net, jroot@azdes.gov

TUCSON  
Andrea Serrano (Sat Ardas Kaur)  
520-743-1199 satardas@yoga-meditation-world.com

Guru Ravi Khalsa  
520-247-4405 gururavi@cox.net

Helen Hess  
520.885.0793 hhess47@msn.com

Ramdas Kaur  
520-320-1335 rami.katz@cottonwooddetucson.com

Steven Hess (Siri Dharma Singh)  
520.885.0793

HELEN HESS  
520.885.0793 hhess47@msn.com

RAMDAS KAUR  
520-320-1335 rami.katz@cottonwooddetucson.com

STEVEN HESS (SIRI DHARMA SINGH)  
520.885.0793

GURU RAVI KHALSA  
520-247-4405 gururavi@cox.net

HELEN HESS  
520.885.0793 hhess47@msn.com

RAMDAS KAUR  
520-320-1335 rami.katz@cottonwooddetucson.com

STEVEN HESS (SIRI DHARMA SINGH)  
520.885.0793

GURU RAVI KHALSA  
520-247-4405 gururavi@cox.net

HELEN HESS  
520.885.0793 hhess47@msn.com

RAMDAS KAUR  
520-320-1335 rami.katz@cottonwooddetucson.com

STEVEN HESS (SIRI DHARMA SINGH)  
520.885.0793

GURU RAVI KHALSA  
520-247-4405 gururavi@cox.net

HELEN HESS  
520.885.0793 hhess47@msn.com

RAMDAS KAUR  
520-320-1335 rami.katz@cottonwooddetucson.com

STEVEN HESS (SIRI DHARMA SINGH)  
520.885.0793

Sat Rattan Kaur Khalsa  
510-407-5328 satrattan@dryogi.com

BEVERLY HILLS  
Griselda Insua  
310-860-0124 griseldaky@yahoo.com

Guruprem Khalsa  
310275-8476 guruprem@divinealignment.com

Simran Khalsa  
310-801-0990 simrankaur1@ca.rr.com

Waheguru S Khalsa  
310-274-8291 waguru@mindspring.com

BURLINGAME  
Ravi Nam Kaur Khalsa (Diane Miller)  
650-393-3789 ravinamk@khalsa.com

CALABASAS  
Gregory Pfeifer (Guru Karta Singh)  
818-225-1688 glp9960@yahoo.com

CALABASAS  
Inner Power Yoga  
818-591-2639 info@innerpoweryoga.net

CAPITOLA  
Patrice Carroll (Patwant Kaur)  
401-864-5523 patwantk@gmail.com

CLAREMONT  
Patricia Mobley (Patwant K)  
909-626-8354 pzmobley@gmail.com

CORONADO  
Guru Rattana Khalsa  
619-435-3390 gudurattan@yogatech.com

CULVER CITY  
Martine Bittman (Sat Purkh Kaur)  
310-558-1534 martine23@aol.com

Megan Hook (Rajwant Kaur)  
310-923-2069 megan@meganhook.com

Scott D Gilliam (Ek Ong Kar Singh)  
310-559-9588 scott@soulender.com

DUARTE  
Sat Prem Kaur (Amy Lam)  
626-710-0734cl satpremkaur@gmail.com

EUREKA  
Joan Richards (Guru Gopal Kaur)  
707-476-9343 joancarol@mac.com

FREMONT  
Anna Tzanova (Devi Dyal K)  
510-661-0907 imim@sbcglobal.net

Dennis Nolan (Hari Dass)  
510-894-1800 haridass@kundaliniyogi.net

GLENDORA  
Siri Ram K Maher (Diane Maher)  
626-963-8194 maheryogini@aol.com

HERMOSA BEACH  
Lyfe Yoga Center (Valinda Cochella)  
310-374-5933 valindac49@hotmail.com

HOLLYWOOD  
Janet Akpobome (Sat Nam K)  
323-462-8968 akpobome@sbcglobal.net

LA CANADA  
Carolyn Stephens (Siri Har Narayan)  
818-952-3726 c.j.steph@usa.net

LA CRESCENTA  
Jeanne Beveridge (Sada Anand Kaur)  
818-512-9195 jeanne.beveridge@gmail.com

Malka Mittelman  
818-541-1103 malkamitt@mindspring.com

LA JOLLA  
Ceslie Rossi (Siri Sadhana Kaur)  
858-699-1479 ceslierossi@aol.com

LA JOLLA  
Ceslie Rossi (Siri Sadhana Kaur)  
858-699-1479 ceslierossi@aol.com

LA JOLLA  
Ceslie Rossi (Siri Sadhana Kaur)  
858-699-1479 ceslierossi@aol.com

LA JOLLA  
Ceslie Rossi (Siri Sadhana Kaur)  
858-699-1479 ceslierossi@aol.com

LA JOLLA  
Ceslie Rossi (Siri Sadhana Kaur)  
858-699-1479 ceslierossi@aol.com

LA JOLLA  
Ceslie Rossi (Siri Sadhana Kaur)  
858-699-1479 ceslierossi@aol.com

LA JOLLA  
Ceslie Rossi (Siri Sadhana Kaur)  
858-699-1479 ceslierossi@aol.com

LA JOLLA  
Ceslie Rossi (Siri Sadhana Kaur)  
858-699-1479 ceslierossi@aol.com

LA JOLLA  
Ceslie Rossi (Siri Sadhana Kaur)  
858-699-1479 ceslierossi@aol.com

LA JOLLA  
Ceslie Rossi (Siri Sadhana Kaur)  
858-699-1479 ceslierossi@aol.com

LA JOLLA  
Ceslie Rossi (Siri Sadhana Kaur)  
858-699-1479 ceslierossi@aol.com

Lila Jolla Studios (Navneet Kaur)  
858-551-9642 lilajollayoga@att.net

LAFAYETTE  
Hari Arti Kaur (Jana Lynn)  
925-933-2329 janalynnv@yahoo.com

Nam Hari Kaur (Lucenti)  
925-283-5464 namhari108@gmail.com

LONG BEACH/SAN PEDRO  
Lucy Vaporis (Ranbir Kaur)  
310-926-7157 ranbirkaur22@yahoo.com

LOS ANGELES  
Aria Wang  
949-4665888 wangaria7788999@yahoo.com

Christina Powers (Sirgun Kaur)  
2132509382 geminipowers@earthlink.net

Debbie Depuy Raghbir  
213-482-0203 debdeputy@sbcglobal.net

Kristen Eykel (Simran Kaur)  
www.KristenEykel.com

Dr. Gurudev Singh (Dr. Julian Neil)  
323-954-8811 dr.julianneil@ca.rr.com

Elizabeth Cantor (Harprasad Kaur)  
917.319.2808 elizabeth@littlebeeyoga.com

Elizabeth Fillmore (Amrit Bani Kaur)  
323-340-8417 lizfillmore@hotmail.com

Flora Zomorodi Dr.  
310-659-6445 floryoga@aol.com

Gurprasad Kaur Khalsa  
310-657-1516 toyoublessing@yahoo.com

Gurudev Kaur (Aleksandra Vujcic-Neil)  
323-954-8442 saskaam@hotmail.com

Gurudhan Khalsa  
310-275-2743 gurudhan.khalsa@goldentemple.com

Gurumehar Khalsa  
310-788-0339 gurumehar@earthlink.net

Gurutej Khalsa  
323-930-2803 gurutej@ca.rr.com

Hargopal Kaur Khalsa (April Gillam)  
310-559-5998 hargopal@snrbliss.com

Hari Nam Singh (Robert Jagosz)  
323-469-5817 harinam@healingheartcenter.us

Harijiwan Khalsa  
310-3961450 harijiwan@harijiwan.com

Healing Heart Center (Hari Nam Singh)  
323-469-5817 harinam@harinam.com

Helen Lavretsky (Sat Kirtan Kaur)  
3102479868 hlavrets@ucla.edu

Holly Devine (Daya Kaur)  
323-344-1631 hollydevine@sbcglobal.net

Jean-Paul Dugan-Okla (Mukta Singh)  
323-855-4515 jpdash@aol.com

Jennifer Benjamin (Jaijot Benjamin)  
310-600-0336 jaijot@att.net

Joanie Mitchell (Gurujai)  
310 204-0935 coolpotatogirl@hotmail.com

Kirtan S Khalsa  
310-990-4573 gtkirtan@aol.com

Lindsey Faucette  
951.294.7946 lindseyfaucette@gmail.com

Mark Boyle  
213-719-0003

Marne Moore  
310-508-5731 marmemoore@yahoo.com

Nancy Kintisch (Raghbir Kaur)  
323.663.3930 atwaterkundaliniyoga@me.com

Nancy Beyda (Hargobind Kaur)  
323-871-8822 nancybeyda@earthlink.net

Nancy Beyda (Hargobind Kaur)  
323-871-8822 nancybeyda@earthlink.net

Nancy Beyda (Hargobind Kaur)  
323-871-8822 nancybeyda@earthlink.net

Nancy Beyda (Hargobind Kaur)  
323-871-8822 nancybeyda@earthlink.net



**Nirmal Kaur Hargreaves**  
(Kathryn Hargreaves)  
213-617-8483 kathryn@math.umb.edu

**Patrick Lacho** (Jai Gopal Singh)  
323-664-9435 patrick@ybc40.com

**Rochelle Katzman**  
310-312-3605 rochelleck@yahoo.com

**Sabrina Sosa De Brer**  
310-386-0454 sabrina@superkarma.net

**Sant K Khalsa**  
310-278-7403 shaktis@juno.com

**Sarah Simone-Stern** (Sat Siri Kaur)  
310-270-8277 sarah@oyveygan.com

**Sat Siri Kaur**  
+1-213-453-0783 satsirikaur@gmail.com

**Satsimran Kaur**  
310-820-8880 satsimran@verizon.net

**Shakti Parwha Kaur Khalsa**  
310-553-2436 sparwha@sbcglobal.net

**Stephen Gaither** (Siri Gopal Singh)  
310-499-3663 breatheabundance@hotmail.com

**Tej Kaur Khalsa**  
323-934-9140 tejjk@sbcglobal.net

**Terry Wolverton** (Jai Gopal)  
323-227-4633 consulther@aol.com

**Victoria Miller** (Inderjit)  
818-906-1162 vemiller@earthlink.net

**MANHATTAN BEACH**  
**April Bernardi** (Nirankar Kaur)  
9183280836 goldenyogini@aol.com

**MARINA DEL REY**  
**Maria Kalinina** (Devjeet Kaur)  
310-5980277 kalininapics@yahoo.com

**MENLO PARK**  
**Dawn Campagnola** (Jaijot Kaur)  
805-440-1586 dawn@dawnccampagnola.com

**Kathy Overstreet** (Adi Shakti Kaur)  
408-464-1920 mindbodyconnect@gmail.com

**One Heart Yoga** (Siri Amrit Kaur)  
650-649-3055 vholvick@aol.com

**MT BALDY**  
**Tamara Hanson** (Rajwant Kaur)  
909-985-7141 tkhblurose@verizon.net

**MURRIETA**  
**Atma Khalsa** (Atma Kaur Khalsa)  
951-834-4225 atmak@objectrad.com

**MURRIETA**  
**Constance Leonard** (Kamalprem Kaur)  
2138420879 cjeonard@earthlink.net

**NAPA**  
**Madhur-Nain Webster**  
707-259-1969 madhurnain@me.com

**NEWPORT BEACH**  
**Lisa Eisenberg** (Jaijot)  
310-210-4214 blissforlife@me.com

**Monika Summerfield** (Meher Kaur)  
714-745-3238 magicmoni@aol.com

**Sotantar Singh** (Salvador Broch)  
714-418-3000 sotantar@gongmaster.org

**NORTH HOLLYWOOD**  
**Crystal D'angora** (Ram Das Kaur)  
818-439-4655 mumpo1@yahoo.com

**OAKLAND**  
**Sat Daya Singh Nava**  
510-325-3830 satdayasingh@khalsa.com

**Sohang Singh**  
sokari42@hotmail.com

**ONTARIO**  
**Nelann Gorman** (Nirbhe Kaur)  
909-983-6446 nirbhe@verizon.net

**ORANGE**  
**Amrit Atma Kaur** (Michele Bautista)  
562-500-2742 micheleb101@msn.com

**OXNARD**  
**Amy Therrien**  
207-650-1820 delsolmusic@hotmail.com

**PACIFIC PALISADES**  
**Petra Schwarzwald** (Guru Tera K)  
310-230-0559 guruterakaur@aol.com

**PALO ALTO**  
**Christina Gathmann** (Japji K)  
cgathman@stanford.edu

**PALOS VERDES ESTATES**  
**Kamala Eichler** (Satya Kaur)  
310---373-5156 kamalakim@msn.com

**PASADENA**  
**Denise R. Be Cotte** (Sat Mohine Kaur)  
626-221-6686 yogascout@hotmail.com

**Gisela Powell Birnschein** (Wahe Guru Kaur)  
626-796-1567 wggk@awarenesscenteryoga.org

**Mallory Leitner** (Guru Hari Kaur)  
505-660-5798 mallory@guruHari.com

**Nancy E. Donovan** (Ravijot Kaur)  
626-796-1567 ravijot@awarenesscenteryoga.org

**The Awareness Center**  
626-796-1567 wggk@awarenesscenteryoga.org

**Timothy Birnschein**  
**Guru Darshan Singh**  
626-796-1567 tbirns342@yahoo.com

**Tom Takenouchi** (Dharma Singh)  
626-793-2111 tomtlaw@mindspring.com

**PIEDMONT**  
**Kelly Kay** (Guru Sangeet)  
510-543-3022 kelly@beingpeace.us

**PLAYA DEL REY**  
**Carolyn Baumert**  
310-902-1809 carolynbaumert@hotmail.com

**PORTOLA VALLEY**  
**Linda Alderman** (Dharmatma Kaur)  
650-851-5876 lindaalderman@hotmail.com

**RANCHO PALOS VERDES**  
**Rosie Good** (Sarbjot K)  
310-521-8209 rosieji@juno.com

**REDONDO BEACH**  
**Valinda Cochella** (Viriam Kaur)  
310-294-9768 valindac49@hotmail.com

**RICHMOND**  
**Amar S Khalsa**  
510-237-6963 akhalsa@ix.netcom.com

**Sahib-Amar K Khalsa**  
510-237-6963 sakk@mindspring.com

**RIVERSIDE**  
**Brenda Disenhouse** (Guru Jai Kaur)  
951-778-2661 bdisenhouse@mac.com

**SACRAMENTO**  
**Barbara Gorska**  
713-828-7126 bgorska@houston.rr.com

**Tamara Standard** (Siri Amar Dev Kaur)  
916996-5032 yogagirlsf@mac.com

**SACRAMENTO/PLACERVILLE**  
**Hari Darshan S Khalsa**  
530-344-0231 hdkhalsa@comcast.net

**Krishna K Khalsa**  
530-344-0231 krishnakhalsa@comcast.net

**SAN DIEGO**  
**Alessandra Flanagan** (Shivantar K)  
619-423-1882 flanagan01@hotmail.com

**Guru Mantra Singh Khalsa**  
619-454-4296 kundaliniyoga@sbcglobal.net

**Lori Jones** (Siri K)  
619-229-0220 lorijones@cox.net

**Philip Barth** (Arjan Singh)  
chefphilbarth@gmail.com

**SAN FRANCISCO**  
**Awat K Khalsa**  
415-863-0132 awtarkaur@khalsa.com

**Bhagvati Kaur Lange**  
bhagvati.kaur@yahoo.com

**Danese Cooper**  
415-848-5616 danesecco@yahoo.com

**Japa Kaur**  
415-488-1669 japa@ekt.org

**Kundalini Yoga Center** (Awat Kaur Khalsa)  
415-863-0132 awtarkaur@khalsa.com

**Mark Lozano** (Adesh S)  
415-695-1265 markjlozano@aol.com

**Sat Sang Khalsa**  
415-810-1089 satsangk@mac.com

**Siri Bhagwati Kaur**  
415-505-3106 siri.bhagwati@gmail.com

**SAN JOSE**  
**Kulbir Kaur Churchill**  
408-559-0280 llchurchill@hotmail.com

**SAN LEANDRO**  
**Prabhu Nam Kaur Khalsa**  
510-895-2813 prabhunamk@khalsa.com

**Sat Santokh Singh Khalsa**  
510-895-2813 satsantokh@comcast.net

**Shantidas Provasoli** (Shanti Das)  
415-305-9380 shantidas8@yahoo.com

**SANTA BARBARA**  
**Ma Dhyan Siddhi Ellinghoven**  
805-566-0956 rsiddhi@aol.com

**SANTA CRUZ**  
**Dukh Niwaran K Khalsa Whipp**  
831-475-0976 dniwaran@pacbell.net

**SANTA MONICA**  
**Dharam Bigelow**  
310-314-1133 cjbigeelow@verizon.net

**Highland Yoga** (Harjiwan Khalsa)  
310-392-3638 erin@harjiwan.com

**Sanja M. Hays** (Anand K)  
310-586-0705 sanjaluka@earthlink.net

**Thea Harvey**  
310-948-4727 theodoraharvey@mac.com

**Thyra Wyatt**  
310-453-6086 wyattproducts@yahoo.com

**SANTA ROSA**  
**Ann Marie Simone** (Parmatma Kaur)  
707-843-1633 parmatmayoga@gmail.com

**SAUSALITO**  
**Ramona Mays**  
530-320-0945 ramlashley@aol.com

**SEBASTOPOLE**  
**Dharma Kaur Canfield** (Patricia)  
707-823-3776 patriciaanncanfield@comcast.net

**Tenaya Wallach**  
707-829-9375 tenayawallach@earthlink.net

**SHERMAN OAKS**  
**Robin Thomas-Grossman**  
818.981.0077 niborsky@hotmail.com

**Terri Cletro** (Guru Rattan K)  
818-362-8412 gururattankaur@aol.com

**SIERRA MADRE**  
**Deborah Murphy** (Dyal Kaur)  
626-836-5998

**SOUTH PASADENA**  
**Carla Epstein** (Hari Nam Simran Kaur)  
626-441-0609 carlaepstein@sbcglobal.net

**ZSTUDIO CITY**  
**Margreth Knirsch** (Simrit Kaur)  
3233639167 mknirsch@hotmail.com

**TEMECULA**  
**De Janda**  
951-699-0968

**TEMPLE CITY**  
**Lenore Rothman** (Wahe Guru Kaur)  
323-788-7936 lenorerothman@aol.com

**Ukiah Isis Ward**  
707-472-0451 isisward@earthlink.net

**UPLAND**  
**Patty Wildasinn** (Patwant Kaur)  
951-675-1789 wildasinnbhs@aol.com

**VENICE**  
**Frederick Fulmer** (Siri Sat Singh)  
310-827-5144 info@yogatimepilates.com

**WEST HOLLYWOOD**  
**Simran Kaur Khalsa** (Beatrice Buchholz)  
323-654-6652 simrankaur@msn.com

**WOODLAND HILLS**  
**Hannah Kozak**  
818-883-2630 hannahkozak@earthlink.net

**COLORADO**

**AVON**  
**Maura Brickman** (Satwant Kaur)  
970-949-0993 maura.odonnell@gmail.com

**BOULDER**  
**Caroline Ashley** (Karuna)  
303-5466043 cashmtom@mac.com

**Eric Klema** (Gurmukh Singh K)  
7202054158 ericklema@hotmail.com

**Guru Nam K Khalsa**  
303-442-7925 gurunamkk@cs.com

**Mary Catherine Blogin** (Meher Kaur)  
303-459-0185 catherineblogin@yahoo.com

**Susan Fouts** (Shivraj Kaur)  
3034400853 sfouts@hotmail.com

**CARBONDALE**  
**Jolie Ramo** (Jyoti)  
970-704-1464 jolie@sopris.net

**CASTLE ROCK**  
**Nancy Graves** (Amrit Nam Kaur)  
720-291-2150 wakingsouls@hotmail.com

**CRESTONE**  
**Danilo Retuta**  
719-256-4036 retuta@crestonehac.com

**Sue Beck-Retuta** (Karta Purkh)  
719-256-4036 retuta@crestonehac.com

**DENVER**  
**Caroline Constantine**  
303-873-1433 artistryofbeing@yahoo.com

**Drusilla E Welborn** (Sat Sangeet Kaur)  
303-698-2555 dewelborn@juno.com

**Macy Matarazzo** (Harjot Kaur)  
720.373.6506 macy@macymacy.com

**Megan Meek** (Sat Meher Kaur)  
720-270-4137 meganmeek@comcast.net

**Shannon Earthtree**  
720-427-9042 shannon@earthtree.net

Sue Gillies (Guru Kirtan Kaur)  
303.809.4241 suegillies@hotmail.com  
**GUNNISON**  
Janice Wedmore Pulaski (Atma K)  
970-209-9723 rolfergunny@yahoo.com

**LAKEWOOD**  
Lisa Beaubien (Sat Akal Kaur)  
303-985-2954 solquest2@comcast.net  
**LITTLETON**  
Lindsay Karson (Sat Karam Kaur)  
720-480-5857 lindsay@experience-kundalini.com  
**LONGMONT**  
Jojo Field (Guru Gian Kaur)  
303-817-7406 jojo1209@msn.com  
Luke Matsuda  
lifewave8@yahoo.com

## CONNECTICUT

**DURHAM**  
Full Circle Healing, LLC  
860/301-4200 shamote@aol.com  
**FARMINGTON**  
Viviana Pinhasi (Harjot Kaur)  
860-404-2489 vivi.pinhasi@gmail.com

**GLASTONBURY**  
Jasdeep Kaur  
860-604-4682 jasdeep@me.com  
Kundalini Yoga Glastonbury (Jasdeep Kaur)  
860-604-4682 jasdeep@me.com

**GRISWOLD**  
Donna Siluk, Ph.D. (Prakash Kaur)  
860-376-3986 dsiluk@hotmail.com  
Kundalini Yoga Griswold  
860-376-3986 dsiluk@hotmail.com

**HADDAM**  
Janet Karp (Jiwan Kaur)  
860-345-8209 janetkarp@sbcglobal.net

**LEBANON**  
Gajinder Kaur  
908-672-7022 gajinder.kaur.108@gmail.com

**MANCHESTER**  
Mary Ann McCandless (Sarab Nam K)  
860-643-0313 maryannmc@msn.com

**MIDDLETOWN**  
Kay Lani, Ph.D. (Sat Kewal Kaur)  
860-538-8149 info@kyoga4life.com

**NEW HAVEN**  
Barbara Cox  
203-397-2967 blcox@snet.net

**NEWTOWN**  
Chris Smith (Balwant S)  
508-429-5651 ctsmith@tcco.com

**ROCKFALL**  
Robin Carlson (Ram Rattan Kaur)  
860/301-4200 shamote@aol.com

**WEST HARTFORD**  
Melanie Araya (Meher Kaur)  
860-888-9642 melaniela@comcast.net

## FLORIDA

Altamonte Springs  
Mahan Kalpa S Khalsa  
407-831-2625 rkhalasa@cfl.rr.com

Ram Rang K Khalsa  
407-831-2625 rkhalasa@cfl.rr.com

Rebecca Aiello-Zays  
(Raghubir Kaur Khalsa)  
407-462-4097 razayas00@yahoo.com

**APOPKA**  
Janice Keifer (Har Darshan Kaur)  
407-697-6437 jankeifer@cfl.rr.com

Lotus Yoga Center (Janice Keifer)  
407-697-6437 jankeifer@cfl.rr.com

**ADVENTURA**  
Dianne Baldwin (Arjan Kaur)  
954-922-1308 fxdurand@gate.net

Julia Ray (Chandra Kaur)  
305-610-3221 juliaray@usa.net

**ADVENTURA/ HOLLYWOOD**  
Jiwan Kaur Mordecai  
954-445-6775 jiwankaur@gmail.com

**ADVENTURA/HALLANDALE/HOLLYWOOD**  
Siri Chand Kaur Walsh (Rosa Walsh)  
786-417-6717 sirichandyoga@aol.com

**BOCA RATON**  
Evelyn Louise Schira Louise  
561-542-2206 eschira@aol.com

Lisa Kelly  
theknotfairy@earthlink.net

The Red Tent  
561-988-5351 lisa@redtentwellness.com

**CAPE CANAVERAL**  
Nam Hari Kaur Evans (Tj)  
321-626-6333 rivers97@rocketmail.com

**CLEARWATER**  
Gail Dutton (Updesh K)  
727-441-2459 gail.dutton1@adsfs.com

Martha Arruda (Dyal K)  
727-542-5440 marruda@tampabay.rr.com

Sybil Osburg (Sat Seva)  
727-441-8862 sybil@totallyboard.net

**COCONUT CREEK**  
Rosemary Wilson (Jagdeep Kaur)  
954.258.9706 dawnwalker1214@bellsouth.net

**CORAL GABLES**  
Deborah Baker (Gurbani Kaur)  
305-665-9582 dbaker@mainsail.com.com

Prana Yoga Miami (Sada Simran Kaur)  
305-5679812 info@pranayogamiami.com

Rafael Perez (Harpal Singh)  
786-326-1541 rafael@rafaelperez.com

**CORAL SPRINGS**  
Deva K Khalsa  
954-345-6006 deva@khalasa.com

Deva S Khalsa  
954-345-6006 deva@khalasa.com  
Izabela Stewart (Guru Kar Kaur)  
954-755-3468 snowbell5623@aol.com

**DEEFIELD BEACH**  
Rhonda Albin (Kirin Bir Kaur)  
954.478.6073 ralbin8853@aol.com

**DELRAY BEACH**  
Belinda Kirchenbauer (Sat Sangat Kaur)  
561-638-5749 bkirchenbauer@comcast.net  
Cynthia Therrien  
508-353-3436 catmcm1958@aol.com

**DORAL**  
Paula Aparecida Bassi Depontes (Sat Prakash Kaur)  
305.718.8845 green.life@comcast.net

**DUNEDIN**  
Annette Masters (Karambir Kaur)  
727-784-8648 amasters30@aol.com

**HOLLYWOOD**  
Parvati Cohen Carol  
954-296-0417 parvati829@comcast.net

**KISSIMMEE**  
Araceli M. Hincapie (Guru Simrit K)  
407-847-9109 hincapia@aol.com

**LAKE MARY**  
John Stewart (Jiwan Shakti S Khalsa)  
407-227-4111

Linda Pizzica (Pavitar Kaur)  
407-771-4284 lpizzica@aol.com

**LARGO**  
Olga Austin (Puranjeet Kaur)  
727.797.8578 oaustin\_yogi@yahoo.com

**MAITLAND**  
Jagat Guru Kaur  
407538-2544 nansamgu@aol.com

**MIAMI**  
Alexandra Shepherd (Siri Rishi Kaur)  
305-588-4857 kundaliniyogiami@aol.com

Christine Gust (Amrita Kaur)  
305-318-8731 worldcar@bellsouth.net

Jaswant Kaur  
786-512-3285 srutrough@youngstovall.com

Michael Shapiro (Ganesha)  
ganesha712@yahoo.com

Sada Simran Kaur (Anette Uziel)  
305-6098358 clioespart@aol.com

**MIAMI BEACH**  
Odelinda Espada (Indra K)  
www.TheSecretsOfYoga.com

**MIRAMAR**  
Carlett Grey-Wilson  
greywilson@bellsouth.net

**NORTH MIAMI**  
Bahadur Singh Roberts (yogiric)  
305.479.5307 yogiric@bellsouth.net

**NORTH REDINGTON BEACH**  
Jamie Luber (Sunder Kaur)  
727-415-6733 jamie@ayogavillage.com

**OCOE**  
Sujeil J Gerena  
407-298-7995 sjgerena@aol.com

**OPA LOCKA**  
Siri Darshan Kaur  
305.218.4887 soklung@yahoo.com

**ORLANDO**  
Dorothy Blackstock (Adarsh Kaur)  
407-927-1067 luvmylab2@aol.com

Ginny Hillman (Siri Didar K)  
407-649-7670 ginhillman@aol.com

**ORMOND BEACH**  
Elizabeth Beeland (Nirijn Kaur)  
386-631-4066 nirinjan8@yahoo.com

Transformational Yoga Studio (Elizabeth Beeland)  
386-677-8010 nirinjan8@yahoo.com

**OZONA**  
Christine Fanelli (Keval Kaur)  
727-786-2215 kevalkaur@verizon.net

**PALM HARBOR/CLEARWATER**  
Shirley 'Shire' Eastin (Sat Santokh K)  
727-709-1660 smeastin@tampabay.rr.com

**PEMBROKE PINES**  
Ernesto Garza (Navtej Singh)  
954-322-3820 ernestogarza@bellsouth.net

Inder Kaur Saary (Linda Saary)  
954-303-0390 inderkaur@bellsouth.net

**PENSACOLA**  
Stacey Vann  
630-416-7526 or 850-572-6562 (in FL)  
staceyreeves@msn.com

**SARASOTA**  
Donna Paganello (Devta)  
941-504-2262 dpaganello@hotmail.com

**SEBASTIAN**  
Terry Seegers (Sat K)  
772-388-2843 terryleeseegers@yahoo.com

**SPRING HILL**  
Elza Jeannette Short (Guru Ganesha Kaur)  
352-666-9382 shortatika@bellsouth.net

**TALLAHASSEE**  
Deborah Mcfatter (Gian Kaur)  
850-383-1899 spiritrising999@aol.com

**TAMPA**  
Jaidev Kaur Campbell  
813.482.5387 jaidev621@gmail.com

Jiwan Shakti Kaur Page  
813-929-4880 wolfsister\_harmony@yahoo.com

Laurie Eagle (Dev Murti Kaur)  
813.908.0952 leagle@tampabay.rr.com

Melaina Quinn (Maha Atma Kar)  
813-841-6357 createinsideout@hotmail.com

**TARPON SPRINGS**  
George Skilas (Balwinder Singh)  
727.512.6794 gskilas@yahoo.com

## GEORGIA

**ALPHARETTA**  
Adriana Cadavid (Hari Simran K)  
678-297-0656 a.cadavid@comcast.net

**ATHENS**  
Ande Burke (Harsimran)  
706-540-8461 harsimransing@peoplepc.com

**ATLANTA**  
Carol Ashley (Devi Dyal Kaur)  
404-872-6280 yoga@prosperityyoga.com

Dawn Billett (Sat Sangeet K)  
404-216-8497 justbreathe\_101@hotmail.com

Kundalini Yoga Of Atlanta (Carol Ashley)  
404-872-6280 yoga@prosperityyoga.com

Rama Singh (Martin Baratz)  
770-739-9959 mbaratz@comcast.net

Sedef Dion  
770-314-0661 sedefd@aol.com

Siri Kirtan K Fluck  
404-233-8775 yoga\_atlanta@yahoo.com

**DECATUR**  
Ann Ritter (Hari K)  
404-370-0839 yoga\_lady@earthlink.net

**DUNWOODY**  
Gurusahay Singh Khalsa  
770-512-0558 drkhalsa@grdhealth.com

Mukta Kaur Khalsa  
770-512-0558 yogateacher@bellsouth.net

**MARIETTA**  
Sandra Naidu (Devamukh)  
770-984-9247 ishnaidu@yahoo.com

**ROSWELL**  
Livtar K Khalsa  
770-993-6633 livtar3@charter.net

Livtar S Khalsa  
770-993-6633 livtar3@charter.net

**ST. SIMONS ISLAND**  
Rebecca Anglin (Hari Sadhana Kaur)  
912-634-0051 jcarfa@comcast.net

**WATKINSVILLE**  
Annie Gibson  
706.769.9808 dalegib@uga.edu

## HAWAII

### HAIKU

Ruby Amarsharan Wong Aloha @ The Source  
808-344-4980 rubymaui@mac.com

## IDAHO

### HAILEY

Hans Mukh Kaur Khalsa  
208-721-7478 hansmukhk@gmail.com

## ILLINOIS

### ARLINGTON HEIGHTS

Antonela Tosa (Prem Siri Kaur)  
847-845-7078 antonela.tosa@yahoo.com

### BOLINGBROOK

Maureen Egan (Sat Meher Kaur)  
6307831509 eganmo@aol.com

### BUFFALO GROVE

Scott Adelman (Sat Atma)  
847-401-4704 thelightpuma@prodigy.net

### CHICAGO

Arlene Englander (Santmukh Kaur)  
312-240-0311 arleneenglander@sbcglobal.net

### Jana Scalzitti

7739650207 jrscalzitti@gmail.com

### Kathleen Drury (Pritpal Kaur)

773-262-8592 japaneselindsay@gmail.com

### Kundalini Yoga In The Loop (Shakta Kaur)

312-922-4699 shakta@shaktakaur.com

### Larry Beck (Hari Dev Singh)

312-922-4699 haridev@shaktakaur.com

### Lauren Daniel (Bhajan Kaur One)

773-436-5903 bhajan\_kaur@sbcglobal.net

### Mary Joyce Cometa (Meher Bani K)

773-656-7090 mcometa@msn.com

### Patty Sugrue (Dukh Niwaran K)

773-989-7562 dnk@radiancenyoga.com

### Shabad Kaur Khalsa

773-975-9754 shabadkaur@spiritrisingyoga.com

### Shakta Kaur Kezios (Susan Kezios)

312-922-4699 shakta@shaktakaur.com

### Shauna Angel Blue (Jai Inder Kaur)

773-722-4197 shauna@mviioletblue.com

### SS Shiva Singh Khalsa

773-975-9754 shivasingh@spiritrisingyoga.com

### Tracy Pitts (Suchas Kaur)

312-213-0397 suchas@comcast.net

## EVANSTON

### Joyce Doppelt (Savitree Kaur)

312-371-2828 jdoppelt@comcast.net

## FOREST PARK

### Nirvair Kaur Wilkens (Susan)

708-366-8915 nirvairkaur@sbcglobal.net

## MEDINAH

### Karam Jot Singh

708-456-0300 karamjot.singh@sbcglobal.net

## MORTON GROVE

### Gudrun Kasperek

847-692-3749 gkasperek@ameritech.net

## NAPERVILLE

### Gayle Bartlett

630-810-1306 bartlett3300@sbcglobal.net

## ORLAND PARK

### Kathleen Muniz (Ram Nam Kaur)

708-403-4968 kathleen.muniz@sbcglobal.net

## PALATINE

### Max Nedved Jr (Sanjam Singh)

8479252963 maxnedved@gmail.com

## RIVER FOREST

### Margaret Dorn (Jiwan Shakti K)

708-771-4349 mdornpeacebwu@yahoo.com

## SKOKIE

### Juliane Mankowski

847-581-0989 julianman@ameritech.net

## INDIANA

### BLOOMINGTON

### Mahan Kalpa Singh Mahern (Paul Mahern)

812-320-2437 mahankalpa@aol.com

### Midland Yoga Center (Mahan Kalpa Singh Mahern)

812-336-4428 mahankalpa@aol.com

## INDIANAPOLIS

### Karla Becker (Sat Bachan Kaur)

sat\_bachan\_kaur@karlayoga.com

## SEYMOUR

### Tiffany Baker

812-445-3188 rtbaker@voyager.net

## SOUTH BEND

### Javaughn Fernanders (Sirinder Kaur)

574-289-8060 javaughn@isp.com

### Lorri Ann Stewart (Siri Didar Kaur)

574-344-1000 lorriann@simplysamadhi.com

## WEST LAFAYETTE

### Cindy Krulitz (Sat Pavan Kaur)

765-714-6095 ckrulitz@yahoo.com

## IOWA

### FORT DODGE

### Kathy Fritchen (Manjit Kaur)

515-269-9278 naturals2@hotmail.com

## IOWA CITY

### Jennifer Harman Deslippe (Jaihari Kaur)

319-512-5233 jaiharikaur@hotmail.com

### Steven Ziebell (Guru Prakash)

319-330-0027 cmdzie@yahoo.com

## WEBSTER CITY

### Catherine Nedved (Devi Kaur)

515-543-5703 maxned@wvcta.net

## KANSAS

### LEAVENWORTH

### Sheila Escandon

913-250-6700 undaunted.one@gmail.com

## OLATHE

### John La Plante (Dev Atma Singh)

913-782-5136 kcyoga@comcast.net

## KENTUCKY

### COLD SPRING

### Patricia Schultz (Varanjeet Kaur)

859-781-6505 patwildlife@fuse.net

## FLORENCE

### Catherine Skyrn (Guru Prem K)

859-384-4476 cskyrn@fuse.net

## WALTON

### Peggy Munson (Shabd Simran Kaur)

859-485-6441 pmunson@fuse.net

## LOUISIANA

### HOUMA

### Charlene Barker (Dev Saroop Kaur)

yogarite@yahoo.com

### Kundalini Yoga Center Of Houma (Meredith Wright)

985-872-4081 satnamhoumayoga@comcast.net

## NEW ORLEANS

### Beth Eckman (Bhavatarini Devi Dasi)

646-734-9825 elizabeth@yoganola.com

## Divine Yoga

8669892636 gary@yoganola.com

### Sharon Peller (Simrat Kaur)

504-905-4768 bluestarstudio@bellsouth.net

### William Savage (Bill)

5048816566 williamsava@gmail.com

## MAINE

### FRYEBURG

### Kelley Simpson (Rajinder Kaur)

603-733-6808 beblissraji@gmail.com

## ISLAND FALLS

### Donna Davidge (Amrita)

888-235-2395 amrita@mindspring.com

## PORTLAND

### Diane Warming (Kartar Kaur)

207-615-5405 dwarmin1@maine.rr.com

## WELLS

### Christine Tomaszewski (Jagat Kaur)

207-646-3349 jagat@maine.rr.com

## MARYLAND

## ANNAPOLIS

### Denise Lapides (Kirpal Kaur)

410-570-2878 denise@divinelightyoga.com

## BALTIMORE

### Alexia Savold (Sat Hari Kaur)

828-712-1090 alexiadolce@hotmail.com

## BETHESDA

### Nancy Nahm (Siri Deva K)

301-365-0997 nancynahm@aol.com

## CABIN JOHN

### Dana Verkouteren (Devi Dyal Kaur)

301-320-6010 verkouteren@starpower.net

## HYATTSVILLE

### Leshone Hosang Navies (Jai Hari Kaur)

202-494-1523 exploradora123@hotmail.com

## TIMONIUM

### Sat Kirin K Khalsa

310-927-0124 truerayoflight@gmail.com

## MASSACHUSETTS

## ACTON

### Linda Roberge (Kirin Kaur)

978-263-2465 lfroberge@yahoo.com

## AMHERST

### Karen Eddings

413-658-0499 kareneddings@mac.com

## ARLINGTON

### Bir Kaur (Patricia) Moore

781-646-0709 trishrm@aol.com

## BOSTON

### Jean Stewart (Nirmal K)

617-731-9696 jean.stewart@tufts.edu

## CAMBRIDGE

### Amarjit Khalsa

617-254-1317 amarjitkhalsa@msn.com

## CONCORD

### Andrea DeSharone (Sat Bir)

978-371-1976 andrea@luminosityhealing.com

## EAST SANDWICH

### Mary Mullin (Prabhu Kaur)

508.888.4533 mkmullin@comcast.net

## FALMOUTH

### Susan Rowitz

508-564-5060 suziquew@aol.com

## FOXBORO

### Susanmorgaine Stanley (Devta Kaur)

508-561-4229 shimmyyogini@comcast.net

## IPSWICH

### Carolyn Hintlian (Deva Kaur)

978-815-9502 diettalk@aol.com

### Ingrid F Miles (Arjan K)

978-884-3061 ingridmiles@yoga401k.com

## MANSFIELD

### Alyssa Semple (Mukhya Kaur)

781-856-6324 asemble@meditech.com

## MEDWAY

### Sandra Faist (Jot Kaur)

508-533-2307 sjfaisty@comcast.net

### Siri Krishna K Khalsa

khalsafamily@khalsa.com

## MILLIS

### Alaine Amaral (Rai Kaur)

508-376-2415 relaxed@verizon.net

### Baba Siri Chand Yoga Center (Several-Guru Ram Das Ashram)

508-376-4525 info@kundaliniyogane.com

### Harbhajan Kaur Khalsa

508-376-8650 harbhajank@comcast.net

### Jot Singh Khalsa

508-376-8162 jotkhalsa@comcast.net

### Siri Sevak K Khalsa

508-376-1207 sirisevak@juno.com

## MILLIS, LINCOLN, NATICK

### Jai Kaur Annamaria San Antonio

781-259-0864 asanajai@verizon.net

## NANTUCKET

### Joan Alison Stockman (Jiwan K)

508-325-0126 stockman@nantucket.net

## NATICK

### Claudia Miriam Duchene (Ravi Dass Kaur)

508-725-7228 cduchene2@comcast.net

### Dawn Skop

508-376-2722 d.skop@comcast.net

### Nancy Watson (Stya Kaur)

5086512559 rosewat4@aol.com

### Roberta Stack (Nadh Kaur)

5086537531 rstackdc@aol.com

## NEWTON

### Debra Arippol

617-244-9445 lotuspeta151@hotmail.com

### Marian Reynolds

617-332-3675 marianatr@verizon.net

## PLYMOUTH

### Ann Archambault (Ananda K)

508-208-8884 annarchambault@yahoo.com

### Shanti Shala

857-526-2200 namaste143@mac.com

## RANDOLPH

### Rosemarie Goldman (Ravi Har K)

781-961-2336 rosemariegoldman@comcast.net

## ROCHESTER

### Anne Bramhall (Prabhjot K)

508-763-2236 yogibram@comcast.net

## SAGAMORE BEACH

### Linda Sheldon (Simran Kaur)

508-888-6954 simran@bigplanet.com

## WAYLAND

### Jim Wolfson

508-789-1290 jim@jimwolfson.com

## WELLESLEY

### Karen Folland (Siri Karam K)

781-235-8356 eksaf@verizon.net

## WENHAM

### Carrie Culbertson (Ram Hari Kaur)

978-468-5928 carriecul28@yahoo.com

Kim Valeri  
978-927-0099 valeri@yogaspiritstudios.com  
**WESTON**  
Elizabeth Kraft (Jot Prakash Kaur)  
leekraft@gmail.com  
**WORCESTER**  
Steven J Power (Parmatma S)  
508-753-8963 stevenbpower@msn.com

## MICHIGAN

**ANN ARBOR**  
Lisa Barley (Chand Kaur)  
734-678-2755 lbarley@emich.edu  
**AUBURN HILLS**  
Sherla Evans (Ad Purkh Kaur)  
248-377-4711 sevans77@sbcglobal.net  
**BERKELEY**  
Judy Marie Skemp  
jskemp2484@wowway.com

**CLAWSON**  
Jenni Greer Cure (Prabhupreet Kaur)  
248.346.0238 pj cure@gmail.com

**FERNDAL**  
Gurucharn Khalsa  
248-399-3063 gskhalsa49@wowway.com

**GROSSE POINTE FARMS**  
Angela Hill (Balbir Kaur)  
313-405-6869 cazdainc@yahoo.com

**METAMORA**  
Nicole Gabriel (Nirankar Kaur)  
810-444-7853 nicolegabriel@themayacenter.com

**OXFORD**  
Judith Cotter  
248.594.1410 bikingpc@aol.com

**PONTIAC**  
Brian McNitt (Ram Das Bir Singh)  
248.613.6735 brianmcnitt@yahoo.com

**ROCHESTER HILLS**  
Cynthia T. Gilles  
cindia@aol.com  
Hossein Javaherian  
248-340-9736 java@ieee.org

**ROYAL OAK**  
Lorelei Heinmiller (Daleep Kaur)  
248.435.7424 lstone117@wowway.com

**SANDUSKY**  
Sue Daves (Siri Nam Kaur)  
810.648.9282

**TROY**  
Dale Prentiss (Sat Shabd Singh)  
248-5456545 dale@ckick.com

Valerie Weir (Kulbir Kaur)  
248-346-2014 shaktival@aol.com

**W. BLOOMFIELD**  
Isha Kaur Singh  
isha2000@comcast.net

Ruth Schulzinger (Subagh Kaur)  
248.910.0581 rususensei@yahoo.com

**WATERFORD**  
Mary Pritchard (Jiwan Shakti Kaur)  
248.623.7318 marycpritchard@comcast.net

## MINNESOTA

**DULUTH**  
Leanne Zeppa (Hari Arti K)  
218-343-1729 Yoga826@yahoo.com  
Virginia May (Siri Sadhana Kaur)  
2187244817 mayjar@chartermi.net

**EAGAN**  
Holly Irlbacker  
218.966.0810 holly.irlbacker@gmail.com  
Tarisa Parrish  
651-452-5789 tarisa@yogasoul-center.com  
**HOPKINS**  
Mary Buss  
mbuss01@earthlink.net

**MINNEAPOLIS**  
Ajai Singh Khalsa (Michael A. Hellwich)  
651-206-9762 ajaisingh@khalsa.com  
Catherine Liska, Inner~Lotus (Siri Sat Kaur)  
612-623-3742 catherine\_liska@yahoo.com  
Elizabeth Davies (Nirbhebe)  
612-353-8212 edavies@luckypalmhealingarts.com  
John Bohumil (Gurusha Singh)  
612-203-8343 gurusha.singh@gmail.com

June Bogen (Shiv Anter Kaur)  
612-209-8374 jbogen@usiwireless.com

Lorry Alexander (Nam Kirin Kaur)  
612-929-3918 alexanderlp@msn.com

Lucky Palm Healing Arts (Elizabeth Davies/  
Nirbhebe)  
651-587-0318 edavies@luckypalmhealingarts.com

Margaret Kloster (Varanjeet Kaur)  
612-929-3918 margaret.a.kloster@healthpart-  
ners.com

Patricia Nieman (Gurbani Kaur)  
612-205-5186 pattynieman@hotmail.com

Sue Arneson  
612-926-4328 sla@visi.com

Tara Meyer (Mehtab Kaur)  
612.227.7547

The Center For Happiness  
952-715-8982 mgmt@centerforhappiness.com

Tonya Leholm  
612.827.2534 tleholm@yahoo.com

**MOORHEAD**  
Laurie Baker (Ranbir Kaur)  
218-477-0319 ljbaker@cablone.net

**MOOSE LAKE**  
Adi Shakti Kaur (Louise Kneeland)  
218-485-0417 louise@ravened.net

**NORTHFIELD**  
Mary Lou Werner (Mahan K)  
507-645-9423 marylouwerner@yahoo.com

**ROCHESTER**  
Ashar Kaur Huebner (Marianne Huebner)  
507.206.0979 yogapath@gmail.com

Barefoot Yoga Center (Sada Nam Kaur)  
507-456-9721 barefootyogacenter@hotmail.com

**SAINT PAUL**  
Lauren Asheim (Sat Rattan Kaur)  
651-238-1659 satrattankaur@gmail.com

Tracy Cielto (Guru Sandesh)  
651-292-9381 tracy.cielto@comcast.net

Yoga With Tracy  
651-292-9381 tracy.cielto@comcast.net

## MISSOURI

**KANSAS CITY**  
John Geiger  
816-333-5149 kyjohng@yahoo.com

Kartapurkh Khalsa  
816-561-5337 kartapurkh.khalsa@gmail.com

Sat Inder Khalsa  
816-561-5337 satinder@kc.rr.com

**MARYLAND HEIGHTS**  
Steve Coffing (Akal Sahai Singh)  
314-770-9164 scoffing@butros.com  
**PARKVILLE**  
Lynn E Johnson  
816-505-1932 gardensofdelight@att.net  
**ST LOUIS**  
Nancy Lewis (Guru Sandesh Kaur)  
314-771-0701 kundaliniyogini@sbcglobal.net

## MONTANA

**WHITEFISH**  
Siri Kaur Schur (Renee Schur)  
406-862-9686 serranosmex@centurytel.net  
Siri Singh Schur (Patrick)  
406-862-9686 reggaepat@yahoo.com

## NEVADA

**BOULDER CITY**  
Steve Andrascik (Meherban Singh)  
702-523-7258 mustanglover@steveshorse.com

**LAS VEGAS**  
Janet Latina (Siri Gopal Kaur)  
702-222-0599 jmlatina@interact.ccsd.net

Jeanne Brouillette (Dharmakaur)  
7025961914 dharmakaur@earthlink.net

**RENO**  
Anocha Ghoshachandra (Japa Kaur)  
7753225690 anyamani@sbcglobal.net

Linda Azar (Amar Atma)  
7757477685 holbox@sbcglobal.net

Valerie Laertini (Ram Rattan Kaur)  
775-771-4388 artofwellbeing@gmail.com

## NEW HAMPSHIRE

**EXETER**  
Anjali Quinn (Amrit Atma Kaur)  
603-772-1791 infinityyoga@verizon.net

**KEENE**  
Jeanne Mccliment (Prabu Parkash K)  
603-369-8860 jeannetmccliment@gmail.com

Jennie Gryczka (Guru Sahai)  
617-306-3511 jenniegryczka@gmail.com

**LYNDEBOROUGH**  
Dana Marangi (Nirankar Kaur)  
603-654-7862 nirankar@tds.net

**MILFORD**  
Sharon Densmore (Guru Jagat Kaur)  
603-673-7914 sharondensmore@netzero.com

Somatic Health & Healing  
603-673-7914 sharondensmore@netzero.com

**NASHUA**  
Melissa Dabilis (Pavan Kaur)  
603.882.6318 dabilism@myfairpoint.net

**PETERBOROUGH**  
Hari Kirin Kaur Khalsa (Formerly Joan  
Hanley)  
603-924-3403 harikiran@ma.com

**WILTON**  
Universal Kenpo Federation Regional  
Trainers Center  
603-321-1877 www.artandyoga.com

**NEW JERSEY**

**ASBURY PARK**  
Erin Guire (Sangeet Kaur)  
eguire@yahoo.com

**ATLANTIC HIGHLANDS**  
Devi Dyal Kaur  
732.610.8725 yogaandbreath@aol.com

**BORDENTOWN**  
Mike Ward  
609-468-5200 mwkfbw@msn.com  
**CRESSKILL**  
Teri Aued (Ajai K)  
201-816-1441 doyyoga08@aol.com  
**EWING**  
Patricia Gallagher  
609-883-5033 gmp\_2015@yahoo.com

**HOLMDEL**  
Holmdel Woods Yoga  
732-739-2132 rmpotter1@aol.com

Ronnie Potter  
732-739-2132 RMPotter1@aol.com

**MARLTON**  
Geraldine Nogaki (Guru Chittar)  
609-760-0190 gnogaki@gmail.com

**MONTCLAIR**  
Sharon Castelli (Krishan Prakash)  
973-7832712 sharoncastelli@gmail.com

**MOUNT LAUREL**  
Sat Bachan Kaur (Belle Moffa)  
856-727-0376 yoga.satbachankaur@gmail.com

**POMPTON PLAINS**  
Deven Damelio  
973-224-4868 deven78@optonline.net

**SHORT HILLS**  
Reina Tendler (Sat Nam Kaur)  
973-467-2002 sunmoonrayna@comcast.net

**SPARTA**  
Jennifer Dericks (Tejwant Kaur)  
973-729-1158 jenniferdericks@hotmail.com

**SUMMIT**  
Jane Bentley  
908-522-0279 janebentley8@yahoo.com

**TRENTON**  
SiriOm Singh  
609-989-1419 onespiritliving@earthlink.net

**WANTAGE**  
Ania Rosser (Adi Kaur)  
973-875-5244 anian1966@hotmail.com

**NEW MEXICO**

**ABIQUIU**  
Gian Kaur (Patricia)  
505-685-4603 pat@convivial.com

**ALBUQUERQUE**  
Dev Saroop Singh Khalsa  
505-323-6657 devsaroops@aol.com

Guru Darshan Kaur Khalsa Wilson  
505-268-1147 ecobotanica@msn.com

Hari Kaur Sheppeard  
505-459-9860 violets@swcp.com

Jiwan Shakti Kaur Khalsa  
jskaur@earthlink.net

**CLIFF**  
Alexandria Hollister (Dharm Kaur)  
575-535-4410 silvercityyoga@yahoo.com

**CORRALES**  
Joann Danella (Guru Jiwan Kaur)  
505-898-6866 aldenella@msn.com

**ESPANOLA**  
Aradhana Singh Khalsa  
505-747-1350 ask@compu-quote.net

Dev Suroop K Khalsa  
505-753-8823 candlelite@windstream.net

Deva Khalsa  
505-747-3323 deva@thecleanse.com

**Guru Datta S Khalsa**  
gurudatta@comcast.net

**Guru Ram Das Center for Medicine & Humanology**  
800-326-1322 healthnow@grdcenter.org

**Guruka K Khalsa**  
505-747-1900 gurukakaur@3ho.org

**Guruka S Khalsa**  
505-747-1900 guruka@sikhnet.com

**Gurumeet Kaur Khalsa Create Inner Peace**  
505-753-6866 gurumeet@valornet.com

**Jivan Joti Kaur Khalsa**  
505-753-6241 gthkalsa\_2000@yahoo.com

**Kartar Khalsa**  
505-747-3323 kartar@thecleanse.com

**Kirpal S Khalsa**  
505-927-3619 kirpals@akalsecurity.com

**Lori Garcia**  
505-747-7142 bodybasics@valornet.com

**Sarb Nam K Khalsa**  
505-747-1350 sarbnamk@gmail.com.

**Sat Bachan K Khalsa**  
505-753-1168 satbachan@ninetreasures.com

**Sat Kartar Kaur Khalsa**  
505-747-8020 satkartarkaur@yahoo.com

**Sat Siri K Khalsa**  
505-753-5640 drsatsiri@newmexico.com

**Shanti Shanti K Khalsa**  
505-753-4692 healthnow@grdcenter.org

**Siri Atma Khalsa**  
505-927-3480 drsiriatma@valornet.com

**Siri Guru Nam K Khalsa**  
505-753-1850 sirigurunamkaur@hotmail.com

**Siri Kar Kaur Khalsa**  
505-310-5182 skk@khalsa.com

**Siri-Gian Kaur Khalsa**  
505-753-8194 sirigian@soulanswer.com

**Tarn Taran K Khalsa**  
505-367-1309 ttk@3ho.org

**SANTA CRUZ**  
**Bhajan Kaur**  
812-360-1416 bhajankaur11@hotmail.com

**Guruprem Kaur Khalsa**  
505-747-9361 guruprem@newmexico.com

**Himat K Khalsa (Holly Neill)**  
505-927-2256 himatkaur@aol.com

**Nam Kaur Khalsa**  
505-927-3480 namkaur@gmail.com

**Shanti Khalsa**  
505-927-0707 shanti.khalsa@gmail.com

**Sonya Peterson (Upma Kaur)**  
815-355-7131 upma\_kaur@yahoo.com

**SANTA FE**  
**Alex Williams (Guru Ganesha K)**  
505-988-4359 alexandrakwilliams@hotmail.com

**Alexis McNaughton**  
505-992-0225 amcn99@yahoo.com

**Guruchander Khalsa**  
505-982-6369 gcskhalsa@gmail.com

**Kirn Khalsa**  
505-982-6369 kirnkhalsa@gmail.com

**Laura Christensen (Nirmal Kaur)**  
505-920-5717 look4solutions@msn.com

**Margie, Montoya (Sat Jagat Kaur)**  
505-920-4928 montoyam5@aol.com

**Nodiah Brent-Luxt**  
505-983-6635 lux@cybermesa.com

**Pamela Gregg Flax (Gurujot Kaur)**  
505-690-8048 pamelagregg@earthlink.net

**Pritpal K Khalsa**  
505-747-1119 pritpal@cybermesa.com

**Shakti Kundalini Yoga Center (Kirn Khalsa)**  
505-982-6369 kirnkhalsa@gmail.com

**SILVER CITY**  
**A Daily Practice**  
575-388-2425 silvercityyoga@yahoo.com

**Jeannie Miller**  
505-534-4409 jeannieamiller@qwest.net

**Lisa Rubin (Karambir Kaur)**  
575-313-2649 karambir@me.com

**TAOS**  
**Deborah Roberts**  
505-758-1627 debsatnam@yahoo.com

**NEW YORK**  
**BEACON**  
**Carrie Ward Kelly (Dass Kaur)**  
845-401-8198 cwkyoga@yahoo.com

**Susan Osberg**  
845-831-1832 susanosberg@mac.com

**BRONX**  
**Robyn Lonesome (Gianprem Kaur)**  
718-618-7619 levels2005@earthlink.net

**BRONX/RIVERDALE**  
**Pamela Markley**  
718-601-6838 pamelamarkley@optonline.net

**BROOKLYN**  
**Gurusurya Khalsa**  
718-369-6674 gurusurya@juno.com

**Jennifer Greenlees (Amarjit Kaur)**  
347-743-0980 jennyonthegogain@live.com

**Kate Lynch (Keval)**  
646-413-3102 kate@healthyhappyyoga.com

**Nadar Nihal Singh (Brett Ryan)**  
9173440383 satnam@nnsyoga.com

**Sarah Bernier (Dayajot Kaur)**  
917-273-3772 sarah.b.brave@gmail.com

**Sat Jagat Khalsa**  
718-369-6674 sjsgrd@juno.com

**Sat Kirn Kaur Khalsa**  
718-768-0557 satkirin@gmail.com

**BUFFALO**  
**Siri Narayan K Khalsa (Fuda)**  
716-885-7371 sirinarayan@aol.com

**CHAUTAUQUA**  
**Subagh Singh Khalsa**  
716-357-3404 subaghk@gmail.com

**CITY ISLAND**  
**Ann Ward (Updesh Kaur)**  
718-885-2132 spirit29@optonline.net

**CORNING**  
**Tim Sallade (Ang Sang Wahe Guru)**  
607-227-2354 tsallade@stny.rr.com

**EAST QUOGUE**  
**Het Vlinder Huis**  
631-258-3489 mdussel@optonline.net

**Nirbhao Kaur Terchunian (Marianne)**  
631-258-3489 mdussel@optonline.net

**ELMHURST**  
**Michiko Takatani**  
917-579-2783 godgeneration2012@gmail.com

**FOREST HILLS (QUEENS)**  
**Alyce Wittenstein (Sandesh K)**  
718-520-0354 yoga@wittenstein.com

**GLENS FALLS**  
**Danielle Lyons (Japa Kaur)**  
518-792-0843 japakaur@hotmail.com

**GOLDEN BRIDGE**  
**Lisette Meyers (Gian Kaur)**  
914-232-9684 914-329-9018 (c) lisetteubet@aol.com

**GREENPOINT BROOKLYN**  
**Hara Century (Hari Arti Kaur)**  
718-261-5465 hcentury@pipeline.com

**GREENWOOD LAKE**  
**Michele Shenker**  
845-595-6097 michele@concertposterstore.com

**HOPEWELL JUNCTION**  
**Arya Aditya (Siri Bhagwati Singh)**  
845.282.4021 nursearya@gmail.com

**HUNTINGTON STATION**  
**Wendy Shlensky (Sadhana Kaur)**  
631-427-0378 wshlensky@alummi.brandeis.edu

**HURLEYVILLE**  
**Marilyn Valant (Gitanjali)**  
845-434-3015 marilyn@satnamyogaspa.com

**ISLAND PARK**  
**Barry Goodman (Joginder Singh)**  
516-297-1376 yogabg@optonline.net

**Radiant Life Holistic Center**  
516-889-4280 bludalia@optonline.net

**ITHACA**  
**Caryn Sheckler (Sahej Kaur)**  
607-387-7911 csheckler@msn.com

**Jai Hari K Meyerhoff (Linda)**  
607-273-2821 jaihari@twcnny.rr.com

**KATONAH**  
**Rai Kaur (Robin Miller)**  
914-232-3473 info@goldentempleyoga.com

**LONG ISLAND**  
**Eileen Osmers (Guru Karta Kaur)**  
631-470-7483 mindfulmanor@aol.com

**MALVERNE**  
**Elaina Marku (Simrat Kaur)**  
516-887-0872 simrat621@aol.com

**MANHATTAN**  
**Michele Risa (Guru Dass Kaur)**  
212 889-4986 mrisa@BeyondBodyMindSpirit.com

**NEW YORK**  
**Angelika Saidel (Hari Gopal Kaur)**  
646-573-9120 angelikasaidel@yahoo.com

**Dages Keates (Bir Singh Kaur)**  
917-566-3093 dages@alokhealth.com

**Harriet Mccaig (Atma Bir Kaur)**  
212-536-4362 moonmccaig@yahoo.com

**Irene Narissi McLaughlin (Hans Mukh)**  
212-684-4196 narissi@earthlink.net

**Kundalini Yoga East (Sat Jivan Kaur Khalsa)**  
212-995-0571 sjk@kundaliniyogaeast.com

**Lori Rubinfeld**  
212-861-3724 lorirubinfeld@gmail.com

**Michelle Papachristou**  
212-279-9334 lolaandfb@yahoo.com

**Nidhi Adhiya-Huba**  
212-674-5796 yoganyc@hotmail.com

**Nina Mongendre (Ram Prakash Kaur)**  
401-338-1187 ninamongendre@gmail.com

**Sat Jivan Kaur Khalsa**  
212-995-0571 satjivankaur@earthlink.net

**Sat Jivan Singh Khalsa**  
212-995-0571 sjk@khalasalaw.com

**Talatha Kiazolu-Reeves**  
6023774823 talathak@gmail.com

**Universal Force Yoga Ravi Hari Kaur (Aka Janice Bourdage)**  
610-868-1296 yogadiva@aol.com

**OSSINING**  
**Pamela McFarlane**  
917-439-8239 pacmacf@aol.com

**REGO PARK**  
**Janet Krupit**  
917-287-7137 jkb546@aol.com

**RICHMOND HILL**  
**Simrit K Khalsa**  
718-847-8030

**ROCHESTER**  
**Baldev Kaur Khalsa**  
585-425-0107 bkknss@rit.edu

**Jan McDonald**  
satnam4all@msn.com

**Randy McDonald (Sotantar S)**  
585-266-5461 satnam4all@msn.com

**Sat Dharm Singh Khalsa**  
585-309-2134 satdharmsingh@yahoo.com

**ROCKVILLE CENTER**  
**Debra Buckley**  
516.902.9426 dskyer1@aol.com

**Arlene Lucas (Sarabjot Kaur)**  
516-458-0004 divineyoga@aol.com

**Divine Yoga (Arlene Lucas)**  
516-458-0004 divineyoga@aol.com

**SAG HARBOR**  
**Megan Chaskey (Dev Saroop K)**  
631-725-9220 mchaskey@mac.com

**SEA CLIFF**  
**Louise Tornberg (Amanbir Kaur)**  
516-801-3074 ltornberg@tweezerman.com

**SLATE HILL**  
**Samantha Paige-Graeber (Ardas Kaur)**  
845-355-8015 star44@frontiernet.net

**SOMERS**  
**Rona Goldstein**  
914.248.5688 rgintuitiveart@optonline.net

**SYRACUSE/MANLIUS**  
**Theone Kalkinis (Sat Kartar Kaur)**  
315-692-4362 theone@springofhappiness.com

**THE BRONX**  
**Rachel Maldonado (Hari Das)**  
718-824-7362 haridas6@optimum.net

**WANTAGH**  
**Betty Philipp (Jaideep Kaur)**  
516-679-2367 yogaphile@verizon.net

**Frank Philipp (Jaideep Singh)**  
516-679-2367 frankworld@verizon.net

**WEBSTER**  
**Paul Knight (Patwant S)**  
800-929-5102 coldlaser@msn.com

**WEVERTOWN**  
**Dana Nicholson (Hari Avtar Kaur)**  
917-583-2236 yogini@yoginikundalini.com

**NORTH CAROLINA**  
**ASHEVILLE**  
**John Coonan (Jasbir Singh)**  
828-216-5305 jasbir-singh@khalsa.com

**Koriander Harcharan Devi Kaur**  
828-215-2943 catmommy@bellsouth.net

**BURLINGTON**  
**Steven Cann**  
336-229-1452 cstve@cadence.com



## CHAPEL HILL

Carolina Kundalini Yoga  
919-929-7278 hardarshankhalsa@hotmail.com

## Harbhajan Khalsa

919-929-7278 khalsa@us.ibm.com  
Hardarshan Khalsa  
720-470-3276 hardarshankhalsa@hotmail.com

## CHARLOTTE

Gail Goforth (Sat Siri Kaur)  
704-364-4663 gailgoforth@bellsouth.net

Robin Farnstrom (Hariang Kaur)  
704-358-9751 robinlf@bellsouth.net

## DURHAM

Keval Kaur Khalsa  
919-419-2403 kevalk@earthlink.net

## MARS HILL

Sierra Hollister (Ong Kar Kaur)  
828-689-4190 sierra@sundancepower.com

## WILMINGTON

Fletcher Wilkins (Fateh Singh)  
910-794-3097 youngsoldier33@hotmail.com

## WINSTON SALEM

Leon Pollack (Jot Singh)  
336-923-4338 lpollack39@yahoo.com

## NORTH DAKOTA

### BEACH

Cheryl Planert (Guru Zail Kaur)  
701-872-2667 cherylplanert@pacbell.net

## OHIO

### BOWLING GREEN

Laura Snider Ragubir Kaur, Laura Shakti  
419.352.0834 lksbellyblessings@yahoo.com

### CINCINNATI

Roger Edwards (Gurudhan S)  
513-871-0838 jacquelines@fuse.net

Jacqueline Steinbeck (Amar K)  
513-871-0838 jacquelines@fuse.net

### COLUMBUS

Sat Kartar Kaur (Beetham-Ford) Deborah  
Beetham-Ford  
614-353-YOGA art4love@aol.com

## OKLAHOMA

### DRUMRIGHT

Gwen Ingram Ranbir  
918-606-1556 gwen@yogaideas.com

### NORMAN

Infinity Yoga Studio  
405-641-8032 info@infinityyogaok.com

Lisa Jones-Parra (Sat Purusha Kaur)  
405-641-8032 info@infinityyogaok.com

Madonna Noble  
405-579-3571 cell 405-514-0479 mnoble2@cox.net

## OREGON

### ASHLAND

Daniel Tabachnick (Gurucharan S)  
541-552-1098 danieltabachnick@charter.net

### BEAVERTON

Daljit M Singh  
daljitMSingh@gmail.com

### EUGENE

Annski Williams (Simrat K)  
541-343-7825 annskiw@yahoo.com

Ardas K Khalsa  
ardaskk@aol.com

## Gurumukh Khalsa

541-521-2840 gurumukh@kiit.com  
Harinder K P Hennesy  
541-345-4952 harinder@darkwing.uoregon.edu  
Joan Davis (Jai Kartar K)  
541-344-8332 radiant@efn.org

Sat Purkha S Khalsa  
541-338-4902 spsk@att.net

Siri Kirpal K Khalsa  
503-364-0519 skirpal@pcez.com

Viriam Khalsa  
541-344-6496 vkhal@uoregon.edu

## OAKRIDGE

Danielle Bowerman  
541-782-2709 blueberryeater@yahoo.com

## OREGON CITY

Art Starts  
971-409-1975 jaspalbill@yahoo.com

Bill Jones (Jas Pal)  
971-409-1975 jaspalbill@yahoo.com

## PORTLAND

Ajeet Kaur Wise  
503-233-0922 ajeetkaur@hotmail.com

Alana Weintraub (Ravi Nam Kaur)  
360-450-9411 alana.prana@gmail.com

Amy McBride (Hardev Kaur)  
503-247-8192 kundalini.amy@gamail.com

Charlotte Bloebaum (Ram K)  
macksma2001@yahoo.com

Hari Dass S Khalsa  
503-238-1032 haridass@aracnet.com

Hari Nam Singh Khalsa  
503-295-1191 harinam56@hotmail.com

Holy K Khalsa  
503-774-7228 holykaur@SpiritOne.com

## PENNSYLVANIA

### BETHLEHEM

Anne Elizabeth Greaves (Sandesh Kaur)  
610-419-6276 yogadelaney@yahoo.com

Janice Bourdage (Ravi Hari K)  
610.868.1296 yogadiva@aol.com

Hunker Nirbhao Kaur (Stacey McBeth)  
724-755-0577 begoodyoga@yahoo.com

### LANCASTER

Christine Cappabianca (Padmani Kaur)  
7172853711 iris2mudra@comcast.net

### LANSDALE

Loreli Voltmer (Siri Atma Kaur)  
215-264-8653 loreli4@comcast.net

### LEWISBERRY

Pamela Topper (Prabhunam Kaur)  
7179384578 pj134@epix.net

### NEW BRIGHTON

Pam Walker (Angad Kaur)  
724-843-0608 angadkaurw@zoominternet.net

### NEW CUMBERLAND

Daniel Coma (Mahan Deva Singh)  
717-512-1367 dcoma@comcast.net

Paulette Coma (Mahan Deva Kaur)  
717-512-4438 pcoma@comcast.net

### NEW HOPE

Jessica Roazzi  
646-221-8481 jessroazzi@yahoo.com

### NEWTOWN

Barbara Wingate, Md (Balwant Kaur)  
215-497-0246 bwingate@earthlink.net

## PITTSBURGH

Moni Wesner (Mukhtiar Kaur)  
412-731-7393 mukhtiar86@aol.com

## YARDLEY

Mahan Rishi Singh Khalsa  
215-321-0305 events@khalsahealingarts.com  
Nirbhe Kaur Khalsa  
609-936-7212 blessingstoyoukk@gmail.com

## PUERTO RICO

### GUAYNABO

Ana Rivera (Amrita)  
7873970625 flowreiki@yahoo.com

Xenia Vega De Rivero (Akaljeet Kaur)  
787-370-4725 xenia yoga833@gmail.com

## RHODE ISLAND

### EAST GREENWICH

Margaret Trezza (Amrit Kaur)  
401-885-6401 margaret@meditationandmo-  
tion.com

### NEWPORT

Reinette Fournier (Suraj Kaur)  
401-846-6452 reinette@tenthgateyogacenter.com

Thomas Speare (Parmatma Singh)  
401-683-9642 tom@tenthgateyogacenter.com

### PAWTUCKET

Gene Armstrong (Devi Dyal Kaur)  
401-722-3230 devidyalkk@yahoo.com

### PORTSMOUTH

Tenth Gate Center For Yoga And Meditation  
(Reinette Fournier)  
401-683-9642 reinette@tenthgateyogacenter.com

### PROVIDENCE

Beth Kiley Kinder (Sat Siri Kaur)  
401-751-5719 satsirikaur@cox.net

Sat Kartar Kaur Khalsa  
508-376-6206 satkartarkaur@khalsa.com

## SOUTH CAROLINA

### COLUMBIA

Anahata Kaur (Nicki Musick)  
803-765-2159 anahat@yogaandwellness.com

Yoga And Wellness Center Of Columbia  
803-447-2190 anahat@yogaandwellness.com

### MT. PLEASANT

Susan Cass (Santokh Kaur)  
843-971-5154 spcrossi@aol.com

### SOUTH DAKOTA

SIOUX FALLS  
Gayle Reardon (Bhaven Preet)  
605-335-3726 gtirds@aol.com

## TENNESSEE

### CROSSVILLE

Janice Gessler-Bond (Abnashi Kaur)  
931-4846923 jagken@aol.com

### KNOXVILLE

Ajeet Khalsa  
865-851-7830 ajeetyoga@bellsouth.net

Rai Kaur Khalsa  
865-579-0582 vmd3ho@comcast.net

Rai Singh Khalsa  
865-579-0582 ssrsk@comcast.net

Yoga Nivas  
865-851-7830 ajeetyoga@bellsouth.net

### NASHVILLE

Stephanie Mouton Reed (Siri Amir)  
615-347-1036 smor80@bellsouth.net

## TEXAS

### AUSTIN

Allison Hill (Sat Deva)  
512-736-6602 allison@ibisbooks.com

### Barbara Watson

512-454-6004 bjwatson@austin.rr.com

### Bir Singh Relph (Richard)

512-453-4906 birsingh@austin.rr.com

### Charlie Llewellyn (Sadhu)

512-587-8344 sadhu@llewellin.net

### Christ-Singh Khalsa

512-443-4325 liontame5@gmail.com

### Diana Maria Cuero (Sar Siri Kaur)

512.577.4496 dulcinea\_com@hotmail.com

### Grace Wilson (Sat Hari Kaur)

gwilsons@yahoo.com

### Guru Karam Kaur Benton (Laura)

5123581200 gurukaram@yogayoga.com

### Harimandir Kaur Samuelson

512-453-769 jsamuelson@austin.rr.com

### Jim Pounds (Jiwan Mukta Singh)

512-589-4900 japounds@austin.rr.com

### Joan Boikess (Vedya Kaur)

512-402-1325 jobo9108@aol.com

### Joti Kaur (Jessica Postol)

512-799-1834 jpostol@austin.rr.com

### Karen Mueller (Guru Soorya)

512-345-1670 karen@karenmueller.net

### Kelly Inselmann

512-736-8990 inselmannk@hotmail.com

### Mehtab Benton (Michael)

5123581200 mehtab@yogayoga.com

### Peggy Stoll

512-837-8957 pstoll@prismnet.com

### Ricardo Khalsa (Gurudev Singh Khalsa)

512-301-9840 medita@fastem.com

### Sirgun Kaur Relph (Kim)

512-453-4906 sirgunkaur@austin.rr.com

### Susan Nayak (Baldev Kaur)

512-527-4912 baldevyoga@gmail.com

### Theresa Herrera-Pounds (Karam Jot Kaur)

512-589-7200 thpounds@austin.rr.com

### Wendy Pederson (Litvar Kaur)

512329-6403 symbiont430@earthlink.net

### Xenia Hennington (Beant Kaur)

512-497-4217 dx1@grandecom.net

### Yoga With Vedya

512-402-1325 jobo9108@aol.com

### Yoga Yoga (Mehtab Singh)

5123581200 mehtab@yogayoga.com

### BURNET

### Jacinta Williams (Jaidev Kaur)

512-755-4775 jacintaclaire@yahoo.com

### DALLAS

Anne Leggett Walker (Ananda K)  
214-629-5662 anne\_leggettwalker@yahoo.com

### Swami Dev S Khalsa (Swami D Khalsa)

214-660-8831 japsahib@gmail.com

### DENTON

### Karen Mcdaniels (Indra Kaur)

940-262-3382 indra\_kaur@hotmail.com

### FAIR OAKS RANCH

### Penny Lynn Scrutchin (Patwant Kaur)

830-755-4500 penny@scrutchin.com

### GRAND PRAIRIE

Shirley Love (Shivcharan Kaur)  
9725221921 slove4444@sbcglobal.net

## GRAPEVINE

Sheri A Kingrey (Amar Kaur Khalsa)  
amarkaur8@hotmail.com

## HOUSTON

Ann Adam (Jai Hari Kaur)  
713-529-0596 annadam@softhome.net  
Clare Richards (Sarab Jot)  
7133017140 clarebolduc@gmail.com

Debera Salam (Daljeet Kaur)  
281-732-4805 miata1957@aol.com

Gurutma K Khalsa  
713-526-9988 gahere@gmail.com

Hari Kirm K Khalsa  
713-528-7345 harikirm@sbcglobal.net

Sat Kartar S Khalsa  
713-520-6541 drkhalsa@sbcglobal.net

Tina Berger  
281-797-0087 tinab@obsidian-edge.com

## HUMBLE

Ana Pena  
281-615-7746 anapenaltsi@embarqmail.com

## LEAGUE CITY

Lola Scarborough (Sat Avtar Kaur)  
281-684-3168 lola@yogalola.com

Yoga Lola Studios, Llc  
281-684-3168 lola@yogalola.com

## LUBBOCK

Celine Godard (Bhagwant Kaur)  
806-368-7919 bhagwantprem@yahoo.com

## MCALEN

Veronica Ontiveros  
vontiveros84@yahoo.com

## McKinney

Genevieve Snow (Sat Jivan Kaur)  
972-529-0601 gsnowrmt@yahoo.com

## MISSION

Diana Gabriela Medina (Siri Hari K)  
956-682-2618 sirihari@rgv.rr.com

Eduardo Arias Moreno (Siri Anand S)  
956-682-2618 nampub@rgv.rr.com

## MISSOURI CITY

Sat Prem Kaur Khalsa (Janis Leavitt)  
281-499-4125 yogiredd@yahoo.com

## NEW BRAUNFELS

Janice McClure-Saltis  
830-620-1606 audacia@satx.rr.com

## NEW ULM

Kathe Forrest Yoga (Siri Kirin Kaur)  
9799923253 katheforrest@yahoo.com

## Siri Kirin Kaur (Kathe Forrest)

9799923253 katheforrest@yahoo.com

## ROUND ROCK

Robert Aquadro (Sardar Singh)  
512-623-0697 rjaquad@aol.com

## SAN ANTONIO

Amrit K Khalsa  
210-828-4177 info@totallydivineyoga.com

Charla J Holland  
charla\_holland@hotmail.com

Jeri Penkava Md (Shakti Ravinder Kaur)  
210-403-2343 jlpm1@aol.com

## Mahan Rishi S Khalsa

210-828-4177 info@totallydivineyoga.com

## Xavier N Escobedo

210-692-3814

## Wimberley Charlene Fox (Wahe Guru Kaur)

281-536-9591 (c) charlene@lotusranch.org

## UTAH

### BOUNTIFUL

Souci Pyper (Man Preet Kaur)  
801292-9803 scpyper@gmail.com

### CEDAR CITY

Melanie Paulk-Abderrahman (Mandeep Kaur)  
435.865.7575 melanie@sagehillsomranch.com

### Sage Hills Yoga & Meditation Center

435-327-0648 cell melanie@sagehillsyoga.com

### COTTONWOOD HEIGHTS

Melissa Hamilton (Siri Om Kaur)  
801-554-0146 siriomkaur@fauxsimile.com

### DRAPER

Linda Allred (Sat Ganesha Kaur)  
801-654-5140 satganeshakaur@hotmail.com

### IVINS

Andrea Hanson (Parampurkh)  
435-669-2869 andreabecky@mergingrivers.com

### OGDEN

Sat Mandir Khalsa  
801-399-3614 kryntaar@comcast.net

### SAINT GEORGE

Mondi Christensen (Navtej)  
435-313-0850 mondi.navtej@gmail.com

### SALT LAKE CITY

Deva Kaur Khalsa Ji  
801-979-8986 devakaur108@gmail.com

### Deva Kaur Khalsa

801-582-0820 spiraldk@xmission.com  
Margaret Imhof (Sarabjot Kaur)  
801-842-5151 sarabjot108@gmail.com

### Meherban Kaur Khalsa

801-467-4852 ubercool@qwest.net

### ST. GEORGE

Jessamy Bowie (Harpurkh Kaur)  
435-313-1771 jessamybowie@msn.com

### WEST JORDAN

Richard M Valasquez (Sat Singh)  
801-688-0557 disco11@q.com

## VERMONT

### BURLINGTON

Sarab Kaur (Tiffany Tuttle)  
802-310-2523 sarab@kundalininow.com

## VIRGINIA

Alexandria Wendy Rasch (Sat Sundri Kaur)  
5019122960 wenifredrr@aol.com

### ARLINGTON

Anne Vena  
703-307-3764 annevena@verizon.net

### COPPER HILL

Patricia Stroud  
540-929-9008 patricia.stroud@opm.gov

### FAIRFAX

Brown Pamela (Sadhana K)  
703-631-0971 circatile@aol.com

### FALLS CHURCH

Lynne Jacobs  
703-975-2050 jacdrey@rcn.com

### GREAT FALLS

Ellen Rule  
703-4024862 yogamum8@aol.com

### Ellen Rules Yoga Studio

703-592-0300 yogamum8@aol.com

### Guru Sangat Khalsa

703-759-4971 artsyogi@verizon.net

## HERNDON

Darshan Kaur Khalsa  
703-742-0711 darshankaur@invinciblecoaching.com

Guru Ganesha S Khalsa  
guruganesha@csi.com

### Gurunater Kaur Khalsa

703-668-0191 gurunater@verizon.net

### Kartar Khalsa

703-471-7844 kartar.khalsa@goldentemple.com

### Satwant Singh Khalsa

703-346-4489

### Shakta Kaur Khalsa

703-471-6935 shaktakhalsa@mac.com

### Loudoun County

Shelley Green (Harbhajan K)  
703-899-8588 shellemonique@earthlink.net

### MCLEAN

Kim En Crandall  
703-448-9522 lccrandall@cox.net

### Newport News (Atma Kaur Khalsa)

757-595-3746 atma2@verizon.net

### NORTHERN VIRGINIA

#### Raviinder Khalsa

703-472-4772 raviinder.khalsa@gmail.com

### Sat Kartar Singh Khalsa

703-585-8188 satkartarsingh@aol.com

### OAKTON

Isabella Gutfreund  
703-371-0295 isabella@pureheartyogastudio.com

### Pure Heart Yoga Studio (Isabella Gutfreund)

703-371-0295 isabella@pureheartyogastudio.com

### RESTON

Dawn Curtis (Devta)  
703-967-7857 inpurelight@yahoo.com

### Lisa Hauer (Devinder Kaur)

703-309-9018 lisa@massagebylisa.net

### STERLING

Karam S Khalsa  
WITENITE10@aol.com

### VIENNA

Christine Mason (Ravi Kaur)  
571-213-3192 christine.mason4@cox.net

### Robin Serig

703-938-5361 srobin2@cox.net

### Siobhan Macmahon (Avtar Kaur)

7033802961 siobhanmacmahon@yahoo.com

## VIRGINIA

Linda DeLoatch (Har Sharan)  
757-425-7886 harsharan@cox.net

## WASHINGTON

### ANACORTES

Pamela Nixon (Nirmal Kaur)  
360-588-1223 pamenixon@yahoo.com

### GIG HARBOR

Diane Bunting (Shamsher)  
253-853-5221 shamsher@earthlink.net

### KENT

Karta Kaur Ensor  
206-794-5196 karta.kaur@comcast.net

### LACEY

Siri Om Kaur (Rachael Codina)  
1360-539-8012 siriom@hotmail.com

### PORT TOWNSEND

Maureen Graham (Emmy)  
360-379-2688 emmysan44@yahoo.com

### SEATTLE

Ai Endo (Guru Soorya Kaur)  
206.225.7055 gurusooraya108@gmail.com

## Julie Steele (Siri Mukh)

206-933-5598 xjcsteelix@yahoo.com

## Karta Purkh Kaur

206-923-6465 mtce@aol.com

## WASHINGTON, DC

### Brigitte Pichot (Guru Gyan Kaur)

202-281-4488 frenchyogadc@gmail.com

### Brigitte's Yoga Studio (Brigitte Pichot)

202-281-4488 frenchyogadc@gmail.com

### Elizabeth Greathouse (Gurumukh Kaur)

202-285-1316 yogawithelizabeth@yahoo.com

### Yoga House Studio

202-285-1316 yogawithelizabeth@yahoo.com

## WISCONSIN

### BROOKFIELD

Jamie Durner (Kirat Kaur)  
262-389-5835 jdurner@wi.rr.com

### HUDSON

Michelle Klassen  
sparkymm@comcast.net

### MADISON

Ann Dansart (Nam Kaur)  
namkaur@live.com

### NEENAH

Chari Blurton (Jaideep)  
920-729-9226 dchariburton@yahoo.com

### RACINE

Joachim Mayer (Satmandir Singh)  
262-752-9882 satms10@yahoo.de

### WILLIAMS BAY

Barbara Goehl  
262-245-1134 bgoehl@charter.net

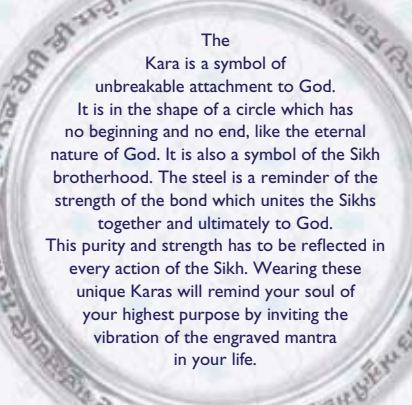
### WILLIAMS BAY

Divine Light Yoga (Barbara Goehl)  
262-245-1134 bgoehl@charter.net

## AQUARIAN TIMES CLASSIFIED AD

LIVE IN THE BOULDER,  
COLORADO ASHRAM!  
Biking distance to University  
of Colorado. Or Vacation:  
skiing, hiking, Great Sangat!  
Call 303-439-2216 or  
720-304-8133

Made in the holy city of Amritsar, India.  
With powerful mantras engraved in high quality craftsmanship.



The  
Kara is a symbol of  
unbreakable attachment to God.  
It is in the shape of a circle which has  
no beginning and no end, like the eternal  
nature of God. It is also a symbol of the Sikh  
brotherhood. The steel is a reminder of the  
strength of the bond which unites the Sikhs  
together and ultimately to God.  
This purity and strength has to be reflected in  
every action of the Sikh. Wearing these  
unique Karas will remind your soul of  
your highest purpose by inviting the  
vibration of the engraved mantra  
in your life.

www.sikhkaras.com | amritsingh@sikhkaras.com

### Yogi Ji Press

Sparkle Turbans, Chunis, Scarves, Shawls, Combs, 5Ks, Nitnems & Everything Else

Yoga/Sikh Imports

nam@newmexico.com, 505-753-5086

SantaFeGetaway.com

Lodging for visits to the Espanola ashram  
room rates also available

### Ganesha Gems by Donna Wong

Sacred Therapeutic Gemstone Malas and Jewelry



- \* Tantric Numerology Prescriptive Readings
- \* Gemstone Aura Readings (by Proxy & In Person)
- \* Custom Design, Redesign, & Repair
- \* Fine Quality Materials & Construction
- \* Materials and Craftmanship Guaranteed

**Guru Bachan Kaur**

626-688-6160 \* donnawong@GaneshaGems.net \* www.GaneshaGems.net



### Japa Kaur

Musician  
Astrologer  
Kundalini Tarot

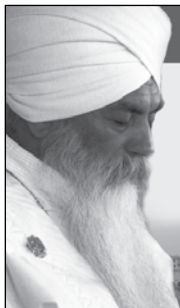
(415) 488-1669  
japa@ekt.org

### SikhPhotos.com

Photos & Gifts of Sikh Art

Browse through our online gallery of unique photographs and Sikh art. Beautiful images of Yogi Bhajan, The Golden Temple, and the Sikh Gurus.

www.SikhPhotos.com



## sheepskins

soft and silky, long and short hair varieties

arjan kaur khalsa - the sheepskin lady

heartlotus@cox.net - 401-475-3493

20yrs experience - worldwide shipping

### OFFICIAL SOLSTICE PHOTOGRAPHER

**Gurudarshan Khalsa**

presents a unique collection of Solstice  
and Kundalini Yoga Event photography



Aquarian Vision offers the most exclusive Kundalini Yoga Photography focusing on capturing the frequency & essence of transformation in a visual experience. I am here to serve your P.R./Publicity needs for any individual & publication materials.

&

Enjoy Fairtrade Indian Imports at our online store!  
Invoke the Goddess within by Surrounding Yourself  
with Beauty. Be apart of Global Prosperity Now!

**www.AQUARIANVISION.com**

## Vitality & Stress Level 2 Teacher Training

Lead Trainer  
KRI Director of Training

**Gurucharan  
Singh Khalsa,  
Ph.D.**



Held at the Cenacle Retreat Center in Chicago, a lovely  
residential program with all meals and lodging available.

**Two 3-day weekends - Sep. 18-20 and Oct. 9-11**

Discount registration through July 1

**Tuition + All Meals = \$1,199**

(Housing Available at \$80 per night)

Monthly payment plans available

**www.ShaktaKaur.com**  
**(312) 922-4699**



Sat Nam Rasayan® Retreat  
with Guru Dev Singh  
at Mount Shasta August 25 - 30, 2009



Camping \$999 up Lodging from \$1299  
prepaid by July 1<sup>st</sup>  
Double Occupancy/Classes/Vegetarian Meals Included  
Lodging prices based on double occupancy - subject to availability

For Information and Registration call 323-436-5238  
or E-Mail [kirpal@gurudevsnr.com](mailto:kirpal@gurudevsnr.com)  
[www.gurudevsnr.com](http://www.gurudevsnr.com)



## WHITE TANTRIC YOGA®

*A one day meditation workshop*



*Presented on video  
by the  
Mahan Tantric Yogi Bhajan*



for schedule information:  
**[www.whitetantricyoga.com](http://www.whitetantricyoga.com)**

## Numerology of the Cards



*a different kind of numerology. . .*

gurumeet offers readings using an ancient  
system of knowledge that illuminates your  
soul's energetic connections with others and  
is a lifetime calendar that maps evolving  
influences and potential.

\$108 one hour

(505) 753-6866  
[www.gurumeet.net](http://www.gurumeet.net)

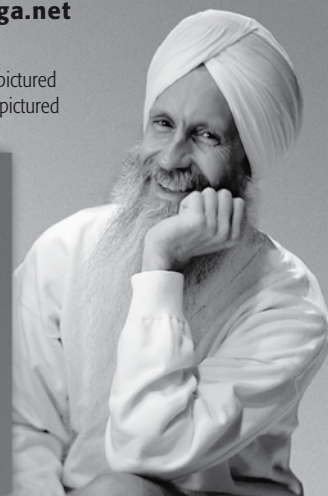
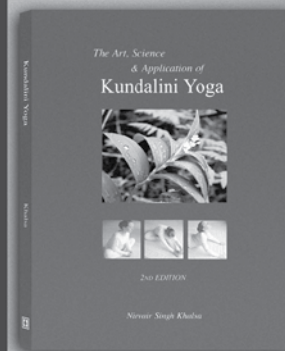
## NIRVAIR SINGH KHALSA

### The Art, Science & Application of Kundalini Yoga

The first college level textbook on Kundalini Yoga as  
taught by Yogi Bhajan!™ Great information and kriyas  
for new students and teachers alike!

**Order now from**  
**[www.kundaliniyoga.net](http://www.kundaliniyoga.net)**

Ninety-two basic postures pictured  
Thirteen beginning exercise kriyas pictured  
Seven intermediate exercise kriyas pictured  
...and more!





# Ways to Give

THE NON-PROFIT ORGANIZATIONS FOUNDED BY YOGI BHAJAN



## 3HO Foundation International

3HO Foundation International is a Global Community of people who practice and share the teachings of Yogi Bhajan so that they may serve, inspire, and empower humanity to be healthy, happy, and holy.

### General Funds

Your contribution enables us to continue to develop and offer programs and services that support and bring together the 3HO Global Community.

### Guru Ram Das Puri Land Development

3HO and the Legacy of Yogiji Foundation are working in partnership to increasingly expand an ecologically friendly environment for the Summer Solstice Sadhana Celebration, International Women's Camp, and Khalsa Youth Camp. Your contribution will help with the ongoing needs of maintaining and improving the sacred land of Guru Ram Das Puri.

### Financial Aid Scholarship Program

We believe that the transformative teachings of Yogi Bhajan should be available to everyone. In order to help those in need, we provide over a hundred Financial Aid Scholarships each year that enable people facing financial challenges to participate in the 3HO Foundation event of their choice.

### Service Scholarship Program

This program sponsors individuals who are committed to performing a service that supports the 3HO Foundation event of their choice. Service is their priority commitment and the focus of their event experience. They are part of the core team that delivers the event to the 3HO Global Community.

### World Market

This program promotes the products and services that support the 3HO lifestyle and in return, your company donates a percentage of the sales generated from 3HO promotions. Please contact Ajeetpal Kaur at [Ajeetpalk@3HO.org](mailto:Ajeetpalk@3HO.org) for more information and to get started.

Visit [www.3HO.org](http://www.3HO.org) to support the mission of 3HO and click on the "Donate Now" button or contact us at 888.346.2420 (USA only), 505.692.1703 (all countries).

*3HO Foundation ~ Healthy, Happy, Holy Organization is a 501(c)3 NPO and a Non-Governmental Organization (NGO) in consultative status with the Economic and Social Council (ECOSOC) of the United Nations.*



## The Kundalini Research Institute

The Kundalini Research Institute (KRI) was established by Yogi Bhajan on February 1, 1972. Its mandate: preserve the accuracy of the teachings.

Since then, our mission has grown to include not only the preservation of the teachings of Kundalini Yoga as taught by Yogi Bhajan® but also the development of the school of Kundalini Yoga as taught by Yogi Bhajan® around the world, as well as the promotion and development of research programs in the field. KRI fulfills this mandate in three primary ways: Development and maintenance of an archived, accessible, and searchable digital library of Yogi Bhajan's Teachings; Training and supporting Teachers and Trainers at the highest level of quality, character, and effectiveness through the Aquarian Trainer Program; Program development, testing, and application of the teachings in curriculums, research, and multi-media publishing.

**The Yogi Bhajan Library of Teachings:** Our goal is to archive and digitize the entire library of Yogi Bhajan's lectures and yoga classes—more than 6,000 audio and video media assets—by the year 2012; creating an online resource for students, practitioners, and teachers now and in the future.

**Reach Out-Teach Out:** This program funds teacher training in underserved communities around the globe, from West Africa to Asia and South America, to the rural areas of the United States. It also provides scholarships for young people seeking to take Teacher Training Level One.

**Research:** Provides funding for research partnerships with community colleges and international universities studying the effects of Kundalini Yoga and meditation on chronic illness, pain management, and behavioral disorders.

Donate online at <http://KRIt teachings.org/YBLibrary.htm> or send checks directly to the Kundalini Research Institute, PO Box 1819, Santa Cruz, NM 87567 (Please indicate Library of Teachings, Scholarship, or Research in order to direct your donation.) For more information about this and other programs from KRI, please go to [www.KundaliniResearchInstitute.org](http://www.KundaliniResearchInstitute.org).

*Don't love me, love my teachings.*

Yogi Bhajan



## Sikh Dharma International

The mission of Sikh Dharma International is to love, serve, and uplift humanity. In the next three years Sikh Dharma International will focus on creating educational events (Japji intensive, a Kirtan Course with Snatam,

and an Anand Sahib Yatra to India), resources (website content and online community), and infrastructure to serve people in learning about the spiritual technology of Sikh Dharma as taught by Yogi Bhajan. Our focus is to create communication avenues to support people in connecting to one another, as the highest Dharmic learning takes place within community. Like all spiritual traditions, Sikh Dharma has its lineage and legacy, guidelines and philosophies, its Masters, saints, and history. But primarily Sikh Dharma offers a down-to-earth spiritual path for everyday people. It doesn't matter what your spiritual orientation is or what culture or background you belong to. Any person can do these practices to help them experience their own Divinity and Infinity.

**The teachings of Sikh Dharma as taught by the Siri Singh Sahib, Yogi Bhajan.** These teachings and technology include the Shabd Guru, a guide for the Aquarian Age; meditation; mantra; kirtan; spiritual community; and lifestyle. Help us preserve and spread these teachings through educational resources and events, online content, and building sacred community.

**The Youth of the Dharma.** Support a program for Miri Piri Academy students to go on kirtan tours during the summer months, which inspires and unites communities in the sacred technology of the Shabd Guru.

**Siri Singh Sahib (Yogi Bhajan) Gurdwara Lectures.** Support the production of these historic lectures as DVDs, downloadable videos, and broadcast-quality TV programs.

Contact Ravi Kaur Khalsa, Executive Director, 505.629.4715 or visit [www.SikhDharma.org](http://www.SikhDharma.org)



## SikhNet

SikhNet is the Internet's largest and richest resource for and about Sikhs with over 200,000 unique visitors per month from around the world. It serves by sharing the experience of what it means to be a Sikh, through education and active dissemination of the Sikh lifestyle and its unique technology: [www.SikhNet.com](http://www.SikhNet.com).

You can become a SikhNet Sponsor and have your banners displayed on SikhNet at: <http://tinyurl.com/bos6sh>

You can become a SikhNet Supporter by signing up as a monthly donor, or you can make a one-time contribution to SikhNet at <http://tinyurl.com/b7ywuy>



## Miri Piri Academy

Miri Piri Academy is a unique boarding school that was founded by Yogi Bhajan to train future teachers, leaders, and healers of the Aquarian Age. We strive to ensure

that every child who is inspired to live and learn the teachings of Yogi Bhajan can afford to come to our school. We offer Financial Aid to more than 50% of our student body. This is made possible only through the generous donations of our worldwide community.

### To donate:

Sign up for monthly contributions through EFT: <http://www.MiriPiriAcademy.org/donation.asp>

Donate online with PayPal: Go to: <http://www.MiriPiriAcademy.org/donation.asp>

Pay by check: Make your check out to Sikh Dharma Education International and send your check to PO Box 1848, Santa Cruz, NM 87567.

Contact us at [Donations@MiriPiriAcademy.org](mailto:Donations@MiriPiriAcademy.org).

## LYF Foundation

LYF Foundation (LYF is an acronym for the Legacy of Yogiji) is a non-profit organization that was established for public benefit. Yogiji was a term of endearment for Siri Singh Sahib Harbhajan Singh Khalsa Yogiji, also known as Yogi Bhajan, Kundalini Yoga Master and spiritual and administrative leader of Sikh Dharma for the Western Hemisphere.

The primary mission of LYF Foundation is to preserve, maintain, and make available for the meditative public those Heritage properties that Yogiji developed for the future generations: Guru Ram Das Ashram in Los Angeles, Guru Ram Das Puri in New Mexico (where Summer Solstice, Children's Camp, and Ladies Camp are held), and Yogiji's Espanola Ranch. These properties were specifically designed for meditation, contemplation, and prayer and are places where the public can directly experience Yogiji's vision, personality, and connection with Guru Ram Das, the fourth Sikh Guru.

The Heritage properties require year-round funding for maintenance and preservation as well as special donations for one-time projects.

Current projects are:

**Guru Ram Das Ashram in Los Angeles:** the preservation of the beautiful and historic etched-glass windows depicting each of the ten Sikh Gurus.

**The Ranch in Espanola:** the re-gilding of a monumental fifteen-foot wooden statue of Quan Yin, the Oriental goddess of compassion, in order to restore it to the same condition it was in when Yogiji lived at the Ranch.

**Guru Ram Das Puri:** the development of the Children's Village, which includes a special children's activity center and an outdoor playground area.

For more information contact Seva Kaur at 505-753-5516, [sevak@sikhdharm.org](mailto:sevak@sikhdharm.org) Donations can be sent to: LYF Foundation, P.O. Box 1910, Santa Cruz, NM 87567

# 2009 calendar of events

To list your event on the 3HO International website and in *Aquarian Times*, go to the events page at [www.3HO.org](http://www.3HO.org) and click on "Upcoming Events – Submit your event to the 3HO calendar." The due date for the November 2009 issue of AT is August 26, 2009.

---

## MAY 2009

### WHITE TANTRIC YOGA®

NEW YORK, NY, USA

May 2, 2009

[whitetantricyoga.com](http://whitetantricyoga.com) [kundaliniyogaeast.com](mailto:kundaliniyogaeast.com)

### WHITE TANTRIC YOGA®

TORONTO, CANADA

May 9, 2009

[whitetantricyoga.com](http://whitetantricyoga.com) [torontokundaliniyoga.com](mailto:torontokundaliniyoga.com)

### YOGA FOR YOUTH TEACHER CERTIFICATION

CENTER FOR HAPPINESS, MN, USA

May 13 – 15, 2009

[centerforhappiness.com](http://centerforhappiness.com) [mgmt@centerforhappiness.com](mailto:mgmt@centerforhappiness.com) (612) 208.0697

### WHITE TANTRIC YOGA®

EUGENE, OR

May 16, 2009

[whitetantricyoga.com](http://whitetantricyoga.com) [yogawesteugene.com](http://yogawesteugene.com)

### SACRED CHANT WEEKEND WITH SNATAM KAUR

& GURUGANESHA

ASHEVILLE, NC, USA

May 22 – May 24, 2009

[namasteasheville.com](http://namasteasheville.com) [namasteasheville@yahoo.com](mailto:namasteasheville@yahoo.com) (828) 252.8149

### YOGA FOR YOUTH TEACHER CERTIFICATION

LOS ANGELES, CA, USA

May 22 – 24, 2009

[yogaforayouth.org](http://yogaforayouth.org) [krishna108@krishnakaur.org](mailto:krishna108@krishnakaur.org) (310) 735.0500

### WHITE TANTRIC YOGA®

MEXICO CITY, MEXICO

May 23, 2009

[whitetantricyoga.com](http://whitetantricyoga.com) [kundaliniimexico.com](mailto:kundaliniimexico.com)

---

## JUNE 2009

### WHITE TANTRIC YOGA®

TEL-AVIV, ISRAEL

June 5, 2009

[whitetantricyoga.com](http://whitetantricyoga.com)

### 3HO SUMMER SOLSTICE SADHANA CELEBRATION

GURU RAM DAS PURI, ESPAÑOLA, NM, USA

June 18 – 27, 2009

[3HO.org](http://3HO.org)

### 3HO ANNUAL INTERNATIONAL KUNDALINI

YOGA TEACHERS ASSOCIATION CONFERENCE

GURU RAM DAS PURI, ESPAÑOLA, NM, USA

June 19, 2009

[3HO.org](http://3HO.org)

### 3HO INTERNATIONAL PEACE PRAYER DAY

GURU RAM DAS PURI, ESPAÑOLA, NM, USA

June 20, 2009

[3HO.org](http://3HO.org)

### KRI TEACHER TRAINING LEVEL 2 MODULE:

STRESS AND VITALITY

GURU RAM DAS PURI, ESPAÑOLA, NM, USA

June 28 – July 4, 2009

[kriteachings.org](http://kriteachings.org)

### 3HO WOMEN'S CAMP

GURU RAM DAS PURI, ESPAÑOLA, NM, USA

June 28 – July 5, 2009

[3HO.org](http://3HO.org)

### 3HO KHALSA YOUTH CAMP

GURU RAM DAS PURI, ESPAÑOLA, NM, USA

June 29 – July 12, 2009

[3HO.org](http://3HO.org)

---

## JULY 2009

### WORLD PEACE SANCTUARY, WASSAIC, NY, USA

700 VOICES SACRED MUSIC FESTIVAL

"PEACE THROUGH YOGA"

July 10 – July 13, 2009

[bretduback.com](http://bretduback.com) [duback@optonline.net](mailto:duback@optonline.net) (860) 482.9076

### CONSCIOUS PREGNANCY: SPECIALTY TRAINING

FOR YOGA TEACHERS

TARN TARAN NIVAS, NM, USA

July 7 – July 20, 2009

[consciouspregnancy.org](http://consciouspregnancy.org) [ttkwomen@yahoo.com](mailto:ttkwomen@yahoo.com) (505) 747.7411

### 3HO EUROPEAN YOGA FESTIVAL

FONDJOUAN, FRANCE

July 28 – August 5, 2009

### 4TH ANNUAL KUNDALINI YOGA WOMEN'S

RETREAT: HEART & COURAGE

QUÉBEC, CANADA

July 31 – August 3, 2009

[adishaktiyogacentre.com](http://adishaktiyogacentre.com) [adishaktiyoga@gmail.com](mailto:adishaktiyoga@gmail.com) (613) 824.9189

---

## AUGUST 2009

### KRI LEVEL ONE TEACHER TRAINING IMMERSION

GURU RAM DAS PURI, ESPAÑOLA, NM, USA

August 1 – 27, 2009

[kriteachings.org](http://kriteachings.org)

### 3HO ANNUAL EUROPEAN KUNDALINI YOGA

TEACHERS ASSOCIATION CONFERENCE

MUR DE SOLOGNE, CHATEAU, FRANCE

August 5, 2009

[3HO.org](http://3HO.org)

### 3HO YOGI BHAJAN BIRTHDAY AND 3HO

FOUNDATION 40TH ANNIVERSARY PARTY

ESPAÑOLA, NM, USA

August 22, 2009

[3HO.org](http://3HO.org)

### 3HO GLOBAL MEDITATION – YOGI BHAJAN'S

BIRTHDAY ANNIVERSARY

August 26, 2009

[3HO.org](http://3HO.org)

### TECHNIQUES TO RELEASE FEAR

AND ALLOW JOY

KRIPALU, MA, USA

August 28 – 30, 2009

[kripalu.org](http://kripalu.org) [rasmani@kripalu.org](mailto:rasmani@kripalu.org) (413) 448.3211

### YOGA FOR YOUTH TEACHER CERTIFICATION

KRIPALU, MA, USA

August 31 – September 4, 2009

[kripalu.org](http://kripalu.org) [rasmani@kripalu.org](mailto:rasmani@kripalu.org) (413) 448.3211

---

## SEPTEMBER 2009

### KRI TEACHER TRAINING LEVEL 2 MODULE:

LIFECYCLES & LIFESTYLES

WASHINGTON, DC, USA

SEPTEMBER 1 – OCTOBER 30, 2009

[cristin@spirallightyoga.com](mailto:cristin@spirallightyoga.com)

### KUNDALINI YOGA LEVEL I

TEACHER TRAINING COURSE

CHAPEL HILL, NC, USA

September 5 – May 3, 2009

[sacredlistener.com](http://sacredlistener.com) [nckundaliniyoga@yahoo.com](mailto:nckundaliniyoga@yahoo.com) (919) 419.2403

### WHITE TANTRIC YOGA®

BELO HORIZONTE, BRAZIL

September 12

[whitetantricyoga.com](http://whitetantricyoga.com) [gsk@abaky.org.br](mailto:gsk@abaky.org.br)

### WHITE TANTRIC YOGA®

GUADALAJARA, MEXICO

September 19

[whitetantricyoga.com](http://whitetantricyoga.com) [giankaur@megared.net.mx](mailto:giankaur@megared.net.mx)

### CHICAGO, IL, USA

### KRI TEACHER TRAINING LEVEL 2 MODULE:

VITALITY & STRESS

September 18 – October 10, 2009

[mindbodyonline.com](http://mindbodyonline.com) [classes@shaktakaur.com](mailto:classes@shaktakaur.com) (312) 922.4699

### KUNDALINI YOGA LEVEL I

TEACHER TRAINING COURSE

CARIFF BY THE SEA, CA, USA

September 20 – May 31, 2009

[yogamurrieta.com](http://yogamurrieta.com) [atmak@objectrad.com](mailto:atmak@objectrad.com) (951) 696.9063

### 3HO GLOBAL MEDITATION – UNITED NATIONS

INTERNATIONAL DAY OF PEACE

September 21, 2009

More Info »

### KUNDALINI YOGA LEVEL I TEACHER

TRAINING COURSE

MEXICO CITY, MEXICO

September – April, 2010

[yogaforayouth.org](http://yogaforayouth.org) [krishna108@krishnakaur.org](mailto:krishna108@krishnakaur.org) (310) 735.0500

### KUNDALINI YOGA LEVEL I TEACHER

TRAINING COURSE

DETROIT, MI, USA

September – June, 2010

[yflcenter.com](http://yflcenter.com) [yncature@pacbell.net](mailto:yncature@pacbell.net) (248) 227.3147

### KUNDALINI YOGA LEVEL 1

TEACHER TRAINING COURSE

SALT LAKE CITY, UT, USA

September - May 2010

[3HOUtah.org](http://3HOUtah.org) (801) 633.3908

# Summer 2009 Numerology Forecast

By Nam Hari Kaur Khalsa, California, USA

The summer of 2009 propels us into an increasing intensity of emotion fueled by the desire to jettison all that we feel is no longer working in our lives. Nine represents completion, cleansing, and letting go; however it's important not to throw the baby out with the bath water. Many people will be feeling, "Enough!" and will be willing to take huge risks in order to regain ground and experience relief. Remember that patience pays, and 9 is the number of patience, mastery, and the connection to the subtlety of our existence.

If you do decide to pack it in and head off to the mountains, be sure you have a clean water source first. It takes time to dig a well and create a structure of containment to secure the flow. In Sean Penn's brilliant movie "Into the Wild," the leading character is a young man who is frustrated and fed up with his life and becomes hell-bent and determined to leave everything behind. He is successful in his Alaskan adventure for awhile, as his wit, resourcefulness, and a dash of luck cover a certain stretch of distance. However, he ultimately meets an early death. He couldn't calculate what is called in numerology the "unknown variable." Number 9 represents the unknown, basically that which cannot be figured out in logical and linear terms.

So how can we cover ourselves at this unique time and not feel like the ill-fated rabbit in a video game? It's as easy as the *Isht Sodhana Mantra* (Dhartee Hai). The vibration of this mantra pulls in the *akash*, which is the ether element. There are many forms of navigation. Satellites in the upper atmosphere are one way that ships, cars, and people may find their way. But what's the use of arriving at a physical destination if it's not in line with your destiny? Why not align yourself with the Golden Chain and the compassion and kindness of Guru Ram Das, instead of the chain gang of time and space. Isn't that sledge hammer getting a little heavy? So now is the time, stay in rhyme, 31 minutes a day and you'll be okay!

This practice will be of further benefit because in the scope of the 9 energy, we as individuals and as a humanity are completing many cycles of behavior that have been haunting us for generations. It may feel like a karmic obstacle course at times, with characters from the past sashaying in to tempt and lead you in one direction or another. Just be sure your good name or your wedding ring doesn't fall from grace, or come September you may find yourself in the lost sparkle of the karmic confetti left by the carnival that's headed out of town. Nine is the number of illusions, internal as well as external. Desperation makes us vulnerable to falling prey to illusions—it seems like the easy way out.

One of Yogi Bajan's comments on these times is that, similar to a drought season having an effect on the water table, people's personal water table, or reserve energy, will be low. Keep yourself well-hydrated with good quality water this summer, as there will be record-breaking temperatures on the planet. There will also be a loss of temper, so learn to shift your own flow in the sense of an energetic Tai Chi maneuver to avoid someone who is out of control and wants to take you down with them. Misery loves company and misfortune need be no one's companion. Choose your counsel and company wisely, as the intensity of others' emotions may become draining if you're trying to plug up too many holes in the dam.

Nine represents invisibility and the ability to disappear. Even in mathematics, 9's are known as self-effacing. This simply means that if you add 9 to any number with the intention of reducing it down again you actually never have to do the math, the 9 will always disappear. Nine plus 6 equals 15,  $1 + 5 = 6$ . The 9 slips away every time. We will feel the need to check out or disappear from sight as a survival mechanism. Turn the answering machine off, lock the doors and draw the blinds! This is actually healthy as long as it is not taken to extremes. Creating a space of self-regeneration is important,

---

Remember that patience pays, and  
nine is the number of patience,  
mastery, and the connection to the  
subtlety of our existence.

---

and our music, mantras, and mineral salts for the bath water are yogic essentials. We are all in this together dear ones, and in our combined spirit we have everything necessary to gracefully and successfully bring about the Aquarian Age transition. There is a way through every block, and in the words of the Master remember, "Vibrate the Cosmos. The Cosmos shall clear the path."

---

Author of *Akara Numerology*, **Nam Hari Kaur Khalsa** can do a personal numerology reading for you in person or over the phone. Your questions on love, money, spiritual destiny, and opportunity cycles are answered. Call 310-202-8937 or email [akara@cybermesa.com](mailto:akara@cybermesa.com)

# Leaping into the Aquarian Age

By **Karan Khalsa**, Virginia, USA

When I was 16 and graduating from high school, I went to Yogi Bhanjan to talk to him about my future. I was enrolling in an Education program to become a teacher and felt confident he was going to be very proud and supportive of my chosen career path. He looked at me sternly, but with a slightly smug smile and said, "A teacher? No! You are a business woman. Just accept this. Study business. It is your future." And that was the end of it. Being stubborn, I enrolled in my Masters of Education program, convinced he would see that I was right. I was not a fan of the business world.

---

I wholeheartedly believe that this is exactly the time to get these teachings deeply integrated into the fabric of our lives, our businesses, and the new 'me' that is all of us.

---

And as with everything he ever taught me, I had to learn he was right via the long route. And now, 17 years later, I am, as he foresaw, a business woman.

This is a bit of a scary time to be in business. But when the markets crashed and the world economy revealed the major instabilities in our financial systems last year, I felt an unusual sense of calm beneath the surface insecurities that gripped us all. After all, Yogi Bhanjan's teachings focused us on exactly this time period. So much of the financial systems that melted were based on falsities—billions

of dollars being made on complex calculations of nothing; currencies manipulated and controlled; housing markets propped up for banks to bet on. It was a house of cards.

The Aquarian Age is a time for truth—personally and in business. We all want something real, something we can understand and experience. So how does any business person learn to integrate this into a healthy business? Yogi Bhanjan taught that we are moving away from hierarchies where greed and ego, manipulation and fear are able to control the planet. And during this transition to the Aquarian Age, the understanding of the individual expands to include a greater sense of 'I' as a part of the global group consciousness.

When I made the switch from the corporate world to my current business, it all happened very magically. But I had to take a leap of faith. I moved from a very secure career position to one that was a bit of a risk financially, but deeply nourishing spiritually. And it has proven the most fulfilling move I could have taken. I hear similar stories from yoga teachers and musicians and business owners almost every day.

People are hungry for sources of comfort, tools for expansion, and the ability to see beyond the current economic hardships and stresses. I wholeheartedly believe that this is exactly the time to get these teachings deeply integrated into the fabric of our lives, our businesses, and the new 'me' that is all of us. If you have the ability to incorporate them into your business, now is the time. We all need to be true to who we are. Yoga classes are fuller than ever. People are hungry for something deeper and are ready to trust that there really is more to these yogic technologies than meets the eye.

In my line of work, I interact with many yoga studios and yoga teachers, and the resounding message is that this is the time to teach, because people are searching. Last month, my step-father, Sat Want Singh,



traveled to India and the Philippines to call centers run by his company. He offered to teach yoga classes to the agents. His classes were packed! Here is an American in the heart of India packing a house to share Yogi Bhanjan's teachings. How cool is that?

Helping people have the experience of these technologies is deeply fulfilling and can even provide a respectable living. You may not get a private jet, but those aren't so popular these days anyway. There is so much juice in Yogi Bhanjan's teachings, and they are relevant way beyond the yoga studio.

So if you feel that pull, this is truly the Age to take the leap!

---

**Karan Khalsa** is a child of the 3HO community. She joined SpiritVoyage to connect her business life with her inner spirit. Her career is dedicated to sharing the healing sound current of music and the healing technology of yoga with the planet through SpiritVoyage.



# Cat's-Eye:

## THE GEM OF TRANSCENDENCE

By Hari Jiwan Singh Khalsa, New Mexico, USA

If you knew that the eye of God was watching over you, guiding you, and protecting you all day, would that make your day? Well, wearing a Cat's-eye ring will do that for the sensitive benefactor. For persons on a spiritual path, it may not only make your day, but make your life.

I often hear it said, "I can only be myself." In order to become greater than who you currently are, you must be and act greater than you are. The obvious question arises: "If I'm only myself, then how do I know how to be greater? After all, you can't fake consciousness." So true. However, when an appropriate Cat's-eye ring or pendant is worn, correct intuitive awareness beyond the limit of oneself provides the wearer with the opportunity to act in concert with his or her higher consciousness.

All gems are crystallized minerals. The gemstone called Cat's-eye, for example, is crystallized chrysoberyl. When cut without facets in a rounded shape, some chrysoberyl have a silky string of light which looks uncannily like—as you might have guessed—the straight line of a cat's eye. In the West it's known as a "jeweler's stone" because it's expensive, beautiful, unique, under-appreciated, and relatively unknown. As such, wearing one doesn't attract extraordinary attention, as it is understated, although it still reflects exceptional gem properties.

Cat's-eye is one of the most powerful stones on the planet. In astrology, it is a representation of Ketu.

What is Ketu? In Eastern astrology there are the seven planets plus Ketu and Rahu, which are the mystical north and south nodes, or "shadow planets" of the moon—the point where the moon's orbit crosses the ecliptic. Ketu is known

as the descending or southern node of the moon, or the dragon's tail.

Ketu is neutral and is considered the cause of liberation, the release from the cycle of birth and death. It is the planet of enlightenment. During its course, Ketu bestows wisdom, spiritual knowledge, and the power of discrimination. And that's not all. It gives intuition, which provides the wearer with mastery over the arts—from healing to cooking. This seems like a wide range, and that's what it's supposed to be. It requires intuition to know how to heal, how to counsel someone, or how to spice a dish properly. Intuition is the virtue necessary to obtain spiritual knowledge, to discriminate, and to possess wisdom. All in all, Ketu is a great force. It is associated with the number seven. Anyone born on the seventh, sixteenth, or the twenty-fifth day of any month is especially influenced by Ketu.

In addition to the intuitive power that both Ketu and Cat's-eyes bestow, Cat's-eyes also increase strength and stamina. They provide victory over foes and save one from injuries caused by weapons or accidents. On the mental level, this gem removes poverty, promotes psychic abilities, and expands the radiant body. All of the above attributes are meant to create an environment to enhance enlightenment.

Cat's-eyes range in color from green to brown. The most desirable stones come from Burma and are honey colored with a vivid and straight white line. If worn as a ring, it is preferable to mount with an open back so the stone can be open to the skin. As stated above, Cat's-eyes are expensive, but they can be substituted with a tiger's eye or moonstone, which are well within reach of any budget.

Cat's-eyes are fabulous gems. I wear them often and experience their pro-



found effects. They provide me with a protection of knowing that my duty pervades me and God's will guides me. Wearing a Cat's-eye constantly reminds us that we don't have to be right; we have to get it right. I am guided to listen to my intuition and act accordingly. Knowing that my path is set uplifts me all day. What a gem of a gem!

---

**Hari Jiwan Singh Khalsa** was at the side of Yogi Bhan each day for thirty years learning about, among other things, the veiled mystical characteristics of gemstones. He has been in the jewelry business for over thirty years and has written many articles on the esoteric qualities of gems. He can be reached at [sales@ninetrees.com](mailto:sales@ninetrees.com). He is available for consultation on what gemstone is best for you.

# Blessings of a Woman

NEW CD RELEASE

By SatKirin Kaur Khalsa, New York, USA

The Sikh Gurus compiled a guide for the upliftment of humankind through songs, collected in the *Siri Guru Granth Sahib* or *Shabd Guru*. Each Shabd, or song, gives an inheritance, a spiritual DNA that establishes our identity and lineage with Infinity. The words in shabds have a specific sound pattern and rhythm. When reciting *Gurbani* (the language of the shabd), the pressure of the tongue on the upper palate stimulates the eighty-four meridian points in a precise sequence. This process of recitation creates corresponding patterns in the neurons of the brain to stimulate the hypothalamus. This, in turn, causes the pineal gland to radiate. The glandular system balances, and you experience ecstasy and increased intuition. As we usher in the Aquarian Age, singing these shabds is said to be the most effective way to alleviate tension and confusion.

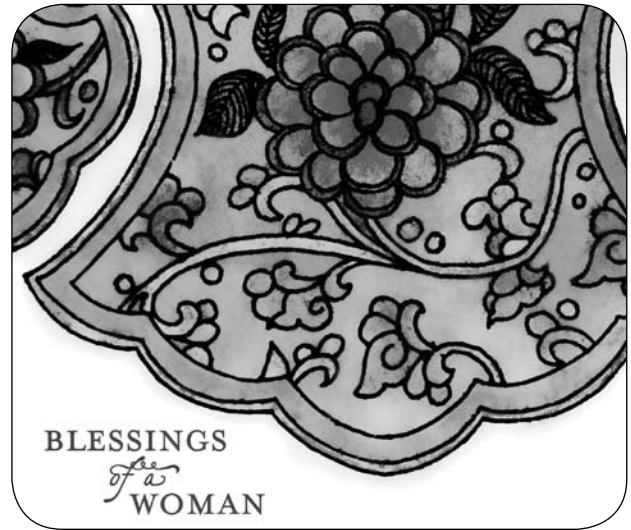
It takes a lot of milk and a lot of effort to make a little butter; and when you churn the tongue in the cave of the mouth, it takes a lot of repetition and time to manifest the effects. When you choose a shabd to work with, ideally you recite it eleven times a day or sing it for thirty-one minutes a day, for forty days. It takes forty days to create the change in the psyche—to create a new habit and release the old habit pattern. You can continue for ninety days, 120 days, and even 1,000 days for mastery.

I offer this collection, *Blessings of a Woman*, for use as a guide for your life. For women, these shabds can inspire you to uplift yourself, your family, and your surroundings. For men, the shabds on this CD can bring understanding of how you revolve around the feminine and benefit from this support.

*Amrit Peevo*: the power of the mother's prayer. Recitation of this ancient prayer protects, heals, blesses, and watches over. Just listening to the words invokes a powerful blessing. Yogi Bhajan said that the greatest power is the prayer of the mother. For those who don't have children, you can focus on the child within yourself. To care for others you must first care for yourself.

The words to *Noble Woman* are from a class Yogi Bhajan taught at Women's Camp. He said, "Never compete with nor confront a man. It will make your life miserable." Rather, he impressed upon us the power of nobility. Sing this song to develop a grateful heart and understanding of your life.

*Wabe Guru Jio* is a simple mantra to feed the essence of your soul and bring bliss to your day. Take the time to crowd out any suffering by moving your lips and tongue to attune to the bliss meridians of higher consciousness.



In the meditation for a wise heart, *Aad Gureh Nameh*, we also sing the English translation. Each line says, "I bow." When you bow, your head is below your heart, and soon your heart energy reigns supreme, thoughts are quieted, and your wisdom can speak to you.

The combination of the *Akal Sabaa-ee* mantra and the *Adi Shakti* mantra are for removing fear. You stretch the hands over the head in prayer, the Infinite stretches back to you, and fears and phobias are diminished.

*Gobinda* is the name of God as the sustaining power of the Creator. This shabd helps you to feel supported.

*Bhand Jamee-ai* is an affirmation of the creative power of the feminine. It causes indignities of life to fall away and empowers your words with grace.

The final track on the CD brings deep relaxation. The ambient soothing, melting, space created with the Raga scale is adorned here and there with heavenly *Wabe Guru*.

The CD contains a mix of world rhythms and sounds for easy listening, yoga class, and deep relaxation. Created for both men and women who want to transform, excel, and be radiant, it offers ancient mantra meditations that focus the mind and develop one's compassionate heart.

---

**SatKirin Kaur Khalsa** teaches the power of Naad and Shabd Guru, and leads Kirtan with the Mantra Jam Band in her home town, New York City, and around the world. She has produced thirteen Kirtan CD's available from ITUNES and SpiritVoyage.com. She can be reached at [www.satkirin.com](http://www.satkirin.com).

# Langar

A SACRED TRADITION OF SHARING FOOD WITH OTHERS

By Sat Jivan Kaur Khalsa, New York, USA



Langar is a tool to build, nurture, and sustain community in the Aquarian Age. Yogi Bhanjan was culturally a Sikh from India and langar is a tradition of the Sikh and Indian way of life. This tradition makes any person who comes to your home a special guest to be welcomed, fed, and housed. For the householder, it teaches us tolerance, generosity, freedom from fear of want, the equality of all, the humility of eating with one another, community, sharing, abundance, gratitude, and a sense of family beyond blood ties.

Yogi Bhanjan shared this tradition as a cornerstone of his teachings because

everywhere he traveled or taught there was always food—eating, preparing, cooking, and it was considered an honor and a joy to partake, to join in, to share, to serve, to feed everyone, to clean up, and to get ready for the next meal! With Yogi Bhanjan the kitchen was the heart-beat of his home and environments.

He taught us to meditate while we cooked and prepared food, to pray over each meal by chanting *Sat Nam* together before we ate, and to feel humbled and joyful that we could serve each other food prepared with prayer, love, and fresh ingredients that was tasty, delicious, and healthy too.

In the traditional Sikh Gurdwara, langar is the vegetarian meal that is served at the end of the program to everyone who has come to the Gurdwara. All of the food and preparation is donated. People traditionally prepare langar to commemorate many occasions in their lives: the birth of a child, a marriage, a birthday, an engagement, a death, when prosperity is needed, or whenever a miracle is required. In this tradition everyone sits together in rows on the floor facing each other with an aisle down the middle. Those who serve the meal walk down the center aisle with stainless steel buckets of food and serve everyone a portion of the meal. At the Golden Temple in Amritsar, In-

dia, and at all Gurdwaras in the world, langar is open to anyone and thousands of people are fed daily through this sacred and generous tradition shared by the Sikh Gurus and passed on to us by Yogi Bhajan.

We follow this tradition at our Summer and Winter Solstice Celebrations, the European Yoga Festival, Khalsa Youth Camp, our Gurdwaras, and, on special occasions, our homes.

Keep this simple supply list filled on your pantry and refrigerator shelves and try these easy recipes so you can easily reach out and share food and the warm tradition of langar with your family, friends, colleagues, or those in need.

### **Pantry/Refrigerator List:**

Whole organic Mung Beans

White organic Basmati Rice

Yogurt, regular or low-fat

Garlic

Onions

Ginger Root

Mix of 5-6 different colored fresh vegetables (zucchini, red radish, carrots, parsnips, fennel, yams, sweet potatoes, butternut squash)

Bragg's Aminos  
(available at health food stores)

Whole cumin seeds and cumin powder

Cucumbers

Lemons

Raisins

Ghee (clarified butter, you can find it at Indian/Oriental grocery stores)

Fresh coriander leaves (cilantro), parsley, dill, or basil

### **Mung Bean Dahl**

2 cups of mung beans, cleaned, picked through, and washed

1 small bulb of peeled garlic, diced fine

1 onion, diced fine

2 tablespoons of ghee

6 cups of water

2 teaspoons of powdered or whole cumin seeds

Sauté the diced garlic and the cumin seeds in the ghee until the garlic softens and the cumin seeds smell toasty, being careful not to burn either the garlic or the cumin seeds. Then add all ingredients to a pot and bring to a boil, lower the heat, and simmer for 45 minutes or more, stirring often (adding water as needed) until the mung beans are super soft and the whole mixture becomes thickened like gravy.

### **Basmati Rice**

1 cup of rice, cleaned, picked through, and washed

3 cups of water

2 tablespoons of ghee

Bring the water to a boil and add the rice. Bring to a boil again and reduce the heat to a low simmer until all the water is absorbed. Don't stir, watch closely, and remove from the heat as soon as it is finished cooking. Add the ghee to the pot and cover lightly with the lid.

### **Cucumber Raita**

In a bowl combine 3 cups of plain yogurt (regular or low-fat), one grated cucumber (squeeze out the excess liquid), a squeeze of fresh lemon juice, a dash of black pepper, a squirt of Bragg's Aminos, and some finely diced parsley, and/or cilantro, and/or dill

### **Vegetables**

Steam or sauté your favorite mixture of vegetables until tender. Season with Bragg's Aminos, ghee, and black pepper.

### **Raisin Chutney (spicy sweet condiment)**

Soak 1 cup of raisins overnight in 2 cups of water until soft. Blend the soft raisins with 2-3 inches of peeled and diced fresh ginger in a food processor or blender, adding more water if needed until the mixture has the texture of thick jam. Serve as a condiment with your langar meal.

### **Serving Langar**

Serve your langar all on one plate, with a serving of rice topped by the mung bean gravy (dahl), raita, a serving of steamed or sautéed veggies, and a small spoonful of chutney. Offer your love and prayers as you prepare and cook the food, chant before you eat. You can raise your Kundalini, heal yourself or others, and have your prayers answered with langar!

---

**Sat Jivan Kaur Khalsa** is the Founder of Kundalini Yoga East in New York, New York. She was the co-director of Guru Ram Das Ashram in Brooklyn, NY, from 1971-1998. One of Yogi Bhajan's personal chefs, she was in charge of kitchens and cooking at many Summer Solstices, Womens Camps, Childrens Camps, and other events. She is also a KRI Teacher Trainer. Visit her at [www.kundaliniyogaeast.com](http://www.kundaliniyogaeast.com) or contact her at [info@kundaliniyogaeast.com](mailto:info@kundaliniyogaeast.com).

*Let your approach be very simple: "I shall see God in all; I shall serve God in all."*

Yogi Bhajan



# Miri Piri Academy

[www.miripiriacademy.org](http://www.miripiriacademy.org)

5.15am	Wake up	2.30pm	Study Hall
5.30am	Japji	3.30pm	Sports/Gatka Practice
5.45am	Physical Fitness	5.00pm	Kundalini Yoga/Sat Nam Rasayan
7.15am	Room Inspection	6.00pm	Dinner
7.30am	Breakfast	6.45pm	Rehiras
8.10am	Academic Classes	7.15pm	Fine Arts/Golden Temple
1.10pm	Lunch	10.00pm	Lights Out



Founded by the Siri Singh Sahib Yogi Bhajan, Miri Piri Academy provides a comprehensive, values based education to students from more than thirteen countries around the world. Our academic curriculum is accredited by the University of Cambridge International Examinations, and all graduates receive Level 1 and 2 KRI Certification.



# Building an Ark for the Age

By Atma Kaur Khalsa, Massachusetts, USA

It's now 2009. Each passing day, month, year carries us closer to the day when the transition from the Piscean Age to the Aquarian Age will finally have arrived. We ask ourselves, "What will it be like?"—not just the years that will follow this entry into the new Age, but also the years that come before it.

I have given a lot of thought to this shift. Yogi Bhajan spoke about the types of changes we would encounter. He spoke about natural disasters, information overload, and ultimate group consciousness. Still, there are so many questions I would like to have asked him. I can't say what the future holds in store for us. What I can say, however, is that while questions remain about the outcome, it is really the journey that is important.

Studying at Miri Piri Academy has opened me up to a world of self initiative. It has inspired me to keep developing myself, and through the understanding of my own identity I have gained the confidence to face the coming change as a leader. Like Noah's Ark, I am becoming a vessel with the capacity to shelter those in need. So how do I build my Ark? My building material is *Sadhana* (daily spiritual practice). The more I practice yoga and meditation, the clearer and more secure I become in my experience.

---

Like Noah's Ark, I am becoming  
a vessel with the capacity to  
shelter those in need.

---

Yogiji gave us the tools that we will need on this journey. He told us that in this time of information overload, people will seek self-assurance. They will look for consolation within themselves. They will flock to technologies like Kundalini Yoga. As a student of his teachings, I am inspired to develop myself, to push through and experience myself and all of my facets, and to enter this Age prepared to teach those who are seeking.

I have seen and felt many of the changes Yogi Bhajan talked about. The most significant difference is the pressure that seems to affect everyone. I see it in my home, in my personal



ATMA KAUR

life, in businesses, even in our government. Recognizing the pressure is the first step. I have to remember that I do not have to suppress myself. The pressure I feel is just another source of inspiration to keep up.

My prayer is for all of us to live in tune with our higher selves and vibrate the frequency of our own divine nature so that we can live in conscious communication with ourselves and our world. May we live always in and by God's Grace.

*We are entering the Age of Aquarius. The entire psyche is changing. You must purify the mind, body, and soul to be real, innocent, and sattvic. Elevate yourself to be angelic. This age you will serve is an age of awareness, an age of experience.*

Yogi Bhajan

---

A senior student at Miri Piri Academy, **Atma Kaur Khalsa** is from Greenfield, Massachusetts. After graduation she plans to attend college to study law and politics, and to continue developing herself as a teacher and a leader. She hopes to use her education to serve actively in our global community.

# Shabd Guru:

## OUR GUIDE THROUGH THE WAVE OF CHANGE

Excerpts from *Shabd Guru: Basis, Use and Impact of the Quantum Technology of the Shabd Guru* by Yogi Bhajan, Ph.D. and Gurucharan Singh Khalsa, Ph.D., April 1995

In the Aquarian Age there are no secrets! Information is available. Finding it is not the central task any longer... The greatest power will be your Word, your consciously projected words. The mind is changing its sensitivity, its basic frequency and functioning. Our lifestyle is changing its sense of time, space, relatedness, and relevancy... We have always experienced change, but rarely with this intensity and speed and *never* with this scope and vastness. The change is on all levels of life at once. It is not sequential and orderly, nor is each step predictable. And it affects each one of us personally.

This is an Age of Paradox—more global and more individual... everything is faster and we have less time. We need far more love and unity for we have more fear and tremendous insecurity. Stamina and constant peak performance are the common benchmarks to evaluate every person and their work, and the need is to go inward and regenerate. We require a reconciliation and integration of the spiritual side of life with the technological and material sides.

There are warning signs of personal breakdown and information overload everywhere... We have a massive capacity for storage. The number of neural connections goes into the trillions, but the capacity to process the information of the senses and the stored information of experience is severely limited... We must be able to



### Shabd Guru

The *Shabd Guru* is a special kind of technology with a unique contribution to develop potentials and handle the problems of the Aquarian Age. In the body it produces vitality; in the complex of the mind it awakens intelligence and develops wisdom and intuition; in the heart it establishes compassion; in each person's consciousness it builds the clarity to act with fearless integrity.

*Shabd* means sound; *Guru* means teacher or knowledge that transforms you. The simplest meaning of *Shabd Guru* is a special sound that is a teacher. But what is it that we learn from the *Shabd Guru* and how does the use of sound act as a teacher?

To answer this question, look at a deeper definition of *Shabd Guru* from its root structure. *Shabd* comes from *Sha* and *bd*. *Sha* means the expression of the ego, the attachments we identify with. *Bd* means to cut out or to eradicate. The root meaning of *Sha-bd* is that which cuts the ego. It is not just any sound. It is not just a wise sound or a song of truth. It is a sound that cuts away the ego that occludes the truth from you.

---

We need the experience  
of a Dharma that creates  
the spiritual fitness to act  
believably on our beliefs.

---

clear the subconscious quickly and start to develop new capacities in the brain to deal with the overload.

We do not need new choices. We are flooded with choices. We need an elevated capacity to make choices. We do not need more information. We need the wisdom to use all the information. We do not need another religion. We need the experience of a Dharma that creates the spiritual fitness to act believably on our beliefs.

If we break the word *Guru* into its inner *naad*, or atoms of sound, it becomes *Gu-Ru*. *Gu* means darkness or ignorance. *Ru* is light and knowledge. *Gur* is a formula or instruction. A *Guru* gives a *Gur*, a formula or technique that transforms darkness into light, ignorance into knowledge, the gross into the refined... *Guru* changes you. *Guru* develops the capacity to see. It removes darkness... The *Shabd Guru* transforms the practitioner by removing the barriers erected by the needs of the ego.

Where do the patterns of the *Shabd Guru* come from? They exist from the beginning of Creation. They are the tides and rhythms of the movement of the creative pulse of Infinite consciousness. They vibrate in all things continually.

It is the ability to hear and feel them that is needed. That capacity comes to a mind that is fearless, neutral, open, and awakened. The ten Gurus of the Sikh path heard it perfectly. They put that rhythm and pattern of energy into the poetic compositions of the *Siri Guru Granth Sahib*. That's why it is called a *Granth* rather than just a collection. It is a "knot." It binds the pattern of awareness into the words of the songs. Each *Shabd* is a template for an aspect of awareness and a

---

Where do the patterns of the  
Shabd Guru come from? They  
exist from the beginning of  
Creation. They are the tides and  
rhythms of the movement  
of the creative pulse of  
Infinite consciousness.

---

potential of consciousness. Each *Shabd* is a kind of spiritual DNA that restructures the mind and stimulates the brain. The *Siri Guru Granth Sahib* is a collection of such gems.

The patterns of the *Shabd Guru* command the brain and mind with rhythm, sound, concentration, and breath. The patterns ... combine atoms of information in the smallest sound units to release the inner energy of awareness needed to guide the brain and mind through this wave of change. Just as combining atoms has opened the way to use the greatest energy in matter, the quantum of sound are the atoms that open the way to the greatest inner energy of consciousness and command the chemistry of the brain. These *shabd* patterns are a legacy to be used and shared with all as an antidote to the maladies of the InfoDementia Syndromes.<sup>1</sup>

---

<sup>1</sup> The variety of maladies like depression and disorientation caused by information overload.

[This technology] establishes a link with the sense of the Infinite no matter what mood and position you begin with.

Information on anything and anybody is available to everyone. In such a world, your value will not rest in what you acquire, find, or know. It will rest in who you have become through the experience of what you find. Value will lie in your capacity and consciousness to use information. You will be valuable for your wisdom and unique point of view. That is what the *Shabd Guru* develops. It is not a thought, an idea, or a piece of information. It is a patterning of information... In a world saturated with information we need a technology to develop our command of it, not just gather more.

When you repeat the patterns of sound and thought in a *Shabd*, those thoughts counter the direction and intensity of the habitual thoughts. The *Shabd* provokes a dumping of the stored subconscious patterns of thinking and feeling. If, under the torrential flood of subconscious feelings and thoughts, you persist in repeating the pattern of the *Shabd Guru*, then the new pattern establishes itself. Your mind clears, and you awaken dormant inner capacities or enhance existing ones.

Because the reflex points are stimulated by the movements of the tongue, you get the maximum benefit from the pattern of a *Shabd* by consciously repeating the sounds out loud. That is called *Jappa*: conscious, conscientious recitation. Rotating the tongue over the eighty-four reflex points in the pattern of the *Shabd* produces maximum impact on the gross level of the neuro-endocrine system. As the *Shabd* gets established in the nervous system and your subconscious, every cell of your body will vibrate the pattern with you. That is called the state of *Ajappa Jap*: repeating without repeating. In that ideal state the resource released by the *Shabd Guru* is always available to you, regardless of the momentary focus of your attention on daily tasks. It is the result of great devotion, much practice and mastery, or grace.

The techniques of the *Shabd Guru* codified in the *Siri Guru Granth Sahib* and in the mantras of Kundalini Yoga as taught by Yogi Bhajan® wait for us to mine their secrets. Every person can use them to elevate themselves, to heal, to develop stamina, to increase intuition. They do not need to know the science of the process. They only need to apply the technology of the *Shabd Guru*.

The quantum technology of the *Shabd Guru*... will be seen as part of the training of the experience of self, so that you can embody your philosophy, carry your values, increase your spiritual fitness and deliver your Self as an answer to the challenge and imperative of the Age.

---

Siri Singh Sahib, aka **Yogi Bhajan**, Ph.D., was the spiritual and administrative leader of Sikh Dharma for the Western Hemisphere, and Master of Kundalini Yoga.

---

**Gurucharan Singh Khalsa**, Ph.D., is the Director of Training for the Kundalini Research Institute. Author, psychotherapist, and researcher, he has collaborated on original research on the cognitive and physiological impact of meditation.

# The Self Sensory System of the Aquarian Age

Excerpts of a lecture by Yogi Bhajan, August 1, 2000

In the next 12 to 14 years you will be needed by the world. It does not matter who one is today, or to whom one belongs; people's minds are going to go empty. In the Piscean Age, the main need was for knowledge, for creative legacy. That's why in the Piscean Age sex was taboo; it was monitored, matured, glorified. Sex and sensuality were considered the primary attractions. Beauty was physical, and people pursued each other.

But the time is changing; people are looking toward fulfillment of the self through purity and piety, individuality, and reality. They don't want to practice duality anymore. Sex will not be the attraction. A sensory system will develop; a new system in which the individual will find himself or herself complete.

Everybody will have access to all knowledge. With the push of a button you will be able to get any information you want. The whole world will be at your disposal. The obsession with sex will have no place. One will not look for satisfaction through physical intercourse. It will be automatic that one will find satisfaction through the self-sensory system, which people will develop in the coming fifty years. The foundation is being laid now because the cusp period is 1991 to 2012 for the Age of Pisces to go and for the Age of Aquarius to come. We have already gone through nine of these twenty-one years. [Note: As of early 2009 we have gone through eighteen of these twenty-one years.]

What is this personal sensory system? There will be no need for cosmetic makeup. People will be open, straight, simple, and their beauty will be internal, not external. Men and women are going to reach out with such dignity, such devotion, such an elevated loftiness of self, and the beauty of the human character will be so bewitching, that not only will the ones who are willing be enjoying and realizing, but also their realization will be so profound that no destructive temptation by another person will work.

The Piscean Age was the ugliest Age—an era in which the female was rooted out from her roots and exploited to the brink and to the brim by men. The male/female relationship didn't have any strength. It didn't have any character. It didn't have any taste. So females in the past century gave birth to some of the most fearful, insecure, impotent, or over-

sexed men, and sexual disorder was worse than ever before in the past 3,000 years.

The men whom you called great in the last century wanted to indulge in the power of destruction. That's why we created the atom bomb, the hydrogen bomb, smart bombs. We had two world wars; and we killed more people in the name of religion than anything else. And religion did not become reality, but an ugly fanaticism.

The ironic thing that happened in this last century is that man started finding God outside himself. Man forgot that God is the working God, *Karta Purkh*, which Nanak, the first Sikh Guru, said works and breathes in us. It's part of us; it's not separate. We were blind to God's presence everywhere.

Today we have become limited, small, squeezed to a point of just physical existence. We have little quality, quantity, character, and commitment. Our character is mostly inconsistent. We often say things that are not true.

We do the most detrimental thing on this planet. In order to build a tower that surrounds the individual—like adding to how many houses, how many boyfriends, how much money we have—we end up on dirt, a termite heap of dirt.

In character we have become very shallow. We talk about how many TV sets we have, how much bigger our TV set is, how

---

A sensory system will develop;  
a new system in which the  
individual will find himself  
or herself complete.

---

many cars we have. You won't hear a person talking about how much satisfaction, how much containment, how much contentment, how much character, or how much realization he has.

What you hear these days is, "Who had sex with whom?" "Who wants who?" "Who chased who?" "Who is nude?"





“Who is more nude?” Do you understand? There’s a competition going on. You see our magazines; it’s a human joke. When a race of humans starts making a mockery of themselves openly and obnoxiously, nothing is sacred. So this is the state of affairs, and it has to go on for twelve more years of this cusp period (three more as of 2009).

The Age of Aquarius will be the Age of experience, in which people of experience will be liked, respected, worshipped, talk-

---

The sensory system that will  
develop automatically out  
of us will be our archangel  
protecting us and glorifying us.

---

ed to, and understood. It’s not a matter of how old you are or how young you are or how white you are or how black you are.

Religion, as it has been known, has become absolutely obsolete. In the past 5000 years religion has been teaching you to redeem your soul. The soul is already redeemed. What you should redeem is not being true to your words, not true to your commitment, not true to your character. That’s what you should redeem.

The majority of people in the world are nothing but show business. You put on a show. And today even spirituality is nothing but a show. No human believes that they are a fact of life, a fact of existence, that they are real, that they are born in the image of God. The most magnificent Allah, most infinite God Jehovah, the most pure wise Lord Buddha, whatever you want to call God, has created you in His own image. So God in the New Age is called “He-She-It”—He, She, and It. Understand that this is the totality of God.

The fact is that there is nothing more beautiful, more worthy, or more conscious than you. The time has come for self-value. And the question is not, “To be or not to be.” The statement is, “To be to be.” “I am, I AM.” The time has come not to search for God, but to be God. The time is not to worship God, but to trust and dwell in the working God.

As this is coming through me, it is cleansing me. If you are not listening and only hearing, you are not getting it. But if you are listening, it will go into you. You have to come to the awareness of how bad and unfortunate it is that we have made this world as ugly as possible—and how beautiful, actually, God created it. We are purely enemies of God, because God within us is in pain, and there is no God outside us. Each one is the manifestation of God, so it won’t work to create God by making a stone God. Every grain of sand is God. We have to have our subtle body, our sophisticated self, to see it.

In reality, you are a bunch of molecules living by the pranic body. You are nothing more, nothing less. As long as the psyche will not merge in you in equal balance, you will have no awareness. Human existence is a combination of the pranic body and the energy of the psyche (which is the Universe—*Prakriti*, the creation) in proportion.

When you have that state of mind, you are clean and clear. You stop searching; you start practicing. The oddness in you becomes even, and your flow becomes as vast as the Universe—and sometimes beyond the Universe. You have the authentic reach to yourself. I don’t want anybody because I want everybody. This concept is very difficult. I don’t want to be “I.” I don’t want to be “we.” I want to be “just as it is.” And my run is with the flow of the psyche of the Universe as it takes me, as it moves me, as it desires me. Men and women will stop cutting corners and come to a real existence. And it will not be long from now.

Any person who thinks he is great may be nothing, because the Information Age is so powerful, and so knowable, and so acknowledgeable, and so understandable, that we will not be competent to cheat each other—nothing like that can work. But we can help and deal with each other as equals. There’s no beautiful, no ugly.

The love of existence, of our lives, and of our breathing will be in need of the flow of the psyche in us; therefore, we can be a real combination of Self within the self. And the sensory system that will develop automatically out of us will be our archangel protecting us and glorifying us.

Those who hustle and hassle and move and want will suffer. They will not get what they want. Now the time has come that we will have a meditative mind to wait and see what comes to us. Our minds will direct us to work toward the right channels. And we will meet the right people.

Our future is now, and our presence is our purity. We don’t have to purify ourselves; we are pure. We simply have to stop making it ugly by diversion, by concoctions, by stories, and by creating meaningless romance and fantasy, and imagining things that are zero. We’ll master ourselves through our service, through our character, through our commitment, and through the most powerful thing that we have—our grace. Our individual grace is the most wanted quality today. And our projection, which will give us satisfaction, fulfillment, and exaltation, is our nobility. We will act nobly, graciously, kindly, and compassionately. These are our essential features.

Our creativity will be our sensory system. And through this sensory system we will be overflowing with energy, touching the hearts of people and feeling their feeling, and filling their emptiness. We will act gratefully and our flow will fulfill the gratefulness in the hearts of others. It will be a new relationship. We will create a new humanity that will have the new sensory system, and thus we will establish the Age of Aquarius. This is the fundamental character you have to learn by heart.



*Immerse yourself in the splendor  
of the Shabad Guru.*

## **japji sahib course**

with ek ong kaar kaur

**JULY 5th - JULY 7th**

Espanola, New Mexico

Guru Nanak's Japji Sahib holds the key for understanding your Spirit. Join us for an intensive 2 days of meditation, discussion and music where we will deeply experience the message and method of Japji Sahib. Yogi Bhajan said, "Japji Sahib is initiation and instigating your soul to make your environments healthy, happy, and holy. When you understand it, you will be prosperous, pure, and perfect."

Pre-reg: \$175 After June 22nd: \$199 Special discount for registration with the Gurbani Kirtan Intensive: \$154

## **gurbani kirtan intensive**

with snatam kaur

**JULY 7th - JULY 14th**

Espanola, New Mexico

Awaken your inner voice through ancient singing techniques. Develop your own personal relationship to the meanings of the sacred Shabads (songs) and learn the healing language of Gurbani Kirtan, and Gurmukhi. Rejoice in the rhythm, and gain confidence to sing with grace and power.

Pre-reg: \$425 After June 22nd: \$475 Special discount for registration with the Japji Sahib Course: \$395

## **bliss yatra**

**NOVEMBER 9th - NOVEMBER 20th**

India

Amritsar. Goindwal. Anandpur Sahib. These sacred sites in India hold the history of how Sikh Dharma began. Join us for a special Bliss Yatra where we will meditate at these holy shrines, spend four days in Anandpur Sahib studying and understanding Guru Amar Das' Anand Sahib: The Song of Bliss, and share in life changing experiences. Find the bliss inside of yourself and reconnect with your nfinity.

Pre-reg: \$1,295 After August 30th: \$1,395

For registration and course details please visit

[www.sikhdharma.org](http://www.sikhdharma.org)

or call or email at

(505) 629-4721

[sdsatjiwank@sikhdharma.org](mailto:sdsatjiwank@sikhdharma.org)

SIKH DHARMA INTERNATIONAL

*Study*

*Recite*

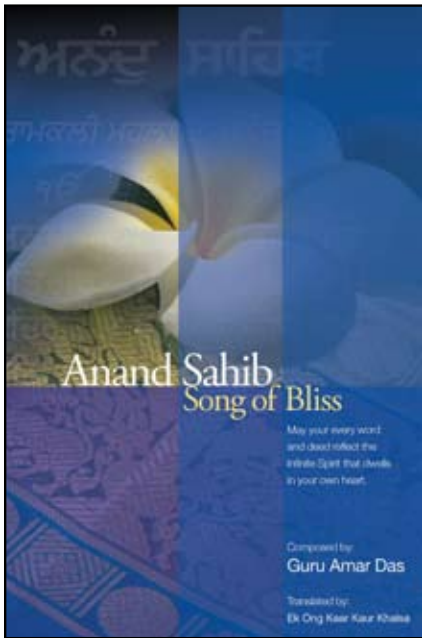
*Experience*



# Anand Sahib

## LESSONS FOR YOUR SOUL THROUGH THE SONG OF BLISS

By Ek Ong Kaar Kaur Khalsa, New Mexico, USA



There is a story in India about an old yogi who spent his life meditating in the mountains. After years of practice, the yogi developed all kinds of powers and special abilities, but in the end, he realized something was missing.

The yogi had heard about an old and very wise sage whose community practiced meditation while living in the day-to-day world. The yogi decided to meet with this Teacher and ask him to help him find what was missing. When the two finally met, the yogi explained his dilemma to the sage. Then, very humbly, he asked, “Oh wise and true Teacher, can you please help me understand how to live life?”

The Teacher smiled and replied, “Leave your body, and be reborn in my family.

When you are reborn in my family, then I will teach you how to live.” The old yogi bowed and accepted the Teacher’s command. Later that day, he consciously left his body. Months later, the wife of the Teacher’s son gave birth to a baby boy. The Teacher immediately recognized the soul of the yogi in his grandson, and he demanded that the boy be brought into his presence right away. When the baby was brought forward, the Teacher smiled and sang a song.<sup>1</sup>

The Teacher in this story was the third master of the Sikhs, Guru Amar Das. And the song he sang to teach the reincarnated yogi how to live life is the *Anand Sahib*, the Song of Bliss.

The purpose of the *Anand Sahib* is to help a person develop the capacity to live every breath in tune with the soul’s reality. Suffering comes when we spend our life chasing after the fantasies of the mind instead of serving the God within. The *Anand Sahib* teaches us to live in the world without losing touch with our Divine Identity.

The *Anand Sahib* has 40 verses, and each verse relates to the key lesson a person needs to learn for the first 40 years of life. The thought is that with each year from birth until 40, a person is developing and maturing. At every stage of development, there is a unique lesson on how we anchor ourselves to our Spirit instead of being trapped in time and space. When a person learns these lessons, then bliss naturally happens. Bliss is that state where you are *you* no matter what pressure you are under. When you

can deliver your Self, your Truth, your Destiny, in the face of every challenge and obstacle, then you know what bliss is. Then you are truly happy.

You can meditate on the *Anand Sahib* in its entirety. Or you can focus on a specific year of your life—the year you are currently in, or a year where something happened that needs healing. Use the *Anand Sahib* as a tool to further your yogic practice, and understand what Yogi Bhajan meant when he said, “Follow its words. Ask yourself questions. Befriend it. Practice it and live it. You will realize what you have and what Guru Amar Das gave you as the best gift.”

My prayer is for all of us to live in tune with our higher selves and vibrate the frequency of our own divine nature so that we can live in conscious communication with ourselves and our world. May we live always in and by God’s Grace.

**Ek Ong Kaar Kaur Khalsa** is a Sikh Dharma minister, teacher, and writer. She currently lives in the Hacienda de Guru Ram Das spiritual community in Española, New Mexico and works as the Director of Communications for Sikh Dharma International.

To purchase Guru Amar Das’s *Anand Sahib*, as translated into English by Ek Ong Kaar Kaur Khalsa, visit [www.sikhdharma.org/store/products/anand-sahib-song-of-bliss](http://www.sikhdharma.org/store/products/anand-sahib-song-of-bliss). If you are interested in learning about a Yatra (spiritual journey) in November of 2009 where Sikh Dharma International will offer a course on the *Anand Sahib* in Anandpur Sahib, India, please email: [GurdittaS@sikhdharma.org](mailto:GurdittaS@sikhdharma.org).

<sup>1</sup> This is an old Sikh story that has been retold in *The Sikh Religion* by Max Arthur Macauliffe



# Meditation to Create Prosperity

Brought to you by Dasvandh



This mantra is to fix the mind to prosperity or power. It will produce money. Opportunities will come. Richness will come. It contains the Eight Facets of God that we all have to deal with:

Gobinday, Sustainer  
Mukhanday, Liberator  
Udaaray, Enlightener  
Apaaray, Infinite  
Hareeang, Destroyer  
Kareeang, Creator  
Nirnamay, Nameless  
Akaamay, Desireless

*Har* is the 'shakti yog' power mantra. *Har* is the original God. The repetitions of *Har* give power to all aspects, and provide the power to break down barriers.

Visit us at [www.dasvandh.org](http://www.dasvandh.org) for access to a wealth of meditations, Yogi Bhajan lecture excerpts, testimonials, and articles on building your Path to Prosperity! You can also sign up for monthly prosperity technology e-mails and learn about the power of Dasvandh as taught by Yogi Bhajan.

Chant the Adi Mantra (*Ong Namo Guru Dev Namo*) 3-5 times. <sup>1</sup>

## Posture:

Sit in Easy Pose. The hands are grasped tightly in front of the heart center in Bear Grip. The fingers of each hand are interlocked, the left hand faces forward, the right hand faces the chest. The forearms are parallel to the ground.

## Eyes:

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

## Time:

11 to 31 minutes.

## Chant:

The entire mantra is repeated on a single breath. The tone is a relaxed monotone that varies in emphasis automatically as you proceed through the stages of the mantra.

Har har har har gobinday  
Har har har har mukhanday  
Har har har har udaaray  
Har har har har apaaray  
Har har har har hareeang  
Har har har har kareeang  
Har har har har nirnamay  
Har har har har akaamay

*In the Aquarian Age you don't pray, you ask God to pray for you. Tell God, "Lord, pray for me that I should be as Infinite as You are. Make me as bright, bountiful, and beautiful as You, oh Lord. Give me the power of love to serve. Let me know to serve myself. Let my touch heal. Let my sight create miracles. Where I exist and pass, let there be nothing but the enlightened dance of Your Grace.*

Yogi Bhajan

1 For complete instructions, go to [www.kriteachings.com/toolsforteachers](http://www.kriteachings.com/toolsforteachers)



# Spirit Voyage

YOGA BOUTIQUE



“Why we wear white?  
Because seven colors come into  
white....We wear cotton because  
our sensitivity has to reach  
Infinity and cotton breathes.”  
- Yogi Bhajan



© 2000 The Teachings of Yogi Bhajan



NON PROFIT  
US POSTAGE  
**PAID**  
ALBUQUERQUE, NM  
PERMIT 1453

**3HO Foundation Healthy, Happy, Holy Organization** is a 501(c)3 NPO and a Non Governmental Organization (NGO) in consultative status with the Economic and Social Council (ECOSOC) of the United Nations.