

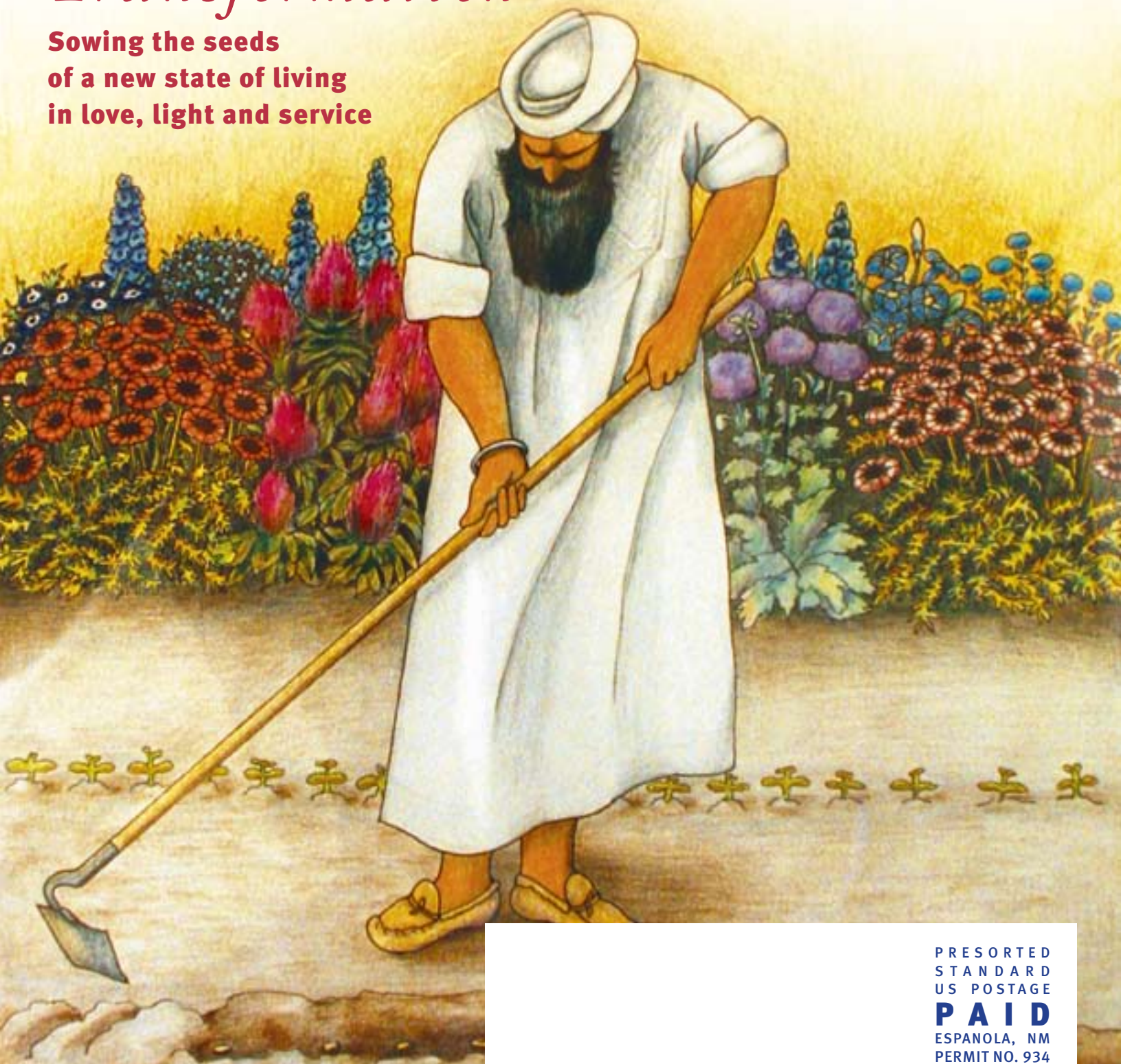
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2006 SUMMER



Jaap Sahib

The Yoga of Sound

JUNE 11 - 14, 2006

Over 100 people from around the world attended the very first Jaap Sahib course. With marvelous music and in-depth teachings, this powerful four-day event at Hacienda de Guru Ram Das in Espanola, New Mexico deeply inspired everyone beyond expectations.

Jaap Sahib was an excellent course in every way. I feel like my limitations have fallen and I have taken up the strength of Guru Gobind Singh and his soldiers by doing Jaap Sahib and can apply it to every aspect of my life no matter how mundane.

Dukh Niwaran Kaur Khalsa Whipp

Santa Cruz, CA

To feel the energy of the Jaap Sahib and the force of Guru Gobind Singh connected me to my natural force.

Amrit Kaur Khalsa

Cuernavaca, Morelia - Mexico



Men's Camp

Kundalini Yoga Intensive for Men

JUNE 14 - 16, 2006

The excitement for the second year of Men's Camp brought together men from all corners of the world. The camp

was physically challenging, mentally stimulating and spiritually dynamic.

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

Deva Singh Khalsa

Espanola, NM

Please have this course every year!

Craig Holch

Old Lyme, CT

Summer Solstice Sadhana

Kundalini Yoga and White Tantric Yoga Intensive

JUNE 16 - 24, 2006

1,500 people came to Ram Das Puri this year to celebrate Summer Solstice. This magical time of the year included three outstanding days of White Tantric Yoga that challenged body, mind, and soul leaving everyone inspired, uplifted, and with hearts full of gratitude.

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

Bret Arjan Singh

DuBack, CT

Attending Summer Solstice has been the most courageous thing I have ever done,

EVENTS IN ESPANOLA

and the hardest. The growth and learning is unbelievable. I will always treasure this experience and come back for more.

Barbara Fritze
New Jersey



International Peace Prayer Day

JUNE 17, 2006

This year marked the 21st Annual International Peace Prayer Day. People of all faiths and cultures gathered in the name of peace at Ram Das Puri to celebrate and to experience the joy of creating new paths to peace in ourselves, our families, our communities, the environment and the world.



3HO WOMEN Women's Camp

JUNE 25 - JULY 2, 2006

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

For the second time in my life 3HO has helped me rediscover my true happy, healthy and holy self. Women's Camp has

also provided me with ideas, tools and confidence to begin my project of providing a women's healing retreat in Thailand. Thank you 3HO for helping heal the Earth, one person at a time – beginning here and now.

Brandi Beason
Pai, Mae Hong Son, Thailand

My worldview has deepened and has been reshaped by my experiences at Women's Camp.

Kelly Butler aka Kartar Kaur
Austin, TX



Khalsa Youth Camp

JUNE 26 - JULY 9, 2006

This year at KYC was a very special camp experience. The children enjoyed the unique camp programs, the leadership development workshops, and all the fun and games. What they enjoyed the most is connecting with each other and the new friendships that were made.

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

Sat Atma Kaur
Camp Participant - Age 10
Chicago, IL

This was the best experience I have ever had! If I had not come, and had only been told about this camp, it would not have been the same. You have to be here to understand.

Parmjit Dhillon
Parent of Camp Participant
Calgary Alberta, Canada

Winter Solstice Sadhana

Dec 19 - 25, Lake Wales, FL

Pre-register now for discounted rates!

This camp, situated on the shores of a quiet lake, is nestled in the tranquil hills and lovely gardens of Lake Wales, Florida. Celebrate autumn's passing, connect with friends old and new, and give your self the chance to start the New Year with a greater sense of tranquility and fulfillment.

When I joined others in the activities, it was instant community with people that had come there for the same reason. It was genuine.

Rainer Perry, NY
Winter Solstice Sadhana, 2005

2007 EVENT DATES

JAAP SAHIB, JUNE 10 - 13, ESPANOLA, NM

MEN'S CAMP, JUNE 13 - 15, ESPANOLA, NM

SUMMER SOLSTICE SADHANA, JUNE 15 - 23, ESPANOLA, NM

INTERNATIONAL PEACE PRAYER DAY, JUNE 16, ESPANOLA, NM

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

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

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JULY 1 - 8, ESPANOLA, NM

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3HO EUROPE EUROPEAN YOGA FESTIVAL, JULY 24 - AUGUST 1, FONDJUAN FRANCE

IKYTA ANNUAL TEACHERS SUMMIT, AUGUST 1 - 3, FONDJUAN, FRANCE

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

AMAR INFINITY FOUNDATION YOGIJI MEMORIAL GOLF CLASSIC, AUGUST 24, SANTA FE, NM

INDIA YATRA, NOV 5 - 19

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

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

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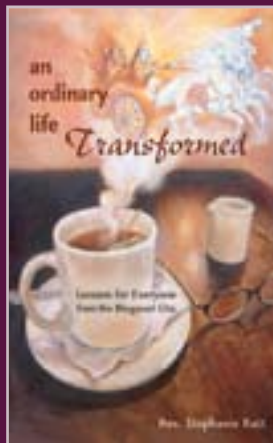


Yoga is a science of reality and experiential proof of the sacredness of all life. Yogi Bhajan

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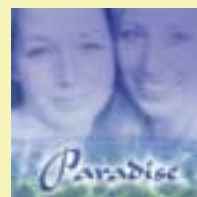
April Bernardi, "Nirankar Kaur", has been teaching Kundalini Yoga for the past 5 years. She is a graduate from Kundalini Yoga East in New York. She is also certified through Goldenbridge Yoga Studio to teach "The Khalsa Way" Prenatal Yoga. April is a full time Yoga Teacher who also gives workshops. For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



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Snatam Kaur's first European Tour Reaches Thousands



Cover painting by Nirmal Kaur.



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If you want to understand something, write about it.
If you want to Master something, teach it." Yogi Bhajan*



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Joan Davis (Jai Kartar)
Eugene, OR

*Everyone should take this
course. It taught me how to
speak and relate to my soul.
My higher self and others!
If you want to truly relate to
anyone or anything then take
this powerful course!*

Sat Darshan Kaur
Española, NM

*This really is the next level.
Truly transformational.*

Anonymous



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*The purpose of life is
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of the life is to be
original. The purpose
of life is to be innocent.
And this is what it is
all about. There's no
game about it.*

Yogi Bhaan, Sept. 24, 1989

What if every day of your life was filled with purpose and power? What if you lived in balance with the cycles of life so at each stage you could excel? What would happen if you mastered habits of body and mind that let you incarnate as your highest self with each breath? Revel in your purpose, the unique gift of your life and the opportunities at each stage to be original, pure and innocent in your Infinity.

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For more information about this course and other KRI Aquarian Teacher programs, visit us on-line at: www.KRIteachings.com or contact: TeacherTraining@3HO.org Phone: 505.367.1341



Flash From the Editor: SAT NAM DEAR FAMILY! We are excited to include in this issue our eleven page directory of Kundalini Yoga teachers around the world. In doing so, there is only space enough to send a warm hello to you from atop this elephant named Gypsy with my sweet stepdaughter, Amardev Kaur.

We hope you enjoy this issue celebrating our ongoing transformation into a new state of being and living in the Age of Aquarius.

Love and peace,
Siri Ram Kaur Khalsa

Siri Ram Kaur Khalsa

talkback...

Dale and I so enjoy the new combined *Aquarian Times featuring Prosperity Paths*. Thank you! And a joyous thank you for the lotus mudra t-shirt. I really wanted to send a contribution, even if a small amount. With that thought in mind, I had a big smile when I opened the mail. Your publication has brought me so much hope and ways to directly apply Yogi Bhajan's teachings, both as a student and as a teacher. Please know all the work you do to uplift the vibration of people you may never meet is gratefully received and appreciated. Love & Sat Nam.

ANNIE GIBSON, WATKINSVILLE, GEORGIA

I received the Summer issue of *Aquarian Times*—it is really wonderful! It gets better in every way: design, contents, etc. Thank you.

SAT SIRI, NEW YORK

I received the July issue of *Aquarian Times* today and it looks wonderful. Of all of the recent ones, it is the one I most look forward to reading. However, I noticed that it was difficult for me to read the type. I compared it to a *Time* magazine and an old *Prosperity Paths* I had, and they were both much easier to read. I don't know if it's the type or what, but compared to other publications, it is an eyestrain to read. I'm just suggesting you check it out and see what you think. I want to read every word, but it ain't easy!

Thanks for doing a great job!

MATA MANDIR KAUR, MILLIS, MASSACHUSETTS

[Editor's Note: We have heard your feedback and are increasing the type size.]

I have received my new free copy of *Aquarian Times*. Thank you so much. I had missed receiving it and had felt isolated and out of touch. Please keep me in the light. Life is fast here on the Las Vegas outskirts.

BARBARA RUSSOM, HENDERSON, NEVADA

In 2003, I was diagnosed with clinical depression, and I was told to exercise or do yoga in addition to psychotherapy. I came across Gurmukh Kaur's *Kundalini Yoga* video, and I absolutely loved it. I decided to take a weekly class in my area, and was lucky to find a wonderful Kundalini Yoga teacher. Even in the first session, I noticed a tremendous difference in my mood and energy levels. After a couple of weeks, I made incredible strides and no longer suffered from insomnia and mood swings. My body was totally transformed, my skin absolutely glowed, and I felt at peace. I particularly benefited from the *Hari Shabad* Meditation (Meditation for a Negative Mind in *Kundalini Yoga Experience*), and also from Breath of Fire.* It's been three years now and I'm in the best physical, mental, and emotional place, and I owe it all to this incredible yoga. I thank God every day that in 1969 (the year I was born), Yogi Bhajan brought this incredible, priceless jewel to the United States and changed the world forever.

LEAH JONES, EMERYVILLE, CALIFORNIA

Please send your letters to: siriramk@kiit.com.

*See Glossary, p. 45.

AQUARIAN TIMES
featuring Prosperity Paths

spiritual guide

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what's new

In our global community

MPA GRADUATING CLASS OF 2006 [1]

Seventeen members of the Miri Piri Academy (MPA)¹ graduating class of 2006 were honored in June at a ceremony at Hacienda de Guru Ram Das in Espanola, New Mexico. Speakers included Bhai Sahiba Dr. Bibiji Inderjit Kaur who told them that the Siri Singh Sahib (Yogi Bhajan) would be very proud of their accomplishments; and Kartar Singh (Senior CEO of KIIT – Khalsa International Industries and Trades), who said that the best “product” we have to offer the future is our amazing students. They will bring valuable experiences, gifts, and skills to their future endeavors. Each graduate has received KRI teacher certification, which all MPA graduates now attain in a two-year program.

Upon accepting their diplomas and gifts, each student gave a short but heartfelt speech. Many acknowledged the tremendous love and camaraderie they felt for their classmates, and spoke of their gratitude to their families and the MPA staff for an extraordinary experience.

PEACE WEEK AT THE UNIVERSITY OF TORONTO [2]

Taking its inspiration from International Peace Prayer Day held at Ram Das Puri,² Peace Week is celebrated each year during the week of November 11 at the University of Toronto. Always beginning with a multi-faith service, Peace Week hosts great films, an information fair where many peace groups are represented, and a benefit concert for a charity that provides for the needs of children in war zones. There is also a Veteran's Day memorial service for those who have given their lives or had them stolen away in times of war.

Over the years, we have enjoyed a parade of heroically wonderful presenters: General Romeo Dallaire, the UN's man in Rwanda during the genocide; Naomi Klein, a smart and articulate critic of war; Stephen Lewis, the UN's special ambassador for AIDS in Africa; Dennis Halliday, formerly the UN's man in Iraq; and Alfredo Sfeir-Younis from the World Bank. This year's event includes the *Celebrate Peace Tour* with Snatam Kaur on November 5.

For more information visit: <http://www.peaceweek.com>.

NEW MEXICO CONFERENCE ON AGING

In August 3HO was invited to present at the 28th Annual New Mexico Conference on Aging in Glorieta, New Mexico. The theme of the conference was “Redefining Aging: Caring, Sharing and Growing.” Avtar Hari Singh, President of 3HO, was our “ambassador,” standing in the hall outside our workshop

¹ An international elem-high school in Amritsar, India that promotes the development of leadership skills.

² The site of our Summer Solstice Celebration in the foothills outside of Espanola, New Mexico.



Top: MPA Class of 2006 graduates. Bottom: Peace Week Organizers.

room, handing out free copies of *Aquarian Times*, and inviting passersby to come in and try Kundalini Yoga. Classes taught by Guru Terath Kaur, Shakti Parwha Kaur, Siri Deva Singh, and Har Nal Kaur had to suit the needs of people sitting in chairs.

One Native American woman, who attended four of the five classes, said that for her it was the most relevant workshop in the whole conference. We were invited by several people who work with seniors to come to their centers, some of which are hours away. Guru Terath Kaur said that she sees great potential for Chair Yoga, not only in Senior Centers, but also for those people with special needs, like diabetics. (In her new book, *Dying Into Life: The Yoga of Death, Loss and Transformation*, due out in December 2006, all of the Kundalini Yoga sets and meditations have been tailored so that they can be done in a chair or on a bed.) 3HO received a confirmed invitation to participate again next year.

SAN JOSE STATE UNIVERSITY INTERNATIONAL CONFERENCE ON GURU ARJAN DEV

To commemorate the anniversary of the martyrdom of Guru Arjan Dev,³ San Jose State University's Punjabi Studies Department, under the direction of Dr. Atamjit Singh, organized an International Conference on Guru Arjan's life. With the support of the World Sikh Council, distinguished Sikh scholars from the United States and India gathered to share papers, music, and stories on the life of this great spiritual leader. The distinguished presenters included Dr. Inderjit Kaur (Bibiji) and Ek Ong Kaar Kaur Khalsa from Sikh Dharma International.

³ Guru Arjan Dev was the 5th Sikh Guru, known for self-sacrifice.

the launch of

Authentic Relationships

One of the five modules of Level 2 Transformation Teacher Training is taught for the first time

By Sat Darshan Kaur Khalsa





One might say that everyone has a story to tell about personal transformation. We're all on a journey towards truth and authenticity. Recently Kundalini Yoga teachers from all over the world gathered to work on their story of transformation. For me, transformation is about bringing the tools and experiences that we are blessed to have into all aspects of our lives, knowing that it is a continuous

connection with our own soul and others, and understanding how relationships work.

Our minds, bodies, and egos were challenged daily as we tried our best to keep up during intense yoga sets, deep self-discovery, and ever-changing weather. I believe many of us came to recognize that sometimes a conflict in ourselves or in a relationship is simply a paradox to be nurtured or acknowledged, not a problem to be solved. Also, many found that in order to experience transformation, they had to go through some intense and rocky experiences that pushed them to the edge, allowing self-discovery. It goes with the territory! Luckily we had plenty of laughter and dancing to balance the intensity.

The powerful presence of the Master, Yogi Bhajan, was very evident throughout the course. There we sat under the same

me, a meaningful and cozy conversation with my soul, bringing about a sense of comfort and renewal. The fact that more than one hundred people were all relating and speaking with their souls moved me deeply. It became my prayer that everyone could have this beautiful opportunity to speak to his or her soul.

One of the most transformative experiences for us all during the course was one late afternoon of chanting that turned into a roaring evening of thunder, meditation, movement, and heart-opening expansion. As we began to chant with Gurudass Kaur and friends who led us in *Adi Shakti Namō Namō*, the elements, energy, and Earth seemed to shift. The clear blue sky became covered with gray clouds and a forceful monsoon-like rain began to pound down onto the white big top tent. The winds were so strong that the sturdy tent flapped loudly around us as we sat absolutely still and continued with our deep and powerful chanting. I felt my spine become straighter and straighter. My lungs expanded, my heart opened up, and as our voices chanted in unison, I was reminded of White Tantric Yoga* and amazed by how similar the vibration felt. After about twenty minutes of chanting, folks just naturally began to gracefully stand up and clap and dance, allowing the vibration to flow through them. One woman stricken by the experience said, "If today was the last day, I would be great, I would be transformed." I could not have agreed more. I look forward to continuing my journey and my story of transformation this fall in Austin, Texas at the *Mind and Meditation* course and next summer in New Mexico at the *Living a Purpose-Filled Life: LifeCycles and LifeStyles* course.

Sat Darshan Kaur Khalsa was born in the Kansas City 3HO Ashram and has been doing Kundalini Yoga since she was a young child. She attended school in India at Miri Piri Academy. She and her husband live in Albuquerque, New Mexico where she teaches Kundalini Yoga and attends the University of New Mexico.

*See Glossary, p. 45.

Every day was filled with eight to nine hours of strong Kundalini Yoga, deep meditation, profound journaling, heart-felt dialoging, and earnest sharing with our groups, which led us to forgiveness, authentic connection with our own soul and others, and understanding how relationships work.

evolution. The greatest transformation is when things we take for granted, like our many varied relationships, are seen with new awareness and we have the tools to honor and uplift them.

On July 3, 2006, *Authentic Relationships*, one of the five modules of the Level 2 Transformation Teacher Training was launched in Espanola, New Mexico. One hundred and thirty-eight Kundalini Yoga teachers from as far away as Australia and Japan gathered together for six days. It was a powerful group experience beginning each day with a rigorous group sadhana* at 3:40 a.m. and continuing on until late in the evening. Every day was filled with eight to nine hours of strong Kundalini Yoga, deep meditation, profound journaling, heart-felt dialoging, and earnest sharing with our groups, which led us to forgiveness, authentic

big top tent where he taught for so many years, with a huge *Tratakam* picture of him as Mahan Tantric* facing us. It seemed to penetrate and uplift us from dawn to dusk. We had daily Yogi Bhajan video classes which contributed to the power of his prevailing presence with us and to the overall experience of the course. Although there were a variety of spectacular teachers seamlessly working together to deliver the teachings to us throughout the day, it was truly Yogi Bhajan who, through the Golden Chain, was teaching the course and whose energy was eminently present.

One afternoon we were requested to walk under the majestic cottonwood trees for 45 minutes while having a conversation out loud with our soul. What at first seemed like a difficult and uncomfortable exercise became, for



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2007 numerology forecast

The answer lies in the number nine

By Nam Hari Kaur Khalsa



Imagine yourself the captain of a ship about to leave the familiar terrain of your cozy harbor, embarking on a voyage into uncharted waters. As you lose sight of the receding shoreline, the quiet ocean suddenly becomes violently active, the navigation system fails, and even the stars of the night sky are hiding behind a thick cover of clouds as you gaze towards the heavens for guidance. What will you do?

With seven as the primary number for this year, we will feel challenged in the areas of information, guidance, and knowing what to do. Our internal compass will be stressed by an overload of information and potential misinformation, which will have many people reacting in a distrustful, suspicious, or potentially paranoid state of mind.

A strange sort of fanaticism will begin to take root, with the need to tribalize into groups based on the need for support and protection. There is also a positive aspect to this, as people motivated by higher consciousness and spiritual integrity will be uniting to form a collective voice and vision for global awareness. If you would like to see

7 = 'platform of levitation.'

9 = 'God comes down in blessing.'

Yogi Bajan

a perfectly illustrated view of this phenomenon, watch the movie “Sphere,” starring Dustin Hoffman. It’s a sci-fi thriller with a metaphysical twist.

Where is the balance point to all of this? The answer lies in the overall number for the year, which is nine. Seven represents the intellect, and nine is our subtle energetic body, that part of ourselves which is in tune with the subtleties of life. It is also the space of our deepest intuition. Everyone has a subtle body, and the more you consciously relate to this part of your being, the more information it will have to share with you. Ask yourself the question, “What does my subtle body have to say?” This will be the saving grace and guidance you need when your ship is challenged, so you can sense where the coral reef or sandbar is, intuitively know if the friendly flag on the other ship is for real, or feel the slightest shift in barometric pressure so you may batten down the hatches in time.

The subtle body is above time and space, and Yogi Bhan has said it is the most powerful of our Ten Light Bodies. One of the easiest ways to strengthen your subtle body and connect

“spiritual cross-training,” so keep your spa day pass, yoga mat, and hiking boots in good order! Spiritual is that which has spirit. So why not check out salsa, swing, or country western dancing to shake off the tension after a long week. Seven embodies the themes of music and singing which are both powerful ways to elevate ourselves.

Looking again to the number nine, the overall number for the year, we will see many issues come to the forefront that are of concern to women. Nine embodies female energy, and in the positive polarity more women will be voicing their concerns on global events and wanting to respond in a more humanitarian gesture.

In its highest octave, nine is universal love. “Man does not know that this world is a restaurant and he has come here to stay only for awhile. And this is a period for liberation. If he will possess whatever he has to possess but will not be possessed by the material things, and not be a slave to them, it will be most beautiful for him to feel free and light and live in love. That is what love is.” (Yogi Bhan)

This is the year for “spiritual cross-training,” so keep your spa day pass, yoga mat, and hiking boots in good order!

with the Golden Chain of ascended Masters, is to meditate on the *Tratakam* photo¹. This is called *Sahaj Yog* or, “Easy Way.” When we stop the mental chatter and the buildup of clutter in our own minds, then space will exist for the flow of our own psyche to come through for us. Our own innate spiritual wisdom is given breathing room to exist, without being bludgeoned by the overworking of thought, logic, and reason.

Yogi Bhan has further said, “We all have something in common. We all breathe; therefore we all vibrate, and that vibration is the source of our life. Whosoever can create rhythm within his own vibration, the entire Creation will create a rhythmic sound around him.” Using the breath is how we can keep our battery charged and ready to face life’s changes and enjoy the opportunities which come our way.

Many people are concerned with health issues in these times, or know someone who is. Number seven represents the water element, and specifically the fluids in the body. The human body is composed of 60% water, which includes the blood and lymphatic system. 2007 is an excellent and essential time for physical cleansing through sweating—via exercise, sweat lodge, sauna, steam room, and lymphatic drainage massage. These therapies will also help the brain to detoxify and not feel so overwhelmed by negative thoughts. This is the year for

Ideally this cycle will also give the male psyche the opportunity to come into balance after an overextension of aggressive territorial actions. However, this issue is literally hanging in the balance throughout the year. A winner will be known by November. Curiously enough it really boils down to, “Do we all win or do we all lose?” Everyone is affected by issues of global warming, so we can see that it is unwise to initiate a sequence where you cannot bear the consequence. One of the five sutras² of the Aquarian Age is, “Recognize that the other person is you.” This inspired state of consciousness would certainly change the course of local and world events in a heartbeat, and one of the best ways to feel empowered is in knowing that you are changing the world through your personal evolution and shining the essence of that light on all those you meet. In the words of Maya Angelou, “And suddenly we see that love costs all we are and will ever be. Yet it is only love which sets us free.”

With a soul number of 10 for expertise and inspiration, a gift of 3 for creativity and nurturing, and a strength of 9 for insight and inspiration, **Nam Hari K. Khalsa** uses the science of numerology to help people better understand the cycles of their lives, relationships, business, and other important issues. She is the author of *Akara Numerology*. For more information call 1-800-728-6760, or email akara@cybermesa.com. You can find introductory information on Yogi Bhan’s system of yogic numerology at: www.positivemind.com/cgi-bin/numerology.cgi

¹ For more information about this technique, see *Aquarian Times*, Winter 2005, pp. 48-49. The *Tratakam* photo and instructions are available at www.a-healing.com.

² Yogi Bhan’s five principles to live by.

Transformation

A Personal and Organizational Reflection

By Sopurkh Kaur Khalsa

With each step we experience movement. With each breath we experience the gift of life. Over the period of time since the passing of our beloved teacher, Yogi Bhajan, many of us have been experiencing a sense of shifting, of moving into a new state of being—not settled, not quite clear, not taking a consistent shape or form, yet moving in a direction guided by grace. Is this a state of transformation? Is what many of us are experiencing on a personal level also happening within our organizations?

Once Yogi Bhajan passed, I felt as if my days would continue on in the same way. But I soon realized that my life had changed and a new element had been added—that of mourning and loss. Mourning was the prevailing theme for me the first year. It was a quiet internal process of missing my teacher—the knowledge he shared, the guidance, the comfort he provided, and the laughter that came with all the lessons to be learned on the spiritual path.

The mourning of the loss of the beloved teacher also settled in to my physical form. I had reached a place where my body felt neglected. My vitality and sense of hope were diminished. Worry and concern about the future were their replacement. My body responded to this state of mind with a locked-in rigidity that felt like uncomfortable armor, and pain became my constant companion. My body was reflecting my mind's sense of discomfort and mourning.

In the beginning of the second year after Yogi Bhajan's passing, a process started that stimulated a transitional phase in my life. My constant theme for the year was "change." Changes came in many areas of my being: mentally, emotionally, and physically. My physical condition proved to be, as it is for many of us, the major agent of change. I was



Over the period of time since the passing of our beloved teacher, Yogi Bhajan, many of us have been experiencing a sense of shifting, of moving into a new state of being.

in pain which could not be ignored, and I had to wake up and listen. This physical discomfort created an opening for me to pay attention and heal.

I sent out a prayer to be blessed and guided to find appropriate avenues to help me clear and move towards health and vitality. My prayer was answered. With the help of healers I experienced physical and emotional release on many levels. I also utilized meditative and yogic tools learned from Yogi Bhajan and developed over years of practice. This allowed me to process

For Your Information

3HO Events Information / Registration

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

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

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

3HO WOMEN / Conscious Pregnancy Course

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

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

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

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

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

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

International Peace Prayer Day, United Nations

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

Kundalini Yoga Questions & Experiences

Satya Kaur Khalsa, kri@3HO.org

Kundalini Research Institute (KRI)

Information and Support / Certification
Guru Atma Kaur Khalsa, guruatma@sikhdharm.org

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

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

White Tantric Yoga

www.whitetantricyoga.com

Building Community

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Spiritual Name Requests

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

SuperHealth

Mukta Kaur Khalsa, mukta@sikhdharm.org

Dasvandh

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

SikhNet

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

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Library of Teachings

Ek Ong Kaar Kaur Khalsa, ekongkaar@sikhdharm.org, 505-367-1383

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what was coming my way so that issues could be dropped, scripts could be cleared, and a new vitality and joyous spirit could begin to emerge.

Individuals, organizations, and countries go through transformation—so does the planet Earth. Change is often brought on by the shift of consciousness of individual people who are changing and transforming their personal lives and values. Many times, our personal transformation is also a reflection of our environmental and organizational transformation.

In my role as Director of Spiritual Trust of 3HO Foundation, I have taken a keen interest in all aspects of our yogic teachings, and I have been blessed to see an awakening and transformation being seeded in the Kundalini Research Institute (KRI), our nonprofit corporation that deals with maintaining the integrity and spreading of Yogi Bajan's teachings.

Yogi Bajan always said that the way to Universal Consciousness was through Group Consciousness. The transformation we are experiencing as individuals is brought to another stage of completion by engaging in a new dedication to Group Consciousness. In KRI we are actively listening to teachers,

experienced during the Teacher Training period uplifted me. It warmed my heart to see their faces as they received their teaching certificates. Graduation day solidified their achievements. They had become teachers and moreover they had, among themselves, created a community, a family, and a support system.

The day was very meaningful to me. I saw elements of my personal transformation reflected in each Teacher Training graduate. I was inspired to see the bonding and unity. Each individual's growth in consciousness allowed for movement of Group Consciousness to a whole new level, far beyond what each individual alone could create. That day the light and grace of collective consciousness shone so brightly that at times I was brought to tears of joy.

Even though I have been on the spiritual path for over 35 years, my lessons over these last two years have shown me that new opportunities for growth and transformation are always available. I have seen many others undergoing this growth process as well. It is from this beautiful individual growth and transformation that our organizations benefit. Our group consciousness is the beneficiary as we progress, and our

Our personal transformations enable our organizations to evolve to new levels of service and effectiveness and bring a unified group consciousness of joy to the services we provide.

and making cooperative action plans to fulfill their needs as we fulfill the mission of Yogi Bajan to spread his teachings. Our personal transformations enable our organizations to evolve to new levels of service and effectiveness and bring a unified group consciousness of joy to the services we provide.

Recently while attending a graduation of Teacher Trainers, I recognized that their Group Consciousness enhanced the personal transformation of each teacher. Their sharing of stories about the personal growth and transformation they

capacity to reach out and serve more people through the teachings and legacy of Yogi Bajan continues to expand.

Sopurkh Kaur Khalsa personally served Yogi Bajan for over 25 years. She acted as Comptroller for the nonprofit corporations he founded and continues to provide financial and organizational counsel. She was honored by Yogi Bajan with the title and position of Director of Spiritual Trust of 3HO Foundation. He created this office to maintain the integrity and quality of the Teachings of Yogi Bajan. Sopurkh Kaur holds a Master's degree in education and enjoys speaking and teaching worldwide about the vision and values of Yogi Bajan.

Transformation Through Bound Lotus

What began as a 40-day meditation quickly turned into an intense love-hate relationship that I'm sure will continue for the rest of my life

By Susan Jacobs

Feeling out of sorts recently, I decided to tackle a new meditation. My introduction to *Bound Lotus* follows, but for now, let me say that during my daily practice—which has been done in the bathtub, in airports, and in the seconds leading up to midnight so as not to skip a day—I cry, I scream, I curse, and occasionally I relax.

When I demonstrate Bound Lotus to loved ones, they think I'm insane for volunteering not only to contort myself into a pretzel, but to also then meditate like that. They've suggested I pursue therapy or mind-altering substances as an easier, faster path to *nirvana*.¹ It's always said with love and a smile, but some days as I cry in mental and physical pain during the meditation, it crosses my mind that perhaps there is another way. Fortunately, I know better and as I've now been practicing Bound Lotus daily since February 27, there's no turning back.

For weeks prior to beginning Bound Lotus, I tried different meditations, looking for relief for myself—usually stopping in the middle because I knew it wasn't the right one. Bound Lotus wouldn't leave my head though: I was possessed by it. Bound Lotus, Bound Lotus, Bound Lotus—it became my mantra and the only way out was to try it.

At the time, my laziness, fears, and avoidance were getting the best of me and I was creating too much drama in my life. I was driving loved ones crazy and didn't feel good about myself. My negative mind had a strong hold and I was on shaky ground. I didn't have a choice but to go for the most intense meditation available—one that is said to release karmic* obstacles, negative tendencies, and emotions; clear and open all the chakras;* strengthen the nervous and immune systems; and develop the state of *Shuniya*—the divine state of stillness, *Anand*, supreme bliss, *Samadhi*, awakened consciousness and more. Bound Lotus is considered one of the most difficult kriyas,* and since it's also one of the shortest paths to healing deep emotional blockages, I'm counting on it to work its magic.

While struggling in Bound Lotus, I imagine Yogi Bhajan yelling at me, snapping me out of the entanglement of my ego. When I'm restless in the posture, I visualize being with



hundreds of other people in Bound Lotus. What Yogi Bhajan teaches is simple, obvious, and yet bloody difficult to live. Every day I wonder why it's so hard to commit to and remain true to my spirit.

My goal is to overcome ego and live gracefully. As always, Kundalini Yoga delivers exactly what I need, when I need it. Two years ago, I attended Mahan Kirn Kaur Khalsa's² Bound Lotus workshop at Kundalini Yoga East in New York. It wasn't clear what drew me there until the class began. In brief, here's her story: She developed a nervous system disorder that left her in excruciating pain. Doctors repeatedly said she'd lose her leg or be in a wheelchair for life. It was only Yogi Bhajan who

² Mahan Kirn Kaur was a member of Yogi Bhajan's staff for many years. She teaches Bound Lotus Kriya and has written a book about it, *Bound Lotus: An Instructional Manual*, available at www.boundlotus.com.

¹ Liberation

said she could heal herself, and gave her Bound Lotus to do for thirty-one minutes a day. Fast-forward—she's now fine and has been doing Bound Lotus since 2001.

Mahan Kirn is magical and inspiring, but the physicality of the experience is torturous. Bound Lotus is Full Lotus³ with your arms wrapped behind your back holding the opposite foot, with your forehead on the ground. In the posture, mind and body merge into the realm of spirit where all healing is possible (I'm still waiting!). Since a teenager, my body has easily twisted into the Full Lotus position and almost enjoyed it, upright, that is. In the workshop, we practiced Bound Lotus for eleven minutes (switching legs midway). It felt like hours, yet when I came out of it, I felt clarity and peace that was divine.

When I decided to tackle Bound Lotus, it took months of stopping and starting. Throughout my calendar is written, "day one", "day one", "day one". But once I finally got past the first week, the idea of starting over for skipping a day was unheard of. As I write this article I'm on day 141 of Bound Lotus! What started as a commitment to forty days became ninety, then 120, and now I'm aiming for 1,000 days. From there, perhaps it shall be for the rest of my life.



Physically, Bound Lotus remains challenging. Thirty-one minutes is my dream—I can only maintain it for twenty-two minutes, sometimes only eleven. For the shorter time, my forehead is on the ground. When it's longer, it's too intense so I prop my head up on a pillow. I use small rings on my feet, as I'm not yet flexible enough to grab my toes. Each day, I get closer and now only have an inch left to reach my toes. My hips are tight: "Feel the burn" is an understatement. At first, my feet and legs would fall asleep, but that stopped after several weeks.

Emotionally, it's me, myself, and I, with nowhere to run and nowhere to hide. It's like holding a mirror one inch from my face—and that's not a pretty sight! Generally I cry, sometimes sobbing, sometimes screaming. It's not unusual to hear me bellowing, "This can't be good for me! Stop being such a wimp! Don't look at the clock!" or just a loud "aaaahhhhhh" echoing throughout the house. Lately, minutes before the end of the meditation, I experience a near panic attack, when I feel the most raw and vulnerable. When it's over, I immediately become calm, with a great sense of balance, clarity, and gratitude.

³ From Easy Pose, bring one foot up onto the opposite thigh. Then bring the other foot up onto the other thigh.

Mentally, Bound Lotus really gets me. Listening to the *Ray Man Shabad*⁴ helps me control my mind. Without this shabad, my negative mind is on overdrive. The shabad dissolves my thoughts and for a moment I experience peace. Bound Lotus is, in part, about conquering the mind, and I'll use any means necessary to achieve this.

Now, almost five months into this journey, I sleep deeper, have more energy, and life's stresses bother me less. Bound Lotus is affecting me on many levels—from overcoming the physical struggle (which is ongoing), to having the courage to face the posture and myself each day despite the discomfort. Old emotional patterns and behavior are front and center, gaining speed and intensity. I know this too shall pass.

I'm grateful every day that my body does what I want and need it to. After getting through Bound Lotus there's nothing I can't face. I have a sense of accomplishment, yet can't help feeling that after this long, I should be more grounded, more soulful. My teacher, Krishna Kaur, reminded me that meditations are tools, not cures. It's about the heart and intention we bring to it. I've only focused on the accomplishment of getting through the meditation, and not

"When any posture is held over time, the Universe comes to support that person." *Yogi Bhajan*

on developing a relationship with the Divine that's within me. Krishna showed me that constant focus and prayer during meditation is crucial as a way to experience my soul/spirit. I now welcome the discomfort and use it to break through the levels of *maya*⁵ and superficiality/ego in order to experience the complete joy and beauty of my relationship with myself.

The layers of Kundalini Yoga are deep—having a teacher helps tremendously. Krishna's words and advice have transformed my Bound Lotus experience. I now sit with purpose and can release my mental and physical pain, leaving me with a deeper and more profound experience, for which I'm grateful.

In addition to teaching Kundalini Yoga, **Susan Jacobs** is a Pilates instructor and Shiatsu massage therapist. She recently launched **Holistic Life Management**, which creates customized holistic healing programs for clients, and **Experience Health**, an innovative system of experiential corporate Holistic Health Fairs. She's also a freelance writer and lives in Brooklyn. Contact her at susanjacobs460@yahoo.com

*See Glossary, p. 45.

⁴ This is the shabad (sound current) that is played during the practice of Bound Lotus.

⁵ The illusion of the reality of sensory experience of one's self and the world.

The Power of Naad Yoga

The story of one woman who was transformed at a cellular level by the sound current of Japji Sahib

By Nirvair Kaur

Late one summer night in June 2003, unable to sleep, I sat at my computer listening to audio clips on the Spirit Voyage Music website.¹ I clicked on Mata Mandir Singh's Gurmukhi* version of the *Mul Mantra** from his 2-CD *Japji Sahib** set. During the few moments it took for him to sing this mantra in his resonant voice, what felt like a great, far-reaching awakening began within me. I thought, "This is the most beautiful music I have ever heard," and while I "knew" that I had never heard it before, it felt familiar to me. This was my first personal encounter with *Japji Sahib*. I felt like I had found a precious jewel that I had forgotten about. Re-encountering brought an instant, gentle, and complete breaking open of my heart. I began to cry. I played that sixty second audio clip over and over again, and sang with it, and cried, while my mind wondered vaguely in the background, "What does this mean?"

Something about Mata Mandir Singh's singing of this particular *mantra** pierced me to my core. "What is this *Japji*?" I thought, "And if this one portion of it is so powerful, what dynamic is contained in its entirety?" I knew that I needed to explore this experience further.

When the CDs arrived in the mail, I immediately put on a pair of headphones and listened to the 45-minute Gurmukhi version. I wept my way through it. I found my mouth forming the sounds though I had no idea what the sounds might be and certainly no idea of what the words might mean in English. But I found myself thinking, "Even though I have no idea what he's saying, I know what he's saying." (On a level far beyond left-brain comprehension and literal understanding



of dictionary definitions, I knew the beauty and the grace and the transformative power of that sound current.)

Initially I deliberately chose not to question or analyze the way that this *bani*² instantly took up residence within me. I knew that intellectual objections would arise, stemming from

¹ www.spiritvoyage.com

² Sacred Sikh Prayer



I knew instantly, without even thinking it, that I had found the mantra that I needed—or that it had found me.

and wholly as though someone had pressed an imprint of its truth on my third eye and I had absorbed it without needing to mentally process it. I had a fairly good idea of what my “logical” objections to pursuing this path might be, and I didn’t want to give them precedence. I wanted to have the experience first and then judge it, rather than pass a judgment which would keep me from having the experience.

In June 2004 I attended the *Naad of Japji* workshop in Espanola, New Mexico. The concentrated immersion in the sound current accelerated my physical healing in a way that I couldn’t have imagined. At this point in my life it had been over two years since I had engaged in any type of regular physical activity. One day during the *Japji* course we were asked to do a meditation that involved holding our arms over our heads for eleven minutes. I thought, “I can’t even hold my arms over my head for eleven seconds because my muscles are so weak, and even if I could, the pain would be unbearable.” And then I thought, “That might not be true anymore. Let’s test it.” I did the meditation for eleven minutes. My arms were strong enough. And although it was somewhat painful, it was the predictable pain of the nervous system adjusting and the muscles working. At that moment I knew I was on my way off that plateau.

When I returned to Chicago after the *Japji* course, I designed a “Return to Exercise” program for myself and repeatedly renewed my forty day commitment to chant *Japji*. In June 2005 I returned to Espanola for more *Japji*! By this time I was able to engage in some sort of cardiovascular exercise for an hour at a time, four or five days a week, at a moderate to intense level, as well as lift weights three times a week. I was also getting out of bed consistently at 4:00 a.m. for *sadhana*,* and I had gradually increased the amount of time I spent at my job to 40 hours weekly—something I had not been physically capable of doing since 1995. In Espanola I was able to participate in group *sadhana*, which I had not been able to do the previous summer.

It’s now June 2006. I’m still chanting *Japji* every day. I’m also attending a weekly Kundalini Yoga class, doing a yoga set in my own morning *sadhana*, and preparing to take Kundalini Yoga Teacher Training in the fall!

It has been a great blessing to be engaged in a transformative relationship with *Japji Sahib*, and to discover through experience that “at the root of all there is only the One.”

Nirvair Kaur lives in Oak Park, Illinois, with Harimander Singh, her husband of 24 years. They are taking Kundalini Yoga Teacher Training together. Visit their website at: www.dancingcranes.org. Nirvair can be contacted at nirvairkaur@sbcglobal.net.

* See Glossary, p. 45.

the fact that I had been studying Kriya Yoga since 1995 and had in fact been ordained as a swami in an order established by Paramahansa Yogananda. I had studied Sanskrit and spent a great deal of my time in meditation chanting in Sanskrit. My immersion in Sanskrit mantra had helped me recover from a debilitating bout with chronic fatigue that had begun in 1994 and lasted for seven long and painful years. So part of my discomfort revolved around the idea that I “should” continue spiritual practices within “my own” tradition.

By the time I discovered *Japji* in June 2003, I had been trying for 3½ years to come to terms with fibromyalgia. I had repeatedly altered and curtailed my physical activities, trying to find that magical level at which I could remain active without provoking continuous and excruciating pain. It eluded me. I had taken several private sessions with a wonderful instructor to learn Kundalini Yoga sets specifically designed to correct the internal imbalances related to fibromyalgia and fatigue. I wanted very much to be consistent with these practices, but my body was not capable of doing them on a regular basis. When I had finally regained enough energy and vitality to begin moving in and through my life again in 2000, fibromyalgia symptoms flared up with full force and incapacitated me in a new way. Finally in 2002 I *stopped* everything, altogether.

During the course of a year the pain decreased, eventually allowing me once again to sleep though the night. By the summer of 2003 I felt “plateaued”—happy to have reached a relatively pain-free resting place, but also stuck there. Tentative attempts at walking more than a block or two or doing gentle yoga caused rumblings below the surface which signaled that the volcano of pain could be activated with little provocation, and I was very resistant to triggering that cycle again. I thought I needed to commit myself again to intense *japa*, but didn’t feel drawn to any particular Sanskrit mantra.

Such was my state of affairs when I visited the Spirit Voyage website and clicked on the *Japji* audio clip. I knew instantly, without even thinking it, that I had found the mantra that I needed—or that it had found me. I knew that it resonated in me and that I resonated with it and that chanting it was going to change my molecular structure—was going to literally rearrange my DNA, transform me at a cellular level, and gradually move me up and off the plateau I was resting on. I knew all of this within the first minute of hearing the audio clip—knew it completely

Habits and Alchemy

Doing is believing

By Shakti Parwha Kaur Khalsa

How did he do it? How did Yogi Bhajan turn the “base metal” baby boomer generation of rebels, known as “flower children” (or despised as “hippies”), into the gold of competent, respected, self-disciplined leaders and teachers? Alchemy! Yogi Bhajan was certainly a wise man, truly a wizard if you look at the skill with which he transformed the lives and consciousness of thousands of people.

He had mastered the magic of unshakable faith in God and Guru. He told us he was just the mailman delivering the message—the pipe, not the water. Never preaching, always teaching, he suggested and explained the benefits of alternative habits we could incorporate into our lives. He explained the scientific reasons, the effects—he didn’t ask us to believe what he said, but said, “Doing is believing.”

1. Way of Dressing

He said, “Try wearing all white clothing; see how you feel.” White represents purity and universality—it includes all colors. You have to be aware, careful, and conscious because everything shows up on white. With this outer change, came a subtle, but powerful inner change. Someone asked him why 3HO students wear white. He replied, “So people will know who to go to for help.”

2. Way of Talking

Every word we speak, and even what we think, has a specific vibratory frequency. Yogiji suggested recording ourselves all day and then listening to it at night. Aaaargh! From what chakra* were we speaking? Did we inspire and uplift or criticize and complain? We create with every word we utter.

3. Way of Eating

He taught us about the benefits of garlic (increases semen in the body), onions (builds new blood), and ginger root (strengthens the nervous system). He extolled the virtues of turmeric (makes the bones and joints flexible), and gave us great vegetarian recipes—not to mention the now famous Yogi Tea™ he introduced. He explained that our thoughts and feelings affect the food we prepare (don’t cook when you’re angry!), and said to always give thanks to God before eating.

4. Way of Dealing

When he named 3HO (Healthy, Happy, *Holy* Organization), he

defined Holy as practicing the Golden Rule,¹ and consciously thanking God for the gift of each inhalation.

5. Way of Worship

Fortunate are those who realize that the most important relationship to establish is the relationship with our own soul. The soul is just waiting to be recognized and cherished! Unfortunately, the light of the soul may be so deeply buried under layers of mental and emotional debris that we can’t even see it. We hug our friends and family to show affection. We even hug our dogs and cats! So, how do we hug our souls? We do *Sadhana*!

Sadhana can be whatever spiritual practice you choose. In November of 1991, Yogi Bhajan gave 3HO an outline for a specific sadhana to do for twenty-one years in preparation for entering the Age of Aquarius. He gave us a method to clear away the layers of “stuff” under which the soul is buried. Just as our cars need regular tune-ups to run smoothly, our physical and mental vehicles need tuning up every 24 hours. Sadhana is most effective in the *ambrosial hours*—the 2½ hours just before the sun rises. There’s less static in the atmosphere and our minds are clearer and more receptive to the Infinite.

It takes determination, commitment, and discipline to get up early *every* morning, but think about it: If you have to catch an early plane to meet your sweetheart, you do it, no matter what time! What about the date with your True Beloved? Your soul is ready and waiting to be hugged at 4:00 a.m. every day! Do the Aquarian Sadhana² or *something* every morning to connect with your highest consciousness before you begin your mundane routine.

Change your habits, and you change your life; it’s just that simple.



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

*See Glossary, p. 45.

¹ “Do unto others as you would have others do unto you.”

² CDs with the Aquarian Sadhana mantra meditations are available through www.a-healing.com and www.spiritvoyage.com.

The Sacred Amrit Ceremony

By Ravitej Singh Khalsa

In 1699 there was great turmoil in India. There had been years of terrible persecution. Thousands of Sikhs gathered at the summons of Guru Gobind Singh (the tenth Sikh Guru). He challenged the multitude to give him their heads, their hearts, and their courage. Five responded, volunteering to give up their lives in the fullness of their faith and love for their Guru. He called them the *Panj Piare* (Five Beloved Ones). They subsequently conducted the first Amrit Ceremony¹ and baptized many others—the first being Guru Gobind Singh himself—into the Khalsa, the community of Warrior Saints dedicated to living a life of purity and selfless service, devoted to freedom for all and peace on the Earth.

April 2006 marked the first time the Eugene, Oregon Sikh Dharma community conducted the sacred Amrit Ceremony. On Baisakhi² in April of 2006, having maintained a Gurdwara* for nearly thirty-five years, the Eugene *sangat** dedicated itself to providing the sacred space for this important ceremony. Three people came forward to dedicate their lives to the path of the Guru.* It was an important milestone for the participants, the Panj Piare (five facilitators), and the sangat. Many said it felt like a rebirth of the community.

One of the participants, Ajai Singh, said, “There is a responsibility to face your fears, to uplift yourself, to have compassion for those who are in ungraceful circumstances, to be a beacon of light for those who are suffering, and to serve humanity.” Another participant, Dev Saroop Singh, knew that when the spirit calls, one answers. He said, “The bus pulled up, and I simply knew it was time to board—no questions, no hesitation.” About being a participant in the Amrit Ceremony, Harinder Kaur said; “This was the moment when I could feel my atoms start changing.”

I was blessed to take photos of the entire ceremony. I can attest to feeling the Guru’s presence in the room, in the ceremony, in the participants, and in the community—tangible and real. Snatam Kaur, one of the Panj Piare, said: “I felt the energy of Guru Gobind Singh here at the ceremony and around the world. We are witnessing a transition of consciousness and the Amrit Ceremony in Eugene dipped into that new flow.”

As the ceremony ended, the nectar³ was given to other Sikhs in the room. We all bowed before the Siri Guru Granth Sahib* in deepest gratitude. After this moment beyond time and space, when the community went back to daily life, everyone felt just a little different. A profound transformation had taken place and we were all part of it.

*See Glossary, p. 45.

¹ To read more about the first Amrit Ceremony, go to: <http://www.sikhiwiki.org/index.php?title=Baisakhi>

² Sikh holiday commemorating the birth of the Khalsa.

³ Blessed water used for the baptism and then given to the participants to drink.



WHAT DOES TAKING AMRIT MEAN?

By Sat Bir Singh Khalsa

In 1699, at the first Amrit ceremony, Guru Gobind Singh gave us the example of true detachment from your ego and true merging with God. The *Panj Piare* provided the ultimate examples of complete submission to the will of the Universe. In the face of death, they bowed their heads to the Guru and became one with the Guru’s will. They were transformed—filled with spiritual radiance and grace that was visible to all who beheld them.

As individuals, when we are blessed with an opportunity and gift to dedicate our lives to our spiritual destiny, we come face to face with our fears. We may question our commitment and doubt the oneness of the Universe, then and have to make a decision. In the acceptance of God’s Will, we give ourselves an identity. It is not an identity that is separate from anything. It is an identity that is One *with* everything. Dressing distinctively in *Bana*¹ is the outward representation of this oneness. We cannot be missed in a crowd of people. We serve all, we live righteously, and we earn by our own efforts. The challenge is that once you identify yourself as something, everything around you will always test you to live to your identity. These tests act as a constant reminder of your commitment and keep you focused on your path.

¹ Traditional Sikh clothing.



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A Transcendental Meditation:

Maha Shakti Chalnee Indra Mudra

This is a transcendental meditation as it was originally taught centuries ago. Transcendental meditations always have a breath rhythm and a hand *mudra** linked to the *mantra*.* In the yogic scriptures, there are six pages written to tell the benefits of this single *kriya*.* It allows you to control the senses and thoughts. It balances the life nerves of *prana* and *apana** so that your health is improved and the lung capacity is increased. Once your lung capacity in normal breathing is over 700 cc's, your personality changes. The extra capacity sends an increased vital force to the nervous system with each breath. Nerves that are strong give you patience. In this exercise, the body maintains a perfect equilibrium in carbon dioxide and oxygen exchange. The pressure on the tongue causes the thyroid and parathyroid glands to secrete.



2. Come into Cobra Pose. Ideally your feet are together, arms are straight, and the hips are on the ground. From the hips to the head your spine creates a smooth 'C' curve. The shoulder blades move down the back, supporting and opening the chest and neck, and then your eyes focus at a point on the ceiling. However, this is an advanced posture and you can modify it as follows to protect your neck and lower back: Lie on the stomach with your palms flat on the floor under the shoulders, fingers spread wide. Apply Root Lock, rotate the pelvis so the tailbone turns towards the ground, and elongate out of the lower back, shoulder blades drawing down. Use the inhale to expand the ribcage and begin to arch the chest upward as you slowly straighten your arms, straightening only as much as you can without feeling compression in the lower back, and continuing to open the chest and stretch into the upper back. If this means that you only come to your forearms, or your arms are bent, that is fine. Resist the temptation to bend where you are already flexible. Once the chest is open, with the shoulder blades supporting the chest this gives the head permission to go back and focus at a point on the ceiling.

Inhale through the nose and whistle out through the mouth for 3 to 5 minutes. Inhale and slowly relax down out of Cobra Pose. Rest for 2 minutes.



1. Sit in Easy Pose.* Inhale with a deep whistle through the mouth. The lips should be puckered like a beak. Exhale through the nose. Concentrate the sound at the Brow Point* and continue for 5 minutes. Just listen to the pure sound. Continue for 2 more minutes but change the breath so you are mentally inhaling *Sat* and exhaling *Nam* with the whistle.



3. Lie on the back with the knees pulled to the chest. Hold them there with hands and fingers interlaced over the knees. Lift the head up, putting the nose between the knees. With the mouth closed, create the sound, “Hunnnnh” from the Navel Point. The vibrations will be felt in the nose and throat. Continue for 3 minutes.



5. Sit in Easy Pose, hands on the shoulders, thumbs behind and fingers in front. Twist the torso from left to right, inhaling to the left and exhaling to the right (**5a**). Synchronize the motion with the breath for 1 minute. Then sit on the heels and continue the exercise for 1 more minute (**5b**). Inhale, hold briefly, exhale, and relax.



6. Still sitting on the heels, lean forward and put the forehead on the ground. Rest completely in this pose for 3 to 5 minutes.



4. Relax on the back with legs crossed on the ground as in Easy Pose. This creates a delicate pressure in the lower spine. Maintain the position for 5 minutes. If you feel this creates too much pressure in the lower back, cross the legs loosely. Try to get as much of the spine on the ground as you can, keeping the shoulders relaxed, chin to collar bone. If your hips are tight, use pillows under the knees. You can start with 3 minutes and build up to 5 minutes over time.



Comments: You can practice exercise one for up to 31 minutes but it is a good idea to build up the time slowly over a period of weeks. After 15 minutes, you may experience some discomfort in your ears. After 31 minutes, you may experience some discomfort in your upper chest. Discomfort in the ears or upper chest are signs of the glands secreting and gaining a new balance. If you sincerely practice the first exercise for 31 minutes a day followed by the remaining exercises, it is said that this kriya could change your personality, your total lifestyle, and even your destiny for the better.

Always consult your physician before beginning any exercise program. Nothing in *Aquarian Times featuring Prosperity Paths* is to be construed as medical advice. The benefits attributed to the practice of yoga come from the centuries-old yogic tradition. Results will vary with individuals.

This set can be found in *Sadhana Guidelines*, pp. 97-98.

*See Glossary, p. 45.

Meditation of Change

Doubt steals three feet of your auric radiance

The law of the Universe is change. Everything changes. However, with every change in our lives, one thing seems not to change: the attachment to our own ego. You change but your ego does not let you see your own maturity or potential. This creates a condition of constant hassle in the mind. The difference between your reality and your perception of it through the ego creates doubts, and doubts create misery. Doubt steals three feet of your auric radiance. The ego will not let you change easily. It blocks communication. To come out of the darkness, you must assess yourself. A man fortunate enough to have a Guru* can assess himself. Ultimately, to be happy through all change and to have the full radiance of your soul, there must be surrender of your self to your higher self. To aid the process of self-evaluation and to probe the ego to change and unblock subconscious communication, practice this meditation each day.



Posture: Sit with a very straight spine in Easy Pose.* Lift the chest.

Mudra: Curl the fingers in, as if making a fist. Place the fingertips on the pads of the hands, just below the fingers. Then bring the two hands together at the center of the chest. The hands touch lightly in two places only: the knuckles of the middle (Saturn) fingers and the pads of the thumbs. The thumbs are extended toward the heart center and are pressed together.

Hold this position and feel the energy across the thumbs and knuckles. *"Between your two thumbs, heat will start passing. You can watch it very peacefully. It is a functional meditation."* Yogi Bhajan

Eyes: Closed.

Breath: Begin Long Deep Breathing.* Follow the flow of the breath.

Time: Continue for 31 minutes.

To end: Inhale deeply, exhale, and relax for 5 minutes.

After practicing this *kriya** for 31 minutes and mastering it, you can extend the time to another 31 minutes after the rest period.

This meditation can be found in the *Kundalini Meditation Manual*, available at www.a-healing.com

*See Glossary, p. 45.

Living in Love

A lecture by Yogi Bhajan, June 1970

Man has to understand that it doesn't take a long time to tune into God's Name, and the flow of that Divine energy will flow through him. He will be filled up to the brim with the love and the light of God.



It is a universal phenomenon that man always seeks union with God. Kundalini Yoga¹ is the yoga of awareness that makes it practical today for the man to be with God. If one can be one-pointed on the Name of God, one can always find God in his heart.

We have eight centers of God consciousness in the body. The lowest is located at the rectum. Second is the sex organ.

¹ "Kundalini" comes from the root word kundal in Sanskrit, which means, "the lock of the hair from the beloved." The uncoiling of this "hair" is the awakening of the Kundalini, the unlimited potential that already exists in every human.

Third is where these two centers meet when they are pulled together. Then comes the heart center where we can come out of the lower triangle, or our animal nature. That is where love, equality, and service begin. At the next (throat) center, if the consciousness can be pulled to dwell there, man knows the truth. Then, above the two eyes is a triangle known as the "third eye," or *ajana*, where all the knowledge of the past, present, and future is known. Real humility, flow of love, and kindness come through here. We have the seventh center at the crown of the head, the highest of all, a lotus flower with a thousand petals in it where you only want to know God, and everything is

nothing but God. Your personality and ego are merged into that great Universal personality and Universal ego. While we live as human beings, we can bring together our physical, mental, and spiritual beings, and be God-beings. The circumvent force—the entire force which is the aura around us, the God-light which protects us—is the eighth living center.

Up to this time, in the United States of America, there was no place for people to learn or teach Kundalini Yoga. It is the grace of that *Bhagwati*, the creative power of God, that now everyone is free to learn this great supposedly secret science. Now there are American teachers who teach this science too. One only bows to that one great God, because we have created channels through which the knowledge, truth, and technical know-how to raise your consciousness from your lower centers of consciousness to the highest can be learned, practiced, and perfected.

We have all material wealth, but there is no contentment.

Man wanders from morning until evening, but he does not know that between God and man there is one link only: that is the breath. The breath is the key to the control of one's emotions. One can easily feel that when the breath becomes irregular and shallow, man becomes mentally upset. Therefore if we can practically control the breath in such a way that it is normal and simple and soft, man in behavior will be normal, simple, and soft. In other words, he'll be a happy man.

One thing man forgets which is a reality and truth: Death. We are not permanent on this Earth. We have come here under the command of a Universal force, that cosmic energy; some people call it God. It is that great master computer in which we are all the unit computers, and we are here to perform certain practical duties. All our vibrations are time-clocked into that master computer and our balance sheet is struck every minute. Sometimes, because of our ego, we draw different lines than that of the master plan and we mess up the whole system and society, jeopardizing our own happiness in life. Fortunate are the few who start the day always looking to the vibrations. With each breath they vibrate the *Divine Nam*, the Name of God, to cleanse themselves, to enrich themselves, and to energetically charge themselves so that they can be positively effective for the whole day.

When the sun energy in the evening is low because Earth is between the man and the sun, man's mentality and consciousness leap towards the low, shallow behavior. At that time, if one has a system to do *sadhana*,* or to practice for awhile with these few precious breaths—which is the Divine Will which prevails through him—to glorify the Name of his Creator, or as a unit computer he tunes into the great master computer, one is saved from the cycle of karma.* Let us not cause a cause which shall have a negative effect. Each negative will bounce back on us and shall bring us unhappiness.

Man has to live in love—love which is not lust. Love where there is no possession, no slavery of another person. Love which is a giving. Love which is for the sake of love. Love which lasts

forever. Love which is a total sacrifice. Love which is more than the grace of God itself. Love which gives a halo around the face of the person. Love through which one can see God in the eyes of the person. Love with which the body shines, the words become sweet, and the communication is absolutely beautiful. That love for which one sacrifices his own life to save a little bit of injury to another person. That love with which one pleasantly and peacefully takes all the pain in his heart to redeem another fellow being. That love can only flow when one knows how to tune into that universal God.

Some people make it possible to pretend that lust is love.

They are really successful for a short while, but when they are caught in the clutches of time and smashed, and time is gone, then they are left alone to pay back their karma ten times.

Man does not know that this world is a restaurant and he has come here to stay only for awhile. And this is a period

for liberation. If he will possess whatever he has to possess but will not *be* possessed by the material things, and not be a slave to them, it will be most beautiful for him to feel free and light and live in love. That is what love is.

Sometimes man behaves even worse than an animal. His attitude is very steadfast, because his ego does not let him feel he is wrong. That not only gives him unhappiness, but it becomes a permanent sore.

Man has to understand that it doesn't take a long time to tune into God's Name, and the flow of that Divine energy will flow through him and he will be filled up to the brim with the love and the light of God. His consciousness will be clear and pure and his animal nature will become helpless right before him. Instead of his being helpless before his animal nature, he will be able to ride his animal nature and travel the distance into the kingdom of God much easier than he can think.

When one can see between lust and love, this discrimination makes him not only a pure being but a Divine being. And the flow of energy from him goes to other people and brings them out of the negativity. One day this world will be nothing but love, nothing but pleasure, nothing but happiness. Everybody will be happy together; love will flow from one person to another person. Truth will prevail through all and *Sat* (Truth) shall be the guiding Name for all. And that will be the dawn of the new Age—the age of happiness, the age of pleasure, the age of understanding, the age for man to know God within himself. In the love of God men shall dwell under all circumstances as one unit with the constant flow of that energy which they call God. We call Him Cosmos, ever-living, ever-together, ever-existing, ever in us. He was, He is, and He shall be.

Sat Nam.

This lecture is available on CD through www.a-healing.com and includes several minutes of blissful chanting by Yogi Bhajan.

*See Glossary, p. 45.

Prosperity Paths



The Art of Giving Back

Issue Number 72

Nov/Dec 2006

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- **Challenging the Mind** ›
- **Subagh Kriya: Meditation for Prosperity** ›

In God We Trust

Excerpts from a lecture by Yogi Bhajan, October 6, 1989

We do not trust God. Trust is not a human faculty because when you trust something, you are fulfilled, you are there, your understanding becomes deep, and it is a state of ecstasy where there is no shakiness. Trust is very difficult.

If a human has full control of his mind, through the clarity and the crystallization of mind one can see one's own soul and one can become part of God. That's the only way that you can see everything that God is about. The mind is a virtue; it is faster than time and space. It's given to us to realize beyond the beyond, the essence of life, the creativity of life, life itself. The beauty, the bounty, the bliss of the mind is found in the

awareness of the soul. Soul. People say it's dormant; I don't believe that they even understand what the soul is—*Pavan Guru* (the carrier of the *Prana*,* the breath of life), the sound, the Word, the Guru;* it is in us. Who gets up in the morning and feels, "God, I am in trust with you?"

You say, "Thank you God," "Bless me God," and, "I pray to you, Lord God, help me," but who has the guts to get up in the morning and say, "I am yours, God; You are mine, and let us have the day together?" You have to get up in consciousness, make God a part of you and be a part of God. Identity must merge in Infinity. *That's* reality.



Have you ever understood that if you just run to God, who has created the Earth, everything on the earth will be yours?

It's very simple. In life, the body will die but we must experience deathlessness, and we are very emotional. Some people tell me, "I am very poor." It is a reflection. Poverty is a reflection of lack of self-esteem, self-betittlement. There is no such thing as poverty; there is no such thing as richness; there is no such thing as beauty; there is no such thing as ugliness. These are all expressions—expressions that we communicate all the time. We communicate to integrate ourselves with each other but we have to understand that the basic nucleus of integration is the soul, the part of God within our own selves. This is the reflection of God and we have to feel united in that.

The totality of God which we know, the oneness of God which we understand, the greatness of God which we experience, we have to become part of. That is what *Akal* means—deathlessness.

Or death can come, thousands can cry for you, but that's the moment. What have you left for these psyches, these human beings, who are still here? You left some wealth for your children, you left something for a relative, you did some charity for people who were true for your part, but did you leave something for all mankind? If you become part of that Infinity, that's it. If you believe that you are a part of that Infinity, you trust that you are a part of that Infinity, you shall *become* that Infinity and every finite being becomes comfortable at the sight of you, the feeling of you. It is very essential that we must elevate ourselves within ourselves, and elevate everything which we feel, touch, know, and understand. This planet Earth is an amazing experiment, and it is totally amazing to understand that we have never understood the forces of "unison-ness."

We are born in His grace, we live by His light, and we redeem ourselves into the diligence of God Himself. God sees through our eyes, God hears through our ears, God speaks through our mouths, and within seventy-

two hours, God renews us cell by cell. That's how intimate, how serviceful, how affectionate and nurturing God is. The heavens are very bright—you should have those eyes to see how bright the heavens are and that the Earth shines in its reflection.

There is a more expansive experience of ecstasy. That's the radiant body, that is God. You walk with the infinite God... you live in that, you are protected by that, but you don't believe it, you don't even understand it, you don't participate with it.

Man is poor because man has fear. Man is a miracle by itself. His life, his death, his breath of life, and his every moment is, in itself, a huge miracle. It's a fountain, a fragrance of life, and it has beauty, it has bounty, it has bliss in it.

Because if you believe in Infinity and you believe in the reality of that Infinity, and you, as a little finite part, become part of that Infinity, you will find ecstasy. You will find deathlessness in it. And in that bliss, you can sit on that throne of the Infinite.

We run around for earthly positions and earthly environments. Have you ever understood that if you just run to God, who has created the Earth, everything on the Earth will be yours? Can you do it by love? No. Can you do it by belief? No. You have to *trust* it. You have to trust you are God, that God is you, in God you dwell, and in God you trust. These are the teachings which Guru Nanak* brought to us. These are the affirmations which we have to do to purify ourselves. This is the time and this is the space in which we have to rise from our own bickering, from our own belittlement, from our own "blah-ness," and realize that we are beautiful, we are bountiful, we are blissful, and thank Him.

*See Glossary, p. 45.

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Challenging the Mind

By stretching the mind to give in faith, we receive tenfold

By Darshan Kaur Khalsa

The desire to live up to our highest inner potential is probably the single most motivating force behind transformation of every kind—and transformation was what Yogi Bhajan was all about. From the first Kundalini Yoga class, to the most recent Summer Solstice,* every part of the knowledge and technology he shared with us was for the sole purpose of our self-transformation.

Yoga, breathing, meditation, mantra, prayer—every physical and mental activity done with one's focus on the Infinite is a transformative process of self-growth, because each activity challenges the mind. When the mind is challenged for its subconscious beliefs, we grow. "I can't do that exercise for 31 minutes; no way!" the mind says, and yet, by practicing it, we prove the mind wrong. The monkey-mind jabbars on while we try to sit still and meditate, and we think, "Will this never end?" But, of course, with time and practice, even the worst and most active monkey-mind will quiet itself, until the rushing silence of Infinity is heard. We sometimes feel fear when changing any part of our lives that gives us a sense of routine and complacency, but there are times when it is right to upset the apple cart, to take a risk, and to shift ourselves into a challenge that will inevitably lead to self-transformation and higher consciousness.

what is dasvandh?

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

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

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Giving is another such opportunity for transformation. The mind says, "I can't afford it," or "There's no way I can give," and yet the principle of prosperity is to give, so that the vacuum will be filled. To give in faith is to receive ten-fold. It is a spiritual law. Challenge the mind by just starting. At our Prosperity course during Summer Solstice, one woman shared her story of how after 9-11-2001 her business was having trouble thriving, and she commanded herself to give anyway. She started a tithing program with just \$25 a month and simply trusted. No matter what her mind said, she persevered. And the result? Her business is booming!

This could be anyone's story; it could be your story, by taking the leap. Initiate a tithing program and nurture it with your faith, your willingness to persevere, and your desire for transformation. As your prosperity increases, challenge yourself again by stretching and increasing your contributions bit by bit. We were given so many valuable tools with which to transform ourselves—such an incredible gift and opportunity to grow. All we need to do is participate. "Life is a flow of love; only your participation is required," said Yogi Bhajan.

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

*See Glossary, p. 45.



Transform Your Community through Dasvandh

Dasvandh is not about just generating prosperity for yourself. It's about generating prosperity throughout the entire community. If we really believe these teachings—believe that the Infinite will give back ten-times for what we give—then the road to prosperity is participation.

If, for example, 5000 people in our worldwide community give an average of \$1000 a year to Dasvandh—that generates five million dollars. Five million dollars to support our ability to serve and uplift people through the teachings of Kundalini Yoga and Sikh Dharma as taught by Yogi Bhajan.

And that also means, through the law of ten-fold return by the Infinite, 50 million dollars will be generated within the communities themselves—simply through that generous act of giving. Ten times five million is 50 million dollars—50 million dollars to grow and build our local communities! All it takes is 5000 people giving an average of \$84 a month.

Let's practice what we teach. Do the experiment. Give Dasvandh today—and see what transforms in your world.



Kundalini Yoga: Subagh Kriya

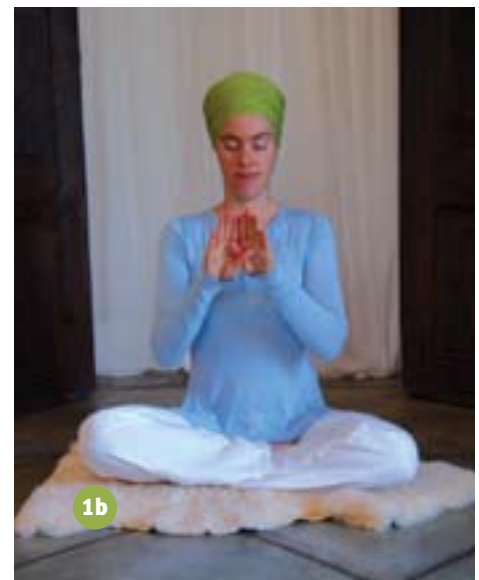
It's a complete set. This is all called *Subagh Kriya*. If God has written with His own hands that you shall live under misfortune, then by doing *Subagh Kriya* you can turn your misfortune into prosperity, fortune, and good luck.

Yogi Bhajan

This is a 5-part kriya.* Each part must be practiced for an equal amount of time, either 3 minutes or 11 minutes. Do not exceed 11 minutes. The first exercise of this kriya may be practiced on its own, separately from the other exercises.



1. Sit in Easy Pose* with a straight spine. Allow your upper arms to be relaxed, with the elbows bent and the palms facing the chest. Strike the outer edges of the hands together, forcefully hitting the area from the base of the little finger (Mercury finger) to the base of the palm. This area is called the Moon area. Next turn the palms outward and strike the sides of the index fingers (Jupiter fingers) together. Hit hard! Alternately strike the Moon area and the Jupiter area as you chant *Har* (rhymes with bud) with the tip of your tongue, pulling the navel with each *Har*. Your eyes are focused at the tip of your nose. This meditation was taught to the rhythm of *Tantric Har* by Simran Kaur.¹ Chant from the navel.



I'm going to give you a very handy tool, one that you can use anywhere, and you'll become rich. To become rich and prosperous, with wealth and values, is to have the strength to come through. It means that transmissions from your brain and the power of your intuition can immediately tell you what to do. *Yogi Bhajan*



2. This exercise is also done to the rhythm of *Tantric Har*, but this time you do not chant with the tape. **Stretch your arms out to the sides** and up at a sixty degree angle. Spread your fingers wide, making them stiff. The palms face forward. Cross your arms in front of your face. Alternate

the position of the arms as they cross: first the left arm crosses in front of the right and then the right arm crosses in front of the left. Continue crossing the arms, keeping the elbows straight and the fingers open and stiff.

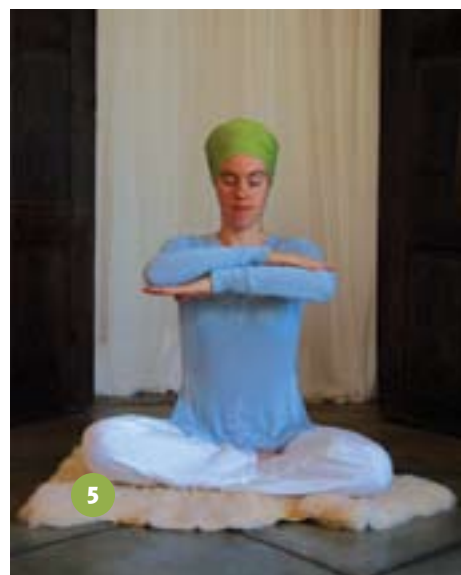
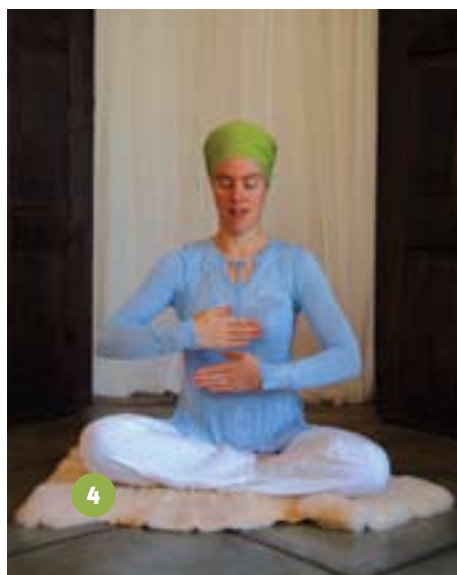


3. **Keep your arms out and up at sixty degrees** as in the previous exercise. With your hands, make fists around your thumbs, squeezing your thumbs tightly as if you are trying to squeeze all the blood out of them. Move your arms in small backward circles as you continue squeezing your thumbs. Your arms are stretched and the elbows stay straight. Chant the mantra "God" powerfully from your navel. One backward circle of the arms equals one repetition of "God." The speed and rhythm of the chanting is the same as in the previous exercises. Move powerfully so that your entire spine shakes; you may even be lifted slightly up off the ground by the movement.

4. **Bend your arms so that your elbows point to the sides.** The forearms are parallel to the floor and the palms face the body around the level of the diaphragm. The right hand moves up a few inches as the left hand moves down. Then the left hand moves up as the right hand moves down. The hands move alternately up and down between the heart and navel. (Hands do not touch.) As the hands move, chant *Har Haray Haree, Wha-hay Guroo* in a deep monotone with one repetition of the mantra approximately every 4 seconds. Chant from your navel. If you are practicing the exercises for 11 minutes each, then you will chant the mantra out loud for 6 minutes, whisper it

strongly for 3 minutes, and then whistle it for 2 minutes. If you are practicing the exercises for 3 minutes each, then you will chant the mantra out loud for 1 minute, whisper it strongly for 1 minute, and then whistle it for 1 minute.

5. **Bend your elbows and rest your right forearm on your left forearm,** with your palms down. The arms are held in front of your body at shoulder height. Close your eyes, keep your arms steady. Keep your spine straight and your arms parallel to the floor. Breathe slowly and deeply so that one breath takes a full minute. Inhale for 20 seconds, hold for 20 seconds, and exhale for 20 seconds.



This kriya can be found in *Self Experience*, pp. 43-44, available at www.a-healing.com and www.spiritvoyage.com.

*See Glossary, p. 45.

¹ Available at www.a-healing.com and www.spiritvoyage.com

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Glossary

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

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

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

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

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

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

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

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

Darshan: Blessing by seeing or being seen.

Dharma: spiritual path.

Diaphragm Lock: See Uddiyana Bandh.

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

Electromagnetic Field: See Aura.

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

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

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

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

Guru: Literally “that which takes you from darkness to light” or “teacher.” Guru has a number of related meanings. Depending on the context, it can refer to one of the ten Sikh Gurus, or the *Siri Guru Granth Sahib*—sacred writings of enlightened beings.

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

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

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

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

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

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

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

Khalsa: Pure ones.

Kirtan: Sacred music.

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

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

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

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

Mahan Tantric: Master of White Tantric Yoga.

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

Mudra: yogic hand position.

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

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

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

Nam: Name, true identity.

Neck Lock: see Jalandhar Bandh.

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

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

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

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

Pranayam: Yogic breathing technique.

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

Rock Pose: Sitting on your heels; Vajrasan.

Root Lock: See Mulbandh.

Sadhana: Daily spiritual practice.

Sangat: Community of like-minded people.

Sat Nam (Sat Naam): True identity.

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

Seva: Selfless service.

Shabd: Sound current, Divine Word.

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

Shakti: woman; feminine aspect of God.

Sikh: Literally a seeker of Truth.

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

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

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

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

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

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

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

Wahe Guru: Indescribable wisdom.

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

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- Yogi Bhajan -

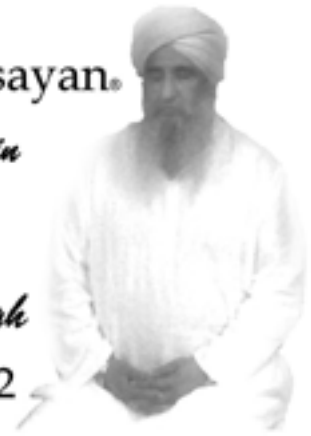
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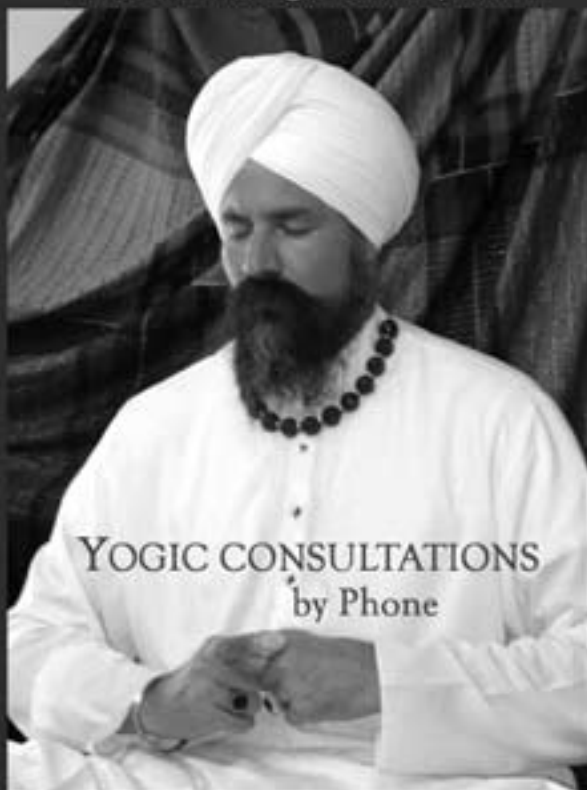


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where the spirit of God falls at 90 degrees direct.*

-Yogi Bhajan

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Celebrate Peace

Snatam Kaur's First European Tour Reaches Thousands

By **Karan Khalsa**

In Deva Premal's words,
"I feel Snatam like a sister...we
have the same heart to heart
connection to our masters.
So we meet there...in song."



On May 20, 2006, Snatam Kaur stepped onto the stage in Stockholm's Music Museum Concert Hall for her first performance in Europe. The large auditorium was beautifully lit, and the audience waited in silent anticipation for the music to begin. When Snatam uttered the first note, her enrapturing European Tour had begun. Accompanied by the unforgettable signature guitar work of GuruGanesha Singh and Manish Vyas' tabla rhythms, the concert mesmerized the audience.

Since September 2005, Snatam Kaur's *Celebrate Peace Tour*, sponsored by Peace Cereal, Spirit Voyage, and 3HO, has been touring throughout North America where many of their shows have been performed to sold-out audiences, but this was their first concert in Europe.

What Snatam Kaur didn't know that night in Stockholm was that two of her biggest fans and friends were sitting in the audience: best-selling sacred chant diva Deva Premal and her partner Miten. "There are no coincidences," says Premal. "In Stockholm, we had the pleasure of meeting up with our favorite mantra* singer, Snatam Kaur, and GuruGanesha, on tour from the USA."

At the end of the evening, they invited Snatam Kaur and GuruGanesha Singh to attend their concert the next night at the very same auditorium. As Snatam sat in the audience with 600 other fans, enjoying Deva Premal's smooth, throaty vocals, Premal turned and asked Snatam to join her onstage. Both Snatam and GuruGanesha got up on stage for a magical performance of songs and chants including *Aad Guray Nameh* (from Snatam's album, *Prem*), which Deva Premal recorded on



Snatam Kaur teaching Celestial Communication at the Guru Nanak School in the UK.

her recent release, *Dakshina*. It was a loving meeting of voices and music filled with the deepest heart of devotion. In Deva Premal's words, "I feel Snatam like a sister...we have the same heart to heart connection to our masters. So we meet there... in song." Snatam Kaur says, "It was such a blessing to be with them and to feel the depth of their kindness and generous spirit. Deva Premal is like a big sister to me. I am really grateful for her loving presence in my life."

Snatam and GuruGanesha left Stockholm in a state of bliss, ready for the next leg of their tour, the United Kingdom, where they performed at seven events in just four days. And what an inspiring whirlwind those four days turned out to be! Playing Gurbani Kirtan* in Gurdwaras* from Wolverhampton to Hayes to Leicester to Southall to London, their music touched thousands of Sikhs along the way.

Wherever Snatam Kaur travels, she looks forward to finding venues where she can share yoga and music with children. In Hayes, they made a stop at the Guru Nanak School where Snatam Kaur taught chanting and Celestial Communication¹ to

400 students whose sweet young voices rose together chanting the *Mool Mantra*.* Snatam Kaur says, "Children of the Guru Nanak School sang with us with so much *piaar* (love). It was very beautiful."

As they traveled from one Gurdwara to the next, people flocked to hear Snatam play kirtan, filling the rooms beyond capacity. Word traveled ahead of them, and the numbers grew at each stop along the way. Their kirtan at the Southall Gurdwara was a monumental event, with over 2,000 people thronging to hear her sing. Members of the sangat* witnessed the biggest traffic jam they had ever seen in the streets surrounding the Gurdwara. And when Snatam played, the sangat was so entranced by her kirtan that, during her set, she was passed a note asking her to extend her playing time well beyond the usual Gurdwara hours. The support and love from the sangat gave Snatam Kaur an extra boost of inspiration as her tour continued on to London.

After finishing in London, they left the UK for Spain, the final stop on their European Tour. The 800 tickets for their concert in Barcelona's famous Basilica Santa Maria Del Pi were sold out weeks before the event. "We had the opportunity to perform in this beautiful church dedicated to Mother Mary," says Snatam. "The first construction was in 400 A.D.! The walls of the church felt warm with a deep knowing of centuries of prayers, voices, and stories of humanity." In this beautiful and ancient sanctuary, the sound of Snatam's music rose to the ceilings and left the audience exalted in bliss.

Bliss is a prevalent theme in Snatam Kaur's life these days. On September 1st, Spirit Voyage released Snatam Kaur's latest album *Anand*, which means bliss. The bliss she experiences and shares on her tours is expressed with great depth in this new album. Touring gives Snatam Kaur a sense of connection with her music, her audience, and the teachings of Yogi Bajan, which are at the core of her life and her music. "I am so grateful to Peace Cereal, Spirit Voyage, and 3HO for supporting my tour," says Snatam Kaur. Peace Cereal donates 10% of its annual profits to projects that promote peace. As the official "Peace Cereal Ambassador for Peace," Snatam Kaur carries its message of peace with her as she tours the world.

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

*See Glossary, p. 45.

To see when Snatam and the Celebrate Peace Tour will be visiting a city near you, go to www.spiritvoyagelive.com.

For Media Contact Information: Guru Simrat Khalsa, Spirit Voyage Records, 888-735-4800 gurusimrat@spiritvoyage.com.

For more information about the Celebrate Peace concerts and related events and resources, go to www.spiritvoyage.com and www.celebratepeace.com.

To read Snatam's blog, go to www.snatamkaur.com and click on Notes From the Road.

¹ Celestial Communication is mudra in motion; meditation with mantra and movement of the arms and upper body.

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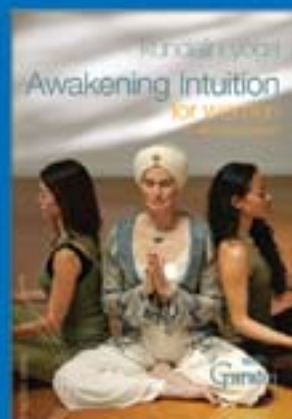


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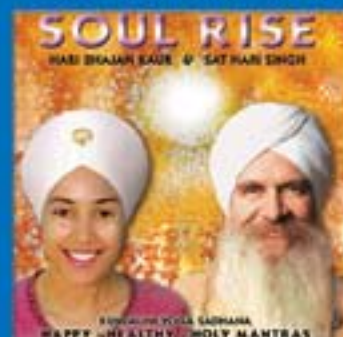
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