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## From the Editor

Sat Nam, Dear Family,

In more than a thousand talks, including his 1974, 2001, and 2003 lectures featured in this issue, Yogi Bhajan described the hardship the world would be facing in the years ahead. He would say, "I know you don't believe me, but wait..." And we would listen in a cloud of disbelief. Today, with the prevalence of war, hunger, and poverty in every corner of the globe and the threat of worldwide economic collapse, now we can see clearly *exactly* what he meant. And whether through his inspiration (prodding) or our own intuitive awareness, we have reached out with his teachings to give people hope, love, service, and trust in these critically hard times. Throughout Asia, South Africa, Europe, Brazil, and elsewhere, Kundalini Yoga is touching more and more lives on a daily basis, as you will see in the pages to follow. We are manifesting what Yogi Bhajan said thirty-four years ago, "If we all get together, we can do a lot."

In the spirit of service to all,



Siri Ram Kaur Khalsa  
Editor in Chief

## Talkback

Receiving *Aquarian Times* is one of the highlights of my life. Thank you so much.

**Myra Lorey**  
Bothell, Washington

I sent in a Voluntary Subscription a while back to continue getting the wonderful *Aquarian Times* mailed to my house. I bring the old ones to the jail where I teach Kundalini Yoga, so please keep 'em comin'! Thank you so much!

**Sat Guru**  
Albuquerque, New Mexico

I will send in a Voluntary Annual Subscription as support for the magazine to be a self-sufficient publication. I enjoy this magazine and find it to be a support to me. The articles inspire me and extend a sense of community with Kundalini Yoga practice. Thank you for all your efforts and care to bring *Aquarian Times* featuring *Prosperity Paths* to interested readers. It is a wonderful magazine!

**Sat Bachan Kaur (Belle Moffa)**  
Mount Laurel, New Jersey

**Cover: Kitchen seva at Summer Solstice, photo courtesy of 3HO Foundation**

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STUDENTS CAME FROM AROUND THE WORLD TO THIS KUNDALINI YOGA WORKSHOP AT BAN BHU WHAN RETREAT CENTER IN BANGKOK, THAILAND

# JOURNEY TO THE EAST

## THE EXPANSION OF KUNDALINI YOGA IN ASIA AND AUSTRALIA

By Sunder Singh Khalsa

**M**y journey to the East started many years ago. Shortly after meeting Yogiji in the early '70s he told me I would one day be teaching in China. Looking at me with those penetrating eyes of his, he said that there are thousands of souls I am destined to touch and share the teachings with. Although he never told me to move or travel to Asia to teach, the seed had been planted.

In the beginning of 2001, I felt the timing was right to start teaching in Asia. It was not a conscious decision; it was more an inner knowing, like an inner compass that oriented me. Since I am in the jewelry business and go to Thailand for sourcing, I decided to start teaching in Thailand. I knew no one in the Yoga community there so I attempted to set up a Kundalini Yoga workshop through my business contact in Thailand. After spending a few months strategizing, it didn't work out. Finally

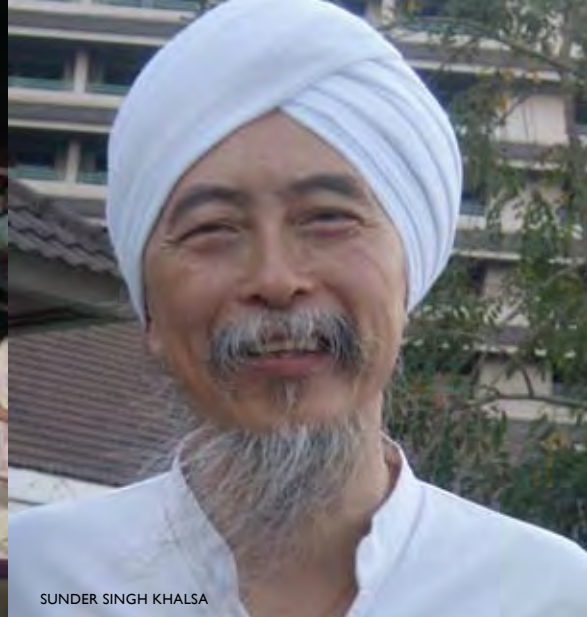
the time came for the moment of truth. I was leaving for the International Jewelry Fair in Bangkok in approximately four weeks. I could either give up the idea of teaching in Thailand or listen to my inner compass. I told my wife to book my flight a week before the Jewelry Fair so I could teach. My wife asked me who and where I would be teaching. I told her, "I will teach, it doesn't matter if I have to teach the birds in the park, I will still teach." Once I decided that, I got an email address of someone in Thailand who had an interest in Kundalini Yoga. I sent him an email stating my intention to teach a Kundalini Yoga workshop there and asked if he could help. I got an immediate response stating he had been praying for a Kundalini Yoga teacher to come to Thailand and, yes, he would help organize the workshop.

Pieter Samara was a longtime student of Yogiji in the early '70s but had somehow lost touch with 3HO over the years. He





KUNDALINI YOGA WORKSHOP, "COMMUNICATION AND THE MIND," IN BANGKOK, THAILAND



SUNDER SINGH KHALSA



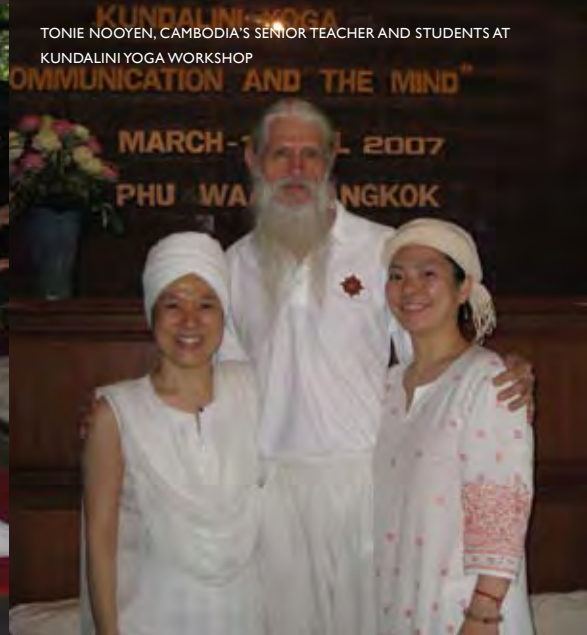
KUNDALINI YOGA TEACHER TRAINING IN AUSTRALIA



KHALSA KAUR SIGHTSEEING AT THE EMERALD TEMPLE IN BANGKOK



KUNDALINI YOGA IN THAILAND



TONIE NOOYEN, CAMBODIA'S SENIOR TEACHER AND STUDENTS AT KUNDALINI YOGA WORKSHOP



helped organize the workshop, created a website ([www.kundalinimatashakti.com](http://www.kundalinimatashakti.com)) to publicize the workshop, and with his connection to the JW Marriott Hotel in Bangkok, was able to secure the main exercise room in their Spa at no charge. So instead of teaching the birds in the park, fifty-plus people showed up for the workshop at a five-star hotel. The moral to this story is that when the language is right, whatever one calls the Infinite—God, Guru, or Existence—it always responds, but the language has to be right. And the language is the language of the heart and soul. Initially I was using my head trying to figure out the best strategy to organize a workshop on a different continent. I finally gave up using my head and allowed the purity of my intention to manifest. And the Universe responded and the unseen hand of the One moved. Out of that first workshop in Bangkok we have now three Teacher Trainers and we still have a regular class at the JW Marriott.

Fast forward to today, and now Kundalini Yoga is taught all over Asia and Australia with Teacher Training programs in Thailand, Singapore, Sri Lanka, China (three programs), and Australia. We are also planning to begin Teacher Training programs in Taiwan, Japan, Malaysia, and possibly Nepal within the next year. One of our goals is to make sure the teachings percolate through the local population in order to develop local teachers and eventually trainers. We want to plant the teachings in the local soil and let them blossom.

My personal intention is to serve the emergence of 3HO as envisioned by Yogi Biji for Asia. To that end I have started three projects.

The first is to initiate a process to be able to bring students to our Mother Ashram in Espanola, New Mexico, on a scholarship basis to be immersed in activities and lifestyle so they can go back and serve with that experience in their spiritual DNA. I am happy to say we have started the process with Amandeep Singh from Singapore.

The second is to start the first annual *Kundalini Yoga Festival Asia* to be held in

Bangkok, Thailand. The purpose of the festival is to create a sense of community, a place and space that is 3HO among the yoga students from many diverse countries and backgrounds. Preceding the *Kundalini Yoga Festival Asia* (November 25-30) will be a KRI Level 2 Mind and Meditation module (November 18-23) facilitated by Gurucharan Singh Khalsa,

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The moral to this story is that when the language is right, whatever one calls the Infinite—God, Guru, or Existence—it always responds, but the language has to be right.

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the KRI Director of Training, and me. A White Tantric Yoga course will follow the Festival (November 29, 2008). We are going to have a great time with some wonderful teachers and a lot of transformation. For more information you can email [event-info@kundaliniyogathailand.org](mailto:event-info@kundaliniyogathailand.org) or go to [www.kundaliniyogathailand.org](http://www.kundaliniyogathailand.org). My hope is that you support this endeavor, for we are all one in the shared vision of 3HO.

My third project is to build a teaching center in China in the foothills of the Himalayas in Yunnan, which is next to Tibet. The RaMaDaSa Yoga and Wellness Center will be the premiere teaching center in China for the teachings of Kundalini Yoga, Humanology, and Wellness as taught by Yogi Bhaijan. I believe China will have a large role to play in the world and in the transition into the Aquarian Age. We want to create and leave a legacy where people can come and feel the touch of their own innate excellence as human beings. For more information please contact Tonie Nooyen at [hanton@loxinfo.co.th](mailto:hanton@loxinfo.co.th) or Angad Kaur at [rebeclo@yahoo.com](mailto:rebeclo@yahoo.com).

Following is a brief report from the region submitted by the respective countries:

### **Thailand**

Kundalini Yoga in Thailand started with the visit of Sunder Singh Khalsa to Bangkok in 2001. Since then the teaching has rapidly expanded. Today, a core group of teachers and trainers has formed into the Southeast Asian 3HO Kundalini Yoga community. The big challenge is language. Translation of materials is a critical issue for the spreading of the teachings. Translation of the KRI Level 1 Teacher Training Manual into Thai is gradually progressing. [info@KundaliniYogaThailand.org](mailto:info@KundaliniYogaThailand.org)

### **Singapore**

The second cycle of the KRI Level 1 Teacher Training recently ended in Singapore. There are more and more Kundalini Yoga classes being taught in Singapore. Camp Miri Piri was held on Singapore's St. John's Island in June 2008. Eighty people, young and old, experienced "Facing your Fears" led by visiting teachers Shanti Kaur and Gurtej Singh from New Mexico, and local teacher Jasbir Singh. Camp Miri Piri 2009 will be in Espanola, USA, and will return to Singapore again in 2010.

### **Guru Jaswant Khalsa**

[gjkaur@gmail.com](mailto:gjkaur@gmail.com)

### **Christine Plaud**

[Christine@InnerKeys.com](mailto:Christine@InnerKeys.com)

### **Malaysia**

Kundalini Yoga classes have been taught for the past 18 months in the Kuala Lumpur area. The first Kundalini Yoga and lifestyle studio, Chayo Studio, opened on August 1st in Petaling Jaya. We plan to begin teacher training this year to build our resource of teachers. To keep updated about our events and news, please send us an e-mail at [info@chayostudio.com.my](mailto:info@chayostudio.com.my).

### **Guru Jaswant Khalsa**

[gjkaur@gmail.com](mailto:gjkaur@gmail.com)

### **China**

The first KRI Level 1 Teacher Certification program was completed in 2007. A new cycle of Teacher Training has started (in English), as well as the first ever Teacher Train-



ing program in Chinese (in Shanghai and Guanzhou). Translation of the KRI Teacher Training Manual into Mandarin is now completed. The next project is to put Chinese subtitles on videos of Yogi Bhajan. Students have completed the transliterations of *Japji*<sup>1</sup> and the *sadhana mantras*<sup>2</sup> into phonetic Chinese! Plans for the future include producing a DVD on how to integrate Kundalini Yoga into the Chinese daily life style.

#### **Rebecca Lo**

rebeclo@yogaasia.com

#### **Japan**

In Japan Kundalini Yoga is just starting to bloom. The Level 1 Teacher Training is scheduled to start early in 2009. Classes are now taught in Tokyo, Kobe, Osaka, Okayama, and Nara. One of the biggest challenges in Japan is translation of materials. However, there now is a Japanese translation of *Kundalini Yoga* by Shakti Kaur. Translation of the KRI Level 1 Teacher Training Manual will be the next major project. Totally secluded in a forested location, the Guru Ram Das Ashram and Kundalini Yoga & Meditation Mountain Retreat Center is less than one hour from Osaka. Kundalini Yoga Japan was recently a representative to the G8 Religious Leaders Summit which brought together religious and spiritual leaders from around the world to promote Peace and Environmental Survival.

#### **Ajit Kaur Khalsa**

ajitkkyoga@yahoo.co.jp

#### **Sada Anand Singh**

goldenjp@kcn.ne.jp

#### **Australia**

Eighteen months ago the Kundalini Yoga Teachers Association Australia & New Zealand (KYTANZ) was formed. Currently there are seventy registered teachers and 2 KRI Level 1 Teacher Training programs, one in Sydney and one in Melbourne. The KYTANZ Professional Practice Program is a mentorship program to complement our Level 1 Teacher Training program. New teachers are provided

with support in their transition from student to teacher through having a mentor from our teaching community. We have also started a program to support women in rehabilitation. We are hoping we can extend this program to support all women's refuge centers in the Sydney area. We are actively working with the Asian Kundalini Yoga Community to be part of this larger community.

#### **Suraj Kaur**

suraj@kundaliniwellbeing.com

#### **Cambodia**

Training Cambodians in Kundalini Yoga through partnership with local communities is the main activity of the Kundalini Yoga program. In addition classes are held at the Kundalini Yoga House. Work has been done on developing Stress-Free programs for both the care-givers and the residents of NGO-funded programs working with AIDS patients and working with rehabilitating former sex workers. Three young Cambodians who have almost completed the KRI Level 1 Teacher Certification Program conduct classes in two schools located in slum areas of Phnom Penh. The aim is to help young people living in high risk situations with the technology to relieve stress and trauma, to build self-confidence and balance personalities, and open new vistas. Opportunities to expand into other areas around Phnom Penh, such as a resettlement project for poor families, and a vocational training program, are emerging.

hanton@loxinfo.co.th

info@KundaliniYogaCambodia.org

#### **Vietnam**

In Vietnam Kundalini Yoga is not yet so easy to find. In 2002 classes were taught in Hanoi by visiting teachers. In October 2007 and May 2008 teachers from the Kundalini Yoga group in Thailand presented workshops at Zenith Yoga Center in Hanoi. Another workshop is scheduled for November 2008. With two highly motivated practitioners living in Hanoi who attended the Level 1 Teacher Training program in Bangkok and who are committed to teaching, it is very likely that on your next visit to

Hanoi you may be able to attend regular Kundalini Yoga classes.

#### **Michelle Noullet**

minh\_sen@yahoo.com

Xiomara Perez xiomyperez@gmail.com

#### **Sri Lanka**

There are Kundalini Yoga classes, retreats, and workshops in Colombo. Three certified teachers are teaching in Colombo, and new teachers (enrolled in the Teacher Training Certification Program) are starting classes, including yoga for children. Two retreat centers dedicated to Kundalini Yoga are being planned. Workshops conducted by Shiv Charan Singh from England and Sunder Singh Khalsa in 2007 and 2008 attracted considerable interest. In 2008, an intensive Level 1 Teacher Certification Course was initiated.

#### **Fiona Raymond**

raymond.fiona@gmail.com

#### **Anand Kaur**

annoushka.hempel@gmail.com

#### **USEFUL WEBSITES:**

www.kundaliniyogajp.com (Japan)

www.kundaliniyoga.com.au (Australia)

www.yogaasia.com (China)

www.KundaliniYogaThailand.org (Thailand)

www.KundaliniYogaCambodia.org (Cambodia)

www.yogaastsingapore.com (Singapore, Malaysia)

www.sanasuma.co.uk (Sri Lanka)

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**Sunder Singh Khalsa** is one of Yogi Bhajan's earliest students. He is the KRI Teacher Training Coordinator for Asia, and a long time member of the KRI Teacher Trainer Executive Committee. Recently he was invited to serve on the KRI Board of Directors. Sunder Singh owns Khalsa Jewelers, a fine jewelry business with multiple stores, and was blessed to serve as one of Yogi's jewelers for over 25 years. His mission is to serve the emergence of 3HO in Asia, and to that end he has dedicated time, energy, and personal finances.

<sup>1</sup> A prayer written by Guru Nanak which relates the conscious mind to the soul; one of the daily prayers of the Sikhs

<sup>2</sup> Seven mantra meditations taught by Yogi Bhajan for the purpose of daily spiritual practice



# LET GO OF THE EGO & STEP INTO SERVICE

It is a yogic truism that the Universe will always take care of us,  
if only we will allow it!

By Darshan F. Jessop



SUMMER SOLSTICE SEVA IN THE WHITE TANTRIC YOGA SHELTER

**L**et go of the ego and step into service. We can make a difference every day by acting from a place of authenticity and selflessness. Every moment we can leave our mark in the world by dropping fear and coming from a place of love.

Energy flows where thoughts go. There is also the saying that what goes around comes around, and another that says give and you shall receive. The basis of all of these is: that on which you center your attention, you bring to yourself. Sometimes we think we can't serve because we are too busy dealing with our own needs. If you are focused on what you need all the time, the Universe will focus on need, and neediness could be-

come the predominant theme in your life. Focus on giving however, and the Universe focuses on giving to you as well. Focus on what you can share (not what you will get back from sharing), and the Universe is focused on what it can share with *you*. If you can focus on serving, the Universe focuses on serving you.

We close ourselves to the gifts of the Universe through limiting how we think and on what we choose to focus. If we want to change this, one way we can do so is by taking conscious responsibility for our focus and our underlying thoughts. Then we can relax and serve in the secure knowledge that positive outcomes spring from our willingness to live in the spirit of love, service, and hope.

Being able to serve someone is the highest *seva* (selfless service) and the highest love we can give. It is the highest love of a spiritual teacher, it is the highest love of a friend, it is the highest love of a lover—to serve the Soul, the Light of those around us, always giving them permission to shine their brightest, to live their highest and best lives, and to reach their highest destinies.

---

**Darshan F. Jessop** is a writer, entrepreneur, happy mom, and Change Yourself Coach. She is currently writing her first book, *The Power to Change: Change Yourself, Change the World*. For more information or coaching appointments: [www.changeyourselfchangetheworld.org](http://www.changeyourselfchangetheworld.org) or [www.moneygirlconsulting.com](http://www.moneygirlconsulting.com).



# The Radiant Child Yoga Program



SHAKTA KAUR WITH PRINCESS AND NKOSIS HAVENS IN JOHANNESBURG, SOUTH AFRICA



NICOLE AND LESLIE

Shakta Kaur has been teaching yoga to children since 1976. In 1998, she created The Radiant Child Yoga program, a certificate program on how to teach yoga to children, based on the teachings of Yogi Bhaajan. *Aquarian Times* interviewed Shakta Kaur on July 16, 2008.

*Q. What made you focus your teaching on children's yoga?*

I used to love to lead children's *sadhana* (spiritual practice) in the old Baltimore Kundalini Yoga ashram in the 1970s. Eventually I also became a Montessori teacher and opened my own school. When we moved to Virginia and my son was born, I began teaching children's yoga classes at nearby day-care centers and Montessori schools. Then I wrote a series of books, the first of which was *Fly Like a Butterfly*—now a very well-known clas-

If you really beam your attention and your love and your focus on one child at a time, and do some of these simple things, in five minutes you are going to see some results.

sic children's yoga book. At that point, so many people were asking me to teach children's yoga that I couldn't accommodate them all, so my brain just went to the next logical step, which was, "Okay, you have to train other people how to teach children's yoga." I started the Radiant Child Yoga Program in 2000.

*Q. What is your connection with children?*

The innocence of children gives them a special kind of spirituality that attracts me. At the same time, I feel that I have

something that they need. Somebody once called me the "Child Whisperer," (you know, like a horse whisperer). When I'm with them, I really 'get' who they are on a soul level, and I also see what they need. I see what their "scripts" are, and what they have to offer. From what I see in their interactions, I can tell what they are missing from their training. And that is very exciting to me as a teacher.

Children's yoga, which connects body, mind, and spirit, is about the best thing

I could think of to share with people who teach children. When I teach adults how to teach children's yoga, I'm teaching them Kundalini Yoga and a way of looking at life from a yogic point of view. Forty to eighty percent of the people I teach don't know much about Kundalini Yoga when we begin and they are surprised and delighted with it. Many of the certified Radiant Child teachers have gone on to become certified Kundalini Yoga teachers.

*Q. You have taken the Radiant Child Yoga Program across the globe. Tell us about some of your international experiences with it.*

### **Australia**

When I first taught Yoga for Women and Radiant Child Yoga in Australia in 2003, there weren't very many Kundalini Yoga teachers there besides Guru Jivan Kaur, the senior Kundalini Yoga teacher on that continent. More people were exposed to Kundalini Yoga through my visit and several of them asked me to come back and train them as Radiant Child trainers. When I went back in 2005 to facilitate the training, we made it a requirement in the program that the students take the KRI Kundalini Yoga teacher training as well. All those students became certified Kundalini Yoga teachers because they felt a strong connection with Kundalini Yoga, and they are currently teaching in New Zealand, Australia, Shanghai, and South Africa.

### **Hong Kong**

The Heep Hong Society of Hong Kong works with autistic and other special needs children. A few years ago they contacted me and asked me to come and train their therapists in children's yoga. The therapists were very enthusiastic students. Few of them knew anything about yoga. They were very quiet, really listened, and didn't ask many questions. The first night we got together for the Level 3 program (there are three levels to the Radiant Child Yoga program) they sat in a circle and talked about how they were going to incorporate what they were learning

into their professional work. Several said they had begun using the material in their work that very day and were amazed at the results. For example, one person told about an autistic boy she had been working with who would never respond to anything that they did. They started doing a yoga exercise I taught called "Fly Like a Butterfly" and singing the butterfly song, and flapping their legs, and he started smiling and humming along with them. It was amazingly transformative, and they could see that the program had its own sort of "magic." It was great to see how much they had actually learned, and how they were applying it to their own situations.

### **South Africa**

One place that is close to my heart is South Africa. I taught in Johannesburg and Cape Town. We offered scholarships for some of the native people who couldn't afford the course fee. In Johannesburg, Pritam Hari Kaur, Coco (Didar Kaur), and Siri Dharma Kaur set up a wonderful tour for me so I could teach classes at orphanages. I taught the caregivers at Cotlands Baby Sanctuary, which is a very well-known orphanage. I taught them gentle yogic things they could do with the children, even the infants in cribs.

A lot of times when babies don't get a lot of physical movement, they get stiff. I worked with one six month old baby who was very stiff and not very aware of what was going on around her. She was lying on my mat, face up, and I was looking down at her and smiling. She wasn't looking at me, she had her head turned to the side. I picked up her feet and began massaging them and started lightly bouncing her legs to help them relax because they were so stiff. I was trying to help her relax her hip joints. I was singing a little and smiling, and then I started bicycling her legs and she was letting me do that. Then she started looking at me. I was moving her arms from side to side. All the caregivers were watching this happen. It was

My guiding light in my work with children is this quote from Yogi BhaJan:

*"Children are super-sensitive, full-fledged people with high potency antennae which record every vibration within their vicinity completely and very deeply."*

quite dramatic. Within five minutes she went from not looking at me and being very stiff, to looking at me and smiling, and when I began massaging her feet and legs again, she went to sleep. It couldn't have been a better demonstration of showing how if you really beam your attention and your love and your focus on one child at a time, and do some of these simple things, in five minutes you are going to see some results. It doesn't take very long.

I taught another course at Orange Farm, a squatter's camp or township outside of Johannesburg—miles and miles of ramshackle houses where the people are just trying to eke out a living. They had a small recreation center where I worked with the caregivers who worked with the children there. I gave a yoga presentation in which we were hopping around like frogs, and they loved it. At the end, the organizer said, "Shakta has given you such a gift. Now you give her a gift. Why don't you sing something for her?" And it was just the most in-





NICOLE



RAINBOW DRAGON GAME

credible thing. One lady just stood up and tapped her leg and sang the first note of a song, and everybody came in exactly as if they had rehearsed it, with perfect harmony. Those African voices were amazing. It sounded like they had been rehearsing for weeks but of course it was the natural way it came out. They sang one song, and then as they were putting all the chairs and blankets away, they sang another song. They were just singing together as they were working. That was so memorable for me. Their singing touched my heart.

*Q. Who are your students?*

Currently, about 40% of my students are yoga teachers (mostly Hatha Yoga), and about 50-60% work with children in some professional capacity—as school counselors or teachers, therapists who work with children with autism or other special needs, or doctors and psychiatric nurses and people who work in hospitals. So children's yoga has really come into the mainstream including into schools and enrichment programs and many other mainstream venues.

*Q. How did Yogi Bhajan influence your teaching style?*

I feel very appreciative of the training I received from Yogi Bhajan. The training that he gave me and everyone, really, is that you have it all within yourself. You just need to know what to do to get there, and he gave us all the teachings

and techniques for how to get to that space of consciousness within yourself. That has been my guiding force all these years and I try to convey that to my students. I want them to be self-starters. For example, I don't give lesson plans like other programs do. I offer lots of great ideas to my students and trust they will put these together along with their own creative ideas in ways that are going to be perfect for their situation. I don't want to tell them, "Do a, b, c, d." That's not the way my teacher taught me, and that's not the way we learn. You get the basics, and then you get in touch with yourself, and then you find from the inside how to use them. I encourage creativity and confidence in my students. My courses have become much more interactive. I always ask students to share something with the class that they've discovered in their own work: for example, an idea about how they handle children when they are getting a little undisciplined. I enjoy seeing the teacher come out of the students—to see the creativity in each one of them. I already know what I can do, I want to see what they can do. And how each one's creativity can add to the whole so it becomes a co-creative experience.

Every generation has something to offer the world. Teenagers these days are right on the money—straight-talking. They don't play games with their consciousness. I admire their ability to



KELSEY

break through all the fake stuff and just be real. And the younger ones—I just love being around them because they have such a fresh outlook on life that I enjoy. I find that what I can give both the children and their parents is just a slightly different outlook to help them on their way a little bit.

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When she isn't traveling the world, **Shakta Kaur Khalsa** lives in Herndon, Virginia, with her husband, Kartar Singh, and her 16-year-old son, Ram Das Singh. For more information about The Radiant Child program, visit [www.childrensyoga.com](http://www.childrensyoga.com) or [www.shaktakaurkhalsa.com](http://www.shaktakaurkhalsa.com).

# Practicing Seva

By Gurupurkh K. Khalsa

*I offer this poem in honor and dedication to my father, Ira Bergman, also a poet/ writer, whose process of death has given me the most precious and enriching life opportunities to serve that I could ever imagine.*

*Being present for his needs, the needs of my family, and my own needs throughout his transition has shown and taught me that there is no separation between love and God's Strength, which is where Seva comes from.*

*To serve others in their remembrance of their own divinity, and to have the caliber to do that, is a gift beautiful beyond measure, filled to the brim with spiritual gems and truths.*

*To smile at another human being is a good first step.*

## The Path of Seva

This poem is about my own personal experience of seva. It took almost a year to finish; it seems that certain aspects of my own capacity and experience of seva needed to be further seasoned before this poem could be completed.

There is no end to how creative, challenging, uplifting (and/or painful) practicing the path of seva can be. I have found it to be a meeting place between absolute selflessness and selfishness both, because there's no denying the depth of compassion, inner-strength, wisdom, and bliss which come from its practice. In this light, a living path of seva is as much of a service to oneself as it is to others.

**Gurupurkh K. Khalsa** lives in Espanola, New Mexico, and is pursuing a degree in Chinese Medicine. She began writing poetry and meditating when she was eight years old and hasn't stopped since. Yogi Bhajan and Kundalini Yoga found her in a book store eight years ago in Philadelphia, Pennsylvania, where she was born and raised. Contact her at [gpurkh@gmail.com](mailto:gpurkh@gmail.com).

Please,  
may I serve you.

The bravery of your soul  
overwhelms me with humility.  
Please allow me the honor  
of welcoming your divinity Home.

Let me take your coat of armor;  
it's so heavy  
against the sensitivity of  
your momentary body.  
Sit down beside me and get warm  
by the crackling fire of my heart.

You know, it's a great  
and profound commitment  
that you've made  
Being Here, clearly  
you could use a moment's rest.

Let's just take a refreshing breath  
together; You and I  
in holy Remembrance.  
In grateful reverence  
my friend, for Your Sacredness.

It's taken me lifetimes of prayer  
to earn this treasury of generosity  
to share,  
to bare enough confidence  
to so daringly  
and hopefully approach you  
with this  
shy abundance of willingness.

Beautiful One,  
kindly,  
open  
to the Golden  
Sun Prosperity  
of We—This blessed chance;

this glance of devotional potential  
dancing between us like  
an enchanted angel.

Let's be in gentle relation  
like rolling waves  
seamlessly rising and returning  
to the yearning calling  
of Compassion  
merging  
with the freedom  
of Grace flowing, with the glowing  
gift of caring.

Please, beloved One  
may I serve you.



# TEACHER TRAINING BUILDS COMMUNITY:

## THE BELO EXPERIENCE

By Guru Sangat Kaur Khalsa



KUNDALINI YOGA TEACHER TRAINING IN BELO HORIZONTE, BRAZIL

### Creating a Platform

Belo Horizonte, Brazil, is a city of hills and beautiful horizons. A unique Aquarian community flourishes here. We move up and down the mountains, our presence diaphanous, faces radiant, ready to serve. We are known as the people of smiles. In 1996 I was the only person teaching Kundalini Yoga in the city. Now there are twenty-three Kundalini Yoga centers here.

In 2001 we had our first Kundalini Yoga Level I Teacher Training Course. Thus we began the work of spreading the technology of Kundalini Yoga and supporting those dedicating their lives to serve, uphold, and elevate the consciousness for a new age. Our first step was to build our identity to overcome any doubt or fear of the unknown. Next we wanted to empower our teachers so that they would never shake before the challenges of time but rather feel vigorous and filled with faith. And finally, we wanted to create communities all over the region.

### Step One: Building Identity

We built our physical space in 2001, our mother center, a building on top of the world, with gardens, two yoga halls, an office and library, a kitchen, and two suites to host teachers. Our decision to implement the concept of sharing the space and the costs, instead of paying rent, allowed teachers to feel equal responsibility and ownership of the space. We began bringing teachers to the sacred land of Ram Das Puri in

New Mexico for Summer Solstice<sup>1</sup> and inviting teachers from Espanola to come work with us. We practiced and grew, and soon grasped the importance of using the *Shabd Guru*<sup>2</sup> to help us keep up and maintain the sacred space which provides protection and fosters prosperity.

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In 1996, I was the only person teaching Kundalini Yoga in the city. Now there are twenty-three Kundalini Yoga centers here.

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### Step Two: Empowering Teachers

The work expanded fast and in 2004 we created a nonprofit organization called Associação Brasileira dos Amigos do Kundalini Yoga (Association of Friends of Kundalini Yoga-ABAKY) as a vehicle to discover and address crucial issues and needs of the people we were serving. We established a system of support and service based on five strategies.

1. "Be there for your new teacher." We offer one year of supervision to the new certified Level I teachers.
2. "Aquarian Growth." ABAKY supports new teachers starting their own yoga centers by providing teaching materials, financial tools, and administrative guidance. New teachers get all these products for the basic costs and all the profit remains with them. In return they come and serve and become a solid pillar of ABAKY, with a true feeling of gratitude and belonging.
3. "Exchanging Competencies." We have Kundalini Yoga programs for chronic kidney disease patients at two hospitals and in two governmental Bank Institutions, and we are working on a partnership with a prestigious University.

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1 Annual Kundalini Yoga camp held in New Mexico by 3HO at the time of the summer solstice

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



KUNDALINI YOGA TEACHER TRAINING IN BELO HORIZONTE, BRAZIL

4. We participate in specialized 3HO Programs such as Excel & Celebrate.<sup>3</sup> Teachers thereby become part of a vast network and make a difference.

5. “Vegetarian Gastronomy” is a program for the purpose of educating the public about high quality yogic food, as well as for providing the opportunity to prepare, produce, and sell it.

### Step Three: Building Kundalini Yoga Communities

Today we have 23 financially independent Kundalini Yoga centers in the city of Belo Horizonte. In these gracious and elegant Kundalini Yoga spaces, teachers who serve are of mature character, demonstrating leadership and reliability.

To hold the same frequency in all our yoga spaces we regularly hold events at the mother center to create resonance and unity. We participate together in large seva (selfless service) projects. We have an annual ABAKY Planning Meeting, during which we meditate, evaluate our results, envision our goals, anchor prosperity, and inspire each other to accomplish our projects.

Being able to install the *Siri Guru Granth Sahib*<sup>4</sup> this year was a major achievement, establishing protection and giving us strength and confidence to keep up.

Our deepest gratitude goes to our beloved Master, Yogi Bhajan, and all those who trusted us to carry on the magnificent tradition of Kundalini Yoga and Sikh Dharma.

**Guru Sangat Kaur Khalsa, PhD**, is a KRI Lead Trainer and the coordinator of ABAKY-Brazil. Her Doctorate is in Clinical Epidemiology and she is a Professor at the UFMG University in Belo Horizonte, Brazil.

<sup>3</sup> 3HO's Kundalini Yoga and lifestyle program for women

<sup>4</sup> Revered as the living Guru for Sikhs, a sacred volume containing the words of many enlightened beings who wrote while in a state of union (yoga) with God

## KRI'S REACH OUT TEACH OUT PROGRAM

By Hari Charn Kaur and Jap Jot Kaur

In his characteristic way, Yogi Bhajan would suddenly turn to one of his students and instruct him or her to go to, say, Alaska, or Japan, or Russia to teach Kundalini Yoga. In fact, many of the first Kundalini Yoga ashrams were established with the aim of bringing Kundalini Yoga to places where it had never been taught before.

In this way Yogi Bhajan established the concept upon which KRI's *Reach Out, Teach Out* program is modeled. The aim of the program is to bring teacher training to cities and rural areas that do not have qualified Teacher Trainers locally. The program is built upon the foundation of *seva*, or selfless service. For example, the South American country of Bolivia will soon experience their first ever Level 1 Teacher Training Program, made possible by many dedicated international Teacher Trainers donating their time.

The expansion of the *Reach Out, Teach Out* program in the United States was first inspired by the service of a dedicated Kundalini Yoga teacher in Clearwater, Florida. Dyal Kaur formed an amazing community of teachers and students on the Suncoast, simply because she desired a group of like-minded practitioners with whom she could share her passion. Dyal Kaur's vision was to bring a Level 1 training course to the Tampa Bay area. In January of 2007, she was diagnosed with lung cancer. The inaugural Level 1 course, which had been Dyal Kaur's most treasured wish, began in Florida in September of 2007. As a testament to her legacy and her unwavering dedication to this program, 24 students graduated in June of 2008. Although she passed away shortly before the course concluded, her vision carries on in the hearts and spirits of her students and the awe-inspiring nexus of practitioners who gather in the wake of her vision.

Internationally, the *Reach Out, Teach Out* program has brought Kundalini Yoga to a wide range of countries, including Ghana, Togo, Russia, Peru, Brazil, among many others. The enthusiastic community in Belo Horizonte, Brazil, is a shining example of growing a community through the power of service. It has grown from one teacher in 1996, Guru Sangat Kaur, to 23 Kundalini Yoga Centers in 2008—just twelve short years.

If you would like to support the expansion of the *Reach Out, Teach Out* program, you can volunteer your time to further develop the program; offer your services as a teacher or trainer; or donate to KRI's *Reach Out, Teach Out* fundraising project. Contact **Hari Charn Kaur**, Director of *Reach Out, Teach Out* at [hck@kriteachings.org](mailto:hck@kriteachings.org) or 505-629-1092.

**Jap Jot Kaur** is a Kundalini Yoga teacher in Palm Harbor, Florida. She holds a master's degree in Transpersonal Psychology and is currently working towards her Ph.D. Her interests are Sacred Sound as it relates to healing, writing, and selfless service. Dyal Kaur was her beloved teacher.



# CALENDAR OF EVENTS

To list your event on the 3HO International website or in the next issue of *Aquarian Times*, go to the events page at [www.3HO.org](http://www.3HO.org) and click on "Have your event featured here and in the *Aquarian Times* magazine." The due date for the May 2009 issue is March 1, 2009.

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## November 2008

MILAN, ITALY

WHITE TANTRIC YOGA

November 1

[whitetantricyoga.com](mailto:whitetantricyoga.com) [funakoshi@fastwebnet.it](mailto:funakoshi@fastwebnet.it)

ANANDPUR SAHIB, INDIA

CONNECT WITH THE SUBTLE BODY OF BABA SRI CHAND

November 4 – 7

[satjug108@hotmail.com](mailto:satjug108@hotmail.com) (505)614.6376

LOS ANGELES, CA, USA

WHITE TANTRIC YOGA

November 8

[whitetantricyoga.com](mailto:whitetantricyoga.com); [whitetantricyogala@hotmail.com](mailto:whitetantricyogala@hotmail.com)

LOS ANGELES, USA

KUNDALINI YOGA LEVEL I TEACHER TRAINING COURSE

November 10, 2008 – December 7, 2009

[10thgateyoga.com](mailto:10thgateyoga.com) [Krishna108@a.twcabc.com](mailto:Krishna108@a.twcabc.com) (323) 938.8397

OJO CALIENTE, NEW MEXICO, USA

KRI TEACHER TRAINING LEVEL 2 MODULE: STRESS &

VITALITY

November 11 – 16

[grdcenter.org](http://grdcenter.org) [healthnow@grdcenter.org](mailto:healthnow@grdcenter.org) (800) 326.1322

HAWAII, USA

EXTREME MAUI: KUNDALINI YOGA, SURFING & GATKA

November 12-16

[uxlxtrememaui@gmail.com](mailto:uxlxtrememaui@gmail.com) (925) 297-7234

MINNEAPOLIS, MN, USA

WHITE TANTRIC YOGA

November 15

[whitetantricyoga.com](mailto:whitetantricyoga.com) [centerforhappiness.com](http://centerforhappiness.com)

BANGKOK, THAILAND

KRI TEACHER TRAINING LEVEL 2 MODULE: MIND AND

MEDITATION

November 18 – 23

[kundaliniyogathailand.org](http://kundaliniyogathailand.org) [event-info@kundaliniyogathailand.org](mailto:event-info@kundaliniyogathailand.org)

ESPAÑOLA, NM, USA

WHITE TANTRIC YOGA

November 22

[whitetantricyoga.com](mailto:whitetantricyoga.com) [sikhdharmanewmexico.org](mailto:sikhdharmanewmexico.org)

BANGKOK, THAILAND

KUNDALINI YOGA FESTIVAL ASIA

November 25 – 30

[kundaliniyogathailand.org](http://kundaliniyogathailand.org)

[event-info@kundaliniyogathailand.org](mailto:event-info@kundaliniyogathailand.org)

BANGKOK, THAILAND

WHITE TANTRIC YOGA

November 29

[whitetantricyoga.com](mailto:whitetantricyoga.com) [kundaliniyogathailand.org](http://kundaliniyogathailand.org)

SOUTHALL, LONDON, UK

GURDWARA SRI GURU SINGH SABHA: DUKH BHANJAN -

END OF SUFFERING. A NAAD YOGA MEDITATION NIGHT

November

[info@rajacademy.org](mailto:info@rajacademy.org) 44(020) 8575.3888

SEVERAL LOCATIONS - EAST COAST, USA

GURUGANESHA SINGH LIVE IN CONCERT

November

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

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## December 2008

SEATTLE, WA, USA

WHITE TANTRIC YOGA

December 6

[whitetantricyoga.com](mailto:whitetantricyoga.com) [adjacentspace.com](http://adjacentspace.com)

YUCAY, CUSCO, PERU

SHAMANIC AND KUNDALINI YOGA RETREAT WITH

GUIDED TOURS TO SACRED SITES

December 8 – 22

[vichimaga@gmail.com](mailto:vichimaga@gmail.com) 1(510) 704.8030

BUENOS AIRES, ARGENTINA

WHITE TANTRIC YOGA

December 13

[whitetantricyoga.com](mailto:whitetantricyoga.com) [kunaliniyogaargentina.org](http://kunaliniyogaargentina.org)

LAKE WALES, FL, USA

WINTER SOLSTICE SADHANA CELEBRATION

December 19 – 25

[www.3HO.org](http://www.3HO.org)

KLINT, GERMANY

SIKH DHARMA DAYS

December 27 – January 1

[info@3HO.de](mailto:info@3HO.de)

49(40) 479.099

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## January 2009

3HO GLOBAL MEDITATIONS - 3HO FOUNDATION 40-YEAR

ANNIVERSARY

January 5, 2009

[www.3HO.org](http://www.3HO.org)

LONDON, UK

WHITE TANTRIC YOGA

January 24, 2009

[whitetantricyoga.com](mailto:whitetantricyoga.com) [kundaliniyoga.org](http://kundaliniyoga.org)

CHICAGO, IL, USA

KRI TEACHER TRAINING LEVEL 2 MODULE: CONSCIOUS

COMMUNICATION

January 23 – February 15, 2009

[spiritrisingyoga.com](http://spiritrisingyoga.com) [pritpal@cybermesa.com](mailto:pritpal@cybermesa.com)

OSA PENINSULA, COSTA RICA

ALL KUNDALINI YOGA VACATION AT THE TIERRA DE

MILAGROS RESORT IN COSTA RICA

January 24 – 30, 2009

[yogayoga.com](mailto:yogayoga.com) [events@yogayoga.com](mailto:events@yogayoga.com) (512) 707.9642

MOSCOW, RUSSIA

WHITE TANTRIC YOGA

February 7, 2009

[whitetantricyoga.com](mailto:whitetantricyoga.com) [kundaliniyoga.ru](http://kundaliniyoga.ru)

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## February 2009

MELBOURNE, AUSTRALIA

KRI TEACHER TRAINING LEVEL 2 MODULE: CONSCIOUS

COMMUNICATION

February 2 – March 2, 2009

[gurujivan@tpg.com.au](mailto:gurujivan@tpg.com.au)

WASHINGTON, DC, USA

KRI TEACHER TRAINING LEVEL 2 MODULE: VITALITY

AND STRESS

February 11 – April 30, 2009

[cristin@spiralfightyoga.com](mailto:cristin@spiralfightyoga.com)

ANANDPUR SAHIB, INDIA

KRI TEACHER TRAINING LEVEL 2 MODULE: MIND AND

MEDITATION, AND INDIA YATRA

February 20 – 26, 2009

[yogicadventures.com](mailto:yogicadventures.com) [info@yogicadventures.com](mailto:info@yogicadventures.com) (505)

412.0612

RISHIKESH, INDIA

JOURNEY THROUGH THE CHAKRAS

NOVEMBER 18 – 23

February 21 – 28, 2009

[kathrynmccusker.com](mailto:kathrynmccusker.com) [kathryn@kathrynmccusker.com](mailto:kathryn@kathrynmccusker.com)

44(207) 722.1323

HAMBURG, GERMANY

WHITE TANTRIC YOGA

February 7, 2009

[whitetantricyoga.com](mailto:whitetantricyoga.com) [3ho.de](http://3ho.de)

STOCKHOLM, SWEDEN

WHITE TANTRIC YOGA

February 14, 2009

[whitetantricyoga.com](mailto:whitetantricyoga.com) [rootlight.se](http://rootlight.se)

ANANDPUR, INDIA

KRI TEACHER TRAINING LEVEL 2 MODULE: MIND & MEDITATION

February 20 – 26, 2009

[yogicadventures.com](http://yogicadventures.com) [info@yogicadventures.com](mailto:info@yogicadventures.com)

AUSTIN, TX, USA

WHITE TANTRIC YOGA

February 21, 2009

[whitetantricyoga.com](mailto:whitetantricyoga.com) [yogayoga.com](http://yogayoga.com)

BARCELONA, SPAIN

WHITE TANTRIC YOGA

February 28, 2009

[whitetantricyoga.com](mailto:whitetantricyoga.com) [yogaphoenix.com](http://yogaphoenix.com)

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## March 2009

MILLIS, MA, USA

WHITE TANTRIC YOGA

March 7, 2009

[whitetantricyoga.com](mailto:whitetantricyoga.com) [satkartarkaur@khalsa.com](mailto:satkartarkaur@khalsa.com)

ROME, ITALY

WHITE TANTRIC YOGA

March 15, 2009

[whitetantricyoga.com](mailto:whitetantricyoga.com) [infotrantra@ikytaitalia.org](mailto:infotrantra@ikytaitalia.org)

BARCELONA, SPAIN

WHITE TANTRIC YOGA

March 21, 2009

[whitetantricyoga.com](mailto:whitetantricyoga.com)

MIAMI, FL, USA

WHITE TANTRIC YOGA

March 28, 2009

[whitetantricyoga.com](mailto:whitetantricyoga.com) [info@yogasourcefl.com](mailto:info@yogasourcefl.com)

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## April 2009

CHICAGO, IL, USA

WHITE TANTRIC YOGA

April 4, 2009

[whitetantricyoga.com](mailto:whitetantricyoga.com) [shaktakaur.com](http://shaktakaur.com)

LONDON, UK

KRI TEACHER TRAINING LEVEL 2 MODULE: MIND &

MEDITATION

April 9 – 14, 2009

[info@karamkriya.co.uk](mailto:info@karamkriya.co.uk)

LOS ANGELES, CA, USA

WHITE TANTRIC YOGA

April 18, 2009

[whitetantricyoga.com](mailto:whitetantricyoga.com) [whitetantricyogala@hotmail.com](mailto:whitetantricyogala@hotmail.com)

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## May 2009

NEW YORK, NY, USA

WHITE TANTRIC YOGA

May 2, 2009

[whitetantricyoga.com](mailto:whitetantricyoga.com) [kundaliniyogaeast.com](http://kundaliniyogaeast.com)

TORONTO, CANADA

WHITE TANTRIC YOGA

May 9, 2009

[whitetantricyoga.com](mailto:whitetantricyoga.com) [torontokundaliniyoga.com/](http://torontokundaliniyoga.com/)

EUGENE, OR

WHITE TANTRIC YOGA

May 16, 2009

[whitetantricyoga.com](mailto:whitetantricyoga.com) [yogawesteugene.com/](http://yogawesteugene.com/)

MEXICO CITY, MEXICO

WHITE TANTRIC YOGA

May 23, 2009

[whitetantricyoga.com](mailto:whitetantricyoga.com) [kundalinimexico.com](http://kundalinimexico.com)

# ROOTED IN THE TEACHINGS

## AT THE *ROOTLIGHT* IN STOCKHOLM, SWEDEN

By Siri Ram Kaur Khalsa

Imagine walking the city, in and out of shops and restaurants, past street corners where everyone you meet says, “Hey” to you and to each other. This was one of the memorable aspects of my trip to Stockholm, Sweden. In Stockholm, the word for “Hello” is “Hey,” which, where I grew up, is a word you use to greet a very close, intimate friend. It was as if you were surrounded by best friends wherever you went.

Even cozier was the Rootlight Yoga Center, particularly on the evening of February 15, at the Pregnancy Yoga Class. The soothing lighting, mellow music, and gentle voice of the teacher, Harijot Kaur, also known as Meriam, created a peaceful, serene atmosphere for the beautiful mothers-to-be who moved through the exercises with confidence and remarkable ease.

The Rootlight Yoga Center ([www.rootlight.se](http://www.rootlight.se)) has been operating in Stockholm since 1995 under the management of Harijot Kaur Auraskari, whose last name means, “I am rooted.” In 1992, after suffering from severe back pain that made it impossible for her to sleep, Harijot Kaur decided to take a Kundalini Yoga class. That class changed her life forever. She still remembers waking up the next morning with the realization that she had slept like a baby for the first time in years. She has kept up with her yoga practice ever since. Harijot Kaur devotes her time to the business of running the yoga center. Daily yoga classes are offered at Rootlight as well as Kundalini Yoga Teacher Training courses Levels 1 and 2, and there is an ever growing popularity of Pregnancy Yoga classes.

Harijot and fellow teacher, Sisko Toroskainen, aka Seva Simran Kaur, find that all kinds of people from all walks of life are coming to yoga classes in Europe nowadays and particularly more men. (For so long women had outnumbered men in classes.) With more than exercise as their goal, students are finding that the spiritually uplifting aspects of Kundalini Yoga—including music and mantra—allow for a complete body, mind, and spirit experience. The third in this trio of women who have dedicated their lives to teaching Kundalini Yoga is Sat Nam Kaur Torstensdotter. Deeply touched by the power of Kundalini Yoga and in order to share the technology with others, Sat Nam Kaur first began teaching classes in her own home and now travels and teaches throughout Europe.

I also had the privilege of facilitating White Tantric Yoga in Stockholm and met many of those attending the course who had come from as far as Finland, Holland, Poland, Italy, and Germany.

I left Stockholm with a real experience of “Hey,” remembering many fond moments in that friendly city where so much warmth and love was shared.



HARIJOT KAUR AKA MERIAM AND MIKAEL AT ROOTLIGHT YOGA CENTER



PREGNANCY YOGA CLASS



SIRI RAM KAUR AND SAT NAM KAUR

**Siri Ram Kaur Khalsa** is a White Tantric Yoga facilitator and Editor in Chief of *Aquarian Times*. She works in the areas of organizational development, and community and public relations. Currently a student at Simmons College in Boston, Siri Ram Kaur is studying Art Administration and Communications Management. She is also a member of the 3HO Foundation Board of Directors.



# THE NUMEROLOGY OF 2009

LEARN TO COMMUNICATE BY THE NUMBERS

By Nam Hari Kaur Khalsa

**T**he calendar year of 2009 propels us into a unique combination of an extraordinarily sensitive space, and a time of increased emotional intensity on planet Earth. Our psychic ability will increase, as number 9 represents the subtle energetic field and our ability to project non-verbal communication. The overall year is an 11 which means our relationships will be affected by the spoken and unspoken frequency of our thoughts.

The Soul number (day of birth) holds the key to understanding how to communicate effectively. The Soul number is written as a number from 1 to 11. If your birth date is greater than 11, add those two numbers together to reach the Soul number. For example if you are born on the 17th,  $1+7 = 8$ , your Soul number is an 8.

**One** Souls are independent thinkers and not always the best team players. They need a lot of latitude or you may get an attitude of “Don’t tell me what to do!” Ask, “What’s your insight into this?” to create a dialogue and to encourage their brilliant insight to go in the direction of inclusiveness rather than tunnel-vision.

**Two** Souls strive towards harmony and don’t like to rock the boat. Sometimes this leads to passive-aggressive behavior if they don’t express themselves fully. Let them know it’s okay to think about it and get back to you later.

**Three** Souls can be over-the-top receptive, or feel that what you have to say is way more than they can handle. Humor and praise work well with them. A reward of fun or relaxation can be strong motivation.

Choose your words wisely when speaking to the **Four** Soul. Don’t go back on your word, as you will likely hear, “But you said!” ringing off the walls. On the plus side, they typically honor their words and bring a grounding energy to a difficult negotiation.

The emotional agility of **Five** Souls can either come in handy with fresh new perspectives, or upset the apple cart at the worst possible moment. They need to learn discipline and containment, and they need options. Don’t be surprised if they come up with a better idea just when you’re mid-stream in the plan.

Fairness and safety are core issues for the **Six** Soul. Sixes need just enough responsibility, but not too much, or they can be a never ending critic of others’ short-comings. An evolved Six Soul will strive to create an atmosphere of justice and harmony where everyone gets along and is held in positive esteem.

A **Seven** Soul is a serene and contemplative type. If there is an important decision to be made, they will feel comfortable if you give them time to think it over. Be mindful of your tone of voice, as Seven is the voice, as well as its tone and quality. Seven also embodies the water element, so the dialogue might take place next to the water cooler, a lake, or over a cup of tea.

**Eight** is the power number, and Eight Souls have issues with authority and with their power being threatened. Try not to step on their toes. Appreciate their point of view even if you think it needs an adjustment. Eights enjoy prestige, so give them a great job title.

**Nines** are extremely sensitive and will often have a feeling about what’s up before you approach them. Don’t say on Friday that you need to speak to them on Monday—this will try their patience too much. Be careful not to be overly critical or rude as they’ll never forget it. The power of suggestion works well.

The **Ten** Soul is the archetype of the King, Queen, or Warrior. Employ diplomacy and tact with these noble beings, and don’t allow them to overstep their boundaries and create an antagonistic atmosphere. Ten is “All or Nothing” so when you’ve got them fully on board they can go the distance and work wonders.

Inspiration, elevation, and vision are part of the **Eleven** Soul’s personal touchstones. Their electrical mental energy makes them difficult to understand at times; just know they are already several steps ahead of you. Having an inclusive approach will help to create a connection to the heart chakra, as Elevens can become consumed by their intellect.

**Nam Hari Kaur Khalsa** can do a personal numerology reading for you in person or over the phone. Your questions on love, money, spiritual destiny, and opportunity cycles are answered. Call 310-202-8937 or email akara@cybermesa.com



# Ginger Root

a spice for life

By Indra Kaur Khalsa

**I**n addition to a pleasant taste that many people enjoy in stir-fries and ginger snaps, ginger root is a powerful healing food, according to yogic science. It has been used to improve overall energy, strengthen the nervous and immune systems, and help with lower back pain and menstrual cramps. Ginger also stimulates the flow of digestive juices.

## Ginger Toast

One of my friends was so eager for me to try ginger toast, that one day she came over for lunch, brought her toaster oven and all the ingredients, and made some for me. I ate two slices and I loved them. I have found that eating ginger toast is energizing and helpful for relieving congestion in the lungs from colds or flus. Here is the recipe I use:

2 slices of your favorite bread or corn tortillas

ghee (clarified butter), or olive oil

1 one- to four-inch piece of fresh ginger, peeled and grated

2 slices of cheese (or cheese alternative)

Toast the bread and spread with a little ghee or olive oil. Cover it with a layer of grated ginger. You can make this layer as thick or as thin as you like. Cover the ginger with a slice of cheese. Toast in toaster oven or broil to melt the cheese.

## Kicheree

Yogi Bhajan said that Kicheree is a pre-digested food. The long cooking time breaks it down, so that your body has less work to do to utilize it. And since protein takes more energy to digest, using only 1 part mung beans to 2 parts rice contributes to kicheree's ease of

digestion. It has been used as a healing food when someone is recovering from an illness. Some people eat kicheree at least once a week as a way to maintain their health. It even makes a nice winter breakfast and is good served with a spoonful of yogurt or cottage cheese.

*There are several good kicheree recipes. This one is especially easy to digest and healing:*

1 cup white basmati rice

1/2 cup mung beans\*

16 cups water

1/4 tsp (or more) red chili flakes

1-3 tsp black pepper

1 onion, peeled and quartered

5 cloves garlic, peeled

1 three-inch piece of fresh ginger, peeled and cut into small chunks

1-3 T ghee or olive oil

1/3 cup Braggs Aminos or Tamari (soy sauce) to taste

1. Check and remove any small stones from the beans, then rinse them and bring to a boil in 8 cups of water.

2. Put 2-4 cups of water in the blender and add the onion, ginger, and garlic. Puree and add to the pot of beans with the rest of the water and the spices.

3. Rinse the rice and add it to the pot. Stir to prevent clumping and sticking. Let simmer for 2 1/2 hours. At the end, add the Tamari or Braggs and the ghee or olive oil, stir, and remove.

\*For a heartier version, you can increase the mung beans to 1 cup.

*Serves 10-12*

Cooking tips:

1. To keep the rice from sticking, you can cook it separately in four cups of the water and add it to the rest of the ingredients half way through.

2. A pressure cooker reduces the cooking time considerably.

3. It can also be cooked in the oven or in a crock pot.

## Ginger Tea

Ginger Tea is easy to make. It is known to help prevent and fight off infection, and to alleviate the pain of a sore throat. Add 4-5 slices of peeled ginger, each the size of a quarter, to 3 cups water. Simmer for 20-30 minutes. Strain and serve with honey, if desired. (To make it stronger, just increase the amount of ginger.)

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**Indra Kaur Khalsa** has been a student of Yogi Bhajan since 1978. She has a Ph.D. in Food Science and Nutrition, and teaches Kundalini Yoga and Sat Nam Rasayan classes near Boulder, Colorado. She incorporates all of these modalities to help people restore and maintain balance. Contact her at [ik\\_khalsa@yahoo.com](mailto:ik_khalsa@yahoo.com).



# kundalini yoga

## SHORT AND SWEET



This is a simple set of exercises.\* It only takes twenty-two minutes and makes the back feel great and gets the energy moving. It is a good series to do after you wake up in the morning or before bed at night. It is also a good series to do before a longer meditation or meditative *kriya*.<sup>1</sup>

Chant the Adi Mantra (*Ong Namo Guru Dev Namo*) 3-5 times.<sup>2</sup>

**1. Front Stretch Left.** Sit with your left leg stretched out straight in front of you and place your right foot against the inner thigh of the left leg. Stretch forward and then down over the left leg. Hold on to the foot or as far down the leg as you can reach with both hands. Keep the chin at a right angle to the chest. Stretch until you feel gently challenged. Hold steady with Long Slow Deep Breathing through the nose. Continue for two minutes.

**2. Front Stretch Right.** Same as exercise #1 above but the right leg is stretched out in front of you and the left foot rests against the inner thigh of the right leg. Continue for two minutes.

**3. Side Stretch Left.** Stretch your left leg out in front of you; place your right foot against the inner thigh of the left leg as in exercise #1. Take your left hand and catch the shin, ankle, foot, or big toe of the left leg. Take the right arm and place it behind the back. Tilt the pelvis forward so that it lifts the chest up high. The chin will be turned toward the right shoulder—don't let the head flop over—so that the left ear is near the left shoulder. Gently stretch sideways over the left leg. You will feel the stretch in the left hamstring as well as the right hip. Hold steady and begin Long Slow Deep Breathing. Continue for two minutes.



<sup>1</sup> A specific Kundalini Yoga exercise or set of exercises

<sup>2</sup> For complete instructions go to [kriteachings.org/toolsforteachers](http://kriteachings.org/toolsforteachers)



4. **Side Stretch Right.** Same as exercise #3, but with the legs and arms reversed. Continue for two minutes.

5. **Basic Spine Flex.** Come into Easy Pose (comfortable cross-legged sitting position). Grasp the shins above the ankles. Inhale as you lift the chest up high and tilt the pelvis forward. Then exhale, round the lower back, and rock the pelvis back. Remember to lift the chest up high on each inhale and keep the chin level to the ground in both positions. Continue for three minutes.

6. **Cross Crawl.** Lie down on your back with the arms by the sides and the palms flat against the floor. On the inhale, bring the left knee to the chest and at the same time bring the right arm up and over to the ground behind you. Exhale into the starting position and repeat with the opposite arm and opposite leg. Concentrate the breath's energy at the navel center. Continue for two minutes.

7. **Cat-Cow.** Come onto the hands and knees. The hands are shoulder-width apart with the fingers pointing forward. The knees are directly below the hips. Inhale and tilt the pelvis forward, arching the spine down, and stretching the head and neck back. Then exhale and tilt the pelvis the opposite way, arching the spine up, and bring the chin to the chest. Make the motion very smooth in transition. This is a wonderful exercise for the entire spine. Continue for two minutes.

8. **Baby Pose.** Sit on the heels and place the forehead on the ground. Place the arms by the sides, hands near the ankles

In all Kundalini Yoga *kriyas* (exercises and sets of exercises), it is advisable to relax briefly either sitting or lying down for 30 seconds to one minute, after each exercise unless otherwise specified.





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with the palms facing up. Allow the shoulders to relax. Breathe normally and continue for ninety seconds.

9. **Washing Machine.** Come into Easy Pose. Grasp the shoulders with the fingers in front and thumbs in back (right hand grasps right shoulder, left hand grasps left shoulder). Inhale and twist the torso to the left. Then exhale and twist the torso to the right. Keep the chest up high and let the head travel with the shoulders. Continue for ninety seconds.

10. **Shoulder Rolls.** Place the hands on the knees and roll the shoulders in big, slow, smooth circles. Breathe normally and continue for one minute.



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11. **Deep Relaxation.** Lie down on your back. Have the arms by the sides with the palms facing up. The eyes are gently closed and the breath is soft and normal. Have the knees up slightly for comfort, if needed. Completely relax for 3 minutes.

\*This series is on the video *Kundalini Yoga: A Complete Course for Beginners*, vol. 1, available through [www.kriteachings.org](http://www.kriteachings.org) and [www.a-healing.com](http://www.a-healing.com).

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If you can learn to raise your kundalini by yourself, as I did, then your presence will work. Your psyche will change. Then you can help the world to change. You can help friends, relatives, unhappy people to change because you have some extra strength to share. This is the Age of Aquarius. Everybody will find happiness within themselves. Then we can share ourselves with others. We won't have to speak. You are sharing me, I am sharing you.

**Yogi Bhajan**



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# kundalini yoga

## BECOMING LIKE ANGELS

Originally taught March 30, 1993

*This set, when done properly, is said to give you the energy to live from your angelic nature.*

1. Sit in Easy Pose (comfortable cross-legged sitting position). The left elbow is bent with the left upper arm near the ribs. The palm faces forward and the fingers point straight up. The right arm is stretched forward with the palm facing down. Pat the air, going up about thirty degrees and back down to be parallel with the ground. Move from the shoulder and pat at a rate of thirty times per minute. Create a steady rhythm. Close your eyes. Inhale through the nose and exhale through the mouth. Breathe slowly, heavily, and deeply. Continue for 6 Minutes.

It is said that humans who have regularly done this exercise have become angels in their own right. This exercise may cause some pain as it realigns the patterns of the body. You are hurting yourself so that ill health does not hurt you.

2. Change hands and repeat exercise #1 for 3 minutes.

3. Relax and roll your shoulders. Loosen up. Continue this for 2 minutes.

4. Bend both elbows keeping the upper arms close to the ribs. The wrists are bent and the palms face upward. The hands point away from the body at a diagonal. The eyes focus on the tip of the nose. Inhale through the nose and exhale through the mouth as fast and powerfully as you can. Hold your body in perfect balance. There will be tremendous pressure on the chest. Continue for 5½ minutes. This exercise is said to rid the body of chronic illnesses which have developed over the years.

5. Rhythmically hit the ground in front of you with your hands. (When prac-



ticed in a class, everyone should hit the floor with one rhythm.) Chant *Har*,<sup>1</sup> using only the tip of the tongue. Use the power of the navel point to chant, and time the chant in rhythm with the clapping of the ground. Continue for 6½ minutes.

To finish, inhale, hold the breath 15-20 seconds, tense all your muscles, and press the hands against the ground with the entire weight of the body. Exhale explosively through the mouth. Repeat two more times.

6. Take 2 minutes to recover from the powerful effects of this *kriya* (exercise series). Do not meditate or be silent at this time. Stretch, walk around, and talk before resuming your normal activities.

This set can be found in *Self-Knowledge*, compiled by Harijot Kaur, p. 5, available at [www.kriteachings.org](http://www.kriteachings.org).

<sup>1</sup> One of the names of God in His creative aspect; the 'a' is short and sounds like the 'u' in 'but' and the 'r' is slightly rolled, similar to Spanish



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— Yogi Bhaajan



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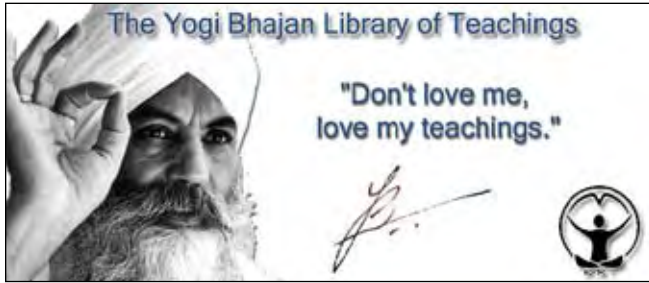
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# YOGI BHAJAN LIVES IN THE LIBRARY OF TEACHINGS

FOUR MORE YEARS UNTIL WE REACH OUR GOAL...

By Sat Purkh Kaur Khalsa



Everybody's doing Breath of Fire! Forrest Whitaker taught Martha Stewart how to do it while chopping cilantro—even The Hulk was seen doing it on the big screen this year. Yogi Bhanjan said that 31 minutes of Breath of Fire<sup>1</sup> would save the day—and it has, for me anyway. I've experienced its transformative powers more than once. But Breath of Fire is just one of the many thousands of techniques Yogi Bhanjan delivered over the course of his 35 years of teaching Kundalini Yoga and Meditation.

Much like the proverb, "Give a man a fish and feed him for one day; teach a man to fish and feed him for a lifetime," Yogi Bhanjan often said, "I came to create Teachers, not to collect students." He worked tirelessly for his students and his mission over the course of his life. It required a team of people to keep up with him. He was always on the go, finding opportunities to help and preparing for the future. In fact, here at KRI, we often still feel like we're just trying to keep up with him as we work to create The Yogi Bhanjan Library of Teachings—the searchable, user-friendly, online database of his audio and video lectures, correspondence, photo archives, and more.

We are all the manifestation of this living legacy, the Golden Chain, serving and uplifting, poking and provoking, confronting and elevating the human experience. But the ground on which we all stand, the soil and the sun that allow us to self-initiate and become teachers, leaders, and servants of the

Aquarian Age,<sup>2</sup> are the teachings themselves and what they mean to future generations. Yogi Bhanjan lives in the Library of Teachings.

"Once Kundalini Yoga is integrated as a part of your life, you want to ensure that these teachings will be available for the future."

**-Jonathan, recent graduate of the KRI Level One Teacher Training and donor to The Yogi Bhanjan Library of Teachings**

More and more individuals like Jonathan are coming forward to support The Yogi Bhanjan Library of Teachings. This is a crucial time in the development of the archive because many of its assets are more than 30 years old. Our current projections are that it will cost \$250,000 per year for the next four years to complete the job of archiving and digitizing the 8,000 lectures, until we reach our goal in 2012.

The Kundalini Research Institute serves the living legacy of Yogi Bhanjan in many other ways as well. Teacher Training is expanding into new areas around the globe, thanks to our dedicated trainers and our new *Reach Out—Teach Out* program, which helps bring Trainers to under-served areas. Our presence on the web is growing and we are offering more and more online resources: mantra guides (see Tools for Teachers), meditations with the Director of Training, Gurucharan Singh, and digital downloads from *The Source!*—our new online store. We post monthly specials as well as feature new products like *Man to Man: A Journal of Discovery for the Conscious Man* (see <http://thesource.kriteachings.org>).

Serve the legacy. Serve your future. Donate now at [www.kriteachings.org](http://www.kriteachings.org). Support The Yogi Bhanjan Library of Teachings today and make a monthly commitment, or a year-end donation. Give back a small part of what he so freely gave to all of us.

**Sat Purkh Kaur Khalsa** is the Creative Director for the Kundalini Research Institute and The Yogi Bhanjan Library of Teachings Capital Campaign. Her album, *Nectar of the Name* is available at [spiritvoyage.com](http://spiritvoyage.com).

<sup>2</sup> Age of "I know. I want to experience;" beginning on November 11, 2012; an Age of expanded awareness obtained through direct experience

<sup>1</sup> 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

# EXPAND: NOW IS THE TIME

EXCERPTS FROM A LECTURE BY YOGI BHAJAN

TEACHERS COURSE, SANTA CRUZ, CALIFORNIA, 1974

**Y**ou must have one door of your home open where people can call on you, people can trust you, people can get help from you, people can approach you. There are many reasons why people will need to relate to you. The coming times are going to be very hard on the society as a whole. There may be 10 casualties, 50 thefts, 20 robberies, 100 rapes—all that is going on in society. Do you know who is responsible for it? We all are. All acts

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You have to live like gods.  
You have to be universal.  
You have to give people  
hope! God will do the  
rest, I can assure you.

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of insanity are the responsibility of the sane people, because the sane people are lazy and they could not spread the wisdom to the insane people, so that they could have some hope.

Society is feeling a great impact and requires comfort from anybody who can give it. The greatest thing on this Earth is to serve the people of God. That is the highest act a man can do for any other man, but it has to be positive—not that you go help somebody and drag yourself down and get into the pit yourself. You have to be very firm, very honest, very constant, very insistent, and very persuasive. And you have to be very sweet, very kind, very serviceful, and very righteous. These two things go together.

You are not on a trip to convert people. That is not your responsibility. But you want to be able to proudly say, “I have comforted 50 people.” Provide people comfort, go into the society, live for people. If God, out of His mercy, has pulled you out of that insanity, then is it not fair for you to serve those who are still suffering?

Try to understand that this is yet the time that you can hold the ground, you can still change the time on this planet. Five years ago I used to say that 1974 would be a lesson, and none of you perhaps believed it. See what 1974 brought for you? It has brought you gas at 69 cents,<sup>1</sup> energy crisis, and every belt is tight, everybody is getting crazy. It is time to have courage, it is time to have will, it is time to have God-consciousness. Start making contact with people. Don’t sit around becoming gurus.

You have to live like gods. You have to be universal. You have to give people hope! God will do the rest, I can assure you. They are lonely to their death and they have nobody to talk to. You should know who you are. The time is now. It will be too late later on. You’ll not be in a position to do anything. There will be so much insanity that you will be only there to save yourself. It is much better to save the humanity now.

Has anybody called the hospital and said, “We’ll come if we can be permitted, and we can go around and play music”? Have you gone to senior citizens centers where they are sick and lonely, to give them music and take them food?

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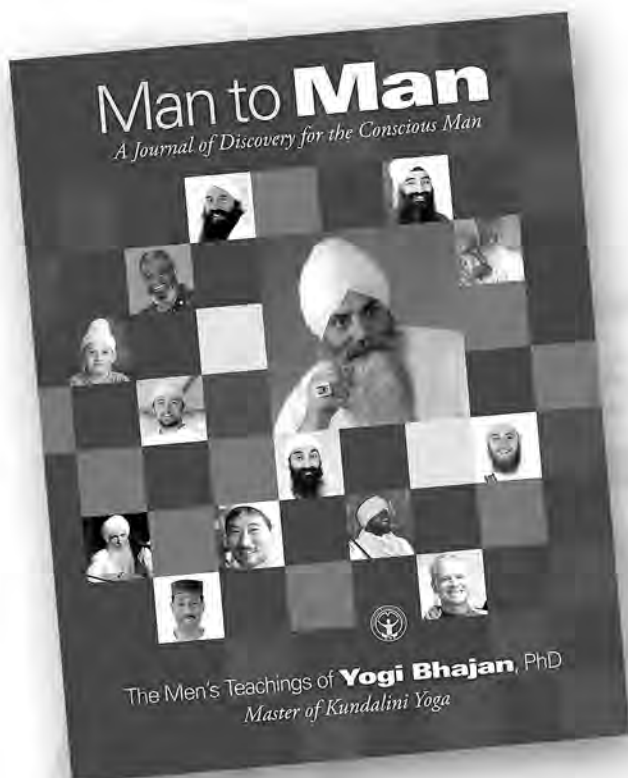
<sup>1</sup> The price of gas before 1974 was about 25 cents a gallon!



Expand. Get out and spread yourself. Give people hope, give people love, give people service, give people trust. Tell people you care for them. Do something now.

Hope is brought to people by people who believe in God and experience God-consciousness. They are the image of hope and they go where there is darkness. One candle is enough to take away darkness from a huge area. I have done enough running around and now it is time for you to start doing it, and I am telling you because you call yourselves teachers. This is one of the responsibilities I want to share with you. I’m doing my bit, you have to do yours, and if we all get together, we can do a lot.





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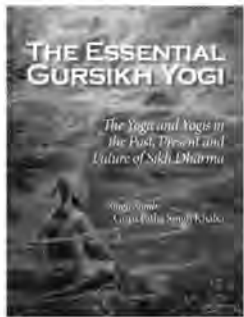
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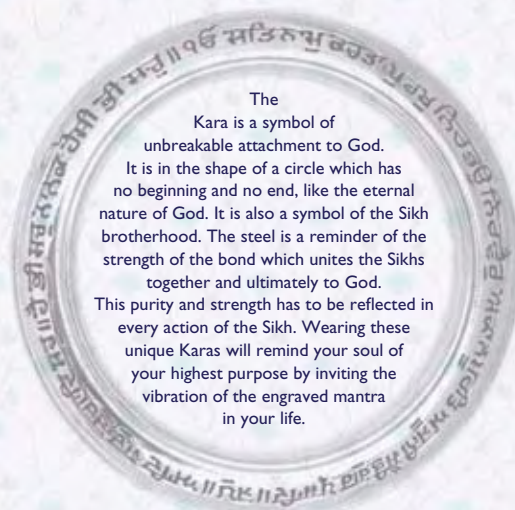
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# FINDING THE BALANCE

## LIFE AFTER MIRI PIRI ACADEMY

By Guru Prakash Singh Khalsa

I will be honest. Life after Miri Piri Academy (MPA) is challenging. Very challenging. When I graduated last year I moved to Espanola, New Mexico, the largest 3HO community that I could find. Here I found the best *sangat* (spiritual community) that anyone could ask for, but I still had a hard time keeping up. At MPA it was easy to assume that my practice would be like unbreakable steel; that my consistency, inspiration, and enthusiasm would carry me throughout my life. After MPA I realized that inspiration has to come from the inside.

---

I can safely say that the experience has given me everything I need to know in order to live in strength, to be contained, content, and continuous; to feel good, be good, and always and ever do good.

---

At the school, twenty-four hours of the day is scheduled. From the time we got up to the time we went to sleep, there was something we were supposed to be doing and someplace we had to be. To go from every moment being 100% structured to absolutely no schedule is, to me, pure insanity. I had no idea what to do with my time. "Oh no! It's 10:00 am. I have to do my *sadhana* (spiritual

practice)! Nah, I have all day. I'll just do it later." Or even better, "Oh no! It's 11:00 p.m. I should probably go to sleep. Nah, I'll go after this last round of video games." Often I've found myself staying up until *sadhana* time (about 4 a.m.) instead of waking up at that hour.

What I've gathered from the post-MPA experience is the importance of the householder life that Guru Nanak insisted on. It's easy to be disciplined if you're sitting in a cave with no worldly responsibilities or distractions. The householder life, with a balance of the worldly and the spiritual realms, is the hardest path of all. It's extremely stressful to worry about money, gas, people, and politics. These concerns are very distracting, leaving little energy for pursuit of the true purpose of life: remembering God within, in true love and gratitude.

At MPA I gained the experience of giving my 100% best, and the ability to recognize the difference when I am not. I had the experience of really learning and practicing Kundalini Yoga. Thank God! And I learned the value of *sangat* to help me keep up. I can safely say that the experience has given me everything I need to know in order to live in strength, to be contained, content, and continuous; to feel good, be good, and always and ever do good. Now I just have to figure out how to carry that experience into the rest of my life.

So far, I plan on teaching yoga to fully maximize what I have been taught. There is no better way to give people not only a great experience, but a unique experience of their own greatness. I will develop a strong *sadhana* so I can be calm, neutral, compassionate, and just



GURU PRAKASH SINGH KHALSA

plain good in any situation I face. That is my means to carry over what I learned at MPA into life after MPA.

---

**Guru Prakash Singh Khalsa** was born in Phoenix, Arizona in 1989. He attended Miri Piri Academy for nine years, where he served as a Squad Leader. He graduated in 2007, and currently lives in Espanola, New Mexico, where he is studying to become a nurse.



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5.45am	Physical Fitness	5.00pm	Kundalini Yoga/Sat Nam Rasayan
7.15am	Room Inspection	6.00pm	Dinner
7.30am	Breakfast	6.45pm	Rehiras
8.10am	Academic Classes	7.15pm	Fine Arts/Golden Temple
1.10pm	Lunch	10.00pm	Lights Out



Founded by the Siri Singh Sahib Yogi Bhajan, Miri Piri Academy provides a comprehensive, values based education to students from more than thirteen countries around the world. Our academic curriculum is accredited by the University of Cambridge International Examinations, and all graduates receive Level 1 and 2 KRI Certification.



# RESERVOIR OF ENERGY

EXCERPTS FROM A LECTURE BY YOGI BHAJAN

SUMMER SOLSTICE MEDITATION COURSE, ESPANOLA, NEW MEXICO, JUNE 22, 2001

What is needed is that we have to become reservoirs of energy. Our words, our sight, our presence, should be in a position to change the frequency of another person who needs a jump-start. That is what a human is. You do it with words, you do it with touch, you do it with sight, and you do it with prayer, it's the same thing. It doesn't matter what condition you are in. But it does matter how precise and clear you are, to forklift the other person.

Some people become teachers because of ego. Some people become teachers just to serve. Those who shall become teachers to serve and pass on the message and forklift the other human being, prosperity will serve them.

We are creating a very consolidated, qualified, and straightforward community. Some of you have fears from your background. Some have phobias and insecurities, but soon will drop them and a class of people will rise out of you, like the phoenix rises out of the ashes. Six billion people you have to lead. And there is nobody other than you.

You have seen me bowing to *Siri Guru Granth*,<sup>1</sup> right? You know what we actually bow to? It is not what is there, it is the understanding which we have that this Scripture is a permutation and combination of molecular changes into the magnetic projection of the human. And it is in a musical *naad*.<sup>2</sup> And it can never change. There is nothing like it. There are scriptures, they carry tons and tons of wisdom. But they are not in music.

1 Source of spiritual wisdom and guidance; permanent Living Guru of Sikhs; Word of God embodied in a sacred volume

2 The essence of all sound; the vibrational harmony through which the Infinite can be experienced

And not in the music of time and space, according to longitude and latitude, so that it can affect your attitude. It can pull you out of solitude. It will make you deal with the world, as a pleasant human being. It's a pure atomic formula of the reconstruction of the atom and the molecule. It all depends on sound and light. There is no more powerful thing.

Life is plus and minus. There is a spiritual formula, two plus two is four for some people, but for some two plus two is five. They are so good. They add a smile to it, they add warmth to it, they add love to it, they add passion to it, they say hello, they go one step to meet and shake hands.

---

Just become simple,  
kind teachers, and things  
will be done for you.  
Things will come to you.  
But they don't come to  
you, they come to the  
kindness in you.

---

You are a *mankind*. Kindness is a most powerful thing. The beauty of kindness is that when you are kind in character, God serves you, regardless of your destiny. If you can develop in you kindness of behavior, you will be rich, prosperous, beautiful, bountiful, and blissful.

That is what "In God I dwell" means—when you are full of nothing but kind-



ness, consciousness, and sweetness. When you see God in all, then you see all that God is. But if you cannot see God in all, you cannot see God at all.

Just become simple, kind teachers, and things will be done for you. Things will come to you. But they don't come to you, they come to the kindness in you.

So, in gratitude that the Almighty brought us here, gave us the time and space to congregate, and showed His kindness to us, we will keep up and share the praises of the Lord with each other. Neither be fanatic, nor be lazy, nor be egomaniac, nor be crazy. Just be. Learn to tolerate criticism. Learn to tolerate obnoxiousness. Do you know somebody who is behaving rudely to you and how much pain he or she is in? No, you don't know. People lose their control. So they start firing left and right. In the ten years to come, you will find craziness all around. You are needed. That's why God brought you here, to give you experience, give you a touch.

This lecture excerpt may be found on the Sikh Dharma website, [www.sikhdharma.org](http://www.sikhdharma.org).

# TERCENTENARY CELEBRATION OF SIRI GURU GRANTH SAHIB

Sikh Dharma International

October 2008 marks the 300th anniversary of the Guruship being bestowed on *Siri Guru Granth Sahib*<sup>1</sup> by the tenth Sikh Guru, Guru Gobind Singh. Before he left his body in 1708, Guru Gobind Singh declared that *Siri Guru Granth Sahib* would be the eternal teacher and guide for Sikhs and that they were to listen to and seek to understand its words of wisdom in answer to any question or upon any occasion.

Yogi Bhajan, a realized master of Kundalini Yoga, was also a very devout and committed Sikh. And like every Sikh, he bowed to the *Siri Guru Granth Sahib* as his own Guru and guide. Yogi Bhajan said that yogic mastery alone

could not save him. It was through the words and technology of the *Siri Guru Granth Sahib* that he came to understand Infinite Consciousness. One does not have to be a Sikh to benefit from the universal teachings contained within the *Siri Guru Granth Sahib*. Yogi Bhajan shared tales and teachings of the Sikh Gurus and other enlightened contributors to the *Siri Guru Granth Sahib* in his Kundalini Yoga classes, knowing that the wisdom and technology could benefit everyone.

The *Siri Guru Granth Sahib* is a collection of uplifting and inspiring songs written by enlightened saints, and is a vessel of the sound current, the *Shabd Guru*, the living wisdom that cuts through the distractions of the mind and brings our awareness to Infinite Consciousness. Listening to and experiencing this sound current

fills us with the understanding that those who spoke these words transcended individual identity and ego. Their words came from their exalted state of infinite consciousness. Whenever we read, sing, chant, or listen to these songs, they connect us with our own excellence and our own infinity, enabling us to live in direct consciousness of oneness with God, experiencing no separation.

To watch video recordings of Yogi Bhajan talking about the power and technology of the *Siri Guru Granth Sahib*, visit the Sikh Dharma website at [www.sikhdharma.org](http://www.sikhdharma.org).

<sup>1</sup> Source of spiritual wisdom and guidance; permanent Living Guru of Sikhs; Word of God embodied in a sacred volume

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# Prosperity Paths



*The Art of Giving Back*

## THE CLOUDS OF WAR

EXCERPTS FROM A LECTURE BY YOGI BHAJAN, MARCH 16, 2003, ESPANOLA, NEW MEXICO

**T**he clouds of war are hanging on us. The entire economy of the country is at a standstill, and people are in disarray physically, mentally, and spiritually. Nobody knows what is going to happen tomorrow. But people who practice calmness and stillness, who have meditative minds, know that what is happening is not what many think. Time has brought the Earth to all this, and sometimes things happen which are required to happen.

We are not permanent here. Nothing around us is permanent. Everything moves on. So is the spirit of the Universe. As the Aquarian Age<sup>1</sup> has to come, the Piscean Age<sup>2</sup> has to leave.

*Kuaar boay sabb milangay, bachay sharan jo boay.*

“Those who will get out of this madness and muddiness of the time shall meet again for peace and tranquility.”

They shall take the true shelter of God in their hearts and on their lips. They see the spirit in everybody. There's no reason to worry. Things are many-faceted and happen as God wants them to manifest. If all the wishes of mankind would come true, there would be no life to live, nor rebirth. When our consciousness elevates us into sensory human beings,<sup>3</sup> then we will see the reality, feel the reality, and flow with the reality rather than with *maya*.<sup>4</sup>

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

2 Age of “I want to know. I need to learn.”

3 The fully-functioning human, intuitively aware, self-validated, and authentic

4 Illusion; anything measurable; having a beginning and an end in time







Therefore, my request to you is, do not let your calmness go. Do not let your peace of mind go. Be with the Guru<sup>5</sup> through this time. Your spirit shall be content. Out of that contentment you'll find yourself with a lot of richness. It is very essential at this time. The majority of the world is living in a terrible fear. Nobody knows what is happening. There's too much information available to process. That is not the way. Just feel within yourself content and satisfied, peaceful and unique.

You are walking on the path of the Guru, where you must glow in that radiance and that truth so that others may recognize you are people of peace. That's the way we are. If life is that short or long or small, it has a reason for it, a purpose, and you will do your purposeful living on this planet. That's why you are here. You have the right to prosperity and proportionate happiness within yourselves and with each other. I pray, and pray deeply, that nothing should

<sup>5</sup> Enlightened Teacher; literally the one who takes you from darkness to light; for Sikhs it is the Shabd Guru embodied in the volume known as the *Siri Guru Granth Sahib*.

upset you. The Guru has designed your setup to guide you. Rejoice! Rejoice! Rejoice!

“Everybody can't serve every part of everybody. I can serve some parts, someone else can serve some parts, and it's all seva.

That is love.

Love is a very realistic service we render to each other.”

**Yogi Bhajan**

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# CREATING ABUNDANCE THROUGH SERVICE

By Guruprakash Kaur Khalsa

**W**e all know the law of prosperity: give wholeheartedly, and receive abundance back tenfold. The possibilities of giving are endless and there is a way to give in which everyone, regardless of their financial situation, can participate: the way of service.

In this issue we are highlighting service around the globe. When, within our own daily reality, we learn to focus on how to uplift those around us, we automatically uplift ourselves as well. And by radiating positivity and selflessness, we create an uplifted environment for those around us that helps open up channels for prosperous growth.

At Sikh Dharma Dasvandh our mission is to spread Yogi Bhajan's teachings on the technology of Prosperity and to offer an avenue of tithing for our constituents to support their own personal growth and prosperity, while funding projects and services for the greater good. This year we are working on bringing Yogi Bhajan's teachings on tithing and prosperity consciousness to many communities worldwide through our monthly newsletters, website, and international classes.

You can find the following features on our website, [www.Dasvandh.org](http://www.Dasvandh.org):

- A wealth of prosperity meditations
- "Your Path to Prosperity" program
- Lectures by Yogi Bhajan and corresponding articles on prosperity technology
- Inspiring stories of prosperity technology in action

We are currently upgrading our website. When completed, the site will be able to be translated into several languages to reach people worldwide.



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**Guruprakash Kaur** joined the Dasvandh team after serving administrative needs for Miri Piri Academy, Sikh Dharma International, and SikhNet.com. She has always had a love for connecting with people through writing. She lives in New Mexico with her husband and three year old son. She can be reached at [dasvandh@sikhdharma.org](mailto:dasvandh@sikhdharma.org)



# Prosperity Meditation

## TO BRIGHTEN YOUR RADIANCE

Originally taught July 24, 1996

"You don't need make up, you don't need anything. You are known by your spirit. You shall project out by your radiance. You shall be loved and honored by your excellence, or stupidity, as the case may be. Who are you? You are a 'human being.' 'Hu' means spirit, the light, the hue. 'Man' means the mental (mind). 'Being' means now. Now you are the spirit of your mind. You are the bright light of yourself. That's your identity." **Yogi Bhajan**



**Mudra:** Sit in Easy Pose with the spine straight. Place the hands about 12 inches to either side of the ears, palms facing forward, fingers pointing straight up towards the ceiling. The elbows are not pressed into the sides, but are held away from the body a bit. Bend the index finger down and curl it under the thumb (Gyan Mudra). The rest of the fingers are held side by side, pointing straight up. Hold the position steady.

**Eyes:** Focus on the tip of the nose.

**Breath:** Make your lips into a very clear 'O' and breathe long and deep through the 'O' mouth.

**Music:** This meditation was originally done to the music of *The Yogi* by Matamandir Singh.<sup>1</sup>

**Time:** Practiced for almost 21 minutes in class.

**To End:** Inhale deeply, hold the breath, come into a state of *shunia* (zero, or a state of stillness), and synchronize your entire being. Hold for 20 seconds. Relax.

<sup>1</sup> Available through [www.spiritvoyage.com](http://www.spiritvoyage.com) and [www.a-healing.com](http://www.a-healing.com)



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10 Munich, Germany  
17 Herndon, VA  
24 Minneapolis, MN

##### November

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7 New York, NY

14 Los Angeles, CA  
21 Vancouver, Canada  
28 Espanola, NM

##### December

6 Santiago, Chile  
21-23 Winter Solstice  
Lake Wales, FL



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## **spiritual guide**

Siri Singh Sahib Bhai Sahib  
Harbhajan Singh Khalsa Yogiji  
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## **editor in chief**

Siri Ram Kaur Khalsa

## **general manager**

Darshan K. Khalsa

## **dasvandh director**

Guruprakash K. Khalsa

## **managing editor**

Guru Tera Kaur Khalsa

## **senior editors**

Ek Ong Kar Kaur Khalsa  
Shakti Parwha Kaur Khalsa

## **graphic design**

Rachel Boothe

## **advertising and sales**

Baldev Singh Khalsa  
(508) 528-8447  
adsales.aqtimes@gmail.com

## **customer service**

guruterak@aquariantimes.com

## **editorial submissions**

guruterak@aquariantimes.com

## **letters to the editor**

siriramk@kiit.com

## **subscriptions**

guruterak@aquariantimes.com

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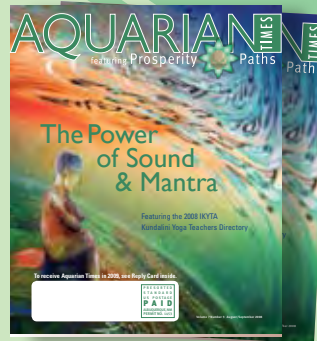
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