

AQUARIAN TIMES

featuring Prosperity Paths



The Power of Sound & Mantra

Featuring the 3HO International Kundalini
Yoga Teachers Association Directory

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Contents

- THE UNSTRUCK MELODY 4**
Understanding the Science of Naad Yoga
By Mata Mandir Singh
- CHANGED FOREVER BY THE POWER OF SOUND 6**
Giving Back with *Send A Blessing ECards*
By Ad Sach Kaur
- NUMEROLOGY AND THE SACRED SCIENCE OF SOUND 8**
By Sangeet Kaur Khalsa
- TEA WITH GOD 9**
A story of transformation through sacred sound
By Sat Kartar Kaur (Lauren Schutte)
- TORONTO CELEBRATES 10**
40 Years of Yogi Bhajan's Teachings
By Guru Fatha S. Khalsa
- KUNDALINI YOGA 11**
Meditation for the 5th Chakra
Communication with Self
- CALENDAR OF EVENTS 12**
- KUNDALINI YOGA 14**
Firing Up the Metabolism
- DESTINY CALLS 17**
The Sound of the Universe Answers
By Sat Purkh Kaur
- NAAD: THE RESOUNDING SOUND 19**
Excerpts from a lecture by Yogi Bhajan
on November 24, 1990
- 2008 IKYTA TEACHERS DIRECTORY 20**
- OPENING AWARENESS 37**
MPA Students join in repeating the *Re Man*
Shabad 11,000 times
By Guru Seva Singh Khalsa
- THE SCIENCE OF NAAD AND GURBANI 39**
Excerpts from a lecture by Yogi Bhajan

PROSPERITY PATHS *The Art of Giving Back*

YOUR PRESENCE IS YOUR COMMUNICATION 41
Excerpts from a lecture by Yogi Bhajan
on July 22, 1996

EVERY SOUND YOU MAKE 43
Give to Dasvandh and create prosperity in your life
By Guruprakash K. Khalsa

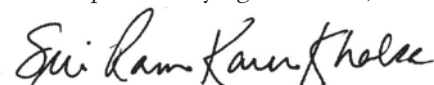
PROSPERITY MEDITATION 44
Develop the power of expression

From the Editor

Sat Nam, Dear Family,

Once a year *Aquarian Times* has the great pleasure of including the 3HO International Kundalini Yoga Teachers Association Directory. On pages 20-31 in this awesome issue on Sound & Mantra you will find the names and contact information for Kundalini Yoga teachers in over *forty* countries around the globe. This year we invite you to reach out and email a fellow teacher, someone whom you've never met but who, like you, is enriching the lives of others by sharing the teachings of Yogi Bhajan. He or she may just love to hear from a comrade-in-service!

In the spirit of staying connected,



Siri Ram Kaur
Editor in Chief

Talkback

The last three ATs (Sept/Oct 2007, Feb/March 2008, and May/June 2008) have 100% addressed just what I have been going through in my life and as a Kundalini Yoga teacher. Thank you, thank you, thank you, and bless you always for your love, and most of all to Yogi Bhajan who has reflected back to me all that I truly am, my heart expansion, compassion, true relationship to my soul, and seeing God in all.

Alexandra Hollister aka Dharm Kaur
Cliff, New Mexico

I have been receiving *Prosperity Paths* and *Aquarian Times* for many years. I enjoy the hard copies because I carefully store them in magazine files, place them on my bookshelf, and re-read them often. I also enjoy the idea of having them for children I may have in the future and to share with others. I don't read many magazines. When I get a new AT/PP, I generally sit and read it from cover to cover in one sitting. It's beautifully done. I'm sure the Siri Singh Sahib (Yogi Bhajan) would be pleased with how it has matured and flowered. He still feels to be the pulse of the publication.

Sat Mitar Singh
Asheville, North Carolina

AT inspires and accompanies me in my day-to-day life; it helps me keep in touch with the community that carries the spirit of Kundalini Yoga. So thank you for your effort, I really appreciate it!

Sabrina Büchi
Switzerland

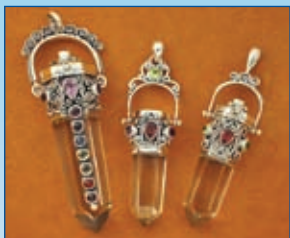
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For local Colorado information, or to see Caroline's ongoing class schedule, visit: www.carolineashleyyoga.com or contact Caroline at: cashmtom@mac.com or (303) 803-0159

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Nov 21–23 | Dec 19–21 | Jan 16–18 | Feb 20–22 | Mar 20–22 |
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www.goldenbridgeyoga.com/uploads/TT/TT-Boulder.html



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THE UNSTRUCK MELODY

UNDERSTANDING THE SCIENCE OF NAAD YOGA

By Mata Mandir Singh

The word *Naad* simply means sound. The word *Yoga* means union or “to yoke.” Union with sound is the goal of Naad Yoga. To understand what that means we have to think about the nature of sound itself.

In yogic terminology there are two kinds of sounds in the Universe, *Ahad* sounds and *Anahad* sounds. *Ahad* sounds are sounds created by something striking something else. If I pluck the “A” string of my guitar, it will vibrate 440 times per second, creating a vibration in the surrounding air that transfers that exact vibratory rate into the surrounding envi-

ronment. That is an *Ahad* sound. The wind blowing through the trees, the breath striking the vocal chords and mouth—these are *Ahad* sounds. *Ahad* sound vibration must travel through matter, because these sound vibrations are transmitted through the movement of molecular structures.

Anahad literally means the un-struck melody. In yogic cosmology and science it is said that the Universe is made of sound. All matter is vibrating at certain frequencies. Rocks and stones have a very slow and low frequency. Color and light have a high frequency and can travel through the vacuum of space. Beyond all physical phenomena and matter is the primal creative sound vibration that began the creation. In Christianity it is called *The Word*. Sikhs call it the *Naad*. It is what scientists call “*Cosmic radiation*”—the constantly creative sound left over from the Big Bang. Yogis call it *Anahad*. Whatever one calls it, it is constantly vibrating, creating, and expanding the Universe—infinately, endlessly.

Beyond the mind’s ability to grasp, one can only surrender to hear the *Anahad* sound and contemplate it with wonder. As Guru Nanak, the first Sikh Guru, said, *Keeta Pasao, eko kavao, tis teh boe lakh dharion. Kuderat kavan kaha veechar varia na javai ek vaar*, which means: “One gesture and one Word, and the ten thousand rivers of life began to flow. How can I speak or reflect on this power?”

Designed for Sound

Guru Amar Das (the third Sikh Guru) says in the *Anand Sabib* (Song of Bliss):

*Oh my ears, you were meant to hear only the True Name,
And for this reason were you given to a man—that
You might hear the Word (anahat),
Which having heard, the mind and body blossom forth,
And the tongue is filled with the nectar Name.*

The human body is designed for Naad Yoga. The ears are designed to carry the exact pattern and frequency of sound vibration which is funneled through the outer ear and strikes the eardrum, creating a perfect replica of that vibratory rate and frequency. This vibration is then transferred to the three bones of the inner ear, and then to the inner ear canal and its mechanism, and then directly to the neuro-endocrine systems



of the brain and physical body. By meditating deeply (*sunia*) on the primal sounds—sacred mantra and poetry (*Gurbani*), we can experience a profound awakening of human potential.

The interplay of the tongue on the meridian points of the upper palate and the action of the lips, nose, throat, and the air passages of the body are directly linked to chemical and hormonal secretions in the brain and glandular system. Through sound, speech, chanting, singing—communication—we can directly and scientifically affect our own level of consciousness, as well as our physical health and well-being and that of others.

One time in my early stages of yoga practice, I was in a very unbalanced state of mind. It was a stage of complete doubt called *Shakti Pad*. In those days we would have said simply that I was “freaking out.” I had an opportunity to speak with my spiritual teacher, Yogi Bhajan, about it. He was in town leading a White Tantric Yoga course, which I did not attend,

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and he asked where I was. “He is freaking out,” my friends told him. “Get him,” he said. They were able to find me at work and I pulled myself together and hastened in to see him. “What is happening?” he asked. I told him, “Sir, I am in total doubt and cannot meditate or do yoga.” He looked at me and said, “All the planets, moons, stars, and solar systems are revolving in cycles and patterns in a perfect rhythm and harmony. Just take up any of your instruments and play melodic rhythmic patterns on them and you will come into balance and harmony.” He then told me that as a teenager in India he used to practice a martial art called *Gatka*, and that he was always getting hit on the head by his opponents during practice. His teacher told him to study *tabla* (Indian drum) and that by mastering rhythm, he would master the art of fighting. Yogiji then sent me to Punjab, India, and suggested that I study *Gatka*, *tabla*, and *kirtan* (singing divine poetry), which I did, and I’ve been grateful ever since for that opportunity.

That very complete study of rhythm called *Taal*, as well as the study of melody called *Raag*, is another very important

component of Naad Yoga. Together they make up what we know as music. The power of music to heal has been well documented in recent years, as well as illustrated in the Bible in the famous story of David healing King Solomon with the music of the harp. The ancient seers of India understood this power to transform, and it was common for mantra and scriptures to be sung, as a way to increase their meditative power.

Sympathetic Sound

For a moment imagine the human body as a musical instrument, especially one of the Indian instruments like the Sitar or Sarangi, which have playing strings that are struck or bowed, and also have 40-odd strings which are never played but are sympathetic strings. When the playing strings are struck, they set up vibratory frequencies that begin to sound the finely tuned but un-struck sympathetic strings. These strings pick up the frequency and vibratory rates of the struck notes and begin to sound and create incredible overtones without being physically touched. It is this design that gives these instruments their unique and meditative sound.

The human organism has a similar design. In Yogic terms, we have the central pranic energy channel (*shushmana*) corresponding to the spinal column. To either side of it are the *ida* and *pingala*, the energies of the sun and moon. Think of these as the playing strings. These energy channels then connect with 72,000 *nadis* (energy channels) loosely corresponding to the nervous system, that extend throughout the body. Think of these as the sympathetic strings. Whatever we vibrate in the *shushmana* begins to set up a sympathetic vibration in the *ida* and *pingala* and throughout the *nadis* that transfer that vibration to all the cells of the body.

If we are unconscious in our speech and what we are vibrating, we can set up waves of negativity, self-doubt, and disharmony. These things lead to a deteriorating state of health and well-being. On the other hand, we can consciously choose mantra, scripture, harmonious communication, and musical sounds that elevate, heal, and balance us. Naad Yoga is the practice and experience of all this on a very practical and scientific level of self-exploration.

Each *Jap*, or repetition, of these sacred sounds brushes off a layer of unreality that causes us to falsely identify with the ego, and opens up our inner channels to the Divine energy of God. It is a question of awareness, brain chemistry, vibratory rates and frequencies, and the Grace of God.

Mata Mandir Singh has been a student of music since the age of 7 and began the study and practice of Kundalini and Naad Yoga with Yogi Bhajan at the age of 19. He has recorded about 20 CDs of meditation and mantra music, plays concerts, and teaches Naad Yoga workshops all over the world. Visit yogaofsound.com

Changed Forever by the Power of Sound

GIVING BACK WITH SEND A BLESSING ECARDS

By Ad Sach Kaur

Right now the music I am listening to is so beautiful that tears of wonder fill my eyes. My breathing becomes deeper, slower. Time is suspended. I have an overwhelming sensation that I am at the heart of a fragrant blossom that unfolds with each musical tone. At the same time, I *am* the blossom and it is *me*. I have learned that this kind of healing experience is caused by “being in the Sound Current” or “*Naad*.”

I have no idea how *Naad* works, or whether other people’s experiences of it are remotely similar to mine. I can only attempt to describe what it has meant to me. About two years ago, my yoga teacher played some music during class which captured my attention so intensely that I forgot what the exercise was! I had no clue what these sounds were, what the words meant, or whether the chant had a particular purpose. I had never heard anything like it before. I noticed only that my whole body was responding to the sounds—my limbs tingled; I became deeply aware of my nervous system, heartbeat, breath. Actually, words to describe this experience cannot come close to saying how powerful, uplifting, and stimulating to all parts of my being it really was. After class, I asked my teacher what it meant and whether this kind of sensation was “normal” in Kundalini Yoga.

With delight, she informed me that what I had experienced *was* the Sound Current—*Naad*. So there was a name for it!

The music was the *Re Man* shabad or “Golden Aura,” performed by Dr. Shri Balaji També.¹ That night, inspired by what had happened, it came to me in meditation that I’d experienced the Sound Current before. Twenty years earlier, a healer I knew had given me a

It felt like my soul
was drinking from
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time bathing in it—
yet I had not even
realized I was thirsty.

cassette tape she thought I might like. From the moment I first heard it, I played that tape over and over again until it eventually wore out. I listened to it on my Walkman in the subway, through a “boom box” in my art studio, while cooking dinner, and even when I took a candle-lit bath. Deep down somewhere I needed that music like air to breathe. It felt like my soul was drinking from a well of the purest water imaginable, while at the same time bathing in it—yet I had not even realized I was thirsty.

¹ Available through yogishop.com (site is in German). Hear it with the *Yogini Dream* ecard at sendablessing.com



Over the years, whenever I felt overwhelmed by life, I turned to this unidentified “Sikh Chant,” whose sounds consistently left me feeling calm, loved, comforted, and encouraged. When I attended my first Kundalini Yoga class in 2002, I was astonished to hear this very song during deep relaxation! I have since learned the music is called *Rakbe Rakban Har* sung by Singh Kaur,² a chant of strength, endurance, and protection. I had been experiencing the Sound Current for over two decades without knowing what it was.

Now, there is a lot of beautiful music in the world, much of it deeply touching, but it is not necessarily in *Naad*. During the long drive to my first Summer Solstice Sadhana in Española, New Mexico, in June 2002, I listened to favorite CDs, humming along and enjoying the scenery. The whole Solstice experience, especially White Tantric Yoga and the *Ransabai* (all-night *kirtan* or devotional songs) immersed me in a meditative state that heightened all my perceptions, awakened me to a new way of life, and changed me forever. On the last day of Solstice, I was given a copy of a CD called *Raa Maa Daa Sa, Sa Say So Hung* by Sangeet Kaur,³ which I listened to on the drive home. Again, I had the sensation of being healed and uplifted, bathed in beautiful energy as though being under a crystal-clear waterfall. After listening to the CD several times, I put one of my pop CDs in the player. Amazingly, I could no longer stand to listen to it! It felt sentimental and shallow, emotional yet without depth or nourishment for my soul. I didn’t want to leave the state of being I had found during Solstice, so I played the *Raa Maa Daa Sa* chant all the way home! Though I did not yet know the word *Naad*, I already knew that some recordings were much, much more than just music.

After the *Re Man* discovery in class, I got the CD, memorized the chant, and eventually my teacher and I did an ongoing 62-minute meditation with it. Being in this Sound Current at least an hour a day for a few months inspired me to share this powerful energy with others. I knew how healing it was to be transported by *Naad* and also how hard it was to spend the workday in front of a computer, as I have done in my career as a 3D animator. I prayed for inspiration on how I might use my visual art talents to serve *Naad*. It occurred to me that electronic greeting cards, or “eCards,” could be a way to let people express their special wishes and expressions of love with the gift of the Sound Current. Using images of yoga, crystals, and galaxies, I got permission from the singer of the *Re Man* shabad and created my first eCard called “Yogini Dream.” It dawned on me that there were hundreds of other recordings in *Naad* people might send one another. I decided to create a web site, and went to work animating recordings I had bought from Ancient Healing Ways and other spiritual music stores.

² Available through a-healing.com

³ Available through spiritvoyage.com

Each time, I began with the sound current and let it “show” me which images to use. For *Har* (a chant using a name of God), my experience was that the world’s diverse religious symbols to express God are actually different facets of the One God. With Guru Ganesha Singh’s *Ma*,⁴ I felt the chain links between mothers and daughters extending back to the original grandmother of us all. For Manish Vyas’s *Shivobam*,⁵ I saw a golden Shiva dancing the cosmos into creation, holding the stillness in yoga poses. Each sound current brings its own unique qualities to me and I am humbled trying to express each within my means.

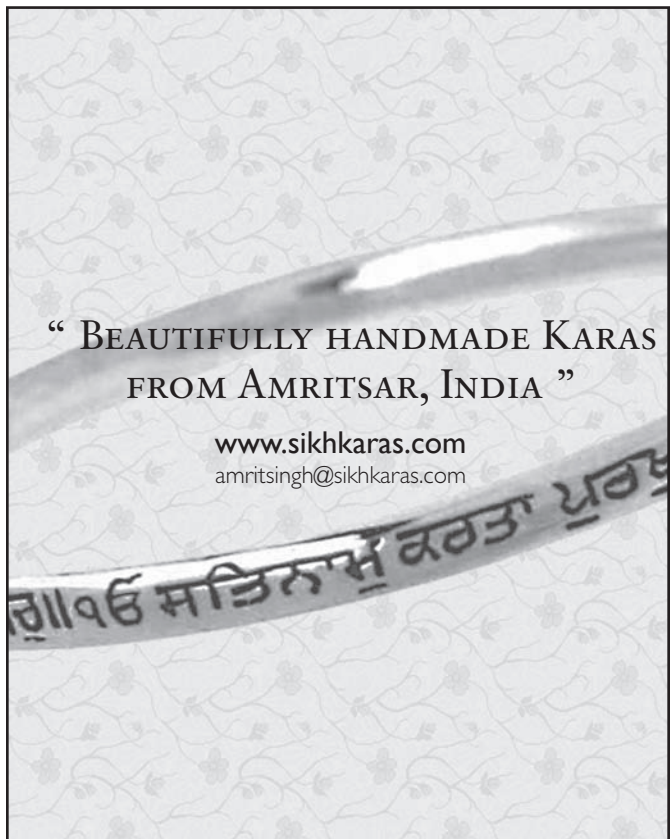
I don’t know the exact meaning of the words of the piece I am listening to right now, only that it is called *Mere Man Loch* sung by Bibi Bhani Kaur.⁶ My teacher said it has to do with longing for the True Guru. I would like to stay in this Sound Current forever—until I find the True Guru at last.

Ad Sach Kaur lives in Boulder, Colorado. Her *Send A Blessing* eCards are on the web at sendablessing.com.

⁴ On the CD *Pure Ganesh* by GuruGanesha Singh, available through spiritvoyage.com. Hear it with the *Ma* ecard at sendablessing.com

⁵ On the CD *Sattva: The Essence of Being* by Manish Vyas, available through spiritvoyage.com. Hear it with the *Dance of Bliss* ecard at sendablessing.com.

⁶ Available (on cassette) through a-healing.com



NUMEROLOGY

AND THE SACRED SCIENCE OF SOUND

By Sangeet Kaur Khalsa

When our soul entered into life, its birth date represented a code for all the lessons, challenges, gifts, karma, and destiny paths it would be working on in this lifetime.

Each number from 1 to 11 has a unique frequency and relates to our *ten bodies*.¹ They vibrate together at their 'unique-to-us' frequencies, which gives each of us our own harmonic imprint in the Universe. Each mantra we chant sets our frequencies more truly on pitch, removing blocks and giving us new awareness. Chanting mantras is a way of energetically re-tuning ourselves to our true gifts and purpose.

The Soul Number indicates what makes us happiest or most miserable in life. You calculate the soul number from the day/date you were born. Remember this is an 11-number system. If you were born on any day between the 1st through the 11th of the month, then that is your soul number. If born on a higher date, add the two numbers together and reduce that down to a number between 1 and 11. Do not resolve a 10 to a 1.

Soul Numbers and Mantras

1 stands for that person who can be single-pointed, task-oriented, confirmed in their identity but who often sees themselves as small. The *I am, I Am* meditation,² chanting *I am the Light of the Soul*, by Bibi Bhani Kaur,³ and *I am who I am and that is that*, by Guru Singh,⁴ all help the "little one" grow to become the "Great One."

2 is that which seeks to excel in partnership, often dashing into relationships without exercising caution. Chanting *Ang Sang Wabe Guru*⁵ or *Ong Namō Guru Dev Namō*⁶ both align you with the "Great Partner" and also clear up disharmony between you and earthly partners.

3 is creative, social, and nurturing but often not well-focused. The best mantra here is any version of *Kirtan Kriya (Sa Ta Na Ma)*.⁷

4 can be exceptionally meditative. Nothing awakens it better than chanting *Guru Guru Wabe Guru, Guru Ram Das Guru*.⁸ It keeps you from falling into the box of the mind, which is a challenge for every 4.

5 is all about taking action, being flexible, not stubborn or stuck.

Any *kriya*⁹ for flexibility will accelerate the flow of energy through us and so will Breath of Fire.¹⁰ And the *Adi Shakti* mantra¹¹ (Kundalini Bhakti Mantra) builds concentrative power.

6 is all about the heart and setting sacred space. Chant *Mere Man Lochai*¹² to heal wounds of the heart, as heart energy helps create sacred space.

7 yearns for open space, freedom, and self-reliance. It can be quite noble. Nothing works quite like the *Grace of God* meditation.¹³

8 is about being in charge and that comes with chanting *Wabe Guru, Wabe Jio*.¹⁴

9 is about the expanded mind, the consciousness of mastery, and the lessons of letting go and detachment. *Gobinday Mukunday* as on the *Prem* CD helps us tune in to all aspects of God.

10 is about command, courage, and new beginnings. *Chatarā Chakara Vartee* as chanted on the *Lightness of Being* CD builds these qualities.

11 is all frequency bodies vibrating together just as the color white contains within it all colors. Chanting the *Aquarian Sadhana* mantras¹⁵ produces a purer and purer connection to the Divine within us and beyond. Also try *Mender of Hearts* from the *Crimson Collection* or *Aad Sach, Jugaad Sach* as chanted on the *Lightness of Being* CD.

Editor's Note: Please check spiritvoyage.com and a-healing.com to purchase the CDs mentioned.

Sangeet Kaur Khalsa is a master numerologist and teacher using the Starcode of Destiny® system she developed from the basic teachings of Yogi Bhajan. Based in Phoenix, Arizona, she is also a KRI Senior Trainer and the founder of Womanheart® Retreats for women, and author of the popular book by that name. Contact her at healingsource.com.

1 The human being is made up of ten bodies: the physical body, 3 mental bodies, and six energy bodies

2 In the *Aquarian Teacher* manual, available at kriteachings.org

3 On the CD titled *Light of the Soul*

4 On the CD titled *A Game of Chants*

5 Hear a sound bite at kriteachings.org/toolsforteachers

6 On the CD titled *Meditations for the Aquarian Age* by Nirinjan Kaur, and on *Prem* by Snam Kaur

7 Hear a sound bite at kriteachings.org/toolsforteachers

8 Hear a sound bite at kriteachings.org/toolsforteachers

9 A combination of posture, mudra, mantra, breathing, and rhythm, a kriya can be one exercise or a specific sequence of exercises

10 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

11 Available on the CD *Adi Shakti* by Gurudass Kaur

12 Available on the CDs *Lord of Miracles* by Kirtan Singh and Shakti Parwha Kaur, and *Servant of the Heart* by Sat Hari Singh and Hari Bhajan Kaur

13 See the *Aquarian Teacher* manual, available at kriteachings.org

14 Available on all *Aquarian Sadhana* CDs, as well as on many other chant CDs. Hear a sound bite at kriteachings.org/toolsforteachers

15 A series of 7 meditations given by Yogi Bhajan to bring in the Aquarian Age, there are many different CDs available

TEA WITH GOD

A STORY OF TRANSFORMATION THROUGH SACRED SOUND

By Sat Kartar Kaur (Lauren Schutte)

My sister describes me as the one who “clung to the side of our family in a constant state of shock.” I was a child who walked lightly on the Earth, but not through any conscious awareness of my environmental footprint. Physically small, I did not place a burden on the Earth. *Prana*¹ I used sparingly, since I was afraid that the fabled “terrorist” lurking outside my window, would hear my nighttime breath. I did not often give voice to my thoughts since a chest-squeezing stutter left me way behind the fast pace of my large family’s exuberant conversations. I did not boldly announce my presence, nor solidly stake my claim on this Earth. Little wonder then that in my adolescent dreams I was forgotten by God.

In my recurring dream I would be at home, in our farmhouse in what was then Rhodesia, at war with itself. Hearing drums beating rhythmically in the distance and getting incrementally louder, I would see crowds of people carrying burning crosses making their way steadily forward, and I would begin to recognize people I knew, friends from school, neighbors. “Where have you been?” I would ask urgently, and they would reply, “Why, we have been having tea with God!”

I always woke up wondering why it was that I had not been invited. Yes, I was a child who walked diffidently on this Earth, forgotten by God in my dreams.

Now that I am an adult, I walk boldly, feet solidly rooting down into the Earth. I inhale prana deeply, delighting in the gift of life force energy. My *aura*² extends beyond me in all directions, projecting my presence. My voice flows effortlessly and powerfully. No longer forgotten by God—I am, I Am.

How did I go from this young girl hiding out in the back of family photographs

to this woman who stands tall and confident? I chanted myself into being. From my very first Kundalini Yoga class in South Africa in 1985, I began a journey of transformation guided by my graceful teacher Pritam Hari Kaur, and the *Shabd Guru*.³

Despite initial feelings of extreme discomfort and reluctance to participate in chanting mantras, I came to look forward to the meditations. Slowly, the vibration of the mantras began to crack away my outer shell, liberating me from my limited idea of myself. Chanting *Har, Har*⁴ developed the power, strength, and bal-

Slowly, the vibration
of the mantras began
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idea of myself.

ance of my third *chakra*,⁵ and the will to live as “the doer of God’s Will,” which my spiritual name, Sat Kartar, has confirmed is my destiny. Chanting the *Guru Mantra of Guru Ram Das*⁶ allowed me to feel myself to be in relation to others, and to speak kindly and compassionately. *Humee Hum*



*Brahm Hum*⁷ opened my heart center and activated its relation to my fifth chakra (throat chakra). Miraculously, through vibrating these sacred sounds, my throat chakra came unbound, and my words came to flow smoothly and powerfully.

Years later, as a parent and educator, the *Shabd Guru* continues to guide and transform me. After a 90-day meditation to “Break the Mask,” following a KRI Level 2 Conscious Communication course, I experienced real happiness for the first time. The mantra *Har Jee Har Har Har Har Har Jee*,⁸ which means “O, my soul, God is, God is, God is, O, my soul,” allowed me to break the inner narratives of my hidden self, the narratives of that child who walked too lightly, breathed too shallowly, and spoke with difficulty. No longer forgotten by God, now I have tea with God every day!

Sat Kartar Kaur is a writer, educator, and Kundalini Yoga teacher. She lives in North Vancouver, Canada, where she teaches Kundalini Yoga to adults, children, and preteens.

3 The Guru or teacher in the form of sound and rhythm which removes the distortions of the ego

4 You may wish to chant along with the CD titled *Tantric Har*, available at spiritvoyage.com

5 The third of eight energy centers of the human being

6 *Guru Guru Wahe Guru, Guru Ram Das Guru*, available on a variety of CDs, including all Aquarian Sadhana music CDs

1 Life force

2 The energy field that surrounds and interpenetrates the body, also called the electromagnetic field

7 Available at spiritvoyage.com and a-healing.com

8 A meditation taught in the KRI Level 2 Conscious Communication courses

Toronto

CELEBRATES 40 YEARS OF YOGI BHAJAN'S TEACHINGS: 1968-2008

By Guru Fatha S. Khalsa

A Huron name meaning "meeting place," Toronto, Canada, is the place where a master of mantra and much more—Yogi Bhajan—first set out on the path of teaching Westerners the way of health, happiness, and holiness, way back in 1968.

The exact date is September 13, 1968. On that day—it was a Friday—Harbhajan Singh Puri, the "Yogi Baba" with the heart of a lion, arrived from a grueling trip across oceans and continents to take up his position at the city's grand university—only there was no position. The man who had offered it had just ended his planetary sojourn in a car crash. And Yogi Bhajan's yoga books had all been lost by the airline. So was to begin a remarkable chapter of our Aquarian chronicle.

For all his setbacks and despite the city's robust autumn climate, Yogiji was still able to put yoga on the map and contribute to the community consciousness of his countrymen who settled in Toronto. Within weeks, he appeared on national TV and on the front page of the national newspaper, extolling the health benefits of yoga. This was at a time when most North Americans would be hard pressed to tell the difference between a glass of yogurt and a class of yoga. Both were new and supposed to be good for you. Yogi Bhajan started classes in several YMCAs and co-founded the House of Yoga on Church Street, in Toronto's downtown.

Among the small community of immigrants from his native India, Yogi Bhajan instilled a pride in their heritage and contributed the first dollar toward the renovation of a factory on Pape Street that would open the next year with a new, spiritual disposition. In the 500th year since Guru Nanak's birth, the building

would be the city's first Gurdwara,¹ the "Shiromani Sikh Society."

Though Yogi Bhajan left Toronto for Los Angeles and its warmer climate in December of 1968 after just three months, he would return often to oversee the developing community of the newly founded Guru Ram Das Ashram and to visit with members of the growing Punjabi diaspora. In the 1970s, Yogiji was a strong voice on behalf of human rights, when immigrants from India suffered humiliation and violence. In the 1980s, when shock, grief, and dismay at the oppressive policies of the Indian government caused many to demand a separate Sikh state, he instead championed oneness in the Sikh community.

Once or twice a year, Yogiji would facilitate White Tantric Yoga courses at a grand old church—the Church of the Holy Trinity in downtown Toronto. They took the better part of a weekend back then—Friday evening, all day Saturday, and Sunday afternoon. There was also the Gurdwara at the ashram where everybody turned up in their Sunday best to hear Yogiji speak.

The whole affair meant weeks of preparation—shining glass and polishing brass, being certain everything was "just so" in time for his visit. Then there was always the big reception at the airport, with children and flowers and an entourage of vehicles to convey and escort Yogiji and his tour secretary from the outlying airport to the ashram downtown. And joyous days of *sadhana*² and guests, and late nights and meetings with the master.

This September 12-14, Guru Ram Das Ashram in Toronto will again serve as

a meeting place for hundreds of yogis, Sikhs, and friends of the Healthy, Happy, Holy lifestyle. Please come and join us for a fun weekend of yoga, music, and inspiration—all in memory of a great master, and in dedication to a future greater still in love and service of humanity.

For more information visit torontokundaliniyoga.com.

Guru Fatha Singh Khalsa is devotedly writing Yogi Bhajan's biography, which was commissioned by the Master in 1983, and which is being sent out over the internet in monthly installments since April 2006. He also teaches Kundalini Yoga and serves as a minister of Sikh Dharma. Visit gurufathasingh.com



YOGI BHAJAN MAKES TORONTO NEWS IN 1968

1 Sikh temple or place of worship

2 Daily spiritual practice

KUNDALINI YOGA

MEDITATION FOR THE FIFTH CHAKRA
Taught by Yogi Bhajan, February 19 - 20, 1991



Those who do not know how to live to their words shall never have the knowledge to know God.

Yogi Bhajan

The most important power of a person is the spoken word, both what you speak and how you speak. Ugly words are effective, and praises are effective. The idea of a human is to use grace, not negativity. The fifth chakra, or Throat Chakra, is associated with the power to master the Word, and to master the skill to initiate actions that come from the soul. It is a doorway to the realms of higher consciousness.

Chant the *Adi Mantra* (*Ong Namo Guru Dev Namo*) 3-5 times before beginning either of the meditations on this page.¹

Posture: Sit in Easy Pose² with a straight spine. The hands are in Gyan Mudra³ on the knees with the palms facing up. Apply *Jalandhar Bandh* (Neck Lock).⁴

Mantra: *Humee Hum, Brahm Hum* using the CD by Niranjan Kaur and Guru Prem Singh.⁵ The chanting is done using the root of the tongue; the pressure is felt in the throat.

Focus: Eyes are focused at the tip of the nose.

Time: 11 minutes.

It is said that practicing this *kriya*⁶ for 11 minutes a day for 18 months will keep you young in spirit and looks.

1 For complete instructions, go to kriteachings.com/toolsforteachers

2 A comfortable cross-legged sitting position

3 The tips of the thumbs and index fingers touch and the rest of the fingers are straight

4 Stretch the back of the neck gently straight by pulling the chin straight back and lifting the chest

5 Available at a-healing.com and spiritvoyage.com.

6 A combination of posture, mudra, mantra, breathing, and rhythm; a kriya can be one exercise or a specific sequence of exercises

COMMUNICATION WITH SELF
Taught by Yogi Bhajan, April 12, 1978



In all the four corners of the Universe, vibrations create victory. The word spoken with manners and radiance effectively gives infinite strength to the speaker; and the experience is Godlike.

Yogi Bhajan

This meditation helps you to get into communication with your higher Self. It awakens the brain centers, and is said to balance the thyroid and parathyroid glands, stimulate the spinal energy, and be a general tonic to supply energy.

Posture: Sit in Easy Pose, or in a chair with both feet flat on the ground 12 inches apart, with a straight spine. Extend the hands straight out in front of the body parallel to the ground. Bend the elbows 90 degrees; cross the forearms with the right forearm over the left. Grasp the upper arms with the thumbs and fingers together (rather than having the thumbs around the bottom of the arms). Keep the arm position locked in place and perfectly straight at all times. Hold the spine straight without leaning forward or backward. There should be no pressure on the lower back.

Breath: Deeply inhale through the nose and completely exhale as the mantra is chanted. Be sure that there is no breath left in the lungs after the mantra has been chanted.

Eyes: Nine-tenths closed.

Mantra: Chant in a monotone as the breath is expelled *Ek Ong Kar Sat Hari* (*Hari* is pronounced, "Haree," with the 'a' sound like the 'u' in 'but'; the 'r' is rolled). There are seven "beats" to this mantra. *Kar* gets three beats and there is emphasis on *Hari*. Each repetition takes 6-8 seconds. Each repetition should be done forcefully enough to expel a full exhalation of breath.

Mental Focus: Focus on the inhalation of the breath and the chanting of the mantra.

Time: Begin with 11 minutes and build up to 31 minutes.

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 and click on "Have your event featured here and in the *Aquarian Times* magazine." The due date for the February 2009 issue is December 1, 2008.

August 2008

RAM DAS PURI, ESPAÑOLA, NM, USA
LEVEL ONE TEACHER TRAINING IMMERSION
 August 2 – 28
KRlteacherings.org

HEMKUNT, INDIA
LIFE AND TEACHINGS OF GURU GOBIND SINGH
HEMKUNT YATRA
 August 5 – 24
karamkriya.co.uk
info@karamkriya.co.uk

DAKU, FIJI
SEVEN DAY KUNDALINI YOGA RETREAT
 August 10 – 17
dakuresort.com
glenara@aapt.net.au

GALICIA, SPAIN
INTERNATIONAL KUNDALINI YOGA FESTIVAL
 August 11 – 17
kundalinivyogavigo.com
kundalinivyogavigo@hotmail.com

LEEDS, YORKSHIRE, UK
RADIANT CHILD YOGA PROGRAM-TRAINING FOR
TEACHERS, PARENTS AND THERAPISTS LEVELS 1 & 2
 August 15 – 17
samadhi.co.nz info@samadhi.co.nz 64(4) 905.1503

MILLIS, MA, USA
WOMEN'S DAY
 August 16
kundalinivyogane.com

SALT SPRING ISLAND, B.C., CANADA
SSHHHHHHH - SOOTHE YOUR SOUL. SILENT RETREATS
 August 22 – 25
paradisefoundyoga.com Info@paradisefoundyoga.com

SAN GIUSTINO, PG, ITALY
WEEK OF SPIRITUAL TRANSFORMATION, BLISS AND EL-
EVIATION WITH SADA SAT KAUR & SINGH AT YOGA BORGO
 August 23 – 30
yogaborgo.com sadasatkaur@sbcglobal.net 39(075) 858.4111

YOGI BHAJAN BIRTHDAY ANNIVERSARY
 August 26
www.3HO.org

MT SHASTA, CALIFORNIA, USA
LABOR DAY IN MT SHASTA WITH GURU DEV SINGH
 August 27 – September 1
kirpal@gurudevsnr.com 1(323) 436.5238

GLASTONBURY, SOMERSET, UK
RADIANT CHILD YOGA PROGRAM-TRAINING FOR
TEACHERS, PARENTS AND THERAPISTS LEVELS 1 & 2
 August 29 – 31
samadhi.co.nz info@samadhi.co.nz 64(4) 905.1503

September 2008

CORK, IRELAND
RADIANT CHILD YOGA PROGRAM-TRAINING FOR
TEACHERS, PARENTS AND THERAPISTS LEVELS 1 & 2
 September 5 – 7
samadhi.co.nz info@samadhi.co.nz 64(4) 905.1503

SAO PAULO, BRAZIL
WHITE TANTRIC YOGA
 September 6
whitetantricyoga.com kundalyoga.com.br

MERIDA, YUCATAN, MEXICO
BALANCING THE MALE & FEMALE FORCES,
A JOURNEY THROUGH THE CHAKRAS
 September 6 – 13
kathrynmccusker.com kathryn@kathrynmccusker.com
 44(207) 722.1323

PERTH, SCOTLAND, UK
RADIANT CHILD YOGA PROGRAM-TRAINING FOR
TEACHERS, PARENTS AND THERAPISTS LEVELS 1 & 2
 September 12 – 14
samadhi.co.nz samadhiyoga@paradise.net.nz 44(078) 8432.8826

SYDNEY, AUSTRALIA
WHITE TANTRIC YOGA
 September 13
whitetantricyoga.com kundaliniyoga.com.au

GUADALAJARA, MEXICO
WHITE TANTRIC YOGA
 September 20
whitetantricyoga.com giankaur@megared.net.mx

UNITED NATIONS INTERNATIONAL DAY OF PEACE
 September 21
www.3HO.org

TELE-COURSE
JOURNEY INTO THE HEART OF SIKH DHARMA
SIKH DHARMA MINISTER'S TRAINING
 September
sunderkaur@watermakefire.com
 1(303) 325.5186

GERMANY, SEPTEMBER
KIRTAN TOUR WITH SAT KIRIN KAUR
satkirin@gmail.com

October 2008

THE 6TH LORD OF MIRACLES TOUR IN HONOR OF
GURU RAM DAS
Traveling to 12 cities and 8 countries in South America
 October 1 – 31
ramdashalsa@gmail.com

KNOXVILLE, TN, USA
WHITE TANTRIC YOGA
 October 4
whitetantricyoga.com vmd3ho@comcast.net

YOGI BHAJAN REMEMBRANCE DAY
 October 6
www.3HO.org

GURU RAM DAS BIRTHDAY ANNIVERSARY
 October 9
www.3HO.org

FRANKFURT, GERMANY
WHITE TANTRIC YOGA
 October 11
whitetantricyoga.com atmas@freenet.de

MILLIS, MA, USA
KUNDALINI YOGA FALL FESTIVAL
 October 13
kundalinivyogane.com

NEW YORK, NY, USA
WHITE TANTRIC YOGA
 October 18
whitetantricyoga.com kundaliniyogaeast.com

HERNDON, VA, USA
WHITE TANTRIC YOGA
 October 25
whitetantricyoga.com 3ho.com

SINGAPORE
SELF AWARENESS YOUTH CAMP-FALL
ramdas_guru@yahoo.com
gjkaur@gmail.com

November 2008

MILAN, ITALY
WHITE TANTRIC YOGA
 November 1
whitetantricyoga.com funakoshi@fastwebnet.it

LOS ANGELES, CA, USA
WHITE TANTRIC YOGA
 November 8
whitetantricyoga.com whitetantricyogala@hotmail.com

MINNEAPOLIS, MN, USA
WHITE TANTRIC YOGA
 November 15
whitetantricyoga.com centerforhappiness.com

BANGKOK, THAILAND
KRI TEACHER TRAINING LEVEL 2 MODULE: MIND
AND MEDITATION
NOVEMBER 18 – 23
kundalinivyogathailand.org
event-info@kundalinivyogathailand.org

ESPAÑOLA, NM, USA
WHITE TANTRIC YOGA
 November 22
whitetantricyoga.com sikhdharmanewmexico.org

BANGKOK, THAILAND
KUNDALINI YOGA FESTIVAL ASIA
 November 25 – 30
kundalinivyogathailand.org
event-info@kundalinivyogathailand.org

BANGKOK, THAILAND
WHITE TANTRIC YOGA
 November 29
whitetantricyoga.com kundalinivyogathailand.org

SOUTHALL, LONDON, UK
GURDWARA SRI GURU SINGH SABHA: DUKH BHANJAN -
END OF SUFFERING. A NAAD YOGA MEDITATION NIGHT
info@rajacademy.org
 44(020) 8575.3888

December 2008

SEATTLE, WA, USA
WHITE TANTRIC YOGA
 December 6
whitetantricyoga.com adjacent.space.com

YUCAY, CUSCO, PERU
SHAMANIC AND KUNDALINI YOGA RETREAT WITH
GUIDED TOURS TO SACRED SITES
 December 8 – 22
vichimaga@gmail.com 1(510) 704.8030

BUENOS AIRES, ARGENTINA
WHITE TANTRIC YOGA
 December 13
whitetantricyoga.com kunaliniyogaargentina.org

LAKE WALES, FL, USA
WINTER SOLSTICE SADHANA CELEBRATION
 December 19 – 25
www.3HO.org

KLINT, GERMANY
SIKH DHARMA DAYS
 December 27 – January 1
info@3HO.de
 49(40) 479.099

January 2009

3HO FOUNDATION 40-YEAR ANNIVERSARY
 January 5, 2009
www.3HO.org

February 2009

RISHIKESH, INDIA
JOURNEY THROUGH THE CHAKRAS
 February 21 – 28, 2009
kathrynmccusker.com kathryn@kathrynmccusker.com
 44(207) 722.1323

experience new love



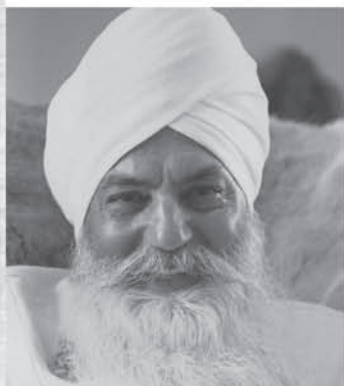
Yogi Bhajan
Birthday Anniversary
August 26, 2008



United Nations
International Day of Peace
September 21, 2008



Yogi Bhajan
Remembrance Day
October 6, 2008



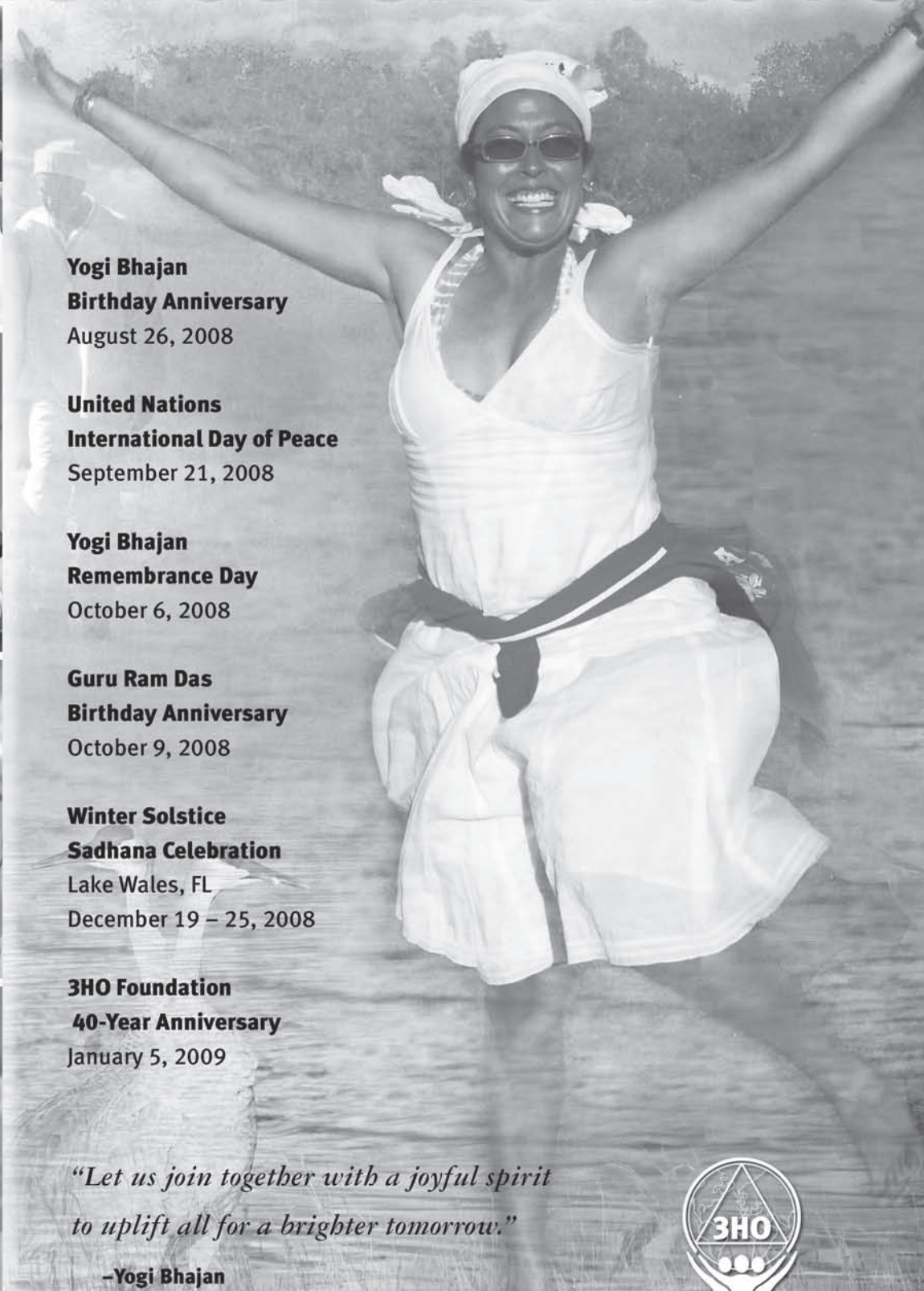
Guru Ram Das
Birthday Anniversary
October 9, 2008

Winter Solstice
Sadhana Celebration
Lake Wales, FL
December 19 – 25, 2008

3HO Foundation
40-Year Anniversary
January 5, 2009

*"Let us join together with a joyful spirit
to uplift all for a brighter tomorrow."*

—Yogi Bhajan



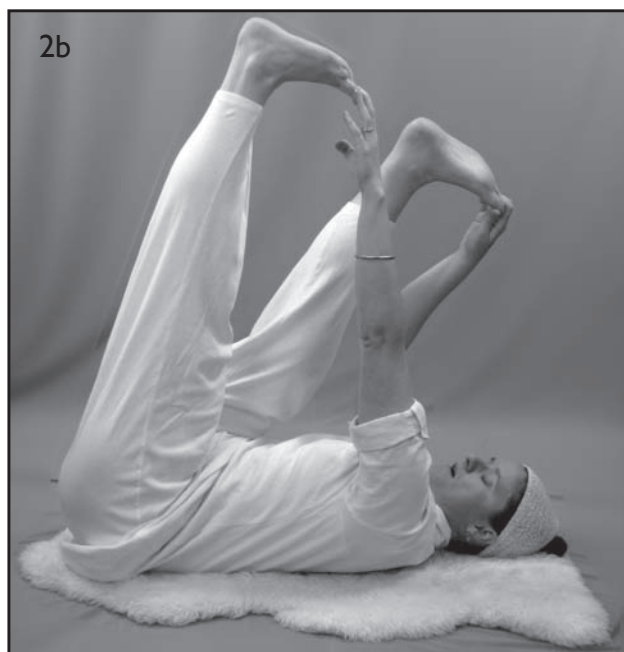
3HO Foundation

Healthy, Happy, Holy Organization

KUNDALINI YOGA

FIRING UP THE METABOLISM

Taught by Yogi Bhajan, March 6, 1985



Just see how powerful a mantra can be. All the stars and the Universe are very powerful, I am not disagreeing with the powers. But, by chanting a mantra, just see how powerful you can be.

Yogi Bhajan

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

1. Lie down on your back. Raise your legs toward the ceiling and grasp your toes (1a). Begin moving the legs apart (to the sides) (1b), and then back together rapidly. Do Breath of Fire,² timing the breath with the opening and closing of the legs. Continue for 5 ½ minutes.

2. Remain in the same position, holding onto your toes with your legs up (2a). Pull your left leg toward your head. Let your left leg go back to the starting position as you pull your

¹ For complete instructions, go to kriteachings.com/toolsforteachers

² 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



right leg toward your head (2b). Continue alternately moving your legs towards your head and back up to the starting position with Breath of Fire. Continue for 2 minutes.

3. Continue the previous movement and chant *Har*³ with the tip of the tongue as each leg moves. Chant at a rate of two *Har*'s per second. Continue for 12 minutes.

4. Stay in the same position and combine the movements of exercises 1 and 2. Chant *Har* as your left leg moves up and down. Chant *Har* as your right leg moves up and down. Chant *Mukande*⁴ (Moo kun day) as you open and close your legs. One repetition of *Har*, *Har*, *Mukande* takes 2 seconds. Move quickly. Continue for 1½ minutes.

5. Sit up and relax for 1 minute.

6. Sit in Easy Pose⁵ with the elbows bent and the palms facing forward at the level of the shoulders. The tips of the thumbs and ring (Sun) fingers touch in Surya Mudra (said to give energy, good health, and to strengthen the nervous system). Close your eyes and chant *Har Har Mukande* rhythmically and musically for 11 minutes. One repetition of the mantra takes 2 seconds. To finish, inhale and repeat this affirmation:

*Let thy soul be awakened. Let thy soul be awakened.
Let thy soul be awakened. Let thy soul be awakened.
Let thy soul be awakened.*

*Let the Guru's lotus feet be in your heart.
Let the Guru's lotus feet be in your heart.
Let the Guru's lotus feet be in your heart.
Let the Gurus lotus feet be in your heart.*

*Let the lotus feet of the Guru be in your heart.
Let the lotus feet of the Guru be in your heart.
Let the lotus feet of the Guru be in your heart.
Let the lotus feet of the Guru be in your heart.*

*Wake up. Wake up. Wake up. Wake up. Wake up.
Wake up. Wake up.*

Heal. Heal. Heal. Heal.

Excel, excel, excel, excel, excel, excel, excel.

Obey, serve.

Obey, serve, love, excel. Obey, serve, love, excel.

Obey, serve, love, excel. Obey, serve, love, excel.

You can hear this affirmation in Yogi Bhanan's voice on the CD *Let Thy Soul be Awakened*, available through a-healing.com. This Kundalini Yoga set is published in *Self Experience*, available at a-healing.com and spiritvoyage.com.

3 The 'a' is short and sounds like the 'u' in 'but,' and the 'r' is slightly rolled, similar to the Spanish 'r'

4 Aspect of God as the Liberator

5 A comfortable, cross-legged, sitting position; Sukhasan

Editor's Note: You may choose to practice this set starting with less time than is indicated, and build up to the full time gradually over time, if necessary.



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*"Just remember when you teach, to teach.
The sight, the touch, your presence will
cure the whole atmosphere."*

— Yogi Bhajan

DESTINY CALLS

THE SOUND OF THE UNIVERSE ANSWERS

By Sat Purkh Kaur Khalsa

Singing Gurbani Kirtan is very silent. You have to quiet down everything to create the music and the words and the sound. Kirtan is the absolute experience of silence because nothing is yours.

Yogi Bhajan

Recently I went to India for the first time. I am a reluctant traveler; but somehow the pieces fell into place and I found myself on the roof of Le Golden, a small hotel directly across from the Golden Temple¹ in Amritsar, India. From this tiny deck, I could hear the sounds of *Gurbani Kirtan*² mingling with the sounds of the streets, the seemingly endless blare of horns, children playing, dogs barking, carts groaning—all that is India. I listened and I wrote and I listened some more. The world of sound opened up to me.

As I was leaving for my trip, Gurucharan Singh, the Director of Training here at KRI, looked at me and said, “You will come back with a different voice. Notice. Pay attention and report back.” Now, when Gurucharan Singh asks me to pay attention to something, I do! So, I listened and I sang—I sang on the *parkarma*;³ I sang in Guru Tegh Bahadur’s Gurdwara;⁴ I sang on the sidewalk with an old man as he arranged people’s shoes in neat rows; I sang with young girls and old women; I sang in the early morning hours and late into the evening; I sang as I dipped myself into the cold, early spring water. I sang.

I walked along the *parkarma* and I prayed. The birds arrived, their chat-

ter carrying over the waters of the Harimandir Sahib (the Golden Temple). The sound of Gurmukhi⁵—the Shabad Guru⁶—resounded from every corner. Prayers of old women and young boys, the splash of water, the *Wabe Guru* of the *sevadar*⁷ with every sweep of his broom on the marble, the clank of metal, the rustle of cloth—the cacophony of sound became a symphony of *naad*.⁸ And in the midst of that cacophony came a profound silence—a pulse. All sounds merged into the one sound of Creation, the pulse of the Universe, the beating of my own heart. And my prayer for the Golden Temple became a prayer for my Self, my own temple, my own purity, my own divinity, my own sound of praise. And that prayer merged with the pulse of the *naad*—and I knew that all had been fulfilled. There was nothing more—and nothing less—than this resonance, this embodiment of the *Naam*: God and me, me and God, are One.

Sat Purkh Kaur Khalsa is the Production Manager for the Kundalini Research Institute. She works in developing the Level Two Teacher Training Curriculum, Transformation; the KRI website; Rights and Permissions; as well as other DVD and book projects. Her album, *Nectar of the Name*, was released last summer.

5 A sacred language based on the transformative power of the sound current

6 The Guru, or Teacher, in the form of the sound current

7 One who serves selflessly

8 Sacred sound current



KRI invites you to support the Yogi Bhajan Library of Teachings

The following meditation uses the sound current—the *naad*—of Yogi Bhajan’s own voice: *God and Me, Me and God, are One* (available on *Destiny* from the Kundalini Research Institute).

Posture: Sit in a comfortable cross-legged posture, or in a chair with both your feet flat on the floor.

Mudra: Place your hands in Gyan Mudra, thumb and index finger touching with the other fingers straight. Cross the hands at the Heart Center, without actually touching the chest. The right palm is against the back of the left hand.

Eyes: Closed.

Mantra: Repeat the affirmation (with Yogi Bhajan) for 11 minutes and merge with your own identity; merge with God.

This is one of thousands of *kriyas*¹ and meditations delivered by the Master, Yogi Bhajan. The unique quality of his voice is a precious gem—one of many that KRI is endeavoring to preserve and archive through The Yogi Bhajan Library of Teachings—the living legacy of the Master. Go online (kriteachings.org) and see how easy it is to make a lasting, living contribution to The Yogi Bhajan Library of Teachings. Receive the *Destiny* CD as a premium for your monthly contribution. *Destiny Calls!*

¹ A combination of posture, mudra, mantra, breathing, and rhythm; a kriya can be one exercise or a specific sequence of exercises

1 The most revered and sacred Sikh temple

2 Sacred music based on the power of the sound current

3 Marble walkway surrounding the Golden Temple

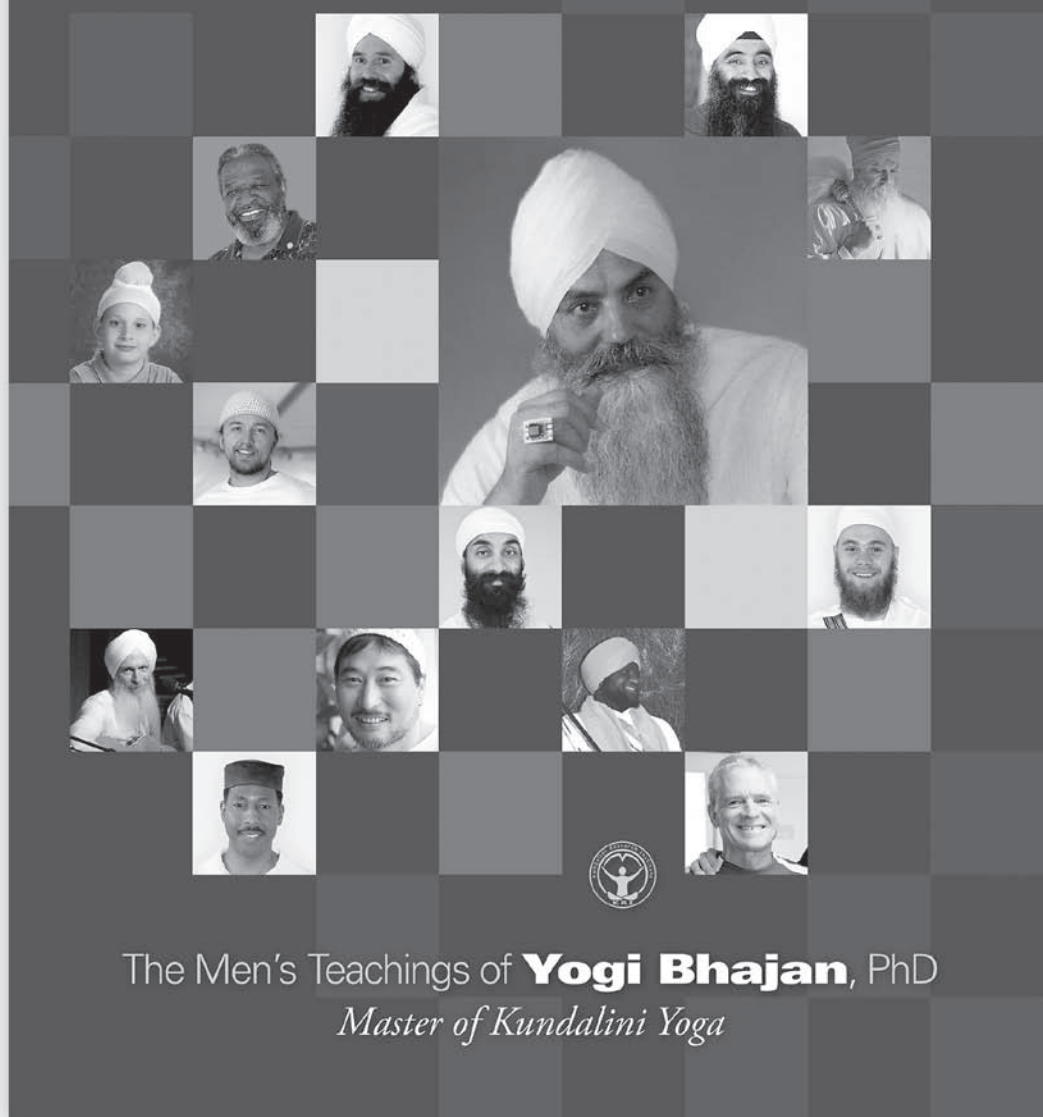
4 A Gurdwara in Anandpur Sahib dedicated to the 9th Sikh Guru, Guru Tegh Bahadur

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Man to Man

A Journal of Discovery for the Conscious Man



The Men's Teachings of **Yogi Bhanjan**, PhD
Master of Kundalini Yoga

Available from The Source: www.kriteachings.org

Your Source for Kundalini Yoga as Taught by Yogi Bhanjan®

NAAD: THE RESOUNDING SOUND

EXCERPTS FROM A LECTURE BY YOGI BHAJAN

NOVEMBER 24, 1990, HAMBURG, GERMANY

Effective communication is called *Naad*—harmonious speaking and hearing at the same time—something which connects. Ordinarily, people do not have harmonious understanding or hearing or listening. Nor do people have the clarity of speaking. So, what we are doing within the smallness of us is unpredictable because we do not know what we are saying, or if what is heard is understood or not.

When what one says and what one hears is in established harmony, then when the master speaks, the disciple hears. When the person of love speaks, the beloved hears. When the Creator creates the harmony and vibrations, the creation hears it. The creativity of the Creator and the creation, the lover and the beloved, the center and the expansion—all things are balanced on one thing: the understood self. That element of understanding is called *Naad*. It's a beautiful word. "In the beginning there was a Word, the Word was with God, and the Word was God." When you read that in the Bible, it is saying, "The word came out of *Naad*, and the word merges back into *Naad*."

There can be a life which can be totally blah, no taste to it: the *Naad* of life is not sounding and resounding—and life depends upon that resounding. According to that resounding there's a taste to life.

Watching what living is, understanding what it is, feeling what it is, being part of what is, is within us. And that makes us communicate with our soul. We constantly talk to our soul. And sometimes we are fortunate to hear that conversation consciously. When my self hears my soul, that is the *Anaadee Naad*. That is what is called, "Celestial music." When self talks to its soul, that is where you find the taste, the juice, the beauty of life. The rest is protection. We build walls, defenses, denials, psychological interwoven escapes, rational escapes. We give distance to our destiny, and still something pulls us back to the center. Why do we come to that center? What is the pull? We want to hear our self. We want to hear that one word in experience, in taste, "I am, I Am."

You are here because you are to be here. There's a strength and a feeling in the soul. There's that little, subtle voice in you which wants you to come. It's my humble duty today to



get you to that stage that you hear. If you can hear the essence of your life clearly, you can essentially progress on the way of life very successfully. Life has a chance to be tasteful or it can be tasteless.

How subtle are we, not about others, but about ourselves? There are a lot of people who put in a lot of effort, but they fail. They ask the question, "Why, with all the effort I have put in, am I failing?" They go to the expert and they are given advice or counseling. They are willing to hear that. I wish they would have heard their own inner counseling, because everybody knows within one's self where one's wrong is.

Temporarily you can patch up your wrong for the sake of being right. But in the long run, the joyful, successful experience shall come to you when you can develop the capacity to hear your inner self, and that is the world. The beauty of the *Naad* is essentially the beauty of the self. The resounding of the *Naad* is the taste of the self. The vitality of life is the projection of the *Naad*, and the fulfillment of the life is the concept of the *Naad*. I hope you have come here to understand with that depth the most subtle subject of life, and you will gain from it. We are a simple, living, human being and we should watch our living, and hear our inner sound, which is pure love, pure life, pure existence.

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All the Kundalini Yoga teachers listed in this Directory are KRI Certified through Level 1 KRI Teacher Training. All Teacher Trainers listed here are licensed by KRI. Teachers have provided their own descriptions. **Teachers: Contact ikyta@3ho.org to modify listings.**

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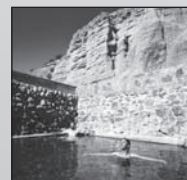
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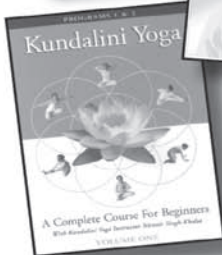
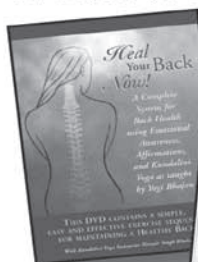
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OPENING AWARENESS

AT THE RE MAN COURSE

By Guru Seva Singh Khalsa

This shabad (Re Man) is pure Naad Yoga. It has the capacity to lead to a perfect state of total health. Perfection of this shabad can make you like a Golden Buddha. You will have wisdom, you will have the purity of a yogi, and you will have an essence. **Yogi Bhajan**

Each year the senior class from Miri Piri Academy joins Guru Dev Singh¹ and sangat² members from all around the world in Rishikesh, India for the *Re Man* course. This year's course was from February 24 – March 2.

Over a six day period we repeat Guru Gobind Singh's³ *shabad*,⁴ *Re Man Eh Bidh Jog Kamao* (Oh my Mind, Practice Yoga in this Way)⁵ 11,000 times, sitting for up to nineteen hours a day (with periodic breaks) in deep meditation. The *shabad* describes in detail how to achieve the state of Yoga (union), and is said to give the practitioner yogic virtues and strengthen the radiant body. It is also said that repeating the *shabad* 11,000 times intensifies its purifying effects.

At the beginning of the course I was really excited but didn't know what to expect. I had heard many things about it. I heard that it was a direct experience of *Naad*.⁶ I heard that after several hours of repetition, one would go into a very deep state of meditation. I never thought it would be so intense, or that I would get into this state so quickly.

I remember that the first few days I 'got into it' very easily. It seemed like the hours were just flying by. I would begin chanting as I walked to my spot, sat down with my shawl and pillows, and closed my eyes. My spine easily locked into a straight position and then an hour, sometimes two or three, would just fly by.

In some way it was as if the only sound that existed was the *Naad* of the *Shabad*. After two days I began hearing the *shabad* out of nowhere, even when I was not chanting. To my mind, it had penetrated my subconscious, my unconscious, and my dreams. I could feel the beginning of a fundamental change in my mind and body.



GURU SEVA SINGH KHALSA

On the third and fourth days, things began shifting inside of me. An enormous amount of anger and negativity boiled over, and the remaining days of the course seemed an impossibility. Time passed slowly, and it was difficult to maintain any kind of meditative space. When the breaks came, I imagined I could feel the same negative state from the other people in the course. In that state even the *shabad* itself became a focus of my anger.

Then, during the final two days, everything shifted again. I locked in, felt centered, and even though 'spaced out,' I felt a curious sense of being more present and alert than ever before. I could feel that the *Naad* of the *shabad* was working, creating an opening of awareness. When the course ended I felt like a different human being from the one who had arrived just six days before—much more aware, present in the moment, and real.

The *Re Man* course has definitely been the strongest spiritual experience in my life. It is a true experience of the power of *Naad*. The experience is so deep, strong, and meditative that it seems as if one touches the very inside of one's being. I am grateful that I had the chance to participate, and I am looking forward to another 11,000 repetitions.

Guru Seva Singh Khalsa was born in Chile, and lived in Mexico for several years. He began school at Miri Piri Academy when he was 12 years old, and graduated this year. Both of his parents are Kundalini Yoga teachers, and he credits his love for yoga and teaching to their influence.

1 The founder of the School of Sat Nam Rasayan, an ancient healing art based on the application of the meditative transcendent mind

2 Spiritual community

3 The 10th Sikh Guru, embodying royal courage and radiance

4 Sacred sound current, or vibration that dissolves the ego which prevents us from perceiving and acting from our authentic Self

5 For the complete shabad with translation, go to aquariantimes.com. Musical versions of this shabad are available at spiritvoyage.com and a-healing.com.

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

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THE SCIENCE OF NAAD AND GURBANI

EXCERPTS FROM A LECTURE BY YOGI BHAJAN

S*iri Guru Granth Sahib* is the Guru and it contains the Guru. What is the Guru? It is the formula for experiencing one's own divinity.

Naad means "the essence of all sounds." All languages contain sounds, which relate to one or more of the five elements of air, fire, water, earth, and ether. *Gurbani* is a perfect combination and permutation of sounds relating to all the five elements in complete balance. When Guru Arjan Dev, the fifth Guru Nanak, compiled *Siri Guru Granth Sahib* in 1604, he put in only those *banis*¹ which were in *Naad*. These compositions are called *Gurbani*.

There are eighty-four meridian points on the upper palate of a human's mouth. One can feel that upper palate with the tongue and experience its different surfaces. There are two rows of meridian points on the upper palate and on the gum behind the upper teeth. The tongue stimulates those meridian points, and they in turn stimulate the hypothalamus, which makes the pineal gland radiate. When the pineal gland radiates, it creates an impulsion in the pituitary gland. When the pituitary gland gives impulsion, the entire glandular system secretes, and a human being obtains bliss. This is the science.

When you read and recite *Gurbani*, it stimulates your hypothalamus. It is totally different than any scriptures because *Gurbani* is made in a scientific way. One who knows the *Naad* knows the *Aad*, the primal creativity. One who knows the *Aad* is *Parameshwar*, the Supreme God.

The whole language of *Gurbani* has the power to make a person divine, just in its recitation, if done correctly. One need not be concerned with the mean-

ing for a change in consciousness. Read *Gurbani* in the way Guru says it, and

Read *Gurbani* in the way Guru says it, and understand it, and you will be in such ecstasy you will not believe it!



understand it, and you will be in such ecstasy you will not believe it! Concentration on the construction of the word and the sound is the proper way to recite *Gurbani*. As you are creating the sound, the meaning will automatically come to you, now or later. It is just a matter of time and space. You must listen to your own construction of the *Gurbani*. This is the technical way in *Naad Yoga*.

The Guru's Word (*Gurbani*) is what the Guru spoke. It is the imprint of the essence of God. It is the pathway to God. If the ordinary human being speaks it, it will always elevate him to that state of consciousness of the Guru. The Guru's consciousness is united with God, so the person will automatically get united with God, if he speaks the same words. It is a scientific and direct way to unite the finite with the Infinite Consciousness. The hypothalamus will get the same tingling. The impulsion of the pituitary will function the same way and get the other glands to secrete also in the same way as it was in the body of Guru Nanak.

In *Siri Guru Granth Sahib*² each *shabad*³ has its own individual domain, power, *riddhi* (worldly riches), *siddhi* (spiritual power), and *nau niddhi* (nine treasures). All occult powers are there. The recitation of *shabads* gives you the power to redeem the environments. *Shabad* brings inner balance. The *shabad* has the power to control you and your mind, otherwise there is no way you or your mind can be controlled. When controlled, our minds can create great things, because the power of the mind is also very infinite. When disciplined, it can change the vibrations and the magnetic psyche of the Earth. *Shabad* is a part of the power of God, and when the *shabad* merges in you, you become God.

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

³ Sacred sound current, Divine word, mantra or words of the Guru



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EXCERPTS FROM A LECTURE BY YOGI BHANJAN, JULY 22, 1996,
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Does anybody know the meaning of the word, 'Communication'? What is the Naad of it? How does sound work? Communication is 'common notion.' Common notion. The intentional notion of a person is to be together. Man is a social animal—biologically, psychologically, sociologically. God cannot live alone; God cannot create another God; God is impotent. Therefore, God created Creation. So, man created communication. That's all it is. That's the only thing in common between us and God; God is not outside; God is within us, and we are God, and we communicate.

The question is: from which *chakra* do you speak? Which *chakra* is behind your communication? Do you talk, do you speak, do you utter? There are three ways. Your *presence* is communication. Did you ever learn that? Your *existence* is your communication. And your *projection* is your relation. You are the power.

Speak from here. (Yogi Bhanjan puts his hand on his navel point.) One who doesn't speak from here is dead. Every communication which does not come from the navel point brings disease, sickness, sorrow, sadness, madness, insanity, and bad luck. True. It's as true as anything. Never speak from here (Yogi Bhanjan points to his mouth). Never speak from here (Yogi Bhanjan points to his throat). Never speak from here (Yogi Bhanjan points to his heart center). Speak from here (Yogi Bhanjan points to his navel point), from your original self. Do you see when I talk, this thing goes in



and out (Yogi Bhajan points to his navel point, belly button)? Practice.

Speak it from the guts. Speak it with your soul. Speak it with your power. God gave you a chance to speak. God gave you the intention and notion to communicate. Speak truth, which is you. Anything else you speak is untrue. And the word must have power, must project, must hit the target. If you speak

You as a hue (hu-man) are like a bow; your mind is like a string, your word is the arrow. Strike, using your faculty of chakra, and you shall always win.

from here (Yogi Bhajan points to his navel), hit the heart. If you speak from here (Yogi Bhajan points to his 3rd eye point), hit the heart. Never aim your language at the head of a person. It'll come back to you as a boomerang, and hurt you more than you know.

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There's no greater power than the power of the word. The spoken word is the only essence you have. You as a hue (hu-man) are like a bow; your mind is like a string, your word is the arrow. Strike, using your faculty of chakra, and you shall always win.

What can make you great? That people can trust you. What can make you trusted? If you talk straight. Simple or not. One day your lies will be found out by your friends, and you shall have enemies. They will know it. No person is less than God, and no lie can be hidden. It's a matter of days. As you speak today, so you suffer tomorrow.

Learn that what you say is gold. What you hear should be a diamond; less than that, don't accept it. When you speak, if it is the truth, others will know it. If it is not, it will confuse the other person whom you want to befriend. That's how you create your enemies. That's how you ruin your relationships. That's how you bring pain to your life, and that's how you are lonely.

Speak authentically straight. Start slow and small, because in the word 'small,' 'all' is contained. Just start today. You can have wealth, you can have health, you can have the world at the tips of your fingers, but [if you don't speak straight], you shall not have happiness. Happiness only belongs to those who are straight. And it's not too late to be straight.

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Sikh Dharma International is pleased to welcome the new Dasvandh Development Director, Guruprakash Kaur Khalsa. The Dasvandh Office offers inspiration along the path to prosperity and shares the teachings Yogi Bhajan brought to us about prosperity consciousness and the laws of prosperity.

EVERY SOUND YOU MAKE

SPEAK STRAIGHT AND CREATE PROSPERITY IN YOUR LIFE

By Guruprakash K. Khalsa



“Naad and communication.” “Sound and mantra.” These terms mean a great deal to me. What can be more powerful than the spoken word? And, likewise, what can be more transformational than a perfect mantra penetrating your psyche?

Growing up in Sikh Dharma, I was constantly surrounded by the sound of mantra. My mother and father, both Kundalini Yoga teachers, would play 3HO music and chant and sing a great deal of the time. It's no wonder that I took to singing and connecting with the sound current.

My journey has had different incarnations, from singing songs over and over in the car until my poor brother felt completely tortured, to playing kirtan in Gurdwara and teaching chanting workshops. As we all know, meditation can be a challenge. For me, meditation can actually feel impossible at times. However, when music, mantra, and chanting are combined, my spirit opens up instantly and I can imme-

diately connect to my highest self. With Naad, every sound you make and every sound you hear create specific changes in your body and mind.

When you hear Yogi Bhajan's voice, you will know how much impact sound can have on your whole being. It isn't just what he says in his lectures, but the sound current he creates that works its way into your consciousness and completely uplifts you. In Yogi Bhajan's lecture, “Your Presence is Your Communication,” he breaks down the science of being conscious of your spoken word. By speaking straight from your core, you can effect positive and dramatic change in yourself and those around you. What a gift to be able to uplift, heal, and inspire yourself and those around you by speaking from your inner being in Naad! And what a priceless opportunity to be able to shift your consciousness by listening and absorbing the sound and mantra around you! When you open your mind to this

*We are happy to
announce that you can
now watch Yogi Bhajan's
video lectures online at
www.sikhdharma.org.*

what is dasvandh?

Every spiritual path has an avenue of participation, an opportunity to give back through tithing. While tithing is traditionally one-tenth of one's income, many people simply give whatever amount they can.

The principle of tithing is that if you give to Infinity, Infinity, in turn, will give back to you tenfold. It is a spiritual practice through which you build trust in the ability of the Universe to respond to the energy that you give.

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

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incredible potential, just imagine how it can affect your happiness, relationships, and prosperity.

At Sikh Dharma Dasvandh, our mission is to support your prosperity through tithing, by giving to the Universe and trusting completely, allowing infinite abundance to flow back to you. It is our blessing to share Yogi Bhajan's words and meditations that relate specifically

to continued trust and the flow of prosperity. It is my great honor to join this incredible group consciousness, serving you through the beauty and grace of Dasvandh. Thank you for your support and all that you give to Dasvandh, and for spreading these teachings to the world. If you haven't signed up for electronic giving, please do so today and allow for infinite growth and prosperity in your life.

Guruprakash Kaur Khalsa is joining 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 can be reached at dasvandh@sikh-dharma.org

PROSPERITY MEDITATION: DEVELOP THE POWER OF EXPRESSION



In order to be successful and manifest what you want and need in this life, you must be able to communicate clearly and powerfully. This meditation, properly done, develops your power of expression so that you can speak from your truth and effectively attract prosperity into your life.

Chant the Adi Mantra (Ong Namo Guru Dev Namo) 3-5 times.¹

Posture:

Sit with the spine straight in a cross-legged position (Easy Pose). Interlock your hands behind the neck with the elbows stretched back.

Eyes:

Eyes are closed.

Mantra:

Rhythmically chant the mantra, *Har, Har, Har, Har...*,² pulling in the navel and stretching the elbows back on each *Har*.

Time:

Continue for 11 minutes.

To end:

Inhale deeply, hold, and stretch your spine. Exhale and relax.

¹ For complete instructions, go to kriteachings.com/toolsforteachers

² One of the names of God in His creative aspect; the 'a' is short and sounds like the 'u' in 'but' and the 'r' is slightly rolled, similar to Spanish. Available on CD *Tantric Har* by Simran Kaur and Guru Prem Singh at www.spiritvoyage.com



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UXL, UltimateXtremeLife, is an organization dedicated to promoting extreme consciousness in order for human beings to attain a high level, enjoyable life. Through events, workshops, and sponsorship, UXL is designed to uplift and strengthen mind, body and spirit in order to prepare individuals for a healthy and high-energy lifestyle during extreme times! Using the powerful technology of Kundalini Yoga, combined with (but not limited to) vibe-jacking activities such as surfing, gatka, skateboarding,



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SURFING lessons with local professionals. Whether you are a complete beginner or seasoned pro, get ready to launch to the next level. By cultivating your core mobility you'll pop-up, drop in, and carve in before you can say 'Aloha'!



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GATKA lessons led by Gatka Instructor Hargobind Singh Khalsa, who hails from the esteemed Miri Piri Academy in Amritsar, India. Gatka uses various weapons and hand-to-hand techniques to train the body and mind to work together and instill the qualities of a warrior: bravery, courage, and self-discipline. Feel your spirit soar!



Experience the beauty and clarity of your soul during

KUNDALINI YOGA classes. Led by seasoned professionals, you'll journey through dynamic blends of breathing, postures, mantra, music and meditation. Learn the art of relaxation, healing and elevation.

WHAT IS UXL?

BMX biking and snowboarding, the UXL team of global superstars is dedicated to invoking the spirit and power of each participant. Combined with relaxing and nourishing activities such as meditation, live music and dance, with healthy vegetarian meals set in natural surroundings, UXL workshops and events offer the ultimate healing, strengthening and empowering experiences of a lifetime! Embrace your inner power and strengthen your divine spirit for extremely conscious living in an extreme world. Join us for **Extreme Maui!**

Email: uxlxtrememaui@gmail.com

Contact: Nam Hari Kaur (925) 297-7234

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