

# AQUARIAN

TIMES

featuring Prosperity Paths



# yoga & health

10 DECADES OF SCIENTIFIC RESEARCH  
MEDICINE DISCOVERS MEDITATION  
KUNDALINI YOGA HEALS 4 CAPE TOWN WOMEN  
5 THINGS TO FORGIVE IN YOUR LIFE  
HEALING AYURVEDIC CUISINE  
THE HEALING POWER OF INTENTION

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STANDARD  
US POSTAGE  
**PAID**  
ESPANOLA, NM  
PERMIT NO. 934

Volume 5 Number 4 July/August 2006

uplifting flavor



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# WHOLLY HUMAN JAM

## INTERNATIONAL KUNDALINI YOGA TEACHERS ASSOCIATION ANNUAL TEACHERS SUMMIT

*Each one of you must rise up  
and fulfill your role in the story.  
Each one of you is a saint. From  
your souls this spiritual nation  
has come. To mint tomorrow  
and get rid of sorrow, You all  
must unite as one.*

Yogi Bhajan

### **Fondjouan, France**

July 22 - 24

### **Mexico City, Mexico**

November 2 - 6

### **Unleashing our Collective Wisdom and Building our Global Community**

Imagine all the Kundalini Yoga Teachers in your area working together; new opportunities opening up for all; teamwork has mega-multiplied the impact of Kundalini Yoga in your community; teachers feel elevated and included, able to share their gifts and support each other world wide. All this and more is possible.

- Practice with your peers and collectively vibrate in the sacred teachings as taught by Yogi Bhajan
- Engage in a process of authentic communication and collaboration
- Create our future together by clarifying our shared values and goals
- Join us in joy and transformation.

*I am grateful to have found this  
extraordinary family of beautiful  
souls, bringing the teachings of  
Yogi Bhajan to the world.*

Melinda Hess, New Mexico – IKYTA  
Teacher Conference 2005



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e-mail [IKYTA@3HO.org](mailto:IKYTA@3HO.org)  
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# INDIA YATRA

HIMALAYA MOUNTAINS

## Hemkunt Trek

AUGUST 24 - SEPTEMBER 7  
Himalaya Mountains, India

Take a mysterious and life changing journey. Adventure into the pristine beauty of the glorious Himalayas for an extraordinary *yatra* (spiritual journey). With veteran 3HO India travelers as your guides, experience the magical land of India where you will dip into the glacial waters of a crystalline lake, graced by a sacred temple. Explore ancient sites where yogis once meditated and connect to a powerful, hidden India. Discover the unexplored wilderness that exists within you.

- Daily Sadhana - Early morning group spiritual practice of Kundalini Yoga, meditation and chanting
- Tour the historical and sacred sites in New Delhi
- Three days in Rishikesh, on the sacred Ganges River
- Four days of trekking the Hemkunt Trail
- Group Meditation at 14,000 feet

Healthy, Happy, Holy

**Self Mastery Level 2**  
Teacher Training in India 2006

Conscious Communication

NOVEMBER 11-17

Anandpur Sahib, India

Three-day Yoga Yatra

NOVEMBER 18-20

Amritsar, India

Authentic Relationships

NOVEMBER 21-27

Anandpur Sahib, India

*I can't imagine what my life would be like if I hadn't participated in the Self-Mastery teacher training course. The power of that experience is something that flows from me to the world around me, and especially to my students.*

**Dale Prentiss**, Michigan-Self Mastery, Anandpur Sahib 2004

Healthy, Happy, Holy

*This Yatra facilitated an expansion of my soul. It helped me understand how to integrate spiritual enlightenment into my day-to-day focus, find joy in all things, even simplicity and a renewed clarity regarding faith.*

**Marika Bethel**, Jersey City, NJ, India Yatra 2004



## SELF MASTERY

LEVEL 2 TEACHER TRAINING

### Self Mastery Level 2 Teacher Training in India 2006

Level 2 Teacher Training is a transformational process. Each Level 2 module uses the teachings of Yogi Bhajan to penetrate our inner being, transforming our consciousness so we can uplift others by our presence. Take one or both of the modules to further deepen your practice, knowledge and experience of Kundalini Yoga.

**Conscious Communication** - As Kundalini Yoga teachers we uplift and penetrate through Conscious Communication. Learn the Technology to experience mastery through the power of the Word.

**Authentic Relationships** - To be authentic as Kundalini Yoga teachers and to experience love we learn how to use the neutral mind to embrace our identity, projecting into the hearts of the students.

Join us for this first time offer of Level 2 Teacher Training in Anandpur Sahib, India.

- Experience the sacred land of India
- Study in a simple village setting at the home of Yogi Bhajan
- Journey to the Golden Temple in Amritsar
- Daily Sadhana - Early morning group spiritual practice of Kundalini Yoga, meditation and chanting
- Study with Yogi Bhajan through video technology

### 2006 3HO CALENDAR OF UPCOMING EVENTS

3HO WOMEN, WOMEN'S CAMP  
JUNE 25 - JULY 2, ESPAÑOLA, NM

KHALSA YOUTH CAMP  
JUNE 26 - JULY 9, ESPAÑOLA, NM

**NEW!** AQUARIAN TEACHER PROGRAM  
LEVEL 2 AUTHENTIC RELATIONSHIPS  
JULY 2 - 8, ESPAÑOLA, NM

SPECIALTY TEACHER TRAINING, CONSCIOUS PREGNANCY, JULY 10 - 22, ESPAÑOLA, NM

**NEW!** IKYTA ANNUAL TEACHERS SUMMIT  
WHOLLY HUMAN JAM, JULY 22 - 24, IN CONJUNCTION  
WITH THE 3HO EUROPEAN YOGA FESTIVAL DATES  
FONDJOUAN, FRANCE

3HO EUROPE, EUROPEAN YOGA FESTIVAL  
JULY 25 - AUG 2, FONDJOUAN, FRANCE

SELF MASTERY, LEVEL 1 TEACHER TRAINING  
INTENSIVE, AUG 14 - SEP 4, GHOST RANCH -  
ABIQUIU, NM

INDIA YATRA, HEMKUNT TREK  
AUG 24 - SEP 7, HIMALAYA MNTS, INDIA

YOGIJI GOLF CLASSIC  
AUG 25, ESPAÑOLA, NM

SPECIALTY TEACHER TRAINING, CONSCIOUS PREGNANCY, SEP 1 - 13, VANCOUVER, CANADA

SPECIALTY TEACHER TRAINING, CONSCIOUS PREGNANCY, SEPTEMBER 18 - 24 CONTINUED  
NOV 14 - 9, STOCKHOLM, SWEDEN

SELF MASTERY, LEVEL 1 TEACHER TRAINING  
INTENSIVE, SEP 22 - OCT 13, OMEGA INSTITUTE  
RHINEBECK, NY

**NEW!** IKYTA ANNUAL TEACHERS SUMMIT  
WHOLLY HUMAN JAM, NOV 2 - 6, TOLUCA, MEXICO

**NEW!** SELF MASTERY, LEVEL 2 TEACHER TRAINING  
INTENSIVE, CONSCIOUS COMMUNICATION  
NOV 11 - 17, ANANDPUR SAHIB, INDIA

THREE-DAY YOGA YATRA  
NOV 18 - 20, AMRITSAR, INDIA

**NEW!** SELF MASTERY, LEVEL 2 TEACHER TRAINING  
INTENSIVE, AUTHENTIC RELATIONSHIPS  
NOV 21 - 27, ANANDPUR SAHIB, INDIA

**NEW!** AQUARIAN TEACHER PROGRAM, LEVEL 2  
MIND AND MEDITATION, NOV 2006, AUSTIN, TX

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

**GLOBAL MEDITATIONS:**

Healthy, Happy, Holy Day Yogi Bhajan's Birthday, Aug 26

YOGI BHAJAN REMEMBRANCE DAY, OCT 6

GURU RAM DAS BIRTHDAY, OCT 9

UNITED NATIONS  
INTERNATIONAL DAY OF PEACE, SEP 21

OTHER DATES TO BE ANNOUNCED:

**NEW!** JAAP SAHIB, OCT - ANANDPUR SAHIB, INDIA

FOR MORE INFORMATION ON THESE EVENTS  
AND GLOBAL MEDITATIONS, PLEASE VISIT US AT  
[WWW.3HO.ORG](http://WWW.3HO.ORG)

WHITE TANTRIC YOGA  
PLEASE VISIT [WWW.WHITETANTRICYOGA.COM](http://WWW.WHITETANTRICYOGA.COM)



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Take care of the  
spiritual facet of  
your life by joining  
with others to  
experience and  
elevate yourself,  
the group and  
the universe.

*Yogi Bhajan*

3HO Foundation Healthy, Happy, Holy Organization  
is a 501 (c) (3) non-profit organization



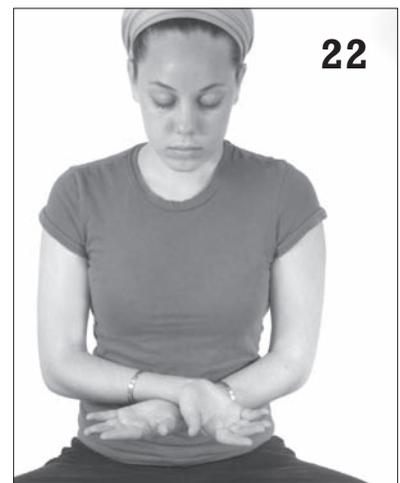
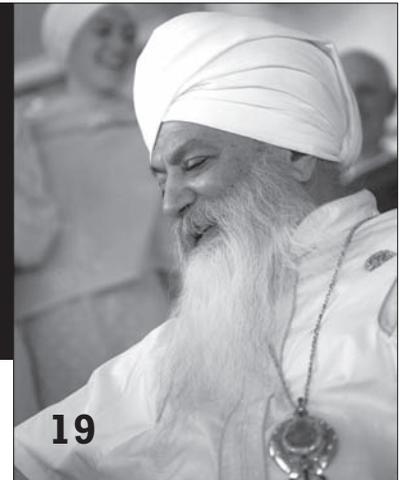
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[www.KRIteachings.org](http://www.KRIteachings.org)

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Cover photo by Mathias Beck  
AKA Yoga Aktuell

# keeping up together

## Note from the Editor

*Self-healing is the genuine process  
of the relationship between the physical  
and the infinite power of the soul.*

**Yogi Bhajan**

**W**hen I came to Los Angeles to work on the staff of our spiritual teacher, Yogi Bhajan, I was twenty-five years old. Eighteen of my twenty-five years had been spent in a modest house in Bergenfield, New Jersey, where I was born. My geographical boundaries were extended only by the annual drive my family took to Florida on winter breaks. Living in a household where socializing was limited to holidays and birthdays, I was an extremely shy, elusive Virgo.

For two solid years after my arrival to L.A., I could not speak in Yogi Bhajan's presence. Knowing well the fear that I held, he commanded that I was to see him once a day, whatever it took. So I would come to visit him every afternoon at Guru Ram Das Ashram, knees trembling as I walked gingerly into his presence, heart fluttering as I prayed that he did not call upon me to speak, rejoicing when I would finally be dismissed, having fulfilled his requirement for another day. Then one afternoon, quite spontaneously, he said, "Siri Ram, you do not have a fear of talking. You have a fear of not talking."

Over time, Yogi Bhajan began to notice that I would routinely develop strep throat. With keen intuition and enormous compassion he would make every effort to help anyone become free of pain, illness or limitation, and in my case as illustrated so well by the story I am about to tell, he did exactly that.

We were out in Santa Monica, California, at a meeting that was being held two blocks north of the Santa Monica beach. On the lunch break, Yogi Bhajan told his security guard to escort me to the beach. Next he told me to go into the ocean and to swim as if I were swimming "for my life" and that if I did so, I would be healed. Following his orders, we made our way down to the beach. I was swimming along at a moderate pace when I noticed a lifeguard driving in an open jeep at full speed, blowing the horn and waving and yelling for me to get out of the water. Yogi Bhajan's security guard ran to the water's edge and yelled, "Siri Ram, get out of the water now!" I didn't know why, but I literally began to swim for my life, trying to reach the shore as fast as I could. The minutes seemed like hours, but after many hard and furious strokes, I made it to the shore. As it turned out, I was inches away from a rip tide which would have swallowed me up, and perhaps my life too.

I never got strep throat again. Eventually my fear diminished, and I was able to speak in my teacher's presence without hesitation. I went on to develop my public speaking abilities and was often prompted by Yogi Bhajan to speak to large groups with only a moment's notice. Perhaps he was preparing me to facilitate White Tantric Yoga twenty-five years later, each course for which I feel eternally grateful.

My story is not unlike many others told by those who have experienced the healing effects of practicing the teachings of Yogi Bhajan. This issue shares with you some of those inspiring stories of healing. Today his timeless teachings continue to bring health and happiness to thousands because they empower you to walk the distance and to come through for your self. Just as I had to swim to save my life, he taught us all that self-healing is the long-lasting way to experience the grace and joy that awaits each one of us.

In the spirit of universal acceptance,



Siri Ram Kaur Khalsa



## Who We Are

*Aquarian Times featuring Prosperity Paths* is dedicated to providing you information and practical tools to manifest health and happiness in your life. We offer an array of articles to benefit your body, nourish your mind, and touch your soul, many of which can augment your progress along any spiritual path. You will find in every issue the Teachings of Yogi Bhajan including Humanology and the 3HO way of life; Kundalini Yoga, the Yoga of Awareness; Sikh Dharma technology and the Shabd Guru,\* Naad Yoga,\* mantra and prayer; and resources such as our annual Calendar of Events, products and services, and website links.

The times we live in call for openness and inclusiveness. *Aquarian Times* offers a welcoming environment for readers of all faiths and beliefs as we strive to connect as one global family. We warmly invite your talent and participation.

\*See Glossary, p. 45.

# talkback...

I am just calling to tell you how stunning the March issue is! It's gorgeous—the picture of the man from Ghana, the layouts, and the quality of articles. As a teacher I feel really supported by this magazine. Every single article is relevant. It's a brilliant magazine! Thank you so much for producing it.

*Nadia*

Okay, we already know that Kundalini Yoga really works. However, here's a specific plug for the Meditation for Prosperity II (*The Aquarian Teacher*, p. 439). At the yoga center where I teach, we've been doing this meditation as our daily meditation since my return from Ghost Ranch. We've committed to doing it for 1000 days! There are several students who come to meditation regularly and have been experiencing great abundance in their lives. One student found her dream job. Another has been offered more work than he knows what to do with. As for me, my yoga classes are fuller than ever, and out of the clear blue sky I have just received a raise at my museum job! There have been other instances of money just coming to me—seemingly out of nowhere. I am constantly amazed and grateful for this technology. It is such a gift to be able to share it and its fruits with others.

*Sukhdev Kaur*

*Philadelphia, Pennsylvania*

*Aquarian Times* is supposed to be our family magazine now, right? Something for us. Well, it would be better if it was much more candid. The subjects and authors are a little too predictable. The same people write over and over again. Plus, it is very Espanola and L.A.-centric. But where are the real stories of 3HO—the little stories from the people in the field? Who is coming up against adversity and winning? We need a more investigative approach. We have to find the undiscovered pearls out there and hear from people we don't know. And if this is for the family, then it needs to reflect more of what's going on in the community.

*Soul Singh Khalsa*

*Phoenix, Arizona*

This is a letter to show my appreciation for all the wonderful resources available through the Dasvandh organization. There are only a few Kundalini Yoga teachers in Indiana, and they are not in my city. Through this organization, however, I am able to connect with something bigger, something that stretches my identity beyond the borders of my city and state, and I am reverent and grateful for this. I am a member of a Nazarene church. As an addition to this aspect of my faith, I practice Kundalini Yoga as prescribed by the late, great-hearted Master, Yogi Bhajan. Through this interfaith comparison and practice I have come to a deeper understanding and awareness of the restorative power of the Christ spirit, and for that I am eternally grateful to all involved, and of course, to God. From the depths of my heart-mind I thank everyone in the organization for being there, making the resources I enjoy available, and promoting a way of life that, for now, I must admire and practice from a distance. Thank you all. Sat Nam, Amen.

*Charles H. Vandenplas II / Shiv Anter S*

*Muncie, Indiana*

**AQUARIAN** TIMES  
featuring Prosperity Paths

#### spiritual guide

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Harbhajan Singh Khalsa Yogiji  
(*Yogi Bhajan*)

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**September: Service • November: Transformation**

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# what's new

## in our global community



### 3HO Global Community Website

This new website has been created to give all of us the opportunity to connect and grow as a global community. To find out what other communities are up to and to let them know what's going on in your community visit [www.3HOcommunity.org](http://www.3HOcommunity.org).

- Communicate with 3HO people the world over by using the discussion forum
- Find a community or add your community to our 3HO community map
- Get information about how to start a community
- Post events that are happening in your area by using the Events Calendar
- Read about What's New in our Global Community, and see the latest Featured Community

### The Chilean Yoga Festival (1)

For the past few years, every February there has been a Yoga Festival in Southern Chile. People attend from all over South America. The festival was held at Lake Rupanco, a magnificent mountain lake surrounded by exotic flowers and lush greenery. It was summertime in Chile, so the weather was warm and sunny. Many people camped in tents, while others stayed in one of the rustic hotels nearby. The air was so clear that thousands of stars were visible in the night sky. From *sadhana*\* to *bhangra*,<sup>1</sup> classes to meals and evening group meditations, the whole event felt magical, not only because of the location, but because of so many people coming together from so many countries to share the Yoga Festival experience.

### Krishna Kaur is Honored with Hero and Lifetime Achievement Awards (2)

Common Peace, Center for the Advancement of Nonviolence, and Agape International Spiritual Center honored Krishna Kaur with the Hero Award on April 2, 2006, at Agape in Culver City, California. The Hero Award is given to honor local heroes who are taking action to make a difference in the community. FAMLI, Inc., sponsor of the 14th annual Malcolm X Festival, honored the accomplishments of Krishna Kaur with the Lifetime Achievement Award on

May 18, 2006, in Los Angeles, California. Krishna Kaur has been teaching Kundalini Yoga in the greater Los Angeles community since 1970. She is the founder of Your Own Greatness Affirmed (Y.O.G.A.) Inc., which is a nonprofit organization dedicated to establishing yoga-based programs in under-served communities around the world. YOGA for Youth ([www.yogaforyouth.com](http://www.yogaforyouth.com)) is a Y.O.G.A. Inc. program that focuses on "at risk" and incarcerated youth. A certified Kundalini Yoga Teacher Trainer, Krishna is also the founder of the International Association of Black Yoga Teachers ([www.blackyogateachers.com](http://www.blackyogateachers.com)).

### Texas Khalsa Women's Weekends (3)

We gathered in San Marcos, Texas, for our fourth Khalsa Women's Weekend. The weekend was filled with Kundalini Yoga, delicious meals, stimulating discussions of the teachings, relaxation, walks, hot tubs, swims, massage, and sleep. We'd like to encourage women wherever you may live to get together for a couple of days to strengthen the bonds among us all. Watch some Yogi Bhajan Women's Camp videos together, make time to talk about them, and see what happens. Those of us who have already enjoyed these outstanding weekends are in the process of putting together some "how to begin" information so you can learn from our successes and mistakes. In the meantime feel free to contact us if you wish to know more: [gurugiank@aol.com](mailto:gurugiank@aol.com) *"Everyone should do this. Talk to other communities about it and inspire them. Keep the teachings alive. Women who work together and support each other will heal the world."* Yogi Bhajan

### Chardikala Jatha Plays Kirtan at the Golden Temple (4)

American Sikhs have played kirtan in the Golden Temple in India—but only rarely. One Sunday evening in April, 2006, the *Chardi Kala Jatha* (Jagat Guru Singh, Sada Sat Simran Singh, and Hari Mandir Jot Singh) was shown on ETC (Indian TV) playing kirtan at the Golden Temple. As reported by S. Kushwant Singh, a renowned Indian author and journalist,

he was “arrested by a deep, melodious voice.” When the TV camera focused on the *raagis*,<sup>2</sup> he was perplexed. The men had blond or brown beards and were wearing blue or white turbans. There was not a flaw in the pronunciation of words. There was not a false note. “I realized they were the American followers of Yogi Bhajan. I was profoundly impressed. Even when it comes to *Gurbani*, Americans can do more than match the best of our own established raagis.”

### Prince Charles is Greeted by MPA Students (5)

On March 28, 2006 the 12<sup>th</sup> grade students from Miri Piri Academy in Amritsar, India, were part of a welcoming presentation for Prince Charles of the United Kingdom who was visiting Anandpur Sahib, India. We waited in line to greet the Prince and presented the Prince’s wife, Camilla Parker Bowles, the Duchess of Cornwall, a gift bag full

way toward us, and spoke to individual students. He complimented us, asked about *gatka*, and wished us good luck in our future endeavors. [Reported by Har Rai Singh Khalsa, grade 12.]

### Yogi Bhajan Memorial Highway Dedication (6)

On May 10, 2006 in Espanola, New Mexico, the New Mexico State Transportation Commission, with great ceremony renamed a state highway, dedicating it to Yogi Bhajan. In his remarks on the occasion, New Mexico Governor Bill Richardson said, “This highway is traveled by all of you and lies in the heart of your community; it is therefore with great pleasure that I declare New Mexico State Highway 106 as Yogi Bhajan Memorial Highway.” Look for the highway sign when you come to the Mother Ashram.

### Baisakhi 2006 in Los Angeles (7)

Every year the Guru Ram Das Ashram community in Los Angeles has the blessing of hosting the largest Baisakhi<sup>4</sup> Celebration in the U.S. For the L.A. community, it’s about serving—serving more than you ever thought you could. We served langar to over 7,000 people this year and estimate over 10,000 bowed their heads before the Guru\* during this auspicious day. The weekend was filled with inspiring festivities leading up to Sunday, when we piled into our cars and escorted the Guru to the Los Angeles Convention Center. Heartfelt *kirtan*\* was playing and before long the stately Gurdwara filled. The mayor of Los Angeles, Antonio Villaraigosa, who had donned a turban, addressed the *Sadh Sangat* (congregation). Golden Temple, Inc. joined in the celebration and donated \$75,000 worth of Peace Cereal to the Los Angeles Regional Foodbank. Thousands filled the streets as they followed the Guru being carried in procession through downtown LA. ■

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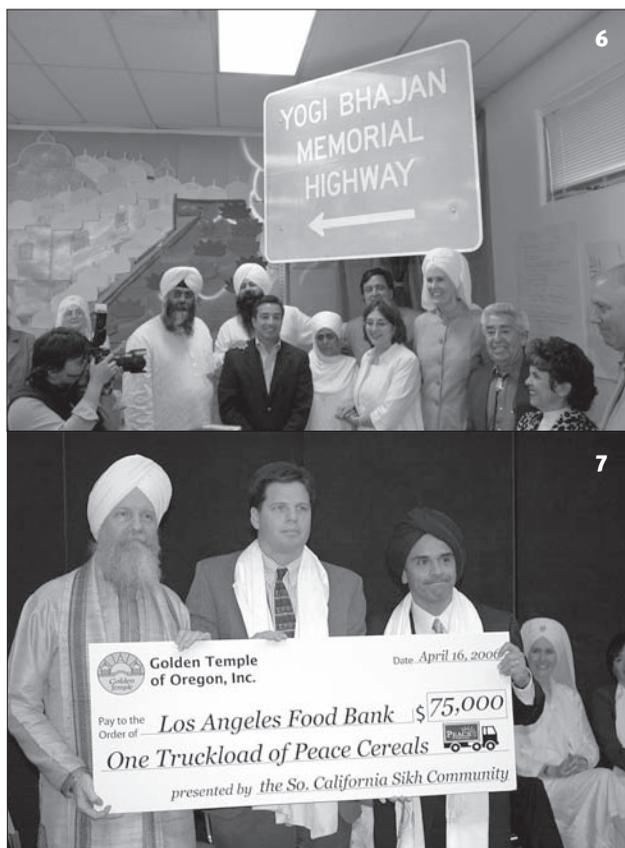
\*See Glossary, p. 45.

<sup>1</sup> Indian folk dancing

<sup>2</sup> Musicians who perform sacred Sikh music

<sup>3</sup> Indian martial art form

<sup>4</sup> A Sikh holiday celebrating the birth of the Khalsa and the spirit of renewal.



of wonderful 3HO items including a Miri Piri Academy promotional DVD, the Yogi Bhajan Tribute issue of *Aquarian Times*, and a few products from Yogi Tea, Golden Temple, and Sunshine Spa. The Duchess received our gifts with genuine delight and gratitude. We gave a *gatka*<sup>3</sup> presentation and when it was over, the Prince and his wife made their

## for your information

### 3HO Events Information / Registration

Kyla Hoffbauer, www.3ho.org, kyla@3ho.org, 505-367-1311

### 3HO Women / Women’s Camp / Excel & Celebrate Program / India Yatra

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

### 3HO Women / Conscious Pregnancy Course

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

### Solstice Sadhanas

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

### Self Mastery Teacher Training Courses

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

### Khalsa Youth Camp / Work Exchanges

Sat Jiwan Kaur Khalsa, www.3ho.org, 3hosatjiwank@3ho.org, 505-367-1301

### Jaap Sahib Course

Ravi Har Kaur Khalsa, www.3ho.org, naad-japji@sikhdharm.org, 505-367-1348

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

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

### International Peace Prayer Day, United Nations

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

### Kundalini Yoga Questions & Experiences

Satya Kaur Khalsa, satyak@sikhdharm.org

### Kundalini Research Institute (KRI) Information and Support / Certification

Dharam Singh Khalsa, kridharam@sikhdharm.org

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

Dharma Kaur Khalsa, www.KRIteachings.org, dharmak@3ho.org, 505 367-1318

### White Tantric Yoga

www.whitetantricyoga.com

### Building Community

Panch Nishan Kaur Khalsa, panchnishan@sikhdharm.org

### Spiritual Name Requests

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

### SuperHealth

Mukta Kaur Khalsa, mukta@sikhdharm.org

### Give to Dasvandh

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

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

### Marketing Service and Support

Bhajan Kaur, bhajankaur@3ho.org

### Office of Community and Public Relations

Sat Sundri Kaur Khalsa, satsundrik@kiit.com

### Miri Piri Academy

Sada Anand Kaur, www.miripiriacademy.org, melsark@yahoo.com, 91-183-225-9767

### Khalsa Council

Gurudarshan Kaur Khalsa, khalsacouncil@sikhdharm.org 505 367-1349

# In Service to Our

*S. Guru Amrit K. Khalsa had the blessing of serving the Siri Singh Sahib (Yogi Bhajan) on his staff since 1974, as an ordained minister since 1977, and as the Secretary General of Sikh Dharma and the International Khalsa Council from 1984 until 2005. In 2005 she was honored to take the leadership role assigned to her by the Siri Singh Sahib as the Siri Sikdar Sahiba. This new role serves our global communities and represents Sikh Dharma International at Sikh events.*

Over the past several months I have had the opportunity to travel and participate in many special events in our global communities throughout the United States and Europe. I'd like to share some of these adventures with you.

## **Khalsa Council (1)**

Khalsa Council is comprised of Sikh Ministers who meet formally twice a year to dialogue with each other and create goals for how we can best serve our Dharma, our families, our communities, and the world.

Currently, we as the Khalsa Council are reflecting upon our service as a global community, to bring the legacy of the Siri Singh Sahib's teachings on Sikh Dharma, and the 3HO teachings including Kundalini Yoga, to the world. We strengthen our values-based culture with our own practice and then reach out to inspire peace and a shift to higher consciousness, individual by individual. 2006 is a year of renewing our relationships of service in the world arena. Individuals all over the world have been practicing the teachings to purify their consciousness and build relationships so that, as the Siri Singh Sahib predicted, we may be "known for our service by 2007." Toward this end, the leadership body of the Khalsa Council started a two-year focus in October 2005 to work on the infrastructure of our global communities.

## **White Tantric Yoga in Vancouver (2)**

Vancouver is a flourishing community. Its beautiful yoga center is built around a precious Gurdwara.\* I went to facilitate the White Tantric Yoga course in the fall for all the students of Kundalini Yoga in the Northwest area. We were joined by a wonderful community of Kendo students from Seattle

who study under Taoist Master Sung. As communities, we quickly recognized our kindred spirits as spiritual warriors to serve these times by bringing our wisdom, healing, and service to humanity.

## **A Wedding in Eugene (3)**

Snatam Kaur Khalsa married Soporukh Singh Khalsa in early January 2006. As presiding Minister, I participated in this joyous event that revitalized the rainy Eugene, Oregon, community where 300 people came to honor the couple. This lovely community houses the Golden Temple manufacturing company<sup>1</sup> that supports peace in the world through grants and sponsors Snatam's travels throughout the states, presenting dynamic and inspiring Celebrate Peace Concerts.

## **536<sup>th</sup> Anniversary of the Birth of Guru Nanak**

Five thousand Sikhs from the surrounding Southern California area joined together in the Los Angeles Convention Center for Thanksgiving to participate in the 536<sup>th</sup> anniversary of the birth of Guru Nanak Dev Ji.\* I spoke on the three primary principles as laid out by Guru Nanak, which are to meditate on the Name (*Nam Japna*), to work hard (*Dharm di Kirat Karna*), and then to share with



**We strengthen our values-based culture with our own practice and then reach out to inspire peace and a shift to higher consciousness, individual by individual.**

others (*Vandh Chakana*). I encouraged all Sikhs to unite in our service to the world, and talked about the issues we face in Europe, the great impact we have made with SuperHealth in India, and the inspiration we bring to communities around the world by visiting, singing, and bringing messages of peace. We live in a time that requires that we keep our spiritual practices strong to be able to handle the pressures of our worldly commitments with grace, and to strengthen our ability to share with others less fortunate. Giving creates success and serving brings happiness and fulfillment.

# Global Communities

In her new role, Siri Sikdar Sahiba Sardarni Guru Amrit Kaur shares her experience of our international family as she travels around the globe



## The Phoenix Gurdwara (4)

I regularly visit the Phoenix community to support their growth. This community has taken on the huge project of building a beautiful new Gurdwara. The Community Development Office at International Headquarters in Espanola, New Mexico offered its support by introducing a process called Appreciative Inquiry. It is a process that creates questions to guide community members in the discovery and design of manifesting their future together. The strength of a community lies in its spirit to participate and serve but the growth and caliber comes from the personal purity of each individual keeping up with their daily spiritual practice.

## Amar Infinity

Giving that goes beyond time and space creates a legacy that serves the memory of one's success. So Amar Infinity was formed to serve those who wish to be remembered beyond time and space for their contributions to humanity. To support this worthy organization, I have served on the Board of Amar Infinity since its inception. The Amar focus is to educate and inspire others towards philanthropic actions and programs and to build relationships that support philanthropic giving. To this end Amar Infinity

sponsors two golf tournaments each year. Last year the Amar donors supported over one hundred and fifty charitable nonprofit organizations that serve humanity. More and more donors are lining up annually for some golfing fun together in Phoenix.

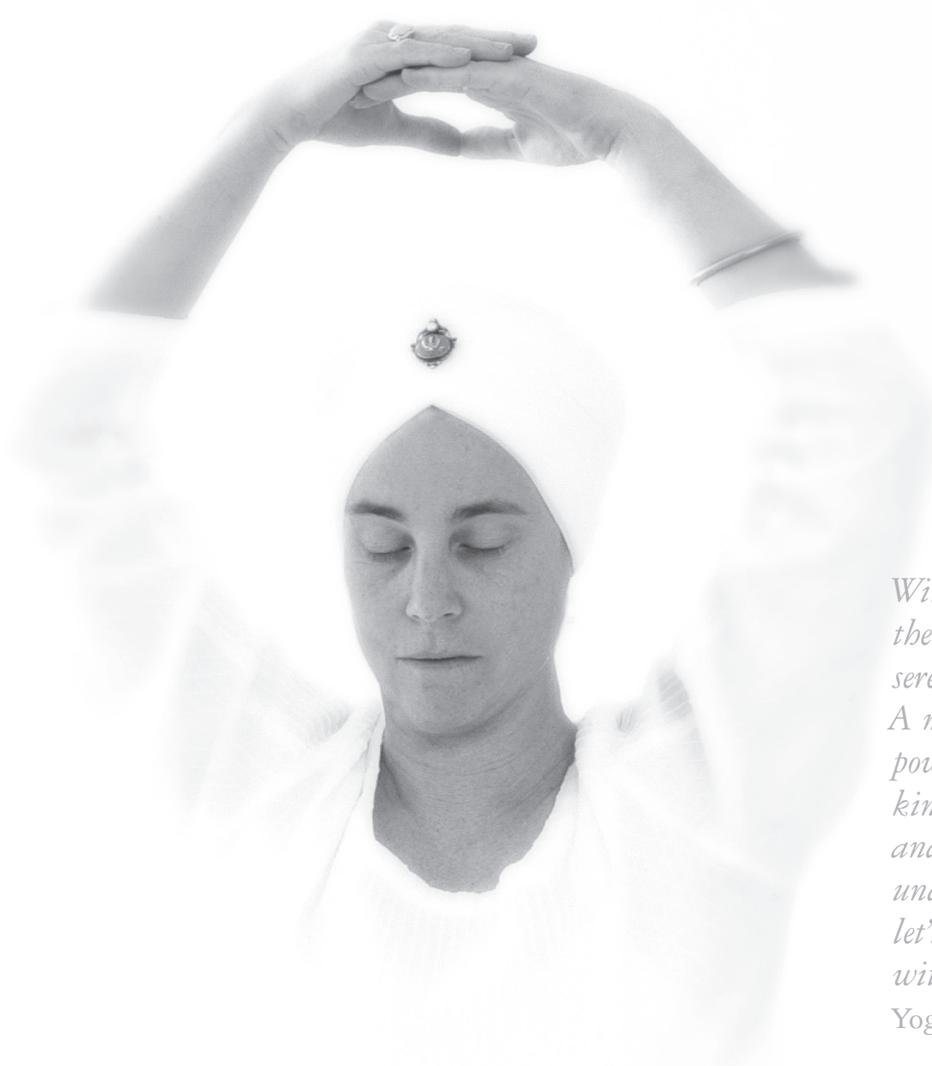
## European Khalsa Council (5)

Each January the European teachers and community leaders meet in Amsterdam to participate in the European Khalsa Council Meetings. Their current agenda is "Sikh Dharma Teachings." We shared our deepest insights, wisdom, and experiences as we built our bonds of love and support for each other. I led the Council through a prosperity visioning process to set a financial goal that would serve the future of the European Community in the purchase of land for their annual Summer European Yoga Festival, a celebration that brings 1,500 people together from around the world. ■

\* See Glossary, p. 45.

<sup>1</sup> Golden Temple is the manufacturer of Peace Cereals, Yogi Tea, Golden Temple Bulk Granola, Wha Guru Chews, Sunshine Spa, and other natural food and health products.

**Giving creates success and serving brings happiness and fulfillment.**



*Within us there lives  
the most calm,  
serene lake of wisdom.  
A most beautiful,  
powerful pond of precise,  
kindness, compassion  
and clarity. Let's  
understand that and  
let's dive into it  
within ourselves.*

Yogi Bhajan



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For more information about these courses and other KRI Aquarian Teacher programs visit us online at [www.KRIteachings.com](http://www.KRIteachings.com) or contact us at [TeacherTraining@3HO.org](mailto:TeacherTraining@3HO.org)

# meet the millis ashram

By Ekongkar Singh Khalsa and Manjit Kaur Khalsa

**For the past 25 years, Guru Ram Das Ashram has served the New England region as a platform for Yogi Bhajan's teachings and as a place of grace, peace, and spiritual transformation**

**Y**ear after year people stream to experience the Spirit of Guru Ram Das\* in this beautiful and cozy New England setting. "Oh, that I have found such a place that serves others in this way—that takes those who are born, but yet unborn of soul, and helps them find their way to that union that gives purpose to life," writes Deborah Goudreault, class of 2006, Level I Teacher Training.

Deborah sent these lines in a letter to us, after her first few visits to Guru Ram Das Ashram, Millis. We know what she means, because for all of us who live and work here, our ashram represents a beloved, sacred trust. And our prayer is that all who come here will feel the blessings of Guru Ram Das.\*

For the past 25 years, Guru Ram Das Ashram has served the New England region as a platform for Yogi Bhajan's teachings and as a place of grace, peace, and spiritual transformation. One of our Teacher Trainees, Sasha McDougall, told us, "I have found myself in the space of grace with my classmates here at Guru Ram Das Ashram. There is no better experience than that of community."

Our ashram is home to Guru Ram Das Gurdwara,\* Baba Siri Chand Yoga Center, and a very active residential community. We have a bookstore, daily yoga classes, beautiful live music *sadhanas*,\* Kundalini Yoga Teacher Training, The New England Kundalini Yoga Fall Festival, White Tantric Yoga\* courses, Kundalini Yoga for Youth, and many Sikh services and *Akhand Paths*.\* This year, in addition to all these regular classes and events, we have begun a Friday night concert series that includes programs by Snamat Kaur, Sat Kartar Kaur, and Guru Dass Singh.<sup>1</sup> Cozy evenings in the yoga center chanting with these devoted musicians have helped to create the kind of shared experience that builds community based upon spiritual longing and connection.

One of the best examples of the activities and programs that bring us inspiration and joy is the annual New England Kundalini Yoga Fall Festival. The Yoga Festival is a day to celebrate life and practice Kundalini Yoga. At the Festival, internationally loved teachers lead an exhilarating day of yoga and meditation under the big-top tent in the autumn air. Hundreds of people come from all over New England and from cities as far away as New York, Washington, D.C., Los Angeles, and even Anchorage, Alaska.

Margaret Trezza (Amrit Kaur), one of our Rhode Island teachers, explained the day this way: "The fall festival is especially wonderful for me—I'm doing everything I love—yoga, dancing, listening, chanting to live music, lunching together, and sharing stories and laughter." "We especially love our Yoga Festival. It's so valuable to spend a day to help yourself," said Dharma Kaur, our Ashram Secretary. Holly Davenport, chief administrator of the 3HO Programs agrees. "Kundalini Yoga is very effective in transforming all of us in a matter of minutes—from confusion to clarity, from pain to ease, and from despair to hope."

Yogi Bhajan once wrote:

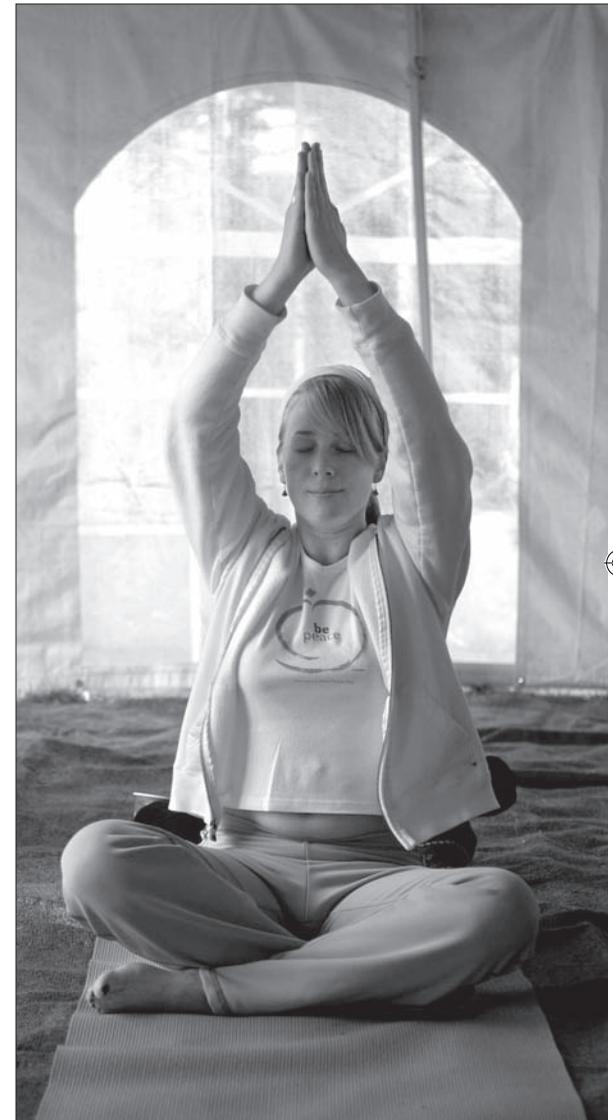
*Happiness, not pain, is your birthright... You are given this life as a great gift. It is priceless. Enjoy it. Don't judge it, fight it; don't try to possess it, or control it. Conquer your own mind and live! Live as a direct, real, and innocent person. Create the cause, and let the effects serve you and your soul.*

At Guru Ram Das Ashram our prayer is to follow Yogi Bhajan's teachings and to walk in his footsteps. Our goal is to create a sacred geography here in Millis where the energy of life and love is so strong that even the most stoic New Englander will relax, rejoice, and smile. We look forward to your visit! Please call us and come anytime: 508.376.4525 or 508 376.4527. ■

\* See Glossary, p. 45.

<sup>1</sup> These are all long-time well-known 3HO musicians and vocalists

**Ekongkar Singh Khalsa** is the Director of Guru Ram Das Ashram and the President of the 3HO Foundation of Massachusetts. **Manjit Kaur Khalsa Ed.D.** is the Executive Director of the 3HO Foundation of Massachusetts and is also a licensed psychologist and co-author, with Siri Tapa Kaur Khalsa, of *Radiance and Victory, a Woman's Way to Prosperity*.



# beautiful as butterflies

**A full-length documentary film chronicles the story of four brave women practicing Kundalini Yoga in Cape Town, South Africa**

**By Jai Jagdeesh Kaur**

**S**ix months have passed since the completion and premiere, at a well known Cape Town, South Africa cinema, of the full-length documentary, *Beautiful as Butterflies*. The film shows the healing process through Kundalini Yoga and the creative arts of four formerly abused women from poor communities in Cape Town. And still the healing continues on a daily, often immeasurable, cellular and deeply spiritual level.

It is wonderful to think that all four women came from the award-winning literacy project at St. Joseph's Adult Education Program in



**When I met Yogi Bhajan during the World Parliament of Religions in 1999 in Cape Town, I complained that Kundalini Yoga was not sufficiently available in the poor communities here. He said that in seven years it would be.**

Cape Town. Their courage in imparting their experiences to others has shattered many stereotypes and greatly inspired viewers. The women have been present at several screenings to lead discussions about healing and abuse.

"It was as though my body was in knots," explains Rachma Attwood. "Yoga undid them." She believes that Kundalini Yoga and her prayers have brought her to the restorative space in which she now resides.

Desiree Mathinus, who has worked in the laundry facility at the Cape Town military base for 20 years, says that yoga has changed the course of her life forever. Radiant and full of enthusiasm for each day, she and Rachma are training to become yoga teachers so that they can convey their experiences with others in their community to whom yoga is not yet readily available. The administrators at her workplace are extremely supportive of her chosen path. She was recently promoted to an office position, and they want her to teach yoga at the base.

The film provided the vehicle through which Desiree, who was abused since the age of seven by a family member, courageously shared her suffering for the first time. Yoga gave her the means to repair her soul. Her husband is a priest and now she includes Kundalini Yoga in her counseling with his parishioners. Her own priest extols the virtues of Kundalini Yoga. Margaret Jones and Nomsa Ntlabati, a rape crisis counselor, both sing the praises of Kundalini Yoga and the journey it has taken them on.

Everyone approached about the project generously gave of their gifts without thought of financial remuneration and were happy to contribute to the nonprofit community in South Africa. KRI Teacher Trainer Guru Terath Kaur of Espanola, New Mexico held a workshop at the beginning of the film on communication, and KRI certified teacher Pritham Hari Kaur of South Africa facilitated the last workshop with the women in the desert of Namibia. The exquisite and haunting music and chant vibrations of Snam Kaur of Eugene, Oregon, reach the viewers' hearts. It is as though, by watching the film, people are touched by a Kundalini "state of being."

When I met Yogi Bhajan during the World Parliament of Religions in 1999 in Cape Town, I complained that Kundalini Yoga was not sufficiently available in the poor communities here. He said that in seven years it would be. In April 2006, Desiree Mathinus and Rachma Attwood are training to become Kundalini Yoga teachers. As a result of the film, St. Joseph's Adult Education Program has been approached by psychiatrists from state mental hospitals, prisons, and centers for abused women, and we are teaching Kundalini Yoga in all these various communities.

Kundalini Yoga became a lifeline of hope for all four women who took hold of this chance to voice their history and rediscover joy. They remembered the words to long forgotten songs and through yoga once more learned to sing.

*Beautiful as Butterflies* will be screened at the European Yoga Festival in France on Thursday, July 27, 2006, at an evening study group at 5:30 p.m. in the chateau. For further information and to purchase a DVD, visit [www.stjosephsaep.co.za](http://www.stjosephsaep.co.za). All proceeds from the film go to our nonprofit organizations. ■

**Jai Jagdeesh Kaur/Julia Landau** is the director of two nonprofit organizations, St. Joseph's Adult Education Program and Footprints Educational Trust, which both provide skills training. She is also a filmmaker, a journalist, a mother of three, and a Kundalini Yoga teacher. *Journey to Myself*, her latest book, contains creative writing from women in prison. She was given the Sunflower Award for her work with women from marginalized communities.

# *total* body *awakening*

**Healing is Unwinding.  
Unwinding is Healing.  
All you have to do is take the first step.**

**By Jay Shumsky**



**I want to let people know that they can transform their physical alignment and thereby go to a different place and level in their evolution.**

**T**ruth, to me, always comes from experience. I had a real direct experience with Yogi Bhajan, just once, but it was an experience I'll never forget. I was asked to come down to see Yogi Bhajan at a time when he was feeling fairly ill. I went into his room with pure intent, and felt his pulses. The connection I felt with him was that we were brothers of the same cloth. We knew how to connect with directness, honesty, and truth in terms of the healing work. He was very aware of pulse work and the messages given through the pulses as well as the energy of each meridian and how each is unique in the messages they give. We had a barrel of fun that afternoon. I wish you could have seen us—two guys wrestling on the floor, laughing, adjusting, healing, and having a thoroughly delightful experience. Yogi Bhajan complimented me on my techniques and my ability to pull the pain out of him. It was a great meeting, a great healing time, and a cherished memory for me.

In the work that I do I feel I am just a facilitator who enables the patient's own inner healing process to come forth. I know that it is all about the patient and the process, and that each patient requires patience. I work out of a healing facility on my property, so the therapy takes place in a home-like setting as opposed to cold, sterile rooms or in an office setting. Since much >



to reframe themselves, looking at language, emotions, mental thought processes, and intentions. I perceive each individual as being on his or her own trajectory of spiritual growth and I design each treatment based around my reading of that individual being.

This healing process mentioned above is facilitated through the releasing of tightness in the muscles and joints by the utilization of various techniques I have learned: stretching, isometric exercise, cross-grain muscle work, and acupressure. For each individual the pulses and body guide as to which technique is appropriate for the patient in that particular time and space. There are never two sessions alike. Breath work is also very important. What I want to do is activate and enliven the subconscious mind with deep, connected,

process can take three months, six months, or even up to three years depending on the condition and corrections made. And, the inner healing process needs time to come forth. Think of a seed. It just looks like a seed not doing anything, but when it is injected with the water and nutrients it needs, it grows and blooms into a thing of beauty. So it is with us. We have this inner spark in us. I am blessed to have this neat passion for figuring out different ways to light that spark and facilitate it. The idea is to get enough sparks going so that the kindling of your own fire can be re-lit.

What do you need to know about this healing experience? You will be cleansed and challenged. It does require willingness, humility, courage, and surrender to go through

**The real reason it is important to obtain physical alignment is to have a spiritual communion with God in comfort and balanced harmony—physically, mentally, and emotionally.**

of our dysfunctional modeling in life occurred in the home, this puts new meaning to “going home.” The concept of *you* being the most important person in your life is a brave frontier compared to the model of always meeting family expectations and conditions. The whole healing experience in this unique setting helps to reframe home as a safe, healing, expansive place to which one wishes to go. I am committed to assist and to stand by each patient’s side. I want people to know that they can transform their physical alignment and thereby go to a different place and level in their evolution.

The healing process begins with feeling the pulses in the wrists. The rhythm and strength of your pulses indicate where the physical body is blocked and what emotions to expect as tensions in those areas are released. The pulse concept is that *the body never lies*. Pulses guide the understanding of how strong you are and, therefore, how deep the therapy can go. The body guides and wants to achieve and transform the physical, emotional, mental, and spiritual elements into harmonious alignment, an alignment that is available to the individual. If both parties, the patient and the healer, can honor the feedback, the body will tell the healer what to do.

Through many years of working on myself mentally, emotionally, physically, and spiritually, I have developed therapeutic systems for everything the pulses can possibly come up with in various combinations. Those combinations involve hand movement, nutrition, breath, and counseling work, which very much center on informing patients how

and complete breath. Making the breath complete—fully connected inhalation and exhalation—is important. Breathe until your body is “breathing” you. Once that happens there is a major transformational shift in which the mind is no longer in control: the spirit is served *by* the mind, instead of the mind being in charge or in control. The connected breath also gives a large amount of oxygen to the large muscle groups.

All of our physical ailments go along with the mental/emotional ailments we need to cleanse. It is smart to make a commitment of duty, take on the obligation, and own the responsibility to end the dysfunctional patterns. The ailments will keep repeating through most of our lives unless and until we do. We have to work on the mental, physical, and emotional trinity to get comfortable enough to meditate. Then you can live and end the pattern cycle. You are cheated if you cannot meditate, which is the practice of inner peace. If you do not have body alignment of the mental, emotional, and physical bodies, it is challenging to meditate and commune with the Creator, God. The real reason it is important to obtain physical alignment is to have a spiritual communion with God in comfort and balanced harmony—physically, mentally, and emotionally.

The amount of time it takes to jump-start the healing process is normally a week to two weeks depending on when the injury occurred and how long it has been anchored; how much fixation, scar tissue, and adhesion have been built up over the years; and the amount of compression in the body. Rehabilitation and the continual healing transformation

the process, and an understanding that you can transform and bring about that true harmony, abundant supply of health, and the radiance in you that is your birthright. Then you can expect to be liberated from and freed of all restrictions.

We all have the yearnings to light the fire within. Those who practice Kundalini Yoga are very brave. They understand that running from pain is not the answer. Often pain, or the experience of fear, is felt as trauma, and is released in the healing sessions. It often takes pressure to release the pressure. Rich and intense emotional feelings may surface.

Unmanaged resistance and conflicts you continue to hold can keep you further and further from grace. I am defining grace in this context as beauty, harmony, supply, and abundance of all life being given all the time. It is all around you. When you experience that grace, you are free to spend your time doing what you are doing from a yearning or place of passion, not from a place of distraction or “running away from.” Healing can conquer fear. Total Body Awakening is a powerful mind-body experience that can relieve pain, reduce stress, and lead you to better health, spiritual growth, and inner peace.

Healing is unwinding. Unwinding is healing. All you have to do is take the first step. ■

**Jay Shumsky** has been a practitioner in the healing arts for over 30 years, utilizing techniques such as muscular manipulation, acupressure, emotional release, therapeutic massage, and other modalities. He resides in Phoenix and has been treating members of the Sikh community there for over 25 years. Jay can be reached at [HealingJay1@cox.net](mailto:HealingJay1@cox.net).

# meditation *and the* psychology *of* health recovery



Learn why medical researchers are taking note

By Shanti Shanti Kaur Khalsa, Ph.D.

“Who gets colon cancer at my age? I was devastated. No one I knew had faced anything like this, and many of my friends and family members were more afraid of my being ill than I was. In my field you’re not supposed to get sick. Looking good is as important as working hard. I was terrified of losing my job or not getting promoted if anyone at work found out. There were few people I could confide in. I felt so alone and helpless. Out of sheer desperation I attended a meditation class for people with cancer.” Ruby was an energetic career-track executive with a television production company when she developed colon cancer at age 34.

Even with the best medical care, people with illness struggle with depression, despair, fear, anxiety, anger, confusion, indecision about treatment options, and uncertainty about the future. In addition, clients and their family members tell me that often the treatment they undergo is as destabilizing to them as the illness itself.

The practice of meditation has long been known to address common emotional responses such as anxiety and depression. In recent years it has also been shown to improve physical health and well-being as well, in



people with cancer, heart disease, high blood pressure, diabetes, asthma, or chronic pain.

Research and clinical evidence show that when people with illness add meditation to their medical care, they reduce stress and the side-effects of treatment, raise energy, and improve their mood and quality of life. Meditation practice also awakens inner strengths and helps them discover deeper meaning in their lives. Health care administrators are taking note. Hundreds of hospitals in the United States now offer yoga and meditation classes to patients undergoing medical treatment.

As early as 1964, University of California at Los Angeles researcher Dr. George Solomon found evidence that emotions play an important role in physical disease associated with the immune system. The

term *psychoneuroimmunology*, coined by Dr. Solomon, refers to the psychological influences of experience, stress, emotions, beliefs, traits, and coping on immune function and on the onset and course of a wide variety of diseases.

Since then, the relationship among health, psychology, and meditation practice has been of increasing interest among medical researchers, and as a result there is in progress a shift in the perspective on the role of meditation practice in health recovery. Instead of looking at so-called negative emotions, today we are looking at what psychological traits help a person get and stay well.

For instance, evidence suggests that the health and well-being of individuals affected >



by HIV disease are not solely dependent on the achievements of medical treatment. In the early years of the AIDS epidemic, Drs. George Solomon and Lydia Temoshok found that long-term survivors of AIDS had certain psychological traits in common, including what health psychologists call *self-efficacy*—the belief that what you do makes a difference. A few years later, Dr. Robert Ramien from Columbia University found that long-term non-progressors—people living with HIV infection but not showing symptoms—had strong self-efficacy profiles. Other researchers have shown that self-efficacy plays a pivotal role in the enhancement of the immune system, in health behavior, and in the quality of life in people with cancer and also in those with diabetes. Health educators now understand that information alone is not sufficient to create and maintain behavior change. People must also believe that they can actually make a change and that change makes a difference.

The good news? The practice of meditation improves self-efficacy. Clinically I have seen evidence of this in hundreds of clients across a variety of medical conditions, and have conducted a study demonstrating that meditation practice improves self-efficacy in people living with HIV. Because strengthening self-efficacy is vital to hope, to changing health behavior, to adherence to medical treatment, to energy, mood, and quality of life, we now include the practice of meditation in every class we offer to people recovering their health, no matter what the diagnosis.

We showed promising results with our Kundalini Yoga for Living with Diabetes program in 2004 and 2005. Participants told us they experienced improved quality of life and a greater ability to handle stress. Their glucose levels and A1C<sup>1</sup> scores were lower and more stable, with most participants gaining benefit from their very first class. Our outcome measures backed them up: there was statistically significant improvement in vitality, and a significant reduction in anxiety, depression, anger, and fatigue.

Ruby continues, “Receiving a diagnosis of a chronic or life-threatening illness is one of life’s biggest shocks. It stopped me right in my tracks and jolted me from living life on automatic pilot. Meditation practice gave me more than the relief from anxiety that I had sought. It awakened in me the understanding that there is something more to be healthy for than just my career. The cancer diagnosis gave me a kick in the behind; yet it was the meditation practice that woke me up to the true value of my life. I could have just gone through the treatment protocol and removed the cancer. If I had done only that, then I may have been cancer-free but I would still be anxious and depressed and driven to keep measuring my self-worth by my career advancements. Instead, practicing meditation unlocked my real gifts, gave me the vitality to create a new future, and helped me garner the inner support to sustain it. It opened in me a deep desire to change how I had been living my life.”

Filmmaker Carolyn Speranza had been struggling with stress-related health problems for years until she started to practice meditation. She found that as her anxiety lessened, her self-efficacy strengthened, and her health improved. Encouraged by her own experiences, she made a film about the effects of meditation called *Sight of Stillness*, in which meditators describe how meditation practice affects their lives. For the premiere screening of the film she hosted a meditation symposium at the Carnegie Science Center in Pittsburgh, Pennsylvania, and invited me



to share with participants what people with illness experience from their meditation practice. We told them what our clients have told us, that meditation practice gives:

- **Hope for a return to health.**
- **A sense of what is possible; from this, I can explore what is available to me.**
- **Connection, support. I know and feel that I am not alone in this.**
- **Peacefulness, freedom from worry or uncertainty about the future.**
- **Joy to be alive right now.**
- **Calm, to just be in the present moment.**
- **Clarity to make decisions and confidence to carry them out.**
- **Energy to enjoy life.**
- **Self-efficacy to take action. I believe in myself now.**
- **Self-trust to be comfortable in the face of uncertainty.**
- **Inner guidance to know what is my path.**
- **Sacredness to meet life and death with joy and peace.**
- **An awareness of my future.**

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<sup>1</sup> A measure of blood glucose over a 3 to 4 month period.

# Prosperity Paths



*The Art of Giving Back*  
Issue Number 70 July/August 2006

## Be Your Origin

- **Excerpts from a Lecture by Yogi Bhajan** ›
- **The Healing Power of Intention** ›
- **Prosperity Meditation: The Prayer of Surrender** ›



# Be Your Origin

**Excerpts from a lecture given by Yogi Bhanjan  
on October 7, 1974 in Los Angeles, California**

**S**elf-healing is the genuine process of the relationship between the physical and the infinite power of the soul. It is from a state of compassion, of compassionate meditation, that the healing activity of God glows within the being. It's the contact which is a union. When a person prays, "Oh Lord," it is not anything beyond you; you are extending outside, but the reaction is happening inside. Action has reaction equal and opposite. You think you are praying to the heavens, but it is you who is changing.

The state of compassion or compassionate meditation is the activity of God in a human wherever he is, whatever he is. It has no color, caste, creed, religion. You say, "My divinity is in my purity, and my purity is what I am within myself." Sometime just sit down like this and ask yourself, "Am I pure or not?" You are trying to pretend you are not pure. If you honestly ask yourself, you will be surprised you are pretending to be impure. You are pretending. Why? Because you don't like responsibility. You are holy; you don't want to be known as holy because



then everybody has the right to criticize you, and you don't want to be criticized. Everybody wants to sneak into it and then withdraw, and we still want things to happen. . . .

That is why an individual has to understand the self. Understanding the self means to stand under your own self; if you can stand under your own self, you can stand under every time, and then you are a most beloved of God. This is a basic phenomenon of every happiness, of every joy which a person wants to experience. . . .

The body cures itself; medicine helps you to get that help. The same goes for the mind: mind has to be given the medicine—the thought. Higher thought is the medicine of the mind so that it can help itself cure itself; otherwise mind is a shattered piece of glass. *Jaap*<sup>1</sup> is a higher thought to mind: *Sat Nam, Sat Nam*, "Truth is Thy Name, Truth is Thy Name." The moment you know and experience that there is something beyond you, you are connected with something beyond you. It is in the power of the thoughtwave. . . .

Intellect is everything that is going on. The game of energy and matter is the play of intellect. Intellect gives you thought, thought creates desire, desire makes you work, work gives you an object which subjects you. Whatever is your object, is what you will achieve, and it will subject you. You bring a sofa to sit on; the sofa brings you to sit with it! Every morning you have to clean it, brush it, keep it intact. You make sure people don't sit with their shoes on it, or that the dogs don't tear it. Now who is the master, the sofa or you? That dead piece of furniture is your master. The breath of life is the only thing that comes to you without your asking. That is an infinite gift from God. You are slave to everything, except the breath of life. . . .

There is a drama of life. It has to be understood as a drama, watched as a drama, experienced as a drama, so that Dharma\* is understood. Dharma is the life of the seeker. Seeker must seek. He must suck the Infinity as the nectar of Divinity. There are no two ways about it. Now it has become a business, "There are many ways to God." This is a sales pitch. "There are many religions." This is a sales pitch. There is only one "religion." "Religion" means *religio*—to know your origin, join your origin, understand your origin, be your origin. To belong to a religion and not experience the religion is not religious. Neither denying the religion nor accepting the religion means anything; it is the *experience* which can hold the mind. Experience. It is that desire to experience which matters, not the matter which you are experiencing. Your ego desires that you be finite: you are limited, but you must experience Infinity because you are part of Infinity. . . .

The enlightened soul in every existence and consciousness is "ji." "Ji" is a very powerful word, such a magnetic word, which can attract, because it has a direct vibration in the soul. . . .

The attitude of gratitude is yoga. Ingratitude is "unyoga," like "uncola." Where gratitude is, there is yoga. Where there is ingratitude,

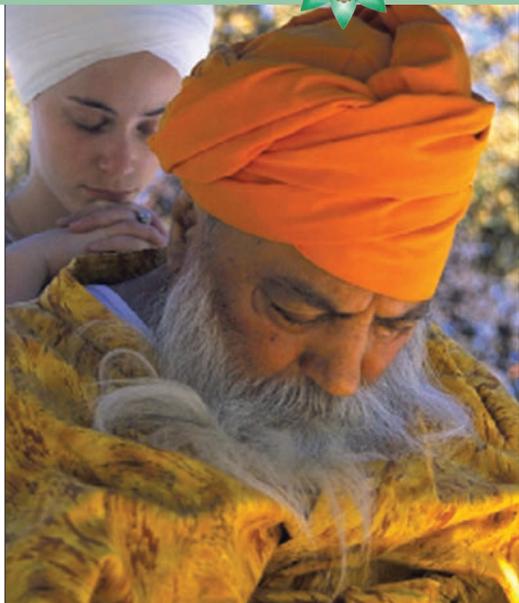
**You think you are praying to the heavens,  
but it is you who is changing.**

yoga is gone. That mind which does not live in gratitude is just like a junkyard. There are great cars there, but they don't work; they are useless, because they are junk. What are you without gratitude? . . .

Wherever a person of God goes, there is God. With whomever they talk, they bring God. Wherever they sit, there is God. When they get up, there is God around them, above them, under them, God, God, God...If one has experienced God, one has seen God, one has gratitude for God, one has goodness of that Infinity, that person talks all the time, "God, God, God, God, God," because every lover calls the Beloved by name. This is the love of a person of God. ■

\* See Glossary, p. 45.

<sup>1</sup> Recitation/repetition of God's Name



## THE HEALING POWER OF INTENTION

By Darshan Kaur Khalsa

**W**hen I met Yogi Bhajan, I was what I considered to be a “healer.” I lived in a great 3HO community, had a lot of wonderful friends, and we were all passionately into healing—naturopathy, homeopathy, Sat Nam Rasayan—all sorts of healing modalities. I was certain this was my path. Then the “Maestro” walked into the room and my life changed. I moved to a completely different environment, and my new job had everything to do with business plans, budgets, reporting tools, and assessments, and nothing to do with healing. At least, that’s what I thought.

What I have come to learn over the years is that intention heals, and therefore, my job as a human being is to set good intentions for healing on all levels, of every relationship, and in every situation I encounter. My new job at that time forced me to look at an environment and see it in terms of healing. Processes weren’t working; okay, which systems could be implemented to heal that? The established guidelines then in effect left people feeling unsupported; okay, what healing process did that need? There was a vision; okay, how do we create a strategic and operational plan out of that vision? The question wasn’t, “Am I still a healer?” What I had to overcome was my judgment of what is healing and what isn’t.

Healing happens on many different levels—our participation in any situation can be healing or not, depending on how we choose to interact with it. And sometimes the call to heal can be in the least expected arena possible—a board meeting, a long checkout line at the supermarket, as well as many unexpected situations in our personal lives. Yogi Bhajan once said that “Self-healing is the genuine process of relationship between the physical and the infinite power of the soul. It is from a state of compassion, of compassionate meditation, that the healing activity of God flows within the being.”

Everything that we are a part of can be part of a greater healing process. Our spiritual development is a part of a greater healing process. Our purpose—the intentions we set—contributes to healing on a global level, and we are a part of that. And of course, the spiritual organizations we belong to, which teach us, guide us, support us through the gift of community and the sharing of like-minded individuals, are a part of a greater healing process.

Sikh Dharma is one such organization. Your contribution to Dasvandh helps us continue our part in the greater healing process,

by allowing us to continue our mission in spreading the teachings of Yogi Bhajan around the world. Look inside this issue at the world of communities inspired by the work of this man of God, the vast strength of intention, and all the healing that has rippled throughout the world. Writing your check to Dasvandh today gives you the opportunity to give back. Send it in the enclosed envelope, and signal your intention to continue supporting Dasvandh’s contribution to the greater healing process. ■

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

### what is dasvandh?

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

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

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# Meditation: The Prayer of Surrender

Meditation and excerpts from a lecture given by Yogi Bhanan on October 4, 2001

**T**here's Infinity, and the finite has to have a relationship with it. The enrichment which Infinity grants the finite is the ecstasy of consciousness. During the day we sometimes give priority to things, and not to ourselves. Those hours for yourself which are the hours of ecstasy and divinity and Infinity and prosperity, we ignore.

Giving is very difficult. When you give, you do not think God is making you to give; you think you are giving, so you are getting short-circuited. "Nothing belongs to me Lord, all is all yours. I give yours to you; I have no attachment." *Siri Guru Granth Sabib\**

We have to develop a consciousness which should guide us through our lives. And we should believe, as a matter of reality, that whatever is being given is given by God, and whatever we are giving, God is telling us to give. That's all. When our mental state becomes that clean, and that clear, and that crystal, it is that clarity which promises you infinity, which is beyond the heavens and earth and this whole episode. That God which created man lives in the man.

There are principles of life which have to be learned, and if we don't have strength for those principles, this kriya can help us. This is "The Prayer of Surrender."

\*See Glossary, p. 45.

<sup>1</sup> Ajai Alai by Nirinjan Kaur and Guru Shabd S. Khalsa, available from Ancient Healing Ways, [www.a-healing.com](http://www.a-healing.com), or Spirit Voyage, [www.spiritvoyage.com](http://www.spiritvoyage.com). You can listen to a sample online for correct rhythm and pronunciation.

#### Position:

Sit in Easy Pose with a straight spine. The hands are crossed at the wrists in front at the diaphragm line, with the left hand underneath and the right hand above, both palms facing up.

#### Close the eyes.

#### Chant the mantra:

Ajai Alai<sup>1</sup> exactly as you would if you were being recorded. If you don't have the music, chant the words rhythmically. This is a "uni-mantra" that "mega-multiplies."

Chant for 62 minutes, then begin a powerful Breath of Fire\* for 2 minutes, while the music continues (if you are using a CD).

#### To end:

Inhale very deeply, hold for 10 seconds and expand your shoulders as well as your chest. Exhale. Repeat the inhale and exhale as above two more times.

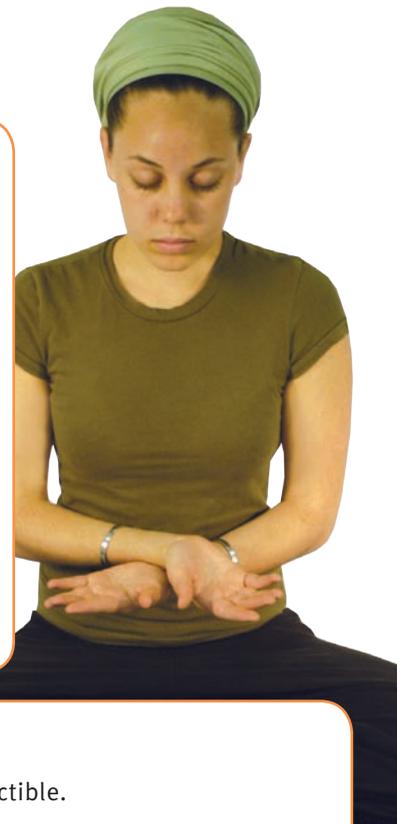
#### Relax.

#### Transliteration

Ajai Alai  
Abhai Abai  
Abhoo Ajoo  
Anaas Akaas  
Aganj Abhanj  
Alukh Abhukh  
Akaal Dyaal  
Alayk Abhaykhe  
Anaam Akaam  
Agaahaa Adhaahaa  
Anaatay Pramaatay  
Ajonnee Amonee  
Na Raagay Na Rungay  
Na Roopay Na Raykay  
Akaramung Abharamung  
Aganjay Alaykharay

#### Translation

Invincible. Indestructible.  
Fearless. Unchanging.  
Unformed. Unborn.  
Imperishable. Etheric.  
Unbreakable. Impenetrable.  
Unseen. Unaffected.  
Undying. Merciful.  
Indescribable. Uncostumed.  
Nameless. Desireless.  
Unfathomable. Incorruptible.  
Unmastered. Destroyer.  
Beyond birth. Beyond silence.  
Beyond love. Beyond color.  
Beyond form. Beyond shape.  
Beyond karma. Beyond doubt.  
Unconquerable. Indescribable.



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# the power of negative thinking

Adapted from *Kundalini Yoga: The Flow of Eternal Power*

By Shakti Parwha Kaur Khalsa

It wasn't a "dark and stormy night." It was, however, a damp and cold (for Los Angeles) rainy 'winter' day. Sitting on the floor of my apartment on Preuss Road I was doing the bookkeeping for our newly formed 3HO Foundation. In the early 1970's the financial department of 3HO consisted of some shoeboxes full of receipts I kept in my closet. Working fulltime at the Beverly Hilton, I wrote letters for Yogi Bhajan and handled the finances for 3HO in my spare time.

That memorable day, I decided I could use a cup of hot tea. In the kitchen, I turned up the heat on the ever-present pot of Yogi Tea and carried a steaming cup into the living room. I set it down carefully on the floor beside my books and papers. My bare feet felt cold so I went into the bedroom to put on a pair of wool socks. When I walked back into the living room, I had forgotten the cup was there and stepped right smack into the boiling hot tea. Talk about putting your foot into it! I let out a yell and ran to the bathroom to get some first aid. More accurately, I hopped on the other foot while pulling frantically at the sock, trying to tear it off as fast as I could (since, of course, the wet wool retained the heat of the liquid, and was furiously adding insult to injury). I grabbed some aloe vera from the medicine cabinet and spread it on the injured foot, which had already turned a bright angry red.

Yogi Bhajan had just returned to L.A. from one of his teaching tours and I knew he was just a half block away at Guru Ram Das Ashram. I picked up the phone and called him, assuming he would come running over immediately to comfort and heal me. Forget it! When I told him what had happened, he just said, "You'll be all right. I'm sending someone over to take care of you." And so he did. One of his students arrived in just a few minutes and she helped set up a place for me to

## When I told Yogi Bhajan what had happened, he just said, "You'll be all right."

lie down on the couch. I was in so much pain I knew I couldn't possibly sleep in my bed. I didn't expect to sleep much anyway.

I phoned the hotel and told the manager I had severely burned my foot and would not be able to come to work the next day. I lay down on the couch, closed my eyes, and settled in for a restless night. I slept fitfully off and on, but lo and behold, when morning dawned, there was not the slightest trace of a burn. There was no discoloration of the skin and no pain.

Amazed and thrilled, I phoned my mother. "Guess what happened..." I told her the whole story—the hot tea, the burning sock, the amazing healing, and finished by saying, "I don't believe it!" I called at least four other people and repeated the story, each time ending with the words, "I don't believe it!" By four o'clock in the afternoon, my foot didn't believe it either. It was burning and aching. The redness returned in Technicolor and I spent several



uncomfortable weeks while the normal healing process of nature took its leisurely pace.

I learned that day to be careful what I say. The power of positive (or negative) thinking—and speaking—is not a fantasy, it's real. I do create—or destroy—with every word I speak, and so do you. Ask my foot! ■

**Shakti Parwha Kaur Khalsa** was Yogi Bhajan's first student in the United States. She has been teaching Kundalini Yoga since 1969. She was officially certified by KRI after completing the first *Masters Touch* Teacher Training Course in 1996. Author of *Kundalini Yoga: The Flow of Eternal Power*, *Tool Kit for Teaching Beginners*, and *Kundalini Postures and Poetry*, Shakti is currently working on *Marriage: The Highest Yoga*.

# East MEETS West

**Yogi Bhajan used to say, “Doing is believing.” Thousands of us all over the world “did,” and we discovered for ourselves that Kundalini Yoga works. As teachers, we’ve heard hundreds of “testimonials” from grateful students. Now Dr. Sat Bir Singh delves into the history of the scientific research that has been done revealing the benefits of practicing yoga and meditation.**

## *Scientific Research on the Effects of Yoga and Meditation*

**By Sat Bir Singh Khalsa, Ph.D.**



*Photo caption: The Bagchi (2nd from the right) and Wenger (4th from the left) research team seated with a yogi instrumented for recording. Dr. Chinna (far right) would later conduct yoga research in Delhi. The photo caption in the original article published in 1957 said, “In the center is seated a meditative yogi with his friends and admirers including a high government official at a New Delhi residence. This picture was taken after the first session of recording. The Yogi consented to be a subject after a great deal of hesitation and discussion regarding the purpose of the research. Later he was most cooperative and allowed three more sessions. This yogi is highly thought of in certain sections of the country.”*

Photo reproduced from the journal *Electrophysiology and Clinical Neurophysiology*, Supplement 7, 1957.

**T**he history of East and West provides a fascinating study in the contrasting difference in perception and understanding of the Universe. In the East, the origin and development of the inward spiritual practices of yoga and meditation date back to the most ancient of times in the Indus Valley civilization, which *ended* around 1,500 B.C.E. Archaeological finds from the ruins of this culture in Pakistan and Northern India have revealed artifacts strongly suggestive of the classic, cross-legged meditation/yoga posture. The subsequent history of the East is deeply imbued with a reverence for the value of the most profound internal experiences—the quest for mastery of the spiritual world. In contrast, Western culture has been more influenced by the birth and development of the scientific method, which has been used to systematically and precisely uncover the underlying physical nature and laws of the Universe, leading to the astounding technology that pervades life in the West: the quest for mastery of the physical world.

#### Western Interest Begins

The story of research into the practice of yoga and meditation is one that is characterized by this East/West contrast. One of the first interests in yoga came from the West after the European intrusion into India over the past three centuries.



*Dr. Bijlani (left) and Dr. Chinna (center), both yoga researchers and former chairmen of the Department of Physiology, with the author at the All India Institute of Medical Sciences.*

Early reports of the ability of yoga practitioners to alter their physiological state to the extent that they could survive prolonged underground burial, withstand pain, and stop their heartbeat suggested that somehow the laws of biology were being circumvented. This of course raised eyebrows among Western scientists of the time. In 1851, N.C. Paul, a regimental surgeon in Benares who studied yoga for 35 years, published his “Treatise on the Philosophy of Yoga” in which he analyzed, from the perspective of the Western science of the biology of gas exchange and metabolism, the cessation of breathing apparently involved in the yogic feat of underground burial and the relationship between frequency of breathing and yogic states of consciousness. Apparently, his book was ordered to be burned, an example of the bias against yoga research that persists in muted form even today. Ultimately, this kind of interest culminated in visits by Western physiologists to India in the middle of the 20<sup>th</sup> century to study not only these yogic feats, but also the claims of profound psychological experiences.

Perhaps the best example of this was the classic 1957 study entitled “Electro-physiological correlates of some Yogi exercises” by Basu Kumar Bagchi, a professor at the University of Michigan Medical Center (and close boyhood friend of Paramahansa Yogananda), and Marion A. Wenger, a psychologist at UCLA. These investigators spent five months traveling across India seeking out yoga masters and holy men. Using portable recording equipment they measured the physiological changes

in these practitioners. The results of their study showed that yoga practitioners had extreme slowing of breath rate, the ability to slow the heart rate, and a deep relaxation of the autonomic nervous system. These findings have stood the test of time and have been echoed and confirmed by the results of many subsequent research efforts in yoga and meditation.

#### Earlier Indian Research

Research on yoga by Indian investigators in Indian laboratories generally preceded that done by Westerners. In 1924, Swami Kuvalyananda

**Research on yoga has included a broad range of study protocols which have examined a variety of changes in characteristics such as brain activity, mood, behavior, performance, hormone levels, blood chemistry, endurance, and flexibility.**

began research on specific yoga techniques and founded a research institute and a yoga research journal, both of which are still active today. More recently, over the past three decades, Indian researchers have contributed to a substantial proportion of the literature of yoga research. A landmark EEG study in 1961 by B.K. Anand, G.S. Chinna, and B. Singh, at the prestigious All India Institute of Medical Sciences in Delhi, revealed the ability of yogic meditators to control sensory input to the nervous system while in deep meditation. Currently, one of the most active Indian yoga research groups is the Vivekananda Yoga Research Foundation in Bangalore, which has a large and active research institute that has been granted university status by the Indian government and is offering graduate degrees in yoga. The appearance and practice of yoga as a therapeutic intervention began in India in the early in the 20<sup>th</sup> century and continued through the 1960’s, when it was a popular therapy spawning the existence of “yogic hospitals” and precipitating the commissioning of a book on yoga therapy by the Indian government.

#### The 1960’s

The introduction of yoga and meditation to the West by Indian masters in the 1960’s generated a renewed interest among Western scientists, and most of the research in yoga and meditation has appeared since then. A landmark research project was the 1971 study by Herbert Benson and colleagues at Harvard Medical School that evaluated the physiological effects of Transcendental Meditation. Subsequently, Dr. Benson coined the term “relaxation response,” a distinct physiological change associated with reduction in arousal and metabolic rate elicited by many Eastern spiritual practices such as yoga and meditation. “Relaxation response” is essentially the opposite of the stress response. His meditation research has continued since then and he has worked with a variety of meditation styles, including the practices of Tibetan meditators and Zen monks, and has contributed substantially to our knowledge of the physiology of the relaxation response and to its clinical benefits. His basic research has shown the ability of meditators to reduce metabolic rate and stress activation, while his clinical studies have shown the effectiveness of the relaxation response in treating disorders such as headache, hypertension, stress, anxiety, infertility, and chronic pain. ›

### Types of Research

Research on yoga has included a broad range of study protocols which have examined a variety of changes in characteristics such as brain activity, mood, behavior, performance, hormone levels, blood chemistry, endurance, and flexibility. Furthermore, this work has been done on single techniques, full yoga routines, and yoga lifestyle interventions. In addition, this research has been carried out and evaluated in clinical trials on normal, healthy individuals as well as on patients with a variety of medical and psychiatric conditions such as depression, anxiety, asthma, hypertension, heart disease, and diabetes. Finally, a wide variety of yoga styles have also been evaluated, although the most commonly studied form has been the common form of hatha yoga.

### Single Technique Research

Examples of research on a single technique are studies on specific pranayama\* practices. David Shannahoff-Khalsa, a long-time yoga researcher and Kundalini Yoga practitioner and instructor, began examining the naturally occurring alternating pattern of the change in dominant airflow through the left and right nostrils. He observed that whichever nostril is dominant (more open to airflow) is associated with higher activity in the contralateral hemisphere of the brain (i.e. when you are breathing through the left nostril, the right hemisphere is activated and vice versa). Dr. Shannahoff-Khalsa, as well as researchers at the Vivekananda Yoga Research Foundation, among others, have taken the next step to also evaluate the yogic technique of forced breathing through alternate nostrils and the resulting contralateral and global effects on physiology, cognitive performance, and neuroendocrine function.

### Lifestyle Research

On the other extreme is research using a comprehensive complete yoga lifestyle intervention, incorporating not only sets and routines of multiple yoga techniques but also yogic diet and fasting, conscious group living, and the study and specific application of yogic psychology and philosophy to ongoing medical or psychological conditions. One example of this is the 3HO Foundation SuperHealth program, which applied a complete residential Kundalini Yoga lifestyle intervention for addiction. In that program, participants with a variety of chronic substance abuse histories achieved significant improvement in their addictive behavior patterns and in their physical and psychological health. Another example of such a comprehensive lifestyle yoga intervention was conducted last summer at the Kripalu Yoga Center in Massachusetts with professional musicians attending the prestigious 8-week summer fellowship program of the Tanglewood Institute, in which I served as the research consultant. The participants took part in regular yoga and meditation classes, weekly group sessions using yogic-based counseling and problem-solving strategies, and also experienced the healthy meals and social atmosphere at the yoga center. At the end of the program they had less musical performance

anxiety than fellow musicians who did not take the yoga program. Finally, therapeutic Kundalini Yoga programs for diabetics have been conducted by researchers of the Guru Ram Das Center for Medicine and Humanology.<sup>1</sup> In these 8-week interventions diabetics were exposed to a regular series of yoga classes incorporating postures, breathing, meditation, stress management, psychological coping strategies, and carbohydrate intake management. Results of questionnaires completed by the participants showed improvements in depression, mood, stress, energy levels, quality of life, and relaxation. Similarly, Dr. Ramesh Bijlani of the All India Institute of Medical Sciences recently published a paper showing reductions in blood glucose and lipoproteins, risk factors for diabetes and heart disease, after a yoga lifestyle intervention.

### Specific Targeted Research

In between these two extremes of yoga interventions is the use of specific sets or routines targeted at a specific physiological effect or for a specific clinical condition. In a study of a treatment of obsessive-compulsive disorder, Shannahoff-Khalsa used a 1-hour long Kundalini Yoga intervention including eight separate exercises, one of which was a 31-minute left nostril breathing meditation believed

to be effective for psychiatric conditions. In that study, the patients assigned to the Kundalini Yoga intervention showed significant improvements over the course of three months of practice and greater improvements than a control group who practiced simple concentrative or mindfulness meditation without breathing or postures. Another example of this kind of intervention is in research I have been conducting evaluating a yoga treatment for insomnia. In a preliminary study, patients with chronic insomnia achieved significant improvements in their sleep after a daily 8-week treatment of a 45-minute Kundalini Yoga intervention that included a 31-minute breathing meditation called *Shabad Kriya*<sup>2</sup> that is believed to be good for aiding healthy sleep. A larger randomized trial of this intervention is under way, which will also examine underlying physiological changes that take place over the course of the treatment.

### Brain Imaging

A very exciting development in yoga and meditation research has been the incorporation of highly sophisticated brain imaging techniques. These studies use multi-million dollar hospital-based devices that are capable of localizing and quantifying the level of neural activity in discrete regions of the brain. Furthermore, brain activity can be measured from moment to moment as the research subject or patient is in the device performing a behavior or cognitive task. This capability is vastly superior in precision to the EEG, which previously was the primary measure of brain activity. In the year 2000, Sara Lazar, a Harvard colleague and friend who conducts research at the imaging facility at Massachusetts General Hospital, together with coauthors Gurucharan Singh Khalsa and Herbert Benson, published a

**On the other extreme is research using a comprehensive complete yoga lifestyle intervention, incorporating not only sets and routines of multiple yoga techniques but also yogic diet and fasting, conscious group living, and the study and specific application of yogic psychology and philosophy to ongoing medical or psychological conditions.**

study using the functional magnetic resonance imaging technique or fMRI. In that study, Dr. Lazar reported that a Kundalini Yoga meditation technique was capable of activating discrete brain regions distinctly different from those involved in a control task. She concluded that “the practice of meditation activates neural structures involved in attention and control of the autonomic nervous system,” a conclusion consistent with the pioneer work of Bagchi and Wenger decades earlier. Similarly, Dr. Dharma Singh Khalsa conducted a research study using another brain imaging technique to demonstrate that 11 experienced meditators practicing a Kundalini Yoga meditation called *Kirtan Kriya*<sup>3</sup> showed changes in specific brain regions believed to be associated with spiritual experience.

### Mindfulness Meditation

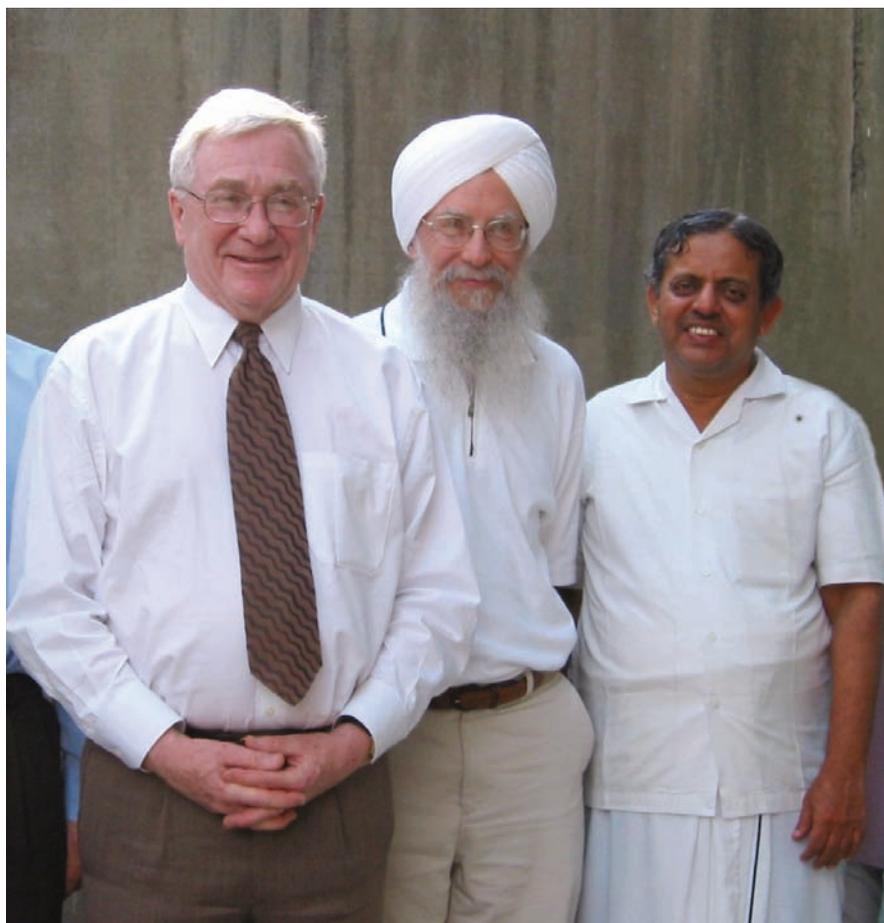
A significant initiative in meditation research has been on the study of mindfulness meditation or Vipassana from the Buddhist tradition. This technique has become very popular over the recent past, and the Mindfulness Based Stress Reduction program inspired by Jon Kabat-Zinn is being widely used for a variety of medical and psychological conditions. Research on mindfulness meditation has been supported vigorously by the Dalai Lama, who has organized public and private meetings with scientists inviting them to participate in meditation research. He recently gave a major address to the annual meeting of the Society for Neuroscience (attended by 14,000 out of the almost 35,000 meeting attendees) in Washington, D.C., which generated significant media attention. Some of their ongoing research has focused on brain imaging studies of Buddhist monks and long-term practitioners. Recently, Dr. Lazar published a study that showed that long-term practitioners of mindfulness meditation showed changes in brain volume in regions known to be associated with control of attention and that meditators appeared to be spared the known reductions in brain volume associated with aging.

An interesting proposal presented by the mindfulness researchers has been to use the expert meditation skills of Buddhists as a scientific instrument. Since lifelong practitioners of Buddhist meditation have strived to acquire a deep understanding of the workings of the mind and the subconscious, it is conceivable that this skill can be used in novel and creative experimental designs to gain insight into how meditation works and how aberrant psychology might develop.

### Research Turns Full Circle

Interestingly, this idea brings us full circle from the beginnings of research in yoga and meditation, when Western scientific technology was applied to unravel the meditation experience, to the present day where Eastern meditation technology is itself being proposed as an experimental tool.

The burgeoning public interest in yoga and meditation and its use for alleviating clinical conditions has undoubtedly contributed to the recent increase in yoga and meditation research. This interest,



**In between these two extremes of yoga interventions is the use of specific sets or routines targeted at a specific physiological effect or for a specific clinical condition.**

*Dr. Herbert Benson, director of the Mind/Body Medical Institute (left), the author, and Dr. H.R. Nagendra, director of the Vivekananda Yoga Research Foundation, at a meeting in Boston in April, 2006.*

together with the use of modern technological approaches that can directly observe the effects of these practices on brain function, suggest that there is much more to come in the field of research in yoga and meditation. ■

**Sat Bir Singh** is Assistant Professor of Medicine at Harvard Medical School. He has been practicing the Kundalini Yoga lifestyle for over 30 years and is a certified Kundalini Yoga instructor.

\* See Glossary, p. 45.

<sup>1</sup> A foundation based in Espanola, New Mexico, whose mission is to provide health education and instruction in yoga and meditation to persons with chronic or life-threatening illness, to train health professionals to use these techniques in their practice, and to conduct research into the medical effects of Kundalini Yoga. Visit [www.grdcenter.com](http://www.grdcenter.com).

<sup>2</sup> Shabad Kriya can be found in the Kundalini Meditation Manual, available from [www.a-healing.com](http://www.a-healing.com).

<sup>3</sup> Kirtan Kriya can be found at [www.a-healing.com](http://www.a-healing.com) and [www.spiritvoyage.com](http://www.spiritvoyage.com).

# Things to Forgive

**Forgiveness is surfacing in the media and in scientific studies as an important element in health and healing. The healing power of forgiveness has been scientifically documented. Forgiveness has been shown to decrease stress and physical pain, strengthen the immune system, decrease the risk of heart attacks, strengthen relationships, and increase happiness and wholeness. Yogi Bajan speaks on forgiveness in the following lecture.**

**Excerpts from a Lecture by Yogi Bajan  
on December 31, 1991 in Ft. Lauderdale, Florida**

**I** thought I would give you a few points that you can remember; they may practically help you to understand yourself. There are five things in life to forgive. **First: Forgive God that He has separated you from Himself and created you as a creature.** For this you should be mentally, physically, spiritually, and personally competent. Because He knows why He created you. First of all, you do not know why He created you the way you are. Why did He put your nose between your two eyes? Why didn't He put it on the stomach? Or in the center of the chest? That would have gone directly. I mean why is there this long route? Why are your ears not just one square?

Well, there are a lot of questions that you can ask. If you want to enjoy yourself, you can ask one million and one questions per minute, and the answer is that you don't know. He never consulted you, never talked to you, never had an argument, and never promised you a thing. He created you and you are so upset and so mad at Him, you can't forgive Him on anything. You're trying to find holes in Him. You are trying to insult Him every step of the way. You try to mock at Him whenever you can find a chance. You pray to Him out of fear, you yell at Him out of happiness. Well, where are you at? He must be sorry sitting wherever He is to find out that He has created a hell Himself. He might have thought it was a heaven. What kind of heaven is this? So, please forgive God. . . .

You do not know who you are, and if by chance you do, then relax and enjoy it and be in *chardi kala*.<sup>1</sup> Be in ecstasy. Thank God you are, you are! And you can't thank God enough because you have not

forgiven God that He separated you from Himself. The soul is a part of God that is in you. You are uptight and upset, and that anger comes through you through everything. . . .

All this pain is logical, psychological, and effectual, and it is because you have not forgiven God for separating you from Himself and created you as a creature.

That's not enough. Second forgiveness: **Forgive your destiny that it is as it is.** You never wrote it, you earned it and you forgot about it. But that's the way it is. *Ik na day kar poot, poota kar pooteray. Ik na day kar tee-a, tee-a kar dooteray. Ik na day kar ik ko pee ja-ee, man.* "One has sons and grandsons, another has daughters and granddaughters, and another has only one child. If one dies, who can ask God, 'Do it this way or that way?'" "Your destiny is your destiny, and there's nothing you can do about it. Simply you can reach it or not reach it. There's nothing more to do and nothing less to do.

There's a third forgiveness is: **Forgive the environments which are always challenging, and the causes and effects which are happening.** In the middle of this cross-fire and "breath-fire" and "cover-fire," a soldier has to move. "Theirs is not to reason why, theirs is but to do and die. Rode the six hundred into the valley of death." That is simple and it's complete. "It isn't the life that matters; it's the courage you bring to it."<sup>2</sup> Life doesn't matter. "Coward lives many lives, brave dies never."

The fourth forgiveness is: **Forgive your capacity, your ability, and your duality.** Please forgive them—they are limited. Job of the Infinite

is the Infinite's job. Just keep doing it and He'll come through. He knows it better because God is everywhere and you are just somewhere.

Fifth forgiveness: **Forgive yourself that you have to go through it.** That's most important. You are very cruel to yourselves. You are very cruel to your being. You are very cruel to your grace. You are very cruel to your tolerance. You are very cruel to your security. You are extremely cruel to your self-trust, self-esteem, self-respect. Your cruelty is written on every leaf of every branch on this planet Earth. If you count how cruel you are, you'll be shocked. You are cruel to your own children. You are cruel to your own family life. You are cruel to your friends. You are cruel to your neighbors. You are cruel to your body. You are cruel to your mind. You are cruel to your soul. Why? Be at peace. All is waiting to come to you. . . .

All you have to remember is you. God rotates this Earth; God shall take care of your routine. In God we trust. In God we dwell. It is God's world. It is God's house. Just behave like a good guest. Be calm, be quiet, be restful, be humble, be harmonious, be with everything like a human. Make yourself happy. Make others happy. Wear God's crown. Don't become a clown. *Ashaval mool kath*. "You are the highest of the incarnations. You are the crown of God's kingdom." Just wear the crown and keep your neck straight. Walk straight, walk tall. That's all it is. No left, no right. If you cannot keep your own crown on your head, you will live like a clown in your head. You decide it. I don't have to decide for you. If you can practice these five forgivenesses, you will find the Age of Aquarius\* is extremely friendly. If you don't, my prayer is you should, so you may not suffer. My prayer is that *Ang Sang Wahe Guru*—that thirty trillion of God's cells living in you and dancing in you—may protect you, and that your radiant body<sup>3</sup> may keep your radiance...

The fact is, God calls on you. Answer the call. God has made you, so be it. God gave you your features, your figure, and your facts. Trust in God and keep going. If it pleases you that you do not belong to the company of the holy, then please jump in the hole. But just remember that is your ego, it is not God's will. . . .

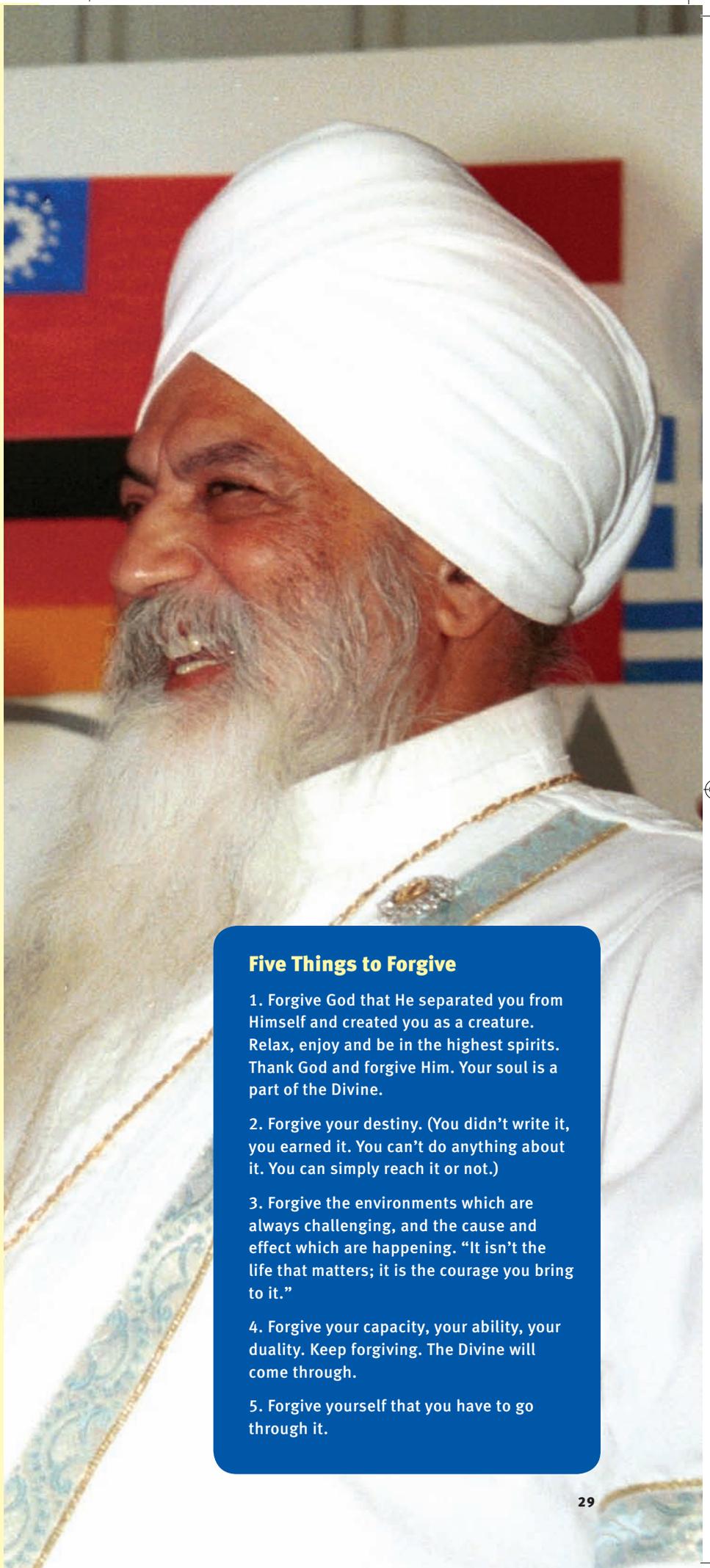
Generations will receive this message, practice it, and penetrate through the time and the difficulty and the walls in their life for their own tomorrow. Those who believe tomorrow is the gift, and for those where the gift is a tomorrow, they have already left their sorrows. Therefore, today is one time that you can give yourself time and space to win the race in which you have to walk—the distance between you and your destiny. Here is my prayer: May God bless you and may Guru guide you and may you come through. With these words and felicitations I pray that new [Aquarian] Age will be nothing for you but pure success all the time, wherever you may be. ■

\* See Glossary, p. 45.

<sup>1</sup> High spirits

<sup>2</sup> From *Fortitude* by Hugh Walpole

<sup>3</sup> The tenth yogic body representing courage, nobility, and radiance.



### Five Things to Forgive

1. Forgive God that He separated you from Himself and created you as a creature. Relax, enjoy and be in the highest spirits. Thank God and forgive Him. Your soul is a part of the Divine.
2. Forgive your destiny. (You didn't write it, you earned it. You can't do anything about it. You can simply reach it or not.)
3. Forgive the environments which are always challenging, and the cause and effect which are happening. "It isn't the life that matters; it is the courage you bring to it."
4. Forgive your capacity, your ability, your duality. Keep forgiving. The Divine will come through.
5. Forgive yourself that you have to go through it.

# healing meditations

## Doei Ashtapad Jap

Taught by Yogi Bhajan on January 20, 1975

**I**t is said that by practicing this meditation, healing occurs. This chant automatically balances *prana*\* and *apana*\* to energize the central channel of the life energy, *sushmana*. All physical body ailments are said to be spiritually healed—not by you, but by the grace of the infinite conscious energy. Your life will be longer and well-balanced. If you honestly master this meditation, then through the power of your hands, through His Infinite grace, you can meditate and heal the ailments of others.



Sit in Easy Pose.\* Put the hands in Gyan Mudra\* with the thumb tips and forefingers touching. Concentrate at the Brow Point\* and begin Long Deep Breathing.\* On the inhale, mentally vibrate *Sat Nam*\* sixteen times. On the exhale, mentally vibrate *Wahe Guru*\* sixteen times.

*Sat Nam Sat Nam Sat Nam Sat Nam*  
*Wahe Guru Wahe Guru Wahe Guru Wahe Guru*  
*Wahe Guru Wahe Guru Wahe Guru Wahe Guru*  
*Wahe Guru Wahe Guru Wahe Guru Wahe Guru*  
*Wahe Guru Wahe Guru Wahe Guru Wahe Guru*

The rhythm is steady and continuous. Begin with 11 minutes and increase by 2 minutes a day until you reach 31 minutes.

This meditation is published in the *Meditation Manual* available from [www.a-healing.com](http://www.a-healing.com).

\* See Glossary, p. 45.

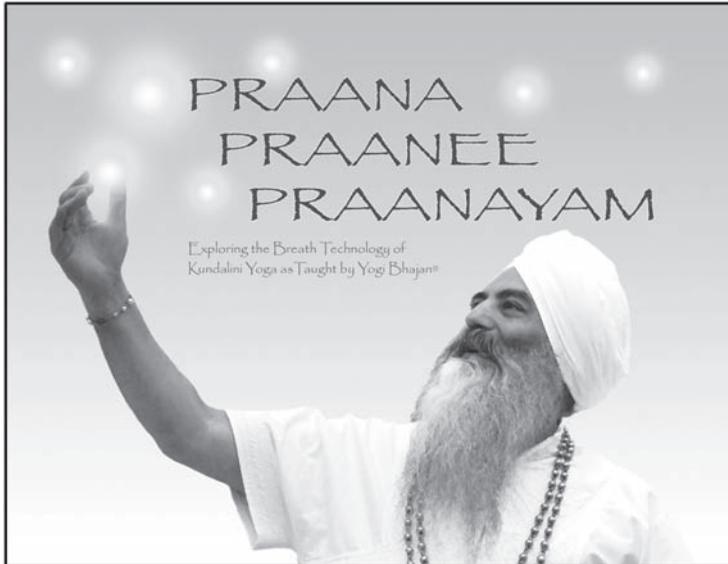


## Sending Healing Thoughts

Sit in Easy Pose and place the hands in Prayer Pose (palms together at the center of the chest). Concentrate at the Heart Center. Press the hands tightly together and press the total weight of the body against them. Fill up your Heart Center with love; hate will go. Minus hate, man is great. Continue for 4 to 5 minutes.

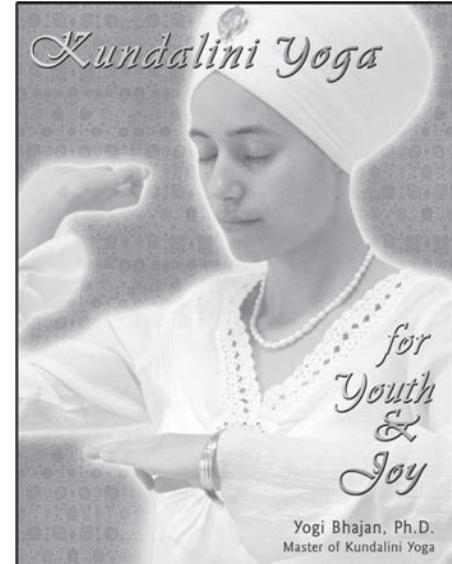
Then think of someone you love most and send healing thoughts. This divine medicine can heal them mentally, physically, and spiritually. Begin with someone you really love and do it sincerely; your channels will open. Once your channels are opened, you can do it at anytime for anyone. Healing thoughts can be transmitted like a wireless. Fill the whole room with them. Project. Give from your heart. It is the highest meditation to live for others. Keep up your concentration for at least 10 minutes. Then inhale deeply, fill in your chest with love and project pranas (life force) like a thunderbolt. Exhale, inhale again and send this breath to the person you are meditating on. Exhale. Inhale again, and feel the energy flowing through your hands to the person. Create this mental link. Feel this energy massaging this person. Exhale. Inhale again and be totally with this person. This will make you one with the Universal Mind. Exhale. Inhale once more as you continue, then exhale, and relax. Those who send out good vibrations will receive ten times the amount from the Universe. You gain when you give. There is no need to pray for yourself. Pray for others and the Creator will pray for you.

This meditation was originally published in *Beads of Truth*, Summer 1972. *Beads of Truth* was an early 3HO magazine, published in the late '60s through the early '90s. ■



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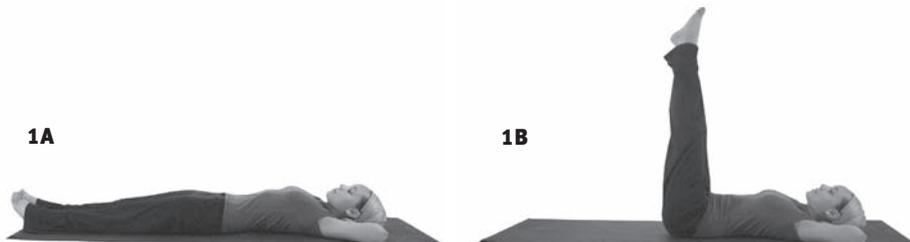
# kundalini yoga

## Body Adjustment to Elevate the Spirit

Taught by Yogi Bhajan on July 2, 1984  
at Women's Camp in Española, New Mexico

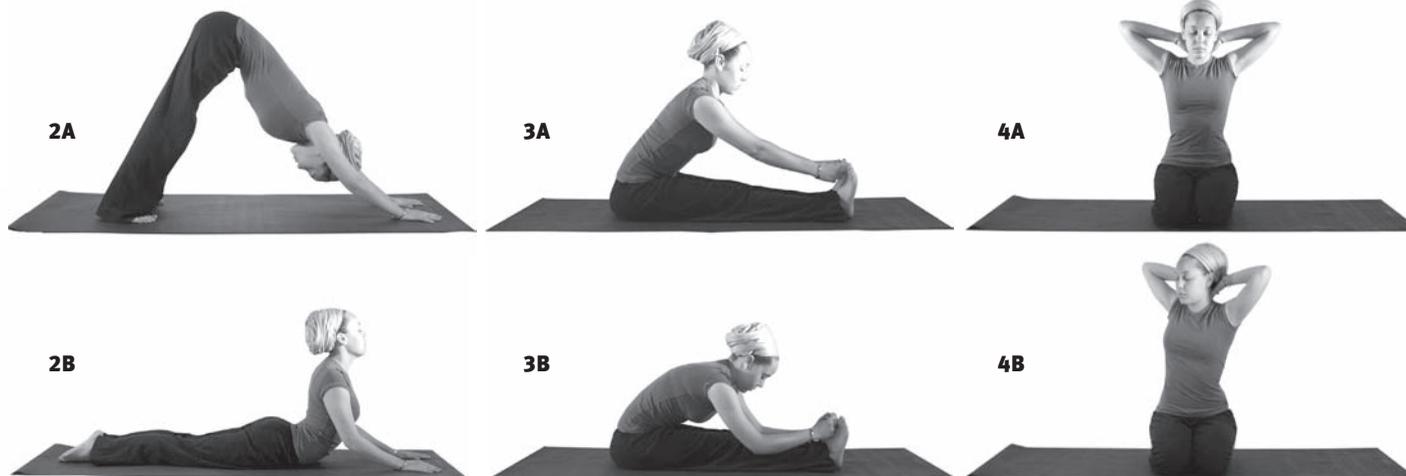
Disease comes from structural change. This is the oriental, ancient way of looking at it. This body and its bones have no screws and bolts. They are held together by tissue and by muscle. During one's life many movements occur in the body simultaneously influencing the action of the muscles. Certain muscles are stronger and hold the skeleton in a different way than the other muscles. This can lead to physical problems. Life becomes imbalanced and irritation sets in. The whole body structure is responsible for one's elevation, for one's "being-ness." A car has its gas, it has transmission, and it starts. If one part is missing, or if just a little air does not get to the gas, it dies. It is the same with the body.

This set will keep you out of trouble. This is how you can elevate your spirit by adjusting your body.



**1. Lie down flat on the back** with the hands clasped under the neck (1A). Keeping the heels together, raise both legs to 90 degrees as you inhale. Be sure to press your lower back into the floor before and during the lift, and lift from the navel. Lower the legs as you exhale (1B).

Do not bend the knees. But if you don't have the abdominal strength to keep the legs straight, use your hands to provide leverage for your back by placing them on the floor under your buttocks. You can start with 54 repetitions and, with practice, build up to 108 repetitions. If you have back problems, please check with your doctor before practicing this exercise.



**2. Come into Triangle Pose (2A).** The palms of the hands and the soles of the feet are on the ground, with the feet about hip-width apart. Create a straight line between your wrists and your hips, and from your hips to your heels. Pull the chin in and elongate the back of the neck. Roll the armpits toward each other. Smoothly begin to move the body into Cobra Pose. In Cobra Pose your palms are flat on the ground and your body is arched up through the upper back. The feet are together. The shoulders are pressed down and the neck is long (2B).

Move smoothly from Triangle to Cobra to Triangle, etc. Do not bend the knees. Keep the arms straight in Cobra Pose. If you have sufficient strength and flexibility, otherwise you may keep the arms bent with the elbows in towards the sides of the body. You can start with 21 repetitions and build up to 52 repetitions with practice.

**3. Sit with your legs straight out in front** of you. Flex the feet and engage the leg muscles as you reach forward from the navel and grab on to your toes (or as far

down your legs as you can reach) (3A). Inhale in this position, and exhale as you lengthen the spine and bend farther forward. The head stays in line with the spine. Try to get the belly to the thighs rather than the head to the knees (3B). Move up and down, inhaling up, exhaling down. Repeat 108 times.

**4. Sit in Rock Pose\*** and interlace the fingers behind the neck (4A). Twist the torso and head to the left and right (4B). Repeat 108 times to each side.



5A



5B

**5. Come onto your hands and knees.** Relax the spine down and raise the head up on the inhalation (Cow Pose) (5A). Open the heart and raise the chin up without scrunching the back of the neck. On the exhalation, arch the spine up and lower the head (Cat Pose) (5B). Repeat 108 times.

6



**6. Come into Rock Pose.** Keep the spine straight and let the head hang down towards the chest. Relax the neck muscles as you circle the head, bringing the ear towards the shoulder, continuing to the back, around to the other shoulder, and back around to the front with the head towards the chest. Roll the head around on the neck rapidly in one direction 52 times, and then in the opposite direction 52 times.

7



**7. Still in Rock Pose,** bend at the waist from side to side. As you bend to the left, your right arm will arch over your head, stretching in the direction of the bend. Then stretch to the right with your left arm reaching over your head. Repeat 52 times to each side. This exercise is for the liver, spleen, colon, and to eliminate gas.

8



**8. Remain in Rock Pose** and reach one arm forward as if reaching out and grabbing energy. Then pull it back in, while reaching forward with the other arm. The movement is rapid and fluid. The shoulders and trunk move slightly in a churning motion. Chant Sa as one arm reaches forward, Ta as you pull that arm back and the other arm reaches forward, Na as the first arm reaches forward again, and Ma as the second arm reaches forward again. Continue for 5 minutes.

9



**9. Sit in Easy Pose** with your hands on your knees. Begin grinding your trunk in a circular motion, in a counter-clockwise direction. Continue for 3 minutes.

10



**10. Lie down flat on your back.** Close your eyes and relax to the sound of the gong (CDs available at [www.a-healing.com](http://www.a-healing.com) and [www.spiritvoyage.com](http://www.spiritvoyage.com)). Continue for 10 minutes. Get ready for a journey into your inner self and float in space. You will gain a tremendous amount of energy. ■

*This set is published in the Fountain of Youth, available from Sumpuran Kaur, (505) 367-1302, [sumpurankaur@kiit.com](mailto:sumpurankaur@kiit.com). All proceeds go towards Women's Camp.*

\* See Glossary, p. 45.

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

# healing ayurvedic *recipes*

By Karta Purkh Singh Khalsa, DN-C, RH

**F**ood has been the medicine of humanity since the dawn of time. Healing foods and herbs are the basis of Ayurvedic cuisine. It began as a way for people to ingest healing herbs and foods. Gradually, complicated mixtures of food ingredients, herbal medicines, and flavorings coalesced into a tasty amalgam that warms the soul, heals the body, and pleases the palate.

## Astragalus Root

Astragalus root boosts energy and immune function. Although mainly used for long-term disease prevention, astragalus can be used for colds and flu. Some Chinese families add astragalus to the stew pot during the cold season, and everyone gets a daily immune boost. Astragalus tastes surprisingly good as a tea, with a velvety texture and sweet, buttery taste. Cook it into a soup stock, or brew tea and use that to cook a grain like rice.

### Velvet Immune Broth

3 cups water or broth  
1 ounce astragalus slices (about 7)  
1 bulb freshly peeled garlic  
Salt and pepper to taste

Place water, garlic, and astragalus in pot. Bring to boil. Cover pot and simmer on medium low for several hours, until garlic is soft. Remove astragalus slices and any fibrous material. Drink hot. You can eat the garlic with the broth, or remove the garlic and spread it on toast. Try adding noodles, barley or rice, slivered almonds, and/or carrots (cook till soft) to the broth to make a meal. Cook grains in leftover broth to add a healthier touch to a future meal. Add fresh sliced ginger root or ground ginger, and diced onion before cooking to add to the immune strengthening and antibacterial properties of the soup. For an extra immune boost, add medicinal mushrooms like shiitake.

## Ajwain Seed

Ajwain seed is in the parsley family, along with dill, and used as a spice. It tastes like caraway or thyme, but stronger and biting hot and bitter. Indian restaurants often serve a mound of rice with ajwain seed to enhance digestion. Ajwain adds zip to starchy foods, savory pastries, and breads, especially *paranthas*.<sup>1</sup> It goes well with green beans, root vegetables, and lentil dishes. Ajwain relieves gas, promotes kidney function, and generally benefits the nerves and respiratory system. The seeds are immune enhancing, antimicrobial, and mildly aphrodisiac. You can brew ajwain seed in Yogi Tea or other *chai* tea formulas for an immune boost. During the flu season, add powdered ajwain seed to *parantha* filling.

### Ajwain Seed Immune Pancakes

1-2 Tbs fresh ginger root, peeled and finely chopped  
2-3 Tbs cauliflower, finely chopped  
1-2 Tbs ajwain seeds, whole or ground, or to taste  
Red chilies, crushed, to taste  
Black pepper to taste  
Soy sauce or Bragg's Liquid Aminos to taste  
Equal parts bran and whole wheat flour, approximately one half cup each (or substitute garbanzo flour)  
1 green chili, finely chopped, per pancake

Combine ingredients. Drop batter onto griddle sprayed with vegetable spray or coated with lecithin. Cook on low heat, flipping once.

## EGGPLANT

Yogi Bhajan called eggplant "God's ovaries." It's a warming circulation enhancer, excellent for "cold hands and feet," and a diuretic food that promotes menstruation—one of the greatest foods for women's healing. Eggplant can be helpful in chronic PMS, asthma, cough, and chronic pain. Generally, eggplant is not compatible with yogurt, milk, melon, or cucumber.

### Eggplant Curry

1 large eggplant  
½ tsp fresh ginger root, peeled and pureed  
½ tsp fresh peeled garlic, pureed  
1 small green chili, finely chopped  
1 medium onion, finely chopped  
1 tsp coriander seed powder  
½ tsp turmeric powder  
2 Tbs ghee<sup>2</sup>  
Salt to taste  
1 Tbs cilantro, finely chopped

Steam eggplant until almost cooked. Peel, mash, and set aside. Sauté ginger puree, garlic puree, green chili, and onion in ghee. (Yogi Bhajan recommended substituting castor oil for a cleansing effect.) Add spices and sauté. Add eggplant and salt, and stir. Simmer 5-10 minutes. Garnish with cilantro. Serve hot with rice. Serves 4.

**Karta Purkh Singh** studied Ayurveda under the direction of Yogi Bhajan for three decades. He is a certified nutritionist, professional member of the American Herbalists Guild, and educator with over thirty years of teaching and clinical experience. He is the coauthor of *Herbal Defense* and his newest book is called *Body Balance*. Currently he is the Research and Development Coordinator for Golden Temple Hair and Body Care Products.

*Nothing in this text should be construed as medical advice. Always check with your personal physician or licensed health care practitioner before making any significant modification to your diet to ensure that the recipes and ingredients are appropriate for your personal health condition and consistent with any medication you may be taking.*

<sup>1</sup> Indian flat bread

<sup>2</sup> Clarified butter

# international day of peace

Unite for Peace, Meditate for Peace, Pray for Peace



## Suggestions for meditations include:

- 11 – 31 minutes of the Healing Meditation, Ra Ma Da Sa Sa Say So Hung (CD available at [www.a-healing.com](http://www.a-healing.com) or [www.spiritvoyage.com](http://www.spiritvoyage.com))
- 11 – 31 minutes of Yogi Bhajan's mantra for peace:

Let there be Peace,  
Let there be Peace of mind,  
Let there be Peace with mankind,  
Let there be Peace of the States,  
Let the world dwell within the force of Peace.  
Ajai, Alai,  
Abhai, Abhai,  
Abhoo, Ajoo,  
Anaas, Akaas,  
Agunj, Abhanj,  
Alak, Abhakh,  
Akaal, Dayal,  
Alaykh, Abhaykh,  
Anaam, Akaam,  
Agaah, Adhaah,  
Anaat'hay, Pramaat'hay,  
Ajonee, Amonee,  
Na Raagai, Na Rangai,  
Na Roopai, Na Raykai,  
Akarmang, Abharmang,  
Aganjay, Alaykhay

*(Matamandir Singh Khalsa recorded this beautiful mantra. If you are interested, you can purchase it through Ancient Healing Ways [www.a-healing.com](http://www.a-healing.com), or [www.satnam.de](http://www.satnam.de) for those based in Europe.)*

**O**n September 21<sup>st</sup>, 2006 the world will celebrate an International Day of Peace. The United Nations designated this special day to non-violence and invites all governments and citizens of the world to support this peace initiative through education, meditation, and peaceful action.

3HO is a Non-Governmental Organization in consultative status with the Economic and Social Council of the United Nations, and extends this invitation specifically to our worldwide Kundalini Yoga Community. As 3HO is committed to the excellence of the individual and the elevation of humanity through the technologies of Kundalini Yoga, meditation, and conscious living, we urge all communities, yoga centers, families, and individuals to dedicate September 21<sup>st</sup> to peace and healing through education, meditation, and prayer.

We invite your creativity. Consider planning an event at your yoga center, or dedicate your *sadhana* or yoga class to peace, or visit your child's school to include the participation of children in this event.

**Join in this worldwide effort for peace and share your experience with us. Please send 3HO a one-paragraph description and/or photos of your event. In turn, 3HO will generate a report and present it to you and the United Nations describing our international efforts for peace.** Please email your response by September 28<sup>th</sup> to the following address: [satmitarkaur@sikhdharm.org](mailto:satmitarkaur@sikhdharm.org). We look forward to hearing from you!

With heartfelt conviction, let us all meditate and pray for peace not only on September 21<sup>st</sup>, but every day of our lives. In the words of our beloved Yogi Bhajan, "Don't live at each other; live *for* each other." May we join together in solidarity for this noble purpose and elevate the frequency of our consciousness, our communities, and our planet.

God bless this Earth with peace! ■

**3HO Foundation's International United Nations Team**



# MIRI PIRI ACADEMY

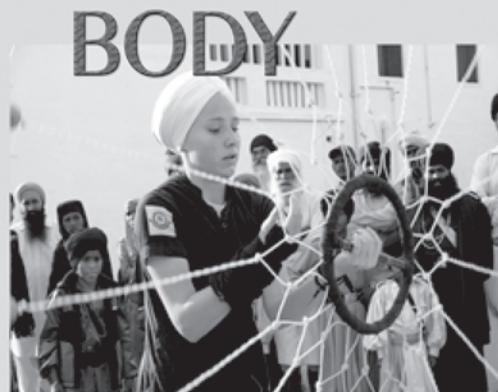
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- Sikh History
- Art
- Dance
- Cuisine



- Community Outreach
- Leadership  
(Student Council, Squads)
- Athletics (Physical Training, Sports, Kabbadi, Marching)
- Cultural Awareness
- Yogic Diet
- Self Discipline



- Siri Singh Sahib Studies
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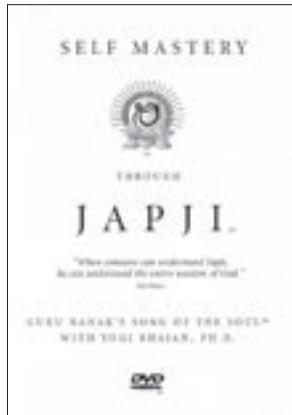
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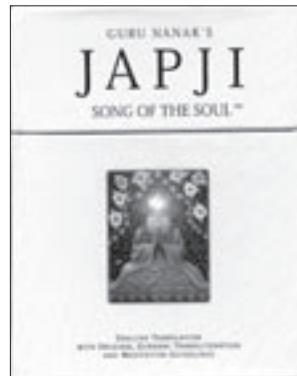
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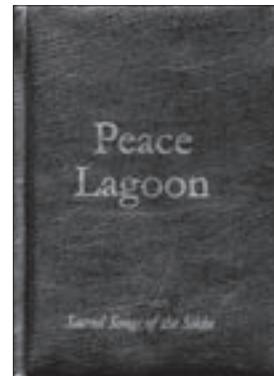
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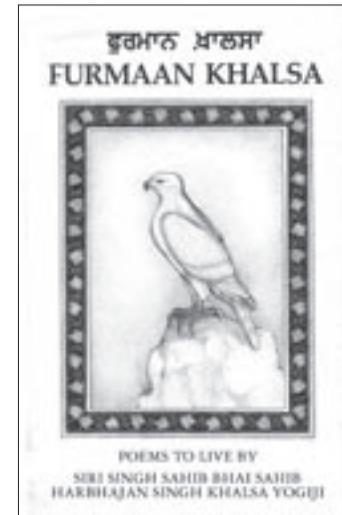
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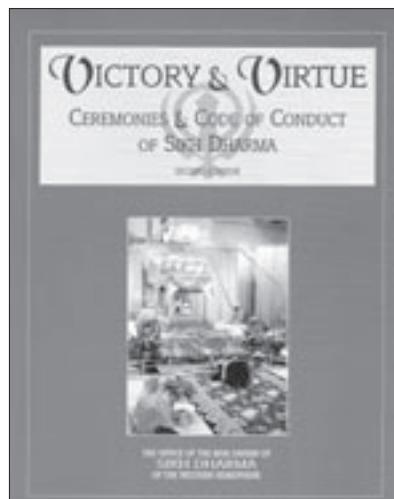
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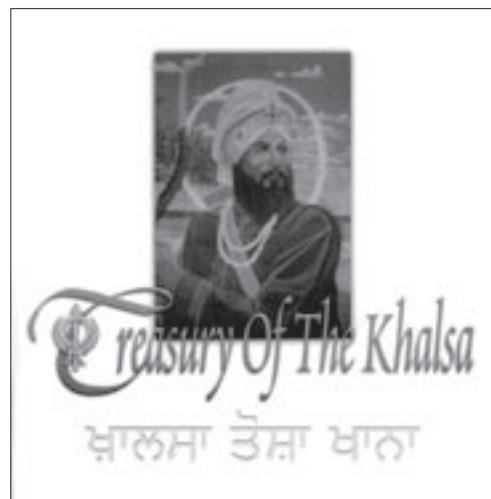
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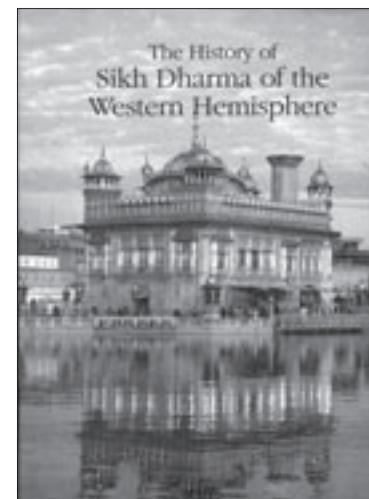
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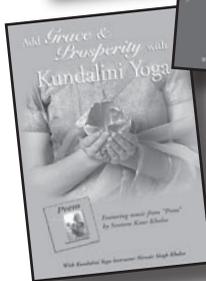
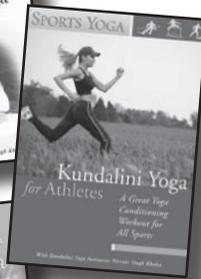
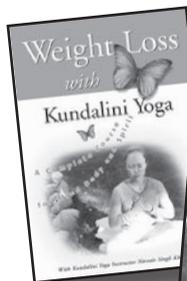
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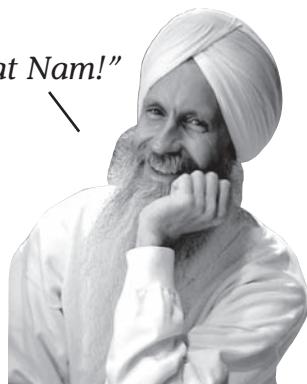
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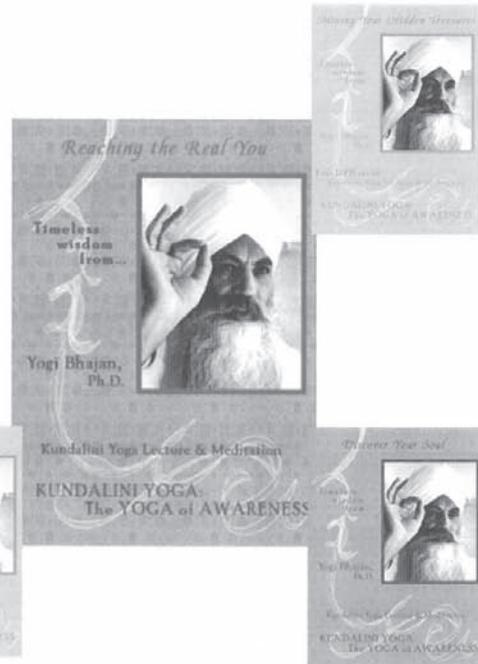
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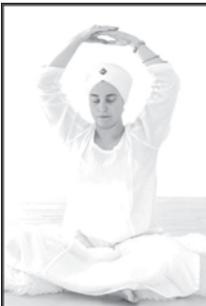
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# glossary

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

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

**Apana:** the eliminative force of the body.

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

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

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

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

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

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

**Darshan:** Blessing by seeing or being seen

**Dharma:** spiritual path.

**Diaphragm Lock:** See Uddiyana Bandh

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

**Electromagnetic Field:** See Aura.

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

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

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

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

**Guru:** Gu means darkness; Ru means light; the giver of technology.

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

**Guru Ram Das:** [1534-1581] The 4th Sikh Guru, the embodiment of compassion, humility,

integrity and service, known for his healing power as “The Lord of Miracles.”

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

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

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

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

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

**Khalsa:** Pure ones.

**Kirtan:** Sacred music.

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

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

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

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

**Mahan Tantric:** Master of White Tantric Yoga.

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

**Mudra:** yogic hand position.

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

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

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

**Nam:** Name, true identity.

**Neck Lock:** see Jalandhar Bandh.

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

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

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

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

**Pranayam:** Yogic breathing technique.

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

**Rock Pose:** Sitting on your heels; Vajrasana

**Root Lock:** See Mulbandh.

**Sadhana:** Daily spiritual practice.

**Sangat:** Community of like-minded people.

**Sat Nam (Sat Naam):** True identity.

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

**Seva:** Selfless service.

**Shabd:** Sound current, Divine Word.

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

**Shakti:** woman; feminine aspect of God.

**Sikh:** Literally a seeker of Truth.

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

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

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

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

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

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

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

**Wahe Guru:** Indescribable wisdom.

**White Tantric Yoga:** Meditation workshop for healing and transmuting subconscious thought patterns and expanding awareness.

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

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By Philip Deslippe

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In a typical Sat Nam Rasayan® session, a client lies down in front of a practitioner who, while comfortably seated, lightly touches the client and comes to a specific meditative state known as “the projective meditative mind.”

“The awareness of the Sat Nam Rasayan® practitioner becomes transcendent and in the vastness of their consciousness, healing will happen. The state is a pure meditative absorption between the practitioner and the client, in the Divine.”<sup>2</sup>

Clients see a Sat Nam Rasayan® practitioner for a wide array of issues ranging from physical pain and discomfort, to depression and anxiety. Those who have a SNR® treatment typically describe an experience of calm, relaxation, and balance. Many find that SNR® and the practice of Kundalini Yoga wonderfully complement each other. A yogic practice allows one to hold more easily a meditative space, and the practice of Sat Nam Rasayan® allows one to practice Kundalini Yoga kriyas with great awareness and depth.



**The awareness of the Sat Nam Rasayan® practitioner becomes transcendent and in the vastness of their consciousness, healing will happen.**

together with Guru Dev Singh, the founder and head of the School of Sat Nam Rasayan®, and immerse themselves in the practice, as well as test for the various levels.

In areas where there is not a certified Student Instructor, there are often practice sessions and arrangements can be made through *The Center for Contemplative Awareness*\* to have a Traveling Student Instructor visit their area. Local classes allow the interested to get oriented with Sat Nam Rasayan® and learn the basics before taking classes with Guru Dev Singh in their area. He travels extensively throughout the world, teaching a Sat Nam Rasayan® course in every city he visits. Six-hour classes with Guru Dev Singh are called Intensives, and are not only a great opportunity to study directly with the preeminent teacher of Sat Nam Rasayan®, but they, along with two-day Immersions and four to five-day Retreats, count towards the certification process.

The first level of certification is that of "Student." A Student embarks on the study when the student completes the Level I requirements and successfully passes the Level I test. A Level I Student acquires a general understanding of the healing process. The second Sat Nam Rasayan® level is "Practitioner" and those certified as Practitioners have the aptitude and developed skills to treat clients with SNR®. Level II Practitioners can work on clients in SNR® community clinics and can lead practice sessions in areas without Student Instructors. After becoming certified as a Level II Practitioner, some may want to teach others or deepen their understanding of SNR® and take the entrance test to become a Level III "Student Instructor." Only Level III Student Instructors

Sat Nam Rasayan® can best be described as a "worldwide school without walls" where anyone in the world who is interested in the healing art can engage in an ongoing learning process of practice, classes, retreats, and ultimately, testing and certification. Most people have their first experience with SNR® as a client, either privately with a healer or in one of the many SNR® community clinics. From there many choose to learn the technique for themselves and begin to take classes with a local Student Instructor.

Thousands of people in Europe and the Americas who receive Sat Nam Rasayan® treatments are students of the healing art, or are practitioners themselves. Interest in SNR® is growing rapidly, most noticeably in Germany, Russia, Spain, Italy, and the United States. While there are ongoing classes and Student Instructors of SNR® in numerous areas, there are several annual events that allow practitioners and students to come

are qualified to teach Sat Nam Rasayan®. There is also an annual course in Paris for Level III training. The only testing in North America for all levels occurs at the annual Immersions and Retreats, and in Europe testing is done annually at the SNR® Retreat in Assisi.

On July 1<sup>st</sup> and 2<sup>nd</sup>, 2006 there will be a two-day Sat Nam Rasayan® Immersion in Coventry Lake in the Connecticut countryside. Over the Labor Day holiday from August 31<sup>st</sup> to September 4<sup>th</sup>, there will be a Sat Nam Rasayan® Retreat in majestic Sedona, Arizona, home to some of the most powerful energetic vortexes in the world. Guru Dev Singh will also teach Sat Nam Rasayan® at the Summer Solstice Sadhana (www.3ho.org) and a six-hour post-Solstice SNR® Intensive in Espanola, New Mexico. These events are a wonderful experience and a perfect way for the curious to be introduced to Sat Nam Rasayan®, and for the experienced to deepen their practice.

\*For more information on Sat Nam Rasayan® or to register for SNR® events please contact The Center for Contemplative Awareness at 370 1/2 North La Cienega Blvd., Los Angeles, CA 90048, (310) 289-1312. You can also stop by the SNR® booth at Summer Solstice Sadhana where you can get information on Sat Nam Rasayan® and upcoming events. Guru Dev Singh's Worldwide Schedule can be found at [www.gurudevsnr.com](http://www.gurudevsnr.com). ■

**Philip Deslippe** is an international photojournalist who began studying SNR® in Paris in 1997. He says, "Whenever I arrive in a new city I always locate where the SNR® classes are offered and continue to take classes in SNR® throughout the world." He is currently working on a book of photographs called *Perpetual Adoration: Catholic Shrines of America*. His work can be viewed at [www.philipdeslippe.com](http://www.philipdeslippe.com).

<sup>1</sup> Shuniya is a state of stillness where the ego is neutralized and the Universe flows through you.

<sup>2</sup> The Sat Nam Rasayan® Team Solstice Manual, June 2002.

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# kundalini yoga in mexico

Through the Grace of God, Babaji Singh has shared the teachings of Yogi Bhajan in Mexico for over 30 years along with many others

By Sat Atma Kaur Khalsa

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When you meet Babaji Singh Khalsa from Mexico City, you are amazed by his steely strength and his radiant smile. With a spirit that clearly shows his love of the teachings of Kundalini Yoga as taught by Yogi Bhajan, he has kept up through repeated illnesses and incredible losses and gains. He simply loves to serve.

In 1969 Babaji visited Los Angeles where he planned to stay for a few days before embarking on a journey to fulfill his aspiration to move to Alaska and be a crab fisherman. Instead, he found the “turban people,” and started practicing Kundalini Yoga. His aspiration changed.

In 1972, Yogi Bhajan instructed Babaji to carry the teachings to Mexico. He took the recommendation to heart, went to Mexico, and rented a house with several rooms. With ten Mexican cents in his pocket, a sign crafted out of charcoal, electrical tape, and a paper bag, and the intention to start teaching classes, Babaji waited for the first students to arrive. After 13 days—with water as his only sustenance—two students arrived to experience their first Kundalini Yoga class.

Guru Ram Das Ashram was founded in El Contadero Cuajimalpa, Mexico, by Babaji. Today, the ashram houses nine people. A typical day includes rising at 3:30 a.m. for *sadhana*\* which lasts until 6:30 a.m., when folks participate in *karma yoga*<sup>1</sup>, and then go off to work, either in the local community or with one of the several projects/businesses housed within the ashram. Kundalini Yoga classes are taught at the ashram throughout the day beginning at 8:00 a.m. with the last class ending at 9:30 p.m.

When asked to share a favorite story about himself and Yogi Bhajan, Babaji described the time he was on the table, about to have a kidney operation. The doctor, getting ready to make an incision, felt his hand freeze—so cold that he couldn’t move it. Three or four seconds passed, and the doctor realized that by making his planned cut he would have hit a major artery, compromising Babaji’s life. Later, when Babaji asked

about the experience, Yogiji explained that in a direct line from his third eye to the hand of the doctor he froze everything. His teacher had saved Babaji’s life. When asked if he felt he had been “kept alive” for a particular, special reason, Babaji spoke about his work of translating the *Siri Guru Granth Sahib*\* from English to Spanish.

**Yogiji explained that in a direct line from his third eye to the hand of the doctor he froze everything. His teacher had saved Babaji’s life.**

The translation of the *Siri Guru Granth Sahib* is a major project. It has been a work in progress for the past thirty years and has just recently been completed. This edition, which will include *Gurmukhi*\* with Spanish translation and transliteration, is being printed on site by the ashram’s printing business.

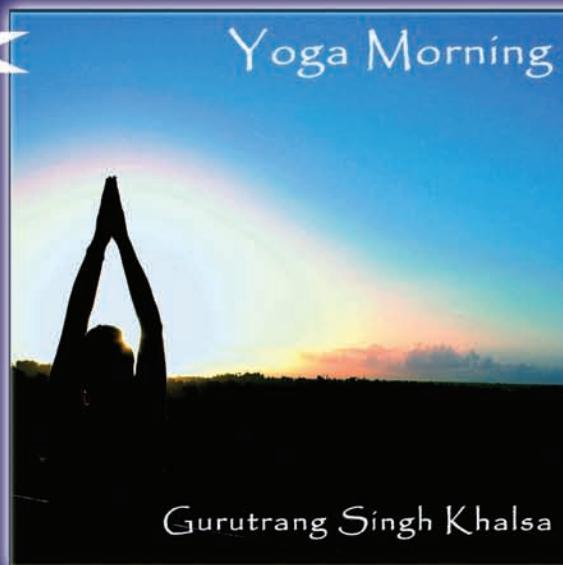
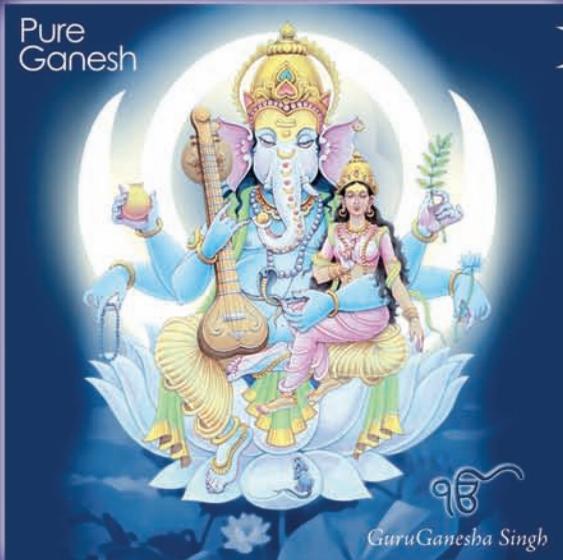
Guru Ram Das Ashram works in concert with the Kundalini Research Institute in New Mexico and Universidad Sor Juana Ineq de la Cruz in Mexico, to provide Kundalini Yoga Teacher Training programs. Kundalini Yoga classes at the ashram include men’s and women’s courses, advanced yoga, cooking classes, residential programs, children’s yoga, and weekend workshops where everyone participates in cooking, serving, and karma yoga, as well as classes on special topics in Kundalini Yoga.

Over the years many people have contributed to the growth of Kundalini Yoga in Mexico. Jai Hari Singh and Jai Hari Kaur, Pritampal Singh and Ardas Kaur, Sat Nam Kaur, Ravi Kaur, Arjun Singh and Ram Kaur, Arjun Singh and Arjun Kaur, Ongkar Singh and Ardas Kaur, and many others, known and unknown to us, have all gracefully served the teachings of Yogi Bhajan. ■

\* See Glossary, p. 45.

<sup>1</sup> Karma yoga is selfless action without thought of reward.

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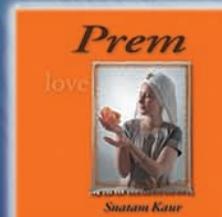
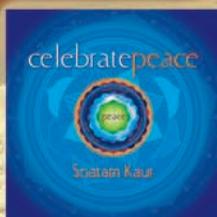
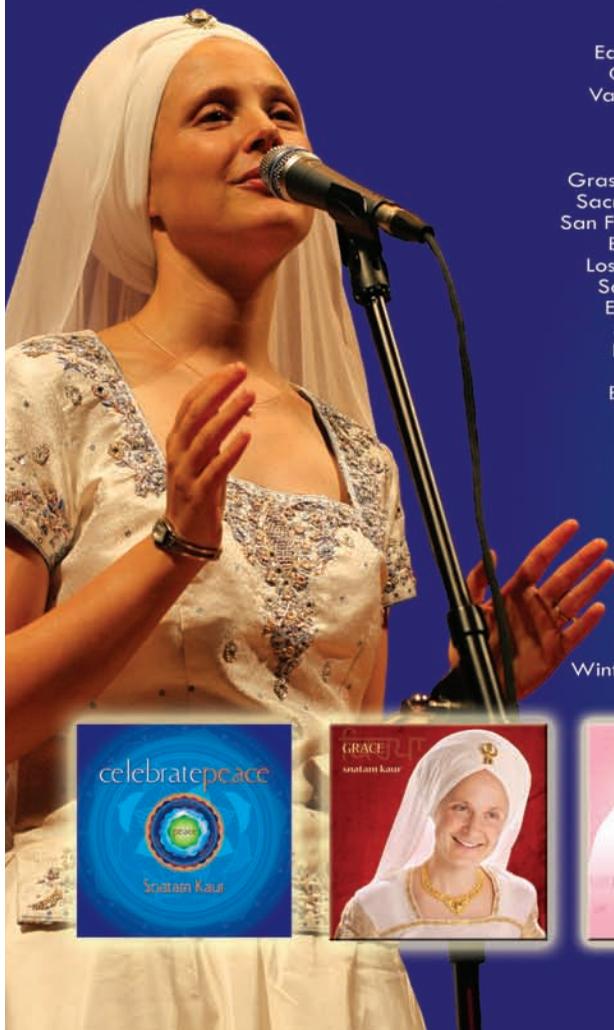
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