

Prosperity Paths

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THE INTERNATIONAL SIKH DHARMA NEWSLETTER

The Tool to Adjust to the Frequency of the Aquarian Age



“Our future is now and our presence is our purity... Our creativity will be our sensory system...”

Once again the Siri Singh Sahib ji has given us a powerful tool to help us adjust to the new frequencies we will be facing, a lecture entitled: “*The Self-Sensory System and the Transition From This Piscean Age to the Aquarian Age.*” His manifesto: **Record this entire lecture in your own voice and listen to it daily!**

“In the next twelve to fourteen years you will be needed by the world. It does not matter who one is today or to whom one belongs - people’s minds are going to go empty. In this Piscean Age, which is going to end, the main need was for knowledge, for creative legacy.

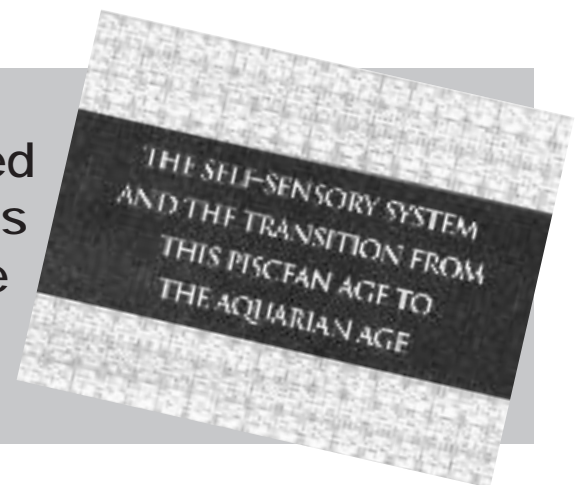
“But the time is changing, people are looking towards fulfillment of the self through purity and piety, individuality and reality. They don’t want to

practice duality anymore. ... A Self-Sensory System will develop, a new system where the individual will find himself or herself complete.

“The time has come of self-value. And the question is not: “To be or not to be;” the statement is: “To be, to be.” “I Am, I Am.” The time has come not to search for God, but to be God. Time is not to worship God, but to trust and dwell in the working God.

“The sensory system which will develop automatically out of us will be our archangel protecting us and glorifying us.” (More excerpts from this lecture on page 2.)

This powerful lecture has been printed as a specially designed pamphlet and is offered to everyone. See inside this issue for how to obtain your copy today.



“Our future is now and our presence is our purity. we don’t have to purify ourselves; we are pure. We simply have to not make it ugly by diversion, by concoctions, stories, and by creating meaningless romance and fantasy, and by imagining things which are zero. We’ll master ourselves through our service, through our character, through our commitment, and the most powerful thing which people have - our grace. Our individual grace is the most wanted today. And our projection, which will

“We’ll master ourselves through our service, through our character, through our commitment, and the most powerful thing which people have - our grace.”

give us satisfaction, fulfillment, and exaltation, is our nobility. We will act noble, gracious, kind, and compassionate. These are our essential features.

“Our creativity will be our sensory system. And through this sensory system we will be overflowing with energy, touching the hearts of people, and feeling their feeling, and filling their

emptiness. We will act great and our flow will fulfill the gratefulness in the hearts of others. It will be a new relationship. We will create a new humanity which will have the new sensory system and thus we will establish the Age of of Aquarius. This is the fundamental character you have to learn by heart.”

(Excerpts, August 1, 2000, New Mexico)

ORDER YOUR COPY TODAY

To receive your copy of “**The Self-Sensory System and the Transition From This Piscean Age to the Aquarian Age.**” pamphlet, simply send a separate check marked “pamphlet” and made payable to Sikh Dharma Dasvandh for \$6 (which includes shipping and handling) to the Sikh Dharma Dasvandh Office, PO Box 249, Santa Cruz, NM 87567. Please use a separate check for your regular Dasvandh donation. Use the enclosed Donor envelope!

Meditation to Develop the Self-Sensory System

Point the Jupiter finger (forefinger) of the right hand straight up towards the sky, palm facing forward, with the thumb wrapped around the fingers which are closed in a fist. The right elbow is bent and relaxed at the side. The left hand is placed flat over the heart center. Listen to this lecture recorded in its entirety in your own voice.



THE SELF-SENSORY SYSTEM
AND THE TRANSITION FROM
THIS PISCAN AGE TO
THE AQUARIAN AGE

EDITED BY
Yogi Baskin, Ph.D.



Absorbing and Manifesting - Notes from the Dasvandh Office

Darshan Kaur Khalsa

God Answers Questions

In this issue, we wanted to cover a serious and often asked about subject pertaining to prosperity - *How do we absorb Prosperity Consciousness, how do we manifest it?* And the most amazing things happened! First, two people, literally from opposite sides of the country (Oregon, Massachusetts) submitted truly excellent articles, each using the same meditation pose! Then, even more astounding, when we went to choose the Siri Singh Sahib's lecture to use in this issue, we caught wind of the powerful August 1 lecture and guess what? It uses the same meditation pose. How amazing is that?! So, pay attention to this meditation, folks! It just goes to show - when you ask a question clearly, God does answer.



Tithing - A Part of the Path to Financial Freedom

I recently taped an Oprah show because my favorite financial expert, Suze Orman, was scheduled as a guest. It was a fantastic show and at the end, there was also a good "Spirit" segment. This particular segment was about a woman who shared how her family was able to get their finances together because she started tithing on a regular basis! She explained how she had seen a presentation by Suze Orman and how the part about tithing as one of the steps to financial freedom really stuck with her. Even though she didn't think she had anything extra to give, she started with a small monthly donation of \$25 to her local church. She was amazed that gifts and things started coming in. And within 18 months they had reduced their debt and their only monthly payment left was the mortgage. It was such an inspiring story.

Leap of Faith

We so often think - "There's just barely enough to make ends meet, how can I give?" and yet, this is our subconscious mind talking and it is a good example of how we block true absorption of prosperity consciousness. When we determine that there is "barely enough," how can there be room for expansion, how can we be open to more? Sometimes it is only a matter of faith. Try it - make that commitment of a monthly Dasvandh donation. Give yourself a trial run period of 6 months and see what happens! Or, if you already make monthly Dasvandh donations, consider increasing your donation by 10%. Allow for expansion - allow for more prosperity to come into your life. Open yourself up and watch how God provides.

Concentration of Mind

On a final note: The Siri Singh Sahib said: "Prosperity takes concentration of mind. If a mind isn't in a position to concentrate, success and prosperity won't come." When I asked him the best way to absorb and manifest Prosperity Consciousness, he said to do Sodarshan Chakra Kriya because it expands all mental capacities. I love this kriya! It can be found in Harijot Kaur's book: *Physical Wisdom*, p. 39. [You can buy the book from Golden Temple Enterprises.] Sat Nam.

In This Issue



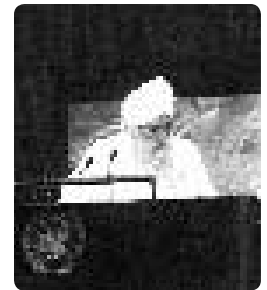
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The Secret to Prosperity Meditations

MSS Gurucharan Singh Khalsa, Ph.D.

A young lady with a bright smile came to an evening of meditation. At the end of class, when we usually discuss students' questions, she flashed her innocent blue eyes and launched a question that dropped silence over our small group. She asked, "I've done eight forty day sadhanas for prosperity. Seven of them were 31-minute meditations. The last was for 62 minutes. I enjoyed them all. I didn't miss a morning. Is there another meditation or kriya I can do to make all those others work?"

Everyone in the room either nodded or shook their head or moved closer to hear the answer. After teaching for thirty-one years, some of the students thought I must have a special, secret unpublished kriya that would open the floodgates of prosperity that should come from all their efforts to develop that consciousness of royalty, grace and success.

The young lady knotted her brow and said with all sincerity, "I know these meditations work. I can feel their impact from time to time. But I can't get them to stay in my cells. I feel the change, and then it slips away like a dream. How do I make this prosperity real and lasting?"

All eyes turned my way. I had to say something wise, practical and true. Fortunately, the voice of Yogi Bhajan came to me. As sharp and quick as lightning his words gave me the answer.

The problem is very simple. Prosperity meditations create a state of being that automatically synchronizes our psyche and our actions with the flow of pros-

perity given to us by God-our Infinite Spirit. To get it in every cell, want nothing. Want nothing and be grateful for everything. Then like a sudden blaze you will light up the night. You become a beacon. You attract your destiny. You can see each step to take.

When I recalled his words I understood in a deep, visceral way that prosperity comes like music, easy and full of rhythms that move the cells and make your hands and feet dance to the melodies in your life.

It is your psyche that meditation adjusts, not the world. The psyche is the vehicle for your soul to use your pranic body to manifest and express things. Imagine a car. It is a vehicle. If you have the best car in the world, finely tuned with amazing extras beyond your expectations, it can still have a problem. You can fuel it with leaded gasoline when it only works well on unleaded.

At first it runs all right. Then its performance drops. It lurches in and out of smooth driving. Finally the entire engine is damaged and you leave a trail of pollution behind you as you go.

Your psyche has the need for good fuel to work well. If you put in wants, desires, fears, blames, projections and demands, your psyche gives you pollution. Your prosperity vehicle stalls, jumps, skips over opportunities.

It runs best on the fuel of the heart: fearlessness, gratitude, innocence, commitment, contentment, openness and bliss. Without cultivating this in the meditations, even the best vehicle stops. Meditating

with your head filled with the conflicts of want, need and desire is not effective. That is why every scripture says you must use the heart to see. It is the heart's wisdom that directs the intelligence of the head. We need a discipline and formula that develop the psyche and heart together so we can embody prosperity in our actions, in our cells and in every relationship.

The Mulmantra is the foundation or root mantra. It is a statement that is like a seed. It contains the core of all of what is to follow. Guru Nanak gave this mantra: Ek Ong Kar, Sat Nam, Karta Purakh, Nirbhao, Nirvair, Akal Moorit, Ajunee, Saibhung, Gurprasad Jap Ad Such, Jugad Such, Haibhee Such, Nanak Hosee Bhee Such. It tells us how to approach this in three definitive steps with the qualities: nirbhao (fearless), nirvair (without revenge or blaming) and akal moorit (image of the Infinite). First, be fearless so you are open, flexible and able to see what is real rather than the twisted shadows of your fear. Second, be without blame or revenge so you take responsibility to express your spirit and commit to your Dharma. Third, project yourself in the image of the deathless Infinity of Spirit so you feel connected to all and accept in innocence that unpredictable living communion. These three conditions occur before you are complete-saibhung-and ready to Jap-to repeat the mantra at the end of the Mulmantra-Ad Such, Jugaad Such, Haibhee Such, Nanak Hosee Bhee Such-to raise the Kundalini and let prosperity flow.

Why do we skip these three preparatory steps? Why do we not bow and invite in this inner posture with the meditation we practice? Because it is difficult to see the blind spot created by our individual ego. Our attachment to our want, fear or need deadens some

Your prosperity vehicle stalls, jumps, skips over opportunities. It runs best on the fuel of the heart: fearlessness, gratitude, innocence, commitment, contentment, openness and bliss.

Prosperity meditations create a state of being that automatically synchronizes our psyche and our actions with the flow of prosperity given to us by God - our Infinite Spirit

part of our psyche. The only way is to hear the words of the Guru. Hear the wisdom and naad that moves our psyche in ways it would not go if left to its own patterns. By saying and hearing the mantras and shabds of Gurbani, we can release the attachments of our karma.

It is hard work. It can be done in a simple bow. But the willingness to trust our own spirit is a virtue we sometimes overlook. It is as if all the power is outside our self. But the power within comes when we move out of the way. That is why we start every yoga kriya with a chant- Ong Namu Guru Dev Namu. Devotion and Discipline are the left and right hands of prosperity.

**Devotion and Discipline are the
left and right hands of prosperity.**

Meditation combined with the right attitude delivers the altitude.

Yogi Bhajan gave this affirmation as a way to release the old attachments and open the flow of prosperity in this New Age. Do it in this same way. Chant. Do not simply speak. Listen deeply. Do not just hear. Feel it in all your senses. Do not just imagine it. Be complete, like a seed, from the first moment you plant these words in your psyche. Let your life express that seed as you bloom and prosper. Cultivate delight and gratitude, not desire and condemnations.

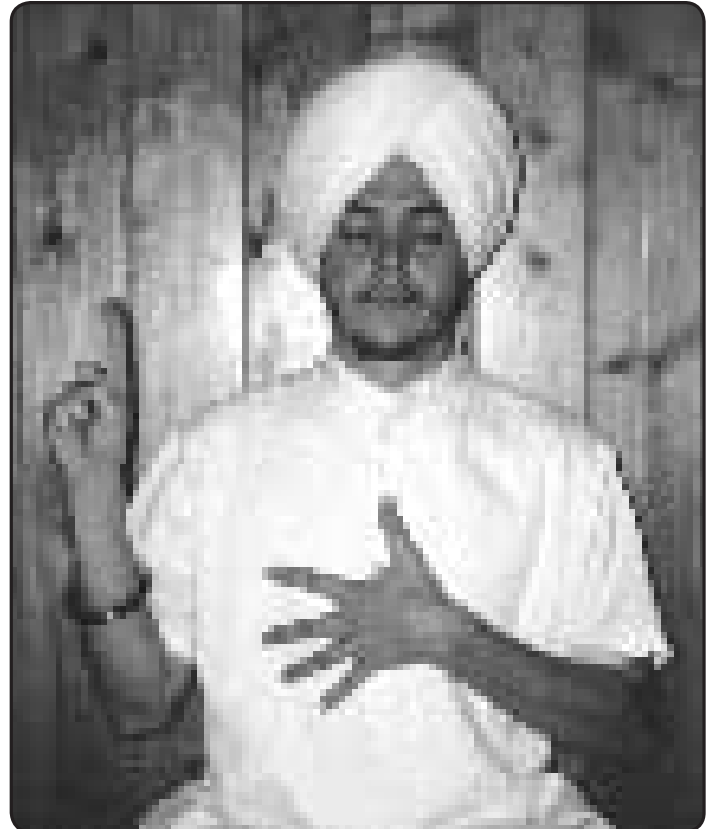
Meditation to Affirm Yourself and Your Prosperity

Sit straight with erect, balanced spine. Place the palm of the left hand over the heart center at the middle of the chest. Place the right hand in a fist on the right side at the level of the shoulders with the elbow relaxed along the right side. Extend the index finger straight up toward the sky. Look down past the tip of the nose. Repeat this affirmation:

Me within me is Reality
Me within me is Beauty
Me within me is Grace
I hold this Space

Notice how you feel after 11 minutes. This puts you in the space to trigger the results of all the other meditations. It will not do the work. It gives you a way to guide your mind and heart to work together to open the door of your spirit. It is just

like life on Earth. Gravity is always there and it lets us experience Earth. But we must constantly work for lightness as long as we are alive and move. Use this affirmation to become light, to drop fears and desires and to project your Self as a graceful, fulfilled Sensory Human of the Aquarian Age.



Gurucharan Singh Khalsa, Ph.D.
Presenter, author, business consultant, psycho-therapist and researcher.

Gurucharan is a Renaissance man who knows the science and poetry of body, mind and spirit. He has relentlessly pursued the truth through the realms of physical science and spiritual enlightenment. His fulfillment has come through studying at the feet of his master, Yogi Bhajan. It was his blessing to assist in the development of the Breathwalk program and to co-author the book "Breathwalk: Breathing Your Way to a Revitalized Body, Mind and Spirit" (Broadway Books, June 2000).

The Nuts and Bolts of Prosperity

Siri Kirpal Kaur Khalsa, Oregon

We know the stories. We know how the Siri Singh Sahib (Yogi Bhajan) came to the West in the late 1960s, leaving behind his family and his job, and arriving with next to nothing because his luggage was lost. We know how he trained teachers rather than gather disciples. We know how those teachers, especially the early ones, established ashrams and businesses in distant cities and countries with little more than a faith in God and Guru. And we know that the businesses are thriving, and there are now 3HO centers and ashram communities all over the globe.

We know how Guru Gobind Singh lost his four sons, his parents and most of his Sikhs. We know that at that point of supreme loss he wrote a letter to the Moghul tyrant Aurangzeb proclaiming victory against tyranny. And we know that Sikhism is now the world's fifth largest religion, and the Moghul empire has long since collapsed.

"I'm teaching you a reality for how to enter the Age of Aquarius rich, happy, healthy, creative, conscious, trustworthy, and worthy."
-Yogi Bhajan

We know the stories. They are all about the Radiant Body. Real prosperity requires success, and unstoppable success requires a strong Radiant Body. When we take Amrit (formal Sikh baptism), we are taking on part of Guru Gobind Singh's radiance. When we recite Jaap Sahib

and Tav Prasad Swaye and also the 25th Pauri of Japji, we enhance our Radiant Bodies. The Song of the Khalsa is about the Radiant Body. Leaving our hair uncut enhances the Radiant Body. All those prosperity meditations that use the mantra HAR HAR HAR HAR GOBINDAY, HAR HAR HAR HAR MUKANDAY, HAR HAR HAR HAR UDHAARAY, HAR HAR HAR HAR APAARAY, HAR HAR HAR HAR HARIANG, HAR HAR HAR HAR KARIANG, HAR HAR HAR HAR NIRNAAMAY, HAR HAR HAR HAR AKAAMAY enhance the Radiant Body. We are blessed beyond measure to have and utilize these technologies because if we want to experience unbeatable prosperity, if we want to go beyond our circumstances, then the Radiant Body must be strong.

Trying to define the Radiant Body is a little like trying to define God because it extends beyond the aura into Infinity. At least it does that when it is strong. It is the extra sparkle of the Soul. At least, it is when it is strong. When it is very weak, people become basket cases, which is not what human beings are intended to be.

As part of the Master's Touch class of Winter Solstice 1997, Yogi Bhajan taught a powerful kriya to magnify the Radiant Body. He told us how a man came to him in terrible physical state; the doctor gave that man three months to live. Yogi Bhajan had that man do this kriya (he also changed his diet) and today that man is completely healthy and happy. I did this

kriya during a period of intense stress and remained healthy during the time I did it, plus I came up with a creative way to attend Summer Solstice when funds would otherwise have been short.

"Kindness knows no defeat. Caring has no end. And touching peoples' hearts is the only language God knows."
- Yogi Bhajan

Kriya to Magnify the Radiant Body (12-20-97)

Spread the fingers of the left hand as far apart as possible and place the hand on the heart center with the thumb pointing up. Make the right hand into a fist with the index finger extended and pointing up. Place the right arm by the side with the elbow down and the



index finger pointing up with the tip at eye level with the palm facing forward. Close the eyes and breath deeply a few times. Chant the mantra AAD SACH, JUG AAD SACH, HEIBHEE SACH, NAANAK HOSE BHEE SACH, pulling the navel powerfully on each "Sach," so that the navel connects with the spine. Continue for at least 8 minutes. (Yogi Bhajan said that different people might need different durations. 11 minutes seems to work well for classes.) Inhale and relax.

Note: This kriya also enhances intuition provided the fingers of the left hand are kept spread wide and the navel is pulled powerfully on each "Sach."

Siri Kirpal Kaur is a Kundalini Yoga teacher and homemaker who lives in Oregon with her non-Sikh husband. Her home is registered as a Gurdwara on the Internet. She invites you to visit! Siri Kirpal Kaur is currently working on a book on prosperity based on the teachings of Yogi Bhajan.

From our Readers...

From Sue M Williams, CO

6/25/00

Dear Prosperity Paths,

Thank you for yur newsletter which contains the Prosperity Technology meditation set [Subagh Kriya]. It came at just the right time as I am working on obtaining the right job. Please place me in your prayers. Enclosed is a small token for use in your work. Thank you!

8/20/00

Dear Prosperity Paths,

..I got the job! My title is "Operations Team Manager". My salary is real close to what I was making at my old job that was downsized. I also got offers for interviews from at least 3 other companies! Also, my job search situation has taught me to refine my goals to main priorities. Next goal is financial independence. I want to avoid being totally dependent on a company for my financial needs. Please say a prayer to assist me in reaching this goal. Finally, thank you for your prayers and support. I will send another monetary gift to help support your work very soon. It was wonderful to receive your newsletter just when I was feeling a bit down. Best Regards.

Golden Temple Enterprises

For audio and video tapes of Siri Singh Sahib (aka Yogi Bhajan)
Gurdwara and Class lectures, books and music.
Toll Free: (800) 829-3970, or (505) 753-0563.

Contributed by Ragubir Singh, CA

10)

3am alarm ice cold shower
morning sadhana kundalini yoga
joint pain hunger breath of fire
preparing to die - feeling so alive

24)

slipping back regressing
preoccupied with mere human thoughts
feeling a dullness of spirit
the I cries out for the Master's Touch



"Chattra Chakra Vartee"

Chattra Chakkra Vartee
Chattra Chakkra Bhugatay
Suyumbhay Subhang Sarab Daa Sarab Jugtay
Dukaalang Pmaasee Dayaalang Saroopay
Sadaa Ang Sangay Abhangang Bibhootay

**Thou art pervading in all the four quarters.
Thou art the enjoyer in all the four quarters.
That art self-illuminated and united with all.
Destroyer of bad times, embodiment of mercy.
Thou art ever within us.
Thou art the everlasting giver of undestroyable
power:**

**Last four lines of "Jaap Sahib"
by Guru Gobind Singh**

IKYTA NEWS

Nam Kaur Khalsa, Executive Director



Summer 2000 Yoga Festival

Yes, the setting at the Yoga Festival in Loches, France really is as idyllic as this photo depicts! It was a joy to attend the festival and commune with hundreds of European yoga students and teachers in this weeklong yoga village. I busied myself meeting with various teachers involved in Teacher Training and the National Teacher Associations in Europe. It was so inspiring, I didn't even think of it as "my job," but just a wonderful experience.

There are now four summer Yoga Festivals celebrating Kundalini Yoga: in Chile (where in February it is summer!), in Sweden, in France and in Russia. One lucky teacher, Hari Kaur, went from Summer Solstice in New Mexico, to the first ever Yoga Festival in Sweden, then to Loches, and now she is on her way to the Russian Yoga Festival as I write this!. She is an amazing 3HO "Ambassador of Warmth and Hospitality" as she teaches and touches so many in her Mala Meditation and Celestial Communication classes.

By Popular Demand...

This photo of Yogi Bhajan, which was mailed to you as a 3HO Events post-card, was so popular that we made a poster of it with the text from Guruka Singh's poem, "The Master's Touch." As Shakti Parwha Kaur recently told me, "It looks absolutely beautiful matted and framed!"



You can order the poster or any of the other Summer 2000 teacher products, including Shakti's new Tool Kit for Teaching Beginners, when you receive your 2001 IKYTA membership form. Please contact IKYTA directly if you are not on the teacher's mailing list or would like to order products wholesale.

3HO IKYTA Route 2 Box 4 Shady Lane
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Ph: 505.753.0423 Fax: 505.753.5982
ikyta@3ho.org www.kundaliniyoga.com

New Publications Available Directly from KRI

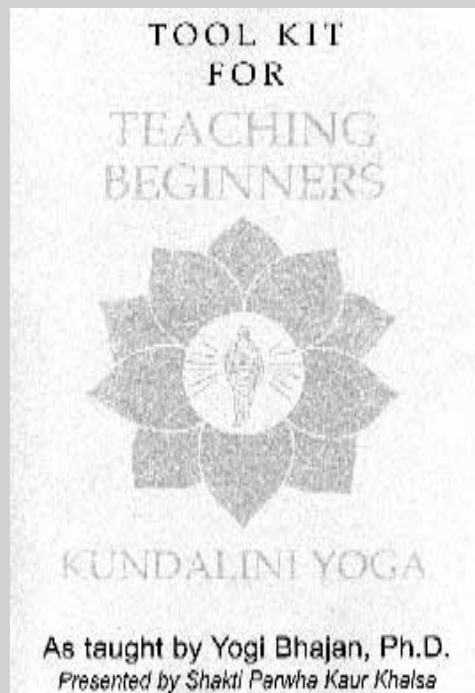
Satya Kaur Khalsa



It is our blessing to offer our newest publication, Tool Kit for Beginners, written by Shakti Parwha Kaur Khalsa. This is the first curriculum available for teachers of beginning classes, with 6 complete lesson plans, including handouts, recipes, appropriate yoga sets, mantras, discussions, meditations and more. Developed from 30 years of experience this manual is a priceless tool for all teachers of Kundalini Yoga. It includes the most basic and important information and technology for all students. Tool Kit for Teaching Beginners belongs in the library of every teacher: for reference, lesson plans, and as an accurate source for the simple and pure teachings of Yogi Bhajan.

We are also delighted to announce that a new yoga manual from Harijot Kaur Khalsa will be available by Winter Solstice 2000. This fourth manual is called Self Experience and contains previously unpublished kriyas and meditations.

Tool Kit for Teaching Beginners is available only from KRI at this time. Please contact us at (505) 753-0562 or kri@newmexico.com for more information



What is Winter Solstice?

SS Hari Charn Kaur Khalsa

“Winter Solstice is a tradition. It is celebrated in the spirit of who we are and it gives us strength and achievement and brings us to feel our essence. It is a gathering of the souls of the beautiful. At Winter Solstice we can really shake hands, plan for our future and show our devotion and dedication.”

These are the words of Yogi Bhajan in 1986 to describe the beauty of Winter Solstice. Each year at Winter Solstice students and seekers of truth from around the world gather on a cozy campground in Northern Florida to meditate, practice the ancient art of White Tantric Yoga, share stories, elevate their consciousness, sing, dance and have fun.

The ideal way to get the most out of Winter Solstice is to arrive on the first day of camp to have a few days to relax into the Solstice setting before White Tantric Yoga begins. This way you can get the jet lag out of your bones and become acclimatized to the warm weather (hopefully) of Florida. This way you will have time to prepare to receive the Master’s Touch- for whether he comes in person or teaches through his subtle body, it is the touch of the Mahan Tantric that will poke, provoke, confront, and elevate us. We have prayed for lifetimes to join in this nurturing yet challenging camp.



As Yogi Bhajan has told us as early as 1988, “The relationship between you and me is that of the rising and setting sun; you are rising, and I am setting. It is my duty to make sure that as I set, you rise. That is why I am asking you to overcome every obstacle and come to Solstice. When you come to Solstice, you are doing something perfectly, beautifully selfish, for your soul. Renew yourself now. Develop that grit, that commitment to excel. Accept your destiny today, so that when I set, tomorrow you can rise and accept the challenge.”



The 3HO family, with all its imperfections is still the greatest family in the world, and we are the most privileged who can still come together to share in the Winter Solstice Sadhana Celebration of life. Winter Solstice Sadhana is a great opportunity to transcend the maya of your own body and to come alive in the highest realms of your being. It is a chance to re-discover your SELF. Winter Solstice Sadhana is not a vacation at a resort hotel; it is REAL and it is IMPORTANT, and it is OURS. Winter Solstice is a cherished opportunity to leave time and space behind and build a group energy and spirit for the 3HO way of life. These special days will never come again.

“It is the best thing which is happening. It is very divine, it is very unique, it is very international, it is very human, and it is totally related to higher consciousness, and I know those who have come here and have taken time to come here are very fortunate.”

**Don't miss Winter Solstice Celebration, 2000. December 19-25. To register:
Call: (888) 346-2420 or (505) 753-4988 Email: yogainfo@newmexico.com
Online: www.3HO.org**

**“Give,
because God gives to you. Love, because that is your
purpose in life. Love, because that's what you came here for. Shine,
because that is important. Share, because that is demanded of you.”
- Yogi Bhajan, May '00**

Khalsa Youth Camp 2000: The Gift of Innocence

SS SiriNam S Khalsa, MA

“It is a Good Camp. I thank you from the bottom of my heart.” Siri Singh Sahib
ji 7/2000

The Siri Singh Sahib once said that God flows with the innocent; God forgives the innocent. He told us that we have to be innocent

through and through, simple through and through, and real through and through. Our reality is that we are in the Name of God. This summer at Khalsa Youth Camp, Ram Das Puri (NM), every child's innocence glowed brightly.

This unique and outstanding camp, for girls and boys ages 3-12, develops the values and identity that build a storehouse of confidence for children to experience when we're not around or when times get tough. We are giving them a foundation upon which Leaders for the Aquarian Age are built. This summer involved many challenging, expanding, and fun activities that ran through each child's day. The morning practice of yoga, chanting, and meditation under the blue expansive skies of New Mexico set each innocent soul

free to be themselves. Our staff included teachers, parents, and teenagers who dedicated four weeks of their summer to work with our children to build a better tomorrow.

Working at KYC is learning how to become a more effective guide. During the summer, a young guide



said to me, “What could be a more rewarding summer experience than knowing you are becoming better able to raise children that are confident, assertive, appreciative, loving, respectful, and generous? Imagine a world where every child grew up to become an adult with these qualities.” I told her that the Siri Singh Sahib's vision of the future is to help create such a world and that her work at this camp is supporting this vision.

During the last week of camp, we all had a very enjoyable visit to the Hanuman Temple in Taos. We listened to stories of Hanuman and their Guru, Neem Karoli Baba, and chanted healing man-

tras. Afterwards the children were playing outside, and one of the residents commented on how carefree and innocent our children were. He felt blessed to be in the room while they were chanting God's Name.

After the children gave a wonderful presentation of the camp's daily activities to the Siri Singh Sahib and guests from KWTC and the Espanola Ashram, we all sat at the master's feet and chanted the healing mantra, Ra Ma Da Sa, Sa Say So Hung for about 7 minutes. The next day, Siri Bhrosa Kaur (L.A.), came up to camp to say goodbye for the summer. She shared the Siri Singh Sahib's comments to her and the other healers who meet with him daily, that the children's meditation was so healing that he wished they did not stop. Their innocence was felt deeply.

It was our privilege to witness the unfolding of the inner self in each child, allowing its beauty to shine forth in the world.

The Khalsa Youth Camp 2000 summer presentation video can be ordered from GTE, Box 13, Shady Lane, Espanola, NM, 87532.



2nd Annual Youth Conference on Sikhism - The Golden Temple of the Heart

SS Shanti Kaur Khalsa, NM

A thick crowd of young people sat in meditation, bathed in the golden light of the Harimandir Sahib, the Golden Temple of Amritsar. Many had tears running down their face as



their minds and souls were engulfed in essential bliss that comes from a sight of this holy place. The experience was moving and uplifting, solidifying individual identities with the Sikh essence.

This did not happen on the cool marble of Amritsar, but in an auditorium at the University of Calgary on May 27th. More than four hundred people joined together for the 2nd Annual Youth Conference on Sikhism put on by the Dashmesh Mission of Calgary. The conference title, "Healing Your Spirit and Soul: Your connection with the Harimandir Sahib" guided all the participants to search within themselves and find their own, personal devotion to the divine. The conference began with a presentation of the life of Guru Ram Das ji, the fourth Guru of the Sikhs and the founder of the city of Amritsar and the Tank of Nectar. Through stories, slides, and music, the story of the Fourth Guru came alive for the viewers. This was followed by an audio-visual walk around the Parkarma at the Golden Temple that was so real, and so alive, that it left many people in tears. As said at the conference, "the Harimandir Sahib achieves the kind of romantic glory which flouts convention, answers to the mood of astonishment, and compels humility before God!"

Dr. Harjot Kaur Singh and the Dashmesh Mission of Calgary organized the conference. The Dashmesh Mission is a youth group formed originally to celebrate the Tercentenary of the Khalsa. Through the selfless work of Gurjit Singh and Kulvir Singh, a dynamic association formed. Its goal is to learn about the true message of Sikhism, and to spread the message to others. What better way than to gather so many beautiful souls together in praise of Guru Ram Das!



After the guided meditation at the Golden Temple, Dr. Harjot Kaur gave a fantastic lecture on "The Physiological Impact of Gurbani Naad (Sound Current) on the Body, Mind, and Soul." She presented scientific evidence and documentation of the beneficial impact of Gurbani on the human being. Even the most cynical mind could not refute the conclusion of her presentation showing that Gurbani is a healing source in God's creation.

Dr. Balkar Singh followed this presentation with a talk on "The Harimandir within the Heart of the Sikh." How true that is! Harimandir Sahib is the golden altar at which the Sikh Nation bows, and that same Harimandir exists within the heart and soul of each individual Sikh as well.

Dr. Balkar Singh is a renowned scholar in the field of Sikh Studies with 30 years of research and teaching experience at the Punjabi University, Patiala. This fall he has established a branch of the Punjabi University in Espanola, New Mexico under the chairmanship of Vice-Chancellor Dr. Jasbir Singh Ahluwalia.



Other presenters were Baltej Singh Dhillon, the first turbaned Sikh in the Royal Canadian Mounted Police; Onkar Singh, a gifted teacher and raagi; Guru Raj

Kaur Khalsa, a role-model for all Sikh women; Professor Maninder Singh, a dedicated missionary and scholar; Jasbir Singh Kainth, a successful member of the Calgary Police Department; and myself, Shanti Kaur Khalsa. Discussions were held in smaller groups of 20 so that people could speak their heart, ask meaningful questions, and really gain a deeper understanding of the issues. Seminar topics included, "Connecting your mind with the Harimandir Sahib;" "Connecting your spirit with the Harimandir Sahib;" "Sikh identity in the workplace;" "The role of women as Khalsa;" and many others.

At the end of the day, the group reconvened as a whole to meditate. The group was so energized that the room buzzed with light as people came together. A powerful experience was realized individually, but shared by all. The peace and power of the Golden Temple, sitting in glory 10,000 miles away, was felt as a tangible manifestation in the heart of each Sikh.

Avoid the Pitfalls - Don't Make These Planned Gifts at Year-End

As the end of the year approaches, the giving pace picks up. This is true not only for Amar Infinity Foundation, but for the nonprofit world in general. Many people simply wait for the closing of the tax year -- and the barrage of financial appeals -- to make their major gifts.

If you fall into this category, you may want to consider the following suggestions. They might help you avoid making a "planned" gift you could live to regret.

Hurried Gifts

With the hectic lives many of us lead, we may tend to put off our giving until "we have the time." Then, before we know it, the calendar runs out and we are staring at December 31. We rush to complete a year-end gift.

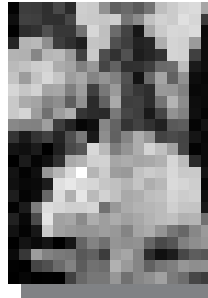


In our haste, we can make serious mistakes, mistakes that may haunt us later in life. A planned gift, by definition, requires planning. Gifts of real estate, stock or other non-cash assets should be made carefully and in consideration of overall estate plans.

So, if you expect to make a planned gift before the end of the year, allow plenty of time. Avoid the rush. Start now by calling Amar Infinity Foundation office for assistance.

Impulse Gifts

Beware of knee-jerk gift decisions. With all the crisis-related appeals we receive at year-end, it is easy to get caught up in the emotion of the moment and respond with a generous gift. Were we to have time to relax and think through such a decision, we might do something entirely different. We might give less, or more, or maybe not at all to that particular charity. At least we would have considered our decision carefully, including the organization crying for our support.



As stewards of our resources, it is always best to be prudent and plan our giving in a way that accomplishes the greatest good for all concerned. Impulse giving may be okay for pocket change, but not for major assets that comprise our estates.

Tax-dumb Gifts

The opposite of a tax-wise gift is a tax-dumb gift. The latter is a gift that fails to use our tax code to maximize our charitable giving. For example, let us say you have \$10,000 in long-term appreciated stock and you want to make a year-end gift of \$10,000 to Sikh Dharma via Amar Infinity Foundation. You could either give the stock or sell it and give the cash. If you sold the stock, you would have to pay tax on the gain, thus leaving less money to give the program you care about.



On the other hand, you could make a tax-wise gift and transfer the stock directly to Amar Infinity Foundation, thus avoiding any tax on the appreciation of the stock. Since Amar Infinity Foundation is a qualified charitable organization, we can sell the stock without incurring tax on the capital gains.

As we approach the end of the year, we want your giving to be fully satisfying to you, both in what you give and how you give it. We have helpful materials we want to send you without cost or obligation. Simply fill out and return the response form on the attached flyer, or call Guru Roop Kaur at our Planned Giving Office at (602) 252-0931. Thank you for supporting the *Programs and Services of Sikh Dharma, 3HO, Kundalini Research Institute (KRI) and Sikh Dharma Education International (SDEI)* by gifting to Amar Infinity Foundation.

"Your process of life is not giving. Not giving yourself a chance, not giving to others..

"Giving is the way of the rich. What do you give? You give your services, you give expertise, you give work, you give to help others be blessed, you give your prayer, you give to the needy..

"To become rich and prosperous with wealth and values is to have the strength to come through. It means the transmission of your brain and the powers of your intuition can immediately tell you what to do.

"Money cannot make you happy, it only facilitates things. Money cannot take away your fears. Money can buy you medical services, but it cannot give you health. Money can create newness in your life and make you temporarily happy, but it cannot give you fulfillment. Just be simple, realistic and one with everything - and see how the universe comes to you."

- Yogi Bhaijan, Excerpts

Punjabi University Center Opens Its Home in Espanola

S.S. Gurunater Kaur Khalsa

Through the vision of the Siri Singh Sahib, the Punjabi University Center for Punjabi and Sikh Studies has been established in Espanola, New Mexico, in collaboration with Punjabi University in Patiala, India. The first semester began on September 5, 2000 with forty students.

To commemorate the opening of this auspicious institution, an Inaugural Seminar was held with the theme of "Sikh Renaissance: Future Approach and Its Reach to the Western World." Dr. Balkar Singh, Professor of Sikh Studies from Punjabi University, and Director of Punjabi University Center, was the Master of Ceremonies. A beautiful documentary, created by Asha and Ramesh Seth, was shown on the Golden Temple entitled, "Siri Harmandir Sahib - A Pilgrimage. Dr. Sat Kirpal Kaur, Director of Academic and Administrative Affairs for the Punjabi University Center, spoke about how the Siri Singh Sahib had first talked about Punjabi University 30 years ago and with the Guru's guidance it will be a full-

filling experience for everyone.

Dr. Jasbir Singh Ahluwalia, Vice-Chancellor of Punjabi University in Patiala, spoke very well on "Sikhism: A Religion for the Third Millennium". He said, "Sikhism, which is one of the five major world religions, has the unique distinction of being the only major religion that arose in the second millennium. Though a religion of the second millennium, it is a religion for the third millennium."

The Siri Singh Sahib added to the historical importance of the Inauguration. He said, "So my feeling today is that I'm seeing the blessing, I'm seeing it happening. I do not know what will happen, but I am sure it shall happen. We shall have a University. We'll have teachings, we will have the power to change the psyche, with the electro-magnetic field and the communicative sense of the microconsciousness in the projective self of the macro-consciousness. We'll be in a position to create a human being with the sensory system for the coming age, so they can understand the word of Nanak, in the sense of Nanak. We have a working God, not a worshipping God. So, aren't you happy?" And the audience responded "Wahe Guru!!!" Truly it was an evening filled with Wahe Guru!



A Portrait of Strength and Grace

SS Gurumeet Kaur Khalsa

DR. BIBIJI INDERJIT KAUR KHALSA

Bibiji Inderjit Kaur is known, loved, and admired by thousands of people around the world. Affectionately known simply as "Bibiji", she holds a Ph.D. in Psychology and the distinguished position of Bhai Sahiba of Sikh Dharma of the Western Hemisphere. She is the wife of Siri Singh Sahib Bhai Sahib Harbhajan Singh Khalsa Yogiji. They have three children - Kamaljit Kaur, Kulbir Singh, and Ranbir Singh Bhai, and today they have five grandchildren.

Those with the privilege of knowing Bibiji see her humbly and tirelessly serve the people in her communities, reaching out to all for the past thirty years. They watch in awe as she effortlessly prepares langar for hundreds of people, and listen in reverie to her beautiful recitation of the daily Banis of the Sikhs, and the holy Siri Guru Granth Sahib. Bibiji has been a constant and noble example of a Khalsa woman.

Among her appointments Bibiji serves as the "Bhai Sahiba" or Chief Religious Minister of the Sikh Dharma of the Western Hemisphere, a member of the Governor's Youth Authority Advisory Board in New Mexico, Member of the Board of Directors for Recovery High School in Albuquerque, Board Member of the Dayco Shelter for the Homeless in Albuquerque, co-founder of the Institute of

Vital Psychology in New Mexico, Executive Director of 3HO SuperHealth, Chairman of the Clinical Therapist's Committee in New Mexico.

Her distinctions include speaking at the 1994 United Nations International Conference on Population and Development in Cairo, Egypt on behalf of 3HO, recognized as a Non-Governmental Organization, being named Outstanding Woman of New Mexico by Governor Bruce King in 1990, and Ambassador to the International Conference on Domestic Violence in 1998.

She has authored many books and publications, including *The Punjabi Handbook*; *A Taste of India* - a vegetarian cookbook; *Stories to Win the World* - a book of inspirational stories for children; *Successful and Troubled Marriage Relationships*; *Psyche of the Soul* - a book that describes the psychological effect of Sikh prayers; and the soon to be published *Living Reality* - a book on questions and answers about Sikhs from children and youth. She also produced many publications to instruct people in the Sikh teachings.

Bibiji resides in New Mexico and counsels, teaches, and lectures throughout the United States, Europe, Canada, and Mexico.

The Siri Singh Sahib Speaks at the United Nations

Hari Kaur Khalsa

History was made when The Siri Singh Sahib (a.k.a. Yogi Bhajan) addressed the "Millennium World Peace Summit of Religious and Spiritual Leaders" at the United Nations during the week of August 28-31, 2000, as 800 religious leaders along with another 1,000 participants created an amazing and colorful impact in the General Assembly hall at the United Nations.

On Monday August 28, 2000, the main representative of each of the world's major religions spoke to the Assembly in prayer. The Jethadar of the Akal Takat was scheduled but did not make it. Professor Mangeet Singh, the Jethadar of Anandpur Sahib, was sitting in an airport in India so the decision was made, and so it happened that our teacher, The Siri Singh Sahib a.k.a. Yogi Bhajan, represented all the Sikhs. He spoke of Guru Nanak's teachings and gave some straight from-the-heart words in his message to the people. It was the high point of a didactic session.

The Sikhs of the Western Hemisphere were well represented in these meetings. Besides the Siri Singh Sahib, and Bibiji, three others were members of the official delegation, and there were half a dozen credentialed "observers." We attended meetings, met with others, and communicated our beliefs with others who were interested. The Siri Singh Sahib gave many interviews, and we were on television numerous occasions during the week.



After two days of meetings at the United Nations, the "Summit" moved to the Waldorf-Astoria hotel. For the last two days there were workshops, receptions, meetings and intense networking happening in this less formal venue. On Thursday, Siri Singh Sahib ji was the "emcee" for a luncheon given by the Namdhari Inter-

national Trust. At that luncheon he expressed his gratitude to Bawa Jain for succeeding in the technically impossible task i.e. of gathering so many of the world's religious leaders in one place, which made possible a high level of networking. We extend our gratitude to him as well.

Workshops on the environment, poverty, human rights, peace, and reconciliation were prevalent. One message repeated over several days by the Indigenous People's representatives was a serious warning about the environment. The ice is melting at the polar caps at an alarming rate. Trees are being used up, without regard for the consequences. Members of South Africa's Peace and Reconciliation Commission spoke on the importance of forgiveness. There was an incredible presentation on the origins of the Universe, stressing the interconnectedness of the Universe and all the creations of the Creator.

The conference was a rare and history-making event. Imagine how the United Nations; the secular cathedral of the world, was changed by the presence of so many holy people. We hope it will influence the politicians that will be there working for the future of the world in the next weeks, months, and years.



"Create dependable children, not dependent children. Give your children the basic value to face their own tomorrow, not be blinded by yours. Make them proper personalities, not helpless puppets. Position them for success, don't paralyze them with the commotion of your emotions."
- Siri Singh Sahib ji
(Yogi Bhajan)



Virginia Sangat Hosts A Healing Fair

Shakta Kaur Khalsa, VA

Born out of a pure desire to share with our friends and neighbors the great wealth of healing modalities that have become essential to our lives, our first 3HO Healing Fair was held in Sterling, Virginia at the Kundalini Yoga Center on November 6, 1999. The fair went from 3 p.m. until 9 p.m., and was completely free of charge. The idea for the fair came at an Administrative Council meeting some time before. We based this fair on the format of the healing fairs that are a traditional part of our evening entertainment at solstices. The feeling among those organizing and participating was that this was something we loved at solstice celebrations, and with some organizational effort, we could reproduce in our yoga center.

The date set for the Healing Fair was significant as well. It was Guru Gaddee Day. What better way to celebrate the birth of our Guru, The Siri Guru, than to share our life, our love, with others? And that, by Guru's grace, is exactly what happened.

People heard about the healing fair by a combination of word-of-mouth, posters in health food stores, and personal invitation. Though most people were familiar with us, many came in cold (and left warm!), and many were ³friends of a friend² who knew us. We estimated that one hundred and fifty people came through the doors.

The large yoga room was divided into 16 spaces. Healers set up their areas, creating cozy spaces, complete with sign-up sheets, business cards, etc. The healers were drawn from our Sikh community, our extended 3HO family of yoga students and teachers, and friends. The wonderful variety of healing included massage, neuro-muscular therapy, Sat Nam Rasayan, aromatherapy, essences, acupuncture, esoteric healing, Reiki--and many more.

There were tables set up with information about yoga classes, yoga manuals, CDs and tapes, and books for sale. A constant supply of homemade yogi tea was available, its wonderfully invigorating smell continually wafting through the air. Samples of teas were donated from the Yogi Tea company, and Peace Cereal was munched on by all, through the generosity of Golden Temple Foods.

The kitchen was bustling with ongoing food samplings of baked tofu, tofu spread on crackers, and of carob cake made without eggs or refined sugar. Recipes for all samples were available. Questions were wel-

comed, and many felt for the first time at ease with tofu, healthy desserts, and the possibility that they too could make these delicious and healthy foods.

In our smaller yoga room there were hourly yoga classes, announced throughout the larger room. Some of the waiting lists for healing were so long that it was possible for people to experience a yoga class while waiting. I personally taught one of these classes, and as always, I was amazed at how little time it takes to change consciousness with Kundalini Yoga. Within ten minutes, there was a definite rise in the energy of the room. Within the 45-minute class, which included a deep relaxation and chanting Sat Nam, breath became deeper and more relaxed, hearts were opened, and minds let go a little more. People left the room in the realization that Kundalini Yoga is one of the greatest healers of all!



There was so much beautiful work going on in the large room that many people said that just walking into the room changed them. The mastery of each healer, their pure intention to heal, was almost palpable. As the day went on, and the waiting lists were long, more people were arriving who had virtually no chance to see some of the healers for perhaps hours. Some of the rest of us who knew some healing modality, such as massage, started pulling up chairs and just working on everyone who needed it. Giving our blessing, our energy in prayer to them.

We all had the opportunity to be transformed by this event. The following account was given by Sat Sat Nam Kaur Khalsa:

³During our recent healing fair, I had the opportunity to invite fifteen of the adolescents from the residential treatment center where I work as a counselor and yoga teacher. Two other staff members brought them. They arrived a little late, and the slots with healers were all signed up. They signed anyway, and waited very patiently along with so many others for about an hour and a half. While waiting, they sampled delicious

vegetarian cuisine. One of the staff members enjoyed a short yoga class. The other counselor parked herself beside a Sat Nam Rasayan healer, and would not move until she received the work. The schedule called for the healing sessions to end and the free vegetarian meal to begin at seven. A few minutes before seven, I mentioned to a friend, and healer, that I was disappointed that most of them would not be able to have any healing work because time was running out. This healer was not doing healing work at the fair and she had not done it for many months. She grabbed my hand and began to give me a reading to test her ability. I affirmed that she was right, so she agreed to work on the teens. After she ³read² one of them, word got out, and they all wanted to have a session with her. She worked on them through the meal and so did several other healers. They set aside their own fatigue and hunger, and gave the teens what they needed! These teens come from many cultures, many races, and economic backgrounds. All of them have had trouble with the law, their families, and their school due to their alcohol and drug abuse. None of them had experienced anything like this before. They all ate well, stayed for chanting, and expanded their opportunities to grow. I believe they helped at least one healer remember her gift for healing. I felt so inspired and proud to be a member of 3HO. It is easy to take our sangat for granted and to let our gifts go unappreciated. This healing fair helped heal my faith in our community.²

The scrumptious lasagna dinner, served lungar style, was followed by our nightly Guru Ram Das chanting, a tradition in the Herndon sangat for the past eight years. We invited everyone to stay to chant for a half-hour. Of the hundred and fifty who came through the doors, around eighty stayed. The healing, comforting energy of Guru Ram Das was the perfect ending to the perfect day.

An uplifting feeling pervaded the days following the fair. We took the time to make notes about what worked and what we would do differently next time, for there definitely will be a next time. We are talking about making it an annual or semi-annual event. It required a lot of bold thought, a lot of organization, and a lot of seva. And it was totally worth it.

I was reminded of one of my favorite lines from the Siri Guru Granth Sahib, ³Goes all the appetite of the Sikhs of the Guru. Rather others feed themselves in their wake.²

By the grace of the Guru, our needs are covered in serving others.

Sikh Dharma

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Meditation to Cover a Person's Destiny of Words

Sit in Easy Pose. The hands are in gyan mudra (the fingertips of forefinger and thumbs are touching). The arms are crossed over the chest, so that the hands are resting on the shoulders in the gyan mudra position. The eyes are closed. Chant the following mantra for 31 minutes:

"Har, haray, haree, wahay guroo"

"This meditation covers the four corners, up and down and all around. It covers a person's destiny of words." (Yogi Bhajan, 9/27/00)

