



Prosperity Paths

THE INTERNATIONAL SIKH DHARMA NEWSLETTER

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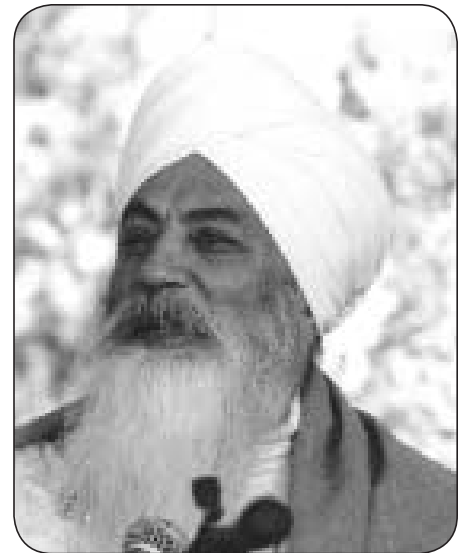
Our Spiritual Path

If we grow spiritually then we let everybody grow with us. Our touch, our feeling, our sight, and our words will affect many hearts and bring them from confusion to clarity; it will bring them from ill-health to health, and from certain situations in life to a place where we can understand how great it is to be healthy.

Those who lean toward the path of individual prosperity and spirituality and surroundings are rich indeed. Let us understand each other in the sense of this world. We are here on this earth to

visit, and all these permanent nails we put in the ground to tighten the rope around our house to make a tent out of us, will be difficult to pull out. Today at home there are some people struggling with their narrowness and shortcomings. They are very confined to collect the wealth, properties, and everything for the sake of their children, or they are very unhappy because somebody else has what they don't. But children have their own destiny.

God manages and arranges the circumstances in which simple therapy can help people. I have learned that everybody needs to cleanse themselves. It used to be a part of the path that humans cleansed out their parasites. Well, we can clean our parasites with a lot of herbs with the formulas which have been prepared. But there is also a formula which has been prepared to cleanse peoples minds of parasites - these are called thoughts. Horrible, miserable, dirty thoughts, constantly pounding humans. Cleansing ourselves of these parasites can be very difficult.





We may have guilt, and in that guilt, we can try to squeeze ourselves as much as we want; we feel sometimes maya is going to help us save our skins. This is not true, never was, nor shall be. We make our profit and profiteering by our life into the maya and mostly we

forget almighty God is with us all the time. But those who are one with the *Nam*, and those who are excelling are the most virtuous people who will find the totality of reality in the long run. What we need to understand is the technology and the psychology of the way to make a very small little being to a big vast being,

Our essence of life is very, very natural. It is very, very essential that we keep on progressing, and cleaning our parasites and our mental fears. We must live a very healthy life, a very happy life, and a holier than thou life very gracefully -- not with any false pride, but with the truth. May our beauty shine and reside in us for all the

time, so we can understand Ang Sang Wahe Guru.

May you all live as a nation, may you understand life as a nation and may you grow as a nation in this essence. And may you have peace and power of peace within you, so there will be millennium change and when people come to you, you will be in a position to heal them and hail Guru Ram Das to the essence. Do not worry, God is with us. It is proven, proven, proven! For that miracle is amazing in which we saw and touched the heights and glamour and we touched that honor. Let us all understand.

These are certain things which are very satisfying and clearing to the consciousness. I am so free now, I hope that you all will be that free to see the universe and the consciousness of Godliness in all there is, all there was, and all there shall be. May you live in that purity, piety, and prosperity. Wahe Guru Ji Ka Khalsa, Wahe Guru Ji Ki Fateh.

- **Siri Singh Sahib (Yogi Bhajan) Excerpts**
Gurdwara Lecture 5/9/99

** To order this or other audio or video tapes of Siri Singh Sahib (Yogi Bhajan) lectures, see page 15.

HAPPY MOTHER'S DAY 2001

A Mother's Day Message from Yogi Bhajan

May 7, 2001

My dear One in Divine,

Sat Nam. Greetings in the Name of God, the Light of every Soul.

I am writing this letter very personally to you with all my love and affection on Mother's Day.

Mother is a symbol of the heart. She is an eternal living love. She has nurtured mankind since the beginning of time. Today our Mother Earth is in trouble. It is our responsibility to reflect on the situation with a conscious thought. Tomorrow can be spared with a little personal focus. Our effort today can save our tomorrow. Let us gracefully celebrate Mother's Day.

My love and prayers are with you and your family now and forever.

In the Name of the Cosmos which prevails through everyBODY and the Holy Nam which holds the world.

Humbly yours,

Yogi Bhajan

Prosperity Technology

Back by Popular Demand

We have received many comments from practitioners who tell us how wonderful they found this meditation and that it works - give it a try and let us know how it works for you!

Originally this meditation was given for one year, but try it for any length of time - 40 days, 90 days, 120 days, a year or even 1000 days.

“As far as wealth is concerned, this is a Jupiter period. Jupiter onslaught is on the overall universe. It is a period for new prosperity. Old wealth will not work. So we have a very good mantra which creates prosperity. Mantra is a mental projected vibration which entangles with Infinity and creates an effect. It’s a sound system which we can all create. It has nothing to do with what you feel or what you are. But when all the vibrations of yours and the environment have gone negative, that is the moment to call on the mantra. When you chant this mantra with the breath of life, it’s quick, it’s purposeful, and it brings in what you need to bring in.

If you continue for one year, chanting this with the breath, from the navel point, I don’t think you can ever be poor. This is how it works: When

a person chants a mantra for prosperity with the breath of life, it taps into the Universal Master Mind, which we sometimes call God. Then the environments will be created which are positive and unique. So a lot of opportunities, aspects of opportunities, and facets of life are created to bring you coziness, happiness, and health.”

- Siri Singh Sahib
(Yogi Bhajan)

Position

Sit in Easy Pose with a straight spine, the chin is tucked in slightly, and the chest is expanded out. Mentally straighten your spine so the channels can be clear. Bend the elbows by the sides and stretch the forearms across the diaphragm area, parallel to the floor. The right arm is on top, and the left arm is underneath. The left hand grasps the right elbow and the right

hand grasps the left elbow. The elbows should fit comfortably into the palms of each hand and the forearms should be tight across the diaphragm area. The eyes are closed.

Mantra

**Har Har Har Har Gobinday
Har Har Har Har Mukhanday
Har Har Har Har Udaaray
Har Har Har Har Apaaray
Har Har Har Har Hareeang
Har Har Har Har Kareeang
Har Har Har Har Nirnamay
Har Har Har Har Akaamay**

How to chant this mantra for this meditation:

1) 17 minutes: Chant aloud with the tape or in monotone, 17 mins (Tape: Har Har Har Har Gobinde, Nirinjan Kaur & Guruprem Singh Khalsa - See page 15 to find out where to order this tape).

2) 11 minutes: Whisper powerfully. See what the pranic power does for you. (From now until the end of the meditation, the body will go through changes. Keep the spine straight, elbows locked and contain the energy.)

3) 3 minutes: Chant the mantra mentally, silently, moving your breath and the navel in rhythm with it for the remaining duration.

We wish you a wealth of joy, health and abundance.
Sat Nam!





"Fears cannot be solved. Never try to solve a fear. Drop a fear. Never solve your problems. Drop your problems. Take them to the highest part of you and drop them."

- Siri Singh Sahib (Yogi Bhanan)

Faith and Doubt

Darshan Kaur Khalsa

"Faith and doubt, faith and doubt." These words are ringing in my ears from a conversation that came up in a meeting yesterday morning. "It's all about faith and doubt. And it's either one or the other; there is absolutely no in-between here, no room for any kind of in-between at all." This all said in a typical tell-it-like-it-is fashion, with no room for if's, and's or but's.

It would be easy for me to take affront at someone else so sure about "me" - equally as easy for me to spew out an array of "but's." And I almost opened my mouth to start, when I had to realize the innate truth, the sheer profundity of this. How simple is that? There is absolutely no in-between, either you doubt or you trust.

God provided me with an immediate testing ground - a situation popped up, where I could have started being concerned, started doubting, started wondering how "I" was going to manage, and instead I took those words still ringing clearly in my ears, crossed out doubt from my options and said, "OK, God, it's all yours." Within 4 hours it was done. No kidding.

There is no room for doubt in our lives, in this age. When we are confronted with the choice, we must take action. Faith is action, where doubt is dormant and static. Doubt is a question. Faith is

an assumption. Faith is the assumption that the Universe will take care. It is the assumption which causes the effect.

Today I am tripling my Dasvandh donation. If God tells me to give, then God will surely provide the means. I will not quake or wonder how this bill or that bill will be paid, I will not question how we will get by, I simply envelope myself in the gentle, loving and abundant arms of the Universe and allow myself to be taken care of. I challenge you to consider doing the same.

Call or contact the Dasvandh office today.

May God and Guru bless each and every one of us with the knowledge that the bounty of the Universe belongs to us all.

Dasvandh Office Connection:
dasvandh@sikhdharm.org
Tel: 505-747-0388 Fax: 505-747-0388
www.dasvandh.org



IKYTA NEWS for Kundalini Yoga Teachers

Nam Kaur Khalsa, Executive Director

2001 Teacher Training Expansion

It is phenomenal how quickly Teacher Training is growing worldwide! Recently we have had requests from KRI Teacher Training teams who want to offer the Level 1 Certification program in San Diego, Finland, Ecuador, and Singapore. We currently offer Teacher Training in 48 cities and 21 countries. The most recent addition to the Teacher Training schedule is Gabon, on the west coast of Africa. Pictured front and center is Har Dyal Singh, who has been teaching there for over 10 years.

www.kundaliniyoga.com

Kundaliniyoga.com has a new look... You can easily find the current Kundalini Yoga Teacher Training programs and KRI Certified teachers worldwide. You can also print the 2001 Teachers Directory, which is updated regularly as newly certified teachers join.



The Aurora Borealis of a Kundalini Yoga Teacher

Yogi Bhajan will expound on this theme when he honors us with his presence June 15th, at the Annual Teachers Conference at Hacienda de Guru Ram Das in Espanola. All are welcome to attend. The cost for this pre-Solstice lecture for those not enrolled in the Teachers Conference is \$16. Lecture time: 7:00 p.m.

Perfecting Kundalini Yoga Postures

Please contact IKYTA if you are a KRI Certified Kundalini Yoga teacher and would like to attend the Teachers Conference, June 14 & 15, 2001. Guru Prem Singh and Pritpal Kaur will again present the two day Posture training entitled: Form and Alignment for Perfecting Kundalini Yoga Postures. Learn firsthand how to get the most benefit from each Kundalini Yoga kriya you do!

3HO IKYTA / KRI Teacher Training Route 2 Box 4 Shady Lane, Espanola, N.M. 87532 USA
Ph: 505-753-0423 Fax: 505-753-5982 ikyta@3ho.org www.kundaliniyoga.com

New Books from KRI

Satya Kaur Khalsa

Self Experience, compiled and illustrated by Harijot Kaur Khalsa is the fourth manual in her series of previously unpublished Kundalini Yoga kriyas and meditations taught by Yogi Bhajan. The previous three are *Owner's Manual for the Human Body*, *Physical Wisdom* and *Self Knowledge*.

Self Experience includes 20 Kundalini Yoga kriyas and 15 meditations, as well as an excellent introduction to the basics of practicing Kundalini Yoga and a guide to the pronunciation of the mantras used in the manual. The cover is exceptional, based on an illustration of 'longing' drawn by Yogi Bhajan. All 4 manuals are available through Ancient Healing Ways (see page 15 for details).



A Story of "One" Bequest

In 1827 an Englishman named James Smithson wrote a "will" that eventually left his estate to the United States of America, to found, at Washington, under the name of the Smithsonian Institution, an "Institute" for the increase and diffusion of knowledge. It all started with "one" single gift. As many of you may know, James Smithson, was an English scientist who devoted his life to research. Although he had never visited the U.S., in his "will" he bequeathed his estate which included his collection of minerals, as well as his scientific library, to the people of the U.S.



The Many Faces of Giving:

James Smithson's generous act of philanthropy began a tradition of giving that has been carried on by succeeding generations of donors. In the 150 years since its founding, the "Institute" has been able to grow with the help of many types of gifts from many types of people.



1. Monetary Gift - \$1,000

The first American bequest came from James Hamilton of Carlisle, Pennsylvania. A lawyer and scientist, Hamilton left \$1000 to the Smithsonian in 1871 to endow a prize for "a contribution, paper, or lecture on any scientific or useful subject." Since that time, monetary gifts and bequests, large and small, have allowed the "Institute" to expand its collections, research, and service to the nation.

2. Objects and Property Gifts – Set of Chemicals

In 1848, Professor Robert Hare of the University of Pennsylvania presented a set of chemical and electrical apparatus to the "Institute", the first artifacts given to the Institution after Smithson's own. In the years since then, people from all walks of life have donated all types--and often one gift has been the catalyst for many more.

3. Time Gifts – Weather Observations

Volunteer involvement began in the 1850s, when citizens answered a request to send in weather observations from their farms, military posts, schools, and homes across the United States. Today, as many as 5000 volunteers donate their time and expertise every year.

The Power of this "One" Bequest

This "Institute" has grown into the world's largest museum complex and an international center for research. The Smithsonian preserves and cares for more than 140 million objects in 16 museums and several research facilities, archives, and libraries, and maintains living animals in the National Zoological Park. It is our country's treasure house, reflecting the diversity and complexity of our world.



Shaping our Legacy

As we proceed into the new Millennium, you also have the power to seed a Spiritual – Health, Happy, and Holy – Nation: You can shape and secure the future with your "one" bequest to Amar Infinity so that our children and all of their generations to follow can live in the spiritual sovereignty of pure ones.



Remember, when gifting to Amar, you can state your wishes and direct your gift to be used for the program closest to your heart. Amar Infinity Foundation is building for the present and insuring the future with your "one" gift

to the programs of 3HO, Kundalini Research Institute, Sikh Dharma, Sikh Dharma Education International, and Guru Ram Das Center for Medicine and Humanology.

Increase the Flow of Your Revenues

1% to Infinity provides the opportunity for you as a business person, owner or non-owner, to give 1% of your monthly business revenues to Infinity. The Power of the 1% Program is that it aligns your business interests with the larger Good. Donating 1% to Amar Infinity Foundation will increase the flow of your business revenues and support the longevity of the programs you believe in.

1% to Infinity - Personal Story

"Once I gave my first monthly donation to the 1% to Infinity Program, the next months receipts shot up from the previous month, and it continued to grow from there. I think it has to do with me and my business supporting a larger purpose and doing good. Giving to Amar Infinity has changed my life and my experience with the flow of Prosperity"

Nadine, North Carolina



Amar's Purpose

Amar Infinity's mission is to support and fund organizations that create everlasting unity and healing of the individual, the community and the world at large, so that our future generations may live in peace, excellence and prosperity.

Please Contact Us if We can be of Service

Regarding shaping your estate's legacy or to Send donations to: Amar Infinity Foundation 2313 N. Richland Street, Phoenix, AZ 85006 Tel: (602) 252-0931, Fax: (602) 254-2232 or Email: Give@amarinfinity.org.



MEDITATING MAMAS

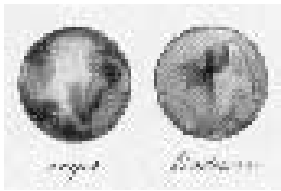
A Tribute to Mother's Day 2001

Experience has taught us that mothering, while a wondrous joy, is also a time of intense emotional, physical and spiritual stress. As a mother, you have a limited amount of time and energy. *Meditating Mamas* offers you a manageable and valuable source of comfort and strength. We hope that you will use these meditations as you wish: daily, weekly, or at the drop of a diaper.

The book is published in a stand-alone format so that it can be seen and used while holding your baby. Place it where you need it: by the change table, on your kitchen counter...wherever it will remind you to stop, breathe, relax and reflect. Following each meditation is a mantra which accompanies your breathing. We suggest you use the first part as you inhale, and the second as you exhale. The mandala, a circle of colour on the back of each meditation, serves as a point of contact between the conscious and unconscious, to draw you into the meditation.

Every meditation is printed twice so that you can tear away one that you may wish to carry with you. When you touch it in your pocket or see it on the fridge or in the diaper bag, you will be reminded to be present in the moment of your mothering.

Blessings...and keep breathing.



Rebecca Cunningham and Susan Whelehan

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ANGER

There are times when anger accompanies me through the day. It slowly simmers as the third shirt of the morning is covered with spit up. It steams while I juggle you, the groceries, the stroller, and the front door keys. It's close to boiling over when a dirty diaper lands face down on the carpet, and there are no clean ones close by.

And then you work your magic. With a glance, a gurgle, or a giggle you invite me to let anger go: to join you and enjoy you on today's journey.

I let anger go. I come with you.

AWAKEN

I can make this day a meditation by trying to be awake to all that happens. I don't need to be "The Perfect Mom." I don't need to have all the answers. I only need to know that I am deeply connected to all people, to this planet, and that this moment is precious.

I want to look at all things today with gentle eyes, appreciating the beauty and mystery of life.

Wake up! This moment is precious.

BREATHE

I listen for your breath without knowing I am listening. It is the changing rhythm that accompanies my day. I hear the echo of your first breath as you climbed to the surface of this world. It echoes when you catch your breath in the depth of a dream. It is there as you struggle to breathe and gulp in nourishment. It is there in the moment before the wave of your

crying.

Short, quick breaths. They show you fiercely grasping onto life. Breathe... Keep breathing...

I hear your breath. I give thanks.

CRYING

Before it comes there is the breath that holds the silent pause. A moment of warning. Now the torrent of cries comes thundering forward. Crying. It swirls into the nooks and crannies of my bones and the sinews of each muscle. I'll try to stay calm. This is the only way you have to tell me what you need.

What is it? What are you asking? I am listening. I am ready to learn your language.

I am calm. I am listening.

HANDS

Your tiny hands guide me on today's path. They beckon me to journey with you. With wild, flashing fingers you translate your impatience. Hunger shows itself in clenched seed fists. They open into exotic flowers, frozen in a gesture of satisfaction when your belly is full. And when you sleep, your hands, like stars, guide me along your dream-travelling.

Only if I pay attention can I decipher your signing. I must watch closely.

Your hands invite me on today's journey.

INTERRUPTION

Being a mother means that you never get to actually...

it would be nice to just manage to... after I finish the... enjoy a cup of... then I'll... think I'll try to... only just...

Stop. Breathe. Be glad. Give thanks.

Stop. Breathe. Be glad. Give thanks.

KINDNESS

Another bag of used baby clothes. Another call to connect me with my former life. Another "You look wonderful!" when I know the bags under my eyes could hold the laundry. Acts of kindness made by people who look outside of themselves.

Maybe they have been here and so they know and feel connected. Maybe they haven't been but want to be, and feel connected. Maybe they have just cultivated the habit of recognizing that we all are connected. Maybe they are just that kind.

I give thanks for all kindness. I seek to be that kind.

LAUGHTER

Oh, to see and hear and feel you laugh. Such delight! Such presence! You pass it around the room. You make strangers smile. You lift my spirits and help me remember what is really important. Such is the power of laughter.

Your laughter lifts my spirits.

MESS

How is it possible that such a tiny person can create such a mess? Mountains of laundry, dangerous piles of dishes and spit up everywhere. How did it get on the curtains? It must be a testament - this mess - to your life force.

It has been sent - this mess - to challenge my obsession with conquering chaos with cleanliness. It is here to remind me that a growing life cannot be managed, organized, buffed, polished, folded, or otherwise straightened up. This mess is a sign of your life.

Bless this mess.

MIRROR

The mirrors in my home capture many truths of my everyday life. Indeed, Myla and Jon Kabat-Zinn say that parenting itself is a mirror in which we get to

see the best and worst of ourselves.

May my mirror today reflect courage, humour, kindness, patience, gratitude, wonder, respect and, at the end of the day, forgiveness.

Parenting is a mirror. What is mine reflecting?

NIGHT

I can count on night coming, but I cannot count on how much sleep I'll get. I can count on night coming, but I cannot expect hours of uninterrupted rest. I can go to bed worried that I will be up soon, or I can go to bed and know that I will get some sleep. Yes, night has changed for me. And it will someday change again. I will make the most of it now.

I am in the moment. I relax

NOW

My Aunt Jane, mother of nine, told me one of her favourite quotes: "And this, too, shall pass." It helps her to get through the hard times, knowing they won't last forever. And it reminds her to rejoice in the good times, to really take notice, for they won't last forever either.

This is the only moment I have right now. Help me to be fully present to it. Now.

And this, too, shall pass.

PERFECT MOTHER

Too often I begin my day with the holy grail of "Perfect Mother" hovering before me. I vow to be confident with every gesture. I pledge my allegiance to eternal cheerfulness, cleanliness, and competence. I devour how-to parenting books living in the fantasy world of super-momdom.

Enough! I will be gentle with myself as I grow into this new role. I will recognize today's quest as an opportunity to learn how to be your mother in this moment, now.

I will be gentle with myself

TIME

Nothing I ever did could have prepared me for this reality, for this moment. Sometimes I waste time worrying about your future, your schooling,

your career, instead of enjoying you now.

Perhaps the greatest gift I can give you is my presence. It is so hard to be in the present. But you ground me. Perhaps that is your present to me. Let us be together now.

I am in this moment. I give thanks.

TIREDFNESS

This moment's tiredness spreads itself across my shoulders and into this day. Like a yoke balanced on my spine, it holds both a witness and a warning. As a witness it sees the magnitude and monotony of daily routines. It also warns me, this tiredness, to recognize my limits when frustration easily flies from my lips.

I know I will not always be this tired. But, for now, let this tiredness remind me to seek rest and acknowledge the loving work of mothering.

I am strong. I rest.

WORRY

Worry taps on the window and lets itself in before I've opened my eyes. It skitters underfoot and settles in for the day. You haven't eaten enough... you've eaten too much. You didn't nap long enough ... you're sleeping awfully long. You seem fussy... you're too quiet.

I will sit face to face with worry. I welcome conscientious caution. I reject paranoia. I will open the door and let worry out.

Open the door. Let worry out.

YES

I said "Yes" to the life growing inside me. I said "Yes" to the unknown journey before me. Every day, each feeding, diaper change, walk in the park, and wiping of your runny little nose is another "Yes" to my love for you.

It is sometimes given grudgingly, unthinkingly or yawningly. But I trust that it is given enough times lovingly, that when the day comes when I fail you and I ask forgiveness you shall answer, "Yes."

Let me give my "Yes" lovingly.



Taking the Sensory System on the Road

3HO Events

Ek Ong Kaar Kaur Khalsa

Lately, Yogi Bhajan has been talking a lot about the “sensory system” and the transition from the Age of Pieces to the Age of Aquarius. But what, exactly, is he talking about? The staff at the Events office took some time to really look at what Yogi Bhajan has been saying. We broke the subject down into five simple questions and, in the months of March and April, took these teachings on the road.

Where are we coming from?

“The ugliest thing that happened in this last century is that man started finding God outside himself.”

(Yogi Bhajan)

According to Yogi Bhajan, the Age of Pisces was the ugliest age where people found their identity rooted in what was around them such as status, wealth, power. In that way, rather than through the presence of God within, people survived through “the insanity of the ego.”



How can we develop this system?

“(Through) prayer, deep cleansing, self-identity and, to be very honest with you, self control.”

(Yogi Bhajan)

Although the sensory system will be automatically given to each person, to use it properly people need a self-discipline that will lead them to the experience of their own essential purity. In that discipline, we will be called on to choose the positive in every situation, no matter how difficult or challenging the polarities may be.

What is the sensory system?

“A new system where the individual will find himself or herself complete.”

(Yogi Bhajan)

It is a person’s own sensitivity, intuition, and subtlety working in a cohesive and deep level that will allow a person to experience himself or herself as complete, without needing anything external. In that sensory experience, people will be calm, contained, simple and straight and will be able to heal others just with their presence.



Yoga Class, San Diego CA



Teachers in Training, Oakland, CA

What are the consequences of not developing this system?

“In another 11 years, we will find people getting empty, more perturbed, not able to bear enough, not having much tolerance, and very argumentative.”

(Yogi Bhajan)

People who do not consciously develop this system will become very empty because, in the Age of Aquarius, surviving through manipulation will no longer work. The undeveloped sensory system will just lead to an increased sensitivity that can spark more disagreements and disharmony within a person’s life.



Teachers in Training, Austin, TX



Jaap K & Ek Ong Kaar K (3HO Events) with some senior Austin teachers, TX

What are the benefits of developing the sensory system?

“You will have a meditative mind to wait and see what comes to you.”

(Yogi Bhajan)

Yogi Bhajan says we have a working God, Karta Purkh, which lives and breathes in us. Through that working God, our mind will direct us to work in the right channels and we will be in the right place at the right time to deliver what our souls have come here to do. Through this, people will experience true love, joy and happiness.

Thanks so much to the Austin, the Oakland, the San Francisco, and the San Diego communities for allowing us to come present the “*Sensory Workshop*” to your teachers and students. It was a blast to get to share the most recent teachings of Yogi Bhajan with our grass-roots communities interactively. Special thanks to Mehtab Singh, Sat Santokh Singh, Prabu Nam Kaur, Avtar Kaur, Dhyani Kaur, and Sada Anand Kaur for all you did to make our stay comfortable and wonderful.

We invite everyone to come to New Mexico this summer and take advantage of the wonderful opportunities to work deeply on your spiritual practice and develop your own sensory system. Now is the time and we are here to serve you. Contact us if you would like more information about our courses.

Eighth Annual Kundalini Yoga Teacher’s Conference: June 14-15

Summer Solstice June 15-23

Women’s Camp June 24-June 30 and June 30-July 7

Come for one or both weeks!

Master’s Touch Level 1 July 11-July 28

Master’s Touch Level 2 July 30-August 4

Would you like the “*Sensory Workshop*” to come to your sangat?

Call Ek Ong Kaar Kaur at (505) 753-9438 for possibilities and information.

OUR GEM TO SHARE:

Using The Technology of Kundalini Yoga For Community Outreach

SS Guru Terath Kaur, Ph.D.

Sometimes we lose sight of a gem's value until we see its luster reflected through another's eyes. This gem may come in the form of an old book, an antique chair, a shabby childhood teddy, or an outdated coat. It may be a forgotten poem, a dusty photo album, an intimate relationship, or even a skill. We may become so familiar with our gems that we temporarily forget how precious they really are.

How many years have you sat at the feet of the Kundalini Yoga Master, Yogi Bhajan? How many Solstices, Ladies' Camps, Tantrics, Sat Nam Rasayan Courses, and Yoga Classes have you attended? Whether your answer is many years, a few months, or a lifetime, we all possess a jewel, the technology of a Yogic/Dharmic lifestyle, as taught by Yogi Bhajan. I have been practicing these teachings for over thirty years, and it is so much a part of me that I sometimes forget how special it is.

For the past two years, I have been in South Africa as a member of the Kundalini Yoga Teacher Training Team. In Cape Town, five and in Johannesburg, twelve trainees completed the first formal KY teacher training in Africa. Our participants were a very diverse population, consisting of Muslim, Jewish, Hindu, Black, Pagan, Physically impaired (two lower legs amputated), Anglo, and every level of economic



Teachers Training Class, South Africa

status. As KY transformed their consciousnesses, I acknowledged this technology with a new level of appreciation. Their enthusiasm gave a brighter sheen to a technology I had almost grown to take for granted.

As the trainees grew in skill and confidence, they naturally wanted to share with others what had affected their lives in such a positive way. They started reaching out to the community with Kundalini Yoga. The



Yoga class for Caregivers of AIDS patients

absolutely thrilling realization for me was that the technology of Kundalini Yoga and Meditation is for anyone. Whether a large gym class, a class of ADDH teens, a Mom's and Baby's class, an overweight class taught by an overweight teacher, or a one-on-one Chair Yoga class with an MS patient, yoga classes were popping up all over.

As AIDS is a huge problem in South Africa (45% of the population, mostly Black), some trainees turned their focus to this population. One teacher conducted a neighborhood class of Black

kids, who became junior yoga teachers at a home for abandoned HIV+ children. Another taught a yoga, meditation, and foot massage class for caregivers working with people living with AIDS. One of our Black male teachers grew up in the largest township in South Africa, and out of his concern for the unemployment (50% of Blacks), and the high incident of crime, he started teaching yoga classes at a facility, where 14-18 year teens were waiting court dates.

Some of these young men are feeling hope and choice for the first time in their lives. My point is that the possibilities of yoga populations are limitless. You don't have to be young, skinny, or a pretzel to do Kundalini Yoga or even to teach it.

The Siri Singh Sahib has been telling us that we will be called upon to serve. The time has come. The larger

Our Gem to Share (Con't.)



Yoga Class at a local orphanage

community is suffering, and we have an antidote to their pain. We must come out of our cozy homes and share the the technology of Kundalini Yoga and Meditation. We all have a population of people for which we have a special affinity. Reach out to them. Whether you decide to teach a class or to an individual - share a breath technique to energize, a mantra to give hope, a yoga exercise to center, a food to decongest, a tea to detox, or a healing technique to balance. We can't afford to keep our gems to ourselves. Take them out, allowing their brilliance to heal and uplift. Allow yourself to be a part of the Golden Chain of Kundalini Yoga Teachers. Now is the time.

If you need support or ideas, you can call me at 505-753-6241 or email me at gtxhalsa_2000@yahoo.com.



Ultimately, any spiritual discipline has as much to do with how we relate to ourselves and to each other as it has to do with understanding God. In the Summer Issue of Aquarian Times, we will be exploring the theme of Acceptance. How can people move into a state of grace and accept themselves and other people, as they are, without needing to control or change the situation? What kind of effect could genuine acceptance have on our social world? Our political world? In addition, we will have more lectures by Yogi Bhan, Kundalini Yoga sets and meditations, and another "Ask Yogiji" column. We hope you enjoy!

"Giving does not mean cleverness. Giving is not giving when you feel you are losing something. Giving in reality is creating an effective vacuum, sucking the flow from the great Infinite Consciousness. That is giving."

- Siri Singh Sahib (Yogi Bhan)

Just Heavenly

Celestial Communication: Simple Techniques in the Age of Transition

Guru Fatha Singh Khalsa

I love to make people happy, like many others, I am sure. And I am equally certain, that this motivation, cannot be so unusual. After all, who would want to make others miserable! Far from pandering, though, I feel true delight and inspiration when I can see others come alight with the fire of their own being.

For about a year and a half now, I have been at once humbled and deeply empowered with a magical device that can take almost any ordinary, sober-thinking, self-conscious, serious person and, in a matter of seconds, turn them into a chuckling, beaming, unselfconscious one.

Outside of my yoga classes, I have gone to Sikh youth camps where we have turned on hundreds of youngsters and their teachers all at once. We have gone to many high schools where they have invited me to discourse on the Sikh religion, and before we are finished, I have had these youngsters who would normally be just a little cynical and more than a little self-conscious, giggling and chanting from their hearts. We have gone to several interreligious conferences and have been asked especially to cast this certain spell on a somber gathering of respected representatives, and watched in wonder as almost all the Hindus, Catholics, Bahais, Scientologists, Protestants, Jains, Zoroastrians, native Canadians, Moslems, Buddhists, Jews, and Unitarians together cooed in animated delight.

So, what is this secret formula? It is **Celestial Communication**, but not just any Celestial Communication. Some, I have found, work better than others, and this one works extraordinarily well. I picked it up from the original 1993 version of Wahe Guru (Wah!) Kaur's *Child's Play* tape, which had a helpful sheet of illustrations. (The current version with the book and CD has the same tunes, but since it is designed for a broader, secular market, it is not the same and there are fewer mantras.)

The Technique: (1) Here is how it goes: The first part is "I am happy!" When you say "I", you place both your hands flat against your heart centre. For "am", you place both palms together just in front of your heart center. For "happy", you raise your arms, palms forward, up to sixty degrees at either side.



"I"



"am"



"happy"

also explain that holding the arms at sixty degrees stimulates the heart center so that, in effect, even if you are not feeling happy, as the heart center becomes stimulated, you start to feel the joy that emanates from there.

The explanation of "I am happy!" is simply that we were made to be happy. The Creator never meant for us to be miserable. All our lives, we naturally try to achieve happiness. True happiness comes from inside. It is up to us to learn the real art of being and staying happy.

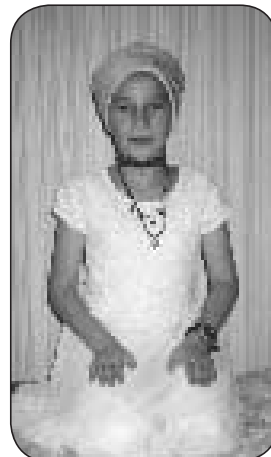
The Technique: (2) "I am good!" "I" - hands flat against your heart center. For "am" - both palms together again in front of your heart center. For "good" - both hands on your knees.



"I"



"am"



"good"

Commentary: At this point, it is good to tell your students that meditation - or japa - by its nature is repetitive, and for a reason. It is like learning the answer, no matter how difficult it may be, to a question you know will be on an exam. If you can find the answer, then study and repeat it to yourself often enough, eventually you will "get it." It will become a part of you. In the same way, if no one has ever told you that you have a birthright to be happy - or perhaps there have been people telling you quite the opposite - you may have to repeat it a few times to yourself until it really sinks in, and you realize the truth of it. You might

Just Heavenly

Celestial Communication: Simple Techniques in the Age of Transition

Commentary: God doesn't make junk. God is ultimately good, and we are made in God's image. There is nothing wrong with us. We may have some odd habits we still carry around as luggage. There may be habits we are embarrassed about, but habits can be changed, and as humans, we have the capacity to change our habits.

The Technique: (3) Sat Nam, spoken: "Satinaam Satinaam Satinaam Jee!" For this, put both your arms in front of you and bend ninety degrees at the elbows. Your hands are open, facing your chest. Now make your right and left hands and forearms rotate like a paddlewheel (or a mixer) in front of you as you chant.



"Satinaam"

"Satinaam"

"Satinaam jee"

Commentary: Sat Nam means Real Name, True Name, or Identity. It means we should identify with truth, we should be real. We should be what we are, like saints, and not phony. People may have different expectations from us, but ultimately, if we want to be happy, we have to be true to ourselves.

The Technique: (4) Wahe Guru, spoken: "Wahay guroo Wahay guroo Wahay guroo Jee!" For this, do the same paddlewheel motion in front of your chest, but do it in the opposite direction.



"Wahay guroo"

"Wahay guroo"

"Wahay guroo jee"

Commentary: "Wahay!" means "Wow!" When there is nothing else you can say, when something is so wonderful that you just cannot find any words for it, you can always say "Wow!" or "Wahay!" Guru (Gu: dark, ru: light) means wisdom. It also means the cosmic sense that makes everything just the way it is; everything happen just the way it does. All the intricate details of the universe are determined by this. It is the principle of sacrifice, the principle of Light, the principle of Cosmic Love which is the "method in the madness," the higher sense which makes everything what it is.

When we say "Wahay Guroo!" we pay the Creator a compliment. We say that this world and everything in it, the way it is and the way everything happens, is just so amazing all we can say is "Wow!" Even if, at first, we do not feel this, with enough recitation, it begins to sink in, and we begin to experience on a personal level that it is true.

You do not need a recorded tape to do any of these meditations, although Shakta Kaur has recorded a basic monotone version of it on *Khalsa Sacred Khalsa* and Hari Kirn Kaur does a version with slightly different hand motions on her *We Are The Khalsa* video. Wahe Guru Kaur's tune is very melodic and nice to use. But we can practice Celestial Communication without any tape or instrumentation.

It is such a privilege and joy in this day and age of transition to convey these awesome, yet disarmingly simple techniques. What can we say? The way to the heart may well be through the stomach, but the freeway to the soul comes through the heartfelt resonance of the Shabd Guru. I hope that you, too might find occasions for sharing the light and delight of this special, sacred kriya and seeing for yourself that Celestial Communication can be simply heavenly!



Audio and video tapes of the Siri Singh Sahib (Yogi Bhajan)'s lectures, music audio tapes, as well as a wide variety of books and products are available from

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