

YOGI'S WORLD

Special Edition

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Yogi's World has been produced as a textbook in the training of Kundalini Yoga teachers.
Its understanding and application requires many hours of study and practice.

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Each breath carries the sound of gratitude, each moment begins in love,
each action represents beauty and it all unfolds By His Grace.
I surrender in Grace to the One.

I understand and agree to the above stated intention.

signature

date

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www.breathislife.com

Joy
Thanks
Gratitude
Appreciation
Greatfulness

There are a few individuals who I wish to thank on this page. There are many more who I am also grateful to but will not write their names here for it would take another entire book to do so. First I am most grateful to Yogi Bhajan, who brought the science of Kundalini to the west and shared what he knew freely and with great patience.

And in no particular order thanks to: Alice Clagett, Guru Rattan Kaur, Satya Singh Khalsa, Gurucharan Singh Khalsa, Siri Akal Nankin, Guru Niyam K. Khalsa, all the students who showed up and kept up, and the many teachers who's sacrifices seem to have been a good investment. A special thanks to Reshad Feild who's unbounded love has made a world of difference for so many.

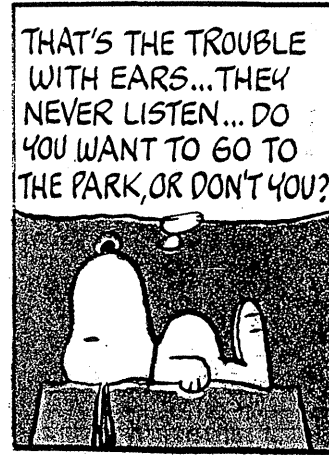
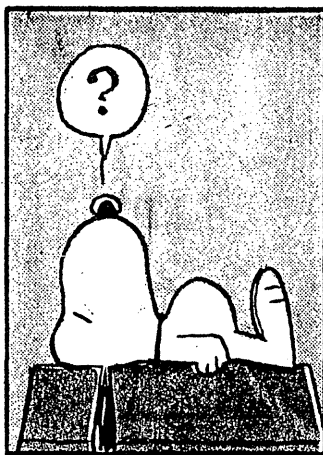
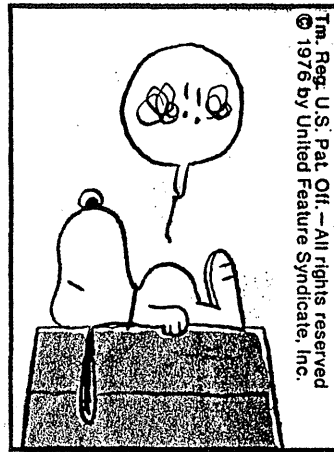
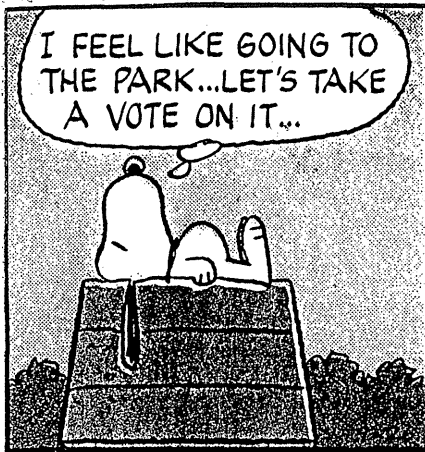
Thanks also to those who will follow.

Gurumarka Khalsa
22 December 1997
Heidelberg, Germany

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PEANUTS

By Schulz



Yogi Bhajan

“Somebody just shared his knowledge
with me, and by the grace of God,
I collected it.

We are in a desert,
and I have a little water with me that I
want to share with people.

Does that make me a water man?

Am I the rain? Am I the clouds?

Am I the ocean? No.

I am just a little can of water in the
desert to which people can touch
their lips and think of surviving.

Beyond that,
I am nothing.”

ON TEACHING KUNDALINI YOGA

Quotes by Yogi Bhajan

1. "Don't teach with the idea that you are teaching. Teach with the idea, 'Ong Namu Guru Dev Namu' that God is coming through. Teaching is the noblest profession. It is an art, it is a profession and it is a gift of God." 17 June 1994

2. "The Teachers Oath: I am not a Woman. I am not a Man. I am not a Person. I am not Myself. I am a Teacher."

3. "Keep spreading Kundalini Yoga everywhere you can. We have a technology that can change the destiny of anyone who practices it. It is a very pure science that will heal you and elevate you."



4. "As a Teacher, follow these three things: Don't let yourself down, don't let anybody down, and don't participate in any let down." 3 August 96, Espanola, NM

5. "Your personal strength as a Teacher is your character. The power of a Teacher is grace." 29 July 96, Espanola, NM

6. "A teacher has a primary responsibility to be a conscious leader, to be ahead of the times." 25 July 96, Espanola, NM

7. Three things to remember when teaching Kundalini Yoga:

- Know you are protected.
- Never be poor in attitude or spirit.
- Always trust, the last minute, hand of God will pull you through.

8. "A teacher is one who touches the heart of the student with his wisdom."

9. "A teacher can give you knowledge and techniques but he cannot give you wisdom. This is where we normally err. We think that someone is a wise man. We believe we can make everything all right if we learn from him, serve him, and feel good about him. Yoga and wisdom never work that way. The wise man can give you technical skills but acquiring wisdom depends on your own practice and discipline. The teacher and the student have an equally essential part to play in the drama of enlightenment. His part is to provide the knowledge and inspiration. Your equally essential part is to learn, practice and experience!" 1970

10. "The law of the Teacher is the law of feeling, a law of living. The Teacher is a source of life. The process of achieving and more achieving and more achieving towards the positive goodness is a neverending process.

You sleep, and the Teacher sleeps; you sleep for yourself, the Teacher sleeps for others. Once you conquer the inner conflict, you become a first rate servant to all who look upon you. That is the requirement of the Teacher.

Saints, sages, holy men, swamis and yogis, all set an example which you can follow. The Teacher doesn't set an example, he or she makes an example out of you!

Try to understand the difference. A Teacher doesn't set an example. He or she is like a dye. Anything you put in the dye will change. A Teacher is not a saint, he is the maker of a saint. A Teacher is not a yogi, he is the maker of a yogi. A Teacher is not a swami, he is the maker of a swami. A Teacher is not beautiful, he creates beauty. Try to understand the difference between a teacher and a saint. One is at peace with his inner duality, the other has conquered his inner duality." from The Man Called the Siri Singh Sahib

11. "Teacher is one who purifies a person to give the person an experience of his own purity, own piety, own strength, own totality, own identity, own infinity. And that's your job. I'm not asking you to push it, I'm not asking you to pull any number. I'm just explaining to you what a Teacher is. If you do not follow these few rules, you shall be nothing but preachers. You'll have huge congregations, you'll be very charming, you'll have a lot of charisma, and the end result is there will be nothing - no juice, it'll be a very temporarily lived attitude. But once you touch somebody in a very pure manner, and elevate a person and give that person their own experience - not yours - they will be grateful to you forever. And they will enjoy life, because their perception will become greater. Make people's perception great."

Excerpted from "ON TEACHING KUNDALINI YOGA!", 23 March 90

12. Three things that must happen to a person teaching Kundalini Yoga:

- Get it
- Give it
- Enjoy it

13. "Teach with grace - live with courage."

14. "First principle of a teacher is, "I am not." 23 July 96, Espanola, NM

15. "Your power (as a teacher of Kundalini Yoga) is in your sight, in your touch, in your word." 25 July 96, Espanola, NM

16. "There is one concept you have to have or you can't be a Teacher: You don't work, God works for you." 25 July 96, Espanola, NM

17. "As a teacher you must have a personality that is strong, pure and projective."

18. "As a Teacher...you have only one right - to serve; to elevate; to exalt." 24 July 96, Espanola, NM

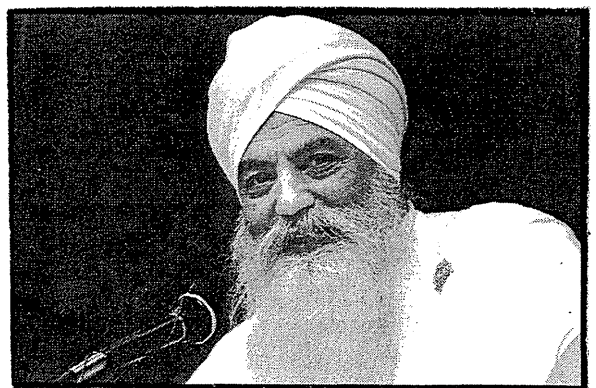
19. "Whatever comes to you as a Teacher, it comes from God. It shall go to the altar. If it doesn't go to the altar, it will ruin you." 22 July 96, Espanola, NM

20. "There are two ways to live: One is you love God, the other is God loves you. A Teacher is loved by God. Man loves God. There is a difference." 22 July 96, Espanola, NM

21. "When you are a teacher, your intention is to make somebody greater than yourself." 22 July 96, Espanola, NM

22. "A Teacher is the one whom the pair of opposites do not affect. To the ugliest and to the most bountiful, he or she only gives blessings." 24 July 96, Espanola, NM

23. "Once you become Teachers, God shall pay you respect, reverence, and you shall have beauty, bounty, and bliss." 24 July 96, Espanola, NM



THE GOLDEN CHAIN

The Golden Chain of Kundalini Yoga is the chain of teachers - your teacher, her teacher, and his teacher, and so on. When you are teaching Kundalini Yoga this chain forms the channel through which the energy, the wisdom and the protection of the tradition flow to you and through you to your students. It is essential for a teacher of Kundalini Yoga to remain in this chain.

"If you have faith in your teacher, you shall always be a teacher, you have to learn nothing. Teachers are not trained, that is the law. Teachers are born out of faith, not out of spermatozoa. The energy of teaching is not transferred through physical power, it is transferred through the mental power of the teacher. When you mentally disconnect yourself from the teacher you fall as a teacher. A teacher is one who links mentally with the teacher. Guru Ram Das is not away from us. When we link mentally with him, he comes to our aid exactly as a physical person would, but with much more grace. The Golden Link is the law of the soul connected and projected through the mind." (Yogi Bhajan)

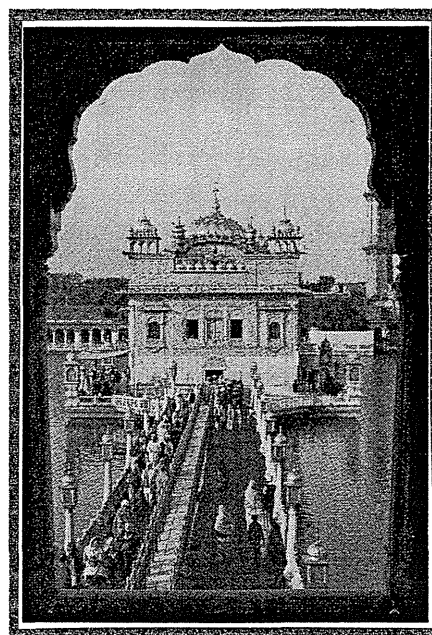
"It is true that we must study and become skillful in the techniques of exercise and meditation. It is also true that a skillful presentation requires learning and practice. But there were many great teachers who never spoke, or who would only teach with insults or who offended everyone in the tradition they served. These historical people were nonetheless recognized as great teachers. They seemed to violate many of the rules which we train to obey. They were teachers in the true essence of the concept: they were sandpaper for the ego; a beloved of consciousness; someone who by whatever means gave up their ego in an act of love or faith. It was the removal of that barrier that allowed the essential link to the flow of intuition and discipline that we call the Guru. They obeyed that consciousness without fail. Hence they merged into the essence of that consciousness and embodied

it regardless of the particulars of their personality and training.

An old aphorism says, 'You can pile a donkey with holy scriptures, but it will still be an ass.' Some students collect volumes of writings, hundreds of techniques, but never deposit their ego like dirty shoes at the door of the teacher. The result is that the door of the heart cannot open.

The search for a trustworthy place of Truth to deposit the ego is fraught with pitfalls and delusions. That search is a path crowded with dead ends and egomaniacs. It is by grace and good actions that an opportunity to find a path and to lessen the ego comes to you.

In Kundalini Yoga, we acknowledge this technology of transference in the form of the Golden Chain or Link when we tune in with the Adi Mantra: Ong Namo, Guru Dev Namo. At that moment there must be a merger between you and the teacher; you must deposit your ego and serve for no gain; you must link to the word of the Guru to speak beyond the tangles of time and space: and you must project it to the level of the student. Consciousness and compassion join like left and right hands to elevate all who will hear." (the possible human, GSK) The most recent teachers in the Golden Chain of Kundalini Yoga are Yogi Bhajan and his teacher Sant Hazara Singh.



SHABD GURU

April 1995

Impact, Use and Basis of the Quantum Technology of the Shabd Guru. A contemporary perspective and exploration of the Shabd Guru and the Information Age..

by Siri Singh Sahib Bhai Sahib Harbhajan Singh Khalsa Yogiji, Ph.D.

compiled by Mukhia Singh Sahib Dr. Gurucharan Singh Khalsa, Ph.D.

We live in turbulent times. Storm warnings surround us. There are warning signs of personal breakdown and information overload everywhere. We must learn the way to be happy and thrive under new, elevated levels of pressure. The cover of Newsweek (a U.S. national magazine) reported that the president of Harvard University, Neil Rudentstein, collapsed into the fatigue abyss. He announced that his life was scrambled and devoured by an invisible enemy, information overload. Mr. Rudentstein lived for three years in a state of hyper-energetic activity. He used brilliance, little sleep and consistent high-level skills for information management to create excellent results for the University. Then he hit a gap. Relationships, family, health and performance all failed. He was forced to withdraw from all stimulation for several months on a Caribbean island before he could return to his work, and when he did it was in a much reduced capacity. Intelligence, skills, resources were not enough. He came up against some basic, perhaps primal limitations under the demands of an information overload. Mr. Rudentstein is only one example on the top of a long public list of famous people and

"The limitations of the brains . . . will provide considerable pressure on each and everyone of us."

leaders who have declared a mental rupture and social meltdown from hyperactivity and information overload. We have seen this happen to people in every walk of life: sports stars, police officers, professors, housewives, young students, and stress counselors. Even professionals whose job it has been to handle great stress and coach others to do so, fail to maintain their balance under increased pressure from the information storm, and new social complexities.

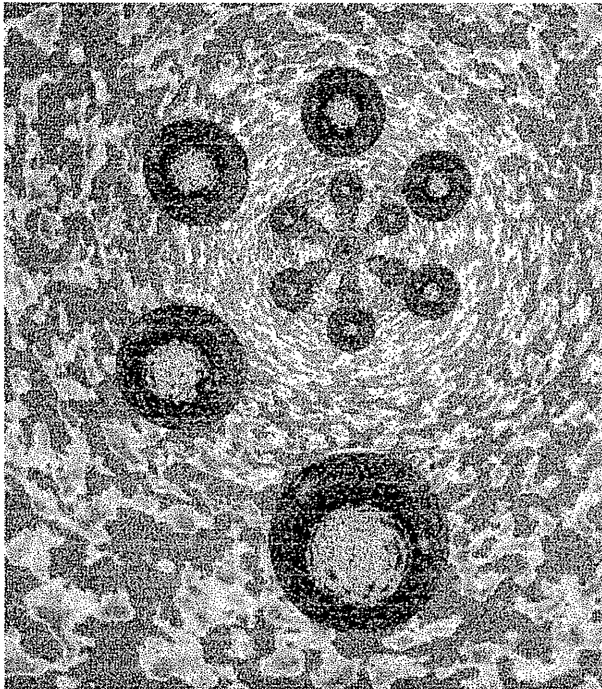
Some writers have recently warned us about the impact that comes with the increased rate of change and access to unlimited information. The well known futurist Alvin Toffler proclaimed, "The breakdown of human performance under heavy information loads may be related to psychopathology in ways we have not yet begun to explore. Yet even without understanding its potential impact, we are accelerating the generalized rate of change in society. We are forcing people to adapt to a new life pace, to confront novel situations and master them in ever shorter intervals."¹

Current surveys confirm the rising impact and the emergence of new maladies. Our own eyes can witness the pressure and problems all around. None of the predictions and none of the current symptoms touch how vast, radical and immediate this problem is and will be in the future. The limitations of the brains capacity to handle information and the awakened sensitivity of consciousness will provide considerable pressure on each and everyone of us. The result will be new forms of psychological, emotional and spiritual disorder.

This new pressure on the mind has just begun. We are sensing the first ripples of a vast tidal wave of pressure on humanity. InfoDementia Syndromes™ (IDS) defines the variety of maladies which have begun to plague us and which the use of the quantum technology of the Shabd .

¹(Toffler, Alvin, Future Shock, Random House, 1970)

Guru can cure and prevent The depression, disorientation, diffusion of identity and other effects will come from the gap between the brains capacity to handle the flood of information and social contacts it is exposed to and the need to act immediately and consciously in each situation. This gap between information flow and sensory capacity and response will widen as the quantity of information and the number of people increase.



The demands of this great change require that each of us use and master the inner technology of the Shabd Guru. The outcome of this shift of Age depends on our ability to assess and command our own consciousness. Using the Shabd Guru we can quickly and effectively find the calm eye of this mental and social storm of change. From this place of inner stillness, shuniya, we can find our focus so we may excel and be happy.

The massive overload of information we will all be subjected to, destroys the balance of the mind and creates conditions of unimaginable disorientation. We have mapped out these syndromes and changes both in the present and for the future. We have used the quantum technology of the Shabd Guru to help thousands of people in

these ways: to regain balance lost, to strengthen virtues already developed, and to overcome obstacles. Those who practiced the techniques of the Shabd Guru excelled with stamina and motivation, gained clarity in their values and direction in life, dropped addictive habits, and were healed from many mental and physical ailments.

We must prepare for and find antidotes to a wave of new maladies. Each Age has its special challenges to body, mind and soul. For example, leprosy, tuberculosis, malaria and smallpox are plagues we have faced for many generations in the last Age. Through new medical technologies and committed efforts some of the old enemies, like smallpox have disappeared. Others are contained and in retreat. Now, as we enter a new Age, previously unknown challenges such as viral epidemics and psychological/spiritual ailments beset us with more on the way. Depression and fatigue-related psychological illnesses are at epidemic proportions and rising at accelerating rates. The Annals of Internal Medicine, a prestigious medical journal, just reported fatigue and stress as one of the top reasons people seek a doctor. Over 25% of patients complain of prolonged fatigue lasting at least several weeks. Other symptoms come with the fatigue: insomnia, inability to concentrate or make decisions, loss of a feeling of control and alienation from normal social and sexual relationships. News reports are increasingly documenting that even the most competent, productive and intelligent people have lost their sense of balance to the inescapable pressure of information overload, the lack of time, and increased social and personal demands.

At first people will try to deal with this gap with increased electronic technology. We will attempt to use more sophisticated devices, software, even special intelligent helpers to sort the flood of information. The ancient defenses of our human nervous system will accelerate. We will fight, withdraw, and fantasize more. Some of us will attempt to diffuse the impact of the flood of information with harmful adaptations like drug use and violence. Electronic technolo-

gy will only bring us more information, more choices, more contacts, and more complexity. It will push us beyond all the old touchstones of identity home, neighborhood, country, and the natural rhythms of nature. Our old way of forming an identity will fail and we will have a pervasive identity crisis.

All these examples highlight the necessity for a potent and practical technology to generate the inner energy needed to excel under this pressure. Energy is "the capacity for action or accomplishment; the

effort your mind and body is able to exert to move from the current state to a desired state". Remember the famous formula of Einstein, $E = MC^2$. It converts the mass of an object into the amount of energy it can generate. In the realm of the mind we can write a similar formula, E (inner energy) = MC^2 or (Nund) (Consciously Conscious). We must consciously direct the consciousness of the mind. We release the energy we need to excel and balance ourselves with an inner technology that can alter the frequency of the mind and the state of the brain.

When Guru Nanak immersed into the Shabd Guru he saw the pain of people everywhere. He witnessed worlds upon worlds. He experienced the vast flood of information from the entire cosmic consciousness. And he perfectly laid down patterns of the Shabd Guru that commanded the brain and mind with rhythm, sound and breath. The patterns of the Shabd Guru combine atoms of information in the smallest sound units to release the inner energy of awareness needed to guide the brain and mind through this wave of change. Just as combining atoms has opened the way to use the greatest energy in matter, the quantum of sound are the

"... Shabd Guru
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and effectively
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atoms that open the way to the greatest inner energy of consciousness and command the chemistry of the brain. Those Shabd patterns are a legacy to be used and shared with all as an antidote to the maladies of the InfoDementia Syndromes.

The Shabd Guru is a remedy for all these problems. We do not need new choices. We are flooded with choices. We need an elevated capacity to make choices. We do not need more information. We need the wisdom to use all the information. We do not need another religion. We need the experience of a Dharma that creates the spiritual fitness to act believably on our beliefs. The Shabd Guru is a special kind of technology with a unique contribution to develop the potentials and handle the problems of the Aquarian Age. In the body it produces vitality; in the mind it awakens intelligence; in the heart it establishes compassion; in each person's consciousness it builds the clarity to act with fearless integrity.

The Character of the Aquarian Age and the Information Revolution

We recognize the Aquarian Age is dawning. November of 1991 marked the cusp of the last step of the shift of Age. There have been many Ages and shifts of Ages before in the long history of Humankind. But this shift of Age is different. The old "Piscean Age" was dominated by machines and hierarchies.

"We need
wisdom to
use the
information."

The new "Aquarian Age" is ruled by awareness, information and energy. The greatest power will be your Word- your consciously projected words. This change is radical, not incremental. It is a simul-

taneous change in both the outer and inner worlds. The mind is changing its sensitivity, its basic frequency and functioning. The world is changing its sense of time, space and relatedness.

In the Age we are leaving behind, it was a central and even sacred task to find and gain access to the right information. There were special places of study in remote areas like; Tibet, or in a deep jungle accessible to a few who could qualify or who had a special destiny. The motto of the Age was "to be or not to be", learn and become something. Learn, grow and become. Great knowledge about human potential was guarded by secrecy and layers of initiations.

In the Aquarian Age there are no secrets! Information is available. Finding it is not the central task any longer. In this Age the motto is "be to be". You already are something by the grace of the Creator. Accept your wholeness and your connectedness to a larger creative existence and express it with each committed action. Let your actions demonstrate wisdom. Study alone, knowing a truth alone, will not be important. Real value will come from truth embodied in practical actions and in the internal caliber and qualities of your mind and heart. This is the profile of a fulfilled human being.

The Aquarian Age person will demand personal experience and the capacity to act. The Shabd Guru is available to all and will soon be on Information networks all over the globe. You need not search. You need to practice, experience and express that.

This last point is a key to grasp the shift of the Aquarian Age. Imagine that information on anything and anybody is available

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to everyone. In such a world, your value will not rest in what you acquire or find. It will rest in who you have become through the experience of what you find. Value will lie in your capacity and consciousness to use information. You will be valuable for your wisdom and unique point of view. That is what the Shabd Guru develops. It is not a thought, an idea or a piece of information. It is a patterning of information. It is information about information. It is not just an experience, it is an experience about experience. In a world saturated with information we need a technology to develop our command of it, not just gather more.

A scientist from an MIT research facility demonstrated something amazing. He understood our point that, "People used to remove themselves from normal society in order to search out their spirit. They would go to mountains, jungles, deserts, or caves. Or in a village they would wear special garb to be in a different world of spirit with different rules. Now there is no place to go. You can take a tour to the most remote spot." His eyes sparkled as he turned on his computer terminal. The screen showed a spinning image of the globe. He had us pick a country. We pointed to a South American location. He zoomed the map on the computer screen to show that country. He asked us to point to a region in it. He zoomed the picture to enlarge that zone. It was a remote area laced with hills. He entered a special code. Several blips of light appeared. He selected one. With a little manipulation a miniature image appeared of a vehicle with its speed and other information. Our eyes opened wide. He said, "We can

track any vehicle that sent out a cellular or other transmission, and moves a 100 mph or less, night or day, anywhere in the world. We can locate an object as small as a few centimeters. In a few years we can track anything passively, even without a

signal from it. Shall I leave the computer to track it automatically so you can look at it later?" It isn't even the future. That capacity exists now! Information, beyond what you expect, is available even now and will increase exponentially.

Everything is recorded in the Akasha, in the Heavens - so take each action as if you are in the presence of God. The Shabd Guru develops the brain states, feelings and automatic alertness so you can be aware of your actions and guide them before you take them. It gives you a tool to act as a conscious self-conductor. In the last Age you could get away with many more behaviors - from embezzling to dumping pollutants. You could just hide them. Now that is rapidly becoming impossible. In the past you could establish a persona, a mask you show to the world, and be known by it. Now every persona is under audit. We can track each of your actions regardless of how you may appear. Every money exchange, statement and behavior leaves a trail. Just as the Guru emphasized, we will be known by those actions. Action is the language of the awakened self. As the Aquarian Age dawns, the old defenses and manipulations based on hiding or controlling access to information will no longer work. We need the capacity to assess each action and its consequences before we take them, as if every action will be known and reveal us. Only then can we realize our word, fulfilled by actions, is our ultimate gift and power. The use of the Shabd Guru is the highest refinement of that power.

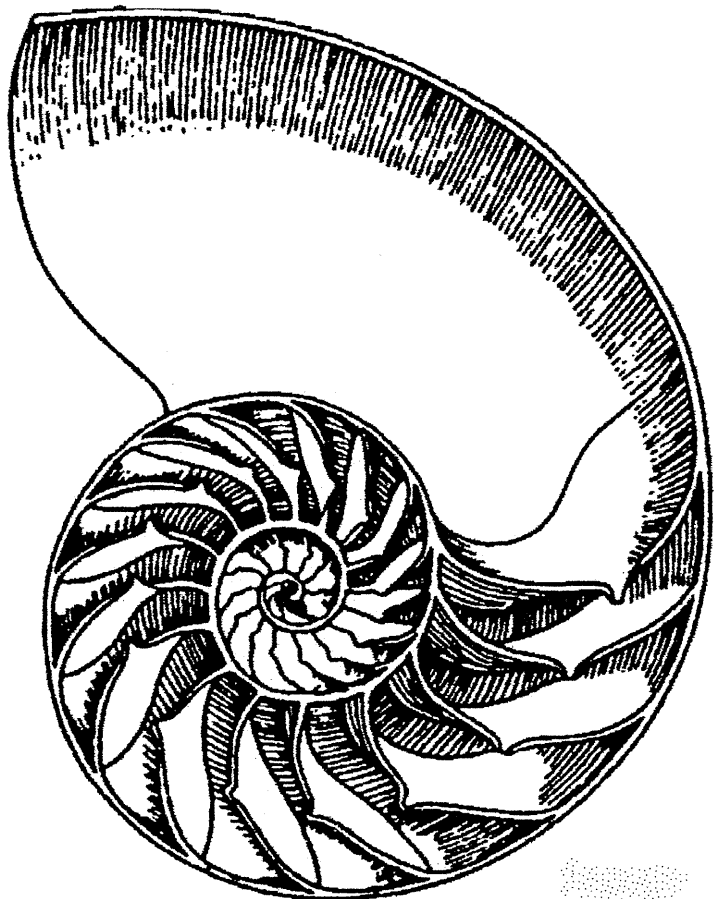
There are many other dimensions to the radical shift of this Age. People everywhere are talking about it, making predictions or debunking it. Some

sense the shift as a cataclysm or end of the world, others as a new beginning, and still others as a time of uncertainty and unpredictability.

What is clear to everyone is a sense of urgency and a vast change in society, consciousness and the nature of our perception of the world and each other. We have always experienced change. But rarely with this intensity and speed and NEVER with this scope and completeness. The change is on all levels of life at once. It is not sequential and orderly, nor is each step predictable. And it affects each one of us personally.

Regardless of how the shift is perceived, every person down to the grass roots of society is reaching for something to do about it. Each person must accept the responsibility to elevate and manage their state of awareness, to deal with wide spread and constant stress, to take actions and to make decisions on a vast, shifting array of problems.

“... take
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THEMES

Although people intuit the shift in different ways, there are several over-arching themes in we all agree must be confronted and dealt with.

1. Learning is not enough. We must learn how to learn. We need the capacity not just for Cognition but for MetaCognition.
2. Change and learning is continuous and lifelong. We must maintain mental, emotional and physical flexibility.
3. Intellect is not enough. We need a new relationship to intuition, emotion and instinct.
4. Complexity is increasing as is our need to deal with it.
5. Information is not enough. Neither is knowledge. We need wisdom.
6. Our sense of personal identity and its foundation is shifting.
7. This is an Age of Paradox - more global and more individual; fewer boundaries and more demand for political separations; everything is faster and we have less time.
8. Stamina and constant peak performance are the common benchmarks to evaluate every person and their work.
9. We require a reconciliation and integration of the spiritual side of life with the technological and material sides- a Spiritual Fitness to sense values and meaning.
10. There is no isolation. Each action we take must be considered ecologically, in terms of others and globally, because each person can affect, directly or indirectly, vast networks of people and places.

In all of this, the human being will need to cope with the core change in the amount and rate of information accessible and required. The rapid change in information processing power, storage capabilities and distribution are amazing (see appendix I note). From the beginning of the information age studies have been done, from the 1940s to the present, that estimated the human ability to store and process information so we could take advantage of the new technologies. Fewer studies are done now.

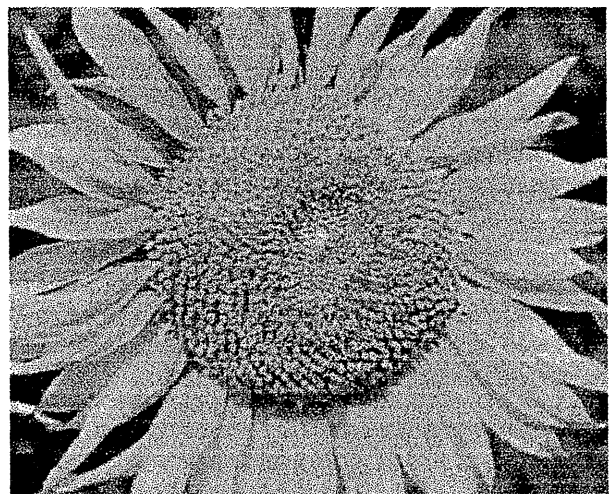
The results are fairly consistent. We have a massive capacity for storage. The number of neural connections goes into the trillions. But the capacity to process the information of the senses and the stored information of experience is severely limited. The process is not just electrical it is also chemical. The brain is not just "hardware" or "software" to use computer terms, it is "wetware". It is an ocean of chemical exchanges informed by the most subtle and cosmic electromagnetic interactions. Each of us has a potential information processing bottleneck. That is one of the functions of sleep- sort out information and to revitalize the chemical and glandular engines of consciousness.

The estimates most scientists use at this time is that the human brain can process and integrate information from the senses at a modest 50 bits per second. Over 100 million bits per second are needed to create a typical TV picture. So we must edit, delete and code the information. The Information Revolution and increased sensitivity of the Aquarian Age will overload the brains buffers, the temporary storage and sorting areas. We must be able to clear the subconscious quickly and start to develop new capacities in the brain to deal with the overload or we will suffer from InfoDementia Syndromes.

The first symptoms of the IDS will be: stress, burn-out, more minor and chronic illnesses, fatigue, sleep problems, behavioral addictions and compulsions, poor judgments and feelings of depression, helplessness and withdrawal. Some people are reacting to the current level of pressure by

refusing to use any technology or throwing out the computer and TV sets. But the future will be filled with increasing types and quantities of interconnecting devices. And we will have 10 billion people with historically unprecedented levels of higher education and the need to express and communicate! As the pressure increases we will see chronic fatigues, identity collapse where people will simply leave their physical bodies for extended periods of inactivity, splitting of identities, and catastrophic errors in judgments.

There is opportunity and potential prosperity everywhere; and with it comes equal



danger. Information and intellect are not enough to manage our brain and actions in this Age. This massive change will bring many unexpected reaction. Some people will react, burnout, and try to isolate themselves physically or emotionally. Delusions will become common. The rise of the open information society will have a shadow filled with secret groups and fanatic societies. This is part of the turbulence of such a radical shift.

We must learn to use the mind differently. The mind of the future Aquarian Age person will change both in sensitivity and quality over the next several decades. In a few generations our mental struggles will seem as distant and perplexing to them as the problems and thoughts of ancient prehistoric empires seem to us now. That change of mental quality will occur automatically and has already begun in some people.

We need an intuitive mind to handle paradoxes, uncertainty and the need for action. The intuitive mind can integrate the polarities in an issue with a creative sense of purpose that serves both polarities. This will become a key difference between the happy and prosperous and the miserable in the new Age - who can handle information pressure and who can not. The capacity to command the brain into states that handle all information (social, emotional, data, sensory, and subtle) and the pressure to act wisely will create great differences and classes in the world of work, economics and lifestyles.

How can we develop the mind to excel in this new environment? How do we embed core value capacity in the mind so it has an axis of action, an orientation to guide clear decisions? Information and intellect are not enough. It is just as the Guru says in JapJi "Sochai Soch Na Hovee Je Sochee Lakh Vaar.." Thinking and thinking, even a 100,000 clever thoughts will not solve the need of the mind for direction nor the thirst of the soul for meaning and connection. It is only by special practices of the Naam or Shabd Guru that you can have the wisdom needed to act.

What happens when we have information and intellect, but lack the neutral mind and the practice of spiritual fitness to connect with our consciousness consciously?

Consider this point seriously for a minute. What type of problem will arise? The answer is Chernobyl. And the thousand possible Chernobyls of the future.

The nuclear disaster at Chernobyl² on the morning of April 26, 1986 affected millions of people. It had an impact beyond anything imagined by its designers, operators and even its critics. Though many details may still be discovered, the hub in the story will stay the same. The whole disaster was caused by two electrical engineers. When the clean-up teams finally managed to breach the core areas of the reactor and the

²(The Truth About Chernobyl, Grigori Medvedev, Basic Books : New York, 1991)

control stations, they pieced together what happened. Surrounding the dead bodies of the two top engineers in charge was a clear trail of ill-taken decisions. The two engineers were well trained, and educated at the top of their respective classes. They knew exactly what they were doing and the risks involved. They had both information and experience. One night, perhaps out of boredom, or a love of risk-taking, this we can not determine, they decided to play a game. They made a bet on how slowly and how long could the turbine in reactor number four freewheel when the power is removed. They began shutting down the reactor. They knew the procedure created instability in the complex system. In fact there were six separate automatic, computer driven alarm systems to prevent exactly what they decided to do. The computer gave warning with flashing lights, then alarms, then automatic valve shutoffs. They padlocked the valves and overrides so they could not close! How far down could they go? It went all the way down! It exploded. They got the excitement. They lost the bet. All that is left is the padlocks and a legacy of fear.

Those educated engineers had the intellect, the knowledge and the resources to fulfill their duty and excel in their profession. But for some personal reason they lost their clarity. They had no practice to use the intuitive, neutral mind. They lost track of the reality of what they were doing. They blocked out the impact of their actions. They had the best external technology to stimulate the reactions of atoms but no technology to stimulate the inner atoms of the mind and self. They could not monitor their own internal state. Without being consciously conscious, the mind became distorted. For that momentary lack of spiritual fitness and value clarity, they died, thousands were killed and injured, and millions exposed to long term risks. An environment is now uninhabitable.

They lacked the spiritual fitness, the value capacity, to read their inner compass under stress. This will be the increasingly frequent situation. Individuals will have access to technology and information with

potential global impact. Watch the current controversies over Russia's open sales of nuclear technology and weapons to the highest bidders. Now we have found weapon grade plutonium on sale in the black markets in Europe and the middle east. Follow the spread of chemical weaponry across the middle east. Track the stories of hackers who successfully introduce computer viruses into key systems dedicated to defense operations and to medicine.

The outer education provided by the information revolution must be matched by an inner education in wisdom, self-control, intuition and the use of the neutral mind. We have the quantum technology of the inner science in the Shabd Guru to answer the call of the Age. We need stamina under stress, clarity of values for decisions, a new base for identity, and the ability to command our brain, mind and states of consciousness consciously. This is where the Shabd Guru becomes essential to the future.

THE NATURE OF THE SHABD GURU

"Shabd" means sound, "Guru" means teacher or knowledge that transforms you. The simplest meaning of Shabd Guru is a special sound that is a teacher. But what is it that we learn from the Shabd Guru and how does the use of sound act as a teacher?

To answer this question look at a deeper definition of Shabd Guru from its root structure. "Shabd" comes from Sha- and -bd. "Sha" means the ego, the attachments we identify with. "Bd" means to cut out/off, or to eradicate. The root meaning of Sha-bd is that which cuts the ego. It is not just

"The
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teacher."

any sound. It is not even a wise sound or a song of truth. It is a sound that cuts away the ego that occludes the truth from you.

Ego is formed by the mind's constant automatic processing that attaches us to and identifies us with objects, feelings and thoughts. The ego is not inherently bad. It is just limited. In itself it can be useful and even necessary to functioning. But when you act attached to the ego as if it is your real nature and as if it defines your reality and scope, then you create pain, unhappiness and problems. Your spiritual reality is that you are part of a vast creation. In experience, you are a creature that is not separate from the larger matrix of life and consciousness. When you act in your specific role toward a goal or project, you must focus and limit your attention and energies. You can do that and forget anything other than your current attachment. Or you can act with passion and commitment- as you remember and intuitively connect to the larger Self that is you and to the larger world that you act within.

The ego creates a kind of forgetfulness. You forget the Creator. You forget vastness.

The energy of the mind begins to act in narrow ways with petty feelings and limiting beliefs.

You act according to the information patterns of a small part of your potential and experience.

What is the alternative? If we can not base our identity in the known or on any limited position of ego what can we do? Act egolessly. Base an identity in the Infinite and the connection to your sense of the Infinite. That may seem a great or mystic accomplishment. But it is the natural state of the Self. We are part of the Infinite by nature. It is the mind that forms a limited sense of self We do not need to create an Infinite self. We already exist. That existence is called SAT NAM - SAT is reality, truth or existence. NAM is the identity or creative name. We are all in essence a reality that vibrates and creates. Most of the time we

act as if we are not. That is the pain imposed on our life by ego. The Shabd removes that pain by removing barriers to perceiving and acting from the Real Self.

This is one of the miracles of grace embodied in the 10 Gurus of Sikh Dharma. Each of the 10 gurus carried the Guruship and the Infinite identity of the Shabd Guru with very different personalities, ages and situations. And yet each affirmed they were all one Light. The identity they embedded in the Shabd Guru did not depend on ego or any finite identity. They sang Shabds that merged the one who recites them into the Infinite. It is exactly such a technology that is needed. It establishes a link with the sense of the Infinite no matter what mood and position you begin with. There is a raga and sutra to lift every possible position of the ego into egoless merger.

Ego will no longer work! The shift of Age has changed the conditions of the mind. The Piscean consciousness operated with less sensitivity. You could hide actions, thoughts and feelings with a high degree of short term success. Some ego positions were favored 'above others by the conditions in a family, society or environment. That has fundamentally changed in this new Age: all finite positions of ego are equally vulnerable.

We need to develop a new habit of awareness. We must learn an inner technology to base the identity of our Self in the Infinite. The Shabd Guru is the quantum technology that establishes that awareness. It is a compass point that directs us to the Infinite in each finite action.

The practice of Jappa of the Shabd Guru changes the frequency of our words. We go from the words of the manmukh - one who speaks with attachment to the mind and

"The ego
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just
limited."

intellect, to a gurmukh - who speaks from the heart. When we speak from ego our words are filled with a hook, a calculation for what we believe we need or want. When we speak egolessly our words carry to the heart of the other person and speak wisdom that is true regardless of advantage. The words spoken in ego are ruled by impulse and intellect. The words sharpened by the Shabd Guru are ruled by integrity, intelligence and intuition.

It is the function of the Shabd Guru to make our ego nothing so we can serve and be served by everything. In a cyclone you go to the eye of the storm to escape its turbulent power. In an Age swirling with chaotic change the path to the center of the storm is through the neutral mind established by quelling the conscious and subconscious reactions to the ego. A sense of identity based on the experience of the subtle and the Infinite within us is the only source of stability and power in the Aquarian Age.

The second word in the phrase Shabd Guru is "Guru." If we break this word to its inner naad or atoms of sound it becomes Gu -Ru. Gu means darkness or ignorance. Ru is light and knowledge. Gur - is a formula or instruction. A Guru then gives a Gur - a

formula or technique that transforms darkness into light, ignorance into knowledge, the gross into the refined.

"The ego
creates
a kind of
forgetfulness."

A Guru then is an active knowledge. It is not the intellectual knowledge that simply

classifies or analyzes. Guru changes you. Guru develops the capacity to see. It removes darkness, obfuscation.

The Shabd Guru transforms the practitioner by removing the barriers erected by the needs of the ego. The encounter with the Guru is through action. It gives you Know How not just Know What. It gives you procedural knowledge that is in your cells and subconscious, not just representational

knowledge in your ideas. Think of the difference between discussing death in general and discussing your potential death from cancer with your doctor. "Death" takes on an urgency and relevance when it is yours. It forces a deep evaluation of it along with everything else that is important to you. And you want to know what to do; what action you can take.

To encounter the Shabd Guru is to learn by doing, by experience. The Guru will give a practice. That key practice for Shabd Guru is the meditation and repetition of specific primal sounds and phrases.

That may seem easy. Simple is not necessarily easy or without challenge. The greatest challenge is the practitioner's own subconscious. The mind is not trained to base itself in a relation to the Infinite. It was based in ego. So it is filled with reactive thoughts that try to maintain the attachments of the ego and avoid pain. When you repeat the patterns of sound and thought in a Shabd, those thoughts counter the direction, kind and intensity of the habitual thoughts. The Shabd provokes a dumping of the stored subconscious patterns of thinking and feeling. If, under the torrential flood of subconscious feelings and thoughts, you persist in repeating the pattern of the Shabd Guru, then the new pattern establishes itself. Your mind clears and you awaken dormant inner capacities or enhance existing ones. It is the ability to hear and feel . . . that is needed.

Where do the patterns of the Shabd Guru come from? They exist from the beginning of creation. They are the tides and rhythms of the movement of the creative pulse of Infinite consciousness. They vibrate in all things continually. It is the ability to hear and feel them that is needed.

That capacity comes to a mind that is fearless, neutral, open and awakened. The 10

Gurus of the Sikh path heard it perfectly. They put that rhythm and pattern of energy into the poetic compositions of the Siri Guru Granth Sahib. That's why it is called a Granth rather than just a collection. It is a "knot". It binds the pattern of awareness into the words of the songs.

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Each Shabd is a template for an aspect of awareness and a potential of consciousness. Each Shabd is a kind of spiritual DNA that restructures the mind and stimulates the brain.(See appendix 1). The Siri Guru Granth Sahib is a collection of such gems.

The Quantum Technology and Impact of the Shabd Guru

The impact of the Shabd Guru comes from its masterful use of the technology of sound and rhythm. It is a "quantum technology." A technology is the application of a science. The sound patterns of the Shabd Guru are based on the science of sound called "Naad Namodam Rasaa." In the West this would be the science of reflex to create changes in neurotransmitters to command the state of the brain and mind.

It is "quantum" because it manipulates the smallest particles of sound and energy into effective combinations and patterns. It uses the quantum patterns like seeds that act as blueprints for constructing larger patterns. The atoms of sound build the molecules of language, thought and mind.

In time we will unravel many of the mysteries of this complex relationship of sound, brain, neuro-endocrinology, psychology and behavior. We will elaborate an intellectual model of the entire sequence of quantum sound technology. From the movement of the tongue to its reflexes to the neuro-endocrine cascades to the change of mental state, we are at the beginning of that study and modeling process.

The techniques of the Shabd Guru codified in the Siri Guru Granth Sahib and in the mantras of Kundalini Yoga wait for us to mine their secrets. Every person can use them to elevate themselves, to heal, to

develop stamina, to increase intuition. They do not need to know the science of the process. They only need to apply the technology of the Shabd Guru.

Because the reflex points are stimulated by the movements of the tongue, you get the maximum benefit from the pattern of a Shabd by consciously repeating the sounds out loud. That is called Jappa - conscious, conscientious recitation. Rotating the tongue over the 84 reflex points in the pattern of the Shabd produces the maximum impact on the gross level of the neuro-endocrine system. As the Shabd gets established in the nervous system your subconscious, and every cell of your body, will vibrate the pattern with you. That is called the state of Ajappa Jap - of repeating without repeating. In that ideal state the resource released by the Shabd Guru is always available to you regardless of the momentary focus of your attention on daily tasks. It is the result of great devotion, much practice and mastery, or grace.

When that state is reached you still repeat the Shabd out loud, but the dimensions of joy and awareness that accompany the practice are without limit. You recite the Shabd in the beginning of the practice of the Shabd Guru in order to clear the mind, and attain an awareness. When you reach a stage of mastery, you still recite the Shabd out loud because you have become the Shabd and the Shabd has become you. There is a merger between the personal experience of you and the impersonal experience of Infinity beyond you and within you. The core technique to precisely vocalize the Shabd of the Shabd Guru is useful and true for the most novice beginner and for the most exalted master. The repetition of the Sutras of the Shabd Guru is a tool as timeless and unconditional as the Shabd Guru itself.

The ancient seers and the Gurus left us maps and tools to guide us into the territory we want to explore. They also give us the clear warning not to confuse the maps for the actual territory. They implore us to realize no amount of study replaces the knowledge that comes through experience.

One description of the impact of the Shabd Guru is called the theory of Ik Tara Naad Single Star Sound techniques. Imagine the human body to be like a musical instrument. It is constructed with 72 strings. Each string or "sur" acts like a meridian - it is a flow of the energy of life called prana. The inflow of cosmic energy into the body courses through the crown of the head, the "tenth gate," like a waterfall and collects in 7 pools or special vortices. Those pools are called chakras or energy centers. The 72 strings are controlled by three central strings or channels. These are called the ida and pingala - the left and right channels to either side of the spine, and the shushmana - the central channel up the middle of the spine. The upper centers vibrate with the release of each independent thought. The thoughts of the mind are released at a rate as high as a thousand per blink of an eye. These vibrations or patterns of thought "pluck" those strings. The strings vibrate into 72,000 channels. Their vibration creates the shape and function of the physical body, the emotional body and the mental body. Just as you stroke a string on an instrument and it forms a shape in the air.

If you can vibrate a pattern in the central channel it will induce a synchronous pattern throughout all the rest of the strings. To vibrate a Shabd in the central channel you must become still, bring your full attention to the sound pattern and let go of your attachments by devotion or surrender. To vibrate perfectly it requires a combination of Shakti and Bhakti. Shakti is the power of precision and discipline in the repetition. Bhakti is the feeling of surrender and devotion. It is form and flow, sun and moon, rhythm and tone in perfect blend. That opens the intuitive knowledge of the central channel - Gian. The thousand thoughts released by the mind can distract you. They can pull you away from the Shabd. But the rhythmic Naad of the Shabd Guru engages and synchronizes the flow of thoughts. The pulse of the atoms of sound produce a pattern of energy that structures the space of the mind to link with the Shabd. This produces an active stillness, a "shunyia," a zero-point in consciousness. In

that stillness you are like an instrument perfectly played in an orchestra. Your instrument merges into the larger tune.

Another map for the mechanism and impact of the Shabd Guru traces the reflexes between tongue and brain. The body is perfectly designed to use the Naad or rhythm of the Shabd Guru. There is a connection between the movement of the tongue in the mouth and the chemistry and neuro-transmitters in the brain. One end of this connection is an array of 84 reflex points on the upper palate of the roof of the mouth. The palate has two parts: hard and soft. The hard palate is located directly behind the teeth; the soft palate is located on the roof of the mouth. 64 points (32 pairs) are located along a "U" on the hard palate near the base of each tooth. 20 more points are in a "U" on the roof of the mouth. The exact location varies in each person to conform to the unique shapes of the mouth.

The movement of each part of the tongue stimulates these meridian points. The points are like a keyboard input to a computer. The computer is located in the hypothalamus area of the brain. It receives the impulses from the repetition of the patterns of sound in the Shabd. This is translated into instructions that regulate chemical messengers that go to all vital areas of the brain and body. The hypothalamus lies just below the thalamus in the midline of the brain. It is connected by blood vessels to the pituitary gland - the master gland of the body. It is known to regulate vital functions like hunger, drinking, body temperature and sleep. It also triggers the regulation of moods, emotional behavior and sexuality.

The special patterns of the Shabd Guru stimulate the hypothalamus to change the chemistry of the brain. This adjusts the functions of the endocrine system and the metabolism to create a neutral balanced

mind, and to strengthen the immune function. Many sophisticated states can be stabilized in the mind using the Shabd Guru. It can conquer depression, enhance intelligence and intuition, and open the power of compassion.

Another approach to understand the impact of the Shabd Guru is to follow the functional changes in brain metabolism and the neuroendocrine system. We wondered if we could see some trace of such an effect using the latest in brain imaging technology. We set up a pilot study at the University of Arizona using a P.E.T. scan- positron emission tomography. We used an isotope of glucose to see changes in metabolism in different areas of the brain. We took a baseline scan after a period of activity- walking and normal internal dialogue. We took a second scan in the same subject after a period of walking while using a basic Shabd Pattern: 2 repetitions of the Panj Shabd followed by one repetition of the Guru Mantra Shabd: Sa Ta Na Ma, Sa Ta Na Ma, Wha Hay Gu Ru. The researchers expected little change with such a subtle variation in activity. The results showed a powerful shift in the function of the left hemisphere to the right frontal and parietal regions. The metabolic shift suggests a strong mood enhancement, countering any depression. The metabolic drop in some regions of the left hemisphere corresponds to a lessening of inner critical voices. The

areas of the right frontal cortex suggest alertness and hypervigilance, which creates a readiness to respond to unusual stimuli and to creative thoughts. Some other areas seemed affected, like the anterior cingulate gyrus, but it will take further research to map the changes completely. This was a small initial study to sample what we could notice using this instrumentation. The next studies will probably employ functional MRI technology for better resolution, especially of the hypothalamus regions.

What was important about this study is it is the first study to show a significant brain

"The patterns are a perfect weave of rhythm, sound, tone, and meaning."

state shift from the use of the Shabd Guru. The brain can be shifted in specific patterns by the use of Jappa with the Shabd Guru. It opens the way to begin the exploration of the tongue, sound, shabd, neuro-chemical, brain connection.

These technological approaches and brain connections open the way to teaching a broad audience about the benefits and use of the Shabd Guru. For some, devotion is the natural approach. For others it is the immediate difference it makes in their life. The explanations need to be practical and accessible so the Shabd Guru can be known as a quantum technology anyone can use.

Understanding the technological process of the Shabd Guru in this way invites its use to alleviate many of the maladies we spoke of earlier. In fact, we have investigated for over 25 years the application of this technology in many social programs to end addictions, and a range of psychological problems from anxiety, to depression to sexual disturbances. In every area we created change, alleviated symptoms and changed lifestyles. Just as the Gurus created social change and provided food and education to change people's lives, the Shabd Guru approached as a quantum technological process can be used to alleviate many personal and social ills.

Affirmations and positive statements are helpful and good to use. Mantras are effective and gradually create changes. But the Shabd Guru as captured in the Siri Guru Granth Sahib is unique. The patterns are a perfect weave of rhythm, sound, tone, and meaning. They act as informational DNA for the spirit. There is nothing as effective and universal as those patterns.

Education for Leadership and Spiritual Fitness in the Aquarian Age

Education is changing. It is being evaluated and "re-invented" in every country. This should not be surprising. Education responds to the needs of the society, individuals in the society and the Imperative of

the Age. In the early years of the Greeks and in early Vedic times the capacity to memorize and to make acute sensory distinctions was essential. A core part of education was training the ability of each person in mnemonic memory techniques and in rhythmical poetry. In the Era of Enlightenment the transfer and questioning of information became important, as did apprenticeship in specific disciplines.

Now education is changing again. The impact of the information revolution has changed our training from memorization to the acquisition information to the use and interpretation of information now. We are educating all the senses. Multi-media is becoming a new standard for presentations. The need and ability to use all the senses in education has introduced techniques to use the body, emotions and self-awareness as a central part of the education process.

We arrange memory and understanding based on our sense of self-awareness. As we discussed earlier this sense of self is changing. We must gain the skill, MetaCognition, to recognize our inner state of awareness, our state of emotion, our sense of the body, then adjust it to our task of learning. It is only through the cultivation of experience of the self, and the experience of self-regulation, that we can truly master the ability to "learn how to learn."

There are many calls for a new "experiential" education. The problem is which experience. Just having many experiences does not insure a "learning experience." There are many dimensions to the structure of experience that helps us move it from sensation to information to knowledge to practical wisdom.

That is the power of the Shabd Guru. The quantum process of the Shabd Guru guides and integrates experience into a higher, refined level for profound learning and practical use. It preserves balance and a sense of higher identity amidst the flood of information and change we must handle in the Aquarian Age. We must sophisticatedly educate that inner sense of the self so we can have a foundation in the self on which

to accurately weigh the deluge of information. This will only be possible by learning and teaching the quantum technology of the Shabd Guru as part of any complete education curriculum.

The quantum process of the Shabd Guru sets the brain to a new level of functioning. It gives the mind the caliber and strength to process any range of information. Teaching the quantum technology of the Shabd Guru as a core part of an Aquarian curriculum will become commonplace in the future. Real education for the Aquarian Age blends devotion with discipline, intelligence with intuition and understanding with the capacity to act with integrity. It will be perceived not as a philosophy or a set of values. It will be seen as part of the training of the experience of self so that you can embody your philosophy, carry your values, increase your spiritual fitness and deliver your self as an answer to the challenge and imperative of the Age.

Appendix 1: Information

Information Itself. Why is information so important? Granted, the increase in its quantity, rate and distribution create pressure on each human. But why should it be so disturbing?

The answer is that information is not really a "thing". Things are concrete, stable and we can catch a hold of them. Information is the structuring element of reality. Take DNA as the example. A cell changes all its atoms in a short time. The human body changes many cells in 72 hours, the entire skin in a month, and even all the components of the brain cells in a year. But the structure of it all remains constant. And that is due to the information coded in the sequences of chemicals in the DNA. Information structures matter. Change the

information and new forms emerge.

Your self-concept or Identity is the DNA of the mind. Change your concept and all the forms of your behavior and even the shape of your body changes. Information in this way is an ultimate power that restructures matter and directs concentrations of energy for use or dormancy in the human being.

Exposure to huge amounts of new information creates conflicting instructions for basic forms to contain and direct our energy emotionally, mentally and physically. If we can no longer limit the information rate and flow, then we must use a new process to organize amidst it.

The best way to do this is to allow a self-organization to occur. A Shabd is a template of information that directs the structuring of information itself. It builds the mental DNA to direct the flow and character of the mind.

That is why it is a quantum process. It changes the fundamental codes. Human DNA evolved as an information medium. The combination of 4 base pairs, A-C-T-G, into long sequences forms a compact way to code information with sufficient redundancy to correct most errors. It is so well designed that recently DNA itself is being used as a computer!³ The human brain can contain about one million words. The DNA in a small test tube would have about 10^{20} molecules which could code over a billion million words. A 1,000 liter container of DNA would have about 10^{14} times the capacity of the human brain. So information, a great deal of information, can be stored in highly structured sequences of a few basic chemicals.

Now think of those basic chemicals as primal linguistic sounds and notes. Think of the rhythm of the Shabd, the Naad, as the structuring element that links them together. Think of repetition as the redundancy that insures the code implants itself in the new vehicle of matter- your brain and

³ (A Vat of DNA may Become Fast Computer of the Future, Science Times: New York Times, April 11, 1995)

"Information
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nerves, accurately. The capacity of the Shabd Guru to code trillions of aspects of the shapes of matter, mind and emotion is remarkable and expected. The trick is that the DNA has captured a compact code of basic units that holds the information of a pulse of the creativity of life. Exactly so the Guru Granth Sahib has captured a compact quantum code of sound, structured in rhythm, that holds the information of the pulse of the creativity of Consciousness and God.

To immerse oneself in the Shabd Guru is to be restructured by the imprint of Infinity.

The mind so organized is a perfect flexible structure to handle all information of the environment and mind. It has the structures necessary. Each sutra and each complete Shabd adds an inheritance, a spiritual DNA that establishes your ID and lineage with Infinity, the unknowable unknown itself.

The information revolution has unleashed the hidden potential of kundalini, of Shabd Guru, of the patterns of God in each of us. It will push us to need a Guru that is of Shabd. Not a person, nor an idea, but a pulse that is a process of subtle and powerful restructuring of the mind to function without resistance or friction.

Appendix 2: Information Technology

The Information Age has already penetrated every area of work, living and technology. It will only intensify its impact. The news wires are filled with discussions of the World-Wide Web formed by interconnected computers and information technology. Three changes in technology are bringing information to the fingertips of every person on earth no matter where they live, and gradually, no matter their level of status or wealth:

1. Processing Power. How much information can be calculated and manipulated at what speed measures the power of pro-

cessing. Until recently only the largest corporations and universities could afford the "super computers" like the famous Cray computer. The average person used a small "home" or office computer. Now a new generation of chips is on the way within five years that will have the power of six Cray super-computers and cost only \$ 100 (rather than say \$ 10,000,000). The power that once only belonged to a small elite group will be possible to everyone.

2. Information Storage Capacity.

Storing all that information used to be a major limitation. We are quickly moving into the use of crystals, molecules and optics. The expectation is that we can use molecular states in crystal arrays to store and retrieve information. This means that all the information contained in all the computers in the entire world could be stored in a single crystal of salt! Storage will not be a problem. This was a central problem for the last Age. Ancient scriptures would be engraved in gold foil, inlaid in bamboo and guarded from generation to generation. Most of the instruction was oral and relied on a strict culture of knowledge transfer. Now all the Shabds of the Guru is available on a single CD-ROM computer disk for a few dollars.

3. Information-NetWorking. The computer on your desk is actually a doorway to every computer in the world. With a few keystrokes you can leap from Delhi to New York City, to the Sorbonne, or to medical databases in Africa. With the technology available we can form "virtual teams and offices" with members around the city, country or world with equal ease. The boundaries that used to define us by country, town, family, clan, class or caste no longer apply. We can work with, meet and be influenced by people and ideas everywhere. Some historians speculate that this will be seen as a major factor in the upheavals and transformation of politics in Eastern Europe and Asia as we enter the next century. Networking can not be controlled. It changes the flow of decisions and even the pathways of power in entire societies.

Complexity. Complexity is largely in the eye of the beholder. One person sees something as complex, another as simple.

Genius and intelligence has been described as the ability to find simplicity in the complex. Intellect as been described as the ability to create complexity out of simplicity.

Complexity arises naturally as the number of things increases and there interactions increase. If you imagine a system of three people who don't rely on each other for many things, it is relatively simple. But increase the number of people, N , and the number of possible connections increases proportional to N^2 . Include a feedback between people so each persons action depends on a response from proximate others and the system becomes non-linear or even chaotic. That is it becomes so complex it is lawful but not predictable!

That is the other reason the information revolution has such an impact. It has connected us. Hence it has changed the complexity an increased the unpredictability of all our actions. Who knows which action will suddenly be on world wide TV networks? Who knows which transaction will be flagged by computer monitoring of the tax collection agencies.

It has always been true according to the teachings of the Shabd Guru that all our

“Intuition
will grasp the
higher order
structures . . .”

actions are accounted for. But we act as if they are not. As if a faulty memory is insurance against the karma of actions. Now even the gross world has increased the tracking of our actions, words and impact on others. Something you did years ago can be returned to you now. Watch the contortions of contemporary politicians and leaders as pictures and records from 25 years before are discovered and flashed around the world out of their original contexts.

With complexity comes the need for the mechanism in our brain that is built in to compute in such unpredictable, nonsequential conditions. We call that intuition. Intuition will grasp the higher order structures that information patterns create regardless of the smaller details. It is just like pulling a plug in a drain. The water swirls down the drain. Throw a flower petal on the water and you know it will eventually swirl its way down. You may not predict each wiggle of the petal, but you know for sure its destination. You can decide whether to put the petal in the water or not. Intuition lets you know if you are to act and put your self in the water or not. It is certain, even if with it you need nirbhao and nirvair, fearlessness and a sense of personal agency rather than blame.

Intuition, the opening of the brain areas that allow it, such as the hypothalamus, pituitary and pineal glands, are one of the gifts of Jappa of the Shabd Guru. That is effective, unique, and necessary.



TEACHING KUNDALINI YOGA AND MONEY

... The average person who can teach Kundalini yoga can learn to earn \$250,000 a year by their own right, provided they are good Kundalini yoga teachers and they mix nothing else in it. Professionally, a good Kundalini Yoga teacher who just says 'I am a Kundalini Yoga teacher, can charge all the money they want One hundred fifty dollars an hour is just nothing. If a masseuse can take sixty or eighty dollars or a counselor can get one hundred twenty dollars or a psychologist or a medical professional can charge what they do - then a Kundalini Yoga teacher who gives spiritual as well as mental and physical service at the same time can charge one hundred fifty dollars an hour or more. Results can be definite and can be experienced

... But you have to teach like me. You have to teach exactly as it is. Kundalini Yoga is a pure science. Many of you do not teach Kundalini Yoga purely - then don't teach at all. Kundalini Yoga has eleven thousand power watts, don't deal with it in a mischievous way. Teach it as it is. Don't add anything to it, don't subtract from it anything. There are two computerized blue books with eleven hundred kriyas healing everything from the ancient times. It is comput-

erized : this kriya will heal this way , this will heal these centers, this will do this and this, etc. What more do you want? Guru Jugat Singh in Amsterdam put it all in a computer. There are two volumes of it - you never use it.

People do not care how you look or what you are. All they care about is what you can deliver. People like to trust you and they want to experience you. If you have teachings, give it to them. Let them experience it. Many of you who are looking for part-time jobs should start teaching Kundalini Yoga. Once you get your foot in, Kundalini Yoga will open all the doors. Give a class that will blow their minds so they keep coming. I made you teachers. I gave you the knowledge as a teacher. You can make tons of money!"

AGE OF AQUARIUS

Anybody Who Lives Unlimited with All His Weaknesses Shall Go Ahead.
December 31, 1995, Espanola, NM

We are saying goodbye to '95. We are ready to say welcome to '96, but '96 will come one second late. This international cosmic phenomenon must be understood. Even the things which we feel are stationary and never change, they change too. Today all international watches will be corrected by one second. Earth shall move slow, it shall not be in a position to cover its route. It confirms that its axle has a different angle.

The whole of humanity is equal to 5.5 billion, but when we say goodbye to this year, terminal diseases will have already gripped or are likely to grip one-third of the total. That's a crushing wheel of time in which people will leave because they did not make it right to begin with. Like Noah's Ark, the water came all the way. People mocked at that guy. Still others did not understand that there can be change, they did not understand the demand of time, and the Will of God. 1996 is not a happy year for those who do not have spiritual discipline.



You'll be surprised what 1996 will bring. It will have no place for people who have no spiritual discipline. Those who have spiritual discipline shall be rewarded as per percentage; if you are 30% spiritually disciplined, you are safe 30%.

The percentage of your spiritual discipline will be your personal security and guarantee in 1996. We will go through this '96 and cleanse out.

This is a year of test, trial, and triumph. it will be very confronting to Eastern Sikhs and very provocative to Western Sikhs. Both sides will stand the trial tests, and have to look for triumph and no other alternative. Triumph does not come fulfilled; victory and triumph only come to you when you have the spirit of you with you. When a person doesn't have his spirit involved, then his security is "this is my table, my chair, my house'. Then his strength is his boundaries; his defense is his walls and barricades. A person who lives by barricades, boundaries., status, and other worldly strength does not understand that spirit does not even recognize boundaries — spirit is all prevailing. When you tie down your own spirit by your own will into your own dungeon, you are doing worse to yourself and not to anyone else.

It is a beautiful goodbye to the Piscean Age, to guilt, to doubt, and to feeling God outside. if you are the most unwanted, unrealistic, most corrupt, undesirable person, still God is in you. Accept it. Those who shall not accept God in their heart; God in them shall be made to evaporate by this time. They shall not have any place. I'm not asking you to improve your conduct or to live to certain sermons. I'm just telling you straight that this is the time to count your blessings. This is the time to acknowledge whether I am corrupt, I am honest, I am great, I am little, black, white, yellow, pink, poor, rich, sick, healthy. These polarities shall not matter any more. The line of the Guru which is most important for you to learn today is 'Bhalay buray hum thaaray prabh jee balay buray hum thaaray," 'Good and bad we belong to Thee, oh God, we belong to Thee, oh God.' You, your dimen-

sion, projection, thoughts, and activity, good and bad, belong to God. Take the Guru's Word, and in the Light of that, light the candle of Guru's Word, light the candle of Shabd Guru, and in the Light of that read your destiny, and judge yourself. Don't judge yourself in darkness, see yourself first. You are a hue, so let your halo be, clear your mind, and go ahead.

This is the Age of Aquarius, the Age of Nanak. Anybody who lives, thinks, or acts limited, shall be limitedly suffocated to death; anybody who lives unlimited, with all his weaknesses, shall go ahead. Drop your shutters, destroy them, so you can never put them up. Come out of your mental dungeons. You have been born here to live forever. This is the time we have waited for the most. We waited 25 solid years, a quarter of a century. I am happy you have a face and grace. You have to run your own race and tell people "Chardee kalaa, bhaae, chardee kalaa;" "Happy am I, happy is my spirit, victory unto me and victory is mine.' That is what you have to sing.

We shall not listen to any ritual, we shall never worship any person. We have not come out of Yogi Bhajan, we have not come out of any yoga, we have come by the Will and the Power of Shabd Guru. We are here by our own right, our own experience, and by our own domain of ecstasy. We have been named by Shabd Guru. We have the Word and we have our names by the Word. We have destiny and we have known destiny. So, we are self-guiding. I am Harbhajan, I have to sing the sweet song of Har, my Creator God, that is my guidance. That's all I have to do. As I do what I have to do, God will be forced by its own promise to do what God has to do, and Guru is the guarantor. So why worry about it, we have a very assured cashier's check; it can't bounce.

So '96 is not a bad year for spiritual people. But those who will cheat shall retreat into their lower self and they shall suffer, and this planet earth shall have nothing to offer. Hypocrites, self-indulgent, ego maniacs, spiritual idiots, those who use the Word of God and Guru and play hoax on

others shall be punished in the hand of time within the year of '96. It has come so close now. It is a reality which shall confront us. 1996 is a seven in number, infinity eight is under it. Seven is a platform of levitation; it means you have to elevate. The more you elevate, the more horizon you will have, the more Wahe Guru you will say when you see big things. So uplift your spirit unto God and Guru, don't worry.

You only listen to me one to two percent, but this time, time will spank you so badly, you will just cry. There is not a time to take a risk. You have a choice to make. You want to belong to one-third which is going to go in a terminal way, the one-third which is going to go in the hassling way, or the one-third which is going to uplift, enjoy, and say Wahe Guru? It is up to you. It is that split of a moment, that one second change which makes the switch. Count your blessings, you'll be blessed. Count your curses, you'll be cursed. it is a decisive action. Prior to that, you could escape; now, you shall not. Is it good news?

Don't you see the miracle of Guru Ram Das? We started and spread and grew and we are alive and well by Will of the God and Guru, and Shabd Guru guides and presides over us. Isn't this a day to rejoice? You, wherever you are and whoever you are, are the most fortunate. Hang in, baby hang in. God is with you. Hang in. Keep walking, don't look back. My words are we shall grow, we shall be great, we shall be a nation, we shall be 960 million, we shall be pure in our purity, dignity, and piety, and we shall lead the world to the utmost first birthright — happiness.

WISDOM AND EGO DO NOT WALK TOGETHER

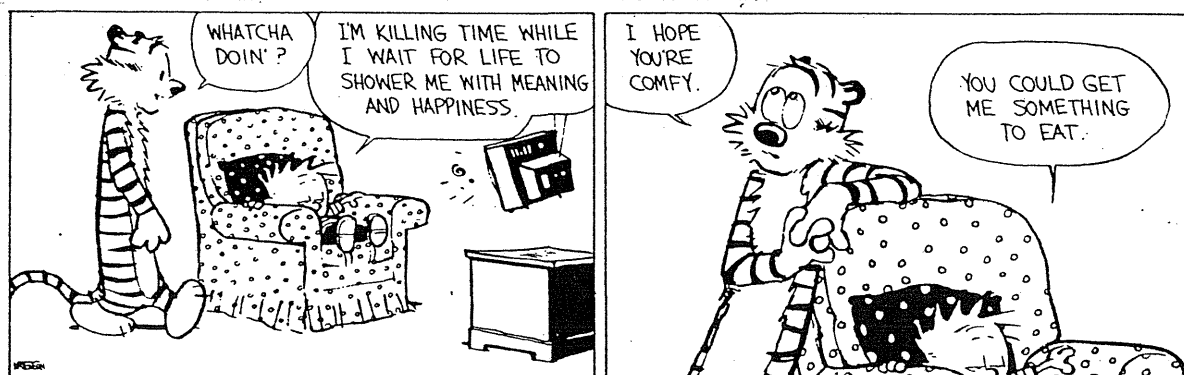
You are Your Supreme Enemy. -
Life is a Technical Blunder

Excerpts from 15 Sept. 1992, Espanola, NM

'...One day I was flying and there was a hostess and she said, 'where do you live?' I told her where I live. She said, 'Can I come and see that, I have never been to that area.' I said, 'Visit me anytime, you are most welcome.' We started talking. I said, 'Will you come?' She said, 'Yes, I will.' I said, 'You won't.' She said, 'How come?' I said, 'You can lie, your aura can't. First you wanted to come. Now there are thoughts in you, 'If I go, what will you expect. what do you want out of me, etc. etc.' I said, 'Forget it, you are not coming. "How do you know?' I said, 'That's the problem. I know and you don't. Now how can I tell you how I know? I know first you were sincere, you wanted to come. You wanted to know, but now you don't. "Why?' I said, 'Your mind is saying you visited such and such a place and you had a terrible time.'

'So, you know that?' I said, 'Yeah.' And then I told her another story of her life. She said, 'Please don't. You are right. I agree. First I was very happy to see you. I wanted to see where you live and I wanted to come. But you are right, I had second thoughts.' I said, 'No, my dear, it's not your fault. Everybody has first thought, second thought, third thought, fourth thought...

"...First thought is that of the soul.



Second thought is that of the environments. And third thought is thought of the ego. Fourth thought is thought of the insecurity and existence, and fifth thought is thought of the arrogance. They're all thoughts. Life is a technical blunder which we commit all the time. It's the gracious Infinity of the Creator God that we even live a moment...

"...If you want to know what is in it for you, you're calling for pain. If you know what is in you, you're calling for success. It is your choice. Today I'm saying something which you are shocked about.

' If you are looking for a relationship, you do not know who you are. It is a standard arrogance of your ignorance. Relationship is an emotional, sensory existence; each time you have to relay. If relay is delayed you are miserable. If it is too much you are over-excited. It is funny. If two existences have come into merger, then there's no distance, there's no relay-ship. Think of it. You don't even fit into it. You want to know. You want to talk. You want to be. You want to see. You want to feel. You want to understand. You want to learn. What can I learn? What can I teach? Just like a game: here is a forklift. It lifts you up. Come on, come on! Now, we'll never play a game like that, but I want to pull off of you that dormant sleeping thing which is afraid. Your arrogance, obnoxiousness. Your games and your frustrations. You are your own supreme enemy.

Somebody says, 'Soul is dormant.' I said, 'Why not?' Anything will go dormant when it lives under a tyrant.' You are human tyrants. Why should not your spirit be dormant?...

'...There are two religions. One is stupidity and the other is reality. Which one do you belong to? If you are stupid, then you will belong to one religion. If you are wise, you belong to every religion, because you belong to reality. Reality and stupidity are two sides of the same coin. Whichever you want is fine. That's a religion. You don't believe that, right? I know. You don't believe anything I say...'

'... If you react you can never resurrect.

"...Wisdom and ego do not walk together. God and Infinity cannot be separated. ...You have to understand what you want. Do you want happiness or not? Happiness

comes from God. God and Infinity cannot be separated. You cannot live off others. You can live with others. And the moment you live for others, you become God. God lives for us; we may not live for Him.

"...Technically speaking, I'm not a very healthy man. I'm not a very young man. I'm a very tired man. I have journeyed a lot. As my karma's are coming to the end, I'm happier. I'm reaching my goals and giving you my last touch. You shall be judged by my standard for the next two thousand years. You may be very few or many. I shall be the standard of the next two thousand years:

"Reality shall be totality. Individuality will be nothing but pain and destruction. There's nothing anybody can do. This message I brought to you almost twenty-four years ago. (Note: 'You have to go from individual consciousness through group consciousness to reach universal consciousness') Time has come to rise to a standard of 'all'. It has taken me exactly twenty-three years to say, 'If you can't see God in all, you can't see God at all.' It's a very positive affirmation. It's not something I'm making up. I mean it..."

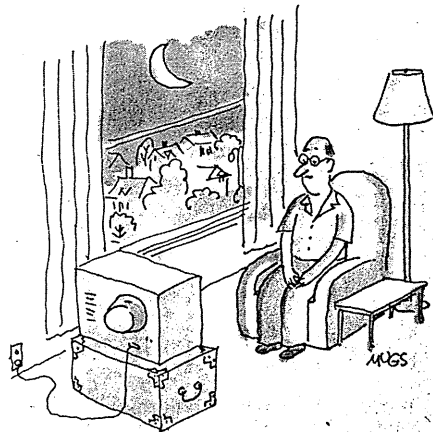
TRUTH AND THE UPSTAIRS PHONE

"...You know what Truth is? That you remain clean in the middle of the dirt, When you remain loving in the face of the valley of abuse. When you do not give up compassion in the valley of treachery, betrayal and deceit. That's God. It's a human experiment. Life is a human experiment, and my dear ones, it can never change. And it is not that you should not be beautiful to look at you should be beautiful to deal with. And you should be BEAUTIFUL TO DEPEND ON!...Otherwise, your beauty is one-third. " (Mind/Body/Spirit -- he was speaking on) "...People want relationship with me. Relationship with my soul, with my psyche, with my energy, with me? Yes. Test it out. I'll tell you something, call on me anytime you want. I

guarantee you the word of God shall come to you in absolute capability, with no loss of time. What do you want? Do you want the job done, or do you just want statues? Provided you know how to call on me. It is the call that matters.

God is with all of us, very near, always unseen. Why God is unseen? Because He wants to be with you and he doesn't want to be noticed. Because otherwise you'll be embarrassed. You can't do those hanky-pankies, You need God to be unknown, unseen because you have not developed the mental and the spiritual capacity to feel God with you all the time. Why don't you feel for 24 hours just as a matter of help and experience, you are in the presence of God, and God is with you? Sikh Dharma is based on the presence of God, it's called ANG SANG WAHE GURU. Not only with me, God is with my every limb. Whenever I see a Sikh asking for the company, feeling lonely, it freaks me out. So, mentally we are not clean, because mind cleaning is done by meditation, And one who doesn't do meditation, doesn't matter which religion he belongs to, he totally clutters one's own mind. Beauty has nothing to do with it. Physical beauty is a good thing, I'm not saying that you are not beautiful, you are pretty, clean and beautiful, mentally clogged, spiritually distant. Because the food of the spirit is Gurumantra's..."

"...You must remember to remember whether in this lifetime you will have the spirituality and the relationship with your soul or not..... but you are not sophisticated enough to understand that the subtlety with the way we teach is a projection. It's called BEAM SYSTEM. . . Sun is no power at all if it doesn't have the ray...I just wanted to come here to thank you. It is not the medicine, it is not the tantric, it is not the money, and



"That concludes our broadcast day. We now return you to your normal level of consciousness."

it's not the insurance, it is not me, it's not you THAT I AM ALIVE. IT IS THE POWER OF YOUR PRAYER,, When that will stop, I'll stop. When that will continue, nothing can stop....though in the hospital they don't allow anybody. Hygiene does not permit it and they don't want to be distracted, but... you were all there! And I was here. Our tie between us and God is just a ray of light. And it's called pran..."

God created you in His own image so that you can master your senses. That is called common sense. If you are given horses, you are supposed to train the horses. You are willing to take the wild horse and train it, you are not willing to take the wild senses and harness it. . . . Thank you for sending flowers, Not that the flowers were so valuable, but you remember, and that is more valuable than the seven seas and the seven continents. Remembering the teacher and honoring the teacher is rewarded by God almighty. It's a ritual! It's not. But those who remembered it and those who performed it, they shall be blessed, God vouched for it. My secretariat may not send you the thank you letters, I may have failed personally thanking you. You did send me lots of gifts and very honestly I have kept them on the altar and I have said a prayer for prosperity, Whatever you have sowed, a hundred times more you shall reap. That's the Law,,,,."

"Well, I think you have been doing very well. It's good. I am closing my eyes, you are opening your eyes. The transaction is very transparent what is happening... A lot of people are emotional, but it is not your problem, I tell you. Close your eyes any time, call on me, and I shall be there. I'll never let you down. . There was a person.. there was always a complaint, 'I don't pay enough attention, I don't call, the person doesn't get to be in my presence, blah, blah, blah..' I said, 'one day you rejected me.' The person said, 'When?' I said, 'Day before yesterday. ' The person said, 'What do you mean?' I said, 'At 3:00 p.m. when you were eating chocolate honey ice cream, I appeared in your aura around you, you didn't pay any attention to me. Did you feel me?' I do appear. These days I use wireless and phoneless telephones to call..."

"I have recognized, by the blessing of my Master, that it is possible to be Healthy, to be Happy and to be Holy while living in this society. But you must have energy so that your dead computer may live and pass on the signal to you, and compute all that you want to do in this society. We call this energy, in the oldest science, Kundalini (which has been blocked in the Muladhara, the lowest of all chakras or lotuses).

Though these are all imaginary things, there is a way of setting our computers to be in direct contact with Him, the biggest computer, and all things must then work automatically. That cannot work until the Kundalini (the spiritual nerve) breaks through the blockage and travels up to the stage of Superconsciousness in consciousness. When the Soul is (thus) awakened, this vehicle of yours will be chauffeured by the soul instead of the negative ego and you will have found God in you.

You must generate the pressure of Prana (spiritual, life-force energy) and mix it with Apana (eliminating energy), and when the two join, you get heat in the Pranic center (at the 8th vertebra). With this heat, you put pressure (or a charge) on the Soul Nerve, or Kundalini, which is coiled in 3 1/2 circles on Muladhara, and this will awaken it so that it may pierce through the chakras and pass through Jalandhara Bhandha (Neck Lock), the final blockage in the spine before the energy reaches the head.

Prana is the life force of the atom, and Apana is the eliminating force. When these two forces, positive and negative, are joined the pressure brings Kundalini up the central nerve channel, Sushumana, and when it reaches the higher chakras, man can look into his future, his psychic power is activated, he knows the totality of his Surroundings, and he is a blessed being.

Under the 8th vertebra, there is a cavity called the "Pranic Center" where prana is stored. Yogis create pranic energy reservoirs in that cavity and live on the reserve.

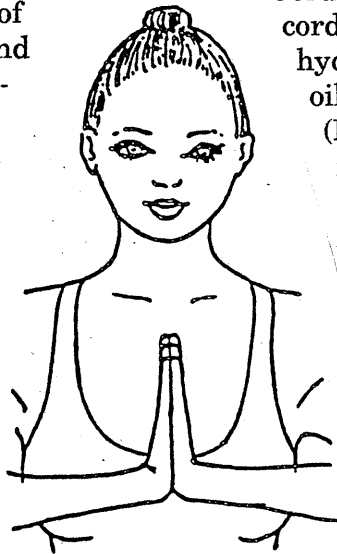
All it is creating prana (through deep breathing in the cavity and mixing it with apana - through mulabhandha, and taking it down, putting pressure on Kundalini, causing it to rise. That's it! After one inhales prana deep down to the navel point, and pulls apana up to the navel point (with Root Lock) prana and apana mix at the navel (Nabhi) Chakra at the 4th vertebra. Heat is felt during Kundalini awakening. That heat is the filament of the Sushumana being lit by the joining of prana and apana. Energy leaves the navel and goes to the rectum and then it rises. There are six more chakras through which Kundalini must rise and it will happen all at once. Once you have raised it, the hardest job is to keep it up & keep the channels clean and clear.

From the rectum to the vocal cord is known as the Silver Cord. From the neck to the top of the head is the passage. From the 3rd Eye (between the brows) to the Pineal Gland (Crown Chakra) is the Golden Cord to make energy rise through these cords and passages, you apply hydraulic locks just as you do to bring oil out of the ground. Mulabhandha (Root Lock) brings Apana up to the navel at the 4th vertebra, the central seat of Kundalini. Uddiyana Bhandha (Diaphragm Lock) takes it up to the neck and Jalandhara Bhandha (Neck Lock) takes it up the rest of the way. The Pineal Gland (seat of the Soul) does not work when the 10th Gate (Crown Chakra) is sealed. But the heat comes and your Pituitary will act as radar, keeping the mind from negativity. Kundalini is known as the

Soul Nerve. Your Soul is to be awakened!

Is it difficult? There's no secret. In 20-30 days of honest practice you can do it.

CAUTION: You are playing with energy that is the life force of the atom! But with proper preparation (tuning in, warming up) and following directions carefully, **AND ALWAYS APPLYING NECK LOCK** (neck perfectly straight) there is no danger."



ON COMMUNICATION

"...Just remember one thing in life. Now this is very important what I am saying, A person who talks to you already trusts you until you blow it, and trust is built by every single phrase of communication. It is always computed by the subconscious mind. Please understand that. And trust is the most vital truth of life. TRUST is the total truth of social life. Social life, in which more than one person is involved, is absolutely based on your trust. With trust, you can even jump into a pit and not worry about it. If you know this road I have gone through is okay, you'll go okay.

There may be a dangerous thing there, such as a mine, you may blow up, but you will not bother. But if you don't trust the road, even through it may be a perfect road, you won't walk. That's why every road has a map. And every map has a road indicated on it.

"Exactly the same way in life, communication is already mapped. And every communication has to have an indication in it as to who you are dealing with, Are you dealing with a person of authority? A person of love? A person of shallow relationship? An acquaintance? You must gear yourself first before you even utter one word. Your greatest problem, my dear, is you have only one modus operandi, one mono note of talking.

"Have a harmonium and have only one key and try to play it. See how stupid you will look. Won't you? A piano has 88 keys, right? Lock 87 keys on your piano and play every note with one key...That is where your life is, You do not direct communication according to the proper gear.

"Your communication should not be for you. Your



communication should be a service vehicle to reach the other person.. Talking is for the other' person,, Listening is for you, Dharma is not for other people, dharma is for you. Sadhana is not for other people, sadhana is for you. Wearing bana is not for other people, bana is for you. A person who wears the worst bana will judge you by the way you wear bana. Because the computer in the subconscious does not forget one thing.

DIAGONAL ENERGY

PART I

"There are many sitting here among you whom somebody else brought here and left. Have you seen sometime that truck which brings the goods? Does it stay on the porch all the time? Everybody has a role to play. Cause and effect is mother nature's communication. It cannot stop. It shall continue. But all the way along there is a one power to which neither mother nature can do something and that is the power of prayer and that is the real communication. And when a person in his life starts commitment, commitment gives you the character, character gives you the dignity, it gives you the destiny, integrity. That gives you the power of divinity. Dignity, divinity, power to sacrifice and happiness. It will never change. It is only when you communicate with your own soul, you live rich, you live happy, you live sacred, you live saintly, you prosper ...

"...Please try not to be surface. Deepen your roots that no wind can pull you out. And deepen your one thing which is very precious to me; Flexibility. Let all the winds of the universe swing you any direction but just your root be so strong you come back fresher, stronger, healthier, greener and greater. That I have learned from the redwood tree. The first thing when I came to California, I never went to Disneyland. I went to the Redwood Tree Forest, and I saw those tall majestic trees swinging their heads left and right with their deep roots and with a thick bark. They were my first teachers in California. They said to me, "Yogi, make your skin a hide. Let nothing penetrate. Walk tall as

we are, and have deep roots as the mother earth can take it." Today you are the product of that philosophy of the deep roots...

"...I'm not here to give you God, I'm not here to give you Dharma, I'm not here to give you worldly heavens. Those things you can get from any ordinary person and they are worth nothing. Your soul has been with God many times and every time God has been with it. God touches the soul 15 times per minute average. Each breath of life is God's kiss to you the soul, to you the mind, to you the body. You are covered by the arcline, you are protected by the radiant body which is nothing but the pure energy of God. Self-designated energy. "I have come to you, to meet with you, and be with you to share the technology that you can be sacred human beings. I can give you sacredness and you can give yourself character. That's the bargain. You give yourself commitment and character, I'll give you sacredness and then God will find you, God will love you, God will chase around after you... "

QUESTIONS AND ANSWERS (7-5-82)

Student: Can you say more about the diagonal energy? Is all the energy of the male diagonal? What does it look like in conversation?

Reply: Diagonal energy in simple English is called. 'the real objective'. One aspect is called facade; that is communication. One is called trace; that is the way to track down a situation. The third is the real objective. The real objective has three parts: one is to use a woman, one is to abuse a woman, and the third is to uplift a woman. You can tell whether you are going to be used, abused or uplifted. Make a choice. If you are sure that you can be uplifted, don't miss it. If you are sure that you are going to be abused, don't go near it. If you are sure that you are going to be used, but you can use equally well and it suits you economically and personally, and it suits your ego, then -the choice is yours. I don't want to comment on it. The same three things apply to a man, so the game is equal. Relationships are based on three channels: used, abused and uplifted.

Everybody wants a relationship to be uplifting, but everyone may end up being used and a few get abused. If you do not check the basic human values you will always run a risk.

HOW TO MAKE A WISE DECISION

PART II

Get all the pros and cons before making up your mind. Remember, there are AT LEAST two sides to every story. Get all your facts before you commit to any decision. Anticipate the inductive results, the deductive results, the investigative results and then compare and determine; Are you making an adverse decision, a personal decision, an investigative decision or an environmental decision? Do your homework. **Don't try to make your opinion (or feelings) as your decision.**

SHAKTI PAD 31 Dec 85

As most of you know, there are certain stages that one goes through on this path. First, when you start DOING the practices, you are in KARAM PAD, then you come under the protection of the Teacher; it's called SARAM PAD and then in from three to five or seven years, you hit that time of test called SHAKTI PAD (when your ego gets very inflated, because you start to experience the POWER of Kundalini Yoga, and it's easy to fool yourself that you don't need a teacher anymore, you don't need the discipline, etc. This is the stage at which people can be misled by their minds into leaving the Dharma. Several years ago, the Siri Singh Sahib prayed to Guru Ram Das for a way to help people successfully cross the stage of Shakti Pad, so they could emerge into SAHAJ PAD, the "ease stage of growth" ---(which leads to the final stage of SAT PAD). And he was given the mantra, and told those who would chant it, could go

through Shakti Pad without even knowing it!

ARDAS BHAAE, AMAR DAS GURU,
AMAR DAS GURU, ARDAS BHAAE

RAM DAS GURU, RAM DAS GURU,
RAM DAS GURU, SACHEE SAHEE

"Shakti Pad is a state where only prayer works. There are five thousand years of dharma, but nobody has a Mantra Prayer other than you. And Guru Ram Das, in his personal body-self, in his radiant self, appeared and gave it!

WHAT IS A BREATH?

L.A. Class 4 Feb 86

"...But life is not granted to you by years. If you are to live 65 years or you are to live 70 years. That's not true. Life is granted to you by pranas. How many pranas you will have. In the science of yoga, people who have taken long deep breaths have extended their lifespan and those who took shallow and short breaths have died earlier. When you take a long deep breath not only do you purify your blood but you energize your blood. But when you take a shallow and short breath, you do not give your blood the energy it needs. Neither do you give it the time it needs to counter the oxygen before it passes through the walls of the heart. So basically you are your own enemy. Shallow breath is the worst. Fortunately, the Breath of Fire is considered one breath. It totally purifies the blood stream. It purifies the strength and the capacity of the blood. And your life is no more than blood. The strength of the blood is your strength..."

SELF-HEALING AND KNOWING THE SELF

YB 7 Oct 74

The process of self-healing is the privilege of every being. Self-healing is not a miracle, nor is self-healing a dramatization of the personality as though you could do something superior. Self-healing is a genuine process of the relationship between the physical and the infinite power of the soul. It is a contract, a union. When a person prays to the merciful Lord, he is extending himself outside, but the reaction is happening inside. Every action has a reaction, equal and opposite. You may pretend you are praying to the heavens, but actually you are changing yourself inside. It is you who are changing. When you are blessing the sick, you beg of the Almighty, but actually you are not begging for anything, because from inside your being, energy is pouring into the other person. It is form a state of compassion, of compassionate meditation, that the healing activity of God, within the being, flows.

My divinity is in my purity. And my purity is what I am within myself. Sometime you may tell yourself that you are not pure, but that is not true. You are merely trying to pretend you are not pure. You are pretending to be impure because you don't like the responsibility. You are holy, but you don't want to be holy. You don't want to be known as holy, because then everybody has the right to criticize you if you fall short of that image and you don't want to be criticized. Sneakiness and cowardliness are the unfortunate result. Everybody wants to sneak around and withdraw but they also want things to happen.



Look at this drama in the individual play. If the stomach did not have the capacity to give you hunger pains, no one would eat. When the juices come, then the urge to eat comes, and at that time you should eat. Instead we see that it is six o'clock, and feel we have to eat. It doesn't matter if you are hungry or not, you eat, because it is eating time. But in reality, there is no such thing as eating time. Any time can be eating time. When you eat without the urge to eat, sleep without the urge to sleep, and so on, then you begin to do what is wanted by you, rather than what is needed by you. Actually your itching soul was purified, given a human body, and sent on earth to enjoy, so that God could take a little rest. That is why an individual has to understand his Self. Understanding the Self means to stand under your own Self. And one who can stand under his Self, can stand under every Self. And then that person is known as a beloved of God because God is in every Self. This is the basic secret behind every happiness, behind every joy that a person wants to experience.

Once a person called the doctor. The doctor came and he gave medicine. The next day the same request came again and the doctor came and the doctor went. Then the doctor brought two doctors, three doctors, four doctors and finally a surgeon. The doctor tried everything.

Finally one day the doctor told his wife that this patient appears to be dying. She said, "Yes my dear husband, I know. The way you treat people they should all die." Now, this hurt his ego and he wanted to understand what she was saying. She said, "Whenever you see someone, you just give them medicine, but do you ever tell them that they have to help themselves to get cured, as well?" He had never done that. She said, "Well, then you only give them half the medicine. You should tell them, that this medicine will help them to help themselves get cured." He had studied eight years in the medical college but nobody had ever taught him that God cures. All you have to do is send a message or somehow establish communication between the mind and body of the sick person. The mind

should be in peace, so that the body can do the job. That's all the cure is. The body cures itself. Medicine allows it to get into that space where healing can take place.

There is no need to blame the doctor for not being able to cure you or for killing you, or to praise him for saving you either. Actually, he has done nothing. He has merely diagnosed the ailment and given you the medicine so that your own body, your own self, could help itself to become all right.

It is the same with the mind. The mind has to be given the medicine or thought. The higher thought is the medicine of the mind that allows it to help itself cure itself. Otherwise the mind is a shattered piece of glass. That is why we do 'japa'. Japa is the thought, 'Sat Nam, Truth is Thy Name'. Japa is calling on energy that is beyond us. The moment we know and experience that there is something beyond us, we are connecting with God through the power of our thought wave. And, my dear friend, on this earth there is nothing except God. The intellect will generate thought waves anyway. Why not beam these thought waves on God?

The only thing that comes to you without asking for it, is the breath of life. Everything else you have to ask for. But the breath of life is an infinite gift from God. You are a slave to everything except the breath of life. The breath of life will free you if you let it carry you to God.

Too much awareness requires too much patience. Normally when you become wiser, you become less patient and you start shouting like an angry, roaring idiot, because then you see every mistake. When you see every mistake, what are you going to do? You are going to shout because it is difficult to tolerate mistakes. That is why for the last six years I've been saying that patience pays.

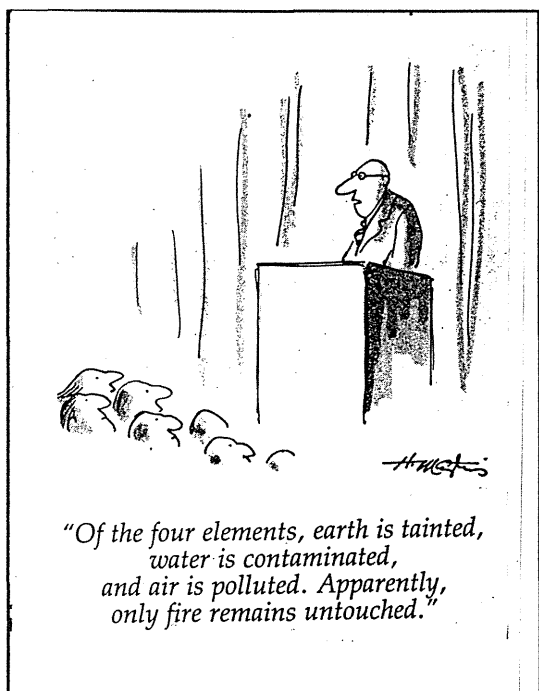
Have patience. Not because it matter to me, but it will matter to you. If you have patience, then you will enjoy happiness.

And who can have patience? He who can tolerate. Who can tolerate? He who has strong nerves. Who can have strong nerves? He who has the strength of his moral mind. And what is the moral mind? A learned discipline. What is a learned discipline? A self-training. How can the self be trained? Through meditation.

You must learn to grind yourself. Only the one who learns to grind himself knows his grounds. Otherwise, a person is just floating. When you do not know your territory, you do not know where you are. When you do not know where you are, you are not aware of what you are and you do not know what awareness it.

There are two ways to know: the inductive method or the deductive method. Either deduce or induce. Both come to the same thing. You can know mysteries through mystic ways. And you can know mysteries through analytical ways. Either through shakti (power) or through the gyan (divine wisdom). Through power, or through pleasure.

Why are some people black? So that others would know they are white. Why are some people white? So that others would know that they are black. There is no other reason. But now they both fight with each other. This is known as a trick of Maya.



The black did not make himself black, nor did the white make himself white. If white is the best color, why are anemics given a hospital bed? They are almost white: dead white, they call it. If that is desirable, why must they take iron pills every day?

The reality is that nobody knows, everyone imagines. When imagination becomes the known experience, it is known as duality or maya. When experience becomes knowledge, it becomes reality, the Truth, the Sat. Those who understand 'Sat' are able to relate to 'Sat'. When you love somebody, what do you do? Don't you call his name, or her name, all the time? when you love somebody, you like to call the name of that person. If you love the truth, then you will call Sat Nam. You become identified. And when you say Sat Nam, everybody knows you are a Sat Namer. you become identified. And when you say San Nam, it means you are Truth.

My dear friend, there is a dharma of life. This dharma has to be understood as a dharma and then it has to be watched as a dharma. It has to be experienced as a dharma. The life of dharma is the life of the seeker, the Sikh. The seeker must seek. He must suck the infinity as nectar. There are no two ways about it.

If someone says that there are many ways to God, that is sales talk. If someone says that there many religions, that is a sales talk too. There is only one religion. Join your religion. Know your religion. Understand your religion. Be your religion. By belonging to religion and to experiencing religion, do you think y you are religious? Never. Denying religion or accepting religion means nothing. It is the experience of religion, my dear friend, that can hold the mind. It is the desire to experience which matters because that desire is the outcome of an energy that matters. Your ego desires you to be finite, to be limited, but you must experience infinity, because you are a part of infinity. Why shouldn't you experience infinity? Instead you take your ego and you inflate it like your balloon. The air goes out, and you fall on your face. Then what a silly creature you are. You blame the Creator

and you don't live in gratitude and you call yourself a man. Without knowing the manner of life you call yourself a man.

The seeker must know the art of finite and infinite and the science which teaches him the art of finite and infinite is known as the science of yoga. It is a technology that makes a seeker, a Sikh, a man of God. Where the man of God goes, there goes God. To whomever he talks, he brings God. Wherever he sits, there is God. When he gets up there is also God. Around him is God, above him is God, under him is God. God created man and man created God. The man of God telephones about God. On the telephone, he listens to talk about God. He hangs up the telephone if there is no God. He watches the television to feel God. And if he doesn't feel 'God' he shuts it off. He eats and says, 'God'. He gets up and says 'God'. He takes a shower and says 'God.' When he is in fever he says 'God.' When he walks he says 'God.' He belongs to God and God belongs to him.

That is actually the way it is. But the middleman who made this simple, safe God so difficult to get to only makes a normal man believe that he is a sinner but collects a fee for doing it. The one who lives off the sinner makes the sinner believe he is a sinner. Not only that, but after telling the sinner that he is a sinner, he does not purify him.

Only he can purify you who is himself pure. Only the one who has experienced God, who has seen God, who has a gratitude for God, who feels the goodness of that infinity, can be pure, because he will constantly call the Name of God. Every lover will call the beloved God by name, will become pure and healed and have the power to purify and heal others.

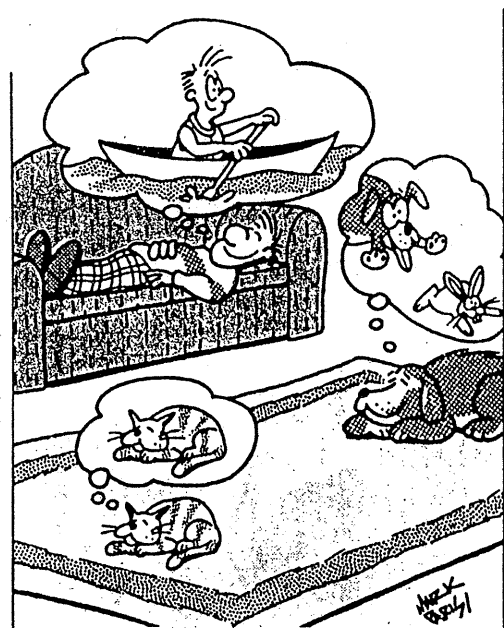
Additional Quotes On Self-Healing:

"So there is no disease. It doesn't matter if you give medicine, you can give food instead, it will heal, you can give water. it will heal. Some spiritual healers take a glass of water, put their hand on it, chant a

mantra over it and hand it to you. You can call it quackery, but it works."

"What is life? Life is the rhythm of prana. If the rhythm of prana is out of phase, you are in trouble: if it is in phase you are right. that is what heals. As much doubt as a person has in his sub-conscious, that much pain he will have in his life. you can take it as a granted fact. Have no doubt about it. One who does not belong has no experience of what belonging is."

"Whether you are healthy or sick, there is no separation between you and God. When you are healthy, you are the health. When you are sick, you are the disease. There is nothing beyond you; there was never anything beyond you and there shall be nothing beyond you; provided you believe in yourself. If you have rhythm within, then you have found reality. When there is no rhythm within, when you don't listen to your own heart beat, how can you listen to the heart beat of others? All charity begins at home. If you have not loved your Self, How can you love somebody else? If you don't keep yourself clean, how can you appreciate anyone else's cleanliness? This is the secret of ease and disease."



SHORT ONES:

The 11 Commandments Of The Space Age

"If you speak these commandments they will become your daily routine."

1. Keep your mind, body and soul together.
2. Enjoy time and space.
3. Trust in God.
4. The One who can rotate the Earth for you, can take care of your routine.
5. Death is nothing but a good sleep.
6. Love is a one-way traffic.
7. The price of life is to keep your ego with you.
8. Think and believe that you represent your Creator.
9. Those who have come, shall go.
10. If you are remembered, leave nothing behind but goodness.
11. Know that you are alive.

Infinite Oneness Summer 96

Each person must have inner vitality to deal with the harshness of the circumstances of time and space that challenge and confront us. Inner vitality comes from the practice of yoga and meditation. You have to support your inner depth by doing sadhana and practicing Kundalini Yoga. This technology has a perfection that will support you to go through anything, as long as you practice it with love and devotion.

Yoga means defining yourself within the Infinity of God consciousness. If you can do that, you can become a yogi. It is a constant awareness of union of finite and infinite. 'I belong to the One, and the One belongs to me.' The conversation between 'I' and the 'One' is divine intercourse. 'In the Oneness I am surrounded now and forever.' If the finite cannot experience this oneness, how can he experience the Infinite One? What is yoga? It is a simple thing. Where law of the opposite does not affect the human mind, Yogi begins. And everything

in this universe is governed by law of opposite: hot-cold; high-low; insult-appreciate; rich-poor; tall-short; fat-skinny. What is in the world which does not have two sides to it? Between those two sides, if the character is blended to the Oneness, then 'Ek Ong Kar' is understood. Kundalini Yoga is uncoiling of your frequency of the soul to soul of the God. That's what three and a half cycle frequency is all about.

Whenever you want to create in you the energy which cannot be defeated, pick up a set of the Kundalini Yoga and do it. Those great sages and saints who made this science, and called it 'kundalini' were not out for the market. They were out for the experience of the glory of the Infinite God.

Interpreting The Inner Voice KWTC 87

"...Wahe Guru, 'Guru' is conscious, 'he' is subconscious. 'Wa' is unconscious. That's why we call it Trikurti Mantra, the mantra which can direct you to all three worlds: Here, Hereafter, and Before. Before the karma's can come, it will cut them down. Now, it will give you all that you need. And in the future, it will be your guide to safety. We have to develop this. Suppose there is a car here, and you don't start it, yet you want to put mileage on it. How is it possible? If you don't put gas in it, how can you drive it, even if you start it? If you take away the battery, it won't work. With all your technicians, you've got to put the battery into it.

"So, life has a question. And the question is this: All things should be in harmony,, If a little plug is missing from the car, it won't move. What should I say about you? You have no plugs, and you still move. You have a temporary short circuit, and with the heat of that, you move. THAT IS CALLED EMOTION, You have a jump circuit energy, and that is called FEELING. You have not always applied the INTELLIGENCE, which is the real harmonious way to live. You do not apply to every question the consciousness which is the togetherness of your wholesomeness."

Nobody Loves Anybody

“Nobody loves anybody. What did I say? (Nobody loves anybody.) If you ever think you are in love with anybody, you are so wrong. I enjoy this when I see people loving each other and talking love talk and all that. Fact is, nobody loves anybody. Everybody seeks everybody’s energy, some intimately, some violently, some slowly. And in this game of energy, the attachment: the pull is so powerful, we call it love. It is a psychomagnetic phenomenon proportionate to the psychomagnetic physical endurance of life intertwined with the projection of our daily chore.

If you are so much in love and you sleep, what happens to you? Suppose you ask somebody, ‘I’ll have a date with you and we’ll meet at six p.m.’ See your energy reaching the optimum point at about 6 p.m. There will be so much make it, ‘Look how my tie looks, look how my that looks, how I You will make it six o’clock. And she may slap across your face, that I’m not saying, we do not know. She may be the most irritated. Her dress may be have total torn off by a straight arm and anything can happen on the other end. But you at six o’clock at the prime of your energy, you ouster the totality of your psyche and the electromagnetic field and set the field of your vibration to be there. Now, the other person has to come, which normally is proportionately negative. Normally. Whatever you project cosmically, that other person is receiving, therefore other person will go astray, or something. It always happens in appointment, if one in appointment is little extra, the other is a little down. It’s a law of the magnetic field. But suppose you are totally A-1 condition and the other person is also in A-1 condition. Now two positives are going to meet, it is going to spark. Because you pull yourself to the optimum, she pulled herself to the optimum, and two optimums is going to make a zero. It’s a law, it’s a simple law of physics. But if you go with absolute normalcy, with total endurance and tolerance and receptivity and the other person comes with that receptivity, you will both blend, merge. It’ll become oneness.” YB

Nothing Inside - Nothing Outside

“If there’s nothing inside, there’s nothing outside. The outside world cannot give you anything. Kundalini Yoga and depression do not go together. If somebody does his yoga, he can’t feel depressed. The glands are the guardian of health, wealth and happiness of a person, and Kundalini yoga is the most effective way through the ages that the sages have found to upkeep and tune up the balance of the glands. How much you can draw on your spirit is how much you can draw on infinity. Sadhana is to clean your head so you can’t be a graveyard or a dumpyard. The most beautiful thing in your life is to SACRIFICE, you can only sacrifice if you love . . . Love yourself . . . and sacrifice for yourself to be righteous. Goodness is Godliness. Only one thing changes, your mind, when it loves the soul, then it is in Light. When it loves the body, it is in darkness. Enlightenment is when you look to your soul. When you have a relationship with your soul. Oh my soul, Bless me.”

GEMS

(even shorter ones by Yogi Bhanjan)

☪ “YOU ARE THE UNIVERSE! If you are not beautiful and graceful, there is nothing beautiful or graceful. This is a truth, for you are the universe and the universe is you.” October 14, 1971

☪ “IN KUNDALINI YOGA the most important thing is experience. Your experience goes right into your heart.” Quoted from Sadhana Guidelines

☪ “THE BODY IS NOT your friend, not your enemy, not your identity. It is a time-wise momentary vehicle which gives you the right to live and experience life. Live and let live and enjoy it. Experience it.” 13 feb 85

☪ **“GOD DOESN'T LIVE IN CHURCHES & TEMPLES:** Churches and temples were meant to let people know that there is a God. They are like “God Fairs”, where people come for God Consciousness and live in God Consciousness and know we are alike in that Consciousness. But God doesn't live there. God is not fool enough to live without a woman because that is not the way God is. The Law of Polarity governs life. Each male has a “fe” and each “fe” has a male ... (The) householder is the pivot of life and God lives in cozy homes.” August 7, 1975

☪ **THE ATTITUDE OF GRATITUDE:** “You have to understand your physical relationship with Infinite Energy and how you can tune in for your own purposes, so that you can have a healthy, happy, holy and wholesome life, a fulfilled life, a beautiful life in which you can perceive in yourself the contentment of existence. You should be so contented that if you had to quit this planet, you would just say, “Thank you!”” from Sadhana Guidelines

☪ **LIFE ASK US A QUESTION:** “Life asks us a question and it is our test to answer it; not to escape the problems. This world is a challenge, face it; cowards run away. It's time to assess yourself. Learn from the past and then forget it so the present and future will be beautiful.” YB March 1970

☪ **TO STOP THINKING NEGATIVE THOUGHTS:** “Think of a negative thought, and put your left hand in front of your heart, palm facing right. Place the right palm against it and press, resisting with the left hand. Now, push for a minute, on just the fingers, without letting them bend, resisting. Then let go and think the same negative thought and that same thought will now appear funny to you. So, if you do not know how to stop a negative thought, balance the energy this way and positive thoughts must come.” 18 July 1975

☪ **“IF YOU WANT TO BE HAPPY,** do not hear anything negative, do not say anything negative, do not do anything negative.” 7 nov 85

☪ **IF YOU REALLY WANT TO EXPERIMENT,** someday, when you are depressed and negative (as normally will happen), try it: In that state of negativity, just get up, go and take a shower, towel yourself, and dress yourself in white from top to bottom and walk out of your room. You will be a different person. A gross physical action can change the temperament, consciousness and energy of a person. So, my people, think of those who really live through their Sadhana, and how much they can change.” 19 July 75

☪ **LIFE AND BREATH:** In your life you have to learn only three things:

- When you need, you can breathe one breath a minute.
- When you need, you can breathe 30 breaths a minute.
- If you want to stop it, you can stop your breath for three minutes. If you don't want to stop it, you can breathe through the pores of your body. That's it. KWTC 1992

☪ **“PURPOSE OF MEDITATION** is prosperity here and Hereafter. Once people find out from you about your Guru, you shall be blessed here and hereafter. Wealth will come to you (if you) create Bhagatas (devotees) and do bhakti (devotional worship) and share with others.” 26 Aug 88

☪ **“THE SECRET OF PROSPERITY:** Why praise God? It's a very selfish act. When you think big, you become big. God is an Infinity. Whenever the finite tunes in with Infinity, it enriches itself. That's the secret of prosperity.” 26 aug 88

☪ **5 SUTRAS OF AQUARIAN AGE:**

1. Recognize that the other person is you.
2. There is a way through every block.
3. When the time is on you, start, and the pressure will be off.
4. Understand through compassion or you will misunderstand the times.
5. Vibrate the Cosmos. Cosmos shall clear the path.

☞ “NORMALLY YOUR FACES should be radiant. Abundance of wealth should roam around you. Happiness is a give gift to you, provided you walk on this path with the word of God presiding.” 10 aug 75

☞ “POVERTY IS A CURSE, but attachment to wealth is also a curse.” 19 june 72

☞ “GUILT HAS ONE GIFT IN LIFE - doubt. Doubt is nothing but that which splits your personality . . . and then you always hang in hell, romancing the heavens.” 29 dec 85

☞ “LIFE IS A PRECIOUS GIFT” Don’t waste it in ridiculous thinking, planning, scheming. In chief moments, don’t be frigid. Ego will make you mentally frigid and you won’t ejaculate and you won’t experience the essence of living. You’ll be cold, brittle and biting. Get your scene together, get into the stream of life and just live it! Then you can magnify and experience each moment. Live! Be totally you, totally divine and nothing but the Grace of God.” 14 july 75

☞ “LOVE IS between you and you. It is an experience of oneself in oneself. Your soul mate is your own soul.”

☞ “LOVE IS the ultimate state of human behavior, where compassion prevails and kindness rules.”

☞ “TO BE SPIRITUAL is to be crystal clear, to be seen through and to see the spiritual in everyone. For God’s sake, don’t be opaque. Be light and then you’ll be bright.” 23 june 89

☞ “GOD WON’T ACCEPT YOU as an angel, because he never sent you as an angel! he won’t accept you as a devil because he never made a devil out of you either.? “ 7 aug 75

☞ ON OCTOBER 23, 1990 the Siri Singh Sahib said, “The secret of prosperity is generosity.”

☞ “WHEN PEOPLE FORGET their songs, they forget their harmony, their melody and essence of life. If you want to destroy a nation, take away their songs and they will suffocate and die. As long as your songs live, you will live and everything will come to you. As long as you sing your song’s you will cut through all clouds of destiny. These songs have been given to you. Sing them as a human and god will walk behind you.” 7 aug 75

☞ “IT IS THE TOUCH of the hand, a word spoken and the contact of the eyes which open the heart of the man, not the knowledge of all the libraries of the world.”

☞ “YOU DON’T WIN in the end, your character wins. You don’t lose in the end, your habits make you lose.”

☞ “KNOW NOT what you know, because the unknown knows, and fear not the unknown because you are the unknown. When you fear not the unknown and you know, then you shall be known all over the world.” 31 july 95

☞ THE VALUE OF YOU

*The balanced you is bliss
The compassionate you is God
The serving you is an angel
The kind you is a human
The caring you is a reality*

☞ “GURU - GIVES you technical know how. One you have faith in.”

☞ “There are 10 TRILLION CELLS in our body that regenerate every 72 hours.”

☞ “I LOSE when I become tense.”

☞ “KINDNESS AND COMPASSION are 2 legs the male stands on.”

☞ “IF SOMEONE CAN provoke you
- your a slave.
If you compromise your values
- you are a slave.”

❧ 7 LAWS OF HAPPINESS:

1. Commitment
2. Character
3. Dignity
4. Divinity
5. Grace
6. Sacrifice (power to)
7. Give

❧ FOUNDATION OF LIFE

- small smile = strength

❧ "KUNDALINI YOGA produces whole human beings. Kundalini yoga never taught publicly before 1969. Kundalini yoga is the science of changing and strengthening the radiance to give expanded life and capacity."

❧ "HUMAN AURA is the arc of life. Strength of arc determines how other magnetic and emotional fields affect you."

❧ "ONG NAMO Guru Dev Namu - I call on the infinite creative consciousness."

❧ "WHEN MAGNETIC FIELD is strong the environment will operate in tune with your purpose. Said spiritually - Wherever you shall go, there will be light, beauty, bounty and fulfillment."

❧ "GYAN MUDRA - stimulates your knowledge and ability."

❧ KUNDALINI YOGA

Improve All Body Systems:

strength
beauty
emotional balance
awareness
intuition
relationship
creativity
eliminate negative habits
strengthen heart

❧ RELAXING - Hardest Exercise.

❧ AREAS OF FOCUS During

Meditation And Their Effects:

moon center (chin) - control of all emotions
tip of nose - elevate heights
3rd eye - all things clear
crown - exit

❧ AMBROSIAL Hours 4-7 am, morning
Prayer Time 4-7 pm, evening

❧ CHAKRAS Penetrated Up - Living
Chakras Penetrated Down - Ecstasy

❧ TRUTH SADHANA:

Only SPEAK Truth - Sit on one heel, other leg straight, hold foot, ear to knee BOF 15 minutes, then switch legs.

Only HEAR The Truth - Easy pose, chant: Sat Nam, Sat Nam, Sat Nam, Sat Nam, Sat Nam, Sat Nam, Wahe Guru, for 15 minutes.

Can Not Tell A Lie - Celebrate pose - Sat Kriya 15 minutes.

❧ 36" (1 meter) from 2nd to 6th chakra

❧ "RAISE KUNDALINI
= Yin Joins Yang"

❧ "NATURAL DIVINE INSTINCT to be serviceable to others."

❧ DISEASES OF ATTITUDE:

- Indifference, don't care.
- Indecision, stuck, paralyzed.
- Doubt, self-doubt.
- Worry, what if, negative, complaining.
- Over caution.

❧ FOUR STEPS NECESSARY for real change through our communication: (Please note, number 4 is most often ignored)

1. Poke
2. Provoke
3. Confront
4. Inspire

☘ "DISSOLVE INTO GIVING, that's living. "Melt into caring, that's sharing."

☘ "SUCCESS lies in saying it with a smile. Each word you speak interlock it with a smile."

☘ "PASSION BLINDS YOU
- fashion destroys you."

☘ LINGUM KRIYA —I was - I will be -
I am I am - Har Hara Hari

☘ "THE ART OF HEALING, the art of ecstasy, the art of God-consciousness had millions of names in mystic terms. It has to do with rhythm and reality. When the body

is in rhythm, there is ease. When the body, or any part of the body goes out of rhythm, there is dis-ease. Disease is nothing but an out-of-rhythm body. When the mind is out of rhythm, there is neither a body nor a soul, because without the mind there is no reality. Even if you have God and God is your slave, still it is useless. There can be no happiness."

☘ "DEATH INEVITABLE
- Acceptance Removes Fear"



SEXUAL INTERCOURSE

compiled from yogi Bhajan's teachings by S.S. Vikram Kaur Khalsa

1. The sex game must start 72 hours before sex, and somewhere outside of the bedroom. So, for 2-3 days in advance, prepare the mind, think it over and build yourself up to it. The mind is the biggest sex organ part of the body is stimulated and awakened. In the days before, take time to do the Venus Kriyas.

2. Communication must be open. Woman is shy and secretive by nature and will pretend enjoyment rather than risk hurting man's ego. The man must draw her out and find out what she wants and needs throughout their relationship. Don't take anything for granted.

3. The stomach must be empty. You should not have eaten for 2 1/2 hours in advance. The law of sexual enlightenment = light(enment) in the stomach. You should not be constipated and your eating that day should be light, warm, nutritious liquids.

4. During intercourse, the man should breathe through his right nostril and the woman through her left. Breathe long and deeply to control excitement (once per minute, if possible).

5. Your three nervous systems must be in balance before intercourse. If the parasympathetic nervous system is out of balance, the man will have difficulty getting an erection. If his sympathetic nervous system is out of action, he will ejaculate quickly. If your action nervous system is out of balance, he will have a problem ejaculating at all. Kundalini Yoga corrects these problems.

6. Give yourselves 2-3 hours to play. A woman's beauty is in her playfulness, and she needs this "Krishan Lila" to be stimulated.

7. Make sure the woman's aura extends to

7 feet. If she is negative, her aura is less than 3 feet and your energy will be down for a week after, the strength taken from your semen. But intercourse can give you the strength of life and make you feel great if her aura is 7 feet.

8. There are nine areas to massage and stimulate in a particular order but not as a tour. Keep returning to certain places. In bed, it is your foremost duty to keep her entangled, both physically and mentally. If you let her mind wander, forget it. Only 10% of men know how to keep her entangled.

- 1) Breasts - from the outside inward
- 2) Neck - working upwards
- 3) Lips
- 4) Cheeks
- 5) Ears
- 6) Spine
- 7) Thighs - inside and out
- 8) Calves
- 9) Clitoris or vagina

9. The woman's spine should be cool and the breasts tense when you enter her. Enter slowly, hold her with the right hand on the lower spine, then rotate. This causes stimulation of all the nerves and there should be a suction sound and a pulling.

10. The woman must have her orgasm. If the man has his first, he should satisfy her and bring her to 3 or 4 tidings. 60% of woman's illness is due to dissatisfaction with intercourse.

11. After physical intercourse, continue the game of love until one of you falls asleep. If you don't, you cause great tension and fatigue to the nervous system and shorten your life by 5 years! Massage each other, talk to each other and keep the entanglement going until someone sleeps. The magnetic fields of the two must intermix. Both should keep their spines and organs warm. The man should urinate and wash his organ in warm water.

12. A woman should participate 60%, and only if she is feeling well. The points to massage on a man are:

1. His head and hair
2. Lips
3. Beginning at top of neck, go down the spine. Roll the skin for circular stimulation
4. Buttocks
5. Insides of thighs & testicles
6. Then the penis
7. Last the navel and chest region and nipples.

After sex is the most crucial hour for a woman. If she turns over and goes to sleep then, her aura can be blown out of proportion and punctured. Men can inject negativity into you from which you can never recover. She must be meditatively prepared, ahead of time, and then do exercises to reconstruct her aura, after seeing the man go to sleep.

1. Exercise and do bundle rolls. (Lie down with legs together, arms tightly at sides

and roll over and over across the floor and back.) To avoid old age, stretch every muscle of the body.

2. Meditate.

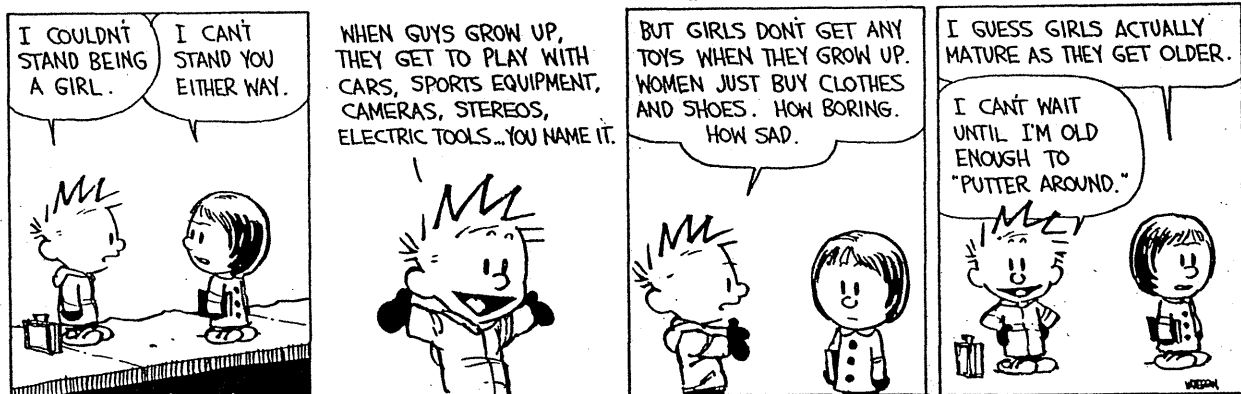
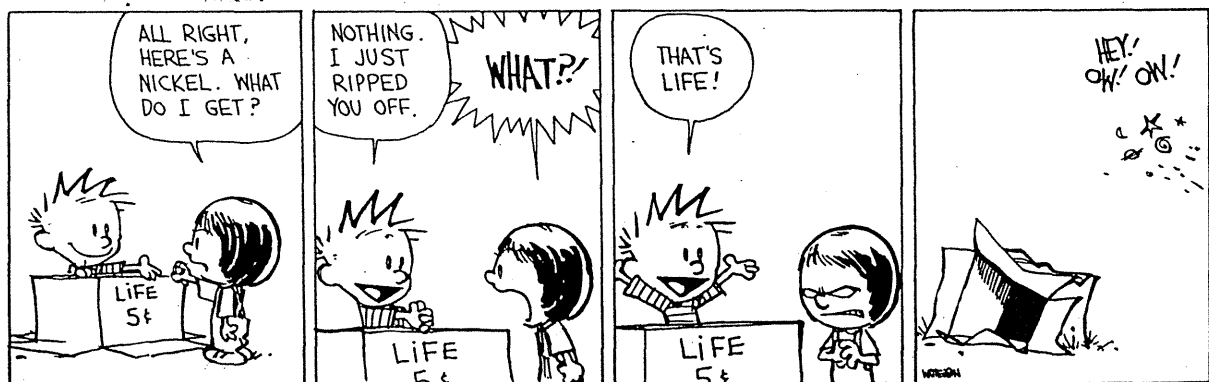
3. Urinate to change the nostril breathing which immediately neutralizes you.

4. Wash your face in cold water, and your armpits with a wet towel (for the parasympathetic nervous system).

5. Wash between the legs, behind the ears and the feet with a wet towel in that order.

6. Brush your teeth.

NOTE: This is condensed from the complete text appearing in Relax and Rejoice - a Marriage Manual



The Science of
YOGA
&
The Art of
TEACHING

YOGA: UNITY: BODY MIND SPIRIT

BODY

The physical or gross body is the first factor you must master and understand. It is your vehicle to travel through this life. This inner machinery is very complicated and subtle. It is not just the flesh and bone that you can see. It is a very well designed and systematic system. It has glands, blood circulation, breathing apparatus, heart beat pulsation, a brain, sensory apparatus and a complex nervous system. All these systems combine and interweave with a structure of flesh and bone to constitute your physical system. It is a functional system that receives, processes and accomplishes all sorts of ongoing tasks. It needs cleaning, regular care and tuning. Even the normal use of the system creates wear and misalignment, so that the body needs careful adjustment of its capacity to act, its potential to respond to demands, and its possibility for endurance and longevity. These are the basics that you must learn to take care of first.

The balance of the physical vehicle affects the rest of your system. Overeat even one time and you upset your body. The physical body is the basic temple in which you can deposit the treasure of happiness of life. When you are young you can play mischief with the physical body. But in old age the body has you paying for the playing. You can not escape this fact. The body does not forgive your actions, it only records the results of the actions. You must schedule your body. Calculate its use and maintenance on a scale that changes with age.

In Kundalini Yoga we study the human body in the light of yoga therapy. We learn to understand it and exercise it based on this understanding. Our aim is to achieve a level of consciousness that allows us to use it in such a good way that it can serve us better and better.

MIND

The mind is the second factor in our human life. If your mind is limited in understanding, tolerance and patience, and if it cannot see the unseen, and understand the consequences of each action, then it is practically impossible to live a happy life. Your mind guides your actions and emotions. If you do not have a good road map, you do not know where you are going. You are just driving without aim, choice or control. That's what we do in life.

Kundalini Yoga will train your mental faculties so that you can create a happy life. The problem is that as you think, so you are. You must realize that everything depends on your mental outlook. If somebody is beautiful or ugly to you, it is a result of your mental evaluation.

Happy and unhappy belong to your mind, not to the world. So, how can you develop this potent mental faculty correctly? When you say, "When I pray, God will come." What is prayer? It is a vibratory effect that goes into the infinity creativity around your psyche, and the answer comes and is expressed as an energy that gets the job done. Then you say, "Well, prayer works." It is only your mind which has the power to concentrate and to work with that beauty.

SOUL

The third factor in the human being is the soul, the spirit. As no lamp can burn without a combustible fuel in it, so no life can exist without a relationship to the spirit in it. Spirit has many meanings, tones and facets. If there is a central thread in it, it is the general flow of the cosmic energy. In Catholicism we call that flow God. In yoga we call that flow Cosmic Energy. The two meanings and the One Reality are exactly the same.

You have to understand your physical relationship with that Infinite energy. You must learn how you can tune into it, so you can have a healthy, happy, holy, wholesome life, a fulfilled life, a beautiful life. You should be so firm in your contentment with

your existence that if you had to quit this planet you could just say, "Thank you" and feel grateful. And if the bad times are coming, just say, "Wonderful." If good days are coming, say, "Fine." After all, what is life? It is a wave. The light must follow the night as night must follow the day. Sunshine must follow the clouds, clouds must follow the sunshine. But you feel you are really something special. You want sunshine all the time. If somebody is in the sun all the time his nose gets burned and his eyes can't see anything anymore. No one can live with sunshine all the time.

Having happiness all the time is a very boring thing. You can't live that way. You have to have a little pull sometimes and just feel where you are and where you should be. To go up and down is the beauty. That's why we call this life a vibration. Up and down! A wave. As a wave moves, so life moves. What does this mean? It means we need a spirit, which is not bothered by the waves. You all know about surfing? When there are heavy tides people go surfing. They enjoy it. Other people go crazy. A spirit which is developed, artistic, and self-controlled rides on those waves in life and enjoys it. If a person with such a spirit experiences a bad time, he can sit down and say, "Oh, God! Wonderful! What do you want? A bad time? So, what's it to me? I don't care." He communicates, he talks, he feels the fun. He's not upset. He knows after this night there will be a good warm day. He's going to have a lot of fun. So he preserves his energy. He keeps himself together.

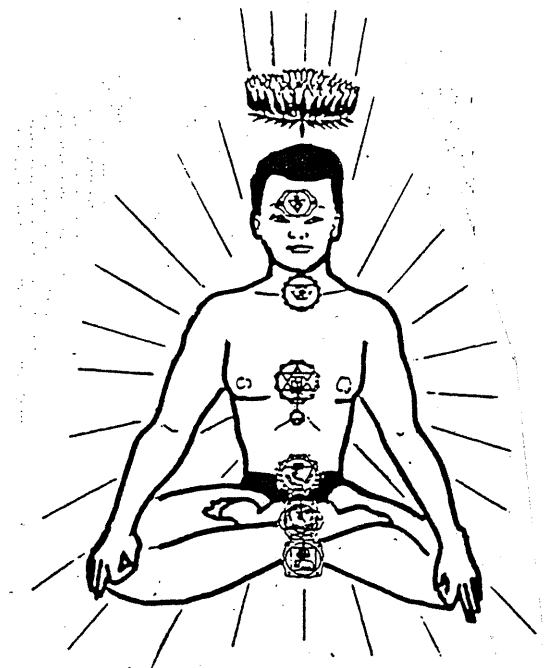
When the time comes that he can expand and enjoy, he comes out with all his energy to enjoy it all the way. That quality of spirit has to be developed. It has to be trained. This process is another important part of yoga.

'WHAT IS YOGA?'

Yogi Bhajan 1970

I found that people still lack a basic understanding about the goals, process and techniques of Kundalini Yoga. They do not understand the core concept of yoga. Some people think yoga is a religion. Some people think it is physical exercise for vitality and health. Some people think it is a psychological system that develops the potential of the psyche. In reality, this is all based on misunderstanding. Yoga is essentially a relationship.

Consider the origin of the word yoga. Yoga and the biblical word yoke, that we know in the west comes from the same original root word in Sanskrit: jugit. They both mean "to join together" or "to unite." yoga is the union of the individual's unit consciousness with the infinite consciousness. The definition of a yogi is: a person who has totally leaned on the Supreme Consciousness, which is God, until he or she has merged her individual self with the Infinite Self. That is all it means. The human mind is potentially Infinite and Creative. But in practical reality it is limited. So a technical know-how is required through which a man can expand his mind to bring about the equilibrium that enables him to control his physical structure and experience his infinite self. That's all yoga means in very simple terms.



TYPES OF YOGA

Karma yoga: practiced through the exercise of selfless deeds (actions). It eliminates blockages that were produced through selfish actions in the past.

Raja yoga: the "royal path", has been described in the yoga sutras of Patanjali. Kundalini Yoga as a study of meditation and awareness can be considered a form of Raja Yoga.

Bhakti yoga: is the yoga of devotion. By meditating on a personified picture of the Infinite, you surrender to it and merge with it.

Gyan yoga: (Jnana Yoga) is the yoga of wisdom. It is the process of reaching beyond circumstantial truth to universal truth.

White Tantric yoga: part of the tradition of Kundalini Yoga. This Tantra yoga consists of meditations and exercises done by men and women sitting in rows facing each other performing breathing exercises, mudras (hand and arm postures), mantras and eye contact. The intertwining of the masculine and feminine energies particularly cleanses the subconscious mind, the energy-system and the aura. White Tantric Yoga is taught exclusively by Yogi Bhajan as the Mahan Tantric since 1971 (there is only one Mahan Tantric at any one time on the earth). Red Tantric Yoga (sexual) and Black Tantric Yoga (black magic) are not recommended.

Yogi Bhajan has said there are over twenty-two major forms of the practice of yoga. Each one emphasizes some facet of the whole. Some may emphasize the use of bodily form, as in Hatha Yoga. Others emphasize the use of sound, as in Mantra Yoga, or the use of visual forms as in Yantra Yoga. A good way to think of that is that each of these different forms are facets just like a facet on a diamond. A diamond is beautiful. Particular planes of the crystal that are sheared off capture the light, make it sparkle, bring your attention to it, and reveal its dimensions.

Kundalini Yoga: is the diamond itself. If you turn it any one particular way, you can find a facet. But if you try to understand the entire diamond from any one facet, you'll find yourself with a shallow and incomplete understanding. In Hatha Yoga, for example, you might work with an emphasis on bodily form and yet there are those who cannot take on those forms because of a physical limitation. Kundalini Yoga gives you the leverage, the special power, the extra dimension to reach around that limitation. (from: the possible human, GSK)

KUNDALINI YOGA AND HATHA YOGA

The beauty of Kundalini Yoga is that if you can just physically sit there, fix the automatic rhythm of your pranayam (breath control), add a creative naad (inner sound) and your mind becomes focused and balanced. In one kriya (a sequential combination of physical and/or mental exercises), you can immediately achieve a complete physical, mental and spiritual balance. It works so effectively and quickly because of this completeness, balance and energy.

Teaching Hatha yoga and Kundalini Yoga is very different. First of all, it is difficult to teach Kundalini Yoga. A teacher who does not have a beam of energy within himself cannot teach it. That is the first fundamental. You have to be aware within your consciousness. Kundalini Yoga raises awareness, as does Hatha Yoga, but it is direct, quick, and a perfect practice for the pace of a modern household. As a teacher of Kundalini Yoga, you should be established at a certain steady level of consciousness to pull all the people up to that level.

If you do not have that link of consciousness, the golden link, and the spark of awareness, then you can only instruct in darkness. That is the real problem. You could come and I could give you a bunch of

powerful and elegant exercises. You would feel good. However, when I then talk about life and humanity and the total sum of existence and consciousness, you have to feel that magnetism come out of me. My reality and confirmed consciousness must be present to act as a guide and compass. If I can't give you that, there is nothing to pull you to that new level. Kundalini Yoga is the master science of experience and awareness. It is a transmission of consciousness from person to person. It is a Raj Yoga that awakens you inside. That is the basic difference between Hatha and Kundalini Yoga."

KUNDALINI YOGA

Yogi Bhajan

"Kundalini Yoga is a method to become nothing, so that everything can flow through you." YB

"The yogi is one who has a union with his Supreme Consciousness. If flexibility of the body is the only yoga, then clowns in the circus are the best yogis." YB

Ong Namō Guru Dev Namō

Most diseases are curable. One that is virtually incurable is spiritual ego. To remind us that we are not teaching, and to disengage from the ego consciousness, it is the practice of all those who wish to teach under the grace of Yogi Bhajan and 3HO to start each class by calling upon the Divine teacher within. This is done by chanting ONG NAMO GURU DEV NAMO aloud a minimum of three times.

It is a cosmic law: "where you bow, you will be blessed." When we chant ONG NAMO GURU DEV NAMO we are saying, in effect, that we offer our humble obeisance to the Divine teacher and thereby invoke His blessing that the flow of cosmic energy may prevail through us and reach

the students. Each person is an instrument, a channel for the flow of energies. The quality of the energy he projects, the music he produces depends upon his attunement. The highest attunement brings the highest vibration into manifestation. By chanting, we immediately contact the very vibration which we desire to create and build within ourselves and others.

We know that the name of a thing is not the thing; it is just a label. But the Sanskrit language comes as close as possible to expressing on a vibratory level the truest essence of the thing described. Sanskrit is the oldest written language and has been called the "language of the Gods." Therefore, we chant the ancient, mystic syllables in Sanskrit to bring about the fastest possible vibratory union between ourselves (the creature) and the One (the Creator-or) between whom the only separation that exists is in the ego wall we have ourselves constructed. If the walls of Jericho could tumble to the blast of trumpets, and one note from a soprano's throat can shatter a crystal glass, surely the false ego barrier to the awareness of our God-consciousness can be dissolved in the powerful waves of sound through mantra. Vibration is all there is!

ONG is the Creator. It is a variation of the cosmic syllable OM which is used to denote God in His absolute or unmanifested state. When God creates and functions as Creator, He is called ONG. In Sanskrit, when M precedes K, the M becomes NG. Thus OM, placed with relation to KAR, the creation, becomes ONG, as in EK ONG KAR SAT NAM SIRI WHA GURU.

NAMO is a variation of the Sanskrit word NAMESTE which means "reverent greeting." NAMESTE is a common form of respectful greeting in India accompanied by the mudra of palms pressed together at the chest or the forehead. It implies bowing down. NAMESTE or NAMASKARAMS is often used as a salutation in writing letters. GURU is teacher or wisdom. DEV means Divine or of God, non-earthly, transparent. NAMO, in closing the mantra, reaffirms the humble reverence of the devotee.

THE YOGA OF AWARENESS

Actually Kundalini Yoga is the yoga of awareness. Awareness is a finite relationship with infinity. This awareness is sleeping in you and limited. When it can be extended to infinity you are still you, but in a state of unlimited abundance. We all can reach the state of infinity, of bliss, of ecstasy, of nirvana. There are two hundred words for it. You can call it anything, it doesn't matter.

Today, we do not even understand the basic word 'religion'. It comes from religio and means looking back at your origin. And what is your origin? Spirit!

But we have never trained ourselves to know our origin which is infinity. Instead we have run into rituals. All these churches, temples, and synagogues, all the places of worship were meant to create group consciousness. We start with individual consciousness, then progress to group consciousness and universal consciousness.

The development of group consciousness in the experience of infinity is the bridge to universal consciousness and the release of the unlimited self. If you are willing to get into that kind of sharing, that kind of love, that kind of existence, you are welcome. Otherwise, wherever you are, there is no problem and we stand ready to share and serve. We exist to grow and to help those who need assistance. That is why Kundalini Yoga teachers are not initiated. We serve and share, we do not push and proselytize. Truth and authentic growth does not happen that way. I feel that pushing knowledge on people is still pushing. I don't want to be a pusher of anything. I have never done it in my life. I'm not going to push deep, sacred knowledge on you. I do want to share this secret science of Kundalini yoga openly and widely so that we can experience certain things and grow as human beings. In Kundalini Yoga the most important thing is experience. Experience goes right into your heart. No words can replace that experience.

**In Kundalini Yoga
the most important
thing is experience.
Experience goes right
into your heart.**

Your consciousness will not accept just words. When you have a foundation in experience and a base in positive habits, then you can smoothly plan your life to any extent you like.

You can radiate creativity and infinity in all aspects of your daily life. That is the practical result of yoga. It is the capacity and right to live a healthy, happy and holy life. That is why we called our yoga family 3HO (Healthy, Happy, Holy Organization). Kundalini Yoga is called the yoga of awareness. The total potential of the person becomes known to the person. Every known has an unknown potential and that unknown potential is your right to know. Why don't you know? Because you do not have the technical know-how and the technical know-how is available to the man through the learned great teachers who have left that for us."

THE KUNDALINI

The Kundalini energy rests curved three and a half times around the root chakra. Kundal means spiral or curve, Kundalini means the curl in the hair of the beloved. The Kundalini is the energy of the soul - it represents the energy of the highest consciousness. It gets raised by the following process: By inhaling, Prana (positive cosmic energy) is pulled downward through the nadi Pingala (an energy channel for Prana, situated to the right of the spine). By tightening the Bandhas (internal muscles) Apana (the negative, excretory energy) is pulled upwards through the Nadi Ida (the channel for Apana, situated to the left of the spine). Prana and Apana meet and are

mixed together in the navel chakra. A "white fire" is produced through this process, which flows downward through the so-called auxiliary channels. The Kundalini energy gets activated through this 'white fire'. It starts rising up through Sushumna (the energy channel situated in the middle of the spine). Nadi means canal or tube.

When each of the chakras (energy centers along the Sushumna) are strong and clean enough through exercise, diet and healthy social activities, the Kundalini will rise up to the highest chakra and thereby resolve the basic tension and polarity of the human being.

"What is Kundalini? To become totally, wholesomely aware. That is why we call it the yoga of awareness. And as the rivers end up in the same ocean, all yoga ends up by raising the kundalini in the man. What is kundalini? The creative potential of the man."

"What is Christ-consciousness called? We call it kundalini, when man uncoils his potential in activity." YB

Questions and answers about the Kundalini: Yogi Bhanjan about Kundalini in a 1976 interview:

QUESTION: Is the Kundalini dangerous?
ANSWER: Is money dangerous? It is just an energy. Kundalini is a latent energy that can be used for total consciousness. The only dangerous thing is the person whose Kundalini is raised properly. That person is totally conscious. He can not be lied to or cheated or politically swayed. The Kundalini is essential. As long as you practice a total discipline or a complete and balanced kriya, there is no difficulty. In Kundalini Yoga, you will notice that every meditation and kriya has some form of mantra in it. This insures the channelization of the energy.

QUESTION: What about people who have great visions and psychic experiences or whose bodies jerk and tremble after meditation? Is this the Kundalini rising?
ANSWER: This is glitter at the bottom of the ladder. These hallucinations, spasms,

and nerve weaknesses mean nothing. If a student practicing Kundalini yoga is very blocked up in the spine and pranic nadis, he may have a one time experience when the channels are cleared. But that is one time, brief, and does not disrupt anything. These other causes are when the nerves have not been prepared, there is no mantra, or breathing has not been practiced. The real measure of Kundalini rising is your consciousness from breath to breath and courage you bring to your life. These momentary flashes brought on by weakness have nothing to do with Kundalini.

There are three ways to raise the kundalini: having a faith and looking to your God or to your minister and trying to act on what he says. The second method is long meditation, to transcend oneself. One knows one's weaknesses, one goes to the root of this weakness and one has to fight them and thus eliminate them and then come out of it. The third way is: to make your energy and nerves so positively sound that the mind does not think of anything which is negative. These are the techniques known to this world.

QUESTION: Is it possible for a teacher to raise the Kundalini of his students just by his presence?

ANSWER: The Kundalini can be stimulated directly by a teacher. But that teacher is not much of a teacher! The students should be prepared, then given a technology to raise it themselves. Why should they wait at the feet of that teacher like puppies? They should go through the experience, then share the techniques with others. The techniques of Kundalini Yoga are so potent and beautiful that my main job as a Master of that science is to keep the Kundalini down and close the third eye!

QUESTION: When the Kundalini rises, do you go into trance or become rigid?

ANSWER: A raised Kundalini will give you grace of motion. Life fills every cell so you are able to move smoothly with an awareness of the rhythm and music of all your environments. The Kundalini makes you alive and graceful, not rigid like some kind of death.

QUESTION: Why are these teachings being shared so openly now? Is there a need for initiation?

ANSWER: The techniques belong to those who practice them. They are the heritage of humanity. I am just a postman with a lot of letters to deliver. You can open them and use them or not, that is your problem. But the world is going through a lot of changes. Your future generations will need these techniques to stay mentally healthy and physically strong. All these teachings will help humanity as it awakens from adolescence. I am sharing these teachings not to create teachers and leaders for the future but to create a science of the total self."

TEACHING BEGINNERS

Students are attracted to a yoga class for many reasons: to become more supple, to learn to relax, to search for new awareness or to increase their spiritual consciousness. From the yoga teacher's point of view, all students come because they have good fortune and the good karma (from previous actions and tendencies) to learn these techniques. As teachers we are servants of the higher power of which we are all a part and which directs the flow of life.

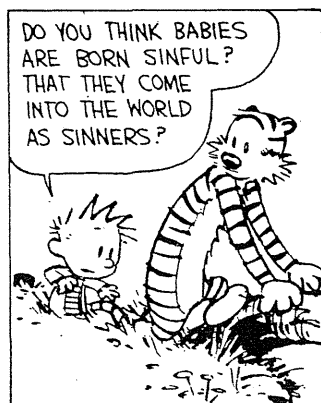
To address and serve students who come with such diverse motives, you must set a direction for the class. Be attentive and flexible to the different needs of each participant. Then lead them through an experience of the Kundalini energy .

Do not simply survey and vote or expect someone in the class to set the agenda .You might survey expectations in certain types of classes, but ultimately you must lead the energy. The questions and expectations many students have will change radically as they alter their state of consciousness. So many questions that are present before exercise and meditation become superfluous after the class. If you tried to answer all the questions before changing the state of consciousness, you would never begin exercise and probably never end discussion.

You must bring direction and energy to the class. It is important in a beginner's class to define the overall goal of yoga. Students often have a hazy idea of yoga and its outcomes. Their impression can come from what they have read, from rumor or from Hollywood images. For some, yoga is health and relaxation, for others it is mystical enlightenment. There are many ways you can speak about the goal.

Following is a general approach. You can elaborate on it according to the group you address. Most of the problems we encounter in life are self-imposed limitations. They originate from misconceptions, poor habits, and unconscious living. We have been ill-trained or not trained at all in the inner science of the self. We do not know how to value and prioritize the inner and outer worlds. Yoga seeks to give e balance and proportion to all aspects of your life.

The goal of yoga is to have a "union" of the different facets of our being into a whole which has integrity, power, and effective-



WHENEVER YOU DISCUSS CERTAIN THINGS WITH ANIMALS, YOU GET INSULTED.



ness. If your legs go one direction, your torso a different direction and your mind another direction, you will waste a tremendous amount of energy fighting yourself. Kundalini Yoga allows you to take control of your actions by increasing your awareness of yourself as a conscious being. It establishes the observing self.

The first step is stillness. A deep relaxation and inner neutrality stops the war of the inner elements. As the noise dies down, you begin to sense an inner calmness and clarity. That is what we call your consciousness. When you begin to act from consciousness you cease to merely react to elements of the outer or inner environments. You become mindful. You know the effects of an action before you take it. You gain intuition.

You are in control by being exactly who you are.

The goal of yoga is to be consciously conscious so that your actions are wholehearted and balanced. You begin to sense a largeness, a vastness to the dimension of your consciousness. The goal of yoga is to unite your sense of a limited and finite personal self with your capacity as part of the unlimited spirit and consciousness.

When you shed fear, gain dignity, experience inner divinity, calm the mind, strengthen your nerves and glands, then you begin to live fully as a human being. You encounter the challenges and stages of life creatively and with gratitude. The fundamental energy of consciousness is called "Kundalini". As you begin to master your own self, the Kundalini energy begins to flow. It opens you to experience and use your full potential. It heals and organizes your neuro-endocrine system. It is the goal of all yoga practices.

Kundalini Yoga is the form of yogic practice which deals most directly and quickly with the coherent and safe growth of your inner awareness. It may help to also point out what the goal of yoga is NOT. The goal is not to make people into acrobats. The physical flexibility gained through the practice of postures (asanas) is the wonderful bene-

fit of yoga. But this mean little if it is not accompanied by mental flexibility and spiritual commitment.

The goal is not to be superhuman with great powers. Yogis and happy humans are not miracle groupies. There is no greater state than being fully human and accepting ourselves as we are with all the energy and potential we need within us. We have great intuition and sensitivity if we simply use what we have. The goal of yoga is NOT to lead you into some specific religion or group. Yoga - a discipline to cultivate and alter consciousness - has been practiced by every religion. The practice of yoga almost always leads to a heightening of your spiritual awareness and adds power to your own sense of spiritual presence.

Besides communicating this general goal of yoga, be clear about the agenda of your particular class. The class may have a theme like stress reduction, aerobic benefits or the use of music. Or it may be 'Yoga 1' whose special purpose is to introduce the students to basic Kundalini yoga technique and philosophy.

You must know the material so you are not fumbling through pages of notes. Be relaxed, receptive and dignified. You can joke or be serious according to your personality. But always be more than the personality. To the new student you are hope, healing and help. One of the tasks of a student-teacher is to overcome the inferiority complex we are taught in society without becoming egotistic.

Be confident and feel royal. Be receptive, grateful and kind. It may help you to know who you are according to the tradition of Kundalini Yoga teachers. You are a channel of a great tradition of teaching. You are a member of a growing profession of consciousness educators. To the student you represent their higher consciousness. The student does not come to you for your personal identity. They come to you for the experience of their own identity. You are a channel through which flows the energy of the house of Guru Ram Das, the special link to our teacher Yogi Bhajan, and a com-

passionate radiance that cares for and touches the heart of the sincere student. The energy that flows through you when you teach is not of your own generation. It flows through the golden chain.

It is passed consciousness to consciousness like a flame. The student who submits to the discipline is not submitting to you, but to the light that is present in the teaching. You have thousands of years behind you and thousands of years ahead of you. Be a golden conduit to all who come.

If you follow two basic laws, after you tune in, then you will do well. The two laws given by Yogi Bhajan are:

Law of Sustenance - KEEP UP!

Once you are the representative of a students' higher consciousness, never betray that projection. If you do, it is equivalent to a self limiting Karma that gives you teachers who shall mislead you. Be as the Spirit is: Steady, timeless, graceful, and trustworthy.

Law of Deliverance - Deliver the

student to the infinite, not to you. Elevate the student to the awareness of the infinite within them. Connect that student to the flow of teachings in Kundalini yoga. That will always stay with them and support them. When you teach, bring all of your personal gifts to the task.

If you are musical, or literary, or humorous, or analytic, use that. With great dignity utilize your identity to establish the authenticity and genuineness that are the marks of a real teacher and a good student/teacher. Do your best to merge and link to the golden chain of teachers for that special hour of teaching. When you put your ego aside and link to the flow of teaching, a subtle magic happens. Your aura and the magnetic field of the radiant body of the Guru blend when teaching.

This effect is assured by chanting the Adi Mantra before teaching. The effect is pro-

portional to your ability to set your own ego aside and let the energy of the Guru teach. Enhance this merger by wearing dignified, cotton clothes (BANA) when you teach. It is intensified by speaking from the heart center (BANI).

It will be felt if you focus on service to the class (SEVA) instead of your own needs. And it is guaranteed if you consolidate your whole being into teaching by letting go and letting the universe fill you with the creative vibration of the Naam from your own practice of meditation sadhana (SIMRAN). The beginner comes in innocence, curiosity and sometimes in pain. Treat each as a treasure. Inspire, challenge and guide them. In the midst of this you will find yourself like a thousand trillion stars bursting with light.

Aquarian Age (AD. 2011 - ?)

The key terms for the Aquarian epoch are globalization, universality and the dignity of the human being. No religion will survive in less than a global context. There will be fights in the transition. There will be polarization and chaos as old institutions fight the final battle. Finally there will be neither east nor west. There will be developed and undeveloped consciousness. It can be a period of stability, where expansion can take place in the depth of our hearts and in the reaches of space.



THE ART OF TEACHING YOGA

What determines the quality of a yoga class?

- The quality of the voice. The voice of a yoga teacher should be: expressive and personal in the introduction, clear and audible in all corners of the room while explaining the exercises, full and melodious when leading the mantras, soothing and monotonous during the relaxation.

If your voice is not developed, it is recommended to regularly do exercises and meditations using the Indian scale,

SA RE GA MA PA DA NI SA

which by itself is a mantra for harmony. Another good meditation is going up the scale with

SA RE GA MA PA DA NI
SA TA NA MA RA MA DA SA
SA SAE SO HUNG

(Mulbhand on Hung).

- The quality of the introduction into the theme of the class. To speak well about a theme you need to be empowered to speak. You can get this empowerment in two ways. One is to study the theme over and over and experiment with it. The other is to tell some example or story from your own life or from somebody you know really well. It is important not to become too dry or intellectual, but to speak from the heart. Also make sure you look at your audience, not in the air or to the ground.

- The quality of the explanation of the exercises. As a yoga teacher, try to develop an art of explaining the exercises that is so clear that everybody could potentially do them without even looking at you. To be able to do this, it is necessary to thoroughly study the exercises before the class and even to formulate in your thoughts beforehand the sentences which you are going to use to present them.

- The quality of the instructions for the (deep) relaxation. To help people to relax requires special skills. It is important to select the right music to play during the relaxation. Also, develop some routines for relaxing the body systematically by guiding people through the different parts of the body and having them concentrate on relaxing by visualizations.

- The quality of the meditation. Choose one that fits with the set of exercises you have chosen. Other possibilities are to repeat the same meditation over a longer period of time even if you teach a different series each time. This enhances the effect of the meditation.

- The quality of the teaching structure. Make sure you tune in, bring the exercises to a high point of energy, slowly shift the energy emphasis to the right hemisphere of the brain by the relaxation and meditation, leaving time for the students to adjust to normal day consciousness again for their trip home.

- Choose the kriya so that it fits your students as far as the theme and the degree of difficulty is concerned. You might want to choose certain themes, like the immune system or working on the heart center, and teach a complete course of several months about this. But most importantly: Was it an inspiring yoga class? Did it come from your heart and did it really touch your students?

How to correct students who make mistakes in the exercises?

As a teacher, you have to watch the students all the time to see if they are performing the exercises correctly. If they are not, it is best to make corrections verbally. In Kundalini Yoga it is often not so easy to go around the group and make manual corrections, first because moving exercises, as opposed to static exercises, are not easy to correct, secondly because it might disturb people in their concentration.

However, there are exercises where a manual correction is important (triangle pose, some sitting postures, archer pose, etc.). A

lot depends on the personal teaching style you develop as a teacher.

Because you have to watch and correct your students during the class you can never participate normally as you would when you are doing yoga for yourself. You demonstrate the exercises and especially when you are teaching a small number of students you sometimes stimulate the students by giving the example, but you can never let yourself go deep into the exercise.

ADDITIONAL THOUGHTS ON TEACHING

- Never lay down with your students to relax. To be able to let go, it is important for the students to know that the teacher watches and stays awake. In a beginning class you will often see somebody raise his or her head to check that the teacher is still awake.
- Food should not be taken 2 hours before a yoga class. You can drink water as much as you want, but do not eat, because the undigested food can obstruct certain exercises (i.e.: Plough, shoulder stand) - the blood and energy needed for the yoga class are concentrated in the digestive process. You have just eaten, you do not really feel like exercising. Somebody might even think that he or she does not like yoga when it is only the projection of their subconscious mind to not move so intensively because of a full stomach.
- The feet should be allowed to breathe, especially the soles of the feet, and this is only possible with bare feet. This plays an important part in the cleansing processes of yoga. Especially in the colder climates it is very hard to get students to remove their socks. As a teacher you should give the example.
- During menstruation or pregnancy, women should refrain from exercises which apply pressure to the abdominal area: NO-breath of fire, exercises with the legs higher than the head, Sat Kriya, leg lifts, bow

pose, etc. A fair percentage of women experience problems from these exercises during menstruation. It is your responsibility as a yoga teacher to inform female students at least once about this possibility and to tell them to be easy on themselves during their period. During pregnancy a woman should stop doing normal Kundalini Yoga exercises at about the 12th week and start doing special Yoga for pregnant women.

- For people with serious spinal problems (like ruptured disk), yoga exercises which requires extensive bending of the spine carry a risk. This can be avoided by: a good warm-up, offering easier variations for people with back problems, shortening the length of the exercise to adapt to people with spinal problems, no relaxation until exercises have been done which compensate (counteract) the intense bending or which reduce the tension, by using special interval relaxations.

- Drinking is bad for your health, but as long as somebody does not disturb the other students, there is nothing to do as a teacher, except that you might advise specific exercises and meditations and counseling to help a student to get rid of a habit that seems so strong that it even penetrates these totally inappropriate circumstances. Psychotropic drugs like LSD are a dangerous combination with Yoga. Unpredictable things might happen to your energy system.

- In Kundalini Yoga we do not include the headstand because it can be dangerous for the sensitive structure of the neck. Instead we use the shoulder stand, which gives similar benefits as headstand without the risk.

- If a student experiences pain during an exercise, you should first ask whether the pain is vague or precise. Vague pain is usually a sign of muscle aches or tensions which can be taken to be a part of the cleansing process. With sharp pain or pain which can be precisely located (especially in the area of the spine) the student should be careful, listening to what the body is saying and carefully defining his/her limits. If the student has had previous operations, the

doctor should be asked if it is good for him or her to do yoga.

- If you are very radiant in your presence as a teacher, of course you can get away with anything. However, it does not make a very professional impression to read from a book. The students will think consciously or subconsciously: I can buy that book myself and then I do not need this teacher anymore. If you do not have time to memorize the exercises, it is a good idea to write them on a piece of paper and bring that.

- The mantras work directly on the subconscious. Therefore, they work whether you know what they mean or not. However, when you ask for questions after the end of a class, the most common question is: What did this mantra mean? So it is a good idea to explain the meaning of mantras beforehand.

- The best place for a Kundalini Yoga class is in the woods close to a waterfall. However, who can arrange this? Kundalini Yoga can be taught under all circumstances and in all environments. It is strong enough to create an energy field everywhere. However, this is easier when you are in a quiet, well aired room, moderate temperature, light-colored walls, at least two m² or 18 sq. ft. space per student, with a carpet or yoga mats and indirect lighting which can be dimmed.

- There is a beautiful story about Yogi Bhajan and class money: In the beginning, when Yogi Bhajan had just started to teach in Los Angeles, it was the high point of the hippie sixties. Money was rare among a part of his students who lived in a kind of barter economy. So to insure that his students would still have the possibility to pay something for their yoga class, Yogi Bhajan made holes in his pockets. This way he would lose his change on the way to the class room, where his students would find it and give it to him as payment for their class.

The reason for this is simple: if you do not give, you can not receive. This is the law of Karma. So do not give free yoga classes

where there is no return of energy. On the other hand a lack of money caused by a structurally weak economy should never be a reason that somebody cannot afford to do yoga. So it is basically up to you how much you charge, as long as it is clear that yoga is valuable as well as affordable. The prices and systems of registration and collection will vary.

- As a teacher you are not teaching as an individual person. You are a channel for the wisdom and energy that flow through you. That also means you do not dress or behave as a teacher to express yourself personally, but to neutrality represent the golden chain of the tradition. (White clothes are helpful because the color white enlarges your aura and makes it much easier to reach out to your students and at the same time remain neutral.)

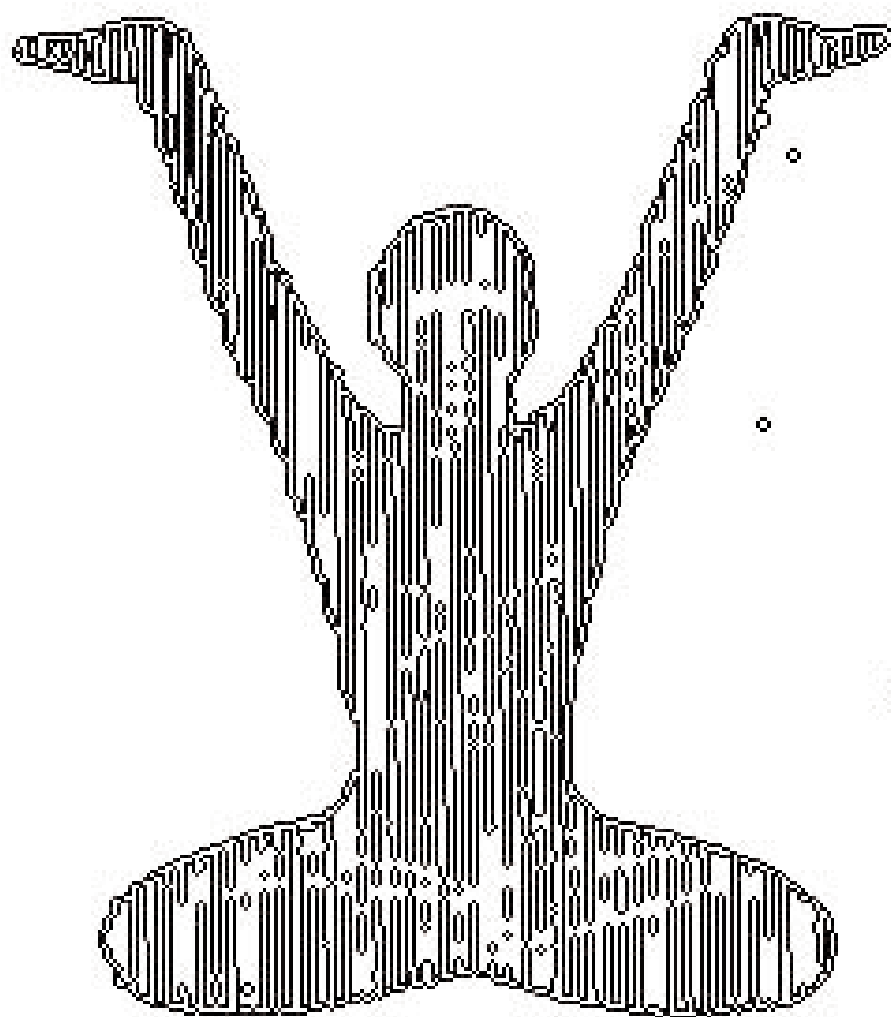
Every part of your behavior and appearance as a teacher should reflect this same openness and neutrality. For the moment of teaching leave your personal problems and history outside. Only in this way can you fulfill the "law of sustenance" and support the students in discovering their higher selves.

- It is absolutely necessary for a yoga teacher to do a regular sadhana to maintain and improve his radiance and impact. If you teach a lot, your body might remain flexible from demonstrating the exercises, but you can never surrender as much to the exercises and go as deep, as when you do yoga for yourself. If you do not have a personal practice of spiritual growth along side your teaching, your teaching will run dry, and become flat and uninspired.

- Yogi Bhajan often explains yoga as the science of angles and triangles.

- When a student asks you to clarify the correct performance of an exercise, of course you answer right away. But to keep the flow and rhythm of the class and to avoid focusing on one individual at the cost of the whole group, it is important to postpone questions that ask for more detailed or more individually specific answers until

**KUNDALINI
YOGA
SETS**



DAILY EXERCISES

Five basic categories of Kundalini Yoga postures to be practiced everyday. Many variations exist and special yoga sets may take the place of this basic list. As always, please use this as a guide, not a limiting statement of anything that must be followed.

1. STRETCH POSE - Navel center setting exercise Raise feet 6 inches from the ground. Raise head 6 inches and look at toes; raise arms and point fingers at feet; breath of fire for 1-3 minutes.

Also: Camel Pose, Bridge Pose and Platform Pose

2. SPINAL FLEX - Sit on heels; rest hands on thighs. Inhale and push chest out, throwing shoulders back as far as possible. Exhale and bow spine inward pulling shoulders forward. Start off slow and work into more rapid pace. Inhale and exhale - 3 min.

Also: In Easy Pose; Hands on Knees; Hands on Ankles; Palms on Ground; Hands in Venus Lock low behind neck; Cat/Cow.

3. STRENGTHEN AURA - Sit between heels. Raise arms at 60 degree angle to body. Fold fingers into palms, thumbs pointing upward. Tuck chin in. Breath of fire for 3 minutes.

Also: Easy Pose or Rock Pose; Palms up, arms wide and straight; Inhale arms up, exhale arms down.

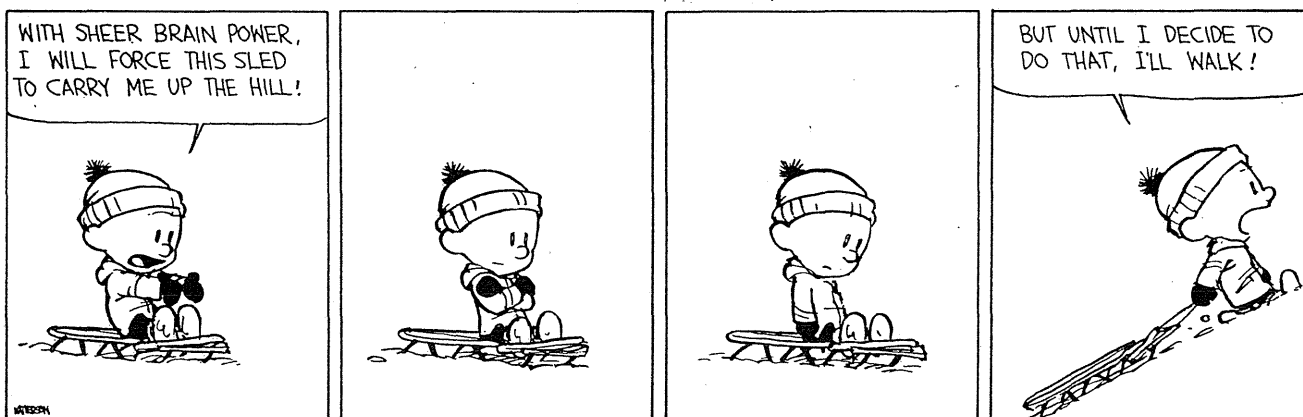
4. STRETCH LIFE NERVE - Sit with legs extended forward. Grab on to big toes with each hand. Exhale and look upward stretching as much as possible, exhale and pull head down to knees. Do not bend knees. Start off slow and increase to a quick steady pace. Inhale and exhale - 3 min.

Also Legs wide, alternate sides; One leg bent and heel by body; One leg bent and foot on top of thigh; Sit on one foot.

5. NECK ROLLS - Drop the chin down into the chest, and begin rolling the head in wide circles, first in one direction then reverse. Do 15 revolutions each way, remembering the breath.

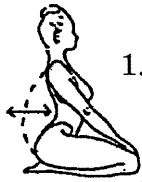
Also: Roll from side to side; Add the breath.

6. TWIST - Obviously this is not part of the five, but a good one to add.



MEDITATION FOR THE SUNRISE

10 June 71



1. ROCK POSE: palms on the thighs and begin to flex the spine. Inhale forward, exhale back. Mentally chant Sat with the inhale, Nam with the exhale for 5 minutes.

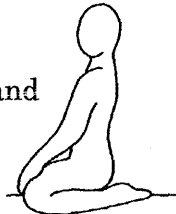
2. ROCK POSE: bend forward so the forehead is on the ground and the arms are stretched forward with palms together and thumbs up. Inhale deeply and chant a long sweet sound of SAAAAT. Continue rhythmic chanting for 11 to 31 minutes.



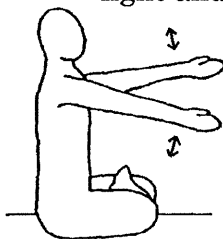
3. Same position, chant Sat and come forward touching the forehead to the raised up thumbs. Chant Nam and return to the first position. Continue for 11 to 31 minutes.



4. ROCK POSE: spine straight, palms on thighs. Bend forward and put the forehead on the ground and palms in front of the knees. While bending forward to this position, chant SAAAAAT. Rise up and chant NAM. Continue for 11 to 31 minutes.



5. EASY POSE: Begin clapping the hands together in front of the heart center by raising one hand as the other goes down. The palms brush across each other. The alternating up and down movement of the hands will start the spine flexing. Feel loose and light and chant the Guru Gaitri



mantra of the eight aspects of the infinite:

Gobinde, Mukunde, Uhadre, Apare, Harang, Karang, Nirname, Akame

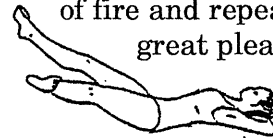
Smiling and with a rhythm, continue for 31 minutes and then deeply relax.

THYROID SERIES (25-30 min)

1) ON BACK: hands behind neck in venus lock. Spread legs apart 1 meter. Breath of fire. 1 1/2 minutes.



Inhale, raise legs up 60° wide open, Hold 20 seconds. Exhale and lower. Resume breath of fire and repeat the exercise. There is great pleasure in every pain. This exercise increases lung capacity.



Apanu Vayu is the eliminating force that takes away everything not required by the body.

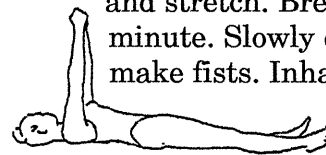
2) ON BACK: press knees against the chest. Hold the knees down with the arms. Put nose into knees. Breath of fire 3 minutes. This exercise makes the thyroid gland secrete. The skin, complexion and general outward appearance are all affected by the thyroid.



3) EASY POSE: palms on the ground behind you. Fall back 60° look up (eyes open) at the ceiling with the neck tilted back. Breath of fire 3 minutes. Inhale and hold briefly then relax. This exercise is for the eyesight. The thyroid must secrete at this time.



4) ON BACK: Inhale, raise hands to ceiling and stretch. Breath of fire 1 minute. Slowly curl fingers and make fists. Inhale deeply then exhale, hold breath out and bring fists slowly to chest with tension. Inhale and repeat entire sequence twice more.



5) ON BACK: raise waistline, feet flat on the ground. Make an arc of the body. Breath of fire 1-3 minutes. Inhale, exhale and slowly come down.



6) Relax 3-5 minutes. Recommended Corpse Pose.

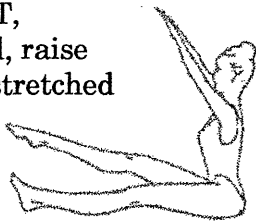


HEART & SOUL

Great American Movie and Song with same title.

1. EASY POSE, GYAN MUDRA: Inhale in 3 parts, hold 3-5 seconds, and exhale in 3 parts. 6 minutes. Only hold the breath on the inhale.

2. LEGS OUT IN FRONT, straight with toes pointed, raise arms up 60° with hands stretched and pointing forward. Then raise one leg, foot at the same height as your chest. Breath of Fire for 3 minutes. Relax 1 minute. Change legs and again BOF for 3 minutes.



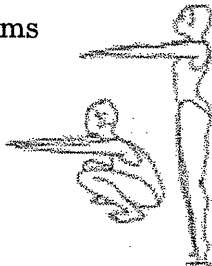
3. BACK PLATFORM ON ELBOWS. Head back and hands in fists by the chest. Breath of Fire 3 minutes.



4. LYING ON BACK. raise legs up to 90°, catch toes. with Breath of Fire for 3 minutes. Relax 2 minutes in corpse pose.



5. STAND ON TIPTOES, arms parallel to the ground, with Breath of Fire 3 minutes. Then inhale into CROW SQUAT. 1 minute



6. CAT-COW, rapidly for 1 min. Then relax in Easy Pose. Long Deep breathe 2 minutes.



7. YOGA MUDRA: Focus at 3rd Eye and chant ONG, touching forehead to the ground, and SOHUNG, as you raise up 3 minutes.



8. EASY POSE, Gyan Mudra, meditate on the breath, mentally inhaling SAT, and exhaling NAM, as you look down, feeling the heart, 10 minutes.

CLEANSING THE LYMPH GLANDS & ENERGY BALANCING

15 February 1984

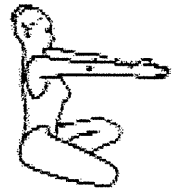
30-35 minutes

NOTE: Chin Lock must be applied during all exercises. Normal breath unless specified.

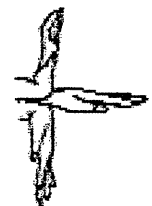
1. EASY POSE: stretch arms up parallel to the floor and out 60° from each other, pointing in the same direction as the knees.. Bend hands up at wrists (palms facing out), and circle the right hand on the wrist, keeping the left hand perpendicular to the arm, for 2 minutes. Then repeat, changing hands. This affects the thyroid and parathyroid very powerfully and moves the "Chi" energy.



2. EASY POSE: arms straight, clap the hands out in front of the body 2 minutes.



3. EASY POSE: arms still straight out in front, 9" (25cm) apart, palms down, move the hands so that the fingers point up, then parallel, then point them down, jerking them in three stages, forcefully. Only bend is at the wrist. It will be soothing and annoying at the same time. Continue 2-3 minutes.



4. EASY POSE: bending from the base of the spine, with arms stretched out to the sides, palms down, lean back slightly, then forward slightly, back and forth to build the muscles that save you from old age and back trouble. Keep the spine straight, arms and the body move together, 2-3 minutes.

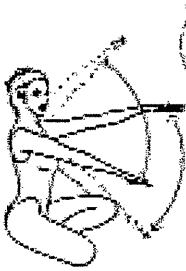


5. EASY POSE: interlace the hands in Venus Lock on top of the head and twist the body rapidly from right to left



2-3 mins to move all the energy you have created.

6. EASY POSE: stretch arms out in front, parallel to the floor and 60° from each



other, as in #1, but with the palms down. Slowly rise one arm to 60°

lowering the other (continue as arms move slowly from front to back), about 60° from starting position and back, to balance the energy, 2-3 mins.

7. EASY POSE: sit straight and at peace with arms folded at chest, right over left, and chant



Har Hari Har Hari

concentrating between the eyebrows and the root of the nose.

Pull the energy up between the navel and the 3rd Eye and continue for 2-5 minutes.

8. ROCK POSE: bend forward resting the forehead on the ground in Baby Pose, arms at the sides. This should be done at least once a day to balance your energy with the spinal serum and rejuvenate the nerves in the spinal column. Relax for 2 minutes



9. Standing on your knees, fingers interlaced behind the neck and lean back as far as possible, keeping balanced.

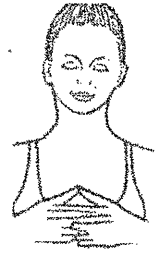


Think of one God, of the interconnectedness of everything, of unity. Hold for 1-2 minutes and relax.

TO REMOVE NEGATIVITY

19 January 1973

1. EASY POSE: hands in Venus Lock, but curl Mercury (little) and Sun (ring) fingers into the palms instead of crossing them.



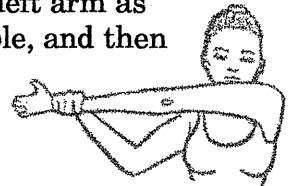
Then hook left Saturn (middle) finger over right Sun (ring) finger and pull, hard. Focus at the 3rd eye, continuously pulling hard on the finger lock for 1-3 minutes. Removes anger and enthrones the neutral mind.



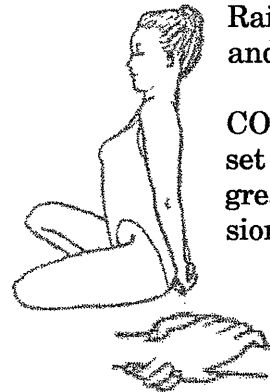
2. Fit base of hands under the cheek bones and push as hard as you can for 1-3 minutes. It doesn't have to hurt, but if it does, you have the right spot. Makes you feel happy!



3. Easy Pose. Grasp left wrist with the right hand and pull the left arm as far to the right as possible, and then stretch more for 1-3 minutes. Removes tension across the shoulder blades.



4. Easy Pose. Make wrist lock behind the back with the hands touching the spine and try to bring the arms up to the shoulders. Pull! Arch the spine forward and apply chin lock 1-3 minutes. Raises energy up the spine and elevates you!

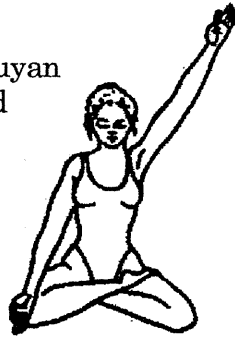


COMMENTS: This short set leaves you feeling great! Perfect for depression.

FOR NEGATIVITY

(stretch life nerve)

1. EASY POSE: hands in Gyan Mudra, palms up, right hand resting on the right knee, raise left arm out to the side and up 60°, hold with long deep breathing 2 minutes. Then switch arms and hold 2 minutes.

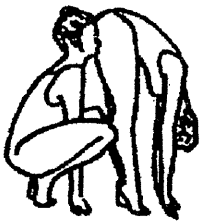


2. EASY POSE: Release down and meditate at the 10th Gate (the Crown Chakra at the top of the head) for 3 min.

3. Arms out to sides, palms up, hold with Breath of Fire for 3 minutes and then relax.



4. 15-26 Frogs: Heels together and raised, fingertips on floor between knees, head raised, inhale and straighten knees, lifting buttocks while dropping head to knees, arms and legs straight, hands and feet remaining in place. Inhale up and exhale down. (straighten legs and shake)



5. Begin in Rock Pose, lie back on the heels (Fish Pose) with long deep breathing, pulling Mulband on each exhale. 3 minutes.



6. Standing, raise heels to come on toes, straighten arms overhead, fingers in Venus Lock, palms facing up. Hold with long deep breathing 3 minutes. (stretch life nerve)

FOR IMMUNITY 1 Jan 81

Good and short.

1. EASY POSE: join the hands in Venus Lock behind the back, raising the arms as high as possible behind you. Begin twisting, using a powerful breath, building a good momentum. This is called VAYU MANTHNA KRIYA and it is regenerating, making you young and beautiful. It takes care of the complexion, and banishes negativity. 2-3 minutes.



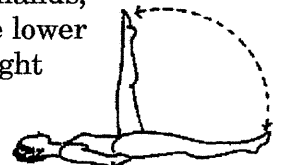
2. Immediately place then hands inside the armpits, with elbows out to the sides. Inhale and raise the elbows high, and exhale bringing them down to the sides, very fast, like wings. The breath will be like a steam engine. 2-3 minutes.



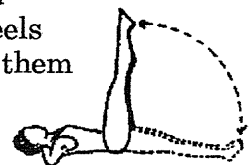
3. Extend the arms straight out to the sides, with palms facing down, and begin flapping them like wings, up and down within 60°, without bending the elbows. Inhale up and exhale down through an open mouth. Go faster and faster for 1-2 minutes. Inhale deeply, exhale and go right on to the next exercise.



4. ON BACK: place the hands, palms down, beneath the lower back. Keep the legs straight and alternately raise them to 90° with a slow Breath of Fire. (It takes 2-3 breaths for the legs to go up and down.) Continue 3-4 minutes. Then inhale deeply, stretching both legs straight up to 90°, and hold for 5 seconds. Exhale, inhale deeply, exhale and relax down.



5. ON BACK: clasp hands in Venus Lock behind the neck, inhale and raise both legs up to 90°, heels together. Exhale and lower them to floor. 2-3 minutes. Without pause, proceed to next exercise.



6. SIT with the legs out straight and hands interlocked behind the neck. Keeping the legs straight, heels together, hands in place, inhale and raise the legs to 90° and the upper body to form a "U" shape. Exhale down. Jump to raise legs and upper body. Continue for 2 minutes. Inhale deeply, and quickly come into Easy Pose.

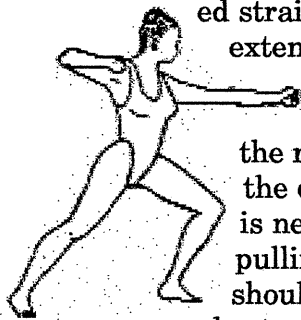


7. Cross hands over heart center. Concentrate all your energy into it as you chant, in monotone. Continue for 10 minutes. Then inhale deeply and proceed with the set.:



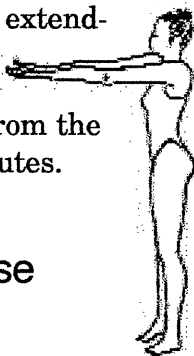
Ardas Bhae, Amar Das Guru
Amar Das Guru, Ardas Bhae.
Ram Das Guru, Ram Das Guru
Ram Das Guru, Sache Sahe.

8. ARCHER POSE, with left leg in front taking most of the weight, right leg extended straight behind, left arm extended out in front, parallel to the floor, as if holding a bow. Pull the right arm back, bending the elbow, so that the hand is near the arm pit, as if pulling an arrow. A stretch should be felt across the chest and navel. Eyes open, focus straight ahead into infinity. Chant aloud: (to the faster melody) for 8 minutes



Gobinde, Mukunde, Udaray, Aparay
Haring, Karing, Nirname, Akame.

9. STANDING: feet together, extending both arms straight out in front, making a cup with the hands. Stretch the arms out from the shoulder and chant: for 4 minutes.



Ad Such, Jugad Such,
Hebe Such, Nanak Hose
Bhay Such

10. Relax 5-10 minutes.

HEART CONNECTION

March 12, 1986

1. EP: Right hand in Surya Mudra (thumb touching ring fingertip), and left hand in Buddhi Mudra (thumb tip touching little finger tip), both hands up at sides with palms facing forward, elbows down. Breath powerfully thru the mouth (with Breath of Fire from the Navel Point) so that the cheeks billow in and out for 3 1/2 minutes. Then inhale deeply through the nose and hold for 30 seconds. Take 2 more deep breaths holding the exhale out for 30 seconds.



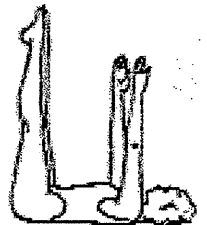
2. Place both hands over heart. Focus eyes on the tip of the nose and meditate. 'Feel goodness of the heart . . . think of oneness . . . feel the totality of God right under your hands.' 5 minutes.



3. Pull knees up to chest and lock them tightly with the hands. Now jump up and down for 1 1/2 minutes. Try it!



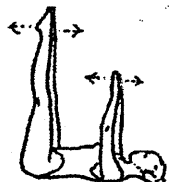
4. ON BACK: raise legs and arms to 90°, keep them straight, point toes. With heavy Breath of Fire, 'burn out everything, all the toxins'. 3 minutes 15 seconds. Balances the meridians.



5. Baby Pose (sitting on heels with forehead on the ground and arms beside the body), sleep for 6 minutes.



6. Same as #4, move arms and legs back and forth about 50cm (18"), alternately with BOF 2 1/2 min



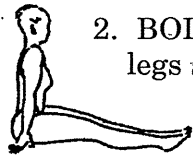
7. EP: place hands on heart (as in #2) and meditate or chant for 14 minutes.



KUNDALINI SET FOR THE HEART

Very strong set. (1969-70)

1. RUN IN PLACE facing each direction North, East, South & West for 30-60 seconds each.



2. BODY DROPS with legs stretched out in front for 1-1 1/2 minutes.

3. KUNDALINI LOTUS: Balancing on buttocks, grasp feet and raise them, keeping arms and legs straight (holding on to big toes, if possible) with LDB 2 minutes.



4. SPINAL FLEX in Easy Pose for 1 1/2-2 minutes. Then Spinal Flexes five times per inhale, and 5 times per exhale for 1 1/2-2 minutes.

5. FROGS, 26-54 of them. Squat into Frog Pose, heels raised and touching each others, fingertips on the floor with arms straight between legs. Inhale, lift buttocks, lowering head to look at knees. Exhale, returning to original squat, head looking straight ahead, always keeping the heels raised and touching.

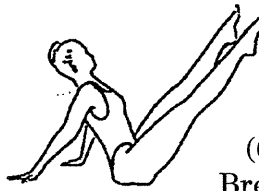


6. CAMEL POSE. Sit on Heels, arch hips up dropping head back and grabbing heels. Press the hips forward. BOF 1 min.



7. CHAIR POSE, with long, deep breathing for 1 minute. The with Breath of Fire for 1 more minute. Then inhale, exhale and apply Mulband hold, inhale and relax.

8. MAHA SHAKTI POSE. Sitting, legs straight, place palms on ground behind you, raise legs level with your head with left foot 15 cm (6") above right foot, Breath of Fire 2 minutes.

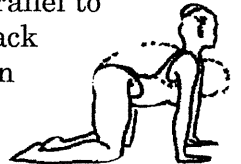


9. STRETCH POSE. On back raise head and feet 15 cm (6") (arms & legs straight), and look at toes, with BOF 2 minutes.



10. SPINAL FLEX: Rock Pose, inhale as spine arches forward, exhale back. 1 1/2-2 minutes.

11. CAT/COW: On hands and knees, arms and thighs parallel to each other, and arch the back up, dropping the head down (like a cat) as you exhale, then relax the back down and arch neck up on the inhale, 2-3 minutes.

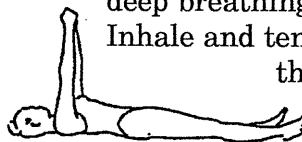


12. SPINAL FLEX in Rock Pose, with hands in Venus Lock behind the neck. On each exhale, press elbows together. 1 1/2-2 minutes.



13. ON BACK, push chest up and out with 5-10 lbs. of pressure, concentrating on the Heart Chakra, long deep breathe 2-3 minutes.

14. ON BACK, raise arms to 90° with long, deep breathing for 1 minute. Then Inhale and tense the fists and draw them to the chest and relax. Repeat the inhale twice more tensing the hands and relaxing.



BALANCING THE DEPOSITORY SYSTEM

2 May 1984

(55 minutes with short times)

1. Stand up, bend forward from the hips, letting the arms hang, and swing them from side to side, 2-3 minutes. Keep head and neck loose.



2. Still bending over, swing alternate arms out to the sides and down again, 2-3 minutes.

3. Lie down on stomach, lock hands in Venus Lock behind the lower back, and inhaling, lift upper body and arms, and exhaling, lower them, 2-3 mins.



4. Turn over onto back and raise both legs to 90°, catching the toes with the hands. Pull legs over the head into Plow Pose, and raise them back to 90°. 2-3 minutes.



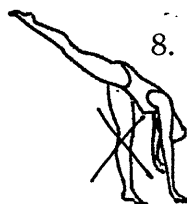
5. On stomach again, Bundle Roll. with arms tightly at sides, across the floor and reverse, rolling back to original position. 1-2 minutes.



6. ON BACK. cross legs at ankles, and raise them 1 meter, reverse ankles, and lower them. Repeat 2-3 mins.



7. FROG POSE. Slowly come standing, letting the hands hang, and then squat to Frog Pose again, 2-3 mins.

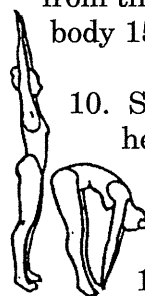


8. TRIANGLE POSE: Begin with both hands and feet on ground. Then raise alternate legs as high and as fast as possible. 2-3 minutes.

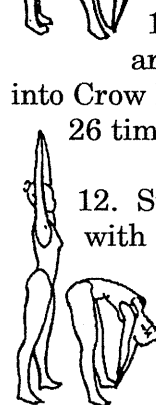
9. Sit in Easy Pose, hands in Venus Lock behind the back lifting the arms up as high as possible, and rotate



from the base of the spine the upper body 15 times in each direction.



10. Standing up straight, arms overhead, bend from the waist and touch the floor. 26 times.



11. Still standing, arms overhead, squat into Crow Pose and arise again, 26 times.



12. Standing still, arms up with one hand on top of the other, legs about shoulder width apart, bend over and touch alternate toes, coming all the way up in between. 26 times.

13. Sitting, raise the right arm out to the side and circle it 1 minute. Then change arms and circle the left one 1 minute. Then circle both arms in alternate, circles 30-60 cm (1- 2') 1 min.



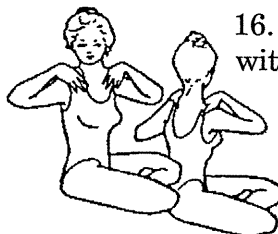
14. In Easy Pose, bend forward, resting on the elbows, and strike the ground fast and hard with alternate hands. 1-2 minutes. Use the flat part of the hands.



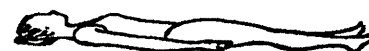
15. Standing, drop head back, with chin up, and hold with normal breathing, for 1-2 minutes.



16. In Easy Pose, with hands on shoulders, fingers in front, thumbs in back, twist from left to right 2-3 minutes.



17. Relax in Corpse Pose 10 minutes.

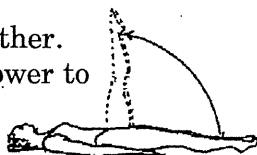


NAVEL CENTER & ELIMINATION

1. ON BACK. Left leg 30 cm (12") off ground, toes pressed forward. Bicycle with legs in a pumping (not circular) motion, keeping the feet 30 cm off the ground. Knees come as close to chest as possible. Breathe deeply, 30-60 seconds.



2. ON BACK: heels together. Lift legs 90° on inhale, lower to ground on exhale. Do this at a fairly rapid pace for 1 min. Rest 30 seconds, repeat 1 min. Rest for 30 sec., repeat 1 min.



3. COBRA POSE: Hands under shoulders, arms straight. Strike buttocks with alternate heels, 1 minute. Move with the breath.



4. BOW POSE: Hold ankles and stretch up. Look towards the sky. Roll on stomach back and forth, BOF 1-2 minutes.



5. ON BACK: bring knees to chest, roll forward and back on the spine 1-2 minutes.



6. ROCK POSE: Holding heels from behind, bend forward and touch forehead to ground. Hold 1-2 mins. (Gurpranam)



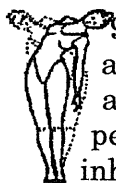
7. STRETCH POSE: BOF 1-2 minutes.



8. ON STOMACH: arms stretched forward with hands in venus lock. Lift legs and arms off ground, arms hugging ears. BOF 1-2 minutes.



9. STANDING, heels together, arms at sides, bend from the waist. Swing arms and head side to side like a pendulum, breathing as you move, inhale left, exhale right. 2 min.



10. STANDING, inhale and twist the body to the left, extending the left arm, right hand to heart, then exhale as you twist right, right hand extended, left hand to the heart. Continue briskly for 2 minutes.

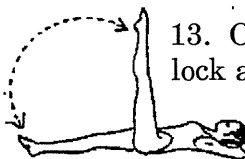


11. STANDING, arms straight, palms and thumbs crossed, exhale and touch palms flat on the ground before feet. Then inhaling straighten up and arch backwards, holding the breath in for 10-20 seconds. Repeat 10-20x.



12. ON BACK repeat #1 30-60 seconds.

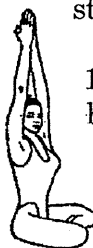
13. ON BACK, hands in venus lock at back of neck under hair. Raise alternate legs up to 90° on inhale, lower on exhale. Fast pace 1-2 minutes.



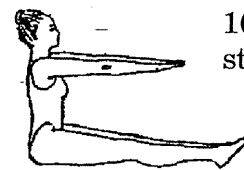
14. ROCK POSE: Hands in venus lock in lap. Breathe soft and normal, but regulated. Inhale SAT, exhale NAM, 3-5 mis. Go deep, be steady, vibrate your identity is truth!



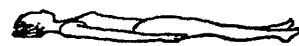
15. SAT KRIYA: Raise hands overhead, palms together, thumbs crossed. Pull mul bandh and hold 1-2 minutes maximum. Inhale, exhale, and apply mul bandh.



16. SIT up, legs out straight. Raise arms parallel to ground. BOF 1-2 minutes.



17. RELAX: CORPSE POSE 5-10 minutes.



18. EASY POSE: Close eyes. Meditate at third eye. Raise arms overhead with palms together, arms hugging ears. Chant in the 3 1/2 cycle of Laya Yoga. 3-11 minutes

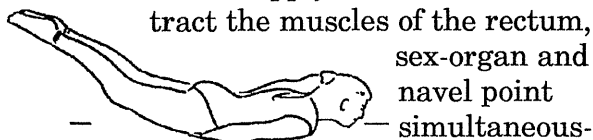


EK ONG KAR-a
SAT NAM-a
SIRI WAHE-a
a-GURU

"GOOD FOR EVERY-THING THAT AILS YOU"

15-Minute Set (This is one of the early sets Yogi Bhajan taught in 1969)

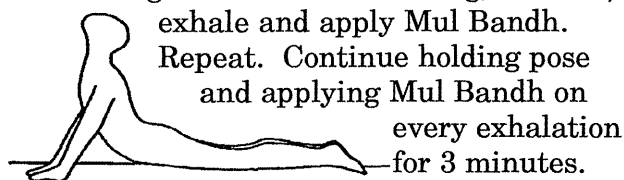
1. **ON STOMACH:** Place fists under you, pressing into stomach. (It may hurt). Inhale and lift both legs up as high as possible. (Legs remain up throughout the exercise). Exhale and apply Mul Bandh (con-



tract the muscles of the rectum, sex-organ and navel point simultaneously). Hold the breath out as long as possible, and when necessary, inhale. Then, exhale again and apply the Mul Bandh. Continue this sequence for 3 minutes, holding the legs up throughout the exercise.

2. **RELAX** for 2 minutes.

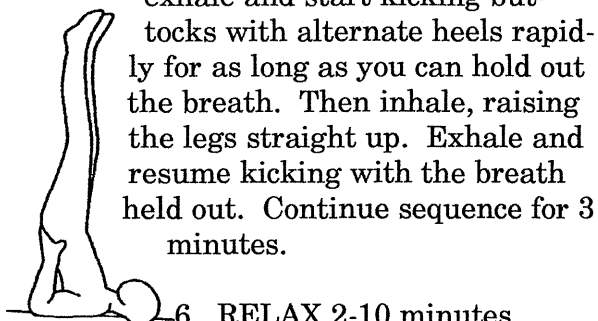
3. **COBRA POSE** (On stomach, chin on floor, hands under shoulders, fingers pointing forward, slowly lift chin, head, neck, shoulders, upper torso off ground, ideally leaving only the hips and legs on the floor, keeping the heels together. Eyes open, gaze fixed on the ceiling). Inhale, exhale and apply Mul Bandh.



Repeat. Continue holding pose and applying Mul Bandh on every exhalation for 3 minutes.

4. **RELAX** on stomach for 2 minutes.

5. **ON BACK.** Lift body up into Shoulder Stand using hands to support hips. Inhale, exhale and start kicking but-



tocks with alternate heels rapidly for as long as you can hold out the breath. Then inhale, raising the legs straight up. Exhale and resume kicking with the breath held out. Continue sequence for 3 minutes.

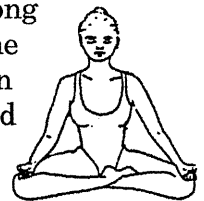
6. **RELAX** 2-10 minutes.

NOTE: Relaxation after each exercise is just as important as the exercise itself.

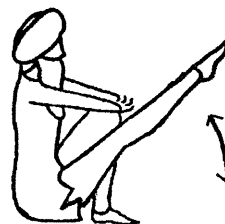
CHANGING EMOTION TO DEVOTION

"Any medicine formula or herb which works to purify the blood is bitter. Similarly, life provides circumstances to purify, This is the price you have to pay for Divinity.... You have to convert your emotions into devotion." YB

1) **EASY POSE:** Take four long deep powerful breaths. On the fifth inhalation, put your chin on your left shoulder and hold it there briefly. exhale and quickly turn chin to right shoulder and hold the breath out briefly in that position. Repeat 1 1/2 mins.



2) **SIT** down, one leg stretched out in front the other bent, foot on the ground, and knee pulled to your chest. Inhale deeply and lift the stretched leg as high as possible and then lower it as you exhale slowly and powerfully, 1 min. Change legs and continue for breath, 1 min.



(Occasionally hold the breath in or out.)

3) **STAND:** Running in place, raise alternate knees to chest about 20 times each side with powerful synchronized breath.



NOTE: This set of exercises also stimulates the pituitary gland. Some people may not even be able to do the last exercise; some may get cramps in the toes.

Keep practicing until your knees can actually touch your chest when you raise them.

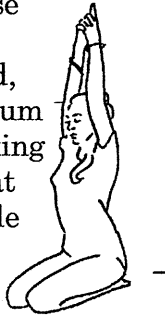
NOTE: Sometimes our limbs go to sleep. To avoid this, control your sexual indulgence and practice in addition to the above.

4) **CAT/COW.** Keep a 30-40 cm (12") space between the hands. Keeping the neck straight, flex the spine. Cupid runs away from this exercise. 3-5 minutes.



NOTE: Remember, nerves are fed by semen. Whenever semen gets short in the body, the nerves become poor.

5) SAT KRIYA: Sit on heels, raise hands over head, palms pressed together firmly. Chant SAT aloud, pulling in the muscles of the rectum and the sex organ and then relaxing the tensions saying NAM. Repeat rapidly for 2 minutes. Then inhale and hold 10 seconds. Sat Kriya helps to lift you out of maya.



TO BUILD CIRCUMVENT FORCE

(8th Chakra)

1) EAGLE POSE: Ego Eradicator: Sit in Celibate pose or Rock Pose. Arms up at 60° angle, fingers on mounds, thumbs up, hands above the head. Breath of fire for 3 minutes.

2) ROCK POSE: Ego Eradicator #2: On inhalation, slowly raise arms 60°, fingers extended as antennae, on exhalation bring hands back to shoulders (fingers in front, thumbs behind). Long deep breath with this, for 3 minutes. Then bring hands back to shoulders and keep them there for 1 min. breath of fire. Recirculates pranas into body.

3) EASY POSE: Arms out to sides, parallel to ground, pull hands back, fingers pointing up, so there is a pressure at wrist. BOF 3 minutes.

4) RELAX ON BACK 5 minutes. Hold on to this awareness you are building a field of energy.

5) EASY POSE: arms parallel straight from shoulders in front. Embrace energy/light with long deep breathing 30 seconds, then inhale, exhale (3 times), make a fist and pull prana to chest. Repeat 3 times.

6) ON HEELS:, extend right arm in front with palm up, left arm extended back with palm up parallel to ground in a straight line. Fingers spread wide apart. Breath of fire 3 minutes, during the time, alternate arms (twice) about 45 seconds each time.

7) EASY POSE: hands in gyana mudra and meditate on your higher self 3-5 minutes.

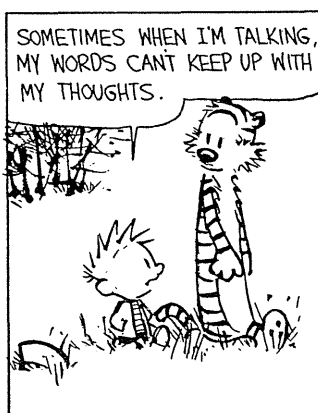
8) EASY POSE: arms straight up, hands in gyan mudra, palms facing forward, chant SAT. Chant NAM pulling arms back down to shoulders, 3 minutes.

9) SAT KRIYA for 11 minutes followed by 11 minutes of corpse pose.

10) EASY POSE: hands in gyana mudra, long deep breath pulling energy in through third eye. Exhale and let the energy come out of every part of the skin. Expand it through meditation with the breath, "Inhale & expand - Exhale: merge" Continue 5 minutes.

11) Chant minimum of five times with deep breath in between each complete mantra; all five words are done in one breath.

GURU RAAM DAAS
RAKHO SIRNAI



KRIYA FOR ELIMINATION/ APANA

ALHAMBRA Y.M.C.A. - LESSON I

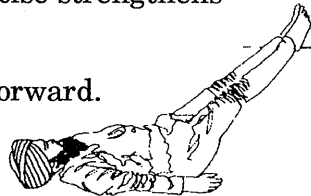
1) Vatskar Kriya: Sit in easy pose, hands on knees. Make a beak of mouth and drink as much air as you can into your stomach in short, continuous sips. Pull in and hold it. Roll your stomach left and right as long as possible with neck lock applied. Churn stomach area. When you can hold in no longer, exhale slowly (not powerfully) through mouth and then repeat exercise. (3 times-total.) Always do on an empty stomach and not more than twice per day.



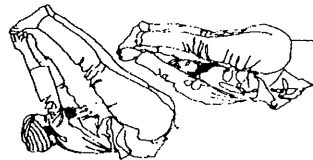
2) Sit on heels. Touch forehead to ground. Keep hands behind back on ground. Imagine that you have a big tail and wag it. Imagine the tail weighs 100 lbs, and you want to break the wall behind you with it. (2-3 min. followed by 5 min. rest.) This exercise strengthens the heart.



3) Lie down. Press toes forward. Lift legs three feet from ground. Start long deep breathing. When you can't hold up, come down and then immediately go up and try again. It will be painful, but this is best for you. (2 min.) This exercise works on the gall bladder and slims the waistline.



4) Lie down. Bring legs overhead, catch your toes and roll back and forth to neck. Hold onto your toes and keep moving. (3 min.) Works on nervous system and circulation.



5) Sit up immediately in sukasan (EP). As calmly as possible, make a "u" of right hand, Close right nostril with thumb of right hand and use little finger to close left nostril. Inhale left, exhale right. Continue.



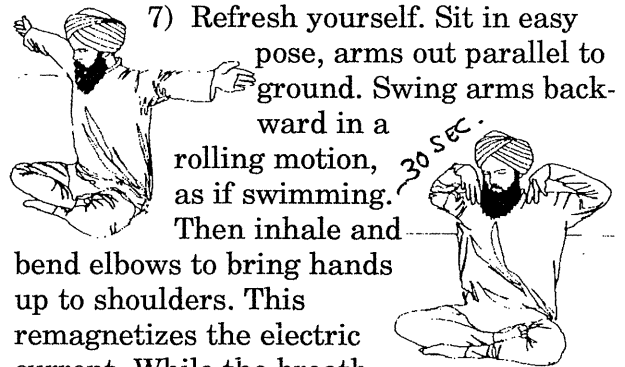
Energy going in. Disease and sickness going out. (3 min.)

6) Sit in sukasan, hand lock at chest. Turn head left and right. Inhale as chin goes over left shoulder, exhale as it turns right. Works on thyroid and parathyroid (guardians of health and beauty). 3 MIN.



NOTE: Aging doesn't start with years, it starts with deficiency.

7) Refresh yourself. Sit in easy pose, arms out parallel to ground. Swing arms backward in a rolling motion, as if swimming. Then inhale and bend elbows to bring hands up to shoulders. This remagnetizes the electric current. While the breath is held, the energy starts circulating. When exhaled, it flows to all parts and you will feel refreshed. 3x-5x

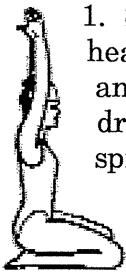


Comments: How to eliminate from your system at your command. Typical secret exercise; will change your life and your behavior. Will make you happy. Can lead to mastery of digestive system. You have to do it regularly, without missing even one day.



DISEASE RESISTANCE

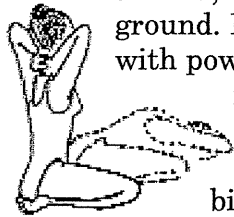
Digestion



1. Sit on heels and stretch arms overhead, palms pressed together. Inhale and pump the stomach by forcefully drawing the navel in towards the spine, and then relaxing it, rhythmically until you must exhale. Inhale and begin again. Continue 1-3 minutes. Stimulates digestion and Kundalini energy in the 3rd Chakra.



2. Still sitting on heels, place hand in bear grip at chest level, forearms parallel to the ground. Inhale, hold and try to pull the hands apart, applying force without separating hands. Exhale, inhale and repeat for 1-3 minutes. Inhale, exhale and relax. Opens the Heart Center and stimulates the Thymus Gland.



3. Still on heels, clasp hands in Venus lock behind the neck. Inhale, exhale and bend forward, touching forehead to the ground. Inhale and arise. Continue with powerful breathing for 1-3 minutes. Inhale, exhale and relax. Improves digestion and adds flexibility to spine.

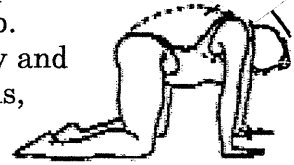


4. Stretch legs out in front, reach forward and grab toes. Bend and bring forehead to knees and elbows to the floor, and remain there breathing normally for 1-3 minutes. Inhale, exhale and relax. Implements circulation of glandular secretions from previous exercises, and deep relaxation.

5. In Easy Pose, roll the neck clockwise, bringing each ear to shoulder in turn, keeping shoulders relaxed and still, gently stretching neck as head circles smoothly around, for 1-2 minutes. Then reverse directions for 1-2 minutes more. Relax. This and the following two exercises open circulation to the brain and stimulate higher glands including the pituitary, parathyroid, thyroid and pineal glands which work together.



6. Cat/Cow: Supporting yourself on hands and knees, knees hip width apart, arms straight and shoulder width apart, inhale, and with head relaxed down throughout, flex the spine down, exhale flex it up. Continue rhythmically and powerfully for 1-3 mins, gradually increasing speed. Relax.



Transforms sexual and digestive energy while stimulating the nerves of the lower cervical vertebra.

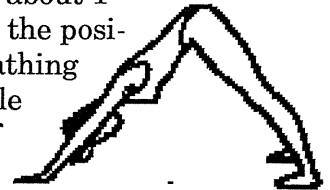


7. Sitting on heels alternately shrug shoulders as high as possible without moving the head, inhaling as the left shoulder rises, and exhaling as the right is lifted for 1-3 minutes. Inhale and raise both shoulders, exhale and relax.

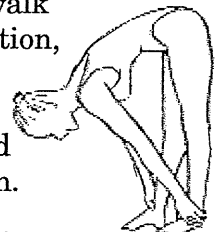
8. Deeply relax, lying on the back, arms at sides, Palms up for 5-7 minutes.



9. Dog (or Triangle) Pose. Form a triangle with buttocks at pinnacle, body forming a straight line from heels to buttocks, and from buttocks to wrists, head in line with body, shoulders pressed straight (and towards knees), hands about 1 meter from toes. Hold the position for 5 minutes breathing normally. Inhale, exhale and slowly come out of the position to relax. Aids digestion, strengthens nervous system and relaxes major muscle groups.



10. Standing, reach and grasp ankles. Keeping the body straight, walk around the room in this position, for 1-3 minutes. Sit down and relax. Aids elimination and adjust the magnetic field to prepare you for meditation.

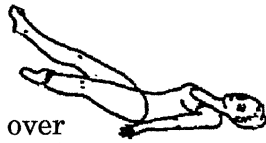


COMMENTS: To avoid persistent colds and illness, it is essential to keep digestion and elimination well functioning. strong metabolic balance adds heartiness. This kriya develops these capacities and builds disease resistance.

KRIYA FOR PHYSICAL & MENTAL VITALITY

Saturday Set

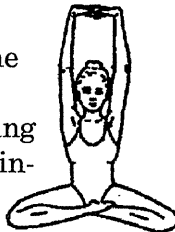
1. Lie on the back, lift legs 30 cm (12") and begin crisscrossing left over right, right over left, spreading them wide in between. After 5 minutes, inhale and apply Mulbhand. Rest 2 1/2 minutes and repeat the cycle, keeping the legs straight throughout.



2. Lift both legs 2 feet, and begin bicycling motion, keeping them parallel to the ground. Rest 2 1/2 minutes & repeat cycle. Exercises 1 & 2 move the Kundalini energy from the lower three chakras.



3. Seated in Easy Pose, lift the arms straight above the head, fingers interlocked, palms facing up. Do Breath of Fire for 5 minutes. This moves the energy through the heart center. Feel all the worries of the day drop away, and you are rising above the clouds, and your entire body is filled with the light energy of the breath.



4. Clasp opposite shoulders, arms behind the head, thumbs forward, with Breath of Fire for 5 minutes. Then inhale, exhale, and inhale deeply, hold and circulate the energy. Exhale, apply Mulbanda, hold, and repeat the inhale, exhale, Mulband 3 times. Feel that light energy lift to your head and project your mind into an expansive peacefulness, as the energy is moved through - the throat chakra to the higher centers.



5. RELAX completely. Separate the mental body from the physical, and move it around for about 5 minutes. Then bring it back.

6. Sitting in meditation pose, chant any divine mantra for 11-31 minutes.



COMMENTS: This is a good kriya to do on Saturday, the day of Saturn the Task Master, or when you want to work very hard.

The hardest part of the series is the beginning. If you attempt the full time prescribed, at first, you may have sore stomach muscles and weak legs. Do what you can, and do it gracefully, breathing consciously throughout. The sexual and digestive energies require a little work to balance. The hard work brings deep relaxation, and the feeling that you have the latent power to cleanse and revitalize yourself mentally and physically. Mental projection and meditation are automatic afterwards.

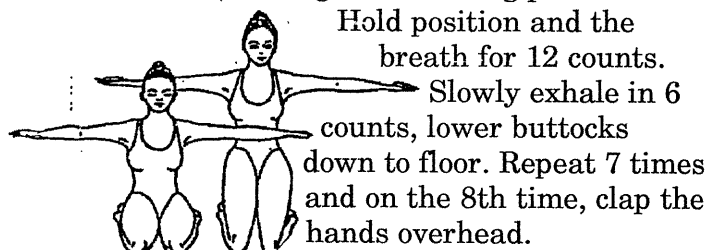
PRANA-APANA BALANCE

Spring 1970

1. Sit gracefully in Celibate Pose between calves and ankles, for 2 minutes with hands relaxed on thighs, breathing normally.

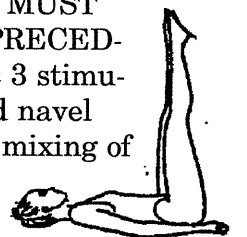


2. Then stretch arms out to the sides parallel to the ground, palms up. Inhale for 6 counts, arising to a kneeling position.



Hold position and the breath for 12 counts. Slowly exhale in 6 counts, lower buttocks down to floor. Repeat 7 times and on the 8th time, clap the hands overhead.

3. Lie on the back with hands at the sides and raise the legs 1 1/2 feet off the ground, pedaling them in a bicycling motion, and keeping them parallel to the ground, for 2 1/2 minutes. THIS EXERCISE MUST ALWAYS FOLLOW THE PRECEDING ONE. Exercises 1, 2 & 3 stimulate sexual, eliminative and navel energies, and complete the mixing of prana and apana at the navel point.

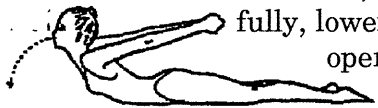


4. Immediately inhale and raise legs to 90°, hold for 30 seconds, slowly exhale and lower the legs.



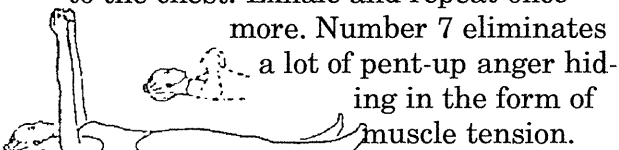
5. Still on back, lift the legs 15 cm (6") off the ground and hold with BOF 1 minute. Inhale, hold, and then relax.

6. On the stomach, clasp hands in Venus Lock in back, inhale powerfully and arch the spine up from the waist, with the eyes closed. Hold for 30 seconds, Then, exhaling fully, lower torso and open the eyes.



Repeat this cycle 10 times. (If you keep the eyes open, it can cause temporary dizziness as you rebalance.) This exercise allows the expansive heart to dominate in your attitudes.

7. On the back, raise arms straight up to 90°, palms facing each other, and hold with Breath of Fire for 1 minute. Then inhale and with great tension make fists, clench teeth and slowly pull energy and fists down to the chest. Exhale and repeat once more.



Number 7 eliminates a lot of pent-up anger hiding in the form of muscle tension. Numbers 5, 6 & 7 focus on the higher chakras and on pranic force at the eyes and heart.

8. Relax. Move the mind to the navel point and listen to the heartbeat there. Feel that you are at home, resting at the center of yourself. The heart rhythm is powered by the cosmic, creative sound of ONG, ONG, ONG. This will levitate you and give you mental relaxation and sensitivity.

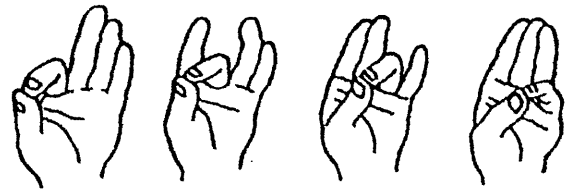
COMMENTS: This kriya is delicate and subtle in its many effects. When the energies of prana and apana is properly mixed, the power of the Kundalini can be released. This set is carefully designed to mix prana and apana at the navel point.

GAN PUTTEE KRIYA

Kriya to Make the Impossible Possible

2 November 1988

1. Sit in Easy Pose with a straight spine. Arms extended with the back of your hands resting on your knees, so the palms are facing up. Eyes are nine-tenths closed. Chant from your heart in a natural, relaxed manner. Let your voice be steady as you repeat the mantra either in the style of 'Kirtan Kriya' or in a monotone. Continue for 11 minutes. Time can be built up slowly to 31 minutes.



| | | | |
|----|-----|----|------|
| SA | TA | NA | MA |
| RA | MA | DA | SA |
| SA | SAY | SO | HUNG |

2. To End: Still in Easy Pose, inhale and hold the breath for 20-30 seconds while you move every part of your body. Then exhale, and inhale again holding and moving. Then repeat one more time.

3. In Easy Pose, sit in absolute calmness and concentrate on the tip of your nose for 1 minute.

Comments: Technologically you have to develop two areas: the frontal lobe and the upper palate. The upper palate is developed by jaapa. The frontal lobe is developed by meditation.

Gan Puttee is another name for Ganesha, the god of knowledge and writing. He is often shown with a rat, who represents cleverness and the ability to get through any barrier to the solution. This meditation can dissolve any blockage in your life.

This is a process of self-healing as it helps one transform all the negativity of the past and present. It will smooth out your day and create a positive tomorrow.

SERABANDANDA

KRIYA 12 October 1977

For Curing Any Disease

Note: 1-4 is one continuous movement.

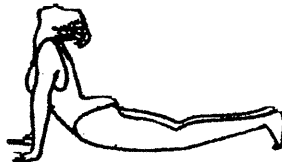
1. Begin in Triangle Pose, heels on floor, hands and feet 30 cm apart from each other. Hands and feet remain in place throughout.



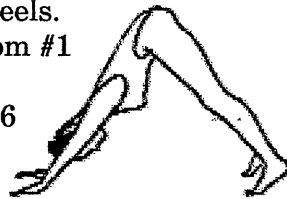
2. From Triangle position, inhale, exhale and bending the arms lower chin only to the floor.



3. Then Inhale and exhale into Cobra, back arched, arms and legs straight.



4. Finally, Inhale into Triangle, on toes, then exhale and lower heels. Repeat this sequence from #1 - 4, 26 times. Relax 10 Minutes. Then repeat 26 more times, relax 10 more minutes, and repeat once more, relaxing deeply afterwards.



COMMENTS: This kriya will cure any disease. It opens valves in the veins and arteries for complete circulation. It opens the vertebrae to allow blood to flow through every part of the spine and then to every part of the body.



KRIYA FOR DISEASE RESISTANCE

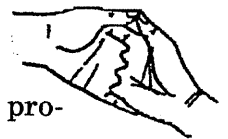
(Heart Helper)

1. EASY POSE: interlace fingers, press the thumbs together and rest in the lap, palms up. Apply Mulbhand chant:

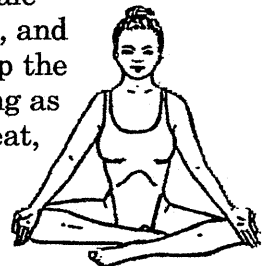


God & me, me & God are One

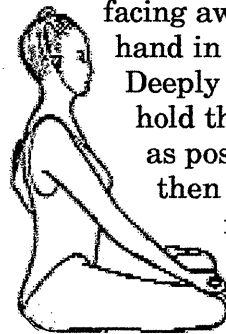
With each repetition, pull the locks up a little tighter, for 3 minutes. Invigorates first chakra and elimination promoting disease resistance.



2. EASY POSE: hands in Guyan mudra on knees, inhale deeply, exhale slowly lifting the rib cage, and with the breath out, pump the stomach in and out as long as possible. Inhale and repeat, continuing for 3 minutes. Stimulates the 3rd chakra, endurance and nerve strength.



EASY POSE: bring the left arm in back of the torso, bending it so that the hand stretches toward the right shoulder, palm facing away from body, with right hand in Guyan Mudra on knee. Deeply inhale, completely exhale, hold the breath out as long as possible, applying Mulbhand, then inhale and repeat for 3-5 minutes. #3 strengthens the heart and increases circulation above the diaphragm.



4. In any comfortable meditation posture meditate on the regular energetic flow of the breath. Feel your radiance and light.

COMMENTS: Three repetitions of this kriya is very effective.

KRIYA TO BALANCE & RECHARGE THE NERVOUS & IMMUNE SYSTEM

23 March 87

This is the most sacred kriya in yoga. It balances the 3 powers, the three systems of the body: parasympathetic, sympathetic, and nerve-active system. These are very important and must be in balance.

Do this kriya so you will never be in pain. It will slowly and steadily build very strong steel-like stamina in you. You'll think better, act better and be precisely accurate in life. You will become intuitive so you can subtly pick up messages, and you won't have to go to psychics for your sensitivity. This kriya is for the spine, which controls the nervous system. It is like taking a huge vitamin pill (so you won't need vitamins either), and it will balance every molecule in your body.

1. EASY POSE: place arms out straight, parallel to the floor, at 30° forward from the sides in a line with the knees. Right Hand: with palm facing forward, keep index and middle finger stiff and straight, bending the ring

and little fingers into the palm, held by the thumb.



The arm and the extended fingers remain straight and rigid like steel and do not move throughout the



meditation. (Imagine you are shooting a der-ringer.) Left Hand: Keep the elbow straight with

palm facing the floor. Move the left arm rapidly up and down (about 10-12 cm total), the breath becoming like Breath of Fire, will burn out the garbage.) The breath should like a steam engine.

Eye, tense molecule in your body. Hold 30 seconds, and exhale. Immediately inhale and hold 20 seconds. Rapidly exhale, inhale and hold 10 seconds. The last time, rapidly exhale, inhale and hold 5 seconds. Then exhale and relax.

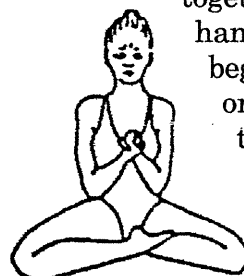
COMMENTS: If you feel

- Cramps - calcium is off.
- Tired - magnesium is out of balance.
- Arm hurts - take 2 bananas because the potassium is out of balance.
- Back hurts (and you are a woman), menstruation is impaired, and, if you are a man, you are on the verge of impotency.
- Head hurts it means the flow of blood to the head is obstructed and nutrition is not right.

2. EASY POSE: lock palm over palm, with right palm facing body, fingers overlapping the back of the opposite hand at Heart Center. Inhale and press hands



together so hard that the hands, arms and rib cage begin to shake. Hold 15 seconds and exhale. Repeat twice more (3 times total), and then relax.



COMMENTS: This exercise brings the navel

area into balance and recharges all the pranic areas and the immune system of the body. It will put you into a deep meditative state, even if done for only a few minutes.

After 11 minutes, inhale, solidify the body and keeping the attention at the 3rd

The Rest
of the
Stuff

*The process of self-healing is
the privilege of every human being.*

*Self-healing is not a miracle, nor is it a
question of being able to do something
that most people cannot.*

*Self-healing is a process that occurs
through the relationship
between the physical and
the infinite power of the soul.*

*It is a contract, a union -- that is
the science of Kundalini Yoga.*

--- Yogi Bhajan

CHILDREN

KUNDALINI YOGA FOR CHILDREN

A guide to fun and development for the human being.

The following are not in a particular order. The postures can be done individually or grouped together. Please include time for short rests in-between exercises and a longer rest/quiet time (meditation) at the end. Please also encourage them to breathe along with the movements. **VERY IMPORTANT** - Do NOT teach young children Breath of Fire.

Some exercises can be done in more than one position. As in the Lion, can be done cross-legged, sitting on heels or in a chair. Follow common sense. All exercises must end with an inhale, exhale, inhale and then relax.

LION: seated- hands on knees or in front on ground, make face big and wide with tongue out, allow breath through mouth to be deep, okay to make lion sounds. (releases stress/anger)

FROG: start in a squatting position, hands on ground, arms inside knees, on the inhale straighten the legs raising the buttock with hands remaining on the ground, exhale back down into the squatting position. Kids naturally want to leap around the room, this is fine, remembering to do an inhale, exhale, inhale and relax to end the posture. (energizes and balances the nervous system)

COBRA: begin on stomach, palms flat on the ground under the shoulders, slowly (you can really make this fun to see how slow you can go) inhale while straightening the arms, this lifts the upper body, arching the back. You could tell them that by doing the cobra, they will not be afraid of snakes. Hissing is good. (re-channels energy & boosts self-control)

TREE: standing, raise one leg and place the bottom of the foot on the side of the knee, then raise the arms up, palms together, straight over the head. Breathe steady and see who can last the longest. Mention how a tall tree has a deep and long root that goes into the earth to hold it up and they can imagine the same sort of root coming out the bottom of their foot, keeping them up. (helps to instill balance)

ELEPHANT: begin standing, keep knees straight throughout the entire exercise, bend forward at the hips, lock the hands together and allow the arms to swing from side to side as they walk around the room. Arms become the trunk, walking straight-legged looks like a big lumbering elephant. Again noises are good. Suggest that they keep looking at the ground, but to not bump into anyone, just sense they are there. (promotes feeling grounded and strong)

CRAB: begin sitting on ground, bring feet flat, place hands flat on ground behind the body, remind them to breathe into the belly, so we will have plenty of laugh energy for belly laughs. Keeping the hips up, begin walking around the room. You can direct them forward, backward or sideways. This is difficult for many, but lots of fun as long as they are told to just do their best 2. and keep breathing in the belly and/or laugh into the belly. (helps to make a child less timid)

LEANING TREE: seated or standing, arms overhead with palms together, simply inhale and lean to one side, exhale to the center, then inhale and lean to the other side, keep alternating. Many will not follow this exact breath, again this is okay as long as you end with inhale, exhale, inhale and relax. As with all the above you can paint a picture, like how the wind is very fierce and the tree must bend so it won't break/snap. Fierce wind sounds are terrific. You may vary the movement by going front to back. (strengthens nervous system, lower back and aids digestion)

CAT/COW: begin on all fours, on the inhale the spine is arched down towards the ground with the head up, the cow, next exhale flexing/bending the spine up towards the ceiling and the chin goes into the chest, the cat. Actually doing the sounds can be very entertaining, you know, moo - meow - moo - meow - moo - meow. (develops flexibility and inner strength)

LOG ROLL: this involves a bit of floor space to really work, everyone lies down with their palms hugging the side of their hips. Then without bending, using their hands or their feet, begin rolling, everyone in one direction, then all together in the other direction. Some will say it's too hard, but others will excel. This one often produces lots of laughs. (releases energy and develops will)

ROCK POSE: sitting on heels, be still as a rock, breathe into the belly. Ask what does a rock think about? Can it move? Does it grow old? Are baby rocks their children? How does a rock decide what color to be? Can rocks live underwater? (meditative - calming)

Notes: All postures can be done up to one minute each, and if requested or interest is shown you can do another minute after a short rest of 15 seconds or longer. I have found that they like moving on and trying the next posture. Besides sounds, you can paint a picture with color. The lion is yellow with a brown mane, tree with green leaves (or orange fruit in its branches), the frog, traditional green or be creative by asking them to do a red frog for instance and how a red frog might act different from a green frog.

The children may even come up with their own postures, it is okay to explore, remembering to inhale, exhale, inhale and then relax at the end of each position. If you work with these postures, you will quickly begin to add your own commentary and understanding. All these exercises are great for adults too, you might skip the animal sounds part.

All this designed to help each child (child of God) develop into the most powerful, loving and beautiful being possible. It is science, the science of Kundalini Yoga. It works and by passing this along to the generation to follow you will be blessed.

10 THINGS TO DO FOR YOUR CHILDREN

1. Love them.
2. Build their self-esteem.
3. Challenge them.
4. Listen to them.
5. Expect respect.
6. Limit them.
7. Make God a part of their lives.
8. Develop a love of learning.
9. Help them be community-minded.
10. Let them go.

QUOTES:

A pupil from whom nothing is ever demanded which he cannot do, never does all he can. - John Stuart Mill

I think the one lesson I have learned is that there is no substitute for paying attention. - Diane Sawyer

SYSTEM OF 12

Astrology-Meridians-Diet-Healing-Yoga-More
Source: Guruchander Singh Khalsa (GRD
Health Clinic, 1105 Llano, Santa Fe, NM
87501, FAX: 1-505-984-0744)

12 energy circuits or meridians, 12 sun signs, 12 major organs, 12 hours (twice) in a day. All indications and recommendations also apply to moon cycles as they enter each constellation relating to the sun signs. Techniques come from ayurvedic, chinese, western and yogic traditions. (VIRGO not complete)

AQUARIUS - Jan 20 - Feb 20 23:00 -01:00 AIR

Gall bladder meridian. Emotionally, our tolerance may be challenged and opportunities provided to expand our levels of patience and acceptance. Since Aquarius is a fixed air sign, beware of rigidity, both physically and mentally.

Physical indications of imbalance in gall bladder meridian flow:

1. headache on one side of the head.
2. nausea and indigestion
3. pain in either shoulder blade, or in front of the shoulder in the anterior deltoid muscle
4. pain down the outside of either leg, from the hip to the little toe.

to clear gall bladder meridian, drink a glass of fresh squeezed grapefruit juice before breakfast every day, and avoid heavy, fatty or oily meals. (good advice any time)

additional tips:

1. visualize the color green
2. eat beets, and lots of greens
3. homemade yogurt, made with NO powdered milk or thickener
4. drink warm lemon water in place of grapefruit juice
5. avoid sweets; eating too many sweets weakens the will.
6. lose excess pounds
7. take the cell salt Nat. Mur 6x
8. any exercise to strengthen navel area/3rd chakra. Sat Kriya and Stretch pose.

PISCES Feb 20 - March 20 1:00 - 3:00 WATER

Liver meridian is triggered to clear and heal. Liver relates to anger, so we may be challenged to creatively process our anger. There is an opportunity to shed patterns of reaction which no longer serve us or represent who we are.

Tips on being kind to your liver:

1. eat sour foods, homemade yogurt with no thickeners added
2. Grapefruit juice or warm lemon water
3. citrus recipe for liver: 1 grapefruit, 2 oranges, 1 lime, handful of shelled raw sunflower seeds, add honey to taste.
4. casserole; 1 bunch of beets, 1 lb carrots, 2 bunches scallions, 3 cloves minced garlic, 1 cube butter, tamari, black pepper, 1 lb grated cheese.
5. practice moderation with sweets. 2R as remedy for too many sweets
6. cell salt is Ferrum Phos. 6x
7. Beet/carrot/celery juice
8. any exercise which strengthens the abdominal area and 3rd chakra.

Set for personality, nerves, and perception:

A. rock pose, arms parallel to ground, lean back 30°, look straight and do not blink, breathe normally for 3-31 minutes

B. bend left leg hold with arms, right leg out straight then lift 60°, look straight and keep spine straight, LDB for 2 min., then switch legs.

C. Legs extended, palms on ground by hips, lift up on palms and heels, normal breath 3 min.

D. Legs extended with palms together overhead, stretch up high, arms hugging the ears, breathe normal for 1 1/2 minutes then completely relax on back

Symptoms to watch for:

1. foot pain
2. muscle pain or tightness in chest area and/or between shoulder blades
3. nausea or indigestion
4. irritability or short temper
5. eye conditions

ARIES March 20 - April 20

3:00 - 5:00 FIRE

Aries, the ram, key word for month is 'Breathe'. Aries governs the lung energy circuit or meridian. Breathing deeply and powerfully and exercising vigorously will aid this meridian and keep us elevated and joyful. As meridian clears may feel sorrow, grief, sadness. Also rules head, watch for head injuries, headache and fever. Other symptoms include muscle tightness in diaphragm area or mid back, mental confusion or lack of understanding. Breathe to clear the mental processes and energize the body. Both breath of fire and long deep breathing are recommended.

Tips:

1. Chlorophyll and psyllium, 1 tablespoon each with juice before breakfast and dinner daily for 8 weeks.
2. eat lightly, blood is shifting to warm weather
3. Kali Phos 6x
4. cauliflower (looking like a brain) helps promote mental clarity.
5. rose quartz over heart center protects against sadness
6. 10 caps of 3R, 3 times daily from 15-25 march
7. eat garlic, onions(raw is best) and ginger to clean blood, strengthen nerves and immune system
8. hold and massage ring fingers of both hands for 2 minutes each, this energizes and balances the lung meridian and neutralizes sorrow.
9. key phrase is "I am". repeat often and fill in positive affirmation

TAURUS April 20 - May 20

5:00 - 7:00 EARTH

Taurus, the bull, large intestine meridian will be clearing, challenging us to be steady without being stubborn, consistent but not rigid. Taurus also rules the neck and throat. Interrupted flow of the large intestine meridian may create a negative attitude, living in the past, bowel disorders, gum problems, nose bleeds, aching shoulders, toothache or bursitis.

Tips:

1. white foods help keep large intestine healthy, onion, garlic and ginger very good
2. continue to eat light (spring cleaning) plenty of fresh fruits and vegetables
3. hold and massage index fingers of each hand for 2 minutes each throughout day
4. 5 capsules of 3R in evening, 2 hours later 2 tablespoons of liquid chlorophyll
5. Nat. Sulph 6x
6. following exercise to strengthen neck and open throat chakra: on back, knees to chest, pull down with arms. lift head to knees, 25-100 repetitions. Then relax back on ground,

GEMINI May 20 - June 20

7:00 - 9:00 AIR

The twins govern stomach; affecting neck, arms and shoulders. Stirs up anxiety. Gemini attitude tend to be either all-embracing or exclusive and picky. Interrupted flow can be:

1. addictive behavior/obsessiveness
2. depression
3. food aversions
4. digestive problems
5. stuffy nose and sinusitis

Tips:

1. yellow - wear yellow clothes and stones (amber, citrine, yellow tourmaline)
2. eat yellow (corn on cob, squash, papaya, mango, banana, cantaloupe)
3. if stomach upset or virus, 3 cap of 9R twice a day also Po Chai Chinese
4. to adjust meridian do Yoga Mudra 3-11 min.

CANCER June 20 - July 20

9:00 - 11:00 WATER

Cancer, water sign, governs spleen-pancreas meridian and affects breasts and chest area. Also represents sweetness, the giving to oneself the sweetness of life. In Chinese medicine this meridian is of the earth element and relates to nourishing, nurturing, home life, balance and groundedness.

Imbalance or blockage can cause:

1. general muscle tightness
2. loose stools
3. worry or depression
4. over eating & obsessive behavior
5. digestion problems
6. stomach pain
7. sore throat
8. fatigue

Key points to keeping meridian clear (similar to stomach meridian)

1. eat yellow fruits and vegetables, naturally sweet foods
2. 9R
3. Calc. fluor
4. hold and massage small fingers of each hand for 2 minutes.

LEO July 20 - August 20

11:00 - 13:00 FIRE

The lion, a fire sign, ruled by the sun, key phrase is "I will". Governs heart meridian, considered seat of spiritual faculties and ruler of wisdom and good judgment. "Heart houses mine" according to Chinese medicine. Heart rules clarity of speech - fear of public speaking or shyness about speaking can be due to disruption of the heart meridian. Imbalance can also create an attitude of crying on inside while laughing on outside, insecurity and mental confusion. Physical symptoms may be nervous system disorders, high blood pressure, cataracts, hair loss or hyperactivity.

Tips and pointers:

1. Eat red foods; red bell peppers, watermelon, cherries, red grapes
2. Mag. Phos 6x cell salt
3. Hold and massage little finger of hand, 2 minutes each.
4. Take lecithin to dissolve cholesterol in blood
5. Wear red and red stones (red coral, garnet, rose quartz - best over heart or on little finger)
6. Yoga - Grab hand behind back, BOF 3 minutes, then reverse arms and repeat.

VIRGO Aug 20 - Sept 20

13:00 - 15:00 EARTH

Small intestine meridian, help to clear during this time. Hold and massage little fingers alternately for 2 minutes each. Cell Salt Kali Sulph 6x. Of the fire element and has to do with separating the pure from the impure on a physical, mental or emotional level. Imbalance can create confusion about what is and is not pure. Psyllium and chlorophyll daily helps keep intestines clear and functioning. Key is to simplify. Keep life and especially diet simple and pure. Beware of an overly critical attitude and avoid too much self-analysis.

LIBRA Sept 20 - Oct 20

15:00 - 17:00 AIR

Time to create balance and harmony in all areas of life. Meditation, calming music, yoga and breathing exercises all help to balance. Try alternate nostril breathing, inhale left 'sat', and exhale right 'nam'. 10 minutes, deep breaths.

Libra governs bladder meridian, relates to 2nd chakra. May experience emotions such as fear, timidity, frustration and tearfulness as meridian clears. Physical symptoms include aching ankles and knee caps, low back pain, nose bleed, head and neck pain, leg cramps, stiff limbs and sciatica. Bladder meridian has more points than any other meridian and can therefore affect many areas.

Tips:

1. Color is black. eat black pepper, black beans. Chinese herbal tonic - Shu wu chih
2. Drink lots of water.
3. Cell salt is Nat. Phos 6x
4. Little fingers balance this meridian.
5. 3R, 10 caps 3x/day for 10 days
6. 2R, 6 caps 3x/day
7. Quinine if feel flu coming on, 1 or 2 five grain tablets with 8 oz warm milk before bed.
8. Melons, beneficial bladder and kidneys.
9. Also to strengthen, drink juice 2 parts spinach, 1 part carrot.

SCORPIO Oct 20 - Nov 20
17:00 - 19:00 WATER

Kidney meridian, opportunity to soar like an eagle, as opposed to crawling like the scorpion. Relates to 2nd chakra, root center for creative energy. This energy can be used to uplift oneself and others or for self-gratification and destruction.

Water element, color is black. Emotional challenge is fear or anxiety, confusion, perfectionism and frustration. Beware of a vengeful attitude. Physical symptoms:

1. Bloating
2. Dizziness upon standing
3. Hair loss
4. Sweaty hands and feet
5. Bone & ear problems
6. Urinary or reproductive disorders
7. Blood pressure disorder
8. Muscle tightness in low back, mid back, diaphragm, upper shoulders

Keys:

1. Cucumber juice, great for kidneys.
2. Black foods
3. Calc. Sulph 6x
4. Index fingers, alternately hold and massage
5. Turmeric, cook in rice or Golden Milk
6. Yoga: Camel pose, baby pose

SAGITTARIUS Nov 20 - Dec 20
19:00 - 21:00 FIRE

Rules muscles of the hips, effects the pericardium meridian (circulation), which is of the fire element. Pericardium is the sheath that surrounds and protects the heart, without which the heart cannot function. When out of balance, emotional disorders and stress may arise because heart is not being adequately protected. Most physical symptoms which are stress-related can be attributed to pericardium meridian imbalance.

Tips:

1. Oatmeal provides the element silica, which makes the pericardium meridian flow smoothly. Boil 1 cup of oatmeal in 1 gallon water for 20

minutes, strain. Drink 4 cups of this liquid per day.

2. Silica 6x
3. Yoga - the perfect posture is- Archer Pose, for developing visionary powers.
4. More yoga for the hip muscles, Alternate leg stretch.

CAPRICORN Dec 20 - Jan 20
21:00 - 23:00 EARTH

Triple warmer meridian and glandular system. Cold shower daily deeps glands healthy and functioning properly. 3R, 5 caps with evening meal. Guardians of health and stability in infinite consciousness. Their secretions determine the chemistry of the blood, which in turn determines the composition of your personality. For example if you lack proper iodine from the thyroid you will lack patience and will be unable to remain calm.

Yoga - breath meditation series for glandular balance.

A. EASY POSE, inhale making breath into 16 breaks, on each break mentally vibrate 'Sat Nam'. Then on exhale, again break into 16 mentally chanting 'Sat Nam'. 5-31 minutes

B. On back, arms straight overhead on ground with palms up, inhale raise both legs 6 inches, exhale down with chin pressed into chest. Continue for 3 minutes with long deep breaths, followed by 2 minute rest.

C. EASY POSE, grab elbows in front of chest, inhale sitting straight, exhale bend forward and forehead to ground. Continue for 3 minutes with breath long and deep.

To get the best workout for the glands do A. for at least 15 minutes.

Massaging with oil cleanses the pores, and will cut down on the shock of the cold shower you are about to take.

Cold Shower

Next, and most important, take a cold shower. Wear undergarments so that the water does not fall directly on sensitive areas of your body. Step in and out of the water several times, massaging the body vigorously between

dunkings. Let the cold water run for a while down your spine and onto the soles of your feet. Cold water is an excellent tonic for the nerves; it improves circulation, destroys mental negativity, and alleviates some kinds of arthritis.

Afterwards, dry off with a rough, coarse towel. Drink two or three glasses of water to help your body flush out toxins accumulated during the night, and you're set for the day! In India, the cold shower is dignified with the title of Ishnaan, the science of hydrotherapy.

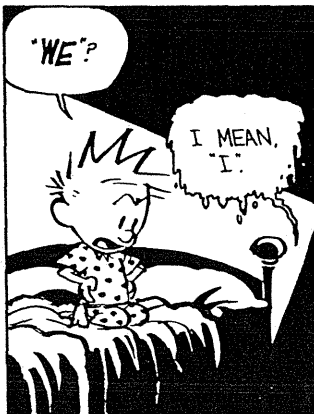
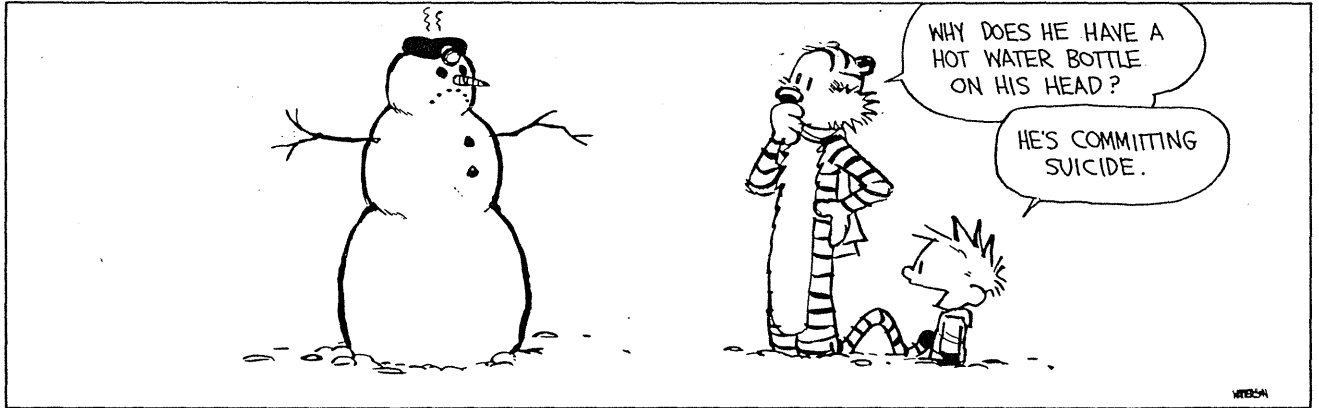
RRGGGH... 125



RRGGGH... 5,200!



EXERCISE IS A LOT MORE GRATIFYING IF YOU COUNT WHAT IT FEELS LIKE.



the sadhana rap by gm khalsa
12 May 1998 Heidelberg

to merge with the one
gotta have some fun

rock and roll
wake up your soul

left and right
shake off the night

breathe in deep
no time to sleep

wahe guru
it's good for you

stretch and bend
keep up to the end

feeling a bit crazy?
don't be lazy

breathe even more
to open any door

we're one in light
you feeling alright?

cold air tickles your nose
bring it down to your toes

the soup is hot
the showers not

get out of any mess
remember kindness

the light is within
join me for a swim

one drop flows to the sea
now there's no you and me

we will be known through time
sat nam was our line

time to meet the sun
god and me are one

JAAP SAHIB LAST 4

| | |
|------------------------|--|
| Chattr chakkr vartee | In all four directions God is pervading. |
| Chattr chakkr bhugatay | In all four directions He makes merry. |
| Suyambhav subhang | His Light spontaneously illuminates-He is so beautiful |
| Sarabada sarab jugatay | He is ever-present in all beings. |
| Dukalang pranasee | God destroys the pain of birth and death. |
| Di-aalang saroopay | He is the embodiment of mercy. |
| Sadaa ang sangay | God is part and parcell of all. |
| Abhangang bibhootay | His Grandeur will never vanish. |

BHAUTA KARAM - JAPJI SAHIB, 25 PAURI

| | |
|---------------------------------|-----------------------------|
| Bahutaa karam likhiaa naa djaae | Bande khalaasi bhaane hoe |
| Vadaa daata til na tamaae | Hor aakh na sake koe |
| Kete mangeh djodh apaar | Djey ko khaaik aakhan paa |
| Ketia ganat nahi vitchar | Oh djaane djetia moh khaae |
| Kete khap tuteh vekaar | Aapey djane aapey dey |
| Kete ley ley mukhar paaeh | Aakhe se bhi keey keh |
| Kete murakh khani kha | Djisno bhakhse sifae salaah |
| Ketiaa dukh bukh sade maar | Nanak paatishaahi paatisha |
| Eh bhe daat teri daataar | |

DHAN DHAN RAM DAS GURU

Dhan dhan Ram Das Guru
Pooree hoee karamat
Sikhee atai sangatee
Atal athaho atol too
Jinee too sevia bhao kar
Labh lobh kam krodh mobo
Dhan su tera than hai
Nanak too lahna too hai
Guru dita ta man sadharia

GURU ARJUN DEV JI

Jin siria tinai savaria
Ap sirajanaharai dharia
Parabrahm kar namaskaria
Tera ant na paravaria
Se tudh par utaria
Mar kadhe tudh saparavaria
Sach tera paiskaria
Guru Amar too veecharia

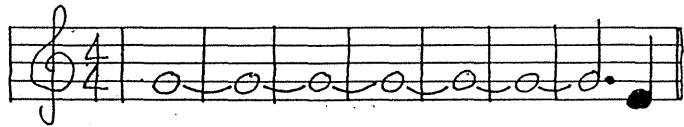
NARAYAN

| | | |
|---|--|----------------------------|
| 6 | Narayan sad sad bakhshind. | Narayan kine sukh anand. |
| | (these 2 lines repeat before each new #) | |
| 1 | Naam Nirinjan nir Narayhan. | Rasna simrat pap bilaen. |
| 2 | Narayan sabh mae nivas. | Narayan ghat ghat pargas. |
| 3 | Narayan kahate narak na jae. | Narayan sev sagal ful pae. |
| 4 | Narayan man mae adhar. | Narayan bohith ssansaar. |
| 5 | Narayan kahate jam bhag palaian. | Narayan dant bhane daian. |
| 7 | Narayan pargat kino partap. | Narayan san ko mai bap. |
| 8 | Narayan sadh sang Narayan. | Baranbar narayan gaien. |
| 9 | Basat agochar gur mil lahi. | Narayan ot Nanak das gahi. |

6 The Lord is the One who always forgives. The Lord is the One who bestows peace and blessings.
1 The Name of the Immaculate Lord is like clear water: When the tongue utters it the sins are washed away.
2 The Lord pervades everything. The Lord illumines every heart.
3 Repeating the Name of the Lord no one will fall into hell. Serving the Lord, one obtains all gifts.
4 The Lord is the Sustainer of the mind. The Lord is the boat which carries us across the world ocean.
5 Repeating the Lord's Name the messenger of death runs away. The Lord breaks the teeth of Maya.
7 The Lord manifests and exalts the glory of His servant. The Lord is the father and mother of His Saint.
8 The Lord is in the company of the saints, the Sadh Sangat. I forever and ever sing the praises of the Lord.
9 Meeting the Guru I have obtained a state beyond comprehension. Nanak, the Lord's slave, attaches himself to the Lord's refuge.



Ek Ong Kar Sat Nam Si-ree Wa-he Gu-ru



Sa -a -a -a -a -a -at Nam



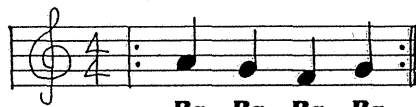
SA TA NA MA



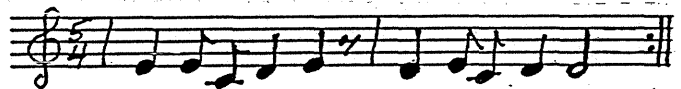
God and me, me and God, are one.



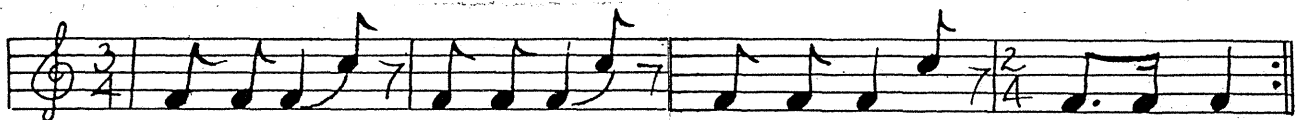
Wa-he Gu-ru Wa-he Gu-ru Wa-he Wa-he Wa-he Gu-ru



Ra-Ra-Ra-Ra
Ma-Ma-Ma-Ma
Ra-Ra-Ra-Ra
Ma-Ma-Ma-Ma
Sa-Ta-Na-Ma



RA MA-A DAAS SA SA SA-AY SO HUNG



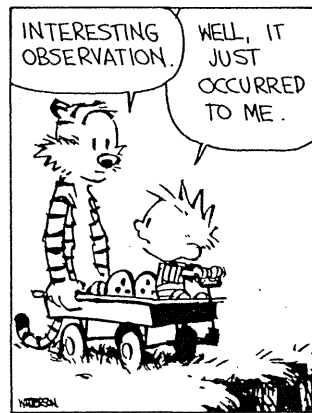
Ek ong kar-a Sat-a nam-a Si-ri wha-a - he gu-ru



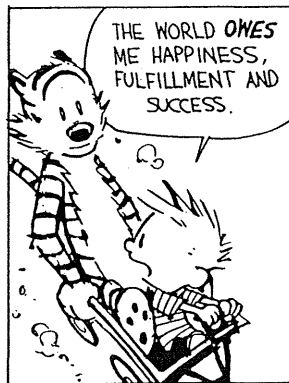
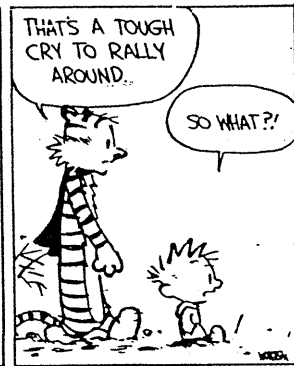
Sat Nam Sat Nam Sat Nam Sat Nam Sat Nam Sat Nam Wa - he Gu - ru



...IS DEPENDENT ON THE PROPER FUNCTIONING OF THIS COMPLEX, FRAGILE AND MIRACULOUS CHUNK OF MEAT THAT IS MY BODY.



IF YOU CARE, YOU JUST GET DISAPPOINTED ALL THE TIME. IF YOU *DON'T* CARE, NOTHING MATTERS, SO YOU'RE NEVER UPSET.



TEN TIPS FOR BETTER LISTENING

(in reality you cannot but listen to God's Voice all the time.)

1. **Be Still.** Still your mind. Let all thoughts but a desire to hear pass through your mind without resistance. Let go of all your needs, quiet your body, and forget all concepts even of what is "good" or "bad".
2. **Have no investments.** Listening is difficult when you desire a special answer. Realize you do not know what is "best" for you and accept what you are given. No one can truly ask who already thinks he knows.
3. **Listen with assurance.** You are being directed even when you are unaware. You are where you are supposed to be and doing what you are supposed to do. God's will is not dependent on your ability to hear.
4. **Listen for re-assurance.** The purpose of listening is to have peace. Listen to hear what is being done, not what you should be doing. If you are upset it is because your perception is mistaken. All is well.
5. **Only one Voice.** God's Voice is always known to His Son if he desires the truth. It is the Still Small Voice that speaks of Love and Peace. There is no need to be confused about the illusion of numerous voices.
6. **If in doubt, "Keep Listening".** You will always know the truth when it comes to you deep inside. You will feel at peace and say, "Of course!". When you are confused, hurried, afraid, doubtful and fearful; Keep Listening. All confusion is of our own making and it only needs to be let go.
7. **Proceed if at Peace.** We do not have to ask God for permission to do everything. This speaks more of fear than of trust. We must have a desire to do God's will and be alert. We need always to ask, "What does this mean?" If your peace becomes disturbed, stop and ask for guidance. Never force things. Join your will with God's will.
8. **God's Voice is everywhere.** All things are echoes of God's Voice. Be open to all sources. The truth will stay and the rest will pass by you. Songs, books, ideas, friends and enemies all speak for God's Love. Set aside time each day to listen and write. Willingness is the only condition necessary for listening.
9. **Accept your answer.** You may not get the answer you want but it will be the right one. Be patient. The answer will come in the right time. Do not judge the message or the messenger. Show you accept the answer by acting on it. The answer is always a form of forgiveness for yourself and others.
10. **Daily Devotion.** In order to hear properly, you must desire to change your perception of the world. You must accept responsibility for your present perceptions and be willing to see another way. A Course in Miracles sets forth all that is necessary to accomplish this. Its aim is to make you aware of the Guide and Teacher you have with you always.

It is suggested to read this often. GM

A MEDITATION

by *Father Thomas Keating*

We begin our prayer by disposing our body. Let it be relaxed and calm, but inwardly alert.

The root of prayer is interior silence. We may think of prayer as thoughts or feelings expressed in words. But this is only one expression. Deep prayer is the laying aside of all thoughts. It is the opening of mind and heart, body and feelings—our whole being—to God, the Ultimate Mystery, beyond words, thoughts or emotions. We do not resist them or suppress them. We accept them as they are and go beyond them, not by effort, but by letting them all go by. We open our awareness to the Ultimate Mystery whom we know by faith is within us, closer than breathing, closer than thinking, closer than choosing—closer than consciousness itself. The Ultimate Mystery is the ground in which our being is rooted, the Source from whom our life emerges at every moment.

We are totally present now, with the whole of our being, in complete openness, in deep prayer. The past and future—time itself are forgotten. We are here in the presence of the Ultimate Mystery. Like the air we breathe, this Divine Presence is all around us and within us, distinct from us, but never separate from us. We may sense this presence drawing us from within, as if touching our spirit and embracing it, or carrying us beyond ourselves to pure awareness.

We surrender to the attraction of interior silence, tranquillity, and peace. We do not try to feel anything, reflect about anything. Without effort, without trying, we sink into this Presence, letting everything else go. No thinking. No reflecting. No particular acts of will, except to return to the sacred word when we notice we are attracted to some other thought or feeling. Let love alone speak: the simple desire to be one with the Presence, to forget self, and to rest in the Ultimate Mystery.

This Presence is immense, yet so humble; awe-inspiring, yet so gentle; limitless, yet so intimate, tender and personal. I know that I am known. Everything in my life is transparent in this Presence. It knows everything about me—all my weaknesses, brokenness, sinfulness—and still loves me infinitely. This presence is healing, strengthening refreshing—just by its Presence. It is nonjudgemental, self-giving, seeking no reward, boundless in compassion. It is like coming home to a place I should never have left, to an awareness that was somehow always there, but which I did not recognize. I cannot force this awareness, or bring it about. A door opens within me, but from the other side. I seem to have tasted before the mysterious sweetness of this enveloping, permeating Presence. It is both emptiness and fullness at once.

We wait patiently: in silence, openness, and quiet expectancy: motionless within and without. We surrender to the attraction to be still, to be loved, just to be.

How shallow are all the things that upset and discourage me! I resolve to give up the desires that trigger my tormenting emotions. Having tasted true peace, I can let them all go by. Of course, I shall stumble and fall, for I know my weakness. But I will rise at once, for I know my goal, I know where my home is.

from *Open Mind Open Heart*. by Element Books, Rockport Massachusetts

THE INVITATION

It doesn't interest me what you do for a living,
I want to know what you ache for,
and if you dare to dream of meeting your heart's longing.
It doesn't interest me how old you are.
I want to know if you will risk looking like a fool for love,
for your dreams, for the adventure of being alive.
It doesn't interest me what planets are squaring your moon.
I want to know if you have touched the center of your own sorrow,
If you have been opened by its betrayals or
have become shriveled and closed from fear of further pain.
I want to know if you can sit with pain, mine or your own,
without moving to hide it or fade it or fix it.
I want to know if you can be with joy, mine or your own;
If you can dance with wildness and let the ecstasy fill you
to the tips of your fingers and toes without cautioning us to be careful,
be realistic, or to remember the limitations of being human.
It doesn't interest me if the story you're telling is true.
I want to know if you can disappoint another to be true to yourself,
If you can bear the accusation of betrayal and not betray your own soul.
I want to know if you can be faithful and therefore be trustworthy.
I want to know if you can see beauty even when it is not pretty every day,
and if you can source your life from God's presence.
I want to know if you can live with failure, yours or mine, and still
stand on the edge of a lake and shout to the sliver of the full moon, "Yes!"
It doesn't interest me to know where you live or how much money you have.
I want to know if you can get up after the night of grief and despair,
weary and bruised to the bone,
and do what needs to be done for the children.
It doesn't interest me who you are, how you came to be here.
I want to know if you will stand in the center of the
fire with me and not shrink back.
It doesn't interest me where or what or with whom you have studied.
I want to know what sustains you from the inside when all else falls away.
I want to know if you can be alone with yourself,
and if you truly like the company you keep in the empty moments.

Oriah Mountain Dreamer Indian Elder

Autobiography in Five Chapters

by Nyoshul Khempo

1.

I walk down the street.
There is a deep hole in the sidewalk
I fall in.
I am lost . . . I am hopeless.
It isn't my fault
It takes forever to find a way out.

2.

I walk down the same street.
There is a deep hole in the sidewalk.
I pretend I don't see it.
I fall in again.
I can't believe I'm in the same place.
But it isn't my fault.
It still takes a long time to get out.

3.

I walk down the same street.
There is a deep hole in the sidewalk
I see it is there.
I still fall in . . . it's a habit
My eyes are open
I know where I am
It IS my fault
I get out immediately.

4.

I walk down the same street.
There is a deep hole in the sidewalk
I walk around it.

5.

I walk down another street.

- ☪ Spiritual ambition is denying God.
- ☪ Ask- Do I want to achieve anything?
- ☪ Know thyself to know love.
- ☪ Love is calling to us to surrender.
- ☪ "Between in and out breath lies freedom, where grace may enter."
- ☪ "Breath can be transmitted across time and space!"
- ☪ "Breath is the key to conscious birth, sex and death."
- ☪ "Must be on top of breath (awake/in the present moment) to be of service."
- ☪ "Sound creates pattern - pattern creates form. Sound fixes pattern."
- ☪ Those who work together, get to know each other.
- ☪ You are the cause of love!
- ☪ Learn how to knock on the door of your own heart.
- ☪ Beauty is the movement of love.
- ☪ Faith put into action is devotion.
- ☪ Fear causes separation.
- ☪ The more you love life, the more life loves you.
- ☪ Hearing is the last sense to go at death.
- ☪ Let Thy will be done in me as it is in all your creatures.
- ☪ Remember the perfume of the rose — and it will come out of the water.

Pearls

A Collection of Rare Gems from the Bottom of the Sea (compiled by GM)

☪ "Nothing is achieved by trying. If we know that nothing can be achieved by trying . . . then don't try so hard to be spiritual, loving, enlightened, happy or anything else. Don't try it and see!" GM

☪ From Mac computer magazine. new CD ROM, called PF Magic dogz, you adopt a puppy that lives inside your computer. You feed it, teach it tricks, pet it and play catch with the frisbee with it. These cyber-dogs even get moody if you don't take them out regularly, and they act typically ecstatic when let out of their dog houses.

☪ Written into the margin of the inflight magazine of PIA(Pakistan International Airways), on the welcome page from the president of the company. Name of the magazine is Humsafar, an Urdu word meaning, traveling companion, one who can be depended on to provide peace and comfort during your journey. "If I had been able to see a little farther than the others . . . it was because I stood on the shoulder of a giant."

☪ Newspaper ad for Singapore Airlines:
Where do you need to be?
How will you get there?
Does it matter?
Yes, it matters.
The journey is the destination.

☪ British amateur astronomer George Sallit, using a 12" telescope rigged up in his garden shed, discovered a minor planet between Mars and Jupiter. The international astronomical union confirmed the discovery, one of only 4 this century by an amateur. He named it Sallit 1. When he told his wife the news, she said only, "That's nice, dear." USNWR 25 Dec 95

☪ Must be affectionate and kind to every person.

☸ We share the planet with 600,000 species of insects (over half beetles). For every pound of human flesh, there are over 300 pounds of insects. Females of the praying mantis species often eat their mates, during copulation. Dragonflies can fly at 60 mph. Semen of the male fruit fly is toxic to the female, the more partners a female has the shorter her life. Headless roaches can live for days and can even learn, they eventually die of starvation. From Popular Science magazine, Nov 95.

☸ The Way of the Wizard by Deepak Chopra- Spiritual Journey: (p 19)

7 Valleys, Sufi poet from 12th century. Each valley is a goal and a trap. Each has guides. Need to get rid of baggage. Two legs we walk on, patience and perseverance. Can only proceed in truth - willing to sacrifice all that we think we are.

1. Quest
2. Love
3. Knowledge
4. Non-attachment
5. Unity
6. Amazement
7. God-realization

☸ 7 Steps of Alchemy:

1. Innocence
2. Birth of ego
3. Birth of the achiever
4. Birth of the giver
5. Birth of the seeker
6. Birth of the seer
7. Spirit

☸ "Yoga is a process of spiritual self-remembering." From Yoga International magazine. From article on Sandbag Breathing by Rolf Sovik

☸ "Stories unfold in the spaces between people. They move in circles, not in straight lines. So it helps if you listen in circles, because there are stories inside stories and stories between stories." from Inquiring Mind, zen publication

☸ Curiously, the sound of blood flow in the vessels of our head and neck is within hearing range, yet we don't hear it. Doctors are not sure why. Scientists have found that the left ear is better at recognizing melodies than the right. For trained musicians, however, the right ear is superior. No one knows exactly why. From - Astonishing Facts About Humans, By Marc McCutcheon

☸ Observations by GM:

The Wizard does alchemy.
Alchemy is transformation
into gold.

Gold is symbol for pure spirit.

Alchemy of heart.

Transforming heart to spirit.

Kundalini yoga is alchemy.

It is an exact science
of the transformation
process.

Purity is Unity.

Unity is.

☸ "Until one is committed there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation) there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself then Providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamt would have come his way." from "The Scottish Himalayan Expedition by WH Murray 1951

☸ Triad of Freedom:

Commitment
Willingness
Agreement

☸ Winston Churchill once said, "We make a living by what we get, but we make a life by what we give."

☸ In Mongolia, it is not uncommon, that when a baby camel is born, the mother refuses to suckle her offspring. Some Mongolian women will sit by the camel, gently singing a sad song into its ear. This may last for hours but can arouse such emotion that the female camel always ends up in tears. The baby camel is then brought back and miraculously, the mother agrees to nurse her baby. from the internet

☸ Today's New York Times reports that scientists have discovered that the earth's inner core spins freely, independent and slightly faster than the outer core and the rest of the earth. "Such inner freedom has never been reported before for any rocky body or planet in the cosmos," explains science writer William Broad. In addition, the inner core can even change speeds. Unlike most geologic events in which change takes millions of years, this speed shifting can happen quite regularly. 15 July 96

☸ Earth Chakra Locations:

| | |
|--------------|---|
| Crown | Tibet |
| Third Eye | Egypt |
| Throat | Southwest |
| Heart | Middle East |
| Navel | Center of Earth |
| Solar Plexus | (Complex matrix moves over planetary surface) |
| Root | Underwater |

Note: Other lists differ.

☸ "It turns out that the brain is a galactic network of a hundred billion neurons. Each neuron is an information system as complex as a mainframe computer. Each neuron is connected to ten thousand other neurons. Each of us is equipped with a universe of neurocomplexity that is inscrutable to our alphanumeric minds. This brain power is at once the most humiliating fact about our current ignorance, and the most thrilling prospect of our potential divinity—once we start learning how to operate our brains." Humanism: The Navigational Game Plan

☸ "A Person is not a thing or a process but an opening through which the Absolute can manifest." Heidegger

☸ "I was reading that a plane flying from New York to Los Angeles is flying off course 85% of the time. Eighty five percent of the entire flight it is off course. But as far as I have heard, they all do arrive in Los Angeles. This is only accomplished by making constant course adjustments. Very small but meaningful adjustments." GM

☸ "All living bodies, physical and subtle, are bundles of energy that can be perceived directly." Deepak Chopra, The Way of the Wizard

☸ "Many people I know are always looking for the BIG and EXCITING event to happen in their lives. Most of these people spend their entire lives waiting. Others spend an enormous amount of energy avoiding the beauty that is being offered in each moment. With the help of things like Kundalini Yoga, one can learn to go one step at a time and to see the beauty all around. If we make constant course corrections and be steady in our effort, we will make much progress before we know it. Really, most of the time, people do not know how far they have come, unless someone points it out to them. That is why it is so important to be with people and to be open to them, for they are the mirrors of the self." GM

☸ "Whatever you can do, or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now." Goethe

☸ 5 Requirements For Change:

- Disgust
- Decision
- Desire
- Action
- Resolve = Solutions

Action (talk to 10 people per day, everyday)
Resolve (I will do it , you can count on me)

☸ “Area of greatest pressure is the area of greatest movement.” Earthquake science

☸ TOES TO HEAD IT FLOWS: To Love - to be wide open - to feel joy, caring, unlimitedness, sadness, anger, disappointment and still embrace the unknown.

EYES: Gratitude (grateful) - being grateful - full of greatness - feeling enough of own greatness to not be threatened by acknowledging others greatness. Being full of it.

GUT: Courage - to stand tall in the face of adversity - to meet the challenge before you - to do what is being asked of you. What is in front of you . . . NOW!

CHEST: Friendship - many levels - deepest involves intimacy, willing to risk, sacrifice, stand firm and bend - lovingly firm - firmly loving - open and non-judgmental.

☸ Breaths per minute:

| | |
|--------|---------------------------|
| 15x | normal |
| 20x | during sexual intercourse |
| 20-30x | fear |
| 8x | self-control |
| 4x | ideal |

☸ “The fastest way to freedom is to feel your feelings.” from A Guide for the Advanced Soul

☸ I Hear & I Forget
I See And I Remember
I Do And I Understand

☸ People have to go and find whatever it is that gives them joy - in doing this, we will open doors for others.

☸ “Anger is a protective device. It is quite enough for you to experience your anger. Nothing more need be done with it. Underneath anger is always fear and underneath fear is always longing.” from Emmanuel

☸ Most spiritual use of money is education.

☸ How To Attain Physical Relaxation:

1. Deep breathing.
2. Intensive physical exercise of any kind.
3. Shaking the arms and wrists.
4. Rotating the head and trunk.
5. Slumping - removing all postural tensions and letting the body fall in a heap.
6. Standing on the head for brief periods.
7. Lying flat on the floor with legs spread and arms extended.
8. Standing barefooted with as few clothes on as possible, moving or standing still according to impulse.
9. Singing and making loud verbal noises.
10. Sitting perfectly still in the most comfortable position possible, doing nothing and thinking of nothing.
11. Also an occasional steam bath and massage.

Dr. Ernest Holmes, founder of Religious Science. Science of Mind

☸ God save me from what I want.

☸ ENCOURAGE: - verb (1) To inspire with hope, courage, or confidence; hearten. (2) To give support to; foster: policies designed to encourage private investment. (3) To stimulate; spur: burning the field to encourage new plant growth.

☸ NO Opposite
Compassion - YB -
Wholeness - Deepak -
Light - Reshad -

☸ Alkaline foods make you calm and graceful.

☸ The point is not to have it all under control. ... You have to surrender, and be totally vulnerable, and let yourself fly.

☸ Excruciating aliveness.

☸ Only the ignorant man becomes angry - the wise man understands.

☸ Take the ship into the very center of the phenomena. The trial of humanity never ends. Expand your mind and horizons. Realize the paradox. Open to options. Chart the unknown possibilities of existence." *Star Trek-Next Generation*, final episode, Piccard and Q

☸ "When the doors of perception are cleansed, man will see things as they truly are . . . infinite." William Blake

☸ "The writer or artist's power lie in his ability to receive, not invent. It is the artists duty to do everything possible to increase his power's of reception." Danny Sugerman rephrasing Jim Morrison

☸ Meditation must be done with a desire for service not for personal growth.

☸ All beginning meditations rely on visualization.

☸ We know, O Lord of life and love, about the need; Touch our hearts anew with love, that we too may love and give.

☸ Money is the consolidation of the loving, living energy of divinity. The greater realization and expression of love . . . the freer will be the inflow.

☸ I am working with the energy of love not with the energy of desire (the distortion of love)



QUOTES:

HUMOR - WISDOM - IMPONDERABLES

☺ A good education enables a person to worry about things in all parts of the world.

☺ Blessed is the man who, having nothing to say, abstains from giving us in words evidence of the fact. - *George Eliot*

☺ Children are time machines ... ask any parent about how the hour before bedtime actually takes three weeks to transpire. - *Hugh O'Neill*

☺ Life is like a ten-speed bicycle. Most of us have gears we never use! - *Charles Schulz*

☺ It's when you're safe at home that you wish you were having an adventure. When you're having an adventure, you wish you were safe at home. - *Thomton Wilder*

☺ The reasonable man adapts himself to the world. The unreasonable one persists in trying to adapt the world to himself. Therefore, all progress depends on the unreasonable man. - *George Bernard Shaw*

☺ I hate mankind, for I think myself one of the best of them, and I know how bad I am. - *Samuel Johnson*

☺ I love being married. It's so great to find that one special person you want to annoy for the rest of your life. - *Rita Rudner*

☺ Man is an intelligence in servitude to his organs. - *Aldous Huxley*

☺ Man is the only animal that can remain on friendly terms with the victims he intends to eat until he eats them. - *Samual Butler*

☺ Progress was all right. Only it went on too long. - *James Thurber*

- ☉ One of the signs of Napoleon's greatness is the fact that he once had a publisher shot. - Siegfried Unsold
- ☉ Any American who is prepared to run for president should automatically, by definition, be disqualified from ever doing so. - Gore Vidal
- ☉ Not a shred of evidence exists in favor of the idea that life is serious.- Brendan Gil
- ☉ Love is an exploding cigar we willingly smoke. - Lynda Barry
- ☉ When you don't have any money, the problem is food. When you have money, it's sex. When you have both, it's health. If everything is simple jake, then you're frightened of death. - JP Donleavy
- ☉ Ninety percent of the politicians give the other ten percent a bad name. - Henry Kissinger
- ☉ Politicians are interested in people. Not that this is always a virtue. Fleas are interested in dogs. - P.J. O'Rourke
- ☉ Politics is the art of looking for trouble, finding it whether it exists or not, diagnosing it incorrectly, and applying the wrong remedy. - Earnest Benn
- ☉ The surest way to make a monkey of a man is to quote him. - Robert Benchley
- ☉ Forgive, O Lord, my little jokes on Thee, and I'll forgive Thy great big joke on me. - Robert Frost
- ☉ Reality is nothing but a collective hunch. - Lily Tomlin
- ☉ Meetings are indispensable when you don't want to do anything. - John Kenneth Galbraith
- ☉ I can remember when the air was clean and sex was dirty. - George Burns
- ☉ Meetings are an addictive, highly self-indulgent activity that corporations and other large organizations habitually engage in Only because they cannot masturbate. - Dave Barry
- ☉ Why is it that our memory is good enough to retain the least triviality that happens to us, and yet not good enough to recollect how often we have told it to the same person? - La Rochefoucauld
- ☉ Nothing fixes a thing so intensely in the memory as the wish to forget it. - Montaigne
- ☉ The average man does not know what to do with his life, yet wants another one which will last forever. - Anatole France
- ☉ The only thing worse than a man you can't control is a man you can. - Margo Kaufman
- ☉ "Always do right. This will gratify some people and astonish the rest." - Mark Twain
- ☉ One does not discover new lands without consenting to lose sight of the shore for a very long time. -Andre Gide
- ☉ You'd think that Wile E. Coyote, with all his post experience with the Acme Corp., would lose what you call 'product loyalty.' - Chuck Jones, Warner Brothers cartoons
- ☉ A pupil from whom nothing is ever demanded which he cannot do, never does all he can. - John Stuart Mill
- ☉ Courage is nothing but being equal to the problems and challenges before us. - Harry G. Mendelson
- ☉ Our grand business is not to see what lies dimly at a distance, but to do what clearly lies at hand. - Thomas Carlyle
- ☉ People change and forget to tell each other. - Lillian Hellman

- 🕒 The human mind always makes progress, but it is a progress in spirals. - Madame de Stael
- 🕒 There is nothing stronger in the world than gentleness. - Han Suyin
- 🕒 Life is like riding a bicycle. You don't fall off unless you stop pedaling. - Claude Pepper
- 🕒 All change is not growth, as all movement is not forward. - Ellen Glasgow
- 🕒 If at first you don't succeed, you are running about average. - M.H.Alderson
- 🕒 A friend is one before whom I may think aloud. - Ralph Waldo Emerson
- 🕒 The game of life is a game of boomerangs. Our thoughts, deeds and words return to us sooner or later with astounding accuracy. - Florence Scovel Shinn
- 🕒 In the long run the pessimist may be proved right, but the optimist has a better time on the trip. - Daniel L. Reardon
- 🕒 The aging process has you firmly in its grasp if you never get the urge to throw a snowball. - Doug Larson
- 🕒 Children are like wet cement. Whatever falls on them makes an impression. - Haim Ginott
- 🕒 In matters of principle, stand like a rock, in matters of taste, swim with the current. - Thomas Jefferson
- 🕒 Wisdom is the reward you get for a lifetime of listening when you'd have preferred to talk. - Doug Larson
- 🕒 The nice thing about teamwork is that you always have others on your side. - Margret Carty
- 🕒 If you keep on saying things are going to be bad, you have a good chance of being a prophet. - Issac Bashevis Singer
- 🕒 Reason deceives us often; conscience never. - Rousseau
- 🕒 Silent gratitude isn't very much use to anyone. - G.B. Stern
- 🕒 To get maximum attention, it's hard to beat a good, big mistake. - Gazette
- 🕒 When I was younger, I could remember anything, whether it had happened or not. - Mark Twain
- 🕒 Most people want to be delivered from temptation but would like it to keep in touch. - Robert Orben
- 🕒 If only God would give me a clear sign! Like making a large deposit in my name at a Swiss Bank. - Woody Allen
- 🕒 A diamond is a chunk of coal that made good under pressure. - Classic Crossword Puzzles
- 🕒 Whatever you vividly imagine, ardently desire, sincerely believe, and enthusiastically act upon ... must inevitably come to pass! - Paul J. Meyer
- 🕒 The trouble with doing something right the first time is that nobody appreciates how difficult it was. - Walt West
- 🕒 Love cures people - both the ones who give it and the ones who receive it. - Dr. Karl Menninger
- 🕒 We do not inherit the Earth from our ancestors, we borrow it from our children. - Ralph Waldo Emerson
- 🕒 Forget not that the earth delights to feel your bare feet and that the winds long to play with your hair. - Kahlil Gibran 1923

☉ Everybody need a hug. It changes your metabolism. - Leo Buscaglia

☉ Plan ahead - it wasn't raining when Noah built the Ark. - General Features Corp.

☉ Don't be so humble, you're not that great. - Golda Meir

☉ No one can make you feel inferior without your consent. - Eleanor Roosevelt

☉ By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong. - Charles Wadsworth

☉ The only tyrant I accept in this world is the 'still small voice' within me. - Mahatma Gandhi

☉ Imagination is more important than knowledge. - Albert Einstein

☉ School is a building that has four walls - with tomorrow inside. - Lon Watters

☉ There is a time to let things happen and a time to make things happen. - Hugh Prather

☉ One of the most difficult things to give away is kindness - it is usually returned. - Cort R. Flint

☉ Cooperation is doing with a smile what you have to do anyhow. - Quote Magazine

☉ God gave us our memories so that we might have roses in December. - James M. Barrie

☉ The source of man's unhappiness is his ignorance of nature. - Paul Henry Thiry 1770

☉ Don't find fault. Find a remedy. - Henry Ford

☉ True service is the spontaneous outflow of a loving heart and an intelligent mind.

☉ If one is the master of one thing and understands one thing well, one has at the same time, insight into and understanding of many things. - Van Gogh

☉ I am empty waiting to be filled with nothingness. GM

☉ It's not the symbols of life — it's the feelings that give life meaning.

☉ If you are patient in one moment of anger, you will escape a hundred days of sorrow. - Chinese Proverb

☉ Love tells me I am everything. Wisdom tell me I am nothing. And between the two my life flows. - Sri Nisargadatta

☉ Trust comes from small agreements that are kept.

☉ The fastest way to freedom is to feel your feelings. from A Guide for the Advanced Soul

☉ The one you are looking for is the one who is looking. - St. Francis

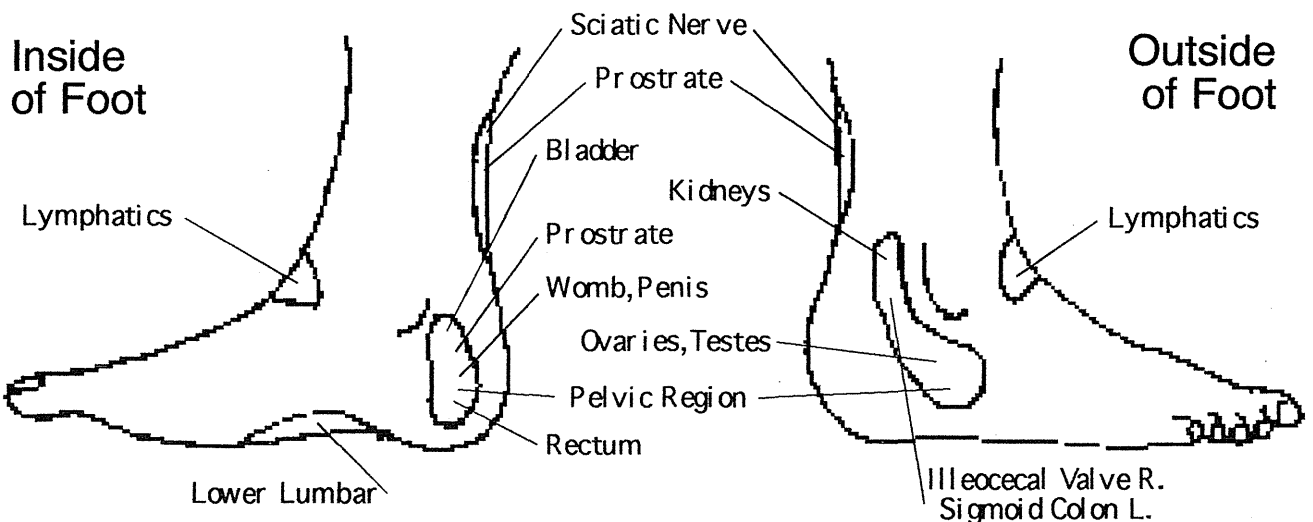
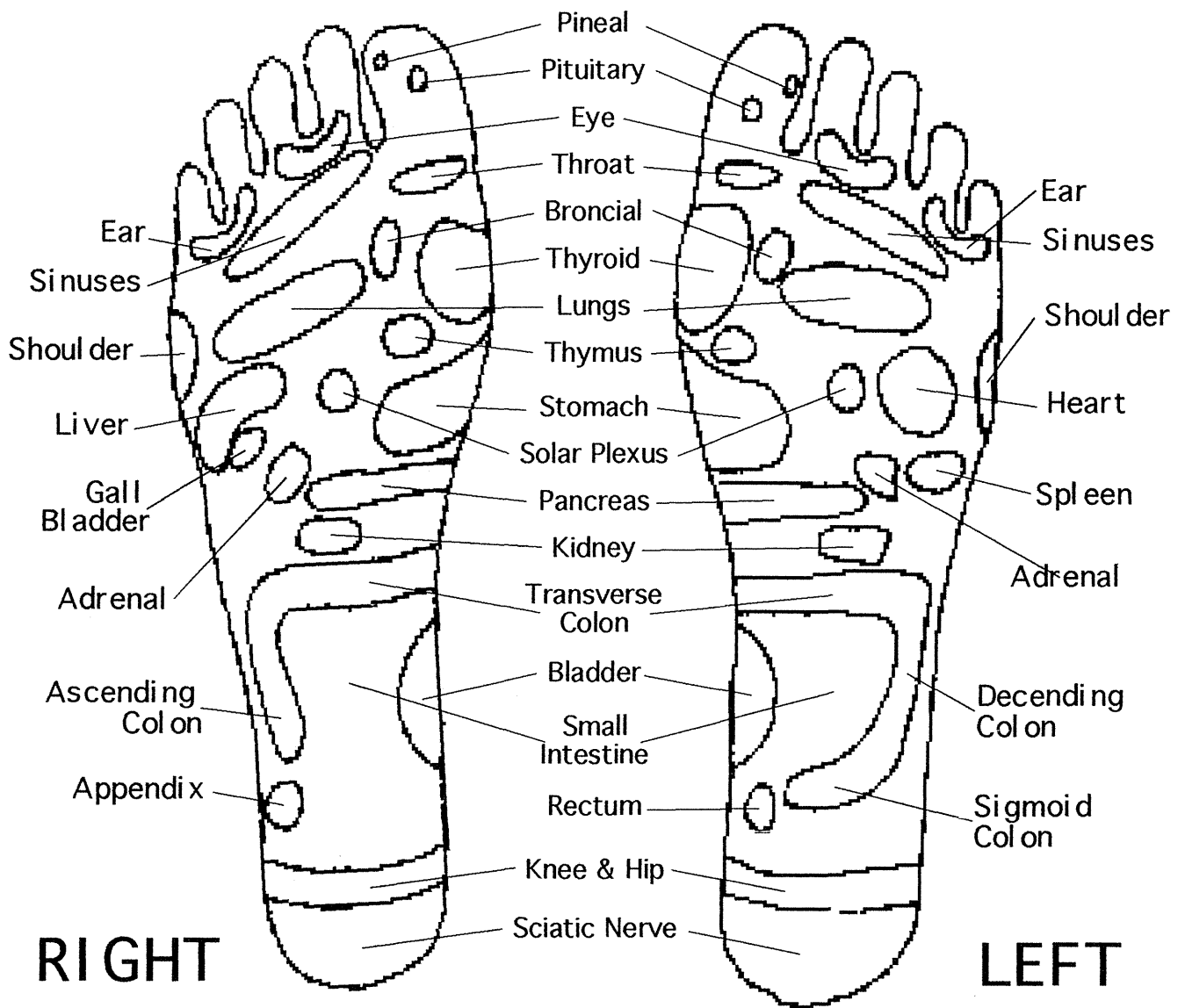
☉ The end of our journey will be to come to the place from which we started and to truly know it for the first time. - TS Eliot

☉ "Every individual is a marvel of unknown and unrealized possibilities." Goethe

☉ "If you do what you've always done, you'll get what you've always gotten." anonymous

☉ ☉ ☉

FOOT MASSAGE CHART



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☞ THE ANCIENT ART OF SELF-
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tions for physical and mental health.
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lection of gourmet recipes just waiting to
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*“Life
asks us a question
and it is our test to answer it;
not to escape the problems.
This world is a challenge, face it;
cowards run away.
It’s time to assess yourself.
Learn from the past
and then forget it
so the present and future
will be beautiful. “*

Yogi BhaJan, March 1970

