

SPRING 2008

# Kundalini Rising!

KUNDALINI YOGA ♦ THE YOGA OF AWARENESS FOR THE AQUARIAN AGE



## IKYTA FROM THE EXECUTIVE DIRECTOR

*Sat Nam, and Warm Greetings  
Dear Members...*

2008 is an important year for IKYTA. We are looking forward to upgrading our website and have hired Guruka Singh of Sikh Net to help us with this project. In response to the many requests from our members, we will be implementing a new search engine that will allow you to easily search for teachers, yoga studios, trainers, training programs, national associations, and classes! We'll keep you posted as these improvements progress.

We have also hired Shakta Kaur (The Business of Teaching Kundalini Yoga) of Chicago to help with marketing and creating tools and benefits for our members. Shakta Kaur along with Gurumeher Singh of Los Angeles is writing monthly articles for IKYTA to help Kundalini Yoga teachers grow their businesses.

### GLOBAL TEACHERS' COUNCIL

We are continuing to work with our Global association and community of Kundalini Yoga Teachers and hope to

have our initial Global Teachers Council in place by the end of 2008. We have been working slowly, organically and inclusively in this work. It has been very inspiring work.

### 2008 TEACHERS CONFERENCE FRIDAY, JUNE 20, 2008 AT SUMMER SOLSTICE

Right now we are preparing for the 2008 Teachers Conference: *We Are the Teachings*, which will be held on June 20th the first day of the Summer Solstice Sadhana Celebration at Ram Das Puri in Espanola, New Mexico. We will have presentations with Guru Singh from Los Angeles as well as Dr. Dharma Singh, and we look forward to teachers sharing areas of expertise throughout the day, forming working teams based on teacher interests, and experiencing the power of our unique collective consciousness as Kundalini Yoga teachers. We will also continue our tradition of honoring the service of all the Kundalini Yoga teachers who have been nominated by their peers. This is always a highlight for everyone. If you are teaching or are experienced

GURUKA KAUR KHALSA



in an area you feel would serve other teachers, please let me know. We wish to have 5-10 small presentations throughout the day that will create the opportunity for teachers to learn from each other and collaborate together. Email soon to let me know if you would like the opportunity to participate.

We are excited about this day and want to encourage all teachers to

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## FROM THE IKYTA EXECUTIVE DIRECTOR

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arrive on Thursday for Summer Solstice and be there for this day of growth and connection. This event is part of Summer Solstice and is FREE. So plan now to arrive arrive at Summer Solstice by Thursday, June 19, 2008.

### EUROPEAN IKYTA TEACHER'S CONFERENCE

A team of teachers in Europe is also preparing for the European IKYTA Teacher's Conference: *Within You, Without You*, that will follow the European Yoga Festival this year. This Teacher's Conference is 10 Euros for the day, plus the cost of meals/lodging.

It's fun to see the evolution of both conferences, meeting the needs of teachers in different parts of the world.

### IKYTA MEMBERSHIP

And don't forget that with your IKYTA Professional Membership (you will need to have completed your Level One certification and have your certification in hand by May 31, 2008) you will receive an additional special IKYTA Member discount of twenty-seven dollars with your Early Registration for Summer Solstice 2008 when you register online before May 31 at 3ho.org

We look forward to being together this summer. Spiritual and professional growth, and the unity and community of Kundalini Yoga teachers is a most important part of our association.

*Thanks & Many Blessings....  
Guruka Kaur*

## KUNDALINI YOGA IN SWEDEN

### AFTER REVIEWING THE PROGRESS

of a woman who had suffered from a heart attack two months earlier, Maria, the head nurse at the Cardiac Intensive Care Unit was speaking... "This is incredible! If everyone in the upcoming project turns out like this one patient, we intend to make sure that all cardiac intensive care units in Sweden learn about Kundalini Yoga so that they can implement these programs."

The patient, a 65-year-old woman had not responded well either to medication or to the physiotherapy program at the hospital—instead she had been referred to the Institute for Medical Yoga—IMY, in Stockholm, where she learned and practiced long deep breathing, spine flexing and a basic Heart Chakra meditation over a period of four weeks. When the hospital checked her again after that period it was as if she had never had a heart attack at all. The woman had also signed up for the next Teacher Training program, having decided that she wanted to become a Kundalini Yoga teacher herself!

It's November 15, 2007, and IMY is starting and running a 3-month Yoga study at the Danderyd Hospital north of Stockholm, using simple basic Kundalini Yoga techniques as secondary prevention for people who have

By Göran Boll  
Jiwan Shakti Singh,  
Director of IMY



suffered from heart attacks. The Yoga program runs parallel with regular physiotherapy programs for these groups and is being compared to those. The aim of the program, besides helping people, is to show the therapeutic validity of Kundalini Yoga and make sure it reaches into hospitals all over Sweden.

This is one of many fantastic things that are happening in Sweden around Kundalini Yoga this year. In June, twenty-seven Kundalini Yoga Therapists graduated from IMY and immediately formed a network of 27 Yoga Clinics all over the country,

offering Kundalini Yoga programs for people with special needs. All the therapists are members of IAYT – The International Association of Yoga Therapists ([www.iayt.org](http://www.iayt.org)). This therapist training is a cooperative effort between IMY in Sweden and Kundalini Lotus Yoga in England. A one-year, all English version of the Therapy Training program (in the form of a retreat) starts in Sweden this year and we invite Kundalini Yoga teachers from all over the world. For more info on this one-year training see:

[www.kundalinilotus.com](http://www.kundalinilotus.com)

Training of many kinds is being offered to teachers and students of Kundalini Yoga in this small country up by the Polar Circle, which has only nine million inhabitants. There are five parallel groups taking Teacher Training Level 1 right now. Two parallel groups of Level 2 Training starts in a few months. We are offering Sat Nam Rasayan, Yoga Therapist Training, Pregnancy Yoga, Children's Yoga, BreathWalk – and many other specialties.

Kundalini Yoga is really booming in Sweden, in so many different ways! Over the last 12 months, one major health magazine, *Top Health*, has distributed 150,000 CDs containing IMY's therapeutic Kundalini Yoga training programs to its readers all over Scandinavia.



*IMY—Institute for Medical Yoga*

The Swedish company Astra-Zeneca, which is the sixth largest Pharmaceutical Company in the world, has held open Kundalini Yoga classes for their staff for seven years now and in the last three years added Rehab Yoga groups for employees on long term sick-leave. These groups have expanded from one group a week to four groups a week at their Headquarters south of Stockholm.

After three years of evaluation Astra-Zeneca's HR Department recently stated that the Yoga Rehab groups are by far the most efficient form of Rehab they have to offer their employees and that now they want to implement these Yoga programs at their offices all over the country.

IMY recently started up *Swedish Yoga*, the first ever real, full size Yoga Magazine in Scandinavia. With nationwide distribution, the first issue in August 2007 sold 20,000

copies. The next issue came out in November. It has attracted interest from all forms of Yoga in Sweden as well as international advertisers from both Europe and the United States.

With more and more teachers and therapists being graduated, centers opening everywhere, Kundalini Yoga moving into schools, hospitals, and corporate workplaces, we are in for a very exciting future for Kundalini Yoga in Sweden in the years to come.

GÖRAN BOLL

JIWAN SHAKTI SINGH IS A

Licensed Kundalini Yoga Teacher Trainer

Yoga Therapist

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Editor in Chief of Swedish Yoga Magazine

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*Sat Nam*

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# Be in the Know — Join the Yahoo! Group

By AMAR ATMA

## WE YOGIS ALWAYS LOVE TO KNOW ABOUT COOL YOGA EVENTS AROUND THE WORLD.

It's great to know where one could go, anywhere on Earth, at anytime, for some healing meditation and sattvic health treatment. 3HO's websites don't have every worthwhile event listed. So how can we be assured of knowing everything that's happening?

The answer is the Yahoo!! Kundalini Yoga Group, which garnered an IKYTA "teacher award" at the 2007 Summer Solstice Celebration.

Every day, 1,300 yogis around the world receive a "Daily Digest" listing upcoming events, so we always know where we could go over the next several months for a wonderful yoga vacation or retreat.

## FIND ANSWERS QUICKLY & EASILY

But that's not all the Yahoo!! Group offers. Sometimes in teaching we come across Yogi Bhajan statements or kriyas about which we need more information to properly explain to our students. If we don't know how to find a good answer quickly and easily, we know that the Yahoo! Group is there to pose the question to the world so whoever knows the answer can help out. Every day the "Daily Digest" includes such questions, and every day some veteran teacher shares his or her wisdom, giving us answers that will help our students and our own practice.

## ADVICE FROM EXPERIENCED YOGIS

Not only does the Yahoo! group keep us informed about events and empower us with useful information on the practice of Kundalini Yoga, but also it allows practitioners of yogic therapies to give us access to their advice. Yogis don't just need exercise and diet to fix ourselves, but also

"coaching" and doctoring are necessary sometimes to keep us upright and prosperous. Every day therapists of one kind or another are inviting a call or email for personal consultations, while sharing a monthly update such as numerology or an insight into the soul.

## SHARING THE MUSIC

Finally, musicians and their fans are posting links to the latest in uplifting sound currents. Sat Kartar recently explained the meaning and use of the songs from her latest album, *Flow*. Akal Sahai invited the world to join Snatam and GuruGanesha at a huge music festival at Omega Institute. Sat Kirin Kaur invited budding chanters to her workshop on proper vocalization. Gurumustuk at SikhNet posted a link to an article on the "next generation" of musicians. With Shabd having such a beneficial effect on the glands, nerves and overall health, hearing so often from the musicians themselves makes the Yahoo! Group special.

## EXPANDING THE SERVICE

I've been asked many times why I started this group around the 2006 Summer Solstice Celebration. The answer is because no international group then existed that facilitated the awareness-raising that was needed for all the events, ideas, questions, goods and services pertaining to Yogi Bhajan's wide world network of Kundalini Yoga and Humanology teachers and teachings. Another Yahoo! Group exists, but it deals almost solely with questions about the practice of Kundalini Yoga, and partly from the perspective of a single (but experienced and talented) teacher. That's an important service.

The new, international Kundalini Yoga Yahoo! Group has experienced phenomenal growth in one year and now has

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over 1,300 members. This clearly shows the pent-up demand for a much broader approach to running a Yahoo! Group for Kundalini Yoga. Every KRI-certified teacher and experienced student will want to join this group, the only forum in which to learn about all the cool events coming up, as well as the latest from therapists as well as links to great articles and alerts about new CDs and happenings.

### YOU ARE INVITED!

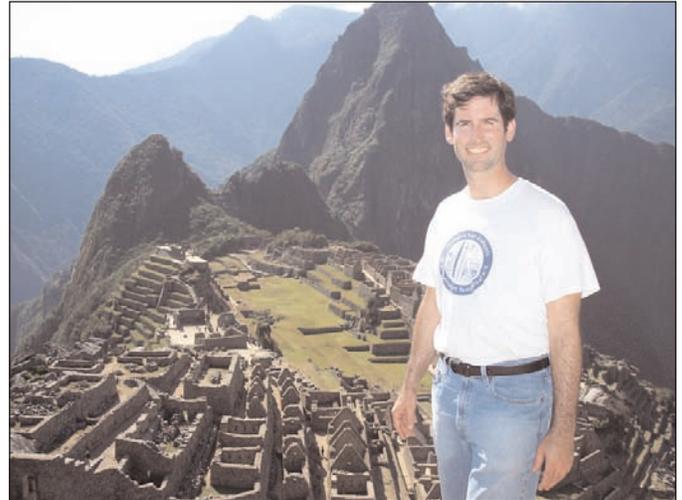
If you're an organizer of events, using the Yahoo! Group to get your message out is very effective. If you're hosting a retreat, there's no better place than the Yahoo! group to raise awareness for your event. If you're a rising yogi looking to connect to the worldwide sangat, join now with a simple email to:

**Kundalini-Yoga-subscribe@Yahoogroups.com**

(Don't forget the hyphens!)

Another way to join is to click on the Yahoo! Button at IKYTA's site: **www.KundaliniYoga.com**

SAT NAM.



Amar Atma, aka Charles Frohman, is the moderator of the international kundalini yoga Yahoo! group. He is married, living in Washington, DC, and has lobbied for the Sikh-owned Akal Security, taught at Miri Piri Academy, consulted for the transpartisan group FLOW (partly sponsored by Peace Cereal), and now handles government affairs for civil rights organizations dealing with access to (natural and pain) medicine and protest rights (for animal abuse protesters). His favorite theme is freeing the world from Piscean controls, to allow (yoga-trained) heart-centered entrepreneurship in the Aquarian Age to provide more opportunities for peace and prosperity, as well as removing the veil from controversial truths. Amar Atma can be contacted via his site, [www.cfrohman.com](http://www.cfrohman.com).

*"I have not come here to initiate students. I have come here to create teachers for tomorrow." - Yogi Bhaijan*

## ✧ BREAKING THE MASK ✧

ORIGINALLY TAUGHT BY YOGI BHAJAN NOVEMBER 15, 1983

REPRINTED FROM THE AQUARIAN TEACHER CONSCIOUS COMMUNICATION LEVEL II MANUAL, WITH PERMISSION FROM KRI

**POSTURE:** Sit in Easy Pose with a straight spine.**MUDRA:** Heels of the hands are together in front of the heart center in an open lotus. The sides of the thumb tips meet, as do the sides of the little fingers. All the fingers are open and spread but are not stiffly held. It looks like an open flower. The fingers point upward.**EYES:** 1/10th open, or as you like.**BREATH:****PART 1:** Prepare to chant the mantra with this segmented pranayam. Inhale one-third of the way and hold for 15 seconds. Inhale another one-third and hold 15 seconds. Inhale completely and suspend for a final 15 seconds, then exhale. Continue for 15 minutes. (With practice, this sequence of inhaling and suspending the breath can be taken up to three 20 second holds.)**PART 2:** Chant the mantra for **11 minutes**.**PART 3:** Repeat Part 1 for **5 more minutes**.**TOTAL TIME:** 31 minutes.**MANTRA:** Chant the following mantra in a steady pace and in a tune you like that preserves its beat.***Har Jee Har Har Har Har Har Jee*****COMMENTS:**

The mantra means “O, my soul, (the creative) God is, God is, God is, God is, O, my soul.” Har manifests from the Infinite subtlety of God into immediate experience. The double form—the palindromic sequence of sounds—manifests the state of creative Infinity itself. It opens your soul to be real and your mind to link effectively to your real identity. In the mudra, the thumbs connect to represent “I am” and the little fingers “I shall be.” The three fingers that are open represent the past, present and future. So between how you are and how your soul will bloom, all of time serves you. It is a mudra for your connection and flow of life from your essence; its subtle and electromagnetic form adjusts the projection of the heart center and lets your words go deeply into your mind to guide your new behaviors.



## BREAKING THE MASK

The hidden self has a hidden agenda. It creates an imaginary personality to satisfy that agenda based on beliefs about the self and the world that are acquired at an early age. To cope with the pressure of the real self and the world, it projects a mask to the public rather than a functional persona or the simple radiance of the real identity. The masks clothe the identical identity.

The most effective approach to break the masks of your imaginary personality is by meditation. You confront the thoughts from the hidden personality at the root as they arise. Hit each thought with a phrase of equal force that interweaves you and the Infinite. The mantra must hit the thought and command it to stop. Do not reason or converse. Transform. Stay in an absolute nonreactive state. Be neutral and project strongly. Assert your identity in God and spirit. Set the agenda of your mind by vibrating at a frequency that is higher and that invokes the presence of your higher transcendental self.

This meditation is excellent for that purpose. We must break the imagery imprinted through self-hypnotic trances started in childhood. The heart center must open and relate beyond the pain or fear in that imprint. The affirmation used in this mantra is a double affirmative that can break away from the trance-like unreality created by the inner narratives of the hidden self.



### Summer Solstice Sadhana Celebration

Ram Das Puri, Española, NM  
June 19 – 28



### IKYTA Annual International Teachers Conference

Ram Das Puri, Española, NM  
June 20

### International Peace Prayer Day

Ram Das Puri, Española, NM  
June 21

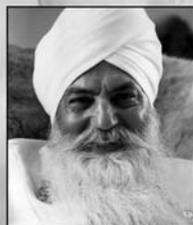


### Women's Camp

Ram Das Puri, Española, NM  
June 29 – July 6

### Khalsa Youth Camp

Ram Das Puri, Española, NM  
June 30 – July 12



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

— Yogi Bhajan

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3HO Foundation  
Healthy, Happy, Holy Organization

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For more information or to  
register visit [www.3HO.org](http://www.3HO.org)

# experiencere newlove

*"Don't react,  
resurrect!"*

*- Yogi Bhajan*

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# You Don't Have to be a Pretzel!

By SHAKTI PARWHA KAUR KHALSA

IF YOU MENTIONED YOGA IN 1969, people assumed you meant Hatha Yoga. (Although some still thought you were talking about “yogurt.”) There was very little known about yoga in mainstream America. The image of yoga was of someone standing on his head or contemplating his navel. But just as Yogi Bhajan predicted, yoga is now exploding all over the world.

Today, Kundalini Yoga is recognized as a major school. Meditation is a commonly accepted practice. You overhear passengers in office building elevators discussing their mantras! A zillion assorted yoga related products and publications are for sale, not to mention Web sites and chat groups about yoga. Still, the focus is primarily on the physical asanas.

## THE YOGA OF AWARENESS

From the very beginning, Yogi Bhajan emphasized that Kundalini Yoga was a sacred science. He called it the “Yoga of Awareness.” For many of us, the sacred aspect was a bit hard to teach, because talking about God felt awkward, and we definitely didn't want to be branded as a “religion.” But Yogiji explained that what he meant by “God” was the energy, intelligence, or consciousness that Generates, Organizes and Delivers or Destroys all things. He said, “Some people call it God.” He went on to say, “If you want to find God, look in the Dictionary: G-O-D.” So, in the classes I teach, I make it clear that Kundalini Yoga is not a religion, it is a science, but it is a sacred science because it deals with the One God that breathes in all of us. How you choose to worship that One God is your religion.

## MORE THAN ASANAS AND PRANAYAM

Of course we know that the practice of Kundalini Yoga provides great physical benefits, yet the Master constantly reminded us that Kundalini Yoga deals with much more

than the physical. “You are not your body, you are not your mind and you are not your emotions!” His mission and his goal was to awaken within each of us the realization of our true Divine identity. Hence he gave us **SAT NAM** as our greeting, our catch phrase and our motto.

The standard label, “Kundalini Yoga, the Yoga of Awareness” is not just a cliché. It expresses the essence of the teachings. In order to make the point that it does not require physical perfection to get results, “You Don't Have To Be A Pretzel” was my working title as I was putting together my first book: *Kundalini Yoga: The Flow of Eternal Power*. I wanted people to know that even without elastic limbs, and a super supple spine, anyone and everyone could benefit from Kundalini Yoga.

Yogi Bhajan outrageously said it best:

*“If flexibility of the body is the only yoga, then the clowns in the circus are the best yogis.”*

That is not by any means to diminish appreciation for those who encourage students to strive for perfection in the postures; or, more accurately, to do them correctly. It's wonderful if a student is very flexible and able to “perfect” each posture. However, it's important to keep in mind that the Yoga that Yogi Bhajan taught includes much more. It includes incorporating into your routine — day-by-day, moment-to-moment what he called “the 3HO way of life.” He told us (how many times have you heard this!?) “It's your birthright to be healthy, happy, and holy, and Kundalini Yoga is the method to achieve it.”

Kundalini Yoga recognizes that the way we speak, the way we deal, and the way we eat are essential components of the teachings. We understand that everything we think,

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everything we say and everything we do has a specific vibratory frequency, resonating with the various chakras, either raising our consciousness or pulling it down. So, the way we conduct ourselves has very practical consequences to our spiritual progress.

## ETHICS

3HO/IKYTA set a code of conduct for Kundalini Yoga teachers. If you think about it, in Raj Yoga, the first step toward liberation or *samadhi*, as described in the Aphorisms of Patanjali (translated by Christopher Isherwood in the book *How to Know God*) is not the *asanas*, it's not even *pranayam*. The first step to practice are the *yams* and *niyams*, the "do's and don'ts," practical guidelines for behavior, by which the yoga aspirant is expected to abide. Not because of any moral judgment of "right" or "wrong" but because the way we live our lives impacts our own karma.

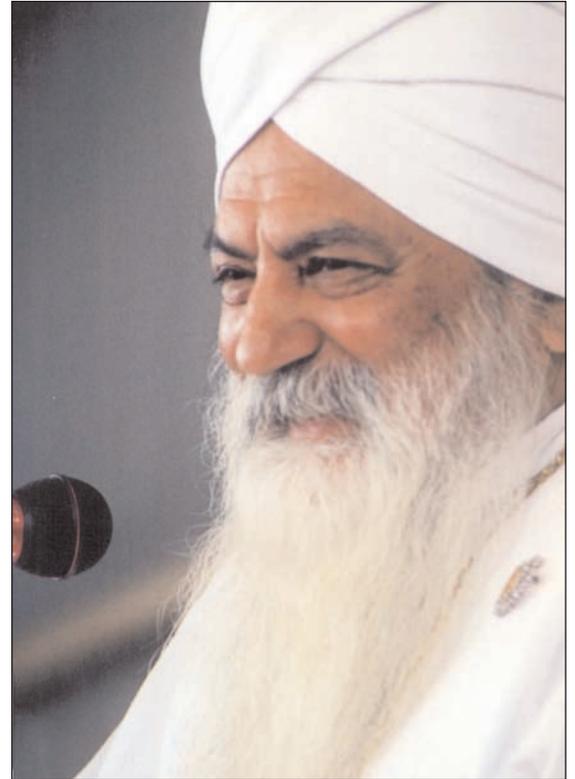
## YOGA ALLIANCE

Attracting a growing number of members from many disciplines, the professional organization, Yoga Alliance, has earned a place of respect in the yoga community and in the public eye. They also set a code of conduct for all yoga teachers,

We who share the teachings of "Kundalini Yoga as taught by Yogi Bhajan®" have a unique privilege. Along with privilege goes responsibility. Our responsibility is to ensure that we don't pollute or dilute the sacredness of what Yogi Bhajan taught. We don't add, subtract, or alter the scientific technique, either. Just as our Teacher worked and served to awaken each soul to his/her divine Self, that is what we, as Kundalini Yoga Teachers can offer, through the Golden Chain; enhanced awareness and elevated consciousness.

And, lest I forget, here's the place I can put in a plug for keeping up with morning sadhana in the ambrosial hours. Need I say more?

## SAT NAM!



## Yogi Bhajan Speaks

"A Teacher has only one qualification:  
By teacher's sight, by touch, by spoken word,  
the person should be uplifted.

"...Your job is to elevate the being of the person..."

"...You are a creature, and God is your guide.  
Therefore, do not hesitate to put God  
in everything."

(Excerpts from the Annual IKYTA Teachers Conference)

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# KRI UPDATES

KUNDALINI YOGA AS TAUGHT BY YOGI BHAJAN®

## **300 HOUR LEVEL TWO TEACHER TRAINING PROGRAM IS NOW COMPLETELY LAUNCHED**

KRI is very excited to have completed the roll-out of all of the Level Two Teacher Training modules. The roll-out of the fifth and final module, for the Level Two Kundalini Yoga Teacher Certification program, entitled Vitality and Stress, was presented in Los Angeles, California, at the Golden Bridge Nite Moon Café and Yoga Center. All the major Kundalini Yoga teaching centers in the Los Angeles area participated in the course. Over 130 students and trainers had a tremendous experience with Gurucharan Singh, Nirvair Singh, Gurumukh Kaur, Guru Singh, Krishna Kaur, Guru Tej Kaur, Guru Meher Singh and many others, learning yogic techniques to increase vitality and reduce stress in all areas of life. All five modules will now be taught throughout the world by Level Two trainers. Each of these modules, Conscious Communication, Authentic Relationships, Mind and Meditation, Lifestyle and Lifecycles, and Vitality and Stress, is a truly transformative experience.

## **FIRST KRI INSTITUTE COURSE TO BE LAUNCHED THIS SUMMER**

This summer, in addition to our month long Level One Teacher Training immersion program, we will be offering a brand new course entitled “Healing the Wounds of Love.” This is the first of KRI’s Institute Course series which will be open to all students regardless of experience. As the name suggests, we will be exploring the very exciting possibility of addressing and systematically healing all the emotional turmoil and pain caused by the wounds that we have all suffered in our relationships, both past and present.

## **GREAT NEW BOOK OFFERING FROM KRI AT SUMMER SOLSTICE**

Finally, we have in the works a compilation of all the Men’s Courses taught by Yogi Bhajan. We will have this ready in time for Summer Solstice, including material that has never been published before in any form. This will be a single volume book with DVDs included. These teachings are a must for all Men (and also for Woman who want to understand Men!)

## **KRI PRODUCTS**

In 2007 you will be able purchase all the KRI yoga manuals, books and DVD’s from our new on-line store. Watch for it at:

**[www.kriteachings.org](http://www.kriteachings.org)**

## **WE INVITE YOUR INPUT**

We invite your participation and input as KRI moves forward in serving Kundalini Yoga Teachers and Trainers everywhere. Please write us at:

**[teachertraining@kriteachings.org](mailto:teachertraining@kriteachings.org)**

to share your ideas and suggestions.



