



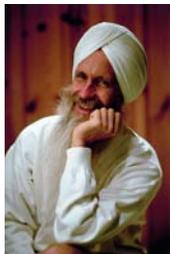
Kundalini Research Institute • Training • Research • Publishing • Resources

## KRI Newsletter

Now Is The Time For Teachers  
April 2009

### *Kundalini Yoga as Taught by Yogi Bhajan* **in this issue**

- :: Library of Teachings Update
- :: We are KRI
- :: Yogic Recipe of the Month
- :: Message from the Director of Training
- :: KRI's Summer Courses



#### **Sat Nam Dear Kundalini Research Institute,**

We have some great new lectures posted on our "[Tools for Teachers/Students](#)" area. They make for wonderful reading if you are a teacher or a student. They are titled "On Teaching Kundalini Yoga", "The Strength of a Teacher", "We are Ready, The Salient Features" and "Methodology of Teaching, Teacher Training and Projection."

Kind regards and blessings,

Nirvair Singh, CEO

#### **News from The Yogi Bhajan Library of Teachings**

Greetings and Sat Nam!

Thank you for your extraordinary generosity in response to our recent fundraising campaigns this past quarter. We are happy to announce that more than 250 new donors came to The Yogi Bhajan Library of Teachings, and the response to the 1,000-Day Sadhana was especially overwhelming, raising \$3800 in February alone-and people are still joining this sadhana every day!

We added 4 new monthly donors in February to reach a total of 40-not quite the 108 we were hoping for! But still, it represents a 10% growth in response to our February Challenge-so thank you for making it happen. If we can continue growing 10% a month, we'll reach our goal of 108 monthly donors by this time next year-2010. Please go online and [make a monthly pledge today!](#)

We were able to raise more than \$500 toward the I Am A Woman Campaign-this, coupled with our seed grant of \$5,000 will make a huge difference in supporting the effort to bring these teachings to a wider audience through our Reader, Yoga Manual and DVD Project as well as our plans for an online lecture repository and archive of the original media (audio and video lectures). [Donate to the I Am A Woman project today](#)-and make a difference in a woman's life.

Now Is the Time for Teachers!

April we're celebrating the International Aquarian Teacher Training community-all around the world! Help someone become a teacher by donation today! KRIs Library of Teachings Capital Campaign is accepting donations toward a [Reach Out-Teach Out scholarship](#) for this summer's Foundations Level One Immersion program. We want to raise \$3,950 toward an international student scholarship-and we need your help! Please donate today and help manifest another Teacher to serve in the global community. Archive Update

As for the Yogi Bhajan Library of Teachings Archive Project, we're happy to announce that the work of the Pilot Project is coming to fruition. More than 200 audio and 100 video tapes have been archived so far; and the plan for 2009 is to archive 100 audio and 50 video tapes each month. The audio tapes date back to 1969 and are fragile-so they are the archive's first priority. We're also archiving the oldest video tapes-from the early 80s-to ensure we don't lose any of these precious teachings. Stay tuned for more information about the archive in upcoming newsletters-and on the web.

The Yogi Bhajan Library of Teachings-keeping the legacy alive!



[Visit The Yogi Bhajan Library of Teachings Today!](#)

[We are KRI](#)

[The Power of Immersion](#)

## Now Is the Time for Teachers



This month, KRI is celebrating the global community of Trainers and Teachers. Now more than ever is the time when teachers of Kundalini Yoga as taught by Yogi Bhajan® are needed, all around the world. Yogi Bhajan began preparing us for this transition into the Aquarian Age from the very beginning. In 1999, he said, "To sustain themselves, tomorrow's individuals must have training in yoga. It is a need of the times. By 2013, 40 to 60 percent of the population will be practicing yoga. People will see that those who practice yoga are bright and beautiful, calm and blissful. They will recognize that the yoga community is sincere and dependable, serving and giving."

In these turbulent times many, many people are realizing that the place of refuge is within their own soul. We are seeing this in the huge response to the 1,000-day meditation with the Aquarian March. Did you know that more than 1,200 yogis are now on KRIs Facebook page and participating in the Global Meditation? Congratulations to those who've recently completed their first 40 days! And welcome to all those who are joining the meditation now and in the days to come!

KRI's Aquarian Teacher Training programs are all over the world. On every continent and in every major city, students are becoming teachers in order to serve humanity: Paraguay, Togo, Japan, India, Ecuador, Iceland, Estonia, United States, Canada, Mexico, Israel, Thailand, and many, many more. Every week students tune in with the Adi Mantra and then study in English, French, Spanish, Vietnamese, Portuguese; in every language, on every continent, we are blessing others and forgiving ourselves and others through our practice. Yogi Bhajan reminded us time and again, and it is so true, "This is not a time to complain, criticize or compare. It is the time to bless and forgive." Go to [Find a Local Trainer](#) on our website to learn more about Teacher Training around the world.

Discover the global world of KRIs Aquarian Teacher Training at [We Are KRI](#) through photos and personal stories-send us your story, too. We want to hear from you! The call has been made to serve and uplift everyone, including ourselves. Please share your stories of your local Aquarian Teacher Training for all to see.

Do you want to become a teacher? If you are not yet a certified Kundalini Yoga Level One instructor, and would like to become one, please visit our website to find a local program near you or to get information on the [Foundations Level One Immersion](#) program taking place in Española this summer.

Do you want to help someone become a teacher? KRIs Library of Teachings Capital Campaign is accepting donations toward a [Reach Out-Teach Out scholarship](#) for this summer's Foundations Level One Immersion program. We want to raise \$3,950 toward an international student scholarship-and you can help! Please donate today and help manifest another Teacher to serve in the global community.

If you don't have a lead trainer in your area and want to start an Aquarian Teacher Training Level One program, please contact me at [hck@kriteachings.org](mailto:hck@kriteachings.org). I look forward to hearing from you.

Blessings one and all,  
Hari Charn Kaur  
Director, Reach Out-Teach Out  
Kundalini Research Institute

[View this month's current videos!](#)

## Learning the Language of the Heart & the Keys to Consciousness

I am surprised! But perhaps I shouldn't be. At every graduation of the annual 27-day Foundations Immersion course here in Española, I am amazed, delighted and repeatedly surprised! How could so much learning, growth and awakening happen so quickly? Some events change everything profoundly, in the blink of an eye-like the birth of a child, realizing you love someone or taking a sacred vow. Most things are slower though. Deep change is often gradual, as profound depths move in us like the relentless rise of an inner tide.

This is how we approach teacher training in the tradition of Kundalini Yoga as taught by Yogi Bhajan®. We usually work together, study together and engage the skills of dedicated trainers over the course of 9 months to a year. There is plenty of time for learning, processing, absorption, correction and practice. This is a gold standard of teacher training. How, I wondered, can so much learning and transformation happen in a short immersion course? [Read more at the DOT site.](#)

### April's Online Classes with the KRI Director of Training

#### April 15, 2009: Vitality, Stress and Your Mind

Every thought shapes our success, our energy and our relationships. When we have vitality we can easily select and project a thought that we want and dispense with a thought that is unwanted.

Under stress and the pressure of work and economic change the mind misbehaves. We fix on the wrong idea; we hold to a thought or emotion that does not serve us; we suddenly find some uncomfortable or unwise thoughts "sticky". Our mind is busy with too many tasks, problems and emotions. The wisdom, the Neutral Mind we use for our best decisions gets distracted and gives way to poor decisions that are short sighted, impulsive or ill-considered. We often relapse into old patterns or exaggerate our stress personality.

Fortunately, we can always tame the mind. We can call on our intuitive intelligence, counter the stress reactions and act with vitality. With a clear thought that comes from our heart, we can turn challenge into opportunity.

Join us to free your mind under stress; to project the thoughts you want; and be vital, even under stress, so you can be healthy and enjoy the play of the world.

#### April 30, 2009: Now Is the Time for Teachers! The Art of Practicing, Learning, Immersion and Service

We are all teachers. Yogi Bhajan said that a teacher's primary job is to uplift. A teacher shares experience that helps each person realize their gifts, awaken their heart and increase the power to elevate them self.

We teach each other when we can see our self clearly-only then can we help another see themselves clearly. We are at our best as teachers when we are authentic and our actions express our heart and highest intentions.

To teach is to transform and be transformed. In order to be the best teacher, we each need to be the best student. The best student comes from a genuine immersion into a practice where we learn to be who we are and serve from the heart.

In this class we explore your inner teacher, the art of self-elevation and how we can each make a difference in our homes, our jobs and the wider world



Many blessings,  
Gurucharan Singh Khalsa, PhD  
Director of Training  
Kundalini Research Institute

## Yogic Recipe of the Month Mung Beans and Kicharee



## Announcing: Summer Training Courses From KRI



Mung beans are small, cylindrical beans with a dark green skin. They are used whole or split and hulled. This food is a real star of the yogic diet. They are compatible with pretty much anyone, and very easy to digest, especially as compared to larger beans. They have astringent and sweet qualities, a cooling energy and are a good source of vegetarian protein. They detoxify the blood and neutralize toxins. By neutralizing toxins throughout the body, they are able to calm the mind, relieve hypertension, clear the accumulation of excess cholesterol and other lipids from the veins and arteries of the body, and promote the healing of all diseases. The combination of mung beans, rice and ginger powder is cooling and rejuvenative for stress disorders. Kicharee is the most famous nutritive and convalescent

food of Ayurveda. It is a gruel, cooked to butter-soft consistency. The stew is considered pre-digested and is usually very mildly spiced. It will contain, perhaps, a little pepper, and a little cumin. Kicharee fills the bill for amino acid balance with beans and grains. It is regularly recommended for a deep cleansing. Mild spices often include all the six tastes to balance the recipe.

For example, coriander and cumin seeds have warm, spicy energy and benefit the lungs and spleen for better assimilation and transformation of food into energy. Turmeric, with its bitter and pungent tastes, is well known for its liver detoxifying and blood and energy circulating properties, that help to prevent stagnation and relieve pain.

#### **Rejuvenating Stew (Kicharee)**

1/2 cup basmati rice  
1/2 cup lentils or mung beans  
6 cups water  
2 Tbs. ginger root, peeled and grated  
3 cloves garlic, chopped  
1/4 cup onion, chopped  
1/2 tsp. coriander seed, powder  
1/2 tsp. turmeric powder  
1/8 tsp. fennel seed  
1/8 tsp. cumin seed  
1 cup assorted vegetables (carrot, zucchini, broccoli, etc.), chopped.  
1 Tbs. ghee  
Salt to taste, if desired.

Place rice, lentils or pre-soaked mung beans, water, and spices in soup pot. Bring to boil. Cook covered on medium heat. After 30 minutes, add vegetables. When very soft and mushy, stir in ghee and serve.

*Originally published in the Vitality and Stress Manual*

We here at KRI are excited to announce our training course schedule for summer of 2009. We will once again offer Immersion Training for Level One Certification as a teacher of Kundalini Yoga as taught by Yogi Bhajan. This is a month long program designed to allow aspiring teachers to become certified in a short, but experience laden time by spending August living the teachings and getting instruction from our Director of Training and a staff of very experienced trainers from around the country. Please click on the links below to see our flyer or to be taken to our registration page for more details.

Level One Immersion Course August 1-27, 2009

This summer we are also offering Vitality and Stress, a level two course led by a stellar group of Lead Trainers, Gurucharan Singh, Krishna Kaur, Shanti Shanti Kaur and Nirvair Singh. We will explore the nature of stress: it's causes and effects, build our core vitality, and cultivate strategies to cope with stress. Again please click on the links below to see the flyer or go to the registration page.

Level Two: Vitality + Stress June 28-July 4, 2009

We look forward to seeing you this summer!.

[Download our Course Flyer](#)

[Click Here to view our Courses...](#)

## **APRIL SPECIALS SAVE 15% TODAY AT THE SOURCE**

Winning Through Trust: \$16.95

Refining the Spirit: \$16.95

Reaching the Real You: \$16.95

Eliminating Inner Anger: \$16.95

Angular Body Energy: \$16.95

Discover Your Soul: \$16.95

Vitality and Stress: \$76.50

Prana, Pranee, Pranayam: \$29.75

[View These Specials Today!](#)

And Coming This Summer..."I am a Woman" Book and Manual and DVD Series

**Offer Expires: April 30th**

© 2008, 2009 The Teachings of Yogi Bhajan

Kundalini Research Institute  
PO Box 1819, Santa Cruz, NM 87567 USA  
Feedback / Email: [teachertraining@kriteachings.org](mailto:teachertraining@kriteachings.org)  
Phone: (001) 505-747-7450

[Forward email](#)

 **SafeUnsubscribe®**

This email was sent to [teachertraining@kriteachings.org](mailto:teachertraining@kriteachings.org) by [teachertraining@kriteachings.org](mailto:teachertraining@kriteachings.org).

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by

