



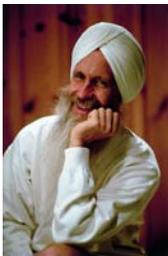
Kundalini Research Institute • Training • Research • Publishing • Resources

## KRI Newsletter

News and Information from KRI  
January 2009

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

- :: Library of Teachings Update
- :: We are KRI
- :: Kriya for January
- :: 2009 KRI Honors



#### **Sat Nam and Happy New Year Dear Kundalini Research Institute,**

2009 is here and even though the world has changed dramatically this past year, we still just want the most basic thing-happiness in the coming year. Yogi Bhajan's formula for happiness is a sequence of attitudes and actions that lead to happiness. The formula is commitment, character, dignity, grace, the power to sacrifice, which all culminate in happiness. Actually, it is the perfect formula for a new year, because the very nature of a resolution requires commitment. As for my personal commitment for 2009...it is difficult to isolate just one. I think that I am committed primarily to fulfilling my destiny-and that destiny has brought me to the Kundalini Research Institute so that I can contribute to the continuity and sharing of the Teachings of Yogi Bhajan. So, I am resolved to serving KRI to the best of my ability in 2009.

Two plus nine equals eleven: so 2009 is an eleven year. It means that we will be required to not only use all our ten bodies, but also access all our ten bodies to navigate this final year of the first decade of the 21st Century. I like to check in with my ten bodies on a regular basis in order to make sure that they are functioning in balance.

The ten bodies are soul, negative mind, positive mind, neutral mind, physical, arc line, aura, pranic, subtle and radiant. I do it by simply mentally asking my Self if a particular body is strong or needs strengthening. The answer is either yes or no and with practice, you can develop the ability to get an answer very quickly. If I get a no answer, I examine why and then find a means to strengthen it. This can be accomplished by practicing a kriya. For instance, if I find that my energy (pranic body) needs strengthening then I can do a pranayam or another technique, like an affirmation that Yogi Bhajan has given. There is a beautiful one on Yogi Bhajan's Destiny CD. He says, in his own voice, "I have no body, I have no mind, I have no spirit, I am just the breath of God, the breath of life, breath of life, breath of God." What an amazing, transformative statement.

Thank you for all your contributions of time, teaching, money and activity in 2008. I look forward to being with you, working with you and enjoying our lives together in 2009. Our slogan, "We are KRI", in practice and in reality will allow us to excel in this coming year.

So, follow the links to [www.kundaliniresearchinstitute.org](http://www.kundaliniresearchinstitute.org) and check out all that we are doing at KRI. Make use of the tools and inspiration that Yogi Bhajan has given to us to share with the world.

Many blessings to you in this New Year,

Nirvair Singh, CEO

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

#### **2009 Honors**

There are so many to thank in this first year of KRI's Capital Campaign, those of you who have joined this effort in its early stages, with only your faith and a desire to see this vision realized. Because of that faith, we have clarified our purpose, pursued the goals you voiced, and have set the foundation stone in place.



*"I feel that Guru guides me to donate to The Yogi Bhajan Library of Teachings because Yogi Ji's lectures have changed my life. My family was always fond of him, since the 70's; but I never heard a lecture of his until a couple of years ago. Yogi Ji's words penetrate me so deeply; I feel these words unlock treasures inside of me. My reality of the world has changed and I view it from a different lens-that lens is Yogi Ji's words. If these words can change me, then they can change others.*

*My greatest understanding is that ultimately these are the Words that convey Truth, and Yogi Ji was a medium who made the unwise to understand. I am thankful for that. Every time I feel touched by his words I feel compelled to contribute."*

Because of Satnam Singh and so many others like him, we are well on our way toward making the vision of The Yogi Bhajan Library of Teachings a living reality!

The Yogi Bhajan Library of Teachings Capital Campaign would like to start the New Year by thanking two families in particular: Gurushabd Singh and Gurmukh Kaur Khalsa of Golden Bridge in Los Angeles and Sanjam Singh and Kaur from the Chicago community of teachers and students. Each has served to jumpstart this Capital Campaign in unique ways:

Gurushabd Singh was our very first online subscription donor. In doing so, he gave us the confidence to move forward with this capital campaign, trusting that the funding would come-and it's coming-with your help! In fact, half of our current donors are people who've committed some amount-big or small-each month to the ongoing efforts of this project.

Sanjam Singh saw the need to jumpstart funding for research and sat down with Gurucharan Singh and wrote a check-with that in hand, we understood your desire to see Kundalini Yoga and its impact studied, verified, and published in the international science community, so that our reach can extend out into the world of health and human services-awakening a new consciousness and a new awareness of the profound healing effects of this technology.

Thank you to all of you who have supported us this year. These teachings are our collective legacy-for now and into the future. We appreciate your continued commitment to Kundalini Yoga as taught by Yogi Bhajan.® It is our privilege to serve you, these teachings, and the coming Aquarian Age.

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

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

## We are KRI

Teachers Sharing from around the world.



I was recently at the 3HO Winter Solstice Sadhana in Lake Wales, Florida, where I had the blessing to meet and chat with teachers and trainers from around the globe. The excitement over The Yogi Bhajan Library of Teachings project and the expansion of Teacher Training around the world was heartwarming and exhilarating at the same time. Here are a few reports:

In Asia, a team of trainers is reaching out to China and soon to Nepal with Level One Teacher Training courses.

In Montreal, they have expanded their Yoga Center to accommodate the growth in Teacher Training and yoga classes. They have over 30 students in their Level One Teacher Training and soon will offer the Level Two modules. Their Yoga Center now has a kitchen and cafe where students gather to share food and healthy juices.

In Colombia, the teachers are working to bring Kundalini Yoga as taught by Yogi Bhajan® to villages, government programs, supporting the healing of women in that country.

In Chile, the teachers and trainers are building a program of Kundalini Yoga as taught by Yogi Bhajan® for women who have survived abuse.

In the United States, Level One Teacher Training has started for the first time in North Carolina and soon in Salt Lake City.

If you would like Kundalini Yoga Teacher Training to come to your area but do not have a local trainer, please contact me at [hck@kriteachings.org](mailto:hck@kriteachings.org) or call 505 629-1092. The Reach Out-Teach Out Program will work with you to bring trainers to your area.

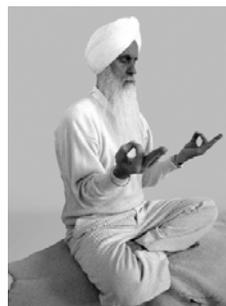
Please see We Are KRI at [www.kundaliniresearchinstitute.org](http://www.kundaliniresearchinstitute.org) for New Year's Resolutions and stories of fellow teachers and trainers-submit your story today!

Blessings,

Hari Cham Kaur

## 2009 Meditation: The Water Element

Narayan Kriya: Clearing and Clarity for Prosperity



Posture: Easy Sitting Pose. Tuck the elbows into the body with the forearms angled up so that the hands are at the level of the Heart Center, chest width or slightly wider. The hands are in Gyan Mudra, palms up.

Eyes: 1/10th open at the tip of the nose

Mantra: Take a deep breath and sing the mantra in a monotone on one breath. Take a deep breath between each

recitation of the mantra.

Sat Narayan Hari Narayan Hari Narayan Hari Hari

(Pronunciation: sut naraayun haree naraayan haree naraayan haree haree)

To End: Inhale deeply and hold. Exhale. Repeat twice more.

Time: 11 Minutes

After doing this meditation for 11 minutes, chant Wahe Guru for 3 minutes. Hands are in Gyan Mudra at the knees or relaxed in the lap, right hand resting on the left, with palms up. Chant it in a monotone long form-Wha-Hay-Guroo-with equal time given to each of the three parts of the mantra. This seals the effects of the practice.

Comments: As you hold the breath, visualize your relationships and bless, forgive and understand. Use this breath to heal these relationships; use the mantra to knit back together any tears within the fabric of your relationships.

Other Tips for Success: The 'r' is a quick, percussive sound, almost like 'duh'; the sound is dental, using the tip of the tongue against the palate, for example, the name, Tara, would be pronounced 'tu-duh'. The 'a' in many mantras sounds like a short 'u', for example, sat is pronounced like hut.

[Click here to view and download the Kriya](#)

Please note that you will need a PDF reader (Adobe Reader) in order to view this document

Director of Reach Out-Teach Out

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

## Tools for Teachers

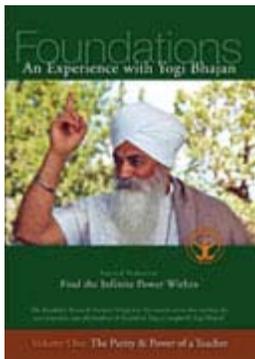
Welcome to the all new KRI Tools for Students and Teachers!

The Kundalini Research Institute is excited to offer you sound files of the most commonly used mantras in Kundalini Yoga as taught by Yogi Bhajan. These files are a guide to pronunciation, we hope they aid you in becoming more familiar with the Naad of the mantras and the sounds of the Gurmukhi pronunciation. Listen and practice online or download them so you can practice anytime.



[Click Here to view all the tools available...](#)

## New from "The Source"



### The "Foundations" DVD Series

From the beginning student to the advanced yoga practitioner, these lectures, kriyas and meditations invite you to explore the roots of Kundalini Yoga and the life of a Teacher. Chosen specifically for KRIs International Teacher Training Level One-Foundations, these lectures awaken the human psyche and cultivate the consciousness of a teacher.

Explore the You within you-today!

[Available now at The Source](#)

### KRI's Staff Pick The Master's Touch

Visit KRI's The Source today! [Read More...](#)

## 2009 KRI Honors

### KRISHNA KAUR



Because of her dedication, devotion and the ever-expanding light that she brings to the Los Angeles area and beyond; her development of Y.O.G.A. for Youth Programs and trainings; and her inspiration in bringing Kundalini Yoga as taught by Yogi Bhajan® to West African countries like Ghana and Togo, this year, the Kundalini Research Institute honors Krishna Kaur for her outstanding service to the international community and KRI's Teacher Training Programs.

She has been a pioneer in what we now call Reach Out-Teach Out Training programs, bringing Kundalini Yoga to underserved communities in the Los Angeles area as well as abroad. She has served on the Teacher Training Executive Board for many years and her wisdom, experience and humor has transformed the way we train teachers today.

For over twenty-five years, Krishna Kaur literally studied at the feet of her teacher Yogi Bhajan, the Master of Kundalini and White Tantric Yoga. She has traveled extensively throughout Europe, Russia, Mexico, India and Africa inspiring and uplifting people with the technology of yoga and meditation.

### Sunder Singh



The Kundalini Research Institute honors Sunder Singh Khalsa for his devoted service to the emergence of the Teachings of Kundalini Yoga as taught by Yogi Bhajan® in Asia. He brought the first Yoga Festival to SE Asia, which has become an annual event in Thailand, and has helped the emergence of Kundalini Yoga as taught by Yogi Bhajan® in Thailand, China, Cambodia, Japan, Malaysia, Vietnam, Singapore and Sri Lanka, and continues to plant the seeds of the future through Teacher Training. Sunder Singh oversees Teacher Training programs in Thailand, China, Cambodia, Sri Lanka and Singapore, with additional programs in Japan, Malaysia and Taiwan scheduled to begin in 2009. He serves as the KRI Coordinator for Teacher Training in Asia and also serves on the KRI Board of Directors and the Teacher Training Executive Council.

By the grace of the Master he is touching the hearts of all those he meets on this journey of life. He lives in Virginia with his wife Sunder Kaur and owns Khalsa Jewelers, a fine jewelry business with multiple stores. They have four daughters and three granddaughters.

[Read more about our honorees...](#)

**Save 15%**

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#### December Specials from "The Source"

The Master's Touch \$42.46

Reaching Me in Me \$18.65

Introducing: The "Foundations" 7 DVD series \$108.00

Offer Expires: December 31st

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