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JULY 2009 NEWSLETTER

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Sat Nam!

Greetings from New Mexico. It was really great seeing so many of you at Summer Solstice Sadhana. The Trainer's Forum and IKYTA Teacher's conference were both fun and productive. I really enjoy being with fellow Teachers. I always learn something new and the fellowship and shared purpose is something that I value.

We celebrated the 80th Birthday of Shakti Parwha Kaur Khalsa. Even though she wasn't able to join us, her energy and her dedication were felt by everyone. Shakti began teaching just after Yogi Bhajan arrived in the United States and has continued her marvelous classes in Los Angeles ever since. We have Shakti's book, "Tool Kit for Teaching Beginners" in our [Tools for Teachers](#) section. She has generously donated this book to KRI with the hope that you will become a better Teacher in the tradition of Kundalini Yoga as Taught by Yogi Bhajan® and that you will be inspired to donate to [The Yogi Bhajan Library of Teachings](#). Thank you Shakti!

We have other Trainers with landmark birthday's this year. Krishna Kaur, Sangeet Kaur and Sat Santokh Singh all celebrate their 70th this year! They are all active trainers and the students and teachers that they inspire are fortunate to benefit from their years of experience, and their love and dedication to the teachings of Yogi Bhajan.

It's really inspiring to think that as a Teacher, a lifetime of service and uplifting students is available to you. If you are considering that path or you know a student who is considering becoming a teacher, there is still time to register for [Level One Teacher Training Immersion Course: Foundations](#) here in New Mexico. Come be with us this August, it is an amazing experience for students and trainers alike!

Kind regards and blessings,

Nirvair Singh Khalsa
CEO Kundalini Research Institute



News from The Yogi Bhajan Library of Teachings



Sat Nam!

As we approach the Aquarian Age, what we think of as Independence Day and all it represents here and around the world is shifting more and more toward interdependence. We cannot stand alone as individuals or as nations—we're not meant to. The joy of living comes in the company of others: sharing and caring are the virtues and the values of this New Age.

In the same way, The Yogi Bhajan Library of Teachings wouldn't exist without your good will, your prayers, and of course, your donations. The generosity we've seen in the face of this international economic downturn has been astonishing—and we're so very grateful. As we reach the zenith of the solar energy on June 22, 2009, place on your altar the dollar amount: \$700,000. It's just a beginning—but it's the most important part—digitizing and preserving the video and audio lectures of Yogi Bhajan for future generations.

Just as you would not be here—as you—without these teachings; so, too, these teachings, this archive, wouldn't exist for future generations without you! See the balance of the universe in play—recognize your connection to these Teachings and the master who brought them. Provide that connection to someone coming along behind you, so that they can walk beside you in the radiance of their Self and their soul. [Donate today!](#)

We Are KRI - Now Is the Time for Teachers!



Now is the time for Teachers—and they are coming! With Vitality and Stress in July and the Immersion Course: Foundations in August, we're blessed to be a part of creating Teachers for the Aquarian Age.

The enrollment for the Immersion Course, and the accompanying Trainer in Training Program, are both higher than last year. We have Trainers in Training coming from Cambodia, Brazil, Egypt, Mexico, Poland, Canada and the US. If you are a Level One or Level Two Teacher and are interested in becoming a Teacher Trainer, the Trainer in Training Program (fondly called TNT—because we're dyn-o-mite!) is a wonderful opportunity offered by KRIs Aquarian Teacher Trainer Academy. In the Immersion Course, the TNTs support students through their development into a Kundalini Yoga Teacher, receive training from KRI Senior Trainers including Nirvair Singh, Deva Kaur, Hari Charn Kaur, Gurucharan Singh, Pritpal Kaur and more; teach Kundalini Yoga Kriyas; and receive orientation to the delivery of the program and its administration. If you are interested in participating in the program this year or in the future, contact me at hck@kriteachings.org

During the Immersion Course, we will also be celebrating Yogi Bhajan's birthday with all of the participants and staff as well as hundreds from the surrounding community. The morning sadhana on August 26th is one of my favorites of the year: 2 ½ hours of Long Ek Ong Kaar. There is information on this meditation and a clip of how to chant this mantra on the [KRI website](#). Wherever you are on August 26th we hope that you join in this 3HO Global Meditation.

Have a very blessed July. Please send me your stories and experiences of Teacher Training around the world as we continue to grow the We Are KRI site with your voices.



Many blessings,
Hari Charn Kaur
Director of Reach Out—Teach Out

Message from the DOT

Sat Nam!

Change is the nature of life; global change is what we're experiencing today. We are all used to changes here and there. As teenagers we long for change and transformation, physically, socially and mentally. As elders we either embrace change or try to resist those changes we don't like, or consider inevitable. Today, old or young, rich or poor, talented or not-so-clever, yogi or bhogi, we are all part of a wave of change, which is affecting every part of the globe, and everything we do and are. Like it or hate it, love it or fear it, there is no place to hide, nor any place that truly isolates or protects us. We are all in this together.

These changes affect even our identity, our nature. In the past, we gained clarity, security and opportunity through our identity with a village, family, country, job or religion. We were relatively isolated. We encountered radically different viewpoints and customs only occasionally. Now, economics is global—and no longer driven by one country or nation. The very notion of 'country' is in question as global communications, corporations and virtual working networks of people reshape how we work and think. Add to this an exponential acceleration in pace, production, learning and innovation—and you begin to understand the vast global change being played out.

On the individual level, we see these changes playing out in the body—the soma. Today we can change our bodies not only through tattoos and piercings but on much deeper levels as well—genetics and microbiology. Much of the body can be transplanted, implanted or enhanced. We can change the density of the energy power houses in the cells—the mitochondria—to produce stronger, faster athletes, or for rehabilitation. We are nearing the day when we can interface our own neurons with computer chips. We are faced with what sometimes feels like an entirely new spectrum of sexual and gender identities. Our old ways of creating, finding and relying on our personal sense of identity are becoming gossamer imprints in daguerreotype, superseded by new forms of identity appropriate to the future and its new environments.

This is where kundalini comes in, brilliantly. In meditation, as the kundalini rises we realize there is no self; there is no 'thing' sitting in stasis. Our sense of self is a dynamic flow created through the connection with others. The higher Self is an identity we create, and is revealed only as the awareness of our interconnectedness with ALL emerges. Yogi Bhajan called this emerging sense of identity, which is not based on any possession or personal characteristic, the awakening of the Self-Sensory Human. Our ability to be and act human, in all circumstances, is based on our experience of our finite and Infinite selves in relationship to each other and the world. The many techniques of Kundalini Yoga as taught by Yogi Bhajan® that create stillness, Neutral Mind and shuniya are the fertile fields in which to seed this self-sensory identity. In this there is neither fear nor threat from the other; we are all connected. You may have enemies that wish you harm, but you can still act effectively, authentically and spontaneously because you have no fear.

In the Mul Mantra, the self-sensory identity is signified by the word saibhung, which is an identity that is complete, self-fulfilled and brilliant. Because we've surrendered the old attachments that defined us, we can embrace and welcome everything that is. Our humanity is our uniqueness. We are each unique not because we are separate but because we are connected, intertwined, with everything. Therefore, we can realize our full self-sensory identity only when we encounter the Infinite and empty our self. At that timeless moment, we embody the mantra, God and Me, Me and God, are One, by being fully human, kind, and compassionate, without inner conflict.

With this crystallized sense of self we can excel and move smoothly through the waves of change that are coming. We can be flexible without losing our center. We can relax even in all the stress of change.

Suggestions for Practice: 31 minutes of Breath of Fire followed by 11 minutes of absolute stillness, which welcomes all sensations as a flow, witnesses the Infinite as the true healer, and connects and empowers you to be you. And that's all we need—just you!



Gurucharan Singh Khalsa, PhD
Director of Training
Kundalini Research Institute

Yogic Recipe of the Month

Banana-Nutmeg Ice Cream



Nutmeg, taken alone, is a very intoxicating food. It can make you totally disoriented. Dried powdered nutmeg can cause severe dizziness and should not be eaten except in minute quantities.

Fresh whole nutmeg taken with banana, however, is a tonic, especially for men. It can keep a normal person young for a long time. This recipe can be served as a hot drink or as ice cream.

1 cup milk
3 medium-sized ripe bananas
1 whole nutmeg, ground
1 fresh apple, peeled and cored
1/3 - 1/2 cup honey

Grind nutmeg with a mortar and pestle or using a Molinex grinder. Blend ingredients until smooth. Then serve hot or pour into ice cream maker and churn until ready.

Makes 1 pt.

To make "ice cream" without an ice cream maker, pour mixture into a flat tray. Set in freezer until almost frozen solid. Puree in blender. Then freeze again. Puree a second time. Freeze once more and serve.

Yogic Recipe of the Month

Coconut Ice Cream

Here's a delicious treat that will help to balance the minerals in your body. It's especially recommended for children.

1 Tbsp. coconut oil
1/2 cup coconut meat
1 Tbsp. peanut oil
1 cup milk
3 ripe bananas
1/4 tsp. ground cardamom seeds
1/8 tsp. powdered cloves
1/2 cup honey



Grind coconut in a Molinex grinder or food processor. Boil milk until a thick skin forms on the top. Place all ingredients in a blender, being sure to include the white strings of the bananas which cling to the peels. Blend to an even consistency. Place in an ice cream maker with the ice and rock salt and churn until thick and creamy. If you don't have an ice cream maker see the Banana-Nutmeg Ice Cream recipe to learn how to make ice cream without one.

Serves 3-4

The KRI Photo Archive Project



Happy Solstice! If you weren't at Summer Solstice this June at Ram Das Puri in Espanola, NM, we definitely felt you there in spirit and hope you had an amazing Solstice celebration wherever you were in this world! This year as over 2000 people gathered to meditate and celebrate, we were graced with large posters of Yogi Bhanjan's words and images from the KRI Photo Archives. You can purchase these exclusive images at <http://www.yogibhajan.org/YBPhotos.htm> and enjoy them in your home. Or, if you'd like to simply donate to the continuation of this project, we'd appreciate your support.

As a thank you, we are once again offering a FREE Teaching PR download! This month's password is god&meR1 Visit the site and enjoy!

In the Name of the HOLY Cosmos which prevails through all time,

The KRI Photo Archive Project

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