



The Kundalini Research Institute

Training - Research - Publishing - Resources

Falling into prayer is the same thing as falling in Love. It is an infinite fall. You can never come out of it. -Yogi Bhajan

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JUNE 2009 NEWSLETTER

Sat Nam and greetings from sunny New Mexico. I am getting excited about this summer. There is a lot of activity and opportunity to use the Sun's energy during the summer to accelerate our yogic and spiritual practices.

One practice that I truly love is White Tantric Yoga; and at Summer Solstice Sadhana, there is the unique opportunity to practice three consecutive days of White Tantric Yoga, here in New Mexico and at the European Yoga Festival in France. See www.whitetantricyoga.net or www.3ho.org for details about these two wonderful events.

Besides White Tantric Yoga, there are many great classes to attend at Summer Solstice Sadhana this year. We have many KRI staff members as well as KRI certified teachers and trainers giving classes this year. Be sure to attend Gurucharan Singh's class, Kundalini Rising: Meditations for Global Awakening and the 1,000-Day Transformation. The class will be held Saturday, June 20, 2009 at 10:00am on the main stage.

Congratulations to all of you (including me!) that have completed 90 days of the 1000-day Meditation for an Invincible Spirit in the Aquarian Age. We have over 2000 people signed up for the meditation on Facebook: <http://www.facebook.com/pages/Kundalini-Research-Institute/48239452516>.

Now is the time for Teachers! We still have space available in our International Teacher Training Level One Immersion Course. The Aquarian Age is calling and you can become a Teacher of Kundalini Yoga as taught by Yogi Bhajan® this summer. <http://immersion.kriteachings.org/>

The Yogi Bhajan Library of Teachings has a new website. <http://www.yogibhajan.org>. You can find information about the Library of Teachings and photos of Yogi Bhajan for viewing and purchase. These photos are really wonderful. They capture Yogi Bhajan at various stages in his magnificent and memorable life.

Kind regards and blessings,

Nirvair Singh

President & CEO

News from The Yogi Bhajan Library of Teachings

Sat Nam!

We're approaching the Summer Solstice Sadhana very quickly; so I wanted to take this opportunity to update you on The Yogi Bhajan Library of Teachings Capital Campaign. Thanks to your generosity this spring, we've raised—in the first quarter alone—more than half of what we raised in the entire first year of our campaign! Thanks to your enthusiasm for this project—and your response to the 1000-day Sadhana campaign and the I AM A WOMAN project this spring— we've raised \$25,000 in the first quarter alone!

The archival phase of the project is well on its way—thanks to you! Currently we have 500 audio assets and 350 video assets in the archival process—and that number increases each month! With your help—it could increase exponentially! We need \$700,000 to complete this phase and move on to creating the online resource we all envision.

Please help us reach our goal. We'd like everyone to feel that they are a part of creating this living legacy, The Yogi Bhajan Library of Teachings. Currently, we have 50 monthly donors. We'd like to more than double that by the end of the year to 108 monthly donors. **Become a donor today!**

We believe in grassroots fundraising—small donations that together make a big difference!

Thank you again for your continued commitment to Kundalini Yoga as taught by Yogi Bhajan® and The Yogi Bhajan Library of Teachings—keeping the legacy alive!

We Are KRI - Now Is the Time for Teachers!



In June, many of the KRI Aquarian Teacher Training Programs around the world are graduating new teachers. Welcome, welcome, welcome to We Are KRI. It is always very moving to meet a new teacher and listen to their personal journey. This month come and visit We Are KRI to meet some of our new teachers and trainers from around the globe.

- Did you know that each year the number of teachers in training is growing? In 2009 we will be graduating more than 800 new teachers.
- Did you know that in our Trainer Academy we are training 300 new trainers who will be traveling to every area of the globe to offer teacher training?
- Our Reach Out—Teach Program continues to grow , offering Teacher Training in areas where there may not be a Teacher Trainer. If you would like to have Kundalini Yoga Teacher Training in your area and do not have a Lead Trainer, contact me at hck@kriteachings.org, because now is the time for teachers!

One of our trainers, who brings Teacher Training to places all over the world, is Krishna Kaur from Los Angeles. She began the IABYT, International Association of Black Yoga Teachers in 1998 : and is the founder of Yoga for Youth <http://www.yogaforyouth.org> or go to [YouTube](#) to experience Krishna.

This past week I was in Los Angeles for her 70th birthday party. At her party, her 2009 graduating class regaled her with the following song –sung to the tune of Stevie Wonder’s “Isn’t She Lovely?” Everyone in the audience loved it and joined in by clapping their hands:

Isn't she lovely
 Isn't she wonderful
 Isn't she precious
 Less than one century old
 We never thought through love we'd be
 Meeting one as lovely as she
 But isn't she radiating love

Isn't she pretty
 Truly the Guru's best
 Boy, I'm so happy
 We have been heaven blessed
 I can't believe what God has done
 Through Krishna he's given life to One
 Isn't she radiating love

Isn't she lovely
 Life and love are the same
 Life is Krishna
 With her we won't be the same
 Guru Ji it could have not been done
 Without you who elevated the one
 That's so very lovely radiating love

Krishna Kaur is one of KRI's 2009 Honorees, you can find out more about her and her work in her bio at <http://www.kriteachings.org/KRIVitalityStresscourse.htm>. One of the first students of the Siri Singh Sahib, she continues to travel and teach. To quote Krishna, "Sadhana is my life." To meet Krishna, visit the Vitality and Stress page, www.kriteachings.org. She is one of the trainers at the Level Two Vitality and Stress course in Española, this summer. We invite you to come and join her along with the other trainers who will be part of this course: Shanti Shanti Kaur, Nirvair Singh and Gurucharan Singh. This is THE COURSE to give you the tools to keep yourself cool in these trying times.

Message from the DOT

Kundalini Rising

At a recent gathering, people asked for an explanation of what kundalini means in terms of our tradition and experience. They seemed surprised that it did not sound dangerous or refer to mystical visions or drugs. I said simply this: "In every person there is a dormant potential. When that is activated, it gives us the power to experience and express our uniqueness as a human being. It awakens and aligns our glands, cells, neurons, and chemistry to support each action without duality and within the flow. Purpose and power become an effortless dance, a natural expression of our intention. In spiritual terms, we say that our soul has found its heart and hands."

So, kundalini is our uniqueness. Normally we try to be different, not unique. We lack the combination of humility, stillness and royalty needed to just be who we are. But in order to be different we fragment our self; we isolate; we select our group and then try to belong. On the other hand, when our capacity to be unique awakens, we belong to our Self and become available to all.

We have a mantra: ek ong kar, sat nam, siri wahe guru. It is the foundation mantra for awareness in kundalini yoga practice. The first condition is ek ong kar: to have the experience of connectedness to all things; to connect to your friends and enemies; to those known and unknown to you; to all those who lived before you and all those who will come after; to this moment and place; and to the timeless everywhere.

Only that connection with ALL allows us to become unique. When we release tension, fears and blocks, we can be still and open to say 'yes' to everything in this creation. Anytime we react from fear or a need to get something, we contract, fragment and enter into a finite game. We play the game to lose or win; but not to love, excel and be.

Kundalini is awareness. Awareness is a quality of our being that is both formless and within each form. When we awaken the kundalini, we can engage in the finite games of forms without losing ourselves within them, without being entranced by the form. We can excel in our role as a professional, a yogi, a basketball player or a corporate executive AND be fully present in our uniqueness as a human being. The central part of the kundalini mantra is "sat nam." That is our identity—the reality or truth of all that exists. When each form or name we create is true (sat) to our authentic Self, then our word is true.

Without ek ong kar, without the expansive energy of kundalini, we see only the truth of our own ego or personal need, instead of recognizing the truth and reality of this moment of existence. Sat or truth in this sense is a mutuality among all that gives rise to my self and my uniqueness. When I am mutual with all things then I am universally true. I love all. I do not restrict my compassion nor close my heart. If I am mutual only with a group that sees the same way I do, then I am only my ego, circumstantial and dependent on that group or situation. If I am mutual only to my own sensations or thoughts, then I am a true neurotic and a commotional witness to the pain that perspective causes. However, when the Kundalini awakens, the connection with All to the experience and truth of my uniqueness as a human being is seamlessly bound together. Kundalini opens us up to breadth and perspective. Kundalini is not a miracle, it simply lets you realize your Self as a miracle.

Finally we have the energetic phrase siri wahe guru: the ecstatic realization of our awareness and uniqueness in action; the ecstasy that accompanies states of flow in which the ego is transcended; the power of effortless effort. It is the ability to recognize the next step we should take—living a dharma. It is

that experience of selflessness that lets us see every movement and moment of life as a teaching and an expression of wisdom. It fills us with gratitude, joy and the courage to embrace the fearless wisdom that is simple, innocent and relentless in this moment. Intuition expands. Energy abounds. We relax. We become fully human. Unique. As is.

We were always a partner with the Infinite. Spirit and grace are always here; the future in the present. Through all the pains and pleasures of life, a single thread of ecstatic awareness abides as a witness to our true Self, with love and patience—that is kundalini. Awareness pure and simple. The nectar of life. A key to our birthright of happiness. An ancient mystery come home to everyone, each one precious, unique and self-illuminated.

Join me at Summer solstice to experience and explore this energy:

Saturday, 10-12am, Main Stage, "Kundalini Rising: Meditation for Global Awakening and the 1,000-Day Transformation" Saturday 2:30-4:30, Main Stage, "Now Is the Time for Teachers"

Or later in the summer, join me and the KRI team of Trainers for intensive study and Transformation: Vitality & Stress Level Two Teacher Training course, June 28-July 4, and if you want to become a teacher, join us at Foundations, Level One Immersion Teacher Training course, August 1-27.

Hope to see you soon!



Gurucharan Singh Khalsa, PhD

Director of Training

Kundalini Research Institute

Yogi Bhajan's Photo Archive

For the last year of my life, I have been working diligently to digitally archive YB Photo Archive photographs of the beloved Siri Singh Sahib Yogi Bhajan. I am unbelievably excited to share with you the launch of the new website <http://www.yogibhajan.org/YBPhotos.htm>. You can find out a little more about what we are doing here and also link to the Photography section of the site. Here, you can purchase any of the 5 Exclusive Photographs that we have available for print in many sizes.



We also have a special gift for you! We have a picture that you can download for free to use in your

Yogic Recipe of the Month



Weight-Loss Tea (Jaalaa Jeeraa)

This tea has been used by men or women to dissolve fatty tissue from their bodies. For this purpose, drink 2-3 glasses per day. It also improves the beauty of the skin, giving a youthful appearance. For the skin, drink 2 glasses per day. It cleanses the mucous membrane of the colon and is an excellent source of Vitamin C.

- *1/2-3/4 Cup fresh or dried mint leaves
- *1lb. Cumin seeds
- *1 oz. fresh or frozen tamarind

Kundalini Yoga Teaching PR material.

The password for the Teaching PR free download this month is

iamprosperity

Thank you so much for your interest. We are so happy that you can benefit from this amazing collection of the history of Yogi Bhajan. If you would like to contribute to this project, this money will go towards the continued digitization of these old slides and negatives. Any bit helps! And thank you once again for downloading this image for free!

Gurudarshan Khalsa

- *1/2 tsp. black salt (also called sulfur salt. Use only a little. It has a strong smell)
- *8 lemons, quartered.
- *1Tbsp. black pepper
- *5 qts. water

Put ingredients in a pot. Bring to a boil. Lower the flame and cook at a low boil for 4-5 hours. This much time is required to draw the extract from the cumin seeds. Strain and serve hot or cold. You can re-use the ingredients to make more tea. Just add a little more each time you boil. Be sure to remove the lemon peels between boilings. Tea can be stored up to a week in the refrigerator.

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