

# Aquarian Teacher

## Module 1

Angad Kaur, Karam Kriya School

If you want to know something, read it.  
If you want to understand something, write it.  
If you want to master something, teach it.

# Topics for weekend

Course requirements

Highlights of Epochs

From the Piscean Age into the Aquarian Age

Golden Chain

Structure of a Kundalini Yoga class

What is yoga & a yogi/ni?

Kundalini

Varieties of Yoga

16 Facets & Identity of a Teacher

Code of Ethics & Professional Standards

7 Steps to Happiness

**Qualification**

**v**

**Self Qualification**

# 3 things that give us trouble

Ability - Am I able?

Permit - Am I permitted?

Merit - Am I good enough?

## Quote (by Jack Kornfield's teacher)

“In your investigation of the world, never allow the mind to desert the body. Examine the body's nature. See the elements that make it up. See the impermanence, the suffering, that comes with having a body; the selflessness of the body when meditating. And that can be felt when standing, walking, lying down and then the body's true nature is seen fully and lucidly by the heart. The wonders of the world will become clear. And in this way, the purity of the being can shine forth, timeless and delivered.”

“The message he gives is that all the truths of life can be known and understood through the connection of longing and belonging through the body.”

"We are spiritual beings born  
for having a human experience.  
We are not human beings born for  
a spiritual experience."

Yogi Bhaajan

3-in-1 being

Body Mind Spirit  
Animal Human Angel  
G. O. D.

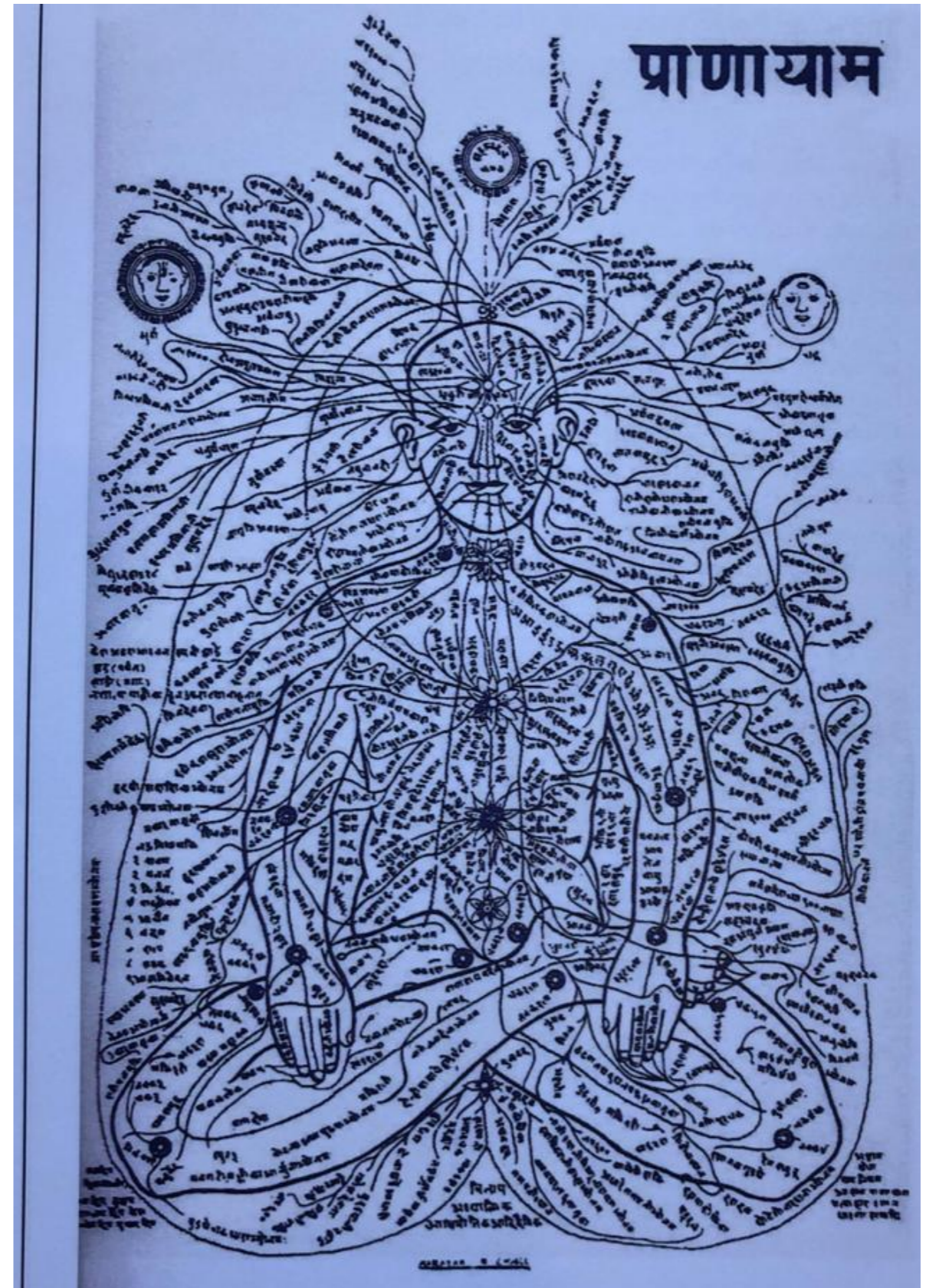
Hu-man

**Hu** = ray, radiance, light. **Man** = mind

Radiance of the Mind

Shine the light through the mind

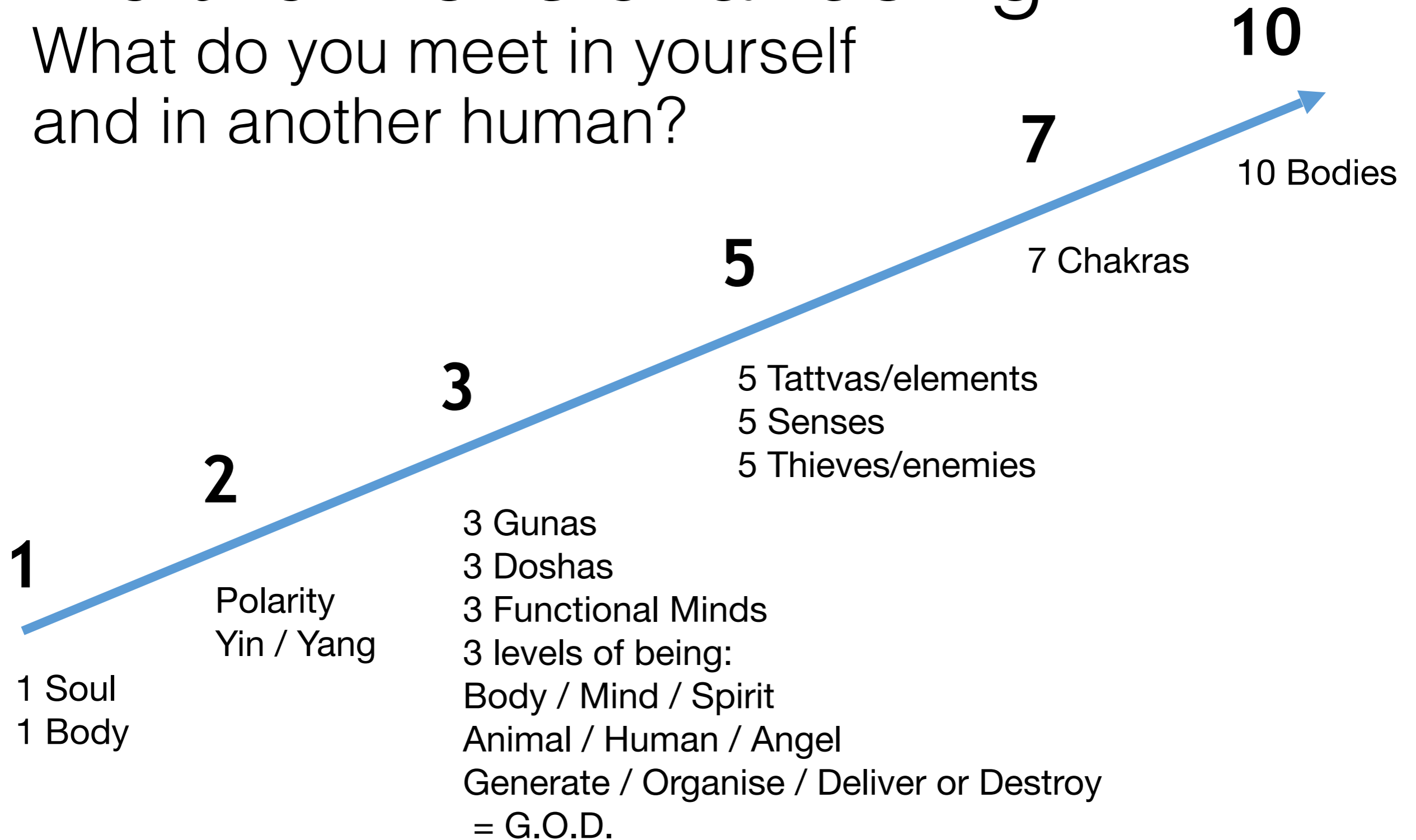
Become transparent





# Multi-dimensional being

What do you meet in yourself  
and in another human?



# Journey of the Soul

**Soul is a passenger, passing through time & space,  
with consciousness**

**Impulse from Soul**

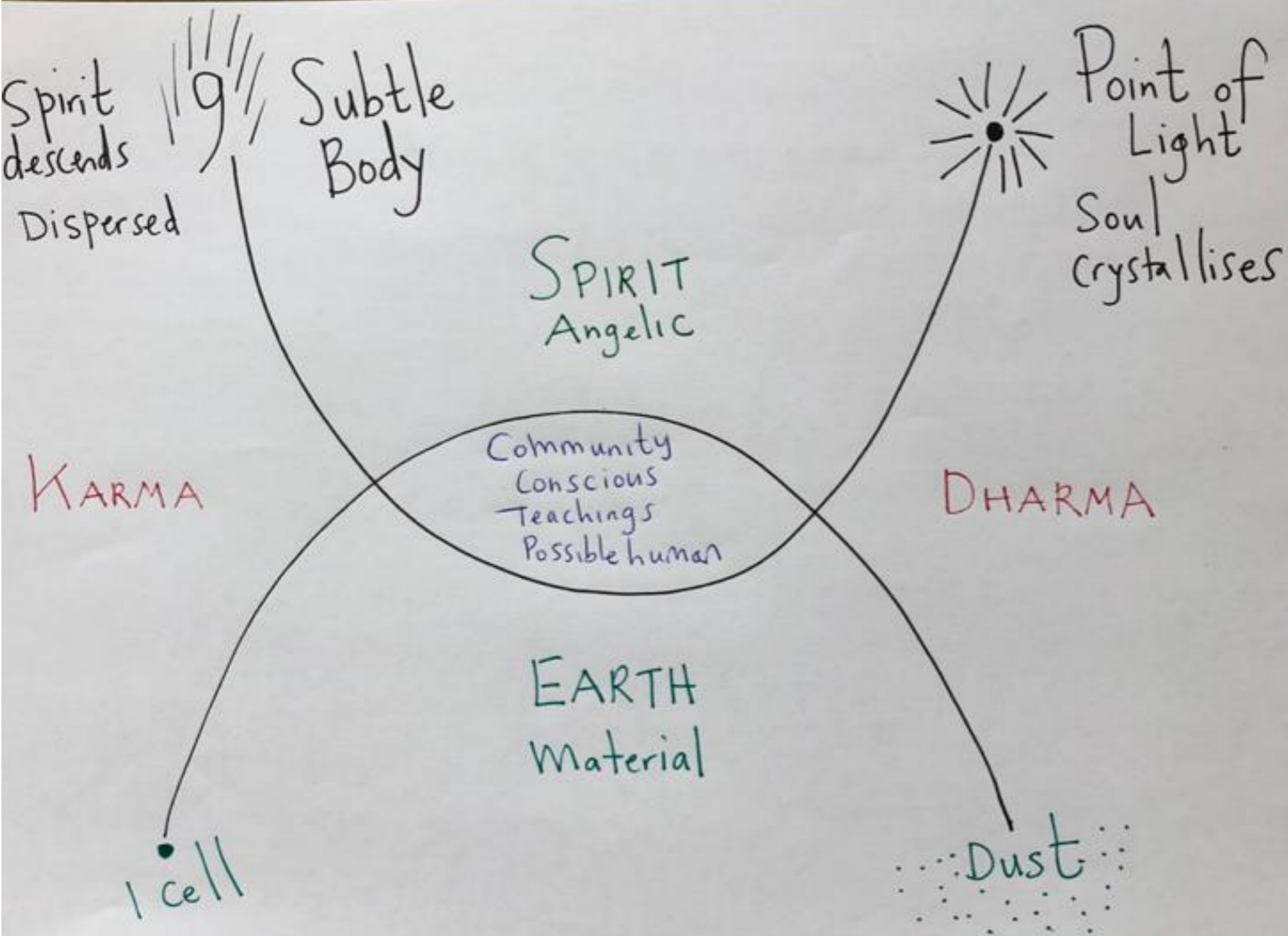
**Time**

(Kal Yug, Epochs, Astrological Ages - context of the times  
plus personal - date of birth, lifecycles, day to day life)

**Space**

(environment, family structure, mental & physical form)  
**Karma** = accumulated imprints from certain types of action,  
the stories we inherit (ancestral) & our own story/stories

**Fulfilling Destiny**



# EVOLUTION OF YOGA

# FOUR YUGAS/ Cosmic Cycles

Yogic & spiritual texts describe Four Yugas through which humankind has developed (ratio: 4,3,2,1):

**Sat Yug** – Golden Age – age of truth and innocence. No sense of separation from God. “Ong” - absorption of the Divine.

**Treta Yug** – Silver Age. Power of the truth weakened to three quarters of its fullness. More separation from God. “Sohung” - “I am you” - human can acknowledge identity with Divine.

**Doaper Yug** – Copper Age. Truth only half revealed. “Ong Namō Narayana” – worshipping God in the form.

**Kal Yug** – Dark age/steel or machine age. Truth is only a quarter revealed. Confusion. Need help to access your divinity.

**We are in the dark age of Kal Yug.**

**Bull of Dharma - now only on 1 leg.**

# Kal Yug

**Bhagavata Purana** - incarnation of God through the word.

Written in the **10th Century** by **sage Vedavyasa**, they are striking because they are so accurate.

In the last part of the **Bhagavata Purana**, there is a list of 15 predictions or prophecies about the dark times for the present age of the Kal Yug.

**Prediction 1:** Religion, truthfulness, cleanliness, tolerance, mercy, duration of life, physical strength and memory will all diminish day by day because of the powerful influence of the age of Kali.

(Bhagavata Purana - 12.2.1)

Even though it states an ocean of faults with this age, there is one good quality about Kal Yug given right at the end:

**Simply by chanting the names of God, one can become free from material bondage and be promoted to the transcendental kingdom.**

## Indus Valley Civilisation (3500 - 1500 BCE)

Archeological evidence points to the rudiments of yoga & meditation.

In Northwest sections of India & Pakistan, two great cities excavated: Harappa & Mohenjo-Daro. Ritual spaces & figurines relating to Goddess worship & animal reverence.

Earliest artifact - soapstone seals depicting a figure seated in lotus pose, hands on knees, wearing a horned head dress with faces in 3 directions.

## Vedic Period (1500 - 500 BCE)

Rishis hear cosmic sacred sound as revealed knowledge.

**Aryan & Indus** cultures merged = the **Vedas (Book of Knowledge)**

Towards end of the period, rishis conceived of Brahman, the idea of a **Supreme Reality** - the force that held the universe together, that enabled expansion.

Brahman could not be described but could be experienced through the cosmic sacred word & sound which became referred to as **Shabd Brahman & Naad Brahman** in the Upanishads.

## Upanishad Period (800 - 500 BCE)

“Unpanishad” = “to sit near or under” - considered highest wisdom of mankind  
(over 200 available today)

**108 Upanishads** = evolvement of Vedic thought into philosophical writing.

Full of **ecstatic writing** from **sages in a transcendent state**.

Sacrifice of the ego for self-liberation from the karmic cycle of death & rebirth.

Reverence of teacher-student relationship.

**King Janaka** - a grand figure of the time transmitting knowledge of **Raj Yoga & Kundalini Yoga**.

The Janakas were a lineage of sage-kings in ancient northern India.

## 20 Yogic Upanishads (200 BCE - 1800 CE)

Compiled first half of 17th century at the latest - although likely developed earlier (16th Century)  
as Kundalini noted in Tantra texts in Sanskrit.

Contain a great deal of instruction on yogic teachings, philosophy & practice.

Describe different types of yoga including Raja, Laya, Mantra, Hatha yoga

## Yoga-Kundalini Upanishads (1100-1800 CE)

Short yoga Upanishad on how to awaken the Kundalini.

Teachings practiced & **transmitted orally** before codified in Patanjali's Sutras & Yoga Upanishads.

Influenced by Hatha yoga & Mantra yoga.

**Chapter 1:** Raising the Kundalini - discipline  
(prana, diet, breath retention, asana, 3 body locks)

**Chapter 2:** Practice & benefits of curling the tip of the tongue back to the soft palette  
to raise Kundalini & access Nectar/Amrit

**Chapter 3:** How to maintain a Sadhana



## **Epic Epoch (800 - 300 BCE)**

Great transition. Upanishads were added to.

**Bhagavad Gita** - dialogue between **Krishna** & his devotee **Prince Arjuna** - takes place in the middle of a war on the battlefield.

Teaches **Karma Yoga** & how you can be unattached to the fruits of our actions even in the midst of great actions, even wars.

Bhagavad Gita became main scripture for worshippers of Vishnu (preserver/protector of universe) & his incarnation Krishna. More recently the Hari Krishnas.

**Message of the Gita = universal, to release attachment, absorb the mind into absolute Being & Love.**

## **Classical Period (300 BCE - 500 CE)**

**Great period of education** when yoga philosophies were coded into Six Schools.

**Yoga Sutras of Patanjali** - the most important work in yogic philosophy.

## **Post-Classical Period (500 BCE - 1700 CE)**

Development of practices & philosophies that are part of Kundalini Yoga including:

**Tantra, Hatha, Bhakti yoga.** Non-dualism between self & Ultimate Reality.

Formulation of the 20 Yoga Upanishads including the Yoga-Kundalini Upanishad in the later part of this period.

## Classical Period (300 BCE - 500 CE)

### Six Schools of Yogic Philosophy

(born out of the Vedic Epoch & emerged from the Vedas)

**Yoga Sutras of Patanjali** - most important work identified

These 3 schools of philosophy are still practiced:

**Samkhya** - concerned with evolution of existence, nature of being, detailed map of universe, Patanjali's practice

**Vedanta** - nature of meditation, self-inquiry. Includes Upanishads, Bhagavad Gita, right action with Oneness of Creation

**Yoga** - identified throughout Patanjali's Sutras - to attain the perception of Self & Reality. Movement to the more experiential.

Over time, these 3 became more obsolete, not actively practiced:

**Mimamsha** - Vedic rituals, focused on concept of Dharam, free will to create a quality of life, no instruction of yoga, doesn't presume one God or source

**Nyaya** - means 'rule'. Focus on rules, logic, rhetoric.

**Vaisheshika** - analysis, understanding of external through philosophy of nature

## ***Patanjali: Sutras 1 – 4:***

1. This is the beginning of the instruction of yoga.
2. Yoga is the control of thought-waves in the mind.
3. Then man abides in his real nature. (\*he knows he is the Atman – soul – the Godhead within)
4. At other times, when he is not in the state of yoga, man remains identified with the thought-waves in the mind.

## **Bhakti Movement (1100 - 1700 CE)**

Loving devotion offered a direct experience of mystical union with the Divine manifest in **form** (sargun) through **iconic worship** (murti puja) or union with the **formless** Divine (nirgun) through repetition and chanting of Bani/ poetic song.

Sufi-Islmanic poets such as **Rumi** and **Hafiz** from 13th & 14th migrated to India.  
Birth of poetic mystics such as **Kabir, Ravidas, Namdev, Mirabai, Guru Nanak.**

## **Sikh Guru Era (1468 - 1708 CE)**

Status of householder = merge with God in life.

10 Sikh Gurus & Sri Guru Granth Sahib.

**Naam & sound current as the spiritual teacher & medicine of Kal Yug.**

## **Modern Period (1700 & beyond)**

Britain ruled over India, curbing Bhakti & increasing secularism & materialism.

Early 1900s, a wave of yoga teachers came to the west (Yogananda, YB etc).

Fusion of knowledge in the West & East.

This period is about **expansion, discovery and merger.**

## **Aquarian Age (2011 & onward)**

**Age of Intuitive Feminine.** Globalisation, community, experiences must be authentic & universal. Everyone will use tools that work, regardless of the traditions they are from. How long this period lasts may be up to us, as pioneers of the Aquarian Age :-)

# Sri Guru Granth Sahib

1430 pages

Starts with  
Mool Mantra  
Japji Sahib



# Sri Guru Granth Sahib

## Shabd Guru

“spiritual teacher through the quantum technology of sound”

Mystical, transformational poetry

written by 6 of the Sikh Gurus

(who had the same Light & divine vibration)

plus 30 additional enlightened beings in India

Multi-faith & multi-language spiritual text written in Gurmukhi script

Awakens our core spiritual DNA

The first edition, known as **Adi Granth**, was compiled by **Guru Arjan** who affirmed the fundamental unity of all religions and the unitary character of all mystic experience.

It was installed in the Golden Temple in 1604.

The second edition, known as **Sri Guru Granth Sahib**, was compiled by **Guru Gobind Singh** in 1705 & in 1708 was declared the Guru - the spiritual teacher as the Word, the sound current.

**SRI** (Si + Ree): The entire light of the sun's creativity.

**GURU** (Gu=darkness + Ru=light): From darkness to light, from ignorance to wisdom. Guru is the one that gives you the technology to remove your ignorance & blocks to knowing your divine nature.

**GRANTH** (gra=know + un=ultimate + naat'h=owner, Master, the One):

That which creates the ultimate knot with God/One/Source.

**SAHIB** (sa=light, Infinity + hib=the now):

The light of the now,  
the totality of the here and now.

**Teachings of Truth are Timeless**

# Sri Guru Granth Sahib

(installed in Golden Temple on 1 Sept 1604)

**Shabd Guru - “quantum technology of sound”**

Mystical, transformational poetry - delivered in song  
written by 6 Sikh Gurus (same Light & divine vibration)  
plus 30 additional enlightened beings in India

**Shabd Guru = spiritual teacher**

Teachings are alive, through the Word  
Awakens the core spiritual DNA

**SRI:** The entire light of the sun’s creativity.

**GURU:** From darkness to light, from ignorance to wisdom. Guru is one who gives you the technology to remove your ignorance & the blocks to knowing your divine nature.

**GRANTH:** That which creates the ultimate knot with God/Divine Source.

**SAHIB:** The light of the now, the totality of the here and now.

**Teachings of Truth are Timeless - relevant for all time.**



# **Guru Nanak**

## **Baba Sri Chand & Guru Ram Das**

**Guru Nanak (1469 - 1539)**

1st Sikh Guru - “there is no Muslim, there is no Hindu”,  
Mool Mantra, Japji Sahib, Sri Guru Granth Sahib  
**Bhakti**

**Baba Siri Chand (1494 - 1629)**

Eldest son of Guru Nanak  
Head of the Udhaasee Sect, ascetic lifestyle of a yogi  
**Shakti**

**Guru Ram Das (1534 - 1581)**

4th Sikh Guru in the lineage of Sikh Gurus in human form  
Bestowed the **Throne of Raj Yoga**  
Embodiment of **Bhakti, Seva, turning “takers to givers”**

**Baba Sri Chand**



**Guru Ram Das**



# Shakti & Bhakti

**Kundalini** Yoga gives the tools, technology, sadhana, personal discipline to awaken awareness

**Sikh Dharma** gives an example of living that consciousness in an Aquarian manner

“Student of elegant action.” Yogi Bhajan

**Shakti energy** = Kundalini, life, radiance

**Bhakti** = commitment, dedicated devotion, surrender of the ego/attachments

# **GOLDEN CHAIN**

Invokes a state of consciousness & grace.

**GURU** = agent of change;  
catalyst of transformation that awakens spiritual knowledge;  
alive within everyone.

## **Guru Ram Das**

Bestowed the Throne of Raj Yoga

Represents & connects us to the energy of Realised Consciousness.

Known as the Guardian of the Aquarian Age & Lord of Miracles.

Yogi Bhajan's spiritual teacher.

**Adi Mantra** = manifest Infinity through the grace of Guru Ram Das.

**Golden Chain** - coming in through the higher consciousness, Subtle Body, into the heart to be delivered to the students.

As a teacher you are always in a 3 way relationship:

1 - Yourself, soul

2 - **Golden Chain - Lineage - Guru Dev - Guru Ram Das**

3 - Class

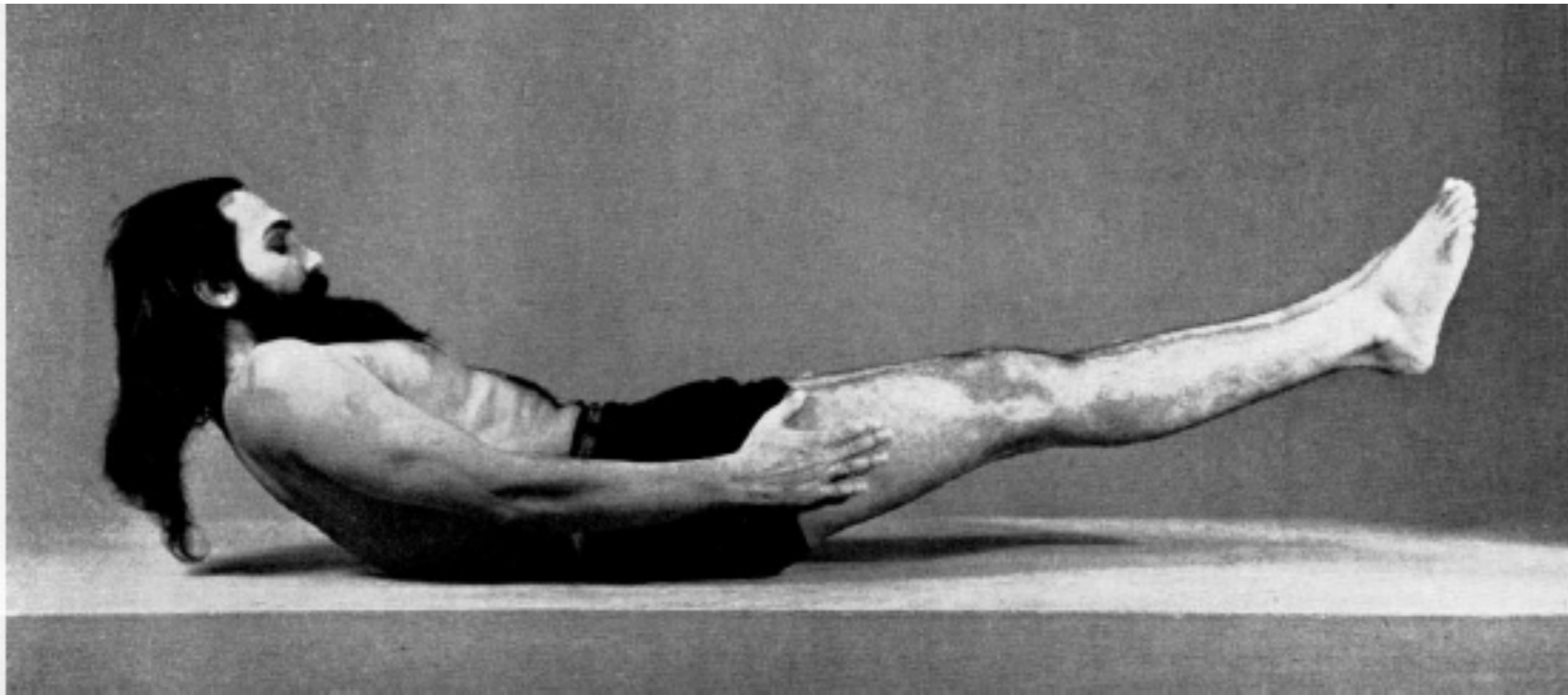
## **Yogi Bhajan's teachers:**

Yogi Bhajan learned **Nam Yoga, Laya Yoga & Mantra Yoga** from **Baba Virsa Singh** (Ashram in Delhi).

In 3HO's **Beads of Truth**, 1st edition (1970), the following teachings/teachers named in an article "**Who is Yogi Bhajan?**":

- **Swami Devmurti** under whom Yogi Bhajan obtained 'mastery of Hatha Yoga & Raj Yoga'
- **Acharya Narinda Dev of Yoga Smitri** in New Delhi who taught him Hatha Yoga & 'the impact & balance of the nervous system'
- the **Sivananda Ashram** in Rishikesh where YB 'was able to drink deep and fill his mind and heart with the Sanatana Dharma'
- **Swami Dharendra Brahmachari** taught 'Yoga Therapy' and at whose ashram YB is said to have been 'Senior Professor of Yoga'

# Swami Dharendra Brahmachari



## **Kundalini Yoga & Raj Yoga - practices woven together**

**Bhakti Yoga** - surrender, devotion, commitment

**Shakti Yoga** - discipline, skill, power

**Raj Yoga** - talk like a sage, walk like a king/queen

**Sahej Yoga** - stage of flow

**Gyan Yoga** - ability to know things without  
subconscious clouding the clarity

**Karma Yoga** - action in service of the boundless  
will of the soul

“Raj Yoga is the basic philosophy, mentality and the dimension in which the mind and the dimensions of the mind unite to achieve Sovereignty of Godhood.” Yogi Bhajan

## **Piscean Age:**

Science, medicine, power, respect for intellect, rational, search for knowledge, secrets, God on the outside, manipulation, cleverness and strategies

“To be or not to be”

“I want to know, please help me”

## **Aquarian Age:**

Discovering inner wisdom, transparency - all is revealed, sharing, community, God on inside, need for intuition and meditative, neutral mind

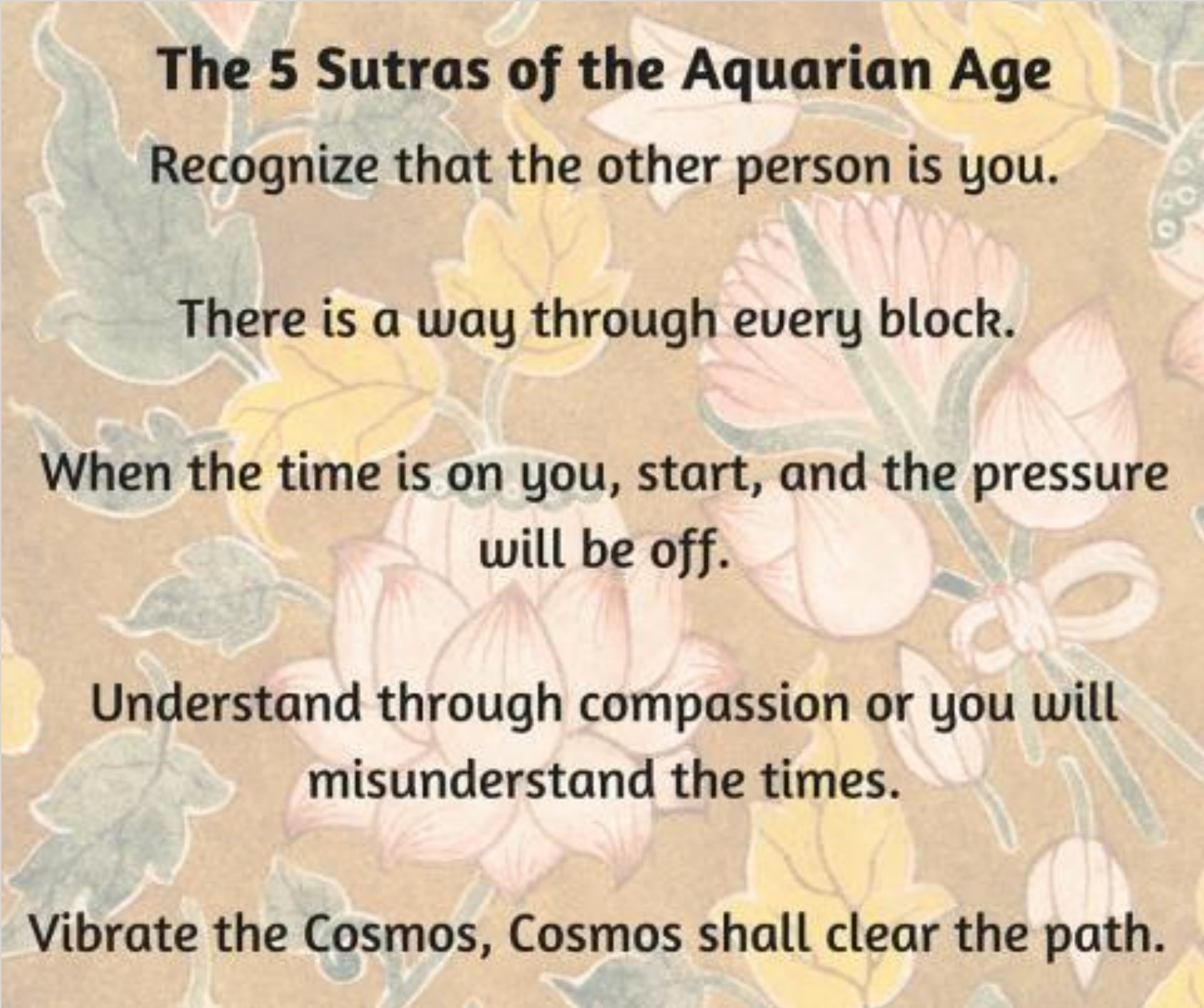
“Be to Be”, “I am, I am”

“I know, let me help take you there”



“The Age of Aquarius is coming our way. Emptiness, insanity and pain shall be everybody’s affair. They shall come to you. As insane as they are, if you do not take away their pain, and instead you sit in judgement, you are wrong people. That’s why we wanted to teach you how to remain disciplined in the most undisciplined world. How to grow, to glow. How to serve, to be. **First** we identify ourselves: We are, we are. **Second**, our words should be such that they should cool down any fire, the desperations, the depression of the person. **Third**, we must have the power to uplift the soul and serve the person, to be graceful.”

Yogi Bhanjan (1996)



## **The 5 Sutras of the Aquarian Age**

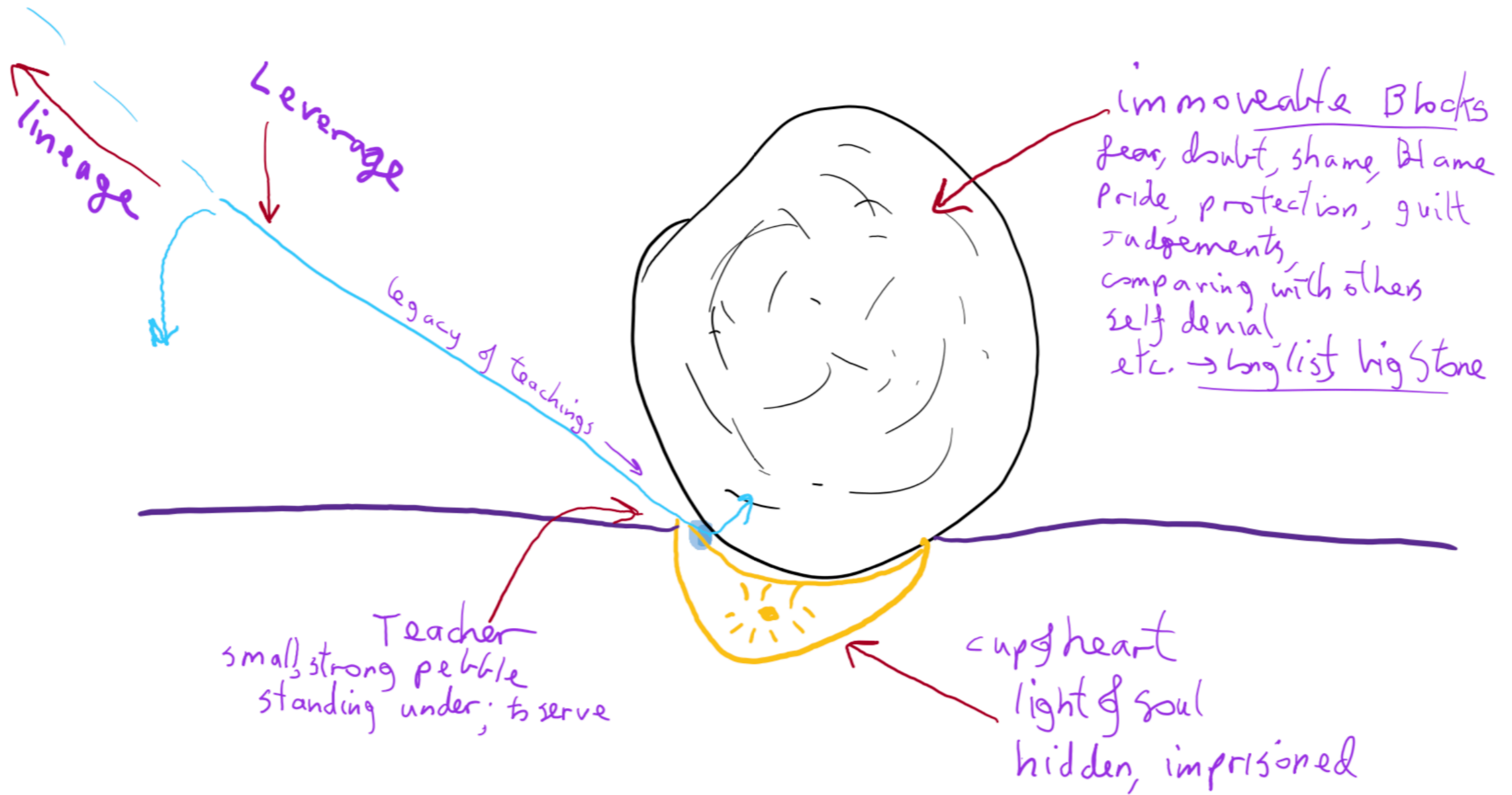
Recognize that the other person is you.

There is a way through every block.

When the time is on you, start, and the pressure  
will be off.

Understand through compassion or you will  
misunderstand the times.

Vibrate the Cosmos, Cosmos shall clear the path.



# Leverage, Lineage, Legacy

(drawing by Shiv Charan Singh)