



# Prosperity Paths

Investing in Your State of Being

ISSUE 49 - JANUARY 2003

"HOPE"

For Your Enjoyment  
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## "Give Hope to Those Who Don't Have Hope"

Blessings from the Siri Singh Sahib (Yogi Bhajan)

"There is no other source of life through which you can feel happy, unless you give. And what can you give? When you give yourself discipline and your discipline gives hope to somebody, that is what brings happiness.

I hope you will continue this as your practice so that you may enter the Age of Aquarius peacefully, gracefully, and with strength. I hope you do not do what most people will be doing: shattering, shivering and sharing their fears and nightmares. I want you to be really successful so that you can lift people like a forklift and hold them up so they can reach their destination. I am asking your spirit to wake up - that is what matters.

For that, you have to eat right, speak right, and have manners and mastery of yourself. In next coming years before the Age of Aquarius enters, you will find thousands of people with empty hearts, empty minds, and empty selves. You are their hope. This is the time to prove our grit. This is the time to pay our debt by giving hope and showing our character and commitment. It will be a sacrifice but that's what we will do. That is our spirit; that's our character.

I want to teach you to be great, so you can make others great. There lies the hope; there lies the mission. Remember God uplifts those who uplift others.

Everybody is an instrument; everybody is a help to the other. Give hope to those who don't have hope; give love to those who don't understand; give food to those who have not eaten; and give comfort to the uncomfortable. It's all divinity. Try to be what you have to be.

May the Creator give you the strength to commit to yourself, and through that commitment may you elevate yourself to serve all those who need your help. May you help in the Name of the One Who created you and serve others with peace, tranquility, love, and affection. May divinity and dignity grow in you, and may it attract and serve people as hope. May this hope in humankind bring you to mental, physical and universal peace forever. Sat Nam.

- Siri Singh Sahib (Yogi Bhajan), Excerpts



# The Virtue of a Meditative Nature

Siri Singh Sahib (Yogi Bhajan) Class Lecture

A nation is an embodiment of people who have a grip on their today and their tomorrow, which gives them the capacity to work together for a common cause. First we were cave people and then we expanded into territories. From kingdoms we became city-states, then nations. Man is a social animal and cannot live alone. We need to live together. To get together we have to have a common cause. We know, feel and understand our common cause. It becomes extremely easy to be united, if we have a meditative mind.

When we act through our impulse, we are just two-legged animals. We look human but we are impulsive and guided by emotions, commotions and neuroses. By our meditative mind we act through intuition. When your nature is not developed into a combination of goodness, Godliness and grace, it is your direct loss. Through your unkindness you are unkind to yourself. When you are intuitive, you live your caring, compassionate and kind nature. Through the virtue of a meditative nature you enjoy your real nature. You will always be prosperous. You cannot be defeated.

When wrong things happen to us we blame the environments. Environments are not to be blamed! We rely on our easy, impulsive nature. We all refuse to confront. We say, "Leave him alone! Time will teach him. Let him have his way. Why should we do anything?" Our nature is to avoid

confrontation. Consequently, by habit, we are liars. We lie to ourselves to start with, and then to everybody else, because we are non-confronting and non-expressive. That is why our prayer does not work. Our prayer is non-confrontational. If you do not confront and make agreements with God, you do not have a relationship with Him.

This meditation creates a magnetic frequency in your body which will make

your psyche flow towards you. You have the mind to project your thoughts.

For seeding thoughts, you need extra inner energy to inspire your aim.

With these practices, you should have a clear aim so you can penetrate a mantra in your being and in your surroundings.



Do not proselytize, do not argue, do not tell people what is good and what is bad. Just uplift them. Take them one step higher. Let them know there is hope, there is a chance. We are a nation of technicians who will be in a position to transmit energy to uplift people. No matter what you are going through, just consolidate on your breath. In that consolidation you will find the answer to confronting your problem. Hail Guru Ram Das and heal people in his name. Let Guru Ram Das give the result. Be alert and pray unto him, who is already in you, to come through.

*(5/15/2000 Synopses, continued page 3)*

# Meditation

Empower the Psyche's Projection  
5/15/2000

1. Sit straight in a cross-legged position. Raise the left arm in parallel equilibrium with the ground and bend the elbow so that the hand is in front of your chest, palm facing down. Extend the right arm straight forward in parallel equilibrium with the heavens, elbow straight, palm facing upwards. Eyes are focused at the tip of the nose. Become calm. Chant Wah-hay Guroo, Wah-hay Jeeo by Sangeet Kaur and Harjinder Singh (from Raga Sadhana).  
Continue for 22 minutes.

2. Place both hands over the heart center, right over left. Continue chanting for 2 minutes.

3. Same position, whisper the mantra for 2 minutes.

4. Same position, chant in silence for 1 minute. To end, inhale deeply and hold. Stretch the spine and squeeze every fiber of the body to equalize the energy. Exhale. Repeat 2 more times. Relax.

Teachings of Yogi Bhajan, © 2001 Yogi Bhajan.

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## Prosperity Paths Editorial Section

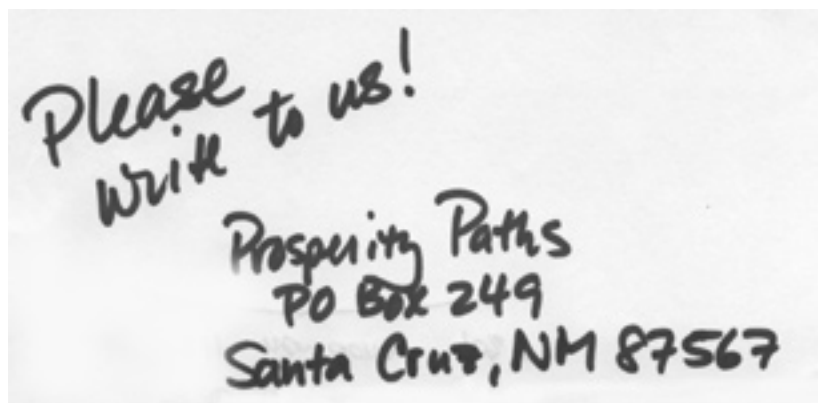
Nov 12, 2002

Dear Friends,

I am writing to say thank you for the mailings you send even when you have heard nothing from me. I received the video tape "Living the Legacy" in the mail. I was curious, so I watched it. This tape brought me back to my inner self. I could feel the love of the world as I watched this video. I thank you for making it your mission to reach out to others to make a difference. I have felt your difference. I also now look forward to your mailings and different meditations you send.

Thank you very sincerely,  
Blessings to you and yours.

PA (excerpts)



Please  
write to us!  
Prosperity Paths  
PO Box 249  
Santa Cruz, NM 87567

# Hope and the Five Steps

Dr. Kartar Singh Khalsa

As we continue to grow through the time of the Cusp, the overlap of the Piscean and Aquarian Ages, we are faced with the challenges of time and space. Often there is not enough of either one. This puts pressure on our psyche, and at those moments we have a choice about how to respond. We can choose the path of hope, or we can surrender to the insanity of the times. And while this may not be one monumental moment, we are certainly influenced daily by the continual decisions and responses we have to make about the pressure on our psyche, otherwise known as stress.

The stress of the times today continues to push the average person to the limit, and over time can create something our teacher has warned us about for a long time: cold depression. This can be a state of hopelessness and very tough to break out of without the proper tools.

As yogis we know that it is through our endurance that we maintain the discipline of our practices in order to hold our state of grace. In this way we give hope not only to our own soul, that we will reach our highest destiny, but also to those around us. As a result of the blessing of having a teacher, who has given us such a wealth of teachings and technology, we have the capacity to endure the times and to expand beyond them, as well as to carry others along with us as well.

The pillars of our lifestyle as Sikhs are Bana, Bani, Simran, Seva

and Dasvandh. These pillars hold up the structure that houses a conscious being having a conscious lifetime, a structure that gives the soul hope of evolution on the physical plane, to become so radiant that it inspires others to do so.

Bana is the art of dressing for God. It magnifies our radiance, expands our aura and allows our soul to express clearly to the outside world our state of grace.

Bani is the art of chanting the Guru's word such that the combination and permutation of sound vibrates the upper palate sending signals to the glandular system and balancing the entire eight chakras. Bani is the opportunity to chant poetry to vibrate the naad at the same frequency as it was originally chanted by enlightened beings. We can hold the same space and in so doing have hope that we can achieve the same frequency.

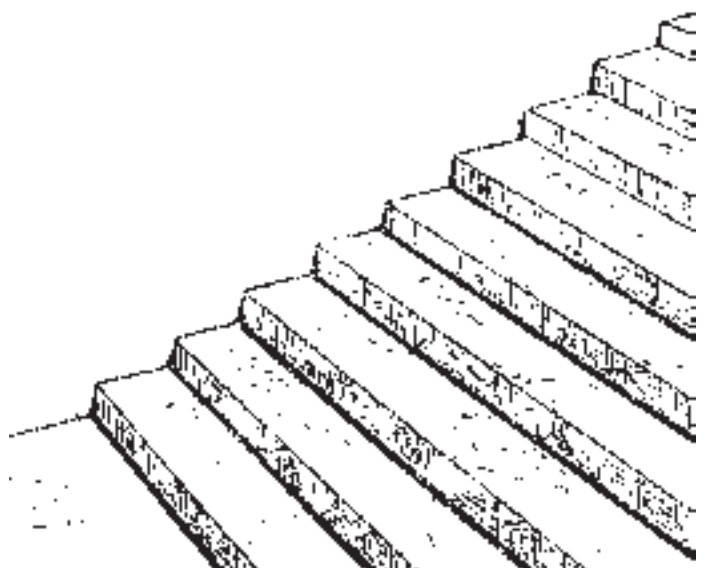
Simran is a state of being you come to, an experience of God's Name resonating with every breath. Chanting God's name can bring you to this experience. This is the opportunity to remember our Creator at all times. It is a way to remember that

all things come from God and all things go back to God. And in so doing, we remind ourselves that the hope of returning to God is only a thought away.

Seva is the art of selfless service, -- the ability to transcend the ego's expectation of a return for services rendered. Seva is God's hope that we may be as servicable and giving to the planet as He is to us.

Dasvandh is the art of giving back to Infinity for that which we are given. As Infinity gives to us the hope of expansion, we too must give to Infinity. To trust that what is freely given, freely returns: that the Infinity of God always supports the hope of endless blessings.

These five pillars are the support upon which God's hope for us exists. By consciously practicing these techniques our future is guaranteed and hope is given that we may reach our highest destiny in this lifetime.



# Lighthouses of Hope

Darshan Kaur Khalsa



**T**he lighthouse has forever been a strong symbol of hope. It is a light in the darkness, the promise of help, of a foundation beneath our feet.

Sadhana, a daily spiritual practice, is in its own sense a lighthouse too. In some inexplicable way we trust that by giving this time we will experience something like a communion with our very essence, our souls, and our

connection with the Infinite. When we are able to let go, to “allow,” this experience becomes more and more a regular part of our lives, and gives us a strong core to go through life.

Giving to Dasvandh is like seeing the lighthouse in the physical aspects of our lives. We are giving to our Infinity, and from that same place of trust and faith, we experience the connection with the Infinite, we own a foundation and we know we are provided for. We open ourselves to the inherent prosperity and abundance of the Universe and we begin to experience it, until this, too, becomes such a regular part of our lives that we know we can depend on it.

Hope is an energy source straight from the heart. It’s like the alarm clock urging us to go to Sadhana, a light bulb inside of us that lets us simply be and shine in the world. Trust in that energy source. Know hope and be hope. Allow yourself to be the light of hope that shines in the world. And please give generously to Dasvandh. With the state of the world and the challenges we face in this cusp between the Piscean and Aquarian Ages, we have to deliver! Your Dasvandh contributions help us share light and hope with many others.

Dasvandh

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# Meditation to Bring Prosperity

Prosperity Technology Revisited

**Position:** Sit in Easy Pose, with a straight spine, or on a chair with feet flat on the ground. The hands are resting on the knees in Gyan Mudra (first fingers and thumb tips are touching).

**Eyes:** Look at the center of your chin, through closed eyes (or look at the tip of your nose through eyes opened 1 / 10).

**Mantra:** Inhale deeply and hold the breath as you mentally recite: “I am Bountiful, I am Blissful, I am Beautiful.” Exhale entirely and hold the breath out as you mentally recite: “Excel, Excel, Fearless.”

**Time:** Practice this 3 minutes at a time, 3 or 4 times a day (or more if you want).



# IKYTA's "Moments with the Master"

Guruka Kaur Khalsa

**S**at Nam. Here at IKYTA International Headquarters we are ready for the New Year. We decided to test our new 2003 online membership benefit, "Moments with the Master." Yogi Bhajan will speak, giving us a monthly message for our membership which will be posted as a sound bite in the "Members Only" section of our website. We want to share this first message with all of you.



Moments with the Master, Yogi Bhajan  
November 12, 2002

"Anybody can claim to be a teacher, or pretend to be a teacher, or personify a teacher, or get a certification as a teacher, etc., etc. But if someone's outgoing personality does not reveal his character, commitment, grace, dignity and divinity, then the whole thing is a handicap. The relationship between a teacher and a student is that the student has to have reverence, love and affection for the teacher. And that means that a student has to trust the teacher. But if a

teacher wants to have control or aims to get some benefits - sensual, sexual, monetary, political, social - whatever you call it; and a teacher is mentally dependent not on the teachings penetrating into the student, but on some other things, if (for example) the student is rich and needs to be catered to, then that's ridiculous.

I remember myself that when I used to teach in LA a lot of movie stars, directors, and fashion models came; but our policy is not to introduce anybody. Not to draw off of them. Our policy is just to teach, and finish. That purity is essential in order to be a human. I'm not even talking of a teacher. Being a teacher is great, but I'm talking of being simply human. A human must not extend himself or herself to anyone other than for the purpose of giving the other person divinity, dignity, grace and knowledge. That is my day. Sat Nam."

Right now you can go online to our website at [www.kundaliniyoga.com](http://www.kundaliniyoga.com), download the sound bite right from our home page, and hear the voice of our beloved teacher. You can also check out all our benefits in the Member Information section. And remember, Associate Membership is open to everyone - you can receive "Moments with the Master," monthly, as well as Kundalini Rising!, our quarterly newsletter with newly published yoga sets and meditations, and more.

Check us out! Let's work together to serve the mission of practicing and teaching Kundalini Yoga with all who come to learn.

All Blessings to you and your families for a Healthy, Happy, and Holy 2003

**Guruka Kaur Khalsa**  
**IKYTA Outreach Director**  
**505-753-0423**  
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# Amar Infinity Foundation

How to develop YOUR Estate Plan and Help your PARENTS with theirs.  
Guru Roop Kaur Khalsa



**Write a will:** If you do not have a will when you die, the law of your state may determine what happens to your estate, your assets, and any

minor children. In addition, the state process, usually governed by a probate court, is often slow, sometimes expensive and open to the public.

## **Re-title 'JWROS' property:**

Joint-Tenancy-With-Right of Survivorship titling of assets may result in estate planning headaches. Although probate is avoided at the first joint owner's death, it is not avoided upon the death of the survivor, thus only delaying the estate taxes. Re-titling assets to a credit shelter trust can help avoid probate and provide estate tax savings.

## **Fund a living trust:**

Follow through if you set up a living trust. Until you transfer ownership of property or assets to it, the trust is not worth any more to you or your beneficiaries than the paper it is printed on. Unfortunately, many revocable living trusts are set up, but are never funded.

## **Update your estate plan:**

Bringing your estate plan up-to-date from time to time is important so that it is implemented exactly according to your wishes. You will want to update your estate plan when there are changes in your family (births, marriages, divorces, deaths etc.), or

the value of your estate significantly increases or decreases, or tax laws change, or if you move to another state, or if your business or career changes. When you are ready to draw up your estate planning strategies, talk to your financial advisor. Be sure to consult your tax and legal advisors as well before making any investment decisions.

## **Organize your paperwork and files:**

If you do not provide your executors and beneficiaries with all the paperwork or files pertaining to your property, assets, and wishes, improper distribution and management of your estate may result upon your passing.

## **Re-title ownership of life insurance policies:**

Most life insurance policies are owned by the insured, causing the policy's face amount to be included in that person's estate at his or her death. Policy owners may consider giving policies directly to the beneficiary, charity of choice, or transferring the policies to an irrevocable life insurance trust. Either strategy could help reduce estate taxes.

## **Choose any appropriate executor:**

Naming an inexperienced family member as executor could complicate the demanding task of settling your estate. This is especially true at a difficult and emotional time following a death. Look into the benefits of naming a professional organization to follow through with the duties of an executor.

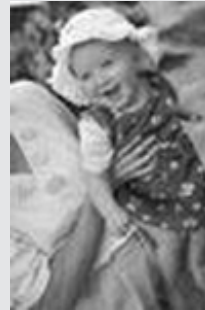
## **Use both spouses' applicable exclusion amount:**

Leaving all property and assets to a spouse may avoid estate taxes at the

death of the first spouse, but this approach wastes the estate tax credit of the 'first-to-die'. A credit shelter trust can maximize each spouse's credit, thus sheltering more assets from estate tax liabilities.

## **Remember**

Time passes; needs change. Those close to you may have different financial needs now. Different health needs. Whole new ways to look at life. Create or review your plan with your estate planning team of skilled professionals including an Amar Infinity Foundation representative, attorney, and tax adviser.



Make sure your planning takes advantage of the new tax provisions and provides flexibility to accommodate additional changes to estate tax code in the future and maximum benefits to you, your family, and the causes you care about.

Contact us if we can be of help as you make your plans and secure your future.



**Amar Infinity Foundation**  
**Securing the Future**  
**2313 N Richland Street**  
**Phoenix, Arizona 85006**  
**Tel: (602) 407-2880**  
**Fax: (602) 254-2232**  
**Give@amarinfinity.org**

# Self Mastery Through Japji ~ Guru Nanak's Song of the Soul ~

**Siri Singh Sahib (Yogi Bhajan ) Special Workshop - 1st Time to be Taught!  
June 16-June 18, 2003, New Mexico**



**C**ome join us in the heart of New Mexico and merge into the frequency of your soul. During this Course we will delve into Japji - an ecstatic song sung by Guru Nanak at the moment of his union with the Divine. Guru Nanak's Japji contains Universal teachings that answer life's deepest questions and speak to the longing of each soul. Come experience the mysticism of Japji through meditation, chanting, and Naad Yoga. Explore the many facets of Japji and begin to relate it to your own experiences, in the past, present, and future. Your opportunity is here to sit daily at the feet of the Yoga Master, Siri Singh Sahib (Yogi Bhajan), as he interprets the poetry and teachings of Japji - The Song of the Soul. Whether you are old or new to this technology or if you have an established practice, come join us for this interactive, uplifting, healing experience!

Here is some of what is planned:

- Daily Classes at the feet of the Master of Kundalini Yoga, Yogi Bhajan
- Special Group Sadhana
- Meditation / Naad Yoga / Shabad Guru
- Live Music / Chanting / Singing
- Healing
- Movement
- Sharing
- Writing
- Reflection
- Connection with the local Spiritual Community
- Team of inspired and expert teachers

## Course Details

**T**he Course will begin on Sunday, June 15th in the evening with dinner and gathering, and will end in the evening on Wednesday, June 18th with dinner. Wholesome, yogic, vegetarian meals will be provided. Accommodation arrangements to be made by participant.

**For Registration, Accommodations, Price and any other questions please email Panch Nishan Kaur at [panchnishan@sikhdharma.org](mailto:panchnishan@sikhdharma.org) or call 505-747-8928.**

## Tele-Classes for Self Mastery

Panch Nishan Kaur Khalsa

**T**ake advantage of this unique opportunity! Learn with others in the comfort of your own home. Dial the Sikh Dharma conference line and join a group of like-minded people on the telephone.

Listen, Discuss and Expand!

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[panchnishan@sikhdharma.org](mailto:panchnishan@sikhdharma.org)





# The Power of Hope

Dr. Shanti Shanti Kaur Khalsa

Guru Ram Das Center for Medicine and Humanology, Asst. Sect. of Ministry



One of the Five Sutras of the Aquarian Age is, "There is a way through every block." In the moment of difficulty, we may not know what that way is; in fact, we may not even have a clue. Yet simply knowing that a way through the current situation is possible not only keeps us from despair, it quiets the mind enough to open us to intuition, to possibilities, to help from others, and gives us the energy to take the next step. "There is a way through every block" is a clear statement of hope.

It is ancient wisdom: as we think, so do we live. Hope is the belief that a positive outcome is possible, no matter how unlikely it may seem. Fear is the belief that a negative outcome is likely. Hope gives us energy, inner support, and leads us to make decisions and take actions that can bring us a better tomorrow. Fear keeps us stuck, in pain, and leads us to make decisions that make our today a misery.

At the Guru Ram Das Center for Medicine & Humanology we instruct Kundalini Yoga and Meditation to people and their family members with chronic or life-threatening illness. The most common difficulty we see in our clients is the belief, "I can't get well." Or, "I won't get well." In such situations, a person may not want to have a thought of hope, because they believe that they

would be in more pain if the desired result does not come through.

Hope is not a prediction of the future, "Oh, I will get well." It is a declaration of what is possible, "I can get well." It is healthier to believe that there is a way through, than to think that there is no way. So we help our clients clarify for themselves.

Which thought leaves you with more vitality? Leaves you feeling better today? Allows you to take action that can lead to a solution?

Our thoughts and beliefs are nourishment to our lives, just as much as the food we eat. It is important what thoughts we hold, because everything we feel and everything we do is based on our beliefs. So, it is important to be aware of our foundational beliefs and daily thoughts, to sort through them, to consciously choose what thoughts and beliefs we keep, and which we transform. It is important to develop, nurture, and protect our hope. Hope drives our capacity for self-healing and change. Hope stimulates our own life force to live through the power of spirit.

In yogic science, human is defined as the light of the mind: Hu (light) Man (mind). To be human is to allow the light of the soul to come through the thoughts. And since thoughts give way to feeling and action, to live as human is to have the soul guide all thoughts, feelings, and actions. The soul's guidance is the essence of hope.

It does not matter if you are an atheist or are devout in your spiritual practice. Look at your beliefs and the impact they have on you. Do they inspire hope? Do they leave you feeling vital, effective, receptive to inner guidance and support and help from others? Do they help you feel grateful, serviceful,

and in the joy of life?

Meditation practice helps us become aware of what beliefs we hold and to consciously transform the belief into the vibration of the vastness of the mantra.

Ang Sang, Wahe Gu-roo is an excellent mantra for engendering the power of hope. The following simple meditation reminds us that in our very fiber, the bliss of Infinity lives.

Sit in Easy Pose with your hands in Gian Mudra.

Chant aloud, "Ang Sang Wahe Gu-roo," in a monotone or any melody for 31 minutes. Feel God within and around you. Relax.



The practical application of Kundalini Yoga and Meditation to these principles and more is taught in a one day course, "Courage for a Different Journey: Transformation of Self into the Aquarian Age." Plans are in the works to teach this course: by MSS Tarn Taran Singh Khalsa and SS Shanti Shanti Kaur Khalsa, Ph.D. at the Kundalini Yoga Teacher's Forum in Espanola, New Mexico, in June, at the European Yoga Festival in Mur de Solonge, France, in July, and at the Kundalini Yoga Teacher's Forum in Mur de Solonge, France in August, 2003. SS Dr. Shanti Shanti Kaur is instructing the course in Sausalito, California, on March 30th, and an extended version in Espanola, New Mexico, February 24th--March 17th.

For more confirmation of the above dates or information:

[www.grdcenter.org](http://www.grdcenter.org)  
800-326-1322.

# Prosperity Kids!

## Hope for Children in Crises

Children, being sensitive beings, are especially aware of the pain and confusion surrounding them, though they may not express their feelings directly. When you notice a ripe opportunity to open a space for talking, open the space in your heart first, so that truth may prevail in your words.

### Acknowledging Feelings

First of all acknowledge their feelings. In one of my favorite books, *Liberated Parents, Liberated Children*, by Adele Faber and Elaine Mazlish, the authors stress the importance of accepting children's feelings:

All feelings are permitted, actions are limited. We must not deny a child's perception. Only after a child feels right, can he think right. Only after a child feels right, can she do right.

### Allowing What Is

Allowing feelings is a beautiful meditation that brings the person, whether adult or child, into a state of peace. When your child knows that you accept him or her unconditionally, they can mirror that quality for themselves. When you accept "what is," it cannot stay the same. Your acceptance of it creates a kind of "vibrational hug" around it, and it melts.

Describing what you perceive the child is feeling, for example, "That can be

scary," or "You really feel angry at what has happened," can help them feel and express what they feel. But don't expect or try to make anything happen—remember we are practicing "allowing what is," to be! It is also important to maintain a sense of normalcy of life. Having fun and enjoying life with your child will go a long way toward creating inner and outer peace.

### Yoga To Release Anxiety

The following Kundalini Yoga exercises were given by Yogi Bhanan to adults, and children can do them too, starting with the minimum time (1 minute). Adolescents and teens can eventually work up to the maximum amount of time (3 minutes).

These movements are coupled with the strong breath to work on the nervous system. The rapid arm movements activate the meridians in the arms and hands, and help to release old thought and feeling patterns that trigger fear and anxiety. The circled mouth breath is often used to release pent up emotion.



**1. Pose:** Sit in Easy Pose with the hands in Prayer Pose in front of the chest. Then, keeping the hands together, move them downward away from the body and then back up again

to the original position. This is a fast, shaking motion.

**Breath:** Long Deep Breathing.

**Time:** Continue for 1-3 minutes.

**2. Pose:** Sit in Easy Pose and bend the arms at the elbows. Keep the elbows in close to the body, upper arms extend somewhat beyond the shoulder, palms are open and facing the body. Begin bringing the hands in toward the body (without touching it) and then back out again. It is a quick motion, almost like you are fanning yourself. The movement is about 12 inches.

**Breath:** Form a circle with the mouth and breath in and out rapidly through the mouth.

**Time:** Continue for 1-3 minutes.

**3. Pose:** Repeat number 1.

**Breath:** Breathe rapidly in and out through the circled mouth as you did in number 2.

**Time:** Continue for 1-3 minutes.



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# Khalsa Youth Camp

An Essential Experience for Our Future Leaders  
SiriNam Singh Khasla

Siri Singh Sahib Ji said, “KYC is an opportunity for our children to experience the Khalsa spirit and values”. This past summer I was fortunate to be with the group of bright little souls who came to



camp and enthusiastically participated in daily activities that enabled them to soar with their strengths.

There are a variety of camps and experiences our children can participate in each summer. Why send your child to Khalsa Youth Camp at Ram Das Puri, NM? It truly takes a village to raise a child, and for the past 25 years KYC has been an integral part of our village. KYC is unique in that it reflects and instills the many facets of the teachings of the Siri Singh Sahib (Yogi Bhajan). For our children to be future leaders they need to be strong physically and mentally, and rooted in their spirituality. KYC supports this vision by supporting Sikh identity and the Khalsa spirit through daily age appropriate morning Sadhana, Gurdwara, Marching, and Seva activities. As the sun rises so do their spirits. Each child practices Kundalini Yoga, listens to inspiring stories that teach the values of our Dharma, and chants and sings the mantras, shabds and songs that cultivate individual and group spirit.

For the older campers (8-12) we developed a dynamic program, “The Warrior-Saint Course,” which is facilitated by KYC staff and guest teachers. The campers begin the day’s program with “CPR,” The Circle of Power and



Respect - fun group activities that promote pro-social skills, manners, and group communication. Classes cover the various aspects of yoga/chakra awareness, 3HO balanced living, and Spirit in Action through practicing tolerance and service in the community. It was inspiring to see the children confront their fears through challenging activities such as the KYC Ropes/Climbing Wall, a Martial Arts course that is both practical and effective, and taking long hikes in the beautiful mountains of New Mexico. Our talented teachers facilitate these activities in a meaningful and uplifting way, making certain that all children are recognized for their efforts with KYC Leadership Certificates.

Khalsa Youth Camp is fun! We have our annual Fourth of July Pinata Party, overnight camping trips, field trips, sports, birthday celebrations, Community



Carnival, Camp Presentation and end of camp pancake pool party. Classes in Art and Bangara dancing are also favorites. In a relatively short time, KYC can have a profound, and lasting effect. The campers get the opportunity to build long-lasting relationships with peers and adults from around the world. The facilities, which include tents and cabins, create a cozy and safe environment for children ages three to twelve. If you can make the commitment to give your child(ren) this experience, you’ll be making an investment in their future prosperity. We look forward to another uplifting summer. Spread the word!

**KYC- Full three week session  
June 30 to July 21  
sirinam@rcn.com**

# Aquarian Times

Sat Atma Kaur Khalsa



Greetings from Aquarian Times

**O**ur Winter issue, Living to Work and Working to Live presents the reader with a frame of reference for the Aquarian work ethic. This issue challenges the reader to strike a balance in life and work, to embody the understanding that the Divine is at work in all that we do whether it's changing a lightbulb or winning a prestigious award while at the same time taking personal responsibility to find right livelihood that serves the soul's purpose. Learn how work can be a vehicle for union with the Self.

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## Amrit Vela

Poem

Submitted by Guru Fatha Singh Khalsa

In the early morning hours,  
There's a magic in the air.  
Those who leave their consternation  
Find their resolution there.

When the wisdom of the angels  
Seeks the glory of the soul,  
Then the blessings of the heavens  
Leave us fresh and bright and whole.

Sat Nam.

# Sat Nam Rasayan in Assisi 2002

11th Annual International Conference

Siri Kar Kaur Khalsa

Every Year, at the end of the Sat Nam Rasayan Healing Retreat in Assisi, Italy, Guru Dev Singh, renowned healer and teacher of the yogic healing form of Sat Nam Rasayan, says, "Best Assisi ever!!" All the participants clap, whistle, and cheer their agreement. This year was no exception, but this was special, and I realized that each Assisi will always be the best ever. The teachings given to us this year, if we practice them, will ensure the evolution of our consciousness, and our growth as healers and human beings.

Guru Dev Singh visited Siri Singh Sahib (Yogi Bhajan) days before coming to Assisi, to spend many hours healing our teacher. At one point the Siri Singh Sahib awakened and in 15 minutes gave Guru Dev Singh "homework" for the 2002 Assisi retreat, for the very first time. Guru Dev Singh, who had of course already developed his "curriculum," beautifully incorporated these historic gems from the Siri Singh Sahib. Our homework consisted of seven statements in the form of poetic questions that gave us a system to heal the chakras. In addition, we were given a three-part Har meditation to do every day in our morning Sadhana, to open the

fifth chakra. We were instructed how to change the destiny of



people who have no hope, using 31 minutes of Bound Lotus Kriya and 11-21 minutes of One Minute Breath<sup>1</sup>. Finally, the Siri Singh Sahib directed us how to use our eyes for healing, which was part of the original work Guru Dev Singh had intended for us.

The main focus of Sat Nam Rasayan teaching is to develop the neutral, projective mind in a state of pure, stable contemplation, to use for healing. Combining our practice of contemplation with the amazing exercises given to us by the Siri Singh Sahib created some of the most powerful, transformative experiences that we have ever known. Dedicated yogis (our brothers and sisters!) practicing Bound Lotus and then One Minute Breath<sup>1</sup> for people chosen to have their destinies healed created events of sacredness in action that were awe-inspiring.

Our morning Sadhana Har meditation created such a flow of communication, that this body of almost 200 people, speaking six or seven different languages, came to a state of one mind. Despite all our obvious differences, unity and grace became the truth about our presence together. In this state, we performed a healing meditation for the Siri Singh Sahib in a beautiful spiral configuration, chanting our gratitude to the teacher who gave Sat Nam Rasayan to the world by teaching such a student as Guru Dev Singh and made possible these "best ever" experiences of Assisi 2002.



1. The Bound Lotus Kriya is being taught at Summer Solstice. The One Minute Breath meditation is described in: Kundalini Yoga, by Shakta Kaur Khalsa.

# Japji Sahib

"Once a man came to me and said he wanted to be the wisest man of the world. I said, 'Read Japji, and you will.' That's all it takes. I can give you the word of honor. If any one of you can understand Japji, you can understand the entire wisdom of God. In those forty Pauris the whole thing is contained. The entire Siri Guru Granth is the explanation of that Japji."

- Siri Singh Sahib (Yogi Bhajan)

Japji is one of the five daily Sikh prayers. Guru Nanak found the Divine Spirit of God within himself, and when he merged his psyche and understanding into that Spirit, he spoke Japji as a way to guide and enlighten other human beings about the Reality of the Divine within the Creation. Japji is a teacher for anyone seeking Truth. The Sound Current of Japji and the meaning of its words, when meditated upon with openness and love, awakens a soul to its destiny. Step by step, Japji gives you the comprehensive power to know yourself as you are and be with God's Creation in a spirit of joyful surrender.

- Ek Ong Kaar Kaur Khalsa

("Japji" can be found in the Nitnem or a transliterated version can be obtained from Ancient Healing Ways [www.a-healing.com](http://www.a-healing.com))

## The Daily Banis

by Siri Singh Sahib (Yogi Bhajan)  
From Furmaan Khalsa: Poems to Live By

The Yogi speaks effortlessly. ..  
From the Love and Light of his Heart,  
And from the depth of his meditative Wisdom.

Oh, Sikhs of the Guru! Oh, Khalsa! Listen to my Prayer!

The Nitnem is the Command given by the True Guru.  
If you recite your Banis consciously,  
You will gain Divine Knowledge.

It is by Guru's Grace that I tell you this,  
And it is by God's Grace that you will be merged with Him.

When your Soul feels sad,  
recite Japji in the depth of your Inner Self.  
When your body feels useless, recite Shabd Hazaare.  
When your Dignity is threatened, meditate on Jaap Sahib.  
When nothing seems to satisfy you,  
sing Tev Prasaad Swaya each day.  
When you feel hopeless, unsuccessful, and worthless,  
That is the time to sing Rehiras.  
When your lower self confronts you,  
and you seem to have no money,  
When your affairs all seem to fail,  
and your mind can find no Peace,  
That is the time to sing Anand Sahib.  
When your life seems boring, and you feel uninspired,  
That's when you should sing Kirtan Sohila.  
When the Light of your Soul is dim,  
and the dark ethers surround you,  
Then recite the Bhagauti Ardas.  
If you sing Sukhmani from your heart,  
You shall be wealthy and exalted,  
beyond your wildest dreams.

All the Bliss your mind desires is yours, when you meditate  
on Gobind, the destroyer of cruelty.

The Kingdom of the one who chants the Gurmantra,  
Wahe Guru, shall endure forever and ever.

If you chant Sat Nam, all your affairs are arranged,  
And all your desires are fulfilled.

When you sing Sopurkh, the Vision of the  
Infinite Creator shall come to you.

The entire Universe fills the meditation,  
Of the one who sings the watch of the So Dar.

When you sing the praises of Guru Ram Das,  
God manifests in your Innermost Soul.

The Siri Sargam is such a powerful Naad,  
That hearing it, even the homeless shall find a good home.

Hearing and singing the Guru Gayatri,  
Rishi Dusht Daman will be the Protector of your home.

The Paintees Akharae gives the understanding of Yoga.

Benti Chaupee liberates the Soul.

Whoever listens to, or recites the Bara Maha to others,  
His home becomes an ocean of Peace and Bliss.

By eating lightly of healthy food,  
One experiences the Bliss of Brahm,  
and complete Liberation.

The Guru's Lungar is the very best food!  
The entire Universe meditates at the Harimandir.

Whosoever recites his Nitnem daily,  
Is blessed by Akal with Peace and Bliss

# The Effects of the Pauris of Japji

Back by Popular Demand

The Mool Mantra is a fate killer. It removes the fate and changes the destiny to complete prosperity.

[1]

The second half of the first pauri is an antidote to depression. It will lift you from the deepest depression, insecurity, nightmares and loss.

[2]

The second pauri imparts patience and stability.

[3]

The third pauri transforms insufficiency into sufficiency, turns depression into elevation and transforms low self-esteem into complete self-confidence.

[4]

The fourth pauri blesses those trapped in feelings of poverty and lack of means. It blasts through the trap of these feelings like a thunderbolt from the blue.

[5]

The fifth pauri must be recited when you feel a sense of failure within yourself. When you feel that you are not up to the job, this pauri will grant you all success.

[6]

The sixth pauri dispels limitation. Recite it when you feel limited, cornered, trapped or coerced.

[7]

When you suffer from greed, madness for power, overbearing expansion and the need to control, when you become trapped in your territoriality, the seventh pauri will heal you.

[8]

The eighth pauri gives the

power to be a perfect sage.

[9]

The ninth pauri gives expansion

[10]

The tenth pauri grants grace.

[11]

The eleventh pauri gives virtuousness.

[12]

When you feel small, the twelfth pauri gives you solidarity of self, self-impressiveness and self-respect.

[13]

The thirteenth pauri gives you the occult knowledge of Infinity. It brings deep intuition.

[14]

When you cannot find your path in life; when you cannot see the direction of your destiny; when you cannot achieve fulfillment; the fourteenth pauri will show you the way.

[15]

The fifteenth pauri brings salvation.

[16]

The sixteenth pauri gives knowledge of the structure of the universe.

[17]

The seventeenth pauri brings freedom and resurrection.

[18]

The eighteenth pauri fights madness, deep feelings of inferiority and self-destructive behavior.

[19]

The nineteenth pauri brings universal knowledge, inspiration, and revelation.

[20]

When the monsters are nipping at your heels, the twentieth pauri wipes away

all your sins.

[21]

The twenty-first pauri will maintain your status, grace, and position.

[22]

The twenty-second pauri brings victory in legal battles. It gives you the strategy.

[23]

The twenty-third pauri dispels darkness and elevates the self.

[24]

The twenty-fourth pauri breaks through all limitation with the force of a thunderbolt. So powerful that it affects generations, it has the power to kill misfortune.

[25]

When you recite the twenty-fifth pauri, all your needs become pre-fulfilled. Prosperity, virtue, estate, and wealth are yours without asking.

[26]

The twenty-sixth pauri transforms nothing into everything. In your business it banishes losses, misfortunes, and miseries.

[27]

When you are stuck and you cannot see the window of opportunity before you, the twenty-seventh pauri shows you the way. It removes obstacles and hurdles.

[28]

The twenty-eighth pauri is the strongest permutation and combination in the world. It unites you with God.

[29]

The twenty-ninth pauri is a shield of protection. It protects you from your enemies by simply vaporizing

those who wish to do you harm.

[30]

The thirtieth pauri places you upon the throne of divinity. It makes you a sage and a saint.

[31]

The thirty-first pauri pulls all virtues from the heavens.

[32]

The thirty-second pauri pays your debts and completes your karma.

[33]

The thirty-third pauri destroys your ego and brings home your divinity. It removes negativity, neutralizes your destructive nature and prevents harm to others by your hand.

[34]

The thirty-fourth pauri brings stability.

[35]

The thirty-fifth pauri gives you the breadth to do your duty and fulfill your responsibility.

[36]

The thirty-sixth pauri brings divine realization. It grants complete understanding of the heavens and the earth.

[37]

The thirty-seventh pauri cuts the karma. It kills the impact of all bad karmas.

[38]

The thirty-eighth pauri gives you the power to rewrite your own destiny.

The Shalok brings self-satisfaction, elevation, acknowledgement and respect.

Sikh Dharma  
Dasvandh

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# The "HOPE" Issue

"**K**now hope and be hope. Allow yourself to be the light of hope that shines in the world"

Welcome to the January 2003 issue of Prosperity Paths - the "HOPE" Issue. Join us and find inspiration from lectures from the Siri Singh Sahib (Yogi Bajan) and articles from many others.

- "Give Hope to Those Who Don't Have Hope"
- Hope and the Five Steps
- Lighthouses of Hope
- The Power of Hope
- ...and much more

Summer Solstice Sadhana 2003 June 20th-28th  
For more information please visit our website at: [www.3ho.org](http://www.3ho.org)