



Prosperity Paths

Investing in Your State of Being

ISSUE 51 - MAY 2003

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"Everything Moves On"

Blessings from the Siri Singh Sahib (Yogi Bhajan)

The clouds of war are hanging on us. The entire economy of the country is at a standstill, and people are in disarray, physically, mentally, and spiritually. Nobody knows what is going to happen tomorrow. But people who practice calmness and quietness, who have meditative minds, know that what is happening is not what many think. Time has brought the Earth to all this, and sometimes things do happen which are required to happen.

Jo upajio so binas hai paro
aaj kai kaal. (Nanak har
gun gaa-ay lay chaad sagal
janjaal.)

One who is born has to die, and death has to take its toll.

We are not permanent here. Nothing around us is permanent. Everything moves on. This is the spirit of the universe. As the Aquarian Age has to come, the Piscean Age has to leave. And so, the people who are Pisceans shall eliminate themselves in many ways.

Kuaar hoay sabh milangay, bachay sharan jo hoay.

Those who will get out of this madness and muddiness of the time shall meet again for peace and tranquility.

They shall take the true shelter of God in their hearts and on their lips. They see the spirit in everybody. There's no reason to worry. Things are many faceted and happen as God wants them to manifest. If all the wishes of mankind would come true there would be no life to live, nor rebirth. When our consciousness elevates us into sensory human beings, then we will see the reality, feel the reality, and flow with the reality rather than with maya. (con't on page 3)



Elimination of Fear Series

For those born in the Piscean Age, the transition into the Aquarian Age will create difficulties. Those of us who have been born in the old age will be living in an era when old ways will not work. As we move deeper into the 21 year cusp period of the new age, there will be a feeling of emptiness inside that will increase every year. This meditation will help you minimize the effects.

1. Sit in Easy Pose with your left elbow bent comfortably at your side and your left hand in front of your hear center. Your left hand is in a fist with the thumb pointing straight up or bent backward. (Some people can bend their thumbs backward, and others can't. Do it whichever way is natural for you.) Your right hand is in Gyan Mudra and resting on your right knee.

Inhale slowly, hold, and slowly exhale so that you breathe exactly 3 times per minute. Continue for 11 minutes.

You can time yourself by watching the second hand of a clock, by mentally counting off the 20 second segments, or by using the thumb of your right hand to mark time by touching each of the three segments of your fingers up to 20 touches.

2. After 11 minutes, bring the elbows to the ribcage and both hands to the sides of your chest with the palms facing each other and the fingers pointing straight forward. Inhale and raise your hands up over your head and back down to your sides 8 times and then exhale. Stretch up and come down strongly and quickly. Do this 5 times.

3. Still sitting in Easy Pose, point the index finger of each hand straight out while curling the remaining three fingers into a fist. Secure the Saturn (middle) finger with the thumb.

Beginning with this mudra at the sides of your chest, move your hands out to the sides in a line while rotating your hands to the outside with small circles.

When your arms are fully extended, move your hands back to your sides in a line while rotating your hands to the inside in small circles. Continue for 5 minutes.

4. To finish: Inhale, hold your breath, squeeze your body tightly, and exhale. Repeat this 2 more times.



3A
Starting position



3B
Circling outward



3C
To this point



3D
Circling inward



3E
Back to the starting position

Previously published as: "Transition Into the Aquarian Age, in "Physical Wisdom", by Harijot Kaur Khalsa. Used with kind permission from YB Teachings LLC.

10th Annual IKYTA TEACHERS CONFERENCE "Teaching the Sensory Human in the Aquarian Age"

Friday, June 20th, 2003, Espanola, New Mexico, Registration
8:00 AM at the Lungar Hall

In the Aquarian Age, "Our creativity will be our sensory system. And through this sensory system we will be overflowing with energy, touching the hearts of people, and feeling their feeling, and filling their emptiness. We will act great and our flow will fulfill the gratefulness in the hearts of others. It will be a new relationship. We will create a new humanity, which will have the new sensory system and thus we will establish the Age of Aquarius. This is the fundamental character you have to learn by heart."
Yogi Bhanan, August 1, 2000



Photo: Dev Dharam Kaur Khalsa

At the Sensory Human Teachers Conference, you will:

- Understand and define the Sensory Human
- Explore where we are in the process of becoming Sensory Humans
- Experience and Expand ourselves
- Communicate in the language of the Sensory Human
- Meditate together
- Learn to guide your students in the development of their Self-Sensory Systems
- Receive Yoga CEU's
- Yogi Bhanan's Class lecture, Friday evening

Let us join together for a day of self-transformation during this time of planetary transition

Presentations – Interactive Classes – Networking – Teacher Recognitions
Live Music Sadhana – Lively Evening Music/Chanting – Meals Provided

**For Conference Pricing, Information & Registration, call 505-753-0423, or e-mail ikyta@3ho.org.
Yogi Bhanan's Special Class, Friday evening at 7:30 PM – Open to All**

"Everything Moves On"

(con't. from page 1)



Therefore, my request to you is, do not let your calmness go. Do not let your peace of mind go. Be with the Guru through this time. Your spirit shall be content, and out of that contentment you'll find yourself with a lot of richness. It is very essential at this time. Majority of the world is living in a terrible fear. Nobody knows what is happening. There's too much information available to process. That is not the way. Just feel, within yourself, content and satisfied, peaceful and unique.

You are walking on the path of the Guru, where you must glow in that radiance and that truth so that others may recognize you are people of peace. And that's the way we are. If life is that short or long or small, it has a reason for purpose, and you will do your purposeful living on this planet. That's why you are here. You have the right to prosperity and proportionate happiness within yourselves and with each other. I pray, and pray deeply, that nothing should upset you. The Guru has designed your setup to guide you. Rejoice! Rejoice! Rejoice!

Wahe Guru Ji ka Khalsa, Wahe Guru Ji ki Fateh!

Gurdwara Lecture, March 16, 2003 © Yogi Bhanan

The Art of Conscious Loving

From the Book **Conscious Loving**, by Gay Hendricks and Kathryn Hendricks
Used with kind permission from Random House, Inc

Whether you travel this path of commitment to loving yourself, a child, a parent or a partner, it can be an invaluable tool to getting out of the place of Co-Dependence and into a place of Co-Commitment.

"The Seven Steps of Co-Commitment

1. **Commitment**

- o I commit myself to full closeness, and to clearing up anything within me that stands in the way.
- o I commit myself to my own complete development as an individual.
- o I commit myself to revealing myself fully in the relationship, not to concealing myself.
- o I commit myself to the full empowerment of people around me.
- o I commit myself to acting from the awareness that I am 100% the source of my reality.
- o I commit myself to having a good time in my close relationships.

2. **Learning to Love Yourself**

True self-love is an on-going celebration of who you are no matter how well you perform. It is an ability to greet the dark parts of yourself with the same gracious embrace as you greet the light.

3. **Learning to Feel**

- Give Yourself Time
- Learn the Core Feelings
- Separate Your Feelings from Your Parents' Feelings
- Be With Your Feelings
- Give Yourself Permission to Feel
- Learn That You Can Feel Without Acting on your Feelings
- Figure Out What You Want

4. **Claiming Creativity**

There is no power in victimhood. Acknowledging responsibility is a risk, because responsibility carries power. Power belongs to the people who take responsibility; it flows to those who claim creation.

5. **Learning to Tell the Microscopic Truth**

The truth is that which absolutely cannot be argued about. Microscopic truth is the deepest and most subtle truth you can see and feel; It does not involve projection or judgment.

6. **Keeping your Agreements**

Each broken agreement leaches energy from within us and from every relationship. Learning to keep agreements is mainly a matter of courage and practice: courage to get started and practice for the next thirty or forty years.

7. **Learning to Live in a State of Continuous Positive Energy**

A great deal of careful work is needed to resurrect the ability to live in a state of positive energy.



New
from
KRI

Food as Medicine

Dr. Dharma Singh
Khalsa

Yoga for Women

Shakta Kaur Khalsa

A Woman's Book of Yoga

Machelle M Seibel, MD
and Hari Kaur Khalsa

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Re-mastered and now
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- CD Guru Shabad
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Chakra Meditation Series - CD

Dr. Dharma Singh
Khalsa

Available from
Ancient Healing Ways
1-800-359-2940
www.a-healing.com

Mastery Comes with Humility

Siri Singh Sahib (Yogi Bhajan) Class Lecture Synopsis

When we are in self-denial we feel that everything we say should be heard or noticed. "I" is very important to us. If we can understand that "We" is very important to us, and go one step further to know that "Thou" is very important to us, the problems of life are solved. When "I" is important we are alone. When "We" is important, we are many. When "Thou" is important, God and the universe are with us. You must decide if you want to live as I, We or Thou.

MEDITATION - Sabh Bhaavana Kriya

"Sabh" means "total," "Bhaavana" means "good will" and "Kriya" means "locked action."

Posture: Sit straight in a cross-legged position. Hold your arms in front of the body. The elbows are bent at 90 degree angle, with the forearms and fingers pointing upwards. Hands are at shoulder level, with palms facing inward, about 1 or 2 inches apart. Sweep the hands up and over the crown of the head and down again in rhythm with the "Maha Mrityunja Mantra." You are passing Death over your being, healing yourself.

Eyes: Eyes are closed.

Mantra: "Maha Mrityunjai Mantra" by Alka Yagnik*,

Om Tri-ambakham

Yaajaa Mahay,

Sugandheem Pushteevaadhaanan,

Oorvaarookamiv Bandhanaat,

Mrityor Mukhshee-aa

Maamrootaat

Time: Continue for 3 to 11 minutes.

To end: Inhale deeply, exhale and relax.



Teachings of Yogi Bhajan, © 2001 Yogi Bhajan.

Used with kind permission from Yoga Gems (A Year With the Master) Synopses from the teachings of Yogi Bhajan, © 2001

Yoga Gems. Contact: guruprem@newmexico.com

* Available from Ancient Healing ways: www.a-healing.com

Honoring Mothers

A Message from the Siri Singh Sahib
(Yogi Bhajan)
for Mother's Day, 2003

On this
Mother's
Day, let
us accept
Mother
Earth as our
real mother.



She needs our help, respect, and understanding. God created everything in balance. There is no difference between a grain of sand and a mountain. One day there shall be unbearable consequences for little mistakes that abuse Mother Earth.

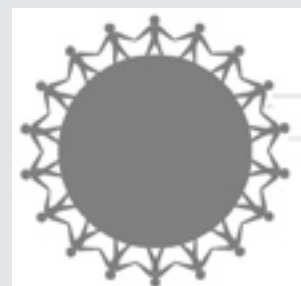


A Mother
freely
teaches
values and
virtues to

every child for their prosperity,
peace of mind, and consciousness.

Let us honor our Mother for our
own integrity and happiness. May
we learn to serve and protect our

Mother Earth with
an open heart.



Relationship to Self

Darshan Kaur Khalsa

The books I have read on relationships have taught me not about partnerships like marriage, but much more about the Self as it relates to every single thing and every single being on the planet. And, most importantly, the relationship to Self.

The Siri Singh Sahib (Yogi Bhajan) says, "If you can't see God in all, you can't see God at all." To see God in all is to see God in yourself as well. He also says, "I shall see God in all, I shall serve God in all." That means to serve the self, too. This relationship to Self directly corresponds to your ability to give on every level. You have to give to yourself, in order to be given to. It's pointless to want love in your life, if you are unwilling to love yourself the way you are wishing/dreaming/imagining someone else should love you. If you give of your time to others, but not to yourself, you end up depleted and possibly resentful on some level.

There are three tools I use in my personal life and I am grateful to be able to share them with you. I once read a book called, Conscious Loving (Gay and Kathleen Hendricks) and applied their simple 7 step system to loving myself. This has made a very profound difference

in my life. The second, and you may smile, is that I have a weakness for a good romance book. The romantic traits are inspiring, and I use them. I look to cultivate those traits within and for myself.

The third tool is Dasvandh. I am blessed to work in the Dasvandh office, yes, but Dasvandh is a very personal and intimate thing. My position is one thing, the opportunity Dasvandh itself allows me is another. For me, it is the most intimately fulfilling art of giving there is. The tradition of tithing is giving back to Infinity. To see God in all, is to know God in yourself, and to give to Infinity is to give back to yourself.

If you do not already participate, I invite you to step into this intimately fulfilling art of giving, by starting your Dasvandh tithing program today. It is a place of profound trust, but it allows a freedom of spirit achieved in few other ways. The relationship to Self is to grant yourself the freedom of feeling the Universe taking care of you.

Dasvandh Office: (505) 747-0388
dasvandh@sikhdharma.org ~ www.dasvandh.org

Meditation for Prosperity

Taught by Siri Singh Sahib (Yogi Bhajan) 4/11/2001

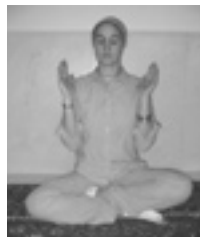
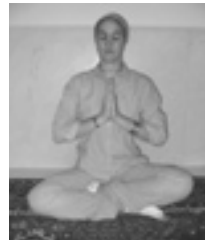
"The mantra "Har Har Har Har Gobinday" brings wealth even if you do not deserve it. You may practice this kriya at home. It is not difficult, but it will change the entire chemistry of your blood and give you a new beginning."

- Siri Singh Sahib (Yogi Bhajan)

Posture: Sit straight in a cross-legged position. Raise the hands in front of the shoulders with palms facing each other. Elbows are relaxed down. Meditate with the mantra "Har Har Har Har Gobinday" by Nirinjan Kaur. Continue for 31 minutes divided into three parts.



- 1) On the first part hit the bases of the hands together on the fourth Har, then spread them apart in front of the shoulders.
- 2) On the second part clap once on the fourth Har, then spread them apart.
- 3) On the third part keep the hands in front of the shoulders and do very Long Deep Breathing, balancing the breath and healing your entire system. The body has been stimulated, the



organs have secreted and the chemistry of your blood has changed. Simply apply the force of prana and the job will be done.

Eyes: Eyes are closed.

Mantra:

Har Har Har Har Gobinday
Har Har Har Har Mukanday
Har Har Har Har Udaare
Har Har Har Har Apaare
Har Har Har Har Hareeang
Har Har Har Har Kareeang
Har Har Har Har Nirnaamay
Har Har Har Har Akaamay

To end: Inhale deeply, hold, stretch the arms up and totally squeeze each finger and every part of the body. Exhale and lower your hands. Repeat 2 more times. Relax.

The NEW Dasvandh Website



www.dasvandh.org
is getting a new
look. Please visit our
outstanding archive of
prosperity-related
materials

"Let us make prayer our instrument for peace." (Yogi Bhanjan)
Please join the Interfaith Prayer Circle

www.dasvandh.org

- Prosperity Meditations
- Prosperity Paths
- Interfaith Prayer Circle
- Prosperity Programs
- What is Tithing?
- Prosperity Technology
- Donate on-line
- Prosperity t-shirt
- Peace Poster
- The Art of Giving
- and more...





Prosperity Pals Program

From Your Dasvandh Office

STEP TWO: Addressing the Messaging

Now that the groundwork is in place, the next important step is to work on what messages you are sending out to yourself. Deep in our subconscious minds there is the need to respond appropriately to those messages. If you are saying outwardly "I am beautiful, I am bountiful, I am blissful," but internally you are fretting because you are convinced you are not bountiful, your subconscious mind will adhere to the internal messages first. This makes the process take a lot longer, and you can change that. So let's move on to STEP TWO: Addressing the Messaging

The technology the Siri Singh Sahib (Yogi Bhaijan) has taught to change negative thought and belief patterns into positive ones is a simple, effective and incredibly powerful tool. Set aside some time with your Prosperity Pal for a meeting on beliefs. Really brainstorm on some of the negative thought patterns and beliefs you may have "behind the scenes." On a sheet of paper, create two columns and write the negative beliefs down in the left column. In the right column, write a corresponding positive belief.

Here is a useful three-step process to identify old beliefs (shared by Dr. Shanti Shanti K Khalsa, of the GRD Center for Medicine and Humanology).

1. Look at the feelings that come with your beliefs, which

will give you a clue to what you are thinking, what the thoughts are. Examples are despair, anger, hopelessness, shame, etc.

2. Identify beliefs through language. Examples: I could never afford that. I'm always broke. This will never work.
3. Once you've identified old beliefs, create healthier beliefs. These new beliefs have to be based in nature, not based in the future, and always realistic. Beliefs should always be "I"-based. Examples: I can improve my income, I am doing what I understand to do to make my life better. As I learn to trust God more, I become more comfortable with my prosperity. It is **not** about an affirmation or positive thought like, "I am going to get this job."

Once you have determined the positive beliefs, set aside time every single day for 40 days, and use the following technology. This technology helps in the process of loosening and weakening the old beliefs and strengthening the new, positive beliefs.

For each positive belief:

1. Breathe in deeply.
2. Mentally repeat the positive belief three times.
3. Exhale fully while repeating the positive belief once.
4. Repeat two more times.

The more often you do this exercise, the more beneficial it will be. Make time once, twice or three times a day to practice it.

What we accomplished with STEP ONE:

Prosperity Pals: You have formed a Prosperity Pals team.

Prosperity Meditation: You have chosen a prosperity meditation, and you and your Prosperity Pal have begun to do it everyday.

Prosperity Technology: You have agreed on a tithe and you are both giving.



We'd like to help

If you find you have no one to team up with, we would be happy to help you buddy up. Send us an email: dasvandh@sikhdharm.org. (Please include "PPP" in the subject line).

**LET US KNOW HOW
YOU'RE DOING!**
dasvandh@sikhdharm.org

Philanthropy, from the Greek philanthropia, for loving mankind - the word and the very concept seem momentarily threatened by the specter of extremism. Yet the living spirit of philanthropy may provide a moral compass at the very moment we risk becoming lost in a storm of fear, anger, and hatred.

On one level, charitable giving has increased as Americans donate money, goods, time and their own blood to support emergency relief efforts since September 11th. But the spirit of philanthropy is currently being shaken. The concept of "loving mankind" is a lofty principle, and like a towering skyscraper it is vulnerable to those who would bring it down. We are at risk of turning in on and encapsulating ourselves just as we say we are building international coalitions and a new level of global consensus. The circle of mankind that we care for is in jeopardy of shrinking, constricting, and then strangling us.

Philanthropy without



Borders
Charitable giving at home will help to relieve the pain and suffering of the moment.

But only philanthropy without borders will help us to come to terms with the long-term causes of extremism. The spirit of philanthropy insists that we ask: what is it in the human experience of some that drives them to such hateful desperation?

Today, I read about a project in Tadjikistan. This Islamic country borders Afghanistan and recently experienced years of civil war. The war destroyed already scarce water supplies so that normal sanitation practices were undermined. Consequently, Tadjikistan is in need of funds for educating a generation of children about washing their hands with soap and water. Ikram, the director of such a sanitation project wanted to expand his work.

Two years prior he had requested material aid; six flags with an ECOLOGIA name and LOGO on them. With these flags, he could drive his UNICEF jeep through the deserts of southern Tadjikistan and avoid being taken hostage by the many current warring factions in the region. ECOLOGIA was known locally as an organization that was non-partisan and concerned with helping people. He got the flags. Ikram and his colleagues continued to teach tens of thousands of school children about sanitation and thereby saved hundreds of lives. In addition, healthier Tadjik students who feel that someone "out there" cares about them have an increased ability and motivation to learn.

Ikram represents the spirit of philanthropy. He gives us faith and reason to affirm our ability to transform ourselves and perhaps even our enemies. A generation of aid workers like Ikram knows that foreign donors' generosity can help to cure blinding and embittering poverty and inequality. Now more than ever is the time to promote

their story and support their work.

Maybe with small steps the vicious cycle of terror and retaliation can be broken by the spirit of philanthropy.

Global Relations

Rapidly increasing global interdependence brings with it new threats and vulnerabilities as well as new choices and opportunities. The promotion of security in such a globalized world depends on the willingness and ability of governments, corporations, organizations and especially citizens to contribute to the creation of a safe, equitable, and just global community.

Today's tensions are made particularly dangerous by features of today's interdependent world - the rapid pace of change, the interconnectedness of issues, the complex impact of globalization, and the juxtaposition of great wealth and extreme poverty.

Now is the Time

Now is the time to support those programs that develop peace within, strengthen our spirit and our community relations, provide more study and exchange programs and virtual electronic exchange projects creating people to people bridges across cultural divides.

You can do that through Amar Infinity Foundation. You don't have to be a Carnegie or a Rockefeller to be an impactful philanthropist.

Amar Infinity Foundation can be your true partner in philanthropy. We help donors establish charitable funds and maximize the impact of their giving.

You can be as involved in your grant making as you like. Our team helps you direct your gift to your charity of choice or helps to set up a Donor Advised Fund to fulfill your philanthropic goals. Some people open a fund and continue to add assets to it over time; others plan to leave a legacy - of cash, stock, real estate or other assets - to create or enhance their impact.

Today, we understand "philanthropy" to mean an act of charity while centuries ago, the meaning was "love for mankind," or "loving people." Your charitable love for people, for humanity, for building relationships that helps break the vicious cycle of terror - can begin today with a donor advised gift through Amar Infinity Foundation -- helping to grow generations - securing the future.



**For more information
call me at
Amar Infinity Foundation
Securing the Future
(602) 407-2880
or email at
give@amarinfinity.org**



Prosperity Kids!

Making Yoga a Part of Your Family

Helpful tips from Shakta Kaur Khalsa,
author of *Fly Like a Butterfly*

Create a special time of the day for yoga. Take some time in the morning or evening, and follow it with a deep relaxation.

Make a "sacred space." Use a small table or cover a box with a cloth. Decorate it with pictures and objects that have special meaning for your child. Use a candle for focus during a meditative yoga time.

Begin by closing your eyes, and taking a few deep breaths. Remember: F-U-N, those three little letters that are so important! Entice your child with interesting, imaginative, engaging exercises. Challenge them using a timer ("Let's see how long you can stay up in that pose with deep breathing!"). Reach into their inner-self using your intuition and light-hearted humor rather than your intellect.

How long is good to do yoga? With preschoolers, ten to fifteen minutes is a good start. Each exercise lasts 30 seconds to 1 minute. You can add more time as they get used to it, and develop the ability to stay focused. Elementary-age children can easily keep up for twenty minutes, including a few minutes of deep relaxation, and perhaps a meditation of a few minutes. Of course, each individual child is different. You will know best what the capacity of your child is. Remember, it is better to start simply, and build gradually."

Abinashi Khalsa adds, "Relationships are important at all ages. Building strong relationships as a child will lead to more healthy and mutually beneficial relationships in maturity. Here are a couple of meditations that teach children to cooperate and have fun with a partner, which is great for learning to get along. You may practice with your child or your child may practice with other children under your supervision."

"Washing Windows: Sit across from your partner with your legs crossed. Sit very straight, look into each other's eyes, and offer a greeting. Put the palms of your hands together with your partner's. Pretend you are washing a window. Move your hands slowly in circles

with your partner. Try to tune into your partner, and she will tune in with you. Try to move where she wants to move, and she will move where you want to move. Be sensitive and keep going for a minute.



The Sunflower: This works best if there are four or more of you. Sit down in a circle with everyone's legs stretched out in the center. These are the petals of the sunflower. Close the petals by stretching forward and touching your toes, bringing your face close to your knees. Start to sit up slowly and open your arms as you breathe in.

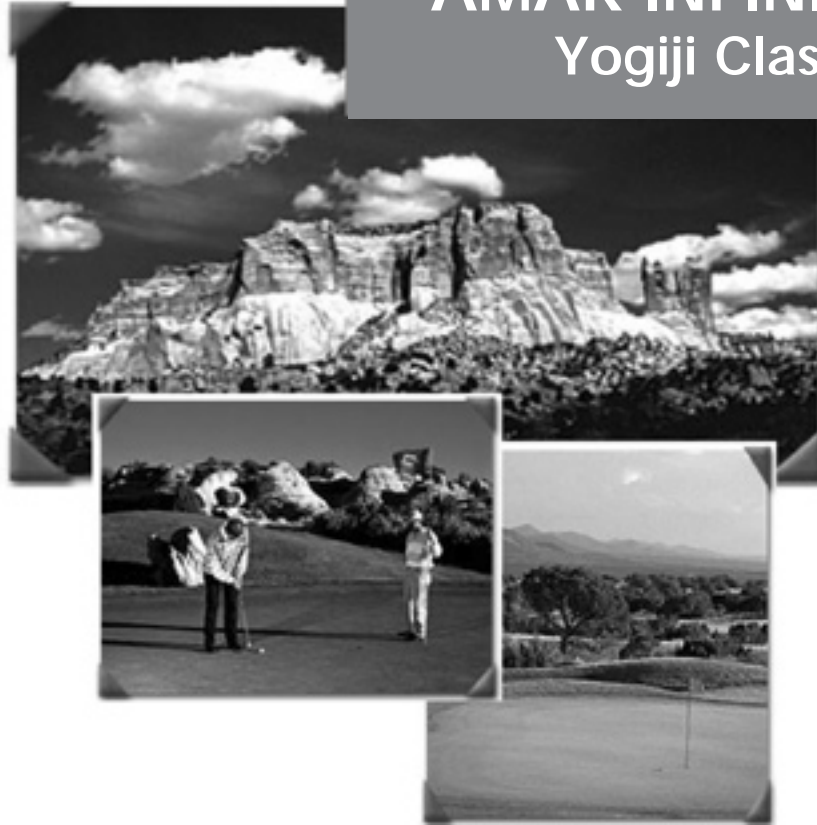
Slowly keep leaning back, controlling the movement with your stomach muscles, until you are lying on the floor with your arms out to the sides. Breathe out as you go down. Relax and stay open. Using your stomach muscles to help you, sit up very slowly. Let your arms be out in front to help pull you up slowly as you breathe in. Slowly lean forward and rest your hands on your legs or toes as you breathe out gently."



From the book: "Fly Like A Butterfly", Copyright, Shakta Kaur Khalsa
www.childrens yoga.com

AMAR INFINITY FOUNDATION

Yogiji Classic - Golf Outing



Join us with a group of golf lovers
As we hit the greens
In the Land of Enchantment

Friday, August 29, 2003

Range Practice 6:30 a.m.

Tee Time 8:00 a.m.

Luncheon 1:00 p.m.

Black Mesa Golf Resort

Espanola, New Mexico

For More Information

Amar Infinity Golf Outing

2313 North Richland Street

Phoenix, Arizona 85006

Tel AZ (602) 407-2890

Tel NM (505) 753-2025

Guruchander Singh Khalsa

Email Give@AmarInfinity.org



Khalsa Teen Wilderness Tour

Friendships last a lifetime and often provide necessary support for adolescents. The fondest memories are often remembered with friends with whom you are able to share life's adventures. KTWT provides teens with a chance to experience a life changing experience with friends.

Imagine spending your summer outside, pushing yourself beyond your perceived limits. We will be biking, hiking and camping out in the stunning mountains of southern Colorado. Camp will include exciting paintball games, the challenge and thrill of Rock Climbing, the exhilaration of speeding down single track on a mountain bike and the unbelievable vistas and heights of the Rocky Mountains.

Bring a friend and make new ones with 10 wonderful days in the beautiful outdoors of New Mexico and Colorado. Make sure you bring a camera so you can capture your memories.

Young adults ages 13-18 are welcome to join us on an adventure they will remember and cherish for years to come.

Dates- June 29th - July 9th.

Prices- Foreign PreRegistration - \$595

US PreRegistration- \$635

By May 15th

By May 15th

Foreign Regular Registration- \$650

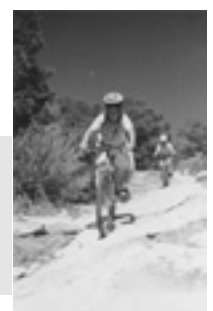
US Regular Registration- \$685

~ Camp limit- 22 campers ~ Registration closes June 15th-
For young adults ages 13-18.

Registration info.-

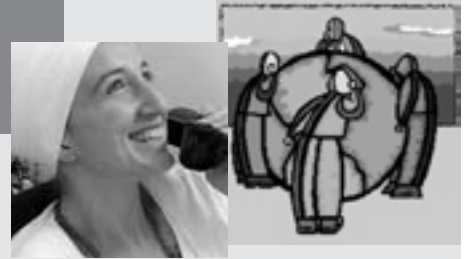
email-khalsateenwildernesstour@hotmail.com

Phone-(505)455-3675 ~ website-www.3ho.org



Tele-Classes for Self Mastery

presented by Sikh Dharma



"Sadhana Mantras for the Aquarian Age" How to Have an Effective Practice

This course will give you yogic techniques to prepare for a healing and transformative chanting experience. We will discuss the specific gifts, meanings, and benefits of each mantra. This discussion will incorporate the chakra system, the ten bodies and the nadis (energy channels). We will look at how to create a sacred practice for you and people in your community to partake in this healing energy every morning.

Taught by Snam Kaur Khalsa: Kundalini Yoga Teacher, Sikh Dharma Minister, Singer, Musician and creator of many albums, including Prem. Date: Saturday, May 10, 2003 Time: 10:00-11:30 am PST (1:00-2:30pm EST)

Pre-Registration Price: \$18 by May 6. Full Price: \$22

~ www.self-mastery.com ~ (505) 747-8928 ~

"The Soul of Japji"

Understanding Japji through the heart has been a focus of Yogi Bhajan's classes this year. This course is an introduction to the transformative power and beauty of Japji. We will share the various sections of Japji and understand them together. We will also share our personal experiences of Japji and discuss it as the essence of the entire Guru Granth Sahib. Whether you are new to the technology of Japji or have an established practice, join us to delve into Guru Nanak's universal teachings for Self-Mastery. This course is also an excellent preparation for Yogi Bhajan's Japji Course in Espanola, June 15-18, 2003.

Taught by Guruka Singh Khalsa, Kundalini Yoga Teacher, Translator of Japji into English, Sikh Dharma Minister, Webmaster and Music Producer/Engineer. Date: Monday, May 7, 2003 Time: 5:30-7:00 pm PST (8:30-10:00 EST) Pre-Registration Price: \$18 by May 3. Full Price: \$22

~ www.self-mastery.com ~ (505) 747-8928 ~

"Conscious Relationships" - Coming Soon!



Aquarian Times Magazine

Reaching out to others from our hearts, we act with compassion for the good of all. What things can you personally do to help bring about world peace? How can we as people of consciousness have an impact on political policies, social agendas, and global affairs? The Summer issue of Aquarian Times focuses on Spirituality and Social Change, and addresses these very questions. As we face these turbulent times, the need to act becomes primary. Whether you act by writing letters, participating in talking circles, sending light to world leaders, doing personal disarmament, or praying for peace, your actions make a difference. The time is here for the marriage of social activism with spiritual practice. Find a wealth of ideas and excellent resources that will engage your spirit to take action. This issue offers fascinating reading and personal empowerment on issues affecting us all in this time of political chaos, violence, and emerging spiritual truths.

To order, visit our website at www.aquariantimes.com to order online or send \$19.95 to Aquarian Times Subscriptions, 01A Ram Das Guru Place, Espanola, MN 87532

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

The Siri Singh Sahib (Yogi Bhajan)'s Special Science of Sound Course - 1st Time Taught!

June 15th – June 18th, 2003 (dates corrected)



“Come to the heart of New Mexico for an experience of the sacred science of Naad Yoga through meditation and chanting.” Japji is a song in the sacred Naad, the frequency of the soul. Guru Nanak's Japji contains universal teachings that answer life's deepest questions and speak to the longing of each soul. During this course you will explore its many facets and relate its timeless wisdom to your own experiences---past, present, and future. Each day sit at the feet of the Master of Kundalini Yoga, Yogi Bhajan, as he awakens your spirit to the poetry and teachings of Japji--the Song of the Soul.

Whether you are new to this technology or you have an established practice, join us for this uplifting, healing, interactive experience!

* Daily Classes with Yogi Bhajan * Special Group Sadhana * Meditation / Naad Yoga / Shabd Guru *
*Live Music * Movement * Sharing * Writing * Reflection * Connection with the local Spiritual Community *
* Team of inspired and expert teachers

To register: www.3ho.org/events or 1-888-346-2420 ~ Cost: Pre-Register by May 15, \$275, Full Price \$325
~ KRI Teacher Training CEU's available ~ Ministers can take this course in lieu of the 2004 exam ~

The Experience of Thou Through Japji

Ek Ong Kaar Kaur Khalsa

Guru Nanak gave us something very special. When, by the grace of God, he merged into the Divine, Guru Nanak discovered that God-realization is actually very simple for a human being to experience. What happens is that schools of thought, philosophies, debates and mental manipulations about God get in the way. In fact, every human being has a direct and clear capacity to know God within himself or herself as a very divine and dignified reality. The only question is spending the time to have the experience.

Guru Nanak gave us, “Ek Ong Kaar, Sat Naam.” “God is Creative and in the Creation. This Truth is my Real Name.” God is not outside of us in some seventh heaven. He never was and never will be. God has always been right within us, all along, through the play of creation, the 8.4 million lifetimes that it has taken to get to this moment. God is that Divine Spirit within that has been guiding your path all along and will continue to guide you unto Infinity.

So rather than inventing complicated spiritual practices, Guru Nanak gave us something simple. He gave us a self-conversation between the Divine within us and our minds. He gave us a direct and divine language so the God within has a way to speak to us. Guru Nanak knew the power of Sound to open the heart of the human being. And he also

knew that God lives in the heart of every person. So he created a Sound Methodology for us to awaken.

He gave us Japji, the Song of the Soul, – so simple, so pure and so powerful that its very Sound Current opens the heart and allows the Divine within to consciously guide our lives.

Gaviaa, Suniaa, Man Rakhiaa Bhao, Dukh Parhaar. Sukh Ghar Lai Jaee.

In a deep state of oneness within yourself, joyfully sing, deeply listen, and, oh my mind, let the power of love protect you. All sufferings will vanish and peace, sweet peace, will make its home in your heart.



2003 CALENDAR OF EVENTS

SOLSTICE SADHANA CELEBRATIONS 2003

Come to one of our Solstice Sadhana Celebrations and recharge your spiritual batteries. Nine full days of deep self-discovery and expansion within a spiritual community. Workshops, classes, daily group sadhana with music, mantra, meditation, and of course, Kundalini Yoga, the Yoga of Awareness! Release the burden of your subconscious mind during three days of White Tactic Yoga.

18TH ANNUAL INTERNATIONAL PEACE PRAYER DAY

Participate in a powerful interfaith celebration held in the Jemez Mountains high above Espanola, New Mexico. Program includes prayers and presentations for peace offered by interfaith groups, musicians, and humanitarians. Meet the 2003 Man and Woman of Peace and the recipients of Peace Cereal Grants awarded to organizations and individuals working for a harmonious world. Enjoy live music, dancing, and an open-air bazaar. Experience the Sacred Healing walk, an ancient Native American practice honoring Mother Earth.

WOMEN'S CAMP

Yogi Bhasjan's technology for women offers an amazing wealth of knowledge for women of all walks of life. Women's Camp is a special program, designed by Yogi Bhasjan, to bring out the power and grace of a woman.

- Discover the art of conscious yogic living
- Tap into your creative source and recharge your systems
- Challenge yourself and develop your inner strength
- Reawaken your spirit in the community of your sisters

PREGNANCY TEACHER TRAINING

3HO WOMEN is happy to announce its first Pregnancy Teacher Training Course based on Yogi Bhasjan's Humanology teachings. This course will cover conscious conception, pregnancy, and birth. Our teachers offer international experience, natural birthing expertise, and updated medical perspectives. We recommend this course for women of any age who would like to teach pregnancy yoga, or are pregnant, or are planning on pregnancy in the future.

INDIA YATRA

This is a spiritual journey of self-transformation. India itself is a place that defies definition. Using daily Kundalini Yoga and meditation practices and invoking the inherent spirituality of the land, you will travel as a group through Northern India visiting ancient holy sites, the heart of which is the Golden Temple in Amritsar renowned for its healing power.

KUNDALINI YOGA TEACHER TRAINING

"MASTERS TOUCH" LEVEL ONE Designed by Yogi Bhasjan, Ph.D., Master of Kundalini Yoga, "Master's Touch" is the most comprehensive Kundalini Yoga teacher-training program available anywhere. The extensive curriculum covers all the basic technology needed to be able to teach yoga in this tradition.

"MASTERS TOUCH" LEVEL TWO This course delves into the different aspects of our relationships: our relationship to the self, our relationship to the Infinite, relationships of women to women, men to men, the polarities of men and women, and the student/teacher relationship.

KHALSA YOUTH CAMP

Khalisa Youth Camp is an outdoor adventure for youth 5 - 12 years. Campers live in tents or cabins, with early morning yoga, meditation/chanting and Gurdwara (Sikh devotional services). Daily hiking, martial arts, crafts, swimming, and other classes build confidence, and early development of leadership skills. Programs are available for one, two, or three weeks.

KHALSA TEEN WILDERNESS TOUR

Ten wonderful days of camping in the beautiful land of New Mexico and Colorado, including fun and strategic paintball games, the challenge and thrill of rock climbing; the exhilaration of speeding down single track on a mountain bike, and the grand vistas and heights of the Rocky Mountains. For girls and boys ages 13-18.

3HO, the HealthyHappyHoly Organization, is an international non-profit organization dedicated to developing individual excellence and serving humanity through the teachings, technology, and lifestyle of Kundalini Yoga as taught by Yogi Bhasjan, Ph.D.

Today, the 3HO Foundation has spread over the world across all political, social, and religious borders. 3HO offers Kundalini Yoga, meditation, and conscious living classes in every major city in the United States, Canada, Mexico, Central and South America, Europe, Africa, Australia, Russia, and Southeast Asia. The 3HO Foundation is a Non-Governmental Organization (NGO) of the United Nations with centers in 35 countries.

When Yogi Bhasjan, the Master of Kundalini Yoga, created the 3HO Foundation in 1969 he said his goal was to train teachers, not to gather disciples. 3HO now offers teacher-training courses in Kundalini Yoga throughout the world.



MASTERS TOUCH - LEVEL 2	MAY 10 - 16
JAPJI COURSE	JUNE 16 - 18
KYTA TEACHERS CONFERENCE	JUNE 20
PEACE PRAYER DAY	JUNE 21
SUMMER SOLSTICE	JUNE 20 - JUNE 28
WOMEN'S CAMP	JUNE 29 - JULY 6
TEEN WILDERNESS TOUR	JUNE 29 - JULY 9
KHALSA YOUTH CAMP	JUNE 30 - JULY 20
PREGNANCY TEACHER TRAINING	JULY 6 - JULY 13
EUROPEAN YOGA FESTIVAL	JULY 31 - AUGUST 8
MASTERS TOUCH - LEVEL 1	AUGUST 17 - SEPT. 3
YOGI BHASJAN'S BIRTHDAY PARTY	AUGUST 30
WOMEN'S CAMP - GHOST RANCH	SEPTEMBER 21 - 27
INDIA YATRA	NOVEMBER
WINTER SOLSTICE	DECEMBER 19 - 25

INFO/REGISTRATION - WWW.3HO.ORG

CALL: 1-888-346-2420 or 505-753-4988 • FAX: 505-753-1999 • EMAIL: yogainfo@3ho.org • WRITE: PO Box 2337, Espanola, NM 87532



3HO EVENTS WORLDWIDE



KHALSA LADIES CAMP Vancouver, Canada

August 27-31, 2003

Heal in the sacred space created by Sikh sacred music & meditation. ~
Renew with the powerful techniques of Kundalini Yoga & Martial Arts. ~
Relax in Mother Nature's Embrace.

Yoga West (604) 732-9642 or info@yogawest.ca.

EUROPEAN CALENDAR OF EVENTS

Yoga Festival 2003,

July 31– August 8, Fondjouan / Mur
de Sologne, France

The Yoga Festival, an annual event since 1977, offers a unique opportunity for international yoga students and teachers to come together, practice Kundalini Yoga in depth, study the teachings of Yogi Bhajan and explore the devotional teachings of the Sikhs. This year's festival will take place once again at Fondjouan, located about 50 km south of Blois in France. For more information about the Yoga Festival, please visit our web site at:

www.3ho-europe.org

Gatka Camp 2003

July 15-25, 2002, Loches, France

For more info contact Nanak Dev
Singh Khalsa ~ Tel: 49-30-885-4620
nkhalsa@compuserve.com

European Kundalini Yoga Women's Camp 2003

August, Barret-le-Bas, France

Mountain hikes and yogic studies.
For more info contact Simran Kaur
Khalsa:

Tel: 49-40-479-099,

kundaliniyoga.3ho@t-online.de

Teachers for Aquarius Camp 2003

July, Barret-le-Bas, France

Intensive Training for Kundalini Yoga
Teachers and advanced students. For
more info contact Satya Singh Khalsa:
Tel: 49-475-883

satyasingh@hamburg.de

The Seventh Annual Kundalini Yoga Fall Festival of New England

October 18, 2003

Experience Kundalini Yoga's powerful techniques for improving the way you feel mentally, physically, and spiritually. Learn about the power of your own breath while you release tension. Focus your mind, open your heart and tune into your body. The festival is a joyful celebration of wholesome living open to everyone, all traditions and all levels of experience.

For more information or to register:

(toll free) 877-3HO Yoga (877-346-9642) or 508-376-4525

info@www.KundaliniYogaNE.com

Sikh Dharma
Dasvandh

Prosperity Paths

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"The Issue of *Relationships*"

All of life is a relationship - the relationship to Self, community, partner, children, family, friends, neighborhood grocer, the news on the TV... Join us as we delve into the Issue of Relationships in this issue of Prosperity Paths.

- * The relationship to change: "Everything Moves On", Siri Singh Sahib (Yogi Bhanjan) Gurdwara lecture, March 16, 2003
- * The Relationship to Self
- * From "I" to "we" to "Thou": "Mastery Comes With Humility", Yogi Bhanjan class lecture
- * The Experience of "Thou" Through *Japji*
- * The Art of Conscious Loving

* New Prosperity Technology * IKYTA News * Building Antidotes to Extremism * Prosperity Pals Program * Tele-Classes for Self-Mastery * and more....

3HO Events WORLDWIDE

Summer Solstice, Women's Camps, Master's Touch Levels 1 & 2, Japji Course, Khalsa Teen Wilderness Tour, European Events, Youth Camp, Peace Prayer Day