



Prosperity Paths

Investing in Your State of Being

ISSUE 50 - MARCH 2003

"LIVING SUCCESSFUL DHARMIC LIVES"

For Your Enjoyment
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Sadhana's Greatest Reward: Success

The essence of life circulates like the stars circulating in their own rhythm. Every individual is born by the Will of God and is granted a period of pranic breath, through which one has to grow into the essential essence to make the soul bright, beautiful, and light.



But it appears that we have a lot of work, a lot of thinking, a lot of house-holding to do. We think about the earth too much! If our thoughts are 9/10th about the heavens, and only 1/10th towards the earth, we will understand the micro and macro-consciousness of both. That combination will deliver you respect, liberty, and freedom from a lot of fear and thoughts which make you poor. Man is not poor in wealth; man is poor by thoughts. If your thinking is fearful, and you're always thinking, "If I lose this..." then, whatever you gain comes with fear of loss, and you absolutely cannot understand what tomorrow is. People who say, "We have everything," one thing is missing and that is satisfaction. And if you are not satisfied, then what is there to live for? If you are a criteria character, then you share your happiness with others, and make others happy.

Mark your life, and your destiny, attitude, and altitude of life will decide your perfection. And that perfection is very clear. Learn giving, learn bearing, learn inspiring, learn sharing, learn shaking the hands of others, and if you cannot give anything else, at least give a smile. Be humorous about things. Make somebody's day.

"Mark Your Life"

(con't. from page 1)



You have walked on the path of the Guru. Now you are responsible for sharing with others, not proselytizing, but sharing. Let the brightness of your smile and your cheerful homes attract people. Maybe some people will ask, "How have you achieved this everlasting happiness,

your smiles, and your wonderful life?" This is the effective language of your purity and piety that people welcome.

If you cannot think of the universe, then how can the Maker of the universe think of you? You have to call Him by Name. That is what Nam is all about. You have to look to the Creator as his creatures. And you have to understand, that it all comes from Him and it all goes back to Him. We shall leave just with our karma, as we have come just with our karma.

The best thing is to let Dharma guide us, so that our karmas will be burned. This is a Brahm Yoga, in which you shall prosper, leaving prosperity behind for generations. And you shall be remembered, and death will never seize you. Guru Nanak has seen no death. He just let it go by. He is more alive today in the hearts of people than he was then.

Wahe Guru Ji ka Khalsa
Wahe Guru Ji ki Fateh!

- Excerpts Gurdwara lecture 1/26/2003

© Yogi Bhajan

From Our Readers

January, 2003

"Dear Dasvandh Office,

I had an experience I wanted to share with you. Last week, I took my rings off to go take a shower. When I got back, I couldn't find one of them - my favorite (of course)!! I looked everywhere and tore everything apart but it was not to be found anywhere. So I prayed. I asked Baba Siri Chand to help me find my ring, because it means so much to me, and I promised if I found it, I would start paying Dasvandh every month. Well, the next morning, when I went to put on my turban, there was my ring. And here's my voided check - please sign me up!

Blessings to you all for your work.

- Dharma Kaur Khalsa"

Send your letters to:

Prosperity Paths

- Letters to the Editor

PO Box 249

Santa Cruz, NM 87567

or per email to:

dasvandh@sikhdharma.org

You All Want to Live Successfully!

Siri Singh Sahib (Yogi Bhajan) Class Lecture Synopsis

You all want to live successfully. Who is stopping you? There is a law which cannot change: If a person does not use his own ego, there is no reason that person shall not be happy. Ego limits and scares you, and puts you in a bound state of mind. You cannot move, you cannot flow, you become cautious. In the name of your security you follow the ego, but it takes you miles and miles away from destiny and happiness.

Do you want to go with the flow of life or do you want to go with your ego? You want to ride an elephant and a horse at the same time. You have ego because you have nothing else. You do not have ecstasy. You do not understand that you are a part of the universe, and the universe is part of you. Therefore you protect yourself. You do not trust in the Vastness, the Infinity of God. You do not trust in your own Infinity. You have come from the Infinite to the finite, and will merge again in Infinity. But what you do not trust in, do not believe in, do not befriend, how can you merge in it?

Every day we are alive; every day we are dying. If we live to die and death is inevitable, then we should just relax. By hustling, hassling, playing mental and physical games, you just invite trouble. Trouble makes you unhappy. And when you are unhappy, with everything

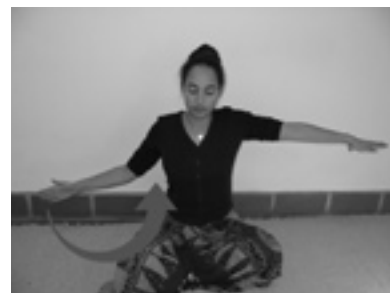
that you have, you do not feel worthy. Feel your worth. Feel your beauty. Feel your tranquility. Everybody is born tranquil, peaceful, honorable, gracious, made in God. Our life problems can be as diminished as we want to diminish them. If you have a problem—drop it. Keep going—problems never follow you. There are as many problems as there are achievements.

I am interested in you and in your power, not in your weaknesses and criticism. I am interested in your elevation and in your achievement for yourself. Do you want to achieve in life? Do you want to live happily? Conquer your sadness, conquer your shortcomings, conquer your narrowness. How do we do that? Let us do it tonight and see if we are successful.

MEDITATION

Conquer Your Weaknesses

1. Sit straight in a cross-legged position. Eyes are closed. Stretch the left arm out to the side at shoulder level, palm face down. Raise the right elbow and move



the right hand in a circular sweeping movement in rhythm with the breath. On the deep inhale, through a pursed mouth,



bring in energy with the hand. On the exhale, through the nose, complete the circular movement. Palm is slightly cupped. Open the chest. Give yourself power. Break through. Continue for 11 minutes.

2. Place your hands on your heart. Do Long Deep Breathing through the nose. Calm down, relax, go deep. Continue for 3 minutes. To end, inhale deeply, hold 10 seconds, expand your chest while pressing the heart as hard as you can and straightening the spine as much as you can. Take the energy all the way up. Cannon fire exhale through the mouth. Repeat 2 more times. Relax

Teachings of Yogi Bhajan, © 2001 Yogi Bhajan.

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10th Annual IKYTA Teachers Conference

Guruka Kaur Khalsa

Dear IKYTA Teachers and Students of Kundalini Yoga,

Step into the Age of Aquarius and vibrate as a Sensory Human with Kundalini Yoga teachers from all over the world. Now is the time to make your plans to attend the 10th Annual IKYTA Teachers Conference on Friday, June 20, 2003, in Espanola, New Mexico.

Our conference topic is "Teaching the Sensory Human in the Age of Aquarius," featuring Yogi Bhajan's special class, "Prepare, Practice, Prevail – As A Teacher You Have To Learn And Avail The Time; This Is Your Time."

The Teachers Conference is your opportunity to self-educate, elevate, and network throughout the day – from Sadhana in the early morning hours through an evening of high energy chanting and singing.

We are looking forward to the best Teachers Conference ever, and to sharing this inspiring day with you.

IKYTA Outreach Director
505-753-0423, ikyta@3ho.org

Masters Touch Level 2 The Art & Science of Relationships

May 10–18, 2003, Espanola, New Mexico.
Learn practical yogic tools to transform your relationships on all levels:

- Learn how to enjoy the opposite and complementary aspects of men and women
- Study how serving others selflessly with love will attract a community of people around you
- Explore Individual, Group, and Universal Consciousness
- Envision and express one's relationship to God and Guru

Contact the 3HO Events office for more information.
yogainfo@3ho.org, 888-346-2420, 3ho@3ho.org
(Level 1 Certification is required for KRI credit.)

Tele-Courses for Self Mastery

presented by Sikh Dharma

"Education and Community at a Distance"™

Start Your Spring With:

"Spiritual Attraction in Action Series"

Foundations That Support
Your Destiny



Taught by Holy Kaur Khalsa,
Professional Coach, Sikh Dharma Minister,
Kundalini Yoga Teacher Trainer

Invite in your destiny by raising the vibration of your life, eliminating distractions, and clarifying your purpose, in fun, creative ways.

No matter where you are in your spiritual and personal evolution, these practical tools are like an elevator ride to the next level of spiritual attraction, helping you to live your own destiny.

Dates: Every Tuesday in April: 1, 8, 15, 22 and 29
Time: 5:30-7pm Pacific Standard 8:30-10 EST
Pre-Registration Price: \$75 Register by March 27



Find Out More or Register
panchnishankaur@sikhdharma.org
505-747-8928

Japji Course

INFORMATION

June 15 – June 18, 2003
Registration: www.3ho.org/events
1-888-346-2420
Pre-Register by May 15: \$275
After May 15: Price \$325

See back cover for course
informations.

*Note: KRI Teacher Training
CEU's and SD Minister
Enhancement Course Certificate



The Touchstone for Success

Dr. Guruchander Singh Khalsa

Throughout history people from all disciplines have had tools for testing the purity of their craft, just like we can test to find out whether gold is 24 carats or not. In the 30 years of listening to the lectures from the Siri Singh Sahib (Yogi Bhanjan), I realized that “hearing” alone didn’t necessarily create its assimilation or its expression into my own personal life. So today I am going to revisit Yogiji’s Formula for Happiness, which has helped me to create success in all realms in my life.

It seems that as humans we seek to become larger than we were yesterday. This process includes change as a prerequisite. When we have successfully managed the downside of change, we congratulate ourselves by using the yardstick term called “success.” As Yogis we practice meditation and yoga to eliminate subconscious blocks (i.e. downsides of change). Depending upon the goal, the downside of change can sometimes be monumental. The piece of the equation that is missing for most people is a clear vision of the new state that will be replacing the old one. The Formula for Happiness can give very clear guidance in this process if we use and understand the formula as a touchstone. The seven steps are

Commitment.

Commitment will give you character.

Character will give you dignity.

Dignity will give you divinity.

Divinity will give you grace.

Grace will give you the power to sacrifice.

Power to sacrifice will give you achievement,
and then you’ll be happy.

Commitment is the starting point, the first basic step of experiencing happiness as a way of life. Commitment is setting our intention, our conscious direction. Next, commitment in action builds character. From character one acquires dignity around any subject. Dignity leads to trusting the divine (purity). Divinity then helps one create grace around one’s endeavor. Grace then gives one the power to sacrifice (the old pattern). We feel happy

because we are clearly our newer bigger, expansive, elevated and vibrant selves.

This formula can be applied to every internal and external endeavor in life. It has stood the test of time to achieve success in any arena, and it can even be used to help anyone in the area of finances.

Let’s take, for instance, the commitment to make more money for one’s self and family. This is how it happened in my life: I began practicing a meditation for prosperity. My character changed; then my sense of self-worth, self-value increased. Over time, I began to charge more appropriately for my services. I began to dress better, speak more clearly. I

presented my dignity to clients, and they bought my services more frequently. I began to trust my intuitive self, and my divinity became my trusted guide. Eventually, I grew to know the ups and downs of my business better and began to be less reactive and more responsive (acting with a grace) to its up and down curve. Through that grace and ease, I am now able to sacrifice (act fearlessly) to drop the old identity and leap into happiness, proclaiming the joy of successfully becoming bigger than yesterday.

I hope that this article inspires each and every student of Yogiji’s to visit and revisit the priceless touchstone so humbly given by the Master.



Intention and Success

Darshan Kaur Khalsa

It used to be that when I even heard the word “success” I would cringe inside, and my only thought was finding a good place to hide. It took me a very long time to understand that judgment was really my worst enemy and that it had very little (or nothing) to do with my “success.”

Originally (looking in my dictionary) success is defined simply as an outcome, without any particular association to a good or bad outcome. The Siri Singh Sahib (Yogi Bhajan) has told us many times: The only thing that is important is the intention we set, and the results will always follow in kind.

“The results will always follow in kind.” This is a very profound statement. If we write out checks with fear in our hearts (“How will we make it through, the economy is so haphazard, the price of living has increased, etc.”), no matter what we think our intention is, it will be marred by that same fear, and the results will follow in kind.

In this light, it is of the absolute and highest importance to reflect on what our true intentions are – at all times. We have to get out of the space of reacting emotionally to the topic of money. This is where Dasvandh can help. Dasvandh, too, is a spiritual

discipline, and like every discipline, its object is to bring us to a place of 100% neutrality. Once in a place of neutrality, Infinity can serve you. You have created the vacuum, and God can fill you.

In reality, it is just like getting up and doing yoga. You can’t predict an outcome, because that prediction is based heavily on emotions. You just have to do it, until there is no more room for emotions. So, we invite you to take on the discipline of Giving to Infinity. Get out your checkbook and write your checks every month for Dasvandh. Opt in for the success of your intentions!

Meditation for Prosperity

Taught by Siri Singh Sahib (Yogi Bhajan) 6/26/98

As far as wealth is concerned, this is a Jupiter period. The onslaught of Jupiter will affect the whole universe. It is a period for new prosperity. Old wealth will not work. So we have a very good mantra which creates prosperity. When you chant this mantra with the breath of life, it’s quick, it’s purposeful, and it brings in what you need to bring in.

If you continue chanting this mantra for a year, I don’t think you can ever be poor. When a person chants a mantra for prosperity with the breath of life, from the navel point, it taps into the Master Mind of the Universe, which we sometimes call God. Then environments will be created which are positive and unique. So a lot of opportunities and facets of life are created to bring you coziness, happiness, and health.”

Position: Sit in Easy Pose with a straight spine. Bend the elbows by the sides and stretch the forearms across the diaphragm area, parallel to the floor.

The right arm is on top and the left arm is underneath. The left hand grasps the right elbow and the right hand grasps the left elbow. The elbows should fit comfortably into the palms of each hand and the forearms should be tight across the diaphragm area.

Eyes: The eyes are closed.

Mantra:

Har har har har Gobinday
Har har har har Mukhanday
Har har har har Udaaray
Har har har har Apaaray
Har har har har Hareeang
Har har har har Kareeang
Har har har har Nirnamay
Har har har har Akaamay

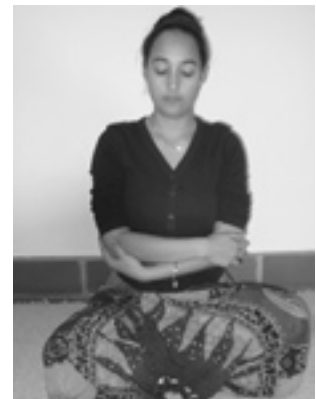
1. Chant aloud with the tape (Guruprem and Nirinjan Kaur, www.a-healing.com) or in monotone, 3 minutes.

2. Whisper powerfully. See what the pranic power does for you. 11 minutes. (From now until the end of the meditation, the body will go through changes. Keep the spine straight, elbows

locked and contain the energy.)

3. Chant the mantra mentally, silently, moving your breath and the navel in rhythm with it for the remaining duration. 3 minutes.

To End: Inhale deeply, stretch your spine as much as you can, squeeze the area where your elbows are locked, as well as every part of your body. Hold for 15-20 seconds. Cannon fire exhale through the mouth. Repeat 2 more times. Relax.



Partners for Prosperity Program

From Your Dasvandh Office



In 2003 we want to help you towards your goals of prosperity and abundance with our new program, "**Partners for Prosperity.**" It's a simple and incredibly powerful system: you team up with a buddy, you decide on your

mutual course towards prosperity, and you get going. Whenever you experience success in your efforts, or whenever there's a doubt or a downward curve in your energy, your partner is there, and you perform the same service for your partner. This year in Prosperity Paths we will be featuring a "**Partners for Prosperity Program**" section in each issue. Keep an eye out and let us know how you're doing. So, let's get going with STEP ONE.

Step One: Partner Up

- Choose someone as a partner.
 - A friend, relative, colleague, partner, or a classmate are possibilities.
- * Choose a time period. We strongly suggest a minimum of 40 days. Other effective numbers are: 90 days, 120 days, 1000 days.
- 11-31 minutes a day for prosperity meditation
 - A wonderful way to practice your chosen prosperity meditation is to do it together every day. If that's not possible, consider agreeing to do the meditation at the same time each day. ("We'll both do the meditation at 9:00 am every day.")
 - There are a number of excellent prosperity meditations on line at our website: www.dasvandh.org. We recently asked the Siri Singh Sahib (Yogi Bhajan) about a prosperity meditation for 2003, and he responded that we should do Har Har Har Har Gobinday. Thus it is our highest recommendation:

**Har Har Har Har Gobinday
Har Har Har Har Mukhanday
Har Har Har Har Udaaray
Har Har Har Har Apaaray
Har Har Har Har Hariang
Har Har Har Har Kariang
Har Har Har Har Nirnaamay
Har Har Har Har Akaamay**

There are some different postures using this particular mantra on our website (Prosperity Meditation #3 and Prosperity Meditation #7). Another favorite, and highly recommended one is Prosperity Meditation #5 (just part one). Ajai Alai is also a wonderful meditation for prosperity, which you can find in two different poses (Prosperity Meditation #12 and Prosperity Meditation #14).

- 1 hour meeting once a week. We recommend that your meeting be coupled with fun. Do the meditation together that day, share a meal, a walk, or cup of Yogi Tea™.

- Last, but certainly not least, choose an amount and agree to tithe during your Prosperity Program. Some great numbers are: \$11, \$27, \$54, \$108, but please choose what best fits your program.

Two additional optional steps might be:

- 1) 1-2 telephone calls a week to keep up on things.
- 2) Keeping a log of goals, experiences, insights, and any tangible results you may be seeing. Share these with your partner.

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).



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 Tartic 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 Bhajan'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 Bhajan, to bring out the power and grace of a woman.

- Discover the art of conscious yogic living
- Tip 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 Bhajan'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 Bhajan, 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 Bhajan, 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 Bhajan, 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 BHAJAN'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

The New Face of Philanthropy

Guru Roop Kaur Khalsa

WHY PHILANTHROPY AND AMAR'S NEW DONOR ADVISED FUND PROGRAM?

Today's donors are more ambitious, get more involved, and demand results

"Rich men should be thankful for one tremendous benefit. They have it in their power during their lives to busy themselves in organizing philanthropic donation from which the masses will derive lasting advantage, and thus dignify their own lives."

When industrialist Andrew Carnegie wrote those words in 1889, he believed that the rich had a moral obligation to give away their fortunes. The legendary steel tycoon asserted that all personal wealth beyond a family's needs should be regarded as a trust fund for the benefit of the community. Further, he believed that the money should be given during the benefactor's lifetime to ensure that it accomplished the maximum good.

Carnegie would surely have given an approving nod to the latest generation of philanthropists. Not since the Gilded Age, when harsh overlords such as Carnegie and John D. Rockefeller Sr. put millions of their dollars toward good works, has philanthropy been as bold and ambitious. The spectacular late 1990's run up in the stock market created a generation of newly super-rich executives and entrepreneurs. Even after the sharp decline in the market, the ranks of the very wealthy have never been stronger--and many are now working almost as hard at giving their fortunes away as they did at amassing them. Since 1990, charitable donations by individuals have grown by half, from \$110 billion to \$164 billion in 2001. By harking back to the individualistic style of giving practiced by Carnegie, these donors are ushering in a new era of philanthropy.

This new philanthropy displays an impatient disdain for the cautious and unimaginative check-writing that dominated charitable giving for decades. So what does it look like?

-- It's more ambitious: Today's philanthropists are tackling giant issues, from remaking American education to curing cancer.

-- It's more strategic: Donors are taking the same systematic approach they used to compete in business, laying out detailed plans that get at the heart of systemic problems, not just symptoms.

-- It's more global: Just as business doesn't stop at national borders, neither does charitable giving. Donors have sweeping international agendas.

-- It demands results: The new philanthropists attach a lot of strings. Recipients are often required to meet milestone goals, and to produce measurable results.

All of this requires a new level of involvement by donors. More than just ribbon-cutters, the new philanthropists are actively engaged in projects that become passions. Examples of ambitious goals are--providing ongoing, intensive support to at-risk kids in inner-cities; helping reform urban school districts and training a new generation of educational leaders; supporting what is called "open societies" around the world that embrace freedom of speech and religion; halting the possible extinction of salmon in the Northern Pacific Rim; and improving literacy among children.

For every one of these big-money donors, there are hundreds of other individuals below this radar screen who have embraced philanthropy in creative new ways. In each case, these philanthropists are placing bets on key ideas and becoming hands-on in their design and implementation. They have heeded Carnegie's celebrated call to employ in the service of their communities the same smarts and diligence that made them rich.

More than a new approach or method of giving, however, the new donors are underwriting a remarkable era of creativity and innovation. Many of them are corporate or entrepreneurial dropouts who want to work and help in the nonprofit sector and help them to build strong organizations, because on the receiving side are some 700,000 public charities, 40% of them with annual budgets of less than \$100,000. Generally, they are vastly undercapitalized, understaffed, and poorly managed. Most nonprofits use their limited resources to market themselves to the same donors year after year. There's little if any investment in organizational infrastructure or staff development. "Non profits are only beginning to understand that if they want good outcomes, they have to invest in building strong organizations."

Many people are helping to redefine philanthropy for both giving and receiving, and they are heeding the most important message that Andrew Carnegie delivered more than a century ago: "The day is not far distant when the man who dies leaving behind him millions or any amount of available wealth will pass away unwept, unhonored, and unsung. The man who dies thus rich or with his assets dies disgraced."

For more information on Amar Infinity Foundation and the Donor Advised Fund
Telephone: (602) 407-2880
Email: give@amarinfinity.org

The New Paradigm of Success

Dr. Kartar Singh Khalsa

The definition of success is as old as mankind—from being the best hunter to being the best warrior to being the best businessman. Currently in modern culture the prevailing model of success is very Piscean and defined as economic. If you make a lot of money or have a lot of possessions, you are considered to be successful.

To a spiritual person success comes from having the endurance to maintain the discipline to connect with the Infinite every day, to allow the tools that we have been given to permeate the fabric of our daily lives, to bring the heavens to the earth and the earth to the heavens. Life stems from the One, the Infinite, Ek Ong Kar. It manifests on the physical plane for a finite period of time and then returns back to God. Our teacher, the Siri Singh Sahib (Yogi Bhanjan,) reminds us of this fact, re-orienting us to remember that we are spiritual beings having an earthly experience and not earthly beings having a spiritual experience. This reminder is crucial in helping us to define success.

As spiritual beings in the land of maya it is important to maintain our focus. The time here on earth is short, as the Siri Singh Sahib (Yogi Bhanjan) has said, "All things come from God, and all things return to God." It is easy to lose our focus and to be caught up in the physical plane. That is why our teacher has given us so many tools to help maintain our focus on the Infinite, and reminds us of universal truths like giving 1/10th of our day back to God as Sadhana and 1/10th of our income back to the Infinite as Dasvandh (tithing).

Along with these tools he has given us yogic tools to support our physical body, like cold showers, yoga, an understanding of foods and diets to achieve certain goals. And tools to support other aspects of our being like meditation, Solstices, and White Tantric. These tools give us the capacity to maintain our physical body at the original operating instructions and to stay focused on our spiritual connection to the Infinite.

Khalsa Teen Wilderness Tour

In the summer of 1987, a group of friends gathered in the mountains of New Mexico to learn, play, and enjoy the outdoors. Their camp stressed living in the outdoors, surviving off what Mother Nature offered, navigating the land, and offering many other adventures. Survival, the camp that they began, has now grown into the Khalsa Teen Wilderness Tour. It has evolved from its rustic roots into an outdoor adventure camp involving mountain biking, back packing, paint balling, camping and rock climbing. Basic outdoor courses include wilderness first aid, leadership, low impact camping, high desert survival skills as well as basic mountain bike repair and maintenance.



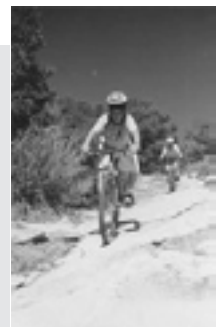
The camp offers young adults the unique opportunity to spend time in the beautiful mountains and high desert of the Southwest. We travel through Northern New Mexico and Southern Colorado, each participant pushing themselves beyond their perceived limits and

learning new, exciting skills. Rewards are found in a multitude of unexpected ways: A snowball fight at the top of a high-alpine pass in the middle of July... The grins on their faces as they pedal their bikes on the last pitch of the Anasazi descent... The triumphant whoop as they reach the top of a challenging climb... The sense of accomplishment when they reach the summit of a peak to see the amazing vista below...

Young adults ages 13-18 are welcome to join us on an adventure they will remember and cherish for years to come. It's a good time and a great challenge. Remember to pack the most important camp item...a good camera to capture the excitement and adventures. Please contact us if you have any questions.

Camp info:

Dates: June 29-July 9, 2003
Cost: \$635 (pre-registered before May 15) \$685 (after May 15)
Registration closes June 15, 2003
Phone: (505) 455-3675
khalssateenwildernesstour@hotmail.com



Amar Infinity Golf Classic

Guru Roop Kaur Khalsa



Please mark your calendar and plan now to join the fun

2003 Amar Infinity Foundation Yogi Ji Golf Classic

At the New Black Mesa Golf Club
In Northern New Mexico
August 29, 2003

2004 Amar Infinity Foundation Amar Infinity Golf Classic

In Sunny Phoenix, Arizona
On the Martin Luther King Holiday weekend



1st Place Team
Dr Mehta, Phx; Dr Sodhi, Phx; Dr. Khalon, Phx; William Shields, Phx

2nd Place Team – all one family
Dr. Jodha Singh Khalsa, Phx; Guru Dev Kaur, Yale University; Guru Dharam Singh, Babson College; Har Rai Singh, MPA Academy Amritsar

3rd Place Team
Ken Anderson, Phx; Nils Wang, Phx; Siri Vishnu Singh Khalsa, NYC; Steve Carr, Phx

There were great prizes of both a golf trip to Scotland and \$5,000 for a hole in one—maybe next time.



On January 17th, the Amar Infinity Foundation hosted the Sixth Annual Golf Classic at the picturesque Ocotillo Golf Club outside of Phoenix, Arizona. Fifty two people golfed and around eighty participated in the Banquet. The weather was superb. All of the golfers deeply appreciated donating to a charitable cause; they had so much fun, and the golf course, with sixteen well designed water features, was so green, gorgeous, and enriching to the spirit.

For more information on the upcoming Golf Classics:
Tel: (602) 407-2890 or
Email: give@amarinfinity.org

Aquarian Times Magazine

What do you call a person who lives from the depth of their heart, integrates information from beyond the five senses, and lives outside of the ego and at one with their own Soul? A Sensory Human! In these changing times, known as the Age of Aquarius, many people will experience changes and shifts on all levels and will be challenged to overcome perceived limitations. To prevail and succeed, a person must go beyond the five senses, step outside of the "I" and live with a deep sensitivity to their own intuitive faculties and energies. One can develop their capacity to live as a Sensory Human by consciously connecting to the life force (breath), strengthening the nervous system, balancing the emotional and mental bodies, and developing an intimate relationship with their own Soul. Find out much more about being and becoming a Sensory Human this Spring, in the next issue of Aquarian Times.

To order, visit our website at: www.aquariantimesmagazine.com and order on-line, or send \$24 to: Aquarian Times Subscriptions, 01A Ram Das Guru Place, Espanola, NM 87532.



Success of Selfless Service A Story About Young Adults

At Prosperity Paths, we were so inspired by this story of strong and compassionate young leaders, that we requested special permission from Spirit Voyage to print it. This is success at its purest – the steadfastness, faith and follow-through of giving to serve others.

"Breathing' is a very special, illustrated book of poetry. Aside from the wonderful work of the author (Haripurkh K. Khalsa) and the artist (Guru Amrit Kaur Khalsa), this book helps me provide assistance to a very special person, Hari Har Kaur through The MPA Graduate Fund. Through this fund and with your generous support, we will financially assist Hari Har Kaur while she attends Lane Community College in Eugene, Oregon. Hari Har is from Cologne, Germany. She is the oldest of five children who are solely supported by their mother. Hari Har and I met while attending MPA and became dear friends. It is my privilege to assist her and give others the opportunity to invest in reciprocity."

All (100%) proceeds of this book are donated to a Miri Piri Academy Graduate Fund (the charity is called "Amar Infinity" and all donations are tax deductible). Miri Piri Academy (MPA) is an international boarding school located in Amritsar, India. Children ages 8-18 study standard academic curricula, yoga, meditation, martial arts, dance, music, and art. Students at MPA live in an environment that inspires consciousness and creativity. MPA has one goal and that is to create strong compassionate leaders. If you would like to find out more information you can visit www.miripiriacademy.com.



To find out more information about this wonderful example of selfless service to our fellow humans, please visit: www.spiritvoyage.com and search for "Breathing" or call 1-888-735-4800

Achieve

*Build your spirit on a bruised foundation,
See the lack of height in your destination.*

*Avoid what's hard until your final hour,
Or capture the extent of your power.*

*Living easy to avoid the pain,
Tell me if it's worth it from what you gain.*

But let me tell you something of this world...

*It takes courage to become great,
Surrender your fears and watch your fate.*

*Let your faith allow for something big,
Get out of the unconscious hole you always dig.*

*It's easy just to live life and settle,
Conform to society like melted metal.*

*But the greatest gift you will ever attain,
Takes a scar from a flight to gain.*

*You can get lost from what the eyes can see,
And easily forget what you meant to be.*

*It's something deeper than an explanation,
It takes a lifetime of meditation.
So cross your legs and close your eyes,
Let the messages come from the skies!*

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Prosperity Kids!

Success is important for children as well as adults. Of course, when it comes to children, success is not based on income or wealth. The more mentally balanced a child is, the more successful he or she is in play time and learning. This eventually translates into other forms of success later in a child's life. Simple meditations, even just 3-minutes, can help give children at any age the confidence and security that is important in life. Here is an excellent meditation that you can do with your child to improve his or her physical and mental well being:

Meditation
"I AM, I AM"

Sit with a straight spine. Your right hand will be down on your leg in "Wise Pose," (the thumb and forefinger are pressed together, and the hand rests on the knee). Your left hand will be at your heart level. Make your palm flat with fingers straight and pointing to the right. Look at your hand the whole time, but with your eyes mostly closed. Start with your hand six inches away from you, then move it a few inches closer

to your chest as you say the first "I AM." Then move your hand so that it is one foot away from you and say "I AM" again. Keep repeating the sequence. Do it slowly and put yourself into it. The close-up "I AM" means "I AM who I know myself to be." The far away "I AM" means "I AM that which is greater than I know myself to be." Start with a few minutes each day and add to it as you go.



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



Gift from the Guru

Sat Nam Kaur Khalsa, Herndon VA

In a moment of heightened inspiration last week, I signed up for the midnight to two a.m. sevadar slot for our local Akhand Path. When the inspiration passed, I was left with my usual questions of "What was I thinking?", "I don't think I can do it," "Why do I do these things?" etc., etc.

Early in the evening of my seva, I felt nervous about staying awake until two a.m. What had made sense to me as an inspiration last week seemed totally ludicrous that evening. My mind searched with amazing creativity for ways to get out of my commitment. I was filled with what can only be described as a very active case of negativity. Finding no alternative but to go, I made it over to the Gurdwara at the appointed hour of midnight.

Walking into the Herndon Sadhana room, I was struck by the coziness of the scene. The room glowed with a warm light, and the soft cadence of the Guru's words created a calm and sweet sound. At this late hour, there were just three of us with the Guru. Although small in number, I realized that what we were doing was preserving a sacred space and projecting a prayerful vibration for ourselves and for many others. In a moment, I felt grateful to be there.

As the hours passed, the words of the Guru penetrated my mind. In my half-sleep state, my intellect missed most of the meaning of the message. However this didn't seem to matter. I was satisfied to have served and to have partaken in the sweet quiet prayer that happens in those mysterious hours of the night.



As I bowed to the Guru before leaving, I felt an unexpected current pass from the top of my head to the space where the Guru sat. In that moment I felt that my connection with the Guru was sealed.

In 30 years on a spiritual path, a handful of meditations stay with me as powerful reminders of the possibility to transcend time and space. I can still access these meditations and feel uplifted. Sitting by the stream at Hemkunt Sahib in 1976, I felt the vibration of Guru Gobind Singh's presence. On the Perkarma at the Golden Temple in 1978, I experienced

the power of the constant devotion as a source of healing radiating to the entire world. Meditating in the dome in the presence of the Siri Singh Sahib, I felt layers of my mental burdens lift and dissipate.

When I awoke this morning, I vividly remembered last night when I bowed to the Guru. Somehow I felt as though I had been given a mental chiropractic adjustment. (Was it just a coincidence that Dr. Guru Trang Singh, chiropractor extraordinaire, had been reading?) I knew I had been blessed with a very special experience that will always stay with me. I went to serve but was given a gift instead.



Sadhana's Greatest Reward: Success

Because There's NOTHING like Sadhana for Success

"The greatest reward of doing Sadhana is that the person becomes incapable of being defeated. Sadhana is a self-victory, and it is a victory over time and space. When you get up for Sadhana, you defeat a part of yourself because you don't want to get up. Getting up is a victory over time, and doing it is a victory over space. That is what Sadhana is. Sadhana is only for you - it is a self-victory. Sadhana is not a matter of advantages and disadvantages. It is simply a means through which you can defeat all your miseries, misfortunes and handicaps. It is a very personal thing which does not relate to anybody but yourself."

"The radiance of your spirit can be measured according to how the name of God vibrates within you and around you. If your sadhana is perfect, your spirit will be high. If you have forgotten to chant the name of God, you will be in the doldrums. If you become low and depressed, it is only because you have not warmed up your machine in the morning; you have not done your spiritual practice. Your mind has found the zero point through working the belt of meditation. And if the mortal does not work the belt of meditation, then the electricity is not produced, and the generator does not work. The mortal must work the mind, the mind must become zero, and it must create the experience of Infinity within you. In the Western world where there is such a crisscross of mental thought patterns, you must find a way to bring your mind under control. You must learn to bring the level of yourself to zero, whenever you like. This is the practice of sadhana.

-Siri Singh Sahib (Yogi Bhajan)

Long Slumbering Sadhana Committee Declares 2003 the "Year of Group Sadhana"

Sat Want Singh Khalsa, VA

By the Grace of Guru Ram Das and the inspiration of our musicians, 2003 is formally declared the "Year of Group Sadhana". Effective immediately, there will be Live Music, every morning for Sadhana. So come out and support our very own Mardanas of the Modern age, those loveable Live at Fiveateers, and we will build the most beautiful vibration.

Since recently awakening from its long sleep, the Sadhana Committee has been hard at work, trying to find ingenious ways to inspire people to join the Group Sadhana. We have been busy analyzing the various trends both in the Ashram and world at large and have compiled the definitive list of What's In and What's Out for 2003.

IN

Early Mornings with the Guru
Live at Five
Using your VCR
Easy Pose
Soaring
Alarm Clocks
Vigorous Yoga
Spirit Voyages
Group Sadhana
Live Music
Gurprasad
War in consciousness
Higher Powers
Peace on Earth

OUT

Late Nights with David Letterman
Larry King Live
Watching ER
Corpse Pose
Snoring
Snooze Alarms
Second helpings of dessert
Ego Trips
Doing your own thing
CD Players
Stale nuts and raisins
War in Iraq
Special Forces
Another piece of pizza

See you in the Amrit Vela.

Sikh Dharma
Dasvandh

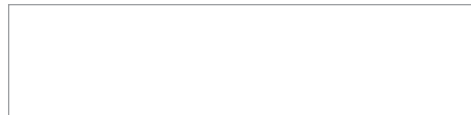
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"Living Successful Dharmic Lives"

What is success in dharmic terms? Intention, happiness, paradigms - in this issue you will find the subject of "Success" touched on with dharmic clarity and depth, in a variety of meaningful ways, offering you tools to examine and shift the level of success, and/or your feeling of success, in your own life. Join us!

The Siri Singh Sahib (Yogi Bhanan's) Special Sacred Science Workshop - 1st Time to be Taught!

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

June 15 - June 18, 2003

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 we will explore its many facets and relate its timeless wisdom to our own experiences--past, present, and future. Sit at the feet of the Master of Kundalini Yoga, Yogi Bhanan, each day 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, come join us for this uplifting, healing, interactive experience! **Register Today: www.3ho.org/events or 1-888-346-2420**

(See Page 4 for more course details)