
TOOL KIT FOR TEACHING BEGINNERS

SHAKTI PARWHA KAUR KHALSA

Tool Kit for Teaching Beginners is a resource for every teacher of Kundalini Yoga as taught by Yogi Bhajan®. To assist you in your teaching, specific pages have been designated as “Handouts” and permission is granted to copy them for class use. Those pages that are not designated as “Handouts” are protected by copyright. Please do not reproduce them without written permission from the publisher or author.



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INTRODUCTION

We were all beginners in 1969, when Yogi Bhajan started teaching Kundalini Yoga, the Yoga of Awareness, in the United States. He was the first Master ever to freely and openly teach this sacred science. Kundalini Yoga opened up a whole new world, even for those who had practiced other forms of yoga.

“I have not come to gain disciples, I’ve come to train teachers.” –Yogi Bhajan

He made everything so simple, explained things so clearly, and made each class so much fun, that students flocked to his classes. He taught twice a day, six days a week and one class on Sunday.

I was privileged to attend his classes every evening and two mornings every week. Within two months I was teaching. I relied heavily on the notes I had taken during his classes (most of my notes were incorporated later into “Sadhana Guidelines”), and I relied even more heavily on the connection with the Infinite Wisdom created by chanting the Adi Mantra, *Ong Namō Guru Dev Namō*.

The basic, fundamental information that Yogi Bhajan gave us about the 3HO way of life, the “yogic tidbits,” the meditations, mantras, and exercise sets and kriyas he taught in that first year are what I have continued to teach in my Beginners’ Series. Much of this material can be found in *Kundalini Yoga: The Flow of Eternal Power*, the book he directed me to write.

Over the years I’ve found that what works best for me – and the students – is to introduce people to Kundalini Yoga through a series of six classes. In this manual, I have outlined and “packaged” the contents of each class in the series so that you can use it as the basis for your own “Beginners’ Series.”

With *Kundalini Yoga Sadhana Guidelines*, 2nd Edition, and my book, *Kundalini Yoga: The Flow of Eternal Power*, and your *Aquarian Teacher Manuals*, you have everything you need to teach beginners. Just remember to “Keep it Simple!”

As you gain experience in teaching, you may choose different sets of exercises or use different mantras. (I also try to introduce them to the Aquarian Sadhana mantras.) My purpose in preparing this *Tool Kit* is to provide a “teacher-friendly,” organized presentation of a basic Beginners’ Series to get you started.

—Shakti Parwha Kaur Khalsa

THE FIRST PRINCIPLE OF A TEACHER IS “I AM NOT.” IF YOU CANNOT PRACTICE
SHUNIYA, YOU CANNOT BE A TEACHER OF KUNDALINI YOGA.

—THE TEACHINGS OF YOGI BHAJAN

BASIC COMPONENTS OF EVERY CLASS

A TEACHER'S ATTITUDE AND INTENTION: A Teacher teaches with his/her psyche. Remind yourself to take the "Teacher's Oath" before every class.

*I am not a woman,
I am not a man,
I am not a person,
I am not myself,
I am a Teacher.*

- TUNING IN IS ESSENTIAL
- PRANAYAM
- KUNDALINI YOGA KRIYA
- MANTRA
- MEDITATION
- RELAXATION
- CLOSE WITH "LONG TIME SUN SHINE" SONG
- PRAYER TO END

POINTS TO REMEMBER

In every class mention our Teacher, Yogi Bhajan, with appreciation and gratitude. Allow your students to benefit from the Golden Chain and a connection with his consciousness, as well as the wealth of books, lectures and DVDs that are available.

Music is a wonderful addition to any class; but for beginners', it's best to chant a capella for a while so that they come to a clearer understanding and experience of naad, mantra and jap. Once you begin incorporating music into the class, use *only* 3HO music. No matter how lovely other music may be, it is not acceptable for Kundalini Yoga classes. Remember to use music with discretion and when appropriate and useful.

When teaching beginners, make it easy and "do-able" for them. Encourage them to feel comfortable and successful, even if they can't do everything perfectly.

Demystify Kundalini Yoga. It's really quite simple, so keep it simple.

Remember you are introducing them to a new physical, mental, and spiritual world. Kundalini Yoga is the *Yoga of Awareness*, it is not just a bunch of exercises.

Whenever there are new students in the class, be sure to ask if they have done any yoga previously, and point out how Kundalini Yoga is different. Also, advise them that because it is a beginners' class, you will

explain everything *as if everyone is a beginner* (and do it). Even many long time students of regular classes may not have been taught some of the fundamentals that Yogi Bhajan taught us in the beginning.

Give every class a theme. Introduce the theme at the beginning, and explain its concepts in-between and during exercises as appropriate. You may not be able to fit in all of the items listed under each topic, so prioritize according to the needs of the students and the time frame of the class. (I usually take 1 1/2 hours for a Beginners class, to allow for lots of explanation, and a long relaxation at the end. Even so, there isn't always time for a special meditation as well as teaching a mantra. It's ideal to introduce a new mantra each class.)

Have students relax after each exercise, unless otherwise noted. This allows the glandular secretions that have been stimulated to circulate throughout the bloodstream, bringing balance.

TEACHER OR INSTRUCTOR

An Instructor usually does the exercises with the students, a Teacher does *not*. Kundalini Yoga teachers are Teachers! A Teacher may demonstrate an exercise to get the students started, but the Teacher's job is to watch and guide the students, helping them by verbal correction and encouragement.

In Kundalini Yoga, as taught by Yogi Bhajan, we *Teach*, and we do not physically touch the students to adjust them. All that is necessary can be done by explanation.

GET OFF THE BENCH

Walk around among the students when suitable, to check their posture, mudra, breathing. (But remember, we teach "hands-off")

SPEAK CLEARLY

Project: Are you speaking loud enough so that the students in the back of the room can hear you? (Ask them!) Speak clearly and distinctly. What you have to say is valuable.

QUESTIONS

Before the closing with the Long Time Sun Shine song, ask for any questions and be available after class for a few minutes to talk with students.

TEACH WHAT YOU KNOW, AND TEACH PEOPLE TO RELAX.

—THE TEACHINGS OF YOGI BHAJAN

QUESTIONNAIRE AND FOLLOW-UP

It's very useful to have new students fill in a questionnaire. A sample is enclosed which you can revise to suit your needs. Most students will appreciate it (some may not!) if you call or e-mail them after a few days, or a week or two, to find out if they have any special questions. The idea is to let them know you care about their progress and want to be of help. Note: If you form an e-mail group, to communicate with them all via e-mail newsletter, be sure to send it via "blind copy" so that you don't give out any student's address to the others.

BE ON TIME

A good yoga class always starts on time and ends on time.

COVER YOUR HEAD WHEN TEACHING

Wear a white cotton or other natural fiber head covering when you teach. It sets an example for your students and protects you and your energy as you teach.

SADHANA

"Take to heart one thing, *sadhana, aradhana, prabhupati*... You want to be a great teacher, you want God to work for you, then do your sadhana. Do it as it is, and you'll become Lord Master God yourself. There is no sacred secret here which we have not shared. But if you get up yourself at 11 o'clock and think everybody around you will be impressed, you are wrong..."

"...Make your third eye bright and beautiful, so you can come out of the dark and make others to come with you."
—Yogi Bhajan

GET UP IN THE AMBROSIAL HOURS, WHEN THE SUN IS AT A SIXTY DEGREE
ANGLE, EXERCISE AND STIMULATE YOURSELF, THEN SIT AND MEDITATE—
JUST CLEAN THE SUBCONSCIOUS. IT'S NOT A BIG RELIGIOUS THING;
IT'S A VERY PERSONAL THING.

—THE TEACHINGS OF YOGI BHAJAN

TUNING IN WITH THE ADI MANTRA: *ONG NAMO GURU DEV NAMO*

Before every Kundalini Yoga class or practice session, we have to tune-in. One way to explain the process of tuning in is to suggest that if you were going to watch this on TV, you'd have to turn to the right channel. The code letters, for the "station" we want to access in our practice of Kundalini Yoga is reached by the sounds: *ONG NAMO GURU DEV NAMO*.

ONG NAMO GURU DEV NAMO invokes the blessings of the Creator, the Divine Teacher within each one of us. It links us with the entire line of spiritual teachers who have handed down this ancient wisdom from master to disciple through the ages.

Many people approach yoga from a purely physical standpoint, and that's OK, because it has tremendous physical benefits. But do not underestimate its other aspects! The effects go far deeper than just physical improvement. Kundalini Yoga is the *Yoga of Awareness*.

Kundalini Yoga is a science, a sacred science; in other words, it is a spiritual practice—and spirituality cannot be taught, it has to be caught, like the measles. It is contagious. You have to get it from someone who's got it. Which is why you want to tune-in to the line of teachers—they've already "got it"—and that includes, of course, our Teacher, Yogi Bhajan, who is Master of Kundalini Yoga. It does not mean that you are tuning into his finite personality, however. Instead, you are calling upon the highest aspects, the divine consciousness, of all the Teachers in the Golden Chain. At the same time, you are stimulating and awakening your own wise, elevated, and divine Self, and making a conscious connection with the One who created you, who breathes in you. Whew! Not a small thing! This is a major, important mantra.

You could even consider chanting as a sort of "connection by osmosis." *ONG NAMO GURU DEV NAMO* is the phone number of the Divine Teacher within you. So, turn the dial of your mind, and switch to the channel that will give you the clearest reception—the least static and interference from the ego—of the technology and the vibration that comes with it. *ONG NAMO GURU DEV NAMO* assures the correct inner guidance for your practice of Kundalini Yoga as taught by Yogi Bhajan®.

THIS IS A TEACHER: YOU TAKE THE TEACHINGS AND YOU FLOW. IT'S ONE
LINK. SCRIPTURALLY, THEY CALL IT THE GOLDEN CHAIN OF TEACHERS.

—THE TEACHINGS OF YOGI BHAJAN

BEGINNERS' SERIES

SIX SAMPLE CLASSES

The following six Beginners' classes present six of the major facets or aspects of Kundalini Yoga as taught by Yogi Bhajan®. They provide a foundation and framework of understanding and motivation. Feel free to think up more creative or exciting titles!

1. BREATH OF LIFE IS YOUR LIFE: PRANA AND PRANAYAM
2. CREATURES OF HABIT: APANA, DIGESTION, AND ELIMINATION
3. WHERE ARE YOU AT? CHAKRAS AND THE KUNDALINI
4. EVERYBODY IS A HEALER
5. HOW TO HAVE A REALLY GOOD NIGHT'S SLEEP
6. GREAT DAY IN THE MORNING! HOW TO GET UP

If you want to do a longer Series, you can add classes such as:

- MANAGING ANGER
- MALE-FEMALE RELATIONSHIPS
- JUST FOR WOMEN: THE GRACE OF GOD MEDITATION
- MAGIC WORDS: MANTRAS AND HOW THEY WORK
- THE TEN BODIES
- MANAGING STRESS
- SPIRITUAL PATH AND THE WAY OF DISCIPLINE

BREATH OF LIFE IS YOUR LIFE

PRANA AND PRANAYAM

1. Introduce **Long Deep Breathing** during Tune-in and teach **Breath of Fire** in detail.
2. Introduce **Venus Lock**: Walk around and check each student's mudra. Make sure the thumbs are parallel to each other, not crossed, and no two fingers of the same hand are next to each other.
3. **Pranayam Series 1** from *Kundalini Yoga Sadhana Guidelines, 2nd Ed.*
4. Select from the following Kriyas:
 - Kriya for Elevation** (*Flow of Eternal Power*, p. 231 or *The Aquarian Teacher Yoga Manual*, p. 343)
 - Easy Set** (from *Flow of Eternal Power*, p. 235) Write-up included.
5. **Three Simple Exercises** (This is their homework, too.):
 - a. **Ego Buster**: arms up at 60 degrees, pads of the fingers curled tightly and the thumbs extended, pointing directly up (NOT toward each other) to the sky, with Breath of Fire
 - b. **Camel Ride**: spine flex with hands on shins or ankles
 - c. **Stretch Pose** with Breath of Fire
6. **Long Deep Relaxation**: Always play music, or sing or chant to students after taking them through a relaxation sequence (starting with the toes, relaxing each part of the body) to keep their minds calmly occupied.
7. **Close**: Long Time Sun Shine Song and Long Sat Nam, 1-3 times.

BREATH OF LIFE IS YOUR LIFE

PRANA AND PRANAYAM

CLASS DISCUSSION TOPICS

- ❑ The Source of Prana (when they split the atom they got prana!)

- ❑ The Function of the Two Nostrils

Introduce the three major *nadis*—*ida*, *pingala*, and *sushmana*

- ❑ Life and Death Depend Upon Breath

- ❑ G-O-D: Generator Organizer and Deliverer

New students especially need to understand that our reference to God is not a religious concept, but the power, intelligence, energy, and consciousness that Generates, Organizes and then either Delivers or Destroys all of creation. There is One G-O-D living and breathing in each of us.

CLASS HANDOUTS

- ❑ Questionnaire

- ❑ Mantra Sheet: Adi Mantra, Sat Nam, Long Time Sun Shine Song

- ❑ Homework: Exercises 5 a, b, c, 1 to 2 minutes each; and Breath

of Fire: 5 minutes. Start with 30 second segments, gradually

build to 1 minute segments, then 2 minutes, and so on.

NEW STUDENT QUESTIONNAIRE

DATE _____

To help us serve you better, please fill in the following information:

Male__ Female__

Name (please print)_____ Age ____

Address_____

City_____State_____Zip_____

Phone Number (____)_____ (h) (____)_____ (w)_____

E-mail:_____

Is this your first experience with Kundalini Yoga? Yes__ No__

If not, where/when did you study?_____

What do you want to achieve by taking these classes?

- | | |
|---|---|
| <input type="checkbox"/> Improve health | <input type="checkbox"/> learn to relax |
| <input type="checkbox"/> reduce stress | <input type="checkbox"/> gain peace of mind |
| <input type="checkbox"/> develop inner awareness | <input type="checkbox"/> increase energy |
| <input type="checkbox"/> doctor/chiropract or recommended | <input type="checkbox"/> other_____ |

Have you even done any other kind of yoga or meditation? Yes__ No__

If so, please describe_____

Please list any specific questions or areas of interest.

Please list any injuries that may affect your practice today.

How did you hear about this class?

- | | |
|--|---|
| <input type="checkbox"/> Friend/Teacher referral | <input type="checkbox"/> Received an e-mail |
| <input type="checkbox"/> Received a mailing | <input type="checkbox"/> website |
| | <input type="checkbox"/> other _____ |

Other Comments

CLASS ONE: BREATH OF LIFE IS YOUR LIFE

MANTRA SHEET

SAT NAM!

Use it as a greeting, anytime, anyplace. It reinforces the divine consciousness in everyone.

Sat Nam is the seed (*bij*) Mantra. SAT means Truth or Essence; NAM means Name or Identity; often translated as “Truth is my identity; God’s name is Truth.”

Pronunciation: SAT NAM is often transliterated as Sat Naam, which rhymes with “but mom”; the ‘a’ is short as in ‘hut’, and the ‘aa’ is long as in ‘mom’.

ONG NAMO GURU DEV NAMO

This mantra calls upon the Creator, the Divine Teacher inside every human being. It establishes a strong and clear connection so that we can receive the highest guidance, energy and inspiration. Always chant it at least three times before beginning any practice of Kundalini Yoga as taught by Yogi Bhajan®.

ONG is the Creator; *NAMO* means reverent greetings or salutations; *GURU* is the giver of the technology (*GU* = darkness, *RU* = light); *DEV* means transparent (non-physical).

Pronunciation: ONG uses the conch in the nasal cavity to create this initiating sound; NAAMO GUROO DAYV NAAMO is the traditional transliteration.

THE LONG TIME SUN BLESSING SONG

All Kundalini Yoga as taught by Yogi Bhajan® classes use the Sun Shine Song to close each class. It can be sung or recited, as a positive affirmation, bringing blessings to all.

*May the Long Time Sun Shine Upon You
All Love Surround You
And the Pure Light Within You
Guide Your Way On.
Sat Nam.*

CLASS TWO OUTLINE

CREATURES OF HABIT

APANA, DIGESTION AND ELIMINATION

1. **Tune-In** with the Adi Mantra
2. **Pranayam:** Left Nostril Breathing
3. Two Simple Exercises:
 - a. **Sufi Grind** (or Stomach Grind): 26 times in each direction, beginning counterclockwise, is great for digestion.
 - b. **Rock Pose:** Yogi Bhajan said that you could digest rocks if you sat in this pose every day.
4. Select from the following Kriyas:

Vatskar Dhouti Kriya from *Kundalini Yoga: Flow of Eternal Power*, p. 255 or **Apana Kriya** from *Kundalini Yoga Sadhana Guidelines*, 2nd Ed.

Beginner's Cleansing Set from *Kundalini Yoga Sadhana Guidelines*, 2nd Ed.
5. **Kirtan Kriya:** The Panj Shabd and changing our habits.
6. **Long Deep Relaxation:** Always play music, or sing or chant to students after taking them through a relaxation sequence (starting with the toes, relaxing each part of the body) to keep their minds calmly occupied.
7. **Close:** Long Time Sun Shine Song and Long Sat Nam, 1-3 times.

CLASS TWO NOTES
CREATURES OF HABIT
APANA, DIGESTION AND ELIMINATION

CLASS DISCUSSION TOPICS

❑ EATING HABITS: CHEW YOUR FOOD!

“Remember: There are no teeth in the stomach.” –Yogi Bhajan

Vegetarian: As humans we have no claws or fangs; we’re not built to eat meat. Long digestive track built for processing fruits, vegetables and breaking down grains, nuts and seeds. Note: Meat generates excessive uric acid in the body’s tissues; fish causes dehydration in the tissues, which is already a problem in the average American’s diet.

❑ FOODS FOR HEALTH AND HEALING

Trinity Roots: Garlic/Onions/Ginger

Add them to most anything! Kitcheri is a healing food that includes these three roots along with mung beans and rice.

Turmeric: Great for the joints!

Golden Milk is a great Yogic recipe that includes turmeric.

Yogi Tea (and Ginger Tea)

Includes Cinnamon (bones), Black Pepper (blood purifier), Cloves (nervous system) Cardamom (colon), Milk (assimilation), and Black Tea (alloy)

CLASS HANDOUTS

❑ *Creatures of Habit: An Essay*

❑ Mantra Sheet: *The Panj Shabd*

SA TA NA MA: The mantra to change habit patterns

❑ Recipes: Kitcheri, Golden Milk, Yogi Tea and Ginger Tea

Includes Recommended Cookbooks: *Foods for Health and Healing by Yogi Bajan*; *From Vegetables with Love*; *Golden Temple Vegetarian Cookbook*; *A Taste of India*; *Hypoglycemia—A New Approach*; *Sugar Blues*

CLASS TWO: CREATURES OF HABIT

AN ESSAY

HABITS RULE OUR LIVES

The concept we're discussing today is the "liberated man," also known as Self-Mastery. Do you ever feel like you're a slave to your habits? Thoughts? Or emotions? It takes 40 days to establish a habit, 90 days to confirm it, and 120 days for it to be acknowledged. You don't break a "bad" or demoting habit, you replace it with a positive, promoting habit.

Habit patterns are like river beds, made by water flowing along the same course. These patterns exist in our subconscious minds from past actions, especially from past lives. So we automatically fall into these same patterns of behavior and call it, "going with the flow." These patterns are called *samskaras*.¹ Karma is the way we act out our *samskaras*.

The most effective tool for rerouting or eliminating the negative, self-defeating *samskaras* in the subconscious is mantra. Chanting literally redefines and reroutes the course of the flow of habits that compel and impel our actions.

With new promoting patterns replacing old negative patterns, you don't have to fall into the old rut again and again, and thus your life changes for the better.

¹To learn more about *samskaras*, *karma*, and the mind, read *The Mind* by Yogi Bhanan and Gurucharan Singh Khalsa or *How to Know God* by Christopher Isherwood and Swami Prabhavananda.

CLASS TWO: CREATURES OF HABIT

MANTRA SHEET

THE PANJ SHABD: SA TA NA MA²

The Power to Change Habit Patterns

The Panj Shabd represents the bij syllables of Sat Nam. Panj means five and expresses the five primal sounds of the universe: S, T, N, M, A. It's pronounced with the long 'aa' sound: SAA, TAA, NAA, MAA and sung in a simple melody.



SA	Totality: All that ever was, is or shall be (thumbs touch index fingers)
TA	Creativity: The Principle of Creation (thumbs touch middle fingers)
NA	Destruction or Death (thumbs touch ring fingers)
MA	Regeneration and Birth (thumbs touch little fingers)

Sit with spine straight. Press the tip of the thumb of each hand firmly with each of the finger tips of the same hand in sequence, starting with the index fingers while chanting each syllable of the mantra.

Remember to include the 'L' visualization you were taught in class:

5 Minutes chant ALOUD; **5 Minutes** WHISPER ;

10 Minutes CHANT SILENTLY;

5 Minutes WHISPER; **5 Minutes** ALOUD; **1 Minute** of ABOLUTE SILENCE AND STILLNESS.

To End: Inhale deeply, lift arms straight up in the air, vigorously shake out the fingers. Relax.

² For a complete description of **Kirtan Kriya**, which uses the *panj shabd*, see *Kundalini Yoga Sadhana Guidelines*, 2nd Edition.

CLASS TWO: CREATURES OF HABIT

RECIPES

GOLDEN MILK: GREAT FOR THE JOINTS

1/8 tsp Turmeric

3 Pods

1/4 Cup Water (approx.)

Simmer 5 to 7 minutes. Then Add:

1 Cup Milk

2 Tbsp. Almond Oil (cold pressed)

Bring back up to the boiling point, **do not boil**. If desired, add sweetener (honey or maple syrup) to taste. You can also make it frothy by putting it in the blender, using the lowest setting. Drink warm.

GINGER TEA

Magic "pick-me-up" for everyone. Particularly useful to energize the nervous system and help renew energy during a woman's menstrual period, relieve cramps, and even help ease lower-back pain!

Slice 2 to 3 inches of ginger root (just wash it, you don't have to peel it) and bring to a boil in 4-6 cups of water. Boil for 5 to 10 minutes, strain and drink. Or, after straining, add sweetener if desired (honey or maple syrup, no sugar, please!) and/or milk. May be served hot or cold.

YOGI TEA

Measurements can vary according to your taste. Be careful not to put in too many cloves or cinnamon sticks. Add spices to 3 Quarts of boiling water:

20 Whole Cloves

20 Whole Green Cardamom Pods

20 Whole Black Peppercorns

5 sticks of Cinnamon

Continue boiling for 15-20 minutes, then add: ¼ tsp. of any Black Tea. After an additional one or two minutes add: 1/2 Cup Milk per Cup of liquid. (Or, strain before adding the milk, and store in the refrigerator until ready to drink, then add milk and bring just to boiling before serving.) When it returns to the boiling point, **REMOVE IMMEDIATELY FROM HEAT**. (Watch closely so it doesn't boil over.) Strain and serve with honey or maple syrup to taste.

NOTE: The black pepper purifies the blood, the cardamom supports the colon, the cloves are for the nervous system and the cinnamon is for the bones. The milk aids in the easy assimilation of the spices and avoids irritation to the colon. The black tea acts as an alloy for all of the ingredients, achieving a new chemical structure which makes the tea a healthy and delicious drink. Slices of fresh GINGER ROOT may also be included, especially when you are suffering from a cold, recovering from the flu or want extra energy.

CLASS TWO: CREATURES OF HABIT

RECIPES

KITCHERI: ONE OF MY FAVORITES!

HIGH PROTEIN AND VERY EASY TO DIGEST

16 Cups of water

1/2 Cup Mung Beans (Washed)

1 Cup White Basmati Rice (rinsed 2-3 times)

1 Onion, chopped

5 to 7 cloves of Garlic, sliced or chopped

1 tsp. Ginger Root, peeled and chopped

1/2 tsp. Turmeric

1/2 tsp. Black Pepper BLACK PEPPER

3/4 tsp. Red Chili Flakes, crushed

Optional: 1/2 tsp. cumin or *garam masala* (Indian spice)

1 or 2 cups of any chopped vegetables, preferably green vegetables, such as Asparagus, Celery, Broccoli, Zucchini, Swiss Chard or Kale. You can also add Carrots, Peas, Cauliflower and/or Mushrooms, or you may prefer to keep it very simple.

Boil the mung beans first, for about 10 minutes, then add the other ingredients. Boil gently (covered) 30 to 40 minutes until very soft and soup-like. A few springs of fresh mint cooked in with all the vegetables is excellent.

Optional: During the cooking, add a little ghee (clarified butter) and/or Braggs Liquid Aminos (like Tamari, or serve on the side. For a complete meal, serve with Yogurt and toasted Pita Bread!

RECOMMENDED COOKBOOKS

Foods for Health and Healing by Yogi Bhanan; *From Vegetables with Love* by Siri Ved Kaur; *Golden Temple Vegetarian Cookbook* by Yogi Bhanan; *A Taste of India* by Inderjit Kaur; *Hypoglycemia—A New Approach; and Sugar Blues, the classic!*

CLASS THREE OUTLINE
WHERE ARE YOU AT?
CHAKRAS AND THE KUNDALINI

1. **Tune-In** with the Adi Mantra
2. **Pranayam:** Right Nostril Breathing
3. Review the Chakras and the qualities associated with each.
4. Select from the following Kriyas:
 - To Build the Circumvent Force:** supports the Eighth Chakra
 - Surya Kriya** from *Kundalini Yoga Sadhana Guidelines, 2nd Ed.*
5. **Mantra:** Long Ek Ong Kar to Open the Chakras
6. **Meditation:** Long Sat Nam with meditation on each Chakra.
7. **Long Deep Relaxation:** Always play music, or sing or chant to students after taking them through a relaxation sequence (starting with the toes, relaxing each part of the body) to keep their minds calmly occupied.
8. **Close:** Long Time Sun Shine Song and Long Sat Nam, 1-3 times.

CLASS THREE NOTES

WHERE ARE YOU AT?

CHAKRAS AND THE KUNDALINI

CLASS DISCUSSION TOPICS

- ❑ Discuss the distribution of kundalini energy in various chakras, which influences the *character and actions* of an individual. Wherever a large proportion of kundalini energy is focused, “That's where you're at!”
- ❑ “Power of positive thinking”: every thought has a vibratory frequency
- ❑ Ethics (ie cosmic laws) as distinct from man-made moral judgments, “*Yamas and Niyamas*” (see *How to Know God*)
- ❑ If they want to read the esoteric explanation of the Chakras, with the corresponding deities and symbols, a good book is Harish Johari’s *CHAKRAS: Energy Centers of Transformation*. However, *The Flow of Eternal Power* (Chapter 8) provides simple, practical information about the chakras, explaining the relevance to our daily lives, as Yogi Bhajan taught it.

MEDITATION PROCESS

Chant Long Sat Nam while applying **Mulbandh** as you focus on the Chakras in the following sequence:

Inhale, apply mulbandh, focus on the First Chakra, chant long SAT NAM, relax the lock. Inhale, apply mulbandh and focus on the Second Chakra, chant long SAT NAM, relax the lock. Inhale, apply mulbandh, focus on the Third Chakra, chant long SAT NAM and continue. Focus each time on a successively higher chakra finishing with the Eighth Chakra, the aura. Repeat the sequence if desired.

CLASS HANDOUTS

- ❑ Long Ek Ong Kar Mantra Sheet
- ❑ Chakra Chart

CLASS THREE: WHERE ARE YOU AT?

MANTRA SHEET

LONG EK ONG KAR

Also known as Morning Call, the Long Form of Ek Ong Kar is a two-and-a-half breath cycle Ashtang Mantra (meaning 8 sounds). Many of the frequently used mantras in Kundalini Yoga as taught by Yogi Bhajan® are Ashtang Mantras. The kundalini energy moves through the eight chakras on the eight beats.

EK ONG KAR SAT NAM SIRI WAHE GURU

Ek Ong Kaar Sat Naam Siree Whaa-hay Guroo

TRANSLATION & TECHNOLOGY FOR CHANTING LONG EK ONG KAR

EK:	ONE	NAM:	NAME
ONG:	CREATOR	SIRI:	GREAT
KAR:	CREATION	WAHE:	BEYOND DESCRIPTION "WOW"
SAT:	TRUTH	GURU:	DISPELLER OF DARKNESS, OR TEACHER

Sit with a straight spine and Apply Neck Lock.

Inhale deeply and chant **Ek Ong Kar**. The **Ek** is a short, percussive sound from the navel, while **Ong** and **Kar** are each chanted, in equal length, until you are almost out of breath.

Inhale deeply again and chant **Sat Nam**. Again, the **Sat** is a percussive sound from the navel, **Nam** is chanted until you're almost out of breath and should be equal in length to *Ong Kar* in the first half of the mantra, then reach for the **Siree**, which is very brief and chanted with the last of your breath.

Inhale 1/2 a breath and chant **Wahe Guru**. The **Whaa** is very percussive from the navel, **Hay** is very, very short, and **guroo** is a smooth precise and short ending.

Inhale deeply again to repeat the cycle. Continue for 11 minutes, 31 minutes, 62 minutes or longer.

SPECIAL TIPS: *Ek* is vibrated powerfully at the Navel Point, not shouted. *Ong* is chanted in the back of the throat, vibrates the upper palate and comes out through the nose. *Sat* is powerfully chanted from the Navel point. *Siri* is pronounced as if spelled *S'ree* and is a short syllable, *Wah* is also short; *Hay* is extremely short and briefly precedes the *Guru*, which is pronounced *G'roo*.

CLASS THREE: MANTRA SHEET

CONTINUED

EK ONG KAR SAT NAM SIRI WAHE GURU are the code words, the phone number if you like, which connects you, the creature, to a direct line with your Creator. This was the first—and almost the only—mantra Yogi Bhajan taught during his first year in the United States. It is extremely powerful and energizing when done correctly; it opens the chakras.

The ideal, most effective time of day to chant this mantra is during what are called “the ambrosial hours,” the two and a half hours before sunrise in the morning. It has been said that a person can attain liberation by chanting this *ashtang* (eight syllable) mantra *correctly*, for two and a half hours before sunrise for 40 days. In fact, this two and a half hour chant was the first sadhana Yogi Bhajan assigned to us as group. (“Correctly” means with full concentration, accurate rhythm, and proper pronunciation.) Just the *attempt* to chant correctly along with a steady effort in your practice will bring great personal growth. So even if you’re just learning to chant, “keep up”—you will be glad you did!

Suggested time periods for personal practice of this mantra are: eleven minutes, thirty-one minutes or 62 minutes—and of course, 2 ½ hours!

Since 1991 we have been chanting Long Ek Ong Kar for seven minutes at the beginning of our 62 minutes of chanting in the Aquarian Sadhana. It is followed by six other mantras. (The Aquarian Sadhana will continue for 21 years; see www.kundaliniresearchinstitute.org for more information about the Aquarian Sadhana: 2012 and beyond. Refer to the Sadhana Mantra Sheet to learn more about the Aquarian Sadhana.)

Whenever leading this chant in a group, it’s important to get them to LISTEN so they can match the tone and the rhythm of the group. Group chanting is very powerful and effective when it is done with “one voice.”

CLASS THREE: WHERE ARE YOU AT? THE CHAKRAS

The Lower Triangle



First Chakra *Muladhara* Earth Security & Survival

LOCATION: The end of the spine between the anus and the sexual organs.
ORGAN/GLAND: Organs of elimination.
COLOR: Red.
QUALITIES: Grounded, centered, secure, loyal, stable. Healthy functions of elimination.

SHADOW: Fear, insecurity. Life feels like a burden; feeling of not really belonging on Earth or in one's culture or family. Weak constitution, elimination problems, reduced physical and mental resistance, sexual perversions.
YOGA EXERCISES: Crow Pose, Chair Pose, Body drops, Frog Pose, Mulbhandh, Front Stretches, Lying on the stomach, feet kicking buttocks.



Second Chakra *Svadisthana* Water Creativity

LOCATION: The sexual organs.
ORGAN/GLAND: Sexual organs, reproductive glands, kidneys, bladder
COLOR: Orange.
QUALITIES: Positive, relaxed attitude to sexual functions; patience; creativity; responsible relationships.

SHADOW: Rigid emotions, frigidity, guilt, no boundaries, irresponsible relationships. Problems with reproductive organs, or kidneys.
YOGA EXERCISES: Frog Pose, Cobra Pose, Butterfly, Sat Kriya, Cat-Cow, Maha Mudra, Pelvic Lifts.



Third Chakra *Manipura* Fire Action & Balance

LOCATION: The area of the Navel Point, solar plexus.
ORGAN/GLAND: Navel plexus, liver, gall bladder, spleen, digestive organs, pancreas, adrenals
COLOR: Yellow.
QUALITIES: The center of personal power and commitment. Self-esteem, identity, judgment. This is where the strength for inner balance, inspiration and good health is developed.

SHADOW: Anger; greed, shame, despair. Obstacles everywhere. Not enough strength and spontaneity. Conforming in order to be recognized. Refuting one's own wishes and emotions. Problems with digestion, the liver, the gallbladder, and the pancreas.
YOGA EXERCISES: Stretch Pose, Sat Kriya, Peacock Pose, Bow Pose, Fish Pose, Diaphragm Lock, Breath of Fire; all exercises which train the abdominal muscles.

THE CHAKRAS



Fourth Chakra

Anahata

Air

Balance Point: Love & Compassion

LOCATION: The middle of the chest on the breast bone at the level of the nipples.

ORGAN/GLAND: Heart, lungs, thymus gland.

COLOR: Green.

QUALITIES: Compassion; kindness; forgiveness; service; love. Recognizing and understanding these qualities in others. Sacred transformation. Awakening to spiritual awareness.

SHADOW: Grief. Attachment. Closed to surroundings. Easily hurt. Dependent on love and affection from others. Fear of rejection. Helper syndrome. Heartlessness. Heart problems; lung problems; blood pressure problems.

YOGA EXERCISES: Ego Eradicator, Yoga Mudra, Bear Grip, Baby Pose (strengthens the heart muscles). All arm exercises, and exercises which twist the upper torso. All Pranayam.

The Upper Triangle



Fifth Chakra

Visshuda

Ether

Projective Power of the Word

LOCATION: The throat.

ORGAN/GLAND: Trachea, throat, cervical vertebrae, thyroid.

COLOR: Light blue.

QUALITIES: The center for truth, language, knowledge and the ability to communicate effectively. Authenticity. Healthy self-expression and interactions. Inspiring, teaching. Embodying God's Will.

SHADOW: Lethargy, weakness in expressive and descriptive abilities. shyness, voice problems, insecurity, fear of other people's opinions and judgments. Throat problems, neck problems, thyroid problems.

YOGA EXERCISES: All Chanting. Shoulder Stand, Cobra Pose, Plow Pose, Camel Pose, Cat-Cow, Neck Rolls, Neck Lock, nose to knees.



Sixth Chakra Ajna or The Third Eye

LOCATION: Between the eyebrows.

ORGAN/GLAND: Brain; pituitary gland.

COLOR: Indigo.

QUALITIES: Center of intuition, clairvoyance; visualizing; fantasizing; concentration and determination. Self-initiation. Power of projection. Understanding your purpose.

Intuition, Wisdom & Identity

SHADOW: Confusion, depression. Rejection of spirituality. Over-intellectualizing.

YOGA EXERCISES: Meditating on the Third Eye, Long Chant, Kirtan Kriya. Archer Pose. Whistle Breaths. Yoga Mudra. All exercises where the forehead rests on the floor.

THE CHAKRAS



Seventh Chakra

Sahasrara

Humility & Vastness

LOCATION: Crown of the head.

ORGAN/GLAND: Brain; pineal gland.

COLOR: Violet.

QUALITIES: The seat of the soul. Connection to the Highest Self. Enlightenment. Unity. Elevation. Relationship to the Unknown.

SHADOW: Grief. The feeling of being separated from existence, and from abundance. Fear of death.

YOGA EXERCISES: Ego Eradicator, Mahabandha, Sat Kriya. Concentrating on the tip of the nose. All meditation.



Eighth Chakra

The Aura

Radiance

LOCATION: The electromagnetic field.

COLOR: White.

QUALITIES: The aura combines the effects of all the chakras, and constitutes their total projection. The aura projects and protects.

SHADOW: Shy, withdrawn, vulnerable.

YOGA EXERCISES: Triangle Pose, Ego Eradicator, Archer Pose. All arm exercises. All meditation.

CLASS FOUR OUTLINE
EVERYBODY IS A HEALER
(AND NOBODY IS A HEALER)

1. **Tune-In** with the Adi Mantra
2. **Pranayam:** Healthy Happy Holy Breath
3. **Kriya:** Heal Yourself
4. **Mantra & Meditation:** Ra Ma Da Sa Sa Say So Hung Healing
Meditation
5. **Long Deep Relaxation:** Always play music, or sing or chant to students after taking them through a relaxation sequence (starting with the toes, relaxing each part of the body) to keep their minds calmly occupied.
6. **Close:** Long Time Sun Shine Song and Long Sat Nam, 1-3 times.

CLASS FOUR NOTES
EVERYBODY IS A HEALER
(AND NOBODY IS A HEALER)

CLASS DISCUSSION TOPICS

- “Everybody is a Healer, Nobody is a healer.”
- GOD is the real healer, we are just instruments.
- Golden Temple in Amritsar/ other places of healing e.g. Lourdes, River Ganges (Ganga), Our Lady of Guadalupe Basilica
- Smiling and the Power of Positive Thinking
- Your very presence should heal
- “Doctors Diagnose, Herbs Heal, and God Cures.” NOTE: Kundalini Yoga teachers *do not give medical advice, and we do not make medical claims!* Make it very clear to the students that what we teach is based on ancient yogic wisdom and if they have any concerns, they should check with their health care practitioner before starting any diet or exercise program.

CLASS HANDOUTS

- Healthy Happy Holy Breath Meditation
- Mantra Sheet: *Ra Ma Da Sa Sa Say So Hung*
- Recommended Healing Music

CLASS FOUR: EVERYBODY IS A HEALER

HEALTHY HAPPY HOLY BREATH

Posture: Sit comfortably, keeping the spine straight.

Eyes: Closed. Concentrate at the Brow Point.

Mantra: Healthy Am I, Happy Am I, Holy Am I

Inhale deeply through the nose. Suspend the breath and silently repeat the mantra three times. Feel the energies at the Heart Center and Navel Center connecting. Then, as you exhale, say it aloud three times.

Inhale deeply and continue, reciting the mantra three times silently on the held breath, and exhaling and reciting the mantra aloud three times. Continue this sequence for 11 minutes.

To End: Inhale deeply, exhale, and relax the breath. Sit silently for a minute or two. Inhale deeply and stretch your arms up high overhead, fingers interlocked, palms facing up, and pull up on your spine. Hold this posture briefly and then relax.

Comments: The power of your breath enhances the depth of the effect of this affirmation. Slowing down the normal breath rate is significant. When the breath rate is slower than four breaths per minute, it puts you into a meditative state, as the brain starts functioning intensely. The pineal and pituitary glands shift their relationship to each other and in this condition, the effects of inner and outer sound are greater: whatever you chant or repeat in this moment will penetrate deeper into your subconscious. As a result, a larger portion of yourself will be able to synchronize with your intentions and carry them out.

CLASS FOUR: EVERYBODY IS A HEALER

MANTRA SHEET

RA MA DA SA HEALING MEDITATION

There is only One Healer, the One Creator who breathes in you. But you can be a powerful instrument through which Divine healing energy can be given to others. Healing is actually *regenerating*. This meditation cuts across time and space. Distance does not matter; it is effective at any distance!

TRANSLATION & PRONUNCIATION

The 'aa' is long, as in 'mom'. The 'ay' is exactly as you would read it in Standard American English, just as the 'o' in 'so' is long and pronounced as in Standard American English.

RAA	Sun
MAA	Moon
DAA	Receiver of Saa
SAA	Totality
SAA	Totality
SAY	Spirit, Energy
SO	Manifestation
HUNG	Experience of Thou

Posture: Sit in **Easy Pose**. Elbows tucked comfortably under your ribs. Extend forearms out at a 45 degree angle from the center of the body. (They will be at the same angle as your thighs.) Keep palms flat, facing upwards, parallel to the floor as much as possible, fingers together and thumbs spread. (Be aware of keeping the palms flat during the meditation, as the fingers tend to curl up)

Eyes are 9/10 closed. To activate God's healing power, chant **powerfully from the Navel Point:**



Chant one complete cycle and then inhale deeply and repeat. Continue for 11-31 Minutes. To Close: inhale deeply, close your eyes and offer a healing prayer with the breath held in. Exhale and repeat 3 times total. To complete the meditation, inhale and lift arms up high and vigorously shake out the fingers. Relax.

Comments: Pull in on the Navel Point, especially powerfully on the syllables SO and HANG. Both SO and HANG are *short*, “clipped,” almost guttural, syllables. Be especially conscious *not* to prolong the “ng” sound. (Note: Yogi Bhajan taught several variations of this meditation. This is the way I learned it.)

HEALING MUSIC RECOMMENDATIONS

Livtar Singh with Harbhajan Kaur “Healing”, *Dhan Dhan Ram Das Gur* by Sangeet Kaur (or your own favorite), Singh Kaur’s *Ardas* (Crimson Series)

CLASS FIVE OUTLINE

HOW TO HAVE A REALLY GOOD NIGHT'S SLEEP

1. **Tune-In** with the Adi Mantra
2. **A Few Simple Exercises Before Bed:**
 - Life Nerve Stretch:** 2 minutes
 - Bridge Pose** with Mulbandh: 1 minute relaxed, normal breath then 1-3 minutes with Long Deep Breathing. Great pose for those struggling with insomnia!
 - Shoulder Stand**—deeply healing pose, especially at the end of the day.
 - Kundalini Lotus** with Breath of Fire—until you shake and break a light sweat. Another great pose for insomnia!
 - Open the Heart:** Lying on your back, raise the arms up toward the sky. Inhale and suspend the breath, then slowly, with tension, clench the fingers into fists, bending the elbows until the fists reach the chest, then exhale, raise the arms again. Inhale and repeat. 3 times total.
3. **Kriya:** Kriya to Conquer Sleep from *Kundalini Yoga Sadhana Guidelines, 2nd Ed.* Note: This is a challenging kriya, modify for beginning students as necessary.
4. **Healing Hands & Foot Massage**
5. **Pranayam:** Breath Meditation Before Bed
6. **Relaxation:** Have students lie down on their stomachs. Lead into long, deep relaxation. Play *Guru Ram Das, Ardas Bhaaee* or *Rakhe Rakhan Har* by Singh Kaur from the Crimson Series
7. **Wake-up Exercises:** *Introduce Morning Stretch Routine.*
8. **Close:** Long Time Sun Shine Song and Long Sat Nam, 1-3 times.

CLASS FIVE NOTES

HOW TO HAVE A REALLY GOOD NIGHT'S SLEEP

CLASS DISCUSSION TOPICS

- The Steps Toward Sleep
(See Kundalini Yoga: The Flow of Eternal Power, Chapter 14)
- Mental Clock: Set your mental clock for wake-up in the a.m. Train your subconscious to serve you.
- Mental Shelf: Create a mental shelf labeled G.O. D. Imagine placing all your troubles on this shelf. They may or may not be gone in the morning, but you don't have to deal with them overnight
- Healing Hands (if there is time)
- Foot Massage

Bring Almond Oil and paper towels to class. Have students sit in pairs (or threes) in easy pose, facing each other, then all stretch out the left leg. Walk around and pour a tiny bit of oil into each person's palms so they can give each other a foot massage as you direct. After the left foot is done, have them switch sides, but first have them feel how different, "out of balance" they are. Some students may not want to partner, so make sure they are comfortable working on their own. But it's not nearly as much fun!

CLASS HANDOUTS

- The Steps Toward Sleep
- Sleep Tip: Left Nostril Breathing
- Healing Hands
- Foot Chart (See complete instructions in *The Flow of Eternal Power.*)
- Breath Meditation Before Bed

CLASS FIVE: HOW TO HAVE A REALLY GOOD NIGHT'S SLEEP THE STEPS TOWARD SLEEP

1. Don't Worry! Leave your problems on your GOD shelf.
2. Brush your teeth, and drink a glass of water (don't go to sleep thirsty).
3. Wash your feet in cold water, dry with a rough towel.
4. Put a little oil just inside the nostrils.
5. Give yourself a good Foot Massage.
6. Sleep—EAST/WEST is best
7. Sleep on a hard surface.
8. Eat Lightly after 4pm: You will sleep more soundly and wake up more refreshed if you do not eat a heavy meal at night.
9. A walk before bedtime and enough exercise during the day helps.
10. Play uplifting music to feed your subconscious overnight.
11. When you lie down, tell yourself what time you want to wake up in the morning.

CLASS FIVE: HOW TO HAVE A REALLY GOOD NIGHT'S SLEEP

SLEEP TIP: LEFT NOSTRIL BREATHING

Posture: Lie on the stomach, head turned to the left. Right cheek is resting on the bed or pillow and the left nostril is free.

Breath: Start long deep breathing – about 10 breaths. Then close off the right nostril completely with your hand or arm, and breathe long and deep through left nostril only.

If the mind is too active, think SAT on the inhale, and NAM on the exhale. The slower you breathe, the calmer your mind. SAT NAM gives the mind something to focus on and elevates your consciousness.

When you reach a slight stage of drowsiness, turn over onto your back, if you wish, and let yourself sleep.

Comments: Maximum sleep should be 5 ½ hours, after that, the rate of breathing changes and becomes erratic. The actual duration of deep sleep is only 2 ½ hours. Following this routine will allow you to go directly into the deep sleep state and avoid the dream state, where you expend 10 times more energy than if you were actually physically acting out the dream.

CLASS FIVE: HOW TO HAVE A REALLY GOOD NIGHT'S SLEEP HEALING HANDS KRIYA

WOULD YOU LIKE TO INCREASE THE KINDNESS OF YOUR HEALING TOUCH? HERE'S THREE SIMPLE STEPS TO BRING MORE PRANA INTO YOUR HANDS.

1. Rub the palms of your hands together briskly for 3-5 minutes. Produce heat in the hands. Then stretch your arms out to the sides, parallel to the floor, palms up, thumbs pointing back. Breath of Fire for 3 minutes.
2. Then *inhale*, hold the breath in, and with the arms still out to the sides, flex your wrists, so that your fingers are pointing up, as if you were pushing out the walls on either side of you. *Feel the energy in the center of the palms flowing to your entire body.*
3. Rub your hands together again for 2 minutes. Then, stretch the left arm in front of the body, palm facing up, stretch the right arm out front, with right palm facing down about 8 inches above the left palm. Meditate on the exchange of energy between the palms of the hands.

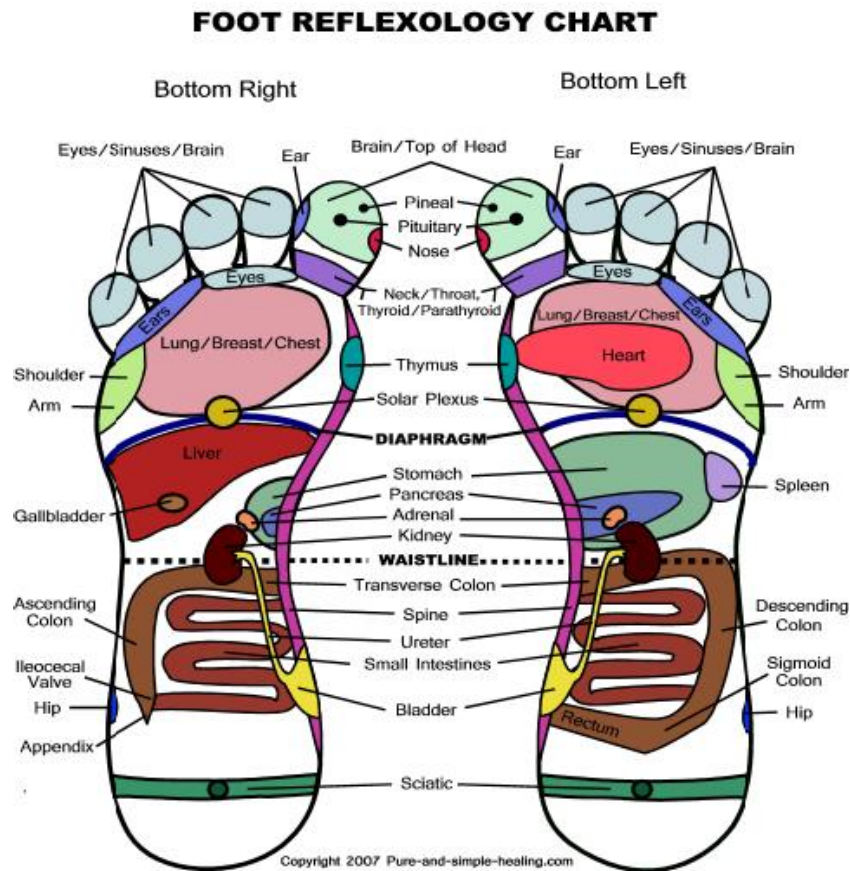
Do this series 11 minutes every day if you want to be able to transfer healing energy to someone or something (i.e. massage oil, a glass of water).

Comments: One of the interesting things about healing is that when we pray to heal someone else, we often heal ourselves: "What goes around, comes around." "As you sow, so shall you reap." "Do unto others..." and so on. To only heal the physical body, however, is incomplete. If we don't also heal the mental and emotional causes of a problem, it will most likely return in the same, or some other form, which is why we emphasize positive thinking and regularly doing Sadhana to remove the problem on a deeper, causal level.

CLASS FIVE: HOW TO HAVE A REALLY GOOD NIGHT'S SLEEP

FOOT REFLEXOLOGY CHART

When there is a problem in any are of the body, the corresponding area (as shown in the chart) of the foot will become crystallized with calcium and acid depoits. These crystals must be broken up with fot massage. Given with 15 to 20 pounds of pressure, applied in a acircular motion with the figures and especiaally with the thumbs. Relaxation of the entire nervous system is possible with proper foot massage, because all 72,000 nerves int eh body have endings in the feet.



Skin is like a third lung; you take in pranic energy through the pores of the skin as well as through breathing. Therefore it is essential to keep the feet clean and best to wear open shoes when possible. Before going to bed at night, the feet should be washed in cold water massaged to calm and relax the nerves. Go barefoot when possible on earth, sand or grass (not on concrete). Use a pumice stone to scrub the feet and keep them smooth and free from calluses. Almond oil is especially good for use in massage. Whatever oil or cream you use on your skin, remember, it is absorbed by your pores and goes directly into your bloodstream.

CLASS FIVE: HOW TO HAVE A REALLY GOOD NIGHT'S SLEEP

BREATH MEDITATION BEFORE SLEEP

KUNDALINI YOGA AS TAUGHT BY YOGI BHAJAN®

Posture: Sit in Easy Pose, spine straight.

Mudra: Hands in the lap, palms up. Right hand on top of Left hand.

Eyes: Concentrate on the tip of the nose (in 1 minute the nerves will adjust). This stimulates the area between the pineal and the pituitary. Mental concentration should be at the Brow Point (3rd eye).

Mantra: Panj Shabd (Sa Ta Na Ma) and Gur Mantra, Wha Guru

Segmented Breath: Breath through the nose

Inhale in 4 beats, mentally vibrating: SAA TAA NAA MAA

Hold the breath for 16 beats, mentally vibrating: SAA TAA NAA MAA (4 times)

Exhale in 2 beats, mentally vibrating: WHA GURU

Time: 11-15 minutes

To end: Inhale and exhale (3 times). Inhale and hold, raise the arms to 60 degrees (making a V with the arms), exhale down (repeat 3 times). Relax

Comments: If you do this meditation for 31 minutes every night before you go to bed, your sleep will adjust itself to this breath rhythm. After one and half years, your cycle will become this rhythm. This is a total self-healing meditation.

CLASS SIX OUTLINE
GREAT DAY IN THE MORNING!
WAKE UP LIKE A YOGI

1. **Tune-In** with the Adi Mantra

2. **A Few Simple Wake-Up Exercises:**

- Cat Stretch to each side; 27 times
- Stretch Pose to engage the Navel Point. 1-3 Minutes
- Rock n' Roll on the Spine
- Cat-Cow or Seated Spine Flex to wake up the spine. 1-3 Minutes
- Ego Buster with Breath of Fire. 1-3 Minutes

3. **Kriya:** Choose any energizing set, for example

“Easy Set” or “Kriya for Elevation” from The Aquarian Teacher Yoga Manual

“Energizing Set.” See *Kundalini Yoga: The Flow of Eternal Power* for other morning sets, such as “Sweat and Laugh in the Morning” or *Kundalini Yoga Sadhana Guidelines* for other favorite morning sets.

4. **Mantra:** Mul Mantra, or any one from the Sadhana line-up.

5. **Close:** Long Time Sun Shine Song and Long Sat Nam, 1-3 times.

CLASS SIX NOTES

GREAT DAY IN THE MORNING!

WAKE UP LIKE A YOGI

CLASS DISCUSSION TOPICS

- ❑ WHAT A DIFFERENCE A DAY MAKES: Ask students to pretend they are asleep and then show how they get up in the morning, with the shock of the alarm clock and the rest. Then rolls the scene again, but this time take them through the yogic morning, stretching-in-bed routine.
- ❑ BATHROOM MANNERS
 - Powdered potassium-alum and salt for brushing back of tongue.
 - Oil and Massage first, then Cold Shower (open capillaries)
 - Shout “Oh my God!” (“Ang Sang Wahe Guru”)
 - Someone asked about taking a hot shower first, and then ending with cold. He replied, “That would be like eating a lot of junk food and then having a healthy meal.”

SADHANA

Emphasize the Ambrosial Hours. *Sadhana, Aradhana, Prabhupati*: Sadhana is the cornerstone of true spiritual practice and the key to opening up to greater and greater self-awareness, happiness, and success on all levels. “Doing is believing.” To be a successful Teacher, doing consistent, constant sadhana is imperative.

CLASS HANDOUTS

- ❑ Mantra Sheet: The Mul Mantra
- ❑ Good Morning This Is God

CLASS SIX: GREAT DAY IN THE MORNING! THE MUL MANTRA

The Mul Mantra was written by Guru Nanak. It means root, that from which everything else springs.

“Mantram siddhyam, siddhyam paramesharam”
He who masters mantra, masters God Himself.

HOW TO CHANT THE MUL MANTRA

See the Appendix for pronunciation guide. Emphasize and extend the ‘ch’ sound of each ‘sach’. There **must** be a ‘space,’ a slight pause, between the words *AJOONEE* and *SAIBANG*. Do not run them together. Emphasis on the “ee” sound will help to avoid running the words together. All mantras should be chanted from the Navel Point. Chanting is not singing, it is not talking; it is VIBRATING.

<i>EK ONG KAR</i>	One, Creator, Creation
<i>SAT NAM</i>	Truth, Name\Identity
<i>KARTA PURKH</i>	Doer of Everything
<i>NIRBHAO</i>	Fearless
<i>NIRVAIR</i>	Without Revenge—without Anger
<i>AKAL MOORAT</i>	Undying Personification of Deathlessness
<i>AJOONEE</i>	Unborn
<i>SAIBANG</i>	Self-illuminated
<i>GUR PRASAAD</i>	Guru's gift
<i>JAP</i>	Repeat !
<i>AAD SACH</i>	In the beginning: Truth
<i>JUGAAD SACH</i>	Through the ages: Truth
<i>HAIBEE SACH</i>	Even now: Truth
<i>NAANAK HOSEE BHEE SACH</i>	Nanak (says) Truth shall exist forever



GOOD MORNING,
THIS IS GOD.

I WILL BE HANDLING ALL
YOUR PROBLEMS TODAY
I WILL NOT NEED YOUR HELP
SO HAVE A GOOD DAY.

- SPECIAL MEDITATION FOR TEACHERS:**
“I, MY MIND, WE, THOU, THEE”

- SPIRITUAL PATH: WORKSHOP & ESSAY**

- SEVEN STEPS TO HAPPINESS**

- ELIMINATE STRESS—PITTRA KRIYA**

- RECOMMENDED BOOKS AND MUSIC**

- AQUARIAN SADHANA CHANTS**

- RESOURCES**

APPENDIX: MEDITATION FOR TEACHERS I, MY MIND, WE, THOU, THEE MEDITATION

June 19, 1998

Mudra: Bring the forearms in front of the Heart Center. Place the right hand over the left; both hands are palm down.

Mantra: I, My Mind, We, Thou, Thee

Chant the mantra in a monotone from the navel.

Time: 9 ½ minutes

To End: Inhale deep, suspend the breath for 15 seconds and listen to what you have said. Let the mantra be your only thought. Exhale. Inhale again. Suspend the breath and hold the thought. 15 seconds. Exhale. Inhale again and allow the sound of those words to come to your ears. Suspend the breath for 15 seconds and exhale and relax.

Comments: Practice this meditation so you can walk the distance, reach your destiny, and make many to follow you.

SPIRITUAL PATH WORKSHOP IDEAS

QUESTIONS YOU COULD POSE

1. “Are you on a Spiritual Path, or are you looking for one now?”
2. “What does being on a Spiritual Path mean to you?”
(Of course everyone is already on a spiritual path whether they know it or not.)
3. What are you doing to move forward on your path in life?
(Progress requires a practice.)
4. What do you want out of life? Purpose? Do you set Goals?
5. Have students write down their goals, and then they determine the next step they will take to achieve them.

WE ARE BORN SPIRITUAL BEINGS. OUR ASSIGNMENT ON THIS PLANET IS TO
LEARN TO BE HUMAN.

—THE TEACHINGS OF YOGI BHAJAN

SPIRITUAL PATH

A true Spiritual Path is narrow; it has pitfalls (*Shakti Pad*). We need a guide who can point out the dangers and the signposts along the trail, as well as the safer short-cuts, and give us a list of equipment for the climb (what gear to take along, and more important, what to leave behind!). We need a guide to teach us how to climb without falling, and what to do if we stumble, so that we don't fall. Our Spiritual Teacher, our link to the Golden Chain, is Yogi Bhajan.

The most valuable equipment he has given us is Sadhana. He has also reminded us of the importance of humility, and provided us with the "Oath of a Teacher" so we don't fall prey to the "incurable disease" of Spiritual Ego. He has alerted us to the steps along the path and the symptoms of Shakti Pad, with the warning that as a teacher becomes more and more powerful, he/she can be tested in three areas: Money, Sex, and Power.

He has also emphasized that he has given us the technology of Kundalini Yoga just "as it is"— he has not changed anything—and neither should we!

ONG HEAVEN AND EARTH

OM is a beautiful mantra for those who wish to renounce the world (and possibly end up wearing a loin cloth and carrying a begging bowl!). OM is the sound current for the *Infinite*. We as finite creatures in this creation do not have a direct relationship with the Infinite. However, we do have a direct communication channel with the Creator who created us "creatures"—the sound of ONG.

Kundalini Yoga was designed for people who want to function successfully in the world; therefore, we chant ONG! Just feel the difference in your mouth and throat when you chant OM versus when you chant ONG.

ONG is vibrated at the back of the throat and resounds throughout the nasal passage, almost coming out the nose.

Note: when we chant *Ek Ong Kar Sat Nam Siri Wahe Guru* we are following the Sanskrit grammar, which says that when "m" is followed by "k" the "m" changes to "ng." So, it would not be correct to chant *ek-om-kar*.

SEVEN STEPS TO HAPPINESS

1. **COMMITMENT** Builds character
2. **CHARACTER** Character gives you
3. **DIGNITY** Dignity allows you to have
4. **DIVINITY** Divinity brings you
5. **GRACE** Grace bestows upon you the
6. **POWER TO SACRIFICE** Sacrifice (selflessness/giving) brings
7. **HAPPINESS**

Sacrifice brings us happiness, because it makes us “God-like.” In ancient tradition, God has been defined as *Sat-Chit-Ananda*. “Truth, Knowledge and Bliss.” To be “God-like” is to experience those qualities. Because God is the greatest (and only !) Giver of all, giving makes us “God-like.” That is why Sacrifice, the purest form of giving, brings us Happiness.

GOD, RELIGION AND KUNDALINI YOGA

*KUNDALINI YOGA IS **NOT** A RELIGION.* However, it is a Sacred Science; because we are working toward experiencing the GOD within. If you want to find “God,” look in the Dictionary.

- G** (Generate)
- O** (Organize)
- D** (Destroy or Deliver)

The One God is already living and breathing in each of us. “YOGA” means to consciously unite or “yoke” with that God within. How you choose to *worship* that One God is your choice of *religion*.

SADHANA, ARADHANA, PRABHUPATI

It takes more than one sit up to get those ‘abs’! Constant, consistent practice of Sadhana, your personal daily spiritual discipline, leads to *Aradhana*, your practice is now confirmed in you, it becomes a part of your being, then you become *Prabhupatti*, Master of God!

SAMSKARAS, KARMA AND DHARMA

- Samskaras** patterns you are born with
- Karma** how they get worked out on earth
- Grace** Help of God and Guru to pay off Karma
- Dharma** Path of Righteous Living

“Where there’s Dharma, there’s no Karma.” –Yogi Bhajan

THREE MEDITATIONS TO ELIMINATE STRESS: PITTRA KRIYA

Here are three dynamite Kriyas that work on the number one killer in our nation: STRESS. If you want to feel relaxed, mellow and be able to handle the pressures of each day, do these on a regular basis.

Yogi Bajan gave them first on November 18, 1991, at the Whole Life Expo in Los Angeles. He told everyone in the audience to teach them freely to everyone, share them with their families and friends, children, coworkers, anyone! In class the next night at the Yoga Center, he told us to do them, and to write them up and send them to everyone—no restrictions!

KUNDALINI YOGA KRIYA PITTRA KRIYA

Yogi Bhajan • November 18, 1991

1. *Pittra Kriya*: Your left hand rests on your Heart Center and your right hand is cupped in front of you with your elbow relaxed by your side. Eyes are on the tip of the nose. The right hand lifts up and passes the ear, as if you are splashing water over your shoulder. You will feel the wind pass your ear as the hand moves toward the shoulder. Your wrist must cross the earlobe; the hand must travel that far back.

11 minutes.

TO END: Inhale and suspend the breath for 15 seconds—stretch the hand back as far as you can. Exhale. Repeat twice more.

It will hit the kidney energy. . . it will start working with the adrenals and then the whole system. . . the lungs . . . the central line . . . your hip-area, pelvic bone area; it is going to affect your body and you will become very relaxed. Do it with a rhythm and do it with a devotion and do it just to get rid of this stress . . . get rid of this inner mental and physical tension. . . You are your vitality, minus tension, you are fine.

2. Place the elbows on the second rib below the base of the breast, in line with the nipple. Hands are slightly wider than the elbows and the palms are facing up in Shuni Mudra. The thumb covers the nail of the Saturn finger (middle finger). Eyes are at the tip of the nose. As you repeat **Har**, flick the Saturn finger. The sound **Har** is very specific and made with the tip of the tongue. The mouth remains slightly open as you generate the sound. **11 minutes.**

TO END: Inhale deeply. Continue moving the fingers. Suspend the breath for 15 seconds, and let it open your ribcage... it will balance the chakras. Then Cannon Fire exhale. Repeat three times more.

You have to touch the upper palate—34, 35, 36 meridian points that relate to the hypothalamus will regulate the pituitary and take the secretion which you have created and start asking the energy to open up the chakras. It will start changing the serum of your spine. It will revitalize the gray matter in the brain.



1



2



KUNDALINI YOGA KRIYA PITTRA KRIYA

3. Bring the arms out in front of you in a V, about 15° above shoulder height: Superman Pose. Hands are flat and facing down. At the rate of one repetition per second, repeat **Har** as in the second exercise, crossing the hands in front of you and keeping the arms straight. Do not bend the elbows. Alternately cross one hand over the other. Eyes are at the tip of the nose. **11 minutes.**

TO END: Keep moving the arms and inhale, hold for 10 seconds and Cannon Breath out. Repeat three more times, moving the hands as fast as possible during the last repetition.

COMMENTS:

There are thirty three minutes in your life, if you can spare, you can eat up your own stress. . . One exercise you are going to do is going to take care of your glandular system and will affect the liver; it will relax you. . . The second exercise will balance the chakras and the third exercise will balance your nervous system: parasympathetic, sympathetic, and all that.

Note: These kriyas must be done together and should never be done for less than or more than 11 minutes.

3



RECOMMENDED BOOKS AND MUSIC

Teachings of Yogi Bhajan by Yogi Bhajan

Kundalini Yoga: The Flow of Eternal Power (Shakti Parwha Kaur Khalsa)

Kundalini Yoga Sadhana Guidelines, 2nd Edition, by Kundalini Research Institute

Man to Man by Kundalini Research Institute

I AM A WOMAN by Kundalini Research Institute

The Mind by Yogi Bhajan, PhD and Gurucharan Singh Khalsa, PhD

Master's Touch by Yogi Bhajan

Peace Lagoon, translation of the banis

How to Know God by Swami Prabhavananda & Christopher Isherwood

Psyche of the Soul by Dr. Sant Singh

Bhagavad Gita (Isherwood/Prabhavananda translation)

KWTC transcripts of Yogi Bhajan's lectures

Cookbooks:

From Vegetables with Love; Conscious Cookery by Siri Ved Kaur Khalsa

A Taste of India by Inderjit Kaur

Foods for Health and Healing Remedies by Yogi Bhajan

Sugar Blues by William Dufty

Hypoglycemia, a New Approach by Dr. Paavo Airola

Recommended Music

Ragi Sat Nam Singh *Morning Banis (Japji Sahib)*

3HO Anniversary CD, *Journey through the Naad*

Raga Sadhana by Sangeet Kaur

Echoes From the Past Sadhana CD

Singh Kaur's *Crimson Series*

Deeply Relax and Meditate by Shakta Kaur. See "Patience Pays" by Yogi Bhajan.

Snatam Kaur's *Peace, Prem, Anand* and many others

Livtar Singh with Harbhajan Kaur: *Healing*

Naad by Sangeet Kaur (Mantra for a Miracle: *Dhan Dhan Ram Das Gur*

Ong Namu by Nirinjan Kaur

Pavan Guru by Gurushabd Singh

RESOURCES

www.kundaliniresearchinstitute.org. Your source for Kundalini Yoga as taught by Yogi Bhajan®

ANCIENT HEALING WAYS 1-800-359-2940 www.a-healingways.com

www.spiritvoyage.com

Note to the Reader

HANDOUTS

Please keep in mind that while it is excellent to give HANDOUTS to students, we want to honor the copyrights of others by not Xeroxing and circulating material from others' published books and manuals.

QUESTIONS?

Feel free to contact me personally with any questions about teaching beginners. Blessings to each and all of you! Sat Nam.

Shakti Parwha Kaur Khalsa

sparwha@sbcglobal.net

YOGI BHAJAN SPEAKS

Excerpts from the Annual International Kundalini Yoga
Teacher's Association Teachers Conference

YOUR JOB IS TO ELEVATE THE BEING OF THE PERSON.

—THE TEACHINGS OF YOGI BHAJAN

Teacher has only one qualification: By teacher's sight, by touch, by spoken word, the person should be uplifted. This can only happy if you do not cater to the person, personality, and environments. You talk to the soul and your sole talk is based on the soul, and your projection is into the soul, not to the head, not to the heart, not to the sexuality. All that b...s...you people get into as human beings will never let you be clear, conscious people..."

YOU ARE A CREATURE AND GOD IS YOUR GUIDE. THEREFORE,

HESITATE NOT TO PUT GOD IN EVERYTHING.

—THE TEACHINGS OF YOGI BHAJAN