

## *21 Stages of Meditation: A Journey to the Self* FAQ 2017

### **Dates:**

July 29<sup>th</sup> and 30<sup>th</sup>, 2017

August 26<sup>th</sup> and 27<sup>th</sup>, 2017

September 30<sup>th</sup> and October 1<sup>st</sup>, 2017

### **Tentative Schedule:**

#### **\*Saturdays:**

8:00am – 12:30pm Class

12:30 - 1:30 Lunch ~ Provided by Yoga West

1:30 - 6:00 pm Class

#### **Sundays:**

8:00am – 11:00am Class

11:00am – 12:00pm Lunch ~ Provided by Yoga West

12:00 - 5:00pm Class

**\*Please arrive 45min early to register.**

### **Where:**

Yoga West, 1535 S. Robertson Blvd., Los Angeles, CA 90035 • (310) 552-4647 •

[www.yogawestla.com](http://www.yogawestla.com)

### **Contact:**

Information (310) 552-4647

Erica Liscano • [erica@yogawestla.com](mailto:erica@yogawestla.com)

### **Enrollment Cost includes:**

- Three weekends (48 hours of class) taught by world class Kundalini Yoga Teacher Trainer, Guru Singh
- Six days of healthy vegetarian meals served during lunch
- Audio recordings of all lectures and classes
- Journal
- Online Student Forum
- Community
- Once in a lifetime experience of transformation
- A lot of love and support!

### **Course Book (*Not Included with Course ~ May be purchased at Yoga West*)**

- *21 Stages of Meditation: Kundalini Yoga as Taught by Yogi Bhajan* by Gurucharan Singh Khalsa

### **Course Cost:**

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### **Journey One**

\$365 Pre-Registration ~ \$405 After

### **Journey Two**

\$365 Pre-Registration ~ \$405 After

### **Journey Three**

\$365 Pre-Registration ~ \$405 After

### **Whole Course ~ All Three Journeys**

\$995 Pre-Registration ~ \$1,215 After

**Payment:** Cash, Check and Visa and Mastercard Credit cards accepted.

**Payment Plans:** There are no payment plan options for this course.

### **Cancellation/Withdrawals:**

- All cancellations must be made in writing and received by Erica Liscano (erica@yogawestla.com).
- Withdrawal from the course will not be considered confirmed until a written request is received. The date the written notice is received is the earliest date that the withdrawal will be in effect.
- Withdrawals prior to the first day of the course (whether you're participating in a journey or the full course) will be eligible for a refund less 20% of the course fee.
- Refunds will be processed within 30 days. Funds will be reimbursed in the form of payment received.

### **Lead Trainer**

Guru Singh is a celebrated third-generation yogi, master spiritual teacher, author, and musician. In January 1969, Guru Singh met Yogi Bhajan, a spiritual leader from Northern India and master of Kundalini yoga. From that moment on Guru Singh has been studying and teaching Kundalini yoga and meditation, a science taught in India for over five thousand years. He has spread this ancient science with passion and a practical fusion of Eastern mysticism into Western pragmatism. Guru Singh teaches conscious living through the tools of humanology, Kundalini Yoga, meditation, and sacred sound. Guru Singh's books, music, yoga/meditation classes, blog posts, podcasts, and humanology lectures uplift thousands worldwide. To learn more: [www.gurusingh.com](http://www.gurusingh.com).

### **Stay Connected**

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### **FAQ 2017**

As a student, you will be invited to the online Yoga West Student-Teacher forum where we post notices about scheduling, class topics, questions, inspirations as well as all class audio recordings. This is a closed community using the web-based program/App “Basecamp.” Everyone is invited to share!

#### **About the Course**

The 21 Stages of Meditation gives you tools and experiences to deepen your meditation and come to a profound understanding of your Self. Complete three meditative journeys toward the pinnacle of contemplative awareness as defined by Yogi Bhajan: The Infinite Pulse. Students and teachers from all contemplative traditions are invited; instructors and practitioners of Kundalini Yoga as taught by Yogi Bhajan® are encouraged to participate...again and again.

During this course, we will engage in three separate journeys; each journey is comprised of seven stages, taking you step by step into a deeper level of awakening and realization. We will move through the rudimentary skills of meditation to the deeper levels of awareness and integration and finally into identity, projection and merger in the infinite pulse of creation.

#### **Why 21 Stages?**

The real question is why do we practice in the first place? Happiness. By articulating and describing each of the 21 Stages of Meditation, we have attempted to put into words the states of consciousness that are traversed by those who use the power of meditation to enhance their lives through the pursuit of happiness and peace of mind.

The meditations that guide us through the stages on the journey to Realization are designed to follow the natural structure and qualities of each stage. The experiences of one stage support the progress in the next stage. You can explore any of the stages on your own as an individual practice. The benefit of each meditation stands on its own; but the added benefit of practicing an entire journey comes from the intensity of the practice when done in sequence, within a concentrated period of time and in a community of practitioners.

The goal is clear: happiness. The nature of meditation is well-defined: refine the mind and elevate your awareness. The path is open: deepen your meditation through each of the 21 Stages of Meditation in order to reach that intangible quality we call realization.

#### **Who can take this program?**

We’ve gotten a lot of questions about who can come—and the answer is anyone!

#### **What if I just started taking Kundalini Yoga?**

This program is a great foundation for deepening your understanding of meditation as taught by Yogi Bhajan.

#### **What if I am a Kundalini Yoga Teacher?**

This program will deepen your practice and provide the skills you need to help you identify where your students are at and how to take them further.

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### What if I practice a different style of meditation?

This program will broaden the scope of what you understand meditation to be and open new doors of perception in your life and in your practice.

### What if I have been practicing and teaching Kundalini Yoga for years?

This program will reawaken your passion for the practice and provide the groundwork for a new understanding of how far you have come and where you want to go.

### What do you mean by “First Journey”?

The entire 21 Stages of Meditation program consists of 3 “journeys” or meditative processes. Each journey is taught over a 2-day program.

### Do I have to take the journeys in order?

No. This program is designed to be taken repeatedly as you continue on your journey of meditation and contemplation. You may take the journeys in any order and retake them as often as you like.

### What are the Three Journeys?

#### First Journey: The Crystallized Self

The focus of the first journey is to recognize, experience and crystallize the Self. The blocks are encountered in the first four stages: upset, boredom, irritation and frustration. The first ascent starts when we have a sense of our Self, separate from all the commotions, emotions and sensory impulses; we begin to focus and recognize a still point, a nucleus within, which is the Self. It is this crystallized sense of Self that is needed in order for consciousness to work.

Stage 1 – Upset

Meditation to Conquer Upset

Stage 2 – Boredom

Meditation: See Your Horizon

Stage 3 – Irritation

Meditation: Eyeglass Traatik

Stage 4 - Frustration

Meditation: Self-Hypnosis to Dissolve Frustration

Stage 5 – Focus

Meditation: For Focus and an Alert Mind

Stage 6 – Absorption

Meditation: For Absorption in the Crystal Being

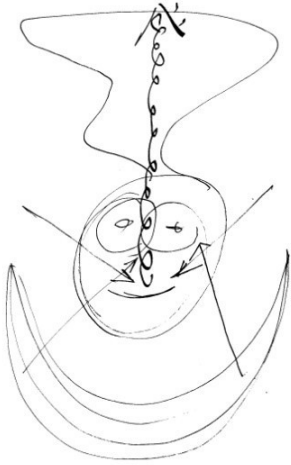
Stage 7 – Experience and Crystallize the Self

Meditation: To Experience and Crystallize the Self

Stage One—Upset. Although not exactly what we imagine when we think of meditation, upset is a part of our human experience and learning to manage it is key. Here’s the illustration and commentary Yogi Bhajan gave for Stage One—Upset:

“Negative thoughts come at you like arrows. Your strong positive arcline in the aura absorbs the energy of the thought and moves it spiraling up through the central channel of the spine to create more awareness above. The Jappa of the mantra cuts each thought so its form changes from negative to positive and it can be passed on to the central channel. In this way you are still, happy and master the upset that comes from the defensive thoughts.” – Yogi Bhajan

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### **Second Journey: The Expressive Self**

In this second journey, the initial challenge is to develop a sensitivity to the Self, as we engage in relationships and participate in life. When we take the seed of our Self and our identity and project it into the world, it expands. In this second journey, we cultivate the meditative skill to merge with our projection yet still be able to distill our Self from the various roles we play; in this way, this second journey prepares us to maintain our integrity in action and ultimately to find the stillness within every

action.

Stage 8 – Rasa  
Meditation Series for Rasa

Stage 9 – Delight  
Meditation: For Delight, Destiny and Creative Flow in Life

Stage 10 – Politeness  
Meditation for Politeness

Stage 11 – Humility  
Meditation: Bowing Before the Infinite for Humility  
Meditation: Speaking Humbly before the Creative Infinity  
Meditation: Bowing for Humility to Transfer Prana

Stage 12 – Elevation  
Meditation for Elevation  
Meditation for Rasas and the Inner Eye  
Meditation for Elevation

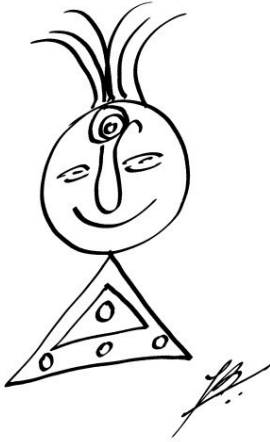
Stage 13 - Graceful Enlightenment  
Meditation for Graceful Enlightenment and Strength of Heart

Stage 14 – Express and Be Your Self  
The Laya Yoga Kundalini Mantra  
Meditation: To Clear the Channels and Raise Kundalini Meditation on the Laya Yoga Kundalini Mantra  
Meditation: Sankh Mudra Kriya  
Laya Meditation to Beam and Create  
Meditation: Sukh Sadhana  
Meditation to Express Your Real Self and Develop the Subtle Body

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Stage 13—Graceful Enlightenment—marks the beginning of the end of duality. Mastery of the polarities begins at the heart; we quit judging the life we're living and instead, begin living from compassion, insight and expansiveness.

"The three gunas, the three forces of nature, are all balanced. That opens the heart. On that the head is fixed and steady. You are aware of All and the Crown Chakra shines as the Sixth Chakra commands." —Yogi Bhajan



### Third Journey: The Transcendent Self

In this final journey, we recognize all that we are as the formless presence of the infinite Self. We open the dimension of our Transcendent Self. This journey requires us to go beyond differences and similarities into reality and unity. By forging an elevated identity with our infinite Self within our finite self, we become spontaneous, creative and flexible. We excel in this infinite game of the soul. Love, compassion and kindness become the core of our experience. At the peak of this journey we become the nothing within the center of all that is. Mystery is now mastery. The sacred space opens up to intuitive presence, which serves innocence, loves life, blesses all, and praises the Infinite, the all within All. You become you, nothing more, nothing less. In this final journey, we become realized human beings.

Stage 15 - Presence Like a Beacon  
Tattva Siddhi Meditation for Presence Like a Beacon

Stage 16 - Everywhere Radiance  
Meditation: Polishing the Radiant Body

Stage 17 - Prayerful Stillness  
Meditation: Deeksha Patra for Prayerful Stillness

Stage 18 – Preacher  
Meditation: Chautay Padma Nirgun Mantra

Stage 19 – Teacher  
Teacher Meditation- Traatik to See the Energy

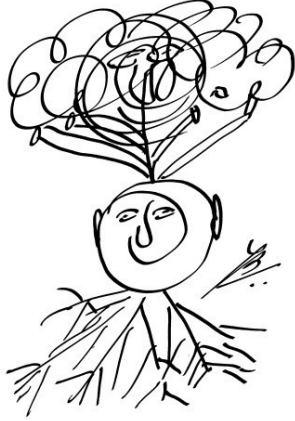
Stage 20 – Sage  
Meditation for the Sage: Sarb Gyan Kriya

Stage 21 - Infinite Pulse  
Meditation for Infinite Pulse: Sodarshan Chakra Kriya

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Stage 20--The Sage. This stage marks the final climb toward the Infinite Pulse. Illusion fades away; the notion that there is a me and a you and an it falls away. There is no separation. This is the beginning of liberation.

“Happy. Full above and below. Heaven and earth mingle in the heart of the sage. You are balance. Fruition comes to those who encounter you. Your prayer is reality.” —Yogi Bhanjan



### **What is KRI?**

KRI (Kundalini Research Institute) is the official international training organization that promotes the teachings of Yogi Bhanjan and oversees teacher training programs in 52 countries, graduating over 3,000 new Kundalini Yoga teachers annually. Graduates of Level One earn the title of KRI Certified Instructor of Kundalini Yoga as taught by Yogi Bhanjan®, are registered with the International Kundalini Yoga Teachers Association (IKYTA) and fulfill the Yoga Alliance RYT (Registered Yoga Teacher) 200-hour requirement. The primary regulatory body for Kundalini Yoga teachers is IKYTA, not Yoga Alliance.

### **Does KRI keep a track of which Journey/s I take?**

Yes, your name will be submitted to KRI for either the full course or for each Journey.

### **Do I receive a certificate of completion for each Journey?**

Yes, you will receive a letter of completion from the lead trainer for each journey, or for the full course.

### **What are the requirements for the course?**

To receive credit for each journey or for the full course, students must attend all class hours.

### **Does the 21 Stages of Meditation fulfill any Kundalini Yoga Teacher Certification?**

Yes, it is part of Level Three Teacher Certification. It contributes to KRI Level Three Certification within The Aquarian Teacher™ Training Program and qualifies for RYT hours with Yoga Alliance and IKYTA continuing Education Credits.

### **What if I'm not enrolled in Level 3, will the course count when and if I enroll in the future?**

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Yes, the course will count for credit towards Level 3 as long as the student has completed Level 1. 21 Stages of Meditation is a part of the Level 3 Certification.

#### **How many hours of credit is the course?**

There are 48 hours of classroom time over six days.

#### **What are Level 1, Level 2 and Level 3 Certifications?**

##### **Level 1 Teacher Training**

The KRI Level 1 Aquarian Teacher Training Program is a 220-hour professional certification program in Kundalini Yoga as taught by Yogi Bhajan®. An interactive course in the theory, practice, and basic skills of a Kundalini Yoga instructor, it includes 180 hours of classroom instruction and 40 hours of independent study: service projects, a 40-day meditation, and White Tantric Yoga. Graduates of Level 1 earn the title of KRI Certified Instructor of Kundalini Yoga as taught by Yogi Bhajan® and fulfill the Yoga Alliance RYT (Registered Yoga Teacher) 200-hour requirement.

The Level 1 Training sets the foundation and introduces the student to the principles and practices of the self-sensory human, and explores how Kundalini Yoga and yogic lifestyle can harmonize and uplift the human experience and awaken your true potential.

##### **Level 1 at Yoga West**

The nine Teacher Training weekends take place beginning in October and ending in May with approximately one training weekend per month. The weekends include yoga classes, experiencing kriyas and meditations, lectures by the incredible trainers, Yogi Bhajan video classes, and small group interaction time.

All the information is presented in highly interactive learning environments. You will explore topics and discuss them with other students in both small and large groups.

In the course, you will gain the tools to help yourself and others face the challenges of the times. You will meet an incredible group of like-spirited souls also interested in delving more deeply into the teachings of Kundalini Yoga. And, you will have support and encouragement on how to practically improve your every-day life using this powerful technology.

For more information please go to FAQ for level 1: [www.yogawestla.com/TT.html](http://www.yogawestla.com/TT.html)

##### **Level 2 Teacher Training**

Develop the inner growth and personal discipline of a truly excellent teacher. Open to KRI Level 1 Certified Instructors, this 300-hour certification program consists of five, 62-hour modules. Graduates of Level 2 earn the title of KRI Certified Practitioner of Kundalini Yoga as taught by Yogi Bhajan® and combined with Level 1 certification, fulfill the Yoga Alliance RYT (Registered Yoga Teacher) 500-hour requirement.



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Building on the foundation of Level 1, Level 2 Teacher Training is about personal transformation and deepening the core capacities, character and consciousness of a Kundalini Yoga teacher.

In this level, the Instructor cultivates the yogic capacities of intuition, neutrality and self-assessment within the five mirrors of consciousness:

- **Conscious Communication** – Uplift and penetrate through the power of the word.
- **Mind and Meditation** – Conquer the mind and conquer the world.
- **Authentic Relationships** – Unfold your true identity in the matrix of conscious relationship.
- **LifeCycles and LifeStyles** – Discover mystery and mastery through every cycle of life.
- **Vitality and Stress** – Cultivate the caliber to guide yourself and others through life's challenges.

### Level 2 at Yoga West

Each year during three weekends in February and March, Yoga West offers one of the Level 2 modules completing all five modules in a five-year cycle.

The training at Yoga West is centered around three weekends at the studio where you'll experience a combination of: lecture by Master Teachers, Video classes with Yogi Bhajan, kriya, meditation, and group discussion in both large and small groups. You will have time to review information and practice the meditations and kriyas that are given in both the manual and home study guide as well as on the set of six DVDs that you receive in the course.

The course emphasizes carefully chosen meditations, kriyas, and readings. All the information is presented in highly interactive learning environments. You will explore topics and discuss them with other students in both small and large groups. You will have the opportunity to practice meditations deeply over an extended time. You will test and observe the application of these techniques and attitudes in your life.

Pivotal to this path of study is a chance for you to encounter the energy, teaching and character of Yogi Bhajan as directly and personally as you can. We use videos of him teaching classes and meditations throughout the course.

### Level 3 Training

A 1000-day commitment to the process of Realization through engagement with spiritual community, deep meditation and service. Level 3 challenges you to live the life you were meant to live. The Level 3 Program is a personal journey to Self-Realization. In it, we refine our authentic identity as a Teacher and deepen our unique relationship to the Sacred.

Level 3 focuses on the Realization of the teachings. Discover the spiritual maturity of a Teacher and leader in the Aquarian Age, as all facets of the Teachings of Yogi Bhajan permeate every

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aspect of your being. This is the third stage in the development of the Aquarian Teacher Training program as envisioned by Yogi Bhajan.

Teacher based on 3 Pillars:

- I. **Spiritual Maturity:** To develop an authentic fully integrated presence as a Teacher, achieved through self-reflection, spiritual lifestyle practices and peer dialogue support.
- II. **Meditative Mind:** To cultivate and refine one's meditative mind, as achieved through focused application of specific Kundalini Yoga kriyas and meditation practices individually and in intensive group practices.
- III. **Selfless Service/Seva:** To develop an ongoing attitude of Seva/Selfless Service. To align individual passion, purpose and destiny to build and serve community.

To receive a Level 3 certificate, one will need to complete the requirements for each pillar.

One of the requirements for the Meditative Mind Pillar will be the completion of the 21 Stages of Meditation course. If you are interested in pursuing Level 3, you can fulfill this requirement now if you have completed Level 1.

### **Why should I study at Yoga West?**

As the birthplace of 3HO and the home of Yogi Bhajan since 1991, Yoga West is devoted to serving humanity by:

- Spreading the science and technology as taught by Yogi Bhajan, of Kundalini Yoga, Meditation and Humanology.
- Creating global teachers of Kundalini Yoga, Meditation and Humanology.
- Creating conscious, vital communities of yoga practitioners, living and sharing a Healthy, Happy, Holy lifestyle.

We have been offering daily Kundalini Yoga and Sadhana since January 1991, as well as Teacher Training shortly thereafter. With master teachers and a cozy environment, Yoga West is a powerful center where the subtle body of Yogi Bhajan can be directly experienced.

From the moment you arrive, our supportive staff, teachers and students all generate a feeling of community and welcome you. Before and after class, you are invited to enjoy a complimentary cup of Yogi Tea and relax in our lounge where you can visit together, relax and reflect. Our boutique offers eco-friendly yoga apparel, mantra & music, dvd's, books, healing crystals, tea, oils, gifts, and yoga and meditation props.

Whether you are looking to center yourself, calm your mind, move your body, listen to your spirit, challenge yourself, melt stress, grow and glow, Yoga West is a vibrant community center for teaching, learning and celebrating. The legacy of Yogi Bhajan, the science of Kundalini Yoga

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and the heart and soul of the 3HO – Happy, Healthy and Holy- community is ready to welcome you.

We are located near Pico & Robertson just a short walk from the Guru Ram Das Ashram where Yogi Bhajan first taught, lived and shared his life with us. Harbhajan Singh Khalsa Yogiji, aka Yogi Bhajan, arrived in Los Angeles in 1968. As part of his mission to share the teachings of Kundalini Yoga and to help people live healthy, happy, and holy lives, he created Guru Ram Das Ashram in 1972. It was here in Los Angeles that Kundalini Yoga in the West was born, and it was here at Guru Ram Das Ashram that Yogi Bhajan first taught, lived, and shared his life. To Learn More: <http://www.gururamdasashram.org>

### **What else does Yoga West offer?**

Every day at Yoga West begins at 3:45 am with a free community offering of morning Sadhana. Sadhana is a daily spiritual practice that brings out the best in you. To learn more about Sadhana visit: [www.3ho.org/kundalini-yoga/sadhana](http://www.3ho.org/kundalini-yoga/sadhana)

The rest of the day is filled with an invigorating mix of Kundalini classes, workshops and teacher trainings presented by an inspiring mix of talented teachers who share the Kundalini Yoga technology from their own unique perspective. Classes include: Kundalini Yoga & Meditation for all levels, Mommy & Me (Daddies and caregivers welcome!), Pregnancy Yoga, Sat Nam Rasayan, Sound Bath Nights, Discounted Community classes, Women's Yoga, Celestial Communication, Humanology, Chanting and much more.

For regular classes, first time students pay only \$11 and then receive an offer to enjoy unlimited classes for \$25 for twenty-five consecutive days. For more information about the schedule go to: [www.yogawestla.com](http://www.yogawestla.com)

### **Where to Park**

**Saturday:** On Saturdays, the best place to park is on side streets east of Robertson, or a couple of blocks west of Robertson in the neighborhood where there are no weekend restrictions. Be sure to *carefully read* the street signs. There is no all-day parking on Robertson Blvd. There are a few ten-hour meters on Horner (north of YW) and Pickford (south of YW).

**Sunday:** Most street parking is available on Sundays. Meters are free and there are no neighborhood restrictions **except** on the residential part of Pickford (Yoga West side of Robertson).

### **What to Bring**

- Something to sit on that is comfortable (yoga mat, sheepskin, pillow)
- Water or a bottle that can be refilled for water
- A reusable cup for yogi tea. Please bring refillable water bottles and tea cups. We endeavor to keep our carbon footprint low and we truly appreciate your support.
- Notebook (one will be provided for you for the 21 Stages of Meditation Course)

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- Pen or pencil
- Snacks – there will also be snacks for sale in the YW store
- Meditation shawl, head covering, deep relaxation blanket – optional
- Please avoid wearing scents during the classes and trainings

### Cell Phones

**Yoga West is a cell phone free zone.** Please silence your phones during class. Thank you for taking your calls outside. **NO texting during class.**

### Photography and Filming

Yoga West may photograph or film portions of the course for promotional purposes. Our photographers are sensitive to the student experience, and you may always request to not be photographed or filmed. Audio from the classes will be recorded and made available to you for download on Basecamp.

### Meals & Snacks

Yoga West serves a delicious vegetarian lunch to the class on all six days of the 21 Stages of Meditation course. All meals include are vegetarian and include vegan, gluten free options. We provide filtered water and tea all day and sell some snacks at the center like health bars, bean chips and dried fruit. Please note we do not have a microwave or other way to heat food at Yoga West, and there is very limited refrigerator space to keep any items cool.

### Who is Yogi Bhajan?

A Biography by Yogi Bhajan's first student: Shakti Parwha Kaur Khalsa

"It was the summer of 1929. In the little village of Kot Harkarn in what is now Pakistan a child was born who had a great destiny written upon his forehead. The man we know today as Yogi Bhajan was born Harbhajan Singh Puri. His father, Kartar Singh, was a well-known doctor and healer; his mother, Harkrishan Kaur, was a woman of great strength and righteousness. She kept everyone in the village in line and treated all the young men as if they were her own sons.

His parents decided that he should have the finest education available. The problem was that the best school available was a Catholic Girls' Convent school, so there he went. (Needless to say, the nuns were a bit unnerved.) As a young man, Harbhajan Singh was in the habit of seeking out and visiting every holy person he could find. He studied the spiritual teachings, scriptures, and technologies of all the religions of the world. He learned Kundalini Yoga with Master Sant Hazara Singh and he became a Master himself at the age of only sixteen.

Of course, along with mastering yoga, young Harbhajan Singh attended high school where he was a star athlete—winning top prizes in track events, served as captain of the soccer team, and played field hockey. While the other athletes ran and did the usual physical training exercises, Harbhajan Singh did yoga! It was his mastery of yoga that gave him the strength and stamina to be a consistent winner.

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When India was partitioned in 1947, he was only 18 years old. It was a terrible time as hundreds of thousands of people resettled and many families were torn apart. Even then, he took charge and led his family and over 7000 people from the surrounding areas to safety.

Majoring in Economics at Punjab University, Harbhajan Singh won prizes in Debate, and continued his athletic achievements. He served in the Indian Army. After military service he worked for the Indian Government, until 1968 when he resigned to answer the call of his destiny and travel across the world to serve us here in the West.

The Pundits warned him and the Astrologers said all the signs pointed to a great deal of suffering and hardship if he left India in September of 1968—but as usual, his higher guidance prevailed and he flew to Canada to take a job he had been offered—teaching yoga at the University of Toronto. True to predictions, not only was his luggage lost en route, so that he arrived with nothing but his Air India carry-on bag, but also, the man who had hired him had been killed in an auto accident, just a few days before. No job, no money, except for \$35 the Canadian Government supplied, the yogi accepted everything as God’s will. He got a job as a clerk in a bookstore. He ate day-old donuts softened in water, and wrapped newspapers around his thin shoes to keep out the brutal, cold Canadian weather. Then he was hired as a nerve therapist at a yoga center.

Invited to visit Los Angeles for a weekend, he discovered there the souls whose aspiration and longing had drawn him to the West. He gave his first public lecture in the United States on January 5, 1969, at the East West Cultural Center where he stated his firm conviction that it is the birthright of every human being to be “Healthy, Happy, and Holy.” The young people he met wanted to experience God. Unfortunately, many had been using drugs to alter consciousness. Despite the centuries old taboo against teaching Kundalini Yoga publicly, the Yogi knew that it was the most effective technology he could share with them to heal their bodies and their minds, and give them a valid experience. They could get “high” without side effects, and it was legal! Their souls were hungry to be awakened.

He told them he hadn’t come to gather students; he had come to train teachers. In his Kundalini Yoga classes he told inspiring stories about the Sikh Gurus, he talked about the virtues and values that would bring happiness. He made people laugh, never criticized anyone, and though he told them, “Don’t love me, love my teachings,” he touched the hearts of every seeker. A master of communication, whenever he spoke, each person felt he was talking directly to him or her. His words sank in.

In the next few years he sowed the seeds for institutions and events that have multiplied and mushroomed worldwide, attracting thousands of people who embraced the 3HO way of life. He said 3HO was to be a family of people who lived not just “with” each other but “for” each other. To provide a structure for the teachings, the 3HO Foundation was legally incorporated in California on July 29, 1969. Yogiji also founded KRI, the Kundalini Research Institute in 1971.

Yogiji went to Gurdwara every Sunday. Many of his students went with him. A devout Sikh, Yogi Bhajan never tried to convert anyone to follow the Sikh Path. But his faith and devotion, and his deep love of the Guru were contagious. People wanted to learn more about the Sikh religion. Some of his students went to the local Gurdwara in Los Angeles and asked to be baptized as

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Sikhs. The *Granthi* (religious official) there didn't know what to do, because Americans had never done this before, so he called Yogi for help.

In 1971, Yogi Bhajan was bestowed the title of *Siri Singh Sahib* by Sant Chanan Singh at the *Akal Takhat*[1] and was authorized to ordain Ministers and perform the Amrit Ceremony.[2] Through his efforts, Sikh Dharma became officially incorporated and recognized by the US Government as a Religion on April 10, 1973.

Yogi Bhajan encouraged his young students to complete their education and start careers. But many of them could not get jobs because of their long hair and turbans, so he suggested they start their own businesses. Nanak's Conscious Cookery was the first business they started. Akal Security, Golden Temple, Khalsa International Industries and Trades (KIIT) soon followed with all the products you now see in stores worldwide—like Wha Guru Chews, Peace Cereals, Sunshine Oils, and Yogi Tea.

The transformation of “Chicks into Eagles” was one of Yogi Bhajan’s main stated goals, and in 1976 he started the first Khalsa Women’s Training Camp in New Mexico. That first KWTC lasted for 8 weeks. He taught that woman is the Grace of God, and any country in which she is not honored and respected is going to fail. He empowered women to realize their own worth and potential. Not to leave out the men, he also taught Men’s’ courses. Long before *Men are from Mars, Women are from Venus* he explained the differences.

In 1971 the mantle of authority and responsibility as the only living Mahan Tantric—Master of White Tantric Yoga—was passed to him when the former Mahan Tantric left his body. Yogi Bhajan personally led this group meditation experience in cities all over the world until 1987 when he was able to transfer the workshops to videotape. He selected representatives to facilitate these courses, while his subtle body continues to direct them.

Pioneer in Interreligious dialogue, outstanding advocate of World Peace, Yogi Bhajan established the first interfaith International Peace Prayer Day in 1985, which now draws thousands to the mountains of New Mexico every summer. In May 1994, his pamphlet, “The Sensory Man” was circulated at the United Nations, when 3HO became an NGO.[3]

A great many of the people who have been impacted by Yogi Bhajan’s wisdom, knowledge, and teachings are sharing the technology of peace, strength, and awareness to the whole planet. His knowledge and his teachings are reaching out through Kundalini Yoga Teachers, through businesses, and through Sikh Dharma. Today, the natural foods, healing herbs, and teas conceived and formulated by Yogi Bhajan are benefiting people all over the world.

May the teachings of Yogi Bhajan be engraved on all our hearts forever and ever.”

[Excerpts from from Yogi Bhajan’s 75<sup>th</sup> Birthday Tribute presented on August 28, 2004, in Espanola, New Mexico, five weeks before his passing.]

Shakti Parwha Kaur Khalsa was Yogi Bhajan’s first student-teacher in the United States. She has been teaching Kundalini Yoga since 1969. Author of *Kundalini Yoga: The Flow of Eternal Power*; *Kundalini Postures and Poetry*; and *Marriage on the Spiritual Path: Mastering the Highest Yoga*, she is a frequent movie-goer in the City of Angels.

## *21 Stages of Meditation: A Journey to the Self* FAQ 2017

### **What is Kundalini Yoga?**

In Kundalini Yoga we harness the mental, physical, and nervous energies of the body and put them under the domain of the will, which is the instrument of the soul. This technology precisely and consciously combines breath, mudra, eye-focus, mantra, body locks, and postures to balance the glandular system, strengthen the nervous system, expand lung capacity, and purify the blood. It brings balance to the body, mind, and soul.

*"In Kundalini Yoga the most important thing is your experience. It goes right to your heart. No words can replace your experience. Your mind may accept the words or it may not, but your consciousness will not accept just words."*

-Yogi Bhajan, *The Aquarian Teacher Training manual*, p. 20

Kundalini Yoga is not a religion. When we apply the technology of Kundalini Yoga to our bodies and minds, it has the effect of uplifting the spirit. It is for everyone. It is universal and nondenominational.

Kundalini Yoga is a yoga for householders, for people who have to cope with the daily challenges and stresses of holding jobs, raising families, and managing businesses. It is a path for everyone who wants the skills to cope successfully with the challenges of our times.

In 1969, Yogi Bhajan started teaching Kundalini Yoga in the United States in order to prepare humanity for the major changes that this planet is going through as we cross from the Piscean to the Aquarian Age. The ancient technology of Kundalini Yoga gives us the awareness and the fortitude to make this a smooth transition. The legacy of technical and spiritual knowledge that Yogi Bhajan studied and mastered in India is the gift he brought to the West.

### **What happens during Group Sadhana at Yoga West?**

Group Sadhana is different than traditional Kundalini classes in that it is "led" not "taught." Which means that the teacher doesn't lecture or explain much – simply announces the exercises, with a minimum of description.

The Sadhana schedule at Yoga West is:

3:45am – Japji (Sikh morning prayer) Participation is optional but head covering is required.

4:05am – We tune in with the Adi Mantra 3 times and then "Ad Gureh Nameh" 3 times and begin exercises followed by a short relaxation.

4:40am – Begin waking up from relaxation.

4:45am – Begin Morning Call & proceed with Aquarian Sadhana chants.

At the end of Sadhana, all are invited to Guru Ram Das Ashram across the street.

## *21 Stages of Meditation: A Journey to the Self* FAQ 2017

### **Why do Kundalini Teachers Wear White?**

Yogi Bhajan taught us that wearing all white clothing expands our auric radiance by at least one foot. That is a good thing. A strong aura gives us a strong and solid identity and projection, and negative influences are automatically filtered.

Wearing white is also an exercise in awareness, as it takes more consciousness and care to keep white clothes clean. Here is a taste of what Yogiji said about wearing white:

"We wear white because it's a simple scientific fact that every piece of matter or material has a foot and a half aura. Every animal has a three and a half foot aura. Every human has a nine foot aura. And if we wear the cotton and we wear the white, this color therapy gives us one extra foot of aura."

"We adopted this color because of our background and to support our development. We ask you to wear white so that you will reflect what is outside and go within yourself—that's what white clothes can do for you."

"When you are totally dressed in white, the entire face reflects, and then it is very difficult to become intimate. Wearing white demands that the other person deal with you on a higher level, because that person has to concentrate himself in order to advance."

"Colors create an uncontrollable action in your subconscious mind of inspiration, productivity and expansion. Colors have an effect on consciousness. The most difficult thing on this planet is to wear white top to bottom; but it is also the greatest therapy. If you really want to test yourself, live in a white room. What it does to you in one week will shock you. From one Sunday to another Sunday, you'll be a different person without doing anything."

"We wanted to develop a very fast, progressive, spiritual and technical method of all the colors, so we have adopted the one color of the seven colors, which is white. To you, white is just one color, but to me it is the total balance of seven colors."

### **Why are head coverings important during meditation?**

Head coverings of any kind are useful for a meditative practice. Turbans in particular are useful for holding energy in, and for creating a meditative focus at the third eye point (brow point). In addition, the turban provides a nice cranial adjustment. During a class of Kundalini Yoga as taught by Yogi Bhajan®, chances are the teacher and many of the students will have their heads covered with a scarf, hat, or turban. Some teachers wear a turban or head covering for these yogic reasons alone.



## *21 Stages of Meditation: A Journey to the Self* FAQ 2017

Yogi Bhajan taught us that the hair is alive and has an energy function. We are training ourselves to be aware of and master our subtle energies and so he recommends covering the head and hair with a cotton cloth or wrapped turban.

Wearing a head covering enables you to command your sixth center, the Ajna Chakra. Covering the head stabilizes the cerebral matter and the 26 parts of the brain, which are interlocked with the neurological system and electromagnetic field. Covering the head creates a focus of the functional circuit of the hemispheres of the brain, and tunes the neurological system. The whole head is to be covered, not just the crown chakra.

### **Turbans as Technology**

The skull is made up of tiny bones that are constantly moving even if only by micro millimeters and the degree to which they move impacts levels of calmness or anxiety. Covering the head provides a sense of containment and focus while practicing yoga or while doing work that requires clarity of thought.

The benefit of wearing a turban is that when you wrap the 5 to 7 layers of cloth, you cover the temples, which prevents any variance or movement in the different parts of the skull. A turban automatically gives you a cranial self-adjustment. You can pay for a cranial adjustment, or you can tie a turban for free!

### **Why do some teachers of Kundalini Yoga have two names?**

Many teachers of Kundalini Yoga request a spiritual name. This is a name that was given by Yogi Bhajan, the master teacher of Kundalini Yoga, or since Yogi Bhajan's passing, has been given by Nirinjan Kaur (a member of Yogi Bhajan's staff who was trained by him to give the names.) It represents the highest purpose of the person who is called by that name. A spiritual name is like a personal mantra. To learn more visit: [www.3ho.org](http://www.3ho.org)

### **How can I gain an in-depth knowledge of Kundalini Yoga?**

The best way to gain an in-depth understanding of Kundalini Yoga is to participate in courses offered through Teacher Training. These courses are for serious students of Kundalini Yoga who want to take their practice and learning to a deeper level. Teacher Training courses provide transformational and educational experiences whether you want to be a yoga teacher or not. These courses cover all the basics of Kundalini Yoga as well as exploring such as lifestyle, philosophy, spiritual development, and humanology.

### **What are some Kundalini products to use for home practice?**

The Yoga West boutique has many products to offer for your home practice. We encourage you to browse and explore the many books, cds, jewelry, and other sacred objects for your home practice. If you have any questions, feel free to ask for assistance from any Yoga West staff.

### **Is Kundalini Yoga available in other states and countries?**

## *21 Stages of Meditation: A Journey to the Self*

### **FAQ 2017**

Yes, Kundalini Yoga is practiced all over the world. There are Kundalini Yoga classes and teacher training programs offered throughout the United States, Canada, Europe, South America, Africa, and Asia.

There are many Kundalini Yoga events held around the world, including yoga festivals, training courses, women's camps, and other events. Each year, many teachers and students from all over the world travel to New Mexico for some of these events.

One of the most popular events is the Summer Solstice Sadhana Celebration, held in beautiful Jemez Mountains of New Mexico every June. It is a 10-day Kundalini Yoga event involving camping, early morning sadhana, yoga classes, and three days of White Tantric Yoga. It is an amazing and profoundly transformational experience. Summer Solstice is the ultimate experience for the advancing Kundalini student - and it is well worth planning to attend! There is also a Winter Solstice Sadhana Celebration held in December in Florida that is very cozy and uplifting.

Visit [www.3HO.org](http://www.3HO.org) for a listing of upcoming Kundalini Yoga events or ask your teacher for more information.

#### **Other Inquiries**

Please don't hesitate to call or email with any additional questions you may have. We'd love to see you in the training and are here to support you during this powerful transformation.

Yoga West  
310.552.4647  
[info@yogawestla.com](mailto:info@yogawestla.com)

We hope to see you soon in the courses and at the center!  
Sat Nam