

The Joke

Mulla Nasrudin was spending some of his hard-earned cash on a luxury cruise and was given a table with a Frenchman. At their first meal together, the Frenchman said, "Bon appetit!"

Before the next meal commenced the performance was repeated. "Bon appetit," said the Frenchman. "Mulla Nasrudin," replied the other.

After this had happened at every meal for three days, Nasrudin was getting fed up, and told a fellow traveller about it. "He tells me his name is Bon Appetit and I tell him my name is Mulla Nasrudin, and then at the next meal, we start all over again."

The fellow traveller laughed and explained to the Mulla that the Frenchman was not introducing himself and that 'Bon appetit' meant "Good appetite", or "I hope that you enjoy your meal!"

Nasrudin breathed a sigh of relief on receiving this information. Next morning, at breakfast, the Mulla greeted the Frenchman with "Bon appetite". The Frenchman nodded politely and said, "MULLA NASRUDDIN."

Diet suggestion

Much of the wisdom of Ayurvedic nutrition rests on the tip of your tongue, literally! According to Ayurveda, the sense of taste is a natural guide map towards proper nutrition. For ages, humans relied largely upon taste to discover healthy foods in nature and avoid toxicity. Our tastebuds do much more than simply identify tastes; they unlock the nutritive value of foods and provide the initial spark to the entire digestive process. Food speaks to us directly through taste.

Ayurveda identifies 6 Tastes by which all foods can be categorized: Sweet, Sour, Salty, Bitter, Pungent, and Astringent. While the first four tastes are probably recognizable, the last two may not seem familiar. Pungent taste is hot and spicy as found in a chili pepper, while Astringent taste is dry and light as found in popcorn.

The 6 Tastes offer us a user-friendly guide map for how to nourish ourselves. Rather than looking at nutritional labels for X amount of protein or Y amount of carbohydrates, the 6 Tastes naturally guide us towards our body's nutritional needs. Each taste feeds our mind, body, senses, and spirit in its own unique way. From a modern nutritional perspective, the 6 Tastes satisfy each of the major dietary building blocks. Sweet foods, for example, are rich in fats, proteins, carbohydrates, and water, whereas Bitter and Astringent foods are high in vitamins and minerals.

Include all 6 Tastes in each meal

Sweet:

Primary actions: Builds tissues, calms nerves

Common sources: Fruit, grains, natural sugars, milk

Sour:

Primary actions: Cleanses tissues, increases absorption of minerals

Common sources: Sour fruits, yogurt, fermented foods

Salty:

Primary actions: Improves taste to food, lubricates tissues, stimulates digestion

Common sources: Natural salts, sea vegetables

Bitter:

Primary actions: Detoxifies and lightens tissues

Common sources: Dark leafy greens, herbs and spices

Pungent:

Primary actions: Stimulates digestion and metabolism

Common sources: Chili peppers, garlic, herbs and spices

Astringent:

Primary actions: Absorbs water, tightens tissues, dries fats

Common sources: Legumes, raw fruits and vegetables, herbs

AAA Around the World – stories, happenings, and programmes

Australia

Community 2,5 hours Long Ek Ong Kar

By Sat Sahej Kaur – Filipa



"I wanted to share my experience so far through a 40 day sadhana of 2.5 hours chanting long Ek Ong Kar. It's day 16, the day I need to send this to Satmukh for the newsletter. I've left it to the last minute because ... well, there's a reason why we write about arriving rather than the journey itself. This sadhana is unlike any other journey - all its ups and downs, twists and turns... so, I'll just start at the beginning.

To my husbands unspoken annoyance, I'd been setting a very loud alarm at 4am for the past while - then hitting snooze over and over (I'm too embarrassed to say how long for...). I had visions of cold showers, to recite Japji and complete my kundalini practice.

Afterwards, I imagined myself cooking my husband a gourmet breakfast, bringing him coffee in bed and getting us off effortlessly to work - where I would spend my day as a very sattvic and angelic human being...

The reality each day was very different!

Two things I know to be true about myself - if I can't meet a challenge, instead of making it easier I'll make it harder until I meet it; and I've got a strong positive mind. Cue the idea of 40 days chanting long Ek Ong Kar for 2.5hrs.

The only time I've managed anything like this was during the homework after teacher training with Sat Sarbat and Satmukh - it was easier to wake up at teacher training and during the 40 day Aquarian sadhana that followed. No one wanted to be that one person that didn't get up! There's something about the accountability of community... and the power of the ego!

I live on an island off Australia where I don't have physical community so I turned to fellow teacher trainees of Sat Sarbat and Satmukh.

Kasia, my soul sister who I talk to every day despite an ocean between us (our deep bond was formed over 15 days of Yogi Bhajan's banana cleanse!) I knew for sure she would join me...! Her response, "if you're elevating more I'm coming too..." Rachel and Jamie weren't as easily convinced. Thankfully one morning Jamie saw a license plate with the words 'EK ONGKAR' ... not one to ignore signs from the universe she was in. We set the date for May 4th... and then Rachel agreed! She always says her Kundalini yoga practice gave her jedi powers...!*

We started planning. It was so fun, messaging back and forth, setting up the daily zoom call to combat distance; reading about the benefits of chanting - the enlightenment that would follow after 40 days! Well, that was until May 3rd when we realised tomorrow we have to get up and actually do it...

It's now Day 16! And... what a journey so far! For me, it's shown me as a teacher how much I've grown. When I started a 40 day sadhana it was so wrapped up in ego, proving myself to others and searching high and low for the benefits - even creating a few in fantasy!

This time it feels really relaxed - me just sitting with me. Letting go of the outcome and just allowing the Jappa to do the what it needs to...and observing.

Day 1 was bliss; the days that followed tough - depressive, angry; day 10 started to feel light again as I began to surrender to the process. Day 16 and I'm doing my best to avoid staying and watching... I can see myself bargaining and negotiating. Uncannily similar to how I show up for life!

I don't know what the rest of the 40 days will bring, but I do know that without technology and community I wouldn't have made it past day 1! There's been lots of laughs (the blur of lines between dream and reality that waking up to meet your subconscious mind at 3am so intimately brings... not to mention subtle bodies visiting us on the zoom call!); and honesty. The perfection has eased. I definitely wouldn't have admitted back then to my study group at teacher training that I spent some of the 2.5hrs online shopping! When I told Kasia one morning after this sadhana we squealed with laughter at all of the ways we escape and throw off our energy.

There's no gourmet breakfasts (in fact, this morning I had a cookie for breakfast that Kasia posted me for my birthday!!); my husband's the one bringing me coffee** after I crawl back into bed at 6am; I'm still leaving work in a rush; And my work colleagues and husband are still yet to meet that angelic, sattvic being.

... But, what else would you be doing at 3:30am.... for me, this journey so far has been about the power of community, letting go and trusting. And, enjoying the process! For me, I can tell the technology is working by how funny life becomes!

This passage from the 21 stages of meditation text book so perfectly communicates my journey so far, "Jappa begins. You recite the mantra. Beautiful words but somehow not your own. Long forgotten thoughts and feelings are no longer supported. Your mind reacts. You become upset. Your mind wants to control. Your ego wants to speak. Instead you speak. Instead you control. Consciously you return awareness to the rhythmical mantra. With jappa you hold the mind to the task."

I look forward to sharing the second part of our 40 day sadhana with you next time.

* NB: May the 4th (force) be with you for those not familiar with Star Wars!

*** Before I began the 40 days I decided that during it I wouldn't have enough energy from waking up so early so I should start drinking coffee! Prior to starting the sadhana I would suffer terrible nightmares or vivid dreams during the ambrosial hours. I used to wake so exhausted from them. Therefore, despite having more energy I'm still drinking the coffee - one of the many interesting observations! "*

Austria

We are getting ready to travel to the Austrian Festival from 30 May to 3 June:

<http://kundaliniyoga.co.at/yogafestival/festivalprogramm-2/>

The Level 2 Lifecycles and Lifestyles module will start immediately after, on 4 June, in the South of Austria.

We will finish the first Sach Khand numerology training with two weekends in June and July in Vienna at our house! The participants will be the first trained in Austria with this system! - [Click here for more](#)

China



A very successful Rebirth! 108 participants join for the 5th Edition of the Rebirth workshop. The whole night chanting was deep and transformative. 108*11*108 repetitions of the Triple Mantra, a jumping board toward the impersonal realm, taking altitude for self-observation.

The **SunChild** Training took place in May in Shenzhen. Deep healing but also a lot of fun! We congratulate the 19 new graduates who will teach yogic values to the new generation!

The next SunChild teacher training to teach yoga to children is starting soon in Austria. There will be two modules: 11 – 15 July and 23 – 26 August. It is filling up fast and we are excited to start! - [Click here for more](#)



France

Next Teacher Training 2019 in France will take place in Normandy!

Fateh Singh, in charge of the Teacher Training in France, taught a workshop at the French Kundalini Yoga Festival "PRINTEMPS DU YOGA", the topic was "Open yourself to the Sacred". This is what Fateh wrote about the French Festival:

"It is a 4 day event happening every year at Château Anand.. This place is so vibrant, close to the river with many old trees... Many sevadars were involved this year because 3HO is not funding the place any more. Even though the theme of this year was quite challenging: «Power of sacrifice, the 6th step to happiness», we had a lot of fun. We had an amazing dance party with tribal drums and Yogi DJ :) !"



The community spirit was strong and we left with a sense of connectedness and openness that was truly inspiring. The french federation is in a state of transition, we need new volunteers to step in and help. Please contact the federation if you are willing to contribute."

SerbiaIn collaboration with our dear student Natasa Vukoje, we launch a new TT Level 1 in Serbia in 2019! The students will come to the last module (5 Elements) in Austria. Next year this week will gather students from France, Switzerland, Austria, and Serbia!



Taiwan

Our prayers go to Seva Dayal, an incredibly devoted teacher loved by all, for us a student, friend, and organizer of AAA programs. She needs some healing right now and loads of love.

Turkey

For Turkey we let the Turkish Trainers-in-Training speak by themselves with this contribution they sent!



"Sat Nam! This month we want to share our journey with the AAA monthly workshops because it inspired us greatly. As Trainers-In-Training (TNTs) with AAA, we felt the power of being a team and decided to do this together. We met and just shared our thoughts, ideas, visions, hesitations, draw backs, etc. This open and honest sharing gave us the freedom and courage for the next step. And then everything started to unfold easily. We found a great studio where we can teach every first Saturday of the month. To make it more accessible, we reduced the time to 4 hours instead of doing a whole day workshop. We decided that each month 2 of us would teach the workshop."

The way how we teamed up was really joyful - we simply did a lottery :) We wrote two times 1, two times 2 and two times 3 in pieces of paper and each one of us picked a number. Whoever chose the same number would team up and the row of teaching would be according to the number which was picked. So basically we let the universe tell us the flow of workshops.

Afterwards we started promoting the event and we had great fun. We met again for a photo shooting session at one of our yoga studios and literally posed as a team. We felt like one of the 90's girl-bands, there were a lot of laughs. We used one of the photos that we all liked in the flyers, in Instagram, as well as in Facebook event. And it worked! Next to our students, people we didn't know before started to sign up to our monthly workshops.

We have finished the first round so all six of us thought already and the feedback was good! When two teachers were teaching, the rest of us, the remaining four, would attend the workshop. That was a great team spirit, as well as a great excuse to meet once a month and a perfect opportunity to see each other teaching and give feedback. We also planned to have an extra meeting in the coming days to look back at our experience, to give overall feedback for the first round and to plan our new cycle of teaching.

It was a great opportunity for us to dive into the ocean of numerology and combine this knowledge with the suggested kriyas and meditations. What we can say is that each workshop inspired us to go on, reminded us why we are on this path and how uplifting it is for us and for the students.

We hope that our sharing will inspire other teams in other countries...

Love from Turkish sangat",

Harmander Kaur, Surjeet Kaur, Akal Sahai Kaur, Shabad Ram Kaur, Jot Prem Kaur, Siri Dyal Kaur

... And, also: we just finished the second Rebirthing for this month in Istanbul at the Grand Hyatt with 65 participants. Their efforts and wish to grow touched our hearts.

For the first time, we visited Hatay, close to the Syrian border, and hold a workshop in a beautiful 150-year-old house with 18 curious beginners. Fun and some challenge, which they took really well! Thank you for inviting us and her hospitality to Güler Elataş, a L1 certified teacher of our 2015 first TT in Turkey.



THANK YOU to those who contributed to this newsletter!!