



# AUGUST

# 8

“The pelvic bone is where the breath of life is triggered and where the breathing power of the pranic body is found. The lungs are cleansing processors, the diaphragm is an aid to that process, and it is through the spinal column that the energy flows.” - Yogi Bhajan

## What can I work on in this month?

Every month, we invite you to explore different aspects of Yogi Bhajan's teachings as a teacher or as a student. For that, we use the Tantric Numerology & The 10 Bodies, the quality and facets of numbers according to the teachings of Yogi Bhajan. Numbers represent a fascinating window to look at our consciousness, to recognize the synchronicity in our lives, and bring a deeper understanding of the interconnected reality we live in.

### 8 Manage your Time & Resources Vitality & Presence through your Breath



July has been a time for self-reflection, like a halt, or integration. August is the time to enter the motion of life again, which brings a new field of opportunities as well as the challenge to manage properly our energy and resources in that flow. This month, we would like to explore the tools we have in Kundalini Yoga to balance our pranic body, key to stay connected to our infinite self while being completely engaged in life.

When our pranic body is balanced, we have vitality and we gain clarity about how to manage your time and resources. When it gets out of balance, the tendency is to compensate with external sources of energies like coffee, energy drinks, junk food, ... and lose the awareness of our need for infinity! In that situation, there is an over stimulation of our sympathetic nervous system, giving us a sensation of constant excitement, which can lead us to a burn out. Spiraling down, the more we feel stuck, the more we tend to compensate.

Opposite to that, stimulating the parasympathetic nervous system will give a sense of relaxation, whatever are the circumstances, a guarantee for not exhausting ourselves and provide an anchor to stay connected with our own inner flow, as well as to the universal flow.

August might be a time for holidays. How do we use this time? Holidays can become a source of stress or a time of regeneration depending on our capacity to discern what are our essential needs at each moment. Do we abuse or are abused? Or can we instead stay connected and keep the balance? Prana is the life force itself and it can be overwhelming. There is nothing bad or good. We are here just to represent and enjoy the wonder of life. The way we touch it is either dangerous or beneficial. If we touch fire, we burn ourselves; if we use it to warm up our home, we feel the warmth.

Being connected to your breath is a compass to be aware of each moment, and not be influenced by the flow of others. Respecting our own flow brings healing and the quality of presence in the here and now helps us to be in touch with our innocence & enjoy life without the need for a constant excitement.

*"Things come out of you in three ways: in anger, in love and in your tiredness. Mostly you mess up when you are tired. When your energy is weak you have no defenses and you fall apart. You are suppose to have 21 percent oxygen in your blood. Normally you live on 15 to 16 percent. You don't do Pranayam or Breath of Fire. You are supposed do do it every 3 or 4 hours, just for a minute or two, to oxygenate your blood and balance yourself so that you don't have to do this: "Oh my God!" Yogi Bhajan 7/12/89*

## A Story of Death – The Zen Master Lin Chi

Make everything creative, make the best out of the worst – that's what I call 'the art'. And if a man has lived his whole life making every moment and every phase of it a beauty, a love, a joy, naturally his death is going to be the ultimate peak of his whole life's endeavor. The last touches... his death is not going to be ugly as it ordinarily happens every day to everyone.

If death is ugly, that means your whole life has been a wastage.

Death should be a peaceful acceptance, a loving entry into the unknown, a joyful goodbye to old friends, to the old world. There should not be any tragedy in it.



*One Zen master, Lin Chi, was dying. Thousands of his disciples had gathered to listen to the last sermon, but Lin Chi was simply lying down – joyous, smiling, but not saying a single word.*

*Seeing that he was going to die and he was not saying a single word, somebody reminded Lin Chi – an old friend, a master in his own right.... He was not a disciple of Lin Chi. That's why he could say to him, "Lin Chi, have you forgotten that you have to say your last words? I have always said your memory isn't right. You are dying... have you forgotten?"*

*Lin Chi said, "Just listen."*

*And on the roof two squirrels were running, screeching. And he said, "How beautiful" and he died.*

For a moment, when he said, "Just listen," there was absolute silence. Everybody thought he is going to say something great, but only two squirrels fighting, screeching, running on the roof.... And he smiled and he died.

But he has given his last message: don't make things small and big, trivial and important. Everything is important. At this moment, Lin Chi's death is as important as the two squirrels running on the roof, there is no difference. In existence it is all the same. That was his whole philosophy, his whole life's teaching – that there is nothing which is great and there is nothing which is small; it all depends on you, what you make out of it...

Start with meditation, and things will go on growing in you – silence, serenity, blissfulness, sensitivity. And whatever comes out of meditation, try to bring it out in life. Share it, because everything shared grows fast. And when you have reached the point of death, you will know there is no death. You can say goodbye, there is no need for any tears of sadness – maybe tears of joy, but not of sadness.

But you have to begin from being innocent.

*Osho, Beyond Enlightenment, Ch 28, Q 1 (excerpt)*

## Kriya & Meditation suggested for this month

Pranayam: "Long Life Pranayam" - 11 min (Book "Kriya")

Kriya: "Relieving Your Elementary Stress" - about 30 min (Manual Level 2 Vitality & Stress)

Kriya / Meditation: "Releasing the Elements" - about 40 min (Manual Level 2 Vitality & Stress)

## Diet suggestion

Golden Milk: Healing Tonic for Vitality and Flexibility  
Turmeric is the most healing root for the body. It comes from the root of a plant which is grown mainly in India but it has been used in many countries for thousands of years as a healing food. It is known to be beneficial to the inner organs, the spine and the joints. It is purifying to the blood and promotes general good health. It also has external healing properties and can be used in masks and baths for the skin.

Golden Milk can help to repair damage to nerve centers caused by drug abuse. Drink it every day for 40 days.

It keeps a person beautiful. When used internally, it should be cooked rather than raw, so that the body can more easily assimilate its healing powers. It is an essential nutrient for women over the age of 28.

Golden Milk is especially beneficial for stiff joints and provides a source of lubrication for the entire system. It includes both essential oils and turmeric, both vital ingredients to help women keep their flexibility and vitality.



**Ingredients:**

1/8 teaspoon turmeric  
1/2 cup water  
8 ounces milk or milk alternative  
2 tablespoons raw almond oil or other healthy oil  
Honey to taste  
1 cardamom pod (optional)

**Cooking Instructions:**

Simmer turmeric in water until it forms a nice paste. Suggested cooking time is 8 minutes, you can add more water as necessary. Meanwhile, bring milk to a boil with the almond oil. As soon as it boils, remove from heat. Combine the two mixtures using a blender if desired. Add honey to taste. The cardamom may be cooked with the turmeric for added flavor.

Note that you can prepare larger quantities of paste as it keeps in the refrigerator for up to 40 days. The general ratio of turmeric to water is 1 part turmeric to 4 parts water.

*From I am a Woman Selected Lectures, available at KRI*

## Joke

 – there is always more, bigger, greater!

Two professors were arguing over which one had the dumber child.

Each professor thought his was the bigger idiot.

The first professor yells, “There is no way that your son is dumber. My son has to be THE stupidest kid on Earth.”

The other professor says, “No way, Jose. My son is the bigger idiot.”

The first one says, “Let me prove it to you. Hey Jake! (Jake comes running) I don’t know if I left myself at the office or not. Would you run there and find out? If I’m there then tell me to come home and eat dinner.”

The son says, gleefully, “Sure dad,” and runs off.

The second professor, not to be outdone says, “Oh Yes! Watch this! Hey Sam! Come here! (Sam runs to his father) Here are two dimes. With one buy a car and with the other buy a microwave.”

Sam says, “OK,” and leaves. The professors keep arguing.

Jake and Sam meet in the street and they start arguing which one has the dumber father.

Jake says, “Listen up. My father told me to find out if he is at the office or not. Well, all he had to do was to call the office and find out himself. Two minutes and he would have been done. That is stupid if I’ve ever heard it.”

Sam says, “Well, that is nothing. My dad told me to buy a car with one dime, and a microwave with the other dime. But he didn’t tell me which dime was for the car and which one for the microwave!”

# AAA Around the World – stories, happenings, and programmes

## Australia

By Siri Hari Kaur, Melbourne



The first AAA Kundalini Yoga Teacher Training in Melbourne started a couple of weeks ago!

The small group was very special and it was such an honor to bring the sacred teachings of Yogi Bhajan to such a receptive and real group of women.

The experience was both humbling and empowering. As a Trainer-in-Training, this was the first one organized and initiated by me. I was reminded that Yogi Bhajan came to create teachers and, as I did the teacher's oath, I felt so connected and supported by the Golden Chain. I also felt truly grateful to AAA for the support, for challenging me and supporting me to grow as a trainer. In the past, my focus as a trainer was more academic but Sat Sarbat and Satmukh have guided me to move my teaching to a more real space, a space of story and experience which reaches not only the students minds but their hearts.

The students were engaged, and had many questions. The first sadhana as a group was very uplifting, all gave reading the Japji a go and they kept up in Virasana during the Wahe Guru Jio Mantra. We are planning a live sadhana on our next training weekend!

Community classes are on the horizon and also a seva project. Wahe Guru!

*"You are very special. Your legacy books will not carry, but your legacy will be carried in the hearts of those whose lives you build by giving them the strength to face their own tomorrow unto victory." - Yogi Bhajan 3/3/98*

Thank you, Siri Hari!

## Austria

### WARRIOR OF LIGHT

From 7 to 12 August the Warrior of Light week will take place for the first time in Austria. We will be at the Zen Temple near Vienna (<https://www.zentemple.at/home/de>).

It is a beautiful and quiet location (as the word says!) in a protected area at about 40 minutes from Vienna.

This will be a very special week where we will crystallize the teachings of Level 2 and nail them down in practical tools for our life. We will be confronted with the final test: am I ready to face my life and its lessons? Am I a taker or a giver? Do I have the maturity to stand for my values and share them in a conscious community of peers?

We will go deeper into ourselves in a joint and study and a mature experience through constellations and practice. We will explore archetypes and events, diving into the soul mechanisms that come to the surface and affect our reality.

This week is not about "us" putting the students through an experience and through challenges, and holding on to their resistances, but rather how we create our common reality and a better future for our joint human experience. You are the doer, the time has come.

The contents:

Understand what is **leadership** in the Aquarian Age.

Identify your **Inner Treasure** – work on the Divine Mask through constellations!

From a Teacher to a Leader: **Become a Lighthouse!**

Find the **true guidance** within and **stand up!**

<https://3aaa.asia/highlights/warrior-of-light>

## SUNCHILD

The students of the **SunChild** training to become a yoga teacher for children are now preparing for their trial classes after their first module in July. We had great fun and some very touching moments with this beautiful group. We look forward the second and last module at the end of August.

<https://3aaa.asia/sunchild/training-information>



## China



We will offer in October the first AAA - 21 Stages of Meditation with both of us in Kunming. An exploration of the mind that we will focus on how it is manifested in our daily routine!<https://3aaa.asia/21-stages-of-meditation>

Fateh Singh is flying to China in August to start the new round of AAA 2018/19 Level 1 in China. The coming months, we will start Level 1 in Zhengzhou, Xiamen, Hainan, Qingdao and Shenzhen.

## France, Mela – Level 3, Trainers Forum & European KY Festival

At the moment of writing we are in France! We attended the Mela Level 3 where we could meet with our peers. After the graduation of a few Alpha group members in 2015, who generously tried the system, this was the first time that a broader group of peers graduated from Level 3 with an inspiring and fun ceremony at the end of the Mela.

We then met for the Trainer Forum, with discussions, presentations, workshops. There is obviously a shift to a collective change where all trainers worldwide are invited to participate. Thank you to Amrit Singh and the whole team of the Kundalini Research Institute for initiating it.

... And we are now at the Festival in Fondjouan! Some 2,600 participants, 45 daily workshops, activities in all corners, old friends to meet, a sense of peace in spite of the big number of participants.

We have been giving workshops on Leadership & Community at the festival, alternating AAA team of teachers on the stage.

*Jodha Kaur & Fateh Singh Teaching at the European Festival, under the sun!*



## Coming soon ...

Level 1 Melbourne Australia Module "Foundation" - August 04-05

Level 2 Warrior of Light - Austria - August 7-12

SunChild 2<sup>nd</sup> weekend Austria - August 23-26

Level 1 Zhengzhou China Module "Foundation" - August 18-24

Level 1 Xiamen China Module "Foundation" - September 01-07

Level 1 Taipei Taiwan Module "Self" - September 10-16

Level 1 Grenoble France - Last weekend "Self" - September 21-23

Level 1 Shenzhen China - Weekend "Self" - September 21-23