

\$2.00

BEADS OF TRUTH



BEAD 11 SUMMER SOLSTICE ISSUE

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YOGI BHAJAN SPIRITUAL GUIDE

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Hanuman's Conscious Cookery
 2021 S. University Blvd.
 Denver, Colorado 80210

Nanak's Conscious Cookery
 646 Old Santa Fe Trail
 Santa Fe, New Mexico 87501
 (505) 983-9824

Patanjali Pure Food Restaurant
 Memphis, Tennessee

Sat Nam Sunshine Warehouse
 New Orleans, Louisiana



in this day that sings
that spins with pure being
lightly falls the song of us
pure upon this air.

what is the reason, miracle maker of
all miracles, for this all,
i cannot ask any more,
but bow before thy will.

thy name is whole
thy name is one thy name is
being
eternal and incandescent.

great god

sustainer of this universe
blessor and sustainer of our humble souls
accept this
as a simple offering to thee?

~Peter

He looks after you. He lives in you. Recognize Him. I assure you He's in you. You are the manifestation of that Lord. You say: "I don't care." Well, if you don't care, He can't care for you. Child doesn't care for the mother, she's not foolish to run after him. She says: "All right, go ahead. You can have your own way, I'll have my way." And can a mother give you milk if you don't pucker your lips? She won't. And that is why this is called LAYA YOGA. This is Laya Yoga -- getting dissolved into Him, in His Glory. Give Him a

I even used to mock at it before I knew.

The more humble you will be the more dividends you will receive from the Divine Father.

"Jo nich ko koine na jane,
Nam japat cho kunt pchane."

In the house of the Lord, the process is slow. But there is no ultimate darkness. You shall be answered if you will just call him in the morning. See what happens. Discipline yourself. And forty days is not a whole lifetime. It is just 40 days. Within two and one half hours of that channel time, before the rise of the sun, if, for one fraction of a second, or even half of that, you will recite the mantra with a sweet harmony, He's supposed to look after you

a beautiful bliss, a union of the Time. And

What are you waiting for? Be one with the Divine. Why can't you concentrate on One Divine? Don't waste time. This super-consciousness, the positive mind shall not rest unless and until you find the Divine in you. This is guaranteed. Have everything. All the material things. You can't have rest. I have experimented. I can speak of my experience. No comfort on the earth can give you a comfort. There comes a sweetness in you. I don't know if it is right, but 9

you'll be Free. You'll be liberated. Open your full solar plexus and don't feel shy reciting it. It is a call to the Dad; it is a call to the Divine. Humble yourself. Just pray. Prayer is the power of the man. Let us pray through these vibrations. Thank you very much for giving this time in the Name of Lord God. He shall look after you. Every sincere thought is always projected.

Be one with Him and you are the Lord in manifestation. That is the only status that you have got. That is the only name by which I can call you. I see you all in only one way. I see Divine everywhere. Now I have seen it. I cannot see anything else. If I am blind to the man-made rules and regulations, that is not my fault. I have lived under those rules and it was the Grace and the Glory of the Master who gave me the sight, now I have got that sight. And I don't want to lose it at any cost. I am more willing to lose this body, this vehicle and to be with Him, than to lose that sight which has taken me beyond Time and beyond Karma.

I give you the key and the power which liberated me, and I want you to exert yourself. Remember, everybody for the sake of glory has to carry his own cross.

That is the way the Lord made it by giving His personal example. He carried His own cross and He asked for that terrible time. He got Himself crucified for your sins, and laid a loving example by His sacrifice that only by getting the pain of others you can ever and ever live in pleasure. Sacrifice gives glory to the man. And when you will call the Lord when He lives in you, you'll be right and Divine; then for the time of sacrifice, you will not know any pain. If you really want to liberate yourself, this is the key; it has got eight levers; it will open the lock. Do it. Test this mantra. It will work. I can assure you.

Recite these vibrations into a glass of water if you want to help somebody, make him to drink. It will work.

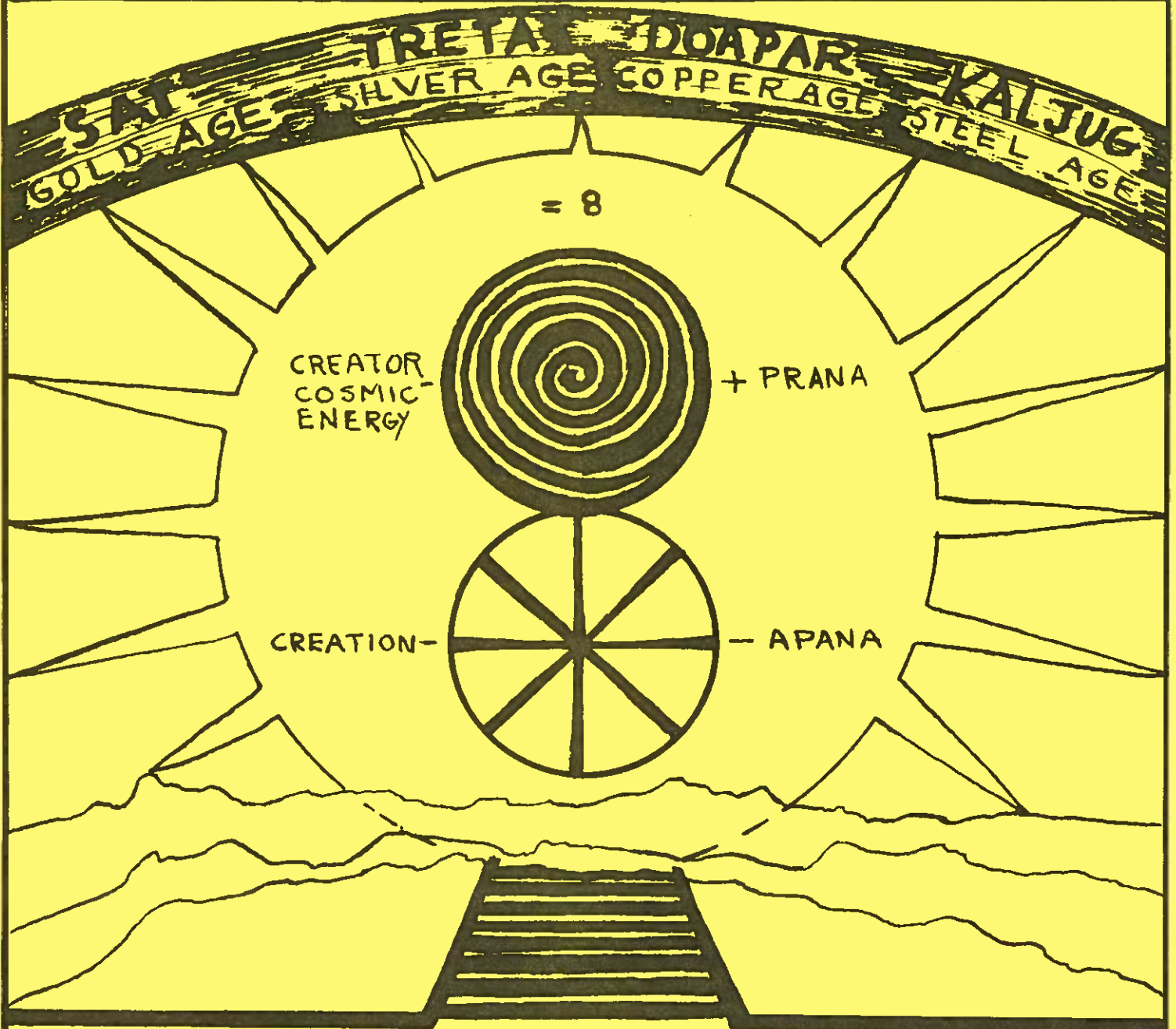
He will work whose mantra this is. You are only the channel for it.

EK ONG KAR SAT NAM SIRI WHA GURU

In the town of Goindwal in Punjab, India, even today this Divine Mantra is inscribed on the walls of the Bowli Sahib (sacred well) at the house of Guru Amar Das, the Guru of Guru Ram Das, through whose blessing today we vibrate in the Divine ecstasy and I disclose to you today this secret of the Divine for the uplift of humanity, and those who will follow it will be liberated and be one with the Divine.

Yogi Bhajan
 4/8/71

GOLD MATRA



EK OṂG KAR
SAT NAM SIRI
WHA GURU

ONE CREATOR CREATION

TRUTH

NAME

GREAT WHA WISDOM

2½HRS for 40 days

"After meditating at the Lotus Feet of my Master, who has granted me liberation from the time cycle and the cycle of Karma, oh my sweet student teacher of the day, I disclose to you the secret of the Nam. If you care to listen to me this day and will practice you will be liberated like me.

I have seen the God. It is a light equal to millions and billions of rays of sunlight. It is the cosmic energy which is the brightest of the brightest and most beautiful of the beautiful. Nothing beyond this can be said. It is the greatest of the great. When the Master, through his blessing blesses you, you will realize this within you.

Out of the 4 Yugs (Ages) which the scriptures described, one was Sat Yug - the Age of Truth or Golden Age. Then came Treta Yug, when the truth was $3/4$ full and it was the Silver Age. After this came Doapar Yug when the truth was $1/2$ revealed. Thereafter came the Kali Yug when the truth is $1/4$. This Yug is known as the Dark Age - Age of Steel or Machine Age. The duration of each is respectively 1,728,000, 1,296,000, 864,000 and 432,000 human years, a ratio of 4, 3, 2, 1. This ratio is found to prevail in many sacred computations. These 4 Yugs together make 4,320,000 Earth years of what is called a Maha Yug or Great Age. In Sat Yug, the Age of Innocence or Truth, man was one with the Divine and he realized the vibration which this Cosmic Energy created to make Prakriti (manifestation) and man meditated on the Nam "ONG" - the vibration of the Divine. After this came Treta Yug when the power of the truth came to $3/4$, the being became weak and he recited the Nam "Sohang". Through this vibration he acknowledged his identity with the Divine which means "I am you". Thereafter came the Doapar Age when truth was weakened to $1/2$ and man recited "ONG NAMO NARAYANA"; he worshipped the God in the form. We are now in the Steel Age - Age of Machine which is represented by a circle, which is the wheel of creation. It works with the power represented by another wheel which runs it. Constant vibrations from that wheel of Cosmic energy gives power of life movement to this wheel of creation. Now my dear sweet love, you draw one circle like the wheel and put another circle like a wheel over it (wheel over wheel) will make the figure 8 which according to the Science of Numerology represents Infinity turned sideways.

Spermatozoa take 8 circles around the egg before union takes place. There are 26 bones supporting the human foundation, that is the foot and there are 26 vertebrae in your spinal column: $2 + 6 = 8$, therefore said the Master, "Whosoever in this Machine Age will meditate and recite the Mantra which will be the Glory to the Lord and will have 8 vibrations, will open the lock of ignorance and darkness and this will liberate the being and will unite him with the Divine." Thus the Master meditated and became one with the Lord and gave the Mantra EK ONG KAR SAT NAM SIRI WHA GURU, which has 8 vibrations and describes the Glory of the Lord. Thus said the Master, "In the time period 2-1/2 hours before the rising of the Sun when the channels are most clear, if the Mantra is sung in sweet harmony you will be one with the Lord. This will open the solar plexus, which in turn will charge the solar centers - they will get connected with the Cosmic Energy and thus man will be liberated from the time cycle of Karmas and those who will meditate on this Mantra in silence will charge their solar centers and be one with the Divine. That is why with the blessing of my Master I speak to you of why we should meditate and recite this Mantra.

All Mantras are good, they are all for the awakening of the Divine but this Mantra is effective and is the Mantra for this time, so my lovely student, at the will of my Master I teach you the greatest Divine Key which has 8 levers and this key can open the lock of the time which is 8 in figure (wheel over wheel). Therefore, when this Mantra is sung in the neck lock, at the point where Prana and Apana meet Sushumana, this vibration opens the lock and thus one becomes one with the Divine.

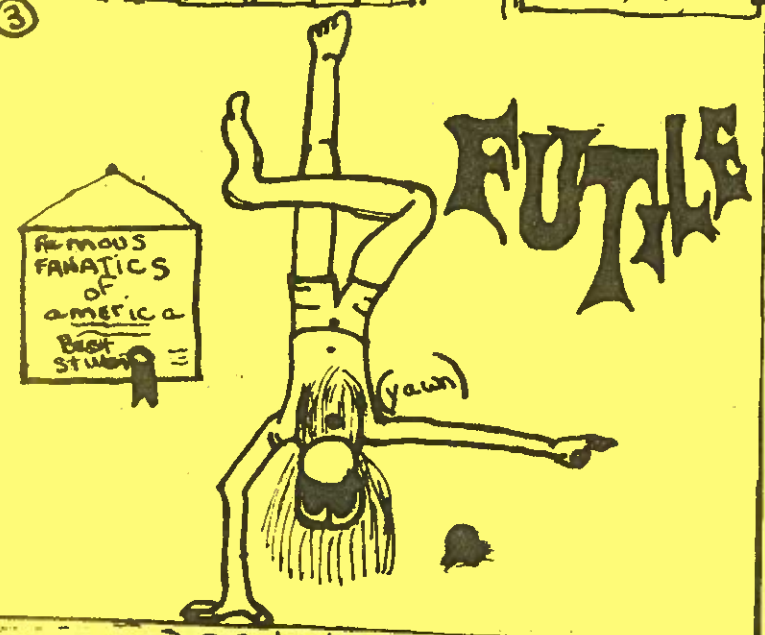
In the town of Goindwal in Panjab, India, even today this Divine Mantra is still inscribed on the walls of the Bowli Sahib (sacred well) at the house of Guru Amar Das, the Guru of Guru Ram Das through whose blessing today we vibrate in the Divine ecstasy. I disclose to you today this secret of the Divine for the uplift of humanity and those who will follow it will be liberated and be one with the Divine.



THE KUNDALINI KIDS

this
week
featuring
Sammy
Sadna

As our scene unfolds we find
Sammy Sadna doing his Thing



IDA Pingala's
Secret message
for today:

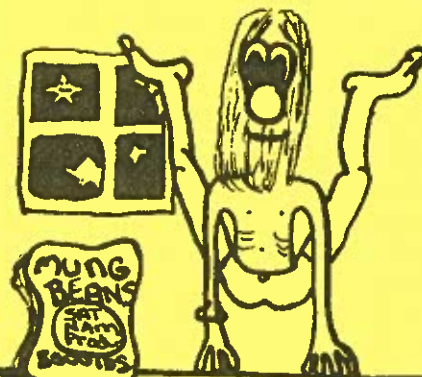
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ਸਤਿ ਨਾਮੁ
ਮਿਰੀ ਟਾਗਿਰਾ



(2)

Well it's Sadna
time again gang,
Sometimes it all seems so



It's the one last thing,



So Long
For Now ✨

Back on home soil after 84 days of high adventure with 85 people of assorted backgrounds and karma to pay, Yogi BhaJan returned from India, March 20, 1971 and immediately launched into his usually non-stop round of activities. After nearly 26 hours flying time enroute to San Francisco, Yogiji addressed the annual State Convention of American Physical Therapists in the morning and then attended Spring Solstice Celebration at Sonoma State College that afternoon where he performed a wedding.

March 24 he shared billing with The Grateful Dead and the Sufi Dancing & Choir Group at the Winterland Ballroom in San Francisco. (Baba Bert put that all together!)

At Hargobind Sadan we saw a video-tape of an excellent documentary on drug-abuse and its solution through Kundalini Yoga which had been filmed at 3HO North and shown in the Bay area. After teaching classes, visiting I.Y.I. (and incidentally the zoo and the aquarium) and a few days of tender loving care at Hargobind Sadan, Yogiji returned to L.A. to teach the U.C.L.A. credit course in Kundalini Yoga at our Guru Ram Das Ashram.

Kundalini Yoga may now also be taken for credit at the University of Oregon at Eugene (Lee Engstrom), Arizona State U. (Babadon Conreaux), and Pitzer College, Claremont, Cal. (Mike Fowlis).

Weekend of April 3 Yogi BhaJan spoke at the U.C. at Davis program of "Earth Rebirth" where the divine music and chanting of Gerry and Toni Pond, Black Krishna and Premka turned on several thousands of people with EK ONG KAR SAT NAM SIRI WHA GURU, and some new songs Sat Nam is composing these days. We hope to have a song-book out soon to share with our family the universal language of love.

Speaking of love, all love and blessings to Pam and Graham Beattie whose wedding in Toronto is May 24. Our Toronto 3HO is expanding rapidly and would welcome more student-teachers. (As would most places these days!) We just made up a list of all the classes available in the L.A. area, and there are 43 per week!)

Bursting with love, joy, and an abundance of students, the "Kosmic City" 3HO Family is really thriving with Tom Leiderbach bringing Kundalini Yoga to Kansas City, Missouri.

And, welcome to the planet earth, our new wise old souls in babies bodies...born March 21, 1971 to Suzie and Steve Burns, one Rishi Sat Vir Singh. To Cherro and Solom Babavir, last January 23, 1971, Sol ☸ El. May they be healthy, happy and holy!

Filled with too much love to save until next Christmas, here's a poem by Mark Singh Vosko (Detroit 3HO)...

Just about 2 years ago, to this very day,

The brightest light brought to this Earth, arrived in west L.A.
At that time, some Hippies, some freaks, or, pardon me,

Some nice young boys and girls, were tripping on LSD.
Their eyes were wide and spacy, they never slept at night.

Their hair was long and funky; their parents would say in fright,
"Now listen to me, Junior, since I am your pappy,

I'm wise with wisdom, and I know just how you should be happy."
"First, cut your hair, and get a job, and then work for the top.

HIGH TIMES (Continued)

Here's a clue on what to do, Now there's this butcher shop..."
But these sweet humble offerings the freaks would let go by,
They were happy with each other getting stoned and being high.
And while all this was happening, for reasons hard to detect,
L.A. became a center point with a magnet-like effect.
Then it finally happened, as in most tales it does,
in the middle of a Beatle song with quite a heavy buzz,
A flash appeared before them and all were caught amazed,
they said "what are you here for" and sat there very dazed.
He said he was an instrument here by the Grace of God,
to tune us up and perfect ourselves in spirit, mind and bod.
He said that if we tried, we may just get much higher,
his first gift was a blessing indeed—he gave us "breath of fire."
The words he spoke were Holy, his manner was Divine.
He taught us love and service and told us "Now's the Time!"
He emphasized that "karma", returns like waves of sea, and
stressed we liberate ourselves and serve Humanity.
And stated that the Holiest act beyond all earthly measure,
was to humbly do just "what is right", instead of selfish pleasure.
The people who were listening began to learn and grow
and one by one went on their way to set Gods' earth aglow.
Now on this Christmas '70, through this Holy sage,
We're united as a family to enter the Golden Age.
For which all who will live it. whatever be the date,
can reflect back on those inspiring words,
"Love you, Buck up, Be Grrreat!"

May all continue to be Healthy, Happy and Holy.
May His will prevail.

N
SAT
M

With all love in Divine,

Mark Singh

Thank you, Mark,(for merly known as "little Mark")and God bless everybody,and God bless God for bringing Yogiji back home safely.

(While he was in India, Yogiji would refer to "we Americans", for indeed, he has adopted America as his own.)

At the famous Golden Temple at Amritsar, the "House of Guru Ram Das" (Yogiji's Divine Guru) Yogiji received the highest honors the Sikhs can confer. His group was met with tremendous enthusiasm, love and respect. Led by Black Krishna, Premka Kaur and Mark Singh, they were accorded the privilege (never before granted to any outsiders) to chant in the Temple itself. Breaking another precedent, the authorities of the Golden Temple (what the Vatican is to the Catholics, the Golden Temple is to the Sikhs--and more) made Yogi Bhajan an official priest of the Golden Temple empowered to confer their most sacred ceremony, the Amrit, and to perform marriages. (Sikh means literally "shishya" or student, i.e. one who follows the teachings of Guru Nanak.)

HIGH TIMES (Continued)

There is no doubt, our Yogiji is great; but remember his words,
"you should all be greater than me... don't love me, love my teachings!"

In the name of the cosmic power which prevails through everyBODY
and the Holy Nam which holds this whirling mass of energy together,

Humbly yours,

Shakti Parwha

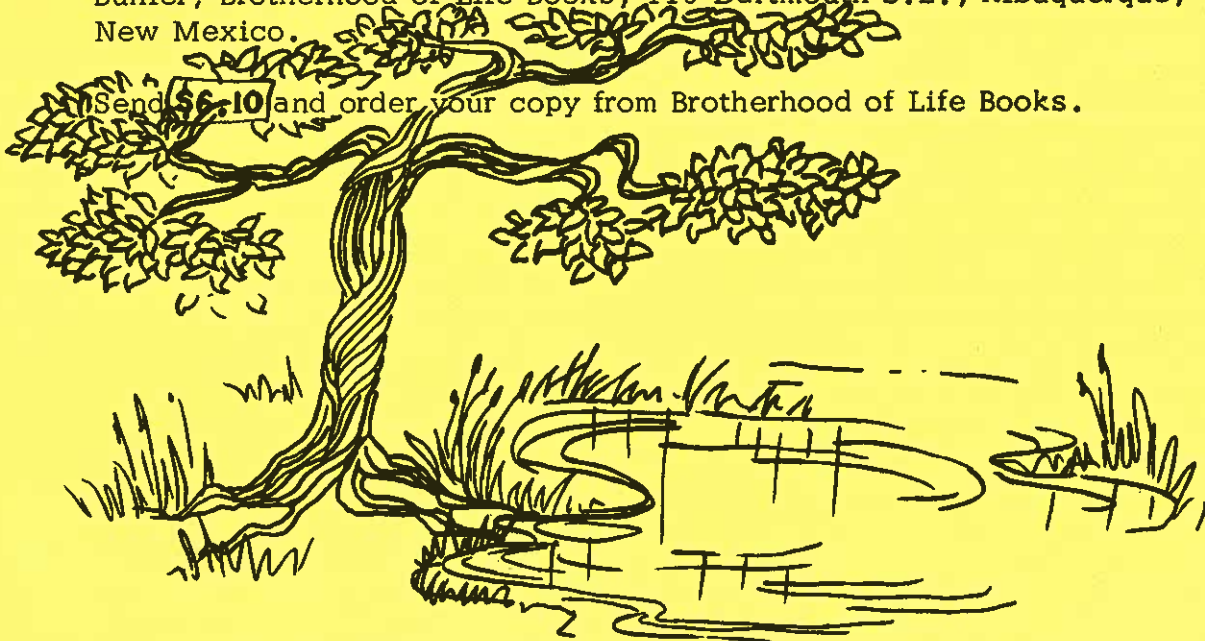
PEACE LAGOON

"This is the song eternal, song of love, and song of spiritual wisdom.
This book has the power that when somebody will meditate and open
it up it will talk wisdom to the person's heart. The beautiful children
of the Age of Aquarius who are the children of higher consciousness
and love, shall find it a companion to their soul and heart."

Yogi Bhajan

By the grace of God and Guru and through the dedicated service of
Kamrani Premka Kaur, Peace Lagoon has been published by Richard
Buhler, Brotherhood of Life Books, 110 Dartmouth S.E., Albuquerque,
New Mexico.

Send \$6.10 and order your copy from Brotherhood of Life Books.



THE NAVEL CENTER

It seems we always find comics with some fakir "meditating on his navel," so the navel has become an accepted joke. In point of fact, however, yogic therapists and all disciplines (Tai Chi for example) that work with the more subtle anatomy are well aware of the necessity for navel point adjustment.

Before birth we are fed by the Mother, given our mother-energy via the physical navel point. After birth we are still fed, more subtly, by the Cosmic Mother energy, i.e. that energy which helps to regulate our overall system in nature's way. Recall that there are said to be five vital airs in the body. One of these, called samāna is drawn into the body at this point. Fortunately, the yogis have found that the more subtle energy can be observed and regulated by rather gross signposts. Before we do a sequence to judge and adjust the navel point, let's see what some scriptures and yogic therapists have to say.

"One of the sacred Upanishads says: 'In the center of the stomach, the navel center reposes in the circle known as Maṇipūra. Between the navel and the last bone of the spinal column is the navel center shaped like a bird's egg. This encloses within itself the starting points of 72,000 nerves, of which 72 are vital. Of these, again, ten are the most important. In order to have proper control over these ten nerves, one has to take special pains.' In particular, special pains to center the navel point since it insures that the 72,000 nerves are functioning in a balanced manner. If the navel is dislodged from its proper position, many hard to diagnose maladies result.

Causes of displacement can be improper and over-eating; weight lifting; falls; uneven distribution of weight with jerky footsteps, etc. In a male, the navel generally displaces to the left, in a female, to the right.

"If it is found above, improper digestion, constipation, acidity, diseases of the heart and general irritation in behavior will be the result. If displaced downwards, loose motions, dyspepsia, colic pain, bad dreams, etc. are the result. If displaced sideways, acute pains in various nerves of the body result which are difficult to remove even with medicines." "In the female, displacement often leads to such problems as leucorrhoea, menstrual irregularity, etc. Also babies born to mothers with chronic navel displacement are weaker and more short-lived than otherwise." (From the Yogic Sūkṣma Vyāyāma.)

So, what do we do? First, to examine the navel, relax abdominal muscles. Join the thumb with other fingers straight, forming a little circular hole at fingertips. Press it down on the belly-button. There you can feel a heart-beat (the beat of the "belly-brain"). If the beat is exactly in the center of the down-pressed belly-button, then the navel center will also be correctly adjusted. If not, the following sequence of exercises will help to adjust it:

1.) Stretch Pose

Lying on back, put heels together, point toes forward, lift heels 6 inches off ground. Raise the head same height and focus eyes on toes. Arms are off ground, not touching hips, fingertips towards toes. Begin breath of fire (BOF) for 1 minute. Inhale, hold the breath, exhale and relax. If you feel energetic, do up to 3 minutes.



THE NAVEL CENTER (Continued)

2.) Bow Pose

Roll on stomach. Reach back, grab ankles, pull yourself up so navel or sex organ is on the ground, neck arched back, begin BOF for up to 3 minutes, then inhale, hold a few seconds and relax slowly.



3.) Wheel

On back again. Put palms on the floor, under the shoulder. Feet flat on ground by buttocks. Now carefully arch up so the navel is the highest point of the body. Look at thumbs on floor. Take a few long deep breaths (LDB) and center your attention (at forehead, for instance) so that you don't become disoriented, dizzy, etc. Then, do BOF for 30 seconds to 1 minute. Hold. Slowly come down.



4.) Lying on Back

Cross the legs, grab opposite elbows across chest, put the head on ground. Arch neck and navel up. BOF 1-2 minutes. Inhale, hold, relax. (IHR)



This is actually a fun sequence to do any time. This practice should be continued at least three consecutive days. Stretch pose should be practiced every day upon waking, before even getting out of bed.

Notes from Kundalini Yoga course taught at Claremont College, California, by Mike Fowlis. (May be taken for credit.)



HERB TRINITY

GARLIC
ONION
GINGER

Nearly all of us have spent the major portion of our lives eating foods that contained a variety of chemical pollutants, many of which have remained in our bodies. And in reaction to these, the body has made many minor and some major adjustments in its manner of operating and in the nature of its organs. The nerves, sinuses, kidneys, liver, intestines, indeed, practically every part of the body has had to alter its normal mode of action to accommodate this chemical warfare.

Yoga is an important means for purifying the body of these unwanted additions. Stimulation of unused or misused parts of the body drives out impurities and re-establishes a normal functioning.

Diet, likewise, is an important way to cleanse the body. Three common herbs called, onion, garlic, and ginger root, are essential to a healthy diet.

Onions stimulate the production of blood, the river of life which carries nourishment to the body parts and carries waste material away from them. During periods of illness especially, an adequate supply of blood to make certain that the toxins in the body can be carried away from the diseased area, is essential. Onions are best raw, and can be used generously in all cooking.

Garlic has many medicinal properties and acts to increase the production of semen in the body. This semen is essential to healthy nerves and to the practice of Kundalini Yoga. Garlic acts to purify the blood as well by drawing poisons to it, and is a natural antibiotic which can be used during most any illness. It is best taken raw for it loses most of its potency when cooked. Garlic powders are flavorings only and have lost all potency. Garlic can be eaten by taking a few cloves and biting into one at a time and swallowing with water, without touching the tongue more than necessary. (Parsley will reduce the odor if you eat it with the garlic. Brushing the teeth with 2 parts alum and 1 part salt also helps to draw out the odor.) Use it in salads, cooking or on toast.

Ginger root nourishes the nerves of the body and allows them to carry more energy. It may be helpful in correcting spinal difficulties and the health of the life nerve. Ginger root is good fresh (the juice can be combined with other juices), or used as a spice in cooking, or boiled for tea. Ginger root tea is a great energy booster, especially good for women during the menstrual period.

All three of these herbs should be used in abundance in the daily diet as well as specifics at time of disease. It will take many years to clean our bodies of chemical wastes and this trinity of herbs will help speed up the process.

RECIPES

YOGI TEA

This is the original recipe for Yogi Tea which Yogi Bhajan brought with him from India.

Approximate measurements:

Into 2 quarts boiling water, put 20 CLOVES

20 whole CARDOMOM pods (which may be opened)

25 whole BLACK PEPPERCORNS

2 sticks CINNAMON

Boil 15 min. Add 1 or 2 t. TEA. (Jasmine is nice, or any black tea). Boil 2 min., then add 1 c. milk. Bring to boil again, strain, add HONEY to taste and drink.

This is effective as a deterrent and home-remedy for colds and flu. It is a delicious hot substitute for coffee and may be taken by children as well as adults. The chemical interaction of the ingredients is all calculated and each ingredient has a specific function.

Some people, however, have adapted this to their own desires and make it without the tea and/or without the milk. Another optional addition is GINGER ROOT boiled along with the spices. If you don't use milk, but do use tea, then be sure to turn off the flame as soon as you put the tea in, don't boil it any more. HINT: Too much cinnamon or too many cloves will make it too strong.

CHAPATTIES

3 c. corn meal

3 c. garbanza bean flour

1/3 c. oil

3 chopped onions

4 chopped green peppers

1 chopped garlic

1/3 c. honey

3 T. curry

1 t. cayenne

1 t. black pepper

water

Mix all ingredients, add water to make into thick, sticky mix to form patties.

Put patties on a lightly oiled cookie sheet and bake 15 min. on each side.

These may be made sweet by adding more honey and replacing vegetables with dried fruit and nuts and change spices to cinnamon, ginger, cloves, nutmeg and allspice. Both are good and simple to make.

POTATO ONION SOUP

4 potatoes 2 T. caraway seeds

2 garlic cloves 1 T. sweet basil

4 onions chopped 1 t. black pepper

1/3 c. oil 2 T. oregano

1 t. cayenne 1 T. tumeric

1 T. ground cumin

Slice potatoes into small pieces, boil in 6 qts. water. Saute onions and spices until onions are clear and add to potatoes and cook until potatoes are soft. Good for colds and digestion problems. Relines the inside of the intestines.

POTENT POTATOES

1/4 c. chopped ginger root	4 onions (finely chopped)
1 whole garlic	
1 T. oregano	1 T. turmeric
2 T. caraway seeds	1 t. cayenne pepper
1 T. black pepper	1 t. ground cumin
2 T. poppy seeds	12 potatoes
1/3 c. sesame oil	

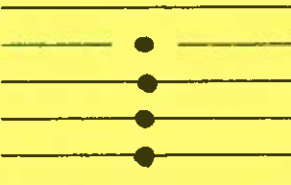
Wash and oil potatoes and bake at 350 for 1 hour. Saute spices, onions and oil until the onions turn clear. Set aside. Cut baked potatoes in half, scoop out center, leaving shell. Place shells on cookie sheet and mix potato insides with onion mixture. Add 1 pint yogurt and then refill the potato shells with this mixture. Top with slices of your favorite cheese and put in oven just long enough to melt cheese.

These are very cleansing, and good for the nerves. Contains garlic to create the sexual fluid and ginger to channel it.

I CHING

In Albuquerque, New Mexico, May 2, 1971, at Richard Buhler's Brotherhood of Life Bookstore, Yogi Bhajan threw the "I Ching" (otherwise known as the Book of Changes). This is the reading:

TA YU -- POSSESSION IN GREAT MEASURE

	6	above LI	THE CLINGING, FLAME
	9		
	9		
	9	below CH'IEN	THE CREATIVE, HEAVEN

The fire in heaven above shines far, and all things stand out in the light and become manifest. All things come to the man who is modest and kind in a high position. ("Blessed are the meek: for they shall inherit the earth.")

The Judgment

Possession in Great Measure.
Supreme success.

The two trigrams indicate that strength and clarity unite. Possession in great measure is determined by fate and accords with the time. How is it possible that the weak line has power to hold the strong lines fast and to possess them? It is done by virtue of unselfish modesty. The time is favorable--a time of strength within, clarity and culture without. Power is expressing itself in a graceful and controlled way. This brings supreme success and wealth.

The Image

Fire in heaven above:
The image of Possession in Great Measure.
Thus the superior man curbs evil and furthers good,
And thereby obeys the benevolent will of heaven.

The sun in heaven above, shedding light over everything on earth, is the image of possession on a grand scale. But a possession of this sort must be administered properly. The sun brings both evil and good into the light of day. Man must combat and curb the evil, and must favor and promote the good. Only in this way does he fulfill the benevolent will of God, who desires only good and not evil.

I CHING (Continued)

The Lines

Nine in the second place means:
A big wagon for loading.
One may undertake something.
No blame.

Great possession consists not only in the quantity of goods at one's disposal, but, first and foremost, in their mobility and utility, for then they can be used in undertakings, and we remain free of embarrassment and mistakes. The big wagon, which will carry a heavy load and in which one can journey far, means that there are at hand able helpers who give their support and are equal to their task. One can load great responsibility upon such persons, and this is necessary in important undertakings.

Nine in the third place means:
A prince offers it to the Son of Heaven.
A petty man cannot do this.

A magnanimous, liberal-minded man should not regard what he possesses as his exclusive personal property, but should place it at the disposal of the ruler or of the people at large. In so doing, he takes the right attitude toward his possession, which as private property can never endure. A petty man is incapable of this. He is harmed by great possessions, because instead of sacrificing them, he would keep them for himself.

Nine in the fourth place means:
He makes a difference
Between himself and his neighbor.
No blame.

This characterizes the position of a man placed among rich and powerful neighbors. It is a dangerous position. He must look neither to the right nor to the left, and must shun envy and the temptation to vie with others. In this way he remains free of mistakes.

Six in the fifth place means:
He whose truth is accessible, yet dignified,
Has good fortune.

The situation is very favorable. People are being won not by coercion but by unaffected sincerity, so that they are attached to us in sincerity and truth. However, benevolence alone is not sufficient at the time of Possession in Great Measure. For insolence might begin to spread. Insolence must be kept in bounds by dignity; then good fortune is assured.

I CHING (Continued)

I -- INCREASE



above SUN THE GENTLE, WIND

below CHEN THE AROUSING, THUNDER

The idea of increase is expressed in the fact that the strong lowest line of the upper trigram has sunk down and taken its place under the lower trigram. This conception also expresses the fundamental idea on which the Book of Changes is based. To rule truly is to serve.

A sacrifice of the higher element that produces an increase of the lower is called an out-and-out increase: it indicates the spirit that alone has power to help the world.

The Judgment

Increase. It furthers one
To undertake something.
It furthers one to cross the great water.

Sacrifice on the part of those above for the increase of those below fills the people with a sense of joy and gratitude that is extremely valuable for the flowering of the commonwealth. When people are thus devoted to their leaders, undertakings are possible, and even difficult and dangerous enterprises will succeed. Therefore in such times of progress and successful development it is necessary to work and make the best use of the time. This time resembles that of the marriage of heaven and earth, when the earth partakes of the creative power of heaven, forming and bringing forth living beings. The time of Increase does not endure, therefore it must be utilized while it lasts.

The Image

Wind and thunder: the image of Increase.
Thus the superior man:
If he sees good, he imitates it;
If he has faults, he rids himself of them.

While observing how thunder and wind increase and strengthen each other, a man can note the way to self-increase and self-improvement. When he discovers good in others, he should imitate it and thus make everything on earth his own. If he perceives something bad in himself, let him rid himself of it. In this way he becomes free of evil. This ethical change represents the most important increase of personality.

NEW YEARS DAWN-STONE MOUNTAIN

At 5:30 A.M., we started our honest pilgrimage to a holy mountain of solid granite, of crystal vibrations. With the star of Bethlehem and the first light of dawn lighting our path, and pulling from the East, we nearly levitated to the summit. We passed three pilgrims also bound for the first sun. They joined us to chant God's name as the first day of the new decade was born in a splendor of heavenly rainbow rays. For fully an hour the horizon told us the story of creation and the universe with color language the gods themselves must use.

The sun finally appeared. A giant firegod in glowing crimson robes and low square crown--telling us that even as men scream and die, are born and love...no matter what feeble or great efforts we make... he will still be unattached, unaffected, unattainable lord of all.

As we sat gazing out over the rolling country side, stretching to end in the sun, a voice came to me. As we sat overwhelmed by the unutterable beauty, the heaviness of our future sank in and a voice came. The voice of the pilgrim came from across the ages, and looked out with me, out over time.

"Hail there pilgrim, where are you bound?"

"I'm told that at yon star a master will be found."

"Hie thee pilgrim, where are you goin?"

"I'm goin to find the Aquarian King."

"Brother pilgrim I know your eyes can see.

Look just over that first hill and tell what's in front of me."

"I see a trying time of terrible strife when all mankind forgets the meaning of life."

"Wonder full pilgrim, look just over there. The grass on the distant hills is greener, more fair."

"Yes, that's the time when man's beginning to know that actions are the seeds we plant, and seeds must surely grow."

"And further out there seems to be a mountain of gold. There must be joyous people there and happiness untold."

"Smiling faces sing all day in modes of the lost chord. The only word in all their hymns is the name of the Lord."

"Now tell me pilgrim, will I make it there?"

"Yes, you will make it when you learn to share."

"What will teach me this, what will I learn of?"

"You'll know sharing when you learn to love."

"Good pilgrim how will I learn to love?"

"Only with good brothers...and grace from above."

We were silent going down...filled with enough vision and hope to last a good time, maybe long enough to get us through.

Truckin down Stone Mountain,
lookin over the hills of dawn
Maybe the next hill will be the last,
Lord it won't take long.

SAT NAM

Lawton Singh Bozeman
Atlanta, Georgia
3HO



TRANSCRIPT OF LECTURE BY YOGI BHAJAN

Los Angeles, Calif. - May 9, 1971 - Mother's Day

"A thought was ringing in my ears; after all, we do celebrate Mother's Day...therefore, I am not doing anything new in this country, just I am telling the woman that "You are the Grace of God." All I'm trying to do is remind the mother of her responsibilities; telling the men they are born of the woman. If there will be no respect for the woman, there shall be no peace on this earth. I believe it. I will stand by it and this is what I'm going to preach. I honestly believe man is a cheat. I'm very sincere about it. I have seen through the life style. How can a man born out of a woman become so shameless that he allows, in such a civilized country, woman to give service in a restaurant, totally naked? How can that happen? Well that exists, and I know it does exist. The signs are advertising it just two blocks from where I live. So long as that exploitation continues in this country, there is no fun having a church on every corner of the street. There is no fun having a yogi in this country. There is no fun talking of Christ. There is no fun talking about Buddha, and there is no fun celebrating Wesak. This big hypocrisy in which I and you all are participating is very evident. But there is a method to face this untruth, and I am adapting this method: to raise the consciousness of the people, to make them aware and make them realize the Truth in mankind. That is the job of the preacher. He must preach the Truth and leave it to the people to come to certain ways of life which they feel are right. I honestly feel that time has come when woman herself shall become so graceful, so aware, that she has to understand her goal and her fulfillment as a mother. There is no fun celebrating Mother's Day when at night anyone can go to all these places.

The mother who gave us life, who gave us birth, who gave us existence, who took care of us in those days when we were totally hopeless and helpless, that mother for a few dollars, for our sensory satisfaction, for seeing a woman naked, we hire her topless and bottomless every nite. That is our reality. Let us not forget it. There is hardly any big town where we do not play this game to our mother, and that is a factual fact. We are very bold in doing it. We have totally forgotten that topless and bottomless woman is a sister, a daughter, or a mother of somebody. She is a woman and we are born of woman. This whole scene to me is very clear. I can see this conception also very clearly, and I am assuring myself that these children of the Age of Aquarius will grow in their consciousness, will grow in the right perspective and faith, they will come to the Light and thus they will save themselves of this disgrace.

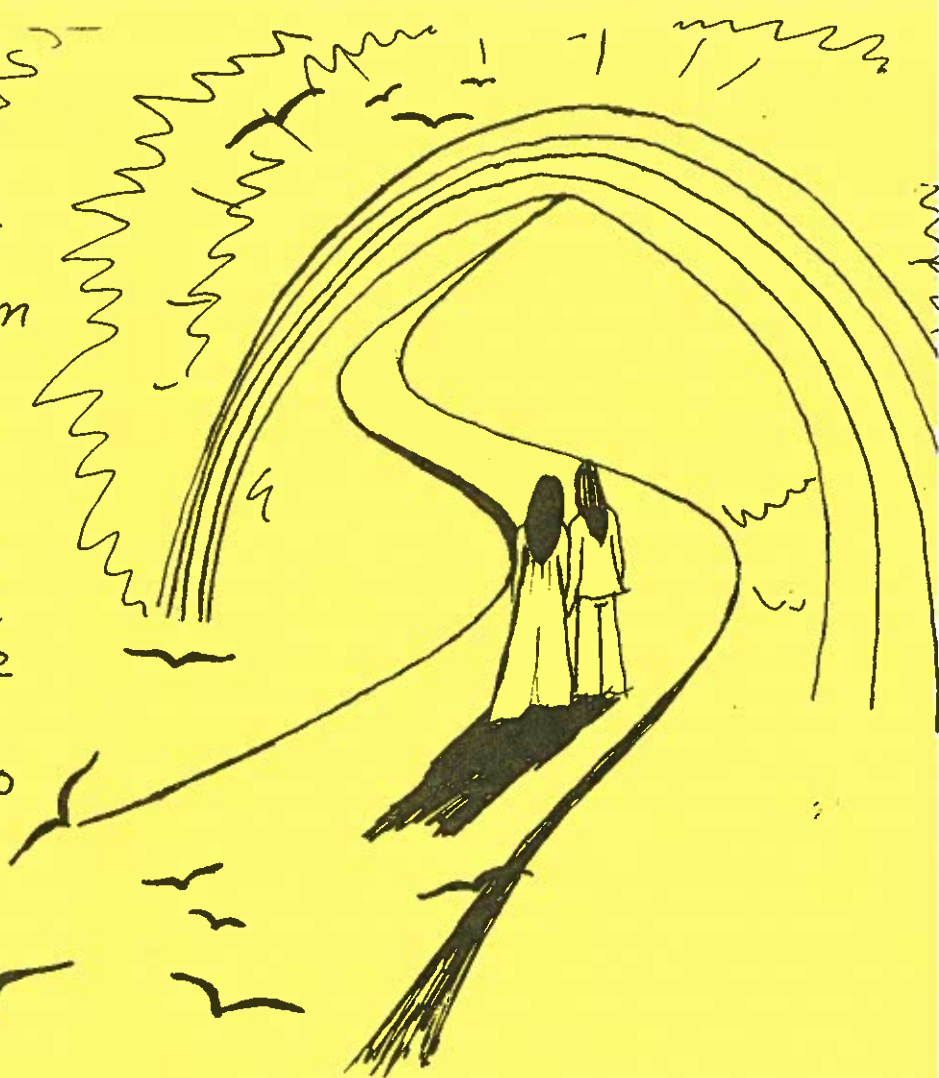
So on this Mother's day, I sincerely feel, I honestly appreciate in myself this revolt. I am grateful to God for giving me this thought. A year ago, we started a movement, GGMWA (Grace of God Movement of Woman of America). We gave an exercise. I am very, very much

LECTURE BY YOGI BHAJAN (Continued)

in debt on this Mother's Day to those ladies, those graceful ladies, who have practiced that exercise, who have found the Grace of God in them, and the Light in themselves, who are totally relaxed, who have assured me through thousands of letters that they are grateful to me and through me they are grateful to God. It gives me a very great satisfaction that I could be such a pure channel that I could do something for the woman of America. I am assuring you I will virtually live for this. I am a worshipper of the woman, Bhagwati. Lord Shiva is known to be the God of this earth, and I can kid with him anytime I like, I don't care for him. But for the Bhagwati I do care very much because I worship her in my heart. She is with me and the Divine Mother protects me all the time. I know my faults and my follies and I know my strong protection. That protection is stronger than anything I have realized in my whole life. Therefore I feel like just lodging a great protest with the world today. Don't talk about peace, don't talk about spirituality, don't give us a message of Guru Nanak, Jesus Christ, Buddha, Rama or Krishna. We have heard that and heard that. Give us something so that we may stop exploiting our own mother. Give us something so that we may tune into the cosmos to be worthy of our mother. Give us something that we can relate to this creative power of the God which is the mother. Give us something we can honestly indraw in our heart the image of Grace of the Mother. And O Lord of Lords of the time, if you have created this world, create those environments where everybody's mother, sister and every woman on this planet can live with grace and there shall be no circumstances in which she has to sell her beauty, sell her body, sell her being, sell her consciousness, to exist on this planet. I do not know whether my tiny and feeble voice (well, it is very strong, I know about it) can be heard, and where, but I am pretty sure I will shout from those mountains, I will never rest on that planet on which woman is still being exploited. That is my ultimate goal and my ultimate urge. But I am not fool enough to try single handed. I know my thousands, and hundred thousands and millions of children shall be ready, the day shall be ready, we will wipe out this insult to our own generation, out of this planet. God has given me a sufficient big heart, I can practice patience better than I can practice Yoga, therefore I will wait up to that time when the soul in you will become so pure, so awake, so aware, that you will be willing to sacrifice your being to protect the very gentle, sweet being who brought you to what you are today.

With these words, and with this prayer of mine, on this most beautiful day which I relate to, it is a day to be reminded of my own source of energy, I bow to every mother and I also ask to the would-be mother, to be Graceful. And I ask every man who would seek peace to realize peace doesn't come by protests and rallies. We know it and we are aware of it. Peace comes by peaceful actions and so long as the born of the mother will not learn to respect the woman, there shall not be any peace on this planet. The day on this planet the woman will not be exploited, there shall be peace on this earth."

Woman was created
From the rib of man
She was not made from
His head to top him
Nor out of his feet
To be trampled upon
But out of his side
To be equal to him
Under his arm to be
Protected -
And near his heart to
Be loved.



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This is an extraordinary time in our country for never before have there been as many spiritual alternatives available. Having recognized the tremendous reservoir of energy in this country, holy men from all over the world are coming here to make their teachings available to us. It is written in the scriptures that a man may not seek his teacher but only make himself ready for that time when Providence should bring him and his teacher together. This does not mean that an aspirant may not benefit from readings of the scriptures or keeping the company of the holy. How can the meeting with the teacher be described? One is elevated and beholdsthe light of expanded consciousness. This is given as proof of the reality of the undertaking. The path is often long and the destination must be firmly established as a reality. What then? Each man must begin where he is, this is the cosmic law. As a man sows, so must he reap; the law of cause and effect is the law of karma. Habit is the manifestation of karma. Our good habits, practical and reinforced, take us closer to the goal and our bad habits limit our growth and cause us to suffer. From the point of illumination in the presence of the teacher, one must return to one's deserved place and begin the task of earning one's pass to the infinite. Growth is seldom a linear phenomena. There are periods of strength and periods during which one falters. Perserverance furthers, one must keep up. The tests are many and always perfectly aimed at the student's weakness. If a man stumbles, he must pick himself up, learn the lesson which has been given and continue. The teacher is provided to encourage the individual, help him to maintain his faith, and to provide the technical know-how which will take the aspirant

towards his goal. All experience is provided as a catalyst for growth. The art is in remembering that everything is a function of God's will. At this point, surrender of the self-will is essential.

Love your teacher and be devoted to the teaching that he provides. Beware of attachment. There is an adage in our folklore that abjures us not to change boats in the middle of the stream. This is sound advice for anyone who sets out on the path under the guidance of a competent teacher. There are many ways, some are short and direct and others are long and circuitous. There are at least as many guides as paths. There is one goal and ultimately all paths lead to that goal. A teacher serves on that path for which his experience, training, and inclination best suit him. The student finds himself on the path which, according to his karmas, will best facilitate his growth. Be less critical of the path that another may have chosen and more critical of yourself and your own development.

There is one Truth and there are infinite manifestations of that Truth. No teacher is better than any other when they are serving as pure channels of the Divine Will. Each teacher attracts to himself those whom he can best serve and each student will gravitate to that teacher under whose guidance he can best develop.

Tolerance will emerge as one of the greatest virtues to be cultivated in the "New Age." Take deep into your heart these words of Guru Nanak:
"Let brotherhood with every man on earth be the highest aspiration of your yogic order."

SAT NAM

--Dawson

A NURSERY RHYME FOR
LITTLE YOGI'S AND YOGINI'S
BY KAREN GORDON

YOUR GOD IS A LION,
AND MY GOD IS A LAMB.
YOURS IS WHAT YOU WANT TO BE,
AND MINE IS WHAT I AM.
I HAVE MET THE LION
AND I HAVE FEARED HIS MIGHT
BUT NOTHING IS MORE POWERFUL
THAN GENTLENESS AND
LIGHT.



SARASWATI SHARES

While listening to some early tapes of Yogi-ji's, I had heard him speak of women and all that they should do and read while pregnant. The tape message was stored somewhere in my mind-files until the day I realized that this miracle of life had begun inside of me. I went back and searched out the tape, dated one Saturday morning late in September of 1969. Here is what Yogiji said that September morning. It is here so that all who find themselves within this miracle may know and share his words.

Colleen

"O beautiful creative power of God, the Woman, you have to create three kinds of children; the giver, the Saint, and the hero. Otherwise, don't lose the charm of your creative power and God in you. Don't get conceived at all, if you cannot create these three types of children.

It is so; how poor a house may be, if you closely have a chance to watch an Indian family, when the woman conceives, she is let free. They won't ask her to work; they don't bug her; they don't interfere with her. She is supposed to go to a temple somewhere to meditate, to chant. She is given best food because no negative vibrations at all are tolerated. The basic idea is that those vibrations, when the child is in the womb, are very effective on the child. So, all happy things she should listen to, all sages and saints and sayings of the sages. And that is how she is to develop those nine months. And there are certain ceremonies where she is worshipped by the families of the in-laws as well as that. There is a family Kirtan when it is the fifth month, when the child gets the life in it. It is a very costly ceremony. A feast is given to the poor, and all the people, they decorate her like a doll and the father-in-law, the mother-in-law, the husband, everybody, comes and bows to her. Can you believe it? They worship her on that month when she

enters the fifth month of the child's age in her womb. Because she is the goddess and she is going to give a child to that family.

(Question from student) Father: When does the soul enter the baby?

Well, "soul", in other words, what you call the soul, it is the very conception, into the egg. But when you call the Breath, it is the fifth month. But you say when the life enters the baby, soul is there, prakiti is there. Moment you start breathing, the effective soul is there. Soul is from the very conception, there is no problem of the soul. Life of breath is granted to child around the fifth month. And he is fed through the navel point. And it is a physical action when the child comes out the womb, this navel point is cut down, and at that minute, he is granted the free will -- "I am a child." He says, "Maaa, give me something." That is the problem and that is when it starts. First ego is when he demands a right of milk. That is the first time."

G.G.M.W.A.

Dear Gracious Ladies,

Women of America, if you would like to become a member of G.G.M.W.A., the "women's auxiliary" of 3HO and learn a special technique to give you that Grace of God which is your birth right, please write to: Shakti Parwha, 8802 Melrose Avenue, Los Angeles, Calif. 90069.

A LIBERATED MAN (BASIC CONCEPT)



ADI SHAKTI



HEALTHY-HAPPY-HOLY
ORGANIZATION

SADGURU NANAK - THE GREAT LIBERATOR

What is a liberated man? And what is the reason why we suffer in the hands of time?

Man has two sides. One is a carefree side, the other is a careless side. When man lives in his carefree side, he is guided by his Divine faculty. When he lives in his careless side he is guided by his animal force. It is not the carelessness of breaking a glass or accidentally throwing away something you meant to keep. Materially we are considered careless when we are unable to discharge our material responsibilities, but in reality, we are truly careless when we lose our Divine personality - that 'something' which is very precious, beyond value, is lost just for passion.

Emotion and passion are the two buyers of our Spiritual personality. If you analyze this thought you will know that such a bargain is too costly. For what are we trading our Spritual Self?

This world of ours is a transitory phase of life; it is not permanent - but we always associate ourselves with it as if we belong to it and it belongs to us.

Subconsciously, behind every action is the desire to be recognized. But if you classify your desire for recognition and the way you try to be recognized, you will find that you want recognition without maturity. You want to be recognized as a mature being, and you have not developed the mature attitude of a carefree being.

The only carefree being is that person who is free from negativity. He is liberated. It is a Cosmic Law that such a person is never short of anything. A carefree man doesn't know any misery. He may be humble, that doesn't mean he is miserable. Wise ever, he sails through the Time undisturbed and he does not need any correction in the hands of Time. His smooth behavior and calmness in personality are the signs that he is a liberated being. In a nutshell, he is the happiest person ever on the earth.

This does not mean that you should be barred from having possession of worldly goods. Matter is a media. It cannot be created and it cannot be destroyed. Similarly, emotion and involvement in desire are also media, but the satisfaction is temporary, it is not everlasting.

If you understand how the addiction to liquor begins, you will understand this theory of involvement. This is how it works: A man who does not drink comes under a pressure and doesn't know what to do. He goes to the house of a friend for consolation, for man is a social animal and by having someone participate in his grief, he feels relieved. The friend offers whiskey for a soothing effect and the man is persuaded to take a drink. The alcohol goes into the body and does its chemical action. It soothes the nerves, and energizes the energy centers so that the man's attitude relaxes and becomes flexible. It is only a temporary relief, but the memory of that first taste sticks in his mind. He can never ever regain the smoothness of that first taste of liquor, but for the lust of that taste and in order to recapture that experience, people become habitual drinkers - alcoholics. They believe that the best way to escape from the pressures of life is to continue drinking and thus drinking becomes a need of the body.

Similarly, whenever you are going to involve yourself in any mode of life, you are going into a channel where you will go on and on and on, and you can never come back to the point from which you originally started. When we forget our original basis of action and become involved, we become a slave.

It has been seen in our entire concept of life, that we are 15% slave to routine, to habit. Man must involve in certain habits without which his life cannot go on. But he can attain liberation by changing the character of these minimum required habits.

There are two kinds of habits: Promoting habits and demoting habits. Demoting habits make you unhappy physically, mentally and spiritually. Promoting habits make you happy physically, mentally and spiritually. In your life, if you have all the habits which are promoting habits, you will end up as a Liberated, Divine person. If you have demoting habits, you will always end up as a physical wreck, mentally insane and/or spiritually defunct.

Habit is a must of your personality and mind. For that period when you are acting under a demoting habit, you are totally in the hands of Satan or the negative personality. It is also a constant fact, that if you get into any one negative habit, you will automatically attract its other four sister habits, for they love to stay together. These five demoting habits of behavior and attitude are: greed, anger, lust, attachment and negative ego. When one sister enters the house, she calls the others to join.

Each habit is supported on two tripods; they are 1) Physical, Mental and Spiritual; 2) Past, Present and Future.

There are two guiding instincts in man. He is either improving his future or blocking his future improvement. If you are conscious of this, and have an honest and sincere urge to improve your future, you will always have promoting habits.

"Oh man, if you are to care not even for God, at least care for the future."

When you care enough for your future to have promoting habits, you will become a liberated person.

A liberated person is always a happy person. He does not lack in any material comfort. He does not know any power on earth which can insult him. He lives in grace in this world and when he leaves the body he is respected for generations to follow. Everyone can be like that. Yesterday's greatest sinner can be a Saint this minute. The only thing required is a decision. "Am I to guard my future and choose to be a liberated person, or am I to block my future and go by the material-physical aspect of the world? Any person who blocks his future, it is a guaranteed fact he suffers in the future. Any person who takes advantage of the 'now' blocks his future (to take advantage is to cause someone else's loss). Anyone who takes advantage of the 'now' invites trouble from Mr. Future.

Maintain a positive attitude with promoting habits for 40 days, and you can change your destiny. This psychological concept of human behavior is a pattern which can guide you to that goal which is described in our scriptures as Paradise.

In the self one has to sow the seed of Divine vibrations and with the power of these vibrations one has to dwell in the Ultimate which is a Truth, a reality and an ever-living primal force. This primal force has been named as God by Christians; Paramatman by Hindus; Allah by Muslims. Some name has been given by each one - but the Universal Consciousness or this Universal Spirit has one name, that is Truth, so we call it Sat and we remember it as Sat Nam. Sat, in the language of gods (Sanskrit) means Truth; Nam means Name. So without dispute, we can say that the name of that Universal Consciousness, that Universal Spirit, that creative force in us, is a name which has a universal name and this is Sat Nam. All those who want to liberate themselves and seek to dwell in the Ultimate, have to be aware of cleaning their physical self and of directing their mental being towards the Sat Nam, the being of beings. Those who will dwell on these vibrations in the prime hours of the day, when the channels for vibrations are very clean and clear, and dwell in this Holy Name (Sat Nam), will realize the concept of a liberated man through the grace of this Bij Mantra, which awakens the goddess of awareness in the being and he lives as a liberated being on the planet Earth.

While to most of us the male appears to be the most energetic of the sexes, to the mystic, the female stands for the active principle... Pallas among the Greeks and Isis among the Egyptians, were both known for their active virtues. In Hindu mythology, the energy of the gods are personified and spoken of as the god's wife, or Shakti, which means creative power. While according to higher conceptions, the Shakti of a god is not separate from himself; for the better understanding of the aspect of the deity she is brought within the compass of human perceptive capacity and endowed with a being of her own.

SARASWATI is the consort of Brahma, the creator, and hence is considered the goddess of all creativity. She is the patroness of music and poetry, the arts and sciences. One of her names is "Vach" meaning word. It is said that she created the Sanskrit language. The origin of the intricate science of Indian music is also traced to Saraswati.

As Vach, she is one of the few goddesses mentioned in the Vedas, in which she describes herself as; "I uphold both the sun and the ocean, the firmament and fire, and both Aswins. I support the moon and the sun. I grant wealth to the honest votary who performs sacrifices, offers oblations and satisfies the deities. Me, who am the queen, the conferrer of wealth, the possessor of knowledge, and the first of such as merit worship the gods render universally, present everywhere, and pervader of all beings. He who eats food thru me, as he who sees or breathes, or who hears thru me yet knows me not is lost; hear then the faith which I pronounce. Even I declare this self that is worshipped by gods and men; I make strong whom I choose; I make Him Brahma, holy and wise, for Rudra I bend the bow to slay the demon, foe of Brahma; for the people I make war on their foes; and I pervade heaven and earth. I bore the father on the head of this universal mind and my origin is in the midst of the ocean; and therefore do I pervade all beings

and touch this heaven with my form. Originating all beings, I pass like the breeze; I am above this heaven and beyond this earth; and what is the great one that I am."

LAKSHMI is the consort of Vishnu and is the goddess of wealth and prosperity. She is fabled to have risen together with many other precious things, from the milk-ocean when it was churned for ambrosia, and as such is the Hindu counterpart of the Greek goddess Venus. Lakshmi, because of her loveliness, is also called Padmam which means lotus. When she appeared on the surface of the sea, her beauty captivated all the gods, and Shiva asked for her hand. But he had already seized the moon that had sprung up from the sea and hence Vishnu pressed his claim for Lakshmi. The goddess herself preferred Vishnu, and Shiva, in despair, it is said, drank poison; which, however, was prevented by the good offices of Parvati from reaching his bowels. Lakshmi is renowned for her feminine virtues. She is ever devoted to her husband and is represented in pictures as sitting on the serpent massaging the feet of her lord. When Vishnu descended to the earth in his many incarnations, Lakshmi accompanied him. When he came as Rama she was Sita, and when he came as Krishna, she was Radha.

The consort of Shiva is a woman of many aspects. She was first personified as Sati, a loyal and devoted wife, who, to vindicate her husband's honor, threw herself into a fire. Sati was reborn as Uma or PARVATI, the daughter of the Himalayas. She was exceedingly beautiful and over-confident of her husband's love for her who had so madly mourned his death. Hence she gave herself up to singing and dancing, spending her time decorating her person with flowers and ornaments, and hoped that Shiva would come to woo her in due time. But in this he was no longer interested, for he was immersed in meditation on Mt. Kailas. When Uma saw that her beauty could not win the attention of Shiva, she hoped to win favor by devotion and thus began to worship his image. This too failed. She then gave up the world and began severe penances. One day, while

MYTHOLOGY-PART-2

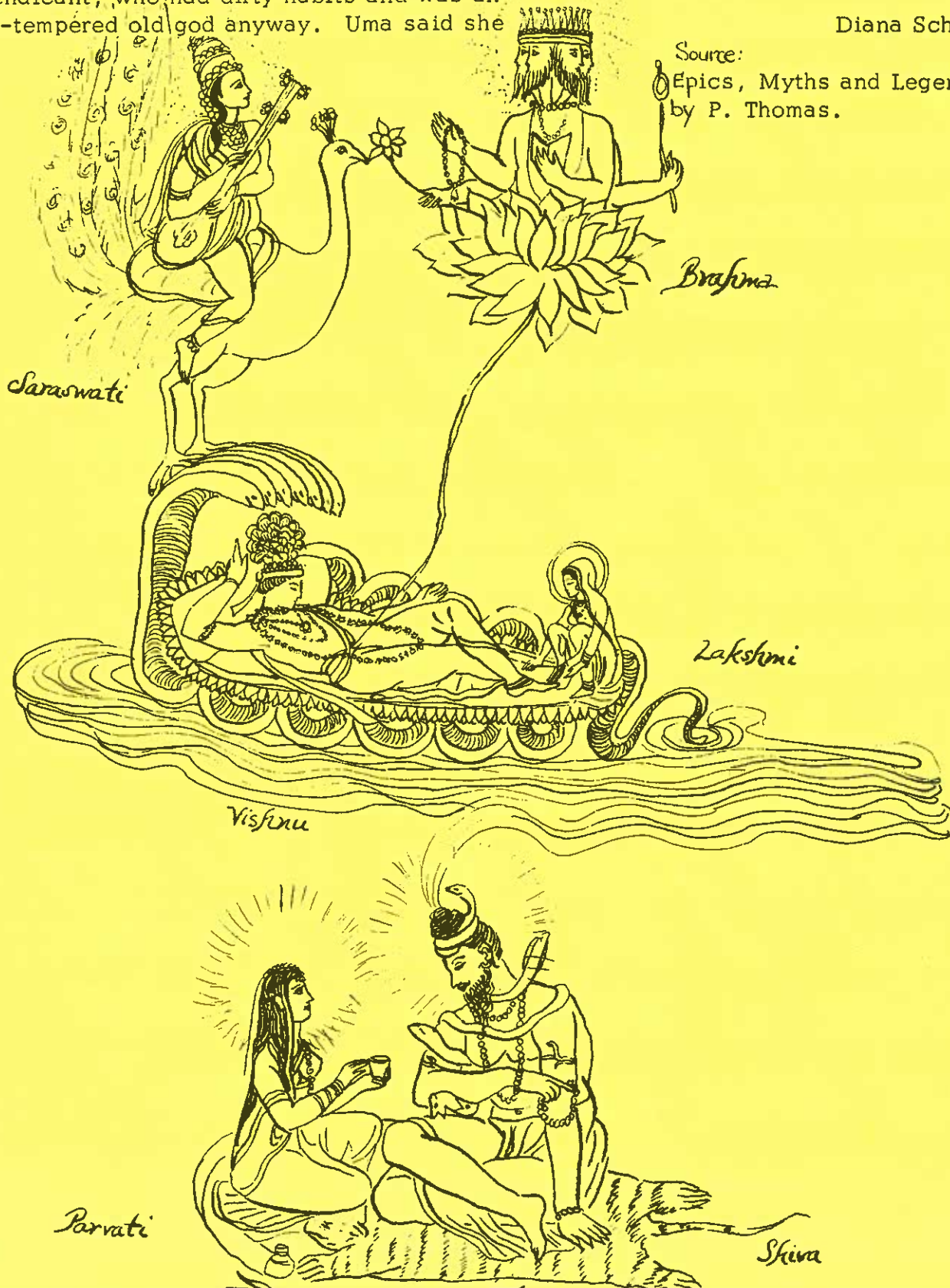
she was standing on one leg with uplifted arm, a Brahmin of short stature came by and asked her why she was torturing her lovely body. Uma told him that she was in love with Shiva and wanted to marry him. The Brahmin laughed and asked if she knew that Shiva was an ugly mendicant, who had dirty habits and was an ill-tempered old god anyway. Uma said she

knew all this and defended him all the more. At this point the Brahmin turned into Shiva and she bowed at his feet. He took her by the hand and they went to Himavan and got married.

Diana Schnurr

Source:

Epics, Myths and Legends of India
by P. Thomas.



The following exercises are for transmuting the sexual energy up through the spine to the pineal gland to raise the consciousness and universal consciousness.

It is recommended that couples do only one of these a day. They are not a series, but a selection of exercises for transmuting energy.

"Stand Before your God with the highest reverence.

For the Lord God is the very soul of the entire creation: There is nothing which does not arise out of the One."

Part one

Position — Lotus Kriya - sit across from your partner looking into each others eyes. Form your hands into a lotus - all fingers spread with hands cupped then the males little fingers go under the females little fingers - these are the only fingers that touch. This makes a heart lotus.

Action - Look into the soul, the heart of your



partner through the eyes. 15 minutes

Part Two

Position - place one hand over the other at your heart center, close your eyes and meditate on your heart. Go deep within the center of your being. 15 min.

Inhale, exhale 3 times. Relax

Position

man sits on hands and knees, woman sits on man's back with arms at right angles.

Action

man very slowly arches and unarches his back putting a pressure on his neck concentrating on 3rd eye. Woman meditates on 3rd eye.
15 minutes



Position

Sit on your heels with your knees against the knees of your partner. Lean back on to the top of your head with your arms relaxed at your sides. Eyes closed.

Action

Go into a deep sleep. The past will be forgotten, open yourself and sleep.

35 minutes. Then inhale then lower your head, exhale and stretch your legs out

Relax

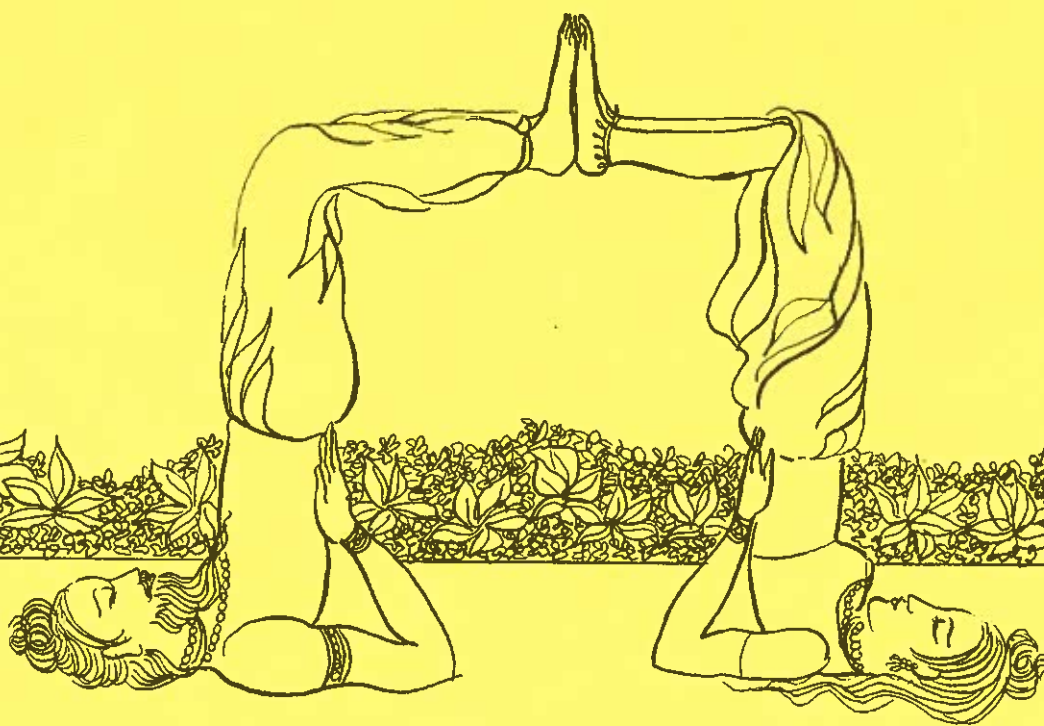


Position

Put yourself in a shoulder stand 4 feet away from your partner then bend your legs and join the soles of your feet together.

Action

Meditate at the 3rd eye point for 31 minutes. Relax

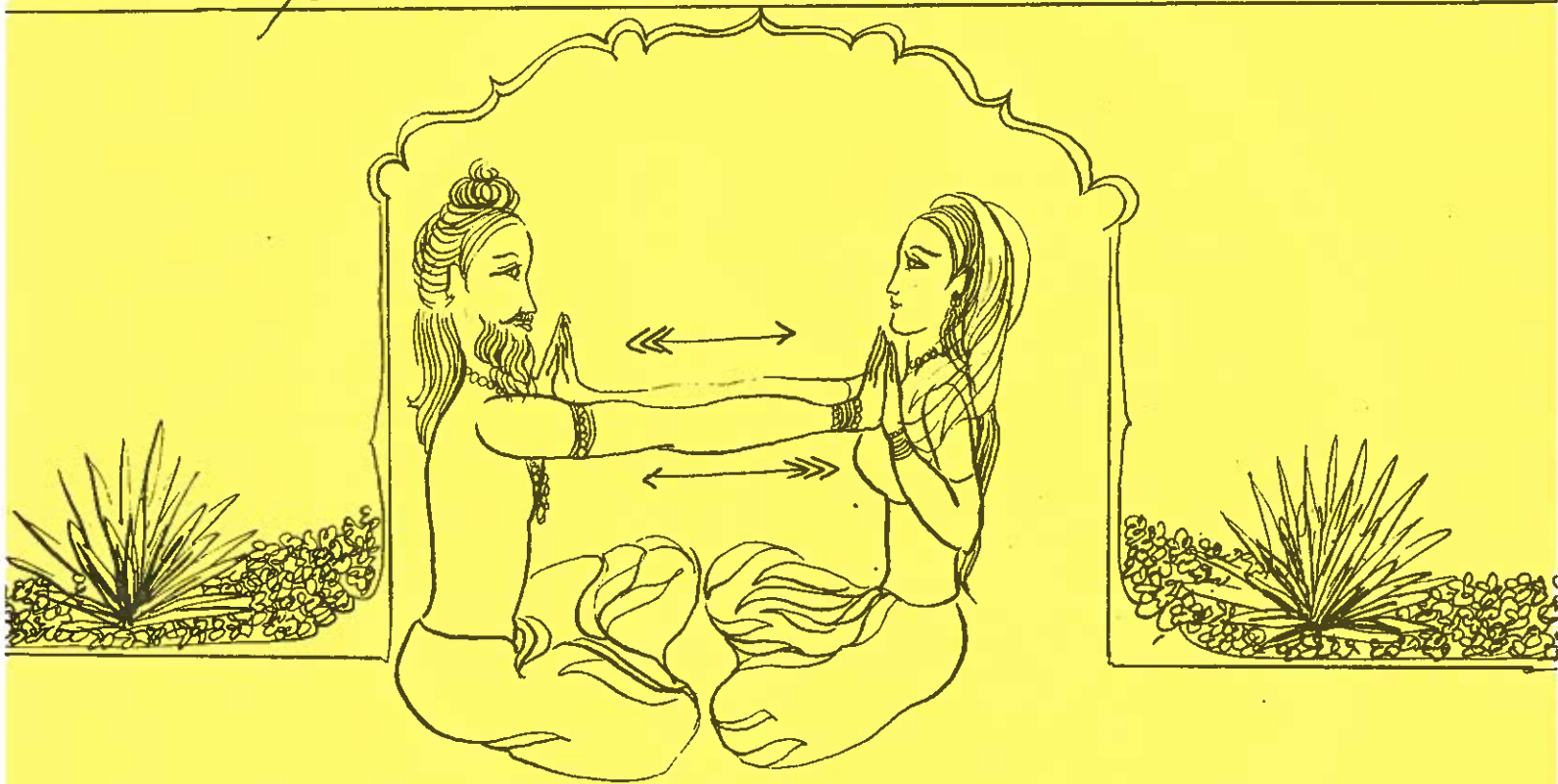


Position

Sit facing your partner looking into each others eyes. Put palms together with your partners. Knees must be touching

Action

Chant the Maha Shakti Mantra. On each word you will push one palm to the shoulder of your partner as he pushes the other to your shoulder.



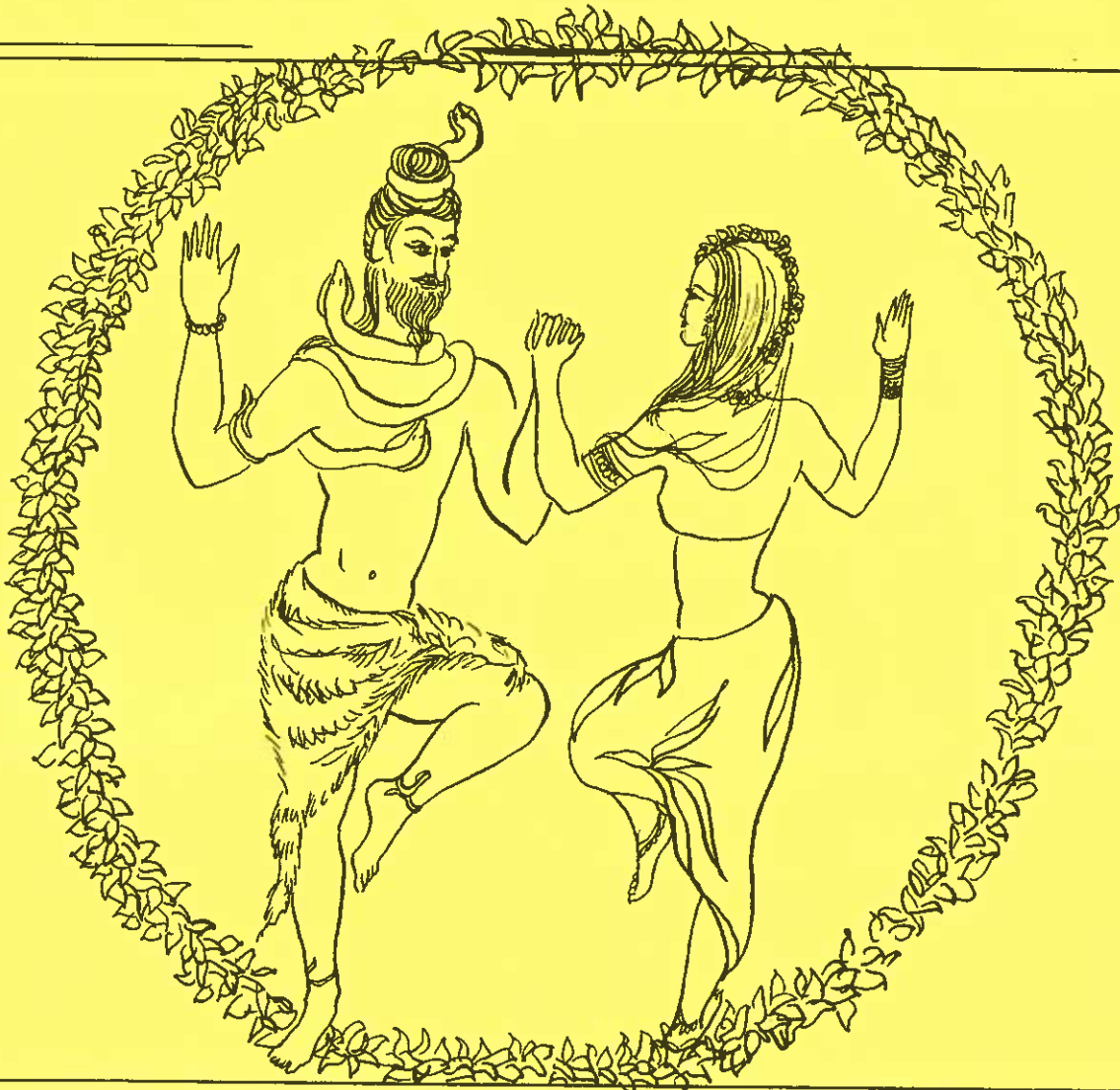
Maha Shakti Mantra
Gobinday Mukunday Uddharay Apary
Hareing Kareing Nirnamay Akamay

These words are the 8 aspects
of GOD

Shiva Shakti Pose

Position

Stand facing your partner. Shakti's left hand holds Shiva's left hand and both right hands are straight up. Look into each others eyes and lift up your left leg and balance on your right leg. The left leg doesn't touch the right leg.



Action

Become Shiva & Shakti holding this position. Let your souls dance. Hold for 31 min. change legs if necessary.

TO THE AMERICAN YOGIS.....

Wonderful is the Lord
 who has sent you to us.
Wonderful is the God
 who has brought you to us.
We were sleeping lions
 You are roaring 'Singhs.'
In our charmed ears
 your sonorous voices ring,
EK ONG KAR SAT NAM SIRI WAHE GURU.
In your golden beards we see
 the glory of our Lord.
In your shining locks we perceive
 the form given by God.
You are Guru Gobind Singh's Pride.
 You've become our inspiration.
 You are our guides.
For you have attained the Lord
 in a faraway land
whilst we at home were deviating
 from our band --
You are pure, You are True
You are the Khalsa of the Guru,
 Nanak speaks thro' you
EK ONG KAR SAT NAM SIRI WAHE GURU.
We welcome you to your land
 O' Sikhs great and grand.
We welcome you with all our heart.
We welcome you with all our love.
May you be ever blessed
 by Sat Guru above and may you ever chant
EK ONG KAR SAT NAM SIRI WAHE GURU!
May the skies be blue for you.
May the paths be fair for you.
May the Guru be with you wherever you go.
May you be recognized in everything you do, as the Khalsa
 of Guru Gobind Singh, who enchantingly chants
EK ONG KAR SAT NAM SIRI WAHE GURU,
EK ONG KAR SAT NAM SIRI WAHE GURU!!

Jasjit Kaur (Lali)
India, 1971

sender:

3HO Foundation

~A non-profit organization

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To: _____

