

THE AQUARIAN TEACHER™

KRI
International
Kundalini Yoga
Teacher Training
LEVEL I

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BY **YOGI BHAJAN, PhD**
MASTER OF KUNDALINI YOGA

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by Yogi Bhajan, Ph.D.**

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**Kundalini Research
Institute**

THERE IS NO IDENTITY FOR YOU, EXCEPT YOUR SPIRITUAL IDENTITY. There's no grace in you but to learn. There is no achievement other than to become learned. There's no power but to share what you have learned with all and everyone. Share with compassion—you will be compensated, and you shall have no complex. Then all that there is shall come to you, and you will not have to go after anyone.



THESE DAYS EVERY HUMAN BEING FEELS THEY ARE PERFECT, they are righteous, they know it all; and they are judgemental of the world around them. In yoga a person has to be humble, have the power to merge, and to be spiritually, mentally, and physically committed for exalted experiences.

The Master can share the knowledge, but the experiences belong to the student. Therefore, we do not claim any result or effect or guarantee any result or achievement because the experience belongs to the individual student individually, his or her consciousness, and his or her power to practice.

We are not a commercial organization and we are not a business. We are just sharing the knowledge and technology that have been passed down to us. You are our students. We don't initiate students, because we believe that each student must initiate himself or herself. According to our definition, a student is the one who studies from the Master to become the Master.

We advise that you consult your physician before beginning this program. Then freely decide whether to participate in these teachings.

The Age of Aquarius is on our head whether we feel, know or understand or not. Past is going to become obsolete, and teachers of the Age of Aquarius are going to help humanity. This is your chance to be leaders with love and affection. We wish you the best of luck.



BY THE KINDNESS OF MY TEACHER, YOGI BHAJAN, I have witnessed his vision grow. From his first few words declaring his purpose, to create teachers, to a robust global network of teachers dedicated to live with awareness and uplift each person. From the first kundalini yoga Teacher Training in the western hemisphere with a dozen students crammed cozily together in a small house in 1970 Los Angeles to our most recent IKYTA meeting in New Mexico with hundreds of active teachers serving students in every country.

From the first he would say, "You do not know me, I know you. I accept none of you as my students. Accept your Self first and show me your grace and caliber by your service and compassion. Compassion is the language of the Aquarian Age. You want flesh and bones and a personality, I want nothing. You will know me by my words and teachings."

Most of you will in fact know him through the teachings. And when you practice the teachings and link to the Golden Chain of teaching energy, you will also know Yogi Bhajan by his subtle presence. Practice brings awareness, awareness brings subtlety, subtlety brings depth, depth brings dedication, dedication brings humility, humility brings grace, and grace brings you the master's touch, which is that presence of spirit that is timeless, without ego and without any boundaries—pure and infinite.

That domain of the Infinite, the *anahat*, is always present and accessible. It is as intimate as your breath. Yogi Bhajan is a master of the time. He has merged into the Infinite consciously in the House of Guru Ram Das, which holds the space of Kundalini Raj Yoga for the Aquarian Age.

I encourage each of you to read the words of these teachings, then be silent and listen to the heart within them. Watch the video records of Yogi Bhajan teaching to get a sense of his clarity, directness, compassion and attitude of service. It is rare to even glimpse someone who has mastered themselves to share mastery. No words or descriptions can convey the impact of participating in his classes, virtually or otherwise. Confirm by experience your own connection to the Teacher, the teachings and the inner teacher within you. Practice the *kriyas* to energize, awaken, purify and heal yourself. Then you can experience teaching with the constant capacity to commit to the integrity of the Self, to commit to stillness and listen, and commit to fearless, compassionate action to serve all.

There is nothing more powerful than Kundalini Yoga to awaken your consciousness, to confront your ego and drop your fears. There is nothing more elegant, to build the strength of your nervous system and character. There is nothing more effective to develop the caliber to be happy in the midst of challenge, and grateful each moment of life. And there is nothing more profound that takes you to the core of your being to listen deeply and hear the pulse of the Creator, the *naad* and *shabd guru*, in all people and all things.

The journey has many steps, abounds with insight and inspiration, invites deep companionship and calls on your body, mind and spirit to work together. At each step the hand of the Teacher is there to help guide you, the teachings are there with flawless energy and technique. My prayer is that each of you realizes your potential and role as an Aquarian Teacher of Kundalini Yoga and awareness.

This manual stems from our efforts to provide a systematic introduction to the vast teaching materials given by Yogi Bhajan. It is the effort of many people. Our vision is to establish a clear standard for the concept of a teacher, the technology of Kundalini Yoga and a discipline to train yourself in both.

My gratitude to Yogi Bhajan for sharing the teachings and directing this effort. My gratitude to Shakti Parwha Kaur Khalsa who has held the standard steadily from the beginning. And my gratitude to the many teachers who have given comments, ideas, critiques and countless hours of time to realize this series of training manuals. And lastly, my appreciation to Guru Raj Kaur Khalsa who has patiently compiled, designed, and structured the Manual coordinating the pieces by meetings, calls and emails to reach the final product.

Gurucharan Singh Khalsa, Ph.D.
Director of Training, Kundalini Research Institute
www.breathwalk.com
July 2002

BY LUCK OR BY CHANCE, BY THE GRACE OF GOD, I was the first woman in the United States to study with Yogi Bhajan. He told me, "You've been a student long enough; you should be a teacher." And so within two months of attending his classes, I was teaching. That was in 1969. I'm still teaching, and still learning. The more I teach, the more I learn.

In 1970, when Yogi Bhajan started traveling and I heard he was teaching new kriyas in various cities (nobody was tape recording), I felt insecure not knowing all the latest techniques. He said, "Just teach what you know, and teach people to relax." This is still important advice for any teacher. By all means, learn as much of the technology as you can, but realize basically that you don't have to know "everything" to help people to help themselves.

When you affirm the Oath of a Teacher before each class, and when you tune in to the Golden Chain with *Ong Namō Guru Dev Namō*, be aware these are not just rituals, they are real and effective means to help you avoid what Yogi Bhajan warned us was the "one incurable disease." That disease is an occupational hazard for teachers, it's called "Spiritual Ego." No matter how much your students appreciate you (and they will), for your own spiritual health, remember that you are not the Doer. It is only by the grace of God and the generosity of our spiritual Teacher (with a capital "T") that any one of us is able to share the magnificent technology of Kundalini Yoga.

In 1969 when Yogi Bhajan taught his first class in Kundalini Yoga in the United States, hardly anyone had accurate information about this ancient, sacred, and up until then, secret, science. Its technology for transformation and empowering of the individual human being had been given only to those students who could prove their devotion, dedication, self-discipline, humility, and obe-

dience to the Teacher. Despite scriptural warnings that whoever taught Kundalini Yoga publicly would not live to see his next birthday, Yogi Bhajan flaunted tradition. He saw that it was the very thing that was desperately needed at this time of the dawning of the Aquarian Age. The time to bring The Yoga of Awareness to the world had come.

He made it clear from the beginning that he had come to train teachers, not to gather disciples, and he emphasized, "Don't love me, love my teachings." But, as students flocked to him, we were enveloped in his absolute, unconditional, amazing loving presence, and love him we did—and still do. It has been his mission to enable us to become "ten times greater than him." To me that means ten times more kind, compassionate, patient, and selfless. (Not to mention wise and graceful.) It's a big order.

His quotable quotes, the "clichés" that have become a part of our 3HO vocabulary can fill volumes. "Keep up, and you'll be kept up." Of course he shared knowledge about the healing, therapeutic benefits of Kundalini Yoga, but he stressed that "Doing is believing." So, when you teach, he said, "Give people an experience."

As you are about to become Kundalini Yoga teachers, I offer my heartfelt welcome to this family of beings who truly want to live, be, and share the technology to be Healthy, Happy, and Holy. It is, after all, your birthright. Teach it, claim it, and the world will be a better place for your having lived and breathed on it.

Humbly yours,
Shakti Parwha Kaur Khalsa
July 2002

THIS AQUARIAN TEACHER MANUAL REPRESENTS the efforts of many people to codify this great body of teachings brought down through the ages and the ethers by Yogi Bhajan. And at this point in time, this Manual represents the unity of the pioneers who carried these teachings forward, to stand together as one, as Aquarian Teachers, and present in a simple form, the basic teachings of Kundlaini Yoga as taught by Yogi Bhajan.

Over the last thirty-three years, thousands of pages of material have been created and collected, as those whose lives have been changed by this miraculous science have endeavored to document and share these teachings with others. The Aquarian Teacher represents the distillation of those thousands of pages into an essential, basic format, to serve as a beginning for the first Level of KRI Training in becoming a Kundalini Yoga Teacher.

This Manual, in its simplicity, is meant to be part of a three-fold process in your Training. The technology and wisdom contained in its pages will serve as a resource for years to come.

The second in the trinity are The Master's Touch lectures, in book and video form. In 1996 and 1997, Yogi Bhajan taught the first Master's Touch course in Espanola, New Mexico and Assisi, Italy. He asked that these lectures be transcribed and made into a book. These lectures form a great legacy. They embody the spark of the Golden Chain and are an invaluable tool for developing your personal relationship with Yogi Bhajan and the Golden Chain.

The third is your Teacher Trainer, whose dedication to these teachings and to his or her beloved Teacher Yogi Bhajan, and to you and your destiny, will pass these teachings to you purely and selflessly.

This Manual is being presented to you as a Pilot, which is being tested in the field for the cycle of courses of which you are a part.

THANKS AND ACKNOWLEDGEMENT are in order. Particular acknowledgment to Gurucharan Singh Khalsa and Satya Singh Khalsa, whose original Teacher Training Manuals formed the foundation for this Manual, and to Tarn Tarn Singh Khalsa, Hari Kaur Khalsa, and Dharm Kaur Khalsa who conceived an original outline.

Thanks to Pranpati Singh who helped to add structure and continuity, and to Guruka Singh Khalsa, who added helpful finishing touches.

Deep appreciation to my daughter Ong Kar Kaur, for her tireless work on the hundreds of drawings—a seemingly never-ending task. And to my young daughter, Nirinjan, who was our model for the meditations. Both completed their Teacher Training this year and were eager to contribute to this great endeavor.

Thanks to Guruchander Singh Khalsa and Nirvair Singh Khalsa for their work developing the teachings on the Ten Bodies. Thanks to Guru Prem Singh and Simran Kaur for their dedication to perfecting posture, one of the great limbs of yoga. And to Shakta Kaur and Gurumukh for their work with children and pre-natal yoga, respectively.

Thanks to Shakti Parwha Kaur and Gurucharan Singh who are like Philosopher's Stones for the accuracy and integrity of these teachings.

Thanks to Darshan Kaur Khalsa, Dharm Kaur Khalsa, and Hari Kaur Khalsa for helpful review, and to Nam Kaur Khalsa and Satya Kaur Khalsa to whom this project was so precious.

I humbly bow to the efforts of the many pioneers in Teacher Training worldwide, particularly all those who have pioneered Teacher Training in Europe and other parts of the world.

All contributed to this work out of their love of and desire to serve these teachings, and out of their love for their Teacher, Yogi Bhajan.

It was my personal privilege to serve my Teacher, and the great House of Guru Ram Das. I worked on it with personal and impersonal dedication. I humbly present it, on behalf of my teacher, and ask forgiveness for any shortcomings. Any shortcomings are mine, not his.

May your humble prayer to serve be fulfilled through the course on which you are embarking. May the touch of Guru Ram Das soothe and make fruitful your longing to serve these times.

Humbly,
Guru Raj Kaur Khalsa
September 15, 2002

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