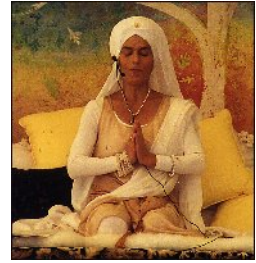


Dialogues with The Masters

Gurmukh Khal Khalsa



JANET ATTWOOD: Good morning, everyone. This is Janet Attwood, and I am the cover editor of *Healthy Wealthy nWise*. I'd like to welcome you this morning on the Dialogues with The Masters call. This morning we are so honored to have with us Gurmukh Khal Khalsa. Gurmukh is the co-founder and director of Golden Bridge Nite Moon, the Los Angeles premier center for the study and practice of Kundalini Yoga and meditation.

Since being baptized 35 years ago with the Sikh spiritual name meaning 'one who helps people across the world ocean, Gurmukh has dedicated her life to fulfilling her namesake. For nearly three decades, students in Los Angeles and from around the world have sought out her classes in Kundalini Yoga, meditation, and pre- and post-natal care. She's been married for 22 years to [husband's name] and has a 22-year-old daughter who also lives in Los Angeles. I'm so honored, as I said earlier, to welcome Gurmukh Khal Khalsa.

GURMUKH KHAL KHALSA: Thank you so much.

JANET ATTWOOD: Am I saying your name properly?

GURMUKH KHAL KHALSA: Yes, you can roll the 'r' if you'd like, but in India they say it this way and in America they say it this way. Either way will work.

JANET ATTWOOD: I love to try to do the Indian sound.

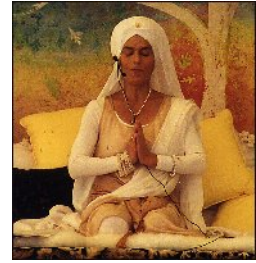
GURMUKH KHAL KHALSA: Thank you.

JANET ATTWOOD: Thank you, Gurmukh. I have these questions that were submitted by our readers, and I wanted to start with those. The first one is what is Kundalini Yoga?

GURMUKH KHAL KHALSA: Kundalini Yoga is a science, and I have to put a preface on it. I teach Kundalini Yoga as taught by Yogi Bhajan. Yogi Bhajan was the master of Kundalini Yoga. He came over in 1969 from India, and he ended up actually for long periods of stories, in Los Angeles. Actually, it's not 28 years, but someone didn't give you an update.

It's been 37 years that I've been with these teachings. I got my name 37 years ago. I got married 24 years ago, and my daughter is 22 now, so she's home from India and managing our vegan restaurant within Golden Bridge, just as a little update. Yogi Bhajan passed two years ago. Before he passed, for 35 years in America he taught and taught and taught.

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He never taught anything twice. So that's why we have so much archived. Kundalini Yoga is the most ancient yoga recorded on the planet. It was kept a secret by the yogis in the caves in the Himalayas until Yogi Bhajan came to America in 1969. He said by the dawning of the Aquarian age, which is 2012, people must know this technology because it can save their lives. That's how we began learning it; from there we began teaching it.

JANET ATTWOOD: How did you meet Yogi Bhajan?

GURMUKH KHAL KHALSA: It's a very, very long story, but you can see how, when you look back on your life, it's all divinely woven. It was just by chance that a friend drove me to Arizona. Then Yogi Bhajan came and I met him. It was just one touch, one meeting him, one looking in his eyes, and that was it. And that's been it for 37 years. I was ready. They always say, "When the student is ready, the master will come." That was always my prayer, "Where is he?" or "Where is she to help me?"

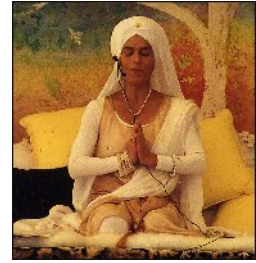
JANET ATTWOOD: I don't know if you're aware of this, but for the last two years, I've been traveling in and out of India interviewing different saints and gurus from that area. Dr. [indiscernible], who is a very good friend, and was a very good friend of Yogi Bhajan, said to me that I had to interview him, and then it was too late. I was so sad because he said of all of the yogis whom he'd ever met, Yogi Bhajan was by far the most powerful—incredibly powerful—clear, insightful, brilliant human being. So I feel amiss that I wasn't able to interview him.

GURMUKH KHAL KHALSA: That's amazing. If you've been touched by Kundalini Yoga as you were in Parmarth, it's amazing how, if you call upon him, he's so present. People have dreams of him. People see him in their meditations. People feel very guided. He said that when he'd leave his body, he'd be able to help, as well, way more. He was able to bridge like I've never seen yoga from the East to the West.

He had a master's in economics. He was married and had three children, so he was a householder; he wasn't a yogi from a cave. We needed to learn how to live in the world as yogis, not in caves. We had done that in many lifetimes before. He was so practical. He did not teach us just yoga. He taught us a way of life. In fact, the first thing he really taught us was to go out and serve.

The first thing he had us do in Tucson, Arizona was serve the people food. We said, "Where are we going to get the food?" This is when we were all young; I was 27 and I was old. There were a lot of people in the ashram who were 18 years old, 16 to 20 years old. He said, "Just go ask the shopkeepers if they have food they'll give you." They did.

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They gave us everything, we served about 100 people a day, and we did it every single day.

And then he taught us yoga. Then he taught us to get up before the sun came up. He gave us the basic principles of a yogi: to serve, to work hard, to let your practice be before the sun comes up. Thereby, you have all the rest of the day to serve humanity. And he walked his talk. He was truthful to his word. In fact, in India they're going to make a coin or a bill that will have his picture on it because he was really loved.

He's in the International Hall of Fame in Washington, D.C., along with Martin Luther King and Mother Teresa. A lot of people didn't know him, but the people who did were across political lines, social lines, religious lines. He went and spoke at the United Nations. He did so much beyond yoga. He was very funny, and he was very wonderful. He was very, very real. Kundalini Yoga is very, very real.

JANET ATTWOOD: That was my experience. For many of us, we know about him because of his Yogi Tea. And I thought, "What was that?" That was so long ago! Where did that come from?

GURMUKH KHAL KHALSA: He just gave us the formulas, the traditional Yogi Tea. It's way more powerful than just chai because it's not based on just black tea and cardamom pods, but everything in it is for the blood stream. Ginger is for the nervous system. It has a system within those five ingredients, and then he said, "Box it, bag it. Make it so everyone can have it."

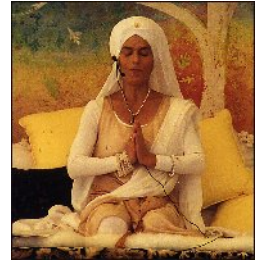
Then they started putting all of his meditations and yoga postures on the box. Then we brought in Peace Cereal. That was another thing that we had. And on the box, still, you can sit there, have your cereal, and be doing a meditation. So he was quite something. We have so many businesses now. He left us very, very intact. He was a Virgo and, in fact, his birthday is on the 26th of this month.

He did not leave us a lineage. He was a master, but the lineage was not passed. He didn't get it passed to him. It wasn't passed on to anybody else, so it wasn't like [indiscernible] where the mantle was given. He said, "Now is the teachings. Open the book. That's the master. You're the master. Do the work and master yourself. Look towards nobody for your truth. Your truth is within."

He gave us the technology that would let us know who we were, heal us, take our blood pressure down, heal our nervous system, or work on relationships with our family or with our spouses, or prosperity. He gave us over 5,000 meditations.

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JANET ATTWOOD: He just seems the most practical yogi and so advanced.

GURMUKH KHAL KHALSA: He said—when you read his lectures because so much was transcribed—that most of the people wouldn't understand for 500 years. He said there is a new generation, a cleaner generation, upon every generation coming in, and that their brain waves will be different. And we know with the Crystal Children, we know with Indigo Children, we're reincarnating back at a higher frequency and those would be the frequencies that would really get it.

We're kind of like the bottom-line frequency. More and more of the new ones coming back will understand the science and will understand what he said. So he had to be beyond time and space to prepare us for this coming age.

JANET ATTWOOD: So you started with him when you were 27 years old.

GURMUKH KHAL KHALSA: Right, and I'm 64 now, so it's been a long time.

JANET ATTWOOD: And it shows that the work that he passed on to you, the knowledge that he passed on to you, and the tradition and techniques that he gave you really, really do work. I want everyone to know, and you don't know this at all because I don't think I ever said anything to you when we met in Rishikesh, that I was so taken aback at how there are all these other yogis and masters at the International Conference on Yoga, and they treated you as if you were one and the same with them. I very rarely see that. You're from the Western world, isn't that correct? You're from the United States?

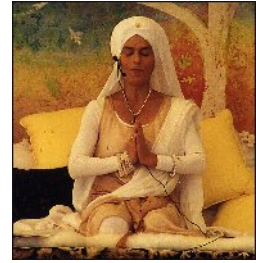
GURMUKH KHAL KHALSA: Yes.

JANET ATTWOOD: To see masters treat anyone from the West as a master is very, very inspiring, and I just want to say thank you.

GURMUKH KHAL KHALSA: I never thought of that. I never realized that, but it's very humbling. I think what they do realize, Janet, is that this technology is so amazing. I think if they haven't experienced it, they know about it. It's very different than Hatha. Hatha is very noble and Hatha is very good, but it's really designed for celibate renunciates. Kundalini is directed toward householders, having families, engaging in having children and everything.

That's why it's so practical. It gives you an entire way of life, from getting up in the morning, how to brush your teeth, how to bathe, what to eat. It's all included; it's like a kit on how to live. We women would go to New Mexico every summer—that's our

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Mother Center between Santa Fe and Taos—and we would sit under the cottonwood trees and live in tents for eight weeks while he would talk to us on the teachings of women.

His primary target for change was women because he knew that if we could rise to our true destiny and our powerful selves, that we would be the ones who would change the world because we would change the men and we wouldn't be subjects anymore. One-hundred-and-fifty years ago, they would sell us along with cows. Actually, cows got more money when purchased than we did.

They still do that in countries. You look at the torn countries, and you see where the women are. So he wanted us to rise but not to compete and be macho, and to know that when we walk into a room our presence can be so powerful we can just shift energy like a wizard. That's our power. So he spent hours teaching us, talking to us. Then we got busier. Then we started having kids, families, businesses so it went down.

Now it's now only a week, but we still carry on this tradition. His basis was change the women, change the new souls coming into the earth, help them to keep their peace, their calm, their inner strength. They won't lash out at men, et cetera, and we'll find a peace, and I know he's right. In my own home I know I'm right. When I get off and get weird and crazy, my husband acts weird and crazy.

When I keep my calm, my peace, my open heart, the whole household and all of Golden Bridge, which is very, very big whatever we have going on, everything is good. When I'm off, everybody gets off, and that's the power of a woman.

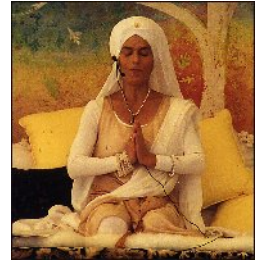
JANET ATTWOOD: This is so inspiring. I tell you, I'm going to come down and take this course immediately!

GURMUKH KHAL KHALSA: Oh, come! Okay, great.

JANET ATTWOOD: Can you tell our listeners, what does the word 'Kundalini' mean?

GURMUKH KHAL KHALSA: It means 'uncoiling.' We all have an uncoiling of our destiny, of our true energy, and that's beyond what you eat. It's beyond everything. It's the uncoiling of the snake. Now, I don't want to make people scared or anything like that, but there is this energy at the base of the spine. It's all coiled up, and when it starts uncoiling, you start feeling energy.

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You start feeling prana, which means life force. Your health gets better, your mind gets better, your spirit gets better. You feel better, you live better, you act better, and you talk better. Your mission has more of a purpose. You understand your destiny, why you're here. It just goes on and on and on. And that's the awakening of the Kundalini.

It can awaken so much that you can go into that enlightened state that Yogi Bhajan, [Muniji], Swami [indiscernible], Mother Teresa, Mother Meera, [Amaji], and the Dalai Lama. It goes on and on. We know, we feel those who are at that state all the time. It's all through grace, but you have to do the work. Do your practice every day, whatever it is.

You can be an amazing Catholic and go to Mass every morning, or you can be connected with your faith of Judaism and go to temple. You can do prayers in the Moslem tradition. Whatever it is, it doesn't really matter, like the Native American tradition, if you do it every day. The beauty is that you can add yoga to any of these formalities because yoga is not a religion. You practice and you watch. All Kundalini is [indiscernible].

JANET ATTWOOD: So through Kundalini Yoga, what it does is it develops the Kundalini energy to help us mentally, spiritually and for our health. Is that right? It awakens that?

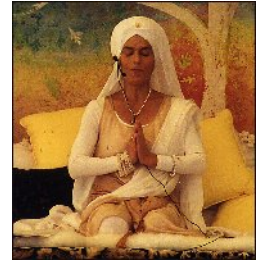
GURMUKH KHAL KHALSA: Yes, it awakens it because everyone has it. You don't have to get it. It's already there; it's just asleep. It would be like a bear asleep in the Winter. Then the Spring comes and the bear wakes up.

JANET ATTWOOD: Another question was what are the advantages and disadvantages of learning Kundalini Yoga from a video? You can go into any Barnes and Noble these days and find videos. Is that the way you would tell people to learn Kundalini Yoga?

GURMUKH KHAL KHALSA: Yes, if they're not in a place where they can actually find a yoga class. We have over 8,000 teachers. We're in Viet Nam, in Cambodia, all over Europe and South America. If you take a Teacher's Training at different points in the United States, Europe and India, through the teachings of Yogi Bhajan, and you get certified, then you can start teaching, whether it's at the YMCA, a gym, or you open your own center.

So we have many, many teachers, but yes, there are many places, of course, where there are not Kundalini teachers. Then, I have a really great video. We made it in Hawaii. It's a really wonderful video. A lot of people email and say, "I've done your video every day for

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the last three years,” or some people just see it on the shelf, they buy it and bingo! It changes their lives.

They become a teacher and the whole thing unfolds, because Yogi Bhajan said to master anything you have to teach it. His basic mission was, “I did not come to gather students. I came to create teachers.” So, like right now, we’re going to start our one-time-a-year Teacher’s Training course in Los Angeles. The transformation of coming—as you know, Janet—from being a student to as you are now, a teacher, is a big leap in a person’s life.

Starting out on a video is just fine because you’ll get the experience. If a person is in a rural area and there are no Kundalini Yoga classes, don’t not do it. Just get a video, but make sure it says, “Kundalini as taught by Yogi Bhajan.” Then you’re home free. I have one out by [indiscernible] that has my picture on the front cover where I’m kind of swirling.

JANET ATTWOOD: And what is the name of your video?

GURMUKH KHAL KHALSA: It’s just called Kundalini Yoga with Gurmukh.

JANET ATTWOOD: And they can find that at GoldenBridgeYoga.com?

GURMUKH KHAL KHALSA: Yes, we have it on our webstore. You can also get it on Amazon.com. You can get it sometimes in whole foods. It’s kind of all over the place.

JANET ATTWOOD: And it’s just called Kundalini Yoga with Gurmukh.

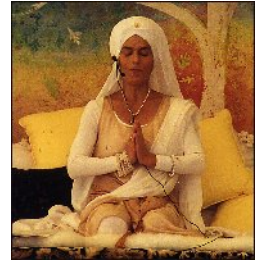
GURMUKH KHAL KHALSA: Yes, and it’s really good. It’s a very exciting video that most people don’t get tired of. I’m making more. I’ve gone into production, but they’re being edited now.

JANET ATTWOOD: Very good. So for all of you who are listening, and just hear my words, it is, by far, for me the very best exercise. It’s not an exercise. It’s everything.

GURMUKH KHAL KHALSA: It’s aerobic. We’re also like an Omega in New York. If they go online for Gurmukh on our web, you can see Gurmukh on the Road. We go to Europe. We’ll go to China this year, Turkey this year, Canada, Mexico. We’re kind of all over the United States because there are so many conferences. There are all the yoga [indiscernible] conferences.

There are the Omega Yoga Conferences. There are the Toronto Yoga Conference and Beijing Yoga Conference because yoga is really big now. It has become like a business.

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They invite you to come, and there are lots of teachers. You pick the classes you want to take. And they're often held in hotels, like the one at Omega is September 15th in New York City at the Sheraton, and then you pick and choose.

It's not the most ideal place, but you get in a big ballroom and all these people are doing yoga and the energy is there. It's quite something. A lot of people are there for different kinds of conferences. So they're there for the business or engineering conferences, and then these people are walking all over the place with yoga mats under their arms. It's kind of funny and it's fun.

JANET ATTWOOD: Another plug for this one, now you'll be at Parmarth Niketan Ashram in Rishikesh at the International Yoga Festival?

GURMUKH KHAL KHALSA: Yes, that's a conference I just love.

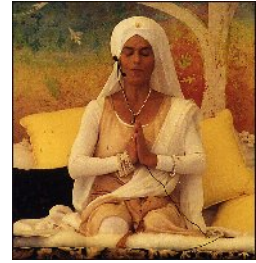
JANET ATTWOOD: For all of you who want to meet Gurmukh in Rishikesh, I'm taking a group to Rishikesh. If you're interested, you can email me at Janet@StayingInLove.com. That will be from March 1st through 7th. You can go to Parmarth.com. This call is co-sponsored by Parmarth Niketan Ashram, and when I was in Rishikesh taking Gurmukh's class, there were so many yoga masters there who were giving classes in the day.

Nobody's class—and I mean no one—and these were absolutely famous yoga teachers from all over the world, the best of best, had as many students every single day. This class was packed every day.

GURMUKH KHAL KHALSA: It was outdoors, too. I think also just to experience the land where yoga comes from, to meet the ancient yogis, and to be in the company of Swamiji [Muniji], who is a saint, is the most wonderful yoga experience. There were 37 countries represented last year, and we have so much fun. We eat together. We do sadhana. We all get up early because you don't have to go to work; you just get to play all day.

We do sadhana together and go down to the Ganga and dip. We go shopping in between classes. It's like the best of the best in Rishikesh. It's so friendly and everybody knows us yogis there, and they all welcome us, the shopkeepers. Then, at night, we have the beautiful fire ceremony. One of the best things a person could do in his whole life is to go there, I believe. Your life is altered, changed, never to be the same after you go to Rishikesh, don't you think so, Janet?

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JANET ATTWOOD: Are you kidding me? Our magazine, *Healthy Wealthy nWise*, is co-sponsoring it this next year, and I am so excited. By far, I've been all over the world, and March 1st through 7th I don't miss now. I won't miss.

GURMUKH KHAL KHALSA: Come a few days early so you can acclimate yourself. It's an easy flight, too, you know? You can fly right into Delhi and take a bus or take a train up to Haridwar or directly up. [indiscernible] Parmarth will help you to figure out arrangements and stuff, but you need to do this because there is limited housing at the ashram. That's what it is. We're outgrowing, and the ashram is gigantic.

One thousand people can stay there, but last year we had almost 400 people. So I think that they're finding other facilities within the area. It's just fun. There is a big, big tent outdoors and a big, beautiful lawn with monkeys and birds, and it's just like a dream. Now I'm dreaming of going back. We'll go back in December. I can't stay away from India.

I have to go about three times a year. I get the longing, you know? I put on a scent and I start thinking of India. I even sometimes start crying because it's just so beautiful. You recharge when you go to India.

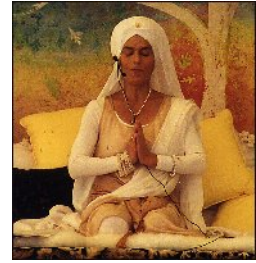
JANET ATTWOOD: Absolutely. It's so true. I want to get back to the questions because you and I could just talk about Rishikesh and India forever because my heart is there, as well. What about all the cautions we hear about the dangers of waking up Kundalini energy?

GURMUKH KHAL KHALSA: I'm so glad you asked that because we always get emails, and you'll go online and read terrible stuff about Kundalini Yoga. What if you got enlightened? Would that be dangerous? No. What if you got happier? Would that be dangerous? No. What if you felt more healthy? Would that be dangerous? No. It's everything we long for.

But this is where the danger comes in that people aren't aware of. If, say, you're taking drugs and you decide to take a Kundalini Yoga class. I'm not going to say marijuana because that's mild, but even that is addictive. Say you're on heavy, heavy pharmaceuticals, antidepressants, heroin, ecstasy, or something like that. Yes, it could be a mix-up because the body has a foreign object in it and you're trying to do something good.

But yet, even people do that and they're okay. I think it is that our yoga, and it has to be Kundalini Yoga as taught by Yogi Bhajan, is so safe because it's methodical. It's a science. Science is not dangerous if you know outcomes. We're not putting a bunch of

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chemicals in a test tube and hoping it doesn't blow up. We know it doesn't blow up because it's been scientifically proven for thousands of years.

They say Kundalini could be 40,000 years old. I've taught it for 37 years now. I can tell you, having taught thousands and thousands of people, it is so not dangerous. It's the safest thing you can do. It will change your life, though, for the better. So if you don't want to change, then don't do it.

JANET ATTWOOD: That's so true. How does one stay focused and not become distracted—this is the next question—and pulled in by the outside world?

GURMUKH KHAL KHALSA: Through an early morning practice because you set your vibration for the day. Even if you were to walk; say you walk an hour a day in your neighborhood or in the mountains or wherever you live, or you get up and you do the chanting. We have seven chants that we do. We hold sadhana in our community and anybody can come.

Or say you have a specific meditation or a practice. In other words, you set yourself for the day instead of just getting up. So many people get the coffee, and I guess you can get it where it's all ready for you when you wake up in the morning. They sit up in the bed, they turn CNN on, and they drink a cup of coffee. That's the opposite of what is going to make your day great.

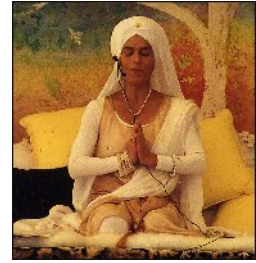
You get filled with caffeine and fear because no news is good news these days. So that's one way to get up and start your day and have the day be not so great and be afraid. You do sadhana, you plug in to your connection with God, and then you live in faith and trust. It's an opposite way. When you go to India, you experience that. No one just gets up.

They get up, they go down to the river, they say a prayer, they light a candle. Everybody has a way to say, "Thank you, God" every morning. I guess that's the reason, just to say thank you.

JANET ATTWOOD: That is so beautiful. That is so profound, 'set your vibration for the day.'

GURMUKH KHAL KHALSA: Set your vibration and set your intention for the day, and live in that state of gratitude. And yoga really helps. If you get up, and we have a lot of manuals, you put my video on, or we have manuals online and you just order one and you open it up and start doing it. It's like having a set of five exercises you do. Having a chant, whether it's a prayer, a rosary, a Kabbalah, a Hindu prayer.

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It doesn't matter, but something that plugs you in to "Oh, thank you, Creator. You're the organizer. You're the one who's running the show. Guide me. Help me today." Bow a little bit. Have an altar. I encourage everyone to have a place in your room, even if it's a little corner in your closet. I took one of my closets and made a meditation room out of it, just someplace you can bow your head. You have to bow your head to something bigger than just your mind, because your mind will drive you crazy and your mind will wear out.

JANET ATTWOOD: Thank you so much for that. That's so beautiful: 'bow your head to something bigger than your mind because your mind will drive you crazy.' I know everyone listening can agree with that. We all have those moments when we're driving ourselves crazy. The next question is, occasionally I work with a student who has a profound awakening and their Kundalini begins to run and open on its own.

What is the best way to handle this phenomenon and to assist them from being in great physical pain? One actually went on disability and stopped all work suffering from this for many years with no relief. I was sent to work with her, but would love to have your reply on this often-occurring event. That's interesting.

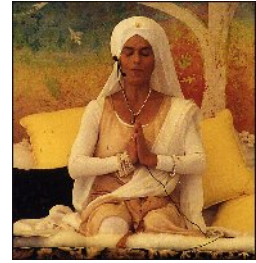
GURMUKH KHAL KHALSA: It does happen. I've had people write me all the time from all over the world about this or come in. And I have to ask them always the basic questions. Do you drink alcohol? Are you on any pharmaceuticals? What do you eat? If we don't have a temple, which is the physical body that can hold the energy, people can get all messed up.

But if they eat—and basically, if they're vegetarian—organic and whole foods, if they're not on a lot of pharmaceuticals, if they're not diagnosed with diabetes or a disease, the temple or the body has to hold the energy. And then doing Kundalini Yoga. More people come in, and this one girl I remember had just finished Teacher's Training. She shook like a vibrator machine the whole class.

Her nervous system was so messed up, and in talking with her there was so much trauma in her early years that was just coming out. I have another woman who is just breaking out all over her body. She asked, "Shouldn't I go to a dermatologist?"

I said, "No, sit in the middle of it because you have so much anger festering under your skin. We gave her a meditation and different things to do and to work and blah, blah, blah. So there is so much ancient stuff. The best thing this person could do with this patient or this student is to find a Kundalini Yoga class that this person could go to.

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Or, you can also just email to me and I can work with this person. It's not such a mysterious formula. It's nothing anyone has to be scared about. This person can be healed and quickly, too.

JANET ATTWOOD: Again, people can go to GoldenBridgeYoga.com, and there you'll find a schedule of events, teachers, beautiful pictures of the teachers, and information and ways to contact them.

GURMUKH KHAL KHALSA: They can contact me at Gurmukh@GoldenBridgeYoga.com. We get hundreds of emails from people we don't know who want to know this and that. I have many people working now who are teachers also, and they're healers. We review each one who comes in. We'll say, "What would be good?" Sometimes we give people a 40-day meditation.

I know what this person is feeling who is on the disability, and I know once we would get their profile, it would not be that difficult a situation, none of it is. But if they just buy into Western medicine, it can become complicated because Western medicine has no answers.

JANET ATTWOOD: So Gurmukh is spelled Gurmukh@GoldenBridgeYoga.com for any of you who have questions.

GURMUKH KHAL KHALSA: If they could just preface it that they were listening to your show and blah, blah. Then I'll know, "Okay." It's good to have a point, a reference point.

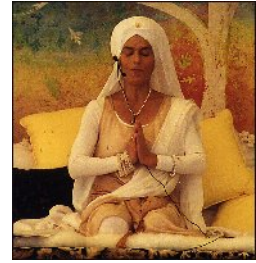
JANET ATTWOOD: That's so wonderful. Thank you for that. The next question was how can I be more fully expressed in love relationships? It seems that when I fall in love with someone and that person is someone I want to become involved with, I spend time getting to know them and we grow closer. Then, when I tell them I'd like to explore the possibility of a relationship, they leave. If I hold my feelings back, it doesn't feel powerful and I go crazy. It seems that I am losing no matter what I do.

GURMUKH KHAL KHALSA: I can understand that. Relationships are probably the most challenging thing in the world for everyone. I was working with somebody and she would always say, "I don't get what I want from the relationship. He's not giving me what I want." I just said, "That isn't really giving. You're conditional in your love. You want something from this person."

I said, "Focus on just giving and self-love, and then you won't be so needy that this person make a commitment often before they're ready." If this is a woman and she

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wants something from a man, the man is going to run. They don't want pressure under them. It won't work if you bring up that subject to most people.

Now, I would say to go through a 40-day meditation. If she would write to me and tell me about her childhood, I would understand why she has to get to this point every time to ask them. Maybe it's her age. Maybe the fertility clock is ticking. There are a lot of things. Maybe her father left her mother at a certain time, and she has to have that commitment.

There is so much, but what heals the subconscious is meditation. We have over 5,000 meditations. We would send her out one, and she would have to do it for 40 days to change the mind. It's not the guy or the woman who the person needs to change. I get the hint that it's the woman who wants the man to say something. It's her own psyche. It's always our own; it always comes back to that, doesn't it?

If we get mad at our husband, it's not the husband. It's what we're bringing to the table. So it's like heal yourself. Find out why you want to keep asking, making demands, or getting this person to commit because it's not them. It's you. Does that make sense?

JANET ATTWOOD: Oh, totally. That was beautiful. Thank you. I've heard that Kundalini is about sex. What is the connection?

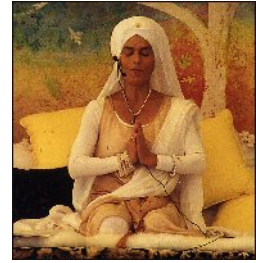
GURMUKH KHAL KHALSA: There is so much that is written about that around Kundalini energy. It's at the base of the spine. It runs through all the chakras, but Kundalini Yoga is so not about sex. It's pulling the energy up, being in the power of your sexual desires. But Yogi Bhajan also taught a lot on relationships, and sexual relationships also. It's part of life and Kundalini is part of life, so it's an aspect but it's only one-seventh of it because we have seven chakras.

As we perfect our whole life, we would perfect our intimate life, too. We're celibates before marriage as a Sikh, as a Sikh Yogi. In Hatha Yoga, basically, it was designed for celibate renunciates who lived away from the city. Now, we're doing Hatha Yoga in all cities, and people don't know what to do with the energy, where Kundalini transmits it to the higher centers by pulling what we call [indiscernible].

However, when we want to have sex, we're taught how to have it in a most sublime way, so it's not bad. It's honored and it brings in creation. But Kundalini Yoga is not about sex, but sex is a part of our lives. Does that make sense?

JANET ATTWOOD: Absolutely.

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GURMUKH KHAL KHALSA: It's like you can't just throw it out and say it doesn't exist because it does, and it's so beautiful if done in a mindful way. So Kundalini teaches us mindfully how. And then what happens is, through Kundalini Yoga as taught by Yoga Bhajan, you're able to balance your sexual energy, all your energy. So let's just say you were a really horny person or had to have a lot of sex to feel alive or whatever it was.

When you start doing Kundalini Yoga, it gets balanced out so it's a beautiful way to balance all of your chakras. It's one-seventh, and so, yes, it is a part, but it's only one-seventh a part.

JANET ATTWOOD: I've heard that Kundalini Yoga is very strenuous and I'm almost 60 years old. Would Kundalini Yoga be the best yoga for me, or am I too old?

GURMUKH KHAL KHALSA: No, you're not too old. The beauty of Kundalini Yoga is that you can never hurt yourself. It's like gravity stops you so that if you can't do something, we always give alternatives. We don't go around and push or pull people. We don't touch people in Kundalini Yoga so you're really your own teacher. And you will get an outcome.

You'll feel a result in any way and however long you do it. I would say, for older people or for anyone, it's the safest, fastest way to feel better of any yoga. And I have every age come to all the classes. They are every size, shape and form who probably wouldn't walk into a Hatha Yoga class because they'd feel out of shape. They'd feel too old. And it's just so beautiful to watch people unfold so quickly no matter who they are in Kundalini Yoga. So, no, you're not too old at all.

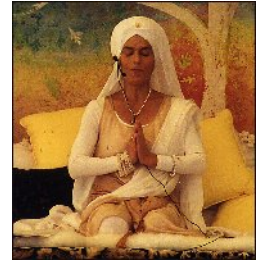
JANET ATTWOOD: That's good news because I'm sure a lot of our readers and listeners are in that age bracket, and to know that is wonderful because it is absolutely such a profound experience. From the first time I practiced Kundalini Yoga [indiscernible], my day was different. We were doing all of this meditation and everything, and I had been doing Hatha Yoga. Then doing this Kundalini Yoga, it just completely brought so much, I would say, bliss. That's the best word to use, Gurmukh.

GURMUKH KHAL KHALSA: Energetically, it just works. It recharges, it plugs what got unplugged in your electrical system and your psyche. It's just magical.

JANET ATTWOOD: The next question was how long does one need to practice Kundalini Yoga before they can become a teacher of Kundalini Yoga?

GURMUKH KHAL KHALSA: You can take one class.

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JANET ATTWOOD: You said that you have a class coming up, a Teacher's Training class. Tell me about that.

GURMUKH KHAL KHALSA: Yes, I think it starts the third week in September. It's eight different months, one time a month, Friday, Saturday and Sunday. That's in Los Angeles, but we have Teacher's Training in New York, Minnesota, Chicago, everywhere. We also have it at Omega, of which I help teach. That's a great one because you come for 22 days straight, you live on the Omega campus, and you just dive right into it.

We have a different combination for everyone because many people can't do that, but they fly in from other parts of the world to Los Angeles one time a month, and it's really in-depth. We have five senior teachers. We figure we have about 180 years combined teaching with the five teachers in Los Angeles who teach the Teacher's Training course. It's very documented. It's very organized.

We teach the same throughout the world. The certification is the same. It's 220 hours, and it's very well developed. We've been working on it for years, from anatomy to the psyche to the mind to health to eating to communication to everything. It's really amazing—and that's all I can say—the Teacher's Training course.

JANET ATTWOOD: Thank you so much. It's so wonderful to be able to spend this time with you this morning, and I'm really looking forward to being with you and taking your classes again in Rishikesh, India. Gurmukh, thank you for honoring all of us today. It's so wonderful to listen to you. You're so clear. You're absolutely crystal clear. I do this so often, and I always tell my friends that when I can really deeply listen, I know I'm connecting to a consciousness that is really awake. That is how I felt this whole time with you this morning.

GURMUKH KHAL KHALSA: Come down to L.A. if you can when Swamiji comes.

JANET ATTWOOD: I'm absolutely going to put my best effort into doing that.

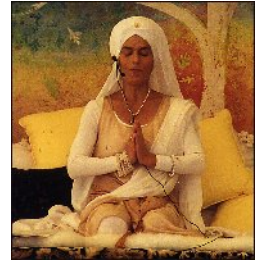
GURMUKH KHAL KHALSA: It's going to be a beautiful day because Golden Bridge is such a beautiful place. It's the biggest yoga center in the world. We have within it a café. We'll do aarti there. We'll have singers and dancers. It will be so beautiful.

JANET ATTWOOD: What Gurmukh is talking about is on September 4th.

GURMUKH KHAL KHALSA: Labor Day at 5:30. It's free, and you can sit at the feet of a master. You can see him privately also. It'll just be very, very lovely.

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JANET ATTWOOD: That will be held at Golden Bridge Yoga, so for all of you listening, again, it's GoldenBridgeYoga.com. If you want to email Gurmukh, if you have questions or concerns or you just want to connect with her, it's Gurmukh@GoldenBridgeYoga.com. If you want to know more about the wonderful International Conference on Yoga, where I'm going to be taking a large group of people from *Healthy Wealthy nWise*, you can go to Parmarth.com and on the right you'll see where it says the International Conference on Yoga.

For all of you listening, you can also email me if you're interested in going on the tour that I'm going to taking people to India in March, Janet@StayingInLove.com. Chris, are you ready to give us a summary of these wonderful deep insights and words?

CHRIS ATTWOOD: I'd love to, Janet. Thank you. It's so wonderful to sit with Gurmukh this morning. She shared with us that Kundalini Yoga is the science that she teaches based on the teachings of Yogi Bhajan, who for many, many years brought over 5,000 meditations, 5,000 different aspects of Kundalini Yoga, which until Yogi Bhajan came to the West and until he brought this knowledge out, was kept as a secret in the caves of the Himalayas.

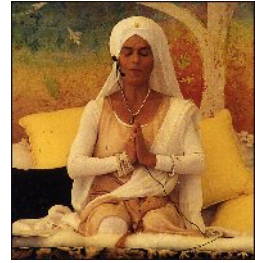
But Yogi Bhajan brought these out and Gurmukh, who we've had the pleasure of being with today, has been learning and teaching this for over 37 years now. What she shared with us is that Kundalini Yoga is about balancing all aspects of life, creating balance to uncoil that coiled energy, which when we're born sits at the base of the spine. Then, as it uncoils, it comes and moves up fully through all aspects of the body, mind and spirit and enlivens every aspect of life.

Through Kundalini Yoga, then, every aspect of life improves, gets better. We begin to live our full potential, and that really is the whole nature of this Kundalini Yoga. She expressed in many different ways to us how Kundalini Yoga is taught in a very systematic way, and that it is knowledge for the householder, not simply those who are living off in a cave away from the world. It's very practical knowledge to be able to live life within the world and to be able to live it with the full joy and the full experience of life that we were meant to live.

Janet mentioned that when she and Gurmukh were at the International Conference on Yoga in Parmarth Niketan, the other yoga masters who were there treated Gurmukh, a woman here from the West, as one of them. And she said that this technology is so amazing and that other masters who know about it, even if they haven't experienced it, recognize that it is something that's very deeply profound.

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She shared with us that Yogi Bhajan would sit with the women under the cottonwood trees, and he talked about the power of women, that women have the power to change men and through that to change the world, not through competition, not through being more macho, but having the power like a wizard to be able to walk into a room, to walk into a place and to be able to shift that.

Yogi Bhajan knew that through changing the women and allowing the women to step into that power that was the means, the mechanism for changing the new souls who are coming into the world. He said that it would be over 500 years for people to fully appreciate the knowledge that he was bringing out. These new souls, these Crystal Children and Indigo Children, who are coming in at a higher level of vibration would really be able to appreciate and fully utilize the knowledge that he was bringing out.

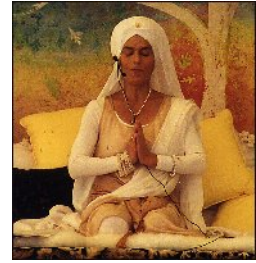
She said also that in talking about how we begin our day, how we begin our life, that it's so important to begin it from that place of gratitude, that connection to the divine. For so many people, in the West particularly, we get up, we have a cup of coffee, we turn on CNN. And yet, if we want to have a day that is focused, effective, and which brings joy and brings fulfillment it's so important to begin with a practice and to do that practice on a regular basis, whether our tradition may be Catholicism, Judaism, or the Muslim tradition.

Just do it every day. She said we can add yoga to any of these because it's a discipline. It's not a religion. It will add to and supplement any tradition that we may be living. But when we get up in the morning, begin with some meditation or begin even with a walk. In India, she said that everyone has their own way, whether it's to light a candle or to go down to the river.

For us, whatever it may be, she suggested that we have a sacred space, a sacred place where we can bow our head, where we can express our gratitude, that we can begin from that place of an open heart, and from that place then to enter into our day and know and trust, and know to give our lives to service during that day, to trust that the divine will move through us.

She also talked about relationships and the question that what we do in terms of when we want to have that special relationship in our lives. She said that when we're focused on what the other will give to us, then what we're focused on is getting. She said relationships are based on giving, that where we can come from when we see that there's someone is not giving to us, then look and see, focus on the giving and focus on the self-love.

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When we are focused there, then we won't be needy. We won't be drawing from others. She said that there is a 40-day meditation that she can provide that can be very helpful and useful, and she encouraged all of us who are listening many times to write to her and to get feedback. Again, the place that we can write is, as Janet said, Gurmukh@GoldenBridgeYoga.com. But she can provide the meditation that can be very useful and helpful.

She said it's always our own self where we find a problem in a relationship or in any area of our lives; then look to heal ourselves. Why is it that we want to get someone else to commit? It's not about them; it's about us. Janet also asked this question from one of our listeners: Is it safe? We hear about the dangers of awakening the Kundalini. She said we just want to be sure that the yoga that we practice is as it's taught by Yogi Bhajan because that is safe.

It's a science. We're not just putting chemicals in a test tube and hoping that it doesn't blow up. It's proven. Through practicing that proven science, then we can know that the uncoiling of the Kundalini will be something which will activate and enliven every aspect of our lives. So Janet, I'll turn it back over to you. There were many other points, but those were the main ones that really struck me.

JANET ATTWOOD: Gurmukh, are you still with us? Gurmukh has left the building! I just want to thank everyone for joining us this morning on the Dialogues with The Masters call that is sponsored by *Healthy Wealthy nWise* magazine and also by Parmarth Niketan Ashram. I hope all of you will consider, as Gurmukh and I were sharing, the wonderful, wonderful opportunity to attend the International Conference on Yoga in Rishikesh on March 1st to 7th.

I will be, as I said a couple of times, taking a tour of wonderful, wonderful yoga lovers to India in March to the wonderful yoga festival. Also, to be able to share the great Himalayas with you, I'm going to taking everyone also to [indiscernible], one of my very favorite places on the banks of the Ganges—that is a little bit higher than Rishikesh, India—to visit some of my saints who I had met and who are in my film “The Saints Speak Out.”

So I thank you for joining us this morning. We just are so honored that you are with us. We hope you'll be with us again for our Dialogues with The Masters calls, and have a wonderful, blessed day. Again, remember, as Gurmukh said, to start your day by doing something that will just set an intention for your day, a vibration for the day. Enjoy this wonderful, wonderful day in thankfulness and love. Goodbye.