

Why Take Teacher Training?

By Harijiwan Singh

On Sunday, September 24th, two days after the Autumnal Equinox (9/22) we began Teacher Training here in Kansas City. September 22nd is a "4" day ($2+2=4$), a day that provides accelerated entry into the mystical shuniya state—the zero space from where all creation begins. The Equinox energy, the day and night at equal length, is a time of supreme balance. The 22nd is a Master number that invokes the auspicious blessings of Yogi Bhajan, further amplifying the 4th chakra heart center, a realm of happiness and harmony. This time frame uses all the available energy to assist us as we begin our journey into the essential experience of our own being.

As a planet we are moving from the Piscean Age, a 3rd chakra time characterized by power, control, fear and manipulation to the Aquarian Age, a 4th chakra age of healing, peace and prosperity. Most of the world's religions and mythologies point toward the year 2012 as a major turning point in our planet's history, the beginning of the Aquarian Age. We are in a time called "between the worlds," the countdown years to a New Age. Those famous seers of time, the Mayans, end their calendar in 2012. It is the time when our solar system and all its planets enter what is called the Photon Belt. Photons are sources of light, similar to thought, they occupy no volume, have no mass. Photons are being emitted from the center of our galaxy. As a solar system we are entering a light realm, a higher frequency purification and cleansing zone. And as our planet moves through this photonic energy band this highly ionized, light photonic energy has severe consequences for any individual who is toxic with negativity and darkness. The planet enters this space around every 13000 or so years. Our sun's energy is affected, as are the electrons that comprise everything around us. This change in galactic light affects our DNA, which will receive and transmit differently. It is no exaggeration to say that all we have known is to be different. We are literally moving into a different time/space continuum. And this change requires different ways of living, different ways of being, different ways of relating.

Yogi Bhajan has told us that "The Age of Aquarius is on our head whether we feel, know, understand or not. Past is going to be obsolete, and teachers of the Age of Aquarius are going to help humanity."

For the next six or seven months, we will learn how to function within this changing global energy field. We will discuss and therefore learn basic care and operation of the human apparatus. The body, mind and spirit are a three-part unit, not separate systems.

- How do we pay attention to and maintain our glands and nervous systems so they can function at an optimal level.

- How do we check daily for the inner balance of elimination, absorption, rest and activity?
- How can we practice and appreciate an experiential understanding of the interrelationships of mind, body, emotions and spirit.

Teacher training will give an awareness of the sensitivity everyone is going to need to enter into this New Age. Teachers will become a lighthouse to guide others into the Aquarian Age, safely, happily and in good health.

We live now in a polluted environment, in a society that emphasizes drugs, short-term crisis thinking, and one which ignores the inner dimensions of a real person. This dis-orientation has created great suffering. The subconscious plays a major role that we are not aware of in how we experience life. We are looking to the past for answers for today and tomorrow, not realizing that the past exists only as an experience we have in our subconscious minds. Yogi Bhanjan has said, "Not relating to the past is a victory for the future." But we become attached to the imprints on our memories (samskaras) and this prevents us from moving forward in life. In Kundalini yoga we have the technical know-how to deal with the subconscious mind on both an individual and societal basis. We learn how to clear it, how to stop the repetition of past errors and the re-living of past pains. These are essential teachings for this time.

The first student we will have as a teacher is ourself. And, as the light of one candle can light thousands of candles, we must first illuminate our own consciousness. Awaken our own awareness. Then we can help. We can serve. We can contribute. We can do our part to help humanity enter this New Age and make the dream of world peace a reality.

Teacher Training is about technology—the technology of personal change. How to achieve strength, clarity and grace. It is systematic, comprehensive, and complete.

The sincere prayer of the Teacher Training staff is that we can give what was given to us—teachings that have made our lives bright and prosperous, filled with wonder and adventure. Our only request is that you too share these teachings and help each other as we travel on this cosmic journey together.

Radiant beings are awake. Radiant beings create their own light and link their individual light with the timeless light of wisdom that flows through the Golden Chain. We invite you to join this Golden Chain of Teachers. Take a deep breath. Listen to your soul. Take this opportunity. You deserve this. Many await your help.