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## The Purpose of PANIC

Excerpts from a Kundalini Yoga  
Lecture by Guru Singh, m.s.s.

Panic, depression and anxiety all have a place in our lives. They are indicators of the climate within our HuMan ecosystem. These seemingly negative emotions are in fact not negative at all. They simply are. We use them either negatively or positively.

Depression is an emotional signal that one's life is falling short or is off course. Panic and anxiety are the stimuli which follow, hopefully pushing us back on course. If we recognize and use them as tools for bringing our lives back on track, they become our friends. If we don't, then they appear as our enemies.

In metaphoric terms, the fact that we run out of gas when the gas gauge reads empty is not a negative. It is a fact, which is just another indicator that we weren't listening when the gauges of our life tried to warn us. The gas gauge is a simple messenger doing its allotted job, i.e., reflecting the fuel level of the vehicle. Similarly, fuel allows us to move forward in our life.

Depression is another humble messenger, indicating the level of destiny in our life. Destiny is the path of our Soul which allows us to evolve. By the mechanism of evolution all life is exposed to new information every moment as the frequency of the total environment is being elevated. If as individuals we tune into this higher frequency, we are in touch with our destiny and in tune with Nature. However,

*(continued on page 2)*

## Immunity - The Life Giver

Excerpts from a Kundalini Yoga Lecture by Guru Singh, m.s.s.

Every time we take a breath, touch an object, hear a sound, see an image, smell an odor, taste a flavor, or have a feeling, through our inner being or in the outer world we receive information regarding our relationship with the finite and infinite potentials of life. This is then automatically integrated into our human databank, setting our responses into motion. Imbedded in these response mechanisms are the inner workings of our auto-immune system, enabling us to be born into these moments rather than dying in them. It is the duty of this system to defend our very human existence against the intrusions disruptive to our physical, mental and emotional health.

All information vibrates at a frequency. There is a range of frequencies which are nourishing to life and there are others which are toxic to it. A healthy immune system is working at all times to defend us against these toxic levels. These are the frequencies where viruses and bacteria thrive. Webster's dictionary defines a virus as "an infectious agent, a corrupting influence on morals, the intellect or the physical body," so for purposes of this article, we are labeling

*(continued on page 3)*

### TEACHER AND STUDENT

A teacher's job is to display new angles  
New angles cut new facets in the mind  
New facets enlighten new perspectives, new outlooks  
And new perspectives broaden the horizon  
The broader horizon creates new freedoms  
New freedom expands space for growth  
Room to grow is a healthy environment  
Healthy environments create natural flow  
Natural flow is a thing of beauty  
and  
Natural beauty is a joy to live in and with

A student's job is to allow these horizons to expand  
as a result of the new angles, facets and perspectives  
and  
Accept the nature of expanded space, freedom, health, beauty and joy  
As a gift from GOD to the SOUL

Guru Singh, m.s.s.

## The Purpose of Panic

(continued from page 1)

if we fall short and fail to match up for any reason we are living in fate which is the path of chance.

Panic and anxiety surface in an attempt to warn us against living in the path of chance and to prevent our total bio-psycho-system from using the ineffective and outdated response patterns to address the evolution of our life. Evolution attempts to move us forward into these new and higher frequencies.

Survival of the fittest is the law of this evolutionary process which applies to all living things equally. The HuMan has the unfortunate ability to avoid the messages of this often scary, but UniVersal law. Through all of our diversions and distractions we feed ourselves with ignorance. Eventually however, our diversions and distractions will turn to boredom and give way to a healthy dose of depression (a message). This depression signals to our system – "We are not matching up to the current vibratory rate of the UniVerse. If we don't change, we are about to be left behind." At that moment rather than trying to push away this messenger, we must identify the old patterns which are toxic to our evolution and use the depression as a guide to changing our outmoded habits and patterns of being. This elaborate system is set up to serve us and to save us, not to wipe us out or to drain us.

Panic is a major intensification of our anxiety levels. It occurs when time becomes critical. If we respond to this negatively, it will create overwhelming doubt that will stop our progress faster than a bullet and our actions will become paralyzed. This in turn separates us from our intentions as we opt for a 'safer' path. We then create a life without risk or reward which is also known as a life of fate.

For millennia, Yogis have documented that **destiny** is the path of the individual Soul on its journey through time, synchronized by commitment, discipline and perseverance to the guiding frequency of the UniVersal Soul (God); while **fate** is the path of the physical incarnation, left to the luck of the draw. Depression, anxiety and panic are the useful gauges to navigate the intricacies and the choices of this journey.

The common medical response to depression, panic and anxiety is medication. However, this does not come close to addressing the root of the dilemma. In effect, through these so-called antidepressants, the individual's capacity to recognize their

destiny's course is being dramatically inhibited. When we are in this medicated state, we can be way out of sync with the path of our intentions and the ways of Nature without even realizing it. Ignorance is NOT

(continued on page 3)

### Kundalini Yoga Set for Panic, Anxiety and Depression (40 minute set, relax for 1 minute on the back between each exercise)

LDB - Long Deep Breathing; BoF - Breath of Fire

(1)  
Spinal Grind - LDB  
1 ½ minutes in each direction



(3)  
Palms pressed out, BoF  
3 minutes



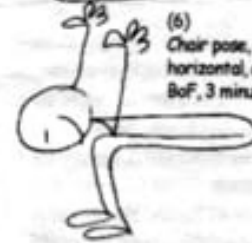
(2)  
Alternate shoulder shrugs,  
inhale up, exhale down



(4)  
Life nerve stretch, LDB  
3 minutes

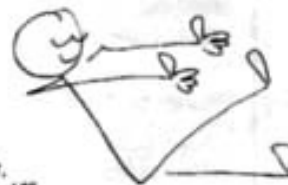


(5)  
Crow pose,  
prayer pose,  
elbows touch,  
LDB,  
3 minutes



(6)  
Chair pose, spine and head  
horizontal, arms up,  
BoF, 3 minutes

(7)  
Arms out,  
one leg up 60°,  
BoF, 3 minutes,  
switch legs  
every 30 seconds



(8)  
Easy Pose, hands in Gyan Mudra, 11 minutes  
Meditate on the mantra "Har Hare Hari Wahe Guru"

For information on Kundalini Yoga Class & Workshop schedules:  
in L.A. call - 310-552-4647; in London call - 0171 394 8587.

## THE HUMAN MIND

The most powerful instrument known to creation  
To control it, is to rule your UniVerse  
To rule, is to measure it, and then measure up  
Creating whatever you desire in the process  
To create your desires is a huge responsibility  
The vast majority today avoid this responsibility  
in favor of  
Complaining and blaming  
Justice and its best friend 'revenge',  
Problem solving,  
Crisis management  
and  
Convenience seeking, pleasure addictions  
That destroy the fabric of commitment.

Be different,  
Rebel,  
Break the norm,  
Learn to control your HuMan mind  
The most powerful instrument known to creation.

Guru Singh, m.s.s.

## The Purpose of Panic (continued from page 2)

bliss, it only imitates it. So when we buy into this ignorance, we are shielded from our most valuable guides. In other words, medication only covers up the gauge, it does not fill the tank. The result is a false sense of well-being. Yogic philosophy understands this is an extremely challenging condition and does not respond to it lightly, but hiding from it is no solution either. Often, rather than medication, a strong and closely guided combination of appropriate Kundalini yoga sets and meditation can create the levels of courage<sup>2</sup> needed to excel into the heart of the problem and create a solution.

As HuMans we were specifically created to live up to our destiny, not to live in cycles of fate. This is a basic key in unlocking the HuMan equation. We were given the blessing of this human life, but life gives us no guarantees. For every strong movement forward we must face the resistance of opposition. This is a law of Nature in the physical world. Newton's third law of physics

states, "for every action there is an equal and opposite reaction". Opposition lets us know there is a commanding challenge, due to our commanding movement. As Yogi Bhajan has so often said, "Judge your strength by the strength of your enemy. This is not a signal to slow down. It is a sign to keep up and you will be kept up." Courage, acting on the intentions of the heart, has the ability to permanently eradicate the need for this doubt, panic, anxiety and depression.

The Kundalini Yoga exercises and meditation on page 2 utilize body angles, prana, electromagnetic energy flow and life giving breath to open the meridian channels, chakras, nervous system and circulation for this courage to flow from the heart.

- 1 "Hu" means light. "Man" means mind.
- 2 "Cour" means heart and "Age" means "the time of".

## Immunity - The Life Giver (continued from page 1)

viruses as "all toxic frequencies" whether physical, mental or emotional.

**How we view incoming information is an important step in the immune system's process.**

Physical, mental and emotional health is a fundamental state of consciousness. It is an attitude so strong it vibrates deep into our physical cells and our mental and emotional fabric. This is not always immediate. Thus, our state of health may be a long term response to an old direction. In many instances it is difficult to trace the origin of getting sick or getting well because it will manifest after days, weeks, months or years.

We process countless sensory bits of information from the world every moment. It does not so much tell us how it is, but instead is telling us who we are. A simple explanation of the transmission of a virus is: the mind looks into its existence and concludes (in a fraction of a second) that 'dis-ease' is having a cozier time than 'warm fuzzies' because it is able to sniffle and complain, relying upon those loving caregivers while being served warm tea and kindness. Then somewhere in the following moments of life we too become 'dis-eased' or our feelings get hurt or we loose perspective, all as a result of this conscious or unconscious desire.

When we become attacked, the

(continued on page 4)

## FLU SEASON REMEDY

During yoga class on  
Thursday, January 22, 1998,  
Yogi Bhajan gave the  
following recipe for  
warding off flu this season:

- Add 2 tbs of black peppercorns to 4 cups of water and bring to a boil.
- Let simmer for 20 minutes.
- Strain the peppercorns out of the liquid.
- Mix equal parts of the Peppercorn liquid and Pomegranate juice.

Take through the flu season.



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with Guru Singh m.s.s.

## The Therapy of Sacred Sound

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### Immunity - The Life Giver

(continued from page 3)

adrenals respond by pouring adrenaline and other peptides into the bloodstream. At this point we receive an image or a picture which is often an emotional interpretation of the event. If we react with this adrenaline, we are reacting to the interpretation, not the actual event. At that moment instead of reacting to the adrenaline rush if we center our immune system, breathe in rhythm to lock together the brain and heart, we can use this new power to consciously redirect our response. With this adrenaline we proceed to the next level, a state of meditation difficult to create any other way. The result is the reward of non-reaction, nonviolence, hyper-clarity and understanding. This was Mahatma Ghandi's secret. He had every logical reason to react to the cruelty and unconsciousness of his oppressors, yet he defeated the greatest military power of the day without so much as one bullet.

#### *Understanding is a great natural medicine.*

We have a continual choice to respond to our lives with greatness or weakness. We are always the size of our attitude, whether conscious or unconscious. When we look at the world through the eyes of the soul (which we know is infinite) it is about the size of a grapefruit, not so big after all. Information entering our personal world is open to the interpretation of our filtering attitude. By the time it has triggered our physical, mental or emotional response, it may not be what was originally transmitted. Sometimes we genuinely believe that another actually hurt our feelings, yet later after processing the event, we understand it doesn't hurt. The event did not change in retrospect, only our perspective did as we developed understanding.

A living example of the 'super power' of attitude is a story that has actually been documented many times throughout modern history. A woman, seeing her child trapped under a car, goes into a state of shock. Instead of crying in despair when the adrenaline flushes through her system, she runs and lifts up the car and pulls her child to safety as if she is superhuman. One common journalistic explanation has been that the adrenaline charged her muscles enabling her to lift the vehicle and pull the child to safety. Physiologically, however, this explanation does not hold up. A car weighs more than 2000 pounds. Perhaps her muscles could lift it with the help of adrenaline, but the ligaments and joints would burst under such pressure. There is another explanation. She didn't run to the car in her physical body only. The adrenaline put her into a state of shock which separated her consciousness from the dense physical body and she entered a dreamlike state known to yogis as the **etheric field**<sup>1</sup>. In this altered state (which is reported as a feeling of slow motion) she ran in this etheric field which carried the physical body with it. In essence, when the etheric body of the woman picked up the etheric body of the vehicle, it was as light as a feather. The physical world, in all its heaviness, moved exactly in sync with it. This shock created absolute faith within a state of absolute focus. There is an ancient saying Yogi Bhajan often quotes, "Faith moves the mountains and without it even the stones are heavy."

When we are under great pressure, if we exert our faith and strength we send this message to our subconscious and in turn into our physical cells. In strength, our attitude develops powerful and supporting sensations. Over time the immune system is entrained to emulate this strength. As we charge this system with attitude we become mentally, emotionally and physically 'response-able'. Instead of selling out our strengths and buying into our weakness, we create an environment of power in the image of our increased expectations.

In meditation we can scan our system head to toe and make mental notes putting our defense system of immunity in a position to guide the fundamental attitudes of our life. "Nip disorders in the bud." "A stitch in time saves nine." "An ounce of prevention is worth a pound of cure." These are all very meditative and yogic sayings. Through Kundalini yoga, centering the navel point gives stability to our pranic center, our life force, while setting the rhythm of our breathing coordinates and stabilizes the energy of the heart, brain and thymus gland (an immune rhythm-setter). Our whole body will be in rhythm and in sync with a much higher frequency and our truer nature, which is health, happiness, holiness, wholeness, balance and fulfillment. We are then able to respond with clarity and understanding to any situation at hand, even a virus.

<sup>1</sup> *Everything in the physical world has an etheric field, including atoms and molecules. While it is composed of a far more subtle material than the physical body, it is an exact duplicate of it in every way. On a causal level, everything happens first in the ether then it takes place in the physical world.*

# Y.E.S.

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