

# Hacienda de Guru Ram Das Newsletter

VOLUME 17 ISSUE 1

JANUARY 2008



Children's camp at Winter Solstice  
See more pictures on page 6.

**Happy New Year!  
2008**

HGRD Ashram Website  
<http://www.espanolaashram.com>

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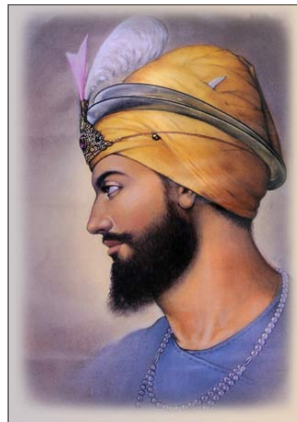
## Ashram News

### 3HO International 39th Anniversary Celebration!

We will celebrate this special occasion on **January 3rd** during our regularly scheduled Thursday Langar. We will begin with an 11 minute meditation in the Gurdwara at 12:15 pm followed by langar and cake in the Langar Hall. Please mark this date and join us for fun and celebration.

### Guru Gobind Singh's Birthday Saturday, January 5th

Following the New Year's Eve Ransibhai we will continue with evening meditations and cozy meals at homes in the sangat until Saturday, Jan 5th. During sadhana on the morning of the 5<sup>th</sup> we will recite Japji followed by bowing Jaap Sahib, Savaiye and Chaupai. The full Anand Sahib will be recited during the Bhog. All are invited to stay for a birthday breakfast. Full details and schedule of meditations to be announced.



As we celebrate the 39<sup>th</sup> anniversary of 3HO – the vehicle Siri Singh Sahib ji set up to keep the teachings of Kundalini Yoga pure and to develop teachers – we refresh our commitment by remembering just what a teacher is.

### The Life of A Teacher

*Excerpts from a talk by Yogi Bhajan, Beads of Truth, Winter Solstice Edition, December, 1972*

It is the most difficult thing to be a teacher. I definitely agree with you that is a very huge experience. First of all, it means that you must be a very good student to begin with. You have to go through all the practices and you have to be very one-pointed to always maintain your sadhana so that your sadhana will maintain you through every test of the time. You cannot be a teacher if you cannot live to the teachings, because if you cannot live to what you ask of your student, then he will never have faith and he will never grow.

It is a very heavy situation, where I have asked you to become teachers and where time demands that you become the teachers and leaders of the Age. The life of a teacher is the last incarnation on this planet. If you can do it, then you stand liberated. Remember what I have always taught you: 'If you want to learn a thing, read that; if you want to know a thing, write that, and if you want to master a thing, teach that.' It means that as a teacher of righteousness and truth, you must master Truth itself. You must become a living truth. It is not that you must have it overnight, but it is a gradual

*(Continued on page 4)*

January Ashram Events	
Jan. 3	<b>3HO International 39th Anniversary</b>
Jan. 5	<b>Guru Gobind Singh's Birthday</b>
Ongoing Events	
6th of the month	Gurdwara commemorating the martyrdom of the Akal Takhat. This is traditionally a "Wish-and-a-Dish" langar meaning each person prepares a dish filled with their prayers and wishes to share with the sangat.
Sundays 6:30 am	Ishnaan Seva, washing the marble floors in the Gurdwara. All are welcome to participate in this uplifting event.
Every Thursday at 12:30 pm	Langar served in the Langar Hall. All welcome! To help, call Amrit Kaur, 753-7705 for food preparation, and Deva Singh at 927-0988 for general information.
Every Thursday at 4:30 pm	New Children's Program Schedule! The 1st and 3rd Thursday of the month we will be focusing on Sikh Dharma with stories and activities surrounding the Gurus. The 2nd and 4th Thursday we will focus on 3HO and Kundalini Yoga.
Fridays 4:30—5:32 pm Gurdwara or langar hall	Prosperity Meditation to "develop the intuitive business mind and bring prosperity home."
Sunday's after langar	Free healing sessions are held in the Gurdwara. Acupuncture treatments by Guru Mitar Kaur and Sat Nam Rasayan Free Clinic facilitated by Guru Terath Kaur.

**KRI Website - <http://www.kriteachings.org/index.htm>**

If you haven't visited the KRI website yet, I recommend you take some time to browse through the various pages for valuable information for yourself and your yoga students.

You can listen to a **New Year's message from Gurucharan Singh**, Director of Training, as well as download meditations to practice and share with your students. Also their online store includes many new KRI books as well as yoga and meditation manuals for your every need.

**New Year's Day Hukam from Sri Harimandir Sahib  
Dhanaasaree, Fifth Mehl**

Granting His Grace, God has blessed me with His Name, and released me of my bonds. I have forgotten all worldly entanglements, and I am attached to the Guru's feet. In the Saadh Sangat, the Company of the Holy, I have renounced my other cares and anxieties. I dug a deep pit, and buried my egotistical pride, emotional attachment and the desires of my mind. || 1 ||  
 || Pause || No one is my enemy, and I am not one's enemy. God, who expanded His expanse, is within all; I learned this from the True Guru. || 2 || I am a friend to all; I am everyone's friend. When the sense of separation was removed from my mind, then I was united with the Lord, my King. || 3 || My stubbornness is gone, Ambrosial Nectar rains down, and the Word of the Guru's Shabad seems so sweet to me. He is pervading everywhere, in the water, on the land and in the sky; Nanak beholds the all-pervading Lord. || 4 || 3 || 19th Poh  
*(Samvat 539 Nanakshahi, Page 671)*

**Winter Solstice and New Year's Greetings** to our beloved Espanola Ashram family! You are all in our hearts and prayers and we miss you very much. We send you our love and good wishes from our green (soggy, this time of year) paradise here on Denman Island, British Columbia.



May Guru Ram Das bless you with prosperity, health and happiness in the New Year.

*Sat Nam,*

*Devmurti Singh and Hari Amrit Kaur*

Our new contact information is:  
 7650-B Marcus Rd.  
 Denman Island, BC V0R 1T0  
 Canada  
[devmurti@telus.net](mailto:devmurti@telus.net)  
[hariamrit@telus.net](mailto:hariamrit@telus.net)

## Ads & Tidbits

### New from GRD Health Center

Start your new year with a gift of self-nurturing. On Tuesdays you can get an NMT treatment from **Satya Kaur** along with a mini-session from Dr Kartar Singh, for only one co-pay (with insurance coverage, and if you have seen Dr Kartar Singh within the last 3 months). If it has been longer, schedule an acupuncture treatment so you can enjoy this great deal!

Not familiar with NMT? If you believe in the power of Kundalini Yoga, you will find many similarities - it facilitates awareness and self healing, is fast and powerful, supports good health and well-being on all levels and you feel great afterwards! Specialties include resolution of allergies, hormonal imbalance, chronic pain, mental stress, infectious agents and much more. It is enjoyed by infants and children too.

To find out more or schedule a session, please contact Satya Kaur at 927 2400 or [khalsashakti@yahoo.com](mailto:khalsashakti@yahoo.com).

**Siri Singh Sahib Gurdwara Lectures**-Available through Ancient Healing Ways at: <http://www.a-healing.com/> or call 1-800-359-2940.

Date	Lecture Topic	Lecture Date
11/4	Concept of Human Happiness	9/10/89
11/11	Insensitivity of Human Nature	8/27/89
11/18	Reality of Spirituality	10/15/89
11/25	Guru Nanak	8/26/89

### Masters Class Series Resumes

Yoga Southwest is pleased to invite you to the **2008 Masters Class Series** continuing each Thursday evening from 6:00 to 7:30 pm, followed by a light dinner. Join us for these cozy gatherings, with proceeds from the classes going toward ashram development. Do not miss **Dr. Guruchander Singh** (Jan 3rd) and **Snatam Kaur** (Jan 10th) teaching the first two weeks of the **2008 Masters Class Series!**

\$15 or \$48/4 classes or \$5 in addition to your Yoga Southwest pass. *Proceeds go towards Ashram Development.*

## Going Green

### Al Gore, The Nobel Peace Prize 2007

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#### Nobel Lecture

*Oslo, 10 December 2007.*

Your Majesties, Your Royal Highnesses, Honorable members of the Norwegian Nobel Committee, Excellencies, Ladies and gentlemen.

I have a purpose here today. It is a purpose I have tried to serve for many years. I have prayed that God would show me a way to accomplish it.

Sometimes, without warning, the future knocks on our door with a precious and painful vision of what might be. One hundred and nineteen years ago, a wealthy inventor read his own obituary, mistakenly published years before his death. Wrongly believing the inventor had just died, a newspaper printed a harsh judgment of his life's work, unfairly labeling him "The Merchant of Death" because of his invention – dynamite. Shaken by this condemnation, the inventor made a fateful choice to serve the cause of peace. Seven years later, Alfred Nobel created this prize and the others that bear his name.

Seven years ago tomorrow, I read my own political obituary in a judgment that seemed to me harsh and mistaken – if not premature. But that unwelcome verdict also brought a precious if painful gift: an opportunity to search for fresh new ways to serve my purpose. Unexpectedly, that quest has brought me here. Even though I fear my words cannot match this moment, I pray what I am feeling in my heart will be communicated clearly enough that those who hear me will say, "We must act."

The distinguished scientists with whom it is the greatest honor of my life to share this award have laid before us a choice between two different futures – a choice that to my ears echoes the words of an ancient prophet: "Life or death, blessings or curses. Therefore, choose life, that both thou and thy seed may live."

To read the entire speech go to:

[http://nobelprize.org/nobel\\_prizes/peace/laureates/2007/gore-lecture\\_en.html](http://nobelprize.org/nobel_prizes/peace/laureates/2007/gore-lecture_en.html)

*(Continued from page 1)*

experience and a perfecting of your own projection and the mind which has to be brought into tune with the God-consciousness. And that takes a practice, and a sincere effort on your part. You have to be sincere because you will definitely be tested and you will have so many hassles, so much slander, so many abuses, and there will be clouds and storms and hail to tear you apart.

But, you all have been handed the banner of Sat Nam, to keep it flying, come what may, and there will be many difficulties to test your devotion, to make you more and more strong and committed to that one reality of existence, that Infinite Truth. Those who can maintain through all the situations shall be known as the teachers. There may be many, may be few, it is the will of God.

When you start on a spiritual path, you have a consciousness that it is time to come out of the cycle of birth and death and rebirth and that is actually why you were granted this human birth, so that you could become one with the Infinity, so that you could realize your infinite potential during this lifetime. We don't teach that you should have nirvana after you die, we believe that we should experience that state of bliss right in this human body. It means we have a chance to be so much attuned to the Infinite that we become consciously conscious of our Infinite potential and we practice it by inspiring other beings to live up to their potential.

To be a teacher is to experience the power of truth through the Master and one who can practice can become a great teacher. Remember, if Jesus would not have sacrificed himself on the cross nobody would care for him today. So it is your power of sacrifice, your own humility to your teacher, and your ability to surrender to the Will of the Creator. The surrender of the ego is also a practice, and that is why we have teachers in human form, so that we have a chance to practice the state of egolessness, selflessness to a physical being where we have great love and respect.

Purity, piety, humility, and service are the trademarks of the true teacher. So my dear ones, I have not come to this country to create disciples, I have come to create teachers. I am a humble postman, and I am carrying your letters to you, where you can see what is your destiny and what is required. It is up to you to do it and the time is NOW.

## January Birthdays

- 1<sup>st</sup> Deva Singh  
Rama Singh
- 2<sup>nd</sup> Tej Kaur
- 3<sup>rd</sup> Didar Singh  
Guru Darshan Kaur (Althea)  
Uttam Kaur (daughter of Niranjin Kaur – Akal)
- 4<sup>th</sup> Sopurkh Kaur
- 5<sup>th</sup> Ram Das Singh (Albq)
- 7<sup>th</sup> Hari Mander Singh (Sarb Sarang Kaur)
- 8<sup>th</sup> Guru Daya Kaur
- 9<sup>th</sup> Dharma Kaur (Shanti Shanti Kaur's sister)
- 10<sup>th</sup> Guruneil Singh
- 11<sup>th</sup> Fateh Kaur  
Amrita Kaur (daughter of Kartar Singh & Gurubani Kaur)
- 16<sup>th</sup> Gurujohn Kaur  
Siri Harpal Singh
- 18<sup>th</sup> Deva Kaur (Dr Kartar S.)
- 20<sup>th</sup> Sita Kaur
- 21<sup>st</sup> Guruka Kaur  
Sant Suroop Singh  
Simran Singh (Akal)
- 22<sup>nd</sup> Bibiji  
Dr. Harijot Singh
- 26<sup>th</sup> Kartar Kaur
- 27<sup>th</sup> Hari Mitar Singh (son of Hari Har S. & Guru Mitar K.)
- 28<sup>th</sup> Guru Shabd Kaur (daughter of Siri Deva Singh & Ranjit Kaur)
- 30<sup>th</sup> Pritpal Kaur
- 31<sup>st</sup> Jai Jeet Sangeet Kaur  
Guru Kirn Kaur (Dharm S.)  
Guru-Hukam Singh



## Cell Phone Dangers

By Satya Kaur

If you or any member of your family uses a cell phone, please read this.

The radiation or EMFs emitted by even very short cell phone use or carrying one on or near the body has been scientifically proven to damage DNA beyond the capacity for repair, causing cells to become altered in subsequent generations. Cellular mutation is the physical source of cancer.

Using a headset or earpiece does not necessarily provide protection and can increase the radiation to the brain through the ear.

Carrying a cell phone near or on the body focuses penetrating radiation to all systems and organs in that area. A 2-minute cell phone call has been documented to impair the electrical activity of a child's brain for up to an hour.

Cell phone use has increased exponentially. Even if you do not use one, you are at risk if someone is using one near you.

What can we do?

1. Limit cell phone use as much as possible.
  2. Reconsider before giving cell phones to our children
  3. Make sure that every cell phone we use is shielded, both the phone itself and the headset if one is used.
- There are devices available on the Internet for this purpose. Inform others who use cell phones about the risks.

*Reports used for this cell phone article include:*

*USA - Fox News, Air America*

*UK - BBC, London Today*

*Australia - Sydney News*

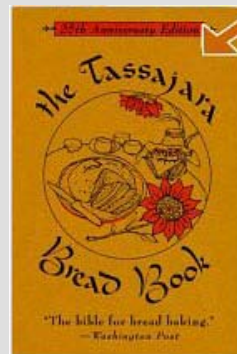
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 Website: [www.espanolaashram.com](http://www.espanolaashram.com)

## Food for Health

### Banana Nut Bread

Recipe from *The Tassajara Bread Book*, by Edward Espe Brown



*I don't know how many of you grew up on the recipes from this cookbook but it was all the rage in the 70's. I found, to this day, they have the best banana bread recipe and a good one to bake on a cold day.*  
 -the Editor

- 2 cups whole wheat flour
- 1 t. baking powder
- ½ c. vegetable oil
- ½ c. honey
- 1 lemon rind
- 1 to 2 beaten eggs (Ener-G Egg Replacer)
- 2 c. mashed ripe banana pulp
- ½ c. chopped nuts

Sift together flour and baking soda. Blend oil, honey and lemon rind until nearly smooth. Beat in eggs. Add sifted ingredients in three parts alternately with banana pulp, beating until smooth after each addition. Fold in chopped nuts. Place in greased loaf pan. Bake for one hour at 350° or until fork or toothpick in center comes out dry. Cool 10-15 minutes in pan. Remove from pan. Cool before slicing. Excellent with soft cream cheese.



## Winter Solstice 2007



*Prabh Singh with Mandeep Singh and family and friends at Winter Solstice.*

*May all beings be free*

*May all beings be at peace*

*May we feel loved and heard  
by the Infinite aspect of our being*

*May you connect with your heart  
and walk the path of your divine destiny.*

This prayer was written by a group of students at the Conscious Communication course in Portland.

*-Guru Terath Kaur*

### January Missal Duties

Date	Set-up	Langar	Clean-up	Akhand Path
12/31-1/6	1	2	3	4
1/7-1/13	2	3	4	1
1/14-1/20	3	4	1	2
1/21-1/27	4	1	2	3
1/28-2/3	1	2	3	4



*Volleyball by the lake*



*Tent city at Winter Solstice*



*Children's program by bonfire*

Who knew Winter Solstice could be so much fun! The reports are the weather was beautiful (in the 70's) and Tantric was over every day by 1:30 pm! Photos by Gurumustuk Singh.