

IN KUNDALINI YOGA YOU MUST DO THREE THINGS:

1. You CANNOT initiate a person. Never! You cannot initiate a person. Person has to initiate himself.

In Kundalini Yoga we do not initiate anybody. If a person is foolish enough or not fit enough to initiate himself or herself, our initiation will not make any difference. It's the quality of the people, the quality of their thought, the quality of their perception, the quality of their projection, quality of their behavior, and the quality of their life which matters. Not the quantity.

2. You cannot teach a person for free. Person must bring something before he comes and then only can you teach. He should give maya, you should give him heavens. That's the exchange. There are things to do. There are do's and don'ts, in everything.

But, there is one rule: "Itarashtam tithar Kashtam" -- Nobody comes empty handed. It's one rule: If a person shall come empty handed, that person may sit here for six hours and do all kinds of yoga, but the moment he goes out of that door, he'll go empty handed. "As you come, so you'll go." That's the only one condition, and it's not up to you or me.

3. And Third is: When a person is negative, absolutely obnoxious, absolutely rude—elevate him! Don't discuss, don't decide, don't do anything—elevate! And these are the three things which are obligatory.

But give people that which can serve them, can uplift them: Energy. Share pure technology -- not emotions. Don't put a rider on it. If it's a bitter pill, let it be bitter. Don't sugar coat it. It is very deceitful on the part of a Teacher to teach teachings to please people. You teach these things to build people, to nurture people, to bring their reality out, bring their personality out, take away their cavities, take away their downfalls, their pitfalls. You have that capacity. Through this teaching you have a very perfect quality to stimulate the real strength in a person. Don't look for popularity or personality.

Kundalini Yoga is like the sun -- it serves all without discrimination. --Yogi Bhajan 3/23/90

These are the three do's and don'ts, total sum of it. You will not do anything to create a problem. You will be part of the solution.

—Yogi Bhajan 9/24/89

THE OATH OF THE TEACHER:

"I am not a woman, I'm not a man, I'm not a person, I'm not myself, I'm a teacher."

Yoga is not a stupid game; it is a science. It's not achieving high or low. It is being healthy, being happy, being holy....Yogi Bhajan. 10/10/96

5 SUTRAS FOR THE AQUARIAN AGE

1. Recognize the other person is you.
2. There is a way through every block.
3. When time is on you, start and the pressure will be off.
4. Understand through compassion or you will misunderstand the times.
5. Vibrate the Cosmos. The Cosmos will clear the path.—Yogi Bhajan

Never let down yourself, Never let down anybody. Never conspire to let down a living being. Yogi bhajan 960509

Steps to Become a Teacher

- 1 - Learn to be learned. •
- 2 - Learn to be graceful. •
- 3 - Learn to be patient. •
- 4 - Learn to be straight. •
- 5 - Learn to be impersonal.

Yogi Bhajan July 31, 2001

Affirmation – A Teacher Sit straight in a cross-legged position. Raise the right hand by the shoulder as if taking an oath and say:

"A teacher is not a preacher.

A preacher is a preacher.

A teacher is a teacher. A teacher is not a preacher.

A preacher is not a teacher. A teacher can only be teacher A teacher cannot be preacher A preacher will not be a teacher. That I say solemnly."

Yogi Bhajan July 19, 2001