

The Ecology of Training and the New Institute Courses at KRI

We launch our first “Institute Course” this summer is called “Healing the Wounds of Love”. We are doing this in the spirit of Yogi Bhanan who first held institute courses at KRI in the early 1970’s. In those beginning days, the courses were for serious students and teachers who wanted to delve deeper into an aspect of themselves, consciousness and life. The first few were by invitation only to insure that participants were committed to practice the sometimes challenging techniques he shared and practice them with an esprit de corps forged from the honesty, earnestness and collaboration of the group effort. These experiences were invaluable to give us a sense of our own reality, potential and character. They gave us tools to deal with life and to approach life with powerful confidence, courage, openness and humility.

Each of these courses is practical, powerful and focused. The basic attitude of these courses is: “Life is itself a miracle. We are miracles within the miracle. We can live and enjoy this reality when we clear our own way: strengthen our consciousness, dispense with the fears and old patterns in our subconscious and cultivate the skills and beliefs that manifest the destiny and beauty in our heart. “

With this first launch of the Institute Courses, we invite you all to participate. The doors are wide open for every student and teacher who wants special training with focused deep experience in an atmosphere of relaxed camaraderie and exploration. Institute courses give you the expertise and experience to manifest your extraordinary life. The only prerequisites are that you are familiar with kundalini yoga – so you know what you are getting into, you are healthy enough to exercise and meditate and you are open enough to test and explore yourself as you grow.

We chose Healing the Wounds of Love to initiate the series for two reasons. First, we all love and we all have wounds. It is a universal experience of living and loving. We need the skill to embrace all of our experience with an open heart and intuitive understanding as we choose to let the past go and invite the future in. The wounds we all get, small and large, are opportunities to strengthen our spirit and keep our heart open ever wider. Second, we had many requests and enthusiastic feedback from the level two course on Authentic Relationships- which is for teachers. One section of that course touches on the wounds of love we get and the patterns we repeat when our approach to satisfying relationships come from needs, past insecurities, lack of self-love or a dysfunctional core image of relationships. Many people asked for further opportunities to focus on and transform this important part of our life.

Authentic Relationships looks at the nature of relationships, communication, ultimate love and the play of masculine and feminine archetypes within us. Healing the Wounds of Love focuses on awakening spirit and awareness through our relationships, how to use mantra to keep the heart open and turning wounds to wisdom. We will learn the use of deep meditations using Narayana mantras and the Shabd

Hazaray to open and heal the heart. We will take time to share our experiences and how we gain strength and meaning from them.

We will also guide and mentor Trainers who want to present this entire course and teachers who want to use a shortened one day format to introduce this topic to all students. Most of the topics in the institute courses and in Transformation courses are also themes that are part of the core conversation of the 3HO community. We hope that each Institute Course will help enliven the discussions, projects and expertise that are in those conversations.

KRI is developing several levels of training and a wide range of courses for teachers and for all students. Let me put the Institute Courses in context as I describe a little of the “Big Picture” of KRI and the training ecology we are creating.

KRI has the mission of developing a robust, global teaching community and resources that nurture the school of kundalini yoga as taught by Yogi Bhajan. Part of this mission is an accessible, authentic and useable library of all the teachings Yogi Bhajan shared. Part of it is the training and support of teachers and trainers of teachers at the highest level of quality, character and effectiveness. And part of it is the elaboration, testing and utilization of the teachings in programs, research projects and productions of books and other digital media.

Over the last few years, through the efforts of many of our trainers and KRI, we have established the Aquarian Teachers Academy that coordinates the standards for teachers and trainers and the programs they present. It also assists in the administration of the steps to progress through the courses, mentoring, testing and other qualifications for each of the three levels: Foundations to be an instructor; Transformation to be a practitioner; and Realization to be a Teacher.

Central to this mission is the creation of a robust ecology of training courses and trainers. “Ecology” may seem like an odd word to use. But ecology implies an interactive process between all levels of participants that adapts to the needs and opportunities of the environments we all live in. A robust ecology has many creatures and many niches all of which contribute to its strength and longevity; a robust teaching ecology has many types of courses that serve many needs and incorporates many personalities that deliver authentic teachings and experience with integrity and character.

A strong body of teachings underlies this ecology. Some courses are like the bones: the training levels and courses specifically for teachers and trainers. They are the structure on which all else can stand. Some are like the muscles: institute courses for everyone some of which are short and some much longer that develop an area of focus. Some are like the circulation: courses for professionals, collaborations with other institutions and colleges, and formats that utilize the most contemporary web-based and virtual communities. And finally we have the nervous system: KRI itself, an interactive library of teachings, research and lively communication as a global community of teachers.

All these parts will grow organically as an ecology. We have a core set of teachings which provide the anchor points for all that we do. Each piece of that teaching can apply to anything that calls on our

human capacity to develop, be aware, and to act with character. We create teachers who help each individual realize their potential to be uniquely who they are, fully human and effective in their lives.

We have proceeded as Yogi Bhajan directed us- in a gradual, positive, progressive manner. First we have focused on the seeds- the core of our ecology; that is the teachers and trainers. Without those exceptional individuals and the highest quality in their consciousness any institute or institution would remain a hollow framework or descend into an arthritic bureaucracy. Our goal is to provide avenues for experience and wisdom that lets each person recognize and realize in action who they are as a human being. The combination of authenticity and creative flexibility needed for that cannot happen without constant attention to the teachers and trainers. Secondly, we are now expanding the course structures to address central concerns and teaching themes that can be used by all teachers and that invites any student to join in. Thirdly, we will develop in the near future courses for professionals in the therapeutic fields. Lastly, in all of our efforts we follow the projection of Yogi Bhajan for KRI. He wanted it to be open, unifying, creative, collaborative, contemplative, and consistent with qualified and trusted expertise. We are not based on personality or fame though we support every individual's talent and destiny and have exceptional trainers. We are not commercial though we encourage prosperity and good business applications. We are spiritual scientists in our support and participation in research of a well laid out and authentic base of teachings. And we carry this legacy of Yogi Bhajan with an authenticity that does not change it for the market or personal promotion. It is truly a legacy for all who wish to know the All.

To try one of the meditation techniques we will use in Healing the Wounds of Love this summer, see the video posted on our site.

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