

Background informations about to the new TT L1 policy

In 2020 a book written by a former secretary of Yogi Bhajan and a series of others similar stories exposed by other women that served him and his mission over time, opened a new narrative about the life of the Master of Kundalini Yoga.

An independent organization collected an extensive amount of these stories and after consideration came to the conclusion that it is "more likely than not" that Yogi Bhajan engaged in improper behavior with various students who were his collaborators and members of his staff or closely related to them.

Comprehensibly, the community of teacher and trainers got divided among two sides and many intermediate positions.

As KRI, we need to consider even the most polarized positions, among those that still want to be part of a single community, because these are the people that KRI will serve, always and anyway: the teachers and trainers of the school.

First, let's say we have a first group, that watched all this without changing their position about Yogi Bhajan and the teachings. To them, there is nothing that need to be changed in terms of the training process: they will continue to teach and train as they did.

Then, let's look at the second group, that cannot consider Yogi Bhajan as a moral compass anymore or that can not feel enough or any trust in his example. We know that they still recognize the value of the teachings, not only exercises, kriya, yoga sets or meditations, but often also many things among the oral or theoretic guidelines about dharma, healthy lifestyle or conscious living. At the same time, the fact that they can't anymore see Yogi Bhajan as a correct embodiment of the teachings push us to allow them to get rid of a part of the requirements that have been mandatory in the past, in the training program that has been developed.

For whoever will train and teach from this perspective, KRI will propose some alternatives to the practice of a day of White Tantric Yoga, to the reading of the whole book of the "Master touch" and to the vision of the two video classes that were mandatory in the former programs. The proposal are defined below.

But first, some important words to everyone about both this choices.

KRI (and Yogi Bhajan) has never been interested to cater the students or the new teachers to the cult of a personality of a teacher: if this happened, it was a mistake.

The teachings are impersonal and are defined, experienced and stabilized in a specific, impersonal state of consciousness called the “golden chain” or “golden aura”.

This is a state, or a subtle realm, where every teacher can transcend his/her personality and just serve the teachings.

A realized being lives in that state of consciousness. A teacher can learn to dwell there and should always look at that state as the real goal of his/her training.

In a transcendent state of consciousness there is no fear, no hatred, no comparison and no personal will or desire: there is just harmony, service and the blossoming of the individual and collective soul.

If you feel that Yogi Bhajan just showed us the way, without being able to live steadily in that state, or if you think he lived there for the most part of his life, is not a great difference in term of what you have to do as a teacher or a trainer: you have to learn to reach and dwell in that blessed consciousness and lead others to do the same.

For that you will need shakti, the energy that the practice can give you, and bhakti, the capacity to bow to the sacred source where all the teachers belong.

May you always consider this two sides of the spiritual journey as extremely and equally important, and may you recognize your effort and the effort of ALL other sincere seekers as part of the SAME movement of the universal consciousness.

As a final note please be aware that the way that each single teacher can use to feel a personal link to the state of consciousness of the “golden chain” can be very different. The most classic access, through Guru Ram Das, is always here, to serve everyone. At the same time, any other realized teacher, any other liberated being can serve the same purpose to inspire and bring the individual consciousness to the universal One.

New Proposed Policy

The Level One certification requirements for everyone that wants to walk the “new path” are:

The Masters Touch:

The reading of "The Masters Touch" book is optional
Teacher trainers may encourage the reading of the Master's Touch, but it can't be a mandatory requirement for the final certification.

If "The Masters Touch" is not read as part of a Level One training program, for whatever reason, KRI encourages teacher trainers to find alternative ways to deliver at least some of the material, such as:

- Extract some of the key wisdom found in the Master's Touch and deliver this through their own voice,
- Find a few appropriate, specific Yogi Bhajan lectures about being a teacher and have students read just those lectures, rather than the whole book.

Beyond that, is fundamental that the concept of Bhakti is deeply covered, helping each student find their connection to Guru Ram das or to their own Isht and to the Golden chain, the state of consciousness that all teachers should embody when they teach, speak, act and serve the students.

Yogi Bhajan Videos:

Watching Yogi Bhajan videos is highly recommended, but can be avoided in case of a specific conflict with his personality.

So, as with the reading "The Masters Touch," a trainer may show Yogi Bhajan videos in class, while still allowing a trainee to opt out if they wish, without that choice affecting their Level One certification status.

White Tantric Yoga:

Without denying the power, uniqueness, and potency of White Tantric Yoga, the requirement to participate in a day of White Tantric Yoga in order to qualify as a Level One certified Instructor is changed to be participation in a day of intensive, group, Kundalini Yoga meditation.

- KRI still strongly recommends that all students participate in a day of White Tantric Yoga, if possible.

The day of intensive group meditation will be fulfilled by a group Kundalini Meditation course or workshop that meets the following criteria:

- Contains at least 6 hours of meditation practice within a 24 hour period (study, lecture, discussions, etc. do not count towards the 'meditation' time).
- Are within the tradition and teachings of Kundalini Yoga as Taught by Yogi Bhajan,

and

- Is led by a KRI licensed teacher trainer (with exceptions being permitted with the lead trainer's approval)

Recognizing the challenge of setting a written definition of who is qualified to lead one of these days, and perhaps other interpretations of the above, the lead trainer must sign-off on the particular manner in which the student wants to fulfill this requirement. The student can always appeal to KRI if they disagree with their lead trainer's decision.

Examples of the kinds of courses that would fulfill this requirement include, but are not limited to:

- A day of 21 Stages of Meditation
- White Tantric Yoga
- Five Rebirthing kriyas (for this particular choice, please do NOT teach all in one day, but spread out over at least 5 days)
- A Japa course such as Re Man or Kundalini Surjhee
- Sat Nam Rasayan intensive course with qualified SNR Instructors who are also KRI certified Level One instructors.