



Kundalini Yoga Notes

All we truly have is this moment, *right here and now*. Our logical mind knows this and yet we still put off happy living for some distant time in the far-off future when all our stars line up and our ducks are in a row. We say to ourselves... THEN, I will start living! The present becomes some condition of suffering for the better life of tomorrow.

PEMA CHODRON, Buddhist meditation master says; "Now is the only time. How we relate to it creates the future... If we're going to be more cheerful in the future, it's because of our aspiration and exertion to be cheerful in the present. What we do accumulates. The future is the result of what we do right now."

Out of necessity we must remain aware of "clock time" but it is possible to free ourselves from the jail of "psychological time". Forgive, make amends and record your

lessons from the past... then leave them behind you. Detach from controlling future outcomes and know that your intentions and goals are empowered through ACTION in this moment.

What day is it? ...TODAY

Where are you? ...HERE

What time is it? ...NOW

-R. Van Kannel



The next time you seem to be hitting all the red lights when you are pressed for time, consider that the Universe is asking you to slow down. Look around you as you wait for the light to change. Are there any messages staring back at you? Is there something you need to see? **Coincidence is a powerful messenger.**

🎵 Music 🎵



Most of the music that I use in our Kundalini Yoga sessions comes from the artists - Snatam Kaur & Guru Ganesha. For those of you who are new to yoga and interested in purchasing some of this music... we will be putting in another order for cd's soon. In the meantime, check out Snatam's website. She is currently doing a PEACE tour around the world. **www.snatamkaur.com**.



One of the songs that I use for long deep relaxation, "CLOSE YOUR EYES" is on Joelle Gilmour's album. She is a local artist, now residing in Calgary. She is my Yoga mentor and has taught me everything I know about Kundalini Yoga! Check out her website as well: **www.joellegilmour.com**. If you are interested in her CD, let me know... I have extra copies for sale for \$20.