



Text: Jai Jagdeesh Kaur Photographs: Sherene Huestler

Love the life you live

On 1 June 2008, following a full day of White Tantric yoga in Cape Town the previous day, Gurmukh Kaur Khalsa, the director of the Golden Bridge Centre in Los Angeles, California, delivered an energy-inspiring workshop on her first visit to South Africa.

Gurmukh sat resplendent in her eye-catching clothes and jewellery; glowing with pleasure. By way of introduction, she spoke to the participants about herself. She travels frequently and shared her thoughts with us about her impressions. She said that so many people she had encountered disliked their occupation. She planted the seeds of change and illustrated the power of prayer from the outset. She told the audience about the bounty of the cosmos; revealing how so often when she has a need it is miraculously fulfilled. She communicated that the *mantras* (chants), movements, *mudras* (seals) and *asanas* (poses) incorporated into the workshop could be employed to bring about the transformations you would like to see in your life. The refrain from the ‘hallelujah’ chant, the wild dancing to heart-churning rhythms, the visualisations, the connection to the universe and the group work that took place resonate even now. If I revisit the event in my mind, I can still smell, taste and feel the moments contained in the time we spent together.

At the Golden Bridge Yoga Centre there are over 100 yoga classes per week. The schedule is exciting; different styles of yoga for everyone including prenatal and pregnancy, family and children’s yoga; events; a spa; delicious organic food at the Nite Moon Café, Chinese herbs, music and books.

“I felt so blessed to come and teach

Kundalini yoga and meditation in South Africa. It was an amazing experience for me. I loved South Africa so much and for that very reason I’ll be coming back next July to teach and to be part of a conference created by South African women for women. I have been inspired to help to create an orphanage and a place for girls who have been taken off the streets,” Gurmukh said.

The spirit of hope that Gurmukh generated during her Cape Town workshop is obviously a state of being that she herself enjoys. “There was a strong sense of hope. I felt very much alive while I was there. I discovered people there possessed jewels in their personalities that people in the West with our great wealth do not have.”

It is always encouraging when a teacher comes to South Africa and gives an uplifting workshop and then sets an example by laying the groundwork for positive community-orientated developments. The technology of Kundalini is powerful and can be put to good use. And where better to invest the strength that has been produced by White Tantric, the signature tool of Kundalini and Gurmukh’s happenings, than into the youth and women of South Africa?

Gurmukh said that you have to love your employment; be conscious and contribute through your work in a meaningful manner; and do not locate yourself in a company that is detrimental to the environment. Yogi Bhajan has said that the surest route to abundance is to give; it is from that starting point that one can receive. **VAA**



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