

HOLY

by Krishna Kaur, Los Angeles, California, United States

"I remember the feel of the tears rolling down my cheeks upon hearing that the organization behind the incredible yoga class I had just taken for the first time was the Healthy Happy Holy Organization, also known as 3HO.

It was late June in 1970 on the campus of the University of Colorado in Boulder and I had just returned weeks before from my first time in Africa where I spent a year trying to understand how I was supposed to worship God. After many wonderful experiences, I left that great continent with my question still unanswered. I decided to stop looking. I sweated and panted my way through my first yoga class trying to find some kind of release, and it worked!

Then my teacher Saloam said that The Goal set forth by Yogi Bhajan for the teachings of Kundalini Yoga was to give us a way to be Healthy, Happy and **Holy**, and I instantly knew I was on the way to discovering my long sought after relationship with God. Finally! Not a specific God tied to a specific religion, but a Universal God that served all equally, and lives in within us all. The tears flooded my cheeks and the grass around me, washing away all doubt and making way for the sun to shine in my heart once again on that unforgettable day where I felt the union within me and my surrounding.

Let this time remind us to claim our birthright and to keep moving toward the Light until we have experienced the fullness of these teachings. I truly believe that is our unique and wonderful gift from G.O.D.¹ delivered by His faithful servant, Yogi Bhajan.

Peace to all, Light to all, Love to all!!!

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¹ "At the top of the Ladder of Being there exists only pure Consciousness—the One, or G.O.D. (That force which is always Generating, Organizing, and Destroying.)", **The Aquarian Teacher**, KRI International Teacher Training in Kundalini Yoga as taught by Yogi Bhajan®, Level 1 Instructor Textbook, Yogi Bhajan, PhD.