

## Biography Pritam Pal Singh

I grew up in Chile during the 50's and 60's, within a jewish immigrant household; my mother Sonia taught me love, longing and respect for woman, I learned from my father Israel hard work and honesty and from my community fear and belonging. God and death were big mysteries. Wisdom and values were valued.

Deep, introverted and timid, with inner and social consciousness, I wanted to know "the law of things", I wanted to be human, to create a difference. Started exploring science and philosophy, psychology and politics, art and Zionism.

The turmoiled surroundings of the 70's in Chile (social unrest and the Allende's Government) showed me the deep suffering of people and the political contradictions of the system, but I did not find direction in dogmatic social ideologies, rather in Herman Hesse, Krishnamurti, the Beatles and the incipient hippie movement.

Political instability made my family send me to Israel to study biochemistry. It was a wonderful world-opening experience followed by the desilution of the inhumanity of war: in a Jerusalem hospital, the morning was spent in working to experiment in order to save lives, the evenings I volunteered to nurse soldiers who would later die in my hands. Science and religious contradictions I could not stand.

That is why I left the system. Needed deeper answers. My first "Guru" was a colombian artist that showed me drugs that seemed to open sensitivity, anarchy that seemed to give freedom, contra-culture that seemed to find wisdom. Four years later after studying art, traveling the south of Europe and passing thru all sorts of exotic experiences - in one of which I virtually lived the "hell" that some of my generation well knows - I found out how lost I was in my path, how little I really knew and how unbalanced I was in myself and in my relationships.

Having traveled in those times with one lady that ended up in the Amsterdam Ashram of Kundalini Yoga, I took a train north, and after seeing her so radiant and being able to answer all the questions I had (most of those answers took me long time to understand), I decided to surrender myself to all those strange things, that this even stranger and huge "*Maestro*" would recommend us to practice. I did not have much more to loose. Just imagine, the first meeting with him was a class of 2 1/2 hours Sa Ta Na Ma meditation in France's yoga festival, I thought I would die while doing it. Surprisingly, next morning I asked him for my spiritual name. And I was hooked.

In the process of three years I fulfilled in many ways my longing for wisdom and communal living. I could live all the ideals which I, being in the system, never wanted to abandon. I learned so much. I started healing and finding sense in this deep yogic philosophy and life-style.

From cutting a single tomato in three minutes (that stoned I was!) to operational manager in a big restaurant. That was a real "Miracle". Those were the times when we all worked together, sharing everything, in Golden Temple restaurants earning only 10 guildens for a movie on sunday. Those were the days, in this first european "seed" ashram, were all leaders of future ashrams would get trained and grow to go: the Gurudasses to Spain, Guru Meher S. to Italy, Satya

S. and the Tarn Tarans to Germany, Guru Raj S. and later Sardar S. and Seva K. to Sweden .... and me, the first south american kundalini yogi, to Chile.

Yes, when I came to see my family in Chile in the way to do Teacher's Training in USA, somebody in Santiago's park saw me in *Bana*, sat me down on a chair and asked me the same questions I did three years ago and ¡I knew the answers!.....and I was radiant. This guy was knocking at my door for *sadhana* at 4 a.m. every day for the remaining weeks I visited.

That is why, having done the Boston teacher's training (those were the times of 40 days TT inmerition in an ashram and with S.S.Gurucharan S., future Director of KRI, bigger head than mine...he had "almost" all those answers), I decided to ask my teacher Yogi Bhajan to start an ashram in Chile ..."this long and thin land at the end of the world"...he said ... "Yes, but you have to marry first" (you had to be to lead one).

Chile was so unknown then that, when I wanted to present it to my future wife, Hari Nam Kaur, we could not find any books on it and when I showed pictures of the beautiful Andes on horseback, she thought she would teach Yoga to the indians (now Chile is a model and the most stable country in Latinamerica). But Hari Nam Kaur still went, devoted to her Master because he told her .... "it is in your destiny". Truly enough!, later on I left and she stayed in Chile ... holding the space, doing a great job training teachers until now.

So, after some adventures, we became Ministers of Sikh Dharma (you had to be to lead an ashram) and we did go down in january 1981 and tought the Teachings and performed gurdwaras to an interested few. For many years it was difficult pioneer work, chiseling raw stone. Society was so convencional and uninformed about those new aquarian concepts we were teaching. Just imagine, times of dictatorship and dogmatism. We had to mantain ourselves with other jobs, dealing with personal, relationship and economical crises. We still kept up until we could not. But seeds were planted.

A beautiful fruit came from this times. My son Guru Seva Singh, now 22 years old, who grew up in his adolescence in Miri Piri Academy to be a noble, kind, concious and inspiring young man who is delivering his ecological and spiritual message thru visual arts.

Those years showed me again how much more I had to grow so, when we went to see Siri Singh Sahib in 1991, he put me to work in one of his companies in Los Angeles to chisel me too. This were the roles of the companies back then... "You have to learn to generate and be successfull", he told me:"you have to learn to comunicate your self and sell yourself, to be real, to make things real". God! it was so hard. I felt so limited. And divorce came in between. ¡Three years of torture;

But at the same time, a handfull of blessings ... be able to attend Yogiji's lectures, learning so many things at Yoga West Center with great teachers . So, when I finaly felt ready, when I realized I had in me all I needed, "Seibhang" – self referente - they call it, as it happens, I was invited to teach in México. Beautiful people, wonderfull nature, food and culture .... and a kind, noble and supportive shakti, Ardas Kaur, with whom to share this mission, this bright and real life.

From then on, nobody could stop me. I realized I was a teacher and the more I tought the better I tought. I recognized I was a healer and the more I healed the better I healed. I had all the incredible tools and concepts given to me by God, Guru and spiritual guide. I understood how my

mind used to cheat on me but reality was reality, so, with much less inner limitations or preconceptions, I started traveling to many cities in Mexico, to Canada and Spain, to Trinidad Tobago and Brazil, to Argentina and Chile. Everywhere things opened up.

Of course it depended on how you related to everybody. Love, kindness, fairness, compassion, honesty, conscious communication, building community ... all these aquarian stuff worked!.

Both, Ardas K. and me, in 1995 established an ashram in Mexico City and later in Cuernavaca, between 1998 and 2005. We were very active in the F.C.K. (Mexico's 3HO) and S.D.M. (Sikh Dharma Mexico). But one thing was missing to push forward our mission. It was shown and given to me with the opportunity of being in Espanola in 1997 when IKYTA, KRI and the office of Sikh Dharma International were being formalized. During those months of seva in their offices, I got in touch with the restructuring and professionalization of the teachers training program.

This visit inspired me to open TT programs on this new light as a Lead Trainer in Mexico and Argentina since 1998, Chile and Paraguay since 2000, and Uruguay since 2002; counting in total more than a thousand dedicated Kundalini Yoga teachers formed since.....and growing faster every year.

I also collaborated in training trainers and taught in their programs: Nam Nidhan Kaur that later expanded in Chile and opened Ecuador, Bolivia, Peru, Colombia and recently Venezuela; Amrit Singh, that expanded in Chile. I am currently mentoring the new generation of trainers in several latin countries, trainers which are doing so much service with so love and devotion!.

From that time in Espanola and subsequent visits, I became a natural link between KRI and IKYTA and the local organizations in Latin America, was named communicator. I supported their growth and transferred information and policies until Trainers Forums and TT Aquarian Academy formalized. Part of that support was the KRI launch of the new Level II program in Cordoba, Argentina with whose resources, all Level II materials were translated into spanish.

I was also invited in the year 1999 as a member of the Khalsa Council of Sikh Dharma, becoming inspired by this excels body and their's evolved forms and procedures of Aquarian Leadership. We have been putting efforts to apply that in our communities, considering local idiosincrasies. The growth of Sikh Dharma has been slower due to the dept of commitment necessary to live by it but is growing steadily, thanks to the inspired visit of S.S. Gurubachan Singh with his yearly "Tour de los Milagros" and other devoted teachers.

A deep highlight in my inspiration was to be part of the Yatra to Amritsar and Anandpur Sahib in the occasion of the 500 year's instalment of the Khalsa Panth, at the end of 1999.

From 1995 on, Ardas K and me, also developed "Tecnologías Sagradas", a company devoted to create products to further help the expansion of "The Teachings" in Latin America. Starting with cassetes and later CDs from 3HO and Sikh Dharma music with translated mantras as tools for students and teachers (transpassed now to Spirit Voyage), followed from 2004 with the spanish edition of KRI aproved books and manuals, and later on subtitled DVD lectures by Yogi Bhajan. Another great contribution to this effort is Guru Nam Singh's, "Nam Publishers".

Health problems in 2008 forced me to slow down the pace of this self-imposed race to accomplish the delivery of what for me was a wonderful matrix of answers, guidance, healing and transformation tools in so many areas of my life. The urgency was clear: if it helped me, it could help so many others in great need today. My *Maestro* taught me that very well!. But in my case the way to deliver it had a flaw. It was done with too much effort and tension, without real wisdom. So, cardiac bypasses taught me a great lesson.

Now I do things without pushing the river, knowing I am not the only one that can do the things I do. On top of it I am enjoying. I trust the Greater Destiny, for which I only intervene when it's needed. I do what I do. I am what I am. And all is a great blessing now.

I am full of gratitude to Yogiji, to the *Dharma* and to the *Sangat*.

In Service

S.S. Pritam Pal S. Khalsa