

Genesis of the Training in “The Science of Mind and Humanology for Leadership and Success®”

Yogi Bhajan has invested in us as leaders for the new era. He continuously motivated us to experience in ourselves the process of removing from our subconscious what does not allow us to relate properly to ourselves, to others, to our environment and to act appropriately to produce health, happiness and holiness.

In 21 years of practice I have often wondered why the efficacy of Kundalini Yoga is rarely manifested and translated into practical life. I found answers in the practical application of Kundalini Yoga. So, the project "Crystallizing the Diamond" was developed. It enables us to practice properly by combining the energy of the body with the projection of the mind and the reality of the soul.

Later, I realized that we often miss the right attitude, commitment and translation of the practice into action. I never found gaps in the science and technology of Kundalini Yoga.

This made me investigating about the diagnosis to detect dysfunctions in the psycho-electromagnetic field in order to apply tools and therapeutic strategies as a remedy. Thus “Kundalini Yoga Counseling” was delivered. Both of these projects are very effective and support the realization of the self.

Still something was missing, I felt the urge to disclose a way of how to achieve the impossible, how to integrate and transcend our own karma and manifest ourselves, transcending our fears, honouring Kundalini Yoga by becoming able to love and excel in every facet of life and lead others to do the same.

Since 2004 I have explored the teachings of Yogi Bhajan about leadership and success. I have studied, practiced and taught them in every area and I realized that they provide the know-how, the answers, the definitive guidelines of how to apply Kundalini Yoga in all areas of life. Together with my team we have structured a teacher training in three cycles by collecting, organizing and structuring the didactic teachings given by Yogi Bhajan over 30 years.

In 2016 we have started with the first Kundalini Yoga teacher training in the world specializing in leadership and success, internationally recognized by the Yoga Alliance. Nirvair Singh Khalsa, CEO of the Kundalini Research Institute and Tarn Taran Singh Khalsa, Director of Training of the Aquarian Trainers Academy, are honouring the project to such an extent that they became a part of the trainer team.

I strongly recommend you to experience the realization of the process of Kundalini Yoga in yourself and become able to know and explain the immense value of our teachings to others and the wider society.

Humbly,

Sadhana Singh



Photo: Manuela Verdi