

# Moving Forward - the Matter of Yogi Bhajan

## An Open Letter to the Kundalini Community from Shakta Kaur Kezios

When I entered my first Kundalini Yoga class on Feb 3, 2001, I was definitely an outsider; totally dressed in black and totally new to both the technology and its architect, Yogi Bhajan. My focus was, and remains to this day, solely on the positive impact this "technology of consciousness" provided to me. Additionally, I was attracted to a common refrain - it's the teachings, not the teacher - which was repeated over and over in the teachings. This appealed to me, as I am not one to fall into personality webs. However, many people were indeed orbiting the persona of Yogi Bhajan. This reverence-like behavior can lead to poor decisions by otherwise good people. And, it appears that Yogi Bhajan himself may have made poor decisions, as recently alleged by some women within his immediate circle.

Sexual misconduct or abusing women is wrong, period. Indeed, for new students of Teacher Training we ask them to sign a 'Code of Ethics,' agreeing not to engage in sexual relations with students. Yet, the allegations say that Yogi Bhajan engaged in exactly that behavior. This now becomes a teaching-point, to recognize the hideous nature of abuse, make reparations where appropriate and to take pro-active steps to mitigate such actions in the future.

"Moving forward" is best done from a neutral mind, with a balance between head and heart. And I know this much: Yogi Bhajan has his own karma to deal with which will certainly be applied perfectly by the Creator. We can take comfort that the truth shall be revealed in time, which is another hallmark of this Aquarian Age. During the investigative process\*, it is incumbent upon us to take steps reflecting intellectual clarity and emotional honesty. A knee-jerk reaction of "burn it all" does not serve anyone. That is merely another hold-over of the Piscean Age.

Some within our Kundalini community demand to 'sanitize' the teachings. They want to redact all references to Yogi Bhajan. The good news is that the teachings work perfectly fine without invoking his name (provided the required components of a Kundalini Yoga class are left intact). As for myself, I shall always have gratitude for the timeless beauty of the teachings. And I ensure that my studio provides a safe space with the utmost respect for both women and men.

But, can we "separate the teacher from the teachings?" Of course we can. Yogi Bhajan had flaws. Every human being has flaws. We are finite. Yet we can still impart things of value to the world. If you demand that every teacher is 'perfect' - then there will be no teachers. We can teach the kriyas and meditations because they are perfect; they are beyond time and space. They are of the Infinite, not the finite. We also know that Yogi Bhajan took no authorship of the teachings. He said early and often that he was just a postman delivering letters from the Cosmos.

To say it another way... don't confuse the message with the messenger. Yogi Bhajan was human, not a saint nor a 'man of god;' something we can all say. In some cases, we learn from one's teachings, or we learn from one's mistakes. In Yogi Bhajan, both cases were present. Personally, I have always incorporated his position on humility:

*"There should be no misunderstanding given to the student that the teacher is all-knowing, all-doing, omnipresent, omni-this or omni-that. That's a quality reserved for God, not a teacher."*

As for me, I will move forward serving myself and KYL students with a rock-solid practice of 'Kundalini Yoga as taught by Yogi Bhajan.' Not to honor the man, but to acknowledge the gift he left us. It's never been about the teacher for me. It's always been about the teachings. Others may elect to omit 'as taught by Yogi Bhajan' - all I can say is "God bless them."

Sat Nam.

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\* In March of 2020 an investigation of the allegations was commissioned with An Olive Branch.  
An Olive Branch Website: [www.An-Olive-Branch.org](http://www.An-Olive-Branch.org)  
Further details on the investigation: [www.SSSCResponseTeam.org](http://www.SSSCResponseTeam.org)