



THE GURU FACTOR

Someone once pointed out that when you spell the word Guru this is what you say:

G = JEE , or GEE , U = YOU , R = ARE , U = YOU

'Gee you are you'. Well it may seem obvious but to a lot of people being their real self is a most difficult task. There are many circumstances that can lead to deep insecurities about one's idea of self. The Guru factor of the project is to give people a mirror to their possibilities. To share the living methods that will give people an experience of their latent potential and to affirm the innocence of the spirit so it can be given a chance to come through.

'You are you' means you are not the product of your social history, you are not just what the opinion of others may impose on you. 'You are you' suggests the you that was before things, that has gone through things, that is still now and that shall continue to be. This continuous self is referred to as soul or spirit and that is also the meaning of the term 'Jee'.

The importance of the Guru aspect of the project is that there is a timeless wisdom and practical intelligence that is universal in nature. It gives people a focus that brings a touch to their heart. Meaning it takes a person out of their ever expanding mind and its complexes and directs them to an inwardness of self-experience. The Guru factor points to the light that ever shines in our inner darkness and invites us to fearlessly open its presence into the world. **SCS**

What Do We Do and Where?

The GRDP is a Charity dedicated to serving everyone in the community through delivering a range of holistic services to people and groups who are in need of this type of support – whatever their faith or background.

Our work includes the practice of Kundalini Yoga & meditation, the provision of complementary healthcare, developing an attitude of service towards others, encouraging high standards of personal conduct and building a sense of community.

The GRDP, through its inspired team of staff & pool of over 100 volunteers, delivers outreach work – ranging from yoga & meditation sessions to complementary healthcare to the following groups:

- 50-80+ year old men in residential care who were previously homeless with a fondness for alcohol and with some mental health issues – **St. Mungo's – Hilldrop Road**
- The homeless – **Crisis Skylight**
- HIV/AIDS & immune deficiency sufferers – **Terence Higgins Trust, Lighthouse London West, Body & Soul and Positively Women**
- Young adults with behavioural health & learning difficulties – **Turning Point: The Grove & N7, North London International School, Christ College, Finchley Catholic High School + DANDA**
- People recovering from drug & alcohol addiction –

- **Equinox Spectrum, St. Mungo's Earls Court, St. Mungo's Brent, Rugby Houses in Islington and Covent Garden, the Angel Project – ISIS South, DASL, Turning Point Waltham Forest, Ravenswood – Rugby House, Harbour Recovery Centre (Salvation Army Addiction Unit)**
- Mental health in-patients – **Tamarind Centre – Park Royal Hospital**
- Seniors + Women's groups – **Castlehaven Community Centre + The Islington Turkish, Kurdish & Cypriot Women's Welfare Group**
- Women recovering from alcohol addiction & domestic violence – **Rugby House – ARP Women's Services**

Working with these beneficiaries is a rich experience and they remain our inspiration!

The Charity also holds community events each month like Keertan programmes & meditation evenings (please see

our website for further details – back page).

In all our objectives we are sharing practical tools and wisdom that are rooted in the Sikh Dharma and that are beneficial to everybody, whatever their faith.



Paul Upjohn teaches weekly at the Tamarind Centre

The Big Lottery Fund (BLF) The initiatives funded by the BLF are doing well and we again are exceeding our targets. For Project Year 2 & 3, the GRDP has been delivering services throughout London – working with various groups in recovery from drug and alcohol addiction, domestic violence and young people with behavioural health issues.



“In their Own Words”

This year we hear from someone from our amazing team of workers & volunteers

Samsakta at St.Mungo’s, 2 Hilldrop:

I qualified last year as a level 1 Kundalini Yoga Instructor and have been delivering the weekly yoga & meditation class at the St. Mungo’s Hilldrop centre since July 2008. This class is for 50-80 year old men in residential care who were previously homeless with a fondness for alcohol and with some mental health issues.

Teaching this class has proven to be an important experience in my personal and professional life. It has helped to develop my skills in teaching yoga, but more importantly has brought me in touch with

a lovely group of people, and made me aware of the need for activities to engage their skills and that promote their mental and physical well-being. Indeed since this experience, I have been volunteering to teach more yoga classes to similar groups.

The class at Hilldrop is one-hour long and follows the standard format of a Kundalini Yoga class. However, exercises are done on a chair to allow people with mobility issues to participate. Everyone is welcomed, even if it’s just for listening to the soothing music and tap into the energy of the group.

During the session a big emphasis is given to breathing techniques – for instance, we practice long deep breathing at the start of each class or during exercises when students are reminded of the link between mind and breath. Exercises for the heart and blood circulation are also practised in every class.

Music is another important element of each class. They all enjoy the peaceful rhythm and chanted melodies of the Kundalini Yoga music! In some of the classes, students were even able to practise playing the gong, the singing bowl and Tibetan bells, as they learned more about sound and vibration. On occasions, I have read them relaxing stories.

At the end of each class, all participants are provided with the opportunity to share their experiences whether they are about their life prior to living at Hilldrop, or anything that happened during the week, or to talk about any feeling or issue they want to explore in a safe environment.

When students leave the class, I can certainly see the transformation on their faces whether they realised it or not, they definitely look more radiant and peaceful!

The highlights of 2008 have been the classes during the festive season which registered the highest turn-out, and we celebrated Christmas and the New Year with mince pies and orange juice. We have recently discussed practising yoga in the park; hopefully, this will happen when the weather is warmer.



Samsakta teaching weekly class at St. Mungo’s



STRESS RELIEF AND CLEARING THE EMOTIONS OF THE PAST

Put your hands at the center of your chest with the tips of the thumbs touching each other and each of the fingers touching the corresponding fingers on the opposite hand. There is space between the palms. The fingertips are pointing upward. Look at the tip of your nose and breathe 4 times per minute: inhale 5 seconds, hold 5 seconds, exhale 5 seconds. Continue for 11 minutes or until you feel relief from the stress.

This meditation is especially useful for dealing with stressful relationships and with past family issues.

Fundraising

We invite **everyone** to contribute heartily through time, donations & effort, to the furtherance of our services. Our thanks to all our supporters, workers and volunteers who allow this work to grow.

We invite your support – be it as a volunteer, a worker, or to give a donation. This support will sustain the activities below.

OUTREACH WORK – Our Work with:

i) drug & alcohol rehabilitation centres (incl. domestic violence sufferers) ii) mental health clients iii) the homeless iv) work at community centres v) young people with behavioural health problems and vi) those affected by HIV, AIDS and immune deficiency conditions

RAISING AWARENESS – We Hold and Support:

vii) community programmes (like Keertan) viii) inter faith activities ix) educational programmes x) and bring Kundalini Yoga & Dharmic lifestyle to young people in schools, universities & camps

PREMISES

It is still our long-term goal to have our own community centre that can house a permanent gurdwara & many other community activities in Central London.

*Any amount donated is put to good use
(contact details on back page)*

We invite you to be inspired, to pick an item that speaks to you and contribute where you can.

Future Plans

The GRDP will continue to expand its services to fulfil all its objectives and to reach a wider audience. What we are actively exploring:

- To continue to expand drug & alcohol rehabilitation support for rehab centres including complementary healthcare.
- To continue to hold educational programmes as well as meditation evenings and workshops – for beneficiaries, volunteers & workers.
- To extend support for mental health clients and the homeless.
- Develop a Keertan jatha that would visit gurdwaras, universities and interfaith events. Produce recordings on specific topics in Gurmat.
- Premises – the GRDP would like its own community centre.
- To receive more people at our Keertan programmes each month (live devotional singing) and to enjoy the free food (lungr).
- To continue our support for Interfaith work in the UK.
We are dedicated to connecting communities, to social inclusion for all and the promotion of racial harmony
- To extend our current support for those with HIV/AIDs and suffering from immune deficiency conditions.

WAYS TO DONATE:

Offer Your Contribution

Or

Standing Order

To:

Guru Ram Das Project

Lloyds TSB

34 The Broadway

London N8 9SH

Account No:

00569868

Sort Code:

30 92 43

WAYS TO VOLUNTEER:

Call our Project Manager – see details on back page – and explore ways to volunteer!

WAYS TO HEAR MORE ABOUT THE WORK/ PROJECT:

Call our Project Manager – see details on back page.

Become a Member – please call the office telephone number to ask for a form.

Or talk to one of our Volunteers.

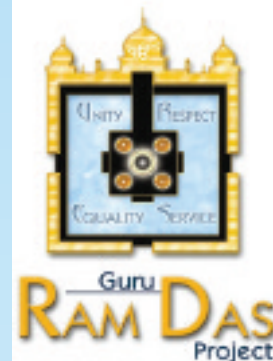
WAYS TO SUPPORT THE CHARITY:

Your time

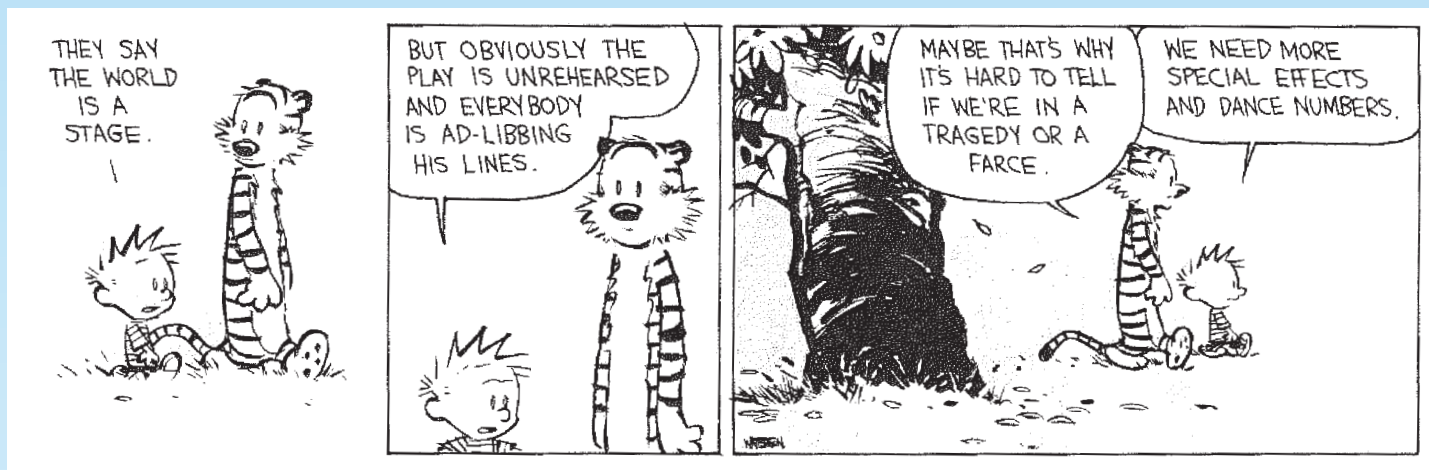
Your skills

Your presence

Your enthusiasm



Some Fun ...



CALVIN AND HOBBS © Watterson. Reprinted courtesy of the creator and Universal Press Syndicate. All rights reserved

If you have any fun cartoon sketches you would like to share with us then please send them in and we will see if we can include them in our next newsletter issue.

The GRDP Trustees are:

Catherine Williams (aka Angad Kaur)

Ghanaya Singh

Lorraine Thomas (aka Karta Kaur)

Paramdeep Singh Bhatia

Shiv Charan Singh

William Marshall (aka Jaaganroop Singh)



GRDP Keertan programme

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**We welcome your
correspondence and
questions!**



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Useful Links:

<http://www.bbc.co.uk/religion/religions/sikhism/> – gives a clear explanation to all on what Sikhism is about

<http://www.mentalhealth.org.uk/publications/?EntryId=51514&q=640392%c2%acKeeping+the+Faith%c2%ac>

(here you can find an article on the work of the GRDP by the Mental Health Foundation called “Keeping the Faith”) P.47 & 48

www.Sikhnet.com – Worldwide Sikh community

www.ProjectNaad.com – Sikhism information resource

www.3ho.org – International Kundalini Yoga organisation founded by Yogi Bhajan

www.sikhdharma.org – Yogi Bhajan Lectures archive

www.sikhcess.com – Taking langar/food to the streets

www.SearchGurbani.com – Online Sikh scripture resource