

## Interview with Sadhana Singh from Italy

In 2014 a series of seminars on Leadership and Success under the name Open Seminar was launched under the leadership of Sadhana Singh based on the teachings of Yogi Bhajan and Kundalini Yoga technology with the aim to help participants find their deepest vocation, purpose, and fulfillment in life. We talked to Sadhana Singh about the Leadership and Success program and how it is applied in the business and personal life.

(Original interview in Hungarian: <https://kundaliniyogahungary.com/sadhana-singh/leadership-and-success-az-uzleti-eletben-interju-sadhana-singh-gel/>)

### **You wanted to be a successful person? If so, has that contributed to bringing to life the Leadership and Success Program?**

I think everyone has a desire to be successful, but unfortunately our subconscious often has a different opinion about it. I also had an idea of what it means to be successful. I thought success was if I was someone, I achieved something, I had a lot of money, made some kind of impression on people... Thanks to yoga, I understood that success means something completely different. At the end, of course, I was very pleased that it was not what I had believed before, because my former belief system only brought me some short-term satisfaction, momentary things, and a sense of instant gratification.

The teachings of Yogi Bhajan, Kundalini Yoga and the Leadership and Success program have shown that success is something that can happen if you are yourself. In this case, something happens that leaves a mark on you on Earth, something that gives meaning to your existence.

Real success means being yourself and expressing it under all circumstances.

Leadership and Success program was born out of the desire to make this discovery available to others. In my view, this is the missing link in Kundalini yoga. Because we can easily lose track of many techniques and practices, this program helps us find our uniqueness. It condenses the essence of the teachings and translates them into a practical level of life

### **When did you first realize that you were really successful?**

The first success was when I realized that success was not what I thought it was. This realization set the course of my life in the right direction. It was a very profound and decisive experience.

### **The Leadership and Success program is also available through Open Seminars and Teacher Training. What is the difference between the two?**

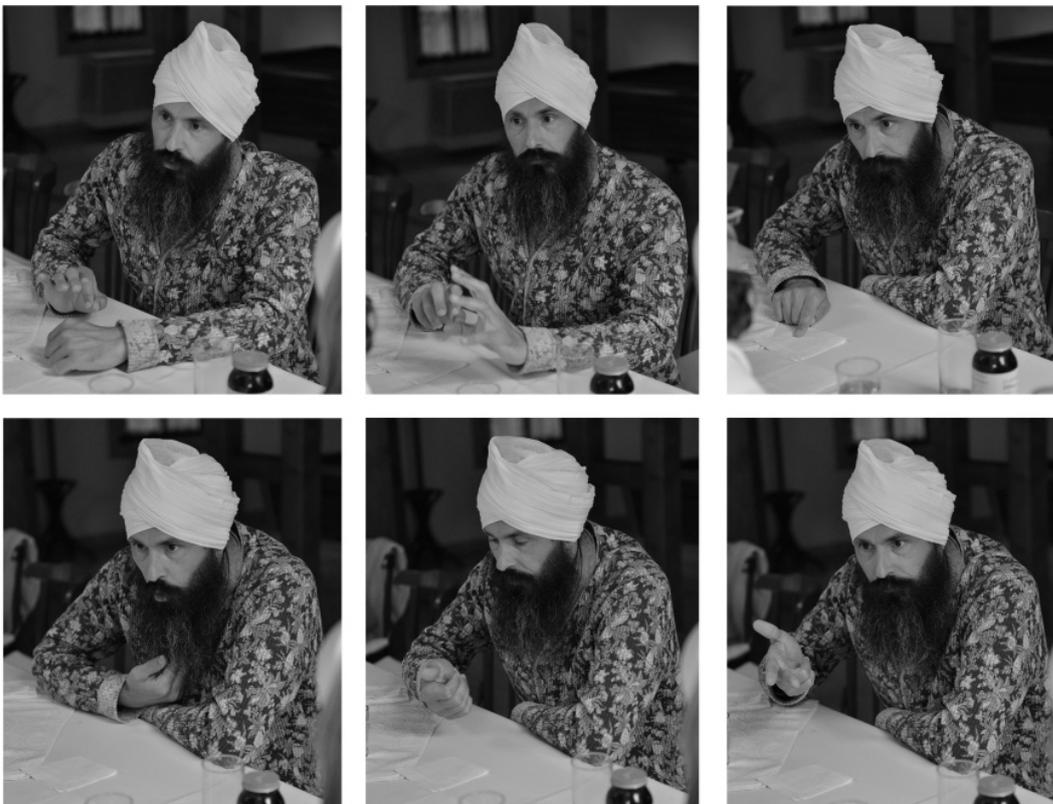
The curriculum is pretty much the same, although some topics are covered in more details during Teacher Training. While Open Seminars are open to anyone at any time, teacher training is a serious commitment: you commit to completing the entire course. Because the same group meets again and again throughout the training, the process through which participants go is much more intense and personal.

**You say that the Leadership and Success program is open to everyone, and does not require previous Kundalini yoga experience. Still, there is a kind of general knowledge/practice that can anyone can benefit from and there is moving towards specialization.**

Yogi Bhajan says that it is important to specialize. There is no other way if you really want to express yourself. The program shows you the way, as you go through it, you can find your own uniqueness. We find that this is what really happens to those who have been involved in the program for a longer time.

**Then we can say that the Leadership and Success program helps you find what is special about you.**

Yes, but there is a definite process of this finding, and how we express in our lives what we have found in this way. The program will walk you through this process step by step, a kind of yogic know-how.



*Lajosmizse, Hungary*

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**What experience does the program work on for those who have not known Kundalini yoga before? Can they apply what they have learned here in their lives?**

Yes, that's why I love it so much! I really enjoy working with people who are new in Kundalini yoga. I have very good experience every time I deal with companies. For example, yesterday I was at a company that I was visiting for the third time and I was fascinated by the depth of their ability to meditate. It is absolutely amazing that they have been given feedback on how Leadership and Success helps them to become better people on the one hand and to be more effective on what they do, on the other. After all, everyone wants to see who she or he is, what is their job, how are they limiting themselves... We need help and that is the purpose of the Leadership and Success program.

**I see that the theoretical part of Leadership and Success program is knowledge that can be useful to everyone. Do the employees of companies, and also companies use the practical parts?**

Yes, although that is a bit more complicated, since they are mostly new to yoga. On one hand they have resistance and on the other they have no idea what yoga is and thirdly they meet me in their elegant suit and tie ... At that point, the most effective tool that can use is breathing practice. There are countless 3 minutes, 7 minutes and 11 minutes breathing meditations in Kundalini Yoga. For example, at this company we have already done 11 minutes meditation. Sometimes, after a few encounters, I introduce a simpler mantra. They always get the exercises we've done together, so they can practice at home. If someone already sees some specific issues and wants to work on it, they are offered personalized exercises that you can do at home, in a matter of minutes.

**It is shocking that even a few minutes a day can be enough for a major change! How could this be when, for example, a Kundalini yoga recommends 2.5 hours of morning yoga practice a day?**

The needs are different, the driving force is different. In a corporate environment, one specific goal can be eg. doubling revenue. Then they build a team where everyone is visible to the others, they all want to perform well, they have a common intention. Usually they are all very good at leading themselves or managing a small group. They easily understand the essence of the teachings, and when they see that something is working, they take it whatever it is. An "average" yoga practitioner attends a workshop and is there because he or she wants to relax, exercise and maybe open slowly, but when you start practicing yoga, it is usually not yet closely tied to a specific purpose of life. Therefore, paradoxically, those coming from the corporate sector react more quickly to practice.

**Maybe because they already know what they want, what they lack?**

Yes, they can more accurately identify the dysfunction that causes their difficulties and, although they look rigid and less open, they quickly learn the techniques and integrate them into their lives. They already have the direction and the intention.

**Already have a mission?**

Yes. Even if it is not a mission of their life, but it has a specific purpose, and through this, they see and appreciate the quality of their lives. What they see is that, as a result of our program, in addition to being more efficient at work and communication, they improve their ability to collaborate and increasing their income. Additionally, an important aspect is that their relationship with themselves improves.

The rigid distinction between work and private life is removed: work becomes a part of the self-expression that is the whole of their lives. This is a great step forward for them.

**As I listen, I get the impression that there is a great deal of value in the corporate world and the people who work in it, while the general view of the world on big companies is inhuman, money and profit-oriented...**

No, it's a very human environment, it's just that the people who work here are under tremendous stress, constantly under great pressure, because they have to meet and live up to expectations. Of course they too are looking for some kind of balance.

**Could you mention a specific case where the results of your cooperation were measurable?**

Naturally. For example, the company I just mentioned has seen a 30% increase in revenue over the last 6-7 months, which means a lot of money for their budget. Of course, it is difficult to determine

the exact role that yoga plays in this field, as we are highly qualified professionals who work on several levels on a given problem.

And of course money is not the only measure of value in our process. It is also important that the participants can work together more harmoniously, have a different attitude to each other, and have improved their relationship both humanly and professionally. They have rediscovered the enthusiasm that makes work not only work, but makes them really happy to do it. They understood that this was one way of expressing and accomplishing themselves. This way, they are able to put themselves fully into work, generally feel more humane, and are able to balance work and private life. Success cannot be complete if you do better at work, but at home you are in trouble.

### **How often do you meet them?**

In the beginning, we only met every 2 months, and after a few meetings, they also realized that it was little. Now we meet every month, but during the meetings we get in touch and get home practice, which is great because we're talking about people who leave home at 7 in the morning and get back home around 8-9 in the evening.

### **I would like to ask about another thing that many people find difficult. Why do you think there is so much tension around money these days and what can the Leadership and Success program offer?**

The solution the program proposes is an old teaching saying: "Don't open the gap between spirit and matter!" Spirit and matter go hand in hand, and we, as spiritual beings, experience human experiences. So there is nothing wrong with having resources, having money and managing it with your spirit. Money is a manifestation of the spiritual energy. We strive to manifest in every aspect of our lives. Kundalini yoga is especially suitable for this. Initially, yoga was practiced by people who had moved away from the world and had nothing to do with money, relationships, other people or community. In the case of Kundalini yoga, however, the ancient tradition merged with the Sikh tradition. The Sikhs lived in community, leaned on each other, worked with their families with sweat on their foreheads and supported others with their work. So these two traditions have merged and the question arises, how can you become a saint in the middle of the world, in a family, get the money you need, create something beautiful, valuable, and how do you get resources to help others?

So why not have a comfortable home and the right resources to complete your mission? The only problem you have to face is that the moment you leave this world, you have to leave everything behind. The question is, can you ever let go of your beautiful house or car if anything happens? Everything is about attachment. Things are not the problem by themselves, but the way we approach them. In my opinion, the way we think about money is fundamentally wrong. If we reevaluate our belief systems and put the money in its right place, we will no longer have a problem with it. Money is a natural consequence of success anyway. So, if you are yourself, success and abundance are inevitable.

Who are you? - this should be your only focus!

### **I often hear people think that the idea of success is putting them under pressure, as if they think that someone who is not successful has failed. And that makes them feel like they have a rebellious resistance saying, "I don't care about success, I don't want a lot of money"!**

Yes, this is very understandable, it happens, but I don't see a problem with that. After all, anyone who has ever been really successful has gone through many episodes of "failure". The problem starts

with the fact that when you realize the distance between you and the potential within you, between you and true success. It can be shocking because you are so far away from what you could become. This will start to frustrate you. All successful people went through this and they all faced this challenge. Then, as you move toward your successes, you wonder what if I don't succeed. And if you succeed, the question is, what if I lose that success.

It may be that you will be successful and you will not know what to do with success. Success makes you very busy as you have a lot of things to do. When you don't want to be busy, so you don't want success.

There are many pitfalls and challenges in this process. Yogi Bhanan stated that everyone wants to be successful at heart. Only when it comes, you don't want it anymore because you can't handle everything that comes with success. Success in itself does not mean anything, because it can happen to anyone. Real success manifests itself in how we deal with the consequences of success. And not everyone wants to go through this process.

**I'm talking about those who say, "why should I be successful, why can't I live my life without being successful?"**

Everyone can be successful, it is about how we live our lives. It is a matter of decision. This is a completely normal defense mechanism that prevents suffering. But the way you live now also has a lot of suffering. When you start out on the road to success, you expose yourself to something you don't already know, it is out of your comfort zone. If you keep up, you will have a gain by conquering a part that is full of fears and can begin to live like a free human being.

I still see the pictures of the Ghandi in a movie... Just think of the price you paid for what you achieved! As an infinitely simple man, he has defeated the most powerful nation in the world and what he has done will never be forgotten by humanity. But he had to go through a hell. That is a real success. He could have chosen to live his life as an average lawyer as he started, having a little fun here and there, but the restraints he had set up and went through were meant to strengthen him and stay on the top of that bumpy path that led him to his goals.

Success is that whatever life brings you go through it. It is not about being rich. That is just a consequence, a result of success. The key is to accept who you are, understand, endure what is going on, stay open and do not suppress anyone or anything!