

Lifestyle Guidelines for Teachers of Kundalini Yoga as Taught by Yogi Bhajan®

Yogi Bhajan®所教授的昆达里尼瑜伽教师的生活指南

These guidelines are not ethical in nature. The Kundalini Yoga teachings remain as they have been given. They are not diminished or compromised by the choices any individual Teacher makes in their life and practice.

这些指南在本质上不是道德性的。昆达里尼瑜伽的教导维持着它被教授时的原貌。它们不会因为教师个人在生活及练习中的选择而被削弱或受损。

The goal of practicing Kundalini Yoga, as with other yoga traditions, is to transcend the limitation of the ego-self and unlock each individual's full human potential. Toward this end, the Kundalini Yoga body of teachings includes many lifestyle guidelines. Rather than moral teachings of right versus wrong, these guidelines are based on long experience and observation as to what choices and behaviors will or will not best promote our physical, mental, and spiritual wellbeing.

与其他瑜伽传统一样，练习昆达里尼瑜伽的目标是超越假我的限制，释放每个人的全部潜能。为了达到这个目的，昆达里尼瑜伽的教导体系包括许多生活方式准则。这些准则不是正确与错误的道德教义，而是基于长期的经验及观察，即哪些选择及行为会或不会最好地促进我们的身体、心理和精神健康。

Yogic teachings are clear about avoiding practices that detract from one's spiritual growth and yogic practice. Every person has the right to make their own choices regarding these guidelines. **Neither KRI nor EPS regulate these choices outside of a Kundalini Yoga environment.** As part of KRI's mission to ensure the integrity and accuracy of the Teachings for future generations, teachers and trainers are expected & encouraged to present the lifestyle teachings in a choice informed model of teaching, and with a clear emphasis on the Teachings as they were originally given, regardless of their personal choices about lifestyle.

瑜伽教导明确指出要避免那些有损于个人灵性成长和瑜伽练习的做法。每个人都有权利对这些准则做出自己的选择。**KRI 和 EPS 都不对昆达里尼瑜伽环境之外的选择进行监管。**KRI 的使命是为后代确保教导的完整性及准确性，我们希望并鼓励教师及培训师选择一种他/她们接收到的教学模型呈现生活方式教导，并明确强调教导的原貌，而不带入他们对生活方式的个人选择。

Kundalini Yoga lifestyle teachings include (but are not limited to) the following:

昆达里尼瑜伽生活方式教导包括(但不限于)以下内容：

Commitment to a daily spiritual practice that includes Kundalini Yoga and meditation.

承诺每天进行灵性修炼，包括昆达里尼瑜伽和冥想

- Commitments to the continuous improvement of one's own professional knowledge and skills.
致力于不断提高自己的专业知识和技能
- Maintain a lacto-vegetarian diet.
保持乳类素食饮食
- Maintain long, natural length hair.
留长发, 任其自然生长长度
- Wear appropriate white, natural fiber clothing while teaching.
教学时穿舒适的白色天然纤维服装。
- Teach Kundalini Yoga with the entire top of the head covered with a white, natural fiber head covering.
在教授昆达里尼瑜伽时, 用白色的天然纤维头巾覆盖整个头顶。
- Abstain from use of tobacco, alcohol, and/or non-prescribed drugs.
不吸烟、酗酒/或服用非处方药
- Support the 3HO Global Community by embracing diversity, willingness to collaborate, and acting for the benefit of all.
支持 3HO 全球社区, 接纳多样性, 愿意合作, 并为所有人的利益而行动。

A Teacher's choice to not practice some or all of the above lifestyle teachings is NOT an ethical lapse and is not subject to Complaint Procedures under the Code of Ethics & Conduct Policy.

These guidelines are best practices for maintaining the frequency of a Kundalini Yoga Teacher.

教师选择不践行上述部分或全部生活方式的教导, 并不是道德失丧, 不受《道德规范与行为准则》政策下的投诉程序约束。**这些准则是保持昆达里尼瑜伽教师频率的最佳做法。**