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Relaxing with Kundalini Yoga

By LORRAINE MCCLISH
The technique and ancient science of Kundalini Yoga is being taught now to a new group on Thursday nights in Franklin Community Church.
"It's a way of life," said Satguru Singh Golden, "that can be accomplished without playing weird records, burning incense and chanting a mantra. And it is for everybody."
Golden, with his fiancée, Satkaur Sharp, are students of the technique and members of the 3HO (Healthy, Happy, Holy) Foundation, based in Beverly Hills and offering classes throughout the metropolitan area. The ability to strengthen your nerves.

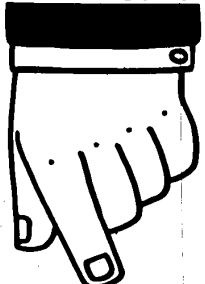
learn to relax, harmonize your mind, body and spirit, and achieve an awareness of higher consciousness without the use of drugs or alcohol." Golden said.
"KUNDALINI" means uncoiling the coiled or locked energy and "Yoga" means union. The science encompasses the methods of Hatha Yoga (postures and exercises), pranayama (breath control), mantra (from "man" meaning mind and "tra" meaning projection) and meditation.
When studied, the adherents say, it can lead to a positive, mind-expanding and fulfilling meditation.
"It will enable you to achieve the ability to strengthen your nerves," said Markha Singh, who has studied and taught in India and the United States, and has been teaching classes in this

area for five years. Sri Singh Bhai Sahib Harbhajan Singh Yogi inspired the non-profit organization into being.
The students shy away from calling themselves disciples. Golden explained, "We do not create disciples, we are here to create teachers." He continued, "Rather than bow down to any man's feet, we learn to stand up on our own two."
"THE TWO WERE dressed in white," a spiritual color," Golden said, because every color has a different vibration and each brings about a different state of mind. "White reflects energy," he said.
Golden is a pre-med student at Oakland University and his fiancée is work-

ing towards becoming a teacher. The 3HO Foundation does not seek as full-time employment for any of its members. All of them have outside jobs, he said, and many are students.

Kundalini, he emphasized, "is not our religion, but it is our way of life." Sessions in the Franklin Community Church begin at 7:30 p.m. every Thursday. Newcomers are welcome.

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Halloween parties planned at library

The Farmington Community Library will wish a happy Halloween to children with a month of free activities at the Farmington Hills Branch, 3237 W. Twelve Mile Road.
For pre-schoolers there will be a puppet festival from 2 p.m. to 2:30 p.m. Oct. 6 and "The Octoberfest Musical" from 10:30 a.m. to 11 a.m. Oct. 16. At the musicale, children are asked to bring their own household instruments. They will sing songs and view two films, "The Frog" and "The Musical Pig."
For school children an October mystery film, "The Flying Eye," will be shown at 2 p.m. Oct. 11. On Saturday, Oct. 25 the library will celebrate Halloween with costumes, a film and a skit, beginning at 2 p.m.

Rabbi Wine to talk at U-U-Church service

Rabbi Sherwin Wine will speak in the Universalist-Unitarian Church of Farmington, 25301 Halstead Road on Sunday, Oct. 12 at 10 a.m.
Rabbi Wine has been active in the Detroit area Jewish and humanistic community since the mid-1950's. In 1963, Wine broke with the more traditional portion of the Jewish community and began his own Humanistic Jewish movement in Farmington Hills. The Society of Humanistic Judaism formed by Rabbi Wine now serves 3,500 persons in six U.S. cities.
Sherwin Wine's views are always controversial and generally point the direction towards some major change

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LEGAL NOTICE NOTICE OF PUBLIC HEARING

Clarencville School District of Oakland and Wayne Counties

There will be a hearing on the final budget for the 1975-76 school year on October 21, 1975.

The meeting will be held in the Board of Education Office, 28300 W. Eight Mile Road, Farmington Hills, Michigan at 8:00 P.M. Copies of the final budget will be available for public inspection at the Board of Education Office between the hours of 8:00 A.M. and 4:00 P.M. Monday, October 13 through Thursday, October 23.

Signed
DANIEL G. MORRISON, Treasurer

Published October 6, 1975

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Bank & Trust. The one best for you would depend on many things. Whether or not you were married, how long you could afford to leave the money in the bank, and what savings goals you had in mind. You may come in looking for 7-1/2% interest, but may find out that it's the availability of money that you need more than a higher interest rate. You might end up choosing a 5% annual rate on our regular passbook account, but you'll be able to get your hands on your money any time you need it."

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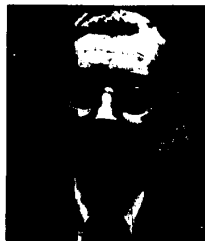
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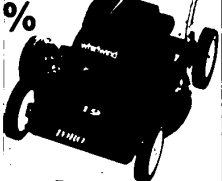
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