



關於頭巾的澄清

2018 年 12 月 17 日

昆達里尼瑜伽社群的許多教師詢問他們在教授昆達里尼瑜伽課時是否必須包頭巾 (Turban) 。

根據昆達里尼瑜伽教師職業道德和標準守則 (一階教科書 295 頁) 的如下規定：

「在昆達里尼瑜伽課上，教師要穿著得體的、樸素的、乾淨的白色服裝。強烈推薦戴頭巾。」

請將這裡的中文翻譯「頭巾」 (head covering) 理解為任何一類的可以遮蓋頭部的頭巾，包括印度式的頭巾 (turban)，圍巾式的頭巾 (scarf) 或小方巾式的頭巾 (kerchief) 。

Yogi Bhajan 最初不是把這條規定作為一個推薦，而是將其作為一個肯定性要求，來說明一名昆達里尼瑜伽教師的頻率。當時一些培訓師擔心，把掩蓋頭部的要求作為我們的道德規範和專業標準的一部分，會讓一些潛在教師失去興趣，所以他們要求 Yogi Bhajan 改變措辭。他拒絕了，並重申道昆達里尼瑜伽教師遮蓋頭部不是出於任何宗教的原因，而是我們這門技術的一部分——是生活在被提升了的意識狀態中所需要的。他們再次要求他改變這條。再一次，他還是拒絕了。他們第三次推動他改變它，最終他才同意措辭寫成「強烈推薦」。

這種對遮蓋頭部的強調是針對傳承自 Yogi Bhajan 的昆達里尼瑜伽®教師的要求。對學生是沒有要求的，甚至沒有任何正式的建議來建議他們掩蓋頭部。教師可以鼓勵學生嘗試遮蓋他們的頭部，以便他們可以體驗到這樣做的感覺和這



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背後的技術。遮蓋你的頭部是一種保護，能增強你的能量圈（aura），有助於調節和封存你的能量，作為一名教師，處理課堂上創造的集體能量是很重要的部分。

我們鼓勵大家嘗試戴頭巾，你可以和你的導師/訓練師討論這個問題，以便你能內心毫無糾結舒適自在的戴著頭巾教課。昆達里尼瑜伽不是給所有人的練習，所以如果有學生因為老師戴著頭巾而選擇不跟隨練習，我們對此完全沒問題。一旦你在自己內在沒有二元對立，那麼那些註定要跟你一起學習的學生一定會來。你還可以嘗試用不同的方法讓學生可以和你自在的相處，但作為教師，請遮蓋你的頭部。

如果對這一主題有任何其它的疑問，歡迎大家直接聯繫 **Hari Charn Kaur Khalsa** 或 **Amrit Singh Khalsa**。

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Clarification about Head coverings

Many teachers in the Kundalini Yoga community asked if they must tie turban while teaching a Kundalini Yoga class .

According to **THE CODE OF ETHICS & PROFESSIONAL STANDARDS OF A KUNDALINI YOGA TEACHER (P267 of Level One Instructor Textbook)** quoted below:

“In a Kundalini Yoga class, a Teacher wears appropriate, modest, clean white clothing. A head covering is strongly recommended.”

Please understand the Chinese translation “頭巾” as any kind of head covering which include turban, scarf or kerchief etc.

Yogi Bhajan had originally dictated this line as not a recommendation, but an unequivocal statement of the frequency of a Kundalini Yoga Teacher. Some trainers at that time were concerned that making covering your head as part of our code of ethics and professional standards would turn potential teachers away, so they asked Yogi Bhajan to change the wording. He refused – reiterating that a Kundalini Yoga teacher covers their head, not for any religious reason, but as part of our technology of living in elevated consciousness. They asked him again to change it. Again he refused. They pushed him a third time to change it and so he finally agreed to write it as “strongly recommended. ”

This emphasis on covering the head is for teachers of Kundalini Yoga as Taught by Yogi Bhajan®. There is no requirement or even official recommendation for students to cover their heads. Teachers can encourage students to experiment with covering their head, so they can get an experience of what it feels like and of the



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technology behind it. Covering your head is a protection, increases your aura and helps to regulate and contain your energy, and as a teacher it is an important part of dealing with the group energy that is created in a class.

We encourage all of you to experiment with head coverings and discuss this with your trainers so that you can feel totally at ease and comfortable teaching with your head covered. Kundalini Yoga is not a practice for everyone, and so we have no problem if some students choose not to pursue the practice because the teacher is wearing a head covering. Once you have no duality within yourself, the students meant to study with you will do so. You can also experiment with different ways to put your students at ease with you, as the teacher, having your head covered.

You are welcome to direct any additional questions about this topic to Hari Charn Kaur or Amrit Singh.

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