



Spiritual Name Request Form

A spiritual name reinforces and accelerates your progress on your path to your highest destiny. It is a powerful vibratory blessing to be requested, only if you sincerely plan to use it with reverence. Spiritual names are given by Nirinjan Kaur, Chief of Staff, who was personally trained by Yogi Bhajan in his method of determining them.

You may include a personal letter with this form, if you wish. **Please type or print clearly.**

Date of Request					
First name		Middle name		Last name (family name)	
Mailing address					
City		State		Zip/Postal Code	
Country					
Gender	Male	Date of Birth			
	Female		<i>Month</i>	<i>Day</i>	<i>Year</i>
Email address			Phone number		
Please fill in this section if:				Spouse's Legal Name	
1. You are married and you and your spouse (husband or wife) are requesting spiritual names at the same time.					
2. Your spouse has already received a spiritual name and you are requesting one separately.				Spouse's Spiritual Name	
3. If family members are requesting spiritual names at the same, please let us know the relationship on each request form.				Relationship (son, daughter, mother, father)	
Who is your yoga teacher?					

How to Submit your Spiritual Name Request Form

1. **Email** your Spiritual Name Request Form to nirinjan@sikhdharma.org.
2. **Mail** your Spiritual Name Request Form to: **Spiritual Name Request, c/o Nirinjan Kaur, 1A Ram Das Guru Place, Espanola, NM 87532, U.S.**
3. **Fax**--Because faxes are often illegible, only fax your request if absolutely necessary to **505-753-4623**.

How to Make an Offering

Yogi Bhajan taught that in accordance with cosmic law, it is customary to give in order to receive spiritual guidance. If you so desire, you may enclose an offering with your request for a spiritual name.

1. **Online** – You can make a donation online via PayPal or your credit card by clicking on “**Make a Donation**” at <http://www.3ho.org/yb/spiritualname.html>.
2. **Mail a check or money order** – (Mailing address listed above.) Please make your check or money order payable to “**3HO Offerings.**”

3HO is a non-profit organization dedicated to sharing the Kundalini Yoga and lifestyle teachings as taught by Yogi Bhajan to help people live Healthy, Happy, Holy lives.