



Sadhana

Daily Spiritual Practice

To prepare ourselves to meet the challenges of the day with utmost mental clarity, physical stamina and spiritual awareness, we start the day with Morning Sadhana. According to the yogic tradition, the most precious and spiritually productive hours of the day are the 2 1/2 hours before sunrise called the Ambrosial Hours or Amrit Vela. Sadhana is the backbone of the Healthy, Happy, Holy lifestyle. According to Yogi Bhajan "The highest state of enlightenment is when you fail and your discipline wins." Yogi Bhajan has given a specific daily sadhana to follow to bring in the Aquarian Age that we will be using. The early morning begins with a cold shower, Japji, Yoga and a special meditation series.

Hydro - Therapy

To take the cold showers: massage yourself with almond oil (neutralizes toxins). Get under the cold shower and massage vigorously where the water strikes. Give extra attention to lymph glands under the arms, this will take away toxins. Give extra attention to the breasts, this will help prevent breast cancer. Tap your ovaries to allow blood to circulate there. Step back away from the water stream and massage. Then repeat 3 or 4 times. Rub hard and fast to dry.

This will build your resistance to colds, flu and hayfever. It will give you strong nerves and will make you glow. It oxygenates the inner organs and flushes the capillaries and will release toxins from the tissues.

Skip the cold shower on your period. Under normal circumstances you would take a hot water bath, up to the navel for stress relief - until your forehead sweats. Rinse with cold water. Good for jet lag too.

Japji Sahib

This powerful mantra is recited in Gurmukhi, the sacred language of Naad or Sound Current of Creation. Japji Sahib re-establishes the connection between the mental and spiritual bodies, strengthening the link between mind and soul.

Long Ek Ong Kar - "Morning Call" (7 minutes-2 ½ breath cycle)

Ek Ong Kaar Sat Naam Siree Waahe Guru
 "One creator created this creation, truth is His name, great beyond description is His infinite wisdom"

This mantra opens all the chakras. Be sure to apply the neck lock to let the Kundalini energy rise. **CHANT POWERFULLY!**

Wah Yantee, Kar Yantee (7 minutes)

Wah Yantee, Kar Yantee, Jag Dut Patee, Aadak It Waahaa Brahmaadeh, Traysha Guru, It Wahe Guru
 Great macroself, creative self, all that is creative through time, All that is the great one, three aspects of God: Brahma, Visnu, Mahesh (Shiva), that is wahe guru.



Sadhana

The Mul Mantra	(7 minutes)
Ek Ong Kar	One Creator, Creation
Sat Nam	Truth Identified (named)
Kartaa Purkh	Doer of everything
Nirbhao	Fearless
Nirvair	Revengeless
Akaal Moorat	Undying
Ajoonee	Unborn
Saibung	Self-illuminated
Gur Prasad	Guru's Grace (gift)
Jap	Chant (repeat)
Aad Such	True in the Beginning
Jugaad Such	True through all the ages
Hai Bhee Such	True even now
Nanak Hosee Bhee Sach	Nanak says: Truth shall ever be

The Mul Mantra gives the capacity to retain rulership. There are 108 elements in the universe and 108 letters in the mantra (in its original language). Emphasize the "CH" sound at the end of the word "SUCH", but do not sustain the sound; this adds power.

Sat Siri Akal	(7 minutes)
Sat Siri	Siri Akal
Siri Akal	Maha Akal
Maha Akal	Sat Nam
Akal Moorat	Wahe Guru
Great Truth	Great Undying
Great Undying	Great Deathless
Great Deathless	Truth is His Name
Deathless Image of God,	
Great Beyond Description is His Wisdom	

Rakhe Rakhan Har	(7 minutes)
Rakhe Rakhanhaar aap ubarian	
Gur kee pairee paa-i kaaj savaarian	

Ho-aa aap da-i-aal manaho na visaarian
Saadh janaa kai sang Bhavajal taarian
Saakat nindak dusht khin maa-eh bidaarian
Tis sahib kee tayk Nanak mania maa-eh
Jis simrat such ho-o sagalay dookh jaa-eh

Oh savior Lord: take us across the world ocean.
Uplifting and giving the excellence, You gave us the touch of the lotus feet of the Guru, and our Works are embellished with perfection. You have become merciful, kind and compassionate, so our mind does not forget You. In the company of the holy, You carry us across, from misfortune, calamities and disrepute.
The Godless, slanderous enemies You finish them off in an instant.
That Lord Master is my Anchor and Support. O Nanak, hold firm in your mind. Remembering Him in meditation, happiness comes, and all sorrows and pain simply vanish.

Wahe Guru Wahe Jio	(22 minutes)
Wahe Guru Wahe Guru , Wahe Guru Wahe Jio	
"Great Beyond Description is This Wisdom"	

(Sit in Vir Asan, on the left heel with the right knee against the chest and the hands in prayer pose. The eyes are at the tip of the nose)

Guru Ram Das Chant	(5 minutes)
Guru Guru Wahe Guru Guru Ram Das Guru	
(Calls on Guru Ram Das in praise of his spiritual guiding light and protective grace).	