

3HO FOUNDATION INTERNATIONAL

eSajstice

Morning Sadhana



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THE PRACTICE OF SADHANA

Jap Ji: Sadhana at the eSolstice begins at 4:00 a.m. MT with Jap Ji Sahib, a prayer that balances earth and ether energy while strengthening the connections between the mental and spiritual bodies. It is recited in Gurmukhi.

Kundalini Yoga: Sadhana continues with a Kundalini Yoga set. We first tune in using the Adi Mantra—Ong Namo Guru Dev Namo. This mantra calls on the divine wisdom within. Kundalini Yoga energizes the body, strengthens and balances the glands and tunes up the nervous system.

Morning Sadhana is practiced by Kundalini Yoga communities across the world. Doing Sadhana in a group develops group consciousness. A group Sadhana practice amplifies the impact of the meditation.

Meditation: Following the Kundalini Yoga set, a sequence of seven meditations is practiced for a total of 62 minutes. See the Sadhana Mantras on pages 5-11 of this booklet. For all meditations except *Wahe Guru Jio*, sit in Easy Pose with the spine straight, hands in gyan mudra (tips of thumbs touching index fingers), and eyes closed and focused at the Brow Point.



Jap Ji

THE SONG OF THE SOUL

Jap means to repeat, and *Ji* means soul. Jap Ji Sahib is a prayer or a sacred poem - one of five daily prayers of the Sikhs. It was composed by Guru Nanak, the first Sikh Guru who, with his companion, Mardana, traveled on foot over thousands of miles.

The most famous teaching attributed to Guru Nanak is that all are One, and that all human beings can have direct access to God with no need of rituals or priests. His most radical social teachings denounced the caste system and taught that everyone is equal, regardless of caste or gender.

Jap Ji is more than a prayer: it is life-changing technology. Each of the 40 pauris (or "steps") offers a healing or energetic alignment potential. Reciting Jap Ji aloud uses sound to bring total balance to your being. You do not need to be Sikh to benefit from it.

To read along with Jap Ji during the eSolstice, you can download the [Jap Ji app from Sikh Dharma International](#) or as a [PDF translated into 20 different languages.](#)

"Jap Ji, Guru Nanak's Meditation of the Soul, is a direct transmission of his enlightenment experience. He gave us Jap Ji as a way to experience our own enlightenment as our souls awaken in the recitation of these sacred words."

—Snatam Kaur

MORNING CALL

7 minutes

TRANSLITERATION

Ek Ong Kaar

Sat Naam

Siri Wahe Guru

TRANSLATION

The Creator and all Creation are one. This is our true identity. The ecstasy of wisdom is great beyond words.

NOTES: This mantra opens all the chakras. Be sure to apply the neck lock to let the Kundalini energy rise.



Wah Yantee

7 minutes

TRANSLITERATION

Wah Yantee

Kar Yantee

Jag Dut Patee

Aadak

It Whaa-haa Brahmaaday

Traysha Guroo

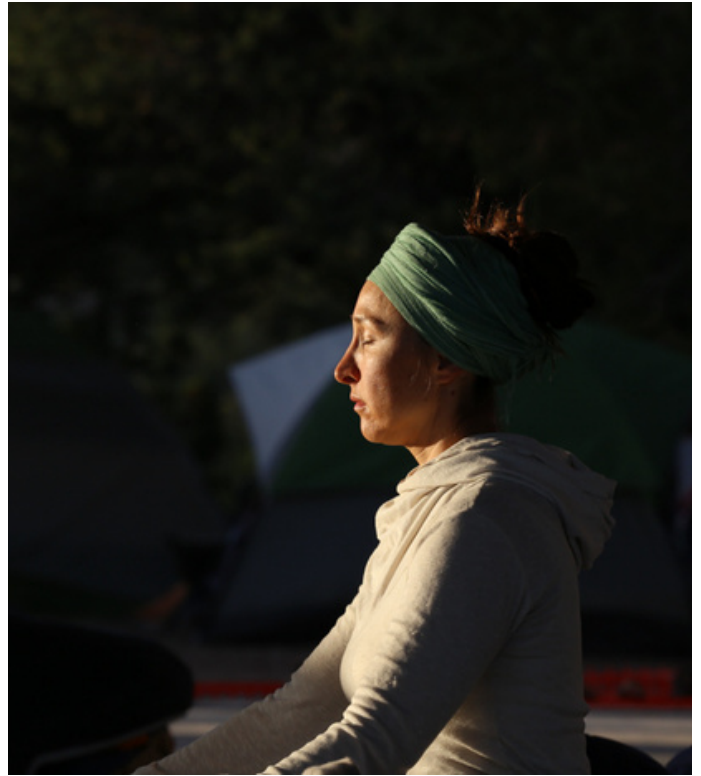
It Wha-hey Guroo

TRANSLATION

Great Macroself, Creative Self.

All that is creative through time,
all that is the Great One.

Three aspects of God: Brahma
(Generator), Vishnu (Organizer),
Shiva (Deliverer). That is
Waheguru.



MUL MANTRA

7 minutes

TRANSLITERATION

Ek Ong Kaar
 Sat Naam
 Kartaa Purkh
 Nirbho
 Nirvair
 Akaal Moorat
 Ajoonee
 Saibhang
 Gur Prasad
 Jap
 Aad Such
 Jugaad Such
 Hai Bhee Such
 Naanak Hosee Bhee Such



TRANSLATION

The Creator and Creation are One. The identity is Truth. Doer of all things. Fearless, Beyond Revenge, Undying, Unborn, Self-illuminated, Guru's Grace. Meditate! True in the Beginning. True through all the ages. True even now. Nanak says: Truth shall ever be.

NOTES: The Mul Mantra connects you to the Infinite Truth where there is no question, boundary, or lack of energy. 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, SIRI AKAL

7 minutes

TRANSLITERATION

Sat Siree
Siree Akaal
Siree Akaal
Maahaa Akaal
Maahaa Akaal
Sat Naam
Akaal Moorat
Wha-hey Guroo



TRANSLATION

Great Truth, Great Undying, Great Undying, Great Deathless, Great Deathless, Truth is the Divine's Name. Deathless Image of God, Great Beyond Description is the Divine's Wisdom. Great Undying, Great Deathless, Truth is the Divine's Name, Undying Form, great is the experience of Guru: that One who brings us from darkness to light.



RAKHAY RAKHAN HAR

7 minutes

TRANSLITERATION

Rakhay rakhanhaar
Aap ubaariun
Gur kee pairee paa-eh
Kaaj savaariun
Hoaa aap dayaal
Manaho na visaariun
Saadh janaa kai sung
Bhavajal taariun
Saakat nindak dusht khin
Maa-eh bidaariun
Tis saahib kee tayk
Naanak manai maa-eh
Jis simrat sukh ho-eh
Sagalay dookh jaa-eh

TRANSLATION

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 the Divine in meditation, happiness comes, and all sorrows and pain simply vanish.



WAHE GURU WAHE JIO

22 minutes

TRANSLITERATION

Wha-hey Guroo
Wha-hey Guroo
Wha-hey Guroo
Wha-hey Jio

TRANSLATION

Ecstatic (*Wah!*) is the experience of the Guru, that One who brings us from darkness (*gu*) to light (*ru*). Ecstatic (*Wah!*) is the experience of the *Jio*, the soul within that connects with the Divine Cosmic Soul of the One.



NOTES: If it is physically available to you, you are invited to complete this mantra sitting in Virasan—sitting on the left heel with the right knee up, right foot flat on the ground and hands in Prayer Pose. Eyes are fixed on the tip of the nose. Don't be afraid to use pillows, cushions, or bolsters. Honor your body.



GURU RAM DAS CHANT

5 minutes

TRANSLITERATION

Guroo Guroo

Wha-hey Guroo

Guroo Raam Das Guroo

NOTES: This is in praise of the consciousness of Guru Ram Das, invoking his spiritual light, guidance, and protective grace. We are filled with humility.



A MOMENT OF SILENCE

"Please take a few minutes at the end of the Aquarian Mantras to sit in silence, allowing the resonance of the chants to soak in, allowing the energy of the practice to vibrate within, and silently connect with the Divine.

In silence we find answers, feel complete, and know the song of the Universe before it unfolds in the new day."

From the book *Original Light*
by Snatam Kaur

