



*International School  
of Sacred Living*

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## **Aquarian Sadhana**

Join us for aquarian sadhana, every Sunday at 5am UK time. See below for more information and for the zoom link.

See below for more details about sadhana and for the zoom link.

### **Book your place**

You do not need to book a place. Join the zoom link 5 minutes before the start and email us with connection problems. Remember to ask any questions in the chat and to leave a comment about your experience. The mantras are below.

### **Cost**

These sessions are a free offering from Ik Saran Dhian School. Donations can be made on paypal at kirpalsingh@web.de

### **Zoom Lien**

[https://us02web.zoom.us/j/81035380677?  
pwd=M2VUT0pZcWlXVTB6R0lYaXdXbUNxZz09](https://us02web.zoom.us/j/81035380677?pwd=M2VUT0pZcWlXVTB6R0lYaXdXbUNxZz09)

**Meeting ID: 810 3538 0677**

**Passcode: 937212**

### **What is it?**

Sadhana is a daily practise or discipline.

Aquarian sadhana is the daily practise, in the Kundalini Yoga tradition, which allows us to gracefully wake up and rejoice in our bodies, to conquer our fluctuating minds and to experience a deep connection with ourselves and our mind.

It is comprised of the following:

- The Japji
- Tune-in
- Kriya
- Relaxation
- Chanting Méditation
- Guidance for the Day
- Tune-out

## **Japji**

This is a sacred poem with a specific sound vibration that we read in the sacred language Gurmukhi. It takes approximately 20 minutes to read. If you are not familiar with the Japji then you can meditate on the sound vibration. Alternatively, you can use the following link to access the words of the Japji.

<http://fateh.sikhnet.com/s/ReadBanisOnline> - click on Japji Sahib and read along with us.  
Or download one of the following apps: iGurbani, Gurbani Anywhere

## **Tune-in**

In the Kundalini Yoga tradition, before we begin our practise we 'tune-in'. This connects us to the energy flow of this lineage.

We sing 3 times the mantra:

Ong Namo Guru Dev Namo

and then 3 times:

Aad Gurey Nameh, Jugaad Gurey Nameh, Sat Gurey Nameh, Siri Guru Dev-ah Nameh

## **Kriya**

A kriya is a series of exercises that give a specific effect. The teacher will guide you through these exercises.

If you have any particular injuries, are pregnant or menstruating then take care that you do not overdo the exercises or put too much pressure on the area of sensitivity e.g. the navel area if you are menstruating.

In Kundalini Yoga we often practise breath of fire and root lock.

If you are pregnant or menstruating and have no experience of these practises then do NOT practise them. Otherwise, practise with caution.

## **Relaxation**

The kriya is followed by a short relaxation to allow the energy changes to settle in the body, mind and spirit.

It is important that you participate in the relaxation.

## **Chanting meditation**

The relaxation is followed by 62 minutes of chanting with live music and singing.

The first mantra includes specific locks and focus points that will be explained.

For the other mantras, find a comfortable sitting position and sing along.

Dare to express whatever you feel inside, through your singing.

Close your eyes and immerse yourself in the sound vibration.

## **Guidance**

We close with a short reading from a sacred book to give us guidance for the day.

## **Tune-out**

To close we sing:

May the long time sun shine upon you, all love surround you and the pure light within you guide your way on.

3 x Sat Nam

## **Duration and Times**

The sadhana lasts for 2.5 hours.

We will start at 5am (UK time) 6am (French) time

## Languages

The sadhanas are taught in English and French

For more information email [kirpalsingh@web.de](mailto:kirpalsingh@web.de)/[ishwarak@hotmail.co.uk](mailto:ishwarak@hotmail.co.uk)

## Mantras

***Adi Shakti Mantra : also known as 'The Morning Call' or 'long Ek Ong Kar.'***

Chanted in a monotone :

### **Ek Ong Kaar Sat Naam Siri Wa he-Guru**

One extended into creation - truth - name/identity - great/respected – wonderful - the light within the dark.

7 mins. This mantra is an ashtanga mantra that initiates the sensitisation of our Relationship in responsiveness between our individual soul and the universal soul. This creates a responsive interrelationship between you and the universal creative energy, as it raises the Kundalini Shakti to meet Shiva. Wakes you up and balances energy centres.

Note : all chanting is to be done from the navel. The sound is also projected from the navel to the associated chakras. Root lock is applied from the base chakra up on the first breath and held for the next two breaths and slightly released on Wa he-guru. Sat is projected from the diaphragm through the solar plexus into the heart. Nam rises up through the throat and concludes at the third eye to be opened with Sri. Wa is released from the top of the head and He is a short sound that immediately catches Guru and brings it down around the aura or through the central vertical line.

### **WaaH Yantee, Kaar Yantee, Jag Dut Patee, Aadak It Waahaa, Brahmaadeh Tresha Guru, It Wahe Guru**

The great transcendent macroself - the creative self - all the creativity through time - from the primal one in its greatness - through the aspects of God (Brahma, Vishnu & Shiva) that is Wahe Guru.

7 mins. This mantra was predicted by the sage Patanjali in his Puranas and the practise of this mantra is the culmination of hundreds and hundreds of years of prayer. So, once we've established the connectedness with the first mantra, we call directly on the macro-self, the great self and immerse our soul that is beyond the gunas, beyond all the play of creation. This mantra establishes our radiance. You unravel yourself.

### ***Mul Mantra of Guru Nanak :***

<b>Ek Ong Kaar</b>	One extended into Creation
<b>Sat Naam</b>	Truth Name/Identity
<b>Kartaa Poorkh</b>	the Doer and Being
<b>Nirbhao</b>	Fearless
<b>Nirvair</b>	without enemy/vengeless
<b>Akaal Moorat</b>	timeless/undying representation
<b>Ajooni</b>	unborn
<b>Saibhang</b>	self illuminating

<b>Gurprasaad</b>	light in the dark (by grace), since before time and always
<b>Jap</b>	go and realise
<b>Aad Sach</b>	primal (beginning) reality
<b>Jugaad Sach</b>	through the ages reality
<b>Hai Bhi Sach</b>	current reality
<b>Naanak Hosi Bhi Sach</b>	continuous (future) reality

7 mins. This mantra is all of 108 elements, variations or qualities, that mix and blend to form the experience and collaboration of development in the universe. It expands our creativity and projects us into action in line with the Creator, in line with Dharma and destiny. In other words, it works on all our ten spiritual bodies and calibrates them to a universal alignment. Describes consciousness of an enlightened Being.

Note : leave a slight space between Ajooni and Saibhang but do not take a breath between these sounds. Emphasise the sound 'ch' in the word 'such'.

***The mantra for the Aquarian age, the Akaal Mantra :***

<b>Sat Siri Siri Akaal</b>	Truth, respected (great) respected undying
<b>Siri Akaal Maha Akaal</b>	timeless respected undying, timeless greatest undying
<b>Maha Akaal Sat Naam</b>	timeless greatest undying, timeless truth name undying
<b>Akaal Moorat Wahe Guru</b>	timeless representation, wonderful darkness revealing light.

7 mins Now, we declare that we live as deathless beings. We are timeless and all the actions that we do are from the timeless space of our soul. As we go through the Aquarian transition, we establish ourselves firmly outside the change of time. We are not taken in by maya.

***Rakhe Rakhanhaar***

**Rakhe Rakhanhaar Aap Ubaarean  
Gur Kee Pairee Paae Kaaj Sawaarean  
Hooa Aap Deaal Manoh na Visaarean  
Saadh Janaa Kai Sang Bhavjal Taarian  
Saakat Nindak Dusht Khin Maah Bidaarean  
Tis Saahib Kee Tek Naanak Manai Maahi  
Jis Simrat Sukh Hoe Sagle Dookh Jaahi**

O Savior Lord, save us and take us across  
Falling at the feet of the Guru, our Works are accomplished  
You have become compassionate; so that we do not forget You from our minds  
In the Saadh Sangat, Holy Company, we are carried across the terrifying world-ocean.  
In an instant, You have destroyed the demons, faithless cynics and slanderous enemies.  
The Lord Master is my Anchor and Support; O Nanak, hold firm in your mind.  
Remembering God in meditation, Happiness comes, and all sorrows and pains simply vanish.

7 mins. Once we are in this deathless place, full of radiance and responsiveness to the universe and declared as a part of the great Macroself, we are surrounded by protection. We are guided by the graceful and merciful hand of God. The mantra cuts like a sword through every opposing vibration. Clears negativity in path of destiny. Is for protection. Chant when there are obstacles.

### **Wahe Guru Wahe Guru Wahe Guru Wahe Jio**

22 mins. Sitting in viraasan with palms in prayer pose at the chest. Focus at 3rd eye. Use tip of tongue. To conquer the mind and establish ourselves in potent progression for propriety, victory, the love of challenge, the right to excel in the name of God and to honour the soul. Wahe Guru is the mantra of realisation and ecstasy, it is an intercourse between the finite and the infinite, between the soul and the great-soul. Jio is an affectionate and respectful term for the soul in its fulfilled radiant beauty.

### **Guru Guru Wahe Guru Guru Ram Daas Guru**

5 mins. To fill us with humility, to praise and to offer gratitude to Guru Ram Das, the throne of Raj Yoga and the Golden Chain that has provided this opportunity to have this kind of sadhana. It is also our declaration that we have purified ourselves, that we are complete and that with infinite grace and gratitude we 'Hail Guru Ram Das!' As healers and as teachers we go into the world to enjoy life, to uplift all and to serve the truth of God in all. The mantra invokes his spiritual light, guidance and protective grace.

Ik Saran Dhian, School of Sacred Living