

5. Rakhe Rakhan Har (7 minutes)

This is a *shabd* of protection against all negative forces which move against one's walk on the path of destiny, both inner and outer. It cuts like a sword through every opposing vibration, thought, word, and action.

It is part of the evening prayer of the Sikhs (*Rehiras*). *Rakhe Rakhan Har* was composed by Guru Arjan, the Fifth Guru.

***Rakhay raxhanahaar aap ubaaria-an
Gur kee pairee paa-i kaaj savaari-an
Hoaa aap da-iaal manaho na visaari-an
Saadh janaa kai sang bhavajal taari-an
Saakat nindak dusht khin maa-eh bidaari-an
Tis saahib kee tayk Naanak manai maa-eh
Jis simrat sukh ho-i sagalay dookh jaa-eh***

*Thou who savest, save us all and take us across,
Uplifting and giving the excellence.*

*You gave us the touch of the lotus feet of the
Guru, and all our jobs are done.*

*You have become merciful, kind, and compassionate; and
so our mind does not forget Thee.*

*In the company of the holy beings you take us from
misfortune and calamities, scandals, and disrepute.
Godless, slanderous enemies—you finish them in timelessness.
That great Lord is my anchor.*

*Nanak, keep firm in your mind, by meditating and
repeating His Name*

All happiness comes and all sorrows and pain go away.

6. Wahe Guru Wahe Jio (22 minutes)

Chant this mantra sitting in *Vir Asan*: sitting on the left heel with the right knee up, right foot flat on the ground and hands in Prayer Pose. Eyes are focused at the tip of the nose.

***Wha-hay Guroo Wha-hay Guroo
Wha-hay Guroo Wha-hay Jeeo***

Wahe Guru is a mantra of ecstasy. There is no real translation for it, though we could say, "Wow, God is great!" or "indescribably great is His Infinite, Ultimate Wisdom." *Jeeo* is an affectionate but still respectful variation of the word *Jee* which means soul. We establish ourselves for victory and the right to excel.

7. Guru Ram Das Chant (5 minutes)

Guroo Guroo Wha-hay Guroo Guroo Raam Das Guroo

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

Guidelines for Leading the Aquarian Sadhana

This is meant to be a model for morning *sadhana* only—times are very approximate. Adjust according to the needs of the group. With a group *sadhana*, it is important to end *sadhana* on time, so that everyone can adjust their schedules accordingly.

▶ First guideline for *sadhana* leaders: **Show up!**

If for any reason you are not able to make it on the day you are leading, you must arrange for someone else to lead.

▶ **Japji Sahib 4:00 am**

If you are unfamiliar with *Japji* or concerned about fine-tuning pronunciation, use a tape or CD. If possible, read *Japji* tantric style—male-female reading alternate lines. *A copy of Japji can be downloaded from sikhnet.com.*

▶ **Ong Namu Guru Dev Namu & Yoga Set 4:20 am**

Dim the lights. A good choice for the yoga set is a basic energizing, Kundalini-raising set, including lots of stretching, Spinal Flexes, and Breath of Fire. It's a good idea to end with Sat Kriya. The yoga set should be about 25-30 minutes. If you are going to play music during the yoga, choose mantra music, and play it at a low volume.

▶ **Deep Relaxation**

Dim the lights further, if necessary. Keep the relaxation relatively short—5 minutes. If you choose to play music, keep it very low. Mantra music with a meditative quality is effective.

▶ **Meditations (62 minutes). Begin approximately 5:00 am**

Lights can be turned very low or completely off. Keep *sadhana* music loud enough to be heard clearly throughout the entire *sadhana* room, so that it envelops us, and is easy to sing along with, while being sensitive to not making it too loud. Let the music surround and expand you.

▶ **After the meditations, starting approximately 6:00 am**

Sadhana ends with a sacred prayer (which can be taken from *Peace Lagoon*), singing the Sunshine song, and chanting *Long Sat Naams*. For a deep experience of *Naad*, one can choose to end *Sadhana* by taking a *hukam* from a *Nitnem*, reading from the Siri Guru Granth Sahib, or having a Gurdwara program.

Hold the space, enjoy the bliss of this ambrosial hour. It will fill your days with connection, sweetness, and purpose. **Sat Naam.**