



# TRANSFORMATION JOURNEY

## *Aquarian Sadhana Guidelines*

### 1 — EARLY MORNING SADHANA —

HERE ARE SOME SUGGESTIONS FOR  
A SUCCESSFUL EXPERIENCE IN EARLY  
MORNING SADHANA:

- ♦ **Take a cold shower** and prepare yourself with white clothes (recommended).
- ♦ **Dress in** white or light colored natural fiber clothes and cover your head (recommended).
- ♦ **Prepare** a quiet space.
- ♦ **Bring everything** you need: cushion, blanket, Japji Sahib, etc.





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STEP-BY-STEP

### AQUARIAN SADHANA STRUCTURE STEP-BY-STEP:

- ♦ **Recitation of the Japji Sahib**  
*Please read a cappella, without music*
- ♦ **Open space chanting the Adi Mantra.**  
*Mangala Charan Mantra (optional)*
- ♦ **Yoga practice**  
*Assigned Kriya-see doc*
- ♦ **Relaxation**  
*Approximately 7 minutes. No music.*
- ♦ **Meditation with the Aquarian Sadhana Mantras**  
*62 minutes*
- ♦ **Close with Long Time Sun and Sat Naam + a blessing and Hukam**





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TIPS FOR  
GUIDING

LEADING EARLY MORNING SADHANA IS NOT LIKE TEACHING A CLASS. REMEMBER YOU ARE PARTICIPATING ALONG AND DOING THE KRIYA AND THE MEDITATIONS WHILE ALSO LEADING THE GROUP.

HERE ARE SOME TIPS FOR GUIDING AQUARIAN SADHANA:

- ♦ **Speak with your group members** so you can plan in advance who will lead which part. Be active and take the risk to do something for the first time, like leading a Mantra a cappella.
- ♦ **Familiarize yourself with Japji**, so you can read it smoothly without using music as support.
- ♦ **Arrive 5-10 minutes before the start of the Japji**. If you are leading Japji about a minute before starting, begin to chant softly “Wahe Guru” every 5 sec or so. Then at the right time start the Japji straight away, no need to explain anything or introduce it. Time allotted for Japji is 30 minutes.
- ♦ **Chant the Adi Mantra to tune in.**
- ♦ **Lead warm-ups if needed and always do savasana for relaxation after the Kriya**. For this training the time allotted is 45-50 min max for the Kriya and relaxation portion.
- ♦ **Pause between exercises** (30 - 60 seconds is often enough).
- ♦ **Thoroughly study the yoga set you will lead** so that you can easily flow through the exercises.
- ♦ **Instruct the exercises briefly and clearly as they are in the manual – without additional talking, motivation or commentaries**. Keep the talking to a minimum and enjoy your own practice.





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TIPS FOR  
GUIDING

- ♦ **Make sure to project your voice loudly enough so all can hear you and keep the tone of your voice cordial.** It is okay to provide some encouragement or input such as: “Keep Up,” or “Last 30 seconds,” but don’t be excessive.
- ♦ **Relaxation should be between 7-10 minutes.** Don’t play music and remember to hold the space and not go into relaxation if you are leading.
- ♦ **When leading the Aquarian Sadhana mantras, do your best to sit up straight and chant the mantras clearly with your own voice and melody.** If you play an instrument, please feel free to use it. We request that all mantras are chanted a cappella without the support of recorded music. However you can find inspiration with any of the beautiful recorded sadhanas, or create your own melody.
- ♦ **The mantras can be distributed among all members of the group,** so each member must be responsible for the total time the mantra they are leading.
- ♦ **Mantra chanting is not about the tunes, it’s about 3 things: projection, pronunciation and rhythm.** Just put your heart in it and remember to keep a rhythm.
- ♦ **No need to introduce the mantras. Just begin and between each mantra give a pause (20-30 seconds) to allow the vibration to resonate.** The only time to speak is to give instruction into virasan and out of virasan on the 6th mantra, and at the very beginning of the Long Ek Ong Kar, you may give a few sentences to remind the practice and let us know when we are starting.
- ♦ **Then close the space with Long Time Sun and Sat Naam!**
- ♦ **To end you can read a Hukam, which is an inspiration for the day.** It can come from Japji, Siri Guru Granth Sahib or another source of inspiration.

