

Kundalini Yoga/Aquarian Sadhana

Check the class schedule page for dates.

For those of you familiar with Kundalini Yoga you probably know about the Aquarian Sadhana. If not read below for all the details. It is similar to Kirtan in that there many mantras chanted and in addition to that there is a Kundalini Yoga Set. It is all to build good energy together and to radiate that into the world for the rest of the day.

We are planning to meet once a month for Aquarian Sadhana.

One Sunday a month at 4:15am to 7am Location 5630 N. Lake Dr. lower level Whitefish Bay, WI 53217

Bring A yoga mat, blanket, water

Cost free, all are welcome

Please Try to be on time(4:15am) as we will start promptly at 4:30am

Please feel free to pass this on to anyone you feel might be interested and would benefit.

If you have any questions please don't hesitate to call me or e-mail.

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"Sadhana, daily spiritual practice, is the base, the foundation of all spiritual endeavor. Sadhana is your personal, individual spiritual effort. It is the main tool you use to work on yourself to achieve the purpose of life. It can be done alone or in a group. Sadhana is whatever you do consistently to clear your own consciousness so you can relate to the infinity within you. Before you face the world each day, do yourself a favor and tune up your nervous system and attune yourself to your highest inner self. To cover all your bases, include exercise, meditation, and prayer."

The Flow of Eternal Power by Shakti Parwha Kaur Khalsa

During what are called the 'ambrosial hours' (the two and a half hours just before sunrise), when the sun is at a sixty-degree angle to the earth, the energy you put into your sadhana gets maximum results. Your world is quieter. It's easier to meditate and concentrate before the hustle and bustle of the day begins. You can be sure when you're doing sadhana in the ambrosial hours that you're in the right place at the right time doing the right thing. What a great feeling of self-esteem and self-assurance, to start each day with confidence!

You can do sadhana at home or ideally with a group. Begin by tuning in with the Adi Mantra followed by a set of Kundalini Yoga exercises. You are now prepared to chant the seven mantras of an Aquarian sadhana. The sequence begins with seven minutes of chanting long Ek Ong Kar's. This mantra opens all the chakras. All of the other mantras for the morning may be chanted to your choice of melodies, with or without musical accompaniment. Choose a sadhana recording that suits you. Sit in Easy Pose, on either wool or cotton padding of some sort. Be sure to keep your spine as straight as you can. Finish your sadhana with any type of worship or prayer.

Having done sadhana, you have cleared your mind and consciously prepared yourself to go forth and be successful in handling whatever the day may bring. Strive to hold on to the remembrance and awareness of SAT NAM with every breath.

*The Flow of Eternal Power by Shakti Parwha Kaur Khalsa