

## **"Knock, knock, Housekeeping!"**

By Ela Uczarczyk-Geske

*From her Kundalini Yoga Level 1 Teacher Training  
40-day Aquarian Sadhana Journal*

The Aquarian Sadhana is here every morning.  
Sweeping away the dusty, dark corners of your mind.  
Every morning she throws a cold bucket of water on your face  
to remind you - not all awakenings are gentle.

Then she grabs a broom, and as you sit there reciting beloved Japji,  
she sweeps and sweeps, all of the garbage:

-the things said and heard

-the emotions felt now or stored for later

-the "sad", the "happy", the "excited", the "confused"

-the "wisdom" acquired from others

She sweeps all that away,

with Japji, your nagging thoughts are kept at bay.

Next she moves to your body, restoring the flexibility  
and makes you aware of your physical self.

The Prana now can freely move, letting go  
of each particle of garbage with a deep exhale.

The cleaning is almost over, almost done for the day.  
Time for some chanting after deeply healing rest.

Ek Ong Kar - One Creator for it All,  
there is so much to feel in this blissful long call!

The SWEEP is done by Seven AM, the batteries are charged  
to welcome a new day.

Welcome the Unknown,

No fear and no judgment,

just observe and see - ALL of this is transient.

The Housekeeper leaves the room, but is always here.

The Echo of Thy Love resonates with me.

Get up and keep up and all will be fine.

In everyday struggle welcome the Divine.