



SADHANA JEWELS



“If you are human and your presence doesn't work, all the wealth and all the knowledge will not work either. Once you develop a personal discipline, your psyche starts emitting a sense of confidence, trust, and grace--and that creates love. Your radiance should be so strong, that even if a hateful person sees you, it should totally neutralize the other person's psyche so that they experience nothing but love and friendship.” **Yogi Bhajan, November 27, 1995**

“I feel that in the morning, when you go for Sadhana, you are going to be Sadhus. What does it matter if somebody just gets up to say, ‘Hmmm, Hmmm?’ That person is still doing it! He is doing something; he is not sleeping. It is far better than a person who is snoring. Do you understand? Sadhana is a willful effort to prove you are not lazy about your own infinity. When the sun rises early in the day, even idiots rise; but blessed are those who rise before the sun to prove that they are sons of the Almighty. Does it sound clear to you? At 3:30 p.m, you will probably get up. But those who have the guts will open up the gates of the heart at 3:30 a.m, they will love their Lord, they will communicate with their God and they will tell him, ‘Whether you belong to us or not, we belong to you.’ That is all it's about.”

“It is a time and a process where people get up in the morning to chant the glory of the Lord, in this way or in that way, and then they clean their temple. This is how Sadhana takes place at the Golden Temple in Amritsar, India. When we first go to the temple, we take away everything, clean the floors, and then give the marble a bath with milk. We clean and polish every part of it, then redecorate it. Then at 3:00 a.m. the gates open and the Sangat is allowed to come. The Sangat chants there from 3:00 to 5:00 a.m. and then, in a golden Palki Sahib, the Guru Granth Sahib is brought in. At 7:00 a.m. the hukam is taken. Those who have gone to the Golden Temple know it.”

“In your own Sadhana it is exactly the same way. Your body is the temple of God, and your soul is the divine Guru within. So you get up in the morning; you meditate; you chant the mantras; you do the exercises; you call on your spirit; you regulate the breath; and you get together in a group consciousness because it helps each other. That is what morning Sadhana and group consciousness is: It is a help to each other.”

“If I am trying to sleep, another is not sleeping. If in this whole group one person opens up to God just once, we all will be blessed in his openness. That is what matters. If one has walked into Sadhana with heart and soul in a prayerful mind, we will all be benefited. That is the power of the group Sadhana. All should participate. But you know we still have something of the past in us. We bring up worries about who should lead: ‘Oh, that leader has brought a very good Sadhana; that one has freaked out the Sadhana.’ We go

through this every day. The truth is that nobody freaks out the Sadhana and nobody makes it beautiful; it is the will of God, which prevails through the soul. When you are a servant and act as a channel, it prevails through you; when you are clogged up and mugged up it doesn't come through. That's what it is."

"If in the morning Sadhana there is somebody other than a Sikh (Sikh means a seeker of the truth), what can I say to him? If in the morning Sadhana one cannot curtail the barriers and get to the oneness, I don't think there is any other time it can happen. One for all, because all is for one. That's the principle." **Yogi Bhajan, Winter Solstice, December 1973**

"During approximately four decades of worldwide teaching, Yogi Bhajan consistently referred to Sadhana as the most important practice one could do to effect change and achieve success. Whenever anyone would ask him how he became so great he would always respond, Sadhana. First you make the habit, and then the habit makes you. He referred to Sadhana in lectures and classes as the basis from which our successes and victories would spring and be kept in balance. If we wished to flourish and find the reserve energy and flexibility to thrive within every realm of our life, then daily early morning Sadhana was a must." **Excerpt From Gurucharan Singh Khalsa, "Kundalini Yoga Sadhana Guidelines: Create Your Daily Spiritual Practice (2nd Edition)".**

"The totality of all yogas is one Yoga – Kundalini Yoga, the Yoga of Awareness, the Yoga of Consciousness. It is specific. This Yoga is for those who want to do a specific and special course in consciousness and awareness. It demands a commitment." **Yogi Bhajan, 8/23/78**

In Kundalini Yoga the word God is used a lot. It is not required for you to believe in any God to feel elevated and transformed by the practice of Kundalini Yoga and meditation. This spiritual science will deliver you to a higher consciousness no matter what you may start out believing or not believing in.

"The One who Generates, Organizes, Destroys or Delivers (g-o-d); those are the three powers of God." **Yogi Bhajan, 1996**

Excerpt From: Jot Singh Khalsa's "The Essential Element".

"We do not need to be perfect; instead, let us surrender. We do not need information, or even knowledge; instead, let us experience our own well of wisdom within. We do not need to be right, only let us be intuitive, seeing the Divine play of the One.

In ancient times, when people did not have access to computers or books, wisdom was passed down through the ages in short phrases in such a way that people could memorize them. In India, this wisdom came in the form of Sutras. Sutras remain powerful teaching tools today, and below are five, given to us by Yogi Bhajan for the Aquarian Age." **Excerpt From: Jot Singh Khalsa's "The Essential Element".**

FIVE SUTRAS FOR THE AQUARIAN AGE

1. Recognize that the other person is you.

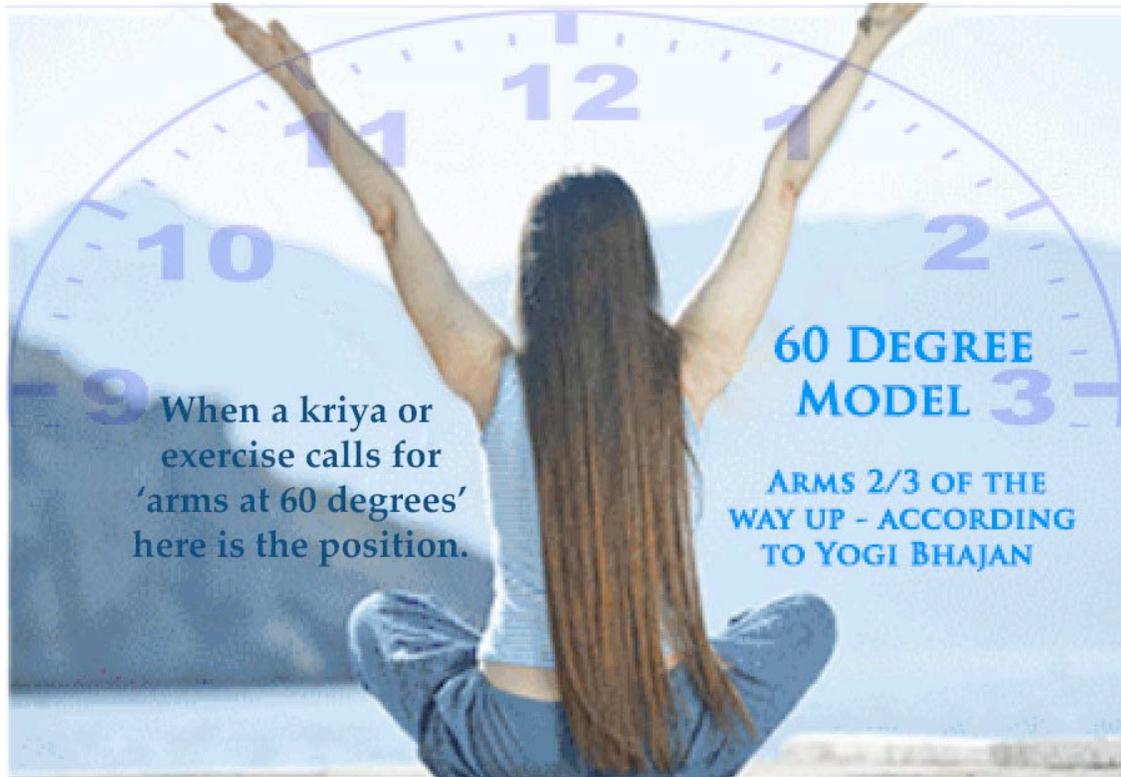
2. There is a way through every block.

3. When the time is on you, start, and the pressure will be off.

4. Understand through compassion or you will misunderstand the times.

5. Vibrate the Cosmos; the Cosmos shall clear the path.

“When you do your practice, I encourage you to write down these Sutras and place them on your external altar or on the altar of your heart. Each has at one point helped me move through the intensity of this age with ease and flow.” **Excerpt From: Snatam Kaur’s “Original Light”.**



Please join us at www.MorningSadhana.org and explore our resources there to help you fully grasp Yogi Bhajan’s core teaching – morning Sadhana. Almost every time we sat with him – at some point during a class or lecture he’d say ‘you gotta do your Sadhana’. So, ask questions of devout and longtime Sadhana doers, teachers and trainers who studied directly with Yogi Bhajan for decades at MorningSadhana.org! Become a sponsor there and inform others of your skills, gifts and expertise around Aquarian themes or advertise your yoga center, healing, coaching or counseling practice or New Age/inspired business.

Are you very steady with your Sadhana practice? Do you feel qualified to be a member of ‘the team’ willing to offer suggestions for a growing number of folks from all over the world working to develop a steady practice of Kundalini Yoga and meditation? Submit a resume of your Sadhana experience to the email address below please and your service at MorningSadhana.org will be considered. Have suggestions for us – as to what you believe should be on this website additionally? Please submit those also at the below email address. Thank you! [See More](#).

Be in touch for more details: contact@MorningSadhana.org

Assembled and submitted by Jot Singh on behalf of 'the team' at MorningSadhana.org.