

Aquarian Sadhana Timing Guidelines

5.00am Japji Sahib

5.25am Chant 'Ong Namu Guru Dev Namu" x3

Warm-up exercises (can do if using a short Kriya)

Kundalini Yoga Kriya

6.10am Deep Relaxation (max 11mins)

6.25am Meditation chanting (62 mins)

Long Ek Ong Kar 7min

Waah Yantee 7min

Mul Mantra 7min

Sat Siri Akal 7min

Rakhe Rakhan Har 7min

Wahe Guru Jio 22min

Guru Ram Das 7min

7.30am Chant three long 'Sat Nam'

(These times are meant as a guideline)