

Old Almy Village . 1016 East Main Road . Portsmouth . Rhode Island 02871

Early Morning Aquarian Sadhana

“Getting up for sadhana in the morning is a totally selfish act— for personal strength, for personal intuition, for personal sharpness, for personal discipline, and overall for absolute personal prosperity.”

—Yogi Bhajan



Led by Tom Speare (*Parmatma Singh*)

SUNDAYS

January 17, March 14, June 13 & Sept. 19, 2010

5:00-7:30am

Free and open to the public

SADHANA FORMAT

Japji: The Song of the Soul

We listen to Japji for 30 minutes. Japji was composed by Guru Nanak Dev (1469-1539). In short, it reveals the mission of human life: Japji is the opening prayer of the Siri Guru Granth Sahib, the Sikh sacred writings. His simple message does not belong to any particular religion, nor any particular time in history. His timeless message experienced in ecstatic song is for all and is as vital today as it was when he first spoke the words from his deep meditative state.

Kriya: (Yoga Set) and Relaxation (30 minutes.)

Deep Meditation:

Seven mantras to assist our transition into the Aquarian Age, as taught by Yogi Bhajan (60 minutes).

For more information call Tenth Gate: 401-683-9642