Here are some suggestions for a successful experience leading sadhana.

Japji – 5-10 minutes before the start of the Japji, whoever is leading it start by chanting softly “Wahe Guru” every 5 sec or so. Then at the right time start the Japji straight away, no need to explain anything or introduce it.

Tune-in

Kriya and Savasana– Warm-ups if needed and always a savasana- For this training the time allotted is 1 hour for the Kriya and relaxation portion.

Leading early morning sadhana is not like teaching a class. Regardless of the number of years you have been teaching and practicing, describe the exercises as they are in the manuals – no extraneous talking, promotions, or little stories. Keep the talking to a minimum.

- If most people present have done sadhana, which they have in this training, then minimize all talking and direction.
- The yoga sets are chosen for you. Generally, a yoga set would be from 35-50 minutes – leaving 5-10 minutes for deep relaxation depending on the intensity of the set and the amount of time you have. It is okay to cut down the times of a yoga set to fit it into the allotted time that you have. Do so mostly proportionately, so that a powerful and balanced experience is still had by all.
- Pause between exercises (30 - 60 seconds is often enough).

Aquarian Chants - no need to introduce the mantras. Just begin and between each mantra give a pause (20-30 seconds) to allow the vibration to resonate. The only time to speak is to give instruction into virasan and out of virasan on the 6th mantra, and at the very beginning of the Long Ik Ong Kar, you may give a few sentences to remind the practice and let us know when we are starting.

In this training we emphasize the experience of our own voices, in contrast with listening to a CD or mp3. Therefore we ask you that you lead the mantras without any pre-recorded aid, do not play any CD or mp3 during the chants. If you play an instrument, you’re very welcome to use it, chanting with music is lovely and may enhance the expression of our own devotion. If you don’t play any instrument, do not worry and chant “a capella”. We need to get over our fears around chanting, we don’t need to have studied music, have a “good” voice, or knowing how to carry a tune. Mantra chanting is not about the tunes, it’s about 3 things: projection, pronunciation and rhythm. The experience of our own voice is much more important than trying to chant beautifully. If it’s a challenge, you can always do a mostly monotone chant. Just put your heart in it and remember to keep a rhythm. We’re not encouraging to chant monotone, if you have a favorite song you wish to recreate, do so, by all means, we just wish to allow for the possibility that someone may not feel comfortable doing any tune and show that monotone is also fine.

Closing – Chant the Long Time Sun and 1 - 3 Long Sat Naams. Additionally, you may add a prayer of your choice, read a favorite passage or do a Hukam, if you wish.