



Sat Naam Swedish teachers.

KRI has heard of the discussion happening in your community about if Japji is a required or optional part of the Aquarian Sadhana, and has been asked to clarify this topic.

First of all, we are very grateful that you all have brought up this question. It showed us several places where our communication on this was contradictory or unclear, which we are now addressing. Please continue to use KRI as a reference for similar questions in the future, and thank you all for your care in spreading Yogi Bhajan's teachings accurately.

The short answer is that yes, Japji is a required, not an optional, part of the Aquarian Sadhana.

In the Sadhana Guidelines manual it said that it was optional, because that is how it was in previous sadhanas that Yogi Bhajan gave – before the Aquarian Sadhana. We are correcting this so that the next printing of this manual will say that it is required, not optional.

Similarly, for the 3HO website that says it is optional. This had been taken from the Sadhana Guidelines manual and has now been corrected.

Yogi Bhajan was asked why to recite Japji in the morning, and he answered:

"Because that will put your G in the repeated compartment of infinity, that's what Japji does. G, the source of life this G energy, the part of GOD in the totality of us, part of GOD in the very molecule of us, part of GOD in the atom of us, it will repeatedly compromise with it to the harmony and self-projection which you will enjoy. That's what Japji does.'

'How?'

I said, 'When you read it, the tongue touches the hypothalamus, the mind touches the radiation in the very fact of the center of your being and pineal will radiate to the frequency of three and half which you call Kundalini Shakti and your body will start responding to it, adversity will become even mild. That is the power.'"

Thank you again for all of the seva you doing in sharing Yogi Bhajan's teachings to heal and uplift all people. If you have any further questions, on this or any other topic, please let me know at my email below.

Sincerely,

Amrit Khalsa, KRI Executive Director for Teacher Training