

ੴ ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਜੀ ਮੰਤ੍ਰਾ ਕ੍ਰਮ ॥ ੧ ॥ ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਜੀ ਮੰਤ੍ਰਾ ਕ੍ਰਮ ॥ ੧ ॥ ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਜੀ ਮੰਤ੍ਰਾ ਕ੍ਰਮ ॥ ੧ ॥

The Jap Ji Sahib Weekend

Gurbani Naad & Kundalini Yoga Workshop

Friday 5th – Sunday 7th June 2015
with **Sat Siri Singh in Derbyshire**

Recitation of sacred scriptures has been practiced in all spiritual traditions throughout all ages of human mankind. It is the most sublime way of inner cleansing, devotion and creativity; the supreme preparation of the disciple. By repetition in meditation, sound and intention of the message penetrate deep into the Being, and the seed of the word can blossom and prosper in the soil of the physical body. Individuals and communities call on the morphic fields of their spiritual ancestors. *"In the beginning was the word, and the word was with God, and the word was God."* (John 1.1)

Japji Sahib, received by Guru Nanak ca 1500 AD, is the opening chapter of the Siri Guru Granth Sahib, the sacred scripture and songbook of the Sikh Dharma lineage. These hymns have a special distinction among the sacred scriptures, texts and sound of the world: They have been given eternal Guruship, guidance for the soul to merge into the supreme light. This is the fascinating concept of "Gurbani." It is said that Divine Essence can be realised through the sound of Divine Identity, and that therein lies the only key to cross the world ocean and find liberation in these dark times of kaliyug.

During this weekend workshop, we will approach and experience Japji Sahib in various ways: recitation in original language and English translation, singing, discussion for intellectual understanding, personal applications, pronunciation of the original script, vocal exercises, and Kundalini Yoga kriya and meditation.



Times: Arrival Friday 5pm, End Sunday 5pm

Investment: £220 including food and accommodation, booking deadline 1st May, limited spaces!

Venue: Atlow Mill Centre, Mill Lane, Ashbourne, Derbyshire DE6 1PX.

Registration: Sat Nadar Kaur, 07707 160271, clairecampbell2000@hotmail.com.

Evening Meditation Concert

The Workshop also includes a sing-along Evening Meditation Concert with Gurbani Shabads composed by the Gurus, sung in original raagas, and accompanied on the ancient instrument of Rabaab, and/or Kundalini Yoga mantras accompanied on guitar.

Prana and rhythm of breath, kriya of tongue and palate, and the vibration of the sound-current of our voices in our bodies will call on the sacred nectars, concealed in the sacred texts. Our glands will be tuned, the light in all our cells will shine brighter, and we will forget all fear and sorrows.

*"Singing raises the Soul of man higher than any form of religion. Music is power and intoxication."
- Hazrat Inayat Khan, Sufi Master (1882 – 1927)*



About Sat Siri Singh:



SS Sat Siri Singh Khalsa is Kundalini Yoga teacher, Minister for Sikh Dharma, and musician. He devotes his life to study and practise the spiritual teaching, its everyday life application, and how to serve people to find well-being and fulfilment. He is member of the Amrit Nam Sarovar Kundalini Yoga school (ANS) and Singh Sahib (minister) with the Ministry of Sikh Dharma International, available for spiritual ceremonies and life counseling. He regularly organizes yoga pilgrimages to Inda. He works as website and newsletter editor for the UK Kundalini Yoga Teachers Association KYTA, and is Trustee of the Guru Ram Das Project in London.

Sat Siri Singh is studying Indian music with Ustad Surjit Singh. He loves to play the Rabaab and sing the Shabad of Siri Guru Granth Sahib, or play the guitar and sing Kundalini Yoga Mantras for elevating meditation. He has a PhD in theoretical physics from Humboldt University, Berlin, Germany.

He has taught the **Japji Sahib Weekend Workshop** already in Amsterdam (Netherlands), Vienna (Austria), Heilbronn (Germany), and 2 times in Cologne (Germany).

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