



昆達里尼研究學院(KRI)關於 薩達那和早間常規課的指導方針

2018 年 11 月 29 日

鑒於將「薩達那」(Sadhana) 一詞翻譯成早課可能會導致誤解，我們對此檔進行了澄清與修訂，特此重新發佈。今後請統一將 Sadhana 音譯為「薩達那」而非「早課」以免造成誤會。

昆達里尼瑜伽社群的同學和老師們經常會重複地問到一個問題——「為什麼有人對薩達那收費？」對於清晨集體薩達那共修和早間常規課大家有些模糊混淆。

什麼是芬芳破曉時刻 (Amrit Vela) 的清晨集體薩達那？

清晨—芬芳破曉時刻，薩達那可以在早晨 3:30 到 6:00 之間的任意時間開始。

清晨集體薩達那的內容一般指修習 Yogi Bhanan 所給出的「寶瓶時代的薩達那」。寶瓶時代薩達那的形式包括：

- 靈魂之歌 Japji Sahib
- 昆達里尼瑜伽奎亞 Kundalini Yoga Kriya
- 寶瓶時代的薩達那梵音 Aquarian Sadhana Mantras:
 1. Adi Shakti Mantra - Long Ek Ong Kar (7 分鐘)
 2. Waah Yantee, Kar Yantee (7 分鐘)
 3. Mul Mantra (7 分鐘)
 4. Sat Siree, Siree Akaal (7 分鐘)
 5. Rakhe Rakhan Har, (7 分鐘)



6. Wahe Guru Wahe Jio (22 分鐘)

7. Guru Ram Das Chanting (5 分鐘)

有時，在一些特殊的情況或日子裡，清晨的薩達那集體共修也可以使用不同的梵音唱誦。例如，3HO 贊助的 Japji 薩達那或為 Yogi Bhajan 生日而做的 2.5 小時的特殊冥想。

清晨薩達那必須是免費。如果有場地租用費，老師可以要求一定額度的隨喜捐款。當提出捐款要求時，老師必須表明是為了支付場地費，而非參加共修的費用。並且不應該有任何人因為沒有捐款而被拒之門外。

如果你是在清晨教授常規課，你可以收費。重要的是要稱之為「早間常規課」，而不要稱為清晨薩達那，即便是在一大早 5 點就開課。早間的常規課不以 Japji 靈魂之歌開始，一般也不會有七首寶瓶時代的梵音唱誦。

帶薩達那共修和教授常規課的差別是什麼？

「身為薩達那共修的帶領者，你的責任是做個好榜樣並在薩達那的每一步驟中給予清晰指示。你應該盡可能地跟著一起做練習，同時還要覺察著整個團體。你必須查看並確保每一個人都理解了練習後才開始自己做。有時自己不參與做會比較好。但是梵音唱誦環節一定要參與。當在教授一節非薩達那的常規課時，你應該儘量少的參與體式的練習。僅專注於激勵和服務學生。」 - 參見《寶瓶時代的教師》一階教科書 162 頁

請根據這個指導原則為你所提供的課程來正確命名——是薩達那還是常規課。請確保薩達那共修是不收取費用的。

如果對這議題有任何其它的疑問，歡迎大家直接聯繫 Hari Charn Kaur Khalsa 或 Amrit Singh Khalsa。

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REVISED KRI Sadhana and Early Morning Class Guidelines

Because of some possible confusion caused by the translation of the word “Sadhana,” we have made some clarifications to this document and are reposting it. **Please make sure to transliterate “sadhana” as “薩達那”, rather than translate it as “morning class” to avoid confusion in the future.**

Throughout the Kundalini Yoga community of students and teachers in China there is a question that is being asked repeatedly— “Why are people charging for Sadhana?” There is a confusion between group Sadhana and an early morning class.

What is Amrit Vela Group Sadhana?

Early morning, amrit vela, Sadhana, can start anytime between 3:30 AM and 6:00 AM.

Early morning group Sadhana is most often the Aquarian Sadhana as given by Yogi Bhanan. The Format of the Aquarian Sadhana includes:

- Japji Sahib
- Yoga Kriya
- Aquarian Sadhana Mantras:
 1. Adi Shakti Mantra - Long Ek Ong Kar (7 minutes)
 2. Waah Yantee, Kar Yantee (7 minutes)



3. Mul Mantra (7 minutes)
4. Sat sree, sree Akaal (7 minutes)
5. Rakhe Rakhan Har, (7 minutes)
6. Wahe Guru Wahe Jio (22 minutes)
7. Guru Ram Das Chanting (5 minutes)

Early morning group Sadhana from time to time can use different mantras on special occasions. For example, special Sadhanas for Japji sponsored by 3HO or specific 2.5hr meditation for Yogi Bhajan's birthday.

Any group Sadhana must be free. If there is a rental cost for the sadhana space, the teacher may ask for a suggested donation of a certain amount. When asking for this donation, it needs to be clear that it is for the room and not for attendance at the Sadhana, and no one can be turned away if they do not donate.

If you are teaching an early morning class, you can charge for that. It is important to call it an early morning class... do not call it Sadhana even if it starts as early as 5 AM. A class would not start with Japji Sahib, and typically would not involve meditating to all 7 of the Aquarian Sadhana mantras.

What is difference between leading Sadhana and teaching a class?

“As a leader, your responsibility is to set a good example and to give clear instructions for each step of the Sadhana. You should do as many exercises as you can without becoming unaware of the group. You must check to make sure that everyone understands the exercise before beginning yourself. Sometimes it will be better not to participate at all. Always join the group during the chanting. When teaching a class outside of Sadhana, you should participate as little as possible in the physical exercise. Concentrate only on inspiring and serving the students.” The Aquarian Teacher page 150

Please use these guidelines to correctly label or name what you are offering – is it sadhana or is it a class. And be sure that you do not charge for attending sadhana. You are welcome to direct any additional questions about this topic to Hari Charn Kaur or Amrit Singh.



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