



Guru Ram Das' Birthday Sadhana
Tuesday October 9 - 4:30 am

Kundalini Yoga in the Loop
410 S Michigan Ave Suite 514
Chicago, IL 60605

Guru Ram Das' Birthday
and
Kundalini Yoga in the Loop's (KYL) 15th Anniversary
Early Morning Sadhana

Tuesday, October 9
4:45 to 7:30 am

No registration needed, free of charge.

"Whatever you ask of Guru Ram Das on his birthday, he must deliver." -Yogi Bhajan

When Shakta opened the doors to KYL in October of 2003, the first class she taught was on a Sunday--the day of Guru Ram Das' birthday that year. Guru Ram Das was the 4th of the Sikh Gurus and Yogi Bhajan's teacher on the astral plane. Was that merely circumstantial, or, was it serendipity? We think it was destiny!

Shakta chanted Dhan Dhan Ram Das Guru* by herself for 2.5 hours that morning. Every year since then, we chant 2.5 hours

of DhanDhan Ram Das Guru together at KYL on Guru Ram Das' birthday.

Come join us on Tuesday morning, October 9, because Guru Ram Das is known as the Lord of Miracles. When you join with others to praise the realm of Guru Ram Das on his birthday anything stuck in your life can be moved from the impossible to the possible. And, who couldn't use a little of that nowadays?!

Schedule, Tuesday, October 9

4:15 am - Doors to Fine Arts Building (FAB) OPEN.
4:30 am - Japji (meditative prayer).
4:45 am - Doors to Fine Arts Building CLOSE.
4:50 am - Tune In & Warm-Ups.
5:00 am - Dhan Dhan Ram Das Guru (chanting for 2.5 hours).
7:30 - Hukam** followed by the Long Time Sunshine Song***.

* Effect of the mantra Dhan Dhan Ram Das Guru: When life seems stuck, praise the domain of Guru Ram Das, the realm of the heart and of the Neutral Mind where all things become pure. This mantra reaches the realm of miracles. Ask for a miracle and then watch the impossible become possible!

** Hukam-the divine order of the day.

*** Doors open for 30 mins. beginning @ 4:15 am; then they lock!

We walk up 4 flights of stairs on this day, too.