



The Essential Element: How to get the most out of Yogi Bhajan's core teaching: Morning Sadhana

Jot Singh Khalsa

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Ideally - early morning sadhana, as taught by Yogi Bhajan, incorporates Japji Sahib (a prayer of attunement with the soul), Kundalini yoga, meditation and Gurdwara (Guru's Gate) a meditative, music-based prayer service that Yogi Bhajan referred to as the social part of sadhana.

During approximately four decades of worldwide teaching, Yogi Bhajan consistently referred to daily sadhana as the most important practice one could do to enable self-mastery and achieve and maintain success.

In his first book, *The Essential Element*, Jot Singh shares his experience of practicing daily early morning Kundalini Yoga and meditation (Sadhana) for over 40 years. Included are techniques, tips and vegetarian recipes to support you developing a practice, and many quotes by Yogi Bhajan on the subject. The book also offers numerous suggestions to support your efforts building consistency with a practice which will uplift and transform you.

Notable Endorsements for *The Essential Element*:

“Sadhana is the cornerstone of a spiritual practice. In this book, SS Jot Singh Khalsa gives a full explanation of Sadhana and shares the wisdom he has gained from decades of experience. He addresses the physical, mental, emotional and spiritual aspects of starting and maintaining a Sadhana. It truly is a wonderful guidebook for anyone committing to work on themselves by doing a Sadhana.”

Sardarni Guru Amrit Kaur Khalsa - Siri Sikhdar Sahiba of Sikh Dharma International

“If you have heard about daily sadhana and want to know more about it; if you are already doing sadhana and are in need of some inspiration; if your sadhana has failed and you need some motivation to get started again or if you want to learn from a sadhana master who learned from his master, then this is the book for you. “*The Essential Element*” is a marvelous compilation of personal experience and techniques for the essential element of every spiritual life, morning sadhana. I highly recommend it”.

Mukhia Singh Sahib Guruka Singh Khalsa - Founder and C.E.O. of Sikhnet

“Sadhana is there to merge. When you do Sadhana, you do it for yourself so you can hold this experience throughout the day. It is this process which is required to do every day. This book gives inspiration for keeping up this basic practice”.

Mukhia Singh Sahib Sant Gurudev Singh Khalsa - Pre-eminent healer & teacher of Sat Nam Rasayan

healing

“Sadhana, before, during and after, is a whole meditation. It can literally turn your life upside down, save your soul and awaken your brightness. Jot Singh has dedicated his heart and mind to pull together the experience of his peers and the wisdom of Yogi Bhajan. The result is a beautiful small and inspiring guide on getting your life together and keeping it together through sadhana. For the new Student of Kundalini Yoga it is a great guide. For all Kundalini Yoga teachers it gives a trustworthy guide to aligning your local community with the Global community”.

Singh Sahib Shiv Charan Singh - Founder of the Karam Kriya School

“Personal and informative, The Essential Element is full of inspiration to bring to your morning sadhana practice.”

Sardani Sahiba Nam Kaur Khalsa - Founder and former C.E.O. of IKYTA (International Kundalini Yoga Teachers Association)

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From reader reviews:

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Donna Moore:

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