



Kundalini Lotus Community

Kundalini Lotus Community (KLC) is an interconnected, local, regional and global space where ordinary people with extraordinary talents can live and share a vision. Our foundation is Kundalini yoga - a path of awareness.

No Boundaries, No Rules, No Limits

Introduction

The KLC was set up in 2020 by Siri Nirankar when the group was first established in lockdown supported by Patwant, Tej Preet and Bachan Priya. In 2023 we will continue to share this vision and hold the space for Sadhana enabling personal practice, growth and elevation.

The group is run via the KLC Whatsapp group. As there are different teachers the Zoom ID for the next day is posted in the Whatsapp group each evening. This is a space to share information and be supportive to each other. Here is what we offer:

Meditation 5-5.45am on Zoom every morning

We follow the Amrit Nam Sarovar meditations created by Satyavrati for this time which are updated monthly. The theme is 'Time is Now'. A daily practice is ideal or come when you can but commit to yourself what you will do.

Format: We Tune In with the mantra *Ong Namō Guru Dev Namō* x3, then follow the 3 Satyavrati meditations. If you leave the group at this point then Tune Out yourself.

For respect to others all must be muted, videos on. Please arrive on time.

N.B. For more information on the meditations, [sign up](#) to Amrit Nam Sarovar emails and search YouTube for 'Amrit Nam Sarovar Time is Now' and look for the latest number (e.g. currently we are on 'Time is Now 12')

Sadhana 6-7.30am on Zoom every morning

"What is sadhana? It's a committed prayer. Sadhana is self-enrichment. It is not something which is done to please somebody or to gain something. Sadhana is a personal process in which you bring out your best." Yogi Bhajan

We run a Sadhana set for 40 days so you can 'achieve' the full benefits of the kriya (a Kundalini yoga set of practices to achieve a specific outcome) by attending every day or just come when you can. Commit to yourself what you will do.

Format: We Tune In with the mantra *Ong Namō Guru Dev Namō* x3, warm up, Kriya , meditation, relaxation and mantras *Long Time Sun* and *Sat Nam* x3 to Tune Out. This provides an ideal start to the day. It is common to leave before or after the relaxation around 7am if you need to start your day.

For respect to others all must be muted, videos on. Please arrive on time.

Kundalini Yoga Classes & Workshops

These are private, paid sessions organised directly with the individual teachers. Relevant classes are posted to the KLC Whatsapp.

To Join Meditation and/or Sadhana

Contact one of the teachers in the group below for a wee chat. This teacher will be responsible for you in the group and your contact for any guidance although you may approach any of the teachers after class. They will send you the KLC health form to fill out and make sure you understand how to use the group.

Our Request

We ask that you donate monthly to a JustGiving account which we use to cover any essential expenses (if anything) and the rest will go to a nominated charity quarterly. Expenses and donations will be posted to the Whatsapp group.

Teachers

Tej Preet - Sharon Cox, sharoncox6716@yahoo.com, Bedfordshire, England

Bachan Priya - Janey Edwards, edwardsjaney889@gmail.com, Hertfordshire, England

Hari Krishan - Andrea Ziegler, andreaharikrishanziegler@gmail.com, Schleswig Holstein, Germany

Agia Dev- Jo McCoy, www.jomccoy.com, East Lothian, Scotland

Avtar Rama - Maria DeGeorgio, mdinspire@yahoo.com, Notts/Leics/Lincs, England

Advisory role Teachers: Siri Nirankar & Patwant, sirinirankar11@gmail.com, Bedfordshire, England

Finally, we would like to develop the group so please share any suggestions you may have with a teacher or the Whatsapp group. We also would like to grow the group so please share this information with anyone that may be interested in committing to a morning practice.

Thank you, KLC Teachers xxx