

KUNDALINI SURJHEE JAPA MEDITATION RETREAT

17 – 22 JAN, 2012 (TUES-SUN)
SHAHZAN INN, FRASER'S HILL, MALAYSIA

INFORMATION PACKET

“Siri Guru Sahib Sab Upar, the crown of Raj Yog was given to Guru Ram Das and through this shabad it has been said that even in whose fortune it is not so written that he can experience the *Cherdee Kalaa* the rising of the Kundalini if shall do the singing of it, it shall penetrate through all chakras including the shashara and resettle and immaculately purify that person doesn't matter what the destiny is. This shabad is total balance of the naad, rotate the tongue and the palate and sing it properly just copy it, don't understand the meaning, don't worry about it, it is the grooves, it is going through those grooves which matters and when the tongue and the upper palate will go through the sound grooves it will stimulate the hypothalamus and that will do the Kamal Bagassey business, they are automatic. “

- Yogi Bhajan, Master of Kundalini Yoga

HOSTED BY: CHAYO STUDIO, MALAYSIA

FACILITATED BY: Singh Sahib Jugat Guru Singh Khalsa

Participation will be limited to 100 people, so register early!

General Description of the meditation course:

Join Jugat Guru Singh Khalsa to perform the deep meditation of 11,000 repetition of this beautiful Shabad in praise of Guru Ram Das. This Shabad is found on page 1402 in the holy Siri Guru Granth Sahib ji.

This course is being held for the second time in Malaysia with Jugat Guru. Unlike any other course you have taken, during the days of the meditation the only teacher is the magnificent Shabad Guru itself. This is a very deep and serious meditation for conscious people who have a strong spiritual discipline.

General Information

Rajveer Singh Khalsa @ Chayo Studio, Malaysia

Email: rajveer@chayostudio.com.my Web: www.chayostudio.com.my

Phone: +603 7806 2035 or +6016 6764862

Application

Because this is an intensive meditation gathering we asking for an application in order to determine if this course will meet your needs. Please print and fax or email the application and release form. Please only consider yourself registered for this event upon our response to your application.

How to register

1. Please fill out the application and email it to Rajveer Singh Khalsa @ rajveer@chayostudio.com.my



2. We will respond letting you know we have received your application and verify your housing and participation in the meditation. Once your application is approved, you will need to make your deposit to reserve your space.
3. Once deposit of RM450 (Malaysian Ringgit only) is received, we will send you the confirmation of your registration. Please see below for terms and conditions of the deposit.

Participation requirements

Because this is an intensive meditation experience it is strongly suggested that you attend this meditation if you have experience with meditation and some kind of ongoing yogic practice.

Dates and Duration of Course

Jan 17 (Tues) 5pm – Jan 22 (Sun) 10 am

Bus departs Petaling Jaya at 11 am 17 Jan and returns by approx 3 pm 22 Jan

Example of a day:

The Shabad will be playing continuously, 24 hours a day once the course starts. Jugat Guru Singh will be sitting in the front of the room holding the space for the overall meditation. You are welcome to pace yourself in order to get the 15 hours you need for each day. We will have the shabad available for you to download onto your ipod if you would like to get up and move around the grounds of Shahzan Inn. It is up to each individual to pace their personal and sleep needs. The shabad is recorded in a way that allows you to fit 3 repetitions per minute.

Arrival and Departure:

You will need to arrive by Tuesday, Jan 17 to Shahzan Inn, Fraser's Hill (Pahang), Malaysia, in time for the course which begins at 5pm for orientation and is followed by dinner.

The meditation will end by Sunday morning 22nd January at 10am.

A bus will be organized leaving from Petaling Jaya at 11 am on the morning of 17th Jan and return by approx 3 pm on 22nd Jan to the same location. The fee for the bus is included in the retreat cost. When submitting the application, be sure to note if you are planning to travel together with the group in the bus from Petaling Jaya.

Cost & Payments

The cost of this meditation retreat is RM1300 (Malaysian Ringgit) which includes meals and shared accommodations for 5 nights as well as the bus transport to and from Petaling Jaya and Shahzan Inn, Fraser's Hill. The deposit of RM450 is due on or before 18th December 2011 to reserve your spot.

Please note that the last day to cancel and be refunded your deposit of RM450 if you cannot attend the course is 18th December 2011. After that date, strictly no deposits will be refunded.

The balance of RM850 will be due in full any time on or before 17th January at Fraser's Hill. Payment can be made at the studio by cash, check, credit card or debit card. For overseas participants, please contact Rajveer for information on booking your space and payment details.

Facilitator

Jugat Guru Singh Khalsa is the Principal of Miri Piri Academy and a member of the Chardi Kala Kirtan Jatha of Amritsar. Guru Dev Singh Khalsa, internationally renowned healer and yogi, has mentored Jugat Guru Singh Khalsa for many years as a sevadar for the Re Man Eh Bidh Yog Kamao recitation in

India. This is the second time Jugat Guru will be hosting this event in Malaysia with Chayo Studio. For more information about the Re Man Meditation or Sat Nam Rasayan: www.sat-nam-rasayan.de/

Message from the Facilitator Jugat Guru Singh Khalsa

This is purely a deep devotional practice. There is no need to understand the meaning of the Shabad or to put to words what is happening; your experience through the Shabad is the guiding teacher for each practitioner.

There is no teacher for this course. The Shabad is the teacher through the experience of the meditation. I am facilitating and helping the group process along....that's all.

We will have an orientation on Tuesday evening. I will go over the Shabad word for word, explain the meditation process, and answer questions. We begin the next morning at 4AM sharp with the recitation of Japji Sahib together, immediately after which the music will begin. It continues until Sunday morning when we will end with Japji Sahib, a short talk, and breakfast.

The goal is to complete 60 hours of chanting in these four days which is 15 hours a day, leaving 8 hours for sleep, food and breaks. We try to sleep no more than 2 to 4 hours during these days. The music with the shabad is never turned off, and in the course room there is always a facilitator appointed by me on duty if I am not there, so that there is 24 hour coverage. This allows people to keep their own schedule and time count. You may sleep in the day and meditate all night or vice versa, as you choose. It is really important to note that it is not necessary to complete 11,000 repetitions. If you find it is too much stress on your system, you should do as much as possible during these four days and finish the rest slowly at home.

Testimonial

"Guru Dev Singh led this meditation last summer, and it was one of the most dramatic experiences I have ever had. This Shabad has a direct, purifying effect that has left me permanently and forever changed." - Shanti Kaur Khalsa, Espanola, New Mexico.

Food

The diet for this course will be light vegetarian food. Because of the intensive meditation all meals are designed to support the meditative experience.

About Shahzan Inn/Accommodation

Fraser's Hill is located in the highlands of Pahang, Malaysia. The inn is surrounded by beautiful flora and fauna, nature, and is humid with cool climate. Be sure to bring warm clothes, sweater and shawl, something comfortable to sit on for a long period of time, and also insect repellent.

The accommodation at Shahzan Inn, Fraser's Hill is simple and practical. In most cases rooms will be twin sharing, and in some cases triple sharing. Please make sure to request your roommate/s and we will do our best to accommodate it. The remaining participants will be given assigned roommates.

IMPORTANT INFO IF YOU PLAN TO DRIVE:

If you plan to drive from **Kuala Lumpur**, please note that the last 8 km of highway from Jalan Gap to Fraser's Hill operates on a one way system. From morning until 7 pm, the lane going up the hill is open for one hour, on the odd hour times, at 7-7.40am, 9-9.40 am, 11-11.40am, 1-1.40pm, 3-3.40pm, 5-5.40pm, 7-7.40pm. The last time you will be able to access the road is at 7 pm. For the return journey the road is open on even hour timings, at 8am onwards for 40 minutes each time (last opening at 6 pm). This is very important to keep in mind. Please allow at least 2 hours to reach Jalan Gap from KL to allow time for delays. After the road closes at 7 pm, there is no way up the hill and you will have to stay elsewhere until the next morning.