

Invitation to the Re Man meditation

with Guru Dev Singh Khalsa

At the foot of the Himalayan Mountains in North India

23rd of February through the 29th of February 2012

Every year a large group gathers near Rishikesh to recite the Re Man Shabad. The Shabad comes from the Dasam Granth, the writings of the 10th Sikh Guru, Guru Gobind Singh. Yogi Bhajan said that reciting the Re Man 11,000 times gives one a "Golden Aura".

We will sit together and continuously recite the Re Man Shabad for 7 days until 11,000 repetitions are completed.

General Information and application:

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Travel Arrangements:

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General Information:

We will start reciting the ReMan in the early morning hours of the 23rd of february. To complete the 11.000 repetitions it takes about 18 hours of meditation a day. Still there is time enough to join the meals, relax a little and even for some drops of sleep. The shabad is playing during the whole time and the participants structure their meditation-time on their own.

The retreat will take place in the Aurovalley-Ashram Rishidwar, located outside the next little village und just a few minutes walk to the „Mata Ganga“, the Ganges River.

You need to be aware, that the ReMan-Japa is a very intense practice and we want to be sure, that everyone is safe. For this reason we reserve the right to decide if someone may participate or not. If you want to participate for the first time, we kindly ask you to write down a meditation-cv and explain your meditation experiences, including kind of practice and duration as well as your personal daily practice.

Cost:

The retreat costs 775€ or 1100 US\$ and includes all meals, accomodation and the transportation-fee in AC-train from Delhi to the Ashram with the group. To reserve your place, we will need a deposit of 200€ or 300\$, which will not be refunded after february 1st.

Group travel:

There will be a group-travel from Delhi to the Ashram. You would need to be in Delhi at least the night before, to get the train at 6AM on the 22nd.

Important:

Please do not make any plans to participate until you do receive an e-mail confirmation from us.

With your confirmation you'll receive more detailed information, along with bank account information for your deposit.

Before February 1st, we need all the participant's information and deposits on the bank, so we may get organized. We cannot guarantee any arrangement after that date.

After you receive your confirmation, if you need assistance booking hotels, pick ups, etc, which are not included, please contact Jerome at jshankar1@hotmail.com

For any other communication, or to request information, please contact Bhagwati Kaur at re-man@t-online.de or Tel: +49.6131.623 14 15

Thank you!