

Learn and Understand
the Power of Shabad Guru

Gurmat Sangeet
Outreach



The Science of Communication
as taught in Sri Guru Granth Sahib

A Journey of 1001 days to the Sacred Power of Shabad Guru

Gurmat Sangeet

Gurmat Sangeet is the practice of following and surrendering to the Guru and simply singing, listening and reciting the sacred shabad **Guru's Way** with **Guru's instruments**.

The **Sikh Guru's** blessed us with 6 tools to compose our psyche:

Rabab - Altered and promoted by **Guru Nanak Dev Ji**

Saranda - Designed, created & played by **Guru Arjan Dev Ji**

Jori - Created in the court of **Guru Arjan Dev Ji**

Sarangi - Promoted by **Guru Hargobind Sahib Ji**

Taus - Designed, created & played by **Guru Gobind Singh Ji**

Dilruba - Created by **Guru Gobind Singh Ji**

As Sikhs our whole existence should revolve around the Guru. In order to have a connection with the Divine, you must learn and understand the art of communication as taught by Guru Nanak. Guru Nanak taught us that **Singing & Listening** are the basic rules of communication and your most powerful gifts to eliminate suffering in your own life and in the lives of others.



Play that instrument,
Yogi, which vibrates
the unstruck sound
current, and remain
lovingly absorbed in
the Lord.

(Rág Rámkali, Guru Amar Das)

Objectives

This training is designed to guide students and teachers to the power of sacred sound. Within the 3 years of the course:

- you will be able to sing Guru's shabad, Guru's way with Guru's instruments
- you will experience the eternal sound current of the creation through singing Kirtan
- you will go through intensive vocal training alongside your instrumental training as singing is compulsory
- you will gain skills & knowledge in playing a sacred Sikh instrument
- you will be able to teach Gurmat Sangeet to others
- you will learn to compose and perform your own music for higher purposes

- you will understand the art and science of raags in theory and application to explore the composition of the mind and the nature of moods and emotions
- you will learn to apply your experience and wisdom of Kirtan to heal and elevate yourself, students, friends and enemies, and share this sacred art
- you find the guidance of life within Shabad Guru and you find Shabad Guru in everything



• Saranda



The science of reality
is to find the **sound**
and to **resound** in
that sound.
Then the **SOUL** shall
excel and God shall
dwell within **you**.

(Yogi Bhanjan)

Requirements

- A minimum commitment for your practice of 15 minutes a day for at least 5 days in a week for 36 weeks in a year
- You will need to select and **acquire** one of the 6 Sikh instruments to begin your sacred journey:
Rabab, Saranda, Jori, Sarangi, Taus or Dilruba
- To respect and uphold the value of originality of the Siri Guru Granth Sahib by following the prescribed title raag in every instance without compromise
- To make a commitment to share this sacred art and all that you have learnt with at least 2 people in your lifetime

- Please note that you **do not** need a musical background to study this course

- You are kindly requested to contemplate on the following questions to really decide whether this training is for you. We would be happy to receive your answers although this is not compulsory.

Why do you want to do this course?

What are your expectations and goals?

What is your understanding of Gurmat Sangeet?

Where is Kirtan in your life?

How important is Guru's hukam to you?



• Dilruba

Course Structure

Each year follows a similar structure:

- The entire course is based on combination study, whereby the majority of the work is independent study at home and the rest is worked on with your personal tutor
- Three 12-week modules with digital media based lectures and assignments
- After every 12-week block of study you will have allocated, dedicated contact time with our specialist tutors to conduct assessments, updates and troubleshoot through any problems
- You will study as an individual within a group of students with attention given to your personal learning needs

Content

Year one Balancing the Mind & Soul

- Listening (Suniyai)
- Vocal and instrumental techniques (Gaviyai)
- Rhythm (Taal)
- Pronunciation (Santhiya)
- Terminology & Musicology (Raag Vidhiya)
- Selfless service (Seva)



Year two The Art & Science of Inner Communication

- **Musicology 1:**
Application of the raags musically & practically in everyday life
- **Composition 1:**
Compose your mind to compose your life
- **Performance Skills:**
Work intensively on key aspects of performance techniques



Year three Living Life Nanak's Way

- **Musicology 2:** Understanding the practical purpose of each raag
- **Composition 2:** Sing the sound of **your** soul to call the Creator
- **Performance Aesthetics:**
Understanding the depths of ornamentation and arrangement to fully acknowledge and apply the delicacies of your emotions
- Each year will involve **Gaviyai** and **Suniyai**; as the course progresses these areas will intensify
- **Naam Japna** (contemplation), **Vand Chhakna** (sharing) and **Kirt Karni** (honest work) are our primary focus areas throughout the course. Therefore, as you begin to develop you will be encouraged to share, teach and perform in order to contribute to the revival of Gurmat Sangeet
- **Future Projects:** Teaching opportunities, group performances, concerts, composing, recording & academic graduation



Gurmat Sangeet Outreach

This is a specialist course designed by academics and psychologists with the purpose to make learning Gurmat Sangeet as easy and simple as possible. This course offers private accreditation through **Raj Academy Conservatoire** and academic accreditation through **London College of Music** (Graded Exam Accreditation) which can be achieved through guidance from your personal tutor.

The aim of this course is to take Gurmat Sangeet into every home across the world to revive this forgotten art and recreate a community of active Rababis of the Guru's court. For your support and contribution to this revival project we make an ongoing pledge to each student to offer unconditional guidance and active responses throughout your study and after you complete the course.

How to begin your journey of Gurmat Sangeet:

- Step 1: Choose your instrument
- Step 2: Register for the course
- Step 3: Acquire your instrument
- Step 4: Attend the orientation session to start your sacred journey

Current Operations:

We are continuously registering new students throughout the year and sending our qualified tutors to these areas each year approximately during the months of January, April, July & October. We are growing with your support on each visit and constantly establishing schools in new areas.

If you are not from any of these areas, we can work to set up the course for you in your area, for more details please contact us to discuss.

- Toronto
- New Jersey
- New York
- Maryland
- Virginia
- Detroit
- Chicago
- Dallas
- Atlanta
- Fort Lauderdale
- Los Angeles
- Sacramento
- San Diego
- Stockton



Jori

Great is the Lord
and high His abode.
The highest of the
high is His Name.

(Guru Nanak, Jap, 24th Pauri)

Course Fee

Individual Pack

This pack is for 1 person studying with their chosen instrument

£1000 per year - UK

\$1700 per year - USA

€1300 per year - EU

\$1800 per year - CAD

Pair Pack

This pack is designed for 2 people from the same household studying 2 different instruments and offers a 15% concession for the second person

£1850 per year - UK

\$3145 per year - USA

€2405 per year - EU

\$3330 per year - CAD

Family Pack

A family pack allows upto 4 people from the same household to study 4 different instruments with a 50% concession

£2000 per year - UK

\$3400 per year - USA

€2600 per year - EU

\$3600 per year - CAD

USA monthly payment plan:

Individual Pack: \$145 per month

Pair Pack: \$270 per month

Family Pack: \$290 per month

To set up your payment arrangements,
please contact us at:

USA:

gaiss.gso@gmail.com

UK/Europe/Canada:

gso@rajacademy.com



• Taus



Registration

- Please complete the online registration form OR send an email with the corresponding information to: gso@rajacademy.com
- Ensure that you have selected your instrument of choice in order to begin your study

Hereby, I declare that

- I intend to participate fully in the **3 year course**
- I will meet all **requirements** listed in this brochure
- I have paid the first instalment of **£500*** for **UK/Europe** (via cheque or transfer)
or for **USA** I have made my payment arrangements with Guru Angad Institute of Sikh Studies

* For UK/Europe payment plans are available based on personal circumstances please contact us for more information

Full Name

Date of Birth

Address

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Telephone

Email Address

Chosen Instrument

(If Pair or Family pack, please state name & instrument for each person)

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Nanak says, the Lord placed the soul to the cave of the body, and blew breath into this musical instrument.

(Rág Rámkali, Guru Amar Das)



gso@rajacademy.com | www.rajacademy.com