



Spiritual Name Request Form

A spiritual name reinforces and accelerates your progress on your path to your highest destiny. Making the choice to receive a spiritual name (and using it) is taking a rebirth in consciousness. It has positive benefits every time one says it, meditates on it, or hears it. Spiritual names are given by Nirinjan Kaur, Chief of Staff, who was personally trained by Yogi Bhajan in his method of determining them.

Please type or print very clearly! (A personal letter may be included, if you wish.)

Date of Request						
First name			Middle name			Last name (family name)
Mailing address						
City			State			Zip/Postal Code
Country						
Gender	Male		Date of Birth			
	Female			Month	Day	Year
Email address				Phone number		
Who is your yoga teacher?						
How/where did you hear about requesting a Spiritual Name?						
What is your profession?						
Please fill in this section if:				Spouse's Legal Name		
1. You are married and you and your spouse (husband or wife) are requesting spiritual names at the same time.						
2. Your spouse has already received a spiritual name and you are requesting one separately.				Spouse's Spiritual Name		
3. If family members are requesting spiritual names at the same time as you, please let us know their name(s) and relationship to you				Name		Relationship
Name		Relationship		Name		Relationship

How to Make an Offering

In accordance with universal law, it is customary to give in order to receive a spiritual gift, or guidance. Take this opportunity to give an offering along with your request for a spiritual name.

1. **Online** - You can make a donation online via PayPal or your credit card by clicking on "Make a Donation" at <http://www.3ho.org/yb/spiritualname.html>.
2. **Mail a check or money order** - (Mailing address listed below.) Please make your check or money order payable to "3HO Offerings."

How to Submit your Spiritual Name Request Form

1. **Email** your Spiritual Name Request Form to nirinjan@sikhdharma.org
2. **Mail** your Spiritual Name Request Form to: **Spiritual Name Request, c/o Nirinjan Kaur, 1A Ram Das Guru Place, Espanola, NM 87532, U.S.A**
3. **Fax**--Because faxes are often illegible, only fax your request if absolutely necessary to **866-850-9725**.

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- Would you like to receive the 3HO semi-monthly eNewsletter, which includes 3HO Featured Updates, the Kundalini Yoga Community Corner, a Yogi Bhajan Featured Lecture and much more?
- Would you like to be added to the 3HO Mailing List, to receive information about upcoming 3HO Events?
- Would you like a free subscription to the Aquarian Times Magazine? (Mailed quarterly.) This offer is good for residents within the USA only. For all other countries, you can access the magazine online at www.aquariantimes.com.