

Mantras Used Frequently in Kundalini Yoga

Mantra's Sound	Mantra's Name	English Translation	Explanation
<i>aad guray nameh, jugaad guray nameh sat guray nameh, siree gur dayvay nameh</i>	MANGALA CHARAN MANTRA “AAD GURAY NAMEH”	I bow to the primal wisdom. I bow to the wisdom true through the ages. I bow to the true wisdom. I bow to the great unseen wisdom.	You are guided from the primal core and beginning, through every moment of experience and activity, guided in your heart’s deepest truth and being by the unseen Infinity of your highest self. This is a mantra which clears the clouds of doubt and opens us to guidance and protection. It surrounds the magnetic field with protective light.
<i>aad sach, jugaad sach, haibhee sach naanak hosee bhee sach</i>	KUNDALINI SHAKTI MANTRA FROM MOOL MANTRA: “AAD SACH” (1)	True in the beginning, True throughout the ages, True at this moment, Nanak says this Truth shall ever be.	This mantra connects the speaker to the Infinite and the Infinite to the speaker. It is from <i>Japjee</i>
<i>aad sach jugaad sach hai bhay sach naanak hosee bhay sach</i>	FROM SUKHMANEE SAAHIB: “AAD SACH” (2)		Note the slight difference between this mantra and the previous mantra. This is the 17 th Slok of <i>Sukhmani Sahib</i> , the words of Guru Arjan, the fifth Sikh Guru. When things don’t move, this mantra adds the seeds of prosperity into your personality. All that is stuck shall move.
<i>aadi shaktee namo namo sarab shaktee namo namo pritham bhaagavatee namo namo kundalinee maataa shaktee namo namo</i>	KUNDALINI BHAKTI MANTRA “AADI SHAKTI”	I bow to the Primal Power. I bow to the All- encompassing Power and Energy. I bow to that through which God creates. I bow to the creative power of the kundalini, the Divine Mother Power.	This devotional mantra invokes the primary Creative Power which is manifest as the feminine. It calls upon the Mother Power. It will help you be free of the insecurities which block freedom of action. By meditating on it one can obtain a deeper understanding of the constant interplay between the manifest and the unmanifest qualities of the cosmos and consciousness.

Mantras Used Frequently In Kundalini Yoga

<p><i>aap sahaaee ho-aa sachay daa sachaa dho-aa har har har</i></p>	<p>FROM GURU ARJAN: “AAP SAHAE HO-AA”</p>	<p>The Lord Himself has become my protector. The Truest of the True has taken care of me. God, God, God.</p>	<p>This mantra takes away negativity from the surrounding environment and from within. It is a gift that lets you penetrate into the unknown without fear. It gives protection and mental balance.</p>
<p><i>adays tisai adays aad aneel anaad anaahat, jug jug ayko vays</i></p>	<p>FROM JAPJEE, PAUREES 28-31: “ADAYS TISAI ADAYS”</p>	<p>I salute Thee, the Primal One, pure in the beginning, through all time, through all the ages-the One</p>	<p>These are the words of Guru Nanak and a salutation to the Infinite-to the God beyond the Infinite God. If you master this <i>pauree</i> of <i>Japji</i>, the entire knowledge of the universe and beyond will come to you without ever reading a book. This mantra initiates you into knowing which is within all. It is the yogi’s humble bowing to the Infinite.</p>
<p><i>ajai alai abhai abai abhoo ajoo anaas akaas aganj abhanj alakh abhakh akaal dy-aal alaykh abhaykh anaam akaam agaah adhaah anaathay pramaathay ajonee amonee na raagay na rangay na roopay na raykhay akarmang abharmang aganjay alaykhay</i></p>	<p>VERSES 189-196 OF JAAP SAAHIB “AJAI ALAI”</p>	<p>Invincible. Indestructible. Fearless. Everywhere. Unborn. Forever. Indestructible. Within everything. Invincible. Indivisible. Invisible. Free from wants. Immortal. Kind. Unimaginable. Formless. Unnameable. Free from desires. Unfathomable. Undamageable. Without a master. Destroyer of all. Beyond birth and death. Beyond silence. More than love itself. Beyond all colours. Formless. Beyond chakras. Beyond karma. Beyond doubt. Beyond battles. Unimaginable.</p>	<p>This is from Guru Gobind Singh’s Jaap Sahib, which rouses the soul and the self. This brings great sensitivity to the Being and gives the ability to be able to compute what people are actually saying automatically. Once you recite this mantra correctly, it will give you the power that whatever you say must happen. When you chant this mantra you have the power to surpass anything.</p>

Mantras Used Frequently in Kundalini Yoga

<p><i>ang sang waahay guroo</i></p>	<p>ANGSANG MANTRA: “ANG SANG WAHAY GUROO”</p>	<p>The dynamic, living ecstasy of the universe is dancing within every cell of me.</p>	<p>This mantra eliminates haunting thoughts.</p>
<p><i>ardaas bha-ee amar daas guroo amar daas guroo ardaas bhayee raam daas guroo raam daas guroo raam daas guroo sachee sahee</i></p>	<p>FROM YOGIJI: “ARDAAS BHA-EE”</p>	<p>Ardaas bha-ee is a mantra prayer.</p>	<p>This is a simple permutation and combination of words that manifests beyond the realm of creativity and activity. This mantra assures that all needs are provided for and guarantees the prayer will be answered. It can help when going through Shakti Pad. Chant this mantra to help release a difficult situation. If you sing it, your mind, body and soul automatically combine and, without having to say what you want, the need of life is adjusted. It guarantees by the Grace of Guru Amar Das (the hope of the hopeless) and Guru Ram Das (the King of the yogis and bestower of blessing, past, present, and future) that the prayer will be answered.</p>
<p><i>chattr chakkr vartee chattr chakkr bhugatay suyambhav subhang sarab daa saraab jugatay dukaalan pranaasee di-aalang saroopay sadaa ang sangay abhangang bibhutaay</i></p>	<p>THE LAST FOUR LINES OF JAAP SAAHIB “CHATTR CHAKKR VAARTEE”</p>	<p>Thou art pervading in all the four directions, the Enjoyer in all the four directions. Thou art self-illuminated and united with all. Destroyer of bad times, embodiment of mercy. Thou art ever within us. Thou are the everlasting giver of undestroyable power.</p>	<p>These are the last four lines of Guru Gobind Singh’s <i>Jaap Sahib</i>. This mantra removes fear, anxiety, depression, and phobias, and brings victory. It instils courage and fearlessness into the fiber of the person. It gives <i>saahibee</i>-control over one’s domain-self command and self-grace. Recite this when your position is endangered, when your authoritative personality is weak.</p>

Mantras Used Frequently in Kundalini Yoga

<p><i>dhann dhann raam daas gur jin siri-aa tinai savaari-aa. pooree hoee karaamaat aap sirajanhaarai dhaari-aa. sikhee atai sangatee paarbrahm kar namasakaari-aa. aTal athaa-o atol too(n) tayraa ant na paaraavaari-aa. jinee too(n) sayvi- aa bhaa-o kar say tudh paar utaari-aa. lab lobh kaam krodh moh maar kaDHay tudh saparvaari-aa. dhann so tayraa thaan hai sach tayraa paisakaari-aa. naanak too(n) lehanaa too(n) hai gur amar too(n) veechaari-aa gur Dithaa taa(n) man saadhaari-aa.</i></p>	<p>MIRACLE MANTRA IN PRAISE OF GURU RAM DAS “DHANN DHANN RAAM DAAS GUR”</p>	<p>Praise unto Ram Das the Guru, the one who created you, established you. You are such a miracle! The Creator has installed you on a throne. Your Sikhs, & all conscious people bow to you because you manifest God. You are unchanging, unfathomable, immeasurable. Your limit cannot be perceived. Those who serve you with love are carried across the sea of existence. The 5 obstacles (greed, attachment, lust, anger, ego) cannot exist where you are. The realm that you rule is the true place. True is your glory. You are Nanak, Angad, and Amar Das the Guru. Oh, when I recognized you, my soul was comforted!</p>	<p>This shabd reaches the realm of miracles. The impossible becomes possible. When life seems stuck, raise the domain of Guru Ram Das, the realm of the true Reality. It is the realm of the heart, of the Neutral mind, where all things become pure.</p>
--	--	--	--

Mantras Used Frequently in Kundalini Yoga

<p><i>gobinday mukanday</i> <i>udaaray apaaray</i> <i>haree-ang karee-ang nirnaamay</i> <i>akaamay</i></p>	<p>FROM JAAP SAHIB: GURU GAAYATREE MANTRA "GOBINDAY MUKANDAY"</p>	<p>Sustaining, Liberating, Enlightening, Infinite Destroying, Creating, Nameless, Desireless.</p>	<p>This mantra can eliminate the karmic blocks or errors of the past. It has the power to purify one's magnetic field, making it easier to relax and meditate. It is a protective mantra, an <i>ashtang</i> mantra (having eight parts). Besides helping cleanse the subconscious mind, it balances the hemispheres of the brain, bringing compassion and patience to the one who meditates on it.</p>
<p><i>guroo guroo</i> <i>waahay guroo</i> <i>guroo raam daas</i> <i>guroo</i></p>	<p>GURU MANTRA OF GURU RAM DAS</p>	<p>Wise, wise is the one who serves Infinity.</p>	<p>This is a mantra of humility, relaxation, self-healing, and emotional relief. It calls on the spirit of humility and grace of the realm of Guru Ram Das, with its spiritual guiding light and protective grace. It reconnects the experience of infinity to the finite, and therefore rescues you in the midst of trial and danger.</p> <p>The first part Guroo Guroo Wahay Guroo is a nirgun mantra (nirgun means without any qualities)-one which vibrates only to infinity, having no actual finite components. It projects the mind to the source of knowledge and ecstasy. The second part, Guroo Raam Daas Guroo is a sirgun mantra (sirgun means with form). It therefore projects the mind to Infinity and then gives a finite guiding relationship on a practical level. This mantra was given by Yogi Bhajan by Guru Ram Das in his subtle self.</p>
<p><i>hamhee ham</i> <i>brahm ham</i></p>	<p>"HAMHEE HAM BRAHM HAM"</p>	<p>We are we, we are God.</p>	<p>This mantra literally means that we are the spirit of God. It is total spirit. Total spirit represents God. It fixes the identity into its true reality.</p>
<p><i>hamhee ham too(n)</i> <i>hee too(n) waahay</i> <i>guro</i></p>	<p>"HAMHEE HAM TOO(N) HEE TOO(N)"</p>		

Mantras Used Frequently in Kundalini Yoga

<i>har har waahay guroo</i>	"HAR HAR WAHAY GUROO"	Creative God in the ecstasy of the Infinite wisdom.	This creates balance between earth and ether and restores equilibrium. It eliminates father/mother phobias.
<i>har har har har gobinday</i> <i>har har har har mukanday</i> <i>har har har har udaaray</i> <i>har har har har apaaray</i> <i>har har har har haree-ang</i> <i>har har har har karee-ang</i> <i>har har har har nirnaamay</i> <i>har har har har akaamay</i>	GURU GAAYATREE MANTRA WITH FOUR HARS		This mantra fixes the mind to prosperity and power. It contains the eight facets of self. Har is the original force of Creativity. The four repetitions of Har give power to all aspects and provide the power to break down the barriers of the past. It converts fear into the determination to use and expand the reserve energy of the Navel Point. It invokes guidance and sustenance; all powers come to serve your true purpose.

Mantras Used Frequently in Kundalini Yoga

<i>har haray haree waahay guroo</i>	SHAKTEE AND BHAKTEE MANTRA	It expresses the three qualities of the word Har, the Creative Infinity: seed, flow and completion, unto the Infinite.	This is a shakti mantra plus a bhakti mantra. This mantra can bring you through any block in life.
<i>haree</i>	<i>“HAREE”</i>	Haree is the creation in action.	
<i>har singh nar singh neel naaraayan guroo sikh guroo singh har har gaayan waahay guroo waahay guroo har har dhi-a-i-an saakhat nindak dushT mathaayan</i>	FROM YOGIJI: “HAR SINGH NAR SINGH”	God the protector takes care of the universe. Those who live in God’s consciousness and power, chant Har Har. Meditate on Wahe Guru and live in that ecstasy. Those who vibrate God’s name and relate to God, all karmas are cleared.	This makes one a conqueror of evil. It works on the evolution of energy, and the strength of the masculine energy.
<i>Healthy am I. Happy am I. Holy am I.</i>	FROM YOGIJI: “HEALTHY AM I. HAPPY AM I. HOLY AM I.”		This is the mantra in the English language that works as a positive affirmation.
I am bountiful, blissful, and	FROM YOGIJI AND GURU	The Creator and the Creation are one.	This mantra is for self-esteem and self-confidence. After the affirmation “I am bountiful, blissful, and beautiful”, are words from the

Mantras Used Frequently in Kundalini Yoga

<p>beautiful. Bountiful, blissful, and beautiful I am. <i>ik ong kaar sati gurprasaad. anand bhayaa mayree maa-ay satiguru mai paa-i-aa. satigur ta paa-i-aa sahej saytee man vajee-aa vaaDhaa-ee-aa. raag ratan parvaar paree-aa shabad gaavan aa-ee-aa. sabdo ta gaavhu haree kayraa man jinee vasaa-i-aa. kahai naanak anand ho-aa satguroo mai paa-i-aa.</i></p>	<p>AMAR DAS: <i>“BOUNTIFUL, BLISSFUL, AND BEAUTIFUL”</i></p>	<p>I know this by the Grace of the Guru. Oh my mother, I am in Infinite bliss for I have obtained the True Guru (the Word, the Shabd Guru). I have met that True Guru easily, naturally: Divine music bursts in my heart. The rhythmic beats are like cosmic jewels and bring all powers through Divine Songs. When God resides in you, the mind is filled by and echoes with divine praise. Nanak proclaims I dwell in supreme bliss for I have merged with the True Guru.</p>	<p>first part of <i>Anand Sahib</i>-the Song of Bliss-and the mantra <i>Ek Ong Kar Satgur Prasad</i> which elevates the self beyond duality and establishes the flow of spirit.</p>
--	--	--	---

Mantras Used Frequently in Kundalini Yoga

<p><i>ik ong kaar sat naam siree waahay guroo</i></p>	<p>AADI SHAKTEE MANTRA</p>	<p>The Creator and all creation are one. This is our True Identity. The ecstasy of this wisdom is Great beyond words.</p>	<p>This eight part (ashtang) mantra corresponds to the body's eight energy centers (7 chakras, plus aura). These eight words are the "code" letters or the phone number of the direct line to connect you, the creature, with your Creator. It was the first mantra Yoga Bhajan taught during his first year in the United States. This mantra creates a responsive interrelationship between you and the universal creative energy. It is very powerful for awakening the kundalini energy and suspending the mind in bliss.</p>
<p><i>ik ong kaar-ah satinaam-ah siree wa-ah hay guroo</i></p>	<p>LAYA YOGA KUNDALINI MANTRA</p>		<p>This is the Laya yoga form of the Aadi Shaktee Mantra. The rhythm of the chant gives it a 'spinning energy'. It rotates the energy of all the chakras and the aura. It will make you creative and focused on your real priorities and it helps you to sacrifice what is needed to accomplish them.</p>
<p><i>ik ong kaar satgur prasaad satgur prasaad ik ong kaar</i></p>	<p>SIREE MANTRA</p>	<p>God and We are One. I know this by the Grace of the True Guru. I know this by the Grace of the True Guru. That God and We are One.</p>	<p>This mantra is a <i>gukta shabd</i>-one that reverses the mind. It is the essence of the Siri Guru. If the mantra is chanted just five times, it will stop the mind and put it into reverse gear. The Siri Guru will sit in your heart. It can stop anything negative. It is so strong that it elevates the self beyond duality and establishes the flow of the spirit. This mantra makes the mind so powerful that it removes all obstacles. Its positive effects happen quickly and last a long time. It needs to be chanted with reverence, in a place of reverence. This mantra brings great intuition to the practitioner. After chanting this mantra, anything you say will be amplified and created with great force. So have a positive projection and do not say anything negative for a while. Normally when you chant mantras correctly, you benefit, and when you chant them incorrectly, they don't have any ill effect. But if you chant this mantra incorrectly, it has a backlash. Normally we involve the sacred before practising this mantra. Chant the Mool mantra or the Mangala Charn mantra before practising it.</p>

Mantras Used Frequently in Kundalini Yoga

<p><i>ik ong kaar satinaam kartaa purakh nirbhao nirvair akaal moorat ajoonee saibhang gurprasaad</i></p> <p><i>jap</i></p> <p><i>aad sach jugaad sach haibhee sach naanak hosee bhee sach</i></p>	<p>MOOL MANTRA: FROM THE BEGINNING OF JAPJEE</p>	<p>The creator and all creation are One. This is our True Identity. The Doer of everything. Beyond fear. Beyond revenge. Image of the Infinite, Unborn. Self-illuminated, complete in the Self. This is the Guru's gift. Meditate! Primal truth, true through all time. True at this instant, O Nanak, forever true.</p>	<p>These are the first words of the Siri Guru Granth Sahib, uttered by Guru Nanak. The highest of all mantras, it contains the root of sound that is the basis of all effective mantras. Sahej Sukh Dhian: the comfortable and happy way to meditate that is perfectly balanced. The goal of life is to stay in perfect flow and contact with the perception of the soul at each moment. Imbalance comes when we forget the reality of God and Guru in our soul. This mantra orients like a compass towards God. It forms the basis of the consciousness of our very soul.</p>
<p><i>jap man satinaam sadaa satinaam</i></p>	<p>FROM GURU RAM DAS: "JAP MAN SATINAAM"</p>	<p>Oh my mind, vibrate Sat Naam, the Truth.</p>	<p>This mantra opens one to the flow of prosperity by attuning the mind to the power of <i>Har</i>, the Creative Infinity, the Joy of merger with Infinity.</p>
<p><i>kaal akaal siree kaal mahaa akaal akaal moorat wahay guroo</i></p>	<p>FROM YOGIJI: "KAAL AKAAL"</p>		<p>This protective <i>ashtang</i> mantra wraps around animosity and seals it closed. It can remove the very shadow of death. When this mantra is used in Gurdwara while bringing the Siri Guru Granth Sahib in and out, the Gurmantra-<i>Wahe Guru</i>-is added to it.</p>

Mantras Used Frequently in Kundalini Yoga

<p><i>ong namo guroo</i> <i>dayv namo</i></p>	<p>FROM YOGIJI: AADI MANTRA</p>	<p>I bow to the subtle divine teacher within.</p>	<p>An ancient yogic mantra which allows the chanter to relate instantly to the divine teacher within. <i>Adi</i> means primal or first and <i>mantra</i> means the creative mental projection using sound. It is used to tune in before Kundalini Yoga classes, to center us in the higher self, and to spiritually guide both the teacher and the students during the class.</p>
<p><i>ong sohang</i></p>	<p>FROM GURU NANAK: “ONG SOHANG”</p>	<p><i>Ong</i> means creative consciousness and <i>sohang</i> means “I am Thou”.</p>	<p>Chanting the word “sohang” stimulates and opens the Heart Chakra.</p>
<p><i>pavan pavan pavan</i> <i>pavan</i></p> <p><i>par paraa pavan</i> <i>guroo</i></p> <p><i>pavan guroo</i> <i>waahay guroo</i></p> <p><i>waahay guroo</i> <i>pavan guroo</i></p>	<p>PRAAN BANDHA MANTRA “PAVAN PAVAN”</p>	<p>Pavan is the air, the breath, carrier of <i>prana</i>, the life force.</p>	<p>This is God in action. This mantra increases the pranic energy and gives the experience of “may the force be with you”.</p>
<p><i>prithvee hai</i></p> <p><i>akaash hai</i></p> <p><i>guroo raam daas</i> <i>hai</i></p>	<p>ISHT SODHANA MANTRA “PRITHVEE HAI”</p>	<p>It represents the struck sounds of Earth (<i>prithvi</i>) and the unstruck sounds of Heaven (<i>akash</i>) crowning with the protection of the Neutral mind, Guru Ram Das. <i>Hai</i> means ‘is’.</p>	<p>This mantra balances the Earth and Heavens. This mantra can penetrate the cosmos, transcending past, present, and future.</p>

Mantras Used Frequently in Kundalini Yoga

<p><i>raa maa dhaa saa saa say so hang</i></p>	<p>SIREE GAAYATREE MANTRA “<i>RAA MAA DHAA SAA</i>”</p>	<p>Raa= sun. Maa=moon Dhaa=earth Saa=impersonal infinity Saa say= totality of infinity So= personal sense of merger and identity Hang=the infinite vibrating and real, “I am thou”</p>	<p>This mantra is a healing mantra in Kundalini yoga and is an attunement of the self to the universe. It brings balance. These eight sounds stimulate the kundalini flow in the central channel of the spine for healing. This mantra combines Earth (raa maa dhaa) and Ether (saa say so hang), with Saa as the link word.</p>
<p><i>rakhay rakhanhaar aap ubaari-an. gur kee pairee paa-i kaaj savaari-an. ho-aa aap da-i-aal manaho na visaari-an. sadh janaa kai sang bhavajal taari-an. saakat nindak dushT khin maa-eh bidaari-an. tis saahib kee Tayk naanak manai maa-eh. jis simrat sukh ho-i sagalay dookh jaa-eh.</i></p>	<p>THE LAST VERSE OF REHIRAAS “<i>RAKHAY RAKHANHAAR</i>”</p>	<p>God himself is looking out for us, gives us the light, and takes care of our affairs. God is merciful, and never forgets us. God guides us, giving us good people to help us. God does not allow hurt to come to us. I take comfort in the thought of God. When I remember God, I feel peaceful and happy and all my pain departs.</p>	<p>These are the words of Guru Arjun, the 5th Sikh Guru, and are for complete protection. It is from the evening prayer (Rehiraas), which adds energy to one’s being, and helps when you are physically weak or have limited wealth. It is a victory song which allows us to be guided by God’s graceful and merciful hand. It does away with the obstacles to fulfilling one’s destiny.</p>

Mantras Used Frequently in Kundalini Yoga

<p><i>saa ray saa saa</i> <i>saa ray saa saa</i> <i>saa ray saa saa</i> <i>saa rang</i> <i>har ray har har</i> <i>har ray har har</i> <i>har ray har har</i> <i>har rang</i></p>	<p>ANTAR NAAD MANTRA “SAA RAY SAA SAA”</p>	<p><i>Saa</i> is the infinite, the Totality, God. It is the element of ether. It is the origin, the beginning, and it contains all other effects. It is subtle and beyond. <i>Har</i> is the creativity of the Earth. It is the dense element, the power of manifestation, the tangible, the personal. These sounds are woven together and then projected through the sound of <i>ung</i> or complete Totality.</p>	<p>This is the base mantra of all mantras. Adversity melts before this mantra. It gives you the capacity of effective communication so your words contain mastery and impact. This mantra helps you conquer the wisdom of the past, present, and future. It brings you peace and prosperity even if it wasn't your destiny.</p>
<p><i>saa taa naa maa</i></p>	<p>PANJ SHABD MANTRA</p>	<p><i>Saa</i>= Infinity, totality of the Cosmos <i>Taa</i>=Life, birth of form from the Infinity <i>Naa</i>=death or transformation <i>Maa</i>= rebirth</p>	<p><i>Panj</i> means five, and expresses the five primal sounds of the Universe (SSS, MMM, TTT, NNN and AAA). It is the atomic or Naad form of the mantra Sat Naam. It is used to increase intuition, balance the hemispheres of the brain and to create a destiny for someone when there was none. This mantra describes the continuous cycle of life and creation.</p>
<p><i>sat naam</i></p>	<p>BEEJ MANTRA</p>	<p><i>Sat</i> means truth-the reality of one's existence. <i>Naam</i> means the identity.</p>	<p>This mantra is probably the most widely used mantra in the practice of Kundalini Yoga. It is a <i>beej</i> (or seed) mantra. Within the seed is contained all the knowledge of the fully grown tree. The essence or seed is the identity of truth embodied in condensed form. Chanting this mantra awakens the soul and gives you your destiny. This mantra balances the five elements (<i>tattvas</i>)</p>

Mantras Used Frequently in Kundalini Yoga

<p><i>satinaam satinaam satinaam jee</i></p> <p><i>waahay guroo waahay guroo waahay guroo jee</i></p>	<p>“<i>SATINAAM SATINAAM JEE</i>”</p>	<p>This mantra works perfectly with the rhythm of the instrumental “Dhuni” recording.</p>	<p>The Dhuni tape is an instrumental piece played on a one-stringed instrument. It has a rhythm which works perfectly with this mantra.</p>
<p><i>sat naaraayan waahay guroo</i></p> <p><i>haree naaraayan satinaam</i></p>	<p>CHOTAY PAD MANTRA “<i>SAT NAARAAYAN</i>”</p>	<p>Sat Naaraayan is the True Sustainer. Wahe Guru is indescribable Wisdom, Haree Naaraayan is Creative Sustainer, and Sat Naam means True Identity.</p>	<p>Chanting this mantra gives inner peace, happiness, and good fortune. It makes you intuitively clear and pure in consciousness. Even a person with low self-esteem can become majestic by chanting it. The words invoke the various names of God to help bring prosperity, peace of mind, and the capacity to look beyond this world to recognize the Infinite.</p>
<p><i>sat siree siree akaal siree akaal mahaa akaal</i></p> <p><i>mahaa akaal satinaam</i></p> <p><i>akaal moorat waahay guroo</i></p>	<p>THE MANTRA FOR THE AQUARIAN AGE “<i>SAT SIREE SIREE AKAAL</i>”</p>	<p>Great Truth, Great beyond death, Great beyond Death, Great beyond Death, Truth is his Name, Deathless Image of God, Great Beyond words is this Wisdom.</p>	<p>This mantra captures the frequency of the Aquarian Age as we cross the threshold into it. The mantra helps us to establish ourselves outside the change of time as deathlessness beings. We are timeless. Everything we do is from the timeless space of the soul.</p>

Mantras Used Frequently in Kundalini Yoga

<i>waahay guroo</i>	GURU MANTRA	I am in ecstasy when I experience the Indescribable Wisdom.	This is the mantra of Infinity of ecstasy and dwelling in God. It expresses the indescribable experience of going from darkness to light (from ignorance to true understanding). It is the Infinite teacher of the soul. A <i>trikutee</i> mantra, it balances the energies of the generating, organizing, and transforming principles. It expresses ecstasy through knowledge and experience. It is the <i>gurmantra</i> , which triggers the destiny. It is said that chanting <i>Wahe Guru</i> is equivalent to chanting <i>Har</i> 11 0000 times.
<i>waahay guroo waahay guroo waahay guroo waahay jee-o</i>	“ <i>WAAHAY GUROO WAAHAY JEE-O</i> ”	Great beyond description is His infinite wisdom.	This is the mantra of ecstasy. This mantra means “indescribably great is God’s infinite, ultimate wisdom”. Jee-o is an affectionate, but still respectful, variation of the word jee, which means soul. “O my soul, God is!” This mantra causes a very subtle rub against the center of the upper palate and stimulates the meridian known in the West as the Christ meridian point, and in the East as Sattvica Buddha Bindu. The tongue and lips correspond to the Sun and Moon in their movement. Soothe the wounds of life with the infinite bliss this mantra induces.
<i>waah yantee kar yantee jag dut patee aadak it waahaa brahmaaday trayshaa guroo it waahay guroo</i>	PATANJALI MANTRA “ <i>WAAH YANTEE</i> ”	Great Macroself. Creative Self. All that is creative through time, all that is the Great One. Three aspects of God: Brahma, Vishnu, Mahesh. That is Wahe Guru.	This mantra is from the teachings of Patanjali. The practice of this mantra is the culmination of thousands of years of prayer.

Notes: 1) This list consists of the mantras given in the Mantras Frequently Used in Kundalini Yoga section of The Aquarian Teacher (pp. 82-87).
2) It is arranged according to the alphabetical order of the mantras themselves (left column). 3) In the left column, capitals are used to indicate retroflex consonants.

January 27, 2012

www.gurufathasingh.com