

Mantras

The "Yoga of the Mind", a mantra is a syllable, word or phrase in one of the sacred languages (like Sanskrit & Ghurmeki) and sometimes in English, which elevates or modifies consciousness through its meaning, the sound itself, rhythm, tone, and even the reflexology of the tongue on the palate.

The three languages of consciousness are:

- **human** - things, the world; normal or loud voice
- **lovers** - longing to belong; strong whisper
- **divine** - infinity; mentally or silently

Meditation & Mantra CD's
from Yoga Technology
with RealAudio™ clips to try before you buy!

[CLICK FOR FULL DETAILS](#)

There are two things you can do to make the use of a mantra more powerful, regardless of how you recite. One is to see the mantra, as if it is being written as you say it, and the other is to actively listen to it as you say it, perhaps, in this case, when using the first two languages.

Some of the most frequently used mantras are given below:

**AD GURAY NAMEH, JUGAD GURAY NAMEH,
SAT GURAY NAMEH, SIRI GURU DEVAY NAMEH**

is the **Mangala Charn Mantra**, and is chanted for protection. It surrounds the magnetic field with protective light, and means "I bow to the primal Guru (guiding consciousness who takes us to God-Realization), I bow to wisdom through the ages, I bow to True Wisdom, I bow to the great, unseen wisdom."

**ADI SHAKTI, ADI SHAKTI, ADI SHAKTI, NAMO NAMO,
SARAB SHAKTI, SARAB SHAKTI, SARAB SHAKTI, NAMO NAMO,
PRITHUM BHAGAWATI, PRITHUM BHAGAWATI, PRITHUM BHAGAWATI,
NAMO NAMO,
KUNDALINI, MATA SHAKTI, MATA SHAKTI, NAMO, NAMO.**

The **First Shakti Mantra** tunes into the frequency of the Divine Mother, and to primal protective, generating energy. Chanting it eliminates fears and fulfills desires. Adi Shakti means the "Primal Power," Sarab Shakti means "All Power", and Prithum Bhagawati means "which creates through God."

AKAL, MAHA KAL:

means "Undying, Great death" is a powerful life-giving chant removing fear and relaxing the mind.

AP SAHAE HOA SACHE DA SACHE DHOA, HAR, HAR, HAR:

means "The Lord Himself has become our protector, the Truest of True has taken care of us, God, God, God", or "The Lord Himself is my refuge, true is the support of the True Lord". Chanted for prosperity.

**ARDAS PAYE, AMAR DAS GURU, AMAR DAS GURU,
ARDAS PAYE, RAM DAS GURU, RAM DAS GURU, RAM DAS GURU,
SUCHE SAHE:**

Guarantees by the grace of Guru Amar Das, who is hope for the hopeless, and Guru Ram Das, who is King of the Yogis and Bestower of Blessings, past, present and future, that the prayer will be answered, and that all one's needs are provided for, signed, sealed and delivered!

DHARTI HAI, AKASH HAI, GURU RAM DAS HAI.

Dharti means "earth" and Akash is Ether, and Guru Ram Das is the venerated 4th Sikh Guru. This is the **1st Sodhung Mantra**.

EK ONG KAR, SAT GUR PRASAD, SAT GUR PRASAD, EK ONG KAR,

is the **Magic Mantra** so named for its power and sacredness. It is usually chanted in reverse (Ek Ong Kar, Sat Gur Prasad, Sat Gur Prasad, Ek Ong Kar). Many pages are devoted to the explanation of this mantra and we are warned to chant it in reverence. It means, "There is one Creator - Truth revealed through Guru's grace".

**EK ONG KAR, SAT NAM, KARTA PURKH, NIRBHAO, NIRVAIR,
AKAL MOORT, AJUNI, SAI BHANG, GUR PRASAD, JAP,
AD SUCH, JUGAD SUCHIHE SUCH, NANAK HOSI BHEE SUCH**

is the **Mul Mantra**, the root of all mantras. It means, "The creator of all is One. Truth is His Name. He does everything, fearless, without anger, undying, unborn, self-realized, realized thru Guru's Grace, Meditate: He was true in the beginning, true thru all the ages, true even now. Nanak shall ever be true."

EK ONG KAR, SAT NAM, SIRI WHA (HE) GURU

is the **Adi Shakti Mantra**, and it is very powerful for awakening Kundalini and suspending the mind in bliss. Ek means "One, the essence of all", Ong is the primal vibration from which all creativity flows, Kar is "creation", Sat "truth", Nam "name" Siri "great", Wha "ecstasy," and Guru is "wisdom". Taken together it means, "There is one Creator whose name is Truth. Great is the ecstasy of that Supreme Wisdom"!

GOBINDE, MUKUNDE, UDARE, APARE, HARING, KARING, NIRNAME, AKAME

is the **Guru Gaitri Mantra** which means "Sustainer, liberator, enlightener, infinite, destroyer, creator, nameless, desireless". It brings stability to the hemispheres of the brain and works on the Heart Center to develop compassion, patience and tolerance, uniting one with the Infinite.

GURU GURU WAHE GURU, GURU RAM DAS GURU:

calls upon **Guru Ram Das** in praise of his spiritual guiding light and protective grace.

HAR means Creative Infinity, a name of God.

HARA is another form.

HARI is the active form of Creation.

HARI NAM, SAT NAM, HARI NAM, HARI.

HARI NAM, SAT NAM, SAT NAM, HARI.

The name of God is the True Name.

HUM DUM HAR HAR.

This mantra opens the Heart Chakra and means "We the universe, God, God."

ONG means Creator - the Primal Vibration from which all creativity flows.

ONG NAMO, GURU DEV NAMO

is the **Adi Mantra** that precedes Kundalini Yoga practice, tuning one in to the higher self. Ong is "Infinite

Creative energy in manifestation and activity". ("Om" or Aum is God absolute and unmanifested), Namō is "reverent greetings" implying humility, Guru means "teacher or wisdom", Dev means "Divine or of God" and Namō reaffirms humility and reverence. In all it means, "I call upon Divine Wisdom".

ONG SO HUNG is "Creator, I am Thou!", a heart-opening and empowering mantra.

PRANA, APANA, SUSHUMNA. HARI.

HARI HAR, HARI HAR, HARI HAR, HARI.

Prana is the life force, Apana the eliminating force, and Sushumna is the Central channel for that force. This helps draw energy up the spine for healing. Hari and Har are names of God.

PRITVI HAI, AKASH HAI, GURU RAM DAS HAI. ([see "Dharti Hai"](#))

Pritvi means earth - calling on the venerated Guru Ram Das is very powerful.

RA MA DA SA, SA SAY SO HUNG

is the **Siri Gaitri Mantra**, and is chanted for healing. Ra is the sun, Ma is the Moon, Da is the earth, and Sa is Infinity. Say is the totality of Infinity, and So Hung is "I am Thou". "Ra Ma Da Sa" is the Earth Mantra. and "Sa Say So Hung" is the Ether Mantra.

SA TA NA MA

is the **Panj Shabad** expressing the five primal sounds of the universe. "S" is Infinity, "T" is life, "N" means death and "M" is rebirth. (The 5th sound is "A".) This is one of the most frequently used mantras in Kundalini Yoga.

SAT NAM

is the **Seed Mantra** or **Bij Mantra** and it is the most widely used in the practice of Kundalini Yoga. Sat means the Truth; Nam means to call upon, name or identify with. Sat Nam means Truth is my identity and I call upon the eternal Truth that resides in all of us. Chanting this mantra awakens the Soul, and more simply means "really". It is pronounced to rhyme with "But Mom!"

SAT NARAYAN, WAHE GURU, HARI NARAYAN, SAT NAM.

Narayan is the aspect of Infinity that relates to water, and Hari Narayan is Creative sustenance, which makes the one who chants it intuitively clear or healing. Sat Narayan is True Sustainer, Wahe Guru, indescribable Wisdom and Sat Nam, True Identity. This is the ancient **Chotay Pad Mantra**.

WAHE GURU

is the **Guru Mantra**, the mantra of ecstasy. It is not translatable but chanting it elevates the spirit.

WAHE GURU, WAHE GURU, WAHE GURU, WAHE JEEO:

"The ecstasy of consciousness is my beloved."