

## Mantras

Mantra is the creative process of the mind through sound. The Mantras used in your Kundalini Yoga practice have been designed to elevate or modify consciousness through their meaning and rhythmical repetition. It is beneficial to link a mantra to the breath. This technique helps focus the mind and strengthen the endurance during challenging exercises.

### **Aad Aneel Anaad Ahaahat, Jug Jug Ayko ves**

Happiness Almighty, Grace Grace Nobility and Infinity. All is your prosperity. God is the primal one, pure, without beginning or end. Through all the ages the One.

### **Aap Sahaeee Hoa Sachey Daa Sacha Dhoo, Har Har Har**

The word **Aap** means Himself

**Sahaeee** is protector or rescuer; **Hoa** is "has become"

**Sachey Daa Sacha** means "the Truest of the True"; **Dhoo** is "has carried"

The meaning of the mantra is, "The Lord Himself has become my protector, the Truest of the True has taken care of me, God, God, God."

### **Aad Guray Nameh Jugaad Guray Nameh**

**Saat Gruay Nameh Siri Guru Devay 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.

### **Aad Sach Jugad Such Haibhay Such Nanak Hosee Bhay Such**

The 17th Slok of of Sukhamani Sahib (Slightly different from similar mantra in Japji): True in the beginning, true in the primeval age, true even now, and true forever. "When a time comes and things don't move, this mantra writes down the root of prosperity in your personality...all that is stuck shall move."(Yogi Bhajan)

### **Aad Shakti Aad Shakti Aad Shakti Namu Namu**

**Sarab Shakti Sarab Shakti Sarab Shakti Namu Namu**

**Pritam Bhagvati Pritam Bhagvati Pritam Bhagvati Namu Namu**

**Kundalini Maat Shakti Kundalini Maat Shakti Namu Namu**

I bow to: **Aad Shakti** the primal power. **Sarab Shakti** the Goddess power. **Pritam Bhagvati** that which creates through God. **Kundalini Maat Shakti** Mother power.

Call upon the mother power. Call upon the Divine mother, the infinite, the powerful. Takes away negativity, eliminates fears and brings fulfillment of desires.

### **Ang Sang Wahe Guru**

The infinite God is within me, with every part of me.

### **Ardas Bayee, Amar Das Guru, Amar Das Guru, Ardas Bayee**

**Ram Das Guru, Ram Das Guru, Ram Das Guru Suchee Sahee**

The answer to your prayers is guaranteed by the Grace of Guru Amar Das who is the hope for the hopeless, and the Guru Ram Das, king of the Yogis, bestower of blessings, past, present, future, signed, sealed, and delivered.

### **Gobinday, Mukhunday, Udharay, Aparay. Hariung, Kariung, Nirname, Akame.**

This is the Guru Gaitri mantra for protection. The translation is "Sustainer, Liberator, Enlightener, Infinite, Destroyer, Creator, Nameless, Desire less."

### **Chatr Chakr Varti, Chatr Chakr Bhugtay, Suyungbhav Subhang Sarbda Sarb Jugtay,**

**Dukaalund Pranaasee, Dayalung Saroopay, Sadaa Ang Sangay Abhagung Bibhootay.**

The words of the 10th Master, Guru Gobind Singh from Jaap Sahib. To remove fear, phobias and to bring victory.

### **Guru Guru Wahe Guru Guru Ram Das Guru**

Calls upon the spirit of humility and grace which Guru Ram Das manifested. It is in praise of his realm of spiritual guidance and protective grace.

**Har Har Har Har Gobinday,  
Har Har Har Har Mukhanday,  
Har Har Har Har Udharay,  
Har Har Har Har Aparay,  
Har Har Har Har Hariung,  
Har Har Har Har Kariung,  
Har Har Har Har Nirname,  
Har Har Har Har Akame.**

This mantra is to fix the mental to prosperity or power. This mantra contains the eight facets of God that we all have to deal with. **Gobinday**, one who sustains us, **Mukhunday**, one who liberates us, **Udharay**, one who uplifts us, **Aparay**, who is infinite, **Hariung**, who does everything, **Kariung**, for which grace everything is done, **Nirname**, nameless, desireless, **Akame**, is by itself. Har is "Shakti Yog" (power) mantra. Har is the creative energy of God. The four repetitions of Har give power to all aspects and provide the power to break down barriers of the past.

### **Har Har Wahe Guru**

Creative God is the being in the ecstasy of Infinite Wisdom. For creating a balance between earth and ether. Restore the equilibrium we need in life. Eliminates father/ mother phobias, and especially for women, all disparity of the fear of the male.

### **Har Hare Hari Wahe Guru**

Har is the creative infinity. Hari is the action and flow of creative infinity. Wahe Guru is the ecstasy of Infinite wisdom.

### **Har Singh Nar Singh Neel Narayan, Guru Sikh Guru Singh Har Har Gayan, Wahe Guru Wahe Guru, Har Har Dhia-Yan, Sakhat Nindak Dusht Mathayan.**

"God the protector who takes care of the universe. Those who live in God's consciousness and they live in God's power, they chant Har Har all the time. Meditate on Wahe Guru and live in that ecstasy. Those who take God's name and relate to God all of the negativities (Karma) are cleared. This makes one a conqueror of evil." (YB) Works on the 'evolution of energy' of the strength of male

### **Healthy am I, Happy am I, Holy am I**

**Humee Hum Brahm Hum** We are, we are God (the Infinite Soul)

**I am thine in Mine Myself Wahe Guru. Humee Hum Too(n) hee Too(n) Wahe Guru.**

### **Ik Ong Kar Sat Guru Parsad Sat Gur Parsad Ik Ong Kar.**

The creator is one. The understanding of this truth is given by the Grace of the Universal Wisdom.

### **Ik Ong Kar Sat Nam, Siri Wahe Guru**

The creator is one, this is your true identity. Indescribable is that wisdom. I am in ecstasy when I experience it.

### **Ik Ong Kar, Sat Nam, Karta Purkh, Nehr Bhao, Nehr Vair, Akal Moort, Ajuni, Say Bhung, Gur Prasad, Jap! Aad Such, Jugad Such, Habee Such Nanak Hosee Bee Such.**

The creator is one, whose name is truth, the doer of everything, fearless, revenge less, undying, unborn and self-illuminated. This is revealed by the true Guru's grace. Meditate! True in the beginning, True through the ages, True even now, O Nanak, the true one shall ever be true.

### **May the Long time sun shine upon you, all love surround you, and the pure light within you guide your way on.**

### **Nirbhao Sat Siri, Nirbhao Akal Siri, Nirbhao Siri Atma, Nirbhao Paramatma.**

The deathless is always the truth. The power of this shabad is that it can stop all three aspects of God in action: Brahma, Vishnu and Mahesh. This is Aad Shakti invocation mantra. While alive you can conquer death.

### **Ong Namō Guru Dev Namō**

I bow to the creative wisdom, I bow to the divine teacher within. The mantra we use to 'tune in' to the divine flowing within each of us. Brings one into a meditative state.

### **Pavan, Pavan, Pavan, Pavan, Par Para Pavan Guru**

#### **Pavan Guru Wahe Guru, Wahe Guru Pavan Guru**

Pavan means the carrier of the prana, the life force. God in action. Pavan is 'may the force be with you.' This mantra increases the pranic energy.

### **Rakhe Rakhan Har Aap Ubaarian**

God Himself is looking out for us.

### **Guru Ki Pairi Pae Kaaj Savaarian**

God gives us the light and takes care of our affairs

### **Hoaa Aap Daya Manho Na Visaarian**

God is merciful, never forgets us

### **Saadh Janaa Kai Sung Bavjal Taarian**

God guides us in all our problems and gives us good people to help us

### **Saakat Nindak Dusht Khin Maa-eh Bidaarian**

God does not allow anyone to hurt us

### **Tis Saahib Kee Taayk Naanak Mani Maa-eh**

I take comfort in the thought of God

### **Jis Simrat Sukh Ho-eh Saglay Dookh Ja-eh**

When I remember God, I feel peaceful and happy and all my pain is gone. 'It is a victory song.' Our world is changing faster than can be believed. Things we never thought would change are crumbling. Use this mantra to focus on the power whose unseen hand guides and protects us and make God's victory ours.

### **Ra Ma Da Sa Sa Say So Hung**

Ra= Sun, Ma= Moon, Da= Earth, Sa= impersonal infinity, Say= personal experience of totality, So Hung= "I am thou" The Siri Gaitri Mantra: these eight sounds stimulate the Kundalini flow in the central channel of the spine for healing.

### **Sa Re Sa Sa Sarang, Har Re Har Har Harang**

Sa is God. Har is God's Creativity manifested on the Earth. Combines ether and earth. For universal energy it is the base mantra of all mantras. Before this mantra adversity cannot stand. This give you the power of communication, your words shall have mastery, impact and shall be vital. It is to conquer the wisdom of the past, present and future. It will bring peace to those on whose forehead it is not written. It will bring prosperity to those who do not know how to spell it.

### **Sat Naam**

The bij or seed mantra that is most widely used in the practice of Kundalini Yoga. It is a universal mantra, representing the vibration of truth; Sat means truth, the reality of existence and Naam means name or identity, our connection with the truth.

### **Sat Narayan, Wahe Guru, Hari Narayan, Sat Nam**

True sustainer, Indescribable wisdom, Creative sustenance, True Identity.

### **Sat Siri Siri Akal, Siri Akal Maha Akal, Maha Akal Sat Nam, Akal Moorat Wahe Guru**

Great truth - Great Undying - Great Undying - Great Deathless - Great Deathless - Truth is His Name - Deathless Image of God - Great beyond description this wisdom.

### **Sa-Ta-Na-Ma**

This is the Panj Shabad, expressing the five primordial sounds of the universe; the nuclear form of Sat Nam. Sa-Infinity; Ta-Life; Na-death, or transformation; Ma-Rebirth. The fifth sound, the "A", that is the common connecting sound, means "to come"

### **Wah Yantee, Kar Yantee, Jug Dut Patee, Aadak It Waahaa, Brahmaadeh Traysha Guru, It Wahe Guru**

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.

### **Wahe Guru**

I am in ecstasy when I experience the Indescribable Wisdom.

### **Wahe Guru, Wahe Guru, Wahe Guru, Wahe Jeeo**

Wahe Guru is the Guru Mantra. It is the mantra of the complete and total Infinity of ecstasy, the experience of coming from the darkness to the light. The word Jeeo sends the message directly to the soul. "O my soul, God is!"