

Mantras

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

The 5 mantras most often repeated in Kundalini yoga:

1. Ong Namō Guru Dev Namō (Adi Mantra)

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 which allows the universe to open up to you.*

2. Sat Nam (Bij Mantra)

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.

3. Wahe Guru (Guru Mantra)

I am in ecstasy when I experience the Indescribable Wisdom.

4. Sa-Ta-Na-Ma (Panj Shabad)

This mantra is expressing the five primal sounds of the universe; the nuclear form of Sat Naam. Sa = Infinity, Ta = Life, Na = death or transformation and Ma = Rebirth. The fifth sound is the “A” that is the common connecting sound, meaning “to come”.

5. Sunshine song:

May the long time sun shine upon you all love surround you
And the pure light within you guide your way on.

More Mantras:

➤ **Aad Aneel Anaad Ahaahat, Jug Jug Ayko Ves:**

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

➤ **Aad Guray Nameh, Jugaad Guray Nameh,**

Sat Guray Nameh, Siree Guroo Dayvay Nam (Mangalacharan Mantra):

Chant this mantra to find direction when in difficult circumstances.

I bow to the primal core and beginning, through every moment of experience and activity. I bow in my heart’s deepest truth and being, by the unseen Infinity of my highest self.

➤ **Aad Sach Jugaad Sach Hai Bhee Sach,
Naanak Hosee Bhee Sach (Kundalini Shakti Mantra):**

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)

➤ Aadee Shaktee Aadee Shaktee,	I bow to the Primal Power
Aadee Shaktee, Namō, Namō	I bow to the All-Encompassing Power
Sarab Shaktee, Sarab Shaktee,	I bow to That through which God creates
Sarab Shaktee, Namō, Namō	I bow to the Creative Power of the Divine Mother
Pritham Bhaagavatee, Pritham Bhaagavatee,	Mother, to the Goddess Power
Pritham Bhaagavatee, Namō, Namō	
Kundalini, Maataa Shaktee,	
Maataa Shaktee, Namō, Namō (Kundalini Bhakti Mantra):	

Calls upon the Divine Mother, the Infinite, the Powerful

Takes away negativity, eliminates fears and brings fulfillment of desires.

➤ **Aap Sahaee Hoa Sachey Daa Sacha Dhoa, Har Har Har:**

The word Aap means Himself. Sahaee is protector or rescuer. Hoa is “has become”. Sache Daa Sacha means “the Truest of the True”. Dhoa is “has carried”.

The meaning of the mantra is “The infinite spirit has become my protector. That support is from the real of the real, and the true of the true. It is certain.

➤ **Ajai Alai Abhai Abai Abhoo Ajoo Anaas Akaas
Aganj Abhanj Allakh Abhakh Akaal Diaal Alaykh Abhaykh
Anaam Akaam Agaaha Adhaaha
Anaathay Pramaathay Ajonee Amonee
Na Raagay Na Rangay Na Roopay Na Raykay
Akaramang Abharamang Aganjay Alaykhay** (Ik Acharee Chand)

Unconquerable, Deathless, Fearless, Sinless, Birthless, Free from cycle of birth and death, Indestructible, Omnipresent, Unbreakable, Indestructible, Incomprehensible, In need of no sustenance, Immortal, Merciful, Countless, Garbless, Nameless, Desireless, Bottomless, Endless, Masterless, Supreme, Without birth or death, the Speaker in all beings. Without attachment, Without color, Without form, Without destiny, Without deed, Without superstition, Imperishable, Indeterminable.

This mantra arouses the soul and self. Gives supreme intuitive awareness and sensitivity. For the radiant body.

➤ **Ang Sang Wahe Guru:**

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

➤ **Ardas Baye, Amar Das Guru, Amar Das Guru, Ardas Baye.**

Ram Das Guru, Ram das Guru, Ram Das Guru, Suche Sahe

This mantra 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!

Chant this mantra to manifest the answer or solution to a prayer.

➤ **Chatr Chakr Varti, Chatr Chakr Bhugtay,**

Suyungbhav Subhang Sarbda Sarb Jugtay,

Dukaalung Pranaasee, Dayalung Saroopay,

Sadaa Ang Sangay Abhagung Bibhootay.

The words of the 10th Master, Guru Gobind Singh from Jaap Sahib. *Chant this mantra to remove fear, phobias, and to bring victory.* Thou art pervading in all the four quarters. Thou art the enjoyer in all the four quarters. Thou art self-illuminated and united with all. Destroyer of bad times, embodiment of mercy. Thou art ever within us. Thou art the everlasting giver of undestroyable power.

➤ **Ek Ong Kar Sat Gurprasad Sat Gurprasad Ek Ong Kar**

(Siri Mantra)

The Creator is One. The understanding of this Truth is given by the Grace of the Universal Wisdom.

➤ **Ek Ong Kar-a Sa Ta Naa- Ma Siri Wha-a He Guru**

(Laya yoga Kundalini Mantra)

The Laya yoga form of the Adi Shaktee Mantra. The rhythm of the chant gives it a sense of "spinning". It rotates the energy of all the chakras and the aura.

There exists one Creator throughout creation whose Name is Truth. Greatest is the ecstasy of that Supreme Wisdom.

➤ **Ek Ong Kaar, Sat Naam, Kartaa Purakh, Nirbhao,**

Nirvair, Akaal Moorat, Ajoonee, Saibhang,

Gurprasaad, Jap: Aad Sach, Jugaad Sach, Hai Bhee

Sach, Naanak Hosee Bhee Sach

(Mool Mantra).

One Creator and Creation, Truth Identified, Doer of Everthing, Fearless, Revengeless, Undying, Unborn, Self-Illumined, Guru's grace. True is the beginning, True throughout the ages, True even now. Nanak says truth will ever be.

➤ **Ek Ong Kaar Sat Naam Siree Wah-hay Guroo** (Adi Shakti Mantra)

There exists one Creator throughout creation whose Name is Truth. Greatest is the ecstasy of that Supreme wisdom.

➤ **Gobinday, Mukhunday, Ukharay, Aparay, Hariung, Kariung, Nirnamay, Akamay** (Guru Gaitri Mantra)

This is the Guru Gaitri mantra for protection. The translation is “Sustainer, Liberator, Enlightener, Infinite, Destroyer, Creator, Nameless, Desireless”.

➤ **Guru Guru Wahe Guru Guru Ram Das Guru**

Calls on the spirit of humility and grace which Guru Ram Das manifested. It is to connect with the guidance, protective grace and healing energy of Guru Ram Das.

➤ **Humee Hum Brahm Hum**

We are we, we are one.

➤ **Har**

Har, the creativity of the Earth, the dense element, the power of manifestation, the tangible, the personal.

➤ **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 Har Har Har Gobinday	Sustainer,
Har Har Har Har Mukanday,	Liberator,
Har Har Har Har Udaaray,	Enlightener,
Har Har Har Har Apaaray,	Infinite,
Har Har Har Har Hareeang,	Destroyer,
Har Har Har Har Kareeang,	Creator,
Har Har Har Har Nirnaamay,	Nameless,
Har Har Har Har Akaamay.	Desireless.

(Guru Gaitri Mantra with 4 Har's)

This mantra is to fix the mental to prosperity or power, to call upon prosperity despite bad luck and difficult circumstances. The mantra contains the 8 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 and

desireless. Akame, is by itself. Har is the “Shakti Yog” (power) mantra. Har is the creativity of God. *The 4 repetitions of Har give power to all aspects and provide the power to break down the barriers of the past.*

➤ **Har Har Wahe Guru**

To create a balance between earth and ether and to restore equilibrium we need in life. *Eliminates father-mother phobias, and fear and anger towards opposite sex.*

➤ **Kaal, Akaal, Siree Akaal, Mahaa Akaal, Akaal Moorat, Wah-hay Guroo.**

Death, Undying, Great Undying, Great Deathlessness, Undying Presence of God. Great beyond description is this Wisdom.

➤ **Ong So Hung**

Creator, I am Thou!

➤ **Pavan Pavan Pavan Pavan, Par Para Pavan Guru Pavan Guru Wahe Guru, Wahe Guru Pavan Guru** (Pran Bandha Mantra)

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.*

➤ **Raa Maa Daa Saa, Saa Say So Hung** (Siri Gaitri Mantra)

These 8 sounds stimulate the Kundalini to flow in the central channel of the spine for healing. Raa- Sun. Maa-Moon, Daa-Earth, Saa-impersonal infinity, Say-totality of experience . So-personal sense of merger and identity, Hung-the Infinite, vibrating and real.

➤ **Ra Ra Ra Ra Ra
Ma Ma Ma Ma Ma
La La La La La
Sa Sa Sa Sa Sa**

For projection

➤ **Rakhe Rakhan Har Aap Ubaarian
Gur Ki Pairi Pae Kaaj Savaarian**

God Himself is looking at us
God gives us the light and takes care of our affairs

**Hoaa Aap Dayal Manho Na Vissarian
Saadh Janaa Kai Sung Bavjal Taarian**

God is merciful, never forgets us
God guides us in all our problems, gives good people to help us

**Saakat Nindak Dusht Khin aa-eh Bidaarian
Tis Saahib Kee Taayk Naanak Manai Maa-eh
Jis Simrat Sukh Ho-eh Saglay Dookh Ja-eh**

God does not allow anyone to hurt us
I take comfort in the thought of God
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.*

➤ **Sa Re Sa Sa, Sa Re Sa Sa, Sa Re Sa Sa, Sa Rang
Har Re Har Har, Har Re Har Har, Ha Re Har Har, Har Rang** (Kabadshe Mantra)

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

➤ **Sa Ta Na Ma Ra Ma Da Sa Sa say So Hung**
To dissolve any blockage in your life. To make impossible, possible.

➤ **Sat Naam, Sat Naam, Sat Naam Jee, Wah-hay Guroo, Wah-hay Guroo, Wah-hay Guroo Jee**

Sat Naam, Truth is the Name, The Identity. Jee, soul. Wah-hay Guroo, an expression of the blissfull experience of going from the darkness to light.

➤ **Sat Naraa-i-an, Wah-hay Guroo. Haree Naraa-i-an Sat Naam.** (Chotay Pad Mantra)
O True Sustainer. O Infinite Identity that brings light from darkness. O Creative Sustainer. O 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 Infinity – Great beyond description this wisdom.

➤ **Wah-hay Guroo, Wah-hay Guroo, Wah-hay Guroo, Wah-hay Jeeo.**

Wah-hay Guroo, Wah-hay Guroo, Wah-hay Guroo, Wah-hay Jeeo (Guru Mantra)
Wah. Infinity. Hay. Identity. Guroo. From darkness to light. Jeeo. Soul. The ecstasy of Infinity.

➤ **Wah Yantee, Kar Yantee, Jug, Dut Patte, Aadak It Waahaa
Brahmaadeh Traysha Guru. It Wahe Guru**

All that Is the Great One. Three aspects of Good: Braham, Vishnu, Mahesh. That is Wahe Guru.