

MANTRAS OF KUNDALINI YOGA

Adi Mantra

Ong Namō Guru Dev Namō

I bow before the Creative Force

I bow before the Transparent Wisdom

Ong is the infinite creative energy experienced in manifestation and activity. It is a variation of the cosmic syllable OM which is used to denote God in His absolute or unmanifested state. When God creates and functions as Creator He is called Ong.

Namō has the same root as the word Namaste which means "reverent greetings. Namaste is a common form of respectful greeting in India accompanied by the mudra of palms pressed together at the chest or forehead. It implies bowing down. Together ONG NAMO means "I call on the Infinite creative consciousness," opening yourself to the universal consciousness that guides all action.

Guru is the teacher of the embodiment of the wisdom that one is seeking. Dev means divine or of God, in a non-earthly, transparent sense. Taken together, Guru Dev Namō means "I call on the divine wisdom," whereby you bow before your higher self to guide you in using the knowledge and energy given by the cosmic self.

This mantra centers you into the higher self and reminds your lower mind that it is not your ego that will practice or teach Kundalini Yoga. Technically it is the linking mantra for the Golden Chain. The golden chain is the inner spark of Kundalini that is passed person to person, teacher to student, guru to teacher, cosmos and God to guru.

ONG.....NAMO.....GU-ROO DEV..... NAMO.....

The sound of Ong is created in the inner chambers of the sinuses and upper palate. It is made with all the air coming through the nose. The mouth is open so that the cavity of the mouth acts to enhance the resonance of the sound. It is the "ng" sound that is emphasized. The first part of Namō is short and rhymes with "hum" The "oh" is held much longer. The first syllable of the word Guru is pronounced as in the word, "good". The second syllable, "ru", has a sound that rhymes with the word "true". The Dev rhymes with "save" and is chanted a minor third higher than the other sounds.

To chant this mantra you should be sitting with a straight spine, with the palms of the hands joined so that the joints of the thumbs are at the sternum. The mantra is usually chanted at least three times, with one cycle per breath or a little break to sip air through the mouth before Gu-roo Dev.

Har

Har is another bij mantra in which the essence of sound is concentrated. It represents the Infinite in His creative form and chanting Har liberates one from karmas. It is a mantra that is usually chanted from the navel point stimulating the connection between the tongue and the navel point. In this way one can work on will power, moving from using one's will to control others to using one's will to control oneself and elevate one's consciousness

Har Haray Haree Wahe Guru

Shakti mantra & Bhakti Mantra = har, haray, haree & wha hay guru. Creative creativity of the Creator. Haree represents the action and flow of Creative Infinity. Har is the original force of Creativity. This mantra gets rid of obnoxious situations in your life; stops all calamity.

Haree Har

The mantra Hari represents the action and flow of the Infinite Creative energy.

Haree Haree Haree Haree Haree Haree Haree Har

This mantra creates miracles to withstand the pressures of the times. This is also a great mantra to open one to prosperity.

Haree Nam Sat Nam Haree Nam Haree

Haree Nam Sat Nam Sat Nam Haree

When the Vedas were written thousands of years ago this was the mantra most frequently used. It gives man glory and unity with the Creator. This mantra invokes the creative essence of the Divine.

Hum Dum Har Har Har Har Hum Dum

Hum: The creative essence of oneself

Dum: the pranic essence of oneself

Har: The creative essence of the Divine

Humee Hum Brahm Hum

I recognize my creative essence. I am one with the origin of all creativity.

Har Gobind Har Gobind Har Gobind Mahan He

Serab Shakti Serab Shakti Serab Shakti Mahan He

Mahan He Mahan He

Great is God the Sustainer, Great is His Eternal Energy

This is a great mantra for letting go of fear and building trust and confidence in God as the provider and sustainer. This mantra stimulates the Shakti energy in one giving one the impetus to shed old fears and insecurities and rechannel one's energy towards truly elevating one's consciousness.

Chotay Pad Mantra

Sat Narayan Wahe Guru Hari Narayan Sat Nam

Narayan is the aspect of Infinity that relates to water. Sat Narayan is True Sustainer that gives Clear Perception of Truth and Hari Narayan is the Clear Perception of the Creative essence of the Divine, which makes the one who chants it intuitively clear or healing. Wahe Guru is indescribable Wisdom and Sat Nam, True Identity.

This mantra is chanted to create inner peace so that one can project outer peace. It gives one a clear perception of the Truth.

Kundalini Bhakti Mantra

Adi Shakti, Adi Shakti, Adi Shakti, Namó Namó

Sarab Shakti, Sarab Shakti, Sarab Shakti, Namó Namó

Pritam Bhagvati, Pritam Bhagvati, Pritam Bhagvati, Namó Namó

Kundalini Mata Shakti, Mata Shakti, Namó Namó

I call upon the Primal Power

I call upon the Eternal Power

I call upon the Divine Power of Love

I call upon the Kundalini, the Mother Energy

This is a mantra of devotion to the Primal Creative Power which is represented by woman on this earth. It can eliminate fears and fulfill many desires. It can give you the power of action by removing the insecurities that block action. It can give you insight into the constant play between the manifest and the unmanifest in the cosmos and the consciousness.

Siri Mantra

Ek Ong Kar Sat Gurprasad Sat Gurprasad Ek Ong Kar

There is one Creator of this Creation. One can experience Him through the Grace of the Guru.

This mantra also has the name Magic Mantra . This is the most powerful of the mantras. It's combination is so strong that it elevates the self beyond duality and establishes the flow of the spirit. It removes all obstacles. The effect comes quickly and is positive and very durable. There's one thing to consider- this mantra has to be chanted in a place of reverence with reverence. You can mock any mantra but this one. It has a backlash, creating ill effects, if chanted without reverence.

If this mantra is chanted five times it will stop the mind under all conditions and put it in reverse gear. It can stop anything negative. You can do it sitting with both arms straight out in front with Saturn and Jupiter (index and third finger) on both hands stretched out straight. Hold the thumb and mercury fingers as in gyan mudra. Chant this mantra and stop the negative cycle of the mind.

EK ONG KAR : There is one Creator of this Creation - is chanted at the navel point.

SAT GUR PRASAD : One can experience Him through the Grace of the Guru - is chanted at the heart center.

Another mudra (hand position) for chanting this mantra: Join the pinky fingers from end to end and make a lotus cup of the hands with the palms up as if receiving something. The fingers are together. Hold at the heart center. This meditation elevates the consciousness to see and speak with righteousness. The lotus cup gets filled with blessings that rain down on one.

Guru Gayatri Mantra

Gobinday Mukanday Udaaray Apaaray

Hariang Kariang Nirnaamay Akaamay

Sustainer, Liberator, Illuminator, Infinite,

Destroyer, Creator, Without Name, Without Desire

This mantra is also called Saruba Shakti Mantra . It has a very special quality. It eliminates karmic blocks and curses from the past and cleanses the aura so that it becomes easier to meditate and relate to the Infinite. It is a mantra for protection. It was given by Guru Gobind Singh and is found in this master's work, " Jaap Sahib ". It is also an ashtang mantra, having eight major components.

If this mantra is practiced regularly for 31 minutes to 2 and one half hours daily, it will cause all the occult powers to serve you. The mantra has eight aspects or names of God.

This mantra cleanses the subconscious, brings stability to the hemispheres of the brain, and produces shakti sun energy in every nerve. It also works on the heart center to develop compassion, patience and divine tolerance with the ability to withstand irritation, pain and the onslaught of the times. Chant from the navel point to reach the infinite. This mantra is supposed to be chanted in one breath letting AKAAME go until the breath finishes.

Panj Lagan Mantra

Har Har Har Har Gobinday

Har Har Har Har Mukanday

Har Har Har Har Udaaray

Har Har Har Har Apaaray

Har Har Har Har Hariang

Har Har Har Har Kariang

Har Har Har Har Nirnaamay

Har Har Har Har Akaamay

This is a mantra that circulates the energy flow and activates every cell in us. Healing energies flow through all our ten bodies.

This mantra provides the power to break down the barriers of the past. It converts fear into determination and invokes guidance and the power to serve your highest purpose. It is a mantra of prosperity and protection.

This mantra, being a five part mantra, balances the tattwas.

Sargum Mantra

Sa Re Ga Ma Pa Da Ni Sa

This is an earth mantra. It is also the sounds of any Indian musical scale or raga .

Siri Sargum Mantra

Sa Re Ga Ma Pa Dha Ni Sa Ta Na Ma Ra Ma Da Sa Sa Sey So Hung

This mantra is also called Kauri Kriya . Kauri Kriya has the power to raise your energy from the lower to the higher centers. It will take the apana (eliminative energy) into the prana (generating energy) region, balancing and aiding in properly channeling these energies. Eventually, prana and apana will both end up in Saraswati, the lotus of the one-thousand petals. This will turn the chakra upside down so that the nectar will run out of it. "By virtue of the Nam (mantra) the nectar starts dripping in me". (The higher glands secrete.)

This mantra will give rhythm and melody to all your utterances. Any prayer that is lacking in these two areas will not be answered. In any destiny where there is no harmony or in a person who is out of harmony, chant this mantra in one breath in a rising scale. Including the inhale, the recitation takes about 15 seconds.

In ancient times this kriya was practiced by large groups sitting under a single dome in concentric circles. A single person would sit in the middle and lead the chanting. Besides the effects of balancing the inflow and flow of energy, this mantra will make the glandular system secrete. An added result of practicing this kriya is that it will help you to reduce weight. Also, the total effect of it is increased if you not only chant the mantra but also listen to it.

Pranayam is the science of breath control. Using the breath in combination with mantra, music and rhythm gives the most powerful effect possible in the science of naad. Kauri Kriya is "Mahan Dhyaan"(great meditation). It involves the chanting of 20 sounds in one deep breath.

There are four parts to Kauri Kriya :

- 1) saa ray gaa maa paa dhaa nee (Sargum Mantra, earth mantra)
- 2) saa taa naa maa (Panj Shabd, the five primal sounds,including "aa")
- 3) raa maa dhaa saa (raa-Sun, maa-Moon, dhaa-Earth, saa-Infinite = earth mantra)
- 4) saa say so hung (subtle body,ether mantra; together with raa maa dhaa saa, creates the healing mantra to channel healing energy)

Siri Gayatri Mantra

Ra Ma Da Sa Sa Sey So Hung

Ra- Sun, Ma- Moon, Da- Earth, Sa- Infinite Self-Experience of totality,

So- personal sense of merging and identity

Hung- the infinite vibrating and real

This mantra will carry you through every test because it is a “big mantra”. It is called a Shushmuna Mantra. It has the eight sounds that stimulate the Kundalini to flow in the central channel of the spine and in the chakras. The sounds balance the five zones of the left and right hemisphere to activate the neutral mind. It is a combination of earth and ether. Ra Ma Da Sa is the earth mantra and Sa Sey So Hung is the ether mantra. Sa is the link word, it comes twice. The mantra creates a complete cycle. So Hung is “I am Thou”.

This mantra is used to channel healing energy. It is known as the HEALING MANTRA. Use it to heal yourself and others. To get out of depression inhale and chant it in one breath.

To chant this mantra properly, remember to move the mouth fully with each sound. Feel the resonance in the mouth and sinus areas. Let your mind concentrate on the qualities that are evoked by the combination of sounds

Kabadshe Mantra

Sa Re Sa Sa Sa Re Sa Sa Sa Re Sa Sa Sarang
Har Re Har Har Har Re Har Har Har Re Har Har Harang

Sa means the Infinite, the totality, God. It is the element of ether. It initiates and contains all other effects. It is subtle and beyond. Har is the creativity of the earth. It is the dense element. It is the power of manifestation, the tangible, the personal. These sounds are woven together then projected through the sound Ang or complete totality, like the original sound Aum or Ong.

Yogi Bhajan has explained that this mantra is the base of all mantras. As in Ap Sahae Hoa Sache Da Sacha Doa, Har, Har, Har, this mantra also takes away all negativity from your surrounding environments and from within you. It works awakening the Infinite Creative energy within one and burns away the obstacles to achieving higher consciousness.

As a meditation with simple postures:

Sit in easy pose. The hands go up from the level of the lower chakra's to the level of the top of the head while chanting the first part of the mantra. The heels of the hands are joined, the hands and fingers are spread to the side as a flower. The hands go down again with the backs of the hands joined while chanting the second line of the mantra.

Laya Yoga Kundalini Mantra

Ek Ong Kar-a Sa Ta Na Ma Siri Wha-a He Guru

This mantra is changed slightly by adding the "a" sound that we used in the Panj Shabd. this gives rhythm and extra power. The rhythm of the chant gives it a sense of "spinning". It rotates the energy of all the chakras and the aura. The navel point is pulled in sharply on Ek. (Mulbhand) On each "a" (as in bus) the diaphragm is pulled up so that the rib cage lifts. (Uddiyana Bhand) On He (sounds like Hay), the navel point and diaphragm relax. The Jalandhara Bhand or Neck Lock is held throughout.

As you chant visualize the energy spinning from the base of the spine upward through the top of the head to Infinity. With Ek see the energy start from the navel point and go downward. On the first " a", the energy pierces the first chakra at the base of the spine. On the second "a" it coils through the lock on the spine at the level of the diaphragm and heart center. On the third "a" you spin the energy past the neck, the throat chakra. On He Guru let the energy go through the top of the skull, the 7th chakra, into Infinity. If you get into the rhythm of the spin, the breath will automatically ebb in and out at 2 1/2 cycles per chant. The spine will heat up and sweat. It is a mantra of total absorption into Infinity.

Guru Mantra

Guru Guru Wahe Guru Guru Ram Das Guru

Great (indescribable) is the Guru (wisdom), Servant of the Infinite Wisdom

This is a mantra for protection and healing for any physical, mental or circumstantial situation. It can rescue you in the midst of trial and danger.

This mantra relates directly to the healing and protective energy represented by Guru Ram Das, the fourth Guru of the Sikhs. He is held in reverence by all people who respect universal service.

The first part is a nirgun mantra (Guru Guru Wahe Guru), one which vibrates only to infinity, having no actual finite components. The second part is a sirgun mantra (Guru Ram Das Guru), one which represents form.

This Guru Mantra projects the mind to infinity, then allows a finite guiding relationship to come into your practical activities. The first part of the mantra projects the mind to the source of knowledge and ecstasy. The second part means "the wisdom that comes as a servant of the infinite". It is a mantra of humility that brings emergency saving grace, and spiritual guiding light.

Remember that this is an ashtang mantra and must be chanted with only eight syllables.

Wha Yantee, Kar Yantee, Juga Duta Patee, Adaka It Whaha,
Brahmaday , Traysha Guru, It a Wahe Guru

Great Macroself, Creative Self, All that is Creative through Time, All that is the Great One, Three aspects of God (Generating, Organizing, Destroying) are contained in Wahe Guru.

This mantra works on one's self -esteem and intuitive capacity.

Sat Siri Siri Akal
Siri Akal Maha Akal
Maha Akal Sat Nam
Akal Moort Wahe Guru

The Great Undying Indescribable Aspect of God.

This mantra will take away your fear of death and give you the power to inspire others to be fearless.

Rakhe Rakhanhaar

Rakhe Rakhanhaar Aap Ubaarian
Guru Ki Pairee Paa-eh Kaaj Savaarian
Hoa Aap Dah-aal Mano Naa Visarian
Sadh Janaa Kai Sung Bhavajal Tarian
Saakat Nindak Dusht Khin Maa-eh Bidaarian
Tis Saahib Kee Tayk Nanak Manai Maa-eh
Jis Simrat Sukh Ho-eh Saglay Dookh Jaa-eh

O Protector Lord: Protect us all and take us across, uplifting and giving excellence. You gave us the touch of the lotus feet of the Guru and our works are embellished with perfection. You are Merciful, Kind, and Compassionate and our minds do not forget You. In the Company of the Holy, You save us from misfortune. You destroy the enemies of the Pure Ones in an instant. The Lord Master is my anchor and support. O Nanak, hold firm in my mind. Upon remembering Him, Bliss wells up in me and all pain leaves.

This writing of Guru Arjan Dev from the Rehiras helps you when you are weak materially or physically. It is chanted for complete protection and does away with the obstacles to fulfilling your destiny.

Moolmantra

Ek Ong Kar * Sat Nam * Kartaa Purakh * Nirbhau * Nirvair *
Akaal Moorat * Adjoonee * Saibhang * Gurprasad * Jap * Aad Sach *
Jugaad Sach * Hai Bhee Sach * Nanak Hosee Bhee Sach

There is One Creator of the Creation, Truth is His Name, He is the Doer of all, Without fear, Without vengeance, His image is immortal, He was not born, He exists by Himself, We realize Him by the Guru's Grace, Meditate (repeat), Truth was in the beginning, Truth was through time, Truth is, Nanak says, Truth is eternal.

This mantra describes the ultimate personality and consciousness of an enlightened being. It contains the mastery of all the inner secrets and balances all the chakras and bodies.

Each mantra has its faculty but it is explained that all mantras are merged into the Mool Mantra. Nothing can touch you with this mantra. When nothing works or fits in then the Mool Mantra will.

Pavan Pavan Pavan Pavan

Par Paraa Pavan Guru

Pavan Guru Wahe Guru

Wahe Guru Pavan Guru

“Pavan” means the carrier of the “prana”, the life force. Pronounce the consonant “v” very softly, almost like a “w” and “roll” the “r’s” slightly.

“Whoever recites this mantra becomes absolutely divine, God in action. Pavan is ‘ May the force be with you.’ This mantra increases the pranic energy. There is no better healing than this.”
Yogi Bhajan.

Rama

Ra - Sun energy, positive, generating force

Ma - Moon energy, negative, receptive force

This mantra balances the two energies of the body, ida and pingala. It balances the two hemispheres of the brain and the sense of identity. As a meditation it can be chanted as :

Maha Agni Pranayam

Ra Ra Ra Ra Ma Ma Ma Ma Ra Ra Ra Ra Ma Ma Ma Ma Sa Ta Na Ma

or

Ra Ra Ra Ra Ma Ma Ma Ma Sa Sa Sa Sat Haree Har Haree Har

I AM, I AM

This mantra " I AM, I AM " relates the finite identity of the first I AM with the infinite identity of the second AM . If you just say in your mind I AM, immediately the mind asks "what?" This does not expand the mind beyond the limited self. But if you immediately say a second I AM, the thought becomes I AM WHAT I AM, and to be what you are is the essence of truth and the nature of reality. As you repeat the mantra think of the first I AM as a personal reference. The second I AM is to connect you to your Infinite self.

Ang Sung Wahe Guru

My every molecule dances to the music of God. Every fiber of my being is infused with the light of Infinite truth and wisdom. God and Me, Me and God, are One.

Ji-O-Ji-O-Ji-O-Ji-O-Ji-O-Ji-O-Ji-O-Ji-O

Whenever you get really mad start repeating this mantra with the tip of the tongue. Do it for eleven minutes and you won't remember why you were mad. You won't get mad for a week! JiO means "soul". Go to your soul and not in the hole!

Ona So Huna.

Ong So Hung

Creator, I am Thou!

Ong Kar Nirankar Nirankar Ong

Ong Kar means, "The Creator as He manifests in Creation" and Nirankar means "The Creator in His formless state". Together the mantra represents God manifested and formless. It gives one an experience of the totality and expansiveness of God consciousness.

Akal

Akal means undying and it frees you from death or helps those who have died to free themselves from the pull of the world and move beyond. Chant it seven times and on the fifth time raise the pitch one minor third higher. Bring the following two Akal's back to the original pitch. Continue for 5 minutes.

If this chant is being for one who has died then the Akal is chanted holding the "a" out as long as possible. Each one in the group chants at his rhythm and the sound current remains constant until the chanting ends.

Keep Up

This is the Maha (great) Mantra of the Aquarian Age!

Ap Sahaee Hoa Sache Da Sacha Doa, Har, Har, Har

The meaning of this mantra is “ The Lord Himself is the Protector, the Truest of the True takes care of us.”

This mantra takes away all negativity from your surrounding environments and from within you. To bring release from unsurmountable financial pressures, when nothing else works, chant this mantra for one hour each day.

The Complete Adi Mantra for Individual Meditation

Ong Namō

Guru Dev Namō

Guru Dev Namō

Guru Devaa

To center yourself before a set of Kundalini Yoga we chant the Adi Mantra 3 to 5 times. This mantra centers you into the higher self and reminds your lower minds that it is not your ego that will practice or teach Kundalini Yoga. Technically it is the linking mantra for the Golden Chain. The Golden Chain is the inner spark of Kundalini that is passed person to person; teacher to student; Guru to teacher; Cosmos and god to Guru. By chanting this mantra the exercises and meditations that you practice are guided by your higher consciousness. However it is only to be used as a link when you teach. It is not an individual mantra which is complete in itself. If you need spiritual guidance then there is another form that is used: the complete Adi Mantra.

The complete Adi Mantra immerses you in awareness and guidance for your personal situation. It is an excellent means to gain perspective and direction. Yogi Bhajan teaches, "Use this mantra anytime you have a lack of faith or any similar thing. With the grace of Guru Ram Das, when this mantra is chanted five times on one breath, the total spiritual knowledge of all teachers who have ever existed or who will ever exist on this earth is bestowed in that person."

To recite this mantra:

Sit in easy pose with your spine straight. Bring both palms in front of the heart center with the palms facing upwards. Touch the sides of the palms along the little fingers and sides of the hands as if you will receive something in them. The little fingers touching from the base to tips stimulates the heart meridian correlating your desires with what you can achieve through action. You become a more effective human being. Form Gyan mudra in each hand by gently touching the tip of the first finger to the tip of the thumb. Focus your eyes on the tip of the nose. Inhale deeply and chant the mantra as you exhale. Chant the entire mantra three to five times on one breath. Keep the number of repetitions per breath constant. The sound Dev is chanted a minor third higher than the other sounds. The sound Devaa carries slightly on the aa sound.

Continue 11 to 31 minutes for a powerful meditation and guidance. One can practice for longer periods if so desired.

Bij Mantra

Sat Nam

Truth is His Name (identity)

Sat Nam is the bij, or seed mantra that is most used in the practice of Kundalini Yoga. It is a universal mantra which is not limited to Kundalini Yoga. It represents the sound embodiment of Truth itself: Sat (truth), the reality of what exists; Nam (name, identity), the vibration that creates what it means. Truth is your real identity. It is a seed that you plant in your heart. With Sat Nam we pierce to the core of Truth and understand the nature of reality.

This mantra can be used to smooth out and balance mental energy. As you chant this mantra extend your mind to Infinity. The power of mantra is the power of manifestation. If we recite the mantra with the intensity of innocence it will take the mind and heart to an experience of its origin in the Creator.

Sat Nam mantra expresses the very origin of God. It purifies the entire time and space when you speak it once and it doesn't even matter when. It is the name of God planted inside of you, in your heart, where it will grow and spread its radiance throughout your total aura.

Panj Shabd

Sa Ta Na Ma

Sa: Infinity Ta: Life Na: Death Ma: Rebirth

"I am that balance between sun, moon, earth and ether- that totality of Infinity is Thou, I am Thou."

This mantra expresses the five primal sounds of the universe. It is the nuclear form of SAT NAM. The fifth sound is the 'A' that is the common connecting sound meaning "to come". It is the sound of God's manifestation into being. It is said that the primary sound of the creation of the Universe is "Aaaaaah".

Ashtang Bij Mantra

Sat Nam Sat Nam Sat Nam Sat Nam Sat Nam Sat Nam Wahe Guru

This is an Ashtang mantra (8 beats) that uses bij mantras. This mantra works the tongue enhancing the power of creative sound in your words. Each Sat Nam counts as one beat and Wahe Guru as two. One repetition of this mantra takes 3-4 seconds. To maintain the rhythm you take a small inhale in the instant between repetitions.

This mantra brings prosperity. It's rhythm and sound are bewitching and is like an ocean with one wave coming after the other. It is very rhythmic, entrancing and should be chanted as such.

Guru Mantra or Trikutee Mantra

Wahe Guru : Indescribable wisdom

It expresses the indescribable experience of going from the darkness to the light. This mantra means Indescribable wisdom and gives one the experience of the complete and total infinity of ecstasy. Wahe means "ecstasy" and Guru "from darkness to light" or "ignorance to wisdom". It expresses ecstasy through knowledge and experience.

It has to be chanted "Wha-He-Gu-Roo" If you do not pronounce this correctly it is like pushing the wrong buttons on a machine, it will not work!

This is a good mantra for someone who is having a problem with being over-emotional. It is a mantra that produces a sense of happiness. This mantra also has a great power to release one from fear and limitations giving the experience of total bliss and infinity.

The bij mantra, Wahe Guru, done in an ashtang form is Wahe Guru Wahe Guru Wahe Guru Wahe jio . This mantra brings relaxation, strength and mental clarity. It brings the infinite capacity to experience the power of the soul right on the spot. Jio means "soul". Chanting this mantra eight times per breath can change your entire destiny if done honestly. It helps you to become friends with your soul.

This mantra is also called Trikutee Mantra .

Adi Shakti Mantra

Ek Ong Kar Sat Nam Siri Wahe Guru

There is One Creator of this creation, His Name is Truth, and indescribable is His Wisdom.

There are many ashtang mantras, but the one that we chant most regularly is called the Adi Shakti mantra. Ashtang means "eight-fold". The eight-fold vibration acts as a stimulant that balances the entire brain. It is only an ashtang or the Panj Shabd mantra that can provide this total stimulation of your potential. This mantra opens all the chakras, balances you, opens the naadis, gives you energy and tunes you into your inner guide within- raising your Kundalini. Be sure to chant powerfully and vibrate the ONG at the back of the palate. Neck lock must be applied. Think about the meaning of the mantra.

This mantra has a precise sound: EK ONG KAR SAT NAM SIRI WHA HE GURU. They are exact keys which you touch to telegraph your message to the Infinite self. Each sound vibrates and integrates a different chakra to its full radiance within the aura.

EK means one. It is the essence of all which is one. ONG is the primal vibration from which all creativity flows. You go beyond all limiting conceptions of the world and self and penetrate to the creative core that supports it all through the sound of ONG. The sound is created in the upper palate and nose. It vibrates the entire skull and has a full nasal tone. KAR means creation. SAT means truth and NAM means name. The name of the One Creator known through creation is not a word, but truth. When you chant SAT briefly contract the navel and lower centers to release some of the inner power of creation. SIRI means great. Wahe is the untranslatable expression of one experiencing the Creator's supreme power. It is ecstasy. GURU means wisdom, higher wisdom. It all translates as: "There exists one Creator throughout the creation whose name is Truth, Great is the ecstasy of the supreme wisdom".

Chanting this mantra means unlimited attachment to the Infinite beyond any man or finite form. Those who attach themselves to a man or personality end miserably. This mantra brings union with the ultimate cosmic energy. Yogi Bhajan says, "It is equal to millions and millions of suns. When you will recite this mantra, the day will come when you shall have the light within you. That is the only light through which you can overcome the cycle of karma. Then nothing disturbs you. Then you live beyond the power of the cycles of time and space".

This mantra may be chanted in the two and one-half breath cycle for its full power, or in any tune you make up for light meditation. In the two and one-half breath cycle you take a deep inhale and chant EK ONG KAR in one breath. The EK is very short, ONG and KAR are equal in length. Take another deep inhale and chant SAT NAM SIRI. The SAT is short, NAM is very long, and SIRI just escapes your tongue with the last bit of breath. Then take a short half breath and chant WAHE GURU. WHA is short, HE a bit longer and GURU is medium long.

Mangalacharan Mantra

Aad Guray Nameh

Jugaad Guray Nameh

Sat Guray Nameh

Siri Guru Deyvay Nameh

I bow before the Primal Wisdom

I bow to the Wisdom of all age:

I bow to the True Wisdom

I bow to the Great Divine Wisdom

The Mangalacharan is the mantra of divinity which protects you and brings you happiness. This mantra surrounds your magnetic field with protective light. A beautiful meditation is done by chanting the first line of the mantra at your right side, the second line behind you, the third line at your left side and the fourth line in front of you. In this way you encircle yourself in the vibration of the mantra and really experience its protective light. "When you cannot be protected, this mantra shall protect you. When things stop, and won't move, this makes them move in your direction."

Before driving away in your car it is recommended that one chant this mantra three times. If it is predetermined that you will die at a particular time and space chanting this mantra puts you at a different time and space. The 15 seconds that it takes to chant this mantra 3 times may find you six inches or two feet away from the would be accident.

Kundalini Shakti Mantra

Aad Such Jugaad Such Haibhee Such Nanak Hosee Bhee Such

Truth was in the beginning

Truth was through time

Truth is

Nanak says, Truth is eternal

This mantra is from the complete Mul mantra given by Guru Nanak. It is a Kundalini Mantra. It raises your awareness and the power of consciousness directly.

This mantra works on the flow of energy in the hemispheres of the brain. It lets you prosper, progress, and further yourself in the midst of adversity. It works on the heart center (4th chakra) to develop compassion and creates an aura of vibrancy for projection and protection.

Aad Such, Jugaad Such, Haibhay Such, Nanak Hosee Bhay Such

This mantra comes from the 17th poem of the Sukhmani Sahib, "that which gives peace to the mind." It breaks creative blocks by enhancing the brain's ability to compute complex decisions. It was given to Guru Arjan by Baba Siri Chand to open his creativity to finish the mantric poem, Sukhmani Sahib.

Ardas Bhei Amar Das Guru Amar Das Guru Ardas Bhei

Ram Das Guru Ram Das Guru Ram Das Guru Sahee Sahee

This mantra will help people when they go through Shakti Pad (that stage on the spiritual path in which one confronts one's own ego; the final "duel" between the ego and the soul to determine who will be the master. If the soul wins life is balanced and God arranges all one's affairs. You will go through Shakti Pad smoothly and it will save your grace. Guru Amar Das is shelter, hope, grace in those places of total darkness and dejection. Sing this mantra every day with every breath and you will find peace and prosperity and connect with your soul. You can rewrite your destiny chanting this mantra.

This mantra: A prayer is offered to Guru Amar Das (the Guru who started the service of free kitchens and assures that all one's needs are provided for). Guru Ram Das guarantees that this prayer will be answered (the fourth of the Sikh Gurus who exemplified the virtue of service). This prayer has been made - Ardas Bhei, and because Guru Amar Das is the shelter of the shelterless the power to forgive is bestowed upon him. Sahee is the documented authority- "Granted!"

If you want to see that your soul dominates rather than your ego chant this mantra with conscious and total devotion. There cannot be any personality in it. Sing it and evil will run away. Sing it and all virtues will be yours. Sing it and whatever God gives you will come running to you.