

Adi Mantra- Ong Namu Guru Dev Namu

The Adi mantra is the tuning in Mantra and is chanted at least 3 times before every Kundalini Yoga practice.

Ong: Infinite creative energy

Namu: Reverent greetings implying humility

Guru: One that brings us from darkness to light

Dev: Divine

This Mantra calls upon the Creator and establishes a strong and clear connection to the Divine teacher within. **I BOW TO THE DIVINE TEACHER WITHIN ME**

Sat Nam

Sat Nam is a 'seed' Mantra. It reinforces the Divine consciousness in everyone.

Sat: Truth

Nam: Name or identity

TRUTH IS MY IDENTITY

May the long time sun shine upon you

All Love surround you

And the pure Light within you

Guide your way on