

**Mantra** The creative projection of the mind through sound. *Man*=mind, *Trang*=wave or projection. The science of mantra is based on the knowledge that sound is a form of energy having structure, power and a definite predictable effect on the chakras and the human psyche.

**Mantras** Mantras are formulas that alter the patterns of the mind and the chemistry of the brain, according to physical and metaphysical laws. The power of a mantra is in its sound vibration. The mantras used in Kundalini Yoga elevate or modify consciousness through their meaning and rhythmical repetition. It is beneficial to link a mantra to the breath.

**Naam** Vibrational identity. "What we vibrate, we become."

**Naad** The essence of all sound. *Naad* is the vibrational harmony through which the Infinite can be experienced.

**Naad Yoga** The science of *Naad* is based on the experience of how sound vibrations affect the body, mind, and spirit through the movement of the tongue, the mouth, and changes in the chemicals in the brain.

**Shabd** The sound current or vibration that dissolves that part of the ego which obstructs the truth, and prevents us from perceiving and acting from our authentic Self.

**Shabd Guru** A quantum technology of sound which directly alters our consciousness through the power of *Naad*. The Shabd Guru is sound current as Teacher because it removes the constrictions and distortions of the ego.

**Siri Guru Granth Sahib** An encoded form of the Shabd Guru which allows us to program our mind/body computer to resonate with the Infinite. It is quite literally the embodiment of the intrinsic wisdom of the sound current.

## **The Nature of Sound**

*"Every element of the universe is in a constant state of vibration manifested to us as light, sound, and energy. The human senses perceive only a fraction of the infinite range of vibration, so it is difficult to comprehend that the Word mentioned in the Bible is actually the totality of vibration which underlies and sustains all creation. A person can tune his or her own consciousness into the awareness of that totality with the use of a mantra. By vibrating in rhythm with the breath to a particular sound that is proportional to the creative sound, or sound current, one can expand one's sensitivity to the entire spectrum of vibration. It is similar to striking a note on a stringed instrument. In other words, as you vibrate, the universe vibrates with you."*

—YOGI BHAJAN

WE LIVE IN A SEA OF ENERGY. ENERGY VIBRATES. Everything in the manifest creation is vibrating. Even seemingly solid, inanimate objects are constantly vibrating, simply vibrating at a slower or lower frequency than animate objects. Some vibrations are audible; sounds we can hear with our ears. Thoughts are silent sounds, electromagnetic vibrations. The higher the frequency, the less dense, and more etheric the quality of the vibration we hear and speak, the more our own vibrational frequency is raised. Raising our own vibration brings us closer to experiencing and merging with the highest vibration of all—God—the original creativity of the universe.

The entire universe was built on sound, on vibration. Putting it poetically: God spoke, and the world came into being. More precisely, God vibrated, and all the universes and worlds, solar systems, oceans, land, and sky, and the myriad of beings that inhabit them appeared. There is a vibratory frequency that corresponds to everything in the universe. By vibrating a particular combination of sounds, you tune into various levels of intelligence, or consciousness. Situations, people, and events respond to the signals you send out. The vibratory frequency of a mantra draws to you whatever you are vibrating.

## **Chanting Mantras**

Chanting mantras, either silently or out loud, is a conscious method of controlling and directing the mind. Happiness, sorrow, joy, and regret are vibratory frequencies in the mind. Call them attitudes, or beliefs, but fundamentally, they are vibratory frequencies or thought waves. They determine the kind of program our mind plays. The scenario we choose becomes our vibration, defines how we feel and what we project to others. We can exercise our right to choose at any time.

We are creating with every word we speak, and even with every word we think. When we chant a mantra we are choosing to invoke the positive power contained in those particular syllables. Whether it's for prosperity, peace of mind, increasing intuition, or any of the other multitude of possible benefits inherent in mantras, simply by chanting them we are setting vibrations into motion that shall have an effect. It doesn't actually matter if we understand the meaning of the sounds or not.

(From *Kundalini Yoga: The Flow of Eternal Power* by Shakti Parwha Kaur Khalsa)

## **The Science of Naad Yoga** *Why Chanting Works*

*Naad* is a process of harmony through which the *aad*, the Infinite, can be experienced. *Naad* is the basic sound for all languages through all times. This sound comes from one common source or sound current. It is the universal code behind language and therefore behind human communication.

The science of Naad Yoga is thousands of years old. It works with the movement of the tongue in the mouth, language, and chemical changes in the brain. There is no system of nerve connections between the sections of the brain—no wiring. Rather, there is a neurotransmission fluid. Different chemical liquids are secreted from different parts of the brain. Messages are transmitted from each part of the brain through the fluids, which are called *naad namodam rasaa*. *Naad* refers to communicating harmony; *namodam* means addressing; and *rasaa* means juice.

We can alter consciousness by changing the chemical composition of the brain fluids. The state of mind, personality, and power to project from our authentic self is tied in with the use of our word.

*"If your words have the strength of the Infinite in them and are virtuous, and you value them, you are the greatest of the great. If you do not value your words, you have no value. Your own word is your value as a human being. Your word is your value."*

—YOGI BHAJAN, *The Teachings of Yogi Bhajan*

### **MERGER THROUGH THE WORD**

There are two caves (*gupha*) in the body which generate through the creative process. One is the *bij gupha* or seed cave, which relates to the male and female sexual organs. The other is the *gian gupha* or cave of knowledge, which relates to the tongue and mouth. The science of Naad Yoga is concerned with the *gian gupha*, in which the movement of the tongue in the mouth while chanting is likened to the male and female sexual organs in the *bij gupha*. It creates the experience of merger with the Divine.

### **Laya Yoga & Naad Yoga**

Laya yoga is what synchronizes the essence.

Naad Yoga is what creates the essence.

Laya Yoga uses the universal sound current—*naadam*—and the awakening of the chakras to transform awareness. *Naadam* is not a physical sound as you might think. It is the vibration of the creativity inherent in the universe and in your inner being. Sounds and words imbued with that relationship and harmony, which awaken perception and intuition, are the mantras of Laya Yoga.

### **THE NAAD MERIDIAN POINTS ON THE UPPER PALATE**

The upper palate forms the roof of the mouth. It consists of two parts: the hard palate and the soft palate. The hard palate is what we commonly think of as the roof of the mouth, extending from directly behind the teeth up to the fleshy soft tissue that is suspended from the rear of the hard palate.

There are 84 meridian points located on the hard palate of the roof of the mouth. 32 pairs of points (64 points) are located on the hard palate surface directly behind and along the inside of the teeth, i.e. four points with each tooth. The other 20 points are located in a curve or "U" shape on the central part of the palate, with 10 pairs of points along each side. The location of the points are not exactly the same for each person, since palate shapes vary, but the general curved pattern is universal.

### **THE HYPOTHALAMUS & THE MERIDIAN POINTS**

The movement of each part of the tongue stimulates these meridian points. The points are like a keyboard input to a computer. The computer is located in the hypothalamus area of the brain. It receives the impulses from the repetition of the patterns of sound in the Shabd. This is translated into instructions that regulate chemical messengers that go to all vital areas of the brain and body. The hypothalamus lies just below the thalamus in the midline of the brain. It is connected by blood vessels to the pituitary gland—the master gland of the body. The hypothalamus is known to regulate vital functions like hunger, drinking, body temperature and sleep. It also triggers the regulation of moods, emotional behavior and sexuality.

The special patterns of the Shabd Guru stimulate the hypothalamus to change the chemistry of the brain. This adjusts the functions of the endocrine system and the metabolism to create a neutral balanced mind, and to strengthen the immune function. Many positive states of mind can be created using the Shabd Guru. It can conquer depression, enhance intelligence and intuition, and open the power of compassion.

### **Yogi Bhajan on the Word**

How to heal with the Word? Whatever you say, it is the application of your mind, body, and spirit. The most powerful thing of all is the *prana*. Word becomes the *pavan guru*, and word cannot be erased. It becomes the akashic record. The universe is balanced by the Word. If for one moment, the whole world shall have no sound, this entire galaxy and galaxies of galaxies and universe will disintegrate. To keep it going in balance there has to be sound. This is called *shabd*. I always believe the power of mantra is the power of man over God.

## Varieties of Mantra & Sound

**Bij Mantra** Seed mantra. The seed of the sound is planted in the unconscious. Example: *Sat Naam*

**Ashtang Mantra** These have 8 parts or beats (or 8 “limbs”). The rhythm of the Kundalini and its movement naturally responds to the *ashtanga* beat. The quality of each part covers the spectrum of the projected qualities of consciousness. Examples:

*Ek Ong Kar Sat Naam Siri Wahe Guru*

*Ra Ma Da Sa Sa Say So Hung*

**Trikuti Mantra** balances energies of generating, organizing, and transforming. Example: *Wahe Guru* (the Gur Mantra.)

**Darshani Mantra** This is a visual method of meditation. You mentally project the mantra on an inner screen and concentrate on it as it passes across the screen.

**Simran** Literally “remembrance.” In *simran*, the meditative mind flows in remembrance of Oneness through the sound current.

**Jappa** Literally “to repeat”. The practice of recitation out loud to develop the power of *simran*.

**Ajappa Jap** Repeating without repeating. The silent recitation which automatically develops within as a result of *jappa*. “*Ang Sang Wahe Guru*,” when every cell is vibrating the rhythm. The whole universe sings for you, and you listen.

Sound can be subtle as well as audible. Here are distinct ways of experiencing sound.

**Bhekhri** This uses the tip of the tongue to form the syllables aloud.

**Khant** This is a subliminal vocalization. The sound is silent, but the syllables vibrate at your Throat Chakra.

**Hirday** This is the sound current vibrating at the heart.

**Anahat** This sound current is referred to as “Unstruck Melody.” This is when the mantra resounds in every atom and fiber of your being. Its vibration becomes a part of you. It is created when the inner sound is produced from the Navel Center using the tip of the tongue. This triggers the higher glands to produce what is referred to as *amrit*, the sweet nectar of ecstasy.

## What Does Chanting Achieve?

### The Impact of the Inner Silence of Anahat

**What is the real goal of the chanting we do in meditation?**

*Answer:* The ultimate state of mind is called *anahat*—the Infinite Unstruck Sound or vibration. It brings intuition, inner strength, and the capacity to be completely open to do what you must do as a unique part of the totality of Being. In this state you are joyful, truthful, compassionate, and relaxed. Each time you perfect a mantra or *shabd*, you are like a master musician who can evoke these elevated states of being from the instrument of self.

**How does chanting achieve this?**

*Answer:* Chanting is a science called one-star spirituality which tunes and attunes you. Think of yourself as a Divine instrument with strings. When you chant, the vibration of the strings causes all thirty trillion cells of your body to resonate, to dance—forming the patterns that shape you physically, emotionally and mentally.

You are created with seventy-two *surs* or strings. They vary in dominance over a seventy-two hour period. The Crown Chakra—the thousand petalled lotus—impacts each of these strings with a thousand-fold vibration. Hence you have 72,000 vibratory impacts that send energy throughout, and create, your system.

The central tuning string is the main vagus nerve of the parasympathetic system which is called the *ik tara*—one-star. It acts as a tuning drone for all the other strings. When the central channel of the *sushmuna* in the spine is activated and the two support channels of *ida* and *pingala* move with it, the entire system begins to vibrate.

When you chant, at first it is conscious and out loud, then it becomes mental. If the rhythm is right and your concentration and surrender to its pulse is practiced, then your central nervous system vibrates it, and you simply listen. *Anahat* is that state in which your nervous system vibrates the mantra without your conscious effort, and the mantra is attuned to the Infinite. You vibrate in concert with a pattern beyond anything you could create from your finite self or ego.

**What about silence? Isn't that the ultimate?**

*Answer:* Silence is filled with *anahat*. The inner silence is the silence of the ego, when the mind vibrates silently in perfect union with the unlimited self. When you chant, the nervous system becomes synchronized, and the flow of thoughts moves with the higher self. Then the ego relaxes, and the mantra is vibrated by every cell. You let go and are truly silent. In that silence you can feel, hear, and act on the call of the soul.

## ***Making Mantra Effective***

In the science of Naad Yoga, there are three key elements that can enhance the experience of *naad*:

- ▶ **RHYTHM:** The most important element is to maintain a crisp, precise rhythm. Strictly maintain the correct number of beats for the specific mantra. (Most Kundalini Yoga mantras are chanted in 8 beats, though some will be in 6 beats or other rhythmic configurations.)
- ▶ **PROJECTION:** When you chant mantra, you are projecting your *prana*. Project from the purity of your soul. Be conscious of which chakra you are projecting from.
- ▶ **PRONUNCIATION:** Use the correct pressure of the tongue on the meridian points. Maintain the correct balance and rhythm of the syllables making up the words.

### ***The Third Chakra & Mantra***

An illustration of the above elements is found in the special relationship of the Navel Point to the use of mantra. When you speak a mantra and vibrate the tip of the tongue, you want to speak it from the central channel—the *sushmuna*, and vibrate from the Navel Point at the same time. When the tip of the tongue and the Navel Point are correlated, that extra pulse of energy coming from the navel moves the words into the realm of *anahat*—"without boundary." The action of speaking receives a powerful projection, like the will of a warrior. It is vibrated without speaking out loud. Each cell vibrates the energy released from the Navel Point.

*Example:* After clearing the pranic channels and sitting very straight, try chanting the steady rhythmic pulse of *Har*, being conscious of the tip of the tongue and pulling the Navel Point in. (Use the tape, *Tantric Har* and experience what happens when you systematically build and release the energy of the Navel Point.)

### ***Word in the Heavenly & Earthly Realms***

The upper triangle is heavenly, the lower earthly. They mix at the Heart Center, the human realm. Sound and the pulse of the *naad* rule in the upper chakras, and in these subtle realms your emotions follow the essence of your truth. Ordinary speech comes from the Earthly realms and reflects the animal or impulsive nature. The breath is reactive to those impulses, and your words reflect these emotions. At the Heart Center you are balanced as a human and pulled equally by the higher and lower realms. Your breath and word are in concert, and your words can become the Word. Your words serve your higher consciousness with duty and respond to lower impulses with compassion.

## ***Yogi Bhajan on Mantras in Kundalini Yoga***

***Question: Why do we draw so heavily on the Sikh tradition for the mantras that we use in Kundalini Yoga?***

*Answer:* Those mantras just happen to be correct mantras. It's not because they come from the Sikh tradition. The mantra "God and Me, Me and God are One," you will not find anywhere, but it works. It is an *ashtang* mantra. The sound is correct, so we use it. It doesn't have to only be in Gurmukhi (the vibratory language of the Siri Guru Granth Sahib). I draw correct mantras from wherever I can. There are tons of mantras—I only use those which I know will be very elementary and will work.

### ***Yogi Bhajan on the Power of Prayer as Word***

Sometimes I close my eyes when you ask me a question. I do a little prayer and hold myself to penetrate into the psyche of the answer so it could be correct. There is no power on the Earth for a living human being but his own technique and his own prayer, his own dharma, his own faith, and the Words of the Higher One. God has not given us the Word. God has given us *prana*, the life force. The Guru has given us the Word.

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The power of prayer works at the Arcline. The Arcline obeys no rule of nature. It is the base of the Radiant Body. Prayer is the power of a person to get to his Infinity when he's himself, not just when he's confronted.

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There are only four powers in the Earth. God is impotent against these powers:

- The power of prayer.
- The power of the prayer of the mother.
- The power of the prayer of the beloved.
- The power of prayer of a noble woman.

The science of Reality is to find the sound and to resound in that sound. Then the soul shall excel and God shall dwell within you.



# Mantras Frequently Used in Kundalini Yoga

## ADAYS TISAI ADAYS

### *Aadays tisai adays*

#### ***Aad aneel anaad anaahat, jug jug ayko vays***

*I salute Thee, the Primal One, pure in the beginning, through all time, through all the ages—the One.*

These are the words of Guru Nanak and a salutation to the Infinite—to the God beyond the Infinite God. If you master this *pauree* of *Japji*, the entire knowledge of the universe and beyond will come to you without ever reading a book. This mantra initiates you into that knowledge which is within all. It is the yogi's humble bowing to the Infinite.

## AD GURAY NAMEH

(A MANGALA CHARAN MANTRA)

### ***Aad guray nameh, jugaad guray nameh***

#### ***Sat guray nameh, siree guroo dayv-ay 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.*

You are guided from the primal core and beginning, through every moment of experience and activity, guided in your heart's deepest truth and being by the unseen Infinity of your highest self. This is a mantra which clears the clouds of doubt and opens us to guidance and protection. It surrounds the magnetic field with protective light.

## ADI SHAKTI

(KUNDALINI BHAKTI MANTRA)

### ***Aadee shaktee, namo, namo***

#### ***Sarab shaktee, namo, namo***

#### ***Pritham bhaagavatee, namo namo***

#### ***Kundalinee, maataa shaktee, namo, namo***

*I bow to the Primal Power.*

*I bow to the all Encompassing Power and Energy.*

*I bow to that through which God creates.*

*I bow to the creative power of the kundalini, the Divine Mother Power.*

This devotional mantra invokes the primary Creative Power which is manifest as the feminine. It calls upon the Mother Power. It will help you to be free of the insecurities which block freedom of action. By meditating on it one can obtain a deeper understanding of the constant interplay between the manifest and the unmanifest qualities of the cosmos and consciousness.

## AD SACH

(KUNDALINI SHAKTI MANTRA)

### ***Aad such, jugaad such, haibhee such naanak hosee bhee such***

*True in the beginning, True throughout the ages,*

*True at this moment, Nanak says this Truth shall ever be.*

This mantra connects the speaker to the Infinite and the Infinite to the speaker. It is from *Japji*.

### ***Aad such jugaad such haiBHAY such naanak hosee bhAY such***

Note the slight difference between this mantra and the previous mantra. This is the 17th Slok of *Sukhmani Sahib*, the words of Guru Arjan, the fifth Sikh Guru. When things don't move, this mantra adds the seeds of prosperity into your personality. All that is stuck shall move.

## AAP SAHAAE HOA

### ***Aap sahaae hoaa***

#### ***Sachay daa sachay dhoaa, Har, Har, Har***

*The Lord Himself has become my protector.*

*The Truest of the True has taken care of me. God, God, God.*

This mantra takes away negativity from the surrounding environments and from within. It is a gift that lets you penetrate into the unknown without fear. It gives protection and mental balance.

## ANG SANG WAHE GURU

### ***Ung sung wha-hay guroo***

*The dynamic, living ecstasy of the universe is dancing within every cell of me.*

This mantra eliminates haunting thoughts.

## ARDAS BHAAE

### ***Ardaas bhayee, amar daas guroo,***

#### ***amar daas guroo, ardaas bhayee***

#### ***raam daas guroo, raam daas guroo,***

#### ***raam daas guroo, sachee sahee***

This is a simple permutation and combination of words that manifests beyond the realm of creativity and activity. This mantra assures that all needs are provided for and guarantees the prayer will be answered. It can help when going through Shakti Pad. Chant this mantra to help release a difficult situation. *Ardaas bhayee* is a mantra prayer. If you sing it, your mind, body and soul automatically combine and, without having to say what you want, the need of life is adjusted. It guarantees by the Grace of Guru Amar Das (the hope of the hopeless) and Guru Ram Das (the King of the yogis and bestower of blessing, past, present, and future) that the prayer will be answered.

## AJAI ALAI

<b>Ajai Alai</b>	Invincible. Indestructible.
<b>Abhai Abai</b>	Fearless. Everywhere.
<b>Abhoo Ajoo</b>	Unborn. Forever.
<b>Anaas Akaas</b>	Indestructible. Within everything.
<b>Agunj Abhunj</b>	Invincible. Indivisible.
<b>Alukh Abhukh</b>	Invisible. Free from wants.
<b>Akaal Dyaal</b>	Immortal. Kind.
<b>Alayk Abhaykhe</b>	Unimaginable. Formless.
<b>Anaam Akaam</b>	Unnameable. Free from desires.
<b>Agaahaa Adhaahaa</b>	Unfathomable. Undamageable.
<b>Anaatay Parmaatay</b>	Without a master. Destroyer of all.
<b>Ajonee Amonee</b>	Beyond birth & death. Beyond silence.
<b>Na Raagay Na Rungay</b>	More than love itself. Beyond all colors.
<b>Na Roopay Na Raykay</b>	Formless. Beyond chakras.
<b>Akaramung Abharamung</b>	Beyond karma. Beyond doubt.
<b>Aganjay Alaykhay</b>	Beyond battles. Unimaginable.

This is from Guru Gobind Singh's *Jaap Sahib*, which rouses the soul and the self. This brings great sensitivity to the Being and gives the ability to be able to compute what people are actually saying automatically. Once you recite this mantra correctly, it will give you the power that whatever you say must happen. When you chant this mantra you have the power to surpass anything.

## DHAN DHAN RAM DAS GUR

(SHABD FROM SIRI GURU GRANTH SAHIB)

**Dhan dhan ram das gur jin syreea tinai savaari-aa**  
**Pooree ho-ee karaamaat aap sirjanhaarai dhaari-aa**  
**Sikhee atai sangatee paarbrahm kar namaskaari-aa**  
**Atal athaaho atol too(n) tayraa ant na paaraavaari-aa**  
**Jinee too(n) sayvee-aa bhaa-o kar say tudh paar utaari-aa**  
**Lab lobh kaam krodh moho maar kadhay tudh saparvaari-aa**  
**Dhan so tayraa thaana hai sach tayraa paiskaari-aa**  
**Naanaak too(n) lehnaa too(n) hai gur amar too(n)**  
**veechaari-aa**

**Gur dithaa taa(n) man saadhaari-aa**

Praise unto Ram Das the Guru, the one who created you, established you.  
 You are such a miracle! The Creator has installed you on a throne.  
 Your Sikhs, & all conscious people bow to you because you manifest God.  
 You are unchanging, unfathomable, immeasurable. Your limit cannot be perceived.  
 Those who serve you with love are carried across the sea of existence.  
 The 5 obstacles (greed, attachment, lust, anger, ego) cannot exist where you are.  
 The realm that you rule is the true place. True is your glory.  
 You are Nanak, Angad, and Amar Das the Guru.  
 Oh, when I recognized you, my soul was comforted!

This *shabd* reaches the realm of miracles. The impossible becomes possible. When life seems stuck, praise the domain of Guru Ram Das, the realm of the true Reality. It is the realm of the heart, of the Neutral Mind, where all things become pure.

## BOUNTIFUL, BLISSFUL, AND BEAUTIFUL

(MANTRA OF BLISS: AFFIRMATION OF THE DIVINE SELF)

**I am bountiful, blissful, and beautiful.**  
**Bountiful, blissful, and beautiful I am.**  
**Ek ong kaar sat gurprasaad**  
**Anand bhayaa mayree maa-ay satiguroo mai paa-yaa**  
**Satiguroo taa paa-yaa sehej saytee**  
**Man vajeeaa vaadhaaeaaa**  
**Raag ratan parvaar pareaaa shabd gaavan aaeaaa**  
**Shabdo taa gaavho haree kayraa man jinee vasaa-yaa**  
**Kahai naanak anand hoaa satiguroo mai paa-yaa**  
 The Creator and the Creation are One.  
 I know this by the Grace of the Guru.  
 Oh my mother, I am in Infinite bliss for I have obtained the True Guru (the Word, the Shabd Guru).  
 I have met that True Guru easily, naturally;  
 divine music bursts in my heart.  
 The rhythmic beats are like cosmic jewels  
 and bring all powers through Divine Songs.  
 When God resides in you, the mind is filled by  
 and echoes with divine praise.  
 Nanak proclaims I dwell in supreme bliss  
 for I have merged with the True Guru.

This mantra is for self-esteem and self-confidence. After the affirmation "I am bountiful, blissful, and beautiful" are words from the first part of *Anand Sahib*—the Song of Bliss—and the mantra *Ek Ong Kar Satgur Prasad* which elevates the self beyond duality and establishes the flow of spirit.

## CHATTR CHAKKR VARTI

(LAST FOUR LINES OF JAAP SAHIB)

**Chattr chakkr vartee, chattr chakkr bhugatay**  
**Suyumbhav subhang sarab daa sarab jugtay**  
**Dukaalang pranaasee dayaalang saroopay**  
**Sadaa ung sungay abhangang bibhootay**  
 Thou art pervading in all the four directions,  
 the Enjoyer in all the four directions.  
 Thou art self-illuminated and united with all.  
 Destroyer of bad times, embodiment of mercy.  
 Thou art ever within us.  
 Thou are the everlasting giver of undestroyable power.

These are the last four lines of Guru Gobind Singh's *Jaap Sahib*. This mantra removes fear, anxiety, depression, and phobias, and brings victory. It instills courage and fearlessness into the fiber of the person. It gives *saahibee*—control over one's domain—self-command and self-grace. Recite this when your position is endangered, when your authoritative personality is weak.

## **DHUNI**

The *Dhuni* tape is an instrumental piece played on a one-stringed instrument. It has a rhythm which works perfectly with the mantra *Sat Naam, Sat Naam, Sat Naam, Ji, Wha-hay Guroo, Wha-hay Guroo, Wha-hay Guroo Jee.*

## **EK ONG KAR SAT NAM SIRI WAHE GURU**

(ADI SHAKTI MANTRA)

### ***Ek Ong Kaar Sat Naam Siree Wha-hay Guroo***

*The Creator and all creation are one. This is our True Identity.  
The ecstasy of this wisdom is Great beyond words.*

This eight part (*ashtang*) mantra corresponds to the body's eight energy centers (7 chakras, plus aura). These eight words are the "code" letters or the phone number of the direct line to connect you, the creature, with your Creator. It was the first mantra Yogi Bhajan taught during his first year in the United States. This mantra creates a responsive interrelationship between you and the universal creative energy. It is very powerful for awakening the kundalini energy and suspending the mind in bliss.

### ***Ek ong kaar-(uh) saa-taa-naa-ma Siree wha-(uh) hay guroo***

(LAYA YOGA KUNDALINI MANTRA)

This is the Laya Yoga form of the Adi Shakti Mantra. The rhythm of the chant gives it a "spinning energy." It rotates the energy of all the chakras and the aura. It will make you creative and focused on your real priorities and it helps you to sacrifice what is needed to accomplish them.

## **EK ONG KAR SAT GUR PARSAD**

(SIRI MANTRA)

### ***Ek ong kaar sat gur parsaad, sat gur parsaad ek ong kaar***

*God and We are One.*

*I know this by the Grace of the True Guru.*

*I know this by the Grace of the True Guru.*

*That God and We are One.*

This mantra is a *gutka shabd*—one that reverses the mind. It is the essence of the Siri Guru. If the mantra is chanted just five times, it will stop the mind and put it into reverse gear. The Siri Guru will sit in your heart. It can stop anything negative. It is so strong that it elevates the self beyond duality and establishes the flow of spirit. This mantra makes the mind so powerful that it removes all obstacles. Its positive effects happen quickly and last a long time. It needs to be chanted with reverence, in a place of reverence. This mantra brings great intuition to the practitioner. After chanting this mantra, anything you say will be amplified and created with great force. So have a positive projection and do not say anything negative for a while.

Normally when you chant mantras correctly, you benefit, and when you chant them incorrectly, they don't have any ill effect. But if you chant this mantra incorrectly, it has a backlash. Normally we invoke the sacred before practicing this mantra. Chant the Mul Mantra or the Mangala Charn Mantra before practicing it.

## **GOBINDAY MUKANDAY**

***Gobinday, mukanday, udaaray, apaaray***

***Hareeung, kareeung, nirnaamay, akaamay***

(GURU GAITRI MANTRA)

*Sustaining, Liberating, Enlightening, Infinite  
Destroying, Creating, Nameless, Desireless.*

This mantra can eliminate the karmic blocks or errors of the past. It has the power to purify one's magnetic field, making it easier to relax and meditate. It is a protective mantra, an *ashtang* mantra (having eight parts). Besides helping cleanse the subconscious mind, it balances the hemispheres of the brain, bringing compassion and patience to the one who meditates on it.

## **GURU GURU WAHE GURU**

***Guroo guroo wha-hay guroo guroo ram das guroo***

(GURU MANTRA OF GURU RAM DAS)

*Wise, wise is the one who serves Infinity.*

This is a mantra of humility, relaxation, self-healing, and emotional relief. It calls on the spirit of humility and grace of the realm of Guru Ram Das, with its spiritual guiding light and protective grace. It reconnects the experience of infinity to the finite, and therefore rescues you in the midst of trial and danger.

The first part, *Guroo Guroo Wha-hay Guroo* is a *nirgun* mantra (*nirgun* means without any qualities)—one which vibrates only to infinity, having no actual finite components. It projects the mind to the source of knowledge and ecstasy. The second part, *Guroo Ram Das Guroo* is a *sirgun* mantra (*sirgun* means with form). It therefore projects the mind to Infinity and then gives a finite guiding relationship on a practical level. This mantra was given to Yogi Bhajan by Guru Ram Das in his subtle Self.

## **HAR**

*Har* is one of the aspects of God—the Creative Infinity.

## **HARI (Haree)**

*Hari* is Creation in action.

## **HAR HARAY HARI WAHE GURU**

***Har haray haree wha-hay guroo***

This is a shakti mantra plus a bhakti mantra. It expresses the three qualities of the word *Har*, the Creative Infinity: seed, flow, & completion, unto the Infinite. This mantra can bring you through any block in life.

## **HAR HAR MUKUNDE**

### ***Har har mukunday***

*Har* is the creative aspect of Infinity. *Mukunday* is the Liberating aspect of the Self. This mantra turns challenges into opportunities; removes fear.

## **HAR HAR WAHE GURU**

### ***Har har wha-hay guroo***

*Creative God in the ecstasy of Infinite Wisdom.*

This creates balance between earth and ether and restores equilibrium. It eliminates father/mother phobias.

## **HAR HAR HAR HAR GOBINDAY**

### ***Har har har har gobinday, har har har har mukunday***

### ***Har har har har udaaray, har har har har apaaray***

### ***Har har har har hareeung, har har har har kareeung***

### ***Har har har har nirnaamay, har har har har akaamay***

(GURU GAITRI MANTRA WITH FOUR HARS)

This mantra fixes the mind to prosperity and power. It contains the eight facets of Self. *Har* is the original force of Creativity. The four repetitions of *Har* give power to all aspects and provide the power to break down the barriers of the past. It converts fear into the determination to use and expand the reserve energy of the Navel Point. It invokes guidance and sustenance; all powers come to serve your true purpose.

## **HAR SINGH NAR SINGH**

### ***Har singh nar singh neel naaraayan,***

### ***guroo sikh guroo singh har har gayan,***

### ***wha-hay guroo wha-hay guroo, har har dhiayan,***

### ***saakhat nindak dusht mathaayan***

*God the Protector takes care of the universe. Those who live in God's consciousness and power, chant Har Har. Meditate on Wahe Guru and live in that ecstasy. Those who vibrate God's Name and relate to God, all karmas are cleared.*

This makes one a conqueror of evil. It works on the evolution of energy, and the strength of the masculine energy.

## **HEALTHY AM I, HAPPY AM I, HOLY AM I**

This is a mantra in the English language that works as a positive affirmation.

## **HUMEE HUM BRAHM HUM**

*We are we, we are God.*

This mantra literally means that we are the spirit of God. It is total spirit. Total spirit represents God. It fixes the identity into its true reality.

## **HUMEE HUM TOO HEE TOO**

### ***Humee hum, too(n) hee too(n), wha-hay guroo***

*I am thine, in mine myself,*

*Ecstasy of Inner Wisdom beyond words*

## **JAP MAN SAT NAM**

### ***Jap man sut naam, sadaa sut naam***

(SHABAD FROM SIRI GURU GRANTH SAHIB)

*Oh my mind, vibrate Sat Naam, the Truth*

This mantra opens one to the flow of prosperity by attuning the mind to the power of *Har*, the Creative Infinity, the Joy of merger with Infinity.

## **KAL AKAL**

### ***Kal akaal sree kaal mahaa akaal akaal moorat***

This protective *ashtang* mantra wraps around animosity and seals it closed. It can remove the very shadow of death. When this mantra is used in Gurdwara while bringing the Siri Guru Granth Sahib in and out, the Gurmantra—*Wahe Guru*—is added to it:

***Kal akaal sree kaal mahaa akaal akaal moorat wha-hay guroo***

## **MUL MANTRA**

### ***Ek ong kaar, sat naam, kartaa purakh, nirbho, nirvair***

### ***Akaal moort, ajoonee, saibhang, gurprasaad. Jap.***

### ***Aad such, jugad such, haibhee such***

### ***Naanak hosee bhee such***

*The Creator and all creation are One. This is our True Identity.*

*The Doer of everything. Beyond fear.*

*Beyond Revenge.*

*Image of the Infinite,*

*Unborn. Self-illuminated, complete in the Self.*

*This is the Guru's Gift.*

*Meditate!*

*Primal Truth, true through all time.*

*True at this instant, O Nanak, forever true.*

These are the first words of the Siri Guru Granth Sahib, uttered by Guru Nanak. The highest of all mantras, it contains the root of sound that is the basis of all effective mantras. *Sahej Sukh Dhian*: the comfortable and happy way to meditate that is perfectly balanced. The goal of life is to stay in perfect flow and contact with the perception of the soul at each moment. Imbalance comes when we forget the reality of God and Guru in our soul. This mantra orients like a compass towards God. It forms the basis of the consciousness of our very soul.



## **ONG NAMO**

### **Ong namo guroo dayv namo**

(ADI MANTRA)

*I bow to the subtle divine wisdom, the divine teacher within*

An ancient yogic mantra which allows the chanter to relate instantly to the divine teacher within. *Adi* means primal or first and *mantra* means the creative mental projection using sound. It is used to tune in before Kundalini Yoga classes, to center us in the higher self, and to spiritually guide both the teacher and the students during the class.

## **ONG SOHUNG**

*Ong* means creative consciousness and so *hung* means "I am Thou." Chanting the word "*hung*" stimulates and opens the Heart Chakra.

## **PAVAN GURU**

### **Pavan pavan pavan pavan**

### **Par para pavan guroo**

### **Pavan guroo wha-hay guroo,**

### **Wha-hay Guroo pavan guroo**

(PRAN BANDHA MANTRA)

*Pavan* is the air, the breath, carrier of the *prana*, the life force. This is God in action. This mantra increases the pranic energy and gives the experience of "may the force be with you."

## **PRITHVI HAI**

(ISHT SODHANA MANTRA)

### **Prithvee hai akaash hai guroo raam daas hai**

This mantra balances the Earth and Heavens. It represents the struck sounds of Earth (*prithvi*) and the unstruck sounds of Heaven (*akash*), crowning with the protection of the Neutral Mind, Guru Ram Das. (*Hai* means "is.") This mantra can penetrate the cosmos, transcending past, present, and future.

## **RA MA DA SA**

(SIRI GAITRI MANTRA OR SIRI MANTRA)

### **Raa maa daa saa saa say so hung**

*Raa*=Sun. *Maa*=Moon. *Daa*=Earth. *Saa*=impersonal Infinity.

*Say*=Thou.

*Saa Say*=totality of Infinity.

*So*=personal sense of merger and identity.

*Hung*=the Infinite vibrating and real.

*So Hung*= "I am Thou."

This mantra is a healing mantra in Kundalini Yoga and is an attunement of the self to the universe. It brings balance. These eight sounds stimulate the kundalini flow in the central channel of the spine for healing. This mantra combines Earth (*raa maa daa*) and Ether (*saa say so hung*), with *Saa* as the link word.

## **RAKHE RAKHANHAR**

### **Rakhay raxhanhaar aap ubaariun**

### **Gur kee pairee paa-eh kaaj savaariun**

### **Hoaa aap dayaal manho na visaariun**

### **Saadh janaa kai sung bhavjal taariun**

### **Saakat nindak dusht khin maa-eh bidaariun**

### **Tis saahib kee tayk naanak manai maa-eh**

### **Jis simrat sukh ho-eh saglay dookh jaa-eh**

*God Himself is looking out for us,*

*gives us the light, and takes care of our affairs.*

*God is merciful, and never forgets us.*

*God guides us, giving us good people to help us.*

*God does not allow hurt to come to us.*

*I take comfort in the thought of God.*

*When I remember God, I feel peaceful and happy and all my pain departs.*

These are the words of Guru Arjan, the 5th Sikh Guru, and are for complete protection. It is from the evening prayer (*Rehiras*), which adds energy to one's being, and helps when you are physically weak or have limited wealth. It is a victory song which allows us to be guided by God's graceful and merciful hand. It does away with the obstacles to fulfilling one's destiny.

## **SA RE SA SA**

(ANTAR NAAD MANTRA)

### **Saa ray saa saa, saa ray saa saa, saa ray saa saa, saa rung**

### **Har ray har har, har ray har har, har ray har har, har rung**

*Saa* is the Infinite, the Totality, God. It is the element of ether. It is the origin, the beginning, and it contains all other effects. It is subtle and beyond. *Har* is the creativity of the Earth. It is the dense element, the power of manifestation, the tangible, the personal. These sounds are woven together and then projected through the sound of *ung* or complete Totality. This is the base mantra of all mantras. Adversity melts before this mantra. It gives you the capacity of effective communication so your words contain mastery and impact. This mantra helps you conquer the wisdom of the past, present, and future. It brings you peace and prosperity even if it wasn't in your destiny.

## **SAT NAM**

(BIJ MANTRA)

### **Sat naam**

This mantra is probably the most widely used mantra in the practice of Kundalini Yoga. *Sat* means truth—the reality of one's existence. *Naam* means the identity. It is a *bij* (or seed) mantra. Within the seed is contained all the knowledge of the fully grown tree. The essence or seed is the identity of truth embodied in condensed form. Chanting this mantra awakens the soul and gives you your destiny. This mantra balances the five elements (*tattvas*).

## **SA-TA-NA-MA**

(PANJ SHABD)

### **Saa Taa Naa Maa**

Saa=Infinity, totality of the Cosmos

Taa=Life (birth of form from the Infinity)

Naa=death (or transformation)

Maa=Rebirth

Panj means five, and expresses the five primal sounds of the Universe. (SSS, MMM, TTT, NNN and AAA.) It is the atomic or Naad form of the mantra *Sat Naam*. It is used to increase intuition, balance the hemispheres of the brain and to create a destiny for someone when there was none. This mantra describes the continuous cycle of life and creation.

## **SAT SIRI SIRI AKAL**

(MANTRA FOR THE AQUARIAN AGE)

**Sat siree, siree akaal, siree akaal,  
maahaa akaal, maahaa akaal,  
sat naam, akaal moorat,  
wha-hay guroo**

*Great Truth, Great beyond Death, Great beyond Death,*

*Great beyond Death,*

*Truth is His Name, Deathless Image of God,*

*Great Beyond Words is this Wisdom.*

This mantra captures the frequency of the Aquarian Age as we cross the threshold into it. The mantra helps us to establish ourselves outside the change of time as deathless beings. We are timeless. Everything we do is from the timeless space of the soul.

## **SAT NARAYAN**

(CHOTAY PAD MANTRA)

**Sat naarayan wha-hay guroo,  
haree naaraayan sat naam**

*Sat Narayan is the True Sustainer.*

*Wahe Guru is indescribable Wisdom.*

*Haree Narayan is Creative Sustainer,*

*and Sat Naam means True Identity.*

Chanting this mantra gives inner peace, happiness, and good fortune. It makes you intuitively clear and pure in your consciousness. Even a person with low self-esteem can become majestic by chanting it. The words invoke the various names of God to help bring prosperity, peace of mind, and the capacity to look beyond this world to realize the Infinite.

## **WAAH YANTEE**

**Waah yantee kar yantee,  
jag dut patee, aadak it whaa-haa,  
brahmaaday trayshaa guroo**

**It wha-hay guroo**

*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.*

This mantra is from the teachings of Patanjali. The practice of this mantra is the culmination of thousands of years of prayer.

## **WAHE GURU**

(GURMANTRA)

**Wha-hay guroo**

*I am in ecstasy when I experience the Indescribable Wisdom.*

This is a mantra of the Infinity of ecstasy and dwelling in God. It expresses the indescribable experience of going from darkness to light (from ignorance to true understanding). It is the Infinite teacher of the soul. A *trikutee mantra*, it balances the energies of the generating, organizing, and transforming principles. It expresses ecstasy through knowledge and experience. It is the *gurmantra*, which triggers the destiny. It is said that chanting *Wahe Guru* is equivalent to chanting *Har* 11,000 times.

## **WAHE GURU WAHE JIO**

**Wha-hay guroo wha-hay guroo**

**wha-hay guroo wha-hay jeeo**

*Great beyond description is His Infinite Wisdom.*

This is the mantra of ecstasy. This mantra means "indescribably great is God's infinite, ultimate wisdom." *Jio* is an affectionate, but still respectful, variation of the word *Ji*, which means soul. The word *jio* sends the message directly to the soul. "O my soul, God is!" This mantra causes a very subtle rub against the center of the upper palate and stimulates the meridian known in the West as the Christ Meridian Point, and in the East as Sattvica Buddha Bindu. The tongue and lips correspond to the Sun and Moon in their movement. Soothe the wounds of life with the infinite bliss this mantra induces.