

MANTRAS KUNDALINI YOGA

Mantras are inseparable from the practice of Kundalini Yoga. They are the creative projection of the mind through sound, a form of energy that has structure, power and predictable effect on the chakras and the human psyche.

1- ONG NAMO GURŪ DEV NAMO (ādi mantra)

I salute the creative energy, the divine wisdom.

2- ĀD GURE NAMEH, JUGĀD GURE NAMEH, SAT GURE NAMEH, SIRĪ GURŪ DEVE NAMEH (mangala charan mantra)

I salute the primordial wisdom, I salute the wisdom through the ages, I salute the true wisdom, I salute the great and invisible wisdom

3- ĀDI SHAKTI ĀDI SHAKTI ĀDI SHAKTI NAMO NAMO, SARAB SHAKTI SARAB SHAKTI SARAB SHAKTI NAMO NAMO, PRITHAM BHAGVATI PRITHAM BHAGVATI PRITHAM BHAGVATI NAMO NAMO, KUNDALINĪ MĀTA SHAKTI MĀTA SHAKTI NAMO NAMO (kundalinī bhakti mantra)

I salute the primordial power, I salute the universal power and energy, I salute that through which God creates, I salute the creative power of Kundalini, the power of the Divine Mother.

4- ĀD SACH, JUGĀD SACH, HĒ BHĪ SACH, NĀNAK HOSI BHĪ SACH (KUNDALINĪ SHAKTI MANTRA)

True in the beginning, True through the Ages, True now. O Nanak, this truth will always be.

**5- AJĒ, ALĒI, ABHĒ, ABĒ/ABHŪ, AJŪ, ANĀS,
AKĀS/AGANJ, ABHANJ, ALAKKH, ABHAKKH/AKĀL,
DIĀL, ALEKH, ABHEKH/ANĀM, AKĀM, AGĀH,
ADHĀH/ANĀTHE, PRAMĀTHE, AJONĪ, AMONĪ/NA
RĀGE , NA RANGE, NA RŪPE, NA REKHE /
AKARMANG, ABHARMANG, AGANJE, ALEKHE.**

Invincible, Indestructible, Fearless, Omnipresent / Uncreated, Perpetual, Imperishable, Immanent in everything / Impregnable, Indivisible, Invisible, Envyless / Immortal, Compassionate, Unimaginable, Formless / Nameless, Desireless, Unfathomable, Invulnerable / Masterless, Destroyer, Beyond life and death, Beyond silence / Without attachment, Without colors, Without form, Immaculate / Without karma, Without doubt, Invincible, Indescribable.

**6- ARDAS BHAE, AMARDAS GURU, AMARDAS GURU,
ARDAS BHAE, RAMDAS GURU, RAMDAS GURU,
RAMDAS GURU, SACHI SAHEE**

The prayer has been uttered, Guru Amar Das has heard the prayer, and Guru Ram Das confirms that it is true, that it is accepted.

**7- CHATTR CHAKKR VARTĪ, CHATTR CHAKKR BHUGTE,
SUYAMBHAV SUBHANG SARAB-DĀ SARAB JUGTE,
DUKĀLANG PRANĀSĪ DAYĀLANG SARŪPE, SADĀ
ANG SANGE ABHANGANG BIBHŪTE.**

Immanent in the four directions. He rejoices in the four directions.

Illuminated by itself, united with the entire universe.

Destroyer of the pains of existence, incarnation of compassion.

Always present in each part of us, eternal, inexhaustible donor.

8- GOBINDE MUKANDE UDĀRE APĀRE HARĪANG KARĪANG NIRNĀME AKĀME (GURŪ GAYATRI MANTRA)

Which supports. Who liberates. Who feeds. Infinite. Destructive. Creator. Nameless. Without desire.

9- HUMI HUM BRAHM HUM

We are us, we are God

[this hum is pronounced like the "oe" in the word "heart"]

10- SAT NĀM

The truth is my identity.

[Here is the bij mantra (“seed mantra”) par excellence! By a seed mantra, the seed of sound is planted in the unconscious... “Sa Ta Na Ma” is its vibratory form]

11- SAT NARAYAN WĀHE GURŪ HARI NARAYAN SAT NĀM (CHOTE PAD MANTRA)

O True Sustainer, Your wisdom is indescribable. Creator Sustainer, O True Identity.

12- WAHEGURŪ (GUR MANTRA)

The term Guru is not translated. It makes (in particular) reference “...to the Universal Gurū, or Wahegurū: God, universal and creative cosmic consciousness, master of destinies... “Wahegurū” is the mantra on which Sikhs are invited to meditate at every moment and on every breath”.

Age of Aquarius sadhana mantra

Certain mantras are sung during the morning sādhanā (meditation, kriya and songs practiced collectively in the early morning, during the two and a half hours before dawn):

13- EK ONG KĀR SAT NĀM SIRĪ WĀHE GURŪ (ADI SHAKTI MANTRA)

The creator and his creation are one. This is our true identity. The ecstasy of this wisdom is great beyond words.

14- WĀH YANTĪ KĀR YANTĪ, JAG DUT PATĪ ĀDAK IT WĀHĀ, BRĀHMĀ DEH TRESHĀ GURŪ, IT WĀHE GURŪ

Macrocosmic being, supreme creative Self, Such is he who creates through the ages, such is the One. Three aspects of the divine: Brahma, Vishnu, Mahesh (Shiva); Such is Wāhe Guru

15- EK ONG KĀR SAT NĀM KARTĀ PURKH NIRBHAO NIRVĒR AKĀL MŪRAT AJŪNĪ SĒBHANG

GUR PRASĀD JAP, ĀD SACH, JUGĀD SACH, HĒ BHĪ SACH, NĀNAK HOSI BHĪ SACH (MŪL MANTRA)

Unique manifested creator, True is his identity – Creator, immanent in all things, Fearless, Regretless, Beyond death, Unborn, Self-illuminated, He is attained by the grace of the Guru. Let us repeat, let us meditate: True in the beginning, True through the ages, True in the present moment, Thus says Nānak: True for eternity!

[The mūl mantra is the supreme mantra: it consists of the first words of the Siri Gurū Grant Sahib (holy book of the Sikhs), given by Gurū Nānak, the first Gurū, founder of Sikhism. This mantra is said to be a compass that points to God.]

16- SAT SIRĪ SIRĪ AKĀL, SIRĪ AKĀL MĀHĀ AKĀL, MĀHĀ AKĀL SAT NĀM, AKĀL MŪRAT WĀHE GURŪ (MANTRA FOR THE AGE OF AQUARIUS)

O, Supreme Truth, O Lord of eternity, Illustrious and beyond time. Truth: such is his name, Eternal Image of the divine, His wisdom is immense, beyond all description.

**17- RAKHE RAKHENAHĀR ĀP UBĀRIAN, GUR KĪ PĒRĪ
PĀE KĀJ SAVĀRIAN, HOA ĀP DAIĀL MANHO NA
VISĀRIAN, SĀDH JANĀ KĒ SANG BHAV-JAL TĀRIAN,
SĀKAT NINDAK DUṢṬ KHIN MĀEH BIDĀRIAN, TIS
SĀHIB KĪ ṬEK NĀNAK MANŪ ĒS MĀGLEH , JIS
SIMRAT SUKH HOE SAGLE DUKH JĀEH**

The Savior protects us and illuminates our path, It is He who leads us to the feet of the Guru and takes care of us. Filled with compassion, he never forgets us. In the gracious company of the saints, he makes us cross without hindrance the tumultuous ocean of life. Through him, the perfidious, without faith and without word, disappear out of time. Nānak says it: may my heart treasure this master, may I meditate on his Word and thus see peace and joy reign in me, freed from pain and suffering.