

Aad Guray Nameh

Complete Mantra: *Aad Guray Nameh, Jugaad Guray Nameh, Sat Guray Nameh, Siri Guroo Dayvay Nameh*

Language: *Gurmukhi*

Source: *Sukhmani Sahib (prayer of peace)*

Author: *Guru Arjun Dev Ji, Fifth Guru of the Sikhs*

Translation:

I bow to the primal Guru

I bow to the truth that has existed throughout the ages

I bow to True Wisdom

I bow to the Great Divine Wisdom

More Information:

This is a mantra of protection and is recited to invoke the protective energy of the universe. Yogi Bhajan taught that this mantra should always be chanted 3 times in a row. This mantra is chanted after tuning in to a class with the Adi Mantra.

Many people chant this mantra when they need extra protection. It is part of the "triple mantra", and is often spoken before driving a car to create a protective energy around the those in the car.

When you cannot be protected, this mantra shall protect you. When things stop, and won't move, this makes them move in your direction. - Yogi Bhajan

Aap Sahaaee Hoa

Complete Mantra: *Aap Sahaaee Hoaa, Sachay Daa Sachaa Doaa, Har, Har, Har*

Language: *Sanskrit*

Translation:

You, Divine One, have become my refuge. True is Your support, Great Creative Infinite.

More Information:

According to Yogi Bhajan this mantra "...will totally eliminate enemies and block the impact of animosity forever, it can give you mental self-control..."

Yogi Bhajan also said that if chanted for 62 minutes, the best time being between three and four AM, it can relieve unbearable financial pressure.

This mantra meditation from the Siri Guru Granth Sahib is a gift to you that will let you penetrate the unknown without fear. It will give you protection and mental balance.

Bountiful, Blissful, Beautiful

Complete Mantra:

Bountiful am I, Blissful am I, Beautiful am I

OR

I Am Bountiful, Blissful, and Beautiful. Bountiful, Blissful and Beautiful I am

Language: *English*

Author: *Yogi Bhajan*

More Information: *Yogi Bhajan taught this mantra is for self-esteem and self-confidence.*

Adi Shakti

Complete Mantra:

*Adi Shakti, Adi Shakti, Adi Shakti, Namō Namō
Sarab Shakti, Sarab Shakti, Sarab Shakti, Namō Namō
Pritham Bhagvati, Pritham Bhagvati, Pritham Bhagvati, Namō Namō
Kundalini Mata Shakti, Mata Shakti, Namō Namō*

Translation:

*I bow to (or call on) the primal power.
I bow to (or call on) the all encompassing power and energy.
I bow to (or call on) that through which God creates.
I bow to (or call on) the creative power of the Kundalini, the Divine Mother Power.*

More Information:

The Adi Shakti Mantra tunes one into the frequency of the Divine Mother, and to the primal protective, generating energy. It is said that chanting it eliminates fears and fulfills desires.

Some quotes Yogi Bhajan gave on this mantra specifically for women:

"Merge in the Maha Shakti. This is enough to take away your misfortune. This will carve out of you a woman. Woman needs her own Shakti, not anybody else will do it. When a woman chants the Kundalini Bhakti mantra, God clears the way. This is not a religion, it is a reality. Woman is not born to suffer, and woman needs her own power."

"When India and Indian women knew this mantra, it dwelt in the land of milk and honey." Yogi Bhajan taught that after conception, the soul enters into the womb of a mother on the 120th day. This is a day of celebration and when the soul/child is entering the womb this chant is traditional.

Chattra Chakra Vartee

Complete Mantra:

*Chattra Chakra Vartee, Chattra Chakra Bhugatay,
Suyambhav Subhang Sarab Daa Saraab Jugatay.
Dukaalan Pranasee, Diaalang Saroopay,
Sadaa Ang Sangay, Abhangang Bibhutaay*

Language: Gurmukhi

Source: Jaap Sahib

Author: Guru Gobind Singh

Translation:

You are pervading in all the four directions, the Enjoyer in all the four directions. You are self-illuminated, profoundly beautiful, and united with all. Destroyer of the torments of birth and death, embodiment of mercy. You are ever within us. You are the everlasting giver of indestructible power.

More Information:

This mantra is taken from the last four lines of Guru Gobind Singh's Jaap Sahib. It is a mantra used to remove fear, anxiety and phobias. It is a mantra to make one experience victory.

"Chattra Chakra Vartee is the mantra for the heart center, it gives direct energy to it. When you are sinking, if you know this mantra and can sing it, you can totally recuperate yourself." — Yogi Bhajan

Guru Ram Das Mantra

Complete Mantra:

Guru Guru Wahe Guru, Guru Ram Das Guru

Language: Gurmukhi

Source: Dream with Guru Ram Das Ji

Author: Yogi Bhajan

Translation:

Guru - teacher or guide that brings one from the darkness to the light.

Wahe - exclamation of ecstasy like "WOW!"

Ram Das - literally translates as "God's Servant",

but also refers to Guru Ram Das, the Fourth Guru of the Sikhs

More Information:

This mantra was given to Yogi Bhajan by Guru Ram Das in His astral self. As Guru Ram Das, the fourth Guru of the Sikhs, was known for humility and healing abilities this mantra is also known for its healing qualities and for imparting humility to the one who chants it.

This mantra relates directly to healing and protective energy represented by Guru Ram Das. The mantra is comprised of two parts. The first part is a nirgun mantra (Guru Guru Wahe Guru). This projects the mind to the source of knowledge and ecstasy. The second part is a sirgun mantra (Guru Ram Das Guru). This means the wisdom that comes as a servant of the infinite. It is the mantra of humility. It reconnects the experience of the finite to infinity.

Har

Complete Mantra:

Har Har Har Har Har.....

Language: Gurmukhi

Translation:

Creative Infinity.

More Information:

This bij (seed) mantra represents the Infinite in it's creative form. This mantra is used for a very powerful prosperity meditation. It is also a mantra that develops will power.

Har Haray Hari Wahe Guru

Complete Mantra:

Har Haray Hari Wahe Guru

Translation:

All aspects of the Creator are Bliss

More Information:

This mantra expresses the three qualities of the word Har -seed, flow, completion, Bliss!

Shakti/Bhakti mantra that uses the primal force of creativity to rid one of obnoxious situations in life and can bring you through any block and opens up your own creative energy.

I Am, I Am

Complete Mantra: *I Am, I Am*

Language: *English*

Source: *The Aquarian Teacher*

Author: *Yogi Bhanjan*

More Information:

This mantra connects the finite and Infinite identities. The first "I AM" that emphasizes the "I" is the personal the finite sense of self. The "I AM" that emphasizes slightly the "AM" is the impersonal and transcendent sense of the Self. All real mantras blend this polarity of the Infinite and finite in their internal structure and design. If you only say the first "I AM" the mind will automatically try to answer, "I am what?" The sends the mind on a search through all the categories and roles that hold the finite identities. If you immediately say the second part of the mantra, "I AM" the thought becomes "I AM What I AM" To be what you are is the essence of truth and will lead you to the nature of Reality. The hand and the breath move in rhythm and strengthen your ability to maintain a sense of self as your awareness expands.

NOTE: "This mantra has been chanted by Wiccans, Rosecrucians, Magicians, Jews, Hip hop Artists, Yogis, and many other groups."

Long Time Sun

Complete Mantra:

*May the Long Time Sun Shine Upon You,
All Love Surround You,
And the Pure Light Within You,
Guide Your Way On*

Language: *English*

Source: *Incredible String Band; Irish Blessing*

More Information:

This song has become the blessing used to end Kundalini Yoga classes. Yogi Bhanjan said that this is our closing prayer, and so is used to end a Kundalini Yoga practice, along with three repetitions of Sat Nam.

Ong Sohng

Complete Mantra: *Ong Sohng*

Language: *Gurmukhi*

Translation:

Ong - The Creative Consciousness of the Universe

Sohng - I am that!

More Information:

Chanting this mantra stimulates and opens the heart chakra. It is a beautiful recognition that each of us is a part of the Creative Consciousness of the Universe.

Laya Mantra

Complete Mantra:

EK ONG KAAR-(UH)

SAA TAA NAA MAA-(UH)

SITRE WHAA-(UH) HAY GU-ROO

Language: Gurmukhi

Source: Siri Guru Granth Sahib

Author: Guru Nanak

Translation:

There is one Creator of all Creation. All is a blessing of the One Creator. This realization comes through Guru's Grace.

More Information:

This extraordinary Laya Yoga chant brings the soul and destiny present. It suspends you above conflicts attracted by success and the activity of the Positive Mind. It lets your activity serve your purpose. It makes you creative and focused on your real priorities and helps you sacrifice what is needed to accomplish them.

The word Laya refers to suspension from the ordinary world. Laya Yoga fixes your attention and energy on your essence and higher consciousness without normal distractions and attachments having power over your reactive awareness. This mantra opens the secret book of Laya Yoga. It enables you to consciously remember and experience the link between you and the Creator. Practice the mantra for 40-120 days. It will etch into the subconscious the memory and experience of your true identity.

This mantra was guarded like a secret gem. It is the key to the inner doors of naad, the realm of creative sound. If you listen to the sound of the mantra and then concentrate into its subtle sounds, you will become absorbed into the unlimited domain of your higher Self. The mantra has a structure of 3-1/2 cycles in its spin. Each UH sound lifts the diaphragm which commutes the energy of prana and apana across the heart area. That transformation is one cycle. The 3-1/2 cycle is the pulse rhythm of the kundalini itself. This is why the kundalini is often represented as coiled 3-1/2 times. As with all other genuine mantras, it is discovered by the seer who travels in the subtle realms of consciousness. It has been confirmed by countless practitioners who adapted the discipline of the meditation. The inner sounds can be heard at different levels of subtlety.

The vibrations of naad have different octaves of creative impact. This mantra takes you to the most subtle realm of creativity. It awakens the kundalini force that energizes the whole Creation. It awakens your awareness and empowers the sense of the Subtle Body of the Aura.

The practice of the meditation gives intuition and the ability to heal. When you practice this kriya earnestly, be conscious and graceful with each word you speak. Do not listen to negative or coarse speech from others. Remember that the sins of the past are of the past, and that some of the greatest saints were sinners first. If you have the opportunity to learn and to practice this technology of elevation, you have earned it and you deserve it. So do not hesitate to use it and to strive for progress and expansion. Feel that the Infinite Will and yours act together. Strong actions combined with non-attachment make life a dance with much creativity and gratitude.

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Mul Mantra

Complete Mantra:

*Ek ong kaar, sat naam, karataa purakh, nirbho, nirvair
Akaal moorat, ajoonee, saibhang, gur prasaad. Jap!
Aad such, jugaad such, Hai bhee such, Naanak hosee bhee such.*

Language: Gurmukhi

Source: Siri Guru Granth Sahib

Author: Guru Nanak

Translation:

One Creator. Truth is His name. Doer of everything. Fearless, Revengeless, Undying, Unborn, Self illumined, The Guru's gift, Meditate! True in the beginning. True through all the ages. True even now. Oh Nanak it is forever true.

More Information:

The Mul Mantra translates as the root mantra from which a spiritual foundation is built. The Siri Guru Granth Sahib is based upon the concepts of the Mul Mantra.

Yogi Bhajan says on chanting the Mul Mantra

"The Mul Mantra is a fate killer. It removes the fate and changes the destiny to complete prosperity."

Osho translates the Mul Mantra as such

"He is one, He is Ongkar, the supreme truth. He is the creator, beyond fear, beyond rancor. He is the timeless form, never born, self-creating. He is attained by the guru's grace. He was truth before the ages and as time ran its course. Nanak says now is he truth eternal and forever will he be."

Ong Namo Guru Dev Namo

Complete Mantra: Ong Namo Guru Dev Namo

Language: Gurmukhi

Translation:

Ong Namo - I bow to the subtle divine wisdom

Guru Dev Namo - I bow to the divine teacher within.

More Information:

Yogi Bhajan taught this is ancient yogic mantra as a tool to relate instantly to the divine teacher within. Adi means primal or first. In Kundalini yoga, this is the first mantra that should be used for any yogic or meditative practice. 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

Complete Mantra: Ong

Language: Gurmukhi

Translation: *The Universal Creative Consciousness is my true essence.*

More Information:

In Yogi Bhajan's teachings, Ong is primal sound, it is the creative sound of the universe. Yogi Bhajan said that 'Ong' is a mantra of action. In Kundalini Yoga, 'Ong' is chanted instead of 'Om' for just this reason.

It's not that 'Om' should not be chanted, but Yogi Bhajan taught that chanting 'Om' creates a state of extreme peace - it is the sound we should hear when we leave our bodies. Chanting 'Om,' he taught, can send you into the astral plane rather than grounding you on the physical plane, so you will become spacey and less able to manifest your goals in this life.

Chanting 'Ong' creates a powerful reaction when chanted correctly because of the way the tongue touches the palette when chanting. 'Ong' causes the pituitary gland to be activated and to secrete. When you chant Ong, you start by making a circle of the mouth for the 'O' and then for the 'NG,' the back of the tongue touches the back of the roof of the mouth. You should create a powerful vibration in the nasal passages that rises up and around the brain.

This activates the second and sixth chakras, activating your creativity and drive. Kundalini Yoga is about manifesting your destiny in this lifetime, so mantras of action are an important part of a Kundalini Yoga practice.

Pavan Guru

Complete Mantra:

*Pavan Pavan Pavan Pavan, Par Para Pavan Guru
Pavan Guru Wahe Guru, Wahe Guru Pavan Guru*

Translation:

Pavan - The Divine Breath

Par Para - From Beyond the Beyond

Pavan Guru - Breath is the Guru

Wahe Guru - The Experience of the Divine

More Information:

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."

"Whoever recites this mantra becomes absolutely divine, God in action... This mantra increases the pranic energy. There is no better healing than this." - Yogi Bhajan

Ra Ma Da Sa

Complete Mantra: *Ra Ma Da Sa Sa Say So Hung*

Language: *Gurmukhi*

Author: *Yogi Bhajan*

Translation:

Ra - Sun

Ma - Moon

Daa - Earth

Saa - Impersonal Infinity

Saa Say - Totality of Infinity

So - Personal sense of merger and identity

Hung - The infinite, vibrating and real.

More Information:

This mantra taps into the energies of the sun, moon, earth, and the Infinite Spirit to bring deep healing. It can be chanted to heal the self or to send healing energy to anyone you wish.

Sa Re Sa Sa

Complete Mantra:

Sa Re Sa Sa, Sa Re Sa Sa, Sa Re Sa Sa, Sa Rung

Har Re Har Har, Har Re Har Har, Har Re Har Har, Har Rung

Translation:

That Infinite Totality is here, everywhere. That creativity of God is here, everywhere.

More Information:

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.

This mantra takes away negativity from within oneself awakening the Infinite Creative energy to burn away obstacles to achieving higher consciousness.

Sa Ta Na Ma

Complete Mantra: *Sa Ta Na Ma*

Translation:

Saa = Infinity, totality of the Cosmos

Taa = Life (birth of form from the Infinity)

Naa = death (or transformation)

Maa = Rebirth

More Information:

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.

This mantra is a great catalyst for change.

Sa Ta Na Ma Ra Ma Da Sa

Complete Mantra:

Sa Ta Na Ma Ra Ma Da Sa Sa Say So Hung

Language: *Sanskrit*

Translation:

Sa Ta Na Ma: The five primal sounds representing the complete cycle of life.

Ra: Sun

Ma: Moon

Da: Earth

Sa: Impersonal Infinity

Sa Say: Totality of Infinity

So: personal sense of merger and infinity

Hung: Infinity vibrating and real. (So Hung: I am Thou)

More Information:

Combination of mantras: Sa Ta Na Ma and Ra Ma Da Sa Sa Say So Hung. Used in some Kundalini Yoga meditations.

Sat Kartar

Complete Mantra: *Sat Kartar*

Language: *Gurmukhi*

Author: *Yogi Bhajan*

Translation: *God is the Doer*

More Information:

"Sat Kartar" is a sound that Guru Nanak, founder of the Sikh Path, (which many of our Kundalini Yoga mantras have come from) would speak, when things would happen, good or bad. His response was, "Sat Kartar!" and in effect he was saying, God or the Great Divine One, is the One doing this action, this situation. The "Sat" in the mantra is first identifying the Soul's True Sound (means Essence of Truth, or Being) It is said that directly behind the heart is supposedly where the Soul resides.

"Kartar" means Doer, and when the two words are combined, it is to say "Doer, Manifestor, or Walker of the Truth." When these primal sounds are repeated/affirmed over time, as a practice, we are in effect, opening, expanding, and directing the energetic FLOW of the Heart.

The second aspect of this heart-opening mantra is that it is a key to living in a state of Faith; we are calling our souls to walk, to experience, to do, in our lives with the belief and understanding that the Divine One is working in all situations. To experience the trusting, faithful aspect of love in our lives, we sometimes need to first do the work to open and trust the Flow of the Divine doing everything. When we open to that Flow then we establish and allow a path for the Universe to Flow back to us in response, with All it is waiting to give to us.

Sat Nam

Complete Mantra: *Sat Nam*

Language: *Gurmukhi*

Author: *Guru Nanak*

Translation:

Sat - Truth

Nam - Identity / Name

More Information:

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).

Sat Nam Wahe Guru

Complete Mantra:

Sat Nam Wahe Guru

Seen in many forms in kriyas and meditations, including:

Sat Nam Sat Nam Waheguru Waheguru

Sat Nam Sat Nam Sat Nam Sat Nam Sat Nam Sat Nam Waheguru

etc

Language: *Gurmukhi*

Translation:

True is my identity, Great is the Guru, the divine teacher who brings us from darkness to light.

Sat Narayan Wahe Guru

Complete Mantra:

Sat Narayan Wahe Guru Hari Narayan Sat Nam

Translation:

Sat Narayan is True Sustainer,

Wahe Guru is indescribable Wisdom,

Hari Narayan is creative sustenance

Sat Nam is True Identity.

More Information:

This mantra is chanted to create inner peace so one can project outer peace, happiness and good fortune. Narayan is the aspect of Infinity that relates to the water element. This mantra helps you "go with the flow" and takes you beyond the world to the experience of Infinity.

Sat Siri Siri Akaal

Complete Mantra:

Sat siree siree akaal, siree akaal mahaa akaal,

Mahaa akaal, sat naam, akaal moorat, wahay guroo

Language: *Gurmukhi*

Source: *Yogi Bhajan*

Translation:

The True Great, Great Deathless, Great Deathless beyond Death, Beyond Death, Truth is His name, Deathless form of God, Experience of the Divine

More Information:

Yogi Bhajan called this the mantra for the aquarian age. When we chant it we affirm that we are timeless, deathless beings. This is one of the "Aquarian Sadhana" mantras. It is known for giving victory in all aspects of life. It is said that when we are challenged in life there are three impulses we confront: One is to be alone/to withdraw, another to deny or fantasize about the future, another to live greedily or in scarcity instead of prosperously. This mantra is to help one overcome these tendencies and give courage and caliber.

Siri Simrity

Complete Mantra:

Siri Simrity, Siri Bhagvati, Siri Akal, Wahe Guru Ad Hari, Anaad Hari, Siri Hari, Wahe Guru Wahe Guru, Wahe Guru, Wahe Guru, Wahe Jio

Language: Gurmukhi

Author: Yogi Bhajan

Translation:

Great meditation, Great primal power, Great Undying, Wow! the experience of Infinity guided by the Guru(the enlightened) Creativity, Great Creativity, Wow! the experience of the Infinite, guided by the Guru.

More Information:

From Simran Kaur Khalsa:

"This Mantra had its origin from the Siri Singh Sahib. In 1989, he gave this mantra to me to make a special recording for one lady in particular. This lady was a new student of his and had suffered much abuse and trauma in her life. It was my privilege to provide a musical recording to help with her healing."

This Mantra is for helping restore the "Dignity, Divinity and Grace of all women."

Wahe Guru

Complete Mantra: *Wahe Guru*

Language: Gurmukhi

Translation:

Wahe is a statement of awe and ecstasy.

Guru is the one who brings us from darkness to light.

Wahe Guru is an expression of complete ecstatic awe of the Divine.

More Information:

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 teachers 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.

Mantrapedia from Spirit Voyage

Mantra is a mind projection created in either a spoken or mental manner. Mantras can be a word, phrase, syllable or sound. They can be recited, sung or repeated silently in the mind. Shakti Khalsa, in her book Kundalini Yoga, describes mantra as " a technique for regulating the mind. There are many mantras each one having its own quality, rhythm, and effect...Every thought or feeling that we have is on a vibratory frequency. By using mantras we direct the mind into a high vibratory frequency." For thousands of years, mystics, meditators and yogis have used mantras for mental and spiritual transformation.