

Sadhana Mantras for the Aquarian Age

1. The Adi Shakti Mantra/Long Ek Ong Kars/Morning Call:

This mantra initiates the kundalini, initiating the relationship between our soul and the Universal Soul.

Ek Ong Kaar Sat Naam...Siri Wha-hay Guroo

'One Creator created this Creation. Truth is His Name. Great beyond description is His Infinite Wisdom.'

2. Waah Yantee, Kar Yantee

This mantra uses the words of Patanjali. It represents thousands of years of prayer. With it, we call directly on the Macroself, beyond the gunas, beyond creation.

**Waah Yantee, Kaar Yantee
Jag Doot Patee, Aadak It Waahaa
Brahmaadeh Traysha 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 (Shiva).
That is Wahe Guru.*

3. Mul Mantra

The Mul Mantra gives an experience of the depth and consciousness of your soul. There are 108 elements in the universe and 108 letters in the mul mantra. This mantra expands creativity and projects us into action in line with the Creator and our destiny.

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| Ek Ong Kaar | <i>One Creator, Creation</i> |
| Sat Naam | <i>Truth Identified</i> |
| Kartaa Purkh | <i>Doer of Everything</i> |
| Nirbho | <i>Fearless</i> |
| Nirvair | <i>Revengeless</i> |
| Akaal Moorat | <i>Undying</i> |
| Ajoonee | <i>Unborn</i> |
| Saibung | <i>Self-illuminated, self existent</i> |
| Gur Prasaad | <i>Guru's grace (gift)</i> |
| Jap! | <i>REPEAT (Chant)</i> |
| Aad <u>Such</u> | <i>True in the beginning</i> |
| Jugaad <u>Such</u> | <i>True through all time</i> |
| Hai Bhee <u>Such</u> | <i>True even now</i> |
| Nanak Hosee Bhee <u>Such</u> | <i>Nanak says Truth shall ever be</i> |

4. **Sat Siree, Siree Akal**

Yogi Bhajan has called this the Mantra for the Aquarian Age. With it, we declare that we are timeless, deathless beings.

Sat Siree

Great Truth

Siree Akaal

Respected Undying

Siree Akaal

Respected Undying

Mahaa Akaal

Great Deathless

Mahaa Akaal

Great Deathless

Sat Naam

Truth Identified

Akaal Moorat

Deathless Image of God

Wha-hay Guroo

Great beyond description in His Wisdom

5. **Rakhe Rakhan Har**

This is a mantra of protection against all negative forces which move against one's walk on the path of destiny, both inner and outer. It cuts like a sword through every opposing vibration, thought, word and action.

Rakhay rakhanahaar aap ubaari-an

Gur kee pairee paa-eh kaaj savaari-an

Hoaa aap daiaal manaho na visaari-an

Saadh janaa kai sang bhavajal taari-an

Saakat nindak dusht khin maa-eh bidaari-an

Tis saahib kee tayk Naanak mania maa-eh

Jis simrat sukh ho-eh sagalay dookh jaa-eh

Thou who savest, save us all and take us across, uplifting and giving the excellence.

You gave us the touch of the lotus feet of the Guru, and all our jobs are done.

You have become merciful, kind and compassionate and so our mind does not forget Thee.

In the company of the holy beings you take us from misfortune and calamities, scandals and disrepute.

Godless, slanderous enemies-you finish them in timelessness.

That great Lord is my anchor.

Nanak, keep firm in your mind, by meditating and repeating His Name

All happiness comes and all sorrows and pain go away.

6. **Wahe Guru Wahe Jio**

This is a mantra of ecstasy. We establish ourselves for victory and the right to excel.

****Chant this mantra sitting in Vir Asan. Sit on the left heel, with the right knee against the chest, with the hands in Prayer Pose. Eyes are focused at the tip of the nose.**

Wha-hay Guroo Wha-hay Guroo

Wha-hay Guroo Wha-hay Jeeo

7. **Guru Ram Das Chant**

This in praise of the consciousness of Guru Ram Das invokes his spiritual light, guidance and protective grace. We are filled with humility.

Guroo Guroo Wha-hay Guroo

Guroo Raam Das Guroo