

The Complete Adi Mantra for Individual Meditation 1 of 2

Sit in an Easy Pose, with a light *jalandhar bandh*.

EYE POSITION: Focus your eyes on the tip of the nose.

MUDRA: Bring both palms in front of the Heart Center facing upward. Touch the sides of the palms along the little fingers and sides of the hands, as if you will receive something in them. Form Gyan Mudra in each hand.

BREATH PATTERN & MANTRA: Chant the entire mantra **3-5 times** on one breath. Keep the number of repetitions per breath constant. The sound **DAYV** is chanted a minor third higher than the other sounds. The sound of **DAYVAA** carries slightly on the **AA** sound.



ONG NAMO, GURUO DAYV NAMO, GURUO DAYV NAMO, GURUO DAYVAA

The sound of **ONG** is created in the inner chambers of the sinuses and upper palate. It is the **NG** sound that is emphasized. The first part of **NAMO** is short and rhymes with **HUM**. The syllable **GU** is pronounced as in the word *good*. The syllable **ROO** rhymes with the word *true*. The word **DAYV** rhymes with *save*. The **AA** in **DAYVAA** is chanted with the mouth open and the sound vibrating from an open throat.



TIME: Continue for **11-31 minutes** for a powerful meditation and guidance. Yogi Bhanan did not restrict longer periods of practice.

COMMENTS

To center before a set of Kundalini Yoga we chant the Adi Mantra, *Ong Namu Guru Dev Namu*, three to five times. *Adi* means the first or primal; *mantra* is the creative projection of the mind through sound. This mantra is the first creative action. It centers you into the Higher Self and reminds your lower mind that it is not your ego that will practice or teach Kundalini Yoga. Technically, it links you into the Golden Chain. The Golden Chain is the inner spark of kundalini that is passed from person to person; teacher to student; guru to teacher; cosmos and God to Guru. By chanting this mantra and linking to the Golden Chain, the exercises and meditations that you practice are guided by your higher consciousness and all the teachers that have brought this opportunity to you. It makes you very receptive and sensitive to the message of your body, mind, and intuition. It is used as a link when you teach and as preparation for your personal practice. However, it is not an individual mantra, complete in itself. It is a hook that creates a flow, which you serve. If you need an individual, spiritual link and source of guidance, then there is another form to use: the Complete Adi Mantra.

The complete individual form of the mantra immerses you in awareness and guidance for your personal situation. It establishes a guiding beam between you in your immediate state, and your higher consciousness, that is true through all states. It is very useful if you are entering Shakti Pad in Kundalini Yoga. It is also excellent as a means to gain perspective and direction.

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