

MANTRAS

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*).