

Mantra Sheet

Celestial Communication with Adarsh



Mantra Aad Guray Nameh

Pronunciation

Aad Guray Nameh

Jugaad Guray Nameh

Sat Guray Nameh

Siree Guru Dayvay Nameh

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.

This mantra (also known as the Mangala Charan Mantra) clears the clouds of doubt and opens us to guidance and protection. It invokes a light shield and stimulates an alert mind to avoid accidents.



Chattra Chakra Vartee

Pronunciation

*Chattra chakra vartee, chattra chakra bhugatay
Suyumbhav subhang sarab daa sarab jugtay
Dukaalang pranaasee dayaalang saroopay
Sadaa ung sungay abhangang bibhootay*

Translation:

Thou art pervading in all the four directions,
the Enjoyer in all the four directions.

Thou art self-illuminated and united with all.

Destroyer of bad times, embodiment of mercy.

Thou art ever within us.

Thou are the everlasting giver of undestroy-able power.

These are the last four lines of Guru Gobind Singh's powerful prayer, Jaap Sahib. Chattra Chakra Vartee removes fear, anxiety, depression, insecurity and phobias. It instills courage, fearlessness and brings victory. It gives self-command and self-grace.



Mantra Gobinday Mukanday

Pronunciation

Gobinday, Mukanday

Udharay, Aparay

Hariang, Kariang

Nirnamay, Akamay

Translation:

Sustaining, Liberating

Enlightening, Infinite

Destroying, Creating

Nameless, Desireless

The Guru Gaitri mantra (Gobinday Mukanday) eliminates karmic blocks and past errors, balances brain hemispheres, purifies the magnetic field, and brings compassion and patience.



Mantra Guru Guru Wahe Guru

Pronunciation

Guru Guru

Wha-hay Guru

Guru Ram Das

Guru

Translation:

The first part of the mantra, Guru Guru Wahe Guru, projects the mind to the Infinite, the source of knowledge and ecstasy. The second part, Guru Ram Das Guru, means “the wisdom that comes as a servant of the Infinite.”

