

Mantra Sheet

Pronunciation

Mul Mantra

Ek Ong Kaar

Sat Naam

Kartaa Purakh

Nirbhau Nirvair

Akaal Moorat

Ajoonee Saibhang

Gur Prasaad

Jap!:

Aad Sach

Jugaad Sach

Hai Bhee Sach

Nanak Hosee Bhee Sach

Translation

The One, Universal Creator

Truth is His Name

The Primal Creative Being

Beyond Fear, Beyond Vengeance

The Image of the Undying

Beyond Birth, Self-Existent

By Guru's Grace

Repeat!:

True in the primal beginning

True throughout the ages

True here and now

O Nanak, forever and ever True

Complete Adi Mantra

Pronunciation

Ong Namō
Guru Dev Namō
Guru Dev Namō
Guru Deva

Meaning

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 (spiritual ego) in Kundalini Yoga. It is also excellent as a means to gain perspective and direction.

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.”