

Mantra Sheet

Embodying the 12 Steps: Kundalini Yoga &
Meditation for Freedom from Addiction

Mantra Aad Guray Nameh

Pronunciation

Aap sahaa-ee hoaa

Sachay daa sachaa doaa

Har Har Har

Translation:

You, Divine One, have become my refuge.

True is Your support,

Great Creative Infinite.

This mantra is a gift to you that will let you penetrate the unknown without fear. It will give you protection and mental balance.

Ang Sang Wahe Guru



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Translation:

The Infinite Being is within me and vibrates in ecstasy in every molecule and cell of my being.

Ang is 'cell' or 'limb.'

Sang is 'in every part,' or 'with every part.'

Whaa-hay is the indescribable living ecstasy of Infinite Being.

Guroo is wisdom or the knowledge that transforms your mind, emotions and essence.

Chanting this mantra synchronizes the finite sense of self to the Infinite Oneness.