
AQUARIAN SADHANA MANTRAS

MORNING CALL (The Adi Shakti Mantra)

7 minutes

This mantra initiates the kundalini, initiating the relationship between our soul and the Universal Soul. It opens all the chakras. Be sure to apply Neck Lock to let the Kundalini energy rise.

Ek Ong Kaar

One Creator created this Creation

Sat Naam

Truth is His Name

Siri Wahe Guru

Great beyond description is His Infinite Wisdom

WAAH YANTEE, KAR YANTEE

7 minutes

With this mantra, we strengthen the connection with the infinite self, the part of us beyond the physical world, beyond creation.

Waah Yantee

Great Macroself

Kar Yantee

Creative Self

Jag Dut Patee

All that is creative through time

Aadak It Waahaa

All that is the Great One

Brahmaadeh Tresha Guru

Three aspects of God: Brahma, Vishnu, Mahesh

It Wahe Guru

That is Wahe Guru.

MUL MANTRA

7 minutes

This mantra gives an experience of the depth and consciousness of your soul. It eradicates deep, longstanding pain and sorrow. It expands creativity and projects us into action in line with our destiny.

Ek Ong Kar

One Creator created this Creation

Sat Nam

Truth is God's Name

Kartaa Purkh

Doer of everything

Nirbhao

Fearless

Nirvair

Revengeless

Akaal Moorat

Undying

Ajoonee

Unborn

Saibung

Self Illumined

Gur Prasad

It is by Guru's Grace

Jap!

Repeat and Meditate!

Aad Sach

True in the beginning

Jugaad Sach

True through all the ages

Haibhee Sach

True even now

Nanak Hosee Bhee Sach

Nanak says Truth shall ever be.

SAT SIRI, SIRI AKAL (Mantra for the Aquarian Age)

7 minutes

With this mantra we declare that we are timeless, deathless beings and promotes victory in all aspects of our life.

Sat Siri, Siri Akaal

Great Truth, Great Undying

Siri Akaal, Mahaa Akaal

Great Undying, Great Deathless

Mahaa Akaal, Sat Naam

Great Deathless, Truth is God's Name

Akaal Moorat, Wahe Guru

Deathless Image of God

RAKHE RAKHAN HAR

7 minutes

This is a mantra of protection against all negative forces, inner and outer, which are blocking us from moving on our true path. It cuts like a sword through every opposing vibration, thought, word, and action.

**Rakhay rakhanahaar aap ubaaria-an
Gur kee pairee paa-i kaaj savaari-an
Hoaa aap da-iaal manaho na visaari-an
Saadh janaa kai sang bhavajal taari-an
Saakat nindak dusht khin maa-eh bidaari-an
Tis saahib kee tayk Naanak manai maa-eh
Jis simrat sukh ho-i sagalay dookh jaa-eh**

Thou who savest, save us all and take us across,
Uplifting and giving the excellence.
You gave us the touch of the lotus feet of the Guru, and all our jobs
are done.
You have become merciful, kind, and compassionate; and so our mind
does not forget Thee.
In the company of the holy beings you take us from misfortune and
calamities, scandals, and disrepute.
Godless, slanderous enemies—you finish them in timelessness.
That great Lord is my anchor.
Nanak, keep firm in your mind, by meditating and repeating His Name
All happiness comes and all sorrows and pain go away.

WAHE GURU WAHE JIO

22 minutes

This is a mantra of ecstasy with which we establish ourselves for victory and the right to excel. Chant sitting in Vir Asan (warrior pose), sitting on the left heel, with the right knee against the chest, with hands in Prayer Pose. Eyes are focused at the tip of the nose.

Wahe Guru Wahe Guru Wahe Guru Wahe Jio

“Wow, God is great!” or “indescribably great is His Infinite, Ultimate Wisdom.”

GURU RAM DAS CHANT

5 minutes

This mantra is one of humility. It opens the Heart Center (4th chakra) so that we can feel and effortlessly radiate universal love. We call on Guru Ram Das in praise of his spiritual guiding light and protective grace.

Guru Guru Wahe Guru, Guru Ram Das Guru

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

Adi Shakti Mantra

Adi Shakti, Namō Namō,

Sereb Shakti, Namō Namō,

Pritam Bhagvati, Namō Namō,

Kundalini, Mata Shakti, Namō Namō!

Meaning of Adi Shakti Mantra

I bow to the primal power

I bow to the all-encompassing power

I bow to the creative power at the beginning

I bow to the divine mother of all peace

