

## **Morning Call (The Adi Shakti Mantra, Long Ek Ong Kars) - 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*

*(See My Favorite Mantra by Shakti Parwha Kaur for detailed instructions on how to chant Long Ek Ong Kars)*

*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  
Hooa 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*

Translation:

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 up, right foot flat on the ground, with hands in Prayer Pose. Eyes are focused at the tip of the nose.

*Wahe Guru Wahe Guru Wahe Guru Wahe Jio*

Translation: "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."

Source: <https://www.3ho.org/kundalini-yoga/sadhana/aquarian-sadhana>