
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
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**

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.”