

Mantras used in Kundalini Yoga & Meditation Classes

SAT NAM

Sat Nam is a seed (bij) Mantra.

SAT - Truth or Essence

NAM - Name or Identity

together - I am Truth, Truth is my Identity, Truth is my Name

Pronunciation: SAT NAM = Sut Naam -rhymes with "but mom"; the 'a' is short as in 'hut', and the 'aa' is long as in 'mom'.

ADI MANTA - Used to begin every class - 3xs

ONG NAMO GURU DEV NAMO

This mantra calls upon the Creator, the Divine Teacher inside every human being. It establishes a connection to receive the highest guidance, energy and inspiration. It connects us to our highest self, connects the energy of the class and we become part of the Golden Chain - a link in the lineage of Kundalini Yoga & Meditation. Chant it at least three times before beginning any practice of Kundalini Yoga as taught by Yogi Bhajan®.

ONG - THE Creative Energy

NAMO - I bow - to Call on - give reverence - salute

GURU - Teacher or Wisdom (GU = darkness/ignorance, RU = light /knowledge)

DEV - subtle realm (non-physical)

MANGALA CHARN - usually chanted after Adi Mantra - 3xs

AAD GURAY NAMEH

JUGAAD GURAY NAMEH

SAT GURAY NAMEH

SIREE GUROO DAYVAY NAMEH

AAD GURAY NAMEH - I bow to the Primal wisdom

JUGAAD GURAY NAMEH - I bow to the wisdom through the Ages

SAT GURAY NAMEH - I bow to the True Wisdom

SIREE GUROO DAYVAY NAMEH - I bow to the great unseen Wisdom

This mantra is for projection and protection. As you chant the first line, visualize lattice work or a shield from the back of your body - overhead - to the front; second line, visualize it moving back from the front to the back; third line, left to right; fourth line, right to left. It is also a good mantra to chant when traveling, driving, flying, etc.

LONG TIME SUN

Close with Long Time Sun as a positive affirmation or blessing. It can be chanted (melodically) or recited, with or without music.

May the Long Time Sun Shine Upon You

All Love Surround You

And the Pure Light Within You

Guide Your Way On.

1-3xs

End with a Long Sat - short Nam

Sat Nam.