

Below is a list of commonly used mantra used in the practice of Kundalini Yoga, as taught by Yogi Bhajan.

### **Ong Namō Guru Dev Namō**

This mantra tunes us to the frequency of our higher self or inner master.

It also links us to the Golden Chain, which is the link with the Masters of Kundalini yoga. With this mantra we are protected as we practice, as well as guided in our practice.

### **Sat Nam**

This mantra is probably the most widely used mantra in the practice of Kundalini Yoga. Sat means truth—the reality of one's existence.

Naam means the identity. It is a bij (or seed) mantra.

### **SA TA NA MA**

Saa=Infinity, totality of the Cosmos

Taa=Life (birth of form from the Infinity)

Naa=Death (or transformation)

Maa=Rebirth

This mantra expresses the five primal sounds of the Universe. (SSS, TTT, x NNN, MMM and AAA.) This mantra describes the continuous cycle of life and creation.

### **Gobinday, Mukunday, Udaaray, Apaaray, Hareeung, Kareeung, Nirnaamay, Akaamay**

Sustaining, Liberating, Enlightening, Infinite, Destroying, Creating, Nameless, Desire-less.

### **Adi Shakti, Adi Shakti, Adi Shakti, Namō Namō**

### **Sarab Shakti, Sarab Shakti, Sarab Shakti, Namō Namō**

### **Pritham Bhagavatee, Pritham Bhagavatee, Pritham Bhagavatee, Namō Namō**

### **Kundalini Maata Shakti, Maata Shakti, Namō Namō**

I bow to the Primal Power

I bow to the all Encompassing Power and Energy

I bow to that through which God creates

I bow to the creative power of the kundalini, the Divine Mother Power.

### **Aad Guray Nameh, Jagaad Guray Nameh Sat Guray Nameh, Siri Guru Devay Nameh**

This mantra clears the clouds of doubt and opens us to guidance and protection.

It surrounds the magnetic field with protective light.

### **May the long time sun shine upon you All love surround you And the pure light within you Guide your way home**

A blessing chanted at the end of a class.

### **HAR**

Har is one of the aspects of God—the Creative Infinity.

### **HARI (Haree)**

Hari is Creation in action.

### **Har Haray Hari Wahe Guru**

Har haray haree wha-hay guroo

This is a shakti mantra plus a bhakti mantra. It expresses the three qualities of the word Har, the Creative Infinity: seed, flow, & completion, unto the Infinite. This mantra can bring you through any block in life.

### **Guroo Guroo Wha-hay Guroo Guroo Raam Das Guroo**

This is the Guru Ram Das Chant.

This in praise of the consciousness of Guru Ram Das, invoking his spiritual guidance and protective grace. We are filled with humility.

### **Wha-hay Guroo , Wha-hay Guroo Wha-hay Guroo , Wha-hay Jeeo**

Great beyond description is His infinite Wisdom.