

## 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.*

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| <p><b>Ek Ong Kaar</b><br/><b>Sat Naam</b><br/><b>Siri Wahe Guru</b></p> | <p>Everything that <b>Is</b> -and its Source -are One<br/>We Understand this Truth from Deeply Within<br/>Great Indescribable Wisdom</p> |
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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.*

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| <p><b>WaaH Yantee</b><br/><b>Kar Yantee</b><br/><b>Jag Dut Patee</b><br/><b>Aadak It Waahaa</b><br/><b>Brahmaadeh Tresha Guru</b><br/><b>It Wahe Guru</b></p> | <p>Great Macroself<br/>Creative Self<br/>All that is creative through time<br/>All that is the Great One<br/>Three aspects of the Infinite: Brahma, Vishnu,<br/>Mahesh That is Wahe Guru.</p> |
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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.*

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| <p><b>Ek Ong Kar</b><br/><b>Sat Nam</b><br/><b>Kartaa Purkh</b><br/><b>Nirbhao</b><br/><b>Nirvair</b><br/><b>Akaal Moorat</b><br/><b>Ajoonee</b><br/><b>Saibung</b><br/><b>Gur Prasad</b></p> <p><b>Jap!</b></p> <p><b>Aad Sach</b><br/><b>Jugaad Sach</b><br/><b>Haibhee Sach</b><br/><b>Nanak Hosee Bhee Sach</b></p> | <p>One Spirit Beyond Moves within the Creation ---Coordinating,<br/>Consolidating, Continually Creating<br/>And this Spirit within me is my True Identity<br/>It does All and Causes All to be Done<br/>It Protects me through all incidents of Time and Space<br/>It fears nothing and knows nothing of vengeance or anger.<br/>Deathless, It comes into Form.<br/>In Itself, It has Never been born.<br/>Flowing through the cycles of Birth and Death, It moves on by its Own<br/>Purity and Projection.<br/>This understanding shall come to you as a sweet blessing, as a gift.<br/>In every moment, Continue, in Its Continual Remembrance.<br/>From the start this Truth was True.<br/>All through Time and Space is True. -translation by EkOngKarKaur</p> |
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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.*

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| <p><b>Sat Siri, Siri Akaal</b><br/><b>Siri Akaal, Mahaa Akaal</b><br/><b>Mahaa Akaal, Sat Naam</b><br/><b>Akaal Moorat, Wahe Guru</b></p> | <p>Great Truth, Great Undying<br/>Great Undying, Great Deathless<br/>Great Deathless, Truth is my Identity,<br/>Deathless Image of Infinity</p> |
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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.

All that appears as an enemy—challenges from within us and around  
us- these are finished in timelessness.

I am with my Anchor.

Nanak, keep firm in your mind, by meditating and repeating the  
Naam. 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**

Indescribably great is Infinite, Ultimate Wisdom. I experience this personally,

as a friend, in my Soul/Self

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 connection with 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 Source, embracing knowledge and ecstasy. The second part (Guru Ram Das Guru) means "the wisdom that comes as a servant of the Infinite." Guru Ram Das Energy is that of a compassionate heart and neutral mind. This mantra invites us to roll up our sleeves and serve humanity with consciousness.