

Mantras for Kundalini Yoga Foundations

OPENING / TUNE IN MANTRA (ADI MANTRA)

ONG NAMO GURU DEV NAMO

I bow to the Creative Wisdom, I bow to the Divine Teacher within.

PROTECTION MANTRA (Mangala Charan Mantra (Aad Guray 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

SIRI GURU DAYVAY NAMEH

I bow to the great, unseen Wisdom

BIJA (SEED) MANTRA

SAT NAM

I am truth / Truth is my essence

PANJ SHABO

SA TA NA MA

SA = Infinity / birth TA = Life NA = Death MA = Rebirth

EXTENDED BIJA (SEED) MANTRA

SAT SAT SAT SAT SAT SAT NAM

LONG TIME SUN

May the long time sun shine upon you

All love surrounds you

And the pure light within you

Guide your way on

Guide your way on

