

Sadhana Mantras for the Aquarian Age

YOGI BHAJAN GAVE THE FOLLOWING SEQUENCE OF MANTRAS ON JUNE 21, 1992, with instructions to continue using them for morning sadhana in this order for 21 years. So, until the year 2013, we are set with the best sadhana tools possible. Total time is 62 minutes.

1. Ek Ong Kaar Sat Naam Siri Wha-hay Guroo Adi Shakti Mantra (7 minutes)

"One Creator created this Creation. Truth is His Name. Great beyond description is His Infinite Wisdom."

The cornerstone of morning sadhana is an Ashtang Mantra, the Adi Shakti Mantra, also called Long Ek Ong Kars or Morning Call. This mantra initiates the kundalini, initiating the relationship between our soul and the Universal Soul.

2. Waah Yantee, Kaar Yantee Jag Doot Patee, Aadak It Waahaa Brahmaadeh Traysha Guroo It Wha-hay Guroo. (7 min)

"Great Macroself, Creative Self. All that is creative through time. All that is the Great One. Three aspects of God: Brahma, Vishnu, Mahesh (Shiva). That is Wahe Guru."

This mantra uses the words of Patanjali. It represents thousands of years of prayer. With it, we call directly on the Macroself, beyond the gunas, beyond creation.

3. Ek Ong Kaar Sat Naam Kartaa Purkh Nirbho Nirvair Akaal Moorat Ajoonee Saibung Gur Prasaad Jap! The Mul Mantra (7 min)

"One Creator, Creation Truth Identified (Named) Doer of Everything Fearless Revengeless Undying Unborn Self-illuminated, self-existent Guru's grace (gift) REPEAT (Chant) True in the beginning True through all time True even now Aad Such Jugaad Such Hai Bhee Such Nanak Hosee Bhee Such Nanak says Truth shall ever be"

The Mul (Root) Mantra gives an experience of the depth and consciousness of your soul. This mantra expands creativity and projects us into action in line with the Creator, and our destiny.

4. Sat Siri Siri Akaal Siri Akaal Mahaa Akaal Mahaa Akaal Sat Naam Akaal Moorat Wha-hay Guroo Sat Siri, Siri Akal (7 min)

"Great Truth Respected Undying Respected Undying Great Deathless Great Deathless Truth Identified (Named) Deathless Image of God Great beyond description is His Wisdom"

Yogi Bhajan has called this the Mantra for the Aquarian Age. With it, we declare that we are timeless, deathless beings.

5. 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 (7 min)

This is a shabd of protection against all negative forces which move against one's walk on the path of destiny, both inner and outer. It cuts like a sword through every opposing vibration, thought, word, and action. It is part of the evening prayer of the Sikhs (Rehiraas). Rakhe Rakhana Har was composed by Guru Arjan, the Fifth Guru.

6. Wha-hay Guroo Wha-hay Guroo Wha-hay Guroo Wha-hay Jeeo Wahe Guru Wahe Jio (22 min)

Chant this mantra sitting in Vir Asan. Sit 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 is a mantra of ecstasy. There is no real translation for it, though we could say, "Wow, God is great!" or "indescribably great is His Infinite, Ultimate Wisdom." Jeeo is an affectionate but still respectful variation of the word Jee which means soul. We establish ourselves for victory and the right to excel.

7. Guroo Guroo Wha-hay Guroo Guroo Raam Das Guroo (5 min)

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