

# Aquarian Sadhana Mantras

## 1. Long Ek Ong Kars or The Adi Shakti Mantra (7 minutes)

|              |   |
|--------------|---|
| Ek Ong Kar   | <i>One Creator created this Creation.</i>               |
| Sat Nam Siri | <i>Truth is His Name.</i>                               |
| Wahe Guru    | <i>Great beyond discription is His Infinite Wisdom.</i> |

This mantra initiates the kundalini, initiating the relationship between our soul and the Universal Soul.

## 2. Wah Yantee, Kar Yantee (7 minutes)

|                         |  |
|-------------------------|--|
| Wah Yantee              | <i>Great Macroself,</i>                                      |
| Kar Yantee              | <i>Creative Self.</i>  |
| Jag Dut Patee           | <i>All that is creative through time.</i>                    |
| Aadak It Waha           | <i>All that is the Great One.</i>                            |
| Brahmaadeh Traysha Guru | <i>Three aspects of God: Brahma, Vishnu, Mahesh (Shiva).</i> |
| It Waahey Guru          | <i>That is Wahe Guru</i>                                     |

This mantra was given by Patanjali. He prophesied Guru Nanak Dev Ji's coming into the world and gave the "Wah Yantee" mantra which describes Wahe Guru. The "Wah Yantee" mantra is known for awakening the intuition. According to Yogi Bhajan the practice of this mantra is the culmination of hundreds of years of prayer.

## 3. The Mul Mantra (7 minutes)

|                         |  |
|-------------------------|--|
| Ek Ong Kar              | <i>One creator and creation</i>          |
| Sat nam                 | <i>truth is God's name</i>               |
| Karta purkh             | <i>Doer of Everything</i>                |
| Nirbhao                 | <i>Fearless</i>                          |
| Nirvair                 | <i>Revengeless</i>                       |
| Akal Moorat             | <i>Undying</i>                           |
| Ajuni                   | <i>Unborn</i>                            |
| Saibung                 | <i>Self-illuminated</i>                  |
| Gurprasad               | <i>Self existent Guru's Grace (gift)</i> |
| JAP                     | <i>Repeat (Chant)</i>                    |
| Aad such                | <i>True in de beginning</i>              |
| Jugaad such             | <i>True through all the ages</i>         |
| Hebhee such             | <i>True even now</i>                     |
| Nanak e Hosee Bhee such | <i>Nanak says Truth shall ever be</i>    |

This mantra gives the ability to lead. Yogi Bhajan says on chanting the Mul Mantra: "The Mul Mantra is a fate killer. It removes the fate and changes the destiny to complete prosperity."

#### 4. Sat Siri, Siri Akal (7 minutes)

|             |   |
|-------------|---|
| Sat Siri    | <i>Great truth</i>                              |
| Siri Akal   | <i>Great undying</i>                            |
| Maha Akal   | <i>Great deathless</i>                          |
| Maha Akal   | <i>Great deathless</i>                          |
| Sat Nam     | <i>Truth is God's name</i>                      |
| Akal Moorat | <i>Deathless image of God</i>                   |
| Wahe Guru   | <i>Great beyond description is God's wisdom</i> |

*Truth is great and shall never die.*

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

#### 5. Rakhay Rakhahaar (7 minutes)

Rakha rakhanar aap ubararian  
Gur kee pairee paa-i kaaj savaarian  
Ho-aa aap da-i-aal manaho na visaarian  
Saadh janaa kai sang bhavajal taarian  
Saakat nandak dusht khin maa-eh bidaarian  
Tis sahib jee tayk Nanak manai maa-eh  
Jis simrat sookh ho-eh sagalay dookh jaa-er

*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. Godless, slandering enemies -you finish them in timelessness.  
That great Lord is my anchor. Nanak, keep Him firm in your mind. By meditating and  
repeating his Name, all happiness comes and all sorrows and pain go away.*

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 (Rehiras). Rakhe Rakhahaar was composed by Guru Arjan, the Fifth Guru.

## **6. Wahe Guru Wahe Jio (22 minutes)**

Wahe Guru, Wahe Guru  
Wahe Guru, Wahe Jio

*Great beyond description is the experience of God's wisdom.  
Great beyond description is the experience of God blessing the Soul.*

Sit in Vir Asan; kneeling on the left heel with the right knee against the chest and the hand in prayer pose. The eyes are at the tip of the nose.

## **7. Guru Ram Das Chant (5 minutes)**

Guru Guru, Wahe Guru,  
Guru Ram Das Guru

*The wisdom that comes as a servant of the infinite.*

This mantra calls on the spiritual guiding lights and protective grace of Guru Ram Das.