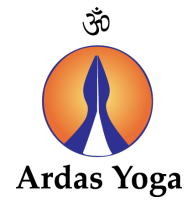


Mantras



Sat Nam

Sat Nam is the “Bij” or seed mantra. It reinforces the divine consciousness in everyone.

Sat: Truth
Nam: Name or Identity

“Truth is your identity; God’s name is truth.”
Use it as a greeting, anytime, anyplace.

Ong Namō Guru Dev Namō

The “tuning in” Mantra is chanted 3 times before every Kundalini Yoga class.

Ong: Infinite Creative Energy
Namō: To bow in humility
Guru: One who moves us out of the darkness & into the Light
Dev: Divine, Angelic wisdom
Namō: To bow in humility

This Mantra calls upon the Creator and establishes a strong and clear connection to the Divine Teacher within.

Aad Guray Nameh, Jugad Guray Nameh, Sat Guray Nameh, Siri Guru Dev-ay Nameh

The Mangala Charn Mantra clears the clouds of doubt and opens us to guidance and protection. It surrounds our magnetic field with protective light.

Aad Guray Nameh: I bow to the Primal Wisdom
Jugad Guray Nameh: I bow the Wisdom that is True through out the Ages
Sat Guray Nameh: I bow to the True Wisdom
Siri Guru Dev-ay Nameh: I bow to the Great Unseen Wisdom

**May the Long Time Sun Shine Upon You
All Love Surround You
And the Pure Light Within You
Guide Your Way On.**

A Positive Affirmation that brings Blessings to All.