

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. The Adi Shakti Mantra:

Ek Ong Kaar Sat Naam Siri Wha-hay Guroo

(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.

Long Ek Ong Kars are chanted without musical accompaniment, whereas the six mantras that follow may be chanted using various melodies with or without instrumental accompaniment. (Musicians take note: instruments are for background to accompany and support the voice. Also, be sure to preserve the original rhythm of the mantra by keeping the length of the syllables intact.)

2. Waah Yantee, Kar Yantee (7 minutes)

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.

Waah Yantee, Kaar Yantee

Jag Doot Patee, Aadak It Waahaa

Brahmaadeh Traysha Guroo

It Wha-hay Guroo

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.

3. The Mul Mantra (7 minutes)

The Mul (Root) Mantra gives an experience of the depth and consciousness of your soul. There are 108 elements in the universe, and 108 letters in the *mul mantra* (in the original Gurmukhi script). This mantra expands creativity and projects us into action in line with the Creator, and our destiny.

In chanting the Mul Mantra:

- ▶ Leave a slight space (not a breath) between *ajoonee* and *saibhang*. Do not run the words together.
- ▶ Emphasize the "ch" sound at the end of the word *such*. This adds power.

Ek Ong Kaar

One Creator, Creation

Sat Naam

Truth Identified (Named)

Kartaa Purkh

Doer of Everything

Nirbho

Fearless

Nirvair

Revengeless

Akaal Moorat

Undying

Ajoonee

Unborn

Saibung

Self-illuminated, self existent

Gur Prasaad

Guru's grace (gift)

Jap!

REPEAT (Chant)

Aad Such

True in the beginning

Jugaad Such

True through all time

Hai Bhee Such

True even now

Nanak Hosee Bhee Such *Nanak says Truth shall ever be*

4. Sat Siree, Siree Akal (7 minutes)

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

Sat Siree

Great Truth

Siree Akaal

Respected Undying

Siree Akaal

Respected Undying

Mahaa Akaal

Great Deathless

Mahaa Akaal

Great Deathless

Sat Naam

Truth Identified (Named)

Akaal Moorat

Deathless Image of God

Wha-hay Guroo

Great beyond description is His Wisdom

5. Rakhe Rakhan Har (7 minutes)

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 Rakhan Har* was composed by Guru Arjan, the Fifth Guru.

**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.
Godless, slanderous enemies—you finish them in timelessness.
That great Lord is my anchor.*

*Nanak, keep firm in your mind, by meditating and
repeating His Name*

All happiness comes and all sorrows and pain go away.

6. Wahe Guru Wahe Jio (22 minutes)

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.

**Wha-hay Guroo Wha-hay Guroo Wha-hay Guroo
Wha-hay Jeeo**

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. Guru Ram Das Chant (5 minutes)

Guroo Guroo Wha-hay Guroo Guroo Raam Das Guroo

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

Guidelines for Leading the Aquarian Sadhana

This is meant to be a model for morning *sadhana* only—times are very approximate. Adjust according to the needs of the group. With a group *sadhana*, it is important to end *sadhana* on time, so that everyone can adjust their schedules accordingly.

▶ **First guideline for *sadhana* leaders: Show up!**

If for any reason you are not able to make it on the day you are leading, you must arrange for someone else to lead.

▶ **Japji Sahib 4:00 am**

If you are unfamiliar with *Japji* or concerned about fine-tuning pronunciation, use a tape or CD. If possible, read *Japji* tantric style—male-female reading alternate lines. *A copy of Japji can be downloaded from sikhnet.com.*

▶ **Ong Namō Guru Dev Namō & Yoga Set 4:20 am**

Dim the lights. A good choice for the yoga set is a basic energizing, Kundalini-raising set, including lots of stretching, Spinal Flexes, and Breath of Fire. It's a good idea to end with Sat Kriya. The yoga set should be about 25-30 minutes. If you are going to play music during the yoga, choose mantra music, and play it at a low volume.

▶ **Deep Relaxation**

Dim the lights further, if necessary. Keep the relaxation relatively short—5 minutes. If you choose to play music, keep it very low. Mantra music with a meditative quality is effective.

▶ **Meditations (62 minutes). Begin approximately 5:00 am**

Lights can be turned very low or completely off. Keep *sadhana* music loud enough to be heard clearly throughout the entire *sadhana* room, so that it envelops us, and is easy to sing along with, while being sensitive to not making it too loud. Let the music surround and expand you.

▶ **After the meditations, starting approximately 6:00 am**

Sadhana ends with a sacred prayer (which can be taken from *Peace Lagoon*), singing the Sunshine song, and chanting *Long Sat Naams*. For a deep experience of *Naad*, one can choose to end *Sadhana* by taking a *hukam* from a *Nitnem*, reading from the *Siri Guru Granth Sahib*, or having a *Gurdwara* program.

Hold the space, enjoy the bliss of this ambrosial hour. It will fill your days with connection, sweetness, and purpose. **Sat Naam.**