

## Sadhana Mantras for the Aquarian Age

The Adi Shakti Mantra : 7 minutes

<i>Ek Ong Kaar</i>	One Creator created this Creation
<i>Sat Naam Siri</i>	Truth is His Name
<i>Wha-hay Guroo</i>	Great beyond description is His Infinite Wisdom

**Comments:** 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.)

Waah Yantee, Kar Yantee Mantra : 7 minutes

<i>Waah Yantee, Kaar Yantee</i>	Great Macroself, Creative Self
<i>Jag Doot Patee,</i>	All that's creative through time
<i>Aadak It Waahaa</i>	All that's the Great One
<i>Brahmaadeh Traysha Guroo</i>	Three aspects of God: Brahma, Vishnu, Mahesh (Shiva)
<i>It Wha-hay Guroo</i>	That is Wahe Guru

**Comments:** 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.

Mul Mantra : 7 minutes

<i>Ek Ong Kaar</i>	One Creator, Creation
<i>Sat Naam</i>	Truth Identified (Named)
<i>Kartaa Purkh</i>	Doer of Everything
<i>Nirbho</i>	Fearless
<i>Nirvair</i>	Revengeless
<i>Akaal Moorat</i>	Undying
<i>Ajoonee</i>	Unborn
<i>Saibung</i>	Self-illuminated
<i>Gur Prasaad</i>	Self-existent
<i>Jap!</i>	Guru's grace (gift)
<i>Aad Such</i>	REPEAT (Chant)
<i>Jugaad Such</i>	True in the beginning
<i>Hai Bhee Such</i>	True through all time
<i>Nanak Hosee Bhee Such</i>	True even now
	Nanak says Truth shall ever be

**Comments:** 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.

**Technique:** 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.

Sat Siree, Siree Akal Mantra : 7 minutes

Sat Siree	
Siree Akaal	Great Truth
Siree Akaal	Respected Undying
Maha Akaal	Respected Undying
Maha Akaal	Great Deathless
Sat Naam	Great Deathless
Akaal Moorat	Truth Identified (Named)
Wha-hay Guroo	Deathless Image of God
	Great beyond description is His Wisdom

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

Rakhe Rakhan Har Mantra : 7 minutes

Rakhay rakhanahaar aap ubaaria-an  
Gur kee pairee paa-i kaaj savaari-an  
Hoaa app da-iaal manaho na visaari-an  
Sadh janaa kai sang bhavajal taari-an  
Saakat nindak dusht khin maa-eh bidaari-an  
Tis sahib kee tayk Naanak manai maa-eh  
Jis simrat sukh ho-l 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, 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.

**Comments:** 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's part of the evening prayer of the Sikhs (Rehiras). *Rakhe Rakhan Har* was composed by Guru Arjan, the Fifth Guru.

Wahe Guru Wahe Jio Mantra : 22 minutes

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

**Comments:** 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.

**Technique:** Chant this mantra sitting in *Vir Asan*. Sit on the left heel, with the right knee against the chest, with hands in Prayer Pose.

Guru Ram Das Chant : 5 minutes

Guroo Guroo Wha-hay Guroo Guroo Raam Das Guroo

**Comments:** This is 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 the 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 on the day you are leading, you must arrange for someone else to lead.

- **Japji Sahib 4:00 a.m.**

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](http://sikhnet.com).

- **Ong Namo Guru Dev Namo and Yoga Set 4:20 a.m.**

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 light 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 a.m.**

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 a.m.**

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 *Nithem*, reading from the *Siri Guru Granth Sahib*, or having a Gurdwara programme.

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

**Sat Naam.**