

Ong Namō
Guru Dev Namō

This mantra is always the first that is chanted during a session of kundalini yoga or meditation, and is therefore referred to as the Tuning In to your Higher Self Mantra. The literal meaning is, "I bow before my highest consciousness." Chanting this mantra gets you in touch with your truest self, your highest self. The mantra should be chanted loudly, from the back of the nasal cavity and from the throat. As a rule, it is chanted in prayer pose, with the hands near the heart, palms together, and the knuckles of the thumbs pressed against the breastbone. Inhale deeply and focus your attention on your third-eye point. As you exhale, chant the mantra in one breath. If you can't do it in one breath, take a short breath after Ong Namō. The sound Dev is chanted at a slightly higher tone than the other sounds. As you chant, vibrate your cranium enough to create mild pressure at the third eye point. Chant this mantra at least three times.

Sa Ta Na Ma

This mantra is called the Primal Sound Mantra, because it consists of the five primal sounds: S,T,N,M, and ah. The literal meaning is as follows: Sa means birth (or infinity); Ta means life; Na means death; and Ma means rebirth. Thus, the mantra describes the eternal circle of life: birth, life, death, rebirth.

Sa: evokes a sense of emotion and expansiveness
Ta: creates a feeling of transformation and strength
Na: stimulates a sense of universal love
Ma: evokes the quality of communicativeness

A powerful way to use this mantra is to chant it for two minutes in your normal voice, the voice of action, the physical voice. Then whisper it for two minutes, the voice of the lover, the mind voice. For the next three minutes, chant silently, in the divine language, your spirit voice. Then reverse the order, for a total of eleven minutes of chanting. This is called the L-form meditation. With each syllable you chant, visualize that energy is flowing in through the top of your head and out your third-eye point. The eyes are closed.

Mudra: On Sa touch the index finger to your thumb; on Ta touch the middle finger to your thumb; on Na touch the ring finger to your thumb; on Ma touch the little finger to your thumb. Apply a two pound pressure every time you touch the fingers. Continue moving the fingers throughout the exercise, even during the silent part.

Ending: Inhale completely, then exhale all the air. Stretch your hands up as far as possible and spread them wide. Stretch your spine up and take several deep breaths.

Comments: Practicing this meditation brings a total mental balance to the individual's mind. Other positive effects are increased concentration, enhanced creativity and greater intuition. "Anyone practicing this kriya for 2.5 hours a day for 1 year shall know the unknown and see the unseen." - Yogi Bhajan

Guru Guru Wahe Guru
Guru Ram Das Guru

This mantra is referred to as the Miracle Mantra, because it has served as a primary component in many healing miracles. Its physical effect is to evoke deep relaxation, which is the ideal physiological state for healing. Its literal meaning is as follows: Guru means "divine wisdom," or teacher. Wahe guru refers to the infinite wisdom of God, or Source. Ram means God, or Source. Das means service. Thus, the phrase literally means, "Divine wisdom, infinite wisdom, service of God." The feeling produced by this mantra is a sensation of protection and healing,

brought about by God (Source) being with you.

Om (or Ong)

This mantra is considered by some to be the most basic sound of the universe. It is composed of the three sounds, ah, oh, and m, and refers, in the Hindu tradition, to the trinity of creation, preservation and destruction. Both Om and Ong have strong vibratory effects. While Om refers to the force of all creation, Ong refers to the Creator, who is the Doer of all action.

Raa Maa Daa Saa Saa Say So Hung

This powerful mantra is the Mantra for Healing Self and Others. Filled with the vibratory vowels and primordial sounds, it has an energizing effect upon the neurological and endocrine systems. The literal translation is as follows: Raa means sun; Maa means moon; Daa means earth; Saa means totality of experience; So means personal sense of identity; and Hung means the infinite vibration. When these words are combined, the essential meaning is, "I am thou." Another meaning is, "The service of God is within me." If you wish to heal yourself with this mantra, imagine a glowing green light around you as you meditate. To heal others, imagine that the light is around them.

Sat Nam

This is a Seed (Bij) Mantra. It is the most widely used mantra in the practice of kundalini yoga. Sat means truth and Nam means identity. Thus, the phrase means, "Truth is my identity," or "The essence of God is within me." This mantra has a strong balancing effect, and is believed to awaken the soul. Sat may be chanted or thought on the inhale, while Nam is usually chanted or thought on the exhale.

Wahe Guru

This is the Mantra of Ecstasy. It is pronounced "Wah-hay Gu-roo'." This is the mantra of the ajna, or third eye...the mantra that most effectively stimulates the pituitary gland. The sound guru can either be extended, or said quickly. Wah, however, should always be said quickly. The most important sound in the mantra is "he", pronounced "hay." It means, "I have gained."

When you say this mantra, focus upon the joy that you have achieved through knowledge and experience and particularly upon the ecstasy that you have received by experiencing the nature of the Infinite, or divine.

A variation of this mantra is Wahe Guru, Wahe Guru, Wahe Guru, Wahe Jio (pronounced "gee-o"). Jio is an affectionate term for the soul. This mantra means, "O my soul, when I experience the indescribable wisdom of Source, I am in ecstasy."

Om Shrim Maha Lakshmiyei Swaha

Pronounced "OM SHREEM MA-ha LOCK-shmee-YAY SWA-ha" . (You probably know already, but just in case: "Om" rhymes with Home)

IMPORTANT: If you have not yet had your 28th birthday, do not use the above mantra.

Use the following one instead: "Om Shrim Maha Lakshmiyei Namaha." Pronounced "OM SHREEM MA-ha LOCK-shmee-YAY NOM-uh-HA" This is a prosperity mantra. Typically you repeat the mantra 108 times in a session, twice each day. There are strings of 108 beads (the string is called a "mala") for counting out the 108 repetitions. You move your fingers along the beads as you recite, until you get to the end. You don't need a mala, however. You could set a timer for 15 or 20 minutes and/or just repeat the mantra for a length of time that feels right. At least daily. (Another option: Some people silently recite mantras CONSTANTLY, while they do everything, all day long.)

Ara Kara

The Ara Kara (Pronounced "AH-ruh KAH-ruh") Mantra is a manifesting mantra. You can say it, chant it, or sing it. The only thing that is essential is to physically or mentally make the sound of those four syllables. You can SILENTLY say this sound and create results. (This is true of all mantras. In fact, some mantra teachers say that the SILENT repetition of a mantra is a more powerful use of the mantra than outloud chanting.)

Pick a goal that you urgently WANT and is good for all concerned. I would recommend doing this method with something that is verifiable in consensual reality. A new job, a new car, a happy relationship, etc. Be sure to have an intention that you and everyone concerned will benefit somehow from this goal being true. (There ARE mantras for working off karma, but there is no sense adding to your karmic load by infringing on others.)

2. Think about (vividly imagine) your intention being true WHILE you make the sound "Ara Kara" (either silently or outloud). Don't worry about HOW the goal will happen. Just vividly imagine it, eyes closed, WHILE you make that sound.

The meditation is simply to close your eyes and "place" the sound Ara Kara (in whatever meaning that word "place" has for you) deep INTO your right eye, then deep INTO your left eye, then ONTO your right eardrum, then ONTO your left eardrum, then INTO your right nostril, then INTO your left nostril, then ONTO the back of your tongue, then ONTO the middle of your tongue, then ONTO the tip of your tongue, and then everywhere onto your skin.

Then, with this sound "placed" in or on ALL of your perceiving senses, and feeling the feeling of this sound occupying all of your perceiving senses, you think about what you want to manifest.