

GONG MANTRAS

Recognize yourself as a Teacher: *say in this order no matter what gender*

I AM NOT A WOMAN—Thumb to pinky/Mercury (no matter your gender start with this)

I AM NOT A MAN—Thumb to ring/Sun

I AM NOT A PERSON—Thumb to middle/Saturn

I AM NOT MYSELF—Thumb to pointer/Jupiter

I AM A TEACHER—Thumb extend up/Guru Self

Must pray/tune in when playing Gong:

1. Ad Gureh Nameh Jugad Guray Nameh...

**AD GURAY NAMEH, JUGAD GURAY NAMEH,
SAT GURAY NAMEH, SIRI GURU DEVAY NAMEH**

is the **Mangala Charn Mantra**, and is chanted for protection. It surrounds the magnetic field with protective light,

and means "I bow to the primal Guru (guiding consciousness who takes us to God-Realization), I bow to wisdom through the ages, I bow to True Wisdom, I bow to the great, unseen wisdom."—1st 4 lines of Sukmani, no better Mangla Charn than any in world"—Yogi Bhajan 12/4/1990

2. Ong Namō Guru Dev Namō

ONG NAMO, GURU DEV NAMO

is the **Adi Mantra** that precedes Kundalini Yoga practice, tuning one in to the higher self. **Ong** is "Infinite Creative energy in manifestation and activity". ("Om" or Aum is God absolute and un-manifested), **Namō** is "reverent greetings" implying humility, **Guru** means "teacher or wisdom, from darkness to light Gu-Ru",

Dev means "Divine or of God" and **Namō** reaffirms humility and reverence. In all it means, "I call upon Divine Wisdom".

“Connecting Adi Mantra, for Gong Only for Sound Current—for Saraswati” –YB 04/12/90

“Who so ever in the world does not teach with this, is a false teacher. Just remember that. Because the Saraswati, the Goddess of music will never be blissful with that person. And it is also Saraswati Mantra, Ong Namō Guru Dev Namō. Saraswati is the female power, the prevailing power Prakriti,Saraswati is SoPurkh....”

3. Ad Such Jugad Such...

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

Aad Such, Jugaad Such, Hai Bhee Such Nanak Hosee Bhee Such is the Kundalini Shakti Mantra, It is a bij mantra, if good luck isn't in your destiny this will rewrite your karma to good luck—YB

“Who-so-ever plays gong like this i.e.(referring to bang straight on unconscious bang onto gong) that is called menial prostitution of Divine self.”

If a block you cant get through: “Aad Such Jugaad Sach Hay Bhaay Such Nanak Hosay Bhaay Such”...is healing, is unblocking...