

MANTRA SHEET

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, and I bow to the great, unseen wisdom."

ARDAS BAYE, AMAR DAS GURU, AMAR DAS GURU, ARDAS BAYE, RAM DAS GURU, RAM DAS GURU, RAM DAS GURU, SUCHE SAHE: Guarantees by the grace of Guru Amar Das, who is hope for the hopeless, and Guru Ram Das, who is King of the Yogis and Bestower of Blessings, past, present and future, that the prayer will be answered, and that all one's needs are provided for, signed, sealed and delivered!

CHATTAR CHAKKAR VARTEE, CHATTAR CHAKKAR BUGATAY; SUYUMBHAV SUBHANG, SARAB DAA SARAB JUGATAY; DUKAALANG PRANASEE, DAYALLANG SAROOPAY; SADAA ANG SANGAY, ABHANGANG BIBHOOTAY: Thou art pervading in all four quarters of the universe, Thou are the enjoyer in all the four quarters of the universe. Thou art self-illuminated and united with all. Destroyer of bad times, embodiment of mercy. Thou art ever within us. Thou art the everlasting giver of undestroyable power.

GOBINDE, MUKUNDE, UDARE, APARE, HARING, KARING, NIRNAME, AKAME is the **Guru Gaitri Mantra** which means "Sustainer, liberator, enlightener, infinite, destroyer, creator, nameless, desireless". It brings stability to the hemispheres of the brain and works on the Heart Center to develop compassion, patience and tolerance, uniting one with the Infinite.

HAR means Creative Infinity, a name of God. **HARA** is another form. **HARI** is the active form of Creation. **ONG NAMO, GURU DEV NAMO** is the **Adi Mantra** that precedes Kundalini Yoga practice, tunes one in to the higher self. Ong is "Infinite Creative energy in manifestation and activity". ("Om" or Aum is God absolute and unmanifested), Namu is "reverent greetings" implying humility, Guru means "teacher or wisdom", Dev means "Divine or of God" and Namu reaffirms humility and reverence. In all it means, "I call upon Divine Wisdom".

RA MA DA SA, SA SAY SO HUNG is the **Siri Gaitri Mantra**, and is chanted for healing. Ra is the sun, Ma is the Moon, Da is the earth, and Sa is Infinity. Say is the totality of Infinity, and So Hung is "I am Thou". "Ra Ma Da Sa" is the Earth Mantra. and "Sa Say So Hung" is the Ether Mantra.

SAT NAM: "Truth is my identity."—Seed (bij) mantra.

SA TA NA MA is the **Panj Shabad** expressing the five primal sounds of the universe. "S" is Infinity, "T" is life, "N" means death and "M" is rebirth. (The 5th sound is "A".) This is one of the most frequently used mantras in Kundalini Yoga.

WAHE GURU is the **Guru Mantra**, the mantra of ecstasy. Wha—Infinity; He—the presence of the finite in Infinity. Wahe—Wow, Guru—one who brings from darkness to light—Creator. It is not translatable but chanting it elevates the spirit.

May the Long Time Sun Shine Upon You. All Love Surround You. And the Pure Light Within You, Guide Your Way On. Closing for Kundalini Yoga classes

AJAI ALAI

Ajai Alai Invincible. Indestructible

Abhai Abai Fearless. Everywhere.

Abhoo Ajoo Unborn. Forever

Anaas Akaas Indestructible. Within everything.

Agunj Abhunj Invincible. Indivisible.

Alukh Abhukh Invisible. Free from wants.

Akaal Dyaal Immortal. Kind.

Alayk Abhayhke Unimaginable. Formless.

Anaam Akaam Unnameable. Free from desires.

Agaahaa Adhaahaa Unfathomable. Undamageable.

Anaatay Parmaatay Without a master. Destroyer of all.

Ajonee Amonee Beyond birth & death. Beyond silence.

Na Raagay Na Rungay More than love itself. Beyond all colors.

Na Roopay Na Raykay Formless. Beyond chakras.

Akaramung Abharamung Beyond karma. Beyond doubt.

Aganjay Alaykhay Beyond battles. Unimaginable.

Yoga Meditation 40, 90, 120, 1000

We practice 40-day meditations to embody new experiences or increased capacities.

We practice 90-day meditations to clear our subconscious and build new habits.

We practice 120-day meditations to realize that awareness in our daily lives.

But when we want to experience self-mastery and confirm our consciousness, beyond every change of time, space and circumstance, we practice 1,000 days.

As Yogi Bhajan taught:

It takes 40 days to create a new habit.

(As an example, you may be doing a mediation to have a more positive attitude.) After 40 days, your nervous system will start to pick up that new pattern.

It takes 90 days to break an old limiting habit.

It takes 120 days to create a new habit.

It takes 1000 days to master a Kriya or mediation—(from the pervious example: meaning you have now become a very positive person, no matter the circumstance, emotion or outside influences)

What Happens if you miss one day?

Nothing “happens”, However to get the full benefits of doing a set or Kriya or mediation over a constant period of time to train the nervous system to make a new habit and form a new pattern the practice needs to uninterrupted...you simply begin again from day ONE.

“This mind is beyond time and space, it is part of the Universal Mind. It is given to you an an instrument to serve you. What happened? –It became the master; you became the servant. The mind becomes a monster when it becomes your master. The mind is an angel when it is your servant. And it is all in your mind“
—*Yogi Bhajan*

“Prayer is when the mind is one pointed and man talks to Infinity. Mediation is when the mind becomes totally clean and receptive, and Infinity talks to man”—Yogi Bhajan

BREATH FREQUENCY

Normal frequency men: 16-18 per minute

Normal frequency women: 18-20 per minute

8 cycles per minute: Feel more relaxed. Relief from stress and increased mental awareness. Parasympathetic nervous system begins to be influenced. Healing processes are elevated.

4 cycle per minute: Positive shifts in mental function. Intense feelings of awareness, increased visual clarity, heightened body sensitivity. Pituitary and pineal begin to coordinate at an enhanced level, producing a meditative state.

1 cycle per minute (“One-Minute Breath”): 20 seconds to inhale, 20 seconds hold, 20 seconds to exhale. Optimized cooperation between brain hemispheres. Dramatic calming of anxiety, fear and worry. Openness to feeling one’s presence and the presence of spirit. Intuition develops. The whole brain works—especially the old brain and the frontal hemispheres.

MEDITATION MINUTES

Yogic science says that there are specific lengths of time needed for certain for certain desired effects during meditation. Most meditations are done for 11 to 31 minutes.

3 minutes: of meditation affects the electro-magnetic field, the circulation and stability of the blood.

11 minutes: of meditation begins to change the nerves and the glandular system.

22 minutes: of meditation balances the three minds, and they begin to work together.

31 minutes of meditation allows the glands, breath, and concentration to affect all the cells and rhythms of the body. It lets the psyche of the mediation affect the *3 gunas*, all *31 tattvas**, and all layers of the mind’s projections. (heaviest tattvas are Earth, Water, Fire, Air, Ether)

62 minutes: of meditation changes the gray matter in the brain. The subconscious “shadow mind” and the outer projection are integrated.

2.5 hours: of meditation changes the psyche in its co-relation with the surrounding magnetic field so that the subconscious mind is held firmly in the new pattern by the surrounding universal mind.