

## SADHANA CHANTS

Call" (7 minutes, using a 2 1/2 breath cycle)

Ek Ong Kaar Sat Naam Siree Waahе Guru

One creator created this creation, truth is His name, great beyond description is His infinite wisdom. This mantra opens all the chakras. Be sure to apply the neck lock to let the Kundalini energy rise. CHANT POWERFULLY!

Waah Yantee, Kar Yantee (7 minutes)

Waah Yantee, Kar Yantee, Jag Dut Patee, Aadak It Waahaa

Brahmaadeh, Traysha Guru, It Wahe Guru

Great macrosel, 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.

The Mul Mantra (7 minutes)

Ek Ong Kar

Sat Nam

Kartaa Purkh

Nirbhao

Nirvair

Akaal Moorat

Ajonee

Saibung

Gur Prasad

Jap

Aad Such

Jugaad Such

Hai Bhee Such

Nanak Hosee Bhee Sach

One Creator, Creation

Truth Identified (named)

Doer of everything

Fearless

Revengeless

Undying

Urborn

Self-illuminated

Guru's Grace (gift)

Chant (repeat)

True in the Beginning

True through all the ages

True even now

Nanak says: Truth shall ever be

The Mul Mantra gives the capacity to retain rulership. There are 108 elements in the universe and 108 letters in the mantra (in its original language). Emphasize the "CH" sound at the end of the word "SUCH", but do not sustain the sound; this adds power.

Sadhana Chants (Continued)

Sat Siri Akal (7 minutes)

Sat Siri, Siri Akal

Siri Akal, Maha Akal

Maha Akal, Sat Nam

Akal Moorat, Wahe Guru

Great Truth, Great Undying, Great Undying, Great Deathless, Great Deathless, Truth is His Name. Deathless Image of God, Great Beyond Description is His Wisdom. Great Undying, Great Deathless, Truth is His Name, Deathless Image of God, Great Beyond Description is His Wisdom.

Rakhe Rakhan Har (7 minutes)

Rakhe Rakhanhaar aap ubarian

Gur kee pairre paai-kaaj saavaarian

Ho-aa aap da-i-aal manaho na visaarian

Saadh janna kai sang Bhavajal taarian

Saakat mindak dusht khin maa-eh bidaarian

Tis sahib kee tayk Nanak mania maa-eh

Jis simrat such ho-o sagalay dookh jaa-eh

Oh savior Lord: take us across the world ocean. Uplifting and giving the excellence, You gave us the touch of the lotus feet of the Guru, and our Works are embellished with perfection. You have become merciful, kind and compassionate, so our mind does not forget You. In the company of the holy, You carry us across, from misfortune, calamities and dispute. The Godless, slanderous enemies You finish them off in an instant. That Lord Master is my Anchor and Support. O Nanak, hold firm in your mind. Remembering Him in meditation, happiness comes, and all sorrows and pain simply vanish.

Wahe Guru Wahe Jio (22 minutes)

Wahe Guru Wahe Guru, Wahe Guru Wahe Jio

"Great Beyond Description is This Wisdom"

(Sit in Vir Asan, on the left heel with the right knee against the chest and the hands in prayer pose. The eyes are at the tip of the nose)

Guru Ram Das Chant (5 minutes)

Guru Guru Wahe Guru Guru Ram Das Guru

(Calls on Guru Ram Das in praise of his spiritual guiding light & protective grace).