

AQUARIAN SADHANA MANTRAS

MORNING CALL: *You become awake.*

The fundamental mantra of Kundalini Yoga. It balances the chakras and awakens the dormant consciousness and intuition, initiating the relationship between our soul and the Universal Soul.

WAAH YANTEE: *You become still.*

The mantra establishes an intentional relationship of how to hold constant through the polarities of life. There comes a state of stillness and balance within the inner self and the Macroself.

MUL MANTRA: *You become capable of holding the gift that is given to you.*

With this mantra you are tapping into your inner Truth, to experience the depth and consciousness of your soul.

SAT SIRI SIRI AKAL: *You are complete as a timeless, deathless being.*

Yogi Bhajan called this the Mantra for the Aquarian Age. As a sensory human you are working to establish wholeness within the Self, so you can take the right course in daily life and be in the Infinite flow at the time of death.

RAKHAY RAKHANHAR: *You are in a place of protection, flow and guidance.*

Yogi Bhajan said this mantra is “for protection against all negative forces, both inner and outer, which move against one’s walk on the path of destiny. It cuts like a sword through every opposing vibration, thought, word and action.”

WAHE GURU JIO: *You master the mind, establish yourself for victory and the right to excel.*

The posture, *Virasan*, identifies you as a soldier, ready to go, with no hesitation or fear. But you are also in prayer pose, receptive, surrendering, merging with the Infinite. You are a spiritual warrior.

GURU RAM DAS CHANT: *You invoke the experience of Guru Ram Das’ spiritual light, guidance and protective grace.*

Guru Ram Das is about service. You align yourself to serve through action with the constant guidance of the Guru.

Experience the Aquarian Sadhana as a symphony in 7 movements: In the first we awaken; then we become still; next we receive and hold the gift of “God and me, me and God are one”; now we live in that self-confident reality as timeless, deathless beings; now we sit protected in meditative fulfillment; now we master the mind, establishing our Self for victory; and now we are ready to serve, through action, guided by Guru.

[notes compiled by SS Sangeet Kaur Khalsa]