

Mantras Kundalini Yoga

Mantras to start

Adi mantra (to tune in)

Ong Namō Guru Dev Namō

*I call upon the Divine Wisdom
and Self-knowledge that is within.*

Mangala Charan mantra (for protection)

Aad Guray Nameh

I bow to (or call on) the primal Wisdom

Jugaad Guray Nameh

*I bow to (or call on) the Wisdom that has
existed throughout all ages*

Sat Guray Nameh

I bow to (or call on) the true Wisdom

Siri Guru Dev ay Nameh

*I bow to (or call on) the great transparent
Wisdom within*

Mantras to end

May the long time sun shine upon you,
all love surrounds you,
and the pure light within you,
guide your way on.

Sat nam

truth is my identity /

I recognize the truth in you

