

MARY MAILHOT

The Aquarian Sadhana Mantras

Morning Call (The Adi Shakti Mantra, Long Ek Ong Kars) - 7 minutes

This mantra initiates the kundalini, initiating the relationship between our soul and the Universal Soul. It opens all the chakras. Be sure to apply Neck Lock to let the Kundalini energy rise.

Ek Ong Kaar - One Creator created this Creation

Sat Naam - Truth is His Name

Siri Wahe Guru - Great beyond description is His Infinite Wisdom

Wah Yantee, Kar Yantee - 7 minutes

With this mantra, we strengthen the connection with the infinite self, the part of us beyond the physical world, beyond creation.

Wah Yantee - Great Macroself

Kar Yantee - Creative Self

Jag Dut Patee - All that is creative through time

Aadak It Waahaa - All that is the Great One

Brahmaadeh Tresha Guru - Three aspects of God: Brahma, Vishnu, Mahesh

It Wahe Guru - That is Wahe Guru

It is said that: 'Brahma, Vishnu and Mahesh collectively created the world.

Brahma is the creator, Vishnu is the administrator and Mahesh is the destroyer/Deliverer.

Mul Mantra - 7 minutes

This mantra gives an experience of the depth and consciousness of your soul. It eradicates deep, longstanding pain and sorrow. It expands creativity and projects us into action in line with our destiny.

Ek Ong Kar - One Creator created this Creation

Sat Nam - Truth is God's Name

Kartaa Purkh - Doer of everything

Nirbhao - Fearless

Nirvair - Revengeless

Akaal Moorat - Undying

Ajoonee - Unborn

Saibung - Self Illumined

Gur Prasad - It is by Guru's Grace

Jap! - Repeat and Meditate!

Aad Sach - True in the beginning

Jugaad Sach - True through all the ages

Haibhee Sach - True even now

Nanak Hosee Bhee Sach - Nanak says Truth shall ever be.

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Sat Siri, Siri Akal (Mantra for the Aquarian Age) - 7 minutes

With this mantra we declare that we are timeless, deathless beings and promotes victory in all aspects of our life.

Sat Siri, Siri Akaal - Great Truth, Great Undying

Siri Akaal, Mahaa Akaal - Great Undying, Great Deathless

Mahaa Akaal, Sat Naam - Great Deathless, Truth is God's Name

Akaal Moorat, Wahe Guru - Deathless Image of God

Rakhe Rakhan Har - 7 minutes

This is a mantra of protection against all negative forces, inner and outer, which are blocking us from moving on our true path. It cuts like a sword through every opposing vibration, thought, word, and action.

Rakhay rakhanahaar aap ubaaria-an

Gur kee pairee paa-i kaaj savaari-an

Hoaa aap da-iaal manaho na visaari-an

Saadh janaa kai sang bhavajal taari-an

Saakat nindak dusht khin maa-eh bidaari-an

Tis saahib kee tayk Naanak manai maa-eh

Jis simrat sukh ho-i sagalay dookh jaa-eh

Translation:

Thou who savest, save us all and take us across,

Uplifting and giving the excellence.

You gave us the touch of the lotus feet of the Guru, and all our jobs are done.

You have become merciful, kind, and compassionate; and so our mind does not forget Thee.

In the company of the holy beings you take us from misfortune and calamities, scandals, and disrepute.

enemies—goddess you release this in timelessness.

That great God/ess, Great Spirit is my anchor.

Nanak, keep firm in your mind, by meditating and repeating Her/His Name

All happiness comes and all sorrows and pain go away.

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Wahe Guru Wahe Jio - 22 minutes

This is a mantra of ecstasy with which we establish ourselves for victory and the right to excel. Chant sitting in Vir Asan (warrior pose), sitting on the left heel, with the right knee up, right foot flat on the ground, with hands in Prayer Pose. Eyes are focused at the tip of the nose.

Wahe Guru Wahe Guru Wahe Guru Wahe Jio

Translation: "Wow, God/dess is great!" or "indescribably great is Her Infinite, Ultimate Wisdom."

Guru Ram Das Chant - 5 minutes

This mantra is one of humility. It opens the Heart Center (4th chakra) so that we can feel and effortlessly radiate universal love. We call on Guru Ram Das in praise of his spiritual guiding light and protective grace.

Guru Guru Wahe Guru, Guru Ram Das Guru

The first part (*Guru Guru Wahe Guru*) projects the mind to the source of knowledge and ecstasy. The second part (*Guru Ram Das Guru*) means "the wisdom that comes as a servant of the Infinite."