

# Sound & Mantra

*The science of reality is to find the sound and to resound in that sound.  
Then the soul shall excel and God shall dwell within you.*  
-YOGI BHAJAN

*We have to just experience and develop that Word of the Guru resounding in us.  
We are to become the temple of the shabd. That's all a human can do.*  
-YOGI BHAJAN

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## ***Mul Mantra***

### *The Ballad of Enlightenment*

***Ek ong kar, sat naam, karta purakh, nirbho, nirvair, akal moort ajoonee, saibhung, gur prasad. Jap!  
Aad sach, jugad sach, Haibhee sach, Nanak hosee bhee sach.***

THE MUL MANTRA WAS GIVEN BY GURU NANAK- a great yogi, healer, and founder of the Sikh lifestyle. This mantra captures a complete philosophy and psychology of human potential in one compact phrase. That philosophy is the essence of Kundalini Yoga and Humanology. It states that in the dimension of awareness, there is an existing perfection, and in the dimension of consciousness, a possible evolution.

One morning while doing his *sadhana* in a river, Guru Nanak disappeared for three days in an ecstatic awakening. When he reappeared all observers said he seemed to have a glowing light all around him- an aura so strong that most people could see what was normally invisible to them. In this mystic state of realization he sat with his students and uttered this mantra. It was the first thing he said to capture the fullness of his vision of the human being and the Cosmos.

The entire mantra is a compass that points towards God. The chant describes the human-in-God consciousness. It doesn't describe God-which is Indescribable. It orients you like a compass in the direction to walk and to go.

This complete mantra has everything in it. It is a technology and a description and a technique. It forms the basis of the consciousness that we wish to develop and that exists in our very soul. Technically the Mul Mantra goes up to *Jap. Aad sach, Jugaad sach, Haibhee sach, Naanak hosee bhee sach* is a Mangala Charan - a mantra that connects the speaker and the Infinite, the Infinite and the speaker. Yogi Bhajan has often referred to the Mangala Charan part of the Mul Mantra as a kundalini mantra.

The entire Mul Mantra is the highest of all mantras, and it contains in it the root of sound that is the basis for all effective mantras. To repeat it, to use it in meditation, to go into the depth of it, is to be entranced by the depth of the soul. It is the technique called *sahej sukh dhyan-sukh* means comfort, *sahej* means easy, and *dhyan* is the depth of meditation – that comfortable and happy way to meditate that is slow, with little exertion and perfect balance. In the philosophy of Guru Nanak and with the understanding of a yogi, we can look at life's goal: to remain in perfect flow and contact with our sense of Godhood, to live in the known and unknown will of God. Guru Nanak has said that we only sin when we forget our Identity; when we forget in our essence, in our being and our vibration the reality of God and Guru in our soul.

When we recognize the exalted state of awakening described in the Mul Mantra, we act in alignment with the pattern of Universal Truth. We live with the kundalini risen, with awareness as the guide, and we act not from ego but from the deep currents of the soul and life. We are awakened in intuition, intelligence, and instinct.

***Ek ong kaar***

The universe is one without division. One creator is in every action and thing. We are connected with all things. We are a creative consciousness.

***Sat naam***

Truth is our identity. We are vibrating our existence.

***Karta purakh***

We are creative beings. We exist to do everything God dictates. This is a direct order coming from the essence of our very nature. There is simplicity to the beauty of actions done within the will of our highest consciousness.

***Nirbho, nirvair***

Living in our True Identity, we are fearless and revengeless.

***Akal moort, ajoonee, saibhung:***

We are to live as God has made us. We are the very image, the personification of God. We are infinite and we exist in the sovereignty of our own unique identity because we have come here already pre-destined. *Akal Moort* is our pattern which exists beyond death. *Ajoonee* implies that this is so by grace, that we are not caught purely in the cycle of birth and death. We have been sent, and we come freely. *Saibhung*: we are sovereign and autonomous, yet we act with the integrity of totality.

***Gur prasad:***

How can we experience this understanding? *Gur Prasad* is the blessing, the grace, the transforming touch of the Guru, the teachings embodied. Grace alone completes our full merger with the Infinite. This experience is a gift from the Guru.

When your merger is complete with gurprasad, what is the natural desire of your soul? To meditate...

***Jap!***

To repeat and vibrate consciously. Chant out loud. Penerate. Focus. What do we meditate on? The kundalini mantra, a Mangala Charan, the connection in the elevation unto God.

***Add sach, jugad sach, Haibhee sach, Nanak hosee bhee sach***

Meditate on that which was true in the primal beginning, is true through every activity and age, is true at this instant now, and Nanak says will be true forever.

## **AJAI ALAI**

*Ajai Alai*

*Abhai Abai*

*Abhoo Ajoo*

*Anaas Akaas*

*Agunj Abhunj*

*Alukh Abhukh*

*Akaal Dyaal*

*Alayk Abhayhke*

*Anaam Akaam*

*Agaahaa Adhaahaa*

*Anaatay Parmaatay*

*Ajonee Amonee*

*Na Raagay Na Rungay*

*Na Roopay Na Raykay*

*Akaramung Abharamung*

*Aganjay Alaykhay*

Invincible. Indestructible

Fearless. Everywhere.

Unborn. Forever

Indestructible. Within everything.

Invincible. Indivisible.

Invisible. Free from wants.

Immortal. Kind.

Unimaginable. Formless.

Unnameable. Free from desires.

Unfathomable. Undamageable.

Without a master. Destroyer of all.

Beyond birth & death. Beyond silence.

More than love itself. Beyond all colors.

Formless. Beyond chakras.

Beyond karma. Beyond doubt.

Beyond battles. Unimaginable.

This is from Guru Gobind Singh's Jaap Sahib, which rouses the soul and the self. This brings great sensitivity to the Being and gives the ability to be able to compute what people are actually saying automatically. Once you recite this mantra correctly, it will give you the power that whatever you say must happen. When you chant this mantra you have the power to surpass anything.

## **DHAN DHAN RAM DAS GUR**

(SHABD FROM SIRI GURU GRANTH SAHIB)

*Dhan dhan ram das gur jin syreea tinai savaari-aa*

*Pooree ho-ee karaamaat aap sirjanhaarai dhaari-aa*

*Sikhee atai sangatee paarbrahm kar namaskaari-aa*

*Atal athaaho atol too(n) tayraa ant na paaraavaari-aa*

*Jinee too(n) sayvee-aa bhaa-o kar say tudh paar utaari-aa*

*Lab lobh kaam kridh moho maar kadhay tudh saparvaari-aa*

*Dhan so tayraa thaan hai sach tayraa paiskaari-aa*

*Naanaak too(n) lehnaa too(n) hai gur amar too(n) veechaari-aa*

*Gur dithaa taa(n) man saadhaari-aa*

*Praise unto Ram Das the Guru, the one who created you, established you.*

*You are such a miracle! The Creator has installed you on a throne.*

*Your Sikhs & all conscious people bow to you because you manifest God.*

*You are unchanging, unfathomable, immeasurable. Your limit cannot be perceived.*

*Those who serve you with love are carried across the sea of existence.*

*The 5 obstacles (greed, attachment, lust, anger, ego) cannot exist where you are.*

*The realm that you rule is the true place. True is your glory.*

*You are Nanak. Angad and Amar Das the Guru.*

*Oh, when I recognized you, my soul was completed!*

This I *shabd* reaches the realm of miracles. The impossible becomes possible. When life seems stuck, praise the domain of Guru Ram Das, the realm of the true Reality. It is the realm of the heart, of the Neutral Mind, where all things become pure.

***BOUNTIFUL, BLISSFUL, AND BEAUTIFUL***

(MANTRA OF BLISS: AFFIRMATION OF THE DIVINE SELF)

*I am bountiful, blissful, and beautiful.*

*Bountiful, blissful, and beautiful I am.*

*Ek Ong Kar sat gurprasaad*

*Anand bhayaa mayree maa-ay satiguroo mai paa-yaa*

*Satiguroo taa paa-yaa Sehej saytee*

*Man vajeeaa vaadhaaeaaa*

*Raag rattan parvaar pareaaa shabd gaavan aaeaaa*

*Shabdo taa gaavho haree kayraa man jinee vasaa-yaa*

*Kahai Naanak anand hoaa satiguroo mai paa-yaa*

*The Creator and the Creation are One.*

*I know this by the Grace of the Guru.*

*Oh my mother. I am in Infinite bliss for I have obtained the True.*

*Guru (the Word, the Shabd Guru)*

*I have met that True Guru easily, naturally: divine music bursts in my heart.*

*The rhythmic beats are like cosmic jewels and bring all powers through Divine Songs.*

*When God resides in you, the mind is filled by and echoes with divine praise.*

*Nanak proclaims I dwell in supreme bliss for I have merged with the True Guru.*

The mantra is for self-esteem and self-confidence. After the affirmation “I am bountiful, blissful, and beautiful” are words from the first part of *Anand Sahib* – the Song of Bliss – and the mantra *Ek Ong Kar Satgur Prasad* which elevates the self beyond duality and establishes the flow of spirit.

***CHATTR CHAKKR VARTI***

(LAST FOUR LINES OF JAAP SAHIB)

*Chattr chakkr Vartee, chattr chakkr bhugatay*

*Suyumbhav Subhang sarab daa sarab jugtay*

*Dukaalang pranaasee dayaalang saroopay*

*Sadaa ung sungay Abhangang bibhootay*

*Thou art pervading in all the four directions,*

*The Enjoyer in all the four directions.*

*Thou are self-illuminated and united with all.*

*Destroyer of bad times, embodiment of mercy.*

*Thou art ever within us.*

*Thou are the everlasting giver of undestroyable power.*

The last four lines of Guru Gobind Singh's *Jaap Sahib*. This mantra removes fear, anxiety, depression, and phobias, and brings victory. It instills courage and fearlessness into the fiber of the person. It gives saahibee – control over one's domain – self-command and self-grace. Recite this when your position is endangered, when your authoritative personality is weak.

***HAR HAR MUKUNDE***

***Har har mukhunday***

Har is the creative aspect of Infinity. Mukunday is the Liberating aspect of the Self. This mantra turns challenges into opportunities, removing fear.

***HAR HAR WAHE GURU***

***Har har wha-hay guroo***

*Creative God in the ecstasy of Infinite Wisdom.*

This creates balance between earth and ether and restores equilibrium. It eliminates father/mother phobias.

***HAR HAR HAR HAR GOBINDAY***

***Har har har har gobinday, har har har har mukunday***

***Har har har har udaaray, har har har har apaaray***

***Har har har har hareeung, har har har har kareeung***

***Har har har har nirmaanay, har har har har akaamay***

(GURU GAITRI MANTRA WITH FOUR HARS)

This mantra fixes the mind to prosperity and power. It contains the eight facets of Self. *Har* is the original force of Creativity. The four repetitions of Har give power to all aspects and provide the power to break down the barriers of the past. It converts fear into the determination to use and expand the reserve energy of the Navel Point. It invokes guidance and sustenance: all powers come to serve your true purpose.

***HAR SINGH NAR SINGH***

***Har singh nar singh neel naaraayan,***

***guroo sikh guroo singh har har gayan,***

***wha-hay guroo wha-hay guroo, har har dhiayan,***

***saakhat Nindak dusht mathaayan***

*God the Protector takes care of the universe. Those who live in God's consciousness and power, chant Har Har. Meditate on Wahe Guru and live in that ecstasy. Those who vibrate God's Name and relate to God, all karmas are cleared.*

This makes one a conqueror of evil. It works on the evolution of energy, and the strength of the masculine energy.

***HEALTHY AM I, HAPPY AM I, HOLY AM I***

This is a mantra in the English language that works as a positive affirmation.

***HUMEE HUM BRAHM HUM***

*We are we, we are God.*

This mantra literally means that we are the spirit of God. It is total spirit. Total spirit represents God. It fixes the identity into its true reality.

***HUMEE HUM TOO HEE TOO***

***Humee hum, too(n) hee too(n), wha-hay guroo***

*I am thine, in mine myself*

*Ecstasy of Inner Wisdom beyond words.*

***JAP MAN SAT NAM***

***Jap man sut naam, Sadaa sut naam***

(SHABAD FROM SIRI GURU GRANTH SAHIB)

*Oh my mind, vibrate Sat Naam, the Truth*

This mantra opens one to the flow of prosperity by attuning the mind to the power of *Har*, the Creative Infinity, the joy of merger with Infinity.

***KAL AKAL***

***Kal akaal siree kaal mahaa akaal akaal moorat***

This protective mantra wraps around animosity and seals it closed. It can remove the very shadow of death.

***MUL MANTRA***

***Ek ong kaar, sat naam, kartaa purakh, nirbho, nirvair***

***Akaal moort, ajoonee, saibhang, gurprasaad. Jap.***

***Aad such, jugad such, Haibhee such***

***Naanak hosee bhee such***

*The Creator and all creation are One. This is our True Identity.*

*The Doer of everything. Beyond fear.*

*Beyond Revenge.*

*Image of the Infinite.*

*Unborn. Self-illuminated, completed in the Self.*

*This is the Guru's Gift*

*Meditate!*

*Primal Truth, true through all time.*

*True at this instant. O Nanak, forever true.*

There are the first words of the Siri Guru Granth Sahib, uttered by Guru Nanak. The highest of all mantras, it contains the root of sound that is the basis of all effective mantras. Sahej Sukh Dhian: the comfortable and happy way to meditate that is perfectly balanced. The goal of life is to stay in perfect flow and contact with the perception of the soul at each moment. Imbalance comes when we forget the reality of God and Guru in our soul. This mantra orients like a compass towards God. It forms the basis of the consciousness of our very soul.

**SA-TA-NA-MA**

(PANJ SHABD)

**Saa Taa Naa Maa**

Saa = Infinity, totality of the Cosmos

Taa = Life (birth of form from the Infinity)

Naa = death (or transformation)

Maa = Rebirth

*Panj* means five, and expresses the five primal sounds of the Universe. (SSS. MMM. TTT. NNN and AAA.) It is the atomic or *Naad* form of the mantra *Sat Naam*. It is used to increase intuition, balance the hemispheres of the brain and to create a destiny for someone when there was none. This mantra describes the continuous cycle of life and creation.

**SAT SIRI SIRI AKAL**

(MANTRA FOR THE AQUARIAN AGE)

***Sat sree, sree akaal, sree akaal, maahaa akaal,  
maahaa akaal, sat naam, akaal moorat, wha-hay guroo***

*Great Truth. Great beyond Death. Great beyond Death.*

*Geat beyond Death.*

*Truth is His Name. Deathless Image of God.*

*Great Beyond Words is this Wisdom.*

This mantra captures the frequency of the Aquarian Age as we cross the threshold into it. The mantra helps us to establish ourselves outside the change of time as deathless beings. We are timeless.

Everything we do is from the timeless space of the soul.

**SAT NARAYAN**

(CHOTAY PAD MANTRA)

***Sat naarayan wha-hay guroo, haree naaraayan sat naam***

*Sat Narayan is the True Sustainer. Wahe Guru is indescribable Wisdom, and Sat Naam means True Identity*

Chanting this mantra gives inner space, happiness, and good fortune. It makes you intuitively clear and pure in your consciousness. Even a person with low self-esteem can become majestic by chanting it. The words invoke the various names of God to help bring prosperity, peace of mind, and the capacity to look beyond this world to realize the Infinite.

**WAAH YANTEE**

*Waaah yantee kar yantee, jag dut patee  
Aadak it whaa-haa, brahmaaday trayshaa guroo*

*It wha-hay guroo*

*Great Macroself. Creative Self.*

*All that is creative through time, all that is the Great One.*

*Three aspects of God: Brahma. Vishnu. Mahesh.*

*That is Wahe Guru.*

This mantra is from the teachings of Patanjali. The practice of this mantra is the culmination of hundreds of years of prayer.

**WAHE GURU**

(GURMANTRA)

*Wha-hay guroo*

*I am in ecstasy when I experience the Indescribable Wisdom.*

This is a mantra of the Infinity of ecstasy and dwelling in God. It expresses the indescribable experience of going from darkness to light (from ignorance to true understanding). It is the Infinite teachers of the soul. A *trikutee mantra*, it balances the energies of the generating, organizing, and transforming principles. It expresses ecstasy through knowledge and experience. It is the *gurmantra*, which triggers the destiny. It is said that chanting *Wahe Guru* is equivalent to chanting *Har* 11,000 times.

**WAHE GURU WAHE JIO**

*Wha-hay guroo wha-hay guroo wha-hay guroo wha-hay jeeo*

*Great beyond description is His Infinite Wisdom.*

This is the mantra of ecstasy. This mantra means “indescribably great is God’s infinite, ultimate wisdom.” *Jio* is an affectionate, but still respectful, variation of the word *Ji*, which means soul. The word *Jio* sends the message directly to the soul. “O my soul. God is!” This mantra causes a very subtle rub against the center of the upper palate and stimulates the meridian known in the West as the Christ Meridian Point, and in the East as Sattvica Buddha Bindu. The tongue and lips correspond to the Sun and Moon in their movement. Soothe the wounds of life with the infinite bliss this mantra induces.