

## **ADAYS TISAI ADAYS**

**Aadays tisai adays**

**Aad aneel anaad anaahat, jug'jug ayko vays**

I salute Thee, the Primal One, pure in the beginning, through all time, through all the ages-The One.

## **ADI SHAKTI**

(KUNDALINI BHAKTI MANTRA)

**Aadee shaktee, namo,namo**

**Sarab shatkee, namo, namo**

**Pritham bhaagavatee, namo, namo**

**Kundalinee, maataa shaktee, namo, namo**

I bow to the Primal Power.

I bow to the all Encompassing Power and Energy.

I bow to that through which God creates.

I bow to the creative power of the kundalini, the Divine Mother Power.

## **AD SACH**

(KUNDALINI SHATKI MANTRA)

**Aad such, jugaad such, haibhee such**

**naanak hosee bhee such**

True in the beginning. True throughout the ages. True at this moment. Nanak says this Truth shall ever be.

## **AAP SAHAEE HOA**

**Aap sahaaee hoaa**

**Sachay daa sachay dhoaa, Har, Har, Har**

The Lord Himself has become my protector.

The truest of the True has taken care of me. God, God, God.

## **ANG SANG WAHE GURU**

**Ung sung wha-hay guroo**

The dynamic, living ecstasy of the universe is dancing within every cell of me

## **ARDAS BHAEE**

**Ardaas bhayee, amar daas guroo,**

**Amar daas guroo, ardaas bhayee**

**raam daas guru, raam daas guroo,**

**raam daas guroo, sachee sahee**

## **AJAI ALAI**

**Ajai Alai**

**Abhai Abai**

**Abhoo Ajoo**

**Anaas Akaas**

**Agunj Abhunj**

**Alukh Abhukh**

**Akaal Dyaal**

**Alayk Abhaykhe**

**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. Unimaginabl

## **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 atoll too(n) tayraa ant na paaraavaari-aa**

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

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

**Dhan so tayraa than 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 comforted!

## **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 kaar sat gurprasaad**

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

**Satiguroo taa paa-yaa sehej saytee**  
**Man vajeeaa vaadhaaeaa**  
**Raag ratan parvaar pareeaa shabd gaavan aaeaa**  
**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.

## **CHATTR CHAKKR VARTI**

(LAST OF 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 art 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.

## **DHUNI**

## **EK ONG KAR SAT NAM SIRI WAHE GURU**

(ADI SHAKTI MANTRA)

**Ek Ong Kaar Sat Naam Siree Wha-hay Guroo**

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

The ecstasy of this wisdom is Great beyond words.

**Ek ong kaar-uh saa-taa-naa-ma**  
**Siree wha-(uh) hay guroo**

## **EK ONG KAR SAT GUR PARSAD**

(Siri Mantra)

**Ek ong kaar sat gur parsaad,**  
**Sat gur parsaad ek ong kaar**

God and We are One.

I know this by the Grace of the True Guru.

I know this by the Grace of the True Guru.  
That God and We are One.

## **GURU GURU WAHE GURU**

**Guroo guroo wha-hay guroo ram das guroo**  
(GURU MANTRA OF GURU RAM DAS)  
**Wise, wise is the one who serves Infinity.**

## **HAR**

## **HARI (Haree)**

## **HAR HARAY HARI WAHE GURU**

**Har haray haree wha-hay guroo**

## **HAR HAR MUKUNDE**

**Har Har mukunday**

Har is the creative aspect of Infinity. Mukunday is the Liberating aspect of the Self.

## **HAR HAR WAHE GURU**

**Har har wha-hay guroo**

Creative God in the ecstasy of Infinite Wisdom.

## **HAR HAR HAR HAR GOBINDAY**

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

**Har har har har udaaray, har har har har appaaray**

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

**Har har har har nirnaamay, har har har har akaamay**

(GURU GAITRI MANTRA WITH FOUR HARS)

## **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.

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

### **HUMEE HUM BRAHM HUM**

We are we, we are God.

### **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

### **KAL AKAL**

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

This protective ashtang mantra wraps around animosity and seals it closed. It can remove the very shadow of death. When this mantra is used in Gurdwara while bringing the Siri Guru Granth Sahib in and out, the Gumantra-Wahe Guru-is added to it:

**Kal akaal siree kaal mahaa akaal akaal moorat, wha-hay guroo**

### **ONG NAMO**

**Ong namo guroo dayv namo**

(ADI MANTRA)

I bow to the subtle divine wisdom, the divine teacher within

### **ONG SOHUNG**

Ong means creative consciousness and so hung means "I am Thou." Chanting the word "hung" stimulates and opens the Heart Chakra.

### **PAVAN GURU**

**Pavan pavan pavan pavan**

**Par para pavan guroo**

**Pavan guroo wha-hay guroo,**

**Wha-hay Guroo pavan guroo**  
(PARAN BANDHA MANTRA)

**PRITHVI HAI**

(ISHT SODHANA MANTRA)

**Prithvee hai akaash hai guroo raam daas hai**

**RA MA DA SA**

(SIRI GAITRI MANTRA OR SIRI MANTRA)

**Raa maa daa saa saa say so hung**

Raa=Sun. Maa=Moon. Daa=Earth. Saa=impersonal Infinity.

Say=Thou.

Saa Say=totality of Infinity.

So=personal sense of merger and identity.

Hung=the Infinite vibrating and real.

So Hung= "I am Thou."

**RAKHE RAKHANHAR**

**Rakhay raxhanhaar aap ubaariun**

**Gur kee pairee paa-eh kaaj savaarium**

**Hoaa aap dayaal manho na visaariun**

**Saadh janaa kai sung bhavjal taariun**

**Saakat nindak dusht khin maa-eh bidaariun**

**Tis sahib kee tayk naanak mania maa-eh**

**Jis simrat such ho-eh saglay dookh jaa-eh**

God Himself is looking out for us,

Gives us the light, and takes care of our affairs.

God is merciful, and never forgets us.

God guides us, giving us good people to help us.

God does not allow hurt to come to us.

I take comfort in the thought of God.

When I remember God, I feel peaceful and happy

And all my pain departs.

**SA RE SA SA**

(ANTAR NAAD MANTRA)

**Saa ray saa saa, saa ray saa saa, saa ray saa saa, saa rung**

**Har ray har har, har ray har har, har ray har har, har rung**

**SAT NAM**

(BIJ MANTRA)

**Sat naam**

**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

### **SAT SIRI SIRI AKAL**

(MANTRA FOR THE AQUARIAN AGE)

**Sat siree, siree akaal, siree akaal,**

**Maahaa akaal, maahaa akaal,**

**Sat naam, akaal moorat,**

**Wha-hay guroo**

Great Truth, Great beyond Death, Great beyond Death,

Great beyond Death

Truth is His Name, Deathless Image of God,

Great Beyond Words is this Wisdom.

### **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,

Haree Narayan is Creative Sustainer,

And Sat Naam means True Identity.

### **WAAH YANTEE**

**Wah 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 the Wahe Guru.

### **WAHE GURU**

(GURMANTRA)

**Wha-hay guroo**

I am in ecstasy when I experience the Indescribable Wisdom.

**WAHE GURU WAHE JIO**

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

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

Great beyond description is His Infinite Wisdom.