

# Aquarian Sadhana Mantra's

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## Long Chant (transformational Mantra)

**Ek Ong Kar Sat Nam Siri Wahe Guru**

*One Creator created this Creation*

*Truth is His Name*

*Great beyond description is His Infinite Wisdom*

## Waah Yantee Kar Yantee (for awakening the intuition)

**Waah Yantee Kar Kaar Yantee**

**Jag Doot Patee Aadak It Wahaa**

**Brahmaadah Traysha Guru**

**It Wahe Guru**

*Great Macroself, Creative Self*

*All that is creative through Time*

*All that is the Great One*

*Three aspects of God; Brahma (life giving), Vishnu (sustaining), Shiva (destroyer)*

*That is Wahe Guru*

## Mul Mantra (fearlessness & prosperity)

**Ek Ong Kaar Sat Nam Kartaa Purkh Nirbo Nirvair Akaal Moorat**

**Ajoonee Saibhung Gur Prasaad Jap**

**Aad Such Jugaad Such Hai bee Such Nanak Hosee Bhee Such**

*One Creator, Truth is His Name, Doer of Everything, Fearless, Revengeless, Undying,*

*Unborn, Self-Illuminated, Self-existent, Guru's Grace, Repeat/chant*

*True in the beginning, True through all time, True even Now,*

*Nanak says Truth shall ever be*



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## Sat Siri Siri Akal (for Courage & Caliber)

**Sat Siri Siri Akal Siri Akal Mahaa Akal Maha Akal**

**Sat Nam Akal Moorat Wahe Guru**

*Great Truth, Undying, Great Deathless,*

*Truth is His Name, Deathless form of God, Great beyond description is His Wisdom*

## Rakhay rakhanhaar (against fluctuations of the mind)

**Rakhay rakhanhaar aap ubaariun**

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

**Hoaa aap dayaal manho na visaariun**

**Saadh janaa kai sung bhavjal taariun**

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

**Tis saahib kee tayk naanak manai maa-eh**

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

*Oh protector, the One who protects, you yourself lifts us up, carries us across.*

*You gave us the touch of the Lotus Feet of the Guru, and our work is totally taken care of.*

*You are merciful, kind and compassionate. Our minds do not forget You.*

*In the Sadh Sangat, in the company of those living in consciousness,*

*You carry us across and save us from misfortune, slander and disaster.*

*In an instant you cut away the negativity and slander.*

*That Lord and Master is my anchor and support.*

*Oh Nanak, hold firm to that One in your mind.*

*Remembering God in meditation happiness comes and all sorrows and pains simply vanish.*



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## **Wahe Guru Wahe Jio (Mantra of Extasy)**

**Wahe guru Wahe guru Wahe guru Wahe Jio**

*Wahe Guru- Great Beyond description is the experience of God's Wisdom*

*Wahe Jio- Great Beyond Description is the experience of God Blessing the Soul*

## **Guru Ram Das Chant (Mantra of Healing & Protection)**

**Guru Guru Wahe Guru, Guru Ram Das Guru**

*Wise, wise is the one who serves Infinity*

