

**May The Long time Sun Shine Upon You  
All love surround you  
And the pure light within you - Guide  
your way on.**

"May The Long Time Sun Shine Upon You" publicerades först 1968. Det är den avslutande låten för "A Very Cellular Song" på LP The Hangman's Beautiful Daughter of the Scottish-baserade hippie-folkband, Incredible String Band.

Gurudass Singh från Virginia skrev i en artikel om Khalsa String Band: "En dag när han (Yogi Bhajan) kom in i rummet spelade en grupp yogastudenter inklusive Guru Singh en omgång av ett stycke av Incredible String Band. Yogiji frågade dem att fortsätta spela det, och från och med därefter bad dem att spela det efter sina lektioner. Det blev snabbt en tradition som fortsätter idag i slutet av varje Kundalini Yoga-klass som undervisas över hela världen. "

**Ardas Bhaee**

**Amar Das Guru,**

**Amar Das Guru,**

**Ardas Bhaee,**

**Ram Das Guru,**

**Ram Das Guru,**

**Ram Das Guru,**

**Sachee Sahee**

This is a way of calling upon Guru Amar Das and Guru Ram Das (who represent the Hope of the Hopeless and the Lord of Miracles). It begins by affirming that what you are saying is a prayer. You then connect with their powerful energies. And then "sachee sahee"...you release it and let it go. You know that your prayer is heard and it's done. This is the mantra of answered prayers, of moving beyond difficult situations, and gracefully letting go.

# cw-yoga

-in real ease

## Mantran och deras betydelse

*"Mantras are not small things, mantras have power. They are the mind vibration in relationship to the Cosmos. The science of mantra is based on the knowledge that sound is a form of energy having structure, power, and a definite predictable effect on the chakras and the human psyche."*

~ Yogi Bhajan

Adi Mantra:

# ONG NAMO GURU DEV NAMO

"Jag bugar mig inför och hälsar i vördnad för det som är, för min inre visdom som för mig från mörker och okunskap till ljuset och insikt, det bugar jag mig inför.

*Alla Kundaliniyoga pass börjar med detta mantra. Den sätter dig i kontakt med ditt högre jag och till de som gått före. Skapar ett heligt "space"/rum i och utanför dig.*

Mangala Charn mantra:

**Ad Guray Nameh** - I bow to the Primal Wisdom

**Jugad Guray Nameh** - I bow to the wisdom through the Ages

**Sat Guray Nameh** - I bow to the True Wisdom

**Siri Guru Dev Nameh** - I bow to the Great unseen Wisdom

Jag hälsar/bugar mig inför den ursprungliga visdomen, tidsåldrarnas visdom, den sanna visdomen och den stora osynliga visdomen.

# SAT NAM

"Jag är sann" eller "Sanning är min identitet"  
SAT betyder sanning och NAM står för namn eller identitet.

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The Guru Gaitri mantra;

**Gobinday**-Sustaining-Uppehållande

**Mukanday**-Liberating-Frigörande

**Udharay**-Enlightening-Upplysande

**Aparay**-Infinite-Oändlig

**Hariang**-Destroying-Förstörande

**Kariang**-Creating-Skapande

**Nirnamay**-Nameless-Namnlösa

**Akamay**-Desireless-Utan önskan

The Guru Gaitri mantra (Gobinday Mukanday) eliminates karmic blocks and past errors, balances brain hemispheres, purifies the magnetic field, and brings compassion and patience.

Guru Gaitri mantra (Gobinday Mukanday) eliminerar karmiska block och tidigare fel, balanserar hjärnhalvfrekvenserna, renar magnetfältet och ger medkänsla och tålmod.

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Mantran och deras betydelse

**Bhand jammee-ai bhand nimmee-ai bhand mangan  
veeaa-hu.**

**Bhandahu hovai dostee bhandahu chalai raahu.  
Bhand moo-aa bhand bhali-ai bhand hovai bandhan.  
So kio mandaa aakhi-ai jit jameh raajaan.  
Bhandahu hi bhand oopjai bhandai baajh na ko-ay.  
Naanak bhandai baahraa ayko sachaa so-ay.  
Jit mukh sadaa salaah-ai bhaagaa ratee chaar.  
Naanak tay mukh oojalay tit sachai darbaar.**

From woman, man is born; within woman, man is conceived; to woman he is engaged and married.  
Woman becomes his friend; through woman, the future generations come.  
When his woman dies, he seeks another woman; to woman he is bound.  
So why call her bad? From her, kings are born.

From woman, woman is born; without woman, there would be no one at all.  
O Nanak, only the True Lord is without a woman.

That mouth which praises the Lord continually is blessed and beautiful.

O Nanak, those faces shall be radiant in the Court of the True Lord. ||2||

More Information:

This mantra is used to gain reverence for womanhood. For people who have mother and/or female phobias, reciting this helps to release them.

For women, this mantra can uplift and inspire you, helping you feel your own grace.

For men, it helps release mother phobias and release anger towards women.

Language: Gurmukhi

Source: Siri Guru Granth Sahib

Author: Guru Nanak Dev Ji

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Mantran och deras betydelse

PAVAN PAVAN

PAVAN PAVAN

PARA PARAA

PAVAN GUROO

PAVAN GUROO

WAHEY GUROO

WAHEY GUROO

PAVAN GUROO

Pavan - The Divine Breath

Par Para - From Beyond the Beyond

Pavan Guru - Breath is the Guru

Wahe Guru - The Experience of the Divine

Pavan is the air, the breath, carrier of the prana, the life force. This is God in action. This mantra increases the pranic energy and gives the experience of "may the force be with you."

"Whoever recites this mantra becomes absolutely divine, God in action... This mantra increases the pranic energy. There is no better healing than this." - Yogi Bhajan

**Adi Shakti, Adi Shakti, Adi Shakti, Namó Namó**

**Sarab Shakti, Sarab Shakti, Sarab Shakti, Namó  
Namó**

**Pritham Bhagvati, Pritham Bhagvati, Pritham  
Bhagvati, Namó Namó**

**Kundalini Mata Shakti, Mata Shakti, Namó Namó**

Translation:

I bow to (or call on) the primal power.

I bow to (or call on) the all encompassing power and energy.

I bow to (or call on) that through which God creates.

I bow to (or call on) the creative power of the Kundalini, the Divine Mother Power.

More Information:

The Adi Shakti Mantra tunes one into the frequency of the Divine Mother, and to the primal protective, generating energy. It is said that chanting it eliminates fears and fulfills desires.

Some quotes Yogi Bhajan gave on this mantra specifically for women:

"Merge in the Maha Shakti. This is enough to take away your misfortune. This will carve out of you a woman. Woman needs her own Shakti, not anybody else will do it. When a woman chants the Kundalini Bhakti mantra, God clears the way. This is not a religion, it is a reality. Woman is not born to suffer, and woman needs her own power."

"When India and Indian women knew this mantra, it dwelt in the land of milk and honey."

Yogi Bhajan taught that after conception, the soul enters into the womb of a mother on the 120th day. This is a day of celebration and when the soul/child is entering the womb this chant is traditional.

## Aadays Tisai Aadays Aad Aneel Anaad Anaahat Jug Jug Ayko Vays

Aadays tisai aadays: I salute Thou. I salute Thou, again and again.

Aad Aneel Anaad Anaahat:

Aad: You are the beginning.

Aad. He describes all dimension of limitlessness.

Jug Jug Ayko Vays: Remains true through all ages, through all time.

More Information:

This mantra is believed to instill the entire knowledge of the Universe without ever reading a book. It is the yogi's humble bowing to the infinite.

From Yogi Bhajan's Lecture on Self Reverence 07/26/1996 (from Master's Touch)

"In this Slok, he totally completes the human anatomy, excellence, process, projection in the most clear words which one can understand. He says it with absolute clarity, sparing nothing.

Guru Nanak salutes God as a yogi, by using the yogi's salute: Aadays. Aadays means, "I salute Thou."