Awakening the Consciousness

SADHANA MANTRAS FOR THE AQUARIAN AGE

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YOGI BHajan gave the following sequence of mantras on June 21, 1992, with instructions to continue using them for morning sadhana in this order for 21 years. So, until the year 2013, we are set with the best sadhana tools possible. Total time is 62 minutes.

1. The Adi Shakti Mantra:
Ek Ong Kaar Sat Naam Siri Wha-hay Guroo
(7 minutes)
“One Creator created this Creation. Truth is His Name. Great beyond description is His Infinite Wisdom.”

The cornerstone of morning sadhana is an Ashtang Mantra, the Adi Shakti Mantra, also called Long Ek Ong Kars or Morning Call. This mantra initiates the kundalini, initiating the relationship between our soul and the Universal Soul.

Long Ek Ong Kars are chanted without musical accompaniment, whereas the six mantras that follow may be chanted using various melodies with or without instrumental accompaniment. (Musicians take note: instruments are for background to accompany and support the voice. Also, be sure to preserve the original rhythm of the mantra by keeping the length of the syllables intact.)

2. Waah Yantee, Kar Yantee (7 minutes)
This mantra uses the words of Patanjali. It represents thousands of years of prayer. With it, we call directly on the Macroself, beyond the gunas, beyond creation.

Waah Yantee, Kaar Yantee
Jag Doot Patee, Aadak It Waahaa
Brahmaadeh Traysha 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 (Shiva).
That is Wahe Guru.

3. The Mul Mantra (7 minutes)
The Mul (Root) Mantra gives an experience of the depth and consciousness of your soul. There are 108 elements in the universe, and 108 letters in the mul mantra (in the original Gurmukhi script). This mantra expands creativity and projects us into action in line with the Creator, and our destiny.

In chanting the Mul Mantra:
- Leave a slight space (not a breath) between ajoonee and saibhang. Do not run the words together.
- Emphasize the “ch” sound at the end of the word such. This adds power.

4. Sat Siri, Siri Akal (7 minutes)
Yogi Bhajan has called this the Mantra for the Aquarian Age. With it, we declare that we are timeless, deathless beings.

Sat Siri
Siri Akaal
Siri Akaal
Mahaa Akaal
Mahaa Akaal
Sat Naam
Akaal Moorat
Wha-hay Guroo

Great Truth
Respected Undying
Respected Undying
Great Deathless
Great Deathless
Truth Identified (Named)
Deathless Image of God
Great beyond description is His Wisdom
5. Rakhe Rakhan Har (7 minutes)
This is a shabd of protection against all negative forces which move against one’s walk on the path of destiny, both inner and outer. It cuts like a sword through every opposing vibration, thought, word, and action.

It is part of the evening prayer of the Sikhs (Rehirs). Rakhe Rakhan Har was composed by Guru Arjan, the Fifth Guru.

Rakhay rakhanahaar aap ubaaria-an
Gur kee paisee 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 padaari-an
Tis saahib kee tayk Naanak manai maa-eh
jis simrat sukh ho-i sagalay dookh jaa-eh

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.
Godless, slanderous enemies—you finish them in timelessness.
That great Lord is my anchor.
Nanak, keep firm in your mind, by meditating and
repeating His Name
All happiness comes and all sorrows and pain go away.

6. Wahe Guru Wahe Jio (22 minutes)
Chant this mantra sitting in Vir Asan. Sit on the left heel, with the right knee against the chest, with hands in Prayer Pose. Eyes are focused at the tip of the nose.

Wha-hay Guroo Wha-hay Guroo Wha-hay Guroo Wha-hay Jeeo

Wahe Guru is a mantra of ecstasy. There is no real translation for it, though we could say, “Wow, God is great!” or “indescribably great is His Infinite, Ultimate Wisdom.” Jeeo is an affectionate but still respectful variation of the word Jee which means soul. We establish ourselves for victory and the right to excel.

7. Guru Ram Das Chant (5 minutes)
Guroo Guroo Wha-hay Guroo Guroo Raam Das Guroo

This in praise of the consciousness of Guru Ram Das, invoking his spiritual light, guidance, and protective grace. We are filled with humility.

Guidelines for Leading the Aquarian Sadhana

This is meant to be a model for morning sadhana only—times are very approximate. Adjust according to the needs of the group. With a group sadhana, it is important to end sadhana on time, so that everyone can adjust their schedules accordingly.

- **First guideline for sadhana leaders: Show up!**
  If for any reason you are not able to make it on the day you are leading, you must arrange for someone else to lead.

- **Japji 4:00 am**
  If you are unfamiliar with Japji or concerned about fine-tuning pronunciation, use a tape or CD. If possible, read Japji tantric style—male-female reading alternate lines. A copy of Japji can be downloaded from sikhnet.com.

- **Ong Namo Guru Dev Namo & Yoga Set 4:20 am**
  Dim the lights. A good choice for the yoga set is a basic energizing, Kundalini-raising set, including lots of stretching, Spinal Flexes, and Breath of Fire. It’s a good idea to end with Sat Kriya. The yoga set should be about 25-30 minutes. If you are going to play music during the yoga, choose mantra music, and play it at a low volume.

- **Deep Relaxation**
  Dim the lights further, if necessary. Keep the relaxation relatively short—5 minutes. If you choose to play music, keep it very low. Mantra music with a meditative quality is effective.

- **Meditations (62 minutes). Begin approximately 5:00 am**
  Lights can be turned very low or completely off. Keep sadhana music loud enough to be heard clearly throughout the entire sadhana room, so that it envelops us, and is easy to sing along with, while being sensitive to not making it too loud. Let the music surround and expand you.

- **After the meditations, starting approximately 6:00 am**
  This is the time when a Gurdwara program may take place. Alternatively, an inspirational passage may be read (from Peace Lagoon or other inspirational work), or have a moment of deep prayerful silence.

- **Sadhana will end with either a Gurdwara program or with Long Time Sun and Long Sat Naam between approximately 6:15 - 6:30 am.**
  Hold the space, enjoy the bliss of this ambrosial hour. It will fill your days with connection, sweetness, and purpose. **Sat Nam.**