

# Aad Guray Nameh

## Transliteration

Aad Guray Nameh

Jugaad Guray Nameh

Sat Guray Nameh

Siri Guru Dayvay Nameh

## Meaning

I bow to the primal wisdom

I bow to the wisdom of all ages

I bow to the True wisdom

I bow to the transparent and great wisdom

## Effect

It clears doubt and opens you to guidance and protection by enveloping your magnetic field with protective light. It is also the mantra you recite before embarking on any journey, for protection during the journey.

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# Aad Sach

## Transliteration

Aad Sach

Jugaad Sach

Hai Bhai Sach

Nanak Hosee Bhai Sach

## Meaning

He was truth in the beginning

Truth through the ages

True even now

Nanak says he will always be true.

## Effect

To remove blockages and foster creativity.

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# Aap Sahaee Hoa

## Transliteration

Aap Saha ee Hoaa

Sachay Daa Sachaa Doaa

Har Har Har

# Meaning

The Lord Himself is my refuge  
Truth is the support of the True God

# Effect

This mantra removes negativity from the surrounding environment and from within you. It is a gift that allows you to penetrate into the unknown without fear. It provides protection and mental balance.

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# Adi Shakti

## Transliteration

Adi Shakti, Adi Shakti, Adi Shakti, Namō, Namō

Sarab Shakti, Sarab Shakti, Sarab Shakti, Namō, Namō

Pritham Bhagvati, Pritham Bhagvati, Pritham Bhagvati, Namō  
Namō

Kundalini Mata Shakti, Mata Shakti, Namō Namō

# Meaning

I bow to the primordial power  
I bow to all surrounding energy and power  
I bow before that from which God creates.  
I bow to the creative power of Kundalini, the divine mother power.

## Effect

This devotional mantra invokes the Primal Creative Power, which manifests as the feminine. It appeals to the Mother Power. It will help you to be free from insecurities that block freedom of action. By meditating on it, one can gain a deeper understanding of the constant interplay between the manifest and unmanifest qualities of the cosmos and consciousness. It strengthens grace, love and purity in the woman. It removes all negativity, eliminates fears and brings fulfillment to desires.

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## Agni tattva

The fire element in the five elements (Pancha Tattvas). It represents transformation, heat, and energy, and is associated with the solar plexus chakra (Manipura).

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## agni-granthi

In yogic philosophy, Ahangkar (also spelled Ahamkara) is a Sanskrit term that refers to the ego or the sense of self-identity. It is derived from "aham," meaning "I" or "self," and "kara," meaning "making" or "doing." Thus, Ahangkar can be understood as the "I-maker," the aspect of the mind that constructs and maintains an individual's sense of ego and

separateness.

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## Ahimsa

Ahimsa, a fundamental principle in Hinduism, Buddhism, and Jainism, denotes the practice of non-violence and compassion towards all living beings. It encourages individuals to avoid harm, whether physical, mental, or emotional, and to cultivate kindness, empathy, and respect for the interconnectedness of life. Ahimsa extends beyond refraining from physical violence, encompassing thoughts and actions that foster peace and harmony.

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# Ajai Alai

## Transliteration

Ajai, Alai, Abhai, Abai

Abhoo, Ajoo, Anaas, Akaas

Aganj, Abhanj, Alakkh, Abhakkh

Akaal, Dyaal, Alaykh, Abhaykh

Anaam, Akaam, Agaaha, Adhaaha

Anaathay, Pramaathay, Ajonee, Amonee

Na Raagay, Na Rangay, Na Roopay, Na Raykhay

Akarmang, Abharmang, Aganjay, Alaykhay

## Meaning

Invincible. Indestructible

Fearless. Everywhere.

Birthless. Forever.

Indestructible. In all things

Invincible. Indivisible

Invisible. Free of desire

Immortal. Kind

Unimaginable, Formless

Nameless, Desireless

Unfathomable. Harmless

Without a master. Destroyer of all

Beyond birth and death. Beyond silence

Beyond love itself. Beyond all colors

Formless. Beyond chakras

Beyond karma. Beyond doubt.

Beyond battles. Unimaginable

## Effect

According to Spirit Voyage, “Chanting this mantra shifts your own vibration by bringing you into alignment with the qualities of the Divine and activating them to turn on inside of you.... a powerful mantra that can build your Radiant Body, activate your higher chakras, bring you out of depression and anger, and dissolve challenges in front of you”

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## Ajappa Jap

Ajappa Jap (or Ajapa Japa) is a yogic term referring to a continuous, automatic repetition of a mantra or a spiritual sound within oneself without conscious effort. The term “Ajapa” means “that which is not recited,” and “Japa” means “repetition of a mantra.” Thus, Ajapa Japa can be understood as the spontaneous and effortless repetition of a mantra that goes on naturally within the mind.

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## Ajna

The third eye chakra, located between the eyebrows, associated with intuition, insight, and higher consciousness.

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# Akasha tattva

In yogic philosophy, Ajna (also spelled Ājñā) refers to the sixth chakra, commonly known as the “third eye” chakra. The term “Ajna” comes from the Sanskrit root word meaning “command” or “perceive.” This chakra is associated with intuition, insight, and higher wisdom.

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## Anand

### Meaning

These sacred words are from guru amar das, the third guru of the Sikhs.

I am in bliss, O my Mother, for I have found my true guru. I have found my true guru with intuitive ease and my mind resonates with the music of delight. Precious melodies and heavenly harmonies have come to sing the shabad. Those who sing shabad, The Lord dwells within their minds. Says Nanak: I am in ecstasy because I have found my guru.

### Effect

It means bliss, delight.

But it is not delight in the way we are used to.

Anand is a state of grace that comes when every word you say and every action you perform sustains the light and journey of your soul.



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# Ananda

In yogic philosophy, Ananda is a Sanskrit term that means “bliss” or “divine joy.” It represents a state of profound happiness, contentment, and spiritual fulfillment that goes beyond ordinary pleasures and material satisfaction. Ananda is considered a fundamental aspect of the true nature of the self (Atman) and the ultimate goal of many yogic practices.

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# Ang Sang Wahe Guru

## Transliteration

Ang Sang

Wahe Guru

## Meaning

God is in every cell of my being

# Effect

Ang is “a part”. Sang is “each” or “in each”. Wahe is “The indescribable ecstasy of infinite being”. Guru is “The wisdom that transforms mind, emotion and essence”. The complete phrase means, “The infinite being, God, is within me and vibrates in every molecule and cell of my being.”

This mantra expresses universal truth. Repeating it creates a thought, which gradually guides the psyche to adjust. It reconnects every projection of the psyche, every separate part of the body and synchronizes the finite sense to the Infinite Oneness. This act of uniting the separate parts is an essential act of healing. Under attack, under war, under the pressure of fear, this meditation keeps us united, aware and ready to act. It brings inner peace that comes from the touch of the spirit. Gurucharan Singh

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# Apana Vayu

Apana Vayu is a term from yogic and Ayurvedic traditions referring to one of the five major vital airs (Vayus) that govern various physiological functions in the body. In Sanskrit, “Apana” means “downward” or “away,” and “Vayu” means “wind” or “air.” Therefore, Apana Vayu is the vital force responsible for downward and outward movement in the body.