

# Ek Ong Kar (Largos)

## Transliteration

Ek  
Ong  
Kar  
Sat  
Nam  
Siri  
Wahe  
Guru

## Meaning

One Creator created this Creation. Truth is His Name. Great beyond description is His infinite wisdom.

## Effect

This mantra opens the chakras. These six words are “codes” or the direct phone line that “connects” you to your Creator. It was the first and only mantra that Yogi Bhanan taught during his first year in America. When chanted with power it is extremely energizing.

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**Ek      Ong      Kar      Sat      Guru**

# Prasad/Siri Mantra

## Transliteration

Ek Ong Kar Sat Gur Prasad

## Meaning

There is only one Creator  
I know this by the grace of the True Guru  
I know this by the grace of the True Guru  
There is only one Creator

## Effect

This mantra is for inner vitality and to improve communication. It gives you absolute intuition.

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# El Eterno Sol

## Transliteration

May the Long Time Sun  
Shine upon you  
All love surround you  
And the pure light  
within you  
Guide your way on

# Meaning

May the Long Time Sun  
Shine upon you  
All love surround you  
And the pure light within you  
Guide your way on

# Effect

This chant has become the blessing used to end Kundalini Yoga classes.

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# Escała de sanacion

## Transliteration

Sa Re Ga Ma Pa Da Ni Sa  
Sa Ta Na Ma , Ra Ma Da Sa, Sa Se So Jong  
Feel Me, Feel Me, Feel Me, Feel Me,  
In My Destiny, In Thy Heart, Oh! My Lord  
Heal Me, Heal Me, Heal Me, In My Destiny,  
In Thy Heart, Oh! My Lord  
Heal Me, Heal Me, In The Universe, Total Of You  
Heal Me, Heal Me, In The Universe, Over All  
Heal Me, Heal Me, In The Universe, Oh! My Lord.

# Effect

This mantra is said to balance all your chakras, promoting energy flow and a connection to the universe

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# Granthis

Granthis are energetic knots or blockages in the subtle body that obstruct the flow of prana (life force energy) through the nadis (energy channels) and chakras. In yogic and tantric traditions, there are three main granthis: Brahma Granthi (root and sacral chakras), associated with physical attachments; Vishnu Granthi (solar plexus and heart chakras), linked to emotional attachments; and Rudra Granthi (throat and third eye chakras), connected to attachments to psychic powers and spiritual experiences. Yoga, pranayama, and meditation practices aim to release these knots, facilitating the free flow of energy and leading to spiritual awakening.

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# Gunas

Gunas are the three fundamental qualities or energies that constitute all of nature and influence human behavior and consciousness in Indian philosophy, particularly in Sankhya and Yoga traditions. The three gunas are Sattva (purity, harmony, and balance), Rajas (activity, passion, and restlessness), and Tamas (inertia, darkness, and confusion). These qualities are present in varying degrees in all beings and things, shaping their characteristics and actions. The practice of yoga and self-awareness aims to increase Sattva while reducing the influences of Rajas and Tamas, leading to a more balanced and enlightened state of being.

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# Guru Dev Mata, Guru Dev Pita

## Transliteration

Gurdev Mata Gurdev Pita Gurdev swami paramesura  
Gurdev sakha agiaan Bhanjan gurdev bandhip sahodara  
Gurdev daata har naam updesai Gurdev mant nirodhara  
Gurdev saant sat budh moorat gurdev paras paras para  
Gurdev tirath amrit sarovar gur giaan majan aprampara  
Gurdev karta sabh paap harta gurdev patit pavit kara  
Gurdev aad jugaad jug jug gurdev mant har jap udhra  
Gurdev sangat prabh mel kar kirpa hum moor paapi jit lag tara  
Gurdev satgur parabrahm pamesar gurdev Nanak har namaskara

## Meaning

Divine Guru is my mother, Divine Guru is my father; Divine Guru is my Transcendent Lord and Master.

Divine Guru is my companion, the Destroyer of ignorance; Divine Guru is my relative and brother.

Divine Guru is the Giver, the Teacher of the Lord's Name. Divine Guru is the Mantra which never fails.

Divine Guru is the Image of peace, truth and wisdom. Divine Guru is the Philosopher's Stone – touching it, one is transformed.

Divine Guru is the sacred shrine of pilgrimage, and the pool of divine ambrosia; bathing in the Guru's wisdom, one experiences the Infinite.

Divine Guru is the Creator, and the Destroyer of all sins; Divine Guru is the Purifier of sinners.

Divine Guru existed at the primal beginning, throughout the ages, in each and every age. Divine Guru is the Mantra of the

Lord's Name; chanting it, one is saved.

O God, please be merciful to me, that I may be with the Divine Guru; I am a foolish sinner, but holding onto Him, I am carried across.

Divine Guru is the True Guru, the Supreme Lord God, the Transcendent Lord; Nanak bows in humble reverence to the Lord, the Divine Guru.e

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# Guru Gaitri Mantra

## Transliteration

Gobinday

Mukunday

Udaaray

Apaaray

Hariang

Kariang

Nirnaamay

Akaamay

## Meaning

Sustainer

Liberator

Enlightener

Infinite

Destroyer

Creator

Nameless

Desireless

## Effect

The Guru Gayatri was given by Guru Gobind Singh after long meditation. He said a time will come in life when you have no courage whatsoever, and you long to reach God consciousness, but you feel helpless and hopeless. At that time, turn to the Guru Gayatri Mantra. It will help you and carry you through. It has the power to give life to anything, but it will only work if it is chanted from the navel point.

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## Guru Ram Das Lullaby

### Transliteration

Close your eyes, it's the end of another busy day. I wouldn't be surprised if a lot of other children slept this way, with Guru Ram Das to protect them, keep them safe all through the night.

Oh... Dhan Dhan Guru Ram Das, Rakho Saharanai.

Meditate on Guru Nanak, may you love God with his clarity.

Meditate on Guru Angad, may devotion fill your heart and set you free.

Mediate on Guru Amardas, let none leave your house unfulfilled.

Meditate on Guru Ram Das, your prayers will heal the weak and the ill.

Meditate on Guru Arjan, his poem is a jewel beyond all words.

Meditate on Guru Hargobind, you'll find God on heaven and on earth.

Meditate on Guru Har Rai, God and you shall never be apart.

Meditate on Guru Harkrishan, his sacrifice brings compassion to your heart.

Meditate on Guru Teg Bahadur, no enemy will disturb your inner peace.

Meditate on Guru Gobind Singh, defend truth till your soul is released.

Siri Guru Granth Sahib, may Gurbani be the love of this child's life. May it fill their hearts with wisdom and courage to bear the tests of the time.

With Guru Ram Das to protect them, keep them safe all through the night.

Oh... Dhan Dhan Guru Ram Das, Rakho Saharanai.

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# Guru Ram Das Mantra

## Transliteration

Guru Guru Wahe Guru

Guru Ram Das Guru

## Effect

This is a mantra of self-healing, humility, relaxation, protective grace, and emotional relief. It calls on the spirit of humility and grace of Guru Ram Das.

The Guru Ram Das mantra is an ashtang mantra. Ashtang mantras have eight parts. They catalyze the kundalini energy to initiate through your own effort and devotion. The first part of the mantra, Guru Guru Wahe Guru, projects the mind to the



Infinite, the source of knowledge and ecstasy. The second part, Guru Ram Das Guru, means “the wisdom that comes as a servant of the Infinite.

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# Guru Ram Das Rakho Saranai

## Transliteration

Ik Ardaas Bhaat Keerat Ki  
Guru Ramdas Rakho Sarnai

Hum Avgun Bhare Ek Gunn Naahi  
Amrit Chhaad Bikhai Bikh Khaai

Maya Moh Bharam Pai Bhule  
Sut Daara Sion Preet Lgaa

Ik Uttam Panth Suneyo Gur Sangat  
Tih Milant Jam Traas Mitaai

## Meaning

I am brimful with sins and have not even a single virtue.  
Abandoning Nectar, I eat nothing but poison.  
Falling into love of riches and doubt, I am wandering about  
and have contracted affection with my sons and wife.  
I have heard that the Guru's congregation alone is the sublime  
path, adhering to which, the fear of death is shed.  
Kirat the minstrel, makes a supplication, O Guru Ram Dass,  
keep thou me ever under thy protection.

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# Gyan Mudra

## Mudra of Knowledge

### Effects of Gyan Mudra:

Gyan Mudra, also known as the Mudra of Knowledge, is known for its ability to enhance mental clarity, concentration, and spiritual wisdom. Also called Jnana Mudra in some traditions, it is used to improve focus and stimulate the brain, making it a powerful tool to deepen your meditation practice and cognitive abilities.

### How to do Gyan Mudra:

1. Touch the tip of the thumb with the tip of the index finger.
2. Rest your hands on your knees or thighs, with the palms facing upward. Ensure that your arms are relaxed and not strained.



# Hai Gobinda Hai Gopal

## Transliteration

Hey Gobind Hey Gopal Hey Daial Lal  
Pran Nath Anath Sakhe  
Din Darad Nivaar  
Hey Samrath Agam Puran  
Mohe Mai Adhaar  
Andh Kup Maha Bhiyaan  
Nanak Par Utaar

## Meaning

O Preserver of the World, O Sustainer of the World, O Dear Merciful Beloved.

You are the Master of the breath of life, the Companion of the lost and forsaken, Remove me from this Misery

O All-powerful, unimaginable, please shower me with Your Compassion.

Please, carry me across this terrible, deep dark pit of despair to the other side.

## Effect

To release suffering. It is like a ship that takes us through a storm on the ocean. It is a prayer to the creative force Gobinda and the one nourished, sustained and helped by Gopal. It also develops the power of compassion, moving us to a place of Oneness.

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# Har Gobinde Mahan He

## Transliteration

Har Gobinde  
Har Gobinde  
Har Gobinde  
Mahane He

Sarab Shakti  
Sarab Shakti  
Sarab Shakti  
Mahane He

## Meaning

Oh God you are the Highest.  
Oh powerful God you are the Highest.

## Effect

This mantra calls on the Divine Force to free us from karmic obstacles and works on the heart.

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# Har Har Har Har Gobinday

## Transliteration

Har Har Har Har Gobinday  
Har Har Har Har Mukunday

Har Har Har Har Udaaray  
Har Har Har Har Apaaray  
Har Har Har Har Hariang  
Har Har Har Har Kariang  
Har Har Har Har Nirnaamay  
Har Har Har Har Akaamay

## Meaning

Har: The One, the unknown God combined with the eight aspects of God:

Sustainer, Liberator, Illuminator, Infinity  
Destroyer, Creator, Nameless, Desireless

## Effect

This kundalini yoga mantra will help you enlist the power of prosperity and unleash it within your life. The mantra is most likely to be used as part of a meditation with the purpose of gaining more. Needless to say, to truly harness this power, you will need to gain a full understanding of the mantra's translation and what it means in action.

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## Har Har Wahe Guru

## Transliteration

Har Har  
Wahe Guru

# Meaning

The Creator is joy; great is the Guru.

# Effect

To conquer negativity and achieve greatness and ecstasy. With this mantra you can get cosmic energy to help you achieve victory and realize your inner and outer being.