

Har Hare Hari Wahe Guru

Transliteration

Har Haray Hari Wahe Guru

Meaning

Har: The One, the unknown God.

Haré: The One united

Harí: The projected One, generative energy, the known God.

Wahe Guru: The ecstasy of consciousness.

This mantra expresses the three phases of Har as Divine Creation: seed, flow and completion.

Effect

It is a mantra of absolute prosperity and vitality, its vibration helps you create abundance and joy in your life.

Har Nar Wahe Guru

Transliteration

Har Nar

Wahe Guru

Meaning

God is the being and God is everything.

Effect

To create a balance between the earth and the ether, restore the balance we need in life. Eliminates father-mother phobias. It is especially good for when a woman is afraid of men.

Har Singh Nar Singh

Transliteration

Har Singh Nar Singh
Neel Naaraain
Guroo Sikh Guroo Singh
Har Har Gaain
Waahe Guroo Waahe Guroo
Har Har Dhiaain
Saakat Nindak Dusht Mitaaain

Meaning

God is the protector of the Universe. The people who want to reside in God's consciousness recite God's name and meditate on the ecstasy which is God's greatness. If you chant God's name all your karmas will be cleared.

Effect

This mantra makes one conquer all evil. Works on the “energy of evolution” of man’s strength. It is especially good for men.

Hari Nam Sat Nam

Transliteration

Hari Nam Sat Nam Hari Nam Hari
Hari Nam Sat Nam Sat Nam Hari

Meaning

Hari: Creative flow of the Universe
Nam: identity
Sat: true

Effect

This is a prosperity mantra that helps you align with the creative flow of the Universe.

Hatha

Hatha is a Sanskrit term that refers to a system of physical practices in yoga, focusing on the purification and balancing

of the body and mind. Hatha yoga includes asanas (postures), pranayama (breath control), mudras (gestures), and bandhas (energy locks), aimed at harmonizing the flow of prana (life force energy) in the body. The word “hatha” is often translated as “forceful” or “effortful,” reflecting the discipline and effort required in these practices. Hatha yoga is not just about physical fitness but also about creating a balance between the body, mind, and spirit, leading to overall health and well-being.

Hum Dhum Har Har

Transliteration

Hum Dhum Har Har
Har Har Hum Dhum

Meaning

Hum stands for the God within ourselves.

Dum signifies the God outside.

Har is the creative power of the universe.

With this mantra, we honor microcosm and macrocosm (inner and outer worlds) as well as the connection between these two worlds.

Effect

This mantra opens the heart and gives us a powerful means of communication.

Humee Hum Brahm Hum

Transliteration

Humee Hum Brahm Hum

Meaning

We are One. We are God.

Effect

It fixes the identity into its true reality.

Humee Hum Tumee Tum, Wahe Guru

Transliteration

Humee Hum
Tumee Tum
Wahe Guru
I Am Thine
In Mine, Myself
Wahe Guru

Meaning

I am Thine in Mine Myself, Wahe Guru

Effect

To bring internal and external qualities into balance. To relax the deepest tensions in the inner being and obtain peace.

I Am Thine

Transliteration

I'm Thine in Mine Myself, Wahe Guru
Humee Hum Tumee Tum Wahe Guru.

Ida Nadi

The left energy channel associated with lunar energy, calmness, and cooling.

Jai Tegang

Transliteration

Khag Khand Bihandang Khal Dal Khandang At Ran Mandang Bar
Bandang

Bhuj Dand Akhandang Tej Prachandang Jot Amandang Bhaan
Prabhang

Sukh Santaa Karanang Duramat Daranang Kilabikh Haranang As
Saranang

Jai Jai Jag Kaaran Srisht Ubaaran Mam Pratipaaran Jai Tegang

Meaning

The sword breaks through and cuts down the demons of the mind and body. This beautiful and powerful weapon adorns the battlefield of life.

It is as an extension of the arm, unbreakable, terribly fast, it's awesome splendor overshadows even the sun.

It protects the peace and happiness of the saints and destroys any powerful negative energy. It has erased the negativity and guilt that I carry. I seek its refuge.

Praise, praise be to the great doer of the world, savior of the creation, my great protector, praise be to the sword!

Effect

The Shabad "Jai Te Gang" pierces through your karma and erases negativity. It brings strength, courage, and inspiration.

Jalandhara Bandha

Neck Lock

Jalandhara Bandha, also known as Neck Lock, regulates subtle movement in the upper part of the body. This lock is the most common of the 4 locks and is generally applied while doing most practices of chanting meditation, most pranayama.

Yogis believe that when you apply Jalandhara bandha consciously and correctly it helps untie the knot of Shiva located at the brow point. When the energy of this knot is untied and flowing, you feel free of time and space. You associate yourself with the timelessness and non-duality of the soul and the Divine essence.



Head over to our Deep Dive article on Jalandhara Bandha to learn how to practice this technique safely.

[Read More Here ->](#)

Jap Sahib

A prayer composed by Guru Gobind Singh, the tenth Sikh Guru. It is a part of the Dasam Granth and is recited in the morning by Sikhs. Jap Sahib praises God and describes the nature of the divine.

Japa

Japa is the meditative practice of repetitive chanting or recitation of a mantra, often using a mala (prayer beads) to keep count. This practice helps focus the mind, cultivate inner peace, and deepen spiritual connection by aligning the practitioner with the vibrational essence of the mantra. Japa can be performed silently, whispered, or aloud, each method offering unique benefits for concentration and mindfulness.

Japa Mala

A string of beads used for counting repetitions of mantras or prayers.

Japji Sahib

A sacred composition by Guru Nanak, the founder of Sikhism, which is recited in the morning by Sikhs. It is a part of the Guru Granth Sahib, the holy scripture of Sikhism, and consists of a series of hymns that outline spiritual philosophy and principles.