

# Ra Ma Da Sa

## Transliteration

Ra Ma Da Sa, Sa Say So Hung

## Meaning

Ra is the energy of the Sun: strong, bright and hot. It energizes and purifies.

Ma is the energy of the moon: receptive, cool, and nurturing.

Da is the energy of Earth: secure and personal. It is the ground of action.

Sa is the impersonal Infinity. The cosmos in all of its dimensions, openness, expansiveness and totality is Sa.

Sa is the impersonal Infinity.

Say is the totality of experience and is personal. It is the feeling of a sacred "Thou." It is the embodiment of Sa.

So is the personal sense of merger and identity.

Hung is the Infinite, vibrating and real. The two qualities together (So and Hung) mean: "I am Thou."

## Effect

The universal energies can be compared to the strings of a harp.

This mantra tunes those strings so that everything within and around us becomes melodious.

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# Raja Yoga

Raja Yoga is the royal path of yoga, emphasizing meditation, mental control, and spiritual enlightenment. It focuses on stilling the mind through practices like meditation, concentration, and breath control (pranayama), aiming to achieve self-realization by experiencing the true nature of consciousness. Raja Yoga incorporates ethical principles, physical postures (asanas), and systematic techniques for mental clarity and inner peace, as outlined in the Yoga Sutras of Patanjali.

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# Rajas

Rajas is one of the three gunas in yogic philosophy, representing activity, energy, and passion. It is characterized by its fiery, active nature and its role as a catalyst for transformation. These qualities—Sattva (purity, harmony), Rajas (activity, passion), and Tamas (inertia, darkness)—constantly interact, intertwine, and influence each other in varying combinations. Rajas drives ambition, restlessness, and the pursuit of goals, shaping both emotional responses and behavioral tendencies. Recognizing and balancing Rajas helps individuals manage their energy levels and navigate their aspirations and actions towards personal growth and harmony.

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# Rake Rakhan Har

## Transliteration

Rakhe Rakhan Har Aap Ubarian  
Gur Kee Pairee Paa-eh Kaaj savaarian  
Hoaa aap daiaal manhu na visaarian  
Saadh Janaa Kai Sang Bhavjal Taarian  
Saakat Nindak Dusht Khin Maahi Bidaarian  
Tis Saahib Kee Tayk Naanak Manai Maahi  
Jis Simrat Sukh Ho-ay Saglay Dookh jaahi

## Meaning

God Himself is looking out for us,  
gives us the light, and takes care of our affairs.  
God is merciful, and never forgets us.  
God guides us, giving us good people to help us.  
God does not allow hurt to come to us.  
I take comfort in the thought of God.  
When I remember God, I feel peaceful and happy  
and all my pain departs.

## Effect

This mantra is for complete protection. It adds energy to the Self and helps when you are physically weak or have limited wealth. It helps to remove obstacles to fulfilling one's destiny.

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# Rudra Granthi

Rudra Granthi, known as the Knot of Shiva, resides at the Ajna (Third-Eye) chakra. It represents the final hurdle for yogis on their spiritual journey. This knot obstructs the flow of Kundalini energy to the highest self by binding it with mental attachments and intellectual pride. It manifests in intellectual prejudices and the inability to distinguish between true self-knowledge and mere intellectual accumulation.

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## Sa Re Sa Sa – Antar Naad Mantra

### Transliteration

Sa Re Sa Sa, Sa Re Sa Sa, Sa Re Sa Sa, Sa Rung  
Har Re Har Har, Har Re Har Har, Har Re Har Har, Har Rung

### Meaning

That Infinite Totality is here, everywhere.  
That Divine Creativity is here, everywhere.

### Effect

This mantra gives you the power of communication so that your words have mastery. It is the connection with the wisdom of the past, present, and future. It will bring you peace, even to those who do not have it written in their destiny. It

brings prosperity and good luck.

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# Sa Ta Na Ma – Panj Shabad

## Transliteration

Sa Ta Na Ma

## Meaning

Saa = Infinity, the totality of the cosmos.

Taa = Life (birth of the form of infinity)

Naa = Death (or transformation)

Maa = Rebirth

## Effect

Panj means five, and it expresses the five primordial sounds of the Universe (SSS, MMM, TTT, NNN, and AAA). It is the atomic or primordial form of the mantra Sat Nam. It is used to increase intuition, balance the hemispheres of the brain, and create one's destiny when there is none. This mantra describes the continuous cycle of life and all creation. This mantra is a great catalyst for change.

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# Sadhana

Sadhana refers to the spiritual practice or discipline undertaken by individuals to attain self-realization and spiritual growth. Sadhana is not merely a routine but a dedicated effort to purify the mind, cultivate virtues, and deepen one's connection with the divine or higher consciousness. It is a personal journey that involves commitment, perseverance, and inner transformation, aiming to align the individual with their true purpose and achieve inner peace and fulfillment.

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# Sahasrara

Sahasrara the crown chakra located at the top of the head, is associated with spiritual enlightenment, unity, and connection to the divine. It represents the highest level of consciousness within the human energy system, symbolized by a thousand-petaled lotus. Opening and balancing Sahasrara is believed to lead to profound spiritual awakening, transcending individual identity and fostering a deep connection with universal consciousness and the divine.

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# Samadhi

Samadhi is the ultimate state of meditative absorption and union with the divine, characterized by total identification with spirit and the deep experience of "Me and God, God and Me, are One." It represents the pinnacle of consciousness

attainable through yoga and meditation practices, where the practitioner experiences profound oneness with the object of meditation or the universe itself. Samadhi brings deep tranquility, bliss, and the transcendence of individual identity and mental dualities, offering a direct realization of pure consciousness and spiritual awakening.

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## **Samana Vayu**

Samana Vayu is the vital wind that governs digestion and assimilation, primarily located in the navel area. It plays a crucial role in digesting food, absorbing nutrients, and maintaining overall balance and harmony in the body's energy flow, supporting optimal health and vitality.

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## **Samskara**

Samskaras are the mental impressions or karmic imprints left by past actions and experiences. They encompass tendencies, potentialities, and latent states existing in the subconscious and unconscious areas of the mind. These imprints are built up by the continuous action of thought-waves and influence the creation of new thought patterns. Samskaras shape one's character, influencing behaviors, emotional responses, and the formation of habits across lifetimes according to yogic philosophy. Understanding and transforming samskaras is integral to spiritual growth, leading to self-awareness and ultimately liberation from the cycle of rebirth (samsara).

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# Sankalpa

Sankalpa is a firm resolve or intention set at the beginning of a yoga practice or meditation. It serves as a focused statement or affirmation that aligns the mind with a specific goal or purpose. Sankalpa harnesses the power of intention to guide one's thoughts, actions, and energy towards desired outcomes or personal growth. By repeatedly affirming the Sankalpa during practice, practitioners aim to strengthen their resolve and manifest positive changes in their lives, fostering clarity, determination, and alignment with their deepest aspirations.

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# Santosa

Santosa is the practice of contentment and acceptance of one's circumstances, reflecting a key principle within yoga philosophy. It emphasizes finding inner peace and happiness regardless of external conditions or desires. Santosa encourages individuals to cultivate gratitude for what they have in the present moment, fostering a mindset of satisfaction and tranquility. It is a Niyama, or personal observance, that promotes mental and emotional balance, helping practitioners maintain equanimity and resilience in the face of life's challenges.

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# Sat Kartar

## Transliteration

Sat Kartar

## Meaning

God is the Doer

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# Sat Nam

## Transliteration

Sat Nam

## Meaning

SAT means truth.

NAM means name.

It translates as "True Name" or "Truth is my name."

## Effect

With this mantra, we greet each other: "I see your true nature," "I recognize the divinity in you."

It is to acknowledge that our essence is The Essence.

SAT vibrates etherically at the crown, and NAM is a vibration that allows the divine to manifest on earth. Therefore,

chanting SAT NAM takes us to an etheric plane and draws the vibration of the infinite into our consciousness and the physical world.

By chanting it, we produce an experience of enlightenment, truth, awareness, and knowledge.