

## Aquarian Sadhana Mantras

### Morning Call (7 min)

Ek Ong Kar  
Sat Nam... Siri  
Wahe Guru

Balances each chakra; initiates the kundalini, initiating the relationship between our soul and the Universal Soul.

### Wah Yantee (7 min)

Wah Yantee, Kar Yantee  
Jag Doot Patee, Aadak It Waahaa  
Bramah-day, Traysha Guru  
It Wahe Guru

This mantra represents thousands of years of prayers. It establishes our radiance.

### Mul Mantra (7 min)

Ek Ong Kar, Sat Nam  
Karta Purkh  
Nirbho, Nirvair  
Akal Moorat, Ajoonee  
Saibung, Gur Prasaad  
Jap!  
Aad Such, Jugaad Such  
Hai Bhee Such  
Nanak Hosee Bhee Such

This mantra expands us. An explanation not only of the Infinite but of ourselves. It gives an experience of the depth and consciousness of your soul. It expands creativity and projects us into action in line with the Universe and with our destiny.

### Sat Siri Siri Akaal (7 min)

Sat Siri Siri Akaal  
Siri Akaal Maha Akaal  
Maha Akaal Sat Nam  
Akaal Moorat Wahe Guru

This mantra makes us fearless. With it, we declare that we are timeless, deathless beings.

### Rakhe Rakhan Har (7 min)

Rakhe Rakhan Har Aap Ubarian  
Gurkee Pairee Paa-ee Kaaj Savaarian  
Hoaa Aap Dayal Manaho Na Visaarian  
Saadh Janaa Kai Sang Bhavajal Taarian  
Saakat Nindak Dusht Khin Maaeh Bidaarian  
Tis Saahib Kee Tayk Nanak Manay Maaeh  
Jis Simrat Sukh Hoi Sagalay Dookh Jaeh

This is a protective mantra and very healing for the heart (opens it). It protects against all negative forces which move against one's walk on the path of destiny. It cuts like a sword through every opposing vibration, thought, word and action.

### Wahe Guru Wahe Jio (22 min)

Wahe Guru Wahe Guru  
Wahe Guru Wahe Jio

This mantra conquers the mind. We establish ourselves for victory and the right to excel. It is the indescribable feeling of ecstasy or joy we experience coming from darkness (ignorance) to light (wisdom/ knowledge).

### Guru Ram Das Chant (5 min)

Guru Guru Wahe Guru  
Guru Ram Das Guru

This is a healing mantra. It establishes humility.