

Kundalini Mantras and Song

At the beginning of every Kundalini class, we start with the Adi mantra:

Ong Namō Guru Dev Namō (repeated three times)

Meaning: I bow to the spirit within you.

At the end of every Kundalini class, there is a song (sung twice) followed by a single chant of Sat Nam

May the long time sun shine upon you

All love surround you

And the pure light within you

Guide your way on

Sat Nam (inhaling Sat, and exhaling Nam)

Meaning: Truth is my identity, or I am following my truth

Pronunciation: Sut Nom... (think: But mom)

Other possible mantras:

Aad Guray Nameh, Jugaad Guray Nameh, Sat Guray Nameh, Siree Guror Dayvay Nameh

Meaning: I bow to the primal wisdom; I bow to the wisdom through the ages; I bow to the true wisdom; I bow to the great unseen wisdom

This mantra clears the clouds of doubt and opens us to guidance and protection.

I am bountiful, blissful and beautiful; bountiful, blissful and beautiful I am

Meaning: Self-explanatory

This mantra has the effect of bringing a positive mindset and building appreciation.

Wahe Guru

Meaning: Literally "Wow, God" (or Wow, Universe; Wow, Nature; Wow, Creator, etc.)

This mantra expresses the indescribable experience of going from darkness to light.

Sa Ta Na Ma

This mantra represents the circle of life... Sa = Birth, Ta = Life Na = Death and Ma = Rebirth.