

ਕੁੰਡਲੀ ਕੁਲਾਰਾ ਏ ਪਟੇਟ ਕਰਦਰਨ

Euphoric

Kundalini Yoga Mantras

Ancient future fusion of kundalini mantras in sonic waves of exultation

1. Sa Ta Na Ma Ra Ma Da Sa Sa Say So Hung
2. Sat Nam Wahe Guru
3. Sa Ta Na Ma
4. Wahe Guru
5. Wah Yantee Kar Yantee
6. Wahe Guru Wahe Jio

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Mantra

A Mantra is a sacred syllable, word or phrase chanted in the ancient holy languages. The repetition, rhythm and tone is said to elevate and modify consciousness, restoring health, strength and vitality to mind, body and soul.

Mantra has immediate and effective results and is an integral part of Kundalini yoga. The benefits are received even if the student is not aware of the translation of the words. The sacred languages are naturally positive and productive, able to cut through negativity with a powerful optimistic vibration.

It is said that a regular commitment to mantra can alter consciousness and bring the mind and body into harmony.

It is referred to as the science of Shabd Guru, translated as 'that which cuts through the Ego (Shabd) and takes you from darkness into light (Guru)'.

When chanting the body becomes a sacred instrument of the divine, the healing sound current vibrates the internal energy meridians and retunes the entire anatomy. As a result the psyche can become enlightened to an optimised state. The process is referred to as the quantum technology of 'Naad', which is the harnessing of the sacred cosmic sound current.

The vibrations created from chanting are proven to have a profound effect on the health of the endocrine system. This is caused by the movement of the tongue in the mouth, the use of holy words and the chemicals in the brain that work together to retune the body, mind and spirit to oneness.

The tongue is the male aspect and the lips the female counterpart; the two dance together in a form of celestial intercourse to realign the personality to its true self invoking peace and serenity.

The flicking of the tongue on the upper palette stimulates the hypothalamus. This then inspires the pituitary and pineal glands to secrete the nectar that brings about total transformation and healing to the practitioner.

It is said that a regular practice of chanting can alter anatomical chemistry to bring the body into harmony, whilst amplifying and accelerating the evolutionary process to take one to higher states of consciousness in short amounts of time.

Possibility

SA TA NA MA RA MA DA SA SA SAY SO HUNG

<i>Sa</i>	Infinity
<i>Ta</i>	Life
<i>Na</i>	Death
<i>Ma</i>	Rebirth
<i>Ra</i>	Sun
<i>Ma</i>	Moon
<i>Da</i>	Earth
<i>Sa</i>	Impersonal infinity
<i>Sa Say</i>	Totality of infinity
<i>So</i>	Personal sense of merger and infinity
<i>Hung</i>	Infinity vibrating and real

This is two very sacred mantras fused together to create magical results.

Sa Ta Na Ma represents the primal sounds of creation that reflect the complete cycle of life. It is combined with the 'Siri Gayatri Mantra' which is for healing, and is said to bring balance to mind, body and soul. Together they are known to elevate consciousness by awakening the Kundalini life force energy.

This mantra directly accompanies the meditation 'Gan Puttee Kriya' which is connected to Lord Ganesh, the remover of obstacles. It is said that it literally 'makes the impossible possible' by solving any conundrum you find yourself in. It will take away negative karma from your past, smooth out your problems and create a positive future. It is known to elevate consciousness by awakening the Kundalini life force energy.

The introduction includes the Sanskrit mantra Om Gam Ganapataye Namaha - Salutations to Lord Ganesh. It is chanted to inspire transformation, energy, action, determination and confidence.

Opportunity

SAT NAM WAHE GURU

<i>Sat</i>	Truth
<i>Nam</i>	Name
<i>Wah</i>	Infinite
<i>hay</i>	Thou
<i>Guru</i>	Higher Self

Sat Nam is a bij (seed) mantra from which all things grow. It translates as 'truth is our vibration'.

It can slice through mental clutter and bring you back to your core essence.

All parts of the whole live within this condensed form. It balances the elements, known in yogic philosophy as the tattvas.

Wahe Guru is also a bij mantra, a microcosm of the teachings. It is said that chanting it brings you closer to your creator in each moment. It is an expression of gratitude to the Infinite, a celebration of the indescribable ecstasy of that which takes us from darkness into light. These two bij mantras, when repeated and chanted together, amplify the magnificence of both parts.

This mantra is an accompaniment to a meditation known as Gyan Chakra Kriya; this practice is said to clean your halo so that you manifest abundance and effortlessly attract opportunities and prosperity into your life.

Balance

SA TA NA MA

<i>Sa</i>	Birth, beginning, totality of the cosmos
<i>Ta</i>	Life, existence and creativity manifest
<i>Na</i>	Death and transformation
<i>Ma</i>	Rebirth and regeneration

These four primal sounds make up the mantra Sat Nam, which translates as 'truth is my vibration'. When broken into four parts it reflects the journey of the soul.

It activates the higher chakras and the upper glandular system. It is said to have the power to break addictions as it accesses the part of the psyche where habits are formed.

It rearranges the subconscious at the most elementary level and encourages total balance of one's being.

This version of the mantra is created for the 'Kirtan Kriya' meditation. It is chanted in the three languages of consciousness:
Human: normal or loud voice (the world)
Lovers: strong whisper (longing to belong)
Divine: mentally, silent (Infinity)

Destiny

WAHE GURU

<i>Wah</i>	Infinite
<i>hay</i>	Thou
<i>Guru</i>	Higher Self

Wahe Guru is the supreme soul, creative consciousness or God. In short, Wahe translates as 'wondrous' and Guru as 'teacher'; it is often explained as the experiencing of the ecstasy of that which takes us out of the darkness of ignorance (Gu), and into the light of wisdom (Ru). It is a trikutee mantra - it balances the energies of the generating, organizing, and transforming principles of the universe. It expresses ecstasy through knowledge and experience. It is the Gurmantra and it is said to trigger your destiny.

Intuition

WAH YANTEE KAR YANTEE

*Wah yantee kar yantee
Jag dut patee
Aadak it waha
Brahmaday trayshaa Guru
It Wahe Guru*

Great Macro-Self, Creative Self
All that is creative through time
All that is the Great One
Three aspects of God: Brahma, Vishnu, Mahesh
That is Wahe Guru

This mantra is known as Patanjali's song, as it was given by the great yogi Patanjali and is over 2000 years old. It is said that by chanting it the entire universe becomes your friend, as the mantra awakens your creativity and intuition. The practice of this mantra is the culmination of thousands of years of prayer. It is said that it describes perfectly the mantra 'Wahe Guru' and that it was created as a fanfare to bring 'Wahe Guru' into existence through the channel of Guru Nanak Dev Ji.

Euphoria

WAHE GURU WAHE GURU WAHE GURU WAHE JIO

*Wahe Guru
Wahe Jio*

Great beyond description is the experience of God's Wisdom
Great beyond description is the experience of God's blessing on the Soul

This is a mantra of ecstasy. It translates as 'I am euphoric when experiencing the indescribable ecstasy of the universe'. 'Wah' means bliss, or our closest translation would be 'wow', and 'hah' means 'here and now, the energy that is real and is with us vibrating in this moment'. 'Jio means soul. So by chanting this mantra you experience the euphoria of the heavens and you embed the experience of the 'one' into your soul.

EUPHORIC

The mantras in this collection are chanted in the sacred holy language of Gurumuki. They are in a consistent melody and presented in an exalted musical style of uplifting sonic waves, to induce a higher state of consciousness. We hope this music composition will give you elation through sound vibration and provide an ecstatic soundscape for both your pure enjoyment and for practical use in the many kriyas featured in the technology of kundalini yoga.

May this music forever keep you in your rhythm, may it move your body, open your mind, heal your heart, soothe your soul, expand your aura and fill you with the indescribable euphoric bliss of pure consciousness!

May you be eternally blessed with happiness, healthiness and holiness!
Wahe guru Ji Ka Khalsa
Wahe guru Ji Ki Fateh!!

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May great spirit, God and Guru continue to shower you all with blessings, love, peace and harmony in this life and thereafter!
Sat nam, Wahe Guru, In la kesh, Blessed be, Namaste!

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Pete x

