

Class 3: **Mantra - The creative projection of the mind through sound**

*“Mantras are not small things, mantras have power. They are the mind vibration in relationship to the Cosmos. The science of mantra is based on the knowledge that sound is a form of energy having structure, power, and a definite predictable effect on the chakras and the human psyche. When the Self talks to its soul, that is where you find the taste, the juice, the beauty of life.” – Yogi Bhajan 24/11/90*

*“What is a mantra? Mantra is two words: **Man** and **tra**. **Man** means mind. **Tra** means the heat of life. **Ra** means sun. So, mantra is a powerful combination of words which, if recited, takes the vibratory effect of each of your molecules into the Infinity of the Cosmos. That is called 'Mantra.'” Yogi Bhajan, 22/04/97*

Mantras are not made up by anyone. They are being discovered like gems. Mantra uses the rhythm to change your mind activity. It has particular pronunciation which makes the tongue hit the upper palate at specific meridian points (we have 84 meridian points on our upper palate). Those impulses are instructions that regulate chemical reactions in the body. Impulses are transmitted to our brain and hypothalamus that regulates our moods, emotional behaviour and sexuality. That is why when we say ‘mantra works’ it means it has direct effect on subtle anatomy and can affect our mind and brain in specific ways.

In Kundalini Yoga we use many mantras for meditation practice. Mantras are focusing the mind and clearing the subconscious mind, while also many times they help us to hold challenging postures, they invigorate the spirit within us.

A key points for mantra is **rhythm, pronunciation** and **projection**. In time, through many repetitions of the mantra you create new positive patterns of behaviour (new neuronal pathway in the brain).

Mantras are a part of **Naad Yoga**. **Naad** is a basic sound of all languages. Naad Yoga is ancient technology which uses universal code behind the language and communication.

A sound current which has particular effect on our consciousness is **Shabd Guru**. Shabd Guru is technology that alters our consciousness through the power of Naad, the essence of all sound. Shabd Guru acts as a **Teacher who removes the constrictions and distortions of the ego**.

In Kundalini Yoga we use mantras from different origins, but most of them are sourced from Siri Guru Granth Sahib, a holy book of Sikhs and a human legacy, a compilation of compositions by seven Sikh Gurus, Indian and Sufi Saints.

**Question:** *Why do we draw so heavily on the Sikh tradition for the mantras that we use in Kundalini Yoga?* **Answer:** *“Those mantras just happen to be correct mantras. It’s not because they come from the Sikh tradition. The mantra, ‘God and Me, Me and God are One,’ you will not find anywhere, but it works. It is an Ashtang mantra. The sound is correct, so we use it. It doesn’t have to be only in Gurmukhi (the vibratory language of the Siri Guru Granth Sahib). I draw correct mantras from wherever I can. There are tons of mantras—I only use those which I know will be very elementary and will work.” -Yogi Bhajan, The Aquarian Teacher Training Manual, p. 69.*

Two most popular type of mantras we use in class are:

**Bij Mantra** - a Seed mantra where the seed of sounds is planted in the unconscious, examples: Sat Nam, Har, Wahe Guru

**Ashtang Mantra** – that have 8 parts or beats or ‘limbs’. The rhythm of Kundalini and its movement naturally responds to Ashtang beat. The quality of each part covers the spectrum of the projected qualities of consciousness, examples: Ek Ong Kar Sat Nam Siri Wah Guru, Ra Ma Da Sa Sa Say So Hung, Gobinde Mukande Udare Apare Hariang Kariang Nirname Akame

**What is the real goal of chanting we do in meditation?**

*The ultimate state of mind is called **anahat** – the **Infinite Unstruck Sound** or vibration. It brings intuition, inner strength, and the capacity to be completely open to do what you must do.*