

Popular Kundalini Yoga Mantras

Mul Mantra

The Mul Mantra is a fate killer. It removes the fate and changes the destiny to complete prosperity.

Ek ong kaar
Sat naam
Karataa purakh
Nirbho Nirvair
Akaal moorat
Ajoonee
Saibhang
Gur prasaad
Jap
Aad such
Jugaad such
Hai bhee such
Naanak hosee bhee such

Meaning:
One Creator. Truth is His name. Doer of everything. Fearless, Revengeless, Undying, Unborn, Self-illuminated, The Guru's gift, Meditate! True in the beginning. True through all the ages. True even now. Oh Nanak it is forever true.

Adi Shakti Mantra

First mantra Yogi Bhajan taught in the West. Powerful for awakening the kundalini energy and suspending the mind in bliss.

Ek Ong Kar
Sat Nam
Siri Wahe Guru

Meaning:
The Creator and all creation are one. This is our True Identity. The Ecstasy of this wisdom is Great beyond words.

Laya Yoga Kundalini Mantra

Laya Yoga form of the Adi Shakti Mantra. The rhythm of the mantra gives it a 'spinning energy'.

Ek Ong Kar-ah
Saa-Taa-Naa-ma
Siree wha-ah
Hay Guru

Siri Gaitri Mantra

Ra Ma Da Sa Sa Say So Hung

Ma - Moon
Daa - Earth
Saa - Impersonal Infinity
Saa Say - Totality of Infinity
So - Personal sense of merger and identity
Hung - The infinite, vibrating and real.

This mantra taps into the energies of the sun, moon, earth, and the Infinite Spirit to bring deep healing. It can be chanted to heal the self or to send healing energy to anyone you wish.

Gurmantra

Wahe Guru

I am in ecstasy when I experience the Indescribable Wisdom

This is a mantra of the Infinity of ecstasy and dwelling in God. It expresses the indescribable experience of going from darkness to light (from ignorance to true understanding). It is the Infinite teachers of the soul. A trikutee mantra, it balances the energies of the generating, organizing, and transforming principles. It expresses ecstasy through knowledge and experience. It is the gurmantra, which triggers the destiny. It is said that chanting Wahe Guru is equivalent to chanting Har 11,000 times.

Panj Shabd: Sa Ta Na Ma

Saa = Infinity, totality of the Cosmos
Taa = Life (birth of form from the Infinity)
Naa = death (or transformation)
Maa = Rebirth

Panj means five, and expresses the five primal sounds of the Universe. (SSS. MMM. TTT. NNN and AAA.) It is the atomic or Naad form of the mantra Sat Naam. It is used to increase intuition, balance the hemispheres of the brain and to create a destiny for someone when there was none. This mantra describes the continuous cycle of life and creation.

This mantra is a great catalyst for change.