

PART I

MORNING SADHANA FOR THE AQUARIAN AGE

Throughout the years Yogi Bhanan has periodically adjusted the content of our morning sadhana. He gave us the following sequence of mantras on June 21, 1992, with instructions to continue chanting them in this order for 21 years. So, until the year 2013, we are set with the best sadhana tools possible. There is no time gap or pause between the different mantra sections. Total time is 62 minutes.

1. Ek Ong Kar Sat Nam Siri Wahe Guru

(7 minutes)

"One Creator created this Creation. Truth is His Name. Great beyond description is His infinite wisdom."

The cornerstone of morning sadhana is "Long Ek Ong Kar's." This Ashtang Mantra is sometimes called "Morning Call." (Please refer to pages 37-38 for the technology on how to chant this mantra and for a more detailed explanation of its meaning and effects.) It is essential that you:

- Sit with a straight spine.
- Apply neck lock (Jalander Bandh) by pulling the chin straight back.

Inhale deeply and chant **EK ONG KAAR**.

Inhale deeply again and chant **SAT Naam** until you're almost out of breath, then REACH for the **S'roe**, which is brief.

Then, inhale 1/2 Breath and chant **WAH-HAY GU'ROO**

Inhale deeply again to repeat the cycle.

"Long Ek Ong Kar's" are chanted without musical accompaniment, whereas the six mantras that follow may be chanted using various melodies with or without instrumental accompaniment. (Musicians take note: instruments are for background to accompany and support the voice. Also, please be sure to preserve the original rhythm of the mantra by keeping the length of the syllables intact.)

2. Waah Yantoo, Kar Yantoo (7 minutes)

Waah Yantoo, Kar Yantoo

Jag Doot Patoo, Aadak It Waahaa

Brahmaadeh Traysha Guru

It Waaho Guru

Great Macroself, Creative Self.

All that is creative through time.

All that is the Great One. Three aspects of God: Brahma, Vishnu, Mahesh (Shiva).

That is Wahe Guru.

3. The Mool Mantra (7 minutes)

The Mool (Root) Mantra lets you experience the depth and consciousness of your soul.

a) IMPORTANT: Leave a slight "space" (not a breath) between *ajoonee* and *saibhang*. Do not run the words together.

b) Emphasize and slightly extend the "ch" sound at the end of the word *sach*. This adds power.

Ek Ong Kaar	One Creator, Creation
Sat Naam	Truth Identified (Named)
Kartaa Purakh	Doer of Everything
Nirbhao	Fearless
Nirvair	Revengeless
Akaal Moorat	Undying
Ajoonee	Unborn
Saibhang	Self-illuminated, self-existent
Gur Prasaad	Guru's grace (gift)
Japl	REPEAT (Chant)
Aad Sach	True in the beginning
Jugaad Sach	True throughout the Ages
Hai Bhoee Sach	True even now
Naanak Hooee Bhoee Sach	Nanak says Truth shall ever be

This mantra gives you the capacity to retain rulership. There are 108 elements in the universe, and 108 letters in this mantra (in the original Gurmukhi script—counting all vowels as letters).

4. Sat Siri, Siri Akaal (7 minutes)
"The Mantra for the Aquarian Age."

Sat Siri	Great Truth
Siri Akaal	Great Undying
Siri Akaal	Great Undying
Maha Akaal	Great Deathless
Maha Akaal	Great Deathless
Sat Naam	Truth is His Name
Akaal Moorat	Deathless Image of God
Waho Guru	Great beyond description is His Wisdom

5. Rakhe Rakhan Har (7 minutes)

This is a sound current of protection against all negative forces which move against one's walk on the path of destiny, both inner and outer. It cuts like a sword through every opposing vibration, thought, word, and action.

It is part of the evening prayer of the Sikhs (*Rehiras*). *Rakhe Rakhan Har* was composed by Guru Arjan Dev, the Fifth Guru.

Rakhay rakhanahaar aap ubaaria-an
Gur kee pairae paaray kaaj savaari-an
Hoaa aap day-aal manaho na viraari-an
Saadh janaa kai sang bhavajal taari-an
Saakat nindak dusht khin maa-eh bidaari-an
Tie saahib kee tayk Naanak manai maa-eh
Jis simrat sukh ho-ay sagalay dookh jaa-eh

(The following translation was given by Yogi Bhanan on June 15, 1986, in St. Louis, Missouri.)

*Thou who savest, save us all and take us across,
Uplifting and giving the excellence.
You gave us the touch of the lotus feet of the
Guru, and all our jobs are done.
You have become merciful, kind, and
compassionate; and so our mind does
not forget Thee.*

*In the company of the holy beings you take us
from misfortune and calamities, scandals,
and disrepute.
Godless, slanderous enemies—you finish them in
timelessness.
That great Lord is my anchor.
Nanak, keep Him firm in your mind.
By meditating and repeating his Name,
All happiness comes and all sorrows and
pain go away.*

6. Wahe Guru Wahe Jio (22 minutes)

To be most effective, chant this mantra sitting in Vir Asan, as follows: Sit on your left heel, with the right knee against the chest, and the hands in prayer pose. Eyes are focused at the tip of the nose.

Wahe Guru Wahe Guru Wahe Guru Wahe Jeeo

Wahe Guru is a mantra of ecstasy. There is no real translation for it, though we could say, "Wow, God is great!", or "Indescribably great is His Infinite, Ultimate Wisdom." *Jeeo* is an affectionate but still respectful variation of the word *Jee* which means soul.

7. Guru Ram Das Chant (5 minutes)

Guru Guru Wahe Guru Guru Raam Das Guru

These syllables are in praise of the consciousness of Guru Ram Das (the Fourth Sikh Guru) and invoke his spiritual light, guidance, and protective grace.