

Yogi Bhajan's Morning Sadhana for the Aquarian Age (mantra)

Throughout the years Yogi Bhajan periodically adjusted the content of the morning sadhana and gave the following sequence on 21st June 1992, with instructions to continue chanting them in this order for the next 21 years, until 2013. 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

- Sit with a straight spine; Apply the neck lock; Deeply inhale and chant "Ek Ong Kar"
- Inhale again and chant "Sat Nam" until you are out of breath, then whisper Siri, which is brief
- Then, inhale a ½ breath, chant "Wahe Guru"; Inhale deeply and continue repeating the cycle.

2. Waah Yantee Kar Yantee (7 minutes)

Waah Yantee, Kar Yantee, Jag Doot Patee, Aadak It Waahaa, Brahmaadeh Traysha Guru, It Waahe Guru

Great Macroself, 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.

3. The Mool Mantra (7 minutes)

The Mool (root) mantra lets you experience the depth and consciousness of your soul. Leave a slight "space" between *ajoonee* and *saibhang*. Do not run the words together. Emphasise and slightly extend the "ch" sound at the end of the word *sach*. This adds power.

Ek Ong Kar	One Creator, Creation
Sat Nam	Truth 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
Jap	repeat
Aad Sach	True in the beginning
Jugaad Sach	True throughout the Ages
Hai Bhee Sach	True even now
Nanak Hosee Bhee 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).

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

Sat Siri	Great Truth
Siri Akaal	Great Undying
Siri Akall	Great Undying
Maha Akaal	Great Deathless
Maha Akaal	Great Deathless
Sat Nam	Truth is His Name
Akaal Moorat	Deathless image of God
Wahe 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.

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

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 misfortunes, calamities, scandals, & 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 Hero pose, as follows: Sit on your left heel, keep the spine straight with the right knee against the chest, and the hands in prayer pose at the breastbone. Eyes are focussed at the tip of the nose.

Wahe Guru, Wahe Guru, Wahe Guru, Wahe Jio

Wahe Guru is a mantra of ecstasy. There is no real translation of it. Jio, is an affectionate but still respectful variation of the word Jee that means soul.

7. Guru Ram Das Guru (5 minutes)

Guru Guru Wahe Guru Guru Ram Das Guru

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

Yogi Bhajan on Sadhana, April 1983.

What I am telling you is that your negativity, and your hurt, and your bad childhood and everything can be taken care of by yourself, and the answer to that is sadhana.

What is sadhana? Sadhana is to get up at 3 o'clock, take a cold shower. That's the first condition of sadhana. Why a cold shower? Because your capillaries get clogged up, and disease can start, when we take the cold shower right after we get out of bed, it opens up your entire capillaries, because the blood has to run out to protect the temperature. Then all the impurities come into the lungs. Lungs get loaded, fine. You start meditating, you start breath of fire and you clean out the lungs. Thus, you take the disease off that day forever.