

Mantras of Protections

The Triple Mantra

As the name suggests, there are three parts to this mantra. The first part will surround you with a powerful light of protection; the second part will remove obstacles from your spiritual path; and the third part will remove all types of obstacles from your daily life. This mantra strengthens one's magnetic field and protects one from giving or receiving negative energy.

The Mangala Mantra

The first part of the triple mantra is **The Mangala Mantra** – the mantra of protection. This is a complete mantra on its own. It is often chanted after the Adi Mantra at the beginning of a Kundalini Yoga class. Chanting this mantra connects one to the primal wisdom, the wisdom that is eternal, the wisdom of Truth, and the great unseen wisdom beyond our comprehension.

Guru is pronounced GooDoo so that the tongue will hit the top of the mouth activating several important energy centers. Gu refers to darkness and Ru to Light. As such, Guru refers to anything or anyone that guides you from darkness to light. It is inclusive and expansive. Your intention may be to align with the Infinite Oneness (which is what I do) or you can use this vibration to connect with your Higher Self, Angels, Guides, the Great Good and so on.

My favorite way to use **The Mangala Mantra** is to consecutively chant a line to each of the directions with the specific intentions. This will create a circle of sacred space all around you.

To your right, chant **Aad Guray Nameh**, (*I bow to the Primal Source of Creation,*) and bless your daily life and all that you love and cherish in your life.

Behind you, chant **Jugaad Guray Nameh**, (*I bow to Creation woven throughout time,*) and bless your past to the beginning of the beginning to include your ancestors and your past lives.

To your left, chant **Sat Guray Nameh**, (*I bow to the True Source of Creation, the true identity of self;*) and bless your challenges into opportunities and your karma into dharma.

In front of you, chant **Siri Guroo Dayvay Nameh**. (*I bow to Creation whose Great Glory will always be.*) and bless your way forward with love and light, peace and positivity, joy and generosity.

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The first part of the triple mantra increases your radiance with truth and wisdom. The second and third parts are forms of the same mantra. They come from the last four lines of a the Mul Mantra and deepen your experience of Infinite Truth. Together, they activate the neutral, or meditative mind, as they balance active and passive energies.

Aad Guray Nameh, Jugaad Guray Nameh, Sat Guray Nameh, Siri Guroo Dayv-ay Nameh
Aad Such Jugaad Such Hai Bhee Such Nanak Hosee Bhee Such
Aad Such Jugaad Such Hai Bhai Such Nanak Hosee Bhai Such

English Translations- *The translation is for your information. It is not customary to chant them.*

Aad Guray Nameh, *(I bow to the Primal Source of Creation,)*

Jugaad Guray Nameh, *(I bow to Creation woven throughout time,)*

Sat Guray Nameh, *(I bow to the True Source of Creation, the true identity of self,)*

Siri Guroo Dayvay Nameh. *(I bow to Creation whose Great Glory will always be.)*

Aad Such Jugaad Such Hai Bhee Such Nanak Hosee Bhee Such. *(True in the beginning, true throughout the ages, true even now, Nanak, truth shall ever be.)*

Aad Such Jugaad Such Hai Bhai Such Nanak Hosee Bhai Such. *(True in the beginning, true throughout the ages, true even now, Nanak, truth shall ever be.)*