

# SADHANA FOR THE AQUARIAN AGE - 21 Years starting June 21, 1992

3HO Foundation - International Headquarters - P.O. Box 351149, Los Angeles, CA 90035 - 310/552-3416

## 62 Minute Meditation

(no pause between mantras)

### 1- Long Ek Ong Kar - "Morning Call"

**Ek Ong Kaar Sat Naam Siree Waahe Guru**

(7 Minutes - 2 1/2 breath cycle)

"One Creator created this creation, Truth is His Name, great beyond description is His Infinite wisdom."  
(Remember the "HE" just before the Guru) is very short. This mantra opens all the chakras. Be sure to apply the neck lock to let the Kundalini energy rise. **CHANT POWERFULLY!**

### 2- Waahe Yantee, Kar Yantee (7 Minutes)

**Waahe Yantee, Kar Yantee**

**Jag Dut Patee, Aadak It Waahe**

**Brahmaadeh Traysha Guru**

**It Wahe 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 Mul Mantra (7 Minutes)

**Ek Ong Kar** ..... *One Creator, Creation*  
**Sat Nam** ..... *Truth Identified (Named)*  
**Kartaa Purkh** ..... *Doer of everything*  
**Nirbhao** ..... *Fearless*  
**Nirvair** ..... *Revengeless*  
**Akaal Moorat** ..... *Undying*  
**Ajoonee** ..... *Unborn*  
**Saibung** ..... *Self illumined*  
**Gur Prasad** ..... *Guru's grace (gift)*  
**JAP** ..... *Chant (repeat)*  
**Aad Such** ..... *True in the beginning*  
**Jugaad Such** ..... *True through all the ages*  
**Haibhee Such** ..... *True even now*  
**Nanak Hosee Bhee Such** ... *Nanak says*  
*Truth shall ever be.*

The Mul Mantra gives the capacity to retain rulership.  
"There are 108 elements in the universe, and 108 letters in this mantra. (including the siharee & biharee which equal the sound of 2 letters). Emphasize the "CH" sound at the end of the word "such", but do not sustain the sound; this adds power. Also leave a slight space between "Ajoonee" and "Saibung".

### 4- Sat Siri Siri Akal (7 minutes)

The Mantra For The Aquarian Age

**Sat Siri Siri Akal**

Great Truth Great Undying

**Siri Akal Maha Akal**

Great Undying Great Deathless

**Maha Akal Sat Nam**

Great Deathless Truth Is His Name

**Akal Moorat Wahe Guru**

Deathless Image Of God Great Beyond Description is This Wisdom

### 5- Rakhe Rakhan Har (7 minutes)

**Rakhe Rakhanhaar aap ubaarian**

**Gur kee pairee paa-i kaaj savaarian**

**Ho-aa aap da-i-aal manaho na visaarian**

**Saadh janaa kai sang Bhavajal taarian**

**Saakat nindak dusht khin maa-eh bidaarian**

**Tis saahib kee tayk Nanak manai maa-eh**

**Jis simrat sukh ho-i sagalay dookh jaa-eh**

O savior Lord: 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 our works are embellished with perfection.  
You have become merciful, kind and compassionate, and so our mind does not forget You.  
In the company of the holy, You carry us across, from misfortune, calamities and disrepute.  
The Godless, slanderous enemies you finish them off in an instant.  
That Lord Master in my Anchor and Support.  
O Nanak, hold firm in your mind. Remembering Him in meditation, happiness comes, and all sorrows and pain simply vanish.

### 6- Wahe Guru Wahe Jio (22 Minutes)

**Wahe Guru Wahe Guru**

**Wahe Guru Wahe Jio**

Great Beyond Description is This Wisdom.  
Sit in Vir Asan, on the left heel with the right knee against the chest, and the hands in prayer pose. The eyes are at the tip of the nose.

### 7- Guru Ram Das Chant, (5 minutes)

**Guru Guru Wahe Guru Guru Ram Das Guru**

Calls on Guru Ram Das in praise of his spiritual guiding light and protective grace.