

EFFECTS OF MANTRAS

The following table lists mantras in the Kundalini Yoga tradition according to their effects. All the mantras in this tradition are holistic and broad and therefore some appear under more than one heading, because of their numerous effects. Please note that mantras listed within a certain effect may work on different aspects of it – e.g., under “Fear” there will be mantras that address insecurity, haunting thoughts, moving into the unknown without fear.

FEAR	BLOCKS	LINK TO INFINITY
Aap sahaee hoa...	Aad such jugaad such	Aad such jugaad such haibee
Ang sung wahe guru	haibhay such...	such...
Adi shakti namo namo...	Dhan dhan ram das gur...	Adi mantra
Chattr chakkr varti...	Ek ong kar sat gur prasad...	Ek ong kar sat nam siri wahe
Har har mukhande	Gobinde mukhande...	guru
Har har wahe guru	Har haray haree wahe guru	Guru guru wahe guru...
Har har har har gobinde...	Sa re sa sa...	Humee hum brahm hum
Kal Akal ...		Mul mantra
		Pritvi hai...
		Sat siri akaal...
PROSPERITY	PROTECTION/GUIDANCE	DIFFICULT
Har har har har gobinday...	Aad guray nameh...	SITUATION/PRAYER
Jap man sat nam...	Guru guru wahe guru...	Ardaas bhaee
Sa re sa sa...	Kal akaal...	Wah yantee
	Rakhe rakhanahaar...	
INTUITION/SENSITIVITY	PEACE/HAPPINESS	DESTINY
Ajai alai...	Sa re sa sa...	Rakhe rakhanahaar...
Sa ta na ma	Sat narayan...	Sat nam
Sat narayan...	Wahe guru wahe jio	Sa ta na ma
		Wahe guru
SELF ESTEEM/CONFIDENCE	BALANCE	ACTION/ENERGY
Bountiful, blissful, beautiful...	Har har wahe guru	Kundalini bhakti mantra (adi
Healthy am I...	Ra ma da sa...	shakti namo namo)
Sat narayan...	Sa ta na ma	Har
	Sat nam	Haree
	Wahe guru	
HEART CHAKRA	CREATIVITY	COMMUNICATION
Ong sohng	Laya yoga kundalini mantra	Ajai alai...
Guru guru wahe guru...		Sa re sa sa...
Humee hum brahm hum		
Sat Nam Wahe Guru		
HEALING	KNOWLEDGE	
Ra ma da sa...	Adays tisai adays...	
Wahe guru wahe jio		