

Kundalini Yoga & Meditation

Tune In & Closing

Tuning in assures the correct inner guidance for your practice of Kundalini Yoga.

Tune in with the ADI MANTRA: **“ONG NAMO GURU DEV NAMO”**

“I bow to the subtle divine wisdom, the divine teacher within.”

Followed by protection mantra MANGALA CHARN

**“AD GURAY NAMEH, JUGAD GURAY NAMEH,
SAT GURAY NAMEH, SIRI GURU DEVAY NAMEH”**

*“I bow to the primal wisdom. I bow to the wisdom true through the ages.
I bow to the true wisdom. I bow to the great unseen wisdom.”*

Close with **“LONG TIME SUN SHINE”** song

Thank for the guidance, pray and bring blessings to all.

*“May the Long Time Sun Shine Upon You
All Love Surround You
And the Pure Light Within You
Guide Your Way On”*

Followed by BIJ MANTRA “SAT NAM”

SAT - truth/the reality of one`s existence

NAM – the identity

