



# MANTRA



## KUNDALINI YOGA MANTRA SHEET

### Adi Mantra

Ong Namō Guru Dev Namō

### Mangala Charan Mantra

Ad Guray Nameh

Jugad Guray Nameh

Sat Guray Nameh

Siri Guru De-Vay Nameh

### Long Time Sunshine Song

May the long time sun Shine upon you,  
All love surround you,  
And the pure light within you Guide your way  
on.

### 3x Long Sat Nams



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