



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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