



## Aad Guray Nameh (Mangala Charan Mantra)

Invokes the protective energy of the universe.

### Mantra:

Aad Guray Nameh

Jugaad Guray Nameh

Sat Guray Nameh

Siri Guroo Dayvay Nameh

### Translation:

I bow to the primal Guru

I bow to the truth that has existed throughout the ages

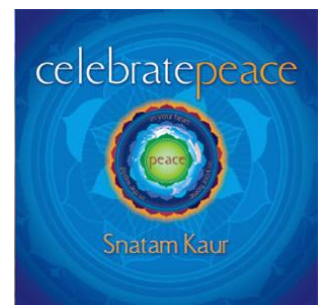
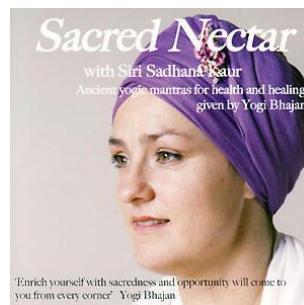
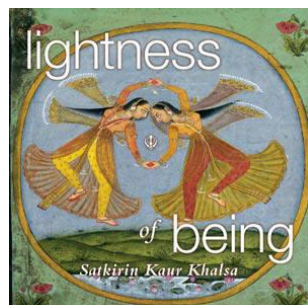
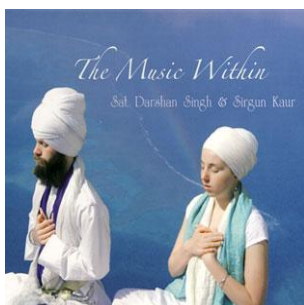
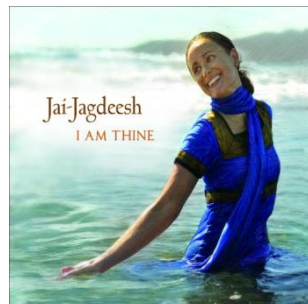
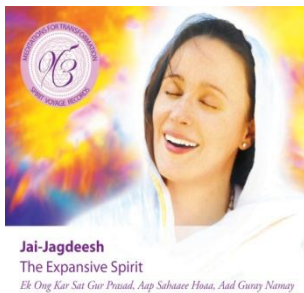
I bow to True Wisdom

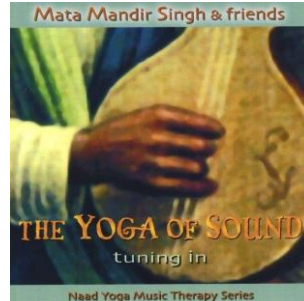
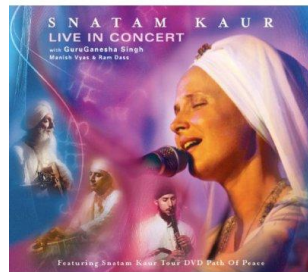
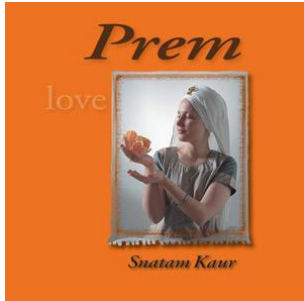
I bow to the Great Divine Wisdom

### Albums that feature the mantra:



### Plus these albums:





### More Information:

This is a mantra of protection and is recited to invoke the protective energy of the universe. Yogi Bhajan taught that this mantra should always be chanted 3 times in a row. This mantra is chanted after tuning in to a class with the Adi Mantra.

*“When you cannot be protected, this mantra shall protect you. When things stop, and won’t move, this makes them move in your direction.”*

Yogi Bhajan

Source: Sukhmani Sahib (prayer of peace)  
Author: Guru Arjun Dev Ji, Fifth Guru of the Sikhs  
Language: Gurmukhi