



## Gobinday Mukunday

Besides helping cleanse the subconscious mind, it balances the hemispheres of the brain, bringing compassion and patience to the one who meditates on it.

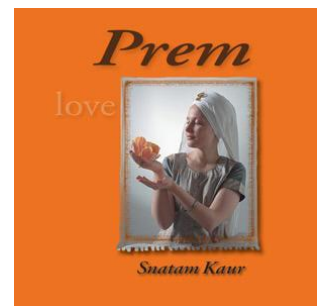
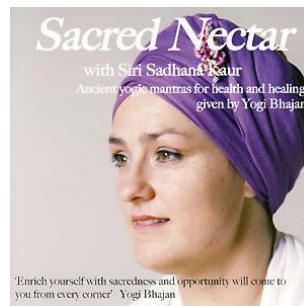
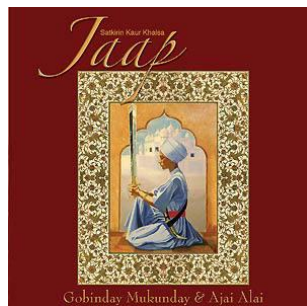
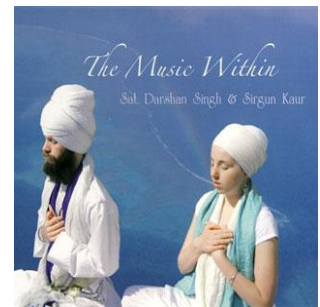
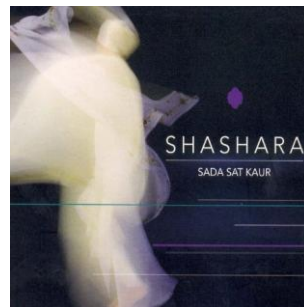
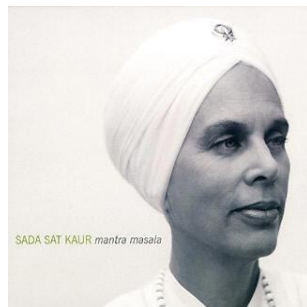
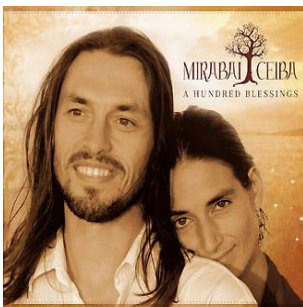
### Mantra:

Gobinday Mukunday  
 Udaaray Apaaray  
 Hariang Kariang  
 Nirnamay Akamay

### Translation:

Sustainer, Liberator,  
 Enlghtener, Infinite,  
 Destroyer, Creator,  
 Nameless, Desireless

### Albums that feature the mantra:





### More Information:

The mantra, "Gobinday, Mukunday, Udaaray, Apaary, Hariang, Kariang, Nirnamay, Akaamay," is noted for the capacity to break through deep-seated blocks.

*"Besides helping cleanse the subconscious mind, it balances the hemispheres of the brain, bringing compassion and patience to the one who meditates on it."*

Yogi Bhajan

Source: Jaap Sahib

Author: Guru Gobind Singh

Language: Gurmukhi