

Audrey Drake Chants ~ Community Kirtan Online ~ March 28, 2021

1. Ong Namō Guru Dev Name [Ong Nah-mo Goodu Dave Nah-mo].

In Kundalini Yoga we always start a class or a personal practice with the Adi Mantra (Ong Namō Guru Dev Namō), chanting it three to five times. It is the first technology of a Kundalini Yoga student or teacher. Adi means the first or primal; mantra is the creative projection of the mind through sound.

This mantra is the first creative action. It centers you into the Higher Self and reminds your lower mind that it is not your ego that will practice or teach Kundalini Yoga.

The Adi Mantra connects us to the Golden Chain—the chain of teachers—your teacher, her teacher, his teacher, and so on. The Golden Chain is the channel through which the energy, the wisdom and the protection of the tradition flow to you.

2. Bolo Ram [Bo-low Rahm]

Bolo Ram, Bolo Ram, Bolo Ram Ram Ram

Sing God , To want for nothing

There is a powerful, active mudra that goes along with this mantra.

Bring your fingertips together at the height of your heart.

This action balances the polarities; male/female, left/right, Moon/Sun and brings you into a state of neutrality. To want for nothing we must be in this state of neutrality without desire or reaction.

3. Om Tare Tuttare ture soha Om Tare Tuttare ture soha

Now, the following words and syllables compose the Green Tara mantra: “om tare tuttare ture soha”. It refers to Tara, the goddess of universal compassion and the color green, which is the color of vitality for Buddhists.

- Om: It has to do with the body, the mind, and the approach to universal divinity.
- Tare: It's the liberation of the sufferings, feelings, and inferior strength.
- Tuttare: It represents protection against internal and external dangers.
- Ture: It's a protection against physical diseases and a peace-generating word.
- Soha: It represents the long-term action of protection against internal and external dangers.

4. Sa Re Sa Sa

Sa Re Sa Sa

Sa Re Sa Sa

Sa Re Sa Sa, Sa Rung

Har Re Har Har

Har Re Har Har

Har Re Har Har, Har Rung

That Infinite Totality is here, everywhere. That creativity of God is here, everywhere. It gives you the capacity of effective communication so your words contain mastery and impact. This mantra helps you conquer the wisdom of the past, present, and future. It brings you peace and prosperity even if it wasn't in your destiny.

Practicing this meditation at the Full Moon gives you authority to make the right choices to conquer the ugliness of life. You will be peaceful and secure.

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5. Go Forth - *Written by Audrey Drake*

Go Forth
With great love
Go forth my dear
Isn't it time
We love one another
Isn't it time
My dear
Isn't it time
We love one another
Isn't it time
My dear

6. Ad Guray Nameh - *Arranged written by Audrey Drake*

(vs 1) Repeat 3 times

Aad Guray Nameh (ahd gu-ray na-meh)
Jugaad Guray Nameh (jer-ghad)
Sat Guray Nameh (saht)
Siree Guru Dayvay Nameh (siri goodu dev-vay)

(vs 2) Repeat 2 times

I am Peace
I am Light
I am Beloved
I am Free

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.

This is a mantra of protection. It invokes a light shield and stimulates an alert mind to avoid accidents. This mantra is part of the [Triple Mantra](#). Many people chant this mantra at any time when they might need extra protection.