

TUNING IN

Every Kundalini Yoga session begins with chanting the Adi Mantra: “Ong Namō Guru Dev Namō.” By chanting it in proper form and consciousness, the student becomes open to the higher self, the source of all guidance, and accesses the protective link between himself or herself and the divine teacher.

HOW TO RECITE THE ADI MANTRA:

Sit in a comfortable cross-legged position with the spine straight. Place the palms of the hands together as if in prayer, with the fingers pointing straight up, and then press the joints of the thumbs into the center of the chest, at the sternum.

Inhale deeply. Focus your concentration at the root of the nose between the eyebrows, your brow point. As you exhale, chant the entire mantra in one breath. If your breath is not capable of this, take a quick sip of air through the mouth after “Ong Namō” and then chant the rest of the mantra, extending the sound as long as possible. The sound “Dev” is chanted a minor third higher than the other sounds of the mantra.



As you chant, vibrate the cranium with the sound to create a mild pressure at the third-eye point. Chant this mantra at least three times before beginning your Kundalini Yoga practice.

PRONUNCIATION

The “O” sound in Ong is long, as in “go” and of short duration. The “ng” sound is long and produces a definite vibration on the roof of the mouth and the cranium. The first part of Namō, is short and rhymes with “hum.” The “O”, as in “go” is held longer.

