

Dil Se: Mantra Ebook

Dil Se...

From the Heart

Serena Savitri Kaur

To be used in conjunction with album available on all platforms:
Spotify, Apple Music, Amazon Music, YouTube and more.
This album is a Kundalini Yoga Mantra & Meditation Album but
can be used for meditation alone.

To practice yoga with Serena visit www.ambaryoga.com

Album & Mantra Lyric Booklet Lyrics, Transliteration, and Translation

About the artist:

They say that the sound of your own voice is the most healing sound in the universe - Serena Savitri Kaur has experienced this healing power and hopes to share it with as many people as possible. She created this mantra album for Kundalini Yoga teachers so they could practice their opening mantras and for students to practice at home and overcome their fears of not pronouncing certain mantras correctly in 2013.

More recently, Serena has distanced herself from the Kundalini Yoga by Yogi Bhanan 3HO community as their practices do not align with her perspective on yoga.

Serena Savitri Kaur was born Sikh to Indian parents and was drawn to Kundalini Yoga because it was a way for her to connect to her roots. She now practices Ambar Yoga and uses only the Gurbani mantras and incorporates them in her own modern interpretation of yoga. She hopes this album helps teachers and students find peace and their voice.

Love. Heal. Transform.
We are but one family under the stars.

For more information on Ambar Yoga visit:
www.ambaryoga.com

Album & Mantra Lyric Booklet

Lyrics, Transliteration, and Translation

1. Tune In – Ong Namō

Ong Namō Guru Dev Namō

I acknowledge the divine self/teacher within.

This mantra tunes us into the universal energy and prepares us for meditation in Kundalini Yoga by Yogi Bhajan. The sound awakens us to think beyond our day-to-day dramas and allows us to connect to the golden chain. The golden chain is all the souls, yogis and seekers who have walked the path before us that we can relate and connect to for guidance and protection. It opens each meditation practice in Kundalini Yoga by Yogi Bhajan.

2. Tune In – Aadh Gurey Nameh

Aadh Gurey Nameh

I acknowledge the Primal Wisdom.

Jugad Guray Nameh

I acknowledge the Wisdom throughout the ages.

Sat Guray Nameh

I acknowledge the True Wisdom.

Sri Guru Dayvay Nameh

I acknowledge the Great, Unseen Wisdom.

This mantra protects us and creates a safe space. Wisdom can be equated with source, It reminds us that we always have known the truth about our spiritual selves. It can be said to give you 10 extra seconds when facing dangerous situations – many modern day yogis chant this before driving or going on trips to avoid accidents.

3. Mera Mun Loche

Aadh Such, Jugaad Such, Habhay Such, Nanak Hosee Bhay Such

True in the beginning, true throughout the ages, true even now, Nanak, truth shall ever be.

Mera Man Loche, Gur Darshan Tae

Bilip Karay Chatrik Kee Niaa-ee

Trikhaa Na Utrai, Shant Na Aava

Bin Darshan Sant Pyaraay Jeeo

Hao Gholee Jeoo, Ghol Ghumaae

Gur Darshan Sant Piaraay Jeeo

I love to see my Divine love

Like a thirsty bird looking for nectar

My thirst is not quenched and I cannot find peace

Until I have a vision of my Divine love

I surrender myself, my soul

To have a vision of my Divine love.

Aadh Such, Jugaad Such, Habhay Such, Nanak Hosee Bhay Such

True in the beginning, true throughout the ages, true even now, Nanak, truth shall ever be.

Tayraa Mukh Suhaavaa Jeeo Sahej Dhun Baanee

Chir Hoaa Daykhay Saaring Paanee

Dhan so days, Jahaa Toon Vasiaa

Mayray Sajaan Meet Muraaray Jeeo

Hao Gholee Hao Ghol Ghumaae

Gur Saajan Meet Muraaray Jeeo

Your beauty is like no other, the sound of your words filled with inner wisdom

It's been so long since this rainbird has had even a glimpse of water

Blessed is the place where you live, my friend and loved one, my divine teacher.

I surrender, myself, my soul

To have a vision of my Divine love

Aadh Such, Jugaad Such, Habhay Such, Nanak Hosee Bhay Such

True in the beginning, true throughout the ages, true even now, Nanak, truth shall ever be.

**Ik Gharee Na Milatay Taa Kalijug Hotaa
Hun Kad Mileeai Priya Tudh Bhagvantaa
Mo-eh rain na Vihaavai Neend Na Aavai
Bin Daykhay Gur Darbaaray Jeeo
Hao Gholee Jeeo Ghol Ghumaaee
Tis Sachay Gur Darbaaray Jeeo**

An instant away from you brings darkness
When will I meet you my Divine love?
I can't endure this night, sleep eludes me
Until I can be with you, my blessed Divine love
I surrender myself, my soul
To have a vision of my Divine love.

Aadh Such, Jugaad Such, Habhay Such, Nanak Hosee Bhay Such
True in the beginning, true throughout the ages, true even
now, Nanak, truth shall ever be.

**Bhaag Hoa Gur Sant Milaaiaa
Prabh Abinasee Ghar Meh Paaia
Sayv Karee Paal Chasaa Na Vichurra
Jan Nanak Daas Tumaaray Jeeo
Hao Gholee Jeeo Ghol Ghumaaee
Jan Nanak Daas Tumaray Jeeo**

By good fortune, I found the path
I met a saint and came to know that my Divine love is within
me
So I will forever serve you my love and never be separated
from you for even an instance
The saint Nanak proclaimed himself as a servant of universal
truth, And I, too, live to serve you.

**Aadh Such, Jugaad Such, Habhay Such, Nanak Hosee Bhay Such
(repeat 4x)**

True in the beginning, true throughout the ages, true even
now, Nanak, truth shall ever
be.

This mantra is useful for healing relationships. It removes
blocks and opens up the heart centre. It is recommended to be
repeated 11x/day for at least 40 days to be effective.

4. **Chattr Chukkr Vartee**

Chattr Chukkr Vartee

Chattr Chukkr Bhugatay

Suyambhuv Subhung Saraab Da Saraab Jugatay

Dukaalan Pranasee, Diaalang Saroopay

Sadaa Ang Sangay, Abhangang Bibhutaay

You are pervading in all four directions,

The light in all four directions.

Self-illuminated, profoundly beautiful, and united with all.

Destroyer of all torments of birth and death, the embodiment of mercy.

You are ever within us - The everlasting giver of indestructible power.

This mantra can lift you when you are down. It elevates you to victory. It removes fears, anxieties, and phobias. It is the mantra to experience victory. Chattr Chukkr Vartee is the mantra for the heart center; it gives direct energy to it.

When you are sinking, if you know this mantra and can sing it, you can totally recuperate yourself.” – Yogi Bhajan

5. **Guru Guru Waheguru**

Guru Guru Waheguru, Guru Ram Das Guru

Guru Guru Waheguru, Guru Ram Das Guru

The Divine Teacher, the Teacher of Miracles

This mantra allows miracles to happen – it is often referred to as the miracle mantra.

6. Bolo Raam

Bolo Raam, Bolo Raam, Bolo Raam Raam Raam

Chant the Divine's Name, Chant the Divine's Name, Chant the Divine's Name again and again and again

This aligns you with your universal destiny. It opens your heart and removes obstacles.



7. Sat Sri, Sri Akaal

Sat Sri, Sri Akaal

Sri Akaal, Maha Akaal

Maha Akaal, Satnaam

Akaal Moorat, Waheguru

Great Truth, Everlasting

Great Everlasting, Great Eternal

Great Eternal, Truth is Your Name

The Eternal Image of the Divine

This track develops your personal power and works on the navel center. It's a surrender to your true purpose.

8. Rakhay Rakhanhaar

**Rakhay rakhanhaar aap ubaariun
Gur kee pairree paa-eh kaaj savaariun
Hoaa aap dayaal manho na visaariun
Saadh janaa kai sung bhavjal taariun
Saakat nindak dusht khin maa-eh bidaariun
Tis saahib kee tayk naanak manai maa-eh
Jis simrat sukh ho-eh saglay dookh jaa-eh
Jis simrat sukh ho-eh saglay dookh jaa-eh**

The Divine is looking out for us,
gives us the light, and takes care of our affairs.
The Divine is merciful, and never forgets us.
The Divine guides us, giving us good people to help us.
The Divine does not allow hurt to come to us.
I take comfort in the thought of the Divine.
When I remember the Divine, I feel peaceful and happy
and all my pain departs.

This is a serenade to the Divine - a love song that depicts longing and connection. It really connects you to where you are going and where you want to go. It heals the heart and relationships. This mantra also helps with a fluctuating mind.



9. May the Long Time Sun

**May the long-time sun shine upon you,
All love surround you,
And the pure light within you,
Guide your way on
May the long-time sun shine upon you,
All love surround you,
And the pure light within you,
Guide your way on
Guide your way on
Guide your way on**

This mantra is sung twice - The first time to bless yourself and the second to bless someone who may need some energy or help. It closes each meditation practice.

10. Satnam

Satnam

Truth is my identity.

This mantra is a seed mantra. It encompasses the sound of awakening and can open you up to your true destiny. It closes each meditation practice.

11. Closing Prayer

**Nadia Attay Vah Pavey Sumund Na Jaaniye
Even the rivers and oceans can't comprehend their
vastness.
You are limitless. You are limitless. You are limitless.
Recognize it. Know it. See it. Be it. Into the heart of the
ocean, into the heart of devotion. Satnam.**

This is a prayer for anyone to recognize that no matter what you face, you can meet the challenge. Sometimes we forget how strong we are, how we can push our limits and then go beyond. It is an affirmation and the beginning of inspiring yourself to be better.