

## ***Long Ek Ong Kar, Adi Shakti Mantra (Morning Call)***

**Posture:** Sit in an Easy Pose with jalandhar bandh (neck lock: gently lifting sternum while tucking chin).

**Mudra:** Have the hands in Gyan Mudra, or resting in Buddha Mudra in the lap. Maintain a strong Neck Lock (jalandhar bandh).

**Mantra:**

EK ONG KAAR

SAT NAAM SIREE

WHA-HAY GUROO

One Creator of Creation.

*Whose Name is Truth*

*Great beyond description its Infinite Wisdom*

Chant this mantra, in a 2-1/2 breath cycle, in the following manner: Inhale deeply and as you pull in the navel abruptly, chant EK. Then ONG KAAR is drawn out. Give equal time to Ong and Kaar. Inhale deeply and as you pull in the navel abruptly, chant SAT. Then NAAM is drawn out. Then, just as you get to the end of the breath, add a quick SIREE. (pronounced S'REE.) Inhale half a breath, pull in the navel abruptly, chant WHA. Then HAY GUROO (HAY should be relatively short, GUROO is pronounced G'ROO and is drawn out, but not too long.) The Ong Kaar and Naam Siree are equal in length. The Wha-hay Guroo is equal in length to Ong. Try not to let the pitch fall.



**Time:** This can be done for as little as 3, 7 or 11 minutes.

For a powerful experience of this meditation, do 31 minutes, or 2-1/2 hours. Let the sound resonate in the upper cavity of the head, by closing the back of the throat and vibrating the upper palate, and allowing the sound to come through the nose.

**Comments:**

From Yogi Bhajan “All mantras are good, and are for the awakening of the Divine. But this mantra is effective, and is the mantra for this time. It has eight levers, and can open the lock of the time, which is also of the vibration of eight. Therefore, when this mantra is sung with the Neck Lock, at the point where prana and apana meet sushmuna, this vibration opens the lock, and thus one becomes one with the Divine.” This mantra is used as the cornerstone of morning sadhana, and is also called Long Ek Ong Kaar’s or just Long Chant. It has also been referred to as Morning Call. This mantra initiates the kundalini, initiating the relationship between the soul and the Universal Soul. It balances all of the chakras.

***For more info and instructions, see the video from Jai Dev in Module 1 of the Radiant Body Course.***