

**The Complete Adi Mantra:
For Individual Meditation
(August 23, 1978-KWTC)**



Mudra: Bend the elbows down into the sides. Bring both palms face up, in front of the Heart Center. Touching the sides of the palms together, along the little fingers, bend the thumbs to touch the index fingers.

Eyes: Focus your eyes on the tip of the nose.

Mantra: Chant the mantra 3-5 times on one breath. 5x is the best. The sound of Day-vaa is carried out slightly on the AA sound:

**ONG NAMO, GUROO DAYV NAMO,
GUROO DAYV NAMO, GUROO DAY-VAA**

Ong is the creative energy of the total Cosmos.

Namo, I bow in Reverence.

Guru means wisdom or teacher.

Dayv (Dev) means Transparent, Subtle.

Namo, I bow in Reverence.

Guru Dayv NamO: calls on the subtle wisdom that guides you.

Time: Continue for 11-31 minutes for a powerful meditation and guidance.

Comments: You can use this mantra in its complete form anytime you have a lack of faith. This is very helpful to help transition you through Shakti Pad. With the grace of Guru Ram Das, when this mantra is chanted *five times on one breath, the total spiritual knowledge of all teachers who have ever existed or who will ever exist on this Earth is be seated in that person.*