

# chanting

---

**Chanting** is the repetitive speaking or singing of words or sounds. It can include mantra, sacred text, the name of God/Spirit. Many diverse spiritual traditions consider chanting a route to spiritual development. In Akasha Yoga™ we use sacred chanting as a practice of preparing us for higher frequencies.

Often the chants honor and call upon the divine within us.

**Two standard chants used during Akasha Yoga™:**

\* Aad Guray Nameh

\* Ong Namō

## **Aad Guray Nameh**

Aad Guray Nameh

Jugaad Guray Nameh

Sat Guray Nameh

Siri Guru Day Vay Nameh

## **Translation**

I bow to the Primal Wisdom

I bow to the Wisdom through the Ages

I bow to the True Wisdom

I bow to the great, unseen Wisdom

## **Ong Namō**

Ong namō

Guru dev namō

Ong namō

Guru dev namō

Ong namō

Guru dev namō

Ong namō

Guru dev namō

Guru dev, guru dev namō

Guru dev, guru dev namō

## **Translation**

I bow to the divine wisdom

I bow to the teacher within