



ONG NAMO GURU DEV NAMO

The Adi Mantra

Meaning

Ong — Creative consciousness; the active expression of the Infinite

Namo — I bow, I honor, I open myself to

Guru — That which leads us from darkness into light

Dev — Divine, subtle, or illuminated

Namo — I bow, I honor

A simple way to innerstand the mantra is:

I bow to the creative wisdom. I bow to the divine teacher within.

The Teaching

The Adi Mantra reminds us that wisdom is not something we must constantly seek outside of ourselves. There are teachers, teachings, traditions, and guides that can help illuminate the path. However, ultimately the deepest teacher is the consciousness within us that is capable of recognizing truth.

The word *guru* can be understood as the movement from darkness into light—from unconsciousness into awareness, from confusion into clarity.

When we chant *Ong Namō Guru Dev Namō*, we are acknowledging that intelligence and asking ourselves to become receptive to it. It is less about surrendering our authority to an external teacher and more about becoming quiet enough to hear the wisdom already present within.

Why We Chant It

The word *Adi* translates to “first” ... so it is the first mantra we chant to tune our body, mind, spirit to the One Teacher, One Wisdom. In Kundalini Yoga, the Adi Mantra is traditionally chanted at the beginning of practice.

It marks a transition.

We move from the activity of everyday life into intentional practice. From distraction into listening. From thinking that we already know into becoming available to what might be revealed. The mantra helps establish the inner space from which the practice begins.

Rather than approaching yoga only through effort or intellect, we pause and acknowledge something deeper: *There is wisdom within me that I can learn to hear.*

The Sound Current

Mantra is not only about the intellectual meaning of the words.

It is also a practice of sound, rhythm, repetition, breath, and listening.

When we chant, the vibration of our own voice becomes part of the meditation. We feel sound moving through the chest, throat, mouth, skull, and body while simultaneously listening to what we are creating.

In this way, mantra can help draw attention away from constant mental activity and toward direct experience.

With *Ong Namō Guru Dev Namō*, allow the mantra to become less something you are saying and more something you are listening to. Feel the sounds of the mantra vibrating through you. Allow them to be an invitation inward.

How to Practice

Sit comfortably with the spine naturally lifted.

Bring the palms together at the center of the chest in Prayer Mudra.

Close the eyes and allow your attention to turn inward.

Take a few slow breaths.

Then chant:

Ong Namō Guru Dev Namō

Traditionally, the mantra is chanted at least three times before beginning a Kundalini Yoga practice.

Let the sound be full but unforced. Chant in a monotone with a higher note emphasis on the word “Dev.” Feel the vibration of the mantra while also listening deeply to it.

After the final repetition, become still for a moment. Notice the quality of your awareness before moving into your practice.

Quundalini Mantra Reflection

The teacher within us is not necessarily the loudest voice. Often our conditioning, fears, habits, expectations, and old patterns speak much louder.

This mantra asks us to become quiet enough to recognize the difference between reaction and inner knowing.

Before beginning your practice, ask yourself:

What happens when I stop looking outside of myself for the answer?

What within me already knows?

Can I become quiet enough to listen?

The purpose of practice is not to give our power away. It is to refine our awareness enough that we can recognize the wisdom that has been within us all along.