



Ang Sang Wahe Guru

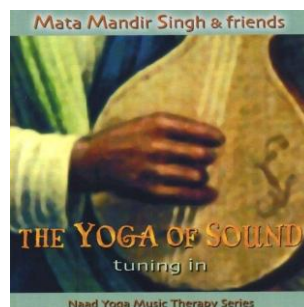
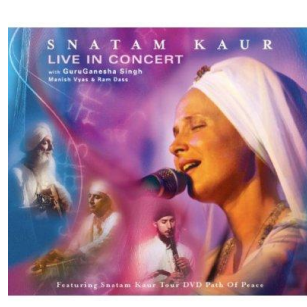
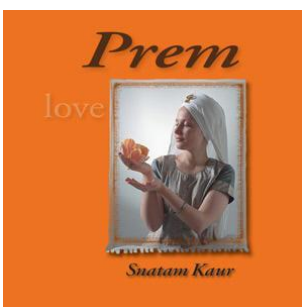
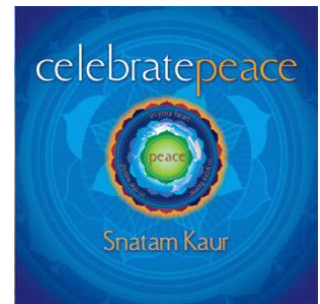
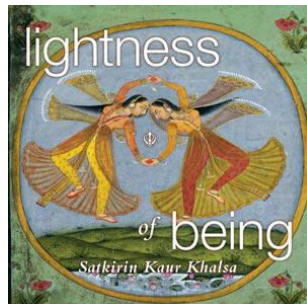
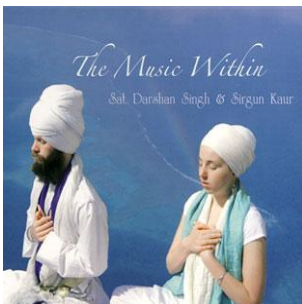
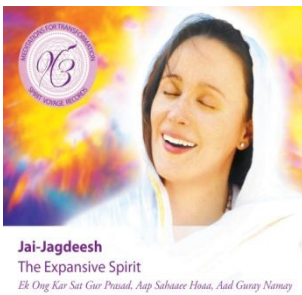
Mantra:

Ang Sang Wahe Guru

Translation:

Ang is 'a part'. Sang is 'in every,' or 'with every'. Wahe is 'the indescribable living ecstasy of Infinite Being'. Guru is 'the knowledge that transforms your mind, emotion and essence.' The whole phrase means, "The Infinite Being, God, is with me, and vibrates in every molecule and cell of my being."

Albums that feature the mantra:





More Information:

'This mantra expresses a universal truth. Repeating it creates a thought, which gradually guides the psyche to adjust itself. It re-connects every fragmented projection of the psyche, each separated part of the body, and synchronizes the finite sense of self to the Infinite Oneness. This act of rejoining the separated parts is the quintessential act of healing. Under attack, under war, under the pressures of fear, this meditation keeps us together, conscious, and ready to act. It brings the inner peacefulness that comes only from the touch and scope of spirit.'

A Commentary by Gurucharan Singh, KRI Director of Training

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Language: Gurmukhi