



## Ek Ong Kar Sat Gur Prasad

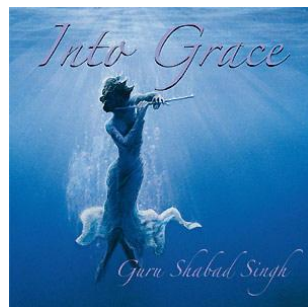
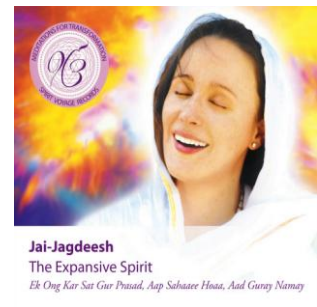
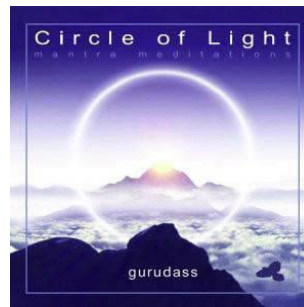
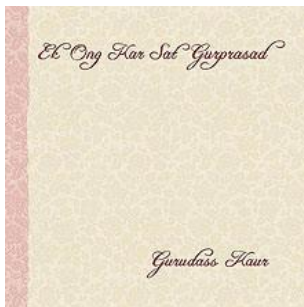
### Mantra:

Ek Ong Kar Sat Gur Prasad,  
Sat Gur Prasad Ek Ong Kar

### Translation:

There is one Creator of all Creation. All is a blessing of the One Creator. This realization comes through Guru's Grace.

### Albums that feature the mantra:



### More Information:

Guru Nanak taught this mantra to his son, Baba Siri Chand. The mantra is said to contain the essence of the entire Siri Guru Granth Sahib and brings its energy to reside in the heart. It is believed to be the most powerful mantra. Yogi Bhajan referred to this mantra as the "Eyes of Indra", saying that the body is a temple through which one experiences the Infinite; all knowledge and bliss flow through you.



Because of the mantra's great power Yogi Bhajan recommended first chanting either the Mul Mantra or Adi Mantra to put you into a sacred space. It must be chanted with devotion.

After chanting it, it is wise to keep your thoughts and words positive, as you will be in a state of manifestation. The mantra takes thought and reverses it to come out positive. A thought rides into your consciousness to be processed with "*Ek Ong Kar Sat Gur Prasad,*" and comes out pure with, "*Sat Gur Prasad Ek Ong Kar.*"

Author: Guru Nanak Dev Ji

Language: Gurmukhi