

1,000 Years *and Beyond*

Sat Siri Siri Akal

ਸਤਿ ਸਿਰੀ ਸਿਰੀ ਅਕਾਲ

Truth, Projective Prosperity, Greatness • Great Undying One Who Knows No Death

Siri Akal Maha Akal

ਸਿਰੀ ਅਕਾਲ ਮਾਹਾ ਅਕਾਲ

Great Undying One Who Knows No Death • Infinite Who is Deathless

Maha Akal Sat Nam

ਮਾਹਾ ਅਕਾਲ ਸਤਿ ਨਾਮੁ

Infinite Who is Deathless • Truth as Identity, Identity of All That Is

Akal Murat Wahe Guru

ਅਕਾਲ ਮੂਰਤਿ ਵਾਹਿ ਗੁਰੂ

Embodied Form, Image of the Infinite • Ecstatic Totality of God and Existence

1,000-Day Sadhana Meditation for an Invincible Spirit

Celebrate the Awakening of the Aquarian Age
with Kundalini Yoga as taught by Yogi Bhajan®

Use this mantra sheet for the 1,000-day Sadhana, Feb 14, 2009 – Nov 10, 2011.
For a complete write-up of the meditation and the 1,000-day sadhana,
please see www.kundaliniresearchinstitute.org.

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