

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.

Guided by Light by Katy Oberle is the “official” chant of Akasha Yoga™.

I am guided by Light
As I move in Your love
My dreams take shape
As I bow to my soul

Two additional standard chants used during Akasha Yoga™:

Ong Namō

Ong namo
Guru dev namo
Ong namo
Guru dev namo

Ong namo
Guru dev namo
Ong namo
Guru dev namo

Guru dev, guru dev namo
Guru dev, guru dev namo

Translation

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

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