

**Gobinday, Mukanday, Udharay, Aparay  
Hariang, Kariang, Nirnamay, Akamay**

**=**

**Sustaining, Liberating, Enlightening, Infinite  
Destroying, Creating, Nameless, Desireless**

**The Guru Gaitri mantra {10th master} (Gobinday Mukanday)...**

**Eliminates karmic blocks  
past errors  
balances brain hemispheres  
purifies the magnetic field  
and brings compassion and patience.**

**“ It's called Guru Gaitri. These are the words of the Tenth  
Master.**

**It will give you hundred fold mastery over the 108 elements of  
the Universe.**

**If this mantra becomes perfect you can conquer life and death  
both.”**

**-Yogi Bhajan 7/28/92**

**Kriyas that use the Mantra:**

**Bringing Mental Balance also called When Nothing Else Works  
When you're at your wits' end, when you don't know what to do,  
when nothing else works, this meditation does.**

**Guru Gaitri Mantra Meditation**

**This meditation works on subconscious blocks around fear.**