



Santhika  
Retreat  
Center

www.santhikaretreatcenter.com

## Prayer of Surrender

Yogi Bhajan · April, 10 2001

*"To be prosperous, there are certain principles of life which have to be learned. To have the strength to live those principles, try this kriya..." - Yogi Bhajan*

**Posture:** Sit in Easy Pose. Place the hands, palms up, in front of the diaphragm, with the left wrist underneath the right.

**Eyes:** Eyes are closed.

**Time:** 62 minutes

**Chant:** "Ik Acharee Chand" ("[Ajai Alai](#)" by Nirinjan Kaur and Guru Shabd S. Khalsa), a uni-mantra, that mega-multiplies. Chant exactly as you would if you were being recorded. If you don't have the music, chant the words rhythmically. (See transliteration below).

**To End:** Inhale very deeply, exhale. Inhale again deeply, expand your shoulders as well as your chest. Exhale. Inhale deeply again, expand your body. Relax.

### Mantra:

Ajai Alai	Invincible. Indestructible.
Abhai Abai	Fearless. Unchanging.
Abhoo Ajoo	Unformed. Unborn.
Anaas Akaas	Imperishable. Etheric
Aganj Abhanj	Unbreakable. Impenetrable.
Alakkh Abhakkh	Unseen. Unaffected.
Akaal Dy-aal	Undying. Merciful
Alaykh Abhaykh	Indescribable. Uncostumed.
Anaam Akaam	Nameless. Desireless.
Agaah Adhaah	Unfathomable. Incorruptible.
Anaa-thay Pramaa-thay	Unmastered. Destroyer.
Ajonee Amonee	Beyond birth. Beyond silence.
Na Raagay Na Rangay	Beyond love. Beyond color.
Na Roopay Na Raykhay	Beyond form. Beyond shape.
Akarmang Abharmang	Beyond karma. Beyond doubt.
Aganjay Alaykhay	Unconquerable. Indescribable.

