## Jai Te Gung mantra

Posted At: February 5, 2010 8:06 PM | Posted By: Michael Smith

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I heard this mantra at Winter Solstice at <u>Harijiwan</u>'s class. It's called Jai Te Gung and is from the Dasam Granth, which was written by Guru Gobind Singh. It is used to cut through blocks to what you want to project or manifest in the world.



The complete mantra and translation from Mantra Pedia at <a href="www.spiritvoyage.com">www.spiritvoyage.com</a> is below

Khag khand bihandan khal dal khandan at ran mandan bar bandan Bhuj dandh akhandan tej parchandan jot amandan bhaan prabhan Sukh santaa karnang durman darning kilbikh harnang as sarnang Jai jaj kaaran srist ubaaran mam pratipaaran jai tegang

Translation:

The sword breaks through and cuts down the demons of the mind and body. This beautiful and powerful weapon adorns the battlefield of life.

It is as an extension of the arm, unbreakable, terribly fast, it's awesome splendor overshadows even the sun. It protects the peace and happiness of the saints and destroys any powerful negative energy. It has erased the negativity and guilt that I carry. I seek its refuge.

Praise, praise be to the great doer of the world, savior of the creation, my great protector, praise be to the sword!

You can download a short loop from <a href="Dharam Singh's">Dharam Singh's</a> website <a href="here">here</a> .