

## Mantras

Mantra is vibration and the compressed energies of the body and the mind respond to these vibrations. With these mantras, positive and creative qualities and energies can be awakened and negative influences removed.

### **AUM**

Can be broken into as A 'ah' U 'oo' and M humming 'm m m' or Om 'Ooooooo' and 'Mmmmmmm'

The Aum mantra is the ancient sacred primordial sound of the universe. It is the dynamic fundamental life energy that creates and sustains all living things.

AUM is the essential life force of the universe.

### **SHANTI**

Peace

### **MAHÄMRITYUNJAYA MANTRA**

I invoke the energy of this mantra for healing, energy, power, immunity and strength.

Om tra-yam-BA-kam ya-jaa-MA-he  
Su-gan-dhim pu-ñhöi-var-dha-NAM  
Ur-vaa-ru-ka-mi-va ban-DHA-naat  
Mrit-yor-muk-shee-ya maam-RI-taat

We pay homage to the universal consciousness which nourishes all beings. May we be liberated from the death of ignorance through knowledge of our immortal essence, just as the cucumber is severed from the bondage of the vine.

### **GÄYATRÉ MANTRA**

In invoke the energy of this mantra for wisdom, inner clarity, intuitive knowledge, learning, perception and opening the dormant doors of intelligence.

Om bhoor-bhu-vah SVA-ha  
Tat-sa-vi-tur-va-reë-YAM  
Bhar-go de-va-sya dheë-MA-hi  
Dhi-yo yo nah pra-cho-DA-yaat

On the physical plane, the subtle plane, and the causal plane, we meditate on the divine light of the sun of spiritual consciousness. May it stimulate our power of spiritual perception.

## SHANTI PATH

Asato maa sad-gamaya  
Tasaso maa jyotir gamaya  
Mrityor-maa amritam gamaya  
Saraveñhaam svastir bhavatu  
Saraveñhaam shaantir bhavatu  
Saraveñhaam poorëam bhavatu  
Saraveñhaam maigalam bhavatu  
Lokaah samastaah sukhino bhavantu  
Om tãayambakam yajaamahe  
Sughandhim puñhöi-varadhanam  
Urvaa-rukamiva bandhanaat  
Måityor-mukñheeya maamritaat  
Om shaantih shaantih shaanti hi  
Hari om

Lead me from the unreal to the real. Lead me from darkness to light. Lead from death to immortality. May all beings dwell in happiness. May all beings dwell in peace. May all beings attain oneness. May all beings attain auspiciousness. May all happiness be unto the whole world. We pay homage to the universal consciousness which nourishes all beings. May we be liberated from the death of ignorance through knowledge of our immortal essence, just as the cucumber is severed from the bondage of the vine. Om peace, peace, peace.

## VEDIC SHANTI PATH

Om sahanaa vavatu  
Sahanau bhunaktu  
Sahaveeryam karavaava hai  
Tejas vinaa vadhee tamastu  
Maa vidvishaava hai  
Om shanti shanti shanti hi

TWA MEVA (place hands in pranam mudra (prayer pose) at the chest for chanting this mantra)

Tva meva maataa cha pitaa tva meva  
Tva meva bandhush cha sakhaa tva meva  
Tva meva vidyaa a dravinam tva meva  
Tva meva sarvam mama deva deva  
Tva meva sarvam mama deva deva  
Tva meva sarvam mama deva deva      Hari OM

