

Complete Nature Cure Mantras

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The Mystic Powers of Mantras and Yantras

August 11, 2016 by [M.Hari Kumar](#) [Leave a Comment](#)

Mantras and Yantras – Driving you further

Mantras are divine and sacred vibrations developed in the ancient Indian history. Man means 'mind' or 'thinking' and tra means to 'release or free'. It means to free the mind of the materialistic things, birth and death phases of the physical world.

Mantra meditation often referred as 'Mantra Yoga' means the yoga of sound. Yoga brings our physical senses into harmony. Meditating with mantra brings our mind into control. So, for a full control of oneself, meditation and yoga are important.

Chanting mantras enrich our mind, by eliminating the distractions and increasing the focus. The meditation acts as a fuel elevates the thoughts. The elevated mind free of the negative energy benefits the self and society.

Aspects of Mantras

Mantras have 6 major aspects. They are: Rishi (Seer), Raga, Devata (Presiding deity), Bija (Seed sound), Shakti (Power), and Kilaka (Pillar). We will discuss each of the mantras and their properties.

Rishi Mantra

Rishi means a master or guru. Mantras have always been passed down from the masters to disciple. Mantras have specific vibrations and effects on physical and psychological levels. Rishis understand and know how the mantras work and pass them in accordance.

Raga

Raga is way in which the mantras are to be pronounced. Each mantra has specific vibration and pronouncing them in the proper way would yield the benefits.

Devata

Devata sound vibrations are in definitive and repeated forms. Mantras reveal the deity to the center of mantra. Practicing devata mantra invokes a personal relationship with the ultimate self and deity.

Bija

Bija is a discipline of chanting mantra, where realization comes with dedicated practice. In simple terms, it relates to the seeds. It is impossible to see the tree inside of a tree, yet the seed gives birth to the seed. So, practicing mantras makes one realize that the self is the seed. Understanding self would eventually free from all the worldly sufferings.

Kilaka

Kilaka is the pillar. It is the willpower needed for the practice. Practicing mantras need a lot of dedication and regularity. Distracting oneself from the Matra meditation is not fruitful and give no results. Yoga, meditation, and dietary practices play a crucial role in gaining control over mind and body. The results from the practice are always not instant. The person should also have patience.

Shakti

Shakti means power. In this line, Shakti means the power of mantra. Every mantra has power. The power differs from based on the vibration and symbolization of the mantra. Each mantra bears different types of fruits and results. Mantras give results both for temporary and the self-realization, knowing the ultimate truth. The mantras sometimes chanted in the wrong tone or vibration also have positive results. So, getting and practicing the mantra under the Guru or Rishi help one in archiving the results faster.

Yantras

Yantras are holy shapes and figures containing the sacred value. They are the symbolic powers used for the greater benefits and enhancing the power of Vedas. They are geometrical forms with power and energy. Yantras are found as paintings, engravings and other physical depictions. They are seen in temples and other sacred places.

Yantras are lucky charms. They are beyond diagrams which help one in understanding and realizing the true self. Yantras are made by a highly qualified knowledgeable person (tantric). Each yantra has a specific mantra which corresponds to specific power and deity. These contain the next level of science and perception.

Nought (Zero-0) or bindu is the basis of the development of yantra. The

central point (zero-0) builds concentration and amplifies the mental power or psychic force. Thereupon it is drawn representing desires, knowledge, and ways. The yantras are drawn on metals like bronze, copper, gold, silver or stainless steel. They are known to protect from evil and other negative forces.

Types of Yantras

Yantras are divided based on the pujas (worship).

Bhu Prisht Yantras: Made from materials found on earth. These are further divided into two parts. First is raised and includes bija and vern mantras. The second is carved.

Meru Prisht yantra: a raised yantra with bija and vern mantras. Wide base and thinner midsection. Peaked top in the shape of a mountain.

Patel yantras: Opposite of Meru Prisht. Carved in as inverted mountain.

Meru Parastar yantra: Mountain shaped. Cut rather than raised.

Ruram Prisht yantra: Tortoise shells tops on a rectangular base.

Yantras are worshiped in temples, home, and other sacred places. Based on the usage, yantras are further divided into 7 types.

- **Sharir yantras:** There are 7 types of Sharir yantras. Each for one of the chakra. Every yantra has a mantra and chanting them elevates the benefits.
- **Dharan yantras:** These yantras are worn on the body. Have particular rituals.
- **Asana yantras:** Positioned at a sitting place during puja. These are known to bear results in a short span. Placing under deity or foundations of the home also fetch results.
- **Mandala yantras:** Created using nine people during puja. One participant sits in the center and the others in the assigned place around. They chant specific mantras during the course of puja.
- **Puja yantras:** Installed in temples or homes at the time of puja. These may be for different religious worships or to different planets in the solar system. These are usually performed by experts.
- **Chatar yantras:** Kept in a pocket or under a hat.

- Darshan yantras: Generally found in temples. These are associated with the deity. These are the most purified yantras. These are known to reward with great success.

Conclusion:

Mantras and Yantras are significant in healing a person as a whole. Practiced on a regular basis our body gets in control, our mind achieves the impossibilities. Mantras and yantras have great hidden power and energy. They are associated with higher consciousness and self.

It has been known that practicing these would eliminate all the negative energy from our soul, mind, and body. Thereupon our mental aspects are enhanced.

Having an extra hand would always make our works easier. Mantras and yantras act the same. They help us in achieving greater success and benefits.

From <<https://www.completenaturecure.com/mystic-powers-mantras-yantras/>>

Powerful Mantras for Health:Dhanvantari Mantra for health

December 20, 2014 by [M.Hari Kumar](#)

Lord Dhanvantari is one of the incarnation of Hindu God Vishnu. As per Hindu vedas and puranas Lord Dhanvantari holding Amrit Pot, Shankha, Chakra and Jalauka in his four hands emerged from ocean during sagar mathanam . Lord Dhanvantari protects all living beings from diseases, untimely death and eliminates sorrows.

Ayurveda Practitioners in India celebrate Dhanvantari Jayanti with much devotion. Worshipping Lord Dhanwantari gives good health and relief from diseases.

Lord Dhanvantari, the God of Ayurvedic medicine is considered to be the earliest practitioner of Ayurveda. You can worship below to mantras of Lord Dhanvantari for sound health.

Dhanvatrey Mantras:

Mantra 1:

OM Shree Dhanvantrey Namaha(Om Shree Don-von-trey nahm-ah-ha)

Mantra 2:

Om Namō Bhagavate Vasudevaaya

Dhanvantaraye Amrita-kalasha Hastaaya

Sarva-amaya Vinashaaya Trailokya Naathaya

Dhanvantri Maha-vishnave Namaha

From <<https://www.completeNaturecure.com/powerful-mantras-health/dhanvantari-mantra-health/>>

Powerful Mantra meditation for Wealth:Dhan-Varidhi Karak Padmavati Mantra

December 20, 2014 by [M.Hari Kumar](#)

Bhagwate Padmavati is form of Goddess Lakshmi devi, the Hindu goddess Lakshmi devi is worshipped for wealth and good fortune in life.

In sanskrit Padmavati means “she who emerged from lotus”. The main temple to Padamvati devi is situated at Alamelu-Mangapuram, Tirupati City in Andhra Pradesh,India.

Reciting this powerful Mantra meditation of Padamavti devi will increase your(dhan varidi) wealth and good fortune in your life.

Dhan-Varidhi Karak Padmavati Mantra:

Om namoh bhagwati padam padmavati, om hrim om, om purvay dakshinay pashchamay utray aash puray, sarvjan vashya kuru kuru swaha.

From <<https://www.completeNaturecure.com/powerful-mantra-meditation-wealthdhan-varidhi-karak-padmavati-mantra/>>

Powerful Kavacha or protection mantra

December 14, 2014 by [M.Hari Kumar](#)

Lord Sarabesvara is one of the divine form of Lord Shiva. Lord Shiva took the form of a bird Sarbha to protect the universe from the anger of the Lord Narasimha. Sarbha form comprises the forms of human, bird and animal.

Worshipping Lord Sarabeswara removes obstacles and delays in marriage, fulfills the wish of begetting a child, recovery from debts, protects you from effects of black magic and helps in winning legal battles.

Reciting the Lord Sarbesvara kavacha mantra will protect you from all forms of evils.

Sarabeswara Kavacha mantra:

Narasimha uggiram udaitthu vandha

Paramasivam paravaiyaai ezhundha en kóv

Hara Hara enach cholli aanandhamaakki unnai

urattha kuralil koovi azhaippén Saaluvésaa endré

siram irandum kan moondrum kooriya mookkudané

karam naangaai enaik kaattharulum karunaakarané

param porulé Sarabesaa vaazhi vaazhiyé

From <<https://www.completeNaturecure.com/powerful-kavachaprotection-mantra/>>

Powerful mantra for couples who are trying to conceive a child

November 23, 2014 by [M.Hari Kumar](#) [Leave a Comment](#)

Couples who are childless and who are trying to conceive should recite this powerful hindu mantra for conceiving:

Lord Krishna's infant form is worshipped as Santhana Gopala. Couples who are worshiping Santhana Gopala with a wish for begetting a child are always fulfilled. Couples who are trying to conceive without any medical history of fertility problems also should recite this mantra for safe delivery, healthy and knowledgeable child.

Recite this powerful Santhana Gopala Mantra 108 times daily:

Om Devaki Sudha Govinda

Vasudeva Jagath Pathe

Dehimey Thanayam

Krishna Thwamaham

Saranam

Kadhahaa Deva Deva

Jagannatha

Gothra Vridhi Karap Prabho

Dehimey Thanayam Sheegram

Ayushmandham Yashashreenam

From <<https://www.completeNatureCure.com/powerful-mantra-for-couples-who-are-trying-to-conceive-a-child/>>

Swayamvara parvathi Moola Mantra for Marriage the Powerful Mantras for Marriage

August 30, 2014 by [M.Hari Kumar](#) [Leave a Comment](#)

Parvathi Devi perform tapas to please Lord Shiva to grant her the wish to reunite with him through marriage. Lord Shiva with loss of Sati Devi was in a deep meditation at the time. The below mantra known as Swayamvara Parvathi Moola Mantra for Marriage was recited by Parvathi Devi to shock Lord Shiva from his meditation along with fasting and other austerities. This is one of Most Powerful Mantras for Marriage and would be beneficial for those who are struggling to get marriage:**Swayamvara Parvathi Moola Mantra for Marriage: Om Hreem Yogini Yogini Yogeswari Yoga Bhayankari Sakala SthavaraJangamasya Mukha Hrudayam Mama Vasam Akarsha Akarshaya Namaha**

From <<https://www.completeNatureCure.com/swayamvara-parvathi-moola-mantra-for/>>

Powerful Gayathri Beej Mantra for Knowledge

August 29, 2014 by [M.Hari Kumar](#) [Leave a Comment](#)

In India Gayathri Beej Mantra is taught in Upanayana. Gayathri Beej Mantra is told secretly and one should learn from a guru rather than from book or website

Reciting Gayathri Beej Mantra daily morning 108 times will give you all the knowledge

Gayathri Beej Mantra

Oṃ bhūr bhuvāḥ svaḥ

tāt savitūr váreṇ(i)yam

bhārgo devāsya dhīmahi

dhíyo yó naḥ prachodáyāt

From <<https://www.completenaturecure.com/powerful-gayathri-beej-mantra-for-knowledge/>>

Powerful MahaLakshmi Mantra for Wealth

August 29, 2014 by [M.Hari Kumar](#) [Leave a Comment](#)

Goddess MahaLakshmi is known as Goddess of Wealth. Reciting the Powerful MahaLakshmi mantra daily 108 times will get the blessing of MahaLakshmi..

Reciting this mantra in [Gyan mudra](#) meditation pose will yield you better results.

Powerful Lakshmi mantra:

Om Shrim Maha Lakshmi Yei Swaha

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Powerful MahaKali Mantra for Wealth and Money Making

August 29, 2014 by [M.Hari Kumar](#) [Leave a Comment](#)

Goddess MahaKali or Kali is very popular in India as Mother Goddess. She is known as goddess of worldly desires, wealth and power. Most People around the world worship Goddess MahaKali for moneymaking and get Ultimate Power.

Worshipping MahaKali well give you all the success and wealth. Recite the below Powerful Mahakali Mantra daily by facing the sun in the morning will give you better results.

Powerful Mahakali Mantra for Wealth and Money Making

Om kalikankali mahakali sarvang sundar jeeve vyali char bis bhais tab to
puju paan mithai ab bolo kalika ki duvae meri bhakti guru ki shakti
sfuro mantra ishwari vaacha chuu

From <<https://www.completenaturecure.com/powerful-mahakali-mantra-for-wealth/>>

Powerful Ganesha Mantra for Marriage

August 24, 2014 by [M.Hari Kumar](#) [Leave a Comment](#)

As Ganesha chaturthi is next week.. it is always good to start reciting this Ganesha Mantra for marriage on Ganesha chaturthi day.. This is a powerful Ganesha Mantra for early marriage who are having problems or delayed Marriage. Reciting the below mantra daily for 1116 times.. Lord Ganesha is known for removing all the obstacles, reciting the Ganesha Mantra will remove all the obstacles you having in getting married

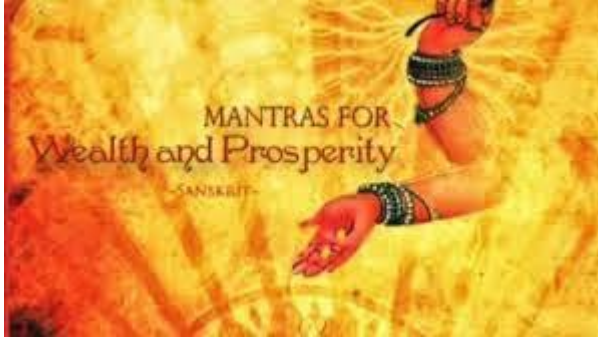
Ganesha Mantra for Marriage:

Salankrut Kanya Me Dehi Namastyai Ganeshaya Namah

From <<https://www.completenaturecure.com/powerful-ganesha-mantra-for-marriage/>>

Mantra Meditation For Money and Wealth

April 13, 2014 by [M.Hari Kumar](#) [Leave a Comment](#)



Mantra for attainment of wealth and money:

You have to meditate these mantra to attain abundant of money.

Om Shreem Namah

Mantra for attainment of Money and Pleasure:

Meditate this mantra to attain money and pleasure

Om Shri Ganeshaya Namah

Mantra for increasing profits in business and attain money:

Meditate this mantra when you are in meditation.

*Om Kansomitam Hiranya Prakaram Aardraam Jwalantim Triptam
Tarpenteem, Padhesthitam Padhmavarnaam Tami Hope Vhayeshriyam*

Mantra for getting all round success

Om Shreem Hreem Kleem Namah

Mantra for attainment of wealth and getting rid of ailments

*Om Hreem Om Markatesh Mahotsaha Sarv Vyadhi Vinashana Shatroon
Sanhar Mamraksh Shriyam Dapaya Dehi Mein. Om Hreem Om*

Mantra for acquiring wealth

*Om Ya Devi SarvaBhuteshu Lakshmirupen sansthita, Namastasyei
Namastasyei Namastasyei Namo Namah*

Mantra for Wealth and Prosperity

Aum sreem hreem aim

Mahalakshmiyai kamaladharinyai simhavahinyai swaha

Mantra for Wealth and Prosperity

Aum yakshaaya kuberaaya vaisravanaaya

Dana daanya adhipathaye

Dana daanya samrithim

Me dehi daapaya swaha

Mantra for getting blessed with son and acquiring wealth

Om Sarvabadha Vinurmukto Dhandhanya Sutanvitah

Manushyomat Prasaaden Bhavishyati Na SanShaya

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[Lord kubera and mahalakshmi mantra for wealth.](#)

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Powerful mantras for marriage

April 13, 2014 by [M.Hari Kumar](#) [Leave a Comment](#)



Swayamvara parvathi Moola Mantra for Marriage:

Om Hreem Yogini Yogini Yogeswari Yoga Bhayankari Sakala
SthavaraJangamasya Mukha Hrudayam Mama Vasam Akarsha
Akarshaya Namaha

Powerful Durga Matha Mantras:

1. Mantra for attraction“Om Kleeng Gyaninampee Chetansi Devi

Bhagwati Hi Saa,Baladakrishya Mohay Mahamaya Prayachhati”
2. Mantra for wealth“Durge Smrita Harasi Bhitimshesh jantohSwasthaih
Smritamati Mateev Shubhaam DadasiDaridray Duhkh Bhayaharini ka
TwadanyaSarvopakarkaranay Sadadrachitta”
3.Mantra for getting a good husbandOm He Gouri Shankarardhaangi
Yatha Twam Shankar Priya Tatha Mam Kuru Kalyani Kantam Kantaam
Sudurlabham4.Mantra for getting a good wife
Om Patnim Manoram Dehi Manovritanusrineem, Tareneem
Durgasansar Sagarasye Kulodbhavam.
5.Mantra for delayed marriageAum hreem yogini yogini yogeswari yoga
bhayankari Sakala sthavara jangamasya muka hridaya mama vasyam
akarshaye swaha

From <<https://www.completeNatureCure.com/powerful-mantras-for-marriage/>>

Lord Kubera and Goddess Mahalakshmi Mantra for Prosperity

November 4, 2013 by [M.Hari Kumar](#) [Leave a Comment](#)

There is a deep connection between Lord Venkateswara, Lord Kubera and Goddess Mahalakshmi. It is said that all offerings made to Lord Venkateswara at Tirupathi are passed on to Lord Kubera, who is the keeper of wealth for Goddess Mahalakshmi.

Receive the Benevolent Grace of The Divine Mother, through her Lord Kubera and Goddess Mahalakshmi aspects.. Please recite the Mantra in the following order to gain the most benefits.

Lord Kubera Mantra

*Om Hreem Yakshaya Kuberaya Vaishnavanaya Dhana Akarshanaya
Sarvaloka Vasigaraya Dhana Dhanya Adhipataya Dhana Dhanya
Samrudhime Dehi Tapaya Swaha*

Goddess Mahalakshmi Mantra

Om Shreem Hreem Kleem Shreem Lakshmi Agach Agacha Mama
Mandir
Tishtha Tishtha Swaha

May You Have a Happy, Healthy, Wealthy, and
Prosperous Year Ahead!

From <<https://www.completeNatureCure.com/lord-kubera-goddess-mahalakshmi-mantra/>>

Mantra For Successful Love Marriage

November 4, 2013 by [M.Hari Kumar](#) [Leave a Comment](#)

Mantra For Successful Love Marriage

The below **mantra** is highly beneficial to obtain the blessings of Lord Rama and Sita Devi for successfully getting married to one's lover. The mantra is also useful in making relation between existing couples stronger and rejuvenating the love and understanding between them.

Om hreem aium janakathmajayai namah

ॐ ह्रीम ऐउम जनकाथ्मजाए नमः

Repeat the above mantra 108 times, daily in the morning after bath.Face east direction while chanting.

Try to have the image of Sita devi-Lord Rama's marriage in **mind** while chanting the mantra.

Repeat the chanting continuously for 21 days.

From <<https://www.completenaturecure.com/mantra-for-successful-love-marriage/>>

Maha Mrityunjaya Mantra

March 30, 2013 by [M.Hari Kumar](#) [Leave a Comment](#)

The Maha Mrityunjaya Mantra was found by Rishi Markandeya. It was a secret mantra, and Rishi Markandeya was the only one in the world who knew this mantra. The Moon was once in trouble, cursed by King Daksha. Rishi Markandeya gave the Mahamrityunjaya Mantra to Sati, Daksha's daughter, for the Moon. This is how this mantra became known which according to another version is the Bija mantra as revealed to Rishi Kahola that was given by Lord Shiva to sage Sukracharya who taught it to Rishi Dadicha who gave it to King Kshuva through whom it reached the Shiva Purana.

It is also called the Rudra mantra, referring to the furious aspect of Lord

Shiva; the Tryambakam mantra, alluding to Shiva's three eyes; and it is sometimes known as the Mrita-Sanjivini mantra because it is a component of the "life-restoring" practice given to the primordial sage Sukracharya after he had completed an exhausting period of austerity. Its Devata is Rudra or Lord Shiva in his fiercest and most destructive roopa or aspect. In the Vedas it finds its place in three texts – a) the Rig veda b) the Yajur Veda, and c) the Atharva Veda

From <<https://www.completenaturecure.com/maha-mrityunjaya-mantra/>>

Beej mantra or mystic seeds 108 times everyday, Shree Mahalakshmi will bring you all the wealth

November 3, 2013 by [M.Hari Kumar](#) [Leave a Comment](#)

It is widely believed that, chanting this beej mantra (mystic seeds) 108 times everyday, Shree Mahalakshmi will bring you all the wealth

**Ya Devi Sarva Bhutesu Lakshmi Roopena Samsthitha,
Namastasyai Namastasyai Namastasyai Namah :**

Beej Mantra

Om Hreem Shreem Lakshmibhyo Namah :

From <<https://www.completenaturecure.com/beej-mantra-mystic-seeds-108-times/>>

There are 84 meridians on the roof of the tongue that are stimulated through Sanskrit mantra, and scientific evidence shows that mantras can facilitate the release of secretions that strengthen our immune and neurological systems. “Yogic mantras stimulate the secretions of the pituitary gland, which is located only millimeters from the palate...certain permutations send signals to the command centers of the brain—the hypothalamus, and the pituitary, primarily, and also to the pineal gland, [which] orchestrate a healing response and send out packets of information in the form of neurotransmitters and chemicals, in the brain and throughout the body,” writes Dharma Sing Khalsa, M.D., an expert in Kundalini yoga and researcher of Alzheimer’s disease.

Though some common mantras call upon Hindu deities, their main purpose is to cultivate awareness, intention, and elevated connection. “Mantras become the interface for mankind interacting with his spiritual world,” says Campbell. Though these mantras link to a specific religious tradition, the power of sound is paramount. “Virtually all spiritual traditions see sound as a key component of practice and connection to the divine or sacred,” he says. “The most important mantra of all, Om, is completely non-denominational and non-religious in the sense that it’s basic symbolism is creation itself.” Creation, and the evocation of its properties, are not owned by any religious tradition, notes Campbell.

Om Namah Shivaya

This salutation to Shiva, lord of destruction and transformation, and one of the primary gods of the Hindu Trinity, is perhaps the most common mantra in the Hindu and yogic traditions. “Om Namah Shivaya” is often referred to as “the five-syllable-mantra”—evoking the five elements of existence: earth, water, fire, air, and space. It is a Vedic mantra said to be both purifying and a healing. This mantra is particularly potent given Shiva’s connection to death and destruction. A key element of yogic philosophy is coming to terms with our own mortality and the impermanence of existence. Om Namah Shivaya, then, is not only elevating in the sense that it brings the chanter closer to the divine, but also in its courageous affirmation: I take solace even in the unknowable and unimaginable path of destruction.

Om Mani Padme Hum

This powerful mantra, which has deep roots in India and in Tibet, is one of the most commonly chanted mantras in the world. Every Tibetan child is taught Om Mani Padme Hum by their parents, and many Tibetan Buddhists chant the mantra as part of their ritual practice, thousands of times per day. Its meaning, as translated by the Dalai Lama, is: “The jewel is in the lotus, or praise to the jewel in the lotus.” The lotus, in the yogic tradition, symbolizes the profound ability of transformation: to emerge out of mud and blossom into a thousand-petaled flower. According to Alison Cramer, a yoga teacher and Ayurvedic practitioner in New York City, the lotus in this mantra is a symbol of the spiritual path. “By invoking this mantra, we are trusting that ‘jewels’ or wisdom, can be found by doing the work to come out of the mud, the darkness, the ignorance, and into beauty and grace,” says Cramer. In essence, the mantra is about compassion and universality, which as Cramer points out, is evoked in the very chanting of it: “When I chant it or teach it in class, I think about how as we are chanting it, millions of people all over the world are chanting it at the same time. And, for that matter, it links us to the lineage of those who have chanted it in the past and those who will be chanting it in the future. It is truly a gift to feel the connection of other souls doing the work just as we are—doing our best to rise, to ascend, to move into a life of freedom and joy.”

Lokah Samastah Sukinoh Bhavantu

This Hindu and Buddhist chant, which arises out of the Vedas, has been translated most commonly as, “May all beings everywhere be happy and free, and may the thoughts, words, and actions of my own life contribute in some way to that happiness and to that freedom for all.” In many ways, this mantra is the

be-all and end-all for yogic purpose, as well as a clear embodiment of what the 14th Dalai Lama likes to call the spiritual practice of “enlightened self-interest.” We chant for our own personal transformation, not because we personally desire enlightenment, but rather so that we may contribute to the global transformation that will alleviate suffering and herald equality. “By working for the well-being for others,” says Campbell, “we benefit ourselves, and through our own fulfillment we become capable of sharing or bringing well being to others.”

Om Asato Maa Sad-Gamaya
Tamaso Maa Jyotir-Gamaya
Mrtyor-Maa Amrtam Gamaya
Om Shaantih Shaantih Shaantih

Lead me from the unreal to the real
Lead from the darkness to the light
Lead me from death to immortality
Let there be peace, peace, peace

At the most basic level this mantra, taken from the Upanishads (800-300 BCE), evokes the experience of a yogi’s transformation from limited awareness to universal understanding. Swami Krishnananda, a renowned philosophical scholar and writer, offers another translation: “Let us rise above this turmoil of transiency of life, and move to the real which is indicated faintly in our own personal lives and in the manifestations that are in front of us.”

“This mantra speaks to the basic unadorned project of yoga, which is the transformation of the individual and their environment,” says Campbell. The desire to be led from the unreal to the real refers to the unreal or real perception of the self, says Campbell. In this world of false perception, he continues, “we are plagued either by self-aggrandizement or false humility, so coming into a realistic view of the Self, shifts us from the inability to powerfully fulfill ourselves and those around us. We are fixated with materialism; we are incapable of accessing our strengths because of our perceived misfortunes, instead of seeing ourselves as beings of potential.” The last verse on being led from death to immortality is the direction that all spiritual practice points towards, says Campbell. The three layers of this transformation—the self, the communal, and the transcendent—articulate the ever-expanding possibility of yoga and lead us to fully embody the light of self-awareness and then spread illumination to our communities and beyond.

So Hum

Dating back to the Isha Upanishads in the first millennium BCE, this mantra is considered by Hindu and Buddhist traditions to be both a breath mantra and a philosophical aphorism meaning, “I am that.” The sound “so hum” can be easily paired with inhalation and exhalation, and when chanted to oneself, consciousness is said to expand from constriction to freedom. The so-hum utterance is said to be a unifier of masculine (hum) and feminine (so), while also vibrating on the same level as the silent and primordial AUM (Om). Affirming “I am that” is according to John Campbell, the antecedent to otherness. “Creation is unfolding in the world and we are like the unfolding world. We are not a single static unity, but rather, we are always changing, and we are constantly learning how to direct the acknowledgment of divinity inward,” says Campbell.

Guru Brahma Guru Vishnu Guru Devo Maheshwara

Guru Sakshat Parabrahma Tasmai Shree Guruveya Namaha

The Guru is Brahma (The creator), Lord Vishnu (The preserver), and Lord Shiva (the destroyer)

To that very Guru I bow, for He is the Supreme Being, right before my eyes.

In the yogic tradition, much emphasis is placed on the importance of the Guru—the one whose namesake and whose purpose is to help us see clearly and repel ignorance. In this mantra, we see the powerful connection between divinity and teachings, and the manifold pathways for truth. The Hindu Trinity composed of Bramha, Vishnu, and Shiva represent the three main elements of the self, and the three stages of life. By calling upon these gurus and gods we inevitably also call upon the teachings imbedded in our own existence. Many students of yoga see this mantra as one of the most self-empowering, in that it seeks to see the Guru as the one that lives within, or the one that is nearby. Too, this mantra invokes the power of a spiritual teacher, who is of “indispensible value in our transcendence of limited ego and of bound suffering,” says Campbell. “The true guru is the eternal guru. The value and power of an external leader, is that it guides us towards recognizing our own innate consciousness and perfection. It’s not about the abdication of power, and yet there is potential for awakening within oneself.” This mantra then, is in gratitude for all elements of existence and leaders we come across who help us orient ourselves toward our own awakening.

By Shira Atkins

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The mantra: Om

Pronunciation: A-U-M

Listen to Yoga Journal co-founder Rama Jyoti Vernon demonstrate Om.

Why chant it:

Om is said to be the first sound heard at the creation of the universe. When each syllable is pronounced fully, you should feel the energy of the sound lifting from your pelvic floor all the way up through the crown of your head. The droning sound of the Om is said to unblock the throat chakra, which can lead to more attuned communication with others.



The mantra: Shanti Mantra, a chant for peace

Pronunciation: sarvesham svastir bhavatu | sarvesham shantir bhavatu | sarvesham purnam bhavatu | sarvesham mangalam bhavatu ||

Translation:

May there be well-being for all,

May there be peace for all.

May there be wholeness for all,

May there be happiness for all.

Translation by Zoë Slatoff-Ponté

And the shorter version:

The mantra: Om śāntiḥ śāntiḥ śāntiḥ

Pronunciation: A-U-M Shanti Shanti Shanti

Translation: Om Peace Peace Peace

Why chant it:

Because we could all use more peace in our lives.



The mantra: Gayatri Mantra

Pronunciation: Om bhur bhuvah svah | tat savitur varenyam | bhargo devasya dhimahi | dhiyo yo nah prachodayat ||

Translation:

Earth, Heaven, the Whole Between.
The excellent divine power of the Sun.
May we contemplate the radiance of that god,
May this inspire our understanding.
Translation by Zoë Slatoff-Ponté
Why chant it:

This is one of the oldest Sanskrit mantras. It speaks to the unity of all creation, despite its many forms. Chanting it invokes the light of the sun and helps us to transcend suffering.



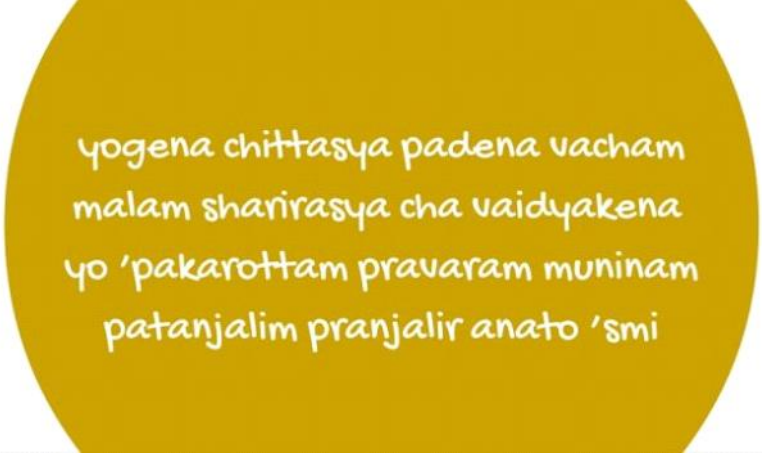
The mantra: Invocation to Ganesha

Pronunciation: Om gam ganapataye namah | vakra-tunda maha-kaya surya-koti-sama-prabha | nirvighnam kuru me deva sarva-karyeshu sarva-da ||

Translation:

Salutations to Ganesha.*
O Ganesha, god with a curved trunk, of great stature,
Whose brilliance is equal to ten million suns.
Grant me freedom from obstacles,
In all things, at all times.
Translation by Zoë Slatoff-Ponté
*The first line is a bija, or seed mantra, that can be chanted separately.
Why chant it:

Ganesha is the god of wisdom and success, the remover of obstacles. It is always a good idea to begin any new endeavor by invoking him.



yogena chittasya padena vacham
malam sharirasya cha vaidyakena
yo 'pakarottam pravaram muninam
patanjalin pranjalir anato 'smi

The mantra: Invocation to Patanjali, author of the Yoga Sutra

Pronunciation: yogena chittasya padena vacham malam sharirasya cha vaidyakena | yo 'pakarottam pravaram muninam patanjalin pranjalir anato 'smi ||

Translation:

With palms folded together,
I bow respectfully to Patanjali, the best of sages,
Who dispels the impurities of the mind with Yoga,
Of speech through Grammar, and of the body by means of Medicine.

Translation by Zoë Slatoff-Ponté

Why chant it:

This chant invoking Patanjali, one of the forefathers of the yoga tradition, is often chanted at the beginning of Iyengar Yoga classes or as an introduction to chanting the Yoga Sutra. Try it at the beginning of your practice as a way to honor the ancient tradition and to give thanks to the lineage of teachers. This chant also reminds us that yoga is meant to purify the mind, while Ayurvedic medicine can heal the body, and that our speech (and also our breath) is fundamental.



LOKAH
samastah
SUKHINO
bhavantu

The mantra: Mangala Mantra

Pronunciation: svasti prajabhyah paripalayantam nyayena margena mahim mahishah | gobrahmanebhyah shubham astu nityam lokah samastah sukhino bhavantu ||

Translation:

May the rulers of the earth protect the well-being of the people,
With justice, by means of the right path.

May there always be good fortune for all living beings.

May all the inhabitants of the world be full of happiness.*

Translation by Zoë Slatoff-Ponté

*The last line is a bija, or seed mantra, that can be chanted separately.

Why chant it:

It represents auspiciousness and good fortune for all. If you often dedicate your practice or meditation to someone, this one's for you.



The mantra: A chant from the Upanishads, a collection of ancient Indian philosophical and religious texts

Pronunciation: Om saha nav avatu | saha nau bhunaktu | saha viryam karavavahai | tejasvi navadhitam astu ma vidvishavahai || Om shanti shanti shanti ||

Translation:

May we together be protected,
May we together be nourished.
May we work together with vigor,
May our study be illuminating.
May we be free from discord.
Om Peace, Peace, Peace!

Translation by Zoë Slatoff-Ponté

Why chant it:

This mantra is often recited at the beginning of a joint study or venture, making it a good option for anything from anchoring a yoga practice to embracing a new opportunity, be it a job or a relationship.



The mantra: A chant from the Brihadaranyaka Upanishad, one of the oldest Sanskrit texts

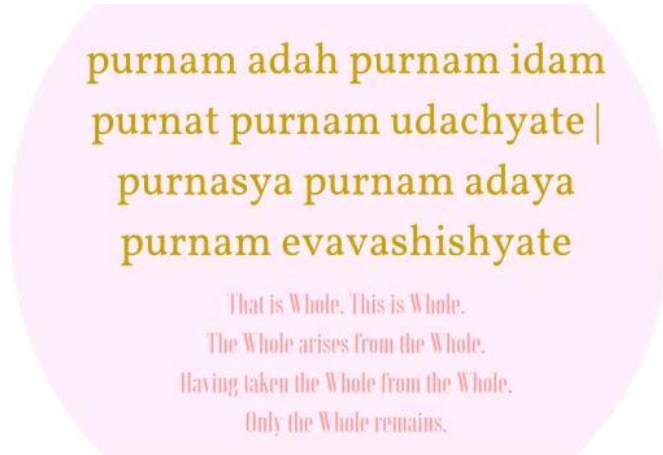
Pronunciation: asato ma sad gamaya | tamaso ma jyotir gamaya | mrityor ma amritam gamaya ||

Translation:

From the unreal to the Real, lead me.
From darkness to Light, lead me.
From death to Immortality, lead me.

Translation by Zoë Slatoff-Ponté
Why chant it:

It represents peace and freedom. As we all know, freedom can mean different things to different people but grasping it, even by the edges, can give you a sense of incredible levity.



The mantra: The opening invocation of the Isha Upanishad, a Sanskrit text that delves into the knowledge of the Self

Pronunciation: purnam adah purnam idam purnat purnam udachyate | purnasya purnam adaya purnam evavashishyate ||

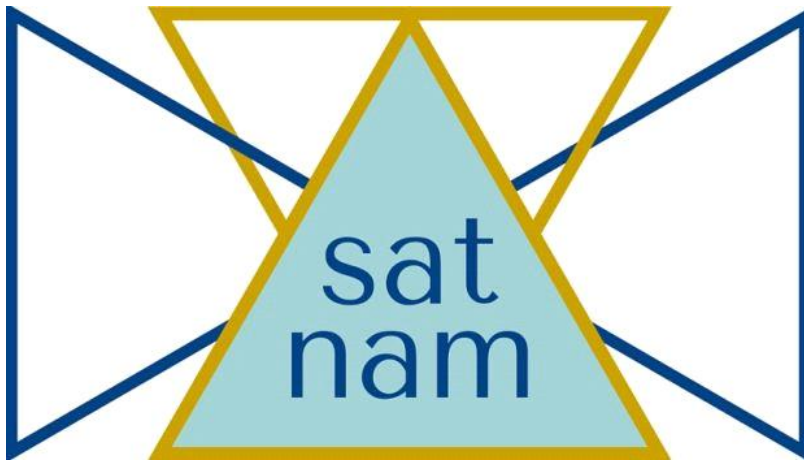
Translation:

That is Whole. This is Whole.
The Whole arises from the Whole.
Having taken the Whole from the Whole,
Only the Whole remains.

Translation by Zoë Slatoff-Ponté

Why chant it:

This passage expresses the fundamental idea that the One and the Many are the same; the visible and the invisible, the microcosm and the macrocosm are both the Whole. Simply put—we are one. When you feel alone or misunderstood, this mantra can help you refocus your thoughts.



The mantra: Sat Nam

Pronunciation: Saaaaaaat* | Nam ||

*Sat is extended eight times longer than Nam. If you really want the mantra to radiate from the base of your spine to the center of your head, make the Sat 35 times longer than the Nam.

Translation:

Truth is my name.

Why chant it:

Used in the Kundalini Yoga practice, Sat Nam can be a way to find your intuition. The Gurmukhi mantra is also part of the Sat Kriya meditation

that is said to reinvigorate sexual energy if practiced daily for at least 3 minutes.



The mantra: Adi Mantra (Ong Namō Guru Dav Namō) (from Gurmukhi)

Pronunciation: Oong namo | Gurudav namo | |

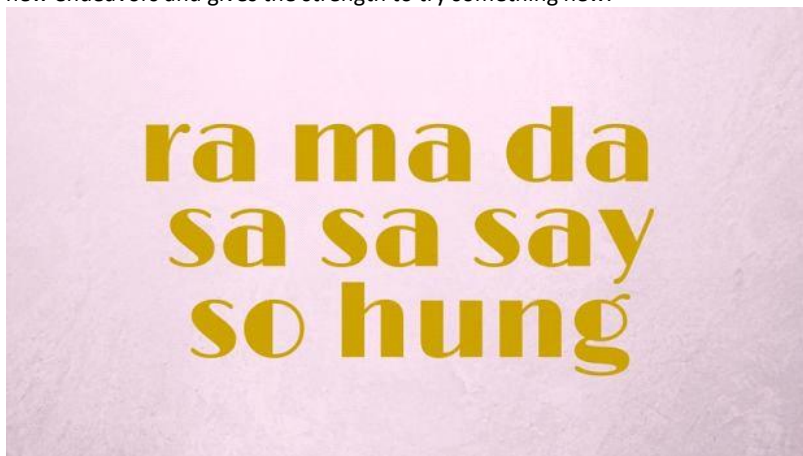
Translation:

I bow to the creative energy of the infinite.

I bow to the Divine channel of wisdom.

Why chant it:

This Gurmukhi mantra opens the communication channel between the student and the Divine teacher. We like to think that it also opens us to new endeavors and gives the strength to try something new.



The mantra: Siri Gaitri Mantra

Pronunciation: Ra Ma Da Sa Sa Say So Hung

Translation:

Sun, Moon, Earth, Infinity, All that is in infinity, I am Thee.

Why chant it:

Used as a restorative meditation to send healing energy to ourselves and others. In Kundalini Yoga, the pose for this meditation is as important as the sound. Sit comfortably with elbows bent and tucked in firmly alongside the ribcage, extended forearms out perpendicularly with palms facing up.

Neti, neti.

Not this, not this.

The mantra: Neti-Neti

Pronunciation: Neti neti

Translation:

Not this, not this.

Why chant it:

The phrase is a way to rebut something—be it harsh words or a situation in your life you would like to change.