



MANTRAS/CHANTS

Words of Power

WHAT IS A MANTRA?

Mind/to protect

- A Mantra is a **sound** or a **vibration**. They are impulses or rhythms of the consciousness.
- Helps elevate level of consciousness, deepens yogic practise.
- Something to protect your mind. Their effects, influence, method and mode of working are all a mystery.
- Mantra is a sacred utterance (syllable, word or verse) that is considered to possess mystical or spiritual efficacy. Whether chanted, whispered or silently received, it's a powerful meditation and therapy tool. Usually chanted at beginning or end of session.
- Mantras take different forms in different cultures.
- Has impact on internal and external environment.
- Sound plays a very important role in our life, we can use it to transcend our physical body. Can have a positive or a negative impact. Today modern science sees the whole existence as reverberations of energy and different levels of vibrations.
- Chantings are done in different religious places across the world.
- Mantra is all about dissolving your mind and going within.

BENEFITS OF MANTRAS

- The rhythm and sound moves the energy throughout the body.
- Parts of the brain related to areas of language, memory, visual systems, long-term and short-term memory are enhanced by chanting Mantras.
- Helps release happy hormones.
- Helps regulate the heart rate.
- Works to enhance the brainwaves of meditation: alpha, theta and delta.
- Lowers blood pressure and relieves stress.
- Boosts immunity.
- Reduces the mind chatter, fear.
- Boosts positive thinking and *sattvic* (pure) living.
- Reprograms the subconscious mind.



IS MANTRA PART OF RELIGION?

- Chanting is used as a spiritual tool in virtually every cultural and religious tradition.
- Mantras have nothing to do with any religion.
- They are sounds with high power and they are not specific to any one system of thought or religion.
- Any utterance or thought that is believed to be powerful enough to affect either the inward state of a person's soul or the world at large can be called a mantra.
- When we say **Om**, the prana/consciousness is total and complete. It is the closest sound to address totality of consciousness. **Amen** is the distorted version of **Om**. **Om** is accepted in all religion.

MANTRA AND MEDITATION

- When we chant the mantras or listen to them, we get purity of mind and word. This prepares us for meditation.
- As a result of the sound vibrations, different patterns of the mind re-arrange themselves to become tranquil.
- Repetition of the Mantras creates a psychological or mental response that is very deep and beyond the realm of words or expression. It can only be experienced.
- ***Antarmukhi Sada Sushi*** - one whose mind is turned inward is ever in bliss. Mantras are the tools which allow the mind to dissolve and repose in the self.

GANESHA MANTRA



वक्रतुण्ड महाकाय सूर्यकोटि समप्रभ ।
निर्विघ्नं कुरु मे देव सर्वकार्येषु सर्वदा ॥

*Vakratunda Maha-Kaaya Surya-Kotti Samaprabha
Nirvighnam Kuru Me Deva Sarva-Kaaryeshu Sarvadaa ||*

Oh god with a curved trunk, the large body
whose aura is like a light of many suns, Please
make my entire work obstacle-free, forever.

GAYATRI MANTRA

Om Bhur Bhuvah Svah
Tat Savitur Varenyam
Bhargo Devasaya DhiMahi
Dhiyo Yo Nah Prachodayat

ॐ भूर्भुवः स्वः तत्सवितुर्वरेण्यं
भर्गो देवस्य धीमहि धियो यो नः प्रचोदयात्

Meaning

Oh God, the Protector, the basis of all life,
Who is self-existent, Who is free from
all pains and Whose contact frees the
soul from all troubles, Who pervades the
Universe and sustains all, the Creator and
Energizer of the whole Universe, the Giver
of happiness, Who is worthy of acceptance,
the most excellent, Who is Pure and the
Purifier of all, let us embrace that very God,
so that He may direct our mental faculties
in the right direction.

SHIVA MANTRA

Om̐ Namaḥ Śivāya

(Sanskrit ॐ नम शिवाय)

Om̐ - Soul

Na - Earth

Maḥ - Water

Śi - Fire

Vā - Pranic Air

Ya - Sky



Its total meaning is that
Universal consciousness is ONE

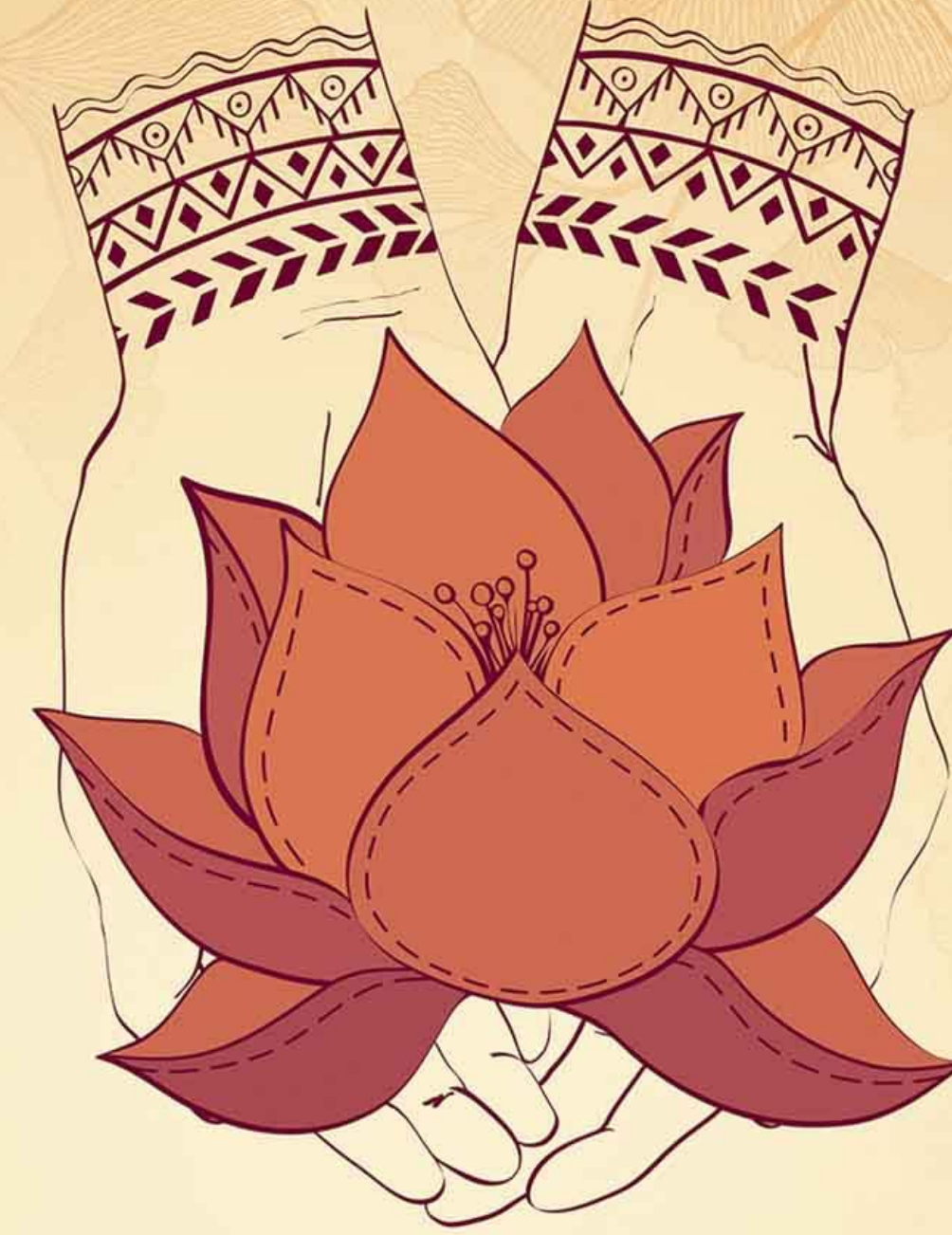
Y.O.G.A

with
Kathryn Holloway

SHANTI MANTRA

Y.O.G.A

with
Kathryn Holloway



ॐ सह नावतु ! सह नौ भुनक्तु ! सह वीर्यं करवावहे !
om saha nāvatu saha nau bhunaktu saha vīryaṁ karavāvahai

तेजस्यै नावधीमस्तु मा विद्विषावहे ॥
tejasvi nāvadhītamastu mā vidviṣāvahai

ॐ शान्तिः शान्तिः शान्तिः
om śāntiḥ śāntiḥ śāntiḥ



May he protect us all. May he nourish us all. May we
work together with great energy. May our
study be thorough and fruitful.
May there be no animosity between us.

Om Peace ! Peace ! Peace

॥ Sanjeev Nataraj ॥
www.kritinova.in

LOKAH SAMASTAH
SUKHINO
BHAVANTU MANTRA

लोकाः समस्ताः
सुखिनो भवन्तु

lokah samastah
sukhino bhavantu

*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.*



OM NAMO BHAGVATE VASUDEVAYA MANTRA

Om Namo Bhagavate Vasudevaya

Om is the name of that inside of me which is aware of the oneness of all things.

Inner Tuning: I recognize and celebrate the absolute divine presence in myself, in Mother Earth, and in every living being I meet.

INVOCATION TO MAHARISHI PATANJALI

Y.O.G.A
with
Kathryn Halloway

योगेन चित्तस्य पदेन वाचां
मलं शरीरस्य च वैद्यकेन
योऽपाकरोत्तमं प्रवरं मुनीनां
पतञ्जलिं प्राञ्जलिरानतोऽस्मि

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Yogena Chittasya Padena Vacha
Malam Sharirasya Cha Vaidya Kena
Yopakartham Pravaram Muninam
Patanjalim Pranjali Ranatosmi

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.

1



Pranamasana
(Prayer Pose)

ॐ मित्राय नमः

Om Mitraya Namah

One who is friendly to all

SURYA NAMASKAR MANTRAS

I.

2



Hasta Uttanasana
(Raised Arms Pose)

ॐ रवये नमः

Om Ravaye Namah

The shining or the radiant one

SURYA NAMASKAR MANTRAS

2.

3



Hasta Padasana
(Standing Forward Bend)

ॐ सूर्याय नमः

Om Suryaye Namah

The dispeller of darkness, responsible
for generating activity

SURYA NAMASKAR MANTRAS

3.

4

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Ashwa Sanchalanasana
(Equestrian Pose)

ॐ भानवे नमः

Om Bhanave Namah

One who illuminates or the bright one

SURYA NAMASKAR MANTRAS

4.

5

BODSPHERE
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Phalakasana/ Dandasana
(Palm Plank Pose)

ॐ खगाय नमः

Om Khagaya Namah

One who is all-pervading, one
who moves through the sky

SURYA NAMASKAR MANTRAS

5.

6

BODSPHERE
Your Fitness, Our Goal



Ashtanga Namaskar
(The Eight-Limbed Pose)

ॐ पूष्णे नमः

Om Pushne Namah

Giver of nourishment and fulfillment

SURYA NAMASKAR MANTRAS

6.

7

BODSPHERE
Your Fitness, Our Goal



Bhujangasana
(Cobra pose)

ॐ हिरण्यगर्भाय नमः

Om Hiranyagarbhaya Namah

One who has a golden
colored brilliance

SURYA NAMASKAR MANTRAS

7.

8

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Adho Mukha Svanasana/ Parvatasana
(Inverted V Shape/ Mountain Pose/
Downward Facing Dog Pose)

ॐ मरीचये नमः

Om Marichaye Namah

Giver of light with infinite rays

SURYA NAMASKAR MANTRAS

8.

9

BODSPHERE
Your Fitness, Our Goal



Ashwa Sanchalanasana
(Equestrian Pose)

ॐ आदित्याय नमः

Om Adityaye Namah

The son of Aditi, the cosmic
divine mother

SURYA NAMASKAR MANTRAS

9.

10

BODSPHERE
Your Fitness, Our Goal



Hasta Padasana
(Standing Forward Bend)

ॐ सवित्रे नमः

Om Savitre Namah

One who is responsible for life

SURYA NAMASKAR MANTRAS

10.

11

BODSPHERE
Your Fitness, Our Goal



Hasta Uttanasana
(Raised Arms Pose)

ॐ अर्काय नमः

Om Arkaye Namah

One who is worthy of
praise and glory

SURYA NAMASKAR MANTRAS

II.

12



Pranamasana
(Prayer Pose)

ॐ भास्कराय नमः

Om Bhaskaraye Namah

Giver of wisdom and
cosmic illumination

SURYA NAMASKAR MANTRAS

12.

PRE AND POST MEAL MANTRA

Having a sense of gratitude towards the food will bring more abundance and fullness in life.

अन्नदाता सुखी भवः

Annadata Sukhi Bhava

Those who are providing me with this food, let them be happy

Annadata = Giver of the food

Sukhi = Happy

Bhava = Feeling, Attitude



Ahuti is offering oblations in fire to Gods and Goddesses as per the Indian Philosophy. Ahuti is part of almost all rituals, rites and yajnas. It is common to chant mantras while offering ahutis to a consecrated fire.

लोकाः समस्ताः सुखिनो भवन्तु

lokah samastah sukhino bhavantu

~

Let the entire universe be happy

