

## MANTRAS FOR JAPA

1. ॐ

OM

OM is the original Mantra, OM is extolled as the Nama Rupa of the Absolute. It is the "Bij", or seed, of nearly all of the Yoga Mantras, and serves to invoke pure supreme vibrations.

2. ॐ श्रीमहागणपतये नमः

OM Sri Maha Ganapataye Namah

Prostrations to the great Lord Ganesha. Sri is a title of reverent respect. Maha means great. Ganapati is another name for Ganesha who is symbolized as the elephant-headed god, representing strength and fortitude. He is the remover of obstacles and bestower of success.

3. ॐ नमः शिवाय

OM Namah Shivaya

Prostrations to Lord Siva

Siva is the lord of ascetics and recluses. He is part of the Hindu Trinity. Brahma and Vishnu, the other two parts, are associated with creation and preservation, respectively. Siva, the Cosmic Dancer, presides over the destructive energies which break up the universe at the end of each age. This is the process of the old making way for the new. In a more personal sense, it is Siva's energy by which one's lower nature is destroyed, making way for positive growth.

4. ॐ नमो नारायणाय

OM Namo Narayanaya

Prostrations to Lord Vishnu

Narayana is a name of Vishnu, the Preserver of the world. After the Creation, it is the energy of Vishnu which maintains order to the universe. It is Vishnu who regularly takes on a human form and incarnates on earth to benefit mankind. People who are closely involved in the running of the world and maintaining the harmony of life are drawn to this aspect of God.

5. ॐ नमो भगवते वासुदेवाय

OM Namo Bhagavate Vasudevaya

Prostrations to the Lord God, Vasudeva

Bhagavan means Lord, referring to Vishnu. Vasudeva, meaning "He Who abides in all things and in Whom all things abide," is a name of Krishna. Krishna is one of the most loved of all deities. He is considered to be a world teacher for he is the source of the Bhagavad Gita, one of the most popular of all Eastern religious texts. People are drawn to Krishna because of his playfulness and joyful nature.

6. हर ॐ

Hari OM

OM Vishnu

Hari is another name for Vishnu. It is that aspect which forgives the past actions of those who take refuge in Him and destroys their negative deeds. Thus Hari is a redeemer and a guide to personal salvation as well as the World Preserver.

7. ॐ दुं दुर्गायै नमः

OM Dum Durgayai Namah

Prostrations to Mother Durga

Supreme Divinity is without qualities or attributes, and as such It contains all qualities and attributes. The masculine principles are important yet, they must be balanced with the feminine principles. Masculine and feminine are but obverse and reverse of the same coin. Durga represents the motherhood aspect of God. She is the force, or shakti, through which Divinity manifests. Durga is power. She is the protector and benefactor. According to Hindu mythology, the chaitanya, or pure consciousnesses, of Brahma, Vishnu and Siva were united to form the being of Mother Durga. She is commonly pictured riding a tiger and having eight arms with which she carries flowers and weapons of protection and gives the gesture of blessing.

8. ॐ ह्रीं महा लक्ष्म्यै नमः

OM Hrim Maha Lakshmyai Namah

Prostrations to the great Mother Lakshmi

Lakshmi is the bountiful provider. As Vishnu's consort, She aids in the preservation of the three worlds by bestowing wealth and abundance of a material and spiritual nature. She is pictured as a beautiful woman standing on a lotus blossom with her arms open and giving.

9. ॐ ऐं सर व यै नमः

OM Aim Saraswatyai Namah

Prostrations to Mother Saraswati

Aim is the bija of Saraswati, the source of all learning, and knowledge of the arts and music.

She is Brahma's consort and is involved with the creation of new ideas and things.

Responsible for bestowing wisdom and knowledge, She is often worshipped by people in the creative arts.

10. ॐ ी महा कालकायै नमः

OM Sri Maha Kalikayai Namah

Prostrations to Mother Kali

Kali is that divine aspect which is responsible for the destruction and eradication of negative qualities in this world. She is the transformative power of Divinity which dissolves the individual into cosmic union. Maha Kali is one of the most fearsome of all the expressions of Divinity.

Because of the intensity of her purgative nature, very few people are initiated into this Mantra.

11. ॐ श्री हनुमते नमः

OM Sri Hanumate Namah

Prostrations to Blessed Hanuman

Hanuman is the perfection of devotion. He is the greatest and the most selfless devotee of Lord Rama. In the Hindu tradition, he is considered to be a semi-deity, for he is the son of the wind-god. He possesses great strength and courage.

12. हरे राम हरे राम राम राम हरे हरे हरे कृ ण हरे कृ ण कृ ण कृ ण हरे हरे

Hare Rama Hare Rama, Rama Rama Hare Hare; Hare Krishna Hare Krishna, Krishna Krishna Hare Hare My Lord, Rama! My Lord, Krishna!

Hare is a glorified form of address for calling upon God. Rama and Krishna were two of the best known and most beloved incarnations of Vishnu. They took human birth on this earth to lead mankind to eternal salvation. This is the Maha Mantra, the easiest and surest way for attaining God-Realization in this present age.

13. ॐ ीरामाय नमः

OM Sri Ramaya Namah

Prostrations to Lord Rama

Rama, an incarnation of Vishnu, took life on earth for the purpose of upholding righteousness and rewarding virtue. His life is the subject of The Ramayana. Rama lived the life of perfection and responsibility. Rama and Sita epitomized the devotional relationship between husband and wife. They are the model for all householders and people with family duties.

14. ॐ श्री राम रामाय नमः

OM Sri Ram Ramaya Namaha

Salutations to That Absolute in the form of the eternal Dharma, which Ram embodies. A variation of the above.

15. ॐ ीराम जय राम जय जय राम

OM Sri Rama Jaya Rama Jaya Jaya Rama

Victory to Rama. Jaya means "victory".

16. ीराम राम रामेत रमे रामे मनोरमे सह नाम त ु यं रामनाम वरानने ॥

Sri Rama Rama Rameti, Rame Rame Manorame;

Sahasranama Tattulyam, Rama Nama Varanane

All these sacred names of Rama are equal to the highest name of God

This Mantra cures gossiping and back-biting, and makes up for time lost in idle chit-chat.

17. ॐ य बकं यजामहे सगु ि धं पि टु वधनम्। उवा कमव ब धना मृ योमु ीय माऽमतात्।

OM Tryambakam Yajamahe Sugandhim Pushtivardhanam

Urvarukamiva Bandhanan Mrityor Mukshiya Mamritat

We worship the three-eyed Lord (Siva) who is full of sweet fragrance and nourishes human beings. May he liberate me from bondage, even as the cucumber is severed from the vine. This is the Maha Mrityunjaya Mantra. It removes diseases, prevents accidents and bestows liberation. It should be repeated daily