



Mantras For Precarious Times

A selection of 7 mantras chosen specifically to support us in these challenging times. Each mantra is chanted for an entire mala – 108 times.

Why the number 108?

According to the Vedic scriptures, our bodies – physical and subtle - contain 72,000 energy channels, which are called Nadis'

There are 108 major nadis that meet in the 'sacred heart' (hrit padma). By chanting a mantra 108 times the energy permeates the entire body and energy body.

I especially chose mantras that are relatively short, to make it easier for you to become familiar with the sounds. Each track is about 7-9 minutes in length, short enough to encourage a daily practice and long enough to feel the power of the mantra.

Make sure to take time – at least 10 minutes – after the chanting in order to enjoy the blessings of the practice.

The best way to benefit from these recordings is to choose a particular mantra and make it part of your daily life for at least for 21 days - or the auspicious number of 40 days. Chant it once or twice daily if possible (at dawn and/or dusk preferably).

If your life doesn't allow for such involvement then just do it as often as you can. Make it easy for yourself!

Soon you won't need the recording anymore. The mantra will become a part of you – transforming and blessing your life.

The main thing is to be focused when you chant, and enjoy each repetition to the fullest, by being as present as you can.

Two words that are part of most mantras:

OM – this sound is usually chanted at the beginning of every mantra. It is known as a 'seed sound'. A seed sound is extremely potent and expresses a particular energy. A translation will always fall short and is actually impossible. Om is the sound of the sixth chakra, also known as The Third Eye. Here is where the masculine and feminine energies meet. It is called the Soundless Sound, or the Sound of the Universe.

NAMAHA – a common ending to many mantras, means “I offer”.

Thanks to Namadeva Thomas Ashley Farrand for his teachings on mantras (www.sanskritmantra.com).

1. Om Gum Ganapatayei Namaha (Removing of Obstacles)

Salutations to the remover of obstacles.

This sound formula assists us in the removal of obstacles. In order for that to happen there is no need to know the exact nature of the hindrances. Just the awareness and recognition that there are obstacles and then chanting this mantra with the intention for resolve is enough. This mantra unifies us within. When there is oneness there are no obstacles.

This mantra is also used for the beginning of any endeavor. Whenever we start anything anew we can bless the project with the energy of Ganesh through this mantra.

Gum is the seed sound for Ganesh.

Ganapati is another name for Ganesh - the Remover of Obstacles and the God of Oneness/Unity.

Yei is a sound that activates shakti/energy.

2. Om Shanti Om (Peace)

Om Peace Om

No words needed!

3. Om Shree Dhanvantre Namaha (Healing)

Salutations to the being and power of the Celestial Healer.

This mantra helps us find the right path to healing, or directs us to the right health practitioner.

In India it is also commonly chanted during cooking in order for the food to be charged with healing vibrations – either to prevent disease or assist in healing for those who are sick. This mantra can be chanted for any situation that one would like to be healed or remedied.

Good to remember and be open to the path of healing not necessarily looking the way we expect it!

Dhanvantari is the celestial healer/physician - the patron saint of Ayurveda.

4. Om Namo Bhagavate Vasudevaya (Liberation)

Salutations to the Indweller who is omnipresent, omnipotent, immortal and divine.

This mantra is called the Great Liberation Twelve-Syllable Mantra.

It frees our minds and spirits from negative patterns in this life. Regular and consistent practice of this mantra gives us a complete spiritual freedom: it frees us from the cycle of rebirth and helps us realize ourselves as a manifestation of transcendent divinity.

It can also help bring in an advanced spiritual soul if chanted by the mother during pregnancy.

Vasudeva is the individual aspect of God that dwells inside of us.

5. Om Radha Krishnaya Namaha (Joy and Bliss)

When we tune into Radha – the bliss aspect of the divine – we can experience extreme joy and bliss and this can ultimately lead to the realization of Krishna – of divinity.

Radha and Krishna are the divine manifestation of the sacred union of masculine and feminine.

6. Om Shreem Mahalakshmiyei Namaha (Abundance)

Salutations to that heart centered and great Lakshmi. May you pour forth your blessings upon me.

Shreem is the seed sound for the principle of abundance of which the goddess Lakshmi is the personification. Maha means great and this means not only in quantity but also in quality. Abundance - that is in harmony with the divine law. Lakshmi is the goddess of wealth and prosperity – both spiritual and material. Invoking her through her name can bring tremendous creative energy.

7. Om Kama Pujitayei Namaha (Sacred Love-Making)

Salutations to divine worship in the form of love making.

You can use this mantra to bring more sacredness into love-making.

Chanting it with each other before the act of love making will bring a whole new quality - honouring each other as the goddesses and gods we are.