The Spirit of Mantra
with Deva Premal & Miten
21-Day Mantra Meditation Journey Vol II
Day 1: Invocation

OM Sahana Vavatu
Sahanau Bhunaktu
Saha Viryam Karavavahai
Tejasvi Navaditamastu
Ma Vidvishavahai
OM Shantih Shantih Shantihi

May we all be protected.
May we all be nourished.
May we work together with great energy.
May our studies be enlightening.
Let us not give rise to enmity.
OM, peace (within), peace (with each other), peace (universal).
Day 2: Divine Speech

OM Eim Saraswatyei Namaha

Salutations to Saraswati, the goddess of music, poetry, the arts, education, learning and divine speech.
Day 3: Purification

OM Benza Satto Hung

I invoke the supreme purifying and protecting power of universal mind.
Day 4: Radiant Health

OM Triambakam Yajamahe
Sugandhim Pushti Vardanam
Urvar-Ukamiva Bandhanan
Mrityor Muksheeya Mamritat

I bow down to the one who sees with the third eye. Bless me with health and immortality and sever me from the clutches of death, even as cucumber is cut from its creeper.
Day 5: Strength Through Devotion

OM Hum Hanumate Vijayam

Victory to the invincible Hanuman.
Day 6: Beyond Fear

Shante Prashante
Sarva Bhaya
Upasha Mani Swaha

Invoking the spirit of supreme peace,
I offer up the energy of fear to the universal formless mind.
Day 7: Beyond Identification

Mano buddhya hankara chita ni naham
Nacha shotra jihve na cha ghrana netre
Nacha vyoma bhoomir na tejo na vayu
Chidananda rupah shivoham shivoham

Na cha prana sangno na vai pancha vayu
Na va sapta dhatur na va pancha koshah
Na vak pani padam na chopastha payu
Chidananda rupah shivoham shivoham

Na me dvesha ragau na me lobha mohau
Mado naiva me naiva matsarya bhavah
Na dharmo na chartho na kamo na moksha
Chidananda rupah shivoham shivoham
Na punyam na papam na saukhyam na dukham
Na mantro na tirtham na veda na yagnaha
Aham bhojanam naiva bhojyam na bhokta
Chidananda rupah shivoham shivoham

Na me mrityu shanka na me jati bhedah
Pita naiva me naiva mata na janma
Na bandhur na mitram gururnaiva shishya
Chidananda rupah shivoham shivoham

Aham nirvikalpo nirakara rupo
Vibhur vyapya sarvatra sarvendriyanam
Sada me samatvam na muktir na bandhah
Chidananda rupah shivoham shivoham
I am not the mind, intellect, ego nor memory.
I am not the ears, tongue, nose or eyes.
I am not the five elements: space, earth, fire, wind or water.
I am eternal bliss, I am Shiva, I am consciousness.
I am not prana, nor the five vital airs, nor the seven materials, nor the five sheaths of the body.
I am not the organ of speech, nor hand, nor leg nor the organs of procreation or elimination.
I am eternal bliss, I am Shiva, I am consciousness.

I have no envy, anger, nor craving nor attraction.
I have no arrogance nor pride nor religion, nor lust nor desire for wealth or liberation.
I am eternal bliss, I am Shiva, I am consciousness.
I have neither virtue, nor vice, neither pleasure nor sorrow. I do not need mantra, nor pilgrimages, scriptures, rituals or sacrifices. I am neither food, nor the one who consumes, or what is consumed. I am eternal bliss, I am Shiva, I am consciousness.

I have no fear of death, nor doubt, nor discrimination of cast. I have no father nor mother or birth because I was never born. I have no brother, nor friend, nor guru, nor am I an aspirant. I am eternal bliss, I am Shiva, I am consciousness.

I am beyond form and beyond all dualities. I am all-pervading in all the senses. I see oneness in all things, I am neither liberated nor in bondage. I am eternal bliss, I am Shiva, I am consciousness.
Day 8: Divine Spirit

OM Namo Narayanaya

I bow down to the divine spirit.
Day 9: The Light-Bringer

Guru Brahma
Gurur Vishnu
Guru Devo Maheshwara
Guru Sakshat Parambrahma
Tasmai Shree Gurave Namaha

The Guru is Brahma (the creator).
The Guru is Vishnu (the sustainer).
The Guru is Shiva (the destroyer).
The Guru is truly the Supreme Brahman.
Salutations to that Guru.
Day 10: Divine Consciousness

OM Namah Shivaya

May the elements of this creation abide in me in full manifestation.
Day 11: Freedom

Shree Ram
Jai Ram
Jai Jai Ram
OM

Glory to Ram, the Omni-Present, and the Goddess Lakshmi, the mother of abundance. Thy will be done.
Day 12: Joy

1. Sucharu vaktra mandalam sukarna ratna kundalam sucharchitanga chandanam namami nanda-nandanam

2. Sudirgha netra pankayam sikhi sikhanda murdhajam ananga koti mohanam namami nanda-nandanam

3. Sunasikagra mauktikam svacchanda danta panktyakam navambudanga chikkanam namami nanda-nandanam

4. Karena venu ranjitam gati karindra ganjitam dukula pita shobhanam namami nanda-nandanam
5. Tribhanga deha sundaram nakha
dyuti sudhakaram amulya ratna
bhusanam namami nanda-nandanam

6. Sugandha anga saurabham uroviraji
kaustubham sphuracchri vatsalanchanam
namami nanda-nandanam

7. Vrindavana sunagaram vilasanuga
vasasam surendra garva mochanam
namami nanda-nandanam

8. Vrajangana sunayakam sada sukha
pradayakam jagan manah pralobhanam
namami nanda-nandanam

9. Sri nanda-nandanastakam pathed
ya shraddhavanvitah tared bhavabdhim
dustaram labhet tadanghri-yugmakam
1. I offer salutations to Nandanandana, whose face is extremely delightful, in whose beautiful ears hang jeweled earrings and whose entire body is anointed with fragrant sandalwood.

2. I offer salutations to Nandanandana, whose eyes are more beautiful than the fully bloomed lotus, whose head is beautifully adorned with an arrangement of peacock feathers and who enchants millions of Cupids.

3. I offer salutations to Nandanandana, from whose beautiful nose hangs an elephant-pearl, whose teeth are immensely effulgent, whose bodily complexion is more beautiful and lustrous than a fresh rain cloud.

4. I offer salutations to Nandanandana, whose lotus hands hold the flute, whose lingering gait defeats even that of an impassioned elephant and whose dark limbs are beautified by a yellow shawl.
5. I offer salutations to Nandanandana, whose threefold-bending posture is exquisitely elegant, the effulgence of whose toe-nails puts to shame even the moon, and who wears invaluable jewels and ornaments.

6. I offer salutations to Nandanandana, whose body exudes an especially beautiful fragrance, and whose broad chest is adorned with the Kaustubha jewel and the mark of Srivatsa.

7. I offer salutations to Nandanandana, the expert lover of Vrindavan who performs immaculate pastimes and who is attired in clothes which are suitable for those pastimes and who pulverized the pride of Indra.

8. I offer salutations to Nandanandana, who as the lover of the Vraja gopis perpetually delights them and who enchants the minds of all living entities.

9. Whoever recites this regularly will easily cross the insurmountable ocean of material existence and attain to the lotus feet of Shri Krishna.
Day 13: The Lover & The Beloved

Radhe Radhe Radhe Govinda
Radhe Radhe Radhe Gopal

We honour and celebrate the divine union of Radha and her beloved Lord Krishna.
Day 14: Long Life & Healing

OM Tare Tuttare Ture Mama Ah Yuh Pune Jana Putim Kuru Soha

The great Liberator of Suffering shines light upon me to create an abundance of merit and wisdom for long life and happiness.
Day 15: Mother Earth

OM Dhara Dharayei Namaha
OM Dharayei Namaha
OM Bhu Devyei Namaha

OM and salutations to Divine Mother who is the support of the earth.
OM and salutations to Divine Mother who is the Earth.
Honouring Mother Earth as the goddess she is.
Day 16: Blessing the Children

OM Kumara Kushalo Dayayei Namaha

Salutations to the Divine Mother who brings blessings to children.
Day 17: Blessing the Animals

OM Pashupatayei Namaha

Salutations to the Lord of Animals.
Day 18: Perfect Timing

OM Kala Vide Namaha

Salutations to the Knower of the right time.
Day 19: Cosmic Law

**Nam Myoho Renge Kyo**

I devote myself to the Mystic Law of the Lotus Sutra.
Day 20: Prayer

Mangalam Bhagavan Vishnum
Mangalam Garudadhwajah
Mangalam Pundareekaksham
Mangalaya Tano Hari

Beloved Lord Vishnu is auspicious. Auspicious is his vehicle Garuda, the image on His flag. Auspicious are his lotus-like eyes. So auspicious, his manifestation.
Day 21: hOMe

OM
Sarva Mangala Mangalyeि
Shive Sarvartha Sadhike
Sharanye Triambake
Gauri Narayani Namostute

May she whose touch brings ecstasy, she who activates the masculine itself, who opens the spiritual eye of wisdom, who is worshipped and revered by all the highest realized sages, bless one and always serve one’s highest.