

Chapter 7

Mantras & healing sounds

~ for success, fulfilment, health, wealth & enlightenment ~



When we find delight within ourselves
and feel inner joy and pure contentment,
there is nothing left to be done.

~ Bhagavad Gita ~

(Chapter 6 Verse 8 - 500BC)

Introduction to mantra chanting

Mantra is a profound and practical method of accessing higher states of consciousness. It is a form of yoga which uses vocal and mental sound-currents of both audible and inaudible frequencies. These subtle vibrations awaken dormant centres of the brain, attuning the mind and body to the primordial vibrations of creation. Access to universal knowledge or truth, and spontaneously self-healing, naturally arise when we come into harmony with these sub-atomic pulsations in consciousness. The subtle harmonic vibrations of chanted mantras, both mental and vocal, act as a cleansing and purifying agent on consciousness. The yogic rishis of ancient India discovered that certain sounds brought them joy and ecstasy whilst others illumined the consciousness or brought tremendous psychic powers. Some produced profound tranquility or boundless energy and others brought freedom from fear or mental and physical healing.

These same mantras are still in use today and they still evoke the same results in those who are dedicated to practicing them regularly. Mantras create a stable core in the centre of our beings, which vibrates in unison with the underlying life force. In India, it is not unusual for homeopathic doctors to prescribe specific mantras instead of the usual remedies. In Africa witch-doctors have known for centuries that a certain frequency of drum-beat will serve to break a fever and have developed a repertoire of other rhythms to cure various physical and mental symptoms. Similar methods are used today by advanced radionic practitioners using sophisticated instruments. Even in allopathic circles, sound-therapy is beginning to be utilised in the treatment of both physical and mental problems.

It is only relatively recently in the Western world, that it has been discovered that certain music and sound-waves have the capacity to activate cellular healing when played to bodily wounds. And such sounds have been shown to promote a far speedier return to health than by orthodox methods. So it is that medical science begins to vindicate the findings of the ancient sages.

What is an ordinary dose of allopathic medicine after all? It is no more than a substance composed of atomic particles in a dense state of vibration. Homeopathic medicine goes one step further. Its highly diluted remedies appear to contain nothing of the original substance, yet they are highly potentised and radiate a powerful frequency which can replicate the effects of the disease. This causes the body to throw off its illness without the effects of harmful drugs, simply by a sympathetic frequency. A sonic frequency works on a similar principle.

Medical researchers in Paris have found that certain repetitive sounds played to cancer cells will eventually destroy them. If lifeless repetitive electronic sound can make cancer cells disintegrate in the laboratory, how much more effective the living sound of one's own voice can be in toning the cells with the repetitive vibration of healing.

Mantra is known for its vibrant pulsation of subtle healing frequencies which purify both mind and body. Because of its capacity to resonate in consciousness, it is considered by the great sages as the most efficacious method of unburdening the subconscious and cleansing it of residual traumas. As many cancers can be traced back to unmet feelings blocked in childhood, mantra (with its internal massage of rigid cellular structures) often allows such frozen pains and tears to be released. On occasion even traumas of previous lifetimes have been experienced following a mantra session, allowing students to relive and release past-life memories which previously created hidden tensions in the body.

It is hardly surprising that mantra chanting also has a significant effect on our mind and body as, like everything else in this universe, our body is made up of vibrating energy. Even though our body appears to be dense, every cell of the human body has its own frequency. There's a sound present in each tiny cell, however minute that cell might be. Wherever there's movement, wherever there's vibration, there's sound. The body's inclination is to be in harmony with itself. All the different parts of the body, all its cells, want to move in unison, the way a shoal of fish or a flock of birds does, always moving but never bumping into each other. When this natural rhythm and harmony is disrupted in the body, disease and disorders arise. However, when the vibrations of a chant sound within our bodies, the cells themselves respond; they resonate with the pure vibration of the mantras so that harmony can be restored. The mantras and chants on the following pages are just a short selection for you to experiment with.

Maha mantras

Lakshmi mantras

Om shrīm klīm lakshmī, nārāyanābhyām namaha

Brings good fortune, wealth, health, beauty, abundance and peace.

Om gurū shrīm maha Lakshmiyei swāhā

Removes karmic obstacles related to abundance and attracts finances or prosperity.

Ganesha mantra

Om gurū Ganapatayai namaḥ

*Removes mental and physical obstacles and ensures success in endeavours.
Heralds auspicious new beginnings and grants education, knowledge, wisdom and wealth.
Destroys vanity, selfishness and pride.*

Gayatri mantra

Om bhūr bhuvah swāhā
Tat savitur vareṇyam
Bhargo devasya dīmahi
Dhiyo yo naḥ prachodayāt (om - swāhā)

*Increases intelligence, concentration, memory, strength, intuition, inspiration and creative thinking.
Ensures success in endeavours, gives spiritual insight and brings enlightenment.*

Maha mrityunjaya mantra

Om tryambhakam yajāmahe
Sugandhim puṣṭi-vardhanam
Urvārukamiva bandhanan
Mṛtyor mukshīya māmṛtāt ...swāhā

*Creates peace and contentment and wards off fear, sorrow and depression.
Destroys anger, selfishness and vengeful thoughts and removes sins and bad karma.
Bestows life-giving energy and rejuvenates the mind and body to ensure a long and fulfilling life.
Blesses one with good health and has great curative power during ill health.
Ensures spiritual and material wealth and helps one attain Moksha or enlightenment.
Guards against untimely death and provides protection from accidents and mishaps.*

Dhanvantre mantra

Om dharū Dhanvantaraye namaha

*Helps find an appropriate physician or practitioner for guidance during health problems.
Helps find the best path to healing or best resolution to a medical problem.*

Kubera mantra

Ha Sa Ka La E I La Hrīm
Ha Sa Ka La E I La Hrīm

*Helps attain great wealth that, once achieved, will be self-sustaining.
Safeguards money or investments for others.*

Shiva mantra

Om sarva kamadaya namaha

Helps fulfil our individual desires.

Mani mantra

Om mani padme hum

*Unites the light of the heart with the power of the mind to make anything possible,
Pulls energy from the lower chakras into the upper ones and circulates energy around them,
As with the Gayatri Mantra, when this mantra is chanted by anyone, all of humanity is benefited.*

Dattatreya mantra

Om dram om guru Dattaya namaha

Helps sharpen your skills as a spiritual counsellor and teacher, as well as moving your personal dharma forward.

Vasudeva mantra

Om namo bhagavate Vasudevaya

Helps obtain spiritual freedom and understanding by building links between conscious divinity at every level of creation and our own ego-based consciousness. Acts as a vehicle for uniting with divinity anywhere in the cosmos.

Tara mantra

Om tara tuttare ture swaha

A Tantric healing mantra for gaining omniscient awareness and strengthening feminine creative energy.

Taraka rama mantras

Shrī Rām, Jai Rām, Jai Jai Rāmo

A mantra to evoke the healing energy of the sun and bring peace, harmony and enlightenment. Helps transcend karma and purifies the ego and personality to gain spiritual freedom. Allows the divinity within to solve and handle our problems in life.

Chant to the guru

Gurur brahma, gurur vishnuh, gururdevo maheshvarah,
Guruh sakshat parabrahma tasmai shri gurave namah

*Salutations to the Guru who is Brahma, the Creator, Vishnu, the Sustainer, Shiva, the Destroyer,
and to the manifestation of the Supreme Absolute. To Him, to the glory of the Guru, I bow down.*

Teacher/student prayer

Om saha nā-vavatu, saha nau bhunaktu,
saha vīryaṃ karavā-vahai, tejas vinā vadhītamastu
mā vidishā-vahai
Om shanti shanti shanti

*Om. May we, guru and disciple, be protected together. May we enjoy the fruits of our actions together. May we achieve strength together.
May our knowledge be full of light. May we never have enmity for one another. Om, Peace, Peace, Peace.*

Meal prayer

Brahmārpanam, brahmahavir, brahmāgnau, brahmāñā hutam
Brahmaiva tena, gantavyaṃ, brahmakarmasamādhinā

*Brahman (God) is the oblation; Brahman is the melted butter (offering); by Brahman is the oblation poured into the fire of Brahman;
Brahman verily shall be reached by him who always sees in action.*

Planetary healing & protective mantras

Om Arkāya namaha

This is healing mantra and offers respect to the divine physician, Arkaya

Om Hiranyagarbhāya namaha

This is a mantra to heal the heart and emotions

Om rām Rāmaya namaha

This mantra balances and heals our solar & lunar energies and brings energy and vitality

Om dur̄m Durgāya namaha

This is a mantra for protection from negative forces both internally and externally

Om shr̄m maha Lakshmyai swaha

This mantra blesses us with spiritual and physical abundance and prosperity

Om āīm shr̄m br̄m Saraswati devyai namaha

Saraswati mantra for giving knowledge, beauty, peace and gentleness

Om namah Shivāya

Shiva mantra for cultivating great yogic powers, inner strength, fearlessness and detachment

Om namo Nārāyanāya

Vishnu mantra for bringing bliss, divine light and unconditional love

Om shan̄thi, shan̄thi, shan̄thihi lokah samastah sukhino bhavantu

Prayer for world peace and prosperity

Om shr̄i Suryayā namahā

Sun mantra which heals and balances the energies of the heart, spine, diaphragm, thymus, blood and veins

Om shr̄i Chandraya namahā

Moon mantra which heals and balances the energies of the all bodily fluids (perspiration, gastric, lymphatic and nervous system, stomach and breasts)

Om Budhayā namahā

Mercury mantra which heals and balances the energies of the hands, arms, lungs, sensory organs and thyroid

Om Shukrayā namahā

Venus mantra which heals and balances the energies of the neck, throat, thyroid, kidneys, feet and sex organs

Om Angarakayā namahā

Mars mantra which heals and balances the energies of the blood, adrenal glands and sex organs

Om Gurave namahā

Jupiter mantra which heals and balances the energies of the liver, gall bladder, thighs, pituitary gland and promotes growth

Om Shanaishwarayā swāhā

Saturn mantra which heals and balances the energies of the skeleton, cartilage, skin, lower legs and pituitary gland

Planetary strengthening & vastu mantras

Om̐ namo bhagavate vāsudevāya

Strengthens the Moon's energies and rectifies defects in the northwest of buildings

Om̐ namo bhagavate buddhadevāya

Strengthens Mercury's energies and rectifies defects in the north of buildings

Om̐ namo bhagavate vāmanadevāya

Strengthens Jupiter's energies and rectifies defects in the northeast of buildings

Om̐ namo bhagavate rāmachandrāya

Strengthens the Sun's energies and rectifies defects in the east of buildings

Om̐ namo bhagavate parashurāmāya

Strengthens Venus's energies and rectifies defects in the southeast of buildings

Om̐ namo bhagavate narasimhāya

Strengthens Mars's energies and rectifies defects in the south of buildings

Om̐ namo bhagavate varāhadevāya

Strengthens Rahu's energies and rectifies defects in the southwest of buildings

Om̐ namo bhagavate kūrmadevāya

Strengthens Saturn's energies and rectifies defects in the west of buildings

Om̐ namo bhagavate matsyadevāya

Strengthens ketu's energies and rectifies defects in the entrance of buildings

Om̐ mahā- bhagavatāya vastu-purushāya svāhā

Strengthens the Vastu Purush and the ether element in the centre or Brahmasthana of buildings

Chakra mantras

These seed syllables allow us to balance our chakras (energy centres), senses and tissues.

Mantra		Element	Sense	Tissue	Chakra	
LAM̐	(lamng)	Earth	Smell, Nose	Muscles	Root Chakra	Muladhara
VAM̐	(vamng)	Water	Taste, Tongue	Fat tissue	Sex Chakra	Swadisthana
RAM̐	(ramng)	Fire	Sight, Eyes	Blood	Navel Chakra	Manipura
YAM̐	(yamng)	Air	Touch, Skin	Plasma	Heart Chakra	Anahata
HAM̐	(hamng)	Ether	Sound, ears	Prana	Throat Chakra	Vishuddha
A	(a-a)		Cosmic mind	(Mind)	Third Eye	Ajna
OM̐	(Omnnn)		Pure consciousness	(Head)	Crown Chakra	Sahasrara

Bija Shakti Mantras

These are powerful mantras for general healing, energy and transformation purposes.
They allow us to unify with Shakti (the realm of pure consciousness).

Om

This is said to be the most important mantra as it serves to energize or empower everything in the universe. For this reason, all mantras begin and end with the sound of OM. Chanting this sound helps clear the mind, opens the channels of perception and increases our life-energy or Ojas. In ancient books OM is said to be the sound of the Sun and carries the energy of Prana on its breath.

Shrīm

Shrim (shreem) is a mantra of love, devotion, health, beauty, creativity and prosperity. It awakens the heart, engenders faith and gives steadiness to our emotional nature. It promotes general health and aids in fertility and rejuvenation.

Hrīm

Hrim (hreem) is a mantra of cleansing, purification and detoxification. It gives energy, joy and bliss and has creative and healing powers that awaken us, at a soul or heart level, to the divine forces of love and attraction. It increases our aspiration and receptivity to divine light, wisdom and truth and opens the lotus of the heart to the inner Sun of consciousness.

Krīm

Krim (kreem) gives us motivation, energy, power and efficacy for work and action. It is good to chant while making preparations as it allows them to work better. It brings spiritual awareness and power by arousing kundalini and opening the third eye. It can stimulate and transform the lower chakras and helps awaken and purify the subtle body. Krim is the thunderbolt or vajra of Indra that destroys the serpent of ignorance and releases the light of absolute truth.

Huṁ

Hum is a mantra of Agni or fire and helps enkindle our inner fire or thermogenic force and our digestive fire. It also represents the soul hidden in the body and calls the divine down into us. It may be used to destroy negativity and create great passion and vitality. It governs the earth and the material sphere in general and can be used to invoke divine grace and protection through which we can offer ourselves or our afflictions into the divine for purification and transformation. It is the best mantra for warding off negative influences attacking us, whether disease-causing pathogens, negative emotions or even black magic.

Om Hrīm Krīm Huṁ Shrīm

These are the four great Goddess mantras that govern the prime forms of energy as magnetic force, electrical force, heat, and delight. These four mantras can be used together with OM to get an extremely powerful mantra which can bring about an integral development of body, mind and soul in harmony with the Divine or Inner Self.

Rām

Ram (rarm) is the best mantra for drawing down the protective light and grace of the Divine. It gives strength, calm, rest and peace and is particularly good for high Vata and mental disorders.

Aīm

This is the best mantra for the mind. It helps improve concentration, rational thinking and speech in general. It is very helpful when there are mental and nervous disorders.

Klīm

Klim (kleem) gives strength, sexual vitality and control of our emotional nature.

Sham

Sham (a-sound as in shut) is a mantra for Saturn used is generally used for promoting peace, calm, detachment and contentment. It is good for mental and nervous disorders.

Ya - Ra - La - Vaṁ: Seed-sounds of the first four chakras.

Healing sounds

Daily repetition of these sounds can have profound remedial, balancing and harmonising effects on the part of the body indicated. Take a deep breath and make each sound while exhaling. The sound should be held for as long as is comfortable and may be repeated three to ten times (some sounds like 'nnn' and 'ma' also can be repeated in staccato fashion). Place your awareness both on the sounds and the sensation in the body where they appear to resonate.

Balance the whole body:

A E I O U

Lungs, chest:

Humm Humm Humm Humm

Sinuses:

MmmmMmmmMmmmMmmm

Ears:

Nnnn Nnnn Nnnn Nnnn

Eyes:

Immm Immm Immm Immm

Nose:

Lmmm Lmmm Lmmm Lmmm

Stomach:

Paam Paam Paam Paam

Reproductive organs:

Mam Mam Mam Mam

Stomach, digestion system:

Huh Huh Huh Huh

Diaphragm:

Ha Ha Ha Ha

Lungs, large intestines:

Ssss Ssss Ssss Ssss

Liver, small intestine:

Shhh Shhh Shhh Shhh

Spleen, gall bladder:

Who Who Who Who

Kidneys, bladder:

Hoo Hoo Hoo Hoo

Heart:

Ma Ma Ma Ma

Throat:

Kaa Gaa Gha

Migraines & headaches:

Yaa Yu Yai

Heart, throat:

So Hum So Hum So Hum

Respiration, stomach:

Chi Uh Huh Chi Uh Hah

Chakras:

Lam Vam Ram Yam Ham Sham Om

Additional mantra information

LAKSHMI MANTRA

Om Gum Shrim Maha Lakshmiyei Swaha

Let all obstacles to my abundance be eliminated and the flow of the shakti of abundance released within me

This mantra is used to remove karmic obstacles related to abundance and to the attraction of finances or prosperity.

Om: seed sound for the sixth (*Ajna*) chakra or "third eye" (located in the centre of the forehead, about a half-inch above the line of the eyebrows, sometimes referred to as the mystic "third eye"). From here, the principle of mind directs all that follows in the rest of the mantra.

Gum: seed sound for Ganapati, a form of Ganesha, the Hindu God known as the remover of obstacles, who is often portrayed in the form of an elephant.

Shrim: seed sound for Lakshmi and refers to abundance of all kinds.

Maha: a salutation that means both "great" and "heart-centered"

Lakshmi: the feminine principle.

Yei: a shakti-activating sound.

Swaha: a traditional ending of mantras, where its meaning is "I salute and by so doing I automatically invoke her power!"

KUBERA MANTRA

(the celestial guardian of riches)

Ha Sa Ka La E I La Hrim

Ha Sa Ka La E I La Hrim

There is no translation possible of this mantra, since it is composed solely of seed syllables.

This mantra is used to attain great wealth that once achieved will be self-sustaining. This is particularly true if you are in an occupation where you safeguard money or investments for others. *Kubera* is often referred to as the celestial who is the Divine Treasurer. So if you are an investment counsellor, stock broker, real estate broker, or work in some similar capacity, this mantra will greatly aid in the discharging of your financial responsibilities while also providing you with abundance.

Ha Sa: bring energy to the Ajna chakra.

Ka La: brings the energy of the Ajna chakra into connection with the *Kala* (*Ka La*) chakra, literally the wheel of time, located in the upper chest between the heart centre and the throat centre.

E: (pronounced e-e-e) sends energy from the *medulla oblongata* (located at the base of the skull) down the back side of the spine to the *Muladhara* (first) chakra, at the base of the spine.

I: this is really the sounds *Ah* and *E*. *Ah* resounds in the upper chest, and *E* works again as discussed earlier.

La: the seed sound of the first chakra (*Lam*) with the *m* left off. This means that the sound *La* is voiced, but the vibration is just short of actual anchoring on the Earth Plane since it is the voiced *m* on the end of any seed sound that would anchor it here on the Earth Plane.

Hrim: the seed sound of the esoteric *Hrit Padma* (also called the *Hridayam* in some texts) located two fingers below the *Anahata* chakra, which corresponds to the heart centre in the physical body.

A SHIVA MANTRA

(for fulfilment of desires)

Om Sarva Kamadaya Namaha

Salutations to the granter of desires.

This mantra is used to petition the Great Consciousness to fulfil our individual desires. Every desire is tied to our consciousness and this mantra attracts the elements of universal consciousness that fulfil desires strongly held by the mind.

This is a Shiva mantra because it is addressed to Shakti, or the primal energy of Shiva that rises out of the wellspring of compassion, and thus is automatically part of sentient self-consciousness existing everywhere in the universe.

Sarva can mean "source of." Used here, the implication is that desires are part of the nature of universal consciousness and naturally arise in individual consciousness. In fact, the tales and parables concerning Shiva invariably show him absorbed in contemplating his own nature, just as we are completely consumed with the details of our own lives. Only when one merges into universal truth so completely that individual existence ceases altogether does desire, in our normal understanding of the word, cease.

Om: The seed sound for the sixth (*Ajna*) chakra, from which the principle of mind directs all that follows.

Sarva: source of.

Kamadaya: that which grants fulfilment of desires.

Namaha: I invoke by saluting.

DHANVANTRE MANTRA

Om Shri Dhanvantre Namaha

This mantra is used to find the best resolution for a medical problem

One of the tasks we all face when a health problem arises is finding an appropriate physician or practitioner for our problem among so many choices. In Hinduism, the celestial healer or physician is known as *Dhanvantre*, and his mantra is chanted when one is looking for guidance to find the most appropriate path to healing.

Om: the seed sound for the sixth (Ajna) chakra, from which the principle of mind directs all that follows.

Shri: invoking the power of Lakshmi, the transcendental power of manifestation.

Dhanvantre: the celestial healer.

Namaha: I invoke by saluting.

GAYATRI MANTRA

Om Bhu, Bhuvaha, Swaha

Tat Savitur Varenyam

Bhargo Devasya Dhimahi

Dhiyo Yonaha Prachodayat

O Self-Effulgent Light that has given birth to all the lokas spheres of consciousness, who is worthy of worship and appears through the orbit of the Sun, illumine our intellect.

The Gayatri Mantra is a gift to the world from the great rishi Vishvamitra, the seer of the third book of the Rig Veda. It helps carry solar light, energy and power to our minds and bodies and is the best mantra for awakening the higher mind or soul.

This mantra is used to illuminate our intellect. Saying this mantra automatically supports dharma in the world as well as your individual *swadharma*, a word that refers to the law of your own being or nature. As this mantra is chanted over time, spiritual light is drawn into each chakra, starting at the base of the spine. Correspondingly, our ability to comprehend the essence of each of the realms grows. In meditation, travel of consciousness to the higher realms becomes possible as new faculties of consciousness grow from our practice. The Gayatri Mantra is a universe in miniature through the power of sound. It appears in the Rig Veda in a form of twenty-four Sanskrit syllables. For this reason, it is widely practiced in India in this form. It is said to contain all powers of all mantras, and is also known as the source of all knowledge and the "Mother of the Vedas," but its primary application is for illumination of the intellect. An illumined intellect can contain immeasurable knowledge, including a complete understanding of what we call "power." Those who have attained the full fruit of this mantra are in the company of the highest beings in the universe.

Om Bhur: Om and Salutations to the Earth Plane (1st chakra).

Bhuvaha: salutations to the Atmospheric Plane (2nd chakra).

Swaha: salutations to the Solar Region (3rd chakra).

Tat Savitur Varenyam: salutations to that realm which is beyond human comprehension.

Bhargo Devasya Dhimahi: in that place where all the celestials of all the spheres have ...

Dhiyo Yonaha Prachodayat: received enlightenment, kindly enlighten our intellect.

GREAT MANI MANTRA

Om Mani Padme Hum

The Jewel of consciousness has reached the heart's Lotus.

Use this mantra to unite heart and mind. The circulation of energy through the centres listed below builds links among mind, will, and heart. There is a saying in the East, "When the light of the heart is united with power of the mind, anything is possible:"

The Great Mani Mantra is the most often chanted mantra in the world. Pulling energy from the lower chakras into the upper ones, it activates these centres and circulates energy around them, magnetizing the upper spine so that the energy in the subtle body becomes centered in the upper part of the body. The heart and mental chakras become predominant, leading to the ability to exist as a conscious entity without a physical body. As with the Gayatri Mantra, when this mantra is chanted by anyone, all of humanity is benefited.

Om: activates the Ajna chakra between the eyebrows.

Mani: sends energy to the *Manas* chakra in the back of the head.

Padme: in this context, *Padme* sends energy to the Anahata chakra at the heart.

Hum: a seed sound that activates the *Vishuddha* chakra at the throat.

DATTATREYA MANTRA

Om Dram Om Guru Dattaya Namaha

Salutations to the Eternal Enlightener of souls.

Use this mantra to sharpen your skills as a spiritual counsellor and teacher, as well as moving your personal dharma forward. This mantra invokes Dattatreya's energy into your life and activities.

The ancient spiritual being Dattatreya, who transmitted spiritual knowledge and eliminated karma for some of his students, is the first known guru in the specific application of the word. There were sages (*rishis*) and beings of great knowledge and power (*Maha Siddhas*) who often acted in the role of teacher or spiritual benefactor to students, but Dattatreya was the first recorded being whose primary job was the leading of souls back to their highest divinity. The syllables Gu and Ru refer to that which dispels the darkness of ignorance, leading to the release of the actual spiritual light within. The nimbus or halo of the saints and sages is a well-known manifestation of this light.

Om: the seed sound activating the Ajna chakra at the brow centre.

Dram: the seed sound for the Guru Principle manifesting in a form, usually meaning a physical body.

Guru: the transcendental principle of enlightenment, spiritual instruction, and Grace of God that can manifest at any time, any place, through any thing or entity, physical or non-physical. The operation of this is a true spiritual mystery, and there are no limits placed upon how this principle may manifest.

Dattaya: refers to and invokes the presence of that entity who exists, but without a physical body, who is the primal and first individual guru whose sole purpose was the redemption of souls.

Namaha: the energy of salutation that automatically invokes that which precedes it.

VASUDEVA MANTRA

Om Namo Bhagavate Vasudevaya

Om is the name of the In-dweller who is in constant contact with all of creation. Salutations.

Use this mantra to obtain spiritual freedom. The essence of the Divine is everywhere, but we identify with our individual ego-centered existence. This mantra builds a link between conscious divinity at every level of creation and our own ego-based consciousness. Eventually, our sense of identity changes to include all life, even as we know we are living in an individual body.

The Sanskrit term *Vasudeva* means "the In-dweller" referring to the soul or atman. Since the soul is always divine and a part of God everywhere, the Vasudeva Mantra, at an advanced level, can be a vehicle for uniting with divinity anywhere in the cosmos.

The mechanics of the mantra are simple: When the twelve syllables are chanted, energy is rotated around the spine, stimulating the positive and negative poles of the chakras. The energy first goes down the spine, then back up. After the mantra is chanted many thousands of times, energy is rotated around the spine to such an extent that it becomes spiritually magnetized. This allows for higher vibrations and octaves of spiritual energy to be invoked and held in the subtle body. Finally, the subtle body becomes so energy-based that it can ultimately survive without its physical counterpart.

Om: the seed sound for the sixth (Ajna) chakra, from which the principle of mind directs all that follows.

Namo: here means "name of."

Bhagavate: our own completely integrated divine self that we are in the process of becoming.

Vasudevaya: the in-dwelling divinity that you are entreating to permeate your mind, personality, ego, and being.

TARAKA RAMA MANTRA

Om Sri Rama Jay Rama Jaya Rama

Om and victory to Rama and Sita, victory to Rama again and again.

Use this mantra to begin the process of purification of the ego and personality that will eventually lead to spiritual freedom. In this mantra, *Rama* is the divine self within. All difficulties and problems, including eradication of karma itself, can be solved if we allow the divinity within to handle everything. This is the "victory" of the self within that is indicated in the translation.

Om: the seed sound for the sixth (Ajna) chakra, from which the principle of mind directs all that follows.

Sri: refers to the all-powerful energy of Sita. *Jaya*: victory.

Rama: the syllables *Ra* and *Ma* balance energy in the masculine and feminine channels in the body, located on the right and left sides of the body, respectively. As Rama, it also refers to the avatar himself, as well as to the divine self within.

Taraka means that which "takes one across." In this case, the "across" refers to the ocean of rebirth, this *samsara* that keeps us coming back again and again to assume bodies and burn off, as well as accumulate, karma. This mantra, practiced by Mahatma Gandhi from the time he was a young boy, will free one from the round of rebirth. Gandhi was heard to say "Hey Ram" at the time of his death, when he was pierced by an assassin's bullet. In *The Ramayana*, the epic story of the life of Sita and Rama (the seventh Avatar of Vishnu), this and other mantras pertaining to Sita and Rama are given. However, this particular mantra is uniformly recommended for transcending karma.

Overtoneing

This chanting technique requires no singing skills whatsoever and can easily be accomplished by anyone with a little practice. It is practiced by Tibetan monks to achieve higher states of consciousness but is also a very pleasant way to quickly re-balance the mind and effectively remove stress and tension from the body. It is very effective for improving hearing and increasing alertness.

Overtoneing produces harmonics or pure notes and their flute-like sounds ethereally hover above the base tone or drone. The deep, resonant sound is produced by making a deep 'ooooo' sound in the back of the throat and then altering the position of the tongue and shape of the mouth to produce variations of that sound. The tongue is curled up and bends back towards the roof of the mouth and is then gradually moved forward. The resonance is amplified by pursing the lips, flattening the cheeks (the mouth slightly open) and allowing air to flow between the tip of the tongue and the roof of the mouth; the mouth being the hollow resonating chamber. A deep sound is produced with the tip of the tongue near the back of the mouth and a higher sound with the tip of the tongue towards the front of the mouth, just behind the upper teeth. By slowly saying a long, drawn-out 'onre' as the tongue gradually unfurls towards the front teeth, the correct sound is produced. The deeper 'ooo' or 'uuu' vowel sounds are produced when the tongue is near the epiglottis and the higher 'iii' and 'eee' vowel sounds are produced when the tongue is near the upper front teeth.

If the tongue touches the roof of the mouth and air isn't able to pass over it the sound stops resonating and becomes flat. As you become familiar with the technique you can experiment with altering the shape of the mouth, as well as the tongue, to produce a clearer, more rounded, resonating note.

Try experimenting by imitating the noise of a model aeroplane as it twists and turns above you or a racing car hurtling round a racetrack. If you're not familiar with this sound ask any eight year old to demonstrate – they're usually pretty good! This isn't 'over-toning' as it varies in pitch but its practice involves similar mouth movements. The harmonics a Tibetan singing bowl produces when struck are overtones of a single note, and as one listens more closely more overtones are often 'picked up'.

As you continue practicing overtoneing, harmonics will certainly be produced, though they are often difficult to pick up yourself until your ears becomes 'tuned-in' to them. Other people can often hear them before you do but if you practice in a good resonating chamber, that echoes the sounds around, you'll notice them much more quickly. Large, empty rooms, bathroom sinks, tunnels, bridges and churches work especially well. Cupping your hands behind your ears also helps and practicing with other people can produce quite phenomenal sounds, especially if the room you're in is very resonant.

As you begin to hear the harmonics appearing above or alongside the basic tone/drone you'll begin to sensitise the hearing process and begin to find interesting, captivating sounds in the most unusual places and from the most unexpected sources. The sound of a washing machine or train can suddenly become an enthralling and tantalising experience to the ear that's 'tuned in' to their harmonics. As you begin to explore this new realm of sound you may find that you aren't tone deaf and can sing a few notes and keep in tune after all.

You will most likely find that as you progress ,your breathing improves, your voice becomes clearer and more resonant, and notes that you sing become sharper and more 'bell-like'.



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