

RISHIKESH YOGA CENTER

Mantras Vibrations for Your Soul

Yoga Teacher Training & Retreats in Rishikesh

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A NOTE FROM THE CENTER

From Rishikesh Yoga Center

This edition of Mantras Vibrations for Your Soul is shared free through the Rishikesh Yoga Center Reading Library. Based beside the Ganga in Rishikesh — the birthplace of yoga — we are a Yoga Alliance Registered School (RYS 200 & 300) teaching traditional yoga, meditation and philosophy in the Himalayan tradition.

Texts like this sit at the heart of our teacher-training syllabus. Reading on your own is a real and worthy practice — svadhyaya, self-study, is itself one of the niyamas. To study it with a teacher who lives this tradition, you are warmly welcome to train with us in Rishikesh.

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May your practice be steady. Om Shanti.

RISHIKESH YOGA CENTER

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What is the importance of Mantras in your life?

The word mantra comes from the Sanskrit language and can be broken down into two parts: “manas,” which means mind, and “tra,” which means transport or vehicle. One could interpret this as an instrument or vehicle that helps transport or elevate the mind. Many experience a mantra as a way to retreat from the regular mind and to deepen the faculties of intuition, spiritual strength, and happiness.

How is a mantra revealed?

The seers who received the Word were blessed with its power. The ingested power manifested spontaneously in the seers actions and speech which innately attracted aspirants to them and in turn, prepared them to receive the Word.

Mantras are repetitive sounds used to penetrate the depths of the unconscious mind and adjust the vibration of all aspects of ones being. Mantras are vibrated through chanting aloud, mental practice, or by listening to them. The experience of how sound vibrations effect your being is Naad yoga.



Is mantra a religion?

There is no generally accepted definition of mantra. That mantras are a religious thought, prayer, sacred utterance, but also believed to be a spell or weapon of supernatural power.



How many types of mantra's are there?

There are three main types of mantras, Bija (seed), Saguna (with form), and Nirguna (without form). The Bija mantras can be used individually; but, are most often incorporated into Saguna mantras to invest them with a special "seed" power.

Do I need a personal mantra?

A personal or unique mantra is another way of approaching the practice and benefiting from it. Just as is true of thoughts, there are no right or wrong mantras. Your mantra is based on personal experience, and holds power as an individual and unique expression of what you most desire. Whether it be aimed at manifesting security, deep connection, pervasive self-confidence, or release from suffering, the only requirement of a mantra is that it is authentic.

How do I receive a mantra initiation?

In Kaliyuga it is rare to find spiritual masters or Seers that existed in the past. Genuine gurus do exist in this age; however, most have chosen to live their lives in seclusion.

The good news is that the greatest Guru is the Supreme who lives within each of us. Everyone has access to the same intuitive guidance within. Mantras are a great vehicle to connect us to our own inner Guru that lives in each of our hearts.

Even if you do not have a Guru, the initiation into ones own mantra practise is a commitment and a way of life. You will find with sustained faith and a practise you will slowly begin to hear the whispers of your own inner Guru's guidance and wisdom within.

What are the Neurological Effects of Mantra on the Brain?

Ever wonder what you're chanting during yoga class that always seems to instill a profound sense of calm? The very reason behind this with respect to the neurosciences, as how the mantras make potent additions to your yogic practices.

Neuroscientists, equipped with advanced brain-imaging tools, are beginning to quantify and confirm some of the health benefits of this ancient practice, such as its ability to help free your mind of background chatter and calm your nervous system.

Can Mantras heal my body?

Our bodies have ancient built-in mechanisms designed to defend and repair ourselves. Mantras are sacred sounds that are known to impact our vibration, frequency, and energy at a cellular level and may offer a vital role in healing the body, mind and spirit. Mantras are said to have spiritual and psychological powers that work on the level of consciousness and can be vital in the overall healing process. Mantras turn around negative, repulsive vibrations into more positive and attractive vibrations which generates a much better environment for the healing process.

Why Mantras are important in yoga?

Mantra repetition is a powerful tool for yoga practitioners who wish to deepen their study. The idea is to use sound to focus your mind on something bigger than yourself. The idea is that mantras are intrinsically related to sound. Mantra is sound, and sound is echoing in everything in the universe.

What is Japa?

Japa is an ancient practice in which a mantra or the name of a deity is recited either silently or aloud. The Sanskrit word is derived from the root, *jap*, meaning “to repeat quietly and internally.”

Japa yoga combines yoga with *japa*. It is believed that practicing Japa yoga removes the impurities of the mind, and ultimately results in *samadhi*, or communion with God, when practiced regularly.



What are the rules for doing japa?

It is best to first take a bath or wash your hands, feet, face and mouth before sitting for Japa in the morning. At other times bathing is not absolutely necessary. Japa can be done whenever you have leisure time and at four junctions of the day; morning, noon, evening and before going to bed. Face east or north during the practice.



Should I use mala and what kind of mala for which mantra?

A Mala is a string of beads used to count mantras (Sanskrit prayers) in sets of 108 repetitions as a form of meditation. While this is the primary way to use malas, there are several other ways to practice with them to strengthen your mind and heal your mind, body, and heart. Most of these five main techniques can be combined to amplify the mental, spiritual and healing effects of using malas.



What is purascharana and how to do it?

Purascharana is a process in which by Japa of the name of the mantra or Diety is evoked. The mode of repetition of a Mantra with feeling and in a particular manner; a definite number of times, with right observances: until a fixed number of Japa is reached, in order to obtain substantial benefit out of the Mantra, is called Purascharana.





Ganesha

*वक्रतुण्ड महाकाय सूर्यकोटिसमप्रभ /
नरिवघ्नं कुरु मे देव सर्वकार्येषु सर्वदा //*

**Vakra-Tunndda Maha-Kaaya
Suurya-Kotti Samaprabha |
Nirvighnam Kuru Me Deva
Sarva-Kaaryessu Sarvadaa ||**

Meaning:

1: (Salutations to Sri Ganesha) Who has a Curved Trunk, Who has a Large Body and Whose Splendour is similar to Million Suns;
2: O Deva, Please Make my Undertakings Free of Obstacles, By extending Your Blessings in All my Works, Always.

Benefits:

help you achieve wealth, wisdom, good luck, prosperity and success in all your endeavors.

Gayatry

ॐ भूर्भुवः स्वः
तत्सवतिस्वरेण्यं
भर्गो देवस्य धीमहि
धियो यो नः प्रचोदयात् //

**Om Bhuur-Bhuvah Svah
Tat-Savitur-Varennnyam
Bhargo Devasya Dhiimahi
Dhiyo Yo Nah Pracodayaat ||**

Meaning:

- 1: Om, Pervading the Bhu Loka (Earth, Consciousness of the Physical Plane), Bhuvur Loka (Antariksha, The Intermediate Space, Consciousness of Prana) and Swar Loka (Sky, Heaven, Consciousness of the Divine Mind),
- 2: That Savitur (Savitri, Divine Essence of the Sun) which is the most Adorable,
- 3: I Meditate on that Divine Effulgence,
- 4: May that Awaken our Intelligence (Spiritual Consciousness).

Benefits:

- Improves Concentration and Learning
- Removes Toxins from Body
- Improves Breathing
- Keeps Your Heart Healthy
- Removes Negativity

Shanti

ॐ सह नावतु / सह नौ भुनक्तु /
सह वीर्यं करवावहै / तेजस्वा
नावधीतमस्तु मा वदिवषावहै /
ॐ शान्तिः शान्तिः शान्तिः ॥

**Om Saha Nau-Avatu | Saha Nau Bhunaktu |
Saha Viiryam Karavaavahai | Tejasvi Nau-
Adhiitam-Astu Maa Vidvissaavahai |
Om Shaantih Shaantih Shaantih ||**

Meaning:

Om!

May we (both) be protected; may we (both) be nourished;
May we work together with great energy, May our knowledge be
radiant;

May there be no differences or disputes between us

Om, peace (inside), peace (around), peace (between)

Benefits:

They make you believe in unity so that you can work on developing
yourself, as well as humanity, and achieve all that goals that you have
written down for yourself.

Mahamrityunjaya

ॐ त्र्यम्बकं यजामहे
सुगन्धां पुष्टिविर्धनम् ।
उर्वारुकमिव बन्धनान्
मृत्योर्मुक्षीय मामृतात् ॥

**Om Try-Ambakam Yajaamahe
Sugandhim Pusstti-Vardhanam
Urvaarukam-Iva Bandhanaan
Mrtyor-Mukssiiya Maa-[A]mrtaat ||**

Meaning:

- 1: Om, We Worship the Tryambaka (the Three-Eyed One),
- 2: Who is Fragrant (as the Spiritual Essence), Increasing the Nourishment (of our Spiritual Core);
- 3: From these many Bondages (of Samsara) similar to Cucumbers (tied to their Creepers),
- 4: May I be Liberted from Death (Attachment to Perishable Things), So that I am not separated from the perception of Immortality (Immortal Essence pervading everywhere).

Benefits:

Mrityunjaya mantra restores health and happiness and brings calmness in the face of death.





Guru Brahma

गुरुर्ब्रह्मा गुरुर्वशिणु र्गुरुर्देवो महेश्वरः
गुरु साक्षात् परब्रह्मा तस्मै श्रीगुरवे नमः

**GururBrahma GururVishnu GururDevo
Maheshwaraha
Guru Saakshaat ParaBrahma Tasmai Sri
Gurave Namaha**

Meaning:

Guru is the Creator (Brahma), Guru is the Preserver(Vishnu),
GuruDeva is Destroyer(Maheshwara)
Guru is the absolute (singular) Lord himself, Salutations to that Sri
Guru

Benefits:

- Gives peace of mind and removes all mental and physical afflictions and worries.
- Removes all fears and instills a great sense of confidence and faith.
- Assists the aspirants in their spiritual journey and leads towards liberation.

Karaagre Vasate Lakshmi

कराग्रे वसते लक्ष्मिः करमध्यां सरस्वती ।
करमूले तु गोविन्दः प्रभाते करदर्शनम् ॥

**Karaagre Vasate Lakssmih Karamadhye
Sarasvati |
Karamuule Tu Govindah Prabhaate
Karadarshanam ||**

Meaning:

- 1: At the Top of the Hand (i.e. Palm) Dwell Devi Lakshmi and at the Middle of the Hand Dwell Devi Saraswati,
- 2: At the Base of the Hand Dwell Sri Govinda; Therefore one should Look at one's Hands in the Early Morning and contemplate on Them.

Benefits:

Money, Knowledge and Health needed for a proper living

Pratah Smarami

प्रातः स्मरामि भवभीतहिरं सुरेशं
गङ्गाधरं वृषभवाहनमम्बकेशम् /
खट्वाङ्गशूलवरदाभयहस्तमीशं
संसाररोगहरमौषधमद्वितीयम् ॥१॥

**Praatah Smaraami Bhava-Bhiiti-Haram Sure[a-li]sham
Ganggaa-Dharam Vrssabha-Vaahanam-Ambike[a-li]
sham |
Khattvaangga-Shuula-Varada-Abhaya-Hastam-lisham
Samsaara-Roga-Haram-Aussadham-Advitiiyam ||1||**

Meaning:

- 1.1 In the Early Morning, I Remember Sri Shiva, Who Destroys the Fear of Worldly Existence and Who is the Lord of the Devas,
- 1.2 Who Holds River Ganga on His Head, Who has a Bull as His Vehicle and Who is the Lord of Devi Ambika,
- 1.3 Who has a Club and Trident in His two Hands, And confers Boon and Fearlessness with His other two Hands and Who is the Lord of the Universe,
- 1.4 Who is the Medicine to Destroy the Disease (of Delusion) of Worldly Existence and Who is the One without a second.

Benefits:

- Luck, prosperity and fame.





Samudra Vasane Devi

समुद्रवसने देवा पिस्वतस्तनमण्डले /
वषिणुपत्ननिमस्तुभ्यं पादस्पर्शं
क्षमस्वमे //

**Samudra-Vasane Devi Parvata-Stana-Manndale |
Vissnu-Patni Namas-Tubhyam Paada-Sparsham
Kssamasva-Me ||**

Meaning:

- 1: (Oh Mother Earth) O Devi, You Who have the Ocean as Your Garments, and Mountains as Your Bosom,
- 2: O Consort of Lord Vishnu, Salutations to You; Please Forgive my Touch of the Feet (on Earth, which is Your Holy Body).

Benefits:

Health, happiness and brings calmness in the body.



Dhyana Mulam



ध्यानमूलं गुरुरमूर्तः
पूजामूलं गुरुरपदम् ।
मन्त्रमूलं गुरुरवाक्यं
मोक्षमूलं गुरुरकृपा ॥

**Dhyaana-Muulam Gurur-Muurtih
Puujaa-Muulam Gurur-Padam |
Mantra-Muulam Gurur-Vaakyam
Mokssa-Muulam Guruur-Krpaa ||**

Meaning:

- 1: The Root of Meditation is the Form of the Guru,
- 2: The Root of Worship is the Feet of the Guru,
- 3: The Root of Mantra is the Word of the Guru,
- 4: The Root of Liberation is the Grace of the Guru.

Benefits:

In this prayer we learn that, form feet, words and grace are all important for success.



Akhanda Mandalakaram

ॐ अखण्डमण्डलाकारं व्याप्तं येन चराचरम्
तत्पदं दृशति येन तस्मै श्रीगुरुवे नमः

**Om Akhanda Manadalakaram Vyaptam yena
Charaacharam**

Tadpadam Darshitam Yena Tasmai Sri Guruve Namaha

Meaning:

Lord he whose form is one whole which is indivisible present everywhere, pervades both Moving(living) & Non-moving(Non-living) manifestation.

Guru, he who has seen the feet of such Lord (he who has experienced Oneness with the ultimate), Salutations O blessed One.

Benefits:

This mantra can be used whenever the practitioner is feeling alienated, or separated from society. It generates a sense of connectedness and wholeness as well as appreciation for the fact that we are not our feelings.

Brahmanandam Parama Sukhadam

ॐ ब्रह्मानन्दं परमसुखदं केवलं ज्ञानमूर्तिं
द्वन्द्ववातीतं गगनसदृशं तत्त्वमस्यादलिक्ष्यम् ।
एकं नित्यं विलमचलं सर्वधीसाक्षभूतं
भावातीतं त्रिगुणरहितं सदगुरुं तं नमामि ॥

**Om Brahmanandam parama sukhadam kevalam
jnaanamurtim. Dvandvaateetam gaganasadrusham
tatvamasyadi lakshyam -1**

**Ekam nityam vimalamachalam sarvadheesaakshibhuutam
Bhaavaateetam triguna rahitam sadgurum tam namaami. -2**

Meaning:

He who has attained the Bliss of Brahman, the Supreme Joy, He who is pure (free from delusion), embodiment of Wisdom
Beyond the duality of the world, sky high in spirituality, He whose attention is on "I am that"
One with divinity, Eternal, Without impurities, immovably established in truth, He who is witness to everything (from his omniscience.)
Beyond the mind(emotions), without the three Gunas (of Sattva, Rajas, Tamas), Salutations o that Holy Guru.

Benefits:

This is a Mantra removes darkness from our hearts & takes us to the infinite self.



Om Sarvesham Swastirvavatu

ॐ सर्वेशां स्वस्तिरिभवतु ।
सर्वेशां शान्तिरिभवतु ।
सर्वेशां पुर्णंभवतु ।
सर्वेशां मङ्गलंभवतु ।
ॐ शान्तिः शान्तिः शान्तिः ॥

Om Sarveshaam Svastir-Bhavatu |
Sarveshaam Shaantir-Bhavatu |
Sarveshaam Purnnam-Bhavatu |
Sarveshaam Manggalam-Bhavatu |
Om Shaantih Shaantih Shaantih ||

Meaning:

- 1: May there be Well-Being in All,
- 2: May there be Peace in All,
- 3: May there be Fulfilment in All,
- 4: May there be Auspiciousness in All,
- 5: Om Peace, Peace, Peace.

Benefits:

Mental blockage, energy blockages, emotional imbalances.



Om Purnamadhah

ॐ पूरुणमदः पूरुणमदिम् पूरुणात् पूरुणमुदच्यते /
पूरुणस्य पूरुणमादाय पूरुणमेवावशषियते ||
ॐ शान्तिः शान्तिः शान्तिः ||

Om poornamadah poornamidam poornaat poornamudachyate
Poornasya poornamaadaaya poornamevaavashishsyate
Om shaantih shaantih shaantih

Meaning:

Om, That is complete, This is complete, From the completeness comes the completeness

If completeness is taken away from completeness, Only completeness remains

Om, Peace peace peace

Benefits:

Challenges associated with relationships along with the negative emotions



Om Asato Ma Sadgamaya

ॐ असतो मा सद्गमय /
तमसो मा ज्योतिर्गमय /
मृत्योर्मा अमृतं गमय /
ॐ शान्तिः शान्तिः शान्तिः ॥

Om Asato Maa Sad-Gamaya |
Tamaso Maa Jyotir-Gamaya |
Mrtyor-Maa Amrtam Gamaya |
Om Shaantih Shaantih Shaantih ||

Meaning:

- 1: Om, (O Lord) Keep me not in (the Phenomenal World of) Unreality, but make me go towards the Reality (of Eternal Self),
- 2: Keep me not in (the Ignorant State of) Darkness, but make me go towards the Light (of Spiritual Knowledge),
- 3: Keep me not in (the World of) Mortality, but make me go towards the World of Immortality (of Self-Realization),
- 4: Om, Peace, Peace, Peace.

Benefits:

It is believed that the recitation of these verses bring peace of mind and positive energy at home.



Om Namō Bhagavate Vasudevaya

ॐ नमो भगवते वासुदेवाय
ॐ नमो भगवते वासुदेवाय
ॐ नमो भगवते वासुदेवाय
ॐ नमो भगवते वासुदेवाय

Om namo bhagavate vasudevaya

Om namo bhagavate vasudevaya

Om namo bhagavate vasudevaya

Om namo bhagavate vasudevaya

<https://lyricstranslate.com>

Meaning:

is a salutation to the Lord and can simply mean 'I bow down to Vasudeva.' However, this remains profound in its sense and significance.

Benefits:

The efficacy of this mantra is such that this can provide spiritual guidance for one to attain the ultimate freedom from samsara, the eternal cycle of birth and death

Om Namah Shivaya

ॐ नमः शिवाय)

**Om Namah Shivaaya
Shivaaya namaha,
Shivaaya namah om
Shivaaya namaha, namaha Shivaaya
Shambhu Shankara namah Shivaaya,
Girijaa Shankara namah Shivaaya
Arunaachala Shiva namah Shivaaya**

Meaning:

“Salutations unto Shiva the auspicious one, unto Shivatara the one than whom none more auspicious can exist”

Benefits:

Removes the fear of death.

Powerful healing mantra to cure all physical and mental illness





Om Namō Narayanaha

ॐ नमो नारायणाय

Om Namō Narayanaha

Meaning:

OM – The primordial sound reverberating in the Universe

Namō – I Bow, I Honor, I salute

Narayanaha – Addressing to Narayana – Name of Lord Vishnu, The Preserver of the Universe

Benefits:

Restore serenity and harmony to the mind and body. Liberates the from negative emotions.

Brings prosperity, love, abundance, glory, strength, wisdom, and knowledge



Shri Ram Jai Ram Jai Jai Ram

श्री राम जय राम जय जय राम जाय

Shri Ram Jai Ram Jai Jai Ram

Meaning:

Literally means auspicious, and is used as an honorific title before names. ... Rama's story is told in the Ramayana, his wife is Sita, and he is known for his compassion and courage.

Benefits:

Purifies the heart and bestows devotion to God.



Om Sahana Vavatu



ॐ सह नाववतु ।
सह नौ भुनक्तु ।
सह वीर्यं करवावहै ।
तेजस्वनावधीतमस्तु मा वदिवषावहै ।
ॐ शान्तिः शान्तिः शान्तिः ॥

Om Saha Nau-Avatu |
Saha Nau Bhunaktu |
Saha Viiryam Karavaavahai |
Tejasvi Nau-Adhiitam-Astu Maa Vidvissaavahai |
Om Shaantih Shaantih Shaantih ||

Meaning:

Aum! May He protect us both together; may He nourish us both together;
May we work conjointly with great energy,
May our study be vigorous and effective;
May we not mutually dispute (or may we not hate any).
Aum! Let there be peace in me!
Let there be peace in my environment!
Let there be peace in the forces that act on me!

Benefits:

Every Sanskrit mantra activates a special type of healing energy in a different part of the body

Notes



