

# Chants, Mantras, Sutras and Prayers

We chant to invoke our natural state of Yoga, to purify the astral body, leading to the upliftment of mind and emotions. Chanting aligns us to cosmic frequencies. Once aligned, we enjoy yoga, automatic harmony with the Divine, pulsating in the ocean of Bliss.

1. **OM**  
Om is the original and most powerful mantra. It is the primal sound of the divine in its essential manifestation. In the beginning was the word and the word is OM.
2. **OM SHANTIH SHANTIH SHANTIH**  
Om, Peace, Peace, Peace
3. **OM BOLO SAT GURU, BHAGAVAN, QI JAI HARI OM, TAT SAT**  
God is the only Real teacher, Alluleulia!
4. **LOKAHA SAMASTA SUKHINO BHAVANTU**  
May all beings everywhere be happy and free and may the thoughts and actions of my own life contribute in some way to that happiness and to that freedom for all!
5. **Invocation to Patanjali (traditional mantra of astanga vinyasa yoga)**

**OM, VANDE GURUNAM CHARANARAVINDE  
SANDARESHITA SWAATMA SUKHAVABODHE  
NISHREYASE JANGALIKAYAMANE  
SAMSARA HALA HALA MOHASHANTIEH**

**ABAHU PURUSHAKARAM  
SHANKA CHAKRASI DHARINAM  
SAHASRA SHIRASAM SHVETAM  
PRANAMAMI PANANJALI, OM**

I bow to the lotus feet of the guru who teaches  
The knowledge that awakens us to the  
Om, Great happiness that lies within.  
Like Jangalika, the great sage and doctor  
Who could remove the poison from a snake bite,

These teachings remove the poison of Samsara.  
Taking the form of a man up to the hands,  
Holding a conch, a discus and a sword and having one thousand heads of  
light, to Patanjali I bow, Om

6. Sri Gayathri Mantra

OM BHUR BHUVAH SUVAH  
TATSA VITUR VARENYAM  
BHARGO DEVASYA DHIMAHI  
DHIYOYONAH PRACHODAYAT  
OM APO JYOTIRASO AMRTAM BRAMHA  
BHUR BHUVAH SURVAROM

Om (pervades) earth, atmosphere and heavens.  
That self-luminous, brilliant Divinity, who is the Supreme Source. On that  
we meditate.  
May that sacred light illumine our intellects.  
Om is the waters, the light essence, the immortal reality. Om (pervades)  
earth, atmosphere and heavens.

Or: May that unlimited Divine energy, that cosmic power, inspire my  
intellect to lead me on a life of good actions by purifying the inner heart.

(Translation by Sri Karunamayi)

7. OM

GURU BRAHMA  
GURU VISHNU  
GURU DEVO MAHESHWARA  
GURU SAK SHAT  
PARAM BRAHMA  
TASH MAYI SHRI GURUVAY NAMAHAAH  
TASH MAYI SHRI GURUVAY NAMAHAAH

The duration of our lives is that Guru, Our trials and the death of the body  
is that Guru. There is a Guru that is near by, and a Guru that is beyond the  
beyond. We offer all our efforts to our Guru.

8. GATE GATE PARA GATE  
PARA SAM GATE, BODHI SWAHA

Gone, Gone, Gone beyond even beyond to that one who has been there,  
Honor!

## 9. MANGALAM

**BHOOMIMANGALAM. UDAKA MANGALAM. AGNIMANGALAM.  
VAAYUMANGALAM. GAGANAMANGALAM. SOORYAMANGALAM.  
CHANDRAMANGALAM. JAGAT MANGALAM.  
JEEVAMANGALAM. DEHAMANGALAM. MANOMANGALAM.  
AATMAMANGALAM.  
SARVAMANGALAM BHAVATU BHAVATU BHAVATU.  
SARVAMANGALAM BHAVATU BHAVATU BHAVATU.**

May there be tranquility on earth, on water, in fire, in the wind, in the sky, on the sun, on the moon, on our planet, in all living beings, in the body, in the mind and in the spirit. May that tranquility be everywhere and in everyone.

10. **OM MANI PADME HUM (OM MANI PEME HUNG)**  
Hail the jewel in the lotus of the spiritual heart

11. **ATHA YOGA NUSHASANAM** -Patanjali's Yoga Sutra 1-1  
This is yoga as I have observed it in the natural world.

12. **YOGASH CHITTA VRITTI NIRODHA** -Patanjali's Yoga Sutra 1-2

YOGA-samadhi, ecstasy, lasting happiness, union with God, the Self; CHITTA-mind (from cit: to perceive); VRITTI-fluctuations of mind, thoughts (from vrt:to whirl); NIRODHAH-cessation, restriction.

When you stop identifying with your thoughts, (fluctuations of the mind), then there is Yoga, identity with Self, which is Samadhi, ecstasy and bliss.

13. **ISVARA-PRANIDHANAD-VA** -Patanjali's Yoga Sutra 1-23  
ISVARA-Supreme Purusa, God; PRANIDHANAD-surrender of individuality and identification; VA-positively (brings) perfection

By giving your life and identity to God, you attain the identity of God.

14. **TAPAH SVADHYAYA ISHWARA PRANIDHANANI**  
**KRIYA YOGAH** -Patanjali's Yoga Sutra II-1

TAPAH-to burn, (from tap, to be hot) intense discipline; SVADHYAYA-Self study, the study of the higher Self, God; ISHWARA PRANIDHANANI-surrender of small self to God; KRIYA YOGAH-the actions taken to attain Yoga, union with God.

Your desire and intention must be hot. You must make effort to continuously study the subject. You must devote all your efforts to the Supreme Self. These are the action to be taken to realize Yoga.

## 15. YAMA NIYAMA ASANA PRANAYAMA

**PRATYARHARA DHARANA DHYANA SAMADHYAYO ASTAVANGANI** –

Patanjali's Yoga Sutra II-29

**YAMA**-restraint (from yam, to restrain); **NIYAMA**-observance (from ni+yam, to restrain); **ASANA**-seat, posture; **PRANAYAMA**-to restrain the life force, to set it free; **PRATYAHARA**-sense withdrawel; **DHARANA**-concentration (from dhr, to hold); **DHYANA**-meditation; **SAMADHI**-ecstasy (from sam, same + dhi, highest) yoga; **ASTAVANGANI**-eight steps of Yoga

Restraint, observance, posture, breath control, sense withdrawel, concentration, meditation and ecstasy are the eight limbs of yoga.

## 16. AHIMSA SATYA ASTEYA BRAHMACHARYA

**APARIGRAHA YAMA** –Patanjali's Yoga Sutra II-30

**AHIMSA**-non-harming; **SATYA**-truthfulness; **ASTEYA**-non-stealing; **BRAHMACHARYA**-to move sexual energy towards God (continence); **APARIGRAHA**-non-hoarding of things

Non-harming, truthfulness, non-stealing, continence, greedlessness. These are five restraints.

## 17. SAUCHA SANTOSHA TAPAH SVADHYAYA

**ISHVARA PRANIDHANANI NIYAMA**

- Patanjali's Yoga Sutra II-32

**SAUCHA**-cleanliness; **SANTOSHA**-contentment; **TAPAH**-self-discipline; **SVADHYAYA**-Study of the Self; **ISVARAPRANIDHANANI**-devotion to God; **NIYAMA**-observances

Cleanliness, contentment, self-discipline, Self study, devotion to God. These are the five observances.

## 18. MUKTABHIMANI MUKTO HI BADDHO

**BADDHAVHIMANI API KIM VADANTI IHA SATYA IYAM YA MATIH SA GATIH BHAVE** –Astavakra Samhita I.10

**MUKTAVHIMANI**-One free in mind (from muc, to release); **MUKTO**-is free; **HI**-indeed; **BADDHABHIMANI**-one bound in mind (from badh, to contract, tie and man, mind); **API**-also; **BADDHO**-bound; **KIM**-what; **VADANTI**-they say (from vak, voice); **IHA**-here; **IYAM**-that is, **SATYA**-true (from sat, Absolute Being, one unchanging); **YA**-how; **MATIH**-the mind (from mat, mind); **SA**-so or in that way; **GATIH**-it is going (from gam, going); **BHAVET**-grows, expands, becomes (from bhu, opening, growing, expanding) how the mind, so the going becomes

Surely one considers himself free is free; one who considers himself bound is bound. As one thinks so one attains.

19. **Om trāyambakaḍyajāmahe sugandhim pushtivardhanam.  
Urdvārukamiva bandhanān  
mrtyor mukshēya māmryāt**

We offer our worship to the fragrant three-eyed (immanent and transcendent) Shiva who confers ever increasing health , prosperity. Please liberate us from the bondage of death as effortlessly as an urdvaruka fruit (water melon) is separated from the vine (when completely mature) ; May we never turn away from deathlessness.

20. **Sarasvati namastubhyam varade kāmarūpini.  
Vidyārambham karishyāmi sidhir bhavatu me sadā.**

Oh revered Goddess Sarasvati ( essence of all ) salutations to you, who gives boons, who is in the form of all desires and desirable objects. As I am prayerfully beginning my studies, ( with your grace) may there always be accomplishment for me.

21. **OM Saha na vavatu Saha nau Bhunaktu  
Saha veeryam kara va vahaiee  
Tejas vi na va dee tamastu  
Ma vidvishaa vahiee  
Om shanti shanti shantih**

May we be protected,  
May we be blessed with a bright intellect,  
may our studies be brilliant  
may we together grow  
and may there never be enmity or dissonance  
between teacher and student.

22. **Stirha-sukham asanam (Patanjali's Yoga Sutra II:46)**

**Sthira: steady, stable. Sukha: easy, joyful, comfortable. Asanam: seat, posture, connection to the ground.**

The divine name is the pure nectar of bliss. As one continues to chant, the mind becomes saturated with the mantras and easily achieves one-pointedness. The heart is stabilized on its goal and begins to taste the joy which is the inner essence of the mantras. It overcomes dreariness, and anxieties vanish. The smouldering coals of failure are extinguished, and one becomes naturally absorbed in inner love and contentment. One realizes that the heart is the abode of deep peace, where love gushes, steadfastness is entrenched, and the image of God shines forth. -- Swami Muktananda