



Shanti Mantra, Kirtan and Swara Yoga

Beginning Mantras (chanted together)

1. Vag Arthaa Viva Sam Prukthu, Vag Artha Prathi Pa Thayae, Jagatha Pithrau Vande, Par Vathei Param Eswarau x 2.
2. Kaupura-gauram, Karuna-vataram, Samara-saram, Bhujagendraharam; Sada-vas antam hridaya-ravinde, Bhavam bhavani-sahitam namami.

Shanti Path

1. Om Sahana Vavatu, Sahanau Bhunaktu, Saha Viryam Karavavahai Tejasvi Navaditamastu, Ma Vidvishavahai.
2. Asato ma sadgamaya, Tamaso ma jyotirgamaya, Mrityorma amritam gamaya; Saravesham svasti bhavatu, Saravesham shantir bhavatu, Saravesham purnam bhavatu, Saravesham Mangalam bhavatu; Loka samastah sukhino bhavantu; Om tryambakam yajamahe, Sugandhim Pushti vardhanam; Urva rukamiva bhandhanat, Mrityor mukshiya mamritat.
3. Om Purnam, Purnat Purnamidam; Purnat Purna, Mudhachyate; Purnasya, Purnamadayah; Punat, Purna, Vashishshyate.



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4. om vāṅ me manasi pratiṣṭhitā. mano me vāci pratiṣṭhitam. āvirāvirma edhi. vedasya ma āṅīsthaḥ. śrutam me mā prahāsīḥ. Anena adhītena ahorātrān sandadhāmi. ṛitam vadiṣyāmi. satyam vadiṣyāmi. tanmā mavatu. tadvaktāram avatu. avatu mām. avatu vaktārām avatu vaktāram. om śāntiḥ śāntiḥ śāntiḥ.
5. Lokah Samastah Sukhino Bhavantu.
6. Twa Meva Mata, Cha Pita Twa Meva, Twa Meva Bundu cha Sakha Twa Meva; Twa Meva Vidya, Dravinam Twa Meva, Twa Meva Sarvam, Mama Deva Deva.
“There is a hidden, true treasure in Atma or Supreme Self that shines in the chambers of your heart. Search. It is in your heart” Swami Sivananda.

Swara Yoga: SA; RE; GA; MA; PA; DHA; NI; SA



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Mahamritunjaya Mantra Rgveda, Taittiriya Upanishad

Om Tryambakam Yajamahe, Sugandhim Pushti Vardhanam
Urvarukamiva Bhandhanat, Mrityor Mukshiya Mamritat.

Om Let us meditate on the Highest Consciousness, (Shiva, whose being is peace, who dwells eternally in the heart, who is fragrant and who nourishes all beings); May we be freed from stagnation & fear of changing, for the sake of inspiration as naturally as the mature cucumber is freed from the vine.

“Each patient carries his own doctor inside him. They come to us not knowing that truth. We are at our best when we give the doctor who resides within each patient a chance to work.” Albert Schweitzer, M.D.

Gayatri Mantra:

Om Bhur Bhuvah Swaha, Tat Savitur Vareneeyam,
Bhargo Devasya Dheemahi, Dhe Yo Yonah Prachodayat.



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Kirtan

1. Antar Jyoti Bahir Jyoti, Pratayk Jyoti Parat paraha,
Jyoti Jyoti Swayam Jyoti, Aatma Jyoti Shivoham :ll
Shivoham Shivoham, Shivoham Shivoham :ll
2. Adi Shakti, Adi Shakti, Adi Shakti, Namō Namō :ll
Sarva Shakti, Sarva Shakti, Sarva Shakti, Namō Namō :ll
Kundalini Mata Shakti, Mata Shakti, Namō Namō :ll
3. Amrita Mai, Ananda Mai, Amrita Ananda Mai Ma :ll
Jai Ma, Jai Ma, Jai Ma, Jai Ma :ll
Hey Ma Durga, Hey Ma Durga :ll
Hey Ma :ll Durga :ll Hey Ma :ll Durga :ll
4. Devi Ma, Durga Ma, Kali Ma, Lakshmi Ma :ll
5. Devi Kripa Karo, Amba Devi Raksha Karo :ll
6. Gam Gam Ganapate Namō Namaste :ll



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Kirtan Cont.

7. Ganga Ki Jai Jai, Yamuna Ki Jai Jai :ll
Kailasha Pati Shiva Sankara Ki Jai Jai :ll
8. Gate, Gate, Paragate, Parasamgate, Bodhi Svaha x 2
9. Om Dhum Durgaiye Namaha :ll
10. Omkar Guruji, Omkara x 2: ll
 - 4a. Om Namō Gurudeva, Sat Guru Gurudev Namaha :ll
 - 4b. Shre Rama Jaya Ram, Jaya Jaya Ram x 2 :ll
11. Om Mane Padme Hum x 4 :ll
12. Om Nama Shivay :ll
Hari Om, Shiva Om, Shiva Om, Hari Om :ll
Hari Om Nama Shivaya, Hari Om Nama Shivaya :ll
Shiva Shankara, Shiva Shankara.
13. Om Nama Shivaya, Om Nama Shivaya :ll
Om Nama Shivaya Hara Hara :ll



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Kirtan Cont.

14. Om Shree Lakshmi Na ma ha :ll
15. Rama Nam, Rama Nam, Rama Nam, Namayai O :ll
16. Sachara chara para purna, shivoham shivoham :ll
Sat Chit Ananda Swarupa, shivoham shivoham :ll
Nityananda swarupa, shivoham shivoham :ll
Anandoham x 4 :ll Om Nama Shivay x 4 :ll Shivoham x 4 :ll
17. Siddhi Vinayaka, Vinayaka, Ganeshyam :ll
Siddhi Vinayaka, Bhava Bhaya Nasha, Siddhi Vinayaka, Ganeshyam :ll
Gam Ganapati Gyanasham. x 4
18. Shiva Shankara, Nama Om:ll
Shiva Shankara, Shiva Shankara, Shiva Shankara, Nama Om:ll
Shambo Shivaya x 3, Shambo Shivaya :ll
19. Shiva Shiva Shiva, Shiva Shiva Shiva, Shiva Shiva Shiva Maha Deva :ll
Deva O Deva Maha Deva :ll
Om Nama Shivay Om Nama Shivay :ll
20. Shankara, Shankara, Parvati Maheshwara:ll
Chandra Mouli Shankara, Chandra Shekara:ll
Nandi Vahana, He Naga Bhooshana:ll
Nila Kantha, Shula Dhari, Pahi Shankara:ll