

JIVAMUKTI YOGA CENTER Chants, Mantras and Prayers

To be used for the purification of the astral body, leading to the upliftment of mind and emotions.
Chanting tunes the subtle vibrations to the cosmic frequencies.
Once tuned, the practitioner can 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** *Peace, Peace, Peace.*

3. **Om Bolo Sat Guru, Bhagavan, Qi Jai** *God is the only Real teacher, Alluleulia!*

4. **Hari Om Tat Sat** *God is the Truth.*

5. **Om
Guru Brahma
Guru Vishnu
Guru Devo Maheshwara
Guru Sak Shat
Param Brahma
Tash Mayi Shri Guruvay Namaha
Tash Mayi Shri Guruvay Namaha** *Our creation is that Guru,
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.
I offer all of my efforts to the Guru...*

6. **Guru Satyam
Guru Jnanam
Guru Anandam
Guru Shantih** *My Teacher is the Truth,
My Teacher is the Knowledge,
My Teacher is the Bliss,
My Teacher is the Peace,
This is my offering.*

7. **Gate Gate Para Gate
Para Sam Gate Bodhi Swaha** *Gone, gone, real gone, gone beyond even the most gone. To that One I offer my Self.*

8. **Satyam Jnanam Anandam Brahman** *Truth, Knowledge, Bliss, Absolute.*

9. **Om**
Bhur Bhuvah Svaha
Tat Savitur Varenyam
Bhargo Devasya Dhimahi
Dhiyo Yo Naha Prachodayat
Swaha
- The Dawning, the Day, and the Dusking,
Those most excellent daughters of the Sun,
The Radiant forms coming from the Gods,
I meditate upon you and reach out to you.
This is my offering.*
10. **Om**
Trayambakam Yajamahe
Sugamdhim Pushtivardhanam
Urvarukamiva Bandhanan
Mrityor Mukshiya Mamritat
Swaha
- We worship the three-eyed one (Siva) who is
fragrant and who nourishes well all beings; may
Siva liberate us from death for the sake of
immortality even as the cucumber is severed
from its bondage to the creeper.*
11. **Lokaha Samasta Sukhino Bhavantu**
- May all Beings Everywhere Be Happy and Free!*
12. **Sarvesham Svasti Bhavatu**
Sarvesham Shantir Bhavatu
Sarvesham Purnam Bhavatu
Sarvesham Mangalam Bhavatu
- May auspiciousness be unto all,
May peace be unto all,
May fullness be unto all,
May prosperity be unto all.*
13. **Sarve Bhavantu Sukhinah**
Sarve Santu Niramayaah
Save Bhadrani Pasyantu
Ma Kaschid-Dukha-Bhag-Bhavet
- May all be happy,
May all be free from disabilities,
May all look to the good of others,
May none suffer from sorrow.*
14. **Asato Ma Sat Gamaya**
Tamaso Ma Jyotir Gamaya
Mrityor-Ma Amritham Gamaya
- Lead me from the unreal to the real ,
From darkness to light,
From death to immortality.*
15. **Om**
Purnamadah Purnamidam
Purnat Purnamudachyate
Purnasya Purnamadaya
Purnamevavasisyate
- That is whole. This is whole.
From the whole the whole becomes manifest.
From the whole when the whole is negated
what remains is again the whole.*

16. **Sat-Sangatve Nissangatvam
Nissangatve Nirmohatvam,
Nirmohatve Niscala-Tattvam
Niscala-Tattve Jivanmukthih
Bhaja Govindam Bhaja Govindam
Bhaja Govindam Mudha-Mate.**

Good and virtuous company gives rise to non-attachment. From non-attachment comes freedom from delusion. With freedom from delusion, one feels the changeless reality. Experiencing that changeless reality, one attains liberation in this life. I-AM is the ocean of awareness. Realizing this, one feels, "I am not the body and mind, although I have a body and mind." Realize Govinda, realize Govinda, realize Govinda in your heart, O wise one!

(-Translation by Shri Brahmananda Saraswati)

17. **Om
Brahmanandam Parama-Sukhadam
Kevalam Jnana-Murtim,
Dvandvatitam Gagana-Sadrsam
Tat-Tvam-Asyadi-Laksyam;
Ekam Nityam Vimalam Acalam
Sarva-Dhi-Saksi-Bhutam,
Bhavatitam Tri-Guna-Rahitam
Sad-Gurum Tam Namami
Sad-Gurum Tam Namami**

Salutations to that inner Guru, the inner guiding light, which is never-ending bliss; the giver of supreme happiness, one-without-a-second, pulsation of consciousness beyond dualism, beyond subject and object; which is like the blue sky and is indicated by such statements as, "Thou art That" and "I and my Father are one," and which is the final aim of life; one, eternal, pure, without pollution, every time with you, the witness of all wisdom, beyond all states of being and beyond the three gunas -- sattva, rajas, tamas, electron, proton and neutron. I bow to that inner Guru.

(-Translation by Shri Brahmananda Saraswati)

18. **Bodhi Rupam Bodhi-Sattvam
Bodhi-Gamyam Anamayam.
Parama-Satyam Parama-Santam
Parama-Brahma Parat-Param**

It is of the form and essence of intelligence and it is experienced through intuition. It is pure, simple and transcendental. It is ultimate reality, ultimate truth and ultimate tranquility, which is called Brahman. It is smaller than the nucleus and greater than the greatest.

(-Translation by Shri Brahmananda Saraswati)

19. **Vande Gurunam Caranaravinde
Sandarsita Swatmasukhava Bhodhe
Nisreyase Janghalikayamane
Samsara Halahala Mohasantyai
Abahu Purusakaram
Sankhacakrasi Dharinam
Sahasra Sirasam Svetam
Pranamami Patanjalinam**

I bow to the lotus feet of the guru who awakens insight into the happiness of pure being. Who is the refuge, the jungle physician who eliminates the delusion caused by the poisonous snake of samsara. I prostrate before the sage Patanjali who has thousands of radiant white heads and who has, as far as his arms, assumed the form of a man holding a conch shell, a wheel, and a sword.

(-Translation by Sri K. Pattabhi Jois)

20. **Brahmarpanam
Brahmahavirbrahmagnau
Brahmana Hutam
Brahmaiva Tena Gantavyam
Brahmakarmasamadhina**
- Practice seeing Brahman everywhere. Brahman is the ladle; Brahman, again, is the oblation; Brahman is the fire, Brahman itself is the one offering the sacrifice and so Brahman itself constitutes the act of pouring the oblation into the fire. Finally, Brahman is the goal to be reached. When used as a blessing over food the result is that the meal, the food, the ones who are offering, the action of offering, and the result of offering to the Divine are all merged into knowledge of the Self.*
- (-Bhagavad Gita 4.24)
21. **Om Saha Navavatu
Saha Nau Bhunaktu
Saha Viryam Karavavahai
Tejasvi Navadhitam Astu
Ma Vidvisavahai**
- Accept us both together,
Protect us both together,
May our knowledge and strength increase.
May we not resent each other.*
22. **Gajananam Bhoothaganathi Sevitham
Kabhitha Jambu, Bhala Sara
Bhakshitham
Uma Sutam, Soka Vinasa Karanam
Namami Vighneswara,
Pada Pamkajam**
- I prostrate myself before the lotus feet of Ganesh, the son of Uma, the remover of all obstacles. Who is served by the elemental spirits. Who has the face of an elephant. He partakes of the essence of kapittha and jambu fruits, meaning he knows the secret of things because he can perceive the heart of the matter.*
23. **Shadananam Kumkuma,
Rektha Varnam
Mahamathim Divya, Mayoora
Vahanam
Rudrasya Soonam Surasinya Natham
Guham Sadaham, Saranam Prepadye**
- I always take refuge in the one with six faces, who is of a deep red color like KumKum, who is possessed of great knowledge, whose vehicle is the divine peacock, who is the son of Rudra (Siva) and who is the leader of the celestial army and the remover of laziness.*
24. **Ya Kundendu, Tusharahara Dhawala
Ya Subra, Vasthravrita
Ya Veena, Varadenda Mantita Kara
Ya Sweta, Padmasana
Ya Brahma--Chytuta,
Sankara Prehithibir
Devai Sada Poojita
Samampadu, Saraswethi Bhagavathi
Nishyasha Jatypaha**
- May the Goddess Saraswati, who wears a garland white like the Kunda flower or the moon or the snow, who is adorned with pure white clothes, whose hands are ornamented with the Vina and the gesture of blessings, who is seated on a white lotus, who is forever worshipped by Brahma, Vishnu, Siva and all the other deities, who is the remover of all dullness of mind. Protect me and render me receptive to learning (Brahma-Vidya) the knowledge of the Self.*

Salutations to Siva, who is the embodiment of Absolute Truth, Knowledge and Bliss, who is the highest Guru.

I salute the three-eyed Divine Mother, Narayani, who brings total auspiciousness and who fulfills the desire for liberation. Realization arises with Her blessing. She is the world itself. Only through the experiences of life can the soul be perfected. Honor this gift, your life. Twice I bow to her.

Invocation to Lord Ganesh who is the remover of obstacles, who guards the doorway to the enlightened realms. His blessings are essential for good beginnings.

He who is Bliss. The Lord of Destruction. Siva liberates through change and upheaval. He is benevolent.

Invocation to Lord Narayana. The primal being, the preserver of the world who reclines on the serpent Sesha, floating on the ocean of Brahman from whose dream the universe is born.

Invocation to Vasudeva, the one replete with all Divine virtues, the granter of liberation.

Invocation to Hari, the remover of all negative karmic tendencies, enabling the soul to come face to face with God.

Invocation to Lord Rama the Righteous and Just.

Victory to Lord Ram.

Invocation to the Divine Mother, Durga. She is the Shakti of Pure consciousness. Brahma, Vishnu and Siva united their intention to form the being of Mother Durga. She is the Warrior Goddess who destroys all the demons of ego.

**5. Om Nama Sivaya Gurave
Sat Chid Ananda Murthay**

**26. Om Sarva Mangala Mangalye
Sive Sarvatha Sadhike
Saranye Treyambake Gauri
Narayani Namosthute
Narayani Namosthute**

27. Om Gam, Gam Ganapataye Namah

28. Om Namah Sivaya

29. Om Namo Narayanaya

30. Om Namo Bhagavate Vasudevaya

31. Hari Om

32. Om Sri Ramaya Namaha

33. Sri Ram Jai Ram

34. Om Sri Durgayai Namaha

35. Om Sri Maha Lakshmyai Namaha

Lakshmi is the bountiful provider. All wealth, prosperity and good fortune comes from her. She is the Shakti of Narayana. Her arms are always open and generous.

36. Om Aim Saraswatyai Namaha

Invocation of the Goddess Saraswati. She is Brahma, the creator's Shakti and is involved in the creation of new ideas and things. She gives all knowledge of the arts and music. She makes it possible to learn.

37. Om Kreem Kaliyai Namaha

Invocation to the Goddess Kali. Kali is the Divine aspect that is responsible for the violent destruction of all selfish desires. She is the transformative power that dissolves the individual into the Cosmic.

38. Om Sri Hanumate Namaha

Invocation to Lord Hanuman, who is the perfection of devotion at any cost. He is prana transformed into the height of its power.

**39. Hare Rama Hare Rama
Rama Rama Hare Hare
Hare Krishna Hare Krishna
Krishna Krishna Hare Hare**

Krishna affectionately calls Radha, his beloved the name Rama which means my queen! Radha calls to Krishna which means the one who has captured my heart, mind, body and soul, my everything, my all! This is a love dialogue between the soul (Radha) and God (Krishna).

**40. Sri Krishna Govinda Hare Murare
He Natha Narayana Vasudeva
He Natha Narayana Vasudeva
He Natha Narayana Vasudeva**

Beautiful Krishna, the one who is Lord of the senses and who destroys the demon, Murare. Hey Krishna, you are the Lord Narayana, the first and last, the one who abides in all things as the sacred heart.

41. So Ham

*I Am That.
(That which is immortal and everlasting)*

42. Aham Brahmasmi

*I Am Brahman.
(I and My Father are One)*

43. Tat Twam Asi

*That Thou Art.
(Identification with the Absolute, 'That')*

The Universal Prayer

Oh Adorable God of Mercy and Love, salutations and Prostrations Unto Thee.

Thou Art Omnipresent Omnipotent, and Omniscient.

Thou Art Sat-Chit-Ananda.

Thou Art Existence, Knowledge, and Bliss Absolute.

Thou Art the InDweller of All Beings.

Grant Us an Understanding Heart, Equal Vision, Balanced Mind, Faith, Devotion, and Wisdom.

Grant Us the Inner Spiritual Strength to Resist Temptation and to Control the Mind.

Free Us from Egoism, Lust, Anger, Greed, Hatred and Jealousy.

Fill Our Hearts with Divine Virtues.

Let Us Behold Thee In All These Names and Forms.

Let Us Serve Thee In All These Names and Forms.

Let Us Ever Remember Thee.

Let Us Ever Sing Thy Glories.

Let Thy Name Be Ever On Our Lips.

Let Us Abide in Thee For Ever and Ever.

-Swami Sivananda

Lord's Prayer

Our Father Who Art In Heaven

Hallowed Be Thy Name

Thy Kingdom Come Thy Will Be Done

On Earth As It Is In Heaven

Give Us This Day Our Daily Bread

And Forgive Us Our Trespasses

As We Forgive Those Who Trespass Against Us

Lead Us Not Into Temptation But Deliver Us From Evil.

Amen

Hail Mary

Hail Mary Full Of Grace

The Lord Is With Thee

Blessed Art Thou Among Women

and Blessed Is The Fruit

Of Thy Womb, Jesus

Holy Mary, Mother of God

Pray For Us Sinners

Now and At the Hour Of Our Death.

Amen

The Prayer of Saint Francis

Lord, make me an instrument of thy peace.

Where there is hatred, let me sow love; Where there is injury, pardon;

Where there is doubt, faith; Where there is despair, hope;

Where there is darkness, light; Where there is sadness, joy.

O divine Master, grant that I may not so much seek

To be consoled as to console, To be understood as to understand,

To be loved as to love; For it is in giving that we receive;

It is in pardoning that we are pardoned;

It is in dying (to self) that we are born to eternal life.

Shema Yisrael, Adonai Elohaynu, Adonai Echad.

Hear, O Israel, Adonai, our God, Adonai is One.

Love Adonai, your God, with all your heart, and with all your soul, and with all your might. And these words which I command you this day shall be upon your heart. Teach them diligently to the generations to come. Speak of them when you sit in your house and when you walk upon the road, when you lie down and when you arise. Bind them for a sign upon your hand, and they shall be a reminder between your eyes. Write them upon the doorposts of your houses and upon your gates.

-Torah (Deut. 6:4-9)

Listen closely, that part within each of us that yearns to go directly to the Divine, the Transcendent, Unknowable, Source of Sources, and to the God that we are able to relate to in Its immanence in everything we experience around us - both the transcendent and the immanent, are actually, paradoxically, One and the Same.

Torah (Deut. 6:4) - Interpretation by Rabbi David Cooper

Shiviti Adonai L'Neg-Di Tamid

I place God before me always.

Psalm 16:8

A Prayer For the Journey (The Wayfarer's Prayer)

May it be your will, O Lord our God, and God of our ancestors, to guide us in peace, to sustain us in peace, to lead us to our desired destination in health and joy and peace, and to bring us home in peace. Save us from every enemy and disaster on the way, and from all calamities that threaten the world. Bless the work of our hands. May we find grace, love and compassion in your sight.

Hear our supplication, for You listen to prayer and supplication.

Praised our You, Lord, who hears prayer.

SELECTIONS FROM PATANJALI'S YOGA SUTRAS

I-1 **ATHA YOGA NUSHASANAM**

ATHA-now; YOGANUSHASANAM-exposition of Yoga

This is Yoga as I have observed it in the natural world.

I-2 **YOGASH CHITTA VRITTI NIRODHAH**

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

When you stop identifying with your thoughts, fluctuations of mind, then there is Yoga, identity with Self, which is Samadhi.

I-23 **ISHWARA PRANIDHANAD VA**

ISHWARA-Lord, God Self, form of God; PRANIDHANA-devotion, to give, surrender of identification is ego; VA- positively brings perfection

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

I-27 **TASYA VACHAKAH PRANAVAH**

TASYA-his, it's; VACHAKAH-manifesting symbol (from 'vac'-to speak); PRANAVAH-pronouncement, OM, nadam, supreme music

God is OM.

II-1 **TAPAH SVADHYAYA ISHWARA PRANIDHANANI KRIYA YOGAH**

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 YOGA- the actions taken to attain Yoga, union with God

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

II-29 **YAMA NIYAMA ASANA PRANAYAMA PRATYAHARA DHARANA DHYANA SAMADHYAYO-ASTAVANGANI**

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 withdrawal; DHARANA-concentration (from dhr-to hold); DHYANA- meditation; SAMADHI-ecstasy(from sam =same + dhi=highest) yoga; ASTAVANGANI-8 steps of yoga

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

II-30

**AHIMSA SATYA ASHTEYA BRAHMACHARYA
APARIGRAHAH YAMAH**

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

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

II-32

**SAUCHA SANTOSA TAPAH SWADHYAYA ISHWARA
PRANIDHANANI NIYAMAH**

SHAUCHA-cleanliness; SANTOSA-contentment; TAPAH- self discipline; SWADHYAYA-study
of the Self; ISHWARA PRANIDHANANI- devotion to God;

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

II-33

VITARKA BADHANE PRATIPAKSA BHAVANAM

VITARKA BADHANE-Inovercoming destructive forces;
PRATIPAKSA BHAVANAM-One should cultivate the opposites.

When disturbed by disturbing thoughts, think of the opposite.

II-46

STHIRA SUKHAM ASANAM

STHIRA-steady, stable; SUKHAM-Easy, joyful, comfortable,
ASANAM-seat, posture, connection to the earth

The connection to the earth should be steady and joyful.