

SECRETS OF MANTRA VIDYA

# Learn Mantras for Daily Use

ॐ नमः शिवाय



Learn how to use the ancient science of mantras, the potent sound vibrations that have the power to impact our body, mind and our surroundings.



SWAMI PURNACHAITANYA

# About The Author



Swami Purnachaitanya is an author, speaker, and spiritual guide to many around the world. He is a sought-after teacher of yoga, meditation and mantras, and an enthralling storyteller, who has transformed the lives of people from all backgrounds with his uncanny ability to decode profound ancient wisdom and impart it with simplicity, making it practically applicable in modern life.

Swami Purnachaitanya was born in the Netherlands to a Dutch father and an Indian mother, who played a central role in kindling in him a keen interest in the spiritual practices, cultures and philosophies of the East. This led him to practice an extensive range of Eastern martial arts which would prove to be providential.

The defining moment in his life came at the age of sixteen, when he met Sri Sri Ravi Shankar, in whom he recognized his spiritual master. Sri Sri Ravi Shankar is a world-renowned peace ambassador, humanitarian and spiritual leader, and is the Founder of one of the largest volunteer-based humanitarian non-profit organizations in the world, The Art of Living. Swami Purnachaitanya became inspired to go deeper into the ancient Vedic traditions and practices, leading him to embark upon his journey into understanding the nature of reality and consciousness.

After completing his university studies in Indology with a specialization in Sanskrit, he left the Netherlands and moved to The Art of Living International Center in Bangalore, India to master the Vedic knowledge, rituals and recitation of mantras and Vedic hymns. He received his title (swami, monk) as an acknowledgement of his high state of consciousness and commitment to dedicating his life to serving others. Purnachaitanya is the name given to him by his Master, meaning he whose consciousness (chaitanya) has fully blossomed (purna).

Swami Purnachaitanya is currently a Director of Programs for the Art of Living where he conducts a range of personal development trainings and oversees various service projects in India and Africa. These projects include but are not limited to rural development, prisoner rehabilitation, and educational initiatives. He has also represented Sri Sri Ravi Shankar and The Art of Living at various national and international forums, seminars and conferences. Apart from this he is a senior teacher trainer with the Sri Sri School of Yoga and is known for his skill in teaching this style that connects a balanced and thorough discipline of physical postures, breathwork, meditation and yogic wisdom.

In the last 15 years he has travelled extensively in Asia, Africa and Europe, conducting a wide range of programs in over 20 countries. He has addressed various educational, corporate and government institutions, and conducted special workshops and Master Classes for top executives of leading companies such as Boston Consulting Group (BCG), Microsoft and the Confederation of Indian Industry (CII). At the cusp of a critical moment in history, Swami Purnachaitanya has opened the treasure of ancient knowledge and has been selflessly sharing the peace, joy and fullness he has found in his life with hundreds of thousands of people.

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# Introduction To Mantras

*Mantras are sounds, the vibrations of which have a specific and definite effect on the surroundings, both on the physical and the subtle level. The ancient knowledge of how to use different sounds effectively for a wide range of purposes is known as Mantra Shaastra or the Science of Mantras.*

The Rishis, or sages of the Vedic Tradition, were called 'Mantra Drashta', which means 'the ones who perceived the mantras'. They did not 'create' the mantras. With their refined consciousness and entering into deep meditation, they were able to perceive these vibrations in Creation, the sounds connected to them, and their specific effects. It was in a way similar to Newton 'perceiving' the law of gravity and how it works. He did not 'create' gravity, or its law, as it had always been there. Yet at that moment his consciousness was so clear, that he was able to not just perceive the apple falling, but also the principle of Creation that caused the apple to fall. Over time, many Rishis thus 'downloaded' the knowledge of mantras and vibrations that pervade the subtler dimensions of our world.

It was using this principle, of using powerful vibrations, that the ancient Rishis were not only able to influence, alter and balance the world around them, but even the world inside of them. For mantras also have a profound effect on our mind, emotions, and the more subtle layers of our existence. This is why **Mantra** is defined in the scriptures as '*mananaat traayate iti mantra*', which means '*mantra is that which allows us to transcend the mind*'. Mantras chanted in the proper manner allow us to use the power of consciousness to invoke and enhance certain vibrations or energies in our body, mind and day-to-day life.

The vibrations of the mantras effect the gross and more subtle layers of this Creation, which itself is nothing but vibrating energy. This becomes clear when you look at sub-atomic particles closely – something that Quantum Physics today has also proven. Specific vibrations thus have specific effects, and knowing which mantra to use in what manner to get the desired result was called **Mantra Shaastra**.

It is said that every mantra is connected to a specific **Devata**. The word **Devata** is often translated as god, but this is not to be confused with The God. The Vedas describe a range of gods and



goddesses, so using a less confusing translation for **Devatas** we could call them Angels. These Angels are all considered manifestations or representations of the various aspects of and powers inherent in Consciousness and Creation, just like how the different colors of light are inherent in the spectrum of sunlight. This is also why the statement that the Vedic tradition recognizes or worships millions of gods is not entirely correct. It rather recognizes the One Consciousness or Divinity in all its different manifestations or qualities.

The **Devata** associated with a mantra is therefore the quality or power of Consciousness that is invoked or enhanced by that mantra. This is why **Devatas** are said to have a **Mantra Sharira**, which means '**a body made of mantra**'. The concept of describing and depicting different **Devatas** in a humanlike form, and making **murtis** or statues, started much later than the Vedic times. The statues or images are symbolic, visually depicting the various aspects or qualities of that energy or vibration, to make it easier for people to relate to something as abstract as an unseen energy.





# Basic Principles of Chanting Mantras

*There are different types of mantras, and the practice of chanting them and how to use them differs as well. Vedic mantras, for example, are to be chanted only in the proper intonation and rhythm, also called svara and chandas. To learn and chant Vedic mantras one needs to be initiated into Gayatri Mantra first, through the Upanayana ceremony. One then has to learn the mantras from a proper teacher, who is well versed in the same. In a similar way there are other types of mantras like Beeja Mantras, which should only be chanted after receiving them from a teacher or Guru through proper initiation.*

The mantras given here, however, can be chanted by anyone, and are safe to practice, while at the same time giving good results when chanted properly and sincerely. The mantras are in Sanskrit and have been given in both Roman script, as well as Devanagari. A general translation has also been given for many of the mantras, so that one is able to chant them with proper feeling and understanding. We have also mentioned the general benefits of each mantra, to give an indication to those looking for a mantra for a specific purpose.

As the Roman script does not allow for a perfect transcription of the Sanskrit alphabet, and as not all readers may be familiar with the symbols used normally by scholars to transcribe Sanskrit using the Roman script, we have used a slightly more liberal style of transcription. It may not always be systematic, but it has been done in such a way that maximum people that are not able to read Devanagari are still able to pronounce the mantras as correctly as possible in the absence of a teacher. We have shared videos teaching many of these mantras on our YouTube channel, and once in a while we have online chanting sessions as well, for those who would like to learn more about the topic. Details of all of these can be found on our website.

The mantras given here for specific activities, like the mantra to light a lamp, or when you wake up in the morning, need to be chanted only once, at the appropriate time. They require no preparation and are for daily use. The mantras given to deal with specific problems can be used as and when required, and can basically be chanted at any time of the day. It is preferred, however, to chant them when the stomach is a little empty, and when there is not much



disturbance in the environment. For the best results, it is recommended that one sits in an upright position, with the eyes closed, and to chant the mantra with full awareness. It may be nice to do some **pranayamas** or breathing techniques before starting, to settle the mind. After the chanting one can sit for some time – at least a few minutes – with the eyes closed and meditate, just being with the vibrations that the mantra has created inside oneself and around.

It is really good to chant the mantras for specific problems 108 times, but if that is not possible, the mantra can be chanted at least ten times, or multiples of ten. The number 108 is significant as the nine planets moving through twelve constellations create 108 different effects or influences on our lives. Chanting a mantra 108 times thus has a beneficial effect on all these different vibrations. To make your mantra practice really effective, honor your practice and your mantra, and chant the mantra every day, at least for some time – this will make it more and more powerful.

We hope this small guide is useful for you to start exploring the world of mantras. To know more about mantras, and many other topics related to Vedic Wisdom, Yoga and Meditation, keep an eye on our website, blog and YouTube channel.



# Mantras for Daily Activities

*In the ancient traditions of India, in the Sanatana Dharma, there was a practice of chanting a mantra before any important activity. This practice brought more awareness and sacredness into daily life, and infused even seemingly insignificant activities with a profound purpose and meaning.*

**We have given some of the main mantras here that can be used for daily activities.**

When these mantras are chanted with sincerity and devotion, contemplating their meaning and the profound wisdom they carry, they not only bring more peace, focus and awareness to our mind, but they also infuse our lives and these seemingly ordinary activities with a whole new dimension of sacredness and ancient wisdom. The mantras can be chanted once before or during the activity mentioned.

## 1.1 MANTRA WHEN WAKING UP

कराग्रे वसते लक्ष्मिः करमध्ये सरस्वति । करमूले तु गोविन्दः प्रभाते करदर्शनम् ॥

karaagre vasate lakshmi, kara madhye saraswati |  
kara moole tu govinda, prabhaate karadarshanam ||

**Meaning** Lakshmi resides in the top of my hands (fingers), Saraswati resides in the middle of my hands (palm), and Govinda resides in the base of my hands (palm). Therefore one should look at one's palms at the start of the day (and meditate on this).

**Explanation** This mantra is a prayer to the different *Devatas* that reside in our hands, to bless us in our endeavors during the day. That *Lakshmi* may bestow wealth and abundance on us, that *Saraswati* may bestow wisdom and understanding, and that *Govinda (Lord Vishnu)* may bless us with good health. However, one can also take this mantra as a reminder that all kinds of wealth, knowledge and wisdom, and good health, are 'in our hands', and we should therefore not be idle. It is up to us to act in the proper manner, and put all our effort, to gain the wealth, knowledge and health we aspire to.





## 1.2 MANTRA BEFORE STARTING THE DAY

समुद्रवसने देवि पर्वतस्तनमण्डले । विष्णुपत्नि नमस्तुभ्यं पादस्पर्श क्षमस्वमे ॥

samudra vasane devi, parvata sthana mandale |

vishnupatni namastubhyam, paada sparsham kshamasva me ||

**Meaning** *O Mother Earth, whose garments are the ocean and whose bosom are the mountains, who is the wife of Lord Vishnu, I bow to you. Please forgive me for touching you with my feet.*

**Explanation** This is a prayer recognizing the value of the Earth, who provides for us like a mother. It is both a prayer and an intention, for our feet not to weigh heavy on this earth. This also means our presence as a whole, not just our feet, living a life on this planet respecting the earth, the environment and all the beings that dwell on it – not polluting or destroying them. Let our life not be a burden for this earth to carry.

## 1.3 MANTRA WHEN TAKING A BATH

गङ्गे च यमुने चैव गोदावरि सरस्वति । नर्मदे सिन्धु कावेरि जलेऽस्मिन् संनिधिं कुरु ॥

gange cha yamune chaiva, godaavari saraswati |

narmade sindhu kaaveri, jale'smin sannidhim kuru ||

**Meaning** *O sacred rivers Ganga and Yamuna, and also Godavari, Saraswati, Narmada, Sindhu and Kaveri; please be present in this water (and imbue it with your purity and power).*

**Explanation** This mantra invokes the energies, sacredness and purity of the seven sacred rivers in the water that is present.



## 1.4 MANTRAS BEFORE ANY IMPORTANT WORK

### Mantra (1)

वक्रतुण्ड महाकाय सूर्यकोटि समप्रभ । निर्विघ्नं कुरु मे देव सर्वकार्येषु सर्वदा ॥

**vakratunda mahaakaaya, suuryakoti samaprabha |**  
**nirvighnam kuru me deva, sarva kaaryeshu sarvadaa ||**

**Meaning** *O Lord Ganesha, whose trunk is bent, who has a large body, and whose brilliance is like that of a million suns, please render all my undertakings free from obstacles, always.*

**Explanation** This mantra is a prayer to Ganapati or Ganesha, the Lord of and remover of obstacles, to remove any challenges or obstacles that could come up in our work and actions.

### Mantra (2)

शुक्लाम्बरधरं विष्णुं शशिवर्णं चतुर्भुजम् । प्रसन्नवदनं ध्यायेत् सर्वविघ्नोपशान्तये ॥

**shuklaambaradharam vishnum shashivarnam chaturbhujam |**  
**prasanna vadanam dhyaayet sarva vighnopaashaantaye ||**

**Meaning** *O Lord Ganesha, I pray to you, who is dressed in white clothes, who is all-pervading, who has the complexion of the moon, who has four arms, and whose face is smiling, that all obstacles may be removed (for me).*

**Explanation** This mantra is also a prayer to Ganapati, the Lord of and remover of obstacles, that is recited to remove any challenges or obstacles that we may face.



## 1.5 MANTRAS BEFORE EATING

### Mantra (1)

अन्नपूर्णे सदापूर्णे शङ्करप्राणवल्लभे । ज्ञानवैराग्यसिद्ध्यर्थं भिक्षां देहि च पार्वति ॥

annapuurne sadaa puurne, shankarapraana vallabhe |

jnaana vairaagya siddhyartham, bhikshaam dehi ca paarvati ||

**Meaning** *O Divine Mother Parvati, in the form of Devi Annapurna, who is ever full, and who is the beloved of Lord Shiva, please bestow on me the alms that bring perfection in both knowledge (of the Self) and dispassion in my life.*

**Explanation** This mantra is a prayer to the Divine Mother, who is the One that nourishes us all. That she may bless the food in front of us to not only nourish our body, but also our mind and spirit by enlivening and increasing our spiritual knowledge, as well as dispassion in life.

### Mantra (2)

ब्रह्मारपणं ब्रह्म हविर्ब्रह्माग्नौ ब्रह्मणा हुतम् । ब्रह्मैव तेन गन्तव्यं ब्रह्मकर्मसमाधिना ॥

brahmaarpanam brahma havih, brahmaagnau brahmanaa hutam |

brahmaiva tena gantavyam, brahmakarma samaadhinaa ||

**Meaning** *The act of offering is Brahman, the oblation is Brahman, the instrument of offering is Brahman, and the fire into which the offering is made is also Brahman. For one who is thus absorbed in the actions of Brahman, he reaches Brahman alone.*

**Explanation** This mantra reminds us of the highest truth of Vedanta, that all of this creation is nothing but the play and display of the one universal consciousness, or the Brahman. The act of eating is also an offering, where the food is the oblation that is offered into the digestive fire in our body. Here the mantra reminds us that we are also part of that one universal consciousness, and so is the food, and the act of eating. One who realizes that everything is nothing but a play and display of this consciousness, realizes the supreme truth and attains the highest state.



## 1.6 MANTRA BEFORE RINGING A BELL (IN A CEREMONY OR PUJA)

आगमार्थं तु देवानां गमनार्थं तु रक्षसाम् । घण्टारवं करोम्यादौ देवताह्वान लाञ्छनम् ॥

aagamaarthantu devaanaam gamanaarthantu rakshasaam |  
ghantaaravam karomyaadau devataahvaana laanchanam ||

**Meaning** *I ring this bell as a call upon the divine forces, to invoke the Devatas (gods and goddesses) and to send away the Raakshasas (demons).*

**Explanation** The sound of the bell is considered very auspicious, removing negativity from the mind and bestowing clarity and peace. With this mantra we invoke the positive forces of nature to pervade the space as well as our consciousness, and we pray that any negativity may disappear.

## 1.7 MANTRAS BEFORE LIGHTING A LAMP

### Mantra (1)

शुभं करोति कल्याणमारोग्यं धनसंपदा । शत्रुबुद्धिविनाशाय दीपज्योतिर्नमोऽस्तुते ॥

shubham karoti kalyaanam, aarogyam dhana sampadaa |  
shatrubuddhi vinaashaaya, deepa jyotir namo'stu te ||

**Meaning** *Salutations to the light of the lamp, that brings prosperity, auspiciousness, health and abundance, and that destroys feelings of enmity and ignorance.*

**Explanation** This mantra is a prayer to the lamp, the light of which is symbolic for the light of truth and knowledge. By lighting the lamp, we pray that within us the light of knowledge and self-realization may shine bright, blessing us with prosperity, auspiciousness, health and abundance, and that it may destroy any darkness of ignorance or negativity within us.



### Mantra (2)

दीपज्योतिः परब्रह्म दीपज्योतिर्जनार्दनः । दीपो हरतु मे पापं दीपज्योतिर्नमोऽस्तुते ॥

deepajyotih parabrahma, deepajyotir janaardanaḥ |

deepo haratu me paapam, deepajyotir namo'stu te ||

**Meaning** *Salutations to the light of the lamp, which represents the light of the Supreme Brahman and Janaardhana (Lord Vishnu). May this light remove my sins.*

**Explanation** This mantra is also a prayer to the lamp, the light of which is symbolic here for the supreme consciousness that pervades and sustains this entire creation. By lighting the lamp, we pray that the light of consciousness may remove any sins or negativity from our mind.



# Mantras for Specific Problems

*Life is full of challenges, and often there are different ways to deal with these challenges.*

*Mantras can be a potent and powerful tool to make us more capable of dealing with specific problems, and also to affect change in the more subtle layers of this Creation. The following mantras can be used to help us address various problems, and for each mantra specific benefits and effects are mentioned. You may refer to the earlier section on Basic Principles of Chanting Mantras on how to use these mantras and how they can be chanted.*

## 2.1 Mantras to balance the effects of the nine planets (Navagrahas)

Here we have shared a mantra that can be used to balance the effects of all the nine planets, as well as additional mantras to balance the effects of any specific planet in particular.

### MANTRA FOR ALL NAVAGRAHA

आदित्याय च सोमाय मंगलाय बुधाय च । गुरु शुक्र शनिभ्यश्च राहवे केतवे नमः ॥

adityaaya cha somaaya mangalaaya budhaaya cha |  
guru shukra shanibhyash cha raahave ketave namah ||

**Benefits & Effects** This mantra is addressed to all the nine celestial bodies or Navagraha: Sun, Moon, Mars, Mercury, Jupiter, Venus, Saturn, Rahu and Ketu (the lunar nodes). This mantra balances the effects of Time on our lives, which manifests as the effects of the Navagraha. It reduces any negative influences these energies may have on various aspects of our life, and it enhances any positive influences they may have.





## MANTRA FOR SUN

अश्वद्वजाय विद्महे पाशहस्ताय धीमहि । तन्नः सूर्यः प्रचोदयात् ॥

**ashwadwajaaya vidmahe, paasha hastaaya dheemahi |**  
**tannah sooryah prachodayaat ||**

**Benefits & Effects** This mantra is called the Surya Gayatri and is addressed to the Sun. It balances the effects of the cosmic energy that is represented by the Sun. It reduces any negative influences this energy may have on various aspects of our life, and it enhances any positive influences it may have.

## MANTRA FOR MOON

पद्मद्वजाय विद्महे हेमरूपाय धीमहि । तन्नः सोमः प्रचोदयात् ॥

**padmadwajaaya vidmahe, hema roopaya dheemahi |**  
**tannah somah prachodayaat ||**

**Benefits & Effects** This mantra is called the Chandra Gayatri and is addressed to the Moon. It balances the effects of the cosmic energy that is represented by the Moon. It reduces any negative influences this energy may have on various aspects of our life, and it enhances any positive influences it may have.

## MANTRA FOR MARS

वीरद्वजाय विद्महे विघ्नहस्ताय धीमहि । तन्नो भौमः प्रचोदयात् ॥

**veeradwajaaya vidmahe, vighna hastaaya dheemahi |**  
**tanno bhaumah prachodayaat ||**

**Benefits & Effects** This mantra is called the Mangala Gayatri and is addressed to Mars. It balances the effects of the cosmic energy that is represented by Mars. It reduces any negative influences this energy may have on various aspects of our life, and it enhances any positive influences it may have.



## MANTRA FOR MERCURY

गजद्वजाय विद्महे शुकहस्ताय धीमहि । तन्नो बुधः प्रचोदयात् ॥

**gajadwajaaya vidmahe, shuka hastaaya dheemahi |**  
**tanno budhah prachodayaat ||**

**Benefits & Effects** This mantra is called the Budha Gayatri and is addressed to Mercury. It balances the effects of the cosmic energy that is represented by Mercury. It reduces any negative influences this energy may have on various aspects of our life, and it enhances any positive influences it may have.

## MANTRA FOR JUPITER

वृषभद्वजाय विद्महे क्रूनिहस्ताय धीमहि । तन्नो गुरुः प्रचोदयात् ॥

**vrishabhadwajaaya vidmahe, kruni hastaaya dheemahi |**  
**tanno guruh prachodayaat ||**

**Benefits & Effects** This mantra is called the Brihaspati Gayatri and is addressed to Jupiter. It balances the effects of the cosmic energy that is represented by Jupiter. It reduces any negative influences this energy may have on various aspects of our life, and it enhances any positive influences it may have.

## MANTRA FOR VENUS

अश्वद्वजाय विद्महे धनुर्हस्ताय धीमहि । तन्नः शुक्रः प्रचोदयात् ॥

**ashwadwajaaya vidmahe, dhanur hastaaya dheemahi |**  
**tannah shukrah prachodayaat ||**

**Benefits & Effects** This mantra is called the Shukra Gayatri and is addressed to Venus. It balances the effects of the cosmic energy that is represented by Venus. It reduces any negative influences this energy may have on various aspects of our life, and it enhances any positive influences it may have.



## MANTRA FOR SATURN

काकद्वजाय विद्महे खड्गहस्ताय धीमहि । तन्नो मन्दः प्रचोदयात् ॥

**kaakadwajaaya vidmahe, khadga hastaaya dheemahi  
tanno mandah prachodayaat ॥**

**Benefits & Effects** This mantra is called the Shani Gayatri and is addressed to Saturn. It balances the effects of the cosmic energy that is represented by Saturn. It reduces any negative influences this energy may have on various aspects of our life, and it enhances any positive influences it may have.

## MANTRA FOR RAHU

नागद्वजाय विद्महे पद्महस्ताय धीमहि । तन्नो राहुः प्रचोदयात् ॥

**naagadwajaaya vidmahe, padma hastaaya dheemahi |  
tanno raahuh prachodayaat ॥**

**Benefits & Effects** This mantra is called the Rahu Gayatri and is addressed to Rahu, one of the lunar nodes. It balances the effects of the cosmic energy that is represented by Rahu. It reduces any negative influences this energy may have on various aspects of our life, and it enhances any positive influences it may have.

## MANTRA FOR KETU

अश्वद्वजाय विद्महे शूलहस्ताय धीमहि । तन्नो केतुः प्रचोदयात् ॥

**ashwadwajaaya vidmahe, shoola hastaaya dheemahi |  
tanno ketuh prachodayaat ॥**

**Benefits & Effects** This mantra is called the Ketu Gayatri and is addressed to Ketu, one of the lunar nodes. It balances the effects of the cosmic energy that is represented by Ketu. It reduces any negative influences this energy may have on various aspects of our life, and it enhances any positive influences it may have.



## 2.2 MANTRAS TO REMOVE NEGATIVE ENERGY AND BAD INFLUENCES

### Mantra (1)

महादेवाय विद्महे रुद्रमूर्तये धीमहि । तन्नः शिवः प्रचोदयात् ॥

**mahaadevaaya vidmahe rudramoortaye dheemahi |**  
**tannah shivah prachodayaat ||**

**Benefits & Effects** This mantra is called the Shiva Gayatri and is addressed to Lord Shiva, the aspect of universal consciousness that transforms and destroys this creation. It invokes the blessings of Lord Shiva to destroy any negative energies or influences in one's life, and to transform them into positive energy. It also protects one.

### Mantra (2)

कात्यायनाय विद्महे कन्याकुमारि धीमहि । तन्नो दुर्गिः प्रचोदयात् ॥

**kaatyaayanaaya vidmahe kanyakumari dheemahi,**  
**tanno durgih prachodayaat ||**

**Benefits & Effects** This mantra is called the Durga Gayatri and is addressed to the form of the Divine Mother that overcomes any negative forces or influences. It invokes the blessings of Durga Devi to destroy any negativity in one's life or surroundings.

## 2.3 MANTRA TO IMPROVE STUDIES AND CONCENTRATION

सरस्वति नमस्तुभ्यं वरदे कामरूपिणि । विद्यारम्भं करिष्यामि सिद्धिर्भवतु मे सदा ॥

**sarasvati namastubhyam, varade kaamaroopini |**  
**vidyaarambham karishyaami, siddhir bhavatu me sadaa ||**

**Benefits & Effects** This mantra is addressed to Saraswati, the form of the Divine Mother that embodies and bestows knowledge and wisdom. It invokes the blessings of Saraswati Devi to make one successful in one's studies, and for the knowledge to be firmly established.



## 2.4 MANTRAS TO IMPROVE HEALTH

### Mantra (1)

ॐ नमो नारायणाय

OM namo naaraayanaaya

**Benefits & Effects** This mantra is one of the Maha Mantras or Great Mantras. It can be chanted by anyone at any time and is very powerful. It invokes the energy of Narayana (Lord Vishnu) who represents the aspect of universal consciousness that sustains and nourishes this creation. This mantra has a nourishing and healing effect.

### Mantra (2)

नमामि धन्वन्तरिं आदिदेवम् । सुरासुरैर्वन्दित पादपद्मम् ॥  
लोके जरा रुक् भय मृत्यु नाशम् । धातारमीशम् विविधौषधिनाम् ॥

namaami dhanvantarim aadidevam, suraasurair vandita paadapadmam |  
loke jaraaruk bhaya mrityunaasham, dhaataaram eesham  
vividhaushadhinaam ||

**Benefits & Effects** This mantra is addressed to Dhanvantari, the form of Lord Vishnu that is considered as the God of Ayurveda (the Vedic science of medicine and wellbeing). It invokes the blessings of Dhanvantari to make one healthy and free from any physical or mental disease or imbalances.



## 2.5 MANTRA TO IMPROVE MEDITATION AND PEACE OF MIND

ॐ

OM

**Benefits & Effects** OM is said to be sound of the universal consciousness. It pervades this universe and is also called the 'primordial sound' or the sound of Creation. OM has many meanings, some of them being 'peace' and 'love'. The OM sound is complete, also in that it energizes and harmonizes the entire nervous system. When chanting only OM, without any other mantra following it, it should always be chanted out loud – it should not be chanted mentally. Only those who have renounced the world and don't need anything from the world can use it as a mental japa mantra. Chanting OM slowly and out loud a few times has a profound effect on the mind, making it more peaceful and alert, and it also brings harmony to the atmosphere. It is also a great preparation for meditation.

## 2.6 MANTRA TO PURIFY THE ATMOSPHERE

ॐ नमः शिवाय

OM namah shivaaya

**Benefits & Effects** This mantra is another one of the Maha Mantras or Great Mantras. It can be chanted by anyone at any time and is very powerful. The five sounds na-ma-shi-va-ya represent the five elements that this Creation has been made up of: earth, water, fire, air and ether. And OM is the sound of the universal consciousness. Chanting OM namah shivaaya creates balance in our body and mind and the environment, reducing any negative influences and increasing any positive influences. It becomes like a shield that protects you from any negativity in life. This mantra is also very effective to balance any effects of the Navagraha, the nine celestial bodies.





## 2.7 MANTRAS TO INCREASE WEALTH

### Mantra (1)

महालक्ष्म्यै च विद्महे विष्णुपत्नी च धीमहि । तन्नो लक्ष्मीः प्रचोदयात् ॥

mahaalakshmyai cha vidmahe, vishnupatni cha dheemahi |  
tanno lakshmih prachodayaat ||

**Benefits & Effects** This mantra is called the Lakshmi Gayatri and is addressed to the form of the Divine Mother that bestows wealth and abundance. It invokes the blessings of Lakshmi Devi to bring abundance and prosperity to our life.

### Mantra (2)

भाग्यलक्ष्म्यै च विद्महे । अष्टलक्ष्मी च धीमहि । तन्नो लक्ष्मीः प्रचोदयात् ॥

bhaagyalakshmyai cha vidmahe, ashtalakshmi cha dheemahi |  
tanno lakshmi prachodayaat ||

**Benefits & Effects** This mantra is called the Ashtalakshmi Gayatri and is addressed to the Ashta Lakshmi, the eight forms of Lakshmi or the eight types of wealth. It invokes the blessings of the Divine Mother in her form of Lakshmi Devi to bring abundance and prosperity to every aspect of our life, not just monetary or material, but also in relationships, family, courage, fame, wisdom, etc.



## 2.8 MANTRA TO OVERCOME FEAR

सर्वस्वरूपे सर्वेशे सर्वशक्तिसमन्विते ।  
भयेभ्यस्त्राहि नो देवि दुर्गे देवी नमोऽस्तु ते ॥

**sarva swaroope sarveshe sarva shakti samanvite |  
bhayebhyas traahi no devi durge devi namo'stu te ||**

**Benefits & Effects** This mantra is addressed to Durga, the form of the Divine Mother that overcomes any negative forces or influences. It invokes the blessings of the Shakti or energy that pervades this entire creation to imbue one with valor, and to protect one from all kinds of fear and worries.





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