



Mantras

Excerpt from *Meditation and Mantras* by Swami Vishnudevananda

Sound, made up of vibrations, is energy. A Sanskrit mantra is a mystical energy encased in a sound structure. To release the energy from the sound, we learn to repeat it as a certain rhythm. When you start repeating a mantra, it creates a specific thought pattern. The energy literally manifests itself.

Name and form are like the two sides of a coin; you cannot have one without the other. When you repeat a name, the form comes to mind. Although you may not consciously know the form connected with a certain mantra, it still creates a specific thought pattern in the mind. The thought patterns created by mantras are positive, beneficial, calming ones.

No one ever sat down and wrote a mantra, as people write songs. Mantras are energies which have always existed in the universe, and can neither be created nor destroyed. They were discovered by certain realised saints, who handed them down to us over the centuries. Mantra chanting is an exact science and it is important that you pronounce the mantra correctly. Mantra repetition will help the mind to steady itself. The mantra will in this way lead you to true meditation, to a state of oneness with God, to a state of non-duality.





Peace Mantras

Om namo Nārāyaṇāya daso'haṃtava Keśava

Salutations to Lord Nārāyaṇā, Keśava! I am your servant.

Om duṃ Durgāyai namaḥ

Salutations to Mother Durgā.

Om hrīm mahā Lakṣmyai namaḥ

Salutations to Mother Lakṣmī.

Om aiṃ Sarasvatyai namaḥ

Salutations to Mother Sarasvatī.

Om namo bhagavate Śivānandaya

Salutations to Master Sivananda.

Om namo bhagavate Viṣṇudevānandaya

Salutations to Swami Vishnudevānanda.

Śrī Rāma Rāma Rāmeti Rame Rāme manorame

Sahasra nāma tattulyaṃ Rāma nāma varānane.

Lord Siva said of this verse to Pārvatī: "Reciting Rāma's name three times is equal to reciting the thousand names of Lord Vishnu (Vishnu Sahasranāma)."



Mahā Mr̥tyuñjaya Mantra

The Mahā Mr̥tyuñjaya Mantra is a life-giving mantra. In today's complex life, accidents are an everyday affair. This mantra wards off death caused by all types of accidents. In addition, it has a great curative effect for diseases. It should be repeated before travelling. It invokes the grace of Lord Śiva in order to conquer death. This mantra is traditionally chanted by family and friends for a person who is ill or approaching death.

This mantra can be repeated three, nine, twenty-seven, fifty-four, or one hundred-eight times. It should be repeated before any travel. Repeat it as many times as possible on your birthday. This will bestow upon you health, long life, prosperity, peace and total freedom.

Verses two onwards are prayers for peace in the world and the well-being of all. Praying for others opens the heart and fills our mind with compassion. The positive vibrations created by these mantras help to uplift the psychic atmosphere, and bring peace and solace to all.





Mahā Mṛtyuñjaya Mantra

**Om tryambakaṃ yajāmahe
Sugandhiṃ puṣṭi vardhanam
Urvārukamīva bandhanān
Mṛtyor mukṣīya mā'mṛtāt**

Om. We worship the three-eyed One (Lord Śiva) who is fragrant and who nourishes well all beings. May He liberate us from death for the sake of immortality even as a cucumber is severed from its bondage (to the creeper).

**Om sarveṣāṃ svastir bhavatu
Sarveṣāṃ śāntir bhavatu
Sarveṣāṃ pūrṇaṃ bhavatu
Sarveṣāṃ maṅgalaṃ bhavatu**

Om. May auspiciousness be unto all. May peace be unto all. May fullness be unto all. May prosperity be unto all.

**Sarve bhavantu sukhinaḥ
Sarve santu nirāmayāḥ
Sarve bhadraṇi paśyantū
Mākaś cid duḥkhabhāg bhavet**

May all be happy. May all be free from disabilities. May all look to the good of others. May none suffer from sorrow.

**Asato mā sad gamaya
Tamaso mā jyotir gamaya
Mṛtyor mā amṛtaṃ gamaya**

Lead me from the unreal to the Real, from darkness to light, from mortality to immortality.

**Om pūrṇamadaḥ pūrṇamidam
Pūrṇāt pūrṇamudacyate
Pūrṇasya pūrṇamādāya
Pūrṇamevāvaśiṣyate**

Om. 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.

**Om śāntiś śāntiś śāntiḥ
Om, Peace, Peace, Peace.**



Universal Prayer

The Universal Prayer was written by Swami Sivananda. It reminds us that God is a living presence within us. It is also a prayer to help us develop all the necessary qualities to come closer to the Truth. It is a prayer that may be used by followers of any religion.

Universal Prayer (English)

O Adorable Lord of Mercy and Love
 Salutations and prostrations unto Thee
 Thou art Omnipresent, Omnipotent and Omniscient
 Thou art Saccidānanda
 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 inner spiritual strength
 To resist temptation and 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.

Om bolo sat guru Śivānanda mahārāja kī Jai!

Om bolo śrī guru Viṣṇudevānanda mahārāja kī Jai!