

Gayatri Mantra (Divine Illumination)-

This song is inspired from a traditional melody that one will hear in many other renditions. The Gayatri Mantra has been chronicled in the Rig Veda, which was written in Sanskrit about 2500 to 3500 years ago, and the mantra may have been chanted for many centuries before that. It was once a well guarded secret to Women and those outside of the Brahmin class, but today this mantra is known world wide, and chanted with reverence and love. The Vedas say:

*To chant the Gayatri Mantra
purifies the chanter.*

*To listen to the Gayatri Mantra
purifies the listener.*

Gayatri is another form of Saraswati, and is the mother of the Vedas.

General meaning: We meditate on that most adored Supreme Lord, the creator, whose effulgence (divine light) illumines all realms (physical, mental and spiritual). May this divine light illumine our intellect.

Word meaning: Om: The primeval sound; Bhur: the physical body/physical realm; Bhuvah: the life force/the mental realm Suvah: the soul/spiritual realm; Tat: That (God); Savitur: the Sun, Creator (source of all life); Vareṇyam: adore; Bhargo: effulgence (divine light); Devasya: supreme Lord; Dhīmahi: meditate; Dhiyo: the intellect; Yo: May this light; Nah: our; Prachodayāt: illumine/inspire.

Chords:

C.....

Om Bhur Bhuvah Swaha

C..... G.....

Tat-Savitur Vareṇyam

G.....

Bhargo Devasya Dhīmahi

F..... G..... C.....

Dhiyo Yonah Prachodayāt

SURYA NAMASKAR (PRAISES TO THE SUN)

1. Aum Hram Mitraya Namaha
2. Aum Hreem Ravaye Namaha
3. Aum Hroom Suryaaya Namaha

4. Aum Hraim Bhaanave Namaha
5. Aum Hraum Khagaya Namaha
6. Aum Hraha Pushne Namaha

7. Aum Hram Hiranyagarbhaya Namaha
8. Aum Hreem Marichaye Namaha
9. Aum Hroom Adityaya Namaha
10. Aum Hraim Savitre Namaha
11. Aum Hraum Arkaya Namaha
12. Aum Hraha Bhaskaraaya Namaha

Meaning of Surya Namaskar Mantra:

Hram, Hreem, Hroom, Hraim, Hraum Hraha are Bija Mantra- No direct translation- the work on an energetic level with our energy bodies.

1. Who is friendly to all
2. The shining one, the radiant one
3. Who is the dispeller of darkness and responsible for bringing activity
4. One who illumines, the bright one
5. Who is all-pervading, one who moves through the sky
6. Giver of nourishment and fulfillment
7. Who has golden color brilliance
8. The giver of light with infinite number of rays
9. The son of Aditi, the cosmic divine Mother
10. One who is responsible for life
11. Worthy of praise and glory
12. Giver of wisdom and cosmic illumination

All Praises to the Sun!

Friend of All, The Radiant One, the Guide of All

Bestower of Beauty, Stimulating our senses, Nourishing us all....

All Praises to the Sun! The Creator, Destroyer of Disease, Inspiring Me

The great Purifier, Praised by All,

Illuminating our World.

Medha Suktam (Creative Inspiration)

(with approximate translation)

May the all pervasive Goddess of intelligence who is happy with us, who brings prosperity and kindness, visit us

Tvayaa Jushhtaa Nudamaanaa Duruktaan Brahad Vadema Vidathe Suviraaha

Oh Goddess we were indulging in futile gossip before your visit but now by your grace we got the talent to speak like disciples

Tvayaa Jushhta Rishhir Bhavati Devi Tvayaa Brahmaa Aagatshrii Ruta Tvayaa

Oh Goddess admired by you, one becomes a Rishi, one becomes the knower of Brahma and attains an abundance of wealth

Tvayaa Jushhta Schitram Vindate Vasu Saano Jushhasva Dravino Na Medhe

I pray to that Goddess of intelligence to grant us the various forms of wealth
May Lord Indra grant us the inner knowledge, may Goddess Sarasvati grant us intelligence

Medhaam Ma Indro Dadaatu Medhaam Devi Sarasvati

Medhaam Me Ashvinaa Vu Bhaavaadhattaam Pushhka Rasrajaa

May the two Ashwins, wearing garlands made of Lotus flowers, grant us wisdom

Apsara Suchayaa Medhaa Gandhar Veshhu Cha Yanmanaha

Apsaras have intelligence, Gandharvas have intelligence, Goddess of intelligence is Saraswati, let the intelligence spread like fragrance. I offer you without any reservations.

Devim Medhaa Sarasvati Saamaam Medhaa Surabhir Jushhataam Svaahaa

Let the divine intelligence awaken in us which spreads at the Vedic law and has fragrance

Aamaam Medhaa Surabhirr Vishvaruupaa Hiran Yavarnaa Jagatii Jagamyaa

The one who grants intelligence, the one who spreads like perfume, the one who bears the golden letters, the one who is immortal, may that Goddess be kind to us

Uurja Svatii Paya Saa Pinva Maanaa Saamaam Medhaa Supratiikaa Jushhantaam

Oh Medha Devi, who is with a glowing countenance, whom seekers of Truth pursue, who is the seat of strength, who brings us up with milk and other wealth, come and be kind to us

Mayi Medhaam Mayi Prajaam Mayya Gnistejo Dadhaatu

Mayi Medhaam Mayi Prajaam Mayi Indra Indri Yam Dadhaatu

Mayi Medhaam Mayi Prajaam Mayi Suuryo Bhraajo Dadhaatu

May the Fire God grant us the intelligence and the glow of the vedic chanting, may Lord Indra grant us intelligence and the strength arising from the control of one's senses, may the Sun God grant us intelligence and the strength to create fear in the enemy's heart.

MA (Auspiciousness)

Maaaaaaaa
Vedic mantra:
Sarva Mangala Mangalye
Shive Sarvathe Shadike
Sharanye Triambike Gauri
Narayani Namostute

prayer:
Humble Praise to the Divine Mother, O Narayani!
Most auspicious and overflowing with blessings!
You , who radiate the pure golden light of Love, bestowing comfort and protection to all who sincerely ask-
Gratitude and Praise to You, O shining one, who lives in the sanctuary of our most holy of holy hearts.
Blessed Be, Jai Ma.

OM SHIVA

Om namah Shivaya
Im Shiva
I bow down in humble reverence to the Supreme Reality,
To the true self,
to the Divine Bliss
to theThe Formless Cosmic Consciousness that dwells in All.
Om Namah Shiva
Arunachala Shiva
Arunachala Shiva
Arunachala Shiva
Arunachala Shiva
Arunachala
Shivoham, Shivoham, Shivoham So Ham Shivoham (4x)
Shivoham!! Shivoham!! (2x)
Om Namah Shivaya
Shivaya Namaha! Shivaya Namaha! (2x)
Shambhu Shankara Nama Shivaya (4x)
Girija Shankara Nama Shivaya (2x)
Arunachala Shiva Nama Shivaya (4x)
Om Namah Shivaya!
Bhang Bhang Bolonatha Shiva MahaDeva!
Shivaya Namaha! Shivaya Namaha!
Om Namah Shivaya
Hari Om

VARUNA (Praises to WATER)

We all depend on Water for our life and comfort. Humanity is awakening more and more to the innate power that Water possesses- which is causing us to re-evaluate what Life Really Is, For Water itself can store and transfer energetic memory and information and is indeed receptive to our intentions and prayers. I really resonated with the deity Varuna, "The Lord of the Waters" and created this song to invoke reverence for the power of Water. I also included many sounds of water: the rain, rivers and the Ocean to really connect the listener with this sacred Element.

lyrics

Varuna Gayatri

(Varuna is the lord of all water bodies, particularly the Ocean and also the ruler of the Sky and bringer of Rain. Traditionally, this mantra is chanted to invoke the rain, protection while out at sea and also to bring harmony to home and relationships as well.)

Om Jala Bimbhaya Vidhmahe

Nila Purushaya Dhimahi

Thanno Varuna Prachodayat

GANESHA (Liberation)

Om Gam Ganapataye Namaha (Bija Mantra for Ganesh)

Ganesha Sharanam, Sharanam Ganesha (Taking refuge in Ganesh)

verse 1

Free me for the Suffering, mind games of the past no longer bind me!

Free me from the self imposed limitations, I am Here to Remind Me that

I am Here to just be me- to grow and experience life in this body, while Im on this sacred Soul

Journey

May the Light Guide and Protect Me

May the Light Guide and Protect Me

May the Light Guide and Protect Me

verse 2

I am grateful to Receive these blessings of Light and Awakening-

Clarity of Vision to see through the Illusion

May my life be an exquisite offering-

bringing Peace and Happiness,

knowing I am not alone going through this

obstacle course of opportunities.

Help me to See that

Everything is here to Teach Me

How to Love, How to Love

Everything is here to Teach Me

How to Love, How to Love

CHANDRA SLOKA (Peace of Mind)

This hymn, or sloka, is also known as Soma's Sloka.

This song is to bring calm and peace to the mind.

Another name for the Moon/Chandra is "Soma," which is individualized consciousness as it manifests through the mind and emotions. It is the feeling nature that unites the body with the soul. Being souls in a body, we go through our own phases like the moon, reflecting the light of the Sun.

The Moon is the ruler of the mental/emotional faculties and in this age many of us may have a hard time "turning off" the mind which can cause great suffering. Or we might have a tendency to seek through our mental processes knowledge to no end, never feeling like we ever have enough and at the same time feeling overwhelmed with it all.

The light of illumination (of our own divinity and consciousness) comes from within- if we constantly seek it from outside ourselves we will find that it waxes and wanes like the moon. But this is the paradox of being Human- being infinite consciousness within a finite body.

lyrics

Moon Gayatri:

Om Ksheera Putraya Vidmahe

Amritatvaye Dhimahi

Thanno Chandra Prachodayat

Swaha.

“Om. Let us meditate on the glorious son of milk, the glowing Moon. May that Chandra, the essence of nectar, inspire and illumine our mind and understanding.”

Chandra or Soma's Sloka:

Om Dadhi-shankha Tushaarabham

Ksheeror-daarnava sambhavam

Namami Shashinam Somam

Shambhor-mukuta-bhooshanam

translation: "I bow to the Moon, whose color resembles the hue of Curds, a Conch and the color of show, The one who sprang out from the milky ocean, I bow down to the effulgent emblem of devotion, the one who beautifies the crown of Shiva and who is of the form of nectar."

credits

OM

The most well known Mantra of all- Om

Chanting this sound syllable brings expansion of the mind, peace, and helps a person to connect in unity with the universe.

Om is a "Bija" or Seed Mantra, for the Ajna (3rd eye) chakra.

Try chanting Om for just five minutes every day and see how it could transform your life.