

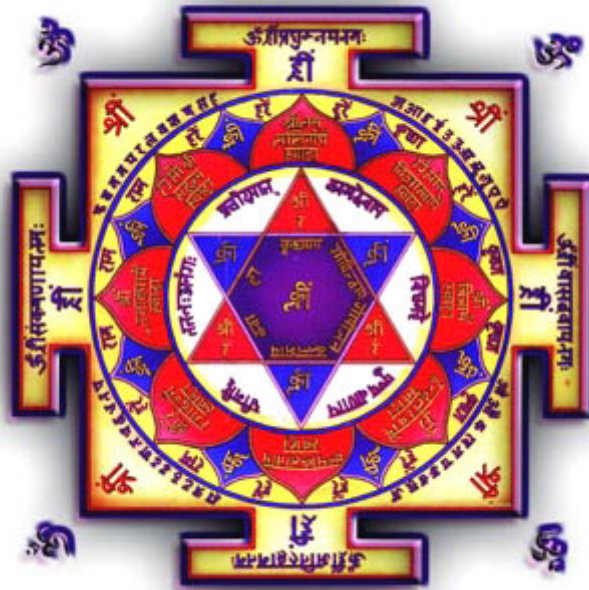
Worship and Puja: 'SADHANA' [samndhya-sadhana]

By Jyotikar Pattni @ www.hanss.co.uk

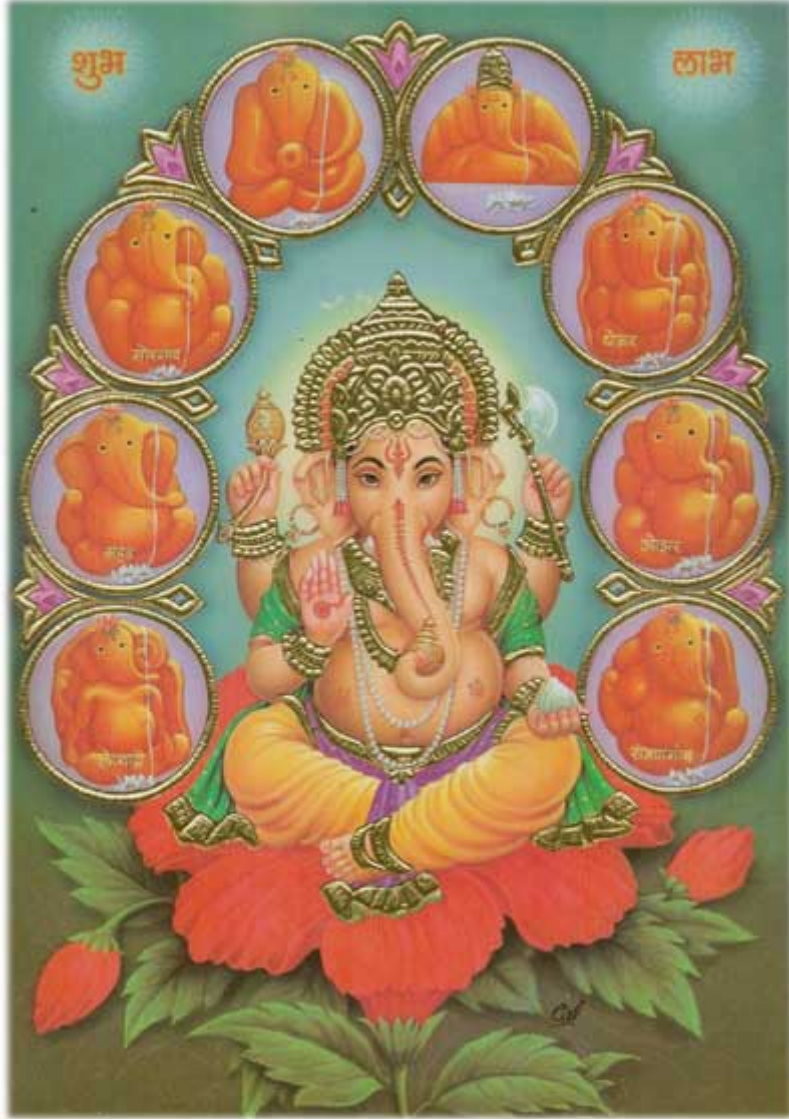
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Shravana Month implies spiritual awakening. The entire shravana maasa is a month of grand spiritual awakening.



Ancient Vedic mantras from the lofty peaks of Himalayas



Aum Hreem Shreem

Ridhi Sidhi Vinayakayah Shreemahan Maha-Ganadhipattayeh Namoh Namah

Aum

Om Gurur Brahma gurur Vishnu Gurur devo Maheshwara Gurur sakshat

ParamBrahma Tasmai sri gurave namah

Salutations to the Divine Guru with whose divine grace all is possible.

Aum Tat Sat

One must never recite any mantra without the beeja Akshara AUM in the beginning and the end. One must be pure at mind, heart and body when one undertakes to sit and contemplate upon mantra manjaree [recital of mantras].

One must NOT use another's beads. One must have one's own beads personalised to one in a mala-bead pocket. If one does not have beads please visit www.hanss.co.uk and look under positive links.

One must recite the mantra-manjaree in quietness, in silence and in peaceful corner preferably at times of samndhya – half hour before the dawn and the dusk.

One must recite the GEETA MAHATMYA once a day and read a shloka of Geetaji once a day. If one is unsure of Geeta Mahatmya please visit www.hanss.co.uk/homepage for clarification. When one undertakes sadhana, one must say three times: Vishnuvay namah *3.

One must take a vow of “iddaam na maamma iddamm” – intention of divine worship is not selfish but selflessly dedicated towards the welfare of humanity, towards the enlightenment of one's soul divine and towards the emancipation of one's life from the bondages of samsahr and wheel of maya [illusion].

One must remove the myth of “GURUISM” and the commercial flux of Guruism.

One may be initiated by Vedic Shastriji or Vedic Consultant provided this person has the boon and the kanda [official permission] of the initiation mantras. Whosoever acts in the capacity of initiating the guru mantra takes upon himself or herself the heaviest and the severest responsibility [one that is a trust embedded upon from the highest celestial] of guiding the disciple in accordance with the VEDAS, the Vedic form of worshipping and the authentic Vedic Sanatana Dharma practice.

If various Gurus arise all over the world undertaking their own private means of breaking the universal practice, such Gurus suffer for seven lives.

One should therefore NOT claim to be a Guru unless one is absolutely totally sure of guiding a spirit of life within the parameters of Vedic Sanatana Dharma in accordance with purest divinity and purest intentions of accomplishing divinity in the person.

When a Guru initiates a person, without the GANESH guru mantra, one is considered to be acting outside the spectrum of Vedic-Mantra-practice.

Guru is Brahmah; Guru is Vishnoor; Guru is Shiva-Maheshvara: Guru is Ganesh the Vedic [equivalent of a prime minister]. Mantra, yantra and tantra should never be undertaken without invoking Ganeshji first. Otherwise one is worshipping the Ghosts.

One must recite the mantras that illuminate one and grant light of divinity to the intellect and consciousness. In this publication, I have written for the benefit of those seeking Sadhana practice the rites and rituals and methodology of pure Vedic Divinity.

Simple Ganesh mantras that have beejaakshara and beeja: shakti to move in energy are:

1. *Aum Hrim Gamm Ganapattayeh Namoh Namah Aum*
2. *Aum Shree Ganeshayah Aum*
3. *Aum Hrim Shrim Maha-Ganadhipattayeh Namoh Namah Aum*
4. *Aum Shree Ganeshaya Sharannam mamma*
5. *Aum Guru Ganeshaya nomoh namah*
6. *Aum hrim shrim Guruveh Ganapattiyeh*
7. *Aum Shree Sumukhaya Somaya Ganeshaya namah*

Shree Ganesh Vandana

*Gajaananam bhutaganadisevitam kapitthajambuuphala charubhaksanam
Umasutam shokavinaashakaarkam namaami vighneshvar padpankajam*

I salute the lotus feet of lord Ganesha the son of Uma and remover of obstacles who has the face of an elephant, is served by all creatures, eats fruits like Kapittha and Black Berry with relish and who dispels the sorrows of his devotees.

1.GAYATRI MANTRA [short form and pronunciation]

*Aum Bhuhr Bhuvah Suvvahr Aum Tat Savitur Varenyam
Bhargo Devasya Dhimahi Dhiyo Yo Nah Prachodayat Aum*

From Rigveda

Summary of the Mantra:

Aum is the first sound and symbol of Godhead. May that Aum that lights the three worlds alike, [the celestial, the terrestrial and the spiritual]; enlighten our intellects with the grace divine of Savitri-Samndhya [the rays of the Sun God]; such that Brahmah Surya may remove, ignorance, darkness and myth of illusions from our consciousness and fill our lives with eternal divinity with thine sin destroying light of Seven rays of Surya [Samndhya-Savitree-Satti-Gayatri-Sattya-Randal-Chayah].

ॐ भूर्भुवः स्वः, ॐ तत्सवितुर्वरेण्यं

भर्गो देवस्य धीमहि, धियो यो नः प्रचोदयात्। ॐ

अर्थः उस प्राण स्वरूप, दुःखनाशक, सुखस्वरूप, श्रेष्ठ, तेजस्वी, पापनाशक, देवस्वरूप परमात्मा को हम अंतःकरण में धारण करें। वह परमात्मा हमारी बुद्धि को सन्मार्ग में प्रेरित करे।

ॐ

Word for Word Meaning of the Mantra

Aum = Brahma; bhoor = embodiment of vital spiritual energy (pran); bhuvah = destroyer of sufferings; swaha = embodiment of happiness; tat = that; savitur = bright like sun; varenyam = best choicest; bhargo = destroyer of sins; devasya = divine; dheemahi = may imbibe; dhiyo = intellect; yo = who; Naha = our; prachodayat = may inspire;

Meaning of Gayatri Mantra: Rishis selected the words of various Mantras and arranged them so that they not only convey meaning but also create specific power through their utterance. Gayatri Mantra inspires wisdom. Its meaning is that "May the Almighty God illuminate our intellect to lead us along the righteous path". All the problems of a person are solved if he/she is endowed with the gift of righteous wisdom. Once endowed with far-sighted wisdom, a man is neither entangled in calamity nor does he tread the wrong path. A wise man finds solution to all outstanding problems. Only those persons who do not think correctly find difficulty and take wrong steps due to foolishness. Chanting of Gayatri Mantra removes this deficiency. The teachings and powers incorporated in the Gayatri Mantra fulfil this purpose. Righteous wisdom starts emerging soon after chanting this Mantra.

One who recites Gayatri mantra overcomes ignorance and myths; overcomes pains and sorrows fated by the course of karma; prepares one's spirit of life for a divine life and divinity. Reciting Gayatri mantra was founded by Vyasa Muni, its four pillars are founded upon the four Vedas and the Mantra is the mother of Vedas. Gayatri mantra was first declared the mantra of illumination by Lord Ganesh in the Gayatri Purana many centuries before the epic of Mahabharata.

2. Maha Mrityunjaya Mantra

OM NAMA SHIVAYA

The Maha Mrityunjaya is a mantra that is said to rejuvenate, bestow health, wealth, a long life, peace, prosperity and contentment. The Mantra is a centuries old technique of connecting one to pure consciousness and bliss.

The prayer is addressed to LORD SHIVA. By chanting this Mantra, Divine vibrations are generated which ward off all the negative and evil forces and create a powerful protective shield. And it is said to protect the one who chants against accidents and misfortunes of every kind. It is a vibration that pulsates through every cell, every molecule of our body and tears away the veil of ignorance. It ignites a fire within us that consumes all our negativity and purifies our entire system. It is also said to have a powerful healing of diseases declared incurable even by the doctors. It is a Mantra to conquer death and connects us to our own inner divinity. Known as the Moksha Mantra of Lord Shiva, Maha Mrityunjaya evokes the Shiva within and removes the fear of death, liberating one from the cycle of death and rebirth. This mantra MUST NOT be recited with improper pronunciation or otherwise without having been recited to one's ears by a Brahmin priest at least eleven times in front of hommamm.

Maha Mrityunjaya Mantra short form – recital form:

*Aum Trraayambakam Yajamahe Suggandheem Pushti - vardhannam /
Urva -Rrukamiva Bandhanan Mrrityoorr - mokshaeeya Mam -aamritat //*

Aum Namoh Namah Shiva Shivayah Namah Aum ///

Meaning:

Aum; we worship The Three-Eyed Lord Shiva who is fragrant and who increasingly nourishes the devotees. Worshipping him may we be liberated from death for the sake of immortality just as the ripe cucumber easily separates itself from the binding stalk.

Explanation

The mantra is a prayer to Lord Shiva who is addressed as Sankara and Trayambakam. Sankara is sana (blessings) and Kara (the Giver). Trayambakam is the three eyed one (where the third eye signifies the giver of knowledge, which destroys ignorance and releases us from the cycle of death and rebirth).

Prayer to Lord Shiva:

Shiva Prarthana:

*Om Namastestu Bhagavan Visvesaraya Mahadevaya Trayambakaya
Tripurantakaya Trikagnee – Kalaya Kalagnee - Rudraya Nil – Kanthaya
Mrrityunjayayah Sarvesvarayah Sadadhivaya Sriman Mahadevaya namoh
Namah.*

Meaning :

Aum; I bow down to Lord Shiva, who is the creator and protector of the universe, who is the greatest among gods, who has three eyes, who is the annihilator of all the three worlds, one whose throat is blue, who is the conqueror of death, who is the Lord of all, who is propitious who is possessed of all marks of greatness and who is the greatest among Gods. *To BHAGAVAN SHIVA; OUR SALUTATIONS AND prostrations.*

Namaskara Mantra prarthana:

*Om Namah Sambhavaya Cha Mayaobhavaya Cha Namah Shankaraya Cha
Mayaskaraya Cha Namah Shivaya Cha Shivtaraya Cha Aum Namah Shivaya
Aum Tat Sat.*

Meaning:

O Almighty God. Thou art the supreme source of all worldly and divine pleasures. Thou art the impeller of our physical and spiritual advancement. O supreme Father! We pay our humble obeisance to Thee. One must recite this mantra shloka especially when pouring panchamraat or rose water or jaal over Shiva-Lingham.

Shiva Dhun:

Shivo Bhokta, Shiva Bhojya; Shivo Karta, Shivah Karma; Shivah Karanatmakah; Shiva Shiva Shiva Shambhoo ;Shiva Shiva Shiva Shambhoo; Bholenaath Shiva Shambhoo, Umapatti Mahadevya Shambhoo; Pitta Maheshvaraya Shiva MahaDevaya; HaRa HaRa HaRa MahaDevaya Shiva Shiva Shiva Shambhoo

Meaning:

Shiva is the experienced and the highest object of experience. Shiva is the goal of Sadhana. There is nothing apart from Shiva. There is nothing other than Shiva. Whatever there is, all is Shiva. There is nothing, which is not Shiva. There is no place, which is not Shiva. There is no time, which is not Shiva. To be aware of this is to be aware of Shiva.

When to Chant: Everyday and especially during illness of family members together with Hanumantha Chalisa and Sunderkanda Pathd. Ensure Hanumantha Chalisa is recited at least eleven times or at least once daily.

Preferably with a deepam and dhupam

Chanting the Maha Mrityunjaya Mantra with sincerity, faith and devotion in Brahma Muhurta is very beneficial. But one can also chant it anytime in a pure environment with great benefit and discover the happiness that's already within.

Hanuman Chalisa is a miraculous mantra of cure because Hanumanji Maharaj is the incarnation of Shiva Rudra Ishhaanna Sommamm Vayau. Shiva is the northern God that governs all other cosmos and is the supreme God protecting the Sommamm nectar "amrutt" of the Brahma Vishnoo Bhagavan or Brahmah ParamAtman JagadAtman ParamEishvaar. Shiva is the ultimate cosmic Godhead and there is nothing higher than Shiva.

The Gayatri mantra and the Maha-Mrrityunjaya mantra therefore are the most powerful mantras of the Vedas and the most authentic mantras of the Vedas.

One must recite peace before and after puja [worship]

Peace before the puja is the Aum Shantih three times.

Peace after the Puja is as follows:

3. Shanti Paath - Peace Prayer

Aum Dyauh Shantir Antarikshagum Shanti Prithivi
Shanti -raapah Saantih-oshadhaya Shaantir
Vanaspatayah Shantir Vishwe - devah Shantih Brahma
Shantih Sarvagum Shantih Shantih - Reva
Shantihi Sama Shanti-Redhi, Om Shantih Shantih Shantih

May there be peace in Heaven

Peace in the Atmosphere or Universe

May there be peace on Earth

Peace across the waters

May peace flow from herbs, plants and trees

May all the celestial beings pervade peace

May peace pervade all quarters

May that peace come to me too

O Lord! (BHAGWAN) MAY THERE BE PEACE PEACE



4. Shree Mahalakshmya-ashtkam



*Namastetu Mahaamaaye Shree peetthey Surpoojitey Shankha chakra
gadaa hastey Mahaalakshmi Namostutey. 1*

O Mahaamaya, abode of fortune who art worshipped by the Devas, I salute Thee:
O MahaaLakshmi, wielder of conch, disc and mace, obeiscance to Thee.

*Namastey Garooda roodhey; Kola asura bhayankari Sarva paapa harey Devi
Mahaa Lakshmi Namostutey. 2*

My salutations to Thee; who ridest the Garuda; and art a terror to Asura Kola: O
Devi MahaaLaxmi remover of all misereries, my obeiscance to Thee.

*Sarvagyey Sarva-Varadey Sarva-dushta Bhayankaree Sarva-dukha harrey
Devi MahaLaxmi Namostutey. 3*

O Devi MahaaLakshmi who knows all, giver of all boons, a terror to all the wicked,
remover of all sorrow, Obeiscance to Thee.

Sidhee- Budhee pradey Devi, Bhakti Mukti pradaayanee, Mantra-Moorthey sadaa Devi, MahaLaxmi Namostutey. 4

O Devi, Giver of Intelligence and Success, and of worldly enjoyment and liberation, thou hast always the mystic symbols as Thy form, O MahaLakshmi, obeisance to Thee.

Aadi-Anta rahitey Devi, Aadi- Shakti Maheshwari, Yogajey Yogasambhutey, MahaaLaxmi namostutey. 5

O Devi, Maheshwari, without a beginning or an end, O Primeval Energy, Born of Yoga, O MahaLakshmi, obeisance to Thee.

Sthoola Sukshma Mahaa roudrey; MahaaShakti Mahodayey Mahaa paapa harey Devi, MahaLaxmi Namostutey. 6

O MahaLakshmi who art both gross and subtle, most terrifying, great Power, great prosperity, and great Remover of all sins, obeisance to Thee.

Padma Aasan Sthitey Devi, Para Brahma Svaroopini, Parmeshi Jagan Maatar, MahaLaxmi Namostutey. 7

O Devi, seated on the Lotus, who art the Supreme Brahman, the great Lord and Mother of the Universe, O MahaLaxmi, obeisance to Thee.

Shvet Aambar dharey Devi, Nana Alankaara Bhooshitey, Jagat Sthitey Jagan Matar; MahaLaxhmeeyee Namostutey. 8

O Devi, robed in white garments, and decked with various kinds of ornaments, thou art the Mother of the Universe, O MahaLakshmi, and Obeisance to Thee.

MahaLakshmya ashtak Stotram, Yaha pathed Bhaktimaan naraha, Sarva Sidhim Avaapnoti, Rajyam prapnoti sarvada. 9

Whoever with devotion reads these eight Hymns of Goddess MahaLakshmi, composed in 8 stanza- Shalokas or mantras, attains all sidhis and comforts of a kingdom. *Eka kale Pathen - nityam mahapapa vinashanam, Dvikalam yah Pathen - nityam Dhan - dhanya saminvatah. Trikalam yah Pathen - nityam mahashatru vinashanam, MahaLakshmir - bhaven - nityam prasanna varada subha.*

5. Other Prayers- Prarthana s

*Om Asato Ma Sad-gamaya Tamsa Ma Jyotir-gamaya
Mrityor-maa Amritam Gamaya
from Brhadaranyaka Upanishad*

O Lord! (Bhagwan or ParamAtman)- Lead me from falsity to Truth, from Darkness to Light, from Death to Immortality or Eternal.

5.2. Morning Prayer after bathing

*Karaagre vasate Lakshmi Karamoole Saraswati
Karmadhye tu Govinda Prabhate kar-darshanam*

On the tips of the fingers resides Goddess Lakshmi-Goddess of Wealth, On the wrist resides Goddess Saraswati-Goddess of Knowledge or learning, In the centre of the palm resides lord Govinda Himself, Every morning one should look at the palm with reverence.

5.3. Shree Hanumantha prarthana

*Manojavam maaruta - tulyavegam jitendriyam buddhimataam varishtham
Vaataatmajam vaanaryouth mukhyam hreeramdootam sharnam prapadya.
Aum hum hum hum Hanumanthayeh Namah.*

5.4. Shree Uma - Maheshvar Stuti

*Karpur gauram karunaa avataaram, Sansaar saaram bhujendra haaram
Sadaa- vasantam -HhRridayaarvinde, Bhavam Bhavaani sahitam namaami*

I bow to that camphor-hued, white complexioned(Lord Shiva), who is Incarnation of compassion, who is the very essence of (consciousness; the Knowing principle) of life (of the embodied soul); who wears snakes as garlands, whose eternal abodes in the heart of the devotee, I bow to Him (Lord-Shiva) and His consort Bhavaani (Uma or Parvati).

Samarpan

*Twamev maata cha pitta twamev; twameva bandhu cha sakha twameva
Twameva vidyaya dravinam twameva; twameva sarravam mamma Deva Deva*

Oh Bhagavan, thou art our father and our mother thou art, thou art true friend and thou art true brother. Thou art all divine knowledge and power (wealth) and thou God of Gods and that thou art everything to me.

Sarvodaya

*Sarve bhavantu sukhinah, sarve santu niraamayaah Sarve bhadrani
pashyantu, maa kashichad dukh-bhag-bhavet*

May everyone be happy and in comfort, may everyone be happy and in good health, may everyone do well and be happy, may every be blissfully free from anxiety, want and suffering.

Shiva Prarthana (Hymns of Lord Shiva)

Shree Shiv Panchakshar Stotram (The Five Letters Hymn Of Lord Shiva)

PANCHAKSHAR STOTRAM

Nagendra Haraya Thrilochanaya, Bhasmanga Ragaya Maheshvaraya Nityaya
Suddhaya Digambaraya, Tasmai Nakaaraya Namah Shivaya Stotra 1

Mandakini Salila Chandana Charchitaya, Nandesvara Pramatha Natha
Mahesvaraya Mandara Pushpa Vahu Pushpa Supoojitaaya, Tasmai Ma kaaraaya
Namah Shivaya Stotra 2

Shivaya Gauri Vadana Aravinda, Sooryaaya Dakshaadhvara Naashakaaya
Shree Neelakantaya Vrisha Dhvajaya, Tasmai Shi-kaaraya Namah Shivaya
Stotra 3

Vasishta Kumbhodbhava Gautamaya, Munindra Devaarchita Sekharaya
Chandrarka Vaishvanara Lochanaya, Tasmai Va-karaya Namah Shivaya
Stotra 4

Yajna Swarupaya Jatadharaya, Pinaka Hasthaaya Sanatanaya
Divyaaya Devaaya Digambaraaya, Tasmai Ya-karaaya Namah Shivaya Stotra 5

Panchaksharami Idam Punyam, Yah Pathet Shiva Sannidhau
Shivaloka Mavapnoti, Shivena Saha Modate. Stotra-sampurna

MEANINGS:

1. I offer my humble salutations to Lord Maheshvara or Shiva - who has a garland of serpents around the neck; who has three eyes; whose body is covered with ash (vibhuti); who is eternal; who is pure; who has the entire sky as His dress and who is embodied as the first letter Na.
2. I bow to Lord Maheshvara, who is embodied as Makaara (letter Ma), whose body is anointed with holy waters from the river Ganges and sandal paste, who is the sovereign king of the Pramatha Ganas and who is adorned with innumerable divine flowers such as Mandaara.
3. I offer my salutations to Lord Shiva, who is the resplendent sun for mother Gauri`s lotus face, who is the destroyer of Daksha`s sacrificial ritual, who is the blue necked Lord (due to the Haalahala poison which He agreed to consume), whose banner bears the emblem of a bull and who is embodied as the letter Shi.
4. I prostrate before the God of Gods, who is worshipped and prayed to by great sages such as Vashishta, Agastya and Gautama, whose eyes are sun, moon and the fire and who is embodied as Vakaara (letter Va).
5. Prostrations to the sacred Lord who is the Yaksha incarnate, whose hairs are long and matted, who holds Pinaaka (trident) in His hand, who has the entire sky as His attire and who is embodied as the letter Ya.
6. Whoever recites and repeats this prayer composed with the five holy letters before Lord Shiva, attains that supreme abode of His and enjoys the eternal Bliss.

All Shiv Panchakshar Stotram are completed (sampurna) or performed.

Some Important Mantras

These Mantras are self healing and very powerful.

Ganesha: Om Gum Ganapatayei Namaha

Meaning: Om and salutations to the remover of obstacles for which Gum is the seed. The story of Lord Ganesha is found in the chapter devoted to this principle. But for your immediate need, you need only know that for seen or unseen obstacles which seem to be standing in the way of your progress or achievement, either specifically or generally, this mantra has proved invaluable. It has been used it with great success not only in India, but also in the world.

Lakshmi: Om Shrim Shree Maha-Laxshmeeji namastasyei namastasyei namastasyei namoh namah. [Maha-LAXSHMEE is the Durga-Saraswatti and Bhavani trinity in one Goddess of Ambika and hence she is also referred to as JAGAD-AMBIKA or Jagad-Ambe or Jagad Eishwaree or Bhauneshvaree].

Meaning: Om and salutations to that feminine energy which bestows all manner of wealth, and prosperity for which Shrim is the seed.

This mantra has not only been used for the purpose of attracting prosperity, but also for drawing in proper friends, clearing up family misunderstandings and quarrels, and smoothing some health problems. As we all know, there are many different kinds of wealth. As you use this mantra, focus on the kind of wealth you wish to manifest in your life.

Aum Srim Maha Lakshmee Namah

This mantra is of Goddess Lakshmi, the goddess of all the wealth and Prosperity in the world.

The Bhavani tantra is extremely complex and deep and It is not my purpose to elucidate nitya-mantra-yantra-tantra.

Durga: Om Dum Durgayei Namaha

Meaning: 'Om and Salutations to that feminine energy which protects from all manner of negative influences, and for which Dum is the seed.'

Durga Mata or Maiya is the Divine Protectors. Typically shown riding a lion or a tiger, Durga Mata or Maiya has a hundred arms, each with a different weapon of destruction. Yet her face is exquisitely beautiful to behold. The interpretation is that to the pious and the sincere seeker after truth, her sight can produce ecstasy and a variety of beautiful forms. But the negative, harmful or demonic, her countenance is as terrible as Kali Mata, except she shows more weapons of destruction than Kali.

Saraswati: Om Eim Saraswati Namaha

Meaning: 'Om and salutations to that feminine energy which informs all artistic and scholastic endeavours, and for which Eim (pronounced *I'm*) is the seed.'

Saraswati holds a musical instrument, the Veena, in one hand and a rosary in another hand. She spans the world of mundane knowledge and spiritual understanding. Those pursuing any artistic or educational endeavour whatsoever will gain greatly from the practice of this mantra.

Shiva: Om Namah Shivaya

This mantra has no approximate translation. It generally means Salutations to Lord Shiva or Shiv Ji. Shiva means Lord Shiva. The sounds related directly to the principles, which govern each of the first six chakras on the spine...Earth, Water, Fire, Air, and Ether. Notice that this does not refer to the chakras themselves, which have a different set of seed sounds, but rather the principles, which govern those chakras in their place. A very rough, non-literal translation could be something like, 'Om and salutations to that which I am capable of becoming.' This mantra will start one out on the path of subtle development of spiritual attainments. It is the beginning on the path of Siddha Yoga, or the Yoga of Perfection of the Divine Vehicle.

Rama: Om Sri Rama Jaya Rama, Jaya, Jaya Rama

Meaning: Om and Victory to Rama (the self within), victory, victory to Rama.

Rama was an Avatar who came several thousand years ago. His sole purpose was to show how a person should live a Divine Life while living in a human body. A short story about the esoteric meaning of his life is found in The Ramayana.

This mantra will 'take one across' the ocean of rebirth. In a more immediate way, it is most powerful in reducing negative karmic effects no matter in which life they might have occurred.

Subramanya: Om Sharavana-bhavaya Namaha

Meaning: Om and salutations to the son of Shiva, who brings auspiciousness and who is chief of the celestial army.

The positive effects of this mantra may not be so clearly seen or described as some of the others: a seeming increase in good fortune or luck; the ability to make the best of a set of circumstances which may occur; an increase in positive mental or emotional disposition; an easier route to becoming physically fit. Yet these few phrases do not begin to exhaust the benefits of using this mantra. It seems to brighten or optimize nearly everything in life.

Rama (Healing Mantra):

Om Apadaamaapa HartaRraam DataRraam Sarva Sampadam Loka Bhi Ramam Sri Ramam Bhuyo Bhuyo Namamyaham Aum namoh Raama Ramaya Jaya Siya Raama; Raama Raama Rametti

Meaning: Om, Oh most compassionate Rama please send your healing energy right here to the earth, to the earth (twice for emphasis.)

This is the most powerful healing mantra on this earth. Although the mantra is long, it is simple to say phonetically. If you can, say it 108 times in a sitting. If you are just starting out, this may initially take up to one hour. After you are comfortable with the mantra, it will only take you 30 minutes.



Getting Started

Shravana shudh [shukla paksha] bright cycle of the beeja day on Tuesday 14th August 2007 is the most auspicious day to begin any new spiritual endeavours or any new spiritual sadhana or spiritual practice. If one wishes to do pranna pratishtha moorti ceremony of instituting life in statue of Ganesh, this is the best possible day. If one wishes to conduct inauguration hommam for mantra-sidhi-tantra-sadhana then this is the most auspicious day to begin.

We all have to start somewhere. Start by picking some aspect of your life you wish to improve or me vexing problem you would like to solve or dissolve. Then pick a mantra, which seems, to you, to apply. Offer a prayer to God, in whatever way you relate to God. Ask for God's blessing in accomplishing your objective in doing this spiritual discipline. Once you have decided to undertake the discipline and offered your prayers, then pick a place where you will say your mantra for a certain number of times each day. If possible, obtain a rosary of some kind and do your mantras in some multiple of 108. If getting a rosary is not possible, then decide on a certain amount of time you will spend each day saying your mantra. It can be five minutes, ten minutes, twenty minutes or even an hour. For your first experience, any time up to twenty minutes is advisable.

My recommendation is to contemplate upon silence after the mantra and contemplate upon silence everyday. Contemplation is beyond meditation. Meditation cannot be feasibly possible in kaaliyug in accordance with the code of Vedas. However Contemplation is possible and mantra-manjaree is therefore the most suitable recommended method by which one can progress in spiritual sadhana or worship or contemplation. The reason for taking things easy for the first 40-day commitment is due to the cumulative action of the mantra. For the first few days, all will probably go smoothly. Then as you progress, you may find that things start to get in the way of your doing the discipline: You oversleep; there is some minor emergency; you get a cold, whatever. This means that you are beginning to affect the inner 'something' for which you undertook the mantra. You are beginning to encounter inner resistance. That inner resistance manifests as outer obstacles to your discipline.

It has almost become a joke in many spiritual circles in which the practice of mantra is common, that something of a very surprising nature happened on day 33 or 35 of a 40-day Sadhana. Develop a sense of humour about it, and be thankful. There is no better indication that your efforts are working than to have small upheavals in your life while you are in the midst of a 40-day mantra discipline. Ask any Hindu Priest or Pujari who has undertaken one and he will have some interesting stories for you.

Vedic Sanatani Hindus recite Ishtha mantra to complete their puja.

Om Namō Bhagavate Vasudevaya

This mantra is of Lord Vishnu. Any thing in the world is possible by worshipping lord Vishnu, who sustains the life in world. Enchanting this mantra saves a devotee from many troubles. It bestows the devotee with prosperity, peace and wealth etc.

Om Kleem Krishnayeh namoh Namah

This mantra is of lord Krishna, the incarnation of Lord Vishnu. It solves all the problems of devotee and bestows him with wealth and prosperity.

Aum shree Krusshna Sharrannam Mamma

Mantra of peace and spiritual offerings – of one portion to the world of spirits, one portion to the Godhead and one portion to the human world.

*Sharanaagata dinaarta Paritraana paraayane Sarvasyaarti harey Devi
Naarraayani namostute Naarraayani namostute Naarraayani namostute.*

Which means: Salutations be to you, O Mother; you who are intent on saving the downtrodden and distressed that come under your refuge. Oh Maha Devi, you remove the suffering of everyone.

The following Mantra of Maa, is one of my favourites as it can be said anytime of the day, and anytime during your life, to pray for benediction all our loved ones.

*Aum Sarva mangala Maangalye Shivey Sarvaartha Saadhikey Sharanye
Trayambikey Gauri Naraayani Namostutey Naraayani Namostutey Naraayani
Namostutey. [Note the three times we say namostutey]*

Which means: Oh Gauri Maa, consort of Lord Shiva, you, who bestow auspiciousness on all, and fulfil everyone's wishes, I prostrate myself before Thee, Take me under your care.

The following Mantras describe the various qualities of Maa: I have picked up 3 and I generally like to say them during Navratree as they are rather simple to remember and recite:

Devi Mahatmyam

*Namo Devyai Maha Devyei Shivaaye Satatam Namaha Prakrityei Bhadraye
Nyat Pranata Smatam*

Salutations to the Great Goddess who is the abode of all Divine blessings; Maa is the primordial energy of the cosmos and the sustaining principle we offer adorations with deepest devotion.

*Ya Devi Sarva Bhuteshu Vishnu Mayeti Shabdita Namastasyei Namastasyei
Namastasyei Namoh Namaha 1*

Salutations to the Great Goddess the power of Vishnu, who abides in all beings we bow to you again and again here, are but a few of your ineffable qualities.

*Ya Devi Sarva Bhuteshu Chitenya Rupena Bhidiyate Namastasyei Namastasyei
Namastasyei Namoh Namaha 2*

Salutations to the Great Goddess who abides in all beings as the form of Infinite Consciousness We bow to you again and again

*Ya Devi Sarva Bhuteshu Buddhi Rupena Samsthita Namastasyei Namastasyei
Namastasyei Namoh Namaha 3*

Salutations to the Great Goddess who abides in all beings as the form of Intelligence; consciousness and reason; we bow to you again and again

*Ya Devi Sarva Bhuteshu Nidra Rupena Samsthita Namastasyei Namastasyei
Namastasyei Namoh Namaha 4*

Salutations to the Great Goddess who abides in all beings as the form of Sleep
We bow to you again and again

*Ya Devi Sarva Bhuteshu Ksudhi Rupena Samsthita Namastasyei Namastasyei
Namastasyei Namoh Namaha 5*

Salutations to the Great Goddess who abides in all beings as the form of Hunger
We bow to you again and again

*Ya Devi Sarva Bhuteshu Chaya Rupena Samsthita Namastasyei Namastasyei
Namastasyei Namoh Namaha 6*

Salutations to the Great Goddess who abides in all beings as the form of reflection
we bow to you again and again

*Ya Devi Sarva Bhuteshu Shakti Rupena Samsthita Namastasyei Namastasyei
Namastasyei Namoh Namaha 7*

Salutations to the Great Goddess who abides in all beings as the form of Power
We bow to you again and again

*Ya Devi Sarva Bhuteshu Thrishna Rupena Samsthita Namastasyei Namastasyei
Namastasyei Namoh Namaha 8*

Salutations to the Great Goddess who abides in all beings as the form of Thirst
We bow to you again and again



Continued



*Ya Devi Sarva Bhuteshu Kshanti Rupena Samsthita Namastasyei Namastasyei
Namastasyei Namoh Namaha 9*

*Salutations to the Great Goddess who abides in all beings as the form of
forgiveness we bow to you again and again*

*Ya Devi Sarva Bhuteshu Jati Rupena Samsthita Namastasyei Namastasyei
Namastasyei Namoh Namaha 10*

*Salutations to the Great Goddess who abides in all beings as the form of Genius
We bow to you again and again*

*Ya Devi Sarva Bhuteshu Laja Rupena Samsthita Namastasyei Namastasyei
Namastasyei Namoh Namaha 11*

*Salutations to the Great Goddess; who abides in all beings as the form of modesty
we bow to you again and again*

*Ya Devi Sarva Bhuteshu Shanti Rupena Samsthita Namastasyei Namastasyei
Namastasyei Namoh Namaha 12*

*Salutations to the Great Goddess; who abides in all beings as the form of Peace
We bow to you again and again*

*Ya Devi Sarva Bhuteshu Shraddha Rupena Samsthita Namastasyei
Namastasyei Namastasyei Namoh Namaha 13*

*Salutations to the Great Goddess who abides in all beings as the form of Faith
We bow to you again and again*



Continued



*Ya Devi Sarva Bhuteshu Kanti Rupena Samsthita Namastasyei Namastasyei
Namastasyei Namoh Namaha 14*

Salutations to the Great Goddess; who abides in all beings as the form of Beauty
We bow to you again and again

*Ya Devi Sarva Bhuteshu Vritti Rupena Samsthita Namastasyei Namastasyei
Namastasyei Namoh Namaha 15*

Salutations to the Great Goddess; who abides in all beings as the form of activity;
we bow to you again and again

*Ya Devi Sarva Bhuteshu Smriti Rupena Samsthita Namastasyei Namastasyei
Namastasyei Namoh Namaha 16*

Salutations to the Great Goddess who abides in all beings as the form of Memory
We bow to you again and again

*Ya Devi Sarva Bhuteshu Daya Rupena Samsthita Namastasyei Namastasyei
Namastasyei Namoh Namaha 17*

Salutations to the Great Goddess who abides in all beings as the form of
Compassion We bow to you again and again

*Ya Devi Sarva Bhuteshu Tushti Rupena Samsthita Namastasyei Namastasyei
Namastasyei Namoh Namaha 18*

Salutations to the Great Goddess who abides in all beings as the form of
contentment we bow to you again and again



Continued



*Ya Devi Sarva Bhuteshu Matri Rupena Samsthita Namastasyei Namastasyei
Namastasyei Namaha 19*

Salutations to the Great Goddess who abides in all beings as the form of Mother
we bow to you again and again

*Ya Devi Sarva Bhuteshu Bhranti Rupena Samsthita Namastasyei Namastasyei
Namastasyei Namaha 20*

Salutations to the Great Goddess who abides in all beings as the form of Delusion
We bow to you again and again

*Indriyanam Adhistatri Bhutanamcha Akilea Shucha; Bhuteshu Satatam Tasyea
Vyapti Devyei Namaha*

I bow again and again to her who rules all of the elements and senses I bow to the
Great Goddess MAHA-SHAKTI

*Chiti Rupena Ya Krits Nam Etat Vyapa Stithi Jagat
Namastasyei Namastasyei Namastasyei Namaha*

The Great Goddess resides in all beings in the form of Consciousness and
pervades all parts of the Universe; adorations again and again to her.

Aum Shantih Shantih Shantih

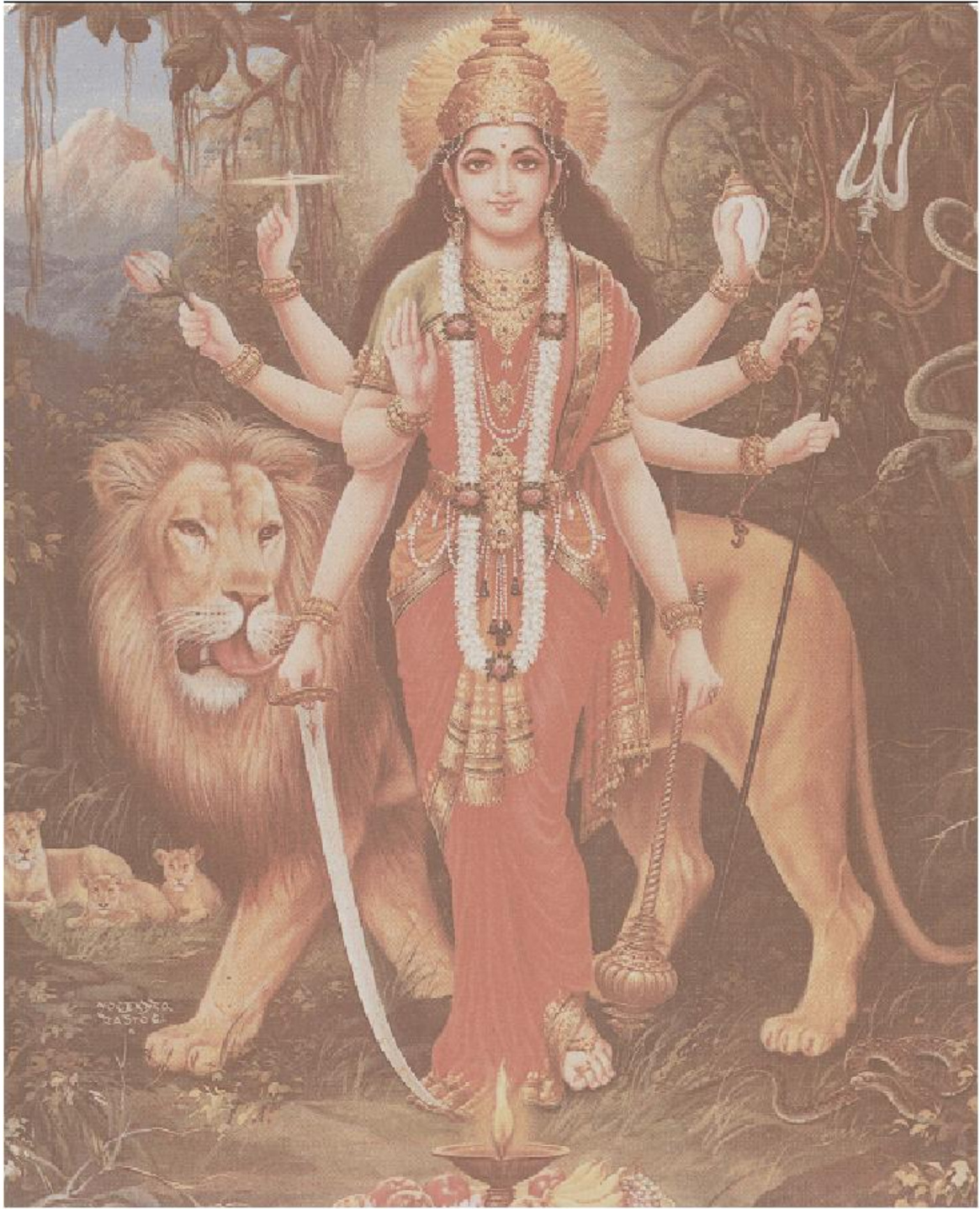
Jaya Ambe

Jaya Gauri

Jaya Bhavani

Jaya Bhagavatti

Jaya Durga



PRAYER TO LORD RAMA

*Aum Ram rameti rangmeti, Rame Raame manorame, Sahastra naam tatulyam,
Shri Rama naam varaanane. Rama Ramaye bhadraye, Ramchandraye
vedhase, Shri Raghunathaye, Sitaye patiyeh namah.*

Submission:

Compassionate and merciful Shri Rama, all praises unto thee. Thou art the Lord and master of all they creation. Let me feel this moment your presence into my heart. Thou art the source of eternal bliss and happiness let me prosper with divinity and love. Giver of salvation art thou, guide me by the hand to receive thy favours, be pleased with my devotion O' Lord and let my body become a receptacle for thy divine grace. Forgive my trespasses and forgive those who trespass against me. Lead me unto righteousness and to your heavenly kingdom, in thy name I live and pray.

FORGIVENESS PRAYER:

*Paapoham paapakarmaham, Paapa-atma paapasambhava; Trahi mam
pundari kaaksham; Sarva paapa haro Hari;*

My egoism sinful, its work is sinful Its soul is sinful, it is born of sin. Save me o
God Destroyer of all sins.

*Mantra heenam krya heenam Bhakti heenam janaarda Yat puritan myaa devaa
Pari purnam tadastu me.*

Oh Lord I am weak in mantra I am weak in action I am weak in devotion Let my
humble prayers be answered by thy grace

END

*Om Purnamada poornamidam Purnat purnamudatyate Purnasya
purnamadaya Purnameva vashishtyate*

That (the Absolute) is full this (world, being a manifestation of the Absolute) is full when this (world-process) is taken away (by transcending it through Self-Realization), what remains is Full (the Absolute)

Shanti Paath (Prayer for Peace)

*Aum dyou shanti, Anta riksha gwam shanti, Prithivi shanti, Rapah shanti,
Roshadaya shanti, Vanapastay shanti, Vishwa devah shanti, Brahma shanti,
Sarvagwang shanti, Shanti reva , Shanti sama Shanti redhi.*

AUM SHANTIH SHANTIH SHANTIH

May there be peace in Heaven Peace in the Atmosphere Peace across the waters
May there be peace on Earth May peace flow from herbs, plants and trees May all
the celestial beings pervade peace May peace pervade all quarters May that peace
come to me too MAY THERE BE PEACE PEACE PEACE



HARA HARA HARA MAHADEVA!



Compiled and composed by Jyotikar Pattni @ www.hanss.co.uk for the benefit of our Sanatana Vedic Hindus who seek to practice Samndhya-Sadhana or Vedic spiritual practice.

Any further queries or questions may be directed to

Forum under the www.pattniconnection.com website

Please do not hesitate to contact us as we shall only be glad to help you.

Aum Tat Sat