

Mantras

<http://www.iloveindia.com/spirituality/mantras/index.html>

Mantra is a religious or mystical syllable or poem, typically from the Sanskrit language. Mantras are primarily used as spiritual conduits, words or vibrations that inculcate concentration in the devotee. Mantras are also integrated in religious rituals to remove obstacles, avoid danger, reduce foes, or accumulate wealth. Mantras got their origin from the Vedas of India.

Mantra - The Word

The word "Mantra" has been derived from Sanskrit. Mantra contains two words - "man" which means "to think" (also in manas "mind") and suffix "tra" which means "tool", hence a literal translation would be "instrument of thought". A mantra is a powerful word or phrase that may or may not have meaning in the same way as a sentence.

What is Mantra?

Mantras are single or strung together syllables. It is important to pronounce the mantra properly with an understanding of its meaning. Improper pronunciation of Mantra can inflict losses. So, one should be careful while chanting mantra.

Mantras are energy-based sounds. The Indian metaphysical tradition explains that the body is composed of the combination of five elements and the first of them is sound. Studies in sound symbolism suggest that vocal sounds have meaning whether we are aware of it or not. And certainly there can be multiple layers of symbolism associated with each sound. So even, if we do not understand them, mantras are not meaningless; no vocal utterance is entirely without meaning.

One's subconscious mind can find its solution through meditation and recitation of mantras. A mantra, when repeated constantly during meditation, first loudly and then through silent and mental chanting, changes the consciousness.

The Basic Mantra - Aum

In Hindu Mythology, the most basic mantra is Aum, which is known as the "pranava mantra", the source of all mantras. Aum is regarded to be the most fundamental and powerful mantra. Aum represents the first manifestation of Brahman, the Supreme reality. Thus, Aum is prefixed and suffixed to all Hindu prayers.

Verses (Sloka) from holy Hindu texts like the Vedas, Upanishads, Bhagavad-Gita, Mahabharata, Ramayana, Durga Saptashati or Chandi are considered powerful enough to be repeated to great effect, and therefore have attained the status of a mantra. As per the Vedic practices, most ancient techniques and classical Hinduism, mantra is symbolized as a requisite for spiritual advancement and high attainment.

Brahma Mantra

Lord Brahma is the originator and the generator of the mankind. Brahma represents the universal mind, as creation is the work of the mind and the intellect. Lord Brahma is considered as the "Brahm", the Supreme God. Students, teachers and scholars worship the creator to seek the blessings of God in acquiring knowledge. People meditate upon Lord Brahma to attain peace of mind. Brahma Mantra forms the part of meditation on the lord. Mantra of Hindu God Brahma is as follows:

"Om Namo Rajo Jushei Sristau
Sthithou Sattwa Mayayacha
Tamo Mayaya Sam-Harinei
Vishwarupaya Vedhasei
Om Brahmanyai Namaha"

Meaning: Brahma is the creator of the universe. He created the universe with his three nature qualities, positive, negative and dormant. Brahma represents Om, the eternal bliss. Brahma is the supreme god, who brought all things to form. I bow to that divine god Brahma.

Dhanwantari Mantra

Lord Dhanwantari is regarded as the god of ayurvedic medicine (Ayurveda) in the Hindu religion. People pray to Dhanwantari, asking him for improved or good health for themselves and for others. Dhanvantri Mantra forms the part of prayers offered to the lord. Mantra of Dhanwantari with its meaning is as follows:

"Om Namō Bhagavate
Maha Sudharshana
Vasudevaya Dhanvantaraye;
Amrutha Kalasa Hasthaaya
Sarva Bhaya Vinasaya
Sarva Roka Nivaranaya
Thri Lokya Pathaye
Thri Lokya Nithaye
Sri Maha Vishnu Swarupa
Sri Dhanvantri Swarupa
Sri Sri Sri
Aoushata Chakra Narayana Swaha"

Meaning: We pray to the God, who is known as Sudarshana Vasudev Dhanvantari. He holds the Kalasha full of nectar of immortality. Lord Dhanvantri removes all fears and removes all diseases. He is the well wisher and the preserver of the three worlds. Dhanvantari is like Lord Vishnu, empowered to heal the Jiva souls. We bow to the Lord of Ayurveda.

Durga Mantra

Durga (Shakti / Devi) is one of the most popular goddesses among the Hindu people. Devi represents strength, morality, power and protection. Goddess Durga is the divine mother, who protects people from evil forces of selfishness, jealousy, hatred, anger and ego.

Durga Devi Mantras form the part of prayers offered to the goddess. Mantras for Maa Durga are as follows:

Na Mantram No Yantram Tadapi Cha Na Jane Stutimaho Na Chavhanam Dhyanam
Tadapi Cha Na Jane Stutikathah I
Na Jane Mudraste Tadapi Cha Na Jane Vilapanam Param Jane
Matastvadanusaranam Kleshaharanam II

Meaning: O Maa Durga! I don't know any prayer or any magical summons to invoke you. Neither I know any mantra and have no idea how to meditate on you. I don't know your story or glory as well. I neither know your various postures nor am I given to crying in distress. The only thing I know is that seeking shelter under your protection and following your command will definitely end all sufferings.

Vidheragyanen Dravinavirhenalasadaya Vidheyashakyatvattva Charanyorya
Chyutirbhut I
Tadetat Kshantavyam Janani Sakaloddharini Shive Kuputro Jayet Kwachidapi
Kumata Na Bhavti II

Meaning: O Durga, assure salvation to all troubled, I don't know how to worship you. I don't have resources or temperament since I am nasty by nature. I don't have special knowledge to conduct your worship as well. In rendering service to you if, I have made any mistakes or errors, forgive me Mother because there could be a bad son but never a bad mother.

Prithiviam Putraste Janani Vahavaha Santi Saralah Param Tesham Madhye
Viralataraloaham Tava Sutah I
Madi Yoayam Tyagah Samuchitamidam No Taya Shive Kuputro Kwachidapi
Kumata Na Bhavati II

Meaning: O Maa Durga, this earth has many of your naïve sons, but I am the most fickle among them. There would be hardly any one like me. Yet, O Shive! Rejecting me like this is not proper in this world, as there could be a bad son but never a bad mother.

Jaganmatarmatastava Charanseva Na Rachita Na Va Duttam Devi Dravinamapi
Bhooyastava Maya I
Tathapi Tvam Sneham Mayi Nirupam Yatprakurushe Kuputro Jayet Kwachidapi
Kumata Na Bhavati II

Meaning: O Mother of the World! I have never rendered any service to you. I never offered money to you. Yet, you bless me always for the reason that in this world there could be a bad son but never a bad mother.

Parityakta Deva Vividhavidhisewa Kulataya Maya Panchasheetradhikamapneete
Tu Vayasi I
Idani Chenmatastava Yadi Kripa Napi Bhavata Niralambo Lambodar Janani Kam
Yami Sharanam II

Meaning: O Parvati, mother of Lord Ganesha, I had been busy restlessly. But now, I have stopped worshipping other gods as I cannot worship them ritually. Therefore, I don't even expect any help from them. In such a condition I am absolutely helpless. From whom I seek shelter? I have no hope from any other god except you.

Shwapako Jalpako Bhavti Madhupako Magira Niratanko Ranko Viharati Chiram
Kotikanakaih I
Tavaparne Karne Vishati Manvarne Phalamidam Janah Ko Janeete Janani
Japaneeyam Japvidhhau II

Meaning: O Maa Aparna! One word of your holy prayer that falls in the ear of a foolish rascal is sufficient to make him utter sweet speech like an experienced scholar. With your blessing, a pauper then becomes rich owning millions of

gold coins and enjoying life with all its joys till ripe old age. When listening to one word can work such wonders, who can presume the reward obtained by those, who continuously chant your name with full custom of worship.

Chitabhasmalepo Garalamashanam Dikpatdharo Jatadhari Kanthe Bhujagapati
Hari Paushupatih I
Kapali Bhootesho Bhajati Jagdeeshai Ka Padavin Bhavani Tvatpanigrahan Paripati
Phal Midam II

Meaning: O Durga Bhavani! The one, who keeps his body smeared with the ashes of the dead-bodies; who takes poison for food, who remains naked; who has matted hair on head and the serpent king Vasuki surrounding his neck; who has a cupal like container in his hands. If such a Bhoonath, Lord Shiva (Pashupati-Lord of Animals) is crowned with a title of Jagdeesh, then what is the reason behind it? How did he gain such importance? The clear evidence is your marriage with him.

Na Mokshasyakancha Bhavavibhavavanacha Cha Na Mey Na Vigyanapeksha
Shashimukh Sukheccha Na Punah I
Atastvan Sanyache Janani Jananam Yatu Mum Vai Mridani Rudrani Shiv-Shiv
Bhavaneeti Japatah II

Meaning: O Maa Durga, with face of moon's elegance, I don't crave for Salvation or for material possessions. I don't even hope to get any expertise in sciences. I don't long for pleasure as well. My only request to you is to permit me to pass my entire life chanting "Mridani Rudrani Shiva-Shiva Bhavani".

Naradhitasi Vidhina Vividhopachareh Kim Rukshachintak Pareirna Kritam
Vachobhib I
Shayme Tvameva Yadi Kinchan Maiyyanathe Dhatse Kripamuchitalam Param
Tavaiva II

Meaning: O Maa Shyama! I never worshipped you with complete rituals or lots of offerings. I was always occupied in harsh words, which crime did my speech not commit? Yet, if you care for this shelter less orphan on your own, this is eligible only for you. Only a kind hearted mother like you can give refuge to such a bad son, as I am.

Aapatsu Magnah Smaranam Tvadeeyam Karomi Durge Karunarna Veshi I
Naitaccha Thatvam Mum Methah Kshudhartrisharta Jananim Smaranti II

Meaning: O Compassionate Goddess Durga! If I remember you after falling in trouble and not before, please do not treat me like a dishonest rogue for the reason that all children yell for mother when they are troubled.

Jagdamb Vichitramatra Kim Paripoorna Karunaasti Chenmayi I
Aparadha Parampara Param Na Hi Mata Samupekshate Sutam II

Meaning: O Mother of the World! If you still show your kindness towards me should not cause any surprise for the reason, if a son has bent on committing sin after sin, still his mother does not abandon him.

Matsamah Palaki Nasti Papaghni Twatsama Na Hi I
Evam Gyatva Mahadevi Yatha Yogyam Tatha Kuru II

Meaning: O Maa Durga! I am the greatest sinner and you are the greatest sin-destroyer. Considering this fact in mind, kindly do whatever you think proper.

Ganesh Mantra

Lord Ganesha is the lord of beginnings, as per the Hindu mythology. Shri Ganesh is the remover of obstacles. Hindu God Ganesha represents wisdom, intellect and knowledge. God Ganesha is the most worshipped God of the Hindu religion. People worship Ganesha before starting any work to ensure hassle-free work. Apart from this, Ganesha is also adored by people, to bless them with right direction and stability of mind. Lord Ganesha Mantra forms the part of prayers offered to the lord. Ganesh Mantra is as follows:

"Om Parvati Putaaye, Hara Hara Hara Mahadev
Gajaananam Bhoota Ganaadhi Sevitam
Kapitta Jamboophaala Saara Bhakshitam
Umaasutam Shoka Vinaasha Kaaranam
Namaami Vighneswara Paada Pankajam"

Meaning: Lord Ganesha is the Supreme Being with an elephant head. Ganesha is always attended by the group of his followers (Ganas). He loves to eat wood-apple and rose-apple fruits (Kapitta, Jamboophala). Ganpati is the son of Goddess Uma (Parvati). Ganesha is the destroyer of all misery and pain. We salute to the lotus feet God.

Hanuman Mantra

Lord Hanuman is considered to be an incarnation of Lord Shiva. Shri Hanuman is the epitome of sincere devotion and dedication, being a great disciple of Lord Rama. Sri Hanuman is a celibate god, who represents strength, divinity, courage and devotion.

Hanuman is worshipped by people to attain knowledge, wisdom, strength and valor. Lord Hanuman Mantra becomes part of prayers offered to the lord. Shri Hanuman Mantra or Mantra of God Hanuman is as follows:

"Maarutatulyavegam Jitendriyam
Buddhimataam Varistham,
Vaataatmajam Vaanarayoothmukhyam
Sriramdootam Saranam Prapadhye"

Meaning: Lord Hanuman is the messenger of Lord Rama. His pace is as rapid as the wind and as quick as the mind. Hanuman has constrained his sense organs. He is the most intelligent among the intelligent ones. Hanuman is the son of Vayu (Pawan) and the chief of the monkey tribe. We surrender ourselves to Lord Hanuman.

Chanting of this mantra with a sincere heart provides courage and wisdom.

Hare Krishna Mantra

Hare Krishna Mantra is considered as the mahamantra (Ultimate prayer) of Kaliyuga (The Dark Age). Kaliyuga refers to the present era of machine, where truth and morality are at their lowest level.

It is believed that by repeating this mantra with faith and devotion, one can achieve salvation and peace of mind. Hare Rama Hare Krishna Mantra is as follows:

"Hare Krishna, Hare Krishna, Krishna Krishna, Hare Hare

Hare Rama, Hare Rama, Rama Rama, Hare Hare"

Meaning: Krishna takes away all grief, troubles and weaknesses. May god bless us with all the happiness.

Both, Lord Rama and Lord Krishna are the incarnations of Lord Vishnu, the preserver. Vishnu is the supreme reality and both of his incarnations are ultimate. They have attained the de-facto status. Chanting of these names, in itself, is considered auspicious. These names of God and the Hare Krishna Mantra are derived from ancient Indian texts of knowledge called Vedas.

Kali Mantra

Maha Kali is the fiercest form of Shakti or Durga, in the Hindu religion. Goddess Kali is the destroyer of evil. But Kali is also a compassionate mother who loves her sincere children. Kali is usually worshipped by tantriks to achieve "siddhis". Kali is the slayer of ego as well. Maha Kali Mantra forms part of the prayers offered to the goddess. Goddess Kali Mantra or Mantras for Maa Kali are given below:

"Atha Kalimantraye Sadyovaksiddhiprapyivan
Aravitairyah Sarvestam Prapnuvanti Jana Bhuvih"

"Savaruhaammahabhimaghoradanshtram Hasanmukhim
Chaturbhujamkhadagmundavarabhayakaram Shivam
Mundamaladharamdevi Lolajihvandigambaram
Evam Sanchintayetkalim Shamasanalayavsanim"

"Kreem Kreem Kreem Hreem Hreem Hoom Hoom Dakshine Kalike
Kreem Kreem Kreem Hreem Hreem Hoom Hoom Swaha"

Krishna Mantra

Lord Krishna is one of the most popular and worshipped deities of the Hindu religion. Krishna represents strength, beauty, knowledge and opulence. Shri Krishna is the very embodiment of love and divine ecstasy that destroys all pain and offense. Shri Krishna Mantra forms the part of prayers offered to the lord. Lord Krishna Mantra / Mantras for Krishna are given below:

Yam Brahmavarunainder Rudermaruka Satuanvanti Divyaa Satvaavedaai Sans Pad
Karmopanishadaaegarayanati Yam Samga I
Dhyanavasthittagatain Mansa Pashayanti Yam Yogino Yasyanatam Na Vidu
Surasurgana Devai Tasmai Nama II

Meaning: Lord Krishna is the one, whom the creator Brahma, Varuna, Indra, Rudra and Maruts admire with divine hymns. Krishna is praised by the singers of Sama all through the Vedas and Upanishads. Krishna is observed by the ascetics (Yogis) with their minds engrossed in the divine through perfection in meditation. The limit of Krishna is not even recognized by the Gods (Devas) and Demons (Asuras). We bow to the divine Lord Krishna.

Tavamaksharam Paramam Vaideetvayam Tavamasya Vishwasaya Param
Nidhanam I

Tavamvayaya Shashvat Dharam Gopta, Sanatan Satayam Paursho Mato Mai II

Meaning: Krishna's art is immortal and this is just one thing to be known. Lord Krishna is great and his art is the supreme refuge of this universe. The art of the Supreme is the eternal protector of the morality and dharma. We bow to the art of Lord Krishna, the Ancient Purusha.

Kuber Mantra

Kuber is regarded as the god of wealth, in Hindu mythology. Lord Kubera is also known as the god of yakshas (savage beings). Kubera is always remembered with the goddess of fortune, Lakshmi. Chanting of Kuber Mantra blesses the worshipper with money and prosperity by drawing new avenues and sources of income and wealth. Mantra of Kubera helps to increase the flow of funds and the ability to accumulate wealth. Kubera Mantra is as follows:

"Om Yakshyaya Kuberaya Vaishravanaaya Dhanadhanyadi Padayeh
Dhana-Dhanya Samreedding Me Dehi Dapaya Swaha"

Meaning: Kubera, the lord of yakshas, bless us with wealth and prosperity.

One, who worships lord Kubera and Lakshmi, can never fall short of money and material comforts. The special puja of Kubera is performed on Dusshera, Dhan triyodasi and Deepawali, asking for prosperity and his blessings.

Lakshmi Mantra

Lakshmi is the goddess of wealth, luxury, beauty, power, generosity and auspiciousness. Maha Lakshmi is claimed to fulfill the promises of material, wealth and contentment. Goddess Lakshmi represents fortune, purity, courage and fertility. Maha Lakshmi Mantra forms the part of prayers offered to the lord. Lakshmi Mantra / Mantras of Goddess Lakshmi are as follows:

"Sarvagay Sarvavarday Sarvadáshtbhaydkree
Sarvadáshtaharay Devi Mahalakshmi Namostutay"

Meaning: O Maa Lakshmi, you know everything, you grant favors to all, you are a terror to the evil and your art removes the misery of all. O propitious goddess, I surrender to you.

"Siddhi Buddhipraday Devi Bhuktimuktipradayeenee
Mantramurtay Sada Devi Mahalakshmi Namostutay"

Meaning: O divine goddess, you are the provider of success and intelligence. You are the benefactor of both worldly pleasure and freedom. The magical sound symbols-the Mantras, verily comprise their form with your grace. Propitious Mother, I surrender to you always.

"Aadhantarhitay Devi Aadshakti Maheshwari
Yogajay Yogasambhutay Mahalakshmi Namostutay"

Meaning: O Ultimate Mother, your art is without beginning and end. Your art is the primal power. Your art comes out of Yogic practice and your art is evident through Yoga. Promising Mother, I surrender to you.

"Sthulsukshmay Maharodray Mahashakti Mahodray

Mahapaapharay Devi Mahalakshmi Namostutay"

Meaning: Goddess Lakshmi, your art in gross and subtle, is the most awful and powerful. Mother, you contain all things and you remove even the greatest sins. Auspicious Mother, I surrender to you.

"Padnaasanstithay Devi Parbrahmaswaroopeeenee Parmashree Jaganmatra Mahalakshmi Namostutay"

Meaning: Maa Lakshmi, you reside in the hearts of devotees and prove the art of the Supreme Brahman. You are mother of the universe with your supreme art. O Great Mother, I bow to you.

Mantra Power

Mantras are powerful sounds and when chanted with devotion produce enormous effects. Mantras are well-off in their meanings and their meaning can be meditated while chanting. As the mind concentrates more and more on mantra and its meaning, it conditions the mind and takes up to the higher states and forms the path to salvation - the eternal bliss. Read on to know about the significance of mantra...

The Vedas are full of mantras, therefore have been kept for ages in their raw form to use in the different practices like patha, karma, jata, gana, patas. It has been done to ensure that the chanter clearly interprets the correct letters and sound for each letter (svara). People are advised to chant the mantras only when they know the correct pronunciation of it. That is how mantras are kept against deterioration with time.

Mantras Are Energy-Based Sounds

Sound is the foremost content of the creation. Mantras are divine sounds. Saying any word produces an actual physical vibration. Over time, if we know what the effect of that vibration is, then the word may come to have meaning associated with the effect of saying that vibration or word. Mantras appear really powerful when this sound effect reaches the mind and the surroundings.

Mantras Create Thought-Energy Waves

Mantra, when chanted sincerely produces a state where the organism vibrates at the rate completely in tune with the energy and spiritual state, represented by and contained within the mantra.

Mantra Have Fire-Like Energy

Mantras have fire like energy which can bring a positive and beneficial result, or it can produce an energy meltdown when misused or practiced without some guidance. There are certain mantra formulas which are so exact, so specific and so powerful that they must be learned and practiced under careful supervision by a qualified guru.

Mantras Eventually Quiet the Mind

At a deep level, subconscious mind is a collective consciousness of all the forms of primitive consciousnesses which exist throughout the physical and subtle bodies. Sincere use of mantra can excavate into subconscious crystallized thoughts stored in the organs and glands and transform these bodily parts into repositories of peace.

A mantra is a powerful word or phrase that may or may not have meaning in the same way as a sentence. Mantras can only be experienced, there is no proper term to define them and phrase them. That is why; they get passed from generation to generation.

Mantra Chanting

Chanting of mantra was a concept of the Vedic saints that includes mantras as one of the main forms of worship, whose end is seen as salvation. Basically, Mantra Jaap means repeating the mantra. Reciting Mantra has become an established feature of the Hindu practices. Mantra Japa involves repetition of mantra again and again, usually 108 times completes one cycle. Due to this, the rosary (mala) used for mantra jaap has 108 beads in it.

It is believed that through mantra jaap, the devotee attains concentration and focus on the chosen deity or the main idea of the mantra. One can attain peace of mind quickly by chanting mantra. With prolong and constant practice, the inherent power of the Mantra (Mantra-Shakti) will be awakened, which will fill your very existence with the Divinity of the Mantra.

Practical Aids to Japa

- Select any Mantra and repeat it from 108 to 1,080 times daily (one to ten malas).
- Take a bath or wash your hands, feet, face and mouth before sitting for Japa in the morning.
- Sit facing east or north during the practice. This enhances the effectiveness of the Jaap.
- Sit on a rug to conserve body-electricity. Sit in a separate meditation room or in any suitable place, such as a temple, on a river bank or under a banyan or peepul tree.
- Maintain a steady pose. You can sit in Padmasana, Siddhasana or Sukhasana. Resolve to complete a certain minimum number of malas before leaving your seat.
- Use a rosary of 108 beads. Do not allow the rosary to hang below the navel. The rosary (mala) must not be visible to you or to others, so cover it properly. Use the middle finger and the thumb of the right to roll the beads. The use of the index finger is not allowed. Do not cross the meru (main bead) while rolling the beads.
- Do mental Jaap for sometime without a rosary or mala. When the mind wanders, do the Japa aloud, or whisper the Mantra for some time and come back to mental Japa again as soon as possible.
- Do not chant mantra in haste. Do it slowly with feeling, concentration of mind and devotion.
- Try to associate the chant with the rhythm of the breath and meditate in the form of your Deity. Keep a picture or idol of the Deity in front of you. Think of the meaning of the Mantra while repeating it.
- Observe silence and avoid distractions, calls and engagements. It is important not to leave the place at once after the Japa is over and mix with everyone or get into worldly activity. This keeps the spiritual vibrations intact.
- One can leave the place after a dedicated prostration, with a feeling that everything belongs to that almighty. The Puja, Sadhana, Meditation and Jaap etc, any kind of prayers offered to the Almighty must be done with a sincere heart. The Supreme Being answers all the questions and doubts of the devotee, sooner or later. One must understand that the ultimate purpose of life is the realization of divine.

Maha Mrityunjaya Mantra

Mahamrityunjaya Mantra is a great mantra dedicated to Lord Shiva. It is called Maha Mritunjaya Mantra because it is a great death-conquering mantra. Sometimes it is also known as Mrita-Sanjivani Mantra. The Maha Mrityunjaya mantra is hailed by the sages as the heart of the Veda.

This mantra holds the highest place along with the Gayatri Mantra among the many mantras used for contemplation and meditation.

It is believed that to overcome the fear of death, Lord Shiva himself gave humanity the Mahamrityunjaya Mantra. This mantra restores health, happiness and brings calmness in the period of death. When courage is blocked, it rises up to overcome obstacles. The Maha Mritunjaya Mantra is as follows:

**"Aum Trayambakam Yajamahe
Sugandhim Pushti Vardhanam
Urvaarukamiva Bandhanaath
Mrutyor Muksheeya Maamritaat"**

Meaning: Lord Shiva is the three eyed god. Shiva is always perfumed. He fosters all the creatures of the Universe. Lord Shiva releases from death for the sake of immortality, as cucumber detaches its bondage of the vine. We worship Lord Shiva to liberate us from death.

This mantra is really powerful and even regarded as a life saving prayer.

Ram Mantra

Lord Ram (Rama) is regarded as the seventh incarnation of Lord Vishnu. Rama is the symbol of courtesy and virtue, a man of values and morals. Hindu God Ram is also known as Maryada Purushottama, which means the perfect man. Sri Ram is an example of idealism; he has been the ideal man, the ideal son, the ideal brother and the ideal husband. The God took birth on this earth with the aim to eradicate the wicked forces of the age. Ram Naam (Name of Ram) in itself is a divine mantra or prayer. It is believed that chanting the name "Ram" helps one to attain salvation. Mantra of Shri Ram forms the part of prayers offered to the lord. Lord Rama Mantra / Ram Mantra is as follows:

"Shri Ram, Jai Ram Jai Jai Ram"

Ram is the source of each and every thing. The name "Ram" suggests divinity and brings joy to life. The name "Ram" helps to achieve mukti from this material world.

Saraswati Mantra

Saraswati is the goddess of arts, music, knowledge, and wisdom in the Hindu religion. Goddess Saraswati is said to possess the powers of speech, wisdom and learning. Saraswati is regarded as the dispeller of chaos and confusion. Saraswati Mantra is an important mantra of the Hindus that is recited for higher knowledge and wisdom. In India, people pray to her for guidance and knowledge. Maa Saraswati Mantra is as follows:

**"Yaa Kundendu Tushaara Haaradhavalaa, Yaa Shubhravastraavrittha
Yaa Veenavara Dandamanditakara, Yaa Shwetha Padmaasana
Yaa Brahmaachyutha Shankara Prabhrithibir Devaisadaa Vanditha
Saa Maam Paatu Saraswati Bhagavatee Nihshesha Jaadyaapaha"**

Meaning: Goddess Saraswati is fair and beautiful like the jasmine-colored moon. Her white garland resembles the icy dew drops. She is decked in pure white attire. A white lotus serves as the throne of Maa Saraswati, on whose arm rests Veena. We pray Maha Saraswati, who is surrounded and respected by the Gods to bestow her blessings on us. May the goddess remove our lethargy and brighten our life with light of knowledge.

Shanti Mantras

The Shanti Mantras are prayers for peace, in the Hindu Mythology. Shanti Mantras are also known as "Peace Mantras". Shanti Mantras form the part of Upanishads. These mantras are believed to cool the mind of reciter and the surroundings. Reciting these mantras at the beginning of any task is considered to remove its obstacles.

Shanti Mantras always end with three words of "Shanti" which suggests "Peace". The reason behind speaking three times "Shanti" is to cool the surroundings and remove obstacles in three realms namely; "Physical" or Adhi-Bhautika, "Devine" or Adhi-Daivika and "Internal" or Adhyaatmika. These are called "Tapa-Traya" or three classes of troubles. When Shanti Mantras are recited, obstacles from these realms are believed to be pacified. Various Shanti Mantras from different Upanishads are as follows:

From Brihadaranyaka Upanishad and Ishavasya Upanishad:

**"Om Poornamadah Poornamidam Poornat Poornamudachyate,
Poornasya Poornamaadaya Poornamevavashishyate,
Om Shantih, Shantih, Shantih"**

Meaning: The literal meaning of this mantra is: "That is Absolute, This is Absolute, Absolute arises out of Absolute, If Absolute is taken away from Absolute, Absolute remains OM Peace, Peace, Peace".

"Om Asato Maa Sadgamaya,
Tamaso Maa Jyotir Gamaya,
Mrityor Maa Amritam Gamaya,
Om Shantih, Shantih, Shantih"

Meaning: The accurate sense of this mantra is: "OM lead me from unreal to real, lead me from darkness to light, lead me from death to immortality OM Peace, Peace, Peace".

From Taittiriya Upanishad:

"Om Sham No Mitra Sham Varunah Sham No Bhavatvaryamaa,
Sham Na Indro Brihaspatih Sham No Vishnururukramah,
Namo Brahmane Namaste Vaayo Tvameva Pratyaksham,
Brahmaasi Tvaameva Pratyaksham Brahma Vadishyaami,
Rtam Vadishyaami Satyam Vadishyaami,
Tanmaamavatu Tadvaktaaramavatu Avatu Maam Avatu Vaktaaram,
Om Shantih Shantih Shantih"

Meaning: This Mantra implies: "OM. May Mitra do good to us, may Varuna do good to us, may Aryama do good to us, may Indra do good to us, may Brihaspati do good to us, and may Vishnu who has vast coverage do good to us. We Salute Lord Brahma and Lord Vayu, the only visible Brahman. We say right, we say truth, may it protect us and may it protect teacher. OM Peace, Peace and Peace"

From Taittiriya Upanishad, Katha Upanishad and Shvetashvatara Upanishad:

"Om Sahanaa Vavatu Sahanau Bhunaktu
Saha Veeryam Karavaavahai
Tejasvi Naavadheetamastu Maa Vidvishaavahai
Om Shantih Shantih Shantih"

Meaning: The literal meaning of this mantra is: "OM. Let all of us protect each other together, may all of us enjoy together, may all of us work together and let our study become radiant. Let there be no hatred between us, OM Peace, Peace, Peace"

From Kena Upanishad and Chandogya Upanishad:

"Om Aapyaayantu Mamaangaani Vaak
Praanashchakshuh Shrotramatho
Balamindriyaani Cha Sarvaani Sarvam Brahmopanishadam
Maaham Brahma Niraakuryaam Maa Maa Brahma Niraakarod
Niraakaranamastva Niraakaranam Me Astu"

Tadaatmani Nirate Ya Upanishatsu Dharmaaste
Mayi Santu Te Mayi Santu
Om Shantih, Shantih, Shantih"

Meaning: The Mantra implies: "OM. May our organs, speech, Prana, eyes and ears be nourished. May all our senses become strong. Upanishad says all that the World is Brahman. We don't reject Brahman, may Brahma not reject me. Let there be no rejection, let there be no rejection at all in us, let us concentrate on ourselves, all those ways of righteous living told in Upanishads be in us! Be in us, OM Peace, Peace and Peace".

From Aitareya Upanishad:

"Om Vaang Me Manasi Pratishtithaa
Mano Me Vaachi Pratishtitham
Aaveeraaveerma Edhi Vedasya Ma Aanisthah
Shrutam Me Maa Pahaaseer Anenaadheetena
Ahoratraan Samdadhaami Ritam Vadishyaami
Satyam Vadishyaami Tanmaamavatu Tadvaktaaramavatu
Avatu Maam Avatu Vaktaaram Avatu Vaktaaram
Om Shantih, Shantih, Shantih"

Meaning: The accurate meaning of this mantra is: "OM. Let our speech be established in our mind, and our mind be established in our speech. Let Brahman reveal itself to us and may we understand the truths of the Vedas. Let not what we have studied leave us. Let all of us spend both day and night in study. We say right, we say truth and may it protect us. May truth protect teacher. OM Peace, Peace, Peace".

From Mundaka Upanishad, Mandukya Upanishad and Prashna Upanishad:

"Om Bhadram Karnebhih Shrunuyaama Devaah
Bhadram Pashyemaakshabhiryajatraah
Sthirairangaistushtuvaamsastanoobhih
Vyashema Devahitam Yadaayuh
Swasti Na Indro Vridhashravaah
Swasti Nah Pooshaa Vishwavedaah
Swasti Nastaarkshyo Arishtanemih
Swasti No Brihaspatir Dadhaatu
Om Shantih, Shantih, Shantih"

Meaning: The literal meaning of this mantra is: "OM. O Gods! Let us hear promising things from our ears. O respectful Gods! Let us see propitious things from our eyes, let our organs and body be stable, healthy and strong. Let us do what is pleasing to gods in the life span allotted to us. May Indra, inscribed in the scriptures do well to us, May Pushan who is knower of world do good to us and May Trakshya who devastates enemies do good to us! May Brihaspati do well to us! OM Peace, Peace, Peace".

Shiva Mantra

Lord Shiva or Siva is considered as the destroyer of the world. Shiv is one of the most popular Gods of the Hindu

religion. Shiva is one of the complex gods who is rudra as well as kind-hearted, simultaneously. Mantra of Hindu God Shiva forms the part of prayers offered to the lord. Shiv or Shiva Mantras are as follows:

"Vande Deva Umaa Pathim Suragurum
Vande Jagat Kaaranam
Vande Pannaga Bhooshanam Mruga Dharam
Vande Pashoonam Pathim
Vande Soorya Shashanka Vahni Nayanam
Vande Mukunda Priyam
Vande Bhakta Jana Ashrayam Cha Varadam
Vande Shiva Shankaram"

Meaning: Lord Shiva is the consort of Uma (Parvati). Shiva is the divine Guru, the source of the universe. Lord Shiva is decked with snake and wears tiger skin. He is the Lord of all creatures. The three eyes of the lord represent the Sun, Moon and Fire. Shiva is near to Lord Vishnu. Lord Shiva protects all of his devotees. He is the benefactor of boons. We surrender ourselves again and again to Lord Shiva.

"Mrutyunjayaaya Rudraaya
Neelakantaaya Shambhave
Amriteshaaya Sarvaaya
Mahadevaaya Te Namaha"

Meaning: Lord Mahadeva (Shiva) has conquered death. He is the destructive force of the universe. He has a blue neck and he gives happiness to all. We pray to the kind-hearted lord, Shiv-Shambhu.

"Gauri Vallabha Kaamaarey
Kaala Koota Vishaasana
Maam Uddhhare Padambhoje
Tripura Agnyata Kaantaka"

Meaning: Lord Kaamaarey (another name for Lord Shiva) protects us from the evil. He is the consort of Gauri, the mother goddess. He drank the "Kaala Koota" poison (which was the outcome of the ocean churning). He is the destroyer of the three cities. We seek protection at the feet of Lord Shiva.

Surya Namaskar Mantra

Surya Namaskar (Sun Salutation) is a form of worshiping God by meditating on the Sun, the energy provider. Surya Namaskar is useful in achieving concentration. Surya Namaskara is always performed in the open air, facing the Sun, at sunrise. Surya Namaskar is not just a physical exercise. For each of the postures, there is a particular breathing pattern to be followed. With each posture, a particular mantra - name of the sun is chanted. Surya Namaskar Mantras or Mantras for Surya Namaskara are given below:

Om Mitraaya Namah

Om Ravaye Namah
Om Sooryaya Namah
Om Bhaanave Namah
Om Khagaaya Namah
Om Pooshne Namah
Om Hiranya Garbhaaya Namah
Om Mareechaye Namah
Om Aadityaaya Namah
Om Savitre Namah
Om Arkaaya Namah
Om Bhaaskaraya Namah
Om Sri Savitra Soorya Narayanaaya Namah

Vishnu Mantra

Lord Vishnu is considered as the preserver of the universe as per the Hindu Mythology. It is believed that Vishnu is an eternal and universal spirit associated with the primeval waters that pervaded before the creation of the universe. Vishnu Mantra forms the part of prayers offered to the lord. Sri Vishnu Mantra is as follows:

"Shaantaakaaram Bhujagashayanam Padmanaabham Suresham
Vishwaadhaaram Gaganasadrasham Meghavarnam Shubhaangam
Lakshmikaantam Kamalanayanam Yogibhirdhyaanagamyam
Vande Vishnum Bhavabhayaharam Sarvalokaikanaatham"

Meaning: Lord Vishnu is the preserver and protector of the Universe. He is always quiet and rests on the great serpent bed. The lotus of the creative power springs from the navel of Lord Vishnu. He is the Ultimate Power, who supports the entire universe. The divine Lord Vishnu is all-pervading as the sky and dark like the clouds. Vishnu, the lotus-eyed one, is the Lord of Lakshmi. The ascetics (yogis) observe Lord Vishnu through meditation. Lord Vishnu is the destroyer of the fear of Samsar. We surrender to such great lord.