manipura
YOGA CENTRE

mantras
gayatri mantra

Om Bhur Bhuvaha Swaha
Tat Savitur Varenyam
Bhargo Devasya Dhimahi
Dhiyo Yonaha Prachodayat

Let us contemplate the Radiant Source of all Light,
May our minds merge with It, thereby awakening our
Perception and Understanding on all three planes – physical,
vital and mental.

maha mrtiyunjaya mantra

Om trayambakam yajamahe
Sugandhim pushtivardhanam
Urvarukamiva bandhanat
Mrityor munuksha mamritat

We worship the three eyed one (Shiva) who is fragrant and
who nourishes all beings. May he liberate us from death
(ignorance, belief in our transient nature) for the sake of
immortality (knowledge of our immortal nature) even as the
cucumber is severed from the vine (that its seeds may be kept).

shanti path

Asato ma sad gamaya
Tamaso ma jyotir gamaya
Mrityor ma amritam gamaya
Saravesham svastir bhavatu
Saravesham shantir bhavatu
Saravesham purnam bhavatu
Saravesham mangalam bhavatu
Lokah samastah sukhino bhavatu

From the unreal lead me to the real
From the darkness lead me to light
From death lead me to immortality
May all beings dwell in happiness
May all beings dwell in peace
May all beings attain oneness
May all beings attain auspiciousness
May all happiness be unto the whole world

Om trayambakam yajamahe
Sugandhim pushtivardhanam
Urvarukamiva bandhanat
Mrityor munuksha mamritat
Om shanti shanti shanti

We worship the three eyed one (Shiva) who is fragrant and
who nourishes all beings. May he liberate us from death
(ignorance, belief in our transient nature) for the sake of
immortality (knowledge of our immortal nature) even as the
cucumber is severed from the vine (that its seeds may be kept).

Om trayambakam yajamahe
Sugandhim pushtivardhanam
Urvarukamiva bandhanat
Mrityor munuksha mamritat
Om shanti shanti shanti

OM peace peace peace

TVameva

Tvameva maataa cha pitaa tvameva
Tvameva bandhushcha sakhaa tvameva
Tvameva vidyaa dravinam tvameva
Tvameva sarvam mama deva deva

You are my mother and you are my father also
You are my relative and you are my friend
You are knowledge and wealth to me
You are my everything, O Lord of Lords.
**shanti mantra**

Om sahanaa vavatu saha nau bhunaktu  
Saha veeryam karavaava hai  
Tejas veenava dheeta mastu  
Maa vidvishaava hai  
Om Shanti Shanti Shanti

May the Lord protect both teacher and disciple  
May He cherish us both.  
May we work with full energy that our study be perfect and give good results  
May we never feel ill-will toward the other.  
OM peace peace peace

**shanti mantra**

Om purnamadah purnamidam  
Purnaat purnam udachyate  
Purnasya purnamaadaayaa  
Purnamevaavashishyate  
Om shanti shanti shanti

Om. That is infinite (Brahman), and this (universe) is infinite.  
The infinite proceeds from the infinite.  
(Then) taking the infinitude of the infinite (universe),  
It remains as the infinite (Brahman) alone.  
OM peace peace peace

*Hari Om Tat Sat*