

Om / Aum

Widely known as the 'Mahat Mantra'. Om represents the primordial vibration from which all reality is created. It symbolises the fact that all material objects, all energy patterns or phenomena and all thought patters are states of energy vibration.

Mahamrityunjaya Mantra

Om Tryambakam Yajamahe
Sugandhim Pushti Vardhanam;
Urvarukamiva Bandhanan
Mrityor Mukshiya Mamritat

Om to the Consciousness which can be realised
through the Third Eye of intuitive insight,
and which is resplendent with All potential.
Release me from my bondage in ignorance and mortality
and like a cucumber drops from the stem,
and lead me to Realisation of my deathless Nature.

Shanti Path Mantra

Om Saha Navavatu,
Saha Nau Bhunaktu
Saha Viryam Karavavahai;
Tejasvi Navadhitamastu,
Ma Vidvi Shavahai
OM Shanti Shanti Shanti

Om, May the supreme intelligence protect both the teacher and the disciple;
May it cherish us both. Let us work together.
May we work with abundant energy.
May our studies be full and fruitful.
May we never feel ill-will towards others.
Om, peace (in me), peace (in nature), peace (in divine forces)

Gyatri Mantra

Om Bhur Bhuvaha Swaha
Tat Savitur Varenyam
Bhargo Devasya Dhih Mahi
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.

Shanti Path Mantra

Asato Mam Sad Gamaya
Tamaso Mam Jyotir Gamaya
Mrityor Mam Amritam Gamaya
Sarvesham Swastir Bhavatu
Sarvesham Shantir Bhavatu
Sarvesham Purnam Bahavatu
Sarvesham Mangalam Bhavatu
Loka Samasta Sukhino Bhavantu
Om Shanti Shanti Shanti

Lead me from ignorance to Truth,
Lead me from darkness to Light,
Lead me from immortality to realisation of That which is Immortal,
Let there be Auspiciousness to all Beings,
Let there be Peace to all Beings,
Let there be Fulfilment to all Beings,
Let there be Welfare to all Beings,
Let there be Happiness to Beings on all the planes of Existence
OM Peace, Peace, Peace