

Moksha Mantra

*om tryambakam yaṁahe sugandhim puṣṭi-vardhanam /
urvārukam iva bandharān mṛtyor mukṣīya nā mṛtā t //*

This mantra is a real all-purpose mantra: it has a healing effect, gives comfort and protects us before we go on our journey. Om Tryambakam is a mantra with extraordinary healing power. It is also called the Mahamrityunjaya mantra, the great life-giving mantra.

Peace-Mantras

*Om Sarveshaam Svastir-Bhavatu /
Sarveshaam Shaantir-Bhavatu /
Sarveshaam Puurnnam-Bhavatu /
Sarveshaam Mangalam-Bhavatu /
Sarve Bhavantu Sukhinah /
Sarve Santu Niraamayaah /
Sarve Bhadraanni Pashyantu
Maa Kashcid-Duhkha-Bhaag-Bhaveset //*

May there be Well-Being in All,
May there be Peace in All,
May there be Fulfilment in All,
May there be Richness in All,

May all be happy.
May all be free from illness.
May all care for the welfare of others.
May no one suffer.

*Asato Maa Sad-Gamaya /
Tamaso Maa Jyotir-Gamaya /
Mrtyor-Maa Amrtam Gamaya //*

Keep me not in (the Phenomenal World of) Unreality, but make me go towards the Reality (of Eternal Self), Keep me not in (the Ignorant State of) Darkness, but make me go towards the Light (of Spiritual Knowledge), Keep me not in (the World of) Mortality, but make me go towards the World of Immortality (of Self-Realization),

*Om Puurnnam-Adah Puurnnam-Idam Puurnnaat-Puurnnam-Udacyate /
Puurnnasya Puurnnam-Aadaaya Puurnnam-Eva-Avashissyate //
Om Shaantih Shaantih Shaantih //*

Om, That (Outer World) is Purna (Full with Divine Consciousness); This (Inner World) is also Purna (Full with Divine Consciousness); From Purna is manifested Purna (From the Fullness of Divine Consciousness the World is manifested), Taking Purna from Purna, Purna indeed remains (Because Divine Consciousness is Non-Dual and Infinite),
Om, Peace, Peace, Peace.

Universal Prayer

O Adorable Lord of Mercy and Love !
Salutations and prostrations unto Thee.
Thou art Omnipresent, Omnipotent and Omniscient.
Thou art Sat-Chid-Ananda.
Thou art Existence, Knowledge and Bliss Absolute.
Thou art the Indweller of all beings.

Grant us an understanding heart,
Equal vision, balanced mind,
Faith, devotion and wisdom.
Grant us inner spiritual strength
To resist temptation and to control the mind.

Free us from egoism, lust, anger, greed, hatred
and jealousy.
Fill our hearts with divine virtues.

Let us behold Thee in all these names and
forms.
Let us serve Thee in all these names and
forms.
Let us ever remember Thee.
Let us ever sing Thy glories.
Let Thy Name be ever on our lips.
Let us abide in Thee for ever and ever.

Om Bolo Sadguru Sivananda Maharaj Ji Ki –
Jaya!

Arati-Mantra

Jaya Jaya Arati Vighnavinayaka
Vighnavinayaka Sri Ganesha
Jaya Jaya Arati Subramanya
Subramanya Kartikeya
Jaya Jaya Arati Venugopala
Venugopala Venulola
Papavidura Navanita Chora
Jaya Jaya Arati Venkataramana
Venkataramana Shankataharana
Sita Rama Radheshyama
Jaya Jaya Arati Gauri Manohara
Gauri Manohara Bhavanishankara
Sambasadashiva Uma Maheshwara
Jaya Jaya Arati Raja Rajeshwari
Raja Rajeshwari Tripura Sundari
Maha Lakshmi
Maha Saraswati
Maha Kali
Maha Shakti
Jaya Jaya Arati Anjaneya
Anjaneya Hanumanta

Jaya Jaya Arati Dattatreya
Dattatreya Trimurti Avatara
Jaya Jaya Arati Adityaya
Adityaya Bhaskaraya
Jaya Jaya Arati Senishwaraya
Senishwaraya Bhaskaraya
Jaya Jaya Arati Shankaracharya
Shankaracharya Adwaitagurave
Jaya Jaya Arati Sadguru Natha
Sadguru Natha Sivananda
Jaya Jaya Arati
Jesus Gurave
Moses Gurave
Buddha Gurave
Jaya Jaya Arati
Mohammed Gurave
Laotse Gurave
Samasta Guru Bhyo Namah
Jaya Jaya Arati Venugopala

It is both a sacrifice and a symbol of bringing light and enlightenment through spiritual actions and burning all negativities. The mantras repeated in the process invoke the various aspects of God and the energies of the masters. The passing of the flame over the light symbolizes the purification of our mind, the absorption of light, and the awakening of the third eye.

Twameva Mata

Tvam Eva Mata Cha Pita Tvam Eva
Tvam Eva Bandhush Cha Sakha Tvam Eva
Tvam Eva Vidya Dravinam Tvam Eva
Tvam Eva Sarvam Mama Deva Deva

O God of the gods! You alone are mother, father, relative, friend, knowledge, wealth and everything.

Kayena Vacha Manasendriyair Va
Buddhyatmana Va Prakriteh Svabhavat
Karomi Yad Yat Sakalam Parasmai
Narayanayeti Samarpayami

Whatever actions I perform with body, speech, mind, senses, intellect, nature, or emotions, I offer all of these to the Supreme God.

Sarva-dharman Pari-tyajya
Mam Ekam Sharanam Vraja /
Aham Tva Sarva-papebhyo
Mokshayishyami Ma Shuchah

Give up dharmas, take refuge in God alone. He will free you from all imperfections, do not worry.