



Sadhana Center for Yoga
Chants and Mantras

Chanting purifies the body and uplifts the mind. It tunes the subtle vibrations within, so that the practitioner can open up and more easily enjoy and benefit from the practices of Yoga.

The links below illustrate a variety of chant styles and sacred musical styles in India and elsewhere. Sometimes the chant written on the sheet is the introduction, sometimes there is an introduction or ending beyond what is written. You may have to listen to the selection for a minute to understand how the chant fits into the cultural or musical context.

Traditional chant transmission Guru to student, Pranayama chant: Sri K. Pattabhi Jois with Richard Freeman:
<http://www.youtube.com/watch?v=u4ZIK7Vl7Kc&feature=related>

1. Om

Om is the first mantra. It is the sound of the divine manifest, of pure energy, the first sound of the universe.

continuous OM:

<http://www.youtube.com/watch?v=EzqZ3qW7YAk&feature=related>

2. Om Shanti, Shanti, Shanti
Om Peace, Peace, Peace.

3. Om Bolo Sat Guru, Bhagavan, Qi, Jai
Salutations to the Divine, the only real teacher.

4. Hari Om Tat Sat
God is truth.

Ustad Bade Ghulam Ali Khan one of the greatest singers in the hindustani tradition:
<http://www.youtube.com/watch?v=vB5sYNmzrb4>

Anuradha Paudwal:

<http://www.youtube.com/watch?v=MMjf3y7d5s0&feature=related>

5. Om, Guru Brahma, Guru Vishnu, Guru Devo Maheshwara,
Guru Sak Shat, Param Brahma, Tas Mayi Shri Guruvay Namaha

Our Creation is that Guru, The duration of our lives is that Guru, Our trials and death
of the body are that Guru, There is a Guru that is near, and a Guru that is beyond, I offer all of my efforts to the Guru.

Vedic Style Ramesh Ramamani:

<http://www.youtube.com/watch?v=Dhj5M62lbrc&feature=related>

Barath Boochoon

<http://www.youtube.com/watch?v=gJSCXWNYDQg&feature=related>

6. Guru Satyam, Guru Jnanam, Guru Anandam, Guru Shanti
My teacher is truth, knowledge, bliss and peace.

7. Yogena Cittasaya Padena Vacam, Malam Sharirasya Ca
Vaidyakena, Yopakarottam Pravaram Muninam
Pantanjali Pranjaliratosmi, Abahu Purushakaram
Shankha Chakrasi Dharinam, Sahasra Shirasam Shvetam
Pranamami Pantanjali, Hari Om

Let us bow before the noblest of sages Patanjali, who gave yoga for serenity and sanctity of mind, grammar for clarity and purity of speech and medicine for perfection of health. Let us prostrate before Patanjali, an incarnation of Adisesa, whose upper body has a human form, whose arms hold a conch and a disc, and who is crowned by a thousand-headed cobra.

B.K.S. Iyengar

<http://www.bksiyengar.com/audio/invocation.mp3>

8. Vande Gurunam Caranaravinde
Sandarsita Swatmasukhava Bodhe
Nisreyase Janghalikayamane
Samsara Halahala Mohasantyai
Abahu Purusakaram, Sankhacakrasi Dharinam
Sahasra Sirasam Svetam, Pranamami Patanjalin

I honor the lotus feet of all of the teachers, which awaken and manifest joy in ones own true self; beyond comparison, appearing as a snake-charmer for pacifying the poisonous delusion of the cycle of birth and death. In the form of a man up to the shoulders, holding the conch (divine sound), discus (wheel of time), and sword (discrimination), thousand headed and white, I bow respectfully to Patanjali.

Manju Jois:

<http://www.youtube.com/watch?v=6MuAmmLeE1k>

Richard Freeman:

<http://www.youtube.com/watch?v=ISr6nZ756Vc>

9. Anusara Invocation:

Om Namah Shivaya Gurave
Satchidananda Murtaye
Nischprapanchaya Shantaya Niralambya Tejase

I offer myself to the Light, the Auspicious One, who is the True Teacher within and without, Who assumes the forms of Reality, Consciousness, and Bliss,
Who is never absent and is full of peace, Independent in existence, the vital essence of illumination.

http://www.youtube.com/watch?v=r7pSswcl6YM&feature=Playlist&p=4EE43E9F7D7FFFE1&playnext_from=PL&playnext=1&index=18

10. Mangala Mantra: Ashtanga Closing Invocation

Om
Svasti praja bhyaha pari pala yantam
Nya yena margena mahi mahishaha
Go brahmanebhyaha shubamastu nityam
Lokah samastah sukhino bhavantu
Om

Let prosperity be glorified -
let rulers, (administrators) rule the world with law and justice
let divinity and erudition be protected
let all beings be happy and prosperous.

Sharath Rangeswami:

<http://www.youtube.com/watch?v=1Qhho41zwoc>

11. Om Trayambakam Yajamahe, Sugandhim Pushtivardhanam,
Urvarukamiva Bandhanan, Mrityor Mukshiya Mamritat

We worship the three eyed one (Shiva) who is fragrant and who nourishes well all beings; may Shiva liberate us from death for the sake of immortality as the cucumber is severed from its bondage to the creeper.

Youtube Playlist, 24 versions:

http://www.youtube.com/watch?v=oHQs19sPdFE&feature=Playlist&p=0B41F2F31F584150&playnext_from=PL&playnext=1&index=10

12. Lokaha Samasta Sukhino Bhavantu
May all beings everywhere be happy and free.

Deva Premal:

<http://www.youtube.com/watch?v=usJI7oiZPnc&feature=related>

13. Asato Ma Sat Gamaya, Tamaso Ma Jyotir Gamaya,
Mrityor-Ma Amritham Gamaya

Lead me from the unreal to the real, from darkness to light, from the fear of death to the knowledge of immortality.

Edewcate.com series on Hinduism:

http://www.youtube.com/watch?v=Pzrj_MTnE58&feature=related

Mahamandaleshwar Paramhans Swami Maheshwarananda:
<http://www.youtube.com/watch?v=oZb2BQ8LJmk>

14. Om Purnamadah Purnamidam Purnat Purnamudachyate
Purnasya Purnamadaya Purnamevavasisyate

That is whole, this is whole, from the whole the whole becomes manifest. From the whole, when the whole is negated, what remains is the whole.

Karnamrita:
<http://www.youtube.com/watch?v=3zbHln0MuR8&feature=related>

Suresh Wadkar:
<http://www.youtube.com/watch?v=nfMs6gOlr-g&feature=related>

15. Om Saha Navavatu, Saha Nau Bhunaktu,
Saha Viryam, Karavavahai
Tejasvi Navadhitam Astu, Ma Vidvisavahai
Om Shanti, Shanti, Shanti
OM, protect us both, teacher and pupil.

Cause both to enjoy the Bliss of Liberation May we find out the true meaning of the scriptures
May our learning be brilliant
May we never quarrel with each other.
OM, Peace, Peace, Peace

Ravi Shankar, Chants of India,
<http://www.youtube.com/watch?v=KR5dJYpF0I>

16. Om Gam Gam Ganapataye Namaha
Invocation to Ganesh who is the remover of obstacles

Suresh Wadkar:
<http://www.youtube.com/watch?v=-JHkJB5g0P0>
Bhagavan Das:
<http://www.youtube.com/watch?v=FSpW3UJIOn0&feature=related>

17. Satyam, Jnanam, Anandam, Brahman
Truth, knowledge, bliss, absolute.

Sai Baba:
<http://www.youtube.com/watch?v=DNrB7PccrdQ&feature=related>

18. Om Namah Shivaya
Invocation to Shiva, the destroyer. He liberates us through change.

Anuradha Paudwal (?)
<http://www.youtube.com/watch?v=npXhH9E4UAg&feature=related>
Jagjit Singh:
<http://www.youtube.com/watch?v=VTIdipzLlx4&feature=related>
Krishna Das:
<http://www.youtube.com/watch?v=nDwELHvQbNY>

19. Om Namo Narayanaya
Invocation to Narayana (Vishnu), the preserver of the world.

54 repetitions by Sairam:
<http://www.youtube.com/watch?v=aBy0nU2rPEY>

Deva Premal:
<http://www.youtube.com/watch?v=XEKaVn7NT6g&feature=related>

20. Om Namo Bhagavate Vasudevaya
Invocation to Krishna, the granter of liberation
<http://www.youtube.com/watch?v=QZHwzwcBCPsM&feature=related>

Pandit Jasraj, one of the greatest and most popular vocalists of our time:
<http://www.youtube.com/watch?v=zBIS7mprjw&feature=related>
<http://www.youtube.com/watch?v=taEfmqkNelk&feature=related>
<http://www.youtube.com/watch?v=NR0OLCNKuaw&feature=related>

21. Hari Om
Invocation to Hari, the remover of all negative karmic tendencies.

Hari Om(Raga Malkauns) from film 'Baiju Bawra sung by Mohammad Rafi:
<http://www.youtube.com/watch?v=XJCqDLLdKHY>

22. Jai Ganesha Jaya Jaya Gananatha
Jai Ganesha Jaya Jaya Gananatha
Ganesha Sharanam, Sharanam Ganesha
Ganesha Sharanam, Sharanam Ganesha

Salutations to Ganesh! I take refuge in Ganesh!
(Ganesh is the remover of obstacles and he bestows success!)

Jai Uttal:
http://www.youtube.com/watch?v=8pinp1cFOTk&feature=player_embedded

23. Sri Krishna Govinda
Hare Murari
Hey Natha Narayana Vasudeva

Oh Beloved Krishna, Oh Govinda, Oh Hari, Hey
Murari, Oh Lord Narayana, Ho Vasudeva [all names of Krishna].
I worship you with my heart and soul.

Indian Kirtan style:
<http://www.youtube.com/watch?v=a9HzIYPWbSs&feature=related>
Indian TV drama of Krishna:
<http://www.youtube.com/watch?v=ILC05m4-AS8&feature=related>

24. Gaayatri Mantra:

Om Bhur Bhuv Svaha
Tat Savitur Varenyam
Bhargo Devasya Dimahi
Dho Yo Nah Pracodyat.

We meditate upon the radiant Divine Light
of that adorable Sun of Spiritual Consciousness;
May it awaken our intuitional consciousness.

Traditional Vedic Style 27 repetitions:
<http://www.youtube.com/watch?v=jDJYdpOmV1s&feature=related>

Ravi Shankar, Chants of India :
<http://www.youtube.com/watch?v=dGFpd3mcVv0&feature=related>

Anuradha Paudwal and her daughter:
<http://www.youtube.com/watch?v=nDnamSM3Z3s>

Jagjit Singh:
http://www.youtube.com/watch?v=pTxSAhZSwxs&feature=watch_response

25. Om Tara Tutare Ture So Ha
meaning: <http://www.wildmind.org/mantras/figures/greentara>

Ani Choying Drolma:
<http://www.youtube.com/watch?v=MY5wxOhIPig>

26. Om Mane Padme Hum
Mani means jewel and Padma, lotus.

Ani Choying Drolma:
<http://www.youtube.com/watch?v=ILFgoExfegQ&feature=related>

Tibetan Monks:
http://www.youtube.com/watch?v=iG_INuNUVd4&feature=related

Yungchen Lhamo, Popular Tibetan singer:
<http://www.youtube.com/watch?v=RJX0S3m1om0&feature=related>