

### Atma Hrdaye

Ātma hṛdaye

Hṛdayam mayi

Aham amṛte

Amṛtam anāndam brahmāni

*Translation:*

My true nature is the heart. The heart is my true nature.

I am the bliss of the heart. The Heart that I am is the unending bliss of Oneness.

This is a chant to the heart from the heart. I heard Dr. John Douillard say “the heart’s true nature is to love for no reason at all.” I believe that this is the bliss of the heart. Whenever I chant this I feel myself connecting into that true nature.

### Lokah Samastha

Lokah Samasta Sukhino Bhavantu

*Translation*

May all beings throughout the world live in peace and happiness.

Or: may all beings, everywhere, be happy and free and may I, in some way, contribute to that happiness and freedom

### Asato Ma

Asato ma sat gamaya

Tamaso ma Jyotir gamaya

Mrtyur ma amritam gamaya

*Translation*

Lead me from untruth to truth.

Lead me from darkness to light.

Lead me from death to eternal bliss.

From the Upanishads

### The Gayatri Mantra

Om. Bhur Bhuvah Swaha

Tat Savitur Varenyam. Bhargo Devasya Dhimahi

Dhiyo Yo Nah Pracchodayat

*Translation*

We meditate on the glory of the Light that illuminates the three worlds of existence: The physical, the astral, and the celestial realms.

We recognize the Glory, splendor and grace of effulgent Light that shines within us.

We pray for that final liberation, the awakening of our Self as Light that pervades the entire Universe.

This gayatri mantra, found in the rig veda, is from when the sun was worshipped in its feminine aspect. In essence, we are chanting to the light within us that illuminates and nourishes.

### Maha Mrityunjaya Mantra

Om tryambakam yajamahe

Sugandhim pushti vardhanam

Urva rukamiva bandhanan

Mrityor mukshiya mamritat

*Translation:*

Om. We worship the three-eyed One (Lord Siva), who is fragrant and who nourishes well all beings; may he liberate us from death for the sake of immortality even as a cucumber is severed from its bondage (to the creeper).

This chant, from the Rig Veda, is also known as the death-conquering mantra. It has great healing abilities. The mantra mentions Siva, known as the destroyer. Siva is synonymous with great consciousness or pure awareness. Siva destroys that which blocks our awareness and knowledge.

**Om Purnamadah**

**Om purnamadah purnamidam**

**Purnat purnamudachyate**

**Purnasya purnamadaya**

**Purnameva vashishyate**

*Translation:*

That is Absolute, This is Absolute, Absolute arises out of Absolute, If Absolute is taken away from Absolute, Absolute remains.

This mantra, from the Upanishads, is the truth of our nature – that we are not separate. We are so deeply connected, to each other, to god / hashem/ allah / the universe / divinity / the absolute.

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