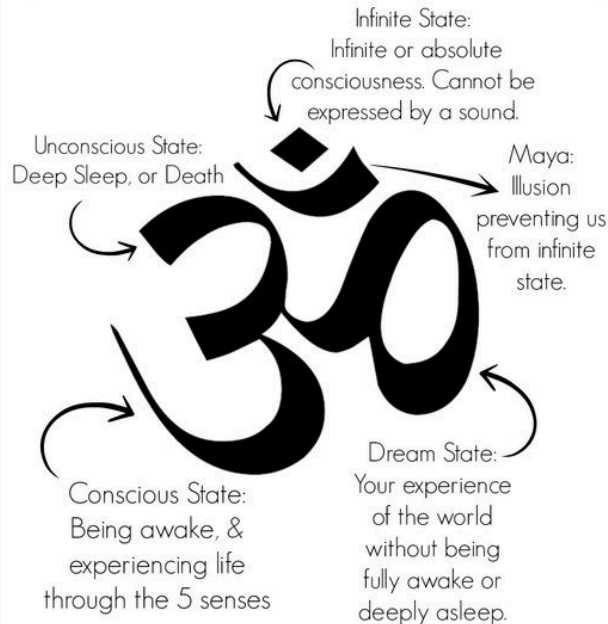


What is OM?

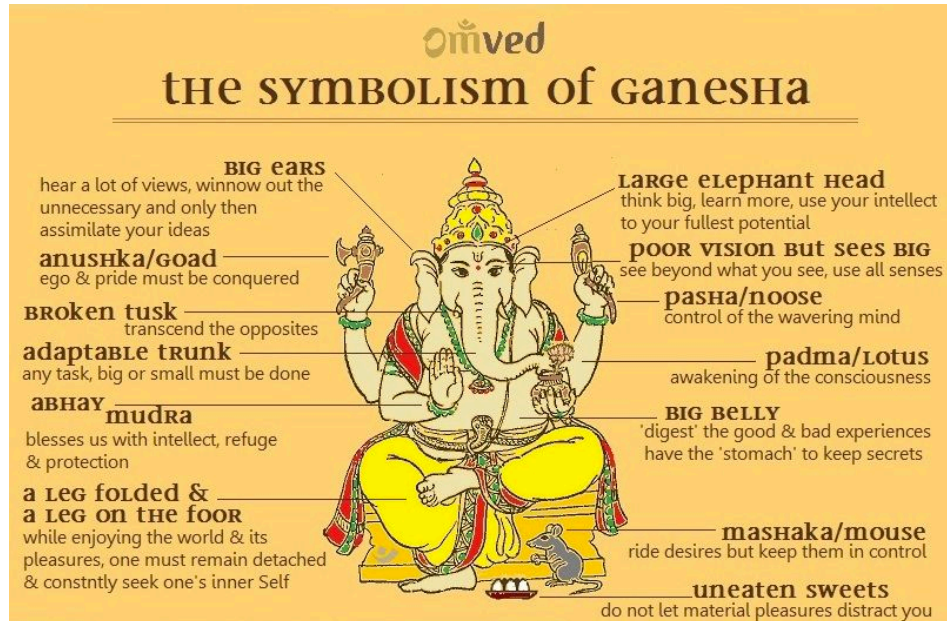
AUM is everything. It is the source.
It is the vibration & consciousness
of the entire universe.



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Om (also spelled Aum) is a Hindu sacred sound that is considered the greatest of all mantras. The syllable Om is composed of the three sounds a-u-m. “A” represents the waking state of consciousness; “U” the state of dream consciousness; “M” the state of deep sleep consciousness; finally, the silence—the place beyond all definitions of consciousness.

Om Gam Gan-na-pot-a-yay Nam-a-ha



om: The eternal source-sound-vibration of creation.

gam: Bija mantra (condensed sound form) for Ganesha.

ganapataye: "To Ganapati." Ganapati is another name for Ganesha with similar meaning, as the lord ("pati") of Shiva's army ("gana").

namaha: (Same as "namo") To honor or salute. "All glory to..."

Om Gam Gan-na-pot-a-yay Nam-a-ha x 4

Ga-ne-sha Sharanam x 2

Om Shreem Ma-ha Lak-shmi—yay Swa-ha

The goddess Lakshmi symbolizes good luck. The word *Lakshmi* is derived from the Sanskrit word *Laksya*, meaning "aim" or "goal," and in the Hindu faith, she is the goddess of wealth and prosperity of all forms, both material and spiritual.

The syllable "OM" is commonly voiced as a prefix to mantras of all kinds because it is the seed sound for the sixth chakra, where masculine and feminine energies meet at the center of the brow.

SHRIM is the seed sound for the principle of abundance. Repetition of the SHRIM mantra gives one the ability to attract and maintain abundance.

MAHA means "great," in context denoting both quantity and quality. When we speak of the quality of abundance here, we are referring to its harmony with divine law.

LAKSHMI in Sanskrit means the energy of abundance. Abundance is usually thought of as simple prosperity.

SWAHA, again a principle of abundance, can be verbalized to immediately help the chakras begin processing new levels of energy.

Lokah Samastah Sukhino Bhavantu

LO-KAH

SAM-A-STAH

SUK-HI-NO

BHA-VAN-TU

May all beings everywhere be happy and free,
and may the thoughts, words, and actions of my
own life contribute in some way to that
happiness and to that freedom for all.

lokah: location, realm, all universes existing now

samastah: all beings sharing that same location

sukhino: centered in happiness and joy, free from
suffering

bhav: the divine mood or state of unified existence

antu: may it be so

GAYATRI MANTRA

Om

Bhoor Bhu-vah Sva-ha

Tat Sav-i-tur Va-ren-yam

Bhar-go De-vas-ya Dhee-ma-hi

Dhi-yo Yo-nah Pracho-dayat

Praise to the source of all things.

It is due to you that we attain true happiness on all planes.

It is due to your transcendent nature that you are being worshipped and adored.

Ignite us with your all pervading light.

The "Vyahritis": *Bhuh, Bhuvah, and Svah*

The above three words of the Gayatri, which literally means "past," "present," and "future,"

The Remaining Words

- *Tat* simply means "that" because it defies description through speech or language, the "Ultimate Reality."
- *Savitur* means "Divine Sun" (the ultimate light of wisdom) not to be confused with the ordinary sun.
- *Varenium* means "adore"
- *Bhargo* means "illumination"
- *Devasya* means "Divine Grace"
- *Dheemahi* means "we contemplate"
- *Dhi* means intellect
- *Yo* means "who"
- *Nah* means "ours"
- *Prachodayat* means "requesting / urging / praying" Krishna Govinda Gopala

Krish-na Go-vin-da Go-pa-la (x2)

De-va-ki-nan-da-na Go-pa-la (x2)

Krish-na Go-vin-da Go-pa-la (x2)

De-va-ki-nan-da-na Go-pa-la (x2)

Krish-na Go-vin-da Go-pa-la (x2)

De-va-ki-nan-da-na Go-pa-la (x2)

Ha-ri Bol Krish-na Ha-ri Bol (x4)

Meaning: The words in this chant are all names of Krishna, except the word "Bol" which is a Hindi word that gets translated as "speak" or "sing."
Meanings of the names:

Krishna: All-attractive; dark complexion

Govinda: One who gathers the cows

Gopala: One who protects the cows

Devakinandana: Beloved son of Devaki

Hari: Remover (of ignorance)

In general, you could think of this chant as meaning "Sing the Divine Names of Krishna!"

Jaya Jag-ga-dam-be
Jai Jay-ya Jag-ga-dam-be
Hey Ma Dur-ga
Hey Ma Dur-ga

jai/jaya: Victory to! Celebration of. An emphatic "Hooray God!"

jagadambe: Mother ("ambe") of the Universe ("jagat")

mā/mātā: Mother.

durgā: Supreme Goddess, Devi, Divine Mother, Shakti... Durga's name means "the invincible."

Jagat ambe means mother of the world. Jagat is world, ambe is mother.

Durga means 'she who takes you across Durgati, the ocean of difficulties, the ocean of trouble.

"Durga is also known as Mahamaya, or the great power of illusion. On a cosmic scale, she represents the external or material energy of the Supreme Spirit. It is this energy that keeps all embodied beings in illusion, thinking that they belong to this world, when in fact they are eternal spiritual beings. According to Vedic scripture, as one progresses in spiritual consciousness, Durga is transformed into Yogamaya, the internal energy that lifts the illusion and reveals the truth." ~ Krishna Dharma