

Clear Mind Strong Body (Module 8)

MANTRA AND MINDSET WORKBOOK



Introduction

Mantras bathe the mind from the modern conditioning of entertainment, sensory indulgence, and wishful thinking. When practiced with genuine and heartfelt sentiment, mantras open up the space between thoughts. They charge life force energy (*prana*) and nourishes immunity (*ojas*). They scrub away residue left on the mind, open up the cosmic grid, and in my personal experience, have the unique ability to *bend* or *suspend* time.

When I'm well established with the rhythm of my chosen mantra - often a dozen or so repetitions in - the space between my thoughts begins to spread. In those brief moments, I experience a state of complete *sattva*. Not to be confused with feeling "blissed out", which I've had the good fortune of too, but these moments where I catch glimpses of an *ocean* of calm

and stillness. Where I find creative solutions to problems. Where I am unburdened by human emotion. Where I recognize I am Divine. And then a split second later, that glimpse is gone again and I'm nagged back into my body by my dry throat and need to cough. Or a wandering thought about whether I'm saying my mantra right. Or to because I need scratch my nose.

Then I chant another repetition. And repeat.

Soon enough, my monkey mind mutes again and those glimpses of suspended time feel a little bigger. Their imprint, lasting a little longer. When practicing your mantra, be sure to speak clearly.



DANVATARI MANTRA (SHORT)

Danvantari is considered to be the father of Ayurveda and often used to invoke healing energy. In Hindu mythology, this deity is the physician to the Gods and played a key role in the battle for a precious pot of immortal nectar (*amrit*), by successfully throwing his disc to behead a disguised demon who was just about to sip.

Use this chant when you want to invoke healing of any kind, as a blessing before meals, or as a 'recharge' for moments when your psychic bandwidth needs to rally.

Om Dan Dan Van

[OM DAHN-DAHN-VAHN]

Taraye Namaha

[TAH-RA-YEH NAH-MAH-HA]



DANVATARI MANTRA (LONG)

Om̐ namo bhagavate vāsudevāya |

[OM NAH-MO BAH-GAH-VAH-TEY VAH-SU-DEY-VAH-YA]

Dhanvantaraye amṛta kalaśa hastāya |

[DAH-N-VAHN TAH-RA-YEH, AHM-RIT-TAH
KAH-LAH-SHAH HAH-STAH-YAH]

Sarvāmaya vināśaya trailokya nāthāya |

[SAR-VAAH MAH-YA, VEE-NAAH-SHAH-YAH
TRY-LOW-KYAH NAAT-AH-YAH]

Śrī mahā viṣṇave svāhāḥḥ ||

[SHREE MA-HAAH, VISH-NAH-VEY SVAH-HA-AAH]

Salutations to Lord Dhanvatari, who holds the pot of immortal nectar in His hands, who destroys all disease and who is the Lord of the three worlds. May this be an offering to that great Lord Viṣṇu.



MANTRA FOR HARMONIOUS LEARNING

Use *this chant* before any kind of study. Whether you're the student or the teacher.

Om saha nāvavatu saha nau bhunaktu |

[OM SAH-HA NAA-VAH-VAH-TU SAH-HA NAU BHU-NAK-TU]

saha vīryam karavāvahai

[SAH-HA VEER-YAHM KAH-RAH-VAH-VAH-HAI]

Tejasvī nāvadhītamastu | mā vidviṣāvahai |

[TEY-JAHS VEE-NAAH VAH-DEE TAH-MAS-TU |

MAH VID-VISH-AH-VAH-HAI]

om śāntih om śāntih om śāntih ||

[OM SHAWN-TI OM SHAWN-TI OM SHAWN-TI]

Om, may we teacher and student, be protected together.

May we enjoy the fruits of our actions together.

May our knowledge be full of light.

May we never have animosity for one another.

Om, peace, peace, peace.





“BIJA” SEED-MANTRAS

MANTRA	CHAKRA	ELEMENT	SENSE ORGAN	ORGAN OF ACTION
LAM	ROOT	EARTH	SMELL	URETHRA/ANUS
VAM	SEX	WATER	TASTE	GENITALS
RAM	NAVEL	FIRE	SIGHT	FEET
YAM	HEART	AIR	TOUCH	HANDS
HAM	THROAT	ETHER	HEARING	SPEECH
KSHAM	3RD EYE		MIND-SPACE	MIND
OM	HEAD		CONSCIOUSNESS SPACE	CONSCIOUSNESS

Terminology in Sanskrit is very complex and often difficult to translate into English simply. Consequently, suggested meanings are not meant to be definitive. The purpose of this workbook is to encourage the correct sound and spelling of Sanskrit chants and terms as it relates to the science of Ayurveda.

The Sanskrit alphabet is described as a perfectly designed language. The sound of each word represents the subtle energy of its meaning. For example, the word **Tíkṣṇa** [TEEK-shna] means “sharp”. Because each syllable is either one or two beats, pronouncing correctly allows one to feel a natural rhythm to the language. Much like a story in the *upavedas* that tells of Lord Śiva beating his damaru drum fourteen times and creating the Sanskrit alphabet.

As the alphabet is pronounced from start to finish, the place of articulation of the letters gradually moves from the back of the mouth to the front of the mouth. Aspirations indicate the sound should have a breathy quality to it. There are (4) areas of tongue placement:

Guttural - also known as velars, are consonants articulated with the back part of the tongue against the back of the soft palate.

Palatal - is when the body of the tongue is raised against the hard palate.

Cerebral - also known as retroflex consonants, are created by curling the tip of the tongue backwards and placing it on the hard palate.

Dental - is when the tip of the tongue is placed on the back side of the upper teeth.

Labial - created with the lips

Pronunciation¹

a – like <u>b<u>u</u>t</u>	ṭa – like <u>t<u>rue</u></u>
ā – like <u>f<u>a</u>ther</u> (twice as long as short a)	ṭha – like <u>an<u>th</u>ill</u>
i – like <u>b<u>i</u>t</u>	ḍa – <u>d<u>r</u>um</u>
ī – like <u>be<u>e</u>t</u> (twice as long as short i)	ḍha – like <u>red h<u>a</u>ired</u>
u – like <u>bo<u>o</u>k</u>	ṇa – like <u>n<u>o</u>ne</u>
ū – like <u>lo<u>o</u>se</u> (twice as long as short u)	ta – like <u>to<u>o</u>th</u>
ṛ - like <u>r<u>i</u>ng</u>	tha – like <u>to<u>o</u>th</u> (with aspiration)
ṝ - like <u>re<u>e</u>d</u>	da – like <u>th<u>e</u></u>
ḷ - like <u>smal<u>l</u>re<u>e</u>d</u>	dha – like <u>th<u>e</u></u> (with aspiration)
e- like <u>ma<u>y</u></u>	na – like <u>n<u>o</u>t</u>
ai – like <u>ma<u>y</u></u>	pa – like <u>pe<u>t</u>er</u>
o – like <u>g<u>o</u></u>	pha – like <u>top h<u>a</u>t</u>
au – like <u>h<u>o</u>w</u>	ba – like <u>b<u>a</u>t</u>
aṁ - like <u>h<u>u</u>m</u>	bha – like <u>ab<u>h</u>or</u>
aḥ - like <u>Ba<u>j</u>a</u> (California)	ma – like <u>mo<u>t</u>her</u>

ka- like <u>pap<u>r</u>ika</u>	ya – like <u>ya<u>r</u>d</u>
kha – like <u>bun<u>k</u> h<u>o</u>use</u>	ra – like <u>ru<u>n</u></u>
ga – like <u>g<u>o</u>od</u>	la – like <u>lo<u>v</u>e</u>
gha – like <u>rag h<u>e</u>ap</u>	va – like <u>va<u>r</u>iet<u>y</u></u>
ṅa – like <u>lo<u>n</u>g</u>	śa – like <u>sh<u>u</u>t</u>
ca - like <u>ch<u>a</u>rming</u>	śa – like <u>sh<u>n</u>apps</u>
cha – like <u>mu<u>ch</u> h<u>e</u>avier</u>	sa – like <u>ṣ<u>i</u>t</u>
ja – like <u>jo<u>h</u>n</u>	ha – <u>h<u>o</u>ney</u>
jha – like <u>hed<u>g</u>ehog</u>	
ñā – like <u>si<u>n</u>ge</u>	

¹ Swami Sivananda Saraswati 9 and Bachman 127-128

SANSKRIT ALPHABET²

Vowels (when not combined with consonants)

अ a आ ā इ i ई ī उ u ऊ ū
 ऋ ṛ ॠ ṝ लृ ḷ
 ए e ऐ ai ओ o औ au ँ ṁ ः ḥ

Consonants (with inherent vowel a)

	-Voice -Asp	-Voice +Asp	+Voice -Asp	+Voice +Asp	+Voice -Asp
Gutturals:	क ka	ख kha	ग ga	घ gha	ङ ṅa
Palatals:	च ca	छ cha	ज ja	झ jha	ञ ña
Cerebrals:	ट ṭa	ठ ṭha	ड ḍa	ढ ḍha	ण ṇa
Dentals:	त ta	थ tha	द da	ध dha	न na
Labials:	प pa	फ pha	ब ba	भ bha	म ma

Semivowels (+Voice, -Asp)

य ya र ra ल la व va

Sibilants:

-Voice -Voice -Voice
 श śa ष ṣa स sa

Aspirate (+Voice)

ह ha

² Kripalu School of Ayurveda AHC Training Manual



GANESHA MANTRA

Ganesha the elephant-headed God makes him easy to identify. He is the eldest son of Lord Śiva and his wife, Parvati. Symbolized by the axe he carries, Ganesha is widely revered as the remover of obstacles, the patron of arts and sciences and the deva of intellect and wisdom - his broken tusk, signifying the sacrifice for knowledge (he broke his pencil and couldn't use it anymore. So to keep studying, he broke off his tusk to write with instead). He became Lord of All Things when in a race with his brother around the world. Instead of dashing out like his brother did, Ganesha simply circled his parents. #bigbrothers.

One story tells of Ganesha's origin as that to have been created out of dirt by his mother, to protect her while Lord Śiva was away. When Śiva came home to see his wife and Ganesha refused him entry, not realizing who Śiva was. In anger Śiva cut off his son's head. Doh! Then in a panic about his soon to be wife's horror, Śiva replaced his son's head with an elephant's. One with big ears so he would always hear the needs of his people. **Chant this mantra when** you are feeling frustrated or coming up against an obstacle. Also, as the god of beginnings, he is honoured at the start of rites and ceremonies.³

Om Gam Ganapataye Namaha

[OM GAHM GAH-NAH-PAH-TAH-YE NAH-MAH-HA]

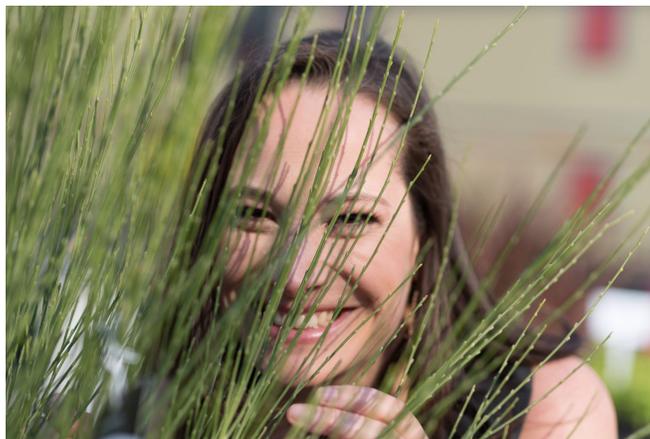
³ <https://en.wikipedia.org/wiki/Ganesha>

SO HUM MANTRA

The cosmic sound of Om has two manifestations. One male, the other female. *Hum* is the male manifestation. *So* is the feminine. *So-hum. Hum-so*. Listen to that sound as you breathe in and out. These vibrations are sound energy, so eventually your breathing will become quiet and go beyond thought, time, and space. This is where your consciousness will empty itself and in that emptying, consciousness will expand.⁴ *Chant this when you feel anxious, fearful or distracted.*

So hum so hum |
So hum Śiva hum |
So hum so hum |
So hum Śiva hum |

I am I am |
I am that I am|
I am that I am |
I am that I am |



⁴ Ayurveda: Science of Self Healing. Vasant, Lad. p.126

VIMŚATI GUṆĀH VERSE (SLOKAH)⁵

Guru manda hima snigdha ślaksna sāndra mṛdu sthirāḥ |

[GOO-ROO MAHN-DA HEE-MA SNIG-DEH, SLAHK-SHNAH
SAHN-DRRA, MRR-DOO STEER-AH-HA]

Guṇāḥ sasūkṣma viśadā vimśatiḥ sa viparyayāḥ ||

[GOO-NAHA SAH-SOOK-SMAH VISH-AH-DAH,
VIM-SHAH-TEE-HE SAH VEE-PAR-YAH-YAH-HA]

“Heavy, slow, cool, unctuous, smooth, dense, soft, stable, subtle, and clear - these qualities along with their respective opposites are the twenty qualities of substances.”

Chant this if you're unsure of which dosha needs balancing, and to instead focus on specific qualities at hand you are experiencing. There may be more than one *guna* that is expressing its desire for balancing. This verse helps keep you locked in to what's most important: the fundamentals.

Nourishing (Brimhana) Qualities		Lightening (langhana) Qualities	
English	Sanskrit	English	Sanskrit
Heavy	Guru	Light	Laghu
Slow/dull	Manda	Sharp/penetrating	Tikshna
Cold	Hima	Hot	Ushna
Oily/unctuous	Snigdha	Dry	Ruksha
Smooth	Shlakshna	Rough	Khara
Dense/thick/solid	Sandra	Liquid	Drava
Soft	Mridu	Hard	Kathina
Static/stable	Sthira	Mobile/unstable	Chala
Gross/big	Sthula	Subtle	Sukshma
Slimy/sticky/cloudy	Picchila	Clear/non-slimy	Vishada

⁵ Astanga Hr.Su. 1/18

ADDITIONAL READING

Ayurveda: The Science of Self Healing. Lad, Vasant. Lotus Press (2014).

Habit Changers: 81 game-changing mantras to mindfully realize your goals. Ryan, M.J. Crown Business, NY (2016).

The Language of Ayurveda. A reference book of chants, verses and vocabulary with 2 audio CDs of guided pronunciation. Bachman, Nicolai. Trafford Publishing (2005).

Mantras: Words of Power. Sivananda, Swami Radha. Timeless Books (1994).

Mommy Mantras: Affirmations and insights to keep you from losing your mind. Casavjian, Ph.D., Bethany, Dillon, Ph.D, Diane H. Random House, NY. (2006).