



Alchemy & Love Courses

Nataša Pantović Nuit

eBooks Download

<http://www.artof4elements.com>

Guide to Chanting Mantras with Best Mantra Chords

CONTENTS

GUIDE TO MANTRA CHANTING	5
MAGIC OF MANTRAS	5
MANTRAS FOR MEDITATION.....	5
MANTRAS AND MEDITATION WITHIN VARIOUS SPIRITUAL PRACTICES	5
111HZ AND HEALING WITH SOUND WITHIN ANCIENT TEMPLES.....	10
DIVINE SOUND AND DIVINE FREQUENCY.....	10
WE LOVE MANTRAS.....	12
WE LOVE CHANTING POWERFUL MANTRAS.....	12
HOW TO CHANT MANTRAS?	12
CHANTING MANTRAS AND MEDITATION.....	13
CHANTING MANTRAS MEDITATION.....	13
SCIENCE OF YOGA.....	14
YOGA SCIENCE OR MYSTICISM	14
YOGA AND CHANTING.....	14
YOGA AND KUNDALINI	15
YOGA AND MEDITATION	15
CHANTING MANTRAS AND DEEP MEDITATION TECHNIQUES.....	16
QUIET MIND AND CONCENTRATION	16
SPIRITUAL MEDITATION AND FOCUS	16
GET INSPIRED BY YOGIS, GURUS AND SAGES.....	17
OM	18
THE MEANING OF OM	18
OM MANI PADME HUM	20
MANTRA FOR ACHIEVING BUDDHAHOOD.....	20
OM MANI PADME HUM MANTRA FOR ACHIEVING BUDDHAHOOD	20
OM MANI PADME HUM CHORDS	22
HARE KRISHNA MANTRA.....	23
WHAT IS THE MEANING OF HARE KRISHNA MANTRA.....	23
BENEFITS OF CHANTING HARE KRISHNA MANTRA	24
KRISHNA KIRTAN: HARE KRISHNA HARE HARE 1.....	25
KRISHNA KIRTAN: HARE KRISHNA HARE HARE 2.....	26
KRISHNA KIRTAN: HARE KRISHNA HARE HARE 3.....	26
KRISHNA KIRTAN: HARE KRISHNA HARE HARE 4.....	27
KRISHNA KIRTAN: HARE KRISHNA HARE HARE 5.....	27
OM NAMO BHAGAVATE VASUDEVAYA.....	28
MEANING OF OM NAMO BHAGAVATE VASUDEVAYA	28
OM NAMO BHAGAVATE VASUDEVAYA MANTRA 1	28
OM NAMO BHAGAVATE VASUDEVAYA MANTRA 2	28
OM NAMO BHAGAVATE VASUDEVAYA MANTRA 3	30
RADHE RADHE RADHE SHYAM.....	31
MEANING OF RADHE RADHE RADHE SHYAM.....	31
RADHE RADHE RADHE SHYAM MANTRA 1.....	31
RADHE RADHE GOVINDA GOPALA MANTRA 2	31

GOVINDA KRISHNA JAY MANTRA 3.....	32
KRISHNA GOVINDA GOPALA MANTRA 4.....	32
SRI SITA RAM	33
MEANING OF SRI SITA RAM.....	33
SITA RAM SITA RAM MANTRA 1.....	33
SRI RAM JAYA RAM JAI JAI RAM MANTRA 2.....	33
SRI RAM JAYA RAM JAI JAI RAM MANTRA 3.....	34
JAI RADHA MADHAVA.....	35
MEANING OF JAI RADHA MADHAVA.....	35
JAI RADHA MADHAVA MANTRA 1.....	35
SRI KRISHNA GOVINDA HARE MURARI 2.....	36
GOPALA GOPALA DEVAKI NANDANA GOPALA 3.....	37
GOVINDA JAYA JAYA GOPALA JAYA JAYA 4.....	37
MEANING OF HANUMAN.....	38
JAYA SITA RAM JAI JAI HANUMAN 1.....	38
JAYA HANUMAN MANTRA 2.....	38
SACRED CHANTS OF SHIVA	39
CHANTING MANTRAS OF THE SACRED NAMES OF LORD SIVA.....	39
MEANING OF MANTRA: OM NAMAH SHIVAYA	39
OM NAMAH SHIVAY MANTRA 1.....	40
OM NAMAH SHIVAY NAMAH OM MANTRA 2.....	40
OM NAMAH SHIVAYA MANTRA 2	41
MEANING OF MANTRA SHIVA SHAMBO SHAMBO	42
SHIVA SHAMBO SHAMBO MANTRA 1	42
SIVA MAHA MRITYUNJAYA (THE GREAT DEATH CONQUERING MANTRA) MANTRA MEANING	43
OM TRYAMBHAKAM MANTRA 1	43
JAYA SHIVA SHANKARA BAMBAM HARA HARA 2.....	44
JAYA SIVA SHANKARA MANTRA 3	44
JAYA JAYA SIVA SAMBO MANTRA 4	44
HE SHIVA SHANKARA HE MAHESHWARA MANTRA 5.....	45
GAYATRI MANTRA CHANTING	46
BENEFITS OF CHANTING THE GAYATRI MANTRA.....	46
THE GAYATRI MANTRA MEANING.....	47
FAMOUS TRANSLATIONS OF THE GAYATRI MANTRA:.....	48
WHAT IS GAYATRI MANTRA BY SWAMI SIVANANDA.....	48
GAYATRI MANTRA MEDITATION RITUAL BY SIVANANDA	48
GAYATRI MANTRA 1	49
GAYATRI MANTRA 2	49
OM NAMO NARAYANA	50
MEANING OF OM NAMO NARAYANA.....	50
OM NAMO NARAYANA MANTRA 1.....	50
RADHE SHYAM.....	51
MEANING OF RADHE SHYAM	51
RADHE SHYAM MANTRA 1	51

GURU BRAMHA	52
MEANING OF GURU BRAMHA MANTRA	52
GURU BRAHMA MANTRA 1	52
GURU BRAHMA MANTRA 2	52
SHRI RAM JAI RAM MANTRA 3	53
NARAYANA, NARAYANA, JAYA GOVINDA HARE MANTRA 4	53
GOVINDA JAI JAI GOPALA JAI JAI MANTRA 5	53
MEANING OF GANESHA MANTRA	54
GANESHA SHARANAM SHARANAM GANESHA	54
GANESHA SHARANAM SHARANAM GANESHA MANTRA 1	54
OM SRI GANESHA MANTRA 2	54
MANTRAS TO THE GODDESS	55
KALI KALI MA MANTRA	55
DURGE DURGE DURGE JAI JAI MAA	55
JAYA JAGADAMBE MA DURGA	55
BHAJA MANA MA	56
BABA NAM KEVALAM: THE PATH OF BLISS	57
ANANDA MARGA KIIRTAN	57
WHAT IS THE MEANING OF BABA NAM KEVALAM	57
I LOVE THIS TINY GREEN ISLAND	59
BABA NAM KEVALAM 1	60
BABA NAM KEVALAM 2	60
WE ALL COME FROM GOD BABA NAM KEVALAM 3	61
PARAMA PORUSHA MANTRA 4	62
SUFI DANCE, THE SACRED RITUAL OF LOVE	63
SPIRITUAL PRACTICE, A MEDITATION, A MYSTICAL JOURNEY	63
SUFI WHIRLING AND ITS MEANING	63
SUFI CHANTS OF LA ILAHA ILALLAH: SUFI MEDITATION THE DIVINE UNION 1	64
ASALAAM ALAIKUM ALAIKUM ASALAAM 2	64
ASALAAM ALAIKUM ALAIKUM ASALAAM 3	65
BISMILLAH ALHAM 4	65
MANTRAS IN ENGLISH	66
MAY LOVE WE SHARE SPREAD ITS WINGS	66
I LOVE YOU LORD WE SING AND PRAY, RAINBOW GATHERINGS	67
ANNIE'S SONG, JOHN DENVER (IN 3/4)	68
COSMIC CHANT DOOR OF MY HEART, PARAMHANSA YOGANANDA	69
SING HALLELUJA TO OUR LORD	70
HALLELUJA	71
LIST OF FREE ARTICLES THAT MIGHT INSPIRE YOUR JOURNEY	75

Guide to Mantra Chanting

Our purpose is to *help you grow as a conscious human being*.

Magic of Mantras

Mantras for Meditation

Singing mantras is an **ancient spiritual practice** of singing to God, repeating vibrational sounds and words. Singing words of **mantras**, **prayers or devotional songs** we become pure **love** and joy. **Chants** of Pagans and Neo-pagans are done for **mystical** and **magical** purposes because it is believed that sounds can profoundly affect both man and the universe. **Singing mantras** that have a meaning of infinite love, or Cosmic ideation, we shift our focus into Cosmic, into Universal, into Divine and start to resonate with peace and contentment.

Mantras and Meditation within Various Spiritual Practices



The word **meditation** comes from 'meditari' (Latin), meaning 'to concentrate'.

Buddhism Meditation and Mantras

Buddhists pursue meditation as a spiritual tool within their path toward Enlightenment and Nirvana.

Buddhist meditation techniques include breath meditation, meditations for developing mindfulness and concentration. Zen Buddhists are the Masters in the area of breath meditation and mindfulness, and the Tibetan Buddhist tradition is famous for their visualization guided meditations.

Buddhism Mantra Singing



Singing mantras is a major part of Buddhist meditative practices. Buddhists sing: 'Om Mani Padme Hum' or sing through their major Buddhist texts, chanting their way towards Wisdom using various instruments including the dharma drums, gongs, bells, Tibetan Balls, etc. The sound of each instrument is to send positive vibrations to the

beings of other realms: from humans to animals to Gods and spirits. It is said that the sound of the drums echo the sound of Buddha's teachings.

Christian Meditation

Christian meditation is the process of contemplation of the Bible's scenes or a simple silent 'merge' with Christ or God.



Christianity and Signing Devotional Songs

For **Christians, chanting** of the **name of Jesus or Maria** within songs, prayers or singing directly to the Lord is an ancient way of expressing **love for God**.

Through the Christian meditation a devotee builds the personal relationship of love with Jesus.

Vocal prayers, meditations, singing devotional songs, and contemplation (Bible study) are Christians' spiritual tools to communicate with God.

The Catholic rosary is a string of beads containing five sets with ten small beads. The Hindu japa mala has 108 beads and the Muslim mishbaha has 99 beads. Each bead is counted as a person recites a mantra or repeat a prayer.

Meditating and chanting with rosary beads is done within Buddhism, Hinduism, Islam, and Christianity.

Hinduist Meditation

Meditation is a major spiritual tool within Hinduism that helps the practitioner realize union of one's self, one's ātman, with Brahman, the omnipresent Consciousness.

Yogis believe that the meditative state of mind is the highest state in which the mind exists.

Hinduism Chanting Mantras



Within Hindu's spiritual practices, the practice of singing mantras is essential. Love, devotion, openness fill one's heart through chanting and singing meditations on various God's names. Kirtan, or singing the devotional songs to Gods (Krishna, Shiva, Shakti, etc.) is one of the best ways to help quieten the mind and go into whether singing or sitting meditation.

Within a mantra meditation, a practitioner focuses on mantra. The mantras could be either a combination of sounds (like the mantra Aum) or a combination of words: So-ham (I am It), Tat Twam Asmi (one with Brahman) or words associated with deities and their qualities. It is believed that when a mantra is chanted properly, with devotion and love, the sound of the mantra becomes the deity itself. Mantra chanting is an important part of daily lives of Yogis.

'Every **true Mantra** fulfils six conditions. 1) It was originally revealed to a **sage**, who achieved self-realization through it and passed it down to others. 2) It **has a presiding deity** and 3) a specific meter. 4) It possesses a **bija, or seed**, investing it with a special power that is the essence of the Mantra. 5) It has **dynamic divine power**, or Shakti. 6) There is a plug that conceals the **pure consciousness** hidden in the Mantra. As soon as the plug is removed by constant prolonged repetition, pure consciousness is revealed, and the devotee receives the vision of his deity.'

Meditation and Mantras, Swami Vishnu-Devananda

Asanas, Pranayama, **meditation, contemplation**, and **singing mantras** are the spiritual tools used to help a Yogi merge with **Universal Consciousness**.

Islamic Mysticism: Sufi Meditation

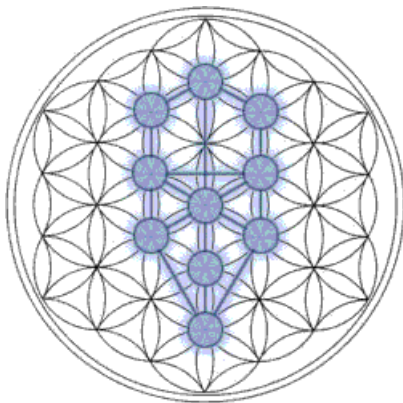


The practice of **Sufism** includes specific meditative techniques, breathing exercises and the repetition of holy words. Sufi practice of concentration is a meditation technique of one-pointedness, of mind focus or '**tamarkoz**' a Persian term for **concentration**.

Meditation within Sufis is a mystical experience. Music and dance is an essential part of the experience. The dance and singing allow a devotee to receive divine inspiration.

An Islamic prayer or Salah is also a form of singing meditation. **Salah** is a way of praying to Allah with the recitation of passages '**Surahs**' from the **Qur'an**.

Judaism Meditation



The **Jewish mystical tradition, Kabbalah**, is in its essence a meditative study of God's instruments of materialisation. A meditator meditates guided with the specific **mental visualisations**, allowing his inner experience to grow into a mystical experience, an 'elevation of the soul' to gain a spiritual intuitive knowledge of secrets hidden within the **Kabbalah's Tree of Life**. The practice is the one of the analytical reflective process that also appreciates the mystical experience.

Judaism and Magic of Sound

Within the **Zohar**, an ancient **mystical Kabbalah's** text, the sound is respected as a very essence of creation. The sound vibration for the Hebrew words are the forces that bring these entities into existence.

*'The **ancient Kabbalists** gave us the sound patterns and sequences of vibrations that can transform our lives on every level. These patterns are the words of the **Zohar**, the words of Torah, and the sequences of the Names of God. When we interact with these universal technologies, we invite their power into our lives to transform us.'*

Sound of Creation, Billy Phillips

Taoism and Meditation



Taoism tradition includes a number of meditative and contemplative practices: **Qigong**, Internal Alchemy,

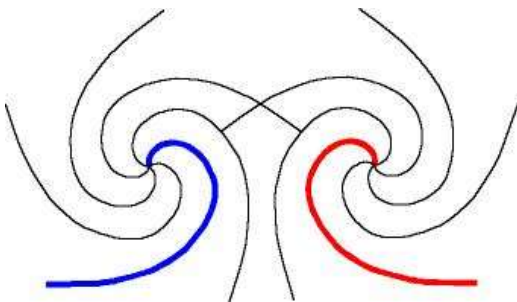
T'ai chi ch'uan often referred to as '**meditation in motion**', and various breathing training practices in aid of meditation.

Taoist Tai Chi Dance



A **movement in stillness** and the stillness in movement is a state of mental calm practiced and achieved within **Taoist** spiritual practices. **Tai Chi** is a supreme **meditative** martial-arts dance that combines movement, **meditation** and **breathing** within its practices.

Within Chinese **Qigong** practices, various forms of meditation use **visualization** as their tool to direct the **flow of energy (Qi)** within the body.



The **male and female** side of God's creation, **Yang and Yin of Nature**, mental and emotional side of human mind, constantly interact and dance their eternal dance guided by **Balance and Harmony**.

111Hz and Healing with Sound within Ancient Temples



Divine Sound and Divine Frequency

John says: 'In the beginning was the Word, and the Word was with God, and the Word was God'. **Upanishads** say that the **divine, all-encompassing consciousness** first manifested as sound 'OM', the **vibration of the Supreme**. Pythagoras created his

musical scale starting with a note A (just next to the middle C) that resonates at the frequency of 111Hz. Perhaps this one note contains many overtones like white light that contains all the colours. Perhaps it is a Cosmic 'I love you' that is within all of us. 111Hz is a frequency of a low male voice.

Paul Devereux is a professor from Cambridge and an archaeo-acoustician who researches the area of archaeology and acoustics within the ancient sites and temples analysing the ritual use of sound. He's discovered that burial mounds in Ireland called Cairns, even though they are made of different materials, and are different sizes, all resonate at one particular frequency, of: **111 Hz**. Findings of MRI scans suggest that at exactly **111hz**, the brain switches off the prefrontal cortex, deactivating the language centre, and **temporary switches from left to right-sided dominance**, that is responsible for intuition, creativity, holistic processing, inducing a state of meditation or a trance. Further research directed by **Prof. Robert Jahn** has tested acoustic behaviour in megalithic sites in the UK, showing that they sustained a strong resonance at a sound frequency between 95 and 120 hertz.

Healing with Sound, Divine Healing Frequency and Ancient Malta Temples

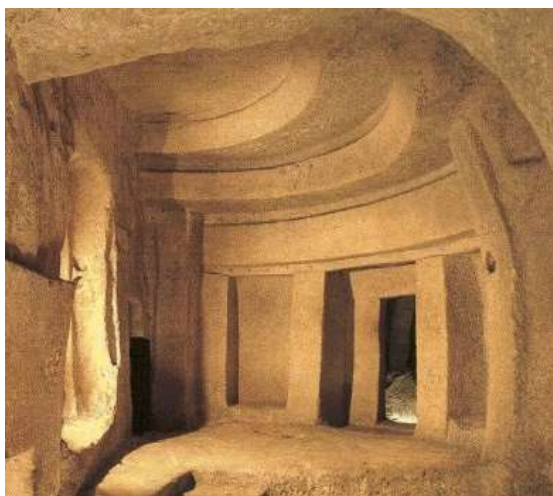
The **Maltese Hypogeum** is a temple hewn out of the rock during 3600-2500BC that covers some 500m² with the lowest room being around 11 metres under the ground, mirroring Temples above the ground that are the oldest free standing structures on Earth. Testing that analysed the sound within the **Oracle Chamber** in the Hypogeum found to match the same pattern of resonance at the **frequency of 111Hz**.

Seven thousand years ago, a thousand years before the Egyptian pyramids, in the Mediterranean, in Malta, an amazing culture seemed to be flourishing in peace and harmony

for 2,500 years. Within the remains of their times, **no evidence of weapons, or defensive architecture was found**. The bones analysis suggests a healthy population. Their cult seems to have rituals that are life affirming, earth and nature oriented, **worshipping Great God/dess, experiencing the divine as both feminine and male**, attuning to the natural **rhythms and cycles of Sun, Moon and Earth**, and the change of the seasons.

Healing with Sound and Inducing Higher State of Consciousness

So, 7,000 years ago, a culture that settled in Malta, and built Maltese Megalithic Temples,



had an advance knowledge not only of architecture but of sound rituals that induce a trance-like meditation or **higher state of consciousness**. It is likely that the **sound ritual** was used to lead 'devotees' into a **trance-like meditation**, increasing their emotional and social intelligence. Today, various studies suggest that the long-term practice of meditation may sculpt the brain towards more

patient, emotionally balanced, and creative individuals.

Healing with Sound and Hypogeum

Descending into **Hypogeum** one can re-connect with this culture that used overtone chanting, **unearthly, angelic singing, bell ringing, singing balls, drums** to reach altered states of consciousness. These sacred musical rituals found their place in religions all around the world: within **Christian Mass singing, Tibetan or Buddhist chanting, Hindu devotional songs**.

We Love Mantras

We Love Chanting Powerful Mantras

In **mantra singing** we join voices and hearts in the spirit of **Love & Devotion**. **Mantra**, kirtan, chanting, are different names for one of the central practice of Bhakti (Devotional)



Yoga that has a goal to still our minds and open our hearts through **devotional singing**.

How to Chant Mantras?

Feeling the vibration of the **sound** is a **sacred** and profound experience. It is a form of **Bhakti yoga**.

It needs the proper breathing, proper relaxation, and proper state of mind. **Chanting mantras** properly, your being starts to **shine**, your soul finds the way to express itself through **sounds** and your heart opens.

How to chant in a group?

Chanting, your body becomes a temple and an instrument. Respect your body signals.

- Are you nervous when you chant?
- Is your voice very quiet, are you afraid to be seen or heard? Is your throat too tight?
- Are you chanting from your navel or from your head?
- Are you centred, grounded, balanced and do you respect equally the needs of your heart and the needs of your head?
- Are you too loud? Is your ego fighting to get in?
- Do you chant because you want others to hear you or because you want to become the **Divine energy** and you want to let the **Divine** flow run through you?

Chanting Mantras and Meditation

Chanting is a form of meditation and the silence is the key to it



Go first into the **silence** of your heart feeling the mantra. Each **mantra** has a deep and profound meaning, connect to it. From the space of **peace**, from the space of **openness**, from the space of **love**, start singing!

Chanting Mantras Meditation

Chanting as a Kirtan practice is growing as a worldwide movement

In **Kirtan** we join voices and hearts in the spirit of **Love & Devotion**. **Kirtan** is the central practice of **Bhakti Yoga**. With Kirtan our minds quiet down and we allow our heart to open. Singing words of mantras, **prayers** or devotional songs we become the transcendental vibration of the sound that we repeat, and we become pure love and joy...

Live mantra singing from all around the world

Chanting is becoming a spiritual force leading towards more love on Earth

Chants are mainly composed of **names of God**, the Hebrew **mystics** chanted the secret



names of **God** such as **Yahweh**, **Adonai** and **Elohim**; the **Hindu Yogis** chanted the **names of Siva**, **Vishnu**, **Bramha** or many other Gods and Goddesses. Female sorcerers within Old Greece are said to have howled

their **chants**.

Mantra chanting is growing as a worldwide movement

Chanting is usually accompanied by drumming, hand-clapping, rattles and other percussion instruments.

Science of Yoga

Yoga Science or Mysticism

Ever since I fell in love with **yoga**, 25 years ago, my fascination is fuelled by this amazing **Body of Knowledge** that flourishes under the umbrella of this **Ancient Spiritual Science**. 1,000s of years various **Yogis** devoted their life-times to **study the human being**, the way we act, behave, or the way our past and present interact within a matrix called our Life and influence our **body, mind, and soul**.

The experimental and experiential **science of Yoga** is full of methods and tools that offer to strengthen the willpower, control the mind, work with the emotions and ultimately open the path to enlightenment, giving one as a unit **consciousness**, a **soul**, an Atman, an option to **merge** with **Divine Mind**, with **Cosmic Consciousness**, with **Brahman**, with **God**.

Yoga and Chanting



Covering the wide spectrum of goals, from personal health, through to the improvement of relationships, to the inner peace and happiness, **Yoga focusses on all the aspects of this amazing human existence**. Materialising as a multi-dimensional art in all the spheres of life, it opens its investigative eye examining:

- **symbols** and their life within our sub-consciousness (**symbolism of chakras**),
- **sounds** and the way our mind relates to the sound vibrations of the Universe
- **form** (yantras and mandalas) and its mathematical relationship with our Souls and the Universe.

Exploring and experimenting with minute: the **control of breath**, the play with imagination, singing devotional songs, fasting, **Yoga** gives every-single-day's exercises, **spiritual tools** and suggestions to help us grow into better and more inspiring people.

Yoga and Kundalini

Yogis tremendously respect the **Life Force** that is within us. Calling it **Kundalini**, a **Yogi**, as an experienced doctor or a magician, follows its flow through the **Chakras**, analysing the qualities and the expression of this Life Force. An anger, for example is a life force directed wrongly through our stomach chakra called Manipura that is coloured red and symbolically



represented as a triangle. What a beautiful **play of symbolism, knowledge of human nature and imagination!** Mistreating the **life-force** within us with Mal Nutrition or wrong thoughts or emotions may lead to a dis-ease. The disease in turn can be treated by the change of **Life Force** manifestation.

Yoga and Meditation

The **happiness** can be achieved if the **Life Force / Kundalini** flows through the **Sushuma**, the middle channel within our spine, if we balance the wisdom of female intuition with the



strength of male action. The major spiritual tool and method to achieve **Inner Peace** and ultimately **Enlightenment** is **Meditation**. Yoga postures (Asanas), breathing (pranayama), vegetarian diet, fasting, are all there to prepare the body and mind for the magic of Meditation. Cleansing our body and mind: thoughts and emotions, we allow **meditation** to happen within our Souls and this experience may lead us to Samadhi giving us a gift of **Enlightenment**.

Chanting Mantras and Deep Meditation Techniques

Quiet Mind and Concentration

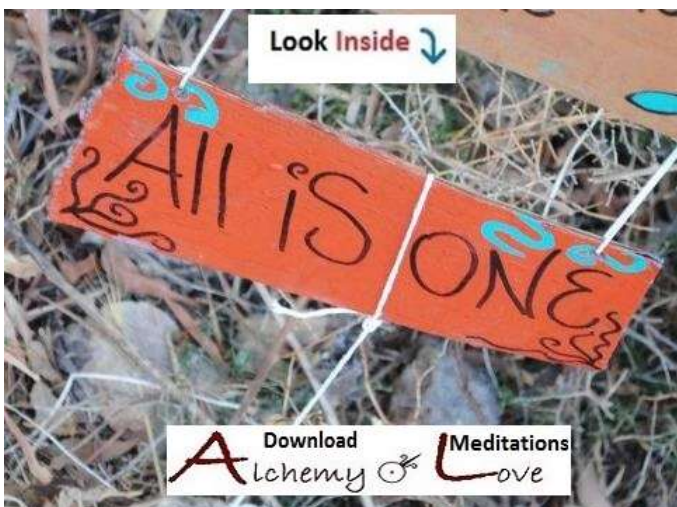


Our **Mind** is constantly active. Seeking stillness within the Mind that is in motion is impossible if you do not use the motion itself. When the surface of a lake is still, we will be able to see, experience, **intuitively sense the ocean of our sub-conscious** and to tap into the **magic of super-conscious**. This is impossible when the surface is agitated by waves of our **thoughts, emotions, habits, fears**.

In order to still our **mind** we learn how to understand the **body** and the influence it has on our **mind**. The art of **meditation** is the art of **stillness**, the art of **self-development**, the art of motion within no-motion, action within no-action, visualization and **concentration**.

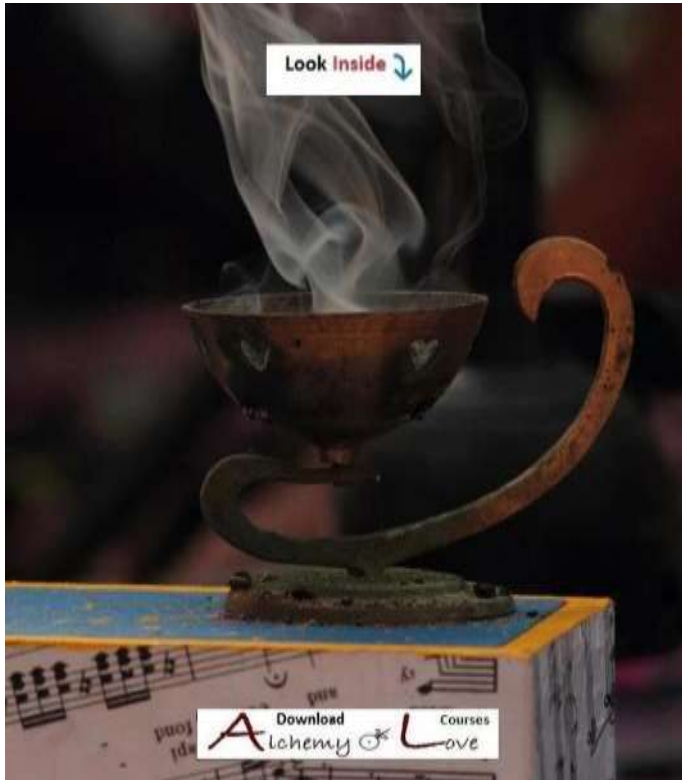
To still the body, throughout the centuries **yogis** have used **chanting, experimenting with sound, mantras, asanas** and **breathing exercises** that in various ways work with the body but also help the **mind** enter **meditation**.

Spiritual Meditation and Focus



Chose a mantra that inspires you and use it as your object of meditation: a sound of Aum, Soham, Aum Mani Padme Hum, etc. Concentrating our **mind** on **light, love, peace** that is emanating from the mantra or the pure **consciousness**, we allow the **mind** to keep 'busy' while we connect with the **source of knowledge** using powerful imagery of **positive imagination**.

Get Inspired by Yogis, Gurus and Sages



'Meditation is the dissolution of thoughts in Eternal awareness or Pure consciousness without objectification, knowing without thinking, merging finitude in infinity.'

Swami Sivananda about Meditation and Dissolution of Thoughts

Take Time to Meditate

Om

The Meaning of Om

The **mantra** OM is the **name of God**. Written as **A-U-M**, it represents the divine energy



united in its three aspects:

- Brahma (creation),
- Vishnu (preservation) and
- Shiva (destruction);

or

Buddhists will relate it to holy body, holy speech and holy mind of Buddha.

Swami Sivananda about the Meaning of Om and Om Meditation



'Om (Aum) is everything. Om is the Name or symbol of God, Isvara or Brahman. Om is your real Name. Om covers the whole threefold experience of man. Om stands for the phenomenal worlds. From Om this sense-universe has been projected. The world exists in Om and dissolves in Om. **'A'** represents the physical plane. **'U'** represents the mental and astral plane, the world of intelligent spirits, all heavens. **'M'** represents the whole deep sleep state, and all that is unknown even in your wakeful state, all that is beyond the reach of your intellect. **Om represents all**, Om is the basis of your life, thought and intelligence.

Om is everything. All words which denote objects are centred in Om. Hence the whole world



*has come from Om, rests in Om, and dissolves in Om. As soon as you sit for meditation, chant Om loudly 3 or 6 or 12 times. This will drive away all worldly thoughts from the mind and remove Vikshepa (tossing of mind). **Then take to the mental repetition of Om.***

The Japa of Om (Pranava Japa) has a tremendous influence on the mind... The vibrations set up by this word are so powerful that, if one persists in taking recourse to them, they would bring the largest building to the ground... Pronounced as spelt, it will have a certain effect upon the student; but pronounced in its correct method, it arouses and transforms every atom in his physical body, setting up new vibrations and conditions, and awakening the sleeping power of the body.'

Meditation, contemplation, mantras and prayers from all around the world are becoming a spiritual force leading towards more love on Earth.

Om Mani Padme Hum

Mantra for Achieving Buddhahood

ॐ 嘛呢 叭彌 吽 娑 哈

A mantra is a word or sound that is repeated, during meditation. **Mantras are considered capable of creating transformation of energy / vibration into divine qualities.** Mantras are used within various spiritual paths to enhance meditation or to lead to meditation.

The **Buddha** leads us to **enlightenment** manifesting in the form of the **mantra** *Om Mani Padme Hum...*

Om Mani Padme Hum Mantra for Achieving Buddhahood



It is said that all the teachings of the **Buddha** are within this mantra. According to **Buddhism** all beings have the Buddha nature. We all have within us the seed of purity that is to be transformed and developed into **Buddhahood**.

Your ordinary body, speech and mind are purified and transform into, **Buddha's holy body, holy speech and holy mind** (symbolically represented by AUM).



'Thus the six syllables, **OM MANI PADME HUM**, mean that by the practice of a path which is an indivisible union of **method** and **wisdom**, you can

transform your impure body, speech, and mind into the pure exalted body, speech, and **mind of a Buddha.**'

OM MANI PADME HUM HH the Dalai Lama

MANI means Jewel

Pure Jewel stands for love and compassion and it also symbolizes the intention to become enlightened. Jewel within the manifested world could be seen as Maya, the appearance of: desires, samsara, nirvana...

PADME is Lotus symbolizing **Wisdom.**

Just as a lotus grows forth from mud, wisdom has to fight its way through the human conditioning to get realised as a divine quality. The main of all wisdoms is the wisdom of silence and emptiness. PADME signifies emptiness.

HUM unifies spiritual methods with wisdom.

It is the indivisibility, the immovable, that which cannot be disturbed. It represents the spirit of enlightenment. HUM destroys the suffering. It is an imperative: May your holy mind, and your great compassion enter my heart!

MANI signifies appearance, PADME signifies emptiness, HUM unifies the two.

MANI is the illusion, PADME is the light, and HUM unifies the two

Hare Krishna Mantra

Hare Krishna is a Hindu **Maha (Great) Mantra** devoted to **Krishna**.

Hare Krishnas are **bhakti yogis**, following the **yoga of devotion**. They dedicate their lives towards loving Krishna. They worship **Krishna** as the highest form of **God**. In order to purify their **consciousness** and **spiritualize their senses**, they practice different forms of devotional service. One of these is **chanting** of the **Hare Krishna mantra**

What is the Meaning of Hare Krishna Mantra

Hare Krishna Hare Krishna Krishna Krishna Hare Hare

Hare Rama Hare Rama Rama Rama Hare Hare



There are three Holy Names that make up the Maha Mantra, Hare, Krishna, and Rama.

1. **Hare** directly addresses the energy of the Lord. Hare can be interpreted as another name of Vishnu meaning "he who removes illusion", or as another name for Radha Krishna's eternal consort.
2. **Krishna** is the Name of the Supreme Personality of Godhead
3. **Rama** is another name of Krishna

meaning ***beloved of Radha***

Hare Krishna Group follow four principles to purify their physical body, as the basis of their spiritual life:

- They are vegetarians
- They restrain from sexual activity. Sex is allowed only if married
- They do not gamble
- They do not consume alcohol, caffeine, tobacco or drugs.

Benefits of Chanting Hare Krishna Mantra



Hare Krishnas believe that chanting will help them purify their mental and emotional body, through the development of 4 virtues:

- Mercy
- Self-Control or Austerity
- Truthfulness
- Cleanliness of body and mind

Within bhakti yoga, everything we do should be done as an offering to God. So offering food is an integral part of the Hare Krishna spiritual practice. They offer food to God as an expression of their love for Him. In the food preparation, they take care of cleanliness, ingredients and taste as though it is Krishna who is going to taste it. The real purpose of cooking is to show the devotion and gratitude to the Lord. They are excellent cooks and have wonderful vegetarian restaurant all over the world.

Krishna Kirtan: Hare Krishna Hare Hare 1

HA-RE KRI-SHNA HA-RE KRI-SHNA KRI-SHNA KRI-SHNA HA-RE

HA-RE RA-HA HA-RE RA-HA RA-HA RA-HA HA-RE

HA-RE KRI-SHNA HA-RE KRI-SHNA KRI-SHNA KRI-SHNA HA-RE

HA-RE RA-HA HA-RE RA-HA RA-HA RA-HA HA-RE

Hare Krishna Hare Krishna Krishna Krishna Hare Hare

Hare Rama Hare Rama Rama Rama Hare Hare

Hare Krishna Hare Krishna Krishna Krishna Hare Hare

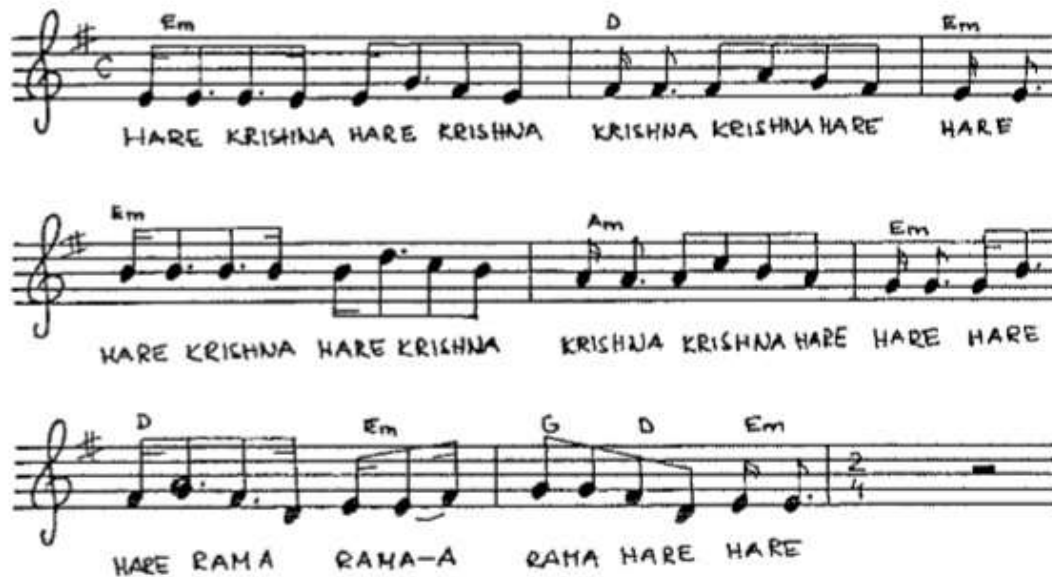
Hare Rama Hare Rama Rama Rama Hare Hare

Krishna Kirtan: Hare Krishna Hare Hare 2



Hare Krishna Hare Krishna Krishna Krishna Hare Hare

Krishna Kirtan: Hare Krishna Hare Hare 3



Hare Krishna Hare Krishna Krishna Krishna Hare Hare

Hare Krishna Hare Krishna Krishna Krishna Hare Hare

Hare Rama Rama Rama Rama Hare Hare

Krishna Kirtan: Hare Krishna Hare Hare 4

Dm Am C G
Hare Krishna Hare Krishna, Krishna Krishna Hare Hare
Dm Am C G
Hare Rama Hare Rama, Rama Rama Hare Hare

Krishna Kirtan: Hare Krishna Hare Hare 5

F C G C
Hare Krishna Hare Krishna Krishna Krishna Hare Hare
F C G C
Hare Rama Hare Rama Rama Rama Hare Hare

Check this inspiring by Devi Chitralekha Ji [Hare Krishna Chant](#)

Krishna Das version of [Hare Krishna](#)

Govinda Swami and [Hare Krishna](#)

Ananda Mantra Group singing [Hare Krishna](#)

Om Namō Bhagavate Vasudevaya

Meaning of Om Namō Bhagavate Vasudevaya

Om Namō Bhagavate Vasudevaya a mantra of **Krishna**. This mantra is known as a Mukti mantra and a spiritual formula for attaining enlightenment.

It means literally: Prostration to Bhagavan Vasudeva or:

'Om and salutations to the Indwelling One, substance of the Divine. *The first word, **OM**, represents the invocation to the **Supreme**. The second word, **NAMO**, represents perfect surrender. The third word, **BHAGAVATEH**, represents the aspiration, so that the manifestation becomes Divine. When I sit in meditation or I have a minute of quiet for concentration, this mantra arises from the solar plexus, and there is a response in the cells of the body: they all start vibrating. Everything gets filled with Light!* **The Mother**



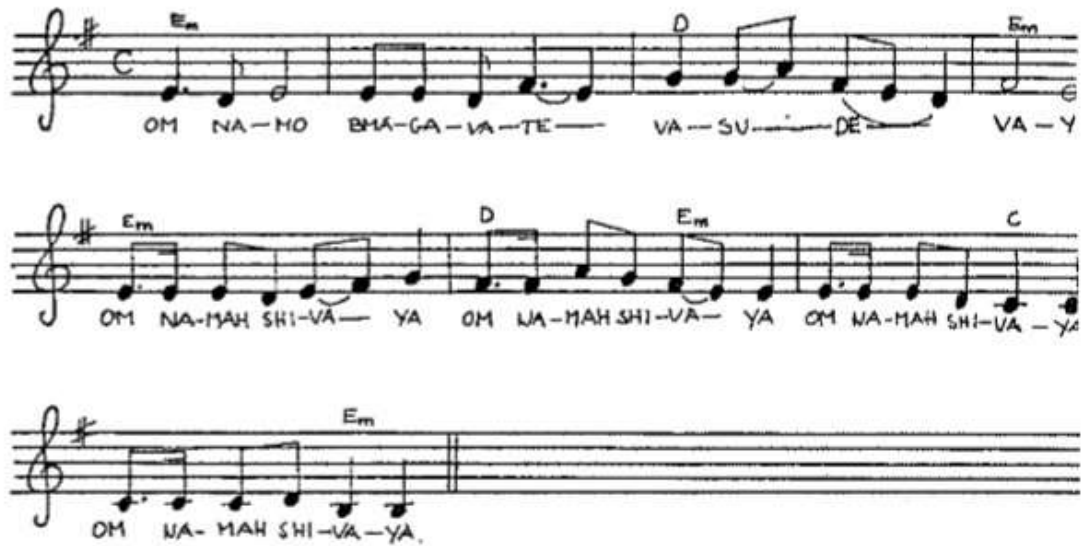
Om Namō Bhagavate Vasudevaya Mantra 1



Om Namō Bhagavate Vasudevaya

Om Namō Bhagavate Vasudevaya

Om Namō Bhagavate Vasudevaya Mantra 2



Om Namo Bhagavate Va-su-devaya

Om Namah Shivaya Om Namah Shivaya

4/4 Em D Em

Om Na-mo Bha-ga-va-te Va-su-devaya

Em D Em

Om Namo Bhagavate Va-su-devaya

Em D Em

Om Namah Shivaya Om Namah Shivaya

C Em

Om Namah Shivaya Om Namah Shivaya

Om Namō Bhagavate Vasudevaya Mantra 3

CAPO 3rd Fret

Am G F G Am

Om Namō Bhagavate Va-su-devaya

Am G F G Am

Om Namō Bhagavate Va-su-devaya

Am G F G Am

Vasudevaya Vasudevaya Vasudevaya Bolo

Am G F G Am

Vasudevaya Vasudevaya Vasudevaya Bolo

'**Bolo**' is Hindi for 'sing' or 'sing it!'

Krishna Das [Om Namō Bhagavate Vasudevaya](#)

Deva Premal [Om Namō Bhagavate](#)

Art of Living Chant [Om Namō Bhagavate](#) 108 times by Sri Sri

Vamadeva leads this [ecstatic kirtan chant](#) Om Namō Bhagavate

Radhe Radhe Radhe Shyam

Meaning of Radhe Radhe Radhe Shyam

Mantras that are names of God help us to build a mental image of the deity and hold their divine essence within our hearts while singing.

Radhe Radhe Radhe Shyam Mantra 1



Radhe Radhe Radhe Shyam Govinda Radhe Radhe
Radhe Radhe Radhe Shyam Govinda Radhe Radhe Radhe
Govinda Radhe Radhe Shyam Gopala Radhe Radhe Shyam

Check Jagjit Singh version of [Radhe Krishna Radhe Shyam](#)

Radhe Radhe Govinda Gopala Mantra 2

G Em C D
Radhe Radhe Radhe Radhe
G Em D
Govinda Gopala Hari Radhe
C Am G
Govinda Gopala Hari Radhe
G Em
Govinda Hari Gopala
C D
Hari Govinda Hari Radhe

Check how Krishna Das sings [Radhe Govinda](#) and Radhe Radhe Govinda by [Mantra Malta](#)

Govinda Krishna Jay Mantra 3



Govinda Krishna Jay, Gopala Krishna Jay, Gopala Pala Pala Radha Krishna

Govinda Krishna Jay, Gopala Krishna Jay, Gopala Pala Pala Radha Krishna

Krishna Jay, Krishna Jay, Krishan Jay

Krishna Krishna Krishna Krishna Krishna Jay

Krishna Govinda Gopala Mantra 4

Dm C Bb C Dm

Krishna Govinda Govinda Gopala

Dm Bb F C

Krishna Govinda Govinda Gopala

Dm C Bb C Dm

Krishna Murali Manohara Nanda Lala

Check Easy Kirtan [Krishna Govinda Govinda Gopala](#)

Sri Sita Ram

Meaning of Sri Sita Ram

Sri means blessed, holy, and glorious.

Sita is the Goddess, an embodiment of Lakshmi, goddess of prosperity and abundance. Mystically she is also the Kundalini Shakti, the Life Force of God.

Ram is the God Rama, an embodiment of Vishnu, the protector of the Universe.

Jay means glory to or victory to...

Sita Ram Sita Ram Mantra 1

F C G

Sita Ram, Sita Ram, Sita Ram, Sita Ram

Check Ram Dass [Sita Ram](#)

Sri Ram Jaya Ram Jai Jai Ram Mantra 2

C G

Sri Ram Jaya Ram, Jai Jai Ram

F C G

Sri Ram Jaya Ram, Jai Jai Ram

C G

Sri Ram Jaya Ram, Jai Jai Ram

Check Krishna Ram Das [Sri Ram Jai Ram](#)

Sri Ram Jaya Ram Jai Jai Ram Mantra 3



Sri Ram Jaya Ram, Jaya Jaya Ram Ram

Sri Ram Jaya Ram, Jaya Jaya Ram Ram

Check [Jaya Sita Ram](#) by Ram Das

Jai Radha Madhava

Meaning of Jai Radha Madhava

Mantra words:

Jai radha madhava Jai kunj vihari

Jai gopi jana vallabha Jai giri vara dhari

Jay means 'glory to'

Madhava means someone 'descended from Madhu'. **Madhu** also means **Spring**.

Kunja Bihari: an inhabitant of a place in the forest overgrown with plants and wild creepers

Mantra Meaning: Glory to Radha, Glory to Radha's beloved Madhu, Glory to the one who dwells in the lush forest, Glory to Krishna. Krishna is the divine lover of Radha, his eternal consort. They wonder around a forest enjoying their time together.

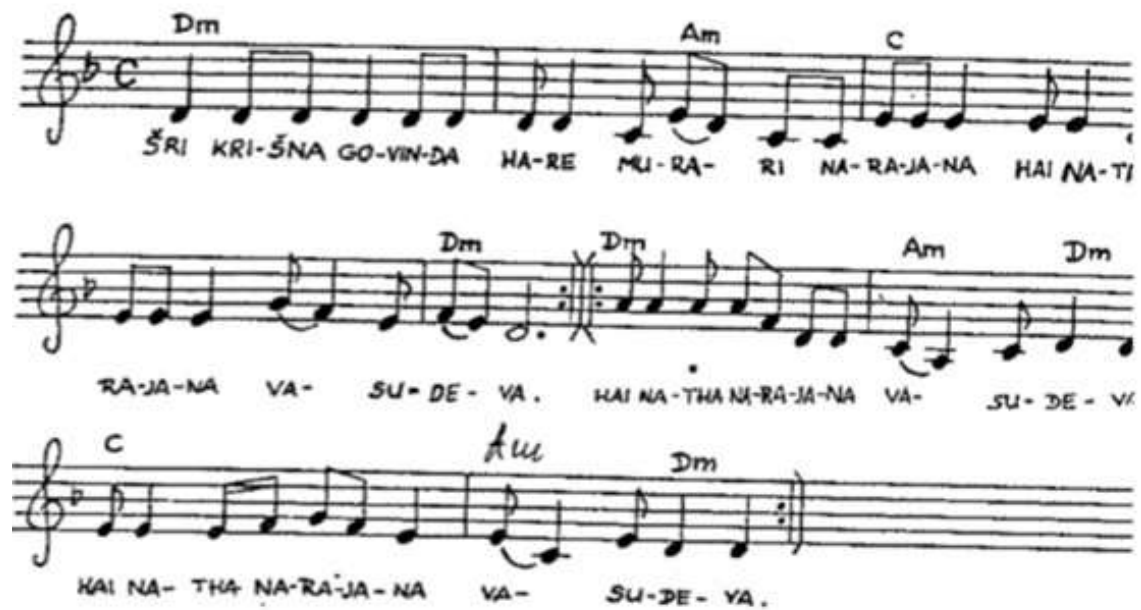
Jai Radha Madhava Mantra 1

Handwritten musical score for 'Kunja Bihari' in G major, 4/4 time. The score consists of four staves of music with lyrics in Hindi. The first staff has a key signature of one sharp (F#) and a common time signature (C). The second staff has a key signature of one sharp (F#) and a common time signature (C). The third staff has a key signature of one sharp (F#) and a common time signature (C). The fourth staff has a key signature of one sharp (F#) and a common time signature (C). The lyrics are: JA-YA RA-DHA NA-DHA-VA KUN-JA BI-HA RI-HA RI; GO-PI-JA-NA VA-LA-BHA GI-RI VA-RA ADHA-RI; YA-SO-JA NAN-DA-NA BEA-JA JA-NA RAH-JA-NA; YA-MU-NA TI-RA-VA-NA CA-RI YA-MU-NA CA-RI JA-YA.

Jai Radha Madhava chanting by Art of Krishna

Deva Premal with her version of [Jai Radha Madhava](#)

Sri Krishna Govinda Hare Murari 2



Sri Krishna Govinda Hare Murari Narajana Hai Natana Rayana Vasudeva x 2

Hai Natana Rayana Vasudeva Hai Natana Rayana Vasudeva

Nataraj is the dancing form of Lord Shiva. He is the King of the dance.

Check Easy Kirtan version of [Govinda Jai Jai](#)

Check Ram Dass version of [Ramo Bolo](#)

Gopala Gopala Devaki Nandana Gopala 3



Gopala Gopala Devaki Nandana Gopala

Devakinandana Gopala Devakinandana Gopala

Check Easy Kirtan Version of [Devakinandana Gopala](#)

Govinda Jaya Jaya Gopala Jaya Jaya 4



Govinda Jaya Jaya Gopala Jaya Jaya

Radha Ra-mana Hari Govinda Jaya Jaya

Check **Ram Dass** [Govinda Jaya Jaya](#)

Meaning of Hanuman

Jaya Sita Ram Jai Jai Hanuman 1

Hanuman is the monkey God, a devotee of Rama, an incarnation of Lord Shiva.

C	F	C	F
Jaya Sita Ram Jai Jai Hanuman Jaya Sita Ram Jai Jai Hanuman			
G	F	G	F
Jaya Sita Ram Jai Jai Hanuman Jaya Sita Ram Jai Jai Hanuman			
C	F	C	F
Ram Ram Ram Sita Ram Ram Ram Ram Ram Sita Ram Ram Ram.			
G	F	G	F
Ram Ram Ram Sita Ram Ram Ram Ram Ram Sita Ram Ram Ram			

Jaya Hanuman Mantra 2



Jaya Hanuman
Jaya Jaya Hanuman
Jaya Jaya Hanuman
Jaya Jaya

Check Espaço Santosha [Jay Hanuman](#)

Sacred **Chants** of **Shiva**

Chanting Mantras of the sacred names of Lord Siva

Singing **mantras** and **sacred chants** of **Siva** will free you from all your karma.



It is **Siva** who causes bondage and who made Maya (Illusion). It is **Siva** who makes you realise your essential **Divine Nature**. **Siva** created the idea of egoism, Karma, pleasure and pain. It is **Siva** who offers Moksha or freedom. **Om and Siva** are one. **Siva manifests in the Gayatri Mantra**, Agni and in the Sun.

Chanting Mantras: Om Namah Shivaya

Meaning of mantra: Om Namah Shivaya

Namah Śivāya is dedicated to **Lord Śiva (Shiva)**, the **Destroyer** or the **Transformer**. **Shiva** is one of the three major Gods in Hinduism; he is part of the **Trimurti** (three forms) that is the **Hindu Trinity** that explains that the cosmic energies manifest in three forms: creation, maintenance, and destruction, and they are personified as **Bramha, Vishnu and Shiva**.



Om Namah Shivaya is an ancient formula for invocation that is at the heart of the **Vedas**.

Na is the Lord's grace, **Ma** is the world, **Śi** stands for **Śiva**, **Va** is His revealing grace, **Ya** is the soul. The five elements are also embodied in this mantra. Na is earth, Ma is water, Śi is fire, Vā is air, and Ya is ether.

Om Namah Shivay Mantra 1

Om Namah Shivaya ([Nina Hagen](#))

Am Em

Om Namah Shivay... Om Namah Shivay...

Dm C G Am

Om Namah Shivay... Om Namah Shivay...

G Dm Am

Om Namah Shivay... Om Namah Shivay...

Dm C G Am

Om Namah Shivay... Om Namah Shivay...

Om Namah Shivay Namah Om Mantra 2

[Easy Kirtan Shivaya Mantra](#)

Am G F G Am

Om Namah Shivaya Om Namah Shivaya

Am G F G Am

Shivaya Namah Om... Shivaya Namah Om...

Namah Om Namah Om Namah Om

Check Nina Hagen [Sankirtana Shiva Chant](#)

Om Namah Shivaya Mantra 3

Am F G Am
OM NAMAH SHIVAYA OM NAMAH SHIVAYA
Am F G Am
SHIVAYA NAMAHA SHIVAYA NAMAHO
Am F G Am
SAM BOL SHANKARA NAMAH SHIVAYA
Am F G Am
GIRIJA SHANKARA NAMAH SHIVAYA
Am F G Am
ARUNACHALA SHIVA NAMAH SHIVAYA
Am F G Am
ARUNACHALA SHIVA NAMAH SHIVAYA
C G F Am
HARI OM NAMAH SHIVAYA

Check Krishna Das chant [Om Namah Shivaya](#)

Check Art of Living: [Om Namah Sivaya](#)

Meaning of Mantra Shiva Shambo Shambo

Jaya Jaya Shiva Sham-Bo Jaya Jaya Shiva Sham-Bo

Mahadeva Sham-Bo Mahadeva Sham-Bo

Mahadev means great God.

Shambo means 'the auspicious one', the gentle and auspicious face of Siva, the abode of joy.

Shiva is often called **Mahadeva**, the Great God, and also **Shambo**.

Amazing mantra chanting full of divine love, and devotion dedicated to Siva.

Shiva Shambo Shambo Mantra 1

Dm F C Dm

Jaya Jaya Shiva Sham Bo Jaya Jaya Shiva Sham Bo

Dm F C Dm

Mahadeva Sham Bo Mahadeva Sham Bo

Check Ananda Kirtan Band and their version of [Shiva Shiva Shambo](#)

Check also devotional songs for Lord Shiva, performed by [Rishi Nityapragya](#)

Rishi is a Sanskrit word which means "A divinely inspired poet or saint". Nitya means 'Ever' and Pragya means 'Alert'. He truly chants as an 'Ever-Alert'...

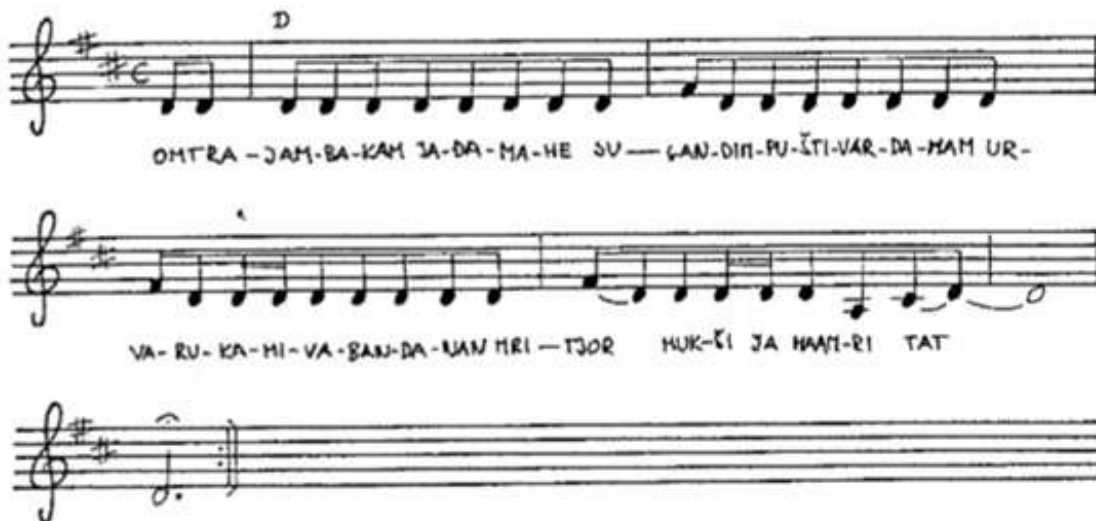
Siva Maha Mrityunjaya (the Great Death Conquering Mantra) Mantra Meaning

This is another powerful **Lord Shiva's mantra**. It is also called the **Rudra mantra**, referring to the furious aspect of **Shiva**; or the **Tryambakam mantra**, alluding to **Shiva's** three eyes. The **Mantra** is ideally recited 108 times at dawn and at dusk.

Om tryambhakam yajamahe, sugandhim pushtivardhanam, urvarukamiva bandhanan, mrityor mukshiya maamritat

The simple translation would be: Three-eyed one, Almighty **God**, we worship you, who give us sweet fragrance, nourishment and prosperity. Release us from disease, attachment, obstacles in life, and death. Liberate us into immortality.

Om Tryambhakam Mantra 1



Om tryambhakam yajamahe, sugandhim pushtivardhanam, urvarukamiva bandhanan, mrityor mukshiya maamritat

[Om Tryambhakam](#) video live chanting

Jaya Shiva Shankara Bambam Hara Hara 2

Dm C F C

Jaya Shiva Shankara Bambam Hara Hara

Dm C F C

Hara Hara Hara Hara – Bambam Hara Hara!

Hara is another name of **Shiva**. **Shiva** is the destroyer of ignorance,

Jaya Siva Shankara Mantra 3



Jaya Shiva Shankara, Bam Bam Hara Hara

Hara Hara Hara Hara Bam Bam Hara Hara

Jaya Jaya Siva Sambo Mantra 4

Dm F C Dm

Jaya Jaya Shiva Sam Bo Jaya Jaya Shiva Sam Bo

Dm F C Dm

Mahadeva Sam Bol – Mahadeva Sam Bol

He Shiva Shankara He Maheshwara Mantra 5

Am G E Am

He Shiva Shankara He Maheshwara!

Am E

Shiva Shiva Shiva Shiva Hara Hara Shankara

E

Om Namah Shivaya

Am E Am

Om Namah Shivaya

Singing devotional songs or mantras could be truly a mystical and a mysterious experience.

Chanting is about opening your heart.

Sing along with the happy, abandon your thoughts, become a child, leave the ego behind, and let your chanting flow...

Gayatri Mantra Chanting

Benefits of chanting the Gayatri Mantra

ॐ भूर्भुवः स्वः
ॐ तत्सवितुर्वरेण्यं भर्गो देवस्य
धीमहि धियो यो नः प्रचोदयात् ।

We find the **Gayatri Mantra** within the esoteric texts of major Upanishads (Vedic texts).

The Gayatri Japa is the core part of the **Sun Worship Ritual** Sandhyavandanam: the salutation to Sandhya: 'twilight and solar noon'.

It is believed that reciting this [mantra](#) bestows wisdom and enlightenment, through the divinity of the Sun.

Chanting Gayatri Mantra creates specific energies. **Gayatri mantra** inspires righteous wisdom. In traditional Brahmin practice the **Gayatri Mantra** is often **devotionally** offered to God at sunrise and sunset. It is a [prayer](#) to God, as the divine life giver, symbolized by Savitr (the sun), to inspire within us His **Divinity** and His Light to guide our **Wisdom** towards Righteousness.

The Gayatri Mantra Meaning

The Gayatri Mantra Translations

ॐ भूर्भुवः स्वः

तत्सवितुर्वरेण्यं

भर्गो देवस्य धीमहि

धियो यो नः प्रचोदयात्

Om Bhur Buvah svaha

Thath savithur varenyam

Bhargo devasya dhimahi

Dhiyo yonah prachodayat

Bhooh: the terrestrial,

Bhuvah: the world connecting terrestrial to celestial.

Svah: the celestial and

From a yogi perspective Bhooh, Bhuvah, Svah are mystically interpreted as the three levels of consciousness: Conscious, Dream-state and Unconscious.

Savituh: life-generating ability of the Sun

Bhargah: the self-luminous one

Tatsavitur devasya: 'of that divine entity called Savitr'

Dhimahi means 'we meditate upon'

Dhiyah means 'life activity'

Prachodayat means 'to move in a specific direction.'

We could translate **the Gayatri** as:

We meditate upon self-luminous radiance of the divine entity called Savita which inspires our life activities, and intellect.

Famous Translations of the Gayatri Mantra:

'May we attain that excellent glory of Savitar the god:

So may he stimulate our prayers.'

The Hymns of the Rigveda (1896), the Gayatri by Ralph T. H. Griffith

'We meditate on the adorable glory of the radiant sun; may he inspire our intelligence.'

the Gayatri by S. Radhakrishnan (1953)

What is Gayatri Mantra by Swami Sivananda

'Let us meditate on Isvara and His Glory who has created the Universe, who is fit to be worshipped, who is the remover of all sins and ignorance. May he enlighten our intellect.'

Gayatri Mantra Meditation Ritual by Sivananda

'The Gayatri is the 'Blessed Mother' of Vedas. There is no milk superior to cow's milk. Even so there is no Mantra superior to Gayatri...

Get up at 4 AM... and start Japa and meditation on Gayatri, sitting on Padmasana, facing North or East. Burn incense in the room... Continue the Japa for two hours or more. Have another sitting at night between 7 and 8 PM Constantly feel that you are receiving light, purity and wisdom from Gayatri. This is important.

Keep the image of the Gayatri at the Trikuti, the space between the eye-brows by closing the eyes and concentrate there, or keep the image in the lotus of the heart and concentrate there. There is special, mysterious spiritual force or wonderful magnetic power at Sandhi or junction of the time, sunrise and sunset. The mind will be elevated quickly. Concentration will come by itself without any effort at this time...

Savita is the presiding deity of the Gayatri Mantra, Fire (Agni) is the mouth... He who meditates on Gayatri, meditates on Lord Vishnu.'

Gayatri Mantra 1

Am G Am G Am G Am

Om... Bhur Bhuva Swaha Tat Savitur Varenyam

G C G Am G Am

Bhargo Devasya Dhimahi Dhiyo Yonah Prachodayat

Gayatri Mantra 2

Em D Em C D

OM BHUR BHU- VAH SWAH TAT SA-VI-TUR VA-

Em G D Em

RE-NYAM BHAR-GO DE-VA-SYA DI-MA-HI

C D Em C

DHI-YO YO NAH PRA-CHO-DA-YAT OM BHUR BHU-

G Hm C D Em C

VAH SWAH TAT SA-VI-TUR VA-RE-NYAM BHAR-GO DE-

G Hm C D Em

VA-SYA DI-MA-HI DHI-YO YO NAH PRA-CHO-DA-YAT

Check this beautiful version of [Gayatri](#) by Deva Premal

Om Namō Narayana

Meaning of Om Namō Narayana



Narayana is another name for Vishnu, a Hindu God, one of the three supreme deities.

He is the Preserver along with Brahma the Creator and Shiva the Destroyer.

Vishnu is the god of light and the sun. He is the life force and essence of all.

Narayana is the name of Divine in its infinite form. In Vedas he is described as the divine blue or dark skinned with four-arms, holding a lotus flower,

I bow to Narayan, I bow to Divine

Om Namō Narayana Mantra 1

Am E7

Hari om namo narayana

E7

Om namo narayana

Dm Am

Hari om namo narayana

Dm Am

Hari om namo narayana

Am E7 Am

Hari om namo narayana

E7

Om namo narayana

Dm Am

Hari om namo narayana

Dm Am

Hari om namo narayana

Radhe Shyam

Meaning of Radhe Shyam

Radhe Radhe Shyam Govinda Radhe, Jai Shree Radhe
Govinda Radhe Radhe Shyam Gopala Radhe Radhe

Radhe 'O Radha'

Shyam means the dark skinned one, a sign of beauty.

Govinda is Krishna

Jay means 'victory to'

Gopala is the protector of cows, Krishna

This is a chant of **Krishna** and **Radha**, the two that are One. Radha is the beloved of Krishna. They merge together on the full moon night as they dance in ecstasy.

Radhe Shyam Mantra 1

Em D Em

Radhe Radhe Radhe Shyam

Am D Em

Govinda Radhe Radhe Shyam

Am D Em

Gopala Radhe Radhe Shyam

Art of Living chant [Radhe Shyam](#)

Guru Bramha

Meaning of Guru Bramha Mantra

The Guru is Brahma (the Creator), the Guru is Vishnu (the Preserver), the Guru Deva is Maheshwara (Shiva, the Destroyer). The Guru is truly the Supreme Brahman. Salutations to the Guru.

Singing words of mantras, prayers or devotional songs we become the transcendental vibration of the sound that we repeat, and we become pure love and joy...

Guru Brahma Mantra 1

4/4 D Hm
Om Gu-ru Brahma Gu-ru Vishnu
 G D
Gu-ru De-vo Mahe-shwara
Em D
Sakshat Para Brahma
 A D
Ta-smai Shree Guruveya Nama-ha

Guru Brahma Mantra 2

Am Em Am Em
Guru Brahma Guru Vishnu
Em Dm Em-B7
Guru Devo Maheshwara
B7
Guru Sakshat Parambrahma
Em Dm Em
Tasmai Shree Gurave Namaha

Performed by [Ananda Mantra Band Guru Brahma](#)

Shri Ram Jai Ram Mantra 3

Capo 5th fret

D C D

Shree ram jai ram

G D

Jai jai ram om

G D G D

Shree ram jai ram

G D A D

Jai, jai, ram om.

Narayana, Narayana, Jaya Govinda Hare Mantra 4

D Bm A

Narayana Narayana Jaya Govinda Hare

D Bm Em A D

Narayana Na-rayana Jaya Go-pala Hare

For Inspiration Check: Art of Living Mantra [Hari Sundar Nand Mukunda](#) with Rishi Nitya Pragya

Govinda Jai Jai Gopala Jai Jai Mantra 5

A

Govinda Jai Jai Gopala Jai Jai

E7 A

Radha Ramana Hari Govinda Jai Jai

D A

Govinda Jai Jai Gopala Jai Jai

E7 A

Radha Ramana Hari Govinda Jai Jai

Meaning of Ganesha Mantra

Ganesha Sharanam Sharanam Ganesha

Ganesha is an elephant God, son of Shiva and Parvati. He is remover of obstacles and is invoked at the beginning of any endeavor. He is God of science, wisdom & literature,

Sharanam means refuge, protection. Sharanam also means 'surrender to'.

Ganesha Sharanam Sharanam Ganesha Mantra 1

Ganesha Sharanam Sharanam Ganesha

F

Ganesha Sharanam Sharanam Ganesha

C

Ganesha Sharanam Sharanam Ganesha

F

Ganesha Sharanam Sharanam Ganesha

C Bb F

Ganesha Sharanam Sharanam Ganesha

Om Sri Ganesha Mantra 2

Om Sri Ganeshaya

Am

Om Sri Ganeshaya

C G Am

Om Sri Ganeshaya Namaha Om

BHAJA MANA MA

C F C G C

Bhaja Mana Ma – Ma – Ma – Ma...

C F C G C

Bhaja Mana Ma – Ma – Ma – Ma...

C F C G C

Anandamayi Ma Ma... Ananda Rupa Ma Ma...

[Deva Premal](#) sings of Oshun, Goddess of rivers, seashores and love

Check the inspiring mantra Amba Ma by [Art of Living](#)

Hanuman Bolo by [Mantra Malta](#)

Jai Shri Ma by [Mantra Malta](#)

Baba Nam Kevalam: the Path of Bliss

Ananda Marga Kiirtan



Singing mantras is an ancient practice of singing a highly vibrational phrase as a method within a **spiritual path**. **Ananda Marga** uses the Sanskrit **mantra** **Baba Nam Kevalam**.

We are continually in-tuned with the object of our **ideation and thoughts**. We are what we think, and what we ideate!

Singing a mantra that within its meaning carries the meaning of infinite love, will resonate within us with lasting internal **happiness**; with **peace** and contentment.

Ananda means bliss.

What is the meaning of **Baba Nam Kevalam**

Baba means 'my most beloved One'; Nam means 'name of' and Kevalam means 'only'. So the meaning of the mantra is: My most Beloved (Supreme Consciousness) is the only One.

Baba Nam Kevalam is a **mantra**, **kiirtan** or **devotional songs** sung within **Ananda Marga**, created by its founder **Sri Sri Anandamurti**.

Ananda Marga teaches tantra yoga with an aim to achieve Bliss (Ananda) giving practitioners deep happiness, and spiritual awakening.



Ananda Margi systematically practice various components of the Yogic lifestyle: observance of universal ethical principles, practice of asanas (yoga postures), **practice of meditation**.

One of the methods for purifying the mind and preparing it for meditation is kiirtan.

Ananda Margi practice yoga as a methodology leading to the state of Oneness.

According to them, all forces of nature can be divided into three principles:

- **Sattvic** (sentient) principle: The most subtle one that is associated with awareness, purity, happiness, creativity.
- **Rajasic** (mutative) principle: Associated with change, growth, movement, restlessness and activity.
- **Tamasic** (static) principle: The crudest energy form. It is associated with decay, degeneration, ignorance, death and inertia.

The **Cycle of Creation** manifests itself from the very subtle (**Supreme Consciousness**) to the very crude (inert matter) and back again to the very subtle again. Human beings are on the path to **Supreme Consciousness**.

I love this Tiny Green Island

Dm Am7 Am Dm

I love this tiny green island, surrounded by the sea (x2)

Am Em Am Em Am

Touched by the sea, decorated by the sea (x2)

Am Em Am Em Am

Am I a secluded figure? In the vast a little, a meagre? (x2)

Dm Am

No, no, no, no, I'm not alone (x2)

Dm (C) Dm

Great is with me

(C) Dm

The Great is with me

I love this tiny green island surrounded by the sea (x2)

Touched by the sea, decorated by the sea

I love this tiny green island surrounded by the sea.

Am I a secluded figure, in the vast, a little, a meagre

No, no, no, no, I'm not alone, Great is with me, the Great is with me

I love this tiny green island surrounded by the sea.

Check the track: I love this [Tiny green island](#)

Baba Nam Kevalam 1



Baba Nam Kevalam 2



We all come from God Baba Nam Kevalam 3

We All Come from God

Intro || D/F# | G5 | Asus4 | Bm7 | D/F# | G5 | Asus4 | A ||

D/F# G5 Asus4 Bm7
We all come from God and to him we shall return

 D/F# G5 Asus4 A
Like a ray of light rising to the sky

D/F# G5 Asus4 Bm7
We all come from God and to her we shall return

 D/F# G5 Asus4 A
Like a rain of love floating to the ocean

 D/F# G5 Asus4 Bm7 D/F# G5 Asus4 A
Hallelu jah Hallelu jah

 D/F# G5 Asus4 Bm7 D/F# G5 Asus4 A
Hallelu jah Hallelu jah

D/F# G5 Asus4 Bm7
We all come from the goddess and to her we shall return

 D/F# G5 Asus4 A
Like a ray of light rising to the sky

D/F# G5 Asus4 Bm7
We all come from One and to her we shall return

 D/F# G5 Asus4 A
Like a rain of love floating to the ocean

 D/F# G5 Asus4 Bm7 D/F# G5 Asus4 A
Baba Nam Kevalam **Baba Nam Kevalam**

Baba Nam Kevalam **Baba Nam Kevalam**

Parama Porusha Mantra 4



Parama Purusha Parama Purusha Parama Purusha Ananda Murati

Taraka Bramha Taraka Bamha Ananda Murati

For further inspiration check: [Baba Nam Kevalam](#) Kirtan

Inspiring [Baba Nam Kirtans](#)

We sing devotional songs with deep feelings. and full faith. letting the transcendental beauty. and qualities represented within the words enter our souls.

Sufi Dance, The Sacred Ritual of Love

Spiritual Practice, a Meditation, a Mystical Journey

Sufi Dancing or **Dervish Dance** is a beautiful **Spiritual Practice**, a **meditation**, a **mystical journey** of spiritual ascent through mind to God's **Love**. It originated amongst **Sufis** (an esoteric dimension of Islam) and it is a dance, done as a ritual and meditation.



Rumi was a 13th century **Persian Sufi** poet and philosopher, who wrote 30.000 verses of poetry about divine love and spiritual bondage. Rumi passionately believed that music, poetry and dance are the path to reach God. It was from his teachings that the practice of Dervish's dancing

became a ritual.

Sufi Whirling and its Meaning

A **Sufi** spins around his centre for many minutes, letting go, abandoning the ego and surrendering to **God**. Spinning through the space, the dance takes the form of the **cosmic rhythm, a spiral**. When the Sufi's arms are crossed he represents the number one, or God as Oness.

While whirling, the **Dervish's** arms are open: his right arm is directed to the sky ready to receive **God's blessings**, his left hand is turned toward the earth connecting with it. The dance is a way of training the **Dervish's awareness**.

For the **Sufi**, knowledge is metaphysical, and it can be attained only through practice and not through thinking. The **Sufi** symbolically turns towards the truth, abandons the ego, and arrives at the Perfect.

Slowly, as the body sways consciousness also changes, the mind assumes a freedom from the earthly bondage. With this ecstatic dance the **Sufi Dancer** enters the trance forgetting his Self and becoming united with the **Divine Lover**. Their dance becomes ecstasy. The **Sufi** unites with the beloved, and they become the instrument for the admiration of creation. **Their heart is filled with passion. Love** is the only way to truly experience the beauty of the world. In the ritual dance where consciousness penetrates the body and the mind, the lover joins with the beloved, the dance becomes the dance of **Divine Love**.

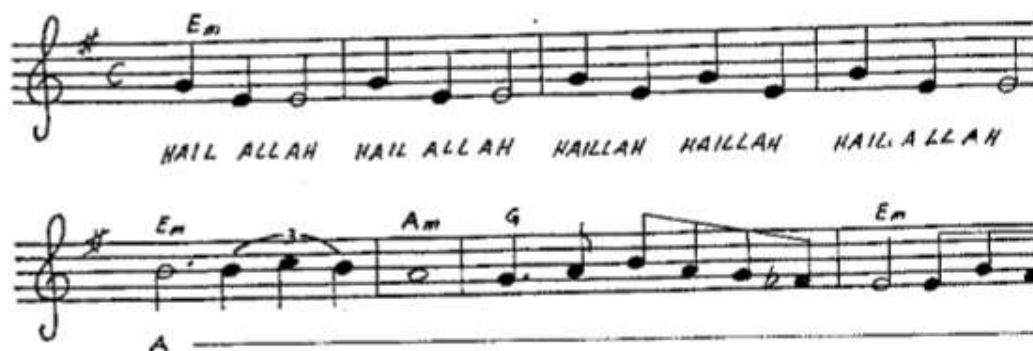
Sufi chants of La Ilaha Ilallah: Sufi Meditation the Divine Union 1

La ilaha illa allahu

La ilaha illa allahu

God is the only reality

Asalaam Alaikum Alaikum Asalaam 2



Asalaam Alaikum Alaikum Asalaam 3



Asalaam Alaikum; Asalaam Alaikum

Asalaam Alaikum; Alaikum Asalaam

May peace be with you

Bismillah Alham 4

Bismillah Alham Dulillah (Allah is great)

Dm C Bb C Dm

Bismillah Alhamdulillah Lailaha Illallah...

Dm C Bb C Dm

Bismillah Alhamdulillah Lailaha Illallah

Bismillah on the Soundcloud [Bismillah alham dulillah](#)

Silence is healing. Silence is creative. Silence is necessary. Regular meditation is a way to clear your mind from clutter of thoughts, a way to train concentration and to focus on specific themes. It is a way to Quiet Mind.

Mantras in English

May Love we Share Spread its Wings

Am(7)

May the love we share here spread its wings

Am(7)

Fly across the earth and bring great joy

G(4)

(G)

Am(7)

To every soul that is alive

Am(7)

May the blessings of your grace My Lord

Am(7)

Shine on everyone and may we

G(4)

(G)

Am(7)

All see the light within, the light within

May all the beings in all the worlds be happy

}x2

Am

Asalaam aleikum Aleikum asalaam

G

Asalaam aleikum Aleikum asalaam

Am

Asalaam aleikum Aleikum asalaam

}x2 }x2

Check this inspiring song performed by Marcus Felsner on the **Shanti Yoga Festival**: May the love we're sharing spread its wings, fly across the earth [Asalaam aleikum](#)

I love you Lord we sing and pray, Rainbow Gatherings

Dm

You are my mother, you are my father

C – Am Dm

You are my lover and my best friend

Dm

You are the beginning, you are the center

C – Am Dm

You are beyond the end

Dm

You are the colours of the rainbow

C – Am Dm

You are the pure white light in me

Dm

You are the rivers, you are the mountains,

C – Am Dm

You're the sky, you are the sea

Dm C - F C Dm

I love you so; you help me see

Dm C - F C Dm

To see you in all; is to see you in me

C - Am Dm

I am in you; and you are in me

You are my elder, you are my teacher

You are my brother/sister and my best friend

You are the mountain, you are the ocean

You are the pure white Light in me

[Annie's Song, John Denver](#) (in 3/4)

G C D Em C G

You fill up my senses, like a night in the forest.

G C D Am C D

Like a mountain in springtime, like a walk in the rain.

G C D Em C G

Like a storm in the desert, like a sleepy blue ocean.

G C D Am D G

You fill up my senses, come fill me again.

G C D Em C G

Come let me love you, let me give my life for you.

G C D Am C D

Let me drown in your laughter, let me die in your arms.

G C D Em C G

Let me lay down beside you, let me always be with you.

G C D Am D G

Come let me love you, come love me again.

G C D Em C G

You fill up my senses, like a night in the forest.

G C D Am C D

Like a mountain in spring time, like a walk in the rain.

G C D Em C G

Like a storm in the desert, like a sleepy blue ocean.

G C D Am D G

You fill up my senses, come fill me again.

Cosmic Chant Door of My Heart, Paramhansa Yogananda

Door of My Heart translated by Paramahansa Yogananda

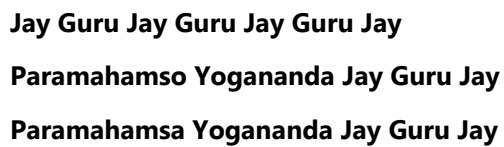
Chords: C (F) (C) Dm G F FMaj7 (Dm) F (Dm) Am

5 F F F E E D C D E D C D A
Wilt Thou come, wilt Thou come? just for o - once, come to me?

9 C (F) (C) Dm F (Dm Am7 Dm) F Dm) Am
Will my days fly a - way with - out see - ing Thee, my Lord?

13 F Dm Am Dm F (Dm Am7 Dm) F Dm) Am
Night and day, night and day, I look for Thee night and day.

30



[We are Opening](#) from **Rainbow Festival**

[Mother I feel you](#) from the Rainbow Festival

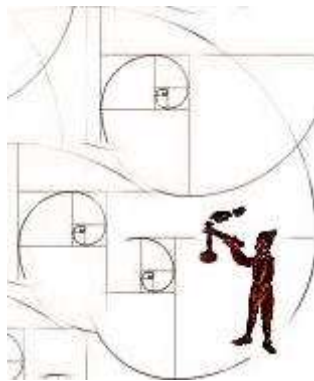
<https://soundcloud.com/edi-keshava-das/amritananda-you-are-my-mother>

Am G Am G E
Sing Halleluja to our Lord, sing Halleluja to our Lord,
Am G F C Am G Am
Sing Halleluja, sing Halleluja, sing Halleluja to our Lord!



HALLELUJA

A musical score for the hymn 'HALLELUJA' in D major, 4/4 time. The score is written for four staves. The first staff is the melody, with lyrics 'HA-LE-LU-JA' and 'HALELUJA'. The second staff is a harmonic line, with lyrics 'HA - LE - LU - JA'. The third and fourth staves are accompaniment lines, with lyrics 'HALELUJA'. Chords are indicated above the first staff: A, E, F#m, C#m, D, A, D, E.



Published by Artof4elements www.artof4elements.com

ISBN: 978-99957-54-15-0

The Art of 4 Elements



Alchemy of Love Mindfulness Training

Alchemy of Love Mindfulness Training Books



In March 2014, Art of 4 Elements developed and launched the **Alchemy of Love Mindfulness Training Serial**. Titles in the Alchemy of Love series include:

- Art of 4 Elements: Discover Alchemy of Love through Poetry e-book, 2012, Nataša Pantović Nui, Jason Lu, Jeni Caruana, Christine Cutajar, ISBN 9789995754051
- A Guide to Mindful Eating with 45 Veggie Recipes e-book, 2014, Nataša Pantović Nui, Mirjana Musulin, ISBN 9789995754068
- Mindful Eating with Delicious Raw Vegan Recipes e-book, 2015, Nataša Pantović Nui, Olivera Rosic, ISBN 9789995754075 and paperback, 2015, ISBN 9789995754020
- Mindful Being: Mindful Being towards Mindful Living Course e-book, 2014, Nataša Pantović Nui, ISBN 9789995754082 and paperback, 2014, ISBN 978999575407
- Conscious Parenting: Mindful Living Course for Parents e-book, Nataša Pantović Nui, Ivana Milosavljevic, 2014, ISBN 9789995754099 and paperback, 2014, ISBN 9789995754044
- Chanting Mantras with Best Chords e-book, Nataša Pantović Nui, 2015, ISBN 9789995754150

Using the process of self-discovery, the self-development and spiritual tools used within the **Alchemy of Love Mindfulness Training Books** are: **mindfulness exercises**, the practice of **meditation**, tools to understand **conscious vs. unconscious behaviour**, personality questionnaires, setting true personal goals.

Alchemy of Love Courses: Mindful Being

The Alchemy of Love **Mindful Being Course** works with the full range of transformation tools that examine your body, your emotions, your thoughts, your relationships, your surroundings, your goals and your dreams.

You ask yourself questions about your life and habits: Is it Self-discipline that you need, and strengthening of your willpower to tap into your highest potential? Are there habits that suffocate your development and the expansion of the life-force within you? Is it the endless chatter within your head that kills your initiatives and disturbs the Flow? Are you ready to live your Highest Potential?

Message from Nui

Dear Spiritual Traveller,

Tangible transformations comes into our lives only if we work on our self-development truly and holistically.

During my **Spiritual Journey**, during 25 years of **Meditation, Yoga and Tao** exploration, I came across **Alchemy of Love**. In an attempt to expand the Wonder of **Meditation, Mindfulness, Consciousness, Bliss**, I created the Alchemy of Love Courses: **Mindful Being** and **Conscious Parenting**.

Exploring the **Alchemy of Human Being**, we examine Human Brain and **Mind Powers**, tools to increase **Creative Thinking**, ways to achieve **Free Mind**. The courses are inspired by sages and gurus of our past from **Hindu to Buddhist, Christian to Tao**, by **Life, Love, Alchemy, Divine**.

The alchemy of this mixture is there to keep me inspired and to inspire you to further create, going back to Life re-newed, shining Love...

It is My Pleasure to Share with You the link to this Precious Course:
<http://www.artof4elements.com/entry/111/alchemy-of-love-course>

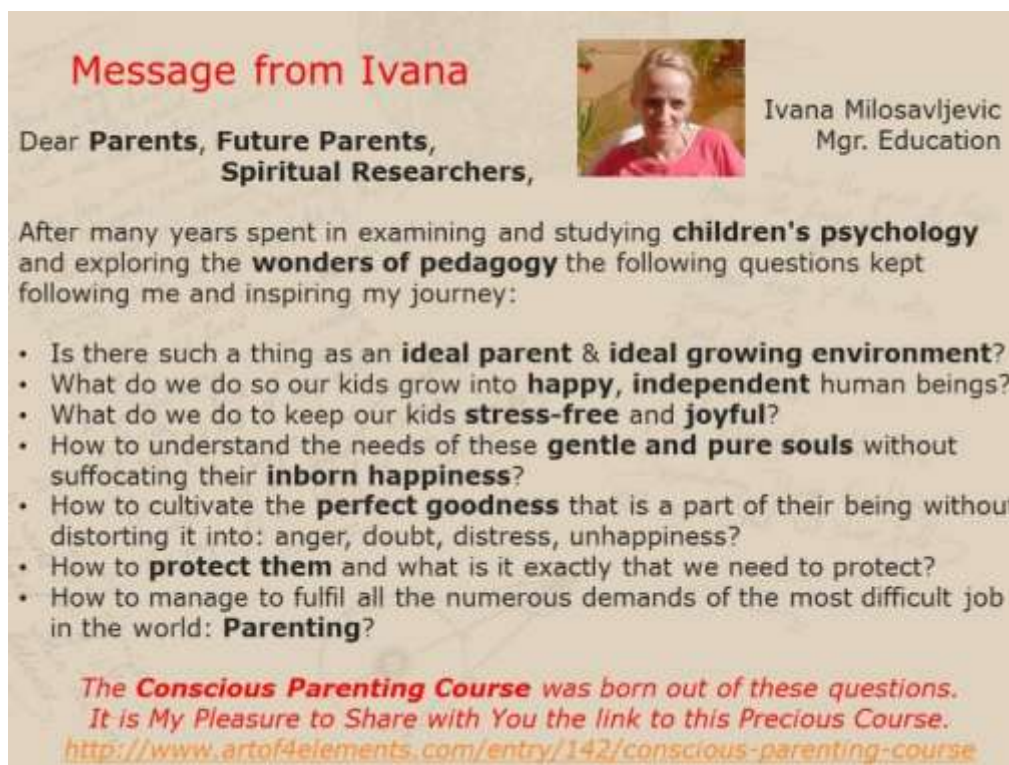
You examine what are the negative beliefs that might disturb your Journey. What do you really want to live? Do you live your dream life? Isn't it happiness that we are all ultimately after? We will help you understand your body, mind and soul connection and help you start listening to your soul all throughout Your Journey.

Starting your journey with us, you will work on your Short and Long Term Goals understanding the True Values that surround you and your family. Transform your Life Journey into a Self-Development Journey that is full of Learning, Love and Laughter. Take concrete actions that will help you be more Mindful, Aware and Conscious. Understand your True internal drive, your passion, your calling. Allow your Soul to direct your Journey. Become a creative genius that is connected with his or her heart, intuition and inner wisdom.

Achieve peace of mind and happiness, following the path of Mindfulness through all the actions you take.

Conscious Parenting Course

Parenting is the most amazing spiritual experience one can go through. It exercises our Will Power, and strengthens our capability to **Love**. It is free, it is constant, and it challenges our existing beliefs, and breaks our Ego Structures. And it is always extremely rewarding! We have designed Self Development Course called: **Conscious Parenting**, to help you focus on Love and Beauty of Parenting.



Message from Ivana

Dear **Parents, Future Parents, Spiritual Researchers,**

Ivana Milosavljevic
Mgr. Education

After many years spent in examining and studying **children's psychology** and exploring the **wonders of pedagogy** the following questions kept following me and inspiring my journey:

- Is there such a thing as an **ideal parent & ideal growing environment**?
- What do we do so our kids grow into **happy, independent** human beings?
- What do we do to keep our kids **stress-free** and **joyful**?
- How to understand the needs of these **gentle and pure souls** without suffocating their **inborn happiness**?
- How to cultivate the **perfect goodness** that is a part of their being without distorting it into: anger, doubt, distress, unhappiness?
- How to **protect them** and what is it exactly that we need to protect?
- How to manage to fulfil all the numerous demands of the most difficult job in the world: **Parenting**?

*The **Conscious Parenting Course** was born out of these questions.
It is My Pleasure to Share with You the link to this Precious Course.*

<http://www.artof4elements.com/entry/142/conscious-parenting-course>

It is in our nature to learn and grow. Taking a commitment to grow, spiritually develop, we take responsibility for our lives. We also help our children grow into inspiring adults.

Art of 4 Elements is a Mindfulness Training and self-help publisher. Founded in 2012 by author Nataša Pantović Nuić that has designed and launched a mindfulness training serial called **Alchemy of Love Mindfulness Training**. Art of 4 Elements publishes books, audio, and video materials in areas of Mindfulness, Meditation, Self-Help, New Thought, Alternative Health, Vegetarian and Vegan Food and Nutrition, and Conscious Parenting.

List of Free Articles that might inspire your journey

[How to Exercise Mindfulness](#)

[Mantras for Meditation](#)

[Most Important Benefits of Meditation](#)

[Exercise Your Willpower](#)

[Love and Compassion Guided Meditation](#)

[Shine Love, Our Meditation Journey](#)

[Alternate Nostril Breathing](#)

[What is Alchemy?](#)

[Chinese Alchemy, Secret of Golden Flower](#)

[111Hz Divine Frequency](#)

[What is Spirituality](#)

[Conscious Mind Articles](#)

eBook [Guide to Mindful Eating with Veggie Recipes](#)

[Conscious Parenting Articles](#)

[Prayer Room](#)

[9 Brain Development Most Important Tips](#)

[How to Practice Divergent Thinking?](#)

[Conscious Mind, Free Mind](#)

[We are What We Believe](#)

[What is Mindfulness with Exercises](#)

[Spiritual Poems and Audio Journey](#)

[Alchemy of Marketing](#) Articles

[Internet and Privacy: Internet Big Brother](#)

[Forget pushy tactics in Social Media](#)

[Mindful Eating Exercises](#)

[Love and Relationships Articles](#)

[Conscious Parenting Course](#)

[Conscious Parenting Articles](#)

[Self-Development Parents Help](#)

[How to Meditate Properly](#)

[How to Meditate Properly Quotes](#)

[Yoga Science and Yoga Benefits](#)

[What is Mindfulness and Mindfulness Exercises](#)

[Guided Spiritual Meditation, Divine Consciousness](#)

[Yoga Breathing Exercises](#)

[Mindfulness](#) Spiritual Quotes

[The Mystics of our Past](#)

[Ancient Spirituality and Goddess Worship](#)

[Mandala Meaning from Aztecs to Jung](#)

[Symbols and Signs](#)

[Mindful Eating](#)

eBook [Mindful Eating with Raw Vegan Recipes](#)

[What is Spirituality?](#)

[How to Pray](#)

[Prayers to God](#)

[What is Creativity?](#)

[How to Exercise Mindfulness](#)

[Mind Powers](#)

[Free Transformation Tools](#)

[How to Meditate](#)

[What is Spirituality Articles](#)

[Passionate Internet Marketing](#)

[Best Practice for engaging Customers Online](#)

[Taking care of your Online Karma](#)

[Conscious Parenting Tips and Tools](#)

[Online Guided Meditations](#)

[Conscious Parenting Gold](#)

[Quotes on Education](#)

[How to Be More Loving Parent](#)

[7 Main Children Development Tips](#)

[7 Main Tips to be a Conscious Parent](#)

[Education of the Future](#)

[Schools that Inspire Children to Learn](#)

[Learning Creativity through Free Play](#)

Free Online [Delicious Raw Vegan Recipes](#)

[The Best Healthy Snacks You Could Eat](#)

[7 Most Important Benefits of Being a Vegetarian](#)

[What is Real Food, What to Eat and Why](#)

[Why Vegetarian Quotes](#)

[10 Miracle Foods Best for Your Nutrition](#)

[What is Unconditional Love?](#)

[Chemistry of Love](#)

[Love and Sexual Health](#)

[Life-Coaching](#)

[Alchemy of Love Courses](#)

[Mindful Being Course](#)

[Self-Development Course Methodology](#)

[Download Free Course](#)

[Lapis, Philosophers Stone](#)

[Spiritual Meaning of Numbers](#)

[Light as Symbol of Divine](#)



[Tree of Life](#)



[Magic of Equinox](#)

[Pythagoras](#)

[Patanjali](#)

[St Teresa](#)

[The Mother](#)

[Ouspensky](#)

[How to Help Our Children Learn](#)

[Will we learn from Finland?](#)

[Arts Make Students Smart](#)

[Rhythm Intuition Freedom](#)

[Power of Mind: We are what We Believe We Are](#)

[Healthy; Delicious Cooked Recipes](#)

[Food for Health Main Principles](#)

[Acid vs. Alkline Foods or Yin Yang of Foods](#)

[How to Stay Healthy](#)

[5 Tips to Improve Your Water Quality](#)

[What is Love Spiritual Quotes?](#)

[Sex and Long Term Relationships](#)

[Sex and its Evolution](#)

[Love Symbols and Signs](#)

[Tantric Light Poetry](#)

[.Spiritual Journey](#)

[Alchemy of Love Offering](#)

[Mindful Being Gold](#)

[Free Transformation Tools](#)

[Chinese Alchemy, Secret of Golden Flower](#)

[Spiritual Meaning of Spiral](#)

[Messages from Enlightened Minds](#)

[Alchemy Gold and Highest Potential](#)



[Trinity Spiral](#)

[Animal Spirit Totems](#)

[Lao Tzu](#)

[Dante](#)

[Tolstoy](#)

[Aurobindo](#)

[Yogananda](#)

[Gurdjieff](#)

[Sogyal Rinpoche](#)

About the Author

Nataša Pantovic Nuit is a poet, a writer, and a spiritual researcher that lives and works in Malta.



Nuit has designed the **Alchemy of Love Mindfulness Training Courses**.

The Alchemy of Love Mindfulness Training is about the alchemy of love, the alchemy of soul, our everlasting quest to find the gold within, discovering the stone that transforms metals into gold.

Personal Highlights or some weird and wonderful things about me:

- BSc Economics from Belgrade, Serbia
- Singing mantras for now 25 years
- 1991 published my 1st book: Contracts for Companies in Serbia
- Moved to Malta in 1993 and worked for 5 years in Management Consultancy, Malta Office of the Prime Minister
- I never in my life had a TV or a mobile phone
- 10 years Head of Business Development of an UK IT company
- Trainer and facilitator of Creativity Workshops in: Mindfulness, Goddess Within, Stress Management, Communication
- 25 years of experience in yoga and meditation, 25 years of yogic life-style, Sivananda Certified Yoga Teacher
- Organizer of 6 Body, Mind and Spirit Festivals in Malta
- Keen interest in exploring Megalithic Temples
- Regularly publish articles on Self-Development and Spirituality
- Designed Alchemy of Love Mindfulness Training and published 5 books
- Entered an amazing world of parenthood, adopting two lovely children from Ethiopia

Conscious Parenting Quotes

Also check our official website: <http://www.alchemyoflovecourses.com>

For the Spiritual Novel A-Ma Alchemy of love go to: <http://www.amanuit.com>

Amazon Author profile: <http://www.amazon.com/author/nuit>