

Introduction To Mantras

There are two types of mantras, (1) affirmations and (2) poems of praise

Affirmations

When a subtle Centre (chakra) has a blockage the energy does not flow freely through it and it's pure qualities cannot be well expressed. This can lead to imbalances and physical and emotional health problems.

Each Affirmation is spoken to direct the pure energy now flowing within us to a specific centre.

Any blockages we may have open and the unique positive qualities of each centre awaken (allowing them to flow from us in a spontaneous way).

Affirmations for the 7 centre channel chakras:

Mooladhara	Mother please make me the innocence
Swadistan	Mother please make me the creative knowledge
Nabhi	Mother please make me a satisfied person
Void	Mother please make me my own guru/ master
Heart	Mother please make me a fearless person
Vishuddhi	Mother please make me a detached person
Hamsa	Make me a self-correcting and discriminating person
Agnya	Mother make me a forgiving person, let me forgive all those who have harmed me, make my mind thoughtless and peaceful. Fill it with love for all mankind.
Sahasrara	Shri Mataji please establish my self realization. Please give me pure silence and complete integration within my being.

Poems of Praise - How to use of mantras

Mantras are spoken in Sanskrit, the ancient language of India. When the kundalini rises she releases energy, which are referred to vibrations. The sounds of the Sanskrit language were chosen to correspond with the chakras within us.

When saying a mantra out loud the Sanskrit sounds then resonate within us and activate each corresponding chakra nourishing it with purifying energy.

Each mantra refers to the divine form residing in each chakra. The divine form of each chakra manifests different human qualities within each chakra.

Simply repeat the following phrases, and replace the blank space with the divine form for each chakra (listed below)

Mantra basic format:

OM TWAMEVA SAKSHAT SHRI _____ SAKSHAT, SHRI ADI SHAKTI
MATAJI, SHRI NIRMALA DEVI, NAMO NAMAH

Short form:

OM TWAMEVA SAKSHAT _____, NAMO NAMAH

Divine forms:

Mooladhara OM TWAMEVA SAKSHAT - **SHRI GANESHA** - NAMO NAMAH

Eg. Shri Ganesha manifests the qualities of innocence and wisdom

Swadhistan OM TWAMEVA SAKSHAT - **SHRI BRAHMADEVA-SARASWATI** - NAMO NAMA

Nabhi OM TWAMEVA SAKSHAT - **SHRI LAKSHMI-VISHNU** - NAMO NAMAH

Void OM TWAMEVA SAKSHAT - **SHRI ADI-GURU-DATTAREYA** - NAMO NAMAH

Heart OM TWAMEVA SAKSHAT - **SHRI DURGA** - NAMO NAMAH

Vishuddhi OM TWAMEVA SAKSHAT - **SHRI RADHA-KRISHNA** - NAMO NAMAH

Agnya OM TWAMEVA SAKSHAT - **SHRI JESUS-MARY** - NAMO NAMAH

Sahasrara OM TWAMEVA SAKSHAT - **SHRI SAHASRARA SWAMINI** - NAMO NAMAH