

# Life Force

## Prana

### 1. Sahanāvavathu

Om sahanāvavatu  
Sahanau bhunaktu  
Saha vīryam karavavahai  
Tejasvi nāvadhī tamastu  
Mā vidviṣāvahai  
Om Śantiḥ Śantiḥ Śantiḥ

### 2. Gajānanam

Gajānanam bhūta gaṇādhi sevitam  
Kapittha jambhū phalasāra bhakṣitam  
Umāsutam śokāvināśakāranam  
Namāmi vighneśvara pādapaṅkajam  
Sarva vighnaharam devam  
Sarva vighna vivarjitam  
Sarva siddhi pradātharam  
Vandeham gaṇanāyakam

### 3. Namah Shivaya

Nāgendra hārāya trilocanāya  
Bhasmāṅga rāgāya maheśvarāya  
Nityāya śuddhāya digambarāya  
Tasmai nakārāya namaḥ śivāya

Mandākini salila chandana charchitāya  
Nandīśvara pramatha nātha maheśvarāya  
Mandāra mukhya bahu pushpa supūjitāya  
Tasmai makārāya namaḥ śivāya

Sivāya gaurī vadanāravinda  
Sūryāya dakśādhvara nāśanāya  
Srī nīlakaṇṭhāya vṛṣa dhvajāya  
Tasmai śikārāya namaḥ śivāya.

Vasiṣṭha kumbhodbhava gautamādi  
Munindra devārcita śekharāya  
Candrārka vaiśvānara locanāya  
Tasmai vakārāya namaḥ śivāya.

Yajna svarūpāya jaṭādharāya  
Pināka hastāya sanātanāya,  
Divyāya dehāya digambarāya  
Tasmai yakārāya namaḥ śivāya.

#### **4. Upanishad Mantras**

Om bhadhram karnebhih shrnuyaama dhevaah |  
Bhadhram pashyemaa kshabhiryajathraah |  
Sthiraihi angaihi sushtu vaam sasthanubihir |  
Vyashema deva hitham yadaayuh ||  
Swasthina indro vrdhdha shravaah |  
Swasthina pooshaa vishva vedhaah |  
Swasthi na stharkshyo arista nemih |  
Swasthino brhaspathir dadhaathu ||  
Om Śantiḥ Śantiḥ Śantiḥ ||

Om aapyaayanthu mamangaani vaak praanah chakshuh |  
Shrothramatho balam indriyani cha sarvaani |  
Sarvam bramhoupanishadam maaham bramha niraakuryaam |  
Maa maa bramha niraakarith |  
Aniraakaranamastu aniraakaranam me asthu |  
Thadaathmani nirate ya upanishathsu |  
Dharmaasthe mayi santhu the mayi santhu ||  
Om Śantiḥ Śantiḥ Śantiḥ ||

Om shan no mithrah sham varunaha | Shan no bhavathvaryamaa |  
Shan na indro brhaspathihi |Shan no vishnur urukramaha |  
Namo bramhane | Namasthe vayo |  
Thvmeva prathyaksham brahmaasi |  
Thvaameva prathyaksham brahma vadishyaami |  
Rtham vadhishyaami |Sathyam vadishyaami |  
Thanmaam avathu |Thad vakthaaram avathu |  
Avathu maam | Avathu vakthaaram |  
Om Śantiḥ Śantiḥ Śantiḥ ||

Om dyauhu shanthihi anthariksham shaanthihi |  
Prthivih shaanthi aapaha shaanthi oushadhayah shaanthihi |  
Vanaspathayah shaanthi vishve devaaha shaanthi brahma shaanthihi |  
Sarvam shaanthihi shaanthireva shaanthihi |  
Saa maa shaanthiredhi ||  
Om Śantiḥ Śantiḥ Śantiḥ ||

## **5. Dance with Krishna –Relaxation with Flute**

## **6.Krishna /Vishnu**

Om namo bhagavate vāsudevāya

Vasudevasutam evam kamsacāṇūramardanam  
Devakīparamānandam kṛṣṇam vande jagadgurum

Śāntākāram bhujagaśayanam padmanābham sureśam  
Viśvādhāram gaganasadr̥śam meghavarṇam śubhāngam  
Lakśmīkāntam kamalanayanam yogibhirdhyānagamyam  
Vande viṣṇum bhavabhayaharam sarvalokaikanātham  
Om namo nārāyaṇāya

## 7. Guru

Dhyāna mūlaṁ gururmūrtiḥ pūjāmūlaṁ gururpadam  
Mantramūlaṁ gururvākyaṁ mokṣamūlaṁ gururkṛpā  
Chaitanyam śāśvatam śāntam nirākāram niranjanam  
Nāda bindu kalātitam tasmai śrī gurave namaḥ

Brahmānandam paramasukhadam kevalam jnānmūrtim  
Dvandvātītam gaganasadr̥śam tattvamasyādilakṣyam

Ekam nityam vimalamacalamsarvadhīsākṣibhūtaṁ  
Bhāvātītam triguṇarahitam sadgurum tam namāmi

Gurur brahmā gurur viṣṇuḥ gurur devo maheśvaraḥ  
Gurur sakṣtat brahma tasmai śrī gurave namaḥ  
Om namo bhagavate rama krishnaya

## 8. Devi

Ambha bhavani jai jagadambhe

## 9. Pure Nature - Relaxation with Violin

### 10. ŚANTI MANTRAS – Inner Peace

Om sarveśāṃ svastirbhavatu

Sarveśāṃ śāntirbhavatu

Sarveśāṃ pūrṇaṃ bhavatu

Sarveśāṃ maṅgalam bhavatu

Asato mā sadgamaya

Tamaso mā jyotir gamayā

Mṛtyormā amṛtaṃ gamaya

Sarve bhavantu sukhinah

Sarve santu niramayaah

Sarve bhadrani pasyantu

Ma kaschid-dukha-bhag-bhavet

Om pūrṇamdaḥ pūrṇamidam pūrṇātpūrṇamudacyate

Pūrṇasya pūrṇamādāya pūrṇamevāvaśiṣyate

Om trayambakam yajāmahe sugandhim puṣṭivardhanam

Urvārukamiva bandhanānmṛtyormukṣīya māmṛtāt

### Surya Namaskar - Sun Salutation Mantras

Om Mitrāya namaḥ

Om Ravaye namaḥ

Om Sūryāya namaḥ

Om Bhānave namaḥ

Om Khagāya namaḥ

Om Puṣṇaye namaḥ

Om Hiraṇyagarbhāya namaḥ

Om Marīchaye namaḥ

Om Adityāya namaḥ

Om Savitraye namaḥ

Om Arkāya namaḥ

Om Bhāskarāya namaḥ

### **Gayatri Mantra**

Om Bhūrbhuvāḥ Svāḥ

Tat Saviturvareṇyam

Bhargo devasya dhīmahi

Dhiyo yo naḥ pracodayāt

### **11. Loka Samastha**

Karpoora gowram | Karunaavathaaram ||

Samsaara saaram | Bhujagendra haaram ||

Sadaa vasantham | Hridayaaravinde ||

Bhavam bhavani | Sahitham namaami ||

Svasti prajābhyaḥ paripālayantām nyāyena mārgēṇa mahīm mahīśāḥ

Gobrahmaṇebhyaḥ śubamstu nityam lokāḥ samastāḥ sukhino bhavantu

Om Śantiḥ Śantiḥ Śantiḥ