



Sunday Evenings 7:30-8:30 pm
Live Well Studio
971 NW Spruce Street
Corvallis, OR 97330

CHAITANYAM ATMA

**Chaitanyam Atma Tatvamasi
Shivoham Shivoham
Satchitananda Om Shanti**

*From the Shiva sutras.
The Self is Consciousness itself, you are that.
Truth/consciousness/bliss – Om peace*

From Clair Oaks “Sutra’s Song”

THE MOOLA MANTRA

**Om Sat Chit Ananda Parabrahma
Purushothama Paramatma
Sri Bhagavathi Sametha
Sri Bhagavathe Namaha**

Hare Om Tat Sat

The Moola Mantra is a powerful seed mantra. By chanting it, it is possible to merge with pure consciousness, become one with the Supreme Creator, experience Divine Bliss, then humbly honor the universe, your Higher Self, and the male and female aspects of creation for the experience.

From Deva Premal “Moola Mantra”

HALLELUJAH SRI RAM

Sri Ram Jaya Ram Jai Jai Ram

Sri Ram Jaya Ram Jai Jai Ram

Sita Ram Sita Ram Jai Jai Sita Ram

Sita Ram Sita Ram Jai Jai Hanuman

From Krishna Das "Heart As Wide As The World"

LONG TIME SUN

May the long time sun shine upon you.

All love surround you.

And the pure light within you

Guide your way on,

Guide your way on,

Guide your way on.

Sat Nam (repeat 3x)

From Snatam Kaur "Grace"

GANESHAYA

**Ganashaya Namoh Namah
Jaya Jaya Vinayaka**

**Sri Sri Jai Sri
Jai Sri Ganapati**

**Om Gung Ganapataye Namaha
Om Gung Ganapataye Namaha**

From Brenda McMorrow: "Ameya"

RAMA BOLO

**Rama Rama Bolo Jay Jay Siya Rama Bolo
Rama Rama Bolo Jay Jay Siya Rama Bol**

**Rama Rama Jay Shree Rama Rama Jay Shree
Rama Rama Jay Shree Ram**

**Sita Ram Jay Sita Ram
Sita Ram Jay Sita Ram**

*Sing the name of Rama and Sita the perfect embodiments of God and Goddess.
Their union represents the essence of purity and selfless service.*

From David Newman "Into the Bliss: A Kirtan Experience"

GOVINDA HARE GOPALA HARE

**Govinda Hare Gopala Hare
He Prabhu Deena Dayaala Hare
Govinda Hare Gopala Hare
He Prabhu Deena Dayaala Hare**

From Krishna Das "Pilgrim Heart"

HE MAHA LAKSHMI

**He Maha Lakshmi He Saraswati He Mata Kali
Jagatambe Jay Jay Ma Jagatambe Jay Jay Ma**

**He Ma Durga He Ma Durga
He Ma Durga Jagatambe Jay Jay Ma**

**Jay Jay Ma Jay Ma Ma Ma Jay Ma Ma Ma
Jay Ma Ma Ma**

From David Newman "Love, Peace, Chant"

HARE KRISHNA GOVINDA

**Hare Krishna Govinda Mohan Murari
Japa Kara Japa Kara Are Mana Bhikari**

**Mohan Murare Mohan Murare
Mohan Murare Mohan Murare**

From Ragani "Turn the World to Love"

GAYATRI MANTRA

**Om Bhur Bhuvaha Svaha
Tat Savitur Varenyam
Bhargo Devasya Dimahi
Dhiyo Yonah Prachodayat**

Praise to the source of all things. It is due to you that we attain true happiness on the planes of earth, astral, causal. It is due to your transcendent nature that you are worthy of being worshipped and adored. Ignite us with your all pervading light.

From Deva Premal "The Essence"

SITA RAM

Sita Ram Sita Ram Sita Ram Jaya Sita Ram

From Ragani "Best of Both Worlds"

SAT NAM

**Sat Nam
The truth within you
Shines through you
Forevermore.**

May we manifest God's perfect love.

NARAYANA/FOR YOUR LOVE

**Narayana Narayana Narayana
Om Namō Bhaagavaate
Vaasudevaaya**

**Narayana Narayana
Narayana
For your love ...
For your love ...**

From Krishna Das: "Heart As Wide As The World"

JAYA SHAMBO

**Jaya Jaya Jaya Shambo
Hara Hara Hara Shambo**

**Maha Deva Shambo
Maha Deva Shambo**

From Shantala: "The Love Window—Sacred Chants of Devotion"

RAMA RAMA

**Rama Rama
Hare Rama Rama**

Oh beautiful Rama, who stole the hearts of the sages and removes our sorrow and suffering, we chant your name.

From Ragani "Best of Both Worlds"

ONENESS CHANT

Sri Bhagavan Om Amma Amma Bhagavan

Sri Bhagavan Om Amma Amma Bhagavan

Om Amma Bhagavan Om Ananda

Om Amma Bhagavan Om Ananda

Om Bhagavan Om Ananda

Om Om Om Bhagavan

Om Om Om Ananda

Shanti Bhagavan Shanti Bhagavan Om

In this moment there is a seed of knowing, an Awakening of divine love, where we are safe and we are healed together as ONE.

From Lauren Monroe & Rick Allen

GURU RAM DAS (SUPPORT:PROTECTION)

Guru Guru Wahe Guru

Guru Ram Das Guru

From Satkirin Kaur Khalsa: "Lightness of Being"

GANAPATI OM

**Ganapati Om Jaya Ganapati Om
Ganapati Om Jaya Ganapati Om
Ganapati Ganapati
Tavamasi Tavamasi**

A prayer to Ganesha (Ganapati), who purifies and removes the obstacles of the mind.

From Dave Stringer: "Japa"

OM MANI PADME HUM

Om Mani Padme Hum

"It is very good to recite the mantra Om mani padme hum, but while you are doing it, you should be thinking on its meaning, for the meaning of the six syllables is great and vast... The first, Om [...] symbolize the practitioner's impure body, speech, and mind; they also symbolize the pure exalted body, speech, and mind of a Buddha[...]"

"The path is indicated by the next four syllables. Mani, meaning jewel, symbolizes the factors of method: (the) altruistic intention to become enlightened, compassion, and love.[...]"

"The two syllables, padme, meaning lotus, symbolize wisdom[...]"

"Purity must be achieved by an indivisible unity of method and wisdom, symbolized by the final syllable hum, which indicates indivisibility[...]"

"Thus the six syllables, om mani padme hum, mean that in dependence on 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[...]"

-- H.H. [Tenzin Gyatso, 14th Dalai Lama](#)

From Deva Premal: "Love Is Space"

HARA HARA MAHADEV/OM NAMAH SHIVAYA

Hara Hara Hara Mahadev

Om Namah Shivaya Namah Shivaya

Two of the names of Shiva, which invoke His energy as the great God and destroyer of darkness. OM, I bow to Shiva.

From Jai Uttal: "Kirtan: the Art and Practice of Ecstatic Chant"

OM NAMO NARAYANAYA

Om Namo Narayanaya

I bow down to the Divine (India).

From Deva Premal: "Love is Space"

HOLY MA

Holy Ma

Kali Ma

Jaya Jagadambe

Everything is holy now

From Shantala "Sri"

OM NAMO BHAGAVATE/BECAUSE THE ONE I LOVE

Om Namo Bhagavate

Vasudevaya

Because the one I love lives inside of you

I lean as close to you as I can

I bow to the Lord who lives in the hearts of all

From Shantala "Sri"

EK ONG KAAR, SAT GUR PRASAD (MAGIC MANTRA: CHANGE NEGATIVE MIND TO POSITIVE)

Ek Ong Kaar Sat Gur Prasad Sat Gur Prasad, Ek Ong Kaar

The Creator and the creation are One.

This is experienced by the True Guru's Grace

This is experienced by the True Guru's Grace

The Creator and the creation are One.

From: Satkirin Kaur Khalsa: "Lightness of Being"

SAT NARAYAN

**Sat Narayan Wahe Guru
Hari Narayan Sat Nam**

*True Sustainer, Indescribable Wisdom
Creative Sustainer, True Identity*

From Guruganesha Singh: "Joy Is Now"

WAHE GURU WAHE JIO

Waheguru Waheguru Waheguru Wahe Jio

*Wahe Guru: Great Beyond Description is the experience of God's Wisdom
Wahe Jio: Great Beyond Description is the experience of God Blessing the Soul
From Snatam Kaur "Prem"*

BABA HANUMAN

**Jaya Siya Ram
Jaya Jaya Hanuman
Hare Rama
Rama Ram, Sita Rama
Rama Ram**

From Shantala "Sri"

RADHE SUITE I: The Longing

**Jaya Radha Madhava Kunja Bihari Gopi Jana Vallabha
Giri Vara Dhari
Jasoda Nandana, Braja Jana Ranjana, Jamuna Tira
Vana Cari**

This mantra praises the enlightened and amorous affairs of Krishna with His adored Radha and the cowherd maidens - the Gopis in the sacred land of Vrindavan. The prayer celebrates the beautiful way in which our Beloved dances in the groves and gardens of our hearts, enchanting our Soul and awakening us to love.

RADHE SUITE II: The Dance

**Radhe Radhe Radhe Radhe
Jai Jai Govinda Hare Jai Jai Gopal
Radhe Radhe Shri Radhe Radhe Radhe Jai Shri Radhe**

Radhe is “the fortunate One”. She is the archetype of the lover, who sacrifices all for her Beloved. She gives Herself completely to Her cherished Krishna, who is also known as Govinda or Gopal - the sacred cowherd. This mantra celebrates the festive fruit of Their union.

RADHE SUITE III: The Union

Radhe Radhe Radhe Bolo Radhe Govinda Bol

Sing the names of Radha and Govinda – the lover and beloved!

From David Newman “Love, Peace, Chant”

GANESHA SHARANAM

Ganesha Sharanam Sharanam Ganesha

Gan Gan Ganapati Sharanam Ganesha

Jay Ganesha Jaya Jaya Gananatha

I seek refuge in Ganesha

Please protect me, oh great Elephant

From Jai Uttal: "Kirtan: The Art and Practice of Ecstatic Chant"

SITA RAM

Jai Sita Rama Jai Sri Hanuman

Bolo Bolo Sita Ram Bolo Bolo Hanuman

Sita Ram Sita Ram Sita Rama

Jai Jai Sri Hanuman

How close I am to the knowing I had when I began,

To remembering who I am:

When realizing who; I am You.

From: Brenda McMorrow "Love Abounds"

AAD GURAY NAMEH

Aad Guray Nameh

Jugaad Guray Nameh

Sat Guray Nameh

Siri Guru Devay Nameh

*I bow to the Primal *Guru*

I bow to the Guru woven throughout time.

I bow to the True Guru, the true identity of the Self.

I bow to the Great Guru whose Great Glory will always be.

**Guru: that which brings us from darkness (Gu) to light (Ru)*

From Snatam Kaur "Prem"

JAYA GANESHA

Jaya Ganesha Jaya Jaya Gananatha

Victory (Jaya) to Ganesha, the remover of obstacles and bondage. Victory to Gananatha, Lord of Troops (Gana means "throng" or "troop", a symbolic referral to the senses and divine beings that help guide the flow of consciousness), who clears the way to Liberation. Victory to Ganesha who dwells within and is revered for great wisdom, knowing perfect dharma (life path). This powerful chant can help to remove any difficulties in the mind and heart.

From Ragani: "Ancient Spirit"

NAMAH SHIVAYA

Om Namah Shivaya

Shivaya Namaha, Shivaya Namah Om

Shivaya Namaha, Namaha Shivaya

Shambhu Shankara Namah Shivaya

Girijaa Shankara Nama Shivaya

Aruna chala Shiva Namah Shivaya

I bow to the Soul of all, I bow to my Self. I don't know who I am, so I bow to you, Shiva, my own true Self. I bow to my teachers who loved me with Love. Who took care of me when I couldn't take care of myself. I owe everything to them. How can I repay them? They have everything in the world. Only my love is mine to give, but in giving I find that it is their love flowing through me back to the world . . . I have nothing. I have everything. I want nothing. Only let it flow to you, my love . . .

From Krishna Das "Live On Earth"

BHAJAMANA MA

Bhajamana Ma Ma (Repeat)

Ananda Mayi Ma Ma, Ananda Mayi Ma Ma

Ananda Mayi Ma Ma, Ananda Rupa Ma Ma

Oh Mind, chant devotion to the Mother.

Divine Mother full of bliss.

Divine Mother, whose form is bliss.

From Shantala "Live In Love"

