



Chant Sheet

There's a long tradition in India of saluting the teacher or evoking divine power through a mantra to open a practice. Such a preamble helps the student to steady her resolve and to remind her of the goal of the work, which is always self-liberation. It also serves to signal the student's intent to humbly offer the upcoming practice as a sacrifice to the divine, which is the source of all true wisdom.

Saha Navavatu

saha na vavatu	May both of us together be protected
saha nau bhunaktu	May both of us together be nourished
saha viryam karavavahai	May we work together uniting our strength for the good of all humanity
tejasvi navidhi tamastu	May our learning be luminous and purposeful
ma vidvisavahai	May we not hate of dispute with each other
om shanti shanti shanti	May there be peace, peace, peace

Mani Bhratphana

Salutation to your Practice Space

mani bhratphana
sahastra vighrit avishvam
bahra mandalaya (a)nantaya nagarajaya
namaha

Salutations to the king of the Nagas, to the infinite, to the bearer of the mandala, who spreads out the universe with thousands of hooded heads, set with blazing, effulgent jewels.

Loka Samista Sukino Bhavantu

Loka Samista Sukino Bhavantu May all beings everywhere be happy and free.

Hridayam Mayi

Hridayam mayi	Let my life force be linked to my heart
ahamamrte	Let my heart be linked to the truth within me
amrtam brahamani	Let this truth be inlaid to the eternal



Gayatri Mantra

Om Bhur Bhuva Svaha
Tat Savitur Varenyam
Bhargo Devasya Dhimahi
Dhiyo yo nah prachodayat

The Gayatri is the universal prayer, which asks for a clear intellect so that the truth may be reflected in without distortion. It appeals to the highest wisdom, to the brilliance of the cosmos to illumine an understanding of our true nature. The Gayatri inspires wisdom.

Gayatri: ganat (or gayanath) = "that which is sung"
trayate = "that which delivers"

Therefore: Gayatri is the song of deliverance.

Chanting Glossary

The precise definition of some common terms

Chant, chanting: Chant is often used interchangeably with the Sanskrit word mantra; chanting is also used loosely to indicate either the repetition of a mantra (japa) or the singing of devotional songs (kirtana).

Mantra: Literally an "instrument (tra) of thought (man)," defined variously in English as a prayer, hymn or song of praise, sacred formula, incantation, or charm. A mantra may be meaningful or unintelligible, and may consist of a single letter, a word, or a complete sentence.

Japa: Literally "muttering, whispering," usually in reference to the repetition of mantras.

Kirtana (*Often referred to as "kirtan;" also called bhajana, "worshipping"*): Kirtan is one of the practices of devotional yoga (bhakti-yoga) and consists of singing songs in praise of the deity, usually accompanied by drums and other musical instruments. Literally translated as "mentioning, repeating, saying," usually translated as "chanting."

Invocation: A mantra-like prayer usually spoken at the beginning of a ritual or formal practice session to solemnize the occasion.