

CHOSING A MANTRA – BASIC MANTRAS

If you already have a mantra that you have been using with success in meditation, then best stick to that mantra.

If you do not have a close connection to a mantra yet, then you might chose one of these :

GANESH MANTRA : AUM GANG GANAPATAYA NAMAHA

Suitable for people that feel that they are the beginning of the path of yoga and meditation, or to remove obstacles from the path & life.

GAYATRI MANTRA : AUM BHUR BHUVA SVAHA - TAT SAVITUR VARENYAM - BHARGO DEVASYA DHI MAHI - DHIYO YO NAH PRACHODAYAT

Suitable for people that are very much into Advaita Vedanta (Self-knowledge) and are very determined to meditate and realize the Self.

KALI MANTRA : AUM KRANG KRING KRUNG KALIKA DEVI - SHRANG SHRING SHRUNG ME SUB - KURU KURU KURU SWAHA

Suitable for people to whom anxiety and worries are a main issue and when removing those is the main intention of the meditation.

Suitable also for women who want to become more strongly connected to the female Shakti power or for men who want to honor that power.

Suitable only before puberty if the KURU KURU KURU part is removed from the mantra above.

BHAIRAV MANTRA : AUM BRAM BRIM BRUM BAN BATUK - BHAIRAVAYA NAMAHA

Suitable for people to whom anger, irritation, stress and impatience are a main issue and when removing those is the main intention of the meditation.

SHIVA MANTRA : AUM NAMAH SHIVAYA

Suitable for people that want to become more acetic in nature, withdraw from the worldly life and relationships.

You can find these audio files under Session 1 – Home Resources on this page : <http://leela-yoga.org/live/index.html>

CHOSING A MANTRA – SUPPLEMENTARY MANTRAS

If you already have a mantra that you have been using with success in meditation, then best stick to that mantra.

If you do not have a close connection to a mantra yet, then you might choose one of these :

SARASWATI MANTRA : AUM AING SARASWATAYE NAMAHA

Suitable for students of art, literature & music.

VISHNU MANTRA : AUM NAMO NARAYANAYA

Suitable for householder yogis who like to improve the quality of their life in togetherness with others.

LAKSHMI MANTRA : AUM SHRING HRING KLEENG MAHA LAKSHMAYE NAMAHA

Suitable for improvement of once financial condition & life's comforts, as well as outer beauty and generosity.

MAHAMRITYUNJAYE MANTRA : AUM TRIYAMBAKAM YAJA MAHE – SUGANDHIM PUSHTI VARDHANAM – URVARUK MIV BHANDANANI – MRITYOR MUKSHIYE MAMRITAT

Suitable if case of serious illness and to reduce the risk of death.

You can find these audio files under Session 9 – Home Resources on this page : <http://leela-yoga.org/live/index.html>