

Yoga Teacher Student Prayer

OM saha navavatu
 saha nau bhunaktu
 saha viryam karavavahai
 tejasvi navadhitam astu
 ma vidvishavahai
 OM shanti, shanti, shanti

May we be protected together.
 May we be nourished together.
 May we create strength among one another.
 May our study be filled with brilliance and light.
 May there be no hostility between us.
 Om peace, peace, peace.

Gayatri Mantra

Om bhur bhuvah svaha
 Tat savitur varenyam
 Bargo devasya dhimahi
 Dhiyo yona prachodayat

I reflect on the unity of Divine Spirit, which pervades everything in the earth, the atmosphere and heavens. May this Supreme Consciousness protect me and illuminate my intellect that I may realize my inherent oneness with That. I meditate on the great luminous light that enlightens all three worlds. May it enlighten all.

Namaste' ~ I honor the light in you and in all - used as a greeting and goodbye

Loka samasta sukino bhavantu ~ May the entire universe be filled with peace and joy, love and light.

Asatoma sad gamaya ~ Tama soma jyotir gamaya ~ Mritorma amritam gamaya

Lead us from the unreal to the real. Lead us from darkness to light. Lead us from death to immortality.

Mantras for Japa (repetition) 108 Beads on a Mala, 125,000 for mantra siddhi

Om King of all mantras ~ sound of infinity and immortality. Contains supreme wisdom. ॐ Om symbol

Om Namō/Namah/Namaha ~ Shri used to invoke, appreciate and honor a deity **Swaha** - giving of self, let go

Om Shanti Om Shanti Om or Shanti, Shanti, Shanti, Om ~ for peace

So Hum ~ I am that. Universal mantra sound of the breath ~ so is inhalation, hum is exhalation.

Om Namō Bhagavate Vasudevaya ~ to the divine indweller in all. Oneness.

Hari Om ~ Purifies and removes obstacles. Opens the heart. Awakens prana (natural energy) in the body.

Sita Ram ~ opens the heart and celebrates love

Om Shri Saraswataya Namaha - for help & inspiration in art, music, literature

Om Shri Kali Durgaya Namaha - dispels negativity, provided protection

Om Shri Ramaya Namaha ~ Ram is a name for God. It engenders God consciousness, truth, blessings

Om Namah Shivaya - honors the God within oneself & others - destroys negativity & replaces with positive

Om Gum Ganipati-ya Namaha - to remove obstacles and bring success

Om Shrim Lahshmi-ya Namana - for noble abundance, prosperity, beauty, grace

Om Tara Tu Tara Tu Ray Swaha ~ for rescue & benevolent help - for compassion, strength & healing

Gate gate Para gate Para sum gate Bodhi Swaha ~ Gone beyond the beyond to enlightenment (Buddhist)

Om mani padme hum - the Jewel of the lotus of the heart (Buddhist)

Mantras for the Chakras

Chakra	Bija to activate	Vowels to share, spread
1	Lam	O as in toe
2	Vam	O as in two
3	Ram	Ah as in awe
4	Yam	A as in play
5	Hum	E as in Speak
6	Om	M as in mmmmmm
7	Silent or ommmmmm	NG as in wing or silence

Shakti Bija Mantras

Bija Mantra	Feminine Deity	Quality
Aim	Saraswati, Matangi	Art, Music, Literature, Wisdom
Hrim	Parvati	Purification, Transformation
Klim/Krim	Kali	Fiercely conquers obstacles, energizes
Dum	Durga	Warrior of Protection
Shrim	Lakshmi	Abundance, Beauty, Grace
Tam	Tara	Removes fear. Protects.