**A Few Mantras and Their Meanings**

Mantras are Sanskrit words, sounds or phrases which are repeated in meditation as an object of concentration. The vibrational quality of the mantra sound currents are thought to help attune the mind and body leaving one feeling refreshed, clean and purified. Mantras can be chanted out loud or internally. They have been used throughout the centuries and it is believed that the sacred power of words and the accompanying sounds in mantra aid in spiritual progression (transcending into higher states of consciousness) and to effect healing in the physical and energetic bodies.

**Aham Brahma Asmi:** I am one with the universe, and I feel connected to all things. May the pure light of action-less awareness wash away all ideas of separation from my mind.

**Om:** May this supreme mantra bring me the realization of universal oneness.

**Om Kali Ma:**  Of Time, death and change. May  my inner demons of ego and ignorance be destroyed so that I may progress along my spiritual path.

**Om Mani Padme Hum:**  May my heart have the strength to feel compassion for all beings.

**Om Namah Shivaya:** The bestower of inner strength, fearlessness, detachment and pure consciousness.

**Om Namo Narayanaya:** Governor of harmony, balance, peace and inner-transformation. May I be blessed with infinite love, prosperity, power, glory and wisdom.

**Om Sri Ramaya Namah:**  The bestower of happiness, inner peace and balance. May your radiant warrior energy, inner focus and personal integrity reside within me.

**Or, just choose a sanskrit word below:**

**Shradda** - Faith **Veda** - Knowledge

**Bhakti** - Devotion **Ananda** - Bliss

**Shanti** - Peace **Moksha** - Liberation

**Prajna** - Wisdom **Santosha** - Contentment/Happiness

**Santosa** - Contentment **Prasada** - Grace/clarity

**Dharma** - Righteous path **Soham** - I AM

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