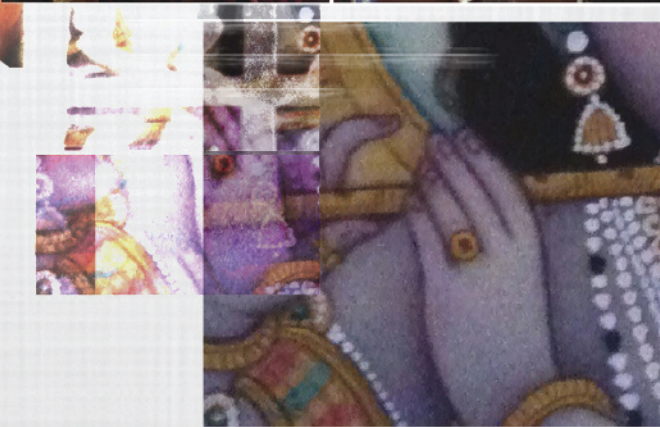
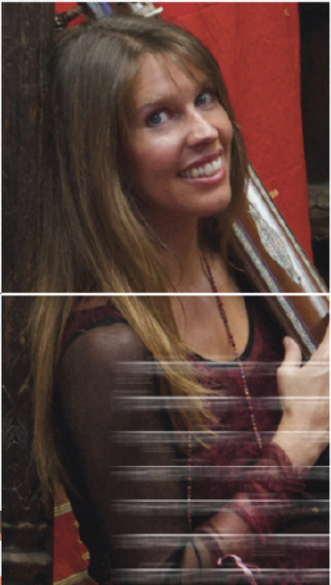


# Mantras for Life

Deva Premal & Miten with Manose



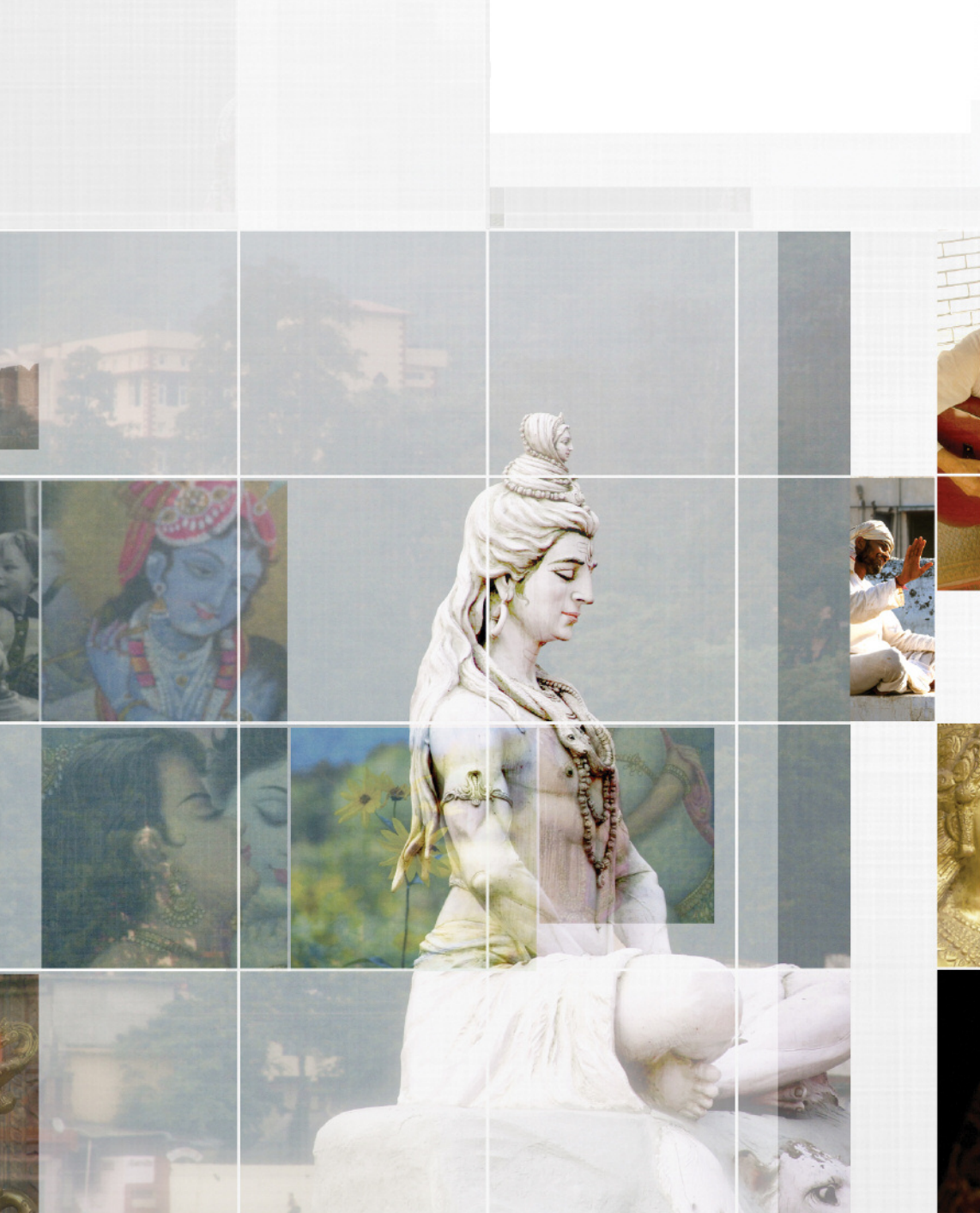


- 01 **OM SAHANA VAVATU MANTRA** (Shanti Mantra)
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MANTRAS  
FOR MEDITATION  
PRACTICE







**1. OM SAHANA VAVATU MANTRA** (Shanti Mantra)

OM Sahana Vavatu  
Sahanau Bhunaktu  
Saha Viryam Karavahai  
Tejasvi Navaditamastu  
Ma Vidishavahai  
OM Shanti Shanti Shantih

OM, may we all be protected.  
May we all be nourished.  
May we work together with great energy.  
May our studies be enlightening.  
Let us not give rise to enmity.  
OM, peace (within),  
peace (with each other), peace (universal).

**2. HANUMAN MANTRA** (Strength through Devotion)

OM Hum Hanumate Vijayam

Victory to the invincible Hanuman.

*By invoking prana (life force) with this mantra, our awareness is showered with 'vigorous energy'... an energy so vast and so strong it opens us to an ecstasy that is beyond our physical human capabilities. When we devote our practice of physical exercise to the Great Spirit, it becomes meaningful, inspirational and fulfilling - it becomes true Yoga.*

**3. SARASWATI MANTRA** (Music and Learning)

OM Eim Saraswatyei Namaha

OM and salutations to Saraswati, the goddess of music, poetry, the arts, education, learning and divine speech.

*This mantra opens us towards education, learning, and the artistic realms of music and poetry. Whenever you find yourself moved to tears by a piece of music, or touched by the words of the great poets and sages, you are in the presence of Saraswati. We offer this mantra as a gift to our children, that they may be at ease while learning the wonders of this unfolding mystery of life.*

**4. NARAYANA MANTRA** (Divine Spirit)

OM Namō Narayanaya

I bow down to the divine spirit.

*This mantra salutes the all-pervading aspect of the Great Spirit that is anchored in our hearts and the hearts of all beings. It destroys barriers, obstacles, afflictions and difficulties. It leads us to self-realisation. Traditionally chanted to assist the dying as they make their transition, the mantra asks prayerfully that we may all merge into the grace of divine light.*

**5. NAMO MYOHO RENGE KYO MANTRA** (Devotion to the Mystic Law)

Namo Myoho Renge Kyo

I devote myself to the Mystic Law of the Lotus Sutra.

*This mantra encapsulates the teachings of the Lotus Sutra by Gautama the Buddha, given towards the end of his life. The message of this mantra is that we all carry the state of Buddhahood within our own hearts. Chanting this mantra opens us to our supreme and innate Buddha nature.*

**6. KUMARA MANTRA** (Blessing the Children)

OM Kumara Kushalo Dayayei Namaha

Salutations to the Divine Mother who brings blessings to children.

*A lullaby for children of all ages, races and creeds.*

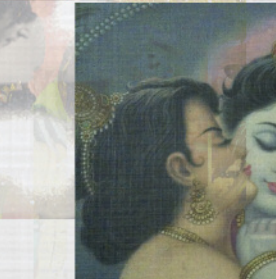
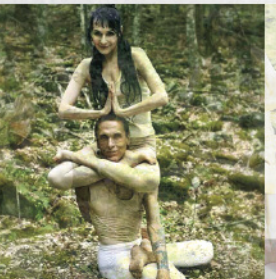
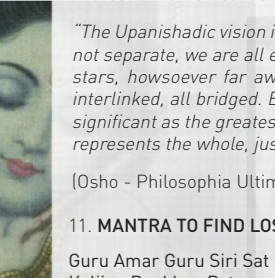
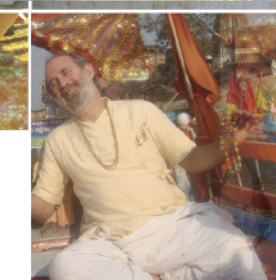
**7. KALA MANTRA** (Perfect Timing)

OM Kala Vide Namaha

OM and salutations to the Knower of the right time.

*This mantra opens us to synchronicity and balance, so that all our actions become perfectly timed, rooted in the present moment of innocent wonder.*





**8. NIYAMAYA MANTRA** (Law of Nature)

OM Niyamaya Namaha \_\_\_\_\_ Salutations to the governor of the laws of nature & their conduct.

*We chant this mantra to celebrate and honour the perfect order of nature, and our earthly existence as humans on sacred Mother Earth.*

**9. PASHUPATI MANTRA** (Blessing the Animals)

OM Pashupatayei Namaha \_\_\_\_\_ Salutations to the Lord of Animals.

*With this mantra we consciously attune ourselves to our beloved fellow travellers of the Animal Kingdom.*

**10. OM PURNAM MANTRA** (Shanti Mantra)

OM Purnamadah Purnamidam  
Purnat Purnamudachyate  
Purnasya Purnamadaaya  
Purnamevavashishyate  
OM Shanti Shanti Shantihi

That is the whole.  
This is the whole.  
From wholeness emerges wholeness.  
Wholeness coming from wholeness,  
Wholeness still remains.  
Peace in my heart, peace with each other,  
peace in the cosmos.

*"This is one of the most significant statements ever made anywhere on the earth at any time. It contains the whole secret of the mystic approach towards life. This small sutra contains the essence of the Upanishadic vision. Neither before nor afterwards has the vision been transcended; it still remains the Everest of human consciousness. And there seems to be no possibility of going beyond it.*

*"The Upanishadic vision is that the universe is a totality, indivisible; it is an organic whole. The parts are not separate, we are all existing in a togetherness: the trees, the mountains, the people, the birds, the stars, howsoever far away they may appear - don't be deceived by the appearance - they are all interlinked, all bridged. Even the smallest blade of grass is connected to the farthest star, and it is as significant as the greatest sun. Nothing is insignificant, nothing is smaller than anything else. The part represents the whole, just as the seed contains the whole."*

(Osho - Philosophia Ultima #1)

**11. MANTRA TO FIND LOST THINGS**

Guru Amar Guru Siri Sat  
Kalijug Raakhee Pat  
Ardaas Bhaee Amar Daas Guru  
Amar Daas Guru Ardaas Bhaee  
Raam Daas Guru, Raam Daas Guru  
Raam Daas Guru, Sachee Sahee

*A mantra taught by Yogi Bhajan of the Sikh tradition which calls upon Guru Amar Das and Guru Ram Das (who represent the Hope of the Hopeless and the Lord of Miracles) to connect us to powerful, cosmic energies, which we experience, release, and let go... This mantra works miracles when we misplace items. Miraculously, they reappear! This has been our experience - so far we have had only success stories! Whenever you need it, just repeat it once after Deva - and see what happens.*

**12. ANANDA** (Bliss)

Ananda Ananda Ananda Satchitananda /  
if you don't fight with life, life simply  
helps you, takes you on its shoulders.

Sat - truth  
Chit - consciousness  
Ananda - bliss



This album is created as a support for mantra practice.

It is focused on repetition (108 cycles).

We invite you to chant with us.

Use your voice - ride the wave.

You are the missing link, once you join with your voice the circle completes itself.

Your participation is key.

Walk on through, step outside,  
and give yourself to the ride!

Namaste and Love

**DEVA PREMAL:** vocals / tanpura / tanmandel

**MITEN:** vocals / guitar

**MANOSE:** bansuri / vocals

All tracks are traditional mantras arranged by Miten published by Prabhu Music except 'Ananda' composed by Manose, Miten and Peter Makena, published by Prabhu Music / Copyright Control

*Guest musicians:*

KAMAL ENGELS: cello / keyboards • AMIR PAISS: santoor

AVISHAI BARNATAN: harmonium • DHEERAJ SHRESTHA: tabla

ANANDA Mixed by Joby Baker at Baker Studios

JOBY BAKER: drums / bass / hammond B3 / fender rhodes / wurlitzer / percussion / additional vocals

*Love and thanks:*

Kamal Engels, Joby Baker, Nirvesha, Namadeva Thomas Ashley Farrand, Satyabhama Ashley Farrand, GuruGanesha Singh and Mata Mandir Kaur, Pujiya Swamiji, Baba and Maharaj at Shikara Design, Cath and extra special pranaams to our beloved Hannah for just about everything else.

**Produced by Miten and Deva Premal**

Recorded, Mixed and Mastered by Kamal Engels at Art of Audio  
a prabhu production

Photography: Manose • Additional photography: Guzman • Album design: Ryan Art

Deva and Miten's management; Hannah Green at Prabhu Music  
[www.DevaPremalMiten.com](http://www.DevaPremalMiten.com)

