

KIRTAN



MANTRAS

1. Lokah Samasta, Sukhino Bhavantu

MEANING:

“May all beings everywhere, be happy and be free!”

.....and may the thoughts, words and actions of my own life contribute in some way to that happiness and freedom for all.”

2. Om Gam Ganapataye Namaha (x4) Ganesha Sharanam, Ganesha Sharanam (x2)

MEANING:

Om Gam Ganpataye a meditation mantra dedicated to Lord Ganesha, and we chant it before starting any new venture. Its also known as Ganesh Maha Mantra. We chant it when inner or outer obstacles are holding us back to get to our true self and fully realising our potential. This Mantra is also used to balance and clear energy blockages in the Root Chakra or Muladhara. Below is the meaning of this powerful mantra.

OM – The Sound, the Vibration of the Universe, The Primordial Sound

GAM – The Seed Sound, or bija sound of Lord Ganesha

GANAPATAYE – Another name of Lord Ganesh, the one who overcomes of obstacles.

NAMAHA – I offer you my salutations, I bow to you.

GANESA - The elephant-headed god, the son of Shiva and Pravati. Ganesha is the remover of obstacles and is invoked at the beginning of any endeavor.

SHARANAM - refuge, protection

3. Shiva shiva shiva shambho (x4) **Mahadeva shambo (x4)**

MEANING:

Shiva shambho means Shiva, “the auspicious one” and acknowledges Shiva as a greater being, beyond our dimension. This title, Shiva Shambho calls him down to us. *Maha* means great, *deva* means God, *Shambho* again means auspicious one; so this second line *mahadeva shambho* means Great God, the auspicious one.

4. Ram Sita Ram, Sita Ram, Jai Jai Ram (x2)

Sri Ram, Jai Ram, Jai Jai Ram (x4)

Sita Ram, Sita Ram, Sita Ram, Sita Ram (x4)

MEANING:

Sita is essentially the embodiment of devotion and loyalty, Sita also represents Lakshmi, the goddess of prosperity, abundance, good living on the earth and in the world. Ram (Rama) is an embodiment of dharma-integrity, solidity, and protection of the earth. Rama is an embodiment of Vishnu, the protector of the created universe, the one who preserves the stability of the worldly realms, the supreme consciousness. Jai means “joy, victory, or glory to.”

*Sita & Ram are recognized as a divine couple.