



Mantras for Ashaya Yoga Online Monthly Membership

Kali Ma: The Fierce Longing for Truth, October 2025

MANTRA DEFINITION:

Mantra is a Sanskrit word that means "that which protects." "Man" means mind. "Tra" means to protect. In addition, "Tra" means to transcend, cross over, or traverse. Mantra is the means by which to transcend the ordinary level of the mind.

INVOCATION: There are many classifications of mantras. Invocation is one of those classifications. Invocations are mantras chanted at the beginning or ending of an auspicious occasion.

SHANTI MANTRA: PEACE MANTRA: an ancient blessing and prayer for peace and understanding from the Vedas and Upanishads.

OM SAHANA VAVATU

May we be protected together.

SAHA NAU BHUNAKTU

May we be nourished together.

SAHA VIRYAM KARAVA VAHAI

May we be strong, energetic, and steady together.

TEJAS VINA VADHI TAM ASTU

May our studies be illuminative always.

MA VID VISHA VAHAI

May we be in harmony with each other.

OM SHANTI, SHANTI, SHANTI

May there be peace. May there be peace. May there be peace

JAPA MANTRA:

Japa is another classification of mantras. Japa means to mumble, mutter, or repeat. Japa mantras are sung or spoken softly out loud with movement of the mouth, lips, or tongue.

O MA KALI MA

SADA GURU SHRI MATA

PARASHAKTI O MA KALI

SADA GURU SHRI MATA:

This mantra is the call to goddess Kali who represents the vastness of being. She contains everything within her, dark and light, and every shade of gray. She is the ocean of all possibilities and is the ecstatic expression of unbounded freedom that is



present within each of us. She represents all possibilities and is the embodiment of the fierce longing for truth.

SIX DIRECTIONS HEART MANTRA MEDITATION:

Repeat this heart opening mantra 11 times. Six times for the six directions: in front of you, to the right, behind you, to the left, above you, below you. And 5 times placing the goddess Para inside your heart, or visualizing yourself inside of her heart.

OM SAUH HRIDAYE NAMAHA

Om- sound of all sounds, highest spiritual vibration of presence
Sauh-the bija mantra (seed sound) essence of the highest of all goddesses, Para
Hridaye-the vastness, spaciousness, whole, supremely free, and radiant heart of being
Namaha-I honor, I bow, I adore.

CHAKRA RESONANT SOUNDS: Each sound corresponds with that particular chakra. Feel the vibration in each chakra as you chant. Over-enunciate and exaggerate the sound for maximum effect. Chant the sounds sequentially from the bottom up (1-7) in a continuous stream with one breath. Repeat at your own pace. Be sure to take a deep inhalation at the end of the chant to avoid dizziness.

7. NGNG
6. MMM
5. EE
4. AY
3. AH
2. OO
1. OH



SILENT MANTRA:

Place the thought of the mantra into the field of your awareness. There's no movement of your mouth, lips, or tongue. Not to be practiced during other activities.

HAM SA: HAM - I am. SA - That

I am the universe. The universe is me. I am everything that is, ever was, and ever shall be. The universe is within me. Everything I need is already inside of me. In my universal self, I am whole and complete.