

11 Mantras And Their Meanings



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Introduction

What Is A Mantra?

A 'mantra' is a sacred word or phrase that we repeat with devotion to protect us from the ill-effects of this world.

It's so much more than just a few syllables or a few words. It is a powerful pattern of sound frequencies that is capable of bringing peace and calmness to our minds.

Most mantras were started in ancient times devout sages and saints during their periods of deep and extreme meditation. Chanting mantras helped clear their minds, allowing them to receive revelations and achieve a higher mental power.

Chanting a mantra is the simplest way for you to face obstacles, achieve calmness, chi eve discipline and develop a greater understanding of the world.

Mantras can be single sounds, such as 'Om', or can be a few phrases together, such as Gayatri Mantra.

They form an important part of Hinduism and the world itself. It's believed that the sound 'Om' created the universe, after all.

About Hindspiration.com

What are we doing?

Hindspiration.com was started by a team of 3 friends.

We all come from religious families and we felt that there was *still* no real definite source online (the information age!) to learn more about and gain a better understanding of Hinduism, for Hindus and non-Hindus alike.

So we set up hindspiration.com, with the motto - To Learn, To Teach, To Inspire.

That is exactly what we want to do. To teach and inspire others, and to learn ourselves along the journey as well.

We have huge ambitions and big plans for this little website of ours. We want to become the definitive online resource for all the questions you might have about Hinduism, and to help inspire a new generation to become avid followers as well.

We want to use this as a launchpad for starting charity work, helping those in need and enriching people's lives around the world, whatever their race, religion or background.

This does of course take money and from time to time we may end up asking you to look at some ads, support our sponsors or maybe even try to sell you something, but we will always make sure it is done tastefully and with the long term goal in mind. Every little bit you do will help us get there.

Thanks for being part of this very exciting journey.

- Abhi, Shalini & Inder

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Gayatri Mantra

One of the best known mantras, it is said to have the power to purify the soul and illuminate your day. That is why it is often uttered in the morning.

Original Version

Om bhur bhuvah svah
tat-savitur varenyam
bhargo devasya dhimahi
dhiyo yo nah pracodayat

English Translation

O Divine mother, our hearts are filled with darkness. Please make this darkness distant from us and promote illumination within us.”

Video

<http://hindspiration.com/gayatri-mantra/>

Shiva Mantra

A mantra to awaken your inner consciousness

Original Version

Om Namah Shivaiya

English Translation

Adoration to Lord Shiva

Meaning

According to Sivaya Subramaniaswami, this mantra has an incredibly deep meaning.

Na is the Lord's concealing grace, *Ma* is the world, *Si* represents Shiva, *Va* is his revealing grace and *Ya* is the soul.

It is also believed to represent the 5 elements.

Na is the earth, *Ma* is water, *Si* represents fire, *Va* is air and *Ya* is ether.

Video

<http://hindspiration.com/shiva-mantra/>

Shiva Maha Mrityunjaya Mantra

To protect you against threats, a call for enlightenment and to
purify your soul

Original Version

om tryambakam yajāmahe sugandhim puṣṭi-varḍhanam ।
urvārukam-iva bandhanān mṛtyormukṣīya māmṛtāt ॥

English Translation

OM

We worship Shiva, the Three-eyed Lord who is fragrant and who nourishes and
nurtures all beings.

As is the ripened cucumber (with the intervention of the gardener) freed from its
bondage (to the creeper) May He liberate us from death for the sake of
immortality.

OM

Video

<http://hindspiration.com/shiva-maha-mrityunjaya-mantra/>

Ganesh Mantra

To protect yourself and free you of obstacles

Original Version

vakratunda mahaakaaya suryakoti samaprabhaa
nirvighnam kurumedeva sarvakaaryeshu sarvadaa

English Translation

Salutations to the supreme Lord Ganesh, whose curved trunk (vakra-tunda) and massive body (maha-kaayaa) shines like a million suns (surya-koti) and showers his blessings on everyone (sama-prabhaa).

Oh my lord of lords Ganesh (kurume-deva), kindly remove all obstacles (nirvighnam), always (sarva-) and forever (sarvadaa-) from all my activities and endeavors (sarva-kaaryeshu).

Video

<http://hindspiration.com/ganesh-mantra/>

Lakshmi Beej Mantra

To ask for wealth and prosperity

Original Version

Om Hreem Sri Lakshmi Bhyo Namaha

English Translation

“Goddess Laxmi reside in me and bestow thy abundance on all aspects of my existence”

Video

<http://hindspiration.com/lakshmi-beej-mantra/>

Durga Mantra

To ask for protection. The goddess Durga is said to have the combined powers of Lakshmi, Sarawati and Kali.

Original Version

Om Dum Durgayei Namaha

English Translation

“Om and Salutations to that feminine energy which protects from all manner of negative influences.”

Video

<http://hindspiration.com/durga-mantra/>

Hanuman Mantra

Invokes love, gives strength and reveals the power of the soul
to triumph over adversity

Original Version

Marut Nandan Namoh Namah
Kasht Bhanjan Namoh Namah
Asur Nikandan Namoh Namah
Shri Ram Dhootam Namoh Namah

English Translation

I pay my obedience to "the Son of Wind God", or Lord Hanuman
I pay my obedience to Lord Hanuman, who is the destroyer of all kinds of sorrows
I pay my obedience to Lord Hanuman, who is the destroyer of asuras, or demons
I pay my obedience to Lord Hanuman, who is the messenger of Lord Rama.

Video

<http://hindspiration.com/hanuman-mantra/>

Moola Mantra

This mantra calls on the divine to bring grace into your life,
regardless of your faith, beliefs or culture

Original Version

Om
Sat Chit Ananda Parabrahma
Purashothama Paramatma
Sri Bhagavathi Sametha
Sri Bhagavathe Namaha

English Translation

Om - We are calling on the highest energy, of all there is
Sat - The formless
Chit - Consciousness of the universe
Ananda- Pure love, bliss and joy
Para brahma --The supreme creator
Purushothama -Who has incarnated in human form to help guide mankind
Paramatma -Who comes to me in my heart, and becomes my inner voice whenever I
ask
Sri Bhagavati - The divine mother, the power aspect of creation
Sametha- Together within
Sri Bhagavate -The Father of creation which is unchangeable and permanent
Namaha- I thank you and acknowledge this presence in my life. I ask for your
guidance at all times

Video

<http://hindspiration.com/moola-mantra/>

Saraswati Vandana Mantra

This mantra is recited for higher knowledge, education and wisdom

Original Version

Yaa Kundendu tushaara haara-dhavalaa, Yaa shubhra-vastra'avritaa
Yaa veena-vara-danda-manditakara, Yaa shweta padma'asana
Yaa brahma'achyuta shankara prabhritibhir Devai-sadaa Vanditaa
Saa Maam Paatu Saraswati Bhagavatee Nihshesha jaadya'apahaa.
Shuklaam Brahmavichaara Saara paramaam Aadhyaam Jagadvyapinim,
Veena Pustaka Dhaarineem Abhayadaam Jaadya'andhakaara'apahaam
Haste Sphaatika Maalikam Vidadhateem Padmasane Sansthitaam
Vande taam Parmeshwareem Bhagavateem Buddhipradaam Shardam

English Translation

She, who is as fair as the Kunda flower, white as the moon, and a garland of Tushar flowers;
and who is covered in white clothes
She, whose hands are adorned by the excellent veena, and whose seat is the pure white lotus;
She, who is praised by Brahma, Vishnu, and Mahesh; and prayed to by the Devas
O Mother Goddess, remove my mental inertia!

Video

<http://hindspiration.com/saraswati-vandana-mantra/>

Om

The sound that created the universe. Reciting this chant brings you to peace with your surroundings.

Original Version

OM

It is believed that "OM" is the mother of all languages. Repetition of "OM" enables us to maintain mental and emotional calmness, overcome obstacles and enable understanding.

Video

<http://hindspiration.com/om-mantra/>

Soham Mantra

This mantra is recited for higher knowledge, education and wisdom

Original Version

“Soham”

This is a universal mantra that is said at the same time as breathing. Inhale saying “So” and exhale with “ham” (pronounced ‘hum’)

English Translation

“I am that I am”

Video

<http://hindspiration.com/soham-mantra/>