

Oeuvre Anandajay

Backgrounds of his music and mantras
&
his books

Colofon

Title: Oeuvre Anandajay

Subtitle: Backgrounds of his music and mantras & his books

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About Anandajay

Anandajay (1955, NL) is a spiritual teacher touched by the essence of life, who for more than 50 years has been connecting people with their inner nature, the essence they carry within themselves and the deep spiritual value and richness of life through relational engagement. From his special inner openness, his life has naturally been dedicated to deepening the relationship with his essence, which he experienced from a very early age, and from there to supporting people who wish to develop spiritually.

The contrast between the many permanent states of emergency in the world, on the one hand, and the loving purity of the human essence within, on the other, has always inspired Anandajay to contribute in his own way to making this peaceful and inspiring experience, which leads you to the moving beauty and power of your essence and to a different, more spiritual and generous intention, more accessible to others. Anandajay makes the mystical and precious depths of existence directly accessible and recognizable to you.

Over time, he has developed twelve different spiritual practices to support this, and has published about one hundred pieces of music (mantras, pujas and ragas) and thirteen books for spiritual development, mostly written in Dutch. These days he spends the winter months at his home on La Palma and only gives his satsangs, retreats and individual consultations in Belgium during the summer months.

For more information about Anandajay, please visit: www.anandajay.org/en/anandajay

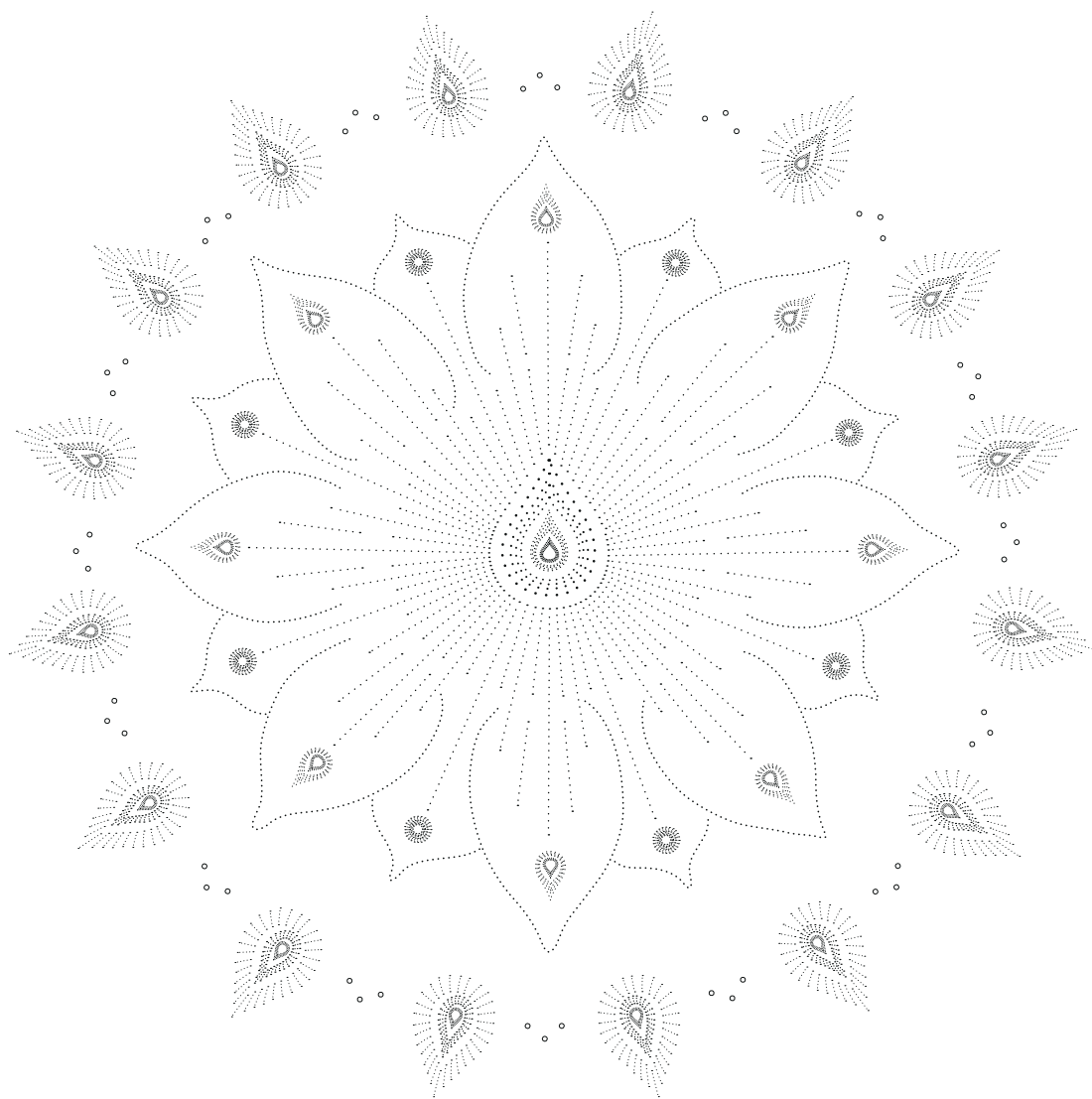
About this book

All information about the music (the mantra lyrics, their meaning and the healing effect of the accompanying music) is taken from Anandajay's books and other publications. All information in this book can also be found on the website (with each album): www.anandajay.org/en/albums

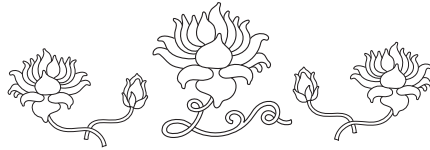
Anandajay has released all the music to support an open, meditative, consciousness and as musical accompaniment for various practices that Anandajay has developed. The gestures for the MantaPrayers and the Surya exercises are also described and illustrated so that you can participate in the exercises.

Originally published in Dutch, this book has been translated by Anandajay's students using DeepL so that the background of Anandajay's mantras, pujas and ragas, as well as the accompanying exercises, are available to a wider audience.

All music albums can be streamed online or purchased via music platforms such as Spotify, Apple Music/iTunes, YouTube Music and Amazon..



Music by Ananday



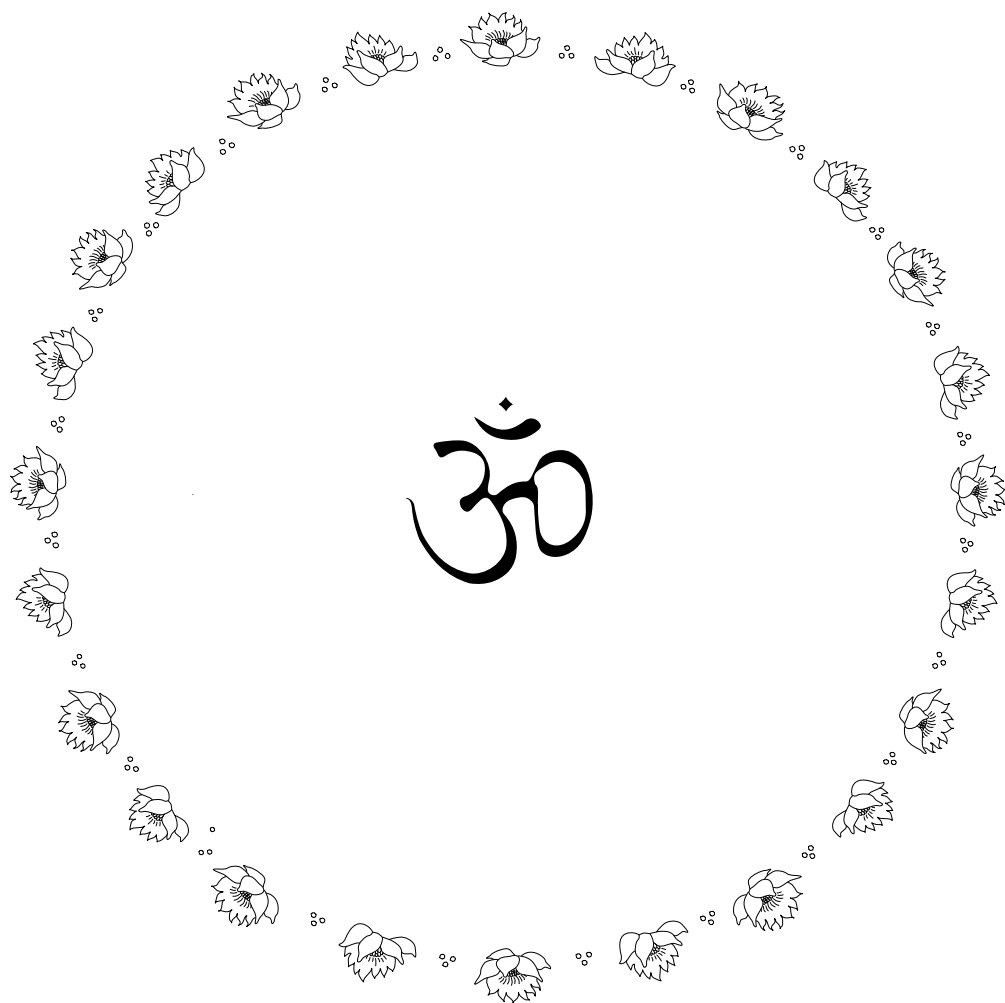
Mantra-Yoga

Mantra Yoga, also known as *Nada Yoga*, is about coming into harmony with yourself (*yoga*) by listening to, repeating, or singing inner sounds (*nada*) or meaningful sounds (mantras). The singing of mantras is also known as chanting or kirtan. In kirtan, the often simple mantra is usually sung in a question-and-answer manner, often at an increasing speed. Recitation is also a part of *Mantra Yoga*, but then there is little or no musical accompaniment and the words are sung like poems, prayers, or even books in a rather monotonous way, reminiscent of reciting.

The word *mantra* is derived from the Sanskrit word *manas*, meaning “mind,” and the suffix *-tra*, indicating that something is used as a means to an end. A mantra is a means of giving space, peace and openness to the mind, so that feelings of peace and a willingness to meet can arise, bringing an end to inner conflicts and giving you confidence in life and the value that your existence can add to it. Although mantras are associated with Hinduism or Buddhism, Christianity and Islam also have them. For Anandajay, however, they are all human values of soulfulness and authenticity. The repetition of mantras helps the mind to come into contact with this quality more easily, so that it can be present in you for a longer period of time and can be experienced more deeply.

The mantras of Anandajay are therefore a musical form of consciously giving attention to the universal or humane values already present within you. You can use them to remind yourself of these values, to bring them to light, to celebrate them, to honor them, or to let them descend into your inner being and experience them as meditation. The language is always Sanskrit, apart from a few English mantras, because the sounds of their words create specific energetic vibrations that perfectly match the spiritual, substantive meaning of those words.

From the first sounds to the slow fading of the music at the end, you are gently and subtly guided to the values of the mantra. The instruments and structure of the musical accompaniment are fully and consciously used throughout to address deeper layers of the mantra. As a listener, you are more easily drawn into this world of experience, step by step. No sound is there for no reason, and each additional voice belongs to a particular layer of depth that the mantra wishes to address. All of this is designed to support the spiritual value of the mantra and to slowly and lovingly soften any hardening or blockage you may feel toward that value. So take the time, the peace and the openness to let the mantras work on you as guided meditations and let them do something with your state of being. If the value touches your inner presence, it may feel fitting to join in inwardly with the mantra, and if it touches you later in a more emotional way, it may be nice to sing along softly or devotionally with the mantra. Whatever the mantra does to you, a mantra is always designed to free space within you for the emotional layers of the deeply human and spiritual meaning of your existence, so that you can reconnect with the value and happiness of the life that you are, that we all are, that life is.

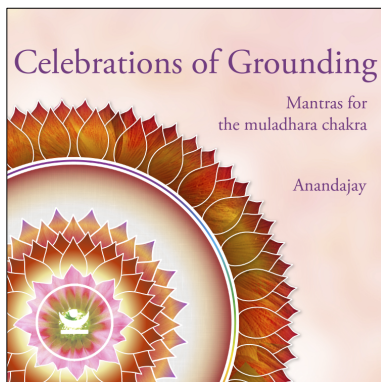


1. Celebrations albums:

35 liberating mantras



1. Celebrations of Grounding:
Mantras for the muladhara chakra
2. Celebrations of Being:
Mantras for the svadhisthana chakra
3. Celebrations of Living:
Mantras for the manipura chakra
4. Celebrations of Love:
Mantras for the anahata chakra
5. Celebrations of Joy:
Mantras for the vishuddhi chakra
6. Celebrations of Light:
Mantras for the ajna chakra
7. Celebrations of Peace:
Mantras for the sahasrara chakra



Celebrations of Grounding

– Mantras for the muladhara chakra

Five stabilising mantras for spiritual sustenance, inspiration and gratitude, accepting your incarnation and spiritual grounding.

1. Sat-Ananda chanting mantra
2. Surya mantra
3. Sarvamangalam mantra
4. Moola mantra
5. Shiva Embrace song

These stabilizing mantras open you to your deep longing for stillness, grounding, and oneness. The *Sat-Ananda mantra* refers to your "being here" (*Sat*) and the immense value of your soul (*Ananda*). Chanting this mantra together allows you to be human among other humans, it reinforces being together and being equal.

The *Surya mantra* that follows extends this and invites you to experience and honor the 12 essential values of your soul, allowing you to connect even more deeply with your inner self.

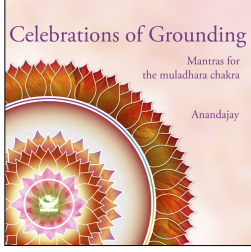
In the *Sarvamangalam mantra*, you then thank and honor 27 essential values of creation. This strengthens your respect for your existence, for the earth, and for the entire cosmos. The *Surya* and *Sarvamangalam mantras* allow you to experience that you are part of the immensely vast creation, and that both your infinite inner depth and the infinitely enveloping universe must be a consequence of an all-encompassing origin from which you can never fall outside, even if you die.

The *Moola Mantra*, *Moola* meaning root, then allows you to come into contact with that origin within yourself, making you aware that the basis of all that exists, of all spiritual teachings, and of all the poles that complement each other, is an all-connecting and all-sustaining origin, just as the Earth now supports you as a human being.

Finally, the *Shiva Embrace song* lets you bathe in an atmosphere where you allow yourself to be enveloped by the eternal now and your timeless being, a special aspect of creation. A creation from which you came, in which you are present, and from which you will also leave, but in which that which is your essence will be eternally present.

Album info: www.anandajay.org/en/albums/celebrations-of-grounding

For information on the *Muladhara Chakra* (Root Chakra), see p 181.



Track 1: *Sat-Ananda chanting*

– Drinking from the source of blissful love

Mantra:

Atmajyoti prakasha
Prasada antardhana
Brahmajyoti bhasvara
Sat-ananda

Free translation: “When the light of the soul shines (freely), you receive a blessing of great value from your innermost self, from which the beautiful essence illuminates everything in your life with joy. Then you know, this is Being, the source of true happiness.”

The deepest background of The Light of Being is the experience of the value and wisdom of the Light of Being, and this essence is expressed in the Sat-Ananda Chanting Mantra. The mantra uses four verses to remind you of your inner Light of Being, your essence, and your true origin. Its rhythm, sounds, and meanings bring you into contact with the light of your own being and bring you home to yourself.

The Sanskrit terms *atmajyoti*, *brahmajyoti* and *sat-ananda*

Three different word combinations are used in the Sanskrit mantra to best describe the far-reaching value of the Light of Being.

The first term is *atmajyoti*, which means the light of soulfulness, where soul stands for the emotional experience of your essence. From your soul, the Light of Being is usually experienced as deep wisdom, love, and truth.

The second term is *brahmajyoti*. This refers to the light that is connected to Brahma, the origin and source of light. Soul is an emotional value within your humanity, but Brahma reaches much further and encompasses all of creation, including its origin. When you feel connected to the Cause of Creation, from which everything came and through which all life is related, you open yourself to more than your personal existence. From this larger perspective, you generally experience the Light of Being as your relationship to all other life around you, as part of a larger whole.

The third concept is *sat*, which literally means "being" in the sense of "taking place," as well as "all-encompassing existence" and "being present." The word *sat* is associated here with the concept of *ananda*, which means joy and happiness. The light of being and its brilliance, its liveliness, its sparkle, are an expression of the joyful, essential happiness of *ananda*, which you can experience as movements of light with various forms of radiance, as a result of the brilliant joy from the source of being. Therefore, the title of this mantra is *Sat-Ananda Mantra*.

The Sanskrit terms are *prakasha*, *antardhana*, and *bhasvara*

To further describe the value of light, the mantra uses three other terms that refer to the power of light and the value of radiance. The word *atmajyoti* refers to the concept of

prakasha, which refers to the infinite vastness of the power of light. The light of being wants to shine through your soul into everything. The word *prasada*, on the other hand, is used to describe *antardhana*, which refers to the brilliant light of inner worth, just as only beautifully cut jewels can sparkle in the light. The word *brahmajyoti* is used to describe *bhasvara*, which has to do with the origin of light. After all, light always comes from a source, and Brahma is the source of all sources, the original light.

The concept of prasada

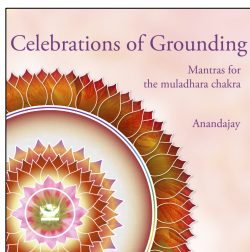
These six concepts, the three values of the light of being and the three qualities of light radiation, come together in the second line of the mantra in the concept of *prasada*, which in India traditionally refers to fruit or other precious food prepared with love and offered as a sign of respect for a spiritual aspect of life. Spiritually, it is actually the other way around, and the light of being is constantly being offered to you as *prasada* (a gift). This offered Light of Being, which blesses you over and over again as you receive it, shows you the richness, love and goodness of existence. As you receive this Light of Being again and again, you allow yourself to be filled, comforted and carried by its depth. As you continue to open yourself to the embedding of Being, you feel free to open yourself more and more to life, so that the value of your life continues to expand.

Allow all these sounds of instruments and vocals to work their way deep within you so that their influence can and may connect you with your inner stillness. Let this influence continue to work within you for another ten minutes in the silence that follows the mantra.

The value and potency of this mantra

- Strengthens your longing for authenticity, heals inner alienation and reconnects you with your essence.
- Makes your brain mild, peaceful and calm.
- Helps you get rid of side issues and comforts you in your contact with yourself.
- It frees and harmonizes the flow of your breath, your energy and the love within you.
- All these aspects support you in leaving all tension and conflict behind and becoming still with complete trust in being.

Duration: 19.32 minutes.



Track 2: Surya mantra

– Awakening to the twelve aspects of the soul

Mantra:

Aum mitraya namaha
Aum ravaye namaha
Aum suryaya namaha
Aum bhanave namaha
Aum kbagaya namaha
Aum pushne namaha
Aum hiranyagarbhaya namaha
Aum marichaye namaha
Aum adityaya namaha
Aum savitre namaha
Aum arkaya namaha
Aum bhaskaraya namaha
Aum shanti aum

Aum mitraya, mitraya aum namaha -
Aum ravaye, ravaye aum namaha -
Aum suryaya, suryaya aum namaha -
Aum bhanave, bhanave aum namaha -
Aum kbagaya, kbagaya aum namaha -
Aum pushne, pushne aum namaha -
Aum hiranyagarbhaya, hiranyagarbhaya aum namaha -
Aum marichaye, marichaye aum namaha -
Aum adityaya, adityaya aum namaha -
Aum savitre, savitre aum namaha -
Aum arkaya, arkaya aum namaha -
Aum bhaskaraya, bhaskaraya aum namaha -
Aum shanti aum, shanti aum namaha

Aum shanti aum, shanti aum namaha

Aum shanti aum (shanti aum), shanti aum namaha (shanti aum)

Free translation

"Oh inner sun, my soul, you are my true friend."

(The Light that shines within you when you experience friendship.)

"Oh inner sun, my soul, you are my true center."

(The Light that shines within you when you experience that your soul is your essence.)

"Oh inner sun, my soul, you give me my true longing."

(The Light that shines within you when you experience the power of your longing.)

"Oh inner sun, my soul, you are my true light."

(The Light that shines within you when you see and understand from clarity.)

"Oh inner sun, my soul, you reflect to me my true freedom."
(The Light that shines within you when you experience the greatness of life.)

"Oh inner sun, my soul, you are my true nourishment."
(The Light that shines within you as you grow into the Light.)

"Oh inner sun, my soul, you are my true source."
(The Light that shines within you
when you experience that your soul is equal to the source from which you come.)

"Oh inner sun, my soul, you are my true healing."
(The Light that shines within you when you experience yourself as wholeness again.)

"Oh inner sun, my soul, you are my true abode."
(The Light that shines within you when you feel enveloped by motherly love.)

"Oh inner sun, my soul, you are my true spiritual source."
(The Light that shines within you when you feel graciously inspired.)

"Oh inner sun, my soul, you are my true radiance."
(The Light that shines within you when you are freely yourself.)

"Oh inner sun, my soul, you are my true essence."
(The Light that shines within you
when you recognize your soul as your essence and as the essence of all.)

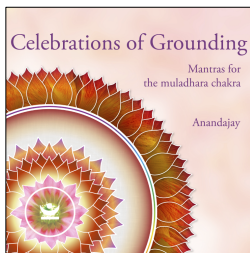
"Oh inner sun, my soul, I bow before you.
Praise you, oh inner sun, my soul, I experience peace through you, in you and with you.
Praise you, oh inner sun, my soul, you are my spiritual guide."

The value and potency of this mantra

- Promotes your openness to incarnation and allows you to experience yourself in a larger context.
- Allows you to interact respectfully with the awe of the greater, creating a tremendous respect for creation.
- Helps you to be grateful and enjoy your existence, your life, your *being*.
- It gives depth to the experience of your soul and the richness of your inner inspiration.
- All of these aspects support you in reopening to the bright horizon of your life and the greater mystery of which you are a part.

Duration: 23.56 minutes.

For additional information about the Surya qualities, see below in the section Surya Namaskar album, p. 158. For an in-depth description of the spiritual background and value of Surya, Anandajay has written the Dutch book *Surya Namaskar: Ode aan je Innerlijke Zon, je Ziel*.



Track 3: Sarvamangalam mantra

– Honoring the earth and creation with respect

Mantra:

*Bhumi mangalam
Udaka mangalam
Agni mangalam
Vayu mangalam
Gagana mangalam
Surya mangalam
Chandra mangalam
Jagat mangalam
Jiva Mangalam
Deba mangalam
Mano mangalam
Atma mangalam*

*Prema mangalam
Karuna mangalam
Satya mangalam
Jyoti mangalam
Citta mangalam
Mukti mangalam
Sat mangalam
Ananda mangalam
Moksha mangalam
Aum mangalam
Omkaar mangalam
Shanti mangalam
Sarva mangalam (4x)*

Free translation:

“From my heart

I give peace to all aspects of creation and life,
to contribute in a loving and positive way
to that which is so extraordinarily valuable.”

About the Sarvamangalam mantra

The *Sarvamangalam mantra* is an ode to the 24 elements of creation, to give your love to the fact that you have been given life to live on this planet, the Earth, and to take part in the whole of creation. By singing and honoring the 24 aspects, you express your respect for the Earth and all of creation, of which you are a part, and you give loving energy to life and peace from your essence.

The 24 aspects of life symbolize the source of all earthly life and the tangible creation of which you are a part. Being a part of nature and creation allows you to be aware of yourself, and its evolutionary nature makes you aware of the impermanence of your life.

Self-awareness and the undeniable truth of your impermanence encourage you to search for the deeper values of your existence, leading you to its spiritual richness. This mantra is therefore an ode to creation and the spiritual richness from which it springs. Just as the ocean is the earthly womb of evolution, the essence present in you and everything else is the womb of all creation.

The 24 aspects of creation:

- | | |
|------------------------------|---|
| 1. <i>bhumi</i> – earth | 13. <i>prema</i> – love, affection |
| 2. <i>udaka</i> – water | 14. <i>karuna</i> – compassion |
| 3. <i>agni</i> – fire | 15. <i>satya</i> – truth |
| 4. <i>vayu</i> – wind | 16. <i> jyoti</i> – light |
| 5. <i>gagana</i> – firmament | 17. <i>citta</i> – consciousness |
| 6. <i>surya</i> – sun | 18. <i>mukti</i> – freedom |
| 7. <i>chandra</i> – moon | 19. <i>sat</i> – being |
| 8. <i>jagat</i> – world | 20. <i>ananda</i> – bliss |
| 9. <i>jiva</i> – organism | 21. <i>moksa</i> – liberation |
| 10. <i>deha</i> – body | 22. <i>aum</i> – wholeness |
| 11. <i>mano</i> – mind | 23. <i>omkaar</i> – all-encompassing perfection |
| 12. <i>atma</i> – sou | 24. <i>shanti</i> – peace |

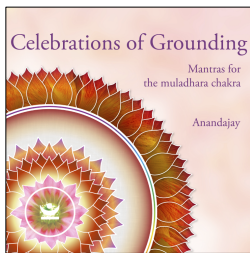
sarva mangalam – everything
sarva mangalam – all aspects
sarva mangalam – the entire creation
sarva mangalam – the all

By reverently chanting the 24 aspects of creation mentioned here, you are expressing your longing to let as much pure peace as possible flow from your essence into life, so that this positive influence can have a healing effect on everything. Peace naturally dispels dissatisfaction so that everything that has become separated or opposed can come together again to form wholeness. Only when you feel wholeness will there be nothing to distract you and you can rest in your true nature, peaceful and still, alive and free.

The value and potency of this mantra

- Eliminates division and provides security.
- Strengthens your respect and reverence for creation, of which you are a part.
- Promotes love for yourself as a whole.
- Gives you stability and completeness.
- Allows you to experience the fullness, bearing and envelopment of your existence.

Duration: 20.18 minutes.



Track 4: Moola mantra

– Embracing your essence as a source of spiritual inspiration

Mantra:

Aum

sat cit ananda parabrahma

Purishothama paramatma

Sri Bhagavati sametha

Sri Bhagavate namaha

Hari aum tat sat

Hari aum tat sat

tat sat, tat sat, tat sat

Free translation of the mantra: “The conscious experience of the blessings of Being bring you into the all-encompassing truth of everything. This perfect, pure value brings you directly back to your essence. Allow its radiance to unite with your soul, for then you will naturally meet and honor the essence of yourself and of all that exists. The flawless and silent Being, experienced through the sound aum, is the only thing which, spiritually speaking, is truly real and gives your existence its center.”

About the Moola mantra

The *Moola Mantra* (the word *moola* means root, base, foundation) reminds you in four verses of the purity of your essence, the origin of all existence. Its light guides you back to your foundation and origin again and again. Its rhythm and meaning, and the way it is embedded with sacred sounds, also bring you back to your spiritual ground and provide inner stillness and peace.

The Sanskrit word *aum* can be interpreted in many ways, but in summary it means uniting, to bring everything together. It reminds us that you are experiencing and expressing the following words and sounds from the “wholeness of being.”

The meaning of the Sanskrit mantra *sat cit ananda* is based on the deep feeling and awareness of “that you are here” and that experiencing the depths and value of yourself is the source of bliss. In this mantra, you repeat the words *sat* (being), *cit* (awareness), and *ananda* (bliss, inner joy). The mantra indicates that as a human being you can be aware of *being* here and that experiencing this is the entrance to the source of bliss and inner joy. The meaning of the Sanskrit word *para* is all-encompassing or complete and refers to the next word, *brahma*, which means the source of creation, renewal and development. Everything that exists, lives and changes or evolves comes from this source of creation. The quality of *Brahma* reminds you of the all-encompassing principle of yourself and all that exists.

The Sanskrit word *purusha* (“person”) refers to the intangible spiritual aspect of life and existence. It refers to an invisible, essential, and all-pervading energy of pure, unfilled consciousness. The word *purusha* can also be translated as man or human being. The

following part, *thama*, probably comes from the word *utthama*, which means supreme. *Purnushathama* thus indicates that it is the highest spiritual light and knowledge that you can find in your humanity or in another human being, such as a guru. *Paramatma* completes this phrase by indicating that this is an all-encompassing value, *para*, that is present in every human being as their soul, *atma*.

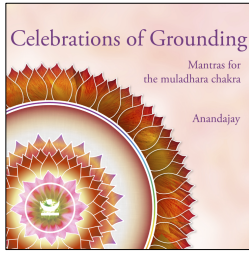
The next phrase of the mantra begins with *sri*, indicating that what follows is honorable, valuable, and of the highest quality. The Sanskrit word *bhagavat* means high value, quality, or power. The word is used twice in this mantra, first to invite you to open to this high spiritual value and then to allow it to merge (the meaning of the word *sametha*) with the deepest inner point of your existence, your being here, your being. Then, as indicated by the second use of the word *bhagavat*, you bow inward to this deep value and welcome it from your heart, now that you are experiencing it.

The mantra is followed by repeating *hari aum tat sat*, which is a way of repeatedly affirming and reinforcing the value you are experiencing. The Sanskrit word *hari* means precious, present value, *aum* means the all-encompassing whole of everything, *tat* means that which is experienced, and *sat* means that which is filled with Being. With this mantra you are repeatedly affirming that the precious, all-encompassing that you are experiencing is the one real truth that you feel deep within yourself in your *being here*, in Being.

The value and potency of this mantra

- Ensures that you stand on your the foundation of your existence and let it guide you.
- Appeals directly to the essential in you and in existence, making you feel less burdened.
- Helps you to incarnate more fully.
- This mantra lets you feel that when you experience yourself in openness, everything you feel in that openness is "life" and that this is the closest you can come to meeting it.
- All of these aspects support you in letting go of all tension and conflict and becoming still in Being.

Duration: 21.34 minutes.



Track 5: Shiva Embrace song

– Awaken your presence

Mantra:

Shivaham, shivaham, shivaham, shivaham

Free translation: “I am the living Now.”

The *Shiva Embrace song* is dedicated to *Shiva*, the eternal now, the source of change, the interplay of renewal and destruction. To rest in the now is to experience perfection in change. It is about letting things fall away to make room for the things to come, and realizing that although you experience that everything is constantly changing, the one who experiences is permanent, is present, is the blank canvas behind all change. This embrace song helps you to feel friendship and a deeper connection with this unchanging eternal now.

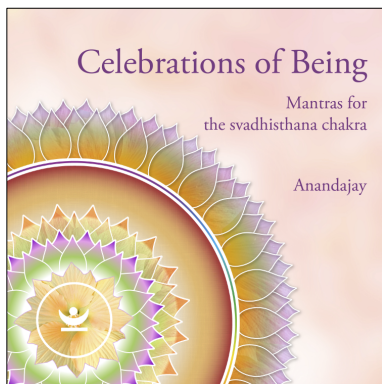
The music in this embrace song has a melody that immediately touches and softens your inner self, then immerses you in a stream of cradling rhythms that lovingly draw you into a relationship, a connection and an affective interplay with the vulnerable, ever-changing life. From the moment we are born, we are completely dependent and therefore vulnerable, and we remain so throughout our lives. Therefore, a good relationship with the vulnerability of ever-changing life is valuable. Valuable so that you do not become afraid and lose the refinement of your sensitivity, but rather, open and aware of your vulnerability, move with all the changes and experience the freedom to evolve from there. To evolve as much as possible according to your being, which has remained perceptible and accessible through your vulnerability.

The instruments used in this song help you to have trust in the depth and value of what you are experiencing in the depths of yourself, both through the vulnerability of your humanity and through the vulnerability of the ever-changing now. Embrace the change, the ever-new now, the flow, the life, the vulnerable unknown that is constantly being born and that you can be together with as friends.

The value and potency of the embrace song

- Opens you to the friendship with the truth that both the now and you are ever-changing.

Duration: 20.01 minutes.



Celebrations of Being

– Mantras for the svadhisthana chakra

Five self-affirming mantras for spiritual presence, longing, self-worth, being fulfilled and relation.

1. I'm Longing to Be mantra
2. Hymn of Gratefulness
3. I am within the Light of Being mantra
4. Being mantra
5. Shiva-Shakti Embrace song

These self-affirming mantras bring you into contact with the reality of your existence and have a deeper effect on your longing for authenticity, relationship and living presence.

The *I'm Longing to Be mantra* makes you feel that you intensely long for the authenticity of yourself and life, for the truth of *being*. After all, everyone longs for freedom, for being themselves, for being allowed to completely be who they *are*.

The *Hymn of Gratefulness* that follows allows you to experience in many ways how rich your existence is when you are allowed to live it in freedom and openness. Often you feel what you are missing, but when you are open to the full reality of who you are as a human being, you realize all the blessings that have been surrounding you and serving you all along. If you recognize this fullness as the values in which you live, it will automatically make you profoundly grateful, and this is celebrated in this mantra with the Sanskrit words *bahava dhanyavadah*. This gratitude opens to the simplicity, clarity, and presence within you.

Now that you have come so close to experiencing the authenticity of your presence and its clarity, the *I am within the Light of Being mantra* fits in perfectly. This mantra allows you to take your place even more clearly in the truth of your presence and its basic reality.

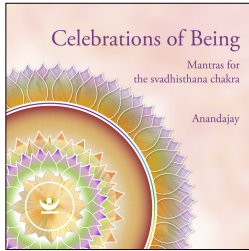
In the *Being mantra*, the “here and now” consciousness of your inner value is then literally sung about and acknowledged in all kinds of tonalities.

Finally, the *Shiva-Shakti Embrace song* emphasizes the harmonious and enriching coming together of all the apparent polarities of life, so that one can naturally land in the depths of *being*.

After these mantras, there is such a profound contact with the oh-so-tangible *being* as the basis of your existence, that you could spontaneously sink into meditation.

Album info: www.anandajay.org/en/albums/celebrations-of-being

For information on the *Svadbisthana Chakra* (Sacral Chakra), see p. 182.



Track 1: I'm Longing to Be

– The yearning to be together with your being

Mantra:

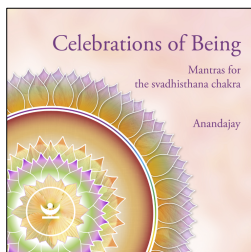
*I am longing to see, I am longing to be,
please Lord set me free.
I am longing to lose control, I am longing to be whole,
please Lord enlighten my soul.
I am longing to be safe, I am longing to live in grace,
please Lord let love be praised.
Aum shanti aum, Aum shanti aum, Aum shanti aum.*

The devotional song *I'm Longing to Be* connects you to the spiritual and natural longing to be with what you essentially are. As this longing is sung and repeated in this way through this mantra, you become even more aware of how strongly this longing lives within you, guiding and directing your life. As this mantra allows you to feel more deeply your great longing for yourself, for your soul, for the essence within you and within life, a path to that which you long for will open up of its own accord. As you engage with your longing, a path opens up where the longing you experience shows you the way to get closer to the interaction between how your gnawing longing makes you reach out and how your essence constantly nourishes your longing. This keeps you longing to get closer to your soul instead of trying to reach that which you long for in order to undo its gnawing. Your longing is both your distance from your essence and your opening to your essence. Feeling your longing shows you the way to it and also opens you to that which you long for, so that a kind of umbilical cord is created between your longing and your being, through which the value of your being can flow to you like water to the lowest point.

The value and potency of this mantra

- Helps you to ask your essence for liberation.
- Helps you to answer your longing for wholeness and enlightenment.
- Helps you give up fighting and translate this into a wish for inspiration and openness.
- Helps you to more freely be in a relationship with all-encompassing Being.
- All these aspects support you to live from inner freedom.

Duration: 20.00 minutes.



Track 2: Hymn of Gratefulness

– Expressing your gratitude for your inspired life

The *Hymn of Gratefulness* offers the values that your soul connects you to, and expresses gratitude for the feeling of love and enrichment it provides.

Prayer:

*I am grateful for my consciousness,
and grateful for my life.*

*I am grateful for my openness,
and for the depth which is inside.*

*I am grateful for my humbleness,
for my inner space and its divine truth.*

*I am grateful for my holiness,
for my human sense and for the peace that has come through.*

*I am grateful for my fullness,
and for its essence that makes life so real.*

*I am grateful for my yearning readiness,
for the love I share and the blessings I get.*

I am grateful, grateful, being a living soul that can be met.

Mantra:

*Wisdom, love and happiness,
you are the wealth of my consciousness.*

I gratefully bow for the depth you bring, which moves my soul to devotedly sing:

*Dhanyavadah dhanyavadah bahava dhanyavadah
(translation: thank you, thank you, thank you so much)*

*Peace, care and friendliness,
you are the core of my warm-heartedness.*

I gratefully bow for the depth you bring, which moves my soul to devotedly sing:

Dhanyavadah dhanyavadah, bahava dhanyavadah.

*Light, space and timelessness,
you are the spirit of my holiness.*

I gratefully bow for the depth you bring, which moves my soul to devotedly sing:

Dhanyavadah dhanyavadah, bahava dhanyavadah

*Every moment, I thank you all.
For the richness of all you brought.
For the worthy touches of my soul, that made me realize, I'm a child of the whole.
Dhanyavadah dhanyavadah, bahava dhanyavadah*

Song:

*I'm grateful for love, grateful for peace, grateful for all my wisdom sees.
I'm grateful for space, grateful for light, grateful for all this spiritual delight.
I'm grateful for my life, grateful for my birth, grateful for all of this remarkable earth.
I'm grateful for my depth, grateful just to be, grateful for the truth of which I call me.
I'm grateful for my heart, grateful for my soul, grateful for being a child of the whole.
I'm grateful with love, I'm grateful with care, I'm grateful for being so deeply aware.*

*So thank you so much, for every worthy touch,
thank you, thank you, thank you so much. (3x)*

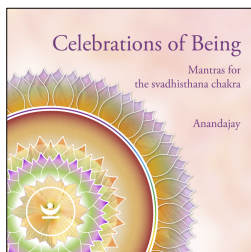
I gratefully bow for the depth you bring and which moves my soul to devotedly sing:

Dhanyavadah oho dhanyavadah oho bahavaha dhanyavadah.

The value and potency of this mantra

- Helps you experience the healing effects of giving thanks in reverence for your soul-inspired life.
- Helps you get in touch with your deepest inherent value.
- Helps you experience the joyful values that exist.
- Helps you to affirm yourself and experience how forgiving and loving you are.
- All of these aspects support you to answer your longing for authenticity.

Duration: 19.36 minutes.



Track 3: I Am within the Light of Being

– Giving space to your inner light of being

Mantra:

I am, yes I am, within the Light of Being

Free translation: “I am present in the light of being, the light that accompanies, permeates and guides me.”

The *I Am within the Light of Being* mantra empowers your openness to the essential and illuminated foundation of your existence. As you listen, read the accompanying story to experience its value and meaning more deeply.

The value and potency of this mantra

- Heals the divisive influence of separation and comparison.
- Gives you comfort, recognition and affirmation and helps you to reconnect with the world.
- Gives you an embrace and a sense of being rocked by the love of your life energies.
- Helps you to regain trust in yourself and to open up to and receive life.
- All of these aspects support you to once again experience the vibrant, radiant and joyful radiance of your soulful existence.

Duration: 20.05 minutes.

Accompanying story: I am within the Light of Being

The piano indicates the flashes of light that accompany me and move me in everything that happens around me. Everywhere the light moves as life energy and as a display of energy currents coming into contact with each other, soft, sparkling and refined.

Like in a summer meadow with many flowers around me, I feel my presence in life, surrounded by and permeated by an enveloping, pure white light that protects me, guides me and keeps me connected to my soul. My presence in this light is very comforting, fulfilling and imbued with a deep wisdom. I sing of my presence, my existence enveloped by loving beings in the light of being. I am it, it is my nature, it is my truth. It is gentle, peaceful and connected to a very deep inner peace.

I can only confirm, describe, make public and declare this experience. I cannot help it and I have done nothing for it. It was given to me and I am grateful for it. I'm saying it, I'm translating it, I am it, I'm passing it on, I'm explaining it, I'm giving it, I'm sharing it, I'm letting it be, I'm experiencing it, I'm receiving it, I'm letting it shine, I'm letting it flow and I'm giving it space. I can only give space to my way of being and being as I am.

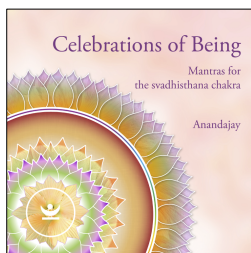
I am here to allow being, I am here to allow that which is present in and around me to be, I am here to allow the light that has joined me to be. I am here to allow myself to be accompanied, permeated and guided by the Light. I am here to be and to live in the Light of Life.

In relation to life, the touches of light become fluid and the light moves lovingly around me and within me.

Once again I can only affirm that I live in the light of being and that the light of being lives in me. I can only affirm it, more is not the intention, more is not necessary, more is not even possible. The light is here, I am here, we are together and we are a whole. I can only say yes to this reality. I can only be in this reality. Oh light, thank you for being here. Oh life, thank you for being here. Oh me, thank you for being here. Oh reality, thank you for being here. Oh creation, thank you for being here. Yes, I am in the light of being and the light of being is in me, yes, I am. This truth, this reality, this authenticity is as tangible as a mother. Yes, I am permeated and surrounded by pure white light, always, everywhere and in everything. Yes, I am in the light of life, yes, I am in the light of being, yes, I am. That is my only reality and it is for everyone.

Yes, I feel like I'm in a meadow in the summer with many flowers around me. I am present in life, surrounded by and permeated by an enveloping pure white light that protects me, guides me and keeps me connected to my soul. My presence in this light, with this light, is very comforting, fulfilling and imbued with a deep wisdom. I sing of my reality, my presence, my existence surrounded by loving beings in the light of being. I am here, this is my nature, this is my truth. It is gentle, peaceful and connected to a very deep inner peace.

I invite you to be with me, to be with the Light, to allow the Light into you. I invite you to open up to the Light that is with me and within me. Allow the inner openness and wisdom that creates it and also enter into this comforting natural light so that we can dance together to the tones of the light and its caresses.



Track 4: Being mantra

– Experiencing your inner depth

Mantra:

Being here

Being now

Being aware

of inner ground

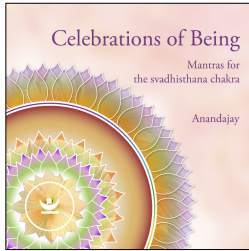
*I love the existence,
I love being touched,
through the light of spirit,
I have found my soul*

The English meditation mantra *Being here, being now, being aware of inner ground* is of course clear in its meaning that you can only be aware of your inner authenticity and value in the here and now. A value that provides so much stability in all the mobility and changeability of life that it feels like your inner stability or the true ground of your existence. The mantra, like many mantras, refers to the most important energies of your human experience. In Hindu terms, it is about the *Mahadevata* (the great deities). *Vishnu* represents continuous existence, which brings you into the eternal HERE. *Shiva* symbolizes the continuous transformation that brings you into the everlasting NOW (being now). *Brahma* describes the continuous presence within you that brings you into the eternal BEING. Finally, *Krishna* represents the continuous longing for the All-Attractive, which brings you to the eternal source or origin of LOVE (inner ground).

The value and potency of this mantra

- Helps you to be in the here and now and nourish your presence.
- Helps you connect with reality and with authenticity.
- Helps you connect your existence with love.
- Helps you to connect meditation to your humanity.
- Supports you to once again experience the vibrant, radiant and joyful radiance of your inspired existence.

Duration: 20.00 minutes.



Track 5: Shiva-Shakti Embrace song

– Celebrating spiritual togetherness

Mantra:

Shiva shakti sametha ananda

Free translation: “When the depth of life may bring forth my manifestation, I come into alignment with myself and taste the deepest values of happiness.”

The *Shiva-Shakti Embrace song* focuses on the enriching coming together of all polarities in life. *Shiva* in the broadest sense represents the destructive and therefore renewing, and *Shakti* in the broadest sense represents the fertile and therefore creative. In harmony (*sametha*) they bring forth peaceful happiness, *ananda*.

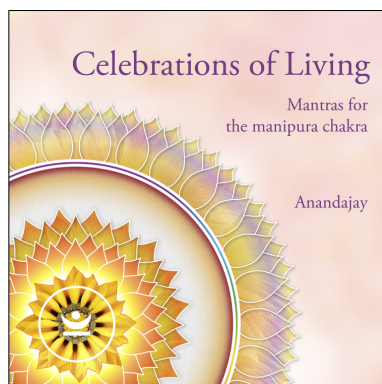
The mantra expresses the liveliness of this togetherness, the joy of their harmony and the well-being that then envelops you. *Shiva* and *Shakti* symbolize all forms of polarity in life, and you are invited to allow them, like the masculine and feminine, to unite harmoniously and then experience the happiness or peaceful blessing that results from their harmonious union. Polarity is usually experienced as the tension between two opposites, but when you allow them to unite harmoniously with the right willingness, they complement each other and form a completely different, valuable quality. Give *Shiva* and *Shakti*, and all other forms of polarity, the space to complement each other into a whole and allow yourself to be enveloped by their peaceful togetherness during the mantra.

This *Shiva-Shakti Embrace song* speaks to your longing for a life of wholeness, unity and harmony. It expresses the longing for the coming together of all the duality that life has to offer and makes you long for togetherness, wholeness and oneness. May your inner longing recognize this desire and express it through this mantra? May you feel the melancholy, the homesickness, the peace of harmony that is pushed into the background by the issues of the day, and give it freedom through this embrace song. Your longing to be experienced and absorbed in the essential wholeness of life expresses your longing for the essence that you carry deep within. It reminds you of where you come from, where you belong, and where, if you allow it all at once, you will be influenced by. Wholeness is the energy you tune into to stay connected to your inner self and the deeper value of life.

The value and potency of this embrace song

- Allows you to befriend the elemental flow of creative, holistic life.

Duration: 19.12 minutes.



Celebrations of Living

– Mantras for the manipura chakra

Five vitalising mantras for spiritual growth, nourishment, happiness, joie de vivre and strength.

1. Aum Namō Shivaya mantra
2. Mangalam Vishnu mantra
3. Guru Brahma mantra
4. Bhaje Bhaje mantra
5. Sri Ram Embrace song

These vitalising mantras answer a deep longing to experience the fulness of life openly and to embrace the ever-changing nature of your existence.

This guidance begins with feeling that the *Now* brings you into the experience of eternal change, while at the same time there is an intense peace and depth. By feeling how the *Now* is both the bearer of change and of presence, you feel a deep longing to be more intimate with that which allows you to taste its essence. *The Aum Namō Shivaya mantra* guides you to bathe in this sacred *Now*.

You feel how liberating it is to be in touch with this essential value of existence and feel the need to allow nothing but goodness and love to flow towards this vital value, and that is exactly what the *Mangalam Vishnu mantra* invites you to do.

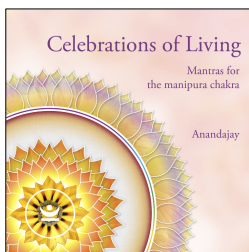
When you are so deeply connected to that which is essential within you, you feel its purity and authenticity, and you wish for that purity to guide you. The *Guru Brahma mantra* will take you further in this, because this mantra is about wanting to be guided only by that which is most essential.

The depth and happiness-inducing emotions that are felt when you express this wish will naturally encourage you to sing the *Bhaje Bhaje mantra* (“Sing oh sing about the value of essence.”) at the top of your voice about and from this inner happiness.

The *Sri Ram Embrace song* then channels this source of joy as your life force. It honors this power, praises it and trusts in this inner joy energy as the best life force with which to continue on your path through life and be inspired. After this guidance, there is a vibrant flow of life energy within you and you feel completely at home in this continuous flow and are fully present and self-aware.

Album info: www.anandajay.org/en/albums/celebrations-of-living

For information on the *Manipura Chakra* (Stomach Chakra), see p. 184.



Track 1: *Aum Namah Shivaya mantra*

– Source of All-Encompassing Well-Being

Mantra:

*Aum namaha Sambhavaya cha, Mayobhavaya cha,
namah Shankaraya cha, Mayaskaraya cha, namah Shivaya cha, Shiva
Taraya cha, namah Shivaya cha, Shiva Taraya cha,
Shiva Taraya cha, Shiva Taraya cha, (Aum namaha)*

Aum namah shivaya

Free translation: “Oh Giver of both temporary and eternal joy, of both personal and spiritual happiness, of grace and purity, Giver of all-encompassing well-being, from a place of deep reverence I bow in acceptance of your truth and living presence, so dear to me and eternally *Now*, that I may meet and be with you again each moment.” Or in short, “Oh sacred eternal *Now*, in you I wish to exist.” Literally, *aum namah shivaya* means, “Oh hail Shiva,” “I bow down to Shiva,” or in other words and more freely translated: “Oh living *Now*, I bow to you to be with you again and again.”

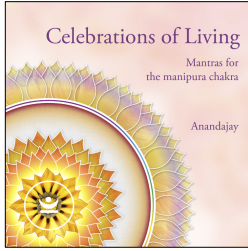
The *Aum Namah Shivaya mantra* is a meditative mantra that connects you to the openness of *being here* and its depth. The mantra begins with the recitation of the different names of Shiva, who encompasses the total well-being of the human being, from which nothing is excluded. The names are: *Shambhavaya* (giver of temporary joy), *Mayobhavaya* (giver of eternal joy), *Shankaraya* (giver of personal happiness), *Maskaraya* (giver of spiritual happiness), *Shivaya* (giver of grace), and *Shiva Taraya* (giver of purity). The suffix *-cha* means “what I long for.”

Then the *aum namah shivaya mantra* begins and the bowing to be in the living *Now* is repeated many times so that a deeper merging with the living *Now* that you essentially are can take place. The *aum namah shivaya mantra* brings you into contact with the *Now*, which brings you into the experience of eternal change, while at the same time there is an intense peace and depth. As you feel how the *Now* is both the bearer of change and presence, you feel a deep longing to be more intimately connected to that which allows you to taste the essence. The *aum namah shivaya mantra* guides you to bathe in this sacred *Now*. As a result, you feel how liberating it is to be in touch with this essential value of existence.

The value and potency of this mantra

- Heals emotional and mental tensions.
- Restores your sensitivity, opens your stomach chakra and helps you let go of grief.
- Soothes your heart chakra and relieves you of your heartache.
- Frees you from your stubbornness and beliefs and opens you to the NOW.
- Supports your openness to enter into an enriching development.

Duration: 20.04 minutes.



Track 2: Mangalam Vishnu mantra – The Protective Force of Life

Mantra:

Mangalam bhagavan vishnum

Mangalam garudadhvajah

Mangalam pundareekaksham

Mangalayatano barib

*Vishnu mahavishnu, Vishnu mahavishnu, Vishnu mahavishnu,
Mahavishnu*

Mangalam bhagavan vishnum

Mangalam garudadhvajah

Mangalam pundareekaksham

Mangalayatano barib (mangalayatano barib, mangalayatano barib)

Free translation:

“I bow to the all-pervading energy that is present throughout the universe.
I bow to this life energy, which is peaceful because it is the essence in everything.

Which is depicted as an enlightened being
resting on a bed of cobras in an endless ocean,
with a long stem emerging from its navel, bearing the open lotus flower
as the origin of creation.

Which is the essence of all spiritual truth and all layers of existence.

Which energy is so subtle that it permeates the entire cosmos.

Which is depicted as an enlightened being
with skin the color of rain clouds,
in a beautiful form and combined with the energy of happiness and beauty.

I bow to this all-pervading energy that shows me the purity of the soul,
and to which I open myself again and again in meditation,
so that my fear of the unknown fades naturally
and being with my soul becomes a basis for freedom and trust.

All the love and goodness to the energy that permeates everything.

All the love and goodness to the energy that is present in everything.

All the love and goodness to the energy
that wants the essence in everything to flourish.

All the love and goodness to the energy
that is called ‘life’ here on earth.”

The *Mangalam Vishnu mantra* opens you to the *Vishnu energy*: the benevolent, ever-enriching and protective energy that is present in all life, permeating everything and allowing the essence of all things to flourish. In the recitation, you sing of the Vishnu energy from a deep meditative experience to create a deeper connection with its essence within you. Then the mantra is sung continuously and endlessly, permeating everything to show how boundlessly great life is. Vishnu is the all-pervading essence in all that exists, supporting, sustaining and permeating the entire universe in the past, present and future.

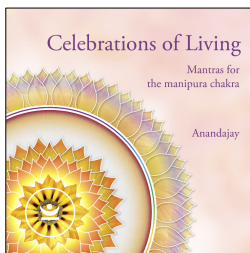
Vishnu is usually depicted riding a great eagle, Garuda, indicating that he can reach anywhere at any time. He is often accompanied by his wife Lakshmi, the goddess of abundance, beauty and happiness, indicating that experiencing his all-pervading energy of purity will bring you to a state of bliss. Vishnu is also often depicted churning the primordial ocean (*kshira sagara*, the ocean of milk) to indicate that the all-pervading energy of life is the primordial aspect of the process of creation. When Vishnu is depicted in the ocean, he rests on a bed of cobras that carry and protect him, slightly above his head, as a sign that he is fully supported by the energy of all the life forces. The ocean, in which Vishnu is often depicted, is the source of life and therefore of your humanity, in which you can become aware of your essence. Vishnu represents that reality, that fact of evolution that is permeated with essence and life, of which you are also a part. A lotus then emerges from his navel as a sign that Vishnu is the essential ground of all creation. Brahma then sits on it to allow creation to take place and to expand further.

Vishnu is depicted with a skin color that has the blue-purple color of the tropical rain clouds filled with water. Vishnu has four arms. With these he holds a lotus, as a symbol of flowering and purity. He also holds a conch, a musical shell that produces tones that help you let go of your thoughts and connect with your inner self and the origin of life. This indicates that his energy transcends (Sanskrit *n*) all limitations. Thirdly, he holds a wheel, the symbol of the infinite, as a sign of his all-pervading, infinite energy. And fourthly, he holds a staff to indicate that he supports all with essence. The essential, supporting function of the staff is like that of the thread in a story, the fishbone in a fish and the spine in you as a human being.

The value and potency of this mantra

- Makes you embrace life and make peace with all living things.
- Makes you grateful for your existence, your *being here* and your happiness in life.
- Reinforces your willingness and ability to form relationships.
- Reinforces that everything within you is valuable if you open yourself to it deeply and respectfully.
- Allows you to see everything that exists as a force belonging to the whole.

Duration: 20.38 minutes.



Track 3: Guru Brahma mantra

– Ode to the Wholeness You Are

Mantra:

*Guru brahma guru visṇu
guru devo maheshvarah
Guru saakshaat parabrahma
tasmi sri guruvey namaha*

Aum sat cit ekaam brahma

Free translation mantra: “Oh creative power, bearer of all change and support of all that lives, I gladly let myself be guided by you as my absolute teacher, with respect and devotion, for you are eternal being.” The mantra is followed at the end by aum sat cit ekaam brahma (wholeness - being - consciousness - one - essence), which loosely translates to: “Being is the only essence that exists.”

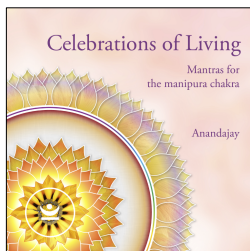
The Sanskrit root of the word *Brahma* is *brih* and means to expand, increase, grow, or enlarge. Brahman symbolizes the sacred, essential and omniscient source from which creative energy emanates. Creative energy is the energy that enables creation, existence and growth. Brahma is the inspirer, the energy that makes life possible, that makes it possible to experience *being* and that gives that which *is* the space to expand in whatever way it wants. This energy gives essence to our existence and allows us to experience our presence as souls.

The *Guru Brahma mantra* indicates that *Brahma*, the inspiring and creative force, is the true teacher. In Hinduism, Lord Brahma is considered part of the *Trimurti* (the holy trinity): Brahma (creation), Shiva (transformation), and Vishnu (support). However, this mantra emphasizes that Brahma is actually the most important, because his power contains the powers of the other two. After all, inspiration also implies transformation (Shiva, here called Mahesh) and stability (Vishnu). The conclusion of the last sentence of the mantra is therefore, “I respectfully offer my devotion only to such a teacher in whom creation, transformation, and support go hand in hand.”

The value and potency of this mantra

- Encourages your spiritual openness and rekindles your relationship to life as a whole.
- Makes you grateful for the inspiration and light of the greater, universal, whole.
- Leaves you with a longing to be with what is essential, and a spiritual teacher or spiritual source of inspiration to guide you there.
- Reassures you when you connect with what is essential in yourself, others and everything around you.
- Opens you to the influence of the greater whole and to an inner openness to the peace and love of your soul as the guiding principles of your way of life.

Duration: 21.55 minutes.



Track 4: Bhaje Bhaje mantra

– Gratitude for your inner value

Recitation:

Jaya radhamadhava kunjabihari
Gopi janavallabha girivaradhari
Jasodanandana brajanaranjana
Jamunatira vanacari

Mantra:

Bhaje bhaje nandanam radhamadhava
Bhaje bhaje nandanam janavallabha
Bhaje bhaje nandanam brajanaranjana
Bhaje bhaje nandanam radhamadhava

Free translation recitation and mantra: “All honor to the exalted love play of Radha and Krishna, in which the noble lord lifts his devotee to the pinnacle of his exalted state of being. In this earthly paradise, where the river and the forest meet in a cove, the son of Jasoda joyfully mingles his cosmic energy with the enraptured devotee, Radha.”

The first phrase of the recitation emphasizes the immense value of what can be experienced in the emotional, spiritual realm of love by using the following words. The word *jaya* is a joyful invocation of the essential, which is venerable, glorious and liberating. The word *radha* stands for the loving partner of Krishna and expresses the meaning of perfect, loving devotion. The word *madhava* indicates that Krishna is a noble being. The word *kunja* indicates that what is happening here is something special and for the chosen few. The word *bihari* indicates that this is a great and powerful energy.

The second phrase of the recitation emphasizes the value of what spiritual and loving devotion entails. The word *gopi* indicates that the devotee’s love is of a serving, humble, and caring nature. The word *jana* means kind and indicates that all human beings possess this inner quality and can open themselves to it. The word *vallabha* indicates that such devotion arises from a state of being or experience of the highest possible value. The word *giri* means mountain and stands for the greatness and steadfastness of the devotee. The word *dhari*, which means to sit firmly or to hold on, represents the devotee’s determination, and the word *vara*, which means reversal, indicates that the devotee has left behind his personal interests through his love for Krishna.

The third phrase of the recitation emphasizes the value of this spiritual and loving devotion that is present and accessible in all of us as human beings. The word *Jasoda* is the name of Krishna’s mother, and *nandana* means son of, because Krishna is her loving son. The word *braja* means to multiply and expand and indicates that such deep love spreads through Krishna. The word *rajan* indicates that something is pleasing and brings a certain rapture, because his mother is happy about it and it also fulfills her wish to spread spiritual love. The word *janarana*, like the word *jana*, means species or group of

people and emphasizes that all people carry within them themselves this living essence and spiritual love that Krishna kindles with his presence.

The fourth phrase of the recitation emphasizes the value of everyone experiencing spiritual and loving devotion and allowing it to expand within them through meditation. The word *Jamuna* refers to one of the sacred rivers of India that plays an important role in the story of Krishna. Rivers symbolize flowing, nourishing life, the eternal combination of change and presence. The word *tira* can be translated as shore or bay. Here the riverbank symbolizes the quiet, sheltered space of meditation, where the merging of eternal change and presence is experienced and internalized from a quiet, safe place near the river. The word *vana* means forest and symbolizes the natural world, and the word *cari* means to practice. Together they refer to the importance of doing much meditation in a natural way.

The mantra: the word *bhaje* means “sing the name of or sing in the name of the essential” and reminds you of the value of naming the essential in you and expressing that value regularly in whatever way you can. The word *nandanam* means “joy” and indicates that you will be happy and content as you continue to express the essential. The word *radhamadhava* indicates the sublimity of the spiritual love play of Radha and Krishna that is celebrated here, and the word *janavallabha* reminds you that your devotion to the essential can also attain that quality and connect you to your most essential essence. The word *brajanaranjana* indicates that this energy of being and essence is joyfully expanded by experiencing it and by singing and talking about it.

All of these words, names, and meanings are strongly connected to the depth of Sanskrit and the religious and philosophical background of Indian culture. Anandajay has explained and defined the words here in more depth, because a literal translation of this poetic experience would feel too empty for those who do not know Sanskrit. So feel what the words and the brief explanation do for you, and let them deepen your feeling for the mantra and its story in a way that is internalized for you.

The value and potency of this mantra

Heals your inner voice and its connection to your heart.

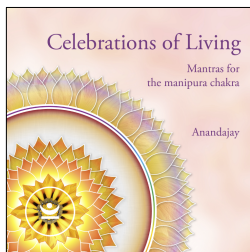
Encourages you to approach life as a spiritual development.

Allows you to trust in a deeper knowing, freeing you from depression and victimization.

Lets you love yourself again and listen to your inner self.

Helps you to understand, express and follow your inner experience.

Duration: 20.58 minutes.



Track 5: Sri Ram Embrace song

– Experiencing spiritual joy and strength

Mantra:

Sri ram jay ram jay jay raahm

Free translation: “Oh power of inner love, from you I can act with integrity and I am protected from negative energy.”

The *Sri Ram Jay Ram mantra* is a well-known and often chanted mantra that expresses the source of joy as your life force. It honors this force, it praises this force, and it trusts this joyful energy as the best life force with which to continue on your path through life and to be inspired. This joy, born from within, is a constant guide, source of inspiration, and guarantor of your life, actions, and spiritual awakening.

The Sanskrit word *sri* is used to indicate that the words that follow are of high dignity and deserve respect. The Sanskrit word *jay* means joy and is used to encourage and celebrate. The Sanskrit word *ram* means the inner ecstasy that occurs when you are completely at peace with yourself. By acting from this place, you protect yourself from negative influences and your powerful actions are no longer controlled by your ego.

By allowing this power (*Ram*), which is often confused with positive ego power, to embrace you, it remains clear that this power can only be released in openness and togetherness with the greater, and therefore remains righteous and free of ego identification. The *Sri Ram Embrace song* supports you in your openness for this spiritual joy and gently promotes an embrace with the power of the essential spiritual joy, which is your origin.

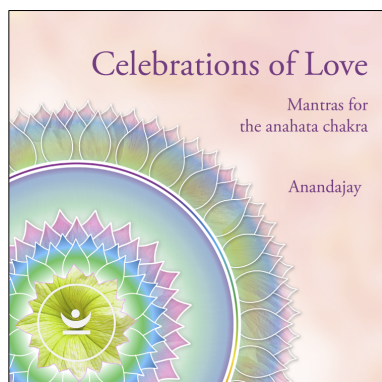
The melody of this *embrace song* indicates that your connection to the ecstatic quality of power is rooted in love, because without love you would allow this power to merge too much with the ego, and then it becomes a power that wants to win or fight.

The power of *Ram* is joyful, original, devotional and makes all negative obstacles pale in comparison. If you love yourself, if you love your essence, you will also love the inner joyful power of *Ram* and you will find that by chanting this mantra repeatedly, you will free yourself from fear and darkness and find the strength to express your authentic self and confidently follow the path that goes with it.

The value and potency of this embrace song

- Allows you to befriend the essential spiritual joy that is your most fundamental strength.

Duration: 21.33 minutes.



Celebrations of Love

– Mantras for the anahata chakra

Five loving mantras for spiritual nurturing, unity, love, harmony and joy.

1. Aum Purnam mantra
2. Brahma mantra
3. Hari-Bhole mantra
4. Govinda mantra
5. Sat-Ananda Embrace song

The mantras celebrate the life-sustaining spiritual love that is inherent to life and your existence, answer your longing for the healing and self-recognizing quality of loving-kindness and give you a loving and heartfelt embrace.

The soothing *Aum Purnam mantra* lets you experience ever more deeply that *being*, the basis of your existence, is all-encompassing. The mantra allows everything that creation entails and everything you experience within yourself to come together more and more into a comprehensive and coherent whole, eliminating all emotional fragmentation.

Then comes the *Brahma mantra*, which invites you to recognize the essence in yourself and in life as that which wishes to blossom fully from a deep essential love and wishes to become part of reality.

The *Hari-Bhole mantra* then lets you experience that there is a fundamental love that gives you everything and caresses your heart over and over again to keep it soft and open to the sensitive touch of that love.

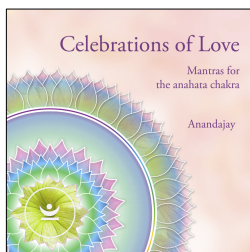
The *Govinda mantra* honors the power of love as that to which we are all continually drawn, which gives us joy, supports us in our essence and protects us with its energy. It is this love that leads us to expand our boundaries by blossoming, becoming more whole, embracing the freedom to change and developing our light.

The last mantra is the *Sat-Ananda Embrace song*, in which you sing to the light of *being* in your soul. The soul, the nectar of your heart, is present in everyone, including you. The light of *being* reminds you of that nectar: the essence of *being*. The nectar of *being* opens you to the energy of life, of creation, around you and gives freedom to your heart, the seat of compassion, affection and love.

After this musical accompaniment in experiencing essential love, there is a deep gentleness and envelopment to be felt in the remaining stillness, from which you will once again engage with life and yourself in a different way.

Album info: www.anandajay.org/en/albums/celebrations-of-love

For information on the *Anahata Chakra* (Heart Chakra), see p. 186.



Track 1: *Aum Purnam mantra*

– Honoring the all-encompassing perfection of being

Mantra:

Aum brahman, aum brahman, aum brahman

Aum purnamadab purnamidam

Purnaata purnamudachyate

Purnasya purnamadaya

Purnam evavashishyate

Aum brahman, aum brahman, aum brahman

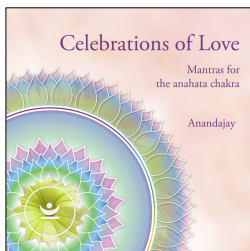
Free translation: “Both the essential and creation are all-encompassing (both the essential origin of everything, as well as the cosmos and world, all that is created or existing, are complete). Only what is all-encompassing can produce all-encompassment (imperfection cannot cause perfection). If something is taken away from this all-encompassing nature, the all-encompassing nature still remains (whatever disappears from life, *being* always remains as essential perfection). We call this all-encompassing nature *purna*, and here we sing to it with devotion and gratitude.” Or, in short, “*Brahman*, the essence of existence, of *being*, is all-encompassing, is perfect, is eternal being.”

The *Aum Purnam mantra* brings you into contact with the all-encompassing fullness and perfection of Eternal Being (*Brahman*), which you share with all life. The word *purnam* comes from the Sanskrit root *pr*, which means to fill. *Purnam* is about everything that relates to fullness, fulfillment, content, and completeness. Because of this all-encompassing quality, it is often expressed simply by the word perfection. This all-encompassing fullness and perfection is another way of describing the concept of *Purnam* or *Brahman*. After all, the Absolute, that which can create and cause everything, is also perfect. In this sense, perfection has nothing to do with form, beauty, or goodness, but with the all-encompassing essence from which everything arises. Anyone who connects with their essence through meditation recognizes this so-called perfect or absolute state, which is meant by *Brahman* and *Purnam*.

The value and potency of this mantra

- Brings you into contact with your inner fullness, causing you to open deeply, and the love you experience then guides you in all of life’s experiences.
- Helps you to let go of your ego and its narrowness and live from a much greater sense of self.
- Creates respect and devotion for the all-encompassing essence that surrounds you.
- Helps you when you need to ask for or give forgiveness, creating more harmony.
- Lets you participate in the warming influence of togetherness.

Duration: 19.52 minutes.



Track 2: *Brahma mantra*

– Devotion to the all-encompassing essence

Mantra:

*Brahmaarpanam brahma havir
Brahmaagnau brahmanaa hutam
Brahmai va tena gantaryam
Brahma karma samaadbina*

Samaadbina, samaadbina, samaadbina

Free translation: (1) Any form of devotion is *Brahma*, the energy of expansion, growth, creation, and development (the Sanskrit root *brih* means to expand, to increase, to grow, to make greater); (2) whatever is offered out of devotion is *Brahma* (it is the result of the energy of expansion, growth, creation, and development); (3) the devotion itself is *Brahma* (the doing and the fact that there is someone to do it is the result of expansion, growth, creation and development); and (4) all the material aspects involved in the devotion are *Brahma* (everything that exists to give form to the devotion is the result of the energy of expansion, growth, creation and development).

The *Brahma mantra* expresses the vastness and all-encompassing nature of the essential. *Brahma* is the creative energy, the energy of being, that makes life possible, that makes the experience of *being* possible, and that gives that which *is* the space to expand in whatever way it chooses. This in turn results in the constant ongoing creation that we call life, which in this mantra, the twenty-fourth verse of the fourth chapter of the Bhagavad Gita, you sing, honor, and give space to in your humanity out of your devotion to the greatness and all-encompassing nature of the essential.

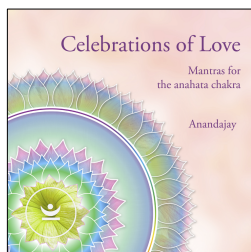
Brahma symbolizes the sacred, essential, and omniscient source from which the creative energy emanates. It is about the space to experience that you are alive and that you are part of creation. Creation, being in the making, constantly presents itself within you and becomes visible through you. After all, you are constantly giving space to “that which you are” to expand.

In short, the mantra says, “Everything is *Brahma* (everything is the expanding energy of life and being).” The message of this mantra is therefore, “Only the one who recognizes *Brahma* (the energy of creation and being) everywhere, will also experience the source of *Brahma* within oneself.”

The value and potency of this mantra

- Helps you let go of conflict, irritation and negativity and offer forgiveness.
- Disarms your rigidity and relaxes the stomach chakra and the stomach.
- Melts all your resistance, makes you receptive.
- Helps you to surrender.
- All these aspects support you in answering your longing for authenticity.

Duration: 19.30 minutes.



Track 3: Hari-Bhole mantra

– Bowing to the source of blissful love

Mantra:

Aum namo (aum namo) aum namaha (aum namaha)

Aum namo (aum namo) aum namaha (aum namaha)

Aum namo (aum namo) hari bhole (hari bhole)

Ananda namaha (namaha, namaha)

Aum namo aum namaha

Aum namo aum namaha

Aum namo hari bhole

Namaha, namaha

Free translation: “Oh be praised, Essence, who gives us everything without our having to ask and steals our hearts.”

The *Hari-Bhole mantra* is about your longing for the essential and how the joyful bliss you then experience opens you up more deeply to the loving vastness of your being and the cosmic space of life of which you are a part.

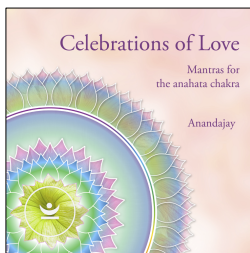
The word *hari* is a name for Krishna: that which we all inwardly long for and wish to evolve toward in one way or another. It stands for the essential that steals our hearts, for that which everyone longs for from the heart and derives happiness from and wants to be enveloped and absorbed by.

The mantra consists of the word *aum*, which means that you are experiencing and expressing the following words and sounds from the *wholeness of being*. The word *namo* means greeting and indicates that the greeting is given with reverence and a bow. The word *hari* is a name for Krishna, and *bhole* stands for Shiva: the essence that gives us everything without asking, because it both destroys and renews everything. The word *ananda* indicates the joyful bliss that is characteristic of love of the essential. The word *namaha* comes from the same root as *namo* above, and means “I greet you.”

The value and potency of this mantra

- Cleanses your mentality and mood.
- Gives you confidence and a new zest for life.
- Addresses your longing for clarity and cleanliness.
- Warms your heart and soul and nourishes your longing for love.
- Helps you to live cleanly, clearly and insightfully from a place of deep understanding.

Duration: 20.16 minutes.



Track 4: Govinda mantra

– The all-attracting, essential being

Mantra:

Govinda, gopala, gopinatha krishnanamaha

Gopinatha krishnanamaha

Free translation: “Oh, be praised that which brings joy to all souls, that which supports all souls, that which protects all souls, and that which draws all souls to itself.”

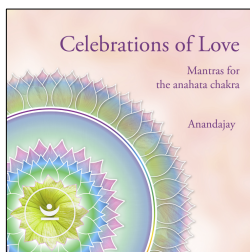
Govinda, *Gopala*, and *Gopinatha* are three different names for Krishna and emphasize the aspects of joy, support, and protection. The words *krishna namaha* express bowing in reverence and salutation to Krishna as the all-attractive essential being.

Explanation of the Sanskrit words: The word *govinda* refers to Krishna as that which constantly bestows joy upon all souls. The word *gopala* refers to Krishna as that which constantly supports all souls. The word *gopinatha* refers to Krishna as that which constantly protects all souls. The word *krishnanamaha* expresses bowing in reverence and greeting Krishna with respect, the all-attractive essence in all its aspects and especially in the aforementioned values.

The value and potency of this mantra

- Heals feelings of loneliness.
- Has an enveloping effect and provides security.
- Soothes the heart, relaxes the brain and has a calming effect.
- Softens your convictions and brings about surrender.
- All of these aspects help you to become energetically sensitive again.

Duration: 19.44 minutes.



Track 5: Sat-Ananda Embrace song

– Descend to your essence

Mantra:

*The Light of my Being shines brightly from within.
It reminds me of my essence and harmonizes my way of living.
The Light of my Being opens my loving heart.
It frees all the darkness, which has split us apart.*

In this *Embrace song* we sing about the Light of *Being* that is present in everyone, including you. The Light of Being reminds you of what you essentially are, where you originally came from, and where you will return to. After all, everyone knows that after living as a human being in a physical form for some time, one must leave that physical existence behind. So we ask ourselves, what else is there besides physical existence? This question can bring us into contact with the inner Light of Being as the source of all existence, which extends beyond the human existence in which you are now temporarily living.

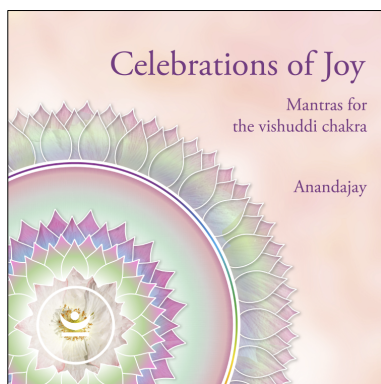
The mantra indicates that allowing this light into your life brings you into a special frequency that has a harmonizing effect on your path through life. When you open yourself to the Light of Being, life comes to you in a very different way. You experience an inner fulfillment in everything. The unsatisfying search for some form of validation in the outside world or within yourself disappears. More and more situations can arise that are in harmony with who you are. Contact with the Light of Being opens you to both outward engagement from within and inward engagement from without. You are then open to the Light of Being within you and open to the energy of life and creation around you. In openness you live in a relationship because you allow and receive your own experience and that of the circumstances with the same openness.

Openness also helps you to let go of the limits of your perception. When you put limits on your openness, you understand situations in a limited way, and therefore you can respond to them much less adequately. The greater your openness, the better you will feel what a situation requires or needs, and this in turn will have a harmonizing effect on your life. One of the most beautiful consequences of conscious openness is the freedom it brings to your heart, the seat of compassion, affection and love. Once you have experienced this, you feel how unpleasant, anxious and lonely it was to be separated from the light of your being. This is admittedly a painful feeling, but this pain gives you the strength and longing to open yourself again and again to the connection and exchange with the Light of Life, the Light of Being. Rest your “head in your lap” and let yourself be “carried by the Being of the Universe” during this mantra and its melody that moves toward the Light.

The value and potency of this embrace song

- The value and power of the mantra opens you to friendship with the life that sustains you and the compassion, affection and love of your inner heart, your soul.

Duration: 20.00 minutes.



Celebrations of Joy

– Mantras for the vishuddhi chakra

Five joyful mantras for spiritual sustenance, blessing, love, peace and truthfulness.

1. Govinda Jaya Jaya mantra
2. Sri Ananda mantra
3. Hridaya mantra
4. Sarvashanti mantra
5. Surya Embrace song

The mantras of this album support your inner joy and the joy of your spiritual heart, and they stimulate the radiant quality, vibrancy and power of joy and happiness in an encouraging way.

The lovely and soothing *Govinda Jaya Jaya mantra* gently brings you into contact with the depth of your joy of life. Your feelings will open up further and, like water from an opening spring, your inner joy will slowly flow through your body and existence, giving you spiritual embeddedness.

The *Sri Ananda mantra* that follows then lets you experience what it is like when inner happiness and the joy of your spiritual heart are allowed to unite. In this uplifting mantra, the inner experience of the source of joy and the vital force deep within yourself and living outwardly from the source of love, from your heart, come together.

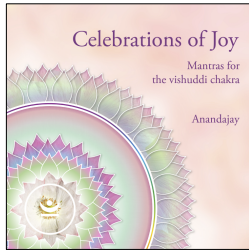
The *Hridaya mantra* that follows asks you to feel and follow the truth of your heart, to follow your feeling of love and to live from there and relate to the world. Learning to trust your heart and the inner joy that it indicates through its love qualities brings you into contact with spiritual love. This love that transcends all interests is something that many people would like to see more of, because our society does not encourage it.

The fourth mantra on this album is the *Sarvashanti mantra*, because when inner joy and outer happiness are allowed to connect freely, when a flow of living love can be experienced from what touches you most deeply to your most heartfelt giving, you discover joyful peace (*shanti*) in every cell of your being (*sarva*), and that is the spiritual peace (*shanti*) that you wish for everyone (*sarva*). And that wish and the flow of that peace to everyone makes everyone immensely happy.

The last mantra is the *Surya Embrace song*, in which you allow yourself to be embraced by a flowing, melodic version of the *surya mantra*, by the twelve luminous soul qualities, and joy and inner peace arise in your heart and soul.

Album info: www.anandajay.org/en/albums/celebrations-of-joy

For information on the *Vishuddhi Chakra* (Throat Chakra), see p. 188.



Track 1: Govinda Jaya mantra

– The all-attracting Essence

Mantra:

Govinda jaya jaya
Gopala jaya jaya
Radha ramana bari
Govinda jaya jaya

Jaya, jaya, jaya

Free translation: “Be praised, oh all-attractive essence that cares for us. Be praised, oh all-attractive essence who supports us. Be praised, oh loving devotee, who honors this worthy essence above all else.”

The *Govinda Jaya mantra* sings of the feeling of supreme devotional joy for the essential and greater, which protects and envelops you, and to which you deeply long to come home to, to feel at ease, and to find inner peace and love.

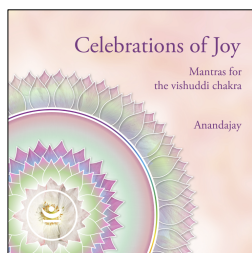
The word *Govinda* refers to *Krishna* in the sense of that which constantly brings joy to all souls. He is the nourishing, protecting, all-seeing and all-encompassing shepherd of all living beings. The word *jaya* evokes the joyful essence that is honorable, glorious, and liberating. The word *gopala* refers to *Krishna* as that which constantly supports all souls. *Radha* is also the name of the woman most devoted to *Krishna*, his beloved, and here it means perfect, loving devotion. The word *ramana* means enraptured by the essential, in the highest joy of devotion. The word *bari* is a name for *Krishna*: that which we all inwardly long for and wish to develop in every possible way. It stands for the essence of that for which we feel the deepest love, the essence that, as intended, steals our hearts.

When we sing or listen to mantras that express this *Krishna energy*, we are singing about the loving, playful energy of true happiness and inner peace that everyone longs for. The essence of life, therefore, tempts us with energies of spiritual peace, love, joy, and happiness to call us back to ourselves and allow us to return home.

The value and potency of this mantra

- Reassures you in times of unrest and heals you in times of pain.
- Opens you to your inner happiness and brings you into compassion.
- Has a relieving effect on your spine and the chakra entrances.
- Dispels feelings of loneliness and allows you to connect with the whole of creation.
- Envelops you with a healing, greater and all-encompassing energy that you can rely on.

Duration: 20.33 minutes.



Track 2: Sri Ananda mantra

– Source of blissful blessings of the heart

Mantra:

Sri ananda jay ananda jay jay shanti aum (aum shanti aum)

Free translation: “Oh precious essential joy, receiving you fills me with inner peace.”

This mantra expresses the joy of spiritual bliss (soul happiness) from the depths of your source (*alaap*), through the flowing life force of your “being” (*jor*), into the unity of surrender (*jhala*). As you listen, read Anandajay’s accompanying story below, which is based on the Sri Ananda mantra, to allow this value to affect you even more deeply.

The value and potency of this mantra

- Lets you become familiar with your longing and the missing that goes with it.
- Frees you when you have lost your longing, your soul, your being and have hidden it behind pain.
- Guides you from stuckness and painful feelings to the freedom of emotions.
- Helps you learn to live and be with your emotions.
- Helps you to process blockages, self-rejection and heaviness.

Duration: 21.43 minutes.

Experiential story based on the Sri Ananda mantra

Ode to the Source of the Blissful Blessings of the Heart

The water of the stream shows again and again the continuous and never ending flow of my longing for my soul and my connection to it. It flows, sparkles, swirls and moves naturally to the lowest point, just as I want my longing to be taken to the lowest point of my existence, to be there, out of my existence and being, together with my soul.

The violins express my longing and a deep, tender stirring of my soul. Their sounds of homesickness awaken my longing even more. My longing to be with my soul feels sweet and warm. I always feel this connection and that is why I always feel the longing to be so close. The longing to be together keeps me warm, loving, sensitive and open. It makes me long for my beloved, for my soul.

As I feel all this, my heart region opens and this openness expands into my pelvis. I gladly make a declaration of love to the dearest thing I know in my life. A declaration of love to that which I so long for, that which is so deep and clear within me and to which I wish

to be as close as possible. I begin my declaration of love by reverently chanting, *sri ananda jay ananda jay jay shanti aum*.

I sing: Oh my inner beloved, you are the sweetest and most beautiful, you are the most blissful, peaceful truth and authenticity I know. I long for you with all that I am. Even though you are always there, even though I always feel you, the longing connects us and will never go away, but will keep our connection ever present. Oh my dearest beloved, everything in me longs to merge with you. In this human life, our connection is most deeply experienced in this great longing. That is why I give you this declaration of love, that is why I am with you. And it, my soul, answers with *aum shanti aum*: may peace be upon it.

I sing: Oh my beloved soul, my beloved flower of bliss, I feel how the connection of longing makes me long for your being and origin. I feel what you are and feel the longing to share this with you and because of this need, oh my beloved soul, I am deeply open to you in all that I do, think and feel. My longing makes me sing of your beauty that I feel inside of me and of your depth and value that I feel inside of me. I sing of our relationship, I sing of our connection, I sing of my experience that you are the source from which I come. This feeling is so tender and wise. And it, my soul, it answers me with an even richer *aum shanti aum*: may peace be upon it.

I sing: Oh my beloved soul, I become so passionate when I feel my longing for you. I feel myself becoming so warm as I allow this longing to fully enter my being. How my longing flows through my whole body and soul, how it opens me up, lets me open up to you so that I can receive from you, how I reach out to you. I feel my homesickness for you. I also feel the wholeness where we belong together and where I will return to you when I die. Oh, dearest Ananda, you are my most beautiful flower, my purest nectar, my most precious truth, my heavenly Father, my primordial source. My longing for you makes life so precious. Valuable because of all the inner peace I experience in me and in us through all this longing for you. And it, my soul, answers me with an even clearer *aum shanti aum*: may peace be upon it.

I sing: Oh, my beloved Ananda, my beloved blissful soul, my beloved source of authenticity, our connection through the experience of longing for each other flows more strongly through my body and feelings, and my consciousness is softened and has become more and more fluid through the longing. I sing about you, I call you, I talk about you, I experience you. I know you through my longing, through my homesickness for you, for us, for our being together. Everything in me is becoming more and more open through all these currents of longing. Everything opens from my heart to my pelvis and my crown. Dear soul, I am with you. And it, my soul, answers me with an even clearer *aum shanti aum*: may peace be upon it.

I sing: Oh my beloved soul, my longing begins to circulate within me more and more clearly. From my heart the love current swirls like a whirlpool through my body and everything becomes more open to the love energy of my longing, of our connection. It is accompanied by an intense peace that permeates all my cells. My body is full of longing, my feelings are soft with longing and my consciousness is open with longing. The openness of this longing allows me to come closer to you because your bliss can now

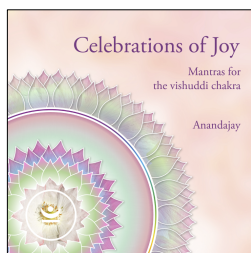
begin to flow into me and we are even more intensely connected through the longing of our love. O my beloved soul, your bliss reassures me to rest within myself and you fulfill all my wishes as you now flow within me through the channel of my longing. Oh beloved, thank you for flowing in me and filling me. And it, my soul, answers by singing along with me, *sri ananda, jay ananda jay jay shanti aum*: may blissful peace rest upon it.

The guitar, now coming through more clearly, indicates the touches, the shivers, the stirrings, and the deeper softenings that I experience as the nectar of the soul flows into me. The bliss of Ananda flows through the riverbed of my longing and touches me. It makes all kinds of things in me burst open and allows all kinds of things in me to be touched and set free. Oh, dearest Ananda, come and flow in me, my longing is great and has formed a river on whose bed you can flow towards me. Thank you for all that you are giving me at this moment through my openness to longing. I am open to you and receive you with reverence. I pray as I let you in, experiencing your fruits and remembering our equality. Oh my beloved Ananda, you are with me, connected to me, now exchanging with me through my longing. And it, my soul, answers me by singing with me, alternating with *sri ananda, jay ananda jay jay shanti aum*: may blissful peace rest upon it.

Also in the last mantra I sing, I repeat: Oh beloved, accept my surrender and fill my human form that makes this being together with you tangible. I am in ecstasy at your abundant fullness and can only sing from a place of surrender. Oh my beloved, I don't know how to say it, but I love you with all my heart. I love you so much that all I can do is repeat it and sing it. Dearest soul, dearest, dearest soul, I love you and the longing that connects us so deeply. In this openness and fulfillment, I hear my inner value and authenticity rejoice with pleasure. And it, my soul, also rejoices in the perfection it expresses by quoting Ananda and her full experience of oneness. It surrenders completely to this expression of its inner happiness, it is perfectly happy, it is in a supreme state of being, it is one with what it essentially is, it is filled with Ananda through the soul.

Slowly, surrender becomes a deep, healed harmony and a soothing yet alert peace in which my longing for the soul remains as a fulfilled truth and my soul and I are together in silent joy and inner happiness. Through the convergence of the flow of my longing for my soul and the soul that is always open to me, this connection with my soul is constantly alive and fulfilling. In this stillness I dwell, blessed by, with, and in Ananda, in communion with my soul, in relationship with my source.

In this fulfilled silence I open myself again to the flowing, living water that flows past everything to the deepest point. The water takes all the impermanence with it, but leaves the truth of *being here* in its purity as the sound of flowing water. The flow of the water changes every moment, as does time and life, and so I open myself to the lingering sound of the water, of *being here*. Filled with the joy and light of inspiration, I allow myself to be carried to the deepest point within me where I am and can be with my soulful presence. And she, my soul, is in me, with me, and with me. She is me and I am her, *Ananda*.



Track 3: Hirdaya mantra

– Source of blessed and joyful love

Mantra:

Hirdaya anandajaya hirdaya shanti aum

Free translation: “Oh my heart, you are the source of blessed and joyful love, of Life.”

The *Hirdaya mantra* opens you to your spiritual heart as your source of love and bliss. Allow the I-sounds of *hirdaya* to open, expand and calm your brain so that it comes into harmony and gives you space to become more sensitive. And feel how all the A-sounds give space to your feelings so that they become accessible again and can begin to flow. For love and flourishing are emotional values, values of happiness. Feel how in this mantra your love energy and your life force are activated again and again by the music and the words and intentions of the mantra. It is a joyful mantra that restores your faith in the nourishing values of love and light. As you listen, read the following story based on the *Hirdaya mantra* to more deeply experience your own love relationship with your heart.

The value and potency of this mantra

- Makes yourself available again to be touched and allow yourself to fall in love with your heart once more.
- Helps you to allow love to be the greatest life force in everything you do.
- Allows you to enjoy your most fundamental inner drive and gives your life direction.
- Allows you to more easily recognize the source of love in all other living beings.
- Assists you in reconnecting with the pure love that is within you.

Duration: 19.39 minutes.

Experiential story based on the *Hirdaya mantra*:
my intimate relationship with my inner heart

**Hirdaya: the seat of the blessings of bliss
and the most essential peace that exists**

Gentleness and inner value fill me and touch me with love and warmth. Oh my heart, I am so happy with you, so fulfilled by you. Without you, my life would be completely, and I mean completely, meaningless. I love you so much, so very much. Oh my heart, how can I tell you? Do you feel my undertones and emotions? Do you feel my reverence and love for you? My dearest, you are my heart, you have stolen my heart, my personal heart is longing to unite with you as inner heart in wholeness. That is why, at the end of this

prayer, I can only say to anyone who wishes to hear: “Do as I do, feel your heart, follow your heart and receive its blessings.”

Oh my heart, I am dancing around you in love, inviting you to dance with me. I love you, I love you, I love you so much, my source of peaceful love, of deepest richness.

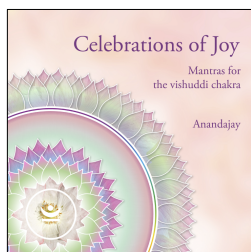
Oh my heart, your love and blessings overwhelm me and make me as sweet as honey. Now that you are singing with me, my body is even more open to our togetherness. You flow through my being with your refinement and charm. Oh my heart, thank you for this dance of love. I feel myself merging more and more with you. Oh my heart, my precious heart, my beloved heart, my one and only heart, my heart that is always there for me, with you I want to live, with you I wish to be together in this life, with you I wish to take on this life together, because everyone should hear about you, should know about you, should see you, so darling, use my body and my existence and come through me to show yourself to the world and remind them of what you are and essentially what they are too. Oh my heart, my love for you feels so vast and deep that I surrender myself to you completely in all my consciousness.

The violins in the mantra support my gentle emotional response and I can only say, oh my heart, after receiving all your blessings there is only one thing left to say. I feel that, because of all the blessings I have received from my love for you, I can do nothing but follow you.

And I feel that because of this richness, I long for nothing more than to share all these gifts with others, with the world. This sharing of what I experience with you in our love is so great, rich and sparkling that I dance and play with joy, laugh and share, give and distribute. Oh my loving heart, my source of wealth, my oasis of peace, my treasure of essence, thank you for your love and for all that I am allowed to receive by being with you in this love relationship. I can only dedicate my joy and fullness to you as a song of worship. As my heart, you fill my life until eternity, which is essentially what you are.

My joy at our being together becomes jubilant and makes me very tender inside because of its multitude, as if I, accompanied by all this jubilation, would slowly sink into your lap, into your heart, into you. Then I feel that I can only express our love, softly and completely touched, as an emotional expression of your name, of your existence, of your presence. This silent emotion fills me, touches me, brings me back to my roots, brings me back to you. When I am there with you, I feel the power to sing about you again, out of my intense connection with you. Oh my darling, my love, come and let us dance and let our hearts melt in peace. Oh my darling, oh my darling, I love you, I love you so much, I am you and you are me. Together we are the peaceful blessing of existence, we are one soul in presence. Oh my heart, oh my heart, I am speechless.

Stilled by a deep stirring of emotions, I can only let you hear in all possible tones that I love you, that you are the most precious thing that I know, feel, have, experience and am... *hridaya anandajaya shanti aum*: my heart, oh my beloved heart, in you and only in you is this unrivaled and loving peace present, a peace in which I wish to be with you forever, to embody this peace together and thus give it a way to the world and to all that lives.



Track 4: *Sarvashanti mantra*

– All-encompassing peace to everyone and everything

Mantra: *Sarvashanti, sarvashanti, sarvashanti bhavatu*
Sarvashanti bhavatu, sarvashanti bhavatu, sarvashanti bhavatu

Free translation: “I feel all-embracing peace, I am all-embracing peace, and I wish everyone all-embracing peace.”

The mantra *sarvashanti bhavatu* sings for universal peace for everyone. Shanti means peace and sarva means “every part” and refers to every part of you, the world, the cosmos, anything and everything. Every part is a nicer way of saying “everything” because “every part” is more loving because no part is inferior and the wholeness leaves no part forgotten. We humans are parts of a greater whole, and universal peace for all parts means peace for every person, for every aspect of that person, and for every cell in that aspect of that person. So many people need peace. We even need peace in our hearts, in our brains, and in our pelvises. May peace be the principle from which you sing with your heart, so that it finally has the freedom to express itself, to be heard, and so that peace can come a little closer and support your development and the development of the world. As you listen, read the accompanying experiential story to allow this value and meaning to have a deeper effect on you.

The value and potency of this mantra

- Heals the relational value of friendship and opens you up to compassion.
- Attends to your longing for peace within yourself and on Earth, and is an ode to the most foundational spiritual wish of every living being.
- Helps you to come out of yourself and encourages you to live a loving way of life.
- Gives freedom in restricted situations and strengthens your involvement with all living beings.
- All these aspects help you to live from inner freedom.

Duration: 19.31 minutes.

Experiential story based on the Sarvashanti mantra:
 Sarvashanti Bhavatu – all-encompassing peace for everyone

**My deep compassion to remind you of the peace
 you already carry within your being**

Gentleness flows through my heart and soul as I feel my involvement with the world and life. All-encompassing peace is what I feel, what overwhelms me and what I feel again and again for all living beings. It is my existence, motivation and love that emerges in

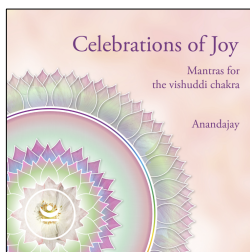
this. By feeling it, all-encompassing peace is in me, of me, with me, me. Accompanied by the soft, flowing tones of the cellos, the only thing I would like to ask is: shall we give peace a chance, peace in yourself and in the world, to all there is? Will you join me?

I wish everyone and everything the all-encompassing peace that I experience within myself. I sing about it to spread it. All-embracing peace is peace free of violence, free of power and interests. All-embracing peace is the peace of the soul, of the heart, of the depth of your being. Oh my friends, can you hear me, can you feel it, can you open up to it, may I invite you? Just sing along and experience how, by singing about peace, you give peace a chance to exist within you. I cannot stop singing about it. I cannot stop sharing this fullness with you. Will you accompany me, support me, join me in allowing peace for everything and everyone to flow through your heart, to everything that carries life within it? Sing and dance with me. Let us dance and share peace together and give our hearts the freedom to sing of peace and to become inwardly present and gentle as the cellos express my inner gentleness. Dance with me in peace, express the inner feelings of peace together with me.

I continue to sing of this all-encompassing peace within me, in my heart, in my soul. My heart will continue to sing about it forever, even if I fall silent from time to time. All my intentions are shaped by this mantra. The softness of my heart supports the all-encompassing (sarva) in the singing. Softness colors the singing even more clearly, and my emotion can go on endlessly to share messages of peace. The peace within me sings itself, moved, inwardly silent and yet forceful, in relation to all that lives.

My emotion at the overwhelming fullness of all-encompassing peace is increasingly sung by the heartfelt gentleness that peace carries. The fullness is high, abundant, far-reaching, and brings me to emotional adoration. Oh deep, deep peace within me, how great you are, how impossibly far your reach. You are the hand of the Creator in which I lie peacefully and securely, cradled and held. You are the gesture of love spread by the soul and proclaimed by the heart. O all-embracing peace, everything in me becomes so soft that all my thoughts, actions and words become gentle and spread peace wherever I go. I praise you, I thank you, I admire you, I glorify you, I revere you, I love you, I am there for you, I give you all that I am because you give me all that you are. Thank you, thank you, thank you. You give me more than I could ever imagine and you are more than I could ever imagine.

Everything flows into one another, the all-embracing peace of my singing has moved everything around me and everything comes into that same vibration. A singing together arises, a merging with all living beings. An unambiguous message and proclamation arises that is grounded in all-encompassing peace. Everything comes together with me, everything participates in the all-embracing peace in which I am at peace, in which I am at peace with peace, in which there is peace. An inner peace comes together with all the energies around me in an all-encompassing peace. This is why I came to earth. Will you join me? And may the soft sounds of the cellos make you feel how gentle it feels inside. A gentleness that naturally brings the stillness, peace, and security of all-encompassing peace. Peace, out of your heart, out of your soul, out of the depth of your being. Oh my friends, join me, give peace a chance, give peace a chance, give peace a chance!



Track 5: *Surya Embrace song*

– Experience the subtle qualities of the soul

Mantra:

Mitraya, ravaye, suryaya, shanti aum

Bhanave, kbhagaya, pushne, shanti aum

Hiranyagarbaya, marichaye, adityaya, shanti aum

Savitre, arkaya, baskaraya, shanti shanti aum

Free translation: “Now that you are so sensitively open to me as your soul, I will show you from my innermost being the pure emotional values in which I am recognizable. You will then experience me as the light of your dearest friend, as your center, as your life force, as your source of light, as your ultimate freedom, as your most essential nourishment, as your source, as your healing, as your spiritual mother, as your holy spirit, as your radiance, as your creator. Peace and love are the fundamental principles of my being in everyone’s existence. Thank you for wanting to experience me, for being willing to be so sensitive, for wanting to see the light of life, for being willing to experience me, your soul, as the light of existence.”

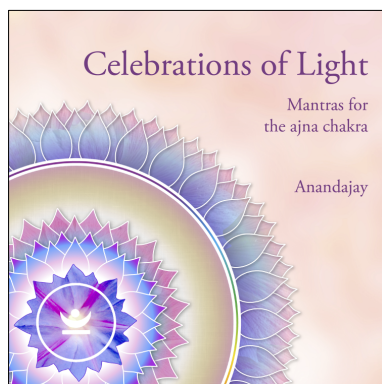
The *Surya mantra* sung in the *Surya Embrace song* supports your openness to your spiritual dignity. As you allow this flowing, melodic version of *the Surya mantra* into your being and allow yourself to be embraced by the twelve luminous values it names (friendship, self-awareness, strength, clarity, freedom, inspiration, originality, wholeness, love, insight, fertility and creation), joy and inner peace will arise in your heart and soul. You will allow these values to unite with the nurturing love of self-acceptance and being embraced.

In this embrace song, open your heart to the rays of the sun, both from behind and from the front. Allow the sun to lift your spirits, as all of nature does in the springtime. Then listen to the different qualities that thaw you from within. Feel the multitude of values that come alive within you and make you happy. Feel the richness of friendship, self-awareness, strength, clarity, freedom, inspiration, originality, wholeness, love, insight, fertility and creation, and befriend all those values that make your existence so rich. Let it influence you, because the melody has plenty of room for that. Enjoy the precious depth within you and trust in the goodness, fullness and depth of the life you are a part of. And remember, the sun never sets, it’s just on the other side for a moment! Like a loved one who is away from home for a while, but who welcomes you with love and radiance each time you meet, hoping that you too will radiate your essential values.

The value and potency of this embrace song

- Lets you befriend the essential values of your “self”, your soul.

Duration: 19.25 minutes.



Celebrations of Light

– Mantras for the ajna chakra

Five illuminating mantras for spiritual togetherness, inspiration, reverence, devotion and connectedness.

1. Maha mantra
2. Gayatri mantra
3. Aum Mani Padme Hum mantra
4. Aum Namó Bhagavate mantra
5. Samadhi Embrace song

The mantras of the *Celebrations of Light* celebrate that which “enlightens”, “expands” and “clarifies,” whether you call it insight, spirituality, God or *Light*. You drink from the *Light* and the value it carries, so that it can open and nourish you, its clarity can inspire you, and it can learn you to have trust in its creative power.

The album begins with the *Maha mantra*, the most important Hindu mantra, which sings of Krishna’s value as the “Light of Love.” Krishna stands for love as the basis of your compassionate actions and invites you to live from a place of loving clarity as a sign of respecting Creation and respecting your neighbor.

The *Gayatri mantra* is also an important Hindu mantra in which the *Light* as the most important spiritual force dispels all darkness from your consciousness. It is a meditative delight to be completely surrounded by this spiritual *Light*, to be illuminated and nourished by it and to become lighter and freer by it, so that you can live again from an open consciousness.

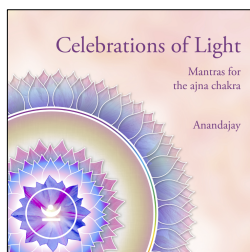
The *Aum Mani Padme Hum mantra* is the most important mantra in Tibetan Buddhism, in which the “Light” of “the jewel in the lotus of your heart” is celebrated. This jewel is the lightest, deepest and most radiant aspect of your spiritual heart, the source of love within you.

The *Aum Namó Bhagavate mantra* sings of your longing for the “Light of the Greater,” for *Bhagavate*, for the Divine. In this soothing mantra you can slowly open to that depth and connect more clearly with the clarity that the *Light* gives you, and in that spiritual adoration of the *light* you will feel more and more free.

The *Samadhi Embrace song* then opens you to your spiritual connectedness, the *Light* of clarity and wisdom, to others, and to further possibilities for this. The mantra gives you a gentle embrace through the value of *samadhi*, “Spiritual Light,” allowing you to experience oneness through relationship.

Album info: www.anandajay.org/en/albums/celebrations-of-light

For information on the *Ajna Chakra* (Brow Chakra), see p. 189.



Track 1: *Maha mantra*

– The most attractive, innermost value in you

Mantra:

*Hare krishna, hare krishna aum
krishna krishna, hare hare aum
hare rama, hare rama aum
rama rama, hare hare aum*

<i>Hare krishna, hare krishna</i>	<i>(Hare krishna, hare krishna)</i>
<i>krishna krishna, hare hare</i>	<i>(krishna, krishna)</i>
<i>hare rama, hare rama</i>	<i>(hare rama, hare rama)</i>
<i>rama rama, hare hare</i>	<i>(rama rama)</i>

Free translation: “Oh be praised, divine essence that attracts all to itself, for you are our truly joyful source. Sing therefore full of joy.”

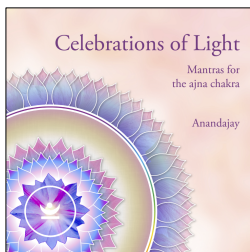
The *Maha mantra* is a Krishna mantra that lets you sing with joy about *Krishna*: the value of the essential that attracts everything and everyone. When we sing or listen to mantras that express this *Krishna energy*, we are singing about the loving, joyful, playful energy of happiness and inner peace that everyone longs for.

The *Maha mantra* sings in different ways of the most true and joyful essence that is present in every soul: *Krishna*. The word *Hare* refers to the inner value of Krishna. The word *Krishna* literally means dark and refers to His dark blue skin color, which reminds us of the immensity of the ocean and the universe. In addition, the word *Krishna* refers to the value of the essential, which attracts everything and everyone, because everything and everyone yearns for the essential, ceaselessly, but often still unconsciously, and will ultimately unite with it. The word *Aum* indicates that you experience and express the following words and sounds from the wholeness of being. The word *Rama* refers to Krishna as the embodiment of the source of joy. The word *Aum* again indicates that you are experiencing and expressing the following words and sounds from the wholeness of being.

The value and potency of this mantra

- Helps you let go of your personal things and frees you from worldly worries.
- Helps you feel yourself and cleanses your energy field.
- Connects you to your interiority, brings you in touch with your spiritual integrity and opens you to your relationship with your inner being.
- Purifies your heart, lets love flow and lets you enjoy being enveloped by the greater whole.
- Helps you to live from and in spiritual openness.

Duration: 23.53 minutes.



Track 2: Gayatri mantra

– Hymn to the Universal Cosmic Light

Mantra:

*Aum bhur bhuva svah, tat savitur varenyam,
bhargo devasya dhimahi, dhyo yonah prachodayat*

Free translation: “Oh my dear essence, in pure devotion I open myself to your brilliant and enlightening radiance that created me and filled me with a sacred presence to enlighten and protect me.”

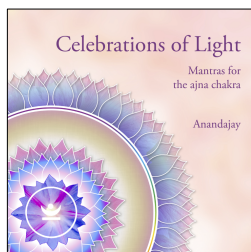
The *Gayatri mantra* opens you to the Light of Existence, which makes the essence of everything, your soul, visible, and it is your insightful consciousness that helps you to act in a healing way. The mantra celebrates *light* as the most important spiritual value that surrounds you, illuminates you, nourishes you, and makes you lighter and freer so that you can once again live from an open consciousness. The *Gayatri prayer* is about the value of light in all its forms. What we mean by the word *light* is experienced much more broadly in Sanskrit and the ancient Indian culture in which that language was spoken. In Sanskrit, for example, light also means love, both in the sense of the quality of the inner beloved and in the sense of heart energy or the essential in everyone. Light is also translated as awareness, as the value of insight, the light that makes things visible. But light can also mean the power that gives us light, God, or light as a healing power. In Sanskrit, *light* actually means any form of freedom and transparency and is seen as the most essential form of nourishment. Light is the value of the enveloping power of motherly love, the guiding power of fatherly love, and the protecting power of divine love. The *Gayatri mantra* gives space to all these values of light. May the atmosphere of the *Gayatri prayer* touch your consciousness in such a way that you can more easily find your way to the “light of your soul” and through your contact with this light feel that you are a person who “carries happiness within.”

Meaning of the Sanskrit words: *Gayatri*: song or hymn. *Aum*: the all-encompassing whole of everything. *Bhur*: the physical world. *Bhuvah*: the energetic background of the world. *Svah*: the authenticity and essence behind it. *Tat*: that, the essence of all. *Savitur*: the light of spiritual awakening. *Varenyam*: the veneration of something precious. *Bhargo*: pure radiance, brilliance. *Devasya*: originating from God. *Dhimahi*: to be consciously together with. *Dhyo*: providing insight. *Yonah*: intimate, closeness. *Prachodayate*: giving attention.

The value and potency of this mantra

- Stimulates your longing for enlightenment and gives you a refined light healing.
- Dissolves feelings of limitation and opens you to your inner light.
- Lets you rise above the solidity of the material and your habits.
- Strengthens the integration of your soul in your humanity.
- Allows your path through life to be inspired by the value of light.

Duration: 22.28 minutes.



Track 3: Aum Mani Padme Hum mantra

– The jewel in your heart, your soul

Mantra: *Aum mani padme hum*

Aum namaha, mani padme hum

Namah aum namaha, mani padme hum

Namah aum namaha, mani padme, mani padme hum

(Mani padme hum, aum mani padme hum

Mani padme hum, aum mani padme hum)

Aum mani padme hum

Free translation: “Oh my heart, each time I connect with the precious jewel in your center, the pain of being separated comes to an end.”

This Tibetan Buddhist mantra sings of the light of the jewel in the lotus of your heart. This jewel is the lightest, deepest and most radiant aspect of your spiritual heart, the source of love within you, and this mantra symbolizes your spiritual development as a procession to the brilliant jewel at the center of your heart. This journey of life, the longing for the essential, takes you through all opposites to the essence that is enveloped in wholeness. Allow yourself to be touched, nourished and enriched by this inner light. The “light” influences everything, penetrates everything and encourages growth and development. Read the accompanying story to experience the mantra more deeply.

The value and potency of this mantra

- Allows you to honor your soul and give form to your spiritual yearning.
- Sets your devotional development in motion and opens you to your spiritual love.
- Helps you learn to be patient and open yourself in a natural way.
- Lets you experience that your soul is more important than your ego for deep happiness.
- Opens you to the deepest and most beautiful values of your existence based on the acceptance of your incarnation.

Duration: 25.31 minutes.

Experiential story based on the Aum Mani Padme Hum mantra: a prayer
of gratitude to my soul

My hymn of praise and procession to the jewel in the center of my heart

Sitting at the foot of the Himalayas, surrounded by beautiful mountain ranges and nature, I hear the violin as a symbol of my inner presence. Its tones call to me and make me sensitive from my inner silence, sensitive to the inner beauty and authenticity of my

existence. I am a priest, a Brahmin, an avatar, a simple farmer, a man driven by love and guided by the cosmos, a sanyasin, a sadhu, a devotee, a spiritual teacher, a spiritual being. Playing the violin expresses my sensitivity and joy for all the values of the jewel in my heart. My heart calls to me, softening and moving me.

Its brilliance allows me to touch it fully. Touched by the inner jewel in my heart, I begin to respond with, "Oh my soul, oh my soul, I hear you, I feel you, I experience you, I love you." The soft sounds of the violin accompany me, confirming the depth and closeness of the contact and making my longing to be closer to my soul, to the lotus in my heart, grow ever stronger.

Out of a longing to be more deeply connected to my soul, to the jewel in my heart, I set out, accompanied by the sounds of the violin, as if in a procession from my inner presence to the jewel in my heart. I sing the mantra, "Oh be praised, my precious and brilliant jewel in the center of my heart," to make my longing and only true wish clearly audible. I sing it to indicate that I am coming. "Oh soul, I am on my way to you, and my singing and greeting of you will accompany me and make me yearn ever more deeply for our togetherness."

I leave my house (symbolizing my familiar surroundings) and, dressed in simple white clothes, I set off through the mountainous and rugged, unspoiled nature with wild meadows and forests, with rice fields terraced in steps, with sun and clouds, with people working the land, with small hamlets where children play and dogs bark, breaking the immense silence. I also keep hearing the violin that accompanies me and calls me.

The greenery around me became sparser and the snow-capped mountains became more and more visible, almost tangible. There are many rocks, turquoise streams, the sound of water and wind, and the occasional carefully constructed pile of Tibetan prayer stones with prayer flags flapping on bamboo sticks. Here and there, a weathered old tree, twisted by the wind, offers some shade. I rest for a moment, feeling the ever-deepening vastness of my inner heart. In this solitude I feel deeply connected to nature and the inner jewel calls to me ever more strongly.

I have let go of my daily surroundings and actions and have come closer to the elements of nature and to myself. I have let go of all kinds of emotions and have come closer to the voice and emotional value of my soul, the jewel in my heart. The soul-stirring sounds of the violin call to me even more strongly than before. I disarm. I feel stripped bare. I experience a deep truth that takes place through me and that all comes from my longing for my soul.

Then I see in the distance the cave where my inner presence has led me. It lies there like a heart, absorbed in the elemental forces of nature, far from the hustle and bustle of everyday life. Within her, a magnificent jewel lies safely enshrined and is only accessible to those who have undertaken the journey to her out of longing, out of an inner calling. She is there for those who feel called on the basis of their innermost being and who have accepted the journey to this cave, to this heart in nature and the magnificent jewel at its core, without resistance.

As I approach the cave, I feel a surge of excitement and enter into a more intense relationship with my heart and its magnificent core. I rejoice. I feel my heart beating and call out between my singing: "Yes I come, yes I come." My presence also feels this rapture and rejoices along with me as it continues to guide me to the entrance of the cave. The gigantic nature around me loses my attention and the silence of this vast mountain region helps me to experience undisturbed how much I wish to meet my soul. The violin keeps calling to me, the jewel feels close.

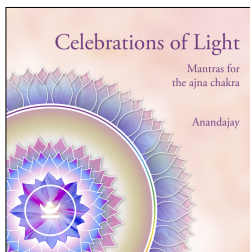
Having arrived at the cave, my inner presence leads me inside like an angel. I feel that I have completely arrived at myself and am deeply moved. A special peace comes over me. I feel liberated from all daily worries and I slowly descend into the cave like in a procession, fully awake and present, feeling, clear, expectant and full of longing. I feel that I descend into my heart. Various Tibetans and Sadhus appear, who, together with the angel, lead me to the core of the cave, to the jewel. They accompany my descent with hand drums, bells and their humming voices. Deep emotions and stirring feelings overwhelm me, and together with this enveloping and supportive environment, bring me to a high form of sensitivity, and yet there is also this intense peace and trust in the value of my inner heart and the jewel resting within it. Deep emotion and intense calm alternate.

As I approach the jewel, I see a beam of clear, white light shining down from above through an opening. An immense, bright light radiating from the jewel in all directions. I am full of wonder, almost blinded by all the brilliance and beauty that now touches me. I feel an intense need to touch the jewel with my heart and hands, to sit at its feet and give free rein to my longing for this deep relationship. At last I experience the meeting with the jewel, with the core of my heart, with my soul.

Full of praise, gratitude, intensity, touch, fulfillment and longing, accompanied by the humming of all the Sadhus and Tibetans around me, I sink into a deep, self-repeating prayer. A prayer that arises from my sincere gratitude for the contact I have made with that which shines in my heart and gives light to my being, with that which I essentially am. Through this prayer, I surrender to a trance of love and allow myself to be fully nourished and enriched in every cell by the brilliance of the jewel. With complete surrender there is only heart, love and brilliance, soul. I am with what I essentially am. I am with the brilliant jewel of my heart and sing only its truth.....*aum mani padme hum*.

After a while, fulfilled, healed and enriched, I slowly leave again, still repeating this mantra and leaving everyone else behind me, and go outside to stand still amidst the giant mountains at the edge of the cave and feel how everything I have experienced lives and works within me. How I am now connected to my heart, to the jewel of my heart and its brilliance. I experience that it is me, that I am one with my being, with my soul, with the jewel in the cave of my heart, and am silent.....

I am already looking forward to the next song of praise and processions to the jewel in my heart, to my greatest love, to my all-surpassing soul. Greetings oh beloved, beloved soul.....*aum namaha*.



Track 4: Aum Namō Bhagavate mantra

– The Essence of all life

Mantra:

Aum namō bhagavate vasudevaya

Aum namō bhagavate vasudevaya

Aum namō bhagavate vasudevaya (vasudevaya)

Aum namō bhagavate vasudevaya (vasudevaya)

Free translation: “Oh be praised, shining Essence that is present in everything.”

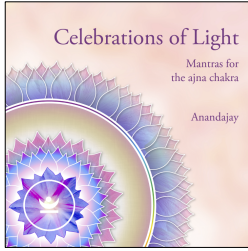
The Sanskrit mantra *aum namō bhagavate vasudevaya* celebrates the essence that is present in all life and therefore in you as soulfulness. The word *aum* indicates that you are experiencing and expressing the following words and sounds from the “wholeness of being.” The word *namō* means “greeting” or “praise” and indicates that this greeting is given with reverence and a bow. The word *bhagavate* indicates that this is a respectful and exalted being who shines or radiates by his way of being. The word *vasudeva* is the name of Krishna’s father, and the suffix *-ya* here means that Krishna (literally, the essence that attracts everything to itself) is meant as the son of Vasudeva, and *vasudevaya* also means the essence that is present in everything and everyone.

The word Krishna is also translated as “he who can exist (*krish*) without end (*na*),” meaning he or that which is eternal, permanent, the essence. *Krishna energy* is an energy that has to do with how we live and the joy we experience in our lives as a result. It is the joyful energy that comes from gratitude for what you receive from life. It is the energy of the bliss of the heart, the love of the soul, the peace of the truth that does not die, and therefore the essence of life.

The value and potency of this mantra

- Allows you to be a worthy part of the whole again and opens your heart.
- Relieves tension from your overall state of being and restores your relationship with everything around you.
- Provides comfort and soothes your fears.
- Nourishes you like a father and embraces you like a mother.
- All of these aspects support you in opening up to the shining horizon of your life and the greater mystery of which you are a part.

Duration: 17.31 minutes.



Track 5: Samadhi Embrace song

– Honoring your most spiritual experience

Mantra:

Samadhina, samadhina, samadhina, samadhina, samadhina
(*Samadhi samadhina, samadhi samadhina, samadhina*)

Free translation: “Through meditation, I become aware of
“being” and open to the essential oneness of everything.”

The Sanskrit word *samadhi* means to come together, to become one. The root *sama* means equal, so it is a coming together in which both are equal. Not so much equal in form, but equal in essence, substance, value, and being. The Sanskrit term *dhi* refers to the wisdom of you as a human being, of yourself. In *samadhi*, the you that is receptive and filled with the value of your inner self, and the you that is experiencing this and has become gentle and open as a result, come together so closely as equals that it feels like one. Your being and all-encompassing Being come together here very closely and intensely. Your source, your soul, and the Essence, the soul of life, come together as deeply as possible in receptivity and therefore feel as one. The concept of *samadhi* represents the positive power of being sensitively together with all that is.

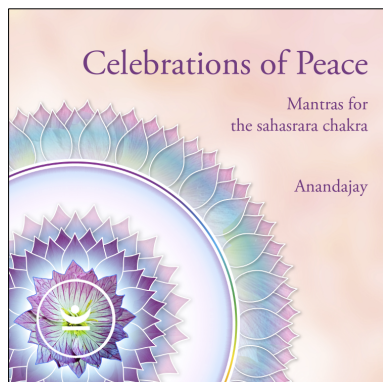
The *Samadhi Embrace song* opens you to your spiritual connection with others and the possibilities of expanding it. The mantra gives you a gentle embrace through the value of *samadhi*, the experience of union through relationship, accompanied by the violin, inviting it in. *Samadhi* is an important concept in yoga philosophy, expressing how the polarities within you, the distance between you and another, or between you and the world, can come so close together that they ultimately lead to experiencing the harmony of wholeness. You are limited as a human being, of course, but in your minuteness you are nevertheless also able to experience the completeness of wholeness.

Let this embrace song take you to the place where the “you who experiences” and the “you who is” come together as one wisdom, one peace, one being. Lovingly allow them to come closer together, alongside each other, intertwined and united. You feel what happens to you, what remains, what kind of atmosphere is created. Don’t make it too difficult, but learn yourself to come together and unite with yourself with each mantra. A union out of love for each other, for the wholeness that you are and for the undivided value of being at peace that comes from that.

The value and potency of this embrace song

- Allows your friendship to connect with the value of oneness.

Duration: 22.33 minutes.



Celebrations of Peace

– Mantras for the sahasrara chakra

Five meditative mantras for spiritual Self-awareness, compassion, brotherhood, respect and peace.

1. Hamsa mantra
2. Aum Namō Narayanaya mantra
3. Tattvamasi mantra
4. Radeshyam mantra
5. Shanti Embrace song

The mantras provide a musical and meditative guidance that can answer your deep longing for inner and outer peace.

The guidance begins with the elementary question that has been present in you for so long: “Who am I?” The *Hamsa mantra* answers in a musical way with: “By opening yourself to the depths within you, you will automatically feel the peace that is present there.” When you feel this, your answer will be: “I would very much like to share the loving peace I experience within myself with the world.”

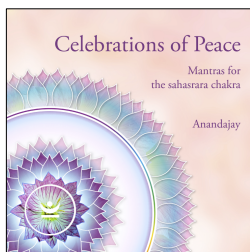
The *Aum Namō Narayanaya mantra* supports your wish to share that peace mantra after mantra with the world. You then become aware that, precisely by sharing your inner peace with the world, everyone around you carries this same loving peace as their essence, and the *Tattvamasi mantra* confirms that in an intense way.

Recognizing inner peace as the essence of yourself and others brings about such a deep sense of connection that you want to affirm this shared devotion to peace through the *Radhesyam mantra*, because it is about gratitude to everyone devoted to the essence of life.

In the *Shanti Embrace song* that follows, you open yourself to the harmony of inner or spiritual peace, the original peace that, once felt deep within you as your origin, works through all areas of your life bringing peace and thereby also supports your wish for peace in the world. After this guidance, there is only silence and peace, both within you and in your energetic field around you.

Album info: www.anandajay.org/en/albums/celebrations-of-peace

For information on the *Sahasrara Chakra* (Crown Chakra), see p. 191.



Track 1: Hamsa mantra

– Allow the living now

Mantra:

Hamsa aum, hamsa aum, shivaham

Soham, soham, shanti mangalam

Shivaham, shivaham, shivaham, shivaham

Free translation: “Who am I? Who am I? I am the eternal Now! I am that I am. I am that. And if that which is, is given the freedom to be, I will naturally enter into a blessed peace. I am, I am that. I am that I am. I am the eternal Now.”

Hamsa means both a white swan as a symbol of purity, and “Who am I?” The Hamsa mantra asks this question, and the answers given are *soham* (“I am that, I am, I am That”) and *shivaham* (“I am the living Now”). The mantra begins with a short prayer of *hamsa aum, hamsa aum, shivaham*: “Oh all-encompassing reality, who am I? Oh, I feel it when I truly open myself, I am the living Now.”

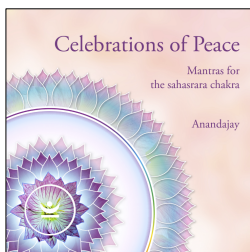
Anandajay has added the words *shanti mangalam* to the mantra. *Shanti* means inner peace and *mangalam* means chosen, auspicious, blessed. The realization that you are essentially the living Now, and that you are experiencing your own presence in that Now in purity as “I Am That” (that one living Now), brings about the most extraordinary and special peace that exists, namely, the well-being that is the result of the highest knowledge: *Shiva*.

Anandajay hopes that as you listen, you will give yourself this answer over and over again: *Soham* (“I am that I am, I am That”) and *Shivaham* (“I am the living Now”) and they will give you the most extraordinary peace that exists. In the last part of the mantra, this special and chosen peace will have become a reality, and that is why there is only the repetition of *Shivaham* (“Yes, I am the living Now”).

The value and potency of this mantra

- Relaxes the spine and cleanses the chest area of tension and negativity.
- Opens your sacral chakra and releases tension in the pelvis.
- Has a reassuring effect, calms your brain and soothes your throat chakra.
- Gives freedom to empathy and compassion.
- All of these aspects support you in living from and in spiritual openness.

Duration: 22.40 minutes.



Track 2: *Aum Namo Narayanaya mantra*

– Soulful peace for the world

Mantra:

Aum namo narayanaya, aum namo narayanaya

Aum namo narayanaya, aum namo narayanaya (narayanaya)

Free translation: “Come, come, blossoming life, come, come, come into me, come, come loving life, come and shine in me.”

Or put another way: “I bow respectfully to the essence of life and allow it to flow through me without friction, so that this Vishnu energy may bring me peace and I may contribute this soulful peace to the world.”

This mantra helps you to allow the essence of life, *Narayanaya*, into your heart and to support the world with the soulful peace you experience from within. *Narayanaya* or *Narayana* is another name for *Vishnu*, the all-pervading essence in everything that sustains, supports and maintains all that exists.

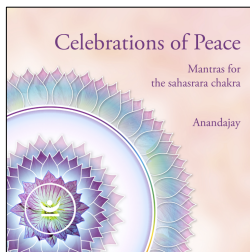
The mantra *aum namo narayanaya* has been a mantra for world peace for thousands of years. Chanting it is meant to help you find peace within yourself by repeatedly allowing the energy of Vishnu, the essence of sacred (whole) life, into you, so that from there you can radiate peace into the world. The mantra invites you to connect with the essence of *Vishnu energy: Narayanaya*. May you come to peace in this way and contribute to world peace by radiating it. So may *Narayanaya* reach you, influence you and soften you. Its value is the essence that is present in everything, and that is what brings peace, because that which is everywhere knows no struggle and embraces the ultimate togetherness and oneness: true peace.

The etymological background of the mantra: The Sanskrit word *naara* means “living quality” but also “refuge” or “resting place.” The most essential resting place for any living being is its essence or soul, and that is *Vishnu*. The influence of the soul or essence means that life is permeated by this essence everywhere (soulful life). *Naara* is also seen as the entire trinity: *Brahma*, *Shiva*, and *Vishnu* together, the totality of life of creation (*Brahma*), transformation (*Shiva*), and the all-pervading and nourishing essence (*Vishnu*). The Sanskrit word *Narayan* means “the ultimate, beyond which nothing can go” and indicates the essence of the *Vishnu energy*.

The value and potency of this mantra

- Makes you aware of yourself, connects you with your origins and with self love.
- It frees the energy of your heart and nipples and lets your heart sing again.
- It makes you sensitive again to the beauty of life and your inner self.
- It lets love flow through you, creating peace for all living things.
- All these aspects support you in living from your peaceful soul again.

Duration: 22.22 minutes.



Track 3: Tattvamasi mantra

– Love your essence

Mantra:

Shanti, shanti, shanti

Aham brahmasmi

tat tvam asi

ayam atma brahman

Free translation: “I wish everyone inner peace. When I open myself up completely to what I am, I experience the absolute. I experience that I am that absolute and that this absolute is my true self.” Or in short: Essentially, I am essence, you are essence, and this essence is our true self, our soul.”

Tattvamasi means "you are that" and indicates that you live, are and exist, that you are the manifestation of the essential and that you always carry the Absolute with you.

Shanti is the Sanskrit word for peace, which, once you feel its origin deep within you, has a calming effect on all areas of your life and thus supports your wish for peace in the world. This peace goes much deeper than a peace that exists only through the absence of conflict and comes from the full recognition of your inner wealth and the liberation that comes with acceptance.

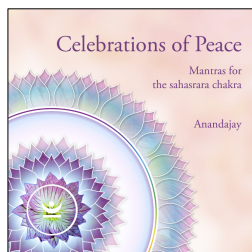
Aham means: I, my, my presence here. *Brahma* means: Relating to the Absolute, the Creative and the Sacred (Holy) Knowledge. *Asmi* means: I am, I feel, I experience. *Tat* means: that, it. *Tvam* means: you. *Tatvam* means: truth, the deepest essence. *Asi* means: you are. *Ayam* means: he, this, that which follows. *Atman* means: the higher self, the soul, the spiritual breath. *Brahman* means: the absolute, the creative, the sacred knowledge and is seen as the source of eternal “being.” *Aum shanti aum* means: Be whole and a part of the greater whole, and when you open up to your core, your being, or your essence, you will naturally come to an inner peace.

The *Tattvamasi mantra* sings of how inner peace makes you aware of the Absolute within you, that you are that Absolute, that this is your true self, and that this realization brings you inner peace again and again.

The value and potency of this mantra

- Blesses you by supporting you to be "whole and as you are.
- Brings you into the light, makes you present and opens you to the greater whole.
- Helps you not to reject yourself and others and creates affection.
- Makes you long for everything to come together and cleanses all emotional areas.
- Helps you to connect, to be in harmony with everything and to experience the value that comes from allowing everything to complement each other.

Duration: 27.48 minutes.



Track 4: Radbeshyam mantra

– Honoring the spiritual value of relationships

Mantra:

Aum

Aum radhe krishna

Aum radhe govinda

Aum radhe gopala

radhe radhe

Radhe radhe radbeshyam

jai sri krishna radbeshyam

Radbeshyam, radbeshyam, radbeshyam

Free translation: “Oh, loving devotee connected to the source, how beautiful that you honor the most attractive source of creation to be in complete union with it.”

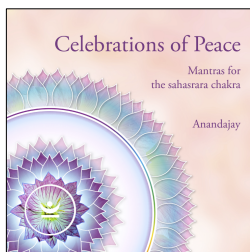
This mantra sings of the spiritual value of a loving relationship between people, of the wish to be fully present in the exchange of each other’s energy. The mantra expresses the beauty, tenderness and depth of interacting simultaneously with one’s own and the other’s inner being, as well as with the all-encompassing world around us. The tangibility of our humanity, the depth of the soul and the all-encompassing experience of wholeness come together in this spiritual love relationship.

Radha represents the woman most devoted to Krishna, his beloved. The word *Radha* means perfect, loving devotion. *Radbeshyam* represents the longing for essence and the coming together of creation and Creator out of loving devotion, of that which is all attractive and that which is attracted to it. *Jai* is a joyful invocation of the essence that is honorable, glorious, and liberating. *Sri* respectfully indicates the glorious dignity of Krishna, and *Krishna* literally means dark, referring to his dark blue skin color, which evokes the immensity of the ocean and the universe. In addition, the word *Krishna* refers to the value of the essential, which attracts everything and everyone, because everything and everyone yearns incessantly, but often unconsciously, for the essential, and will ultimately be united with it.

The value and potency of this mantra

- Heals the emotional layer within you, giving you the space to be tender.
- It breaks through feelings of loneliness and gives you the longing and courage to make deep connections with others.
- It dispels the tendency toward negative feelings, thoughts, and intentions.
- It gives you faith in the authenticity of pure, spiritually oriented love.
- It lets you feel from within which relationships are worthy of your pure, spiritual love.

Duration: 24.40 minutes.



Track 5: *Shanti Embrace song*

– Bathing in peace

Mantra:

Aum shanti aum, aum shanti aum, aum shanti aum

Free translation: “Oh everlasting peace, fill me.”

The *Shanti Embrace song* honors the peaceful origin of all things and expands your openness to the spiritual grandeur of life and its essence. The mantra opens you to the harmony of inner or spiritual peace. *Shanti* is the Sanskrit word for primordial peace, which, once you feel its source deep within you, works through all areas of your life, bringing peace and supporting your longing for peace in the world. This is much deeper than the peace that exists only through the absence of conflict, nor is it the result of behavior or your relationships, but of an inner recognized richness and liberation.

The Sanskrit word *aum*, *ohm* or *om* can be interpreted in many ways, but summarizing all interpretations, it carries the meaning of bringing together, of bringing everything together. It thus draws our attention to the experience of wholeness. The word *aum* appears both before and after the word *shanti* to emphasize that the word *shanti* should be understood from a sense of wholeness, from a meditative feeling, from an all-encompassing truth. *Aum shanti aum* therefore means that in Essence there is nothing other than inner peace. As a mantra with *aum* before and after, it wishes to say to you: “Be whole and be a part of the greater whole, and when you open up to your core, your being or your essence from there, you will naturally find the inner peace, that the sounds of the word *shanti* want to bring to you.”

Experience how beautiful it is to be carried by the loving melody and sounds of this mantra as you express your longing for peace or repeat it inwardly. Peace is not the opposite of struggle, but peace brings a deep connection to everything, back to its source. Peace is harmony and togetherness. Peace is what the world around you, but also the world within you, needs most. In peace everything finds stillness and clarity, values that are necessary to understand your inner self, to understand life and to be free of contradictions and opposites. Peace heals, peace is love, peace brings forgiveness, but peace also reconciles, connects and rejoices at the same time. Let the caresses of *Shanti* flow over and through your heart and bring you into a different, precious and loving state of being.

The value and potency of this mantra

- Lets you befriend the essential peace within you.

Duration: 20.10 minutes.

2. Meditation albums:

33 contemplative mantras



1. Mantra-Meditations:
Sacred Sounds part 1
2. Meditative Adoration Mantras:
Sacred Sounds part 2
3. Devotional Recitations:
Sacred Sounds part 3
4. Meditation Prayers:
Sacred Sounds part 4
5. Meditation Puja & Prayer Songs:
Sacred Sounds part 5

Sacred Sounds music meditations

To support your meditation experience, Anandajay has released a five-part music album series, “Sacred Sounds,” with different forms of mantra meditation that you can use to prepare for your meditation.

The first album, “Mantra-Meditations,” consists of six simple, internalizing mantras framed by the tranquil background sounds of singing bowls, bells and tanpura. The duration and periods of silence in the mantra meditations are predetermined, making it even easier to let the meditation sink in.

The second album, “Meditative Adoration Mantras,” consists of seven devotional invocations to the essential, called adoration mantras or arati, which express a deeply felt and very devotional atmosphere. Listening to them will help you feel such a connection within yourself and thus be grateful, aware and spiritually receptive.

The third album, “Devotional Recitations,” consists of eight mantra recitations, in which a mantra is repeated in a somewhat monotonous, meditative and very devotional manner, sung faster than usual and for a longer period of time. You approach the recitation with a devotional intention, so that you invoke and sing about the value you long for, in order to fill your consciousness, your feelings, and your entire humanity with that value and come into harmony with it.

The fourth album, “Meditation Prayers,” consists of six mantra prayers in which four words are meditatively repeated. The meaning of these words corresponds to the emotional spheres of the four steps of the Light of Being-Meditation: the four steps of internalization, of becoming “enlivened.”

The fifth album, “Meditation Puja & Prayer Songs,” consists of a puja and four prayer songs. A puja is a repeated, flowing, moving merging of mantras with their spiritual gestures (mudras) as a kind of universal, ritual repetition of prayer. The *Meditation Puja* consists of four mantra words based on the essence of the four steps of internalization, or meditation. By slowly and rhythmically performing the gestures to music that matches the meanings of the four mantra words, you are brought into a deep, flowing, meditative peace.

The prayer songs are pieces of music that use the sounds of a particular mantra to try to touch the depths of your soul. They are prayers sung slowly and experienced through sound. The singing is not rhythmic, as is usually the case with a mantra, but a free, prayerful way of using sound and voice, through all kinds of moods, atmospheres, feelings, intonations and pitches, to bring you home to your being or to the meaningful value of the mantra. Various tanpuras, shruti's or drones (continuous tones) and singing bowls are used as background and musical embedding. By opening yourself to the vibrations, intentions and emotional touches that these prayer songs evoke in you, you will naturally enter the calm and spiritual atmosphere of meditation.



Mantra-Meditations

– Sacred Sounds part 1

Music meditations to easily come to yourself.

1. Aum Shanti Aum - mantra-meditation
2. Sat Cit Ananda - mantra meditation
3. Amen - mantra meditations
4. Aum Mani Padme Hum - mantra-meditation
5. Being - mantra-meditation
6. Kyrie eleison - mantra meditation

www.anandajay.org/en/albums/mantra-meditations

How to use the Mantra Meditations

The mantra meditations need only be listened to with an open ear and mind. By receptive listening, Anandajay means that you allow the mantra and its vibrations to fully enter you as you feel yourself. By listening in this way, you become receptive and open. The way in which the mantra is sung or recited (monotonous repetition with or without cadence) supports the meditation. If the mantra is sung in a higher tone, it facilitates the connection with your longing for the essential within, and if the mantra is sung in a lower tone, it supports your descent into yourself. In these mantra meditations, the lower tone is mainly used for internalization.

You can listen to the mantra meditations or sing the mantra. Listening has the advantage that you do not have to concentrate on singing and can remain calm. Listening makes you receptive and open, qualities that will certainly benefit the meditations. While listening, the duration and periods of silence are also predetermined for you, as the background noise becomes much quieter, allowing you to give your meditation experience even more space. After more than 20 minutes, the background noise will become a bit louder or you will hear some singing bowls to indicate that you can finish the meditation on your own. It is important that you choose a mantra that is meaningful to you, or that contains words that naturally give you a sense of internalization.

Singing the mantra during a mantra meditation has the advantage that the vibration of your own voice resonates directly in your own energy and body. Your devotion, involvement, or being touched is absorbed into your voice, which only benefits the resonance. Of course, you can decide for yourself or feel what pitch you want to sing the mantra in and how long you want to sing it higher to connect with your longing for your soul. When it feels right for you, you can sing the mantra lower to allow it to be more internalized. This also applies to the silences that may be included at some point, and the final silence, which you can decide for yourself.

Both listening to and singing a mantra meditation have their advantages. With this album, Anandajay simply wants to make it easier to access a meditative state of consciousness through the use of mantras. It can be used in such a way that you just listen to the mantra

at first and after a while you can sing along with it after you have become more familiar with the mantra.

The mantras that Anandajay has used here to accompany the meditation are simple, internalizing mantras. They are only about your desire for peace and stillness, which can be experienced naturally and which affects everything you are when you are in touch with your being, your self, your soul, your inner self, your heart, or whatever you want to call your spiritual ground. They are all about you and your longing for the rich foundation of existence within you, for that is the only thing that makes your life truly worthwhile. When you experience this inner foundation, you are connected to the essence of existence, to your most primordial energy, to the power that brought everything into being. Just as love wants to give everything the space to exist, to blossom and to be.

Without consciously experiencing this connection, life becomes a matter of survival, but still with the longing to (re)discover this connection somewhere. Therefore, when people have a little more time than they need to survive, they want to do all kinds of things, discover or try things that are different from what they know. But they do not realize that what they are really looking for is that connection that we call meditation. If this were clear to people, it would be much easier for them to answer their unrelenting longing for the authenticity of their origin, for the source of their being, through meditation.

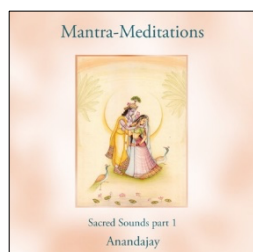
All mantras are accompanied very softly with singing bowls, bells, tanpura sounds, and once with the sound of a flowing stream. All types of gongs, singing bowls and bells have a relieving effect on the brain and help to let go of thoughts and beliefs. The tanpura sounds are also intended to heal the brain, but now to give the brain more space and to relax the alpha wavelengths so that it becomes more open to feelings of wholeness.

- The way to use this meditation is to sit quietly with your back straight for a few minutes before turning on your chosen mantra meditation.
- Then turn on your meditation. Make sure the background volume is low, as the mantra is chanted relatively loudly in relation to the background. For fifteen to eighteen minutes, chant the mantra regularly in different ways. Allow all the sounds and sensations of this mantra meditation to enter as fully as possible into your brain, your sensory experience, and every cell of your body.
- Through the realization of the meaning of the words, the mantra meditation has an even deeper effect. From an open and receptive longing for contact with the deeper truth of yourself and inner ground, allow all this to quietly work on you.
- After about sixteen minutes, the background sounds fade a bit, leaving about five minutes for silence in your meditation. During this period of silence, open yourself completely to all the changes that have occurred as you have allowed the mantras and sounds to enter you. Allow everything you feel to exist completely free and at the same time. By giving space to everything you are experiencing, you can no longer focus on anything. Therefore, there is no clarity about what you are experiencing, but there does not have to be. Having allowed the influence of the mantras and sounds in this way, you open yourself over and over again to allow everything you are experiencing to be there at the same time, without having to know or interpret

how or what it is, without having to focus on anything. You are just completely open to what is all there.

- After five minutes, the background sounds get louder or you hear some singing bowls to indicate that you can end the meditation. You can continue to feel what the meditation has done or is doing for as long as you wish.

You can read the description of the mantra below prior to a mantra meditation to understand the value and meaning of the mantra even more deeply. Anandajay has also indicated what each word of the mantra and each letter sound does energetically. By feeling what each letter does, you can begin to feel that each letter transports a specific energy, and you can more easily get in touch with the value of the mantra.



Track 1: Aum Shanti Aum mantra meditation

– Being nourished by peace

Recitation: *Aum shanti aum, Aum shanti aum, Shanti aum, Aum*

Free translation: “O essential peace, fill me.”

The Sanskrit word *aum*, *ohm*, or *om* can be explained in many ways, but all explanations taken together carry the meaning of joining, of bringing everything together. Thus, it directs our attention to the experience of wholeness. The word *aum* appears both before and after the word *shanti*, which means inner peace, to emphasize that the word *shanti* is to be understood from a sense of wholeness, from a meditative feeling, from an all-encompassing truth. So *Aum shanti aum* means that in essence there is nothing but inner peace. As a mantra with *aum* before and after it, it wants to say to you, “Be whole and a part of the greater whole, and when you open from there to your core, your being or your essence, you will naturally enter into the inner peace that the sounds of the word *shanti* want to convey to you.”

Aum

The word *aum* at the beginning of a mantra is a sound that asks you to do what you are going to say next out of a sense of wholeness and completeness. When the word *aum* is at the end of a mantra, it asks you to take in what you have said, while being aware of your wholeness for a moment. You do this to take in the deeper value of life and yourself and what you have said.

The word *aum* (pronounced *bòm*, *oem*, *aum*, or *aoum*, depending on the mantra) is composed of the following sounds: the O-sound, which represents the joyful energy that makes you receptive to everything you meet in your life. It opens the front of your energy field further than you are used to. The M-sound represents a harmonizing energy that

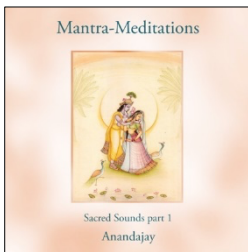
allows you to experience feelings of wholeness again. The word *aum* opens you to life as a whole and allows all that is part of it to become a harmonious reality within you, so that you also experience yourself as wholeness. The word *aum* makes you realize that the value of the inner peace you have felt, can only be a living (O) truth when it is connected to the wholeness that you are and that we all are (M).

Shanti

The word *shanti* is made up of several sounds. The S-sound represents an energy that attracts attention and therefore creates a degree of stillness. The H-sound represents an energy that supports your presence or what you are doing from within. The A-sound represents the energy that gently envelops your energy field, making you more sensitive and open to the depths of your emotional experience. The N-sound represents the energy that brings together everything you felt there into one intense emotional experience. The T-sound represents the energy that directs the combined emotional experiences toward something. Finally, the I-sound represents the space of your mental experience and the openness of the upper part of your energy field. This causes the intense emotional value to be sent through the T-sound into your mental space. Its fullness meets the ethereality of the spiritual, allowing you to come into contact with the spiritual values of inspiration through your human emotions.

The word *shanti* indicates that you have experienced within (H) how stilling (S) it is to be at peace deep within your feelings (A) and how this intense experience (N) gives you an expanding step (I) in your consciousness.

Duration: 25.00 minutes.



Track 2: *Sat Cit Ananda mantra meditation*

– Inviting the richness of “Being”

Recitation: *Sat cit ananda, sat cit ananda*

Free translation: “By consciously ‘being here,’ I experience spiritual happiness.”

The meaning of the Sanskrit mantra *sat cit ananda* is based on the deep feeling and awareness of being there, and that experiencing the substance and value of yourself is the source of bliss. With this mantra, you repeat the words *sat* (being), *cit* (consciousness), and *ananda* (bliss, inner joy), indicating (or reminding yourself of, or giving permission to experience) that you as a human being have the ability to be aware that you “are” here. Your existence and the experience of the you that is aware of it is the entrance to the source of bliss and inner joy.

Sat

In terms of sounds, the word *sat* is composed of the S-sound, which represents an energy that attracts attention and therefore creates a degree of stillness. The A-sound represents the energy that gently envelops your energetic field, making you more sensitive and open to the depths of your emotions. The T-sound represents the energy that directs the combined values of stillness and depth, with this word, out into the world to make it actually become more strongly true.

Cit

In terms of sounds, the word *cit* is composed of the CH-sound, which represents an energy that attracts attention and therefore creates stillness. The I(ie)-sound affects your mental openness and allows for a greater openness of the upper part of your energy field. The T(d)-sound represents the energy that sends the brought together felt values of consciously experienced stillness, with this word, to the energetic space above you, so that it can become even more true there.

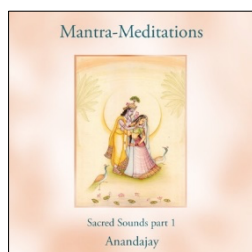
Ananda

In terms of sounds, the word *ananda* is composed of the A-sound, which represents the energy that gently envelops your energetic field, making you more sensitive and open to the depths of your emotions. The N-sound represents the energy that brings together everything you have felt there into one intensely felt value. The A-sound, which is again in this word, again represents the energy that gently envelops your energy field, making you more sensitive and open to the depths of your emotions. The N-sound, which is also in this word for the second time, again represents the energy that brings together everything you have felt there into one intensely felt value. The D-sound transports a giving energy. The A-sound, is for the third time in this word, again represents the energy that gently envelops your energetic field, making you more sensitive and open to the depths of your emotions.

Sat cit ananda

The mantra *sat cit ananda* indicates that you are still (S) while you are experiencing yourself (A) (T), and that stillness (CH) expands your awareness (I) in an unparalleled way (T). Consciously experiencing (N) that actual truth (N) fills you with abundance (A), happiness (A) and warmth (A) (D). Being aware of these values is lovingly nourishing for your spiritual growth.

Duration: 25.00 minutes.



Track 3: Amen mantra meditation

– Surrendering to the infinite fullness of existence

Recitation: *Amen, amen, amen, amen*

Free translation: “Yes, so be it, that deep inside I am the essence of life.”

The Hebrew word *amen* has a meaning of truth, authenticity, and saying a deep “yes” to what you have experienced as truth. It is used as a kind of seal to a prayer or hymn, or to affirm a truth with a “yes.” A prayer is a poem of essential truth. When you experience essential truth, you immediately feel embedded. You feel a tremendous stability and grounding within yourself. *Amen* is a concept that asks you to experience the true and the real within yourself and to affirm it with a self-loving “yes.” Not from your ego, but from the feeling that you have experienced yourself as a dignified whole. *Amen* indicates that it is about surrendering to the whole, it is about the greater truth, it is about “letting yourself exist and be.” It means “so be it” and has a healing and therefore sanctifying effect. The word *amen* gives space to all of creation and the universe. *Amen* opens you to being and purifies your consciousness. The word *amen* brings silence and a calming energy to your brain and consciousness. Its sounds bring together all that you are and all that surrounds you, guiding you to surrender to the infinite fullness of existence. *Amen* encompasses all levels of consciousness, and its sound brings everything together and calms your brain as well as your heart and body.

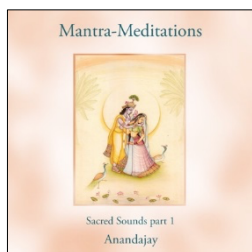
This is precisely why the concept of *amen* is appropriate. It invites you to say, “Yes, so be it, that deep inside I am true, I am life itself, I am essence. I can only say ‘yes’ to this with respect and affirmation of the truth I have experienced.” The word *amen* is often associated with the word *aum*. Although the word *amen* is much younger, it seems to have a similar connotation.

Amen

In terms of sounds, the word *amen* is composed of the A-sound, which carries with it an energy that gently envelops your energy field. This makes you more sensitive and open to the depths of your emotions. The M-sound carries an energy that harmonizes you and opens you to wholeness. The È-sound brings an energy that opens you to your social space and enables you to stay with yourself. The N-sound has an energy that brings together everything you have experienced before.

The word *amen* opens the depths of your emotions (A) where you experience your essence. It harmonizes (M) your felt reality with wholeness and ensures that you remain socially open (È) and do not shut yourself off to the world and are close to yourself (N), being true and real in it.

Duration: 25.00 minutes.



Track 4: *Aum Mani Padme Hum* mantra meditation

– Let your being blossom

Recitation: *Aum mani padme hum*

Free translation: “Oh my heart, every time I connect with the shining jewel at your core, naturally my pain of being separated comes to an end and my being blossoms.”

The Sanskrit mantra *aum mani padme hum* is the most well-known Tibetan-Buddhist mantra and carries the meaning of the wish to connect with the essence of your existence, your heart, your soul, your being, with “the jewel in the lotus of your being.” The word *aum* draws your attention to the experience of wholeness. The word *mani* means jewel. The word *padme* means lotus, and the word *hum*, like the word *aum*, is a kind of sealing sound that gives wholeness, connection to the earth, and harmony to what has been said. This mantra easily brings you within, to that which you experience as the most essential of yourself (*manipadme*). Through the word *aum*, this mantra opens the connection to the feeling of essence within you, and with the word *hum* (often pronounced *hung* in Tibetan), this experience is sealed in a round way.

Aum

The word *aum* (pronounced *hòm*, *oem*, *aum*, or *aoum*, depending on the mantra) is composed of the following sounds: the O-sound, which represents the joyful energy that makes you receptive to everything you meet in your life. It opens the front of your energy field further than you are used to. The M-sound represents a harmonizing energy that allows you to experience feelings of wholeness again. The word *aum* opens you to life as a whole and allows all that is part of it to become a harmonious reality within you, so that you also experience yourself as wholeness. The word *aum* makes you realize that the value of the inner peace you have felt, can only be a living (O) truth when it is connected to the wholeness that you are and that we all are (M).

Mani

In terms of sounds, the word *mani* is composed of the M-sound. This sound has a dual effect because the previous word ended with it and it represents the energy that harmonizes and brings you into an experience of wholeness. The A-sound carries an energy that gently envelops your energy field, making you more sensitive and open to the depths of your emotions. The N-sound carries an energy that unites the qualities of the previous tones within you. The I(e)-sound, which affects your mental openness, further opens the upper part of your energy field.

Padme

In terms of sounds, the word *padme* is composed of the P sound, which carries a beneficial energy. The A(à)-sound carries an energy that gently envelops your energy field. This makes you more sensitive and open to the depths of your emotions. The short sound of the A brings this energy closer to you. The T-sound carries an energy that allows you to

send that which you are experiencing out from you. That which you experience is sent through the M-sound, which is harmonizing, to the E-sound. This sound opens you to contact with all that you meet in your life.

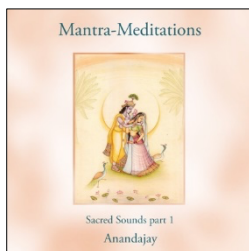
Hum

In terms of sounds, the word *hum* is composed of the H-sound, which represents the energy that supports your presence or that which you do from within. The OE-sound carries an energy of grounding, support and connection. The M-sound brings an energy of harmonization.

Aum mani padme hum

The mantra *aum mani padme hum* indicates that by being open to life and yourself as a whole (O), intended in a harmonizing way (2xM), you open yourself to the deeper layers of your experience of existence (A). As you dwell in this experience (N), you gain deeper and deeper insight into it (I). As you love this existential ground (P) and send these precious felt experiences (A) out into the world (D), they also have a harmonizing (M) effect on how you interact with everything around you (E). You do this because it is what you experience within (H) and it is how you feel connected to creation (OE). In this way you wish to contribute to peace on earth and within yourself (M). It is the latter that makes this mantra so beloved in Buddhism, where living with compassion is an important focal point.

Duration: 25.00 minutes.



Track 5: Being mantra meditation

– Taking your place in the continuous present

Recitation: *Being here, being now, being aware of inner ground*

This English mantra indicates that you can only be aware of your inner authenticity and value in the here and now. A value that, in all the change and mutability of life, comes to feel like your inner stability or the true ground of your existence. The mantra refers to the primary energies of your humanity. In Hindu terms, it refers to the Mahadevata, the great deities. Vishnu represents continuous existence, bringing you into the eternal “Here” (*being here*). Shiva symbolizes the continuous transformation, which brings you into the eternal “Now” (*being now*). Brahma represents the continuous presence within you, which brings you into the eternal “Being” (*being aware*). And Krishna represents the ongoing longing for the All-Attractive, which brings you to the eternal source or origin of “Love” (*inner ground*).

Being

The B-sound of the word *Being* promotes the energy of roundness. The I(ie)-sound promotes mental openness and the J-sound has an offering energy. The Ì-sound brings back openness to the mental, realizing and insightful area to your I-experience. The NG-sound has a brain-relaxing energy. The word *Being* brings the whole (B) space of realizing and insightful energy (IE) as a whole to you (Ì) and helps you to be together in it or within it (J) in a relaxed and meditative way (NG).

Here

In terms of sounds, the word *Here* is composed of the H-sound, which represents the energy that supports your presence or what you are doing from within. The E-sound, represents the energy that opens you to your connection with all that you meet in your life and the soft R-sound here represents an energizing energy. The E that is written at the end is almost unpronounced and therefore does not count strongly, although a short Û-sound can be heard. So it gently touches the energy of connection with the earth and in this case with the lower abdomen. The word *Here* indicates that you are being supported from within (H) to open you to what life brings you (E). You are sparked (R) to be together with all that you meet in it and to feel connected to your underbelly (U) as a connection to the earth.

Now

In terms of sounds, the word *Now* is composed of the N-sound, which represents the energy that brings together everything you felt there into one intense feeling value. The letter O has an AU-sound and that sound represents the combination of the A-sound and the U(oe)-sound. The A-sound represents the energy that gently envelops your energetic field, making you more sensitive and open to the depths of your emotions. The U-sound represents the energy of connection to the earth and your ground of existence, which also opens your energy field further at the bottom. This is then followed by the W-sound, which has a propulsive energy that allows you to go deeper into it. The word *Now* indicates that out of an intense feeling of yourself (N) you are willing to open yourself to the depth of your felt experience (A) together with the experience of being connected to the earth (OE). The connection with the earth allows all kinds of emotional changes to take place freely and you dare to go deeper into them (W).

Aware

In terms of sounds, the word *Aware* is composed of the A-sound, which gently envelops your energy field, making you more sensitive and open to the depths of your emotions. The W-sound brings with it a propulsive energy and therefore allows you to go deeper into it. This is followed by another A-sound, which however sounds like E-sound, thus representing the energy that opens you to contact with all that you meet in your life. The R-sound, which further fuels the energy created, is followed by a short Û-sound, which then gently offers the energy of connection to the earth and in this case to the lower abdomen. The word *Aware* indicates that the depth of your felt experience (A) is being propelled (W) to merge with all that you meet in your life (È). This intense awareness of

your felt inner and outer experience is fueled more strongly (R) while remaining connected to the earth and your underbelly (Û).

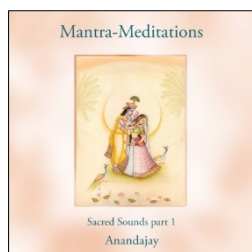
Inner

In terms of sounds, the word *Inner* is composed of the Ì-sound, which brings the openness to the mental, realizing and insightful realm to your I experience. The double N-sound brings together the energy of all that you then feel into one intensely felt value. The Û-sound reaches out to the energy of connection to the earth and the lower abdomen, and a soft R-sound brings a softly stirring energy. The word *Inner* indicates that insightful energy (Ì) is being brought to you in a highly compressed way (double N). Within you, this energy is connected to your underbelly and the earth (Û) and the flow to yourself remains or is constantly stirred up (R).

Ground

In terms of sounds, the word *ground* is composed of the *G-sound*, which carries an accumulating energy. The *R-sound*, brings with it an energizing energy. The *AU-sound* represents the combination of the *A-sound* and the *U(oe)-sound* (the *A-sound* represents the energy that envelops your energetic field so that you are more open to your felt experience and the *U-sound* represents the energy of connection to the earth and your ground of existence, which further opens your energy field at the bottom). The *N-sound*, brings together the energy of everything you have felt there into one intense feeling-value. The *T-sound* brings with it an energy by which that which you experience is sent away from you. The word *ground* indicates that there is accumulated energy (longing) somewhere (*G*). This energy excites you additionally (*R*) to open to your inner feelings (*A*) and to outer life (*OE*), so that you feel your stability there (*N*). However, you have to let these go every moment in order not to cling to them. This brings you into a stability (*T*) within which you can still continue to feel completely open.

Duration: 25.00 minutes.



Track 6: Kyrie Eleison mantra meditation

– Inviting love and embrace

Recitation: *Kyrie eleison*

Free translation: “Oh Life, I long that we may again be open to each other and I may again be part of your richness, joy and wholeness.”

The meaning of *Kyrie eleison* is commonly described as “Lord, have mercy.” The word *Kyrie* is related to the Greek word *éléoss*, which means mercy and love. Clearly, *Kyrie eleison* is an invocation to that which is above us. This can be God, as in the Catholic liturgy, but it can also be, as it was used in the past, a king or other authority figure, or simply a

power greater than ourselves. Universally, the only thing that qualifies is life. “Life” is greater, wiser, more enriching and more all-encompassing than we currently are. The meaning of the word “eleison” is related to “compassionate,” “soothing,” “comforting,” and “steadfast love” and actually means to be no longer firm, powerful, or resolute. When you are no longer that, you are receptive. To be compassionate is to be receptive, which automatically makes you merciful and loving. So *Kyrie eleison* is an invocation of life to be receptive again and to no longer exclude yourself. Of course, life doesn’t exclude anyone or anything, because life includes everything. So it is more a question to yourself if you can be open and receptive to life again, rather than asking, “Oh life, be receptive to me again so that I can belong to the whole again and the warmth of the whole can support me again.” Instead, it indicates that I myself long to be reunited with the great power of life. Then it changes to: “Oh Life, I long for us to be open to each other and that I may once again be part of your richness, joy and wholeness.”

Kyrie

In terms of sounds, the word Kyrie is composed of the K-sound, which brings with it a jumping energy. The Y(ie)-sound represents the space of your mental experience and brings more openness to the upper part of your energy field. The R-sound brings an stirring energy. The I(ie)-sound again represents the space of your mental experience and brings more openness to the upper part of your energy field. The E-sound opens you to your connection with all that you meet in your life.

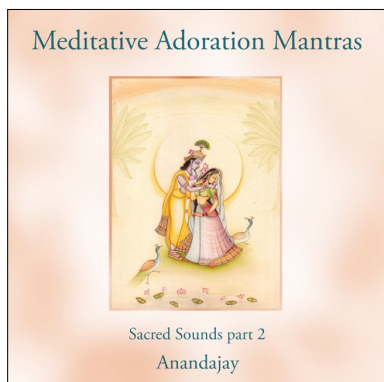
Eleison

In terms of sounds, the word *eleison* is composed of the E-sound, which opens you to contact with all that you encounter in your life. The L-sound brings with it a flow-enhancing energy. The È-sound draws your attention to your diaphragm and brings a dividing energy. The I(ie)-sound promotes mental openness and brings more openness to the upper part of your energetic field. The S-sound, which represents an energy that attracts attention and therefore creates a degree of stillness. The Ò-sound draws your attention to the chest area and has a distancing energy. The N-sound represents the energy that brings together all that you have felt there into one intense felt value within you.

Kyrie eleison

The mantra *Kyrie eleison* indicates that from the intense (K) awareness of value (first I), the Greater (second I) is invoked (R). This is to meet the Greater in every way and in this meeting (E) to again take part in the flowing (L) space of life in a fully conscious (Ì) way. This stills (S) and enriches (N) that experience of value and brings (Ò) me to myself. In other words, “Oh immeasurable consciousness, include me again in your midst, so that I may participate again in the fullness and richness of your wholeness.”

Duration: 25.00 minutes.



Meditative Adoration Mantras

– Sacred Sounds part 2

1. Hamsa - meditative adoration mantras
2. Hari-Bhole - meditative adoration mantras
3. Guru Brahma - meditative adoration mantras
4. Radheshyam - meditative adoration mantras
5. Hare Krishna - meditative adoration mantras
6. Narayanaya - meditative adoration mantras
7. Sri Ananda - meditative adoration mantras
8. Shanti - meditative adoration mantras

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How to use the meditative hymns

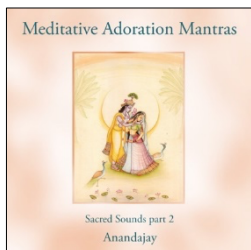
This album consists of eight meditative hymns of praise or invocations to the essential, called adoration mantras or aratis, which express a deeply felt and highly devotional atmosphere and bring you into a devotional sphere of touchability. They are devotional invocations to that which represents inner value and through which you express your devotion and love (adoration) for that value.

In the Indian tradition, mantras always begin with an invocation to the essential, and because of the respect for individual experience, it can be invoked in many ways. These hymns bring you home to the “Being,” the “Now,” the “Real,” the “Whole,” the “Loving,” the “Peaceful,” and the “Blissful” as the deepest truth that you are, and being open to these qualities brings you to a “deep Spiritual Peace.”

You can listen to the meditative hymns prior to a guided meditation to let go of the traces of what you have been doing and to connect with a more receptive and sensitive inner experience. You can also listen to the hymns individually or, because the album is structured, listen to the album as a whole.

You can also sing along to the meditative adoration mantras themselves, but listening has the advantage that you don't have to worry about singing and you can surrender to their peace and intention. In fact, listening makes you receptive and open, and these are qualities that will certainly benefit meditation. If you are listening to a hymn, choose the mantra that is most meaningful to you at that moment, and therefore contains words that already have a natural internalizing effect.

When you sing along with a meditative adoration mantra, you also feel the vibration and resonance of your own voice in your body. Your devotion and commitment give your voice a refined resonance, which then has a liberating effect on your energetic openness. However, I recommend that you listen to the hymn a few times to absorb its intention before singing along.



Track 1: Hamsa adoration mantra

– Undressing yourself to your true nature

Mantra:

Hamsa aum, hamsa aum, shivaham

Free translation:

“Who am I? Who am I? I am the eternal Now!”

Hamsa means both a white swan as a symbol of purity, and “Who am I?” and *shivaham* means “I am the living Now.” The mantra *hamsa aum, hamsa aum, shivaham* freely translated means, “Oh all-encompassing reality, who am I? Oh, I feel it when I truly open myself, I am the living Now.”

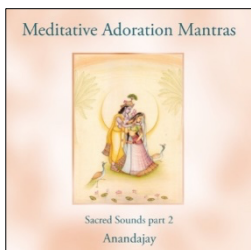
Shiva symbolizes the eternal Now, the source of change, the interplay of renewal and destruction. To rest in the now is to experience perfection in change. It is about letting things fall away to make room for the things to come, and realizing that although you experience that everything is constantly changing, the one who experiences is permanent, is present, is the blank canvas behind all change.

The *Hamsa adoration mantra* thus invokes the healing value of *Being*. *Being* is the bearer of all our experiences, for without *being here*, we could experience nothing. This *Hamsa adoration mantra* sings wholeheartedly to *Being* with the words, “You are my true nature” and allows you to enter deeper into the truth and acceptance of “I am.”

The value and potency of this mantra

- Brings you in touch with your experience of being.
- Brings self-acceptance and inner peace.
- Gives freedom to empathy and compassion.

Duration: 12.52 minutes.



Track 2: Hari-Bhole adoration mantra

– The joy of renewal

Mantra: *Aum namo aum namaha (3x)*

Aum hari bhole ananda aum namaha (3x)

Aum namaha aum namaha aum namaha aum namaha aum namaha aum namaha

Free translation: “Oh be praised, Essence, who gives us everything without our having to ask and steals our hearts.”

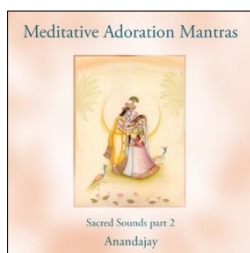
The Sanskrit word *hari* is a name for *krishna*, for that which we inwardly long for and wish to evolve toward in one way or another. It stands for the essential, for which we feel the deepest love and which as intended steals our hearts, because we long for it so strongly. *Krishna energy* is the joyful energy that arises from gratitude for what you receive from life. It is the energy of the bliss of the heart, the love of the soul, the peace of the true that does not die and thus of the essence of life. The Sanskrit word *bhole* represents the energy of *Shiva*, which both destroys and thereby renews. So here it is about Krishna giving love and life and prompting you to renew: the living, ever continuous “Now.” It is an invocation to the power of the “Living Now,” because everything is constantly changing, things come and things go, but only in the now can authenticity, that which is, be tangibly experienced.

The *Hari-Bhole adoration mantra* is a hymn of praise to this essentiality of life, which everyone longs for and derives happiness from and loves to be enveloped by and included in. The mantra consists of the word *aum*, which means that you are experiencing and expressing the following words and sounds from the *wholeness of being*. The word *namo* means greeting and indicates that the greeting is given with reverence and a bow. The word *hari* is a name for Krishna, and *bhole* stands for Shiva: the essence that gives us everything without asking, because it both destroys and renews everything. The word *ananda* indicates the joyful bliss that is characteristic of love of the essential. The word *namaha* comes from the same root as *namo* above, and means “I greet you.”

The value and potency of this mantra

- Heals your mental burden.
- Supports your homecoming to yourself and your inner value.
- Gives you confidence and a new zest for life.

Duration: 11.40 minutes.



Track 3: *Guru Brahma adoration mantra*

– Dissolving all boundaries

Mantra:

*Guru brahma guru
guru devo mabeshvarah
guru saaksheet parabrahma
tasmi sri guruvey namaha*

Free translation: “Oh creative power, bearer of all change and support of all that lives, I gladly let myself be guided by you as my absolute teacher, with respect and devotion, for you are eternal being.”

The *Guru Brahma adoration mantra* indicates that *brahma*, the inspiring and creative force, is the true teacher. *Brahma* symbolizes the sacred, essential and omniscient origin, from which the creative energy emanates. Creative energy is the energy that enables creation, existence and growth. Brahma is the inspirer, the energy that makes life possible, that makes it possible to experience *being* and that gives that which *is* the space to expand in whatever way it wants.

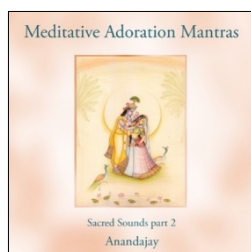
In Hinduism, Lord Brahma is considered part of the *Trimurti* (the holy trinity): Brahma (creation), Shiva (transformation), and Vishnu (support). However, this mantra emphasizes that Brahma is actually the most important, because his power contains the powers of the other two. After all, inspiration also implies transformation (Shiva, here called Mahesh) and stability (Vishnu). The conclusion of the last sentence of the mantra is therefore, “I respectfully offer my devotion only to such a teacher in whom creation, transformation, and support go hand in hand.”

The *Guru Brahma adoration mantra*, like the previous *adoration mantra*, is about the value of authenticity. The authenticity as the true inner teacher, the authenticity as the visionless and purposeless truth of existence. This arati helps you learn to trust more deeply that authenticity, that inner teacher within you.

The value and potency of this mantra

- Brings you in touch with your inner guide.
- Brings trust in your being and goodness.
- Encourages your spiritual openness and rekindles your relationship to life as a whole.

Duration: 10.48 minutes.



Track 4: Radheshyam adoration mantra

– Sing to your love

Mantra:

Aum, aum, aum

Aum radhe krishna

Aum radhe govinda

Aum radhe gopala

radhe radhe

Free translation: “Oh innermost love, you are the love I cherish most.”

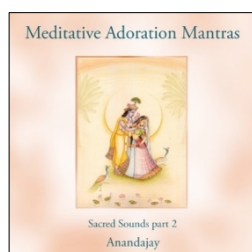
The *Radbeshyam adoration mantra* is a hymn to the longing for essence and the coming together of creation and Creator out of loving devotion, of that which is all attractive and that which is attracted to it. *Radha (radbe)* represents the woman most devoted to Krishna, His beloved. Therefore, the word *radha* means perfect, loving devotion. The word *Krishna* literally means dark, referring to his dark blue skin color, which evokes the immensity of the ocean and the universe. In addition, the word *Krishna* refers to the value of the essential, which attracts everything and everyone, because everything and everyone yearns incessantly, but often unconsciously, for the essential, and will ultimately be united with it. Govinda and Gopala are also names for Krishna, highlighting the *Krishna* aspect of joy and support.

If the previous hymns have given you the idea that in besides the “Real” there is also the unreal, then the *Radbeshyam adoration mantra* is a hymn of praise dedicated to the universal truth in which there are no opposites, but where everything comes together as the real, as the completeness of everything, the “one.” From a tantric perspective, *radbeshyam* means the equal union of everything as the deepest experience of wholeness. The “Real” is not the opposite of anything, but the fullness of everything together.

The value and potency of this mantra

- Heals your dualistic thinking.
- Brings harmony and gives you a protective sense of wholeness.
- Softens your convictions and brings about surrender.

Duration: 10.59 minutes.



Track 5: Hare Krishna adoration mantra

– The wholeness of life

Mantra:

*Hare krishna, hare krishna
krishna krishna, krishna krishna
hers, hers, hers
hare rama, hare rama,
rama rama, rama rama
hare hare, hare hare,
bhaje bhaje, bhaje bhaje
nandanam, nandanam*

Free translation: “Oh be praised, divine essence that attracts all to itself, for you are our truly joyful source. Sing therefore full of joy.”

The *Hare Krishna mantra* (*Maha mantra*) continuously chants the name of Krishna and the joy of the heart that is connected with it, sung because of His all-attractive energy of love, peace and joy for all.

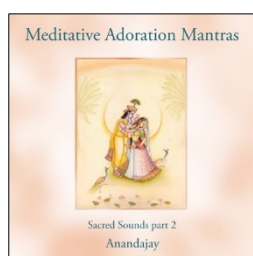
The word *hare* refers the inner value of Krishna. The word *Krishna* literally means dark and refers to his dark blue complexion, which reminds us of the immensity of the ocean and the universe. In addition, the word *Krishna* refers to the value of the essential, which attracts everything and everyone, because everything and everyone yearns incessantly, but often unconsciously, for the essential, and will ultimately be united with it. The word *aum* indicates that you experience and express the following words and sounds from the wholeness of being. The word *Rama* refers to Krishna as the embodiment of the source of joy. The word *aum* again indicates that you are experiencing and expressing the following words and sounds from the wholeness of being. The word *bhaje* means “Sing the name of” or “Sing in the name of the essential” and the word *nandanam* means joy. Together it means “Sing oh sing with joy the holy name of joy: *krishna*.”

The *Hare Krishna adoration mantra* is dedicated to the quality of love that becomes experienceable when you allow the value of the previously invoked “Being” and the “Real” both. The love chanted as Krishna is not a human sentiment, but involves the purest energy from which man can act.

The value and potency of this mantra

- Brings you in touch with your experience of spiritual love.
- Brings you beyond your personal sentiment into being enveloped in freedom.
- Purifies your heart, lets love flow and lets you enjoy being enveloped by the greater whole.

Duration: 10.41 minutes.



Track 6: Narayanaya adoration mantra – Honoring inner peace

Mantra:

Aum namo narayanaya

Free translation: “Come, come, blossoming life, come, come, come into me, come, come loving life, come and shine in me.”

The mantra *aum namo narayanaya* has been a mantra for world peace for thousands of years. Chanting it is meant to help you find peace within yourself by repeatedly allowing the energy of Vishnu, the essence of sacred (whole) life, into you, so that from there you can radiate peace into the world. The mantra invites you to connect with the essence of

Vishnu energy: narayanaya. May you come to peace in this way and contribute to world peace by radiating it. So may *narayanaya* reach you, influence you and soften you. Its value is the essence that is present in everything, and that is what brings peace, because that which is everywhere knows no struggle and embraces the ultimate togetherness and oneness: true peace.

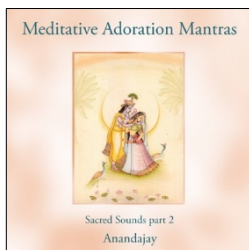
The Sanskrit word *naara* means “living quality” but also “refuge” or “resting place.” The most essential resting place for any living being is its essence or soul, and that is *Vishnu*. The influence of the soul or essence means that life is permeated by this essence everywhere (soulful life). *Naara* is also seen as the entire trinity: *Brahma*, *Shiva*, and *Vishnu* together, the totality of life of creation (*Brahma*), transformation (*Shiva*), and the all-pervading and nourishing essence (*Vishnu*). The Sanskrit word *Narayan* means “the ultimate, beyond which nothing can go” and indicates the essence of the *Vishnu energy*.

The *Narayanaya adoration mantra* again opens you to the power of existence. May everything that exists and is kept alive by existence be greeted so deeply with “yes” that it leads to deep acceptance and thus to inner peace? Chanting *aum namo narayanaya* is considered an energetic contribution to world peace. Saying “yes” deeply to the reality of your existence and the creation around you opens you to live your life in a more peaceful and balanced way.

The value and potency of this mantra

- Brings you in touch with the love for your neighbor.
- Brings you in touch with the loving power of life.
- Let love flow through you again, allowing peace to come to all that lives.

Duration: 10.56 minutes.



Track 7: Sri Ananda adoration mantra

– Honoring inner happiness

Mantra:

Sri Ananda

Free translation: “Venerable and respected Bliss, you I wish to serve.”

The *Sri Ananda adoration mantra* invites you to be true and feeling in the here and now. Its meditative atmosphere invites you to leave all your ideas behind for a moment and come to the tangible reality of yourself. So you are invited to descend from your world of ideas, from your habits, from your prejudices, from your hopes and visions of the future, from the things you have come to believe or take for granted. You are invited to truly

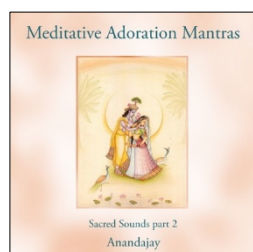
experience your humanity, that you are a living being with consciousness, that you may not yet fully know your essence, but you feel that you are here, that you are present, that you are sensitive and that you have a rich inner experience that you now wish to allow as an enrichment to all that you already experience. You want to add depth to the surface and substance to the form. The only thing you need and can do is to consciously allow all that is already here and all that you already are in receptivity. To support this, a single note on the Spanish guitar is regularly played briefly. The tone and its echo touches your sensitivity, gives you clarity for a moment, and helps you to let go of constrictions when you have been caught up in a thought, feeling or emotion.

The *Sri Ananda adoration mantra* is dedicated to the peaceful, inner happiness, *Ananda*, present in everyone. The experience of *Ananda* does not appear to be equally accessible to everyone, but by opening to your longing for this quality and allowing the internalizing sounds and meaning of this adoration mantra within you, your ego will soften. Through this you will receive glimpses of *Ananda* and thereby sense how you wish to live your life, so that you can drink from this source of purity more often and allow it to inspire, nourish and guide you.

The value and potency of this mantra

- Lets you become familiar with your longing and the missing that goes with it.
- Helps you learn to live and be with your emotions.
- Frees your heart from any strain or cloudiness.

Duration: 21.05 minutes.



Track 8: Shanti adoration mantra

– Loving peace

Mantra:

Shanti, shanti, shanti, shanti

Free translation: "Peace is the true nature of everything."

Shanti is the Sanskrit word for the peace that, once felt deep within you as your source, permeates all areas of your life, bringing peace and thus supporting your desire for peace in the world. This peace goes much deeper than a peace that exists only through the absence of conflict, nor is it the result of behaving or relating in a certain way, but comes from fully acknowledging your inner richness and the liberation that comes from accepting it.

The values of all the preceding arati, the "Being," the "Now," the "Real," the "Whole," the "Loving," the "Peaceful" and the "Blissful," bring you to the experience that all of

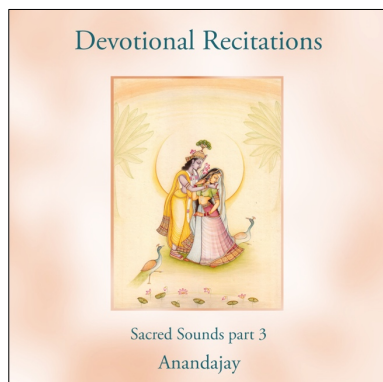
this is the deepest truth of who you are, and that being open to it brings you into a deep spiritual peace (*shanti*).

The value and potency of this mantra

- Brings you in touch with your inner peace.
- Brings stillness and gives your presence back its simplicity.
- Helps you to give yourself mental peace.

Duration: 12.59 minutes.





Devotional Recitations

– Sacred Sounds part 3

1. Surya - devotional recitation
2. Brahma - devotional recitation
3. Gayatri - devotional recitation
4. Vishnu - devotional recitation
5. Shiva - devotional recitation
6. Gurudev - devotional recitation
7. Shanti-mangalam - devotional recitation
8. Aum Mani Padme Hum - devotional recitation

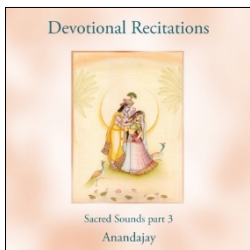
www.anandajay.org/en/albums/devotional-recitations

How to use the devotional recitations

These mantras are repeated in a somewhat monotonous, meditative, and very devotional way through chanting to allow the words to go deeper into your mind and soul. This singing brings your sensitivity system into a cadence, regulates your breathing, and helps you to move beyond your personal emotional interpretations and access the value and meaning of the chosen mantra. Recitation chanting has a liberating effect on those with an overly mental orientation and deepens the experience of being in relationship with the essential.

The recitations are designed to bring peace to a distracted or chaotic mind and to help you express your love for the special experience of your inner being and bring it more fully to life. The recitations calm your brain, bring clarity to your soul, and ensure that you come into deeper contact with that which you long for and wish to be more influenced by. It is best to listen to the recitations by themselves, because it is better to concentrate for a while on a particular text or mantra and its essence that you are longing for.

You can also sing along after a while, but listening, which goes hand in hand with your receptivity to it, has the most calming effect at first. After a while, when you feel fulfilled by the recitation, you can easily let it enter you completely and feel liberated, and then you can start singing along. When reciting, it is important not to think about the rhythm, but to let it happen naturally as a result of your involvement. You should also be able to completely surrender your breathing and allow it to be secondary to the recitation. Another important point in recitation is to allow space after the recitation to experience the depth of the silence that follows. Enter into a friendly relationship with it and open yourself to the depth that becomes perceptible as a result. The devotional mantra recitations liberate, relieve, give space and will touch new depths in you. Give them room to do so and become familiar with the depth of your existence, for your soul is waiting for you in this loving space.



Track 1: *Surya devotional recitation*

– Empowering the richness of your soul

Recitation:

*Mitraya ravaye suryaya bhanave khagaya pushne hiranyagarbaya
marichaye adityaya savitre arkaya baskaraya*

Free translation: “Now that you are so sensitively open to me as your soul, I will show you from my innermost being the pristine qualities in which I am recognizable. You will then experience me as the light of your truest friend, as your center, as your life force, as your source of light, as your ultimate freedom, as your most essential nourishment, as your source, as your healing, as your spiritual mother, as your holy spirit, as your radiance, as your creative father. Peace and love are the fundamental principles of my being in everyone’s existence. Thank you for wanting to experience me, for being willing to be so sensitive, for wanting to see the light of life, for being willing to experience me, your soul, as the light of existence.”

The *Surya mantra* is an ode to the twelve aspects of your inner sun, the twelve qualities of the soul, about meeting your soul, your essence, your spiritual heart, or how you wish to call that which is most precious within you, in order to be together with it. With *mitraya*, you open yourself to your inner sun as your truest friend, which enlightens you when you experience friendship. With *ravaye*, you open yourself to your inner sun as your true center, which enlightens you when you experience that your soul is your essence. With *suryaya* you open to your inner sun as the source that gives you your true longing, enlightening you as you experience strength through feeling your longing. With *bhanave* you open to your inner sun as your true light, enlightening you as you see and understand from a place of clarity. With *khagaya*, you open to your inner sun as the source that reflects your true freedom, enlightening you as you experience the vastness of life. With *pushne*, you open yourself to your inner sun as the source of your truest nourishment, enlightening you as you experience a growing into the light. With *hiranyagarbaya*, you open yourself to your inner sun as your true source, enlightening you as you experience that your soul is equal to that from which you come. With *marichaye*, you open yourself to your inner sun as your truest healing, enlightening you as you experience yourself as wholeness again. With *adityaya*, you open to your inner sun as the source of your true security, enlightening you as you feel enveloped by motherly love. With *savitre*, you open to your inner sun as your true spiritual source, enlightening you as you feel graciously inspired. With *arkaya*, you open to your inner being as the source of your true radiance, enlightening you as you are freely yourself. With *baskaraya*, you open your inner being as your true essence, enlightening you as you recognize your soul as your essence and as the essence of all.

The *Surya devotional recitation* supports your openness to experience mental peace. It brings mental peace, space and freedom, qualities that are celebrated in the recitation as the various luminous aspects of the Light of the Soul, *Surya*. Let the recitation influence you and take you to a different quality of your emotions, beyond the sentimental.

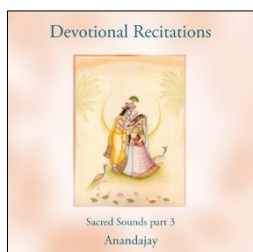
Progression of the recitation

As you repeat this recitation, you will open yourself to the sounds and values of these twelve aspects of the soul, so that with this recitation you create a devotional space of consciousness in which these values can reach you more deeply and from there they can radiate out into the world. The sound of the bell between each mantra sequence invites you to completely let go of any mental orientation. As you allow these values to resonate in your consciousness, your brain naturally falls silent. The mantra then fills you with the meaningful and heartfelt presence of your soul. After repeating this mantra over and over, you will be so filled with its value to the point that you will feel it in every cell of your body, and you will naturally radiate that value to the outside world. For a moment you will be fully in tune with your deep longing or thirst for true soul peace. When the mantra singing ends, allow the atmosphere in which you are enveloped to continue to exist for as long as it lasts, and open yourself to its healing influence. Allow your brain to remain still, for that is precisely why this value has been able to fill, enrich and heal you. When the music ends, allow the atmosphere that has been created to continue to exist in stillness until it fades away naturally.

The value and potency of this recitation

- Brings mental peace, space and freedom.
- The value and potency of this recitation leaves you in awe of the greater whole and engenders a tremendous respect for creation.
- Gives depth to the experience of your soul and the richness of inner inspiration.

Duration: 16.27 minutes.



Track 2: *Brahma devotional recitation*

– Embracing the universe

Recitation:

Brahmaarpanam brahma havir
Brahmaagnau brahmanaa
Brahmai va tena gantaryam
Brahma karma samaadhina

Free translation: (1) Any form of devotion is *Brahma*, the energy of expansion, growth, creation, and development (the Sanskrit root *brih* means to expand, to increase, to grow, to make greater); (2) whatever is offered out of devotion is *Brahma* (it is the result of the energy of expansion, growth, creation, and development); (3) the devotion itself is *Brahma* (the doing and the fact that there is someone to do it is the result of expansion, growth, creation and development); and (4) all the material aspects involved in the devotion are

Brahma (everything that exists to give form to the devotion is the result of the energy of expansion, growth, creation and development).

Brahma symbolizes the sacred, essential, and omniscient source from which the creative energy emanates. It is about the space to experience that you are alive and that you are part of creation. Creation, being in the making, constantly presents itself within you and becomes visible through you. After all, you are constantly giving space to “that which you are” to expand.

In other words, the mantra says in short: “Everything is *Brahma* (everything is the expanding energy of life and being).” The message of this mantra is therefore, “Only the one who recognizes *Brahma* (the energy of creation and being) everywhere, will also experience the source of *Brahma* within oneself.”

The *Brahma devotional recitation* uses this mantra to support your openness to the freedom of breaking free from your conditioning. It brings energetic relaxation to the back of the head and throughout the neck, softening your tendency to be dogmatic and stubborn. The recitation repeats that everything is permeated with the ever-expanding life force of *Brahma* and that the creative principle of life is always felt in everything.

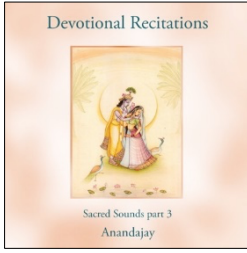
Progression of the recitation

As you repeat this recitation, you allow the sounds and the values of this mantra to permeate you, creating a devotional space of consciousness in which the value of “being” can descend into the bosom of your “being here” and, from this state of being, spread out to the life around you. This recitation is accompanied by the sounds of the tanpura and the occasional bell, creating a sense of spaciousness that invites you to let go of all mental orientation. As you allow these values to resonate in your consciousness, your brain automatically falls silent. The mantra fills you with the deep and meaningful experience of boundlessness. After repeating this mantra over and over again, you have been imbued with this value to the point that you feel it in every cell of your body and you will naturally radiate that value to the outside world. For a moment you will be fully in harmony with your deep longing or thirst for true freedom. When the mantra singing ends, allow the atmosphere in which you are enveloped to continue to exist for as long as it lasts, and open yourself to its healing influence. Allow your brain to remain still, for that is precisely why this value has been able to fill, enrich and heal you. When the music ends, allow the atmosphere that has been created to continue to exist in stillness until it fades away naturally.

The value and potency of this recitation

- Brings you inner freedom.
- Helps you let go of struggle, irritation and negativity and to offer forgiveness.
- Melts all your resistances, makes you receptive again.

Duration: 11.48 minutes.



Track 3: Gayatri devotional recitation – Being cleansed by light

Recitation:

*Aum bhur bhuvah svah
tat savitur varenyam
bhargo devasya dhimahi
dhyo yonah*

Free translation: “Oh my dear essence, in pure devotion I open myself to your brilliant and enlightening radiance that created me and filled me with a sacred presence to enlighten and protect me.”

The *Gayatri mantra* opens you to the Light of Existence, which makes the essence of everything, your soul, visible, and it is your insightful consciousness that helps you to act in a healing way. The mantra celebrates *light* as the most important spiritual value that surrounds you, illuminates you, nourishes you, and makes you lighter and freer so that you can once again live from an open consciousness. The *Gayatri prayer* is about the value of light in all its forms. What we mean by the word *light* is experienced much more broadly in Sanskrit and the ancient Indian culture in which that language was spoken. In Sanskrit, for example, light also means love, both in the sense of the quality of the inner beloved and in the sense of heart energy or the essential in everyone. Light is also translated as awareness, as the value of insight, the light that makes things visible. But light can also mean the power that gives us light, God, or light as a healing power. In Sanskrit, *light* actually means any form of freedom and transparency and is seen as the most essential form of nourishment. Light is the value of the enveloping power of motherly love, the guiding power of fatherly love, and the protecting power of divine love.

The *Gayatri devotional recitation* gives space to all these values of light and supports your openness to the light of your heart. It brings space, light and freedom to the entire chest and back and softens the heart chakra both on the inflow side at the back and the front where the heart contributes to your experience of relating to others. It expresses the longing to open to the light of wisdom, clarity and righteousness in all the uncertainties of life. May the recitation of the *Gayatri mantra*, combined with receptivity and affection, have a strengthening effect and allow you to more easily enter into the light of your soul, so that through your contact with that light you may feel happiness and inner fulfillment.

Progression of the recitation

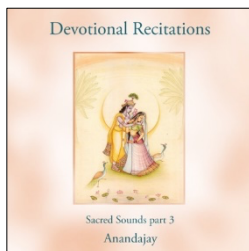
As you repeat this recitation, you allow the sounds and values of this mantra to permeate you, creating a devotional space of consciousness in which the spiritual value of the “light” that surrounds, shines, nourishes, illuminates, and liberates you can fully take place and radiate out into the world. The bell sounds at the beginning and end of the recitation invite you to let go of your mental orientation completely, and the overtone sounds of the tanpura have a liberating effect on your consciousness. As you allow them to resonate in your consciousness, your brain naturally falls silent. During the mantra, a

string orchestra also joins in softly, bringing light and spaciousness to your experience. You then allow the mantra to fill you with the deep and meaningful experience of purifying and healing light. After repeating this mantra over and over again, you have been imbued with this value to the point that you feel it in every cell of your body and you will naturally radiate that value to the outside world. For a moment you will be fully in harmony with your deep longing or thirst for light, space and freedom. When the mantra singing ends, allow the atmosphere in which you are enveloped to continue to exist for as long as it lasts, and open yourself to its healing influence. Allow your brain to remain still, for that is precisely why this value has been able to fill, enrich and heal you. When the music ends, allow the atmosphere that has been created to continue to exist in stillness until it fades away naturally.

The value and potency of this recitation

- Brings light and freedom to your heart, chest space and back.
- Disperses feelings of limitation and opens you to your inner light.
- Empowers the integration of your soul into your humanity.

Duration: 16.33 minutes.



Track 4: Vishnu devotional recitation

– Opening to transparency

Recitation:

*Saanthakaaram bhujaga-sayanam padhmanaabham suresham
Vishwaadhaaram gagana-sadrisham megha-varnam subhaangam
Lakshmi-kaantham kamala-nayanam yogibhir dhyana-gamyam
Vande vishnum bhava-bhaya-haram sarva-lokaika-naatham
Vishnu vishnu mahavishnu*

“I bow to the all-pervading energy that is present throughout the universe. I bow to this life energy, which is peaceful because it is the essence in everything. Which is depicted as an enlightened being resting on a bed of cobras in an endless ocean, with a long stem emerging from its navel, bearing the open lotus flower as the origin of creation. Which is the essence of all spiritual truth and all layers of existence. Which energy is so subtle that it permeates the entire cosmos. Which is depicted as an enlightened being with skin the color of rain clouds, in a beautiful form and combined with the energy of happiness and beauty. I bow to this all-pervading energy that shows me the purity of the soul, and to which I open myself again and again in meditation, so that my fear of the unknown fades naturally and being with my soul becomes a basis for freedom and trust.”

In this mantra, the energy of Vishnu is chanted as a recitation from a deep meditative experience to create a deeper connection with its essence within you. The word *vishnu*

(pronounced visjnoe) comes from the root *vi* which means “apart from” or “beyond,” and from *vis* which means “to descend into something,” “to enter into something,” “to pass through something,” “to be present everywhere” or “to spread out in all directions.” So Vishnu is the energy that pervades everything, is present in everything, and in that way underpins everything, supports everything, sustains everything. It is this pure life energy that is in everything and is free of any personal orientation. It is in everything of the earth, everything of the cosmos and everything else that is invisible. Vishnu is the all-pervading essence in everything that exists, supporting, sustaining and permeating the entire universe, in the past, the present and the future.

Vishnu is usually depicted riding a great eagle, Garuda, indicating that he can reach anywhere at any time. He is often accompanied by his wife Lakshmi, the goddess of abundance, beauty and happiness, indicating that experiencing his all-pervading energy of purity will bring you to a state of bliss. Vishnu is also often depicted churning the primordial ocean (*kshira sagara*, the ocean of milk) to indicate that the all-pervading energy of life is the primordial aspect of the process of creation. When Vishnu is depicted in the ocean, he rests on a bed of cobras that carry and protect him, slightly above his head, as a sign that he is fully supported by the energy of all the life forces. The ocean, in which Vishnu is often depicted, is the source of life and therefore of your humanity, in which you can become aware of your essence. Vishnu represents that reality, that fact of evolution that is permeated with essence and life, of which you are also a part. A lotus then emerges from his navel as a sign that Vishnu is the essential ground of all creation. The *Vishnu devotional recitation* supports your openness to the spaciousness of your manifestation. Let the power of this essential energy that makes life radiant and empowers you with all its wording, enlighten you and connect you with true joy of life.

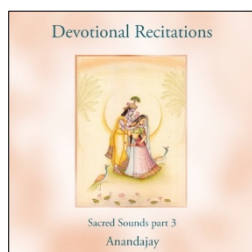
Progression of the recitation

As you repeat this recitation, allow the sounds and values of this mantra to enter you, creating a devotional space of consciousness in which the essential, all-pervading energy of life fills and fulfills you in all the layers of your presence and radiate out into the world. The singing bowl at the beginning, the end and during the interlude invite you to let go of all mental orientation, and the sounds of the tanpura have a liberating effect on your consciousness. As you allow these values to resonate in your consciousness, your brain naturally falls silent. Allow the mantra to fill you with the touching quality of receptivity and accessibility. After repeating this mantra over and over again, you have been imbued with this value to the point that you feel it in every cell of your body and you will naturally radiate that value to the outside world. For a moment you will be fully in harmony with your deep longing or thirst to be permeated by Essence. When the mantra singing ends, allow the atmosphere in which you are enveloped to continue to exist for as long as it lasts, and open yourself to its healing influence. Allow your brain to remain still, for that is precisely why this value has been able to fill, enrich and heal you. When the music ends, allow the atmosphere to continue to exist in stillness until it fades away naturally.

The value and potency of this recitation

- Encourages you to embrace life and thus make peace with all that lives.
- Makes you grateful for your existence, your “being here” and your happiness in life.
- Affirms that everything within you is valuable, if only you open to it deeply and respectfully enough.

Duration: 18.18 minutes.



Track 5: Shiva devotional recitation

– Celebrating the freedom of renewal

Recitation:

Aum namaha Sambhavaya cha, Mayobhavaya cha, namah Shankaraya cha, Maskaraya cha, namah Shivaya cha, Shiva Taraya cha

Free translation: “Oh Giver of both temporary and eternal joy, of both personal and spiritual happiness, of grace and purity, Giver of all-encompassing well-being, from a place of deep reverence I bow in acceptance of your truth and living presence, so dear to me and eternally *Now*, that I may meet and be with you again each moment.”

In the *Shiva devotional recitation* you repeatedly recite different names for the quality of Shiva (that which destroys and gives room for new life and development), which are intended to emphasize that the new life energy of Shiva concerns the total, and therefore also the spiritual, well-being of man. Various names of Shiva are recited, which indicate that the acceptance of both the human and the essential is necessary to achieve spiritual and holistic well-being. The names are: *Shambhavaya* (giver of temporary joy), *Mayobhavaya* (giver of eternal joy), *Shankaraya* (giver of personal happiness), *Maskaraya* (giver of spiritual happiness), *Shivaya* (giver of grace), and *Shiva Taraya* (giver of purity). The suffix *-cha* means “what I long for.” The *Shiva recitation* supports your openness to your meditative presence and promotes energetic exchange between the crown and perineum, creating inwardness and a feeling of essential presence. The recitation strengthens the longing to be connected to the living Now and to let each moment of presence become a contact with the essential.

Progression of the recitation

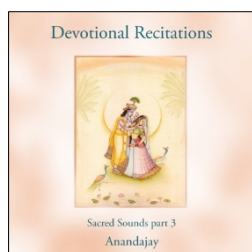
As you repeat this recitation, you continually allow the sounds and values of this mantra to enter you, creating a devotional space of consciousness in which the values of total well-being that you so deeply long for can touch and fill you at your core as a human being, and from there to radiate out into the world. The sounds of the bell at the

beginning, the end and during the interludes are an invitation to let go of all mental orientation, and the sounds of the tanpura have a liberating effect on your consciousness. As you allow these values to resonate in your consciousness, your brain naturally falls silent. In the process, the mantra fills you with the meaningful and tangible experience of essential renewal. After repeating this mantra over and over again, you have been imbued with this value to the point that you feel it in every cell of your body and you will naturally radiate that value to the outside world. For a moment you will be fully in harmony with your deep longing or thirst for the essential richness that incites development. When the mantra singing ends, allow the atmosphere in which you are enveloped to continue to exist for as long as it lasts, and open yourself to its healing influence. Allow your brain to remain still, for that is precisely why this value has been able to fill, enrich and heal you. When the music ends, allow the atmosphere that has been created to continue to exist in stillness until it fades away naturally.

The value and potency of this recitation

- Brings you in touch with the space of your presence.
- Encourages energy flow from the crown to the perineum and vice versa.
- Frees you from your stubbornness and convictions and opens you to the “Now.”

Duration: 14.56 minutes.



Track 6: Gurudev devotional recitation

– Opening to the guidance of the soul

Recitation:

*Guru brahma, guru vishnu, guru devo mabeshvarah
guru saaksbaat parabrahma
tasmi sri guruvey namaha*

(Gurudev, gurudev, gurudev)

(Aum namah ananda namah)

*Guru brahma, guru Vishnu, guru devo mabeshvarah
guru saaksbaat parabrahma
tasmi sri guruvey namaha*

Free translation: “Oh creative power (*brahma*), you are both the bearer of all change (*mabeshvarah*) and the support for all that lives (*vishnu*), I gladly let myself be guided by you as my absolute teacher (*guruvey*), with respect and devotion, for you are eternal being. (*parabrahma*).”

The *Guru brahma mantra* indicates that *brahma*, the inspiring and creative force, is the true teacher. In Hinduism, Lord Brahma is considered part of the *Trimurti* (the holy trinity): Brahma (creation), Shiva (transformation), and Vishnu (support). However, this mantra emphasizes that Brahma is actually the most important, because his power contains the powers of the other two. After all, inspiration also implies transformation (Shiva, here called Mahesh) and stability (Vishnu). The conclusion of the last sentence of the mantra is therefore, “I respectfully offer my devotion only to such a teacher in whom creation, transformation, and support go hand in hand.” The recitation supports your openness to experience your aura. It creates a greater sense of freedom and space for the energy field around you, relieving the tension in your skin and the feeling of living in a cocoon. This recitation expresses in many ways that pure life force and creation is the true spiritual teacher and guide.

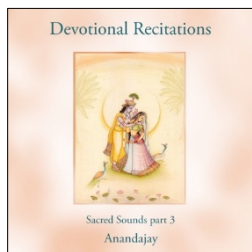
Progression of the recitation

As you repeat this recitation, you continually allow the sounds and values of this mantra to enter you, creating a devotional space of consciousness in which the value of assuming soul guidance can take place completely, and from there to radiate out into the world. The sounds of the crystal singing bowl invite you to let go of all mental orientation, and the sounds of the tanpura have a liberating effect on your consciousness. As you allow these values to resonate in your consciousness, your brain automatically falls silent. In the process, the mantra fills you with the enveloping and meaningful experience of no longer being alone and taking guidance to the essential. After repeating this mantra over and over again, you have been imbued with this value to the point that you feel it in every cell of your body and you will naturally radiate that value to the outside world. For a moment you will be fully in harmony with your deep longing or thirst for soul guidance. When the mantra singing ends, allow the atmosphere in which you are enveloped to continue to exist for as long as it lasts, and open yourself to its healing influence. Allow your brain to remain still, for that is precisely why this value has been able to fill, enrich and heal you. When the music ends, allow the atmosphere that has been created to continue to exist in stillness until it fades away naturally.

The value and potency of this recitation

- Brings you in touch with your inner wisdom.
- Heals your aura and brings freedom and space to the energy field around you.
- leaves you with a longing to be with the essential, and a spiritual teacher or spiritual source of inspiration to guide you there.

Duration: 15.41 minutes.



Track 7: Shanti Mangalam devotional recitation

– Extending peace to all

Recitation:

Shanti, shanti mangalam shanti

Free translation: “Peace and prosperity for all.”

The *Shanti Mangalam devotional recitation* assists you in giving spiritual love or peace to all that you are and all that surrounds you. *Shanti* means inner peace and *mangalam* means prosperity, beneficial influence. This recitation is not very fast and gives you the space to bring peace and stillness to all the areas of tension you are experiencing at that moment. It is easier to let go of your tendency to identify with something, and this frees you from an overly concentrated mind and its narrow-mindedness. Whatever it is that occupies you or comes to mind, whether you find it pleasant or not, give it all this repeated beneficial influence of peace with complete devotion. There is no more important influence than the value of *shantimangalam*, which every soul and humanity as a whole needs to be respected and to be able to live together in trust. Each time you recite this mantra, you are contributing to this.

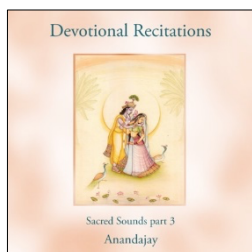
Progression of the recitation

As you repeat this recitation, you continually allow the sounds and values of the mantra *shantimangalam* to enter you, creating a devotional space of consciousness in which peace and prosperity for all can take place completely, and from there to radiate out into the world. The sounds of the bell are an invitation to let go of all mental orientation. As you let these values resonate in your consciousness, your brain automatically falls silent. The mantra then fills you with the deep and meaningful experience of peaceful prosperity. After repeating this mantra over and over again, you have been imbued with this value to the point that you feel it in every cell of your body and you will naturally radiate that value to the outside world. For a moment you will be fully in harmony with your deep longing or thirst for true peace. When the mantra singing ends, allow the atmosphere in which you are enveloped to continue to exist for as long as it lasts, and open yourself to its healing influence. Allow your brain to remain still, for that is precisely why this value has been able to fill, enrich and heal you. When the music ends, allow the atmosphere that has been created to continue to exist in stillness until it fades away naturally.

The value and potency of this recitation

- Helps you to take your place in your incarnation as a peace-bringing human being.
- Creates space and light in your body and brain and opens you to relationships.
- Connects with your soul, your heart and the rest of creation.

Duration: 14.28 minutes.



Track 8: Aum Mani Padme Hum devotional recitation – The nectar of your heart

Recitation:

Aum mani padme hum

Free translation: “Oh my heart, every time I connect with the shining jewel at your core my pain of being separated comes naturally to an end.”

This Tibetan Buddhist mantra sings of the light of the jewel in the lotus of your heart. This jewel is the lightest, deepest and most radiant aspect of your spiritual heart, the source of love within you. Allow this inner light to touch, nourish and enrich you. The Light influences and permeates everything to create space for growth and development. As you open yourself to the directness of the Light, it cleanses your consciousness, your life and your heart, making this mantra a spiritual prayer that directly affects you. Reciting it creates a loving space for compassion and involvement with humanity. The rhythmic repetition of this mantra reinforces the value of the spiritual heart and the longing to live with that brilliance and to act from that light in relation to all living beings.

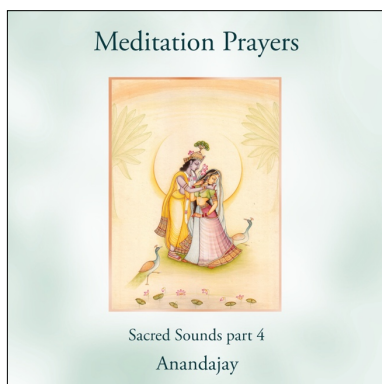
Progression of the recitation

As you repeat this recitation, you continually allow the sounds and values of the mantra *aum mani padme hum* to enter you, creating a devotional space of consciousness in which your spiritual heart, the source of love within you can become true, and from there to radiate out into the world. The sounds of the bell invite you to let go of all mental orientation and the humming connects you to your heart. The mantra then fills you with the meaningful and touching experience of “sweet” innerness. After repeating this mantra over and over again, you have been imbued with this value to the point that you feel it in every cell of your body and you will naturally radiate that value to the outside world. For a moment you will be fully in harmony with your deep longing or thirst for soulful inwardness. When the mantra singing ends, allow the atmosphere in which you are enveloped to continue to exist for as long as it lasts, and open yourself to its healing influence. Allow your brain to remain still, for that is precisely why this value has been able to fill, enrich and heal you. When the music ends, allow the atmosphere that has been created to continue to exist in stillness until it fades away naturally.

The value and potency of this recitation

- Brings a loving openness to your freedom for compassion.
- Lets you honor your soul and give shape to your spiritual longing.
- Develops your devotion and connects you with the spiritual love within yourself.

Duration: 18.40 minutes.



Meditation Prayers

– Sacred Sounds part 4

1. Prakash-Padma-Sat-Devaya - meditation prayer
2. Aum-Aim-Hreem-Shreem - meditation prayer
3. Aum-Mani-Padme-Hum - meditation prayer
4. Shanti-Prema-Sukham-Purnamadah - meditation prayer
5. Atma-Jivatma-Mahasatta-Aum - meditation prayer
6. In Nomine Patris et Filii et Spiritus Sancti Amen - meditation prayer

www.anandajay.org/en/albums/meditation-prayers

How to use the meditation prayers

This album consists of six meditation prayers to familiarize yourself with the four phases of the *Light of Being-Meditation*, in which you briefly feel each of the four mantra words of the prayer and the corresponding meditation phase for twenty minutes. In each meditation prayer, the four words express a recognizable value that corresponds to each phase of internalization to which the *Light of Being-Meditation* guides you. Meditation prayers support you in learning to meditate and can serve as preparation for the *Light of Being-Meditation*.

To become familiar with the four phases of the *Light of Being-Meditation*, you can first experience the four phases in these prayers as different intentions or experiences in quick succession. In the *Light of Being-Meditation*, you use the entire meditation of about twenty minutes to become increasingly open to the actual experience of your existence in a larger whole through these four phases, but in these meditation prayers you briefly feel the quality of each of the four mantra words of the prayer. The prayers are therefore intended for when you are not yet able to find your way in the fluid progression of the four organically successive phases, as is the intention of the *Light of Being-Meditation*.

The meaning of the words in these prayers is clearly important, because they help you in different ways to get to know and feel more deeply the spaces of the four phases of the *Light of Being-Meditation*. The descriptions of the meanings will certainly support you in this. The words of the meditation prayers are also explained based on the sounds of their letters. The values mentioned in this context come from the sound guidance of *HeartSinging*. The prayers can also be listened to as puja or mantra, but are offered to support the step-by-step learning of feeling the areas of the four phases of the *Light of Being-Meditation*.

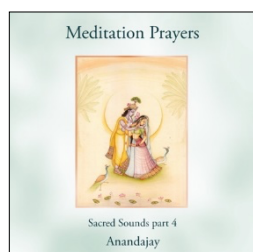
As your development takes you through different phases of self-awareness throughout your life, new and different experiential values will come to light for you. Therefore, different names and approaches to the four phases of the *Light of Being-Meditation* will appeal to you, and these can help you to come closer to the power of meditative

consciousness. Therefore, this album offers six different musically based meditation prayers with different recitation rhythms.

These meditation prayers each consist of four words that relate to the four experiential spaces of the four phases of the meditation. They are recited as a prayer with a musical accompaniment, and their meaning and sounds support your attention to the four phases of meditation. The various meditation prayers together will give you more and more contact with the range and depth of the qualities of the four phases of meditation. In the beginning, it is best to use one meditation prayer a few times in a row to feel its value, before exploring the other mantra prayers in the same way. After that, connect for a while with the meditation prayer that suits you best at the moment, or that touches and speaks to you the most.

The meditation prayers all have the same musical background. This consists of the sounds of a male tanpura and a drone of a cello and a violin, all three in the key of A. This A key is deep and well suited to meditative awareness, and has a supportive effect on slowing down or lengthening the brain waves. The more or less constant sound, even if it moves subtly as all life does, carries the prayer and its mantra words, just as life carries all movement and change. The more stable the supporting background feels, the safer you feel to deeply allow the prayer and the value of the prayer's mantras.

Before doing a meditation prayer, sit in a relaxed meditation position to calm down a bit before beginning the meditation prayer. First, listen to the base tones on which the prayer will be sung, and then, during the meditation prayer, open yourself to your brain, heart, pelvis, and the space around you. At the end of the meditation prayer, allow the base tone on which the prayer was sung to continue to work its way through you. Then conclude the meditation in a way that feels right to you.



Track 1: Prakash-Padma-Sat-Devaya meditation prayer

Mantra:

Prakash-padma-sat-devaya

Free translation: “The light (*prakash*) shines on the soul, has risen like a beautiful lotus (*padma*) through the water from the ground of existence (*sat*) as a sign of the harmonious, divine creation (*devaya*), to which everything belongs.”

This meditation prayer mantra deals with the fact that creation (*devaya*) is the principle of the earth, on which the lotus, from the stable foundation given by the earth, germinates (*sat*) and then, through the mud and water (water represents emotion and life), makes its way to the surface of the water. There she unfolds her flower (*padma*), her brilliant, multifaceted, harmonious beauty of the divine, spiritual dimension and bathes herself full of longing in the light (*prakash*) that shines and nourishes her from the cosmos. From

your human existence, during this meditation, this time in reverse, you first dwell on the light, which you allow through your seventh chakra into your brain and consciousness. Light that you then allow to shine through into your inner being, through which your lotus flower, your soul, unfolds and you experience its harmonious love. That light and love you then feel, you then allow, through the felt areas (emotion/life) of your heart, stomach, abdomen and pelvis, to seep into the supporting and stable ground of your pelvis and being. When they arrive there, you experience that light, love and being are the ingredients of the trinity of divine creation, which everything around you is also made up of, so that you feel that you belong to that greatness, belong in that greatness.

Progression of the meditation

In the meditation, first at *prakash*, you open your consciousness to the light (so that you let go of the mental constrictions in your consciousness), then you open to the love you feel from *padma*, which symbolizes your soul (so that you let go of the emotional constrictions of your ego) and allow that light and that love, through all your sensibility (water/life) descend and become integrated into being (*sat*) (so that you let go of the existential constrictions of not yet being allowed to fully and freely exist), opening you up to the greater, divine being (so that you let go of the constrictions resulting from being self-focused) and confidently feeling what you may and should be embedded in (*devaya*). This meditation prayer mantra is repeated 72 times.

Explanation of the Sanskrit mantra

Below is the explanation of the four different words of this mantra, which represent, indicate, guide and empower the four different phases of meditation.

Prakash

The Sanskrit word *prakash* means expanding light, opening consciousness or expanding glow and is used to denote the liberating light of pure consciousness.

The first phase of meditation is therefore about relaxing your concentration and imagination by opening to the cosmic light that, when you let it in through your crown chakra, liberates your consciousness and further invites you to open up (“And then there was light!”). Allow your consciousness to be completely filled by this pure, white light so that you experience both the spaciousness and lightness of your consciousness and the natural, free state of your brain.

Padma

The Sanskrit word *padma* means lotus (flower) and this word is also used symbolically as an alternative to a chakra, a temple, experiencing unity or indicating a multiplicity that cannot be comprehended. The lotus flower referred to here (*nelumbium speciosum*) closes every evening at nightfall and therefore should not be confused with the water lily. Its repeated opening to the physical light symbolizes the opening as a result of conscious, luminous attention and devotion. The lotus symbolizes the soul, which is connected to

the heart chakra and around which the body lies as a temple. The pure beauty of the lotus gives you the feeling of harmonious wholeness, and when this soul is fully opened within you, it radiates an incalculable multitude of brilliance and love.

In the second stage of meditation, you allow your heart to open so that your soul can shine through it like a lotus that is pure and shows and feels its brilliance to you, so that you experience how magnificent your essence is.

Sat

The Sanskrit word *sa(a)t* means to be and to belong. In addition, it also interprets the unchanging, true essence of existence. The word indicates that which takes place realistically, truly, continuously and powerfully and is used to denote the universal, soulful being of life and creation.

In the third stage of meditation you make contact with the experience of this ground of existence, which is most clearly experienced in the earth-supported, creative womb of your pelvis.

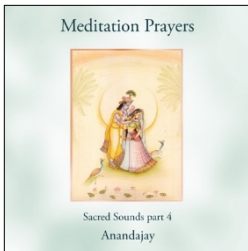
In the third phase of meditation you allow the light of still consciousness and the shining love and purity of your soul to descend and take up residence more and more in your pelvis, in being.

Devaya

The Sanskrit word *devaya* means divine dimension, being open to religious depth and its greatness from a devotional attitude to life. The word indicates something much more encompassing than your humanity and being embedded in that greatness. Just as parents embed the child, the divine or spiritual dimension is the embedding for your existence.

In the fourth stage of meditation you open your existence to the enveloping and embedding value of the cosmic, divine, spiritual or religious dimension. She is the greater being in which you are enveloped with your being. Experiencing it gives you more space for your own being and for the total being and embedding it gives.

Duration: 26.20 minutes.



Track 2: *Aum-Aim-Hreem-Shreem* meditation prayer

Mantra:

Aum-aim-hreem-shreem

Free translation: "O vibrations of the universe, liberate me on all levels and bring me into harmony with the deepest reality, truth and essence."

The Sanskrit mantra *aum aim hreem shreem* is a mantra consisting of so-called *bija sounds* (the Sanskrit word *bija* means seed in the sense of origin, cause), energetic seed sounds.

Seed sounds are elemental, energetic vibrations that are the seed, the principle, for creation, development and fertility of life and thus also for human evolution and spiritual development. In addition to the special vibrations of the Sanskrit alphabet, these seed sounds carry with them certain vibrations that also have a cleansing, releasing effect on your body, feelings and consciousness from a spiritual point of view. They are ideally suited for meditation and healing. The seed sounds, besides the vibrations and energetic currents or openings they create in you, have no literal meaning and therefore carry no sentimental charge, which makes them feel very open and free. You cannot easily create an image with these sounds, so they do not give you a foothold on the mental plane, so the openness to feel especially their energetic and spatial effect comes more to the fore in this meditation. Below you can read what specific values these four words with their vibrations offer.

Progression of the meditation

In the meditation you first open to the *aum* (so that you release the mental constrictions in your consciousness), then you open to *aim* (so that you release the emotional constrictions of your ego), and the values and energies released by this you then allow, through all your sensitivity in your torso, descend into and become integrated into your being by opening to *hreem* (so that you release the existential constrictions of not yet being allowed to exist completely free), allowing you to more easily open up through *shreem* to the greater, divine being (when you feel at home in your soul, you automatically release the constrictions resulting from being focused on yourself) and more fully trust what you may and should be embedded in. This meditation prayer mantra is repeated 24 times.

Explanation of the Sanskrit mantra

Below is the explanation of the four different words of this mantra, which represent, indicate, guide and empower the four different phases of meditation.

Aum

Aum is the sound of wholeness and is considered the sound of creation and the vibration of the universe. The *aum* opens and cleanses your consciousness for meditation and aligns you with your true nature. The *aum* brings stillness and brings a luminous energy into your brain and consciousness. The *aum* also signifies a deep yes to creation and your existence. Its sound harmonizes all that you are and with which you are surrounded and integrates you into the infinite fullness of existence. The *aum* involves all levels of consciousness and its sound brings everything together in one vibration and resonance that peacefully acts on your brain and gives peace to both your heart and body.

Aim

The sound *aim* is the sound of wholeness of emotion, of the pure heart that gives life, creation and the experience of the universe its compassion, love and value. The sound and vibration of *aim* is associated with insight and communication and through honesty

cleanses your senses and gives you access to feeling your spiritual heart. The *aim* helps to feel inwardly, toward your soul, and become more familiar with its deep values.

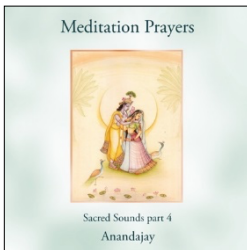
Hreem

The sound *hreem* is the sound and vibration of creation, that is, of both letting things come into being and ending things, for creation is constant impermanence in action. *Hreem*, through all those new and especially vibrant creations, allows you to experience pleasure, happiness and ecstasy. It helps you deal with your inner search for the essential and substantial, which consists of the purest happiness, in as pure and refined a way as possible. Its sound humbles you, creating more space to experience the beauty and purity of your heart and soul. *Hreem* helps you connect your heart with the space of your presence and makes you feel blessed.

Shreem

The sounds and vibrations of *shreem* appeal to values such as respect, affection, devotion and fullness, in the sense of the richness of feeling blessed. *Shreem* gives you trust in the greater whole, devotion to the greater whole, and security and embeddedness in that same greater whole. The sound *shreem* is about the delicacy of respect and inner value. The Sanskrit word *sri* (pronounced *schree*) means splendor and experiencing it in the greater around you, makes you humble and peaceful and opens you to that liberating quality of happiness. *Shreem* makes you sensitive to everything that feels good and right and leads you to happiness. It connects you to your spiritual longing and feeling that you respectfully desire to be together with the splendor of the greater whole.

Duration: 24.40 minutes.



Track 3: *Aum Mani Padme Hum* meditation prayer

Mantra:

Aum-mani-padme-hum

Free translation: “In the light of the essential whole (*aum*), the innermost of my heart (soul), like a shining jewel (*mani*) descends to the core of one’s bearing existence, resting on the water like a lotus (*padme*). Their union is the truth of the whole that I am and that is true (*hum*).”

This meditation prayer mantra indicates that an enlightened or liberated, realized human being has allowed his mind to come to rest, has assumed his soul and has allowed it to descend into the safe protection of his fertile womb, the lotus of existence, so that the individual soul and the cosmic soul can be embedded and blessed together there.

Progression of the meditation

In meditation you first open to the *aum* (so that you release the mental constrictions in your consciousness), then you open to *mani* - the jewel - (so that you release the emotional constrictions of your ego). The resulting accessible space and love you then allow, through all your emotions, to descend into your torso and become integrated into your being, opening to *padme*, the lotus of or in your womb, (so that you let go of the existential constrictions of not yet being allowed to exist completely free), opening to *hum* -the greater divine being- (so that you let go of the constrictions resulting from being focused on yourself) and experiencing more trust in where you can and should be embedded in. This meditation prayer mantra is repeated 36 times.

Explanation of the Sanskrit mantra

Below is the explanation of the four different words of this mantra, which represent, indicate, guide and empower the four different phases of meditation.

Aum

Aum is the sacred sound of wholeness, of the *amen*, and is considered the sound of creation and the vibration of the universe. The *aum* opens and cleanses your consciousness for meditation and aligns you with your true nature. The *aum* brings stillness and brings a luminous energy into your brain and consciousness. The *aum* also signifies a deep yes to creation and your existence. Its sound harmonizes all that you are and with which you are surrounded and integrates you into the infinite fullness of existence. The *aum* involves all levels of consciousness and its sound brings everything together in one vibration and resonance that peacefully acts on your brain and gives peace to both your heart and body.

Mani

The meaning of the Sanskrit word *mani* indicates a valuable and glittering jewel, gem or bead. The jewel referred to in this mantra is the most inner and valuable center in your heart, your soul. It is also indicated that the words *mani* and *padme*, described below, were also once considered one word and this word meant that the jewel and the lotus were together. That word was then used for someone who was enlightened and a great spiritual teacher.

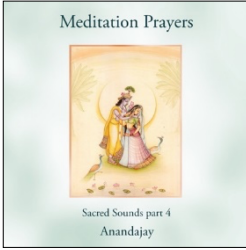
Padme

The word *padme* means lotus flower, which is considered a sacred flower in Buddhism. All paintings of Buddhist figures, especially when seated, are depicted on lotus flower leaves. The lotus referred to in this mantra is both this outer flower on which all spiritual beings come to sit and be carried by their refined energy, and the second chakra, the lotus of fertility, sexuality and authenticity. In addition, *padme* also refers to the physical womb as a whole. From tantric philosophy, the composite concept of *manipadme* is also seen as an inner state of spiritual communion.

Hum

Like *aum*, *hum* is just a sound, consisting of vibrations that indicate a state of spiritual liberation or enlightenment. Just as *aum* is often used to indicate that everything said in the mantra or what precedes it is about sacred and spiritual value, so *hum* is used to indicate that everything said in the mantra or what precedes it really came from liberation and both empowers and allows the liberation experience to endure.

Duration: 26.16 minutes.



Track 4: Shanti-Prema-Sukham-Purnamadab meditation prayer

Mantra:

Shanti-prema-sukham-purnamadab

Free translation: “Peace (*shanti*) and love (*prema*) bring me the harmonious happiness (*sukham*), which makes me feel that everything is perfect (*purnamadab*).”

This meditation prayer mantra indicates that when peace (*shanti*) takes place in consciousness and your heart opens so that you taste His love (*prema*), a spiritual form of happiness and contentment (*sukham*) is experienced within you, making you partaker for a moment that both life and your existence are essentially perfect (*purnamadab*).

Progression of the meditation

In the meditation, you first open to allowing peace (*shanti*) into your consciousness and brain (so that you release the mental strictures in your awareness). Then you open to love (*prema*) from your heart (so that you release the emotional constrictions of your ego). This experienced peace and love you then allow to descend, through all your sensibility of your humanity, to be happy with it all the way down to your base (so that you let go of the existential constrictions of not yet being allowed to exist completely free), allowing you to experience that life and your existence in that openness feel perfect (*sukham*) (so that you let go of the constriction as a result of being focused on yourself) and you can confidently feel what you may and should be embedded in (*purnamadab*). This meditation prayer mantra is repeated 30 times.

Explanation of the Sanskrit mantra

Below is the explanation of the four different words of this mantra, which represent, indicate, guide and empower the four different phases of meditation.

Shanti

The Sanskrit word *shanti* (peace) here indicates a profound form of stillness, harmony and love, that is, peace. A peace where all opposites in each other's friendship have come to rest and everything is enveloped by a love born of insight and wisdom. The value of *shanti* indicates a love that, beyond all the tensions of contradictions, gives you a liberating calm. *Shanti* has a very space giving and peaceful effect on your brain.

Prema

The word *prema* (love) here indicates a deeply desired feeling of love. A love that comes from your soul, the innermost part of your heart, and is a combination of compassion, affection and devotion. *Prema* is about a supportive form of love, like that of a mother (-ma), but for everyone. It is a love that never lets you suffer, but is always healing for you, if you open to it. *Prema* has a very thawing and opening effect on your heart area.

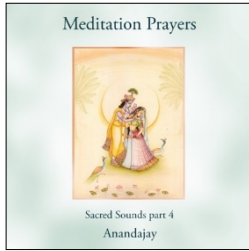
Sukham

The word *sukham* (pleasant) here indicates an encompassing feeling of happiness. It indicates an immense gentleness and also spiritual contentment. It involves a security that helps you open to the greater around you. *Sukham* is not a personal contentment, but is about feeling what you do well and brings you into a different, more enveloping form of happiness. *Sukham* is the softness of pleasure in the pelvis, the softness of the aura that lies against your body, and the openness to the deeper values of life that are benign and feel nourishing. *Sukham* has a very soothing and calming effect on your pelvic area.

Purnamadah

The word *purnamadah* here indicates the all-encompassing experience of completeness. It indicates an immense vastness and fulfilling fullness. It is a warm-hearted greatness that gives you complete security and makes you feel that life is a safe wholeness when you entrust yourself to it. *Purnamadah* is the result of the merging of *shanti*, *prema* and *sukham* and their profound effect on human existence. *Purnamadah* frees you from everything and at the same time gives you the value and fullness of everything and therefore has a very cleansing effect on your aura and inner being.

Duration: 28.16 minutes.



Track 5: Atma-Jivatma-Mahasatta-Aum meditation prayer

Mantra:

Atma-jivatma-mahasatta-aum

Free translation: “The all-pervading soul (*atma*) gives you for awareness an individual soul (*jivatma*). Both are embedded in the same, absolute and endless being (*mahasatta*), such is the deepest truth (*aum*).”

The substantive meaning of this meditation prayer corresponds to the text of self-dedication through the making of the sign of the cross in the Christian tradition. The accompanying Latin text *In nomine patris et filii et spiritus sancti, amen*, indicates that the Spiritual Father of Life sends us His Son for awareness and that both are embedded in the Holy Spirit, or truth of wholeness. All this is then reaffirmed by the *amen*, which means “so be it” (see further at the sixth meditation prayer). The father in this meditation prayer is *atman*, the universal soul. His son, in this meditation prayer, is *jivatman*, the individual soul. Both are part of and equal to each other in the absolute truth of total existence (*mahasatta*). All this is then reinforced by indicating once again with the sound *aum* that this is about the most profound truth (*aum*). The only differences between the focal points of the sign of the cross and those of the meditation prayer are the physical and energetic places to which the last two words are connected. When making the sign of the cross, you first touch the forehead, then the heart and then successively both shoulders at the front.

In the *Light of Being-Meditation*, at the first stage you feel the area of the brain, consciousness and head. The crown chakra is the entrance of all inspiring energy, which comes from the Father and the *atma* to all life.

At the second stage of meditation you feel from the area of the soul, the heart chakra and the heart. It is the area where *jivatma*, the individual soul, the Son, is experienced. Here lives the same love as that of the Father and *atma*, but in the human, experienceable area, as the area of love and compassion.

At the third stage of meditation you feel the area of being, your lap and the pelvis. For many it is understandable to connect being with the pelvic area, but feel uncomfortable to connect the value of the “Holy Spirit” with the pelvic area. However, if the “Holy Spirit” is allowed to represent the sacred, wholesome, all-encompassing and creative value of total existence (*mahasatta*), the fear of sexuality that is so deeply entrenched in Christian circles is dispensed with, and it feels much more complete precisely with the pelvic region included. The pelvic area is allowed to fully receive that special honor and through the Sanskrit meditation prayer it can, because in the third phase you feel through the bearing pelvis and your “being here.”

In the fourth stage of meditation, you open to the whole of which you as a whole are again a part, and feel in the space around you how you and everything around you belong together to the overall life (*aum*).

Progression of the meditation

So in the meditation you first open yourself to the universal soul (*atma*) that is present in all that exists and from which you receive everything through your crown chakra and head (so that you release the mental constrictions in your consciousness), then you open yourself to the love of your individually experiencing soul (*jivatman*) that is like a ray of light (so that you release the emotional constrictions of your ego). The light of *atma* and *jivatma* together allows you to descend through all your emotions of your humanity to be happy with it all the way down to your base (so that you let go of the existential constrictions of that you are not yet allowed to exist completely free). You feel how they are both part of the ultimate existence, being (*mahasatta*), and that in your being they feel at home and make you happy, so that you experience that life and your existence in that openness feel perfect (so that you let go of the constrictions of being focused on yourself) and you can feel confidently what you may and should be embedded in (*aum*). This meditation prayer mantra is repeated 24 times.

Explanation of the Sanskrit mantra

Below is the explanation of the four different words of this mantra, which represent, indicate, guide and empower the four different phases of meditation.

Atma

The Sanskrit word *atma* means universal soul, essence. It refers to that which can be called soulfulness, but can also be called consciousness or life essence. In any case, it is about the essence that is present in everything that exists in some way and of which human beings can be aware. This essence is the most essential thing that exists and which also allows people to connect with each other in a profound way. From such a connection emerges the special experience of love, the honey of existence. Without experiencing your soulfulness, love has no depth, but not everyone uses the word soul and certainly not to indicate that that makes life or love more profound, even though that is the deeper meaning of soulfulness and the word *atma*.

Jivatma

The word *jivatma* means living, individual soul. The word *jiva* means living being (*jiv* means living, breathing, *atma-containing*). The *-ji* usually used as a suffix means honorable, worthy or valuable and indicates respect, respect for the one who carries *atma*. This indicates respect for all aspects of creation because they carry something of *atma*, of the universal soul. As a human being you can be aware of that soulfulness and therefore you are pre-eminently a worthy carrier of it. You can be aware of soulfulness by experiencing your soul as “soul light,” which is present in you in the form of a ray of light and which, if it is felt and given free space, can radiate grandly like a sun. But you can also experience your soul as the source of unconditional love, which can be released from the depths of your heart and heart chakra to make your life more valuable and ultimately bathe everything in happiness. You can also say that by feeling your life energy, you feel soulfulness, because life energy can also become great and powerful when it is given

space. *Jivatma* and *atma* are the same, the creator and the created are the same, not in form but because they have the same essence and soulfulness.

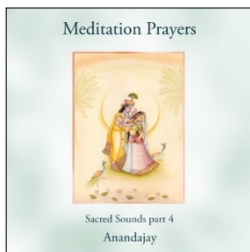
Mahasatta

The word *mahasatta* is a compound word and consists of *maha*, great, absolute, exalted, all-encompassing, and the word *satta* meaning being, existence, reality and presence. It is used to indicate an overarching magnitude, a magnitude that expresses exaltedness above everything else. In this prayer mantra, it serves to indicate that both the universal soul (*atma*) and the individual soul (*jivatma*) belong to being, existence. Indeed, first there must be the possibility that something can be there before it can be something specific. The “being of existence” always lies beneath everything that appears in it. In your pelvis you feel, also because you are carried there by the earth, that you exist and then you feel that many other things exist around you and therefore you experience that everything, and also the universal soul that pervades everything, can only exist if existence carries everything and everything is allowed to be embedded in it. In this sense, the universal soul (*atma*) and the individual soul (*jivatma*), as well as God (the Father) and Jesus (His Son), are embedded and carried by one and the same existence, whatever they have come from.

Aum

Aum is the sacred sound of wholeness, of the *amen*, and is considered the sound of creation and the vibration of the universe. The *aum* opens and cleanses your consciousness for meditation and aligns you with your true nature. The *aum* brings stillness and brings a luminous energy into your brain and consciousness. The *aum* also signifies a deep yes to creation and your existence. Its sound harmonizes all that you are and with which you are surrounded and integrates you into the infinite fullness of existence. The *aum* is about all levels of consciousness and its sound brings everything together in one vibration and resonance, which peacefully acts on your brain and calms both your heart and body.

Duration: 26.12 minutes.



Track 6: In Nomine Patris et Filii et Spiritus Sancti, Amen meditation prayer

Mantra:

In nomine patris et filii et spiritus sancti,

Free translation: “In the name of the all-pervading Soul (*patris*: the Father of creation) you receive, for consciousness, an individual Soul (*filii*: his son, his child). Both are embedded in absolute Being (*spiritus sancti*: sacred truth), and that is how it in Essence Is (*amen*: so be it).”

This meditation prayer indicates that the Spiritual Father of Life sends us His Son for awareness and that both are embedded in the Holy Spirit, or truth of wholeness. All this is then reaffirmed by the *amen*, which means “so be it.” The Father is the origin, the seed of creation. His Son is the fruit of His seed and the womb of matter and creation, life. The Son is the one who in some way unites and carries on the harmony of the Father and the Mother. The Son is also here on the spiritual level the transmitter of the essence of the Father in the living, tangible truth (creation) of the Mother. Both are part of and equal to each other in the absolute truth of total (*holy-sanctus*), essential existence (*spiritus*). All this is ratified by completing this with the *amen* (so be it - *amen*).

The only differences between the focal points of the sign of the cross and those of the *Light of Being-Meditation* are the places to which the last two words are connected. When making the sign of the cross, you first touch the forehead, then the heart, then successively both shoulders at the front. By briefly touching the shoulders on both sides, by drawing attention to left and right, the duality of creation is indeed indicated, but that duality emerges even more significantly in the area of sexuality. There the poles of duality greatly attract each other in the felt value of the masculine and the feminine and ultimately come to and within each other and have the potential, as a result of that equal union, to bring forth new life.

Sexuality, sexual intercourse and the bringing forth of new life, new existence (being), is connected to the area of meditative being, which is physically strongly experienced in the supported pelvis and into which, during the third phase of the *Light of Being-Meditation*, everything is allowed to settle. Yet the stabilizing and protective area at the back of the pelvis bears the name sacrum and in Latin *os sacrum*. *Sacrum* comes from the word *sacral* meaning consecrated and sanctifying.

The Christian approach to essentiality and spirituality has always been quite mental and has a strong tendency to disapprove of too great an experience of freedom in sexuality. The sounds of the Latin language, compared to those of Sanskrit, also make a strong appeal to the mental experiential space. Therefore, it is not surprising that, when making the sign of the cross, the hand does not go toward the pelvis, but that has unfortunately reinforced the judgment of sexuality, as a not so sacred area.

The term “the Holy Spirit” is unclear to many because the word spirit is about essentiality or content behind that which is visible. The term “the Holy Spirit” indicates the experience of essential or spiritual (*spiritus*) substance, combined with the value of unity (one, whole, holy, *sanctus* in Latin). The physical area where the experience of “being here” meets the potentiality of new life is the pelvis. The alchemy that can take place there through sexual intercourse, creating new life into which soulfulness and consciousness descend (invisible essentiality - *spiritus*), indicates that the area of the pelvis is the most appropriate physical place for this.

After all this, this prayer is then concluded with “so be it” (*amen*), which, by traditionally touching the shoulder, has been given a place in the ritual of the cross. “So be it” indicates that everything said and felt is the deepest truth of existence.

Now we don’t have to develop a new form of expression for the sign of the cross, because fortunately we have the freedom-giving meditation. In meditation, at the first stage, you feel the area of the brain, the consciousness, the head. It is the entrance of all inspiring energy, which comes from the Father, the origin, the essence, the seed of existence. At the second stage of meditation you feel the area of the soul, the heart chakra and the heart. It is the area where the same essence and love as that of the Father (transmitted in the form of His Son) is experienced. At the third stage of meditation you feel the area of being, the womb, the pelvis. “Being” as the quality in which all that exists is equal and embedded together. The sacred, complete value of being. From feeling that completeness you open in the fourth stage of meditation to everything at once, to the wholeness of which you are a part.

Progression of the meditation

In the meditation you first open to the Father of inspiration, the cause of all soulful life, which is present in all that exists and whose energy you receive through your crown chakra and head (so that you release the mental constrictions in consciousness). Then you open to the love of the soul (the Son) that is present in you as a ray of the all-encompassing light (so that you release the emotional constrictions of the ego). Together, the light of the Father and the Son allows you to descend through all your sensibility of your humanity, be happy with it to the realization of wholeness and being (the realm of *spiritus sancti*) in your base (so that you let go of the existential constrictions of that you are not yet allowed to exist completely free). You feel how both the Father and the Son are part of being (*spiritus sancti*), and that this being makes you happy, allowing you to experience that life and your existence feel like perfection (so that you let go of the constrictions of being self-focused) and you can feel more trust in where you can and should be embedded in (*amen*). This meditation prayer mantra is repeated 36 times.

Explanation of this Latin mantra

Below is the explanation of the four different words of this mantra, which represent, indicate, guide and empower the four different phases of meditation.

In nomine patris

The Latin words *in nomine patris* mean: in the name of the Father. The Father as cause, seed, principle, inspiration, consciousness and soulfulness, words that could also be understood as life essence. In any case, it is about the essential energy that is present in everything that exists and of which at least humans can be aware. This essence is the most essential thing that exists and allows people to connect with each other in a profound way. The Father is also a symbol of giving, of seed giving, creation giving, life giving, soul giving, and that means it all comes from giving and love. Without feeling that soulfulness has been given to you, love has no depth, and that is why it can feel beautiful that it is the Father who has given you this soulfulness, this love.

Although these are Latin words and their sound use, here too the energetic values of the sounds clarify something about the power of the words. Latin is more clearly mentally oriented than spiritual, experientially based Sanskrit, and this can also be clearly felt in the sounds, action and influence of this mantra.

Et filii

The words *et filii* mean: And the Son. The word *et* means: and. It stands here to indicate that the various divided (the sound of the *è* at the end of the previous word) names used here belong together and together form a whole. The word *filii* means Son. The Son is the child, the fruit, the propagated value of the father and mother. Since the Father is only the seed and the cause and therefore only carries potentialities, the Father is a kind of energy that cannot be seen, but can be experienced as a life force. A mother is needed so that the Father's seed can develop through its embedding ova into a child, a human being, a soul-carrying being. The Son represents the manifestation recognizable as matter, man (Jesus), of the communion between the Spiritual Father (the Creator) and the Holy Mother (the Creation). The Son, the male child, again represents the child who again carries that potentiality, soulfulness.

As a human being, you too can be aware of your inspiration and therefore you are eminently a worthy carrier of it. You can be aware of your soulfulness by experiencing your soul as "soul light," "inspiration light" or "life light," which is present in you in the form of a ray of light and which, if it is felt and given free space, can begin to radiate grandly like a sun. But you can also experience your soul as the source of unconditional love, which, through meetings with others, can be released from the depths of your heart and heart chakra to make your life more valuable and ultimately bathe everything in happiness.

You can also say that by feeling your life energy, you feel soulfulness, because life energy can also become great and powerful if it is given space. The Father and the Son are the same, the creator and the created are the same, not in form, but because they have the same essence and soulfulness.

Et spiritus sancti

The words *et spiritus sancti* are translated as the Holy Spirit, referred to here as the third aspect of the Holy Trinity, or the three essential forces of Universal Wholeness. The

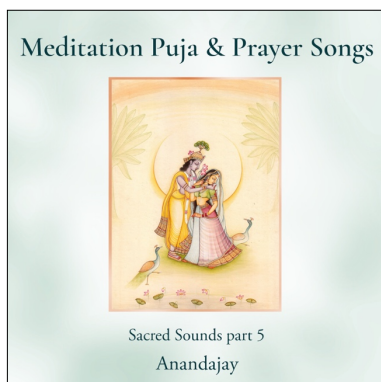
word spirit (Latin - *spiritus*) or in English *spirit* indicates a deeper layer or dimension of reality, beyond how you perceive it. It refers to the more substantial or essential value of something. The word *sancti* is a conjugation of the word *sanctus* meaning holy. The word holy is related to the word whole and means complete, all-encompassing, containing everything. The Holy Spirit, therefore, represents the all-encompassing, the all-containing wholeness, the all-encompassing being. It is used to indicate an overarching magnitude, a magnitude that expresses an overarching truth above all else.

The wording “the Holy Spirit,” the healing and connecting essence behind everything, indicates that both the universal soul (the Father) and the individual soul (the Son) belong to the all-encompassing being, existence. Indeed, first there must be the possibility that something can be there before it can be something specific. The “fact of existence” always lies beneath everything that appears in it. In your pelvis you feel, also because you are carried there by the earth, that you exist and then you feel that many more things exist around you and therefore you experience that everything, and also the universal soul that pervades everything, can only exist if existence carries everything and everything is allowed to be embedded in it. God (the Father) and Jesus (His Son), as well as the universal soul (*atma*) and the individual soul (*jivatma*), are, in this sense, embedded and carried by one and the same existence, from which they also came.

Amen

The word *amen*, which is related to the Sanskrit sound *aum* is also in Latin a word used to indicate surrender to the whole, that it is about the greater truth, about “letting exist and be.” It means “so be it” and has a healing and therefore sanctifying effect. The word *amen* gives space to everything of creation and the universe. The *amen* opens you to being and cleanses your consciousness. The *amen* brings stillness and brings a calming energy to your brain and consciousness. The *amen* also means saying a profound yes to creation and your existence. Its sounds bring together all that you are and with which you are surrounded and guide you to surrender to the infinite fullness of existence. The *amen* encompasses all levels of consciousness and its sounds bring everything together and give peace to your brain as well as your heart and body.

Duration: 26.08 minutes.



Meditation Puja & Prayer Songs

– Sacred Sounds part 5

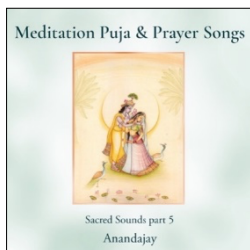
1. Meditation (Dhyana) puja
2. AUM - meditation prayer song
3. Shanti - meditation prayer song
4. Sarvamangalam - meditation prayer song
5. Ananda - meditation prayer song

anandajay.org/en/albums/meditation-puja-en-prayer-songs

This album consists of a meditation puja and four meditation songs to help you become more familiar with meditation. The *Dhyana puja* and the *AUM meditation prayer song* are based on the four internalization phases of the *Light of Being-Meditation*, in which you descend through four phases to the most essential part of yourself in order to come back into harmony with it and feel whole again. In addition, the meditation prayers are songs that take you through all kinds of moods, atmospheres, feelings, intonations, and pitches through a free, prayerful use of sound and voice to bring you home to your essence.

The core of meditation is internalization, in whatever form that may take. Meditation ensures that you do not overlook the most important thing in life, which is that it is about you, that you are the most special thing in your own life, and that humanity is the most special thing in this creation. Meditation brings you into contact with deep life values and special facts that make life mysterious and give it spiritual depth.

Meditation, like all spiritual development, begins with becoming aware of yourself again, so that you can truly be in touch with yourself, live with yourself, and feel free again to deal with whatever life brings your way. The *Dhyana puja* and the *prayer songs* support this. The *Dhyana puja* is a devotional prayer with musical accompaniment and gestures, consisting of four mantra words based on the essence of the four steps of internalization, of meditation. By slowly and rhythmically performing the gestures to music that matches the meanings of the four mantra words, you are brought into a deep, flowing, meditative peace. And the four prayer songs are pieces of music that use the sounds of a particular mantra to try to touch the depths of your soul. They are prayers sung slowly and experienced through sound. Various tanpuras, shruti's or drones (continuous tones) and singing bowls are used for background and musical embedding. By opening yourself to the vibrations, intentions and emotional touches that these prayer songs bring, you will naturally enter into the tranquil and spiritual atmosphere of meditation.



Track 1: The Meditation (Dhyana) puja – Honoring the four lights of your being

Mantra:

Shanti

*Aum bhur bhuvah svah, tat savitur varenyam,
bhargo devasya dhimahi, dhiyo yonah prachodayat*

Atmajyoti

*Aum bhur bhuvah svah, tat savitur varenyam,
bhargo devasya dhimahi, dhiyo yonah prachodayat*

Murtidhara

*Aum bhur bhuvah svah, tat savitur varenyam,
bhargo devasya dhimahi, dhiyo yonah prachodayat*

Ekabhava

*Aum bhur bhuvah svah, tat savitur varenyam,
bhargo devasya dhimahi, dhiyo yonah prachodayat*

The *Dhyana puja* is a prayer of thanksgiving that you can use as preparation for your meditation, but you can also get in touch with the four essential aspects of the *Light of Being-Meditation* in a simple and concise way through this puja. The four aspects of meditation, namely freedom, love, trust and relatedness, are repeated as core values with symbolic gestures throughout the puja, as a prayer of thanks for your existence.

This puja, using the words *shanti*, *atmajyoti*, *murtidhara*, *ekabhava*, invites you to tangibly connect with the precious essence of your existence. The puja lets you feel how to connect with your existential energy on the four elemental levels of your existence, and how rich it feels when these are allowed to take place together in freedom.

Core meaning of the puja:

Oh miraculous existence, thank you for the essential light
of my consciousness, my soul, my humanity and of life as a whole.

The *Dhyana puja* lets you feel how consciousness, soulfulness, incarnation and belonging to the whole of creation give you insight, love, trust and envelopment. Insight and love then illuminate your humanity and thus open the space to allow yourself to be enveloped by creation again with confidence and to a free and happy human being.

The four mantras of the Meditation puja and their interpretation:

Shanti Atmajyoti Murtidhara Ekabhava

The mantra of this puja consists of four word-mantras, namely *shanti*, *atmajyoti*, *murtidhara*, *ekabhava* and their gestures. A word-mantra is a mantra consisting of one word, as is also the word or concept of *aum*, but the meaning of that concept is enormously wide and

comprehensive emotionally and experientially. Below is the principle meaning of their far-reaching meanings.

Shanti

The first part of the mantra of this puja consists of the Sanskrit term *shanti*, which means inner calmness, inner tranquility and peace. *Shanti* indicates an atmosphere where nothing is in conflict and everything is in harmony and interprets the message of comprehensive peace. Therefore the first mantra of this *Dhyana puja* means: I release all conflict in my consciousness and give it the peace I so long for.

Atmajyoti

The second part of the mantra of this puja consists of the Sanskrit concept of *atmajyoti*. *Atma* is the Sanskrit word for soul and the term *jyotis* is best translated as light, flame or glow and is often used to signify the light of higher consciousness. *Atmajyoti* thus signifies the light source, the light and radiance of your soul. The meditation wishes to help you not only to discover this light within you, but especially to experience it by letting it radiate, letting it live. After all, the important thing about light is that it radiates and influences and, as a result, leads you into other areas of experience of both yourself and life. the second mantra of this *Dhyana puja* means: I let the light of my soul give me the essence and let me be influenced by that value.

Murtidhara

The third part of the mantra of this puja consists of the Sanskrit term *murtidhara*. *Murti* is the Sanskrit word for embodiment, form, matter, and *murti* means letting energy flow into a form. The Sanskrit *dhara* means carrying and supporting. *Murtidhara* means to be carried by matter or supported by the form in which you are placed. Incarnate (Latin for “going in the flesh”), corresponds broadly to this.

Murtidhara is usually used to indicate letting the mind smoothly pass and descend into a material form, so that you can still remain aware of the mind, which temporarily inhabits that form and needs the confidence in it to experience what tangible existence means. Therefore the third mantra of this *Dhyana puja* means: I allow the loving light of my soul to enter fluidly into every cell of my being, so that I am present from my essence to my aura.

Ekabhava

The fourth part of the mantra of this puja consists of the Sanskrit term *ekabhava*, which means being one, whole, of the same nature, simplicity and essence. *Eka* means one and *bhava* means creation, being and nature. The point here is not that things merge into each other to one, but that they recognize themselves in each other and merge. For your experience, this means that you feel that your being and Being have the same basis, simplicity and essence. This kinship creates an immediate and seamless connection to one another and that is the most refined envelopment and security you could experience. Therefore the fourth mantra of this *Dhyana puja* means: I join with the rest of creation so

that the light of my soul can merge with the light of creation as one natural and luminous whole.

The gayatri prayer after the word-mantras

Throughout the puja, after the word-mantras, Anandajay recites the *Gayatri mantra* as a prayer to indicate the depth with which the word-mantras are carried and to bring you into contact with the venerable atmosphere of prayer.

The *Gayatri prayer* is about the value of Light in all its forms. What we mean by the word *light* is experienced much more broadly from the perspective of Sanskrit and the ancient Indian culture in which this language was spoken. For example, in Sanskrit, *light* also means love, both in the sense of the quality of the inner beloved and in the sense of heart energy or the essential in everyone. *Light* is also translated as awareness, as the value of insight and as the light that makes things visible. But *light* can also mean the force that gives us light, God, or light as a healing force. In Sanskrit, *light* actually means any form of freedom and transparency and is seen as the most essential form of nourishment. *Light* is the value of the security of motherly love, the guidance of fatherly love, and the protection of divine love. The *Gayatri mantra* gives space to all these values of light.

May the atmosphere of the *Gayatri prayer* touch your consciousness between the word-mantras of the four meditation phases in such a way that you can more easily enter into the light of your soul and feel that you are a person who “carries happiness within” through your contact with this light. To better connect with the essence of this prayer, please find below the text, my free translation and the accompanying Sanskrit Glossary of the *Gayatri mantra*.

Gayatri mantra:
Aum bbur bhuvah svah
tat savitur varenyam
bhargo devasya dhimahi
dhiyo yonah prachodayat

Free translation of this mantra hymn:
“Oh my dear essence, in pure devotion
I open myself to your brilliant and enlightening radiance
that created me and filled me with a sacred presence
to enlighten and protect me.”

Below then is an approximation of the meaning of individual Sanskrit words, for in Sanskrit a word has many different meanings that are interrelated with each other and are strongly determined by the context and sensibility of what it wishes to be expressed.

Gayatri means song or hymn.

Aum means the all-encompassing whole of everything

Bhub means the physical world.
Bhuvah means the energetic background of the world.
Svah means the authenticity and essence behind it
Tat means that, the essentiality of everything
Savitur means the light of spiritual awakening
Varenyam means the worship of something precious
Bhargo means pure radiance, brilliance
Devasya means from god
Dhimahi means to be consciously together with.
Dhijo means to give insight
Yonah means intimate, close
Prachodayate means to give attention.

Overview of gestures used in the Meditation puja



Hands in namaskar position up to in front of the forehead chakra
 Shanti + Surya prayer
 Peace, freedom and enlightenment may enrich me uninhibitedly



Hands crossed on the heart chakra
 Atmajyoti + Surya prayer
 Love, joy and soul light may enrich me uninhibitedly



Hands like a bowl in the lap at your sacral chakra
 Murtidhara + Surya prayer
 Trust, sensitivity and the light of being may enrich me uninhibitedly



Bring hands via a sideways circular motion above the head into namaskar and allow root and crown chakra to connect, causing everything and also the heart chakra to radiate
 Ekabhava + Surya prayer
 My being, being and the light of being may enrich me uninhibitedly

Duration: 34.04 minutes.



Track 2: AUM meditation prayer song – For oneness

Mantra:
Shanti-A - U (OE) - M

Free translation: “Oh dear friend, loving essence, by allowing you into the seat of my humanity, I experience your blessings and feel carried in being with the greater whole.”

In this musical interpretation of the *Light of Being-Meditation*, you are invited to allow yourself to be immersed in the four experiential spheres of the *Light of Being-Meditation*, both through the sounds of the music and through Anandajay’s voice. The sounds then take you through the experiential worlds of, in sequence: (Phase 1) the peace of your consciousness through the word *shanti*, (Phase 2) the touchability of your heart through the sound A, (Phase 3) being carried in your humanity through the sound O (OE, U) and (Phase 4) feeling safe in the wholeness of creation through the sound M.

The sounds of the shanti -A - O (OE) - M mantra

Through the sounds of this mantra, you express the message of all-encompassing peace. The sounds *SH, A, N, T, I* and *E, A, U, O, M* (the sounds e and u are hidden in them) ensure that the vibrations of all the vowels, corresponding to all the layers of your sensitivity, address and open your living presence in a refined way. In addition, the SH(SJ)-sound helps you to become still and more inwardly oriented, the N-sound helps you to bundle the experience of your inner emotions and connect it to your presence, and the T-sound and its outgoing energetic movement helps you to more easily give the inner intention of peace the freedom it needs to take place. In this way, the meaning of the *Shanti aum mantra* subtly supports experiencing the four phases of the *Light of Being-Meditation*.

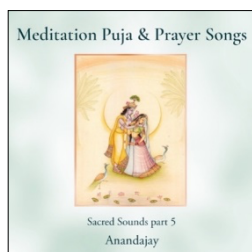
AUM meditation prayer song

The *AUM meditation prayer song* is musically embedded in the sounds of a tanpura tuned in B-flat, complemented by the sounds of the Indian rudra veena, to which Anandajay’s voice is added to interpret the four meditative phases. The Indian rudra veena is a stringed instrument with two large pumpkins that is prized for its deep bass resonance and is therefore used primarily in meditative music. As with the sounds of the voice that emerge from meditation, the best thing to do with the sounds of the rudra veena is to simply let them in. Since the deeper emotional layers, including your spiritual feelings, are seldom addressed in functional life and therefore quickly become silenced, it is precisely these deep tones that help you to become sensitive again in these areas.

The atmospheric elements in this *AUM meditation prayer song* are formed by the different ways in which the sounds of the Shanti mantra are reproduced and sustained, and how

the pauses allow the bells to open your brain again and the tones of the rudra veena to appeal to the base of your feelings. The sounds of Anandajay's voice in this meditation prayer song express the four dimensions of the *Light of Being-Meditation* he is going through. In this prayer song, the entire word *shanti* is used first to allow for a softening of consciousness, then the A-oriented sounds help you to meet your inner beloved, the O-oriented sounds help you to incarnate, and the M-oriented sounds help you to open up to the enveloping wholeness of all that you are and all the life around you.

Duration: 26.28 minutes.



Track 3: Shanti meditation prayer song – For peace

Mantra:

Shanti, shanti, shanti, shanti, shanti, shanti, shanti, shanti

Shanti, shanti, shanti

Shanti mangalam shanti, shanti mangalam shanti, shanti mangalam shanti

Aum shanti shanti aum

Free translation: “Oh dear friend, loving essence, by allowing you into the seat of my humanity, I experience your blessings and feel carried in being with the greater whole.”

The Sanskrit word *shanti* means inner peace, which alternates with the Sanskrit word *mangalam*, which means prosperity, salvation, or happiness. The mantra ends with the *aum shanti aum* chant, indicating the all-encompassing peace of everything.

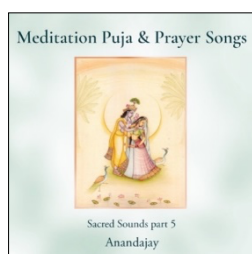
Shanti meditation prayer song

The *Shanti meditation prayer song* consists of music based on the tanpura in the key of C and a soft high drone (sustained tone) that carries the entire raga with its undulating movements as a kind of ever-present life energy. In addition, the vocal sounds of Anandajay are accompanied by the beating of a singing bowl, the sound of which can help to keep the brain free or allow it to become free again and again. The singing bowls also remind you that this chant is about the spiritual value of peace, which is free of judgment and which everyone and everything needs. Just as the ocean is the earthly womb of evolution, shanti, pure peace, is the womb of all creation. This prayer song expresses the longing to let as much pure peace as possible flow from your essence to yourself and to the rest of life, so that everything may receive its healing value.

The value of *shanti* (peace) is sung with various emotional expressions so that you come into contact with the substance of pure peace within yourself and your soul, where this

peace constantly resonates in an increasingly free, natural and pure way. Towards the end of the prayer song, allow yourself to be fully influenced by the experience of inner and outer peace that you have gained, allowing peace to blossom within you and its meaningful value to harmonize with your soulfulness and involvement in life. Feel how valuable it is that for a moment you are no longer powerless in the face of life, but that peace contributes to it by being at peace. From this richness you will automatically enter into a fulfilling meditation.

Duration: 14.28 minutes.



Track 4: Sarvamangalam meditation prayer song – For wholeness

Mantra: *Aum shanti shanti shanti aum* - *Bhumi mangalam, shanti mangalam* - *Udaka mangalam, shanti mangalam* - *Agni mangalam, shanti mangalam* - *Vayu mangalam, shanti mangalam* - *Gagana mangalam, shanti mangalam* - *Surya mangalam, shanti mangalam* - *Chandra mangalam, shanti mangalam* - *Jagat mangalam, shanti mangalam* - *Jiva Mangalam, shanti mangalam* - *Deba mangalam, shanti mangalam* - *Mano mangalam, shanti mangalam* - *Atma mangalam, shanti mangalam* - *Prema mangalam, shanti mangalam* - *Karuna mangalam, shanti mangalam* - *Satya mangalam, shanti mangalam* - *Iyoti mangalam, shanti mangalam* - *Citta mangalam, shanti mangalam* - *Mukti mangalam, shanti mangalam* - *Sat mangalam, shanti mangalam* - *Ananda mangalam, shanti mangalam* - *Moksha mangalam, shanti mangalam* - *Aum mangalam, shanti mangalam* - *Omkaar mangalam, shanti mangalam* - *Shanti Mangalam, shanti mangalam* - *Sarva mangalam (3x)* - *Shanti mangalam* - *Aum shanti shanti aum (3x)*

In this prayer song, carried by a background of tanpura sounds, a light drone and singing bowls, the special shanti mantra is first sung, which is traditionally used to announce that what comes next is of sacred depth. Then the most important elements of creation are sung and honored in this prayer song. By consciously reflecting on the value of all these elements of creation, and therefore also of yourself, you honor creation and allow positive energy to flow towards it. You then give positive energy to the creation that you enjoy so much, that is so dear to you and to which you feel so intensely connected, in a grateful and respectful way. Because you feel that you are related to creation and you realize that pure peace is the source of both you and everything, in this prayer song you give space to wishing pure peace to everything that lives as intensely as possible. Let this prayer song give you the opportunity to give pure peace (*shanti*) and contribute to life, to your life and to the development of humanity on earth. Below you will find a list of the values that are celebrated and to which the word *mangalam*, which means prosperity, salvation or happiness, is always added. The mantra *shantimangalam* is also regularly sung to indicate that the happiness that is wished for should promote peace. In between the

values, you constantly hear the sound of a singing bowl, which is meant to release all intellectual involvement during this experience, so that you can be emotionally connected to the influence of the voice-sounds and its embedding, completely free of the mind.

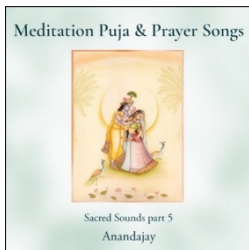
Free translation and meaning of the Sarvamangalam mantra

From my heart I give peace to the 24 values of creation and life,
to contribute lovingly and positively to that which is so precious:

- | | |
|------------------------|---|
| 1. Bhumi (earth), | 13. Prema (love, affection), |
| 2. Udaka (water), | 14. Karuna (compassion, mercy), |
| 3. Agni (fire), | 15. Satya (truth), |
| 4. Vayu (wind), | 16. Jyoti (light) |
| 5. Gagana (firmament), | 17. Citta (consciousness), |
| 6. Surya (Sun), | 18. Murti (freedom), |
| 7. Chandra (Moon), | 19. Sat (being), |
| 8. Jagata (world), | 20. Ananda (bliss) |
| 9. Jiva (organism), | 21. Moksa (liberation), |
| 10. Deha (body), | 22. Aum (wholeness), |
| 11. Mano (spirit), | 23. Omkaar (all-encompassing perfection), |
| 12. Atma (soul), | 24. Shanti (peace) |
| | Sarva (everything), Sarva (all aspects), |
| | Sarva (all creation). |

This long prayer is then completed with the previously described special *shanti mantra*, which is then chanted three more times. The 27 mantras of this prayer symbolize the source of all earthly life, of which you too are a part, and the endless creation around it. As part of creation, you as a human being have the ability to be aware of yourself and your soul as well as the impermanent of your temporary existence. Self-awareness and the incontrovertible truth of your impermanence prompt you to seek the deeper values of existence and lead you to its spiritual richness. This *Sarvamangalam meditation prayer song* is therefore an ode to the spiritual richness of creation and its source, from which everything emanates.

Duration: 19.05 minutes.



Track 5: Ananda meditation prayer song

– For love

Mantra:

Sri ananda, sri ananda

Sri, sri, sri, ananda

Sri ananda, jay ananda, jay jay jay shanti aum, shanti shanti aum

Shanti, shanti, shanti, shanti

Free translation: “Oh precious essential joy, admitting you fills me all around with inner peace.”

This mantra allows you to become more deeply receptive to the blessings of life as a whole. The Sanskrit word *sri* indicates that the value it proclaims is worthy of respect and carries with it a dignified and radiant quality. The Sanskrit word *Ananda* means the essence of happiness, the happiness of being, or the happiness of the soul. The word *jay* means, among other things, salvation, victory, or blessing. It reinforces your respect for what is to come and makes it even clearer that this is truly an ode. The word *shanti* means inner peace or a harmonized state of being and indicates a profound experience of abundance, non-violence, and love. The word *aum* indicates that what has been said or is about to be said is comprehensive and spiritual in nature. It calls attention to the underlying wholeness in which the mantra is embedded.

Ananda meditation prayer song

The *Ananda meditation prayer song* is musically embedded in the sounds of the tanpura in the key of C, together with a bass drone. The sound and overtone play of the tanpura symbolize the ever-sparkling and flowing life in which you are present as a human being, and in which the chant, with all its sound movements, as well as your life experiences, take place. You will quickly become aware that this sparkling background gives a calming and supportive embedding to everything you experience. You will experience this embedding more clearly as you allow the song and the sounds of the prayer song to enter your mind in a receptive way and allow them to influence, heal and enrich you as you allow them to bless you. The regularly recurring sounds of the deep, low, but also clear crystal singing bowl are meant to help you let go of whatever you are holding on to at that moment and open up again. All this ensures that you can let yourself be carried by the spatial sounds of Anandajay’s voice, which, through the sensitive contact with his soul, makes the atmosphere of his authenticity tangible for you.

Duration: 14.22 minutes

3. Puja albums:

12 mantra prayers
&
2 chakra-opening mantras



1. Yoga & Aum Adhara Puja:
Pujas for the muladhara chakra (sustaining)
2. Shiva-Shakti & Jivatman Puja:
Pujas for the svadhisthana chakra (reconnecting)
3. Kosha & Kriya Puja:
Pujas for the manipura chakra (reordering)
4. Surya & Cittayam Puja:
Pujas for the anahata chakra (inspiring)
5. Sravana & Pranidhana Puja
Pujas for the vishuddhi chakra (purifying)
6. Mahadevata & Chakra Puja
Pujas for the ajna chakra (widening)
7. Anandajayah Sat-Ananda:
Mantra for unfolding the sahasrara chakra
(liberating)
8. Anandajayah Darshan:
Mantra for harmonizing the seven chakras
(harmonizing)

Mantra Prayers

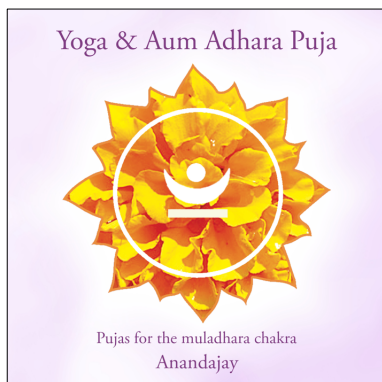
The word *puja* is Sanskrit for a prayer ritual. It means reverence, honor, worship, adoration, and a religious, repeated gesture (ritual). Pujas come from the religious spectrum of Hinduism. However, the pujas created by Anandajay are born out of reverence for the richness and depth of the essence of life. They are primarily an expression of the experience of yoga, of being in harmony with that deep essence. The inner experience of this spirituality is accessible to everyone, but the shaping and expression of the deep emotional values and qualities of life that go with it is not so accessible anymore due to the somewhat unfree orientation of most religions. Mantra singing is a more accessible form of expression for the experience of being spiritually touched, and the pujas add the sacred dimension even more clearly.

The twelve pujas composed and choreographed by Anandajay are free of any particular faith or religion, and serve only to consciously and humbly give a place in your life to feelings of gratitude and to the experience of harmony, of yoga, and to combine them with the religious beauty of a ritual form of expression. The music Anandajay has composed to accompany the meanings of the mantras and the gestures he uses to support them further enhance the deep emotional values of this reverent and calming form of expression.

All of these pujas honor the essence within you, allow you to bow respectfully to the essence within you, and refine your relationship with the spiritual value within you. These spiritual values are no longer expressed through external representations of gods, but you open directly to the energies they symbolize because they are part of the life that you are, and therefore always present and available to experience, both within you and around you. By recognizing and honoring these refined energies within you, you leap over the confusion of symbolic representations of God and proceed to feel their authenticity within you and in the life around you.

Pujas are designed to recognize, emphasize, affirm, deepen, or shape your connection, communication, and relationship with that which you experience as valuable (your being, your interpretation of God, your spiritual teacher, or persons in whom you recognize these values). They give you an opportunity and a form to thank, give, and express your love for that important value. A puja is therefore not just a prayer, but is accompanied by ritual actions so that the expression of gratitude does not remain merely mental. In addition to the central role of the mantra, the various gestures of these pujas make your inner experience more concrete and visible, allowing you to experience it more fully and intensely.

The 12 pieces of puja music, each about half an hour long, that Anandajay has released are described below. The Sat-Ananda mantra has been added to the mantra prayers to give space to the Sahasraha chakra, and the Darshan mantra has been added to harmonize all the chakras. The pujas are discussed in detail in Anandajay's two books on pujas written in Dutch. Below you'll find a brief summary of the meaning of the prayer and a description & illustrations of the accompanying gestures.



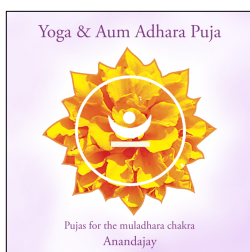
Yoga & Aum Adhara Puja

– Pujas for the muladhara chakra (sustaining)

Duration Yoga puja: 32.27 minutes.

Duration Aum Adhara puja: 32.27 minutes.

www.anandajay.org/en/albums/mahadevata-en-chakra-puja



Track 1: Yoga puja

– Prayer to the Seven Main Entrances of Unity

Mantra: *Hatha, Tantra, Karma, Aum bhakti, sat cit ananda*

Mantra, *Jnana, Raja, Aum yoga, citta vritta nirohda*

Free translation: “Oh life, through you I discover how to come together with the deep values of my cells, longing, strength, affection, intentions, awareness and the whole that I am, and this brings me inner peace.”

The *Yoga puja* is a hymn to the wholeness of life. A wholeness that you can experience precisely because you are human and born, and that allows you to feel the spiritual value that reaches even further than your humanity. The Sanskrit word *yoga* means, among other things, to be together, to be whole, to be connected, and it is about what connects you to what is truly yours. A connection to that which you have become separated from, but which belongs to all that you are. Yoga actually brings you back to the wholeness that you are, and that is important for how you perceive and experience things. Because from a limited self, everything you see, think and experience can only be true to a limited extent, and a limited truth leads to illusion and confusion. Yoga stands for all connections that have a liberating effect on you and therefore also for the connection with your essence or soul.

This puja honors the seven main forms of yoga that correspond to the seven main chakras, but there are many more forms of yoga. Whether you are singing about the longing for your soul, praying to the value of your existence, or meditating on the essence of your humanity, it is all yoga. In this puja, you will pay attention to the values of the seven main entrances that can help you return to your natural wholeness.

Overview of gestures used in the Yoga puja



Hatha - Oh sacred material existence, I feel your physical value.

Place your hands in yoga mudra (thumb and index finger gently touch each other and the other fingers are slightly stretched) at the inguinal region. The fingertips touch softly. This gesture symbolizes the supporting base and wholeness.



Tantra - Oh sacred polar existence, I long for your wholeness.

Hook the fingers of your hands together in front of your genitals. The thumbs are connected. They symbolize that in matter wholeness always consists of two interlocking qualities, they symbolize the duality of longing in the second chakra.



Karma - Oh sacred manifesting existence, my energy is taking shape.

Place your hands in namaskar on the stomach chakra, facing forward, but cross the little fingers, ring and middle fingers (hook them together), leaving only the index fingers and thumbs facing forward. This gesture symbolizes that all the energy arising from your wide force field, becomes both an act and physical manifestation.



Aum bhakti - Oh sacred loving existence, my essence lies within you.

At *aum bhakti* place your hands in namaskar (prayer pose) in front of your heart chakra and at *sat cit* turn your hands (while they remain in namaskar), with your fingertips facing forward and at *ananda* let your hands open sideways.



Sat cit ananda - Oh sacred existence, I am, conscious and blessed.

See description at *aum bhakti*, in one fluent movement. These movements symbolize the devotional opening of the heart chakra, both to the world and to the joyous bliss of the inner heart.



Mantra - Oh holy pure existence, you are my inner voice.

Place your hands in yoga mudra, now with the fingers (little fingers, ring and middle fingers) separately and less stretched, with the thumb and index fingers touching the sides of the throat, against the windpipe. They symbolize the purification of your hearing and speech, with which you hear the essence in everything.



Jnana - Oh holy radiant existence, your wisdom illuminates my path.

Bend your head slightly and bring your hands in namaskar in front of the face, the thumbs touching the lips gently and the tips of your middle- and forefinger softly resting against the forehead chakra. This gesture symbolizes your awareness of ignorance and openness to being connected with the Greater Whole.



Raja - Oh holy all-encompassing existence, you grant me royal wholeness.

Place your right hand in yoga mudra with the loose fingers on the crown chakra and place your left hand in the same yoga mudra on the windpipe. This gesture connects the wisdom of the Infinite (via crown chakra and through the throat area), with the second chakra, where you long for this wisdom, to be together with this truth.



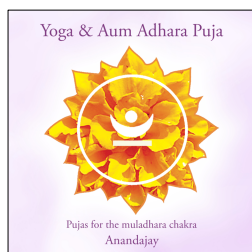
Aum Yoga - Oh sacred all-encompassing existence, let us be together.

At *aum yoga* place your hands in namaskar with the thumbs against the brow chakra and at *citta vrittita nirodha* let your thumbs and index fingers come together at the brow chakra, then move this finger position sideways to the left and right, over the eyebrows toward the temples until the ears, and from there 20 centimeter sideways.



Citta vrittita nirodha - Oh sacred cosmic existence, in stillness I can be peaceful love.

See description at *aum yoga*, in one fluent movement. These movements symbolize, together with the love and clarity that blossomed because you allowed the wisdom in the preceding movements, the appeal to a mind-stilling energy that gives you the openness to experience what it means to be truly human.



Track 2: *Aum Adhara puja* – Prayer to the Holy Source of Everything

Mantra:

Aum adhara premapurna

Aum adhara shantipurna

Aum sambhavasarva shanti aum

Free translation: “Oh dear Origin of All, peace be with you. Thank you for your loving and peaceful sustenance with which you embrace everyone who entrusts himself to you.”

The *Aum Adhara puja* is a puja done primarily to experience more and more trust in oneself and in life. It is a prayer of gratitude to the origin of everything, just as the earth is physically the origin of the tangible life we know. It is an ode to that which sustains you in your life and in which you can fully trust, and this puja supports you in giving thanks for the love that lives in both that which sustains everything and in you. The *Aum Adhara puja* lets you feel that you are developing trust, also through the very practical experience of being carried by the ground. That which carries you brings you into contact with something other than your abilities, your personality, or something you hold on to. You do not have to hold on to what is carrying you, but you can trust it. When you hold on to something, it creates the fear that one day it will fall away, but something that always carries you and underlies you cannot fall away and instills trust. Your origin cannot fall away, and that is why you feel at ease and at home there, and that gives you the trust you need to open up to the experience of your deeper, spiritual value.

Overview of gestures used in the *Aum Adhara puja*



Aum adhara premapurna - Oh loving support.

At the first mantra lay your hands over each other (crossed) on the heart chakra at the center of your sternum. Here you feel the source of love, which has been given to you in the form of a full heart.



Aum adhara shantipurna - Oh peaceful support.

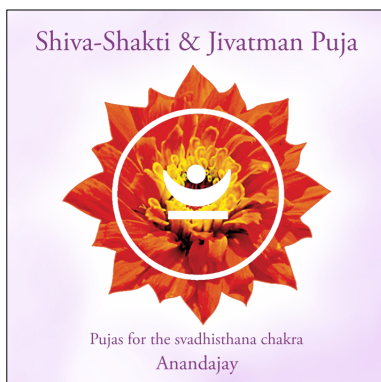
At the second mantra place your hands in namaskar with the thumbs on the forehead chakra and slightly bend your head forward. Here you feel the source of peace, which has been given in the form of a luminous consciousness.



Aum sambhavasarva shanti aum - Peace be with you, Oh essential Origin of All.

At the third mantra bring your hands in namaskar back to the heart chakra and, while you bring your head back up, open your hands and let them slide sideways, opening them to earth. Here you feel how you, in gratitude for the value of love and peace, make an opening gesture to earth in order to thank the sacred Origin of All, that you may experience all of this through her.

During the musical intermezzo, place your hands on your lap or upper thighs, palms facing up.



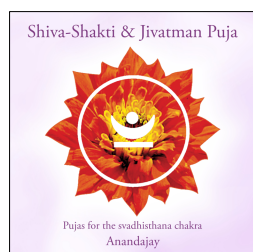
Shiva-Shakti & Jivatman Puja

– Pujas for the svadhisthana chakra (reconnecting)

Duration Shiva-Shakti puja: 34.56 minutes.

Duration Jivatman puja: 34.21 minutes.

www.anandajay.org/en/albums/shiva-shakti-en-jivatman-puja



Track 1: Shiva-Shakti puja

– Prayer to the Universal Father & Divine Mother

Mantra: *Shiva shakti anandamaya aum*

Free translation: “Oh leven, door jou mag ik de heelheid ervaren van de relatie tussen de diepte van mijn ziel en de tastbaarheid van het bestaan.”

The *Shiva-Shakti puja* is about the tantric aspect of life, *Shiva* and *Shakti*, the masculine and the feminine. Both poles have a longing to come together, because if there was only the masculine, there would only be potential. And if there were only life energy, but no consciousness, nothing would initiate creation. Only when the masculine can join the feminine can creation come into being.

Overview of gestures used in the Shiva-Shakti puja



Shiva - All essence I experience.

Place the hands, like a chalice brought together and with the wrists against each other, with the lower edges of the thumbs up against the forehead. This posture symbolizes receiving both inspiration and spiritual inspiration.



Shakti - All existence I experience.

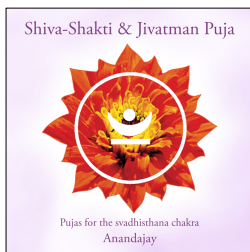
Bring your hands together in namaskar and then let them go down. At the navel area you turn your hands, facing down towards the floor, and move your hands apart while keeping the fingertips against one another, until they are in a bowl-like shape. The movement continues past the pelvis area toward the upper thighs. This gesture symbolizes that you receive life force and its longing.



Anandamaya aum - Come together in me and create soulful new life.

Bring your hands from this bowl-like shape through a circular motion, sideways up to above the head and then bring your hands in namaskar to the heart chakra. This movement symbolizes that you invite both energies you received before to come together in your heart area and to show your dedication to it.

During the musical intermezzo, place your hands on your lap or upper thighs, palms facing up.



Track 2: *Jivatman puja*

– Prayer to Honor the Soul

Mantra:

Aum namah ji ji jivatman aum namaha (2x)

Aum purusha namah aum namaha (2x)

Free translation: “Oh my sweet soul, be praised, you are my pure origin.”

The *Jivatman puja* is a prayer of gratitude in honor of your soul, in which you open yourself to the soulful human being that you are (*Jivatman*) and to the essential, immeasurable, pure Source from which you and all souls come, the all-encompassing Soul of All (*Atman*). As a living soul, you will always long for wholeness, for liberation from isolation, for completeness and harmony. *Jivatman* is like a ray of light from *Atman*, man is like an aspect of life, your identity is like an aspect of creation. He is born from it and will never forget his origin, he will always long to be reunited with it. Longing is what makes *Jivatman* remember his origin, *Atman*, and search for it. But in addition, *Jivatman* is also *Atman*, just as a drop of water is also *Atman*. As a human being, *Jivatman*, you realize your great origin, and yet you are temporarily a drop that longs for the ocean as the origin of everything.

The *Jivatman puja* consists of two complementary mantras, each of which is chanted twice in succession. In the first mantra, *Aum namah ji ji jivatman aum namaha*, you continuously make contact with your soul by repeatedly bowing to your soul and letting go again and again. This brings you very close to yourself. This can be confrontational because there is very little room for the ego in this puja. This puja is about one movement and one contact, and the ego cannot find much to distract it. That is why in this puja the real question is whether you are devoted to your soul and whether you want its inner value to enrich you more and more. This puja is therefore a balm for your soul.

In the second mantra, *Aum purusha namah aum namaha*, you mainly reflect on the depth that your soul, the soul within you, represents. Of course there is the *aum* again and the *namaha* twice, indicating that you are greeting your soul from the spiritual dimension, but it is mainly the concept of *purusha* that determines the value of this phrase. After bowing and greeting your soul, this phrase wants you to know and feel that your soul is the connection to the origin of all life and existence, that it is the entrance to the indefinable pure essence of everything.

Overview of gestures used in the *Jivatman puja*



Aum namaha - Oh be praised.

At *aum namaha* you bring your hands in namaskar in front of the heart chakra and make sure that your fingertips touch the lips. The head is slightly bent. This posture symbolizes your intention to let your love and speech come together as a sign of purity.



Ji ji jivatman - My sweet soul.

At *ji ji jivatman* you bring your head upright and you lay your hands on top of one another, with the insides up, thumbs against each other and the little fingers against the chest, in front of your heart chakra. This posture symbolizes your willingness to receive and experience your soul.



Aum namaha - Be praised!

At *aum namaha* you bring your hands back in namaskar in front of the heart chakra and you make sure that your fingertips touch the lips. The head is slightly bent. This posture symbolizes your intention to let your love and speech come together as a sign of purity.



Aum namaha - Oh be praised.

At the second mantra you repeat the previous gesture during the *aum namaha*, so stay in this position but touch the mouth one more time to reaffirm your intention to speak from the heart.



Ji ji jivatman - My sweet soul.

At *ji ji jivatman* you bring your head upright and you lay your hands on top of one another, with the insides up, thumbs against each other and the little fingers against the chest, in front of your heart chakra. This posture symbolizes your willingness to receive and experience your soul.



Aum namaha - Be praised!

At *aum namaha* you bring your hands back in namaskar in front of the heart chakra and you make sure that your fingertips touch the lips. The head is slightly bent. This posture symbolizes your intention to let your love and speech come together as a sign of purity.



Aum purusha - You are the origin that carries me.

At the first *aum purusha* you open your hands with the wrists against the bottom sides of your breasts and the insides faced up. This posture symbolizes your willingness to receive the Purity of the Mother Soul.



Namah aum namaha - I bow to you and greet you from my heart.

At *namah aum namaha* you bring your hands back in namaskar in front of the heart chakra with your fingertips touching your mouth and the head slightly bent.



Aum purusha - You are my purest origin.

At the second *aum purusha* you place your hands in yoga mudra (thumb and forefinger together and the other fingers together straight) with the thumbs and forefingers at the heart chakra with the three extended fingers completely on top of each other. This posture symbolizes that wisdom and love come together in the purest experience of your soul.



Namah aum namaha - I bow to you and greet you from my heart.

At *namah aum namaha* you bring your hands back in namaskar in front of the heart chakra with your fingertips touching your mouth and the head slightly bent.

During the sound of the singing bowl, place your hands on your lap or upper thighs, palms facing up.



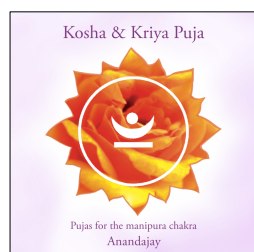
Kosha & Kriya Puja

– Pujas for the manipura chakra (reordering)

Duration Kosha puja: 34.20 minutes.

Duration Kriya puja: 35.34 minutes.

www.anandajay.org/en/albums/kosha-en-kriya-puja



Track 1: Kosha puja

– Prayer to the Five Sheaths of the Soul

Mantra:

*Aum namah annamaya - Aum namah pranamaya - Aum namah
manomaya - Aum namah vijñanamaya - Aum namah, anandamaya
namaha*

Free translation: “Oh my dear body, I greet and respect you as the temple in which I live. Oh my flowing life energy, I greet and respect you as the light that rises through me, surrounds me and permeates me. Oh my courageous decisiveness, I greet and respect you as the life force that expresses all my thoughts and feelings. Oh my luminous insight, I greet and respect you as the limitless space of my essential knowledge and substantive wisdom. Oh, salutations to you, my inner lotus, I greet and respect you as my loving and blessed essence.”

The *Kosha puja* lets you express your gratitude for the value of the five sheaths, layers, skins, or energetic mantles around the most essential aspect of your existence: your soul. They form your energy space and consciousness and allow you to experience how transparent your relationship with your soul is. The openness, purity and permeability of this energy sphere, and therefore your consciousness, determines how you experience your soul, your essence and your humanity.

The first layer is the *annamaya kosha*, the material body, the cellular body, or the food body. The literal meaning of anna is the sheath that comes from food. The second sheath, which extends both through and outside the body, is the *pranamaya kosha*. The Sanskrit word prana means both energy and life force. The third sheath, the *manomaya kosha*, which is felt from the outside and surrounds the soul, has to do with everything around your mental activities. Mental activity is a combination of your thinking and feeling and the way they merge in your actions. The Sanskrit word *manas*, from which *mano* is derived, means mind, psyche, or brain, and this is where all the signals, memories, conditioning, and realizations come together and lead to your way of interpreting, viewing, and acting.

The fourth sheath around the soul, seen from the outside, is the *vijnanamaya kosha*. This covers everything related to insight, transcendental knowledge and wisdom. It is the domain of the gnostics, the jnanis and the mystics. The Sanskrit prefix *vi-* means that something transcends what comes after it. The Sanskrit *jnana* means knowledge, and because this knowledge transcends something, *vijnana*, it means knowledge that has transcended ego-related interpretation and narrow-mindedness, in other words, wisdom. Finally, from the outside in, you come to the fifth sheath around the soul, the *anandamaya kosha*. Simply put, this is the layer that is characterized by a feeling of supreme happiness. After all, *ananda* means blessing or bliss. It is the area where you feel completely blessed, loved, and safe. The combination of these values could also be called soulfulness. It is therefore the layer at which you as a human being can experience your soul in its purest, most unveiled value.

Overview of gestures used in the Kosha puja



Aum namah annamaya - Oh be praised, my precious body, temple of experience. From the namaskar position at the heart chakra, bring the hands upward to the face, open them, approx.. 10 cm from your head, the palms toward you. Then make a gesture as if you are washing your face, first slightly up, then slightly apart and then downward along the face, body and over your legs. Afterward bring your hands back in namaskar in front of the chest.



Aum namah pranamaya - Oh be praised, energy within me, temple of life. Bring the hands upward in namaskar until the arms are straight. Then bring the arms sideways, describing the space around you with your hands, which are slightly faced inward, until they are on the floor beside you, as if you are indicating your auric field. Bring back in namaskar in front of the chest.



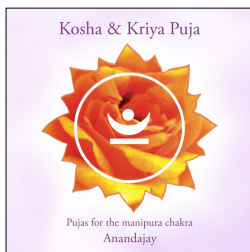
Aum namah manomaya - Oh be praised, fruits of my consciousness, temple of fertility. - From the namaskar position at the heart chakra, bring your hands in namaskar in front of the stomach area and from there open your arms outward in a giving posture, with the palms turned up and hands pointing forward. Afterward bring your hands back in namaskar in front of the chest.



Aum namah vijnanamaya - Oh be praised, wisdom within me, temple of light. Raise your hands in namaskar in front of the Ajna chakra. From there open your hands (with the palms toward you), bring them all the way forward and then sideways in a circle backward, until you can put your hands in namaskar on the crown or top of your head.



Aum namah anandamaya namaha - Oh be praised, peaceful essence within me, temple of love and happiness. - Bring your hands in namaskar to the left in front of the left breast area. Leave the left hand there and with your right hand that you will now point toward you, make counter-clockwise, circular movements in front of the area of the abdomen, stomach and chest (from the abdomen upward to the left and downward to the right) and then bring your hands back in namaskar in front of the chest.



Track 2: Kriya puja

– Prayer to the Ten Virtues of Living

Mantra:

Abimsa jaya jaya aum

Satya jaya jaya aum

Asteya jaya jaya aum

Brahmacharya jaya jaya aum

Aum aparigraha shanti aum (3x)

aum shanti aum

Shauca jaya jaya aum

Santosha jaya jaya aum

Tapas jaya jaya aum

Svadyaya jaya jaya aum

Aum ishvara pranidhana shanti aum (3x)

aum shanti aum

Free translation: *Abimsa*, the virtue of respect and non-violence. *Satya*, the virtue of the truth of my being. *Asteya*, the virtue of soulful dignity. *Brahmacharya*, the virtue of being in relationship with the essential. *Aparigraha*, the virtue of patience. My eye of wisdom awakens because patience softens it. I love myself because patience softens my judgments with love. *Aum shanti aum*, may I feel at ease, both in my brain and in my belly.

Shauca, the virtue of purity filled with essence. *Santosha*, the virtue of being a space without strife. *Tapas*, the virtue of boundless devotion to the essential. *Svadyaya*, the virtue of coming home to wholeness. *Ishvara pranidhana*, the virtue of surrender. I let go of all that I have held on to unnecessarily. I let go of everything that holds me back so that I can receive new energies. *Aum shanti aum*, may I feel at ease, both in my brain and in my belly.

The *Kriya puja* is a prayer of gratitude and reflection. *Kriya* means to do and, like the Sanskrit word *karma*, comes from the root *kr* or *kri*, which means to do or to act. On the one hand, this puja expresses gratitude for the aforementioned eternal, elemental values that yoga has offered us over the centuries and that so profoundly encompass all aspects of human life. On the other hand, these all-encompassing aspects encourage you to reflect deeply on how you and your way of life relate to these values. The *yamas* and *niyamas* are therefore reflective themes that remind you of how you live and act. They give you insight into what hinders or deepens your relationship with yourself and life.

Overview of gestures used in the Kriya puja



Abimsa jaya jaya aum - I feel a deep respect for life.

Hold your hands in namaskar in front of the middle of the sternum and Anahata chakra as a gesture of respect.



Satya jaya jaya aum - I wish to be honest with the authenticity of life.

Bring your chest forward and straighten your arms down and backward with the palms facing forward.



Asteya jaya jaya aum - I open myself to the values of life.

Bring your hands in namaskar in front of the forehead and Ajna chakra. With this gesture, you ask if your views and insights may be affected by wisdom.



Brahmacharya jaya jaya aum - I make contact with the substance of life.

Hold the hands in a scale-like pose in front of the center of your sternum and Anahata chakra. With this gesture, you invite essentiality to flow inwards via the scale in front of your chest, into the heart of the essence in you, to be together with it.



Aum aparigraha shanti aum (3x), aum shanti aum - I have patience for the revelations of life.

Caress with your middle and ring fingers from the top center of your forehead to the top of the eyebrows at the nose bridge, then over the eyebrows toward the temples as far as the ears, and then bringing them sideways. Repeat 3 times and afterwards lay your hands on the abdomen.



Shauca jaya jaya aum - I feel reverence for the purity of life.

Bring the hands in namaskar and move them along the body upward, and above the head bring your arms sideways, describing a big circle around you with the diverging hands. At the bottom lay your hands on the upper thighs with the palms turned up, or if you stand you hold the hands together in a bowl-like manner.



Santosha jaya jaya aum - I enjoy being at peace with life.

Let both hands rest with the fingers on the area of the stomach below the chest. With this gesture you ask if the love energy from the circle above may soothe your stomach, so it may bring the Manipura chakra's inclination for power and struggle to genuine peace.



Tapas jaya jaya aum - I feel my longing for the essence of life.

Put your hands on your abdomen with your fingertips on the pubic bone. With this gesture you ask the essence in your desires to stand up and guide you into the essence of your Self.



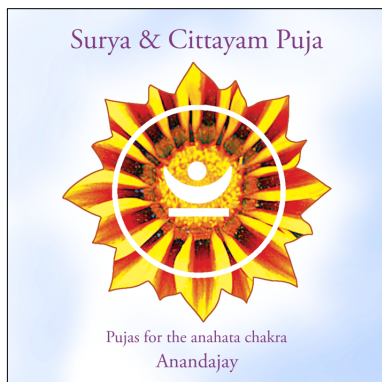
Svadyaya jaya jaya aum - I feel at home in the essential wholeness of life.

Lay the left hand on the upper thigh, palm turned up, and describe with the right hand (with thumb and forefinger brought together and other fingers relaxed) a line about 15-20 cm in front of your body, from the top of your forehead to the bottom of the sexual organs.



Aum ishvara pranidhana shanti aum (3x), aum shanti aum - I surrender to the all-encompassing vastness of life. - Hold elbows against the sides of your body and let your forearms point horizontally and slightly sideways, facing out, palms turned up. Thumb and forefinger gently touch and other fingers are loose. With this gesture you show your wish for complete surrender, to receive, and to be filled with the purity of all-encompassing being.

During the musical interludes, place your hands on your lap or on your upper thighs, palms facing up.



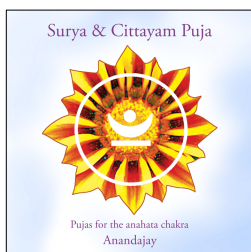
Surya & Cittayam Puja

– Pujas for the anahata chakra (inspiring)

Duration Surya puja: 32.54 minutes.

Duration Cittayam puja: 33.04 minutes.

www.anandajay.org/en/albums/surya-en-cittayam-puja



Track 1: Surya puja

– Prayer of gratitude to the twelve qualities of your soul

Opening prayer:

Aum shanti shanti shanti aum

Aum atma amrithathvam

Aum purna absritba

Aum purusha tattvamasi

Mantra:

Aum atma mitraya namaha

Aum atma ravaye namaha

Aum atma suryaya namaha

Vabe atma shanti saranagati

Aum atma bhanave namaha

Aum atma kbagaya namaha

Aum atma pushne namaha

Vabe atma shanti saranagati

Aum atma hiranyagarbhaya namaha

Aum atma maricaye namaha

Aum atma adityaya namaha

Vabe atma shanti saranagati

Aum atma savitre namaha

Aum atma arkaya namaha

Aum atma bhaskaraya namaha

Vabe atma shanti saranagati

Aum shanti shanti shanti aum

Free translation opening prayer: “Peace is the true nature of all things. Oh immortal Mother of all souls, Soul of all souls, you are the wholeness that sustains all. Oh my most sacred soul, you are the eternal principle of peace and as such, you live also within me.”

Free translation Surya puja: “Oh my shining soul, you are my friend, center and my strength (centering values). You give me sight, space and energy (opening values). You are my origin, healing and protective aura (energetic values). You give me insight, radiance and the connection with the essential light (essential values). Oh glorious soul, every time I experience you and bow before you, I enter a peaceful, enriching and joyous openness. Your peace is the true nature of all, including me.”

The *Surya puja* is about your gratitude for the light, both the light of the sun outside and the light of your inner soul. The puja reminds you of the different forms of light that want to serve you and open you, offer you clarity and freedom, and let you develop.

The *Surya puja* is specifically about the values of light that you receive from your relationship with your soul. Through the puja you express your gratitude for *Atman*, the Mother Soul, of which every living being is a child through its individualized soul. In this puja you express your gratitude to the Mother Soul for all the light you have been and are receiving from her, and for the value that this has for you as a more deeply conscious human being. It is like thanking your mother for all that she means to you, or thanking nature for all that it gives you, or thanking your personal inner experience for all that you have received. You as a human being with your individual soul, the *jivatman*, are expressing your gratitude to the *Atman*, the great mother soul that encompasses all souls. It is like the star thanking the sun for the light and all that it receives as a result. Everyone feels connected to something greater in some way, and here that all-encompassing essence is thanked from the heart in a devotional and moving way, in stillness.

The *Surya puja* begins with a short introductory prayer that expresses the spirit and value of the remaining mantras. This is primarily about the profound, venerable value of the soul, or *Atma* in Sanskrit, which appears often later in this puja.

The twelve aspects of the *Surya mantra* addressed in this puja can be divided into four parts that delve deeply into the four phases of the relationship between you and your soul. The first three aspects of the light, of *Surya*, are about your longing to get in touch with your soul and to be guided by your deepest longing. The next three aspects of the light, of *Surya*, are about “the soul’s response” to the relationship you have entered into. The next three aspects of light, of *Surya*, are about the depth of this fully, mutually consensual, “intimate togetherness” of you with your soul. The last three aspects of light, of *Surya*, are about the “spiritual fulfillment” that this intimate togetherness of you with your soul brings.

Overview of gestures used in the Surya puja



Aum shanti shanti shanti aum - “Peace is the true nature of all things.”

The invocation (repeated three times)

Lay your hands over each other (crossed) at the center of the sternum and slightly bow your head.



Aum atma amritbathvam - "Oh immortal Mother Soul."
Place your hands in namaskar against your heart chakra.



Aum purna asritba - "Oh Soul of all souls, you are the wholeness that sustains all."
Place your elbows at the sides of your body with the arms stretched forward and with the palms turned up in order to receive.



Aum purusha tattvamasi - "Oh my honorable soul, you are the eternal peaceful principle, and as such you live also within me." (3x)
Place your hands in namaskar against your forehead chakra and keep them there also during the bell (repeat these movements three times).



Aum shanti shanti shanti aum - "Your peace is the true nature of everything, including me. Thank you for all the profound richness that I experience and therefore am." - Lay your hands over each other (crossed) at the center of the sternum and slightly bow your head.



Aum atma mitraya namaha - "Oh my soul, I thank you for how your presence, the value of friendship, and affection enrich my life." - At *aum atma* place your hands in namaskar against your brow chakra and at *mitraya namaha* place your hands in namaskar (prayer-like pose) against the sternum.



Aum atma ravaye namaha - "Oh my soul, I thank you for how your presence, the value of you as my spiritual center, enriches my life." - At *aum atma* place your hands in namaskar against your brow chakra and at *ravaye namaha* place your hands with your fingers above the stomach, just below the breastbone.



Aum atma suryaya namaha - "Oh my soul, I thank you for how your presence, the value of my deepest longing, enriches my life." - At *aum atma* place your hands in namaskar against your brow chakra and at *suryaya namaha* place your hands and fingers on the stomach, about 5 centimeter above the navel.



Vabe atma shanti saranagati - "Oh glorious soul, by experiencing you and thanking you, I enter a peaceful, enriching and joyful openness." - Bring your hands in namaskar in front of the face with your thumbs on your lips, the tips of your middle- and forefinger on the brow chakra and clearly bow your head.



Aum atma bhanave namaha - "Oh my soul, I thank you for how your presence, the value of radiant light and sight, enriches my life." - At *aum atma* place your hands in namaskar against your brow chakra and at *bhanave namaha* place your wrists on the cheekbones, palms open and up in front of the eyes.



Aum atma kbagaya namaha - "Oh my soul, I thank you for how your presence, the value of freedom and liberation, enlightens and enriches my life." - At *aum atma* place your hands in namaskar against your brow chakra and at *kbagaya namaha* your arms stretched sideways, horizontally, as wings, with the palms turned up.



Aum atma pushne namaha - "Oh my soul, I thank you for how your presence, the value of growth and blossoming enriches my life." - At *aum atma* place your hands in namaskar against your brow chakra and at *pushne namaha* place your arms stretched sideways in a 45 degree angle up, hands horizontally, palms facing up.

Vabe atma shanti saranagati - “Oh glorious soul, by experiencing you and thanking you, I enter a peaceful, enriching and joyful openness.” - Bring your hands in namaskar in front of the face with your thumbs on your lips, the tips of your middle- and forefinger on the brow chakra and clearly bow your head.



Aum atma hiranyagarbhaya namaha - “Oh my soul, I thank you for how your presence, the value of purity and the source from which we all originate, enriches my life.” - At *aum atma* place your hands in namaskar against your brow chakra and at *hiranyagarbhaya namaha* place your hands in a bowl-like shape with all fingertips on the area just above the pubis and the palms turned toward you, somewhat facing up.



Aum atma maricaye namaha - “Oh my soul, I thank you for how your presence, the value of healing enriches my life.” - At *aum atma* place your hands in namaskar against your brow chakra and at *maricaye namaha* place your hands in a bowl-like shape with all fingertips on the belly (about 5 cm below the navel) and the palms turned toward you.



Aum atma adityaya namaha - “Oh my soul, I thank you for how your presence, the value of envelopment and belonging, enriches my life.” - At *aum atma* place your hands in namaskar against your brow chakra and at *adityaya namaha* lay your hands open, lying on top of each other (left hand under) in front of the heart chakra.



Vabe atma shanti saranagati - “Oh glorious soul, by experiencing you and thanking you, I enter a peaceful, enriching and joyful openness.” - Bring your hands in namaskar in front of the face with your thumbs on your lips, the tips of your middle- and forefinger on the brow chakra and clearly bow your head.



Aum atma savitre namaha - “Oh my soul, I thank you for how your presence, the value of inspiration and inner guidance enriches my life.” - At *aum atma* place your hands in namaskar against your brow chakra and at *savitre namaha* make with the hands a sphere-like shape and hold it at the height of the heart (right hand) and belly (left hand).



Aum atma arkaya namaha - “Oh my soul, I thank you for how your presence, the value of radiance and emanation enriches my life.” - At *aum atma* place your hands in namaskar against your brow chakra and at *arkaya namaha* lay the insides of the wrists against the lower ribs. At the front side of the chest, you stretch your hands to the front with the insides facing each other.



Aum atma bhaskaraya namaha - “Oh my soul, I thank you for how your presence, the value of being a conscious part of this creation, enriches my life. - At *aum atma* place your hands in namaskar against your brow chakra and at *bhaskaraya namaha* place your hands in namaskar in front of the Ajna chakra (3 cm in front of the brow chakra).

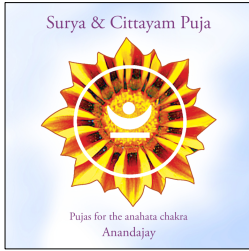


Vabe atma shanti saranagati - “Oh glorious soul, by experiencing you and thanking you, I enter a peaceful, enriching and joyful openness. - Bring your hands in namaskar in front of the face with your thumbs on your lips, the tips of your middle- and forefinger on the brow chakra and clearly bow your head.



Aum shanti shanti shanti aum - “Your peace is the true nature of everything, including me. Thank you for all the profound richness that I experience and therefore am.” Lay your hands over each other (crossed) at the center of the sternum and slightly bow your head.





Track 2: *Cittayam puja*

– Prayer to the Enjoyable Richness of the Soul

Mantra:

*Atman cittayam,
cittayam anandam*

Free translation: “Soulfulness, by having become a human being, leads to awareness, and it is through this awareness that I am able to experience the bliss of my soul.”

The *Cittayam puja* is a prayer of gratitude for your birth, which is the most essential aspect of humanity. As a human being, you are given the opportunity to be aware of the most special part of life: the soul. You are not only a part of life, but you can be aware of it, from the surface to the most divine depths. You have always been a part of it, but on an essential level of longing, you have chosen to be a conscious part of it.

It is important not to underestimate this added dimension. If you are only a part of a larger whole and are included in it, you cannot be aware of it. It is this extra space of awareness that creates duality and the ability to discriminate, that gives you the ability to be aware of whether you are part of something larger or separate from it. In a world of oneness, where everything is one, you cannot be aware of anything because there are no differences to stand out and prevent you from being aware of anything. Your birth and your inner presence, which is part of humanity, creates the possibility to consciously experience the miracle of life and to consciously be part of it. This whole world, this whole cosmos, was created to give people such as you the opportunity to consciously feel that you are alive and that this consciousness is the origin of everything.

In the *Cittayam puja*, you invite your soul (*atman*) to influence your consciousness (*cittayam*) with its radiance, thereby giving you more space for insight. When the soul influences the consciousness, a peace is created that causes all struggle-oriented thoughts to fall away and the poles of duality to lovingly complement each other once again. The polarities present within you then come together, like your hands in the *namaskar* gesture of friendship, or coming together peacefully with other people in community out of love. As this is allowed to happen, you feel how life with yourself and others becomes more accessible to the bliss of soulfulness, *ananda*, the nectar of your soul. This *puja* makes you realize that you were born to be aware of the divine background of everything. When you are aware of this in yourself, in others, in everything that exists, the way opens for a peaceful and enriching togetherness.

The mantra, *Atman cittayam, cittayam anandam*, consists of four parts and gestures. The first part of this mantra is the Sanskrit word *Atman*, which means “all-encompassing soul” or “soul of all.” The word *Atman* is often used to refer to the universal soul, to indicate the difference from *Jivatman*, the individual soul within each human being (see also the *Jivatman puja*). The first part of the mantra therefore means, “I feel my soul.”

The second part of this mantra is the Sanskrit concept *cittayam*. *Cit* is a key concept in Hindu literature and means “consciousness,” and the concept *citta* can best be translated as “mind” or the combination of “heart and mind.” *Ayam* then means “this.” Together they indicate that this is about the limited human consciousness. In this mantra, you open your consciousness, which is usually narrowed and therefore limited by goal-orientation, to allow it to be receptive to the influence of the soul. The second part of the mantra therefore means, “I allow my consciousness to be receptive to it.”

The third part of this mantra is the Sanskrit concept *cittayam*. With this mantra, you are now allowing your fully receptive consciousness to be filled with the influence of the soul. As you move your arms through your aura, you allow this influence to work on all the chakras from your center to above your crown, and you bring it all together above your head through the harmonizing gesture of the namaskar posture. The third part of the mantra therefore means, “This creates peace to my consciousness.”

The fourth part of this mantra is the Sanskrit concept *anandam*, which means “being connected with bliss.” Bliss is being completely influenced by the experience of happiness, so that the ego is softened and the most essential value of happiness has permeated everything. The fourth part of the mantra therefore means, “peace that enables me to experience the loving value of bliss.”

Overview of gestures used in the Cittayam puja



Atman - I feel my soulfulness.

At *Atman* place your fingertips on the point just below the sternum. This posture symbolizes your willingness to open yourself to the soul that dwells within you, where strength and love come together.



Cittayam - I allow my awareness to be receptive to it.

At *Cittayam*, from that position you open the arms, place your elbows against the sides of the body and let the insides of your hands face openly forward at chest level. This posture symbolizes your willingness to open yourself and to keep the soul no longer concealed, and to let true insight enlighten your ignorance.



Cittayam - This creates peace in my awareness.

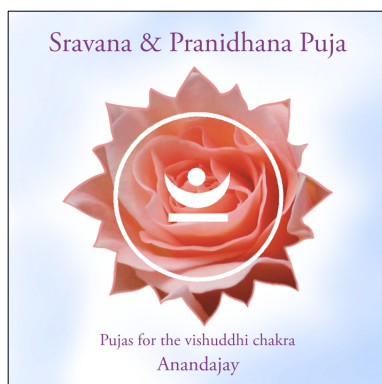
In the second *Cittayam* you bring your hands from the sides above the head in namaskar. This posture symbolizes your willingness to let consciousness be a peaceful openness, rather than a seeking duality.



Anandam - Peace that allows me to experience the loving value of bliss.

At *Anandam* raise your hands in namaskar in front of your heart chakra. This posture symbolizes your willingness to follow your inner voice of bliss.

During the musical interludes, place your hands on your lap or on your upper thighs, palms facing up.



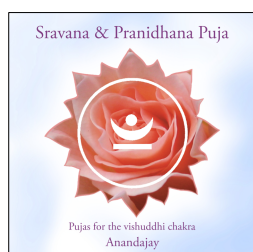
Sravana & Pranidhana Puja

– Pujas for the vishuddhi chakra (purifying)

Duration Sravana puja: 31.12 minutes.

Duration Pranidhana puja: 27.03 minutes.

www.anandajay.org/en/albums/sravana-en-pranidhana-puja



Track 1: *Sravana puja*

– Prayer of gratitude for awakening to your spiritual value

Mantra: *Sravanam akasha, sravanam anandaveda*

Free translation: “Listen to the cosmic light, listen to the inner wisdom of your heart.”

In the *Sravana puja* you express your openness to the cosmic light and the inner light, which are one and the same. You show your willingness to be nourished by it, to enter into a different vibration, and to be connected to your essential self. By listening (*sravanam*) to yourself as well as to others and to the great unknown (*akasha*) - the invisible, the inaudible and the indefinable - by being open and listening, by allowing, accepting and being receptively open, you will detach from your ego-centeredness and awaken to the bliss of your heart (*anandaveda*). As you open yourself to the invisible light that illuminates you, the inaudible sound behind all sounds, the indefinable that is your origin and deepest nature, it gives you the space to be enriched by the unknown and to develop in new ways.

Overview of gestures used in the Sravana puja



Sravanam akasha - I listen to the cosmic light.

During *sravanam akasha* bring your hands together in namaskar on the slightly upward oriented forehead chakra and open yourself to all visible and spiritual light from outside.



Sravanam anandaveda - I listen to the light of my soul.

During *sravanam anandaveda* lay your hands over each other (crossed) at the center of your sternum and open yourself to the experienceable, spiritual light from within. Slowly bend your head slightly down and when the next mantra starts raise your head again and make the accompanying gesture. At a later stage these movements can be done on a long inhalation (*sravanam akasha*) and exhalation (*sravanam anandaveda*).

During the musical interludes, place your hands on your lap or on your upper thighs, palms facing up.



Track 2: Pranidhana puja

– Prayer of devotional surrender

Mantra: *Brahman shaucam pranidhanam*

Free translation: “The creative force inspires me, its purity purifies me, and total surrender to it frees me.”

In the *Pranidhana puja* you open yourself to the cosmic, inspiring energy (*Brahman*), you allow yourself to be cleansed by its purity (*shaucam*) and you experience the beauty of surrender (*pranidhanam*). The puja opens you to your longing to experience what you essentially are and what life is all about. You learn that you should not so much learn to manage life, but that you should learn to let life flow through you and let it do something with you, so that you can feel what remains within you as a loving essence. It allows you to feel that you are loved through the experience of surrender, and that allows your affection for all living beings to grow.

The first part of this mantra is the Sanskrit concept of *Brahman*, which literally means “constant expansion or healing.” *Brahman* represents everything from the experiential to the unexperiential, the Absolute, the living whole. The second part of this mantra is the Sanskrit concept of *shaucam*, which means purity, indicating that the *energy of Brahman* cleanses and purifies everything in you, from the body to the soul, in the most purifying way. The third part of this mantra is the Sanskrit concept of *pranidhanam*, which means surrender. Surrender is about giving what is left when you feel your essence. Purification can only happen in openness, and letting go of what you don’t really need can only happen in that state of surrender.

Overview of gestures used in the Pranidhana puja



Brahman - I open myself to the cosmic, inspiring energy.

At *brahman* keep your hands above the forehead chakra in the shape of a chalice. With this gesture you let cosmic energy flow from the chalice into your head and forehead.



Shaucam - I allow myself to be purified by its purity.

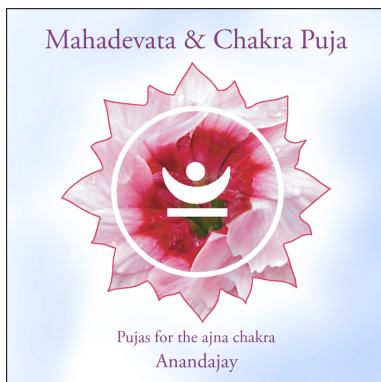
During *shaucam* you bring your hands in namaskar (praying posture) in front of the heart chakra. With this gesture you affirm that you’ve come harmoniously together with your heart and you let the purity of the energy that you’ve received flow downward, from the head, throughout your body and the heart.



Pranidhanam - Free, I experience the beauty of surrender.

During *pranidhanam* you let your hands go down and turn your palms up. As your hands go down, let them unfold and bring them into a posture as if water flows from your hands and arms toward earth. Also allow the energy to flow from your lower body. This gesture is a continuation of the previous gesture.

During the musical interludes, place your hands on your lap or on your upper thighs, palms facing up.



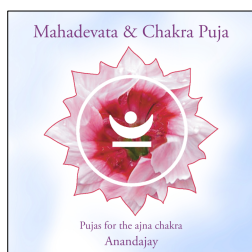
Mahadevata & Chakra Puja

– Pujas for the ajna chakra (widening)

Duration Mahadevata puja: 28.48 minutes.

Duration Chakra puja: 34.39 minutes.

www.anandajay.org/en/albums/mahadevata-en-chakra-puja



Track 1: Mahadevata puja

– Prayer to the Four Lights of Creation

Mantra:

Aum shanti aum brahma

Aum shanti aum shiva

Aum shanti aum visbnu

Aum jaya krishna namaha namaha

Free translation: “Oh Life, as I receive you in me, allowing you to do your work and thereby supporting me, the love that I then recognize as my essence flows naturally into all my actions.”

This puja opens you to the four basic forces of your existence: inspiration, relaxation, support and expression. The Sanskrit word *mahadevata* literally means the most important or greatest gods, but *mahadevata* is also a name for *Krishna*, to indicate that *Krishna* can be seen as the most important aspect of these four. The idea behind this is that the Hindu gods *Brahma*, *Shiva*, and *Vishnu* (the Creator, Destroyer, and Preserver, respectively) together form life, but also that *Krishna* symbolizes life in the sense that you let your way of life and your soul go together in practice.

The *Mahadevata puja* allows you to experience these four cosmic directions, as Anandajay likes to call them. As spiritual energies, *Brahma*, *Shiva*, *Vishnu*, and *Krishna* are four points of orientation that can be used as a kind of thermometer to indicate where you are in the moment between heaven and earth, between support (*Shiva* and *Vishnu*: letting go and receiving) and society (*Brahma* and *Krishna*: inspiration and love). These energies influence how you live, act, meditate, and relate to others. By using this mantra prayer and the accompanying movements, you can feel how these energies are given space to flow through you and influence the way you live.

A special place in this puja is reserved for the moment of *Krishna energy*. In this puja, you first allow the energy of *Brahma* to flow through you from above, giving you more freedom to be there. Then you allow the *energy of Shiva* to flow from your groin to the

earth, giving you more freedom to be unburdened in the now. Then you allow the energy of *Vishnu* to flow through you from the space behind you so that this support gives you more freedom to be who you are here on earth. Once you have allowed these energies to flow through you and you have experienced all of these freedoms, then you open yourself to the *Krishna energy*. When you allow the *Krishna energy* to flow freely, it will always make you happy. You open yourself to the loving life energy of your heart. You feel the longing to give this joyful energy to the world because you feel that you love life and your fellow human beings and wish them all the best and sincere peace.

The *Brahma* and *Shiva energies* in this puja are not so different. They are two aspects of the same movement. You cannot take on the next moment if you have not left behind the previous one. You cannot create something new until you have left your existing form. In addition to this flow from top to bottom, of receiving and letting go, there is also the flow from back to front, of being supported and giving. The beauty of this is that these two flows form a cross, a cross with your spiritual heart in the center, which is also a Christian symbol. The energies of *Brahma* and *Shiva* create and sustain a soft ego, creating an openness to receive support (*Vishnu*) and to give value to the world (*Krishna*), thus completing the *Mahadevata puja*.

Overview of gestures used in the Mahadevata puja



Aum shanti aum brahma - Oh Holy Life, come to me.

Bring your arms slowly to the sides of your body's flank height with the palms turned up. Then experience the energy that flows through you, without wanting anything, but simply give opportunity to the hands, shoulders, ears and crown to receive cosmic energy from the space above.



Aum shanti aum shiva - Oh Holy Life, flow through me and from me.

Bring the hands downward to the inguinal area on the upper thighs. Shiva is the Dissolver, that which drains away everything, which lets everything flow away. In this posture the seven points to let go of all unneeded energy are: the legs, the buttocks, the genitals, the perineum and the tailbone.



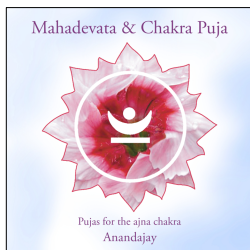
Aum shanti aum vishnu - Oh Holy Life, flow in me and sustain me.

Lay the hands on the chest, with the palms facing the chest. The left hand on the left side and right hand on the right side, and the elbows against the sides. Feel a flowing energy that you receive from the space behind you, from that which supports, nurtures, nourishes, surrounds and covers you, via seven points at the backside: the tail bone, the sacrum, at the bottom of the concavity of the back, at the top of the concavity of the back, the center of the curvature of the back, the neck and the back of the head.



Aum jaya krishna namaha namaha - Oh Holy Life, with joy I give to the world the preciousness I experience through you.

Bring the hands with the palms up and slightly forward and point them somewhat downward, and keep the elbows to the sides. This is a gesture of giving, of showing willingness. Subsequently feel in this posture that the Krishna aspect flows to the world, from the area of the navel, stomach, nipples, heart, the bottom of the throat and the point where the tongue connects to the tongue root, to the space in front of you.



Track 2: *Chakra puja*

– Prayer to the Seven Lights of Existence

Mantra:

Aum namah muladhara, aum namaha
Aum namah svadhisthana, aum namaha
Aum namah manipura, aum namaha
Aum namah anabata, aum namaha
Aum namah vishuddhi, aum namaha
Aum namah ajna, aum namaha
Aum namah sahasrara, aum namaha

Free translation: “Oh Lotus flower of eternal existence, longing, strength, love, refinement, wisdom, inspiration, I gratefully accept you.”

The *Chakra puja* is a puja to find peace with your birth as a human being. It sings of the most important energies available to you as a human being to experience life. The puja invites you to use these energies to gratefully accept your birth and to explore your human potential and the value of your existence. Feel them, greet them, honor them through the mantra and accompanying gestures, and they will serve you with their openness and values, so that together they give your experience of being more freedom.

In this prayer you connect to the seven most important and recognizable chakras, starting from your pelvic floor, which you respectfully greet with the mantras and accompanying gestures. With the first mantra you greet the *Muladhara* or base chakra, the essential value of that which gives you stability, a foundation and the space to be during your existence on earth. The second mantra greets *Svadhisthana*, your “own residence or dwelling place” - the place within you where you repeatedly experience and rediscover the most unique aspects of yourself, where you truly feel at home. The mantra of this chakra is a respectful greeting to the essential value of that which gives you authenticity, essence and vitality during your existence on earth. The third mantra greets *Manipura*, the city of jewels, the solar plexus or manifestation chakra, and relates to your manner of manifestation, emotionality and presence. Here you greet the essential value of that which gives you decisiveness, courage and charisma during your existence on earth. In the fourth mantra, you greet the *Anabata* or heart chakra, a quality of pure, untouched and untainted value. The mantra of this chakra is a respectful greeting to the essential value of that which most touches you, moves you, and gives you a taste of harmony during your existence on earth. The fifth mantra is a greeting to the *Vishuddhi* or throat chakra, the purity you experience when you are no longer comparing and your mind has calmed down. The mantra of this chakra is a respectful greeting to the essential value of that which gives you sincerity, honesty and a sense of purity during your existence on earth. The sixth mantra greets the *Ajna* or brow chakra, the essential insight that transcends your personal thoughts and knowledge. The mantra of this chakra is a respectful greeting to the essential value of that which gives you transformative insight, wisdom and reconciliation during your existence on earth. The last mantra is a greeting to *Sahasrara*, the crown or

wholeness chakra, the crown of the chakras, symbolized by a lotus with a thousand petals. The mantra of this chakra is a respectful greeting to the essential value of that which gives you shelter, wholeness and God or All Consciousness during your existence on earth.

For additional information about the value and workings of the chakras, see the chakra energy descriptions in the chapter *Chakra Resonance Ragas*, p. 179.

Overview of gestures used in the Chakra puja



Aum namah muladhara aum namaha - Oh be praised, source of stability.

Put your hands behind your buttocks with the fingertips pointing down and the tops of the little fingers and ring fingers together (in a V-shape), lightly touching, and open yourself for the relationship of the perineum with the earth.



Aum namah svadhisthana aum namaha - Oh be praised, source of fertility.

Place your hands on your abdomen with the fingertips of the middle and forefinger together at the pubic bone and open yourself to the relationship of your hands with the feeling within this part of your belly.



Aum namah manipura aum namaha - Oh be praised, source of power.

Place your hands with the thumbs on the chest rim and the fingertips of the middle fingers gently together touching each other on the stomach area and open yourself to the relationship of your hands with the feeling inside your stomach.



Aum namah anahata aum namaha - Oh be praised, source of affection.

Place your hands with the hand chakras on your chest, so that the tips of the middle and ring fingers touch each other slightly below the middle of the sternum (upside down V-shape) and you open yourself to the relationship of your hands with your feeling of this part of the sternum.



Aum namah visuddhi aum namaha - Oh be praised, source of honesty.

Place your left hand on the area on the bottom of the front of your neck and the right hand at the bottom of the back of your neck. Keep the uvula relaxed, so that the ears remain open to your inner voice. You open yourself to the relationship of your hand chakras with the throat area.



Aum namah ajna aum namaha - Oh be praised, source of wisdom.

Place your right hand chakra at the point between the eyebrows and the left hand chakra at the opposite end on the back of the head. Keep the eyes relaxed, so that the ears remain open for spiritual inspiration. You open yourself to the relationship of your hand chakras with your head.



Aum namah sahasrara aum namaha - Oh be praised, source of wholeness.

place your hands, resting on the insides of your wrists and opened in the shape of a chalice, on both sides of your head. Keep the hand chakras, eyes, ears, uvula and the spine up to and including the perineum relaxed, so that all these areas may receive the Sahasrara energy. Open yourself to the relationship with the feeling of the space above your crown and hands.

When you listen to the bansuri flute in between the prayers, hold your hands in namaskar in front of the chest or lay them on the thighs and with the palms open.

Anandajayah Sat-Ananda Mantra



Mantra to unfold the sahasrara chakra
Anandajay

Anandajayah Sat-Ananda Mantra

– Mantra for unfolding the sahasrara chakra
(liberating)

The Sat-Ananda mantra expresses that when the light of your soul is allowed to shine freely, it illuminates everything within you, allowing you to experience clearly that this is “Being,” the source of true and enlightening happiness.

Mantra:

Atmajyoti prakasha
Prasada antardhana
Brahmajyoti bhasvara
Sat-ananda

Free translation:

“When the light of the soul shines (freely),
you receive a blessing of great value
from your innermost self,
from which the beautiful essence
illuminates everything in your life with joy.
Then you know,
this is Being,
the source of true happiness.”

Meaning of the Sanskrit words:

Atmajyoti: the light of the soul, spiritual knowledge and insight.

Prakasha: light, shining, luminous.

Prasada: offering, favor, blessing, blessed nourishment.

Antardhana: inner richness, value or treasure.

Brahmajyoti: the dazzling brilliance of the essential.

Bhasvara: that which illuminates everything.

Sat: being, existing, happening, being present, the true, the authentic,
the good, the righteous, the beautiful, the wise and the honest.

Ananda: spiritual bliss, happiness of the soul.

About the Sat-Ananda mantra

The deepest background of The Light of Being is the experience of the value and wisdom of the Light of Being, and this essence is expressed in the *Anandajayah Sat-Ananda mantra*. The mantra uses four verses to remind you of your inner Light of Being, your essence, and your true origin. Its rhythm, sounds, and meanings bring you into contact with the light of your own being and bring you home to yourself.

The mantra is kept very simple in its essence. At the beginning, cellos and violins play softly, in keeping with the emotional value of this mantra. The background music of these stringed instruments is complemented by a simple Indian drum (*pakavaj*), symbolizing the earth and our human physicality. After all, it is our humanity that allows us to experience the substance of being. Later in the mantra, the drum is joined by the ringing sound of an Indian hand cymbal (*manjeera*) for even more mental openness. Against the backdrop of these soothing sounds, direct singing takes over as the most important “instrument” in this mantra. A mantra that brings you into deeper contact with the light of your own being.

The Sanskrit words atmajyoti, brahmajyoti and sat-ananda

Three different word combinations are used in the Sanskrit mantra to best describe the far-reaching value of the Light of Being.

The first term is *atmajyoti*, which means the light of soulfulness, where soul stands for the emotional experience of your essence. From your soul, the Light of Being is usually experienced as deep wisdom, love, and truth.

The second term is *brahmajyoti*. This refers to the light that is connected to Brahma, the origin and source of light. Soul is an emotional value within your humanity, but Brahma reaches much further and encompasses all of creation, including its origin. When you feel connected to the Cause of Creation, from which everything came and through which all life is related, you open yourself to more than your personal existence. From this larger perspective, you generally experience the Light of Being as your relationship to all other life around you, as part of a larger whole.

The third concept is *sat*, which literally means “being” in the sense of “taking place,” as well as “all-encompassing existence” and “being present.” The word *sat* is associated here with the concept of *ananda*, which means joy and happiness. The light of being and its brilliance, its liveliness, its sparkle, are an expression of the joyful, essential happiness of *ananda*, which you can experience as movements of light with various forms of radiance, as a result of the brilliant joy from the source of being. Therefore, the title of this mantra is *Sat-Ananda mantra*.

The Sanskrit words prakasha, antardhana en bhasvara

To further describe the value of light, the mantra uses three other terms that refer to the power of light and the value of radiance. The word *atmajyoti* refers to the concept of *prakasha*, which refers to the infinite vastness of the power of light. The light of being wants to shine through your soul into everything. The word *prasada*, on the other hand, is used to describe *antardhana*, which refers to the brilliant light of inner worth, just as only beautifully cut jewels can sparkle in the light. The word *brahmajyoti* is used to describe

bhasvara, which has to do with the origin of light. After all, light always comes from a source, and Brahma is the source of all sources, the original light.

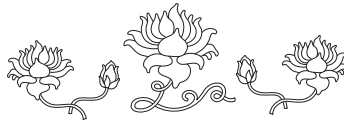
The Sanskrit word prasada

These six concepts, the three values of the light of being and the three qualities of light radiation, come together in the second line of the mantra in the concept of prasada, which in India traditionally refers to fruit or other precious food prepared with love and offered as a sign of respect for a spiritual aspect of life. Spiritually, it is actually the other way around, and the light of being is constantly being offered to you as *prasada* (a gift). This offered Light of Being, which blesses you over and over again as you receive it, shows you the richness, love and goodness of existence. As you receive this Light of Being again and again, you allow yourself to be filled, comforted and carried by its depth. As you continue to open yourself to the embedding of Being, you feel free to open yourself more and more to life, so that the value of your life continues to expand.

Allow all these sounds of instruments and vocals to work their way deep within you so that their influence can and may connect you with your inner stillness. Let this influence continue to work within you for another ten minutes in the silence that follows the mantra.

Album info: www.anandajay.org/en/albums/anandajayah-sat-ananda

Duration Anandajayah Sat-Ananda mantra: 59.52 minutes.



Anandajayah Darshan Mantra



Mantra for harmonizing the seven chakras
Anandajay

Anandajayah Darshan

– Mantra for harmonizing the seven chakras
(harmonizing)

The Darshan mantra (1 hour version) promotes your openness to the intimate soul contact with the Anandajaya within you, with the depth of your spiritual heart, to be blessed as a whole with the energies and vibrations of love, light, peace and freedom.

Mantra:

*Out of my heart, I cover you with love.
Out of compassion, I bow for you, deep.
From the bottom of my being, I show you my essence.
Oh my sweet soul, oh my sweet soul.*

*To soften your fears, and the body they hide in.
To melt your resistance, and the fighting you do.
To awake to yourself, and the truth we both live in.
Oh my sweet soul, oh my sweet soul.*

(Fill in your name on the dotted lines)

Oh my sweet soul.....,
Out of my heart, I cover you with love.
Oh my sweet soul.....,
Out of compassion, I bow for you deep.
Oh my sweet soul....., from the bottom of my being,
I show you my essence.
Oh my sweet soul....., Oh my sweet soul.....

To soften your fears, and the body they hide in.
To melt your resistance, and the fighting you do.
To awake to yourself, and the truth we both live in.
Oh my sweet soul....., oh my sweet soul.....,

Album info: www.anandajay.org/en/albums/anandajayah-darshan

Duration Anandajayah Darshan mantra: 57.54 minutes.

4. Surya Namaskar album:

3 Surya-rituals,
1 -pranayama & 1 -puja mantra



1. Surya Namaskar Mantras:
Tribute to the Inner Sun, your Soul.

Surya, your Inner Sun

The *Surya Namaskar*, the “Salutation to the Sun,” is a greeting to the most important celestial body that makes this life here on earth possible for you, the sun. This greeting symbolizes a greeting to the most inner, valuable aspect of you as a human being, that which makes your life valuable, your inner sun, your soul.

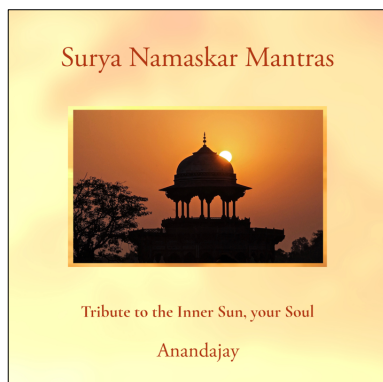
The *Surya Namaskar* is therefore a sacred greeting, a deep bow of respect from your personality to the twelve aspects of the soul, to befriend them, to be reunited with them, to be whole with them, to be healed and sanctified. Then being human suddenly means something completely different, and the actions and fruits that come from that human being will serve life in its fullest and most valuable meaning.

If you wish to know the soul, you wish to know something greater than the confines of your focus, something greater than your desire to see and the resulting focus. The only way to know and experience it is to allow it to enter you, to receive it joyfully, so that you can understand it from within, in the fullness of your being.

The “I” cannot see the soul as a whole and would be better off not looking directly at it, just as it cannot see the sun as a whole and would be better off not looking directly into the sun. But the “I” can receive the sun, the soul, and can be open to the influence of the soul, open to the warmth, the light, and the radiance of the sun, of the soul.

That is why the greatest spiritual invitation to people is to transform their conviction that they have to focus on achieving something in life into receptivity so that they feel what life as a whole is and how it is meant to be. Then you experience wholeness and how it fulfills you, because only in the completeness of wholeness does the soul have the space to feel at home and unfold.

The *Surya Namaskar* begins with the *Mitraya* aspect because it emphasizes the value of friendship and thus the soul as your friend or loved one. This is the foundation from which the Surya Namaskar begins, and being in touch with this quality has a soothing effect on the other eleven movements and values. After all, friendship is the emotional space where you feel loved, and that is a prerequisite for development. You then dare to be yourself much more (2nd aspect: *Ravaye*) and recognize your longing as your life force (3rd aspect: *Suryaya*). In order to evolve, you as a human being have the ability to perceive (4th aspect: *Bhanave*) and for this perception to be sincere, it is important that you feel free (5th aspect: *Khagaya*) and healthy (6th aspect: *Pushne*). In this state you will more easily remember your origin (7th aspect: *Hiranyagarbhaya*) and experience yourself as a whole (8th aspect: *Maricaye*). In this openness, you will more often feel enveloped (9th aspect: *Adityaya*) and inspired (10th aspect: *Savitre*). This emotional and intuitive lightness will give you a spiritual radiance (11th aspect: *Arkaya*), so that you will recognize its source as your loving self (12th aspect: *Bhaskaraya*) and most cherished friend. All Surya exercises are therefore always accompanied by the value of friendship, beginning with friendship for yourself as a person and expanding to friendship with your essence.



Surya Namaskar Mantras

– Tribute to the Inner Sun, your Soul

1. Surya Namaskar mantra - 1 cycle of three mantras
2. Surya Namaskar mantra - 7 cycles of one mantra
3. Surya Namaskar mantra - 5 cycles of two mantras
4. Surya Prabhana Pranayama mantra
5. Surya puja

www.anandajay.org/en/albums/surya-namaskar-mantras

The five mantras on this album are used in three major Surya practices: *Surya Namaskar*, *Surya Prabhana Pranayama*, and *Surya Puja*.

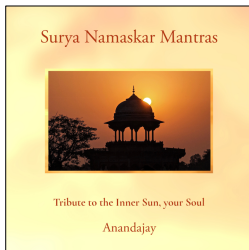
The *Surya Namaskar* is an exercise that involves the entire body. The intention of *Surya Namaskar* is to use all your cells to greet *Surya*, the sun, your inner sun, your soul. Because you feel that there is more to you than your personality and your body, you wish to get in touch with your soul. As a personality that longs for spiritual depth, you use *Surya Namaskar*, the 12 *Surya mantras* and the corresponding postures to connect with your soul, and that begins with greeting and meeting (namaskar).

The *Surya puja* is an exercise that you do while sitting, gesturing with your arms, hands and head to express your gratitude for all the richness that you receive when you experience your soul. You are aware of your soul and in this way thank the great Mother Soul to whom all souls belong.

The *Surya Prabhana Pranayama* is a *pranayama* (energetic breathing exercise) that you do while standing, using all the space available for breathing and energy flow. This pranayama brings together almost all the important aspects of the *pranayama* practice. In terms of physical movement, it primarily involves the arms and the hand chakras, to enhance both the space of your breath and the energetic freedom to open up further.

All three exercises together show how any relationship, including this spiritual relationship with your soul, takes place. It begins with greeting each other with respect and interest. Then there are moments of opening up more deeply to the other person and meeting each other more intimately. This exchange deepens more and more, and gratitude arises for being with and near each other. This gratitude for each other eventually becomes so great that you release ego space for the other person to use. As both parties release ego space to each other, one comes closer and closer to the realization that the deepest desire is to live in each other's energy and aura. May the Namaskar, Puja and Pranayama deeply support you in this way, to enter sincerely and deeply into a relationship with your soul, which you have longed for so long.

The *Surya* exercises are (extensively) discussed in the Dutch books *Surya Namaskar – Ode aan je Innerlijke Zon, je Ziel* and *Spirituele Leefwijze*.



Track 1-3: Surya Namaskar mantras

– Ode to your soul

1. Surya Namaskar mantra - 1 cycle (14.35 minutes)
2. Surya Namaskar mantra - 7 cycles (34.39 minutes)
3. Surya Namaskar mantra - 5 cycles (43.01 minutes)

This album has three mantra accompaniments for the Surya Namaskar, the “Salutation to the Sun” ritual. All three have their own atmosphere and support you in performing the *Surya Namaskar* series of postures, which vary in tempo and intensity.

The mantra begins with a musical, meditative introduction in which *aum* is chanted, which symbolizes the primordial sound, the essential, the absolute, that which contains the essence of everything. The mantra then continues with chanting the Surya mantra for one long cycle of about 15 minutes, seven short cycles of about 30 minutes and five medium-length cycles of about 45 minutes. The Sanskrit mantras are:

Aum mitraya namaha

I salute you sun, soul, light of my loving friend.

Aum ravaye namaha

I salute you sun, soul, light around which everything has arisen.

Aum suryaya namaha

I salute you sun, soul, light that keeps me alive.

Aum bhanave namaha

I salute you sun, soul, light that makes everything visible.

Aum khagaya namaha

I salute you sun, soul, light that lets me experience what unbound freedom is.

Aum pushne namaha

I salute you sun, soul, light that is my most essential nourishment.

Aum hiranyagarbhaya namaha

I salute you sun, soul, light that is the first aspect of all creation.

Aum maricaye namaha

I greet you sun, soul, light that heals.

Aum adityaya namaha

I greet you sun, soul, light that continues to spread light like a mother.

Aum savitre namaha

I greet you sun, soul, light of spiritual inspiration.

Aum arkaya namaha

I greet you sun, soul, light that reaches and opens everything with its radiation.

Aum bhaskaraya namaha

I salute you sun, soul, light that is both source and creator.

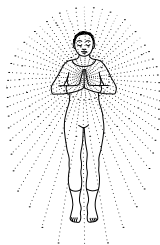
Aum shanti aum

Your peace is the true nature of everything, including me.

Aum shanti aum

Your peace is the true nature of everything, including me.

Surya Namaskar series of poses



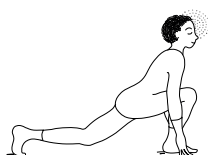
Stand with namaskar + *aum mitraya namaha*.
The sun, being, light as the joyful source of love and friendship.
I greet you from my heart, loving friend, for you are my soul.



After a half-moon backward, stand up straight + *aum ravaye namaha*.
The sun, being, light as the most important and stable center in the
midst of all change.
I open myself to you and trust in you as my stable core.



Hand-foot position + *aum suryaya namaha*.
The sun, being, light like the fire of longing that drives the search for
wholeness.
I bow to your powerful energy, which keeps the fire of my desire for
wholeness alive.



Half cobra left + *aum bhanave namaha*.
The sun, being, light as the giver of sight and perception.
I kneel before you, realizing that you give me the light for my sight and
perception.

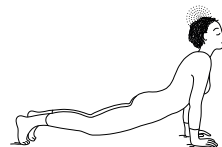


Straight bridge + *aum khagaya namaha*.
The sun, being, light as unbound and free energy in a spatial
consciousness.
I realize that my being is just as unbound and free as your light.

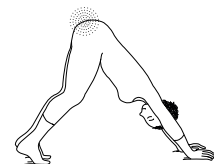


The eight-pointed posture + *aum pushne namaha*.
The sun, being, light as an elementary component of nutrition for any
form of growth.
I open myself to the earth and to the sun as my elementary material
nutrition, as well as to my soul as spiritual nutrition.

The swan + aum hiranyagarbhaya namaha.
 The sun, being, light as original purity.
 I take the form of a swan for you, the symbol of purity, and thereby
 confirm my realization of your purity and originality.



The dog + aum maricaye namaha.
 The sun, being, light like the healer who makes us radiant.
 I realize that it is your radiant power that keeps me truly healthy when I
 allow it to work on me.



Half cobra on the right + *aum adityaya namaha*.
 The sun, being, light as a motherly embrace.
 I kneel before you because I recognize you as the mother of all light, who
 continues to envelop me with her light, like the sun the planets.



Hand-foot posture + *aum savitre namaha*.
 The sun, being, light as a source of inspiration and spiritual guidance.
 Oh spiritual inspiration, I bow to you, because I wish to be guided to my
 true self by your light.

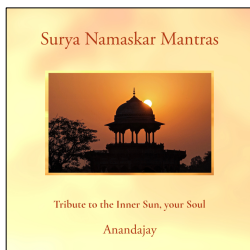


Half-moon backwards, stand up straight + *aum arkaya namaha*.
 The sun, being, light as the radiation that reaches into the core of
 everything.
 I open myself to your radiance, with which you have always reached me,
 through all lack of clarity, to my deepest being.



Stand + namaskar + aum bhaskaraya namaha.
 The sun, being, light as the all-encompassing background of creation.
 From my deepest disarmament I lovingly greet you, source of creative light.





Track 4: Surya Prabhana Pranayama mantra

– Radiant Sun Breathing

Surya Prabhana Pranayama, also known as “Radiant Soul Breathing,” supports the use of the space of the breath and deepens the connection with your consciousness.

Duration: 30.19 minutes.

The movement of the breath, arms and hands

During the *Surya mantras*, you touch the twelve qualities with a long, streamlined inhalation, and with the exhalation, you give inner attention to your gratitude (in Sanskrit, *dhanyavadaḥ*) for experiencing the qualities of your being during the following mantra. See the overview of the *Surya* qualities below, their meaning, the corresponding chakra area, and the associated hand and arm position. These are mentioned separately here, but you make a fluid movement as you inhale and exhale.

The breath remains streamlined throughout the exercise. All the names in sequence are one inhalation and all the mantras of gratitude in sequence are one exhalation. So you let the air in very slowly during the inhalation. You create physical space by opening your arms and you create energetic space by feeling the connections and then you let the breath in very slowly. You have to find the right attunement for this and the accompanying music indicates the right duration for the inhalation and exhalation.

Preceding the mantra

The *Surya Prabhana Pranayama Mantra* is done standing up because of the space for the breath and the arms. Stand with your feet about six inches apart and the insides of your feet parallel to each other. In namaskar, hold your hands in front of your heart chakra and let the sounds of the musical accompaniment work on you and put you in the right mood before you begin the first pranayama.

Just before beginning the *Surya mantra* and inhalation, place your hands on top of each other, first your left hand (corresponding to your emotional side) and then your right hand (corresponding to your more rational side) on the area of your heart chakra and exhale completely.

The inhalation movement

As the *Surya mantra* begins, begin to inhale and gently slide your hands, which remain on top of each other, down your body via the *exciting love point* (just below the breastbone) to the abdominal chakra (the most powerful energetic center in your abdominal area) and from there to the identity chakra (the most powerful energetic center in your lower abdomen and the basis of the longing to live). In one fluid movement you move along the genitals to the base chakra (the most powerful energetic center in the perineum that connects you to your tailbone, your feet and the earth). Then your hands leave both your

body and each other, and you extend your arms toward the floor in the 5:30 and 6:30 o'clock position, so to speak, streamlined and parallel to each other, palms facing you.

From here, as you continue to inhale, let the hands turn outward and the arms, still streamlined in one continuous movement, stretch outward to the sides of the body in a large circular motion, as if you're drawing the contours of your aura, your energy field, until the arms are fully extended above the head. To indicate the arm positions of the different name mantras, use the numbers on the clock. Each time your arms reach a particular number, you will connect with a particular chakra, and you can briefly reflect on the meaning of that chakra and the solar or soul aspect that energetically goes with it, so that that value can briefly affect you. The movements of the arms and the breath will continue in a fluid way.

When your arms are fully extended above your head, interlock your thumbs so that your palms are facing forward. From this position, bring your arms up and back a little more to create a little more space in your upper chest so that you can inhale more fully and for a little longer.

The exhaling movement

As you exhale, your arms return in the same way in the opposite direction, in one fluid, circular movement stretched outward to the sides. The arms should move clearly along the sides of the body, so that the width of the flanks can be clearly felt, and the flanks are wide open. When your arms are pointing back pointing to the floor, in the 5:30 and 6:30 o'clock positions, raise your arms by bending them slightly and place your hands on your lower abdomen, with your right hand on top of your left.

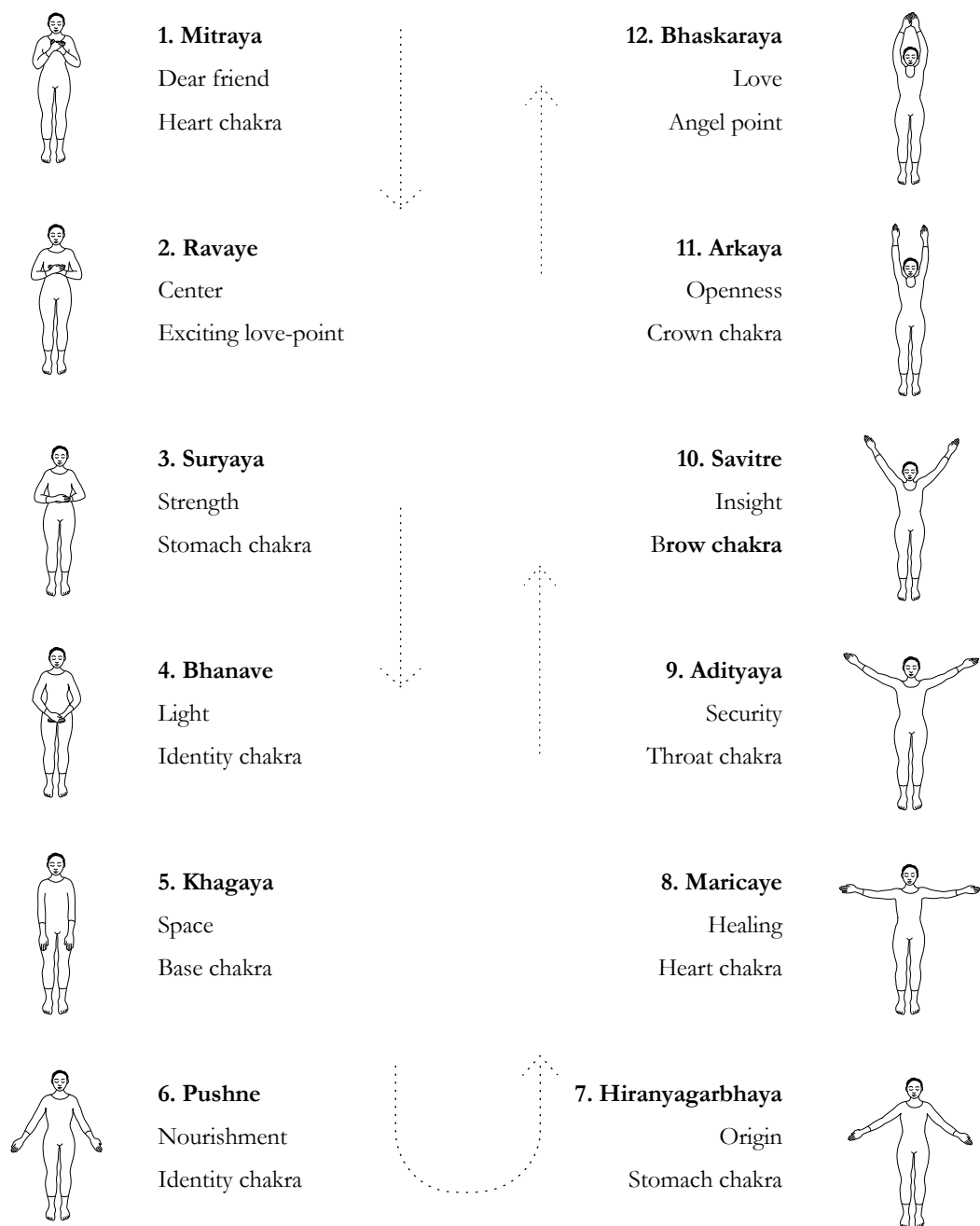
Gently move your hands over your base chakra, identity chakra, stomach chakra, and exciting love point to your heart chakra, where their movement ends at the end of this long exhalation. After briefly feeling the connection with the heart chakra and the value of bhaskaraya, you can leave your hands where they are or bring them into namaskar and experience the energetic consequences of this pranayama practice as you give your energy the freedom to radiate in all directions.

The speed and streamlining or fluidity of the whole movement depends, of course, on how open your breathing space is and how calm your breathing can be as a result. In the beginning it may be faster than after a while, and eventually it becomes very pleasant, flowing and peaceful.

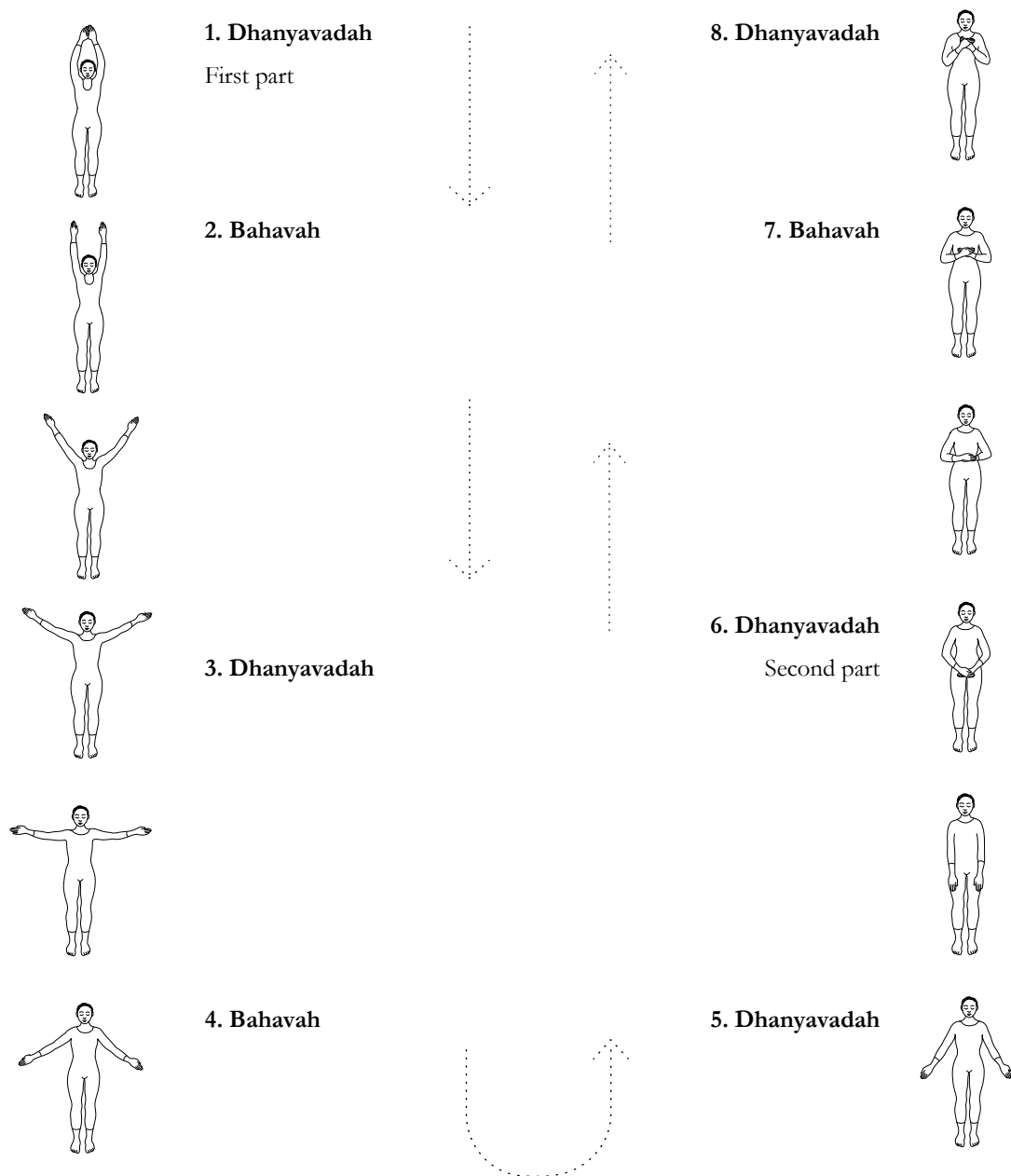
After the Surya Prabhana Pranayama

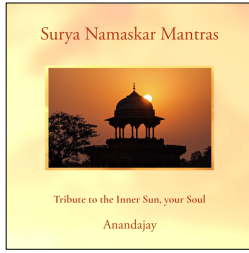
When the mantra is finished, you can sit cross-legged on the floor or simply on a straight-backed chair or meditation bench and allow the influence of the pranayama to continue to work through you. You have now been purified, so to speak, by feeling the essential values of the soul, the energetic values of the chakras, and the calming values of your gratitude. Spend some time with that.

The inhaling, fluent, sweeping movement during the surya mantras



The exhaling, flowing movement during the Dhanyavadah mantra





Track 5: *Surya puja*

– Prayer of gratitude to the twelve qualities of your soul

The *Surya puja* is a prayer to the reflections of the Inner Sun, the Soul.

Duration: 32.54 minutes

Opening prayer:

Aum shanti shanti shanti aum

Aum atma amrithathvam

Aum purna absritha

Aum purusha tattvamasi

Mantra:

Aum atma mitraya namaha

Aum atma ravaye namaha

Aum atma suryaya namaha

Vabe atma shanti saranagati

Aum atma bhanave namaha

Aum atma kbagaya namaha

Aum atma pushne namaha

Vabe atma shanti saranagati

Aum atma hiranyagarbhaya namaha

Aum atma maricaye namaha

Aum atma adityaya namaha

Vabe atma shanti saranagati

Aum atma savitre namaha

Aum atma arkaya namaha

Aum atma bhaskaraya namaha

Vabe atma shanti saranagati

Aum shanti shanti shanti aum

Free translation opening prayer:

“Peace is the true nature of all things.

Oh immortal Mother of all souls.

Oh Soul of all souls, you are the wholeness that sustains all.

Oh my most sacred soul, you are the eternal principle of peace
and as such, you live also within me.”

Free translation Surya puja:
 “Oh my shining soul,
 you are my friend, center and my strength (centering values).
 You give me sight, space and energy (opening values).
 You are my origin, healing and protective aura (energetic values).
 You give me insight, radiance and the connection with the essential light
 (essential values).
 Oh glorious soul, every time I experience you and bow before you,
 I enter a peaceful, enriching and joyous openness
 Your peace is the true nature of all, including me.”

The *Surya puja* is about your gratitude for the light, both the light of the sun outside and the light of your inner soul. The puja reminds you of the different forms of light that want to serve you and open you, offer you clarity and freedom, and let you develop.

The *Surya puja* is specifically about the values of light that you receive from your relationship with your soul. Through the puja you express your gratitude for *Atman*, the Mother Soul, of which every living being is a child through its individualized soul. In this puja you express your gratitude to the Mother Soul for all the light you have been and are receiving from her, and for the value that this has for you as a more deeply conscious human being. It is like thanking your mother for all that she means to you, or thanking nature for all that it gives you, or thanking your personal inner experience for all that you have received. You as a human being with your individual soul, the *jivatman*, are expressing your gratitude to the *Atman*, the great mother soul that encompasses all souls. It is like the star thanking the sun for the light and all that it receives as a result. Everyone feels connected to something greater in some way, and here that all-encompassing essence is thanked from the heart in a devotional and moving way, in stillness.

The *Surya puja* begins with a short introductory prayer that expresses the spirit and value of the remaining mantras. This is primarily about the profound, venerable value of the soul, or *Atma* in Sanskrit, which appears often later in this puja.

The twelve aspects of the *Surya mantra* addressed in this puja can be divided into four parts that delve deeply into the four phases of the relationship between you and your soul. The first three aspects of the light, of *Surya*, are about your longing to get in touch with your soul and to be guided by your deepest longing. The next three aspects of the light, of *Surya*, are about “the soul’s response” to the relationship you have entered into. The next three aspects of light, of *Surya*, are about the depth of this fully, mutually consensual, “intimate togetherness” of you with your soul. The last three aspects of light, of *Surya*, are about the “spiritual fulfillment” that this intimate togetherness of you with your soul brings.

Overview of gestures used in the Surya puja



Aum shanti shanti shanti aum - “Peace is the true nature of all things.”

The invocation (repeated three times)

Lay your hands over each other (crossed) at the center of the sternum and slightly bow your head.



Aum atma amritbathvam - "Oh immortal Mother Soul."
Place your hands in namaskar against your heart chakra.



Aum purna asritba - "Oh Soul of all souls, you are the wholeness that sustains all."
Place your elbows at the sides of your body with the arms stretched forward and with the palms turned up in order to receive.



Aum purusha tattvamasi - "Oh my honorable soul, you are the eternal peaceful principle, and as such you live also within me." (3x)
Place your hands in namaskar against your forehead chakra and keep them there also during the bell (repeat these movements three times).



Aum shanti shanti shanti aum - "Your peace is the true nature of everything, including me. Thank you for all the profound richness that I experience and therefore am." - Lay your hands over each other (crossed) at the center of the sternum and slightly bow your head.



Aum atma mitraya namaha - "Oh my soul, I thank you for how your presence, the value of friendship, and affection enrich my life." - At *aum atma* place your hands in namaskar against your brow chakra and at *mitraya namaha* place your hands in namaskar (prayer-like pose) against the sternum.



Aum atma ravaye namaha - "Oh my soul, I thank you for how your presence, the value of you as my spiritual center, enriches my life." - At *aum atma* place your hands in namaskar against your brow chakra and at *ravaye namaha* place your hands with your fingers above the stomach, just below the breastbone.



Aum atma suryaya namaha - "Oh my soul, I thank you for how your presence, the value of my deepest longing, enriches my life." - At *aum atma* place your hands in namaskar against your brow chakra and at *suryaya namaha* place your hands and fingers on the stomach, about 5 centimeter above the navel.



Vabe atma shanti saranagati - "Oh glorious soul, by experiencing you and thanking you, I enter a peaceful, enriching and joyful openness." - Bring your hands in namaskar in front of the face with your thumbs on your lips, the tips of your middle- and forefinger on the brow chakra and clearly bow your head.



Aum atma bhanave namaha - "Oh my soul, I thank you for how your presence, the value of radiant light and sight, enriches my life." - At *aum atma* place your hands in namaskar against your brow chakra and at *bhanave namaha* place your wrists on the cheekbones, palms open and up in front of the eyes.



Aum atma kbhagaya namaha - "Oh my soul, I thank you for how your presence, the value of freedom and liberation, enlightens and enriches my life." - At *aum atma* place your hands in namaskar against your brow chakra and at *kbhagaya namaha* your arms stretched sideways, horizontally, as wings, with the palms turned up.



Aum atma pushne namaha - "Oh my soul, I thank you for how your presence, the value of growth and blossoming enriches my life." - At *aum atma* place your hands in namaskar against your brow chakra and at *pushne namaha* place your arms stretched sideways in a 45 degree angle up, hands horizontally, palms facing up.

Vabe atma shanti saranagati - “Oh glorious soul, by experiencing you and thanking you, I enter a peaceful, enriching and joyful openness.” - Bring your hands in namaskar in front of the face with your thumbs on your lips, the tips of your middle- and forefinger on the brow chakra and clearly bow your head.



Aum atma hiranyagarbhaya namaha - “Oh my soul, I thank you for how your presence, the value of purity and the source from which we all originate, enriches my life.” - At *aum atma* place your hands in namaskar against your brow chakra and at *hiranyagarbhaya namaha* place your hands in a bowl-like shape with all fingertips on the area just above the pubis and the palms turned toward you, somewhat facing up.



Aum atma maricaye namaha - “Oh my soul, I thank you for how your presence, the value of healing enriches my life.” - At *aum atma* place your hands in namaskar against your brow chakra and at *maricaye namaha* place your hands in a bowl-like shape with all fingertips on the belly (about 5 cm below the navel) and the palms turned toward you.



Aum atma adityaya namaha - “Oh my soul, I thank you for how your presence, the value of envelopment and belonging, enriches my life.” - At *aum atma* place your hands in namaskar against your brow chakra and at *adityaya namaha* lay your hands open, lying on top of each other (left hand under) in front of the heart chakra.



Vabe atma shanti saranagati - “Oh glorious soul, by experiencing you and thanking you, I enter a peaceful, enriching and joyful openness.” - Bring your hands in namaskar in front of the face with your thumbs on your lips, the tips of your middle- and forefinger on the brow chakra and clearly bow your head.



Aum atma savitre namaha - “Oh my soul, I thank you for how your presence, the value of inspiration and inner guidance enriches my life.” - At *aum atma* place your hands in namaskar against your brow chakra and at *savitre namaha* make with the hands a sphere-like shape and hold it at the height of the heart (right hand) and belly (left hand).



Aum atma arkaya namaha - “Oh my soul, I thank you for how your presence, the value of radiance and emanation enriches my life.” - At *aum atma* place your hands in namaskar against your brow chakra and at *arkaya namaha* lay the insides of the wrists against the lower ribs. At the front side of the chest, you stretch your hands to the front with the insides facing each other.



Aum atma bhaskaraya namaha - “Oh my soul, I thank you for how your presence, the value of being a conscious part of this creation, enriches my life. - At *aum atma* place your hands in namaskar against your brow chakra and at *bhaskaraya namaha* place your hands in namaskar in front of the Ajna chakra (3 cm in front of the brow chakra).



Vabe atma shanti saranagati - “Oh glorious soul, by experiencing you and thanking you, I enter a peaceful, enriching and joyful openness. - Bring your hands in namaskar in front of the face with your thumbs on your lips, the tips of your middle- and forefinger on the brow chakra and clearly bow your head.



Aum shanti shanti shanti aum - “Your peace is the true nature of everything, including me. Thank you for all the profound richness that I experience and therefore am.” Lay your hands over each other (crossed) at the center of the sternum and slightly bow your head.



5. Sri Ananda Rasa album:

Sri Ananda arati & Sacred Dance mantra



1. 'Sri Ananda Rasa' Sacred Dance Mantra:
Sacrale dans

Sri Ananda Rasa

The *Sri Ananda Rasa* is a sacred dance (the Sanskrit word *rasa* means dance) created to further enrich the *Sri Ananda Mantra*. This mantra and dance are dedicated to the value of *Ananda*, a value that has many meanings, but is usually translated as grace, being blessed, or experiencing inner joy and love. You can attach many meanings to the concept of *Ananda*, as long as they somehow articulate that they bring you closer to the experience of blessed, inner happiness. It has to do with becoming aware of your inner wealth. *Ananda* encompasses an inner wealth that belongs to everyone's humanity. An inner richness that everyone carries with them because they exist and are part of creation and the richness from which that creation springs.

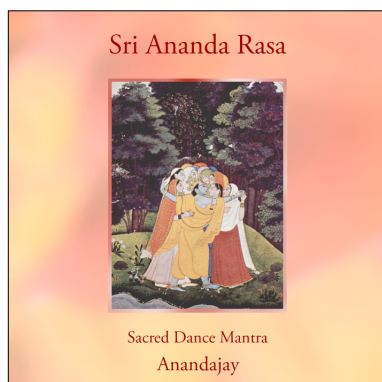
The sensitive sounds of the music and the devotional movements of the dance allow you to honor and discover the most beautiful thing you know as a human being, *Ananda*, so that you can truly celebrate the happiness it carries. *Ananda* is the seat of your inner happiness and is connected to the love of your heart and the devotion to life that comes from it. The *Sri Ananda Mantra* is an ode to these blissful blessings of the spiritual heart of life, as expressed in this statement: "Life is the natural flow of longing to allow the light within you to nourish and heal you, to truly answer you, to bless you, to make you joyful, to free you from the darkness, and to be together, to live together, to be happy together, both with the resulting openness and with your true radiant nature."

The *Sri Ananda Mantra* is not intended to satisfy your need for happiness from the outside, but it offers you a way to indicate from within that you long to freely experience the precious and joyful wholeness of who you are. By repeating the mantra, you are expressing your longing and willingness to open yourself to the value of *Ananda*, beyond your self-needs and your tendency to want happiness as a form of success and achievement.

With this mantra, you are first reverently saluting that depth within you, and then allowing light on and into it, giving that depth more experiential existence. The free translation of the *Sri Ananda mantra* is, "Oh my dear soul, source of essential bliss, when I consciously feel you and allow your brilliance, it fills me with inner peace all around."

When you are receptive to your soul, you feel much richer. Life and you, in short everything, is more beautiful because you are filled with the inner richness of peace, harmony and love. You are not so afraid anymore, but you want to let this infinite richness of love, peace and joy affect all your cells. Inner wealth means that you feel filled with the values of the deepest treasure or sweetest nectar from within you: *Ananda*.

The *Sri Ananda Rasa* and its choreography is extensively discussed in the Dutch book *Sri Ananda Rasa Sacrale Dans - Dansen vanuit Innerlijk Geluk*.

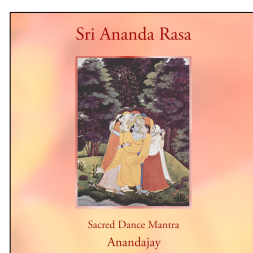


‘Sri Ananda Rasa’ Sacred Dance Mantra

A piece of music that inspired the ‘*Sri Ananda Rasa*’ *Sacral Dance*, in which your longing for spiritual depth and a life full of love is expressed through mantra, graceful movements and words.

1. Sri Ananda Rasa arati (19.29 minuten).
2. Sri Ananda Rasa mantra (90.58 minuten).

www.anandajay.org/en/albums/sri-ananda-rasa



Track 1: *Sri Ananda arati*

– Loving your inner being

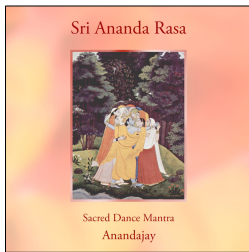
Mantra: *Sri ananda*

Free translation: “Oh my deepest being, ocean of ananda, source of happiness, to you I open myself.”

The entire musical piece that supports the dance lasts about an hour and a half and begins with a feeling of stillness and devotion to the space of *Ananda* within you during the arati part.

The sounds of the *arati* invite you to soften and release any darkness or density in your consciousness. Open your consciousness and allow its light to penetrate your depths, so that you may be sensitively immersed in the *Ananda*-meaning of the mantra in a meditative, thawing, and awakening way. The *arati*, as a kind of meditation before the movements of the dance, guides you in allowing whatever is constricted in your experience to soften and open. *Arati* is the part of the music that is based on the essence of the mantra and the dance, which in traditional Hindu ceremonies is always accompanied by fire and light. By paying attention to the light of a candle or the sun shining into your room at that moment, you are symbolically indicating that you long for the light and open your consciousness and experience to its healing effects.

The *arati*, the opening, the first part of the music, is very simple and stilling, and is therefore well suited to support this internalizing process of awareness. In the *Sri Ananda arati*, the meditative chanting is accompanied only by the sound of a flowing stream from the Belgian Eifel and some echoing tones of a Spanish guitar. The sound of the stream is repeated throughout the piece and represents the basic, natural and flowing longing of every human being to be whole, joyous, full and light again. The *arati* ends with the sounds of the flowing stream and the *Sri Ananda mantra* begins with these stream sounds.



Track 2: Sri Ananda Rasa mantra

– The blissful blessings of the heart

Mantra: *Sri ananda jay ananda jay jay shanti aum*

Free translation: “Oh precious essential joy, receiving you fills me with inner peace.”

This mantra expresses the joy of spiritual bliss (soul happiness) from the depth of your source, via the flowing life force of your *being*, into the oneness of surrender. The Sanskrit word *sri* is a respectful greeting, indicating that the name or concept that follows it shines, carries dignity, and encompasses an honorable quality. The Sanskrit word *Ananda* means the essence of happiness, the happiness of being, or the happiness of the essential. The word *jaya* means, among other things, salvation, victory, or blessing. It affirms your respect for what comes after and indicates even more clearly that this is truly an ode. The word *shanti* means inner peace or a harmonized state of being and indicates a profound experience of abundance, non-violence, and love. The word *aum* indicates that what has been or will be said is meant to be comprehensive and spiritual in nature. It refers to the underlying wholeness in which this mantra is embedded. As you listen, read the experiential story below, which Anandajay wrote as accompaniment to the *Sri Ananda mantra* to allow its value and depth to resonate more deeply.

The value and potency of this mantra

- Lets you become familiar with your longing and the missing that goes with it.
- Frees you when you have lost your longing, your soul, your being and have hidden it behind pain.
- Guides you from stuckness and painful feelings to the freedom of emotions.
- Helps you learn to live and be with your emotions.
- Helps you to process blockages, self-rejection and heaviness.

Experiential story based on the Sri Ananda mantra

Ode to the Source of the Blissful Blessings of the Heart

The water of the stream shows again and again the continuous and never ending flow of my longing for my soul and my connection to it. It flows, sparkles, swirls and moves naturally to the lowest point, just as I want my longing to be taken to the lowest point of my existence, to be there, out of my existence and being, together with my soul.

The violins express my longing and a deep, tender stirring of my soul. Their sounds of homesickness awaken my longing even more. My longing to be with my soul feels sweet and warm. I always feel this connection and that is why I always feel the longing to be so close. The longing to be together keeps me warm, loving, sensitive and open. It makes me long for my beloved, for my soul.

As I feel all this, my heart region opens and this openness expands into my pelvis. I gladly make a declaration of love to the dearest thing I know in my life. A declaration of love to that which I so long for, that which is so deep and clear within me and to which I wish to be as close as possible. I begin my declaration of love by reverently chanting: *sri ananda jay ananda jay jay shanti aum*.

I sing: Oh my inner beloved, you are the sweetest and most beautiful, you are the most blissful, peaceful truth and authenticity I know. I long for you with all that I am. Even though you are always there, even though I always feel you, the longing connects us and will never go away, but will keep our connection ever present. Oh my dearest beloved, everything in me longs to merge with you. In this human life, our connection is most deeply experienced in this great longing. That is why I give you this declaration of love, that is why I am with you. And it, my soul, answers with *aum shanti aum*: may peace be upon it.

I sing: Oh my beloved soul, my beloved flower of bliss, I feel how the connection of longing makes me long for your being and origin. I feel what you are and feel the longing to share this with you and because of this need, oh my beloved soul, I am deeply open to you in all that I do, think and feel. My longing makes me sing of your beauty that I feel inside of me and of your depth and value that I feel inside of me. I sing of our relationship, I sing of our connection, I sing of my experience that you are the source from which I come. This feeling is so tender and wise. And it, my soul, it answers me with an even richer *aum shanti aum*: may peace be upon it.

I sing: Oh my beloved soul, I become so passionate when I feel my longing for you. I feel myself becoming so warm as I allow this longing to fully enter my being. How my longing flows through my whole body and soul, how it opens me up, lets me open up to you so that I can receive from you, how I reach out to you. I feel my homesickness for you. I also feel the wholeness where we belong together and where I will return to you when I die. Oh, dearest Ananda, you are my most beautiful flower, my purest nectar, my most precious truth, my heavenly Father, my primordial source. My longing for you makes life so precious. Valuable because of all the inner peace I experience in me and in us through all this longing for you. And it, my soul, answers me with an even clearer *aum shanti aum*: may peace be upon it.

I sing: Oh, my beloved Ananda, my beloved blissful soul, my beloved source of authenticity, our connection through the experience of longing for each other flows more strongly through my body and feelings, and my consciousness is softened and has become more and more fluid through the longing. I sing about you, I call you, I talk about you, I experience you. I know you through my longing, through my homesickness for you, for us, for our being together. Everything in me is becoming more and more open through all these currents of longing. Everything opens from my heart to my pelvis and my crown. Dear soul, I am with you. And it, my soul, answers me with an even clearer *aum shanti aum*: may peace be upon it.

I sing: Oh my beloved soul, my longing begins to circulate within me more and more clearly. From my heart the love current swirls like a whirlpool through my body and everything becomes more open to the love energy of my longing, of our connection. It

is accompanied by an intense peace that permeates all my cells. My body is full of longing, my feelings are soft with longing and my consciousness is open with longing. The openness of this longing allows me to come closer to you because your bliss can now begin to flow into me and we are even more intensely connected through the longing of our love. O my beloved soul, your bliss reassures me to rest within myself and you fulfill all my wishes as you now flow within me through the channel of my longing. Oh beloved, thank you for flowing in me and filling me. And it, my soul, answers by singing along with me *sri ananda, jay ananda jay jay shanti aum*: may blissful peace rest upon it.

The guitar, now coming through more clearly, indicates the touches, the shivers, the stirrings, and the deeper softenings that I experience as the nectar of the soul flows into me. The bliss of Ananda flows through the riverbed of my longing and touches me. It makes all kinds of things in me burst open and allows all kinds of things in me to be touched and set free. Oh, dearest Ananda, come and flow in me, my longing is great and has formed a river on whose bed you can flow towards me. Thank you for all that you are giving me at this moment through my openness to longing. I am open to you and receive you with reverence. I pray as I let you in, experiencing your fruits and remembering our equality. Oh my beloved Ananda, you are with me, connected to me, now exchanging with me through my longing. And it, my soul, answers me by singing with me, alternating with *sri ananda, jay ananda jay jay shanti aum*: may blissful peace rest upon it.

Also in the last mantra I sing, I repeat: Oh beloved, accept my surrender and fill my human form that makes this being together with you tangible. I am in ecstasy at your abundant fullness and can only sing from a place of surrender. Oh my beloved, I don't know how to say it, but I love you with all my heart. I love you so much that all I can do is repeat it and sing it. Dearest soul, dearest, dearest soul, I love you and the longing that connects us so deeply. In this openness and fulfillment, I hear my inner value and authenticity rejoice with pleasure. And it, my soul, also rejoices in the perfection it expresses by quoting Ananda and her full experience of oneness. It surrenders completely to this expression of its inner happiness, it is perfectly happy, it is in a supreme state of being, it is one with what it essentially is, it is filled with Ananda through the soul.

Slowly, surrender becomes a deep, healed harmony and a soothing yet alert peace in which my longing for the soul remains as a fulfilled truth and my soul and I are together in silent joy and inner happiness. Through the convergence of the flow of my longing for my soul and the soul that is always open to me, this connection with my soul is constantly alive and fulfilling. In this stillness I dwell, blessed by, with, and in Ananda, in communion with my soul, in relationship with my source.

In this fulfilled silence I open myself again to the flowing, living water that flows past everything to the deepest point. The water takes all the impermanence with it, but leaves the truth of *being here* in its purity as the sound of flowing water. The flow of the water changes every moment, as does time and life, and so I open myself to the lingering sound of the water, of *being here*. Filled with the joy and light of inspiration, I allow myself to be carried to the deepest point within me where I am and can be with my soulful presence. And she, my soul, is in me, with me, and with me. She is me and I am her, *Ananda*.

6. Chakra Resonance Albums

14 chakra energizing ragas



1. Resonances of Grounding:
Ragas for Muladhara – the Root Chakra
2. Resonances of Being:
Ragas for Svadhisthana – the Sacral Chakra
3. Resonances of Living:
Ragas for Manipura – the Stomach Chakra
4. Resonances of Love:
Ragas for Anahata – the Heart Chakra
5. Resonances of Joy:
Ragas for Vishuddhi – the Throat Chakra
6. Resonances of Light:
Ragas for Ajna – the Brow Chakra
7. Resonances of Peace:
Ragas for Sahasrara – the Crown Chakra

Chakra Resonance Ragas

The *Chakra Resonance Ragas* are a form of *nada yoga* (meaning “union through sound”) that connects you to your essence (*yoga*) through tones and sounds (*nada*). The music is fully instrumental, with *tanpura*, *shruti*, *swaramandala*, and/or *nadatarangini*, and supports your receptivity to a meditative, open state of awareness. Each raga heals and balances the chakras in a specific way, as well as the energetic, emotional, mental and physical layers of your humanity, with its harmonic vibrations and overtone-rich sounds, some of which you cannot even hear. Listening to the meditative atmosphere of these ragas for a few minutes before your meditation, in particular the tanpura ragas, can be very helpful in letting go of what you were doing before and becoming open to the deep value and depth that meditation can bring.

The Sanskrit word *raga* literally means “mood,” “atmosphere,” “feeling” and “tone”. So raga is about mood and tone. These ragas always use a tanpura in a particular tone composition, a solo tanpura or a duet of tanpuras, sometimes accompanied by a *shruti* (Sanskrit word meaning “sound” or “that which is heard”), and occasionally used to support other musical instruments. Several types of tanpuras are used, including male, female and bass tanpuras. This, as well as where they are made in India and how many strings they have (tanpuras usually have four strings, but some have five or six strings), influences the tonal range, timbre or sound color, overtones, and atmospheric ambience of the tanpura.

In two ragas the tanpura is replaced by a *nadatarangini* (Sanskrit for “sound waves”) which, with its many strings, produces sweeping resonant waves of warm sounds and rich overtones. In several ragas a *shruti* is added as a background to support and sustain the tanpura’s sonic canvas of tones and overtones. In two ragas, a *swaramandala* is used alongside the tanpura to provide a deeper energetic range of sound.

The *Chakra Resonance Ragas* are a set of 14 pieces of music, each interpreting a particular mood or in Sanskrit *raga*. These ragas help you to transition from your day-to-day activities to a more receptive mood in preparation for your meditation. The resonances have an emotional effect on your conscious, physical and neurological reality, you only need to allow them in order to break free from your habitual, functional, automatic and focused behavior. Depending on where you feel that your sensitivity has hardened or become more insensitive, you can choose a particular tone setting (for example A, B or C-sharp) or chakra, as the ragas are grouped according to the seven main chakras. The primary healing effects of each raga are listed below.

The chakras

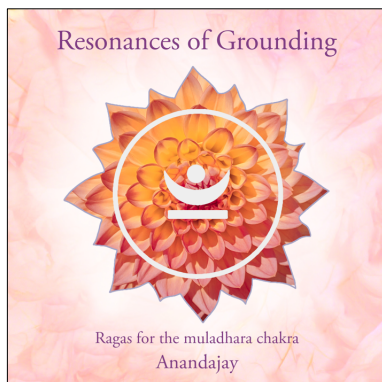
The Sanskrit word *chakra* means “wheel,” “circle,” “vortex,” or “living space.” From a yogic point of view, chakras are places for storing, collecting and also distributing essential life energy (*prana*). Each chakra also has its own type of energy, be it physical,

emotional, mental or spiritual. They are called wheels because of the spinning movement of the pranic energy within them, but they are also called lotus flowers, which refers more to the shape, being rooted in the spine and unfolding as the chakra with its specific energy becomes more clearly involved in your actions and experiences. The chakras receive their energy from the cosmic space above you and behind you, and from the energetic vibration of the earth below you. From the spine, where these energies come together to form energy fields or waves that feel like chakras to you, their energies flow outward, from the emotional, sensitive front of your body to open like flowers to the world. As the chakras open, they release their specific beauty, power, and value for you to experience and use as a human being. The more open a chakra is, the more its qualities will influence your experiences and actions.

Usually when you work with the chakras, it is based on the seven most easily accessible and recognizable chakras, but if you think of chakras as stores of pranic energy, then there are many more chakras than just these seven. The seven main chakras line up with the spine and receive the inflow of cosmic energy, or life energy, from behind, and as that pranic energy is allowed to participate in your actions, they release their outflow via the front of the body. Additionally, they are always connected to the major nerve centers of the body.

It's the openness of your chakras and the ability of their energies to become established in the way you live that determines how free you are to develop naturally in all areas of your being. Viewed from your perineum, the first six chakras all relate to certain psychosomatic functions, and the seventh chakra reflects your relationship and connection to the Cosmic or Universal Being. As you allow each chakra to open, blossom, and become a worthy part of your experience and the way you act, you discover the value, quality, freedom, and depth it can add to your life. Although the chakras are commonly thought of as separate centers of pranic energy, they also interact with each other's energies and are deeply connected, for no chakra can exist without the energy of the others, although they have their own characteristics and functions within the spiritual development process. The chakras are most easily felt at the front of the body, on the side that radiates outward. Starting from the bottom, the chakras are:

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Resonances of Grounding

– Ragas for Muladhara – the Root Chakra

1. Tanpura male in A-low (29.09 minutes)
2. Tanpura male 5-string in F# (37.37 minutes)

www.anandajay.org/en/albums/resonances-of-grounding

The Root Chakra

The Root Chakra has the Sanskrit name *Muladhara*. The Sanskrit word *mula* means “root” and *adhara* means “support” or “base,” so it literally translates as “the root that supports you” and is the foundation of the physical structure and energy body. The easiest way to experience this chakra is to feel it inward, a few centimeters above the area between the genitals and the anus. It is usually associated with the coccygeus (tailbone) and a part of the *plexus sacralis* (sacral plexus), the place where all animal urges are also stored.

This energy center contains the energies related to survival, safety and security, grounding and stability, concreteness and the peace of earthly silence, but also includes the power of the unconscious and a materialistic orientation, and it compels you and your body to survive. You can recognize the energy of this chakra by a zest for life and a strong physical presence. The energy of this chakra is connected to the molecular and cellular basis of your human existence and carries within it the pranic energy of your existence and origin, allowing you to experience the depth of your tangible existence. It is the seat of existence that precedes the discovery of your *being here*, your connection to the earth, the animalistic, the instinctual, the material and the physical. The foot chakras are an extension of *Muladhara*, located slightly inside in the middle of the soles of the feet. They serve as additional grounding and root points, or drainage channels to release the excess energy that has accumulated in the body. They are, so to speak, root extensions of *Muladhara*.

Muladhara holds the pranic energy of your incarnation and is the foundation for your further spiritual development. At this stage you are not yet consciously in motion; you are resting in Being. As *Muladhara* becomes more open, you gratefully tap into feelings of peace, stillness, stability, support, being connected with earth (being grounded), depth of experience, value of existence, and originality.

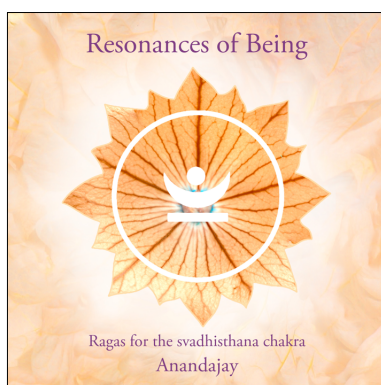
The resonances of the two ragas on this album are intended to deepen and refine your connection to these energies and to *Muladhara* as an energy source, so that you can more fully experience their supportive, nourishing and wholesome value and let them become more established in your way of life. Additionally, the instrumental works listed below also have their own distinct effects:

Track 1: Tanpura male in A-low

- Helps you to become more relaxed in your connectedness with earth, your humanity and the world around you.
- Helps you to let go of your ego, your will and your need for power.
- Helps you to be with who you are and discover the joy of humility.

Track 2: Tanpura male 5-string in F[#]

- Helps you to breathe in the abdomen and supports the homecoming into your being.
- Helps you to love the earth more deeply and the support it gives you.
- Clears the tailbone point of tension and helps you to cry in a relieving way.



Resonances of Being

– Ragas for Svadhisthana – the Sacral Chakra

1. Tanpura male & female duet in A-low (30.33 minutes)
2. Nadatarangini duet en E (26.44 minutes)

www.anandajay.org/en/albums/resonances-of-being

The Sacral Chakra

The Sacral Chakra, also called Identity or Sex Chakra, has the Sanskrit name *Svadhisthana*. The Sanskrit word *sva* means “what belongs to him,” “one’s own” or “self” and the word *adhisthana* means “home,” “dwelling place” or “abode,” so it literally translates as “abode of the self” or “home of your being.” *Svadhisthana* is also called Sacral Chakra, because its energies are associated with the *plexus pelvici* (pelvic plexus, all the nerves that come together in the pelvis) and part of the *plexus sacralis* (sacral plexus, the specific nerves on the side of the tail and sacrum area).

This chakra contains the energies that relate to both your essential and temporal identity, and therefore your individuality and your place in duality. This chakra is most easily felt in men at the base of the testicles and penis and in women at the base of the ovaries and clitoris. *Svadhisthana* is relatively close to the root chakra and they are closely connected, just as the life force and the sexual force are closely connected as the energy of procreation. Sexuality is a very individual thing, and it is in this individuality that your unique genetic and personal karma is stored, which in turn determines your identity as

an individual. The word *individual* comes from Latin and literally means “a self-contained wholeness that is indivisible.” *Svadbisthana* is the home of the essential and the individualistic, of yourself as a wholeness and as unique, authentic being.

The energies of this chakra can be recognized as everything that you are attracted to and as your awareness of pain and pleasure and, therefore, your desire to move beyond this duality. You see it reflected in all of your longings, and in your striving, in whichever way, for completeness. Being open to the energies of this chakra gives you a conscious, open and relaxed attitude toward your sexuality and sensory impressions, so that you are no longer compulsively reacting to instinctual urges, but can approach these feelings more consciously and from a place of longing for wholeness. The energies of the second chakra allow you to awaken to the duality of, on the one hand, the essentiality of *being here* and, on the other hand, your individual life force, which is the foundation of your awareness and longing for healing. The longing for oneness, like the feeling of hunger that makes you long for satiation, the sexuality that makes you long for a partner, and your longing to be included in wholeness again, characterizes your actions from now on and causes you to start moving. This is why the legs are also part of this chakra.

As *Svadbisthana* becomes more open, you can gratefully tap into its stimulating vibrancy, its more sensitive sexuality, the wholesome influence of *being here*, the unknown range of both beauty and ugliness, the unparalleled feeling of true homecoming, and self-love and love of life.

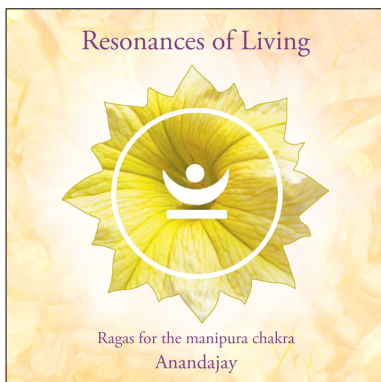
The resonances of the two ragas on this album are intended to deepen and refine your connection to these energies and to *Svadbisthana* as an energy source, so that you can more fully experience their empowering, nourishing and wholesome value and let them become more established in your way of life. The instrumental works listed below also have their own distinct effects:

Track 1: Tanpura male & female duet in A-low

- Connects your identity to your power and love.
- Helps in processing heartbreak and giving up struggles.
- Connects your sexuality to your tailbone and Base Chakra, creating peace.

Track 2: Nadatarangini duet and E

- Helps with the need for affirmation and feeling safe and secure.
- Heals your sexuality from unnatural areas of tension.
- Opens you to the beauty and uniqueness of your identity.



Resonances of Living

– Ragas for Manipura – the Stomach Chakra

1. Tanpura male & shruti in B (34.57 minutes)
2. Tanpura duet male 5-strings & male 4-strings in C# (38.25 minutes)

www.anandajay.org/en/albums/resonances-of-living

The Stomach Chakra

The Stomach Chakra, also known as the Solar Plexus Chakra, has the Sanskrit name *Manipura*. The Sanskrit word *mani* means “jewel” and *pura* means “city” or “large place,” so it literally translates as “city of jewels.” Because of its fieriness and radiance, this chakra quickly feels large, like a terrain full of energetic brilliance. Because of this, the pranic energy of this chakra is easily associated with the power of the personal, for its size and radiance. It gives a sense of power to the personality, although the fire and force of this chakra is actually meant for transformation rather than manifestation. The radiance of *Manipura* is felt between the base of the breastbone and the navel and is associated with the *plexus coeliacus* (the solar plexus), but its source is situated at the bottom of the stomach and then about 3-5 centimeters inward. The hand chakras, felt in the center of the palms, are additional conduits for this radiant chakra. They help transform the action-inducing energies of *Manipura* into tangible action.

The energies that become available through this chakra give you the impulse to make your own decisions, a power that is special, because from here that you develop a connection with your inner force or power. This inner force is the energy that supports you to develop towards what serves you well and makes you more complete, while power develops you to bring other forces under your control, within yourself or outside of you. Does this inner force lead you to spiritual vibrancy through transformation, or does the potential for power lead you to even greater domination? Whether you use this energy to gain personal power or whether this energy gives you the courage to enter into a process of transformation determines the direction your human evolution will take and the areas of life you will explore as a result.

The energies of this chakra can be recognized as the ego with its combativeness, as the power of your presence, in your freedom to experience your emotions, and in whether your actions or thoughts lead to beauty or struggle. You can also recognize this pranic energy in your willpower, your health, and your willingness to engage in life. It is precisely through the brilliant energy of this chakra, which is so characteristic of it, that it awakens both your I-awareness, your freedom of choice regarding your development toward wholeness, and the awareness of the ego that wants to use this force to bend things to its will.

As *Manipura* becomes more open, you can gratefully tap into its force to engage life, to let it come to you and to approach it with it in an exploratory way. Furthermore, it allows you to gratefully tap into its healing radiance that keeps you safe and healthy, the wondrous sense of self that gives you room to evolve, your perseverance and the space to experience things deeply until you understand them, the healing that these energies bring you in the face of your fears and insecurities, and the courage they give you in your journey to self-discovery.

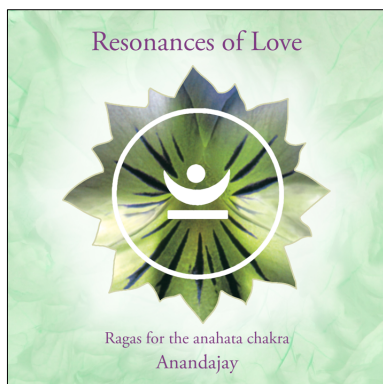
The resonances of the two ragas on this album are intended to deepen and refine your connection to these energies and to *Manipura* as an energy source, so that you can more fully experience their life-giving, nourishing and wholesome value and let them become more established in your way of life. The instrumental works listed below also have their own distinct effects:

Track 1: Tanpura male & shruti in B

- Reconnects you with the vitality of your ancestors, evolution and the whole.
- Frees you from the disempowering effect of self-rejection.
- Frees your ability to act from inhibition and uncertainty and relaxes your stomach, belly and breath.

Track 2: Tanpura duet male 5-strings & male 4-strings in C[#]

- Helps you to center yourself in life, and cleanses your spine from tension and energy stagnation.
- Softens and expands your aura and restores radiance to your Stomach Chakra.
- Frees your actions from subtle pain blockages.



Resonances of Love

– Ragas for Anahata – the Heart Chakra

1. Tanpura male 5-string & swaramandala in F# (37.37 minutes)
2. Tanpura male - female & shruti in D (34.24 minutes)

www.anandajay.org/en/albums/resonances-of-love

The Heart Chakra

The Heart Chakra has the Sanskrit name *Anahata*. The Sanskrit word *ana* means “not” and the word *ahata* means “struck,” so it literally translates as “unstruck,” “unhurt” or “unbeaten.” In other words, *Anahata* means “sound produced without touching the strings,” that is, a sound produced only by resonating with a very subtle vibration. Because chakras are energy centers that contain essential energies, this is an area that cannot be touched or reached by personal interests. Although this chakra is located in the heart region and is associated with the *plexus cardiacus* (the heart), like all chakras it is separate from the body as a vortex of pranic energy. It can be felt at and behind the center of the breastbone (sternum) and in the line from there to your nipples. As an added dimension, the Heart Chakra also becomes connected to the hand chakras, when the hands are allowed to act as givers and receivers of love.

Anahata houses the energies related to love, relationships, affinity and compassion, and the happiness you feel when you live from, with and in love. Love is a quality that transcends personal interests, unless you confuse love with a form of gaining power. The love energy of this chakra is not so much a value for something or someone, but rather an energy that expands your experience and gives you freedom, for everything that is given the space and freedom to exist feels loved. When you allow the energies of *Anahata*, you are basically immediately giving everything you experience the freedom to be what it is, to know it as such, and to explore what it can do for you on your spiritual path. You recognize this energy of love in your care for the happiness of others and in the openness with which you relate to everything in your life. This is the energy of empathy, which elevates your emotional experience above the personal orientation of the ego and can be recognized as affection, compassion, and love. *Anahata* is also associated with experiencing essence and your individual soul. Located in the middle of the seven major chakras, *Anahata* is considered an important area for meditation (*medi* is Latin for “middle”).

The energies of this chakra make you aware of aspects of your humanity that are not defined by personal rivalries and interests. Once you have had a taste of these energies and have felt the promise of being completely whole, by feeling loved and embrace in

wholeness, it will spark your longing to become more established in the oneness you carry within. Then you will truly be touched by the untouchable beauty and depth of love, by the vastness of these heart energies and their fulfilling richness. And you will realize that what you have been missing so deeply does indeed exist, and can become true in you.

As *Anabata* becomes more open, you can gratefully tap into its soothing influence on your ego and its actions, the space it gives to all that you are, the feeling of happiness that comes from feeling loved and noticing how good it feels to love others so respectfully, the space it creates in your chest so that life feels less constricting or inhibiting, the influence these energies have on how you feel, think and act, its liberation from the ego-driven defensiveness with which you have held everything at bay, and the inspired blessings you now feel more often.

The resonances of the two ragas on this album are intended to deepen and refine your connection to these energies and to *Anabata* as an energy source, so that you can more fully experience their loving, nourishing and wholesome value and let them become more established in your way of life. The instrumental works listed below also have their own distinct effects:

Track 1: Tanpura male 5-string & swaramandala in F[#]

- Connects you to the center of the chakra system and lets you trust that life is benign.
- Relaxes your Heart Chakra and from there the connection between your Heart and Stomach Chakra, between love and action.
- Relieves the heart of heartache and lets you rediscover the love you have always carried within.

Track 2: Tanpura male & female & shruti in D

- Has a healing effect on *Anabata* (4th) at the back of the spine.
- Reduces the impact of your conditioning on love and promotes the value of tolerance.
- Opens the lotus of your heart petal by petal.



Resonances of Joy

– Ragas for Vishuddhi – the Throat Chakra

1. Tanpura female & shruti in G (34.54 minutes)
2. Nadatarangini solo in E (28.11 minutes)

www.anandajay.org/en/albums/resonances-of-joy

The Throat Chakra

The Throat Chakra has the Sanskrit name *Vishuddhi*. The Sanskrit word *vi* means “beyond all comparisons” and the word *shuddhi* means “purification,” so it literally translates as “profound purification.” Because these are spiritual values, this purification refers to a form of purity that is beyond duality (comparisons), and when you go beyond duality, you no longer feel divided, you feel whole. It is about healing (being whole) and because it is in the throat region, healing through *Vishuddhi* has to do with communication, expression and a proper connection between the head and the rest of the body. *Vishuddhi* is located near the thyroid gland (metabolism) in the pharynx and is associated with the *plexus cervicalis* (the pharynx) and the *plexus pharyngeus* (the larynx) and you can feel its energy most easily at the bottom of the pharyngeal area, in the middle between the front and the back of the neck.

The energies of *Vishuddhi* help you to experience the value of inner purity by expressing what moves you, in whatever way or form, in your speaking, praying, singing, and other forms of creativity, so that what touches you from within doesn’t become muted, but that you can purify all unclarity and murkiness that still remains by sharing it with the world around you. As you move beyond the murky and unclear, you experience your inner self as a source of love, happiness and joy. On a physical level the subtle flow of your breath also passes through this area, releasing its energy and waste. By opening yourself to the energies of *Anabata*, you have become aware of true love, and you can connect more deeply with its beauty when you further purify yourself. When you express yourself with this intention, it can purify you, making you feel more honest, open and pure, and this allows ego-driven intentions to transform into genuine communication (literally: sharing together). The love that fills you when you are open to *Anabata*, can now also become part of your speech and expression. The energies of this chakra can be recognized by the freedom and sincerity with which you share with others what touches you within, or to show it in how you express yourself.

As *Vishuddhi* becomes more open, you can gratefully tap into how the experience of love inspires you to be more sincere and open in your communication, the joy that then begins to influence your voice and choice of words, the space that this gives in your chest and

in the attitude with which you face the world. As a more open contact with your inner purity develops, you begin to recognize the purity of your inner self and essence in the beauty of the world around you as well, as the essence that is present underneath all murkiness in everyone and everything.

The resonances of the two ragas on this album are intended to deepen and refine your connection to these energies and to *Vishuddhi* as an energy source, so that you can more fully experience their joyful, nourishing and wholesome value and let them become more established in your way of life. The instrumental works listed below also have their own distinct effects:

Track 1: Tanpura female & shruti in G

- Heals the freedom of *Vishuddhi* (5th) at the back of the spine and promotes creativity.
- Softens the pelvic area and promotes the expression of tenderness and sensitive feelings.
- Let your communication have more of the fluidity that corresponds to the depth of your sexuality.

Track 2: Nadatarangini solo in E

- Frees the Throat Chakra of tension and rigidity.
- Instills trust in the continuous flow of life and in using your inner voice.
- Expands your aura around the throat area, shoulders and head.



Resonances of Light

– Ragas for Ajna – the Brow Chakra

1. Tanpura male - female duet & shruti in B (34.48 minutes)
2. Tanpura male 5-string in C# (35.38 minutes)

www.anandajay.org/en/albums/resonances-of-light

The Brow Chakra

The Brow Chakra, also called the Third Eye Chakra, has the Sanskrit name *Ajna*. The Sanskrit word *ajna* means “to perceive” or “control.” Indeed, your perception determines your vision, and your vision controls your thinking and actions. This chakra is located in the center of the forehead, just above the eyebrow line, and is connected to the epiphysis (the pineal gland) and the pituitary gland (the brain appendage in the center of the head),

both of which produce important hormones. The epiphysis is sensitive to light, which spiritually supports the energies of *Ajna* regarding your light of consciousness and insight, and produces the hormone melatonin, which ensures that you sleep well. Spiritually speaking, the latter is a way of letting go of everything conscious and finding the safe harbor of *being here* in the body, creating a good balance between insight and letting go. The energies of *Ajna* are most clearly felt through the forehead. Your perception steers your way of living, so it is invaluable to have clarity of perception, not only of the factual, but also of the depths behind or within the factual, allowing you to see beyond the outer forms. It offers the value of insight, of seeing from within, of understanding with your intuition, of having instant clarity in what you see and how you act. This applies to both seeing and seeing through your own reality as well as that of others and the world around you.

The energies of *Ajna* help you both to deepen your insight into your habits as well as the cosmic magnificence of the inner essence and inspiration that exists behind everything. You recognize the activity of this chakra by the abundance of liberating thoughts and insights that deepen your openness, by experiencing more and more universal wisdom, and by giving this clarity a place in the way you live, listening to its guidance and letting it inspire your actions. As your awareness deepens, your spiritual development becomes more meditative, and you become more aware of what is unchanging behind all change, what is true behind all untruth. Your habits and the ego begin to lose their grip more and more, and insights begin to determine the direction of your life. Also, more and more wisdom and intuition emerge instead of mere intellectual knowledge, opening the way for love and purity to be present in it as well.

As *Ajna* becomes more open, you gratefully tap into the increasingly clear understanding of the coherence of all of life, the joyful and trusting cosmic light that enriches and illuminates you on many levels, the wisdom that makes your actions more compassionate and harmonious, the liberating nature of this openness and clarity, and the enlightening knowledge of inspiration that you then experience.

The resonances of the two ragas on this album are intended to deepen and refine your connection to these energies and to *Ajna* as an energy source, so that you can more fully experience their illuminating, nourishing and wholesome value and let them become more established in your way of life. The instrumental works listed below also have their own distinct effects:

Track 1: Tanpura male & female duet & shruti in B

- Opens and relaxes the connection between the back of your head and the front of your heart.
- Makes you mild toward your past and offers new insights.
- Relaxes the ears, neck, throat, and shoulder-neck junction, and allows space to develop from the shoulders to the hands.

Track 2: Tanpura male 5-string in C[#]

- Cleanses and heals the Brow Chakra and gives you more confidence in your perception.
- Brings peace and helps you to accept yourself as you are.
- Loosens you from your personal interpretations and gives you a broader sense of self.



Resonances of Peace

– Ragas for Sahasrara – the Crown Chakra

1. Tanpura male & swaramandala in C[#] (28.12 minutes)
2. Tanpura duet male 5-strings & male 4-strings in F[#] (35.19 minutes)

www.anandajay.org/en/albums/resonances-of-peace

The Crown Chakra

The Crown Chakra has the Sanskrit name *Sahasrara*. The word *Sahasrara* means “thousand” and indicates the infinite, limitless, cosmic value and vastness of this chakra. This chakra is also portrayed as a thousand-petaled, fully opened lotus flower. Located near the crown, *Sahasrara* has its radiance toward the crown and reaches into the center of the brain. It is associated with the cerebral cortex and also with the pituitary gland, indicating a clear connection with *Ajna*, to which it transmits its light. *Sahasrara* houses the potencies of all the chakras and perceives all levels of your humanity as one.

The energy of this chakra consists only of pure consciousness and it connects you to the purest wisdom that a human being can become aware of, it is unlimited as a kind of cosmic consciousness. This energy has nothing to do with personal development, it leaves that behind and only illuminates the whole as a source of inspiration for your spiritual path and for the enlightenment of the essence or soul within you. In the radiance of this purity, peace, truth, honesty, love, strength, longing and being feel completely at home and enlightened. You recognize the activity of this chakra by the blessings of peace, that touch your inner being and radiate outward from there. When this cosmic consciousness connects with your being, when the energy of this chakra can be added to all the energies of your spiritual growth, spatial consciousness and existential being come together and you experience the wholeness of being fully aware. The “dormant” being in *Muladhara* is awakened and, polished and purified through various cleansings in the

chakra centers, finally comes together with Cosmic Consciousness as the still, enlightened, peaceful, most essential and existential Being. The soul then rests peacefully in the heart and you feel a spiritual homecoming, resting in the mother's womb of creation, in the essential nature and origin of all.

The first and seventh chakras, "being" and "complete awareness," neutralize each other and lead to "being" aware. The second and sixth chakras, "duality" and "clear discrimination," neutralize each other and lead to insight, deepening your awareness of *being here*. The third and fifth chakras, "the will of the ego" and "the healing power of purification," neutralize each other and lead to inner peace, further deepening your awareness of *being here*. And the fourth chakra, the center of the entire chakra system and of your human development, thereby comes to rest, and its love becomes the peaceful foundation for your soul, which is now illuminated by the purity and wholeness of the cosmic, divine light of consciousness.

As *Sahasrara* becomes more open, you gratefully tap into the influence of true peace, which allows you to experience, beyond all duality, the wholeness of existence and *being here*, the all-illuminating light that makes you more awake and soulful, and the peace that heals all and can time and again be welcomed as the ultimate spiritual guidance.

The resonances of the two ragas on this album are intended to deepen and refine your connection to these energies and to *Sahasrara* as an energy source, so that you can more fully experience their peaceful, nourishing and wholesome value and let them become more established in your way of life. The instrumental works listed below have their own distinct effects:

Track 1: Tanpura male & swaramandala in C[#]

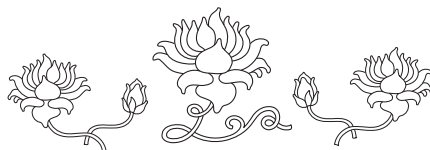
- Relaxes the Crown Chakra and soothes increased mental activity.
- Lets you be at peace with who you are.
- Helps you to engage with everything around you from your inner being.

Track 2: Tanpura duet male 5-strings & male 4-strings in F[#]

- Opens your nervous system, connects all chakras into a spiritual dimension and deepens your connection to the Base Chakra and its foundation and support of all other chakras.
- Opens the chakras to unknown energies and expands the boundaries of your aura.
- Brings peace as you surrender to the unknown fullness of life.



Books by Anandajay



1. Dutch books



Bezieling door Inzicht

– 200 levensthema's voor innerlijke groei

This book contains two hundred elemental themes of life to help you discover the essence of being, learn to be with your presence, and accept the spiritual blessings that come with it to guide you through life.

387 pages | For more information, see:
www.anandajay.org/boeken/bezieling-door-inzicht



Yoga beleven en geven vanuit zijn Spirituele Diepgang

Anandajay brings together more than fifty years of experience with the integration of spirituality in yoga in this book and uses all kinds of feel- and breath-exercises, meditations, and yoga postures to explore the subtle yet immense differences between *doing* yoga and *being* yoga.

393 pages | For more information, see:
www.anandajay.org/boeken/yoga-beleven-en-geven-vanuit-zijn-spirituele-diepgang



Zegeningen van het Hart

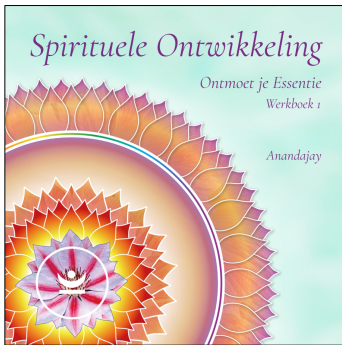
– 365 spreuken voor dag en nacht

A yearbook of meditative proverbs with two proverbs for each day, one for the morning and one for the evening. These blessings bring you into contact with the loving voice of your heart and are meant to touch the soul, beyond duality.

201 pages | For more information, see:
www.anandajay.org/boeken/zegeningen-van-het-hart

Work books ‘Ontmoet je Essentie’

This series of workbooks, with the common title *Ontmoet je Essentie* (“Meet your Essence”), uses twelve practices developed by Anandajay to bring you into contact with “The Light of Being,” the light of your being within yourself. The series consists of three parts, and each part deals with seven elementary life themes that support you in your spiritual development, help you find your own spiritual way of life and show you the depth of your spiritual freedom. The three parts are:



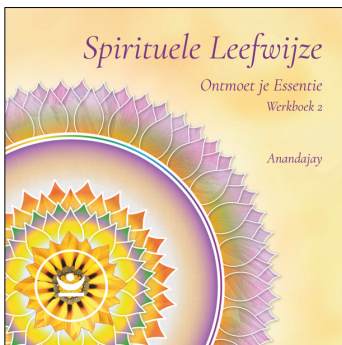
Spirituele Ontwikkeling

– Ontmoet je Essentie deel 1

With the seven elemental themes of life – *Energetic sensitivity, Longing, Vulnerability, Togetherness, Freedom, Light of Being, and Spiritual openness* – to support you in your spiritual development.

347 pages | For more information, see:

www.anandajay.org/boeken/spirituele-ontwikkeling



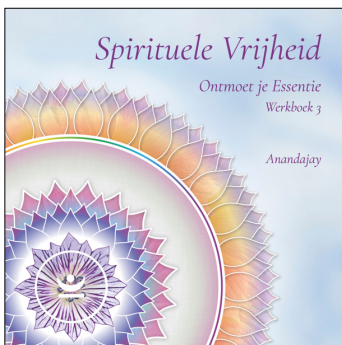
Spirituele Leefwijze

– Ontmoet je Essentie deel 2

With the seven elemental themes of life – *Awakening, Life, Wholeness, Silence, Love, Power and Relationship* – to help you come home to your own spiritual way of life.

333 pages | For more information, see:

www.anandajay.org/boeken/spirituele-leefwijze



Spirituele Vrijheid

– Ontmoet je Essentie deel 3

With the seven elemental themes of life – *Hatha, Tantra, Karma, Bhakti, Mantra, Jnana, and Raja* – that show you the depth of your spiritual freedom, with an additional chapter on the depth of feeling energetically.

381 pages | For more information, see:

www.anandajay.org/boeken/spirituele-vrijheid



Ontdek de helende kracht van Meditatie

– Thuiskomen in je Zelf deel 1

In this comprehensive work on meditation, which has been published in two parts, Part 1 takes an in-depth look at the principles, depth and value of meditation from a philosophical, traditional, spiritual and experiential point of view through various meditations, and Part 2 takes an in-depth look at a more structured form of meditation, the *Light of Being-Meditation*.

291 pages | For more information, see:

www.anandajay.org/boeken/ontdek-de-helende-kracht-van-meditatie



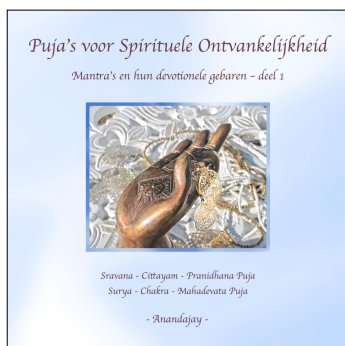
Vrede van lichaam tot ziel door Meditatie

– Thuiskomen in je Zelf deel 2

In this second part, *Vrede van lichaam tot ziel door Meditatie* (Peace from Body to Soul through meditation), Anandajay takes you on a journey through the four phases of the *Light of Being-Meditation*: Liberation, Relationship, Incarnation and Realization.

307 pages | For more information, see:

www.anandajay.org/boeken/vrede-van-lichaam-tot-ziel-door-meditatie



Puja's voor Spirituele Ontvankelijkheid

– Mantra-gebaren deel 1

The first part on devotion and pujas (mantra prayers) for a spiritual life deals extensively with the mantra, value, gestures, energy flows and prayer experience of the *Mahadevata*, *Chakra*, *Sravana*, *Pranidhana*, *Surya* & *Cittayam puja*.

279 pages | For more information, see:

www.anandajay.org/boeken/boeken/pujas-voor-spirituele-ontvankelijkheid



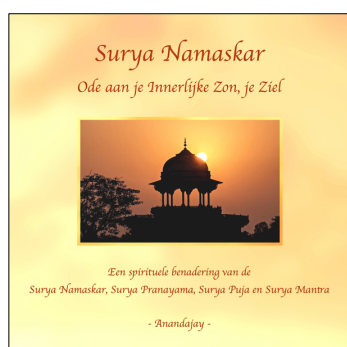
Puja's voor Spirituele Rijkdom

– Mantra-gebaren deel 2

The second part on devotion and pujas (mantra prayers) for a spiritual life deals extensively with the mantra, value, gestures, energy flows and prayer experience of the *Kriya*, *Kosha*, *Shiva-Shakti*, *Jivatman*, *Yoga* and *Aum Adhara puja*.

275 pages | For more information, see:

www.anandajay.org/boeken/pujas-voor-spirituele-rijkdom



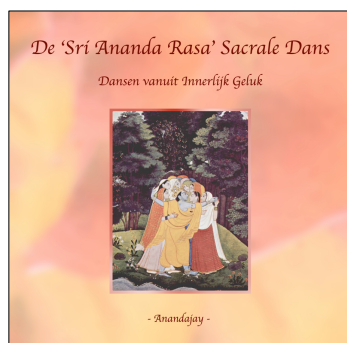
Surya Namaskar

– Ode aan je Innerlijke Zon, je Ziel

This book takes an in-depth look at the spiritual value of the *Surya Namaskar* (the Salutation to the Sun through 12 yoga postures), the *Surya Prabhana Pranayama* (energetic breathing exercise), the *Surya puja* (mantra prayer with devotional gestures), and their *mantras*.

331 pages | For more information, see:

www.anandajay.org/boeken/surya-namaskar



De 'Sri Ananda Rasa' Sacrale Dans

– Dansen vanuit Innerlijk Geluk

The *Sri Ananda Rasa* is a choreography of inner beauty, full of graceful movements and intended as an expression of the longing for spiritual depth and a life full of love.

303 pages | For more information, see:

www.anandajay.org/boeken/sri-ananda-rasa

2. German books



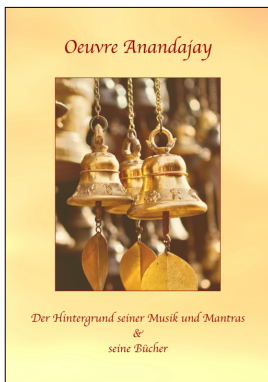
Erwachendes Bewusst-Sein

– Selbsterkenntnis durch Jnana-Yoga

In this German translation of the book *Jnana Yoga – De kracht van ontwakend bewustzijn* (The Power of Awakening Consciousness), Anandajay uses everyday examples to show what Jnana Yoga means: the realization of the essential. The goal of this yoga is to reconnect us with our soul.

133 pages

www.anandajay.org/de/boeken/erwachendes-bewusstsein

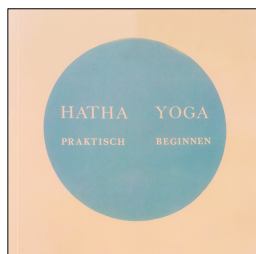


Oeuvre Anandajay

– Der Hintergrund seiner Musik und Mantras & seine Bücher

German translation of this book with extensive information about Anandajay's German book *Erwachendes Bewusst-Sein* and the 102 pieces of music on 29 albums (mantra lyrics, their meaning and the healing effect of the accompanying music) that Anandajay has released.

4. Previously published books



Hatha yoga

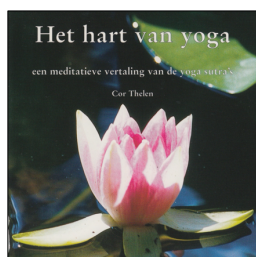
Praktisch beginnen

Hatha Yoga was first published in 1984 and is no longer available.



Als de bloem zich opent

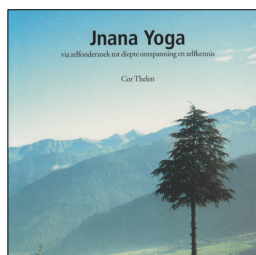
The collection of proverbs *Als de bloem zich opent* (When the Flower Opens) was published in 1992 and was included in its entirety in the book *Jnana Yoga - De kracht van ontwakend bewustzijn* (Jnana Yoga - The Power of Awakening Consciousness). Parts of it are now included in the book *Bezieling door Inzicht* (Inspiration through Insight) and there is a new book of proverbs, 'Zegeningen van het Hart' (Blessings of the Heart).



Het hart van yoga

Een meditatieve vertaling van de yoga sutra's

Het hart van yoga (The Heart of Yoga) was published in 1999 and has been reprinted as part of the meditation book *Ontdek de helende kracht van Meditatie* (Discover the Healing Power of Meditation).



Jnana yoga

De kracht van ontwakend bewustzijn

Jnana Yoga was first published in 1993 and has been reprinted in the book *Yoga beleven en geven vanuit zijn Spirituele Diepgang* (Living and Giving Yoga from its Spiritual Depth).



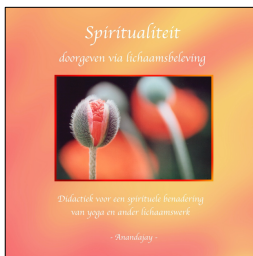
Ontmoetingen met Anandajay

Ontmoetingen met Anandajay (Meetings with Anandajay) was published in 2003 and parts of it have been included in the book *Bezieling door Inzicht* (Inspiration through Insight).



Yoga filosofie in ervaarbare eenvoud

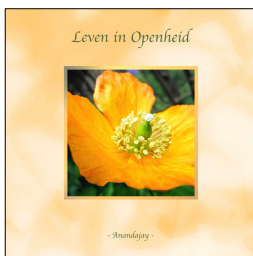
Yogafilosofie in ervaarbare eenvoud was first published in 1999 and is partly included in the book *Yoga beleven en geven vanuit zijn Spirituele Diepgang*.



Spiritualiteit doorgeven via lichaamsbeleving

Didactiek voor een spirituele benadering van yoga en ander lichaamswerk

Spiritualiteit doorgeven via lichaamsbeleving (Passing on Spirituality through Bodily Experience) was first published in 2003 and parts of it have been incorporated into the book *Yoga beleven en geven vanuit zijn Spirituele Diepgang* (Yoga: Experiencing and Teaching from its Spiritual Depth).



Leven in openheid

Leven in openheid (Living in Openness) was first published in 2006 and has been incorporated in its entirety into the book *Bezieling door Inzicht* (Inspiration through Insight).



Leven in het licht

Leven in het licht (Living in the Light) was first published in 2016 and has been fully incorporated into the book *Bezieling door Inzicht* (Inspiration through Insight).



www.anandajay.org/en