

# Mantra & Movement

*a devotional yoga workshop with Melissa and Arnaldo Ortiz*



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# Bhakti Yoga

## Love for Love's Sake

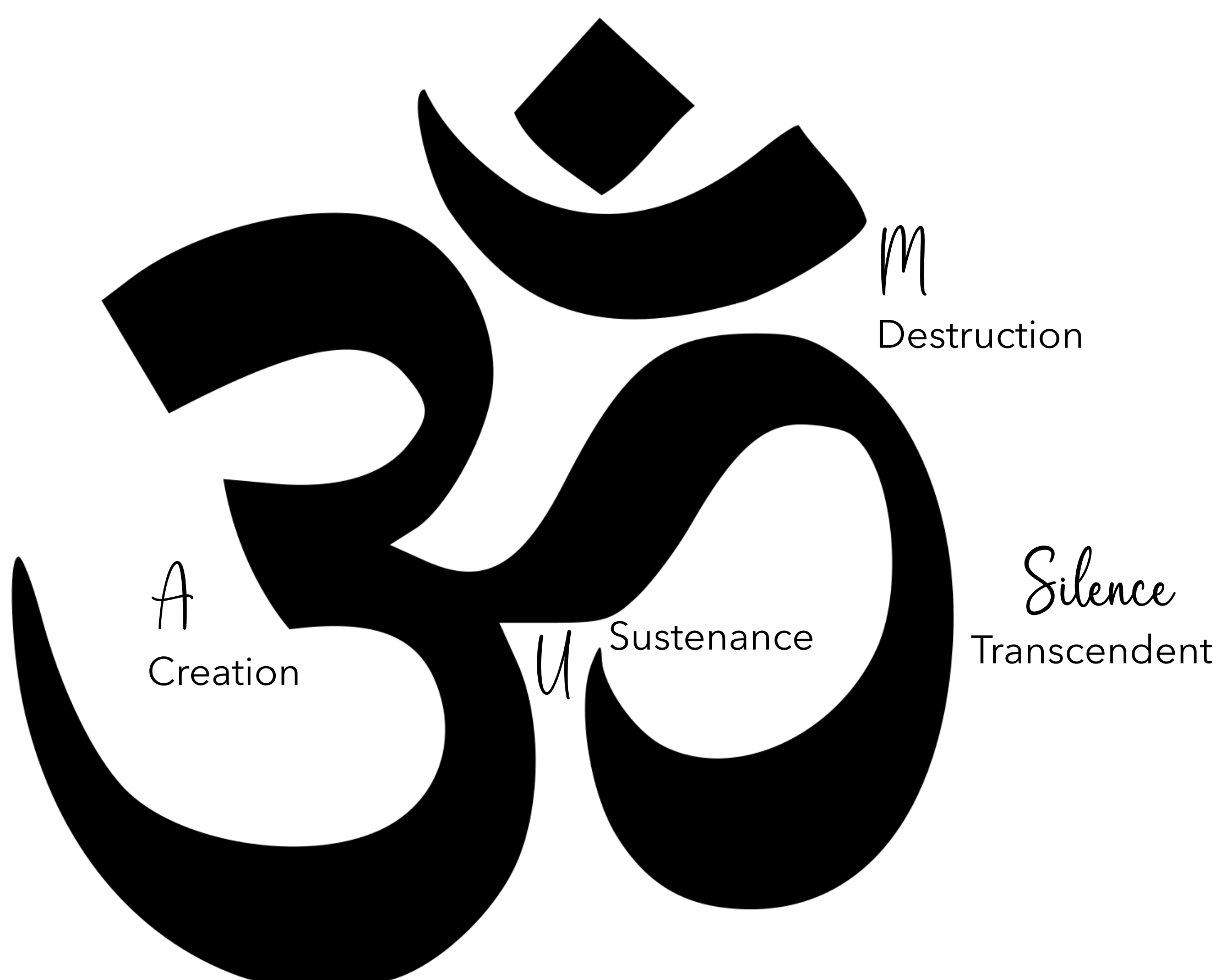
- To engage in a devotional relationship with a Higher Power
- How to Practice: Chanting, Mantras, Prayer, Kirtan, Daily Rituals, Meditation, Bowing, Storytelling, Direction of Unconditional Love
- One of the easiest ways to understand the path of bhakti and expand our devotional attitude is to treat others the way we would like to be treated.

**Chanting** during a yoga practice deepens the concentration and devotion, opens the heart, cleanses the body, calms the mind and improves the awareness.

A **mantra** is a sacred utterance, a numinous sound, a syllable, word or phonemes, or group of words in Sanskrit believed by practitioners to have psychological and/or spiritual powers.

## The Sound of Om

Four Sounds: A-U-M and the silence  
The Primal Vibration of the Universe  
Bija (seed) mantra  
Connects one with the divine within





We can consider them as referring to the past (A), to the present (U), to the future (M), and to that place where time cannot flow (the silence) – the place before time began; In the Mandukya Upanishad the four syllables are pointers towards understanding truth. "A" represents the waking state of consciousness (outer world); "U" the state of dream consciousness (inner world); "M" the state of deep sleep consciousness ; finally, the silence – the place beyond all definitions of consciousness; a place that can't properly be named, but must be given a name so that we can converse; so this nameless state is simply called turiya: the fourth.



## **Gayatri Mantra:**

Meditation and greeting to Sun, that typically starts the day; bringing in enlightenment, preservation of life through light. Repeating this mantra is believed to bring success and salvation.

Om Bhur Bhuvah Svaha  
Tat Savitur Varenyam  
Bhargo Devasya Dhimahi  
Dhiyo Yo Naha Prachodayat | Swaha

**The Dawning, the day and the dusking  
Those most excellent daughters of the sun  
The radiant forms coming from the Gods  
I meditate upon you and reach out to you.  
This is my offering.**

## **Lokah Samastah Sukhino Bhavantu**

"May all beings everywhere be happy and free, and may the thoughts, words, and actions of my own life contribute in some way to that happiness and to that freedom for all."

By chanting this mantra, we move from our personal self and radiate a prayer of love for the world around us. It takes us from the egoic, little self, and its limited world view, and radiates from us global wellbeing. It is a reminder we are a part of the universe and can positively impact all of creation.

**Om Shanti Shanti Shanti - Om Peace, Peace, Peace**



Chant to Ganesha

## **Om Gam Ganapataye Namaha**

“Salutations to the remover of obstacles.” OR “Wake up Root Chakra energy of transformation so I can move through any obstacles in my life.”

It is one of many mantras chanted to the Hindu god, **Ganesh**, who is also known as Ganapati or Ganapataye and is recognizable by his elephant’s head. He is, as the mantra suggests, the remover of obstacles who brings success, but he is also the god of beginnings and is associated with arts and sciences, knowledge and wisdom.



Baba Hanuman

## **Jaya Sita Rama, Jai Jai Hanuman Jaya Sita Rama, Jai Jai Hanuman Hare Rama Rama Ram, Sita Rama Rama Ram**

“I bow, I bow again and again to Anjani’s son, Hanuman. Victory to Sita and Ram, Victory to Hanuman. Victory over the darkness of suffering... You are home of all Grace. Destroy all my problems, calamities and sufferings”

Sita Ram, as a mantra, evokes Rama, the incarnation of Lord Vishnu, Lord of the Universe, as Truth, the Soul and virtue; and Sita, an incarnation of Lakshmi, Goddess of Abundance, as primal energy, known for her devotion. Rama symbolizes the inner fervor in the manipura (solar plexus) chakra that purifies the body and spirit. Sita symbolizes the energy of the muladhara (root) chakra that provides grounding and calms the mind. Hanuman is the Son of the wind and the monkey-god, embodiment of devotion, ardent devotee of Ram and Sita who helps these lovers reconnect.





Sri Argala Stotram

## **Rūpaṃ dehi jayaṃ dehi yaśo dehi dviṣo jahi**

Which translates to: Grant us your form (Liberation), Grant us victory, Grant us welfare, remove all hostility (negativity).

*Stotra* or *Stotram* is a Sanskrit word that means "ode, eulogy or a hymn of praise". This stotra is to the goddess Durga. She is the warrior goddess, whose mythology centers around combating evils and demonic forces that threaten peace, prosperity and the dharma of the good. She is the fierce form of the protective mother goddess, willing to unleash anger against wrong, violence for liberation and destruction to empower creation. The repeating verse of this song is: Rupam dehi, jayam dehi, Yasho dehi, dvisho jahi.



## **Om Namah Shivaya**

One of the most beloved Hindu mantras. It is a salutation to Shiva, one of the three primary deities of Hinduism, and literally translates to "I bow to Shiva."

Om Namah Shivaya, a Maha mantra or great mantra, is also known as the five syllable mantra, as it has five syllables which are preceded by the **Om** (or **Aum**). Among other things, these five syllables represent the five elements of earth, water, fire, air and space. In yoga, this mantra is chanted during meditation in order to help realize the inner Self and possesses the qualities of prayer, divine love, grace, truth and blissfulness. It is also the initiation mantra of the Siddha yoga lineage.



Aad Guray Nameh

# **Aad Guray Nameh**

## **Jugaad Guray Nameh**

## **Sat Guray Nameh**

## **Siri Guru Devay Nameh**

“I bow to (or call upon) the Primal Wisdom, I bow to (or call upon) the Truth that has existed through the ages, I bow to (or call upon) True Wisdom, I bow to (or call upon) the Great Divine Wisdom within”

Aad Guray Nameh is a protection manta. We use this mantra for protection before long journeys and to assist us quickly in opportunities when they arise. You can apply the power of visualization and envision yourself surrounded by a protective light shield. Besides offering protection, Aad Guray Nameh is also used to clear any doubt and open you up to guidance from your highest self.



\*\*Sources:

- » Bhakti Breakfast Club
- » Jivamukti Yoga Center: Mantras and Prayers
- » Krishna Das
- » Kelly Kamm - Harmonium tutorials
- » The Little Book of Hindu Deities by Sanjay Patel
- » Myths of the Asanas: The Stories at the Heart of the Yoga Tradition by Alanna Kaivalya and Arjuna van der Kooij
- » Spotify playlist: Follow melissa\_kaban Mantra Magic

Thank  
You!