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THOMAS ASHLEY-FARRAND'S

# HEALING MANTRAS

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Healing Mantras.: Using Sound Affirmations for Personal Power, Health, and Creativity

Also by Thomas Ashley-Farrand:

### **Books**

*Healing Mantras* (New York: Ballantine Wellspring, 1999).

*True Stories of Spiritual Power* (privately published, 1995).

*The Ancient Science of Sanskrit Mantra and Ceremony, Volume I: Mantra.*

*Volume II: Great Spiritual Disciplines and Ceremonies* (privately published, 1996).

### **Audio programs**

*Selected Mantras from Volume I* (privately published, 1996).

*Great Spiritual Disciplines & Selected Astotaras* (privately published, 1996).

*Dr. Wright's Cleaning Out Technique / Gayatri Mantra Meditation* (privately published, 1998).

*Feminine Power Mantra Meditations* (privately published, 1999).

*Saturn Power Mantra Meditations* (privately published, 1999).

*Planet Power Mantra Meditations* (privately published, 1999).

*The Power of Mantras* (Sounds True, 1999).

*Thomas Ashley-Farrand's Healing Mantras* (Sounds True, 1999).

*Mantra: Sacred Words of Power* (Sounds True, 1999).

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THOMAS ASHLEY-FARRAND'S  
HEALING MANTRAS

Part 1 – Invocation

Mantras for General Help

*Om Gum Ganapatayei Namaha*

*Om Shri Shanaisbwaraya Swaha*

Part 2 – Mantras for Attracting Relationships

*Om Shrim Shriyei Namaha*

*Om Nama Shivaya*

*Narayani Patim Debi Shrim Klim Parameshwari*

*Sat Patim Debi Parameswara*

Part 3 – Mantras for Attracting Abundance and Good Luck

*Om Shrim Maha Lakshmiyei Swaha*

*Om Sharavana Bhavaya Namaha*

Part 4 – Healing Mantras

*Om Shri Dhanvantre Namaha*

*Om Arkaya Namaha*

*Om Hiranyagbarbhaya Namaha*

*Om Ram Ramaya Swaha*

*Om Apadamapa Hataram Dataram Sarva Sampadam  
Loka Bhi Ramam Shri Ramam Bhuvo Bhuvo Namamyaham*

*Om Trayumbakam Yejamabe  
Sugandhim Pushti Vardanam  
Urvar-ukamiva Bandhanan  
Mrityor Muksheeya Mamritat*

**Part 5 – Mantras for Invoking Feminine Power**

*Om Dum Durgayei Namaha*

*Om Eim Saraswatyei Swaha*

**Part 6 – Mantras for Spiritual Growth**

*Om Namo Bhagavate Vasudevaya*

*Om Mani Padme Hum*

*Om Bhu, Om Bhuvaha, Om Swaha*

*Om Maha, Om Janaha, Om Tapaha, Om Satyam*

*Om Tat Savitur Varenyam*

*Bhargo Devasya Dhimahi*

*Dhiyo Yonaha Prachodayat*

*Aham Prema*

**Tamboura and bells**

## WHAT IS A MANTRA?

The word mantra is based on the Sanskrit roots *manas* (mind) and *trai* (device). In Hindu and Buddhist usage, it has come to mean “spiritual sound formula.” Hindu scripture calls mantra “that which, when contemplated and repeated, will offer protection.”

The proper study of Sanskrit mantra includes physical anatomy; the system of subtle channels in the body; diagrams of spiritual energy processing centers (chakras); and the human voice, which powerfully influences all of the above. Sanskrit mantras are also key to techniques for awakening *kundalini*, a subtle power cell located at the base of the spine.

## HOW MANTRAS WORK AND USING YOUR MANTRA

Please understand that if you undertake to work in a disciplined manner with any of these mantras, you will be setting certain forces in motion. The energy of the mantra itself will work in a specific way with your intention, adding focus and power to the practice. Your job is to be ready to receive the result – which may not necessarily match your expectations.

Mantra practice can be done anywhere: in your car, while performing household chores, etc. It is beneficial, however, to select a quiet place where you can ground your daily meditation and mantra practice. Here, you may prepare an altar on top of a dresser, in a closet, or even

in a free room, if possible. You might wish to place pictures of spiritual teachers or icons, *malas* (rosaries used to count repetitions), and other devotional items on your altar.

There are two primary ways in which mantra is traditionally practiced. Which one you choose will depend upon the circumstances of your life and the urgency of your intention.

### **The Forty-Day Approach**

Chant the mantra 108 times twice a day (or as much as possible) for forty days. Most people will achieve some kind of significant result through this process.

### **Repetition by the Numbers**

Traditionally, one must chant a mantra 125,000 times in order to achieve continuing proficiency with the practice. This may sound like a lot, but consider that for a short mantra, one hour of repetition per day totals between 2,500 and 3,000, depending on your speed. At 25 per hour and one hour per day, you will reach the goal of 125,000 in just fifty days – less than two months.

## HOW TO USE THIS STUDY GUIDE

*Healing Mantras* includes twenty mantras that you can use to heal various aspects of your experience. The mantras are grouped according to their powers: general healing mantras, relationship mantras, recitations

for abundance and good luck, physical healing mantras, invocations of feminine power, and mantras for spiritual growth.

On the program, each mantra is enunciated slowly, then chanted continuously for about a minute so that you can learn it and join in. Use this study guide to refresh your memory on specific mantras, and to learn more about their origins and uses. Once you are familiar with the Sanskrit pronunciations, you can simply consult this printed guide as needed to find the appropriate mantra for your situation.

## SEED MANTRAS

The simplest mantras are called “seed sounds.” These short, powerful sounds are mantras in themselves, and also building blocks for longer mantras. In Hindu tradition, each seed sound is typically associated with an anthropomorphized deity: a fabricated being – such as Shiva, Saraswati, or Lakshmi – who embodies the principle of the sound. Having a familiar, human-like form with which to associate these principles makes it easier for our minds to understand their raw power. Whether one calls these beings “principles,” “ancestors,” or “gods and goddesses” does not matter over the long term. The powers they represent can change our lives for the better, no matter what we may believe or how we imagine them.

Here are some primary seed sounds and – where applicable – the anthropomorphized principles associated with them.

*Shrim* [pronounced “shreem”]: This is the sound for the feminine principle of abundance called Lakshmi. Repetition of the Shrim mantra produces the ability to attract and maintain abundance: financial wealth, good health, friends, enough food to eat, inner peace, the love of children and family, and so forth.

*Eim* [“I’m”]: This seed sound is associated with the feminine Saraswati, who rules artistic and scientific endeavors, music, and education. The same principle governs the development and manifestation of spiritual knowledge, good education, memory and intelligence, and musical skill.

*Klim* [“kleem”]: This is the seed mantra for the principle of attraction. It is sometimes combined with other mantras to attract an object of desire. As you chant the mantra Klim, the power of your focus upon the desired condition becomes more intense.

*Dum* [“doom”]: This is the seed for the feminine principle called Durga, which invokes protection from that which is feared.

*Krim* [“kreem”]: The seed of Kali, the primordial feminine energy. Her considerable power is invoked to help burn away negative ego.

*Gum* [as in chewing gum]: This seed for Ganapathi, son of Shiva and Parvati and remover of obstacles, brings success in endeavors. It is especially good for those who are just getting started with mantras and want to test them.

# THE HEALING MANTRAS

The practice of mantra is not a remedy for all ills; nor can you necessarily expect the healing it brings to conform to your preconceptions. Do not use mantras to replace sensible medical care; in fact, your practice may even attract a cure in the form of a conventional treatment modality. Be ready to explore any route to recovery that may present itself. Mantras are not a substitute for other avenues, but rather a powerful complement to the various life-enhancing tools already available to you. Over time, you will find that they can significantly reinforce your overall health and well-being.

The following are the spiritual sound formulas you will hear on *Healing Mantras*. Consult this list to find the category of mantra you need and the specific mantra that best suits your situation. In some cases, the transliterations are self-explanatory. Otherwise, brief descriptions are included for clarification.

## Part 1

### Invocation

#### Mantras for General Help

Many problem-solving mantras are general in nature. The two that follow can be used to address any area of life that feels beset with obstacles or empty of meaning.

*Om Gum Ganapatayei Namaha*

“Om and salutations to the remover of obstacles [Ganapathi], for which Gum is the seed.”

Ganapathi is another name for the deity Ganesha, the personified power of unity who removes obstacles and begins the process of resolving inner conflict.

*Om Shri Shanaiswaraya Swaha*

“Om and salutations to Saturn, the planet of lessons.”

This mantra softens aspects of planetary karma (astrological patterns) – especially those associated with Saturn – making life’s lessons easier to assimilate. It also relieves problems of the knees, spleen, and skeletal system.

## **Part 2**

### **Mantras for Attracting Relationships**

Mantras are not a magic bullet for attracting the perfect mate. They can, however, powerfully enhance a thoughtful, committed, conscious intent to embark on a healthy relationship. I recommend practicing your chosen mantra 108 times (about ten minutes) each day for forty days.

*Om Shrim Shriyei Namaha*

“Om and salutations to the creative abundance that is the very form of this universe.”

This simple mantra invokes the Great Feminine within – which also attracts it from without. Used with pure intent, this mantra can draw the interest of a woman who is especially compatible with you.

### *Om Nama Shivaya*

“Om and salutations. May the elements of this creation abide in me in full manifestation.”

Use this mantra to salute the masculine nature (as embodied in Shiva). It is especially indicated for clarifying one’s own masculine aspect, which inevitably attracts the energy of a compatible man.

### *Narayani Patim Debi Sbrim Klim Parameshwari*

“O power of truth, please let me attract a spouse carrying the supreme feminine energy manifesting abundance and creativity.”

This mantra is traditionally used to seek a spiritually oriented female mate.

### *Sat Patim Debi Parameswara*

“Please give to me a man of truth who embodies the perfect masculine attributes.”

This mantra is traditionally used to seek a spiritually oriented male mate.

## **Part 3**

### **Mantras for Attracting Abundance and Good Luck**

It is important to set a clear intent before using mantras to attract what you desire. What, exactly, do you mean by “abundance”? Do you want

better health? Close companionship? A career change? I recommend writing the result you want on a piece of paper and keeping it wherever you most often recite your chosen mantra. You can still chant the mantra elsewhere, of course – but try to meditate at least once daily in the place where you keep your written intent. Focus your thoughts on your expressed intention while you practice. You will achieve optimal results by practicing your mantra between ten and twenty minutes each day for forty days.

*Om Sbrim Maha Lakshmiyei Swaha*

“Om and salutations. I invoke the great feminine principle of great abundance.”

To attract almost any type of abundance, I recommend chanting this mantra for at least thirty minutes daily for forty days.

*Om Sbaravana Bhavaya Namaha*

“Salutations to the son of Shiva, who brings auspiciousness and is the chief of the celestial army.”

The “son of Shiva” invoked here is Subramanya, whose legendary mental clarity led to victory in combat. This same sharp-mindedness can clear away extraneous concerns so that you can better focus on the positive aspects of your experience.

## Part 4

### Healing Mantras

Most healing mantras are general in nature; mantras for specific health conditions are the exception rather than the rule. Accordingly, the sacred sound formulas presented here can be applied to almost any condition.

#### *Om Sbri Dhanvantre Namaha*

“Salutations to the being and power of the Celestial Physician.”

Dhanvantre was a traditional healer who was known as the Celestial Physician. His mantra is used to find the appropriate healing path for any condition.

#### *Om Arkaya Namaha*

“Om and salutations to the Shining One who removes afflictions.”

Both this mantra and the one that follows invoke the healing power of the sun. When using them, it is recommended that you spend some time in the sun each day.

#### *Om Hiranyagarbhaya Namaha*

“Om and salutations to the Shining One who heals and is golden-colored.”

*Om Ram Ramaya Swaha*

“Om and salutations to that perfection in the physical realm that was Rama, whose attributes exist in me also. Kindly manifest.”

It is said that Rama took human form in order to demonstrate correct behavior in every instance. His specifically masculine energy stimulates the solar plexus chakra, where tremendous healing energy lies dormant.

*Om Apadamapa Hataram Dataram Sarva Sampadam*

*Loka Bhi Ramam Shri Ramam Bhuyo Bhuyo Namamyaham*

“Om, O most compassionate Rama. Please send your healing energy right here to the Earth, to the Earth [twice for emphasis]. Salutations.”

This mantra is among the most powerful known for healing a variety of illnesses and maladies.

*Om Trayumbakam Yejamabe*

*Sugbandhim Pushti Vardanam*

*Urvar-ukamiva Bandhanan*

*Mrityor Mukhsheeya Mamritat*

“Shelter me, O three-eyed Lord Shiva. Bless me with health and immortality and sever me from the clutches of death, even as a cucumber is cut from its creeper.”

Shiva's third eye – the “eye of consciousness” – is credited with the power to destroy or heal by the merest glance. This highly beneficial mantra invokes both the protection of Shiva's healing power and his ability to prevent death.

## **Part 5**

### **Mantras for Invoking Feminine Power**

According to Hindu tradition, the nature of power is feminine. Although the consciousness that triggers spiritual activity is said to be masculine, it is powerless without the feminine energy that drives it. The following mantras are particularly applicable to our culture and era, where the indispensable power of the feminine is frequently trivialized or overlooked altogether.

#### *Om Dum Durgayei Namaha*

“Om and salutations to she who is beautiful to the seeker of truth and terrible in appearance to those who would injure devotees of truth.”

The deity Durga is the aspect of the Hindu feminine trinity associated with protection. This mantra invokes her dual role as protector of the pious and destroyer of the arrogant, tyrannical, or demonic.

#### *Om Eim Saraswatyei Swaha*

“Om and salutations to the feminine Saraswati principle.”

Saraswati – another member of the feminine trinity – rules the power of speech. Accordingly, this mantra is used to attract success to educational, musical, artistic, and other expressive endeavors (including the practice of mantra).

## **Part 6**

### **Mantras for Spiritual Growth**

The anthropomorphized principles invoked by Hindu mantras are universal in nature. No matter what your chosen tradition – Christianity, Buddhism, Judaism, or any other authentic spiritual path – you can supplement your practice with the following recitations to increase your meditative focus and foster spiritual growth.

*Om Namō Bhagavate Vasudevaya*

“Om is the name of the Indweller in me that is ever in unity with all of creation. Kindly reveal your truth to me.”

The “Indweller” is Vasudeva: the soul, which exists as a flame in the subtle heart center. To invoke Vasudeva is to call on one’s own power of consciousness to further spiritual growth.

*Om Mani Padme Hum*

“The jewel of consciousness is in the heart’s lotus.”

This mantra, associated with the compassionate deity Avalotikeshwara, emphasizes that anything is possible when heart and mind are united. It also anchors the spiritual integrity that is typically expressed through service to others. A staple of Tibetan Buddhist practices, this is the best-known and most commonly recited mantra in the world.

*Om Bhu, Om Bhuvaba, Om Swaba*

*Om Maba, Om Janaba, Om Tapaba, Om Satyam*

*Om Tat Savitur Varenyam*

*Bhargo Devasya Dhimahi*

*Dhiyo Yonaba Prachodayat*

“O self-effulgent Light that has given birth to the luminous planes of consciousness, who is worthy of worship and appears through the spiritual lens of the sun, illumine our intellect.”

The Gayatri Mantra is considered the most potent recitation for attracting spiritual and intellectual enlightenment. It calls for the celestials to shine their light of awakened consciousness on all of the physical and spiritual realms, as represented by our chakras.

*Aham Prema*

“I am divine love.”

Chanting this mantra strengthens divine love, the quality that ultimately unites us all.

Tamboura and bells

You may enjoy using this passage of traditional Indian music to accompany (and time) your chanting sessions.

## YOUR ONGOING MANTRA PRACTICE

A higher or ideal state of being is the ultimate goal of all spiritual discipline, including the practice of Sanskrit mantra. The ideal state can be defined in a number of ways. You may decide you want to be a “good,” “spiritual,” or “righteous” person. You may wish to attain union with some great spiritual figure – to be one with the body of Christ, to be in union with Krishna forever, or to become an enlightened being like the Buddha. You might long to participate consciously in the ongoing work of the Cosmic Mind, Transcendental *Puruṣa*, or Great Oversoul (it goes by many names).

Those select few who follow through on such intentions will ultimately determine the fate of humanity. This is why I strongly urge you to look inside yourself and identify your own spiritual ideal. Dedicate all of your spiritual practices and disciplines toward the ultimate achievement of this objective.

This does not mean that you must forego intermediate goals such as wealth, a happy marriage, a good job, or good health. It merely means that you have framed an ultimate destination that is based in your own nature as a spiritual being. From there, you proceed with the

understanding that the road and the destination are really one.

May your practice of Sanskrit mantra serve you well and exceed all your expectations in fulfillment of your material needs and spiritual objectives. May you become in actuality all that you are in potential. May the love that informs every cell in your body permeate every thought in your mind. May the joy of the universe flow through you every moment. And may the Supreme Principle compassionately empower your actions and fulfill your needs. Achieving this, you will know:

*Tattvam Asi*

“You are that which you seek.”

## GLOSSARY

*anthropomorphized principle*: a spiritual principle embodied as a deity or other mythical personality

*Avalokiteshwara*: “the lord who looks in every direction”; a manifestation of the buddha of compassion

*avatar*: “descent”; a Hindu deity who assumes human embodiment in order to accomplish some divine purpose

*Bhagavad Gita*: “Song of the Lord”; one of the most popular Hindu writings, detailing a spiritually instructive conversation between Krishna and the warrior-prince Arjuna

*Celestial Physician*: *Dhanvantre*, a legendary healer described in the Vedas  
*chakra*: “wheel”; a subtle energy center located in the physical body

*Dhanvantre*: legendary healer known as the *Celestial Physician*

*Durga*: “the one who is difficult to approach”; the terrifying, protective aspect of feminine power; a member of the Hindu feminine trinity (see *Lakshmi* and *Saraswati*)

*Ganapati*: the great principle of inner unification; elephant-headed god of wisdom and good fortune; another name for *Ganesha*

*Ganesha*: see *Ganapati*

*Gayatri Mantra*: a Hindu meter of twenty-four syllables that addresses spiritual light at every celestial level as the combined source of potency, life, and manifestation

*Indweller*: the soul, especially in its relationship to the three qualities of

existence: *sat* (truth or existence), *chit* (spiritual mind stuff), and *ananda* (bliss); also called *Vasuveḍa*

*Kali*: a fierce manifestation of the feminine divinity; the terrifying aspect of the divine creative principle

*karma*: “action”; the cosmic law of cause and effect

*Krishna*: “black”; one of the most popular Hindu deities; the Supreme Personage celebrated in the *Bhagavad Gita*

*kriya*: “action”; religious rites or ceremonies; the involuntary physical movements associated with the awakening of *kundalini*

*kundalini*: a power cell located at the base of the spine, capable of releasing feminine energy in the service of spiritual awakening

*Lakshmi*: “mark” or “sign” (often of prosperity); the principle of abundance; the Universal Mother; an aspect of the feminine trinity (see *Durga* and *Saraswati*)

*lokas*: progressive spheres of consciousness, of which there are said to be seven

*Mahamaya*: “great illusion”; a goddess associated with *Durga*, whose power is to make the universe appear real or hide its true nature

*mala*: a rosary, typically comprising 108 or 111, used to count repetitions of mantras and other practices

*mantra*: “mind device”; a spiritual sound formula used to invoke specific energies and principles

*Narasimba*: a Hindu *avatar*; iconographically depicted in man/lion form and credited with the ability to destroy otherwise indestructible forces of evil  
*puja*: “worship” or “adoration”; an exact spiritual science designed to establish contact with the inner worlds and invoke the presence of a specific god or one’s teacher

*purusha*: “the spirit that dwells in the body/in the universe”; the soul or transcendent Self; sometimes used to refer to the Supreme Being

*Rama*: with *Krishna*, one of the two most popular manifestations of *Vishnu*; hero of the Hindu epic Ramayana

*Saraswati*: “the flowing one”; goddess of the arts and learning; a member of the feminine trinity (see Durga and Lakshmi)

*seed sound/mantra*: a powerful syllable, typically associated with an anthropomorphized principle and used as a building block for longer mantras

*Shiva*: “auspicious,” “gracious,” or “kindly one”; a member of the masculine trinity (see *Vishnu*); primordial consciousness

*Subramanya*: general of the celestial army; associated with extreme mental clarity

*Vasurveda*: “dwelling in all things”; see *Indweller*

*Vedas*: “wisdom”; Hindu’s most authoritative scripture; the earth’s earliest recorded sacred texts

*Viṣṇu*: “one taking different forms”; the embodiment, through human teachers, of goodness and mercy; with *Śhiva* and Brahma, a member of the masculine trinity

*yajna*: “worship” or “sacrifice”; ritual surrender through acts of inner and outer worship

## ADDITIONAL RESOURCES

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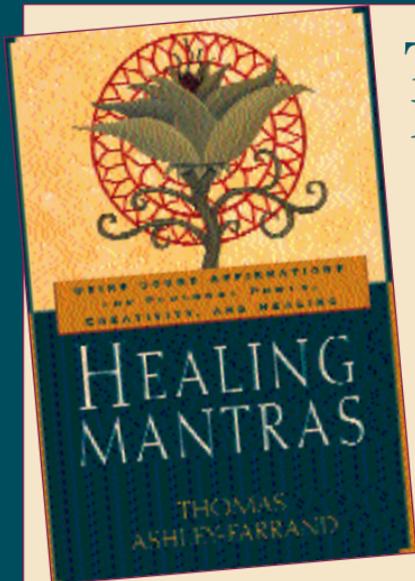
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## The Most Accessible Book Ever Written on Healing Chants

In *Healing Mantras*, Thomas Ashley-Farrand has written the first practical manual for using mantras and healing sounds to help solve everyday life and health problems. Ashley-Farrand provides mantras for everything from controlling habits to overcoming fear, from curing specific ailments to finding inner peace. Completely accessible, the mantras

are written out phonetically, with detailed advice on how and when to chant them. These mantras can be repeated aloud or in silence, and can be used by people of any religion or spiritual practice. The perfect companion to the *Healing Mantras* audio program. A Ballantine Wellspring trade paperback. ISBN 0-345-43170-7, 240 pages, \$12.95.

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