



*the spirit of mantra with*  
**Deva Premal & Miten**

21 Chant Practices for Daily Life



## **Intro Music**

OM Parama Prema Mantra  
from *Chanting Mantras* (AF04703)

## **Session One**

1. Introduction 1:14
2. Day 1: Invocation 8:25
3. *OM Sabana Vavatu* 3:14
4. Day 2: Divine Speech 5:02
5. *Saraswati Mantra* 7:36
6. Day 3: Purification 5:16
7. *OM Benza Satto Hung* 7:17
8. Day 4: Radiant Health 7:08
9. *OM Triambakam Mantra* 10:31

Total running time 55:49

## Session Two

1. Day 5: Strength  
through Devotion 6:48
2. *Hanuman Mantra* 9:21
3. Day 6: Beyond Fear 7:11
4. *Shante Prashante* 7:53
5. Day 7: Beyond Identification 6:39
6. *Chidananda* 10:10
7. Day 8: Divine Spirit 3:40
8. *Narayana Mantra* 10:23

Total running time 62:10

## Session Three

1. Day 9: The Light-Bringer 5:38
2. *Guru Brahma Mantra* 8:38
3. Day 10: Divine Consciousness 4:55
4. *OM Namah Shivaya* 7:28
5. Day 11: Freedom 3:32
6. *Shree Ram Jai Ram* 7:51
7. Day 12: Joy 4:29
8. *Sri Nanda-Nandanastakam* 9:10

Total running time 51:46

## Session Four

1. Day 13: The Lover  
and the Beloved 5:13
2. *Radhe Govinda* 9:42
3. Day 14: Long Life and Healing 4:52
4. *White Tara* 11:55
5. Day 15: Mother Earth 4:40
6. *OM Dbara* 8:39
7. Day 16: Blessing the Children 4:52
8. *Kumara Mantra* 9:13

Total running time 59:11

## Session Five

1. Day 17: Blessing the Animals 4:54
2. *Pashupati Mantra* 10:13
3. Day 18: Perfect Timing 6:18
4. *Kala Mantra* 8:06
5. Day 19: Mystic Law 4:47
6. *Nam Myoho Renge Kyo Mantra* 5:26
7. Day 20: Prayer 5:41
8. *Mangalam* 11:17
9. Day 21: hOMe  
(The Cosmic Yes) 7:42
10. *OM Mantra* 11:29

Total running time 75:59

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DAY 1  
INVOCATION

**OM Sahana Vavatu**  
**Sahanau Bhunaktu**  
**Saha Viryam Karavavahai**  
**Tejasvi Navaditamastu**  
**Ma Vidvishavahai**  
**OM Shantih Shantih Shantih**

May we all be protected.  
May we all be nourished.  
May we work together with  
great energy. May our studies  
be enlightening.  
Let us not give rise to enmity.  
OM, peace (within), peace (with  
each other), peace (universal).

**INNER TUNING** As I embark on  
this auspicious 21-day journey  
into the healing world of mantra,  
I commit to consciously setting  
myself a personal intention.

Featuring "OM Sahana Vavatu Mantra" from the album  
*Mantras for Life* by Deva Premal & Miten with Manose.  
Traditional / © Prabhū Music

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DAY 2  
DIVINE SPEECH

**OM Eim Saraswatyei Namaha**

Salutations to Saraswati, the goddess  
of music, poetry, the arts, education,  
learning, and divine speech.

**INNER TUNING** By tuning into the  
essence of the great goddess of music  
and poetry, Saraswati, I open myself to  
the power of the sacred Sanskrit texts,  
which contain harmony and rhythm,  
enabling me to absorb them effortlessly.

Featuring "Saraswati Mantra" from the album  
*Mantras for Life* by Deva Premal & Miten with Manose.  
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DAY 3  
PURIFICATION

**OM Benza Satto Hung**

I invoke the supreme purifying and  
protecting power of universal mind.

**INNER TUNING** The vibration of this  
mantra opens the gateway between  
heart and mind, and supports me  
in keeping my intentions clear, with  
determination and single-pointedness.

Featuring "OM Benza Satto Hung" from the album  
*Tibetan Mantras for Turbulent Times* by Deva Premal &  
The Gyuto Monks of Tibet. Traditional / © Prabhū Music



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DAY 4  
RADIANT HEALTH

**OM Triambakam Yajamahe  
Sugandhim Pushti Vardanam  
Urvar-Ukamiva Bandhanan  
Mrytyor Muksheeya Mamritat**

I bow down to the one who sees with the third eye. Bless me with health and immortality, and sever me from the clutches of death, even as a cucumber is cut from its creeper.

**INNER TUNING** I invoke the spirit of this mantra, which opens the channel of healing through the clear vision of the third “eye”—where masculine and feminine energies become one—with the understanding that all life, in its true nature, is eternal.

Featuring “OM Triambakam Mantra” from the album *A Deeper Light* by Deva Premal & Miten with Manose.  
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DAY 5  
STRENGTH THROUGH  
DEVOTION

OM Hum Hanumate  
Vijayam

Victory to the invincible  
Hanuman.

INNER TUNING By repeating  
this mantra before physical  
activity, I connect consciously  
with my breathing, allowing  
each breath to fill me with  
*prana* — the universal life  
force. With this, I dedicate  
my physical exercise  
to the Great Spirit.

Featuring “Hanuman Mantra” from the  
album *Mantras for Life* by Deva Premal  
& Miten with Manose. Traditional  
© Prabhu Music

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DAY 6  
BEYOND FEAR

Shante Prashante  
Sarva Bhaya  
Upasha Mani Swaha

Invoking the spirit of supreme peace,  
I offer up the energy of fear to  
the universal formless mind.

INNER TUNING I honor and welcome  
the energy of fear as a power that can  
inspire and guide me on my inner journey  
towards the Light. I welcome all so-called  
“negative emotions” today. Rather than  
denying them, I embrace their power.

Featuring “Shante Prashante” from the album *Embrace* by Deva  
Premal. © Deva Premal & Miten / Prabhu Music

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DAY 7  
BEYOND IDENTIFICATION

Mano buddhya hankara chita ni naham  
Nach a shotra jihve na cha ghrana netre  
Nach a vyoma bhoomir na tejo na vayu  
Chidananda rupah shivoham shivoham

Na cha prana sangno na vai pancha vayu  
Na va sapta dhatur na va pancha koshah  
Na vak pani padam na chopastha payu  
Chidananda rupah shivoham shivoham

Na me dvesha ragau na me lobha mohau  
Mado naiva me naiva matsarya bhavah  
Na dharmo na chartho na kamo  
na moksha

Chidananda rupah shivoham shivoham

Na punyam na papam na saukhyam  
na dukham

Na mantra na tirtham na veda na yagnaha  
Aham bhojanam naiva bhojyam na bhokta  
Chidananda rupah shivoham shivoham

Na me mrityu shanka na me jati bhedah  
Pita naiva me naiva mata na janma  
Na bandhur na mitram  
gururnaiva shishya

Chidananda rupahshivoham shivoham

Aham nirvikalpo nirakara rupo  
Vibhur vyapya sarvatra sarvendriyanam  
Sada me samatvam na muktir na bandhah  
Chidananda rupah shivoham shivoham

I am not the mind, intellect, ego,  
nor memory.

I am not the ears, tongue, nose, or eyes.

I am not the five elements: space, earth, fire,  
wind, or water.

I am eternal bliss, I am Shiva,

I am consciousness.

I am not prana, nor the  
five vital airs, nor the seven  
materials, nor the five sheaths  
of the body.

I am not the organ of speech,  
nor hand, nor leg, nor the  
organs of procreation or  
elimination.

I am eternal bliss, I am  
Shiva, I am consciousness.

I have no envy nor anger, nor  
craving, nor attraction.

I have no arrogance nor pride,  
nor religion, nor lust, nor  
desire for wealth or liberation.

I am eternal bliss, I am  
Shiva, I am consciousness.

I have neither virtue nor vice,  
neither pleasure nor sorrow.

I do not need mantra, nor  
pilgrimages, scriptures, rituals,  
or sacrifices.

I am neither food, nor the  
one who consumes, nor what  
is consumed.

I am eternal bliss, I am  
Shiva, I am consciousness.



I have no fear of death, nor doubt,  
nor discrimination of caste.  
I have no father nor mother, nor birth,  
because I was never born.  
I have no brother nor friend, nor guru,  
nor am I an aspirant.  
I am eternal bliss, I am  
Shiva, I am consciousness.

I am beyond form and beyond  
all dualities.

I am all-pervading in all the senses.  
I see oneness in all things, I am neither  
liberated nor in bondage.  
I am eternal bliss, I am  
Shiva, I am consciousness.

**INNER TUNING.** Sitting with closed eyes,  
who is found within? All that remains  
is Truth, Consciousness, and Bliss.

Featuring "Chidananda" from the album *Satsang*  
by Deva Premal & Miten. © Miten / Deva Premal /  
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DAY 8  
DIVINE SPIRIT

**OM Namō Narayanaya**

I bow down to the divine spirit.

INNER TUNING

“Let the waves of the universe  
rise and fall as they will.  
You have nothing to gain or lose.  
You are the ocean.”

—*Ashtavakra Gita*

Featuring “Narayana Mantra” from the album  
*Mantras for Life* by Deva Premal & Miten  
with Manose. Traditional / © Prabhu Music

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DAY 9  
THE LIGHT-BRINGER

**Guru Brahma  
Gurur Vishnu  
Guru Devo Maheshwara  
Guru Sakshat Parambrahma  
Tasmai Shree Gurave Namaha**

The Guru is Brahma (the creator).  
The Guru is Vishnu (the sustainer).  
The Guru is Shiva (the destroyer).  
The Guru is truly the  
Supreme Brahman.  
Salutations to that Guru.

INNER TUNING Today I honor the  
Guru, the “dispeller of darkness”—  
ever-present in all beings—who  
guides me with utmost compassion,  
from darkness to light.

Featuring “Guru Brahma Mantra” from the album  
*A Deeper Light* by Deva Premal & Miten with Manose.  
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DAY 10  
DIVINE CONSCIOUSNESS

**OM Namah Shivaya**

May the elements of this creation  
abide in me in full manifestation.

INNER TUNING I humbly welcome into  
my life the transcendental energy of  
Lord Shiva, who removes and destroys  
all unnecessary ego attachments that  
no longer serve my higher aspirations.

Featuring “OM Namah Shivaya” from the album  
*Dakshina* by Deva Premal. © Praful / Sony

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DAY 11  
FREEDOM

**Shree Ram Jai Ram  
Jai Jai Ram OM**

Glory to Ram, the Omni-  
Present, and the Goddess  
Lakshmi, the mother of  
abundance. Thy will be done.

INNER TUNING As this  
great liberation mantra  
unfolds within me, I open to  
its power and guidance.

Featuring "Shree Ram Jai Ram"  
from the album *Embrace* by Deva Premal.  
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DAY 12  
JOY

1. Sucharu vaktra mandalam  
sukarna ratna kundalam  
sucharchitanga chanda-nam  
namami nanda-nandanam
2. Sudirgha netra pankajam  
sikhi sikhanda murdhajam  
ananga koti mohanam  
namami nanda-nandanam

3. Sunasikagra mauktikam  
svacchanda danta panktikam  
navambudanga chikka- nam  
namami nanda-nandanam
4. Karena venu ranjitam gati karindra  
ganjitam dukula pita shobhanam  
namami nanda-nandanam
5. Tribhanga deha sundaram  
nakha dyuti sudhakaram  
amulya ratna bhusanam  
namami nanda-nandanam
6. Sugandha anga saurabham  
uroviraji kaustubham  
sphuracchri vatsalanchanam  
namami nanda-nandanam
7. Vrindavana sunagaram vilasanuga  
vasasam surendra garva mochanam  
namami nanda-nandanam
8. Vrajangana sunayakam  
sada sukha pradayakam  
jagan manah pralobhanam  
namami nanda-nandanam
9. Sri nanda-nandanastakam  
pathed ya shraddhayanvitah  
tared bhavabdhim dustaram  
labhet tadanghri-yugmakam

1. I offer salutations to Nandanandana, whose face is extremely delightful, in whose beautiful ears hang jeweled earrings, and whose entire body is anointed with fragrant sandalwood.
2. I offer salutations to Nandanandana, whose eyes are more beautiful than the fully bloomed lotus, whose head is beautifully adorned with an arrangement of peacock feathers, and who enchants millions of Cupids.
3. I offer salutations to Nandanandana, from whose beautiful nose hangs an elephant-pearl, whose teeth are immensely effulgent, whose bodily complexion is more beautiful and lustrous than a fresh rain cloud.
4. I offer salutations to Nandanandana, whose lotus hands hold the flute, whose lingering gait defeats even that of an impassioned elephant, and whose dark limbs are beautified by a yellow shawl.
5. I offer salutations to Nandanandana, whose threefold-bending posture is exquisitely elegant, the effulgence of whose toenails puts to shame even the moon, and who wears invaluable jewels and ornaments.
6. I offer salutations to Nandanandana, whose body exudes an especially beautiful fragrance, and whose broad chest is adorned with the Kaus-tubha jewel and the mark of Srivatsa.
7. I offer salutations to Nandanandana, the expert lover of Vrindavan who performs immaculate pastimes and who is attired in clothes which are suitable for those pastimes, and who pulverized the pride of Indra.
8. I offer salutations to Nandanandana, who as the lover of the Vraja *gopis* perpetually delights them and who enchants the minds of all living entities.
9. Whoever recites this regularly will easily cross the insurmountable ocean of material existence and attain to the lotus feet of Shri Krishna.

**INNER TUNING** Uplifted by the sounds of this beautiful prayer, I embody the spirit of joy and playfulness that dances throughout existence—the earth touching the sky.

Featuring “Sri Nanda-Nandanastakam” from the album *Password* by Deva Premal. Traditional / © Prabhu Music

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**DAY 13**

## **THE LOVER & THE BELOVED**

**Radhe Radhe Radhe Govinda**  
**Radhe Radhe Radhe Gopal**

We honour and celebrate the divine union of Radha and her beloved Lord Krishna.

**INNER TUNING** Life on earth is a *leela*—a divine play—sometimes a comedy, sometimes a drama, always a mystery. Our earthly relationships serve to reflect the divine connection we enjoy with the Great Spirit that guides and shines on us all: The Beloved. Seeing this, we can fully embrace our starring role in the movie of human experience.

Featuring “Radhe Govinda” from the album *In Concert* by Deva Premal & Miten. © Jai Uttal / Bug Music Limited (GB)

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**DAY 14**

## **LONG LIFE & HEALING** **WHITE TARA**

**OM Tare Tuttare Ture Mama**  
**Ah Yuh Pune Jana**  
**Putim Kuru Soha**

The great Liberator of Suffering shines light upon me to create an abundance of merit and wisdom for long life and happiness.

**INNER TUNING** In the Tibetan Buddhist tradition, the White Tara is honored as the door to eternity, the door to the Pure Land of light. As I absorb the mantra, I consciously breathe in pure white light.

Featuring “White Tara” from the album *Tibetan Mantras for Turbulent Times* by Deva Premal & The Gyuto Monks of Tibet. Traditional / © Prabhu Music

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DAY 15

## MOTHER EARTH

**OM Dhara Dharayei  
Namaha**

**OM Dharayei Namaha  
OM Bhu Devyei Namaha**

OM and salutations to Divine  
Mother who is the support of  
the Earth.

OM and salutations to Divine  
Mother who is the Earth.  
Honoring Mother Earth  
as the goddess she is.

**INNER TUNING** I carry this  
mantra with me today, being  
conscious of the choices I make  
and how they affect Mother  
Earth. I bow to her beauty.

Featuring "OM Dhara" from the album  
*Password* by Deva Premal.

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DAY 16

## BLESSING THE CHILDREN

**OM Kumara Kushalo Dayayei Namaha**

Salutations to the Divine Mother  
who brings blessings to children.

**INNER TUNING** Honoring all  
children, I gaze upon the world with  
eyes of innocence and wonder.

Featuring "Kumara Mantra" from the album  
*Mantras for Life* by Deva Premal & Miten with Manose.  
Traditional / © Prabhu Music

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DAY 17

## BLESSING THE ANIMALS

**OM Pashupatayei Namaha**

Salutations to the Lord of Animals.

**INNER TUNING** This beautiful mantra  
reminds me that I am one with every  
animal on Planet Earth. I aspire to respect  
and honor all my fellow travelers of the  
animal kingdom. I give thanks and tune  
in to the animals, great and small, wild  
and free, as I pass through my day.

Featuring "Pashupati Mantra" from the album  
*Mantras for Life* by Deva Premal & Miten with Manose.  
Traditional / © Prabhu Music

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DAY 18  
PERFECT TIMING

**OM Kala Vide Namaha**

Salutations to the  
Knower of the right time.

**INNER TUNING** Celebrating the synchronistic moments when the mysterious flow of life brings me to the right place, at the right time, I come to understand that I am being guided by an invisible hand. Trusting this, I rest in the perfection of each moment.

Featuring “Kala Mantra” from the album *Mantras for Life* by Deva Premal & Miten with Manose. Traditional / © Prabhu Music

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DAY 19  
MYSTIC LAW

**Nam Myoho Renge Kyo**

I devote myself to the Mystic  
Law of the Lotus Sutra.

**INNER TUNING** Holding the symbolic image of a lotus flower opening in the center of my heart, I become aware that Buddha Nature is eternally present and available in each moment.

Featuring “Nam Myoho Renge Kyo Mantra” from the album *Mantras for Life* by Deva Premal & Miten with Manose. Traditional / © Prabhu Music

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DAY 20  
PRAYER

**Mangalam Bhagavan**

**Vishnum**

**Mangalam Garudadhvajah**

**Mangalam**

**Pundareekaksham**

**Mangalaya Tano Hari**

Beloved Lord Vishnu  
is auspicious.  
Auspicious is his vehicle  
Garuda, the image on his flag.  
Auspicious are his  
lotus-like eyes.  
So auspicious,  
his manifestation.

**INNER TUNING** Carrying the sounds of this prayer of gratitude with me, I open to the seeds of auspiciousness flowering in my life today.

Featuring “Mangalam” from the album *Password* by Deva Premal.  
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DAY 21  
HOME (THE COSMIC YES)

OM

**Sarva Mangala Mangalyei  
Shive Sarvartha Sadhike  
Sharanye Triambake  
Gauri Narayani Namostute**

May she whose touch brings ecstasy, she who activates the masculine itself, who opens the spiritual eye of wisdom, who is worshipped and revered by all the highest realized sages, bless one and always serve one's highest.

**INNER TUNING OM**—the soundless sound, the sound of eternity, the music of existence. I repeat this sacred sound today, breathing it in and out, whenever I remember. At night, as I move into sleep I continue to silently chant the mantra so that it will accompany me throughout the night, and that it will be with me in the morning, when I awake.

Featuring "OM Mantra (The Cosmic Yes)" from the album *A Deeper Light* by Deva Premal & Miten with Manose.

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