MANTRA MEDITATION SERIES

The slower pieces — gentle chants from Harmony's Mantra Meditation & Meditation Music Series

Find a comfortable seat, soften your breath, and let the mantra carry you. Sing along, or simply listen and receive — repeat each one for as long as it feels good. There is no wrong way.

1. Gayatri Mantra
2. OM Mani Padme Hum (Peace Walk)
3. Moola Mantra
4. Twa Meva
5. Tayata
6. Green Tara Meditation
7. Navagraha Mantra
8. Surya Mantra
9. Chandra Mantra

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MANTRA MEDITATION SERIES

GAYATRI MANTRA

Om Bhur Bhuvah Svah

Tat Savitur Varenyam

Bhargo Devasya Dheemahi

Dhiyo Yo Nah Prachodayat

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OM MANI PADME HUM (PEACE WALK)

OM MANI PADME HUM *(repeat)*

MANTRA MEDITATION SERIES

MOOLA MANTRA

Om

Sat Chit Ananda Parabrahma

Purushothama Paramatma

Sri Bhagavathi Sametha

Sri Bhagavathe Namaha

OM Shanti OM Shanti OM Shanti Om

MANTRA MEDITATION SERIES

TWA MEVA

Twameva Mata Cha Pita Twameva

Twameva Bandhu Cha Sakha Twameva

Twameva Vidya Dravinam Twameva

Twameva Sarvam Mam Dev Deva

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TAYATA

Tayata Om Bekandze Bekandze

Maha Bekandze

Radza Samudgate Soha

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GREEN TARA MEDITATION

Om Tare Tuttare Ture Soha *(repeat)*

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NAVAGRAHA MANTRA

Om brahṁa murāri tripurāntakāri bhānu śaśi bhūmisuto budhaśca gurūśca śukraḥ śani rāhu ketawaḥ sarve grahā śānti karā bhavantu

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SURYA MANTRA

Om Japā kusuma saṅkāśaṁ kāśya peyaṁ mahā dyutiṁ
tamoriṁ sarva pāpaghnaṁ praṇatosmi divākaram

Om Hrāṁ Hrīṁ Hrauṁ Saḥ Sūryāya Namaḥ

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CHANDRA MANTRA

Dadhiśankha tushārābhaṁ Kshīrodārṇava saṁbhavaṁ

Namāmi śaśinaṁ somaṁ śambho mukuṭa bhūṣaṇaṁ

Om śrāṁ śrīṁ śraum saḥ candramase namaḥ

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