

A few helpful hints and inspirational words:

-There are a number of reasons you might chant, some of which are worship, healing, communion, and fun. You might be doing all these at once, or having a different mood with each song. Whatever you do, you can keep in mind that all these are *possibilities* and point to potential benefits of the practice.

-Self-consciousness will be your greatest enemy in this practice in which ultimately we are trying to lose our self in the sound, or in our Love for God, so sing loudly as if you are in the presence of the Divine and singing to That, or chant as if your life depended on it or chant as the vehicle of your love for others or for Creation.

-Robert Gass recommends these 5 practices in Chanting: 1. Listen. 2. Let Go (“Let yourself be molded, as the clay resigns itself to the strong sure hands of the sculptor.”). 3. Give It Your All (“Chant like you are desperate to share your love, but the only sounds you can utter are [*Ganesh Sharanam*]” for example.) 4. Stay Awake (“This practice is about waking up-waking up from the trance of everyday life.”). 5. Just Chant (“Don’t worry about getting it right-you won’t. Actually you *can’t* get it right because chanting has nothing to do with the notion of getting things right... Just keep bringing your attention back to the chant... Chanting is a liberating opportunity to leave the world of self-judgment and critical mind behind.”).

All the people in the world should sleep without fear
At least for one night, sleep without fear

All the people in the world should eat to their fill
At least for one day, eat to their fill

There should be one day when there is no violence
No one is injured, no one is harmed

All the people, young and old, should serve the poor and needy
At least for one day, serve selflessly

This is my dream, this is my prayer
Love is the answer, love is the way

Amma Amma Taye
Akhilandeswari Niye
Annapoorneshwari Taye
Oooo Adi Parashakti Niye
*Mother, Mother
My Dear Divine Mother
You are the Giver of Food to all beings
You are the Supreme Primordial Power*

Baba Nam Baba Nam Baba Nam
Kevalam
Baba Nam Baba Nam Kevalam
God/Peace/Love is within me and I am within God and God is all there is in my life
Baba's (Father's) Name is the Essence of Everything

Bhajamana Ma Ma Ma Ma
Amritanandamayi Ma Ma
*Oh, Mind, sing "Ma Ma Ma,
Mother of Immortal Bliss Ma Ma*

Daya karo mata amba kripa karo
janani
Kripa karo mata amba raksha karo
janani
Kalyana rupini kali kapalini
Karuna mayi amba mam pahi
Om Mata Om Mata Om Mata
Anandamayii

*O Mother, have mercy! O Mother, save!
Auspiciousness incarnate, merciful One, Mother Kali
who wears a garland of human skulls-representing the
death of the ego- protect us. Om Mother...Embodiment
of Bliss.*

Devi Mata Durge/Kali Ma (2x)
Devi MahaLakshmi Ma (2x)
Devi Jagan Mata Ma (2x)

*Divine Mother Durga/Kali Ma
Divine Mother Lakshmi Ma
Divine Mother of the Universe*

Divine Love came my way one day,
took me for a ride,
Opened my Heart and Mind to You,
Mother of this child, Mother of my
child, Mother of Your child.

Mother has always been here,
shining in my Heart,
Even before I met you, You were in
this life,
You guided this life, You protected
this child.

Yet this child was so lost, blind and
full of pride.
I owe Mother everything, Savior of
this child,
Mother of this child, Sri Guru Ma!

Jai Ma Jai Ma, Jai Jai Ma! Jai Ma
Jai Jai Ma! Jai Ma Jai Ma Jai Jai Ma!
Jai Jai Ma! Jai Jai Ma! Jai Jai Ma!

Durge Durge Durge Jai Jai Ma
Karuna Sagari Ma
Kali Kapalini Ma
Jagado Dharini Ma
Jagadambe Jai Jai Ma
*Durga Durga Durga Victory Mother
Ocean of Compassion, Ma
Kali wearing a garland of skulls Ma
Savior of the Universe Ma
Mother of the Universe, Victory Mother*

Ganesha Sharanam Ganesha
Sharanam
Om Gam Ganapataye Namaha
*Ganesha give me refuge
I take refuge in Ganesha
Om and salutations to the Lord of the Ganas*

Govinda Jaya Jaya
Gopala Jaya Jaya
Radha Ramana Hari
Govinda Jaya Jaya
*Victory to Govinda/Gopala, (the boy Krishna)
Radha, consort of Govinda,, Stealer of Hearts*

Guru Om Guru Om Guru Om Guru
Om
(sometimes w/Om Jesus and Om
Christ as well)
*Om to the Guru, the One who dispels darkness and
leads to the Light*

Hare Rama Hare Rama
Rama Rama Hare Hare
Hare Krishna Hare Krishna
Krishna Krishna Hare Hare
*Lord Rama, He who Delights the Mind
Lord Krishna, the Dark One (Incarnations of Lord
Vishnu, God the Sustainer)*

Hare Krishna Hare Ram
Ram Ram Hare Hare
*Lord Krishna and Rama, my Lord, my Lord, God who
Sustains All*

Hari Om Hari Om Hari Om Hari Om
*Om, Lord Hari, God the Stealer of Hearts, Lord Vishnu,
God the Sustainer of All*

-He amba he amba he amba bol
ishvara sata-chitta-ananda bol
-Samba sada shiva samba sada
shiva samba sada shiva bol

Paalaka preraka sata pati bol
-Amba amba jaya jagadamba
akhilandeshvari jaya jagadamba
*Sing "O Mother, O Mother, O Mother." Sing "Lord,"
"Existence, Awareness, Bliss Absolute." Sing "Eternally
Auspicious One." Sing "Protector, Inspirer and Lord of
All." Hail to Mother, the Universal Mother. Hail to the
Mother of the entire Universe!*

Jai Ambe Jagadambe
Mata Bhavani Jai Ambe
Dukha Vinashini Durga Jai Jai
Kala Vinashini Kali Jai Jai
Uma Rama Brahmani Jai Jai
Radha Rukmini Sita Jai Jai
*Victory Mother, Mother of the Universe
Mother Bhavani, Victory Mother
Durga, Destroyer of Sorrow, Victory Victory
Kali, Destroyer of Time, Victory Victory
Uma Rama Brahmani (Names of the Divine Mother)
Radha Rukmini (consorts of Krishna) Sita (wife of
Rama) Victory*

Jaya Kali Ma, Jaya Kali Ma
Jaya Kali Ma, Jaya Kali Ma
-I remember (3x) Divine Mother
-You are in me, I am in You, We are
One, We are together
-You can show the way to feel you
now and each and every moment
*Victory Kali Ma, Mother of Time, She who devours All,
Proctectress of Her Devotees*

Jai Ma Jai Ma Jai Ma Ma Jai Ma
Victory to the Divine Mother!!!

Jai Mata Ambe Saraswati Ma
Jai Jagadambe Saraswati Ma
Bhajamana Ma Ma Bhajamana Ma
*Victory Mother Saraswati, Mother of Learning and
Mystical Knowledge
Victory Mother of the Universe Saraswati Ma
Sing, oh mind, "Ma! Ma!" Sing "Ma!"*

Jai Mata Shakti Om
Jai Mata Kali/Amba Om
Jai Mata Amba/Kali Om
Jai Jai Ma

*Victory Mother Shakti, Divine Energy!
Victory Mother Kali, Mother of Time!
Victory Divine Mother!*

Jai Shree Ma Jagadamba
Live in my Heart, Thy Will Be Done
Jai Ma, Jai Ma, Jai Ma!

*Salutations Victory Revered Mother, Mother of the
World, Live in my Heart. Victory, Mother!*

Kali Durge Namoh Namah

Uma Parvati Anandamayi

*Salutations to Kali, Durga, the Fierce Mother who
protects Her devotees
Uma Parvati, consort of Shiva, Bliss-filled Mother*

Krishna Govinda Govinda Gopala
Krishna Govinda Govinda Gopala
Krishna Murali Manohara Nandalala
*Krishna, Lovely Boy Krishna, the cowherder, protector of
cows
Krishna, son of Nanda, with the flute in his hand*

Lokaha Samastaha Sukhino
Bhavantu

May all beings in all the worlds be happy

Mata Amritanandamayi (4x)
Mata Amritanandamayi Devi (3x)
Mata Amritanandamayi
Om Amriteshwarye Namaha 1xor 4x
*Mother of Immortal Bliss
Divine Mother of Immortal Bliss, dwelling inside All
Om and salutations to the Immortal Proctectress*

May the Whole World Find Peace

May all people everywhere find happiness. May all people everywhere find peace.

Lokaha Samastaha Sukhino
Bhavantu

Refrain:

May the whole world be happy.
May all compassion increase.
May we all sing in one voice together.
May the whole world find peace.

Lead us from untruth to truth,
lead us from blindness to sight.
Lead us from death to immortality,
lead us from darkness to light.
(Refrain)

Lead us from anger to tenderness,
lead us from violence to calm.
Lead us from bondage to freedom,
lead us from night into dawn.
(Refrain)

Lead us from ignorance to wisdom,
lead us from fear into faith.
Lead us from pride to forgiveness,
lead us from shame into grace.
(Refrain)

Lokaha Samastaha Sukhino
Bhavantu

Narayanana Narayanana Jai Jai
Govinda Hare

Narayanana Narayanana Jai Jai
Gopala Hare

*Victory to Vishnu, the Sustainer, resting in the Cosmic Ocean of Consciousness
The Lord, Boy Krishna, Protector of Cows and the defenseless*

Oh, Divine Mother,
You Live in My Heart
To You I Surrender

Om Amriteshwarye Namaha

*Om and salutations to the Immortal Divine Mother,
Dwelling in my heart*

Om Gam Ganapataye Namaha

Om Lord Ganesha, Lord of the Ganas

Om Mata Kali Om Mata Durga

Kali Durga Namoh Namah

Om Mother Kali, Mother Durga, Fierce Mother who protects Her devotees

Om Nama Shivaya

Om and salutations to Shiva, the King of Yogis, the Supreme Consciousness, the Undifferentiated One

Om Nama Shivaya Gurave

Satchitananda Moortaye

*Om to the Divine Name, Shiva, the Guru
Embodiment of Truth, Consciousness and Bliss*

Om Namoh Bhagavate Vasudevaya

Om and salutations to Lord Vasudeva, Lord Vishnu, the Sustainer

Om Poorna Brahma Swaroopinye

Om Satchitananda Moortaye

Om Atmarama graganyaye

Om Yogalinantarātmane

Om Antar Mukha Svabhavaye

Om Turya Tunga Sthalijushe

Jai Ma!

Om to She who is the Complete Manifestation of The Supreme Reality

Om to the Embodiment of Truth, Consciousness and Bliss Absolute

Victory Divine Mother!

Om Shakti Om Shakti Om Shakti Om

Om Shakti, Divine Energy!

Om Shakti Om Shakti Parashakti

Ma, Om Shakti Om Shakti Jai Shree

Ma

Om to the Divine Energy, the Supreme Primordial Divine Energy

Victory to the Divine Mother Shakti!

Om Shanti Om Shanti Om Shanti

Om

Om Peace Om Peace Om Peace Om

Peace is within us, sorrow outside us
Why do I struggle so?
May love guide me, all the way in
To the Infinite Bliss of my Soul.
Om Namah Shivaya

When the mind wanders far from
what is True,
Then there is a choice:
To do nothing and suffer the
consequence
Or find the quiet Inner Voice.
Om Namah Shivaya

Doubting, striving, struggling mightily,
Resisting the Flow,
Changes with listing, softening,
opening,
Revealing the Goal.
Om Namah Shivaya

Without looking deeply, there is no
clarity,
Only confusion,
So I make the time, to dive inside my
Self
To be with the Radiant One

Radhe Radhe Radhe Shyam
Govinda Radhe Jai Shree Radhe
*Radha, Divine consort of the Divine boy Krishna, the
dark One
Protector of the Cows, Lover of Radha, Victory to
Radha, Lover of Krishna*

Rama Rama Rama (4x)
Sita Rama Rama (4x)
Rama Rama Rama (3X) Jaya
Hanumana
*Rama, God Incarnated as Rama to Destroy the demons
and protect the Sages and Devas, Who Delights All, the
Perfect Human. (sometimes adding "Victory to
Hanuman," the Perfect Servant, at the end of the line)
Sita, Divine Mother Sita, Consort of Rama, the perfect
wife, ever devoted to and thinking about God,
incarnated from the Earth.*

Rama Bolo Rama Bolo
Bolo Bolo Ram
Rama Bolo Rama Bolo Bolo Bolo
Ram, Hare Rama Bolo Rama Bolo
Bolo Bolo Ram
*Sing "Rama", the One who Delights,
Sing "Rama", Sing, Sing "Rama"*

Shakti De Bhakti Jnana De Mata
(Amba)
*Give me Energy, Give me Devotion, Give me Wisdom
(Mother)*

Samba Sada Shiva
Samba Sada Shiva
Samba Sada Shiva
Samba Shiva Om
Om Mata Om Mata Om Shree Mata
Jagadamba
*Shiva who is Auspiciousness, Goodness, Giver of
Goodness
Om Mother, Revered Mother, Mother of the Universe*

Shivo Ham (4-5x)
*I am Shiva! (a well-known expression of the highest
realization)*

Shiva Shiva Shambo Shankara
Hara Hara Hara Mahadevara
Gangajata Dhara
Gauri Mano Hara
Partipuri Parameshwara
*Shiva, Giver of Happiness
Lord Shiva, the Great God
Who supported the Divine river Ganga in His matted
hair
Who has Parvati, the Fair One, at his hand
The Supreme God, Protector*

Victory to Life, and Victory to Love!

Universal Prayer

(Oh, Mother/Father Creator/
Sustainer/Transformer God,)

1-May all of the wicked return to good; may all who are good obtain true peace; may all who are peaceful be freed from bonds; may all who are free set others free.

2-Blessings upon all the people on Earth. May all the world's rulers uphold what is right. May only good fortune befall everyone. May all the world's creatures obtain happiness.

3-May the rain fall when the Earth is thirsty. May all the storehouses be filled with grain. May everyone here be free from harm. May all who are good be free from fear.

4-May everyone know a life of joy. May everyone live a life of health. May everyone see only good in this world. May everyone soon be released from pain.

5-May everyone overcome all their woes. May everyone see only good in this world. May everyone receive all that they need. May everyone everywhere be glad.

6-May our mother and father be blessed. Blessings upon every creature on Earth. May our works flourish and aid everyone, and long may our eyes see the Sun.
(Speaking voice) May our thoughts be peaceful, our words truthful and our actions manifest what we have just prayed.
Om. Peace. Peace. Peace.

Closing Prayers:

Om

Asatoma Sad Gamaya

Tamasoma Jyotir Gamaya

Mrityorma Amritam Gamaya

Om Shanti Shanti Shanti

Om

Lokaha Samastaha Sukhino

Bhavantu (3x)

Om Shanti Shanti Shanti

Om Shree Gurubhyo Namaha

Hari Om

Om

Please lead us from the unreal to the Real, from darkness to Light, from death to Immortality

Om Peace Peace Peace

Om

May all the beings in all the worlds be happy

Om Peace Peace Peace

Om and salutations to the One who leads from darkness to Light