

Healing Mantra Meditations by Anke Moehlmann - BodyMindPower with Chords for Guitar and Harmonium

1. Shivoham Shivoham - [Sanskrit] traditional, Hinduism, Melody: Anke Moehlmann

G am
Chidananda Rupa Shivoham Shivoham

C G
Shivoham Shivoham

C am G
Anandoham Anandoham Anandoham Anandoham

My true nature is absolute being, knowledge and bliss. I am Shiva. I am Shiva. I am bliss, I am bliss, I am divine bliss!

"Know, Chidananda is your true nature, you are consciousness, all knowledge is in you, you are joy, joy is in you, go into your heart, experience Ananda, joy."

Source: Yogawiki

2. Arut Perum Jyoti - [Sanskrit] traditional, Hinduism, Melody: Anke Moehlmann

C G
Arut Perum Jyoti (Intelligentes Licht der göttlichen Gnade)

am
Tanni Perum Karunai (Ergieße dich über uns)

G C
Arut Perum Jyoti (Intelligentes Licht der göttlichen Gnade)

Mantra for divine love and divine grace - for the development of the light body.

Mantra Light Meditation

As you sing, visualize a gigantic swirl of light streaming down from the sky. The light comes down and enters your vertex.

Visualize how the light flows into every cell of your body. Feel the grace of God everywhere.

3. Rama - [Sanskrit] traditional, Hinduism, Melody: Anke Moehlmann

C dm
Rama, Rama, Rama, Rama
C
Rama, Rama, Ram, Rama
dm C
Rama, Ram, Rama

Rama is an incarnation of the god Vishnu - one of the most important gods of India. Rama means "who brings joy". When you say Ram or Rama, you mean the Supreme - God who lives as the innermost reality in the hearts of all living beings. That is why Rama is synonymous with the spiritual heart. The energy of Rama is in this mantra and transmits to anyone who sings it sincerely. Joy and indescribable lightness in the heart are the gifts to those who sing or recite it.

This was Mahatma Gandhi's mantra and he still had "Ram, Ram" on his lips when he was fatally hit by his assassin's bullet.

4. Ang Sang Wahe Guru - Gurmukh, traditional: Sikhism, Melodie: Anke Moehlmann, Kundalini Yoga Mantra Meditation

Am em
Ang Sang Wahe Guru
Am em
Ang Sang Wahe Guru
Dm am
Ang Sang Wahe Guru
Em am
Ang Sang Wahe Guru

(Wahe wird Wahay gesprochen)

Ang Sang leads each cell of the body into a unified whole and invites the spiritual warrior. "The dynamic, loving energy of the original source of all life dances in every cell of my body." Ang Sang is the all-pervading "One" and Wahe Guru, the bridge to consciousness. "Ang Sang Wahe Guru with his 6 sounds is there to destroy unconscious thoughts and habits and avoid the consequences." (Yogi Bhajan)

"A creative and self-cleaning process is taking place." In our heart is our God. He does not come from outside. We just have to feel it. This great feeling is "Ang Sang Wahe Guru".

Ang Sang Wahe Guru helps you to find out who you really are and to remember it even in times of illness. It lets you know, you are not the disease, you are not a sick person, or anything but pure spirit. Many use the mantra to recover from illness. Others saw help in this, which had to undergo complicated medical processes. (Dr. Shanti Shanti Kaur Khalsa in: "Mantras as Help to Heal Again")

(Source: Booklet "Mantras & Miracles", Tarn Taran Singh)

5. Klim krishnaya govindaya gopi jana valla bhaya swaha

[Sanskrit] traditional, Hinduism, Melody: Anke Moehlmann

C G am C G C
Klim krishnaya govindaya gopi jana valla bhaya swaha

Klim is an invocation of Krishna. Krishnaya - homage to Krishna, Govindaya - the good shepherd, Gopijana Vallabhaya Namaha -, Gopis are cow herdsman, and Jana means man, but also means person, but also means group, and Vallabha means "loved", "sweet" and "husband", Gopijana Vallabhaya Svaha means "Homage to the lover of the Gopis or the Gopi or the group of the Gopis or the person named Gopi". So, Gopijana Vallabhaya Svaha. And so, this mantra is a mantra of love. If one wants to increase love, e.g. Also, suppose you have a partner and in the partnership the love becomes less, one can repeat this mantra, or generally to increase the love energy between people and also love in the family.

6. Gayatri Mantra -[Sanskrit] traditionell: Hinduismus, Melodie: Anke Moehlmann

dm

Om Bhur Bhuvah Svaha

Tat Savitur Varenyam

C

Bhargo Devasya Dimahi

G

Dhiyo Yo Na Pracodayat

Om in all three worlds: earthly, astral and celestial. May we align ourselves with the radiance of the divine sun that enlightens everything. May the golden light guide our minds to higher insight and accompany us on our journey to enlightened consciousness.

This prayer calls the highest wisdom, to the brilliance of the cosmos, to enlighten our minds as individuals and as a world family. The call demands that we become sensitive and receptive to the divine wisdom that permeates the experience of consciousness.

7. **Suddhossi Buddhossi** (Mantra für Urvertrauen)

[Sanskrit] traditional, Hinduism, Melody: Anke Moehlmann

dm am
Suddhossi buddhossi niranjanosi
C G
Samsara maya parivar jitosi
dm
Samsara svapanam
am
Traija mohan nidram
C
Na janma mrityor
G dm
Tat sat svarupe

Lullaby of the holy Medalasa (Mandalasa)
(from the Upanishads)

You are pure. You are the manifestation of cosmic intelligence. You are untouched by everything that happens in this world. You are beyond the cycle of birth and death (Samsara), Beyond deception (illusion).

Whatever happens, you remain the pure immortal self. You are anchored in this infinite eternal consciousness.

From this deep anchorage you can shape and experience your whole life.

Explanation: Sukadev Bretz, Yoga Vidya

[English]

You are forever pure.
You are forever true

and the dream of this world
can never touch you.

So, give up your attachment,
give up your confusion

and fly to that space
that's beyond all illusion.

8. Om Aim Sarasvatyai Svaha - [Sanskrit] traditional, Hinduism, Melody: Anke Moehlmann

G am C G
Om Aim Sarasvatyai Svaha

am
Svaha Maha-Devimai

C am G
Om Shant Shanti Shantihi

Mantra for creativity and inspiration

OM and honor of the goddess Sarasvati, whose seed syllable is AIM and who gives me rich gifts with good ideas and a clear and fresh spirit.

Be creative with joy!

9. Lakshmi Beej Mantra - Text: [Sanskrit traditional, Hinduism, Melody: Anke Moehlmann

C am dm G
Om Hreem Sri Lakshmi Bhyo Namaha

Simple meaning:

The goddess Lakshmi is in me and gives me her fullness in all aspects of my existence, my being!

Lakshmi - beauty, happiness, prosperity; Goddess of prosperity, welfare, happiness, prosperity and beauty.

Lakshmi brings beauty into your life. Her heavenly splendor brings everything back to life. With the beauty also joy of life, love and laughter come into your life.

Lakshmi tells you: That's you! Look how beautiful and perfect you are! You are unique! Maha - Lakshmi (the great Lakshmi) leads us from our material desires to a deeper fulfillment that we can only find in inner peace. Here in the heart and in the light of our soul dances our true happiness. Who has his roots here, can fulfill all true wishes in life.

(Source: Isabel Arés, Das Orakel der indischen Götter)

10. Jai Shri Ma Kali Kali Ma - [Sanskrit traditional, Hinduism, Melody: Anke Moehlmann

Dm am G am
Jai Shri Ma Kali Kali Ma Jai Shri Ma
dm am
Ananda Ma Durga Devi
 G am
Ma Jagadambe Shri Ma

Glory to you, divine mother Kali, destroy our ignorance, free us from the deception of death, protect us on our way. You mother of the universe give us bliss.

11. Ra Ma Da Sa - Gurmukh, Sikhism, Melody: Anke Moehlmann Kundalini Yoga Mantra

C am dm G
Ra Ma Da Sa, Sa Say So Hung

The meaning of the words:

ra - sun, ma - moon, there - earth, sa - infinity, sa say - wholeness, so hung - you're part of it

Ra Ma Da Sa is the healing mantra in Kundalini Yoga. It brings the self into balance with the universe. These eight sound syllables stimulate the flow of kundalini energy through the central nervous channel in the spine. The mantra has always been used by yoga masters to strengthen the resistance to disease and to treat ailments on a spiritual path. Ra Ma Da Sa acts like a soothing tonic that improves the flow of life energy (prana, chi) throughout the body. It helps to alleviate, integrate and heal illness, pain and worry. To sing Ra Ma Da Sa, develops the power of the breath as a natural remedy.

Explanations: Source: Ali Schmidt, Sacred Songs

12. Om Meditation

OM is the original sound of the universe. It is the sound that resonates throughout the cosmos and in every cell of our body

To cleanse the body and mind, for calmness and inner peace!