

MANTRA SADHANA

JAIN VISHVA BHARATI

L O N D O N



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Power of Mantra

-Acharya Mahaprajna



Lord Mahavir

In Jain philosophy all souls possess infinite powers. We need to harness this power within our selves. Mantra is the medium of searching for this inner power. Practice of Mantra is therefore a way of self-empowerment.

A Mantra is a sacred verbal formula repeated in prayer, meditation or incantation, such as an invocation of a God, a syllable or portion of scripture containing mystical potentialities. accepted scholarly etymology links the word **man**, meaning mind and **tra** meaning protection so that a Mantra is something, which protects the mind.

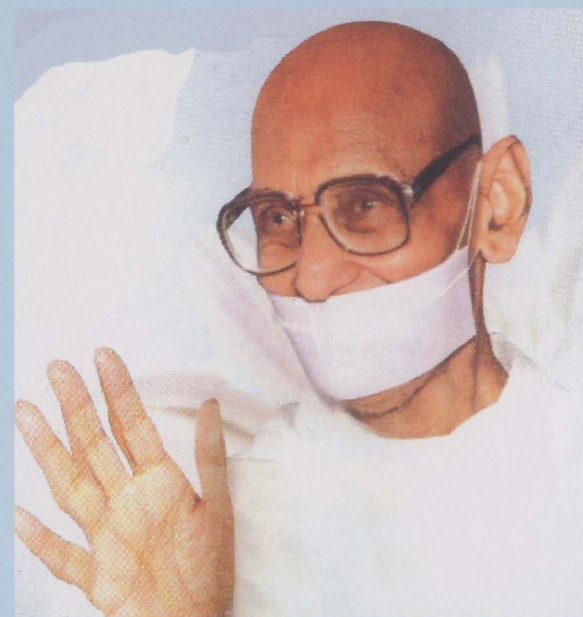
Mantra is armour, a power to guard a mighty fort. Not even a single atom can penetrate it. He who has sublimated his mind and

by spiritual mantras has armed his brain. He will never let a single evil thought enter his mind. These thoughts will come, but colliding with the armour, will roll back. Mantras have enormous powers. Their sound waves can open tightly closed doors, turn ignorance to knowledge, sorrow to joy and weakness to strength.

Different sounds have different effects on human psyche. The correct pronunciation and intonation of mantras is extremely important. It is also essential that there is harmony between recitation and breath. Certain organs of our body emit bioelectricity. Words get charged with electricity and the resultant vibrations create energy.

The sacred utterances or chanting of mantras therefore provides us with the power to attain our goals and lift ourselves from the ordinary to higher level of consciousness. Mantras give us power to cure diseases, ward off evils, gain wealth, acquire supernatural powers, and worship a deity for exalted communion and for attaining blissful state and

The journey of **japa** (Continuous chanting of mantra) begins with words but eventually the words disappear and the devotee attains one-pointedness, or extreme focus, on the chosen deity or principle idea of the mantra. The mantra comes alive and there is radiance everywhere.



Acharya Mahaprajna

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Key to recitation of Mantras

JVB women's wing motto is to do something creative and useful which will help in the spiritual upliftment and wellbeing of the community. It is primarily through faith-aided by strong will power - that one achieves one's goals in life. The Mantra Calendar for 2006 is a step in this direction.

It is important that mantras are recited correctly and with full faith. with this in mind and with the realization that some people have no knowledge of Hindi and Sanskrit, a key to transcription and pronunciation is given below. These mantras are reproduced from Acharya Mahapragnyaji's book - 'Mantra Eak Samadhan'.

1. अ a (vowel sound as in cut)
2. आ ā (vowel sound as in alms)
3. इ i (short vowel sound as in sit)
4. ई ī (long vowel sound as in see)
5. उ u (short vowel sound as in put)
6. ऊ ū (long vowel sound as in pool)
7. ए e (vowel sound as in lake)
8. ऐ ai (vowel sound as in lie)
9. ओ o (vowel sound as in coat)
10. औ au (vowel sound as in owl)
11. ँ ण (nasalization)
12. :^a (visarga) pronounce 'h' while expelling the breath)

13. क ka (k as in book)
14. ख kha (aspirated ka)
15. ग ga (g as in girl)
16. घ gha (aspirated ga)
17. च cha (ch as in chair)
18. छ chha (aspirated cha)
19. ज ja (j as in jodge)
20. झ jha (aspirated ja)
21. ट ṭa (as in cat)
22. ठ ṭha (aspirated ta)
23. ड ḍa (as in kid)
24. ढ ḍha (aspirated da)
25. ण na (retroflex n- the tip of the tongue is curled back and touched the hard palate)

26. त ta (t is a dental sound like the italian t)
27. थ tha (th as in kith)
28. द da dental d sound)
29. ध dha (aspirated da)
30. न na (n as in can)
31. प pa (p as in cap)
32. फ pha (aspirated pa)
33. ब ba (b as in dub)
34. भ bha (aspirated ba)
35. म ma (m as in come)
36. य ya (y as in yes)
37. र ra (r as in run)
38. ल la (l as in lunch)
39. व va (v as in save)
40. श, ष sha (sh as in ship)
41. स sa (s as in miss)
42. क्ष ksha (combination of K and sha)
43. ह ha (h as in hair)

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1) Navin and Geeta Sanghrajka.

2) Dinesh and Ila Sanghrajka

3) Subhash and Vandana Bhandari.

4) Raman and Sushila Shah.

5) Vijay and Jyotsna Patel.

6) Amit and Rina Kothari.

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7) From Well Wishers.

स्मृति विकास मंत्र
(Mantra : Memory Power)

ॐ ऐं ॐ नमः
Om Aim Om Namah

Chant :
10 minutes every day.

पारिवारिक शांति मंत्र
(Mantra : Family Peace)

ॐ ह्रीं अर्हं नमः

Om Hrīm Arham Namah

Chant :
One Mālā Every day.

मंगलमय यात्रा मंत्र
(Mantra : Safe Journey)

ॐ फुं क्ष्वीं ह्रीं ऐं नमः ठः ठः ठः स्वाहा

Oṃ Phum̐ Kshvīm̐ Hrim̐ Aim̐ Namaḥ Ṭhaḥ Ṭhaḥ Ṭhaḥ Svāhā

Chant :
Before Commencing journey
recite the mantra 21 times

अनिद्रा निवारण मंत्र
(Mantra : Overcoming Insomnia)

ह्रूं ह्रूं
Hrūṁ Hrūṁ

Chant :
One Mālā at bed time and
Meditate with bright Blue Colour on the brain

तनावमुक्ति मंत्र
(Mantra : Tension Relief)

ॐ क्षौ क्षौ
Om Kshaum Kshaum

Chant :
One Mālā Every Day

क्रोधशमन मंत्र
(Mantra : Overcoming Anger)

ॐ शान्ते प्रशान्ते सर्वक्रोधोपशमनी स्वाहा
Om Shānte Prashānte Sarvakrodhopashamani Svāhā

Chant :
21 times after the outburst of anger

भय निवारण मंत्र
(Mantra : Fearlessness)

ॐ ह्रीं श्रीं अर्हं ऋषभदेवाय नमः
Om Hriṃ Shrīṃ Arham Ṛishabhadevaya Namah

Chant :
One Mālā Every Day

चिंतानिवारण मंत्र
(Mantra : Overcoming Anxiety)

ॐ ह्रीं श्रीं भगवते पार्श्वनाथाय हर हर स्वाहा

Om Hrīm̐ Śhrīm̐ Bhagavate Parshvanāthāya Hara Hara Svāhā

Chant :
One Mālā every day

નિરાશામુક્તિ મંત્ર
(Mantra : Relieving Despondency)

અનન્તવીર્યેભ્યો નમઃ
Anantvīryebhyo Namaḥ

Chant :
10 minutes every day

मानसिक शांति मंत्र
(Mantra : Mental Peace)

ॐ णमो उज्जुमईजिणाणं ह्रां ह्रीं
Om Namo ujjumaijinaṇaṃ Hrāṃ Hrīm

Chant :

One Mālā Every day.

Concentrate your mind on the jyoti kendra
(middle of forehead) whilst chanting the Mantra.

विघ्ननिवारक मंत्र
(Mantra : Overcoming Obstacles)

ॐ ह्रीं अर्हं नमः क्षीं स्वाहा

Oṃ Hrīm Arhaṃ Namaḥ Kshīm Svāhā

Chant :
One Mālā Every day.
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ऐश्वर्यदायक मंत्र
(Mantra : Endowing Prosperity)

ॐ ह्रीं वरे सुवरे अ सि आ उ सा नमः
Om Hriṃ Vare Suvare A Si Ā U Sā Namah

Chant :
One Mālā Every day.

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