

# Healing Chants



## Hamsa

Hamsa, Hamsa (repeat)  
Hamsa, Hamsa, Hamsa (repeat)

This is a healing chant for the lungs. The hamsa mantra focuses on the inhale and exhale, helping to create a vibration that connects you to your heart. It is also healing for the heart, mind and spirit. Music by Kathleen Karlsen.



## Water Chant (Gange Mata)

Om Jai Gunge Mata, Sri Jai Gunge Mata (2x)  
Om Shuddhi Daata Gunge, Mata Namoh Namah (2x)

This is a water chant to Mother Ganges, the goddess of the sacred waters. It is in the Dorian mode, a musical scale that the ancient Greeks associated with the water element. The word "shuddhi" means "purity" and "data" means "to give." The mantra can be translated as, "Victory and honor to Mother Ganges who gives us purity!" Music by Kathleen Karlsen.



## Shiva Ra

Hari Om, Hari Om, Shiva Ra Namoh

A chant in honor of Shiva who is like "Ra," the sun-god. "Hari" is a name for the supreme, the absolute god who takes away all sorrows. Music by Kathleen Karlsen.



## Chant to the Sun

Om Bhaskaraya Vidmahe,  
Om Maha Tejaya Dimahe (2x)  
Om Surya Namaha, Om Surya Om (2x)  
Tanno Surya Prachodayat (2x)

Surya, or Bhaskaraya, the giver of wisdom and illumination, is the Hindu god of the Sun. Surya is often depicted surrounded by the physical sun, riding in a chariot pulled by seven horses representing the seven chakras. His charioteer is Aruna. The meaning is: "Let me meditate on the Sun. Let me think about the highest power. I bow before the Sun. Homage to the Sun! Let the giver of life illumine my mind." Music by Kathleen Karlsen.

## Goddess of Mercy

Goddess of Mercy, Let your healing flow  
Goddess of mercy, Let your grace be known  
Let your love be felt on earth  
Let your voice be heard

This chant invokes the compassion of Kuan Yin. Kuan Yin is the Buddhist goddess of mercy and compassion. She is the Buddhist Savioress, a bodhisattva who has taken a vow to save all beings from suffering. She will forego full Buddhahood until all sentient beings are free. Lyrics and music by Kathleen Karlsen.

## Lokah Samastah

Lokah Samastah Sukino Bhavantu

**Meaning:** May all beings be happy and free and may I contribute to the happiness and freedom of all.  
Music by Kathleen Karlsen.