

Healing Chants

Mata Om

Om Mata Om, Mata Om, Mata Om (2x)
Maha Mata Mama Om [2X]
Mata Om, Mata Om, Mata Om, Mata Om

The word “mata” means “mother” in Sanskrit. This word is similar to the word “mater” in Latin, also meaning “mother”. The word “matter” is derived from the same root, indicating a connection between the Divine Mother and the material universe. Lyrics/music by Kathleen Karlsen.

Mantra for the Heart

Om Hrim Namah
Om Hrim Namah
Hrim
Om Hrim Namah

A mantra of fire honoring the energy of the heart. “Hrim” is associated with the sun. “Namah” means “I bow” or “I give honor.” “Hrim” purifies the physical heart, the emotional heart and the spiritual heart and operates mainly at the functional level of the heart. 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, the Buddhist goddess of mercy and compassion. She is the Buddhist Savioreess, a bodhisattva who has taken a vow to save all beings from suffering. Lyrics and music by Kathleen Karlsen.

Gayatri Mantra

Om bhur bhuvah svaha
Tat savitur varenyam
Bhargo devasya dhimahi
Dhiyo yonah prachodayat

Meaning: Let us meditate on the glory of the God of the physical plane, the Creator fit to be worshipped, may God (the Sun) illumine our minds. Traditional.

Shining Brightly

Blazing, blazing
Set my heart on fire with your Love
Shining brightly
Fill my mind and soul with your Light

A chant calling to the healing power of God in heart, mind and soul. Lyrics and music by Kathleen Karlsen.

Medicine Buddha Mantra

Tayatha Om, Bekandze, Bekandze
Maha Bekandze
Randze Samu Gate Soha

The meaning of this mantra is “May the many sentient beings who are suffering be freed of all pain including disease, death and karma and may this suffering never arise again”. “Bekandze” means “the elimination of suffering” and is repeated three times for the removal of suffering on the physical, emotional and spiritual levels. Music by Kathleen Karlsen.

Hare Ram

Hare Ram, Sita Ram (2x)
Hare Rama Rama Ram, Sita Rama Rama Ram (2x)
Hare Ram, Sita Ram, Hare Ram, Sita Ram

A simple chant honoring the polarity of masculine and feminine. “Hare” is a reference to Ram or Rama as a supreme being. Sita and Ram overcame many challenges by their combined efforts and love. Music by Kathleen Karlsen.

Jehovah Shammah

Jehovah Shammah, Jehovah Shammah (2x)

A Hebrew name of God meaning “I AM the Lord who is there” or “The Lord is my Companion”. A beautiful thing to remember! Music by Kathleen Karlsen.

Lokah Samastah

Lokah Samastah Sukino Bhavantu

Meaning: May all beings be happy and free. May my life contribute to the happiness and freedom of all.