

Healing Chants

Lorica

Light before me, Light behind me, Light be near
Light within me, Light around me, Light be here
Light be on my right, Light be on my left
Light when I stand up, Light when I lie down.

A "lorica" is a prayer recited for protection. The word comes from the Latin word meaning "armor". Words and music ©2018 Kathleen Karlsen.

Matashakti

Matashakti, Matashakti
Matashakti, Jaya Mamma (2x)
Jaya Mama, Jaya Mama (2x)

"Mata" means "mother" in Sanskrit. "Shakti" is the unformed energy of creation, usually associated with the feminine aspect of God. "Jaya" means "victory". Words and music ©2019 Kathleen Karlsen.



Om Mani Padme Hum

Om Mani Padme Hum Hrih

The word "hrih" means the voice within, the conscience or gnosis. This mantra is sometimes referred to as the *Jewel in the Lotus*. "Mani" means "jewel" and "padme" means lotus. This mantras honors the deepest part of the heart and being where truth always resides. Music ©2019 Kathleen Karlsen.



Medicine Buddha Mantra

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

Meaning: 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". Music ©2020 Kathleen Karlsen.

Shalom Allelu

Shalom Allelu, Shalom Allelu (2x)
Alleluia Allelu (2x)

"Shalom" is a Hebrew word meaning peace, wholeness and harmony. "Allelu" (alleluia or hallelujah) literally means "praise the Lord". Lyrics and music ©2020 Kathleen Karlsen.

Sacred Flame

Sacred Fire, Sacred Flame
Healing through Your Sacred Names
Jehovah, Yeshua, Holy Spirit, Mother Flame

"Jehovah" is the name for the Father God. "Yeshua" is a Hebrew name for Jesus meaning "to rescue or deliver". This is a chant calling to the healing power of God in the form of Father, Mother, Son (daughter) and Spirit. Lyrics and music ©2020 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 and solar energy. "Namah" or "Namaha" means "I bow" or "I give honor". "Hrim" purifies the heart at all levels though it operates mainly at the functional level of the heart. Lyrics and music ©2019 Kathleen Karlsen.

I AM Grateful

Hear O Universe, I AM Grateful (2x)
Hear O Universe, I AM Grateful (2x)
Gratitude, O Father; Gratitude O Mother (2x)
A chant written by my friend and fellow kirtan musician Michael Koster.

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.