

Chants for Liberation



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 mantra honors the deepest part of the heart and being where truth resides. Music by Kathleen Karlsen.

Gayatri Mantra (Traditional)

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

Om: The primeval sound; **Bhur:** the physical body/physical realm; **Bhuvah:** the life force/the mental realm; **Svaha:** the soul/spiritual realm; **Tat:** That (God); **Savitur:** the Sun, Creator (source of all life); **Varenyam:** adore; **Bhargo:** effulgence (divine light); **Devasya:** supreme Lord; **Dhimahi:** meditate; **Dhiyo:** the intellect; **Yo:** May this light; **Nah:** our; **Prachodayat:** illumine.

Om Tare Tuttare

Om Tare Tuttare Ture Svaha

“I bow before Tara the Liberator, Mother of the Victorious Ones.” Tare, Tuttare and Ture are variations of Tara’s name. This chant is said to liberate from suffering, fear and disease. Music by Kathleen Karlsen.

Medicine Buddha Mantra

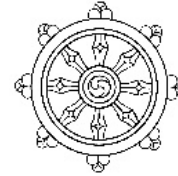
Tayatha Om, Bekandze, Bekandze
Maha Bekandze
Randze Samu Gate Soha

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”. Music by Kathleen Karlsen.

I Stand Strong

I stand here on the earth
I stand free, I stand strong
I stand under the sun
I stand free, I stand strong
I stand firmly where I belong
I stand free, I stand strong
I stand strong

A mantra for the right of the soul to be free. Lyrics and music by Kathleen Karlsen.



Gate Gate Paragate

Gate Gate Paragate Parasum Gate Bodhi Svaha
Gate Gate Paragate Parasum Gate Bodhi Svaha
Gate Gate Paragate Parasum Gate Bodhi Svaha
Bodhi Svaha (repeat)

This mantra is found in the Heart Sutra, one of the best-known Buddhist scriptures. Most translations are as follows: “Gone, gone, gone to the furthest shore, gone completely to the furthest shore.” Music by Kathleen Karlsen.

Mata Om

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

A mantra to the divine Mother East and West. Mata means mother in Sanskrit. Maha means the highest. Words and music by Kathleen Karlsen.



Lokah Samastah

Lokah Samastah Sukino Bhavantu

“May all beings be happy and free and may my life contribute to the happiness and freedom of all.”
Music by Kathleen Karlsen.

CONTACT: 406-599-3235, kathleenkarlsen@msn.com, vocalmedicine.com, facebook.com/vocalmedicinemusic

Music and lyrics by Kathleen Karlsen as noted. Illustrations by Rose Karlsen.

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