

Sacred Fire Chants East and West

Agni Deva

Om Agni Devaya Namaha

This mantra is a fire (agni) mantra. Deva is a masculine form of God. Namaha means I bow or I honor. The meaning can be translated: I give honor to the God as fire. Music by Kathleen Karlsen.

Sacred Flame

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

Jehovah is a name for the Father God. Yeshua is an Aramaic name for Jesus meaning to rescue or deliver. This is chant calls to the healing power of God in the all forms: Father, Mother, Son (Daughter) and Spirit. Lyrics and music by Kathleen Karlsen.



Supreme Light Mantra

(Paramjyoti Mantra)

OM Hrim Hamsah Sohuh Svaha

The seed syllable hrim is a combination of “ha” for prana with “ra” for fire and “im” (eem) for energy, focus and motivation. “Hamsa” focuses on the inhale and exhale, helping to create a vibration that is healing for the heart, lungs and spirit. “Soham” functions in the same way, often using the reverse order of breathing. Music by Kathleen Karlsen.

Flame of Healing

Flame of healing, fill my form
Life and joy I me reborn
Emerald green and sapphire blue
Golden sunlight shining through
Let all shadows now depart
Flame of healing fill my heart

This chant was written for a friend suffering with a painful condition. Lyrics/music by Kathleen Karlsen.



Shiva Ra

Hare Om, Hare Om Shiva Ra Namoh

This chant focuses on Shiva “who is like the sun.” “Ra” means “sun.” “Hare” refers to concentrated spiritual energy, often used in reference to Shiva or Krishna. Music by Kathleen Karlsen.

Breathe Through Me

Holy Spirit, Breathe through me
Holy Spirit, Breathe through me
Send your light through my soul
Holy Spirit, Breathe through me

The power of God is associated with breath, fire, wind and the spirit in many traditions. The Western Holy Spirit is akin to Shiva, third person of the Hindu Trinity. Lyrics and music by Kathleen Karlsen.

Mantra to the Sun

Om Sam Suryaya Namaha

Astrological mantras function like adaptogens: if a planet or configuration is challenging, mantras ameliorate the effects. If the astrology is good, it gets even better! Music by Kathleen Karlsen.

Blessing for the Road

May you find what you seek
May your heart be at peace
May your dreams never end
May the road be your friend
May you love, may you love, may you love

May the stars all align
May the sun always shine
May your soul be your guide
May God walk by your side
May you love, May you love, may you love

For everyone traveling life’s way and navigating their own path. Lyrics and 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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