

108 Beads: Sadhana Edition

Sadhana: a spiritual practice of discipline that helps us focus our energy and intention towards our goals. A spiritual approach to solving problems, seeking understanding, expanding our awareness, improving areas of our life, facilitating healing, removing blocks, activating potential, exploring our Self, connecting to divinity, and/or enhancing consciousness.

Why do Sadhana? Because it works! ENERGY is never wasted in the spiritual practice. All energy that is brought to the practice will be returned, which is why sadhana helps us to the results we want.

Mantra Sadhana: A discipline that requires one to repeat a mantra 108 times daily for 40 days. This is a spiritual discipline: no breaks, no misses. If you miss a day, you must start back at day one! The mantra can be said aloud, mouthed, or silently in your head. Experiment with the different ways to see which you prefer.

Why 40 days? In spiritual literature, 40 is the number of waiting, the preparation, the test or the punishment. For example, Noah's flood was 40 days and 40 nights; the Israelites wandered in the wilderness for 40 years; Jesus was tempted by the devil for 40 days, even the human gestation cycle is 40 weeks. Spiritual practices are a test of our determination and desire for spiritual progress. If we are willing to commit to a 40 day "test", then we are ready for the results and the rewards that come from the practice. Hindu traditions talk about the receiving of boons, spiritual favors that we seek, upon completion of a spiritual discipline. These gifts come to you no matter your religious beliefs. There is a story of a demon who completed a very complicated spiritual discipline and was gifted great strength, so much that no man could defeat him. For this demon to be killed, the gods had to unite their forces and create a fierce female warrior called Kali.

Why 108? 108 is a number known to be referring to spiritual completion. 108 signifies the wholeness of the divinity, perfect totality. 1 stands for God or higher Truth, 0 stands for emptiness or completeness in spiritual practice, and 8 stands for infinity or eternity.

How to do it:

1. Identify the reason: Why are you doing this? What area of your life do you want to improve? What problem do you want to solve? Or where do you need help?
2. Find the mantra that addresses this concern or one that resonates with you. See the mantra list for ideas! Or use Google.
3. Obtain a mala or make your own. The mala will help you count the times you've said your mantra, so you can focus on the mantra itself.
4. Feel free to say a prayer to your deity of choice for their blessing and assistance in this undertaking.
5. Every day say your mantra 108 times.

Tips and Insights:

1. Take it slow at first. If this is your first time doing a mantra sadhana, choose a short mantra that only requires 5-7 minutes to accomplish. This makes it easier for you to commit to the practice.
2. **Be sure to set the time aside each day for your practice as it becomes harder to find the time as you progress.** As a spiritual discipline, this practice helps to address "inner somethings" that need to be processed. Once you encounter inner resistance, (which

manifest as outer obstacles to your practice), the discipline becomes a test of your own determination and commitment to yourself to finish. This practice gives us the opportunity to learn how to take obstacles and turn them from stumbling blocks to stepping stones.

3. Be prepared for some small upheaval to happen in your life during this time: you catch a cold, you oversleep, you have to work late, you get stuck in traffic, etc. These minor upheavals are a sign that you are doing the practice correctly.
4. Trust in the process. Don't get discouraged if those upheavals happen or you miss a day. As we commit to this discipline, we are given the opportunity to learn about ourselves in an honest and compassionate way. See if you can find out what you are being asked to learn and let the rest of it go.
5. Pay attention to what happens around you. When undertaking a spiritual discipline, synchronicities and events may occur in your life that are full of significance or guidance.
6. Set your **Intention**- Remind yourself why you are doing this sadhana before you begin your practice. This helps to align your ego with your Higher Self.
7. Take a moment to remove yourself from the everyday struggles and find **Center** before you begin.
8. Keep a Positive **Attitude** In spiritual pursuits, it's the way that you do it that counts!
9. **Focus** on the mantra- This practice helps us to calm that overactive mind as well as address personal and spiritual concerns.

Using Malas

- *Malas should be used by one hand only*
- *The index finger and the little finger should not touch the beads.*
- *The beads should be held by the middle finger and should be turned with the help of the thumb.*
- *Malas always have an extra bead hanging outside the row of beads, whose total number is usually 108. This 109th bead is called Sumeru (Guru)*
- *The sumeru bead of malas should never be passed. It thus becomes a static point in these malas.*
- *The aspirant should start the mala at the first bead next to sumeru and should end on the last bead before sumeru.*
- *If the aspirant has to do the mala twice (or more), he should turn it and make the last bead become the first bead for starting the second round.*
- *If you choose to keep your mala sacred, try not to let it touch the ground.*



Malas get charged with energy after they have been used for japa frequently. If one has done 125,000 repetitions of the mantra on a mala, it becomes charged with energy (siddha), and by wearing it one gets energy from it. It is in fact the same energy one has put in it while doing the japa.

Resources:

Healing Mantras: Using Sound Affirmations for Personal Power, Creativity, and Healing, Thomas Ashley-Farrand, Published: 1999, Ballantine WellSpring (Random House Publishing).

Shakti Mantras: Tapping into the Great Goddess Energy Within, Thomas Ashley-Farrand, Published: 2003, Ballantine Books (Random House Publishing).

Chakra Mantras: Liberate Your Spiritual Genius Through Chanting, Thomas Ashley-Farrand, Published: 2006, Red Wheel/Weiser.

<http://www.spiritvoyage.com/mantrahome.aspx>

<http://www.kundaliniyoga.org/mantra.html>

MANTRA LIST

MANTRAS FOR SPIRITUAL ILLUMINATION	
Asatoma sad gamaya, Tamasoma jyotir gamaya, mrityorma amritam gamaya, Om Shanti Shanti Shanti.	Lead me from the unreal to the real, from the darkness to the light, from the fear of death to the knowledge of immortality. <i>Om peace, peace, peace.</i>
So Hung	<i>I am He/That</i>
Tat Tvam Asi	<i>You are that which you seek</i>
Sat Nam	<i>Truth is my Identity</i>
Om Namaha Shivayah	<i>I bow to my Divine Self/ I honor the Divinity within</i>
Om Tryambakam Yajamahe Sugandhim Pushtivardhanam Urvarukamiva Bandhanan Mrityor Mukshiya Maamritat	<i>We Meditate on the Three-eyed reality, which permeates and nourishes all like a fragrance. May we be liberated from death for the sake of immortality, Even as the cucumber is severed from bondage to the creeper.</i>
Aum	<i>The mystic Name and form of God</i>
Om Namō Narayana	<i>Om is the name of Narayana, the flame of truth</i>
Ek Ong Kar Sat Nam Siri Wahe Guru	<i>There is One Creator who has created this creation. Truth is his Name. He is so great we cannot describe His infinite wisdom</i>
Om Namō Guru Dev Namō	<i>I bow to the Creative Wisdom, I bow to the Divine Teacher within.</i>
Om Namah Shivaya Gurave Saccidananda Murtaye Nisrapancaya Shantaya Niralambaya Tejase	<i>I offer myself to the Light, the Auspicious Lord, who is the True Teacher within and without: Who assumes the forms of Reality, Consciousness, and Bliss: Who is never absent and is full of peace: Independent in His existence, He is the vital essence of illumination.</i>
Aad Guray Nameh Jugaad Guray Nameh Sat Guray Nameh Siri Guru Dayvay Nameh	<i>I bow to the Primal Wisdom. I bow to the Wisdom through the Ages. I bow to the True Wisdom. I bow to the great, unseen Wisdom</i>
Ek Ong Kar, Sat Gur Prasad, Sat Gur Prasad, Ek Ong Kar	<i>There is one Creator - Truth revealed through Guru's grace</i>
Om Muni Muni Maha Muniye Soha <i>(buddhist mantra)</i>	<i>Om wise one, wise one, greatly wise one, wise one of the Shakyans, Hail!</i>

Mantras for Specific Inner Conditions					
Choose the condition you need help with and then insert the Sanskrit word into the mantra.					
Shante Prashante Sarva _____ Upasha Mani Swaha			<i>Invoking Supreme Peace, I offer (surrender) the quality of _____ to its source in the universal mind. Salutations.</i>		
Anger (general)	<i>Krodha</i>	Shame	<i>Laja</i>	Grief	<i>Shoka</i>
Anger (between two people)	<i>Mah-na</i>	Mistrust/Suspiciousness	<i>Avish-Vasa</i>	Aversion/Disgust	<i>Ghrina</i>
Pride	<i>Mada</i>	Fickleness	<i>Pishu-Nata</i>	Dejection	<i>Kheda</i>
Envy	<i>Matsarya</i>	Fear	<i>Bhaya</i>	Agitation	<i>Sam-Bhrama</i>
Ignorance/Delusion	<i>Moha</i>	Jealousy	<i>Irsha</i>	Laziness	<i>Shu-Shupti</i>
Covetousness	<i>Lobha</i>	Arrogance	<i>Dambha</i>	Sadness	<i>Vishada</i>
Consuming Lust	<i>Kama</i>	Conceit	<i>Ahankara</i>	Duplicity	<i>Kapata-Ta</i>

Peace Mantras	
Om Shanti Om	<i>Om, dynamic peace, om</i>
Lokah samasta sukhino bhavantu	<i>May all beings everywhere be happy and free</i>
Bradram no apivataya manah	<i>May mind be turned towards auspiciousness</i>

Universal Mantras	
chanting these mantras benefits the evolution and enlightenment of all humanity	
Aum Bhur Bhurvah Svaha Tat Savitur Varenyam Bhargo Devasaya Dhimahi Dhiyo Yo nah Prachodayat	Earth, Atmosphere, Heavens We mediate on the sacred Light of the radiant Divine May this inspire our devotion
Om Mani Padme Hum	The jewel of consciousness is in the heart's lotus
Mantras for Healing	
Om Sri Dhanvantre Namaha	Salutations to the being and power of the Celestial Physician
Om Arkaya Namaha	Om and Salutations to the Shining One who removes afflictions
Om Hiranyagarbhaya Namaha	Om and salutations to the Shining One who heals and is golden colored
Om Rama Ramaya Namaha	Om and Salutations to Rama and his healing energies (unites the right and left sides of body)
Om Apa-damapa Hataram Dataram Sarva Sampadam Loka Bhi Ramam Sri Ramam Bhuyo Bhuyo Namam-yaham	Om, O most compassionate Rama. Please send your healing energy right here to Earth, to the earth. Salutations.
Shri Ram Sharnam Mamah	(brings balance and strength, and heals the physical and mental body)
Om Ashwina Bsheshajam Madhu Bsheshajam	Om and salutations to the Ashwina devatas. Kindly bless us with the honey of your healing balm.
Ra Ma Da Sa, Sa Say So Hung	From the earth we ascend to heaven for healing, heaven descends healing upon us
Om Namoh Bhagvate Aanjaneyaaya Mahaabalaaya Swaaha (Hanuman healing mantra)	(To eradicate diseases, evil spirits and other types of disturbances in life)
Aum Vighna Nashanaya Namah (healing mantra to Ganesha)	(for unblocking energies in your physical and cosmological bodies)

DEVOTIONAL MANTRAS- The Energies of the gods and goddesses

GANESHA	
the remover of Obstacles	
Om Gum Ganapatayei Namaha	Om and salutation to the remover of obstacles for which gum is the seed
Aum Shreem Gum Saubhaagya Ganpataye Varvard Sarvajanam Mein Vashamaanya Namah	We bow in homage to Lord Ganesha who protects us with health and happiness
Om Ekadantaya Vidmahe Vakkratundaya Dhi-mahi Tanno Danti Prachodayat	We devote our thoughts to the One Tusked Lord We meditate upon Him who has a Curved trunk May the tusked one guide us on the right path
SARASWATI	
Power of Knowledge, Wisdom, and Speech, Religion, Philosophy, Mysticism and Such	
Om Eim Saraswatyei Swaha (For Knowledge and Wisdom)	Om and salutations to the feminine Saraswati principle
Om Brahma Jnanaye Namaha (Philosophy, Mysticism and Such)	Om and salutations to the power of that self-aware intelligence that pervades the universe
Om Aim Hreem Aim Hreem Dosh Swaha (*actual sadhana: 10,000 reps in 10 days)	(Seeds Sounds to Saraswati to increase writing and poetic skills)
Vad Vad Vaagwaadinee Swaha	(to enhance intelligence)
Om Aim Hrim Kleem Maha Saraswati Devaya Namaha	(to make learning easy and to score well on exams)
Vedanam Matram Pasya Matstham, Devim Saraswati (for deeper meaning in religious text)	Behold, Saraswati, Mother of the Vedas resides in me

LAKSHMI <i>Power of Abundance, Beauty, financial prosperity</i>	
Om Shrim Maha Lakshmiyei Swaha <i>(financial prosperity)</i>	<i>Om and salutations to She who provides abundance</i>
Om Shrim Lakshmiyei Swaha <i>(for enough food to eat, to end hunger)</i>	<i>Om and salutations to She who provides abundance</i>
Om Padma Sundharyei Namaha <i>(to become more attractive)</i>	<i>Om and salutations to She who personifies beauty</i>
Om Sarvabaadha Vinirmukto, Dhan Dhaanyah Sutaanvitah, Manushyo Matprasaaden Bhavishyati Na Sanshayah Om	<i>O Goddess Maha Lakshmi, please destroy all evil and bless us with a bright and prosperous future.</i>
Om Shring Shriye Namah	<i>(Bija mantra for worship)</i>
Om Maha Lakshmi-cha Vidmahe Vishnu Patni-cha Dhimahi Tanno Lakshmi Prachodayat	<i>Om and salutations to that primordial Lakshmi spouse of Vishnu, kindly impel us toward that elevated state you represent</i>
DURGA/CHAMUNDI <i>Power of protection, blessings of creativity and good fortune</i>	
Om Dum Durgayei Namaha <i>(general protection)</i>	<i>Salutations to She who is beautiful to the seeker of truth and terrible in appearance to those who would injure devotees of truth</i>
Om Eim Hrim Klim Chamundayei Vicche Namaha <i>(heavy duty protection)</i>	<i>Om and salutations to She who is radiant with power and wisdom</i>
Om Katya-inicha Vidmahei Kanya Kumari-cha Dhimahi Tanno Durgihi Prachodayat	<i>(for sublimely elevated states of consciousness and manifold blessings) We pray to Durga. May Durga illuminate our minds.</i>
RADHA <i>Power of Divine Love</i>	
Om Radha Krishnaya Namaha <i>(For building a soaring Conjugal Love on the Earth Plane)</i>	<i>Om and salutations to that single being of Love, manifesting as the lovers Radha and Krishna</i>
Om Parama Prema Rupaya Namaha <i>(For bringing the highest possible expression of Love into your Life)</i>	<i>Om and salutations to the supreme divine love, coming in a recognizable form</i>
Aham Prema <i>(For becoming the Highest Form of Love you can be)</i>	<i>I am Divine Love</i>
TARA <i>Power of the Divine Mother</i>	
Om Tare Tuttare Ture Swaha	<i>Om and salutations to She (Tara) who is the source of all blessings</i>
Om Tare Tuttare Ture Sarva Shantim Kuru Swaha <i>(Tara Universal Peace Mantra)</i>	<i>Om and salutations to She who is the source of all blessings, please bring peace to all</i>
KALI <i>Destruction of the negative ego</i>	
Om Klim Kalika-yei Namaha <i>(purgative effect)</i>	<i>Om and salutations. I attract she who is dark and powerful</i>
Om Kring Kalikaye Namah	<i>(transforms the devotee to pure consciousness)</i>
Om Hrim Shreem Klim Adya Kalika Param Eshwari Swaha <i>(**Spiritual Evolution that is Quick, Powerful, and Unyielding)</i>	<i>Om and salutations to She who is the first one, dark within her own reality, the supreme feminine who cuts through illusion to the unabridged truth of existence.</i>
<i>**"When we invoke Kali through this mantra, we are saying, "I want true spiritual advancement by the most powerful and direct route, the consequences to my ego not withstanding." So if you pick this route, it's only fair that you know what you are in for. It will be intense, possibly unnerving, probably uncomfortable, certainly disruptive to one or more aspects of your mundane life and also very effective in a short amount of time." – Tomas Ashley-Farrand, Shakti Mantras pg.138</i>	

UNIVERSAL MOTHER	
Om Mata, Om Mata_____ , Mata Jagadamba [insert your favorite feminine principle, eg, Mary, Isis, Aphrodite]	<i>Om Mother, Om Mother. Salutations to _____ who is the mother to the world</i>
RAMA <i>Right action, Dharma, Truth, Love</i>	
Om Sri Rama Jaya Rama, Jaya Jaya Rama	<i>Om to Rama and his consort, victory to Rama, victory, victory again to Rama</i>
Heen Ram Heen Ram	<i>(awakens the mysterious psychic awareness)</i>
Sri Ram Jay Ram Jay Jay Ram Om	<i>Beloved Ram, I honor you</i>
Sri Rama Jayam	<i>(brings success in all endeavors)</i>
Hari Rama Hari Rama, Rama Rama Hari Hari	<i>(bestows blessing on men)</i>
Ramay namah	<i>(for purity of mind and word)</i>
Shri Rama Jaya Rama Kodhanda Rama	<i>(for courage and valor)</i>
Om Daserathaya Vidhmahe Sita Vallabhaya Dhimahe Tanno Rama Prachodayat	<i>Om, Let me meditate on the son of Dasaratha, Oh, consort of Sita, give me higher intellect, And let God Rama illuminate my mind.</i>
KRISHNA <i>Human Love, Freedom, Peace</i>	
Hare Krishna Hare Krishna Krishna Krishna Hare Hare Hare Rama Hare Rama Rama Rama Hare Hare (Mahamantra)	Aum Devkinandanye Vidmahe Vasudevaya DhiMahi Tanno Krishnah Prachodayat <i>(We pray to Krishna. May Krishna illuminate our minds)</i>
Om Sri Krishnah sharanam mamah <i>(for success)</i>	<i>To the beloved Lord Krishna, I pray to take me under your shelter, I surrender to you Oh lord.</i>
Shri Krishna Govinda Hare Murare, Hey Natha Narayana Vasudeva	<i>(to receive the grace and sweetness of Sri Krishna.)</i>
Om Krishnaya Namah	<i>Accept my salutations, Oh Sri Krishna.</i>
Om Namo Bhagavate Vasudevaya	<i>Prostration to Krishna, I surrender to you</i>
HANUMAN <i>Devotion, Strength, Energy</i>	
Om Hum Hanumate Vijayam	<i>Victory to the prana in its evolutionary course, as it strengthens the will through the throat center</i>
Om Sri Hanumate Namaha	<i>Salutations to the conscious prana</i>
Hang Hanumate Rudraatmakaay Hung Phatt	<i>(for power and strength)</i>
Aum Anjaneyaye Vidmahe Vayu Puthraya Dheemahe Tanno Hanumat Prachodayath	<i>We pray to the son of Anjani and the son of the Wind. May Lord Hanuman propel us and illuminate our minds.</i>
Other Mantras for Specific Conditions	
<i>For addictions and conquering desire:</i> Om Jita Kamaya Namaha	<i>For kundalini rising:</i> Hrim Shrim Klim Param Eshwari Swaha
<i>To relieve outer, misery- causing conditions:</i> Om Shrinkala Bandha Mochakaya Namaha	<i>For spiritual evolution:</i> Om Shrim Klim Namah Shivaya
<i>To invoke the quality of cheerfulness in the midst of any difficulty:</i> Om Prasannatmane Namaha	<i>Healing afflictions of the eyes:</i> Om Grinihi Suryaya Adityom
<i>The antidote to sadness and misery, invoking positive energy:</i> Om Sarva Dukha Haraya Namaha	<i>To invoke the "sword of discernment":</i> Om Ah Ra Pat Sa Na Dhi Dhi Dhi
<i>To develop Bodhicitta (mental readiness for higher knowledge):</i> Gate Gate Para Gate Para Sam-gate Bodhi Swaha	<i>For the energy of the heart to manifest on the earth plane:</i> Om Ha Ksa Ma La Va Ra Yam Swaha
<i>To get creative juices flowing:</i> Har Haray Hari Wahe Guru	Sa Ta Na Ma <i>(primal sounds that represent the totality of existence)</i>