

# Meditation Mantras

1. Aum Govindaya Nama  
*Mantra for protection.*
2. Aum Rudraya Nama  
*Mantra for transformation*
3. Aum Aparajitaya Nama  
*Aum, I bow to the one who never accepts defeat.*
4. Aum Amritaya Nama  
*Mantra for delight*
5. Aum Shanti Supreme Beloved  
*Mantra for peace*
6. Gayatri Mantra  
Aum bhur bhuvah svah tat savitur varenyam  
Bhargo devasya dhimahi dhiyo yo nah pracodayat  
*We meditate on the transcendental glory of the Deity Supreme  
Who is inside the heart of the earth, inside the life of the sky  
And inside the soul of the heaven.  
May He stimulate and illumine our minds.*
7. Not My Will But Thine Be Done
8. Buddham Saranam Gacchami.  
Dhammam Saranam Gacchami.  
Sangham Saranam Gacchami.  
*I take refuge in the Buddha.  
I take refuge in the Dharma.  
I take refuge in the Sangham.*
9. Jiban Debata  
Jiban Debata Daki Animesh Khama karo aji more  
Ogo sumahan jagater tran jagi jena shubha bhore.  
*O my life's Lord Supreme,  
Sleeplessly I invoke You  
To forgive me today.  
O great One, O world's reality-salvation,  
May I be fully awakened  
In purity's auspicious dawn.*
10. Dak Eseche / Call Has Come  
*Dak eseche dak eseche bishwa prabhur dak.  
Call has come, call has come, Lord Supreme's call.*
11. My Own Gratitude Heart Is all that matters.
12. My Lord Beloved Supreme  
*My Lord Beloved Supreme, with every breath of my heart  
I enter into Your Heart to love You only in Your own Way.  
My Lord Beloved Supreme, with every breath of my heart  
I sit at Your Feet to need You only in Your own Way.  
My Lord Beloved Supreme, with every breath of my heart  
I look at Your Eye to fulfil You only in Your own Way.*
13. He Murali Dhar Tumi Chiro Manohar
14. Habo Ami Atmabhola Param Shiber Mato
15. Like The Supreme Lord Shiva I shall remain in the self-forgetfulness trance.
16. O Make My Mind Tranquil And Calm  
*Charidike neharite prashanti dham*

**All words and music by Sri Chinmoy**

(except words to Gayatri Mantra – traditional Indian Mantra)

[www.anandamusic.co.uk/mantras](http://www.anandamusic.co.uk/mantras)