

Shivo'ham, Shivo'ham

Mano buddhya hankara chittani naham
Na cha shrotra jihve na cha ghrana netre
Na cha vyoma bhumi na tejo na vayuh
Chid ananda rupah shivo' ham shivo' ham

*I am neither the mind, intellect, ego nor memory,
Neither the ears nor the tongue nor the senses of smell and sight,
Neither ether, air, fire, water or earth.
I am consciousness and bliss. I am Shiva, I am Shiva.*

Na punyam na papam na saukhyam na duhkam
Na mantra na tirtham na veda na yajnah
Aham bhojanam naiva bhojyam na bhokta
Chid ananda rupah shivo' ham shivo' ham

*I am neither virtue nor vice, neither pleasure nor pain,
Neither mantra nor sacred place, neither scripture nor sacrifice.
I am neither the food nor the eater nor the act of eating.
I am consciousness and bliss. I am Shiva, I am Shiva.*

Apurvanam param nityam
Svayam jyotir niramayam
Virajam param akasham dhruvam
Ananda mavyayam

*I am beyond all things.
I am everlasting, self-luminous,
Taintless, and completely pure.
I am immovable, blissful, and imperishable.*

Aham nirvi kalpo nira kara rupo
Vibhut va cha sarvatra sarvendri yanam
Na chasan gatam naiva muktir na meyah
Chid ananda rupah shivo' ham shivo' ham

*I am without thought, without form.
I am all pervasive, I am everywhere, yet I am beyond all senses.
I am neither detachment nor salvation nor anything that could be measured.
I am consciousness and bliss. I am Shiva, I am Shiva.*

—Shankaracharya

Shivaya Namah Om

Shivaya Namah Om Namah Shivaya

A sequence of sustained sounds that every child understands. Shhhhhh conveys quiet, eeeeeee evokes freedom, vvvvvv summons energy and vibration. Aaaaaah is an expression of release and satisfaction, nnnnnn names and defines, mmmmmm is suffused with contentment and connection. Oh! is an expression of surprise, acknowledgement and wonder in every language. Taken together, and sung in an order that turns back on itself, they embody the infinity of Shiva, the ending that is always beginning.

Jaya Durge

Jaya Durge Jaya Durge
Durge Durge Shive Shive

The goddess Durga is said to have been made from the powers of Brahma the creator, Vishnu the sustainer, and Shiva the destroyer all coming together in a brilliant flash of energy. Destruction is the mother of creation. Just as clouds of charged particles endlessly flash into being only to vanish again, so the soul arises from source and returns to it. Durga is the mother that brings us here, holds us, and lets us go.

Gaja Nana

Gaja Nana He Gaja Nana
Gauri Mano Hara Priya Nandana
Pashupati Taneya Gaja Nana
Parama Niranjana Gaja Nana He

The elephant-headed god Ganesh represents the unity of the pairs of apparent opposites, how the one is always contained within the other. Matter and energy are expressions of the same force. The tiny seed and the massive tree are one. The way through the obstacle is in the obstacle. The cure for the pain is in the pain, as sorrow and joy forever dance together.

Kali Durge

Kali Durge Namoh Namah Kali Durge Namoh Namah
Kali Durge Kali Durge Namoh Namoh Namoh

Secrets are hidden in shadows, and to investigate them is an essential process in acquiring self-knowledge. The Gnostic Gospel of Thomas beautifully sums up how the force represented by the goddess Kali operates in our lives: "If you bring up what is within you, what you bring up will set you free. If you do not bring up what is within you, what you do not bring up will destroy you".

Jaya Vitthale

Jaya Vitthale Jaya Vitthale Jay Vitthale
Panduranga Panduranga Panduranga Vitthale

Vitthale is a name for Krishna, the witness and enjoyer of all sensation, the knower of the senses and the mind, and the essential force of love and attraction by which the divine recognizes itself. The name is said to be composed of the syllables Vi, Tha and Le, representing the principles of creation, sustention and dissolution in human form.