

## Commonly Used Vedic Chants

### **Hari OM**

“*OM* is the basic vibration. It vibrates every cell in your body and brings peace. *OM* creates a special rhythm in your system. You are sent into an ecstatic mood just by chanting *OM*. Of course, when you add *Hari* (*Ha* pronounced as the *a* in ‘soda,’ *ri* as the ‘re’ in repeat), you get an added effect. *Hari* is another name for the Absolute. It means “the one that removes all obstacles, the one that purifies the entire system.

Repeating the word *Hari* makes you do a particular type of *pranayama*, or breathing exercise. Each syllable has its own significance. The first syllable, *Ha*, requires a contraction of the solar plexus. It creates a kind of *kapalabhati*, or bellows-breathing vibration, and it ignites the vast storehouse of physical and emotive power at the solar plexus. In pronouncing *Ri*, the system relaxes, and the throat contracts to make the force more concentrated. *Ri* brings in a special kind of heat. Then for *O*, the throat opens and the energy or sound rises upward from deep within the chest. With the prolonged *Mmm*, the mouth closes and the energy goes to the head with a strong humming vibration. So *Hari* accelerates the system first, and then *OM* takes you to a higher level.” — Swami Satchidananda

### Closing Chants

<b>Asato Mā Sad Gamaya</b>	Lead us from unreal to Real
<b>Tamaso Mā Jyotir Gamaya</b>	Lead us from ignorance to the Light
<b>Mṛityor Māmṛitam Gamaya</b>	Lead us from the fear of Death To knowledge of Immortality
<b>OM Śāntiḥ Śāntiḥ Śāntiḥ</b>	(Invocation of Peace)
<b>Lokāh Samastāh Sukhino Bhavantu</b>	May the entire Universe be filled with Peace and Joy, Love and Light
<b>Jai Śri Sadguru Mahārāj Ki Jai!</b>	May the light of Truth overcome all ignorance Victory to that Light!