

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

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