



SAHAJ ĀTMĀ

Mantrās that illuminate the Soul



MANISH
VYAS

1. SAHANĀ VAVATU

(for inner nourishment, energy and peace)

ॐ सह नाववतु

सह नौ भुनक्तु ।

सह वीर्यं करवावहै ।

तेजस्वि नावधीतमस्तु मा विद्विषावहै ।

ॐ शान्तिः शान्तिः शान्तिः ॥

Om Sahanā Vavatu

Sahanau Bhunaktu

Saha Viryam Karavāvahai

Tejasvi Nāvadhītam-Astu Mā Vidvishāvahai

Om Shāntihi Shāntihi Shāntihi

Om, May God protect us both (the Teacher and the Student)

May God nourish us both

May we work together with energy and vigour

May our study be enlightening and not give rise to hostility

Om, Peace, Peace, Peace

At the beginning of a class, generally the students and the teacher recite this mantra together. It is a peace invocation in which they seek the blessings of the Lord, so that the study may be free of obstacles. They also seek blessings for a favourable relationship. Therefore, this prayer is important for both the teacher and the student.

ॐ सह नाववतु सह नौ भुनक्तु ।

सह वीर्यं करवावहै । तेजस्वि नावधीतमस्तु मा विद्विषावहै ।

2. LOKĀHĀ SAMASTĀHĀ (imploring universal peace)

लोकाः समस्ताः सुखिनो भवन्तु

Lokāhā Samastāhā Sukhinau Bhavantu

*May all the beings in all the worlds become happy -
Peace, peace and peace be everywhere!*

A very simple, yet meaningful prayer sung and chanted in almost every yoga class around the world. It is chanted not for individual benefit, but for universal blessings, reminding the practitioner that 'I am in all, and all is in me.'

3. SHĀNTĀKĀRAM

(to Lord Vishnu, who removes the fear of worldly existence)

शांताकारं भुजगशयनं पद्मनाभं सुरेशं ।
विश्वाधारं गगनसदृशं मेघवर्णं शुभाङ्गं ।
लक्ष्मीकांतं कमलनयनं योगिभिर्घ्यानिगम्यं ।
वंदे विष्णुं भवभयहरं सर्वलोकैकनाथम् ॥

*Shāntā-kāram Bhujaga-Shayanam Padma-Nābham Suresham
Vishvā-dhāram Gagana-Sadrisham Megha-Varna Shubhāngam ।
Lakshmi-Kāntam Kamala-Nayanam Yogibhir-Dhyāna-Gamyam
Vande Vishnum Bhava-Bhaya-Haram Sarva-Lokaika-Nātham*

लोकाः समस्ताः सुखिनो भवन्तु



Salutations to Shri Vishnu, who has a serene appearance, who rests on a serpent, who has a lotus on his navel and who is the lord of the Devas. Who sustains the universe, who is boundless and infinite like the sky, whose colour is bluish like the cloud and who has a beautiful and auspicious body. Who is the husband of Devi Lakshmi, whose eyes are like lotus and who is attainable to the yogis by meditation. Salutations to that Vishnu who removes the fear of worldly existence and who is the Lord of all the lokas (planets.)

Lord Vishnu is part of the Hindu Trinity (along with Brahmā, and Shivā) and is known as the Creator. This mantra is a prayer in praise of the various attributes of Lordh Vishnu, also known as Nārāyanā. It is said that regularly chanting a Vishnu Mantrā can also help to improve relationships among family and friends. It may also help to get the most positive outcomes.

4. SAHAJ ĀTMĀ (for the remembrance of our natural state of being)

सहज आत्मा स्वरूप परमगुरु

Sahaj Ātmā Swaroop Param Guru

सहज आत्मा
स्वरूप परमगुरु

The natural state of the Self is the ultimate Guru.

It is said that the relationship between a Guru and a disciple is mysterious, magical and profound. What is understood from this mantrā is that the ultimate point to arrive for a seeker is his true natural state of Self – a state where he is truly his self, at ease, at peace, in clarity... and that is the ultimate Guru. The path to liberation is Sahaj, when one finds and abides in the natural state. All spiritual paths and teachings point to that state: Sahaj - natural state of being.

5. VANDE GURUDEV (for the divine Teacher)

वंदे गुरुदेव जय जय गुरुदेव
जयश्री गुरुदेव जय जय गुरुदेव

त्वमेव माता च पिता त्वमेव
त्वमेव बन्धुश्च सखा त्वमेव
त्वमेव विद्या द्रविणं त्वमेव
त्वमेव सर्वं मम देव देव

*Vande Gurudev, Jaya Jaya Gurudev
Jaya Shree Gurudev, Jaya Jaya Gurudev*

*Tvam-Eva Mātā Cha Pitā Tvam-Eva
Tvam-Eva Bandhush-Ca Sakhā Tvam-Eva
Tvam-Eva Vidyā Dravinnam Tvam-Eva
Tvam-Eva Sarvam Mama Deva Deva*

Bowing to the divine teacher, hail to the divine teacher
Auspicious is the divine teacher, hail to the divine teacher

You truly are my mother and you truly are my father
You truly are my relative and you truly are my friend
You truly are my knowledge and you truly are my wealth
You truly are my all, my God of Gods

वंदे गुरुदेव जय जय गुरुदेव
जयश्री गुरुदेव जय जय गुरुदेव

6. JAYA AMBE (invocation to Shakti, Mother of the Universe)

जय अंबे जगदम्बे माता भवानी जय अंबे
दुःख विनाशीनी दुर्गे जय जय
काल विनाशीनी काली जय जय
उमा रमा ब्रह्माणी जय जय
राधा रुक्मणी सीता जय जय

*Jaya Ambe Jagad-ambe, Mātā Bhavāni Jaya Ambe
Dukha Vināshini, Durge Jaya Jaya
Kāla Vināshini, Kāli Jaya Jaya
Umā Ramā Brahmāni Jaya Jaya
Rādhā Rukmani Sitā Jaya Jaya*

Hail to the Mother of the World, Hail to the Mother Bhavāni
consort of Shivā, Hail to the remover of all misery, Durgā!
Hail to the destroyer of Death, Kāli!
Hail to Pārvati, Lakshmi and Sarasvati!
Hail to Rādhā, Rukmani (Krishna's Wife)
and Sitā (Rama's Wife)

This is a prayer to invoke Goddess Shakti (Pārvati, Kāli, Durgā,
Gauri are other of her names) who is the consort of Shivā and is
considered the personification of material energy or Mother of the
Universe. As Pārvati, she is kind; but as Kāli, she appears cruel and
frightening. Durgā comes in a warlike form, equipped for the battle
to protect her devotees. Shakti is often addressed as Devi or
Goddess.

जय अंबे जगदम्बे माता भवानी जय अंबे

7. SHĀNTI MANTRĀ (for inner and outer Peace)

ॐ द्यौ शान्तिरन्तरिक्षः शान्ति पृथ्वी
शान्तिरापः शान्तिः रोषधयः शान्तिः ।
वनस्पतयः शान्तिर्विश्वे देवाः
शान्तिब्रह्मा शान्तिः सर्वः शान्तिः
शान्तिरेव शान्तिः सा मा शान्तिरेधि ॥
ॐ शान्तिः शान्तिः शान्तिः ॐ

*Om Dhyahu Shāntihi, Antariksha Shāntihi
Prithvi Shāntihi, Apaha Shāntihi
Aushadhaya Shāntihi, Vanaspataya Shāntihi
Vishwedevaya Shānithi, Brahma Shāntihi
Sarva Shāntihi, Shantireva Shāntihi
Sa Ma Shāntiredhi Shāntihi
Om Shāntihi, Shāntihi Shāntihi*

Unto the heaven be peace, unto the sky and the earth be peace,
peace be unto the water, unto the herbs and trees be peace,
unto all the Gods be peace, unto Brahma and unto all be peace.
And may we realize that peace. Om, Peace Peace Peace.

The supreme mantra for Peace, inviting this state to every element
of the universe, every being on this planet, every plant, flower and
tree, every god and goddess – an ultimate prayer for peace within
and without.

ॐ द्यौ शान्तिरन्तरिक्षः शान्ति पृथ्वी
शान्तिरापः शान्तिः रोषधयः शान्तिः ।

SAHAJ ĀTMĀ

Sanskrit meaning of SAHAJ ĀTMĀ

Sahaj Ātmā refers to the natural state of the self.
It may sound a little theoretic or philosophical...
but it is actually the most simple concept,
specially if we look at nature, trees, flowers...

Sahaja means natural... The tree grows according to Sahaja,
natural and spontaneous in complete conformity
with the Natural Law of the Universe.

Nobody tells it what to do or how to grow.

It has no rules, duties and obligations incurred by birth.

It relies only on its inborn self or essence - to guide it.

Likewise, the human being is born with an instinct for naturalness,
but then the memory became buried under the artificial superstructure
of civilization and its artificial concepts - conditionings received
first from parents and then by society.

Sahaja is that nature which, when established in oneself,
brings the state of absolute freedom and peace.

Nature can be so inspiring to go back to that place
where only the soul is the master,
Sahaj Ātmā.

Credits

Manish Vyas : Vocals, Tablā, Santoor, Keyboards,
Swarmandal, Tanpurā, Programming

Bapu Padmanabha : Bansuri Flute on Sahanā Vavatu,
Sahaj Atmā, Shāntākāram, Vande Gurudev
and Shānti Mantra

Milind Date : Bansuri Flute on Lokāhā
and Jaya Ambe

Bhagirath Bhatt : Sitar, **Krunal Parmar** : Violin
Hiren Pithadiya : Guitar

Derek Julien : Guitar on Shāntākāram

Mehdi Hassan : Pakhawaj, Dholak

Jay Dave, Hardik Rathod, Rajiv Shreemadi,

Bapu Padmanabha, Anand Richa and

Nidhi Dholakiya : Choir Vocals

Recorded at : Samāsati Studio, Gossau, Switzerland

Prem Kutir and Harmony Digital, Rajkot, India

The Floating Studio, Pune, India

B-Studio, Bangalore, India

Mixed and Mastered by Nitin Joshi

at Dawn Studio, Pune, India

All songs composed and arranged by Manish Vyas

Cover Design by Sāma

Cover Notes by Sā

For more information on the artist :

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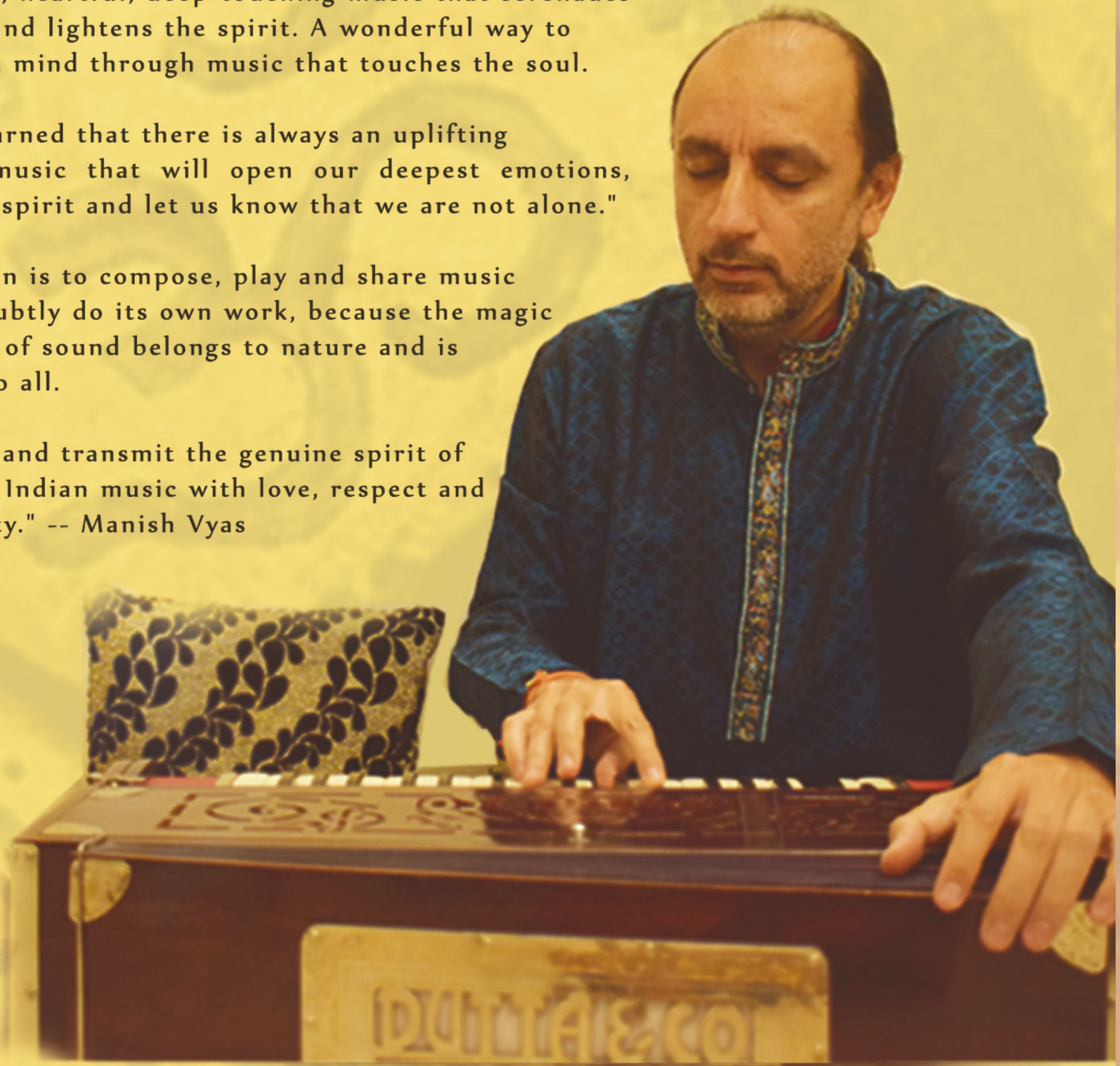


From India, heartfelt, deep-touching music that serenades the heart and lightens the spirit. A wonderful way to refresh the mind through music that touches the soul.

"I have learned that there is always an uplifting piece of music that will open our deepest emotions, renew our spirit and let us know that we are not alone."

"My mission is to compose, play and share music that will subtly do its own work, because the magic and power of sound belongs to nature and is available to all.

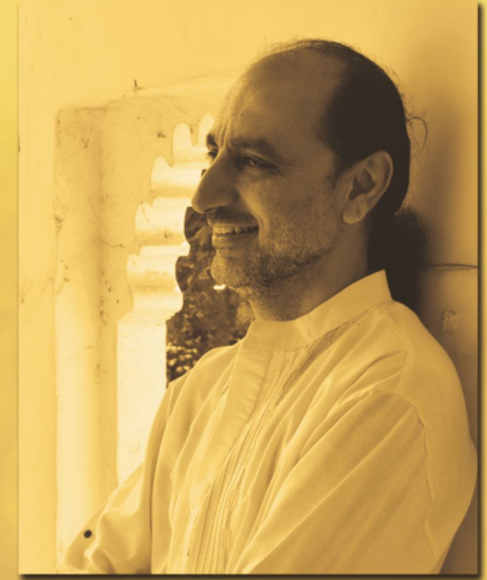
I maintain and transmit the genuine spirit of devotional Indian music with love, respect and authenticity." -- Manish Vyas



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Mantrās that illuminate the Soul

“You are your best guru, your best teacher, the answers are inside you.”
This album was inspired in this affirmation, reflected in the nature of the mantrās which Manish has chosen for this new collection. This music travels through a simple but delightful landscape of ancient, powerful mantrās. As always, each piece is supported by the finest musicians from India and charming Eastern instruments: sitar, bansuri-flute, violin, tabla, harmonium, tanpura, swarmandal. A compilation of sacred songs, which can be nicely and effectively played during sadhana, meditation, relaxation, yoga... or just easy-listening to create good energy and loving atmosphere. An invitation to come closer to one’s natural self - into the space of devotion, grace, oneness, love and silence.

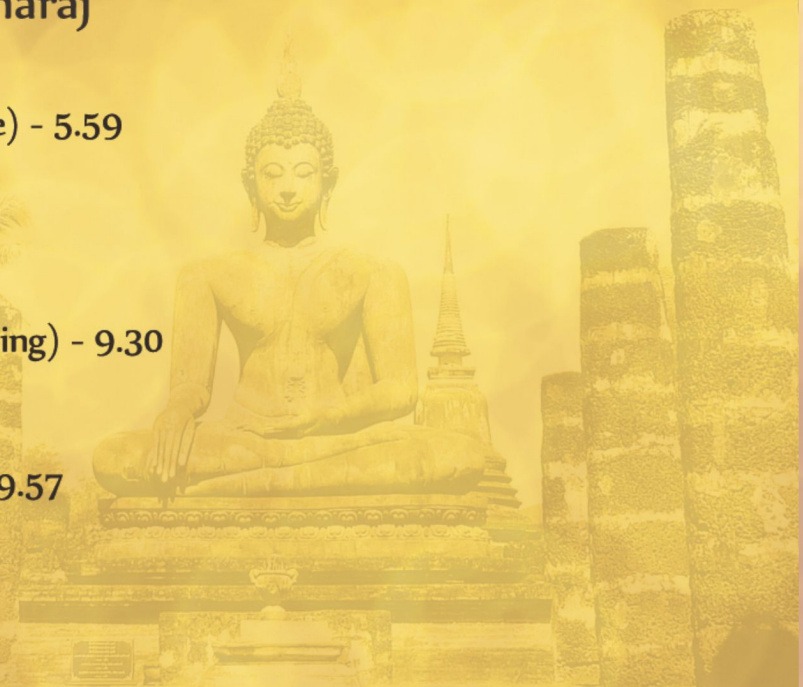


‘The innermost light, shining peacefully and timelessly in the heart is the real Guru.’

- Nisargadatta Maharaj

1. SAHANĀ VAVATU (for inner nourishment, energy and peace) - 5.59
2. LOKĀHĀ SAMASTĀHĀ (imploring universal peace) - 10.39
3. SHĀNTĀKĀRAM (for removal of fear) - 8.18
4. SAHAJ ĀTMĀ (for the remembrance of our natural state of being) - 9.30
5. VANDE GURUDEV (for the divine teacher) - 10.30
6. JAYA AMBE (invocation to SHAKTI, mother of the universe) - 9.57
7. SHĀNTI MANTRA (for inner and outer peace) - 6.58

TOTAL DURATION - 62.00





music is the most wonderful way to spiritual realization and mystics from India played such an important role in the development of this kind of music.

