



21-Day Mantra Meditation Journey with Deva Premal & Miten

- Day 1 Om - The Cosmic Yes (14.24)
- Day 2 Inner Peace (13.43)
- Day 3 New beginnings (14.46)
- Day 4 I am Love (14.09)
- Day 5 Protection (13.00)
- Day 6 From Darkness to Light (14.57)
- Day 7 Liberation (14.50)
- Day 8 Wholeness (14.38)
- Day 9 The Inner Guru (11.56)
- Day 10 Abundance (15.19)
- Day 11 Reverence (13.37)
- Day 12 Perfecting Wisdom (14.49)
- Day 13 Happiness (14.51)
- Day 14 Buddha Nature (13.29)
- Day 15 Healing (14.15)
- Day 16 Medicine Buddha (15.38)
- Day 17 Supreme Made Manifest (14.38)
- Day 18 Compassion In Action (13.03)
- Day 19 The Jewel In the Lotus (16.11)
- Day 20 Tantra Mantra (15.19)
- Day 21 Enlightenment (15.54)
- Day 22 Celebration (16.22)

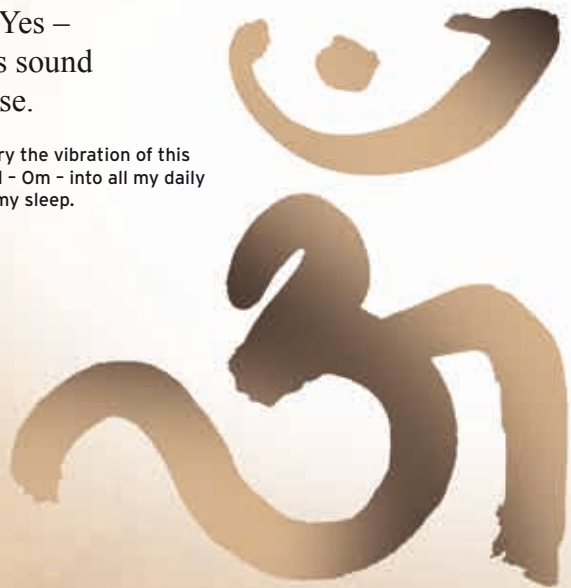


Day 1: Om – The Cosmic Yes

om

The Cosmic Yes –
the soundless sound
of the universe.

Inner Tuning: I carry the vibration of this
most ancient sound - Om - into all my daily
activities and into my sleep.



Day 2: Inner Peace

om shanti om

Inner peace

Inner Tuning: The sound of this
mantra illuminates my day and leads
me into a place of inner peace and
calm, even as challenges arise.

Featuring Om Shanti Om
(Taken from the album
"Mantras for Precarious Times"
by Deva Premal)
Traditional / Prabhu Music

Day 3: New Beginnings

om gum ganapatayei namaha

Salutations to the remover of obstacles.

Inner Tuning: I invite this mantra to remove all energetic blocks in my life and bless this auspicious journey that I undertake, into the world of mantra and meditation.

Featuring Om Gum Ganapatayei Namaha
(Taken from the album "Mantras for Precarious Times" by Deva Premal)
Traditional / Prabhu Music



Day 4: I Am Love

aham prema

I am love.

Inner Tuning: Throughout the day, I focus my attention again and again on the center of my chest - known as the heart chakra. May the love that I am radiate into the world.

Featuring Aham Prema (Taken from the album "Password" by Deva Premal)
Manose & Miten / Prabhu Music



Day 5: Protection

narasimha tava dasohum

Mantra for protection from negative influences.

Inner Tuning: This mantra supports me in moments of doubt and confusion. It gives me the strength to trust my inner voice and to guide me on my path to the Light.

Featuring Narasimha
(Taken from the album "Password" by Deva Premal)
Praful / Copyright Control

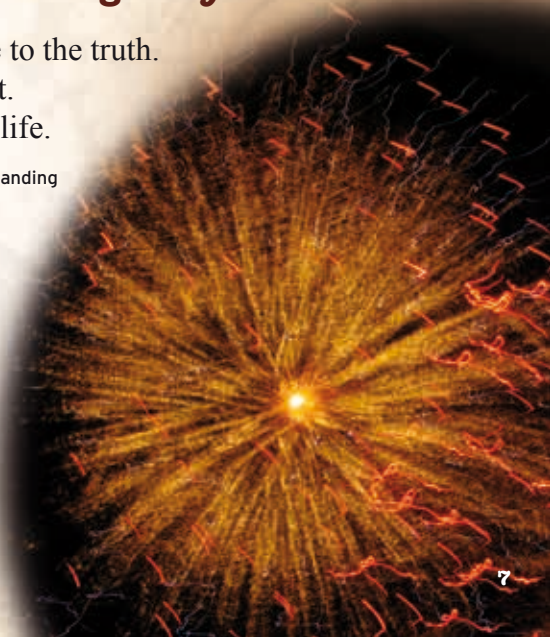
Day 6: From Darkness To Light

om asatomo satgamaya tamasoma jyotirgamaya mrityorma amritamgamaya

Take us from the false to the truth.
From darkness to light.
From death to eternal life.

Inner Tuning: I carry the understanding that each moment is a rebirth, and each moment is illuminated by that which never changes, never dies.

Featuring Om Asatoma
(Taken from the album
"Ben Leinbach present Sangha"
by Deva Premal)
Traditional / Prabhu Music





Day 7: Liberation

om namo bhagavate vasudevaya

Om is the name of that
inside of me
which is aware of the
oneness of all things.

Inner Tuning: I recognize and celebrate
the absolute divine presence in myself,
in Mother Earth, and in every living being
I meet.

Featuring Om Namu Bhagavate Vasudevaya
(Taken from the album "Mantras for Precarious Times"
by Deva Premal)
Traditional / Prabhu Music



Day 8: Wholeness

om purnamadah purnamidam purnat purnamudachyate purnasya purnamadaya purnamevavashishyate

Om
That is the whole.
This is the whole.
From wholeness emerges wholeness.
Wholeness coming from wholeness,
wholeness still remains.

Inner Tuning: I am a complete and perfect part of the Whole.
I carry the essence of this mantra within and meet the world
in joyful abandon.

Featuring Om Purnam I
(Taken from the album "Dakshina" by Deva Premal)
Praful / Sony Music

Day 9: The Inner Guru

**aad guray nameh
jugaad guray nameh
sat guray nameh
siri guray deveh nameh**

I bow to the Primal Guru.
I bow to Eternal Truth.
I bow to True Wisdom.
I bow to Great Divine Wisdom.

Inner Tuning: Guru means that which brings us from darkness (GU) to light (RU). As I chant this mantra, I invoke the protective energy of the universe, and celebrate new beginnings, both inner and outer.

Featuring Aad Guray
(Taken from the album "Live in Concert" by
Deva Premal & Miten with Manose)
Snatam Kaur Khalsa / Spirit Voyage Music

Day 10: Abundance

**om shreem
mahalakshmiyei
namaha**

Salutations to that heart
centered and great Lakshmi.
May you pour forth your
blessings upon me.

Inner Tuning: I give thanks for the continual showering of abundance in my life by chanting this sacred mantra.

Featuring Om Shreem Mahalakshmiyei Namaha
(Taken from the album
"Mantras for Precarious Times"
by Deva Premal)
Traditional / Prabhu Music

Day 11: Reverence

**om satchitananda parabrahma
purushothama paramatma
sri bhagavati sametha
sri bhagavate namaha
hari om tat sat**

Oh Divine Force, Spirit of All Creation,
Highest Personality, Divine Presence,
manifest in every living being -
Supreme Soul manifested as the
Divine Mother and as the Divine Father -
I bow in deepest reverence.

Inner Tuning: Known as the Moola Mantra, these sounds allow me to enter into a space of reverence for the Divine in all its many forms and manifestations.

Featuring Moola Mantra
(by Deva Premal / Martyn Phillips Mix)
Traditional / Prabhu Music

Day 12: Perfecting Wisdom

**teyata gate gate paragate
para samgate bodhi soha**

Gone, gone... gone far beyond to the
awakened state.

Inner Tuning: Absorbing this mantra, I move beyond all names, all forms, all identity, all limitations.

**Featuring Perfection (Taken from the album
"Tibetan Mantras for Turbulent Times" by Deva Premal and the Gyuto Monks of Tibet)**
Traditional / Prabhu Music

Day 13: Happiness

lokah samasta sukhino bhavantu

May all beings be happy.

Inner Tuning: May all my thoughts, words and actions contribute in some way to the happiness of all beings.

Featuring Lokah Samasta
(Taken from the album "Soul in Wonder" by Miten with Deva Premal)
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Day 14: Buddha Nature

om muni muni maha muni swaha

To the sage, the sage, the great sage, I pay homage.

Inner Tuning: I accept myself as I am - my Buddha nature: Buddha at the office, Buddha on the train, Buddha feeling anger, Buddha feeling pain. Buddha in love...

Featuring Om Muni Muni (Taken from the album "2012" by Deva Premal / Miten / Manose / Maneesh de Moor)
Miten / Manose / Maneesh de Moor
Prabhu Music & Buma / Stemra

Day 15: Healing

om shree dhanvantre namaha

Salutations to the Celestial Healer.

Inner Tuning: I call upon this mantra to invoke healing energy for myself and others. I especially carry it on my lips and in my heart as I prepare food.

Featuring Om Shree Dhanvantre Namaha
(Taken from the album "Mantras for Precarious Times" by Deva Premal)
Traditional / Prabhu Music



Day 16: Medicine Buddha

teyata om bekanze bekanze maha bekanze bekanze radza samut gate soha

I invoke the Medicine Buddha by sending my prayer to the supreme heights where illness and spiritual ignorance is healed.

Inner Tuning: I return to this mantra whenever I observe the illusion of separation affecting my actions, thoughts and deeds.

Featuring Healing
(Taken from the album "Tibetan mantras for Turbulent Times"
by Deva Premal and the Gyuto Monks of Tibet)
Traditional / Prabhu Music





Day 17:
Supreme Love
Made Manifest

**om parama
prema rupaya
namaha**

Salutations to Divine
Love in a form that I
can recognize.

Inner Tuning: I bow to the divine
love made manifest in all sentient
beings: a lover, a friend, a child, a
pet, a special tree in the forest...

Featuring Om Parama Prema Mantra
(Taken from the album "A Deeper Light"
by Deva Premal & Miten with Manose)
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Stemra

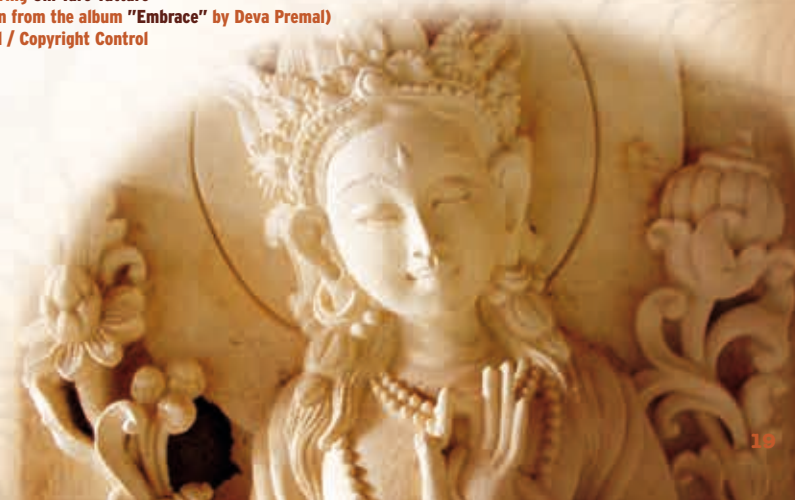
Day 18: Compassion In Action

om tare tuttare ture swaha

A Tibetan Buddhist invocation to call upon the Divine
Feminine in the form of the Goddess Tara – the goddess
of compassion.

Inner Tuning: I share compassion by taking appropriate
and positive action as I go through my day.

Featuring Om Tare Tuttare
(Taken from the album "Embrace" by Deva Premal)
Praful / Copyright Control



Day 19: The Jewel In The Lotus

om mani padme hum

Praise to the jewel in the lotus.

Inner Tuning: Compassion arises as I honor the potential of awakening within each of us, with the understanding that we are all one human family - brothers & sisters helping each other on the path to enlightenment.

Featuring Compassion & Om Mani Padme Hum
(Taken from the album "Tibetan Mantras for Turbulent Times" & "Love is Space" by Deva Premal)
Miten & Deva Premal / Prabhu Music



Day 20: Tantra~Mantra

om kama pujitaye namaha

Salutations to divine worship in the form of love-making.

Inner Tuning: Embracing the qualities of each of the seven chakras, I honor all my actions as the divine expression of Creation.

Featuring Om Kama Mantra / Deeper
(Taken from the album "A Deeper Light"
by Deva Premal & Miten with Manose)
Miten / Maneesh de Moor
Prabhu Music / Buma / Stemra



Day 21: Enlightenment

**om bhur bhuvaha svaha
tat savitur varenyam
bhargo devasya dhimahi
dhiyo yonah prachodayat**

O Self-Effulgent light who has given birth to all the lokas!
You, who is worthy of worship and who appears through the
orbit of the Sun, please illumine our intellect!

Inner Tuning: I celebrate this most powerful of mantras that it may
purify me and lead me to Liberation.

**Featuring Gayatri Mantra (Taken from the album "The Essence" by Deva Premal)
Miten & Deva Premal / Prabhu Music**



Day 22: Celebration

Enjoy!

**there is so much
magnificence near
the ocean
waves are coming in
waves are coming in**

hallelujah!

**Featuring So Much Magnificence
(Taken from the album "Songs for the Inner Lover"
by Miten with Deva Premal)
Peter Makena / Copyright Control**

