

SHIVA MEDITATION TEMPLE MANTRAS
Center for Spiritual Enlightenment

MOOLA MANTRA

Om Namah Shivaya

I honor Ultimate Reality as I offer salutations to Lord Shiva. I remember the good and auspicious nature of God.

RUDRA MANTRA

Om Maharaudraya Namah

I offer my salutations to Rudra (Lord Shiva's Vedic name); who drives away all errors and pain and destroys the cause of sorrow.

SHIVA GAYATRI MANTRA

Om Tatpurushaya Vidmahe Mahadevaya Deemahi Tanno Rudrah Prachodayat

We meditate upon Supreme Consciousness (Purusha) and concentrate on Mahadeva (Lord Shiva). May our meditation upon the Auspicious Lord purify our minds with radiance and clarity. May our thoughts be inspired, brilliant, and effulgent.

SHAKTI MANTRAS

Om Paam Parvatyai Namah

I offer my salutations to Divine Mother—the Goddess Parvati, consort of Lord Shiva.

**Ya Devi Sarva Bhusteshu
Shakti Rupena Sansthita
Namastasyai
Namastasyai
Namastasyai
Namo Namah**

To the Goddess who resides in all beings as the form of energy and power, I bow to Her, I bow to Her, I bow to Her, again and again.

NANDI GAYATRI MANTRA

Om Tatpurushay Vidmahe Chakratunday Dheemahi Tanno Nandih Prachodayat

We meditate upon the Supreme Purusha (Supreme Being or Lord Shiva). We focus our minds on the one with the chakra (the wheel or discus associated with divine power and protection). May Nandi, the joyful vehicle of the Lord who constantly communes with Him, inspire and enlighten us.