

~Wisdom on Mantras~

By Lady Nenari, Princess of the Sea

Let thy Mantra be thy medicine. Man tra = Man (mind) tra (tool), tool of the mind to bring you into the heart of the Soul of who you are. Mantras~

1. Heals us within our remembering our connection with Source/God/the Master Artist/Infinite Consciousness~ healing within and within the vibrational frequency, the environment around us. Repetition reprogrammes the conscious and unconscious mind as it bring you into deep brainwave patterns of delta, epsilon, lambda
2. Assists us within the flowering of our heart into our Soul and our Soul Purpose, flowering us in the Love, Joy, Bliss, fulfillment, contentment we are
3. Brings us into Self (Capital S for our Soul) REALEYESation, seeing with real eyes of who Am I as Infinite Consciousness
4. God REALEYESation of seeing and being as God/Infinite Consciousness is within What Love/Source Would Do, Be, say, speak, act now

The four most important mantras to chant, sing, speak in mantra consistently to shift consciousness~

1. Your SoulSong (the vibrational frequency energy signature of your Soul)
2. The first vibrational energy signature of the cosmos of the OM, the One Moment
3. I Am as anything you place after it is a mantra statement of who you are
4. I know as the same with I Am

Doing such alone with just you and Source is powerful and also in kirtan (kirti) means to appreciate the qualities of Source so whatever we appreciate we are and such grows in value. Mantras are the affirmation, confirmation, celebration, and appreciation of Source/the Master Artist and of the Infinite Consciousness of Source within and within All That Is
~Lady Nenari, Princess of the Sea 2008

Everything begins, ends, and is infinite at OM. The OM within, the One Moment is all that is. There's no place like OM. OM is where the heart is. Rest in the OM of your Soul ~Lady Nenari, Princess of the Sea 2005

This is why mantras are so important. I personally have many Mantras I praxis within even one that the Master Artist gave me many years ago of ~ I Am All That Is, I Am Love, I Am Light, I Am whole, perfect, complete, and beautiful simply as I Am. Mantras are simply an energetic phrase that when repeated consistently through chanting or singing opens us up to the infiniteness that we already and always are within this creating worlds within the word. While there are many forms of mantras, I have found that Lemurian Mantras and Sanskrit Mantras are the ones that resonate within my heart the most. Sanskrit languages origins are actually that of Lemurian language. Lemurian Language is the energy based language of Love and Light, the language of All That Is, and so too is Sanskrit. Like Lemurian Language

then, Sanskrit is where each sound puts you in a resonance with a specific vibration, which is the vibration of the Master Artist. Sanskrit Mantras open the energy pathways within the body, soul, and spirit tuning you into the vibrations of infinite Love, Light, inner peace, healing, and the prosperity in all ways that you already and always are. Sanskrit Mantras also assist you within releasing any energies that are free from serving your soul any longer, ways of being and beliefs that seem to give you the illusion of preventing your enjoyment of life and from fulfilling your Dharma or soul's purpose. Sanskrit Mantras help you to draw into your life whatever you desire that is already and always within you to live a fulfilling life.

Each Sanskrit Mantra has what is known as its own siddhi or a spiritual resonance that unfolds just like the infiniteness of the lotus flower through the praxis of the Mantra. The word siddhi literally means the perfection, alignment, revealing, and unfolding of what is called upon within body, soul, and spirit through the universal source of All That Is. Each Mantra is chanted for an entire mala or 108 times. According to the Vedic scriptures, the physical and spiritual bodies contain 72,000 energy portals, which are called nadis. These 108 major nadis that meet in the sacred heart or in Sanskrit known as the hrit padma. Also known as the heart centre or heart chakra which in Sanskrit is known as the Anahata. The numbers 108 and 72,000 also in numerology equal that of the number 9 which is the number of completion. Therefore within the chanting/singing of such Mantras you bring forth into completion the release of all that is free from serving your soul any longer and bring into fruition that of what you desire.

When chanting and singing such Mantras 108 times (or mala), the energy permeates the entire body, soul, and spirit. As you develop a praxis with Mantras, you may find varying energies and abilities spontaneously emerging from within you. This is simply because it is through repetitive nature of the Mantras and the opening up of such energy channels within you and within the universe that your entire being begins to resonate with the vibration of that Mantra and of the Master Artists gift to you within such. Over the years within my own praxis of Mantras, I have seen some amazing things unfold and release within my life as a result of such resonances expressing through me. This too is because such Mantras work to give peace and inner strength within our hearts and a sense of well being as our entire being begins vibrating within the resonance of All That Is which triggers endorphins. Within which we also find aspects of our lives that effortlessly improve and harmonize, even if we were free from "working" on that area, simply because we begin to synchronize with the flow of the universe in vibration.

It is suggested that the Mantras be repeated the 108 times for a period of 21 to 40 days. Some mantras may give some instant effect and at moments within the OM, the One Moment, we may experience desired results instantaneously and that the resolution you are seeking for New Years and beyond may manifest sooner within earthly time. As with anything, it is within the beliefs within you as to how much you desire it and what you are willing to do and if you are unwilling to be free from allowing anything to stand in your way from doing and being such that you desire that will determine such an outcome. One of my favourite Kirtan Mantra artists is Deva Premal and Miten and I recommend any of their music to assist you with the praxis of Mantras. Another would be Snam Kaur ~Lady Nenari, Princess of the Sea 2009

As a Sound Healing Therapist, musician, songwriter songstress et al, I embrace all spiritual music, soulful music as I myself sing Lemurian Light Language, mantras, songs I have written, chants, many things. Life and being spiritual is about embracing all paths. Mantras are a very powerful way to connect with Source and within and are quite healing, balancing, integrating. Sound Healing such as this reverberating through the body connects us with our Soul, reminding us of this ever present connection. This is one of my favourite mantras. Come enjoy such with me....

<https://youtu.be/YQrs9zlOW1U>

RaMaDaSa ~ Snam Kaur ~ Cosmic Love Vibration

Translation -

Ra~ Sun

Ma~ Moon

Da~ Earth

Sa~ Impersonal infinity (Source)

Saa Say~ Totally of infinity (totality of the Infinite Consciousness of All That Is)

So~ Personal sense of merger and identity (you as Soul embodied merging into Infinite Consciousness)

Hung~ The infinite vibrating and real

Ra Ma Da Sa Sa Say So Hung is one of the major mantras chanted in Kundalini yoga. This mantra taps into the energies of the sun, moon, earth, and the Infinite Consciousness that is Source Energy to bring deep healing. It can be chanted to heal the self bringing ye into who you are as Soul or to send healing energy to anyone you wish and to the cosmos itself.

Also known as the Siri Gaitri mantra, it is used in meditation to promote healing energy as it holds within it eight (eight the number of infinity/Infinite Consciousness) sounds that stimulate the Kundalini flow within the central channel of the spine for healing. It brings balance into the core of our energetic body and floods it with new energy reminding us of our ever present connection with Source and our Soul as One. It is powerful as it is the full essence of connection with both the earth and the universe, allowing healing energy to be directed to wherever it is meant to go.

Imagine a prism catching the Light of Love of Source/Love/Infinite Consciousness, the Sun, the Moon, and the Earth all at Once (once, One at Once) and refracting it out into an infinite rainbow. This mantra does something similar with the healing energy of the Universe. It grabs onto the healing elixir of the Divine and allows you to steer it into a particular direction...either into yourSelf (Capital S for Soul), into another person, the whole planet, or anything on which you focus your attention and intention upon. Relative to the openness of the one(s) such is being sent to and their soul agreement to receive, will be to the degree such is embraced ~Lady Nenari, Princess of the Sea