

# Kirtan and its Place in Sanskrit Chanting

Vortexes - Emotions - Service

### Ganesha Invocation Mantra



Om Shreem
Hreem Kleem
Glaum Gang
Ganapataye
Namaha

### Guru Mantra For Invocation



Guru Brahma
Guru Vishnu
Guru Devo Maheswara
Guru Sakshat Para
Brahma
Tasmi Shri Guruvaye
Namah



Guru Brahma - the force of creation

Guru Vishnu - the force of preservation)

Guru devo Maheshwara - the force of destruction or transformation

Guru Sakshat - The is a Divine Teacher as the nearest of near.

Param Brahma - The Divine that is Beyond the beyond.

Tasmai - I make offerings

Shri Guru- The Divine Teacher that is a beautiful remover of darkness and ignorance

Namah - I bow deeply to you



Om Namah Shivaya Gurave Sat Chid Ananda Murtaye Nishprapanchaya Shantaya Niralambaya Tejase.

## OM NAMAH SHIVAYA



Hare Krishna Hare Krishna Krishna Krishna Hare Hare

> Hare Rama Hare Rama Rama Rama Hare Hare

### Major Kinds of Sanskrit Chanting

- Hinduism aka Sanātana Dharma
  - Chanting of the Vedas
  - Purana & Sutra Chanting
  - Bhakti Chanting Japa, Kirtan & Bhajan
- Sikhism (Gurbani)
  - Gurbani Kirtan
  - Daily Prayers Bani Japji, Jaap Sahib, Anand Sahib, Sukmani Sahib etc)
- Buddhism
  - > Pali and Sanskrit as well as other languages such as Chinese Korean etc.

# Sanskrit Etymology of Mantra

- Man = Mind & Trang = Wave
- Mana = Contemplation & Tra = Liberation
- > Ma = Mind Contemplation & Tra = Protection
- ▶ Man = Mind & Tra = Vitality

# Major Kinds Sanskrit Chanting

#### Bhakti Mantras

- Easy and accessible
- Low to no rules involved (time, place, diet, clothing, celibacy, etc.)
- Pronunciation is the least strict

#### Vedic Chanting

- Oldest known oral tradition
- Strenuous training
  - > Pronunciation, Timing/Meter,
  - Codes of ethics

### Bhakti Mantras

- "Yoga Mantras"
  - Om Namah Shivaya
  - Hare Krishna Maha Mantra
  - Om Namo Narayanaya
  - Om Dum Durgaye Namah
  - > Etc

#### > Vedic Chanting

- Gayatri Mantra
- Gayatri Mantras to various deities
- Shanti Mantras

# Bhakti Sadhanas

- Seva
- Kirtan and Bhajan
- Nama Kirtana
- Japa
- Shlokas aka Scripture chantings (closer to Vedic Chanting but without the rigor)
- Puja and Homa/Yajña -
  - Ranges from Vedic to Tantric and ha various folk styles

# Bhakti Sadhanas

- Japa
  - In Daily Life
  - Seated with Mala
  - Breath Meditation
    - Hong Sau/So Hum
    - Om Ma
    - Om Shanti

### Qualities of Japa or Chanting

- Vachika Loudly
- Upamshu With Lips
- Manasika Mentally
- Ajapa or Ajapjap Continuous unstuck

Different schools place more or less importance on different qualities of Japa & Kirtan. Silent verse loud becomes key in traditions theology and goals.

asato mā sad gamaya
tamasomā jyotir gamaya
mrityormā amritam gamaya
Om śhānti śhānti śhāntiḥ

Lead me untruth to truth
from darkness to light, from fear of death to
knowledge of immortality
Om peace, peace,

### Lokah Samastah Sukhino Bhavamtu

lokāḥ - Location, realm, or universe

samastāḥ - all beings in all locations

sukhino - happiness, joy, and freedom from suffering

bhava - feel that Divine mood

amtu - We pledge that it may be so, it must be so!

# Kirtan Yagnya Ke Jai!