

**Hugs & Kisses**  
**February, 2011**

**The Gayatri Mantra**

**Om Bhur Bhuva Svaha**

**Tat Savitur Varenyam**

**Bhargo Devasya Dhimahi**

**Dhiyo Yonah**

**Prachodayat**

Universally regarded as the essence of all mantras, all spiritual powers are contained within it.

*From Chloe Goodchild: "Urban Mantra"*

**CHERDI KALAA**

**Nanak Naam cherdi kalaa tere banay sarbhat da balaa**

**Cherdi Kalaa**

**Through Nanak may thy name forever increase**

**And the spirit be exalted**

**And may all beings prosper by Thy Grace**

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*From Snatam Kaur: "Liberation's Door"*

**NAMAH SHIVAYA Om Namah Shivaaya**

**Shivaaya Namaha, Shiva Namah Om**

**Shivaaya Namaha, Namaha Shivaaya**

**Shambhu Shankara Namah Shivaaya**

**Girijaa Shankara Namah Shivaaya**

**(Arunaachala Shiva Namah Shivaaya)**

*From Krishna Das: "Pilgrim Heart"*

**TIBETAN TANTRA TARA**

**Om Tara Tutara Ture Swaha**

Homage to Tara, swift heroine, whose mantra Tutare dispels all fear, and Ture, which fulfills all needs.

*From Subway Bhaktis: "Urban Mantra"*

**RADHE SUITE II: The Dance**

**Radhe Radhe Radhe Radhe**

**Jai Jai Govinda Hare Jai Jai Gopal**

**Radhe Radhe Shri Radhe Radhe Radhe Jai Shri Radhe**

Radhe is "the Fortunate One". She is the archetype of the lover, who sacrifices all for her beloved. She gives herself completely to her cherished Krishna, who is also known as Govinda or Gopal – the sacred cowherd. This mantra celebrates the festive fruit of their union.

## **RADHE SUITE III: The Union**

### **Radhe Radhe Radhe Bolo Radhe Govinda Bol**

Sing the names of Radha and Govinda – the lover and beloved!

*From David Newman: "Love, Peace, Chant"*

## **DURGA DURGA**

### **Durga Durga Durga Jai Jai Ma**

Meditate on this *Durga* chant, on the grace and compassion of the Mother, and bring Her to life in your heart.

*From Ragani: "Ancient Spirit, Turn the World to Love"*

## **OM KAMA PUJITAYEI NAMAHA**

Salutations to divine worship in the form of love making.

*From Deva Primal: "Mantras for Precarious Times"*