

A few helpful hints and inspirational words:

-There are a number of reasons you might chant, some of which are worship, healing, communion, and fun. You might be doing all these at once, or having a different mood with each song. Whatever you do, you can keep in mind that all are these are *possibilities* and point to potential benefits of the practice.
-Self-consciousness will be your greatest enemy in this practice in which ultimately we are trying to lose our self in the sound, or in our Love for God, so sing loudly as if you are in the presence of the Divine and singing to That, or chant as if your life depended on it or chant as the vehicle of your love for others or for Creation.

-Robert Gass recommends these 5 practices in Chanting: 1. Listen. 2. Let Go (“Let yourself be molded, as the clay resigns itself to the strong sure hands of the sculptor.”). 3. Give It Your All (“Chant like you are desperate to share your love, but the only sounds you can utter are [*Ganesha Sharanam*]” for example.)l. 4. Stay Awake (“This practice is about waking up-waking up from the trance of everyday life.”). 5. Just Chant (“Don’t worry about getting it right-you won’t. Actually you *can’t* get it right because chanting has nothing to do with the notion of getting things right... Just keep bringing your attention back to the chant... Chanting is a liberating opportunity to leave the world of self-judgment and critical mind behind.”).

All the people in the world should
sleep without fear
At least for one night, sleep without
fear

All the people in the world should
eat to their fill
At least for one day, eat to their fill

There should be one day when
there is no violence
No one is injured, no one is harmed

All the people, young and old,
should serve the poor and needy
At least for one day, serve selflessly

This is my dream, this is my prayer
Love is the answer, love is the way

Bhajamana Ma Ma Ma Ma
Amritanandamayi Ma Ma

*Oh, Mind, sing “Ma Ma Ma,
Mother of Immortal Bliss Ma Ma*

Daya karo mata amba kripa karo
janani
Kripa karo mata amba raksha karo
janani
Kalyana rupini kali kapalini
Karuna mayi amba mam pahi
Om Mata om mata om mata
anandamayii

*O Mother, havemercy! O Mother, save! Auspiciousness
incarnate, merciful One, Mother Kali who wears a garland of
human skulls-representing the death of the ego- protect us.
Om Mother...Embodiment of Bliss.*

Devi Mata Durge/Kali Ma (2x)
Devi MahaLakshmi Ma (2x)
Devi Jagan Mata Ma (2x)

*Divine Mother Durga/Kali Ma
Divine Mother Lakshmi Ma
Divine Mother of the Universe*

Durge Durge Durge Jai Jai Ma
Karuna Sagari Ma
Kali Kapalini Ma
Jagado Dharini Ma
Jagadambe Jai Jai Ma

*Durga Durga Durga Victory Mother
Ocean of Compassion, Ma
Kali wearing a garland of skulls Ma
Savior of the Universe Ma
Mother of the Universe, Victory Mother*

Ganesha Sharanam Ganesha
Sharanam
Om Gam Ganapataye Namaha

*Ganesha give me refuge
I take refuge in Ganesha
Om and salutations to the Lord of the Ganas*

Govinda Jaya Jaya
Gopala Jaya Jaya
Radha Ramana Hari
Govinda Jaya Jaya

*Victory to Govinda/Gopala, (the boy Krishna)
Radha, consort of Govinda,, Stealer of Hearts*

Guru Om Guru Om Guru Om Guru
Om

*Om to the Guru, the One who dispels darkness and leads
to the Light*

Hare Rama Hare Rama
Rama Rama Hare Hare
Hare Krishna Hare Krishna
Krishna Krishna Hare Hare
*Lord Rama, He who Delights the Mind
Lord Krishna, the Dark One (Incarnations of Lord Vishnu,
God the Sustainer)*

Hare Krishna Hare Ram
Ram Ram Hare Hare

*Lord Krishna and Rama, my Lord, my Lord, God who
Sustains All*

Hari Om Hari Om Hari Om Hari Om

*Om, Lord Hari, God the Stealer of Hearts, Lord Vishnu,
God the Sustainer of All*

He amba he amba he amba bol
ishvara sata-chitta-ananda bol
Samba sada shiva samba sada
shiva samba sada shiva bol
Paalaka preraka sata pati bol
Amba amba jaya jagadamba
akhilandesvari jaya jagadamba

*Sing "O Mother, O Mother, O Mother." Sing "Lord,
Existence, Awareness, Bliss Absolute." Sing "Eternally
Auspicious One." Sing "Protector, Inspirer and Lord of
All." Hail to Mother, the Universal Mother. Hail to the
Mother of the entire Universe!*

Jai Ambe Jagadambe
Mata Bhavani Jai Ambe
Dukha Vinashini Durga Jai Jai
Kala Vinashini Kali Jai Jai
Uma Rama Brahmani Jai Jai
Radha Rukmini Sita Jai Jai

*Victory Mother, Mother of the Universe
Mother Bhavani, Victory Mother
Durga, Destroyer of Sorrow, Victory Victory
Kali, Destroyer of Time, Victory Victory
Uma Rama Brahmani (Names of the Divine Mother)
Radha Rukmini (consorts of Krishna) Sita (wife of Rama)
Victory*

Jaya Kali Ma, Jaya Kali Ma
Jaya Kali Ma, Jaya Kali Ma

*Victory Kali Ma, Mother of Time, She who devours All,
Protectress of Her Devotees*

Jai Ma Jai Ma Jai Ma Ma Jai Ma

Victory to the Divine Mother!!!

Jai Mata Ambe Saraswati Ma
Jai Jagadambe Saraswati Ma
Bhajamana Ma Ma Bhajamana Ma

*Victory Mother Saraswati, Mother of Learning and Mystical
Knowledge
Victory Mother of the Universe Saraswati Ma
Sing, oh mind, "Ma! Ma!" Sing "Ma!"*

Jai Mata Shakti Om
Jai Mata Kali/Amba Om
Jai Mata Amba/Kali Om
Jai Jai Ma

*Victory Mother Shakti, Divine Energy!
Victory Mother Kali, Mother of Time!
Victory Divine Mother!*

Kali Durge Namō Namah
Uma Parvati Anandamayi

*Salutations to Kali, Durga, the Fierce Mother who protects
Her devotees
Uma Parvati, consort of Shiva, Bliss-filled Mother*

Krishna Govinda Govinda Gopala
Krishna Govinda Govinda Gopala
Krishna Murali Manohara Nandalala

*Krishna, Lovely Boy Krishna, the cowherder, protector of cows
Krishna, son of Nanda, with the flute in his hand*

Lokaha Samastaha Sukhino Bhavantu

May all beings in all the worlds be happy

Mata Amritanandamayi (4x)
Mata Amritanandamayi Devi (3x)
Mata Amritanandamayi
Om Amriteshwarye Namaha 1x or 4x

*Mother of Immortal Bliss
Divine Mother of Immortal Bliss, dwelling inside All
Om and salutations to the Immortal Proctectress*

Narayanana Narayanana Jai Jai
Govinda Hare
Narayanana Narayanana Jai Jai
Gopala Hare

*Victory to Vishnu, the Sustainer, resting in the Cosmic Ocean of
Consciousness
The Lord, Boy Krishna, Protector of Cows and the defenseless*

Oh, Divine Mother,
You Live in My Heart
To You I Surrender

Om Amriteshwarye Namaha

*Om and salutations to the Immortal Divine Mother, Dwelling in
my heart*

Om Gam Ganapataye Namaha

*Om Lord Ganesha, Lord of the Ganas
Om Guru Om Guru Om Guru Om*

*Om Guru, the Dispeller of Darkness, the One who leads us to
Light*

Om Mata Kali Om Mata Durga
Kali Durga Namō Namah

*Om Mother Kali, Mother Durga, Fierce Mother who protects
Her devotees*

Om Nama Shivaya

*Om and salutations to Shiva, the King of Yogis, the Supreme
Consciousness, the Undifferentiated One*

Om Nama Shivaya Gurave
Satchitananda Moortaye

*Om to the Divine Name, Shiva, the Guru
Embodiment of Truth, Consciousness and Bliss*

Om Namō Bhagavate Vasudevaya

*Om and salutations to Lord Vasudeva, Lord Vishnu, the
Sustainer*

Om Poorna Brahma Swaroopinye
Om Satchitananda Moortaye
Om Atmarama graganyaye
Om Yogalinantarātmane
Om Antar Mukha Svabhavaye
Om Turya Tunga Sthalijushe
Jai Ma!

*Om to She who is the Complete Manifestation of The Supreme
Reality
Om to the Embodiment of Truth, Consciousness and Bliss
Absolute
Victory Divine Mother!*

Om Shakti Om Shakti Om Shakti Om

Om Shakti, Divine Energy!

Om Shakti Om Shakti Parashakti Ma,
Om Shakti Om Shakti Jai Shree Ma

*Om to the Divine Energy, the Supreme Primordial Divine Energy
Victory to the Divine Mother Shakti!*

Om Shanti Om Shanti Om Shanti Om

Om Peace Om Peace Om Peace Om

Radhe Radhe Radhe Shyam
Govinda Radhe Jai Shree Radhe

*Radha, Divine consort of the Divine boy Krishna, the dark One
Protector of the Cows, Lover of Radha, Victory to Radha, Lover
of Krishna*

Rama Rama Rama Rama Rama
Rama Rama Rama Rama Rama
Rama Rama
Sita Rama Rama Sita Rama Rama
Sita Rama Rama Sita Rama Rama

*Rama, God Incarnated as Rama to Destroy the demons and
protect the Sages and Devas, Who Delights All, the Perfect
Human.
Sita, Divine Mother Sita, Consort of Rama, the perfect wife, ever
devoted to and thinking about God, incarnated from the Earth.*

Rama Bolo Rama Bolo
Bolo Bolo Ram
Rama Bolo Rama Bolo Bolo Bolo Ram,
Hare Rama Bolo Rama Bolo Bolo Bolo
Ram

*Sing "Rama", the One who Delights,
Sing "Rama", Sing, Sing "Rama"*

Shakti De Bhakti Jnana De Mata
(Amba)

Give me Energy, Give me Devotion, Give me Wisdom (Mother)

Samba Sada Shiva
Samba Sada Shiva
Samba Sada Shiva
Samba Shiva Om
Om Mata Om Mata Om Shree Mata
Jagadamba

*Shiva who is Auspiciousness, Goodness, Giver of Goodness
Om Mother, Revered Mother, Mother of the Universe*

Shivo Ham (4-5x)

I am Shiva! (a well-known expression of the highest realization)

Shiva Shiva Shambo Shankara
Hara Hara Hara Mahadevara
Gangajata Dhara
Gauri Mano Hara
Partipuri Parameshwara

*Shiva, Giver of Happiness
Lord Shiva, the Great God
Who supported the Divine river Ganga in His matted hair
Who has Parvati, the Fair One, at his hand
The Supreme God, Protector*

Victory to Life, and Victory to Love!

Closing Prayers:

Om
Asatoma Sad Gamaya
Tamasoma Jyotir Gamaya
Mrityorma Amritam Gamaya
Om Shanti Shanti Shanti
Om
Lokaha Samastaha Sukhino Bhavantu
(3x)
Om Shanti Shanti Shanti
Om Shree Gurubhyo Namaha
Hari Om

*Om
Please lead us from the unreal to the Real, from darkness to
Light, from death to Immortality
Om Peace Peace Peace
Om
May all the beings in all the worlds be happy
Om Peace Peace Peace
Om and salutations to the One who leads from darkness to Light*