

## Introductory Mantras

### **Minor mantras of the Five Elements (*Hindu Tradition*)**

(Mantras to charge: 9 malas x 12 days, or 30 mins x 12 days)

Earth

**Om prithividhatu Bhumideviya**

Om, earth-element of Goddess Earth

Fire

**Om tejasdhatu Agnaya**

Om, fire-element of Goddess Agni

Spirit

**Om akashadhatu Shivaya**

Om, sky-element of Lord Shiva

Water

**Om apsadhatu Durgaya**

Om, water-element of Mother Divine

Air

**Om vayudhatu Hanumantaya**

Om, air-element of the son of Hanuman

All the Minor Elements mantras were created by Maha Vajra.

## Rest of the Mahajrya introductory mantras

### Peace Mantra

**Om Shanti Shanti Shanti**                      Peace

### Compassion Mantra

**Om Mani Padme Hum**                      Every experience is precious

### 3 suns mantra

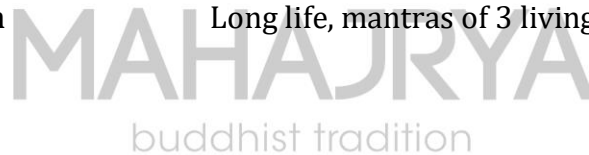
**Om Vajra Agni**                      Divine power in the 3 worlds

### First mantra of Atma Yoga

**Aham Nivedin**  
**Aham Atma**                      I am aware that I am the soul

### First mantra of Immortality process

**Ni Na Ra Ra Hum Ra**                      Long life, mantras of 3 living forces



All mantras found on this page are to be charged using a mala, or your fingers, to count. Direct initiation from the master will provide great efficiency, but a qualified teacher can also transmit the wisdom to you. You may always charge mantras without an initiation.

1<sup>st</sup> mantra of Atma Yoga, and the 3 Suns mantra were created by Maha Vajra. The Peace mantra belongs to the Hindu Tradition, the Compassion mantra belongs to the Buddhist Tradition, and the 1<sup>st</sup> mantra of the Immortality Process was created by Jamgön Kongtrül Lodrö Thayé (1811-1899) a Tibetan master of kagyüpa..