

## Well-being Mantras

It is preferable to have charged the 5 basic elemental mantras before you do these mantras. But they can be used right away. For mantras to become active, charge 9 malas per day for 12 consecutive days, OR 1 mala per day for 41 consecutive days.

Once the mantras are charged, keep using 1 mala a day until condition is purified. Mantras start to work on the conditions immediately, but the effect is at its best when the mantra has been charged accordingly. For optimal effect, do 1 mala of each element, then as many malas of the preferred well-being mantra. Repeat every day until condition is perfected.

### Purification of the body

#### **Om Dhim Hrim Deha Prakshalana**

Dhim (D-h-ee-m) = bija mantra of physical substance.

Hrim (H-r-ee-m) = bija mantra of purification, elevation of energy

Deha = body / envelope

Prakshalana = cleanse, wash, purify

Mindset: Divine mother pours cleansing water on and within your body. Golden radiance in the water and in your body.

The pronunciation of the bijas, for the English speakers, should be like if they were written this way: "Dheem", "Hreem".

## Regeneration of the body

### **Om Dhim Ra Ra Deha Siddhyaroga**

Dhim (D-h-ee-m) =	bija mantra of physical substance / body
Ra Ra =	bija combination of activation
Deha =	body / envelope
Siddhi =	perfection / empowerment
aroga =	healthy

Mindset: Gratitude towards the Divine Mother for a perfectly healthy body. Force your mind to know / imagine, that your body is perfectly healthy and empowered. Know this at the level of every cell, and in the complete form.

Working on a specific ailment: once this mantra is charged, replace “Deha Siddhyaroga” with “this body part is perfectly healthy”, in your preferred language. (for example: my elbow is perfectly healthy, my teeth are perfectly healthy...). Do one mala of each of the 5 elements, then use your specific mantra for as many malas as you can (for example: Om Dhim Ra Ra, My kidneys are perfectly healthy).

The pronunciation of the bijas, for the English speakers, should be like if they were written this way: “Dheem”.

## Healing of emotional wounds

### **Om Klim Ra Ra Hrdaya sukhi shanti**

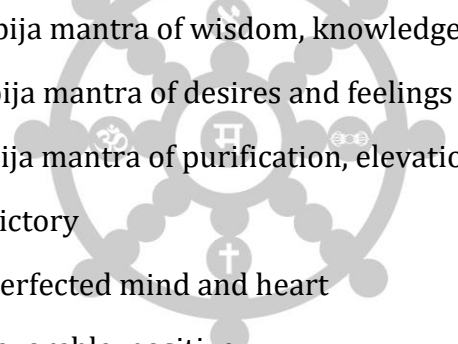
Klim (K-l-ee-m) =	bija mantra of desires and feelings
Ra Ra =	bija combination of activation
Hrdaya =	heart
Sukhi =	happiness
Shanti =	peace

Mindset: Gratitude towards the Divine Mother for a happy and peaceful heart. Force your mind to know /imagine, that your heart is perfectly harmonious and happy. Accept the feeling of any emotion, but keep the attitude of soothing the heart.

The pronunciation of the bijas, for the English speakers, should be like if they were written this way: “Kleem”.

### **Clearing negative thinking**

#### **Om Aïm Klim Hrim Jaya Bodhicitta Mangala**



Aïm (A-ee-m) =	bija mantra of wisdom, knowledge
Klim (K-l-ee-m) =	bija mantra of desires and feelings
Hrim (H-r-ee-m) =	bija mantra of purification, elevation of energy
Jaya =	victory
Bodhicitta =	perfected mind and heart
Mangala =	favorable, positive

Mindset: Gratitude towards the Divine Mother, holding all knowledge and wisdom, to keep your thoughts pure and positive. During practice, do not have precise thoughts about anything, but an attitude that everything is always fine, that you see everything as positive.

The pronunciation of the bijas, for the English speakers, should be like if they were written this way: “Aeem”, “Kleem”, “Hreem”.

### **Positive thinking mantra**

#### **Om Jaya Bodhicitta**

Use this portion of the mantra by itself when in need of immediate positive thinking. Charge this mantra (9 x 12) only if you did not charge the previous mantra to clear negative thinking.

**Healing mental conditions:** Use the earth element to heal mental conditions, thumb in the forehead. Then use another mantra if need be. Be certain to clear yourself after a mental treatment (elements, peace, compassion...).

**Healing depression:** Heal the heart, then heal the negativity, then use the earth mantra to ground.

### **Purify dependencies**

A smoking, alcohol or drug dependency is not only dependence, but habit. You will have to “fight” it out of your system, physically through purification of the blood, and mentally by becoming self-dependant, to count only on your own self. Discovering your soul and inner power will help you.

If you did not stop consuming the object of your addiction, spend 1 day without consuming (smoking, drinking, other...), and at the end of the day, put your pack of cigarettes or drug (or object of addiction) in front of you, and do 1 mala of chemical dependency purification mantra (**cdpm**), below.

Do not consume, resist the temptation if there is any, and feel the possible suffering that might come out of it by feeling it. It won't be emotional as much as physical. Pay attention to the physical reactions, inhabit them, be conscious of your body, but don't consume. Be conscious. This will awaken the suffering of the addiction in your body, so you can feel it and transmute it through concentration and observation of the whole experience. Following day, you smoke/consume like you would, unless you had already quit, then don't.

Then, (Start at this step if you had already quit) you stop smoking / consuming, and do 9 **cdpm** per day for 12 days and do not consume. Every time there is a reaction to the absence of consumption, a pain or emotion, go feel the suffering. If you break the process, either by skipping a day with the mantras, or by smoking / consuming, start the entire process all over.

When you do the mantra, concentrate on yourself, your body, your heart, your mind, put the attention on yourself, and be self-sufficient. Try to feel the emotions for yourself. Feel self-love if you can, or at least, self-trust if you can, or at least self-support. Have the courage to center your attention inside, only on yourself, without any other goal than to be with yourself.

Once the charge is done, do one mala of each of the five elements, then as many malas of the **cdpm**, until there is no reaction or desire when in the presence of the object of

addiction. Yet, do not provoke yourself, using the pretext of testing your reactions, by forcing yourself to stay in the circumstances of your addiction.

### **Chemical dependency purification mantra**

**Om Dhim Hrim Krim**

**Deha Raktaamala swaasthya**

Om =	bija mantra of the universe
Dhim (D-h-ee-m) =	bija mantra of physical body
Hrim (H-r-ee-m) =	bija mantra of purification
Krim (K-r-ee-m) =	bija mantra of kali to break habits
Deha =	body / envelope
Rakta =	blood
Amala =	pure
Svāsthya =	self-dependence, sound state of body and soul, self-contentment

The pronunciation of the bijas, for the English speakers, should be like if they were written this way: "Dheem", "Hreem", "Kreem".



### **Helping Others**

To use any of these mantras to help out others, the following conditions must be met:

- Have experience with a system of healing (ReiKi, Ayurveda, massotherapy...)
- Have charged the 5 basic elements, also recommended are the peace, compassion and 3 suns mantras
- Have charged all the above mantras as they are
- Meditate or do a spiritual practice every day (or more often than not)

This is the method to apply

- During the day where one or more treatments will be done, do at least one mala of each of the 5 elements to reconnect you to the source of their energies.
- During treatment, use any basic mantras if you know their proper application (elemental, introductive), or only use the bija mantra part of mantras found here, (for example: Om Dhim Ra Ra) and keep a mindset of a perfectly healthy body, and use your technique like you would.
- Since people tend to radiate a bit of their ailments on the practitioner, after each treatment, say a few of each basic mantras for your own needs, 3 of each, 9 of each or even 21 of each depending on your needs, to purify your own energies and get back to a pure mindset. (for example: each mantra of the five elements, the introductive mantras you have charged, then all healing bija mantras that you have charged, used or not during the treatment)

These mantras work well alone on the user, but will support the effect of another technique when used on others. Reiki, healing hands, or another holistic healing technique is preferred, but will also produce an effect on oils, crystals and the likes.

Addictions: To help release others of addictions, you can use the **cdpm** to purify the body, and clear negativity, but it will not release addictions and dependencies to substances if they do not do integration, or at least face their suffering attached to it.

## MAHAJRYA

buddhist tradition

### Closing the day

At the end of a day where you have helped others, you should recite mantras, any method you prefer, and do a spiritual practice. Charging mantras counts. Your final spiritual practice should be stillness meditation. Here is a suggestion.

After reciting a few times each mantra that you have charged so far (3, 9 or 21), sit still in a comfortable way, with eyes closed or partially opened. Then, recite the single word Svāsthya, every few seconds. Svāsthya (swaasthya) means that you are centering yourself on your own source, your Divine origin, self-dependent, autonomous, as the True Self. Meditate from 5 minutes to 1 hour, as you prefer.

The Well-being mantras were created by Maha Vajra.