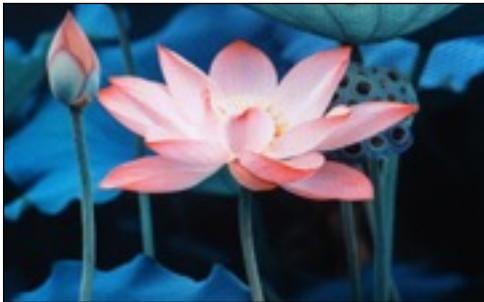

Sanskrit and the Power of Mantra

Mary Britt - August 24, 2017



Mantras are sonic formulae that take us beyond, or through, the discursive faculties of the mind and connect our awareness directly and immediately to deep states of energy and consciousness.

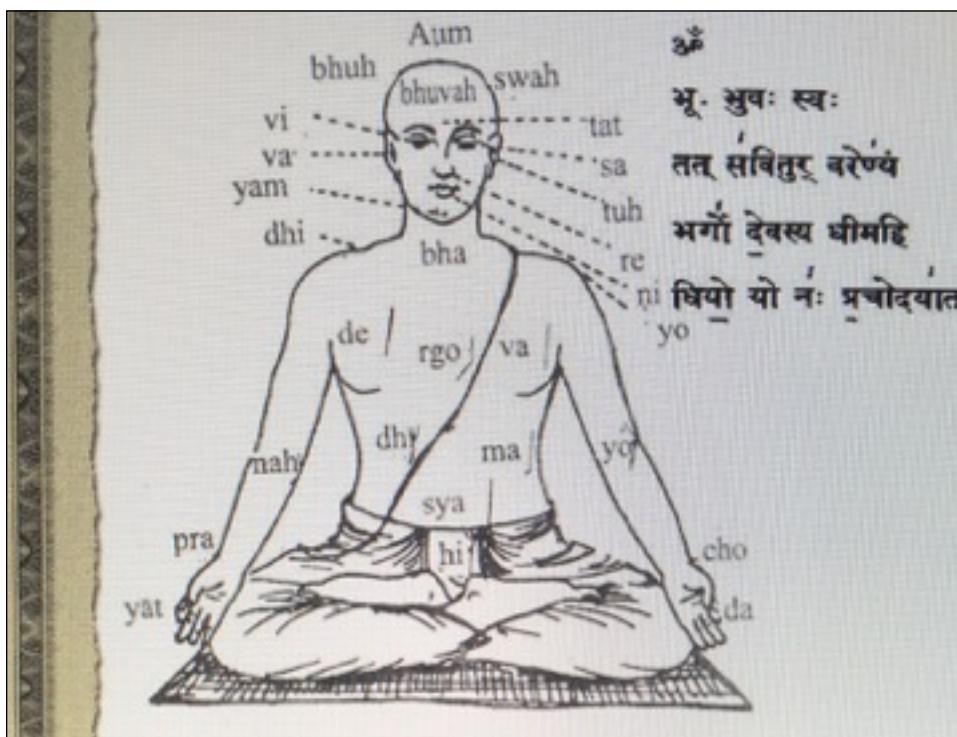
Russill Paul

Sanskrit, the Perfected Language

Sanskrit is an ancient language of Vedic tradition. About the fifth or sixth century BCE a grammarian named Panini carried out a program of regularizing Indic. In effect, he created a dialect of Indic in which the irregularities were eliminated. He formulated nearly four thousand rules concerning grammar and morphology (the formation of words) for this dialect. Thus this dialect of Indic was called the *perfected* or *refined* language. That is the meaning of *Sanskrit*, the perfected language. It became the preferred language for religious and philosophical discourse.

The Sanskrit alphabet is made up of 52 sounds, each of which has a corresponding vibration in different parts of our body. Sanskrit mantras are energy based sounds that have the power to vibrate and resonate throughout the entire body. The mantras are not just sounds; they are sound vibrations which *hold the energy of the word*. The source of power comes from the Sanskrit language as within Sanskrit, the *meaning* of the word is not separate from the *sound* of the word. Name and form are identical in Sanskrit. Sanskrit mantras form a connection

between *prana*, the mind and the senses. As *prana* is the universal principal of energy and is the sum total of all the energy within the universe, mantras connect us to source energy.



The above drawing illustrates syllables of the *Gayatri* mantra and the corresponding parts of the body in which vibration is felt.

In his book "Healing Mantras" Thomas Ashley-Ferrand said, "These ancient sounds create energy vibrations that can replace negative energy with positive ones. When chanting Sanskrit mantras, the chanter benefits from thousands of years of powerful energy accumulated from the Divine and from the millions of devoted chanters."

There are 84 meridians on the roof of the tongue that are stimulated through Sanskrit mantra, and scientific evidence shows that mantras can facilitate the release of secretions that strengthen our immune and neurological systems. "Yogic mantras stimulate the secretions of the pituitary gland, which is located only millimeters from the palate. Certain permutations send signals to the command centers of the brain - the hypothalamus and the pituitary primarily, and also to the pineal gland, which orchestrate a healing response and send out packets of information in the form of neurotransmitters and chemicals, in the brain and throughout the body." writes Dharma Singh Khalsa, M.D., a practitioner of Kundalini yoga and researcher of Alzheimers disease.

The Gayatri Mantra

Om bhur bhuvah svah
Tat savitur varenyam
Bhargo devasya dhimahi
dhiyo yonah prachodayat

The Gayatri mantra appears in the Rig Veda in a form of 24 Sanskrit syllables. Called the “Master Mantra” and the “Mother of Vedas” it also contains all powers of all mantras as well as all knowledge. Its primary application is for illumination of the intellect which can, when enlightened, contain immeasurable knowledge and a vast understanding of spiritual power. Those who have attained the full fruit of this mantra are in the company of the highest beings in the universe

The Gayatri Mantra
{Wolfgang, 1964}

The Gayatri mantra is the oldest and most powerful of all mantras. It has been chronicled in the Rig Veda, which was written in Sanskrit about 2500 to 3500 years ago. Its quality is to purify not only the singer, but also the listener, creating a tangible sense of wellbeing to whoever is exposed. Simply translated, it means, Through the coming and going, and the balance of life, the essential nature, which illuminates existence, remains. May all perceive through subtle intellect the brilliance of enlightenment.

The ancient Hindu scriptures describe how the sage Vishwamitra was given the Gayatri mantra by the Supreme Being as a reward for his many years of deep penance and meditation. This was to be a gift for all humanity.

It is said that this sacred prayer spirals throughout the entire universe from the heart of the chanter, appealing for peace and divine wisdom for all.

Stages of Mantra Chanting

The mantra will naturally move inward through four stages if we allow it to happen. At the more external level it is chanted as a word and meaning. Later it becomes a feeling. This feeling then becomes a deep, intense and constant awareness. Finally it becomes a soundless

sound. In ancient Indian teachings on mantra, the sound of the eternal was considered soundless sound.

Because of our habit of ceaseless inner chatter, our mind does not normally reside in this silence. When we chant mantras repeatedly, we create a new neural pathway in our brain. It is then that our mind stops flowing into past channels and starts flowing into the new channels that have been consciously created using mantras. It's similar to water following in the same course until the path is blocked and a new pathway is created.

Eventually, instead of being disturbed by our thoughts, we will begin repeating our mantra without being distracted. This creates a joyous state of mind regardless of external circumstances. This is when we transcend our minds and become united with a state of silence that is the source of all existence.

The sacred pronouncements or chanting of Sanskrit mantras give us the power to achieve our goals and to elevate ourselves from the ordinary towards the higher levels of consciousness. It allows us to achieve a blissful state of liberation and freedom.