

## Twitter Thread by Vibhu Vashisth



**Vibhu Vashisth**  
[@VIBHU\\_Tweet](#)



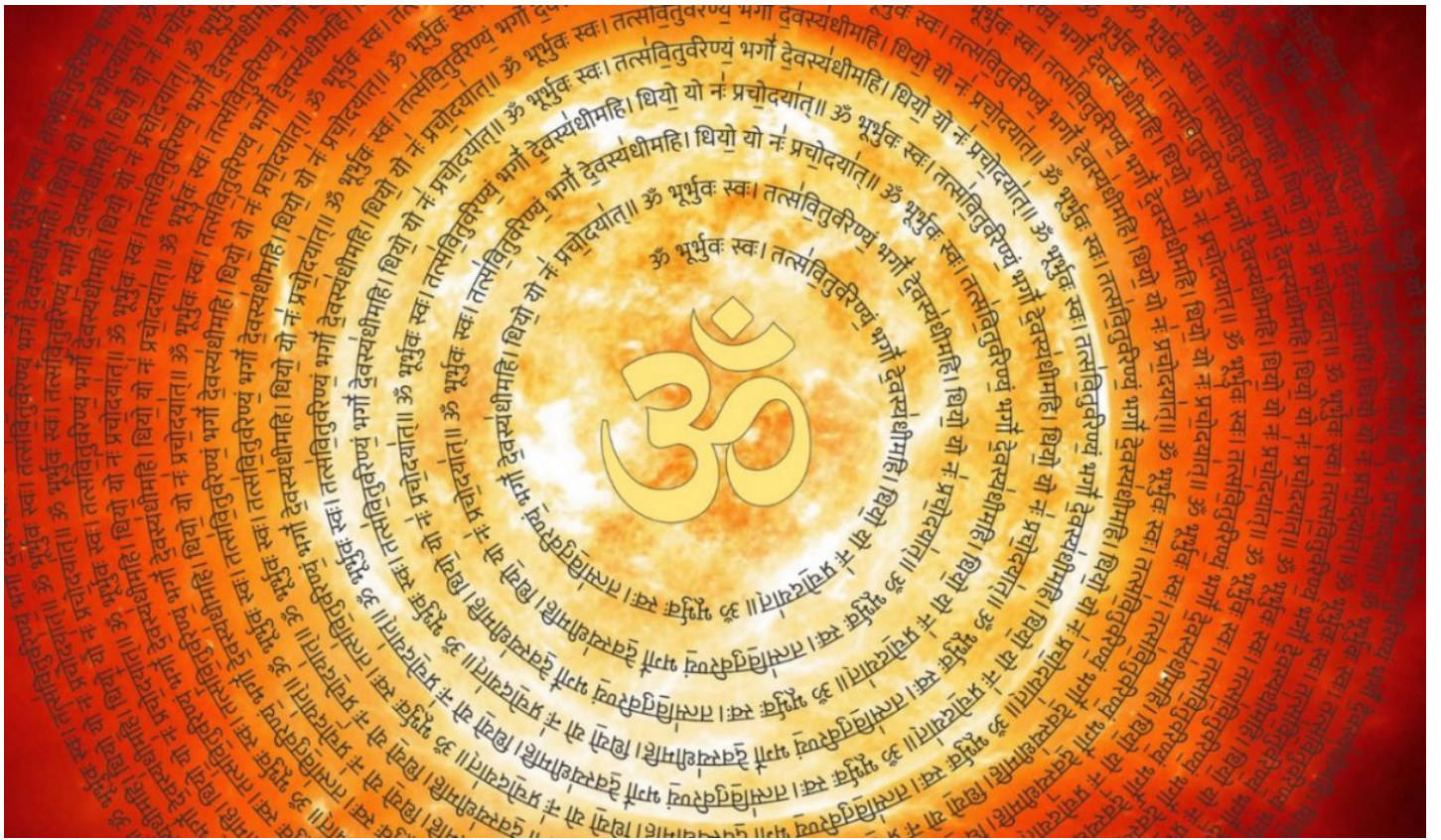
### **ARE WE FAMILIAR WITH THE MEANING & POWER OF MANTRAS WE CHANT?**

Whenever we chant a Mantra in Sanskrit, it starts with 'Om' and mostly ends with 'Swaha' or 'Namaha'. This specific alignment of words has a specific meaning to it which is explained in Dharma Shastra.



Mantra is a Sanskrit word meaning sacred syllable or sacred word. But Mantras r not just words put together,they r also vibrations.The whole Universe is a cosmic energy in different states of vibration &this energy in different states of vibration forms the objects of Universe.

According to Scriptures,Om is considered to be ekaakshar Brahman,which means Om is the ruler of 3 properties of creator,preserver&destroyer which make the <https://t.co/lyhkWeCdtv> is also seen as a symbol of Lord Ganesha, as when starting the prayer,it's him who is worshipped 1st.



'Om' is the sound of the Universe. It's the first original vibration of the nothingness through which manifested the whole Cosmos. It represents the birth, death and rebirth process. Chanting 'Om' brings us into harmonic resonance with the Universe. It is a scientific fact.

Therefore, Mantras are described as vibrational words that are recited, spoken or sung and are invoked towards attaining some very specific results. They make very specific sounds at a frequency that conveys a directive into our subconscious.



## बारह राशियों के मन्त्र

1 मेष राशि का मन्त्र

ॐ ह्रीं श्रीं लक्ष्मी नारायणाय नमः

2 वृष राशि का मन्त्र

ॐ गोपालाय उत्तर ध्वजाय नमः

3 मिथुन राशि का मन्त्र

ॐ क्लीं कृष्णाय नमः

4 कर्क राशि का मन्त्र

ॐ हिरण्य गर्भाय अव्यक्त रूपिणे नमः

5 सिंह राशि का मन्त्र

ॐ क्लीं ब्रह्मणे जगदाधाराय नमः

6 कन्या राशि का मन्त्र

ॐ नमो प्रीं पीताम्बराय नमः

7 तुला राशि का मन्त्र

ॐ तत्त्व निरंजनाय तारकरामाय नमः

8 वृश्चिक राशि का मन्त्र

ॐ नारायणाय सुरसिंहाय नमः

9 धनु राशि का मन्त्र

ॐ श्रीं देवकृष्णाय रूध्वषूताय नमः

10 मकर राशि का मन्त्र

ॐ श्रीं वत्सलाय नमः

11 कुम्भ राशि का मन्त्र

ॐ श्रीं उपेन्द्राय अच्युताय नमः

12 मीन राशि का मन्त्र

ॐ क्लीं उद्धृताय उद्धारिणे नमः

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Some Mantras are just prayers of the Gods & Goddesses while others are some powerful commands yielding some specific results. Many Mantras has one of two endings of either Namah or Swaha. 'Namah' means, 'I offer' and it can be used to worship Gods and Goddesses alike.

ॐ भूर्भुवः स्वः  
तत्सवितुर्वरेण्यं  
भर्गो देवस्य धीमहि ।  
धियो यो नः प्रचोदयात् ॥

ॐ त्रियम्बकं यजामहे  
सुगन्धिं पुष्टिवर्धनं ।  
उर्वारुकमिव बन्धनात्  
मृत्योर्मुक्षीय माऽमृतात् ॥



Namah is the Mantra of reverence & surrender. Mantras ending with Namah directs energy throughout our being. Hence, its very helpful to manifest abundant energy & is also beneficial for healing.

Swaha, on other hand is used when oblations are being offered to Deities in the Yajna fire.



# WHY DO SOME MANTRAS END WITH NAMAH AND OTHERS END WITH SWAHA?.



Many mantras have one of two endings Namah and Svaha. Namah means "I offer" and isn't gender specific. With the Mantra ending in Namah both the Gods and Goddesses can be worshipped. Namah is the Mantra of reverence and surrender. Chanting with the Namah ending directs the energy throughout our being, so it is very helpful for manifesting abundance and for healing. The other ending, Svaha, is repeated after Mantras at Yajnas while oblations are being offered in the fire. Svaha is also used after Mantras that one wants to project more energy into.

So for a general purpose when we just wish to chant a Mantra to please God we use Namah meaning 'I bow to you O Lord'. When we chant for removing some disease or negativity or to get something in then we use Svaha.

'Swaha' is also used after those Mantras in which, one wants to project more energy into. Its used as a demanding Mantra from the Deities.

**[REDACTED] [REDACTED] [REDACTED] [REDACTED]**

Meaning, 'That which when thought of repeatedly protects oneself and also that which protects one from the mind'.

'Mantrayoga' also means that state in which contemplation stops during chanting, there is dissolution of the mind ie the one chanting the mantra ,the act of chanting and the seeker attains the state of dissolution (Layavastha).

# MANTRA YOGA (मंत्र योग)

Mantra yoga is a type of yoga that uses mantras to awaken the Self and deepen the meditative aspects of a physical yoga practice. Mantra yoga is an exact science that is meant to engage the mind through focusing on sound, duration and number of repetitions. Repetition of the mantras is a means to get closer to the divinity within.



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Meaning,'The letters or words in a mantra constitute its body and the Om at its beginning,is the head. If both the head and body are present then with that mantra one's aspirations are fulfilled'.



## Mantras to Śrī Gaṇeśa

गणेशस्यमनून्वक्ष्येसर्वाभीष्टप्रदायकान् ।

जलं( व )चक्री( क )वह्नि( र )युतःकर्णैर्द्वाढ्याचकामिका( तुं ) ॥१॥

दारको( ड )दीर्घसंयुक्तो( आ )वायुः( य )कवच( हुं )पश्चिमः ।

षडक्षरोमंत्रराजोभजतामिष्टसिद्धिदः ॥२॥

1-2. I shall mention the Mantras of Gaṇeśa that yield all desired things. Jala means Va then Cakrī with Vahni *i.e.* Kra. The Kāmika with Karṇedu *i.e.* Tum. Then Dāraka with Dirgha *i.e.* Dā, Then Vāyu with Kavala *i.e.* Ya Hum. This is the six syllabled Mantra that will accord all Siddhis to those who resort to it. The Mantra then becomes Vakratuṇḍāya Hum.

भार्गवोमुनिरस्योक्तश्छंदोनुष्टुबुदाहृतः ।

विघ्नेशोदेवताबीजवंशक्तिर्यमितिरितम् ॥३॥

3. The sage of this Mantra is Bhārgava. The metre is Anuṣṭup, Viḡheśa is the deity. The Bīja mantra is Vam and the Sakti is mentioned as Yam.

षडक्षरैः सवि धुभिः प्रणवाद्यैर्नमोत्तकैः ।

प्रकुर्याज्जातिसंयुक्तैःषडंगविधिमुत्तमम् ॥४॥

4. The excellent rite of Ṣaḍaṅga Nyāsa should be performed severally with the six syllables with Vidhu (Anusvara) at the end and Praṇava in the beginning. Then Namaḥ should be uttered. The Nyāsa should be accompanied by the utterances of Svāhā, Vasat etc.



## COMPOSITION OF MANTRAS

Usually, Mantra consists of the name of Deity to be worshipped, the favour to be asked & a decorative part at the end of Mantra called 'Pallav'

The meaning of some words that appear at the end of a Mantra:

'Namah' - Appeasing the Deity by surrendering to him

'Swaha' - Destruction of harmful energy, e.g. curing disease & doing good to others, appeasing the Deity with oblations.

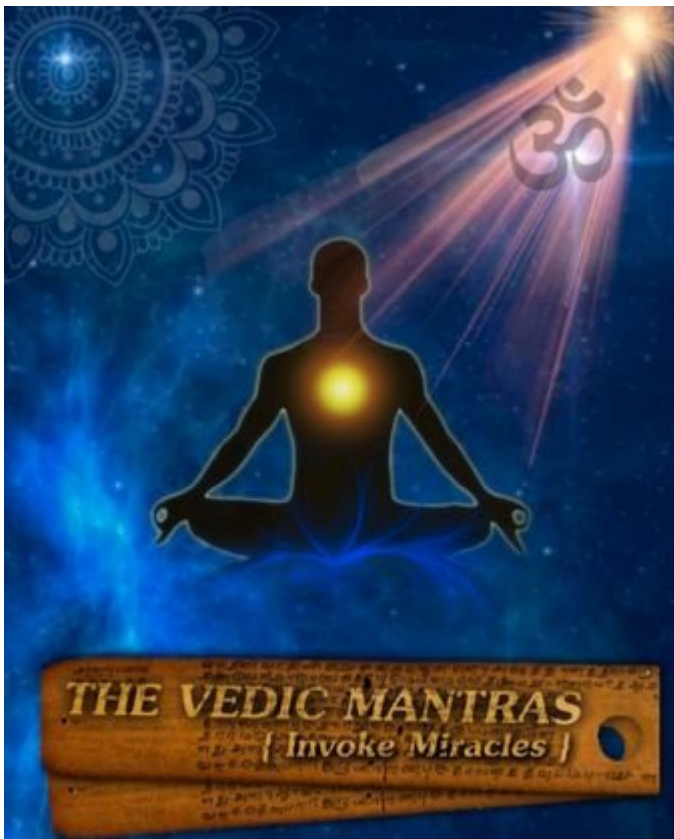
'Svadhya' - Self-contentment, strengthening oneself.

'Phat' - A spiritual emotion of destroying the enemy, driving it away.

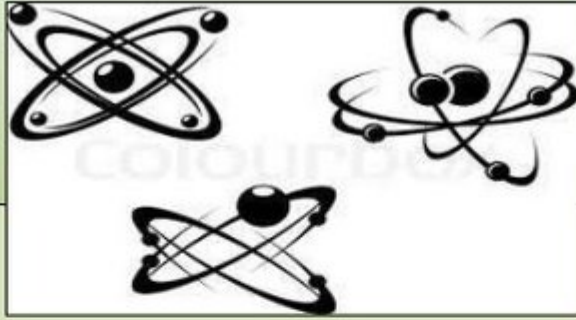
'Hum' - Anger & courage to destroy enemy.

Vedic Mantras are superior to all other Mantras. Since, Vedic Mantras are directly the word of God, they are very efficacious when recited & sung properly in right circumstances.

SCIENTIFIC PRINCIPLE OF MANTRA CHANTING is that Mantras create these vibrations in air when chanted.



During chanting process, everybody involved gets immersed in this vibration & gets the benefit. It's a specific sound vibration that helps our mind to vibrate at a certain frequency. And when that frequency is aligned with the frequency of object, the essence of that object is revealed.



## THE UNIQUE & SCIENTIFIC DESIGN OF THE GAYATRI MANTRA

The 24 letters of the Gayatri Mantra have been designed in such a way that the mere chanting of this Mantra activates subtle energies in the subtle nerves (Naadis) of the **tongue, throat, brain centre** and the **palate**.

That object can be anything, even the universe and that's how the cosmos is revealed to you.

Modern scientists have just started discovering these theories of sound vibrations and their impact which our ancient sages understood 10000 years ago.



**EMINENT ANCIENT RISHIS and MUNIS  
EXTOLLING THE VIRTUES OF THE  
GAYATRI MANTRA.....**

Atharva *Ved* incorporates a prayer (19-1-71) in praise of *Gayatri* stating that it grants longevity, energy, power, fame, wealth and divine brilliance (*Brahma-tej*).

According to Rishi Vishwamitra, there is no other *mantra* like *Gayatri* *mantra* in all the four *Vedas*

According to Maharishi Vyas "just as honey is the essence of a flower, *ghrit* the essence of milk, in the same way *Gayatri* is the essence of all the *Vedas*. Just as the Ganga purifies sins committed by the physical body, the *Gayatri*, is the the *Brahma* Ganga, that purifies the soul.

Our Vedic Rishis also invented Yoga that can enrich the humans to live in harmony with the cosmos.  
Recent Scientific experiments show that the chanting of Mantras with all their originality(Sanskrit) increased brain cells in cognitive areas of brain.

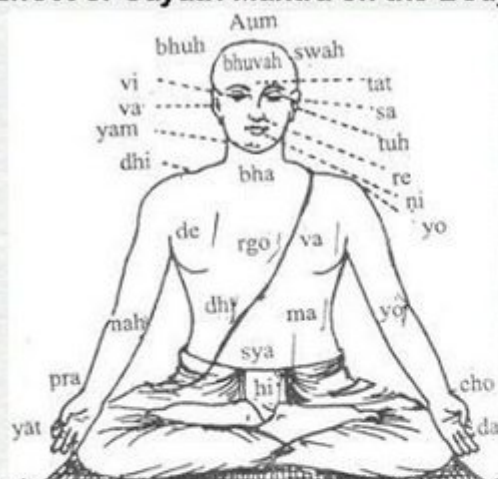


Well the impact of Mantras is far bigger than that but atleast the modern scientists have started to look that way. So,next time when you chant Mantras, chant with full faith & proper pronunciation & it will manifest into your life.

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■■■■ ■■■■■■■ ■  
Jaitu Sanatan ■



## Effect of Gayatri Mantra on the Body



No.	Letter	Gland	Involved Energy
1	Tat	Tapini	Success
2	Sa	Sapalta	Bravery
3	Vi	Vishwa	Maintenance
4	Tur	Tushti	Well-being
5	Va	Varda	Yoga
6	Re	Revati	Love
7	Ni	Sookshma	Money
8	Yam	Gyana	Brilliance
9	Bhar	Bharga	Defense
10	Go	Gomati	Intellect
11	De	Devika	Suppression
12	Va	Varahi	Devotion
13	Sya	Sinhani	Power of Retention
14	Dhee	Dhyan	Life-Breath
15	Ma	Maryada	Self-restraint
16	Hi	Sfuta	Penance
17	Dhi	Medha	Farsightedness
18	Yo	Yogmaya	Awakening
19	Yo	Yogini	Production
20	Naha	Dharini	Sweetness
21	Pra	Prabhava	Ideal
22	Cho	Ooshma	Courage
23	Da	Drashya	Wisdom
24	Yat	Niranjan	Service

The above picture shows the relation of the sounds of the Gayatri Mantra to the specific centers of the body. As shown above, particular letters of the Mantra are related to different parts of the body. The details are in the table. Gayatri activates the above mentioned twenty-four divine qualities in the devotee. With their growth, varied accomplishments and prosperity start manifesting in the life of the devotee. Gayatri Sadhana is the well-organized scientific process of spiritual growth and it has a solid scientific basis.