

## Chants, Mantras, Meditations & Prayers

These pages contain additional information specific to the Chants, Mantras, Meditations and Prayers file linked to the Emotional Freedom vial. Learn more about the Emotional Freedom vial at: <http://www.about.ehdef.com>

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### Chants, Mantras, Meditations and Prayers

By itself *this single file counts as 4 files* and should be run alone, separate from other files. Use this file to put any Chant, Mantra, Meditation or Prayer you want into your energy field. The default is one round, exactly 108 times. To run this file, say the file name (or part of the file name unique to this file), followed by number of rounds you wish to have run (optional), and number of times you wish the Chant, Mantra, Meditation or Prayer to be repeated per round (optional), then the Chant, Mantra, Meditation or Prayer you wish to run.

Examples say:

"Chants, Mantras, Meditations & Prayers"

(Has minimal benefits as there is no Chant, Mantra, Meditation or Prayer being called)

(Run vial)

"Chants" "Creator"

(Runs Chant of the primal vibration from which all creativity flows, defaults to running 108 times)

(Run vial)

"Mantras" "Universal Love"

(Runs Chant for Universal Love, defaults to running 108 times)

(Run vial)

"Mantras" "3 rounds" "Mantra for wealth"

(Runs Mantra for wealth 324 times = defaults to 108 times per round x 3 rounds)

(Run vial)

"Chants, Mantras & Prayers" "500 rounds" "100 times per round" "Spiritual Cleansing Prayer"

(Runs Spiritual Cleansing Prayer 50,000 times = 500 rounds x 100 times per round)

(Run vial)

You can also recite a custom or existing Chant, Mantra, Meditation or Prayer once, then run the vial to have it repeated for you.

For example, say:

"Mantras" "20 rounds" "SO-HUM"

(Runs the Soham Mantra of "SO-HUM" 2160 times = 20 rounds x 108 times per round)

(Run vial)

*Note: In the above examples, the Chants, Mantras, Meditations & Prayers file was run a total of six (6) times. The vial was also run six (6) times. The vial was run after calling each Chant, Mantra or Prayer.*

A custom Chant, Mantra, Meditation or Prayer can be anything you want it to be.

For example, say:

"Chants" "7 rounds" "100 times per round"

"Everyday in every way I am getting better and better."

(Runs this above statement as a Chant 700 times = 7 rounds x 100 times per round)

(Run vial)

"Chants" "100 rounds" "Divine intelligence is even now opening the way for my immediate blessings. I have faith that all that is mine by Divine right now comes to me in rich abundance. I have faith that all that is mine by Divine right now comes to me in rich abundance, my rich blessings also allow everyone else's good, since Divine rich substance is unlimited and everywhere for all to us. Let it be. And so it is!"

(Runs this above statement as a Chant 10,800 times, defaults to 108 times per round x 100 rounds)

Chants, Mantras, Meditations and Prayers which are in this file and can be run by calling their name or focus (rather than saying the entire Chant, Mantra, Meditation or Prayer) include:

1. Abundance Prayer (a prayer of gratitude for abundance)
2. Adi Shakti Mantra (very powerful for awakening Kundalini & suspending the mind in bliss)
3. Aditya Hrdiayam (Prayer to Sun God for leadership)
4. Affirmations of Kwan Yin (for release, forgiveness, peace and serenity)
5. Ahunwar (also known as Yatha Ahu Vairyo) (most sacred manthra of Zoroastrianism)
6. Ahura Mazda Cleansing Prayer
7. Amitabha Mantra (mantra to ask for aid in preparation for death)
8. Amitayus Mantra (mantra to develop a healthy lifestyle; to attain longevity)
9. An Akuna Minal Jahileen (help smooth crudeness and harshness)
10. Ashem Vohu Prayer (from Zoroastrianism)
11. Ask the supreme healer in the heavens for assistance
12. Attain the supreme goal of life
13. Avalokitesvara Mantra (mantra to develop compassion; to ask for aid for those in need)
14. Bagalamukhi Mantra (to stop internal fears, doubts, worries, ego; to stop slander, rude and other external negative behavior toward you)
15. Brahmaarpanam Brahma Havir (Hindu Food Prayer)
16. Breathe...Love...Be.....Ease (a poem to help breathe easy, quell anxiety, fear, apprehension, to lessen Saturn effects by Nachi Ma [http://www.facebook.com/note.php?note\\_id=426022862837](http://www.facebook.com/note.php?note_id=426022862837))
17. Brzee Mantra (to end financial worries)
18. Call upon Guru Ram Das (in praise of his spiritual guiding light & protective grace)
19. Catholic Prayer for Healing
20. Chotay Pad Mantra (makes the one who chants it intuitively clear for healing)
21. Cleansing Prayer/Meditation for the Spring Equinox
22. Creative Infinity
23. Creator (Primal Vibration from which all creativity flows)
24. Daimoku Mantra (from Buddhism, the essence of the Lotus Sutra to attain enlightenment)
25. Decrees to the Violet Flame (see <http://thevioletflame.tripod.com/> for information on the Violet Flame)
26. Deservability Prayer
27. Divine Order Prayer
28. Durga Devi (Om and Salutations to that feminine energy which protects from all manner of negative influences, and for which Dum is the seed)
29. Durga Mantra
30. Efficacious Prayer for You and Your Family
31. Enhancing Relaxation Meditation
32. For abundance
33. For hope for the hopeless
34. For Prosperity

35. For Respect, Riches and Loving Peaceful Relationships
36. Forgiveness Prayer
37. Ganesha Mantra (to help remove obstacles)
38. Gayatri Mantra (to inspire wisdom)
39. Gold Tara Mantra (mantra to ask for the necessities of life for all who need them; to stir one into productive action)
  
40. Gratitude and Bliss Prayer
41. Gratitude/Miracle Prayer
42. Green Tara Mantra (Green Tara is compassionate, wise, and quick-acting. If one needs Tara and recites her mantra, it is said that Tara will quickly come to assist.)
  
43. Grounding Meditation (to dissipate noisy thoughts, anxiety and undesirable emotions)
44. Guru Gaitri Mantra (to bring stability to the hemispheres of the brain & work on the heart center to develop compassion, patience & tolerance, uniting one with the Infinite)
  
45. Guruji Maharaj Mantra (for security in life)
46. Hanuman Chalisa Prayer (for health, wealth, happiness, courage, valor and wisdom)
47. Hare Krishna Maha Mantra (to destroy all the inauspiciousness of the age of Kali)
48. Heart-opening & empowering Mantra
49. Ho'oponopono Prayer (prayer for forgiveness, cleansing and release)
50. I Am Infinite Being
  
51. Indigo Bowl (for relationship problems)
52. Jabez Prayer (to relieve pain and rise above challenges dealt in life)
53. Jewish Healing Prayer
54. Jum Bija (enables cleansing of old cells and creation of new healthy cells)
  
55. Karthaveeryarjuna Mantra (to find lost things)
56. Kleem Mantra with Kleem Seed Mantra (to attract great wealth)
57. Kleem Seed Mantra (energy of attraction)
58. Kwan Shih Yin Prayer (for compassion and mercy)
  
59. Lakshmi Mantra (to attract prosperity, clear misunderstandings & smooth health problems)
60. Let Your Words Be Your Integrity (mantra by Kat Miller)
61. Living Water Prayer (for instilling Love and Appreciation in water)
62. Lord Beloved Father Prayer (written by Dorka Reyes Fernandez. Prayer can be read at: <http://dorkareyes.blogspot.com/2010/02/lord-beloved-father.html> )
  
63. Magic Mantra (so named for its power & sacredness; use when you want to fall in love with life, the Divine and all of existence)
  
64. Magic Money Chant
65. Maha Mrityunjaya/Mruthyunjaya Mantra (for healing serious illnesses, to rejuvenate, bestow health, wealth, long life, peace, prosperity, contentment)
  
66. Mangala Charan Mantra (for protection)
67. Manjusri Mantra (mantra to develop wisdom; for seeing through delusion to what is reality)
68. Mantra for acquiring knowledge
69. Mantra for children's diseases

70. Mantra for curing piles
71. Mantra for curing pox
72. Mantra for devotion to God
  
73. Mantra for divine guidance
74. Mantra for God's forgiveness
75. Mantra for having children
76. Mantra for long life
77. Mantra for purification of thought
78. Mantra for removal of the evil eye
  
79. Mantra for removing doubt
80. Mantra for safety of the child in the womb
81. Mantra for sound sleep
82. Mantra for stimulating digestive fire
  
83. Mantra for vision of Sitaji
84. Mantra for winning court cases
85. Mantra to find lost things
86. Mantra to please Hanuman
87. Mantras for curing fever
88. Mantras for Eyes
89. Mantras for marriage
  
90. Mantras for Mars (for the energy, will, confidence and independence to carry out our endeavors)
91. Mantras for peace & detachment
92. Mantras for removing any disease
93. Mantras for removing obstructions & difficulties
  
94. Mantras for removing the venom of snakes
95. Mantras for sound health
96. Mantras for wealth
  
97. Mantras to have a son
98. Mantras to keep safe from snakes
99. Mantras to keep safe from theft
  
100. Medicine Buddha Mantra
101. Metta Bhavana Meditation (Buddhist meditation to develop compassion)
102. Middle Pillar Healing Meditation
103. Mikao Usui's Chant (in phonic Japanese)
  
104. Mul Mantra, the root of all Mantras
105. Mushkel Aasan Prayers (for resolving all problems)
106. Navagraha Mantra (to remove obstacles in life)
107. Open the Heart Chakra
  
108. Pandashakshri Mantra (short form of the Maha Mrityunjaya Mantra)
109. Panj Shabad (to tune into the cycle of creation and the universe itself)

110. Peace and Serenity (A Switchwords Poem by Kat Miller)
111. Prajna-Paramita Mantra (mantra to develop wisdom; for comprehension of inner meanings)
112. Prana Breathing Meditation (Journey to love)
113. Prana Hari Mantra (help draw energy up the spine for healing)
114. Prayer for Harmony
115. Prayer for Purification
116. Prayer for World Peace
117. Prayer for Finances (for financial blessings and abundance)
118. Prayer for Prosperity
119. Prayer of Forgiveness
120. Prayer of Mary Magdalene (The Golden Rose of Love)
121. Prayer of Thy Healing Angels
122. Prayer to Saint Anthony to Recover Lost Things
123. Prosperity Mantra
124. Psalm 103:1-6
125. Reawakening Divine Awareness (helps realign you with Who-You-Really-Are)
126. Red Tara Mantra (for accumulating spiritual power)
127. Saraswati (for patience in learning)
128. Seed Mantra or Bij Mantra (chanting this Mantra awakens the Soul)
129. Shakyamuni Mantra (Mantra to develop insight into teachings)
130. Shani Mantra (for severe problems of enmity and back-biting either at work or at home)
131. Shanti Path Mantras
132. Shiva (to start one out on the path of subtle development of spiritual attainments)
133. Sikh Mantra (the Mantra of ecstasy)
134. Siri Gaitri Mantra (chanted for healing)
135. Sivoham (to get guidance for your life; when you are stuck not knowing what to do)
136. Soham Mantra (to relax for meditation)
137. Sonoras (make yourself heard)
138. Spiritual Cleansing Prayer
139. Sri Rama (for purification, to take one across the ocean of rebirth)
140. Sri Sooktam (a hymn to Goddess Lakshmi, the goddess of prosperity)
141. St. Jude's Prayer for Help for the Hopeless (say 9 times a day for 9 days)
142. Sufi – 100 Names of Allah
143. Sufi – Ayat ul Kareem (Jonah's Prayer)
144. Sufi – Blessings
145. Sufi – Declaration of Faith
146. Sufi – Declaration of Faith 2
147. Sufi - Healing
148. Sufi – Morning and Evening Prayers
149. Sufi – Praise God
150. Sufi – Prayer for Help
151. Sufi – Remembrance/Zikr

152. The 1st Sodhung Mantra (summer solstice Sudhana)
153. The First Shakti Mantra (tunes into the frequency of the Divine Mother, & to primal protective, generating energy)
154. The Miracle Prayer (Benefits: Improves sleep, concentration, inner strength and connection to Divine Energy, gives sense of peace, and helps clear negative karma)
155. The Knots Prayer
156. Thiru Neela Kantam (to dissolve karma that blocks manifestation)
157. Traveler's Prayer
158. Tuning one in to the higher self
159. Twin Hearts Meditation (open Heart Chakra & Crown Chakra together to receive spiritual energy)(Note: It is important to exercise for 5 minutes before and 5 minutes after Twin Hearts Meditation to release pranic energy congestion)
160. Undying, Great Death (powerful life-giving chant removing fear & relaxing the mind)
161. Universal Invocation
162. Universal Love
163. Vajra Kavach Mantra ((The protective Mantra of Gorakshanath as given by Gurunath)
164. Vishnu Maya Mantra (Calls to the Universal God that is the common root of everything that is.)
165. Vishnu Sahasra Naama (to attain relief from all bondage)
166. White Tara Mantra (for mercy and compassion)
167. Willingness Prayer (to help fulfill your Divine Potential)
168. Wipe Your (Karmic) Debts (eases tight financial situations and health emergencies)
169. Zoroastrian Angelic Miracles Prayer
170. Zoroastrian Prayer for Protection and Provision