

HEALING MANTRAS

By Shanti Shanti

*A Course & Meditation of Sacred Sounds
for Joy and Well-being of Mind and Body*



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and Wellbeing of Mind and Body.**

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Thank you so much for joining us for this Healing Mantras Course. This workbook is intended to supplement the videos and audio files that were sent to you along with this printable workbook.

We ask that you please do not duplicate any part of this course as we worked very hard to create and compile every aspect of this to make it special for you.

Peace and blessings to each and every one of you. Please know that you will be in our thoughts and prayers as you work through your experience of this special part of the Sanskrit language.

We look forward to hearing from you.
Peace be with you and please
enjoy yourself!

Disclaimer

This information is intended for educational purposes only and is not a substitute for, nor intended as, nor construed as, medical advice, diagnosis or treatment.

Always seek the advice of your physician or other qualified medical providers with any questions you may have regarding any medical condition and before undertaking any health program.

Acknowledgements:

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And finally, a special loving thank you to our parents, Robert and Linda, who instilled in us a love and wonder for the Divine.

Welcome to the Healing Mantras Course

Discovering More

We may ask ourselves, is there more to this life? If we are not asking that questions we should be, because there is! The problem stems from our cynical minds that see the severe world around us as we trudge through our busy lives and assume that this gross, harsh existence is all there is. And if there is more, where is it and why is it so hard to access? As adults it is very easy to fall into a coarse, mind-set and forget about our true nature and the divinity that lives within each of us and the world around us. There are many ways to access the Divine expression in life, but one easy and useful way is to realize that everything that we are seeing, including one another, is all sound. Everything that we see is comprised of sound vibrations moving at different speeds. If that is the case, and basic physics says that it is, then you are sound, can affect sound and create change using sound. When you change your vibration you affect the vibrations of everything around you. Certain vibrations help us relax and allow us to easily access the Divinity within ourselves.

With the day-to-day grind weighing on us, it is easy to forget that there is knowledge that is secret, hard to explain and difficult to access, but it can alter the experience of our reality. Ancient knowledge from around the world, that was so revered, has given way to quick fixes to our problems and issues. Almost nobody, has time to even think that there might be more to this existence, much less spend the time cultivating the personal discipline and inner work that is required to access it.

The purposed behind Healing Mantras is to quantify and quickly give the public access to the ancient knowledge that can improve the state of their reality, both inside themselves and out in their lives. Since everything is comprised of sound vibrations, this course gives you very specific sound vibrations that you can use to create states of personal improvement within yourself and in your life circumstance.



The problem is that the knowledge for personal peace and enlightenment is being lost to the ages. There is a sort of chaotic insanity that prevails around us all. The teachings of the east, hold wonderful tools and secrets that can be used to our benefit and yet, for many folks, there is a need to surpass the years of study and meditation so we may utilize this knowledge and improve our lives now. It is our hope that after this introduction experience, you are interested in learning more and going deeper.

We can wonder cynically if this is all some kind of spiritual non-sense, or we can open our eyes and hearts and see that this information is really just a deeper knowledge of reality and the studying of science from an ancient perspective.

The mantras and foundational knowledge shared here in the Healing Mantras Course does in fact stem from the East. It comes from the teachings of ancient India and is brought to you, down though the ages, in this course. The point of learning these mantras and how to use them is to bring about peace and joy both inside yourself and in your life situation. It is to raise your own awareness level, and expand your mind and heart to experience a deeper more fulfilling reality. These mantras,(sacred sounds) are extremely powerful and enjoyable to learn. We feel that this course will help the seekers and the stressed-out alike find a sense of stillness and perception that will improve their health, well-being and their overall life journey.



The Hosts of this Healing Mantras Course

My sister and I, Andrea Santos and Sara Gracey, are Shanti Shanti. We are among the top Sanskrit scholars. We have taught Sanskrit at hundred of workshops and at the University of Loyola Marymount, We have performed at thousands of venues, appeared on Coast to Coast AM and the Tonight Show. We share the Sanskrit language through entertainment and teaching with the intention of giving an experience of expanded consciousness and deeper awareness. The intense and instant enhancement, felt by many, when they are exposed to the ancient sounds of Sanskrit is mind and body altering. That is amazing to watch and to experience with the public. While we could sing any music and teach something else, Sanskrit is truly and indescribably transformational, and for those who are open to that heightened human experience, we feel it is a gift to share in this.

Our Sanskrit story begins when we were nine and seven years old and were spontaneously able to read, write and chant Sanskrit. Our parents were very open spiritually and would take us to church, to a temple or to a puja from visiting swamis. After our strange affinity with Sanskrit was discovered, our parents brought us to various Universities and Ashrams to meet with pundits and professors to ensure that it was in fact Sanskrit, and that we were doing things correctly.

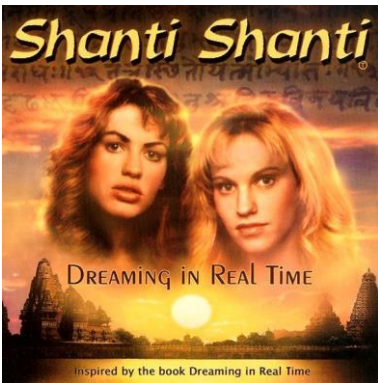
After many years, as our interest in Sanskrit continued and to grow, our parents were not quite sure what to do with our gift and so the music group Shanti Shanti was created. As excited teenagers with a message to share along with and our father, who was an amazing musician and producer, we created a family music group that was a good use of everyone's gifts.

Over our lengthy and productive career, we have released 8 albums and a Sanskrit workbook, toured all over the US, Canada and the UK, taught countless workshops, and have appeared on hundreds of media platforms. Our mother wrote our family's story in the published book, Dreaming in Realtime.

In this new era, we are very pleased that technology is now allowing us to reach people in a new and engaging way. We love this intimacy that we are now able to share this sacred and exclusive knowledge along with servicing the needs and requests of the public in a very direct and personal way.

In creating our first online course we are so very pleased with the expansion that Shanti Shanti has made and that we can now be helpful and reach more people. We firmly believe that it is important to constantly to be supporting your spiritual and personal growth and now we can assist you more effectively using music, videos, articles, workshops and other products.

Fast forward and now Sara and I are married and have our own families. We have 3 children each and are always looking to find the peace and stillness of the chaos our own lives. We utilize meditation, prayer, Sanskrit mantras and also Ayurveda to manage the intensity of the daily-grind. It is always a pleasure to share our knowledge and understanding of the ancient teachings from the Vedas with you. Now because of the changes in technology we are now able to share with you in the comfort of your own home. These digital courses, and eventual concerts, allow us to teach, perform and engage with the public, but now we do not have to live on a tour bus.



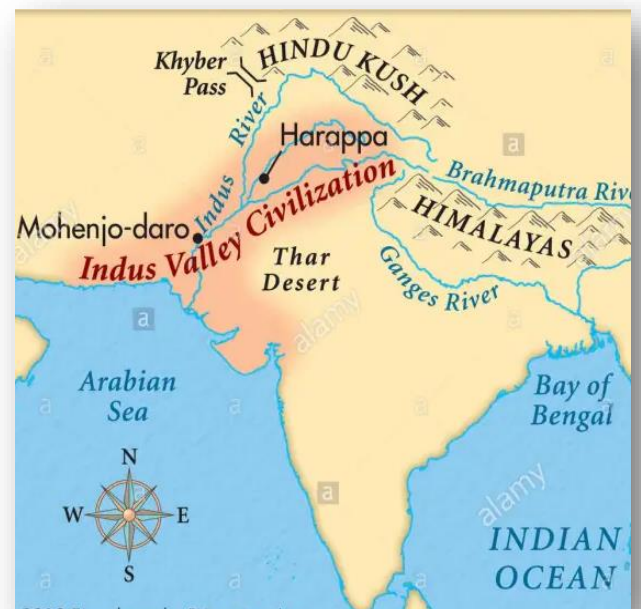
What is Sanskrit?

The mantras that we will be teaching you and the foundational knowledge that they emerged from are from the ancient language of Sanskrit. This is a topic of incredible depth and thus for the purposes of efficiency we will only introduce you to this topic and touch on key points.

- Sanskrit is not only a language, but is the language of a massive library of literature and knowledge called the Vedas. These texts were composed by wise seers 5,000-7,000 years ago in ancient India called Rishis.
- Sanskrit is comprised of completely pure tones and thus it has tremendous healing and meditative qualities.
- Sanskrit is a root language and can be tied directly to Greek, Latin, Hebrew, German and their derivative languages. Thus most languages can be tied back to Sanskrit.
- Sanskrit is tied to an ancient and extinct civilization called the Indus Valley Civilization that gave rise to amazing technology, and previously referenced literature and knowledge.

The study of Sanskrit is vast and incredibly fun! You can study yourself down a rabbit-hole of intrigue and mystery. However, we will cover the elements that will support your studies of Healing Mantras. But, please know that you can go deeply into this subject. We will reference books that you might find interesting and you can delve into this chasm of knowledge in support of your studies.

Sanskrit is approximately 5,000 years old and originated out of the northern part of India as part of a civilization called the Indus Valley Civilization. This civilization was an



advanced society that gave rise to a tremendous library of literature with provided the studies of science, mathematics, medicine, astronomy, agriculture and architecture, just to name a few areas of study.

While the society that the Sanskrit language was used in was located in the east and there is evidence that there was trade and commerce with other societies. As a result, Sanskrit heavily influenced the languages of Europe and Asia. This explains why the Sanskrit language is a root language and you can trace a tremendous number of words and language structure back to Sanskrit. The tracing of words back to their roots is called morphology. According to “The Atlas of Languages”, Sanskrit is the basis of the Indo-European language group and it “forms the world’s most widely distributed language family.” It is the foundation of most of the languages spoken in Europe and Asia.

While this all may feel very distant and separate from us, many thousands of years later, Sanskrit has permeated our modern society, as well. Not only are there words that are an intrinsic part of our modern languages, but due to the popularity of eastern studies we have many new words added to our vocabulary. Now you hear words like, yoga, mantra, guru and pundit. In addition to all the new words we have added to English, we have lots of words that stem directly from Sanskrit like, shampoo, awesome, mom, deity, dentist, pediatricist, priority, patriarch, matriarch, stillness...this list could go on but I want to show you just a few so as to illustrate the relevance of Sanskrit to our modern language.

In addition to the linguistic aspect of Sanskrit, Sanskrit’s spiritual components are significant and notable. It is the language that the sacred writings are in for both Hinduism and Buddhism and at this time many of the New Age spiritual paths use Sanskrit, as well.

The history of Sanskrit and the morphology of the language is fascinating, and while we could go on and on, that is not the reason



we are learning Healing Mantras, but rather provides you with a context for your studies.

The most significant qualities of Sanskrit is the remarkable effect the Sanskrit sounds have on the mind and body and the way it connects and opens us up to our spirit. The language is composed of pure tones that resonate at a very high level. As we discussed earlier, everything is composed of sound vibrations, Sanskrit is a “do-it yourself” version of sound therapy and thus a way to affect your body, mind, spirit and thus your external life. As the ancient proverb goes, “as within, so without.” We hope to cover some of the scientific data that supports these experiences and transformations that you will feel when working with certain aspects of the Sanskrit language.

Listening to Sanskrit can feel like a wash of sound to your mind and body as it permeates our being. However, we have found that engaging in the study of Sanskrit and working with particular aspects of the language has an even more profound and lasting effect on us. For this reason, the Healing Mantras Course has very specific sounds we are using, and we are presenting them in multiple audio, visual and video formats, as well as this workbook so that you may have your own deepening experience using multiple methods of learning.

In Sanskrit, every letter and every word is a prayer and the tones of these words and prayers interact with the vibratory qualities of your body and mind to create a coherency and clarity that is profound. It must be noted, however, that some people are not at a level of being able to experience these subtle effects on themselves. This is not a judgement. We are all on our own spiritual paths and all at our own level of refinement. Sanskrit mantras help cultivate that refinement and the more refined you are, the more you feel. Sometimes/often people consume things like alcohol or drugs to get their minds to quiet down, but those have a dulling and depressing effect and ultimately reduce your refinement and sensitivity to the divine aspect of yourself. Sanskrit, in contrast, quiets the mind, but actually makes you more clear and joyful. It creates a heightened sense of ourselves and the world around us.

It is for this reason that my sister and I constantly study Sanskrit and have for most of our lives. We feel such a passion for sharing what has been such an important method and tool in keeping ourselves happy and clear. Sanskrit is almost magical in this sense. It is not magic, but the affect it has is not easily quantifiable and is difficult to explain. We will do our best in the coming sections to share the science behind Sanskrit, but it will be your unique experience that will shape your studies and aid in the rising of your own consciousness.

Sanskrit: An Onomatopoeia Language

The actual definition of Onomatopoeia the formation of a word from a sound associated with what is named. For example, the word “sizzle” sounds exactly like what it is.

Sanskrit scholar, Dr Douglas Brooks said, “Sanskrit tells us what nature shows us. A limited number of rules give an arbitrarily large number of outcomes. The way Nature goes about its business, Sanskrit goes about its language.”

The Sanskrit language is code for the workings of nature and life itself. It is believed that mantras hold within themselves the unmanifested forms of the universe, which in turn manifests through sound vibrations. By practicing mantras, we tap into the source of their power, exhibiting the same vibrational energy of the word itself. Sanskrit holds within each word/mantra/prayer the same frequency of the thing that is being spoken of. In other words, the word and the form are the same, thus creating a onomatopoeia relationship. Science has shown us that everything is comprised of vibrations, so instead of things being assigned arbitrary names, what if they were assigned their true vibrational sound equivalent? A long time ago, rishis (enlightened persons) could say a word in Sanskrit and the object would manifest, because in Sanskrit, the word and the form are the same.



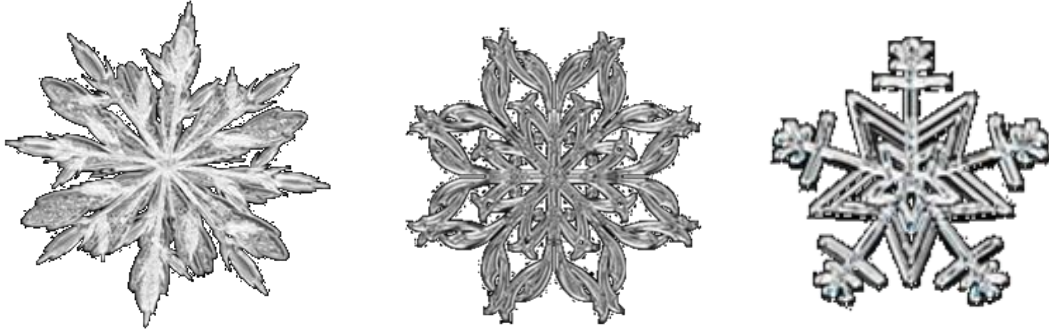
Water and Words

One of the best ways to understand the vibrational effect that words and sound can have on matter is to look at the way they effect water molecules. For well over 20 years Dr. Masaru Emoto scientifically studied and proved that human words, thoughts, sounds and intentions had a direct effect on the molecular structure of water. The amazing thing about the findings of his studies is that it illustrates for us the physical proof of the power of positive thoughts and sounds, as well as negative thoughts and sounds. The water molecules respond and form themselves in response to the words. Positive words spoken to water creates beautiful flourishing water crystal formations while negative words contort and create ugly water formations.

Dr. Emoto's study illustrates the direct effect that our words and sounds have on matter, specifically water. His study is so illustrative of the power that our words and intentions have on water. Since science has shown us that this is the case, just imagine what happens to the water in your own body, the water in your plants and food, to the water that you drink?

While we have provided some images to illustrate our point, I encourage you to google this concept and look at the amazing images yourself. You can really see how ugly or evil things effect water and how celestial and beautiful things effect water. There are

even images of how water is affected by different kinds of music. Our words and intentions matter. They affect matter, they affect others and they affect ourselves.



With the evidence shown in the wonderful research of Dr. Emoto, we can conclude that the way that water is affected when exposed to Sanskrit words, chanting and mantras would be absolutely amazing. Sanskrit's pure tones and clarity would probably result in amazing patterns. I am sure that someone has shown this, but Dr. Emoto's study using water illustrates the value that sound has on matter.

The human body is made up of 60% water and so we can conclude that these studies can directly be applied to our bodies and the incredible affects that positive sounds, intentions and words can have on our own wellbeing and health.



If we apply this knowledge in our study of Sanskrit as it applies to us, then we can imagine the benefits we would experience. Particular types of Sanskrit chanting, done with the correct pronunciation, can have a very powerful effect on our bodies and minds. It is noticeable, non-fleeting and can contribute to good health and well-being. Through the proper use of Sanskrit, chanting or singing, you are bombarding your own body, down to the most basic molecular level, with pure and positive sounds. You will be able to do this with the ancient mantras we will be learning in this course.

In addition to the affect that Sanskrit tones have on water, which makes up at least 60% of your body, but remember, as we mentioned earlier, the word and the form are the same, and each mantra contains the same vibratory aspects as the mantra's definition, which enhances the effect on each of us even more.

As a side note, while we are improving our bodies and minds, we could also change the molecules in our water bottles or even food if we want. Then the molecules we are filling ourselves with are beautiful and you are ingesting those beautiful molecules; the building blocks of everything. You could use the mantras you learn in this course to affect all the water in your life. You can make things beautiful on the inside and out.



The Benefits of Healing Mantras

In this section of the workbook we will cover the specific benefits of Healing Mantras, or mantras of any kind, for that matter. In addition, we need to continue to build our foundation of knowledge so we know why and what we are learning.

The mantras that we will be using are in the language of Sanskrit, which we already spoke about briefly. This workbook and the course will give you opportunities to familiarize yourself with chanting Sanskrit and the meaning of each of the sounds and also familiarizing yourself with the look and feel of the letters by writing them. Chanting or singing Sanskrit has one effect, but also our minds are affected by studying it, as well. We hope this will spark your interest to further study Sanskrit and experience its neat, peaceful effects.

In the previous section, we spoke of how water is affected by the types of sounds. The work of Dr. Emoto is so inspirational in that it scientifically shows that we can have an affect on matter, on the things within us and around us. He shares in his book, *The Hidden Messages of Water*, that “the entire universe is in a state of vibration, and each thing generates its own frequency, which is unique.” So if you take everything in nature down to its most refined level, everything is composed of sound vibrations and when you chant Sanskrit, all those vibrations are brought into beautiful synchronization. Not only is this observable, but it can be felt physically and mentally. When you chant powerful mantras, correctly in Sanskrit it is like the conductor of a huge orchestra (your body and mind,) taking all the different instruments and sounds and directing them into one coherent, beautiful and harmonious piece of music. So what does that translate to for you?

We are going to delve into some of the components of the Sanskrit effect, along with the scientific research to support these experiences. Most of this information we can personally attest to and we are simply delighted to see all the research being done in support of our own findings about Sanskrit.

What are Bija Mantras?

Bija means seed in Sanskrit. These are simple and primordial sounds that have a powerful and penetrating effect. The the word mantra can be broken down into two parts, “man” which means mind and “tra” which means to transport or liberate. Together the word means to transport or liberate the mind. So bija mantras are little, seed sounds that can transport or liberate the mind.

Bija mantras can be used for a specific effect. They can be used as a prayer or to enliven and harmonize our chakras, also known as the energy centers in the body. All of the mantras we are teaching you in this course are designed to awaken your consciousness and bring us all to a higher level of awareness. When we rest in those higher states of awareness we open ourselves to an experience joy and peace, and thus also enjoy a happier and calmer life. Your clarity and peace will radiate out and affect everything around you: your relationships, your work, your activities, your homelife.



Calming the Mind and Body

We live in a very fast paced, high stimulation, stressful society and this is probably because we have unreasonable expectations and definitions of success and productivity. In order to achieve society's definition of a "happy life" we must work harder than our ancestors ever did and then buy lots of things to distract and entertain us. While social media continues to grow in popularity, stress, anxiety and depression are also skyrocketing. The constant mental stimulation is proving to have a destructive impact on our overall mental health. It turns out more isn't better. Perhaps it can be seen as just further distraction from being present, enjoying simple pleasures and residing in a state of peace and contentment.

So the question is, how do we counter-balance this unhealthy pace in our lifestyles and the constant mental stimulation? How do we remain still and present in the midst of the storm of our lives as it is whirling around us?

While this may sound absurd, when my sister and I call each other, often one of us is flailing in the chaos of a hectic day, usually the other sister says, "Stop, go work on some Sanskrit!" Sometimes reluctantly, one of us, or both of us, stops and carves out a few moments to chant Sanskrit or translate something which creates instant space and stillness. Then with a clear mind you re-enter the activity of the day, but you proceed with a precise, happy, calm mind. The stress stops as the façade of our reality cracks just enough to allow the light and peace of the divine to seep through.

This is the gift of Sanskrit. This is a benefit of the Healing Mantras you are learning in this course.

According to a study published nearly 20 years ago in the British Medical Journal as discussed in the article Science for the Yoga Therapist by Julie K. Staples, PHD., it was found that chanting mantras slows down one's breathing and heart rate and alleviates feelings of mental discomfort and anxiety. According to the study, Sanskrit regulates adrenaline and cortisol production and increases the amount of oxygen in cells and tissues. Thus, it improves blood flow and strengthens the heart, reducing

hypertension (lower blood pressure) while creating a calm awareness.

You will also notice that when you are working with Sanskrit your own breathing becomes slower and you will feel focused and calmer. You will also find that it heightens your senses so that you are experiencing the fullness of life.

Not only is there a tremendous amount of research done on the effect of Sanskrit, but my sister and I can personally attest to these experiences firsthand. You will be able to experience this as well, as you delve into your studies of Sanskrit, chanting, reading, writing, etc.

In our youth we thought of the term, “Sanskrit Buzz” to describe this heightened state. While this term was deemed disrespectful by some entourages surrounding the various holy men and women we met, it was a good way to sum up the description of Sanskrit’s effect. Even to this day the Sanskrit Buzz is still a good description of the heightened state of awareness that Sanskrit brings about. In the science based discussions that are circulating on the internet, we have noticed they use the term “Sanskrit Effect”. That is a good catch phrase too!

Please take note of your own experiences and mind-set as you listen to, practice writing and chanting the Healing Mantras in this course. You be the judge of how it affects you and let that propel you to greater depths of practice into additional mindfulness techniques like meditation, yoga, prayer, etc.



The Vagus Nerve

Health Gurus and doctors alike are teaching about the nervous system. All sort of techniques are being shared about ways to tone the Vagus Nerve all in an attempt to pull us out of anxiety states of fight or flight. This information is shared like it is cutting edge. And while our modern discoveries of the intricacies of the body and the relationship between our physical health and mental health seem novel, they are not. This knowledge of the holistic function of our body, mind and spirit has been part of eastern studies for thousands of years. It is wonderful that it is now mainstream, and people are learning techniques and exercises to manage their nervous systems. Sara and I are thrilled that ancient secrets to manage our physical angst and the prisons of our mind are now being studied and validated by science. The integration of our western science and ancient secrets will be the key to helping us attain peace.

So you may ask, what does this have to do with Healing Mantras? According to WebMD the Vagus Nerve is the longest of the cranial nerves and it begins in the medulla oblongata in your brain, connects to the spinal cord, splits and continues down the neck and then connects to our vital abdominal organs. The Vagus Nerve is part of the parasympathetic nervous system which helps you exit the fight-or-flight mode; the anxiety and terror modes of your mind and body experience.



The influence of the Vagus Nerve on our overall body and mental health is amazing. There are many exercises you can do to tone and stimulate the Vagus Nerve and affect your parasympathetic nervous system. One very effective way is toning. Your vocal cords vibrate the Vagus Nerve, pulling you out of the flight-or-flight mode and thus placing you in a state of relaxation.

The mantras taught in this course are very vibratory in quality and definitely tone your Vagus Nerve, furthering your efforts to escape the terror mode that most of us reside in daily. It should be noted that keeping your mind and body at constant high levels of stress is very degrading on your overall health.

So not only are you benefitting from the Sanskrit prayers, the pure tones and powerful creational aspect of Sanskrit, you are also strengthening your parasympathetic nervous system to not only relax, but to bring about the highest and happiest version of ourselves.

You Can Improve Your Mood

Sanskrit chanting has been attributed to improving mood and brain function. According to the studies mentioned previously specific areas of the brain are stimulated when you chant Sanskrit. Specifically, when you chant Sanskrit the very pure and powerful vibrations from these specific tones stimulates the hypothalamus and pituitary gland. The Hypothalamus controls the autonomic nervous system and the endocrine system which stimulates the release of hormones from the pituitary gland. The stimulation of hormones and neurotransmitters from the hypothalamus and pituitary gland regulate and balance our mood and thus improve our mind set.

The ancient seers found that pituitary gland can be stimulated in the mouth and thus used the very specific pronunciation of Sanskrit. They found that as you pronounce the sounds of Sanskrit your tongue presses and touches different meridian points all throughout the soft and hard palate of the mouth. The pituitary gland engages in the release of neurotransmitters like dopamine and serotonin. These feel-good chemicals in the brain are important for our mental balance and feelings of happiness. When you pronounce Sanskrit correctly, studies are finding that it increases the serotonin and dopamine production making you feel a sense of joy and peace.

In addition, the vibrations from chanting Sanskrit floods your whole system with endorphins which also improve your mood. Here we find even more evidence from science so we can finally explain why Sanskrit makes us feel so amazing.

Sanskrit and the Super Brain!

In 2011, the India-Trento Partnership for Advanced Research (ITPAR), performed a study on the brains of trained pundits as compared to the controlled group of age-matched males students from a nearby college. Pundits are men (usually) who recite and chant Sanskrit texts as their vocation. The results were amazing and thus the “Sanskrit Effect” was coined. The pundits had been chanting Sanskrit for 7 years (10,000 hours) since childhood. All of the participants, pundits and non-pundits, had MRI’s done to closely examine the brain differences in each group. The results were quote significant. The findings showed that the pundits had denser and more gray matter which is the areas of the brain responsible for memory, emotions, sensory perception, and decision making. They also had thicker cortex regions which are responsible for higher thought processes and they had a more pronounced hippocampus region in comparison to the other controlled group of non-pundits. The hippocampus is in charge of long-term and short-term memory. These enhanced areas of the brain directly correlate with noticeably increased cognitive function, improved memory and overall thinking abilities.

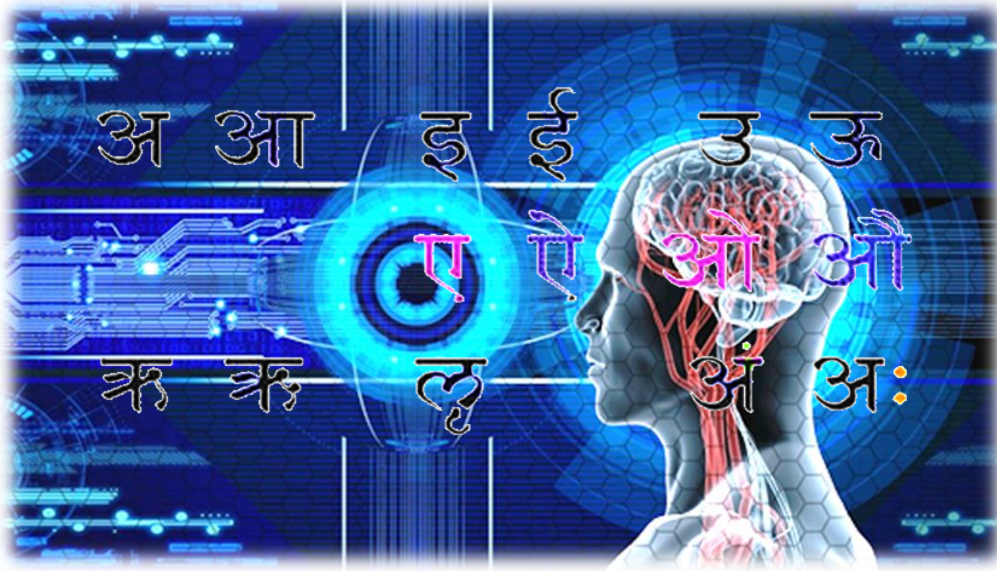
This study is fascinating in that the “Sanskrit Effect” is finally being studied and quantified as it is a very noticeable experience. These studies are taking the topic of the Sanskrit language out of the realm of just being a mystical experience and moving it into a quantifiable field of observable science.

When my sister and I were of school age, we used chanting and studying Sanskrit to improve our ability to retain information for tests. Looking back, we were rather reliant on the improved brain function that we received from our Sanskrit studies. More

Sanskrit meant less need to studying for tests as we were able to retain that information quite easily.

Other learning institutions have found this to be useful for them as well. Many other countries have started incorporating Sanskrit Chanting into their school curriculum to improve the students cognitive abilities. I have only seen reports of this in schools in India, England and Germany. I am sure there are others, as well, and I am sure that there will be more in the future.

In summary you could say chanting Sanskrit leads to a bigger brain!!



A Way to Slow Down Our Aging Process

While there are skin creams and dietary tips to help us to slow down our aging process, the way we handle stress, our body's immune system and the overall health of our cells probably influenced our aging process even more.

Helen Lavretsky, M.D. director of UCLA late-Life Mood, Stress and Wellness Program, has conducted studies on the incredible health benefits of chanting Sanskrit as a form of healing sound therapy. Lavretsky, like others in the healthcare world, have caught

on to the healing benefits of chanting Sanskrit and she is integrating it into her patient's daily healing regiments. In addition to all the other health benefits previously discussed, Lavretsky also focused on the health benefits of reducing the stress hormone, cortisol. Inflammation, is a byproduct of increased levels of cortisol, and its' associated stress is a huge factor in cellular decline and diseases of aging including; Alzheimer's, heart disease, cancer, arthritis, etc. Patients showed improved levels in biomarkers of cell aging by reducing the overall inflammation of their body.

Everybody knows that stress ages you, but it specifically breaks down the body on a cellular level making it more susceptible to illness and disease. However, as the above study illustrates, chanting Sanskrit mantras simply may help reverse, or at least slow down, cellular decline. More and more studies are coming out showing the direct correlation between good health and a person's ability to manage stress on a daily basis. It is such a bonus that a youthful appearance is a side effect of good stress management.



You will find that chanting Sanskrit, and working with this ancient language, specifically learning and chanting the Healing Mantras is a wonderful way to manage your stress and reduce the damaging effects of wear and tear on your body.



Improving your Immune System through Your Nervous System

Another important aspect of maintaining the well-being of your body is having a strong immune system. The parasympathetic nervous system, as we spoke of earlier, is what indicates to the body that everything is going to be okay. In the study shared in the above section Dr. Helen Lavretsy shares in her article *The Sound of Healing*, she relays the benefits of flooding your body with positive and feel-good sounds, as you find in the pure positive sounds vibrations in Sanskrit and a profound impact on your nervous system. She goes on to say that these sounds trigger the parasympathetic nervous system to heal yourself and strengthen your body's immune system.

When we look at illness and disease, we are essentially seeing that the cells in our body are functioning poorly. The cells are vibrating in a discordant way, which has a destructive impact on the body. The use of Sanskrit sounds raises the vibrations of the cells. This calming effect reduces the production of cortisol. The effect can cause improved cell function and may lead to a healthier, stronger body, causing you to feel better.

Also, as we previously discussed, Sanskrit affects your mood and we all know that a positive mind not only helps us metabolize stress but is better for our health.

The Super You

Now that we have shared with you some of the research and details that support the concept of the “Sanskrit Effect”, you can enjoy these benefits too. Now you have the opportunity to observe the effect of the Healing Mantras on your own body and mind. When we calm our mind and body your inner peace and mental clarity will naturally increase. In this state you are a super version of yourself.

The most profound thing is that your will find working with Sanskrit mantras stops the chattering in your mind. With a clear mind the layers of mental and emotional baggage that weigh us down will feel smaller as you become clearer. When your mind is clear and you get your life-style to match this clarity, your overall health will improve and you can reside in the divine spiritual space in which we are all intended for. The clarity of heightened sensory perception and the transcendence of time leaves nothing but the still, sweetness that is you, residing in the pure potentiality that also holds this entire universe.

Enjoy these tools to help you go deeper into the silence that will calm and clarify your mind allowing you to be a super version of yourself.

Tat Twam Asi (This is you)

“I am the EAST and the West, I am above and below, I am this entire world.” ~ Erwin Schrodinger



In Summary!!

We hope the flood of information we have shared with you excites and motivates you and propels your studies of Sanskrit and these Healing Mantras. So just to summarize...

Healing Mantras are pure tones in the Sanskrit language. Sanskrit is an ancient language that is comprised of sounds that are all prayers, primordial and have an affect on our minds and bodies. Our bodies are made of at least 60% water and that water responds to sound, words and intention. Thus, if you utilize the power in very pure tones you effect the water that comprises your body.

By learning and intoning these mantras you can effect the way you feel. This includes effecting the neurotransmitters and hormones in the brain. As a result of this correlation that is verified by science Sanskrit (pronounced correctly) in general and specifically with these seed mantras we teach you in this course:

Healing mantras can calm your mind. By calming the parasympathetic nervous system, specifically the Vagus Nerve, we are reducing cortisol production and improving your immune system.

Healing Mantras can slow the aging process by improving cell health through the above stated elements and is part of good overall stress management.

Sanskrit has been verified to create what has been coined the “Sanskrit Effect” giving you a very focused mind and a heightened sensory perception.

A very important point can be made here in that learning Sanskrit and Healing Mantras has many benefits, but most importantly it is fun! Anything that feels good and makes us the best version of ourselves is fun. That is one of the best reasons to learn about Sanskrit and these mantras, specifically.

Healing Mantras

Below please find the Healing Mantras in this course written out phonetically and also in the Devanagari script. This script is what is used in when writing Sanskrit.

Please note that “a” is pronounced long as in the “a” in the word father and “i” is pronounced “ee”.

Om

ॐ

Lung

लूङ्

Vang

वङ्

Rang

रङ्

Yang

यङ्

Hang

हङ्

Ang

अङ्

Mang

मङ्

Shring

श्रीङ्

Ayng

एङ्

Hring

हीङ्

Kling

क्लीङ्

Gang

गाङ्

Dung

दूङ्



The Meaning Behind these Sounds

The mantras that are being taught in this course have amazing healing effects, but they also have tremendous depth to their meaning. However, before we go into their definition, what they mean is actually rather irrelevant. The important part of these mantras is the vibratory qualities of each sound; not what it means, specifically. Also, it is important that while you are chanting these mantras that you focus on the vibratory quality, putting your attention on your body, not focus on what these sounds mean. If you focus on the definition, you are engaging your mind and not residing in your body. The mind is so noisy and distracting and this is not healing, grounding or bringing about a sense of peace.

We encourage you to use your practice to bring your attention into your whole being and reside completely in your body. Most of the time our attention is in our head, so for a few moments, bring your attention into your body. Your body is the seat of your soul and the vehicle with which you reside while here on earth.

In Sanskrit, every letter and every word is a prayer and in it contains the virtuous qualities of pure sound vibration. The particular mantras that we have chosen to teach you contain especially high vibratory qualities. The intense vibratory qualities are palpable and are intended to open your heart and heighten your senses to states of greater awareness.

With that said, the actual, literal definition of each mantra would create mind activity and would hinder silencing the mind for this meditative experience. We don't want our analytical minds to obsess and analyze over the meanings of the sounds, but instead drop into a calm state freeing yourself to experience greater states of human expression. So, enjoy the brief definitions of the mantras and then let them go. Empty yourself from the mental noise of judgement, analysis and memory, and allow for the sounds to serve you and bring you to a state of clarity and peace.

The Definitions for each of the Healing Mantras

| | |
|---------------|--|
| Om ॐ | The sound of the universe. The first sound of creation. |
| Lung लूङ् | The earth |
| Vang वङ् | Water |
| Rang रङ् | Fire |
| Yang यङ् | Air |
| Hang हङ् | Either or space |
| Ang अङ् | Sun |
| Mang मङ् | Moon |
| Shring श्रीङ् | Wealth, majesty and splendor |
| Ayng एङ् | Saraswati, the female aspect of God that governs knowledge and the arts. |
| Hring ह्रीङ् | The illusion of this existence |
| Kling क्लीङ् | Pleasure |
| Gang गाङ् | Ganesha, the aspect of God that removes obstacles |
| Dung दूङ् | Durga, the female aspect of God that destroys evil habits and evil in the world. |

Keeping Record of Your Experiences.

Write down the experiences that you have while you learn and practice these Healing Mantras. More often than not, we forget, or our mind wanders, leaving these moments to pass without a record. Use this space to record your ideas and feelings as you progress in your studies. After you write them down, it is easier to see your own journey, revisit it for further inquiry, or just to let it all go.

The Gayatri Mantra

The Ultimate Healing Mantra

Since the focus of this course is on using sound to heal our minds and bodies and connect to our higher selves, we should advance onto learning a more complicated set of sounds in the form of a longer prayer called the Gayatri Mantra. In your studies, this is a wonderful and important step that is not only good information, but also a powerful tool for your spiritual advancement.

The Gayatri mantra is a universal prayer that is not only one of the most famous prayers, but it is also one of the oldest. It is structured around a specific number of syllables which is known as the Gayatri Meter. Studying and chanting this particular mantra not only has an amazing feeling, but is also a neat study in Sanskrit poetry. This mantra's metric constancy is meditative and effects the body differently than chanting single syllable mantras, as you learned in the previous section.

The Gayatri mantra itself came from the Vedas. Just to re-cap, the Vedas are the oldest writings in the world. The writings of the Vedas are in the Sanskrit language and are dated to be about 5,000 years old. The study of Vedic Sanskrit is specialized in that it is so old, there are elements to the grammar and structure that are very specific and unique to this ancient style of Sanskrit.

According to the book, *Gayatri, The Highest Meditation*, by Sadguru Sant Keshavadas, he expounds on the aspects of chanting and the properties of the Gayatri Mantra. He states, "The ancient wisdom of the Himalayas declares that this is the highest meditation for illumination. If one practices this spiritual discipline sincerely, one realizes God in a very short time... by purifying the heart and mind, it opens the third eye of illumination and intuition."

The pronunciation of Sanskrit, particularly Vedic Sanskrit, is very important. While pronunciation is always important, you will find your experience to be more potent if your pronunciation is perfect. The video that accompanies this course goes over the pronunciation in detail. Please pay attention to the breathing and aspirations. You will notice a huge difference in the way it makes

you feel. Watch the video as many times as you need to in order to get comfortable with pronouncing these mantras. Please be patient with yourself. It is a process and will take some time. There is no rush as learning the sounds is part of the fun.

We are offering two versions of the Gayatri Mantra. One of the versions is more song like. The pronunciation is still very accurate, but the melody is of our own creativity. We are also including the Gayatri Mantra as chanted in the Rig Veda. It is more serious and structured. You can learn and practice both versions. Notice the differences between the two. Notice how they affect you differently. We had entirely different experiences when recording them and noticed the way they affected us.

So to clarify...The pronunciation is the same but the melody is different. The melody that is more song like was written and produced by Sara and I. The version that is more straight forward and serious is the Vedic pronunciation.

This ultimate Healing Mantra can be used whenever your energy is feeling low, when things feel bad or heavy or when you are trying to clean up the energy in your environment. Chant the mantra three times or in multiples of nine: 3,9,27,54, or 108. Feel free to light a candle or incense while you chant. These tools will help focus your mind and sanctify the moment. After you chant the mantra, then quietly sit and meditate and feel the resounding tones interact with your being and the environment around you.

Gayatri Mantra

ॐ भूर्भुवः स्वः
तत्सवितुर्वरेण्यं
भर्गो देवस्य धीमहि
धियो योनः प्रचोदयात्

om
bhūr bhuvah svah
tat savitur vareṇyam
bhargo devasya dhīmahi
dhiyo yo naḥ pracodayāt

*Oh God! Breath of Life;
He who frees the soul from pain and
suffering. The giver of happiness.
O Creator, of the whole universe; He who
is the pure the purifier. Guide our minds
in the right direction.*

संस्कृत

Sanskrit

Devanagari, The Letters

My sister and I have found that the letters associated with the Sanskrit language and the study of mantras to be very important and very therapeutic. While we are not going to go into the entire Sanskrit alphabet in this course, or all the letter combinations, we want to use this space to start familiarizing you with some of the letters and the overall look and feel of the language.

This is the place to get out your colored pencils and drop our minds to a child-like simplicity and enjoy the artistry of the letters used for Sanskrit. Here you will get your chance, to trace, color and write the letters. The alphabet used in Sanskrit is called the Devanagari script. You will see versions of this alphabet used in many of the Indian languages, like Hindi, so it is actually quite useful.

In-depth study of the alphabet, the reading, writing and the pronunciation will be saved for another course. This course is intended to be focused more on chanting for physical and mental health. However, the letters are such an amazing part of the Sanskrit experience that we wanted our friends to have the opportunity to be introduced to the Devanagari script.

We will go over the Sanskrit for the Healing Mantras you learned and there will be spaces for you to practice writing them. Then we will also have the Gayatri Mantra for your to trace and color so that you can familiarize yourself with the look and feel of that mantra. Then we will include other letters as well, just for fun. We personally just love the way Sanskrit looks and feels, and we hope that you have fun playing with the letters, and that it may inspire you to continue studying Sanskrit and mantras.

Healing Mantras in Devanagari

Below you will find the healing mantras that you have learned from the course. On the lines provided please, try your best to write the mantras in Devanagari; the script used for Sanskrit. Sanskrit reads from left to right, just like English. Notice patterns and similarities in the mantras. Do your best and enjoy!

Om ॐ _____

Lung लूङ् _____

Vang वङ् _____

Rang रङ् _____

Yang यङ् _____

Hang हङ् _____

Ang अङ् _____

Mang मङ् _____

Shring श्रीङ् _____

Ayng एङ्ग _____

Hring हीङ्ग _____

Kling क्लीङ्ग _____

Gang गाङ्ग _____

Dung दूङ्ग _____

More practice

The Gayatri Mantra

Please enjoy tracing and coloring the Gayatri Mantra. Below the Devanagari, please find the transliteration, line for line. When pronouncing it, please take note of the letters that have the “h” with it, like “bha”. Those are aspirated and pronounced with a small puff of air. We are including 2 of these images for more practice. Also, as stated previously, “a” is pronounced like the “a” in father, “i” is as a short “ee” sound, “u” is pronounced like “oo” shoot and “e” is pronounced like “ay” in the word hay. If there is a line above the vowel then it is pronounced a bit longer.



भू भुवः स्वः

तत् सवितुर् वरेण्यम्

भर्गो देवस्य धीमहि

धियो यो नः प्रचोदयात्

om

bhūr bhuvāḥ svāḥ

tat savitur vareṇyam

bhargo devasya dhīmahi

dhiyo yo naḥ pracodayāt

ॐ

भू भुवः स्वः

तत् सवितुर् वरेण्यम्

भर्गो देवस्य धीमहि

धियो योनः प्रचोदयात्

om

bhūr bhuvah svaḥ

tat savitur vareṇyaṃ

bhargo devasya dhīmahi

dhiyo yo naḥ pracodayāt

The first six letters of the Sanskrit alphabet.
These are foundational sounds.

a ā, i ī, u ū

अ

इ

आ

ई

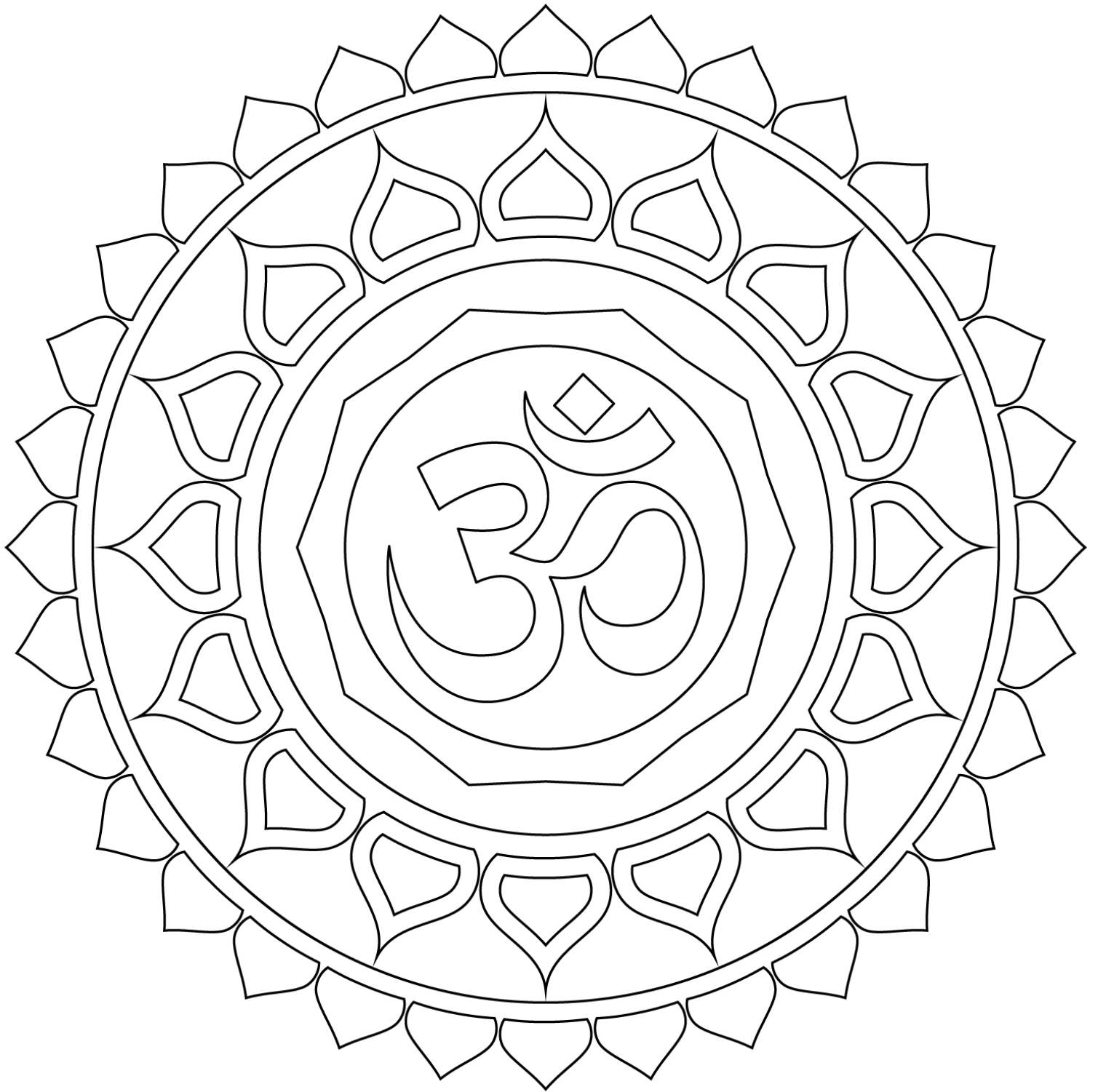
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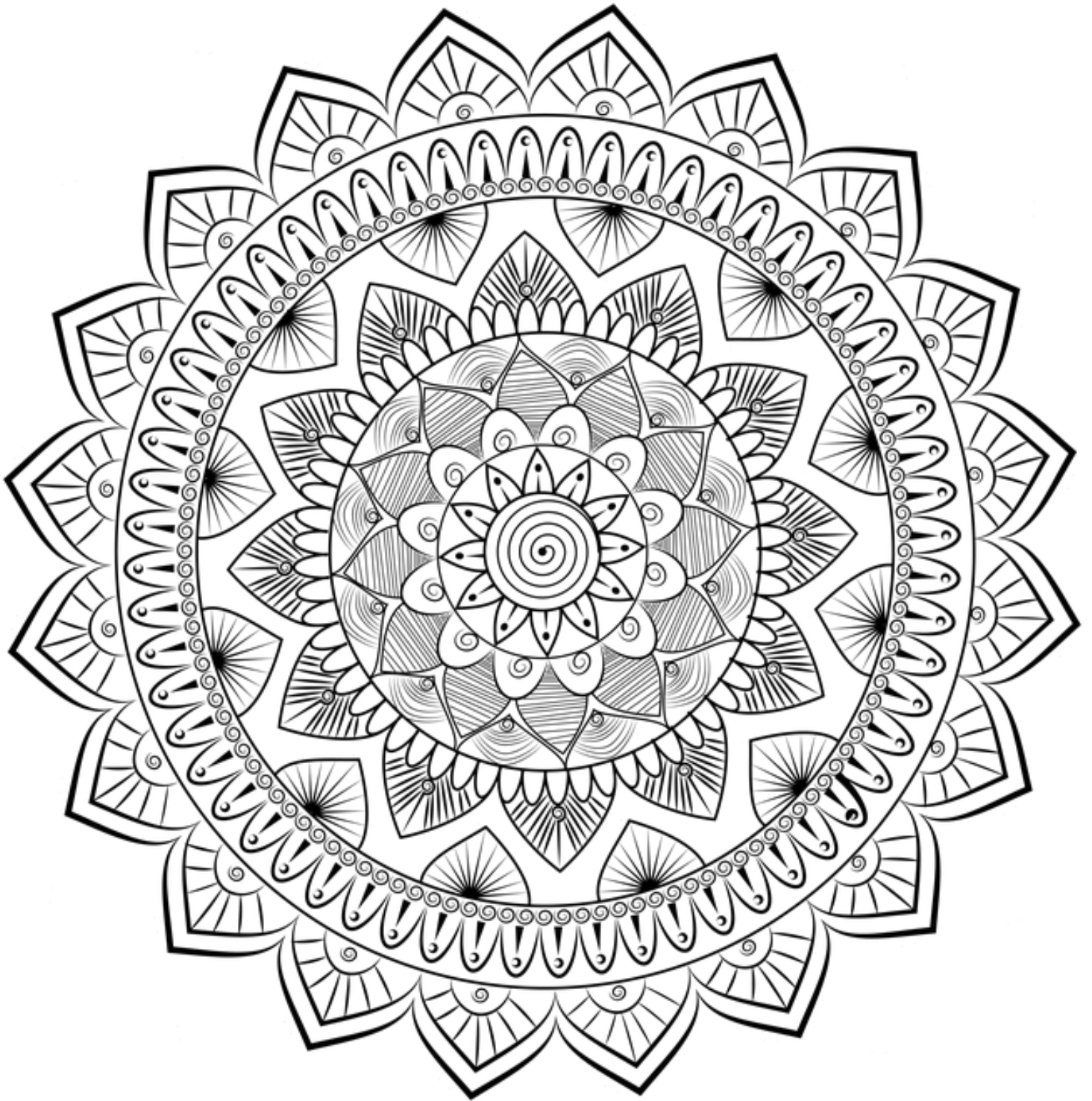
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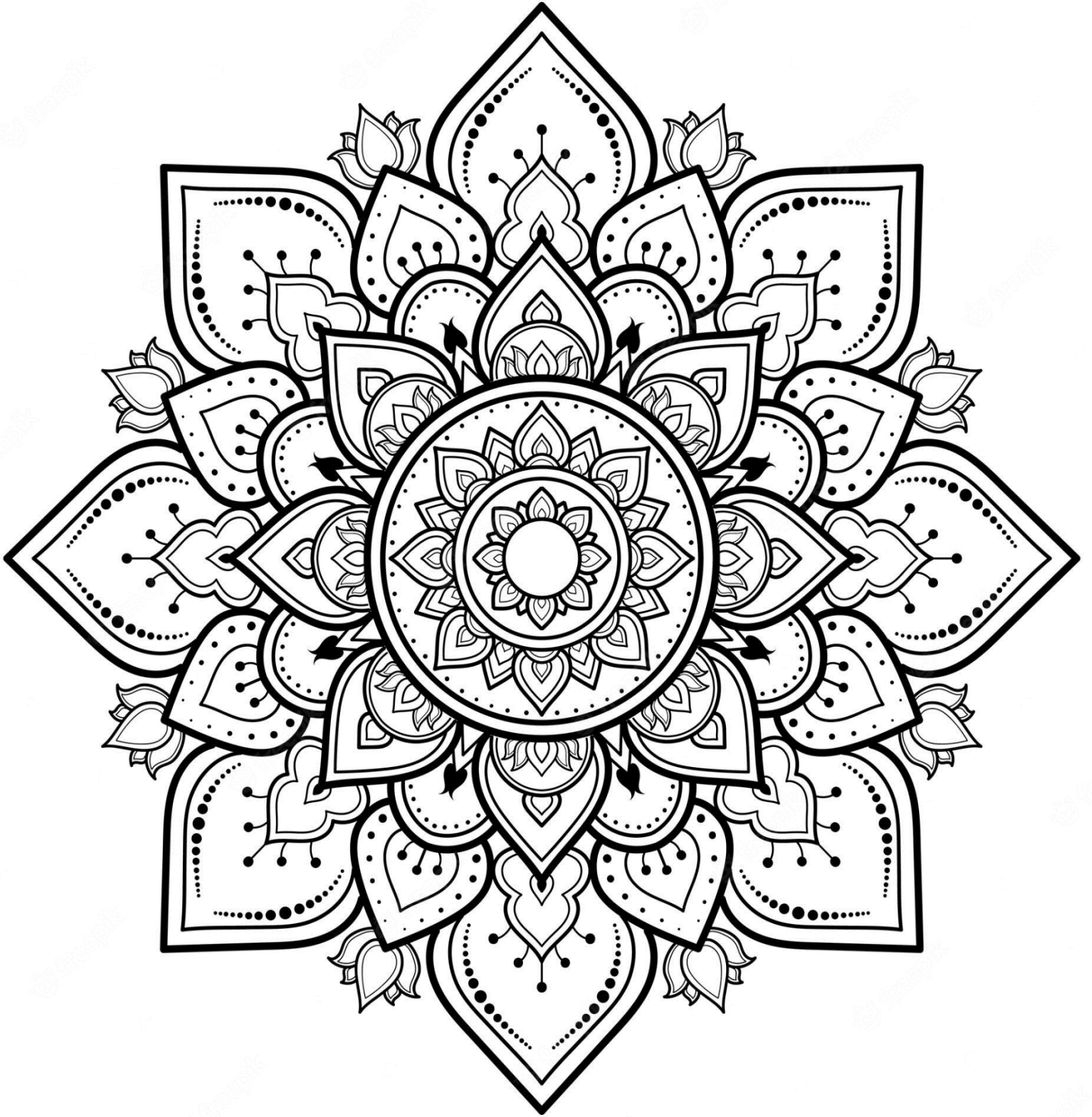
लोकः समस्ताः
सुखिनो भवन्तु

lokāḥ samastāḥ sukhino bhavantu









Thank you so much for letting us be a part of your journey through Healing Mantras. Thank you for adding your good vibrations to this world by learning these ancient Sanskrit mantras. It has been our pleasure to create this course for you. During performances or workshops we are always asked which mantras are healing and of course, it is our pleasure to share some healing mantras. This course is a complete experience and now you can have the most healing of mantras anytime you want. Please use them anytime you need a boost in your well-being or in your life in general. Please know that we use these mantras for just that purpose, as well. Sanskrit is good for all of us.

Please stay in contact with us. We love hearing from you and we are curious as to how you are enjoying the effects of this course. The best way to stay in touch with us is through Facebook and on YouTube.

www.facebook.com/ShantiShanti108

Youtube: @4ShantiShanti

Our website is www.shantishanti.com. We can also be reached personally at MrsASantos@yahoo.com

Best of Luck and peace be with you. 😊

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