

Mantra and Meditation

Week 1: Om Gum Ganapatayei Namaha

“Salutations to Ganesha, the remover of obstacles.”

Week 2: SaTaNaMa

“I honor the truth of my Self.”

Sa (thumb touches index finger)

Ta (thumb touches middle finger)

Na (thumb touches ring finger)

Ma (thumb touches pinky finger)

Week 3: Aham Prema

“I am divine love.”

Week 4: Om Nama Shivaya

“Salutations to Shiva, the transformer.”

Mantra for Transformation

Siddha Yoga Mantra

Week 5: Om Tare Tuttare Ture Swaha

“Om and salutations. May the Mother of all guard and protect me and fulfill my needs.”

Week 6: Om Mani Padme Hume

“May the jewel of the lotus shine forth its light of love and compassion to unite all existences as one.”