

ISHTA Grounding Mantras

om namah shivaya 4x

welcoming back the intelligence of the universe

om ieem saraswatiya namaha 3x

interpret this intelligence as wisdom

om ram ram ram ramayaa namaha 3x

to strengthen the immune system

om namo narayanaya 4x

loving, forgiveness, unconditional love, no judgement, this is your spirit, send to all beings, esp. most difficult ones

om hrid hram swaha 3x

to bring (viveka) clarity to situations, to see them as they truly are

om namo bhagavate vasudevaya 4x

spread intelligence into every cell, protecting and guiding you through every moment

om dum dum dum durgaya namaha 3x

slicing through one's unconscious like a tiger moving through the jungle, quickly and with grace

om lakshmi vam sri kamaladaram swaha 3x

bring abundance into your life and all beings

om gam gam gam ganapatiya namaha 3x

removes the obstacles in your life as you work through your karma, in your dharma.