

# Healing Mantras

(Mantras from “Healing Mantras” by Thomas Ashley-Farrand)

- 1. OM SRI DHANVANTRE NAMAHA**  
**(Om Shree Don-von-trey nahm-ah-ha)**  
**“Salutations to the being and power of the Celestial Physician.”**  
Please direct to me the right healer or system of healing to help me with my particular problem or condition.
- 2. OM APA-DAMAPA HARTARAM DATARAM SARVA  
SAMPADAM  
LOKA BHI RAMAM SRI RAMAM  
BHUYO BHUYO NAMAM-YAHAM**  
**(Om Ap-pah-dah-mah-pah har-tah-rahm dah-tah-rahm  
sahr-vah sahm-pah-dahm lo-kah bee rahm-ahm shree  
rahm-mahm boo-yoh boo-yoh nah-mahm-yah-hahm)**  
**“Om. O most compassionate Rama.**  
**Please end your healing energy right here to the Earth.**  
**Salutations.”**  
Rama Healing Mantra. The most powerful healing mantra.  
Achieves dramatic and powerful results in all forms of healing:  
physical, mental, emotional, spiritual.
- 3. OM TRYUMBAKAM YAJAMAHE SUGHANDHIM  
PUSHTI VARDANAM  
UVARU-KAMIVA BANDHANAN MRITYOR  
MUKSHEEYA MAMRITAT**  
**“Great mantra relieving one from death and disease.”**  
Mantra for protection and healing.  
Shiva Mantra. Markandeya Mantra.  
Mantra used for world crises or cataclysm or full and new moon.
- 4. OM RAM RAMAYA SWAHA**  
**“Om and salutations to that perfection in the physical realm  
which was Rama,whose attributes exist in me also.**  
**Kindly manifest.”**  
Ram is the seed sound for the manipura or solar plexus chakra.

Tremendous healing energy lies at this chakra point. This mantra begins to activate and awaken this healing energy in the second chakra.

**5. OM SRI SHANAISHWARAYA SWAHA**

**(Om shree shahn-ehsh-wahr-eye-yah swa-ha)**

**“Om and Salutations to Saturn the planet of lessons.”**

This mantra is highly recommended for smoothing your path in life. Reminding you that you can change your karma.

Alleviates the difficulties of Saturn return. Heals the spleen.

**6. OM ARKAYA NAMAHA**

**“Om and Salutations to the Shining One who removes afflictions.”**

Sun Mantra for Healing afflictions.

The power of the sun can also be invoked to heal the eyes and the body. As above, chant the sun mantra and try to get the sick or injured person some exposure to the sun each day.

Let the sun fall on the pineal gland to reset the pineal gland and balance the endocrine system.

**7. OM HIRANYAGARBHAYA NAMAHA**

**“Om and Salutations to the Shining One who heals and is Golden Colored”**

Mantra to bring in the Golden Colored Rays of Light for Healing.

**8. GAYATRI MANTRA: LONG VERSION**

**OM BHUH, OM BHUVAHA, OM SWAHA, OM MAHA,**

**OM JANAHA, OM TAPAHA, OM SATYAM**

**OM TAT SAVITUR VARENYAM,**

**BHARGO DEVASYA DHIMAHI**

**DHIYO YONAHA PRACHODAYAT.**

**“oh self-effulgent Light that has given birth to all the lokas (spheres of consciousness), who is worthy of worship and appears through the orbit of the Sun, illumine our intellect.”**

Mantra for enlightenment.

Asking the Universe to assist us in our enlightenment.

Gayatri is the Goddess of Light.

The Gayatri mantra plays an important God given role in the uplifting of the entire human species towards enlightenment.