

ATMA YOGA

Mantra to awaken the soul: (To charge: 9 malas per day during 12 consecutive days)

AHAM NIVEDIN

AHAM ATMA

Aham: I am
Nivedin: Be aware
Atma: Soul

The mantra means “I am the aware that I am soul”. Nivedin means be aware in a concrete way (by the “N”) and united (“V”) to the form (“D”). Therefore, means to be aware of all of our planes physical, vital, emotional and mental. With the first Aham, we declare that we are that “being aware” of our planes and with the second Aham we declare that awareness is the soul. It's the awakening “I am conscious that I am soul” in all the planes.

Peaceful Soul Mantra: (To charge the mantra 1 mala x 41 consecutive days; to heal others you must charge 108 malas)

OM MAMA OM MAMA OM MAMA

ATMA SUKHI BHAVA SUKHI BHAVA SUKHI BHAVA

ATMA SHANTI SHANTI SHANTI

AVAHAM AVAHAM AVAHAM

Mama: Everything that I know and everything that I don't know about me in the Divine Mother.
Atma: Soul
Sukhi: Joy, happiness
Bhava: Generate
Shanti: Peace
Avaha(m): To bring consciousness (M), be aware of the peace and joy of the soul; Avaha (verb) also means take place in existence.

Brahma's soul Mantra: (To charge: 108 consecutive days, 1 mala per day) Charge it just before to go to bed. The goal is to invoke the divine soul when we fall to sleep. My soul is the divine soul.

**OM BRAHMA
ATMA BRAHMA
BRIM BRIM BRIM
MAMA ATMA PARAMATMA
AVAHAM AVAHAM AVAHAM**

Atma: The Self that is the soul + the self
Brim: The seed of the brahma's mantra, attracts the creator's energy
Para: much further
Param: the highest is the divine soul
Avaha(m): Bring to the realization (m), what is being done is the peace and the soul's joy; Avaha (verb) means to take place in the existence.

Shakti's soul Mantra: (To charge: 1 mala per day during 108 consecutive days; you must have charged firstly the Brahma's soul mantra before to start charging the shakti's soul mantra)

**OM HRIM RAM DHIM
SHIVA SHAKTI
ATMA SHAKTI
YOGA SHAKTI
RAKSHA, RAKSHA, RAKSHA MAM**

Hrim: Bija mantra for the purification of the mind, the fire of Shiva.
Ram: Bija mantra of the joy and happiness, the feeling good.
Dhim: Bija mantra for the energy of the physical body.
shiva: Holy spirit ghost.
atma: The soul.
Yoga: spiritual practice.
Shakti: the power, the femenine strenght of the universe.
Raksha: To protect.
Mam: To me.

Prayer to the soul Mantra (minimum 9 malas per day during 12 days, there's no a maximum amount). Do 9 mantras of the “awakening of the soul” mantra before to start, this might help you to perceive your soul.

OM GURU PARAMATMA SIDDHI HUM

Guru: Our spiritual part, our divine Self, it's no an external divinity. The guru is the destructor of the darkness.

Siddhi: Power

ATMA YOGA (2ND Level)



1) Om Brahma avaham

Om Vishna avaham

Om Shiva avaham

2) Om brahmindragni

Brahma, Indra and Agni; all 3 gurus of the universe, called at once.

3) Om tat sat

Om: Universal Consciousness

Tat: Localized fact

Sat: Truth

The 1st mantra of the Atma Yoga process was created by Maha Vajra. The 2nd, 3rd, 4th mantras were created by Sri Kaleshwar. The 5th mantra belongs to the Hindu Tradition. The 2nd level of the Atma Yoga process, was created by Maha Vajra.