

1 ONG NAMO

Il: Ong Na-mo Guru-dev Na-mo :ll

Il: Gurudev Gurudev Namō :ll

2 MAHA MRITYUNJAYA MANTRA

Om Tryambakam Yajã-mahe

Sugand-him Pushti-varḍha-nam

Urvã-rukami-va Bandha-nãn

Mrit-yor Mukshĩ-ya Mãam-ritat

3 OM ASATOMA SATGAMAYA

Om asa-to-ma sat-gama-ya

tama-so-ma jyo-tir gama-ya

mri-tyor-ma am-ri-tam gama-ya

4 GAYATRI MANTRA

Om Bhur Bhuvaha Svaha Tat Savitur Varenyam

Bhargo Devasya Dhimahi Dhiyo Yo Nah Prachodayat

5 SHANKARA KARUNAKARA

Il: Shan-kara Karuna-kara Paramesh-vara Jagadish-vara :ll

Il: Shan-kari Karuna-kari Paramesh-vari Jagadish-vari :ll

6 MOOLA MANTRA

Il: Om Sat-Chit-Ananda Para-brahma

Purushot-tama Para-mattama

Sri Bhagavati Sametha Sri Bhagavate Namaha :ll

Il: Hare om tat sat, Hare om tat sat,

Hare om tat sat, Hare om tat sat :ll

7 LOKAH SAMASTA

Il: Lokah samasta, suk-hin-o bhavantu :Il (4 mal)

Il: Om shanti shanti :Il shanti-i

8 RA MA DA SA SA SE SO HUNG

9 BUDDHAM SARANAM GACCHAMI / Namō tassa

Il: Buddham saranam gacchami :Il

Il: Dhammam saranam gacchami :Il 3x

Il: Sangham saranam gacchami :Il

Il: Namō tassa bhagavato :Il

Il: Arahato samma sambuddho :Il

10 MUL MANTRA

Il: Ek Ong Kaar, Sate Nam, Kareta Purr(e)k, Nir-bo, Nirevär,
Akaale Murre, Adschunie, Säbhang, Gur(e)-pra-saad. Dschap.
Aade Satsch, Dschugaade Satsch, Hääbi Satsch,
Nanäkke Hossi Bhi Satsch :Il

Il: Ek Ong Kaar, Sat Nam, Kareta Purre, Nir-bo, Nirvär,
Akaale Murre, Adschunie, Säbhang, Gur(e)-pra-saad. Dschap.
Aade Satsch, Dschugaade Satsch, Hääbi Satsch,
Nanäkke Hossi Bhi Satsch, Nanäkke Hossi Bhi Satsch :Il

11 WAH YANTI

Wah Yanti Kar Yanti

Dschage Dute Patti Aadik Itte Wah

Brahma de Trescha Guru Itte Wahe Guru :Il 4x

Il: Wahe Guru Dev :Il 6x

Il: Tat Sat – Tat Sat :Il 4x

12 TUMI BHAJARE MANA

Il: Tumi bhajare mana :ll:

Tumi japare mana :ll

Il: (Om) Shri Ram Jai Ram :ll

Il: Japare mana :ll

13 NAMO BUDDHAYA

14 OM TARE TUTARE TURE SWAHA

15 GOBINDE MUKANDE

Gobinde, Mukande, Udare, Apare,
Hariang, Kariang, Nirname, Akame

16 WAHE GURU WAHE JIO

Il: Wahe Guru Wahe Guru Wahe Guru Wahe Dschio :ll

17 AAP SAHAI HOA

Il: Aap Sa-hai Hoa Satsche Daa Satscha Doa
Har Har Har :ll

18 ANG SANG WAHE GURU

19 EK ONG KAR SAT NAM SIRI WAHE GURU

Il: Ek ong kar sate nam siri wa-he guru :ll 4 mal

Il: Siri wahe guru siri wahe guru

siri wahe guru siri wahe guru :ll 4 mal

20 OM NAMAH SHIVAYA

Il: Om Namah Shivaya Om Namah Shivaya :||

Il: Shivaya Namaha Shivaya Namah Om :||

Il: Shambo Shankara Namah Shivaya

Girija Shankara Namah Shivaya :||

Il: Arunachala Shiva Namah Shivaya :||

21 I AM THE LIGHT OF THE SOUL

I am the light of the soul,

I am bountiful, I am beautiful,

I am bliss, I am I am.

22 AMMA AMMA TAYE

Amma Amma taje, aki - lan - desch - wari - ni-je

Anna - pur - nesch - wari taje, o adi para schakti nije

23 SHIVOHAM

Il: Sacha-ra Chara Para Purna Shivoham Shivoham :|| 4x

Il: Nityananda Swarupa Shivoham Shivoham :|| 4x

Il: Anandoham Anandoham Anandoham Anandoham :|| 4x

Il: Shivoham Shivoham Shivoham Shivoham :|| x mal tief

Il: Shivoham Shivoham Shivoham Shivoham :|| x mal hoch

24/ DEVI PUJA / JAYA JAGADAMBE

25 Il: He Maa Durga He Maa Durga
He Maa Durga He Maa Durga :Il 4x (Solist/Chor)

Il: Om Namas-chandi-kaye Om Namas-chandi-kaye
Om Namas-chandi-kaye :Il 2x (Solist/Chor)

Teil 1

Il: Jai Jagadambe Hey Ma Durga :Il
Il: Ma-a Kali Durge-e-e Namoh Namah :Il
Il: He Ma Durga He Ma Durga

Teil 2

Il: Jai Jagadambe Ma Durga :Il
Il: Hey Ma Durga ... Hey Ma Durga :Il
Il: Om Narayani Om ... Om Narayani Om :Il

26 TEYATA OM BEKANDZE

Teyata om Bekandze Bekandze
Maha Bekandze radza samud gate soha

27 SHAKYAMUNI MANTRA

Om muni muni maha muni ye swaha

28 OM MANI PEMME HUM

29 KARANIYA METTA SUTTA

Metta Karuna Mudita Upekkha

Karaniyam attha...kusalena, Yam tam santam padam...
abhisamecca; Sakko... uju ca suhuju ca,...
Suvaco cassa mudu a^{ooo}..
na timani Santussako ca subhara ca,.. Appa^{ki}cco ca sallahu...kavutti;
Santindriyo ca...
Nipako ca, Appagabbho... kulesu ananugiddho...
Na ca khuddam sa^{ooo}....
macare kinci, Yena vinnu pare... up^{ava}.dey.yum;...
Sukhino va khemino hontu,...
Sabbe satta bhavantu... sukhitatta. Ye keci...
panabhut'atthi^{ooo}.,
Tasa va thavara va anavasesa;
Digha va.. ^{ye} mahanta va,... Majjima rassaka anukathula...
Dittha va ye ca adittha,... Ye ca dure vasanti
avidure; Bhuta^{ooo}.
va sambhavesi va, Sabbe satta bhavantu
su^{ki}tatta. Na paro.... pararam nikubbetha,.....
Natimannetha katthaci...nam.kinci; Byarosana....
Patighasanna^{ooo}.,
Nanna-mannassa dukkham iccheyya. Mata yatha ⁿⁱyam
puttam Ayusa... Ekaputtam anurakkhe;...
Evampi sabbabhutesu... Manasam bhavaye aparimanam....
Mettan ca sabbalokasmim^{oo}
Mansam bhavaye aparimanam; Uddham adho ca tiriyan^{ca},
Asambham averam... asapattam. Titthan cara^{am}...
nisinno va, Sayano va... yavat`assa vigatamiddho;....
Etam satim adhittheyya^{ooo}.,
Brahmam etam viharam idhamahu.
Ditthin ca aⁿupagamma, Silava... dassanena sampanno...
Kamesu vineyya gedham,... Na hi jatu gabbhaseyyam...
punareti ti. ^{ooo}.

Metta Karuna Mudita Upekkha
Karaniyam metta kusala

30 JAI MA

Jai Ma Jai Ma, Jai Ananda Ma

31 EK ONG KAR

I: Ek ong kar sate gur(e)prasad
Sate gur(e)prasad ek ong kar :||

32 SHIVA SHIVA SHAMBOO

||: Shiva Shiva Shiva Shamboo
Shiva Shiva Shiva Shamboo :||
||: Mahadeva Shamboo Mahadeva Shamboo :||

33 Om GANGA MAI

||: Om Ganga Mai Ganga Mai Ganga Mai :||

34 JAYA AMBE

||: Jay Ambe Jagadambe Mata Bhavani Jaya Ambe :||
||: Durga Dinashini Durge Jaya Jaya
Kala Vinashini Kali Jaya Jaya :||

35 SHRI RAM JAI RAM

||: Shri Ram Jai Ram Jai Jai Ram
Shri Ram Jai Ram Jai Jai Ram :||
||: Sita Ram Sita Ram Sita Ram Sita Ram
Sita Ram Sita Ram Sita Ram Sita Ram :||

36 RAMA BOLO

||: Rama Bolo Rama Bolo Bolo Bolo Ram
Rama Bolo Rama Bolo Bolo Bolo Ram :||
Sita Bolo Hanuman Bolo

37 MAHA MANGALAM

Il: Om maha mangalam maha mangalam om :ll

Il: sabba mangalam jaya mangalam :ll

Il: maha mangalam maha mangalam

maha mangalam om :ll

38 PURNA - MANTRA

Om Pur - nama - dah Purna - mi - dam

Purnat purna mu - dash - ya - te

Purna - sya pur - nama - da - ya

Purna - meva va - shish - ya - te

39 SARVESHAM

Sarve - sham svas - tir bhavatu

sarve - sham shan - tir bhavatu

sarve - sham pur - nam bhavatu

sarve - sham man - ga - lam bhavatu 4x

Om - om shanti shanti 2x Om shanti shanti 4x

Maha mangalam - Maha mangalam – Maha mangalam - shanti om

40 WAHAY GURU

41 AAD GUREH NAMEH

Aad gureh nameh

Dschu - gad gureh nameh

Sat gureh nameh

Siri guru de - veh nameh

42 RADHE SHYAM

Il: Radhe Radhe Radhe Shyam Govinda Radhe Jai Shri Radhe :ll

Il: Govinda Radhe Radhe Shyam Gopal(a) Radhe Radhe :ll

43 SAMADHI SITARAM

Il: Hare Rama Rama Ram Sita Rama Rama Ram :Il

Il: Ram Ram Sitaram Ram Ram Sitaram Sita-ram Sita-ram
Ram Ram Sitaram :Il

Il: (Bolo) Shri Ram Jai Ram Jai Jai Ram
Shri Ram Jai Ram Jai Jai Ram :Il

44 GOVINDA HARE

Il: Go - vinda hare, Go - pa - la hare
he prab - hu dee - na da - ya - la hare :Il

45 SHRI KRISHNA - GOPALA

Il: Shri Krishna Go-vinda Ha-re mu-ra-re
He Naathe Na-ra-yana Va-su-de-va :Il

Il: He Naa-tha Na-ra-ya-na Va-su-de-va :Il
GOPALA

Il: Gopala Gopala De-va-ki-nan-da Go-pa-la :Il

Il: De-va-ki-nan-da Gopala De-va-ki-nan-da Go-pa-la :Il

46 JAYA BHAGAVAN

47 HARI OM TAT SAT JAYA GURUDATTA

**48 SAT NARAYAN(e) WAHE GURU HARI NARAYAN(e)
SAT(e)NAM**

49 AADAYS TISAI AADAYS

Aa-däis ti-säi aa-däis aa-de a-niele a-naade an-haade
dschuge dschuge ä-ko-väis

50 AYODHYA VAASI RAM

Il: Ayo-dhya Vaasi Ram Ram Ram :Il 4x

Il: - Dasharatha Nanda-na Ram Ram :Il

Il: Pa-tita Paa-vana Janaki Jivana Sita Mohana Ram :Il

51 BISMILLAH

Il: Bismillah ir-rahman ir-rahim :Il

Il: la ila-ha illa-llah :Il 4 x

52 TILAKANA MANTRA

Sabbe san-khar-a **(a)nicca ti**

2. dukkha ti..... 3. anatta ti.....

ya-da pan-na ya passa-ti

atta-ni bin-da-ti dukk-he

e-sa mag-go vi-shud-dhia : **3x**

Immer nach „**anatta ti**“ : **6x**

53 GURU RINPOCHE MANTRA

Om ah hung benza guru pema-a-a-a siddhi hung

54 IDE WERE WERE

Ide were were nita o-dschun ide were were

ide were were nita o-dschun ide were were nitaya

odscha kini-ba nita odschun

dsche-ke dscheke dscheke nita-ya

55 JIN PREM KIO

Il: Dschenne brämä ki-o tinne hi brab-he bajo :Il

Il: Sa-dschä-hä kähö sunne läi-ho sab-hä :Il

Il: Ang Sang Wahe Guru :Il

56 NAMO MUNI MUNI MAHA NAMO SHAKYAMUNI SVAHA