



MOOLA MANTRA

This grace filled mantra can help you easily and quickly move into a sacred space of infinite potential. The Moola Mantra is a Sanskrit chant given by AmmaBhagavan, the founders of Oneness, to help raise the kundalini and bring those who recite it into very deep connection with their Divine.

It encompasses the full embodiment of Divine Energy delivered in a truly Grace-full way. One of the most powerful prayers you can say, it immediately connects you with the essence of your relationship with The Force, Universal Source, God/Goddess, Grand Master Big Daddy, the One Cosmic Intelligence.

When this is repeated with sacred reverence and/or excited passion, it alters the makeup of your cells to vibrate higher.

When you chant or sing or say this Mantra, it's like you are calling out to someone you know who is dear to your heart. When you call someone's name, it's like you can already feel their essence or presence. In this same way, when you call out the Moola Mantra, Divine Presence manifests around you. Like a Bat Call to the Divine.

It evokes the living energetic Force of the Universe to protect you from sorrow and suffering. It can transport you to love. You have access to this Universal Love at all times, and this is a super speedy way to tap in.

You could chant the Moola Mantra and not know what it means and it will still resonate with power. But to know what you are saying so you can place emotion behind it, will amplify the words a millionfold.

This is a rare “one size fits all” mantra, in that there is no limit to its uses. You can use it as a “quickie” prayer. You can repeat it over and over and over again as a kind of meditation/chant. Many times if I am just wanting to bless some food (or people!) I will silently whisper it in my heart. If I ever feel like I can’t connect to my Divine Source/Force, this does it for me.

The mantra is:

**Om Sat Chit Ananda Parabrahma
Purushothama Paramathma
Sri Bhagavathi Sametha
Sri Bhagavathe Namaha**

OM means inviting Higher Energy. This divine sound has the power to create, sustain and destroy, giving life and movement to all that exist.

SAT is the ideal; pure and true essence (nature). It is Being, real, existence.

CHIT is the Pure Consciousness of the Universe that is infinite, omnipresent manifesting power of the Universe.

ANANDA means bliss, pure love and friendship nature of the Universe. This is the primordial characteristic of the Universe, which is the greatest and most profound state of ecstasy that you can ever experience when you relate with your higher Consciousness.

PARABRAHMA is the Supreme Being in its Absolute aspect; one who is beyond space and time. The supreme creator.

PURUSHOTHAMA Purusha means soul and Uthama means the supreme; the Supreme spirit. It also means the supreme energy of force guiding us from the highest world.

PARAMATMA means the supreme inner energy that is imminent in every creature and in all beings, living and non-living. It's the force that can come to you whenever you want and wherever you want to guide and help you. The spirit that comes to you in your heart + becomes your inner voice whenever you ask.

SRI BHAGAVATHI is the Feminine aspect, which is characterized as the Supreme Intelligence in action, the Power (The Shakti). It is referred to the Mother Earth (Divine Mother) aspect of the creation.

SAMETHA means together or in communion with.

SRI BHAGAVATHE is the Masculine aspect of the Creation, which is unchangeable and permanent.

NAMAHA ends many mantras and prayers, saying I bow down to this, I submit and submerge myself, I become one with this, this meaning the substance of the mantra or prayer. Thank you. I seek Your Presence and guidance all the time.

