

**OUTRAGEOUS MANTRA EXPERIMENT
PRODUCTIONS PRESENTS:**

OME 8: Opening the gate

(Honoring the divine masculine energy in and around us)



Contents:

1. What is the Outrageous Mantra Experiment (OME)?
2. What is the focus of the current OME (VIII)?
3. To Do List
4. Getting Started
5. The Mantras
6. Basic Mantra Approaches
7. What is a Mantra and How Does It Work?
8. The Subject of Our Offering.

OME: Outrageous Mantra Experiment

It is our desire to transform ourselves in connection with and in service to our community.

We have chosen a 40-day discipline within which to offer the fruits of our spiritual discipline to you, our friends and fellow adventurers and to ourselves.

When two or more gather in the name of anything, the efforts increase exponentially in their power.

This experiment is being conducted for the highest good of all people involved.

OME 8: Opening the Gate
(Honoring the divine masculine energy in and around us)



*** ** *

“Dedicate everything to God, He will protect us. If but once we take refuge in God, there is nothing to fear. God will look after everything. Children, do not forget God. Remember Him and pray to Him even in times of happiness. If we take refuge in God, we will attain Him and everything we need. We will not be lacking in anything. He will meet both our spiritual and material needs. Devotion to God will bring prosperity to us, to our families and to society.”

-Mata Amritanandamayi (Amma Chi)

ON SHIVA:

Shiva (the ultimate reality) is the efficient and material cause of all that exists.

To do:

**Pick an “divine father” mantra that appeals to you.
Pick a discipline for your mantra.**

Commit to your Self.

Gather your tools:

Mala Beads

Journal

A sense of humor

Your willpower

Say your mantra every day for forty (40) days

(beginning Monday, June 18th and ending Friday, July 27th 2007.)

Getting Started

Start by picking some aspect of your life you wish to improve or some vexing problem you would like to solve or dissolve. Then pick a mantra which seems, to you, to apply. Offer a prayer to God, in whatever way you relate to God. Ask for God's blessing in accomplishing your objective in doing this spiritual discipline.

Once you have decided to undertake the discipline and offered your prayers, then pick a

place where you will say your mantra for a certain number of times each day. If possible, obtain a rosary (or mala) of some kind and do your mantras in some multiple of 108. If getting a rosary is not possible, then decide on a certain amount of time you will spend each day saying your mantra. It can be five minutes, ten minutes, twenty minutes or even an hour. For your first experience, any time up to twenty minutes is advisable.

The reason for taking things easy for the first 40 day commitment is due to the cumulative action of the mantra. For the first few days, all will probably go smoothly. Then as you progress, you may find that things start to get in the way of your doing the discipline: You oversleep; there is some minor emergency; you get a cold, whatever. This means that you are beginning to effect the inner 'something' for which you undertook the mantra. You are beginning to encounter inner resistance. That inner resistance manifests as outer obstacles to your discipline. It has almost become a joke in many spiritual circles in which the practice of mantra is common, that something of a very surprising nature happened on day 33 or 35 of a 40 day sadhana.

Develop a sense of humor about it, and be thankful. There is no better indication that your efforts are working than to have small upheavals in your life while you are in the midst of a 40 day mantra discipline. Ask anyone who has undertaken one and they will have some interesting stories for you.

A warning: These mantra formulas and the 60 day or 120 day programs should never be forced upon anyone. You should not even attempt to be persuasive about their use. If you feel drawn to use the mantra formulas, then by all means begin your discipline. If you find that you are thinking of someone who would benefit from this approach to changing inner conditions, then by all means recommend these methods. But remember you are working with karma. That means that nothing should be forced. As they say in the East, “You cannot rip the skin from the snake. It must shed by itself.”

Bija Mantra: **Haum**

Pronounced: How with an “m” added.

Translation: This is the seed for the *abode of transcendental consciousness*, a masculine energy manifested in the Hindu god Shiva, who is the personification of consciousness.

Description: HAUM

हौं

In this Mantra, Ha is Siva and au is Sadasiva. The nada and bindu mean “that which dispels sorrow.”



Siddha Mantra #1: Om Namah Shivayah

Pronounced: (Aum Nah-ma Shee-Vah-yah)

Translation: “Oh great father.”
or
“I offer this sound to the father in the form of Shiva.”

Description (from healing mantras):

The Siddha Mantra will help strengthen the masculine aspect. It is said that if one used this as a main spiritual discipline for many years, one will eventually accumulate knowledge and spiritual clarity of the deepest type.

This Siddha mantra uses the universal elements that govern each chakra (earth water, fire air and ether) The syllables Na, Ma, Shi, Va and Ya help the chakras to utilize the fundamental elements that predominate in the chakra. One who is a siddha is a perfected being. This mantra leads you powerfully towards spiritual maturity. Thus this mantra is from the tradition of the path of Perfection of the Divine Vehicle, which refers to the human body in all of its gross and subtle parts.

Jesus said, “be ye perfect, even as your Father in Heaven is perfect.” Far Eastern practices of the siddha tradition have taken this dictum seriously centuries before Jesus was born. A siddha is a perfected being. “Perfected” means that the chakras have become perfected mastering the basic energy principle primarily associated with that chakra. For the base of the spine, the principle is earth; for the second water, for the third fire and so forth.

When Jesus walked upon the water, he demonstrated mastery over the principle governing the second chakra. Moses did the same when he parted the waters for the faithful leaving Egypt. When Jesus calmed the winds upon the sea, he showed

his mastery of the fourth chakra. Similarly, when he said, “ Heaven and Earth may pass away, but my words shall not pass away,” he showed fifth-chakra mastery.

The siddha teachers of India would call Jesus a siddha. One of their principal mantras is **om namah shivaya**. Chant this with the idea in your mind that each of us should become perfect, each in his or her own way.

Siddha Mantra#2: Om Shrim Klim Namah Shivayah

Pronounced: Aum Shreem Kleem Nah-mah Shee-vah-yah

Rough Translation: Om and Salutations to Shiva and to the consciousness of the elements and power that manifests this creation.

Description: Known as a mantra for Liberation, this mantra is used to speed your attainment of the siddha state. This version is taught in conjunction with the Shiva Kavacha, or protective armor of Shiva.

Om is the seed sound for the sixth (ajna) chakra. Shrim is the seed sound for abundance. Klim is the seed sound for attraction. It concentrates and attracts those things that surround it. Namah Shivayah (or Nah Mah Shi Vah Yah) are sounds that invoke conscious control over the elements which rule the chakras. Namely: earth, water, fire, air and ether. Collectively they are referred to as Shiva—the consciousness of all of creation.

Hebrew Mantra: Baruch Atoh Adonai Elohenu Mehloch Aholum

Pronounced: Bah-rook Ad-toh Add-oh-neye El-oh-hey-noo May-lock Ah-hoh-luhm

Rough Translation: Blessed art Thou, O lord our God, King of the Universe

Description: This great Hebrew mantra invokes then almighty lord of the universe. By chanting it for a sustained period of time, one can feel very positive energy accumulating in the solar plexus and the throat chakra. We use this Hebrew chant as the opening invocation for all that follows.

Jesus Mantra: Om Jesu Christaya Paramatmane Purusha Avataraya Nahama

Pronounced: Aum Yea-soo Kris-teye-yah Pah-rahm-aht-mah-neh Poo-roo-shah Ah-vah-tahr-eye-yah Nah-mah-ha

Description: This mantra states that “Jesus is a true world teacher (avatar) a presiding soul of all the souls, carrying the authority of the Divine.

Sacred Heart Mantra: Om Namo Narayanaya

Pronounced: Aum Nah-mo Nah-rah-yah-nay-yah

Rough Translation: Om is the Name of Narayana, the flame of truth

Description: Narayana is the inner eternal flame located in the “Hrit Padma” or “sacred heart”, an eight-petaled secret chakra two-finger widths below the heart center. It manifests according to one’s devotion. This single attribute accounts for wonderful and fulfilling experiences for genuine seekers on the one hand and for tremendous confusion on the other.

In the Narayana Suktam it is said that Narayana is Brahma, Vishnu and Shiva. It is the light dwelling in the sacred heart that conforms to the devotion of each person. Thus, when Narayana manifests it is as the persons chosen ideal. This causes confusion, because different people have different chosen ideals. The experience of a divine vision of the Beloved is so powerful that the experiencer believes the experience is absolute instead of relative. One person may see Krishna and another, Jesus. The confusion arises because not *every* divine experience of these beings is authentic in the sense of a real “visitation.” Sometimes it is the sacred heart manifesting due to the intense devotion of the person.

Om Namo Narayanaya takes the sayer to the sublime spiritual realms where spiritual questions are answered and great truths are revealed. Spiritual encounters with the Divine Beloved can be positively life transforming. Actual sages from antiquity who are dwelling in the subtle realms may appear and instruct. Desires my suddenly be fulfilled. This mantra is both wonderful and mysterious.

English Earth Mantra: THE LORDS PRAYER

Our Father, who art in heaven,
Hallowed be thy Name.
Thy kingdom come.
Thy will be done,
On earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,

As we forgive those who trespass against us.
And lead us not into temptation,
But deliver us from evil.
For thine is the kingdom,
and the power,
and the glory,
for ever and ever.
Amen.

Description:

The Lord's Prayer, also known as the Our Father or Pater noster, is probably the best-known prayer in Christianity. On Easter Sunday 2007 it was estimated that 2 billion Protestant, Catholic, and Eastern Orthodox Christians read, recited, or sang the short prayer in hundreds of languages in houses of worship of all shapes and sizes

Inspired by the Lords Prayer

Our father,
who embodies one-ness
to speak your name is a blessing.
Your love unfolds:
as beauty
as strength,
as courage
here on earth.

As above, so below.
Thank you for the gifts of this day.
for nourishing us,
Our bodies
Our hearts
and
Our spirits.
Remove fear from our minds
Remove grief from our hearts
And bathe us in your healing light.
Re-mind us to forgive:
Our selves,
our loved ones,
and all.
The same way you give:
with grace

As you inspire our hearts,
Please,
re-mind us:
that we are not alone..
but one...
with you...
Our source.
We re-member our unity with you,
Today,
And all days,
Forever,
Into infinity
Thank you.
Thank you.
Thank you.

Basic Mantra Approaches:

OPTION 1. Repetition of the mantra as often as possible over a specific amount of time. This approach means that you will remember to say the mantra as many times as possible throughout each day. While doing household chores, you will say the mantra. In the shower, on a walk, while driving your car you will say the mantra (NOTE: IF YOU FIND THAT THE PRACTICE OF MANTRA WHILE DRIVING MAKES YOU “SPACE OUT” THEN DISCONTINUE AT ONCE.

If you choose this approach, sit down with a watch, check the time and repeat the mantra for five minutes while counting how many you do. You can use your fingers, beads or whatever you prefer. Then multiply the results by twelve. You now have a figure of how many times you say the mantra in an hour.

During the day, keep track of how many hours you say the mantra. Keep a small notebook in which you record your daily amount of time in mantra repetition. Tally up the totals and that is the total amount of repetitions for this period.

The minimum number of days for this kind of discipline is TWENTY ONE.

OPTION 2. Forty day discipline:

A discipline of forty days is the time given for practicing mantra in the Eastern Texts. Sages taught this process centuries even before Noah walked the earth.

Place: In addition to saying your mantra as often as possible, you should set aside a specific place where you will practice your spiritual discipline twice every day.

Time of Day: It is recommended that you perform your practice in the morning upon rising and in the evening before bed. While any time is appropriate for practicing mantras, the periods just before dawn and dusk are reported to be especially good.

Completing the Practice: If you are in the middle of your discipline and the telephone rings, do not answer it. Better yet, before you begin, turn the volume down on your ringer and answering machine. You should strive to complete your daily disciplines without interruption. If you miss a day, you should be aware of the circumstances which lead to your miss and begin again.

Option 3: Siddhi Attainment

Siddhi is a general term for spiritual power or ability. Therefore, some power or ability deriving from the saying of the mantra should become evident. The generally accepted time for achieving mantra siddhi is universally given in texts and references as a minimum of 125,000 repetitions. To say a short mantra like Om Gum Ganapateyei Namaha it is fairly easy to repeat the mantra, say 1500 times/hour. At this rate it would take 83.3 hours to complete 125,000 repetitions. This could easily be accomplished in forty days. Short mantras lend themselves easily to a forty day discipline. Driving on the highway or riding the subway provides a great opportunity to work with mantras and it is much cheaper than talking on the cell phone.

What Is a Mantra and How Does It Work?

A Selection from *Healing Mantras*

Definition # 1: Mantras are energy-based sounds.

Saying any word produces an actual physical vibration. Over time, if we know what the effect of that vibration is, then the word may come to have meaning associated with the effect of saying that vibration or word. This is one level of energy basis for words.

Another level is intent. If the actual physical vibration is coupled with a mental intention, the vibration then contains an additional mental component which influences the result of saying it. The sound is the carrier wave and the intent is overlaid upon the wave form, just as a colored gel influences the appearance and effect of a white light.

In either instance, the word is based upon energy. Nowhere is this idea more true than

for Sanskrit mantra. For although there is a general meaning which comes to be associated with mantras, the only lasting definition is the result or effect of saying the mantra.

Definition #2: Mantras create thought-energy waves.

The human consciousness is really a collection of states of consciousness which distributively exist throughout the physical and subtle bodies. Each organ has a primitive consciousness of its own. That primitive consciousness allows it to perform functions specific to it. Then come the various systems. The cardio-vascular system, the reproductive system and other systems have various organs or body parts working at slightly different stages of a single process. Like the organs, there is a primitive consciousness also associated with each system. And these are just within the physical body. Similar functions and states of consciousness exist within the subtle body as well. So individual organ consciousness is overlaid by system consciousness, overlaid again by subtle body counterparts and consciousness, and so ad infinitum.

The ego with its self-defined "I" ness assumes a pre-eminent state among the subtle din of random, semi-conscious thoughts which pulse through our organism. And of course, our organism can "pick up" the vibration of other organisms nearby. The result is that there are myriad vibrations riding in and through the subconscious mind at any given time.

Mantras start a powerful vibration which corresponds to both a specific spiritual energy frequency and a state of consciousness in seed form. Over time, the mantra process begins to override all of the other smaller vibrations, which eventually become absorbed by the mantra. After a length of time which varies from individual to individual, the great wave of the mantra stills all other vibrations. Ultimately, the mantra produces a state where the organism vibrates at the rate completely in tune with the energy and spiritual state represented by and contained within the mantra.

At this point, a change of state occurs in the organism. The organism becomes subtly different. Just as a laser is light which is coherent in a new way, the person who becomes one with the state produced by the mantra is also coherent in a way which did not exist prior to the conscious undertaking of repetition of the mantra.

Definition #3: Mantras are tools of power and tools for power.

They are formidable. They are ancient. They work. The word "mantra" is derived from two Sanskrit words. The first is "manas" or "mind," which provides the "man" syllable. The second syllable is drawn from the Sanskrit word "tra" meaning to "protect" or to "free from." Therefore, the word mantra in its most literal sense means "to free from the mind." Mantra is, at its core, a tool used by the mind which eventually frees one from the vagaries of the mind.

But the journey from mantra to freedom is a wondrous one. The mind expands, deepens and widens and eventually dips into the essence of cosmic existence. On its journey, the mind comes to understand much about the essence of the vibration of things. And knowledge, as we all know, is power. In the case of mantra, this power is tangible and

wieldable.

Statements About Mantra

1 Mantras have close, approximate one-to-one direct language-based translation.

If we warn a young child that it should not touch a hot stove, we try to explain that it will burn the child. However, language is insufficient to convey the experience. Only the act of touching the stove and being burned will adequately define the words "hot" and "burn" in the context of "stove." Essentially, there is no real direct translation of the experience of being burned.

Similarly, there is no word which is the exact equivalent of the experience of sticking one's finger into an electrical socket. When we stick our hand into the socket, only then do we have a context for the word "shock." But shock is really a definition of the result of the action of sticking our hand into the socket.

It is the same with mantras. The only true definition is the experience which it ultimately creates in the sayer. Over thousands of years, many sayers have had common experiences and passed them on to the next generation. Through this tradition, a context of experiential definition has been created.

2 Definitions of mantras are oriented toward either the results of repeating the mantra or of the intentions of the original framers and testers of the mantra.

In Sanskrit, sounds which have no direct translation but which contain great power which can be "grown" from it are called "seed mantras." Seed in Sanskrit is called "Bijam" in the singular and "Bija" in the plural form. Please refer to the pronunciation guide on page 126 for more information on pronunciation of mantras.

Let's take an example. The mantra "Shrim" or Shreem is the seed sound for the principle of abundance (Lakshmi, in the Hindu Pantheon.) If one says "shrim" a hundred times, a certain increase in the potentiality of the sayer to accumulate abundance is achieved. If one says "shrim" a thousand times or a million, the result is correspondingly greater.

But abundance can take many forms. There is prosperity, to be sure, but there is also peace as abundance, health as wealth, friends as wealth, enough food to eat as wealth, and a host of other kinds and types of abundance which may vary from individual to individual and culture to culture. It is at this point that the intention of the sayer begins to influence the degree of the kind of capacity for accumulating wealth which may accrue.

3 Mantras have been tested and/or verified by their original framers or users.

Each mantra is associated with an actual sage or historical person who once lived. Although the oral tradition predates written speech by centuries, those earliest oral records annotated on palm leaves discussed earlier clearly designate a specific sage as the "seer" of the mantra. This means that the mantra was probably arrived at through

some form of meditation or intuition and subsequently tested by the person who first encountered it.

4 Sanskrit mantras are composed of letters which correspond to certain petals or spokes of chakras in the subtle body.

As discussed in Chapter 2, there is a direct relationship between the mantra sound, either vocalized or subvocalized, and the chakras located throughout the body.

5 Mantras are energy which can be likened to fire.

You can use fire either to cook your lunch or to burn down the forest. It is the same fire. Similarly, mantra can bring a positive and beneficial result, or it can produce an energy meltdown when misused or practiced without some guidance. There are certain mantra formulas which are so exact, so specific and so powerful that they must be learned and practiced under careful supervision by a qualified teacher.

Fortunately, most of the mantras widely used in the West and certainly those contained in this volume are perfectly safe to use on a daily basis, even with some intensity.

6 Mantra energizes prana.

"Prana" is a Sanskrit term for a form of life energy which can be transferred from individual to individual. Prana may or may not produce an instant dramatic effect upon transfer. There can be heat or coolness as a result of the transfer.

Some healers operate through transfer of prana. A massage therapist can transfer prana with beneficial effect. Even self-healing can be accomplished by concentrating prana in certain organs, the result of which can be a clearing of the difficulty or condition. For instance, by saying a certain mantra while visualizing an internal organ bathed in light, the specific power of the mantra can become concentrated there with great beneficial effect.

7 Mantras eventually quiet the mind.

At a deep level, subconscious mind is a collective consciousness of all the forms of primitive consciousness which exist throughout the physical and subtle bodies. The dedicated use of mantra can dig into subconscious crystallized thoughts stored in the organs and glands and transform these bodily parts into repositories of peace.

Note from the author:

A saying from the Vedas claims that "Speech is the essence of humanity." All of what humanity thinks and ultimately becomes is determined by the expression of ideas and actions through speech and its derivative, writing. Everything, the Vedas maintain, comes into being through speech. Ideas remain unactualized until they are created through the power of speech. Similarly, The New Testament, Gospel of John, starts "In the beginning was The Word. And the Word was with God and the Word was God..."

In mainstream Vedic practices, most Buddhist techniques and classical Hinduism, mantra is viewed as a necessity for spiritual advancement and high attainment. In The

Kalachakra Tantra, by the Dalai Lama and Jeffrey Hopkins, the Dalai Lama states, "Therefore, without depending upon mantra...Buddhahood cannot be attained."

Clearly, there is a reason why such widely divergent sources of religious wisdom as the Vedas, the New Testament and the Dalai Lama speak in common ideas.