

ŚIVA MANTRA

ॐ नमः शिवाय

Om Namah Śivāya

Translation: Adoration to Lord Śiva.

Origin: Yajurveda (यजुर्वेदः)

Notes:

This mantra is useful for opening and liberating our mind from the baser elements of our consciousness, those aspects of our being that are most associated with the animal or instinctual nature of the human creature. It is also effective in short-circuiting our ability to ‘rationalize’ everything by shining a brilliant light on that aspect of our intellectual mechanism. It brings us inward and exposes us to our own ignorance. Taken piece by piece, each syllable of this mantra is associated with a specific element and endowment or quality. As you practice this mantra, you invoke and balance out these elements and the universal / cosmic qualities they contain.

Na

Element: Pṛthvī Dhātu पृथ्वी (Earth)

Endowment: The Lord's Concealing Grace

Ma

Element: Āp Dhātu अप् (Water)

Endowment: The World

Śi

Element: Teja Dhātu अप् (Fire)

Endowment: Lord Śiva

Va

Element: Vāyu Dhātu वायु (Air)

Endowment: Śiva's Revealing Grace

Ya

Element: Ākāśa Dhātu आकाश (Ether)

Endowment: The Soul (Atma)