



Mantras und Kirtans

mit Buddhas Open Heart



Meditationszentrum
BuddhaHaus
München





1 NAMO BUDDHAYA

2 BUDDHAM SARANAM GACCHAMI

Il: Buddham saranam gacchami :ll

Il: Dhammam saranam gacchami :ll

Il: Sangham saranam gacchami :ll

3 BUDDHAM SARANAM GACCHAMI / Namo tassa

Il: Buddham saranam gacchami :ll

Il: Dhammam saranam gacchami :ll

Il: Sangham saranam gacchami :ll

3x Il: Namo tassa bhagavato :ll

Il: Arahato samma sambuddho :ll

4 BHAVATU SABBAMANGALAM

1. Bhavatu sabbamangalam, rakkhantu sabbadevata;
sabba-buddha-nu-bhavana, sada sotthi bhavantu te.
2. Bhavatu sabbamangalam, rakkhantu sabbadevata;
sabba-dhamma-nu-bhavana, sada sotthi bhavantu te.
3. Bhavatu sabbamangalam, rakkhantu sabbadevata;
sabba-sangha-nu-bhavana, sada sotthi bhavantu te.

5 TILAKANA MANTRA

1. Sabbe san-khar-a (a)nicca ti
2. Sabbe san-khar-a dukkha ti.....
3. Sabbe san-khar-aanatta 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

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6 LOKAH SAMASTA

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

7 TEYATA OM BEKANDZE

Teyata om Bekandze Bekandze
Maha Bekandze radza samud gate soha

8 SHAKYAMUNI MANTRA

Om muni muni maha muni ye swaha

9 OM TARE TUTARE TURE SWAHA

10 OM MANI PEMME HUM

11 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 Santu..., ssako ca subharo ca, Appa...kicco ca
Sallahu... kavutti; Santindriyo ca...
Nipako ca, Appagabbho... kulesu ananugiddho...
Na ca khuddam sa ^{ooo}...
macare kinci, Yena vinnu pare upava.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

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va sambhavesi va, Sabbe satta bhavantu
sukitatta. 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^{ooo}
Mansam bhavaye aparimanam; Uddham adho ca tiriyanca,
Asambham averam... asapattam. Titthan caraam...
nisinno va, Sayano va... yavat`assa vigatamiddho;...
Etam satim adhittheyya^{ooo},
Brahmam etam viharam idhamahu.
Ditthin caal... anupagamma, Silava... dassanena sampanno...
Kamesu vineyya gedham,... Na hi jatu gabbhaseyyam...
punareti ti.^{ooo}
Metta -Karuna -Mudita -Upekkha

12 OM A HUNG

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

13 PRAJNA PARAMITA MANTRA

Gate Gate Para Gate
Para samgate Bodhi swaha

14 MAHA MRITYUNJAYA MANTRA

Om Tryambakam Yajã-mahe
Sugand-him Pushti-varsha-nam
Urvã-rukami-va Bandha-nãn
Mrit-yor Mukshĩ-ya Mãam-ritat

8

15 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

16 GAYATRI MANTRA

Om Bhur Bhuvaha Svaha Tat Savitur Varenyam
Bhargo Devasya Dhimahi Dhiyo Yo Nah Prachodayat

17 SHANKARA KARUNAKARA

Il: Shan-kara Karuna-kara Paramesh-vara Jagadish-vara :Il
Il: Shan-kari Karuna-kari Paramesh-vari Jagadish-vari :Il

18 MOOLA MANTRA

Il: Om Sat-Chit-Ananda Para-brahma
Purushot-tama Para-mattama
Sri Bhagavati Sametha Sri Bhagavate Namaha :Il
Il: Hare om tat sat, Hare om tat sat,
Hare om tat sat, Hare om tat sat :Il

19 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

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20 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
va - shish - ya - te

21 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



22 OM MATA

Intro: Jai jay ma - Jai jay ma :||

Om mata mata devi namaha - namaha :|| - tief

Om mata mata devi namaha - namaha :|| - hoch

Jai jai ma jai jai ma jai jai ma jai jai ma

jai jai ma jai jai ma jai jai ma jai jai ma

23 HEY SHIVA SHANKARA

Intro: Hey shiva shankara – hey maheshvara

Hey shiva shankara hey ma - hesh-vara :||

sukkha hara dukkha hara hara hara shankara :||

Om na - mah shi - vaya! om na - mah shi – vay :||

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24 SHIVOHAM

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

||: Nityananda Swarupa Shivoham Shivoham :|| 4x

||: Anandoham Anandoham Anandoham Anandoham :||

4x

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

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

25 TUMI BHAJARE MANA

||: Tumi bhajare mana :||:

Tumi japare mana :||

||: (Om) Shri Ram Jai Ram :||

||: Japare mana :||

26 JAYA AMBE

II: Jay Ambe Jagadambe Mata Bhavani Jaya Ambe :II
II: Durga Dinashini Durge Jaya Jaya
Kala Vinashini Kali Jaya Jaya :II
III: Uma Rama Brahmani Jaya Jaya
Radha Rukmini Sita Jaya Jaya :| |

27 SHRI RAM JAI RAM

II: Shri Ram Jai Ram Jai Jai Ram
Shri Ram Jai Ram Jai Jai Ram :II
II: Sita Ram Sita Ram Sita Ram Sita Ram
Sita Ram Sita Ram Sita Ram Sita Ram :II

28 RAMA BOLO

II: Rama Bolo Rama Bolo Bolo Bolo Ram
Rama Bolo Rama Bolo Bolo Bolo Ram :II
Sita Bolo Hanuman Bolo

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29 DEVI PUJA

II: He Maa Durga He Maa Durga
He Maa Durga He Maa Durga :II 4x (Solist/Chor)
II: Om Namas-chandi-kaye Om Namas-chandi-kaye
Om Namas-chandi-kaye :II 2x (Solist/Chor)

30 JAYA JAGADAMBE

Teil 1 II: Jai Jagadambe Hey Ma Durga :II
II: Ma-a Kali Durge-e-e Namoh Namah :II
II: He Ma Durga He Ma Durga
Teil 2 II: Jai Jagadambe Ma Durga :II
II: Hey Ma Durga ... Hey Ma Durga :II
II: Om Narayani Om ... Om Narayani Om :II



31 OM NAMAH SHIVAYA

Il: Om Namah Shivaya Om Namah Shivaya :Il

Il: Shivaya Namaha Shivaya Namah Om :Il

Il: Shambo Shankara Namah Shivaya

Girija Shankara Namah Shivaya :Il

Il: Arunachala Shiva Namah Shivaya :Il

32 RADHE SHYAM

Il: Radhe Radhe Radhe Shyam Govinda

Radhe Jai Shri Radhe :Il

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

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33 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

34 GOVINDA HARE

Il: Go - vinda hare, Go - pa - la hare

he prab - hu dee - na da - ya - la hare :Il

35 JAYA BHAGAVAN

36 SHIVA SHIVA SHAMBOO

Il: Shiva Shiva Shiva Shamboo

Shiva Shiva Shiva Shamboo :Il

Il: Mahadeva Shamboo Mahadeva Shamboo :Il

37 Om GANGA MAI

Il: Om Ganga Mai Ganga Mai Ganga Mai :Il

38 HARE KRISHNA, HARE KRISHNA

Hare Krishna, Hare Krishna Krishna Krishna, Hare Hare

Hare Rama, Hare Rama Rama Rama, Hare Hare

39 HARI OM TAT SAT JAYA GURUDATTA

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40 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

41 AAD GUREH NAMEH

Aad gureh nameh

Dschu - gad gureh nameh

Sat gureh nameh

Siri guru de - veh nameh

42 JIN PREM KIO

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

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

Il: Ang Sang Wahe Guru :Il

43 ONG NAMO

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

Il: Gurudev Gurudev Nammo :Il

44 SAT NARAYAN(e) WAHE GURU HARI NARAYAN(e) SAT(e)NAM

45 ANG SANG WAHE GURU

46 RA MA DA SA SA SE SO HUNG

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47 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

48 WAHE GURU WAHE JIO

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

49 SA RE SA SA

Sa Re Sa Sa Sa Re Sa Sa

Sa Re Sa Sa Sa Rang

Hare Re Hare Hare Hare Re Hare Hare

Hare Re Hare Hare Hare Rang

50 GOBINDE MUKANDE

Gobinde, Mukande, Udare, Apare,

Hariang, Kariang, Nirname, Akame

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51 EK ONG KAR SAT NAM SIRI WAHE GURU

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

Il: Siri wahe guru siri wahe guru

siri wahe guru siri wahe guru :Il 4 mal

52 AAP SAHAI HOA

Il: Aap Sa-hai Hoa Satsche Daa Satscha Doa

Har Har Har :Il

53 EK ONG KAR

I: Ek ong kar sate gur(e)prasad

Sate gur(e)prasad ek ong kar :Il

54 NARAYANA HARI OM

A) Na rayana Hari Om
Satya Narayana Hari Om
Govinda Krishena Hari Om
Gopala Krishena Hari O – m

B) Kirtan

Hey Ram Sita Ram Sita Sita Sita Ram :||
Hey Nanda Nanda Gopala :||
Ananda Nanda Gopala:||
Hey Nanda Nanda Gopala:||
Nanda Yadu Nanda Nanda Gopala:||

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C) Sprechgesang:

Hari Hari - Bol Hari - Hari Hari - Bol
Keshava Madhava Govinda Bol
Shri Krishna Govinda Hare Murare Hey Natha Narayana
Vasudeva - Gopala Bol - Govinda Bol - Shiva Bol - Shiva Bol

Shiva Shiva Bol
Shiva Shankara - Shri Mahadeva Bol
Nilakantha Bol - Mahadeva Bol
Shiva Bol - Shiva Bol - Shiva Shiva Bol
Shiva Shankara Shri Mahadeva Bol



55 BISMILLAH

Il: Bismillah ir-rahman ir-rahim :Il

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

56 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.

Mantras und Kirtans mit Buddhas Open Heart

Mantren erwecken die Kraft des Vertrauens und der Hingabe.

Sie öffnen dein Herz und erwecken deine reinen Kräfte im Weg der Transformation in das Innerste in dir selbst, in deine „Buddha-Natur“, in dein „wahres Wesen“, „SAT - chit - ananda“.

Die Musik der Mantren und Kirtans mit Gesang, Gitarre, indischem Harmonium, Geige, Querflöte und Percussion bewegt sich zwischen traditionellen Mantren, Eigenkompositionen und Improvisation.

buddhas open heart

Charlie: Gitarre, Gesang

Angelika: Violine

David: Tablas, Percussion

Volkmar: Querflöte, Gesang, Darbouka

Ruth: Harmonium, Gesang

Michael: Percussion, Gesang

Regina: Harmonium

Erhältliche CDs

Gesang der Liebe (2015)

Sarvesham (2017)

Textheft zu bestellen unter info@buddhahaus-muenchen.de zum Preis von 7 € plus 3 € Porto.

www.buddhasopenheart.com

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