

## Sound of Truth - Part 2

Good morning, good afternoon, and good evening. Welcome to the Sound of Truth. We'll be having a wonderful class. Be working on that topic of wealth and abundance and clearing debt today. It's gonna be a magical today in bringing in the blessings of the universe. Please sign. Let me know you're here and we'll start out with the opening mantras in a minute but it's so good to see you this morning. It's a beautiful pristine day here in California but it got down to-- I don't know-- 40 degrees last night. So we were really close to freezing which is unbelievable in California. I live in the mountains so I guess I'm in a new location. So I guess we can get that cold.

So let's see. Namaste from Patricia, and Julie are here. Very good. Let me just see what we're doing here. Oh. Many people are already here. I see 25 people here. So there's just a little time delay. Okay. Janice, Mary, Nazeme, Pat, Junko, Tammy. Fantastic. Alright. Keep signing in you guys as you can type in-- There's Nancy, and Diane, and Debby. And we're gonna go to our opening mantra which we did. So let me see here. Let's go to the opening mantra first and so we'll start. Linda and Debby, Good morning. Alright. And so we will start with the opening mantra. [Sings in Sanskrit from 00:01:51 to 00:02:24]

Now there's a stanza in here that isn't on this sheet but it is in the sound of truth. [Sings in Sanskrit from 00:02:35 to 00:03:34]. Okay. So we've started with the opening mantras. See a few more people. I wanna say good morning to-- Let's see. So I think I said, "Hi." to Linda, Cathering, Joty, Marie, and Debby says I look warm. Yes. I am warm. And Karina and Sharon. So good morning everyone.

And so, when we start with the opening mantra that's really clearing the space for a sacred celebration and whenever you're sitting to meditation, it's always beautiful to really call in the aspect of that which is divine in you and by opening the voice and bringing in the sacred sounds and then going in to meditation. You've just set yourself in a higher vibrational level. So it's a beautiful way to start a meditation. You could just start with the *Trayamabakam*, the *Gyatri*, or just '*Om Gum Ganapatya Namaha*'. So that all works beautifully.

Okay and I see Coleen, Anne, Sharon are also on the call. Beautiful. And we now have 50 wonderful students in the sound of truth. So happy that you've decided to join us. Alright. So we will move on. Also, you're gonna hear when mantras are done especially [Inaudible from 00:05:21 to 00:05:14] hear a bell ringing. This particular bell is very precious to me. It was my grandmother [Inaudible 00:05:21 to 00:05:28] Germany. And so the bell ringing is symbolically chasing off evil spirits and demons and things like that. Don't know how efficient it is. They started a big war blowing in conks and burning sacred elements like frankincense and doop and bunch of different like confer and so

they clear the air. They purify the air with this fire and they purify. So it's fire and then [Inaudible 00:06:06 to 00:06:07] or sound. They also use water, the element of water and then, of course, we are part of the Earth. We're sitting on our grounding.

When I was in India, we would sit on a white cloth on top of our little sit upon, our little pillow, and so that white wool was suppose to be energized. Every time we meditation, you would sit cross-legged on this little spot and then the white blanket and it was just small. It's like an 18-inch square. Would be energized with the meditation energy. Now the way I teach meditation, of course we don't sit cross-legged, we sit straight up with the spine erect and the feet on the ground but you could. You could add that element of meditation by getting yourself just a piece of white wool 18 inches square. They had it banded off with some silk on the edge. So it was very nice and like I said it would. Each of the little rituals like always using a shawl. The same shawl to meditate would also be energized and infused with the divine energies and so there's these beautiful elements to put you in the sacred mindset and the sacred energy vibration.

And I hear there are two Catherines. That's wonderful. And Dia, "Beautiful. Hello Beautiful souls. Can't wait to watch the video have to connect--" Oh. Good. Okay. Alrighty. So we'll go into our next mantra, and this mantra is for the immediate manifestation of wealth and we'll chant it 10 times through. So you could just really imagine the universe like a waterfall just pouring wealth of all kinds of good health of love, of prosperity, of money, of success in business, of joy creation, all areas of wealth, full self-expression. [Sings in Sanskrit from 00:08:48 to 00:11:07], and just sit for a moment and feel the energy of the mantra. Feel the truth it. Feel the abundance of the universe showering into you. Your body might feel tingly, awake, alive. Just breathe in to that and accept the gifts of the universe. The immediate manifestation of wealth.

And then last week we-- last session rather. We learned the mudra, the miracle mudra, and this is the perfect mudra to use for this mantra and again to just remind you how miracle mudra is done. You warm your hands and then hold them together. Namaste. I honor the god within myself and within you. Namaste. And then opening the palms to miracle mudra, which is also a cup of love, this is a mudra for receptivity. For accepting the blessings of the universe and as you have your cup of love right in front of your heart chakra, see it overflowing with the abundance of the universe just like the waterfall on the slide. We just feeling the abundance just showering into you and my cup overfloweth. And then tip that cup, cup of love, that miracle mudra, in to the heart and accept this gift. This gift of total abundance. Total receptivity from the universe for all your met to have and to receive. And what I know to be true is that the universe has endless blessings lined up for you and the only thing holding you back from receiving these endless blessings is you. So when you really get into the receptive space which is really amplified and accelerated by being in gratitude. Really every minute of the day. Thank you, god. Thank you god for the blessings. And as you thank the people who you

work with and thank the store clerk and thank the waitress and thank the movie person and thank your family. Thank your children. Really see the blessings being showered over on to you. Over and over and over again. As you really become aware of all that you get, the universe continues to give you more and more and more.

So I want you to be in that space of receiving. And as the holidays are approaching, maybe a few of you have heard me talk about receiving a gift and I feel like this is really a perfect time. We're talking about the immediate manifestation of money. Let's also talk about the immediate manifestation and receiving of immediate manifestation. So if you were to say receive flowers or perhaps a bowl of throat coat-- cough drops. So if someone is handing you gift during the holidays and they're giving you the gift, maybe they're knocking on the door and saying, "Hi. Happy Holidays. Here, I brought you this little gift." and so maybe it's in a bag or a package; receive the gift. Take the gift and go, "Oh. Oh my gosh. Thank you so much. It was so thoughtful of you to do this." and then look at the packaging and say, "My gosh. The package itself is a beautiful gift to my eyes. Thank you so much. I love the package." and then look inside and then take out the gift. Hold it in your hand and look at it and go, "Oh my gosh. Thank you so much for this Ricola. I know you know I talked so much and this will really help me to keep my throat in wonderful condition. I so appreciate your loving kindness. Thank you, thank you. I'm going to cherish this. So perfect. Thank you so much for your gift. I so appreciate you." and then put the gift and give the person a hug and really give a real hug. Heart to heart. You know, we can really receive a gift. We're giving a gift to the person that we're receiving the gift from and we're saying to the universe, "I love receiving. I love this showering of endless gifts. Thank you universe, and thank you to every person in my life who showers me with blessings. Who showers me with gifts."

So just a little helpful process to help you get through the holidays with ease and know the gifts sometimes people feel uncomfortable receiving and know that receiving is really honoring the other. So when you are receiving the gifts of the universe, you're really receiving the gifts of the divine and you're honoring the divine by allowing these gifts to come to you. And when you receive the gifts from a loved one, you're receiving the gift and you're honoring them and so you're giving them the gift of being able to contribute to somebody. And in our wiring as humans, we're wired that we want to contribute. We wanna make a difference with others and so really being able to receive from the heart and say, "I get you. Thank you." For some people who maybe have a tech job or whatever, they don't feel like they have much impact on being able to really contribute and so by really receiving them and making a big deal about it like, "I really love you. I cherish you. Thank you for thinking of me." This allows you to a: be receptivity of many more gifts but also allows you to give love in the most powerful way possible because you're now standing in your authority as divine and you're thanking your friends, your loved ones. You're thanking them for the blessings that they're

showering on you. So it's a beautiful, beautiful thing to be receiving and we'll all be receiving during the holidays and throughout the year and if you can keep this precious little process with you. Understand that this is as important as any mantra. The 'I so appreciate. I thank you. I so love this gift.' This is a mantra in itself and a sacred ritual.

Alright, my dears. I see a couple of comments. "What's the difference between praying and saying a mantra?" Thanks for the clarification. Well a mantra is claiming an energy vibration. Really it's-- a mantra is very similar to an affirmation and so it is a form of prayer. Mantra is a form of prayer. It's really living though into the energy vibration of like what we just did immediate manifestation of wealth, and prayer will often be a conversation. "God thank you so much for the gifts you've showered on me and I ask you to help strengthen me and fortify me for this day. I ask you to take the information out of my body to help me digest food in a better way. Help me change the lives of others and contribute to others. God bless my children how are suffering and bless my friend Carla who's had just surgery and thank you so much for giving me everything that I need in my life and I just feel so blessed. Amen."

So that might be a prayer that's a spontaneous prayer. You might say you might recite a prayer. The prayer of surrender is so beautiful. "I have been a part and I have lost my way. The archons have taken my vision. At times I filled with thee but I am blind to thy presence. When all I see is this world deformed, my ignorance and blindness are all I have to offer but these I give to thee willingly. Holding back nothing. For in my hour of darkness. When I am not even sure there is a thou hearing my call. I still call to thee with all my heart. Hear the cry of my voice clambering from this desert. For my soul is parched and my heart can barely stand this longing." And so when we pray, we really are in a communication with the divine to help us transform some area of our life or help us to be more present to our sacredness. And when we do mantra, we're actually claiming out divinity and we're claiming a particular energy vibration. I hope that helps. Okay. So we'll go on to the next mantra.

And this mantra-- and both of these mantras are Ganesha mantras as well as some aspects of the opening mantra are Ganesha. Ganesha is known for removing all obstacles. Oh good and some comments are coming in here. "Could you please let us remember those words by writing that beautiful prayer." I will add that. Yes. And, "Please can you include that prayer?" Definitely. Definitely. I will do that. You know what I'll do so we don't spend time during the class unless we have time at the end 'cause we have a few mantras I really wanna get through. I will add that too the slides when I send them out. So just open up the slides and you'll have the prayer 'surrender'. Okay. Alright and so our next mantra is the removal of all debt. And we're accessing again the energy of this Ganesha or the energy of clearing obstacles and debt, of course, is an obstacle. We'll do this 10 times through. [Sings in Sanskrit from 00:22:38 to 00:22:42] Oops sorry. [Sings in Sanskrit from 00:22:44 to 00:24:53] And again just allow the essence of this

chant to really be part of you and really just declaring that all debt is removed from your essence, from your field, from your body, from your energy space just seeing all the debts being removed. And this is also time-- this particular mantra, you can do the clearings [Inaudible from 00:25:25 to 00:25:32]. Feels good.

And one of the things that you might like to do when you're doing prayers for wealth as you're chanting, you can do Dian Mudra which is the mudra of infinity. And when you're doing something like removal of all debts, you're gonna put your hands facing down so you just put your palms down on your thighs or the top of your knees. Let me show you. And the reason that you're doing this-- so you're gonna just put the palms down. So Dian mudra and down. Okay? And then when you're chanting for manifestation of anything, of love, of wealth; you can put palms up. This particular posture is for receptivity and this one is for grounding. So you wanna ground in the removal of debts. You wanna actually be solid and then this one immediate manifestation of money, you can do it this way which is Dian mudra, the mudra of infinity or you can do cup of love miracle mudra, and both of these are really wonderful for manifestation of money which was the one we did just previous to this and then for removal of debt, you're gonna be going down. Dian mudra is down.

And then we also did a second mudra that was really wonderful for grounded. So we're grounded in our physical body. We're active in world so the thumb is going out like that. So you put it on [Inaudible 00:27:41] and then making a fist. So this is my right hand; this is my left hand making a fist. So a firm foundation and aspiring to our highest aspirations. So that'll be a second mudra to energize these 2 mantras together. So the immediate removal and debt and immediate manifestation of money. You can do this mudra also. Very good and then always energize by breathing. You must, must breathe as we go through the mantras.

Alright and so we'll go on to the next mantra. Yay. Beautiful, Catherine. Says that she felt it in her lower abdomen, and that would be actually really great to energize with that mudra too. So fantastic. Alright and let's move on to the next mantra. Let's see here. We did this one last week but we must always include the Lakshmi mantra when we look at bringing in wealth. But she is, you know-- people pray to her or chant to her all the time. If you see every single picture of her, she has coins, gold coins falling out of her. She's standing in a lotus but she's standing in gold coins. There's gold coins pouring out of a gold vessel. Every time you see Lakshmi, she's got-- this is actually [Inaudible 00:29:40]. Every time you see Lakshmi, there's always gold around her. Lakshmi is the goddess of feminine beauty, of grace, of wealth and love. She's actually really a wonderful goddess if you're an entrepreneur or a healer. She's really that-- she's an independent goddess.

Although her counterpart would be considered Lord Vishnu. The stories about Lakshmi that she had a lover and that she was independent unto herself but she really was able to manifest what she needed. She was so powerful that she brought in so many blessings and she had a divine compliment but really it was quite an independent woman unto herself. She also is one of the goddess women pray to for the home. For blessings for the home. Okay. Let's do the Lakshmi mantra ten times through. [Sings in Sanskrit from 00:30:50 to 00:32:01] and again just feel the energy of the mantra. The blessings from the goddess of grace, beauty, love, wealth. Taking a few breaths in to the nose and out through the mouth. As as you breathe in, energize the breath. Breathe in through the nose and breathe all the way down to the tips of your toes. And as you breathe out, breathe out any impurities, any resistance. Breathing in through the nose pink and gold energy all the way to the tips of the toes. And breathing out any negativity, any worry or concern. Breathing in again pink and gold energy, and seeing it going out the crown chakra and down to the toes. And as you breathe in, breathe in that pink and gold energy out to the outer edge of your aura and coming back in to the present moment. Into this time and space.

So we'll be doing the push palm mantra next and this is the mantra for really accessing the blessings of the seven elements. The Earth, water, air, and fire. The stars, the moon, and the sky. So we're going to be chanting-- this is a chant that takes months to learn. So you're very welcome to attempt to do this with me and this is one that really take some devoted practice. And before we start with this; I just wanna show you that with this mantra, this is the mantra of blessings of the elements with flower petals. And so when you're doing something with a verse, the Davi Mahatma which you have. If we have time, I'm willing to also do the Lakshmi [Inaudible 00:34:45]. We'll see how long this one takes and then we'll do a short meditation but as you get to the end of a verse, you have bowl of flowers. It can be crystal or china or some sacred bowl too could be a like a silver bowl or a copper bowl. And what you're gonna be doing is offering those petals from the heart and then perhaps you have-- let me show you the other part of this. Perhaps you have a copper tray. This would be-- this is set up to do offerings to Lakshmi and the Yantra, the Shri Yantra that we're talking about. So at the completion of the verse, you would take it up pass the heart like this and you drop it. So you would go like that. So at the end of a verse with the push palm mantra. Let's see. [Sings in Sanskrit from 00:35:48 to 00:35:51] and then I would drop the flowers. So it's, again, coming up from the heart. I'm gifting from my heart and offering the flower petals.

When I do ceremony, I also use sacred rice or blessed rice, and that's white Basmati rice with a red element. It's kind of a powdery element called 'KumKum' and that's the powder that's also used for the blessing on the forehead but no need to worry about any of that as we're chanting. I'm just giving you some of the elements if you wanna take these into more of the traditional practice. And what we're doing is just we're learning

the power and the energy of the mantra to enhance your life and so you don't need to do ritual per se. That's not what this class is about but I thought it'd be fun to introduce you to some of the ideas and some of the ways that in traditional practice you might be using the mantra while you're chanting, you might be also doing something. Alright and we're gonna-- let's go back forward again and we'll start the push palm mantra in the moment. And I just gotta take a moment to center. This is a longer chant. And so we'll be silent for just a minute and then I'll start the chanting.

See if we can just get it big as you can. There's a lot of words here. There we go. Okay and so just becoming aware of yourself. Becoming present to yourself. Remembering that we are calling on the aspects of the Earth, the water, the air, fire, the stars, the sun, and the eternal sky. [Sings in Sanskrit from 00:38:05 to 00:43:30]

Alright and welcome back. How was that for you? That is one of the really ancient, ancient mantras. It has a very old feeling to it, doesn't it? So how did that feel to you to be part of something very ancient. And then some questions came in. Let's see. Rose petals need to be real. You're offering from the heart something that's real. So that actually-- you can do with one petal at a time if you have one rose or something like that. No artificial. You don't offer artificial. Although on the tray if it's new, if there's no dust on it, you can put flower, artificial flowers, on the tray. I've seen Asham do it. Understand that this is, you know, the blessings of when you think about the flower, the flower is the gift, and so you wanna really offer the gift back to the divine. And then before 'Om Shanti; Shanti', there were some words which you said which are not written, that's true, Maria-- or Marie rather. That is another mantra. Let me just see if I can 'cause that just came out of me which sometimes things do. It was 'Om Saha na wawakto, Saha verium kazawawahey, Saha no bunakto'. I'll remember the rest of the words. Sorry. It was a part of the chant and sometimes things come through that are part of the chat. So as it comes back to me, I'll put the rest of the words there. There's just one more line. [Sings in Sanskrit 00:47:50 to 00:47:57]. Okay. I'll get those words for you.

Okay. Two Sherins. Wonderful. And Marie, "Felt very, very different and special indeed." Thank you. "Huge shifts going on after this mantra. Thank you." Wonderful, Sherin. And Nazame, "Felt a feeling of deep stillness and opening. Thank you." Fantastic. It's always hard to predict how long the mantras are going to go and in your program, the Sound of Truth, we have the Davi Mahatma and I think it'll be really fun to do that however, I just wanna say, I don't have the Davi Mahatma on-- Let me see. I might be to locate it though. I don't have it on any PowerPoint slides. Let me just see. Okay. I think I can share it this way. Hang on one sec. We'll go from stop on this one and we'll do a screen share on this. Let's see if that works. It does. Okay. So we're gonna do the Davi Mahatma and I'll put this and send this to you also. So that you have it but you do have it in your Sound of Truth program. So not to worry. And this is

energizing all the different aspects of the divine mother. So let's go ahead. Let me just check to see. "Felt like I was in a different dimension." Exactly, Catherine. "What is the correct what to spell Tryambakam? In materials, it's printed out. I also so it spelled Tryamabakam." Not with a T-R-Y but I just spell it how it sounds to me and the way you've got it spelled in the first part Tammy would be correct. Understand that the correct way to spell it is not in our language, it's in Sanskrit. So we just do the best we can.

Okay you guys. So we're going to do the Davi Mahatma now. [Sings in Sanskrit from 00:50:30 to 00:51:10]. So that would be honoring the power of the god of love or the power of love itself that abides in everyone and we honor that. So we're-- the Namaste is salutations. [Sings in Sanskrit from 00:51:25 to 00:51:41]. "Salutations to the immortal goddess who abides as eternal consciousness in all beings. Salutations." Oops. Sorry. Oh dear. Okay. So we don't have more verses but I have them here, so. The next verse is; [Sings in Sanskrit from 00:52:12 to 00:52:29], and that is salutations to divine mother who manifest as intelligence in all beings. Salutations. And the Davi Mahata, when you say, "Namaste. Namaste. Moo na maha." that's when you offer the flower petals and this entire chant is included in the sound of truth. [Sings in Sanskrit from 00:52:55 to 00:53:09]. "To Davi who causes sleep in all beings. Salutations again and again." So verse four is we're helping you to really access that energy of sleep. So if that's a problem for you, this would be a good mantra. Just this one verse. [Sings in Sanskrit from 00:53:31 to 00:53:45]. "Salutations to Davi, who causes hunger in all beings."

So if you a: needed to be hungry, or b: needed to wanna stop eating so much, that would be a good mantra. [Sings in Sanskrit from 00:54:01 to 00:54:15]. "Salutations to the goddess who abides in all beings as the power of reflection." Being able to really see what you've been, where you've been and to reflect on who you are and what you're experiences are. [Sings in Sanskrit from 00:54:33 to 00:54:47]. "Salutations to Davi who manifest as power to all beings." Okay. [Sings in Sanskrit from 00:54:56 to 00:55:10] "Salutations to divine mother, who bides in all beings in a form of forgiveness." [Sings in Sanskrit from 00:55:18 to 00:55:31]. "Salutations to Shakti, who abides in all beings in the form of genius. Salutation." [Sings in Sanskrit from 00:55:40 to 00:55:52] "Salutations to the goddess who manifest in all beings in the form of modesty. Salutations again and again." [Sings in Sanskrit from 00:56:03 to 00:56:16] "Salutations to Davi manifest in all beings in a form of peace. Salutations." [Sings in Sanskrit from 00:56:25 to 00:56:38] "Salutations to Davi who manifest in all beings in the form of faith. Salutations." [Sings in Sanskrit from 00:56:48 to 00:57:00] "To the goddess who abides in all beings in the form of beauty. Salutations." [Sings in Sanskrit from 00:57:08 to 00:57:21] "Salutations to Shakti who bides in all beings in the form of memory." [Sings in Sanskrit from 00:57:28 to 00:57:43] "Davi who abides in the form of compassion in all beings. Salutations again and again." [Sings in

Sanskrit from 00:57:51 to 00:58:04] "Davi who abides in the form of contentment in all beings. Salutations." [Sings in Sanskrit from 00:58:12 to 00:58:26] "And that's to the Davi who abides in all beings in the form of the mother. To her, we salute you again and again." [Sings in Sanskrit from 00:58:37 to 00:58:45] Let me do that again. [Sings in Sanskrit from 00:58:47 to 00:59:01] "Davi who abides in all beings in the form of dillusion." Oh that's funny that I tripped over that one. Dillusion. "Salutations again and again." [Sings in Sanskrit from 00:59:12 to 00:59:31] "Salutions to Davi, the ruler of all elements and senses. Salutation." [Sings in Sanskrit from 00:59:39 to 00:59:55] "Davi who prevades in the world, the whole universe, and abides in all beings in the form of consciousness. Salutations again and again."

As you can see, that one's a tough one for me and, you know, I wanna just encourage you to use the mantras. Have a few favorites. I have my favorites that I use. You don't have to know 50 mantras to get the benefits of the energy vibration for shifting your reality. So it's been a great pleasure to spend this time with you and to explore the sound of truth. Namaste. I'll be in the chat box for 10 minutes. Answering and responding to your comments. I love you. I appreciate you. We do have some wonderful divine connection classes coming up. So if this was special to you, there is a class called 'Divine Connection' and there's a class called 'Illumination' both coming up in the next couple of months. Alrighty. Love you all and see you soon. God bless.

**[End of Transcription at 01:13:04]**