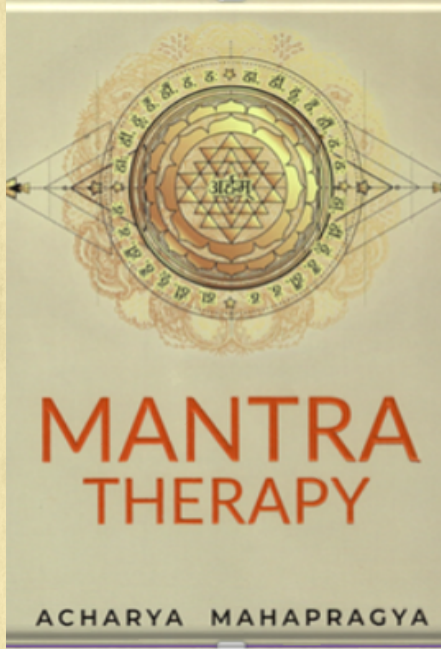




Jain Vishva Bharati London



HEALTH & WELL-BEING RELATED MANTRAS



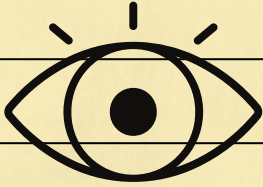





based on the book Mantra Therapy
by His Holiness Acharya Mahapragya



Vocals by: Samani Punya Pragyaaji




HEALTH & WELL-BEING RELATED MANTRAS

<u>Mantra for Brain Therapy</u>		<u>Mantra for Treatment for Stomachache Problems (1)</u>
<u>Mantra for Ear Therapy</u>		<u>Mantra for Treatment for Stomachache Problems (2)</u>
<u>Mantra for Eye Therapy (1)</u>		<u>Mantra for Healing Boils (1)</u>
<u>Mantra for Eye Therapy (2)</u>		<u>Mantra for Healing Boils (2)</u>
<u>Mantra for Eye Therapy (3)</u>		<u>Mantra for Healing Skin Diseases</u>
<u>Mantra for Eye Therapy (4)</u>		<u>Mantra for Healing Migraine (1)</u>
<u>Mantra for Eye Therapy (5)</u>		<u>Mantra for Healing Migraine (2)</u>
<u>Mantra for Dental Treatment</u>		<u>Mantra for Balancing Digestive System</u>
<u>Mantra for Treatment for Hiccups</u>		<u>Mantra for Overcoming Insomnia (1)</u>
<u>Mantra for Hiccups and Asthma</u>		<u>Mantra for Overcoming Insomnia (2)</u>
<u>Mantra for Heart Related Diseases</u>		<u>Mantra for Empowering Effect of Medicine</u>
<u>Mantra for Treatment for Stomachache (1)</u>		<u>Mantra for Healing Eye Flue (Conjunctivitis)</u>
<u>Mantra for Treatment for Stomachache (2)</u>		<u>Mantra for Improving Eye Sight</u>
<u>Mantra for Treatment for Jaundice</u>		



Click on the links above

HEALTH & WELL-BEING RELATED MANTRAS

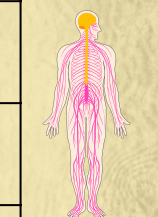


<u>Mantra for Developing Mental Strength</u>	<u>Mantra for Mental Peace (1)</u>
<u>Mantra for Effective Speech (1)</u>	<u>Mantra for Mental Peace (2)</u>
<u>Mantra for Effective Speech (2)</u>	<u>Mantra for Mental Peace (3)</u>
<u>Mantra for Mental Happiness</u>	<u>Mantra for Mental Peace (4)</u>
<u>Mantra for Holistic Growth</u>	<u>Mantra for Mental Peace (5)</u>
<u>Mantra for Positive Thinking (1)</u>	<u>Mantra for Empowering Sense Organs</u>
<u>Mantra for Positive Thinking (2)</u>	<u>Mantra for Overcoming Anxiety (1)</u>
<u>Mantra for Positive Thinking (3)</u>	<u>Mantra for Overcoming Anxiety (2)</u>
<u>Mantra for Positive Thinking (4)</u>	<u>Mantra for Overcoming Frustration</u>
<u>Mantra for Peaceful Life (1)</u>	<u>Mantra for Developing Discretion Power</u>
<u>Mantra for Peaceful Life (2)</u>	<u>Mantra for Relieving Stress</u>
<u>Mantra for Peaceful Life (3)</u>	<u>Mantra for Reducing the Heat</u>
<u>Mantra for Peace & Wish Fulfillment (1)</u>	<u>Mantra for Curing Physical Heat</u>
<u>Mantra for Peace & Wish Fulfillment (2)</u>	

Click on the links above

HEALTH & WELL-BEING RELATED MANTRAS

<u>Mantra for Procuring Health (1)</u>	<u>Mantra for Recovering from Fever (1)</u>
<u>Mantra for Procuring Health (2)</u>	<u>Mantra for Recovering from Fever (2)</u>
<u>Mantra for Procuring Health (3)</u>	<u>Mantra for Recovering from Fever (3)</u>
<u>Mantra for Procuring Health (4)</u>	<u>Mantra for Recovering from Fever (4)</u>
<u>Mantra for Procuring Health (5)</u>	<u>Mantra for Treating Malaria</u>
<u>Mantra for Procuring Health (6)</u>	<u>Mantra for Balancing Blood Pressure</u>
<u>Mantra for Procuring Health (7)</u>	<u>Mantra for Treatment of Headache (1)</u>
<u>Mantra for Procuring Health (8)</u>	<u>Mantra for Treatment of Headache (2)</u>
<u>Mantra for Procuring Health (9)</u>	<u>Mantra for Treatment of Headache (3)</u>
<u>Mantra for Procuring Health (10)</u>	<u>Mantra for a Powerful Nervous System</u>
<u>Mantra for Remedy for All Diseases (1)</u>	<u>Mantra for Improving Immunity</u>
<u>Mantra for Remedy for All Diseases (2)</u>	
<u>Mantra for Remedy for All Diseases (3)</u>	



[**Click on the links above**](#)

SELF DEVELOPMENT & PERSONALITY RELATED MANTRAS

<u>Mantra for Resolution Power</u>	<u>Mantra for Creating Attraction (1)</u>
<u>Mantra for Developing Impressive Personality (1)</u>	<u>Mantra for Creating Attraction (2)</u>
<u>Mantra for Developing Impressive Personality (2)</u>	<u>Mantra for Creating Attraction (3)</u>
<u>Mantra for Impressive Personality (3)</u>	<u>Mantra for Creating Attraction (4)</u>
<u>Mantra for Developing Friendliness</u>	<u>Mantra for Overcoming Anger (1)</u>
<u>Mantra for Enchanting Radiance</u>	<u>Mantra for Overcoming Anger (2)</u>
<u>Mantra for Freedom From Irritation</u>	<u>Mantra for Overcoming Anger (3)</u>
	<u>Mantra for Overcoming Anger (4)</u>



Click on the links above

KNOWLEDGE RELATED MANTRAS

<u>Mantra for Developing Right Thinking (1)</u>	<u>Mantra for Enhancing Knowledge (1)</u>
<u>Mantra for Developing Right Thinking (2)</u>	<u>Mantra for Enhancing Knowledge (2)</u>
<u>Mantra for Enhancing Intelligence (1)</u>	<u>Mantra for Enhancing Knowledge (3)</u>
<u>Mantra for Enhancing Intelligence (2)</u>	<u>Mantra for Enhancing Knowledge (4)</u>
<u>Mantra for Enhancing Intelligence (3)</u>	<u>Mantra for Enhancing Knowledge (5)</u>
<u>Mantra for Enhancing Intelligence (4)</u>	<u>Mantra for Enhancing Knowledge (6)</u>
<u>Mantra for Enhancing Intelligence (5)</u>	<u>Mantra for Enhancing Memory Power (1)</u>
<u>Mantra for Enhancing Intelligence (6)</u>	<u>Mantra for Enhancing Memory Power (2)</u>
<u>Mantra for Enhancing Intelligence (7)</u>	<u>Mantra for Enhancing Memory Power (3)</u>
<u>Mantra for Enhancing Intelligence (8)</u>	<u>Mantra for Poetic Ability</u>
<u>Mantra for Enhancing Intelligence (9)</u>	<u>Mantra for Concentration</u>
<u>Mantra for Enhancing Intelligence (10)</u>	

Click on the links above

SUCCESS RELATED MANTRAS

<u>Mantra for Success in Work (1)</u>	<u>Mantra for Vachan Siddhi (Words Become True -1)</u>
<u>Mantra for Success in Work (2)</u>	<u>Mantra for Vachan Siddhi (Words Become True -2)</u>
<u>Mantra for Success in Work (3)</u>	<u>Mantra for Vachan Siddhi (Words Become True -3)</u>
<u>Mantra for Success in Work (4)</u>	<u>Mantra for Vachan Siddhi (4)</u>
<u>Mantra for Success in Work (5)</u>	<u>Mantra for Vachan Siddhi (Words Become True -5)</u>
<u>Mantra for Success in Work (6)</u>	<u>Mantra for Honour Across the State (1)</u>
<u>Mantra for Success in Work (7)</u>	<u>Mantra for Honour Across the State (2)</u>
<u>Mantra for Success in Work (8)</u>	<u>Mantra for Honour Across the State (3)</u>
<u>Mantra for Success in Work (9)</u>	<u>Mantra for Obtaining the Rare Thing</u>
<u>Mantra for Success in Work (10)</u>	<u>Mantra for Attaining Success</u>
<u>Mantra for Success in Work (11)</u>	
<u>Mantra for Success in Work (12)</u>	
<u>Mantra for Success in Work (13)</u>	

Click on the links above

PROSPERITY RELATED MANTRAS

<u>Mantra for Materialistic Prosperity (1)</u>	<u>Mantra for Augmentation of Good Fortune (1)</u>
<u>Mantra for Materialistic Prosperity (2)</u>	<u>Mantra for Augmentation of Good Fortune (2)</u>
<u>Mantra for Materialistic Prosperity (3)</u>	<u>Mantra for Augmentation of Good Fortune (3)</u>
<u>Mantra for Materialistic Prosperity (4)</u>	<u>Mantra for Augmentation of Fame (1)</u>
<u>Mantra for Materialistic Prosperity (5)</u>	<u>Mantra for Augmentation of Fame (2)</u>
<u>Mantra for Augmenting Wealth and Welfare</u>	<u>Mantra for Removing Poverty</u>

Click on the links above

PEACE, HAPPINESS & JOURNEY RELATED MANTRAS

<u>Mantra for Peaceful Death</u>	<u>Mantra for Safe Journey (1)</u>
<u>Mantra for Family Peace (1)</u>	<u>Mantra for Safe Journey (2)</u>
<u>Mantra for Family Peace (2)</u>	<u>Mantra for Entering A Locality (1)</u>
<u>Mantra for Family Peace (3)</u>	<u>Mantra for Entering A Locality (2)</u>
<u>Mantra for Family Peace (4)</u>	<u>Mantra for Harmony</u>
<u>Mantra for Creating A Favourable Atmosphere</u>	<u>Mantra for Experiencing Subtle Touch</u>
<u>Mantra for Experiencing Divine Fragrance</u>	<u>Mantra for Freedom From Sorrow</u>

Click on the links above



MANTRA THERAPY



Mantra Therapy is an anthology of 365 Mantras which have been compiled by Acharya Mahapragya from various Jain scriptures.

The essence for the power of mantra lies in establishing oneness with the goal. Thus, it is important to pay particular attention to (i) Place (ii) Time (iii) Chanting (iv) Concentration (v) Breath

Samani Punya Pragyaji has melodiously recited all the mantras which will bestow various spiritual and physical benefits.

Acharya Mahapragya states that in Jain philosophy all souls possess infinite powers. We need to harness this power within our selves. Mantra is the medium of searching for this inner power. Practice of mantra is thus a way of self empowerment. A mantra is a sacred verbal formula repeated in a prayer, meditation or incantation, such as an invocation to God, a syllable or portion of a scripture containing mystical potentialities. Etymologically MAN means mind and TRA means protection. Thus mantra is something which protects the mind. Mantra is an armour. Not even a single atom can penetrate it. Mantras have enormous powers. Sound waves can open tightly closed doors, turn ignorance to knowledge, sorrow to joy, weakness to strength. Different sounds have different effects on human psyche. Correct pronunciation and intonation of Mantras is extremely important. It is essential that there is harmony between recitation and breath. Certain organs of our body emit bioelectricity. Words get charged with the electricity and the resultant vibrations create energy. Sacred utterances or chanting of mantras therefore provides us with the power to attain our goals and lift ourselves from the ordinary to higher level of consciousness. Mantras give us the power to cure diseases, wars of evils, gain wealth, acquire supernatural powers and worship a deity for exalted communication. Continuous chanting of mantra (jaap) begins with words but eventually words disappear and the devotee attains one-pointedness or extreme focus, on the chosen deity or principle idea of the mantra whereby MANTRA comes alive and there is radiance everywhere