

YACHT

RECOMMENDED MANTRAS

I.
WHERE DOES THE SPIRIT DWELL?
NOT IN HEAVEN, NOT IN HELL.

II.
YOU DO NOT GO TO DEATH,
DEATH COMES TO YOU.

III.
EVERYTHING CRUMBLES BEFORE THE OTHER.

IV.
I'M AWARE OF MY POWER
TO CREATE AND TO DESTROY.

V.
I TELL MY DREAMS TO COME TRUE.

VI.
NEVER IGNORE THE SONG OF OPPORTUNITY.
SING ALONG!

VII.
I IGNORE THAT WHICH CONTROLS ME.
I CONTROL MYSELF.

VIII.
DON'T FIGHT THE DARKNESS.
BRING THE LIGHT, AND DARKNESS
WILL DISAPPEAR.



WHAT IS A MANTRA?

A mantra is a word or phrase which has the power to bring about spiritual and physical transformation. Mantras originated in the Vedic tradition of India, and are an essential part of the Hindu, Buddhist, Sikh and Jainist traditions. They are now used by multitudes of faiths and practices around the world as tools for the diversion of the mind from unwanted instincts and deep-set "darkness" behavior.

Mantras are tools of power. They are formidable, ancient, and they work. They are symbols of their users' intent to change their own minds through a transcendence of their ego. A thoughtful practice of mantra recitation can create a profound change in the energy and essence of a person.

There is no ideological conflict between mantra repetition and any other belief system. It is simply a tool for personal growth, one which will eventually free you from the vagaries of your mind..

Y Δ C H T

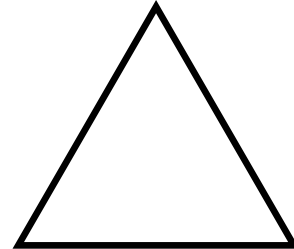
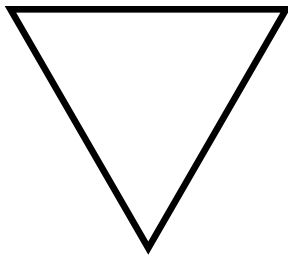
MANTRAS AND POP MUSIC

Michael Jackson urged us, “Don’t Stop Until You Get Enough.” In later years, he demanded more of us: to heal the world, to make it a better place. In bedrooms around the world, these demands have echoed for decades.

Are these pronouncements of personal philosophy—which, in the course of our lives, we hear repeated hundreds, perhaps thousands of times — much different than mantras? Certainly, the Shanti mantra of *Sarve Bhavantu Sukhinah, Sarve Santu Niramayah, Sarve Bhadrani Pashyant, Ma Kaschit Dukkha Bhaag Bhaveet, Om Shantih, Shantih, Shantih*•• echoes the dreams of the late Mr. Jackson. If we repeat it to ourselves again and again, the effect could be the same.

Mantras are to be repeated daily, purposefully — this seems like a difficult task to many. Yet, we allow pop songs into our lives and minds without conscious intention and allow their often conflicting messages to shape and define us. Pop music is designed for repeat play, and dance music is structured by rhythmic repetition. Why not consider the mantra as a kind of cosmic pop music?

•• *Om, May all be happy. May all be healthy. May we all experience what is good and let no one suffer. Om, Peace, Peace, Peace!*



OTHER USEFUL MANTRAS for STUDY OR RECITATION

*Asato ma sad gamaya
Tamaso ma jyotir gamaya
Mrtyor ma amrtam gamaya*

Lead me from the unreal to the Real.
Leade me from darkness to Light.
Lead me from death to Immortality.

*Gate Gate Para Gate Parasam Gate
Bodhi Svaha!*

Gone, gone, gone beyond altogether
beyond, Awakening, fulfilled!



Om Mani Padme Hum
Praise to the jewel in the lotus!