

List of Commonly Recommended Mantrams*

(italics show pronunciation)

Mantrams (<i>pronunciation</i>)	Meaning or Background
Om mani padme hum (<i>ohm mah-nee paad-may hoom</i>)	An invocation to the jewel (Self), in the lotus of the heart
Namu Amidabutsu (<i>nah-moo a-meed-a-boot-soo</i>)	“I put faith in Buddha of infinite light”
Господи помилуй (Hospody Pomiluy)	Lord have mercy (Ukrainian)
Kyrie Eleison (<i>kee-ree-yay aye-lay-saan</i>)	Lord have mercy (Greek)
Господи Ісусе Христе, Сину Божий, помилуй мене (Hospody Isuse Khryste, Synu Bozhyu, pomyluy mene)	Jesus Prayer (Ukrainian)
Lord Jesus Christ, Son of God, have mercy (or: Lord Jesus Christ, Son of God, have mercy on me)	Jesus Prayer (English)
Jesus	The name of Jesus
My God and My All (Latin: Deus meus et omnia)	St. Francis of Assisi's repeated prayer
Christe Eleison (<i>Kreest-ay aye-lay-saan</i>)	Christ have mercy (Greek)
Maranatha (<i>mar-uh-nath-uh</i>)	Come, our Lord! (Aramaic; 1 Cor 16:22)
Hail Mary (or Latin: Ave Maria)	Mother of Jesus
Rama (<i>rah-ma</i>)	“The Lord as the source of abiding joy” (Mahatma Gandhi's mantram)
Om Bhavani (<i>ohm baa-vaa-nee</i>)	Invoking the Divine Mother
Barukh attah Adonoi (<i>baa-rook aa-taa aa-doh-nai</i>)	“Blessed art Thou, O Lord” (Hebrew)
Ribono shel olam (<i>rib-on-oh shell oh-lam</i>)	Lord of the Universe (Hebrew)
Bismallah ir-Rahman ir-Rahim (<i>bis-mi-lah eer-rah-maan ir-rah-eem</i>)	In the name of God, the most gracious, the most merciful (Arabic)
Allah (<i>aa-lah</i>)	The name of God
Haré Rama, Haré Rama, Rama Rama, Haré Haré, Haré Krishna, Haré Krishna, Krishna Krishna, Haré Hare (<i>ha-ray raa-ma... ha-ray kri-shna...</i>)	God (called by 3 names) as one “who steals our hearts, who is the source of joy, who draws us”

***Note: This is not an all-inclusive list.**

For Easwaran's mantra's: <https://www.bmcm.org/learn/recommended-mantrams/>

(adapted from handout at <https://www.jillbormann.com/mantram-repetition-program>)

(for a scholarly perspective on the importance of using a traditional mantram, see <https://doi.org/10.1037/amp0001368>)