Day 1: Om – The Cosmic Yes

Om

The Cosmic Yes – the soundless sound of the universe.

Day 2: Inner Peace

Om Shanti Om

Inner peace
Day 3: New Beginnings

**Om Gum Ganapatayei Namaha**
Salutations to the remover of obstacles.

Day 4: I Am Love

**Aham Prema**
I am love.

Day 5: Protection

**Narasimha Tava Dasohum**
Mantra for protection from negative influences.

Day 6: From Darkness To Light

**Om asatomo satgamaya**
**Tamasoma jyotirgamaya**
**Mrityorma amritamgamaya**
Take us from the false to the truth. From darkness to light. From death to eternal life.
Day 7: Liberation

**Om Namo Bhagavate Vasudevaya**

Om is the name of that inside of me which is aware of the oneness of all things.

Day 8: Wholeness

**Om purnamadah purnamidam**

**Purnat purnamudachyate**

**Purnasya purnamadaya**

**Purnamevavashishyate**

Om

That is the whole.

This is the whole.

From wholeness emerges wholeness.

Wholeness coming from wholeness, wholeness still remains.

Day 9: The Inner Guru

**Aad guray nameh**

**Jugaad guray nameh**

**Sat guray nameh**

**Siri guray deveh nameh**

I bow to the Primal Guru.

I bow to Eternal Truth.

I bow to True Wisdom.

I bow to Great Divine Wisdom.

Day 10: Abundance

**Om Shreem Mahalakshmiyei Namaha**

Salutations to that heart centered and great Lakshmi. May you pour forth your blessings upon me.
Day 11: Reverence

Om Satchitananda Parabrahma
Purushothama Paramatma
Sri Bhagavati Sametha
Sri Bhagavate Namaha
Hari Om Tat Sat

Oh Divine Force, Spirit of All Creation, Highest Personality, Divine Presence, manifest in every living being - Supreme Soul manifested as the Divine Mother and as the Divine Father - I bow in deepest reverence.

Day 12: Perfecting Wisdom

Teyata Gate Gate Paragate
Para Samgate Bodhi Soha

Gone, gone… gone far beyond to the awakened state.

Day 13: Happiness

Lokah Samasta Sukhino Bhavantu

May all beings be happy.

Day 14: Buddha Nature

Om Muni Muni Maha Muni Swaha

To the sage, the sage, the great sage, I pay homage.
Day 15: Healing
Om Shree Dhanvantre Namaha
Salutations to the Celestial Healer.

Day 16: Medicine Buddha
Teyata Om Bekanze Bekanze
Maha Bekanze Bekanze
Radza Samut Gate Soha
I invoke the Medicine Buddha by sending my prayer to the supreme heights where illness and spiritual ignorance is healed.

Day 17: Supreme Love
Made Manifest
Om Parama Prema Rupaya Namaha
Salutations to Divine Love in a form that I can recognize.

Day 18: Compassion In Action
Om Tare Tuttare Ture Swaha
A Tibetan Buddhist invocation to call upon the Divine Feminine in the form of the Goddess Tara – the goddess of compassion.
Day 19: The Jewel In The Lotus

**Om Mani Padme Hum**

Praise to the jewel in the lotus.

Day 20: Tantra~Mantra

**Om Kama Pujitayei Namaha**

Salutations to divine worship in the form of love-making.

Day 21: Enlightenment

**Om bhur bhuvaha svaha**
**Tat savitur varenyam**
**Bhargo devasya dhimahi**
**Dhiyo yonah prachodayat**

O Self-Effulgent light who has given birth to all the lokas!
You, who is worthy of worship and who appears through the orbit of the Sun, please illumine our intellect!

Day 22: Celebration

Enjoy!

**There is so much magnificence near the ocean**
**Waves are coming in**
**Waves are coming in**

**Hallelujah!**