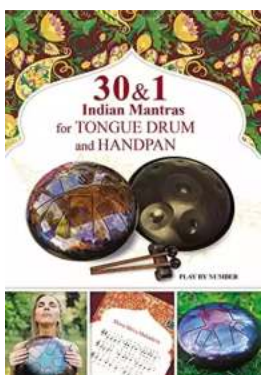


30 Indian Mantras for Tongue Drum and Handpan

Indian mantras are revered for their spiritual significance and ability to create a harmonious environment. When combined with the heavenly tones of the tongue drum and handpan, these mantras create a truly transcendent musical experience.

The tongue drum and handpan are unique instruments that produce enchanting melodies and soothing vibrations. They are gaining popularity among musicians and spiritual seekers alike for their ability to create a meditative atmosphere and induce a deep state of relaxation.

Whether you are a seasoned musician or a beginner, incorporating Indian mantras into your tongue drum or handpan practice can elevate your musical journey to new heights. In this article, we have curated a list of 30 powerful Indian mantras that are perfect for playing on these mesmerizing instruments.



30 and 1 Indian Mantras for Tongue Drum and Handpan: Play by Number

by Helen Winter([Print Replica] Kindle Edition)

★★★★☆ 4 out of 5

Language : English

File size : 16728 KB

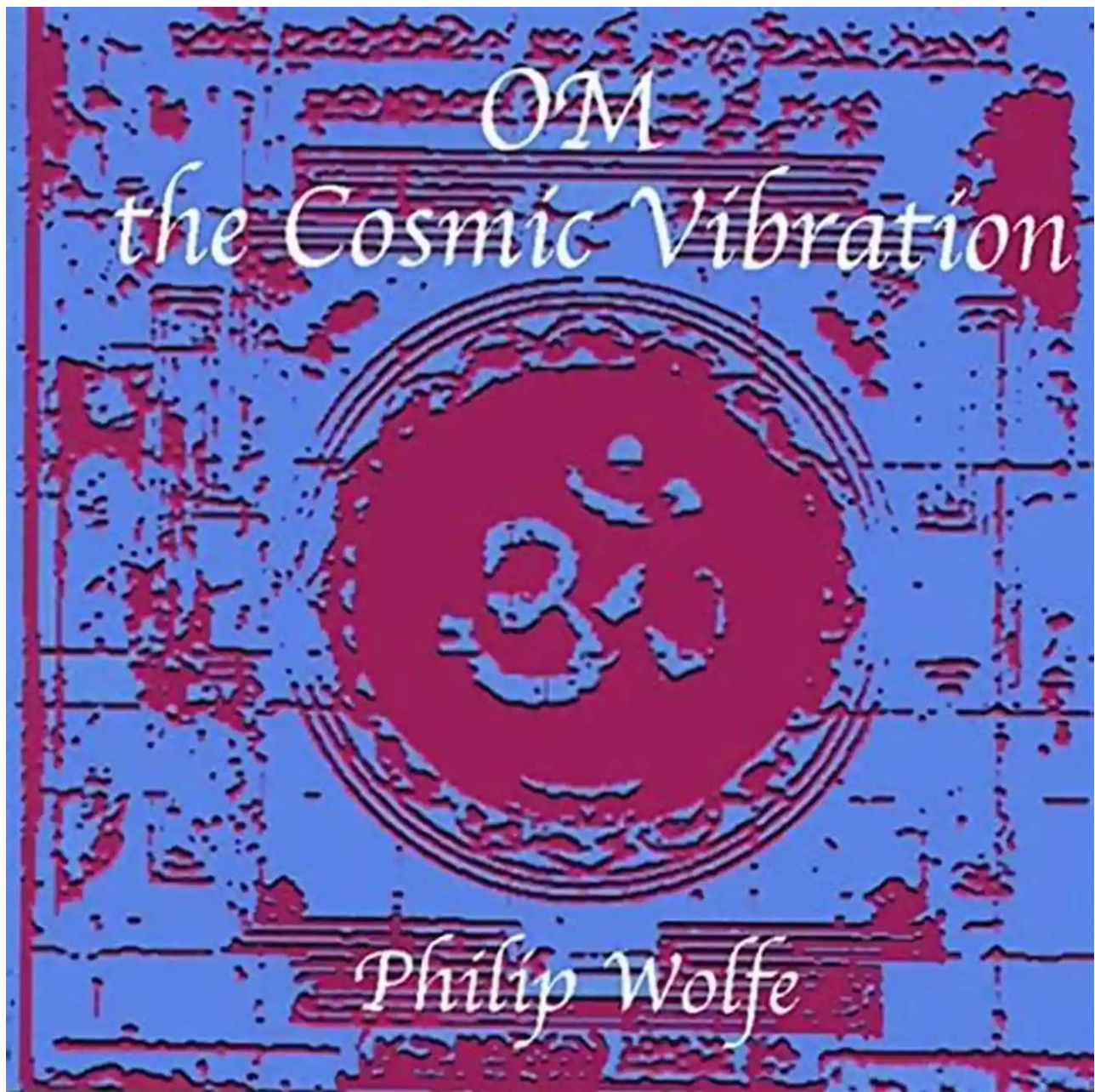
Screen Reader : Supported

Print length : 272 pages

Lending : Enabled



1. Om



Om is the most sacred sound in Hinduism and is often considered the primordial sound that resonates throughout the universe. Playing this mantra on your tongue drum or handpan can create a profound sense of peace and connect you to the divine.

2. Gayatri Mantra



The Gayatri Mantra is one of the oldest and most powerful mantras in Hinduism. It is believed to bestow wisdom, stimulate intellect, and enlighten the mind. Let the ethereal sounds of your instrument fill the air as you chant this mantra.

3. Mahamrityunjaya Mantra



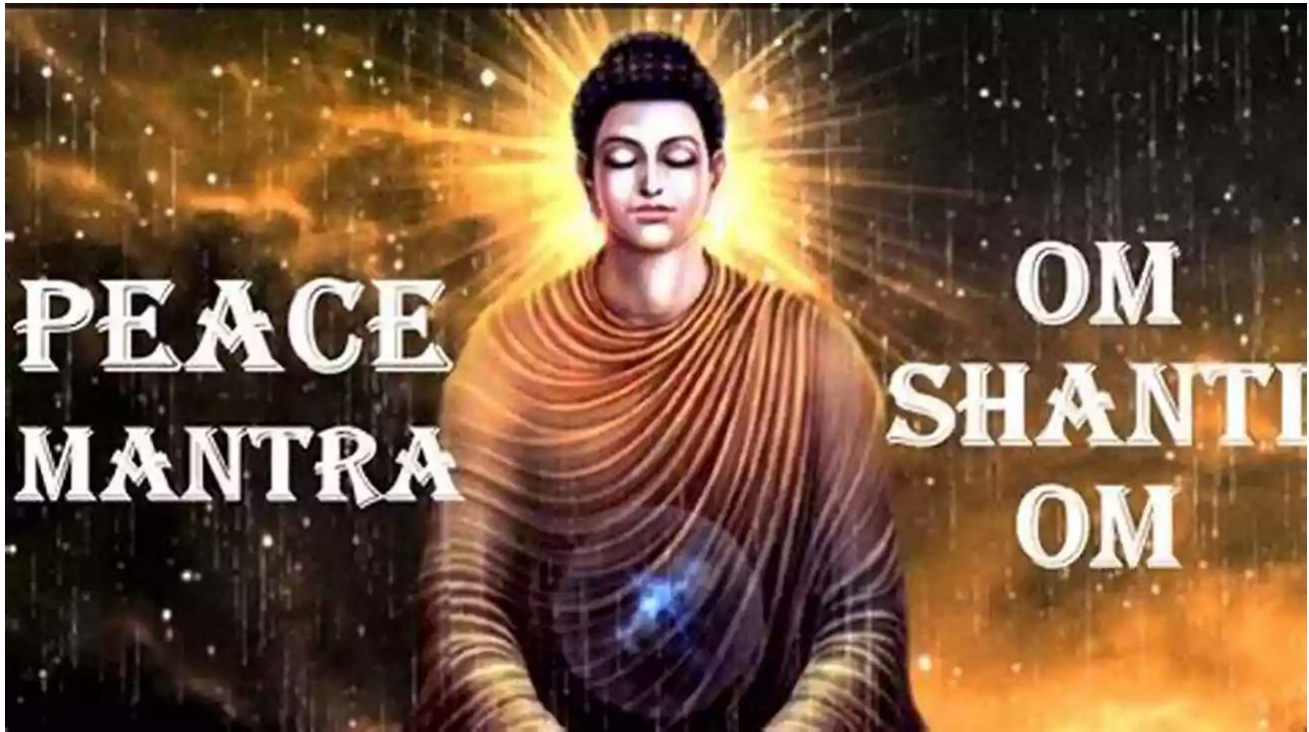
The Mahamrityunjaya Mantra is a revered mantra that is chanted to invoke Lord Shiva's blessings and remove the fear of death. Playing this mantra on your tongue drum or handpan can bring a sense of courage and protection.

4. Om Namah Shivaya



Om Namah Shivaya is a powerful mantra dedicated to Lord Shiva, the deity associated with transformation and destruction. Let the rhythmic vibrations of your instrument resonate with this mantra, allowing you to experience inner transformation and spiritual growth.

5. Shanti Mantra



The Shanti Mantra is chanted to invoke peace and tranquility. Playing this mantra on your tongue drum or handpan creates a serene atmosphere that allows you to delve deep into meditation and connect with your inner self.

6. Om Chanting



The simple act of chanting "Om" can have profound effects on the body and mind. When played on the tongue drum or handpan, the vibrations produced by this mantra can help you achieve a deep meditative state and enhance your overall well-being.

7. Krishna Mantra



The Krishna Mantra is a beautiful chant dedicated to Lord Krishna, the embodiment of love and devotion. Allow the gentle tones of your instrument to capture the essence of divine love as you play this mantra.

8. Ganesh Mantra

गणेश मंत्र



SHREE VAKRATUNDA MAHAKAYA

श्री वक्रतुण्ड महाकाय सूर्य कोटी समप्रभा
निर्विघ्नं कुरु मे देव सर्व-कार्येशु सर्वदा ॥

GANESHA SHUBH LABH MANTRA

ॐ श्रीम गम सौभाग्य गणपतये
वर्वद सर्वजन्म में वषमान्य नमः ॥

GANPATI GAYATRI MANTRA

ॐ एकदन्ताय विद्महे, वक्रतुण्डाय धीमहि,
तन्नो दन्ति प्रचोदयात् ॥

The Ganesh Mantra is an auspicious chant that seeks blessings from Lord Ganesh, the remover of obstacles. As you play this mantra on your tongue drum or handpan, visualize the removal of any obstacles hindering your spiritual progress.

9. Saraswati Mantra



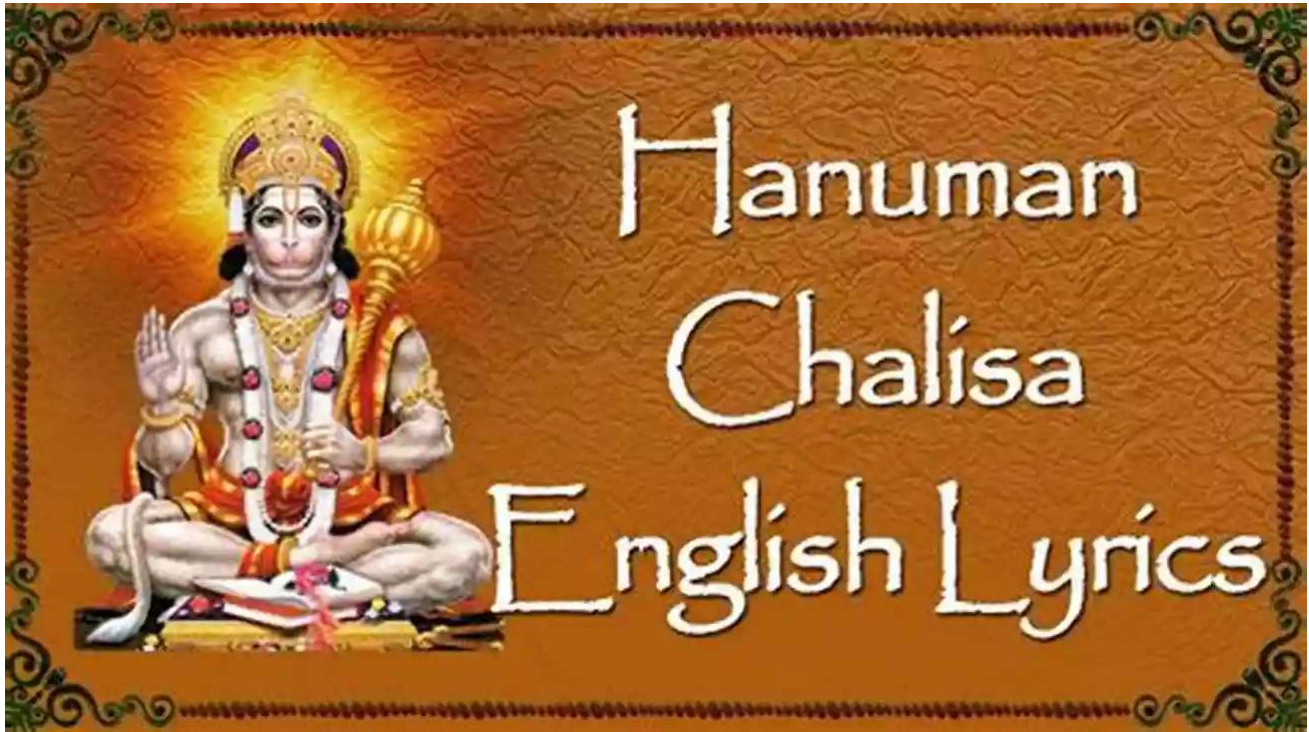
Saraswati Mantra

सरस्वती नमस्तुभ्यं वरदे
कामरूपिणी विद्यारम्भं
करिष्यामि सिद्धिर्भवतु मे
सदा।

Vedastrologer.com

The Saraswati Mantra is recited by those seeking wisdom, knowledge, and artistic abilities. Allow the enchanting sounds of your instrument to invoke the blessings of Goddess Saraswati, the embodiment of wisdom and creativity.

10. Hanuman Chalisa



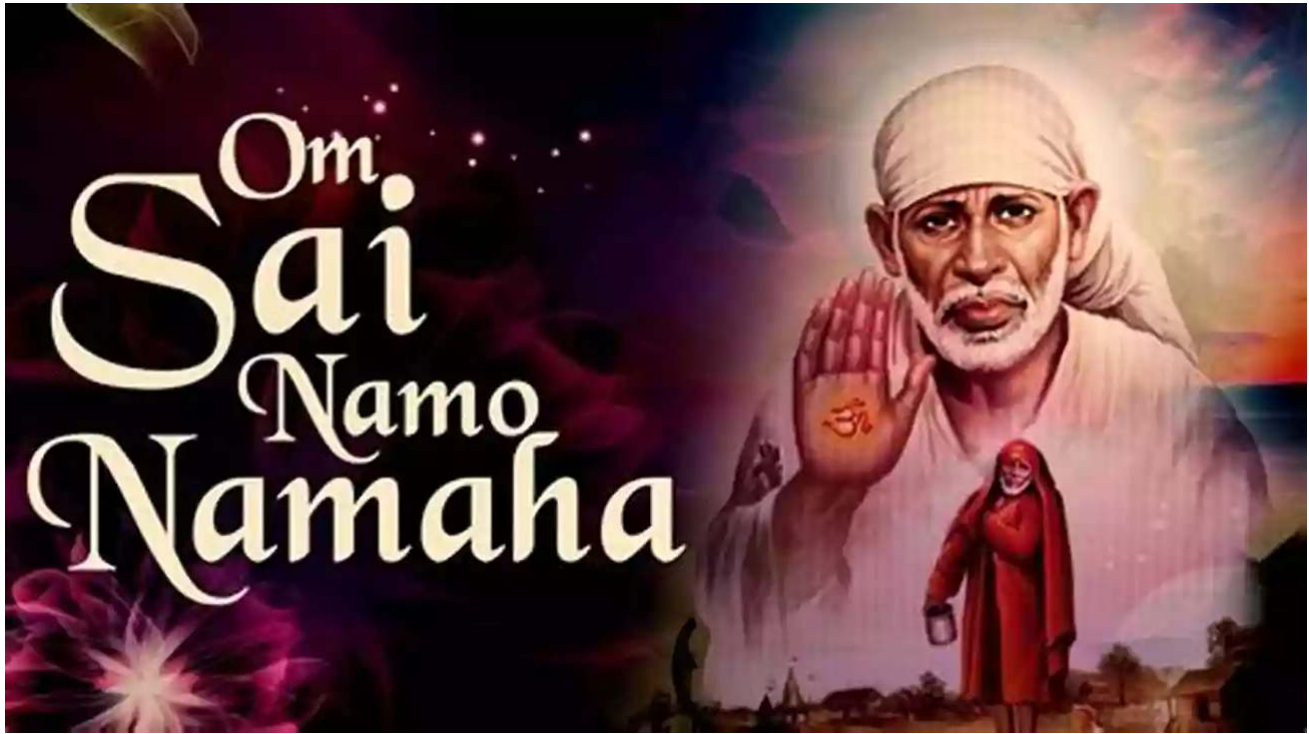
Hanuman Chalisa is a hymn dedicated to Lord Hanuman, the epitome of devotion and strength. Playing this powerful chant on your tongue drum or handpan can fill you with the determination and courage to overcome any challenges in life.

11. Durga Mantra



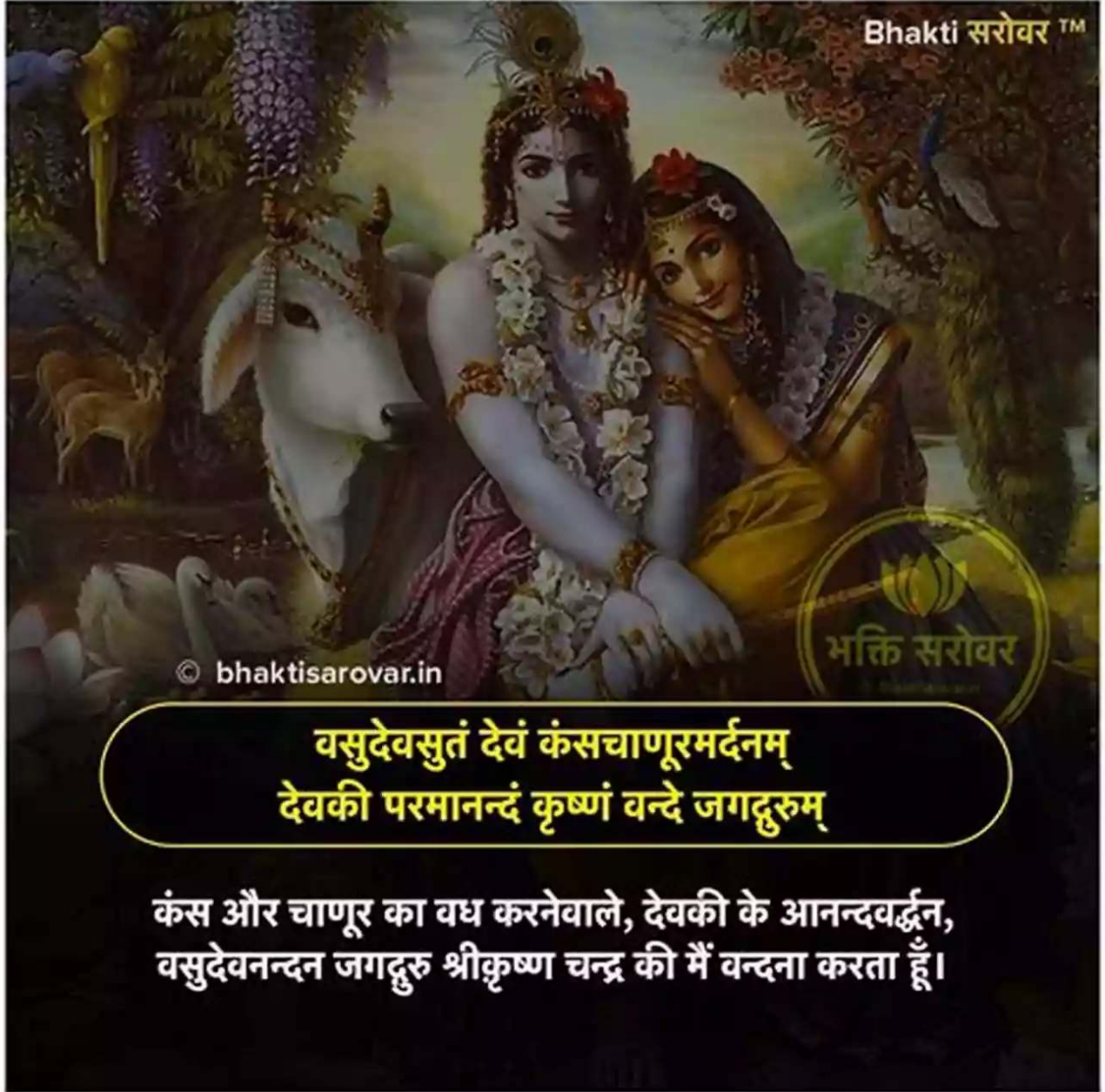
The Durga Mantra is chanted to seek the blessings of Goddess Durga, the divine feminine force. Let the melodious notes of your instrument resonate with this mantra, empowering you with inner strength and protection.

12. Om Sai Namoh Namah



Om Sai Namaha is a mantra dedicated to Sai Baba, a saint revered for his teachings on love, compassion, and selfless service. Playing this mantra on your tongue drum or handpan can invoke the presence of Sai Baba and fill your surroundings with positivity.

13. Radhe Krishna Mantra



The Radhe Krishna Mantra is a chant that celebrates the eternal love between Radha and Krishna. Allow the melodious sounds of your instrument to transport you to a realm of divine love and devotion.

14. Om Mani Padme Hum



Om Mani Padme Hum is a Tibetan Buddhist mantra that signifies the path to enlightenment and compassion. Playing this mantra on your tongue drum or handpan can help you cultivate compassion and embrace the principles of Buddhism.

15. Maha Lakshmi Mantra



The Maha Lakshmi Mantra is chanted to invoke the blessings of Goddess Lakshmi, the deity of wealth and prosperity. Allow the captivating tones of your instrument to enhance your abundance consciousness and attract positive energy into your life.

16. Om Shanti Shanti Shanti

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Positive Vibes Always



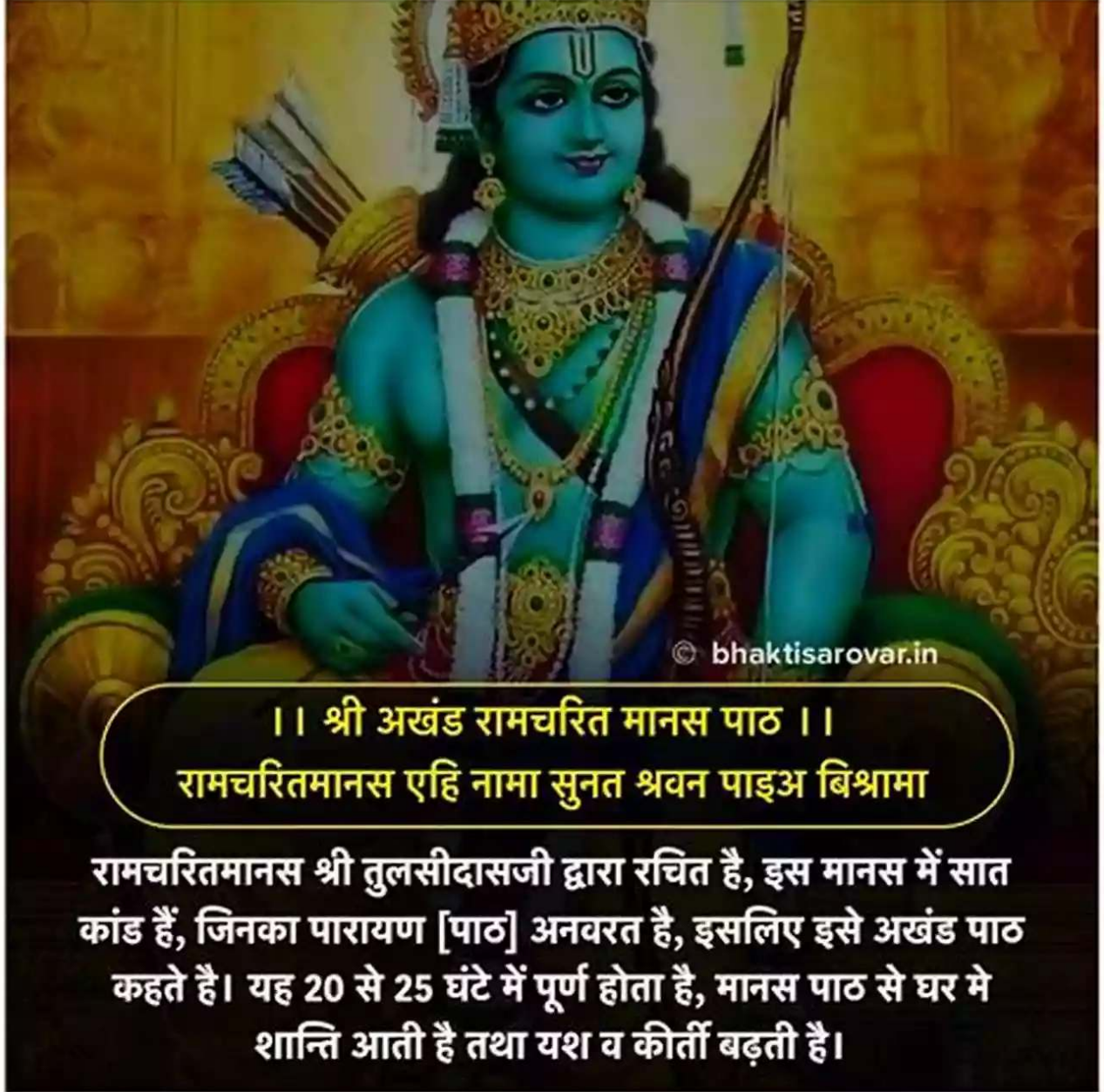
"Om Shanti, Shanti, Shanti"

SHANTI MANTRA

Achieve Universal Peace
and Calmness

Om Shanti Shanti Shanti is a universal peace chant that seeks peace on all levels - physical, mental, and spiritual. Allow the soothing vibrations of your tongue drum or handpan to spread peace and harmony to the world.

17. Ram Mantra



।। श्री अखंड रामचरित मानस पाठ ।।
रामचरितमानस एहि नामा सुनत श्रवन पाइअ बिश्रामा

रामचरितमानस श्री तुलसीदासजी द्वारा रचित है, इस मानस में सात कांड हैं, जिनका पारायण [पाठ] अनवरत है, इसलिए इसे अखंड पाठ कहते हैं। यह 20 से 25 घंटे में पूर्ण होता है, मानस पाठ से घर में शान्ति आती है तथा यश व कीर्ती बढ़ती है।

The Ram Mantra is dedicated to Lord Rama, the divine incarnation known for his virtuous qualities. Playing this mantra on your tongue drum or handpan can help you embody the noble traits of Lord Rama and inspire you to lead a righteous life.

18. Mahakali Mantra



The Mahakali Mantra is a chant that honors the divine feminine energy of Goddess Kali. Let the powerful vibrations of your instrument resonate with this mantra, igniting your inner strength and fearlessness.

19. Ramachandraaya Namaha



Ramachandraaya Namaha is a salutation to Lord Rama, acknowledging his divinity and seeking his blessings. Playing this mantra on your tongue drum or handpan can fill your heart with devotion and gratitude.

20. Om Namo Bhagavate Vasudevaya



Om Namō Bhagavate Vasudevaya is an invocation to Lord Krishna, the supreme deity. As you play this mantra on your tongue drum or handpan, feel a sense of oneness with the divine and immerse yourself in Krishna's divine energy.

21. Nada Brahma



NADA BRAHMA

SOUND RITUALS

Nada Brahma translates to "Sound is God" or "Sound is the Absolute." When you play your tongue drum or handpan, you become the channel for divine energy, creating a sacred space where the sound resonates with the cosmic vibrations.

22. Om Gam Ganapataye Namaha



108 Times Mantra

Om Gam Ganapataye Namaha is a mantra dedicated to Lord Ganesha, the remover of obstacles and the deity of intellect and wisdom. Let the gentle tones of your instrument dissolve any obstacles hindering your spiritual and creative growth.

23. Jai Jagdish Hare

श्री विष्णु जी की आरती

ॐ जय जगदीश हरे, स्वामी जय जगदीश हरे
भक्त जनों के संकट, दास जनों के संकट
क्षण में दूर करे, ॐ जय...
माता पिता तुम मेरे, शरण गहूं किसकी
स्वामी शरण गहूं मैं किसकी
तुम बिन और न दूजा, आशा करूँ किसकी, ॐ जय...
जो ध्यावे फल पावे, दुख बिनसे मन का .
सुख सम्पति घर आवे, कष्ट मिटे तन का ..
तुम पूरण परमात्मा, तुम अंतरयामी .
पारब्रह्म परमेश्वर, तुम सब के स्वामी ..
तुम करुणा के सागर, तुम पालनकर्ता .
मैं सेवक तुम स्वामी, कृपा करो भर्ता ..
तुम हो एक अगोचर, सबके प्राणपति .
किस विधि मिलूं दयामय, तुमको मैं कुमति ..
दीनबंधु दुखहर्ता, तुम रक्षक मेरे .
करुणा हस्त बढ़ाओ, द्वार पड़ा तेरे ..
विषय विकार मिटाओ, पाप हरो देवा .
श्रद्धा भक्ति बढ़ाओ, संतन की सेवा ..

Jai Jagdish Hare is a universal hymn that praises the divine Supreme Being. Playing this hymn on your tongue drum or handpan can evoke a sense of devotion and gratitude for the divine presence in our lives.

24. Moola Mantra



The Moola Mantra is a powerful chant that encapsulates the essence of divine consciousness. When played on your tongue drum or handpan, this mantra can bring you closer to the realization of your true self and the interconnectedness of all beings.

25. Om Sarvesham Svastir Bhavatu

aumamen.com

Om Sarvesham Svastir Bhavatu (universal prayer): lyrics and meaning

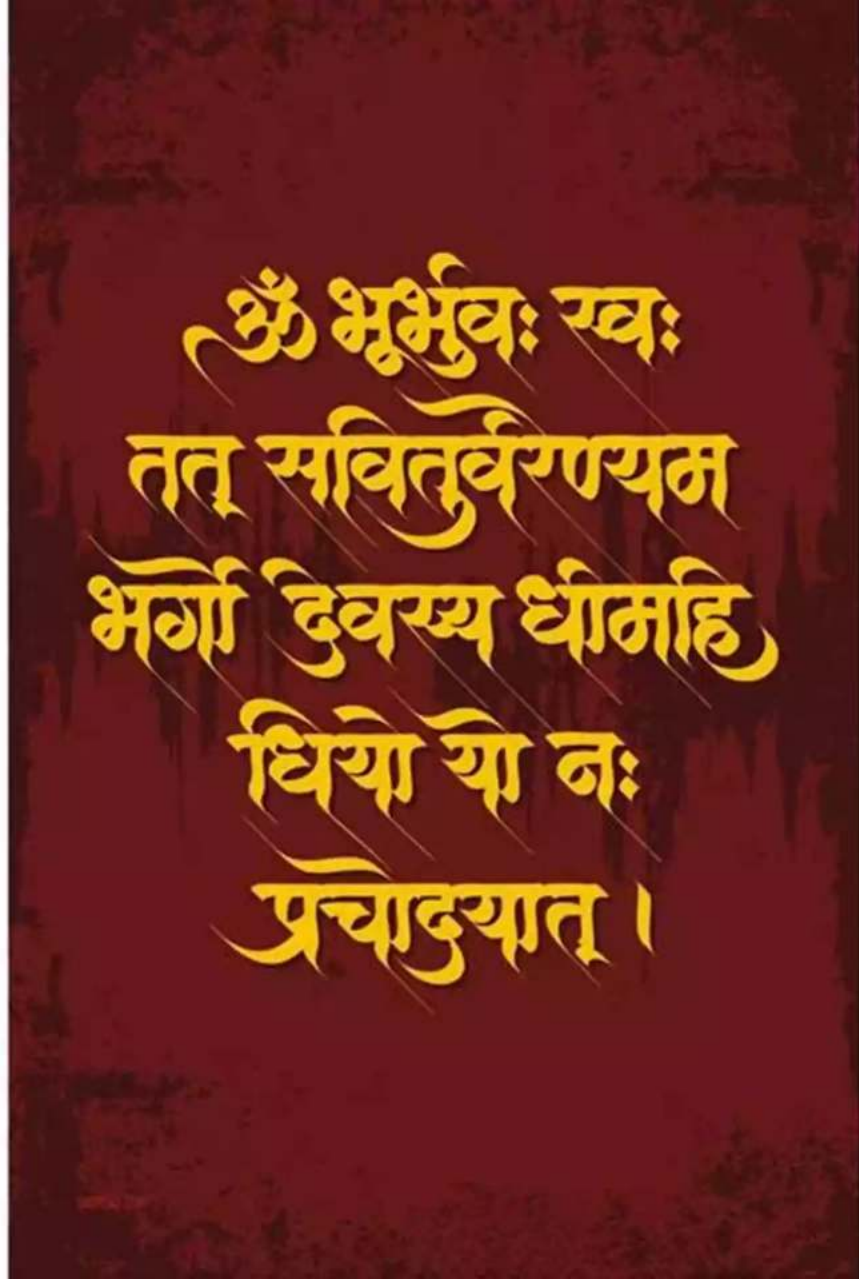
Om Sarvesham Svastir Bhavatu is a universal peace prayer that seeks blessings and well-being for all. Playing this prayer on your tongue drum or handpan can create a sacred space, where the vibrations radiate peace and harmony to all living beings.

26. Shiva Shiva Shambho



Shiva Shiva Shambho is a chant that extols the glory of Lord Shiva and his divine attributes. Allow the mesmerizing sounds of your instrument to transport you to the realm of Shiva's transcendent energy and eternal bliss.

27. Om Bhur Bhuva Swaha



Om Bhur Bhuva Swaha is the opening line of the Gayatri Mantra, a revered mantra from the Rigveda. When played on your tongue drum or handpan, this mantra can awaken the inner light and wisdom within you.

28. Om Shreem Hreem Kleem Glaum Gam Ganapataye

*Om Shreem Hreem Kleem Glaum
Gam Ganapataye Vara Varada
Sarva Janamai Vashamanaaya
Swaha*

4



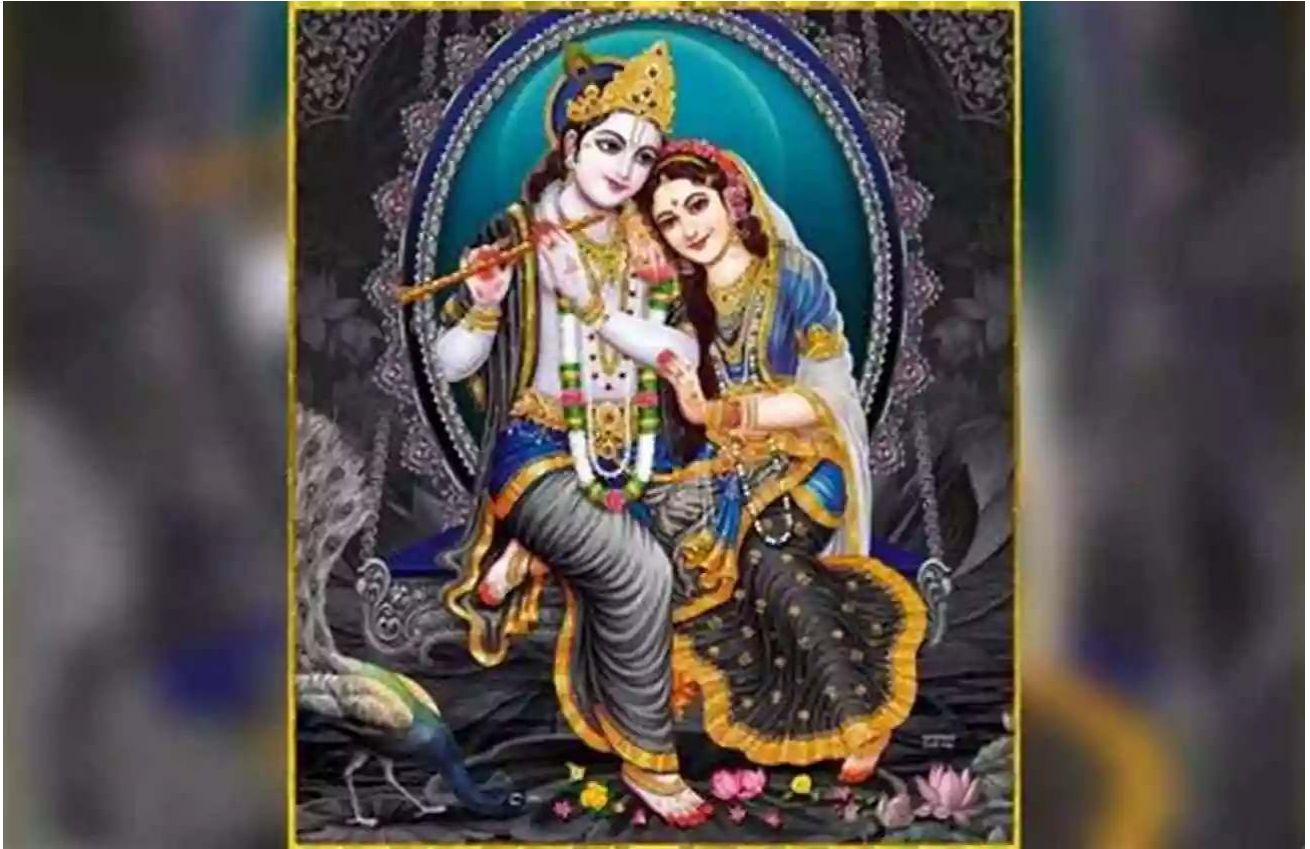
Om Shreem Hreem Kleem Glaum Gam Ganapataye is a potent mantra dedicated to Lord Ganesha, seeking his blessings for success and prosperity. Let the melodies of your instrument resonate with this mantra, attracting abundance into your life.

29. Sarve Bhavantu Sukhinah



Sarve Bhavantu Sukhinah is a universal prayer that wishes happiness and well-being for all. Playing this prayer on your tongue drum or handpan can create a harmonious environment that radiates positivity and goodwill.

30. Om Radha Krishnaya Namaha

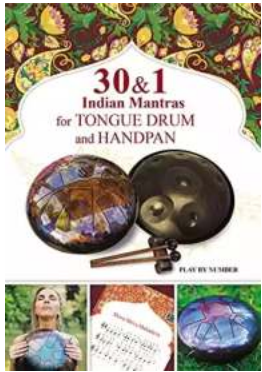


Om Radha Krishnaya Namaha is an invocation to the divine union of Radha and Krishna, symbolizing the union of the individual soul with the divine consciousness. Let the celestial tones of your instrument transport you to the realm of divine love and oneness.

As you embark on your journey with the tongue drum or handpan, exploring the mystical world of Indian mantras can add depth and spiritual resonance to your musical experience. These mantras have been chanted for centuries, carrying the wisdom and vibrations of ancient traditions.

Remember, when playing these mantras on your tongue drum or handpan, let the vibrations of the instrument harmonize with your soul, creating a sacred space where music and spirituality merge.

So, grab your tongue drum or handpan and embark on a transcendental journey as you immerse yourself in the enchanting world of Indian mantras. Let the vibrations of your instrument become a portal to spiritual awakening and inner peace.



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Mantras use the energy of sacred sound to bring benefit to the human body and psyche. This is done through vibration, content, and repetition, and the purpose is to harmonize the energy of one's heart, mind, and body. The creation of this balance of energy has been used for centuries to access and open the human heart and mind and connect them to spiritual powers. Most mantras consist of simple words or sounds that evoke a deep resonance.

These mantras were adapted here for Tongue Drum and Handpan and they are possible to play on most drum models. Songs have been transposed for a steel drum sound range. Some melodies might be changed and simplified.

The steel tongue drum (aka tong drum, tank drum, gluck-o-phone, hapi, or steeldrum) and the handpan (aka hank drum, UFO drum, zen drum, meditation, healing, or chakra drum) are percussion musical instruments designed to help

you focus on your feelings, sensations, and body. The main purpose is relaxation, meditation, and traveling through your inner world.

We write the note numbers above the notes because our sheet music is aimed at absolute beginners. Just follow numbers and enjoy.

Also, we add a QR code to most songs. Follow the link and find this song before beginning to play.

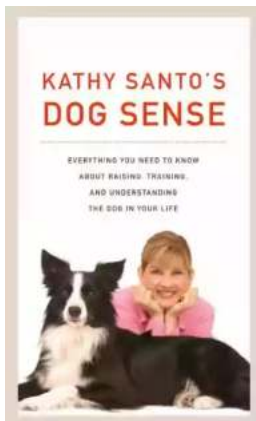
For which tongue drum are these mantras suitable?

Each tongue drum is very different, and it is impossible to accommodate songs for all kinds of tongue drums in one book. This book is suitable for most models of handpan, but if you have a tongue drum, it should have a minimum of 10 keys, because many songs in this book involve more than one-octave notes. 13 melodies from this book are suitable for a 1-octave tongue drum. Others melodies require a 10+ key tongue drum or a handpan.

Contents:

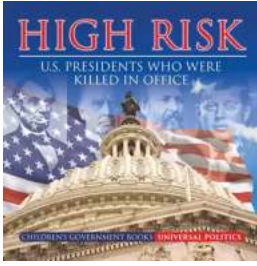
1. Adi Mantra of Kundalini Yoga
2. Ayodhya Vasi Ram
3. Devi Devi Devi Yagan Mohini
4. Gauri Gauri Gange Rajeshwari
5. Gayatri Mantra
6. Govinda Jaya Jaya
7. Guru Brahma
8. Hara Hara Mahadeva
9. Hare Krishna
10. Hari Hari Bol
11. Jai Radha Madhava Kunjabi Hari

12. Jaya Durga Kali
13. Jaya Ho Mata
14. Jyota Se Jyota
15. Kali Durgai Namoh Namah
16. Lokah Samastah Sukhino Bhavantu
17. Maha Mrityunjaya Mantra
18. Namosthute
19. Om Aim Hrim Klim Chamundaye Viche Namaha
20. Om Bhagavan
21. Om Mane Padme Hum
22. Om Namoh Bhagavate Sivanandaya
23. Om Shakti Om
24. Om Shri Durgayai Namaha
25. Rama Bolo
26. Shankara Karunakara
27. Shiva Shiva Mahadeva
28. Shiva Shiva Shambho
29. Shivananda Namoh Om
30. Shivaya Parameshwaraya
31. Siri Gayatry Mantra (Ra Ma Da Sa)



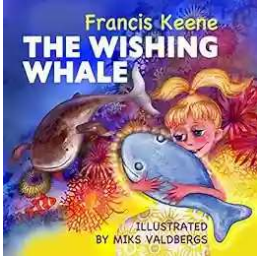
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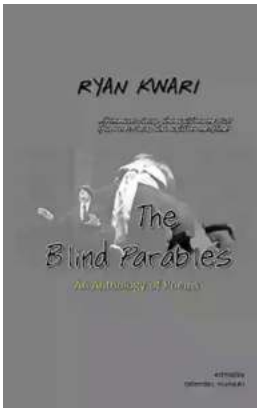
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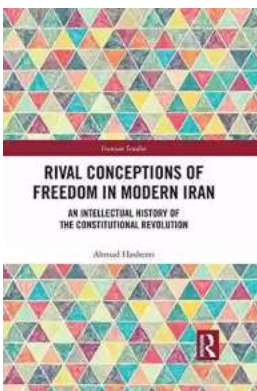
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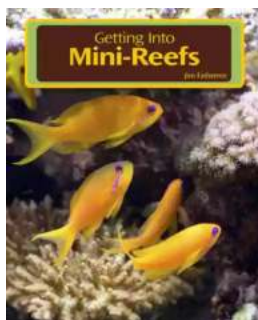
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