

Mantra Tarangams

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The numbers [n] and [n,m] indicate the chakras. Focus on the celestial sounds associated with these chakras while chanting the corresponding syllables. Here is the chakra-bones mapping:

7 = Temporal & Parietal, 6 = Sphenoid & Ethmoid, 5 = Clavicles & C7 (cervical),
4 = Scapulae, T4 (thoracic) and Sternum, 3 = L3 (lumbar), 2 = Sacrum, 1 = Pubis.

Alpha formula is represented by {x, y} and beta formula is represented by {x, y, z}.

Alpha {x, y} = (each part is 32 units, fits in eight beats with four units per beat)

Part 1: xyy- xyy- xyy- xyy- xyy- xyy- xyy- xyy-

Part 2: xyy xyy xyy xyy xy xy xyy xyy xyy xyy xy xy

Part 3: xyy xyy y- y- xyy xyy y- y- xyy xyy y- y- --

Beta {x, y, z} =

Part 1: xyz- xyz- xyz- xyz- xyz- xyz- xyz- xyz-

Part 2: xyz xyz xyz xyz yz yz xyz xyz xyz xyz yz yz

Part 3: xyz xyz z- z- xyz xyz z- z- xyz xyz z- z- --

gAyatri mantra tarangam

[7]: {sa, sa} + Two repetitions of the core mantra (prefix Om bhUr bhuvah .. is omitted)
tat savitur varENyam bhargO dEvasya dhImahi dhiyOyOnah prachOdayAt

[6]: {tat, sa, vi} + {sa, vi}

[5]: {sa, vi, tur} + {va, rE}

[4]: {va, rE, Nyam} + {rE, Nyam}

[3]: {bhar, gO} + {dE, va, sya}

[2]: {dhI, ma, hi} + {ma, hi}

[1]: {dhi, yO} + {yO, yO}, {yO, yO, nah}

[5]: {pra, chO, da} + {chO, da, yA}

[6]: {da, yA, tat} + {yA, tat}

[7]: Two repetitions of the core mantra + {sa, sa}

skanda mantra tarangam

[4]: {yam, yam}

[6]: {maN, maN}

[5]: {maN, yam}

[6]: {brng, maN}

[5]: {brng, yam} + {brng, maN, yam}

[1,5]: {su, brng} + {su, maN} + {su, yam}

[7,5]: {sng, su, brng}

[7,6]: {sng, brng, maN}

[7,4]: {sng, maN, yam}

[7]: {Ong, sng}

Reduction pattern - each part repeats FOUR times, the entire section repeats twice:

Ong sng su brng maN yam; sng su brng maN yam;

su brng maN yam; brng maN yam; maN yam; yam

Reduction pattern - each part repeats TWO times, the entire section repeats twice.