

A TRINITY OF KIRTANS :: SESSION 2

HARE KRISHNA!



**DIVINE UNION OF FEMININE AND MASCULINE DIVING INTO THE INFINITE GENDERLESS
UNIVERSE.**

**WITH AUDREY AND CHRIS SARQUILLA
WWW.AUDREYSARQUILLA.COM**

FIRST MANTRA

**HARE RAMA RAMA
SITA RAMA RAMA**

BEGINNING OUR KIRTAN CALLING ON SITA AND RAM. TWO BELOVEDS WITH A CONVOLUTED AND COMPLEX LOVE STORY. FROM BEING BANISHED FROM THE VILLAGE TO FINDING DEVOTION IN THE JUNGLES MEETING THEIR DEAREST DEVOTEE, LORD HANUMAN. FORMING A BOND OF FRIENDSHIP AND COMPANIONSHIP THAT TRANSCENDS EARTHLY RELATIONSHIPS AND AWAKENS A VULNERABLE HEART. A STEP TOWARD A TENDER SURRENDERING OF ALL THAT WAS, ALL THAT IS AND ALL THAT WILL BE. LOVE IN ALL ITS FORMS.

SECOND MANTRA

**HARE KRISHNA HARE KRISHNA
KRISHNA KRISHNA, HARE HARE
HARE RAMA HARE RAMA
RAMA RAMA, HARE HARE**

THE MAHA 'GREAT' MANTRA. THIS MANTRA IS AN ANTHEM FOR BHAKTI YOGIS, BHAKTAS, IS REPEATED HUNDREDS OF TIMES A DAY IN MANY DIFFERENT MELODIES. HARE – IS A CALL TO RADHA. THE FEMININE DIVINE ASPECT. KRISHNA BEING THE DIVINE MASCULINE ASPECT OF THE UNIVERSE. WHEN THE POLARITIES OF THE MASCULINE AND FEMININE UNITE, HEAL AND COME INTO HARMONY WE SEE BEYOND GENDER.

THIRD MANTRA

**GOVINDA JAYA JAYA, GOPALA JAYA JAYA (2X)
RADHA RAMANA HARI, GOVINDA JAYA JAYA (2X)
RADHE SHYAM (4X)**

KRISHNA HAS IMMENSE DELIGHT AND DEVOTION FOR THE DIVINE FEMININE, SPECIFICALLY RADHA. THIS MANTRA HAS THE SWEET ESSENCE OF THE LOVE-PLAY OF RADHA AND KRISHNA IN THE FOREST. THE 'RASA' OR 'ESSENCE' OF RADHA IS 'MADHURYA' OR 'SWEETNESS'.

GOVINDA: KRISHNA / JAYA: VICTORY TO

GOPALA: PROTECTOR OF COWS I.E. KRISHNA / RADHA RAMANA: DELIGHTED BY RADHA /

SHYAM: DARK ONE, ANOTHER NAME FOR KRISHNA

FOURTH MANTRA

**JAY SEEYA RAM JAY JAY HANUMAN
HARE RAM RAM RAM, SITA RAM RAM RAM**

THIS IS A CHANT TO HONOR THE LOVE OF THE BHAKTI COMMUNITY, SADHU-SANGHA. THE MONKEY GOD HANUMAN, KNOWN AS THE LORD OF DEVOTION, LOVES SITA AND RAM DEEPLY AND WOULD GO TO THE ENDS OF THE EARTH TO SUPPORT THE FRIENDSHIP HE HAS WITH THEM. JAI HANUMAN!

CLOSING MANTRAS

GAYATRI / WHERE THERE IS SPIRITUAL LIGHT THERE CAN BE NO DISEASE.

**OM BHUR BHUVA SUVAHA
TAT SAVITUR VARENYAM
BHARGO DEVASYA DHIMAHI
DHIYOYO NAH PRACHODAYAT**

LOKAH SAMASTA SUKHINO BHAVANTU / MAY ALL BEINGS BE FREE AND HAPPY

OM

JOURNALING/CONTEMPLATION

SURRENDER. REST. RECUPERATION.

MEDITATION/CONTEMPLATION:

'MAY I SURRENDER TO WHAT WAS, WHAT IS AND WHAT WILL BE. I REFLECT WITH THANKS. I REST. I RESTORE.'

WRITING: IS LETTING GO OF AN IDEA OR ACTION THE SAME AS GIVING IT UP? WHY OR WHY NOT? WHERE DO THE DIFFERENCES, IF ANY, LIE BETWEEN THESE TWO IDEAS?

IS THERE ANYTHING YOU DON'T NEED, OR WHICH ISN'T WORKING FOR YOU THAT CAN EITHER BE RECYCLED OR THROWN OUT NOW?

FREWRITE FOR TEN MINUTES, BEGINNING WITH, "TO SURRENDER MEANS..."

STAY CONNECTED

QUESTIONS: AUDREYSARQUILLA@GMAIL.COM
SOCIAL: IG - @AUDREYSARQUILLA + FB - AUDREY SARQUILLA
MUSIC, KIRTAN AND MANTRAS: YOUTUBE – AUDREY SARQUILLA
BHAKTI PLAYLISTS: SPOTIFY: WHITE PEACOCK YOGA
ABOUT AUDREY: WWW.AUDREYSARQUILLA.COM

NEXT ONLINE TRAININGS:
SEPTEMBER: MANTRAS AND THEIR ORIGINS

NEXT IN PERSON BHAKTI TRAININGS WITH AUDREY:
2020: DECEMBER, 50 HR BHAKTI TRAINING, UBUD BALI
2021: JUNE 300 HR BHAKTI VINYASA YTT CERTIFICATION, BALI

FOR MORE ON AUDREY'S PROGRAMS AT WHITE PEACOCK YOGA SCHOOL GO TO
WWW.WHITEPEACOCKYOGA.COM

