

# The Prayers with Gayatri Mantra

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Shanti Phula

<http://shanti-phula.net/>

## The Prayers with Gayatri Mantra

### Prayer for Exorcism (12 Systems)

All Mother Divines in the 12 Systems, I have committed so many sins throughout my life.  
I sincerely chant Gayatri Mantra so that all these sins may be forgiven.

*/\* Repeat Gayatri Mantra 3 times. \*/*

All Mother Divines in the 12 Systems,  
Please remove every negative energy, force, thought, impression, emotion, and prana from all my Pingara nadis among the 12 Systems.

All Mother Divines in the 12 Systems,  
Please remove every negative energy, force, thought, impression, emotion, and prana from all my Ida nadis among the 12 Systems.

All Mother Divines in the 12 Systems,  
Please remove every negative energy, force, thought, impression, emotion, and prana from all my Sushumna nadis among the 12 Systems.

All Mother Divines in the 12 Systems,  
Please remove every negative energy, force, thought, impression, emotion, and prana from all my releasing-role chakras among the 12 Systems.

All Mother Divines in the 12 Systems,  
Please remove every negative energy, force, thought, impression, emotion, and prana from all my absorbing-role chakras among the 12 Systems.

All Mother Divines in the 12 Systems,  
all my hearts among the 12 Systems are veiled with darkness. May this darkness be taken away and may all my hearts be filled with inner brilliant light.

All Mother Divines in the 12 Systems,

Please remove every aggressions and every negative energy, force, thought, impression, emotion, and prana being given by all deities and their wraiths, all people and their wraiths, all divine spirits and their wraiths, all spirits and their wraiths, and all evil spirits and their wraiths in the 12 Systems from my physical, etheric, astral, and mental bodies interacting with my entities in any of the 7 sub-sub-sublokas of the 7 sub-sublokas of the 7 sublokas of the 7 lokas among the 12 Systems in the concious, subconscious and unconscious realms.

Please remove every aggressions and every negative energy, force, thought, impression, emotion, and prana of all deities and their wraiths, all people and their wraiths, all divine spirits and their wraiths, all spirits and their wraiths, and all evil spirits and their wraiths in the 12 Systems which my physical, etheric, astral, and mental bodies interacting with my entities in any of the 7 sub-sub-sublokas of the 7 sub-sublokas of the 7 sublokas of the 7 lokas among the 12 Systems in the concious, subconscious and unconscious realms have suffered.

Please return continuously to their origins  
all these removed aggressions and  
all these removed negative energy, force, thought, impression, emotion, and prana  
among the 12 Systems.

Please eliminate  
all deities and their wraiths, all people and their wraiths, all divine spirits and their wraiths, all spirits and their wraiths, and all evil spirits and their wraiths in the 12 Systems which have possessed any of my physical, etheric, astral, and mental bodies interacting with my entities in any of the 7 sub-sub-sublokas of the 7 sub-sublokas of the 7 sublokas of the 7 lokas among the 12 Systems in the concious, subconscious and unconscious realms.

Please eliminate

all deities and their wraiths, all people and their wraiths, all divine spirits and their wraiths, all spirits and their wraiths, and all evil spirits and their wraiths

in the 12 Systems

which have possessed any of all major chakras and all minor chakras

in the 4 systems -- out-of-the-body, body surface, nerve plexus, and spinal cord --

interacting with my entities in any of the 7 sub-sub-sublokas of the 7 sub-sublokas of the 7 sublokas of the 7 lokas among the 12 Systems in the concious, subconscious and unconscious realms.

Please eliminate

all deities and their wraiths, all people and their wraiths, all divine spirits and their wraiths, all spirits and their wraiths, and all evil spirits and their wraiths

in the 12 Systems

which have possessed any of 9 major chakras -- Muladhara, Swadhisthana, Manipura, Surya, Manas, Anahata, Vishuddha, Ajna, and Sahasrara -- and 42 minor chakras

in the 4 systems -- out-of-the-body, body surface, nerve plexus, and spinal cord --

interacting with my entities in any of the 7 sub-sub-sublokas of the 7 sub-sublokas of the 7 sublokas of the 7 lokas among the 12 Systems in the concious, subconscious and unconscious realms.

Please prevent

all deities and their wraiths, all people and their wraiths, all divine spirits and their wraiths, all spirits and their wraiths, and all evil spirits and their wraiths in the 12 Systems

which have been removed

from possessing once again any of

my\* physical, etheric, astral, and mental bodies

interacting with my\* entities in any of the 7 sub-sub-sublokas of the 7 sub-sublokas of the 7 sublokas of the 7 lokas among the 12 Systems in the concious, subconscious and unconscious realms;

all major chakras and all minor chakras

in the 4 systems -- out-of-the-body, body surface, nerve plexus, and spinal cord --

interacting with my\* entities in any of the 7 sub-sub-sublokas of the 7 sub-sublokas of the 7 sublokas of the 7 lokas among the 12 Systems in the concious, subconscious and unconscious realms;

and 9 major chakras -- Muladhara, Swadhisthana, Manipura, Surya, Manas, Anahata, Vishuddha, Ajna, and Sahasrara -- and 42 minor chakras

in the 4 systems -- out-of-the-body, body surface, nerve plexus, and spinal cord --

interacting with my\* entities in any of the 7 sub-sub-sublokas of the 7 sub-sublokas of the 7 sublokas of the 7 lokas among the 12 Systems in the concious, subconscious and unconscious realms

and please prevent

my negative energy, force, thought, impression, emotion, and prana from making them return, then possess me once again or attach anew.

Please prevent

all deities and their wraiths, all people and their wraiths, all divine spirits and their wraiths, all spirits and their wraiths, and all evil spirits and their wraiths in the 12 Systems

from possessing anew any of

my\* physical, etheric, astral, and mental bodies

interacting with my\* entities in any of the 7 sub-sub-sublokas of the 7 sub-sublokas of the 7 sublokas of the 7 lokas among the 12 Systems in the concious, subconscious and unconscious realms;

all major chakras and all minor chakras

in the 4 systems -- out-of-the-body, body surface, nerve plexus, and spinal cord --

interacting with my\* entities in any of the 7 sub-sub-sublokas of the 7 sub-sublokas of the 7 sublokas of the 7 lokas among the 12 Systems in the concious, subconscious and unconscious realms;

and 9 major chakras -- Muladhara, Swadhisthana, Manipura, Surya, Manas, Anahata, Vishuddha, Ajna, and Sahasrara -- and 42 minor chakras

in the 4 systems -- out-of-the-body, body surface, nerve plexus, and spinal cord --

interacting with my\* entities in any of the 7 sub-sub-sublokas of the 7 sub-sublokas of the 7 sublokas of the 7 lokas among the 12 Systems in the concious, subconscious and unconscious realms.

May You grant all these prayers for the next 24 consecutive hours, as far as Karma permits.

*/\* Repeat Gayatri Mantra 3 times, and end it with "Om, Shanti, Shanti, Shanti-hi". \*/*

## The Prayers with Gayatri Mantra

### Prayer for Purification (12 Systems)

All Mother Divines in the 12 Systems,  
Please remove every negative energy, force, thought, impression, emotion, and prana from all my Pingara nadis among the 12 Systems.

All Mother Divines in the 12 Systems,  
Please remove every negative energy, force, thought, impression, emotion, and prana from all my Ida nadis among the 12 Systems.

All Mother Divines in the 12 Systems,  
Please remove every negative energy, force, thought, impression, emotion, and prana from all my Sushumna nadis among the 12 Systems.

All Mother Divines in the 12 Systems,  
Please remove every negative energy, force, thought, impression, emotion, and prana from all my releasing-role chakras among the 12 Systems.

All Mother Divines in the 12 Systems,  
Please remove every negative energy, force, thought, impression, emotion, and prana from all my absorbing-role chakras among the 12 Systems.

All Mother Divines in the 12 Systems,  
all my hearts among the 12 Systems are veiled with darkness. May this darkness be taken away and may all my hearts be filled with inner brilliant light.

All Mother Divines in the 12 Systems,

Please remove all excess Vata, excess Pitta, excess Kapha, negative prana, and Ama from all Srotases in my physical, etheric, astral, and mental bodies interacting with my entities in any of the 7 sub-sub-sublokas of the 7 sub-sublokas of the 7 sublokas of the 7 lokas among the 12 Systems in the concious, subconscious and unconscious realms.

Please remove every negative energy, force, thought, impression, emotion, and prana from all nadis in the right(left) side of my physical, etheric, astral, and mental bodies interacting with my entities in any of the 7 sub-sub-sublokas of the 7 sub-sublokas of the 7 sublokas of the 7 lokas among the 12 Systems in the concious, subconscious and unconscious realms.

Please remove every negative energy, force, thought, impression, emotion, and prana from all nadis in the left(right) side of my physical, etheric, astral, and mental bodies interacting with my entities in any of the 7 sub-sub-sublokas of the 7 sub-sublokas of the 7 sublokas of the 7 lokas among the 12 Systems in the concious, subconscious and unconscious realms.

Please remove every negative energy, force, thought, impression, emotion, and prana from all nadis along the midline of my physical, etheric, astral, and mental bodies interacting with my entities in any of the 7 sub-sub-sublokas of the 7 sub-sublokas of the 7 sublokas of the 7 lokas among the 12 Systems in the concious, subconscious and unconscious realms.

Please remove every negative energy, force, thought, impression, emotion, and prana from Pingara nadis in my physical, etheric, astral, and mental bodies interacting with my entities in any of the 7 sub-sub-sublokas of the 7 sub-sublokas of the 7 sublokas of the 7 lokas among the 12 Systems in the concious, subconscious and unconscious realms.

Please remove every negative energy, force, thought, impression, emotion, and prana from Ida nadis in my physical, etheric, astral, and mental bodies interacting with my entities in any of the 7 sub-sub-sublokas of the 7 sub-sublokas of the 7 sublokas of the 7 lokas among the 12 Systems in the concious, subconscious and unconscious realms.

Please remove every negative energy, force, thought, impression, emotion, and prana from Sushumna nadis in my physical, etheric, astral, and mental bodies interacting with my entities in any of the 7 sub-sub-sublokas of the 7 sub-sublokas of the 7 sublokas of the 7 lokas among the 12 Systems in the concious, subconscious and unconscious realms.

Please remove every negative energy, force, thought, impression, emotion, and prana from all releasing-role chakras in the upper surface, body surface, nerve plexus, and spinal cord interacting with my entities in any of the 7 sub-sub-sublokas of the 7 sub-sublokas of the 7 sublokas of the 7 lokas among the 12 Systems in the concious, subconscious and unconscious realms.

Please remove every negative energy, force, thought, impression, emotion, and prana from all absorbing-role chakras in the upper surface, body surface, nerve plexus, and spinal cord interacting with my entities in any of the 7 sub-sub-sublokas of the 7 sub-sublokas of the 7 sublokas of the 7 lokas among the 12 Systems in the concious, subconscious and unconscious realms.

Please remove every negative energy, force, thought, impression, emotion, and prana from all the 7 releasing-role chakras in the upper surface, body surface, nerve plexus, and spinal cord interacting with my entities in any of the 7 sub-sub-sublokas of the 7 sub-sublokas of the 7 sublokas of the 7 lokas among the 12 Systems in the concious, subconscious and unconscious realms.

Please remove every negative energy, force, thought, impression, emotion, and prana from all the 7 absorbing-role chakras in the upper surface, body surface, nerve plexus, and spinal cord interacting with my entities in any of the 7 sub-sub-sublokas of the 7 sub-sublokas of the 7 sublokas of the 7 lokas among the 12 Systems in the concious, subconscious and unconscious realms.

Please prevent  
all these removed excess Vata, excess Pitta, excess Kapha, negative prana, and Ama  
and all these removed negative energy, force, thought, impression, emotion, and prana  
from intruding once again into any of  
all Srotases in my physical, etheric, astral, and mental bodies  
interacting with my\* entities in any of the 7 sub-sub-sublokas of the 7 sub-sublokas of the 7 sublokas of the 7 lokas  
among the 12 Systems in the concious, subconscious and unconscious realms;

all nadis in the right(left) side, all nadis in the left(right) side, all nadis along the midline, Pingara nadis, Ida nadis, and Sushumna nadis in my\* physical, etheric, astral, and mental bodies  
interacting with my\* entities in any of the 7 sub-sub-sublokas of the 7 sub-sublokas of the 7 sublokas of the 7 lokas  
among the 12 Systems in the concious, subconscious and unconscious realms;

and all releasing-role chakras, all absorbing-role chakras, all the 7 releasing-role chakras, and all the 7 absorbing-role chakras in the upper surface, body surface, nerve plexus, and spinal cord  
interacting with my\* entities in any of the 7 sub-sub-sublokas of the 7 sub-sublokas of the 7 sublokas of the 7 lokas  
among the 12 Systems in the concious, subconscious and unconscious realms.

Please raise the vibration of the hearts  
interacting with my entities in any of the 7 sub-sub-sublokas of the 7 sub-sublokas of the 7 sublokas of the 7 lokas  
among the 12 Systems in the concious, subconscious and unconscious realms  
up to the level of Sahasrara Chakra.

Please raise the vibration of the bodies  
interacting with my entities in any of the 7 sub-sub-sublokas of the 7 sub-sublokas of the 7 sublokas of the 7 lokas  
among the 12 Systems in the concious, subconscious and unconscious realms  
up to the level of Sahasrara Chakra.

Please raise the vibration of the chakras in the upper surface, body surface, nerve plexus, and spinal cord  
interacting with my entities in any of the 7 sub-sub-sublokas of the 7 sub-sublokas of the 7 sublokas of the 7 lokas  
among the 12 Systems in the concious, subconscious and unconscious realms  
up to the level of Sahasrara Chakra.

Please raise the vibration of my physical, etheric, astral, mental, and causal bodies  
interacting with my entities in any of the 7 sub-sub-sublokas of the 7 sub-sublokas of the 7 sublokas of the 7 lokas  
among the 12 Systems in the concious, subconscious and unconscious realms  
up to the level of Sahasrara Chakra.

May You grant all these prayers, as far as Karma permits.

*/\* Repeat Gayatri Mantra 3 times, and end it with "Om, Shanti, Shanti, Shanti-hi". \*/*

## About Karma and Time to Pray

Prayer for Exorcism and Prayer for Purification have no effect when karma has accumulated due to sins you committed. Therefore, it is necessary to cleanse such sins before giving prayers. There is three degrees of sin, minor to major, as follows:

1. Sin that can be cleansed by giving the following 'prayer for forgiveness'.

"Mother Divine, I have committed so many sins throughout my life.  
I sincerely chant Gayatri Mantra so that all these sins may be forgiven."  
Repeat Gayatri Mantra three times.

2. Sin that requires repeating Gayatri Mantra 3 malas (108x3 times)
3. Sin that requires giving the 'prayer for karma relief'

When you commit a sin, karma is fixed unless you cleanse the sin by giving one of the above three prayers, depending on the degree of sin, by midnight. If you can sense a decrease in your vibration due to a sin you committed, please give the Prayer for Exorcism and Prayer of Purification after giving one of the above three prayers if needed.

If you cannot sense your vibration and want to raise the effect of Prayer for Exorcism and Prayer for Purification:

- \* You are recommended to "give the 'prayer for forgiveness' and repeat Gayatri Mantra 3 times (or 3 malas)" by midnight, and then give Prayer for Exorcism and Prayer for Purification after midnight.
- \* Or, you are recommended to "give the 'prayer for forgiveness' and repeat Gayatri Mantra 3 times (or 3 malas)" by midnight, and then give the Prayer for Exorcism and Prayer for Purification on the following morning.

## Notes

1. Srotas (channels) is an Ayurvedic concept. There are srotases for intake of nutrition, tissues and excretion. For details, please refer to specialized books on this.
2. "Every negative energy, force, thought, impression, emotion, and prana" means "every negative energy, every negative force, every negative impression, every negative emotion, and every negative prana." And "all excess Vata, excess Pitta, excess Kapha, negative prana, and Ama" means "all excess Vata, all excess Pitta, all excess Kapha, all negative prana, and all Ama."
3. Description in Prayer of Purification: "the right (left) side of my physical" means that as a rule, men give the Prayer, starting with the right side and then left side, while women the left side first and then the right side. However, even if you mistakenly use the words reversely, there is no problem. Don't worry about it.
4. You can give the Prayers by replacing the word "my\*" with "my and my family" as long as your family members will never send wraith to you. For this reason, it would be safer to pray by using the word "my\*" alone in order to avoid possible risk.
5. You can give the Prayers for somebody else. In that case, you never fail to get permission from the person. If you pray for the person without his/her permission, it will bring harm to you. However, there is an exception: for your baby that you cannot get permission from, you can pray for the baby in your discretion as parent. In that case, please pray by replacing the word "my" used in the Prayers with "my and ... (the name of the baby)".
6. Although virtually everyone has nothing to do, some highly advanced deities have their bodies in the 5 Love Creator Deity Systems, far beyond the 12 Systems. In this case, please give the Prayers by replacing "the 12 Systems" with "the 5 Love Creator Deity Systems". In case of deities who have descended from the 5 Love Creator Deity Systems, they should give each prayer two times by using "the 12 Systems" and "the 5 Love Creator Deity Systems" respectively.

# Glossary

## **Ama**

A toxic byproduct generated due to improper or incomplete digestion in Ayurveda. \*1

## **chakra**

Centers of life force or vital energy. There are seven major chakras in the human body, including Muladhara chakra, the undermost chakra, and Sahasrara chakra, the topmost chakra.

## **Gayatri Mantra**

A well-known mantra passed down from old times in India. This mantra is necessary when giving these Prayers. For details, please refer to <http://shanti-phula.net/28748>.

## **Karma**

(in Hinduism and Buddhism) The sum of a person's actions in this and previous states of existence, viewed as deciding their fate in future existences. \*2

## **loka**

One of worlds that constitute the spiritual universe. One loka consists of 7 sub-lokas. Loka is a Sanskrit word for "world".

## **Mother Divine**

Name of deity who grants these Prayers. There exists one Mother Divine in each System.

## **nadi**

The channels through which, in traditional Indian medicine and spiritual science, the energies of the subtle body are said to flow. There are innumerable nadis in the human body. \*3

## **physical, etheric, astral, and mental bodies**

Four spiritual bodies that all beings, including deities and humans, have.

## **Pingara nadi, Ida nadi, Sushumna nadi**

Among all nadis, these three nadis that run through the spinal cord are especially important.

## **prana**

Sanskrit word for "life" or "life energy".

## **Srotas**

An Ayurvedic concept. Channels through which nutrients and other substances are transported. \*4

## **subloka**

One of worlds that constitute the spiritual universe. One subloka consists of 7 sub-sublokas.

## **sub-subloka**

One of worlds that constitute the spiritual universe. One sub-subloka consists of 7 sub-sub-sublokas.

## **sub-sub-subloka**

One of worlds that constitute the spiritual universe.

## **System**

One of worlds that constitute the spiritual universe. One System consists of 7 lokas.

## **Vata, Pitta, Kapha (Dosha)**

The principle of constitution of the physical body in Ayurveda. \*5

\*1 Wikipedia, \*2 Oxford, \*3 Wikipedia, \*4 NIAM.com, \*5 TheFreeDictionary.com