

UKE & MANTRA'S



BY PREM SUNITA

UKELELE & MANTRA'S

**SHINE
YOUR
LIGHT**

BY PREM SUNITA

Dear soul,

Thank you for your purchase.

I wish you a musical adventure with this book.

May the ukulele and mantra's lead you to your paths in life, which provide connection, love, pleasure, loving, silence and everything you want or need for yourself and others.

Feel what the sounds do to you. Let them come in, as well as the silence. Enjoy, be gentle and gentle with yourself. Let yourself be embraced in the sounds of music. Travel with what wants to be heard.

Enjoy your unique adventure.

Love,
Prem Sunita.

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IMPORTANT NEWS!

DEAR UKE FRIENDS,

I WOULD LIKE TO PROVIDE INFORMATION IN ADVANCE REGARDING THE NUMBERING OF THE STRINGS AND THE PICKING PATTERNS IN THIS SONGBOOK!

Why?

I have found that with certain mantras I switch with the numbering of the strings!

How did I find out about this?

Because I watched my tutorials on you tube before making this book.

Explanation

I noticed that, with certain mantra's, I switch with the numbering of the strings.

For example, with the *Gayatri Mantra* I call **string G = 1**.

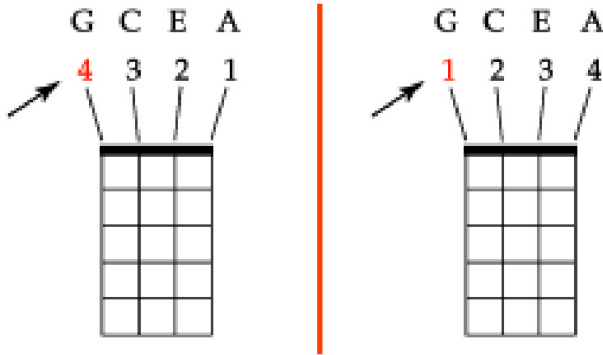
And with *Om Tare Tuttare* I call **string G = 4**.

In this songbook I added which string represents which musical note. The velocity pattern is the same (PLUG PATTERN). You will only see that it is sometimes written as:

A. *PLUG (1+4) 2 - 3 - 2 (4 = G)

B. *PLUG (1+4) 3 - 2 - 3 (1 = G)

***PLUG** means plug the two strings together (1 + 4)



Om Tare Tuttare **string G=4** *Gayatri Mantra* **string G= 1**

The switching in string names has to do with which string I name first. In fact, you keep playing the same pattern. It's practically the same. Only at PLUG version A. string 4 = G and at PLUG version B string 1 = G.

To keep this songbook in sync with the tutorials on my you tube channel, I have kept the numbering of the picking patterns that I use in the videos. I also added a link to the video on my channel of the mantra so you can watch it if you want.

Now that's clear I wish you a lot of fun playing the mantra's!

Shine your light!

Oh....and last but not least, if you have any questions about this songbook, you can always email me:

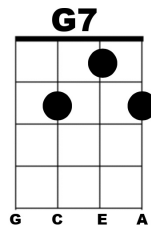
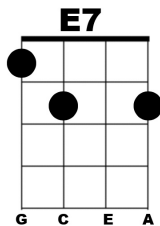
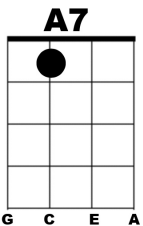
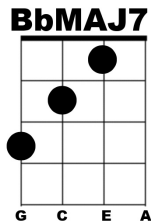
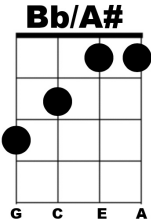
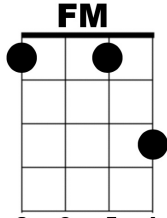
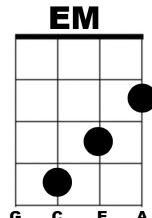
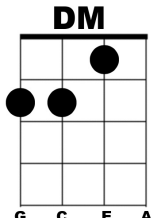
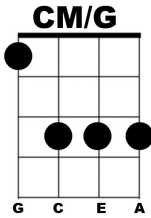
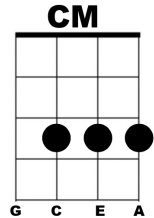
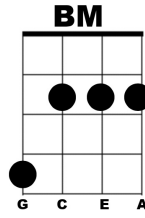
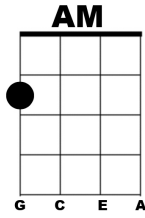
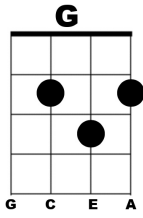
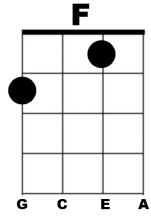
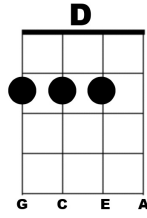
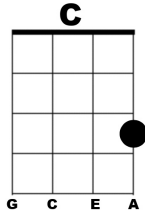
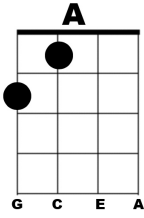
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Much Love,
Sunita

TABLE OF CONTENTS:

1. AAD GURAY NAMEH
2. ASATOMA SAT GAMAYA
3. AMAZING GRACE
4. GAYATRI MANTRA
5. IDE WERE WERE
6. JAI RADHA MAHADAVA
7. LOKAHA SAMASTA
8. MAHA MANTRA
9. MOOLA MANTRA
10. OM MANI PADME HUM
11. OM NAMAH SHIVAYA
12. OM NAMO BHAGAVATE
13. OM TARE TUTTARE
14. PRANA APANA
15. RADHE GOVINDA
16. RAISE YOUR VOICE
17. RA MA DA SA - SA SAY SO HUNG
18. SHIVA SHAMBO
19. SITA RAM
20. TUMARE DARSHAN KI BELA
21. TUMI BHAJA RE MANA

CHORDS:



1. AAD GURAY NAMEH

G C G
AAD GURAY NAMEH

EM C G
JUGAAD GURAY NAMEH

EM C G
SAT GURAY NAMEH

G EM D G
SIRI GURU DE VAY NAMEH

MEANING:

I bow to the original Wisdom

I bow to the Wisdom that endures through all times

I bow to True Wisdom

I bow to the Supreme Unobservable Wisdom

This mantra surrounds you with protective light.

By chanting this mantra you bring yourself into balance and build your wisdom and protection.

It gives you strength and confidence.

This mantra opens your heart chakra

and let the energy of love flow out across the universe.

STRUMMING PATTERN:

ISLAND STRUM D DU UDU



2. ASATOMA SAT GAMAYA

AM _____
OM ASATOMA SAT GAMAYA

AM _____ **EM**
TAMASOMA JYOTIR **GAMA** YA

EM _____ **AM** _____
MRITYORMA AMRI TAM GAMAYA

MEANING:

This mantra is beautiful to sing during periods of transition when the step is taken to a new phase. It's the journey from the illusion of death to the realization that we never die, that the core always remains.

Use this beautiful mantra to reconnect with your core, the place within yourself that never changes and never dies.

PICKING PATTERN:

STRING 1 - 3 - 2 - 4 1 = (G STRING)
GAMA 1 - 3 - 2 - 4 + 2 - 3
YA 1 - 3 - 2 - 4 + 3 - 2 - 3 - DOWN

STRUMMING PATTERN:

ISLAND STRUM D DU UDU



3. AMAZING GRACE

C AMAZING GRACE **F** HOW SWEET **C** THE SOUND

C THAT SAVED **G** A WRETCH **G** LIKE ME

C I ONCE **F** WAS LOST **F** BUT NOW **C** I'M FOUND

AM WAS BLIND **G** BUT NOW **C** I SEE

MEANING:

With the message that forgiveness and redemption are possible regardless of sins committed and that the soul can be delivered from despair through the mercy of God, "Amazing Grace" is one of the most recognizable songs in the English-speaking world.

John Newton, published this song in 1779. Newton wrote the words from personal experience. He grew up without any particular religious conviction, but his life's path was formed by a variety of twists and coincidences that were often put into motion by his recalcitrant insubordination.

PICKING PATTERN:

PLUG 1 - 4 3 - 2 - 3 1 = (G STRING)

PATTERN 1 - 3 - 2 - 4 3 - 2 - 3



4. GAYATRI MANTRA

AM _____
OM BHUR BHUVAHA SWAHA

AM _____
TAT SAVITUR VARENYAM

F _____
BHARGO DE VASYA DHIMAHI

DM G
DHIYO NAH PRACHODAYAT

MEANING:

The name 'Gayatri' can be translated as the 'Song of Liberation'. It is said to be the most ancient of the mantras, an indigenous prayer to the sun asking for the enlightenment of all beings. It invokes the radiant source of life itself, purifying our thoughts, words and actions. The inherent light force of the Sanskrit sounds is universal – just as every living being on the planet lives under the same sun and receives the same light, so the Gayatri shines eternally on our inner path, lighting the way, blessing our journey.

PICKING PATTERN:

PLUG 1 - 4 3 - 2 - 3 1 = (G STRING)

You can end with the plug (1+4)

STRUMMING PATTERN:

ISLAND STRUM D DU UDU



5. IDE WERE WERE

DM **C**
IDE WERE WERE NITA OCHUN

BbMAJ7
IDE WERE WERE

DM **C**
IDE WERE NITA OCHUN

BbMAJ7
IDE WERE NITA YA

BbMAJ7 **C**
OCHA KINIBA NITA OCHUN

F **F** **Bb**
CHEKE CHEKE CHEKE

Bb **C** **AM** **A7**
NITA YA IDE WERE WERE

MEANING:

A song from the Yoruba people of Nigeria, dedicated to Ochun, the Goddess of Love. It speaks of a necklace as a symbol of initiation into love.

STRUMMING PATTERN:

-DOWN STRUM

-ISLAND STRUM D DU UDU



6. JAI RADHA MAHADAVA

CM **CM/G**
JAI RADHA MAHADAVA

Bb **CM**
JAI KUNJ VIHARI **(PLAY IT 2X)**

CM _____
JAI GOPI JANA VALLABHA

Bb **CM**
JAI GIRIVARADHARI **(PLAY IT 2X)**

MEANING:

This mantra is an invocation that celebrates the love between Radha and Krishna.

STRUMMING PATTERN:

-DOWN STRUM



7. LOKAHA SAMASTA

AM **EM (C)** **G** **EM** **AM**
LOKAHA SAMASTA SUKINO OO BHAVANTU

AM **EM (C)** **G** **EM** **AM**
LOKAHA SAMASTA SUKINO OO BHAVANTU

AM **G** **EM** **F**
LOKAHA SAMASTA SUKINO-OO BHAVANTU

AM **EM** **(C)** **G** **EM** **AM**
LOKAHA SAMASTA SUKINO-OO BHAVANTU

F **G** **D**
OHM SHANTI SHANTI

F **G** **D** **EM** **AM**
OHM SHANTI SHANTI SHAN-TI

MEANING:

May all beings everywhere be happy and free.

May all my thoughts, words and actions contribute in some way to the happiness of all beings.

STRUMMING PATTERN:

-DOWN STRUM

-ISLAND CHUCK STRUM D CU UCU

(If you play the island chuck strum or island strum you can also skip the C chord if the changing of chords is too fast).



8. MAHA MANTRA

F **F**
HARE RAM HARE RAM

DM **F** **AM** **C**
RAMA RAMA HARE HA RE

F **F**
HARE KRISHNA HARE KRISHNA

DM **DM** **F** **AM** **C**
KRISHNA KRISHNA HARE HA RE

MEANING:

The Maha mantra is chanted for God-realization and to achieve a higher level of consciousness. The Maha mantra repeats just three words/names: Krishna, Rama and Hare, which is believed by some to be the energy of Hari (Vishnu) and to others, Hara (Shakti).

The mantra is also an Invoking for Krishna, the all attractive, and Radha, the supreme beloved mother.

STRUMMING PATTERN:

-DOWN STRUM

-ISLAND CHUCK STRUM D C U U C U



12. OM NAMO BHAGAVATE

C OM	AM NAMO	F BHAGAVATE	G7	C AM VA SU	G7 DEV VAYA
C OM	AM NAMO	F BHAGAVATE	G7	C F VA SU	G7 DEV VAYA
C OM	AM NAMO	F BHAGAVATE	G7	C AM VA SU	F G7 DEV VA YA

MEANING:

This mantra is called the Great Liberation Twelve-Syllable Mantra. It frees our minds and spirits from negative patterns in this life. Regular and consistent practice of this mantra gives us a complete spiritual freedom: it frees us from the cycle of rebirth and helps us realize ourselves as a manifestation of transcendent divinity. Vasudeva is the individual aspect of God that dwells inside of us.

STRUMMING PATTERN:

DDU DDU

(the emphasis is on the 2nd D, strum harder here)

DDU UDU

(you can use this strum on VAYA groovy effect)

END ON DOWN STRUM



13. OM TARA TUTTARE

OM **AM** **F** **G** **AM**
TARE TUTTARE TURE SWAHA

OM **DM** **E7** **F** **AM**
TARE TUTTARE TURE SWAHA

MEANING:

From the Tibetan side of the family, tara is the bodhisattva of compassion and she is dedicated to relieving suffering, so many different types of suffering. Her mantra is Om Tare Tut-tare Ture Swaha. Many of the Tibetans are recommending that people do a lot of that mantra, because it invokes Tara the protectors.

OM	means the sacred body, speech and mind of Tara.
TARE	releasing the true suffering.
TUTTARE	eliminating all fears.
TURE	granted all the success.
SWAHA	means having the strength to root in my mind the meaning of the mantra.

PICKING PATTERN:

PLUG 1 - 4 2 - 3 - 2 4 = (G STRING)

END: PLUG 1 - 4 2-3-2 1-2-3-2

STRUMMING PATTERN:

-ISLAND STRUM	D	DU	UDU
-ISLAND CHUCK STRUM	D	C U	U C U



14. PRANA APANA

AM **F**
PRANA APANA SUSHUMNA HARI

G **AM**
HARI HAR, HARI HAR, HARI HAR, HARI **(PLAY IT 2X)**

TALK:

AM **F**
PRANA APANA SUSHUMNA HARI

G **AM**
HARI HAR, HARI HAR, HARI HAR, HARI **(PLAY IT 1X)**

MEANING:

Prana is the Life Force, The life energy. Apana is the Eliminating force or removing force or energy. Sushumna is the channel through which these energy move around our body. Hari and Har are the names of the that divine source of infinite energy, healing source, some also say that word Hari comes from Hara, which means the remover, remover of pain and negativity. This mantra is very powerful healing device. Both for physical as well as emotional healing.

STRUMMING PATTERN:

-DOWN STRUM

-ISLAND STRUM D DU UDU

-ISLAND CHUCK STRUM D C U U C U



15. RADHE GOVINDA

C **F** **G** **C**
RADHE RADHE GOVINDA GOVINDA

C **F** **G** **C**
RADHE RADHE GOVINDA GOVINDA

F **C** **F** **C**
GOVINDA GOPALA GOVINDA GOPALA

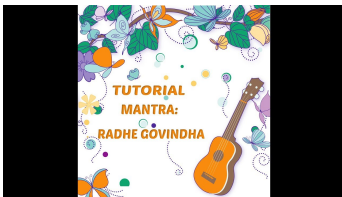
F **C** **C** **G** **C**
GOVINDA GOPALA GO PA LA

MEANING:

Radhe is the lover of Govinda, they are the symbol of everlasting love. When we sing this mantra, we become aware of the love inside ourself.

STRUMMING PATTERN:

-ISLAND STRUM	D	DU	UDU
-ISLAND CHUCK STRUM	D	C U	U C U



16. RAISE YOUR VOICE

BM IN THIS SACRED PLACE, **D** IS WHERE I OPEN MY HEART **A**
(SPACE)

A **G**
AND FEEL THE LOVE

BM IN THIS SACRED PLACE, **D** IS WHERE I OPEN MY EYES **A**
(SPACE)

A **G**
AND SEE THE LIGHT

BM IN THIS SACRED PLACE, **D** IS WHERE I OPEN UP **A**
(SPACE)

A **G**
AND BECOME ONE

G **BM** RAISE YOUR VOICE, **BM** YOU/WE HAVE THE CHOICE, **D**

D **A** TO HEAL THIS LIGHT **G**

G **BM** RAISE YOUR VOICE, **BM** YOU/WE HAVE THE CHOICE, **D**

D **A** TO HEAL THIS LIGHT

BM

YEMAYA, YEMAYA, YEMAYA HÉ

D

YEMAYA, YEMAYA, YEMAYA HÉ

A

YEMAYA, YEMAYA, YEMAYA OSHUN

G

(PLAY IT 2X)

PICKING PATTERN:

G	C	E	A	E	C	(E)	(STRING)
4	3	2	1	2	3	(2)	

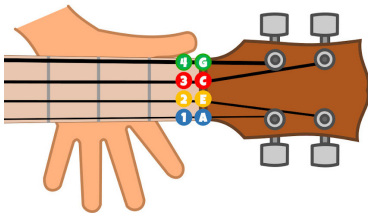
Lay the accent on string A.

Keep the string a little longer than the rest.

sometimes I extend the pattern by re-playing the (E) string.

it is in parentheses because it only occurs with:

- and feel the love
- and see the light
- and become one



17. RA MA DA SA - SA SAY SO HUNG

C **C**
RA MA DA SA

AM **C**
SA SAY SO HUNG **(PLAY IT 2X)**

F **AM**
RA MA DA SA

G **F**
SA SAY SO HUNG **(PLAY IT 1X)**

MEANING:

RA MA DA SA, SA SAY SO HUNG is translated to mean “Sun, Moon, Earth, Infinity: All that is infinity, I am Thee.”

It is designed as a healing prayer as it calls on all the different elements of this world for the healing of oneself or to send healing energies to someone else.

PICKING PATTERN:

1. PLUG 1 - 4 2 - 3 - 2 4 = (G STRING)

2. 4 - 2 - 3 - 1 4 = (G STRING)

*On every word of this mantra you play a full picking pattern. I call it in my video's a **CIRCLE**.*

Example: RA, you play **PLUG 1 - 4 | 2 - 3 - 2** OR **4 - 2 - 3 - 1.**

MA, you play **PLUG 1 - 4 | 2 - 3 - 2** OR **4 - 2 - 3 - 1.**



STRUMMING PATTERN:

-(INTRO) DOWN STRUM

18. SHIVA SHAMBO

AM

JAYA JAYA SHIVA SHAMBO ○ ○ ○

G

AM

JAYA JAYA SHIVA SHAMBO

(PLAY IT 2X)

AM

MAHADEVA SHAMBO ○ ○ ○

G

AM

MAHADEVA SHAMBO

(PLAY IT 2X)

MEANING:

Shambo in Sanskrit translates as “the auspicious one” and chanting this sound is said to have the power to liberate you into higher consciousness. The full mantra also includes the Sanskrit words “Jaya”, meaning “victory” or “glory”, and Máha Déva, which translates as “Great God” or “the Almighty”. Performance of this mantra with good intention is thought to clarify the mind, increase wisdom and help to overcome obstacles to growth

PICKING PATTERN:

PLUG MEANS: PLUG THE TWO STRINGS TOGETHER

PLUG 1 - 4 3 - 2 - 3 1 = (G STRING)

PLUG 1 - 4 3 - 2 - 3 *4-3 - (2)

* 4-3: ON SHAMBO - ○ - ○ - ○ YOU ADD STRING 4 AND 3

STRUMMING PATTERN:

-DOWN STRUM	D	D	D	D
-ISLAND STRUM	D	DU	UDU	
-ISLAND CHUCK STRUM	D	C U	U C U	



19. SITA RAM

AM **F**
SITA RAM JAI JAI RAM

G **AM**
SITA RAM JAI JAI RAM

(PLAY IT 2X)

F **AM**
SITA RAM JAI JAI RAM

C **G**
SITA RAM JAI JAI RAM

(PLAY IT 2X)

MEANING:

Lord Rama is acknowledged for His courage, unending compassion, and devotion to spiritual values and duty. Hanuman declared Him as being a supreme being and said that by saying the name of Rama, all earthly problems may be dissolved. Sita is the feminine aspect of the pattern of Ram energy and represents dedication and purity.

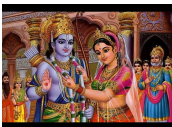
PICKING PATTERN:

A. INTRO: 1 - 2 - 3 - 2 - 4 - 3 ——— 1 - 2 - 3 - 2 - 4
1=(G STRING)

B. MANTRA: 1 - 2 - 3+4 (*play strings together*) - 2
Play the picking pattern twice on every chord.

STRUMMING PATTERN:

-ISLAND STRUM D DU UDU



20. TUMARE DARSHAN KI BELA

G

TUMARE DARSHAN KI BELA

CM

G

YE MAUSAM RAS RACHANE KA (PLAY IT 2X)

G

CM

LIYE ULLAS KI SANSE

F

G

SAMAI MASTI ME JINE KA (PLAY IT 2X)

MEANING:

The season has arrived where I will finally see you and dance with you. With the breathing in of joy, it is time to live in bliss. The song expresses immense gratitude and celebrates the gift of being in the presence of an enlightened one.

PICKING PATTERN:

PLUG 1 - 4 3 - 2 - 3 1 = (G STRING)

STRUMMING PATTERN: 1.D 2.DU

1.D = (G STRING) **2.D** = (STRING C-E-A) **3.U** = (ALL STRINGS)

1e DOWN STRUM: (base)

Only hit the bass string G with the index finger

2e DOWN STRUM: (strings)

Hit the the **other strings** with a louder accent (C - E - A)



3.U = (UP):

hit all the strings (G - C - E - A)

21. TUMI BHAJA RE MANA

CM

TUMI BHAJA RE MA NA

FM

TUMI JAPA RE MA NA

A#/Bb

OM SHREE RAM JAY RAM

CM

JAPA RE MA NA

(PLAY IT 2X)

FM

TUMI BHAJA RE MA NA

CM

TUMI JAPA RE MA NA

A#/Bb

OM SHREE RAM JAY RAM

CM

JAPA RE MA NA

(PLAY IT 1X)

MEANING:

This mantra is a love mantra. Everyone wants love in their life. It is one essential aspect of life that is universal; one which almost every individual on earth seeks out.

The words of the mantra will open your heart to love and to being loved, and you will send out a precise message to the universe that will be heard and responded to by the woman or man who was intended just for you.

Tumi Bhaja Re Mana
Tumi Japa Re Mana

oh mind, my dear friend
Always chant the. Name of
the Divine

Om Shree Ram Jay Ram

Japa Re Mana

Always repeat God's Name
Oh God, Lord Ram,
Victorious Ram
Repeat God's Name.



THE END



I HOPE YOU ENJOYED THE MANTRA'S!

MUCH LOVE,

SUNITA