MANTRA 4

LIGHT BUNDLE



MADE BY SUNITA



PREM SUNITA

www.premsunita.com

I'm Sunita, your mantra ukulele teacher, and I've crafted this 4-Mantra Light Bundle. I believe in the power of sharing and spreading light– everyone deserves to shine their own unique light and pass it on. For me, music is that beam of light!

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WELCOME

FOUR MANTRAS

1. Ganga Ma Jai Ganga Ma 4 - 8
2. If you ever forget - May & June 9 - 14
3. Humee Hum Tumee Tum 15 - 20
4. Gate Gate Para Gate 21 - 25

Thank you 26
More support 27

SUNITA

1. GANGA MA JAI GANGA MA

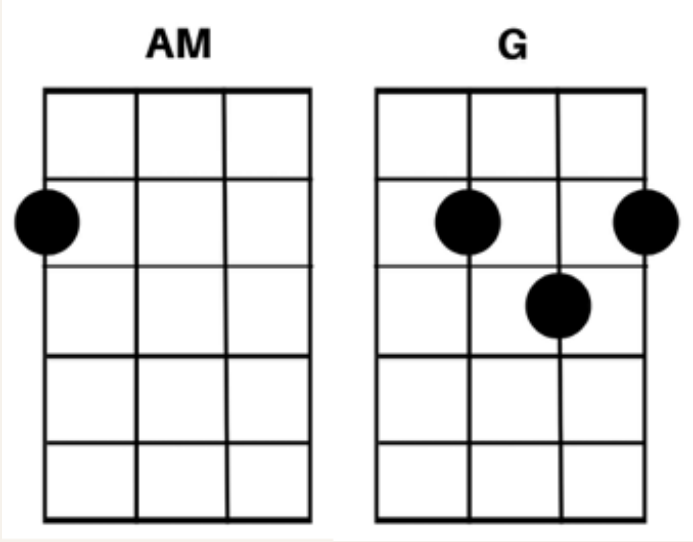


https://youtu.be/ZWs8JDELlDk

Meaning:

Personification of the Ganges River
Goddess of Forgiveness and Purification.
Ganga Ma is a Hindu goddess personifying the Ganges River. She is a deity associated with forgiveness and purification. Water is a symbol of purity in many spiritual traditions, used for cleansing and baptism. Hindus bathe in the river Ganges for spiritua

CHORDS MANTRA:



DOWN STRUM – GANGA MA

Strum down where the chords are located

AM AM AM AM
Ganga ma Jai Ganga ma

G G AM AM
Ganga ma ki Jai Jai (2x)

Am AM AM AM
Shiva ya ohm nama ha

G G AM AM
Ohm Na mah shi va ya (2x)

PICKING PATTERN – GANGA MA

picking pattern 4 - 2 - 3 -1 / 4 = g string

AM	AM		AM	AM
Gang ga	ma	Jai	Gang ga	ma
4 2 3 1	4 2 3	1	4 2 3 1	4 2 3 1

G	G		AM	AM	
Gang ga	ma	ki	Jai	Jai	
4 2 3 1	4 2	3 1	4 2 3 1	4 2 3 1	(2x)

Am	AM		AM	AM
Shi va	ya	ohm	nama	ha
4 2 3 1	4 2	3 1	4 2 3 1	4 2 3 1

G	G		AM	AM	
Ohm Na	mah	shi	va	ya	(2x)
4 2 3 1	4 2 3	1	4 2 3 1	4 2 3 1	

ISLAND STRUM – GANGA MA

DDU - UDU

Information:

Colored in red means that you do not sing there but you do play, which applies to the entire songbook

AM AM

Gang ga ma Jai Gang ga ma

d d u ud u d d u udu

G AM

Gang ga ma ki Jai Jai

d d u ud u d du udu (2x)

Am AM

Shi va ya ohm na maha

d d u u du dd u udu

G AM

Ohm Namah shi va ya

d d u ud u dd u udu (2x)

HOW DID THE PRACTICE GO FOR GANGA MA?

JOURNAL

DATES :

MOOD :

GOAL

TO DO LIST

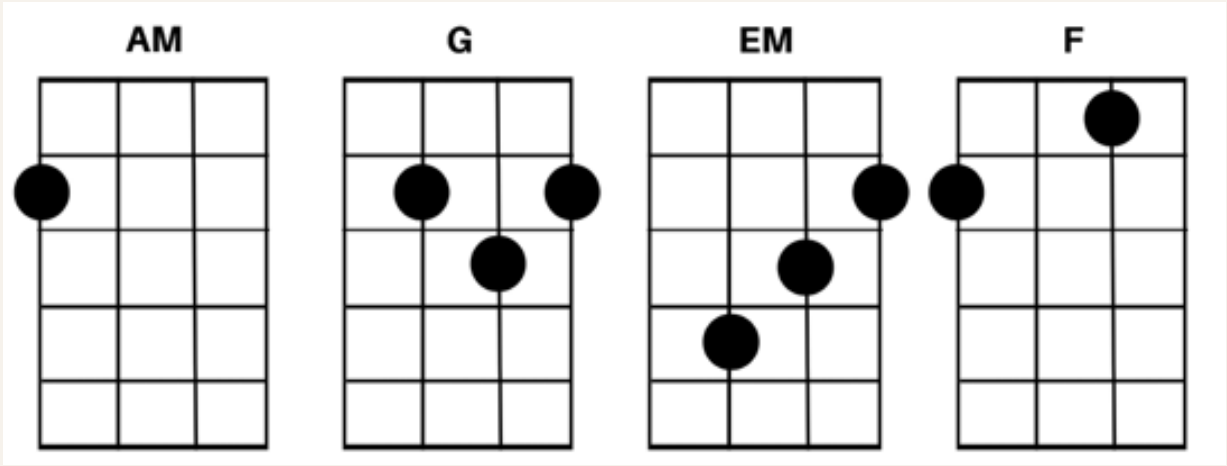
2. IF YOU EVER FORGET



https://youtu.be/82dUlAHGPpg

This version is the one from may & June.
Original it is written in German:
'Wenn du mal vergisst', by Antje Lamers:





DOWN STRUM – IF YOU EVER

2 strum per chord - only 1 strum at the EM chord

Am AM
If you **ever** for**get** If you **ever** for**get**
G Em Am
how **strong** you are **D** how **beautiful** you **are** **D-D-D** (2x)

F G
I will **come** to you **D** and i will **remind** you **D**
Em AM
I will **remind** you **D** how strong you **are** **D** (2x)

Dutch version / Nederlandse versie

Am Am
Als **jij** ooit **vergeet** Als **jij** ooit **vergeet**
G Em AM
Hoe **mooi** je bent **D** hoe ***mooi** en sterk je **bent** **D-D-D** (2x)

F G
Dan zal ik **zingen** **D** en jou her**inne**ren **D**
EM AM
Dat je mag **weten** D hoe *mooi je **bent** **D** (2x)

-We hebben *mooi i.p.v. sterk gezet in deze versie.

ISLAND STRUM – IF YOU EVER

DDU - UDU

Before playing ook at *ARE

<u>*Play 1st time line number 1:</u>
(1) d d u - u d u d d u - X
<u>*After repeat play 2nd time line. number 2:</u>
(2) d d u - u d u - d

Am AM
If you e-ver forget If you e-ver forget
d d u u d u d d u u

G Em Am
how strong you are how beauti -ful you ***are**
d u d d u u d u d d u

*(**1). d d u - u d u - d d u**

***(2). d d u - u d u - d**

F G
I will come to you and I will re- mind you
d d u u d u d d u u

Em AM
I will re-mind you how strong you ***are**
d u d d u u d u ***(1) d d u**
* **(2) d d u - u d u - d**

PICKING PATTERN BEGINNER
IF YOU EVER

picking pattern 4 - 2 - 3 -1 / 4 = g string

Am AM
If you e- ver for-get If you e- ver for -get
4 23 1 4 4 23 1 4

G Em Am
how strong you are how beau-ti-ful you are
4 2 3 1 4 2 3 1 4231 4231 4 (2x)

F G
I will come to you and i will re-mind you
4 2 31 4 2 3 1

Em AM
I will re - mind you how strong you are
4 2 3 1 4 *2/4 4231 4

**String 2 in EM chord is a G-note. It gives the same sound as the 4th string, that is also a G-note. So instead of changing to string position 2, you can also pick the 4th string twice. It's up to you!*

PICKING PATTERN
INTERMEDIATE – IF YOU EVER

picking pattern 4 - 2 - 3 -1 / 4 = g string

```
     Am                                AM
If you e-  ver    for-get          If you e- ver    for -get
        4   23     1    4      2     3    1 4   23     1     4      2

        G                              Em                 Am
how strong you are                how beau-ti-ful you  are
 3 1    4       2    3 1     4 2 3   1     4      2  3    1    4231 4231  4   (2x)


         F                                G
I will come  to  you                and i will re-mind you
         4      2    31      4        2    3  1   4    2     3 1     4 2
          Em                                  AM
I  will  re - mind you              how strong you  are
3   1    4    2  3     1     4       2       3        1    4231   4
```

*

HOW DID THE PRACTICE GO FOR IF YOU EVER FORGET?

JOURNAL

DATES :

MOOD :

GOAL

TO DO LIST

3. HUMEE HUM

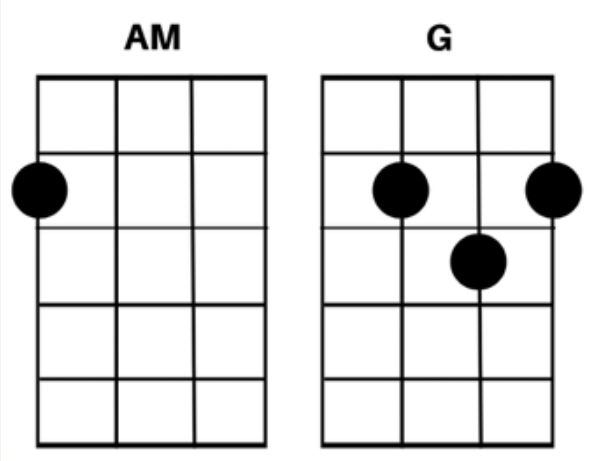


https://youtu.be/-kRW07Evr70

Meaning:

I'm You in the very core of my being, Oh Divine.
Humee hum tumee tum, is in the language of the Sikhs, Gurmukhi. We also sing the translation, which is the text in English: "I am thine in myself."
A mantra to feel connected to yourself and to the people around you. We are who we are, but recognize yourself in the other.
A mantra specifically for these changing times, the beginning of the Aquarian age.
The mantra creates a vibration that activates energy centers in your head and face for increased concentration and better memory.

CHORDS MANTRA:



DOWN STRUM – HUMEE HUM

2 strum per chord

AM G AM G AM G AM
Humee Hum, Tumee Tum, Wa He Guru

AM G Am G
I am Thine, in Mine, My-self

Am G Am
Wa He Gu- ru

DOWN STRUM LOOSE STRINGS – HUMEE HUM

The numbers represent loose strings.
The number below the text indicates which string to sing on.

For example, if you see 2 under Humee, it means you start singing on string 2. Watch the tutorial, and this text will come to life.

4 = g string
3 = c string
2 = e string
1 = a string

AM	G	AM	G	AM	G	AM
Humee	Hum,	Tumee	Tum,	Wa	He	Gu-ru
2	4	2	4	2	4	4

AM	G		AM	AM	G
I am	Thine,	in	Mine,	My-	self
2	4		4	2	4

AM	G	G	AM
Wa	He	Gu-	ru
2	4	1	4

PICKING PATTERN – HUMEE HUM

picking pattern 4 - 2 - 3 -1 / 4 = g string

AM AM G AM AM G
Hu-mee Hum, Tu-mee Tum,
4 2 3 1 4 2 3 1 4 2 3 1 4 2 3 1

AM AM G G AM
Wa He Gu ru
4 2 3 1 4 2 3 1 4 2 3 1 (4 2 3 1)

AM AM G G AM AM G
I am Thine, in Mine, My- self
4 2 3 1 4 2 3 1 4 2 3 1 4 2 3 1

AM AM G G AM
Wa He Gu - ru
4 2 3 1 4 2 3 1 4 3 2 1 (4 2 3 1)

End:

You can end with a few 4 2 3 1 picking patterns and then a down strum.

ISLAND STRUM – HUMEE HUM

DDU - UDU

AM AM G AM AM G
Hu-mee Hum, Tu- mee Tum,
dd uud u d du udu dd uud u d du udu

AM AM G G AM
Wa He Gu ru
dd uud u d du ud u d du udu ***ddu udu***

AM AM G G AM AM G
I am Thine, in Mine, My- self
dd uud u d du ud u dd uudu d du udu

AM AM G G AM
Wa He Gu - ru
dd uudu d du ud u d du udu ***ddu udu***

HOW DID THE PRACTICE GO FOR HUMEE HUM?

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GOAL

TO DO LIST

4. GATE GATE PARA GATE



https://youtu.be/TOPI7uxm5fo

Meaning:

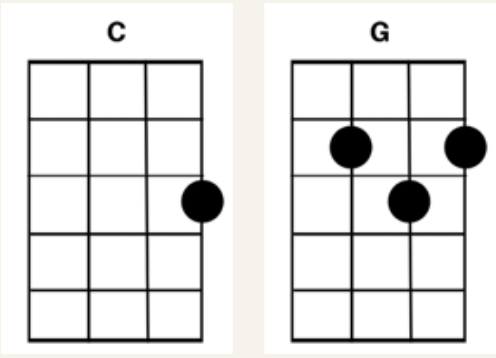
For enlightenment and peace.
With this mantra, you honor your inner light that helps you cross the boundary from suffering to the liberation of suffering and from duality to unity.

The mantra guides us beyond the deceptive perception of the Self as something separate, and helps us realize that we are perfect, connected to all life, and that we are at home in the universe. The message of this mantra is that infinity is here and now.

Emptiness is all-encompassing. This is the great liberation because the beliefs in which we live keep us trapped in our self-created illusions. When we can rid ourselves of our own limiting beliefs, we can live in the pure dimension of emptiness, completely free and beyond limitation.

This mantra lets us feel that everything and everyone is interconnected

CHORDS MANTRA:



DOWN STRUM WITH STRINGS GATE GATE

Instead of playing on the first beat a downstrum,
you pick two strings, they are your replacement for the down strum. That will make it a bit more groovy 😄

The strings are :

*G (string 4) and E (string 2)

*couplet 3 respons you use **G** instead of C at PARA
*Couplet 4 respons you use **C** instead of G at BO DHI

This manta is a call and response mantra 🕉

Call:	respons:
C	C
Ga te ga aa te	Ga te ga aa te
4 2 d d d	4 2 d d d
Call:	respons:
C	C
Pa ra ga aa te	Pa ra ga aa te
4 2 d d d	4 2 d d d
Call:	respons:
C G	***G** G
Pa ra Sam Ga te	Pa ra Sam Ga te
4 2 d d d	4 2 d d d
Call:	respons:
G C	***C** C
Bo dhi Sva aa ha	Bo dhi Sva aa ha
4 2 d d d	4 2 d d d

PICKING PATTERN – GATE GATE

*couplet 3 respons you use **G** instead of C at PARA
*Couplet 4 respons you use **C** instead of G at BO DHI

This manta is a call and response mantra 🕉

Call:
C
Ga te gaa - aa te
4 2 3 1 4 2 3 1

respons:
C
Ga te gaa - aa te
4 2 3 1 4 2 3 1

Call:
C
Pa ra gaa - aa te
4 2 3 1 4 2 3 1

respons:
C
Pa ra gaa - aa te
4 2 3 1 4 2 3 1

Call:
C G
Pa ra Sam Ga te
4 2 3 1 4 2 3 1

respons:
*G G
Pa ra Sam Ga te
4 2 3 1 4 2 3 1

Call:
G C
Bo dhi Sva aa ha
4 2 3 1 4 2 3 1

respons:
*C C
Bo dhi Sva aa ha
4 2 3 1 4 2 3 1

STRUM WITH STRINGS – GATE GATE

The strum pattern is DD UU
the first strum consists of strings that you strike.
The strings are:
*G (string 4) and E (string 2)

This manta is a call and response mantra 🕉

Call:
C
Ga te ga - aa te
4 2 d d u u

respons:
C
Ga te ga-aa te
4 2 d d u u

Call:
C
Pa ra ga - aa te
4 2 d d u u

respons:
C
Pa ra ga- aa te
4 2 d d u u

Call:
C G
Pa ra Sam Ga te
4 2 d d u u

respons:
*G G
Pa ra Sam Ga te
4 2 d d u u

Call:
G C
Bo dhi Sva aa ha
4 2 d d u u

respons:
*C C
Bo dhi Sva aa ha
4 2 d d u u

HOW DID THE PRACTICE GO FOR GATE GATE?

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THANK YOU

Thank you so much for taking the time to learn and invest in these 4 new mantras!
I'm so proud of you! You did it! You have chosen the musical key to the joy of life!

For me, music is the key to connection, togetherness, love and much more...

Take these mantras and the ukulele all over the world and share them with your communities!! So that it becomes a brighter place everywhere!
And you are that bright spot for many!

Shine your light!

MUSIC IS THE KEY TO THE 



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