

# Meditation Mantras

- 1. Aum Govindaya Nama**  
*(Mantra for protection)*
- 2. Aum Aparajitaya Nama**  
*(Aum, I bow to the one who never accepts defeat.)*
- 3. Buddham Saranam Gacchami.**  
**Dhammam Saranam Gacchami.**  
**Sangham Saranam Gacchami.**  
*I take refuge in the Buddha.*  
*I take refuge in the Dharma.*  
*I take refuge in the Sangham.*
- 4. O Make My Mind Tranquil And Calm.**  
**Charidike Neharite Prashanti Dham.**