



National Journal of Hindi & Sanskrit Research

ISSN: 2454-9177

NJHSR 2025; 1(60): 152-154

© 2025 NJHSR

www.sanskritarticle.com

Dr. Nagarajan V

Assistant Professor,
Div. of Yoga and Spirituality,
S - VYASA Deemed - to - be -
University, Jigani,
Bengaluru - 560 105

The Power Of Mantra Tantra And Yantra

Dr. Nagarajan V

Introduction

During a spiritual gathering, a revered Hindu sage addressed the audience, emphasizing the power of chanting God's name. He explained, "When a person sincerely repeats a divine mantra over many years, the mind becomes pure. And a pure mind is capable of perceiving God."

At that moment, someone in the crowd stood up and questioned him, "Sir, I find it hard to believe that repeating a mantra can have any effect. After all, isn't a mantra just a word? How can a mere sound bring spiritual transformation?"

The sage looked at him intently and replied with surprise, "You don't believe in the power of words? That's sheer ignorance! You must be the most foolish person I've ever met!"

The words hit the man hard. His face turned red, and his hands began to tremble with anger. Embarrassed and humiliated in front of everyone, he struggled to contain his feelings.

The saint calmly pointed at him and said, "Just now, a single word-'fool'-was enough to shake you to your core. If an ordinary word can affect you so deeply, don't you think that a sacred word, charged with divine energy and repeated with devotion, can uplift and purify the mind?"

In Hindu thought, a mantra isn't just any sound-it's a sacred formula. Linked with the Divine, its vibrations have the power to purify the heart and awaken spiritual insight. The word 'mantra' itself comes from Sanskrit: **Mantryate Guptaṁ Paribhāṣyate Iti Mantraḥ** (Śabdakalpaprakāśa p.615) man meaning mind, and tra meaning tool or that which protects. So, a mantra is a tool that guides and frees the mind from the limitations of worldly attachment.

The Importance Of A Mantra Given By A Guru

In the Indian spiritual tradition, seekers often yearn to receive a mantra directly from a saint or an enlightened guru. Such a mantra is believed to carry far greater spiritual force than one casually picked from a book. This idea can be better understood through an everyday comparison.

Consider a man who is diagnosed with cancer. Troubled by the news, he shares it with his wife. Hoping to reassure him, she says gently, "Don't worry-since it was caught early, you'll recover soon." Though her words are filled with care and optimism, they fail to truly comfort him.

A few days later, the man consults a renowned oncologist. After a detailed evaluation, the doctor tells him, "You're very lucky-this form of cancer is completely treatable." This time, the man feels a deep sense of relief. Why? Because the words come from someone with expertise and authority, someone who truly knows.

Correspondence:

Dr. Nagarajan V

Assistant Professor,
Div. of Yoga and Spirituality,
S - VYASA Deemed - to - be -
University, Jigani,
Bengaluru - 560 105

The message is the same in both cases, but the impact is vastly different. Similarly, when a mantra is given by a spiritually realized master, it is not just words-it is charged with the guru's spiritual power and experience. This energizes the mantra and makes it far more effective in transforming the consciousness of the seeker.

Furthermore, there are certain mantras that have already led others to the highest realization of the Divine. These are known as siddha mantras-mantras that have been spiritually awakened and proven. When such a mantra is passed from guru to disciple, it carries an invisible current of realization, making it an especially powerful aid on the path to liberation.

The Mantra "OM"

Om is the eternal syllable. All this is, indeed, Om. All that was, is, and will be, is Om. Even that which transcends time is also Om.

Om Ityetaḍakṣaraṃ Idaṃ Sarvaṃ.

Tasya Upavyākhyānaṃ Bhavati.

Bhūtaṃ Bhavadbhaviṣyaditi Sarvaṃ Oṃkāra Eva.

Yaccānyat Trikalātītaṃ Tadapya Oṃkāra Eva

Māṇḍūkya Upaniṣad - 1

Om (or **Aum**) is considered the most sacred and foundational sound in Hinduism. It holds a timeless place in the spiritual tradition, appearing frequently in the **Vedas** and numerous other scriptures. Revered as a symbol of the **Supreme Reality**, it is also called **Pranava**, meaning "the primal sound" or "that which sustains life."

Each component of the syllable A-U-M carries profound meaning. One common interpretation connects the letters to the divine functions of:

- **A** – representing the act of **creation**,
- **U** – symbolizing **preservation**,
- **M** – standing for **dissolution** or destruction. (Swami Bhaskarananda in *The Essentials of Hinduism*)

These three aspects mirror the roles of the Hindu trinity-**Brahma**, **Vishnu**, and **Shiva**-who are believed to govern the cycle of the cosmos (*A practical guide to Tantra: Mantras, yantras and rituals* by Saraswati, S).

Another perspective sees AUM as representing the **three realms of existence**:

- **Svarga**, or the heavenly realm,
- **Martya**, the earthly plane,
- **Pātāla**, the world beneath. (*A practical guide to Tantra: Mantras, yantras and rituals* by Saraswati, S).)

Since the Divine is believed to permeate all levels of existence, AUM becomes a powerful expression of **God's omnipresence**.

From a phonetic point of view, AUM also holds great significance. The sound "**A**" arises from the back of the throat, "**U**" rolls forward across the lips, and "**M**" concludes with closed lips. This progression touches on the full range of sounds the human vocal system can produce. Because all spoken language arises from these vocal movements-and since language is how we describe and interpret the universe-AUM symbolically encompasses **all that exists**. It is, in essence, the **sonic form of the entire cosmos**. (*A practical guide to Tantra: Mantras, yantras and rituals* by Saraswati, S)

Thanks to its universal nature, **Om** is not tied to any single sect or deity. It is a **non-personal** and **inclusive symbol** of divinity, embraced by all branches of Sanatana Dharma. **Om** serves as a unifying emblem of the sacred for millions of spiritual seekers.

The Gāyatrī Mantra

The Gāyatrī Mantra, also referred to as the Sāvitrī Mantra, is one of the most sacred and honored mantras in Hinduism. It is in the Ṛgveda (3.62.10) and is considered a deeply spiritual and transformative chant.

The mantra offers a sincere invocation as per the Sāyanabhāṣya:

"Om – We focus our minds on the divine brilliance of that most worthy and radiant source of all creation-the one who energizes the three realms:

- the earthly world (Bhuloka),
- the subtle, atmospheric realm (Bhuvārloka),
- and the celestial heavens (Svarloka).

May that Supreme Light guide and inspire our understanding

toward the realization of the Highest Truth."

This powerful prayer seeks the illumination of the intellect, asking the Divine to awaken higher wisdom within us. The mantra is addressed to the Sun deity (Savitr), who represents the life-giving force behind all existence.

Traditionally, the Gāyatrī Mantra is recited daily by those who have undergone the Upanayana samskara - the sacred thread initiation ceremony-usually performed for individuals from the three varnas. This marks their entry into a disciplined spiritual life.

Each Vedic mantra is connected to a specific deity, attributed to a particular sage (rishi), and composed in a unique metrical pattern. The Gāyatrī Mantra gets its name from the Gāyatrī meter in which it is composed-a structure of three lines, each with eight syllables. This rhythmic form enhances the mantra's meditative effect and spiritual power.

Regarded not just as a chant, but as a complete spiritual vision in itself, the Gāyatrī Mantra stands as a timeless call for divine guidance, clarity, and inner awakening.

Mantras And Yantras In The Discipline Of Tantra

In the Tantric tradition, mantras are considered essential tools for spiritual awakening and transformation. Unlike ordinary speech, these sacred sounds are believed to carry intense spiritual energy capable of producing profound inner change. Tantric mantras are typically composed of two key elements:

- Bīja (Seed syllable): A powerful, one-syllable sound that acts as the core vibration of the mantra. Each bīja is associated with a specific deity and embodies their unique energy.
- Shakti (Energy): The active, divine force that enlivens the mantra, giving it its transformative power.

Tantra holds that when such a mantra-especially one beginning with a bīja syllable-is imparted by a qualified guru, it becomes especially potent. When recited with devotion and concentration, it is said to increase the seeker's chances of having a divine vision (darśana) or a direct experience of the deity.

Moreover, it is believed that any offering made while reciting such a mantra is immediately received by the deity, due to the mantra's spiritual charge and resonance.

Alongside mantras, Tantra also makes use of yantras-geometrical symbols or diagrams that represent different aspects of divine energy. These mystic patterns are used in worship and meditation to focus the mind and invoke the presence of a specific deity. When paired with mantra recitation, yantras help deepen concentration and align the practitioner with higher spiritual vibrations.

The power of mantra (Tantric Verse) is.

Mantrarājaṁ Ca Jānāti Yo Guruṁ Sa Prapūjayet

Mantrēṇa Vinā Śākṣān Na Mokṣo Vidyate Kvacit

Kulārṇavatantram 10.68

He who knows the king of mantras must also worship the guru. Without a mantra, there is no direct path to liberation anywhere

Conclusion

In Hinduism, mantras are not merely words; they are considered sacred sound vibrations that carry divine power and spiritual significance. As illustrated through both scriptural authority and experiential analogy, the regular and devoted chanting of mantras-especially those received from a spiritually realized teacher-has the potential to purify the mind and lead to God-realization. Among these, the syllable Om and the Gāyatrī Mantra hold a place of pre-eminence, encapsulating the essence of the Vedas and the presence of the Divine across all realms.

The discipline of Tantra further deepens the understanding of mantras by incorporating bīja mantras, shakti, and yantras, emphasizing their power when used with proper initiation and devotion. Just as words have the power to emotionally move or disturb us, sacred mantras-infused with divine association and meditative repetition-can transform our consciousness.

Thus, the ancient Hindu wisdom upholds that mantras, far from being mere utterances, are vehicles of spiritual awakening. Their efficacy, when combined with devotion, guidance from a guru, and inner sincerity, becomes a profound means to attain inner peace, clarity, and ultimately, liberation.

Bibliography:

1. Swami Bhaskarananda (1994) *The Essentials of Hinduism*, Sri Ramakrishana Math
2. Saraswati, S. (1993). *A practical guide to Tantra: Mantras, yantras and rituals*. Bihar School of Yoga.
3. Swami Sivananda. (2000). *Japa Yoga: A comprehensive treatise on mantra-sastra*. Divine Life Society.