

# Light Your Fire with Mantras!

Kathleen Karlsen

**T**he five-element system is an ancient healing system focused on the transformation of energy. This system uses a basic set of elements to classify forces in nature, types of food, personalities, symbols, colors, mantras and more.

There are some differences between various natural element systems, although they all share the fundamental principle of change through energy conversion. In the Vedic system, the elements utilized are water, earth, ether, air and fire. Mantras can be classified according to each element.

Although all of the elements are powerful for different purposes, I'd like to concentrate on how to use the fire element and fire mantras to literally light a positive fire in your life. The concept of sacred fire exists in nearly every spiritual tradition. Fire is a physical symbol of the removal of obstacles within and without. In fact, chanting near or over a physical fire can increase the action of mantras in general.

In the Hindu view, the forces of light and darkness are the devas (shining ones) and the asuras (anti-gods). According to Sally Kempton in her book *Awakening Shakti*: "Both sides wear bodies of light and thought. They use weapons empowered by the force of their secret mantras."

One deity closely associated with the power of fire is Durga. Durga carries many physical symbols of her power: a spear, a mace, a bow, a sword, a discus,



a lotus, and a rosary. She received many of these gifts from other deities who wished to empower her to deal with crises throughout the dimensions of the universe.



Durga's seed syllable is DUM (pronounced as in "flute"). DUM brings a protecting fire energy. This is an earthly fire, like burning wood. DUM can eliminate sorrow, obstacles and barriers. DUM has a positive martial energy that brings self-control and self-discipline.

Another mantra of fire that specifically honors the energy of the heart uses the seed syllable HRIM. The syllable HRIM is associated with the sun and solar energy. The simple mantra "OM HRIM Namah" can be used to heal, purify and strengthen the heart.

"Namah" means "I bow" or "I give honor." HRIM energizes the physical heart, the emotional heart and the spiritual heart, though it operates mainly at the functional level of the heart. You can listen to a simple version of this mantra at [VocalMedicine.com/heart-mantra-hrim](http://VocalMedicine.com/heart-mantra-hrim).

The consonant "r" lends fire energy to many



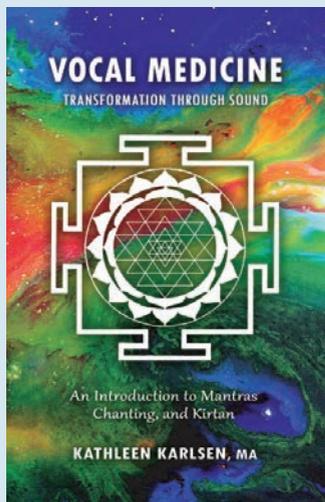
Free unlimited streaming of additional fire chants now at [VocalMedicine.com/fire-chants](http://VocalMedicine.com/fire-chants)

Sanskrit words used in mantras: shrim, krim, hrim, srim, halrim, strim, and trim. All of these syllables stimulate the fire energy in one way or another. Some of these seed syllables have fire as a secondary energy, such as “srim” which is related to a soothing, bright lunar energy as opposed to an earthly fire, the fire of lightning, electrical fire or the burning fire of the sun.

There is also a concept in both the East and the West of a chamber within the heart. In the West, this has been called the interior castle or the secret chamber of the heart. In the East, this inner space is called Brahman’s cave or the heart within the heart.

In this inner chamber, there is a form of fire viewed alternately as a flame, a form of lightning or a divine spark. If one concentrates on this flame while chanting or meditating, it can increase the power of the heart, thereby drawing energy upwards towards the heart from the earth and downwards towards the heart from the sky or heavenly dimensions.

There is a form of yoga called Hridaya Yoga that focuses solely on this inner fire in the heart. Although I am fascinated by the complex knowledge in the East of energy and spirituality, I also like the idea that a simple emphasis on the fire in the heart can actually accomplish everything!



Kathleen’s book **VOCAL MEDICINE** is available on Amazon and Barnes & Noble online.

**UPCOMING EVENTS**

**MONDAY NIGHT MANTRAS**  
 MARCH 2, 9, 16, 23, 30  
 APRIL 6, 13, 20 AND 27  
 \$10/PERSON

**KIRTAN WITH THE VOCAL MEDICINE BAND**  
 SAT, MARCH 7 • 7-8:30 PM  
 \$12/PERSON

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Another central mantra for the fire in the heart is: OM HRIM Hamsah Soham Svaha. This is known as the Paramjyoti Mantra or the Supreme Light Mantra. This mantra accesses the fire in the small space within the heart as the center of universal fire, time and space. You can hear this mantra at: [VocalMedicine.com/light-mantra](http://VocalMedicine.com/light-mantra).

Working with this mantra and similar mantras can fan the inner fire of the heart and help to transform all of the elements of your being through the power of the mantra, the intention of your heart and the innate intelligence of the fire element itself. ■



**Kathleen Karlsen** holds regular community kirtan and mantra workshops in the Bozeman area and beyond (see above). She is the leader of the Vocal Medicine Band and has completed 3 levels of training at the Kirtan Leadership Institute in Boulder, CO.

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