

## HEALING MANTRA

Aham Arogyam Aham Aanandam  
Aham Madhuras Aham Purnam  
Aham Mrityunjai Aham Swatantra  
Aham Ahimsa

I am healthy, I am blissful.  
I am ever-present, I am perfection.  
I am free from the fear of death, I am independent, Self effulgent.  
I am non-violence.

Aham = I am  
Arogyam = free from any affliction  
Aanandam = blessed  
Madhuras = sweetness  
Purnam = perfect wholeness  
Mrityunjai = free from fear of death  
Swatantra = self-effulgent, independent  
Ahimsa = non-violence, oneness

Vocals: Padma

Time: 4.35

\* Traditional Mantra words with melody by Padma

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