

BIRTHDAY BLESSINGS MANTRAS

drawn up by Swami Bhaskarananda

1. **Om Aayushmaan Bhava**
May you have long life
2. **Om Premamaya Bhava**
May you be full of love
3. **Om Shaantimaya Bhava**
May you be full of peace
4. **Om Anandamaya Bhava**
May you be full of bliss
5. **Om Jnanamaya Bhava**
May you gain (wise) knowledge
6. **Om Bhaktimaya Bhava**
May you have devotion
7. **Om Shaktimaya Bhava**
May you have strength
8. **Om Nirlobha Bhava**
May you be free from greed
9. **Om Nirmala Bhava**
May you become pure
10. **Om Nishkaama Bhava**
May you be without desires
11. **Om Nirupaplava Bhava**
May you be untroubled
12. **Om Niravadya Bhava**
May you be unblameable
13. **Om Nirantara Bhava**
May you have perpetual existence
14. **Om Nishkarana Bhava**
May you not have any false pretensions
15. **Om Nirantaka Bhava**
May you be deathless
16. **Om Nishprapancha Bhava**
May you be free from worldliness
17. **Om Nissanga Bhava**
May you be unattached
18. **Om Nirdwanda Bhava**

- May you be free from doubt
- 19. Om Niraadhaara Bhava**
May you not seek any other support (except His)
- 20. Om Niraaga Bhava**
May you be free from attachments
- 21. Om Nishkrodha Bhava**
May you be free from anger
- 22. Om Nirmala Bhava**
May you be pure
- 23. Om Nishpaapa Bhava**
May you be free from sins
- 24. Om Nirbhaya Bhava**
May you be free from fear
- 25. Om Nirvikalpa Bhava**
May you be free from thought-contrast
- 26. Om Nirbhedi Bhava**
May you not be a differentiator
- 27. Om Nishkriya Bhava**
May you be established in (a state of) inaction
- 28. Om Nishtulya Bhava**
May you be beyond comparison
- 29. Om Nih-sanshaya Bhava**
May you be free from doubts
- 30. Om Niranjana Bhava**
May you be untainted
- 31. Om Nirupavibhaba Bhava**
May you be free from lofty-mindedness
- 32. Om Nitya-aatma-swarupa Bhava**
May you remain in your own self
- 33. Om Prem-swarupa Bhava**
May you be in the form of love
- 34. Om Bhava-rupa Bhava**
May you be full of devotion
- 35. Om Nirupama-vibhava Bhava**
May you be evolved having no comparison
- 36. Om Nitya-shuddha-buddha-paripoorna-satchidaananda Bhava**
May you be ever pure, wise, complete;Existence-consciousness-bliss.

- 37. Om Parama-shaanta-swarupa Bhava**
May you have the ultimate form of peace
- 38. Om Tejo-maya Bhava**
May you be illumined
- 39. Om Sarva-bhaavaatmaka Bhava**
May you have all devotion
- 40. Om Shiva-rupa Bhava**
May you attain the form of Shiva
- 41. Om Kripaa-paatra Bhava**
May you be the receiver of grace
- 42. Om Nijabhaasa Bhava**
May you be self-illumined
- 43. Om Nijabhaasa Bhava**
May you be self-illumined
- 44. Om Niraamaya Bhava**
May you be healthy
- 45. Om Bhagavat-svarupa Bhava**
May you attain the form of God
- 46. Om Anapaayini-bhakti-rupa Bhava**
May you be established in ultimate devotion
- 47. Om Dheera-rupa Bhava**
May you be firm/resolute/steadfast
- 48. Om Sthita-prajna Bhava**
May you be of steady Wisdom
- 49. Om Guru-bhakti-maya Bhava**
May you be full of devotion to the guru
- 50. Om Bhuddhi-yukta Bhava**
May you be endowed with intelligence
- 51. Om Shanta-swarupa Bhava**
May you be of the form of peace
- 52. Om Karunaamaya-rupa Bhava**
May you have compassion
- 53. Om Veera-rupa Bhava**
May you be brave
- 54. Om Sthir-rupa Bhava**
May you be ever steady
- 55. Om Poorna-brahma-naaraayana-bhakta-rupa Bhava**
May you be the devotee of Purna Brahma Narayana

- 56. Om Kshamaa-rupa Bhava**
May you be full of forgiveness
- 57. Om Dayaa-rupa Bhava**
May you be merciful
- 58. Om Titikshu-rupa Bhava**
May you have forbearance
- 59. Om Niroga Bhava**
May you be free from disease
- 60. Om Niraamaya Bhava**
May you be healthy
- 61. Om Shreyo-rupa Bhava**
May you be the form of goodness
- 62. Om Adrista-rupa Bhava**
May you be one with no external exposure.
- 63. Om Sarva-bhoota-mitra Bhava**
May you be friendly and compassionate to all
- 64. Om Nirmama Bhava**
May you be free from “mine-ness”
- 65. Om Nir-ahankaara Bhava**
May you be free from egoism
- 66. Om Sama-dukha-sthita Bhava**
May you be even-minded in pain
- 67. Om Santushta Bhava**
May you be ever contented
- 68. Om Satata-yogi-rupa Bhava**
May you ever remain united with Him
- 69. Om Yataatma-swarupa Bhava**
May you ever have self-control
- 70. Om Dridha-nischaya-rupa Bhava**
May you be firm/steadfast in your resolve
- 71. Om Gurorpita-manobuddhi-rupa Bhava**
May you dedicate your mind and intellect to Guru
- 72. Om Bhakti-rupa Bhava**
May you be full of devotion
- 73. Om Yasmaan-lokai na-dwijate Bhava**
May you be one whom no one envies
- 74. Om Harshaa-marsha-bhayo-dvega-mukta Bhava**
May you be free from joy, wrath, fear and anxiety

- 75. Om Anapeksha Bhava**
May you be free from wants/expectations
- 76. Om Shuchir-daksha Bhava**
May you be ever pure and skilful
- 77. Om Udaasina Bhava**
May you be indifferent / have indifference
- 78. Om Vyavasthita Bhava**
May your (life) be order.
- 79. Om Sarvaarambha-parityaagi Bhava**
May you abandon all undertakings
- 80. Om Shubhaa-shubha-parityaagi Bhava**
May you renounce attachment and aversion to good and evil
- 81. Om Bhaktiman Bhava**
May you be full of devotion
- 82. Om shatru-mitreshu- Sama Bhava**
May you be the same to friends and foes
- 83. Om Sama-maana apa-maanaya Bhava**
May you have equanimity with praise and insult
- 84. Om Sanga-vivarjita Bhava**
May you be free from attachment
- 85. Om shitoshna-sukha-dukheshu- Sama Bhava**
May you have equanimity in cold and heat, pleasure and pain
- 86. Om Tulya-nindaa-stuti-mouni Bhava**
May you keep silent in censure and praise
- 87. Om Santushta Bhava**
May you be ever contented
- 88. Om Aniketaaya Bhava**
May you be free like a roaming mendicant
- 89. Om Sthiramati-bhaktiman Bhava**
May you be steady in mind and devotion
- 90. Om Priyaman Bhava**
May you be liked by all
- 91. Om Shreyovan Bhava**
May you have adorable qualities
- 92. Om Abhaya Bhava**
May you be fearless
- 93. Om Satvavan-shudhiman Bhava**
May you be sattvic and pure

- 94. Om Jnaanayoga vyavasthita Bhava**
May you be established in Jnaana yoga
- 95. Om Daanrupa Bhava**
May you be the icon of generosity
- 96. Om Damarupa Bhava**
May you be the icon of discipline
- 97. Om Yagna-swarupa Bhava**
May you be of the form of sacrifice
- 98. Om Swadhayaya-rupa Bhava**
May you be the icon of scriptural study
- 99. Om Tapaha-swarupa Bhava**
May you be an icon of austerity
- 100. Om Arjva-rupa Bhava**
May you be an icon of straightforward
- 101. Om Ahimsa-rupa Bhava**
May you be the icon of non-violence
- 102. Om Satya-swarupa Bhava**
May you be the icon of truth
- 103. Om Tyaga-swarupa Bhava**
May you be the icon of renunciation
- 104. Om Shanti-swarupa Bhava**
May you be the icon of peace
- 105. Om Apaishuna Bhava**
May you be free from calumny
- 106. Om Tejo-rupa Bhava**
May you be the icon of vigour
- 107. Om Adrohi Bhava**
May you be free rebelliousness
- 108. Om Purnabrahma-narayan-kripapatraya Bhava**
May you be the able/eligible receiver of grace from the ultimate reality
manifested in the name and form of Naaraayana