
THE EARTH MANTRA

Shakti Energy for Grounding, Protection and Liberation

**Om Sra Nam Bhum Bhuteshvari
Mama Kuru Svaha**

Elemental Essence: Grounding, stability, memory of creation

Angelic Current: Guardians of foundation and protection

Connected to faeries, elves and nature elementals

The "keepers" who stabilize karma and create protection circles

*Based on the teachings of Sri Kaleshwar
Enriched with Sacred Womb Oil practices*

EARTH - PRITHVI

Earth is our body; it is made with the earth element. This planet has vast natural magnetic power capable of absorbing and maintaining any vibration in nature. The second you incarnate here, you are held by earth energy which is magnetic.

The earth is seen as the body of materialization of Source. We can use the vibrations for higher insight to discover what still holds us here in this reality, or how we can detach ourselves when we die.

Why this mantra is essential:

Your bones are made of earth. If we don't cleanse this, we can never leave here. There is much memory stored in our bone marrow and bones. No matter who you are, how great you are as a master - everyone must do this regardless of your level.

Many gurus and enlightened masters had to go through pain at the moment of death. We chant this to free ourselves from everything that holds us here.

FAERIES, ELVES AND NATURE ELEMENTALS

The Earth element is connected to the faeries, elves and nature elementals. By chanting this mantra you gain power over trees, faeries and the earth. You can discharge and charge. The magnetic earth will appreciate when you work with her.

You can also do this mantra with a plant - they love it! Work with crystals, the earth, plants... anything that helps you ground and receive power from Mother Earth.

THE ANGELS OF THE EARTH ELEMENT

Angelic Current: Guardians of Foundation and Protection
(Buddha/Bhuteshwari)

Their work:

- Stabilize karma and provide safety
- Create protection circles around the soul (power circles)
- Prevent sudden falls, accidents, or soul-slippage
- Connect with faeries, elves and nature beings

Practical effect:

When you charge the Earth element, you strengthen the guardian angels that literally keep your feet on the ground. You get a team - you don't have to do this alone!

WHAT IS A MANTRA?

A mantra is a thread of angels and we are the connector. From a spiritual perspective, you can see a mantra as a line of energy and geometry that becomes a channel through which you can move energy. You are a transformer through which this happens.

Scientific perspective:

A scientist would describe a mantra as a series of coded sound atoms that build up and structure energy through focused repetition and resonance. The specific frequencies and vibrations of the sounds create a coherent energy field that has measurable effects on the cellular and molecular structure of the body - similar to how sound waves can arrange water droplets into geometric patterns (cymatics).

You are the conduit that runs the channel to bring about healing.

This channel helps you with everything that needs to heal. Your field is a power field and you create power circles. The earth is seen as the body of materialization of Source.

THE THREE EARTH MANTRAS

There are 3 earth mantras in the teachings of Sri Kaleshwar. They are ultimately all three the same, but each has a specific focus:

- 1st Mantra: Connected to Buddha - fundamental grounding
- 2nd Mantra: Bhuteshwari energy - CHOOSE THIS FOR THE WOMB OILS (very popular)
- 3rd Mantra: Lakshmi energy - specifically for discharging after a healing

In this guide we focus primarily on the 2nd Mantra.

I have experienced the greatest power with the Sacred Womb Oils using this mantra. The Bhuteshwari Shakti energy resonates particularly strongly with the work of the oils. The other two mantras are included for reference - all three work against stress, depression, psychological problems, negative energy and are healing for the soul.

ORDER OF THE ELEMENTS

Important for your practice:

1. Start with FIRE or EARTH (choose one)
2. Complete 41 days before moving to the next element
3. After about a week you can begin Womb Chakra work
4. Complete both FIRE and EARTH before moving to ETHER or WATER
5. AIR MUST ALWAYS BE LAST

Always follow your own intuition - your Higher Self knows best.

THE 2ND EARTH ELEMENT MANTRA

The Bhuteshwari Shakti Energy

Om Sra Nam Bhuum Bhuteshwari

Mama Kuru Svaha

Bhuteshwari - The Mistress of the Elements

This is Shakti energy. Bhuteshwari is the goddess who rules over all elements (bhutas). Her name literally means "Mistress of the Beings/Elements".

Choose this mantra for the Sacred Womb Oils - the 2nd mantra is very popular because of its powerful protective and grounding energy.

THE THUMB AND THE SOUND NA

Associated finger: THUMB

Connected sound: NA

Angel: Buddha/Bhuteshwari

Energy: Shakti - the most magnetic energy

Body: Of "God Source" - Healing and De-Charging energy

PRONUNCIATION

- Om - 'Ohm', the universal sound
- Sra - Short 'sra'
- Nam - 'Nam' with short 'a' (connected to the thumb)
- Bhuum - 'Bhoom' with long 'oo' and nasal 'm'
- Bhuteshwari - 'Bhoo-tesh-va-ri' (Mistress of the Elements)
- Mama - 'Ma-ma' (my/for me)
- Kuru - 'Koo-roo' (do/make)
- Svaha - 'Swa-ha' (so be it/offering)

THE 1ST EARTH ELEMENT MANTRA

Connected to Buddha - Fundamental Grounding

Om Aim Kleem Sauom
Sera Hana Bhava
Saya Noli Bhava
Tri-pura Bhava
Tiga Yoli Bhava
Wari-pura Bhava
Bhava Noli Bhava
Pari-pura Bhava
Bhava Noli Bhava
Om Adi Ti-ru Mu-ru-ga
Om Guru Guru Paramaguru
Om Kumaraa Rana Kalaam
Om Shanti Shanti Shanti-Hi

Instructions:

- 108 times for 41 days, at the same time each day
- Best time: before bed or early in the morning
- Keep your thumb on the earth during all 108 repetitions
- At line 11 think especially of "Guru Guru Paramaguru"

Guru Guru Paramaguru:

Guru = the master | Guru Guru = the master's master | Paramaguru = the highest, God

Symptoms when charged:

- Your thumb on the earth becomes hot
- Your thumb feels magnetized - you can't pull it away
- Tingling sensation

This is the most fundamental earth mantra. It has the highest magnetic power to heal anyone with a negative soul. It removes negativity.

THE 3RD EARTH ELEMENT MANTRA

Lakshmi Mantra - Specifically for Decharging

Om Aim Kleem Sreem

Om Maha Lakshmi Ayna Namaha

Instructions:

- 108 times for 21 days (shorter than the other mantras)
- This mantra is done at DUSK
- Can be done anywhere
- On day 21: draw the Lakshmi yantra while reciting the mantra

About Lakshmi:

This mantra belongs entirely to Lakshmi, the goddess of wealth and prosperity. Lakshmi is the light - by doing this mantra at dusk you invite the light to come into your house.

Specific benefits:

- Money problems
- Mental suffering from not being able to hold onto money
- Breaking "easy come, easy go" patterns
- Specifically aimed at decharging after a healing

The Lakshmi Yantra (on day 21):

Draw nine concentric circles in different colors (not black) on white paper. Around each circle write the mantra clockwise. Draw the Om symbol in the center in orange or red. Hang one drawing above the entrance of your house and one above your bed.

YOUR MALA FOR THE ELEMENTS

Important mala instructions:

How to chant:

- Use your THUMB and middle finger to move the beads
- NEVER touch the mala with your index finger - it discharges the power of the mantra

Protect your mala:

- Never get your mala wet under the tap - this discharges it
- Bless your mala with Sacred Womb Oil to charge and protect it

WAYS TO PRACTICE

You can chant this with a crystal, the earth, a plant, etc. Anything that helps you ground and receive power from Mother Earth. Plants love it! The magnetic earth will appreciate it.

- Outside with your thumb on the earth (the best way)
- With a pot of earth or a plant
- With a grounding crystal
- On the floor (connected to the earth)

SACRED WOMB OIL RITUAL

Preparation:

- Anoint your mala and forehead with Sacred Womb Oil
- Place your bottle of oil next to you on the ground to charge along

Earth-connecting oils:

- Lavender (calming and protection)
- Sandalwood with Myrrh (sacred grounding)
- Myrtle (purification and spiritual protection)

INSTRUCTIONS FOR CHARGING

Duration:	41 days
Repetitions:	108 times per session
Time:	Early in the morning OR in the evening
Position:	Thumb on the earth, crystal, or plant
Energy:	This is Shakti energy

STEP-BY-STEP

1. Anoint your mala and forehead with Sacred Womb Oil
2. Find a quiet place - outside, with a plant, or crystal
3. Place your bottle of oil next to you to charge along
4. Sit comfortably and place your THUMB on the earth/plant/crystal
5. Take deep breaths. Feel your connection with Mother Earth
6. Intention: 'Let me learn to know the earth element as the ancestors and saints once did. Let me remember the magnetic power so that I may protect and heal myself and others. Free me from everything that holds me here.'
7. Chant the mantra 108 times with your mala
8. Remain still. Feel the magnetic energy. Thank Mother Earth and the faeries

HEALING AND DECHARGING

The Earth element has a unique property: it can absorb negativity. You can have physical contact with the earth to pull all the misery out of you and heal and transform it.

Healing:

You are the conduit that runs the channel to bring about healing. This channel helps you with everything that needs to heal.

Decharging:

After an intensive healing you can de-charge yourself by giving the energy back to Mother Earth. Place your thumb on the earth and chant the mantra to discharge.

BENEFITS

HEALING	PROTECTION
Stress and depression Psychological problems Negative energy Healing for the soul Cleansing bones and bone marrow	Protection circles (power circles) Power over trees and faeries Grounding and stability Preventing falls/accidents Liberation from what holds you

SYMPTOMS WHEN YOU ARE CHARGED

- Your body becomes very LIGHT, weightless
- Your body feels WARM
- Your thumb can become hot
- Your thumb feels magnetic
- Tingling
- Deep grounding and stability
- Your guardian angels feel stronger and closer

WOMB CHAKRA AND EARTH ELEMENT

The Earth element is the foundation upon which all other elements build. Without strong grounding, the energy of the higher elements cannot be properly integrated. The Sacred Womb Oils work best when you have first built a strong connection with the Earth element.

The Earth Element strengthens:

- Physical health and vitality
- Stability for emotional processing
- Protection during spiritual work
- Ability to carry higher energies
- Cleansing of bones and bone marrow
- Liberation from karmic memories

REVERENCE FOR THE SACRED EARTH

Be respectful of the earth. This knowledge is open to those who have reverence for the sacred ground of Mother Earth. The earth carries the energy of all saints who have ever walked on her, and of the faeries and elves who guard her.

These mantras have awakened the Sacred Womb Oils to life. I am eternally grateful for my deep conversations with the oil thanks to completing the mantras.

I am grateful to my guide from Soulbasedlife369 for passing on this beautiful knowledge.

GOING DEEPER

- Read the books of Sri Kaleshwar
- Soulbasedlife369 offers beautiful trainings for going deeper with the mantras
- Visit www.sacredwomboils.com for the Sacred Womb Oils

BLESSINGS ON YOUR PATH

May Mother Earth and the faeries bless you with protection and grounding.

May your bones and bone marrow be cleansed.

May you be freed from everything that holds you here.

Everything here is a guideline. Your Higher Self always knows best.

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Disclaimer: The mantras in this guide come from the public Vedic tradition and have been passed down through the teachings of Sri Kaleshwar. This guide is intended as a personal study aid and contains the author's own interpretations, experiences and additions, including the integration with Sacred Womb Oils. For the original, complete teachings please refer to the books of Sri Kaleshwar and recognized teachers in the Divine Lineage. This guide is not intended to replace professional medical or psychological advice.