



ADIYOGI

chants of shiva

Manish Vyas

Shiva is the energy of simplicity,
truth, strength, invincibility,
integrity, awareness, clarity of
thought, fearless action. Shiva is all
that Is. Eternity, Infinity, Totality.
That is why he is also known as
Mahadev, the supreme deity.



Manish Vyas: Vocals, Santoor, Tabla, Percussions,
Keyboards, Programming

Padmakar Gujar: Pakhavaj, Dholak, Percussions

Milind Date: Bansuri Flute

Bapu Padmanabha: Flute on 4. Mahā Mrityunjaya Mantra

Chanelle Jetter: Vocals and harmonies on: 1. Shiva Panchākshar
Stotram, 5. Shiva Tāndav Stotram, 8. Shiva Shadākshar Stotram

Choir from India directed/recorded by Kardamsharma Joshi

Recorded at Samasati Studio, St. Gallen, Switzerland;
Musical Star, Pune, India and Harshal Kardamsharma
Musicography, Mumbai, India

ALL songs composed* and arranged by Manish Vyas
*except 10. Om Namah Shivāy, a traditional song from India

ALL songs mixed and mastered by Advait Patwardhan,
Pancham Studio, Pune, India, except 7. Shivāshtak, by
Kardamsharma Joshi, Mumbai, India

Cover Design: Ganapati Graphics. Creative inputs: Sā
Producer, Creative Director, Publisher: Manish Vyas
manishvyas.com



"This album has been inspired in the energy of Shiva, who can be the most compassionate one, to the most fierce Kalbhairav. It is an immense privilege and a blessing to have a lifetime opportunity to musically interact with these amazing, powerful and beautiful sacred chants, stotras and prayers of Shiva. In my perspective, meditating on the sounds of Shiva can bring an integration, an awakening and stability within oneself. Since childhood, these sacred sounds have surrounded and embraced me time and again, and I am sure it will give the listener and meditator a sense of centering, focus, strength and receptivity to Shiva's grace and blessings. And when one is in that space, the aura becomes like a Shivalinga, which is the seed of the Universe, as we say in India."

Har Har Mahadev!

Manish Vyas



1. Shiva Panchākshar Stotram: the power of Shiva and the five sacred syllables: na-ma-shi-va-ya. He who recites this Panchakshara near Shiva, will attain the abode of Shiva and enjoy bliss.
2. Shiva Prātah Smaran Stotram: recited in the early morning to invoke Shiva's blessings. I bow down in the morning to the infinite, eternal Being, who is beyond the darkness of ignorance, who is resplendent like the sun, who is everything and on whom this entire universe appears. One who reads every morning these sacred verses grows towards the supreme state of liberation.
3. Lingāshtakam: a stotram (hymn) in praise of Sri Shiva. The Linga is a symbol for Shiva on this worldly plane. The Lingasthakam Stotram is a prayer formed of eight salutations or invocations offered to the Supreme Deity in his aspect as Linga. Linga is the universal symbol of creation and source of everything. This prayer glorifies Shiva Linga and details its greatness.
4. Mahā Mrityunjaya Mantra: chanting this mantra creates higher vibrations that aid in healing, removing fear, anxiety and other negative emotions associated with death. The mantra is also known as a moksha mantra that connects human beings to their own inner divinity, it evokes the Shiva within human beings and liberating one from the cycle of death and rebirth.
5. Shiva Tāndava Stotram: it is said that anyone who reads, remembers and recites this stotra is purified forever and obtains devotion in the great deity Shiva. Written by Ravana centuries ago, from the great Indian epic Ramayana. Most know the arrogant side of Ravana, but only a few know about his incredible devotion to Lord Shiva. Chanting or listening to Shiva Tandava Stotram confers one with immense power, beauty, and mental strength. It is said that chanting the stotram removes all negative energies and makes the atmosphere pious.



6. Rudrāshtakam: a sacred text composed by Sri Goswami Tulsidas expressing the qualities of Shiva. I worship Him who is beloved of his devotees, who is Shankara (another name of Shiva) and who is the deity of All. Those who recite this with sincere devotion will be pleased.

7. Shivāshtak: Stotram composed by Sri Adi Shankaracharya. "Whoever recites this hymn of eight stanzas in praise of Lord Shiva near Shiva Lingam, will attain the abode of Shiva and enjoy His Bliss."

8. Shiva Shadākshara Stotram: Salutations to Shiva in the form of OM with its dot, which is always contemplated by great sages; who fulfills all desires and gives salvation. Salutations to Shiva in the form of NA, who is worshipped by sages, gods, Apsaras and men. Salutations to Shiva in the form of MA, who is the greatest god, who is the greatest soul, who is obtained through difficult penance, who destroys even the most heinous of all sins. Salutations to Shiva in the form of SI, who is peaceful, who blesses the universe, and who is eternal and peaceful. Salutations to Shiva in the form of VA, who rides on a bull, who wears on his neck the snake Vasuki, and who holds Goddess Shakti on his left. Salutations to Shiva in the form of YA, who is present wherever the gods abide, who is the greatest god, and who is the Guru of the gods.

9. Kālbhairavāshtakam: Kalabhairava means the dark one, the dark aspect or deadly form of Shiva. We all know that at the moment of death, we have no choice but to let go. This has significance when we die while being in this body, the death of ego, as well as the death of the physical plane or the worldly life, when we pass to eternity. Ashtakam is derived from the Sanskrit word astā, meaning "eight", an ancient composition with eight stanzas.

10. Om Namah Shivāy: 'I bow down to Shiva' or 'I venerate Lord Shiva.'
May Shiva bestow you with his blessings.



Sanskrit is known as the language of the Gods. Its alphabet is like a mantra with immense power. Sanskrit is said to have emerged from the sound of Shiva's drum, known as Damru, which he also played as the universe was created. These sounds are able to create, maintain, regulate, transform, destroy. Such is the power of sacred sound, such is the energy of Shiva mantras, stotras and prayers in this album. Feel His energy through this music and these ancient texts, which can have amazing power and protective, uplifting, energizing, transforming effects.



1. Shiva Panchākshar Stotram: 5.44
 2. Shiva Prātah Smaran Stotram: 4.12
 3. Lingāshtakam: 7.08
 4. Mahā Mrityunjaya Mantra: 6.57
 5. Shiva Tāndava Stotram: 8.33
 6. Rudrāshtakam: 5.54
 7. Shivāshtak: 5.36
 8. Shiva Shadākshara Stotram: 7.39
 9. Kālbhairavāshtakam: 5.52
 10. Om Namah Shivāy: 6.56
- 64.31

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Om Sai Ram. Jai Osho, Jai Gurudev!



Shiva is also called Bholenath, the innocent one, because he is pure in heart and easy to please. Which means, if you love him and worship him sincerely, even if you have defects and weaknesses, you can be sure of his love and compassion.

Shiva loves his family and children as much as he loves his devotees. He also has an extended family of gods and ganas, who are very fond of him and who love to spend their time in his company. Which means one can learn from Shiva about family values, and the importance of loving and caring relationships.

