

Vocal Medicine™

Mantras for the Breath & Lungs



Mercury Mantra

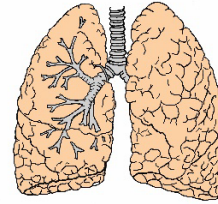
OM BUM Buddhaya Namah

Astrologically, the planet Mercury (and the Moon) govern speech and expression. This mantra improves all things related to breath, communication, and the production of sound.

The use of planetary mantras is a significant part of Vedic astrology. Each mantra is said to work in the subtle or unseen realms that influence our lives in every area. Astrology mantras mitigate challenging aspects and amplify positive astrological configurations.



Mercury Mantra
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Hamsa Chant

Hamsa Hamsa

Hamsa Hamsa Hamsa

This simple hamsa mantra focuses on the inhale and exhale, helping to create a vibration that connects to your lungs, heart and spirit. Mantras for the lungs focus on the breath, creating a smooth inhale and exhale to strengthen the lungs and calm the mind.

The “ham” is the sound of the in breath and the “sa” is the sound of the outbreath. “Hamsa” or “hansa” is also a term of honor, literally meaning “swan.”



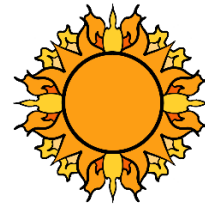
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AIM Saraswati

Om AIM Saraswati Mahadevi Saraswati

In the tradition of Ayurvedic medicine, the bija syllable AIM is purported to strengthen the voice, clear the senses and open the lungs. Bija seed syllables are primal sounds that connect to fundamental energies in nature and life. The syllable AIM is also associated with Saraswati, the goddess of knowledge, speech, expression and communication.



Paramjyoti Mantra

OM HRIM Hamsah Soham Svaha

This mantra is also called the Supreme Light Mantra and combines “hamsa” for the breath with “soham” meaning “I AM THAT.” OM: Primal sound of all creation. HRIM: A combination of “h” for prana and space with “r” for fire and “im” for energy and focus.



Paramjyoti Mantra
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Breathe Through Me

Holy Spirit Breathe through me (2x)

Send your light through my soul

Holy Spirit breathe through me

The power of God is often associated with breath, fire, wind and the spirit in many traditions. The Western Holy Spirit is akin to Shiva, third person of the Hindu Trinity.



Breathe Through Me
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Om Namah Shivaya

Om Namah Shivaya O-o-om

Om Namah Shivaya Om

Universal chant to Shiva, calms and harmonizes the energy of the body. Controls the mind to conquer emotional and psychological disturbances. Shiva is a deity associated with the air element and the breath.

Mantras, Sound and Breath

- Besides the physical body, we have an energy body made of sound: the Mantra Parusha. We can harmonize this body to ensure the flow into the physical body.
- The lungs are the ideal container for the breath and the production of sound. Breathing takes a unique combination of strength and relaxation.
- The capacity of the lungs can be increased in several ways, including mantras, pranayama, cardiovascular exercise, and low pressure

fitness (LPF). Turi Hetherington offers LPF classes at Strength & Grace.

- The diaphragm and the intercostal muscles play a key role. As you expand your lungs to breathe for singing, these muscles will strengthen and increase the potential volume of your lungs.
- There are vowels, syllables and words connected to the breath. The syllable “AH” assists with the health of the lungs and energizes the mind. The AH sound appears in many Sanskrit mantras like “namaha.”
- Expanding your lung capacity is literally expanding your capacity for life, filling your body with energy and oxygen. The breathing required for chanting synchronizes the mind and body for greater health.



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