

When to Use These Songs



From the original 1938 edition of Yogananda's *Cosmic Chants*: "Each of these *Cosmic Chants* has been composed to satisfy a special need of mind or life. The devotee's various moods and inner desires can be strengthened or changed by the repetition of one particular chant suitable for that purpose. The chants given in this book are classified for use by the devotee as follows:"

No Birth, No Death—For overcoming religious, racial or social prejudice, and for achieving non-attachment to all human ties.

Deliver Us From Delusion—For invoking the Guru's help for freedom from ignorance, sickness or failure.

In the Land Beyond My Dreams—For consciously ascending to God.

Polestar of My Life—Sing when experiencing failure in business or failure in trying to contact God.

Where Is There Love?—Sing when feeling forsaken or disillusioned by earthly love.

They Have Heard Thy Name—Sing when feeling forsaken by friends, fortune or health, or when interceding for others.

Thou Art My Life—To sweeten a sour disposition.

I Will Drink Thy Name—For inspiration; chant before preaching to others.

Wink Did Not Touch My Eyes—Sing during spiritual restlessness and anguish for God.

Today My Mind Has Dived—Use after meditation to go into deeper meditation, or when one does not find God after several meditations.

I Will Never Forget Thee—Sing when feeling far away from God, to strengthen the inner tie with Him.

Divine Gypsy—Chant when feeling enslaved by any habit or person.

Blue Lotus Feet—For invoking the unconditional love of God as the Divine Mother.

Ever-New Joy—Sing when trying to meditate on God and to feel Him as the cosmic endless Joy.

What Lightning Flash—Use to visualize God as Cosmic Light.

Wake, Yet Wake, O My Saint—To change business into spiritual consciousness, and to use when one, after having formed and then neglected the habit of meditation, wishes to resume it.

I Will Be Thine Always—Sing during bereavement, loss or parting of friends.

Come Out of the Silent Sky—To be mentally chanted during deep meditation or chanted aloud after meditation. Concentrate on the sky, mountains and soul when uttering those lines.

In the Temple of Silence—Chant when restless, worried or angered.

Om Brahma—Sing after meditation.

Hymn to Brahma—Use to invoke the help of the Masters or Guru.

O God Beautiful—Sing to realize God as visible nature and as all the beautiful sentiments of man.

I Am the Bubble, Make Me the Sea—To expand the little body-consciousness into the consciousness of the vast ocean of Spirit.

My Soul Is Marching On—Use to banish fear, failure or discouragement.

Listen To My Soul Call—Chant before meditation.

Om Chant—Invocation to God as the Cosmic Vibration and to the Masters and Great Ones.

Door of My Heart—Chant when feeling intense need for the instantaneous divine Presence. Sing this chant immediately upon awakening in the morning.

Om Song—Use when meditating on God as Cosmic Sound and Vibration and when meditating on the six spinal centers.

When My Dream's Dream Is Done—For overcoming the fear of death and achieving ascension to God.

Light the Lamp of Thy Love—For illumination and invoking God.

Desire, My Great Enemy—To conquer material desires.

Who Is In My Temple?—For divine ecstasy.

Thousands of Suns—For wisdom.

God of Beauty—To make body, mind and soul beautiful.

From This Sleep, Lord—For final salvation, and overcoming fear of death.

I Give Thee My Soul Call—To quicken our return to the Mother of the Universe.

Listen To My Song—For invoking God as Spirit.