

A LITTLE GIFT FOR YOUR HEART

# Mantras for the Aching Heart

*sacred sounds to carry what the mind cannot*

WITH LOVE, FROM FrogDate

*For the heart*
*that is learning*
*to soften again.*





A NOTE FOR YOU

# When the heart aches



There are aches the mind cannot reason away. You can understand the whole situation, and still feel it, unchanged, in your chest.

This is where sound has always been used. A mantra is a sacred syllable, a name of the Divine carried on the breath. Its vibration reaches places thought never gets to, and over time it softens what the mind could only circle. You do not have to fix the feeling. You take up the sound, and let it do the carrying.

Choose the one mantra that meets you today. You do not need all nine. One, practised, is worth more than many, admired.

> *These mantras raise the love and the light within you. They are never used to bind, pull, or control another person. You are tending your own heart, and trusting the rest to the Divine.* 💞

HOW TO PRACTISE

# The simple way

1. **Set an intention.** Sit, close your eyes, and say honestly what you are asking for. To heal. To let go. To be free. To love well.
2. **Repeat it 108 times.** Use a mala (108 beads) if you have one, or simply count. Only a few minutes.
3. **Do it for 40 days.** Same time, same place if you can. Forty days is the traditional span for a mantra to take root.
4. **Let it be enough.** Some days you will feel much, some days nothing. Both are the practice working. Keep going.

If you miss a day, you simply begin again. There is no failing here, only returning.

# How the mantra works

**Your intention comes first.** Before you begin, set a clear intention, a sankalpa, and say it plainly to the Divine. The sound carries it. The very same mantra can surrender a love or call one in, heal a wound or open a door, shaped by what you hold in your heart as you chant.

**Why 108.** The old teaching says 108 subtle channels, the nadis, converge to form the heart. To chant a mantra 108 times is to pass through every one of them, purifying and awakening the very centre of love. It also completes a whole cycle, and it is in completion that a vibration gathers enough force to begin taking form in your life.

**It clears karma.** Sound reaches what the mind cannot. With each round, a little of the old karma, the patterns and debts that bind you, is loosened and dissolved. This is why the practice can feel like a clearing.

**The more you do it, the more you call in.** Repetition builds a reservoir. The more you sound a name of the Divine, the more of that living force, love, steadiness, grace, you draw into your life. Forty days is enough for it to take root and stay.

MANTRA ONE

*for a love you cannot put down*

## ॐ राधा कृष्णाय नमः

### Om Radha Krishnaya Namaha

ohm · RAH-dhah · KRISH-nah-yah · nuh-muh-hah

THE DEITY

Radha and Krishna, the divine lovers. Krishna is the Beloved of the soul; Radha is love itself, holding nothing back.

WHAT IT DOES

When a love will not leave you, this hands it to the Divine. The feeling is not erased. It is offered up, and slowly transformed into something you can carry. In the tradition Thomas Ashley-Farrand carried, it is also chanted to call in a true, loving partnership, for Radha and Krishna are divine love itself. Above all, it draws your attention home to the heart. Whether it surrenders a love or calls one in is guided by the intention you hold as you chant.

SAY IT WHEN

you have tried everything else and the love still stays, or when you are ready to call in a real, loving one.

MANTRA TWO

*for the weight of the lesson*

## ॐ श्री शनैश्चराय नमः

### Om Shri Shanaishwaraya Namaha

ohm · shree · shuh-nysh-wuh-RAH-yuh · nuh-muh-hah

THE DEITY

Shani, Lord of Saturn, of karma and time. The strict but fair teacher, who takes only what was never truly ours to keep.

WHAT IT DOES

Some heartbreak carries an old karmic lesson. This asks for the weight to be lightened and the lesson learned, so it need not return.

SAY IT WHEN

the pain feels heavier than the loss, as if it belongs to something older.

MANTRA THREE

*to soften and open the heart*

यं

## Yam

yum · let the m hum, long and low

THE SOUND

Yam is the seed sound of the Anahata, the heart centre. A single syllable, the most direct of them all.

WHAT IT DOES

When grief has made the heart tight and guarded, this loosens it. It restores the heart's own rhythm, and lets it stay soft without being unsafe.

SAY IT WHEN

you feel closed, numb, or afraid to feel anything at all.

MANTRA FOUR

*to become love itself*

# अहम् प्रेम

## Aham Prema

uh-HUM · PREH-mah

THE MEANING

"I am love." It is the quiet truth beneath all the longing: love is not only something you seek, it is what you are made of.

WHAT IT DOES

It turns the heart's attention inward and reminds you that the love you are searching for is already your own nature. You begin to love from fullness rather than from lack.

SAY IT WHEN

you feel empty, unlovable, or as though love is something only other people are given.

MANTRA FIVE

*to remember your own worth*

## ॐ श्रीं महालक्ष्म्यै नमः

## Om Shreem Mahalakshmyai Namah

ohm · shreem · muh-hah-LUK-shmee-yai · nuh-muh-hah

THE DEITY

Lakshmi, goddess of abundance and grace, who knows the true worth of every soul she meets.

WHAT IT DOES

Heartbreak whispers that you were not enough. This answers it. It restores your sense of your own value, and your right to receive love, not only to give it.

SAY IT WHEN

the loss has become a verdict on your worth.

MANTRA SIX

*to become magnetic to true love*

ॐ क्लीं कृष्णाय नमः

## Om Kleem Krishnaya Namah

ohm · kleem · KRISH-nah-yah · nuh-muh-hah

THE SOUND

Kleem is the seed of attraction and magnetism, here joined to Krishna, love in its highest form.

WHAT IT DOES

This does not pull one person toward you. It raises your own love and light, so that you become magnetic to the love that is truly meant for you.

SAY IT WHEN

you are ready to open to what is coming, not to chase what has gone.

MANTRA SEVEN

*to call in a husband*

# सत् पतिं देहि परमेश्वर

## Sat Patim Dehi Parameshwara

sut · puh-TIM · DAY-hee · puh-ruh-MESH-wuh-ruh

THE PRAYER

"Grant me a true husband." A simple, ancient petition to the Divine, in the spirit of the Gopis who prayed to Katyayani for their beloved.

WHAT IT DOES

If you are ready for marriage and seeking a husband, this asks the Divine to bring a worthy, loving one, not just any man, but a true one.

SAY IT WHEN

your heart is open and you are ready to welcome a lasting partner.

MANTRA EIGHT

*to call in a wife*

# पत्नीं मनोरमां देहि

## Patnim Manoramam Dehi

PUT-neem · muh-no-ruh-MAAM · DAY-hee

THE PRAYER

"Grant me a beloved wife, in tune with my heart." From the Argala Stotra, a prayer to the Divine Mother.

WHAT IT DOES

If you are ready for marriage and seeking a wife, this asks the Divine Mother to bring a loving one, well matched to your own nature and heart.

SAY IT WHEN

your heart is open and you are ready to welcome a lasting partner.

MANTRA NINE

*to bless them, and be free*

# लोकाः समस्ताः सुखिनो भवन्तु

## Lokah Samastah Sukhino Bhavantu

LOW-kah · suh-MAS-tah · soo-KHEE-no · bhuh-VAN-too

THE PRAYER

May all beings everywhere be happy and free. One of the oldest blessings, offered without exception, even to the one who left.

WHAT IT DOES

This is how you let go without hate. You wish the one you loved well, truly, and in the same breath you set yourself free.

SAY IT WHEN

you are ready to release, and to keep your heart soft as you do.

🌸🪷🌸

*The love was real.*
*It is safe now, in kinder hands than ours.*



If these carried you even a little, there is more waiting in the **FrogDate** app, and in the full book, *The Frog in the Mirror*.

🐸 AFFIRMATIONS FOR THE MIND, MANTRA FOR THE INNER

**Tonzy Stone**

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