



Hailed as “the best-kept secret in the chant world” with “a voice that shoots straight to the soul,” Lee (Mirabai) Harrington is a vocalist, author and energy healer based in New York. A long-term practitioner of Tibetan Buddhism, Bhakti Yoga and Kundalini Yoga, her mission is to help others heal through mantra. Her unique approach to kirtan combines the wisdom and metta (loving-kindness) energies of Buddhist mantrayana (the path of mantra) with the euphoria of bhakti (devotional) music.

## Interview with **LEE MIRABAI HARRINGTON**

BY: TERESA NEUHAUS  
MN YOGA + LIFE AMBASSADOR

### **TERESA: CAN YOU DESCRIBE HOW CHANTING MANTRAS CAN BE BENEFICIAL?**

**LEE:** Chanting mantras can benefit us body mind and spirit. It reduces stress, creates harmony, as well as deepening your connection with your guru, with your entire existence, and with everything around you. This generates more and more harmony within you.

You can always chant for other people. I chant for animals at the shelter. The mantras I do for the animals are Tibetan medical mantras. At the very least the atmosphere is changing. The animals on the subtle level are receiving the benefit. I'd like to encourage people to do that. Go in with the intention to help.

### **TERESA: WHO INSPIRES YOU?**

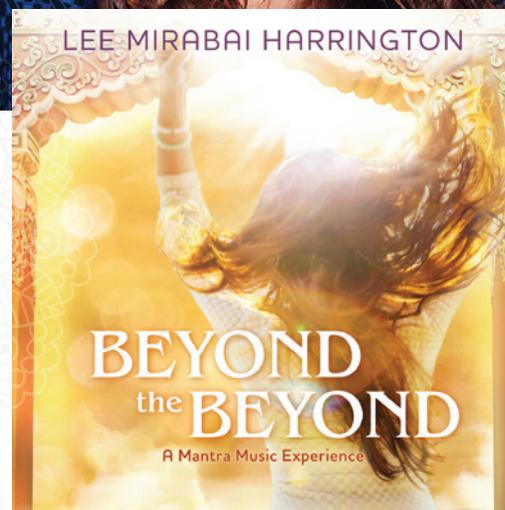
**LEE:** Everyone. I'm in awe of every single insect, flower, and animal. The beauty of this world I find inspiring. In terms of people, the people who volunteer at the animal shelter and any human who can continue to meet this world with compassion. That inspires me. I'm also inspired by the masters walking this planet. I wish everyone would look to them for inspiration rather than this or that celebrity.

### **TERESA: WHAT DOES MUSIC MEAN TO YOU?**

**LEE:** We are music. We each have our unique sound. We have the ability to heal our selves with our own voice. Music is an incredible gift.

### **TERESA: IF YOU ONLY HAD 5 MINUTES LEFT ON THIS EARTH, TO PERFORM ONE LAST SONG, WHAT WOULD IT BE AND WHY WOULD YOU CHOOSE IT?**

**LEE:** I would sing the mantra, Om Mani Padmi Hum as many as I could,



in five minutes. This is the mantra of the Bodhi Sattva of compassion, Chenrezik. It's very purifying. It has the power to heal and protect from harm. It purifies negative karma. Buddhists believe, if you chant it 1,000 times a day you can purify for negative karma seven lifetimes back and seven lifetimes forward. It's a great mantra to chant for others. It's very powerful. It's beyond what the human mind can conceive.

### **TERESA: WHAT'S YOUR ADVICE FOR PEOPLE WHO ARE NEW TO KIRTAN?**

**LEE:** Go as much as you can. Be prepared to have your heart opened and your life changed. Be prepared to experience beautiful one-ness. Don't get caught up in the way your own voice sounds. It's a group experience and it's very personal. It's not about how you sound. Trust the process. Kirtan brings you to a new relationship with yourself and others.

LEE'S DEBUT ALBUM BEYOND THE BEYOND: A MANTRA MUSIC EXPERIENCE (SPIRIT VOYAGE: 2016)—WHICH FEATURES GAURA VANI, CC WHITE, ADAM BAUER AND TIBETAN MONKS—WAS NAMED “ONE OF THE BEST KIRTAN CDS EVER” BY WRPI RADIO. SEE [WWW.LEEHARRINGTONMANTRAMUSIC.COM](http://WWW.LEEHARRINGTONMANTRAMUSIC.COM)