Киртан.

В традиции вайшнавов.

Позитивное мышление. Молитва и мантра (общая, базовая информация. Подробнее при необходимости вы сможете ознакомиться в последующих главах пособия).

Позитивное мышление и йога.

Эта тема заслуживает отдельного внимания.

Позитивное мышление занимает особое место в йоге. Свами Вишну Девананда в своей единственной книге посвятил немало места для этого понятия. По сути, с определённой точки зрения, знание, если это настоящее знание и есть позитивное мышление, которое ведёт к свету, любви, Богу.

Если говорить о нашей с вами реальности, то здесь можно привести несколько рекомендаций относительно непосредственного конкретного воплощения в действие этого закона.

В первую очередь необходимо регулярно изучать священные писания и работы великих мастеров и Учителей. Это даст импульс, надежду, знания и силу. Общайтесь с людьми знания, если их нет - ищите их, молитесь Богу, чтобы они появились в вашей жизни. Относитесь ко всему с юмором. Читайте позитивные, богатые интеллектом и юмором книги, смотрите хорошие комедии, - это безусловно создаст нужный фон для более успешной садханы. Избегайте тяжёлого мрачного бессмысленного кино и литературы, унылой музыки и старайтесь не общаться со злыми, тяжёлыми негативными людьми. Молитесь, пойте киртан, делайте джаппу, асаны, гуляйте больше на свежем воздухе, наблюдайте за природой. Помните, что будучи пессимистом крайне трудно вести успешную садхану. Боритесь с депрессией любой ценой даже используя медикаментозное лечение, если это необходимо. Помните, что унылое малодушие — это грех, вы отрицательно влияете этим на своих близких и зарабатываете плохую карму. Не стесняйтесь лечиться если это необходимо, будьте благоразумными и преодолейте гордыню и невежество. Будьте на стороне сатгвы, чего бы это не стоило. Сегодня очень трудно оставаться живым и весёлым в силу бешенного жизненного ритма, болезней, большого количества плохих людей, несправедливости. Заболеть депрессией сегодня может практически каждый. Всегда помните об этом. Сегодня каждый 5-6ой человек в развитых странах страдает той или иной формой психического заболевания в той или иной степени. Такова реальность и не надо бежать от неё и искать оправданий. Необходимо принимать эту реальность, этот бой и биться до конца используя любые методы. Помогайте друг другу, не осуждайте. Болезнь - это ещё не показатель слабости человека. Заболеть может каждый, даже самый сильный. Не зарекайтесь. Изучайте психологию и философию Веданты и йоги, изучайте последние достижения науки и техники. Помните, что тоже можете оказаться на месте любого страждущего. Не будьте ханжой. Совмещайте методы древних и современные методы. Идите в ногу со временем. Соблюдайте во всём золотую середину. Найдите для себя свой смысл жизни. Удачи вам и найдите для себя несколько вспомогательных сутр, которые приносят вам хорошее настроение, силы.

Приведу несколько примеров

- Всё проходит.
- Всё равно будет сон, смерть, потеря сознания, - Господь защитит вас, избавит от боли которую уже невозможно перенести.
- В конечном итоге просветление неизбежно. Стремление к совершенству - это суть Божественной игры.

Слушайте прекрасную музыку, научитесь разговаривать с собой, познавайте себя, не опирайтесь только на силу воли, не будьте слишком самонадеянны и главное доверяйте своему Учителю, врачу и конечно Господу Богу. Всё будет хорошо. Ведь когда человек здоров, он весел и прост. Научитесь выводить себя из любых состояний, как я уже говорил не стесняйтесь просить помощи у специалистов, сильных Духовных людей и у Бога. Безысходность тоже временна, хоть и кажется что будет длиться вечно. Научитесь быть в настоящем, отпускайте прошлое, не думайте много о будущем.

Научитесь разделять чужую боль и вашу боль тоже разделят в своё время. Цените всё, благодарите за всё в любой ситуации. Не отвергайте любовь ради сомнительной садханы. Расширяйте сознание, поднимайте планку и вам будет легче и легче. Господь не оставит вас. С Богом. ОМ

Павел Калягин

Молитвы и мантры
в традиции школ
Шивананды
и
Вишну Девананды

прилагаются для
свободного пользования :

Инструменты для киртана

Барабан (Дамару), Тарелки (Караталы),Ситара (Surbahar)

DEVA DEVA SIVANANDA

Deva Deva Sivananda
Deena Bandhu Pahimam

Chandravadana Mandahasa
Premarupa Rakshamam

Madhura Gita Ganalola
Jnanaroopa Pahimam

Samastaloka Poojitanga
Mohananga Rakshamam

Divya Ganga Teeravasa
Dana Sheela Pahimam

Papaharana Punya sheela
Paramapurusha Rakshamam

Bhakta Loka Hridayavasa
Swaminatha Pahimam

Chitswaroopa Chidananda

Namah Sivaya Rakshamam

OM BHAGAVAN

Om Bhagavan Sri Bhagavan
Ananda Bhagavan Sivananda Bhagavan

Om Bhagavan Sri Bhagavan
Ananda Bhagavan Vishnu Swami Bhagavan

JAYA GURUDEV

Jaya Gurudev Jaya Jaya Gurudev Jaya
Jaya Gurudev Jaya Sivananda Jaya

Jaya Gurudev Jaya Vishnu-devananda Jaya
Jaya Sitaram Jaya Sitaram Jaya

Jaya Hanuman Jaya Hanuman Jaya
Jaya Siva Sankara Jaya Siva Sankara

SATCHIDANANDA

Satchidananda Guru Satchidananda
Satchidananda Guru Satchidananda

Ananda Guru Om, Sivananda Guru Om
Ananda Guru Om, Sivananda Guru Om (2x)

(...substitute "Guru" with these
Names of the Lord)
Gita...Krishna...Rama...Siva...
Brahma...Jesus...Lakshmi...etc.

SIVANANDA NAMAH OM

Sivananda Namah Om Jaya Gurudev
Om Guru Jaya Guru Devaya

NAMA KIRTAN

Jai Guru Jai Guru Jai Guru Jai
Jai Guru Jai Guru Jai Jai Guru Jai (3X)

Sri Ram Jai Ram Jai Jai Rama
Sri Ram Jai Ram Jai Jai Rama (3X)

Sita Ram Jai Raja Ram Jai
Gauri Shankar Sitaram (3X)

Siva Durga Siva Durga Durga Durga Siva Siva
Siva Kali Siva Kali Kali Kali Siva Siva (3X)

Jai Hara Mano Rama Jai Siva Rani
Jai Kali Jai Durga Jai Ma Bhavani (3X)

Jai Guru Jai Guru Jai Guru Jai
Jai Guru Jai Guru Jai Jai Guru Jai (3X)

Jai Guru Raja Ram Haro Krishna Hare Ram
Jai Guru Raja Ram Hare Krishna Hare Ram

Jai Ma Jai Ma Jai Ma Jai;
Jai Ma Jai Ma Jai Ma Jai (3X)

Jai Bhagavan Jai Jai Sivananda
Jai Bhagavan Jai Jai Sivananda (3X)

Lakshmi Narayana Lakshmi Narayana
Lakshmi Narayana Raam

Radhe Govinda Radhe Govinda
Radhe Govinda Shyam

Sri Rama Rama Rama, Sri Rama Rama Rama

SMILE WITH THE FLOWERS

Smile with the flowers and sing with the birds
Let the Lord bring you a song without words
Talk with the rainbow, the wind and the sun,
God is Love, God is Love,
man and nature are One. (2x)

Laugh with the laughing brook,
dance with the sea
The ocean of love longs to fill you and me;
Open your heart let if flood through your soul;
God is Love, God is Love,
we are part of the Whole. (2x)

Joy is my birthright and bliss is my name,
The light of the Lord alone kindles the flame;
Dive deep within, find the silence and peace,
God is Love, God is Love,
may His Grace never cease. (2x)

GURU PRAYERS

BRAHMANANDAM PARAMASUKHADAM
KEVALAM JNANAMURTHIM
DVANDVAA-TEETAM
GAGANA SADRESHAM
TATVAMASY AADI LAKSHYAM
EKAM NITYAM VIMALAM ACHALAM
SARVADHEE SAAKSHIBHUTAM
BHAAVAATEETAM
TRIGUNA RAHITAM
SAT-GURUM TAM NAMAAMI

CHAITANYAM SHAASWATAM SHAANTAM
NIRAKAARAM NIRANJANAM
NAADA BINDU KALAATEETAM
TASMAI SRI GURAVE NAMAH

GURUR BRAHMAA GURUR VISHNUH
GURUR DEVO MAHESHWARAH
GURU SAAKSHAAT PARAM BRAHMA
TASMAI SRI GURAVE NAMAH

AJNANA TIMIRAANDHASYA
JNANAANJANA SHALAKAYAA
CHAKSHUR UNMEELITAM YENA
TASMAI SRI GURAVE NAMAH

DHYANA MULAM GUROR MURTHIH
PUJA MULAM GUROR PADAM
MANTRA MULAM GUROR VAAKYAM
MOKSHA MULAM GUROR KRIPAA

OM NAMAHSIVAAYA GURAVE
SATCHIDAANANDA MURTHAYE
NISHPRAPANCHAAYA SHAANTAAYA
SRI SIVAANANDAYA TE NAMAH
SRI VISHNU DEVAANANDAYA TE NAMAH

OM SARVA MANGALA MANGALYE
SHIVE SARVARTHA SADHIKE
SHARANYE TRAYAMBAKE GAURI
NARAYANI NAMOSTUTE (x2)

MAATAACHA PARVATI DEVI
PITAA DEVO MAHESHVARAH
BHANDAVA SIVA BHAKTASCHA
SVADESHO BHUVANA TRAYAM.
NAMAH PARVATI PATAYE
HARA HARA MAHADEV.

По системе йоги,
в традиции школ
Шивананды и Вишну Дэвананды,
данную молитву-мантру
следует произносить до и после
принятия пищи.

Если пищу принимают
два и более человек
то необходимо взявшись за руки
обойти стол с пищей по часовой стрелке, прочитав
молитву-мантру
от одного до трех раз.

Харе Рама Харе Рама
Рама Рама Харе Харе
Харе Кришна Харе Кришна
Кришна Кришна Харе Харе

Брахмарпанам

Брахма Хавир

Брахмагнау

Брахманахутам

Брахмайва Тхена Гантхавьям

Брахма Карма

Самадхина

Ом Боло Сат Гуру
Шивананда
Махараджей Ки Джай

Ом Боло
Вишну Девананда
Махараджей Ки Джай

Мантры знака почтения мастерам (Шивананды и Вишну Девананда)

произносятся как правило после занятий йоги и в любое другое время когда душа просит поблагодарить.

SAGUNA MANTRAS FOR JAPA

1. OM Sri Maha Ganapataye Namah

Prostrations to the great Lord Ganesha
OM is the original, most powerful Mantra sound. It is a part of almost every other Mantra, and serves to invoke pure supreme vibrations. Sri is the title of reverent respect. Maha means great. Ganapati is another name for Ganesha who is symbolised as the elephant-headed god, representing strength and fortitude. He is the remover of obstacles and bestower of success.

2. OM Namah Sivaya

Prostrations to Lord Siva
Siva is the Lord of ascetics and recluses. He is part of the Hindu Trinity. Brahma and Vishnu, the other two parts, are associated with creation and preservation, respectively. Siva, the Cosmic Dancer, presides over the destructive energies which break up the universe at the end of each age. This is the process of the old making way for the new. In a more personal sense, it is Siva's energy by which one's lower nature is destroyed, making way for positive growth.

3. OM Namo Narayanaya

Prostrations to Lord Vishnu
Narayanaya is a name of Vishnu, the Preserver of the world. After the creation, it is the energy of Vishnu which maintains order in the universe. It is Vishnu who regularly takes on a human form and incarnates on earth to benefit mankind. People who are closely involved in the running of the world and maintaining the harmony of life are drawn to this aspect of God.

4. OM Namo Bhagavate Vasudevaya

Prostrations to the Lord Vasudeva
Bhagavan means Lord, referring to Vishnu. Vasudeva, meaning "He Who abides in all things and in Whom all things abide," is a name of Krishna. Krishna is one of the most beloved of all deities. He is considered to be a world teacher for he is the source of the Bhagavad Gita. People are drawn to Krishna because of his playfulness and joyful nature.

5. Hari OM

OM Vishnu
Hari is another name for Vishnu. It is that aspect which forgives the past actions of those who take refuge in Him and destroys their negative deeds. Thus Hari is a redeemer and a guide to personal salvation as well as the World Preserver.

6. OM Sri Ramaya Namah

Prostrations to Lord Rama
Rama, an incarnation of Vishnu, took life on earth for the purpose of upholding righteousness and rewarding virtue. His life is the subject of the *Ramayana*. Rama and Sita epitomised the devotional relationship between husband and wife. They are the model for people with family duties.

7. OM Sri Durgayai Namah

Prostrations to Mother Durga
Supreme Divinity is without qualities or attributes, and as such It contains all qualities and attributes. The masculine principles are important, yet they must be balanced with the feminine principles. Durga represents the motherhood aspect of God. She is the force, or shakti, through which Divinity manifests. Durga is power. She is the protector and benefactor. According to Hindu mythology, the chaitanya, or pure consciousness of Brahma, Vishnu and Siva were united to form the being of Mother Durga. She is commonly pictured riding a tiger and having eight arms with which she carries flowers and weapons of protection and gives the gesture of blessing.

8. OM Sri Maha Lakshmyai Namah

Prostrations to the great Mother Lakshmi
Lakshmi is the bountiful provider. As Vishnu's consort, She aids in the preservation of the three worlds by bestowing wealth and abundance of a material and spiritual nature. She is pictured as a beautiful woman standing on a lotus blossom with her arms open and giving.

9. OM Aim Saraswatyai Namah

Prostrations to Mother Saraswati
Aim is the bija of Saraswati, the source of all learning, and knowledge of the arts and music. She is involved with the creation of new ideas and things. Responsible for bestowing wisdom and knowledge, She is often worshipped by people in the creative arts.

NIRGUNA MANTRAS

Nirguna Mantras are without form. One uses the abstract mantras and vedantic formulas to assert identification with all of creation. Because people are of many different temperaments, not all spiritual aspirants are drawn to a personal deity. For this type of temperament, the abstract mantra creates a vibration in which the meditator identifies with the whole of the cosmos.

1. OM

There is no translation of OM. It consists of three letters: A, U, and M. It signifies the three periods of time, the three states of consciousness and all of existence. 'A' is the waking state, 'U' is the dreaming state, and 'M' is the deep sleep state. OM contains nada and bindu. Nada is the prolonged vowel sound and bindu is the humming sound, made with closed lips, with which the mantra ends.

Correctly pronounced, the sound proceeds from the navel, with a deep and harmonious vibration, and gradually manifests itself at the upper part of the nostrils. The larynx and palate are the sounding boards; no part of the tongue or palate are touched. 'A' is the first sound the vocal apparatus can utter. As 'U' is pronounced, the sound rolls from the root of the tongue to the end of the sounding board of the mouth. 'M' is the last sound, and is produced by closing the lips. Pronounced merely as spelled, OM will have a powerful positive effect upon the nervous system and transforms every atom in the physical body, setting up new vibrations and awakening dormant physical and mental powers.

All mantras are hidden in OM, which is the abstract, highest mantra. OM is the manifest symbol of the sabdabrahman vibration, but it must not be equated with the Divine. The universe has come from OM, rests in OM and dissolves in it. AUM, as it is sometimes written, covers the human threefold experience; A represents the physical plane, U represents the mental and astral plane, and M represents the deep sleep state and everything beyond reach of the intellect. The transcendental sound of OM is heard only by yogis, not by the ordinary ear.

Because of its universality, OM can be used as a mantra by all who are unable to find a guru. However, its very universality and lack of particular form make it very difficult for a beginner to grasp. The mind must be very strong to be able to concentrate on formless and abstract mantras such as OM.

2. Soham

I am That I am

The meditator experiences Existence Absolute. It is without form, without quality, without past, present or future. No bonds or limitations restrict the aspirant who has Soham firmly fixed in his mind.

3. Aham Brahma Asmi

I am Brahman

In this great vedantic formula, the meditator asserts himself to be One with the ever-present Brahman. In doing so, he denies confinement to the body and mind, and affirms unity with the Absolute.

4. Tat Twam Asi

That Thou Art

"That" is the eternal Brahman, and "Thou" is the meditator. Tat Twam Asi, one of the greatest Vedic statements, identifies the individual as one and the same with Brahman, the Absolute Substratum of Creation.

CONCLUDING MANTRAS

Om Namo Narayanaya Dasoham Tava Kesava

Om Dum Durgaayai Namah

Om Hrim Mahalakshmyai Namah

Om Aim Saraswatyai Swaha

Om Namo Bhagavate Sivanandaya

Om Namo Bhagavate Vishnu-Devanandaya

Sri Raama Raama Raamethi
Rame Raame Manorame
Sahasranama Tattulyam
Raamanaama Varaanane

MAHA MRITYUNJAYA MANTRA

OM TRAYAMBAKAM YAJAMAHE
SUGANDHIM PUSHTIVARDHANAM
URVARUKAMIVA BANDHANAN
MRITYOR MUKSHIYA MAMRITAT

OM SARVESHAM SVASTI BHAVATU
SARVESHAM SHANTIR BHAVATU
SARVESHAM PURNAM BHAVATU
SARVESHAM MANGALAM BHAVATU

SARVE BHAVANTU SUKHINAH
SARVE SANTU NIRAMAYAAH
SARVE BHADRANI PASYANTU
MA KASCHID-DUKHA-BHAG-BHAVET

ASATO MA SAT GAMAYA
TAMASO MA JYOTIR GAMAYA
MRITYOR-MA AMRITAM GAMAYA

OM PURNAMADAH PURNAMIDAM
PURNAT PURNAMUDACHYATE
PURNASYA PURNAMADAYA
PURNAMEVAVASHISHYATE
OM SHANTIH SHANTIH SHANTIH

UNIVERSAL PRAYER

O Adorable Lord of Mercy and Love
Salutations and prostrations unto Thee

Thou art Omnipresent,
Omnipotent and Omniscient
Thou art Satchidaananda
Thou art Existence, Knowledge
and Bliss Absolute
Thou art the Indweller of all beings.

Grant us an understanding heart,
equal vision,balanced mind,
faith, devotion and wisdom.

Grant us inner spiritual strength
to resist temptation and control the mind.

Free us from egoism, lust, anger, greed,
hatred and jealousy.

Fill our hearts with Divine Virtues.

Let us behold Thee
in all these names and forms.

Let us serve Thee
in all these names and forms.

Let us ever remember Thee.

Let us ever sing Thy glories.

Let Thy name be ever on our lips

Let us abide in Thee for Ever and Ever.

BOLO SAT GURU SIVANANDA MAHARAJA KI JAI
BOLO VISHNU DEVANANDA MAHARAJA KI JAI

SONG OF THE EIGHTEENITIES

Serenity, regularity, absence of vanity
Sincerity, simplicity, veracity

Equanimity, fixity, non-irritability
Adaptability, humility, tenacity

Integrity, nobility, magnanimity
Charity, generosity, purity.

Practise daily these eighteenities
You will soon attain Immortality

You'll abide in Eternity and Infinity
You'll behold Unity in Diversity

Brahman is the only real entity
Mr so-and-so is a false non-entity

You cannot attain this in the university
By Yoga Sadhana you can attain immortality

Om Tat Sat, Om Tat Sat, Om Tat Sat, Om

NARAYANA

Narayana Narayana Jaya Govinda Hare
Narayana Narayana Jaya Gopala Hare

SRIMAD NARAYANA

Srimad Narayana Narayana Narayana
Lakshmi Narayana Narayana Narayana

Srimad Narayana Narayana Narayana
Surya Narayana Narayana Narayana

Srimad Narayana Narayana Narayana
Badri Narayana Narayana Narayana

Sita Raama Kaho Radhe Shyama Kaho
Sita Raama Kaho Jaya Radhe Shyama Kaho

RADHA KRISHNA

Radha Krishna Kaana Lola Radhe Govinda

Radhe Govinda Murari Govinda

Radhe Radhe Govinda Murari Gopala

Radhe Govinda Murari Gopala

RAAMAKRISHNA HARI

Raamakrishna Hari Mukunda Murari
Panduranga Panduranga Panduranga Hari

RADHE BOLO

Radhe Radhe Radhe Bolo Radhe Govinda Bolo

Siva Siva Siva Bolo Siva Sankara Bolo

Vishnu Vishnu Vishnu Bolo Vishnu
Narayana Bolo

Siva Siva Siva Bolo Sivananda Bolo

Vishnu Vishnu Vishnu Bolo
Vishnu-Devananda Bolo

GOVINDA JAYA JAYA

Govinda Jaya Jaya Gopala Jaya Jaya
Radha Ramana Hari Govinda Jaya Jaya

Sri Rama Jaya Jaya Sri Krishna Jaya Jaya
Sita Ramana Hari Raghurama Jaya Jaya
Shankara Jaya Jaya Sambava Jaya Jaya
Uma Ramana Siva Shankara Jaya Jaya

BHAJA RADHE GOVINDA

Bhajo Radhe Govinda
Gopala Tera Pyara Nam Hai
Gopala Tera Pyara Nam Hai
Nanda Lala Tera Pyara Nam Hai

SRI KRISHNA GOVINDA

Sri Krishna Govinda, Hare Murare
Hey Natha Narayana Vasudeva (x2)

Gurudev Gurunath, Saranam Mama Om
Gurudev Gurunath, Saranam Mama Om (x2)

Sri Gurudev's feet are my only refuge
Sri Gurudev's feet are my only refuge (x2)

HE RADHE

He Radhe Radhe Radhe Shyam
Govinda Radhe Sri Radhe

Govinda Radhe Radhe Shyam
Gopala Radhe Radhe Shyam

KRISHNA GOVINDA GOPALA

Krishna Govinda Govinda Gopala

Krishna Murali Manohara Nandalala

SAMBA SADASIVA

Samba Sadaasiva, Samba Sadaasiva
Samba Sadaasiva, Samba Sivom Hara

Om Mata Om Mata
Om Sri Mata Jagadamba

Uma Parameshwari, Sri Bhuvaneswari
Adi Para Shakti, Devi Maheshwari

GANESHA SHARANAM

Ganesha Sharanam, Sharanam Ganesha
Vignavinayaka, Sharanam Ganehsa

SIVA SIVA SHAMBHO

Siva Siva Shambho Sankara
Hara Hara Hara Mahadeva
Gangajata Dhara Gauri Manohara
Parthi Puri Parameshwara

SUBRAHMANYA SUBRAHMANYA

Subrahmanya Subrahmanya
Shanmuganatha Subrahmanya
Subrahmanya Subrahmanya
Kartikeya Subrahmanya

Siva Sharavanabhava Subrahmanya
Guru Sharavanabhava Subrahmanya

Hara Hara Hara Hara Subrahmanya
Siva Siva Siva Siva Subrahmanya

SIVAYA PARAMESHWARAYA

Sivaya Parameshwaraya
Chandrashekaraya Namah Om
Bhavaya Guna Sambhavaya
Siva Tandavaya Namah Om

KALI DURGAI NAMO NAMAH

Kali Durgai Namo Namah
Kali Durgai Namo Namah

Uma Parvati Ananda Ma
Uma Parvati Ananda Ma

Raja Rajesheswari Ananda Ma
Raja Rajesheswari Ananda Ma

GAURI GAURI GANGA RAJESHWARI

Gauri Gauri Gange Rajeshwari
Gauri Gauri Gange Bhuvaneshwari
Gauri Gauri Gange Maheshwari Gauri
Gauri Gange Maheshwari

Gauri Gauri Gange Mahakali
Gauri Gauri Gange Mahalakshmi
Gauri Gauri Gange Parvati
Gauri Gauri Gange Saraswati

DEVI DEVI DEVI JAGAT MOHINI

Devi Devi Devi Jagat Mohini
Chandika Devi Chanda Munda Harini
Chamundeshwari Ambike Devi

OM SHAKTI OM

Om Shakti Om Shakti Om Shakti Om (2x)

Brahma Shakti, Vishnu Shakti,
Siva Shakti Om
Om Shakti Om Shakti Om Shakti Om

Iccha Shakti, Kriya Shakti, Jnana Shakti Om
Om Shakti Om Shakti Om Shakti Om

Devi Shakti, Maya Shakti, Guru Shakti Om
Om Shakti Om Shakti Om Shakti Om

NAMOSTUTE

Namostute Namostute
Jaya Sri Durge Namostute
Namostute Namostute
Jaya Sri Durge Namostute

... Kali ... Lakshmi ... Saraswati ...
Jagadamba ...

GURUDEVA

Gurudeva Gurudeva Jaya Gurudev
Sivananda Gurudeva Jaya Gurudev

If you want to be like Him
You must follow Him

Not my will but Thy will my Lord
Not my will but Thine.

SHANTI MANTRAS

OM SHAM NO MITRAH SHAM VARUNAH
SHAM NO BHAVA TWARYAMAA
SHAM NA INDRO BRIHASPATIH
SHAM NO VISHNUR-URU KRAMAH
NAMO BRAHMANE, NAMASTE VAYO
TVAMEVA PRATYAKSHAM BRAHMAASI
TVAAMEVA PRATYAKSHAM
BRAHMA VADISHYAMI
RITAM VADISHYAMI, SATYAM VADISHYAMI
TAN MAAMAVATU, TAD VAKTAARAM-AVATU
AVATU MAAM, AVATU VAKTAARAM
OM SHANTIH, SHANTIH, SHANTIH

OM SAHA NAAVAVATU, SAHA NAU BHUNAKTU
SAHA VIRYAM KARAVAAVAHAI
TEJASVINAAVADHITAMASTU MAA VIDVISHAAVAHAI
OM SHANTIH, SHANTIH, SHANTIH

OM AAPYAYANTU MAMAANGAANI
VAAK PRAANAS CHAKSHUH SHROTRAM
ATHOBALAMINDRIYAANI CHA SARVAANI
SARVAM BRAHMOPANISHADAM
MAAHAM BRAHMA NIRAAKURYAAM
MAA MAA BRAHMA NIRAAKAROD
ANIRAAKARANAM ASTU ANIRAAKARANAM ME ASTU
TADAATMANI NIRATE YA UPANISHATSU DHARMAAH, TE
MAYI SANTU, TE MAYI SANTU
OM SHANTIH, SHANTIH, SHANTIH

OM BHADRAM KARNEBHIH SHRINUYAAMA DEVAAH
BHADRAM PASHYEMA-AKSHABIR YAJATRAAH
STHIRAIR-ANGAIS-TUSHTUVAAMSAS-TANUBHIH
VYASHEMA DEVAHITAM YADAAYUH
SVASTI NA INDRO VRIDDHASRAVAAH
SVASTI NAH PUSHAA VISHWA VEDAAH
SVASTI NAS-TARKSHYO ARISHTANEMIH
SVASTI NO BRIHASPATIR DADHAATU
OM SHANTIH, SHANTIH, SHANTIH

SUNDAY PRAYERS

PREMA MUDITA MANASE KAHO

Prema Mudita Manase Kaho
Rama Rama Ram
Sri Rama Rama Ram (x3)

Papa Kate Dukkha Mite
Lete Rama Nam
Bhava Samudra Sukhadanava
Eke Rama Nam (Sri Rama ....)

Parama Shanti Sukhanidhana
Divya Rama Nam
Niradharako Adhara
Eke Rama Nam (Sri Rama ....)

Parama Gopya Parama Ishta
Mantra Rama Nam
Santa Hridaya Sada Vasata
Eke Rama Nam (Sri Rama ....)

Maha Deva Satata Japata
Divya Rama Nam
Kashi Marata Mukti Karata
Kahata Rama Nam (Sri Rama ....)

Mata Pita Bandhu Sakha
Sabahi Rama Nam
Bhakta Janana Jeevana Dhana
Eke Rama Nam (Sri Rama ....)

ADI DIVYA

Adi Divya Jyoti Maha Kali Ma Namah (x2)

Madhu Sumbha Mahisha Mardini Maha
Shakti Ye Namah (x2)

Brahma Vishnu Siva Swaroopa
Twam Na Anyatha (x2)

Chara Charasya Palike
Namo Namah Sada (x2)

NAMA RAMAYANAM

Shree Raam Jaya Raam
Jaya Jaya Raam (x8)

Shuddha Brahma Paraatpara Raam
Kaalaatmaka Parameshwara Raam
Shesha Talpa Sukha Nidrita Raam
Brahmaadyamara Praarthita Raam
Chanda Kiranakula Mandana Raam
Shreemad Dasharatha Nandana Raam
Kaushalyaa Sukha Vardhana Raam
Vishwaamitra Priyadhana Raam

Ghora Thaatakaa Ghaataka Raam
Maarichaadi Nipaataka Raam
Kaushika Makha Samrakshaka Raam
Shreemad Ahalyod-dhaaraka Raam
Gautama Muni Sampoojita Raam
Sura Munivara Gana Samstuta Raam
Naavika Dhaavita Mridu Pada Raam
Mithilaapura Jana Modaka Raam

Videha Maanasa Ranjaka Raam
Tryambaka Kaarmuka Bhanjaka Raam
Seetaarpita Varamaalika Raam
Krita Vaivaahika Kautuka Raam
Bhaargava Darpa Vinaashaka Raam
Shreemad Ayodhya Paalaka Raam
Shuddha Brahma Paraatpara Raam
Kaalaatmaka Parmeshvara Raam

Aganita Gunagaana Bhooshita Raam
Avanitanayaa Kaamita Raam
Raakaa Chandra Samaanana Raam
Pitru Vaakyaashrita Kaanana Raam
Priya Guha Vinivedita Pada Raam
Tatkshaalita Nija Mridu Pada Raam
Bhardwaja Mukha Nandaka Raam
Chitrakutaadri Niketana Raam

Dasharatha Santata Chintita Raam
Kaikeyee Tanayaarthita Raam
Virachita Nija Pitru Karmaka Raam
Bharataarpita Nija Paaduka Raam
Dandaka Vana Jana Paavana Raam
Dushta Viraadha Vinaashana Raam
Sharbhanga Suteekshanaarchita Raam
Agastyaanugraha Vardhita Raam

Gridhraadhipa Samsevita Raam
Panchvatee Tata Sushthita Raam
Shoorpanakhaarthi Vidhaayaka Raam
Kharadooshana Mukha Soodaka Raam
Seetaa Priya Hari Naanuga Raam
Maarichaarthi Kridaashuga Raam
Vinashta Seetaa Niveshaka Raam
Gridhraadipa Gatidaayaka Raam

ARATI

Jaya Jaya Arati Vighnavinayaka
Vighnavinayaka Sri Ganesha

Jaya Jaya Arati Subrahmanya
Subrahmanya Kartikeya

Jaya Jaya Arati Venugopala
Venugopala Venulola
Papavidura Navanita Chora

Jaya Jaya Arati Venkataramana
Venkataramana Shankataharana
Sita Rama Radheshyama

Jaya Jaya Arati Gauri Manohara
Gauri Manohara Bhavani Shankara
Sambasadasiva Uma Maheshwara

Jaya Jaya Arati Raja Rajeshwari
Raja Rajeshwari Tripura Sundari
Maha Lakshmi Maha Saraswati
Maha Kali Maha Shakti

Jaya Jaya Arati Anjaneya
Anjaneya Hanumanta

Jaya Jaya Arati Dattatreya
Dattatreya Trimurti Avatara

Jaya Jaya Arati Adityaya
Adityaya Bhaskaraya

Jaya Jaya Arati Sanishwaraya
Sanishwaraya Bhaskaraya

Jaya Jaya Arati Sankaraachaarya
Shankaraachaarya Advaita Gurave

Jaya Jaya Arati Sadguru Natha
Sadguru Natha Sivananda

Jaya Jaya Arati Vishnu-devananda
Vishnu-devananda Vishnu-devananda

Jaya Jaya Arati Agastya Munaye
Agastya Munaye Sri Rama Priyane

Jaya Jaya Arati Ayyappa Swamiye
Ayyappa Swamiye Dharma Shastave

Jaya Jaya Arati Jesus Gurave, Moses
Gurave, Buddha Gurave

Jaya Jaya Arati Mohammed Gurave,
Guru Nanak Gurave
Samasta Guru Bhyo Namah

Jaya Jaya Arati Venugopala

GANGA ARATI

Om Jaya Gange Maiyaa
Maiyaa Jaya Gange Maataa

Jo Nara Tumko Dhyaataa (2X)
Mana Vaanchita Phala Paataa
Om Jaya Gange Maiyaa
Maiyaa Jaya Gange Maataa

Chandra See Jyoti Tumhaaree
Jala Nirmala Aataa
Maiyaa Jala Nirmala Aataa
Sharana Pade Jo Teree (2X)
So Nara Tara Jaataa
Om Jaya Gange Maiyaa
Maiyaa Jaya Gange Maataa

Putra Sagara Ke Taare
Saba Jaga Ko Gyaataa
Maiyaa Saba Jaga Ko Gyaataa
Kripaa Drishti Tumhaaree (2X)
Tribhuvana Sukha Daataa
Om Jaya Gange Maiyaa
Maiyaa Jaya Gange Maataa

Eka Hee Baara Jo Teree
Sharanagati Aataa
Maiyaa Sharanagati Aaatee
Yama Kee Traasa Mitaakar (2X)
Paramagati Paataa
Om Jaya Gange Maiyaa
Maiyaa Jaya Gange Maataa

Aarthi Maata Tumhaaree
Jo Nara Nita Gaataa
Maiyaa Jo Nara Nita Gaataa
Arjuna Vahee Sahaja Me (2X)
Mukti Ko Paataa
Om Jaya Gange Miayaa
Maiyaa Jaya Gange Maataa

Om Na Tatra Suryo Bhati
Na Chandra Taarakam
Nema Vidyuto bhanti Kutoyamagnihi
Tameva Bhanta Manubhati Sarvam
Tasya Bhasa Sarvamidam Vibhati
Om Gange Cha
Yamune Chaiva
Godavari Saraswati
Narmade Sindhu Kaveri
Namastubhyam Namo Namah

TWAMEVA MATA

Twameva Mata Cha Pita Twameva
Twameva Bandhuscha Sakha Twameva
Twameva Vidya Dravinam Twameva
Twameva Sarvam Mama Deva Deva.

Kayena Vacha Manasendriyairva
Buddhyatmanava Prakriteh Swabhavad
Karomi Yad Yad Sakalam Parasmai
Narayana Iti Samarpayami

BHAGAVAD GITA XVIII,66

Sarva Dharman Parityajya
Mamekam Saranam Vraja
Aham Twa Sarvepapyebhyo
Moksha Ishyami Ma Shuchah

GOPALA GOPALA

Gopala Gopala Gokula Nandana Gopala
Yadukula Tilaka Gopala
Yadava Nandana Gopala

Gopala Gopala Devaki Nandana Gopala
Venu Vilola Gopala
Vijaya Gopala Gopala

Gopala Gopala Radhaki Vallabha Gopala
Navanita Chora Gopala
Nanda Kumara Gopala

BANSURI

Bansuri Bansuri Bansuri Shyaamaki,
Bansuri Bansuri Bansuri Shyaamaki

He Raama (x4)
He Krishna (x4)
He Allah (x4)
He Jesus (x4)
He Buddha (x4)

Oh my Lord, Be with me
Oh my Lord, Set me free

I am Thine, All is Thine (4x)

Oh my Lord give Darshan (4x)

HARE HARE BOL

Hare Hare Bol Hare Hare Hare Bol
Keshava Madhava Govinda Bol

Sri Krishna Govinda Hare Murare
Hey Natha Narayana Vasudeva

KRISHNA GOVINDA

Krishna Govinda Govinda Gopala (4x)
Krishna Murari Manohara Nandalala (2x)

GOVINDA NARAYANA

Govinda Narayana Gopala Narayana (2x)
Govinda Gopala Narayana (2x)
Hari Govinda Gopala Narayana (2x)

RAMACHANDRA

Raamachandra Raghu-Veera
Raamachandra Rana-Dheera
- Raghu-Veera, Rana-Dheera (x4)

Raamachandra Raghu-Natha
Raamachandra Jagannatha
- Raghu-Natha, Jagannatha (x4)

Raamachandra Raghu Rama
Raamachandra Param Dhama
- Raghu-Rama, Param Dhama (x4)

Raamachandra Mama Bandho
Raamachandra Daya Sindho
- Mama Bandho, Saya Sindho (x4)

RAGHU PATI RAGHAVA

Raghu Pati Raghava Raaja Raam
Patita Paavana Siita Raam

Siita Raam Siita Raam Siita Raam
Jaya Radhe Shyam

Radhe Shyam Radhe Shyam
Radhe Shyam Jaya Radhe Shyam

Ishwara Allah Tere Naam
Sabako Sanmati De Bhagavan

Krishna Jesus is thy name;
Love thy neighbor as thyself

Jesus Moses .....
Moses Mohammed.....
Mohammed Allah.....
Allah Buddha.....
Buddha Guru Nanak.....
Durga Mary .....
Mary Radha .....
Radha Sita .....

The paths are many but the Truth is one.
Love thy neighbour as thyself

The names are many but God is one.
Love thy neighbour as thyself

SERVE LOVE GIVE PURIFY MEDITATE REALIZE

Serve, Love, Give, Purify, Meditate, Realize

Be Good, Do Good, Be Kind,
Be Compassionate

Adapt, Adjust, Accommodate

Bear Insult, Bear Injury, Highest Sadhana
Bear Insult, Bear Injury, Highest Yoga

Enquire "Who Am I?"
Know Thy Self and be free
You will soon attain immortality

Om Tat Sat, Om Tat Sat, Om Tat Sat Om
Om Shanti, Om Peace, Om Shalom Om

SONG OF WILL

Bhajo Raadhe Krishna, Bhajo Raadhe Shyama (2x)

Soham, Soham, Soham Sivoham (2x)

I am that I am, I am that I am (2x)

I am neither body nor mind
Immortal Self I am (2x)

I am not this body, this body is not mine
I am not this mind, this mind is not mine

I am not this prana, this prana is not mine
I am not these senses, these senses are not mine

I am not this intellect, this intellect is not mine
I am not these emotions, these emotions are not mine

I am that I am, I am that I am
I am that I am, I am that I am

I am witness of three states,
Existence Absolute
I am witness of three states,
Knowledge Absolute

I am witness of three states,
Bliss Absolute
I am witness of three states,
Bliss Absolute

I am Satchidananda, Satchidananda

Existence Absolute, Knowledge Absolute,
Bliss Absolute

I am mind of all minds, Prana of all Pranas,
I am Soul of all Souls, Self of all Selves

Soham, Soham, Soham Sivoham (2x)

RAAMA

Raama Raama, Raama, Raama Raama
Raama Raama, Raama Raama
Sri Raama Raama, Jai Jai Raama
Raama Raama, Raama Raama Raama
Raama Raama, Sita Raama

He who dwells in the hearts of Bhaktas
He who destroyed Lanka Raavan
He who ate the fruit of Shabari
To Him I give my salutations
Raama...

He who dwells on the Mount of Kailas
He who is called Tripuraari
He who drank the cup of poison
To Him I give my salutations
Raama ....

He who dwells in the Vrindaavan
He who destroyed the demon Kamsa
He who ate the grain of Sudama
To Him I give my salutations
Shyama .... Radhe Shyama

He who dwells in the holy land
He who is called Jesus the Christ
He who taught on the shores of Galilee
To Him I give my salutations
Raama ...

He who dwells in Ananda Kutir
He who is called Swami Sivananda
He who is our beloved Gurudev
To Him I give my salutations
Raama ...

He to whom the whole world is His family
He who is called Vishnu Swami
He who lived for the Peace of Humanity
to Him I give my salutations
Raama ...

DAILY CHANTS CONTINUE...

.... ADDITIONAL DAILY CHANTS
(AFTER HARE RAMA)

Is there not a nobler mission than eating,
drinking and sleeping?

It is difficult to get a human birth
Therefore try your best to realise in this birth

How can you expect real Shanti
If you waste your time
In cards and cinemas?
In cards and novels?
In scandal backbiting?
In idle gossiping?

When your throat is choked
at the time of death
who will help you for your salvation?

Time sweeps away kings and barons
Where is Napoleon? Where is Nehru?

Time sweeps away presidents and
vice presidents
Where is Gandhiji? Where is Kennedy?

Be up and doing Yogic Sadhana
you will attain immortality

Be up and doing Japa and meditation
you will attain supreme peace

Be up and doing asana and pranayam
you will attain supreme health

Eat a little, Drink a little
Talk a little, Sleep a little

Do Asanas a little, Pranayama a little
Do Japa a little, Meditate a little

Meditate a little, have Satsang a little
Read a little, Sleep a little

Hare Rama .....

YAMUNA TEERA VIHARI

Yamuna Teera Vihaari
Vrindavana Sanchari
Govardhana Giri Dhari
Gopaala Krishna Muraari

Dasaratha Nandana Raam Raam
Dasamukha Mardana Raam Raam
Pashupati Ranjana Raam Raam
Papa Vimochana Raam Raam

Mani Maya Bhooshana Raam Raam
Manjula Bhashana Raam Raam
Rana Jaya Bheeshana Raam Raam
Raghu Kula Bhooshana Raam Raam

VANDE GURUDEV

Vande Gurudev Jaya Jaya Gurudev
Jaya Sri Gurudev Jaya Jaya Gurudev

Vande Gurudev Jaya Jaya Gurudev
Jaya Sri Gurudev Sivananda Gurudev

Vande Gurudev Vishnu Swami Gurudev
Jaya Sri Gurudev Vishnu Swami Gurudev

CHIDANANDA

Chidaanand, Chidaanand, Chidaananda Hoom
Har Haal Me Almast Satchidananda Hoom

Knowledge Bliss, Knowledge Bliss, Bliss Absolute
In All Conditions I am Knowledge Bliss Absolute

Ajaraanand Amaraanand Achalaananda Hoom
Har Haal Me Almast Satchidaananda Hoom

I am without old age,
without death, without motion
In All Conditions I am Knowledge Bliss Absolute

Eternal, Pure, Perfect, Knowledge Absolute
Bliss Absolute, Existence Absolute

I am without fear, without worry, Bliss Absolute
Existence Absolute, Knowledge Absolute

Independent, Unchanging, Non-dual Atman
Immortal Atman, Adwaita Atman

DAILY CHANTS

Jaya Ganesha Jaya Ganesha
Jaya Ganesha Paahimaam
Sri Ganesha Sri Ganesha
Sri Ganesha Rakshamaam (3x)

Sharavanabhava Sharavanabhava
Sharavanabhava Pahimaam
Subrahmanaya Subrahmanaya
Subrahmanaya Rakshamaam

Jaya Saraswati Jaya Saraswati Jaya
Saraswati Pahimaam
Sri Saraswati Sri Saraswati
Sri Saraswati Rakshamaam

Jaya Guru Siva Guru Hari Guru Raam
Jagad Guru Param Guru Sat Guru Shyaam

Om Adi Guru Adwaita Guru
Ananda Guru Om
Chid Guru Chidghana Guru
Chinmaya Guru Om

Hare Raama Hare Raama
Raama Raama Hare Hare
Hare Krishna Hare Krishna
Krishna Krishna Hare Hare

Sat Guru Natha Sri Guru Natha
Jaya Guru Natha Sivananda

Sivaananda Sivaananda Sivaananda
Sat Guru Natha (Deva)

Vishnu Devaananda Vishnu Devaananda
Vishnu Devaananda Sri Guru Natha
(optional)

Hare Raama Hare Raama
Raama Raama Hare Hare
Hare Krishna Hare Krishna
Krishna Krishna Hare Hare

Om Namah Sivaya Om Namah Sivaya
Om Namah Sivaya Om Namah Sivaya

Om Namo Narayanaya
Om Namo Narayanaya
Om Namo Narayanaya
Om Namo Narayanaya

Om Namo Bhagavate Vaasudevaya
Om Namo Bhagavate Vaasudevaya

Om Namo Bhagavate Sivaanandaya
Om Namo Bhagavate Sat Guru Nathaya

Om Namo Bhagavate Vishnu-devaanandaya
Om Namo Bhagavate Sri Guru Nathaya
Om Namo Bhagavate Agastya Munaye
Om Namo Bhagavate Sri
Ramapriyaye Namah (optional)

Sri Raam Jaya Raam Jaya Jaya Raam Om
Sri Raam Jaya Raam Jaya Jaya Raam

Anjaneya Anjaneya Anjaneya Paahimaam
Hanumanta Hanumanta
Hanumanta Rakshamaam

Dattatreya Dattatreya Dattatreya Paahimaam
Dattaguru Dattaguru Dattaguru Rakshamaam

Shankaraacharya Shankaraacharya
Shankaraacharya Paahimaam
Advaita Guru Advaita Guru
Advaita Guru Rakshamaam

Krishnam Vande Jagad Gurum
Sri Krishnam Vande Jagad Gurum

Om Namah Sivaya Om Namah Sivaya
Om Namah Sivaya Om Namah Sivaya

... ADDITIONAL DAILY CHANTS

Anandoham Anandoham
Anandam Brahm Aanandam
I am bliss I am Bliss
Bliss Absolute Bliss I am

(OTHER ADDITIONAL DAILY CHANTS)

Sivaya Namah Om Sivaya Namah
Sivaya Namah Om Namah Sivaya

Siva Siva Siva Siva Sivaya Namah Om
Hara Hara Hara Hara Namah Sivaya

Samba Sadasiva Samba Sadasiva
Samba Sadasiva Samba Sivom Hara

Siva Siva Sankara Hara Hara Shankara
Jaya Jaya Sankara Namami Shankara

Bhum, Bhum, Bhum, Bhum
Namah Sivaya

Om Namah Sivaya, Om Namah Sivaya,
Om Namah Sivaya, Om Namah Sivaya

BRAHMAMURARI

Brahmamuraari Suraarchitalingam
Nirmala Bhaashita Shobhitalingam
Janmajadukkha Vinaasakalingam
Tatpranamaami Sadaasivalingam

Devamuni Pravararchitalingam
Kaamadaham Karunaakaralingam
Ravanadarpa Vinaasanalingam
Tatpranamaami Sadaasivalingam

Sarvasugandha Sulepitalingam
Buddhi Vivardhana Kaaranalingam
Siddha Suraasura Vanditalingam
Tatpranamaami Sadaasivalingam

Kanakamahaa Manibhushitalingam
Phanipati Veshita Shobhitalingam
Dakshasu Yajna Vinaasanalingam
Tatpranamaami Sadaasivalingam

Kumkuma Chandana Lepitalingam
Pankajahaara Sushobhitalingam
Sanchita Paapa Vinasanalingam
Tatpranamaami Sadaasivalingam

Devaganaarchita Sevitalingam
Bhavairbhakti Bhirevarchitalingam
Dinakarakoty Prabhaakaralingam
Tatpranamaami Sadaasivalingam

Ashtadalopari Veshtitalingam
Sarvasamudbhava Kaaranalingam
Ashtadaaridra Vinaashanalingam
Tatpranamaami Sadaasivalingam

Suraguru Suravara Pujitalingam
Suravana Pushpa Sadaarchitalingam
Paraatparam Paramaatmakalingam
Tatpranamaami Sadaasivalingam

HE PRABHO

He Prabho Ananda Data Gyana Hamako Dijiye

Seeghra Sare Durgunonko
Dura Hamase Kijiye

Lijiye Hamako Saraname
Ham Sadachari Bane

Brahmachari Dharma Rakshaka
Vira Vrata Dhari Bane

He Prabho Ananda Data Gyana Hamako Dijiye

Prema Se Ham Guru Janon Ke
Nitya Hi Seva Kare

Satya Bole Jhuta Thyage
Mel Aapase Me Kare

He Prabho Ananda Data Gyana Hamako Dijiye

Ninda Kisike Ham Kisise
Bhul Kar Bhi Na Kare

Divya Jivana Ho Hamara
Tere Yasa Gaya Kare

He Prabho Ananda Data Gyana Hamako Dijiy

AYODHYA VAASI RAAM RAAM

Ayodhya Vaasi Raam Raam
Dasaratha Nandana Raam Raam

Patita Paavana Janaki Jivana
Sita Mohana Raam

JAYA SITA RAAM

Jaya Sita Raam, Jaya Sita Raam
Jaya Hanuman, Hari Hari Bol

SRI RAAM JAYA RAAM

Sri Raam Jaya Raam Jaya Jaya Raam Om
Sri Raam Jaya Raam Jaya Jaya Raam Om

Jaya Sita Raam Jaya Jaya Hanuman (2x)
Satguru Sivananda Bhagavan

Jaya Jaya Raam Govinda Hare Hare (4x)

Sri Raama Raama Raama Raama Raama
Raama Raama Raama
Raama Raama Raama Jaya Sita Raam

RAAMA BOLO

Raama Bolo Raama Bolo Bolo Bolo Raam (2x)

Sita Bolo Sita Bolo Bolo Sita Raam (2x)

Hanuman Bolo Hanuman Bolo Bolo Hanuman (2x)

Siva Bolo Siva Bolo Bolo Siva Raam (2x)

SHAMBO MAHADEVA

Shambo Mahadeva Chandra Chuda

Shankara Shamba Sadasiva

Ganga Dhara Hara Kailasa Vaasa

Pahimam Parvati Ramana

HARA HARA MAHADEVA

Hara Hara Mahadeva Shambho
Kashi Viswanatha Gange

NATARAJ

Nataraj Nataraja Sivananda Nataraja
Sivaraj Sivaraja Sivananda Sivaraja
Nataraj Nataraja Nartana Sundara Nataraja
Sivaraj Sivaraja Sivakami Priya Sivaraja

JAYA SIVA SHANKARA

Jaya Siva Shankara Bhum Bhum Hara Hara
Hara Hara Hara Hara, Hara Bol Hare

Siva Siva Siva Siva, Siva Adi Sundara
Hara Hara Hara Hara, Hara Adi Sundara

Hey! Parameshwara, Daya Karo

SIVA SIVA MAHADEVA

Siva Siva Mahadeva, Namah Sivaya Sadasiva
Siva Siva Mahadeva,
Namah Sivaya Sadasiva

Haree Raama Haree Raama,
Raama Raama Haree Haree
Haree Krishnaa Haree Krishnaa,
Krishna Krishna Haree Haree
Naaraayana Hari Naaraayana
Hari Naaraayana Hari Om
Naaraayana Hari Naaraayana Hari
Naaraayana Hari Om

Om Hari, Om Hari, Om Hari, Om Hari,
Om Hari, Om Hari Om
Om Hari, Om Hari, Om Hari, Om Hari,
Om Hari, Om Hari Om

Om Krishna .....Om Durga.....
Om Jesus.....
(or other names of the Divine)

Bhagavan Sri Sivananda
Bhagavan Sri Sivananda
Bhagavan Sri Sivananda Om (2x)

Guru Maharaj Gurudevo
Guru Maharaj Gurudevo
Guru Maharaj Gurudevo
Satguru Sivananda
(Sri Guru Vishnu Swami)

SHANKARA KARUNAKARA

Shankara Karunakara
Parameshwara Jagadishwara

Shankari Karunakari
Parameshwari Jagadishwari

Диана Слокас

Гаджананам

Произносятся обычно перед началом занятий йоги

(в частности асан и пранаям)

Маха мритьюнджая

Мантра произносится как правило в конце занятия йоги