

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 Вишнудевананда в своей единственной книге посвятил немало места этому понятию. По сути, с определенной точки зрения, знание, если это настоящее знание, и есть позитивное мышление, которое ведет 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 тяжелого мрачного бессмысленного кино и литературы, унылой музыки, и старайтесь не общаться со злыми, тяжелыми, 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 преодолите гордыню и невежество. Будьте на стороне саттвы, чего бы это не стоило. Сегодня очень трудно оставаться живым и веселым в силу бешеного жизненного ритма, болезней, большого количества плохих людей, несправедливости. Заболеть депрессией сегодня может практически каждый. Всегда помните об этом.

Сегодня каждый 5-6 человек в развитых странах страдает той или иной формой психического заболевания в той или иной степени. такова реальность, и не надо бежать от нее и искать оправданий. Необходимо принимать эту реальность, этот бой и биться до конца, используя любые методы. Помогайте друг другу, не осуждайте. Болезнь - это еще 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 всем 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:

Все проходит.

Все 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. Все 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 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 свое время. Цените все, благодарите за все 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



Swami
Sivananda



Swami Vishnu-
devananda

SIVANANDA CHANT BOOK



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*Kirtan is singing
Lord's Name.
It is the easiest,
surest, and safest
way for attaining
God. Kirtan is
nectar. Kirtan is
Divine food for the
Soul. Kirtan can
make you
immortal.*

**Swami
Sivananda**

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Daily Chants

JAYA GANESHA JAYA GANESHA JAYA GANESHA PAAHIMAAM
 SHREE GANESHA SHREE GANESHA SHREE GANESHA
 RAKSHAMAAM (3x)
 SHARAVANABHAVA SHARAVANABHAVA
 SHARAVANABHAVA PAHIMAAM
 SUBRAHMANYA SUBRAHMANYA SUBRAHMANYA RAKSHAMAAM

JAYA SARASWATI JAYA SARASWATI JAYA SARASWATI PAHIMAAM
 SHREE SARASWATI SHREE SARASWATI SHREE SARASWATI RAKSHAMAAM

JAYA GURU SIVA GURU HARI GURU RAAM
 JAGAD GURU PARAM GURU SAT GURU SHYAAM
 OM AADI GURU ADVAITA GURU AANANDA GURU OM
 CHID GURU CHID GHANA GURU CHINMAYA GURU OM

HARE RAAMA HARE RAAMA RAAMA RAAMA HARE HARE
 HARE KRISHNA HARE KRISHNA KRISHNA KRISHNA HARE HARE

SAT GURU NAATHA SHREE GURU NAATHA
 JAYA GURU NAATHA SIVAANANDA
 SIVAANANDA SIVAANANDA SIVAANANDA SAT GURU DEVO
 VISHNU-DEVAANANDA VISHNU-DEVAANANDA
 VISHNU-DEVAANANDA SHREE GURU NAATHA

HARE RAAMA HARE RAAMA RAAMA RAAMA HARE HARE
 HARE KRISHNA HARE KRISHNA KRISHNA KRISHNA HARE HARE

OM NAMAH SIVAAYA OM NAMAH SIVAAYA
 OM NAMAH SIVAAYA OM NAMAH SIVAAYA

OM NAMO NAARAAYANAAYA OM NAMO NAARAAYANAAYA
 OM NAMO NAARAAYANAAYA OM NAMO NAARAAYANAAYA

OM NAMO BHAGAVATE VAASUDEVAAYA
 OM NAMO BHAGAVATE VAASUDEVAAYA

OM NAMO BHAGAVATE SIVAANANDAYA
 OM NAMO BHAGAVATE SAT GURU NAATHAYA
 OM NAMO BHAGAVATE VISHNU-DEVAANANDAYA
 OM NAMO BHAGAVATE SHREE GURU NAATHAYA

OM NAMO BHAGAVATE AGASTYA MUNAYE
 OM NAMO BHAGAVATE SHREE RAAMAPRIYAYE NAMAH

SHREE RAAM JAYA RAAM JAYA JAYA RAAM OM
 SHREE RAAM JAYA RAAM JAYA JAYA RAAM

AANJANEYA AANJANEYA AANJANEYA PAAHIMAAM
 HANUMAANTA HANUMAANTA HANUMAANTA RAKSHAMAAM

DATTAATREYA DATTAATREYA DATTAATREYA PAAHIMAAM
 DATTAGURU DATTAGURU DATTAGURU RAKSHAMAAM

SHANKARAACHAARYA SHANKARAACHAARYA
 SHANKARAACHAARYA PAAHIMAAM
 ADVAITA GURU ADVAITA GURU
 ADVAITA GURU RAKSHAMAAM

KRISHNAM VANDE JAGAD GURUM
 SHREE KRISHNAM VANDE JAGAD GURUM

AANANDOHAM AANANDOHAM AANANDAM BRAHM AANANDAM
 I AM BLISS I AM BLISS BLISS ABSOLUTE BLISS I AM

OM NAMAH SIVAAYA OM NAMAH SIVAAYA
 OM NAMAH SIVAAYA OM NAMAH SIVAAYA

Optional Additions for Daily Chants

SIVAAYA NAMAH OM SIVAAYA NAMAH OM
 SIVAAYA NAMAH OM NAMAH SIVAAYA

SIVA SIVA SIVA SIVA SIVAAYA NAMAH OM
 HARA HARA HARA HARA NAMAH SIVAAYA

SAAMBA SADAASIVA SAAMBA SADAASIVA
 SAAMBA SADAASIVA SAAMBA SIVOM HARA

SIVA SIVA SHANKARA HARA HARA SHANKARA
 JAYA JAYA SHANKARA NAMAAMI SHANKARA

(CHANT AFTER HARE RAAMA HARE RAAMA...)

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 SHAANTI
 IF YOU WASTE YOUR TIME IN CARDS AND CINEMAS?
 IN CARDS AND NOVELS? IN SCANDAL BACKBITING?
 AND 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 SAADHANAA
 YOU WILL ATTAIN IMMORTALITY
 BE UP AND DOING JAPA AND MEDITATION
 YOU WILL ATTAIN SUPREME PEACE
 BE UP AND DOING ASANA AND PRAANAAYAAM
 YOU WILL ATTAIN SUPREME HEALTH.

EAT A LITTLE, DRINK A LITTLE, TALK A LITTLE, SLEEP A LITTLE
 DO ASANAS A LITTLE, PRAANAAYAAMA A LITTLE
 DO JAPA A LITTLE, MEDITATE A LITTLE
 HAVE SATSANG A LITTLE,
 READ A LITTLE, SLEEP A LITTLE

(HARE RAAMA...)

Sivaananda Bhajans

1. CHIDANAND, CHIDANAND, CHIDANANDA HOOM
 HAR HAAL ME ALMAST SATCHIDANANDA HOOM
 KNOWLEDGE BLISS, KNOWLEDGE BLISS
 BLISS ABSOLUTE
 IN ALL CONDITIONS I AM KNOWLEDGE
 BLISS ABSOLUTE
- AJARANAND AMARANAND ACHALANANDA HOOM
 HAR HAAL ME ALMAST SATCHIDANANDA HOOM
- I AM WITHOUT OLD AGE, WITHOUT DEATH
 WITHOUT MOTION
 IN ALL CONDITIONS I AM KNOWLEDGE
 BLISS ABSOLUTE
- I AM WITHOUT FEAR, WITHOUT WORRY
 BLISS ABSOLUTE, EXISTENCE ABSOLUTE
 KNOWLEDGE ABSOLUTE
 INDEPENDENT, UNCHANGING, NON-DUAL AATMAN
 IMMORTAL AATMAN, ADVAITA AATMAN
 ETERNAL, PURE, PERFECT, KNOWLEDGE ABSOLUTE
 BLISS ABSOLUTE, EXISTENCE ABSOLUTE
-
2. SERVE, LOVE, GIVE, PURIFY, MEDITATE, REALIZE
 BE GOOD, DO GOOD, BE KIND,
 BE COMPASSIONATE
 ADAPT, ADJUST, ACCOMMODATE
 BEAR INSULT, BEAR INJURY, HIGHEST SAADHANAA
 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 SHAANTI, OM PEACE, OM SHALOM OM
-
3. BHAJO RAADHE KRISHNA
 BHAJO RAADHE SHYAAMA (2x)
 OM OM OM OM OM OM
 OM OM OM OM OM OM (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 PRAANA, THIS PRAANA 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, I AM SATCHIDANANDA
 EXISTENCE, KNOWLEDGE, BLISS ABSOLUTE

I AM MIND OF ALL MINDS
 PRAANA OF ALL PRAANAS
 I AM SOUL OF ALL SOULS, SELF OF ALL SELVES

SOHAM, SOHAM, SOHAM SIVOHAM (2x)

4. RAAMA RAAMA RAAMA RAAMA RAAMA
 RAAMA RAAMA RAAMA RAAMA RAAMA
 SHREE RAAMA, RAAMA RAAMA JAI JAI RAAMA
 RAAMA RAAMA RAAMA RAAMA RAAMA
 RAAMA RAAMA SITAA 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 SUDAAMAA
 TO HIM I GIVE MY SALUTATIONS
 SHYAAMA... RAADHE SHYAAMA

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 AANANDA KUTIR
HE WHO IS CALLED SWAMI SIVAANANDA
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...

5. 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 SAADHANAA YOU CAN ATTAIN IMMORTALITY

OM TAT SAT, OM TAT SAT, OM TAT SAT, OM

Guru Bhajans

6. SIVAANANDA NAMAH OM JAYA GURUDEV
OM GURU JAYA GURU DEVAAYA

VISHNU SWAMI NAMAH OM JAYA GURUDEV
OM GURU JAYA GURU DEVAAYA

7. OM BHAGAVAN SHREE BHAGAVAN
AANANDA BHAGAVAN SIVAANANDA BHAGAVAN

OM BHAGAVAN SHREE BHAGAVAN
AANANDA BHAGAVAN VISHNU SWAMI BHAGAVAN

OM OM OM OM OM OM (2x)
RAAM RAAM RAAM RAAM RAAM RAAM (2x)

8. JAYA GURU OMKAARA
JAYA JAYA SADGURU OMKAARA
BRAHMA VISHNU SADAASIVA
HARA HARA HARA HARA MAHADEVA

9. VANDE GURUDEV JAYA JAYA GURUDEV
JAYA SHREE GURUDEV JAYA JAYA GURUDEV

VANDE GURUDEV SIVAANANDA GURUDEV
JAYA SHREE GURUDEV SIVAANANDA GURUDEV

VANDE GURUDEV VISHNU SWAMI GURUDEV
JAYA SHREE GURUDEV VISHNU SWAMI GURUDEV

10. GURU MAHIMA GURU MAHIMA
APAARA MAHIMA GURU MAHIMA (2x)

KIMVACHANEYAM GURU MAHIMA
KIMVACHANEYAM GURU MAHIMA
GURU MAHIMA...

ANORANEYAN GURU MAHIMA
MAHATO MAHEEYAN GURU MAHIMA
GURU MAHIMA...

SATCHIDANANDA GURU MAHIMA
SHREE SIVAANANDA GURU MAHIMA
GURU MAHIMA...

SATCHIDANANDA GURU MAHIMA
VISHNU-DEVAANANDA GURU MAHIMA
GURU MAHIMA...

11. GURU HAMAARE MAN MANDIR ME
GURU HAMAARE PYAR
SARE VISVA KA VO HAI DATA
NAARAAYANA BHAGAVAN

OM GURU DEV JAYA GURU DEV

GURU HAMAARE TAN MAN SAB HAI
GURU HAMAARE PYAR
JNANA BHAKTI KA VO HAI DATA
NAARAAYANA BHAGAVAN

OM GURU DEV JAYA GURU DEV

GURU HAMAARE DHAN DHAULAT HAI
GURU HAMAARE PYAR
SARE VISHVA KA JNANAPRADATA
NAARAAYANA BHAGAVAN



12. JAYA GURUDEV JAYA JAYA GURUDEV JAYA (2x)

JAYA GURUDEV JAYA JAYA SIVAANANDA
JAYA GURUDEV JAYA VISHNU-DEVAANANDA

JAYA SITAARAAM JAYA JAYA SITAARAAM JAYA
JAYA HANUMAAN JAYA JAYA HANUMAAN JAYA

JAYA SIVA SHANKARA JAYA JAYA SHANKARA
JAYA SIVA SHANKARA JAYA JAYA SHANKARA

13. SATCHIDANANDA GURU SATCHIDANANDA
SATCHIDANANDA GURU SATCHIDANANDA

AANANDA GURU OM, SIVAANANDA GURU OM
AANANDA GURU OM, SIVAANANDA GURU OM (2x)

(REPLACE 'GURU' WITH GITA... KRISHNA... RAAMA
SIVA... BRAHMA... JESUS... LAKSHMI... ETC.)

14. GURUDEVA GURUDEVA JAYA GURUDEV
SIVAANANDA GURUDEV JAYA GURUDEV

IF YOU WANT TO BE LIKE HIM
YOU MUST FOLLOW HIM (2x)

NOT MY WILL BUT THY WILL MY LORD
NOT MY WILL BUT THINE (2x)

15. DEVA DEVA SIVAANANDA
DEENA BANDHU PAAHIMAAM
CHANDRAVADANA MANDAHAASA
PREMARUPA RAKSHAMAAM

MADHURA GITA GAANALOLA
JNAANAROOPA PAAHIMAAM
SAMASTALOKA POOJITAANGA
MOHANAANGA RAKSHAMAAM

DIVYA GANGA TEERAVAASA
DAANA SHEELA PAHIMAAM
PAAPAHARANA PUNYA SHEELA
PARAMAPURUSHA RAKSHAMAAM

BHAKTA LOKA HRIDAYAVAASA
SWAAMINAATHA PAAHIMAAM
CHITSWAROOPA CHIDANANDA
NAMAH SIVAAYA RAKSHAMAAM

DEVA DEVA SIVAANANDA
DEENA BANDHU PAAHIMAAM

16. JAI GURU JAI GURU JAI GURU JAI
JAI GURU JAI GURU JAI JAI GURU JAI (3x)
SHREE RAAM JAI RAAM JAI JAI RAAM
SHREE RAAM JAI RAAM JAI JAI RAAM (3x)
SITAA RAAM JAI RAAJA RAM JAI
GAURI SHANKAR SITAARAAM (3x)

SIVA DURGA SIVA DURGA DURGA DURGA SIVA SIVA
SIVA KALI SIVA KALI KALI KALI SIVA SIVA (3x)

JAI HARA MANO RAAMA JAI SIVA RAANI
JAI KALI JAI DURGA JAI MA BHAVAANI (3x)
JAI GURU JAI GURU JAI GURU JAI
JAI GURU JAI GURU JAI JAI GURU JAI (3x)

JAI GURU RAAJA RAAM HARE KRISHNA HARE RAAM
JAI GURU RAAJA RAAM HARE KRISHNA HARE RAAM
JAI MA JAI MA JAI MA JAI
JAI MA JAI MA JAI MA JAI (3x)

JAI BHAGAVAN JAI JAI SIVAANANDA
JAI BHAGAVAN JAI JAI SIVAANANDA (3x)
LAKSHMI NAARAAYANA LAKSHMI NAARAAYANA
LAKSHMI NAARAAYANA RAAM
RAADHE GOVINDA RAADHE GOVINDA
RAADHE GOVINDA SHYAM
SHREE RAAMA RAAMA RAAMA
SHREE RAAMA RAAMA RAAMA
SHREE RAAMA RAAMA RAAMA
SHREE RAAMA RAAMA RAAMA

Krishna Bhajans

17. GOPAALAA GOPAALAA GOKULA NANDANA GOPAALAA
YADUKULA TILAKA GOPAALAA YAADAVA NANDANA
GOPAALAA

GOPAALAA GOPAALAA DEVAKI NANDANA GOPAALAA
VENU VILOLA GOPAALAA VIJAYA GOPAALAA
GOPAALAA

GOPAALAA GOPAALAA RAADHIKA VALLABHA
GOPAALAA
NAVANITA CHORA GOPAALAA
NANDA KUMAARA GOPAALAA

18. HARE HARE BOL HARE HARE HARE BOL
KESHAVA MAADHAVA GOVINDA BOL
SHREE KRISHNA GOVINDA HARE MURAARE
HEY NAATHA NAARAAYANA VAASUDEVA19. NAARAAYANA NAARAAYANA JAYA GOVINDA HARE
NAARAAYANA NAARAAYANA JAYA GOPAALAA HARE

20. KRISHNA GOVINDA GOVINDA GOPAALAA
KRISHNA MURALI MANOHARA NANDALAALAA
-
21. YAMUNAA TEERA VIHAARI
VRINDAAVANA SANCHAARI
GOVARDHANA GIRI DHAARI
GOPAALAA KRISHNA MURAARI
DASHARATHA NANDANA RAAM RAAM
DASHAMUKHA MARDANA RAAM RAAM
PASHUPATI RANJANA RAAM RAAM
PAAPA VIMOCHANA RAAM RAAM
MANI MAYA BHOOSHANA RAAM RAAM
MANJULA BHAASHANA RAAM RAAM
RANA JAYA BHEESHANA RAAM RAAM
RAGHU KULA BHOOSHANA RAAM RAAM
-
22. GOVINDA NAARAAYANA GOPAALAA NAARAAYANA (2x)
GOVINDA GOPAALAA NAARAAYANA (2x)
- HARI GOVINDA GOPAALAA NAARAAYANA
HARI ANANDA GOPAALAA NAARAAYANA
-
23. RAADHAA KRISHNA KARUNA LOLA RAADHE GOVINDA
RAADHE GOVINDA MURAARI GOVINDA
RAADHE RAADHE GOVINDA MURAARI GOPAALAAA
RAADHE GOVINDA MURAARI GOPAALAAA
-
24. RAADHE RAADHE RAADHE BOLO
RAADHE GOVINDA BOLO
SIVA SIVA SIVA BOLO
SIVA SHANKARA BOLO
VISHNU VISHNU VISHNU BOLO
VISHNU NAARAAYANA BOLO
SIVA SIVA SIVA BOLO SIVAANANDA BOLO
VISHNU VISHNU VISHNU BOLO
VISHNU-DEVAANANDA BOLO
-
25. BHAJO RAADHE GOVINDA
GOPAALAA TERA PYAARAA NAAMA HAI
NANDALAALAA TERA PYAARAA NAAMA HAI
-
26. BHAJA MANA GOVINDA GOPAALAA
GOVINDA GOPAALAA GOPAALAA GOPAALAA
GOVINDA BOLO HARI GOPAALAA BOLO (2x)
-
27. HE RAADHE RAADHE RAADHE SHYAAM
GOVINDA RAADHE SHREE RAADHE
GOVINDA RAADHE RAADHE SHYAAM
GOPAALAA RAADHE RAADHE SHYAAM
28. GOVINDA JAYA JAYA GOPAALAA JAYA JAYA
RAADHA RAAMANA HARI GOVINDA JAYA JAYA
SHANKARA JAYA JAYA SHAMBAAVA JAYA JAYA
UMAA RAAMANA SIVA SHANKARA JAYA JAYA
SHREE RAAMA JAYA JAYA SHREE KRISHNA JAYA JAYA
SITAA RAAMANA HARI RAGHURAAMA JAYA JAYA
-
29. SHREE KRISHNA GOVINDA, HARE MURAARE
HEY NAATHA NAARAAYANA VAASUDEVA (2x)
- GURUDEV GURUNAATH, SHARANAM MAMA OM (2x)
- SHREE GURUDEV'S FEET ARE MY ONLY REFUGE
SHREE GURUDEV'S FEET ARE MY ONLY REFUGE (2x)
-
30. VITTALA VITTALA HARI VITTALA
VITTALA VITTALA HARI VITTALA
PANDURANGA VITTALA VITTALA VITTALA NAAM
VITTALA VITTALA NAAMA BHAJO HARI VITTALA
VITTALA VITTALA HARI VITTALA
-
31. PANDURANGA VITTALA HARI NAARAAYANA
BHAJO NAARAAYANA GOVINDA
HARI NARAAYANA BHAJO NAARAAYANA
NAARAAYANA HARI GOVINDA
-
32. RAAMAKRISHNA HARI MUKHANDA MURAARI
PANDURANGA PANDURANGA PANDURANGA HARI
-
33. SHREEMAD NAARAAYANA NAARAAYANA NAARAAYANA
LAKSHMI NAARAAYANA NAARAAYANA NAARAAYANA
- SHREEMAD NAARAAYANA NAARAAYANA NAARAAYANA
SURYA NAARAAYANA NAARAAYANA NAARAAYANA
- SHREEMAD NAARAAYANA NAARAAYANA NAARAAYANA
BADRE NAARAAYANA NAARAAYANA NAARAAYANA
- SITAA RAAMA KAHO RAADHE SHYAAMA KAHO
SITAA RAAMA KAHO JAYA RAADHE SHYAAMA KAHO
-
34. KESHAVA MAADHAVA NAARAAYANA
SHREE RAMANA VEDAPAARAYANA
BHAVABHAAYA HARANA NAARAAYANA
SHREE LAKSHMI RAAMANA NAARAAYANA
- AATMAARAAMA NAARAAYANA
ANANTA SHAYANA NAARAAYANA
KESHAVA MAADHAVA NAARAAYANA
SHREE RAAMANA VEDAPAARAYANA

35. BAANSURI BAANSURI BAANSURI SHYAAMA
 BAANSURI BAANSURI BAANSURI SHYAAMA
 HE RAAMA... (8x)
 HE KRISHNA... (8x)
 HE ALLAH... (8x)
 HE JESUS... (8x)
 HE BUDDHA... (8x)
 OH MY LORD, BE WITH ME
 OH MY LORD, SET ME FREE (2x)
 I AM THINE, ALL IS THINE (4x)
 OH MY LORD GIVE DARSHAN (4x)

36. KRISHNA KESHAVA KRISHNA KESHAVA
 KRISHNA KESHAVA PAHIMAAM
 KISHNA KESHAVA KRISHNA KESHAVA
 KRISHNA KESHAVA RAKSHAMAAM
 RAGHU RAAM RAGHU RAAMA RAGHU RAAM RAGHU
 RAAMA RAGHU RAAM RAGHU RAAMA PAHIMAAM
 RAGHU RAAM RAGHU RAAMA RAAGHU RAAM RAGHU
 RAAMA RAGHU RAAM, RAGHU RAAMA RAKSHAMAAM
 CHANDRASHEKHARA CHANDRASHEKHARA
 CHANDRASHEKARA PAHIMAAM
 CHANDRASHEKHARA CHANDRASHEKHARA
 CHANDRASHEKHARA RAKSHAMAAM
 SIVA SHANKARA SIVA SHANKARA
 SIVA SHANKARA PAHIMAAM
 SIVA SHANKARA SIVA SHANKARA
 SIVA SHANKARA RAKSHAMAAM
 GURUDEV SIVAANANDA GURUDEV SIVAANANDA
 GURUDEV SIVAANANDA PAHIMAAM
 GURUDEV SIVAANANDA GURUDEV SIVAANANDA
 GURUDEV SIVAANANDA RAKSHAMAAM

37. RAADHE RAADHE RAADHE RAADHE RAADHE GOVINDA
 VRINDA AVANA CHANDRA
 ANANTANAATHA DINABANDHU RAADHE GOVINDA
 PANDARINAATHA PAANDURANGA RAADHE GOVINDA
 VRINDA AVANA CHANDRA
 ANANTANAATHA DINABANDHU RAADHE GOVINDA

38. GOPAALAA GHANALOLAA MURALIMOHANA
 NANDAALALAA
 KESHAVE MAADHAVA JANAARDANA
 VANAPAALAA VRINDA AVANA LOLAA
 MURALIMOHANA NANDAALALAA

39. MUKHUNDA MAADHAVA HARI HARI BOL
 KESHAVA MAADHAVA HARI HARI BOL
 RAAMA BOL RAAMA BOL RAAMA RAAMA BOL
 KRISHNA BOL KRISHNA BOL KRISHNA KRISHNA BOL
 RAADHE BOL RAADHE BOL RAADHE RAADHE BOL

HARA BOL HARA BOL HARA HARA BOL
 HARI BOL HARI BOL HARI HARI BOL

40. KRISHNA KRISHNA GOVINDA JANAARDANA
 KRISHNA GOVINDA NAARAAYANA HARE
 ACHYUTANANDA GOVINDA MAADHAVA
 SATCHIDANANDA NAARAAYANA HARE

Raama Bhajans

41. RAGHUPATI RAAGHAVA RAAJA RAAM
 PATITA PAAVANA SITAA RAAM

SITAA RAAM SITAA RAAM SITAA RAAM
 JAYA RAADHE SHYAAM
 RAADHE SHYAAM RAADHE SHYAAM
 RAADHE SHYAAM JAYA RAADHE SHYAAM

ISHWARA ALLAH TERE NAAM
 SABAKO SANMATI DE BHAGAVAN
 KRISHNA JESUS IS THY NAME
 LOVE THY NEIGHBOUR AS THYSELF

JESUS MOSES...
 MOSES MOHAMMED...
 MOHAMMED ALLAH...
 ALLAH BUDDHA...
 BUDDHA GURU NANAK...
 DURGA MARY...
 MARY RAADHAA...
 RAADHAA SITAA...

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

42. AYODHYAA VAASI RAAM RAAM
 DASARATHA NANDANA RAAM RAAM
 PATITA PAAVANA JAANAKI JIVANA
 SITAA MOHANA RAAM

43. RAAMA LAKSHMANA JAANAKI
 JAI BOLO HANUMAANA KI
 RAAMA RAAMA BOL JAYA RAAM
 RAAMA BOL SITAA RAAM JAYA RAAM
 PAAVANA RAAMA RAAMA BOL
 SHREE RAGHURAAMA RAAMA BOL

44. SHREE RAGHUNAATHA JAYA RAGHUNAATHA
 SHARANAM SHARANAM SHREE RAGHUNAATHA
 SHREE RAAM JAYA RAAM
 JAYA JAYA RAAM OM (2x)

45. AATMARAAMA AANANDA NAAMA
AANANDA MOHANA SHREE PARAAMDHAAMA
MAAYAA VIRAMA MAANASA PREMA
SUNDARA NAAMA SAGUNA BHIRAMA

46. AATMARAAMA AANANDARAAMANA
ACHYUTA KESHAVA HARINAARAAYANA
BHAVABHAYA-HARANA VANDITA-CHARANA
RAGHUKULA-BHUSHANA RAJIVA LOCHANA

AADINAARAAYANA AANANTASHAYANA
SATCHIDANANDA SHREE SATYANAARAAYANA
AATMARAAMA AANANDARAAMANA
ACHYUTA KESHAVA HARINAARAAYANA

47. RAAMACHANDRA RAGHU-VEERA
RAAMACHANDRA RANA-DHEERA
RAGHU-VEERA, RANA-DHEERA (4x)

RAAMACHANDRA RAGHU-NAATHA
RAAMACHANDRA JAGANNAATHA
RAGHU-NAATHA, JAGANNAATHA (4x)

RAAMACHANDRA RAGHU RAAMA
RAAMACHANDRA PARAAM DHAAMA
RAGHU-RAAMA, PARAAM DHAAMA (4x)

RAAMACHANDRA MAMA BANDHO
RAAMACHANDRA DAYA SINDHO
MAMA BANDHO, DAYA SINDHO (4x)

48. RAAMA BOLO RAAMA BOLO
BOLO BOLO RAAM
SITAA BOLO SITAA BOLO BOLO SITAA RAAM (2x)
HANUMAAN BOLO HANUMAAN BOLO
BOLO HANUMAAN (2x)
SIVA BOLO SIVA BOLO BOLO SIVA RAAM (2x)
RAAMA RAAMA RAAMA RAAMA RAAMA RAAMA
RAAM, RAAMA RAAMA RAAMA RAAMA
JAYA SITAA RAAM

49. SHREE RAAM JAYA RAAM JAYA JAYA RAAM OM
SHREE RAAM JAYA RAAM JAYA JAYA RAAM OM
JAYA SITAA RAAM JAYA JAYA HANUMAAN JAYA (2x)
SATGURU SIVANANDA BHAGAVAN
JAYA JAYA RAAM GOVINDA HARE HARE (4x)
SHREE RAAMA RAAMA RAAMA RAAMA
RAAMA RAAMA RAAMA,
RAAMA RAAMA RAAMA RAAMA JAYA SITAA RAAM

50. TUMI BHAJA RE MANA
TUMI JAPA RE MANA
OM SHREE RAAM JAYA RAAM
JAPA RE MANA

51. VEERA MAARUTI GAMBHEERA MAARUTI
DHEERA MAARUTI ATI DHEERA MAARUTI
DHOOTA MAARUTI RAAMA DHOOTA MAARUTI
BHAKTA MAARUTI PARAAMA BHAKTA MAARUTI

52. SITAARAM NAAMA BHAJO
MAADHURA MAADHURA RAAMA NAAMA BHAJO
SITAARAM HARI NAAMA BHAJO
RAAM RAAM RAAM HARI NAAMA BHAJO

53. RAAM RAAM BHAJAMANA HARE HARE
HARE RAAM RAAM BHAJAMANA HARE HARE
RAGHUPATHI RAAGHAVA RAJAA RAM
PATITA PAAVANA SITAARAM

54. HARI NAARAAYANA HARI NAARAAYANA HARI
NAARAAYANA HARI RAAM RAAM RAAM
AYODHYAA VAASI SHREE RAAMACHANDRA
AANANDA RUPA JAYA JAYA RAAM

Ganesha Bhajans

55. JAYA GANESHA JAYA GANESHA
JAYA GANESHA DEVA
MAATAA TUMI PAARVATI PITA MAHADEVA
OM NAMAH SIVAAYA OM NAMAH SIVAAYA
OM NAMAH SIVAAYA OM NAMAH SIVAAYA

56. GANESHA SHARANAM SHARANAM GANESHA
VIGNAVINAAYAKA SHARANAM GANESHA
VILAMBITA SUTRA SHARANAM GANESHA
MUSIKA VAAHANA SHARANAM GANESHA
MODAKA HASTAA SHARANAM GANESHA
CAAMARA KARNA SHARANAM GANESHA
PAARVATI TANAYA SHARANAM GANESHA

Siva Bhajans

57. SHAMBO MAHADEVA CHANDRA CHOODA
SHANKARA SAAMBA SADAASIVA
GANGAA DHARA HARA KAILAASA VAASA
PAAHIMAAM PAARVATI RAAMANA

58. HARA HARA MAHADEVA SHAMBHO
KASHI VISWANAATHA GANGE

59. JAYA SIVA SHANKARA BHUM BHUM HARA HARA
HARA HARA HARA HARA, HARA BOL HARE
SIVA SIVA SIVA SIVA, SIVA AADI SUNDARA
HARA HARA HARA HARA, HARA AADI SUNDARA
HEY! PARAMESHWARA, DAYAA KARO
-
60. NATARAAJ NATARAAJA
NARTANA SUNDARA NATARAAJA
- SIVARAAJ SIVARAAJA
SIVAKAAMI PRIYA SIVARAAJA
- NATARAAJ NATARAAJA SIVAANANDA NATARAAJA
SIVARAAJ SIVARAAJA SIVAANANDA SIVARAAJA
-
61. SIVA SIVA MAHADEVA, NAMAH SIVAAYA SADAASIVA
SIVA SIVA MAHADEVA, NAMAH SIVAAYA SADAASIVA
- HARE RAAMA HARE RAAMA
RAAMA RAAMA HARE HARE
HARE KRISHNA HARE KRISHNA
KRISHNA KRISHNA HARE HARE
- NAARAAYANA HARI NAARAAYANA HARI
NAARAAYANA HARI OM
NARAAYANA HARI NARAAYANA 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 SHREE SIVAANANDA
BHAGAVAN SHREE SIVAANANDA
BHAGAVAN SHREE SIVAANANDA OM (2x)
BHAGAVAN SHREE VISHNU SWAMI
BHAGAVAN SHREE VISHNU SWAMI
BHAGAVAN SHREE VISHNU SWAMI OM (2x)
GURU MAHAARAJ GURUDEVO
GURU MAHAARAJ GURUDEVO
GURU MAHAARAJ GURUDEVO
SAT GURU SIVAANANDA
SHREE GURU VISHNU SWAMI
-
62. SIVAAYA PARAMESHWARAAYA
CHANDRASHEKARAAYA NAMAH OM
BHAVAAYA GUNA SAMBHAVAAYA
SIVA TAANDAVAAYA NAMAH OM
63. SHANKARA KARUNAAKARA PARAMESHWARA
JAGADESHWARA
SHANKARI KARUNAAKARI PARAMESHWARI
JAGADISHWARI
-
64. SAAMBA SADAASIVA, SAAMBA SADAASIVA
SAAMBA SADAASIVA, SAAMBA SIVOM HARA
OM MAATA OM MAATA
OM SHREE MAATAA JAGADAMBA
OM MAATAA, OM MAATAA,
OM SHREE MAATAA JAGADMAATAA
UMA PARAAMESHWARI, SHREE BHUVANESHWARI
AADI PARA SHAKTI, DEVI MAAHESHWARI
-
65. SIVA SIVA SHAMBHO SHANKARA
HARA HARA HARA MAHADEVA
GANGAAJATA DHARA GAURI MANOHARA
PAARVATI PURI PARAMESHWARA
-
66. BOLO BOLO SABMILE BOLO OM NAMAH SIVAAYA
OM NAMAH SIVAAYA OM NAMAH SIVAAYA
- JUT JATAA ME GANGAA DHAARI
TRISHULA DHAARI DAMARU BAJAAVE
- DAMA DAMA DAMA DAMA DAMARU BHAJE
UNCH-UDHAVO NAMAH SIVAAYA
UNCH-UDHAVO NAMAH SIVAAYA
- OM NAMAH SIVAAYA OM NAMAH SIVAAYA
HARA OM NAMAH SIVAAYA
HARA OM NAMAH SIVAAYA
-
67. SHANKARA SHANKARA PAARVATI MAHESHWARA
CHANDRAMAULI SHANKARA CHANDRASHEKARA
NANDI VAAHANA HE NAAGA BHOOSHANA
NILA KANTHA SHULA DHAARI PAAHI SHANKARA
-
68. SAMBHO SHANKARA SADAASIVA
AMBUJA NAYANA NAARAAYANA
KAILAASA VAASAA SADAASIVA
VAIKUNTHA VAASAA NAARAAYANA
- PAARVATI RAMANA SADAASIVA
LAKSHMI RAMANA NAARAAYANA
NANDI VAAHANA SADAASIVA
GARUDA VAAHANA NAARAAYANA
NAGA BOOSHANA SADAASIVA
NAGA SAYANA NAARAAYANA
HARA OM HARA OM SADAASIVA
HARI OM HARI OM NAARAAYANA

69. SIVA SHAMBHO HARA HARA SHAMBHO
BHAVANAASA KAILAASA VILAASA
PAARVATI PATE PASUPATI PATE
GANGAADHARA SIVA GAURI PATE



70. SIVA SIVA SIVA SHAMBHO SIVA SIVA SIVA SHAMBHO
MAHADEVA SHAMBHO MAHADEVA SHAMBHO (2x)

Subrahmanya Bhajans

71. SUBRAHMANYA SUBRAHMANYA
SHANMUGANAATHA SUBRAHMANYA
SUBRAHMANYA SUBRAHMANYA
KAARTIKEYA SUBRAHMANYA
SIVA SHARAVANABHAVA SUBRAHMANYA
GURU SHARAVANABHAVA SUBRAHMANYA
HARA HARA HARA HARA SUBRAHMANYA
SIVA SIVA SIVA SIVA SUBRAHMANYA



Devi Bhajans

72. KAALI DURGE NAMO NAMAH (2x)
UMAA PAARVATI AANANDA MAA (2x)
RAAJA RAAJESHWARI AANANDA MAA (2x)

73. GAURI GAURI GANGE RAAJESHWARI
GAURI GAURI GANGE BHUVANESHWARI
GAURI GAURI GANGE MAAHESHWARI
GAURI GAURI GANGE MAHAASHAKTI

GAURI GAURI GANGE MAHAAKALI
GAURI GAURI GANGE MAHAALAKSHMI
GAURI GAURI GANGE PAARVATI
GAURI GAURI GANGE SARASWATI

74. DEVI DEVI DEVI JAGAT MOHINI
CHANDIKAA DEVI CHANDA MUNDA HAARINI
CHAAMUNDESHWARI AMBIKE DEVI

75. OM SHAKTI OM SHAKTI OM SHAKTI OM (2x)
BRAHMA SHAKTI, VISHNU SHAKTI, SIVA SHAKTI OM
OM SHAKTI OM SHAKTI OM SHAKTI OM

ICCHAA SHAKTI, KRIYAA SHAKTI, JNAANA SHAKTI OM
OM SHAKTI OM SHAKTI OM SHAKTI OM

DEVI SHAKTI, MAAYAA SHAKTI, GURU SHAKTI OM
OM SHAKTI OM SHAKTI OM SHAKTI OM

AADI SHAKTI, MAHAA SHAKTI, PARAA SHAKTI OM
OM SHAKTI, OM SHAKTI, OM SHAKTI OM

76. NAMOSTUTE NAMOSTUTE
JAYA SHREE DURGE NAMOSTUTE
NAMOSTUTE NAMOSTUTE
JAYA SHREE DURGE NAMOSTUTE
KAALI... LAKSHMI... SARASWATI... JAGADAMBA...

77. VEENA PAANI PUSHTAKA DHARINI
DEVI KALYANI PAALAYAMAM
PAALAYAMAM DEVI PAALAYAMAM
PAALAYAMAM DEVI PAALAYAMAM

78. AMME NAARAAYANA DEVI NAARAAYANA
LAKSHMI NAARAAYANA BADRE NAARAAYANA

79. DURGE DURGE DURGE JAYA JAYA MAA
AMBE DURGE DURGE DURGE JAYA JAYA MAA
DURGE DURGE DURGE JAYA JAYA MAA
KARUNA SAGARI MAA KALIKAPALINI MAA
AMBA JAGADO DHARINI MAA DURGE JAYA JAYA MAA

80. AMBAA PARAMESHWARI AKHILAANDESHWARI
AADI PARAASHAKTI PAALAYAMAAM

SHREE BHUVANESHWARI RAAJA RAAJESHWARI
AANANDA RUPINI PAALAYAMAAM
SATCHIDANANDA RUPINI PAALAYAMAAM
MAA MAA MAA MAA

AANANDA MAYI MAA PAALAYAMAM
SATCHIDANANDA MAYI MAA PAALAYAMAM

81. HE AMBA HE AMBA HE AMBA BOL
ISHWARA SATYA CHIT AANANDA BOL
SAAMBA SADAASIVA SAAMBA SADAASIVA
SAAMBA SADAASIVA BOL
PAALAKA PRERAKA SATYA PATHI BOL
AMBA AMBA JAI JAGADAMBA
AKHILAANDESHWARI JAYA JAGADAMBA

82. BHAJAMANA MAA MAA MAA MAA (x2)
AANANDA MAYI MAA MAA
AANANDA RUPI MAA MAA
AANANDA RUPI MAA MAA
AANANDA MAYI MAA MAA

83. KAALI MAA KAALI MAA KAALI MAA KAALI MAA
(DURGA... LAKSHMI... SARASWATI... MARY... MOTHER...)
BE WITH ME... SET ME FREE...

English Devotional

84. OH BLESSED MOTHER MY HEART IS ON FIRE
TO LOVE AND TO SERVE THEE IS MY ONLY DESIRE
AVE AVE AVE MARIA, AVE AVE AVE MARIA

OH BLESSED MASTER MY HEART IS ON FIRE
TO LOVE AND TO SERVE THEE IS MY ONLY DESIRE
SIVA SIVA SIVAANANDA, SIVA SIVA SIVAANANDA
VISHNU VISHNU VISHNU-DEVAANANDA

85. DOOR OF MY HEART OPEN WIDE I KEEP FOR THEE
WILL THOU COME, WILL THOU COME?
JUST THIS ONCE COME TO ME

WILL MY DAYS FLY AWAY
WITHOUT SEEING THEE MY LORD?
NIGHT AND DAY, NIGHT AND DAY
I SEARCH FOR THEE NIGHT AND DAY

86. SING THEE THE NAME OF THE LORD (4x)
PRAISE PRAISE THE NAME OF THE LORD (4x)
HALLELUYA HALLELUYA HALLELUYA (4x)
OM NAMO BHAGAVATE
SIVAANANDAAYA SIVAANANDAAYA (2x)
HARE RAAMA HARE RAAMA
RAAMA RAAMA HARE HARE
HARE KRISHNA HARE KRISHNA
KRISHNA KRISHNA HARE HARE

87. TAKE MY LIFE AND LET IT BE CONSECRATED
LORD TO THEE
TAKE MY HANDS AND LET THEM MOVE
AT THE IMPULSE OF THY LOVE
TAKE MY FEET AND LET THEM BE SWIFT
AND BEAUTIFUL FOR THEE
TAKE MY MOMENT AND MY DAY
LET THEM FLOW IN CEASELESS STRAIN
TAKE MY SILVER AND MY GOLD
NOT A MITE SHALL I WITHHOLD
TAKE MY MOUTH AND LET IT BE FILLED
WITH MESSAGES FROM THEE
TAKE MY VOICE AND LET IT SING
ALWAYS ONLY FOR MY KING
TAKE MY INTELLECT AND USE ANY POWER
THOU SHALT CHOOSE
TAKE MY WILL AND MAKE IT THINE,
IT SHALL BE NO LONGER MINE
TAKE MY HEART, IT IS THY OWN,
IT SHALL BE THY ROYAL THRONE
TAKE MY LOVE, MY LORD
I POUR AT THY FEET ITS TREASURE STORE
TAKE MYSELF AND I WILL BE EVER ONLY ALL FOR THEE

SHREE RAAM JAYA RAAM JAYA JAYA RAAM
SHREE RAAM JAYA RAAM JAYA JAYA RAAM (ETC...)

88. AMAZING GRACE! HOW SWEET THE SOUND
THAT SAVED A WRETCH LIKE ME!
I ONCE WAS LOST, BUT NOW AM FOUND
WAS BLIND, BUT NOW I SEE

WAS GRACE THAT TAUGHT MY HEART TO FEAR
AND GRACE MY FEARS RELIEVED
HOW PRECIOUS DID THAT GRACE APPEAR
THE HOUR I FIRST BELIEVED!

THROUGH MANY DANGERS, TOILS AND SNARES
I HAVE ALREADY COME
THIS GRACE HATH BROUGHT ME SAFE THUS FAR
AND GRACE WILL LEAD ME HOME

THE LORD HAS PROMISED GOOD TO ME
HIS WORD MY HOPE SECURES
HE WILL MY SHIELD AND PORTION BE
AS LONG AS LIFE ENDURES

YEA, WHEN THIS FLESH AND HEART SHALL FAIL
AND MORTAL LIFE SHALL CEASE
I SHALL POSSESS, WITHIN THE VEIL
A LIFE OF JOY AND PEACE

Sunday Prayers

89. Prema Mudita

PREMA MUDITA MANASE KAHO RAAMA RAAMA RAAM
SHREE RAAMA RAAMA RAAM (3x)
PAAPA KATE DUKKHA MITE
LETE RAAMA NAAM (2x)
BHAVA SAMUDRA SUKHADANAAYA (2x)
EKE RAAMA NAAM
(SHREE RAAMA...)

PARAMA SHAANTI SUKHANIDHAANA
DIVYA RAAMA NAAM (3x)
NIRAADHAARAKO AADHAARA (2x)
EKE RAAMA NAAM
(SHREE RAAMA...)

PARAMA GOPYA PARAMAISHTA
MANTRA RAAMA NAAM (3x)
SANTA HRIDAYA SADAA VASATA (2x)
EKE RAAMA NAAM
(SHREE RAAMA...)

MAHAA DEVA SATATA JAPATA
DIVYA RAAMA NAAM (3x)
KAASHI MARATA MUKTI KARATA (2x)
KAHATA RAAMA NAAM
(SHREE RAAMA...)

MAATAA PITAAA BANDHU SAKHAA
SABAH RAAMA NAAM (3X)
BHAKTA JANANA JEEVANA DHANA (2X)
EKE RAAMA NAAM
(SHREE RAAMA...)

90. Aadi Divya

AADI DIVYA JYOTI MAHAA KAALI MAA NAMAH (2X)
MADHU SUMBHA MAHISHA MARDINI
MAHAA SHAKTI YE NAMAH (2X)
BRAHMAA VISHNU SIVA SWAROOPA
TWAM NA ANYATHAA (2X)
CHARA CHARASYA PAALIKE
NAMO NAMAH SADAA (2X)

91. Shree Naama Raamayana

:ri r!m jaya r!m jaya jaya r!m (8x)

:uddha brahma par!tpara r!m /
K!!tmaka parame_vara r!m q
:ezsa talpa sukha nidrita r!m /
Brahm!dyamara pr!rthita r!m q

Cha@da kira@akula mandana r!m /
:rimad da_aratha nandana r!m q
Kausaly! sukha vardhana r!m /
Vi_v!mitra priyadhana r!m q

Ghora t!>ak! gh!taka r!m /
M!ric!di nip!taka r!m q
Kau_ika makha sa*rakz aka r!m /
:rimad ahalyoddh!raka r!m q

Gautama muni samp#jita r!m /
Sura munivara ga@a sa*stuta r!m q
N!vika dh!vita m\$du pada r!m /
Mithil! pura jana mohaka r!m q

Videha m!nasa ra<jaka r!m /
Tryambaka k!rmuka bha<jaka r!m q
:it! arpita vara m!lika r!m /
K\$ta vaiv!hika kautuka r!m q

Bh!rgava darpa vin! aka r!m /
:rfimad ayodhy! p!!ka r!m q
:uddha brahma par!tpara r!m /
K!!tmaka parame_vara r!m q

Aga@ita gu@aga@a bh#`ita r!m /
Avanitanay! k!mita r!m q
R!k! candra sam!nana r!m /
Pit\$v!ky!_rita k!nana r!m q

Priya guha vinivedita pada r!m /
Tatk`!lita nija m\$du pada r!m q
Bhardv!ja mukh!nandaka r!m /
Citrak#>!dri niketana r!m q

Da_aratha santata cintita r!m /
Kaikeyi tanay!rthita r!m q
Viracita nija pit\$skarmaka r!m /
Bharat!rpita nija p!duka r!m q

Da@?ak! vana jana p!vana r!m /
Du>a vir!dha vin!_ana r!m q
:arbha;ga sutik`@! archita r!m /
Agasty!nugraha vardhita r!m q

G\$idhr!dhipa sa*sevita r!m /
Pa<chva>i ta>a susthita r!m q
:rp@akh!rthi vidh!yaka r!m /
Kharad#`a@a mukha s#daka r!m q

Sit! priya hari@!nuga r!m /
M!ric!rti k\$d!_uga r!m q
Vina`a sit!nve`aka r!m /
G\$dhr!dipa gatid!yaka r!m q

:abaridatta phal!_ana r!m /
Kabandha b!hucchedana r!m q
Hanumat sevita nijapada r!m /
Nata sugriv! bhi`ada r!m q

Garvita v!li sa*h!raka r!m /
V!nara d#ta pre`aka r!m q
Hitakara lak`ma@a sa*yuta r!m /
Kapivara santata sa*sm\$ta r!m q

Tadgati vighnadhwa*saka r!m /
Sit! pr!@adh!raka r!m q
Du>a da!_nana d#`ita r!m /
:i`a han#mad bh#`ita r!m q

Sit!vedita k!k!vana r!m /
K\$ta c#?!ma@i dar_ana r!m q
Kapivara vacan!_v!sita r!m /
R!va@a nidhana prasthita r!m q

V!nara sainya sam!v\$ta r!m /
:o`ita saridi!rthita r!m q
Vibhi`a@! bhaya d!yaka r!m /
Parvata setu nibandhaka r!m q

Kumbhakar@a_ira_cedaka r!m /
R!k`asa sa;gha vimardaka r!m q
Ahimahir!va@a c!ra@a r!m /
Sa*h\$ta da_amukha r!va@a r!m q

*Vidhi bhava mukha sura sa*stuta r!m /
Swasthita da_aratha vik`ita r!m q
Sit! dar_ana modita r!m /
Abhi`ikta vibhi`a@anata r!m q*

*Pu`pakay!n! roha@a r!m /
Bharadv!j!di ni`eva@a r!m q
Bharata pr!@a priyakara r!m /
S!ketapurfi bh#`a@a r!m q*

*Sakalasviya sam!nana r!m /
Ratna lasat pi!h!sthita r!m q
Pa>!bhi`ek!la;k\$ta r!m /
P!rthiva kula samm!nita r!m q*

*Vibhi`a@!rpita ra;gaka r!m /
Ki_a kul!nugrahakara r!m q
Sakala jiva sa*rak`aka r!m /
Samasta lok! dh!raka r!m q*

*R!ma r!ma jaya r!j! r!m /
R!ma r!ma jaya sit! r!m q*

:ri r!m jaya r!m jaya jaya r!m (8x)

92. Lingaastakam

BRAHMAMURAAREE SURARCHITALINGAM
NIRMALA BHAASHITA SHOBHITALINGAM
JANMAJADUKKHA VINAASAKALINGAM
TATPRAANAMAAMI SADAASIVALINGAM

DEVAMUNI PRAVAARARCHITALINGAM
KAAMADAHAM KARUNAAKARALINGAM
RAAVANADARPA VINAASHANALINGAM
TATPRAANAMAAMI SADAASIVALINGAM

SARVASUGANDHA SULEPITALINGAM
BUDDHI VIVARDHANA KAARANALINGAM
SIDDHA SURASURA VANDITALINGAM
TATPRAANAMAAMI SADAASIVALINGAM

KANAKAMAHAA MANIBHUSHITALINGAM
PHANIPATI VESHTITA SHOBHITALINGAM
DAKSHA-SUYAJNA VINAASHANALINGAM
TATPRAANAMAAMI SADAASIVALINGAM

KUMKUMA CHANDANA LEPITALINGAM
PANKAJAHAARA SUSHOBHITALINGAM
SANCHITA PAAPA VINAASHANALINGAM
TATPRAANAMAAMI SADAASIVALINGAM

DEVAGANAARCHITA SEVITALINGAM
BHAAVAIRBHAKTI BHIREVAARCHITALINGAM
DINAKARAKOTI PRABHAAKARALINGAM
TATPRAANAMAAMI SADAASIVALINGAM

ASHTADALOPARI VESHTITALINGAM
SARVASAMUDBHAVA KAARANALINGAM
ASHTADARIDRA VINAASHANALINGAM
TATPRAANAMAAMI SADAASIVALINGAM

SURAGURU SURAVARA POOJITALINGAM
SURAVANA PUSHPA SADAARCHITALINGAM
PARAATPARAM PARAMAATMAKALINGAM
TATPRAANAMAAMI SADAASIVALINGAM

93. He Prabho

HE PRABHO AANANDA DAATAA
JNAANA HAMAKO DEEJIYE

SEEGHRA SAARE DURGUNOMKO
DURA HAMSE KEEJIYE

LEEJIYE HAMAKO SHARANAME
HAM SADAACHAARI BANE

BRAHMACHAARI DHARMA RAKSHAKA
VEERA VRATA DHAAREE BANE

HE PRABHO AANANDA DAATAA
JNAANA HAMAKO DEEJIYE

PREMASE HAM GURU JANONKEE
NITYA HI SEVAA KARE

SATYA BOLE JHOOTA THYAAGE
MEL AAPASE ME KARE

HE PRABHO AANANDA DAATAA
JNAANA HAMAKO DEEJIYE

NINDAA KISEEKE HAM KISEESE
BHUL KAR BHEE NAA KARE

DIVYA JEEVANA HO HAMAARAA
TERAA YASA GAAYAA KARE

HE PRABHO AANANDA DAATAA
JNAANA HAMAKO DEEJIYE

Transliteration and Pronunciation Guide

<i>Oj</i> <u>home</u>	>	<u>touch</u>
<i>!</i> <u>car</u>	> <i>h</i>	<u>ant-hill</u>
<i>i</i> <u>meet</u>	?	<u>duck</u>
<i>f</i> <u>pool</u>	? <i>h</i>	<u>godhood</u>
<i>\$</i> <u>rig</u>	<i>nj</i>	<u>sing</u>
<i>]</i> Nasalisation of the preceding vowel	<	<u>bunch</u>
<i>m</i> Aspiration of the preceding vowel	<i>z</i>	<u>thunder</u>
<i>/</i> (close to) <u>think</u>	-	<u>shove</u>
<i>t</i> (close to) <u>pathetic</u>	<i>Zs</i>	<u>bushel</u>
<i>th</i> (close to) <u>father</u>	<i>s</i>	<u>sir</u>
<i>d</i> (close to) <u>breathe hard</u>	<i>k'a</i>	<u>worksheets</u>
	<i>j<</i>	No English equivalent

Shanti Mantras

O]m _a]m no mitra/ _a]m varuznazh/
 :-a]m no bhavatvaryam!/
 :-a]m na indro b\$haspati//
 :-a]m no vi`zururukrama//
 Namo brahmazne/ Namaste v!yo/
 Tvameva pratyak`a]m brahm!si/ Tv!meva
 pratyak`a]m brahma vadi`y!mi/ zRta]m
 vadi`y!mi/ Satya]m vadi`y!mi/ Tanm!]m
 avatu/ Tadvakt!ra]m avatu/ Avatu
 m!]m/ Avatu vakt!ra]m/
 O]m _!nti/ _!nti/ _!nti/q

O]m sahan! vavatu/ Saha nau bhunaktu/
 Saha vfirya]m karav!vahai/
 Tejasvi n!vadhjitamastu m! vidvi`!vahai/
 O]m _!nti/ _!nti/ _!nti/q

O]m !py!yantu mam!;g!ni
 v!kpr!@a_cak`u/ _rotramatho
 balamindriy!@i ca sarv!@i/
 Sarva]m brahmaupani`ada]m/
 M!ha]m brahma nir!kury!]m
 m!m! brahma nir!karot/
 Anir!kara@amastu anir!kara@a]m me astu/
 Tad!tmani nirate ya upani`atsu dharm!// /
 Te mayi santu te mayi santu/
 O]m _!nti/ _!nti/ _!nti/q

O]m bhadra]m kar@ebhi/ _\$@uy!ma dev!//
 Bhadra]m pa_yema ak`abhir-yajatr!//
 Sthiraira]ngai stu`>uv!g]m sastan#bhi/
 Vya_ema devahita]m yad!yu/
 Svasti na indro v\$ddha_rav!//
 Svasti na/ p#`fa vi_vaved!//
 Svasti nast!rk`yo ari`>anemi//
 Svasti no b\$haspatir dadhfatu/
 O]m _!nti/ _!nti/ _!nti/q



Guru Prayers

Brahm!nanda]m paramasukhada]m
 kevala]m j<!na m#rti]m
 dvandv!tfita]m gaganasad\$a]m
 tatvamasyfadi lak`ya]m/
 Eka]m nitya]m vimalamacala]m
 sarvadhfi s!k`ibh#ta]m
 bh!v!tfita]m triguzna-rahita]m
 sad guru]m ta]m nam!miq

Caitanya]m _!_vata]m _!nta]m
 nir!k!ra]m niranjana]m/
 N!dabindu-kal!tfita]m
 tasmai _rfi gurave nama/q

Gurur brahm! gurur vi`hnu/
 gurur devo mahe_vara//
 Gurur s!k`!t para]m brahm!
 tasmai _rfi gurave nama/q

Aj<!na timir!mdhasya j<fan!<jana _al!kaya/
 Cak`urunmflita]m yena tasmai _rfi gurave nama/q

Dhy!nam#la]m gurorm#rtih
 p#j!m#la]m gurorpada]m/
 Mantra m#la]m guror v!kya]m
 mok`ham#la]m gurork\$ip!q

O]m nama/ siv!ya gurave satchid!nanda m#rtaye/
 Ni`prapa<c!ya _!nt!ya _rfi siv!nand!ya te nama/
 _rfi vi`nudev!nand!ya te nama/q

M!t! ca p!rvatfi devfi pit! devo mahe_vara/
 bhazmdhavfa/ _iva bhakt!_ca svade_o bhuvanatraya]mq
 Om nama/ p!rvatfi pataye hara hara mah!deva q

Concluding Mantras

OM NAMO NAARAAYANAAYA DASOHAM TAVA KESAVA
 OM DUM DURGAAYAI NAMAH
 OM HRIM MAHAALAKSHMYAI NAMAH
 OM AIM SARASWATYAI NAMAH

OM NAMO BHAGAVATE SIVAANANDAYA
 OM NAMO BHAGAVATE VISHNU-DEVAANANDAYA

SHREE RAAMA RAAMA RAAMETHI RAME RAAME MANORAME
 SAHASRANAAMA TATTULYAM RAAMANAAMA VARAANANE

Concluding Prayers

Mahaa Mrutyunjaya Mantra

Om trayambaka yaj!mahe
 sogan dhih pu'ti vardhanah /
 Urv!rukamivabhandhan!t
 m\$ityor muk`iya m!`m\$!t!tq (3x)*

*Om sarve`!m svastir bhavatu
 sarve`!m _!ntir bhavatu /
 Sarve`!m p#rnam bhavatu
 sarve`!m mangalam bhavatu q*

*Sarve bhavantu sukhina/
 sarve santu nir!may! /
 Sarve bhadr!ni pa_yantu
 m! kaschit dhukha bhak bhavet q*

*Asato m! sat gamaya /
 Tamaso m! jyotir gamaya /
 M\$ityor m! am\$tam gamaya q*

*Om p#rnamada p#rn midam
 p#rn!t p#rnamudachyate /
 P#rnasya p#rn am!d!ya
 p#rn amev!va_i`yate q*

Om _!nti/ _!nti/ _!nti/q

WE WORSHIP THE FRAGRANT, THREE-EYED LORD SIVA, WHO ENHANCES PROSPERITY. MAY HE LIBERATE US FROM THE BONDAGE OF DEATH LIKE THE WATER MELON (WHICH SEPARATES EFFORTLESSLY FROM THE VINE), LET HIM NOT TURN US AWAY FROM IMMORTALITY.

MAY AUSPICIOUSNESS BE UNTO ALL. MAY PEACE BE UNTO ALL. MAY FULLNESS BE UNTO ALL. MAY PROSPERITY BE UNTO ALL. MAY ALL BE HAPPY. MAY ALL BE FREE FROM DISEASES. MAY ALL ENJOY PROSPERITY. MAY NONE SUFFER FROM SORROW. LEAD ME FROM THE UNREAL TO THE REAL, FROM DARKNESS TO LIGHT, FROM DEATH TO IMMORTALITY.

THAT BRAHMAN IS FULL. THIS CREATION IS ALSO FULL. FROM THE BRAHMAN THIS CREATION HAS COME. WHEN THIS CREATION IS MERGED IN THE BRAHMAN WHAT REMAINS IS AGAIN FULL.

OM PEACE PEACE PEACE

Universal Prayer

O ADORABLE LORD OF MERCY AND LOVE
 SALUTATIONS AND PROSTRATIONS UNTO THEE

THOU ART OMNIPRESENT, OMNIPOTENT AND OMNISCIENT
 THOU ART SATCHIDANANDA.
 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 TO 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.

OM BOLO SAT GURU SIVAANANDA MAHARAJA KI - JAI
 OM BOLO SHREE VISHNU-DEVAANANDA MAHARAJA KI - JAI

Guru Parampara

NAARAAYANA PADMABHAVAM VASHISHTHAM
 SHAKTIM CHA TATPUTRA PARASHARAM CHA
 VYASAM SHUKAM GAUDAPADAM MAHANTAM
 GOVINDA YOGINDRA MATHASYA SHISHYAM
 SHREE SHANKARAACHAARYA MATHASYA
 PADMAPADAM CHA HASTAMALAKAMCHA SHISHYAM
 TAM TROTAAKAM VARTIKAKARAMANYAM KARUNALAYAM
 NAMAAMI BHAGAVADPAADAM SHANKARAM LOKASHANKARAM
 SHANKARAM SHANKARAACHAARYAM KESHAVAM BADARAAYANAM
 SUTRABASHYAKRITAYE VANDE BHAGAVANTAU PUNAH PUNAH
 ISHVARO GURURATMETI MURTHIBEDHAVIBHAAGINE
 VYOMAVAD VYAPTADEHAAYA SHREE DAKSHINAAMURTAYE NAMAH

Aarati

JAYA JAYA AARATI VIGNAAVINAYAKA
VIGNAAVINAYAKA SHREE GANESHA
JAYA JAYA AARATI SUBRAHMANYA
SUBRAHMANYA KAARTIKEYA

JAYA JAYA AARATI VENUGOPAALA
VENUGOPAALA VENULOLA
PAAPAVIDURA NAVANITA CHORA

JAYA JAYA AARATI VENKATARAMANA
VENKATARAMANA SHANKATAHARANA
SITAA RAAMA RAADHESHYAAMA

JAYA JAYA AARATI GAURI MANOHARA
GAURI MANOHARA BHAVAANI SHANKARA
SAAMBASADAASIVA UMA MAHESHWARA

JAYA JAYA AARATI RAAJA RAAJESHWARI
RAAJA RAAJESHWARI TRIPURAA SUNDARI
MAHAA LAKSHMI MAHAA SARASWATI
MAHAA KAALI MAHAA SHAKTI

JAYA JAYA AARATI AANJANEYA
AANJANEYA HANUMAANTA

JAYA JAYA AARATI DATTAATREYA
DATTAATREYA TRIMURTI AVATAARA

JAYA JAYA AARATI AADITYAAYA
AADITYAAYA BHASKARAAYA

JAYA JAYA AARATI SANISWARAAYA
SANISWARAAYA BHASKARAAYA

JAYA JAYA AARATI SHANKARAACHAARYA
SHANKARAACHAARYA ADVAITA GURAVE

JAYA JAYA AARATI SADGURU NAATHA
SADGURU NAATHA SIVAAANANDA

JAYA JAYA AARATI VISHNU-DEVAANANDA
VISHNU-DEVAAANANDA VISHNU-DEVAANANDA

JAYA JAYA AARATI AGASTYA MUNAYE
AGASTYA MUNAYE SHREE RAAMA PRIYANE

JAYA JAYA AARATI AAYYAPPAA SWAAMIYE
AAYYAPPAA SWAAMIYE DHARMA SHAASTAVE

JAYA JAYA AARATI JESUS GURAVE
MOSES GURAVE BUDDHA GURAVE

JAYA JAYA AARATI MOHAMMED GURAVE
GURU NANAK GURAVE SAMASTA GURU BHYO NAMAH
JAYA JAYA AARATI VENUGOPAALA

OM NA TATRA SURYO BHAATI NA CHANDRA TAARAKAM
NEMAA VIDYUTO BHAANTI KUTOYAMAGNIHI

TWAMEVA BHAANTA MANUBHAATI SARVAM
TASYA BHAASAA SARVAMIDAM VIBHAATI



OM GANGE CHA YAMUNE CHAIVA
GODAAVARI SARASWATI
NARMADE SINDHU KAAVERI
NAMASTUBHYAM NAMO NAMAH

TWAMEVA MAATAA CHA PITAA TWAMEVA
TWAMEVA BANDHUSCHA SAKHAA TWAMEVA
TWAMEVA VIDYAA DRAVINAM TWAMEVA
TWAMEVA SARVAM MAMA DEVA DEVA

KAAYENA VAACHAA MANASENDRIYAIRVAA
BUDDHYAATMANAAVAA PRAKRITHE SWABHAAVAAD
KAROMI YAD YAD SAKALAM PARASMAI
NAARAAYANAYA ITI SAMARPAYAAMI

SARVA DHARMAAN PARITYAJYA
MAAMEKAM SHARANAM VRAJA
AHAM TWAA SARVEPAAPEBHYO
MOKSHA ISHYAAMI MAA SHUCHAH

Ganga Aarati

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 TERE (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 TERE SHARANAAGATI AATAA
MAIYAA SHARANAAGATI AATAA
YAMA KEE TRAASA MITAAKARA (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

Dhy!na :-lokaṽ

Gaj!nanaḥ bh#taga@!di sevitah
kapittha jamb#phalas!ra bhak'hakam/
Um!sutaḥ _okavin!_a k!ra@aḥ
nam!mi vighne_wara p!da pa;gajamq

I PROSTRATE MYSELF BEFORE THE LOTUS FEET OF VIGNESHWARA (GANESHA), THE SON OF UMA, THE CAUSE OF DESTRUCTION OF SORROW, WHO IS SERVED BY THE HOST OF BHUTA-GANAS (ANGELS), WHO HAS THE FACE OF AN ELEPHANT, WHO PARTAKES OF THE ESSENCE OF KAPITTHA AND JAMBU FRUITS.

~ad!nanaḥ ku<kuma raktavar@a]m
mah!matim divya may#ra v!hanam/
Rudrasya s#num surasainya n!tham
guham sad!ham _aranam prapadyeq

I ALWAYS TAKE REFUGE IN GUHA OF SIX FACES (SUBRAHMANYA), WHO IS OF DEEP RED COLOUR LIKE KUMKUMA, WHO POSSESSES GREAT KNOWLEDGE, WHO HAS THE DIVINE PEACOCK TO RIDE ON, WHO IS THE SON OF RUDRA (SIVA), AND WHO IS THE LEADER OF THE ARMY OF THE DEVAS (GODS, ANGELS).

Y! kundendu tu!ra h!ra dhaval!
y! _ubhra vastr!vst!
y! vi@! varada@da ma@dita kar!
y! _veta padm!san!/
Y! brahm!cyuta _ankara prabhstibhi/
devaiṽ sad! p#jit!
s! m!m p!tu saraswati bhagavati
ni_e`a j!dy!pah!q

MAY THE GODDESS SARASWATI, WHO WEARS A GARLAND WHITE LIKE THE KUNDA FLOWER, THE MOON AND THE SNOW, WHO IS ADORNED WITH PURE WHITE CLOTHES, WHOSE HANDS ARE ORNAMENTED WITH THE VEENA AND THE GESTURE OF BLESSINGS, WHO IS SEATED ON A WHITE LOTUS, WHO IS ALWAYS WORSHIPPED BY BRAHMA, VISHNU, SIVA AND OTHER GODS, WHO IS THE REMOVER OF ALL INERTNESS AND LAZINESS, PROTECT ME.

Om namah _iv!ya gurave
satcid!nanda m#rtaye/
Ni`prapa<c!ya _!nt!ya
_ri siv!nand!ya te namahṽ
_ri vi`nudev!nand!ya te namahq

SALUTATIONS TO GURU SIVA, WHO IS THE EMBODIMENT OF EXISTENCE-KNOWLEDGE-BLISS ABSOLUTE, IN WHOM WORLDLINESS DOES NOT EXIST, WHO IS EVER PEACEFUL.
SALUTATIONS TO SWAMI SIVAANANDA.
SALUTATIONS TO SWAMI VISHNU-DEVANANDA.

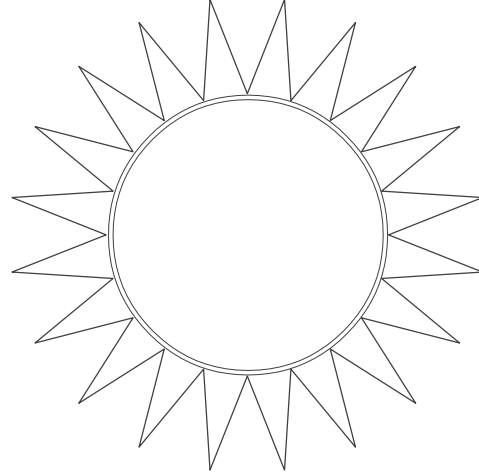
Om sarva ma;gaba m!;galye
_ive sarv!rtha s!dhike /
:aranye tryambake gauri
n!ra yani namostute n!ra yani namostuteq

I SALUTE THE THREE-EYED DIVINE MOTHER NARAYANI, WHO BRINGS AUSPICIOUSNESS AND WHO FULFILLS ALL THE DESIRES OF THE DEVOTEE (BOTH SPIRITUAL AND MATERIAL).

Om _!nti/ _!nti/ _!nti/q

OM PEACE PEACE PEACE

At the beginning of any class, lecture, or personal sadhana, we chant the Dhyana Stokas. This helps to tune the mind to the divine in its different aspects. It makes us feel like instruments and helps to remove the tamasic-rajasic ego. Divine guidance is necessary for any sadhana to be successful.



LOKA SAMASTA SUKHINO

BHAVANTU

May the Whole World Attain Peace and Harmony

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