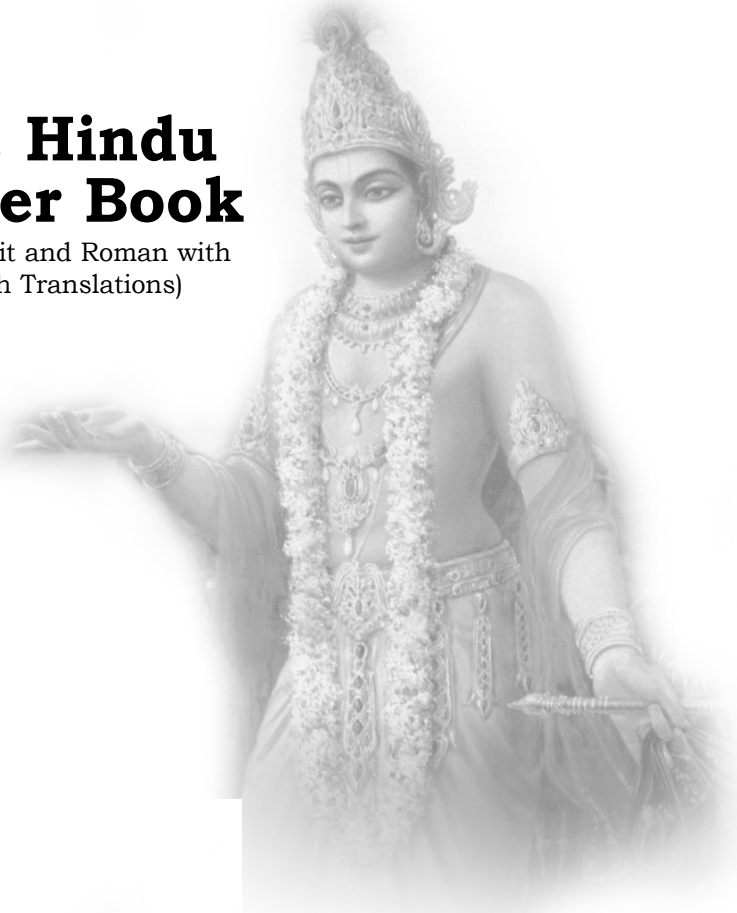


# The Hindu Prayer Book

(in Sanskrit and Roman with  
English Translations)





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# ***Hinduism***

**-Hinduism** is like an all-encompassing ocean. Here, in the West only rational thought is considered essential for science and faith for religion. Hinduism stresses the whole consciousness, which also includes rational thought and faith, and is more universal. It is a living philosophy of life.

**-Hinduism** is the oldest living religion of the world. Great thinkers all over the world agree with this. Any one individual or a prophet does not formally enunciate Hinduism. It is the collection of revelations to several saints during their period of rigorous and disciplined meditation (Tapasyaa). This collection of revelations is known as the Vedaas.

**-Hinduism** is a natural way of life. It is not a constructed main road but a self-formed footpath trodden by the continuous walking of masses by their own will and choice. Hinduism is never imposed on any body at any time and is only religion in the world that does not believe in conversion. It wants everyone to realise the Almighty through their own will.

**-Hinduism** is a symbol of unity. It is not a single religion, but a composite one where people of various religions were put together under a single shade. The diversity of rituals, belief, castes, food, dress, social behaviour, languages and politics have not been able to destroy the deeper spirituality of Hinduism.

**-Hinduism** is the religion of experience. It is not based on dogmas and creeds to be accepted with blind faith, but is based on self-realisation.

**-Hinduism** allows absolute freedom in the faith and mode of worship, not insisting that God could be reached through only a particular name, place or path.

**-Hinduism** has sacred scriptures written by women saints, no other religion matching this feature.

**-Hinduism** states that God is everything and everywhere.

**-Hinduism** is a religion of love and gratitude, and of tolerance and patience giving due respect to all religions.



# OM



Om is the Akshara, or the imperishable - i.e. God. Om is the Universe, and this is the exposition of Om. The past, the present and the future, all that was, all is, all that will be, is Om. Likewise all else that may exist beyond the bounds of time, that too is Om.

Another word for Om is Pranava ('Nu' meaning praise and 'Pra' meaning superior) Thus Om means the best prayer or praise.

The letters AUM also stand for the mantra 'Tat Twam Asi' which means That which you are., Man's realisation of divinity within himself. This relieves man from the fragmentation of body, mind, psyche and spirit.

Om is composed of three sounds 'AH', 'OO', 'MM'. It is the first word uttered and from it come all the alphabets and all the phonetics.

The letter 'AH' begins the sound of OM and this sound is the first letter of the alphabet in all languages.

The letter 'OO' sustains the sound of OM. And finally 'MM' ends the sound of OM.

Hence Om stands for the Trinity - Brahmaa (The Creator), Vishnu (The Sustainer) & Mahesh (The Destroyer).

The Sanskrit 'Om' and the Latin 'Omne' come from the same root. 'Omkar' for the Sikhs and 'Amen' for the Christians may also come from the same root.

The Mantra Om precedes all Hindu prayers. It is the original sound of Brahmaa. It may be practiced silently or vocally. The vibration of it should permeate the whole of our beings. It helps purify the physical, mental, emotional and spiritual aspects of our being.

"On the bow of the mystic syllable Om, place the arrow of the Self, point at the target of Brahman, with an undistracted mind stretch the bow and penetrate the mark,"

Mundak Upanishad.





## ***Havan Yagya***

The Sacrificial Fire

Hindus believe that the purification of the mind and spirit is even more important than the purification of the body. It is through meditation, acts of worship and goodwill to all humanity that this is achieved.

Yagya is one of the most significant forms of Hindu act of worship. The sacred fire has a very special place in all Hindu religious ceremonies. During Yagya, Ghee, food and 'Havan Samagree' (consisting of vegetable matter, roots, food stuffs and sandal wood) are offered to the sacred fire. The act of praying while offering these items to the fire is called 'Aahootee'. The timing of the individual offerings made during the Yagya, should coincide with the utterance of the word '**Swaahaa**'. The offerings should be dropped into the fire with the palm facing up: the offerings should not be thrown in!

During Havan we are not praying to the actual fire in front of us. The fire, 'Agni' (in Sanskrit) denotes warmth and light and thus signifies God, Who is radiant and bright, and leads us from darkness to light, untruth to truth, and death to immortality.

During the Yagya, besides the physical acts of worship, we are concentrating on the highest qualities of God that we, mere mortals, are capable of imagining; at the same time we are exalting ourselves to rise above the mental, emotional and spiritual level we are at the time. This is where mere repeating and chanting of the Mantras in a rote manner is not as useful, as when we recited the same with some understanding of the beautiful and rich meaning that they carry.

O Lord, I pray for the strength and splendour of my powers of speech, respiratory system, sight, hearing, centres of love, feeling and heart, my throat and brain, my hands and arms; my whole body for my personal ends and for the service of all.





## THE PANCHA MAHAYAGYAS

There are five great daily sacrifices that are to be performed by every householder. They are: (i) Brahma Yajna, called also Veda Yajna, sacrifice to Brahman or the Vedas or the sages; (ii) Deva Yajna, sacrifice to the celestials; (iii) Pitri Yajna, sacrifice to the manes; (iv) Bhuta Yajna, sacrifice to all the creatures; and (v) Manushya Yajna, sacrifice to men.

The performance of these five Yajnas is conducive to the spiritual evolution or growth of a man. He gradually learns that he is not a separate entity or isolated creature or isolated unit, but is a part of a great whole. He obtains knowledge by studying the sacred scriptures written by great Rishis. He gets help from his friends, relatives and fellow-beings. His parents gave his physical body. The milk of cows, grains, vegetables and fruits nourishes his body. The five elements help him. He cannot live without oxygen and water. The Devas and the Pitris bless him. Therefore, he owes a fivefold debt to Nature. He must pay back his debt by performing these five sacrifices daily. Further, numerous insects are killed by him unconsciously during walking, sweeping, grinding, cooking, etc. This sin is removed by the performance of these sacrifices.

## THE FIVE YAJNAS (or yagyas)

The Rishis, the Devas, the Pitris, the Bhutas and the guests expect help from the householders. Hence, they should perform these five sacrifices daily. Teaching and studying of scriptures is Brahma Yajna; Tarpana or offering of water to the ancestors, and Sraaddha, form Pitri Yajna; Homa or oblations into the fire is Deva Yajna; Bali or offering of food to all creatures is Bhuta Yajna; and hospitality to guests is Manushya Yajna or Atithi Yajna.

### ***Brahma Yajna or Rishi Yajna***

Every man should study daily the sacred scriptures. He should share the knowledge with others. This is Brahma Yajna or Rishi Yajna. By so doing, he pays the debt to Rishis.

### ***Deva Yajna***

Lord Krishna says in the Bhagavad Gita: "Having, in ancient times, emanated mankind together with sacrifice, the Lord of Creation said, 'By this shall ye propagate; be this to you the fulfiller of desires. With this, nourish ye the shining ones, and may the shining ones nourish ye. Thus nourishing one another, ye shall reap the highest good. For, nourished by sacrifice, the shining ones shall bestow on you the enjoyments you desire. A thief verily is he who enjoyeth what



they give without returning them anything. The righteous, who eat the remains of the sacrifice, are freed from all sins; but the unpius who cook for their own sake, they verily eat sin" (Ch. III-10, 11, 12, 13). Manu says: " Let a man ever engage in the study of the Vedas and in the rites of the Devas; engaging in the rites of the Vedas, he supports the movable and the immovable kingdoms." These sacrifices turn the wheel of life in accordance with the divine will and thus help the evolution of man and the worlds.

### ***Pitri Yajna***

Offering libations, etc., to the forefathers, regularly, is Pitri Yajna.

### ***Bhuta Yajna***

Distribution of food to cows, dogs, birds, fish, etc., is Bhuta Yajna.

### ***Manushya Yajna***

Feeding the poor is Manushya Yajna. Feeding the hungry, clothing the naked, giving shelter to the homeless, comforting the distressed, etc., are all forms of Manushya Yajna. Any kind of service to the suffering humanity is Manushya Yajna. Feeding a guest is Manushya Yajna.

## **BENEFITS OF THE PANCHA MAHAYAJNAS**

By daily doing such acts of kindness and sympathy, man develops mercy. Hatred vanishes. His hard egoistic heart is gradually softened. He cultivates cosmic love. His heart expands. He has a wider outlook on life. He tries to feel his oneness with all beings. His old feeling of separateness on account of selfishness and egoism is gradually thinned and eventually eradicated. He learns that he can be happy only by making others happy, by serving others, by helping others, by removing the sufferings of others and by sharing what he has with others. The five great daily sacrifices teach man his relations with his superiors, his equals and his inferiors.

Man has no separate individual existence. He is connected with the world. He is like a bead in the rosary. His whole life must be a life of sacrifice and duties. Then only he will have rapid evolution. Then only he will realize the supreme bliss of the Eternal. Then only he will free himself from the round of births and deaths and attain immortality.



# HAVAN MANTRAS

Prayer for purification (Mentally touch the various parts of your body whilst reciting)

ओम् भूर्भुव स्वः । तत् सवितुर्वरेण्यं भर्गो देवस्य धीमहि । धियो यो न प्रचोदयात् ।

**Om bhoor bhuvah swaha. Tatsavitur vareniyam.**

**Bhargo devasya dheemahi. Dhiyo yo naah prachodayaat.**

O Lord you are the Giver of life, Remover of pains and sorrows, Bestower of happiness. May we receive the supreme sin-destroying light of the Creator of the universe. May You guide our intellect in the right direction.

ओम् शन्नो देवी रभिष्टय आपो भवन्तु पीतये । शंयोरभिस्तवन्तुनः ।

**Om shanno devi rabhishtaya aapo bhavantu peetaye, shmyo rabhiisra vantu nah.**

May the most gracious, brilliant, all-prevading Lord be the ever for our desired happiness and perfect bliss and may His blessings be on us from all sides.

ओम् वाक् वाक् । ओम् प्राणः प्राणः । ओम् चक्षुः चक्षुः ।

ओम् श्रोत्रम् श्रोत्रम् । ओम् नाभिः । ओम् हृदयम् । ओम् कण्ठ । ओम् शिरः ।

ओम् बाहुभ्यां यशो बलम् । ओम् करतल करपृष्ठे ।

**Om vaak vaak, Om praanah praanah, Om chakshuh chakshuh,  
Om shrotram shrotram, Om naabhih, Om hridayam, Om kanthah,  
Om shira,**

**Om bahubhyaam yashobalam, Om karatala kara prishthe.**

ओम् भूः पुनातु शिरसि

ओम् भुवः पुनातु नेत्रयोः

ओम् स्वः पुनातु कंठे

ओम् महः पुनातु हृदयम् ।

ओम् जनः पुनातु नाभ्याम्

ओम् तपः पुनातु पादयोः

ओम् सत्यं पुनातु पुनः शिरसि

ओम् खं ब्रह्म पुनातु सर्वत्र

**Om bhooah punaatu shirasi. (head)**

**Om bhuvah punaatu netrayoh. (eyes)**

**Om swaha punaatu kanthe. (throat)**

**Om mahaha punaatu hridaye. (heart)**

**Om janaha punaatu naabhyaam. (navel)**

**Om tapaha punaatu paadayoh. (feet)**

**Om satyam punaatu punah shirasi. (head)**

**Om kham bhrahma punaatu sarvatra. (all sides)**



O Lord, the Life-Breath of all, Dispeller of miseries, Giver of true bliss, Creator of the universe, the Ultimate Reality, all-pervading God, purify and strengthen my head (powers of understanding), my eyes (powers of vision), throat and speech, heart, navel (sexual urge), feet: all the organs of my body to perform its normal functions and activity in the service of humanity.

### ***Praanaayaam mantra***

Prayer for concentration and meditation

*(In order to pacify the body and the mind, you should take deep breaths while reciting. Repeat several times, holding the breath as long as is convenient.)*

ओम् भूः	<b>Om bhooh.</b>
ओम् भुवः	<b>Om bhuvah</b>
ओम् स्वः	<b>Om swaha.</b>
ओम् महः	<b>Om mahah.</b>
ओम् जनः	<b>Om janah.</b>
ओम् तपः	<b>Om tapah.</b>
ओम् सत्यम्	<b>Om satyam.</b>

*I hold my breath in sacred awe and pray O lord of life. O holy God of bliss! Father great and wise and true, my soul comes to Your glorious feet to kiss it.*

ऋतं च सत्यं चाभिजातपसोध्यजायत

ततो रात्र्यजायत तत समुद्रो अर्णवः।

**Om ritam-ch-a satyam chaa bheedhaa. Tapaso adhya jaayata.**

**Tatoh raatra jaayata. Tatah samudro arnavah.**

ओम समुद्रादर्णवादधि सम्वत्सरो अजायत

अहो रात्राणि वदधद्विशवस्य मिषतो वशी।

**Om samudraa darnavaa dadhi. Samvatsaro ajaayata.**

**Aahoraatraani vidadha-dvishvasya mishato vashee.**



ओम सूर्या चन्द्रमसौ धाता यथा पूर्वमकल्पयत्।

दिवं च पृथिवीं चान्तरिक्षमथो स्वः।

**Om suryaa chandra masau dhaataa. Yathaa poorva makalpayat.**

**Divam cha prithveem. Chaantriksha matho swaha.**

The almighty God created the whole universe out of His Own omnipotence according to the laws of nature. He created the days and nights, the vast expanses of water and space and the divisions of time. He who is the Supporter, Protector and Controller of the universe created the sun, the moon, the earth, space, planets, by His potency as He did in the previous cycles of creation. May we feel His power and presence everywhere and for all the time and refrain from committing evil deeds.

ओम प्राची दिगग्निरधिपतिरसितोरक्षिता दित्या इषवः।

तेभ्यो नमोमधिपतिभ्यो नमो रक्षितृभ्यो नम इषुभ्यो नम एभ्यो अस्तु।

योमस्मान द्वेष्टि यं वयं द्विष्मस्तं वो जम्भे दध्मः।

**Om praachi digagneer adhipatir asito. Rakshitaa dityaa ishwah.**

**Tebhyo namo. Dheepati bhyo namo. Raksheetribhyo nama. Ishubhyo nama. Ebhyo astu.**

**Yo asmaan dweshti yam vayam. Dwish mastam vo jambhe dadhmaha.**

O radiant Lord, we feel Your presence in the eastern direction, which is symbolic of continuous progress, as our Lord Protector for our unfettered knowledge and advancement we bow to You and thank You for all the means of protection.

Whoever hates anyone, including us, your devotees, submit to Your rule of justice.

ओम दक्षिणा दिगिन्द्रोधिपतिस्तिरक्षिता पितर इषवः।

तेभ्यो नमोमधिपतिभ्यो नमो रक्षितृभ्यो नम इषुभ्यो नम एभ्यो अस्तु ।

योस्मान द्वेष्टि यं वयं द्विष्मस्तं वो जम्भे दध्मः।

**Om dakshinaa digindro dhipati stirakshitaa pitara ishvah.**

**Tebhyo namo. Dheepatibhyo namo. Raksheetribhyo nama. Ishubhyo nama. Ebhyo astu.**

**Yo asmaan dweshti yam vayam. Dwishmastam vo jambhe dadhmaha.**



O Lord, we feel Your presence-in the southern direction, which signifies ability and efficiency as our Lord of prosperity and the Controller of our minds. We pay homage to You and thank You for Your protection which You provide us in the form of scholars spreading true knowledge. Whoever hates, or feels enimical, including ourselves, we submit to Your rule of Justice.

ओम प्रतीची दिग्वरुणोधिपति पृदाकू रक्षितान्नमिषव।

तेभ्यो नमोमधिपतिभ्यो नमो रक्षितृभ्यो नम इषुभ्यो नम एभ्यो अस्तु ।

योस्मान द्वेष्टि यं वयं द्विष्मस्तं वो जम्भे दध्मः।

**Om prateechi dig varuno. Dheepatih pridaaku. Rakshitaa annam ishawah.**

**Tebhyo namo. Dheepatibhyo namo. Raksheetribhyo nama. Ishubhyo nama. Ebhyo astu.**

**Yo asamaan dweshti yam vayam. Dwishmastam vo jambhe dadhmaha.**

O Lord, we see You with our minds fixed in the western direction as the mightiest Master and Protector of all. We bow before You and thank You for our protection by the means of food. Whoever hates, or feels enimical, including ourselves, we submit to Your rule of justice.

ओम उदीची दिक् सोमो धिपतिस्वजो रक्षिता शनिरिषव।

तेभ्यो नमोमधिपतिभ्यो नमो रक्षितृभ्यो नम इषुभ्यो नम एभ्यो अस्तु ।

योस्मान द्वेष्टि यं वयं द्विष्मस्तं वो जम्भे दध्मः।

**Om udeechee dik somo. Dheepateeh swajo. Rakshitaa shani rishvah.**

**Tebhyo namo. Dheepatibhyo namo. Raksheetribhyo nama. Ishubhyo nama. Ebhyo astu.**

**Yo asmaan dweshti yam vayam. Dwishmastam vo jambhe dadhmaha.**

O gentle and noble God, we visualise Your presence in the northern direction, showering peace and bliss upon us. We pay homage to You and thank You for Your protection which You provide by means of the forces of nature such as lightning etc. Whoever hates, or feels enimical, including ourselves, we submit to Your rule of justice.



ओम ध्रुवा दिग्विष्णुरधिपति कल्माषग्रीवो रक्षिता वीरुध इषव।

तेभ्यो नमो मधिपतिभ्यो नमो रक्षितृभ्यो नम इषुभ्यो नम एभ्यो अस्तु ।

योस्मान द्वेष्टि यं वयं द्विष्मस्तं वो जम्भे दध्मः।

**Om dhruvaa dig vishnu radhipatih. Kalmaashgreevo. Rakshitaa veerudha ishvah.**

**Tebhyo namo. Dheepatibhyo namo. Raksheetribhyo nama. Ishubhyo nama. Ebhyo astu.**

**Yo asmaan dweshti yam vayam. Dwishmastam vo jambhe dadhmaha.**

O Lord, Master and Controller of all creation, we see You with our mind's eye below where we stand. We bow to You and thank You for the protection by means of the plant life. Whoever hates, or feels enimical, including ourselves, we submit to Your rule of justice.

ओम ऊर्ध्वा दिग्बृहस्पतिरधिपति श्वित्रो रक्षिता वर्षमिषव।

तेभ्यो नमो नमोमधिपतिभ्यो नमो रक्षितृभ्यो नम इषुभ्यो नम एभ्यो अस्तु ।

योस्मान द्वेष्टि यं वयं द्विष्मस्तं वो जम्भे दध्मः।

**Om oordhavaa dig brihspatir adhipateeh shwitro. Rakshitaa varsha mishavah. Tebhyo namo. Dheepatibhyo namo. Raksheetribhyo nama. Ishubhyo nama. Ebhyo astu.**

**Yo asmaan dweshtiyam vayam. Dwishmastam vo jambhe dadhmaha.**

O almighty God, we feel Your presence in the regions above us. May we be pure and magnanimous in our thoughts and actions. We bow before You and thank You for the protection by means of the rains and other seasonal phenomenon. Whoever hates, or feels enimical, including ourselves, we submit to Your rule of justice.

उद्वयं तमसस्पतिस्वपश्यन्त उत्तरम्। देवं देवत्रा सूर्यमगन्म ज्योतिरुत्तमम्।

**Om udvayantam asaspari swaha. Pashyanta uttaram.**

**Devam devatraa soorya maganma jyotiruttamam.**

O almighty God, You are the greatest of all in goodness. You are beyond darkness. You are the Illuminator of all that imparts lustre. We approach Your divine Majesty through truthfulness in thought, word and deed.



उदुत्यं जातवेदसं देवं वहन्ति केतव। हृषे विश्वाय सूर्यम्।

**Om udutyam jaatvedasam. Devam vahanti ketawaha.**

**Drishe vishwaaya suryam.**

O Lord, You are the Revealer of the true knowledge of the Vedas. All things great and small, organic and inorganic, the whole universe, the entire creation serve as signals to lead us on to Your glory.

ओम् चित्रं देवानां मुदगादनीकं चक्षुर्मित्रस्य वरुणस्याग्ने।

आप्रा द्यावा पृथिवी अन्तरिक्षं गुं सूर्यं आत्मा जगतस्तस्थुषश्च स्वाहा।

**Om chitram devaanaa. Mudgaa daneekam. Chaksur mitrasya varunaasyaagneh.**

**Aapraa dyaawaa. Prithwi anatrikshagung. Surya aatmaa. Jagatasta sthushasacha swaaha.**

May He, Who is the Soul of the whole universe, Who is all pervading, Who is free from all hatred and attachment, Who helps the righteous and the noble, reveal His Own Self in our hearts.

ओम् तच्चक्षुर्देवहितं पुरस्ताच्छुक्रमुच्चरत्। पश्येम शरदं शतं जीवेम शरदं शतं

श्रृणुयाम शरदं शतं प्रब्रवाम शरदं शतमदीना स्याम शरदं शतं भूयश्च शरदं शतात्।

**Om tachchakshur devahitam. Purastaachchhukramuchcharat.**

**Pashyema sharadah shatam. Jeevema sharadah. Shatagung.**

**Shrinuyaama shardah shatam. Prabravaama sharadah.**

**Shatmadeenaah syaama sharadah shatam. Bhuyashcha shradah shataat.**

The Supreme Being, the Seer of all, the Benefactor of the learned and the Righteous was pious before the creation and is pious during its existence. May we see His divine vision for a hundred years - the full span of our life. May we suffer no frailty. May we live with our sight, hearing, speech, intellect and all other faculties unimpaired, enjoying freedom for more than a hundred years, with perfect health of body, mind and soul and in true bliss.





ओम् भूर्भुव स्वः । तत् सवितुर्वरेण्यं भर्गो देवस्य धीमहि । धियो यो नः प्रचोदयात् ।

**Om bhoor bhuvah swaha.**

**Tatsavitur vareniyam. Bhargo devasya dheemahi.**

**Dhiyo yo naah prachodayaat.**

O Lord you are the Giver of life, Remover of pains and sorrows, Bestower of happiness. May we receive the supreme sin-destroying light of the Creator of the universe. May You guide our intellect in the right direction.

हे ईश्वर दयानिधे भवत् कृपया अनेन जपोपासनादिकर्मणा धर्मार्थकाम मोक्षाणां सद्यः सिद्धिर्भवेन्नः।

**Hey ishwar dayaanidhe. Bhavat kripayaa nena. Japopaasanaadi karmanaa. Dharmarth kama mokshaanaam. Sadhyah sidhhir bhavennaha.**

O Lord, the Ocean of mercy, may we, by Your grace attain virtue, wealth, pleasure and liberation by meditation, prayer and other such acts as soon as possible.

ओम् नम शम्भवाय च मयो भवाय च नम शंकराय च मयस्कराय च नम शिवाय च शिवतराय च ।

**Om namah shambhavaaya cha. Mayobhavaaya cha.**

**Namah shankaraaya cha. Mayaskaraaya cha. Namah shivaaya cha. Shivataraaya cha.**

O Lord, You are eternal bliss and the source of all happiness, we bow to You. The Benefactor of all, the Bestower of blessings, we bow to You. O most holy One, the Bestower of freedom, we bow to You. We surrender ourselves to You.

शान्तिः शान्तिः शान्तिः।

**Om shaantihi shaantihi shaantihi.**

May there be peace, peace, peace.



ओम् यं ब्रह्मा वरुणेन्द्र रुद्रमरुत स्तुन्वन्ति दिव्यैस्तवै।

वेदै साङ्गपदक्रमोपनिषदै गायन्ति यं सामगा।

ध्यानावस्थिततद्गतेन मनसा पश्यन्ति यं योगिनो।

यस्यान्तं न विदु सुरा सुरगणा देवाय तस्मै नमः।

**Om yam brahmaa varunendra rudra marutaha. Stunvanti divyai stavai.**

**Vedaihi saang padaha kramopanishadai. Gaayantiyam saamagaha.**

**Dhyaanaavasthit tadagatena manasaa. Pashyantiyam yogino.**

**Yasyaantam na viduhu. Suraasur ganaa. Devaaya tasmai namaha.**

**Om shree paramaatmane namo namaha.**

Om Brahmaa (God), Varuna (God of Water), Indra (God of Heaven), Rudra (Lord Shiva), Marutaa (God of wind) all pray to using great prayers, the Vedas and all its little translations pray to, the Upanishads praise, the Gods sing to in a beautiful manner, the saintly persons meditate on with Om, whose limits nobody knows, whom the Angels and .the Devils pray to: this Supreme Being we pray to You.

शान्तिः शान्तिः शान्तिः

**Om shaantihi shaantihi shaantihi.**

May there be peace, peace, peace

ओम् विश्वानि देवसवितर्दुरितानि परासुव यद्भद्रं तन्न आसुव ।

**Om vishwaani deva savitar duritaa. Niparaasuva. Yad bhadram tanna aasuva.**

O Lord God Almighty, Creator of the whole universe and Bestower of happiness, we plead with You earnestly to remove all our evil leanings and enrich us with what ever is good and noble.

ओम् हिरण्यगर्भः समवर्तताग्रे भूतस्य जातः पतिरेक आसीत् ।

सदाधार पृथिवीं द्यामुतेमां कस्मै देवाय हविषा विधेम ।

**Om hiranya garbhah. Samavarta taagre. Bhootasya jaatah. Patireka aaseet.**

**Sadaadhaar prithiveem. Dyaamutemaam. Kasmai devaaya havishaa vidhema.**



The Lord Who is self radiant, existed even before the creation of the universe. He is the only blissful Master of the world. He sustains the earth, the sun, the moon and all the planets. We adore Him with fervent devotion.

य आत्मदा बलदा यस्य विश्व उपासते प्रशिष्य यस्य देवा ।

यस्य छाया अमृतं यस्य मृत्युः कस्मै देवाय हविषा विधेम ।

**Om ya aatmadaa. Baladaa yasya vishwa upaasate. Prashisham yasya devaah.**

**Yasya chhaayaa amritam. Yasya mrityuh. Kasmai devaaya havishaa vidhema.**

The Lord God gives His devotees the true knowledge of Himself as well as of the soul. He blesses them with physical, moral and spiritual strength. All the true people adore Him and accept His just rule. His protection provides emancipation. Indifference to Him causes all kinds of unhappiness and death.

ओम् यः प्राणतो निमिषतो महित्वैक इद्राजा जगतो बभूव ।

य ईशे अस्य द्विपदश्चतुष्पद कस्मै देवाय हविषा विधेम ।

**Om yah praanato. Nimishato mahitwaika idraajaa. Jagato babhoova.**

**Ya eeshe. Asya dwipadash chatushpadah. Kasmai devaaya havishaa vidhema.**

Glory to the Lord, the Creator of all living and non-living things, the Ruler of the universe, who has created bipeds (like man) and quadrupeds (the animals). May we worship Him with earnest devotion.

ओम् येन द्यौरुग्रा पृथिवी च दृढा येन स्वः स्तब्धितं येन नाक ।

यो अन्तरिक्षे रजसो विमानः कस्मै देवाय हविषा विधेम ।

**Om yena dyou rugraa. Prithwee cha dridhaa. Yen swaha. Stabhitam yena naakah.**

**Yo antarikshe rajaso vimaanah. Kasmai devaaya havishaa vidhema.**

The Lord God who sustains the tremendous sun, the earth and other planets, who maintains the equilibrium of the planets in space and gives them movement, Who grants salvation and sustains happiness, may we adore Him and worship His supreme Being with all our heart.



प्रजापते न त्वदेतान्यन्यो विश्वा जातानि परिता बभूव ।

यत्कामास्ते जुहुमस्तन्नो अस्तुवर्यं स्याम पतयो रयीणाम् ।

**Om prajaapate natwadetaa. Nyanyo vishwaa jaataani paritaa babhoova.**

**Yat kaamaaste. Juhumastanno astuvayam syaamaa patayo rayeenam.**

O Lord of all creatures, there is none equal to You. You are above all. You are supreme. May You fulfill our cherished desires. May we be enriched by the possession of material wealth of the world.

स नो बन्धुर्जनिता स विधाता धामानि वेद भुवनानि विश्वा ।

यत्र देवा अमृतमानशानास्तृतीयेधामन्नध्यै रयन्त ।

**Om sa no. Bandhur janitaa. Sa vidhaataa. Dhaamaani veda bhuvanaani vishwaa.**

**Yatra devaa. Amritamaana shaanaastriteeye. Dhaamanna dhyair ayanta.**

Almighty God is the Producer and the Creator of the entire universe. He is our friend and well-wisher. He knows all the names, places and sources of everything in all the world. Having attained liberation, the enlightened souls move freely throughout the universe. May we worship and adore Him with earnest devotion.

अग्ने नय सुपथा राये अस्मान् विश्वानि देव वयुनानि विद्वान् ।

युयो ध्यस्मज्जुहुराणमेनो भूयिष्ठां ते नम उक्तिं विधेम ।

**Om agne naya supathaa. Raaye asmaan vishwaani devavayunaani vidvaan.**

**Yuyo dhyasma juhuraana meno. Bhooyishthaam te. Nama uktim vidhema.**

O Lord self-radiant, Source of all true knowledge, You are fully aware of our actions. For the sake of our advancement, lead us on the path of virtue. May we attain success in casting away debasing and sinful desires and keep away from undesirable ways. We adore You over and over again.



ओम् अग्निमीले पुरोहितं यज्ञस्य देवमृत्विजम्। होतारं रत्नधातमम्।

**Om agnimeele purohitam. Yagyasya devamritwijam.Hotaaram ratnadhaatmam.**

I praise the all-knowing Lord of the universe, Who existed before its creation, Who is the Bestower of all cherished desires and Master of all precious materials.

ओम् स नः पितेव सूनवे अग्ने सूपायनो भव सचस्वा नः स्वस्तये।

**Om sanah pitewa. Soonave agne. Soopaayano bhava. Sachaswaa nah swastaye.**

O Lord, Source of all knowledge, become easily accessible to us and unite us with Yourself as a father does his son.

ओम् स्वस्ति नो मिमीतामश्विना भगः स्वस्ति देव्यदितिरनर्वण।

स्वस्ति पूषा असुरो दधातुनः। स्वस्तिद्यावा पृथिवी सुचेतुना।

**Om swastino mimeetaam ashivaanaa bhagah. Swasti devya ditiranarvanah.**

**Swasti pooshaa asuro dadhaatu nah. Swasti dhhyaavaa prithivee suchetuna.**

O Lord, grant that our teachers and preceptors may shower their blessings on us. May the earth, the clouds and space, scientifically explored, bring happiness for us.

ओम् स्वस्तये वायुमुपब्रवामहै सोमं स्वस्ति भुवनस्य यस्पतिः।

बृहस्पतिं सर्वगणं स्वस्तये स्वस्तय आदित्यासो भवन्तु नः।

**Om swastaye. Vaayumup abravaam hai. Somam swasti bhuvanasya yaspatih. Brihaspatim sarvaganam. Swastaaye swastaya aadityaaso bhavantu nah.**

O Lord, may we spread aerology for peace, and also invoke the moon who gives us the wealth of tranquillity. Being a creator of fluids etc., she protects the world. May we seek Your benign shelter. You are the Guard of great and noble deeds. Be gracious enough to produce amongst us great scholars who are fully conversant with the Vedic teachings.



ओम् विश्वे देवा नो अद्या स्वस्तये वैश्वानरो वसुरग्निः स्वस्तये ।

देवा अवन्वृभव स्वस्तये स्वस्तिनो रुद्रः पातृ हसः।

**Om vishve devaa no. Adhyaa swastaye. Vaishwaanaro vasuragnih swastaye.**

**Devaa avantribhavah. Swastaye swasti no. Rudraah paatwamhasah.**

May the learned people bring us bliss. May the Lord always bestow prosperity on us. May the wise, with their enlightened intellect, protect us from evil. May He, the Punisher of wicked deeds, keep us from sins.

ओम् स्वस्तिमित्रा वरुणा स्वस्ति पथ्ये रेवति ।

स्वस्तिन इन्द्रश्चाग्निश्च स्वस्तिनो अदिते कृधि ।

**Om swasti Mitraavarunaa. Swasti pathye rewati.**

**Swasti na indraschaagnishcha swastino. Adite kridhi.**

May the forces of fire and water be beneficial to us. May the path of riches lead us to happiness. May the Lord through his electric and aerial forces, help us prosper and bless us.

ओम् स्वस्ति पन्थामनुचरेम सूर्या चन्द्रमसाविव । पुनर्ददताष् नता जानता संगमेमहि ।

**Om swasti panthaa. Manu charema suryaa. Chandra masaaviva.**

**Punardadhataa. Ghanataa jaanataa sam gamemahi.**

May we ever unswervingly follow the path of duty as do the sun and the moon. May we move in the company of the learned and the holy who are charitably disposed and non-violent in their deeds.

ओम् यज्जाग्रतो दूरमुदैति दैवं तदुसुप्तस्य तथैवैति ।

दूरगमं ज्योतिषां ज्योतिरेकं तन्मे मनः शिवसंकल्पमस्तु ।

**Om yajjaagrato. Doormudaiti daivam. Tadu suptasyatathaivaiti.**

**Doorangamam. Jyotishaam jyotirekam. Tanme manah.**

**Shivasankalpamastu.**

May my mind possessed of wonderful abilities, which cover vast distances and reaches far off regions during the waking hours and behaves similarly in sleep through dreams, which is the illuminator of luminous things, always have the noblest ideals.



ओम् येनकर्माण्यपसौ मनीषिणो यज्ञे कृण्वन्ति विदथेषुधीरा।

यदपूर्वं यक्षमन्त प्रजानां तन्मे मन शिवसंकल्प मस्तु।

**Om yena karmaanya paso. Maneeshrino. Yagye krinvanti vidatheshu dheerah.**

**Yadapoorvam. Yakshamantah. Prajaanaam tanme manah. Shivasankalpamastu.**

O Lord whereby the learned, ever given to meditation, the performance of virtuous deeds and the regulation of their faculties in the right channels, are active in the discharge of their selfless duties and thoughtful in the acquisition of scientific and political knowledge, and they deliver in assemblies and other places where knowledge is spread, and which is a unique something, the common centre of all senses, bestowed upon all, may that mind be of noblest resolves.

ओम् यत्प्रज्ञान्मुतचेतो धृतिश्चयज्ज्योतिरन्तरमृतप्रजासु ।

यस्मान्न ऋते किञ्चन कर्म क्रियते तन्मे मनः शिवसंकल्पमस्तु।

**Om yatpragyaanmuta cheto. Ritischa rajyotirantara mritam prajaasu.**

**Yasmaanarite. Kinchana karma kriyate. Tanme manah. Shivasankalpamastu.**

That which is instrumental in acquiring deeper knowledge, good memory, courage and firmness and which is the light within men that is not extinguishable till the final emancipation and without whose help nothing can be achieved, may that mind be full of the noblest ambitions.

ओम् येनेदं भूतं भुवनं भविष्यत्परिगृहीतममृतेनसर्वम्।

येन यज्ञस्तायते सप्तहोता तन्मे मनः शिव संकल्पमस्तु।

**Om yenedam. Bhootam. Bhuvanam. Bhavishat parigrihee. Tama amriten sarvamma.**

**Yen yagyastaa yate. Saptahotaa. Tanme manah. Shivasankalpamastu.**

Whereby the past, present and future are comprehended and under whose influence the human body, through its seven organs (two eyes, two ears, two nostrils and a mouth) is ever dedicating life to a continuous sacrifice - may that indestructible mind be full of the noblest intentions.



ओम् यस्मिन्नृचः सामयजू गुं षि यस्मिन्प्रतिष्ठिता रथनाभाविवाराः।

यस्मिंश्चित्तं गुं सर्वमोतं प्रजानां तन्मे मन शिव संकल्पमस्तु।

**Om yasminrichah saama-yajoogungkesjasmin. Pratishthhitaa.  
Rathanaa bhaavivaraah. Yasmin shichattgung. Sarvamotam.  
Prajaanaam. Tanme manah. Shivasankalpamastu.**

May my pure mind, in which the three branches of Tearing contained in the four Vedas (Rig Veda - knowledge, Yajur Veda - action, Saama Veda - devotion & Artha Veda - science) can be established like spokes in a chariot, and in which the entire knowledge of living creatures is filled, be devoted to the dissemination of the same true Vedic knowledge.

ओम् सुषारथिरश्वा निवयन्मनुष्यान्ने नियते अभीशुभिर्वाजिन इव ।

हृत्प्रतिष्ठं यदजिरं जविष्ठं तन्मे मनः शिवसंकल्पमस्तु।

**Om sushaarathi rashwaa nivayan. Manushyaa neneeyate abishubhir  
vajin iva.**

**Hitpra tishthham. Yadajiram. Javishthham. Tanme manah.  
Shivasankalpamastu.**

That which drives a man, like a good charioteer does strong horses by the reins, in accordance with his desires, which is immune from decay, is restive and has very close connections with the noblest heart - may that mind be moved by the noblest of motives.

ओम् स न पवस्व शं गवे शं जनाय शमर्वते। शं गुं राजन्नोषधीभ्यः।

**Om sa nah. Pavasvasham gave. Sham janaaya shamarvate. Shagung  
raajan noshadheebhyaha.**

O Lord may the wind blow favourably for us, may our cattle and horse be useful for us, may herbs and vegetation be health-giving and may You shower Your blessings on us all round.

ओम् अभयं न करन्त्यन्तरिक्षमभयं द्यावा पृथिवी उभे इमे।

अभयं पश्चादभयं पुरस्तादुत्तरादधराद् अभयं नो अस्तु।

**Om abhayam nah. Karant-yantarikshamabhayam. Dhyaaavaa prithivee  
ubhe-ime.**

**Abhayam pashchaad abhayam. Purastaad uttaraad. Dadharaad  
abhayam no astu.**





O Lord may we realise Your omnipresence and be fearless from mid-regions, brighter regions and the earth. May we not entertain any fears from any quarter - front, behind, above or below.

ओम् अभय मित्रादभयममित्रादभयं ज्ञातादभयं परोक्षात्।

अभयं नक्तमभयं दिवा नः सर्वा आशा मम मित्रं भवन्तु।

**Om abhayam. Mitraad abhayam. Amitraad abhayam. Gyaataad abhayam parokshaat. Abhayam naktam-abhayam. Divaa nah. Sarvaa aashaa. Mama mitram bhavantu.**

O Lord of the universe, may we not be afraid of our friends or our foes. May we not have any fear from things known and unknown. May we be fearless in the waking hours of the day and when we are asleep at night. And may all directions, hopes and wishes be friendly towards us

Havan (Homa) is called agnihotra in Sanskrit and is the smallest form of Vedic sacrifice. The fire is based on the biorhythms of nature. The havan produces certain specific effects in the atmosphere and has a therapeutic effect on our minds. The havan is the Vedic method of curing pollution. It causes harmony between man and the rest of nature. The fire disintegrates air-borne impurities. Also the ash has a curative effect on certain diseases. For us Hindus the havan is the symbolic effort we make to advance materially, morally and spiritually, through a living faith in God.

आचमन मन्त्रा

***Aachamana mantra***

Sipping of water

(Take a little water in the right palm and sip once after reciting each of the following mantras.)

ओम् अमृतोपस्तराणमसि स्वाहा।

**Om amrito pastaranamasi swaahaa.** (First sip)

ओम् अम्रितापिधानमसि स्वाहा।

**Om amritaa pidhaanamasi swaahaa.** (Second sip)

ॐ

ओम् सत्यं यशः श्रीर्मयि श्री श्रयतां स्वाहा।

**Om satyam yashah shreermayi shreeh shrayataam swaahaa.** (Third sip)

O immortal Lord, You are my support and shelter. Living under Your protection, may I attain true fame, material well-being and spiritual advancement for the good of all - including myself. May this prayer of mine come true.

### **Indriyasparsha mantra**

Touching different parts of the body

*(Take a little water in the left palm and reciting the following mantras, dip the middle and ring fingers of the right hand in the water each time and touch the parts of the body as indicated below -first the right side then the left.)*

ओम् वाङ्म आस्ये अस्तुः

**Om vaangmaa asye astu.** (lips)

ओम् नसोर्मे प्राणो अस्तुः

**Om nasorame praano astu.** (nostrils)

ओम् अक्ष्णोर्मे चक्षुरस्तुः

**Om akshnorme chakshoor astu.** (eyes)

ओम् कर्णयोर्मे श्रोत्रमस्तुः

**Om karnyorame shrotram astu.** (ears)

ओम् बाह्वोर्मे बलमस्तुः

**Om baahvorame balam astu.** (arms)

ओम् ऊर्वोर्मे ओजो अस्तुः

**Om oorvorme ojo astu.** (thighs)

ओम् अरिष्टानि मे अङ्गानितनूस्तन्वा मे सह सन्तु

**Om arishtaani mengaani  
tanoostanvaa me sah santu.**

*(Sprinkle water on all parts of the body.)*

O almighty God, may my tongue be ever-blessed with the power of speech, may my nostrils be blessed with healthy and vital air, may my eyes be blessed with the perfect power of sight, ears with the perfect power of hearing, arms with strength, legs with vitality. May all the parts of my body be in perfect health and good shape of life's work.

ओम् भूर्भुवस्वः

**Om bhoor bhuvah swaha.**

ओम् भूर्भुवस्वद्यौरिव भूम्ना पृथिवी ववरिम्णा ।

तस्यास्ते पृथिवी देव यजनि पृष्टे अग्निमन्नादमन्ना द्यायादधे ।

**Om bhoor bhuvah swardyaauriva bhoomnaa. Prithveeva varimnaa.**

**Tasyaaste prithvi. Devyajni prishthe agni mannaa. Damannaa  
dyaayaadadhe.**



O Life-breath of all, Dispeller of miseries and Giver of bliss, I place this fire in the receptacle which is in direct contact with the earth on which the virtuous perform sacrifices and do good deeds, praying for obtaining all kinds of food. May my heart be kind and generous and vast like the heavens and may my mind be full of stamina and generosity, like the earth.

ओम् उद्बुध्यस्वाग्ने प्रतिजागृहित्वमिष्ट्य पूर्ते सगुं सृजेथामयं च।

अस्मिन्त्सधस्थे अद्युत्तरस्मिन् विश्वे देवा यजमानश्च सीदत।

**Om ud budhya swaagne pratijaagrahi. Twamishtaa poortem sangung srije thaa mayam cha. Asmint sadhasthe. Adhyutarasmin. Vishve devaa. Yajmaanashcha seedata.**

O Agni blaze well and rise high. May this performer, with your help, be able to accomplish all sacrificial duties and other deeds of public welfare. May this performer and other enlightened people be seated here, where the distinction of high and low disappears.

समाधान मन्त्र

### **Samaadhaan Mantra**

Placing of firesticks

*(Take three pieces of firewood dipped in melted ghee, whilst reciting the following Mantras place the pieces of wood in the fire. All offerings are made after the word swaahaa)*

ओम् अयन्त इध्म आत्मा जातवेदस्तेनेध्यस्व वर्धस्व चेद्धवर्धय चास्मान्

प्रजया पशुभिर्ब्रह्मवर्चसेनान्नाद्येन समेधय स्वाहा। इदमग्नये जातवेदसे -इदन्नमम।

**Om ayant idma aatmaa. Jatavedastene. Dhyaswa vardhaswa cheddh vardhaya. Chaasmaan prajayaa. Pashubhir brahma varcha senaa. Naadyen samedhaya swaahaa. Idmagnaye jaatvedse idanna mama.**

*(Put one stick after this mantra.)*

O almighty God, the Fountainhead of all Vedic knowledge, the ultimate Cause of the endless string of natural events of all elements. This my soul is Your fuel. (Like this firestick for the fire). O Agni burst into flames, brighten up and bless us with honourable children, and animals, and with Your Divine glory, an plenty of food and help us make spiritual advancement. This holy offering is made to the all-pervading Agni - and not for myself.



ओम् समिधाग्निं दुवस्यत घृतैर्बोधयता तिथिम्। आस्मिन् हव्या जुहोतन।

**Om samidhaagnim duvasyata ghritair. Bodhaya taatithim. Aasmin havya juhotana.**

ओम् सुसमिद्धाय श्विषे घृतं तीव्रं जुहोतन अग्नये जातवेदसे स्वाहा।

**Om susamidhhaaya sho chishi. Ghritam teevram juhotana.**

**Agnaye jaatavedase swaahaa. Idamagnaye jaatvedase idanna mama.** *(Put the second stick.)*

O performer set the sacrificial fire ablaze with good scented fuel and pure ghee, with reverence as you would serve a respectable guest. This offering is for the all-pervading Agni; it is not for myself.

ओम् तत्त्वा समिद् भिरङ्गिगरोघृतेन वर्द्धयामसि। बृहच्छोचा यविष्ठ्य स्वाहा।

इदमग्नये अङ्गिरसे- इदन्नमम।

**Om tantwaa samidbhirangiro. Ghritena vardhyaamasi.**

**Brihachho chaa yavishthhayaa swaahaa. Idamagnaye angiraseidanna mama.** *(Place the third stick)*

O brightly lit Agni, I feed you with wood and ghee so you can grow further. You are the motive force behind the interplay of the elements which breakup and are re-united by you. This offering is for the great motive power, Agni; it is not for myself.

*(Recite the following Mantras five times, each time pour into the Agni a spoonful of ghee and a couple of drops of ghee into the water containing receptacle)*

ओम् अयन्त इध्म आत्मा जातवेदस्तेनेध्यस्व वर्धस्व चेद्धवर्धय चास्मान्

प्रजया पशुभिर्ब्रह्मवर्चसेनात्राद्येनसमेधय स्वाहा। इदमग्नये जातवेदसे -इदन्नमम।

**Om ayant idma aatmaa. Jatavedastene. Dhyaswa vardhaswa cheddh vardhaya.**

**Chaasmaan prajayaa. Pashubhir brahma varcha senaa. Naadyen samedhaya swaahaa. Idmagnaye jaatvedse idanna mama.**

O almighty God, the Fountainhead of all Vedic knowledge, the ultimate Cause of the endless string of natural events of all elements. This my soul is Your fuel. (Like this firestick for the fire). O Agni burst into flames, brighten up and bless us with worthy children, and animals, and with Your Divine glory, an abundance of food and help us make spiritual advancement. This pious offering is made to the all-pervading Agni; it is not for myself.



## ***Jalaprokshanam***

Purifying with water

*(Chanting the prayers, sprinkle water on all sides of the fire.)*

ओम अदिते अनुमन्यस्व ।

**Om adite anumanyaswa.** With this in the East.

ओम अनुमते अनुमन्यस्व ।

**Om anumate anumanyaswa.** With this in the West.

ओम सरस्त्यनुमन्यस्व ।

**Om saraswatya anumanyaswa.** With this in the North.

ओम् देव सवितः प्रसुव यज्ञं प्रसुव यज्ञपतिम भगाय दिव्यो गन्धर्व

केतपू केतन्न पुनातु वाचस्पतिर वाचं न स्वदतु ।

**Om deva savitaah prasuva yagyam. Prasuva yagyapatim bhagaaya.**

**Divyo gandharvah. Ketapooah. Ketannah. Punaatu vaachaspatir**

**vaacham-nah swadatu.** With this in all directions.

O most likeable, infinite Source of all knowledge, beyond space and time, accept our prayer. O self-radiant Creator of the universe, divine Source of the Vedas, Purifier of the intellect, Protector of Speech, almighty God, purify our intelligence and sweeten our speech.

*(Pour offerings of ghee with these Mantras.)*

ओम अग्नये स्वाहा । इदमग्नये इदन्न मम ।

**Om agnaye swaahaa. Idamagnaye idanna mama.**

With this on the northern side of the fire.

ओम सोमाय स्वाहा । इदं सोमाय इदन्न मम ।

**Om somaaya swaahaa. Idamsomaaya idanna mama.**

With this on the southern side of the fire.

O God, I make these offerings to You. You are true knowledge. You are the supreme Lord, just and peaceful. Whatever I offer is for You; it is not for myself.

ओम प्रजापतये स्वाहा । इदं प्रजापतये इदन्न मम ।

**Om prajaapataye swaahaa. Idamprajaapataye idanna mama.**

With this in the centre.



ओम इन्द्राय स्वाहा । इदमिन्द्राय इदन्न मम ।

**Om indraaya swaahaa. Idamindraaya idanna mama.** With this also in the centre.

I offer these offerings to the Lord, God, our Father and the Master of all power and prize. These are for You; it is not for myself.

ओम् भूरग्नये स्वाहा इदमग्नये- इदन्न मम ।

**Om bhooragnaye swaahaa. Idamagnaye idanna mama.**

ओम् भुवर्वायवे स्वाहा । इदं वायवे इदन्नमम ।

**Om bhuvarvaa-yave swaahaa. Idamvaayave idanna mama.**

ओम स्वरादित्याय स्वाहा । इदमादित्याय इदं न मम ।

**Om swaraadityaaya swaahaa. Idamaadityaaya idanna mama.**

ओम् भूर्भुवः स्वर्गिवायवादित्येभ्यः स्वाहा । इदमग्निवायवादित्येभ्यः- इदन्न मम ।

**Om bhoorbhuvah. Swaragni vaayvaa Dityebhyah swaahaa. Idamagni vaayvaa dityebhyah idanna mama.**

These offerings are for the almighty God, Who is dearer than my life itself, Who is the Dispeller of all sufferings, Bestower of all happiness, Who is all-knowledge, dynamic, imperishable, and eternal. There is nothing in these offerings for me.

ओम् यदस्य कर्मणो अत्यरीरिचं यद्वा न्यूनमिहाकरम् ।

अग्निष्टत् स्विष्टकृद्विद्यात् सर्वं स्विष्टं सुहुतं करोतु मे ।

अग्नये स्विष्टकृते सुहुतहुते सर्वप्रायश्चित्ताहुतीनां कामानां समर्द्धयित्रे सर्वात्र कामान्तसमर्द्धय स्वाहा ।

इदमग्नये स्विष्टकृते इदं न मम ।

**Om yadasya karmano atya reericham. Yadvaa nyun mihaakaram. Agnishtat swisht kridvidhyaat sarvam. Swishtam suhutam karotume. Agnaye swisht krite. Sahuta hute sarva praayashchittaa huteenam. Kaamaanaam samardha yitre. Sarvaannah. Kaamaant samardhaya swaahaa. Idamagnaye swishtakrite idanna mama.**



O most generous God, You know what my noble desires are and what I seek. Pardon whatever excesses or shortcomings there may have been in the performance of this yagya. Please accept these expiatory offerings which are made reverently and make the yagya successful. Whatever is offered is for You; it is not for myself.

*(Utter this Mantra in the mind, offering ghee to the fire)*

ओम प्रजापतये स्वाहा । इदम्प्रजापतये इदन्न मम ।

**Om (prajaapatye) swaahaa. Idamprajaapatye idanna mama.**

This offering is for the Lord of all the creatures; it is not for myself.

ओम् भूर्भुवस्वः । अग्न आर्यूषि पवस आ सुवोर्जमिषं चन ।

आरे बाधस्व दुच्छुनां स्वाहा । इदमग्नये पवमानाय इदं न मम ।

**Om bhoorbhuva swaha. Agna aayoonshi. Pavas aasuvorjmatham chana.**

**Aare vaadhasva duchhunaam swaahaa. Idamagnaye pavamaanaaya idanna mama.**

Supreme Lord, the efficient Cause of the universe, Dispeller of all evil, all bliss and all true knowledge, purify our lives, provide us with forcefulness and protect us from misfortunes, miseries and natural calamities. This is my heartfelt prayer. Whatever I have is all Yours and nothing belongs to me.

ओम् भूर्भुवः स्वरग्निर्ऋषि पवमान पांचजन्यः पुरोहितः तमीमहे महागयं स्वाहा ।

इदमग्नये पवमानाय इदं न मम ।

**Om bhoorbhuva swaha. Agnir rishe pavamaanah. Paanch janyah purohitah. Tamee mahe mahaagayam swaahaa.**

**Idamagnaye pavamaanaaya idanna mama.**

We pray that we may achieve the supreme Lord, who is dearer than life, Dispeller of miseries, Bestower of eternal bliss, self-radiant, greatest Seer, Purifier, Benevolent leader and to Whom all the praise is due. This offering is for the Lord of all the creatures; it is not for myself.



ओम् भूर्भुवः स्वः। अग्ने पवस्व स्वपा अस्मे वर्च सुवीर्यम्।

दधद्रयि मयि पोषं स्वाहा। इदमग्नये पवमानाय इदं न मम।

**Om bhoorbhuvah swaha. Agne pavasvaswapaa asme varcha. Suveeryam.**

**Dadharam. Mayiposham swaahaa. Idamagnaye pavamaanaaya idanna mama.**

O Lord, purify our deeds, give us glory and energy. Bless me with all kinds of riches and vigour, This is my sincerest request. This offering is for the Lord of all the creatures; it is not for myself.

ओम् भूर्भुवः स्वः । प्रजापते न त्व देता न्यन्यो विश्वा जातानि परिता बभूव ।

यत्कामास्ते जुहुमस्तन्नो अस्तु वयं स्याम पतयो रयीणां स्वाहा। इदं प्रजापतये इदं न मम।

**Om bhoorbhuvah swaha. Prajaapate. Natwadetaa. Nyanyo vishvaa jaataani pari taa vabhoova. Yat kaamaaste. Juhumastanno. Astu vayam. Syaama patayo rayeenaam swaahaa. Idam prajaapataye idanna mama.**

O Lord of all creatures, there is none equal to You, You are above all. You are supreme. May You fulfill our cherished desires. May we be enriched by the possession of material wealth of the world. This offering is for the Lord of all the creatures; it is not for myself.

*(From now on put havan-saamagree and ghee in the fire after each mantra.)*

ओम् त्वन्नो अग्ने वरुणस्य विद्वान् देवस्य हेडो अवयासिसीष्ठाः

यजिष्ठो वह्नि तम शोशुचानो विश्वा द्वेषांसि प्रमुमुग्ध्यत्मतं स्वाहा। इदमग्नि वरुणाभ्याम् इदं नमम।

**Om twanno agne varunasya vidvaan. Devasya hedo. Avayaa siseeshthhah.**

**Yajishthho vahnitamah shoshuchaano. Vishvaa dweshaamsi.**

**Pramu mugdhyasmat swaahaa. Idamagnee varunaa-bhyaam idanna mama.**

O self-radiant God, may we never dishonour any enlightened scholar. You are the most honourable and powerful Carrier among those that blow, flow and radiate. Drive away all ill-feelings from our minds. This offering is for Agni; it is not for myself.





ओम् स त्वन्नो अग्ने अवमो भवोती नेदिष्ठो अस्या उषसो व्युष्टौ।

अवयक्ष्व नो वरुणं राणां वीहि मृडीकं सुहवो न एधि स्वाहा। इदमग्निवरुणाभ्यां इदं न मम।

**Om sa twanno agne avamo bhavotee. Nedishthho. Asyaa ushasao vayushtao. Avayakshwa no. Varunam raraano. Veehi mrideekam suhavo naa.**

**Edhi swaahaa. Idamagnee varunaa-bhyaam idanna mama.**

O almighty God, protect us from all means of protection. You are nearest to us in this ceremony. Accept this offering. Provide us with the company of the enlightened. This offering is for Agni; it is not for myself.

ओम् इमं मे वरुणश्रुधी हवमद्या च मृडय। त्वामस्युराचके स्वाहा। इदं वरुणाय इदं न मम।

**Om imam me varuna shrudhee. Havamadhyaa cha mridaya. Twaam vasyuraa chake swaahaa. Idam varunaaya idanna mama.**

O most likeable heavenly Father, listen to my prayer and make me happy today. I need Your protection and invoke you with all my heart. This offering is for Vanunaa; it is not for myself.

ओम् तत्त्वा यामि ब्रह्मणा वन्दमानस्तदाशास्ते यजमानो हविभिः।

अहेडमानो वरुणे हवो ध्युरुशं समान आयु प्रमोषीः स्वाहा। इदं वरुणाय इदं न मम।

**Om tatvaayaami. Brahmanaa vandmaanastadaa shaaste. Yajmaano. Havirbhihi. Ahedamaano. Varunehabho. Jurusham smaana. Aayuh pramosheeh swaahaa. Idamvarunaaya idanna mama.**

My I reach You my Lord by singing Your glory with these Vedic Mantras. The performer of this yagya seeks the same. O most adorable Father, be kind. Do not ignore our prayer and let our lives be wasted. This offering is for Varunaa; it is not for myself.

ओम् ये ते शतं वरुण ये सहस्रं यज्ञिया पाशा वितता महान्त तेभिर्नो अद्य सवितोत विष्णुर्विश्वे मुंचन्तु मरुतः स्वर्का स्वाहा।

इदं वरुणाय सवित्रे विष्णवे विश्वेभ्यो देवेभ्यो मरुद्भ्य स्वर्केभ्य इदं न मम।

**Om ye te shatam. Varuna ye. Sahasram yajyiyaah. Paashaa vitataa mahaantaha. Te bhirno. Adya savitot vishnur vishve. Munchhhantu marutah. Swarkkaah swaahaa. Idamvarunaaya savitre vishnave vishvebhyo devebhyo marudbhyah swarkkebhyah idanna mama.**



O almighty God, we feel shackled by all sorts of bonds - hundreds and thousands spread all around us. O Creator of the universe, make the learned, the enlightened and the honourable scholars gracious enough to pull us out of these traps and chains with the help of this yagya today. Whatever I possess is for You and the learned and enlightened scholars; it is not for myself.

ओम् अयाश्चाग्ने अस्य नभिःशस्तिपाश्च सत्यत्वमयासि अया नो यज्ञं वहास्यया नो धेहि भेषजं स्वाहा।  
इदमग्नये इदं न मम।

**Om ayaashchaagne. Asyanabhi shashti paashcha satyamitwa mayaasi.**

**Ayaa no yagyam vahaasyayaa no. Dhehi. Bheshaaja gung swaahaa.  
Idamagnaye ayase idanna mama.**

O self-radiant and omnipresent God, You are the ultimate Reality pervading the entire universe. You protect the innocent. May our yagya be brought to a successful conclusion. May we be provided with the strength to fight and drive away disease, suffering, evil and sin. Whatever I own is for You, my Lord; it is not for myself.

ओम् उदुत्तमं वरुण पाशमस्माद बाधममं वि मध्यमं श्रथाय।

अथा वयमादित्य व्रते तवानागसो अदितये स्याम स्वाहा। इदं वरुणया आदित्याय अदितये च इदं न मम।

**Om uduttamam varuna paashamasmda vaadhamam. Vimadhyamam shrathaaya. Athaa vayama. Ditya vrata. Tavaanaagaso. Aditaye syaama swaahaa.**

**Idam varunaayaa dityaayaa ditaye cha idanna mama.**

O most adorable Lord, loosen our bonds from above, below and the middle (from all sides). May we be disciplined and sinless and free ourselves from all sorts of bonds that bind us. This offering is for Varunaa and Aaditya; it is not for myself.

ओम् भवतन्न समनसौ सचेतसावरे पसौ । मा यज्ञं हिं सिष्टं मा यज्ञं पतिं

जातवेदसौ शिवौ भवत मद्य नः स्वाहा। इदं जातवेदोभ्याम् इदं न मम।

**Om bhavatannah. Samanasau. Sachetsaa. Varepasau.**

**Maa yagya gunghi gung sishtam ma. Yagya patim jaatavedasau.**

**Shivau bhavat madya nah swaahaa. Idam jaatavedobhyaam idanna mama.**

May the enlightened scholars be favourable, unbiased, unanimous and sinless for us. May they never destroy this yagya and its performers. May they be good to us. This is my prayer. This offering is for the learned scholars; it is not for myself.



ओम् सूर्यो ज्योतिर्ज्योतिः सूर्यः स्वाहा।

**Om suryo. Jyotir jyotih suryah swaahaa.**

ओम् सूर्यो वर्चो ज्योतिर्वर्च स्वाहा ।

**Om suryo. Varcho jyotir varchah swaahaa.**

ओम् ज्योतिः सूर्यः सूर्यो ज्योतिःस्वाहा।

**Om jyotih. Suryah suryo jyotih swaahaa.**

ओम् सजूर्देवेन सवित्रा सजूरुषसेन्द्रवत्या जुषाण सूर्यो वेतु स्वाहा।

**Om sajoor devena savitraa. Sajoo rucha sendra vatyaa. Jushaanah. Suryo vetu swaahaa.**

Truly the Lord supreme, who is Impeller, Creator and self-radiant, is the supreme Light and Lustre like the sun in the world. May this sun be ever in unison with the almighty God and with the glorious dawn grasp the fine particles of the material offered and diffuse them far and wide.

ओम् अग्निर्ज्योतिर्ज्योतिरग्नि स्वाहा।

**Om agnir jyotir jyotir agnih swaahaa.**

ओम् अग्निर्वर्चो ज्योतिर्वर्च स्वाहा

**Om agnir varcho jyotir varchah swaahaa.**

ओम् अग्निर्ज्योतिर्ज्योतिरग्नि स्वाहा।

**Om (Agnir jyotir jyotir agnih) swaahaa.**

*(Utter a long Om, and recite the brackets part of this Mantra in the mind)*

ओम् सजूर्देवेन सवित्रा सजूरार्येन्द्रवत्या जुषाणो अग्निर्वेतु स्वाहा।

**Om sajoordevena savitraa. Sajoo raatryendra vatyaa. Jushaano agnirvetu swaahaa.**

In these Mantras Agni (fire) represents the supreme Lord as the Guide and the Promoter of virtue and true knowledge is substituted for the sun. Rest as before.

गणानान्त्वा गणपतिं गुं हवामहे प्रियाणान्त्वा प्रियपतिं गुं हवामहे

निधिनान्त्वा निधिपतिं गुं हवामहे वसोमम आहमजा निगर्भधम्मात्वमजासिगर्भधम्।

**Om ganaanaan twa. Ganapati gung havaamahe. Priyaanaam twa.**

**Priyapati gung havaamahe. Nidheenaam twa. Nidhipati gung havaamahe. Vasomama. Aahamajaani garbhadham ma.Tvam jaasi garbhadham ma. Swaahaa**



We pray to that Lord Ganesh who is a God of Gods, more loved than anyone and is the owner of all wealth. By praying in this beautiful manner we are purifying ourselves and feeling grateful for the opportunity to do so.

ओम् अम्बे अम्बिके अम्बालिके नमानयतिकश्चन ससस्त्यश्चक सुभद्रिकां काम्पीलवासिनीम्।

**Om ambe ambike. Ambaalike namaanayati kaschana. Sasustishvakah subhadrikaam. Kaampeela vaasineem ma. Swaahaa**

We pray to that symbol of power, Mother Goddess Durga. We worship her in all her forms - in the form of Laxmi, Saraswati or Kaali. We pray to Her, Mother of all earth in all Her forms and in all Her strength.

ओम् त्र्यम्बकं यजामहे सुगन्धिं पुष्टिं वर्धनं उर्वारुकमिव बन्धनात् मृत्योर्मुक्षीय मामृतात्।

**Om. Triyambakam yajaamahe. Sugandhim Pushti vardhanam Urvaruka miva. Bandhanaan-mrityor mukshiya maamritaam. Swaahaa**

We pray to (the three-eyed) Lord Shiva, Sustainer of the three worlds, Destroyer of illness and the Support of all. Through praying, free us from disease and grant us immortal life.

ओम् भूरग्नये प्राणाय स्वाहा । इदमग्नये प्राणाय इदं न मम।

**Om bhooragnye praanaaya swaahaa. Idamagnaye praanaaya idanna mama.**

ओम् भुवर्वायवे अपानाय स्वाहा इदं वायवे अपानाय इदं न मम।

**Om bhuvar vaayave apaanaaya swaahaa. Idamvaayave apaanaya idanna mama. (Vaayoo - God of Wind)**

ओम् स्वरादित्याय व्यानाय स्वाहा इदमादित्याय इदं न मम।

**Om swaraa dityaaya vyaanaaya swaahaa. Idamaadityaaya vyaanaaya idanna mama. (Soorya - Sun)**

ओम् भूर्भुवस्वरग्निवायवादित्येभ्यः प्राणापानव्यानेभ्यः स्वाहा।

इदमग्निवायवादित्येभ्यः प्राणापानव्यानेभ्यः इदं न मम।

**Om bhoorbuvah. Swaragni vaayavaa. Ditye bhyah. Praanaapaan vyaane bhyah swaahaa. Idamagni vaayavaa ditye bhyah praanaapaan vyaanebhyah idanna mama.**

Offerings are made to Agni, Vaayoo and Soorya for the health of all the respiratory organs of all living beings; it is not for myself.



ओम् आपो ज्योतिरसो अमृतं ब्रह्मभूर्भुव स्वरो स्वाहा।

**Om aapo. Jyoteeraso amritam. Brahma bhoorbhuvah swarom swaahaa.**

O Lord, You are all-pervading, the Light of all souls, all Bliss, Immortal, the great supreme Being, the Cause of the existence of the whole universe, the Sanctifier of the devotees, the Bestower of all happiness, and the Protector of all. This is the truth.

ओम् यां मेधां देव गणाः पितरश्चोपासते। तया मामद्य मेधया अग्ने मेधाविनं कुरु स्वाहा।

**Om yaam medhaam devaganah. Pitarascho paasate. Tayaa maamadya medhayaagne. Medhaa vinam kuru swaahaa.**

O self-radiant, omniscient God, grant me that superior discriminating intellect which the enlightened and the protectors possess. O Lord listen and answer my sincere prayers.

ओम् विश्वानि देव सवितर्दुरितानिपरासुव यद् भद्रं तन्न आसुव।

**Om vishvaani deva savitur duritaa. Ni paraa suva. Yadbhadram tanna aasuva swaahaa.**

O Lord God Almighty, Creator of the whole universe and Bestower of happiness, we beg You earnestly to remove all our evil tendencies and enrich us with what ever is good and noble.

ओम् अग्ने नय सुपथा राये अस्मान् विश्वानि देव वयुनानि विद्वान्।

युयोध्यस्मज्जुहुराणमेनो भूयिष्ठां ते नम उक्तिं विधेम स्वाहा।

**Om agne naya supathaa. Raaye asmaan vishvaani devavayunaani vidvaan. Yuyo dhyasmajjuhu raana meno. Bhooyishthaante. Nama uktim vidhema swaahaa.**

O Lord self-radiant, Source of all true knowledge, You are fully aware of our actions. For the sake of our advancement, lead us on the path of virtue. May we attain success in casting away evil and sinful desires and keep away from undesirable ways. We adore You over and over again.

ओम् भूर्भुव स्व । तत् सावितुर्वरिण्यं भर्गो देवस्य धीमहि । धियो यो नः प्रचोदयात्।

**Om bhoor bhuvah swaha. Tatsavitur vareniyam. Bhargo devasya dheemahi. Dhiyo yo naah. Prachodayaat swaahaa** (Three times)

O Lord you are the Giver of life, Remover of pains and sorrows, Bestower of happiness. May we receive the supreme sin-destroying light of the Creator of the universe. May You guide our intellect in the right direction.



ओम् पूर्णमदः पूर्णमिदं पूर्णात् पूर्णमुदच्यते पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते ।

**Om poorna madah. Poorna midam. Pooranaat poorna mudachyate.  
Poornasya poorna maadaaya. Poorna mevaavashisyate swaahaa.**

That (Almighty Brahma) is infinite. This (Manifested Brahma, the universe) is also infinite. This infinite has emanated from that infinite.

ओम् सर्वं वै पूर्णं स्वाहा ।

**Om sarvam vai. Poorna gun swaahaa.** (Three times)

O Lord, the world created by You is perfect. You in Yourself are absolutely perfect. May we follow Your directions. By Your grace this entire Yagya has been concluded with perfection.

### ***Poojneeya prabhu hamaare***

Prayer to Yagya (Sacred Fire)

यज्ञ रूप प्रभो हमारे भाव उज्ज्वल कीजिये। छोड़ देवें छल कपट को मानसिक बल दीजिये॥

**Yagya roopa prabhu hamaare, Bhaava ujjala keejiye,  
Chhoda deven chhal kapat ko Maanasik bala deejiye.**

O Lord, in the form of the fire of the Yagya, please illuminate our feelings. Give us the mental strength to give up trickery and deception.

वेद की बोलें ऋचायें सत्य को धारण करें। हर्ष में हो मगन सारे शोक सागर से तरें॥

**Ved ki bolen richaayen, Satya ko dhaarana karen,  
Harsh men hon magna saare, Shok saagara se taren.**

May we read the Vedaas and follow the path of truth. May we always be immersed in happiness; save us from the ocean of despair.

अश्वमेधादिक रचायें यज्ञ पर उपकार को । धर्म मर्यादा चला कर लाभ दें संसार को॥

**Ashwamedhaadika rachaayen, Yagya para upkaara ko,  
Dharma maryaadaa chalaakar, Laabh den sansaara ko.**

May we perform great deeds of worship with the intention of helping others and by creating and following the path of righteousness benefit the whole world.



नित्य श्रद्धा भक्ति से यज्ञादि हम करते रहें। रोग पीड़ित विश्व के सन्ताप सब हरते रहें॥

**Nitya shraddaa bhakti se, Yagyaadi ham karte rahen,  
Roga peedita vishwa ke, Santaapa saba harte rahen.**

May we pray daily (with the performance of Yagya) with trust and devotion, and may we remove the ills and the pains of the world.

भावना मिट जाय मन से पाप अत्याचार की। कामनायें पूर्ण होवें यज्ञ से नर नारी की॥

**Bhaavana mit jaaye mana se, Paapa atyaachaara ki,  
Kaamanaayen purana hoven, Yagya se nara naari ki.**

From our minds, may we remove all evil and tyrannical thoughts. May all wishes of humanity be fulfilled through Yagya.

लाभकारी हों हवन हर जीव धारी के लिए। वायु जल सर्वत्र हों शुभ गन्ध को धारण किए॥

**Laabhkari ho havana har, Jeeva dhaari ke Lye,  
Vaayu jal sarvatra ho shubh, Gandha ko dhaarana kiye.**

May the performance of Yagya be beneficial to all creatures, and may the atmosphere be pure and perfumed.

स्वार्थ भाव मिटे हमारा प्रेम पथ विस्तार हो। इदं न मम का सार्थक प्रत्येक में व्यवहार हो॥

**Swaartha bhaava mite hamaaraa, Prema patha vistaara ho,  
Idana mama ka saarthaka, Pratyeka men vyavhaara ho.**

Through Yagya may we become selfless and create a path towards love. May we make "Idan mama" (Not for me , but for God) our motto in all our daily living.

प्रेम रस में मग्न होकर वन्दना हम कर रहे। नाथ करुणा रूप करुणा आप की सबपर रहे।

**Prema rasa men magana hokar, Vandanaa hama kar rahen,  
Naatha karunaa roopa karunaa, Aapki saba par rahen.**

We, who are steeped in Your love, are praying to You - O Lord of kindness may You be kind to all the creatures.

यज्ञ प्रभो हमारे भाव उज्ज्वल कीजिये। छोड़ देवें छल कपट को मानसिक बल दीजिये॥

**Poojniya prabhu hamaare, Bhaava ujwala keejiye,  
Chhod deven chhal kapat ko, Maansika bala deejiye.**

O Lord, in the form of the fire of the Yagya, please illuminate our feelings. Give us the mental strength to give up trickery and deception.



## ***Sarve bhavantu sukhinah***

May all be happy

ओम् सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः सर्वे भद्राणि पश्यन्तु मा कश्चित् दुःखं भाग्भवेत्।

**Om sarve bhavantu sukhinah, Sarve santu niraamayaah**

**Sarve bhadraani pashyantu, Maa kashchid dukh bhaagbhaveet.**

O Lord in Thee may all be happy. May all be free from misery. May all realise goodness and may no one suffer pain.

सब का भला करो भगवान् सब पर दया करो भगवान्

सब पर कृपाकरो भगवान् सब का सब विधि हो कल्याण।

**Saba kaa bhalaa karo bhagawaan, Saba para dayaa karo bhagawaan.**

**Saba par kripaa karo bhagawaan, Saba kaa saba vidhee ho kalyaan.**

Lord, please look to the good of all, kindness to all and blessings for all, may good come to all of us in every form.

सुखी बसे सन्सार सब दुखिया रहे न कोय । यह अभिलाषा हम सब की भगवन् पूरी होय।

**Sukhee base sansaara saba, Dukhiyaa rahe na koy,**

**Ye abilaashaa ham sab ki, Bhagawana poori hoy.**

May all be happy in the world - let none be unhappy - this wish we all have and may it come true.

विद्या बुद्धि तेज बल सब के भीतर होय । दूध पूत धन धान्य से वंचित रहे न कोय।

**Vidyaa budhhi teja bal, Saba ke bheetara hoy,**

**Doodha poota dhana dhaanya se, Vanchit rahe no koy.**

May all of us receive education, wisdom, brilliance and strength and no one be deprived of health, wealth nor family.

आपकी भक्ति प्रेम से मन होवे भर पूर । राग द्वेषसे चित्त हमारा कोसों भागे दूर ।

**Aapkee bhakti prema se, Mana hoye bharapoor,**

**Raaga dwesha se chitta hamaaraa, Koson bhaage door.**

May our minds be so full of love and devotion towards you, that anger and enmity have no place in it.





मिले भरोसा नाम का हमें सदा जगदीश । आशा तेरे नाम की बनी रहे मम ईश ।

**Mile bharosaa naama kaa, Hamen sadaa jagadeesha,  
Aashaa tere dhaama ki, Bancee rahe mama eesha.**

May we have the faith of Your name at all times. May the hope of meeting with You always remain in our hearts.

पाप से हमें बचाईये करके दया दयाल । अपना भगत बनायके हमको करो निहाल ।

**Paapa se hamen bachaaiye, Karke dayaa dayaal,  
Apnaa bhakta banaay ke, Sabko karo nihaal.**

O Lord, through Your kindness protect us from sins. Make us Your devotees and please save all humanity.

दिल में दया उदारता मन में प्रेम अपार । हृदय में धैर्य वीरता सब को दो करतार ।

**Dila men dayaa udaarataa, Mana men prem pyaar,  
Hridaya men dhairya veerataa, Saba ko do kartaar.**

May You give all, in our hearts - generosity, in our minds - love, in our hearts - patience and courage.

नारायण तुम आप हो पाप के मोचन हार । क्षमा करो अपराध सब कर दो भव से पार ।

**Naaraayana tuma aap ho, Paapa ke mochanahaar,  
Kshamaa karo aparaadha saba, Kar do bhava se paar.**

Lord You are the Saviour from sins, forgive all our sins and get us through this untrue world.

हाथ जोड़ विनती करूँ सुनिये कृपानिधान । साधु संगत सुख दीजिये दया नम्रता दान ॥

**Haatha joda vinatee karoon, Suniye kripaa nidhaan, Saadhu sangat  
sukh deejiye,**

**Dayaa namrataa daan. Saadhu sangat sukh deejiye, Dayaa namrataa  
daan.**

With folded hands I request You to listen to me - please give me the gift of the company of saintly people, kindness and humility.

सुखी बसे संसार सब दुख्या रहे न कोय । यह अभिलाषा हम सब की भगवन् पूरी होय ।

**Sukhee base sansaara sab, Dukhiyaa rahe na koy,  
Ye abhilaashaa ham sabki, Bhagwana pooree hoy.**

May all be happy in the world - let none be unhappy - this wish we all have and may it come true.



## ***Hotaa hai saare vishva***

The benefits of Yagya

होता है सारे विश्व का कल्याण यज्ञ से।

**Hotaa hai saare vishva kaa, Kalyaana yagya se.**

Through the performance of Yagya, the entire universe benefits.

जल्दी प्रसन्न होते हैं भगवान यज्ञ से।

**Jaldee prasanna hoten hain, Bhagawaana yagya se.**

God is easily pleased with the performance of Yagya.

ऋषियों ने ऊँचा माना है यह स्थान यज्ञ का।

**Rishiyon se oonchaa maanaa hai, Yah sthaana yagya kaa.**

Saints have always maintained the highest position for the performance of Yagya.

करते हैं दुनिया वाले सब सन्मान यज्ञ का।

**Karten hain duniyaa waale sab, Sanmaana yagya kaa.**

All the people of this world respect the Yagya.

दर्जा है तीन लोक से महान यज्ञ का।

**Darjaa hai teen lok se, Mahaana yagya kaa.**

Yagya holds the highest position in the three worlds.

भगवान का है यज्ञ और भगवान यज्ञ का।

**Bhagawaan kaa hai yagya aur, Bhagawaana yagya kaa.**

Yagya is for God and God is for Yagya.

जाता है देव लोक में इन्सान यज्ञ से।

**Jaataa hai deva loka men, Insaana yagya se.**

Humans go to heaven through Yagya

होता है सारे विश्व का कल्याण यज्ञ से।

**Hotaa hai saare vishva kaa, Kalyaana yagya se.**



करना हो यज्ञ प्रकट हो जाते हैं अग्नि देव।

**Karnaa ho yagya prakat ho, Jaate hain agnee deva.**

On performing Yagya, God becomes present

डालो विहित पदार्थ शुद्ध खाते हैं अग्नि देव ।

**Daalo vihit padaartha shuddha, Khaate hain agnee deva.**

Put special and pure substances in to the Yagya for Him to partake

सबको प्रसाद यज्ञ का पहुँचाते अग्नि देव । ।

**Sabko prasaad yagya kaa, Pahunchaate agnee deva.**

Then He takes the offerings to all the Holy Spirits.

बादल बना के भूमि पर बरसाते अग्नि देव।

**Baadal banaa ke bhoomi par, Barsaate agnee deva.**

He also blesses the earth with the rains.

बदले में एक के अनेक दे जाते अग्नि देव।

**Badle main ek ke anek de, Jaate hain agnee deva.**

In exchange for a little he returns a lot

पैदा अनाज होता है भगवान यज्ञ से।

**Paidaa anaaj hotaa hai, Bhagwaana yagya se.**

Crops grow due to the God of the fire.

होता है सार्थक वेद का विज्ञान यज्ञ से।

**Hotaa hai saarthak ved kaa, Vigyaana yagya se.**

The science of the Vedas is fulfilled through Yagya.

होता है सारे विश्व का कल्याण यज्ञ से ।

**Hotaa hai saare vishva kaa, Kalyaana yagya se.**

शक्ति और तेज यश भरा इस शुद्ध नाम में।

**Shaktee our tej yasha bharaa is, Shuddha naama men.**

In the pure name of Yagya is strength, brilliance and fame.



साक्षी यही है विश्व के हर नेक काम में।

**Saakshhee yahee hai vishva ke, Hara nek kaama men.**

Yagya is witness to all the deeds in the world.

पूजा है इस को श्री कृष्ण भगवान राम ने।

**Poojaa hai isko shree krishna, Bhagawaana raama ne.**

Even Lord Krishna and Lord Raam worshipped it.

होता है कन्या दान भी इसी के सामने।

**Hotaa hai kanyaadaan bhee, Isee ke saamne.**

Even the giving away of the bride is done in the presence of Yagya.

मिलता है राज्य कीर्ति सन्तान यज्ञ से ।

**Miltaa hai raaj keertee, Santaana yagya se.**

Through Yagya one begets kingdoms, fame and family.

होता है सारे विश्व का कल्याण यज्ञ से।

**Hotaa hai saare vishva kaa, Kalyaana yagya se.**

सुख शान्ति दायक मानते हैं सब मुनि इसे।

**Sukh shaanti daayak maante hai, Sab munees ise.**

All saints believe that Yagya causes happiness and peace.

वसिष्ठ विश्वामित्र और नारद मुनि इसे।

**Vashishthha vishvaamitra aur, Naarad munees ise.**

Including Vashishthha, Vishwamitra and Naarad.

इसका पुजारी कोई पराजित नहीं होता।

**Iskaa pujaaree koi paraajit, Naheen hotaa.**

No worshipper of the Yagya is ever defeated.

भय यज्ञ करता को कभी किंचित् नहीं होता।

**Bhaya yagya kartaa ko kabhee, Kinchit naheen hotaa.**

Those who worship Yagya never need be afraid.



होती हैं सारी मुश्किलें आसान यज्ञ से ।

**Hoteen hain saaree mushkilen, Aasaaana yagya se.**

Through Yagya all problems are solved.

होता है सारे विश्व का कल्याण यज्ञ से।

**Hotaa hai saare vishva kaa, Kalyaana yagya se.**

चाहे अमीर है कोई चाहे गरीब है ।

**Chaahe ameera hai koi, Chaahe gareeba hai.**

Whether one is rich or poor

जो नित्य यज्ञ करता है वह खुश नसीब है।

**Jo nitya yagya kartaa hai, Vah khush naseeba hai.**

If one does Yagya daily he will be fortunate.

हम सब में आवें यज्ञ के अर्थों की भावना।

**Ham sab main aaye yagya ke, Arthon kee bhaavanaa.**

May we all imbibe the meaning of Yagya.

भगंतों के सच्चे दिल से है यह श्रेष्ठ कामना।

**Bhakton ke sachhe dil se hai yah, Shreshthha kaamnaa.**

This is the noblest wish from the hearts of the devotees of the Yagya.

होती है पूर्ण कामना महान यज्ञ से ।

**Hotee hai poorna kaamna, Mahaana yagya se.**

All wishes are fulfilled through the performance of Yagya.

होता है सारे विश्व का कल्याण यज्ञ से।

**Hotaa hai saare vishva kaa, Kalyaana yagya se.**

Through the performance of Yagya, the entire universe benefits.



## ***A Prayer for Immortality***

ओम् असतो मां सद् गमय।

**Om asato maam sad gamaya**

Lead us from untruth to truth

तमसो मां ज्योतिर्गमय।

**Tamaso maam jyotir gamaya**

Lead us from darkness to light

मृत्यो मां अमृतं गमय।

**Mrityormaam amritam gamaya**

Lead us from death to immortality

हों असत्य से दूर भगवन्, सत्य का वरदान दो।

**Hon asatya se doora bhagawan, Satya kaa vardaana do.**

Lord take us far away from untruth - give us the blessing of truth.

दूर हों दुस्तिम्र शुभ्र ज्योति विहान् दो।

**Door hon dushttimra saare, Jyoti vihaan do.**

Take us away from the dense darkness into enlightenment

मृत्यु बन्धन को हट्य अमरत्व हे भगवान् दो

**Mrityu bandhan ko hataa, Amaratva he bhagvaana do.**

Take us away from the binding of death, and give us immortality.

प्रकृति पाशों से छुड़ा अमृत मधु का पान दो।

**Prakriti paashon se chhudhhaa, Amrit madhu kaa paana do.**

Lord, we are stuck in nature's falsehoods, give us the nectar of immortality.



## ***Om aabrahman braahmano***

A Prayer for Universal Peace

ओम् आ ब्रह्मन् ब्राह्मणो ब्रह्मवर्चसी जायताम्। आ राष्ट्रे। राजन्यः। शूर इषव्योतिव्याधी महारथो जायतां दोग्ध्री। धेनुर्वोढा नाशुः सप्तिः पुरन्धिर्योषा जिष्णू रथेष्टः सभेयो युवास्य यजमानस्य वीरो जायतां निकामे निकामे नः पर्जन्यो वर्षतु लवत्यो न ओषधय पच्यन्तां योगक्षेमो न कल्पताम्॥

**Om aabrahman braahmano. Brahmavarchasee jaayataam aaraashtre. Raajanyaha. Soora ikhavyoti vyaadhee. Mahaaratho jaayataam dogdhhree. Dhenur vodhhaa naashuhu. Saptihi purandhir jokhaa. Jishanoo ratheshthhaahaa. Sabheyo yuvaa-aschaya yajmaanasya veero. Jaayataam. Nikaame nikaame naha Parjanyo varishatu phalavatyo. Na oshadhyaha Pachyantaam yogakashemo naha. Kalpataama.**

(For the meaning see the translation of the Hindi version below)

### ***Braahman swaraashtra***

ब्राह्मण स्वराष्ट्र में हों द्विज ब्रह्म तेजधारी।

**Braahman swaraashtra main hon, Dwij brahma tej dhaari.**

May all the teachers in our country be full of knowledge and brilliance.

क्षत्रिय महारथी हों, अरिदल विनाशकारी॥

**Kshatreeya mahaarathee hon, Ari dala vinaashakaari.**

May the warriors be brave and destroy the enemy.

होवें दुधारू गोएं , पशु अश्व आशुवाही।

**Hovain dudharu gouvain, Pashoo ashva aashuvaahi.**

May the cows be full of milk and the cattle of good quality.

आधार राष्ट्र की हों, नारी सुभग सदा ही॥

**Aadhaara raashtra kee hon, Naaree subhaga sadaa hee.**

May great women always be the foundation of the country.

बलवान् सभ्य योद्धा, यजमान पुत्र होवें।

**Balwaana sabhya yoddhaa, Yajmaana putra hovain.**

May our children be strong, well-mannered and capable of great organisation.



इच्छनुसार वर्षे, पर्जन्य ताप धोवें॥

**Eechhaanusaara varashain, Parjanya taapa dhovain.**

May the rains be timely and wash away all our difficulties.

पल पूल से लदी हों, औषध अमोघ सारी।

**Phala phoola se ladee hon, Aushadhi amogha saaree.**

May our herbs be powerful and well-used.

हों योग क्षेमकारी, स्वाधीनता हमारी॥

**Ho yoga kshhaima kaaree, Swaadheentaa hamaaree.**

May our freedom be fulfilled and prosperous.

ब्राह्मन् स्वराष्ट्र में हों द्विज ब्रह्म तेज धारी॥

**Braahman swaraashtra main hon, Dwij brahma tej dhaari.**

May all the teachers in our country be full of knowledge and brilliance.

क्षत्रिय महारथी हों, अरिदल विनाशकारी॥

**Kshatreeya mahaarathee hon, Ari dala vinaashakaari.**

May the warriors be brave and destroy the enemy.

ओम् सं समिद्युवसे वृषन्नग्ने विश्वान्यर्यया या।

इडस्पदे समिध्यसे स नो वसून्या भर॥

**Om sansamiddhuvase vrishannagne Vishvaanyarya yaa,**

**Idaspade samidhhyase Sa no vasunyaa bhara.**

(for the meaning see below for translation of the Hindi version)

ओम् संगच्छध्वं सम्वदध्वं संवो मनांसि जानताम्।

**Om sangachhadhvam samvad-dhwam Sanvo manaansi jaanataam,**

देवा भागं यथा पूर्वे संजानाना उपासते॥

**Devaa bhaagam yathaapoorve Sanjaanaanaa upaasate.**

ओम् समानो मन्त्र समिति समानी समानं मन सह चित्त मेषाम्।

**Om samaano mantrah samitih samaanee Samaanam manah sah chit-tameshaam,**





समानं मन्त्रमभिमन्त्रये वः समानेन वो हविषा जुहोमि॥

**Samaanam mantramabhi-mantraye vah Samaanen vo havishaa juhomi.**

ओम् समानी व आकूति समाना हृदयानि वः।

**Om sarnaanee va aakrutih Samaana hridayaani vah,**

समानमस्तु वो मनो यथा वः सुसहासति॥

**Samaanamastu vo mano Yathaa vah susahaasati.**

(for the meaning see below for translation of the Hindi version)

### ***He prabho tum shakti***

हे प्रभो तुम शक्ति शाली हो बनाते सृष्टि को।

**He prabho tum shaktishaali, Ho banaate shrishthhi ko**

Lord You make nature so full of power.

वेद सब गाते तुम्हें है कीजिए धन वृष्टि को।

**Veda saba gaate tumhe hain, Keejiye dhana vrishtthhi ko.**

All the Vedas sing Your praise, please bless us with wealth.

प्रेम से मिल कर चलो बोलो सभी ज्ञानी बनो।

**Prema se mila kar chalo, Bolo sabhi gyaani bano.**

पूर्वजों की भान्ति तुम कर्तव्य के मानी बनो।

**Poorvajon ke bhaanti tum, Kartavya ke maani bano.**

And like our ancestors may we *fulfill* all our duties. May we strive together with love and seek knowledge.

हों विचार समान सब के चित्त मन सब एक हों।

**Hon vichaara samaana sabake, Chitta mana saba ek hon.**

May our thinking be compatible, and our minds and consciousness in unison.



ज्ञान देता हूँ बराबर भोग्य पा सब नेक हों।

**Gyaana detaa boon baraabar, Bhaagya paa saba neka hon.**

May knowledge be equally distributed, and progressive and for the common good.

हों सभी के दिल तथा संकल्प अविरोधी सदा

**Hon sabhee ke dil tathaa, Sankalpa avarodhee sadaa.**

May everyone's feelings and ambitions be compatible.

मन भरे हों प्रेम से जिससे बढे सुख सम्पदा

**Mana bharen hon prema se, Jisase badhhe sukha sampadaa.**

May our minds be full of love and through this may happiness and wealth spread.

हे प्रभो तुम शक्ति शाली हो बनाते सृष्टि को।

**He prabho tum shaktishaali, Ho banaate shrishthhi ko**

Lord You make nature so full of power.

वेद सब गाते तुम्हें हैं कीजिए धन वृष्टि को।

**Veda saba gaate tumhe hain, Keejiye dhana vrishtthi ko.**

All the Vedas sing Your praise, please bless us with wealth. O Lord You are powerful

## ***Shaanti Paathh***

*Prayers for peace*

There are three kinds of suffering in the world: Suffering by natural calamities (fire, floods earthquake etc), Physical suffering (pain and illness of the body) and Spiritual suffering ( of the mind and soul - worry, hatred, jealousy, addictions etc.) We are praying to God to relieve us of all the three kinds of sufferings.

ओम् द्यौः शान्तिरन्त रिक्शगुम्

**Om dhauh shaantiranta rikshagung** (May there be peace in Heaven)

शान्तिः पृथिवी

**Shaantihi prithiwee** (May there be peace on earth)



शान्तिरापः

**Shaanti raapaah** (May there be peace in the waters)

शान्ति रोषधयः

**Shaantir oshadhayaah** (May there be peace to the medicinal herbs)

शान्ति वनस्पतयः

**Shaantihi vanaspatayaah** (May there be peace to all the plants)

शान्तिर्विश्वे देवाः

**Shaantir vishvedevaah** (May there be peace unto all the Gods.)

शान्तिर्ब्रह्म

**Shaantir brahmaa** (May there be peace Unto Brahmaa)

शान्ति सर्वगुं

**Shaantihi sarvam** (May there be peace unto all)

शान्तिः शान्तिरेव

**Shaantihi shaanti revaa** (Peace pervades everywhere)

शान्ति सामा शान्तिरेधि।

**Shaantihi saa maa, Shaanti redhi** (May that peace come to me)

शान्तिः शान्तिः शान्तिः

**Hari om shaanti, shaanti, shaanti** (Unto all these be Peace, Peace, Peace.)

### ***Shree Hanumaan-chaaleesaa***

Prayers to Lord Hanumaan

दोहा

### ***Dohaa***

श्री गुरु चरण सरोज रज निज मन मुकुरु सुधारी।

वरणऊँ रघुवर विमल जसु जो दायक फल चारी॥

**Shree guru charana saroja raja, Nija mana mukura sudhaari,**

**Barnau raghuvara bimala jasu, Jo daayaka phala chaari.**

**Siyaavar raam, Jay jay raam, Mere mana basiyo seetaa raam.**



With the dust of the Guru's lotus-feet, I first clean the mirror of my heart, and then describe the glory of Sree Raam Chandra, the supreme among the Raghu dynasty, the giver of four-fold successes of life.

बुद्धि हीन तनु जानिके सुमिरौ पवन कुमार।

बल बुद्धि विद्या देहु मोहि हरहुं कलेस विकार।

**Budhiheena tana jaanike, Samirow pavanakumaar,  
Bala budhi vidyaa dehu mohi, Harahu kalesha vikaar.**

**Siyaavar raam, Jay jay raam, Mere mana basiyo seetaa raam.**

Knowing myself to be ignorant, I urge You - O Hanumaan, son of Pavan, bestow me strength, wisdom and knowledge, and take away all my miseries and blemishes.

जय हनुमान ज्ञान गुन सागर। जय कपिष तिहुं लोक उजागर।

**Jai hanumaana gyaana guna saagara, Jai kapeesha tihu loka ujaagara.**

Victory to Thee O Hanumaan, Ocean of wisdom and virtue. Victory to the lord of monkeys, Whose wisdom is known in all the three worlds.

राम दूत अतुलित बल धामा। अंजनि पुत्र पवनसुत नामा॥

**Raama doota atulita balidhaamaa, Anjani putra pawanasut naamaa.**

The messenger of Raam and the repository of immeasurable strength, You are also known as Anjaniputra and Pavanputra.

महावीर विक्रम बजरंगी। कुमति निवारी सुमति के संगी॥

**Mahaa veera bikarama bajrangi, Kumati nivaara sumati ke sangi.**

Mighty, powerful and strong as lightning, O Mahaaveer. You are accompanied by wisdom and scatter dark and evil thoughts.

कंचन वरण विराज सुबेषा। कानन कुण्डल कुंचित केसा॥

**Kanchana barana biraaja subesaa, Kaanana kundala kunchita kesaa.**

O golden-hued Hanumaan, You look beautiful with ear-studs and curly hair.

हाथ वज्र अरु ध्वजा विराजे कांधे मूंज जनेऊ साजे॥

**Haatha bajra our dhvajaa biraaje, Kandhe moonja janeu saaje.**

You hold the mace of lightning and a flag in your hands; the sacred thread of Munja adorns Your shoulder.



संकर सुवन केसरी नन्दन । तेज प्रताप महा जग वन्दन ॥

**Sankara suwana kesari nandana, Teja prataap mahaajaga bandhana.**

Reincarnation of Lord Shankar and the son of Kesaree, your lustre and glory is praised by the whole world.

विद्यावान गुणी अति चातुर। राम काज करिबे को आतुर॥

**Vidyaavaana guni ati chaatur, Raama kaaja karibe ko aatur.**

The master of all knowledge, full of virtue and wisdom, You are always eager to serve Lord Raam.

प्रभु चरित सुनिबे को रसिया। राम लखन सीता मन बसिया॥

**Prabhu charitra sunve ko rasiyaa, Raama lakhana sitaa mana basiyaa.**

You are engrossed in listening to hymns about the Lord. Raam, Laxman and Seeta dwell in your heart.

सूक्ष्म रूप धरि सियहि दिखावा । विकट रूप धरि लंक जरावा ।

**Sukshma roopa dhari siyahi dikhaawaa, Vikata roopa dhari lanka jaraawaa.**

While you presented your humble form to Seeta, You assumed demonic proportions to bum Lanka.

भीम रूप धरि असुर संहारे । रामचन्द्र जी के काज संवारे॥

**Bheema roopa dhari asura sanghaare, Raamachandra ke kaaja sawaare.**

In your gigantic display You killed demons, fulfilling your Lord's mission.

लाय संजीवन लखन जियाय । श्री रघुबीर हरषि उर लाय॥

**Laaya sanjeewana lakhana jeyaaye, Shri raghubeera harash ura laaye.**

You revived Laxman with the Sanjivani herb, making Shree Raam embrace You in deep joy.

रघुपति कीन्ही बहुत बड़ाई । तुम मम प्रिय भरतहि सम भाई॥

**Raghupati kinhi bahuta badhaai, Tuma mama priya bharata sama bhaai.**

Shree Raam Chandra praised you a lot, saying you were as dear to Him as His brother Bharat



सहस्र बदन तुम्हरो जस गावें। अस कहि श्रीपति कण्ठ लगावैं॥

**Sahas badana tumro jasa gaave, As kahi sripati kantha lagaave.**

"The thousand-hooded Sheshnaag sings your glory" saying this, Shree Raam embraced You.

सनकादिक ब्रह्मादि मुनीसा । नारद सारद सहित अहीसा॥

**Sankaadika bramhaadi muneesaa, Naarada saarada sahita aheesaa.**

The saint Sanka, Brahmaa and other Gods, Naarad, Shaarada, and other sages sing Your praise.

जम कुबेर दिग्पाल जहां ते। कबि कोबिद कहि सके कहा ते॥

**Jam kubera digapaala jahaate, Kabi kobida kahi sake kahaa te.**

Even the Gods Yam, Kuber and Digpaal have no words to praise You, let alone mere poets and seers.

तुम उपकार सुग्रीवहि कीन्ह। राम मिलाय राज पद दीन्ह॥

**Tuma upkaara sugreevahi kinhaa, Raama milaaye raajapada dinhaa.**

You did a great favour to Soogreeva: with the blessings of Raam, You got him back his crown.

तुम्हरो मन्त्र बिभीषन माना । लंकेश्वर भये सब जग जाना।

**Tumhro mantra vibhishana maanaa, Lankeshwar bhaye saba jaga jaanaa.**

Vibheeshana on accepting your advice became king of Lankaa, this the world knows.

जुग सहस्र जोजन पर भानू। लील्यो ताहि मधुर फल जानू॥

**Jug sahastra jo jana para bhaanu, Leelyotaahi madhura phala jaanu.**

You swallowed the sun millions of miles away, pretending it was a sweet fruit.

प्रभु मुद्रिका मेलि मुख माही जलधि लांघि गये अचरज नाहीं॥

**Prabhu mudrikaa meli mukha maahi, Jaladhi laanghi gaye acharaja naahi.**

Keeping the Lord's ring in your mouth, it was no surprise you conquered the ocean.



दुर्गम काज जगत के जेते । सुगम अनुग्रह तुम्हरे तेते॥

**Durgama kaaja jagata ke jete, Sugama anugraha tumhare tete.**

The most difficult tasks in the world can be overcome with ease, with Your grace.

राम दुआरे तुम रखवारे। होत न आज्ञा बिनु पैसारे॥

**Raama duaare tuma rakhvaare, Hota na aagyaa binu paisaare.**

You are the Lord's sentinel: no one can enter His home without Your permission.

सब सुख लहे तुम्हारी सरना। तुम रक्षक काहू को डरना॥

**Saba sukha lahaye tumhaari saranaa, Tuma rakshaka kaahu ko daranaa.**

By Your grace one can enjoy all happiness; under Your protection one need not have any fear.

आपन तेज सम्हारो आपे तीनो लोक हांक ते कापे॥

**Aapana teja samhaaro aapay, Teeno loka haaka to kaapay.**

Only You can control Your might; when You roar all three worlds tremble.

भूत पिशाच निकट नहीं आवे। महाबीर जब नाम सुनावै॥

**Bhoota pisaacha nikata nahi aaway, Mahaabeer jaba naama sunaawe.**

Evil spirits cannot come near Your devotees when they utter Your name.

नासै रोग हरे सब पीरा। जपत निरन्तर हनुमत बीरा॥

**Naasay roga hare saba peeraa, Japata nirantara hanumata beeraa.**

One can be cured of all diseases and rid of pain by chanting constantly Your name.

संकट ते हनुमान छुड़ावे । मन क्रम बचन ध्यान जो लावै॥

**Sankata se hanumaana chhudhaave, Mana krama bachana dhyaana jo laaway.**

You save him from from all trouble, he who has You in their heart, word & meditation.

सब पर राम तपस्वी राजा। तिन के काज सकल तुम साजा॥

**Sab para raama tapaswi raajaa, Tina ke kaaja sakala tuma saajaa.**

The holy king, Raam, rules over all; You accomplished all His missions.



और मनोरथ जो कोई लावे। सोई अमित जीवन फल पावै॥

**Aura manoratha jo soi laaway, Kaasu amita jeewana phala paaway.**

Whoever approaches You with any desire, achieves great fulfillment in his life.

चारों जुग परताप तुम्हारा। है परसिद्ध जगत उजियारा॥

**Chaaro juga parataapa tumhaaraa, Hai parsidha jagata ujiyaaraa.**

In all the four Ages You are acclaimed; Your radiance is spread over the cosmos.

साधु संत के तुम रखवारे। असुर निकन्दन राम दुलारे॥

**Sadhu Santa ke tuma rakhawaare, Asura nikandan raama dulaare.**

You are the protector of saints, Decapitator of evil spirits and loved by Shree Raam.

अष्ट सिद्धि नव निधि के दाता। अस बर दीन जानकी माता॥

**Ashta sidhi now nidhi ke daataa, Asa bara deena jaanakee maataa.**

You can grant eight sidhis and nine nidhis by the blessing of Mother Jaanaki.

राम रसायन तुमहारे पासा। सदा रहो रघुपति के दासा॥

**Raama rasaayana tumhare paasaa, Sadaa rahow raghupati ke daasaa.**

You, with the ambrosia that is Raam, always remain in the service of Lord Raam.

तुम्हरे भजन राम को पावें जनम जनम के दुख बिसरावै॥

**Tumhre bhajana raama ko paawain, Janam janam ke dukha bisraawe.**

Chanting Your name; one can reach Raam, and be freed of the suffering of many lives.

अन्त काल रघुवर पुर जाई। जहाँ जनम हरि भक्त कहाई॥

**Anta kaala raghubara pura jaai, Jahaan janama hari bhakta kahaai.**

After death he enters the eternal abode of Shree Raam and remains his devotee whenever he is reborn.

और देवता चित्त न धरई। हनुमत सेई सर्व सुख करई॥

**Aura dewataa chitta naa dharai, Hanumata sai sarva sukha karai.**

Other Gods may not care to take heed, but one who serves You, O Hanumaan, enjoys all pleasure.





संकट कटे मिटे सब पीरा। जो सुमिरे हनुमत बल बीरा॥

**Sankata katai mitai saba peeraa, Jo sumirai hanumata balabeeraa.**

(You) Remove all the problems and pains of those who invoke the almighty Hanumaan.

जै जै जै हनुमान गोसाईं। कृपा करहु गुरु देव की नाई॥

**Jai jai jai hanumaana gusaain, Kripaa karahu gurudeva ki nai.**

Victory, victory, victory be to Thee O Hanumaan; be charitable to me as a supreme teacher.

जो शत बार पाठ करे कोई छूटहि बन्दि महा सुख होई॥

**Jo sata baara paatha kara koi, Chhootahi bandi mahaasukha hoi.**

He who chants your prayer a hundred times is liberated from earthly bonds and enjoys the highest bliss.

जो यह पढ़े हनुमान चालीसा होय सिद्धि साखी गौरीसा॥

**Jo yeh padhhay hanumaana chaleesaa, Hoy sidhi saakhi gaureesaa.**

He who reads these forty verses, (Lord Shankar witnesses) overcomes all troubles.

तुलसी दास सदा हरि चेरा। की जै नाथ हृदय महं देरा॥

**Tulsidaasa sadaa haricheraa, Keejay naatha hridaya maha deraa.**

Tulsidans (the author) is an eternal devotee of Lord Hari; O Hanumaan kindly reside in my heart forever.

दोहा

**Dohaa**

पवन तनय संकट हरण मंगल मूरति रूप ।

**Pawantanay sankata harana, Mangala murati roop. Siyaa raam**

O Hanumaan, son of Pavan, Savior from all troubles, Embodiment of all blessings.

राम लखन सीता सहित हृदय बसहु सुर भूप ॥

**Raama lakhana sitaa sahita, Hridaya basahu sura bhoop**

Along with Raam, Laxman and Seeta, please reside in my heart.

ॐ

सियावर राम चन्द्र की जय, पवनसुत हनुमान की जय,  
उमापति महादेव की जय, बोलो भाई सब सन्तन की जय.  
**Siyaavara raama chandra ki jay, Pavanasuta hanumaana ki jay,**  
**Umapati mahaadeva ke jay, Bolo bhai saba santana ki jay.**

## ***Veer hanumaanaa*** **Lord Hanumaan**

वीर हनुमाना अति बलवाना वीर हनुमाना अति बलवाना  
**Veer hanumaana ati balavaanaa, Veer hanumaana ati balavaanaa**  
Brave Hanumaan is extremely strong.

राम नाम नाम रसियो रे प्रभु मन बसियो रे। राम नाम नाम रसियो रे प्रभु मन बसियो रे।  
**Raam naam rasiyo re, Prabhu mana basiyo re, Raam naam rasiyo re,**  
**Prabhu mana basiyo re.**

He is devoted to Lord Raam. Lord please dwell in my mind.

जो कोई आवे अरज सुनावे जो कोई आवे अरज सुनावे  
**Jo koi aawe, araja sunaawe, Jo koi aawe, araja sunaawe,**  
Whoever comes to You with a request, please listen to them.

सबकी सुनियो रे प्रभु मन बसियो रे। सबकी सुनियो रे प्रभु मन बसियो रे।  
**Sabki sunio re, Prabhu mana basiyo re. Sabki sunio re, Prabhu mana**  
**basiyo re.**

वीर हनुमाना अति बलवाना वीर हनुमाना अति बलवाना  
**Veer hanumaana ati balavaanaa, Veer hanumaana ati balavaanaa**  
Brave Hanumaan is extremely strong.

राम नाम नाम रसियो रे प्रभु मन बसियो रे।  
राम नाम नाम रसियो रे प्रभु मन बसियो रे।  
**Raam naam rasiyo re, Prabhu mana basiyo re,**  
**Raam naam rasiyo re, Prabhu mana basiyo re.**

He is devoted to Lord Raam. Lord please dwell in my mind.



दीन दयाला परम कृपाला संकट हरियो रे प्रभु मन बसियो रे।

**Deena dayaala parama kripaala, Deena dayaala parama kripaala,  
Sankata hariyo re, Prabhu mana basiyo re Sankata hariyo re, Prabhu  
mana basiyo re.**

O Lord who are the embodiment of kindness, take away our troubles and live in our minds.

वीर हनुमाना अति बलवाना वीर हनुमाना अति बलवाना

**Veer hanumaana ati balavaanaa, Veer hanumaana ati balavaanaa**

Brave Hanumaan is extremely strong.

राम नाम नाम रसियो रे प्रभु मन बसियो रे। राम नाम नाम रसियो रे प्रभु मन बसियो रे।

**Raam naam rasiyo re, Prabhu mana basiyo re,  
Raam naam rasiyo re, Prabhu mana basiyo re.**

He is devoted to Lord Raam. Lord please dwell in my mind.

अरजी हमारी मरजी तुम्हारी अरजी हमारी मरजी तुम्हारी

**Araji hamaari maraji tumhaari, Araji hamaari maraji tumhaari,**

कृपा करियो रे प्रभु मन बसियो रे। कृपा करियो रे प्रभु मन बसियो रे।

**Kirpaa kariyo re, Prabhu mana basiyo re.  
Kirpaa kariyo re, Prabhu mana basiyo re.**

We can only request You, it is for You to decide, please be kind and live in our minds.

वीर हनुमाना अति बलवाना वीर हनुमाना अति बलवाना

**Veer hanumaana ati balavaanaa, Veer hanumaana ati balavaanaa**

Brave Hanumaan is extremely strong.

राम नाम नाम रसियो रे प्रभु मन बसियो रे। राम नाम नाम रसियो रे प्रभु मन बसियो रे।

**Raam naam rasiyo re, Prabhu mana basiyo re,  
Raam naam rasiyo re, Prabhu mana basiyo re.**

He is devoted to Lord Raam. Lord please dwell in my mind.



आरति

## Aarati

Offering of light to God

ओम् जय जगदीश हरे स्वामी जय जगदीश हरे

भक्त जनों के संकट दास जनो के अवगुण

बंसरिवाला दूर करे ओम् जय जगदीश हरे।

**Om jaya jagdeesha hare, Swaami jaya deenaanaatha hare;**

**Bhakta jano ke sankat, Daas janon ke avaguna**

**Bansariwaalaa doora kare, Om jaya jagdeesha hare.**

Hail to You, O Lord of the universe, Remover of sorrow and Master of all.  
Salutations and prostrations to You, O instant Remover of troubles of Your devotees.

जो ध्यावे फल पावे दुख विनशे मनका स्वामी दुख विनशे मनका,

सुख सम्पति घर आवे, कष्ट मिटे तन का ओम् जय...

**Jo dhyaave phala paave, Dukha vinase mana kaa, Swaami dukha vinase mana kaa;**

**Sukha sampati ghara aave, Sukha sampati ghara aave Kashta mite tana kaa, Om jaya jagdeesha hare.**

You reward those who sing Your glories, and remove their sorrow. With Your name happiness and prosperity dawn and pain disappears.

मात पिता तुम मेरे शरण पड़ूँ मैं किसकी स्वामी शरण पड़ूँ मैं किसकी...

तुम बिन और न दूजा प्रभु बिन और न दूजा आस करूँ मैं जिसकी ओम् जय ...

**Maataa pitaa tuma mere, Sharana paru mai kiski, Swaami sharana paru mai kiski;**

**Tuma bina ur na dooja, Prabhu bina our na dooja**

**Aasa karun mai jiski, Om jaya jagdeesha hare.**

You are my mother and father and the only refuge. There is none like You, that I can depend on.

तुम पूरण परमात्मा तुम अन्तर्यामी स्वामी तुम अन्तर्यामी

पारब्रह्म परमेश्वर पारब्रह्म परमेश्वर तुम सब के समी ओम् जय जगदीश हरे।

**Tuma purana paramaatamaa, Tuma antarayaami, Swaami tuma antarayaami;**



**Paara brahma parameshwara, Paar brahma parasmeshwara  
Tuma sabke swaami, Om jaya jagdeesha hare.**

O Indweller of all beings, You are perfect, absolute, omnipresent, omnipotent and omniscient.

तुम करुणा के सागर तुम पालन करता स्वामी तुम पालन करता

मैं मूरख खल कामी मैं सेवक तुम समी कृपा करो भरता ओम् जय जगदीश हरे।

**Tuma karunaa ke saagara, Tuma paalana karataa, Swaami tuma  
paalana karataa;**

**Main murakha khala kaami, Main sewaka tuma swaami Kripaa karo  
bharataa, Om jaya jagdeesha hare.**

O Ocean of compassion, O Protector of all. I am ignorant and lustful. I am a servant, You the master - be merciful.

तुम हो एक अगोचर सब के प्राण पति स्वामी सब के प्राणपति

किस विधि मिलू दया मय किस विधि मिलू कृपामय तुम को मैं कुमति ओम् जय जग दी श हरे।

**Tuma ho eka agochara, Sabake praana pati, Swaami saba ke praana  
pati;**

**Kisa vidhi miloon dayaamay, Kisa vidhi miloon gosaai**

**Tumko main kumati, Om jaya jagdeesha hare.**

O Life of all life, You are one and invisible. Guide ignorant beings like me to Your Divine knowledge.

दीन बन्धु दुख हरता ठाकुर तुम मेरे स्वामी रक्षक तुम मेरे

अपने हस्त उठाओ अपनी शरण लगाओ द्वार पढ़ूँ मैं तेरे ओम् जय जगदीश हरे।

**Deena bandhu dukha hartaa, Thaakura tuma mere, Swaami rakshaka  
tuma mere;**

**Apane hatha uthaao, Apane sharana lagaaao**

**Dwaara parun mai tere, Om jaya jagdeesha hare.**

You are the Supporter of the weak, the Remover of sorrow and pain. Take me under Your protection I stand at Your threshold.

विषय विकार मिटाओ पाप हरो देवा स्वामी कष्ट हरो देवा

श्रद्धा भक्ति बढ़ाओ श्रद्धा प्रेम बढ़ाओ सन्तन की सेवा ओम् जय जगदीश हरे

**Vishay vikaara mitaao, Paapa haro devaa, Swaami kashta haro devaa;**

**Shraddhaa bhakti badhaao, Shraddhaa prema badhaao**

**Santana ki sevaa, Om jaya jagdeesha hare.**



Take away my passion and suffering, take away my sins and pains. Bless me with ever increasing faith, Divine love and the spirit of service.

तन मन धन सब कुछ है तेरा स्वामी सब कुछ है तेरा

तेरा तुझ को अर्पण तेरा तुझ को अर्पण ज़्याा लागे मेरा ओम् जय जगदीशहरे

**Tana mana dhanaSaba kuchha hai teraa, Swaami saba kuchha hai teraa;**

**Teraa tujha ko arapana, Teraa tujha ko arapana**

**Kyaa laage meraa, Om jaya jagdeesha hare.**

My body, mind and wealth all are Yours. I am offering You that which is already Yours (for they are not mine).

श्याम सुन्दर जी की आरति जो कोई नर गावे स्वामी जो कोई नित गावे

कहत शिवानन्द स्वामी भणत हरीहर समी मन वाञ्छित फल पावे ओम् जय जगदीश हरे

**Shyaamasundara ji ki aarati, Jo koi naara gaave,**

**Swaami jo koi nita gaave; Kahata shivaananda swaami, Bhajata harihara swaami,**

**Mana vaancchita phala paave, Om jaya jagdeesha hare.**

This prayer, if it is performed daily, says Shivaanand (the poet), will get the devotee their heart's desire.

जय जगदीश हरे स्वामी जय जगदीश हरे भक्त जनों के संकट

दास जनो के अवगुण बंसरिवाला दूर करे ओम् जय जगदीश हरे।

**Jaya jagadeesha hare, Swaami jaya deenaanaatha hare**

**Bhakta jano ke sankata, Daasa janon ke avaguna, bansariwaala door kare om jay jagadeesha, hare.**

Bansariwaalaa doora kare, Hari om jaya jagadeesha hare. Hail to You, O Lord of the universe, Remover of sorrow and Master of all. Salutations and prostrations to You, O instant Remover of troubles of Your devotees.



## ***Govinda meri yehi***

O Lord make me Your own

गोविन्द मेरी यही प्रार्थना है अपना दास बना लेना

**Govinda meri yehi praarthanaa hai, Apanaa daasa banaa lenaa,**

मिटकर अवगुण सारे चरणों में चित्त लगा देना ॥

**Mitaakar avaguna saare, Charano me chita lagaa denaa.**

जन्म जन्मान्तर भक्ति देना और सेवा शक्ति देना

**Janama janamaantara bhakti denaa, Aura sewaa shakti denaa.**

Heavenly Father take pity on us -Your children; free us from our sins. By the might of Your loving pour unto our souls the radiance of Your presence. We pray to You - grant us abode at Your feet.

अन्त समय में भूल न जाना सदा मेरे सामने रहना ॥

**Anta samay me bhoola na jaanaa, Sadaa mere saamane rahanaa.**

We surrender to You, never abandon us in the era of these days or In the Epochs to come.

तू तो जग का पालन हारा मेरे जीवन का तू ही सहारा

**Too to jaga kaa paalanhaaraa, Mere jeevan ka too hi sahaaraa.**

You are the endower and the Restorer of the Life-field. Grant us protection under Your shield.

ईश्वर तेरी शरण में आया तेरी माया का पार न पाया ॥

**Ishwara teri sharana me aayaa, Teri maayaa kaa paara na paayaa.**

Wipe away our errors forgive our senselessness, We are unaware of Your Infinite identities & supreme Consciousness.

गोविन्द मेरी यही प्रार्थना है, अपना दास बना लेना

**Govinda meri yehi praarthanaa hai, Apanaa daasa banaa lenaa,**



कर्पूर गौरं करुणावतारम् संसार सारं भुजगेन्द्रहारम्।

सदा वसन्तं हृदयारविन्दे भवं भवानी सहितं नमामी॥

**Karpura gauram karunaavataaram, Sansaara saaram bhujendra  
haaram,**

**Sadaa vasantam hridayaaravinde, Bhavam bhavaani sahitam  
namaami.**

I worship Lord Shiva, whose skin in red, who is the incarnation of kindness, the Man of this world, He has snakes as a necklace, who always lives in our hearts and who is present with the Goddess Paarwati.

त्वमेव माता च पिता त्वमेव त्वमेव बन्धुश्च सखा त्वमेव

**Twameva maataa cha pitaa twameva, Twameva bandhu cha sakha  
twameva,**

You are the mother and the father, the brother and the friend,

त्वमेव विद्या द्रविणं त्वमेव त्वमेव सर्वं मम देव देव।

**Twameva vidyaa dravinam twameva, Twameva sarvam mama deva  
deva.**

You are the education and the wealth. My Lord You are everything.

पुष्पाञ्जली अर्पण करुं ग्रहण करो महाराज। कृपा दृष्टि अवलोकिये शरण पड़े की लाज॥

**Pushpaanjali arpan karun, Grahan karo maharaja  
Kripaa drishti avlokiye, Sharan padhe ki laaj.**

I offer You my prayers (with flowers), please accept it Lord. Be kind on me, I am in Your hands, please look after me.

**Hey Naath Sab Sukhee**

Lord, may all be happy

हे नाथ सब सुखी हों कोई न हो दुखारी।

**He naatha saba sukhi hon, Koi na ho dukhaari.**

O Lord grant happiness to all of us. May no one be unhappy.





सब हों निरोग भगवन धन धन्य के भण्डारी॥

**Saba hon niroga bhagwana, Dhana dhaanya ke bhandaari.**

May all be healthy and possess all the good things of life.

सब भद्र भाव देखें सन्मार्ग के पथिक हों।

**Saba bhadra bhaava dekhen, Sanmaarga ke pathi hon.**

May all of us see goodness everywhere and all follow the path of virtue and righteousness.

दुखिया न कोई होवे सृष्टि में प्राण धारी॥

**Dukhiyaa na koi hove, Shrishti men praana dhaari.**

**Dukhiyaa na koi hove, Shrishti men praana dhaari.**

May all your creation be happy and no one be miserable.

## ***Shaanti Paathh***

Prayers for peace

There are three kinds of suffering in the world: Suffering by natural calamities (fire, floods earthquake etc), Physical suffering (pain and illness of the body) and Spiritual suffering ( of the mind and soul - worry, hatred, jealousy, addictions etc.) We are praying to God to relieve us of all the three kinds of sufferings.

ओम् द्यौः शान्तिरन्त रिक्षगुम्

**Om dhauh shaantirantarikshagung** (May there be peace in Heaven)

शान्तिः पृथिवी

**Shaantihi prithiwee** (May there be peace on earth)

शान्तिरापः

**Shaanti raappaah** (May there be peace in the waters)

शान्ति रोषधयः

**Shaantir oshadhayaah** (May there be peace to the medicinal herbs)



शान्ति वनस्पतयः

**Shaantihi vanaspatayaah** (May there be peace to all the plants)

शान्तिर्विश्वे देवाः

**Shaantir vishvedevaah** (May there be peace unto all the Gods.)

शान्तिर्ब्रह्म

**Shaantir brahmaa** (May there be peace Unto Brahmaa)

शान्तिः सर्वं

**Shaantihi sarvam** (May there be peace unto all)

शान्तिः शान्तिरेव

**Shaantihi shaanti revaa** (Peace pervades everywhere)

शान्तिः सामा शान्तिरेधि।

**Shaantihi saa maa, Shaanti redhi** (May that peace come to me)

शान्तिः शान्तिः शान्तिः

**Hari om shaanti, shaanti, shaanti** (Unto all these be Peace, Peace, Peace.)



# HINDU CATECHISM

Questions and Answers on Hinduism

Set of questions and answers on Hinduism are given below. Every Hindu should know these and children must be encouraged to memorise them.

## **What is religion (Dharma)?**

Religion is the path that helps one to lead a noble life. It takes us closer to God.

## **How old is Hindu Dharma (religion)?**

It is the oldest religion in the world. It was the first religion of man.

## **Who founded the Hindu religion?**

Hindu religion was not founded by any prophet or person. The source of Hindu Dharma is the Veda, our principle scripture. Saints and rishis, and men of learning explained the teachings of the Veda in other religious books.

## **What is the meaning of the word 'Hindu'?**

The word 'Hindu' was originated from the word 'Sindhu' (indus). Sindhu is a river in India. The people who had lived along the banks of river Sindhu were called Hindu. Thus our religion came to be known as the 'Hindu Dharma'.

## **What was the original name of Hindu Dharma?**

At first it was simply called 'Dharma'. Since its teachings are based on the Vedas it is called the 'Vedic Dharma'. Its teachings are eternal so it is called the 'Sanatan Dharma'.

## **What are the Vedas?**

Vedas are devine revelations? The word Veda means 'Knowledge'.



### **To whom was the knowledge of the Vedas revealed or first made known?**

The Vedas were revealed to rishis who were in deep meditation. These rishis were absolutely pious and they possessed the purest qualities.

### **What are the scriptures of the Hindus?**

(a) The scriptures of the Hindu are the four VEDAS. The primary scriptures are:

- 1) Rig Veda
- 2) Yajur Veda
- 3) Sama Veda
- 4) Atharva Veda

(b) There are other religious scriptures based on the teachings of the Vedas. The most important ones are:

- 1) Upanishads
- 2) Bhagavad Gita
- 3) Ramayana
- 4) Mahabharata
- 5) Tirukkural
- 6) Manusmriti

### **What are the main principles of Hinduism?**

The main principles of Hinduism begin with the letter 'P'. There are five in number:

- 1) Parameshwar (God)
- 2) Prarthana (Prayer)
- 3) Punarjanma (Rebirth)
- 4) Purushartha (Law of Action)
- 5) Prani Daya (Love for all creatures)

### **Who is God?**

God is that Conscious Supreme Being Who controls the whole universe. He is ONE but is given many names to describe his qualities and actions.



### **What are the three principal qualities of God?**

The three principal qualities of God are?

- 1) Omnipresent (present everywhere)
- 2) Omniscient (all-knowing)
- 3) Omnipotence (all-powerful)

### **What is the principal name of God?**

The principal name of God is 'AUM'. The three letters, A, U, M denote his principal duties: Creation, Preservation and Dissolution.

### **What is soul?**

Soul is a conscious being. It enters a body to perform worldly actions.

### **What is matter?**

Matter is the smallest particle of atom. The universe that we see around us is made up matter. Matter is without life.

### **What is the main mantra (verse) or prayer of Hindus?**

The 'Gayatri Mantra' which is given below with its meaning:

Om Bhur bhuvah swah Tatsavitur varenyam,  
Bhargo devasya dhimahi Dhiyo yo nah prachodayat.

"O God the Giver of life, Remover of pains and sorrows, Bestower of happiness, and Creator of the universe. Thou art most luminous, pure and adorable. We meditate on Thee. May Thou inspire and guide our intellect in the right direction."

### **What is Havan?**

The offering of ghee (butter) and scented substances (samagri) into the fire during prayer to God is called yagna or havan. It purifies the germ-laden air. It helps in spiritual upliftment or God realisation.

How many religious ceremonies do the Hindus have?

The sixteen ceremonies and they are performed for the physical, mental and spiritual development of man.



### **What is Punarjanma or Rebirth?**

It is the re-entry of the soul into another body. The soul of a person does not cease to exist after his death. It is immortal.

### **What is Purushartha?**

Purushartha is the Law of Action. We receive the fruit (punishment or reward) of our reactions according to our deeds. The giver of this fruit is God.

### **What is the meaning of Prani Daya or Love for all creatures?**

The Hindus believe that in all living creatures, big or small there is a soul. Therefore we must not kill any creature or cause pain to them. This is non-violence (ahimsa) Prani Daya - love for all creatures.

### **What is Yoga?**

Yoga is establishing contact with God during meditation. The word yoga means to join or to bring together.

### **What is Vedanta?**

The knowledge of Brahma (God) is called Vedanta. The Vedas contain many branches of knowledge dealing with different subjects. The section dealing with the knowledge of God - Brahma is called the Vedanta.

### **What are ASHRAMS?**

Ashrams are the four stages in life of a person. They are:

- 1) BRAHMACHARYA: The stage of education and preparation for future life
- 2) GRAHASTHA: Householder's life
- 3) VANAPRASTHA: Old age when one retires from family life and serves the people
- 4) SANNYASTHA: In this stage, one spends one's time in meditation and imparts knowledge for the good of all.



### **What are the VARNAS?**

Men and women are grouped into four classes (varnas) according to their innate qualities, actions and habits. They are:

- 1) BRAHMANA: One who concentrates to realize Brahma, imparts knowledge to others and engages himself in religious work
- 2) KSHATRIYA: The ruling class, soldiers
- 3) VAISHYA: A trader, industrialist, farmer
- 4) SHUDRA: Labourer and menial worker

### **Are these varnas regarded as high or low or superior or inferior?**

No, because one varna is dependent on another. Just as the head, the chest the arms, etc help to make up the whole body, similarly, these four varnas make up the human society.

### **Name some great saints and men who have been torch bearers of Hinduism?**

Some of them are: Rama, Krishna, Gautama Buddha, Tiruvalluvar, Shankaracharya, Tulsidas, Guru Nanak, Rishi Dayanand, Mahatma Gandhi.

### **What are the most important festivals of the Hindus?**

Deepavali is the most important. Some of the other important ones are:

- 1) Pongal (Sankranti)
- 2) Maha Shivratri
- 3) Holi
- 4) Ram Navami
- 5) Raksha Bandhan
- 6) Krishna Ashtami
- 7) Vijaya Dashmi-Dashera

### **Who created God?**

Nobody. God is the creator of all things. There is no creator of this Great creator. He is the Supreme Being.



### **But if nobody created God, how did He come to exist?**

He did not come to exist. He exists. There was no time when He was not. There will be no time when He will not be. He is eternal that is beginningless and endless. He is never born (Aja or Ajanma). He never dies (Amara).

### **Why should we worship God?**

His worship creates in us an appreciation for His qualities and a love for Him. The more we love Him the more we try to be like Him. Prayer purifies our mind of all the undesirable passions and helps us in our spiritual advancements.

### **If we worship God, will He forgive our past or future sins?**

No, God's laws are immutable. Even He cannot override them. Nor we ought to persuade Him to do so. Prayer will prevent us from committing sins. But a true devotee will gladly submit to the punishment for the sins committed.

### **What is Heaven? What is Hell?**

Heaven and Hell are not geographical or spacial places. They are conditions of a soul. If the soul is in a good and prosperous life, it is in Heaven, otherwise in Hell.

### **What is Moksha, Mukti, or salvation?**

It is a condition in which the soul gets its highest stage of development or evolution. Then it is released from birth cycle.

### **What should we eat?**

Our diet should fulfill the following requirements:

- 1) It should be conducive to health
- 2) It should not in any way be injurious to our mind or body as wine or tobacco
- 3) It should not be procured by unfair means for example theft, fraud, robbery or bribery.
- 4) It should not cause pain to any living being. Fish, fowl, meat or eggs should be avoided, as they cannot be produced without giving pain to others.





### **Should we drink wine?**

Never. It muddles the brain and leads to other vices.

### **Should we smoke?**

No. It leads to diseases such as cancer and does harm to the brain.

## **HINDU WORSHIP WORSHIP OR UPASANA**

Worship is the expression of devotion, reverence and love to the Lord, of keen yearning to be united with Him and of spiritual thirsting to hold conscious communion with Him. The devotee prays to the Lord for granting Him intense devotion and removing the veil of ignorance. He pines for His benign grace. He constantly remembers His Name. He repeats His Mantra. He sings His praise. He does Kirtana. He hears and recites His Lilas. He lives in His Dhama in the company of His devotees. He meditates on His form, His nature, His attributes and His Lilas. He visualizes the form of the Lord with closed eyes and enjoys supreme peace and bliss.

Worship is the effort on the part of the Upasaka, i.e., he who does Upasana or worship, to reach the proximity or presence of God or the Supreme Self. Upasana literally means sitting near God. Upasana is approaching the chosen ideal or object of worship by meditating on it in accordance with the teachings of the Sastras and the Guru and dwelling steadily in the current of that one thought, like a thread of oil poured from one vessel to another (Tailadharavat). It consists of all those observances and practices, physical and mental, by which the aspirant or Jijnasu makes a steady progress in the realm of spirituality and eventually realises in himself - in his own heart - the presence of Godhead.



## BENEFITS OF WORSHIP

Worship of the Lord purifies the heart, generates harmonious vibrations, steadies the mind, purifies and ennobles the emotions, harmonises the five sheaths, and eventually leads to communion, fellowship or God-realisation.

Upasana helps the devotee to sit near the Lord or to commune with Him. It fills the mind with Suddha Bhava and Prema or pure love for the Lord. It gradually transmutes man into a divine being.

Upasana changes the mental substance, destroys Rajas and Tamas and fills the mind with Sattva or purity. Upasana destroys Vasanas, Trishnas, egoism, lust, hatred, anger, etc. Upasana turns the mind inward and induces Antarmukha Vritti. It eventually brings the devotee face to face with the Lord, frees the devotee from the wheel of births and deaths, and confers on him immortality and freedom.

The mind becomes that on which it meditates in accordance with the analogy of the wasp and the caterpillar (Bhramara-Kitaka Nyaya). Just as you think, so you become. This is the immutable psychological law. There is a mysterious or inscrutable power (Achintya Sakti) in Upasana which makes the meditator and the meditated identical.

You will find in the Bhagavad-Gita: "But by devotion to Me alone, I may thus be perceived, O Arjuna; and known and seen in essence and entered, O Parantapa" (Ch. XI, 54).

Patanjali Maharshi emphasizes in various places, in his Raja Yoga Sutras, on the importance of Upasana. For even a Raja Yogi, Upasana is necessary. He has his own Ishta Devata or guiding Deity - Yogesvara Krishna or Lord Siva. Self-surrender to God is an Anga (limb) of Raja Yoga and Kriya Yoga. Patanjali says: "One can enter into Samadhi through Upasana."



Of all those things which are conducive to spiritual advancement, Adhyatmic uplift and the and the acquisition of Dharma, Upasana is one which is not only indispensably requisite, but eminently beneficial to all classes and grades of people. It is easy too.

Eating, drinking, sleeping, fear, copulation, etc., are common in brutes and human beings, but that which makes one a real man or a God-man is the religious consciousness. He who leads a mere outward sensual life without doing any Upasana in an animal only, though he wears outwardly the form of a human being.

## **SAGUNA-UPASANA AND NIRGUNA-UPASANA**

Upasana is of two kinds, Pratika-Upasana and Nirguna-Upasana. Pratika means a symbol. Pratika-Upasana is Saguna-Upasana. is Nirguna-Upasana or meditation on the formless and attributeless Akshara or transcendental Brahman. Meditation on idols, Saligrama, pictures of Lord Rama, Lord Krishna, Lord Siva, Gayatri Devi, etc., is Pratika-Upasana. The blue expansive sky, all-pervading ether, all-pervading light of the sun, etc., are also Pratikas for abstract meditation. Saguna-Upasana is concrete meditation. Nirguna-Upasana is abstract meditation.

Hearing of the Lilas of the Lord Kirtana or singing His Names, constant remembrance of the Lord (Smarana), service of His feet, offering flowers, prostration, prayer, chanting of Mantra, self-surrender, service of Bhagavatas, service of humanity and country with Narayana-Bhava, etc., constitute Saguna-Upasana.

Chanting of Om with Atma-Bhava, service of humanity and country with Atma-Bhava, mental Japa of Om with Atman or Brahma Bhava, meditation on Soham or Sivoham or on the Mahavakyas such as Aham Brahma Asmi or Tat Tvam Asi after sublating the illusory vehicles through 'Neti, Neti' doctrine, constitute Nirguna-Upasana.

Saguna-Upasana is Bhakti Yoga or the Yoga of Devotion. Nirguna-Upasana is Jnana Yoga or the Yoga of Knowledge. Worshippers of the Saguna (the qualified) Brahman and of Nirguna (the unqualified)



Brahman reach the same goal. But, the latter path is very hard, because the aspirant has to give up attachment to the body (Dehabhimana) from the very beginning of his spiritual practice. The Akshara or the Imperishable is very hard to reach for those who are attached to their bodies. Further, it is extremely difficult to fix the mind on the formless and attributeless Brahman. Contemplation on the Akshara or Nirguna Brahman demands a very sharp, one-pointed and subtle intellect.



## OUR FESTIVALS

**Mahashivratri:** It is a day to ponder of qualities like selflessness, simplicity of living, meditation, generosity and richness of thoughts, contentment and indifference (vairagya). Lord Shiva truly represents all these qualities. If only humans were to truly realise that everything around us is destructable, most of the unhappiness emerging from materialistic race would come to an end. Structure of society would be totally different. Lord Vishnu the protector of the Universe himself has worshipped Lord Shiva on this day with lotuses in the tranquillity of midnight. It is a tradition to observe fast and worship Lord Shiva with 'Abishek' while contemplating on his qualities.

**Holi:** It means, "setting fire". After the dusk fire, is lighted like bonfire in the presence of everybody while newly born children and newly wed couples go round this fire hoping that evil effects wouldn't touch them like Prahlad - son of an anti-God demon called Hriyankashapu and nephew of evil aunt called Holika who wished to burn him to ashes in conspiracy with her brother, to prevent Prahlad from worshipping Lord Vishnu - the protector of the Universe.

But as happens always, truth and utter devotion to God prevails. Prahlad came out and unaffected. Holika was turned to ashes even though she had a boon from Lord Agni. But she tried to use it for evil purposes. In a celebration of the prevailance of right over wrong, next day is celebrated with folk dances and songs along with throwing colours at each other. Life also becomes colourful and cheerful once there is total surrender of self to Almighty - the other name of total truth and devotion in the Universe.

**Shri Ramnavmi:** The seventh incarnation of Lord Vishnu took birth on the ninth day of the first lunar fortnight of the charitra (6th lunar month according to Hindu calendar) as Lord Rama, born to King Dasharath and Queen Kayshalya. He portrayed himself as an ideal son, ideal pupil, ideal brother, ideal husband, ideal warrior, ideal King and besides all an ideal master and a friend. Norms in the Society at the time had deteriorated to its lowest. Everybody was taking life for granted. Lord Rama therefore set standards for people and showed by his own behaviour the right code of conduct. We therefore, know him as "Maryada Purshotam Rama" today.



No wonder why story of Rama - Ramayana - was seen with unique interest even today on television. We wouldn't have fulfilled our duty if we didn't celebrate birthday of Lord Rama who conquered very learned demon King Ravana of Lanka and once again established reign of Dharma - righteousness.

**Shri Krishna Janmashtami:** Lord Krishna was born on this day to Vasudev and Devki as the eighth incarnation of Lord Vishnu but Nandbaba and Yashodaji of Vrindavan were his foster parents. Kansa - the tyrant King of Mathura had made living very difficult, so were other Kings like Jasarangh and Kalayavan etc. To re-establish law and order, confidence and peace and Dharma in the society, Lord Krishna right from his childhood started his mission. Though surrounded by all mortal dangers Lord Krishna came out with brilliant triumphs.

There have been any incarnations but Lord Krishna was unique and total (purna) in all respects. There was not a single aspect of human life where he did not provide a stirring and thought provoking solution of a problem. He was a staunch social reformer, very able politician, liberal democrat, messenger of Peace, protector of harassed, sincere impartial friend, selfless leader and above all, top most preacher of the spiritual knowledge. So far, no one has placed before the world such a concise, unambiguous yet the cream nectar of all the spiritual knowledge as "Bhagvad Gita" easily intelligible for a Commoner. He has promised that the highest goal of God realisation can be achieved through any one of the divine paths - 'Bhakti' (devotion), Karma (action) or Gnana (knowledge) leading to Parmatman. Who wouldn't bow their head to such a universal Guru and wouldn't feel totally fulfilled in celebrating Lord Krishna's birthday? (Krishnam Vande Jagat Gurum).

**Ganesh-Chaturchi:** This day comes sometime in September. According to the Hindu calendar it is the 4th day in pre-full moon days in Bhadrapad the eleventh month. We all know Lord Ganesh is worshipped at the beginning of any religious ceremony - let it be for engagement, marriage, entering the house or even Pran-Prahistha. He is known to be the son of Lord Shiva and Maa Parvati (the union of Parmatma with Shakti - maya - Prakriti - results in Maha Siddha Yogi). The mythological story about the form of Lord Ganesh in 'purana' is only to signify (a) the importance of animals in our cultural life (b) the supreme qualities of the leader of masses. Gana = masses, Ish = Chief or Leader i.e. Ganesh.



Big head like elephant, i.e. he is the most intelligent of all. Small eyes - minutely observant. Big belly - stores everybody's secrets, big broad ears - listens from all directions, small legs - takes every step slowly and with understanding. Like elephant, looks indifferent - only that who has absorbed philosophy can be in such a state of tranquillity. How can we ignore to remember Ganeshji, the inspirer of these topmost qualities in our lives?

**Shraadha fortnight:** The homage is paid to our ancestors, through whom we exist, live and prosper, during these 15 days. It is our indebtedness towards them who have lived for us through us. We have to pray and pay homage to our elders on the day they left bodies to live in another world or heaven.

**Karwa Chauth:** The married women observe fast and keep awake for the whole night on this day for the well-being and all round welfare of their husbands. They also give presents to their mother-in-laws. This only brings out clearly how devoted are the ladies of our Society. Women have always provided examples of self-sacrifice, selflessness and total merger of the self as wives and mothers. Who can deny the rich heritage of our culture? Predominantly this is the festival of North India.

**Navratri:** These nine days are celebrated for the worship of supreme power - Shakti - Amba maa or Durga Maa - predominantly in East and West India. Folk dances and stick dances are arranged during these days. Mythological story narrates, there was a powerful demon King Mahishasur who terrorised everyone including deities like Indra, Varuna, Agni and hermits. It wasn't possible for any one God or Lord Vishnu to punish that demon. All these Gods - Brahma, Vishnu, Makesh, Indra, Varuna etc hence put their own super powers together to create a supreme power - Shakti to fight and conquer this demon. Fierce form of this Shakti known as Durga Maa killed the demon after nine days of terrible fight. Peaceful form of this Shakti was known as Amba Maa. The tenth day is known as Vijaya dashami. It also shows the importance of a feminine role in the history of our cultural heritage.

**Vijaya Dashmi:** The celebration on this day has a special significance as it is related to many events which resulted in brilliant successes in past (a) Durga Maa slayed Mahishasur on this day (b) Lord Rama set off on this day to liberate Sitaji from the clutches of demon Ravana (c) King Raghu gave ultimatum to Kubera the treasurer of Deva who became a



hoarder of wealth (d) Shivaji the protector of Hindu culture and Kingdom also set out against Aurangzeb the muslim emperor. Besides, this is considered to be a very auspicious day for entering new house or embarking upon any new project. It is a day for everyone to march against our own inner enemies like laziness, disorganisation, greed etc.

**Diwali** This is the festival of lights and firecrackers. The first day of the festive season is Dhanteras. Dhan = wealth, Teras = thirteen day of the dark lunar half of the month. In some parts of India particularly western India, Laxmi pooja is performed on this day.

2nd day or the fourteenth day known as Narak Chaturdashi is a day of Kali-pooja or a day of womens liberation. Lord Krishna, at the inspiration of his wife Satyabhama attacked demon Narakasura who had captured many women for his pleasure. Lord Krishna killed him and liberated those women and gave them a status of wives to resettle them in the Society.

In northern India it is a day of rejoicing due to return of Lord Shri Rama to Ayodhya after staying in the woods for 14 years and slaying Ravana, thus liberating Sitaji and also the society from tyrannical and immoral life. The business community closes old books of accounts and gets new books ready for New Year. A pooja ritual is performed on this day on new books. It signifies a more introspective aspect of an individual. It is a day of taking account of our immoral actions; sins and bitter relationships developed during the year and willfully set them right in the New Year. Lighting of the "Deep" (candles) symbolizes the illumination of the light of true knowledge within, enabling us to lead a more pious and religious life with love, faith and enthusiasm, leaving behind vengeance, false pride and jealousy.

Thus we would have really celebrated our festivals with throbbing richness of our cultural heritage only if we would stop to think for a few moments about their meaningfulness and the actual role they play in our socio-religious life. We would then be able to pay a real tribute to our ancestors who rightly and skillfully designed those festivals for our children and us.





**New Year's Day:** This is the first day of the Hindu calendar after the name of King Vikram. It was on this day that Lord Waman - the 5th incarnation of Lord Vishnu liberated the "Prithvi Mata" from the reign of all-powerful King Bali. But in the reality, the King had made the other three classes of society very weak and dependent. Lord Waman brought in revolutionary consciousness thereby restored the fragmented weak society up to its self-respect and dutifulness. On the same Lord Krishna also challenged the people's acceptance of worshipping the proud autocratic leaders and he gave leadership to deserving personality. He started Govardhan Pooja in Vrindavan by stopping Indra Pooja, who had become proud and at times threatened the welfare of the people.

It is also a day for us to take new and fruitful oaths getting rid of old dogmas - a day of establishing new relationships and fresh starts in life developing and strengthening bonds of brotherhood and love.

**Bhai-Duj:** Traditionally all the sisters invite their brothers for a meal. It is a day of reunion of brothers and married sisters living apart and also a day of prayer for brothers for a long, healthy, active and sacred life. It is in a subtle way, reminder, for the men, of emotionally pious bonds of love and duty to protect the women folk of the society. Raksha Bandhan is another of a kind where sister binds the brother with a thread of love and a shield of protection against any evil coming to the brother. In return the brother gives a small token or gift to the sister indicating that he is prepared to sacrifice anything for the sake of her protection. All the sisters are thus protected by the brotherly sentiments in the society, by this pious relationship.

**Makar-Sankranti:** Geographically the sun starts moving towards tropic of Capricorn. It is the time when men and women are in tune with nature shifting towards cheerfulness. It is 14th January everytime. On this day "Tilgud" (sesame seeds and brown sweet sugar) are distributed among friends and neighbours signifying sweetness of speech and behaviour along with warmth, tenderness and strength through unity. At a more subtle level, it is a day for our intellectual migration towards a brighter life of the society shedding the old ideas in favour of progress.



## **SIXTEEN SANSKARAS (Sacraments)**

### **(i) Meaning of Sanskara (Sacrament)**

What is sanaskara? Sanskara means the act of purifying, reforming or bringing out refinement. Every person wishes to see that his child grows up to be a person who is cultured and of good character. The religious ceremonies that are intended to ensure that the individual follows the path of righteousness in life are called sanskaras. There are sixteen sanskaras.

Sanskara also means the act of making an impression that would determine the future quality of life. The influence of the environment and associations affect the character of the child. Good influences are conducive to right living while undesirable influences have an adverse effect on character. The sixteen sanskaras are intended to ennoble the life of an individual and prevent him from joining undesirable company, and influence him to become a useful citizen.

### **(ii) Importance of Sanskaras**

When one wants a comfortable chair one does not nail together pieces of rough and badly shaped wood from the forest. The rough wood is cut, stripped, rounded, smoothed, polished and made into an attractive article of furniture for the house.

We sweep and polish and dust our homes. We wash and keep our clothes clean. We are not happy if our home and clothes are not clean.

We also keep our body clean by taking our daily bath. Thus it becomes a part of our nature to keep ourselves clean for we know that if we don't do this, the body will emit unpleasant odours and it will invite disease-carrying germs. We will thereby bring harm to ourselves. We are therefore mindful of keeping our home, our clothes and our body clean.

External cleanliness forms only a part of one's life but purity of mind, intellect and the atma (soul) are more important. The mind must show an eagerness to seek the truth; one's heart must become kind and liberal; the intellect must be characterized by purity; and the soul must be free of all sins. In this way human life can be raised to a nobler place.



For the achievement of the higher ideal of purity of the mind, intellect and soul, the rishis have formulated a system of religious ceremonies known as sanskaras. There are sixteen of them. The initial sanskara marks the beginning of life and the final sanskara is performed at the time of death. The sanskaras are meant to invoke the blessings of God to make the individual an embodiment of truth and goodness. The sanskaras form a system of elevated status of a truly noble person.

## THE SIXTEEN SANSKARAS

### 1. Garbhadana

This sanskara follows the wedding ceremony when the couple decide to be blessed with a child. In this sanskara they pray for a healthy and noble child.

### 2. Punsavana

Three months after conception, the Punsavana sanskara is performed. The parents pray for the grace of God to ensure the sound development of the child in its embryo stage.

### 3. Simantonnayana

This sanskara is performed at the end of the sixth or eighth month after conception for the full developments of the organs.

### 4. Jatakarma

On the day of birth the child is welcomed into the world with the Jatakarma sanskara.

### 5. Namakaran

On the eleventh day after birth the Namakaran sanskara is performed and the child is given a name. The name chosen is intended to be a source of inspiration in the life of the individual.



## **6. Nishkramana**

After the fourth month the Nishkramana sanskara is performed and the child is taken out in the open air for its acquaintance with nature. The child is exposed to the health-giving rays of the sun and there is a prayer for long life. From now onwards, the child would be nurtured in the lap of nature.

## **7. Annaprashana**

The time for this sanskara is when the teeth begin to appear between the sixth and eighth month. It is at this stage that the child is introduced to solid food.

## **8. Choodakarma**

From the first to the third year is the period for this sanskara, when all the hair from the child's head is removed for the first time. At this time there is a prayer for good health and sound mental development.

## **9. Karnavedha**

When the child is three years of age, this sanskara is performed by piercing the lower lobes of his ears, and a prayer is said for the child's physical well-being.

## **10. Upanayana**

This sanskara is performed any time from the age of five to eight years. Upanayana means getting closer to someone. With this sanskara, the child is placed in the care of the guru (teacher). It is given yajnopavit (sacred thread), which consists of three separate strands. The sacred thread symbolizes the vow of the child to follow a path of life as laid down by the scriptures. Brahmacharya, or celibacy, is of prime importance in the life of a student. He has to exercise self-restraint and abstain from all forms of indulgence. The formal education commences immediately after this sanskara. The three strands of the sacred thread represent the three letters of AUM. They also denote the three disciplines of life, namely, knowledge, action and devotion. The student adopts a rigorous code of conduct for the attainment of life that is virtuous and noble.



## **11. Vedarambha**

Immediately after the Upanayana the Vedarambha sanskara is performed. At this stage he commences with the study of spiritual knowledge as contained in the Vedas and Shastras. All the branches of knowledge including science become his field of interest and study. In this way he prepares to seek progress in the material world while at the same time strengthening his spiritual life. The teacher explains to him the Gayatri Mantra and its significance. The student fervently prays for the attainment of a sound intellect.

## **12. Samavartana**

This sanskara is performed between the twenty-first and twenty-fifth year, when the student has completed his studies. The guru confers the appropriate degree on him. The graduate of the Gurukul is then on threshold of a new life of self-reliance and independence. Henceforth he participates fully in the social and the economic life of the community.

## **13. Vivaha (marriage)**

After having completed the stage of Brahmacharya, the student may decide to marry and move to the next stage in life, which is that of the householder (Grihastha ashrama). It is at this time that the Vivaha sanskara is performed. The male is expected to be about twenty-five years of age while the female should have attained the age of sixteen years. Two individuals who had lived who had lived independently now form a life-long companionship. It becomes a life of unity based on perfect harmony. After marriage when children are born of them the continuity of the family tree is maintained.

## **14. Vanaprastha**

This sanskara marks the completion of the Grihastha ashrama at the age of fifty-one years and the commencement of the Vanaprastha ashrama. A person renounces all occupations from which personal benefits accrue. He hands over all his family responsibilities to his son and thus makes way for the succeeding generation. He is then free to follow a life of austerity and meditation. There is no limit, however, to the actions he may perform in the service of mankind.



## 15. Sannyasa

Although the holy order of a Sannyasa is taken at the age of seventy-five years, a person could enter the Sannyasa ashrama whenever his self-discipline and spirituality enable him to renounce all worldly attachments. At the time of the sanskara, he renounces his wealth, family ties and desire for fame. The saffron robe of a sannyasi is a symbol of a life of austerity. He does not belong any more to a particular family or community and he has no fixed abode. His outlook becomes completely universal.

## 16. Antyeshti

When a person dies his body is cremated. This takes the form of the Antyeshti sanskara. The soul is immortal. When the body is consumed by the fire, the five elements, namely, earth, water, fire, air and ether once more become a part of nature. The prayers that are recited are for the peace of the departed soul and for the comfort of the members of the bereaved family. Cremation is the best way for the disposal of the dead body.

## SOME RULES TO HELP YOU BE GOOD

1. Always be truthful. Truth is always victorious.
2. Always be happy.
3. Be patient in your bad times. Always face your troubles with courage and tolerance.
4. Do all your work diligently, carefully and enthusiastically. A diligent person can overcome any problems and never lose his cool. A careful person always produces good work and an enthusiastic person derives enjoyment from his work.
5. Be humble. Never boast.
6. Be just. Never be unfair to others.
7. Be generous in your appreciation of others. If others do good work, show your appreciation by sincere praise.
8. Don't lose temper. Do not become excited and angry. Try to control your anger.
9. Obey all the rules regarding your family, school, elders, officers, village, city, country and Nation. Never neglect or break rules.



10. Accept success or failure in your work. Do not become vain with your success or depressed with your failure. If you succeed, there is always room for improvement. If you fail, there is always scope to work hard and succeed.
11. Be polite. Always show good manners and conduct yourself with dignity wherever you are. Never be abrupt or rude to anybody.
12. Never waste words. Always speak politely, briefly and with understanding. Always speak to the point.
13. Always be compassionate. Don't do any good if you cannot, but never hurt anyone. Always stand by a person who is facing tough times and help him/her.
14. Everyone can accomplish easy tasks. Always aspire to do difficult tasks and attain higher goals in life.
15. Instead of doing work for enjoyment, try to learn to get enjoyment from any kind of work.
16. Think of the result before doing any deed. If it is a good deed, don't delay.
17. When taking your meals, always pray and thank God for giving you food to eat. Take your meals as 'prasad' as a gift of God.
18. Always take nutritious and simple food so that you have a healthy body with which to do good deeds and service to others.
19. Always do good deed during day so you can sleep without any guilt at night. When you sleep, say your prayers and think of your day, think of what you have done, think of your mistakes and learn from your mistakes.
20. When you get up in the morning, bow to your parents and elders, say your prayers and begin your day.
21. God is omnipresent. You can't do anything without His knowledge. So whatever you do, keep Him with you, let Him be a witness to all your deeds. He will help you to keep on the path of righteousness.





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## TAKE TIME

Take time to THINK .....It is the source of POWER  
Take time to PLAY .....It is the source of perpetual YOUTH  
Take time to READ .....It is the fountain of WISDOM  
Take time to PRAY .....It is the greatest POWER on earth  
Take time to LOVE and be loved .....It is a God-given PRIVILEGE  
Take time to be FRIENDLY .....It is the road to HAPPINESS  
Take time to LAUGH .....It is the MUSIC of the Soul  
Take time to Give .....It is too short a day to be SELFISH  
Take time to WORK .....It is the price of SUCCESS

