

•~ KIRTAN ~•

Sivananda Chant Book



WHICH CHANT ON WHICH DAY?

Sunday	Rāma
Monday	Śiva
Tuesday	Subrahmanya / Ganesha
Wednesday	Krishna
Thursday	Guru
Friday	Devi
Saturday	Hanuman

SATSANG: SEQUENCE OF THE CHANTS

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Om Hrim Mahālakshmyai Namaha
Om Aim Saraswatyai Swahah
Om Namo Bhagavate Sivanandaya
Om Namo Bhagavate Vishnudevanandaya
Sri Rāma Rāma Rāmethi Rāme Rāme Manorame
Sahasranāma Tattulyam Rāmanāma Varānane

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FOREWORD

Mantra Chanting (Kirtan) is supposed to be the easiest and most joyful technique towards God Realization. Our Masters Swami Sivananda and Swami Vishnudevananda always emphasized the need of a synthesis of all Yoga practices: Asana (Postures) and Pranayama (breathing exercises), relaxation and proper diet for the development of the physical body and the awakening of the energies. Selfless service to remove egoism. Mantra chanting and worship for the sublimation of emotion into devotion and selfless love. Study of the scriptures and introspection for the transcending of the intellect, and meditation to go deeply within and come to the true nature of our being: the Self, God, the Truth.

This Chant Book is intended to assist you in the Mantra Chanting. You will find the text of most of the Kirtans that are chanted in the Sivananda Yoga Centers. We have also included some illustrations, pictures, explanations, translations, a fairly detailed Table of Contents as well as an Index with all the chants in alphabetical order at the end of the book.

The Sivananda Yoga Centers have already edited numerous versions of the Sivananda Chant book, sometimes smaller, sometimes bigger. We have to compromise between including everything, and still keeping it compact, handy and affordable for all.

Mantra Chanting is the most joyful if done in a group. But of course Kirtan is uplifting also if done alone in your meditation room, while you are working, driving, walking etc. If you want the notes for the chants, please contact our Headquarters in Val Morin, Canada for the Chant Book with notes. There is also a cassette "Mantra Chanting with Swami Vishnudevananda" available in all Sivananda Yoga Centers. We also recommend the cassettes "Satsang with Swami Sivananda" for chants with the original voice with Master Sivananda as well as the numerous cassettes made by Hari in our center in Wilton Manors (Fort Lauderdale).

For more detailed explanations about Mantras, Kirtan and Yoga in general we recommend "Meditation and Mantras" by Swami Vishnudevananda, "Bhakti Yoga", "Japa Yoga" and "Bliss Divine" by Swami Sivnanda. Most explanations in this chant book come from these sources.

We hope you enjoy the chanting as much as we do. If you have any suggestions and comments please contact the Los Angeles Center. You will find all addresses of Centers and Ashrams at the end of this Chant Book.

Yours in the service of our most revered Master Swami Sivananda and our beloved teacher Swami Vishnudevananda.

Your Sivananda Yoga Vedanta Centers

INTRODUCTION TO KIRTAN

EXCERPTS FROM BHAKTI YOGA BY SWAMI SIVANANDA

Mind is a peculiar combination of various moods, temperaments, whims and fancies, a strange mixture of various sentiments, emotions etc. Therefore the rishis of yore designed various methods to control the mind. One method they described is the path of bhakti, devotion or unselfish love. The innate nature of all beings is to love an external object. We cannot but love or cherish something in the heart. The Absolute alone exists. Love for external things is an unconscious internal urge to become unified with everything.

Bhakti yoga, love for love's sake, includes such practices as puja (ritual worship), hearing the stories of the Lord and especially kirtan (one of the nine modes of bhakti), is the easiest, surest and quickest means of God-realisation. One can realise God through kirtan alone. Kirtan is singing of God's name with devotion (Bhava), love (Prem) and faith (Shraddha). Singing about the Lord is usually known as bhajan in most parts of India. In sankirtan people join together and sing God's name collectively in a common place with accompaniment of musical instruments such as harmonium, cymbals, drums, etc.

The Sanskrit verb 'kritis' means praising. Such singing has a benign effect on both the physical and subtle bodies. It is an excellent method of soothing the nerves and directing the emotions to a positive goal. During kirtan a special spiritual power comes from the Indweller of your heart; it purifies the mind and the heart. Sattva flows from the Lord to your mind. Kirtan gives you strength to face the difficulties in the battle of life; it is a powerful mental tonic. There is a power in every word. Even as the name of a thing brings that object to mind, the name of God generates godconsciousness in the purified mind. It becomes the direct cause of the realisation of the highest perfection of God.

There is infinite shakti (power) in kirtan. It will remove all impurities from your mind. Vedantins say that there are three kinds of obstacles to Self-realisation - impurities, restlessness and ignorance. To remove them they prescribe selfless service, worship and meditation. Sankirtan alone can achieve all of these together. Kirtan removes the impurities of the mind, steadies it and checks its tendency to vacillate, and ultimately it tears the veil of ignorance and brings the sadhaka face to face with God. In this Kali Yuga (Iron age), Kirtan alone is the best yoga; it is the prescribed method of devotion. When the mind is intent on singing the Lord's names and glories, worries and stress are released. The devotee feels the presence of God and thins out his ego. The heart opens and purifies.

Kirtan is a very effective method of devotion for another reason. Humans are erotic beings by nature. We love and love; we cannot exist without loving. But most love is only passion, or is selfish; is not pure divine love. We crave sweet music. Music melts the heart of even the most stone-hearted person. If there is anything in this world which can change the heart of a person in a very quick time, it is music. This very method is made use of in kirtan bhakti, but it is directed towards God instead of towards sensual enjoyments. Human emotion is directed towards God, and our love for music is not destroyed. Music is Nada Yoga, the yoga of sound. The various musical notes vibrate in the subtle channels (nadis), purifies them and awakens the psychic and spiritual power dormant in them.

Kirtan opens the heart, fills the mind with purity, and generates harmony and Divine Love. The person who chants the name of God forgets the body and the world. The devotee enters into the super-conscious state by singing devotional music. The chanting of Kirtan, even mechanically done, produces many positive beneficial effects. When done with devotion and awareness, its benefits are immeasurable. Kirtan will enable you to realise the Infinite here and now. Kirtan will save you from delusion. Therefore sing the names of the Lord always.

DAILY CHANTS

Swami Sivananda emphasised the vital importance of supporting Yoga practices with the proper mental attitude (Bhava) Chanting (Kirtan) he himself strictly adhered to this principle. In the daily chants we invoke all the different aspects and functions of God, thus creating a strong feeling of devotion and a very pure vibration.

JAYA GANESHA

In devotional chanting several factors are important: (1) the correct pronunciation, (2) the devotional attitude and (3) awareness of the meaning.

Jaya Gaṇeśa Jaya Gaṇeśa Jaya Gaṇeśa Pāhimām

Sri Gaṇeśa Sri Gaṇeśa Sri Gaṇeśa Rakshamām

"Jaya", victory to Lord Ganeśa (the elephantheaded deity). Dear Ganeśa, Lord of Auspiciousness (Śrī), please save and protect us from all obstacles. "Pāhimām" means save me, and "Rakshamām" means protect me. Visualise an elephant moving through the jungle; he easily removes any obstacles which may block his path. Thus, on any venture, we ask the Lord to remove all obstacles on our path.

Śaravaṇabhava Śaravaṇabhava Śaravaṇabhava Pāhimām

Subrahmaṇya Subrahmaṇya Subrahmaṇya Rakshamām

Śaravaṇabhava (also known by the names Subrahmanya, Kārtikeya, Sanmukha and Murugan) is the leader of the army of the gods whose job it is to destroy all demons. Lord Śaravaṇabhava drives away all evil influences such as lust, anger, greed etc. He ensures victory in both inner and outer battle.

Jaya Sarasvatī Jaya Sarasvatī Jaya Sarasvatī Pāhimām

Sri Sarasvatī Sri Sarasvatī Sri Sarasvatī Rakshamām

Sarasvatī is the patroness of the arts and wisdom. Invoking her name bestows creativity, intelligence, a pure intellect, self-control and success in studies and scholarly projects. She is Brahmā's (the Lord of creation) consort and partakes in the creation of new ideas and things.

Jaya Guru Śiva Guru Hari Guru Rām

Jagad Guru Param Guru Sadguru Śyām

Om Ādi Guru Advaita Guru Ānanda Guru Om

Cid Guru Cidghana Guru Cinmaya Guru Om

Next, the Guru is saluted. We see him as the personification and transmitter of the teachings of God in the form of Śiva, (the auspicious), Hari, (Viṣṇu the preserver), and Rāma. He is the world (Jagad) teacher, the highest (Param) Guru, true (Sad) Guru and who is Kṛṣṇa (Śyāma).

He is beginningless (Cdi), the Guru of Oneness (Advaita = non-dual), the bestower of Bliss (Vnanda), Knowledge Absolute (Cid, Cidghana), and the one who is an embodiment of Pure Consciousness (Cinmaya).

Knowledge, in this case spiritual knowledge, is inherited, or passed on from the spiritual preceptor to the student, or from the Guru to the disciple. The Guru is an embodiment of God and all His divine qualities.

Haré Rāma Haré Rāma Rāma Rāma Haré Haré
Haré Kṛṣṇa Haré Kṛṣṇa Kṛṣṇa Kṛṣṇa Haré Haré

This is known as "Mahā Mantra" meaning "Great Mantra". Hari (Viṣṇu) in the forms of Rāma and Kṛṣṇa is repeatedly addressed. It is said to be the most powerful one in this Iron Age (Kali Yuga). It is for this reason that the mantra should always be sung in its entirety and not broken in any way. This mantra can be chanted to help bring about peace in the world. It also brings purity to the mind and the heart of the chanter.

Sadguru Nātha Sri Guru Nātha

Jaya Guru Nātha Sivananda

Sivananda Sivananda

Sivananda Sadguru Deva

Salutations to Master Sivananda.

Sadguru = The Guru who realised the truth.

Nātha = Master, Deva = Divine.

Vishnudevananda Vishnudevananda

Vishnudevananda Sri Guru Nātha

Salutations to Swāmī Vishnudevananda.

Haré Rāma Haré Rāma Rāma Rāma Haré Haré

Haré Kṛṣṇa Haré Kṛṣṇa Kṛṣṇa Kṛṣṇa Haré Haré

Om Namah Śivāya Om Namah Śivāya

Om Namah Śivāya Om Namah Śivāya

Prostrations to Lord Śiva.

Śiva is the Lord of ascetics and recluses. Śiva, the cosmic dancer, presides over the destructive energies which break up the universe at the end of each age. This is the process of the old making way for the new. In a more personal sense, it is Śiva's energy which destroys one's lower nature, making way for positive growth. He is part of the Hindu Trinity. Brahma and Viṣṇu, the other two parts, are associated with creation and preservation.

Om Namo Nārāyaṇāya Om Namo Nārāyaṇāya
 Om Namo Nārāyaṇāya Om Namo Nārāyaṇāya

Prostrations to Lord Viṣṇu.

Nārāyaṇa is a name of the preserver of the world. After the creation, it is the energy of Viṣṇu which maintains order in the universe. It is Viṣṇu who regularly takes on a human form and incarnates on earth to benefit mankind. It is through His grace that righteousness is able to prevail. Repetition of this mantra confers love, prosperity, power, glory and harmony. We often chant this mantra to bring more harmony and peace to the world.

Om Namo Bhagavate Vāsudevāya
 Om Namo Bhagavate Vāsudevāya

Prostrations to Lord Vāsudeva. Bhagavān means Lord, referring to Viṣṇu. Vāsudeva, meaning the son of Vasudeva, is a name of Kṛṣṇa. Kṛṣṇa is one of the most loved of all deities because he draws the hearts of all people towards him.

He is considered a world teacher, since he is the source of the Bhagavad Gītā, one of the classic yogic texts. People are drawn to Kṛṣṇa because of his simplicity, playfulness and joyful nature.

Om Namo Bhagavate Sivanandaya
 Om Namo Bhagavate Sadguru Nāthāya

Salutations to Master Sivananda. Salutations to our Divine Master, an embodiment of Truth.

Om Namo Bhagavate Vishnudevanandaya
 Om Namo Bhagavate Sri Guru Nāthāya

Salutations to Śwāmī Vishnudevananda.

Sri Rām Jaya Rām Jaya Jaya Rām Om
 Sri Rām Jaya Rām Jaya Jaya Rām Om

Salutations to Rāma, the seventh incarnation of Lord Viṣṇu, the incarnation of righteousness and divine conduct.

Āñjaneya Āñjaneya Āñjaneya Pāhimām
 Hanūmanta Hanūmanta Hanūmanta Rakshamām

Salutations to Hanūmān, who is also called Āñjaneya. He is the perfection of devotion. He is the greatest and most selfless devotee of Lord Rāma. He is considered to be a semi-deity, for he is the son of the wind-god. He symbolises energy, strength and courage.

Dattātreya Dattātreya Dattātreya Pāhimām
Dattaguru Dattaguru Dattaguru Rakshamām

Salutations to Dattātreya. Dattātreya is an incarnation of Brahmā, Viṣṇu and Śiva. He is one of the original Gurus of Advaita Vedānta.

Śaṅkarācārya Śaṅkarācārya Śaṅkarācārya Pāhimām
Advaita Guru Advaita Guru Advaita Guru Rakshamām

Śaṅkara, the great Master (Ācārya), was the great propagator of Kevala (unconditioned) Advaita (nondualistic) Vedānta, and the founder of the order of Daśanāmī Swāmīs, which our organisation follows.

Kṛṣṇam Vande Jagad Gurum Sri
Kṛṣṇam Vande Jagad Gurum Om

Again, Kṛṣṇa is addressed as the world (Jagad) teacher (Guru). Here we salute (Vande) Him and say "It is to Thee that we owe all knowledge".

Ānando'ham Ānando'ham Ānandaṁ Brahmānandam
I am bliss I am bliss bliss absolute bliss I am.

Om Namah Śivāya Om Namah Śivāya
Om Namah Śivāya Om Namah Śivāya
Prostrations to Lord Śiva (the auspicious).

ŚIVĀYA NAMAH OM (After Om Namah Śivāya)

Śivāya Namah Om Śivāya Namaha
Śivāya Namah Om Namah Śivāya
Śiva Śiva Śiva Śivaya Namah Om
Hara Hara Hara Hara Namah Śivāya
Samba Sadasiva Samba Sadasiva
Samba Sadasiva Samba Sivom Hara
Śiva Śiva Shankara Hara Hara Shankara
Jaya Jaya Shankara Namami Shankara
Bhum, Bhum, Bhum, Bhum
Namah Śivāya
Om Namah Śivāya Om Namah Śivāya,
Om Namah Śivāya Om Namah Śivāya

IS THERE NOT A NOBLER MISSION (*After Haré Rama*)

Is there not a nobler mission than eating, drinking and sleeping?
It is difficult to get a human birth,
therefore try your best to realise in this birth.
How can you expect real Shānti, if you waste your time
In cards and cinemas? In cards and novels?
In scandal backbiting? And idle gossiping?
When your throat is choked at the time of death
who will help you for your salvation?
Time sweeps away kings and barons
Where is Napoleon? Where is Nehru?
Time sweeps away presidents and vice presidents
Where is Gandhiji? Where is Kennedy?
Be up and doing Yogic Sadhana
you will attain immortality
Be up and doing japa and meditation
you will attain supreme peace
Be up and doing asana and pranayam
you will attain supreme health
Eat a little, Drink a little Talk a little, Sleep a little
Do Asanas a little, Pranayama a little
Do Japa a little, Meditate a little
have Satsang a little, read a little, sleep a little
Haré Rāma...



SWAMI VISHNUDEVANANDA'S FAVOURITE BHAJANS

Swamiji is the founder of the Sivananda Yoga Vedanta Centers in the West. He is our beloved teacher, who introduced us to the science of Yoga. He studied with Master Sivananda for 12 years. When leading Satsang, he usually chants the following two chants, dedicated to Krishna and to Master Sivananda. Swamiji often tells us that he is doing is due to the grace of God and Master Sivananda, and he only tries to be an instrument.

VANDE GURUDEV

Vande Gurudev Jaya Jaya Gurudev
Jaya Sri Gurudev Jaya Jaya Gurudev

Vande Gurudev Jaya Jaya Gurudev
Jaya Sri Gurudev Sivananda Gurudev

Vande Gurudev Vishnu Swami Gurudev
Jaya Sri Gurudev Vishnu Swami Gurude

YAMUNA THEERA VIHARI

Yamuna Theera Vihāri
Vrindavana Sanchari
Govardhana Giri Dhari
Gopālā Krishna Murāri

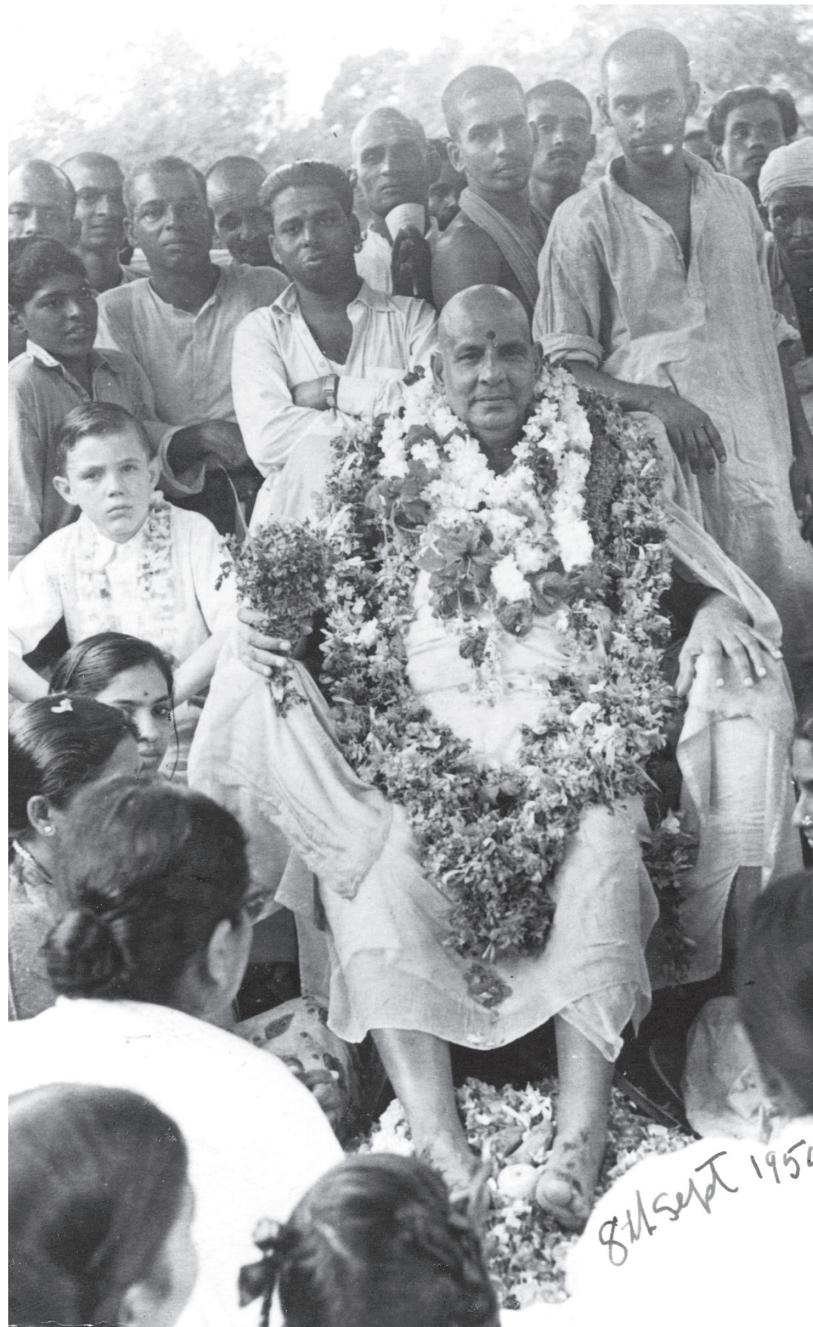
*I Who sports at the banks of Yamuna river Who moves in Vrindavan
Who lifted the Govardhana mountain He is Gopālā (protector of the cows),
Destroyer of demon Mura.*

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

*Rām is the son of Dasaratha. Rām is the destroyer of ten-headed Ravana.
Rām is the delight of Lord Śiva. Rām is the dispeller of all sins.*

Mani Maya Bhooshana Rām Rām
Manjula Bhashana Rām Rām
Rana Jai Bheeshana Rām Rām
Raghu Kula Bhooshana Rām Rām

*That Rām who is adorned with jewels That Rām whose speech is so
melodious victorious on the battlefield, who is a terror on the battlefield,
who is the crest jewel of the Raghu clan.*



SWAMI SIVANANDA'S CHANTS

Swami Sivananda lived 1887-1963. After a successful practice as a medical doctor, he renounced the world, practiced yoga and meditation intensely and attained God-Realization. He then dedicated his life to the awakening and guidance of spiritual seekers. He wrote more than 200 books. Especially inspiring are the songs he composed. When aspirants listened to his powerful voice, they felt a tremendous inner peace and strength. It is still Master's energy, love, and grace that guides us all.

CHIDĀNAND

Chidānand, Chidānand, Chidānanda Hoom
Har Hāl Me Almast Satchidānanda Hoom
Knowledge Bliss, Knowledge Bliss Bliss Absolute
In All Conditions I Am Knowledge Bliss Absolute

Ajarānand Amarānand Achalānanda Hoom
Har Hāl Me Almast Satchidānanda Hoom
I Am Without Old Age, Without Death, Without Motion
In All Conditions I Am Knowledge Bliss Absolute
I Am Without Fear, Without Worry
Bliss Absolute, Existence Absolute
Knowledge Absolute

Independent, Unchanging, Non-dual Ātman
Immortal Ātman, Advaita Ātman
Eternal, Pure, Perfect, Knowledge Absolute
Bliss Absolute, Existence Absolute

SERVE, LOVE, GIVE, PURIFY, MEDITATE, REALIZE

Serve, Love, Give, Purify, Meditate, Realize
Be Good, Do Good, Be Kind,
Be Compassionate
Adapt, Adjust, Accommodate
Bear Insult, Bear Injury, Highest Sādhanā
Bear Insult, Bear Injury, Highest Yoga
Enquire 'Who Am I ?'
Know Thy Self And Be Free
You Will Soon Attain Immortality
Om Tat Sat, Om Tat Sat, Om Tat Sat Om
Om Shānti, Om Peace, Om Shalom Om

SONG OF ARIDITY

Avidity, Cupidity, Stupidity
Audacity, Turbidity, Instability
Angularity, Eccentricity, Irritability
These are the obstacles to Samadhi
These are the impurities of the mind

SONG OF SALUTATION

Rāma Rāma Rāma Rāma Rāma Rāma Rāma Rāma Rāma
Shri Rāma Rāma Rāma Jai Jai Rāma
Rāma Rāma Rāma Rāma Rāma Rāma Sita Rāma

He who dwells in the heart of Bhaktas
He who destroyed Lanka Ravan
He who ate the fruit of Shabari
To Him I give my salutations

Rāma Rāma Rāma

He who dwells in Mount Kailas
He who is called Tripurari
He who drank the cup of poison
To Him I give my salutations

Rāma Rāma Rāma

He who dwells in the Holy Land,
He who is called Jesus the Christ
He who taught on the shores of Galilee,
To Him I give my salutations

Rāma Rāma Rāma

He who dwelt in Ananda Kutir
He who is Swami Sivananda
He who is our beloved Gurudev
To Him I give my salutations

Rāma Rāma Rāma

He to whom the whole world is His family
He who is called Swami Vishnu
He who works for the peace of humanity
To Him I give my salutations

SONG OF THE EIGHTEENITIES

Serenity, Regularity, Absence of Vanity
Sincerity, Simplicity, Veracity
Equanimity, Fixity, Non-irritability
Adaptability, Humility, Tenacity
Integrity, Nobility, Magnanimity
Charity, Generosity, Purity.

Practise daily these eighteenities
You will soon attain Immortality
You'll abide in Eternity and Infinity
You'll behold Unity in Diversity

Brahman is the only real entity
Mr so-and-so is a false non-entity
You cannot attain this in the university
By Yoga Sadhana you can attain immortality

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

SONG OF WILL

Bhajo Rādhe Krishna Bhajo Rādhe Shyāma (x2)

Om (x2)

Soham, Soham, Soham Sivoham (x2)

I am That I am, I am That I am (x2)

I am neither body nor mind immortal self I am (x2)

I am not this body, this body is not mine

I am not this mind, this mind is not mine

I am not this Prāna, this Prāna is not mine

I am not these senses, these senses are not mine

I am not this intellect, this intellect is not mine

I am not these emotions, these emotions are not mine

I am That I am, I am That I am

I am That I am, I am That I am

I am witness of three states, existence absolute

I am witness of three states, knowledge absolute

I am witness of three states, bliss absolute

I am witness of three states, bliss absolute

I am Satchidānanda, I am Satchidānanda

Existence, knowledge, bliss absolute

I am mind of all minds, Prāna of all Prānas

I am soul of all souls, self of all selves

I am Ātman in all beings, apple of all eyes

I am sun of all suns, light of all lights

I am Pranava of all Vedas, Brahman of Upanishads

I am silence on forests, thunder in all clouds

I am velocity in electrons, motion in science

I am effulgence in the sun, wave in the radio

I am support of this world, soul of this body

I am ear of all ears, eye of all eyes

I am power in electricity, intelligence in mind

I am brilliance in fire, penance in ascetics

I am reason in philosophers, will in Jñanis
I am Prem in Bhaktas, Samadhi in Yogis

Bhajo Rādhe Krishna Bhajo Rādhe Shyama
Bhajo Rādhe Krishna Bhajo Rādhe Shyama

Will is atmabal, will is dynamic
Have a strong will and realize Ātman

Your will has become weak through various desires
Destroy them to the root by Vivek Vairag Tyag

My will is powerful, I can blow up mountains
I can stop the ocean waves, I can command elements

I can command nature; I am one with the cosmic will
I can dry up the ocean like Muni Agastya

My will is pure and strong, no one can resist
I can influence people, I always get success

I am whole and hearty, I am always joyful
I radiate joy and peace to a million distant friends

I am Yogi of Yogis, I am emperor of emperors
I am King of all Kings, Shah of all Shahs

I can heal millions from a long distance
This is due to will, therefore develop attention

Develop patience and have command of temper
Control the Indriyas and practice meditation

Have power of endurance and practice celibacy
All these will help you to develop your will

SUNĀJA

Sunāja Sunāja Sunāja Krishna
Tu Gita Wāla Jñāna Sunāja Krishna
Pilāja Pilāja Pilāja Krishna
Tu Prema Bhara Pyāla Pilāja Krishna
Dhikāja Dhikāja Dhikāja Krishna
Tu Mohause Moorti Dhikāja Krishna
Sunāja Sunāja Sunāja Krishna
Tu Gita Wāla Jñāna Sunāja Krishna



VISHNU CHANTS

Lord Vishnu is the preserver of the Universe. He is the embodiment of the qualities of mercy, goodness, and the all-pervading power which preserves and maintains the Universe and the Cosmic Order. He is the balance between creation and destruction. In his left hand he holds the symbols of creation: the Lotus, the matter of this universe, and the Conch, pure creative energy. In his right hands he holds the symbols of destruction: the Mace as a gross physical destruction and the Disc as subtle destructive energy. Vishnu uses all of them to preserve righteousness and to help the devotee in his path towards perfection. He incarnates numerous times to save the earth and to shower his blessings upon us.

HARI BOL

Hari Bol Hari Bol Hari Hari Bol
Keshava Madhava Govinda Bol
Gopālā Bol Govinda Bol

Śiva Bol Śiva Bol Śiva Śiva Bol
Śiva Shankara Sri Mahadeva Bol
Nilakantha Bol Mahadeva Bol

JAYA JAGADISHA HARÉ

Om Guru Jaya Guru Nārāyana Nārāyana Om
Nārāyana Nārāyana Om Guru (x2)
Nārāyana Nārāyana Om
Om Jaya Jagadisha Haré (x5)
Glory to the Lord of the Universe (x3)
Om Jaya Jagadish Haré (x2)

NĀRĀYANA

Nārāyana Nārāyana Jaya Govinda Haré
Nārāyana Nārāyana Jaya Gopālā Haré



SHRIMAN NĀRĀYANA

Shriman Nārāyana Nārāyana Nārāyana
Lakshmi Nārāyana Nārāyana Nārāyana

Shriman Nārāyana Nārāyana Nārāyana
Surya Nārāyana Nārāyana Nārāyana

Shriman Nārāyana Nārāyana Nārāyana
Badri Nārāyana Nārāyana Nārāyana

Sitā Rāma Kaho Rādhe Shyāma Kaho
Sitā Rāma Kaho Jai Rādhe Shyāma Kaho

SHRIMAN NĀRĀYANA

Sriman Nārāyana Nārāyana Nārāyana
Bhagavan Nārāyana Nārāyana Nārāyana
Lakshmi Nārāyana Nārāyana Nārāyana
Guru Nārāyana Nārāyana Nārāyana

Sriman is a name of Nārāyana (Lord Vishnu). Bhagavan means Lord. Lakshmi (the wife of Vishnu) an Guru (Master) are repeated in this chant.

KRISHNA CHANTS

Krishna is the eighth incarnation of Lord Vishnu. His purpose on Earth was to establish order, which he did by setting down the code for right conduct in the Bhagavad Gita. His life is a shining example of the Gita in action. As a child he enchanted all by his mischievous deeds and miracles. As adolescent he attracted the heart of all by his flute. The flute symbolizes the sound of the soul, with which God, our own Self, calls us to go within. It also symbolizes that if we want to be God's instrument we must become as hollow as a flute empty of all egoism: "not my will, but thine, my Lord". Krishna killed numerous Asuras (demons, our bad qualities) and always appears in the moment of need. Whereas Rāma is man as God, Krishna is God as man. In him is found supreme knowledge and the embodiment of Divine Love.

ACHYUTASTAKAM

Achyutam Keshavam Rāma Nārāyanam
Krishna Damodaram Vasudevam Harim

Sridharam Madhavam Gopika Vallabham
Janaki Nayakam Rāmachandram Bhaje

Achyutam Keshavam Satyabhamadhavam
Madhavam Sridharam Radhika Radhitam

Indira Mandiram Chetasa Sundaram
Devakinandanam Nandajam Sandadhe
Vishnave Jishnave Sankhine Chakrine
Rukminiragine Janakijanaye
Vallavivallabhayarchitayatmane
Kamsavidhvansine Vanśine Te Namah
Krishna Govinda He Rāma Nārāyana
Sripate Vasudevajita Srinidhe
Achyutananda He Madhavadhoksaja
Dvarakanayaka Draupadirakṣhakā
Rākshasaksobhitah Sitaya Sobhito
Dandakaranyabhu Punyata Karanah
Lakshmanenanvito Vanaraih Sevito (a)
Agastya Sampujitoraghavah Patu Mam
Dhenukaristakanistadriddveshiha
Keshiha Kansahrdvanskavadakah
Putanakopakah Surajakhelano
Balagopalakah Patu Mam Sarvada
Vidyududyotavat Prasphuradvatasam
Pravrdambhodavat Prollasadvigraham
Vanyaya Malaya Sobhitorahsthalam
Lohitanghridvayam Vārijaksam Bhajé
Kunchitaih Kuntalairbhrahjmanananam
Ratnamaulim Lasat Kundalam Gandayoh
Harakeyurakām Kankanaprojjvalam
Kinkinimanjulam Shyamalam Tam Bhaje
Achyutasyastakam yah Pathedistadam
Premataha Pratyaham Purusah Saspriham
Vrittatah Sundaram kartrivisvambharam
Tasya Vasyoharirjayate Satvaram

BANSURI

Bansuri Bansuri Bansuri Shyāmaki,
Bansuri Bansuri Bansuri Shyāmaki

He Rāma (x4)... He Krishna (x4)... He Allah (x4)... He Jesus (x4)...
He Buddha (x4)

Oh my Lord, be with me
Oh my Lord, set me free

I am Thine, all is Thine (x4)
Oh my Lord give Darshan (x4)

BHAJAMANA GOVINDA

Bhajamana Govinda Gopālā
Govinda Gopālā Gopālā Gopālā
Govinda Bolo Hari Gopālā Bolo (x2)

BHAJO RĀDHE GOVINDA

Bhajo Rādhe Govinda Gopālā Tera Pyara Nam Hai
Gopālā Tera Pyara Nam Hai
Nanda Lala Tera Pyara Nam Hai

GOPĀLĀ GANALOLĀ MURALIMOHANA NANDĀLALĀ

Gopālā Radha Lolā Murali Lola Nandālalā
Keshava Mādhava Janārdana
Vana Malā Vrindāvanam Pala
Murali Lola Nandalālā

GOPĀLĀ GOPĀLĀ

Gopālā Gopālā Gokula Nandana Gopālā
Yadukula Tilaka Gopālā
Yadava Nandana Gopālā
Gopālā Gopālā Devaki Nandana Gopālā
Venu Vilola Gopālā
Vijaya Gopālā Gopālā
Gopālā Gopālā Radha Vallabha Gopālā
Navanita Chora Gopālā
Nanda Kumara Gopālā

GOVINDA BOLO HARI GOPĀLĀ BOLO

Govinda Bolo Hari Gopālā Bolo
Radha Ramana Hari Gopālā Bolo

GOVINDA JAYA JAYA

Govinda Jaya Jaya Gopālā Jaya Jaya
Radha Ramana Hari Govinda Jaya Jaya
Sri Rāma Jaya Jaya Sri Krishna Jaya Jaya
Sita Ramana Hari Raghurama Jaya Jaya
Shankara Jaya Jaya Shankara Jaya Jaya
Uma Ramana Śiva Shankara Jaya Jaya

GOVINDA KRISHNA JAI

Govinda Krishna Jai Gopālā Krishna Jai
Gopālā Balabala Radha Krishna Jai
Krishna Jai Krishna Jai Krishna Jai
Krishna Krishna Krishna Krishna Jai
Gopika Mala Hari Pyari Mayi Mira Mano Vihari
Madhana Mohana Muralidhari Krishna Jai
Krishna Jai Krishna Jai Krishna Jai
Krishna Krishna Krishna Krishna Jai

GOVINDA NĀRĀYANA

Govinda Nārāyana Gopālā Nārāyana (x2)
Govinda Gopālā Nārāyana (x2)
Hari Govinda Gopālā Nārāyana (x2)

HARÉ RĀMA

Haré Rāma Haré Rāma Rāma Rāma Haré Haré
Haré Krishna Haré Krishna Krishna Krishna Haré Haré
Krishna Keshava Krishna Keshava Krishna Keshava Madhava
Rāma Raghava Rāma Raghava Rāma Rāma Haré Haré

HARÉ RĀMA GOPĀLĀ

Haré Rāma Gopālā
Bhaja Govindam Mama Kevalam
Bhaja Govindam Mama Kevalam
Bhaja Govindam Mama Jivanam

HARI HARI BOL

Hari Hari Bol Haré Hari Hari Bol
Keshava Madhava Govinda Bol
Sri Krishna Govinda Haré Murare
Hey Natha Nārāyana Vasudeva

Sing the names of Hari (Krishna). Sri Krishna, Govinda, the killer of a demon named Mura and who is our grad Lord Nārāyana.

HE RĀDHE

He Rādhe Rādhe Rādhe Shyam
Govinda Rādhe Sri Rādhe
Govinda Rādhe Rādhe Shyam
Gopālā Rādhe Rādhe Shyam

HYMN TO LORD KRISHNA

Sri Krishna Govinda, Haré Murare
Hey Natha Nārāyana Vasudeva (x2)
Gurudev Gurunath, Saranam Nāma Om
Gurudev Gurunath, Saranam Nāma Om (x2)
Sri Gurudev's feet are my only refuge
Sri Gurudev's feet are my only refuge (x2)

KESHAVA MĀDHAVA NĀRĀYANA

Keshava Mādhava Nārāyana
Sri Ramana Vedapārayana
Bhavabhaya Harana Nārāyana
Sri Lakshmi Rāmana Nārāyana
Ātmārāma Nārāyana
Ananta Shayanā Nārāyana
Keshava Mādhava Nārāyana
Sri Ramana Vedapārayana

KRISHNA GOVINDA GOVINDA GOPĀLĀ

Krishna Govinda Govinda Gopālā
Krishna Murali Manohara Nandalālā

KRISHNA GOVINDA GOVINDA GOPĀLĀ

Krishna Govinda Govinda Gopālā
Krishna Murali Manohara Nandalala

KRISHNA KESHAVA PĀHIMĀM

Krishna Keshava Krishna Keshava
Krishna Keshava Pāhimām
Kishna Keshava Krishna Keshava
Krishna Keshava Rakshamām

Raghu Rām Raghu Rāma Raghu Rām Raghu Rāma Raghu Rām
Raghu Rāma Pāhimām
Raghu Rām Raghu Rāma Rāghu Rām Raghu Rāma Raghu Rām,
Raghu Rāma Rakshamām

Chandrashekhaṇḍa Chandrashekhaṇḍa
Chandrashekhaṇḍa Pāhimām
Chandrashekhaṇḍa Chandrashekhaṇḍa
Chandrashekhaṇḍa Rakshamām

Śiva Shankara Śiva Shankara
Śiva Shankara Pāhimām
Śiva Shankara Śiva Shankara
Śiva Shankara Rakshamām

Gurudev Sivananda Gurudev Sivananda
Gurudev Sivananda Pāhimām
Gurudev Sivananda Gurudev Sivananda
Gurudev Sivananda Rakshamām

KRISHNA KRISHNA

Ehi Mudam Dehi Me Sri Krishna Krishna
Pahiman Gopālā Bala Krishna Krishna
Nanda Gopa Nandana Sri Krishna Krishna
Vrindavana Chandra Sri Krishna Krishna
Radha Mana Mohana Sri Krishna Krishna
Madhava Dayanidhe Sri Krishna Krishna
Bhakta Pari Palana Sri Krishna Krishna
Bhakti Mukti Dayaka Sri Krishna Krishna
Gopijana Vallabha Sri Krishna Krishna
Gopa Kula Palaka Sri Krishna Krishna
Sarva Loka Nayaka Sri Krishna Krishna
Sarva Jagan Mohana Sri Krishna Krishna

KRISHNA KRISHNA GOVINDA JANĀRDANA

Krishna Krishna Govinda Janārdana
Krishna Govinda Nārāyana Haré
Achyutānanda Govinda Mādhava
Satchidānanda Nārāyana Haré

MUKUNDA MĀDHAVA HARI HARI BOL

Mukunda Mādhava Hari Hari Bol
Keshava Mādhava Hari Hari Bol
Rāma Bol Rāma Bol Rāma Rāma Bol
Krishna Bol Krishna Bol Krishna Krishna Bol
Rādhe Bol Rādhe Bol Rādhe Rādhe Bol
Hara Bol Hara Bol Hara Hara Bol
Hari Bol Hari Bol Hari Hari Bol

PANDURANGA VITHALĀ HARI NĀRĀYANA

Panduranga Vithalā Hari Nārāyana
Bhajo Nārāyana Govinda
Hari Narāyana Bhajo Nārāyana
Nārāyana Hari Govinda

RADHA KRISHNA

Radha Krishna Karuna Lola Rādhe Govinda
Rādhe Govinda Murali Govinda

Rādhe Rādhe Govinda Murali Gopālā
Rādhe Govinda Murali Gopālā

RĀDHE BOLO

Rādhe Rādhe Rādhe Bolo
Rādhe Govinda Bolo
Śiva Śiva Śiva Bolo Śiva Shankara Bolo
Vishnu Vishnu Vishnu Bolo
Vishnu Nārāyana Bolo
Śiva Śiva Śiva Bolo Sivananda Bolo
Vishnu Vishnu Vishnu Bolo
Vishnudevananda Bolo

RĀDHE RĀDHE GOVINDA

Rādhe Rādhe Rādhe Rādhe Rādhe Govinda
Vrindāvana Chandra
Anantanātha Dinabandhu Rādhe Govinda
Pandarinātha Pānduranga Rādhe Govinda
Vrindāvana Chandra
Anantanātha Dinabandhu Rādhe Govinda

RĀMAKRISHNA HARI MUKHUNDA MURĀRI

Rāmakrishna Hari Mukhunda Murāri
Panduranga Panduranga Panduranga Hari

SRI KRISHNA CHAITANYA

Sri Krishna Chaitanya Prabho Nityananda
Haré Rām Rādhe Shyam Rādhe Govinda
Haré Rāma Haré Rāma Rāma Rāma Haré Haré
Haré Krishna Haré Krishna Krishna
He Rādhe Rādhe Rādhe Shyam Govinda Rādhe Sri Rādhe
Govinda Rādhe Rādhe Sham Gopālā Rādhe Rādhe Sham

VITHALĀ VITHALĀ HARI VITHALĀ

Vithalā Vithalā Hari Vithalā
Vithalā Vithalā Hari Vithalā
Panduranga Vithalā Vithalā Vithalā Nām
Vithalā Vithalā Nāma Bhajo Hari Vithalā
Vithalā Vithalā Hari Vithalā

VITHALĀ HARI VITHALĀ

Vithalā Hari Vithalā (x4)
Panduranga Vithale Hari Nārāyana (x2)
Panduranga Vithale Hari Nārāyana (x2)
Hari Nārāyana Bhajo Nārāyana (x2)
Hari Nārāyana Suno Nārāyana (x2)
Hari Nārāyana Likho Nārāyana (x2)
Hari Nārāyana Japo Nārāyana (x2)
Hari Nārāyana Tapo Nārāyana (x2)
Hari Nārāyana Gavo Nārāyana (x2)
Hari Nārāyana Kaho Nārāyana (x2)
Vithalā Vithalā Vithalā Vithalā (x4)
Panduranga Vithale Hari Nārāyana (x2)



HANUMAN CHANTS

RĀMA LAKSHMANA JĀNAKI

Rāma Lakshmana Jānaki
Jaya Bolo Hanumāna Ki
Rāma Rāma Bol Jaya Rām
Rāma Bol Sitā Rām Jaya Rām
Pāvana Rāma Rāma Bol
Sri Raghurāma Rāma Bol

RĀMA PUJARI JAYA HANUMAN

Rāma Pujari Jaya Hanuman
Brahmachari Jaya Hanuman
Dukha Samhari Jaya Hanuman
Bhava Bhaya Hari Jaya Hanuman

VEERA MĀRUTI GAMBHEERA MĀRUTI

Veera Māruti Gambheera Māruti
Dheera Māruti Ati Dheera Māruti
Dhoota Māruti Rāma Dhoota Māruti
Bhakta Māruti Parama Bhakta Māruti

HANUMAN CHALISA

Sri Guru Charana Saroja Raja Nija Manu Mukuru Sudhari

Taking the dust of my Guru's lotus feet to polish the mirror of my heart.

Baranaun Raghubara Bimala Jasu Jo Dāyaku Phala Chāri

I sing the pure fame of the best of Raghus, which bestows the four fruits of life.

Buddhi Heena Tanu Jāniye Sumiraun Pawana Kumāra

I don't know anything, so I remember you, Son of the Wind.

Bala Budhi Vidyā Dehu Mohin Harahu Kalesa Bikāra

Grant me strength, intelligence and wisdom and remove my impurities and sorrows.

Jaya Hanumān Gyāna Guna Sāgara,
Jaya Kapeesha Tihun Loka Ujāgara

*Hail Hanuman, ocean of wisdom,
Hail Monkey Lord! You light up the three worlds.*

Rāma Doota Atulita Bala Dhāmā,
Anjani Putra Pawanasauta Nāmā

*You are Ram's messenger, the abode of matchless power,
Anjani's son, "Son of the Wind."*

Mahābeera Bikrama Bajarangee,
Kumati Niwāra Sumati Ke Sangee

*Great hero, you are a mighty thunderbolt,
remover of evil thoughts and companion of the good.*

Kanchana Barana Birāja Subesā,
Kānana Kundala Kunchita Kesā

Golden hued and splendidly adorned with heavy earrings and curly locks.

Hāta Bajra Aura Dwajā Birājai,
Kāndhe Moonja Janeu Sājai

*In your hands shine mace and a banner,
a sacred thread adorns your shoulder.*

Shankara Suwana Kesaree Nandana,
Teja Pratāpa Mahā Jaga Bandana

*You are an incarnation of Śiva and Kesari's son,
Your glory is revered throughout the world.*

Bidyāwāna Gunee Ati Chātura,
Rāma Kāja Karibe Ko Ātura

*You are the wisest of the wise, virtuous and very clever,
ever eager to do Ram's work.*

Prabhu Charitra Sunibe Ko Rasiyā,
Rāma Lakhana Seetā Mana Basiyā

*You delight in hearing of the Lord's deeds,
Ram, Lakshman and Sita dwell in your heart.*

Sookshma Roopa Dhari Siyahin Dikhāwā,
Bikata Roopa Dhari Lankā Jarāwā

*Assuming a tiny form you appeared to Sita,
in an awesome form you burned Lanka.*

Bheema Roopa Dhari Asura Sanghāre,
Rāmachandra Ke Kāja Sanvāre

*Taking a dreadful form you slaughtered the demons,
completing Lord Ram's work.*

Lāya Sajeevana Lakhana Jiyāye,
Sri Raghubeera Harashi Ura Lāye

*Bringing the magic herb you revived Lakshman,
Shri Rām embraced you with delight.*

Raghupati Keenhee Bahuta Barāee,
Tuma Mama Priya Bharatahi Sama Bhāee

*The Lord of the Raghus praised you greatly
"You are as dear to me as my brother Bharat!"*

Sahasa Badana Tumharo Jasa Gāwain,
Asa Kahi Sripati Kanta Lagāwain

*"Thousands of mouths will sing your fame!"
So saying Lakshmi's Lord drew you to Himself.*

Sanakādika Brahmādi Muneesā,
Nārada Sārada Sahita Aheesā

*Sanak and the sages, Brahma, and the munis,
Narada, Saraswati and the King of serpents.*

Yama Kubera Digapāla Jahānte,
Kabi Kobida Kahi Sake Kahānte

*Yama, Kubera, the guardians of the four quarters,
poets and scholars-none can express your glory.*

Tuma Upakāra Sugreevahin Keenhā,
Rāma Milāya Rāja Pada Deenhā

*You did great service for Sugriva,
bringing him to Ram, you gave him kingship.*

Tumharo Mantra Bibheeshana Mānā,
Lankeshwara Bhaye Saba Jaga Jānā

*Vibhishana heeded your counsel,
He became the Lord of Lanka, as the whole world knows.*

Yuga Sahasra Yojana Para Bhānu,
Leelyo Tāhi Madhura Phala Jānu

*Though the sun is millions of miles away,
you swallowed it thinking it to be a sweet fruit.*

Prabhu Mudrikā Meli Mukha Māheen,
Jaladhi Lānghi Gaye Acharaja Nāheen

*Holding the Lord's ring in your mouth,
it's no surprise that you leapt over the ocean.*

Durgama Kāja Jagata Ke Jete,
Sugama Anugraha Tumhare Tete

Every difficult task in this world becomes easy by your grace.

Rāma Duāre Tuma Rakhawāre,
Hota Na Āgyā Binu Paisāre

*You are the guardian at Ram's door,
no one enters without your permission.*

Saba Sukha Lahai Tumhāree Sharanā,
Tuma Rakshaka Kāhu Ko Dara Nā

*Those who take refuge in you find all happiness,
those who you protect know no fear.*

Āpana Teja Samhāro Āpai,
Teenon Loka Hānka Ten Kānpai

*You alone can withstand your own splendor,
the three worlds tremble at your roar.*

Bhoota Pisācha Nikata Nahin Āwai,
Mahābeera Jaba Nāma Sunāwai

*Ghosts and goblins cannot come near,
Great Hero, when your name is uttered.*

Nāsai Roga Hare Saba Peerā,
Japata Nirantara Hanumata Beerā

*All disease and pain is eradicated
by constantly repeating of your name, brave Hanuman.*

Sankata Ten Hanumāna Churāwai,
Mana Krama Bachana Dhyāna Jo Lāwai

*Hanuman, you release from affliction all those
who remember you in thought word and deed.*

Saba Para Rāma Tapaswee Rājā,
Tina Ke Kāja Sakala Tuma Sājā

*Ram, the ascetic king, reigns over all,
but you carry out all his work.*

Aura Manorata Jo Koeē Lāwai,
Soee Amita Jeevana Phala Pāwai

*One who comes to you with any yearning
obtains the abundance of the Four Fruits of Life.*

Chāron Juga Paratāpa Tumhārā,
Hai Parasidha Jagata Ujiyārā

*Your splendor fills the four ages,
your glory is renowned throughout the world.*

Sādhu Santa Ke Tuma Rakhawāre,
Asura Nikandana Rāma Dulāre

*You are the guardian of saints and sages,
the destroyer of demons and the darling of Ram.*

Ashta Siddhi Nau Nidhi Ke Dātā,
Asa Bara Deena Jānakee Mātā

*You grant the eight powers and nine treasures,
by the boon you received from Mother Janaki.*

Rāma Rasāyana Tumhare Pāsā,
Sadā Raho Raghupati Ke Dāsā

You hold the elixir of Ram's name and remain eternally his servant.

Tumhare Bhajana Rāma Ko Pāwai,
JaNāma JaNāma Ke Dukha Bisarāwai

*Singing your praise, one finds Ram,
and the sorrows of countless lives are destroyed.*

Anta Kāla Raghubara Pura Jāee,
Jahān JaNāma Hari Bhakta Kahāee

At death one goes to Ram's own abode, born there as God's devotee.

Aura Devatā Chitta Na Dharaee,
Hanumata Se-ee Sarva Sukha Karaee

Why worship any other deities, from Hanuman you'll get all happiness.

Sankata Katai Mite Saba Peerā,
Jo Sumire Hanumata Bala Beerā

*All affliction ceases and all pain is removed
for those who remember the mighty hero, Hanuman.*

Jai Jai Jai Hanumāna Gosāee,
kripā Karahu Gurudeva Kee Nāee

*Victory, Victory, Victory Lord Hanuman,
bestow your grace on me, as my Guru!*

Jo Sata Bāra Pāta Kara Koe,
Chootahi Bandi Mahā Sukha Hoe

*Whoever recites this a hundred times
is released from bondage and gains bliss.*

Jo Yaha Parai Hanumāna Chalisa,
Hoya Siddhi Sākhee Gaureesā

*One who reads this Hanuman Chalisa
gains success, as Gauri's Lord (Śiva) is witness.*

Tulasee Dāsa Sadā Hari Cherā,
Keejai Nāta Hridaya Mahān Derā

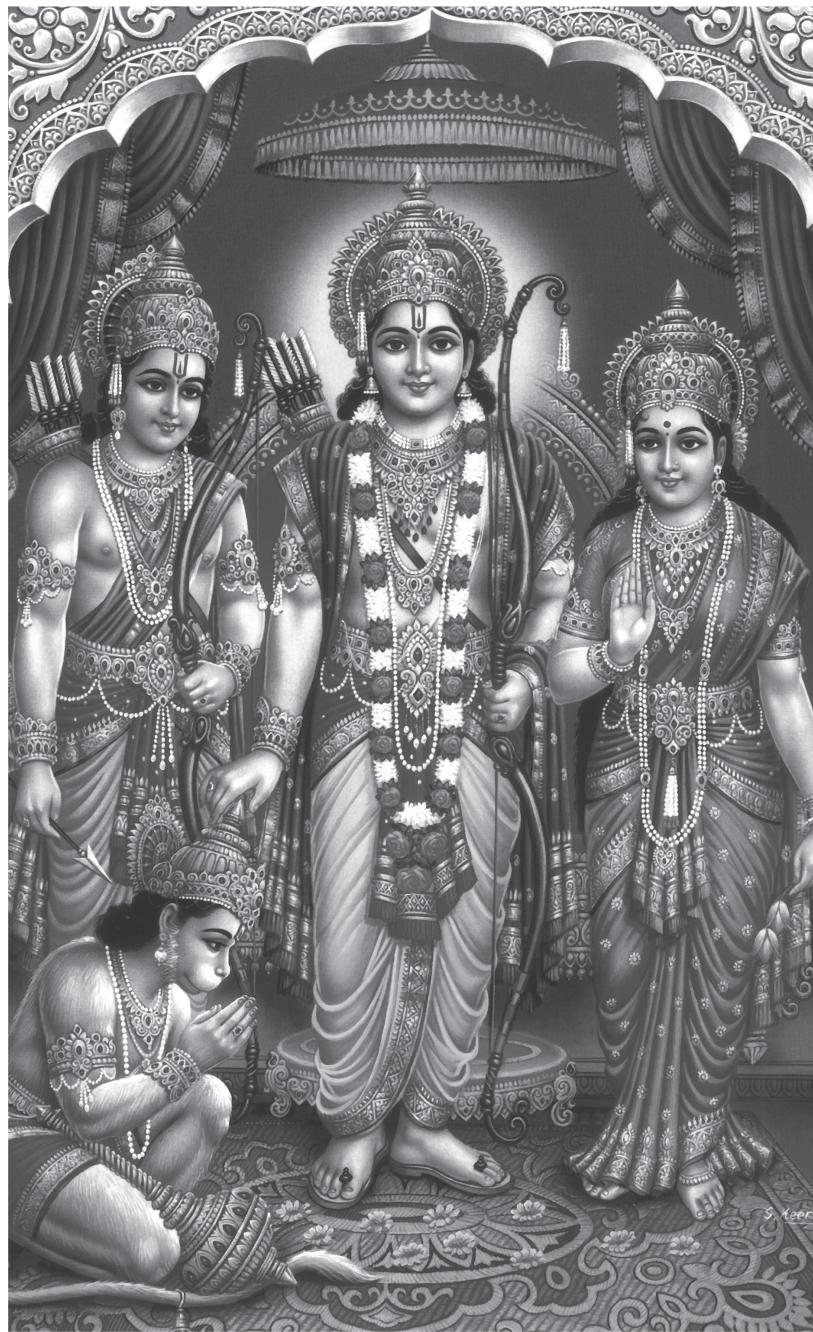
*Says Tulsi Das, who always remains Hari's servant'
"Lord, make your home in my heart."*

Pawanatanaya Sankata Harana Mangala Moorati Roopa

Son of the Wind, destroyer of sorrow, embodiment of blessings.

Rāma Lakhana Seetā Sahita Hridaya Basahu Sura Bhoopa

With Ram, Lakshman and Sita, LIVE IN MY HEART, King of Gods!



RĀMA CHANTS

Rāma is the seventh incarnation of Lord Vishnu, whose purpose was to establish righteousness in the world. Shri Rāma is always pictured holding his bow (with which he protects the good and slays the evil demons, our bad qualities). He is often seen standing next to his wife Sita (Nature) and his devotee, Hanuman (the monkey god, representing the mind which is most easily controlled by devotion to Lord Rāma and constant repetition of His name). Lord Rāma teaches, by example how to live an ideal life in the world. He is the perfect man in all respects – as a ruler, husband, son, father, and friend. The great epic Ramayana, written by the great sage Valmiki, is the story of Rama's incarnation on earth.

AYODHYĀ VĀSI RĀM RĀM

Ayodhyā Vāsi Rām Rām
 Dasaratha Nandana Rām Rām
 Patita Pāvana Jānaki Jivana
 Sitā Mohana Rām

Rāma lived in a town called Ayodhya. He was the son and joy of King Dasaratha. He is the sanctifier of the fallen. Sita, his wife, walked into fire to prove her loyalty to her husband. She was Rama's life force and was enchanted by Rama.

ĀTMARĀMA ĀNANDA NĀMA

Ātmarāma Ānanda Nāma
 Ānanda Mohana Sri Parāmdhāma
 Māyā Virāma Mānasa Prema
 Sundara Nāma Sagunabhirāma

The name Rāma gives bliss to the soul and attracts the mind; it is the highest abode of bliss, where illusion stops and the mind is filled with love. The beautiful name possesses positive qualities.

ĀTMARĀMA ĀNANDARĀMANA

Ātmarāma Ānandarāmana
 Achyuta Keshava Harinārāyana
 Bhavabhaya-Harana Vandita-Charana
 Raghukula-Bhushana Rajiva Lochana
 Ādinārāyana Ānantashayana
 Satchidānanda Satyanārāyana
 Ātmarāma Ānandarāmana
 Achyuta Keshava Harinārāyana

BOLO SRI RĀM

Bolo Sri Rām Jaya Rām Jaya Jaya Rām
Sri Rām Jaya Rām Jaya Jaya Rām
Bolo Sri Rām Jaya Rām Jaya Jaya Rām

JAYA SITA RĀM

Jaya Sita Rām, Jaya Sita Rām
Jaya Hanuman, Hari Hari Bol

HARI NĀRĀYANA

Hari Nārāyana Hari Nārāyana
Hari Nārāyana Hari Rām Rām Rām
Ayodhyā Vāsi Sri Rāmachandra
Ānanda Rupa Jaya Jaya Rām

RAGHUPATI RĀGHAVA RĀJA RĀM

Raghupati Rāghava Rāja Rām Patita Pāvana Sitā Rām
Sitā Rām Sitā Rām Sitā Rām Jaya Rādhe Shyām
Rādhe Shyām Rādhe Shyām Rādhe Shyām
Jaya Rādhe Shyām
Ishwara Allah Tere Nām Sabako Sanmati De Bhagavān
Krishna Jesus is Thy name, love thy neighbour as Thyself
Jesus Moses... Moses Mohammed... Mohammed Allah...
Allah Buddha... Buddha Guru Nanak... Durga Mary...
Mary Rādhā... Rādhā Sitā...

The paths are many but the truth is one
Love thy neighbour as thyself
The names are many but God is one
Love thy neighbour as thyself

RĀM RĀM BHAJAMANA

Rām Rām Bhajamana Haré Haré
Haré Rām Rām Bhajamana Haré Haré
Raghupathi Rāghava Rājā Rām
Patita Pāvana Sitārām

RĀMA BOLO

Rāma Bolo Rāma Bolo Bolo Rām
Sitā Bolo Sitā Bolo Bolo Sitā Rām (x2)
Hanumān Bolo Hanumān Bolo Bolo Hanumān (x2)
Śiva Bolo Śiva Bolo Bolo Śiva Rām (x2)

Rāma Rāma Rāma Rāma Rāma Rāma
Rām, Rāma Rāma Rāma Rāma
Jaya Sitā Rām

Chant the name of Rama, Sita, Hanuman, Śiva.

RĀMACHANDRA

Rāmachandra Raghu-Veera Rāmachandra Rana-Dheera
Raghu-Veera, Rana-Dheera (x4)
Rāmachandra Raghu-Nātha Rāmachandra Jagannātha
Raghu-Nātha, Jagannātha (x4)
Rāmachandra Raghu Rāma Rāmachandra Parām Dhāma
Raghu-Rāma, Parām Dhāma (x4)
Rāmachandra Mama Bandho Rāmachandra Daya Sindho
Mama Bandho, Daya Sindho (x4)

SITĀRĀM NĀMA BHHAJO

Sitārām Nāma Bhajo
Mādhura Mādhura Rāma Nāma Bhajo
Sitārām Hari Nāma Bhajo
Rām Rām Rām Hari Nāma Bhajo

SRI RAGHUNĀTHA

Sri Raghunātha Jai Raghunātha
Sharanam Sharanam Sri Raghunātha
Sri Rām Jaya Rām Jaya Jaya Rām Om (x2)

Victory to Rāma of Raghu Dynasty. I take refuge in you.



SRI RĀM JAYA RĀM

Sri Rām Jaya Rām Jaya Jaya Rām Om
Sri Rām Jaya Rām Jaya Jaya Rām Om

Jaya Sitā Rām Jaya Jaya Hanumān
Sadguru Sivananda Bhagavān
Sriguru VishnuDevananda Bhagavān

Victory to Rama, Sita, Hanuman and our Masters Swami Sivananda and Swami VishnuDevananda.

Jaya Jaya Rām Govinda Haré Haré (x4)
Sri Rāma Rāma Rāma Rāma
Rāma Rāma Rāma
Rāma Rāma Rāma Rāma Jaya Sitā Rām

TUMI BHAJA

Tumi Bhaja Re Mana
Tumi Japa Re Mana
Om Sri Rām Jaya Rām
Japa Re Mana

Let our minds worship and chant the name of Rama.

GANESHA CHANTS

GANESHA SHARANAM

Ganesha Sharanam Sharanam Ganesha

I take refuge in Lord Ganesa (the son of Śiva), who removes all obstacles.

Vighnavināyaka Sharanam Ganesha
Vilambita Sutra Sharanam Ganesha
Musika Vāhana Sharanam Ganesha
Modaka Hastā Sharanam Ganesha
Cāmara Karna Sharanam Ganesha
Pārvati Tanayā Sharanam Ganesha

JAYA GANESHA DEVA

Jaya Ganesha Jaya Ganesha
Jaya Ganesha Deva
Mātā Tumi Pārvati Pita Mahādeva
Om Namah Śivāya Om Namah Śivāya
Om Namah Śivāya Om Namah Śivāya



ŚIVA CHANTS

Śiva is the Lord of Auspiciousness. He is the representation of the universal power of destruction in which all existence ends and from which it arises again. He is usually pictured in a meditative pose holding a trident, and wreathed by snakes. The river Ganga (Ganges) coming from his hair. The trident symbolizes the 3 Gunas, the three qualities of nature that Lord Śiva has under full control. The snakes represent the different inner and lower forces that Śiva has under control. Instead of poisoning him they serve him as ornament. The snakes also show the fact that Śiva welcomes all, even the lowliest as His devotees. The Ganges symbolizes the whole of creation (Shakti) that flows from Śiva's head (Sahasrara Chakra representing the supreme unchangeable consciousness). Sometimes Śiva as Natarāja is dancing the universal dance of creation, preservation and destruction. Mostly he likes solitude for meditation. He is sitting on a tiger skin showing that he has conquered the lower nature. He is having the paraphernalia of a sadhu (begging monk): Japa Mala (rosary), begging bowl and Yoga Danda (stick). His female aspect is Durga, the universal mother.

BOLO BOLO SABMIL BOLO

Bolo Bolo Sabmil Bolo Om Namah Śivāya
Om Namah Śivāya Om Namah Śivāya

Jut Jatā Me Gangā Dhāri
Trishula Dhāri Damaru Bajāve

Dama Dama Dama Dama Damaru Bajā
Goonj Uttao Namah Śivāya
Goonj Uttao Namah Śivāya

Om Namah Śivāya Om Namah Śivāya
Hara Om Namah Śivāya
Hara Om Namah Śivāya

Chant "Om Namah Śivāya". Bow to Śiva who is holding the river Ganga in his hair, who is holding a trident and beating the drum. I bow to Śiva who has lighted the auspicious fire.

HARA HARA MAHĀDEVA

Hara Hara Mahādeva Shambho
Kashi Viswanātha Gange

I pray to the great Lord Śiva (Har, Mahadeva and Shambu). Who abides in a temple in kashi, a town on the banks of River Ganga. He is the Lord of the universe.

JAYA ŚIVA SHANKARA

Jaya Śiva Shankara Bhum Bhum Hara Hara
Hara Hara Hara Hara, Hara Bol Haré
Śiva Śiva Śiva Śiva, Śiva Ādi Sundara
Hara Hara Hara Hara, Hara Ādi Sundara
Hey! Parameshwara, Dayā Karo

NATARĀJ

Natarāj Natarāja Sivananda Natarāja
Śivaraj Śivaraja Sivananda Śivaraja

NATARĀJ

Natarāj Natarāja Nartana Sundara Natāraja
Śivarāj Śivarāja Śivakāmi Priya Śivarāja
Chidambarsha Natarāja
Parthi Purishwara Natarāja.

Śiva, the King of Dancers, is the best dancer (dancing the dance of creation and destruction of the universe). He is beloved by Pārvati, the great dancer, the Lord of the earth.

OM NAMAH ŚIVĀYA

Om Namah Śivāya Śivāya Namah Om
Nandi Vahana Namah Śivāya
Sada Lola Hara Namah Śivāya

*I bow to Śiva, who has Nandi (the bull) as his vehicle.
I bow to siva, the destroyer of restlessness*

SĀMBA SADĀSIVA

Sāmba Sadāsiva, Sāmba Sadāsiva
 Sāmba Sadāsiva, Sāmba Sivom Hara

Om Māta Om Māta Om Sri Mātā Jagadamba
 Om Mātā, Om Mātā, Om Sri Mātā Jagadmātā

Uma Parameshwari, Sri Bhuvaneswari
 Ādi Parā Shakti, Devi Māheshwari

SHANKARA KARUNĀKARA

Shankara Karunākara Parameshwara Jagadishwara
 Shankari Karunākari Parameshwari Jagadishwari

SHANKARA SHANKARA

Shankara Shankara Pārvati Manohara
 Chandramouli Shekhara Chandra Shekhara
 Nandi Vāhana He Nāga Bhushana (x2)
 Pāhi Pāhi Pāhi Pāhi Shankara (x2)

SHAMBHO MAHĀDEVA

Shambho Mahādeva Chandra Chooda
 Shankara Sāmba Sadāsiva
 Gangā Dhara Hara Kailāsa Vāsa
 Pāhimām Pārvati Rāmana

SHAMBHO SHANKARA SADĀSIVA

Shambho Shankara Sadāsiva
 Ambuja Nayana Nārāyana
 Kailāsa Vāsā Sadāsiva
 Vaikuntha Vāsā Nārāyana
 Pārvati Ramana Sadāsiva
 Lakshmi Ramana Nārāyana
 Nandi Vāhana Sadāsiva
 Garuda Vāhana Nārāyana
 Naga Booshana Sadāsiva
 Naga Sayana Nārāyana
 Hara Om Hara Om Sadāsiva
 Hari Om Hari Om Nārāyana

ŚIVA SHAMBHO HARA HARA SHAMBHO

Śiva Shambho Hara Hara Shambho
Bhavanāsa Kailāsa Vilāsa
Pārvati Pate Haré Pasu Paté
Gangādharan Śiva Gauri Pate

ŚIVA ŚIVA MAHĀDEVA

Śiva Śiva Mahādeva, Namah Śivāya Sadāsiva
Śiva Śiva Mahādeva, Namah Śivāya Sadāsiva
Haré Rāma Haré Rāma Rāma Rāma Haré Haré
Haré Krishna Haré Krishna Krishna Krishna Haré Haré
Nārāyana Hari Nārāyana Hari Nārāyana Hari Om
Narāyana Hari Narāyana Hari Nārāyana Hari Om
Om Hari Om Hari Om Hari Om Hari Om Hari Om
Om Hari Om Hari Om Hari Om Hari Om Hari Om
Om Krishna... Om Durga... Om Jesus...
(or other names of the Divine)

Bhagavān Sri Sivananda Bhagavān Sri Sivananda
Bhagavān Sri Sivananda Om (x2)

Bhagavān Sri Vishnu Swami Bhagavān Sri Vishnu Swami
Bhagavān Sri Vishnu Swami Om (x2)

Guru Mahārāj Gurudevo Guru Mahārāj Gurudevo
Guru Mahārāj Gurudevo Sadguru Sivananda
Sri Guru Vishnu Swami

Prostrations to Śiva, the great God. Praise to Rama, Krishna, Lord Vishnu, the Divine Mother and Jesus. Praise to Master Sivananda our great and beloved teacher.

ŚIVA ŚIVA SHAMBHO SHANKARA

Śiva Śiva Shambho Shankara
Hara Hara Hara Mahādeva
Gangājata Dhara Gauri Manohara
Parthi Puri Parameshwara

Śiva is the auspicious (Śiva), the mild (shambo) one, the bringer of joy (Shankara), the destroyer (Hara), the Great God (Mahadeva). He holds the Ganga in his hairs and conquers the heart of Gauri (Durga). He is the highest Lord (Parameshwara)

ŚIVA ŚIVA ŚIVA SHAMBHO

Śiva Śiva Śiva Shambho Śiva Śiva Śiva Shambho (x2)
Mahādeva Shambho Mahādeva Shambho (x2)

ŚIVĀYA NAMAH OM

Śivāya Namah Om Śivāya Namaha
Śivāya Namah Om Namah Śivāya
Om Namah Śivāya Om Namah Śivāya
Om Namah Śivāya Om Namah Śivāya
Śiva Śiva Śiva Śivāya Namah Om
Hara Hara Hara Hara Namah Śivāya
Samba Sadasaiva Samba Sadasaiva
Samba Sadasaiva Samba Sivom Hara
Śiva Śiva Shankara Hara Hara Shankara
Jaya Jaya Shankara Namah Me Shankara
Śivāya Namah Om Śivaha Namah
Śivāya Namah Om Namah Śivāya

ŚIVĀYA PARAMESHWARĀYA

Śivāya Parameshwarāya
Chandrashekharāya Namah Om
Bhavāya Guna Sambhavāya
Śiva Tāndavāya Namah Om

Salutations and prostrations to Śiva, having the names: Parameshvara (supreme God), Chandrashekha (a form of Śiva, who has the moon (Candra) as his crown), Gana (Śiva's attendants), Sambhava (the producer of attendants), and Tandava (the dancer of violent dancing).

SUBRAHMANYA SUBRAHMANYA

Subrahmanyam Subrahmanyam Shanmuganātha Subrahmanyam
Subrahmanyam Subrahmanyam Kārtikeya Subrahmanyam
Śiva Sharavanabhava Subrahmanyam
Guru Sharavanabhava Subrahmanyam
Hara Hara Hara Hara Subrahmanyam
Śiva Śiva Śiva Śiva Subrahmanyam

Subrahmanyam is the son of Śiva. He is commanding the army of the Devas (angels, representing the higher mind) in their victory over the Asuras (demons, representing the lower mind).



DEVI CHANTS

Devi is God in the female form as the universal mother. Consciousness, also called Brahman, Śiva, Atman, Purusha is the static, male pole. Creation, also called Maya, Shakti, Prakriti is the dynamic, female pole. For many it is easier to approach God in a female form: As the relationship towards the earthly mother is usually stronger than towards the father, it is easier to come close to Durga than to Śiva. Devi is manifested as the physical, astral and causal universe, uses the powers of creation, preservation and destruction. She is present in the individual as Maya (illusion), Avidya (ignorance), Trishna (craving) and Krodha (anger). She is also present as Viveka (discrimination) and Mumukshutva (yearning for liberation). As the Devi Mahatmya puts it, she is both the cause for bondage (Bhukti) and liberation (Mukti) of the individual. As everything is her manifestation, nothing is possible without her grace.

AMBA AMBA

Amba Amba Jai Jagadamba
Jai Bhuvaneshwari Jai Jai Mukamba

Mata Mata Jai Jaganmata
Jai Parameshwari Jai Vishwamata

Shakti Shakti Jai Śiva Shakti
Jai Kameshwari Jai Mahashakti

Devi Devi Jai Mahadevi
Jai Chamundeshwari Jai Gauridevi

AMBA PARAMESHWARI

Amba Parameshwari Akhilāndeshwari
Ādi Parāshakti Pālayamām

Sri Bhuvaneshwari Rāja Rājeshwari
Ānanda Rupini Pālayamām
Satchidānanda Rupini Pālayamām
Mā Mā Mā

Ānanda Mayi Mā Pālayamam
Satchidānanda Mayi Mā Pālayamam

Amba, oh highest Goddess, Goddess of the whole universe, primordial energy of the universe, take care of me.

Goddess of the universe, great queen, whose form is bliss.

AMME NĀRĀYANA

Amme Nārāyana Devi Nārāyana
Lakshmi Nārāyana Badri Nārāyana

BHAJA MĀ

Bhaja Mā Mā Mā Mā Ananda Mā
Mā Mā Mā Mā Ananda Mā
Ananda Mayi Mā Ananda Mā
Mā Mā Mā Mā Mā Mā
Mā Mā Mā Mā Ananda Mā
Mā Mā Mā Mā Mā Mā
Sri Guru Jai Mā Sri Guru Mā
Mā Mā Mā Mā Ananda Mā

BHAJAMANA MĀ

Bhajamana Mā Mā Mā Mā (x2)
Ānanda Mayi Mā Mā
Ānanda Rupi Mā Mā
Ānanda Rupi Mā Mā
Ānanda Mayi Mā Mā

DEVI DEVI DEVI JAGAN MOHINI

Devi Devi Devi Jagan Mohini
Chandikā Devi Chanda Munda Hārini
Chāmundeshwari Ambike Devi

DURGE DURGE DURGE JAYA JAYA MĀ

Durge Durge Durge Jaya Jaya Mā (x2)
Karuna Sagari Mā (x2)
Kali Kapalini Mā (x2)
Jagadodharini Mā (x2)
Amba Jagadodharini Mā (x2)

DURGE JAYA JAYA

Durge Jaya Jaya Durge Jaya Jaya
Durita Nivarini Durge Jaya Jaya
Durge Jaya Jaya Durge Jaya Jaya
Bhava Bhaya Harini Bhavani Jaya Jaya

GAURI GAURI GANGE RĀJESHWARI

Gauri Gauri Gange Rājeshwari
 Gauri Gauri Gange Bhuvaneshwari
 Gauri Gauri Gange Māheshwari
 Gauri Gauri Gange Mahāshakti
 Gauri Gauri Gange Mahākāli
 Gauri Gauri Gange Mahālakshmi
 Gauri Gauri Gange Pārvati
 Gauri Gauri Gange Saraswati

HE AMBA

He Amba He Amba He Amba Bol
 Ishwara Satya Chit Ānanda Bol
 Sāmba Sadāsiva Sāmba Sadāsiva
 Sāmba Sadāsiva Bol
 Pālaka Preraka Satya Pathi Bol
 Amba Amba Jai Jagadamba
 Akhilāndeshwari Jai Jagadamba He Amba

JAI JAI BOLO ANANDA AMBA MATAKI JAYA

Jai jai Bolo Ananda Amba Mataki Jaya
 (Durge... Lakshmi... Saraswati... Ganga... Shakti...) Mataki Jaya
 Amba Mataki Jaya (x2)

JAYA DURGE KALI

Jaya Durge Jaya Durge Jaya Durge Kali
 Jaya Mata Jaya Mata Jaya Maha Kali
 Jaya Amba Kali Jagadamba Kali

JAYA HO MATA

Jaya Ho Mata Jaya Jagadamba
 Raja Rajeshwari Sri Paratpari

JAYA MĀ

Jaya Mā Jaya Kali Durge Mā Kali Mā
 Jaya Mā... Durge Mā

KĀLI DURGE NAMO NAMAH

Kāli Durge Namo Namah (x2)
Umā Pārvati Ānanda Mā (x2)
Rāja Rājeshwari Ānanda Mā (x2)

KĀLI MĀ

Kāli Mā Kāli Mā Kāli Mā Kāli Mā
... Durga... Lakshmi... Saraswati... Mary... Mother
Be with Me... Set me Free...

NAMOSTUTE

Namostute Namostute
Jaya Sri Durge Namostute
Namostute Namostute
Jaya Sri Durge Namostute
Kāli... Lakshmi... Saraswati... Jagadamba...

OM AIM HRIM KLIM

Om Aim Hrim Klim Chamundaye Viche Namaha

This is the Mantra of Shakti. Aim is the Bija Mantra of Saraswati, Hrim the Bija Mantra of Durga, Klim the Bija Mantra of Lakshmi. Chamunda is a name of Kali.

OM DURGA PĀHIMĀM

Om Durga Pāhimām Om Durga Rakshamām
Om Durga Pāhimām Om Durga Rakshamām
... Devi... Shakti... Kali... Lakshmi... Mother... Mother... Mary
Oh Mother save me, oh Mother protect me
Oh Mother save me, oh Mother bless me

Om Mata Om Kali Durge Devi Namo Namaha

Om Mata Om Kali Durge Devi Namo Namaha (x2)
Shakti Kundalini Jagadambe Mata (x2)
Hey Mā Durga Hey Mā Durga (x2)
Kali Durge Namah Śivāya (x2)

OM OM OM

Om
 ... Devi... Shakti... Kali... Lakshmi... Mother... Mother... Mary (x14)

OM SHAKTI OM

Om Shakti Om Shakti Om Shakti Om (x2)
 Brahma Shakti, Vishnu Shakti, Śiva Shakti Om
 Om Shakti Om Shakti Om Shakti Om
 Icchā Shakti, Kriyā Shakti, Jñāna Shakti Om
 Om Shakti Om Shakti Om Shakti Om
 Devi Shakti, Māyā Shakti, Guru Shakti Om
 Om Shakti Om Shakti Om Shakti Om
 Ādi Shakti, Mahā Shakti, Parā Shakti Om
 Om shakti, Om Shakti, Om Shakti Om

SĀMBA SADĀSIVA

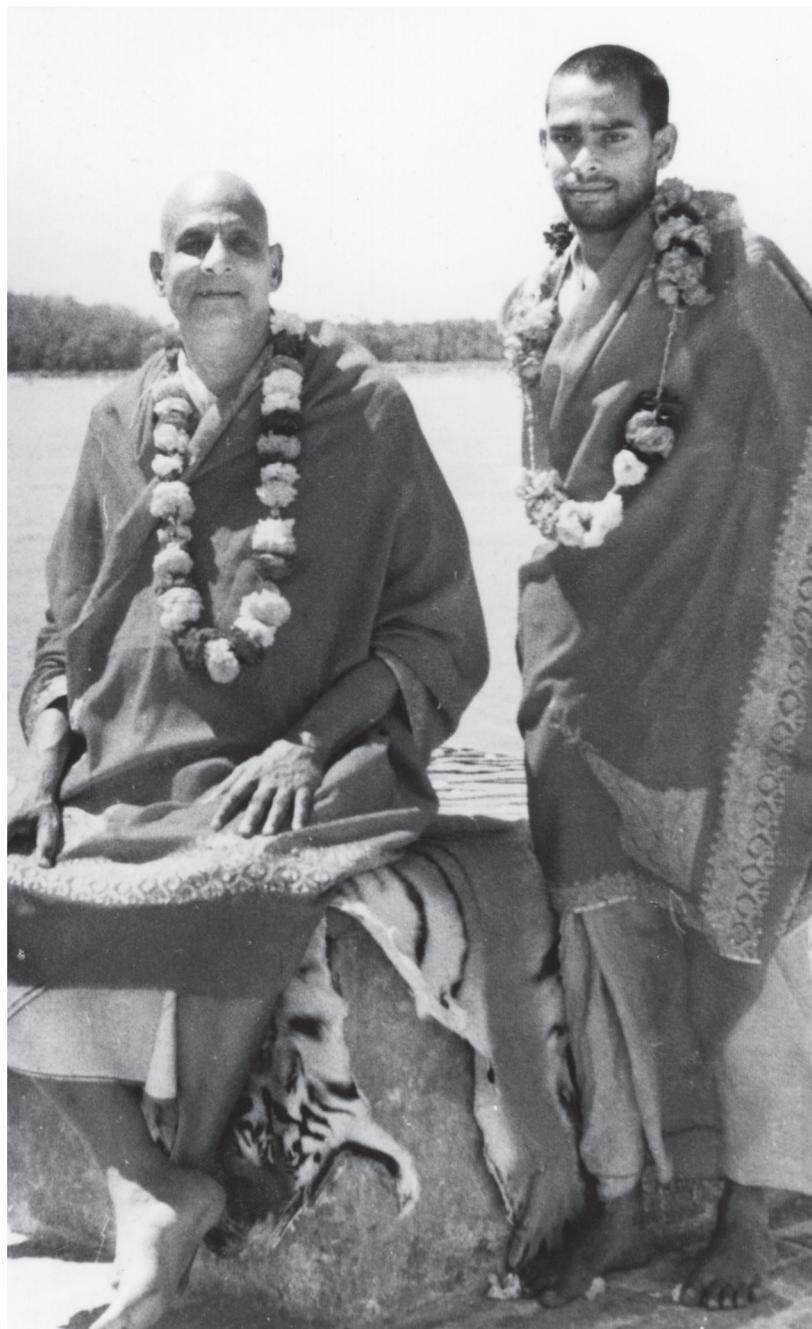
Sāmba Sadāsiva, Sāmba Sadāsiva
 Sāmba Sadāsiva, Sāmba Sivom Hara
 Om Māta Om Māta Om Sri Mātā Jagadamba
 Om Mātā, Om Mātā, Om Sri Mātā Jagadmātā
 Uma Parāmeshwari, Sri Bhuvaneswari
 Ādi Para Shakti, Devi Māheshwari

VEENA PĀNI PUSTAKA DHARINI

Veena Pāni Pustaka Dharini
 Devi Kalyani Pālayamam
 Pālayamam Devi Pālayamam
 Pālayamam Devi Pālayamam

VEENA PUSTAKA

Veena Pustaka Dharini Amba
 Vani Jaya Jaya Pāhimām
 Shakti Dayini Pāhimām
 Bhukti Dayini Pāhimām
 Bhakti Dayini Pāhimām
 Mukti Dayini Pāhimām



GURU CHANTS

On the spiritual path guidance is necessary. We invoke the energy of the Guru who is truly in our own Self. But as long as we are caught in this Maya, we need to tune to a real person who will guide us through many obstacles.

DEVA DEVA SIVANANDA

Deva Deva Sivananda Deena Bandhu Pāhimām
Chandravadana Mandahāsa Premarupa Rakshamām

*Sivananda is the God of Gods, Brother of the Humble, may He protect me.
Moon-like face, mild smile, embodiment of love, may He protect me.*

Madhura Gita Gānalola Jñānarooopa Pāhimām
Samastaloka Poojitānya Mohanāṅga Rakshamām

Who delights in singing sweet songs, embodiment of wisdom, may he protect me. Who is adored by all beings, who is of charming limbs, may he protect me.

Divya Ganga Teeravāsa Dāna Sheela Pāhimām
Pāpaharana Punya Sheela Paramapurusha Rakshamām

Who resides on the banks of the Ganges, who is generous, may He protect me. Who removes sins, who is full of virtues, Supreme Purusha, may He protect me.

Bhakta Loka Hridayavāsa Swāminātha Pāhimām
Chitswaroopa Chidānanda Namah Śivāya Rakshamām

*Who abides in the hearts of the devotees, the Lord, may He protect me.
Who is the embodiment of consciousness and bliss, Salutations to the Lord Śiva, may He protect me.*

GURU BRAHMA

Gurur Brahma Gurur Vishnu Gurur Devo Maheshwaraha
Gurur Sakshat Param Brahma Brahma Tasmai Sri Gurave Namaha
Sivananda Sivananda Sivananda Pāhimām
Sadguru Devo Sadguru Devo Sadguru Devo Rakshamām

Vishnu Swami Vishnu Swami Vishnu Swami Pāhimām
Sri Gurunatha Sri Gurunatha Sri Gurunatha Rakshamām

GURU DEVA DEVA

Guru Deva Deva (x2)
Guru Sivananda Deva (x2)
Guru Vishnu Swami Deva (x2)

GURU HAMĀRE MAN MANDIR ME

Guru Hamāre Man Mandir Me
Guru Hamāre Pyar
Sare Visva Ka Vo Hai Data
Nārāyana Bhagavān
Om Guru Dev Jaya Guru Dev
Guru Hamāre Tan Man Sab Hai
Guru Hamāre Pyar
Jñāna Bhakti Ka Vo Hai Data
Nārāyana Bhagavān
Om Guru Dev Jaya Guru Dev
Guru Hamāre Dhan Dhaulat Hai
Guru Hamāre Pyar
Sare Vishva Ka Jñānapradata
Nārāyana Bhagavān

GURU MAHIMA

Guru Mahima Guru Mahima
Apāra Mahima Guru Mahima (x2)

Kimvachaneeyam Guru Mahima
Kimvachaneeyam Guru Mahima
Guru Mahima...

Anoraneeyan Guru Mahima
Mahato Maheeyan Guru Mahima
Guru Mahima...

Satchidānanda Guru Mahima
Sri Sivananda Guru Mahima
Guru Mahima...

Satchidānanda Guru Mahima
Vishnudevananda Guru Mahima
Guru Mahima...

GURUDEVA

Gurudeva Gurudeva Jaya Gurudev
 Sivananda Gurudev Jaya Gurudev

If you want to be like Him
 You must follow Him (x2)

Not my will but Thy will my Lord
 Not my will but Thine (x2)

JAYA GURU OMKĀRA

Jaya Guru Omkāra
 Jaya Jaya Sadguru Omkāra
 Brahma Vishnu Sadāsiva
 Hara Hara Hara Hara Mahādeva

JAYA GURUDEV

Jaya Gurudev Jaya Jaya Gurudev Jaya (x2)

Jaya Gurudev Jaya Jaya Sivananda
 Jaya Gurudev Jaya Vishnudevananda

Jaya Sitārām Jaya Jaya Sitārām Jaya
 Jaya Hanumān Jaya Jaya Hanumān Jaya

Jaya Śiva Shankara Jaya Jaya Shankara
 Jaya Śiva Shankara Jaya Jaya Shankara

SATCIDĀNANDA

Satchidānanda Guru Satchidānanda
 Satchidānanda Guru Satchidānanda
 Ānanda Guru Om, Sivananda Guru Om
 Ānanda Guru Om, Sivananda Guru Om (x2)
 (replace 'Guru' with Gita... Krishna... Rāma
 Śiva... Brahma... Jesus... Lakshmi... etc.)

SIVANANDA BHAGAVĀN

Om Bhagavān Sri Bhagavān
 Ānanda Bhagavān Sivananda Bhagavān
 Om Bhagavān Sri Bhagavān
 Ānanda Bhagavān Vishnu Swami Bhagavān
 Om Om Om Om Om (x2)
 Rām Rām Rām Rām Rām (x2)

SIVANANDA NAMAH OM

Sivananda Namah Om Jai Gurudev
Om Guru Jai Guru Devāya
Vishnu Swami Namah Om Jai Gurudev
Om Guru Jai Guru Devāya

NĀMA KIRTAN

Jai Guru Jai Guru Jai Guru Jai
Jai Guru Jai Guru Jai Jai Guru Jai (x3)

Sri Rām Jai Rām Jai Jai Rām
Sri Rām Jai Rām Jai Jai Rām (x3)

Sitā Rām Jai Rāja Rām Jai
Gauri Shankar Sitārām (x3)

Śiva Durga Śiva Durga Durga Durga Śiva Śiva
Śiva Kali Śiva Kali Kali Śiva Śiva (x3)

Jai Hara Mano Rāma Jai Śiva Rāni
Jai Kali Jai Durga Jai Mā Bhavāni (x3)

Jai Guru Jai Guru Jai Guru Jai
Jai Guru Jai Guru Jai Jai Guru Jai (x3)

Jai Guru Rāja Rām Haré Krishna Haré Rām
Jai Guru Rāja Rām Haré Krishna Haré Rām

Jai Mā Jai Mā Jai Mā Jai
Jai Mā Jai Mā Jai Mā Jai (x3)

Jai Bhagavān Jai Jai Sivananda
Jai Bhagavān Jai Jai Sivananda (x3)

Lakshmi Nārāyana Lakshmi Nārāyana
Lakshmi Nārāyana Rām

Rādhe Govinda Rādhe Govinda
Rādhe Govinda Shyām

Sri Rāma Rāma Rāma
Sri Rāma Rāma Rāma
Sri Rāma Rāma Rāma
Sri Rāma Rāma Rāma

VEDANTIC CHANTS

Vedanta means the “end of knowledge”. Vedanta tells us that we are not this cage of flesh, nor this futile mind or limited personality, but the universal all-pervading Self, untouched by pleasures and suffering. Vedanta says that the world is unreal, Brahman alone is real, and the individual self is one with Brahman alone is real, and the individual Self is one with Brahman, the Absolute.

I AND MY FATHER ARE ONE

I and my Father are one said he, Soham Soham
Soham Soham Soham, I and my Father are One

I am the Way the Truth and the Life, Soham Soham
Soham Soham Soham, Soham Soham

SACHARACHARA

Sacharachara Para Poorna Sivoham
Nityananda Swaroopa Sivoham

Anandoham Anandoham
Anandam Brahm Anandam

Sākshi Chaitanya Kootastoham
Nitya Nitya Swaroopa Sivoham

SUDDHOSI BUDDHOSI

Shuddhosi Buddhosi Nirajanosi
Samsara Maya Pariva Chidhosi

You are pure. You are intelligence. You are stainless. You are untouched by samsara (birth and death) and Maya. You are pure consciousness.

NIRVĀNSATAKAM

*Six Verses for Liberation by Jagadguru Sankarāchārya
(Song of the Soul)*

Mano Buddhi Ahamkāra Chittāni Nāaham
Na Cha Shrotrajihve Na Cha Ghrānnetre
Na Cha Vyoma Bhoomir Na Tejo Na Vāyuh
Chidānandaroopah Shivoham Shivoham

Na Cha Prānasamgno Na Vai Panchvāyuh
Na Vā Saptadhātūr Na Vā Panchkoshaha
Na Vāk Pānipādam Na Chopasthpayoo
Chidānandaroopah Shivoham Shivoham

Na Me Rāgadweshau Na Me Lobhamohau
Mado Naiva Me Naiva Mātsaryabhāvah
Na Dharmo Na Chārtho Na Kamo Na Mokshah
Chidānandaroopah Shivoham Shivoham

Na Punyam Na Pāpam Na Saukhyam Na Duhkharm
Na Mantra Na Tirtham Na Vedā Na Yagnaha
Aham Bhojanam Naiva Bhojyam Na Bhoktā
Chidānandaroopah Shivoham Shivoham

Na Me Mrutyushankhā Na Me Jātibhedaha
Pitā Naiva Me Naiva Mātā Janmahna
Na Bhandhur Na Mitram Guru Naiva Shishyah
Chidānandaroopah Shivoham Shivoham

Aham Nirvikalpo Nirākār Roopo
Vibhutva Vyāya Sarvatra Sarvendriyānām
Sadā Me Samatvam Na Muktir Na Bandhaha
Chidānandaroopah Shivoham Shivoham

TRANSLATION (*to be sung on the tune of Soham Soham*)

I am neither ego nor reason, I am neither mind nor thought.

I cannot be heard nor cast into words, nor by sight, nor smell ever caught.

In light and wind I am not found, nor yet in earth and sky.

Consciousness and Joy incarnate, Bliss of the Blissful am I.

I have no name, I have no life, I breathe no vital air,

No elements have moulded me, no bodily sheath is my lair.

I have no speech, no hands and feet, nor means of evolution

Consciousness and Joy am I, and Bliss in dissolution.

I cast aside hatred and passion; I conquered delusion and greed,

No touch of Pride caressed me, so envy never did breed.

Beyond all faiths, past reach of wealth, past freedom, past desire.

Consciousness and Joy am I, and Bliss is my attire.

Virtue and vice, or pleasure and pain are not my heritage,

Nor sacred texts, nor offerings, nor prayer, nor pilgrimage:

I am neither food nor eating, nor yet the eater am I

Consciousness and Joy incarnate, Bliss of the Blissful am I.

I have no misgiving of death; no chasms of race divide me,

No parent ever called me child; no bond of birth ever tied me,

I am neither disciple nor master; I have no kin no friend.

Consciousness and Joy am I, and merging in Bliss is my end.

Neither knowable, knowledge nor knower am I, formless is my form,

I dwell within the senses but they are not my home:

Ever serenely balanced, I am neither free nor bound,

Consciousness and Joy am I, and Bliss is where I am found.

ENGLISH DEVOTIONAL CHANTS

AMAZING GRACE

Amazing Grace! How sweet the sound.
That saved a wretch like me!
I once was lost, but now am found
Was blind, but now I see.

Twas Grace that taught my heart to fear,
And Grace my fears relieved.
How precious did that Grace appear,
The hour I first believed!

Through many dangers, toils and snares
I have already come.
Tis Grace hath brought me safe thus far.
And Grace will lead my home.

The Lord has promised good to me.
His word my hope secures.
He will my shield and portion be,
As long as life endures.

Yea, when this flesh and heart shall fail,
And mortal life shall cease,
I shall possess, within the veil
A life of joy and peace.

DAY BY DAY

Day by Day
O dear Lord three things I pray
To see thee more clearly
To love thee more clearly
To follow you more nearly
Day by Day

DOOR OF MY HEART

Door of my Heart, open wide I keep for thee
Wilt thou come? Wilt thou come?
Just this once come to me.

Will my days fly away
without seeing thee my Lord?
Night and day, night and day,
I searched for Thee night and day.

HAPPINESS RUNS...

Happiness runs in a circular motion
Thought is like a little boat upon the sea
Everybody is a part of everything anyway
You can be happy if you let yourself be.

HEAVENLY FATHER

Heavenly Father, let us adore Thee,
Heaven and earth are full of thy glory;
All of creation repeats thy Name,
Hallelu Hallelu, Halleluya

Heavenly Mother of Power and Beauty,
To love and to serve Thee is our Blessed Duty,
All of creation obeys Thy name,
Hallelu Hallelu, Halleluya

Heavenly Master of Wisdom and Kindness,
Rescue Thy children from darkness and blindness
All of creation will follow Thy name,
Hallelu Hallelu, Halleluya

Brothers and Sisters in Love come together,
With strength of the spirit no sorrow can sever,
All of creation is our eternal home,
Hallelu Hallelu Halleluya

KUMBAYA MY LORD

Kumbaya my Lord Kumbaya (x2)
Someone's singing my Lord Kumbaya (x2)
... praying... crying... laughing

LOVE LOVE LOVE LOVE

Love Love Love Love
This Brothers (Sisters) is our goal;
To Love one another As I love Thee
For God Loves us all.

MOST BLESSED MOTHER

Oh Blessed Mother, My heart is on fire,
To love and to serve thee is my only desire
Ave ave ave Maria, Ave ave ave Maria

Oh Blessed Master, My heart is on fire
To love and to serve thee is my only desire
Śiva Śiva Sivananda, Śiva Śiva Sivananda
Vishnu Vishnu Vishnudevananda

NO HAND WILL I HOLD BUT THY HAND

No hand will I hold but Thy hand...
O my Lord, my God, I will not be deceived;
No hand will I hold buy Thy hand.

No name will I call...
No voice will I hear...
No face will I see...
No love will I crave...

ONE FINE MORNING

One fine morning, when my work is over,
Gonna fly away home.
Fly away home to my soul, fly away home.

PRAYER OF ST. FRANCIS OF ASSISSI

Make me a channel for your peace
Where there is hatred let me bring your love,
Where there is injury your pardon Lord,
And where there's doubt, true faith in You.

Make me a channel for you peace,
Where there is despair in life, let me bring hope
Where there is darkness, only light
And where there's sadness every joy.

Oh Master grant that I may never seek
So much to be consoled as to console
To be understood, as to understand
To be loved as to love with all my soul.

Make me a channel for you peace
For it is in pardoning what we are pardoned
In giving that we receive
And in dying that we are born to eternal life.

REJOICE IN THE LORD ALWAYS

Rejoice in the Lord Always and again I say rejoice!
Rejoice in the Lord Always and again I say rejoice!
Rejoice! Rejoice! and again I say rejoice (x2)

RETURN AGAIN

Return again, return again.
Return to the land of your soul.
Return to who you are
Return to what you are
Return to where you are
Born and reborn again.

SHĀNTI IS THE OCEAN, I AM ONE WITH THEE

Shānti is the ocean, Shānti is the ocean I am One with Thee
Once a tiny drop and now a mighty sea
Oh Peace, I am One with Thee

Ānanda is the Ocean...Oh Peace, I am One with Thee
Prema is the Ocean...oh Love, I am One with Thee
Brahman is the Ocean... Oh Lord, I am One with Thee

SING THEE THE NAME OF THE LORD

Sing Thee the name of the Lord (x4)
Praise praise the name of the Lord (x4)
Halleluya Halleluya Halleluya (x4)
Om Namo Bhagavate Sivanandaya Sivanandaya (x2)
Haré Rāma Haré Rāma Rāma Rāma Haré Haré
Haré Krishna Haré Krishna Krishna Krishna Haré Haré

SMILE WITH THE FLOWERS

Smile with the flowers and sing with the birds
Let the Lord bring you a song without words
Talk with the rainbow, the wind and the sun,
God is Love, God is Love, man and nature are One. (x2)

Laugh with the laughing brook, dance with the sea
The ocean of love longs to fill you and me;
Open your heart let it flood through your soul;
God is Love, God is Love, we are part of the Whole. (x2)

Joy is my birthright and bliss is my name,
The light of the Lord alone kindles the flame;
Dive deep within, find the silence and peace,
God is Love, God is Love, may His Grace never cease. (x2)

TAKE MY LIFE

Take my life and let it be consecrated Lord to Thee
Take my hands and let them move at the impulse of Thy love
Take my feet and let them be swift and beautiful for thee
Take my moment and my day, let them flow in ceaseless strain
Take my silver and my gold, not a mite shall I withhold
Take my mouth and let it be filled with messages from Thee
Take my voice and let it sing always only for my King

Take my intellect and use any power Thou shalt choose
Take my will and make it Thine, it shall be no longer mine
Take my heart it is Thy own, it shall be Thy royal throne
Take my love, my Lord I pour at Thy feet its treasure store
Take myself and I will be ever only all for Thee

Sri Rām Jaya Rām Jaya Jaya Rām Om
Sri Rām Jaya Rām Jaya Jaya Rām (etc.)

TIS A GIFT

Tis a gift to be simple, Tis a gift to be free.
Tis a gift to be where you ought to be.
And when we find ourselves in a place that's right,
Twill b in the valley of love and delight.

When true simplicity is gained,
To bow and to bend we will not be ashamed.
To turn, to turn will be our delight,
Till by turning and turning we come round right.

WE ALL COME FROM GOD

We all come from God. And unto God we return.
Like a stream flowing to the ocean.
Like a ray of light returning to the sun.

WE ARE ONE IN THE SPIRIT

We are One In the spirit. We are One in the Lord (x2)
And we pray that our unity may this day be restored
And they'll know we're God's Children by our love,
By our love, yes, they'll know
we're God's Children by our love.

And we will all walk together We will walk hand in hand (x2)
And together we'll spread the news
that God is in the land.
And they'll know we're God's Children
by our love by our love
yes they'll know we're God's Children by our love.

WE ARE WALKING IN THE LIGHT

We are walking in the Light, in the Light, in the Light,
We are walking in the Light, in the Light of God.
In the Light (x7)... of God

Nous marchons dans la lumière...de Dieu
Caminandos en la luz... de Dios
Wir wandern in dem Licht... von Gott
Bo Nel-cha-Ba-Zohar Bo Nel-cha Bezohar Hashem

HEBREW CHANTS

121ST PSALM

Esah Enai El Heharim Me'ayin, Me'ayin Ya-vo Ezri (x2)
Ezri, Me'eem Hashem Oseh Sha-mayim V'Ah-retz (x2)

*I lift my eyes up, unto the mountains
From where, from where my help comes
My help comes, from the Lord,
Creator of Heaven and Earth (x2)*

HALELU

Halelu, Halelu, Halelu Halelu Hodoo L'Ashem (x2)
Hodoo L'Ashem, Halelu-u
Hodoo L'Ashem, Halelu-u Hodoo L'Ashem, Halelu-u
Hodoo L'Ashem

Praise the Lord, thank the Lord.

HE-NAY MAH TOV

He-nay Mah Tov U-mah Na-eem
Shevet Ahim Gam Yahad

How good it is for brothers and sisters to sit together.

KOL HA'OLAM KULO

Kol Ha'Olal Kulo Gesher Tsar Me'od, Gesher Tsar Me'od,
Gesher Tsar Me'od.
Ve'ha-eekar, Ve'ha-eekar, Lo Le-Fahed Klal.

*The whole entire world is a very narrow bridge
And the main thing is not to be afraid at all.*

MEE HA'EESH

Mee ha'eesh Ha'hafetz Haim
Ohev Yamin, Ohev Yamin, L'irot Tov
Netzor Leshonha Merah
U'Sfahtey-ha Mee'Da-bear Meermah
Soor Merah Ve'Aseh Tov
Bakesh Shalom, Ve'rodfeihu

*He who seeks life
And loves his days to see the good
Restrain they tongue from evil
And thy lips from speaking falsehood
Flee from evil and do good
Desire peace and seek it.*

SHMA YISRAEL

Shma Yisrael Adonai Eloheinu Adonai Ehad

Hear O Israel the Lord our God the Lord is One.



SPECIAL CHANTS / PRAYERS / MANTRAS

DHYĀNA ŚLOKAH (GAJĀNANAM)

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

The Dhyana Slokas follow nearly the same sequence as the Daily Chants (Jai Ganesh, etc.). First we invoke Ganesha to remove all obstacles, then we ask Subrahmanya to give us strength and destroy all negative forces, internal and external. Next is Saraswati, we pray to Her to give us Divine Knowledge. Then we ask the teacher (Guru) to guide us always. Finally, we invoke the Divine Mother Durga, Narayani to bring auspiciousness for all our undertakings.

Gajānanam Bhūta Gaṇādi Sevitam
Kapittha Jambū Phala Sāra Bhakṣitam
Umā Sutam Śoka Vināśa Kāraṇam
Namāmi Vighneśvara Pāda Pañkajam

I prostrate myself before the lotus feet of Vighneśvara (Gaṇeśa), the son of Umā, the cause of destruction of sorrow, who is served by the host of Bhūta-Ganas (angels), who has the āce of an elephant and who partakes of the essence of Kapitha and Jambū fruits.

Ṣaḍānanarām Kunḍuma Rakta Varnam
Mahāmatim Divya Mayūra Vāhanam
Rudrasya Sūnuṁ Surasainya Nātham
Guhamṛ Sadā'harṇ Śaraṇam Prapadye

I always take refuge in Guha of six-āces (Subrahmanya), who is a deep red colour like Kunḍuma, who possesses great knowledge, who has the divine peacock to ride on, who is the son of Rudra (Śiva), and who is the leader of the army of the Devas (gods, angels).

Yā Kundendu Tuṣāra Hāra Dhavalā
 Yā Śubhra Vastrāvṛtā
 Yā Viṇā Vara Daṇḍa Maṇḍita Karā
 Yā Śveta Padmāsanā
 Yā Brahmācyuta Śaṅkaraḥ Prabhṛtibhir
 Devaissadā Pūjītā
 Sā Māṁ Pātu Sarasvatī Bhagavatī
 Niśšeṣa Jāḍyāpahā

May the Goddess Sarasvatī, who wears a white garland like the Kunda flower, the moon and the snow, who is adorned with pure white clothes, whose hands are ornamented with the Viṇā (classical stringed-instrument) and the gesture of blessings, who is seated on a white lotus, who is always worshipped by Brahmā, Viṣṇu, Śiva and other Gods, and who is the remover of all inertness and laziness, protect me.

Om Namaśśivāya Gurave
 Saccidānanda Mūrtaye
 Niṣprapañcāya Śāntāya
 Sri Sivanandaya Te Namaha
 Sri Visnudevanandaya Te Namaha

Salutations to Guru Śiva (Sivananda) who is the embodiment of Existence, Knowledge and Bliss Absolute, in whom worldliness does not exist, who is ever- peaceful. Salutations to Sivananda, Salutations to Swāmī Vishnudevananda.

Om Sarva Maṇgala Māṇgalye
 Śive Sarvārtha Sādhike
 Śaraṇye Tryaṁbake Gauri
 Nārāyaṇi Namo’stu Te Nārāyaṇi Namo’stu Te

I salute the Divine Mother, who is addressed as Nārāyaṇī (the spouse of Nārāyaṇa), Śaraṇye (the spouse of the protector Śiva), Tryaṁbake (the spouse of the Three-eyed Lord Śiva) and Gauri, who brings auspiciousness and who fulfills all the desires of the devotee.

Om Saha Nāvavatu Saha Nau Bhunaktu
 Saha Vīryaṁ Karavāvai Tejasvinā Vadhitamastu
 Mā Vidviṣāvaihai
 Om Shānti Shānti Shānti

Om. May That protect us both, teacher and disciple. May that cause both to enjoy (the Bliss of Liberation). May we both exert (to find out the true meaning of the Scriptures). May our learning be brilliant. May we never hate each other.

Om, Peace, Peace, Peace.

BRAHMARPANAM (PRAYER FOR MEALS)

Brahmarpanam Brahmahavir Brahmagnau Brahmanahutam
Brahmaiva Tena Gantavyam Brahmakarma Samadhina

Brahman (God) is the oblation; Brahman is the melted butter (the offering); by Brahman is the oblation poured into the fire of Brahman; Brahman verily shall be reached by him who always sees Brahman in action.

(Gita 4.29)

GURU PARAMPARA (NĀRĀYANA PADMABHAVAM)

Nārāyana Padmabhavam Vāshishtham,
Shaktim Cha Tatputra Parasharam Cha.
Vyasam Shukam, Gaudapadam Mahantam,
Govinda Yogindramathasya Shishyam.

Shri Shankaracharyamathasya
Padmapadam Cha Hastāmalakam Cha Shishyam.

Tam Trotakam Vārtikakaramanyān,
Asmad Gurum, Kartika Karam Anyan Santatam Ānatosmi.

Shruti Smriti Puranam Alayam Karunalayam
Namami Bhagavadpādam, Shankaram Lokashankaram
Shankaram Shankaracharyam, Keshavam Badarayananam,
Sutrabhashyakritau, Vandé Bhagavantu Punah Punah
Ishvaro Gurur Atmeti, Murtibheda Vibhagine,
Vyomavad Vyapta Dehaya, Shri Dakshinamurtaye Namah.

LOKA SAMASTA

Loka Samasta Sukhino Bhavantu (x3)

May the whole world attain peace and harmony.

SURYA NAMASKAR

Om Mitraya Namaha

Prostrations to Him who is affectionate to all.

Om Ravaye Namaha

Prostrations to Him who is the cause for change.

Om Suryaya Namaha

Prostrations to Him who induces activity.

Om Bhanave Namaha

Prostrations to Him who diffuses light.

Om Khagaya Namaha

Prostrations to Him who moves in the sky.

Om Pushne Namaha

Prostrations to Him who nourishes all.

Om Hiranyagarbhaya Namaha

Prostrations to Him who contains all wealth.

Om Marichaye Namaha

Prostrations to Him who possesses rays.

Om Savitre Namaha

Prostrations to Him who is fit to be worshipped.

Om Arkaya Namaha

Prostrations to Him who is the reproducer of everything.

Om Adityaya Namaha

Prostrations to Him who is the son of Aditi.

Om Bhaskaraya Namaha

Prostrations to Him who is the cause of lustre.

SHĀNTI MANTRAS

Shānti Mantras help to create a vibration, of peace. Peace with all physical beings, with our teacher, with the Devas or angels as well as the different part of our body.

On the spiritual path guidance is necessary. We invoke the energy of the Guru who truly is in our own Self. But as long as we are caught in this Maya, we need to tune to a real person that will guide us through many obstacles.

Om Šāṁ No Mitrah Šāṁ Varuṇaḥ
Šāṁ No Bhavatvaryamā
Šāṁ Na Indro Bṛhaspatih
Šāṁ No Viṣṇururukramah
Namo Brahmane Namaste Vāyo
Tvameva Pratyakṣāṁ Brahmāsi
Tvāmeva Pratyakṣāṁ Brahma Vadis̄yāmi
R̄taṁ Vadis̄yāmi Satyam̄ Vadisyāmi
Tanmāṁ Avatu Tadvaktāram̄ Avatu
Avatu Māṁ Avatu Vaktāram̄
Om Shānti Shānti Shānti

Om. May the Sun be good to us. May the God of the waters be good to us. May Aryamā (the head of manes) be good to us, may the King of Gods and the Preceptors of Gods be good to us. May Viùōu of great strides be good to us. Prostrations to the Supreme. Prostrations to Thee, O Wind! You are indeed, the visible Brahman. I shall proclaim Thee as the visible Brahman. I shall call Thee just. I shall call Thee Truth. May That protect me. May That protect the teacher.

Om, Peace, Peace, Peace.

Om Sahanā Vavatu Saha Nau Bhunaktu
Saha Viryam̄ Karavāvahai
Tejasvi Nāvadhītamastu Mā Vidviṣāvahai
Om Shānti Shānti Shānti

Om. May That protect us both, teacher and disciple. May that cause both to enjoy (the Bliss of Liberation). May we both exert (to find out the true meaning of the Scriptures). May our learning be brilliant. May we never hate each other.

Om, Peace, Peace, Peace.

Om̄ Āpyāyantu Mamāṅgāni
 Vākprāṇaścakṣuh Šrotramatho
 Balamindriyāni Ca Sarvāṇi
 Sarvam̄ Brahmaupaniṣadām̄
 Māham̄ Brahma Nirākuryām̄
 Māmā Brahma Nirākarot
 Anirākaraṇamastu Anirākaraṇam̄ Me Astu
 Tadātmani Nirate Ya Upaniṣatsu Dharmāḥ
 Te Mayi Santu Te Mayi Santu
 Om̄ Shānti Shānti Shānti

Om. May my limbs, speech, life-force, eyes, strength and all my senses grow vigorous. All these are the Brahman of the Upaniṣads. May I never deny Brahman. May Brahman never reject me. May there be no rejection by the Brahman. Let all virtues cited in the Upaniṣads abide in me, delighting in the Self. May they abide in me.

Om, Peace, Peace, Peace.

Om Bhadram̄ Karṇebhiḥ Šrīnuyāma Devāḥ
 Bhadram̄ Paśyema Akṣabhir-yajatrāḥ
 Sthirairāṅgai Stuṣṭuvāgmin Sastanūbhīḥ
 Vyāsema Devahitam̄ Yadāyuh
 Svasti Na Indro Vṛddhaśravāḥ
 Svasti Nah Pūṣā Viśvavedāḥ
 Svasti Nastārkṣyo Ariṣṭanemīḥ
 Svasti No Br̄haspatir Dadhātu
 Om̄ Shānti Shānti Shānti

Om. Gods! May we, with our ears, hear what is auspicious. O may we, with our eyes, behold what is auspicious. May we enjoy the life allotted to us by the Gods, offering our praise with our body strong of limb. May Indra, the powerful, of hoary fame, grant us prosperity. May He, the nourisher and possessor of all wealth, give us what is good for us. May the Lord of swift motion be propitious to us, and may Bṛhaspati (Guru of Gods) give us what is auspicious.

Om, Peace, Peace, Peace.

GURU PRAYERS

Brahmānandaṁ Paramasukhadam
Kevalaṁ Jñāna Mūrtim
Dvandvātītarāṁ Gaganasadṛśarāṁ
Tatvamasyādi Lakṣyarāṁ

I prostrate myself before the venerable guru, who is Brahman, who is Bliss, who is the giver of supreme happiness, who is the Absolute, who is the form of Knowledge, who is beyond the duality of opposites, who is (vast) like ether, who is attainable through assertions like "Tat Tvam Asi - That Thou Art".

Ekaṁ Nityaṁ Vimalamachalam
Sarvadhī Sākṣibhūtarāṁ
Bhāvātītarāṁ Triguṇa-rahitarāṁ
Sadguruṁ Tam Namāmi

I prostrate to that sadguru, who is one, eternal, pure and changeless, who is the witness of all the states of mind, who transcends modifications, who is devoid of the three modes (of Nature/Prakṛti).

Caitanyaṁ Śāsvataṁ Śāntaṁ
Nirākāraṁ Niranjanāraṁ
Nādabindu-kalātītarāṁ
Tasmai Sri Gurave Namaha

Prostrations to that Sri Guru, who is Consciousness, eternal, peaceful, formless, spotless and beyond Nāda (sound), Bindu (point or space) and Kāla (time).

Gurur Brahma Gurur Viṣnuḥ
Gurur Devo Maheśvaraḥ
Gurur Sāksat̄ Paramā Brahma
Tasmai Sri Gurave Namaha

Prostrations to that Sri Guru, who is himself the gods, Brahmā, Viṣṇuḥ and Maheśvara, and who is verily the supreme Absolute itself.

Ajñāna Timirāṇḍhasya Jñānāñjana Śalākaya
Cakṣur Unmilitāraṁ Yena Tasmai Sri Gurave Namaha

Prostrations to that Guru, who with an anointing stick of knowledge, opens the eye of him who is blinded by the gloom of ignorance.

Dhyānamūlam Guormūrtih
 Pūjāmūlam Gurorpadarām
 Mantra Mūlam Guror Vākyam
 Mokshamūlam Gurorkripā

The form of Guru is the root of meditation. The feet of Guru are the root of worship. The word of the Guru is the root of all Mantras. The Grace of Guru is the root of salvation.

Om̄ Namah Śivāya Gurave Satchidānanda Mūrtaye
 Niṣprapañcāya Śāntāya
 Sri Sivanandaya Te Namaha
 Sri Visnudevanandaya Te Namaha

Om. Prostrations to the Guru Swamī Sivananda, who is Śiva (bliss and auspiciousness), who is the embodiment of Existence-Knowledge-Bliss, who is free from world-consciousness, who is peaceful. We offer prostrations to You and to Swamī Visnudevananda.

Mātā Ca Pārvatī Devī Pitā Devo Maheśvaraḥ
 Bhaṇḍhavāḥ Śiva Bhaktāśca Svadeśo Bhuvanatrayam

Om Namah Pārvatī Pataye Hara Hara Mahādeva

The Goddess Pārvatī is my mother. The God Śiva is my father. All the devotees of God are my friends.

Salutations to the husband (Pataye) of Pārvatī, who is Śiva.

SUNDAY PRAYERS

Sunday Prayers are very beautiful chants. They seem to be difficult in the beginning. But are a good exercise in concentration; singing them creates a lot of joy in the heart.

PREMA MUDITA

This chant is in praise of Lord Rama, encouraging us to always sing his name.

Prema Mudita Manase Kaho

Rāma Rāma Rām

Sri Rāma Rāma Rām (x3) = Chorus

Repeat the name of God (Rāma) with a mind filled with love and joy.

Pāpa Kaṭe Duḥkha Miṭe

Lete Rāma Nām

Bhavasamudra Sukhada Nāva

Eka Rāma Nām

(chorus)

By repeating His name, sins and miseries are extinguished. The name of Rāma is the only boat to cross the ocean of Samsāra.

Parama Śānti Sukhanidhāna

Divya Rāma Nām

Nirādhāra Ko Ādhāra

Eka Rāma Nām

(chorus)

The divine name Rāma is the abode of supreme peace and bliss. Rāma Nām is the only support of the supportless.

Parama Gopya Parama Iṣṭa

Mantra Rāma Nam

Santahṛdaya Sadā Basata

Eka Rāma Nām

(chorus)

Rāma Nām is the most secret and fruitful mantra. Rāma ever dwells in the hearts of sages.

Mahādeva Satata Japata
Divya Rāma Nām
Kāśī Marata Mukti Karata
Kahata Rāma Nām
(chorus)

Mahādeva (Lord Śiva) always chants the divine name Rāma. Śiva grants liberation to those who die at Kāśī (a town on the banks of the river Gangā) or who chant the name of Rāma.

Mātā Pitā Bandhu Sakhā
Saba Hi Rāma Nām
Bhakta Janana Jīvana Dhana
Ek Rāma Nām
(chorus)

The divine name of Rāma is our mother, father, brother, friend and Rāma is in all. Rāma Nām is the life treasure of his worshippers.

ĀDI DIVYA

(It may be chanted once slowly and then once faster)

This is a chant in praise of the Divine Mother Kālī, asking for her protection.

Ādi Divya Jyoti Mahā Kālī Mā Namah (x2)
Madhu Śumbha Mahiṣa Mardinī Mahā Śakta Ye Namah (x2)
Brahma Viṣṇu Śiva Svarūpa Tvaṁ Na Anyathā (x2)
Carā Carasya Pālike Namo Namah Sadā (x2)

Salutations to the great Mother Kālī who is the first divine light shining in the universe. We prostrate unto you, the great power and destroyer of demons named Madhu, Śumbha and Mahiṣa. O Mother! You are really a form of Brahmā, Viṣṇu and Śiva and you are the protector of animate and inanimate being. Many salutations to you.

NĀMA RĀMĀYANA

The Ramayana, India's most ancient and glorious epic poem, is related in this song. Usually sung on Sunday nights, the story of the Sri Rāma incarnation contains the essence of all sacred scriptures. It is a reservoir containing the nectar of immortality, an inspiring story which has loomed large for centuries over the destinies of millions of people and will continue to do so for ages to come.

Rama, the jewel of the solar dynasty, was born as the son of King Dasaratha and his Queen Kausalya. The sage Viswamitra cherished Him as his most precious wealth. Even as a young boy, Rāma destroyed many demons like Maricha and Tataka and protected the sacrificial rites of the sages. Rāma resurrected Ahalya, who had been cursed and turned to stone. Rāma delighted King Janaka of Videha, broke the bow of Trymbaka (Śiva) and married Janaka's daughter Sita, the daughter of Mother Earth. Rāma went to the forest to obey His father's words. When His brother Bharata, the son of Kaikeyi, requested Rāma to return, Rāma bestowed His sandals on Bharata. Rāma punished the demoness Surpanakha by mutilation, destroyed the host of demons headed by Khara and Dushana and chased the golden deer that fascinated Sita. When Sita was abducted by the ten-headed demon Ravana, Rāma went in search of the Her. He gave salvation to Jatayu, the king of vultures, ate the fruit offered by the woman sage Sabari and is ever remembered by the monkey leader Hanuman. Rāma liquidated all obstacles while searching for Sita and marched forth for the destruction of Ravana. He gave refuge to Ravana's brother Vibheeshana. Using great stones, Rama's army of monkeys and bears built a bridge across the sea. Rāma decapitated Kumbhakarna and killed his brother Ravana. Rāma rejoiced to see Sita again and ascended the aerial vehicle to return to Ayodhya. He fulfilled Bharata's expectation (to return at the stipulated time) and became the shining jewel of Ayodhya.

O Rama, You are the protector of all beings!

O Rama, You are the support of all the worlds!

The esoteric meaning of the Ramayana is this: Ravana represents Ahankara or egoism. His ten heads represent the ten senses (five organs of knowledge plus five organs of action). Ravana's city of Lanka, the nine-gated city, represents the physical body. Vibhishana corresponds to the intellect. Sita is peace. Rāma is Jñāna (wisdom). To kill the ten-headed Ravana is to kill egoism and curb the senses. To recover Sita is to attain that "peace which passeth all understanding," which the Jiva (the individual soul) has lost on account desires. To recover Sita is to attain Jñāna (Knowledge) and have darshana of Rama, the Supreme Self.

NĀMA RĀMAYANA

Sri Rām Jai Rām Jai Jai Rām (x8)

Śuddha Brahma Parātpara Rām
 Kālātmaka Parameśvara Rām
 Śeṣa Talpa Sukha Nidrita Rām
 Brahmādyamara Prārthita Rām
 Chaṇḍa Kiraṇakula Maṇḍana Rām
 Śrīmad Daśaratha Nandana Rām
 Kausalyā Sukha Vardhana Rām
 Viśvāmitra Priyadhana Rām

Oh Supreme Self! Greater than the great! Rāma!

Nature of Time! Great Lord! Rāma!

Rāma, sleeping happily on Ādiśeṣa bed

Rāma worshipped by Brahma and the other Gods

Rāma, jewel of the solar race

Rāma, son of blessed king Daśaratha

Rāma, enhanced happiness of Kausalyā

Rāma, the treasure of sage Viśvāmitra

Ghora Tāṭakā Ghātaka Rām
 Mārīcādi Nipātaka Rām
 Kauśika Makha Saṃrakṣaka Rām
 Śrīmad Ahalyoddhāraka Rām
 Gautama Muni Sampūjita Rām
 Sura Munivara Gaṇa Saṃstuta Rām

Rāma, killer of the fearful demoness Tāṭakā

Rāma, killer of demons Mārīca and others

Rāma, protector of Viśvāmitra's Yajña

Rāma, reviver of blessed Ahalyā

Rāma, worshipped by the sage Gautama

Rāma, praised by all the gods and sages

Nāvika Dhāvita Mṛdu Pada Rām
 Mithilā Pura Jana Mohaka Rām
 Videha Mānasa Ratjaka Rām
 Tryambaka Kārmuka Bhanjaka Rām
 Sītā Arpita Vara Mālika Rām
 Kṛta Vaivāhika Kautuka Rām
 Bhārgava Darpa Vināśaka Rām
 Śrīmad Ayodhyā Pālāka Rām

Rāma, with soft feet washed by the boātman
Rāma, the enchanter of the people in Mithilā
Rāma attracted the mind of Janaka
Rāma broke the bow of Śiva
Rāma has the garland offered by Sītā
Rāma celebrated his marriage
Rāma, remover of Paraśurāma's pride
Rāma, protector of the blessed Ayodhyā

Śuddha Brahma Parātpara Rām
Kālātmaka Parameśvara Rām
Agaṇita Guṇagaṇa Bhūṣita Rām
Avanītanayā Kāmita Rām
Rākā Candra Samānana Rām
Pitrvākyāśrita Kānana Rām
Priya Guha Vinivedita Pada Rām
Tatkṣālita Nija Mrdu Pada Rām

Oh Supreme Self! Greater than the great!
Soul of entire time! Great Lord! Rāma!
Rāma, embodying countless good qualities
Rāma, beloved of the daughter of the earth (Sītā)
Rāma, with a face like a full moon
Rāma, exiled to the forest on father's word
Rāma with feet adored by dear guh
Rāma with tender feet washed by Him

Bharadvāja Mukhānandaka Rām
Citrakūṭādri Niketana Rām
Daśaratha Santata Cintita Rām
Kaikeyī Tanayārthita Rām
Viracita Nija Pitrkarmaka Rām
Bharatārpita Nija Pāduka Rām

Rāma, pleasure to the sage, Bharadvāja...
Rāma had a place to live on Chitrakūṭa hill
Rāma always thought of father Daśaratha
Rāma, requested by the son of Kaikeyī
Rāma, performed funeral rites of his father
Rāma, gave his sandals to Bharata

Daṇḍakā Vana Jana Pāvana Rām
 Duṣṭa Virādha Vināśana Rām
 Śarbhaṅga Sutīkṣṇārchiṭa Rām
 Agastyānugraha Vardhita Rām
 Gṛidhrādhipa Saṃsevita Rām
 Paṭchvatī Taṭa Susthita Rām

*Rāma, uplifting the dwellers of daṇḍakā forest
 Rāma, destroyed the evil demon Virādha
 Rāma, served by Śarbhaṅga and Sutīkṣṇa
 Rāma, nourished by sage Agastya's well-wishes
 Rāma, served by the king of vultures
 Rāma resided happily in Pañcavaṭī*

Śūrpaṇakhārthi Vidhāyaka Rām
 Kharadūṣaṇa Mukha Sūdaka Rām
 Sītā Priya Hariṇānuga Rām
 Mārīcārti Kṛdāśuga Rām
 Vinaṣṭa Sītānveṣaka Rām
 Gṛidhrādipta Gatidāyaka Rām

*Rāma caused pain to demoness Śūrpaṇakhā
 Rāma killed Khara, Dūṣaṇa and other demons
 Rāma went after the deer, dear to Sītā
 Rāma killed Mārīca with the arrow
 Rāma searched for his lost wife, Sītā
 Rāma, gave salvation to the vulture king*

Śabarīdatta Phalāśana Rām
 Kabandha Bāhucchedana Rām
 Hanumat Sevita Nijapada Rām
 Nata Sugrīvā Bhīṣṭada Rām
 Garvita Vāli Saṃhāraka Rām
 Vānara Dūta Preṣaka Rām

*Rāma ate the fruits offered by the hermit Śabarī
 Rāma cut off the arms of the demon Kabandha
 Rāma, with feet served by Hanumān
 Rāma blessed the noble Sugrīva
 Rāma killed the proud Vāli
 Rāma sent the monkey messenger*

Hitakara Lakṣmaṇa Saṃyuta Rām
Kapivara Santata Saṃsmṛta Rām
Tadgati Vighnadhwamṣaka Rām
Sītā Prāṇadhāraka Rām
Duṣṭa Daśānana Dhūṣita Rām
Śiṣṭa Hanūmad Bhūṣita Rām

Rāma, together with good-natured Lakṣmaṇa
Rāma, constantly remembered by Hanumān
Rāma removed all obstacles on His path
Rāma, the life-support of Sītā
Rāma, insulted by the evil ten-headed Rāvaṇa
Rāma, worshipped by virtuous Hanumān

Sītāvedita Kākāvana Rām
Kṛta Cūḍāmaṇi Darśana Rām
Kapivara Vacanāśvāsita Rām
Rāvaṇa Nidhana Prasthita Rām
Vānara Sainya Samāvṛta Rām
Śoṣita Saridīśārthita Rām

Sītā narrated the story of the crow saved by Rāma
Rāma did behold Cūḍāmaṇi (jewel) sent by Sītā
Rāma was consoled by Hanumān's words
Rāma, marched on destroying evil Rāvaṇa
Rāma was surrounded by the monkeys
Rāma, frightened the Lord of the Ocean

Vibhīṣaṇābhaya Dāyaka Rām
Parvata Setu Nibandhaka Rām
Kumbhakarṇa Śiracchedaka Rām
Rākṣasa Saṅgha Vimardaka Rām
Ahimahirāvaṇa Cāraṇa Rām
Saṃhṛta Daśamukha Rāvaṇa Rām

Rāma gave refuge to Vibhīṣaṇa
Rāma built the bridge with hills and stones
Rāma cut off Kumbhakarṇa's head
Rāma killed millions of demons
Rāma killed Ahimahi Rāvaṇa
Rāma killed the ten-headed Rāvaṇa

Vidhi Bhava Mukha Sura Saṁstuta Rām
 Swasthita Daśaratha Viḳṣita Rām
 Sītā Darśana Modita Rām
 Abhiṣikta Vibhīṣaṇanata Rām
 Puṣpakayānā Rohaṇa Rām
 Bharadvājādi Niṣevana Rām

*Rāma, praised by all the Gods, like Brahma and Śiva
 Rāma, watched by father Daśaratha in heaven
 Rāma was pleased to see Sītā
 Rāma bowed by coronated Vibhīṣaṇa
 Rāma, climbed the areal vehicle, Puṣpaka
 Rāma worshipped by Bharadvāja*

Bharata Prāṇa Priyakara Rām
 Sāketapuri Bhūṣaṇa Rām
 Sakalasvīya Samānana Rām
 Ratna Lasat Pīṭhāsthita Rām
 Paṭṭābhisekālaṅkṛta Rām
 Pārthiva Kula Sammānita Rām

*Rāma is Bharata's life and pleasure
 Rāma bedecked the city of Sāketa
 Rāma, surrounded by all his own people
 Rāma sitting on a diamond-studded seat
 Rāma, bejewelled for the coronation
 Rāma was honoured by all the rulers*

Vibhīṣaṇārpita Raṅgaka Rām
 Kiśa Kulānugrahakara Rām
 Sakala Jīva Saṁrakṣaka Rām
 Samasta Lokā Dhāraka Rām

*Rāma, was given an image of Raīganātha by Vibhīṣaṇa
 Rāma blessed the race of monkeys
 Rāma, saviour of all beings
 Rāma, supporter of all worlds*

Rāma Rāma Jaya Rājā Rām
 Rāma Rāma Jaya Sītā Rām
 Sri Rāma Jaya Rāma Jaya Jaya Rām (x8)

LINGĀSTAKAM

"The Linga is the outward symbol of the formless being, Lord Śiva, who is the indivisible, allperading, eternal, auspicious, ever-pure, immortal essence of this vast universe, who is the undying Soul seated in the chambers of your heart - the pure, immortal essence of this vast universe, who is the undying Soul seated in the chambers of your heart, who is your Indweller, innermost Self or Atman, and who is identical with the Supreme Brahman".

Swami Sivananda

Brahma Murāri Surārcita Liṅgam
Nirmala Bhāsita Śobhita Liṅgam
Janmaja Dukha Vināśaka Liṅgam
Tat Praṇamāmi Sadāśiva Liṅgam

Liṅgam, the symbol of Lord Śiva, is adored by Brahmā, Viṣṇu and all Gods. Taintless, shining, beautiful is the Lingam. Destroyer of the miseries that follow birth. I salute the Liṅgam of the eternal Śiva.

Deva Muni Pravarārcita Liṅgam
Kāma Dahana Karuṇākara Liṅgam
Rāvaṇa Darpa Vināśaka Lingam
Tat Praṇamāmi Sadāśiva Liṅgam

The Liṅgam that is adored by the gods and the great sages. That denotes the destruction of the god of lust, ocean of mercy, the vanquishing of Rāvaṇa's (a demon) pride, to that Liṅgam of the omnipresent Śiva, I prostrate.

Sarva Sugandhi Sulepita Liṅgam
Buddhi Vivardhana Kāraṇa Liṅgam
Siddha Surāsura Vandita Liṅgam
Tat Praṇamāmi Sadāśiva Liṅgam

To the Liṅgam that is anointed with fragrant substances, such as sandal paste, that enhances the intellect, and that is worshipped by Siddhas (seers), gods and Āsuras (demons), I offer my salutations.

Kanaka Mahāmaṇi Bhūṣita Liṅgam
Phaṇipati Veṣṭita Śobhita Liṅgam
Dakṣa Suyajña Vināśana Lingam
Tat Praṇamāmi Sadāśiva Liṅgam

The Liṅgam that is adorned with gold ornaments, and precious items, that shines with the Lord of the serpents that encircles it, and that destroyed the sacrifice performed by Dakṣa, to That I offer my salutations.

Kuṅkuma Candana Lepita Liṅgam
Paṅkaja Hāra Suśobhita Liṅgam
Sañcita Pāpa Vināśaka Liṅgam
Tat Praṇamāmi Sadāśiva Liṅgam

The Liṅgam that is smeared with vermillion and sandalwood paste, that shines with garlands of lotuses, and dispels the accumulated sins of devotees, to That I offer my salutations.

Deva Gaṇārcita Sevita Lingam
Bhāvair Bhaktibhirevaca Liṅgam
Dinakara Koṭi Prabhākara Liṅgam
Tat Praṇamāmi Sadāśiva Liṅgam

The Liṅgam that is worshipped by the host of gods with great devotional feelings, and that shines with the brilliance of crores of suns, to That I offer my salutations.

Aṣṭadalopari Veṣṭita Liṅgam
Sarva Samudbhava Kāraṇa Liṅgam
Aṣṭa Dāridrya Vināśaka Liṅgam
Tat Praṇamāmi Sadāśiva Liṅgam

The Liṅgam that is seated on an eight-petaled lotus, that is the cause of all creations, that destroys all forms of destitution, to That I offer my salutations.

Suraguru Suravara Pūjita Liṅgam
Suravana Puṣpa Sadārcita Liṅgam
Parātparamī Paramātmaka Liṅgam
Tat Praṇamāmi Sadāśiva Liṅgam

The Liṅgam that is worshipped by the preceptor (Bṛhaspati) of the Gods, and the chief of the Gods (Indra) who are always offering flowers from the heavenly gardens to Thee, the greatest of all beings, having nature of supreme spirit, to That I offer my salutations.

JAYA JAGADISHA HARÉ

Om Jaya Jagadisha Haré
Swami, Jaya Jagadisha Haré
Bhakta Jano Ke Sankata (repeat)
Kshana Men Dur Kare
Om Jaya Jagadisha Haré

*Oh Lord of the Universe, Victory be to you.
Of Liberator of sins, Glory be unto you.*

Jo Dhyave Phala Pave
Dukha Vinase Mana Ka
Swami, Dukha Vinase Mana Ka
Sukha Sampati Ghara Ave (repeat)
Kashta Mite Tana Ka
Om Jaya Jagadisha Haré

You dispel the troubles of your devotees in just a moment. Those who worship you reap the fruits of their actions, and all their sufferings are taken away.

Matapita Tuma Mere
Sharana Gahumai Kisaki
Swami, Sharana Kisaki
Tuma Bina Aur Na Duja (repeat)
Āsa Karumai Kisaki
Om Jaya Jagadisha Haré

Let the happiness and the wealth reach our home, the mind liberated of its sufferings. You are the mother and the father for me. I have no one else but you for shelter.

Tuma Purana Paramatma
Tuma Antarayamni
Swami, Tuma Antarayami
Parabrahma Parameshvara (repeat)
Tuma Saba Ke Swami
Om Jaya Jagadisha Haré

Tuma Karuna Ke Sagara
Tuma Palana Karata
Swami, Tuma Palana Karata
Mai Murakha Khala Kami (repeat)
Kripa Karo Bharata
Om Jaya Jagadisha Haré

You are the infinite Lord and you are in my heart. You are the Ultimate Source and Lord of all.

Tuma Ho Eka Agochara
Sabe Ke Pranapati
Kis Vidhi Milun Dayamaya (repeat)
Tumako Mai Kumati
Om Jaya Jagadisha Haré

You are the ocean of compassion and Ruler of the Universe. I am ignorant and a seeker of pleasures. Grace me.

Dina Bandhu Dukha Harata
Tuma Rakashaka Mere
Swami Tuma Rakashaka Mere
Apane Hatha Badhao (repeat)
Dvara Padamai Tere
Om Jaya Jagadisha Haré

You are the unseeable and Lord of All I am evil-minded. How do I get in tune with you?

Vishaya Vikara Mitao
Papa Haro Deva
Swami, Papa Haro Deva
Shraddha Bhakti Badhao (repeat)
Santana Ki Seva
Om Jaya Jagadisha Haré

You take away the problems of innocent ones. You are my saviour. Please raise your hands and bless me. I have fallen at your door.

Jaya Jagadisha Ke Arati
Jo Koye Nara Gave
Swami, Jo Koye Nara Gave
Kahat Sivananda Swami (repeat)
Sukha Sampati Ghar Avé
Om Jaya Jagadisha Haré

Erase all instinctual impulses and sins from me. Let me be more sincerely devoted to you and help me to serve my Master Sivananda.

HE PRABHO

This is a very beautiful kirtan, filled with devotion, asking the Lord for His help on the spiritual path.

He Prabho Ānandadātā Jñāna Hamako Dījiye
Śīghra Sāre Durguṇom̄ko Dūra Hamase Kījiye
Lījiye Hamako Śaraṇamem̄ Ham Sadācārī Banen
Brahmācarī Dharmarakṣaka Vīra Vratadhārī Banen
He Prabho Ānandadātā Jñāna Hamako Dījiye
Premase Hama Guru Janom̄kī Nitya Hī Sevā Kare
Satya Bole Jhūṭha Tyāge Mela Apasameṇ̄ Kare
He Prabho Ānandadātā Jñāna Hamako Dījiye
Nindā Kisīkī Hama Kisīse Bhūla Kara Bhī Nā Kare
Divya Jīvana Ho Hamārā Tere Yaśa Gāyā Kare
He Prabho Ānandadātā Jñāna Hamako Dījiye

*O Lord, giver of bliss, give me knowledge.
Quickly take my bad habits very far from me.
Take us into your refuge. Make us virtuous.
May we become brahmacārīs (religious students),
protectors of righteousness, heroic and observers of vows.
O Lord, giver of bliss, give me knowledge.
May we always serve our Gurus (teachers) lovingly.
May we speak the truth, reject untruth and may we live unitedly.
O Lord, giver of bliss, give me knowledge.
May we never hurt or disrespect anyone, even by mistake.
May our life be always divine and let us sing your praises.
O Lord, giver of bliss, give me knowledge.*

CONCLUDING CHANTS

CONCLUDING MANTRAS

Om Namo Nārāyanāya Dasoham Tava Kesava

Om Dum Durgāyai Namaha

Om Hrim Mahālakshmyai Namaha

Om Aim Saraswatyi Swahah

Om Namo Bhagavate Sivanandaya

Om Namo Bhagavate Vishnudevanandaya

Sri Rāma Rāma Rāmethi Rāme Rāme Manorame

Sahasranāma Tattulyam Rāmanāma Varānane

MAHĀ MRUTYUNJAYA MANTRA (OM TRAYAMBAKAM)

is a life-giving Mantra. In these days, when life is very complex, accidents are an everyday affair; this Mantra wards off deaths by snakebite, lightening, motor accidents, fire, cycle, water, air accidents and accidents of all kinds. Besides, it has a great curative effect for diseases. It should be repeated before any travel.

It is also a Moksha-Mantra and bestows liberation. It is a Śiva Mantra. The Mantra should be repeated 3, 9, 27 or 108 times, especially on your birthday. This will bestow on you health, long life, liberation and prosperity.

Om̄ Trayambakam̄ Yajāmahe

Sugañdhiṁ Puṣti Vardhanam̄

Urvā Rukam Iva Bhañdhanāt̄

Mṛityor Mukṣīya Mā'mṛtāt̄ (x3)

We worship the fragrant, three-eyed Lord Śiva, who enhances prosperity.

May He liberate us from the bondage of death like the water melon (which separates effortlessly from the vine), let Him not turn us away from immortality.

OTHER PEACE CHANTS

Om Sarveśāṁ Svastir Bhavatu
Sarveśāṁ Śāntir Bhavatu
Sarveśāṁ Pūrṇāṁ Bhavatu
Sarveśāṁ Mangalaṁ Bhavatu

*May auspiciousness be unto all.
May peace be unto all.
May fullness be unto all.
May prosperity be unto all.*

Sarve Bhavantu Sukhinaḥ
Sarve Santu Nirāmayāḥ
Sarve Bhadrāṇi Paśyantu
Mā Kaschit Dhukha Bhāk Bhavet

*May all be happy.
May all be free from diseases.
May all enjoy prosperity.
May none suffer from sorrow.*

Om Asato Mā Sat Gamaya
Tamaso Mā Jyotir Gamaya
Mrityor Mā Amṛtam Gamaya

*Lead me from the unreal to the real.
From darkness to light.
From death to immortality.*

Om Pūrṇamada Pūrṇmidāṁ
Pūrṇat Pūrṇam Udachyate
Pūrṇasya Pūrṇam Ādāya
Pūrṇamevāvaśīṣyate

Om Shānti Shānti Shānti

*That Brahman is full. This creation is also full.
From the Brahman this creation has come.
When this creation is merged in the Brahman.
What remains is again full.*

Om Peace Peace Peace.

UNIVERSAL PRAYER

Written by Swami Sivananda, the Universal Prayer expresses the sentiment that God is One whatever name we call Him/Her by, whatever form we see Her/Him in. It is a prayer that may be recited by followers of any religion or creed.

O adorable Lord of mercy and love,
salutations and prostrations unto Thee.

Thou art omnipresent, omnipotent and omniscient.
Thou art Satchidānanda.

Thou art existence, knowledge and bliss absolute.
Thou art the indweller of all beings.

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

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

Free us from egoism, lust, anger, greed, hatred and jealousy.
Fill our hearts with divine virtues.

Let us behold Thee in all these names and forms.
Let us serve Thee in all these names and forms.

Let us ever remember Thee.

Let us ever sing Thy glories.

Let Thy name be ever on our lips,

Let us abide in Thee for ever and ever.

Om Bolo Sadguru Sivananda Maharaja Ki – Jai

Om Bolo Sadguru Vishnudevananda Maharaja Ki – Jai

PRIÈRE UNIVERSELLE – FRANÇAIS

O Seigneur adorable de miséricorde et d'amour,
Nous Te saluons et nous nous prosternons devant Toi.

Tu es omniprésent, omnipotent, omniscient.

Tu es Satchidānanda.

Tu es existence, connaissance, béatitude.

Tu es l'Être intime de tous les êtres.

Donne-nous un cœur compréhensif, une vision sereine,
un esprit harmonieux, la foi, la dévotion et la sagesse.

Donne-nous la force spirituelle intérieure,
pour résister à la tentation et maîtriser notre esprit.

Délivre-nous de l'egoïsme, de tous les désirs immodérés,
de la colère, de la haine et de la jalousie.

Emplis nos coeurs de vertus divines.

Que nous Te voyions dans tout ces noms et toutes ces formes.

Que nous Te servions dans tout ces noms et toutes ces formes.

Que toujours nous pensions à Toi.

Que nous chantions toujours Ta gloire:

Que Ton nom soit toujours sur nos lèvres.

Que nous demeurions en Toi pour l'éternité.

Om Bolo Sadguru Sivananda Maharaja Ki – Jai

Om Bolo Sadguru Vishnudevananda Maharaja Ki – Jai

UNIVERSELLES GEBET – DEUTSCH

Oh anbetungswürdiger Herr, voll Barmherzigkeit und Liebe,
Gruß Dir, in Demut gebeugt.

Allgegenwärtig bist Du, allmächtig, allwissend.

Du bist Satchidānanda.

Sein ist Dein Wesen, Wissen und Seligkeit,
Im Inneren aller Wesen wohnst Du.

Gib uns ein verstehendes Herz, die rechte Einsicht,
ausgeglichenes Gemüt, Vertrauen, Hingebung und Weisheit.

Lege in uns geistige Kraft, Versuchungen zu widerstehen,
Denken und Wollen zu beherrschen.

Befreie uns von Selbstsucht, Lust, Zorn, Gier und Hass,
erfülle unser Herz mit göttlichen Tugenden.

Lass uns Dich erschauen in all den Namen und Gestalten.

Lass uns Dir dienen in all den Namen und Gestalten.

Lass uns allezeit Deiner gedenken.

Lass uns stets Deine Herrlichkeit singen.

Lass Deinen Namen stets auf unseren Lippen sein.

Lass uns in Dir bleiben alle Zeit.

Om Bolo Sadguru Sivananda Maharaja Ki – Jai

Om Bolo Sadguru Vishnudevananda Maharaja Ki – Jai

ORACIÓN UNIVERSAL – ESPAÑOL

Oh adorable Dios de Misericordia y Amor,

Te saludamos y nos postramos ante Ti.

Tú eres Omnipresente, Omnipotente y Omniscente.

Tú eres Satchidānanda.

Tú eres Existencia, Conocimiento y Bienaventuranza absolutos.

Té estás en el corazón de todos los seres.

Danos visión clara, mente equilibrada, fe, devoción y sabiduría.

Danos fuerza espiritual para resistir la tentación y sabiduría.

Libranos de la cólera, la avaricia, la lujuria, el odio, el deseo y los celos.

Llena nuestros corazones con virtudes divinas.

Déjanos adorarte bajo todos los nombres y todas las formas.

Déjanos servirte bajo todos los nombres y todas las formas.

Déjanos recordarte siempre.

Déjanos cantar tus glorias.

Deja que tu nombre esté siempre en nuestros labios.

Déjanos morar en Ti por los siglos de los siglos.

Om Bolo Sadguru Sivananda Maharaja Ki – Jai

Om Bolo Sadguru Vishnudevananda Maharaja Ki – Jai

PREGHIERA UNIVERSALE – ITALIANO

Oh adorabile Signore di misericordia e amore,
Ti salutiamo e ci prostriamo davanti a te.

Tu sei onnipresente, onnipotente e onnisciente.
Tu sei Satchidānanda.

Tu sei esistenza, conoscenza e beatitudine assoluta.
Tu sei l'essere intimo in tutti gli esseri.

Donaci un cuore comprensivo, una visione serena,
uno spirito armonioso, la fede, la devozione e la saggezza.
Donaci la forza spirituale per resistere alla tentazione
e controllare la nostra mente.

Liberaci dall'egoismo, la lussuria, la collera, l'avidità,
l'odio e la gelosia.

Riempì i nostri cuori con le virtù divine.

Fai che ti vediamo in tutti i nomi e tutte le forme.

Fai che ti serviamo in tutti i nomi e tutte le forme.

Fai che ti ricordiamo sempre.

Fai che cantiamo le tue glorie.

Fai che il tuo nome sia sempre sulle nostre labbra.

Fai che viviamo in te per l'eternità.

Om Bolo Sadguru Sivananda Maharaja Ki – Jai

Om Bolo Sadguru Vishnudevananda Maharaja Ki – Jai

UNIVERSELE GEBED – AFRIKANS

O, Ānbiddelike God van genade en liefde,
In eerbied kniel ek voor U en groet U Heer

U is alomteenwoordig, almagtig en alwetend.

U is die lewensgees, kennis en absolute gemoedsrus.

U is Satchidānanda

U is Die Siel van alle wesens.

Gee vir ons 'n hart wat verstān, 'n o□onder bevooroordele om
die wārheid te kan herken, 'n gebalanseerde verstand, geloof,
toewyding en wysheid.

Skenk ons siel 'n innerlike sterkte om die kwade te kan weerstān
en om ons verstand te kan kontroleer.

Bevry ons van egotisme, wellustigheid, kwade gevoelens,
begeerte, hāt en jaloesie.

Vul ons harte met goddelike gedagtes, geregtigheid en wārdes.

Lāt ons U sien in al U name en vorme.
 Lāt ons U dien in al U name en vorme.
 Lāt ons U altyd onthou.
 Lāt ons altyd U glorie besing.
 Lāt U nām altyd op ons lippe wees.
 Lāt ons gehoorsām wees ān U, vir ewig en ewig.
 Om Bolo Sadguru Sivananda Maharaja Ki – Jai
 Om Bolo Sadguru Vishnudevananda Maharaja Ki – Jai

UNIVERSAL PRAYER – ARABIC

صلوة للجميع

أيها رب المعبد، يا رب الرحمة والمحبة، لك السلام والسجود
 أنت الدائم العارف القدير،
 أنت الوجود المطلق، والوعي المحيض، والغبطة الصافية،
 أنت القائم في كل الكائنات،
 هبنا قلباً منفهماً ورؤياً متساوية وفكراً متزناً،
 هبنا الإيمان والتقوة والحكمة.
 أعطنا قوةً روحيةً داخليةً لتواجه المُغريّات ونضبط الفكر.
 خلّصنا من الأنانية، والشهوّة، والطمع، والغضب، والحدق، والغيرة.
 إملاً قلوبنا بالفضائل الإلهية.
 قدّرنا يا رب على خدمتك في كل الأسماء وكل الأشكال،
 واجعلنا نذكرك على الدوام،
 ونشدّ مجدك على الدوام،
 وليك! اسمك أبداً على شفاهنا،
 ولنبق معك على الأبددين.

آمين

UNIVERSAL PRAYER – DANISH

Oh elskede barmhjertighed og karlinghedens Herre,

Ydmygt in bajer for Dig.

Du er kraften i alt og allestedsnærerende.

Du er Satchidānanda.

Du er eksistensen, videnskaben og det Absolutte.

Du er det inderste i alle vasener.

Giv os et forstående hjerte et balanceret syn og sind, tro, tilbedelse og vison.

Tildel os inder spirituel styrke, så vi modstår fristelse, så vi kan kontrollere vores sind.

Fri os fra egoisme, lyst, vrede, grådigned, nad og jealousy.

Fyld vores hjerter med Guddommelige dyder.

Lad os se Dig i alle Dine navne og former.

Lad os tjane Dig i alle Dine navne og former.

Lad os altid have Dig i Vor bevidsthed.

Lad os altid synge Din herlighed.

Lad altid Dit navn være på vore laber.

Lad os blive hos Dig i al evighed.

Om Bolo Sadguru Sivananda Maharaja Ki – Jai

Om Bolo Sadguru Vishnudevananda Maharaja Ki – Jai

PAIDIR COMHCHOITIANTA – GAAELIC (IRISH)

A Thiarna den Trócaire is den Ghrá,

Fáiltíú is Cloíteacht Leat.

Is Té atá Uileláithreach, Uilechumhachtach agus Uilefhiúach.

Is Tú Satchidānanda.

Is Tú Beatha, Eolas agus Aoibhneas Iomlán.

Is Tú atá ina Áitritheoir do Chách.

Tabhair Dúinn Croí Tuisceanach Fís Chothrom, Intinn, Creideamh, Deabhóid agus Eagnaíocht Chothrom.

Tabhair Dúinn Láídreacht Spioradáltacht Inmheánach chun Cathú a Dhiúltú.

Agus Chun an Intinn a Smachtú, Saor Sinn ón Féinspéis

Ainmhian, Fearg, Saint, Fuath agus Éad.

Lior ár gCroíthe le Suáilci Diaga.

Lig Dúinn Thú a Fheiceáil ins na Ainmneacha agus Firmeacha
Seo Uilig.

Lig Dúinn a Bheith Umhal Duit ins na Ainmneacha agus
Firmeacha Seo Uilig.

Lig Dúinn Cuimhne Ort de Shíor.

Lig Dúinn D Ghlóire a Chanadh de Shíor.

Lig D'Ainm a Bheith de Shíor ar Ár mBeola.

Lig Dúinn Maireachtáil Ionat Trí Shaol na Saol.

Om Bolo Sadguru Sivananda Maharaja Ki – Jai

Om Bolo Sadguru Vishnudevananda Maharaja Ki – Jai

UNIVERSAL PRAYER – GREEK

O kirie larefte apo efsplaxnia kai agapi.

Se xairetame kai proskiname enopion sou.

Eise pantaxou paron, pantodynamos kai pantognostis.

Eise iparxis (iparchis), gnossi, makariotis.

Eise Satchidānanda

Eise to monadiko on metaxi olon ton onton.

Dosse mas mia nohimona kardia, mia galinia orasse, ena
harmonico pnevma, tin posti, tin afossiossi, tin sofia.

Dosse mas tin esoteriki dynami ya na antexoume ton pirasmo kai
na elenxoume to pnevma mas.

Apalaxe mas apo ton egoismo, apo tis ametres epithimies, apo tin
orgi, to missos kai ti zilia.

Gemis tis kardies mas me thia (sia) agnotita.

Na se vlepoume se ola ta onomata kai se ola ta schimata.

Na se ipiretoume pandou.

Na se skeptomaste pantote.

Pantote na imnoume ti doxa sou.

To onoma sou na ine pantote sta xili mas.

Kai na imaste mazi sou os tin eoniotita.

Om Bolo Sadguru Sivananda Maharaja Ki – Jai

Om Bolo Sadguru Vishnudevananda Maharaja Ki – Jai

UNIVERSAL PRAYER – HEBREW

התפילה האוניברסלית | ע"י סוועי שיבונזה

הָאֱלֹהִים, קְדוּשָׁתְךָ כְּבָרַתְנוּ
 כְּלֹעַדְתָּנוּ לְפָנֶיךָ.
 כְּלֹעַדְתָּנוּ לְפָנֶיךָ, וְאַתָּה
 כְּלֹעַדְתָּנוּ לְפָנֶיךָ.

כְּלֹעַדְתָּנוּ לְפָנֶיךָ, זְמָרָתְךָ אֲנוֹתָה.
 כְּלֹעַדְתָּנוּ לְפָנֶיךָ, רְקֵדָתְךָ אֲנוֹתָה.
 כְּלֹעַדְתָּנוּ לְפָנֶיךָ, רְזֵבָתְךָ אֲנוֹתָה.
 כְּלֹעַדְתָּנוּ לְפָנֶיךָ, זְמָרָתְךָ אֲנוֹתָה.

רְקֵדָתְךָ כְּחַדְרָתְךָ יְמִינָה,
 אֲנוֹתָה אֲנוֹתָה אֲנוֹתָה, אֲנוֹתָה,
 אֲנוֹתָה אֲנוֹתָה אֲנוֹתָה, אֲנוֹתָה,
 אֲנוֹתָה אֲנוֹתָה אֲנוֹתָה, אֲנוֹתָה,
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אֲנוֹתָה אֲנוֹתָה אֲנוֹתָה, אֲנוֹתָה,
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 אֲנוֹתָה אֲנוֹתָה אֲנוֹתָה, אֲנוֹתָה.

UNIVERSALNA MOLITVA – HRVATSKI (CROATIAN)

O obožavani Gospode milosti i yubavi,
 Pozdravljaljajući i kljanjajudi se Tebi.

Ti si sveprisutan, svemogué i sveznajué.

Ti si Satchidānanda.

Ti si egzistencija, Znanje i blaženstvo apsolut.

Ti bivaš u svim bićima.

Daj nam srce buno razumjevanja, jednaku viziju, miran um, vjeru, posvećenost i mudrost.

Daj nam unutašnju duhovnu snagu da odolimū napastim(a) i da vladamo u mom.

Oslobodi nas egoizma, pohote, ljutnje pohlepe, mržnje i yubomore.

Ispuni naša srca sa božanskim krepostinom.

Neka vidimo Tebe usvim imenima i oblicima.

Neka služimo Tebe usvim imenima i oblicima.

Neka se uvijek sjedomo Tebe.

Neka uvijek pjevamo Troju slavu.

Neka uvijek bude Troje ime na našim usnicama.

Neka budemo zauvjek u Tebi.

UNIVERSAL DOA – INDONESIA

Oh Tuhan yang penuh kasih dan cinta,
Hormar dan sembah kutujukan pada Mu.

Ergkau adalah omnipresensi, omnipotensi dan omniscient.

Engkau adalah Satchidānanda.

Engkau adala keberadān, pengetahuan da berkat nyata.

Engkau adalah penghuni tiap makhluk.

Berikan kami hari yang pengertian, pandangan sama, pikiran seimbang, iman, penyembahan dan kebijaksanān.

Bebaskan kami dari egoisme, nafsu, kemarahan, keserakahan, kebencian dan iri hari.

Isi hari kami dengan kebijakan Ilahi.

Biarkan kami menyanjungMu dalam segala Nāma dan bentuk ini.

Biarkan kami melayaniMu dalam segala Nāma dan bentuk ini.

Biarkan kami mengigatMu selalu.

Biarkan kami menyanyika kemuliānMu selalu.

Biarkan namaMu selalu berada di bibir kami.

Biarkan kami bernaung dalamMu selama-laman-ja.

Om Bolo Sadguru Sivananda Maharaja Ki – Jai

Om Bolo Sadguru Vishnudevananda Maharaja Ki – Jai

UNIVERSAL PRAYER – JAPANESE

Om 愛と慈しみに満ちた 敬うべき者よ
あなたに敬服いたします。

遍く（あまねく）世界に拡がる全知全能のサッヂダーナンダ
唯一無二の内なる存在よ

どうか私たちの心が 平等と均整、献身と智慧、
そして誠の心で満たされますように。

心を統制し、誘惑に打ち克つ強さをお与えください。
私たちを、我執、欲望、怒り、貪り（むさぼり）、
憎しみと妬みから解放してください。
私たちの胸にその高き徳を賜りますように。

あなたがいかなる変容を遂げるとしても
その名、そしてその姿をいつまでも心に抱き
あなたに仕えることができますように。
絶えずあなたとともに在り
その栄光を讃え唱えさせてください。

永遠に私たちが あなたのものとに とどまっていられますように。

VISPĀRĒJO LŪGŠANA – LATVIJAS (LATVIAN)

Ak, Pielūdzamais žēlsirdības un mīlestības kungs,
Pazemtgi sveicinām tevi.

Tu esi visuresošs, visvarošs un viszinošs.

Tu esi Satchidānanda.

Tu esi pilnīga esantba, apzina und svetlaime.

Tu esi visu dzīvo būtnu gars.

Dod mums sprotošu sirdi, skaidru skatu, līdzsvarotu prātu, tictbu,
dievbijbu und gudrību.

Dod mums iekšēju gara spēku pretoties kārdinājumam un
kontrolēt prātu.

Atbrīvo mūs no egoisma, kaislībām, dusmām, mantkārtbas, naida
und greizsirdības.

Piepildi mūsu sirdis ar dievišķajām vertībām.

Ļaut mums ieraudzīt tevi visos šajos vārdos und formās.

Ļaut mums kalpot tev visos šajos vārdos und formās.

Ļaut mums vienmēr aīcerēties tevi.

Ļaut tavam vārdam vienmēr būt mums uz lūpām.

Ļaut mums dzīvot mūžīgi mūžam.

Om Bolo Sadguru Sivananda Maharaja Ki – Jai
Om Bolo Sadguru Vishnudevananda Maharaja Ki – Jai

UNIVERSALI MALDA – LITUANIA

Mes sveikiname Tave, gailestingasis meilės Dieve,
Garbiname Tave ir Tau lenkiamės.

Tu esi visagalnis, visur esantis ir viska žinąs.

Tu esi Satchidānanda.

Tavo esmė yra būtis, žinojimas ir palaima.
tu viskų laikai savyje ir esi manyje.

Suteik mūsų širdžiai supratimo, tikrovės suvokimą Ramybę
tikėjimą pasišventimą ir išmintį.

Suteik mūsų dvasiai stiprybęs, kad atsispirtume pagundoms
Ir valdytume savo mintis.

Įstaivink mus nuo savanaudiškumo, aistrų, godumo ir pykčio,
Pavydo ir neapykantos.

Pripildyk mūsų širdis dieviškųjų dorybių.

Leisk mums regėti Tave visuose varduose ir pavidaluose.

Leisk mums tarnauti Tau visuose varduose ir pavidaluose.

Leisk mums visad Tave prisiminti.

Leisk mums visa giedoti Tau garbę.

Leise mūs lūpoms kartot Tavo vardą.

Leisk mums likt Tafyje visada ir per amžius.

AZ EGYETEMES IMA – MAGYAR (HUNGARIAN)

Ó a könyörületesség és a szeretet imádnivaló Ura!

Mélyen reborulva légy üdvözölve.

Te vagy a Mindenható a Mindentudó és a mindenhol Jelenlévő.

Te vagy a Lét a Tudás és a tökéletes Boldogság.

Te lakozol minden lényben.

Áldj meg minket megértő szívvel, jó belátással, tiszta elmével,
hittel, odádással és bölcsességgel.

Áldj meg minket lelki erővel, hogy ellenálljunk a kísértésnek és
uralkodjunk az akaraton.

Szabadíts meg az önzéstől, a vágytól, a haragtól, a kapzsiságtól,
gyülölegettől és a féltékenységtől.

Töltsd meg szívünket Isteni erényekkel.

Hadd lássunk Téged minden névben és formában.
Hadd szolgáljunk Téged minden névben és formában.
Hadd emlékezzünk mindig Rád.
Hadd énekeljük örökké a Te dicsőséged.
Hadd legyen a neved örökké az ajkunkon.
Hadd maradjunk örökkön-örökké Te benned.

Om Bolo Sadguru Sivananda Maharaja Ki – Jai
Om Bolo Sadguru Vishnudevananda Maharaja Ki – Jai

UNIVERSEEL GEBED – NEDERLANDS

Oh ānbiddelijke Heer van Genade en Liefde,
Gegroet en geëerd zyt U.
U bent Alomtegenwoordig, Almachtig en Alwetend.
U bent Satchidānanda.
U bent het Bestān, het Bewustzyn en de Absolute Zaligheid.
U woont in alle wezens.
Geef ons een begripvol hart, de gelijke visie, een evenwichtige
geest, geloof, toewyding en wÿsheid.
Geef ons innerlijke, geestelijke kracht om verleiding te weerstoorn
en onze geest te bedwingen.
Bevryd ons van egoïsme, Lust, weede, hebzucht, hāt en jaloezie.
Vul onze harten met Goddelijke deugden.

Lāt ons U eeuwig herinneren.
Lāt ons eeuwit Uw glories zingen.
Lāt Uw nām eeuwig op onze lippen blijven.
Lāt ons in U zyn voor eeuwig en eeuwig.
Om Bolo Sadguru Sivananda Maharaja Ki – Jai
Om Bolo Sadguru Vishnudevananda Maharaja Ki – Jai

UNIVERSAL BØNN - NORSK

Ærverdige Herre av barmhjertighet og kjærighet,
Vi hilser deg ydmykt.
Du er allstedsnærværende, allmektig og allvitende.
Du er Satcidaananda.
Du er hele eksistensen, visdom og ypperste salighet.
Du er nærværende alle steder.

Skjenk oss et generøst hjerte, klarsynhet, balansert sinn, tillit, tiltro og visdom.

Skjenk oss indre styrke for å motstå fristelser og kontrollere sinnet.

Befri oss fra egosime, sinne, begjær, gjerrighet, hat og misunnelse.

Fyll våre hjerter med gudommelighet.

La oss se ditt nærvær klart.

La oss tjene deg.

La oss alltid minnes deg.

La oss alltid synge din lovsang.

La ditt navn for alltid være på våre lepper.

La oss hvile i deg for evig tid.

Om Bolo Sadguru Sivananda Maharaja Ki – Jai

Om Bolo Sadguru Vishnudevananda Maharaja Ki – Jai

MODLITWA UNIWERSALNA – POLSKI

O Czczigodny Panie Łaski i Miłości,

Pozdrawiamy Cię i kłaniamy się tobie.

Tyś jest Wszechobecny, Wszechpotężny i wszechwiedzący.

Tyś jest Satchidānanda.

Tyś jest Istnieniem, Wiedzą, Szczęściem Absolutnym,

Ty mieszkasz w każdym stworzeniu.

Daj nam zrozumienie serca, Właściwy wgląd, wyważony umysł,
Wiarę, oddanie i mądrość.

Daj nam wewnętrzną siłę duchową by oprzeć się pokusom i
kontrolować umysł.

Uwolnij nas od egoizmu, żądzy, gniewu, chciwości nienawiści i
zazdrości.

Napełnij nasze serca boskimi cnotami

Poswól nam widzieć Ciebie we wszystkich imionach i formach.

Poswól nam służyć Tobie we wszystkich imionach i formach.

Poswól nam zawsze pamiętać o Tobie.

Poswól nam zawsze opiewać Twą chwałę.

Niech Twoje imię będzie zawsze na naszych ustach.

Poswól nam zamieszkać w Tobie na wieki.

Om Bolo Sadguru Sivananda Maharaja Ki – Jai

Om Bolo Sadguru Vishnudevananda Maharaja Ki – Jai

ORAÇÃO UNIVERSAL – PORTUGUÊS

Ó Adorável Senhor de Misericórdia e Amor!
Saudações e prostrações diante de Ti.

Tu és Onipresente, Onipotente e Onisciente.

Tu és Satchidānanda.

Tu és Existência, Consciência e Bem-aventurança Absolutas.

Tu és o Residente Interior de todos os seres.

Concede-nos um coração compreensivo, visão imparcial,
mente equilibrada, fé, devoção e sabedoria.

Concede-nos força espiritual interior para resistir às tentações e
controlar a mente.

Livra-nos do egoísmo, da luxúria, da ganância, do ódio, da raiva e
da inveja.

Preencha nossos corações com virtudes divinas.

Deixa-nos adorar-Te em todos esses nomes e formas.

Deixa-nos servi-Te em todos esses nomes e formas.

Deixa-nos sempre relembrar de Ti.

Deixa-nos sempre cantar as Tuas Glórias.

Deixa que Teu nome esteja sempre em nossos lábios.

Deixa-nos permanecer em Ti para todo e sempre.

Om Bolo Sadguru Sivananda Maharaja Ki – Jai

Om Bolo Sadguru Vishnudevananda Maharaja Ki – Jai

UNIVERSAL PRAYER – (RUSSIAN)

УНИВЕРСАЛЬНАЯ МОЛИТВА

О, обожаемый Господь милосердия и любви,
Приветствуем и склоняемся перед тобой.

Ты Вездесущий, Всемогущий и Всеобъемлющий,
Ты Сатчитананда,

Ты Бытие, Знание и Бесконечное Благословение,
Ты обитаешь во всех существах.

Удостой нас понимающим сердцем,
Справедливостью, устойчивым умом, верой,

Преданностью и мудростью,

Удостой нас внутренней духовной силой

Противостоять искушениям и контролировать ум,

Избавь нас от эгоизма и страстей, гнева,

Жадности, ненависти и ревности,
Наполни наши сердца божественными добродетелями.

Удостой нас видеть Тебя во всех именах и формах,
Удостой нас служить Тебе во всех именах и формах,
Удостой нас помнить тебя всегда,
Удостой нас воспевать тебя всегда,
Да будет имя Твое на наших устах во веки веков,
Удостой нас покоиться в Тебе во веки веков.

АМИНЬЮ ОМ.

UNIVERSAL PRAYER – SANKSKRIT VIŚVAPRĀRTHANA

Karuṇāmayā Premasvarūpa Ārādhānīya Lokanātha
Bhavadbhyaḥ Asmākam Anantakoti Praṇāmāḥ
Parabhrhma Sarvaśaktāśca Sarvavyāpī, Tvameva Tvameva
Saccidānandaḥ ||

Sarvabhūtānāṁ Sraṣṭā, devādidevā, Jagannivāsa, Pariśuddhiṁ,
Snehaṁ, Nirmalahṛdayaṁ Ca Asmabhyāṁ Dadātu, Samasthāṁ
Jīvarāśim Samatvena Brhmasvarūpatvena Draṣṭuṁ Viśvāsaṁ,
Śraddam Vivekaṁ Buddhiṁ Snehaṁ Ca Asmabhyāṁ Dātuṁ Kṛpā
Bhavatu ||

Māyāśktiṣu Pralobhaneṣu Ca Vaśībhavitum Aśakyam Manah,
Vairāgyaṁ Ātmīyaśaktiṁ Preraṇāṁ Ca Dadātu ||

Bhogecchā-Durāgraha-Vidveṣādi-Manomālinyād-Asmān Mocātu ||
Asmākam Hṛdayeṣu Divyāṁ Aiśvaryāṁ, Acañcalāṁ Śktiṁ
Yogaśaktiṁ Ca Pūrayatu ||

Sadā Tvaṁ Smartum Asmabhyāṁ Śaktir Bhavatu ||

Tava-Guna-Gāthāḥ Sadā Giyamānāḥ Bhavantu Tvayi Sadā Sadā
Asmat Sānnidhyaṁ Bhavatu ||

UNIVERZALNA MOLITEV – SLOVENSKI

O čudoviti oče usmiljenja in ljubezni,
z u so ponižnostjo ti pokljanjamo uso slavo.

Use mogočhi, use vedni, usprisotni,
vsestanski Satchidānanda.
Večha Luć ki goki u usakem bitjce.

Očisti nasa srca, da bodo razumevajoča, preženi temo, da
bomo imeli enak pogled, umikjene misli, vero, ponižnost,
skromnost, haklonjenost in razsuetljenyje.

Pomagaj nam ohraniti vero, pomagaj nam premagati
usepreizkušnje, in toj nam obstkani, da bomo znali umikiti naše
misli in jih usmerjati vroti Tebi.

Osvo bodi nas sebičnosti, poželenja, jeze, požrešnosti, sovraštva
in ljubosumja.

Napolni naša srca z Božjimi urlinami.

Davoli, da te bomo vedno slavili v teh imenin in oblikah.

Davoli, da ti bomo z veseljem služili v useh imenin in oblikah.

Dat nam razsvet, ltente.

Da boš vedno v naših mislih in naših srcih.

Davoli, da ti bomo večno peli slavo.

Naj bo tvoje ime večno na naših ustnicah.

Daj, da bomo imeli vero vate na vekomaj.

Om Bolo Sadguru Sivananda Maharaja Ki – Jai

Om Bolo Sadguru Vishnudevananda Maharaja Ki – Jai

UNIVERZALNA MOLITVA – СРПСКИ (SERBIAN)

O divni Boze, pun milosti i ljubavi,
pozdravljam Te i klanjam Ti se.

Ti si sveprisutan, svemocan i sveznajuc.

Ti si Satchidānanda.

Ti si Postojanje, Znanje i potpuno Blazenstvo.

Ti boravis u svim bicima.

Dodeli nam razumno srce, jednaku viziju, uravnotezen um, veru,
posvecenost i mudrost.

Dodeli nam unutrasnju spiritualnu snagu da se odupremo
iskusenu i da kontrolisemo um.

Oslobodi nas sebicnosti, pozude, besa, zavisti, mrznje i ljubomore.
Ispuni nasa srca bozanskim vrlinama.

Neka Te vidimo u svim ovim imenima i oblicima.

Neka Te sluzimo u svim ovim imenima i oblicima.

Neka Te se uvek setimo.

Neka uvek pevamo Tvoje slave.

Neka Tvoje ime bude uvek na nasim usnama.

Neka zauvek boravimo u Tebi.

Om Bolo Sadguru Sivananda Maharaja Ki – Jai

Om Bolo Sadguru Vishnudevananda Maharaja Ki – Jai

ALLOMFATTANDE BÖN – SVENSKA

Åh ärevördige Herre av barmhärtighet och kärlek,
vi hälsar Dig å ödmjukast.

Du äro allestädes närvarande, allsmäktig, och allvetande.

Du äro Satchidānanda.

Du äro existens, visdom och yttersta salighet.

Du äro närvarande i alla varelser.

Skänk oss ett förstående hjärta, klarsynthet, balanserat sinne,
tillit, tilltro, och visdom.

Skänk oss inre andlig styrka för att motstå frestelser och
kontrollera sinnet.

Befria oss från själviskhets, lust, ilska, girighet, hat, och svartsjuka.

Fyll våra hjärtan med Gudomliga förtjänster.

Låt oss se Dig i alla dina namn och former.

Låt oss tjäna Dig i alla dina namn och former.

Låt oss alltid minnas Dig.

Låt oss alltid sjunga Din lovsång.

Låt Ditt namn för alltid vara på vara läppar.

Låt oss vila i Dig i evigheters evighet.

Om Bolo Sadguru Sivananda Maharaja Ki – Jai

Om Bolo Sadguru Vishnudevananda Maharaja Ki – Jai

UNIVERSELLES GEBET – SCHWIZERDÜTSCH

Oh erwürdigä Gott, voller Bahrmherzigkeit und Liäbi,
In Demuät verbügt, grüässet mir Dich.

Satchidānanda,
Sii isch Dis Wesä, Wüssä und Seligkeit.
Allgägwärtig bisch Du, allmächtig, allwüssänd.
Im Innärä vo allnä Wesä wohnsch Du.

Gub üs äs Herz wo verstaht, di rächti Isicht, usglichenigs Gmüät,
Vertrauä, Higab und Wisheit.
Leg i üs geistigi Chraft, Versuächigä zwidderstah, Denkä und Wollä
zbegerschä.
Befrey üs vo Selbstsucht, Gier, Zorn und Hass,
erfüll üsä Herz mit göttlichä Tugendä.

La üs Dich erblickä i allnä Nöme und Gstaltä.
La üs Dir dienä i allnä Nöme und Gstaltä.
La üs allzit a Dich denkä.
La üs immer Dini Herrlichkeit singä.
La Din Name immer uf üsnä Lippä si.
La üs i Dir blibä – allzit.

Om Bolo Sadguru Sivananda Maharaja Ki – Jai
Om Bolo Sadguru Vishnudevananda Maharaja Ki – Jai

UNVERSAL PRAYER – TAMIL

பிரார்த்தனை

எங்கும் நீக்கமற நிறைவாய்!
எல்லாம் வல்லவனாய், முற்றறிவினனாய்,
எல்லா உயிர்களிலும் பொலிந்து நிற்பவனாய்,
உள்ள சச்சிதானந்தப் பரம்பொருளே!
உமக்குச் சாஷ்டாங்க வணக்கம்.

கருணையும் அன்பும் நிறைந்த
முழுமுதற் பொருளே!
நன்கு அறியும் உள்ளமும், சமநோக்கும்
சமநிலை மனமும், நன்னம்பிக்கையும்,
பக்தியும் ஞானமும்,
ஆசைகளை அடக்கி மனதை ஆண்டிட
ஆன்மீக பலமும் ஆற்றலும் தந்து அருள்வாயாக!

வணங்கத் தகுந்த இறைவா!

ஆணவம், காமம், குரோதம், பேராசை, துவேஷம்
எம்பால் வாராதொழியவும் எம் உள்ளத்தில்
நிரம்பிடவும் அருள் செய்வாயாக!

தனிப் பெருந் தலைவா!

உலகில் காணும் நாமருபங்கள் அனைத்திலும்
உம்மையே கண்டு உமக்கு நிலைத்த
தொண்டாந்றிடவும்
உம்மையே கண்டு மறவாது சந்ததம் நினதுபுகழ் பா-
டிடவும்
எப்பொழுதும் நின்நாமம் எம் நாவில் ஒலித்திடவும்
என்றென்றும் உம்முள்ளே நிலைபெற்று நிற்கவும்
திருவுள்ளங் கொண்டருள்வாயே!

UNIVERSAL PRAYER – THAI

ஓஹஸஹஸரீ ஏ: பீநாமா யாஹ
க்ராநாஸீ நூஸ்ரா! ஏ நூஸ்ரா
ஸ்ரீ சீ ரீ மீஹ
தீ பீக்ரா ஸாநா ஸாநா
க்ராஸ்ரா ரீ தா தா
ஏ: மீஹ மீஹ
ஓஹஸஹஸரீ பீநாமா க்ராஸ்ரா
ஏ: க்ராஸ்ரா சீ ரீ மீஹ

ĀRATI

Lights are waved while mantras are chanted. This denotes that the Lord is Jyoti Swarupa (whose real form is light). The devotee says: "O Lord! Thou art the Light in the sun, moon and fire. Remove the darkness in me by bestowing your Divine Light. May my intellect be illumined".

Lighting of camphor denotes that the individual ego should melt like the camphor, and the Jivātman (individual soul) should become one with the Supreme Light of Lights.

Prasad is the sacred offering of the Lord. The devotee offers sweet, rice, fruits, milk and other such articles. After offering them to the Lord they are shared among the devotees. The mental Bhava (attitude) is very important.

Don't neglect outward symbols. They are very beneficial. When viewed from the right angle of vision you will find that they play an important part in your material as well as spiritual life.

Jaya Jaya Āratī Vighnavināyaka
Vighnavināyaka Sri Gaṇeśa

We wave the light for victory to Vighnavināyaka (Gaṇeśa) who is the remover of calamities and who is all-auspiciousness.

Jaya Jaya Āratī Subrahmaṇya
Subrahmaṇya Kārtikeya

We wave the light of victory to Subrahmaṇya, whose other name is Kārtikeya.

Jaya Jaya Āratī Veṇugopāla
Veṇugopāla Veṇulola
Pāpavidūra Navanīta Chora

We wave the light of victory to Venugopāla, (Gopālā, a form of Kṛṣṇa, the player of the flute), who longs for his flute. He is the remover of sins and was a thief of butter (when he was a child).

Jaya Jaya Āratī Venkaṭaramaṇa
Venkaṭaramaṇa Saṅkaṭaharana
Sītā Rāma Rādheśyāma

We wave the light of victory to Venkaṭaramana the remover of calamity (a form of Viṣṇu, whose temple is on the Venkaṭa mountain), and to Sītārāma and Rādheśyāma (different incarnations of Viṣṇu with their consorts – Sītā and Rāma, Rādhā and Kṛṣṇa (Śyāma)).

Jaya Jaya Āratī Gaurī Manohara
Gaurī Manohara Bhavānīśaṅkara
Sāmba Sadāśiva Umā Maheśvara

We wave the light of victory to Gaurī manohara (Śaṅkara) and various other forms of Lord Śiva.

Jaya Jaya Āratī Rāja Rājeśvarī
 Rāja Rājeśvarī Tripura Sundarī
 Mahā Lakṣmī Mahā Sarasvatī
 Mahā Kālī Mahā Śakti

We wave the light of victory to Rāja Rājeśvarī... these are all different names of the Divine Mother.

Jaya Jaya Āratī Āñjaneya
 Āñjaneya Hanūmānta

We wave the light of victory to Āñjaneya (son of Añjanā), Hanūmān.

Jaya Jaya Āratī Dattātreya
 Dattātreya Trimūrti Avatāra

We wave the light of victory to Dattātreya, Trimūrti avatāra – a sage who is an incarnation of the trinity, Brahmā, Viṣṇu and Śiva.

Jaya Jaya Āratī Adityaya
 Adityaya Bhāskarāya

We wave the light of victory to Āditya (the Sun) and Bhāskara (the Sun).

Jaya Jaya Āratī Śanaiścarāya
 Śanaiścarāya Bhāskarāya

We wave the light of victory to Śanaiscarāya (the planet Saturn).

Jaya Jaya Āratī Śaṅkarācārya
 Śaṅkarācārya Advaita Gurave

We wave the light of victory to Sri Śaṅkarācārya, the celebrated guru of non-duality

Jaya Jaya Āratī Sadguru Nātha
 Sadguru Nātha Sivananda

We wave the light of victory to Swāmī Sivananda.

Jaya Jaya Āratī Vishnudevananda
 Vishnudevananda Vishnudevananda

We wave the light of victory to Swāmī Vishnudevananda.

Jaya Jaya Āratī Agastya Munaye
 Agastya Munaye Śrīrāmapriyāya

We wave the light of victory to the sage Agastya, who was very dear to Lord Rāma.

Jaya Jaya Āratī Ayyapā Śwāmine
 Ayyapā Śwāmine Dharma Shāstavē

We wave the light of victory to Ayyapā Śwāmī, who was the son of Viṣṇu and Śiva, and ruled the religions.

Jaya Jaya Āratī Jesus Gurave
Moses Gurave Buddha Gurave

Jaya Jaya Āratī Muhammad Gurave
Guru Nānak Gurave
Samasta Gurubhyo Namaha

We wave the light of victory to Jesus, Moses, Buddha, Mohamed, Guru Nanak (the Guru of the Sikh religion) and to all Gurus and prophets.

Jaya Jaya Āratī Veṇugopāla

Om Na Tatra Sūryo Bhāti
Na Candraṭārakam
Nemā Vidyuto Bhānti Kuto'yamagnih
Tameva Bhāntam Anubhāti Sarvam
Tasya Bhāsā Sarvamidam Vibhāti

Om Gaṅge Ca Yanume Caiva
Godāvari Sarasvatī
Narmade Sindhu Kāveri
Namastubhyaṁ Namo Namaha

"Neither the sun shines there, nor the moon, stars, and lightning. So from where does its light come? When That shines everything shines after That. By its light everything else is lit." Seven holy rivers are invoked (to sprinkle their waters): Gaṅgā, Yamunā, Godāvarī, Sarasvatī, Narmadā, Sindhu, Kāverī.

DEDICATION SONG

Tvameva Mātā Ca Pitā Tvameva
Tvameva Bandhuśca Sakhā Tvameva
Tvameva Vidyā Draviṇam Tvameva
Tvameva Sarvaṁ Mama Devadeva

O God of Gods, Thou alone art my mother, father, relative, friend, learning, wealth and everything.

Kāyena Vācā Manasendriyairvā
Buddhyātmanā Vā Prakṛtessvabhāvāt
Karomi Yadyat Sakalam Parasmai
Nārāyaṇāyeti Samarpayāmi

Whatever actions I perform with my body, speech, mind, senses, intellect, my nature or my emotions, all these I dedicate to the Supreme Lord.

Sarva Dharmān Parityajya
Māmekam Śaraṇam Vraja
Aham Tvā Sarva Pāpebhyo
Mokshayishyami Mā Śucaḥ

Abandoning all duties, take refuge in Me (the Lord) alone, I will liberate thee from all sins, grieve not.

From Bhagavad Gītā XVIII, 66.

GANGA ĀRATI

Om Jaya Gange Maiyā Maiyā Jaya Gange Mātā
Jo Nara Tumko Dhyātā (x2)
Mana Vānchita Phala Pātā
Om Jaya Gange Maiyā Maiyā Jaya Gange Mātā
Chandra See Jyoti Tumhāree
Jala Nirmala Ātā Maiyā Jala Nirmala Ātā
Sharana Pade Jo Teree (x2)
So Nara Tara Jātā
Om Jaya Gange Maiyā Maiyā Jaya Gange Mātā
Putra Sagara Ke Tāre Saba Jaga Ko Gyātā
Maiyā Saba Jaga Ko Gyātā
Kripā Drishti Tumhāree (x2)
Tribhuvana Sukha Dātā
Om Jaya Gange Maiyā Maiyā Jaya Gange Mātā
Eka Hee Bāra Jo Teree Sharanāgati Ātā
Maiyā Sharanāgati Ātā
Yama Kee Trāsa Mitākara (x2)
Paramagati Pātā
Om Jaya Gange Maiyā Maiyā Jaya Gange Mātā
Ārthi Māta Tumhāree Jo Nara Nita Gātā
Maiyā Jo Nara Nita Gātā
Arjuna Vahee Sahaja Me (x2)
Mukti Ko Pātā
Om Jaya Gange Maiyā Maiyā Jaya Gange Mātā

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TRANSLITERATION AND PRONUNCIATION GUIDE

ā	<u>car</u>
d	(close to) <u>father</u>
dh	(close to) <u>breathe hard</u>
ɖ	<u>duck</u>
ɖh	<u>godhood</u>
h̥	Aspiration of the preceding vowel
ī	<u>meet</u>
ōm	<u>home</u>
ṁ	Nasalisation of the preceding vowel
ń	<u>sing</u>
ň	<u>bunch</u>
়	<u>thunder</u>
r̥	<u>rig</u>
ś	<u>shove</u>
ʂ	<u>bushel</u>
s̥	<u>sir</u>
t̥	(close to) <u>think</u>
th̥	(close to) <u>pathetic</u>
t̥̥	<u>touch</u>
ʈh̥	<u>ant-hill</u>
ū	<u>pool</u>
kṣa	<u>worksheet</u>
jñ	No English equivalent

*"Kirtan is singing the Lord's Name.
It is the easiest, surest and safest
way for attaining God."*

Swami Sivananda

