

Daily Chants

Jaya Ganesha Jaya Ganesha
Jaya Ganesha Pahimaam
Sri Ganesha Sri Ganesha
Sri Ganesha Rakshamaam
Saravanabhava Saravanabhava
Saravanabhava Pahimaam
Subramanaya Subramanaya
Subramanaya Rakshamaam
Jaya Saraswati Jaya Saraswati
Jaya Saraswati Pahimaam
Sri Saraswati Sri Saraswati
Sri Saraswati Rakshamaam
Jaya Guru Siva Guru Hari Guru Ram
Jagad Guru Param Guru Sat Guru Shyam
Om Adi Guru Adwaita Guru Ananda Guru Om
Chid Guru Chidgana Guru Chinmaya Guru Om
Hare Rama Hare Rama Rama Rama Hare Hare
Hare Krishna Hare Krishna Krishna Krishna Hare Hare
Sat Guru Natha Sri Guru Natha
Jaya Guru Natha Sivananda
Sivananda Sivananda
Sivananda Sat Guru Devo
Vishnu Devananda Vishnu Devananda
Vishnu Devananda Sri Guru Natha
Hare Rama Hare Rama Rama Rama Hare Hare
Hare Krishna Hare Krishna Krishna Krishna Hare Hare
Om Namah Sivaya (4x)
Om Namo Narayanaya (4x)
Om Namo Bhagavate Vasudevaya (2x)
Om Namo Bhagavate Sivanandaya
Om Namo Bhagavate Sat Guru Nathaya
Om Namo Bhagavate Vishnu Devanandaya
Om Namo Bhagavate Sri Guru Nathaya
Sri Ram Jaya Ram Jaya Jaya Ram Om
Sri Ram Jaya Ram Jaya Jaya Ram
Anjaneya Anjaneya Anjaneya Pahimaam
Hanumanta Hanumanta Hanumanta Rakshamaam
Dattatreya Dattatreya Dattatreya Pahimaam
Dattaguru Dattaguru Dattaguru Rakshamaam
Sankaracharya Sankaracharya
Sankaracharya Pahimaam
Adwaita Guru Adwaita Guru
Adwaita Guru Rakshamaam
Krishnam Vunde Jagad Gurum Sri
Krishnam Vunde Jagad Gurum
Anandoham Anandoham Anandam Brahm Anandam
I am bliss I am Bliss Bliss Absolute Bliss I am
Om Namah Sivaya Om Namah Sivaya Om Namah
Sivaya Om Namah Sivaya

SIVAYA NAMAH OM

(sometimes chanted after daily chants)

Sivaya Namah Om Sivaya Namah Ha
Sivaya Namah Om Namah Sivaya
Namah Sivaya Om Namah Sivaya Ha
Namah Sivaya Om Namah Sivaya
Siva Siva Siva Siva Sivaya Namah Om
Hara Hara Hara Hara Namah Sivaya
Samba Sadasiva Samba Sadasiva
Samba Sadasiva Samba Sivom Hara
Siva Siva Sankara Hara Hara Sankara
Jaya Jaya Sankara Namah Me Sankara

ARATI

Jaya Jaya Arati Vighnavinayaka
Vighnavinayaka Sri Ganesha
Jaya Jaya Arati Subramanya
Subramanya Kartikeya
Jaya Jaya Arati Venugopala
Venugopala Venulola
Papavidura Navanita Chora
Jaya Jaya Arati Venkataramana
Venkataramana Shankataharana
Sita Rama Radheshyama
Jaya Jaya Arati Gauri Manohara
Gauri Manohara Bhavanishankara
Sambasadasiva Uma Maheshwara
Jaya Jaya Arati Raja Rajeshwari
Raja Rajeshwari Tripura Sundari
Maha Lakshmi Maha Saraswati
Maha Kali Maha Shakti
Jaya Jaya Arati Anjaneya
Jaya Jaya Arati Hanumanta
Jaya Jaya Arati Dattatreya
Dattatreya Trimurti Avatara
Jaya Jaya Arati Adityaya
Adityaya Bhaskaraya
Jaya Jaya Arati Senishwaraya
Senishwaraya Bhaskaraya
Jay Jaya Arati Sankaracharya
Sankaracharya Adwaitaguru
Jaya Jaya Arati Sadguru Natha
Sadguru Natha Sivananda
Jaya Jaya Arati Vishnu Devananda
Vishnu Devananda Vishnu Devananda
Jaya Jaya Arati Venugopala
Om Na Tatra Suryo Bhati
Na Chandra Taarakam
Nema Vidyuto Bhanti Kutoyaamagnihi
Tameva Bhanta Manubhati Sarvam
Tasya Bhasa Sarvamidam Vibhati
Om Gange Ch Yamune Chaiva
Godaveri Saraswati
Narmade Sindhu Kaveri
Namastubhyam Namoh Namah

MAHA MRITYUNJAYA MANTRA

(MOKSHA MANTRA)

OM TRAYAMBAKAM YAJAMAHE
SUGANDHIM PUSHTIVARDHANAM
URVARUKAMIVA BANDHANAN
MRITYOR MUKSHIYA MAMRITAT

Om - We worship the three-eyed One (Lord Siva) who is fragrant and who nourishes well all beings; may He liberate us from death for the sake of Immortality even as a cucumber is severed from its bondage (to the creeper).

OTHER PEACE CHANTS

OM SARVESHAM SVASTIR BHAVATU
SARVESHAM SHANTIR BHAVATU
SARVESHAM PURNAM BHAVATU
SARVESHAM MANGALAM BHAVATU

*Om - may auspiciousness be unto all
may peace be unto all
may fullness be unto all
may prosperity be unto all*

SARVE BHAVANTU SUKHIHA
SARVE SANTU NIRAMAYAHA
SARVE BHADRANI PASYANTU
MA KASCHID-DUKHA-BHAG-BHAVET

*Om - may all be happy
may all be free from disabilities
may all look to the good of others
may none suffer from sorrow*

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

*Om - Lead me from the unreal to the Real
From darkness to Light
From mortality to Immortality*

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

*Om That is whole . This is whole
From the whole the whole becomes manifest
From the whole when the whole is negated
What remains is again the whole
Om Peace Peace Peace*

UNIVERSAL PRAYER

BY SWAMI SIVANANDA

O Adorable Lord of Mercy and Love
Salutations and prostrations unto Thee
Thou art Omnipresent, Omnipotent and Omniscient
Thou art Satchidananda
Thou art Existence, Knowledge and Bliss Absolute
Thou art the Indweller of all beings.

Grant us an understanding heart, equal vision,
balanced mind, faith, devotion and wisdom.
Grant us inner spiritual strength to resist temptation
and to control the mind.

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

Fill our hearts with Divine Virtues.

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

Let us ever remember Thee

Let us ever sing Thy glories

Let Thy name be ever on our lips

Let us abide in Thee for Ever and Ever.

OM BOLO SAT GURU SIVANANDA MAHARAJA KII! JAI!

OM BOLO VISHNU DEVANANDA MAHARAJA KII! JAI!

DHYANA SLOKAS (Gajananam)

GAJANANAM BHUTAGANADI SEVITAM
KAPITTA JAMBU PHALA SARA BHAKSHITAM
UMA SUTAM SHOKAVINASHA KARANAM
NAMAMI VIGNESHVARA PADA PANKAJAM

I prostrate myself before the lotusfeet of Vigneshwara (Ganesha), the son of Uma, the cause of destruction of sorrow, who is served by the host of Bhuta-Ganas (angels), etc., who has the face of an elephant, who partakes of the essence of Kapitha and Jambu fruits.

SHADANANAM KUMKUMA RAKTAVARNAM
MAHAMATIM DIVYA MAYURA VAHANAM
RUDRASYA SCINAM SURASAINYANATHAM
GUHAM SADAHAM SHARANAM PRAPADYE

I always take refuge in Guha of six faces (Subramanya), who is of deep red color like Kumkuma, who possesses great knowledge, who has the divine peacock to ride on, who is the son of Rudra (Siva), and who is the leader of the army of the Devas (gods, angels)

YA KUNDENDU TUSHHARA HARA DHAVALA
YA SHUBRA VASTRAVRITA
YA VINA VARADANDA MANTTITA KARA
YA SHVETA PADMASANA
YA BRAHMA CYUTA SHANKARA PRABHRTIBHIR
DEVAI SADA PUJITA
SA MAM PATU SARASWATI BHAGAVATI
NISHESHA JATYAPAHA

May that goddess Saraswati, who wears a garland white like the Kunda-flower, the moon and the snow, who is adorned with pure white clothes, whose hands are ornamented with the Vina and the gesture of blessings, who is seated on a white Lotus, who is always worshipped by Brahma, Vishnu, Siva and other gods, who is the remover of all inertness and laziness, protect me.

OM NAMAH SIVAYA GURAVE
SAT-CHID-ANANDA MURTAYE
NISHPRAPANCHAYA SHANTAYA
SRI SIVANANDAYA TE NAMAHA
SRI VISHNUDEVANANDAYA TE NAMAHA

Salutations to Guru Siva (Sivananda) who is the embodiment of Existence-Knowledge-Bliss Absolute, in whom worldliness does not exist, who is ever peaceful. Salutations to Sivananda, Salutations to Swami Vishnu Devananda

OM SARVA MANGALA MANGALYE
SHIVE SARVATHA SADHIKE
SHARANYE TRAYAMBAKE GAURI
NARAYANI NAMOSTU TE
NARAYANI NAMOSTU TE

I salute the three-eyed Divine Mother Narayani, who brings auspiciousness and who fulfills all the desires of the Devotee (both spiritual and material).