



Chinmaya Mission®

Washington Regional Center

2020 Online Summer Camp



महाभारत



Binder Contents

My Schedule	2
My Responsibilities at Home	3
General Instructions for Zoom Sessions	4
Notes from the Teachers	5
My Values	9
I Can! I Must! I Will!	10
Sanskrit Alphabet	11
Śrīmad Bhagavad Gītā Chapter 2 Verses 1-25	12
Mārgabandhu Stotram	20
Acyutāṣṭakam	25
Achyutam Keśavam	30
Theme Song – Veda Vyāsa	32
Hanumān Chālisa	34
18 Steps to Immortality	41
Guru Stotram	42
Śrī Chinmaya Aṣṭottara Śata Nāmāvaliḥ	44
Buddhir Balam Verse with meaning	57
Namaste-astu Bhagavan	58
Mahā Mr̥tyuñjaya Mantra	59
Prārthana Invocation	60
Birthday Song	61
Prayer before Food	62
Śrī Chinmaya Ārati	63
Chinmaya Mission Pratijñā	64
Prayer for Peace	65
Activity – 18 Steps to Immortality	66
Activity – Likhita Japa	68

My Schedule

01:00 pm - 01:45 pm – Prayer before Meals, Monitored Lunch and Social Time

02:00 pm - 02:45 pm - Art/Athletics/Movie Discussion/Dance/Yoga

03:00 pm – 03:55 pm – Bhajans, Chanting, and Stories with Swamiji

03:55 pm – 04:00 pm – Closing Prayers

	Monday	Tuesday	Wednesday	Thursday	Friday
Group 1	Dance	Art	Athletics	Yoga	Movie Discussion
Group 2	Art	Athletics	Yoga	Dance	Movie Discussion
Group 3	Athletics	Yoga	Dance	Art	Movie Discussion
Group 4	Yoga	Dance	Art	Athletics	Movie Discussion

Note:

The time between sessions is to use the restroom or eat a snack.

No food is allowed during the virtual classes. Drinking water is permitted.

This schedule is the typical Monday through Friday schedule.

There will be no camp on July 3rd, 2020 as it is a federal holiday.

The last Friday will celebrate the learning at camp with a finale.

My Responsibilities at Home

1. I will be alert and vigilant and sit in one of the seven postures.
I will not sit as I like during class time.
2. I will offer my Gratitude to God and My Parents for my meals and snacks.
I will not be disrespectful and waste my meals and snacks.
3. I will consciously put my trash in the trashcan.
I will not throw trash anywhere.
4. I will consciously check for a liner in the trashcan before putting trash in.
I will not put trash in a trashcan which does not have a plastic liner.
5. I will use the restroom neatly.
I will not dirty the restroom.
6. I will treat my devices with respect.
I will not abuse my devices and unnecessarily damage them.
7. I will keep my area clean and spacious to move around in.
I will not dirty my area and make it unusable.
8. I will ask permission to talk when it is necessary.
I will not talk during the Ārati or when Swamiji or My Teachers are teaching.
9. I will remember that Prasad is Divine and I will take Prasad with Devotion.
I will not drop Prasad on the ground.
10. I will write once, every day, the responsibility that I failed to follow.
I will not forget my responsibilities.

O Lord! I know my responsibilities.
Give me the ability and courage to fulfill them.
Om Tat Sat Hari Om!

General Instructions for Zoom Sessions

- Be punctual. Join five minutes before the start time and attend until class ends.
- Always join the class with your video on. Be sure the teacher and other participants can see your full face clearly.
- No virtual backgrounds. Keep it natural.
- Keep your microphone on mute. Unmute only when you are required to speak.
- Sit in a clean, proper place (study or prayer room if possible) with good lighting, ample space, and minimum disturbances or distractions.
- For athletics, dance, and yoga ensure you are set up in an open space.
- Learn how to raise your hand virtually when you have a question or comment. Wait for the teacher to call on you to speak.
- Use the chat feature as a tool to ask questions and communicate, not as a distraction. Restrict conversations to topics related to the class. No side conversation in the chat room.
- Keep your device fully charged. Use a stand/support for your device for stable video. Do not move the device as it distracts the teacher and other participants.
- A headset is not required during athletics, dance or yoga though it is recommended for chanting and art.
- Summer camp classes are a place of learning, so please dress appropriately and be presentable. Indian clothes are not required. If shorts are worn, they should come to the knees.
- Be active and refrain from multitasking while you are in the class. Do not eat or walk around, do not engage in other side conversations or activities while you are in class except during the designated times.
- Be prepared with any material that is required for the class or as instructed by Swamiji, the art, dance, athletics or yoga teachers.
- Respect for the Self is Respect for Others. Be attentive and respectful in class.

Notes from the Teachers

Athletics

Why are ‘Exercise’ and ‘Sport’ an important component to the Chinmaya Mission Summer Camp in 2020 more than ever?

With all that Chinmaya Mission has to offer, traditions, values, education, prayer, and unity, collectively with Swamiji’s blessing, we felt it was important to continue the tradition of teaching our children the importance of living a healthier lifestyle.

This pandemic has even more stressed the importance of why adopting exercise as a lifestyle is paramount. Having a strong immune system which helps through regular exercise, reduces the incidence of communicable (viral & bacterial) infections and non-communicable (cancer) diseases. In addition, exercise and engaging in sport activities can act as a source of boosting our emotional and mental health. This proves vital because this seclusion for everyone in the family can lead to anxiety & depression for the children and equal frustration & stress in the parents.

For a start, keeping active could simply involve practicing some Yoga principles in an open space in your home, or observing a Pilates or stretching video on YouTube; or simply, taking a walk around your community with the family, or engaging in a ‘throw and catch’ with your children in the yard with a baseball and gloves.

For spatial reasons, our focus this year for the 2020 summer camp will be on the exercise component rather than the sport. As a Mission, we have decided to collectively, design & equip the campers with some small apparatus fitness equipment for them to use to conduct a 40-minute exercise routine, that will combine warm-up, stretching, strength training, and endurance training. This exercise routine will require some open space that you can conduct in the

living room, den, family room, play area etc. Not much space will be needed (possibly a 5 x 7 area) to conduct the exercise program.

In closing, our values and goals are where they have always been, "...To Invoke the Lord's Grace and Blessings, to kindle the Light of Knowledge, and Compassion in our hearts."

This pandemic has brought us unprecedented times. So, we will use this time & unforeseen circumstances to self-reflect, grow and encourage as a mission, while expressing our gratitude. As Swamiji teaches, "May we all be free from sorrow," and "I can, I must, I will."

– Coach K

Yoga

Yoga is more than pretzel poses and silence. Traditional yoga practices combine mindful movement, breathing exercises, self-study, and lessons in being nice to ourselves and others. We can learn a lot about ourselves and each other when we practice all types of yoga together, even in a virtual classroom!

This year, we are all finding new ways to be in the moment, while staying safe in our homes. That means our yoga classes get to change right along with our needs. We'll explore yoga postures and breathing exercises, and even try out some new "yoga" activities we can't do in a regular classroom together!

This summer's yoga will be a challenge - a challenge to have FUN and learn more about the connections we have to our minds, bodies, spirits, and to each other.

– Ms. Chelsea

Art

With Pujya Gurudev's and Swamiji's blessings, the Art team has designed lesson plans for Summer Camp 2020. As always with Art, our vision is to promote kids' self-expression through the creative process.

The lessons are designed:

- To artistically engage kids while experimenting with various techniques utilizing basic art supplies
- To have fun learning new techniques and revisiting old ones
- To encourage kids to give themselves permission to play with techniques they have learned and see where it takes them
- To make sure to learn from the techniques that bring unexpected results
- To keep an open mind and be curious about where the results of their experiments might take them to

We hope these processes help them gain new personal insights and offer new coping skills with everything in life. Art helps them relax their minds, boosts the ability to learn, and combined with everything they are learning at camp helps them be stronger with mental clarity and focus.

This summer is particularly challenging for parents as well as kids as we are being asked to spend more time indoors and limit the social interactions. Parents are being asked to intensively play the roles of teachers, caregivers, babysitters, and entertainers. We have made every effort to ensure these art lessons can be done by the kids independently with very little to no help from adults.

– Seema Aunty and the Art Team

Dance

Music and movement go hand in hand. You might notice how when listening to a song you love, your body automatically moves, whether it is by tapping your foot, or keeping rhythm with your hand, by bobbing your head, or by swaying side to side. Music and dance connect the mind and body in a beautiful way. At summer camp, we merge this phenomenon with devotion, choosing the most rhythmic and melodious devotional songs to dance to. In a world where Bollywood performances are taking over, the devotional songs our summer camp children perform to are a breath of fresh air. We keep the choreography simple enough that every child can learn it (regardless of their background in dance), yet complex enough that it draws in the children's concentration.

By giving children an opportunity to move their bodies, to be creative, and to experience the joy of devotion in such a tangible way, we are planting the seeds for connection to the Higher, while developing rhythm, and physical coordination.

I've been teaching dance at summer camp for, roughly, the last 13 years and in that time, I've not only been able to watch these children grow up, but I've also been blessed to have developed an emotional connection to so many of them along the way. Perhaps it is this deep-rooted love and understanding that the students and I have for each other that makes dance class a summer camp highlight year after year.

This year, as we transition to our first ever virtual camp, I'm hopeful that the perks of still being able to meet daily, to dance together, to sing these lovely devotional songs as we learn some new steps (and bring back some favorite old ones), will far outweigh what we're missing. This year more than ever, we need to have active classes that get us moving, and more than ever, we need to elevate our thoughts toward the Higher collectively. Get ready kids, because Lucky Didi is coming to your house this summer!

– Lucky Didi

My Values



*I invoke the Lord's Grace and Blessings
to Kindle the Light of Knowledge and Compassion in My Heart!*



1. I will smile.
2. I will be silent! Then, I get to listen!
3. I will listen! Then, I am silent!
4. I will greet Swamiji with "Hari Om!"
5. I will greet everyone in the Chinmaya family with "Hari Om!"
6. I will say "Thank You!"
7. I will say "Please!"
8. I will say something nice to someone every day.
9. I will follow instructions given by Parents and Teachers.
10. I will consciously seek ways to help others and help someone each day.
11. I will help Mom and Dad clean our home.
12. I will let someone waiting in line behind me to go ahead of me.
13. I will appreciate someone's service and say, "Great Job!"
14. I will encourage a sad person and spread a little joy.
15. I will fulfill my responsibilities cheerfully.
16. I will be a friend.
17. I will be trustworthy.
18. I will share what I like the most.
19. I will look for something good in everyone.
20. I will consciously think of what I am thankful for each day.
21. I will express my Gratitude!



I Value My Values!



I Can! I Must! I Will!

विवेक	Viveka	Insight	<i>I will do what is right.</i>
वैराग्य	Vairāgya	Dispassion	<i>I will conquer my likes and dislikes.</i>
शम	Śama	Peaceful Mind	<i>I will keep my mind peaceful.</i>
दम	Dama	Sense Control	<i>I will perceive good and do good.</i>
उपरम	Uparama	Silence	<i>I will fulfill my duties.</i>
तितिक्षा	Titikṣā	Endurance	<i>I will endure pain and sorrow.</i>
श्रद्धा	Śraddhā	Faith	<i>I will develop Faith.</i>
समाधानम्	Samādhānam	Concentration	<i>I will be quiet, alert and vigilant.</i>
मुमुक्षुत्वम्	Mumukṣutvam	Freedom	<i>O Lord! May I be FREE from sorrow!</i>

I will try to do what is right and reject what is wrong.

I will try to be aware of and unaffected by likes and dislikes.

I will try to keep my mind calm.

I will try to see, hear, and speak good. And I will try to perceive and do good.

I will try to withdraw from useless activities and do my duties.

I will try to forbear heat and cold, sorrow and insult.

I will try to develop Faith in the Scriptures and Teachers.

I will try to maintain my focus on my Goal.

O Lord! Please help me to discover Freedom from sorrow.

Sanskrit Alphabet

अ	आ	ब	भ	च	छ	द
a	ā	ba	bha	ca	cha	da
ध	ड	ढ	ए	ऐ	ग	घ
dha	ḍa	ḍha	e	ai	ga	gha
ह	इ	ई	ज	झ	क	ख
ha	i	ī	ja	jha	ka	kha
ल	म	न	ण	ओ	औ	प
la	ma	na	ṇa	o	au	pa
फ	र	ऋ	स	श	ष	त
pha	ra	ṛa	sa	śa	ṣa	ta
थ	ट	ठ	उ	ऊ	व	क्ष
tha	ṭa	ṭha	u	ū	va	kṣa
य	ज्ञ					
ya	jña					

श्रीमद्-भगवद्-गीता Śrīmad-Bha-ga-vad-Gīta

Chapter 2 Verses 1 - 25

ॐ हरिः ॐ	om hariḥ om
श्री गुरुभ्यो नमः	śrī gu-ru-bhyo na-maḥ
हरिः ॐ	hariḥ om
ॐ श्री कृष्णपरमात्मने नमः	om śrī kṛṣ-ṇa-pa-ra-māt-ma-ne na-maḥ
श्रीमद्-भगवद्-गीता	śrīmad-bha-ga-vad-gī-tā
अथ द्वितीयोऽध्यायः ।	a-tha dvi-tī-yo-'dhyā-yah ।
साङ्ख्ययोगः ।	sāṅ-khya-yo-gaḥ ।

सञ्जय उवाच ।	sañ-ja-ya u-vā-ca ।
तं तथा कृपयाविष्टम्	taṁ ta-thā kṛ-pa-yā-viṣ-ṭam
अश्रुपूर्णाकुलेक्षणम् ।	a-śru-pūr-ṇā-ku-lek-ṣa-ṇam ।
विषीदन्तमिदं वाक्यम्	viṣī-dan-tam-idaṁ vāk-yam
उवाच मधुसूदनः ॥ १ ॥	u-vā-ca ma-dhu-sū-da-naḥ ॥ 1 ॥

श्रीभगवानुवाच ।	śrī-bha-ga-vān-u-vā-ca ।
कुतस्त्वा कश्मलमिदं	ku-tas-tvā kaś-ma-lam-idaṁ
विषमे समुपस्थितम् ।	vi-ṣa-me sa-mu-pas-thi-tam ।
अनार्यजुष्टमस्वर्ग्यम्	a-nār-ya-juṣ-ṭam-as-varg-yam
अकीर्तिकरमर्जुन ॥ २ ॥	a-kīr-ti-ka-ram-ar-juna ॥ 2 ॥

क्लैब्यं मा स्म गमः पार्थ
नैतत्त्वय्युपपद्यते ।
क्षुद्रं हृदयदौर्बल्यं
त्यक्तवोत्तिष्ठ परन्तप ॥ ३ ॥

klaib-yaṁ mā sma ga-maḥ pārtha
nai-tat-tvay-yu-pa-pad-ya-te ।
kṣud-ram hr̥-da-ya-daur-bal-yaṁ
tyak-tvot-tiṣ-ṭha pa-ran-ta-pa ॥ 3 ॥

अर्जुन उवाच ।
कथं भीष्ममहं सङ्क्षे
द्रोणं च मधुसूदन ।
इषुभिः प्रतियोत्स्यामि
पूजार्हावरिसूदन ॥ ४ ॥

ar-ju-na u-vā-ca ।
ka-thaṁ bhīṣ-mam-ahaṁ saṅ-khye
dro-ṇaṁ ca ma-dhu-sū-dana ।
iṣu-bhiḥ pra-ti-yots-yā-mi
pū-jār-hā-vari-sū-dana ॥ 4 ॥

गुरुनहत्वा हि महानुभावान्
श्रेयो भोक्तुं भैक्ष्यमपीह लोके ।
हत्वार्थकामांस्तु गुरूनिहैव
भुञ्जीय भोगान् रुधिरप्रदिग्धान् ॥
॥ ५ ॥

guru-na-hatvā hi ma-hā-nu-bhā-vān
śre-yo bhok-tum bhaikṣ-yam-apī-ha lo-ke ।
hatvār-tha-kā-māms-tu gurū-ni-hai-va
bhuñ-jī-ya bho-gān ru-dhi-ra-pra-dig-dhān ॥
॥ 5 ॥

न चैतद्विद्मः कतरन्नो गरीयः
यद्वा जयेम यदि वा नो जयेयुः ।
यानेव हत्वा न जिजीविषामः
तेऽवस्थिताः प्रमुखे धार्तराष्ट्राः ॥
॥ ६ ॥

na cai-tad-vid-maḥ ka-ta-ran-no ga-rī-yaḥ
yadvā ja-ye-ma ya-di vā no ja-ye-yuḥ ।
yā-ne-va hatvā na ji-jī-vi-ṣā-maḥ
te'-vas-thi-tāḥ pra-mu-khe dhār-ta-rāṣ-ṭrāḥ ॥
॥ 6 ॥

कार्पण्यदोषोपहतस्वभावः	kār-pan-ya-do-ṣo-pa-ha-ta-sva-bhā-vaḥ
पृच्छामि त्वां धर्मसम्मूढचेताः ।	ṣṛc-chā-mi tvām dhar-ma-sam-mū-ḍha-ce-tāḥ ।
यच्छ्रेयः स्यान्निश्चितं ब्रूहि तन्मे	yac-chre-yaḥ syān-niś-ci-taṁ brū-hi tan-me
शिष्यस्तेऽहं शाधि मां त्वां प्रपन्नम् ॥	śiṣ-ya-s-te'haṁ śā-dhi mām tvām pra-pan-nam ॥
॥ ७ ॥	॥ 7 ॥

न हि प्रपश्यामि ममापनुद्यात्	na hi pra-paś-yā-mi ma-mā-pa-nud-yāt
यच्छोकमुच्छोषणमिन्द्रियाणाम् ।	yac-cho-kam-uc-cho-ṣa-ṇam-in-dri-yā-ṇām ।
अवाप्य भूमावसपत्नमृद्धं	a-vāp-ya bhū-mā-va-sa-pat-na-mṛd-dhaṁ
राज्यं सुराणामपि चाधिपत्यम् ॥	rāj-yaṁ su-rā-ṇām-api cā-dhi-pat-yam ॥ 8 ॥

सञ्जय उवाच ।	sañ-ja-ya u-vā-ca ।
एवमुक्त्वा हृषीकेशं	evam-uk-tvā ḥṛ-ṣī-ke-śaṁ
गुडाकेशः परन्तप ।	gu-ḍā-ke-śaḥ paran-ta-pa ।
न योत्स्य इति गोविन्दम्	na yots-ya iti go-vin-dam
उक्त्वा तूष्णीं बभूव ह ॥ ९ ॥	uk-tvā tūṣ-ṇīm ba-bhū-va ha ॥ 9 ॥

तमुवाच हृषीकेशः	ta-mu-vā-ca ḥṛ-ṣī-ke-śaḥ
प्रहसन्निव भारत ।	pra-ha-san-ni-va bhā-ra-ta ।
सेनयोरुभयोर्मध्ये	se-na-yo-ru-bha-yor-madh-ye
विषीदन्तमिदं वचः ॥ १० ॥	vi-ṣī-dan-tam-idam vacaḥ ॥ 10 ॥

श्रीभगवानुवाच ।

śrī-bha-ga-vān-u-vā-ca ।

अशोच्यानन्वशोचस्त्वं

a-śoc-yān-an-va-śo-cas-tvaṁ

प्रज्ञावादांश्च भाषसे ।

pra-jñā-vā-dāmś-ca bhā-ṣa-se ।

गतासूनगतासूंश्च

ga-tā-sū-na-ga-tā-sūnś-ca

नानुशोचन्ति पण्डिताः ॥ ११ ॥

nā-nu-śo-can-ti paṇ-ḍi-tāḥ ॥ 11 ॥

न त्वेवाहं जातु नासं

na tve-vā-haṁ jā-tu nā-saṁ

न त्वं नेमे जनाधिपाः ।

na tvaṁ ne-me ja-nā-dhi-pāḥ ।

न चैव न भविष्यामः

na cai-va na bha-viṣ-yā-maḥ

सर्वे वयमतः परम् ॥ १२ ॥

sar-ve va-yam-ataḥ pa-ram ॥ 12 ॥

देहिनोऽस्मिन्यथा देहे

de-hi-no's-min-ya-thā de-he

कौमारं यौवनं जरा ।

kau-mā-raṁ yau-va-naṁ ja-rā ।

तथा देहान्तरप्राप्तिः

ta-thā de-hān-ta-ra-prāp-tiḥ

धीरस्तत्र न मुह्यति ॥ १३ ॥

dhī-ras-tat-ra na muh-ya-ti ॥ 13 ॥

मात्रास्पर्शास्तु कौन्तेय

mā-trā-spar-śās-tu kaun-te-ya

शीतोष्णसुखदुःखदाः ।

śī-toṣ-ṇa-su-kha-duḥ-kha-dāḥ ।

आगमापायिनोऽनित्याः

ā-ga-mā-pā-yi-no'-nit-yāḥ

तांस्तितिक्षस्व भारत ॥ १४ ॥

tānś-ti-ti-kṣas-va bhā-ra-ta ॥ 14 ॥

यं हि न व्यथयन्त्येते
पुरुषं पुरुषर्षभ ।

समदुःखसुखं धीरं

सोऽमृतत्वाय कल्पते ॥ १५ ॥

yaṁ hi na vya-tha-yan-tye-te

pu-ru-ṣaṁ pu-ru-ṣar-ṣa-bha ।

sa-ma-duḥ-kha-su-khaṁ dhī-ram

so'-mṛ-tat-vā-ya kal-pa-te ॥ 15 ॥

नासतो विद्यते भावः

नाभावो विद्यते सतः ।

उभयोरपि दृष्टोऽन्तः

त्वनयोस्तत्त्वदर्शिभिः ॥ १६ ॥

nā-sa-to vid-ya-te bhā-vaḥ

nā-bhā-vo vid-ya-te sa-taḥ ।

u-bha-yor-api dṛṣ-ṭo'n-taḥ

tva-na-yos-tat-tva-dar-śi-bhiḥ ॥ 16 ॥

अविनाशि तु तद्विद्धि

येन सर्वमिदं ततम् ।

विनाशमव्ययस्यास्य

न कश्चित्कर्तुमर्हति ॥ १७ ॥

avi-nā-śi tu tad-vid-dhi

ye-na sar-vam-idam ta-tam ।

vi-nā-śam-av-ya-yas-yās-ya

na kaś-cit-kar-tum-ar-ha-ti ॥ 17 ॥

अन्तवन्त इमे देहाः

नित्यस्योक्ताः शरीरिणः ।

अनाशिनोऽप्रमेयस्य

तस्माद्युध्यस्व भारत ॥ १८ ॥

an-ta-van-ta ime de-hāḥ

nit-yas-yok-tāḥ śa-rī-ri-ṇaḥ ।

anā-śi-no'-pra-me-yas-ya

tas-mād-yudh-yas-va bhā-ra-ta ॥ 18 ॥

य एनं वेत्ति हन्तारं	ya enam vet-ti han-tā-ram
यश्चैनं मन्यते हतम् ।	yaś-cai-nam manya-te ha-tam ।
उभौ तौ न विजानीतः	u-bhau tau na vi-jā-nī-taḥ
नायं हन्ति न हन्यते ॥ १९ ॥	nā-yam han-ti na han-ya-te ॥ 19 ॥

न जायते म्रियते वा कदाचित्	na jā-ya-te mri-ya-te vā ka-dā-cit
नायं भूत्वा भविता वा न भूयः ।	nā-yam bhūt-vā bha-vi-tā vā na bhū-yaḥ ।
अजो नित्यः शाश्वतोऽयं पुराणः	ajo nit-yaḥ śāś-va-to'-yam pu-rā-ṇaḥ
न हन्यते हन्यमाने शरीरे ॥ २० ॥	na han-ya-te han-ya-mā-ne śa-rī-re ॥ 20 ॥

वेदाविनाशिनं नित्यं	ve-dā-vi-nā-śi-nam nit-yam
य एनमजमव्ययम् ।	ya enam-ajam-av-ya-yam ।
कथं स पुरुषः पार्थ	ka-tham sa pu-ru-ṣaḥ pār-tha
कं घातयति हन्ति कम् ॥ २१ ॥	kaṁ ghā-ta-ya-ti han-ti kam ॥ 21 ॥

वासांसि जीर्णानि यथा विहाय	vā-sām-si jīr-ṇā-ni ya-thā vi-hā-ya
नवानि गृह्णाति नरोऽपराणि ।	na-vā-ni gr̥h-ṇā-ti na-ro'-pa-rā-ṇi ।
तथा शरीराणि विहाय जीर्णानि	ta-thā śa-rī-rā-ṇi vi-hā-ya jīr-ṇā-ni
अन्यानि संयाति नवानि देही ॥ २२ ॥	an-yā-ni saṁ-yā-ti na-vā-ni de-hī ॥ 22 ॥

नैनं छिन्दन्ति शस्त्राणि

nai-naṁ chin-dan-ti śas-trā-ṇi

नैनं दहति पावकः ।

nai-naṁ da-ha-ti pā-va-kaḥ ।

न चैनं क्लेदयन्त्यापः

na cai-naṁ kle-da-yant-yā-paḥ

न शोषयति मारुतः ॥ २३ ॥

na śo-ṣa-ya-ti mā-ru-taḥ ॥ 23 ॥

अच्छेद्योऽयमदाह्योऽयम्

ac-ched-yo'-ya-ma-dāh-yo'-yam

अक्लेद्योऽशोष्य एव च ।

akled-yo'-śoṣ-ya eva ca ।

नित्यः सर्वगतः स्थाणुः

nit-yaḥ sar-va-ga-taḥ sthā-ṇuḥ

अचलोऽयं सनातनः ॥ २४ ॥

aca-lo'-yaṁ sa-nā-ta-naḥ ॥ 24 ॥

अव्यक्तोऽयमचिन्त्योऽयम्

av-yak-to'-yam-acint-yo'-yam

अविकार्योऽयमुच्यते ।

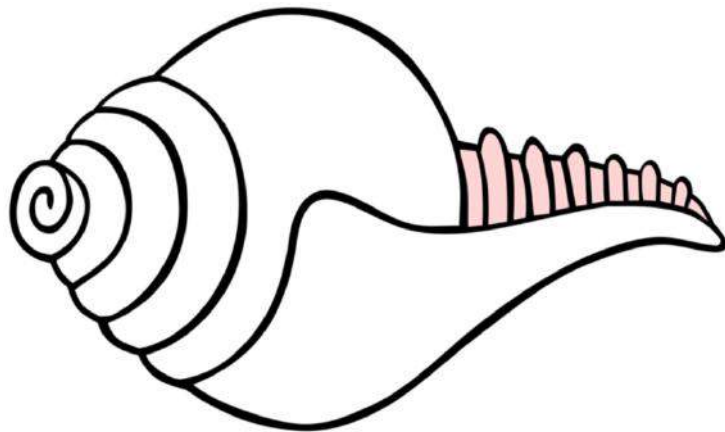
avi-kār-yo'-yam-uc-ya-te ।

तस्मादेवं विदित्वैनं

tas-mā-de-vaṁ vi-dit-vai-naṁ

नानुशोचितुमर्हसि ॥ २५ ॥

nā-nu-śo-ci-tum-ar-ha-si ॥ 25 ॥



ॐ तत्सत्

om tat-sat

इति श्रीमद्भगवद्गीतासु

iti śrīmad-bhaga-vad-gī-tā-su

उपनिषत्सु

upa-ni-ṣat-su

ब्रह्मविद्यायाम्

brahma-vid-yā-yām

योगशास्त्रे

yoga-śās-tre

श्रीकृष्णार्जुनसंवादे

śrī-kṛṣṇa-ṇār-juna-saṁ-vā-de

साङ्ख्य योगो नाम

sāṅ-khya yo-go nā-ma

द्वितीयोऽध्यायः ।

dvi-tī-yo-'dhyā-yah ।

ॐ हरिः ॐ ।

om hariḥ om

श्री गुरुभ्यो नमः

śrī guru-bhyo namaḥ

हरिः ॐ ।

hariḥ om ।

सर्वधर्मान्परित्यज्य

sar-va-dhar-mān-pari-tyaj-ya

मामेकं शरणं ब्रज ।

mām-ekaṁ śara-ṇaṁ vra-ja ।

अहं त्वा सर्वपापेभ्यः

ahaṁ tvā sar-va-pā-pebh-yah

मोक्षयिष्यामि मा शुचः ॥ १८-६६ ॥

mokṣa-yiṣ-yā-mi mā śu-caḥ ॥ 18-66 ॥

श्री कृष्णार्पणमस्तु

śrī kṛṣṇa-ṇār-pa-ṇam-astu

मार्गबन्धु स्तोत्रम् – Mārgabandhu Stotram

शम्भो महादेव देव

śam-bho mahā-deva deva

शिवशम्भो महादेवदेवेश शम्भो

śiva-śam-bho mahā-deva deve-śa śam-bho

शम्भो महादेव देव

śam-bho mahā-deva deva

फालावनम्रत्किरीटं

phā-lā-vana-mrat-ki-rī-ṭam

फालनेत्रार्चिषा दग्धपञ्चेषुकीटम् ।

phā-la-ne-trār-ci-ṣā dag-dha-pañ-ceṣu-kī-ṭam ।

शूलाहतारातिकूटं

śū-lā-ha-tā-rā-ti-kū-ṭam

शुद्धमर्धेन्दुचूडं भजे मार्गबन्धुम्

śud-dham-ar-dhen-du-cū-ḍam bha-je mār-ga-ban-dhum ॥ 1 ॥

शम्भो महादेव देव

śam-bho mahā-deva deva

शिवशम्भो महादेव देवेश शम्भो

śiva-śam-bho mahā-deva deve-śa śam-bho

शम्भो महादेव देव

śam-bho mahā-deva deva

अङ्गे विराजद्भुजङ्गं

aṅ-ge vi-rā-jad-bhu-jaṅ-gaṃ

अभ्रगङ्गातरङ्गाभिरामोत्तमाङ्गम् ।

abh-ra-gaṅ-gā-ta-raṅ-gā-bhi-rā-mot-ta-māṅ-gam ।

ओङ्कारवाटीकुरङ्गं

om-kā-ra-vā-ṭī-ku-raṅ-gaṃ

सिद्धसंसेविताङ्घ्रिं भजे मार्गबन्धुम् ॥ २ ॥

sid-dha-saṃ-sevi-tāṅgh-riṃ bha-je mār-ga-ban-dhum ॥ 2 ॥

शम्भो महादेव देव

śam-bho mahā-deva deva

शिवशम्भो महादेव देवेश शम्भो

śiva-śam-bho mahā-deva deve-śa śam-bho

शम्भो महादेव देव

śam-bho mahā-deva deva

नित्यंचिदानन्दरूपं

nit-yaṁ-ci-dā-nan-da-rū-paṁ

निहृताशेषलोकेशवैरिप्रतापम् ।

nih-nu-tā-śe-ṣa-lo-ke-śa-vai-ri-pra-tā-paṁ ।

कार्तस्वरागेन्द्रचापं

kār-ta-sva-rā-gendra-cā-paṁ

कृत्तिवासं भजे दिव्यसन्मार्गबन्धुम् ॥ ३ ॥

kṛt-ti-vā-saṁ bha-je div-ya-san-mār-ga-ban-dhum ॥ 3 ॥

शम्भो महादेव देव

śam-bho mahā-deva deva

शिवशम्भो महादेव देवेश शम्भो

śiva-śam-bho mahā-deva deve-śa śam-bho

शम्भो महादेव देव

śam-bho mahā-deva deva

कन्दर्पदर्पघ्नमीशं

kan-darpa-dar-pagh-nam-īśaṁ

कालकण्ठं महेशं महाव्योमकेशम् ।

kāla-kaṇ-ṭhaṁ mahe-śaṁ mahā-vyo-ma-ke-śaṁ ।

कुन्दाभदन्तं सुरेशं

kun-dā-bha-dan-taṁ su-re-śaṁ

कोटिसूर्यप्रकाशं भजे मार्गबन्धुम् ॥ ४ ॥

koṭi-sūr-ya-pra-kā-śaṁ bha-je mār-ga-ban-dhum ॥ 4 ॥

शम्भो महादेव देव

śam-bho mahā-deva deva

शिवशम्भो महादेव देवेश शम्भो

śiva-śam-bho mahā-deva deve-śa śam-bho

शम्भो महादेव देव

śam-bho mahā-deva deva

मन्दारभूतेरुदारं

mandā-ra-bhū-teru-dā-ram

मन्थरागेन्द्रसारं महागौर्यदूरम् ।

mantha-rāgen-dra-sā-ram mahā-gaur-ya-dū-ram ।

सिन्दूरदूरप्रचारं

sindūra-dūra-pra-cā-ram

सिन्धुराजातिधीरं भजे मार्गबन्धुम् ॥ ५ ॥

sindhu-rājā-ti-dhī-ram bha-je mār-ga-ban-dhum ॥ 5 ॥

शम्भो महादेव देव

śam-bho mahā-deva deva

शिवशम्भो महादेव देवेश शम्भो

śiva-śam-bho mahā-deva deve-śa śam-bho

शम्भो महादेव देव

śam-bho mahā-deva deva

अप्पय्ययज्जेन्द्र गीतं

ap-payya-yajj-ven-dra gī-taṃ

स्तोत्रराजं पठेद्यस्तु भक्त्या प्रयाणे ।

sto-tra-rājaṃ pa-ṭhed-yas-tu bhak-tyā pra-yā-ṇe ।

तस्यार्थसिद्धिं प्रदत्ते

tas-yār-tha-sid-dhiṃ pra-datte

मार्गमध्येऽभयं चाशुतोषो महेशः ॥ ६ ॥

mārga-madh-ye'-bha-yaṃ cā-śu-to-ṣo ma-he-śaḥ ॥ 6 ॥

शम्भो महादेव देव

śam-bho mahā-deva deva

शिवशम्भो महादेव देवेश शम्भो

śiva-śam-bho mahā-deva deve-śa śam-bho

शम्भो महादेव देव

śam-bho mahā-deva deva

अच्युताष्टकम् – Acyutāṣṭakam

अच्युतं केशवं रामनारायणं

a-cyu-taṁ ke-śa-vaṁ rā-ma-nā-rā-ya-ṇaṁ

कृष्णदामोदरं वासुदेवं हरिम् ।

kr̥ṣṇa-dā-mo-da-raṁ vā-su-de-vaṁ ha-rim ।

श्रीधरं माधवं गोपिकावल्लभं

śrī-dha-raṁ mā-dha-vaṁ go-pi-kā-val-la-bhaṁ

जानकीनायकं रामचन्द्रं भजे ॥

jā-na-kī-nā-ya-kaṁ rā-ma-can-draṁ bha-je ॥ 1 ॥

अच्युतं केशवं सत्यभामाधवं

a-cyu-taṁ ke-śa-vaṁ sat-ya-bhā-mā-dha-vaṁ

माधवं श्रीधरं राधिकाराधितम् ।

mā-dha-vaṁ śrī-dha-raṁ rā-dhi-kā-rā-dhi-tam ।

इन्दिरामन्दिरं चेतसा सुन्दरं

in-di-rā-man-di-raṁ ce-ta-sā sun-da-raṁ

देवकीनन्दनं नन्दजं सन्दधे

de-va-kī-nan-da-naṁ nan-da-jaṁ san-da-dhe ॥ 2 ॥

विष्णवे जिष्णवे शङ्किने चक्रिणे

viṣ-ṇa-ve jiṣ-ṇa-ve śaṅ-ki-ne cak-ri-ṇe

रुक्मिणीरागिणे जानकीजानये ।

ruk-mi-ṇī-rā-gi-ṇe jā-na-kī-jā-na-ye ।

वल्लवीवल्लभायार्चितायात्मने

val-la-vī-val-la-bhā-yār-ci-tā-yāt-ma-ne

कंसविध्वंसिने वंशिने ते नमः

kaṁ-sa-vi-dhvaṁ-si-ne vaṁ-śi-ne te na-maḥ ॥ 3 ॥

कृष्ण गोविन्द हे राम नारायण

krṣ-ṇa go-vin-da he rā-ma nā-rā-ya-ṇa

श्रीपते वासुदेवाजित श्रीनिधे ।

śrī-pa-te vā-su-de-vā-ji-ta śrī-ni-dhe ।

अच्युतानन्त हे माधवाधोक्षज

a-cyu-tā-nan-ta he mā-dha-vā-dho-kṣa-ja

द्वारकानायक द्रौपदीरक्षक ॥

dvā-ra-kā-nā-ya-ka drau-pa-dī-ra-kṣa-ka ॥ 4 ॥

राक्षसक्षोभितः सीतया शोभितः

rā-kṣa-sa-kṣo-bhi-taḥ sī-ta-yā śo-bhi-taḥ

दण्डकारण्यभूपुण्यताकारणः ।

daṇ-ḍa-kā-raṇ-ya-bhū-puṇ-ya-tā-kā-ra-ṇaḥ ।

लक्ष्मणेनान्वितो वानरैस्सेवितः

la-kṣma-ṇe-nān-vi-to vā-na-rai-se-vi-taḥ

अगस्त्यसंपूजितो राघवः पातु माम् ॥

a-gas-tya-saṁ-pū-ji-to rā-gha-vaḥ pā-tu mām ॥ 5 ॥

धेनुकारिष्टकाऽनिष्टकृद्वेषिहा

dhe-nu-kā-riṣ-ṭa-kā'-niṣ-ṭa-kṛd-dve-ṣi-hā

केशिहा कंसहृद्वंशिकावादकः ।

ke-śi-hā kaṁ-sa-hṛd-vaṁ-śi-kā-vā-da-kaḥ ।

पूतनाकोपकः सूरजाखेलनः

pū-ta-nā-ko-pa-kaḥ sū-ra-jā-khe-la-naḥ

बालगोपालकः पातु मां सर्वदा ॥

bā-la-go-pā-la-kaḥ pā-tu mām sar-va-dā ॥ 6 ॥

विद्युद्योतवत्प्रस्फुरद्वाससं

vid-yu-dud-yo-ta-vat-pras-phu-rad-vā-sa-saṁ

प्रावृडम्भोदवत्प्रोल्लसद्विग्रहम् ।

prā-vṛ-ḍam-bho-da-vat-prol-la-sad-vi-gra-ham ।

वन्यया मालया शोभितोरःस्थलं

van-ya-yā mā-la-yā śo-bhi-to-raḥ-stha-laṁ

लोहिताङ्घ्रिद्वयं वारिजाक्षं भजे ॥

lo-hi-tāṅ-ghri-dva-yaṁ vā-ri-jā-kṣaṁ bha-je ॥ 7 ॥

कुञ्चितैः कुन्तलैर्भ्राजमानाननं

kuñ-ci-taiḥ kun-ta-lair-bhrā-ja-mā-nā-na-naṁ

रत्नमौलिं लसत्कुण्डलं गण्डयोः ।

rat-na-mau-liṁ la-sat-kuṇ-ḍa-laṁ gaṇ-ḍa-yoḥ ।

हारकेयूरकं कङ्कणप्रोज्ज्वलं

hā-ra-ke-yū-ra-kaṁ kaṅ-ka-ṇa-proj-jva-laṁ

किङ्किणीमञ्जुलं श्यामलं तं भजे ॥

kiṅ-ki-ṇī-mañ-ju-laṁ śyā-ma-laṁ taṁ bha-je ॥ 8 ॥

अच्युतस्याष्टकं यः पठेदिष्टदं

a-cyu-tas-yāṣ-ṭa-kam yaḥ pa-ṭhe-diṣ-ṭa-dam

प्रेमतः प्रत्यहं पूरुषः सस्पृहम् ।

pre-ma-taḥ prat-ya-ham pū-ru-ṣaḥ sas-pr-ham ।

वृत्ततः सुन्दरं वेद्यविश्वम्भरं

vṛt-ta-taḥ sun-da-ram ved-ya-viś-vam-bha-ram

तस्य वश्यो हरिर्जायते सत्वरम् ॥

tas-ya vaś-yo ha-rir-jā-ya-te sa-tva-ram ॥ 9 ॥

अच्युतम केशवं – Achyutam Keśavam

अच्युतम केशवं कृष्ण दामोदरं
राम नारायणं जानकी वल्लभं ॥

achyutam keśavam kṛṣṇa dāmodaram
rāma nārāyaṇam jānakī vallabham ॥

अच्युतम केशवं कृष्ण दामोदरं
राम नारायणं जानकी वल्लभं ॥

achyutam keśavam kṛṣṇa dāmodaram
rāma nārāyaṇam jānakī vallabham ॥

कौन कहते हैं भगवान आते नहीं
हम मीरा के जैसे बुलाते नहीं ।

kaun kehate haiṁ bhagavān āte nahīn
hum mīrā ke jaise bulāte nahīn ।

अच्युतम केशवं कृष्ण दामोदरं
राम नारायणं जानकी वल्लभं ॥

achyutam keśavam kṛṣṇa dāmodaram
rāma nārāyaṇam jānakī vallabham ॥

कौन कहते हैं भगवान खाते नहीं
बेर शबरी के जैसे खिलाते नहीं ।

kaun kehate haiṁ bhagavān khāte nahīn
ber śabarī ke jaise khilāte nahīn ।

अच्युतम केशवं कृष्ण दामोदरं
राम नारायणं जानकी वल्लभं ॥

achyutam keśavam kṛṣṇa dāmodaram
rāma nārāyaṇam jānakī vallabham ॥

कौन कहते हैं भगवान सोते नहीं
माँ यशोदा के जैसे सुलाते नहीं ।

kaun kehate haiṁ bhagavān sote nahīn
mā yaśodā ke jaise sulāte nahīn ।

अच्युतम केशवं कृष्ण दामोदरं
राम नारायणं जानकी वल्लभं ॥

achyutam keśavam kṛṣṇa dāmodaram
rāma nārāyaṇam jānakī vallabham ॥

कौन कहते हैं भगवान नाचते नहीं
गोपियों की तरह हम नचाते नहीं ।

kaun kehate haiṁ bhagavān nācte nahīn
gopiyoṁ kī tarah hum nacāte nahīn ।

अच्युतम केशवं कृष्ण दामोदरं
राम नारायणं जानकी वल्लभं ॥

achyutam keśavam kṛṣṇa dāmodaram
rāma nārāyaṇam jānakī vallabham ॥

कृष्ण गोविन्द गोपल गाते चलो
नाम जपते चलो काम करते चलो ।

kṛṣṇa govinda gopala gāte calo
nām japte calo kām karte calo ।

अच्युतम केशवं कृष्ण दामोदरं
राम नारायणं जानकी वल्लभं ॥

achyutam keśavam kṛṣṇa dāmodaram
rāma nārāyaṇam jānakī vallabham ॥

गोपियों की तरह हम नचाते नहीं
माँ यशोदा के जैसे सुलाते नहीं
बेर शबरी के जैसे खिलाते नहीं
हम मीरा के जैसे बुलाते नहीं

gopiyoṁ kī tarah hum nacāte nahīn ।
mā yaśodā ke jaise sulāte nahīn ।
ber śabarī ke jaise khilāte nahīn ।
hum mīrā ke jaise bulāte nahīn ।

Theme Song – Veda Vyāsa

Vyāsa Bhagavān, Jai Jai Vyāsa Bhagavān
Kṛṣṇa Dvaipāyana, Vyāsa Bhagavān
Bādarāyaṇa Jai Jai Bādarāyaṇa
Kṛṣṇa Dvaipāyana, Bādarāyaṇa

Son of Satyavati and Parāśara
Great-grandson of Ṛṣi Vaśiṣṭha
Sire of Dhṛtarāṣṭra, Pāṇḍu, Vidura
Avatār of Viṣṇu, we pray to Thee

Vyāsa Bhagavān, Jai Jai Vyāsa Bhagavān
Kṛṣṇa Dvaipāyana, Vyāsa Bhagavān

Composer of Mahābhārata
Brahmasūtra, Eighteen Purāṇas
Writer of the Bhāgavatam
Oh Cirañjīvi, we bow to Thee

Vyāsa Bhagavān, Jai Jai Vyāsa Bhagavān
Kṛṣṇa Dvaipāyana, Vyāsa Bhagavān

You compiled the four Vedas
Wrote on Patañjali's Yoga Sūtras
We worship you on Guru Pūrṇima
Oh great teacher, we honor Thee

Vyāsa Bhagavān, Jai Jai Vyāsa Bhagavān
Kṛṣṇa Dvaipāyana, Vyāsa Bhagavān
Bādarāyaṇa Jai Jai Bādarāyaṇa
Kṛṣṇa Dvaipāyana, Bādarāyaṇa

Veda Vyāsa, Jai Jai, Veda Vyāsa, Jai Jai
Veda Vyāsa, Jai Jai, Veda Vyāsa



हनुमान् छालिस – Hanumān Chālisa

श्री गुरु चरन सरोज रज
निजमनु मुकुरु सुधारि ।
बरनौ रघुबर बिमल जसु
जो दायकु फल चारि ॥ १ ॥

śrī guru carana saroja raja
nijamanu mukuru sudhāri ।
baranau raghubara bimala jasu
jo dāyaku phala cāri ॥ 1 ॥

बुद्धिहीन तनु जानिके
सुमिरौ पवन कुमार ।
बल बुद्धि बिद्या देहु मोहि
हरहु कलेस बिकार ॥ २ ॥

buddhihīna tanu jānike
sumirau pavana kumāra ।
bala buddhi bidyā dehu mohi
harahu kalesa bikāra ॥ 2 ॥

जय हनुमान ज्ञान गुन सागर ।
जय कपीस तिहुलोक उजागर ॥ १ ॥

jaya hanumāna jñāna guna sāgara ।
jaya kapīsa tihuloka ujāgara ॥ 1 ॥

रामदूत अतुलित बलधामा ।
अंजनि-पुत्र पवन-सुत नामा ॥ २ ॥

rāmadūta atulita baladhāmā ।
aṁjani-putra pavana-suta nāmā ॥ 2 ॥

महाबीर बिक्रम बजरङ्गी ।
कुमति निवार सुमति के सङ्गी ॥ ३ ॥

mahābīra bikrama bajaraṅgī ।
kumati nivāra sumati ke saṅgī ॥ 3 ॥

कंचन बरन बिराज सुबेसा ।

कानन कुंडल कुंचित केसा ॥ ४ ॥

kaṁcana barana birāja subesā ।

kānana kuṇḍala kuṁcita kesā ॥ 4 ॥

हाथ बज्र औ ध्वजा बिराजै ।

कान्धे मूँज जनेऊ साजै ॥ ५ ॥

hātha bajra au dhvajā birājai ।

kāndhe mūmja janeū sājai ॥ 5 ॥

संकर-सुवन केसरी-नन्दन ।

तेज प्रताप महा जग-बन्दन ॥ ६ ॥

saṁkara-suvana kesarī-nandana ।

teja pratāpa mahā jaga-bandana ॥ 6 ॥

बिद्यावान गुनी अति चातुर ।

राम काज करिबे को आतुर ॥ ७ ॥

bidyāvāna gunī ati cātura ।

rāma kāja karibe ko ātura ॥ 7 ॥

प्रभु चरित्र सुनिबे को रसिया ।

राम-लखन सीता मन बसिया ॥ ८ ॥

prabhu caritra sunibe ko rasiyā ।

rāma-lakhana sītā mana basiyā ॥ 8 ॥

सूक्ष्म रूपधरि सियहिं दिखावा ।

बिकट रूपधरि लन्क जरावा ॥ ९ ॥

sūkṣma rūpadhari siyahim dikhāvā ।

bikaṭa rūpadhari lanka jarāvā ॥ 9 ॥

भीम रूपधरि असुर संहारे ।

रामचन्द्र के काज सँवारे ॥ १० ॥

bhīma rūpadhari asura saṁhāre ।

rāmacandra ke kāja saṁvāre ॥ 10 ॥

लाय संजीवन लखन जियाये । lāya saṁjīvana lakhana jiyāye ।
श्री रघुबीर हरषि उर लाये ॥ ११ ॥ śrī raghubīra haraṣi ura lāye ॥ 11 ॥

रघुपति कीन्ही बहुत बडाई । raghupati kīnhī bahuta baḍāī ।
तुम मम प्रिय भरतहि सम भाई ॥ १२ ॥ tuma mama priya bharatahi sama bhāī

सहस बदन तुम्हरो जस गावै । sahasa badana tumharo jasa gāvai ।
अस कहि श्रीपति कण्ठ लगावै ॥ १३ ॥ asa kahi śrīpati kaṇṭha lagāvai ॥ 13 ॥

सनकादिक ब्रह्मादि मुनीसा । sanakādika brahmādi munīsā ।
नारद सारद सहित अहीसा ॥ १४ ॥ nārada sārada sahita ahīsā ॥ 14 ॥

जम कुबेर दिगपाल जहा ते । jama kubera digapāla jahā te ।
कबि कोबिद कहि सके कहा ते ॥ १५ ॥ kabi kobida kahi sake kahā te ॥ 15 ॥

तुम उपकार सुग्रीवहि कीन्हा । tuma upakāra sugrīvahi kīnhā ।
राम मिलाय राज पद दीन्हा ॥ १६ ॥ rāma milāya rāja pada dīnhā ॥ 16 ॥

तुम्हरो मन्त्र बिभीषन माना । tumharo mantra bibhīṣana mānā ।
लंकेस्वर भए सब जग जाना ॥ १७ ॥ laṁkesvara bhae saba jaga jānā ॥ 17 ॥

जुग सहस्र जोजन पर भानू । juga sahastra jojana para bhānū ।
लील्यो ताहि मधुर फल जानू ॥ १८ ॥ līlyo tāhi madhura phala jānū ॥ 18 ॥

प्रभु मुद्रिका मेलि मुख माही । prabhu mudrikā meli mukha māhī ।
जलधि लाँघि गये अचरज नाही ॥ १९ ॥ jaladhi lāmghi gaye acaraja nāhī ॥ 19 ॥

दुर्गम काज जगत के जेते । durgama kāja jagata ke jete ।
सुगम अनुग्रह तुम्हरे तेते ॥ २० ॥ sugama anugraha tumhare tete ॥ 20 ॥

राम दुआरे तुम रखवारे । rāma duāre tuma rakhavāre ।
होत न आज्ञा बिनु पैसारे ॥ २१ ॥ hota na ājñā binu paisāre ॥ 21 ॥

सब सुख लहै तुम्हारी सरना । saba sukha lahai tumhārī saranā ।
तुम रच्छक काहू को डर ना ॥ २२ ॥ tuma racchaka kāhū ko ḍara nā ॥ 22 ॥

आपन तेज सम्हारो आपै । āpana teja samhāro āpai ।
तीनो लोक हाँक ते काँपै ॥ २३ ॥ tīno loka hāmka te kāmpai ॥ 23 ॥

भूत पिसाच निकट नहिं आवै । bhūta pisāca nikaṭa nahim āvai ।
महाबीर जब नाम सुनावै ॥ २४ ॥ mahābīra jaba nāma sunāvai ॥ 24 ॥

नासै रोग हरै सब पीरा ।

nāsai roga harai saba pīrā ।

जपत निरन्तर हनुमत बीरा ॥ २५ ॥

japata nirantara hanumata bīrā ॥ 25 ॥

संकट ते हनुमान छुड़ावै ।

saṁkaṭa te hanumāna chuḍāvai ।

मन क्रम बचन ध्यान जो लावै ॥ २६ ॥

mana krama bacana dhyāna jo lāvai ॥ 26 ॥

सब पर राम तपस्वी राजा ।

saba para rāma tapasvī rājā ।

तिनके काज सकल तुम साजा ॥ २७ ॥

tinake kāja sakala tuma sājā ॥ 27 ॥

और मनोरथ जो कोइ लावै ।

aura manoratha jo koi lāvai ।

सोइ अमित जीवन फल पावै ॥ २८ ॥

soi amita jīvana phala pāvai ॥ 28 ॥

चारो जुग परताप तुम्हारा ।

cāro juga paratāpa tumhārā ।

है परसिद्ध जगत उजियारा ॥ २९ ॥

hai parasiddha jagata ujiyārā ॥ 29 ॥

साधु सन्त के तुम रखवारे ।

sādhu santa ke tuma rakhavāre ।

असुर निकन्दन राम दुलारे ॥ ३० ॥

asura nikandana rāma dulāre ॥ 30 ॥

अष्टसिद्धि नौ निधि के दाता ।

aṣṭasiddhi nau nidhi ke dātā ।

अस बर दीन्ह जानकी माता ॥ ३१ ॥

asa bara dīnha jānakī mātā ॥ 31 ॥

राम रसायन तुम्हरे पासा ।

rāma rasāyana tumhare pāsā ।

सदा रहो रघुपति के दासा ॥ ३२ ॥

sadā raho raghupati ke dāsā ॥ 32 ॥

तुम्हरे भजन रामको पावै ।

tumhare bhajana rāmako pāvai ।

जनम जनम के दुख बिसरावै ॥ ३३ ॥

janama janama ke dukha bisarāvai ॥ 33 ॥

अन्त काल रघुबर पुर जाई ।

anta kāla raghubara pura jāi ।

जहाँ जन्म हरिभक्त कहाई ॥ ३४ ॥

jahām janma haribhakta kahāi ॥ 34 ॥

और देवता चित्त न धरई ।

aura devatā citta na dharaī ।

हनुमत सेइ सर्व सुख करई ॥ ३५ ॥

hanumata sei sarba sukha karaī ॥ 35 ॥

संकट कटै मिटै सब पीरा ।

saṁkaṭa kaṭai miṭai saba pīrā ।

जो सुमिरै हनुमत बल बीरा ॥ ३६ ॥

jo sumirai hanumata bala bīrā ॥ 36 ॥

जै जै जै हनुमान गोसाई ।

jai jai jai hanumāna gosāi ।

कृपा करहु गुरुदेव की नाई ॥ ३७ ॥

kṛpā karahu gurudeva kī nāi ॥ 37 ॥

जो सत बार पाठ कर कोई ।

jo sata bāra pāṭha kara koī ।

छूटहि बन्दि महा सुख होई ॥ ३८ ॥

chūṭahi bandi mahā sukha hoī ॥ 38 ॥

जो यह पढ़ै हनुमान चालीसा ।
होय सिद्धि साखी गौरीसा ॥ ३९ ॥

jo yaha paḍhai hanumāna cālīsā ।
hoya siddhi sākhī gaurīsā ॥ 39 ॥

तुलसीदास सदा हरि चेरा ।
कीजै नाथ हृदय महँ डेरा ॥ ४० ॥

tulasīdāsa sadā hari cerā ।
kījai nātha hṛdaya maham̐ ḍerā ॥ 40 ॥

पवनतनय संकट हरन
मङ्गल मूरति रूप ।
राम लखन सीता सहित
हृदय बसहु सुर भूप ॥

pavanatanaya saṁkaṭa harana
maṅgala mūrati rūpa ।
rāma lakhana sītā sahita
hṛdaya basahu sura bhūpa ॥

सियावर रामचन्द्रकी जय ।
पवनसुत हनुमानकी जय ।
उमापति महदेवकी जय ।
बोलो भाई सब सन्तनकी जय ।

siyāvara rāma-candrakī jaya ।
pavanasuta hanumānakī jaya ।
umāpati maha-devakī jaya ।
bolo bhāī saba santanakī jaya ।

18 Steps to Immortality

- | | |
|----------------------|------------------|
| 1. Serenity | 10. Adaptability |
| 2. Regularity | 11. Humility |
| 3. Absence of Vanity | 12. Tenacity |
| 4. Sincerity | 13. Integrity |
| 5. Simplicity | 14. Nobility |
| 6. Veracity | 15. Magnanimity |
| 7. Equanimity | 16. Charity |
| 8. Fixity | 17. Generosity |
| 9. Non-irritability | 18. Purity |

Sri Ram Jaya Ram Jaya Jaya Ram!
Sri Ram Jaya Ram Jaya Jaya Ram!

Practice daily these eighteenities –
You will soon attain Immortality.

Practice now these eighteenities –
You will soon attain Immortality.

This-- you can't get-- in the University.
This-- you can't get-- in the University.

गुरुस्तोत्रम् Guru-stotram

अखण्डमण्डलाकारं akhaṇ-ḍa-maṇḍa-lā-kā-ram
व्याप्तं येन चराचरम् । yāp-taṁ yena carā-caram ।
तत्पदं दर्शितं येन tat-padam dar-śi-taṁ yena
तस्मै श्रीगुरवे नमः ॥ १ ॥ tasmai śrī-gurave namaḥ ॥ 1॥

Salutations to the Guru who showed me the Supreme Reality, whose form is without parts, who is beginning and endless and by whom all the movable and immovable are pervaded.

अज्ञानतिमिरान्धस्य ajñāna-timi-rāndhasya
ज्ञानाञ्जनशलाकया । jñānāñ-jana-śa-lā-kayā ।
चक्षुरुन्मीलितं येन cak-ṣu-runmī-li-taṁ yena
तस्मै श्रीगुरवे नमः ॥ २ ॥ tas-mai śrī-gurave -namaḥ ॥ 2॥

Salutations to the Guru who has opened the eyes of one who is blinded by the darkness of ignorance, with the collyrium stick of knowledge.

गुरुर्ब्रह्मा गुरुर्विष्णुः gurur-brahmā gurur-viṣṇuḥ
गुरुर्देवो महेश्वरः । gurur-devo maheś-varaḥ ।
गुरुरेव परं ब्रह्म gurur-eva param brahma
तस्मै श्रीगुरवे नमः ॥ ३ ॥ tas-mai śrī-gurave namaḥ ॥ 3॥

Salutations to the Guru, who is the Creator, Sustainer and Destroyer; and who is indeed the Supreme Reality.

स्थावरं जङ्गमं व्याप्तं	sthā-varam jaṅga-mam vyāp-tam
यत्किञ्चित्सचराचरम् ।	yat-kiñ-cit-saca-rā-caram ।
तत्पदं दर्शितं येन	tat-padam darśi-tam yena
तस्मै श्रीगुरवे नमः ॥ ४ ॥	tas-mai śrī-gurave namaḥ ॥ 4 ॥

Salutations to the Guru who showed me the Supreme Reality, and who pervades movable and immovable, animate and inanimate.

चिन्मयं व्यापि यत्सर्वं	chinmayam vyā-pi yat-sarvam
त्रैलोक्यं सचराचरम् ।	traī-lok-yam saca-rā-caram ।
तत्पदं दर्शितं येन	tat-padam darśi-tam yena
तस्मै श्रीगुरवे नमः ॥ ५ ॥	tas-mai śrī-gurave namaḥ ॥ 5 ॥

Salutations to the Guru who showed me the Supreme Reality, who is pure Awareness and who pervades all the three worlds comprising the sentient and insentient.

त्वमेव माता च पिता त्वमेव ।	tvam-eva mā-tā ca pi-tā tvam-eva ।
त्वमेव बन्धुश्च सखा त्वमेव ।	tvam-eva bandhuś-ca sa-khā tvam-eva ।
त्वमेव विद्या द्रविणं त्वमेव ।	tvam-eva vid-yā dra-vi-ṇam tvam-eva ।
त्वमेव सर्वं मम देवदेव ॥	tvam-eva sar-vam mama deva-deva ॥

O Guru! The God of all Gods! You are indeed my mother and father.

You are indeed my relative and friend. You are indeed my knowledge and wealth.

You are everything to me!

श्री चिन्मय अष्टोत्तर शत नामावलिः

Śrī Chinmaya Aṣṭottara Śata Nāmāvaliḥ

ॐ अजाय नमः om ajāya namaḥ

I offer my salutations to the unborn.

ॐ अव्ययाय नमः om avyayāya namaḥ

I offer my salutations to the one who is imperishable.

ॐ अविनाशिने नमः om avināśine namaḥ

I surrender to the indestructible.

ॐ अचिन्त्याय नमः om acintyāya namaḥ

I offer my salutations to the unthinkable.

ॐ अप्रमेयाय नमः om aprameyāya namaḥ

I bow down to the immeasurable.

ॐ अद्वितीयाय नमः om advitīyāya namaḥ

I offer my salutations to the one without a second.

ॐ अनिकेताय नमः om aniketāya namaḥ

I surrender to the one who has no abode.

ॐ अनुशासनप्रियाय नमः om anuśāsanapriyāya namaḥ

I surrender to the one who loves discipline.

ॐ अन्तःसाक्षिणे नमः om antaḥsākṣiṇe namaḥ

I offer my salutations to the inner witness.

ॐ अन्तर्यामिने नमः om antaryāmine namaḥ

I surrender to the inner controller.

ॐ आनन्दाय नमः om ānandāya namaḥ

I bow down to the blissful one.

ॐ आत्मस्वरूपाय नमः om ātmasvarūpāya namaḥ

I surrender to the one who is the nature of the self.

ॐ आङ्ग्लभाषा-विदुत्तमाय नमः om āṅglabhāṣā-viduttamāya namaḥ

I bow down to the one who is most eloquent in English.

ॐ ईश्वराय नमः om īśvarāya namaḥ

I surrender to the Supreme Lord.

ॐ उदारहृदयाय नमः om udārahṛdayāya namaḥ

I offer my salutations unto the large-hearted one.

ॐ उत्साह-वर्धकाय नमः om utsāha-vardhakāya namaḥ

I bow down to the one who inspires.

ॐ एकस्मै नमः

om ekasmai namaḥ

I surrender to the one.

ॐ ओङ्कार-विदे नमः

om oṅkāra-vide namaḥ

I offer my salutations unto the knower of Om.

ॐ करुणा-सागराय नमः

om karuṇā-sāgarāya namaḥ

I surrender to the ocean of compassion.

ॐ कर्म-परायणाय नमः

om karma-parāyaṇāya namaḥ

I bow down to the one engaged in service.

ॐ कालातीताय नमः

om kālātītāya namaḥ

I surrender to the one who is beyond time.

ॐ कैवल्य-स्वरूपाय नमः

om kaivalya-svarūpāya namaḥ

I offer my salutations unto the one who's nature is absolute oneness.

ॐ कृतात्मने नमः

om kṛtātmane namaḥ

I bow down to the self-made one.

ॐ कृत-कृत्याय नमः

om kṛta-kṛtyāya namaḥ

I offer my salutations to the ever-fulfilled one.

ॐ गीता-ज्ञान-यज्ञ-प्रचारकाय नमः

om gītā-jñāna-yajña-pracāra-kāya namaḥ

I bow down to the propagator of the knowledge of Śrīmad Bhagavad Gītā.

ॐ गुरवे नमः om gurave namaḥ

I surrender to the one who is a Guru.

ॐ गुणातीताय नमः om guṇātītāya namaḥ

I surrender to the one who is beyond all attributes.

ॐ ग्रन्थ-कृते नमः om grantha-kṛte namaḥ

I offer my salutations unto the elucidator of scriptural texts.

ॐ चिन्मयाय नमः om chinmayāya namaḥ

I surrender to the one who is pure consciousness.

ॐ छिन्न-संशयाय नमः om chinna-saṁśayāya namaḥ

I offer my salutations to the one who destroys all doubts.

ॐ जगदात्मने नमः om jagadātmane namaḥ

I surrender to the one for whom the world is the Self.

ॐ जगत्साक्षिणे नमः om jagatsākṣiṇe namaḥ

I bow down to the witness of (all happenings in) the world.

ॐ जन-प्रियाय नमः om jana-priyāya namaḥ

I bow down to the one loved by all people.

ॐ जितेन्द्रियाय नमः om jitendriyāya namaḥ

I surrender to the one who conquered all the sense organs.

ॐ जीव-ब्रह्मैक्य-विदे नमः

om jīva-brahmaikya-vidē namaḥ

I offer my salutations to the knower of the oneness of the individual and the supreme.

ॐ जीवन्मुक्ताय नमः

om jīvanmuktāya namaḥ

I surrender to the one who is liberated.

ॐ जीर्ण-मन्दिरोद्धारकाय नमः

om jīrṇa-mandiroddhārakāya namaḥ

I offer my salutations unto the rejuvenator of the Hindu culture.

ॐ तपोवन-शिष्याय नमः

om tapovana-śiṣyāya namaḥ

I offer my salutations unto the disciple of Swami Tapovanji Maharaj.

ॐ तपस्विने नमः

om tapasvine namaḥ

I bow down to the austere ascetic.

ॐ ताप-नाशनाय नमः

om tāpa-nāśanāya namaḥ

I offer my salutations to the destroyer of sorrows.

ॐ तीर्थ-स्वरूपाय नमः

om tīrtha-svarūpāya namaḥ

I surrender to the one who is a sacred place of pilgrimage in himself.

ॐ तेजस्विने नमः

om tejasvine namaḥ

I offer my salutations unto the brilliant one.

ॐ देहातीताय नमः

om dehātītāya namaḥ

I bow down to the one who is beyond the body.

ॐ द्वन्द्वातीताय नमः

om dvandvātītāya namaḥ

I offer my salutations unto the one who is beyond the pairs of opposites.

ॐ दृढ-निश्चयाय नमः

om dṛḍha-niścayāya namaḥ

I surrender to the firm and determined one.

ॐ धर्म-संस्थापकाय नमः

om dharma-saṁsthāpakāya namaḥ

I offer my salutations to the one who establishes dharma.

ॐ धीमते नमः

om dhīmate namaḥ

I offer my salutations to the intelligent and discriminate one.

ॐ धीराय नमः

om dhīrāya namaḥ

I surrender to the courageous one who walks the righteous path.

ॐ धैर्य-प्रदाय नमः

om dhairya-pradāya namaḥ

I surrender to the one who instills courage.

ॐ नारायणाय नमः

om nārāyaṇāya namaḥ

I bow down to the one who is lord Vishnu.

ॐ निजानन्दाय नमः

om nijānandāya namaḥ

I surrender to the one who is innate bliss.

ॐ निरपेक्षाय नमः

om nirapekṣāya namaḥ

I surrender to the one who does not depend on anything or anyone.

ॐ निस्स्पृहाय नमः om nissprhāya namaḥ

I offer my salutations unto the one without desires.

ॐ निरुपमाय नमः om nirupamāya namaḥ

I bow down to the one who is unmatched.

ॐ निर्विकल्पाय नमः om nirvikalpāya namaḥ

I surrender to the one who is ever undisturbed.

ॐ नित्याय नमः om nityāya namaḥ

I bow down to the eternal one.

ॐ निरञ्जनाय नमः om nirañjanāya namaḥ

I offer my salutations to the taintless one.

ॐ परमाय नमः om paramāya namaḥ

I offer my salutations to the one who is the highest Supreme.

ॐ पर-ब्रह्मणे नमः om para-brahmaṇe namaḥ

I offer my salutations to the ultimate reality.

ॐ पावनाय नमः om pāvanāya namaḥ

I surrender to the one who is pure.

ॐ पावकाय नमः om pāvakāya namaḥ

I bow down to the one who purifies all.

ॐ पुरुषोत्तमाय नमः

om puruṣottamāya namaḥ

I surrender to the one who is supreme being.

ॐ प्रसन्नात्मने नमः

om prasannātmane namaḥ

I bow down to the joyous one.

ॐ फलासक्ति-रहिताय नमः

om phalāsakti-rahitāya namaḥ

I bow down to the one who is free from attachment to the fruits of actions.

ॐ बहु-भक्ताय नमः

om bahu-bhaktāya namaḥ

I bow down to the one with many devotees.

ॐ बन्ध-मोचकाय नमः

om bandha-mocakāya namaḥ

I bow down to the one who is liberated from bondage.

ॐ ब्रह्म-निष्ठाय नमः

om brahma-niṣṭhāya namaḥ

I surrender to the one who is firmly established in Brahman.

ॐ ब्रह्म-पराय नमः

om brahma-parāya namaḥ

I bow down to the one for whom reveling in Brahman is the supreme goal.

ॐ भय-नाशनाय नमः

om bhaya-nāśanāya namaḥ

I surrender to the one who is the destroyer of fear.

ॐ भारत-गौरवाय नमः

om bhārata-gauravāya namaḥ

I bow down to the one who is the pride of Bharata.

ॐ भूम्ने नमः

om bhūmne namaḥ

I surrender to the one who is the infinite.

ॐ महावाक्योपदेशकाय नमः

om mahāvākyopadeśakāya namaḥ

I bow down to the teacher of the great statements of truth in the Upaniṣads.

ॐ महर्षये नमः

om maharṣaye namaḥ

I surrender to the one who is a great Sage.

ॐ मधुरस्वभावाय नमः

om madhurasvabhāvāya namaḥ

I surrender to the one who has a sweet nature.

ॐ मनोहराय नमः

om manoharāya namaḥ

I bow down to the one who has a charming persona.

ॐ महात्मने नमः

om mahātmāne namaḥ

I surrender to the one who is a great soul.

ॐ मेधाविने नमः

om medhāvine namaḥ

I bow down to the one who is a scholar.

ॐ यतात्मने नमः

om yatātmāne namaḥ

I bow down to the one who is self-controlled.

ॐ यज्ञकृते नमः

om yajñakṛte namaḥ

I offer my salutations to the one who has performed jnana yajnas.

ॐ लोक-प्रसिद्धाय नमः om loka-prasiddhāya namaḥ

I offer my salutations to the one who is world renowned.

ॐ वाग्मिने नमः om vāgmīne namaḥ

I surrender to the eloquent one.

ॐ विभवे नमः om vibhave namaḥ

I surrender to the all-pervading one.

ॐ विनोद-प्रियाय नमः om vinoda-priyāya namaḥ

I offer my salutations to the one who loves humor.

ॐ विनय-शीलाय नमः om vinaya-śīlāya namaḥ

I bow down to the one who is humble.

ॐ वीत-रागाय नमः om vīta-rāgāya namaḥ

I surrender to the one who is free from all attachments.

ॐ वेदान्त-वेद्याय नमः om vedānta-vedyāya namaḥ

I surrender to the one who is to be known through the study of Vedanta.

ॐ शान्ताय नमः om śāntāya namaḥ

I offer my salutations unto the one who is peaceful.

ॐ शान्ति-प्रदाय नमः om śānti-pradāya namaḥ

I bow down to the one who gives peace to all.

ॐ शास्त्रोद्धारकाय नमः om śāstroddhārakāya namaḥ

I bow down to the one who uplifts the scriptures.

ॐ शुद्ध-सत्त्वाय नमः om śuddha-sattvāya namaḥ

I offer my salutations unto the pure one.

ॐ श्रुति-पारगाय नमः om śruti-pāragāya namaḥ

I offer my salutations unto the one who spreads the teachings of the scriptures.

ॐ श्रोत्रियाय नमः om śrotriyāya namaḥ

I surrender to the one who has studied and has known vedas.

ॐ संन्यासिने नमः om saṁnyāsine namaḥ

I offer my salutations to the one who is a renunciate.

ॐ सम-बुद्धये नमः om sama-buddhaye namaḥ

I offer salutations unto the well-composed and equanimous one.

ॐ सच्चिदानन्दाय नमः om saccidānandāya namaḥ

I offer salutations unto the one who is pure existence, consciousness, and bliss.

ॐ सर्व-हित-चिन्तकाय नमः om sarva-hita-cintakāya namaḥ

I surrender to the one who thinks of the welfare of all.

ॐ सत्य-सङ्कल्पाय नमः om satya-saṅkalpāya namaḥ

I surrender to the one who is of pure resolve.

ॐ सन्तुष्टाय नमः

om santuṣṭāya namaḥ

I surrender to the content one.

ॐ साधवे नमः

om sādhave namaḥ

I bow down to the pious one.

ॐ सुमनसे नमः

om sumanase namaḥ

I bow down to the one who has a good mind.

ॐ सुहृदे नमः

om suhṛde namaḥ

I surrender to the one who has a good heart.

ॐ स्वयं-ज्योतिषे नमः

om svayaṁ-jyotiṣe namaḥ

I bow down to the self-effulgent one.

ॐ स्थितप्रज्ञाय नमः

om sthitaprajñāya namaḥ

I offer salutations unto the one established in highest wisdom.

ॐ क्षमा-शीलाय नमः

om kṣamā-śīlāya namaḥ

I surrender to the forgiving one.

ॐ ज्ञान-मूर्तये नमः

om jñāna-mūrtaye namaḥ

I offer salutations unto the one who is the embodiment of knowledge.

ॐ ज्ञान-योगिने नमः

om jñāna-yogine namaḥ

I offer salutations unto the one who attained the realization through the path of knowledge.

ॐ ज्ञान-तृप्ताय नमः

om jñāna-tr̥ptāya namaḥ

I surrender unto the one who is content in the knowledge of the Self.

ॐ नित्य-शुद्ध-बुद्ध-मुक्त-स्वरूपाय नमः

om nitya-śuddha-buddha-mukta-svarūpāya namaḥ

I surrender unto the one who is of the nature of the eternal, pure and liberated.

ॐ नित्य-शुद्ध-बुद्ध-मुक्त-स्वरूपाय नमः

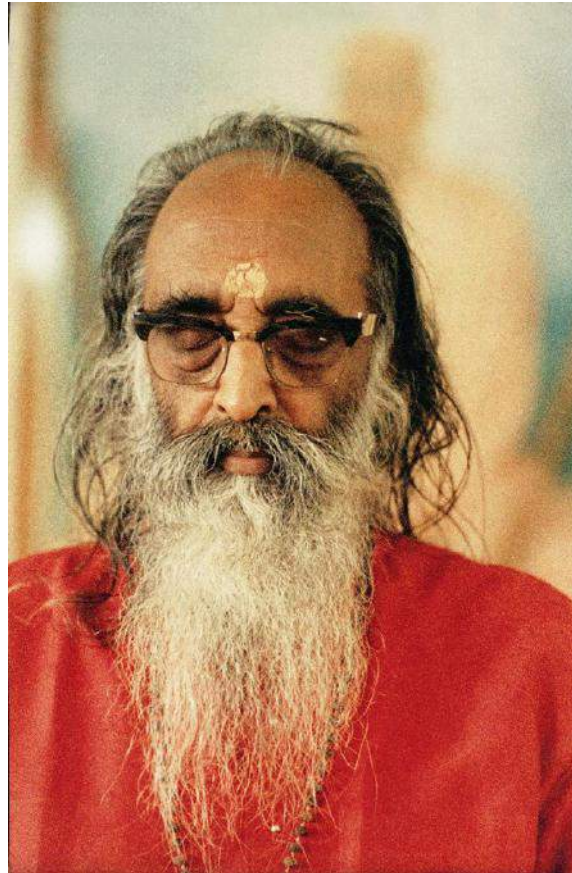
om nitya-śuddha-buddha-mukta-svarūpāya namaḥ

I surrender unto the one who is of the nature of the eternal, pure and liberated.

ॐ श्री चिन्मय सद्गुरवे नमः

om śri chinmaya sadgurave namaḥ

I surrender unto Śri Chinmaya, the ultimate Guru.



ॐ बुद्धिर्बलं
Om Buddhir-Balaṁ
(One Gets Wisdom, Strength)

ॐ बुद्धिर्बलं यशो धैर्यं

om buddhir-balaṁ yaśo dhair-yaṁ

निर्भयत्वम् अरोगता ।

nir-bha-yat-vam aro-gatā ।

अजाड्यं वाक्पटुत्वं च

ajāḍ-yaṁ vāk-paṭut-vam cha

हनुमत् स्मरणात् भवेत् ॥

hanu-mat smara-ṇāt bha-vet ॥

One gets wisdom, strength, fame, courage,
fearlessness, health, alertness and eloquence
by remembering Hanuman.



नमस्ते-अस्तु भगवन्
Namaste-astu Bhagavan

ॐ नमस्ते अस्तु भगवन्

विश्वेश्वराय महादेवाय त्र्यम्बकाय

त्रिपुरान्तकाय त्रिकालाग्निकालाय कालाग्निरुद्राय

नीलकण्ठाय मृत्युञ्जयाय सर्वेश्वराय सदाशिवाय

श्रीमन् महादेवाय नमः ॥

om namaste astu bhagavan

viśveś-varāya mahā-devāya tryam-bakāya

tripu-rānta-kāya trikā-lāgni-kālāya kālāgni-rudrāya

nīla-kaṇṭhāya mṛt-yuñja-yāya sarveś-varāya sadā-śivāya

śrīman mahā-devāya namaḥ ॥

O Lord! My Salutations unto You. You are the Lord of the Universe.
You are the All Knowing Effulgence. Your three eyes represent justice, mercy and intuition.
You not only illumine our waking, dream and deep sleep states but also guide us beyond.
You illumine the past, present and future. You are the controller of time.
You are the embodiment of Compassion. You are the conqueror of Death.
You are the Lord of all. You are the embodiment of Auspiciousness.
You are the Great Lord of Abundance.

महा मृत्युञ्जय मन्त्र Mahā Mr̥tyuñjaya Mantra

ॐ त्र्यम्-बकं यजामहे

om tryam-bakaṁ yajāmahe

सुगन्धिं पुष्टिवर्धनम्

sugandhiṁ puṣṭi-vardhanam

उर्वारुकमिव बन्धनान्-

urvārukamiva bandhanān-

मृत्योर्मुक्षीय माऽमृतात् ।

mṛtyor-mukṣīya mā'amṛtāt ।

General Meaning:

We Pray to Lord Shiva,
the embodiment of Auspiciousness,
who grants ever increasing Peace and Prosperity.
O Lord! Please liberate us from the fear of death.
Please do not let us turn away from the path of Spiritual Realization.



प्रार्थना

Prārthanā Invocation

ॐ न कर्मणा न प्रजया धनेन त्यागेनैके अमृतत्व-मानशुः ।

om na karmaṇā na prajāyā dhanena tyāgenaike amṛtatva-mānaśuḥ ।

परेण नाकं निहितं गुहायां विभ्राजदेतद्यतो विशन्ति ।

pareṇa nākaṁ nihitaṁ guhāyāṁ vibhrajadeadyatayo viśanti ।

वेदान्तविज्ञान-सुनिश्चितार्थास-संन्यास योगाद्यतयश्शुद्धसत्त्वाः ।

vedānta-vijñāna-suniścitarthāsa-saṁnyāsa yogādyatayaś-śuddha-sattvāḥ ।

ते ब्रह्मलोकेतु परान्तकाले परामृतात्परिमुच्यन्ति सर्वे ।

te brahma-loketu parāntakāle parāmṛtāt-parimuc-yanti sarve ।

दहं विपापं परमेऽश्मभूतं यत्पुण्डरीकं पुरमध्यसगस्थम् ।

dahraṁ vipāpaṁ paramēśma-bhūtaṁ yatpuṇḍarīkaṁ pura-mādhyasagastham ।

तत्रापि दहं गगनं विशोक-स्तस्मिन् यदन्तस्तदुपासितव्यम् ।

tatrāpi dahraṁ gaganam viśokaś-tasmin yadantas-tad-upāsi-tavyam ।

यो वेदादौ स्वरः प्रोक्तो वेदान्ते च प्रतिष्ठितः ।

yo vedādau svaraḥ prokto vedānte ca pratiṣṭhitaḥ ।

तस्य प्रकृति-लीनस्य यः परस्य महेश्वरः ॥

tasya prakṛti-līnasya yaḥ paraśsa maheśvaraḥ ॥

न तत्र सूर्यो भाति न चन्द्र तारकम् नेमा विद्युतो भान्ति कुतोऽयमग्निः ।

na tatra sūryo bhāti na candra tārakam nemā vidyuto bhānti kuto'yamagniḥ ।

तमेव भान्तमनुभाति सर्वम् तस्य भासा सर्वमिदं विभाति ॥

tameva bhāntamanubhāti sarvam tasya bhāsā sarvamidam vibhāti ॥

ॐ हर हर नमः पार्वती पतये हर हर महादेव ।

om hara hara namaḥ pārvatī pataye hara hara mahādeva ।

श्री सत् गुरु नाथ महाराज की जय ।

śrī sat guru nātha mahārāja kī ... jay ।

जन्मदिन गीत Birthday Song

जन्मदिनमिदम्
अयि प्रिय सखे ।
शं तनोतु ते
सर्वदा मुदम् ॥ १ ॥

janma-dinam-idam
ayi priya sakhe ।
śaṁ tanotu te
sarvadā mudam ॥ 1 ॥

*O Dear friend!
May this birthday bring auspiciousness and joy to you forever!*

प्रार्थयामहे
भव शतायुषी ।
ईश्वरः सदा
त्वां च रक्षतु ॥ २ ॥

prārtha-yāmahe
bhava śatāyusi ।
īśvaraḥ sadā
tvāṁ ca rakṣatu ॥ 2 ॥

Indeed, we all pray for your long life. May the Lord always protect you!

पुण्यकर्मणा
कीर्तिमर्जय ।
जीवनं तव
भवतु सार्थकम् ॥ ३ ॥

puṇya-karmaṇā
kīrtim-arjaya ।
jīvanam tava
bhavatu sārthakam ॥ 3 ॥

By noble deeds, may you attain fame and may your life be fulfilled.



ॐ ब्रह्मार्पणम्

Om Brahmārpaṇam – Prayer Before Food

Lord Sri Krishna impresses upon Arjuna that the whole life is a Yajna.

Yajna means Worship or Selfless Dedicated Service.

Even the act of eating is a Yajna.

Eating is not merely for enjoying food,

but mainly to sustain the body to fulfill our responsibilities cheerfully.

ॐ ब्रह्मार्पणम् ब्रह्म हविः

om brahmārpaṇam brahma haviḥ

ब्रह्माग्नौ ब्रह्मणा हुतम् ।

brahmāgnau brahmaṇā hutam ।

ब्रह्मैव तेन गन्तव्यम्

brahmaiva tena gantavyam

ब्रह्मकर्म-समाधिना ॥

brahmakarma-samādhinā ॥

॥ हरिः ॐ ॥ श्री गुरुभ्यो नमः ॥ हरिः ॐ ॥

॥ hariḥ om ॥ śrī gurubhyo namaḥ ॥ hariḥ om ॥

Hari Om! Salutations unto the Great Master! Hari Om!

श्री चिन्मय आरति Śrī Chinmaya Ārati

आरति श्रीचिन्मय सद्गुरु की ।
दिव्य रूप मूर्ति करुणा की ॥
आरति सद्गुरु की ॥

ārati śrī chinmaya sadguru kī ।
divya rūpa mūrati karuṇā kī ॥
ārati sadguru kī ॥

चरणों में उनके शान्ति समाए ।
शरणागत की भ्रान्ति मिटाए ।
पाप ताप संताप हरण की ॥ १ ॥

caraṇom meṁ unake śānti samāe ।
śaraṇāgata kī bhrānti miṭāe ।
pāpa tāpa saṁtāpa haraṇa kī ॥ 1 ॥

वेद उपनिषद गीता को गाया ।
धर्म सनातन फिर से जगाया ।
शुद्ध नीति प्रीति शङ्कर की ॥ २ ॥

veda upaniṣada gītā ko gāyā ।
dharma sanātana phira se jagāyā ।
śuddha nīti priti śaṅkara kī ॥ 2 ॥

सिद्धबाडि की तपोभूमि में ।
नित्य बिराजे गुरु हमारे ।
भक्त हृदय आनन्द स्रोत की ॥ ३ ॥

siddhabāḍi kī tapobhūmi meṁ ।
nitya birāje guru hamāre ।
bhakta hṛdaya ānanda srota kī ॥ 3 ॥

Salutations unto Sri Chinmaya the best among the teachers
Whose divine form is the incarnation of compassion
Salutations unto the best among the teachers

His feet are the abode of peace
He removed delusion of those who took refuge in Him
And destroyed their sin, pain and sorrow

Singing the glories of Vedas, Upanishads and Geeta
He re-awakened the ancient Sanatan Dharma
Through pure service he pleased Lord Sankara

At Sidhabhari, the abode of penance
Our noble teacher flourishes eternally
As a source of joy in the hearts of Devotees

सर्वे वयं गोत्रमिव स्म एकं

sar-ve va-yam go-tram-iva sma e-kam

प्रेमादरश्लक्ष्णगुणानुबद्धाः ।

pre-mā-daraś-lakṣ-ṇa-gu-ṇā-nu-baddhāḥ ।

योद्धुं सदा चाखिलदुष्प्रवृत्तीः

yod-dhum sa-dā cā-khila-duṣ-pra-vṛt-tīḥ

सेनेव सिद्धा नियताश्च धीराः ॥

se-ne-va sid-dhā niya-tāś-ca dhī-rāḥ ॥

सेवा परित्यागमयायुषा च

se-vā pari-tyā-ga-ma-yā-yu-ṣā ca

प्रतिग्रहेभ्योऽधिकमेव दद्वः ।

pra-ti-gra-hebh-yo'dhi-kam-eva dadmaḥ ।

मनस्वितासद्गुणधैर्यमार्गे

manas-vi-tā-sadguṇa-dhair-ya-mār-ge

त्रातुं प्रसादाय भजाम ईशम् ॥

trā-tum pra-sā-dā-ya bha-jā-ma īśam ॥

प्रभो कृपा ते च शुभाशिषोऽस्मद्

pra-bho kṛ-pā te ca śu-bhā-śi-ṣo'smad

द्वाराऽभितोस्मिन् जगति स्रवन्तु ।

dvā-rā'bhi-tos-min ja-ga-ti sra-van-tu ।

स्वदेशसेवैव च देवसेवा

sva-de-śa-se-vai-va ca de-va-se-vā

सदेति भो! विश्वसिमो दृढं च ॥

sa-de-ti bho! Viś-va-si-mo dṛ-ḍham ca ॥

जनेषु भक्तिः परमात्मभक्तिः

ja-ne-ṣu bhak-tiḥ pa-ra-māt-ma-bhak-tiḥ

इति स्वकार्याणि च सुष्ठु विद्वः ।

iti sva-kār-yā-ṇi ca suṣ-ṭhu vid-maḥ ।

तेषां प्रपूत्यै कृपया प्रभो नो

te-ṣām pra-pūrt-yai kṛ-pa-yā pra-bho no

बलं च धैर्यं वितरोपयुक्तम् ॥

ba-lam ca dhair-yam vita-ro-pa-yuk-tam ॥

बलं च धैर्यं वितरोपयुक्तम् ॥

ba-lam ca dhair-yam vita-ro-pa-yuk-tam ॥

शान्ति मन्त्रः

Sānti Mantraḥ Prayer for Peace

ॐ सर्वे भवन्तु सुखिनः ।	om sarve bha-vantu sukhi-naḥ ।
सर्वे सन्तु निरामयाः ॥	sarve santu nirā-mayāḥ ॥
सर्वे भद्राणि पश्यन्तु ।	sarve bhadraṇi paś-yantu ।
मा कश्चित् दुःखभाक् भवेत् ॥	mā kaścit duḥ-kha-bhāk bhavet ॥
ॐ असतो मा सद्गमय ।	om asato mā sadgamaya ।
तमसो मा ज्योतिर्गमय ॥	tama-so mā jyotir-gamaya ।
मृत्योर्मा अमृतं गमय ।	mṛt-yor-maa-amṛtaṁ gamaya ।
ॐ शान्तिः शान्तिः शान्तिः ॥	om śāntiḥ । śāntiḥ । śāntiḥ ।

॥ हरिः ॐ श्री गुरुभ्यो नमः हरिः ॐ ॥

॥ hariḥ om śrī gurubhyo namaḥ hariḥ om ॥

Om! May all be happy! May all be healthy!

May all see auspiciousness! May none suffer!

Om! Lead me from untruth to Truth!

Lead me from darkness to Light!

Lead me from mortality to Immortality!

Om! Peace! Peace! Peace!

Hari Om! Salutations unto the Great Master! Hari Om!

Activity – 18 Steps to Immortality

- | | |
|----------------------|------------------|
| 1. Serenity | 10. Adaptability |
| 2. Regularity | 11. Humility |
| 3. Absence of Vanity | 12. Tenacity |
| 4. Sincerity | 13. Integrity |
| 5. Simplicity | 14. Nobility |
| 6. Veracity | 15. Magnanimity |
| 7. Equanimity | 16. Charity |
| 8. Fixity | 17. Generosity |
| 9. Non-irritability | 18. Purity |

Sri Ram Jaya Ram Jaya Jaya Ram!
Sri Ram Jaya Ram Jaya Jaya Ram!

Practice daily these eighteenities - You will soon attain Immortality.
Practice daily these eighteenities - You will soon attain Immortality.

This-- you can't get-- in the University.
This-- you can't get-- in the University.

EIGHTEENITIES WORD SEARCH

T	K	A	I	V	C	C	M	E	R	N	G	U	C	A	M	D	M	P	Y	F	S	N	O	B	I	L	I	T	Y
I	T	E	N	A	C	I	T	Y	W	S	K	Z	Z	U	L	O	O	K	E	C	B	L	B	D	U	K	C	W	V
S	I	X	Z	F	L	K	L	B	T	E	F	H	Y	D	G	E	N	E	R	O	S	I	T	Y	U	D	S	P	E
I	D	W	Y	N	R	C	I	J	P	R	I	X	B	C	Q	L	N	V	K	R	B	E	N	W	I	Y	S	N	R
N	E	Y	W	E	X	I	N	X	J	E	P	U	R	I	T	Y	P	S	H	L	K	L	Z	Y	H	D	B	L	A
C	Q	G	Q	O	T	N	B	T	G	N	U	N	O	N	I	R	R	I	T	A	B	I	L	I	T	Y	A	H	C
E	U	H	F	H	A	T	V	M	V	I	K	R	N	U	T	U	J	E	P	Q	C	E	J	L	S	U	A	A	I
R	A	O	I	S	S	E	C	O	O	T	H	U	W	P	B	S	A	N	O	H	O	U	A	E	V	I	W	W	T
I	N	S	X	P	C	G	H	N	S	Y	H	A	B	B	H	J	V	R	E	G	U	L	A	R	I	T	Y	F	Y
T	I	R	I	A	H	R	X	M	C	J	K	U	N	B	A	B	S	E	N	C	E	O	F	V	A	N	I	T	Y
Y	M	F	T	I	A	I	F	C	P	S	M	O	L	Z	M	W	H	M	A	G	N	A	N	I	M	I	T	Y	R
X	I	B	Y	Z	R	T	X	P	H	U	M	I	L	I	T	Y	N	K	W	S	T	Q	N	N	S	H	E	Y	M
R	T	D	N	N	I	Y	L	Y	O	T	I	H	B	X	G	F	Z	B	L	P	D	O	H	D	M	P	H	O	S
X	Y	M	X	O	T	O	B	H	X	B	H	U	M	P	N	U	Y	E	H	S	I	M	P	L	I	C	I	T	Y
E	N	O	K	Z	Y	K	I	J	O	I	A	D	A	P	T	A	B	I	L	I	T	Y	J	Y	S	G	U	G	D

EIGHTEENITIES WORD SEARCH

- | | | | |
|----------------------|---------------------|-----------------|----------------|
| 1. SERENITY | 6. VERACITY | 11. HUMILITY | 16. CHARITY |
| 2. REGULARITY | 7. EQUANIMITY | 12. TENACITY | 17. GENEROSITY |
| 3. ABSENCE OF VANITY | 8. FIXITY | 13. INTEGRITY | 18. PURITY |
| 4. SINCERITY | 9. NON-IRRITABILITY | 14. NOBILITY | |
| 5. SIMPLICITY | 10. ADAPTABILITY | 15. MAGNANIMITY | |

T	K	A	I	V	C	C	M	S	I	N	C	E	R	I	T	Y	M	P	Y	F	S	B	O	B	I	L	F	T	Y
I	C	T	O	X	S	N	H	N	W	I	K	Z	Z	U	L	O	O	K	E	C	B	L	B	D	U	K	C	W	T
S	I	X	Z	F	L	K	L	B	T	N	F	H	Y	D	B	T	X	L	N	Y	W	M	A	K	U	D	S	P	I
I	D	W	Y	N	R	C	I	J	P	T	I	X	B	C	Q	L	N	V	K	R	B	E	N	W	I	Y	S	N	R
T	Z	Y	W	E	Y	Q	N	X	J	E	G	U	R	I	F	Y	P	S	H	L	K	L	Z	Y	H	D	B	L	A
K	R	G	Q	T	T	N	B	T	G	G	U	A	B	S	E	N	C	E	O	F	V	A	N	I	T	Y	A	H	H
E	J	H	I	H	A	T	V	M	V	R	K	R	N	U	T	U	J	E	P	Q	C	E	J	L	S	U	A	A	C
M	G	X	I	S	S	E	C	O	O	I	H	U	W	P	B	S	A	N	O	H	O	U	A	E	V	I	W	W	N
I	I	S	X	P	L	G	H	N	S	T	H	A	B	B	H	J	V	D	E	K	U	L	A	R	I	P	Y	F	I
F	Q	R	T	A	H	R	X	M	C	Y	K	U	N	B	L	B	S	E	A	C	E	Y	F	V	A	N	I	T	Y
Y	S	F	T	I	A	I	F	C	P	S	M	O	L	Z	M	W	H	B	A	G	N	A	N	K	M	I	T	Y	R
X	T	B	Y	Z	X	R	X	P	H	U	M	I	L	I	T	Y	N	K	W	S	T	Q	N	N	S	H	E	Y	M
R	Y	D	N	N	I	Y	L	Y	O	T	I	H	B	X	T	F	Z	B	L	P	D	O	H	D	M	P	H	O	S
X	I	M	X	O	T	O	B	H	X	B	H	U	M	I	N	U	Y	E	H	G	W	S	G	Y	D	H	Z	U	E
E	N	O	K	Z	M	K	I	J	O	I	A	W	R	Z	N	P	Z	O	Y	V	T	C	T	Y	S	G	U	G	D
B	D	D	O	Y	A	X	X	T	A	C	A	A	G	E	U	Y	N	L	K	O	M	I	T	E	I	G	H	Y	L
M	U	F	F	I	O	F	W	Y	A	N	L	E	P	E	P	D	I	L	S	T	R	F	L	L	E	H	B	R	H
Y	N	Q	A	H	C	T	J	E	T	U	Z	Q	F	R	N	H	L	N	R	U	P	C	M	V	K	K	O	H	A
T	T	X	D	K	X	O	J	P	G	U	X	U	W	M	E	E	B	P	P	C	Z	A	L	X	E	P	E	W	H
I	E	F	A	F	W	S	H	E	Q	K	K	A	C	C	X	T	R	Y	Z	W	O	V	E	R	A	C	I	T	Y
M	X	X	P	U	B	E	R	D	J	O	B	N	R	K	H	Y	P	O	I	Z	A	P	T	Z	G	U	C	F	S
I	L	F	T	C	C	R	F	F	W	T	E	I	Q	D	C	N	W	R	S	Y	Y	K	T	C	J	C	E	C	I
N	Z	U	A	J	B	E	E	Y	T	C	T	M	L	R	B	D	O	Q	V	I	V	R	N	K	K	E	Q	Z	M
A	V	Y	B	A	X	N	G	V	U	Y	E	I	C	T	J	D	D	B	Q	O	T	G	I	R	X	R	L	R	P
N	N	A	I	N	E	I	X	H	V	K	N	T	L	Q	Q	S	P	N	I	Y	S	Y	E	T	L	N	C	D	L
G	C	H	L	W	Y	T	V	H	X	V	A	Y	W	C	O	V	T	B	N	L	X	G	G	U	V	H	F	S	I
A	K	M	I	N	G	Y	A	U	H	W	C	A	Y	I	P	Q	D	U	D	U	I	Z	X	Q	A	R	Q	W	C
M	T	Z	T	X	S	W	V	I	B	C	I	G	W	A	S	H	T	G	Z	Z	A	T	U	W	Z	U	H	U	I
O	V	X	Y	J	R	X	M	D	H	R	T	G	U	N	P	Q	N	R	N	L	X	O	Y	J	R	G	V	B	T
E	Q	F	I	V	K	G	W	X	W	Q	Y	O	N	O	N	I	R	R	I	T	A	B	I	L	I	T	Y	I	Y

Activity – Likhita Japa: Week 1

Please write every week (Monday - Friday)

Likhita Japa is the practice of repetitive writing of a mantra. This repetitive writing brings peace, poise and strength within.



In the attached sheets you will be practicing Likhita Japa by tracing for the number of times specified each day.

Please note the following -

- While tracing, all phonetic signs need to be followed for the English script.
- When you are writing **five** times, you should think of the **five senses (Sight, Smell, Hearing, Taste, Touch)** that God has given us to experience this beautiful world.
- When you are writing **three** times, you should think of the **three states (the waking state, the dream state and the deep sleep state)** that we experience in our lives.
- When you are writing **four** times, you should think of the **four pursuits (Dharma, Artha, Kāma, Moksha)** of our life.
- If you would like to practice further, feel free to do so in a separate sheet or a notebook.

Japa Sheet for Monday

PLEASE WRITE 5 TIMES

Five times for 5 senses - Sight, Smell, Hearing, Taste, Touch

ॐ नमः शिवाय om namaḥ śivāya

ॐ नमः शिवाय om namaḥ śivāya

ॐ नमः शिवाय om namaḥ śivāya

ॐ नमः शिवाय om namaḥ śivāya

ॐ नमः शिवाय om namaḥ śivāya

ॐ नमः शिवाय om namaḥ śivāya

Japa Sheet for Tuesday

PLEASE WRITE 5 TIMES

Five times for 5 senses - Sight, Smell, Hearing, Taste, Touch

ॐ श्री हनुमते नमः om śrī hanumate namaḥ

ॐ श्री हनुमते नमः om śrī hanumate namaḥ

ॐ श्री हनुमते नमः om śrī hanumate namaḥ

ॐ श्री हनुमते नमः om śrī hanumate namaḥ

ॐ श्री हनुमते नमः om śrī hanumate namaḥ

ॐ श्री हनुमते नमः om śrī hanumate namaḥ

Japa Sheet for Wednesday

PLEASE WRITE 3 TIMES

Three times for 3 states - Waking, Dream, Deep sleep

ॐ श्री रामाय नमः om śrī rāmāya namaḥ

ॐ श्री रामाय नमः om śrī rāmāya namaḥ

ॐ श्री रामाय नमः om śrī rāmāya namaḥ

ॐ श्री रामाय नमः om śrī rāmāya namaḥ

ॐ श्री कृष्णाय नमः om śrī kṛṣṇāya namaḥ

ॐ श्री कृष्णाय नमः om śrī kṛṣṇāya namaḥ

ॐ श्री कृष्णाय नमः om śrī kṛṣṇāya namaḥ

ॐ श्री कृष्णाय नमः om śrī kṛṣṇāya namaḥ

Japa Sheet for Thursday

PLEASE WRITE 4 TIMES

Four times for the 4 pursuits of life - Dharma, Artha, Kāma, Moksha

ॐ श्री चिन्मय सद्गुरवे नमः om śrī chinmaya sadgurave namaḥ

ॐ श्री चिन्मय सद्गुरवे नमः om śrī chinmaya sadgurave namaḥ

ॐ श्री चिन्मय सद्गुरवे नमः om śrī chinmaya sadgurave namaḥ

ॐ श्री चिन्मय सद्गुरवे नमः om śrī chinmaya sadgurave namaḥ

ॐ श्री चिन्मय सद्गुरवे नमः om śrī chinmaya sadgurave namaḥ

Japa Sheet for Friday

PLEASE WRITE 3 TIMES

Three times for 3 states - Waking, Dream, Deep sleep

ॐ श्री दुर्गायै नमः om śrī durgāyai namaḥ

ॐ श्री दुर्गायै नमः om śrī durgāyai namaḥ

ॐ श्री दुर्गायै नमः om śrī durgāyai namaḥ

ॐ श्री दुर्गायै नमः om śrī durgāyai namaḥ

ॐ श्री लक्ष्म्यै नमः om śrī lakṣmyai namaḥ

ॐ श्री लक्ष्म्यै नमः om śrī lakṣmyai namaḥ

ॐ श्री लक्ष्म्यै नमः om śrī lakṣmyai namaḥ

ॐ श्री लक्ष्म्यै नमः om śrī lakṣmyai namaḥ

ॐ श्री सरस्वत्यै नमः om śrī sarasvatyai namaḥ

ॐ श्री सरस्वत्यै नमः om śrī sarasvatyai namaḥ

ॐ श्री सरस्वत्यै नमः om śrī sarasvatyai namaḥ

ॐ श्री सरस्वत्यै नमः om śrī sarasvatyai namaḥ

Activity – Likhita Japa: Week 2

Please write every week (Monday - Friday)

Likhita Japa is the practice of repetitive writing of a mantra. This repetitive writing brings peace, poise and strength within.



In the attached sheets you will be practicing Likhita Japa by tracing for the number of times specified each day.

Please note the following -

- While tracing, all phonetic signs need to be followed for the English script.
- When you are writing **five** times, you should think of the **five senses (Sight, Smell, Hearing, Taste, Touch)** that God has given us to experience this beautiful world.
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- When you are writing **four** times, you should think of the **four pursuits (Dharma, Artha, Kāma, Moksha)** of our life.
- If you would like to practice further, feel free to do so in a separate sheet or a notebook.

Japa Sheet for Monday

PLEASE WRITE 5 TIMES

Five times for 5 senses - Sight, Smell, Hearing, Taste, Touch

ॐ नमः शिवाय om namaḥ śivāya

ॐ नमः शिवाय om namaḥ śivāya

ॐ नमः शिवाय om namaḥ śivāya

ॐ नमः शिवाय om namaḥ śivāya

ॐ नमः शिवाय om namaḥ śivāya

ॐ नमः शिवाय om namaḥ śivāya

Japa Sheet for Tuesday

PLEASE WRITE 5 TIMES

Five times for 5 senses - Sight, Smell, Hearing, Taste, Touch

ॐ श्री हनुमते नमः om śrī hanumate namaḥ

ॐ श्री हनुमते नमः om śrī hanumate namaḥ

ॐ श्री हनुमते नमः om śrī hanumate namaḥ

ॐ श्री हनुमते नमः om śrī hanumate namaḥ

ॐ श्री हनुमते नमः om śrī hanumate namaḥ

ॐ श्री हनुमते नमः om śrī hanumate namaḥ

Japa Sheet for Wednesday

PLEASE WRITE 3 TIMES

Three times for 3 states - Waking, Dream, Deep sleep

ॐ श्री रामाय नमः om śrī rāmāya namaḥ

ॐ श्री रामाय नमः om śrī rāmāya namaḥ

ॐ श्री रामाय नमः om śrī rāmāya namaḥ

ॐ श्री रामाय नमः om śrī rāmāya namaḥ

ॐ श्री कृष्णाय नमः om śrī kṛṣṇāya namaḥ

ॐ श्री कृष्णाय नमः om śrī kṛṣṇāya namaḥ

ॐ श्री कृष्णाय नमः om śrī kṛṣṇāya namaḥ

ॐ श्री कृष्णाय नमः om śrī kṛṣṇāya namaḥ

Japa Sheet for Thursday

PLEASE WRITE 4 TIMES

Four times for the 4 pursuits of life - Dharma, Artha, Kāma, Moksha

ॐ श्री चिन्मय सद्गुरवे नमः om śrī chinmaya sadgurave namaḥ

ॐ श्री चिन्मय सद्गुरवे नमः om śrī chinmaya sadgurave namaḥ

ॐ श्री चिन्मय सद्गुरवे नमः om śrī chinmaya sadgurave namaḥ

ॐ श्री चिन्मय सद्गुरवे नमः om śrī chinmaya sadgurave namaḥ

ॐ श्री चिन्मय सद्गुरवे नमः om śrī chinmaya sadgurave namaḥ

Japa Sheet for Friday

PLEASE WRITE 3 TIMES

Three times for 3 states - Waking, Dream, Deep sleep

ॐ श्री दुर्गायै नमः om śrī durgāyai namaḥ

ॐ श्री दुर्गायै नमः om śrī durgāyai namaḥ

ॐ श्री दुर्गायै नमः om śrī durgāyai namaḥ

ॐ श्री दुर्गायै नमः om śrī durgāyai namaḥ

ॐ श्री लक्ष्म्यै नमः om śrī lakṣmyai namaḥ

ॐ श्री लक्ष्म्यै नमः om śrī lakṣmyai namaḥ

ॐ श्री लक्ष्म्यै नमः om śrī lakṣmyai namaḥ

ॐ श्री लक्ष्म्यै नमः om śrī lakṣmyai namaḥ

ॐ श्री सरस्वत्यै नमः om śrī sarasvatyai namaḥ

ॐ श्री सरस्वत्यै नमः om śrī sarasvatyai namaḥ

ॐ श्री सरस्वत्यै नमः om śrī sarasvatyai namaḥ

ॐ श्री सरस्वत्यै नमः om śrī sarasvatyai namaḥ

Activity – Likhita Japa: Week 3

Please write every week (Monday - Friday)

Likhita Japa is the practice of repetitive writing of a mantra. This repetitive writing brings peace, poise and strength within.



In the attached sheets you will be practicing Likhita Japa by tracing for the number of times specified each day.

Please note the following -

- While tracing, all phonetic signs need to be followed for the English script.
- When you are writing **five** times, you should think of the **five senses (Sight, Smell, Hearing, Taste, Touch)** that God has given us to experience this beautiful world.
- When you are writing **three** times, you should think of the **three states (the waking state, the dream state and the deep sleep state)** that we experience in our lives.
- When you are writing **four** times, you should think of the **four pursuits (Dharma, Artha, Kāma, Moksha)** of our life.
- If you would like to practice further, feel free to do so in a separate sheet or a notebook.

Japa Sheet for Monday

PLEASE WRITE 5 TIMES

Five times for 5 senses - Sight, Smell, Hearing, Taste, Touch

ॐ नमः शिवाय om namaḥ śivāya

ॐ नमः शिवाय om namaḥ śivāya

ॐ नमः शिवाय om namaḥ śivāya

ॐ नमः शिवाय om namaḥ śivāya

ॐ नमः शिवाय om namaḥ śivāya

ॐ नमः शिवाय om namaḥ śivāya

Japa Sheet for Tuesday

PLEASE WRITE 5 TIMES

Five times for 5 senses - Sight, Smell, Hearing, Taste, Touch

ॐ श्री हनुमते नमः om śrī hanumate namaḥ

ॐ श्री हनुमते नमः om śrī hanumate namaḥ

ॐ श्री हनुमते नमः om śrī hanumate namaḥ

ॐ श्री हनुमते नमः om śrī hanumate namaḥ

ॐ श्री हनुमते नमः om śrī hanumate namaḥ

ॐ श्री हनुमते नमः om śrī hanumate namaḥ

Japa Sheet for Wednesday

PLEASE WRITE 3 TIMES

Three times for 3 states - Waking, Dream, Deep sleep

ॐ श्री रामाय नमः om śrī rāmāya namaḥ

ॐ श्री रामाय नमः om śrī rāmāya namaḥ

ॐ श्री रामाय नमः om śrī rāmāya namaḥ

ॐ श्री रामाय नमः om śrī rāmāya namaḥ

ॐ श्री कृष्णाय नमः om śrī kṛṣṇāya namaḥ

ॐ श्री कृष्णाय नमः om śrī kṛṣṇāya namaḥ

ॐ श्री कृष्णाय नमः om śrī kṛṣṇāya namaḥ

ॐ श्री कृष्णाय नमः om śrī kṛṣṇāya namaḥ

Japa Sheet for Thursday

PLEASE WRITE 4 TIMES

Four times for the 4 pursuits of life - Dharma, Artha, Kāma, Moksha

ॐ श्री चिन्मय सद्गुरवे नमः om śrī chinmaya sadgurave namaḥ

ॐ श्री चिन्मय सद्गुरवे नमः om śrī chinmaya sadgurave namaḥ

ॐ श्री चिन्मय सद्गुरवे नमः om śrī chinmaya sadgurave namaḥ

ॐ श्री चिन्मय सद्गुरवे नमः om śrī chinmaya sadgurave namaḥ

ॐ श्री चिन्मय सद्गुरवे नमः om śrī chinmaya sadgurave namaḥ

Japa Sheet for Friday

PLEASE WRITE 3 TIMES

Three times for 3 states - Waking, Dream, Deep sleep

ॐ श्री दुर्गायै नमः om śrī durgāyai namaḥ

ॐ श्री दुर्गायै नमः om śrī durgāyai namaḥ

ॐ श्री दुर्गायै नमः om śrī durgāyai namaḥ

ॐ श्री दुर्गायै नमः om śrī durgāyai namaḥ

ॐ श्री लक्ष्म्यै नमः om śrī lakṣmyai namaḥ

ॐ श्री लक्ष्म्यै नमः om śrī lakṣmyai namaḥ

ॐ श्री लक्ष्म्यै नमः om śrī lakṣmyai namaḥ

ॐ श्री लक्ष्म्यै नमः om śrī lakṣmyai namaḥ

ॐ श्री सरस्वत्यै नमः om śrī sarasvatyai namaḥ

ॐ श्री सरस्वत्यै नमः om śrī sarasvatyai namaḥ

ॐ श्री सरस्वत्यै नमः om śrī sarasvatyai namaḥ

ॐ श्री सरस्वत्यै नमः om śrī sarasvatyai namaḥ

Activity – Likhita Japa: Week 4

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- When you are writing **four** times, you should think of the **four pursuits (Dharma, Artha, Kāma, Moksha)** of our life.
- If you would like to practice further, feel free to do so in a separate sheet or a notebook.

Japa Sheet for Monday

PLEASE WRITE 5 TIMES

Five times for 5 senses - Sight, Smell, Hearing, Taste, Touch

ॐ नमः शिवाय om namaḥ śivāya

ॐ नमः शिवाय om namaḥ śivāya

ॐ नमः शिवाय om namaḥ śivāya

ॐ नमः शिवाय om namaḥ śivāya

ॐ नमः शिवाय om namaḥ śivāya

ॐ नमः शिवाय om namaḥ śivāya

Japa Sheet for Tuesday

PLEASE WRITE 5 TIMES

Five times for 5 senses - Sight, Smell, Hearing, Taste, Touch

ॐ श्री हनुमते नमः om śrī hanumate namaḥ

ॐ श्री हनुमते नमः om śrī hanumate namaḥ

ॐ श्री हनुमते नमः om śrī hanumate namaḥ

ॐ श्री हनुमते नमः om śrī hanumate namaḥ

ॐ श्री हनुमते नमः om śrī hanumate namaḥ

ॐ श्री हनुमते नमः om śrī hanumate namaḥ

Japa Sheet for Wednesday

PLEASE WRITE 3 TIMES

Three times for 3 states - Waking, Dream, Deep sleep

ॐ श्री रामाय नमः om śrī rāmāya namaḥ

ॐ श्री रामाय नमः om śrī rāmāya namaḥ

ॐ श्री रामाय नमः om śrī rāmāya namaḥ

ॐ श्री रामाय नमः om śrī rāmāya namaḥ

ॐ श्री कृष्णाय नमः om śrī kṛṣṇāya namaḥ

ॐ श्री कृष्णाय नमः om śrī kṛṣṇāya namaḥ

ॐ श्री कृष्णाय नमः om śrī kṛṣṇāya namaḥ

ॐ श्री कृष्णाय नमः om śrī kṛṣṇāya namaḥ

Japa Sheet for Thursday

PLEASE WRITE 4 TIMES

Four times for the 4 pursuits of life - Dharma, Artha, Kāma, Moksha

ॐ श्री चिन्मय सद्गुरवे नमः om śrī chinmaya sadgurave namaḥ

ॐ श्री चिन्मय सद्गुरवे नमः om śrī chinmaya sadgurave namaḥ

ॐ श्री चिन्मय सद्गुरवे नमः om śrī chinmaya sadgurave namaḥ

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ॐ श्री चिन्मय सद्गुरवे नमः om śrī chinmaya sadgurave namaḥ

Japa Sheet for Friday

PLEASE WRITE 3 TIMES

Three times for 3 states - Waking, Dream, Deep sleep

ॐ श्री दुर्गायै नमः om śrī durgāyai namaḥ

ॐ श्री दुर्गायै नमः om śrī durgāyai namaḥ

ॐ श्री दुर्गायै नमः om śrī durgāyai namaḥ

ॐ श्री दुर्गायै नमः om śrī durgāyai namaḥ

ॐ श्री लक्ष्म्यै नमः om śrī lakṣmyai namaḥ

ॐ श्री लक्ष्म्यै नमः om śrī lakṣmyai namaḥ

ॐ श्री लक्ष्म्यै नमः om śrī lakṣmyai namaḥ

ॐ श्री लक्ष्म्यै नमः om śrī lakṣmyai namaḥ

ॐ श्री सरस्वत्यै नमः om śrī sarasvatyai namaḥ

ॐ श्री सरस्वत्यै नमः om śrī sarasvatyai namaḥ

ॐ श्री सरस्वत्यै नमः om śrī sarasvatyai namaḥ

ॐ श्री सरस्वत्यै नमः om śrī sarasvatyai namaḥ



Chinmaya Mission® Pledge

We stand as one family bound to each other
with love and respect.

We serve as an army, courageous and disciplined,
ever ready to fight against all low tendencies and false values,
within and without us.

We live honestly the noble life of sacrifice and service
producing more than what we consume
and giving more than what we take.

We seek the Lord's grace
To keep us on the path of virtue, courage and wisdom.
May Thy grace and blessings flow through us to the world around us.

We believe that the service of our country
is the service of the Lord of lords
And devotion to the people is devotion to the Supreme Self.

We know our responsibilities
Give us the ability and courage to fulfill them.

Om Tat Sat

