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My Schedule

08:30 am - 08:45 am - Children Check in – Meditation and Likhita Japa

08:45 am - 09:00 am - Morning Assembly

09:00 am - 09:45 am - Chanting with Swamiji

09:45 am - 10:00 am - Morning Snack

10:10 am - 11:00 am - Theme/Bhajans/Yoga

11:10 am - 12:00 pm - Theme/Bhajans/Yoga

12:10 pm - 12:50 pm - Lunch/Recess

01:00 pm - 01:45 pm - Hopping Game/Athletics/Art/Dance/Kreeda/STEM

02:00 pm - 02:45 pm - Athletics/Arts/Dance/Kreeda/Creative Writing/Movie Time

02:45 pm - 03:05 pm - Afternoon Snack

03:15 pm - 04:00 pm - Athletics/Arts/Dance/Kreeda/Indoor Games/Creative Writing

04:10 pm - 04:15 pm - Prayers

04:15 pm - 04:40 pm - Evening Assembly with Swamiji

04:45 pm - 05:15 pm - Hopping Game with Swamiji & Children Check Out

05:15 pm - 05:30 pm - Grace period for Check Out

Note: The time between sessions is used for children to move between classes and use the restroom or water fountains.

This schedule is the typical Monday through Thursday schedule.

The 1st, 2nd and 3rd Fridays feature a field trip, a carnival or field day celebrations.

The 4th Thursday is for rehearsals.

The 4th Friday will celebrate the learning at camp with a grand finale from 3pm-5pm

General Instructions

- Clothing:
    - A comfortable and modest dress is suitable for camp as the children will be participating in yoga, dance and outdoor/athletic activities.
    - The camp t-shirt must be worn every day.
    - For boys and girls, if shorts are worn they should be long and come up to the knees.
    - For girl, leggings must be worn below skirts. Skirts should be knee length or below.
    - For water activities girls must wear a modest one-piece bathing suit. Boys must wear modest long swimming trunks. No jammers allowed.
- Shoes: Only closed toed shoes (sneakers) are to be worn.
- Extra clothing: For grade 1 & 2 children, please send a change of clothes in a Ziploc bag with their name on the bag and each individual item.
- Yoga Mat: A mat/towel with the name of the child must be brought on the first day of camp for yoga. This towel will be stored at the school for the duration of the camp,
- Spout Water Bottle: All children must bring a water bottle with a spout to camp. This is especially important as the children will spend time outdoors. All bottles must be labeled with the child's name.
- Please label all your child's belongings including lunch bags and containers with their name.
- Electronic Gadgets: Please do not send any electronic gadgets (iPod, iPad, cellphones, etc.) with your child. These will be confiscated if the child is found using them during camp.
- Prayer before Food: Children will be asked to pray before taking lunch. Parents are advised to follow the same practice at home before each meal.
- Lunch: Each child must bring a nut-free vegetarian lunch that does not require any heating.
- Snacks: Each child must bring two vegetarian nut-free snacks.

My Responsibilities at Camp

1. I will not leave my shoes and socks anywhere.
   I will consciously put my shoes and socks in the shoe rack.
2. I will not sit as I like during class time.
   I will be alert and vigilant and sit in one of the seven postures.
3. I will not be disrespectful and waste my snacks and drinks.
   I offer my Gratitude to God and My Parents for providing me snacks.
4. I will not put trash in a trashcan which does not have a plastic bag.
   I will consciously check for a liner in the trashcan before putting trash in.
5. I will not throw trash anywhere.
   I will consciously put my trash in the trashcan.
6. I will not throw trash in a trashcan which is full.
   I will request a volunteer to empty the trashcan.
7. I will not dirty the restroom.
   I will use the restroom neatly.
8. I will not misuse the restroom.
   I will inform a volunteer if a restroom is dirty or if someone is misusing it.
9. I will not throw the game items carelessly.
   I will consciously put back the game items in their proper place.
10. I will not talk during the Ārati.
    I will ask permission to talk when it is necessary.
11. I will not drop Prasad on the ground.
    I will remember that Prasad is Divine and I will take Prasad with Devotion.
12. I will not forget my responsibilities.
    I will write once, every day before snack time, the responsibility that I failed to follow.

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

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

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 Bhaga-vad Gī-tā
Chapter 12

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 namaḥ
श्रीमद् भगवद् गीता	śrīmad bha-ga-vad gī-tā
अथ द्वादशोऽध्यायः ।	a-tha dvā-da-śo'dhyā-yaḥ |
भक्तियोगः ।	bhak-ti-yo-gaḥ |

अर्जुन उवाच ।	ar-ju-na u-vāca |
एवं सततयुक्ता ये	e-vaṁ sa-ta-ta-yuk-tā ye
भक्तास्त्वां पर्युपासते ।	bhak-tās-tvāṁ par-yu-pā-sa-te |
ये चाप्यक्षरमव्यक्तम्	ye cāp-yak-ṣa-ram-av-yak-tam
तेषां के योगवित्तमाः ॥ १ ॥	te-ṣāṁ ke yo-ga-vit-ta-māḥ || 12-1 ||

श्रीभगवानुवाच ।	śrī-bha-ga-vān-u-vā-ca |
मय्यावेश्य मनो ये माम्	may-yā-veś-ya ma-no ye mām
नित्ययुक्ता उपासते ।	nit-ya-yuk-tā u-pā-sa-te |
श्रद्धया परयोपेताः	śrad-dha-yā pa-ra-yo-pe-tāḥ
ते मे युक्ततमा मताः ॥ २ ॥	te me yuk-ta-ta-mā ma-tāḥ || 12-2 ||

ये त्वक्षरमनिर्देश्यम्	ye tvak-ṣa-ram-anir-deś-yam
अव्यक्तं पर्युपासते ।	av-yak-taṁ par-yu-pā-sa-te |
सर्वत्रगमचिन्त्यं च	sar-va-tra-gam-a-cin-tyaṁ ca
कूटस्थमचलं ध्रुवम् ॥ ३ ॥	kū-ṭas-tham-aca-laṁ dhru-vam || 12-3 ||
सन्नियम्येन्द्रियग्रामम्	san-ni-yam-yen-dri-ya-grā-mam
सर्वत्र समबुद्धयः ।	sar-vat-ra sa-ma-bud-dha-yaḥ |
ते प्राप्नुवन्ति मामेव	te prāp-nu-vanti mām-eva
सर्वभूतहिते रताः ॥ ४ ॥	sar-va-bhū-ta-hi-te ra-tāḥ || 12-4 ||
क्लेशोऽधिकतरस्तेषाम्	kle-śo'dhi-ka-ta-ras-te-ṣām
अव्यक्तासक्तचेतसाम् ॥	av-yak-tā-sak-ta-ce-ta-sām |
अव्यक्ता हि गतिर्दुःखम्	av-yak-tā hi ga-tir-duḥ-kham
देहवद्भिरवाप्यते ॥ ५ ॥	de-ha-vad-bhi-ra-vāp-ya-te || 12-5 ||
ये तु सर्वाणि कर्माणि	ye tu sar-vā-ṇi kar-mā-ṇi
मयि संन्यस्य मत्पराः ।	ma-yi san-nyas-ya mat-pa-rāḥ |
अनन्येनैव योगेन	a-nan-ye-nai-va yo-ge-na
मां ध्यायन्त उपासते ॥ ६ ॥	māṁ dhyā-yan-ta u-pā-sa-te || 12-6 ||

तेषामहं समुद्धर्ता	te-ṣām-ahaṁ sa-mud-dhar-tā
मृत्युसंसारसागरात्।	mṛt-yu-saṁ-sā-ra-sā-ga-rāt ।
भवामि न चिरात्पार्थ	bha-vā-mi na ci-rāt-pār-tha
मय्यावेशितचेतसाम्॥ ७ ॥	may-yā-ve-śi-ta-ce-ta-sām ।। 12-7 ।।
मय्येव मन आधत्स्व	may-ye-va ma-na ā-dhat-sva
मयि बुद्धिं निवेशय।	ma-yi bud-dhiṁ ni-ve-śa-ya ।
निवसिष्यसि मय्येव	ni-va-siṣ-ya-si may-ye-va
अत ऊर्ध्वं न संशयः॥ ८ ॥	a-ta ūrdh-vaṁ na saṁ-śa-yaḥ ।। 12-8 ।।
अथ चित्तं समाधातुम्	a-tha cit-taṁ sa-mā-dhā-tum
न शक्नोषि मयि स्थिरम्।	na śak-no-ṣi ma-yi sthi-ram ।
अभ्यासयोगेन ततः	abh-yā-sa-yo-ge-na ta-taḥ
मामिच्छाप्तुं धनञ्जय॥ ९ ॥	mām-ic-chāp-tuṁ dha-nañ-jaya ।। 12-9 ।।
अभ्यासेऽप्यसमर्थोऽसि	abh-yā-se'p-ya-sa-mar-tho'si
मत्कर्मपरमो भव।	mat-kar-ma-pa-ra-mo bha-va ।
मदर्थमपि कर्माणि	ma-dar-tham-api kar-mā-ṇi
कुर्वन्सिद्धिमवाप्स्यसि॥ १० ॥	kur-van-sid-dhim-avāps-yasi ।। 12-10 ।।

अथैतदप्यशक्तोऽसि	a-thai-ta-dap-ya-śak-to'si
कर्तुं मद्योगमाश्रितः ।	kar-tuṁ mad-yo-gam-ā-śri-taḥ ।
सर्वकर्मफलत्यागम्	sar-va-kar-ma-pha-la-tyā-gaṁ
ततः कुरु यतात्मवान् ॥ ११ ॥	ta-taḥ ku-ru ya-tāt-ma-vān ।। 12-11 ।।
श्रेयो हि ज्ञानमभ्यासात्	śre-yo hi jñā-nam-abh-yā-sāt
ज्ञानाद्ध्यानं विशिष्यते ।	jñā-nād-dhyā-naṁ vi-śiṣ-ya-te ।
ध्यानात्कर्मफलत्यागः	dhyā-nāt-kar-ma-pha-la-tyā-gaḥ
त्यागाच्छान्तिरनन्तरम् ॥ १२ ॥	tyā-gāc-chān-ti-ra-nan-ta-ram ।। 12-12 ।।
अद्वेष्टा सर्वभूतानाम्	ad-veṣ-ṭā sar-va-bhū-tā-nāṁ
मैत्रः करुण एव च ।	mai-traḥ ka-ru-ṇa eva ca ।
निर्ममो निरहङ्कारः	nir-ma-mo ni-ra-haṅ-kā-raḥ
समदुःखसुखः क्षमी ॥ १३ ॥	sa-ma-duḥ-kha-su-khaḥ kṣa-mī ।। 12- 13 ।।
सन्तुष्टः सततं योगी	san-tuṣ-ṭaḥ sa-ta-taṁ yo-gī
यतात्मा दृढनिश्चयः ।	ya-tāt-mā dṛ-ḍha-niś-ca-yaḥ ।
मय्यर्पितमनोबुद्धिः	may-yar-pi-ta-ma-no-bud-dhiḥ
यो मद्भक्तः स मे प्रियः ॥ १४ ॥	yo mad-bhak-taḥ sa me pri-yaḥ ।। 12-14।।

यस्मान्नोद्विजते लोकः | yas-mān-no-dvi-ja-te lo-kaḥ
लोकान्नोद्विजते च यः। | lo-kān-no-dvi-ja-te ca yaḥ |
हर्षामर्षभयोद्वेगैः | har-ṣā-mar-ṣa-bha-yod-ve-gaiḥ
मुक्तो यः स च मे प्रियः॥ १५॥ | muk-to yaḥ sa ca me pri-yaḥ || 12-15 ||

अनपेक्षः शुचिर्दक्षः | ana-pek-ṣaḥ śu-cir-dak-ṣaḥ
उदासीनो गतव्यथः। | u-dā-sī-no ga-ta-vya-thaḥ |
सर्वारम्भपरित्यागी | sar-vā-ram-bha-pa-ri-tyā-gī
यो मद्भक्तः स मे प्रियः॥ १६॥ | yo mad-bhak-taḥ sa me pri-yaḥ || 12-16||

यो न हृष्यति न द्वेष्टि | yo na hṛṣ-ya-ti na dveṣ-ṭi
न शोचति न काङ्क्षति। | na śo-ca-ti na kāṅ-kṣa-ti |
शुभाशुभपरित्यागी | śu-bhā-śu-bha-pa-ri-tyā-gī
भक्तिमान्यः स मे प्रियः॥ १७॥ | bhak-ti-mān-yaḥ sa me pri-yaḥ || 12-17 ||

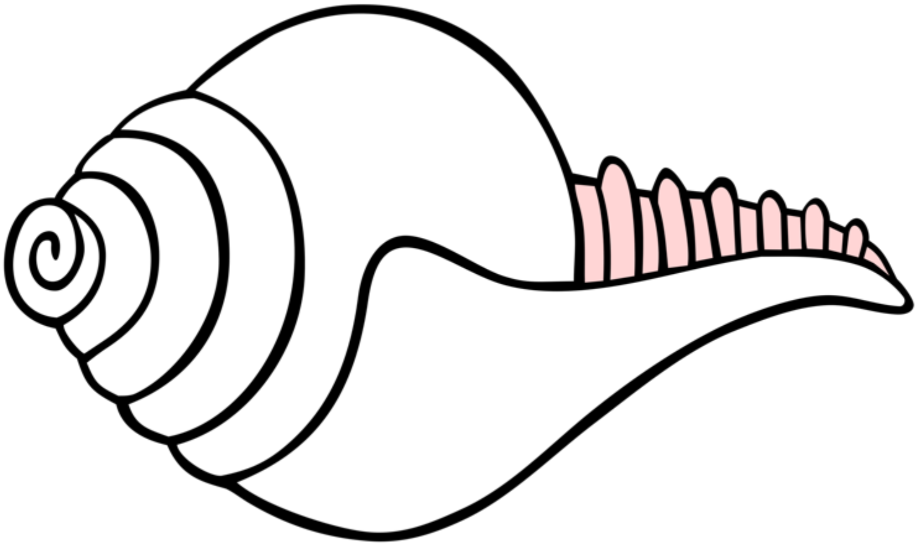
समः शत्रौ च मित्रे च | sa-maḥ śat-rau ca mit-re ca
तथा मानापमानयोः। | ta-thā mā-nā-pa-mā-na-yoḥ |
शीतोष्णसुखदुःखेषु | śī-toṣ-ṇa-su-kha-duḥ-khe-ṣu
समः सङ्गविवर्जितः॥ १८॥ | sa-maḥ saṅ-ga-vi-var-ji-taḥ || 12-18 ||

तुल्यनिन्दास्तुतिर्मौनी
सन्तुष्टो येन केनचित् ।
अनिकेतः स्थिरमतिः
भक्तिमान्मे प्रियो नरः ॥ १९ ॥

tul-ya-nin-dā-stu-tir-mau-nī
san-tuṣ-ṭo ye-na ke-na-cit |
ani-ke-taḥ sthi-ra-ma-tiḥ
bhak-ti-mān-me pri-yo na-raḥ || 12-19 ||

ये तु धर्म्यामृतमिदम्
यथोक्तं पर्युपासते ।
श्रद्दधाना मत्परमाः
भक्तास्तेऽतीव मे प्रियाः ॥ २० ॥

ye tu dhar-myā-mṛ-tam-idaṁ
ya-thok-taṁ par-yu-pā-sa-te |
śrad-da-dhā-nā mat-pa-ra-māḥ
bhak-tās-te'-tī-va me pri-yāḥ || 12-20 ||



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-kṛṣ-ṇār-juna-saṁ-vā-de
भक्ति योगो नाम	bhak-ti yo-go nā-ma
द्वादशोऽध्यायः ।	dvā-da-śo'dhyā-yaḥ |
ॐ हरिःॐ	om hariḥ om
श्री गुरुभ्यो नमः	śrī guru-bhyo namaḥ
हरिः ॐ	hariḥ om

सर्वधर्मान्परित्यज्य	sar-va-dhar-mān-pari-tyaj-ya
मामेकं शरणं व्रज ।	mām-ekaṁ śara-ṇaṁ vra-ja |
अहं त्वा सर्वपापेभ्यः	ahaṁ tvā sar-va-pā-pebh-yaḥ
मोक्षयिष्यामि मा शुचः ॥ १८-६६ ॥	mokṣa-yiṣ-yā-mi mā śu-caḥ || 18-66 ||

श्री कृष्णार्पणमस्तु

śrī kṛṣ-ṇār-pa-ṇam-as-tu

भज गोविन्दम्
Bhaja Govindam

भज गोविन्दं भज गोविन्दम्	bha-ja go-vin-daṁ bha-ja go-vin-daṁ
गोविन्दं भज मूढमते।	go-vin-daṁ bha-ja mū-ḍha-ma-te |
सम्प्राप्ते सन्निहिते काले	sam-prāp-te san-ni-hi-te kā-le
न हि न हि रक्षति डुकृञ्करणे	na hi na hi rak-ṣa-ti ḍu-kṛñ-ka-ra-ṇe |
॥ १ ॥	|| 1 ||

मूढ जहीहि धनागमतृष्णाम्	mū-ḍha ja-hī-hi dha-nā-ga-ma-tṛṣ-ṇām
कुरु सद्बुद्धिं मनसि वितृष्णाम्।	ku-ru sad-bud-dhiṁ ma-na-si vi-tṛṣ-ṇām |
यल्लभसे निजकर्मोपात्तम्	yal-la-bha-se ni-ja-kar-mo-pāt-tam
वित्तं तेन विनोदय चित्तम्॥	vit-taṁ te-na vi-no-da-ya cit-tam ||
॥ २ ॥	|| 2 ||
नारीस्तनभरनाभीदेशम्	nā-rīs-ta-na-bha-ra-nā-bhī-de-śam
दृष्ट्वा मा गा मोहावेशम्।	dṛṣṭ-vā mā gā mo-hā-ve-śam |
एतन्मांसवसादिविकारम्	e-tan-māṁ-sa-va-sā-di-vi-kā-ram
मनसि विचिन्तय वारं वारम्॥	ma-na-si vi-cin-ta-ya vā-raṁ vā-ram ||
॥ ३ ॥	|| 3 ||

नलिनीदलगतजलमतितरलम्
तद्वज्जीवितमतिशयचपलम्।
विद्धि व्याध्यभिमानग्रस्तम्
लोकं शोकहतं च समस्तम्॥

॥ ४ ॥

na-li-nī-da-la-ga-ta-ja-la-ma-ti-ta-ra-lam
tad-vaj-jī-vi-tam-a-ti-śa-ya-ca-pa-lam |
vid-dhi vyā-dhya-bhi-mā-na-gras-tam
lo-kaṁ śo-ka-ha-taṁ ca sa-mas-tam ||

|| 4 ||

यावद्वित्तोपार्जनसक्तः
तावन्निजपरिवारो रक्तः।
पश्चाज्जीवति जर्जरदेहे
वार्तां कोऽपि न पृच्छति गेहे॥

॥ ५ ॥

yā-vad-vitto-pār-ja-na-sak-taḥ
tā-van-ni-ja-pa-ri-vā-ro rak-taḥ |
paś-cāj-jī-va-ti jar-ja-ra-de-he
vār-tāṁ ko-pi na pṛc-cha-ti ge-he ||

|| 5 ||

यावत्पवनो निवसति देहे
तावत्पृच्छति कुशलं गेहे।
गतवति वायौ देहापाये
भार्या बिभ्यति तस्मिन्काये॥

॥ ६ ॥

yā-vat-pa-va-no ni-va-sa-ti de-he
tā-vat-pṛc-cha-ti ku-śa-laṁ ge-he |
ga-ta-va-ti vā-yau de-hā-pā-ye
bhār-yā bi-bh-ya-ti tas-min-kā-ye ||

|| 6 ||

बालस्तावत्क्रीडासक्तः	bā-las-tā-vat-krī-ḍā-sak-taḥ
तरुणस्तावत्तरुणीसक्तः।	ta-ru-ṇas-tā-vat-ta-ru-ṇī-sak-taḥ |
वृद्धस्तावच्चिन्तासक्तः	vṛd-dhas-tā-vac-cin-tā-sak-taḥ
परमे ब्रह्मणि कोऽपि न सक्तः॥	pa-ra-me brah-ma-ṇi ko-pi na sak-taḥ ||
॥ ७ ॥	|| 7 ||

का ते कान्ता कस्ते पुत्रः	kā te kān-tā kas-te putraḥ
संसारोऽयमतीव विचित्रः।	saṁ-sā-ro-ya-ma-tī-va vi-cit-raḥ |
कस्य त्वं कः कुत आयातः	kas-ya tvaṁ kaḥ ku-ta ā-yā-taḥ
तत्त्वं चिन्तय तदिह भ्रातः॥	tat-tvaṁ cin-ta-ya ta-di-ha bhrā-taḥ ||
॥ ८ ॥	|| 8 ||

सत्सङ्गत्वे निस्सङ्गत्वम्	sat-saṅgat-ve nis-saṅgat-vam
निस्सङ्गत्वे निर्मोहत्वम्।	nis-saṅgat-ve nir-mo-hat-vam |
निर्मोहत्वे निश्चलतत्त्वम्	nir-mo-hat-ve niś-ca-la-tat-tvam
निश्चलतत्त्वे जीवन्मुक्तिः॥	niś-ca-la-tat-tve jī-van-muk-tiḥ ||
॥ ९ ॥	|| 9 ||

वयसि गते कः कामविकारः	va-ya-si ga-te kaḥ kā-ma-vi-kā-raḥ
शुष्के नीरे कः कासारः।	śuṣ-ke nī-re kaḥ kā-sā-raḥ |
क्षीणे वित्ते कः परिवारः	kṣī-ṇe vit-te kaḥ pa-ri-vā-raḥ
ज्ञाते तत्त्वे कः संसारः॥	jñā-te tat-tve kaḥ saṁ-sā-raḥ ||
॥ १० ॥	|| 10 ||

मा कुरु धनजनयौवनगर्वं	mā ku-ru dha-na-ja-na-yau-va-na-gar-vam
हरति निमेषात्कालः सर्वम्।	ha-ra-ti ni-me-ṣāt-kā-laḥ sar-vam |
मायामयमिदमखिलं बुद्ध्वा	mā-yā-ma-yam-i-dam-a-khi-laṁ buddh-vā
ब्रह्मपदं त्वं प्रविश विदित्वा॥	brah-ma-pa-daṁ tvaṁ pra-vi-śa vi-dit-vā ||
॥ ११ ॥	|| 11 ||

दिनयामिन्यौ सायं प्रातः	di-na-yā-min-yau sā-yaṁ prā-taḥ
शिशिरवसन्तौ पुनरायातः।	śi-śi-ra-va-san-tau pu-na-rā-yā-taḥ |
कालः क्रीडति गच्छत्यायुः	kā-laḥ krī-ḍa-ti gac-chat-yā-yuḥ
तदपि न मुञ्चत्याशावायुः॥	ta-da-pi na muñ-cat-yā-śā-vā-yuḥ ||
॥ १२ ॥	|| 12 ||

का ते कान्ता धनगतचिन्ता	kā te kān-tā dha-na-ga-ta-cin-tā
वातुल किं तव नास्ति नियन्ता ।	vā-tu-la kiṁ ta-va nās-ti ni-yan-tā |
त्रिजगति सज्जनसङ्गतिरेका	tri-ja-ga-ti saj-ja-na-saṅga-ti-re-kā
भवति भवार्णवतरणे नौका ॥	bha-va-ti bha-vār-ṇa-va-ta-ra-ṇe nau-kā ||
॥ १३ ॥	|| 13 ||

जटिलो मुण्डी लुञ्चितकेशः	ja-ṭi-lo muṇ-ḍī luñ-ci-ta-ke-śaḥ
काषायाम्बरबहुकृतवेषः ।	kā-ṣā-yām-ba-ra-ba-hu-kṛ-ta-ve-ṣaḥ |
पश्यन्नपि च न पश्यति मूढः	paś-yan-na-pi ca na paś-ya-ti mū-ḍhaḥ
ह्युदरनिमित्तं बहुकृतवेषः ॥	hyu-da-ra-ni-mit-taṁ ba-hu-kṛ-ta-ve-ṣaḥ ||
॥ १४ ॥	|| 14 ||

अङ्गं गलितं पलितं मुण्डम्	aṅ-gaṁ ga-li-taṁ pa-li-taṁ muṇ-ḍam
दशनविहीनं जातं तुण्डम् ।	da-śa-na-vi-hī-naṁ jā-taṁ tuṇ-ḍam |
वृद्धो याति गृहीत्वा दण्डम्	vṛd-dho yā-ti gṛ-hīt-vā daṇ-ḍam
तदपि न मुञ्चत्याशापिण्डम् ॥	ta-da-pi na muñcat-yā-śā-piṇḍam ||
॥ १५ ॥	|| 15 ||

अग्रे वह्निः पृष्ठे भानुः	ag-re vah-niḥ pṛṣ-ṭhe bhā-nuḥ
रात्रौ चुबुकसमर्पितजानुः ।	rā-trau cu-bu-ka-sa-mar-pi-ta-jā-nuḥ |
करतलभिक्षस्तरुतलवासः	ka-ra-ta-la-bhik-ṣas-ta-ru-ta-la-vā-saḥ
तदपि न मुञ्चत्याशापाशः ॥	ta-da-pi na muñcat-yā-śā-pā-śaḥ ||
॥ १६ ॥	|| 16 ||

कुरुते गङ्गासागरगमनम्	ku-ru-te gaṅgā-sā-ga-ra-ga-ma-nam
व्रतपरिपालनमथवा दानम् ।	vra-ta-pa-ri-pā-la-nam-a-tha-vā dā-nam |
ज्ञानविहीनः सर्वमतेन	jñā-na-vi-hī-naḥ sar-va-ma-te-na
भजति न मुक्तिं जन्मशतेन ॥	bha-ja-ti na muk-tiṁ jan-ma-śa-te-na ||
॥ १७ ॥	|| 17 ||

सुरमन्दिरतरुमूलनिवासः	su-ra-mandira-ta-ru-mū-la-ni-vā-saḥ
शय्या भूतलमजिनं वासः ।	śayyā bhū-ta-lam-aji-naṁ vā-saḥ |
सर्वपरिग्रहभोगत्यागः	sar-va-pa-ri-gra-ha-bho-ga-tyā-gaḥ
कस्य सुखं न करोति विरागः ॥	kas-ya su-khaṁ na ka-ro-ti vi-rā-gaḥ ||
॥ १८ ॥	|| 18 ||

योगरतो वा भोगरतो वा	yo-ga-ra-to vā bho-ga-ra-to vā
सङ्गरतो वा सङ्गविहीनः ।	saṅga-ra-to vā saṅ-ga-vi-hī-naḥ |
यस्य ब्रह्मणि रमते चित्तम्	yas-ya brahma-ṇi ra-ma-te cit-tam
नन्दति नन्दति नन्दत्येव ॥	nan-da-ti nan-da-ti nan-dat-ye-va ||
॥ १९ ॥	|| 19 ||

भगवद्गीता किञ्चिदधीता	bha-ga-vad-gī-tā kiñ-cid-a-dhī-tā
गङ्गाजललवकणिका पीता ।	gaṅgā-ja-la-la-va-ka-ṇi-kā pī-tā |
सकृदपि येन मुरारिसमर्चा	sa-kṛd-a-pi ye-na mu-rā-ri-sa-mar-cā
क्रियते तस्य यमेन न चर्चा ॥	kri-ya-te tas-ya ya-me-na na carcā ||
॥ २० ॥	|| 20 ||

पुनरपि जननं पुनरपि मरणम्	pu-na-ra-pi ja-na-naṁ pu-na-ra-pi ma-ra-ṇam
पुनरपि जननीजठरे शयनम् ।	pu-na-ra-pi ja-na-nī-ja-ṭha-re śa-ya-nam |
इह स शन्कर सारे बहुदुस्तारे	i-ha saṁ-sā-re ba-hu-dus-tā-re
कृपयाऽपारे पाहि मुरारे ॥	kṛ-pa-yā-pā-re pā-hi mu-rā-re ||
॥ २१ ॥	|| 21 ||

रथ्याचर्पटविरचितकन्थः	rath-yā-carpaṭa-vi-ra-ci-ta-kan-thaḥ
पुण्यापुण्यविवर्जितपन्थः।	puṇ-yā-puṇ-ya-vi-var-ji-ta-pan-thaḥ |
योगी योगनियोजितचित्तः	yo-gī yo-ga-ni-yo-ji-ta-cit-taḥ
रमते बालोन्मत्तवदेव॥	ra-ma-te bā-lon-matta-va-de-va ||
॥ २२ ॥	|| 22 ||

कस्त्वं कोऽहं कुत आयातः	kas-tvaṁ ko-haṁ ku-ta ā-yā-taḥ
का मे जननी को मे तातः।	kā me ja-na-nī ko me tā-taḥ |
इति परिभावय सर्वमसारम्	i-ti pa-ri-bhā-va-ya sar-va-ma-sā-ram
विश्वं त्यक्त्वा स्वप्नविचारम्॥	viś-vaṁ tyak-tvā svap-na-vi-cā-ram ||
॥ २३ ॥	|| 23 ||

त्वयि मयि चान्यत्रैको विष्णुः	tva-yi ma-yi cānya-trai-ko viṣ-ṇuḥ
व्यर्थं कुप्यसि मय्यसहिष्णुः।	vyar-thaṁ kup-ya-si mayya-sa-hiṣṇuḥ |
भव समचित्तः सर्वत्र त्वम्	bha-va sa-ma-cit-taḥ sar-va-tra tvaṁ
वाञ्छस्यचिराद्यदि विष्णुत्वम् ॥	vāñ-chas-ya-ci-rād-ya-di viṣ-ṇu-tvam ||
॥ २४ ॥	|| 24 ||

शत्रौ मित्रे पुत्रे बन्धौ	śatrau mitre putre ban-dhau
मा कुरु यत्नं विग्रहसन्धौ ।	mā ku-ru yat-naṁ vi-gra-ha-san-dhau |
सर्वस्मिन्नपि पश्यात्मानम्	sar-vas-min-na-pi paś-yāt-mā-nam
सर्वत्रोत्सृज भेदाज्ञानम् ॥	sar-va-trot-sṛ-ja bhe-dā-jñā-nam ||
॥ २५ ॥	|| 25 ||

कामं क्रोधं लोभं मोहम्	kā-maṁ kro-dhaṁ lo-bhaṁ mo-ham
त्यक्त्वाऽत्मानं पश्यति सोऽहम् ।	tyak-tvāt-mā-naṁ paś-ya-ti so-ham |
आत्मज्ञान-विहीना मूढाः	āt-ma-jñā-na-vi-hī-nā mū-ḍhāḥ
ते पच्यन्ते नरकनिगूढाः ॥	te pac-yan-te na-ra-ka-ni-gū-ḍhāḥ ||
॥ २६ ॥	|| 26 ||

गेयं गीतानामसहस्रम्	ge-yaṁ gī-tā-nā-ma-sa-has-ram
ध्येयं श्रीपतिरूपमजस्रम् ।	dhye-yaṁ śrī-pa-ti-rū-pam-a-jas-ram |
नेयं सज्जनसङ्गे चित्तम्	ne-yaṁ saj-ja-na-saṅge cit-tam
देयं दीनजनाय च वित्तम् ॥	de-yaṁ dī-na-ja-nā-ya ca vit-tam ||
॥ २७ ॥	|| 27 ||

सुखतः क्रियते रामाभोगः	su-kha-taḥ kri-ya-te rā-mā-bho-gaḥ
पश्चाद्धन्त शरीरे रोगः।	paś-cād-dhan-ta śa-rī-re ro-gaḥ I
यद्यपि लोके मरणं शरणम्	yad-ya-pi lo-ke ma-ra-ṇaṁ śa-ra-ṇam
तदपि न मुञ्चति पापाचरणम्॥	ta-da-pi na muñ-ca-ti pā-pā-ca-ra-ṇam II
॥ २८ ॥	II 28 II

अर्थमनर्थं भावय नित्यम्	ar-tham-anar-thaṁ bhā-va-ya nit-yam
नास्ति ततः सुखलेशः सत्यम्।	nās-ti ta-taḥ su-kha-le-śaḥ sat-yam I
पुत्रादपि धनभाजां भीतिः	putrā-da-pi dha-na-bhā-jāṁ bhī-tiḥ
सर्वत्रैषा विहिता रीतिः॥	sar-va-trai-ṣā vi-hi-tā rī-tiḥ II
॥ २९ ॥	II 29 II

प्राणायामं प्रत्याहारम्	prā-ṇā-yā-maṁ prat-yā-hā-ram
नित्यानित्यविवेकविचारम्।	nit-yā-nit-ya-vi-ve-ka-vi-cā-ram I
जाप्यसमेत-समाधिविधानम्	jāp-ya-sa-me-ta-sa-mā-dhi-vi-dhā-nam
कुर्ववधानं महदवधानम्॥	kur-va-va-dhā-naṁ ma-ha-da-va-dhā-nam II
॥ ३० ॥	II 30 II

गुरुचरणाम्बुजनिर्भरभक्तः	gu-ru-ca-ra-ṇām-bu-ja-nir-bha-ra-bhak-taḥ
संसारादचिराद्भव मुक्तः ।	saṁ-sā-rād-a-ci-rād-bha-va muk-taḥ |
सेन्द्रियमानसनियमादेवम्	sen-dri-ya-mā-na-sa-ni-ya-mā-de-vam
द्रक्ष्यसि निजहृदयस्थं देवम् ॥	drakṣ-ya-si ni-ja-hṛ-da-yas-thaṁ de-vam ||
॥ ३१ ॥	|| 31 ||

भज गोविन्दं भज गोविन्दम्	bha-ja go-vin-daṁ bha-ja go-vin-daṁ
गोविन्दं भज मूढमते ।	go-vin-daṁ bha-ja mū-ḍha-ma-te |
सम्प्राप्ते सन्निहिते काले	sam-prāp-te san-ni-hi-te kā-le
न हि न हि रक्षति डुकृञ्करणे॥	na hi na hi ra-kṣa-ti ḍu-kṛñ-ka-ra-ṇe ||
॥ १ ॥	|| 1 ||

Theme Song – Ādi Shankara

ब्रह्म सत्यं जगन्मिथ्या जीवो ब्रह्मैव नापरः ।

brahma satyaṁ jaganmithyā jīvo brahmaiva nāparaḥ |

ब्रह्म सत्यं जगन्मिथ्या जीवो ब्रह्मैव नापरः ।

brahma satyaṁ jaganmithyā jīvo brahmaiva nāparaḥ |

Dittit tāra dittit tai, dit tai taka tai tai tom
Dittit tāra dittit tai, dit tai taka tai tai tom

Shankara was born in Kālaḍi
His parents were Shivaguru and Aryamba,
They prayed to Lord Vaḍakunnātha in Trichur
Blessed them with a boy of great intellect and brilliance

While just a boy his mind was like a slate
Knew the Vedas by the age of eight
Wanted to be a wandering Sannyāsi
Had to wait for a crocodile to be free

श्रुति स्मृति पुराणां आलयं करुणालयं ।

नमामि भगवद्पदं शङ्करं लोकशन्करं ॥

śruti smṛti purāṇām ālayaṁ karuṇālayaṁ |
namāmi bhagavadpadaṁ śaṅkaraṁ lokaśankaraṁ ||

With his knowledge and his wisdom, ignorance he slew
Shankaracārya is our Advaita Guru

Om Dittit tara dittit tai, dit tai taka tai tai tom
Dittit tara dittit tai, dit tai taka tai tai tom
Dittit tara dittit tai, dit tai taka tai tai tom
Dittit tara dittit tai, dit tai taka tai tai tom

Śankara met his guru Śri Govindapāda
On the banks of the river Narmadā
There he learnt Hindu philosophy
Understood the Brahman and the Atman are but one and same

Travelling all over Bhāratavarśa
Composed and wrote, and established 4 maṭhas,
Taught us to look for the divine in all of us
Saw the beauty of the universe

श्रुति स्मृति पुराणां आलयं करुणालयं ।
नमामि भगवद्पदं शङ्करं लोकशन्करं ॥

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Dittit tara dittit tai, dit tai taka tai tai tom
Dittit tara dittit tai, dit tai taka tai tai tom

ब्रह्म सत्यं जगन्मिथ्या जीवो ब्रह्मैव नापरः ।
brahma satyaṁ jaganmithyā jīvo brahmaiva nāparaḥ |
ब्रह्म सत्यं जगन्मिथ्या जीवो ब्रह्मैव नापरः ।
brahma satyaṁ jaganmithyā jīvo brahmaiva nāparaḥ |

श्री गंगा-स्तोत्रम्
Śrī Gaṅgā-Stotram

देवि सुरेश्वरि भगवति गंगे	devi su-reś-vari bha-ga-va-ti gaṅ-ge
त्रिभुवनतारिणि तरल तरंगे ।	tri-bhu-va-na-tā-ri-ṇi ta-ra-la ta-raṅ-ge |
शंकर मौलिविहारिणि विमले	śaṅ-ka-ra mau-li-vi-hā-ri-ṇi vi-ma-le
मम मति रास्तां तव पद कमले ॥	ma-ma ma-ti rās-tāṁ ta-va pa-da ka-ma-le
॥ १ ॥	|| 1 ||

भागीरथि सुखदायिनि मातः	bhā-gī-ra-thi su-kha-dā-yi-ni mā-taḥ
तव जलमहिमा निगमे ख्यातः ।	ta-va ja-la-ma-hi-mā ni-ga-me khyā-taḥ |
नाहं जाने तव महिमानम्	nā-haṁ jā-ne ta-va ma-hi-mā-nam
पाहि कृपामयि मामज्ञानम् ॥	pā-hi kṛ-pā-ma-yi mām-aj-nā-nam ||
॥ २ ॥	|| 2 ||

हरि पद पाद्य तरंगिणि गंगे	hari pa-da pād-ya ta-raṅ-gi-ṇi gaṅ-ge
हिमविधुमुक्ताधवलतरंगे ।	hi-ma-vi-dhu-muk-tā-dha-va-la-ta-raṅ-ge ।
दूरीकुरु मम दुष्कृति भारम्	dū-rī-ku-ru ma-ma duṣ-kṛ-ti bhā-ram
कुरु कृपया भव सागर पारम् ॥	ku-ru kṛ-pa-yā bha-va sā-ga-ra pā-ram ॥
॥ ३ ॥	॥ 3 ॥

तव जलममलं येन निपीतम्	ta-va ja-lam-ama-laṁ ye-na ni-pī-tam
परमपदं खलु तेन गृहीतम् ।	pa-ra-ma-pa-daṁ kha-lu te-na gṛ-hī-tam ।
मातर्गंगे त्वयि यो भक्तः	mā-tar-gaṅ-ge tva-yi yo bhak-taḥ
किल तं द्रष्टुं न यमः शक्तः ॥	ki-la taṁ draṣ-ṭuṁ na ya-maḥ śak-taḥ ॥
॥ ४ ॥	॥ 4 ॥

पतितोद्धारिणि जाह्नवि गंगे	pa-ti-tod-dhā-ri-ṇi jāh-na-vi gaṅ-ge
खण्डित गिरिवरमण्डित भंगे ।	khaṇ-ḍi-ta gi-ri-va-ra-maṇ-ḍi-ta bhaṅ-ge ।
भीष्म जननि हे मुनिवरकन्ये	bhīṣ-ma ja-na-ni he mu-ni-va-ra-kan-ye
पतितनिवारिणि त्रिभुवन धन्ये ॥	pa-ti-ta-ni-vā-ri-ṇi tri-bhu-va-na dhan-ye ॥
॥ ५ ॥	॥ 5 ॥

कल्पलतामिव फलदां लोके	kal-pa-la-tām-iva pha-la-dāṁ lo-ke
प्रणमति यस्त्वां न पतति शोके ।	pra-ṇa-ma-ti yas-tvāṁ na pa-ta-ti śo-ke |
पारावारविहारिणि गंगे	pā-rā-vā-ra-vi-hā-ri-ṇi gaṅ-ge
विमुखयुवति कृततरलापांगे ॥	vi-mu-kha-yu-va-ti kṛ-ta-ta-ra-lā-pāṅ-ge ||
॥ ६ ॥	|| 6 ||

तव चेन्मातः स्रोतः स्नातः	ta-va cen-mā-taḥ sro-taḥ snā-taḥ
पुनरपि जठरे सोऽपि न जातः ।	pu-na-ra-pi ja-ṭha-re so'-pi na jā-taḥ |
नरकनिवारिणि जाह्नवि गंगे	na-ra-ka-ni-vā-ri-ṇi jāh-na-vi gaṅ-ge
कलुषविनाशिनि महिमोत्तुंगे ॥	ka-lu-ṣa-vi-nā-śi-ni ma-hi-mot-tuṅ-ge ||
॥ ७ ॥	|| 7 ||

पुनरसदंगे पुण्यतरंगे	pu-na-ra-sa-daṅ-ge puṇ-ya-ta-raṅ-ge
जय जय जाह्नवि करुणापांगे ।	ja-ya ja-ya jāh-na-vi ka-ru-ṇā-pāṅ-ge |
इन्द्रमुकुटमणिराजितचरणे	in-dra-mu-ku-ṭa-ma-ṇi-rā-ji-ta-ca-ra-ṇe
सुखदे शुभदे भृत्यशरण्ये ॥	su-kha-de śu-bha-de bhṛt-ya-śa-raṇ-ye ||
॥ ८ ॥	|| 8 ||

रोगं शोकं तापं पापम्	ro-gaṁ śo-kaṁ tā-paṁ pā-pam
हर मे भगवति कुमति कलापम् ।	ha-ra me bha-ga-va-ti ku-ma-ti ka-lā-pam |
त्रिभुवनसारे वसुधाहारे	tri-bhu-va-na-sā-re va-su-dhā-hā-re
त्वमसि गतिर्मम खलु संसारे ॥	tvam-asi ga-tir-ma-ma kha-lu saṁ-sā-re ||
॥ ९ ॥	|| 9 ||

अलकानंदे परमानंदे	ala-kā-nan-de pa-ra-mā-nan-de
कुरु करुणामयि कातरवन्द्ये ।	ku-ru ka-ru-ṇā-ma-yi kā-ta-ra-vand-ye |
तव तट निकटे यस्य निवासः	ta-va ta-ṭa ni-ka-ṭe yas-ya ni-vā-saḥ
खलु वैकुण्ठे तस्य निवासः ॥	kha-lu vai-kuṇ-ṭhe tas-ya ni-vā-saḥ ||
॥ १० ॥	|| 10 ||

वरमिह नीरे कमठो मीनः	va-ram-iha nī-re ka-ma-ṭho mī-naḥ
किं वा तीरे शरटः क्षीणः ।	kiṁ vā tī-re śa-ra-ṭaḥ kṣī-ṇaḥ |
अथवा श्वपचो मलिनो दीनः	atha-vā śva-pa-co ma-li-no dī-naḥ
तव न हि दूरे नृपतिकुलीनः ॥	ta-va na hi dū-re nṛ-pa-ti-ku-lī-naḥ ||
॥ ११ ॥	|| 11 ||

भो भुवनेश्वरि पुण्ये धन्ये	bho bhu-va-neś-va-ri puṇ-ye dhanye
देवि द्रवमयि मुनिवरकन्ये ।	de-vi dra-va-ma-yi mu-ni-va-ra-kan-ye ।
गंगास्तवमिममलं नित्यम्	gaṅ-gā-sta-vam-imam-ama-laṁ nit-yam
पठति नरो यः स जयति सत्यम् ॥	pa-ṭha-ti na-ro yaḥ sa ja-ya-ti sat-yam ।।
॥ १२ ॥	।। 12 ।।
येषां हृदये गंगा भक्तिः	ye-ṣāṁ hṛ-da-ye gaṅ-gā bhak-tiḥ
तेषां भवति सदा सुखमुक्तिः ।	te-ṣāṁ bha-va-ti sa-dā su-kha-muk-tiḥ ।
मधुराकान्ता पज्झटिकाभिः	ma-dhu-rā-kān-tā paj-jha-ṭi-kā-bhiḥ
परमानन्दकलित ललिताभिः ॥	pa-ra-mā-nan-da-ka-li-ta la-li-tā-bhiḥ ।।
॥ १३ ॥	।। 13 ।।
गंगास्तोत्रमिदं भवसारम्	gaṅ-gā-sto-tram-idaṁ bha-va-sā-ram
वांछितफलदं विमलं सारम् ।	vāñ-chi-ta-pha-la-daṁ vi-ma-laṁ sā-ram ।
शंकरसेवक शंकर रचितम्	śaṅ-ka-ra-se-va-ka śaṅ-ka-ra ra-ci-tam
पठति सुखीस्तव इति च समाप्तः ॥	pa-ṭha-ti su-khī-sta-va iti ca sa-māp-taḥ ।।
॥ १४ ॥	।। 14 ।।

जय जय गंगे जय हर गंगे	jaya jaya gaṅge jaya hara gaṅge
जय जय गंगे जय हर गंगे	jaya jaya gaṅge jaya hara gaṅge
जय जय गंगे जय हर गंगे	jaya jaya gaṅge jaya hara gaṅge
जय जय गंगे जय हर गंगे	jaya jaya gaṅge jaya hara gaṅge
जय जय गंगे जय हर गंगे	jaya jaya gaṅge jaya hara gaṅge
जय जय गंगे जय हर गंगे	jaya jaya gaṅge jaya hara gaṅge
जय जय गंगे जय हर गंगे	jaya jaya gaṅge jaya hara gaṅge
जय जय गंगे जय हर गंगे	jaya jaya gaṅge jaya hara gaṅge

बोलिये श्री गंगा मय्या की जै

boliye śrī gaṅgā mayyā kī jai

Bhajans – Gurudeva Tava

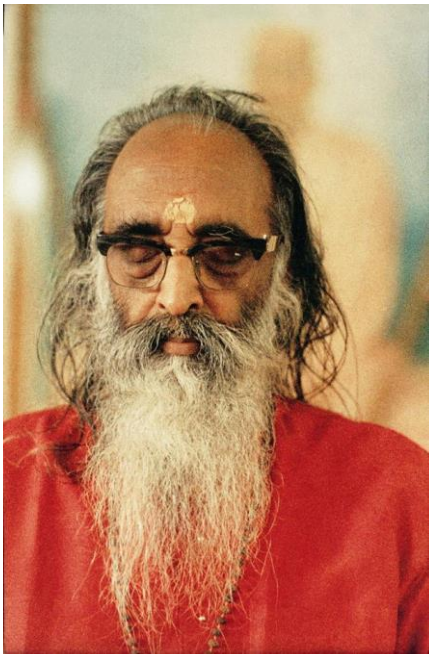
गुरुदेव तव महनीय कृपा	gu-ru-de-va ta-va ma-ha-nī-ya kṛ-pā
गुरुदेव तव महनीय कृपा	gu-ru-de-va ta-va ma-ha-nī-ya kṛ-pā
मेरे जीवन का अवलम्बन है	me-re jī-va-na kā ava-lam-ba-na hai
मेरे जीवन का अवलम्बन है	me-re jī-va-na kā ava-lam-ba-na hai
बस एक यही मेरा बल है	ba-sa eka ya-hī me-rā ba-la hai
बस एक यही मेरा बल है	ba-sa eka ya-hī me-rā ba-la hai
गुरुदेव तव महनीय कृपा	gu-ru-de-va ta-va ma-ha-nī-ya kṛ-pā
गुरुदेव तव महनीय कृपा	gu-ru-de-va ta-va ma-ha-nī-ya kṛ-pā

अज्ञान भरे संशय से भरे	a-jñā-na bha-re saṁ-śa-ya se bha-re
विपरीत विचारों से भी भरे	vi-pa-rī-ta vi-cā-roṁ se bhī bha-re
अज्ञान भरे संशय से भरे	a-jñā-na bha-re saṁ-śa-ya se bha-re
विपरीत विचारों से भी भरे	vi-pa-rī-ta vi-cā-roṁ se bhī bha-re

मन के अंधकार को दूर करे	ma-na ke aṇdha-kā-ra ko dū-ra ka-re
मन के अंधकार को दूर करे	ma-na ke aṇdha-kā-ra ko dū-ra ka-re
वचनामृत से तव बोध कृपा	va-ca-nā-mṛ-ta se ta-va bo-dha kṛ-pā
वचनामृत से तव बोध कृपा	va-ca-nā-mṛ-ta se ta-va bo-dha kṛ-pā

गुरुदेव तव महनीय कृपा	gu-ru-de-va ta-va ma-ha-nī-ya kṛ-pā
गुरुदेव तव महनीय कृपा	gu-ru-de-va ta-va ma-ha-nī-ya kṛ-pā

पल पल पग पग जीवन पथ पर	pala pala paga paga jī-va-na pa-tha pa-ra
गुरु साथ मेरे रक्षक बनकर	gu-ru sā-tha me-re ra-kṣa-ka bana-kara
पल पल पग पग जीवन पथ पर	pala pala paga paga jī-va-na pa-tha pa-ra
गुरु साथ मेरे रक्षक बनकर	gu-ru sā-tha me-re ra-kṣa-ka bana-kara
बिसरूं न कभी यह प्रेममयी	bi-sa-rūṁ na ka-bhī ya-ha pre-ma-ma-yī
बिसरूं न कभी यह प्रेममयी	bi-sa-rūṁ na ka-bhī ya-ha pre-ma-ma-yī
आनन्द मयी भवदीय कृपा	ā-nanda ma-yī bha-va-dīya kṛ-pā
आनन्द मयी भवदीय कृपा	ā-nanda ma-yī bha-va-dīya kṛ-pā
गुरुदेव तव महनीय कृपा	gu-ru-de-va ta-va ma-ha-nī-ya kṛ-pā
गुरुदेव तव महनीय कृपा	gu-ru-de-va ta-va ma-ha-nī-ya kṛ-pā
महनीय कृपा	ma-ha-nī-ya kṛ-pā
महनीय कृपा	ma-ha-nī-ya kṛ-pā
महनीय कृपा	ma-ha-nī-ya kṛ-pā



गुरुस्तोत्रम्
Guru-stotram

अखण्डमण्डलाकारं	Akhaṇ-ḍa-maṇḍa-lā-kā-raṁ
व्याप्तं येन चराचरम् ।	vyāp-taṁ yena carā-caram |
तत्पदं दर्शितं येन	Tat-padaṁ 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 paraṁ 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-varaṁ jaṅga-maṁ vyāp-taṁ
यत्किञ्चित्सचराचरम् ।	yat-kiñ-cit-saca-rā-caram ।
तत्पदं दर्शितं येन	Tat-padaṁ darśi-taṁ 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	Chinmayaṁ vyā-pi yat-sarvaṁ
त्रैलोक्यं सचराचरम् ।	trai-lok-yaṁ saca-rā-caram ।
तत्पदं दर्शितं येन	Tat-padaṁ darśi-taṁ 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-ṇaṁ tvam-eva ।
त्वमेव सर्वं मम देवदेव ॥	Tvam-eva sar-vaṁ 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!

Bhajans – Śaṅkara Guro

शङ्कर गुरो जय शङ्कर गुरो	śaṅ-ka-ra gu-ro ja-ya śaṅ-ka-ra gu-ro
शङ्कर गुरो जय शङ्कर गुरो	śaṅ-ka-ra gu-ro ja-ya śaṅ-ka-ra gu-ro
शङ्कर भगवत्पाद शङ्कर गुरो	śaṅ-ka-ra bha-ga-vat-pā-da śaṅ-ka-ra gu-ro
शङ्कर गुरो जय शङ्कर गुरो	śaṅ-ka-ra gu-ro ja-ya śaṅ-ka-ra gu-ro
शङ्कर भगवत्पाद शङ्कर गुरो	śaṅ-ka-ra bha-ga-vat-pā-da śaṅ-ka-ra gu-ro
शङ्कर गुरो जय शङ्कर गुरो	śaṅ-ka-ra gu-ro ja-ya śaṅ-ka-ra gu-ro
शङ्कर गुरो जय शङ्कर गुरो	śaṅ-ka-ra gu-ro ja-ya śaṅ-ka-ra gu-ro
शङ्कर भगवत्पाद शङ्कर गुरो	śaṅ-ka-ra bha-ga-vat-pā-da śaṅ-ka-ra gu-ro
शङ्कर गुरो जय शङ्कर गुरो	śaṅ-ka-ra gu-ro ja-ya śaṅ-ka-ra gu-ro
शङ्कर भगवत्पाद शङ्कर गुरो	śaṅ-ka-ra bha-ga-vat-pā-da śaṅ-ka-ra gu-ro
शङ्कर गुरो शङ्कर गुरो	śaṅ-ka-ra gu-ro śaṅ-ka-ra gu-ro
शङ्कर गुरो शङ्कर गुरो	śaṅ-ka-ra gu-ro śaṅ-ka-ra gu-ro
शङ्कर गुरो जय शङ्कर गुरो	śaṅ-ka-ra gu-ro ja-ya śaṅ-ka-ra gu-ro
शङ्कर गुरो जय शङ्कर गुरो	śaṅ-ka-ra gu-ro ja-ya śaṅ-ka-ra gu-ro

अपार महिमा गुरु-नाथ…	apā-ra ma-hi-mā gu-ru-nā-tha…
अपार महिमा गुरु-नाथ	apā-ra ma-hi-mā gu-ru-nā-tha
कृपा सागर गुरु-नाथ	kṛpā sāgara gu-ru-nā-tha
अपार महिमा गुरु-नाथ	apā-ra ma-hi-mā gu-ru-nā-tha
कृपा सागर गुरु-नाथ	kṛpā sāgara gu-ru-nā-tha
गुरु-नाथ जय गुरु-नाथ	gu-ru-nā-tha ja-ya gu-ru-nā-tha
गुरु-नाथ जय गुरु-नाथ	gu-ru-nā-tha ja-ya gu-ru-nā-tha
सद्गुरुनाथ गुरु-नाथ	sad-gu-ru-nā-tha gu-ru-nā-tha
गुरु-नाथ जय गुरु-नाथ	gu-ru-nā-tha ja-ya gu-ru-nā-tha
सद्गुरुनाथ गुरु-नाथ	sad-gu-ru-nā-tha gu-ru-nā-tha
गुरु-नाथ गुरु-नाथ	gurunātha, gurunātha
गुरु-नाथ गुरु-नाथ	gurunātha, gurunātha
सद्गुरुनाथ गुरु-नाथ	sad-gu-ru-nā-tha gu-ru-nā-tha
गुरु-नाथ गुरु-नाथ	gu-ru-nā-tha, gu-ru-nā-tha
गुरु-नाथ गुरु-नाथ	gu-ru-nā-tha, gu-ru-nā-tha
सद्गुरुनाथा गुरु-नाथ	sad-gu-ru-nā-tha gu-ru-nā-tha
शङ्कर गुरो जय शङ्कर गुरो	śaṅ-ka-ra gu-ro ja-ya śaṅ-ka-ra gu-ro

दीनदयालो गुरु-नाथ… dī-na-da-yā-lo gu-ru-nā-tha…
दीनदयालो गुरु-नाथ dī-na-da-yā-lo gu-ru-nā-tha
परिपूर्ण कृपालो गुरु-नाथ pa-ri-pūr-ṇa kṛpālo gu-ru-nā-tha

दीनदयालो गुरु-नाथ dī-na-da-yā-lo gu-ru-nā-tha
परिपूर्ण कृपालो गुरु-नाथ pa-ri-pūr-ṇa kṛpālo gu-ru-nā-tha

गुरु-नाथ जय गुरु-नाथ gu-ru-nā-tha ja-ya gu-ru-nā-tha
गुरु-नाथ जय गुरु-नाथ gu-ru-nā-tha ja-ya gu-ru-nā-tha
सद्गुरुनाथ गुरु-नाथ sad-gu-ru-nā-tha gu-ru-nā-tha

गुरु-नाथ जय गुरु-नाथ gu-ru-nā-tha ja-ya gu-ru-nā-tha
सद्गुरुनाथ गुरु-नाथ sad-gu-ru-nā-tha gu-ru-nā-tha

गुरु-नाथ गुरु-नाथ gu-ru-nā-tha, gu-ru-nā-tha
गुरु-नाथ गुरु-नाथ gu-ru-nā-tha, gu-ru-nā-tha
सद्गुरुनाथ गुरु-नाथ sad-gu-ru-nā-tha gu-ru-nā-tha

शङ्कर गुरो जय शङ्कर गुरो śaṅ-ka-ra gu-ro ja-ya śaṅ-ka-ra gu-ro
शङ्कर भगवत्पाद शङ्कर गुरो śaṅ-ka-ra bha-ga-vat-pā-da śaṅ-ka-ra gu-ro
शङ्कर गुरो जय शङ्कर गुरो śaṅ-ka-ra gu-ro ja-ya śaṅ-ka-ra gu-ro
शङ्कर गुरो जय शङ्कर गुरो śaṅ-ka-ra gu-ro ja-ya śaṅ-ka-ra gu-ro
शङ्कर भगवत्पाद शङ्कर गुरो śaṅ-ka-ra bha-ga-vat-pā-da śaṅ-ka-ra gu-ro
शङ्कर भगवत्पाद शङ्कर गुरो śaṅ-ka-ra bha-ga-vat-pā-da śaṅ-ka-ra gu-ro

18 Steps to Immortality

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

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-vaṁ 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 Mṛtyuñjaya Mantra

ॐ त्र्यम्-बकं यजामहे	om tryam-bakaṁ yajāmahe
सुगन्धिं पुष्टिवर्धनम्	sugandhiṁ puṣhṭi-vardhanam
उर्वारुकमिव बन्धनान्-	urvārukamiva bandhanān-
मृत्योर्मुक्षीय माऽमृतात्।	mṛtyor-mukṣīya mā'mṛtāt ।

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.

जन्मदिन गीत
Birthday Song

जन्मदिनमिदम्	janma-dinam-idam
अयि प्रिय सखे ।	ayi priya sakhe ।
शं तनोतु ते	śaṁ tanotu te
सर्वदा मुदम् ॥ १ ॥	sarvadā mudam ॥ 1 ॥

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

प्रार्थयामहे	prārtha-yāmahe
भव शतायुषी ।	bhava śatāyuṣī ।
ईश्वरः सदा	īśvaraḥ sadā
त्वां च रक्षतु ॥ २ ॥	tvāṁ ca rakṣatu ॥ 2 ॥

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

पुण्यकर्मणा	puṇya-karmaṇā
कीर्तिमर्जय ।	kīrtim-arjaya ।
जीवनं तव	jīvanaṁ tava
भवतु सार्थकम् ॥ ३ ॥	bhavatu sārthakam ॥ 3 ॥

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

प्रार्थना

Prārthanā Invocation

ॐ न कर्मणा न प्रजया धनेन त्यागेनैके अमृतत्व-मानशुः ।
om na karmaṇā na prajayā dhanena tyāgenaike amṛtatva-mānaśuḥ ।

परेण नाकं निहितं गुहायां विभ्राजदेतद्यतयो विशन्ति ।
pareṇa nākaṁ nihitaṁ guhāyāṁ vibhrāja-detadyatayo viśanti ।

वेदान्तविज्ञान-सुनिश्चितार्थास्-संन्यास योगाद्यतयश्शुद्धसत्त्वाः ।
vedānta-vijñāna-suniścitārthās-saṁnyāsa yogādyatayaś-śuddha-sattvāḥ ।

ते ब्रह्मलोकेतु परान्तकाले परामृतात्परिमुच्यन्ति सर्वे ।
te brahma-loketu parānta-kāle parāmṛtāt-parimuc-yanti sarve ।

दह्रं विपापं परमेऽश्मभूतं यत्पुण्डरीकं पुरमध्यसग्ग्स्थम् ।
dahraṁ vipāpaṁ parame'śma-bhūtaṁ yatpuṇḍa-rīkaṁ pura-madhya-saggstham ।

तत्रापि दह्रं गगनं विशोक-स्तस्मिन् यदन्तस्तदुपासितव्यम् ।
tatrāpi dahraṁ gaganaṁ viśokas-tasmin yadantas-tad-upāsi-tavyam ।

यो वेदादौ स्वरः प्रोक्तो वेदान्ते च प्रतिष्ठितः ।
yo vedādau svaraḥ prokto vedānte ca pratiṣ-ṭhitaḥ ।

तस्य प्रकृति-लीनस्य यः परस्स महेश्वरः ॥
tasya prakṛti-līnasya yaḥ parassa 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 sarvamidaṁ 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 ।

श्री चिन्मय आरति
Śrī Chinmaya Ārati

आरति श्रीचिन्मय सद्गुरु की ।	ārati śrī chinmaya sadguru kī I
दिव्य रूप मूरति करुणा की ॥	divya rūpa mūrati karuṇā kī II
आरति सद्गुरु की ॥	ārati sadguru kī II
चरणों में उनके शान्ति समाए ।	caraṇoṁ meṁ unake śānti samāe I
शरणागत की भ्रान्ति मिटाए ।	śaraṇāgata kī bhrānti miṭāe I
पाप ताप संताप हरण की ॥ १ ॥	pāpa tāpa saṁtāpa haraṇa kī II 1 II
वेद उपनिषद गीता को गाया ।	veda upaniṣada gītā ko gāyā I
धर्म सनातन फिर से जगाया ।	dharma sanātana phira se jagāyā I
शुद्ध नीति प्रीति शङ्कर की ॥ २ ॥	śuddha nīti prīti śaṅkara kī II 2 II
सिद्धबाडि की तपोभूमि में ।	siddhabāḍi kī tapobhūmi meṁ I
नित्य बिराजे गुरु हमारे ।	nitya birāje guru hamāre I
भक्त हृदय आनन्द स्रोत की ॥ ३ ॥	bhakta hṛdaya ānanda srota kī II 3 II

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

चिन्मय मिशन् प्रतिज्ञा — Chinmaya Mission Pra-ti-jñā

सर्वे वयं गोत्रमिव स्म एकं	sar-ve va-yaṁ go-tram-iva sma e-kaṁ
प्रेमादरश्लक्ष्णगुणानुबद्धाः ।	pre-mā-daraś-lakṣ-ṇa-gu-ṇā-nu-baddhāḥ।
योद्धुं सदा चाखिलदुष्प्रवृत्तीः	yod-dhuṁ 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 दद्मः ।	pra-ti-gra-hebh-yo'dhi-kam-eva dadmaḥ।
मनस्वितासद्गुणधैर्यमार्गे	manas-vi-tā-sadguṇa-dhair-ya-mār-ge
त्रातुं प्रसादाय भजाम ईशम् ॥	trā-tuṁ 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-ḍhaṁ ca ॥
जनेषु भक्तिः परमात्मभक्तिः	ja-ne-ṣu bhak-tiḥ pa-ra-māt-ma-bhak-tiḥ
इति स्वकार्याणि च सुष्ठु विद्मः ।	iti sva-kār-yā-ṇi ca suṣ-ṭhu vid-maḥ।
तेषां प्रपूर्त्यै कृपया प्रभो नो	te-ṣāṁ pra-pūrt-yai kṛ-pa-yā pra-bho no
बलं च धैर्यं वितरोपयुक्तम् ॥	ba-laṁ ca dhair-yaṁ vita-ro-pa-yuk-tam॥
बलं च धैर्यं वितरोपयुक्तम् ॥	ba-laṁ ca dhair-yaṁ vita-ro-pa-yuk-tam॥

॥ ॐ तत् सत् ॥ — ॥ om tat sat ॥

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!

शान्ति मन्त्रः
Śānti 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 bhadrāṇi 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!

राष्ट्रिय गानम्

Rāṣṭriya Gānam—Indian National Anthem

जन-गण-मन-अधिनायक जय हे	jana-gaṇa-mana-adhināyaka jaya he
भारत-भाग्य-विधाता	bhārata-bhāgya-vidhātā
पंजाब-सिन्धु-गुजरात-मराठा	pañjāba-sindhu-gujarāta-marāṭhā
द्राविड-उत्कल-बंगा	drāviḍa-utkala-baṅgā
विन्ध्य-हिमाचल-यमुना-गंगा	vindhya-himācala-yamunā-gaṅgā
उच्छल-जलधि तरंगा	ucchala-jaladhi taraṅgā
तव शुभ नामे जागे	tava śubha nāme jāge
तव शुभ आशीष मांगे	tava śubha āśīṣa māṅge
गाहे तव जय गाथा	gāhe tava jaya gāthā
जन-गण-मंगल दायक जय हे	jana-gaṇa-maṅgala dāyaka jaya he
भारत-भाग्य-विधाता	bhārata-bhāgya-vidhātā
जय हे जय हे जय हे	jaya he jaya he jaya he
जय जय जय जय हे	jaya jaya jaya jaya he
जय हिन्द्	jaya hind

Thou art the ruler of the minds of all people –
Dispenser of India's destiny.
Thy name rouses the hearts of Punjab,
Sindh, Gujarat & Maratha,
of the Dravida and Orissa and Bengal –
It echoes in the hills of the
Vindhyas and Himalayas,
mingles in the music of Jamuna and Ganges,
and is chanted by the waves of the Indian Sea.
They pray for Thy blessings and sing Thy praise.
The saving of all people waits in Thy hands.
Thou dispenser of India's destiny,
Victory, Victory, Victory to Thee!

American National Anthem

O say, can you see, by the dawn's early light,

What so proudly we hailed at the twilight's last gleaming?

Whose broad stripes and bright stars, through the perilous fight,

O'er the ramparts we watched, were so gallantly streaming!

And the rockets' red glare, the bombs bursting in air,

Gave proof through the night that our flag was still there:

O say, does that star-spangled banner yet wave

O'er the land of the free and the home of the brave?

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