



**CHINMAYA MISSION WASHINGTON REGIONAL CENTER
(CMWRC)
ASSEMBLY PRAYERS**



srī hanumān cālīsā

dōhā:

srī guru carana sarōja raja nijamanu mukuru sudhāri |
baranau raghubara bimala jasu jō dāyaku phala cāri || 1 ||

buddhihīna tanu jānikē sumirau pavana kumāra |
bala buddhi bidyā dēhu mōhi harahu kalēsa bikāra || 2 ||

caupāi:

jaya hanumāna jñāna guna sāgara |
jaya kapīsa tihulōka ujāgara || 1 ||
rāmadūta atulita baladhāmā |
am̐jani-putra pavana-suta nāmā || 2 ||
mahābīra bikrama bajaraṅgī |
kumati nivāra sumati kē saṅgī || 3 ||
kaṁcana barana birāja subēsā |
kānana kuṁdala kuṁcita kēsā || 4 ||
hātha bajra au dhvajā birājai |
kāndhē mūṁja janēū sājai || 5 ||
saṁkara-suvana kēsarī-nandana |
tēja pratāpa mahā jaga-bandana || 6 ||
bidyāvāna gunī ati cātura |
rāma kāja karibē kō ātura || 7 ||
prabhu caritra sunibē kō rasiyā |
rāmalakhana sītā mana basiyā || 8 ||
sūkṣma rūpadhari siyahim̐ dikhāvā |
bikaṭa rūpadhari lanka jarāvā || 9 ||
bhīma rūpadhari asura saṁhārē |
rāmacandra kē kāja saṁvārē || 10 ||
lāya saṁjīvana lakhana jiyāyē |
śrī raghubīra haraṣi ura lāyē || 11 ||
raghupati kīnhī bahuta badāi |
tuma mama priya bharatahi sama bhāi || 12 ||
sahasa badana tumharō jasa gāvai |
asa kahi śrīpati kaṅṭha lagāvai || 13 ||
sanakādika brahmādi munīsā |
nārada sārada sahita ahīsā || 14 ||
jama kubēra digapāla jahā tē |
kabi kōbida kahi sakē kahā tē || 15 ||
tuma upakāra sugrīvahi kīnhā |
rāma milāya rāja pada dīnhā || 16 ||
tumharō mantra bibhīṣana mānā |
laṁkēsvara bhaē saba jaga jānā || 17 ||
juga sahastra jōjana para bhānū |
līlyō tāhi madhura phala jānū || 18 ||
prabhu mudrikā mēli mukha māhī |
jaladhi lāṁghi gayē acaraja nāhī || 19 ||
durgama kāja jagata kē jētē |
sugama anugraha tumharē tētē || 20 ||

rāma duārē tuma rakhavārē |
hōta na ājñā binu paisārē || 21 ||
saba sukha lahai tumhārī saranā |
tuma racchaka kāhū kō ḍara nā || 22 ||
āpana tēja samhārō āpai |
tīnō lōka hāmka tē kāṁpai || 23 ||
bhūta pisāca nikaṭa nahim̐ āvai |
mahābīra jaba nāma sunāvai || 24 ||
nāsai rōga harai saba pīrā |
japata nirantera hanumata bīrā || 25 ||
saṁkaṭa tē hanumāna chuḍāvai |
mana krama bacana dhyāna jō lāvai || 26 ||
saba para rāma tapasvī rājā |
tinakē kāja sakala tuma sājā || 27 ||
aura manōratha jō kōi lāvai |
sōi amita jīvana phala pāvai || 28 ||
cārō juga paratāpa tumhārā |
hai parasiddha jagata ujjārā || 29 ||
sādhu santa kē tuma rakhavārē |
asura nikandana rāma dulārē || 30 ||
aṣṭasiddhi nau nidhi kē dātā |
asa bara dīnha jānakī mātā || 31 ||
rāma rasāyana tumharē pāsā |
sadā rahō raghupati kē dāsā || 32 ||
tumharē bhajana rāmakō pāvai |
janama janama kē dukha bisarāvai || 33 ||
anta kāla raghubara pura jāi |
jahāṁ janma haribhakta kahāi || 34 ||
aura dēvatā citta na dharaī |
hanumata sēi sarba sukha karaī || 35 ||
saṁkaṭa kaṭai miṭai saba pīrā |
jō sumirai hanumata bala bīrā || 36 ||
jai jai jai hanumāna gōsāi |
kṛpā karahu gurudēva kī nāi || 37 ||
jō sata bāra pāṭha kara kōi |
chūṭahi bandi mahā sukha hōi || 38 ||
jō yaha paḍhai hanumāna cālīsā |
hōya siddhi sākhī gaurīsā || 39 ||
tulasīdāsa sadā hari cērā |
kījai nātha hṛdaya mahaṁ ḍērā || 40 ||

dōhā:

pavanatanaya saṁkaṭa harana maṅgala mūrati rūpa |
rāma lakhana sītā sahita hṛdaya basahu sura bhūpa ||
siyāvāra rāmacandrakī jaya |
pavanasuta hanumānakī jaya |
bōlō bhāi saba santanakī jaya |



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VEDIC AARATI

ōṃ na karmaṇā na prajayā dhanēna tyāgē-naikē amṛtatva-mānaśu: |
parēṇa nākaṃ nihitaṃ guhāyāṃ vibhrājadētadyatayō viśanti |
vēdānta vijñāna sunīscitārthā-ssamnyāsa yōgādyatayaśuddha-sattva : |
tē brahmalōkētu parā natakālē parāmṛtāt-parimucyanti sarvē |
dahraṃ vipāpaṃ paramē śma bhūtaṃ yat puṇḍarīkaṃ puramadhya saggstham |
tatrāpi dahraṃ gaganam viśōka-stasmin yadantasta-dupāsita vyam |
yō vēdādau svāra: prōktō vēdāntē ca pratiṣṭhita: |
tasya prakṛti līnasya ya: parassa mahēśvara: ||
na tatra sūryō bhāti na cāndratāraḥkaṃ
nēmā vidyutō bhānti kutōśyamagni: |
tamēva bhāntamanubhāti sarvam
tasya bhāsā sarvamidaṃ vibhāti ||
ōṃ hara hara namaḥ pārvaṭī patayē hara hara mahādēva
śrī sad-gurunātha mahārāj kī jay ||

śrī cinmaya ārati

ārati śrī cinmaya sadgurukī, divya rūpa mūrati karuṇākī |
ārati sadgurukī ||

caraṇōmē unakē śānti samāyē, śaraṇāgatakī bhrānti miṭāyē, pāpa tāpa saṃtāpa haranakī,
ārati śrī cinmaya sadgurukī, ārati sadgurukī || 1 ||

vēda upaniṣad gītā kō gāyā, dharma sanātana phira sē jagāyā, śuddha nīti prīti śaṃkarakī,
ārati śrī cinmaya sadgurukī, ārati sadgurukī || 2 ||

siddhabārī kī tapō bhūmi mē, nitya birājē guru hamārē, bhakta hṛdaya ānanda srōta kī,
ārati śrī cinmaya sadgurukī, ārati sadgurukī || 3 ||

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