

Binder Contents

My Schedule	2
General Instructions	3
My Responsibilities at Camp	4
My Values	5
Sanskrit Alphabet	6
I Can! I Must! I Will!	7
Śrīmad Bhagavad Gītā Chapter 2 Verses 37-53	8
What is Hanuman?	15
Saṅkāṭa Mocana - Śrī Hanumān Aṣṭakam	16
Invoking the Grace and Blessings of Veera Hanuman	21
Sundara Kāṇḍa	22
Buddhir Balam	24
18 Steps to Immortality	25
Namaste-astu Bhagavan	26
Mahā Mrtyuñjaya Mantra	27
Hanumān Cālīsā	28
Om Śrī Chinmaya Sadgurave Namah	35
Guru Stotram	36
Prārthana Invocation	38
Birthday Song	39
Prayer before Food	40
Śrī Chinmaya Ārati	41
Chinmaya Mission Pratijñā	42
Prayer for Peace	43
Vīra Hanumānā Bhajan	a
Jaya Hanumānā Bhajan	c

My Schedule

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

08:45 am - 09:00 am - Invocation

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

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

10:10 am - 11:00 am - Theme Class

11:10 am - 12:00 pm - Theme Class

12:10 pm - 1:05 pm - Lunch and Recess

01:15 pm - 2:00 pm - Hopping Game, Athletics, Art, Yoga or Dance

02:10 pm - 02:55 pm - Athletics, Art, Yoga or Dance,

02:55 pm - 03:10 pm - Afternoon Snack

03:20 pm - 04:05 pm - Athletics, Art, Yoga or Dance

04:15 pm - 04:30 pm - Bhajans

04:30 pm - 5:00 pm - Evening Assembly with Swamiji

05:00 pm - 05:30 pm - Optional Hopping Game with Swamiji and Children Check Out

05:30 pm - 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 special fun field trips and on-site events.

Mahasamadhi Aradhana Day will be on August 3.

The 4th Thursday is for rehearsals.

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

General Instructions

- Clothing:
 - Comfortable and modest clothing is suitable for camp as the children participate 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 girls, leggings must be worn below skirts. Skirts should be knee length or lower.
 - For water activities girls must wear a modest one-piece bathing suit. Boys must wear modest long swimming trunks.
- Mask: A mask that covers the nose must be worn every day except when eating or doing physical activity (e.g. yoga or athletics)
- Shoes: Closed-toed shoes (sneakers) must 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 on each individual item.
- Yoga Mat: Every child must bring a mat/towel with the name of the child on the first day of camp. This towel will be stored at the camp 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 devices with your child. If a child brings a cell phone to camp, they need to be turned in during check-in. 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, gelatin-free, vegetarian lunch that does not require any heating along with non-disposable cutlery.
- Snacks: Each child must bring two vegetarian, nut-free, gelatin-free snacks.

My Responsibilities at Camp

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

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!



Sanskrit Alphabet

अ	आ	ब	भ	च	छ	द
a	ā	ba	bha	ca	cha	da
ध	ড	ঢ	ঐ	ঐ	গ	ঘ
dha	da	dha	e	ai	ga	gha
ହ	ଇ	ି	ଜ	ଝ	କ	ଖ
ha	i	ī	ja	jha	ka	kha
ଲ	ମ	ନ	ଣ	ଓ	ୌ	ପ
la	ma	na	ṇa	o	au	pa
ଫ	ର	ଙ୍ଗ	ସ	ଶ	ସ	ତ
pha	ra	ṛa	sa	śa	ṣa	ta
ଥ	ଟ	ଠ	ୱ	ଞ୍ଚ	ବ	କ୍ଷ
tha	ṭa	ṭha	u	ū	va	kṣa
ୟ	ଜ୍ଞ					
ya	jñā					

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

Sama

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.

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

Chapter 2 Verses 37 - 53

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

हतो वा प्राप्स्यसि स्वर्गं
जित्वा वा भोक्ष्यसे महीम् ।
तस्मादुत्तिष्ठ कौन्तेय
युद्धाय कृतनिश्चयः ॥ ३७ ॥

hato vā prāps-yasi svar-gam
jit-vā vā bhokṣ-yase ma-him ।
tas-mād-ut-tiṣṭha kaun-teya
yud-dhā-ya kr̄-ta-niś-ca-yah ॥ 37 ॥

Slain, you will obtain heaven; victorious, you will enjoy the earth, therefore, stand up, O son of Kunti, determined to fight.

सुखदुःखे समे कृत्वा
लाभालाभौ जयाजयौ ।
ततो युद्धाय युज्यस्व
नैवं पापमवाप्स्यसि ॥ ३८ ॥

su-kha-duḥ-khe sa-me kṛt-vā
lā-bhā-lā-bhau jayā-ja-yau ।
tato yud-dhā-ya yuj-yas-va
nai-vam pā-pam-avāps-yasi ॥ 38 ॥

Having made pleasure and pain, gain and loss, victory and defeat the same, then engage in battle for the sake of battle and you shall not incur sin.

एषा तेऽभिहिता साञ्चे
बुद्धिर्योगे त्विमां शृणु ।
बुद्ध्या युक्तो यथा पार्थ
कर्मबन्धं प्रहास्यसि ॥ ३९ ॥

eṣā te'-bhi-hi-tā sāṅkh-ye
bud-dhir-yoge tvi-māṁ śr̄-ṇu ।
bud-dhyā yuk-to ya-yā pār-tha
karma-ban-dham̄ pra-hās-yasi ॥ 39 ॥

This, which has been taught to you, is wisdom concerning Sankya. Now listen to the wisdom concerning Yoga, having known which, O Partha, you shall cast off the bonds of action.

नेहाभिक्रमनाशोऽस्ति
प्रत्यवायो न विद्यते ।
स्वल्पमप्यस्य धर्मस्य
त्रायते महतो भयात् ॥ ४० ॥

nehā-bhi-kra-ma-nā-sō's-ti
prat-ya-vā-yo na vid-yate ।
sval-pam-ap-yaś-ya dhar-mas-ya
trā-ya-te ma-ha-to bha-yāt ॥ 40 ॥

In this, there is no loss of effort, nor is there any production of contrary results. Even a little practice of this Knowledge protects one from great fear.

व्यवसायात्मिका बुद्धिः
एकेह कुरुनन्दन ।
बहुशाखा ह्यनन्ताश्च
बुद्धयोऽव्यवसायिनाम् ॥ ४१ ॥

vyā-va-sā-yāt-mi-kā bud-dhiḥ
eke-ha kuru-nan-dana ।
bahu-śākhā hya-nan-tāś-ca
bud-dha-yo'-vyā-va-sā-yi-nām ॥ 41 ॥

Here, O Joy of the Kurus! There is but a single-pointed determination. Many-branched and endless are the thoughts of the irresolute.

यामिमां पुष्पितां वाचं

yā-mi-mām puṣ-pi-tām vā-cam

प्रवदन्त्यविपश्चितः ।

pra-va-dant-ya-vi-paś-ci-tah ।

वेदवादरताः पार्थ

veda-vā-da-ra-tah pār-tha

नान्यदस्तीति वादिनः ॥४२॥

nān-ya-das-tī-ti vā-di-naḥ ॥ 42 ॥

O Partha, the unwise utter flowery speech, delighting only in the word of the Vedas, say there is nothing else.

कामात्मानः स्वर्गपराः

kā-māt-mā-nah svar-ga-pa-rāḥ

जन्मकर्मफलप्रदाम् ।

jan-ma-kar-ma-pha-la-pra-dām ।

क्रियाविशेषबहुलां

kri-yā-vi-śe-ṣa-ba-hu-lām

भोगैश्वर्यगतिं प्रति ॥४३॥

bho-gaiś-var-ya-ga-tim prati ॥ 43 ॥

Full of desires, having heaven as their goal, they utter flowery words, which promise new birth as the reward of their actions, and prescribe many specific actions for the attainment of pleasure and power.

भोगैश्वर्यप्रसक्तानां

bho-gaiś-var-ya-pra-sak-tā-nām

तयापहृतचेतसाम् ।

ta-yā-pa-hṛ-ta-ce-ta-sām ।

व्यवसायात्मिका बुद्धिः

vya-va-sā-yāt-mi-kā bud-dhiḥ

समाधौ न विधीयते ॥४४॥

sa-mā-dhau na vi-dhī-ya-te ॥ 44 ॥

Those who cling to pleasure and power, whose minds are drawn away by such teaching, are neither resolute nor are they fit for steady Meditation.

त्रैगुण्यविषया वेदाः	trai-guṇya-vi-ṣa-yā ve-dāḥ
निर्बौद्धो भवार्जुन ।	nis-trai-guṇyo bha-vār-juna ।
निर्द्वन्द्वो नित्यसत्त्वस्थः	nir-dvand-vo nit-ya-sat-tvas-thah
निर्योगक्षेम आत्मवान् ॥४५॥	nir-yo-ga-kṣe-ma āt-ma-vān ॥ 45 ॥

The Vedas deal with the three attributes (Guṇas); O Arjuna, be above these three attributes. Free yourself from the pairs of opposites, and ever remain in Sattva (goodness). Freed from all thoughts of acquisition and preservation, be established in the Self.

यावानर्थ उदपाने	yā-vā-nar-tha uda-pā-ne
सर्वतः संप्लुतोदके ।	sar-va-tah sam-plu-to-da-ke ।
तावान्सर्वेषु वेदेषु	tā-vān-sar-ve-ṣu ve-de-ṣu
ब्राह्मणस्य विजानतः ॥४६॥	brāh-ma-ṇas-ya vi-jā-na-tah ॥ 46 ॥

To the Brahmana who has known the Self, all the Vedas are as useful as a well in a flooded area.

कर्मण्येवाधिकारस्ते	kar-maṇ-ye-vā-dhi-kā-ras-te
मा फलेषु कदाचन ।	mā pha-le-ṣu ka-dā-ca-na ।
मा कर्मफलहेतुर्मुः	mā kar-ma-pha-la-he-tur-bhuḥ
मा ते सञ्जोऽस्त्वकर्मणि ॥४७॥	mā te sañ-go'ṣt-va-kar-ma-ṇi ॥ 47 ॥

Your right is to work alone, but never to its fruits. Never let the result of action be your motive. Never be attached to inaction.

योगस्थः कुरु कर्माणि

yo-gas-thah̄ ku-ru kar-mā-ṇi

सञ्जं त्यक्तवा धनञ्जय ।

sañ-gam̄ tyakt-vā dha-nañ-jaya ।

सिद्ध्यसिद्ध्योः समो भूत्वा

sid-dhya-siddh-yoh̄ sa-mo bhūt-vā

समत्वं योग उच्यते ॥४८॥

sa-mat-vam̄ yoga uc-ya-te ॥ 48 ॥

O Dhananjaya! Abandoning attachment, being steadfast in Yoga and balanced in success and failure, perform action. Evenness of mind is called Yoga.

दूरेण ह्यवरं कर्म

dū-re-ṇa hya-va-ram̄ kar-ma

बुद्धियोगाद्धनञ्जय ।

bud-dhi-yo-gād-dha-nañ-jaya ।

बुद्धौ शरणमन्विच्छ

bud-dhau śa-ra-ṇam-an-vic-cha

कृपणाः फलहेतवः ॥४९॥

kr̄-pa-ṇāḥ pha-la-he-ta-vah̄ ॥ 49 ॥

Far lower than the Yoga of wisdom is action, O Dhananjaya. Seek refuge in wisdom; those who are motivated only by the result are wretched.

बुद्धियुक्तो जहातीह

bud-dhi-yuk-to ja-hā-tī-ha

उभे सुकृतदुष्कृते ।

ubhe su-kr̄-ta-dus-kr̄-te ।

तस्माद्योगाय युज्यस्व

tas-mād-yo-gā-ya yuj-yas-va

योगः कर्मसु कौशलम् ॥५०॥

yo-gah̄ kar-ma-su kau-śa-lam ॥ 50 ॥

Endowed with the Wisdom of evenness of mind, one casts off both good deeds and evil deeds.

Therefore, devote yourself to Yoga. Skill in action is Yoga.

कर्मजं बुद्धियुक्ता हि	kar-ma-jam bud-dhi-yuk-tā hi
फलं त्यक्तवा मनीषिणः ।	pha-lam̄ tyak-tvā ma-nī-ṣi-ṇah̄ ।
जन्मबन्धविनिर्मुक्ताः	jan-ma-ban-dha-vi-nir-muk-tāḥ
पदं गच्छन्त्यनामयम् ॥५१॥	pa-dam̄ gac-chant-ya-nā-ma-yam ॥ 51 ॥

Possessing Knowledge, the wise who have abandoned the results of their actions, are freed from the bondage of rebirth. They go to the State which is beyond all evil.

यदा ते मोहकलिलं	ya-dā te mo-ha-ka-li-lam̄
बुद्धिव्यतितरिष्यति ।	bud-dhir-vya-ti-ta-riṣ-ya-ti ।
तदा गन्तासि निर्वेदं	ta-dā gan-tā-si nir-ve-dam̄
श्रोतव्यस्य श्रुतस्य च ॥५२॥	śro-tav-yas-ya śru-tas-ya ca ॥ 52 ॥

When your intellect crosses beyond the mire of delusion, then you shall attain indifference as to what has been heard and what is yet to be heard.

श्रुतिविप्रतिपन्ना ते	śru-ti-vi-pra-ti-pan-nā te
यदा स्थास्यति निश्चला ।	ya-dā sthās-ya-ti niś-calā ।
समाधावचला बुद्धिः	sa-mā-dhā-va-ca-lā bud-dhiḥ
तदा योगमवाप्स्यसि ॥५३॥	ta-dā yo-gam-avāps-ya-si ॥ 53 ॥

When your intellect, though perplexed by what you have heard, stands immovable and steady in the Self, then you shall attain Self-realization.

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-sam-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-ekam̄ śara-ṇam̄ 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 kṛṣ-ṇār-pa-ṇam-astu

What is Hanuman?

When you lead a life in complete surrender to Lord Rama, then the strength that rises from within you,
THAT is Hanuman.

When love and beauty, learning and courage, determination and success come to your life from a source beyond your body, mind, and intellect,
THAT is Hanuman.

When you reach your life's goal like a sure-shot arrow from Lord Rama's bow,
THAT is Hanuman.

– Swami Chinmayananda

संकट मोचन – श्री हनुमान् अष्टकम्

Saṅkaṭa Mocana – Śrī Hanumān Aṣṭakam

संकट मोचन नाम तिहारो

saṅ-ka-ṭa mo-ca-na nā-ma ti-hā-ro

संकट मोचन नाम तिहारो

saṅ-ka-ṭa mo-ca-na nā-ma ti-hā-ro

बाल समय रवि भक्षि लियो तब

bā-la sa-may ra-bi bhak-ṣi li-yo ta-ba

तीनहुँ लोक भयो अँधियारो ।

tī-na-hum̄ lo-ka bha-yo añ-dhi-yā-ro ।

ताहि सों त्रास भयो जग को

tā-hi som̄ trā-sa bha-yo ja-ga ko

यह संकट काहु सों जात न टारो ॥

ya-ha saṅ-ka-ṭa kāhu som̄ jā-ta na ṭā-ro ॥

देवन आनि करी बिनती तब

de-va-na āni ka-rī bi-na-tī ta-ba

छाँडि दियो रवि कष्ट निवारो ।

chāṁ-ḍi di-yo ra-bi kaṣ-ṭa ni-vā-ro ।

को नहिं जानत है जगमें कपि

ko na-him̄ jā-na-ta hai ja-ga-mem̄ ka-pi

संकट मोचन नाम तिहारो

saṅ-ka-ṭa mo-ca-na nā-ma ti-hā-ro

संकट मोचन नाम तिहारो ॥ १ ॥

saṅ-ka-ṭa mo-ca-na nā-ma ti-hā-ro ॥ 1 ॥

बालि की त्रास कपीस बसै गिरि

bā-li kī trā-sa ka-pī-sa ba-sai gi-ri

जात महाप्रभु पंथ निहारो ।

jā-ta ma-hā-pra-bhu pan-tha ni-hā-ro ।

चौंकि महा मुनि साप दियो तब

cauñ-ki ma-hā mu-ni sā-pa di-yo ta-ba

चाहिय कौन बिचार बिचारो ॥

cā-hi-ya kau-na bi-cā-ra bi-cā-ro ॥

कै द्विज रूप लिवाय महाप्रभु

kai dvi-ja rū-pa li-vā-ya ma-hā-pra-bhu

सो तुम दास के सोक निवारो ।

so tu-ma dā-sa ke so-ka ni-vā-ro ।

को नहिं जानत है जगमें कपि

ko na-him̄ jā-na-ta hai ja-ga-mem̄ ka-pi

संकट मोचन नाम तिहारो

saṅ-ka-ṭa mo-ca-na nā-ma ti-hā-ro

संकट मोचन नाम तिहारो ॥ २ ॥

saṅ-ka-ṭa mo-ca-na nā-ma ti-hā-ro ॥ 2 ॥

अंगद के सँग लेन गये सिय
 खोज कपीस यह बैन उचारो ।
 जीवत ना बच्चिहौ हम सो जु
 बिना सुधि लाए इहाँ पगु धारो ॥

 हेरि थके तट सिंधु सबै तब
 -लाय सिया सुधि प्रान उबारो ।
 को नहिं जानत है जगमें कपि
 संकट मोचन नाम तिहारो
 संकट मोचन नाम तिहारो ॥ ३ ॥

aṅ-ga-da ke sam̄-ga le-na ga-ye si-ya
 kho-ja ka-pī-sa yaha bai-na u-cā-ro ।
 jī-va-ta nā ba-ci-hau ha-ma so ju
 bi-nā su-dhi lāe i-hām pa-gu dhā-ro ॥

 heri tha-ke ta-ṭa sin-dhu sa-bai ta-ba
 -lā-ya si-yā su-dhi prā-na u-bā-ro ।
 ko na-him jā-na-ta hai ja-ga-mem̄ ka-pi
 sañ-kaṭa mo-ca-na nā-ma ti-hā-ro
 sañ-kaṭa mo-ca-na nā-ma ti-hā-ro ॥ 3 ॥

रावन त्रास दई सिय को सब
 राक्षसि सों कहि सोक निवारो ॥

 ताहि समय हनुमान महाप्रभु
 जाय महा रजनीचर मारो ॥

 चाहत सीय असोक सों आगि सु
 दै प्रभु मुद्रिका सोक निवारो ।
 को नहिं जानत है जगमें कपि
 संकट मोचन नाम तिहारो
 संकट मोचन नाम तिहारो ॥ ४ ॥

rā-va-na trā-sa daī si-ya ko sa-ba
 rāk-ṣa-si som̄ ka-hi so-ka ni-vā-ro ॥

 tā-hi sa-may ha-nu-mā-na ma-hā-pra-bhu
 jā-ya ma-hā ra-ja-nī-ca-ra mā-ro ॥

 cā-ha-ta sī-ya a-so-ka som̄ āgi su
 dai pra-bhu mud-ri-kā soka ni-vā-ro ।

 ko na-him jā-na-ta hai ja-ga-mem̄ ka-pi
 sañ-kaṭa mo-ca-na nā-ma ti-hā-ro
 sañ-kaṭa mo-ca-na nā-ma ti-hā-ro ॥ 4 ॥

बान लग्यो उर लछिमन के तब
 प्रान तजे सुत रावन मारो ।
 लै गृह बैद्य सुषेन समेत
 तबै गिरि द्रोन सु बीर उपारो ॥

 आनि सजिवन हाथ दई तब
 लछिमन के तुम प्रान उबारो ।
 को नहिं जानत है जगमें कपि
 संकट मोचन नाम तिहारो
 संकट मोचन नाम तिहारो ॥ ५ ॥

bā-na la-gyo ura la-chi-ma-na ke ta-ba
 prā-na ta-je su-ta rā-va-na mā-ro ।
 lai gr̄-ha bai-dya su-še-na sa-me-ta
 ta-bai gi-ri dro-na su bī-ra u-pā-ro ॥

 āni sa-ji-va-na hā-tha daī ta-ba
 la-chi-ma-na ke tu-ma prā-na u-bā-ro ।
 ko na-him jā-na-ta hai ja-ga-mem ka-pi
 sañ-kaṭa mo-ca-na nā-ma ti-hā-ro
 sañ-kaṭa mo-ca-na nā-ma ti-hā-ro ॥ 5 ॥

रावन जुद्ध अजान कियो तब
 नाग कि फाँस सबै सिर डारो ।
 श्रीरघुनाथ समेत सबै दल
 मोह भयो यह संकट भारो ॥

 आनि खगेस तबै हनुमान जु
 बंधन काटि सुत्रास निवारो ।
 को नहिं जानत है जगमें कपि
 संकट मोचन नाम तिहारो
 संकट मोचन नाम तिहारो ॥ ६ ॥

rā-va-na jud-dha a-jā-na ki-yo ta-ba
 nā-ga ki phām-sa sa-bai si-ra ḍā-ro ।
 śrī-ra-ghu-nā-tha sa-me-ta sa-bai da-la
 mo-ha bha-yo ya-ha sañ-kaṭa bhā-ro ॥

 āni kha-ge-sa ta-bai ha-nu-mā-na ju
 ban-dha-na kā-ṭi su-trā-sa ni-vā-ro ।
 ko na-him jā-na-ta hai ja-ga-mem ka-pi
 sañ-kaṭa mo-ca-na nā-ma ti-hā-ro
 sañ-kaṭa mo-ca-na nā-ma ti-hā-ro ॥ 6 ॥

बंधु समेत जबै अहिरावन
लै रघुनाथ पताल सिधारो ।
देविहिं पूजि भली बिधि सों बलि
देउ सबै मिलि मंत्र बिचारो ॥

जाय सहाय भयो तब ही
अहिरावन सैन्य समेत सँहारो ।
को नहिं जानत है जगमें कपि
संकट मोचन नाम तिहारो
संकट मोचन नाम तिहारो ॥ ७ ॥

ban-dhu sa-me-ta ja-bai a-hi-rā-va-na
lai ra-ghu-nā-tha pa-tā-la si-dhā-ro ।
de-bi-him pū-jī bha-lī bi-dhi som ba-li
deu sa-bai mi-li man-tra bi-cā-ro ॥

jā-ya sa-hā-ya bha-yo ta-ba hī
ahi-rā-va-na sain-ya sa-me-ta sam-hā-ro ।
ko na-him jā-na-ta hai ja-ga-mem ka-pi
sañ-kaṭa mo-ca-na nā-ma ti-hā-ro
sañ-kaṭa mo-ca-na nā-ma ti-hā-ro ॥ 7 ॥

काज किये बड देवन के तुम
बीर महाप्रभु देखि बिचारो ।
कौन सो संकट मोर गरीब को
जो तुमसों नहि जात हैं टारो ॥

बैगि हरो हनुमान महाप्रभु
जोकुछ संकट होय हमारो ।
को नहिं जानत है जगमें कपि
संकट मोचन नाम तिहारो
संकट मोचन नाम तिहारो ॥ ८ ॥

kā-ja ki-ye ba-ḍa de-va-na ke tu-ma
bī-ra ma-hā-pra-bhu de-khi bi-cā-ro ।
kau-na so sañ-ka-ṭa mo-ra ga-rī-ba ko
jo tu-ma-som na-hi jā-ta hai ṭā-ro ॥

be-gi ha-ro ha-nu-mā-na ma-hā-pra-bhu
jo-ku-cha sañ-ka-ṭa ho-ya ha-mā-ro ।
ko na-him jā-na-ta hai ja-ga-mem ka-pi
sañ-kaṭa mo-ca-na nā-ma ti-hā-ro
sañ-kaṭa mo-ca-na nā-ma ti-hā-ro ॥ 8 ॥

लाल देह लाली लसै ।
 अरु धरि लाल लँगूर ।
 बज्र देह दानव दलन ।
 जय जय जय कपि सूर ।

lā-la de-ha lā-lī la-sai ।
 a-ru dha-ri lā-la lañ-gū-ra ।
 baj-ra de-ha dā-na-va da-la-na ।
 ja-ya ja-ya ja-ya ka-pi sū-ra ।

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

si-yā-va-ra rā-ma-can-dra-kī ja-ya ।
 pa-va-na-su-ta ha-nu-mā-na-kī ja-ya ।
 umā-pa-ti ma-hā-de-va-kī ja-ya ।
 bo-lo bhāī sa-ba san-ta-na-kī ja-ya ।

श्री सद्गुरु नाथ महाराज की जय ।

śrī sadgu-ru nā-tha mahā-rāja kī jai!



Invoking the Grace and Blessings of Veera Hanuman



ॐ आञ्जनेयाय विद्महे
वायुपुत्राय धीमहि ।
तन्नो हनुमत् प्रचोदयात् ॥

om āñ-ja-ne-yā-ya vid-ma-he
vā-yu-pu-trā-ya dhī-ma-hi ।
tan-no ha-nu-mat̄ pra-co-da-yāt̄ ॥

सुन्दर काण्ड – Sundara Kāṇḍa

शान्तं शाश्वतमप्रमेयमनघं

śān-tam̄ śāś-va-tam-a-pra-me-yam-ana-gham̄

निर्वाणशान्तिप्रदं

nir-vā-ṇa-sān-ti-pra-dam̄

ब्रह्माशम्भुफणीन्द्रसेव्यमनिशं

brahmā-śam-bhu-pha-ṇīn-dra-sev-yam-a-ni-śam̄

वेदान्तवेद्यं विभुम् ।

ve-dān-ta-ved-yam̄ vi-bhum ।

रामाख्यं जगदीश्वरं सुरगुरुं

rā-mā-khyam̄ ja-ga-dīś-va-ram̄ su-ra-gu-rum̄

मायामनुष्यं हरि

mā-yā-ma-nuṣ-yam̄ ha-rim̄

वन्देऽहं करुणाकरं रघुवरं

van-de'-ham̄ ka-ru-ṇā-ka-ram̄ ra-ghu-va-ram̄

भूपालचूडामणिम् ॥ १ ॥

bhū-pā-la-cū-ḍā-ma-ṇim ॥ 1 ॥

वन्देऽहं करुणाकरं रघुवरं

van-de'-ham̄ ka-ru-ṇā-ka-ram̄ ra-ghu-va-ram̄

भूपालचूडामणिम् ॥ १ ॥

bhū-pā-la-cū-ḍā-ma-ṇim ॥ 1 ॥

नान्या सृहा रघुपते हृदयेऽस्मदीये

nān-yā spr̥-hā ra-ghu-pa-te hr̥-da-ye's-ma-dī-ye

सत्यं वदामि च भवानखिलान्तरात्मा ।

sat-yam̄ va-dā-mi ca bha-vān-a-khi-lān-ta-rāt-mā ।

भक्तिं प्रयच्छ रघुपुञ्जव निर्भरां मे

bhak-tim̄ pra-yac-cha ra-ghu-puñgava nir-bha-rām̄ me

कामादिदोषरहितं कुरु मानसं च ॥ २ ॥

kā-mā-di-do-ṣa-ra-hi-tam̄ ku-ru mā-na-sam̄ ca ॥ २ ॥

कामादिदोषरहितं कुरु मानसं च ॥ २ ॥

kā-mā-di-do-ṣa-ra-hi-tam̄ ku-ru mā-na-sam̄ ca ॥ २ ॥

अतुलितबलधामं हेमशैलाभदेहं

a-tu-li-ta-ba-la-dhā-mam̄ he-ma-śai-lā-bha-de-ham̄

दनुजवनकृशानुं ज्ञानिनामग्रगण्यम् ।

da-nu-ja-va-na-kr̥-śā-num̄ jñā-ni-nām-agra-gaṇ-yam ।

सकलगुणनिधानं वानराणामधीशं

sa-ka-la-gu-ṇa-ni-dhā-nam̄ vā-na-rā-ṇām-adhī-śam̄

रघुपतिप्रियभक्तं वातजातं नमामि ॥ ३ ॥

ra-ghu-pa-ti-pri-ya-bhak-tam̄ vā-ta-jā-tam̄ na-mā-mi ॥ ३ ॥

रघुपतिप्रियभक्तं वातजातं नमामि ॥ ३ ॥

ra-ghu-pa-ti-pri-ya-bhak-tam̄ vā-ta-jā-tam̄ na-mā-mi ॥ ३ ॥

बुद्धिर्बलं
Buddhir-Balam
(One Gets Wisdom, Strength)

ॐ बुद्धिर्बलं यशो धैर्यं
 निर्भयत्वम् अरोगता ।
 अजाञ्जं वाक्पटुत्वम् च
 हनुमत् स्मरणात् भवेत् ॥
हनुमत् स्मरणात् भवेत् ॥

om bud-dhir-ba-lam̄ ya-śo dhair-yam̄
 nir-bha-yat-vam a-ro-ga-tā ।
 a-jād-yam̄ vāk-pa-ṭut-vam ca
 ha-nu-mat sma-ra-ṇāt bha-vet ॥
ha-nu-mat sma-ra-ṇāt bha-vet ॥

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



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.

नमस्ते-अस्तु भगवन्
Namaste-astu Bhagavan

ॐ नमस्ते अस्तु भगवन्
विश्वेश्वराय महादेवाय अ्यम्बकाय
त्रिपुरान्तकाय त्रिकालाग्निकालाय कालाग्निरुद्राय
नीलकण्ठाय मृत्युञ्जयाय सर्वश्वराय 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 namah ॥

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-bakam yajamahe

सुगन्धिं पुष्टिवर्धनम्

sugandhim puṣṭi-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.



हनुमान् चालीसा – Hanumān Cālīsā

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 विद्या देहु मोहि
हरहु कलेस बिकार ॥ २ ॥

buddhihīna tanu jānikē
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 ।
añjani-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 विराज सुबेसा ।
कानन कुंडल कुंचित केसा ॥४॥

kañcana barana birāja subesā ।
kānana kuñḍala kuñcita kesā ॥ 4 ॥

हाथ बज्र औ ध्वजा विराजै ।
कान्धे मूँज जनेऊ साजै ॥५॥

hātha bajra au dhvajā birājai ।
kāndhe mūṁja janeū sājai ॥ 5 ॥

संकर-सुवन केसरी-नन्दन ।
तेज प्रताप महा जग-बन्दन ॥६॥

saṅkara-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॥

sūksma rūpadhari siyahim dikhāvā ।
bikaṭa rūpadhari lanka jarāvā ॥ 9 ॥

भीम रूपधरि असुर संहारे ।
रामचन्द्र के काज सँवारे ॥१०॥

bhīma rūpadhari asura samḥāre ।
rāmacandra ke kāja samvāre ॥ 10 ॥

लाय सजीवन लखन जियाये ।	lāya sajīvana lakhana jiyāye ।
श्री रघुबीर हराषि 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 जहाँ ते ।	jama kubera digapāla jahāṁ te ।
कबि कोबिद कहि सके कहाँ ते ॥ १५ ॥	kabi kobida kahi sake kahāṁ 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 ॥	laṅkesvara bhae saba jaga jānā ॥ 17 ॥

जुग सहस्र जोजन पर भानू ।	juga sahasra jojana para bhānū ।
लील्यो ताहि मधुर फल जानू ॥ १८ ॥	līlyo tāhi madhura phala jānū ॥ 18 ॥
प्रभु मुद्रिका मेलि मुख माहीं ।	prabhu mudrikā meli mukha māhīṁ ।
जलधि लाँधि गये अचरज नाहीं ॥ १९ ॥	jaladhi lāṁgħi gaye acaraja nāhīṁ ॥ 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 ।
तीनों लोक हाँक ते काँपै ॥ २३ ॥	tīnom loka hāṁka te kāmpai ॥ 23 ॥
भूत पिसाच निकट नहिं आवै ।	bhūta pisāca nikaṭa nahiṁ 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 छुडावै ।	saṅkaṭa te hanumāna chudāvai ।
मन क्रम बचन ध्यान जो लावै ॥ २६ ॥	mana krama bacana dhyāna jo lāvai ॥ 26 ॥
सब पर राम तपस्वी राजा ।	saba para rāma tapasvī rājā ।
तिन के काज सकल तुम साजा ॥ २७ ॥	tina ke 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 ॥
चारों जुग परताप तुम्हारा ।	cārom 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 ।
सदा रहो रघुपति के दासा ॥ ३२ ॥

rāma rasāyana tumhare pāsā ।
sadā raho raghupati ke dāsā ॥ 32 ॥

तुम्हरे भजन राम को पावै ।
जनम जनम के दुख बिसरावै ॥ ३३ ॥

tumhare bhajana rāma ko pāvai ।
janama janama ke dukha bisarāvai ॥ 33 ॥

अन्त काल रघुबर पुर जाई ।
जहाँ जन्म हरिभक्त कहाई ॥ ३४ ॥

anta kāla raghubara pura jāī ।
jahāṁ janma hari-bhakta kahāī ॥ 34 ॥

और देवता चित्त न धरई ।
हनुमत सेइ सर्व सुख करई ॥ ३५ ॥

aura devatā citta na dharaī ।
hanumata sei sarba sukha karaī ॥ 35 ॥

संकट कटै मिटै सब पीरा ।
जो सुमिरै हनुमत बल बीरा ॥ ३६ ॥

saṅkaṭa kaṭai miṭai saba pīrā ।
jo sumirai hanumata bala bīrā ॥ 36 ॥

जै जै जै हनुमान गोसाई ।
कृपा करहु गुरुदेव की नाई ॥ ३७ ॥

jai jai jai hanumāna gosāī ।
kṛpā karahu gurudeva kī nāī ॥ 37 ॥

जो सत बार पाठ कर कोई ।
छूटहि बन्दि महा सुख होई ॥ ३८ ॥

jo sata bāra pāṭha kara koī ।
chūṭahi bandi mahā sukha hoī ॥ 38 ॥

जो यह पढै 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 maham ḍerā ॥ 40 ॥

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

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

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

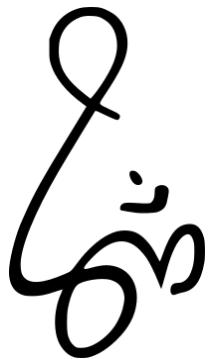
siyāvara rāma-candrakī jaya ।
pavanasuta hanumānakī jaya ।
umāpati mahā-devakī jaya ।
bolo bhāī saba santanakī jaya ।

Om Śrī Chinmaya Sadgurave Namah
Salutations unto the Great Master Swami Chinmayananda

His life itself is a scripture,
His words are hymns,
His actions are blessings upon the world.
He is the fulfilled, the perfect.
In such an accomplished man,
we watch God and His play.
His thundering words!
Continuously!

At all times, this Awareness must be there,
that all that I am seeing,
is nothing but Him,
in another form!

Jai Jai Jagadeeshwara! Hari Om!



गुरुस्तोत्रम्

Guru-stotram

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

अज्ञानतिमिरानधस्य ज्ञानाङ्गनशलाकया । चक्षुरुन्मीलितं येन तस्मै श्रीगुरवे नमः ॥ २ ॥	ajñāna-timi-rāndhasya jñānāñ-jana-śa-lā-kayā । cak-ṣu-runmī-li-tam yena tas-mai śrī-gurave -namah ॥ 2 ॥
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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.

गुरुब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः । गुरुरेव परं ब्रह्म तस्मै श्रीगुरवे नमः ॥ ३ ॥	gurur-brahmā gurur-viṣṇuh gurur-devo maheś-varah । gurur-eva param brahma 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 जङ्घमं व्याप्तं
यत्किञ्चित्सच्चराचरम् ।
तत्पदं दर्शितं येन
तस्मै श्रीगुरवे नमः ॥ ४ ॥

sthā-varam jaṅga-mam vyāp-tam
yat-kiñ-cit-saca-rā-caram ।
tat-padam darśi-tam yena
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
त्रैलोक्यं सच्चराचरम् ।
तत्पदं दर्शितं येन
तस्मै श्रीगुरवे नमः ॥ ५ ॥

chinmayam vyā-pi yat-sarvam
trai-lok-yam saca-rā-caram ।
tat-padam darśi-tam yena
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 ।
त्वमेव बन्धुश्च सखा त्वमेव ।
त्वमेव विद्या द्रविणं त्वमेव ।
त्वमेव सर्वं मम देवदेव ॥

tvam-eva mā-tā ca pi-tā tvam-eva ।
tvam-eva bandhuś-ca sa-khā tvam-eva ।
tvam-eva vid-yā dra-vi-ṇam tvam-eva ।
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!

प्रार्थना

Prārthanā Invocation

ॐ न कर्मणा न प्रजया धनेन त्यागेनैके अमृतत्व-मानशः ।

om na karmanā na prajayā dhanena tyāgenaike amṛtatva-mānaśuḥ ।

परेण नाकं निहितं गुहायां विभ्राजदेतद्यतयो विशन्ति ।

pareṇa nākam nihitam guhāyām vibhrāja-detadyatayo viśanti ।

वेदान्तविज्ञान-सुनिश्चितार्थास्-संन्यास योगाद्यतयश्शुद्धसत्त्वाः ।

vedānta-vijñāna-suniścītārthās-saṁnyāsa yogādyatayaś-suddha-sattvāḥ ।

ते ब्रह्मलोकेतु परान्तकाले परामृतात्परिमुच्यन्ति सर्वे ।

te brahma-loketu parānta-kāle parāmṛtāt-parimuc-yanti sarve ।

दहं विपापं परमेऽश्मभूतं यत्पुण्डरीकं पुरमध्यसग्गथम् ।

dahram vipāpam parame'sma-bhūtam yatpuṇḍra-rikam pura-madhyasaggsthām ।

तत्रापि दहं गगनं विशोक-स्तस्मिन् यदन्तस्तदुपासितव्यम् ।

tatrāpi dahram gaganaṁ viśokas-tasmin yadantas-tad-upāsi-tavyam ।

यो वेदादौ स्वरः प्रोक्तो वेदान्ते च प्रतिष्ठितः ।

yo vedādau svārah proktō vedānte ca pratiṣṭhitah ।

तस्य प्रकृति-लीनस्य यः परस्य महेश्वरः ॥

tasya prakṛti-līnasya yaḥ parassa maheśvarah ॥

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

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

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 namah 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 ।
śam tanotu te
sarvadā mudam ॥ 1 ॥

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

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

prārtha-yāmahe
bhava śatāyuṣī ।
iśvaraḥ sadā
tvām 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
Srī Chinmaya Ārati

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

ārati srī 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 ॥

caraṇom̄ mem̄ 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 prīti śaṅkara kī ॥ 2 ॥

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

siddhabādi kī tapobhūmi mem̄ ।
 nitya birāje guru hamāre ।
 bhakta hr̄daya 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

प्रेमादरश्लक्षणगुणानुबद्धाः ।

pre-mā-daraś-laks-ṇa-gu-ṇā-nu-baddhāḥ |

योद्धुं सदा चाखिलदुष्प्रवृत्तीः

yod-dhum sa-dā cā-khila-dus-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-tum pra-sā-dā-ya bha-jā-ma īśam ||

प्रभो कृपा ते च शुभाशिषोऽस्मद्

pra-bho kr-pā te ca śu-bhā-śi-so'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 dr̥-ḍham ca ||

जनेषु भक्तिः परमात्मभक्तिः

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

इति स्वकार्याणि च सुष्ठु विद्मः ।

iti sva-kār-yā-ṇi ca sus-ṭhu vid-mah |

तेषां प्रपूर्त्यै कृपया प्रभो नो

te-ṣāṁ pra-pūrt-yai kr-pa-yā pra-bho no

बलं च धैर्य वितरोपयुक्तम् ॥

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

बलं च धैर्य वितरोपयुक्तम् ॥

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

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-amṛtam gamaya ।
ॐ शान्तिः शान्तिः शान्तिः ॥	om śāntih । śāntih । śāntih ।
॥ 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!

Vīra Hanumānā Bhajan

वीर हनुमाना अति-बलवाना राम नाम रसिया रे

vīra hanumānā ati-balavānā rāma nāma rasiyā re

हे हे हे हे प्रभु मन बसिया रे

he he he he prabhu mana basiyā re

हो हो हो हो तपोवन बसिया रे

ho ho ho ho tapovana basiyā re

राम लक्ष्मण जानकी जय बोलो हनुमान की

rāma lakṣmaṇa jānakī jaya bolo hanumāna kī

राम लक्ष्मण जानकी जय बोलो हनुमान की

rāma lakṣmaṇa jānakī jaya bolo hanumāna kī

वीर हनुमाना अति-बलवाना राम नाम रसिया रे

vīra hanumānā ati-balavānā rāma nāma rasiyā re

हे हे हे हे प्रभु मन बसिया रे

he he he he prabhu mana basiyā re

हो हो हो हो तपोवन बसिया रे

ho ho ho ho tapovana basiyā re

सिता-राम जय सीता-राम भज प्यारे तू सीता-राम

sitā-rāma jaya sītā-rāma bhaja pyāre tū sītā-rāma

सिता-राम जय सीता-राम भज प्यारे तू सीता-राम

sitā-rāma jaya sītā-rāma bhaja pyāre tū sītā-rāma

वीर हनुमाना अति-बलवाना राम नाम रसिया रे

vīra hanumānā ati-balavānā rāma nāma rasiyā re

हे हे हे हे प्रभु मन बसिया रे

he he he he prabhu mana basiyā re

हो हो हो हो तपोवन बसिया रे

ho ho ho ho tapovana basiyā re

रघुपति राघव राजा राम पतित-पावन सीता-राम

raghupati rāghava rājā rāma patita-pāvana sītā-rāma

रघुपति राघव राजा राम पतित-पावन सीता-राम

raghupati rāghava rājā rāma patita-pāvana sītā-rāma

वीर हनुमाना अति-बलवाना राम नाम रसिया रे

vīra hanumānā ati-balavānā rāma nāma rasiyā re

हे हे हे हे प्रभु मन बसिया रे

he he he he prabhu mana basiyā re

हो हो हो हो तपोवन बसिया रे

ho ho ho ho tapovana basiyā re

Jaya Hanumāna Bhajan

जय हनुमाना जय हनुमाना

jaya hanumānā jaya hanumānā

जय हनुमाना जय हनुमाना

jaya hanumānā jaya hanumānā

धीर वीर गम्भीर हनुमाना

dhīra vīra gambhīra hanumānā

धीर वीर गम्भीर हनुमाना

dhīra vīra gambhīra hanumānā

जय हनुमाना जय हनुमाना

jaya hanumānā jaya hanumānā

जय हनुमाना जय हनुमाना

jaya hanumānā jaya hanumānā

पवन तनय बल पवन समान

pavana tanaya bala pavana samāna

पवन तनय बल पवन समान

pavana tanaya bala pavana samāna

विजितेन्द्रिय तुम हो धीमाना

vijitendriya tuma ho dhīmānā

विजितेन्द्रिय तुम हो धीमाना

vijitendriya tuma ho dhīmānā

जय हनुमाना जय हनुमाना

jaya hanumānā jaya hanumānā

जय हनुमाना जय हनुमाना

jaya hanumānā jaya hanumānā

मन कि गति से भरे उड़ाना

mana ki gati se bhare udānā

मन कि गति से भरे उड़ाना

mana ki gati se bhare udānā

कपिसेना के तुम हो प्राना

kapisenā ke tuma ho prānā

कपिसेना के तुम हो प्राना

kapisenā ke tuma ho prānā

जय हनुमाना जय हनुमाना

jaya hanumānā jaya hanumānā

जय हनुमाना जय हनुमाना

jaya hanumānā jaya hanumānā

तुम अति प्रिय सिय राम लक्ष्मणा

tuma ati priya siya rāma lakṣmaṇā

तुम अति प्रिय सिय राम लक्ष्मणा

tuma ati priya siya rāma lakṣmaṇā

कृपया दीजे भक्ति निधाना

kṛpayā dīje bhakti nidhānā

कृपया दीजे भक्ति निधाना

kṛpayā dīje bhakti nidhānā

जय हनुमाना जय हनुमाना

jaya hanumānā jaya hanumānā

जय हनुमाना जय हनुमाना

jaya hanumānā jaya hanumānā

जय हनुमाना जय हनुमाना

jaya hanumānā jaya hanumānā







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

