

M O R N I N G C H A N T S

OM! OM! OM!

वक्रतुण्ड महाकाय सूर्यकोटि समप्रभा ।
निर्विघ्नं कुरु मे देव सर्वकार्येषु सर्वदा ॥

vakratuṇḍa mahākāya sūryakoti samaprabhā
nirvighnaṁ kuru mae deva sarvakāryeṣu sarvadā¹

गुरुर्ब्रह्म गुरुर्विष्णु गुरुर्देवो महेश्वरः ।
गुरु साक्षात् पर ब्रह्मा तस्मै श्री गुरवे नमः ॥

gururbrahma gururviṣṇu gururdevo maheśvaraḥ
guruḥ sākṣāt parabrahmā tasmai śrī gurave namaḥ²

ॐ भूर्भुवः स्वः
तत्सवितुर्वरेण्यं
भर्गो देवस्य धीमहि
धियो यो नः प्रचोदयात् ॥

Om bhūrbhuvah svah
tatsaviturvareṇyam
bhargo devasya dhīmahī
dhiyo yo naḥ pracodayāt³

¹ Salutations to Lord Ganapathi, the one with the crooked trunk and big body and having the radiance of a thousand suns; please keep away all obstacles in all my work at all times.

² I bow to the “guru” or teacher, who is the creator, the sustainer and the destroyer (of negativity), who is verily God himself.

³ Om! We meditate on the glory of the sacred light illuminating the three worlds. May that divine light inspire our thoughts.

S A H A S R A N A M A M

नमामि धन्वन्तरिमादिदेवं
सुरासुरैर्वन्दित पादपद्मम् ।
लोके जरारुग्भयमृत्युनाशं
धातारमीशं विविधौषधीनाम् ॥

Namāmi dhanvantharim ādidevaṁ
surāsurairvandita pādapadmaṁ
Loke jarārugbhayamṛtyunāśaṁ
dhātāramīśaṁ vividhouṣadhīnām⁴

ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम् ।
ऊर्वारुकमिव बन्धनात् मृत्योर्मुक्षीय मामृतात् ॥

Om! Trayambakaṁ yajāmahe sugandhiṁ puṣṭivardhanam
ūrvārukamiva bandhanāt mṛtyormukṣīya mā'mrtāt⁵

सर्वे भवन्तु सुखिनः
सर्वे भद्राणि पश्यन्तु

सर्वे सन्तु निरामयाः ।
मा कश्चिद् दुःखभाग्भवेत् ॥

sarve bhavantu sukhinaḥ
sarve bhadraṇi paśyantu

sarve santu nirāmayāḥ
mā kaściddukḥabhāgbhavet⁶

⁴ Salutations to Dhanvanthari, the first amongst gods,
whose lotus feet are worshipped by the gods and the demons;
who destroys all old age, disease, fear and death;
who is the God who carries all medicines.

⁵ We worship the all-seeing One;
fragrant, he nourishes aplenty;
May I be free from the fear of death;
Like the fruit of the vine freed from its stem,
But not from the nectar of immortality

⁶ Let all be well (happy);
let all be free from disease;
let all see only good and auspicious;
let all never face sorrow.

ॐ पूर्णमदः पूर्णमिदं
पूर्णस्य पूर्णमादाय

पूर्णात् पूर्णमुदच्यते ।
पूर्णमेवावशिष्यते ॥

Om! pūrṇamadaḥ pūrṇamidam pūrṇāt pūrṇamudacyate
pūrṇasya pūrṇamādāya pūrṇamevāvaśiṣyate⁷

असतो मा सत्गमय
तमसो मा ज्योतिर्गमय ।
मृत्योर्मा अमृतं गमय

asato mā satgamaya
tamaso mā jyotirgamaya
mr̥tyormā amṛtaṁ gamaya⁸

ॐ सह नाववतु सह नौ भुनक्तु सह वीर्यं करवावहै ।
तेजस्वि नावधीतमस्तु मा विद्विषावहै ॥
ॐ शान्तिः शान्तिः शान्तिः ॥

Om! Saha nāvavatu saha nau bhunaktu
Sahavīryaṁ karavāvahai
Tejasvi nāvadhītamastu māvidviṣāvahai
aum śāntiḥ śāntiḥ śāntiḥ⁹

⁷ That is full; this also is full;
this fullness came from that fullness;
Though this fullness came from that fullness,
that fullness remains forever full!

⁸ Lead us from falsehood to truth;
from darkness unto light;
from the fear of death to knowledge of immortality;

⁹ May God protect us both together;
May God nourish us both together;
May we gain energy to know the Truth;
May our study together be filled with Light;
May we not oppose each other;
Om Peace, Peace Peace

E V E N I N G C H A N T S

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S A H A S R A N A M A M

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¹¹ I bow to the “guru” or teacher, who is the creator, the sustainer and the destroyer (of negativity), who is verily God himself.

कायेन वाचा
बुद्ध्यात्मना वा
करोमि यद्यत्
नारायणायेति

मनसेन्द्रियैर्वा
प्रकृतेः स्वभावात् ।
सकलं परस्मै
समर्पयामि ॥

kāyena vācā
buddhiātmanā vā
karomi yadyat
nārāyaṇāyeti

manasendriyairvā
prakṛteḥ svabhāvāt
sakalam̐ parasmai
samarpayāmi¹²

त्वमेव माता च पिता त्वमेव
त्वमेव विद्या द्रविणम् त्वमेव

त्वमेव बन्धुश्च सखा त्वमेव ।
त्वमेव सर्वं मम देव देव ॥

Tvameva mātā ca pitā tvameva
Tvameva bandhuśca sakhā tvameva
Tvameva vidyā draviṇam tvameva
Tvameva sarvam mama deva deva¹³

सर्वे भवन्तु सुखिनः
सर्वे भद्राणि पश्यन्तु
sarve bhavantu sukhinaḥ
sarve bhadraṇi paśyantu

सर्वे सन्तु निरामयाः ।
मा कश्चिद् दुःखभाग्भवेत् ॥
sarve santu nirāmayāḥ
mā kaściddukḥabhāgbhavet¹⁴

¹² Whatever actions I may perform
using body, speech, mind, senses, intellect,
soul or by way of nature;

I offer that to Lord Narayana

¹³ You are my Mother and my Father

You are my Family and my friend

You are my Knowledge and my Wealth

You are my All, God of Gods!

¹⁴ Let all be well (happy);

let all be free from disease;

let all see only good and auspicious;

let all never face sorrow.

ॐ पूर्णमदः पूर्णमिदं
पूर्णस्य पूर्णमादाय

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