

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

OM! OM! OM!

vakratuṇḍa mahākāya sūryakoti samaprabhā
nirvighnam kuru mae deva sarvakāryeṣu sarvadā¹

gururbrahma gururviṣṇu gururdevo maheśvaraḥ
guruḥ sākṣāt parabrahmā tasmai śrī gurave namah²

Om bhūrbhuvaḥ svah tatsaviturvareṇyam
bhargo devasya dhīmahi dhiyo yo naḥ pracodayāt³

Aadityaya Cha Somaya Mangalaya Budhaya Cha
Guru Shukra Sanibhyascha, Rahava Ketave Nama⁴

Surya (Sun) - Sunday
Japaa Kusumasankasham Kasyapeyam Maha Dhyuthim
Tamognam Sarvapaapghnam Pranatosmi Divakaram⁵

Chandra (Moon) - Monday
Dadhi Shankha tushaa-raabham Khseero Darnava Sambhavam
Namaami Shashinam Somam Shambhor Mukuta Bhooshanam⁶

Kuja (Mars) - Tuesday
Dharanee garbha sambhootam ,Viduyt Kaanti Sama-prabham
Kumaram Shakti Hastam ,Tham Mangalaam Pranamamyamaham ⁷

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

⁴ Salutations to the nine planets – Aditya, Soma, Mangala, Budha, Guru, Shukra, Shani, Rahu and Ketu

⁵ I pray to the Sun, the day-maker, destroyer of all sins, the enemy of darkness, of great brilliance, the descendent of KAshyapa, the one who shines like the japa flower

⁶ I pray to the Moon who shines coolly like curds or a white shell, who arose from the ocean of milk, who has a hare on him, Soma, who is the ornament of Shiva's hair

⁷ I pray to Mars, born of Earth, who shines with the same brilliance as lightning, the young man who carries a spear

Ketu - Tuesday

Palaasha Pushpa Sankaasham Tarakaa Graha Mastakam
Roudram Roudraa-tmakam Ghoram Tam Ketum Pranamaamya-ham⁸

Budha (Mercury) - Wednesday

Priyangukalika Shyaamam , RoopenaaPratimam Budham
Soumyam Soumya Guno Petham Tam Budham Pranamamayamham⁹

Guru (Jupiter) - Thursday

Deva-naam cha Rishi Naam cha Gurum kaanchana sannibham,
Buddhi Bhootam Trilokesham Tam Namaami Brihaspatim¹⁰

Shukra (Venus) - Friday

HimaKundha Mrina-laabham Daitya-naam Paramam Gurum
Sarv aShastra Pravaktaaram Bhargavam Pranamaamayamham¹¹

Sani (Saturn) - Saturday

Neelanjanasamaabhasam Ravi Putram Yamaagrajam
Chaaya Marthanda Sambhootam Tam Namaami Shanaiswaram¹²

Rahu - Saturday

Ardha Kaayam Mahaa Veeryam Chandra- Aditya Vimardanam
Simhika Garbha Sambhootam Tam Rahum Pranamaamayaham¹³

V I S H N U S A H A S R A N A M A M

Om! Saha nāvavatu saha nau bhunaktu Sahavīryam karavāvahai
Tejasvi nāvadhītamastu māvidviśāvahai aum śāntih śāntih śāntih¹⁴

Namāmi dhanvantharim ādidevam surāsurairvandita pādapadmaṁ
Loke jarārugbhayamṛtyunāśam dhātāramīśam vividhouṣadhīnām¹⁵

⁸ I pray to Ketu, who has the appearance of PalAshा flower, the head of stars and planets, fierce and terrifying

⁹ I pray to Mercury, dark like the bud of millet, of unequalled beauty, gentle and agreeable

¹⁰ I pray to Jupiter, the teacher of gods and rishis, intellect incarnate, lord of the three worlds

¹¹ I pray to Venus, the utimate preceptor of demons, promulgator of all learning, he who shines like the fiber of snow-white jasmine

¹² I pray to Saturn, the slow moving, born of Shade and Sun, the elder brother of Yama, the offspring of Sun, he who has the appearance of black collyrium

¹³ I pray to Rahu, having half a body, of great bravery, the eclipsor of the Moon and the Sun, born of SimhikA

¹⁴ 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

¹⁵ Salutations to Dhanvantari, 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

Om! Trayambakaṁ yajāmahe sugandhiṁ puṣṭivardhanam
ūrvārukamiva bandhanāt mr̄tyormukṣīya mā'mrtāt¹⁶

H A N U M A N C H A L I S A

sarve bhavantu sukhinah̄ sarve santu nirāmayāh̄
sarve bhadrāṇi paśyantu mā kaściddukhabhāgabhavet¹⁷

asato mā satgamaya
tamaso mā jyotirgamaya
mr̄tyormā amṛtam̄ gamaya¹⁸

Om! pūrṇamadaḥ pūrṇamidam pūrṇāt pūrṇamudacyate
pūrṇasya pūrṇamādāya pūrṇamevāvaśisyate¹⁹

M E D I T A T I O N / P R A N A Y A M A

karagre vasatirlakshmi kara madhye sarasvati
karamoole tu govinda prabhate kara darshanam²⁰

¹⁶ We worship the all-seeing 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

¹⁷ Let all be well (happy); let all be free from disease; let all see only good and auspicious; let all never face sorrow

¹⁸ Lead us from falsehood to truth; from darkness unto light; from the fear of death to knowledge of immortality

¹⁹ 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!

²⁰ At the top of the palm, Lakshmi resides; in the middle of the palm, Sarasvati resides; at the base of the palm, Govind (or Gauri) resides – we pray to them for abundance, wisdom and health respectively

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

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L A L I T A S A H A S R A N A M A M

N A R A Y A N I S T U T I

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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

Tvameva mātā ca pītā tvameva Tvameva bandhuśca sakħā tvameva
Tvameva vidyā draviṇam tvameva Tvameva sarvam mama deva deva²²

kāyena vācā manasendriyairvā buddhiātmanā vā prakṛteḥ svabhāvāt
karomi yadyat sakalam parasmai nārāyaṇāyeti samarpayāmi²³

M E D I T A T I O N / P R A N A Y A M A

karagre vasate lakshmi kara madhye saraswati
karamoole tu ya gauri narayani namostu te²⁰

22 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!

23 Whatever actions I may perform using body, speech, mind, senses, intellect, soul or by way of nature; I offer that to Lord Narayana