



MORNING CHANTS

OM! OM! OM!

vakratuṇḍa mahākāya sūryakoti samaprabhā
nirvighnam kuru mae deva sarvakāryeṣu sarvadā¹

gururbrahma gururviṣṇu gururdevo maheśvaraḥ
guruḥ sāksāt parabrahmā tasmai śrī gurave namaḥ²

Om bhūrbhuvah svaḥ 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 ,Vidyut Kaanti Sama-prabham
Kumaram Shakti Hastam ,Tham Mangalaam Pranamamyamaham⁷

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 Pranamamyamham⁹

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 Pranamaamyamham¹¹

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 Pranamaamyaham¹³

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 māvidviṣāvahai aum śāntiḥ śāntiḥ śāntiḥ¹⁴

Namāmi dhanvantharim ādidevam surāsurairvandita pādapadmam
Loke jarārugbhayamṛtyunāśam dhātāramīśam vividhouṣadhīnām¹⁵

8 I pray to Ketu, who has the appearance of PalAsha 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 ultimate 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 eclipser 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! Trayambakam yajāmahe sugandhim puṣṭivardhanam
ūrvārukamiva bandhanāt mṛtyormukṣīya mā'mrtāt¹⁶

HANUMAN CHALISA

sarve bhavantu sukhinaḥ sarve santu nirāmayāḥ
sarve bhadraṇi paśyantu mā kaściddukḥabhāgbhavet¹⁷

asato mā satgamaya
tamaso mā jyotirgamaya
mṛtyormā amṛtaṁ gamaya¹⁸

Om! pūrṇamadaḥ pūrṇamidaṁ pūrṇāt pūrṇamudacyate
pūrṇasya pūrṇamādāya pūrṇamevāvaśiṣyate¹⁹

MEDITATION / PRANAYAMA

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



EVENING CHANTS

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LALITA SAHASRANAMAM

NARAYANI STUTI

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²¹ 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

Tvameva mātā ca pitā tvameva Tvameva bandhuśca sakhā tvameva
Tvameva vidyā draviṇam tvameva Tvameva sarvam mama deva deva²²

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

MEDITATION / PRANAYAMA

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