

MORNING CHANTS

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वक्रतुण्ड महाकाय सूर्यकोटि समप्रभा ।
निर्विघ्नं कुरु मे देव सर्वकार्येषु सर्वदा ॥¹

गुरुर्ब्रह्म गुरुर्विष्णु गुरुर्देवो महेश्वरः ।
गुरु साक्षात् पर ब्रह्मा तस्मै श्री गुरवे नमः ॥²

ॐ भूर्भुवः स्वः
तत्सवितुर्वरेण्यं
भर्गो देवस्य धीमहि
धियो यो नः प्रचोदयात् ॥³

आदित्याय च सोमाय मंगलाय बुधाय च ।
गुरुशुक्रशनिभ्यश्च राहवे केतवे नमः ॥⁴

Surya (Sun) - Sunday

जपाकुसुमसंकाशं काश्यपेयं महाद्युतिम् ।
तमोऽरिं सर्वपापघ्नं प्रणतोऽस्मि दिवाकरम् ॥⁵

Chandra (Moon) - Monday

दधिशङ्खतुषाराभं क्षीरोदारणवसंभवम् ।
नमामि शशिनं सोमं शम्भोर्मुकुटभूषणम् ॥⁶

Kuja (Mars) - Tuesday

धरणीगर्भसंभूतं विद्युत्कान्तिसमप्रभम् ।
कुमारं शक्तिहस्तं तं मङ्गलं प्रणमाम्यहम् ॥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

पलाशपुष्पसंकाशं तारकाग्रहमस्तकम् ।
रौद्रं रौद्रात्मकं घोरं तं केतुं प्रणमाम्यहम् ॥⁸

Budha (Mercury) - Wednesday

प्रियङ्गुकलिकाश्यामं रूपेणाप्रतिमं बुधम् ।
सौम्यं सौम्यगुणोपेतं तं बुधं प्रणमाम्यहम् ॥⁹

Guru (Jupiter) - Thursday

देवानां च ऋषीणां च गुरुं काञ्चनसंनिभम् ।
बुद्धिभूतं त्रिलोकेशं तं नमामि बृहस्पतिम् ॥¹⁰

Shukra (Venus) - Friday

हिमकुन्दमृणालाभं दैत्यानां परमं गुरुम् ।
सर्वशास्त्रप्रवक्तारं भार्गवं प्रणमाम्यहम् ॥¹¹

Sani (Saturn) - Saturday

नीलांजनसमाभासं रविपुत्रं यमाग्रजम् ।
छायामार्तण्डसंभूतं तं नमामि शनैश्चरम् ॥¹²

Rahu - Saturday

अर्धकायं महावीर्यं चन्द्रादित्यविमर्दनम् ।
सिंहिकागर्भसंभूतं तं राहुं प्रणमाम्यहम् ॥¹³

VISHNU SAHASRANAMAM

ॐ सह नाववतु सह नौ भुनक्तु सह वीर्यं करवावहै ।
तेजस्वि नावधीतमस्तु मा विद्विषावहै ॥
ॐ शान्तिः शान्तिः शान्तिः ॥¹⁴

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

नमामि धन्वन्तरिमादिदेवं
सुरासुरैर्वन्दित पादपद्मम् ।
लोके जरारुग्भयमृत्युनाशं
धातारमीशं विविधौषधीनाम् ॥¹⁵

ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम् ।
ऊर्वारुकमिव बन्धनात् मृत्योर्मुक्षीय माऽमृतात् ॥¹⁶

HANUMAN CHALISA

सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु मा कश्चिद् दुःखभाग्भवेत् ॥¹⁷

असतो मा सद्गमय
तमसो मा ज्योतिर्गमय ।
मृत्योर्मा अमृतं गमय ॥¹⁸

ॐ पूर्णमदः पूर्णमिदं पूर्णात् पूर्णमुदच्यते ।
पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते ॥¹⁹

MEDITATION / PRANAYAMA

कराग्रे वसतिर्लक्ष्मी करमध्ये सरस्वती ।
करमूले तु गोविन्द प्रभाते करदर्शनम् ॥²⁰

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.

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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गुरु साक्षात् पर ब्रह्मा तस्मै श्री गुरवे नमः ॥²

LALITA SAHASRANAMAM

NARAYANI STUTI

ॐ सह नाववतु सह नौ भुनक्तु सह वीर्यं करवावहै ।
तेजस्वि नावधीतमस्तु मा विद्विषावहै ॥
ॐ शान्तिः शान्तिः शान्तिः ॥¹⁴

सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु मा कश्चिद् दुःखभाग्भवेत् ॥¹⁷

असतो मा सत्गमय
तमसो मा ज्योतिर्गमय ।
मृत्योर्मा अमृतं गमय ॥¹⁸

ॐ पूर्णमदः पूर्णमिदं पूर्णात् पूर्णमुदच्यते ।
पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते ॥¹⁹

त्वमेव माता च पिता त्वमेव त्वमेव बन्धुश्च सखा त्वमेव ।
त्वमेव विद्या द्रविणम् त्वमेव त्वमेव सर्वं मम देव देव ॥²¹

²¹ 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!

कायेन वाचा मनसेन्द्रियैर्वा
बुद्ध्यात्मना वा प्रकृतेः स्वभावात् ।
करोमि यद्यत् सकलं परस्मै
नारायणायेति समर्पयामि ॥²²

MEDITATION / PRANAYAMA

कराग्रे वसतिर्लक्ष्मी करमध्ये सरस्वती ।
करमूले तु या गौरी नारायणी नमोस्तुते ॥²³

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

23 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.