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# प्रार्थनायें Prayers



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*Vishwa Hindu Parishad of America*





## **Rituals, Prayers, Attitude**

*There is nothing wrong with rituals.*

*In fact the rituals make this Dharma great. So do prayers.*

*Just take the example of penicillin. If you have a headache and you take penicillin, it is overkill. You have to take specific medicines for specific ailments. Like that, you have specific prayers for specific occasions. If you have an eye problem, I can invoke Ishwara as a Devata presiding over eyes.*

*There is only Ishwara but there are different manifestations. It also depends on how we see them. There are eyes your eyes, my eyes, eyes of owl, lizard etc. Not all see it the same way.*

*That is why Indian rituals are the greatest. The Vedic rituals are not ordinary. Everything is a form, your language is a form, namaste is a form, your dress is a form.*

### *Attitudes.*

*We need to have healthy attitudes. Attitudes really help us. You know 90% of our problems can be attributed to improper attitudes. Because when I have to put up with situations that are unpleasant, I murmur, I become violent, angry, sad. But we have to face it calmly, dispassionately. We require composure and self-respect that can accommodate human limitations and address them.*

*Accommodation does not mean you do not respect, accommodation is you don't condemn the people, at the same time you address the limitations of the people, correct them, help them, you correct yourself, learning from situations. So, this is what is required: Attitude.*

*Attitude comes from understanding. Like your attitude towards money is to understand what exactly is money. For us money is Lakshmi - without looking down upon it. And we don't look at Her as everything. There is also Saraswathi. She is playing veena. She does not care whether you come to her or not. But she knows that Lakshmi won't do much to you, unless you have Saraswathi.*

*So, healthy attitudes will help us. That's what spirituality is.  
That means we have to understand Ishwara.  
We have to understand 'Karma' and 'Karma Phala'.*

Swami Dayanda Saraswati, ArshaVidya



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## Invocation to Lord Ganesh Before Starting Any Activity

वक्र तुण्ड महाकाय, सूर्य कोटि सम प्रभः ।  
निर्विघ्नं कुरु मे देव, शुभ कार्येषु सर्वदा ।

Vakra-Tunda-Mahakaaya, Surya-Koti-Sam-Prabhah.  
Nirvighnam-Kuru-Me-Deva, Subha-Karyeshu-Sarvadaa.

*O elephant headed and large bodied Lord, radiant as a thousand Suns, I  
ask for your grace so that this task that I am starting may complete  
without any hindrances.*

## New Year Greetings

सूर्य संवेदना पुष्पैः दीप्तिः कारुण्यगंधने ।  
लब्ध्वा शुभं नववर्षेऽस्मिन् कुर्यात्सर्वस्य मंगलम् ।

Surya Samvednapushpayeh Deeptih Karunyagandhane, Labdhva  
Shubham Navvarshesmin Kuryatsarvasya mangalam.

*As the sun gives light, sensibility brings compassion, flowers give pleasant  
fragrance, may the new year be auspicious*





## Guru Mantra

गुरुर्ब्रह्मा गुरुर्विष्णु गुरुर्देवो महेश्वरः ।  
गुरुः साक्षात् परब्रह्मा तस्मै श्री गुरुवे नमः ।

Gurur Brahma Gurur Vishnu Gurur Devo Maheshvara  
Gurur Shashaath Para-Brahma Tasmai Shri Guruve Namah

*I prostrate to that Sri Guru, who is himself Brahma, Vishnu, and God Maheshvara, and who is verily the Supreme Absolute itself.*

त्वमेव माता च पिता त्वमेव  
त्वमेव बन्धुश्च सखा त्वमेव ।  
त्वमेव विद्या द्रविणं त्वमेव  
त्वमेव सर्वं मम देव देव ।

Tvameva Mata Cha Pita Tvameva  
Tvameva Bandhuscha Sakha Tvameva  
Tvameva Vidya Dravinam Tvameva  
Tvameva Sarvam Mama Deva Deva

*O Lord! Thou art my mother and Thou art my father also;  
Thou art my relative and my friend Thou art;  
Thou art knowledge and wealth unto me;  
Thou art my all-in-all, O Lord of Lords.*





## Early Morning Prayers

प्रातः स्मरण

कराग्रे वसते लक्ष्मी, करमध्ये सरस्वती ।  
करमूले तु गोविन्दः, प्रभाते करदर्शनम् ॥

Karaagre Vasate Lakshmeeh, Karmadhye Saraswatee.  
Karamoole tu Govindah, Prabhaate kara darshanam.

*The front of hands (i.e. finger tips) is ascribed to Laxmi (Goddess of wealth), the middle of the hands to Saraswati, and the root (i.e. part of hands near to the wrist) to Govinda. Therefore, every morning one should respectfully have a look at one's hands (which symbolizes honest labor).*

समुद्रवसने देवी, पर्वतस्तनमण्डले ।  
विष्णुपत्नि नमस्तुभ्यं, पादस्पर्श क्षमस्वमे ॥

Samudra vasane Devi, parvata stana mandale  
Vishnupatni namastubhyam, Paada sparsha kshamasvame.

*O! Mother Earth, who has the ocean as clothes and mountains and forests on her body, who is the wife of Lord Vishnu, I bow to you. Please forgive me for touching you with my feet.*





## Daily Prayers

### Lighting the Lamp

शुभं करोति कल्याणं आरोग्यं धनसंपदः ।  
शत्रुबुद्धिविनाशाय दीपज्योतिर्नमोस्तुते ॥

Shubham karoti kalyanam aarogyam dhanasampada,  
Shatru buddhivinashaaya deepajyotir namostute.

*I salute the One who is the lamplight, that brings auspiciousness,  
prosperity, good health, abundance of wealth, and the destruction  
of the intellect's enemy.*

### While Taking a Bath

गंगे च यमुने चैव गोदावरी सरस्वती ।  
नर्मदे सिन्धु कावेरी जलेस्मिन् सन्निधिं कुरु ॥

Gange cha Yamune chaiva Godavari Saraswati,  
Narmade Sindhu Kaveri jalesmin sannidhim kuru.

*In this water, I invoke the presence of holy waters from the rivers  
Ganga, Yamuna, Godavari, Saraswati, Narmada, Sindhu and  
Kaveri*





## Before Starting Your Studies

सरस्वती नमस्तुभ्यं वरदे कामरूपिणी ।  
विद्यारंभम् करिष्यामि सिद्धिर्भवतु मे सदा ॥

Saraswati namastubhyam, Varde kaamaroopini,  
Vidyaarambham karishyami, Siddhirbhavatu me sada.

*O Goddess Saraswati, salutations to you, the giver of boons, the one who fulfills all desires. I begin my studies. May there always be accomplishments for me.*

## Night Prayer

करचरणकृतं वाक्-कायजं कर्मजं वा ।  
श्रवणनयनजं वा मानसं वाऽपराधम् ।  
विहितमविहितं वा सर्वमेतत् क्षमस्व ।  
जय जय करुणाब्धे श्रीमहादेव शंभो ।

Kara Charana kritam vaak kaayajam karmajam vaa  
Shravana nayanajam vaa maanasam vaa (a) praadham  
Vihitamvihitam vaa savametat kshmasva  
Jaya jaya karunaabdhe Shree Mahadeva Shambho

*Oh Lord kindly forgive my wrong actions done knowingly or unknowingly, either through my organs of action (hand, feet, speech) or through my organs of perception (eyes, ears) or by my mind. Glory unto Thee O Lord, who is the ocean of kindness.*





## Surya Namaskar Mantra

आदित्यनमस्कारन् ये कुर्वन्ति दिने दिने।  
दीर्घ आयुर्बलं वीर्यं तेजस् तेषां च जायते।  
अकालमृत्युहरणं सर्वव्याधिविनाशनम्।  
सूर्यपादोदकं तीर्थं जठरे धारयाम्यहम्।

ॐ मित्राय नमः ॐ रवये नमः  
ॐ सूर्याय नमः ॐ भानवे नमः  
ॐ खगाय नमः ॐ पुष्णे नमः  
ॐ हिरण्यगर्भाय नमः ॐ मरीचये नमः  
ॐ सवित्रे नमः ॐ आर्काय नमः  
ॐ आदित्याय नमः ॐ भास्कराय नमः  
ॐ श्री सवितृसूर्यनारायणाय नमः ।

Om Mitraaya Namah, Om Ravaye Namah,  
Om Suryaaya Namah, Om Bhaanave Namah,  
Om Khagaaya Namah, Om Pushne Namah,  
Om Hiranya-garbhaaya Namah, Om Mariche Namah,  
Om Savitre Namah, Om Aarkaaya Namah,  
Om Aadityaaya Namah, Om Bhaaskaraaya Namah.  
Om Shree Savitrisoorya Narayanaaya Namah.

*Salutations to Him who is my friend. Salutations to Him who is the cause for change.  
Salutations to Him who propels everyone into activity. Salutations to Him who is in the  
form of light. Salutations to Him who moves in the Sky. Salutations to Him who  
nourishes all. Salutations to Him who contains everything. Salutations to Him who  
possesses rays. Salutations to Him who is the son of Aditi. Salutations to Him who  
produces everything. Salutations to Him who is fit to be worshipped. Salutations to Him  
who is the cause of luster.*





## भोजन मंत्र Bhojan Mantra

ॐ यन्तु नदयो वर्षन्तु पर्जन्याः ।  
सुपिप्पला ओषधयो भवन्तु ।  
अन्नवतामोदनवतामाक्षियवताम् ।  
एषम् राजा भूयासम् ।  
ओदनमुद्ब्रुवते ।  
परमेष्ठी वा एषः यदोदनः ।  
परमामेवैनं श्रियं गमयति । 1  
(कृष्ण यजुर्वेद)

Yantu Nadayo Varshantu Parjanyaah, Supippalaa Oshadhayo Bhavantu,  
Annvataam Odanavataam Amikshyavataam, Eshaam Raaja Bhuuyaasam  
Odanmudbruvate. Parameshtii Vaa Eshah Yadodanah.  
Paramaamevainam Shriyam Gamayati.

माभ्राता भ्रातरन् दिवक्षन् ।  
मा स्वसारमुतस्वसा ।  
संयञ्च सव्रता भूत्वा ।  
वाचं वदत भद्रया । 2  
(अथर्ववेद)

Maa Bhraata Bhraataran Dwikshan, Maa Swasaaramutaswasaa,  
Samyancha Savrataa Bhuutvaa, Vaacham Vadata Bhadrayaa





## भोजन मंत्र Bhojan Mantra

ब्रह्मार्पणं ब्रह्म हविः ब्रह्माग्नौ ब्रह्मणा हुतम् ।  
ब्रह्मैव तेन गन्तव्यं ब्रह्मकर्म समाधिना ॥ ३

Brahmarpranam Brahma havir Brahmagnau Brahmana hutam  
Brahmaiva tena gantavyam Brahma karma samaadhinaa

*Any process of offering is Brahman, the oblation is Brahman, the instrument of offering is Brahman, the fire to which the offering is made is also Brahman. For such a one who abides in Brahman, by him Brahman alone is reached.*

अहं वैश्वानरो भूत्वा प्राणिनां देहमाश्रितः  
प्राणापानसमायुक्तः पचान्यन्नं चतुर्विधम् ॥ ४

Aham Vaish-vaanaro Bhutvaa, Praaninaam Deham-aashritah,  
Praanaa-paana-Samaayuktah, Panchaany-anam, Chatur-vidham.

ॐ सह नावतु सह नौ भुनक्तु सह वीर्यम् करवावहै ।  
तेजस्विनावधीतमस्तु मा विद्विषावहै ।  
ॐ शांतिः शांतिः शांतिः । ५

Om sahanavvatu saha nau bhunaktu, saha veeryam karavaavahai  
Tejasvinavadhitamastu ma vidvisha vahai  
Om shantih, shantih shantih





### **Prayer to Mother Shakti**

या देवी सर्व भूतेषु शक्तिरूपेण संस्थिता ।  
नमस्तस्यै नमस्तस्यै नमस्तस्यै नमो नमः॥

Ya Devi Sarva-bhuteshu, Shakti-rupenu-sansthitaa,  
Namastasyae, Namastasyae, Namastasyae, Namaho-namah.

*O Mother, who is present everywhere, who is the embodiment of Power and Energy, I bow to you, I bow to you, I bow to you.*

### **Prayer to Mother Gauri**

सर्व मंगल मांगल्ये शिवे सर्वार्थ साधिके,  
शरण्ये त्रयंबके गौरी नारायणि नमोऽस्तुते ।

Sarva managala mangalyai shive sarvartha sadhike  
Sharanye trayambake gauri naaraayani namo-stute

*Adorations to Goddess who is the auspiciousness of all that is auspicious, who is the consort of Lord Shiva, who is the bestower of every desire of one's heart. Adorations to You O Devi, I have taken refuge in you.*

### **Prayer to Mother Saraswati**

या देवी स्तुयते नित्यं विबुधैर्वेदपरागैः ।  
सा मे वसतु जिह्वाग्रे ब्रह्मरूपा सरस्वती ।

Ya Devi Stuyate Nityam Vibuhairvedaparagaih  
SaMe Vasatu Jihvagre Brahmarupa Saraswati

*Sarasvati, the Goddess of Knowledge, who is praised by the wise who have mastered the Sastra, who is the wife of the Creator, may she live on the tip of my tongue.*





## Prayer to Ma Lakshmi

नमस्तेस्तु महामाये श्रीपीठे सुरपूजिते,  
शङ्खचक्रगदाहस्ते महालक्ष्मी नमस्तु ते

namastestu mahaa maaye, shripeete surapoojite  
shanka chakra gadaa haste, mahaa Lakshmi namostu te

*Salutations to you, O Mahalakshmi, who is all powerful, who is the seat of wealth, and who is worshipped by the Gods and who has a conch, a disc and a mace in her hands.*

## Prayer to Mother Durga

दुर्गे स्मृता हरसि भीतिमशेषजन्तोः,  
स्वस्थ्यैः स्मृता मतिमतीव शुभां ददासि ।  
दारिद्र्यदुःख भयहारिणी का त्वदन्या,  
सर्वोपकार करणाय सदार्दचित्ता ।

Durge smritaa harast bheetimashesha-jantoh, Swasthyaih smritaa  
matimeeva shubhaam dadaasi, Daaridrya dukha bhayahaarinee kaa  
twadanyaa, Sarvopakaara karanaaya sadaardra-chitta.

*O Mother Durga, whoever remembers you during a difficult situation, is freed of all forms of fear. When called to the mind by those who are in a healthy condition, You grant them a pure intellect. Who is there but you – the dispeller of poverty, pain and fear. Whose heart is ever compassionate for doing good to everyone.*





## Prayer to Lord Shiva

ॐ त्र्यंबकं यजामहे सुगंधिम् पुष्टिवर्धनम्,  
उर्वारुकमिव बंधनन्मृत्योर्मुक्षीय मामृतात् ।

Om, Trayambakam-Yajamahe-Sugandhim-Pushti-Vardhanam,  
Urvarukam-iva Bandhanan-Mrityoram-Ukshiya-Maamritaat.

*I worship the fragrant three-eyed one who nourishes all beings; grant me liberation in the same manner as a ripe cucumber naturally severs itself from the vine.*

कर्पूरगौरं करुणावतारं संसार-सारं भुजगेन्द्रहारम्,  
सदा वसन्तं हृदयारविन्दे भवं भवानीसहितं नमामि ।

Karpura-gauram Karunaavataaram Samsaar Saaram Bhujagendra-haram, Sadaa  
Vasantam Hridyaarvinde Bhavan Bhawaani Sahitam Namami

*He who is fair like camphor, who is ever compassionate, by whose being the entire universe exists, around whose neck there is a garland of serpents, may he always live in my heart along with Bhavani, his consort. I bow down to him.*

वन्दे देवम् उमापतिं सुरगुरुं वन्दे जगत्कारणम्,  
वन्दे पन्नगभूषणं मृगधरं वन्दे पशूनां पतिम् ।  
वन्दे सूर्य शशाङ्क वह्निनयन वन्दे मुकुन्द प्रियम्,  
वन्दे भक्तजनाश्रयं च वरदम् वन्दे शिवं शङ्करम् ।

Vande devam umaapatim suragurum vande jagatkaaranam,  
Vande pannaga bhooshanam mrigadharam vande pashoonaam patim.  
Vande soorya shashaanka vahninayam vande mukunda priyam,  
Vande bhaktajanaashrayam cha varadam vande shivam shankaram

*Adorations to the Lord of Goddess Uma, Adorations to the cause of the universe. Adorations to the one who holds a deer (mind) in his hand, the Lord of the Pashus (souls in bondage), who has the Sun, moon and fire for his eyes, the beloved of Lord Mukunda. Adorations to him who is the refuge of His devotee, the giver of all boons, the all auspicious doer of all that is good.*



## Prayer to Lord Shiva

श्री गुरुभ्यो नमः हरिःॐ, शंभवे नमः ।  
ॐ नमोभगवते वासुदेवाय, नमस्ते अस्तु भगवन्विश्वेश्वराय,  
महादेवाय, त्र्यम्बकाय, त्रिपुरान्तकाय, त्रिकालाग्निकालाय,  
कालाग्निरुद्राय, नीलकण्ठाय, मृत्युञ्जयाय, सर्वेश्वराय,  
सदाशिवाय, श्रीमन्महादेवाय नमः ।  
ॐ नमोभगवते वासुदेवाय मृत्योर में पाही, सदा शिवो ।

Shri Gurubhyo Namah, Harihi Om, Shambhave Namah,  
Om Namo Bhagwate Vasudevaya, Namaste astu bhagavan visveshvaraya Mahadevaya  
Tryambakaya Tripurantakaya Trikalagnikalaya Kalagnirudraya Neelkanthaya  
Mrityunjayaya Sarveshvaraya Sadashivaya Srimanmahadevaya namah.  
Om Namo Bhagwate Vasudevaya Mrityora Me Pahi, Sada Shivo.

*Salutations to Thee, O Lord, the Master of the universe, the great Lord, the three-eyed one, the destroyer of Tripura, the extinguisher of the Trikala fire and the fire of death, the blue necked one, the victor over death, the Lord of all, the ever auspicious one, the glorious God of Gods.*

## Prayer to Lord Mahavir

महामोहान्तक प्रशमन पराकस्मिक भिषक्  
निरापेक्षी बन्धुर्विदित महिमा मंगलकरः ।  
शरण्यःसाधूनां भव-भय भृतामुत्तम गुणो,  
महावीर स्वामी नयन पथगामी भवतु नः ।

Mahaamohaantaka prashamana paraakasmik bhishak,  
Niraapeksee bandhur-vdita mahimaa mangalakarrah.  
Sharanyah saadhoonaam bhava-bhaya bhritaamuttam guno,  
Mahaveer swaamee nayana pathagaamee bhavatu nah.





## Prayer to Lord Ganesh

शुक्लाम्बरदरं विष्णुं, शशिर्वणम् चतुर्भुजं ।  
प्रसन्नवदं ध्यायेत्, सर्व विघ्नोपशान्तये ॥

Shuklaambaradaram Vishnum, Sashivarnum chaturbhujam,  
Prasannavadanam dhyayet, Sarva vighnopashantaye.

*Lord Ganesh, who wears a white garment, who is all-pervading, who has a bright complexion, who has four arms, who has an ever smiling face, upon that God, I meditate for removal of all obstacles*

## Prayer to Lord Subrahmanya

ज्ञानशक्तिधर स्कन्द, वल्लीकल्याण सुन्दर,  
देवसेना मनः कान्त, कार्तिकेय नमोऽस्तुते ।

Gyan-shkatidhar skand valle kalyana sundara,  
Devasenaa manah kannta kaartikeya namo-stute

*Adorations to Lord Kartikeya who is know as Skanda, who holds the staff of wisdom, who is the beautiful beloved of Goddess Valle, Who is the enchanter of the mind of Goddess Devasena, to that Divine Kartikeya I offer adorations again and again.*





## Prayer to Lord Vishnu

कायेन वाचा मनसेन्द्रियर्वा, बुद्ध्यात्मना वा प्रकृतेः स्वभावात् ।  
करोमि यद्यत् सकलं परस्मै, नारायणयेति समर्पयामि ।

Kaayena Vaachaa Mansendri-yairvaa, Budhyat-manaa Vaa Prakriteh Svabhaavaat  
Karomi Yadyat Sakalam Parasmai, Narayana-yeti Samarpayami

*I dedicate everything to that supreme Lord Narayana; whatever I perform with my  
body, speech, mind, limbs, intellect or my inner self either intentionally or  
unintentionally.*

शांताकारं भुजगशयनं, पद्मनाभं सुरेशं,  
विश्वाधारं गगन सदृशं, मेघवर्णं शुभाङ्गम् ।  
लक्ष्मीकान्तं कमलनयनं, योगिभिर्ध्यानगम्यं,  
वन्दे विष्णुं भवभयहरं, सर्वलोकैक नाथम् ।

Shaantaakaaram Bhujagshaynam Padmanaabham Suresham,  
Vishvaadhaaram Gagan Sadrisham Meghavaranam Shubhangam.  
Lakshmi-kaantam Kamal-nayam Yogibhir-dhyan-gamyam,  
Vande Vishnu Bhav-bhaya-haram Sarva-lokaika Naatham

*I adore Lord Vishnu who is the embodiment of peace, who lies on the Shesha serpent,  
whose navel is the source of the Lotus, whose complexion is swarthy like the clouds,  
whose body shines with heavenly beauty, who is the beloved of Goddess Lakshmi, whose  
eyes are like lotus, who is meditated upon by the yogis, who is the remover of the fear of  
the world-process.*





## Prayer to Lord Vishnu

नमस्समस्तभूतानां, आदिभूताय भूभृते ।  
अनेकरूपरूपाय, विष्णवे प्रभविष्णवे ।

NamassamstaBhutaanaam AditBhutaya Bhubhrate,  
Anekaruparupaya, Vishnave Prabhavishnave.

*Salutations to the Lord Vishnu, who is the creator of all beings, the sustainer of the creation, whose form is all forms, who is all pervasive, and who is self-effulgent.*

## Prayer to Lord Krishna

वसुदेवसुतं देवं, कंसचाणूरमर्दनम् ।  
देवकीपरमानन्दं, कृष्णं वन्दे जगद्गुरुम् ॥

Vasudeva-sutam Devam Kamsa-chaanura-mardanam.  
Devaki-parmanandam Krishnam-vande-Jagadagurm

*I bow to you O Krishna, the Supreme Guru, Son of Devaki and Vasudeva,  
the remover of Kamsa and Chanur.*

आकाशात् पतितं तोयं, यथा गच्छति सागरम्  
सर्वदेव नमस्कार, केशवं प्रतिगच्छति ।

Akashataat patitam toyam yathaa gacchati saagaram  
Sarvadeva namaskaraara keshavam prati-gacchati

*Just as every rain drop that falls from the sky flows into the Oean, in the  
same way every prayer offered to any Deity flows to Lord Krishna.*





## Prayer to Lord Rama

रामाय रामभद्राय, रामचन्द्राय वेदसे ।  
रघुनाथाय नाथाय, सीताय पतये नमः ।

Raamaya raama bhadraaya, raamchandraaya vedase, raghunaathaya  
naathaaya, siitaaya pataye namah.

*My salutations to Lord Sri Ram, the protector of all, one who knows all,  
the descendent of the Raghu dynasty. the husband of Sita and the Lord of  
the entire universe.*

श्रीरामचन्द्र चरणौ मनसा स्मरामि, श्री रामचन्द्र चरणौ वचसा गृणामि  
श्रीरामचन्द्र चरणौ शिरसा नमामि, श्री रामचन्द्र चरणौ शरणं प्रपद्ये ।

Shree Raamchandra charanau manasaa smaraami,  
Shree Raamchandra charanau vachasaa granaami,  
Shree Raamchandra charanau shirasaa namaami  
Shree Raamchandra charanau sharnam prapadye

*I worship the feet of Sri Ramchandra ji in my mind,  
I worship his feet with my speech,  
I bow my head to his feet with great reverence,  
I surrender myself to his presence.*





## Prayer to Lord Hanumaan

मनोजवं मारुततुल्यवेगं, जितेन्द्रियं बुद्धिमतां वरिष्ठम् ।  
वातात्मजं वानरयूथमुख्यं, श्रीरामदूतं शिरसा नमामि

Manojavam maaruta tulya vegam jitendriyam budhhimataam varishtam  
vaataatmajam vaanara yuuthamukhyam shrii raamduutam shirasaa  
namaami

*I salute Hanumaan, who travels as fast as the mind and the wind, who has mastered his sense organs, who is the best among the intelligent, who is the son of the wind God, who is the commander-in-chief of the army of vaanaras, and who is the messenger of Sri Ram.*

अतुलितबलधामं, हेमशैलाभदेहं,  
दनुजवनकृशानुं, ज्ञानिनामग्रागण्यम् ।  
सकलगुणनिधानं, वानराणामधीशम्,  
रघुपतिप्रियभक्तं, वातजातं नमामि ।

Atulit baladhaamam hemashailaabhedam Danujvan krishaanum  
jnaaninaanagraganyam, Sakalaguna nidhaanam vaanaraanaamdheeham,  
Raghupati priyabhaktam vaatajaatam namaami

*I adore Lord Hanuman, the son of Wind-God, who is the abode of Incomparable strength, whose body shines like a mountain of gold, who is fire unto the forest of demons, who is the chief among the wise, who is the beloved of Bhagvan Rama.*





## Gayatri Mantra

ॐ भूर्भुवः स्वः, तत्सवितुर्वरेण्यं ।  
भर्गो देवस्य धीमहि, धियो यो नः प्रचोदयात् ।

Om Bhur-Bhuvah-Svah, Tat-Savitur-Varenyam,  
Bhargo-Devasya-Dheemahi, Dhiyo-Yo-Nah-Prachodayaata.

*Let us meditate upon the glory of Ishwar, who has created this universe,  
who is fit to be worshipped, who is the remover of all sins and ignorance.  
May He enlighten our intellect.*

## Peace Invocation

ॐ सह नाववतु, सह नौभुनक्तु, सह वीर्यम करवावहै ।  
तेजस्विनावधीतमस्तु, मा विद्विषावहै ।  
ॐ शांतिः शांतिः शांतिः ।

Om saha naavavatu, Saha nau bhunaktu  
Saha veeryam karavaavahai  
Tejasvinavadhitamastu Ma vidvishavahai  
Om Shantih Shantih Shantih

*Om, May Lord protect us, May He cause us to enjoy,  
May we exert together,  
May our studies be thorough and faithful,  
May we never quarrel with each other.  
Om Peace Peace Peace*





## Peace Prayers (1)

ॐ सर्वेषाम् स्वस्तिर भवतु । सर्वेषाम् शांतिर्भवतु ।  
सर्वेषाम् पूर्णम् भवतु । सर्वेषाम् मंगलम् भवतु ।  
ॐ शांतिः शांतिः शांतिः ।

Om, Sarveshaam Swastir Bhavatu; Sarveshaam Shantir Bhavatu;  
Sarveshaam Purnam Bhavatu; Sarveshaam Mangalam Bhavatu.

Om Shantih Shantih Shantih

*May all be auspicious, may all attain peace, let there be fullness and  
contentment all over, may all be blessed. Om peace, peace, peace.*

ॐ सर्वे भवन्तु सुखिनः । सर्वे सन्तु निरामयाः ।  
सर्वे भद्राणि पश्यन्तु । मा कश्चित् दुखभागभवेत् ।  
ॐ शांतिः शांतिः शांतिः ।

Sarve Bhavantu Sukhinah; Sarve Santu Niraamayaah;  
Sarve Bhadraani Pashyantu;  
Maa Kashchida-Dukha-Bhaag-Bhaveta  
Om Shantih Shantih Shantih

*May everybody be happy. May everybody be free from disease. May  
everybody have good luck. May none fall on evil days.*





## Peace Prayers (2)

ॐ पूर्णमदः, पूर्णमिदम्, पूर्णात्, पूर्णमुदच्यते ।  
पूर्णस्य, पूर्णमादाय, पूर्णमेवावशिष्यते ।

Om purnamadah purnamidam purnat  
purnamudachyate  
Purnasya purnamadaya purnamevavashishyate

*That is perfect. This is perfect. Out of perfect only perfect comes. Even  
after taking perfect out of perfect, that is perfect which remains.*

ॐ असतो मा सद् गमय ।  
तमसो मा ज्योतिर्गमय ।  
मृत्योर्माऽमृतम् गमय ॥

Om, Asato Maa Sad Gamaya;  
Tamaso Maa Gytira Gamaya;  
Mrityora Maa Amritam Gamaya

*Lead me from the unreal to the real;  
from darkness (ignorance) to light (knowledge);  
and from death to immortality.*





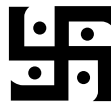
## Peace Prayers (3)

ॐ द्यौः शान्तिरन्तरिक्ष शान्तिः  
पृथिवी शान्तिरापः शान्तिरोषधयः शान्तिः  
वनस्पतयः शान्तिविश्वे देवः शान्तिर्ब्रह्म  
शान्तिः सर्वशान्तिः शान्तिरेव शान्तिः  
सा मा शान्तिरेधि ।

ॐ शान्तिः शान्तिः शान्तिः ।

Om, Dhyaoah Shaantih, Antariksha Shaantih,  
Prithavi Shaantih, Aapah Shaantih, Oshadhyah Shaantih,  
Vanaspatyah Shaantih, Vishvedevah Shaantih, Brahma  
Shaantih, Sarvam Shaantih, Shaantih Eva Shaantih,  
Saa Maa Shaantir-edhi,  
Om Shaantih, Shaantih, Shaantih

*Om. May there be peace in the sky and in space. May there be  
peace on land and in the waters. May herbs and food bring us  
peace. May all the personifications of God bring us peace. May  
God bring us peace. May there be peace throughout the world.  
May the peace be peaceful. May God give me such peace.*





## Peace Prayers (4)

स्वस्ति प्रजाभ्यः परिपालयन्ताम् । न्यायेन मार्गेण महीं महीशाः  
गोब्राह्मणेभ्यश्शुभमस्तु नित्यम् । लोकास्समस्तास्सुखिनो भवन्तु ।

Svasti prajabhyah paripalayanttaam nyaayena maargena mahim mahishaah  
Go Brahmanebhyashashubhamastu Nityam, Lokassamastaassukhino  
Bhavantu.

*May there be happiness for all people. May the rulers righteously rule the  
earth. May there be welfare for animals and men of wisdom at all times.  
May all beings be happy.*

## Namokar Mantra

ॐ णमो आरिहंताणं ॐ णमो सिद्धाणं  
ॐ णमो आयरियाणं ॐ णमो उवज्झायाणं  
ॐ णमो लोए सव्व साहूणं  
एसो पंच णमोकारो सव्वपावप्पणासणो ।  
मङ्गलाणं च सव्वेसिं पढमं हवई मंगलम् ।

Om Namō Arihantaanam nam, Om namo Sidhhaanam  
Om namo Ayarriyaanam, Om namo uvaj-jhaa-yaanam  
Om namo loye Savva saahunam  
Eso pancha namokaaro savva paava ppanasano  
Mangalaanam cha savvesim Padhamam havayee mangalam





## Peace Prayers (5)

ॐ शन्नो मित्रः शं वरुणः । शन्नो भवत्वयमा । शन्नो इन्द्रो  
बृहस्पतिः । शन्नो विष्णुरुक्रमः । नमो ब्रह्मणे । नमस्ते  
वायो । त्वमेव प्रत्यक्षं ब्रह्मासि । त्वमेव प्रत्यक्षं ब्रह्म  
वदिष्यामि । ऋतं वदिष्यामि । सत्यं वदिष्यामि । तन्मामवतु ।  
तद्वक्तारमवतु । अवतु माम् । अवतु वक्तारम् ।  
ॐ शान्तिः शान्तिः शान्तिः

Om Shanno Mitrah Shm Varunah, Shanno Bhavatvaymaa, Shanna Indro Brihaspatih,  
Shanno VishnuRurukramah: Namo Brahmane, Namaste Vaayo, Tvameva Pratyaksham  
Brahmasi, Tvameva Pratyaksham Brahma Vadishyami, Ritum Vadishyami,  
Tanmamvatu, Tadvaktaramavatu, avatu maam, avatu vaktaram, Om Shantih Shantih  
Shantih.

*May the Sun God give us auspiciousness. May the Ocean God give us auspiciousness.  
May the Lord of Manes give us auspiciousness. May the King of Gods give us  
auspiciousness. May the all pervasive sustainer of creation, Lord Vamana give us  
auspiciousness. Salutations to the creator. Salutations to you, O Wind God, You indeed  
are the perceptible truth. I declare you to be the right understanding. I understand you  
to be truthfulness in speech. May he protect me. May he protect the teacher.  
Om peace, peace, peace.*

काले वर्षतु पर्जन्यः, पृथिवी सस्यशालिनी ।  
देशोऽयं क्षोभरहितः, ब्राह्मणास्सन्तु निर्भयाः ।

Kale Varshatu Parjanyaah, Prithivi Ssasya Shalini  
Deshoyam Kshobharahitah Brahmanassantu Nirbhayaah.

*May the clouds rain at the proper time. May the earth produce grains. May this country  
be free from famine. May men of contemplation be fearless.*





## Saraswati Prarthana

या कुन्देन्दु तुषारहार धवला, या शकुभ्र वस्त्रावृता ।  
या वीणावरदण्डमण्डितकरः, या श्वेतपद्मासना ॥  
या ब्रह्माच्युत शंकरप्रभृतिभिर्, देवैः सदावन्दिता ।  
सा मां पातु सरस्वती भगवती, निःशेषजाड्यापहा ॥ 1

Ya kundendu tusharahara dhavala, Ya shubravastravrita  
Ya veena varadanda mandita kara, Ya shvetapadmasana  
Ya-Brahma-chyuta-shankar-prabhritibhir, Devayeh-sada-vandita,  
Sa-mam-patu-saraswati-bhagwati,Nihshesha-jadyapaha

*Fair as a jasmine flower, the moon or a flake of snow, dressed in white,  
Her hands adorned by the graceful veena staff, seated on a white lotus,  
Adored by Brahma, Vishnu, Shiva, and the other deities,  
Protect me, Oh Goddess Saraswati, remover of ignorance inert.*

शुक्लां ब्रह्मविचार सार, परमामाद्यां जगद्व्यापिनीम् ।  
वीणा पुस्तक धारिणीम भयदां, जाड्यान्धकारापहाम् ।  
हस्ते स्फटिकमालिकां विदधतीं, पद्मासने, संस्थिताम् ।  
वन्दे तां परमेश्वरीं भगवतीं, बुद्धिप्रदां, शारदाम् । 2

Shuklam Brahmavichar sar, parmamadyam jagadvyapineem  
Veena pustaka Dharaneem bhayadam jadyandhakarapham  
haste sphatikmalikaam viddhateem padmasane sansthitaam  
vande taam parmeshvareem bhagwateem budhiprada sharadaam

*One who is white in complexion, who is the essence of Brahman, one who pervades the  
universe, with Veena in one hand and the Vedas in the other, bestower of fearlessness,  
and remover of ignorance, with a Mala in her hand, seated on a Lotus, the source of all  
intellect, to that Mother Saraswati I bow down .*





प्रातः स्मरण

### Prayer at Dawn (1)

ब्रह्मा मुरारिस्त्रिपुरान्तकारी, भानुः शशी भूमिसुतो बुधश्च ।  
गुरुश्च शुक्रः शनिराहुकेतवः, कुर्वन्तु सर्वे मम सुप्रभातम् ।

*Brahma, Vishnu, Shiva, and the nine Grahas: Sun, Moon, Mangal, Buddha, Brihaspati, Shukra, Shani, Rahu, Ketu, may all these make my morning auspicious*

सनत्कुमारः सनकः सनन्दनः, सनातनोऽप्यासुरिपिंगलौ च ।  
सप्तस्वराः सप्तरसातलनि, कुर्वन्तु सर्वे मम सुप्रभातम् ।

*May the Sanatkumars, Sanak, Sanandan, and Sanatan, and Asuri and Pingal, make my morning auspicious. May the seven Swaras and the seven layers of Mother Earth make my morning auspicious.*

सप्तार्णवाः सप्तकुलाचलाश्च, सप्तर्षयो द्वीपवनानि सप्त ।  
भूरादि कृत्वा भुवनानि सप्त, कुर्वन्तु सर्वे मम सुप्रभातम् ।

*The seven seas, the seven mountains, the seven Rishis, the seven continents, the seven forests, the seven lokas, may all these make my morning auspicious.*

पृथ्वी सगन्धा सरसास्तथापः, स्पर्शी च वायुर्ज्वलनं च तेजः ।  
नभः सशब्दं महता सहैव, कुर्वन्तु सर्वे मम सुप्रभातम् ।

*The Earth soaked in Guna of Smell, the Waters in the Guna of Rasa, the Wind in the Guna of Touch, the Fire in the Guna of Heat and Light, the Sky in the Guna of Sound, may all these five elements enlighten my intellect.*

प्रातः स्मरणमेतद् यो विदित्वादरतः पठेत् ।  
स सम्यग्धर्मनिष्ठः स्यात् संस्मृताखण्ड भारतः ।

*The one who understands this morning prayer and respectfully recites it will, with the memory of Ma Bharati in his heart, forever act guided by Dharma true to himself.*





## Prayer at Dawn (2)

ॐ प्रातः स्मरामि हृदि संस्फुरदात्मतत्त्वं,  
सच्चित्सुखं परमहंस गतिं तुरीयं।  
यत्स्वप्नजागर सुषुप्तमवेति नित्यं  
तद्ब्रह्मनिष्कलमहं न च भूतसंघः।

प्रातर्भजामि मनसा वचसामगम्यं,  
वाचो विभान्ति निखिला यदनुग्रहेण।  
यन्नेतिनेति वचनैर्गिगमा अवोचन  
तं देवदेवमजमच्युतमाहुरग्यं।

प्रातर्नमामि तमसः परमर्कवर्णं,  
पूर्णं सनातन पदं पूरुषोत्तमाख्यम्।  
यस्मिन्नदं जगदशेषमशेषभूतम्,  
रज्ज्वां भुजङ्गम इव प्रतिभासितं वै।

*In the early hours of dawn I mediate upon the Essential Self clearly experiencable in the heart cave, that which is Existence-Knowledge-Bliss in nature, that which is the Supreme Goal, the Paramhansa State, that which is the Fourth Plane of consciousness, which constantly illumines all the experiences in the dream, waking, and deep sleep conditions. I am that partless Brahman. Not this assemblage of matter envelopments.*





## Isha-vandana (1)

हरी ॐ, हरी ॐ, हरी ॐ, हरी ॐ ।

Hari Om, Hari Om, Hari Om, Hari Om

ॐ पूर्णमदः, पूर्णमिदं, पूर्णात्, पूर्णमुदच्यते ।  
पूर्णस्य, पूर्णमादाय, पूर्णमेवावशिष्यते ॥ हरी ॐ ।

Om, Purna-madah, Purna-midam, Purnata, Purna-mudachyate,  
Purnasya, Purna-madaya, Purnam-eva-vashishyate. Hari Om.

*That is perfect. This is perfect. Out of perfect only perfect comes. Even after taking  
perfect out of perfect, that is perfect which remains.*

ईषावास्यमिदं सर्वं, यत्किंच जगत्याम् जगत् ।  
तेन त्यक्तेन भुञ्जीथाः, मा गृधः कस्यस्विद्धनम् ।

Ishavasyam-idam-sarvam, Yat-kincha-jagatyam-jagat,  
Tena-tyak-tena-bhunji-thah, Ma-gridhah-kasyasa-viddhanam

*All this whatsoever moves in this universe including the universe, itself moving, is  
indwelt or pervaded or enveloped or clothed by the Lord.  
That renounced, thou shouldst enjoy. Covet not any body's wealth*

यंब्रह्मा वरुणेन्द्र रुद्र मरुतः, स्तुन्वन्ति दिव्यै स्तवै ।  
वेदैः साङ्गपदक्रमोपनिषदै, गायन्ति यम् सामगाः ।

Yam-Brahma-Varunendra-Rudra-Marutah, Stunvanti-divyaye-stavaye,  
Vedayeh-sanga-pada-kramo-pani-shadair, Gayanti-yam-samagah.

*Salutations to that God whom Brahma, Varuna, Indra, Rudra, and Marut praise with  
divine hymns, whom the singers of Sama Veda invoke by the vedas*





## Isha-vandana (2)

ध्यानावस्थित तद्गतेन मनसा, पश्यन्ति यम योगिनो ।  
यस्यान्तं न विदुः सुरासुरगणा, देवाय तस्मै नमः ।

Dhyanaavasthita-tada-gatena-manasa, Pashyanti-yama-yogino,  
Yasyantam-na-viduh-surasur-gana Devaya-tasmaye-namah.

*And the related branch of Knowledge ,the Upanishads, whom the Yogis see with their  
minds focused on Him in meditation, whose limit the Devas and Asuras do not know.*

मूकं करोति वाचालं, पङ्गुमलङ्घयते गिरिम् ।  
यत्कृपा तमहं वन्दे, परमानन्द माधवम् । ।

Mukam-karoti-vachalam, Panghum-langhayate-girim,  
Yat-kripa-tamaham-vande, Parmananda-madhvam.

*By your blessings, a mute becomes talkative and a lame climbs a mountain.  
O Eternally Blissful Madhava, I offer my slautations*

या कुन्देन्दुतुषारहारधवला, या शुभ्रवस्त्रावृता ।  
या वीणावरदण्डमण्डित करा, या श्वेत पद्ममासना ।  
या ब्रह्माच्युत शंकरप्रभृतिभिर्, देवैः सदा वन्दिता ।  
सा मां पातु सरस्वती भगवती, निःशेषजाड्यापहा ।

Ya kundendu-tushar-hara-dhawala, Ya-shubhra-vastra-vrita,  
Ya-veena-varadanda-mandit-kara, Ya-shveta-padyamasana.  
Ya-Brahma-chyuta-shankar-prabhri-tibhir, Devayeh-sada-vandita,  
Sa-mam-patu-saraswati-bhagwati, Nihshesha-jadyapaha.

*Fair as a jasmine flower, the moon or a flake of snow, dressed in white,  
Her hands adorned by the graceful veena staff, seated on a white lotus,  
Adored by Brahma, Vishnu, Shiva, and the other deities,  
Protect me, Oh Goddess Saraswati, remover of ignorance inert.*





### Isha-vandana (3)

नमस्तुते व्यास विशाल बुद्धे । फुल्लार विन्दाय यत्पत्र नेत्रे ।  
येनत्वया भारत तैल पूर्णः । प्रज्वालितो ज्ञानमयः प्रदीपः ।

Namastute-vyasa-vishal-budhe, Phullar-vindaya-yat-patra-netre.  
Yena-tvaya-bharat-taila-purnah, Prajvalito-gyanmayah-pradipah

*Salutations unto thee, O Vyasa, whose intellect is vast,  
whose eyes are as large as the petals of a full-blown lotus,  
by whom was lighted the lamp of wisdom, full of the Mahabharata oil (essence)*

व्यासाय विष्णुरूपाय, व्यास रूपाय विश्वै ।  
नमो वै ब्रह्मनिधये, वाशिष्ठाय नमो नमः । ।

Vyasaya-vishnu-rupaya, Vyasa-rupaya-vishvaye,  
Namo-vaye-Brahma-nidhaye, Vashishthaya-namo-namah.

*We salute Vishnu in the form of Vyasa, and Vyasa in the form of Vishnu, who is the  
embodiment of the wealth of knowledge, and belongs to the lineage of Vashishtha*

ॐ सहनाववतु, सहनौ भुनक्तु, सहवीर्य करवावहै ।  
तेजस्विनाव धीतमस्तु, मा विद्विषावहै ।  
ॐ शान्तिः शान्तिः शान्तिः

Om, Sahana-vavatu, Sahanau-bhunaktu, Saha-virya-karva-vahaye,  
Tejasvi-nava-dhi-tamastu, Ma-vidvisha-vahaye.  
Om, Shanti, Shanti, Shanti.

*Om, May Lord protect us, May He cause us to enjoy,  
May we exert together,  
May our studies be thorough and faithful,  
May we never quarrel with each other.  
Om Peace Peace Peace*





## अथेश्वर-स्तुति-प्रार्थनोपासना-मंत्राः

ॐ विश्वानि देव सवितर्दुरितानि परासुव । यद् भद्रं तन्न आसुव । 1

Om. vishvani deva savitar-durtani parasuva. Yad bhadram tanna asuva.

*Om. O God, the creator of the universe and the Giver of all hapiness.  
Keep us far from bad habits, bad deeds, and calamities.  
May we attain everything that is auspicious.*

ॐ हिरण्यगर्भः समवर्त्त ताग्रे, भूतस्य जातः, पतिरेक आसीत् ।  
सदाधार पृथिवीं, द्यामुतेमां, कस्मै देवाय, हविषा विधेम । 2

Om. hiranya garbhah sama-varta-tagray bhoo-tasya jatah patirakya asept.  
Sa dadhara prthiveem dyamutaymam kasmai deva ya havisha vidhem.

*Om.Om is the all pervading God; the Creator of the Sun, the Moon, and  
the other things in the world; and the Controller of the Earth and the Sky.  
We should meditate with faith and devotion upon that God - the  
personification of happiness.*

ॐ य आत्मदा, बलदा, यस्य विश्व उपासते, प्रशिषं यस्य देवाः ।  
यस्य छायाऽमृतं, यस्य मृत्युः, कस्मै देवाय, हविषा विधेम । 3

Om ya atmada balada yasya vishwa upasate prashisham yasya devaah.  
Yasya chachhaya-amritam yasya mriituh kasmaye devay havisha vidhem.

*Om. Om is the giver of spiritual knowledge and strength. The whole world  
worships Om. Happiness and immortality are achieved under God's  
protection and blessings. Without God's protection there is death and  
ignorance. We should meditate with faith and devotion upon that God*





ॐ यः प्राणतो, निमिषतो, महित्वैक इंद्राजा, जगतो बभूव ।  
य ईशे अस्य, द्विपदश्चतुष्पदः, कस्मै देवाय, हविषा विधेम । 4

Om. yah pranato nimishato mahitva ayka idraja jagato babhoova. Ya  
eeshay asya dvipadah chatush-padah kasmai devaya haisha vidhem.

*Om. Om has created the Sky and the Earth. Om is the personification of  
happiness and Moksha. Om pervades the sky and space. We should  
meditate with faith and devotion upon that God..*

ॐ येन द्यौरुगा, पृथिवी च द्रुढा, येन स्वःस्तभितं, येन नाकः ।  
यो अन्तरिक्षे, रजसो विमानः, कस्मै देवाय, हविषा विधेम । 5

Om.yena dyauh ugra prithivee cha dridha yena svah stabhitam yena  
nakah. Yo antarikshe rajaso vimanah kasmayee devaya havisha vidhema.

*Om has created the Sky and the Earth. Om is the personification of  
happiness and Moksha. Om pervades the Sky and Space. We should  
meditate with faith and devotion upon that God - the personification of  
happiness.*

ॐ प्रजापते, न त्वदेतान्यन्यो, विश्वा जातानि, परिता बभूव ।  
यत्कामास्ते, जुहुमस्तन्नो, अस्तु वयं स्याम, पतयो रयीणाम् । 6

Om.prajapate na tva-deta-nya-nyo vishwa jatani parita babhuva.  
Yat kamate juhumastanno astu vayam syaam patayo rayinam.

*Om. O Ishwar, the Creator of the universe, you are the supreme. No one  
has ever been your equal, no one is and no one will be. May you grant us  
what ever we wish so that we become master of riches.*





ॐ स नो बन्धुर्जनिता, स विधाता, धामानि वेद, भुवनानि विश्वा ।  
यत्र देवा, अमृतमानशानाः, तृतीये धामन्न, ध्यैर्यन्त । 7

Om. sa no banhur janita sa vidhata dhamani veda bhuvnani vishwa. Yatra  
deva amritmanshanah triteeye dhamanna dhyairayanta

*Om. Om is our real friend. Om is the Creator of the universe and is the Bestower of riches. O God, you know all the known and unknown worlds and you pervade these worlds. All learned people, having given up their worldly desires, meditate upon Om for the attainment of knowledge and liberation. May we all call upon that God.*

ॐ अग्ने नय, सुपथा रायेऽस्मान् विश्वानि देव, वयुनानि विद्वान् ।  
युयोध्यस्मज्जुहुराणमेनो, भूयिष्ठांते नम, उक्तिं विधेम । 8

Om. Agney naya supatha raye asman vishwani deva vayunani vidvan.  
Yuyodhyasmat juhuranmeno bhuishtam te nam uktim vidhem.

*Om. You are deva the self illuminating, and you are agni, the personification of knowledge. Show us the right path which leads to true knowledge and dharma so that we may attain riches and knowledge in our lives through righteous deeds. Cast away all our ill feelings and sins. May we be ever engrossed in singing your name and meditating upon you.*

आ नो भद्राः ऋतवो यन्तु विश्वतोऽदध्वासोऽपरीतास उद्भिदः ।  
देवा नो यथासदमिद्वृधे ऽसन्नप्रायुवो रक्षितारो दिवे दिवे ।

Om. vishvani deva savitar-durtani parasuva. Yad bhadram tanna asuva.

*Om. Let noble thoughts come to our minds from all over.*





## Valedictory Address

### दीक्षा

सत्यं वद । धर्मं चर । स्वाध्यायान्मा प्रमदः ।  
सत्यान्न प्रमदितव्यम् । धर्मान्न प्रमदितव्यम् ।  
कुशलान्न प्रमदितव्यम् । भूत्यै न प्रमदितव्यम् ।  
स्वाध्यायप्रवचनाभ्यां न प्रमदितव्यम् ॥ १ ॥

Satyam vad. Dharmam char. Swadhyayanmaa Pramadah.  
Satyaan Pramaditavyam. Dharmaan Pramaditavyam. Kushalaan  
Pramiditavyam. Bhutyae na Pramaditavyam. Swadhyaya-  
pravachanaabhyam na Pramaditavyam.

*Speak what is true. Do your duties. Continue, without neglect,  
the daily study of the Veda. Do not swerve from Truth and  
Dharma, and do something useful in the social economy. Achieve  
greatness, and do not fail to refresh your memory in respect of  
what you have learnt.*





## Valedictory Address

### दीक्षा

देवपितृकार्याभ्यां न प्रमदितव्यम् ।  
मातृदेवो भव । पितृदेवो भव ।  
आचार्यदेवो भव । अतिथिदेवो भव ।  
यान्यनवद्यानि कर्माणि,  
तानि सेवितव्यानि, नो इतराणि ।  
यान्यस्माकं सुचरितानि,  
तानि त्वयोपास्यानि नो इतराणि ॥  
ये के चासमच्छेच्यांसो ब्राह्मणाः  
तेषां त्वयाऽसने न प्रश्वसितव्यम्

Devapitrikaaryabhyam Na Pramaditavyam, Matri Devo Bhava. Pitri Devo Bhava.  
Acharya devo Bhava. Atithi Devo Bhava. Yaanyanvadyani Karmaani, Taani  
Sevitavyaani, No Itaraani, Yaanyasmaakam Sucharitaani, Tani Tvayopaasyani No  
Itaraani. Ye Ke Chaasamchechyanso Brahmaanaah Teshaam Tvayaasney Na  
Prashvasitavyam

*Remember the Gods and your ancestors. Look upon your mother as God.  
Look upon your father as God. Honor your teacher as God.  
Honor your guest as if God came to receive your attention.  
May you ever exercise your understanding, and, distinguishing the good from the  
blame-worthy avoid the latter, and ever do what is good.  
Follow all that was good in your teacher's life, not any other.  
You will meet with better men and women than even the teachers  
with whom you have lived. Show them due respect.*





## Bharatvarsha

हिमालयं समाभ्य यावदिन्दुसरोवरम् ।  
तं देवनिर्मितं देशं हिन्दुस्थानमं प्रचक्षते ।

- बार्हस्पत्य शास्त्रम्

Himalayam Samaarabhya Yaavadindusarovaram  
Tam Devanirmitam Desam Hindusthaanam Prachakshatey

*From the Himalayas all the way to the ocean, the Devas created the  
sacred land of Hindustan*

उत्तरम् यत् समुद्रस्य हिमाद्रेश्चैव दाक्षेणम् ।  
वर्षम् तद भारतम् नाम भारती यत्र सन्ततिः

- विष्णु पुराण

Uttaram yat samudrasya Himaadreshchaiva Dakshenam  
Varsham tada Bharatam Naam Bharati Yatra Santatih

*North of the ocean and south of the Himalayas is the land of Bharat.*





## एकता मंत्र

यं वैदिका मन्त्रद्रुशः पुराणा, इन्द्रं यमं मातरिश्वानमाहुः ।  
वेदन्तिनोऽनिर्वचनीयमेकं, यं ब्रह्मशब्देन विनिर्दिशन्ति । 1

Yam vaidika mantradrashsh puraanaa, Indram yamam maatarishwaanamahuh,  
Vedantino nirvachaneeyamekam, Yam brahmashabdena vinirdhishanti

*To whom the Vaidikas and the ancient seers call Indra, Yama and Matarishwa; the  
vedantins indicate that inexplicable one by the word Brahma.*

शैवा यमीशं शिव इत्यवोचन्, यं वैष्णवा विष्णुरिति स्तुवन्ति ।  
बुद्धस्तथाऽर्हन्निति बौद्धजैनाः, सत्-श्री अकालेति च सिक्ख-सन्तः । 2

Shaiva yameesham shiva ityavochan, Yam vaishnavaa vishnuriti stuvanti  
Buddhastathaarhannitibauddhajainah, Sat-shree akaleti cha sikkha-santah

*To which Almighty the Shaivites call Shiva and the Vaishnavites praise as Vishnu, the  
Bauddhas call him the Buddha and the Jains as Arhat, the Sikh sages call him as Sri  
Akal.*

शास्तेति केचित् कतिचित् कुमारः, स्वामीति मातेति पितेति भक्त्या ।  
यं प्रार्थयन्ते जगदीशितारं, स एक एव प्रभुरद्वितीयः । 3

Shasteti kechit katichit kumarah, Swaameeti maateti piteti bhaktya  
Yam prarthayante jagadeeshitaaram, Sa eka eva prabhuradwiteeyah

*Some call him as Shasta, some others as Kumar or Swami, Mata or Pita through  
devotion and pray that the Lord of the universe is only one absolute without second.*





## संगठन मंत्र

### Sangathan Mantra

सं गच्छध्वं सं वदध्वं सं वो मनांसि जानताम् ।  
देवा भागं यथा पूर्वे सञ्जानाना उपासते ॥

San gachhadhwam, sam vadadhvam sam vo manaansi jaanaatam.  
Deva bhaagam yathaa poorve sanjaanaanaa upasate.

*Meet together, talk together, let your minds apprehend alike, in like manner as the ancient Gods, concurring, accepted their portions of sacrifice.*

समानो मन्त्रः समितिः समानी, समानं मनः सहचित्तमेषाम् ।  
समानं मन्त्रमभिमन्त्रये वः, समानेन वो हविषा जुहोमि ॥

Samano mantrah Samitih Samani Samanam Manah Saha Chittamesham  
Samanam Mantramabhimantraye Vah Samanena Vo Havisha Juhomi

*Common be the prayer of these (assembled worshippers), common be the acquirement, common be the purpose, associated be the desire. I repeat for you a common prayer, I offer for you a common oblation.*

समानी व आकृतिः, समाना हृदयानि वः ।  
समानमस्तु वो मनो, यथा वः सुसहासति ॥

Samanee va Akootih, Samana Hrudayani Vah  
Samanamastu Vo Mano, Yatha Vah Susahasati

*Common be you intention, common be (the wishes of) your hearts, common be your thoughts, so that there may be thorough union among*





प्रार्थना

## Universal Prayer

सर्वमंगल मांगल्याम, देवीम् सर्वार्थ साधिकाम्  
शरण्याम् सर्वभूतानाम्, नमामो भूमिमातरम्॥ 1

Sarva mangala mangalyam, Deveem sarvartha saadhikam.  
Sharanyam sarva bhootanam, Namaamo bhoomi maataram.

*We bow to the Goddess Mother Earth, who is the abode of bounteous blessings, the fulfiller of all needs and the ultimate refuge of all beings.*

सच्चिदानन्द रूपाय, विश्वमंगल हेतवे ।  
विश्वधर्म एकमूलाय, नमोस्तु परमात्मने॥ 2

Sacchidananda roopaya, Vishva mangala hetave.  
Vishva dharmika moolaya, Namostu Paramatmane.

*Our obeisance to the Almighty, who is the manifestation of truth, consciousness and bliss, and the only source of all universal (Vishva) well-being and Dharma.*

विश्वधर्मविकासार्थम्, प्रभो संघठिता वयम् ।  
शुभाम् आशिषमस्मभ्यम्, देहि तत्परिपूर्तये॥ 3

Vishva dharma vikasartham, Prabho sangathita vayam.  
Shubham aashisham asmabhyam, Dehi tat paripoortaye.

*O Lord, as we organize ourselves to stand united for the advancement of Universal Dharma, please bestow upon us your auspicious blessings so that we can accomplish this noble mission.*

अजय्यम् आत्मसामर्थ्यम्, सुशीलम् लोकपूजितम् ।  
ज्ञानम् च देहि विश्वेश, ध्येयमार्ग प्रकाशकम्॥ 4

Ajayyam atma samarthyam, Susheelam loka Poojitam.  
Gyanam cha dehi vishvesha, Dhyeya marga prakashakam.

*Grant us, O Lord of the universe, the invincible inner strength and virtuous character that all humanity adores, and the knowledge that will enlighten the path leading to our mission.*





समुत्कर्षोस्तु नो नित्यम्, निःश्रेयस समन्वितः ।  
तत्साधकम् स्फुरत्वन्तः, सुवीरव्रतमुज्वलम् ॥ 5

Samutkarshostu no nityam, Nishreyasa samanvitaha  
Tatsaadhakam sphuratvantah, Suveera vratamujwalam.

*Let our hearts be always stimulated with that spirit of a solemn vow and determination of a hero, which will lead us to attain the worldly prosperity together with spiritual enhancement.*

विश्वधर्मप्रकाशेन, विश्वशान्ति प्रवर्तके ।  
हिन्दु संघठना कार्ये, ध्येयनिष्ठा स्थिरास्तुनः ॥ 6

Vishva Dharma Prakashena, Vishva shanti pravartake.  
Hindu sangathana kaarye, Dhyeya nishtha sthiraastunah.

*O Lord, give us that resolute faith in our aim to unite the people and establish world peace through propagation of Universal Dharma.*

संघशक्तिर्विजेत्रीयम्, कृत्वास्मद्धर्मरक्षणम् ।  
परमम् वैभवम् प्राप्तम्, समर्थास्तु तवाशिश ॥ 7

Sangha shaktir vijetriyam, Kritvaasmad Dharma rakshanam.  
Paramam vaibhavam praptam, Samarthaastu Tavaashisha.

*With your blessings, O Lord, let this triumphant Sangh strength attain the supreme external glory by protecting the principle of righteousness (Dharma).*

त्वदीये पुण्य कार्येस्मिन्, विश्व कल्याण साधके ।  
त्याग सेवा व्रतस्वावम्, कायो में पतितो प्रभो । ।

Twadeeye punya karyesmin, Vishva kalyan sadhake.  
Tyaag seva vratasyaayam, Kaayome patito Prabho.

*In this sacred work of serving and ennobling the entire humanity, give me the strength to accomplish it with single-minded focus and supreme sacrifice. May this entire material and spiritual frame of mine be dedicated to this cause.*

॥ विश्वधर्म की जय ॥

॥ Victory to Universal Dharma ॥



## Vande Matram

वन्दे मातरम् ।  
सुजलां सुफलां मलयजशीतलाम्, शस्यश्यामलां मातरम् ।  
वन्दे मातरम् । 1

Vande Maataram

Sujalaam Suphalaam Malyajashitalaam Shasyashyamalaam Mataram, Vande Mataram

*Mother, I bow to thee! Rich with thy hurrying streams, bright with orchard gleams,  
Cool with thy winds of delight, dark fields waving, Mother of might, Mother Free.*

शुभ्रज्योत्स्नां पुलकितयामिनीम्, फुल्ल-कुसुमित-द्रुम दल-शोभिनीम् ।  
सुहासिनी, सुमधुरभाषिणीम्, सुखदां, वरदां, मातरम् ।  
वन्दे मातरम् । 2

Shubhrajyotsnam Pulakitayaamineem, Phullakusumita Drudalshobhaneem  
Suhaasineem Sumudhurbhashideem Sukhadaam Vardaam, Mataram, Vande Mataram

*Glory of moonlight dreams, over thy branches and lordly streams, clad in thy  
blossoming trees, Mother, giver of ease, laughing low and sweet! Mother, I kiss thy feet,  
speaker sweet and low, Mother, I bow to thee!*





## Vande Matram (2)

कोटि-कोटि कण्ठ, -कल-कल निनादकराले,  
कोटि-कोटि भुजैर्धृत खर-करवाले ।  
अबला केनों माँ एतो बले ।  
बहुबलधारिणीं नमामि तारिणीं, रिपुदलवारिणीं मातरम् ।  
वन्दे मातरम् । 3

Koti Koti Kantha, Kal Kal Ninadakaraale,  
Koti Koti Bhujairdrit Khar Karvale  
Abala Kenom Ma Aeto Bale  
BahubalDharideem Namaami Tarineem, Ripudalvaarineem Mataram  
Vande Mataram

*Who hath said thou art weak in thy lands, when the sword flesh out in the seventy million hands, And seventy million voices roar Thy dreadful name from shore to shore? With many strengths who art mighty and stored, To thee I call Mother and Lord! Though who savest, arise and save! To her I cry who ever her foeman drove Back from plain and sea And shook herself free.*

तुमि विद्या तुमि धर्म, तुमि हृदि तुमि मर्म, त्वं हि प्राणाः शरीरे,  
बाहु ते तुमि माँ शक्ति, हृदये तुमि माँ भक्ति,  
तोमारई प्रतिमा गडि, मन्दिरे मन्दिरे ।  
वन्दे मातरम् । 4

Tumi Vidya Tumi Dharma, Tumi Hridi Tumi Marma, Twam Hi Pranaah Sharirey  
Baahu Te Tumi Ma Shakti, Hridaye Tumi Ma Bhakti  
Tomarayee Pratima Gadi Mandirey Mandirey  
Vande Mataram

*Thou art wisdom, thou art law, Thou art heart, our soul, our breath, Though art love divine, the awe, in our hearts that conquers death. Thine the strength that nerves the arm, Then the beauty, thine the charm, Every image made divine, In our temples is but thine.*



## Vande Matram (3)

त्वं हि दुर्गा दशप्रहरणधारिणी, कमला कमलदलविहारिणी,  
वाणी विद्यादायिनी नमामि त्वां,  
नमामि कमलाम्, अमलाम् अतुलां  
सुजलां सुफलां मातरम् ।  
वन्दे मातरम् ।  
श्यामलां सरलां सुस्मितां भूषितां धरणीं भरणीं मातरम् ।  
वन्दे मातरम् । 5

Twam Hi Durga DhashpraharanDhaarinee, Kamala Kamaldal Viharinee  
Vanee Vidya Daayinee Namaami Tvaam  
Namaami Kamlaam Amlaam Atulaam  
Sujalaam Suphalaam Mataram  
Vande Mataram  
Shyamalaam Saralaam Susmitaam Bhushitaam Dharneem Bharneem Maataram  
Vande Mataram

*Thou art Durga, Lady and Queen, With her hands that strike her swords of sheen, Thou art Lakshmi lotus-throned, And the muse a hundred-toned, Pure and perfect without peer, Mother lend thine ear, Rich with thy hurrying streams, Bright with thy orchard gleams, Dark of hue O candid-fair, In thy soul, with jeweled hair, And thy glorious smile divine, Loveliest of all earthly lands, Showering wealth from well-stored hands! Mother sweet, I bow to thee, Mother great and free!*





## सुभाषिताः Subhashitah

विदेशेषु धनं विद्या व्यसनेषु धनं मतिः ।  
परलोके धनं धर्मः शीलं सर्वत्र वै धनम् ॥

Videsheshu-Dhanam-Vidya, Vyasaneshu-Dhanam-Matih,  
Parloke-Dhanam-Dharmah, Sheelam-Sarvatra-Vaye-Dhanam

*The best asset in a foreign land is knowledge, in the field of commerce the best asset is clear thinking, Dharma is your asset for the next life, and virtuous conduct is an asset forever.*

नास्ति विद्यासमं चक्षुर्नास्ति सत्यसमं तपः ।  
नास्ति रागसमं दुःखं नास्ति त्यागसमं सुखम् ॥

Na-asti-Vidya-samam-Chakshur, Na-asti-Satya-samam-Tapah,  
Na-asti-Raaga-samam-Dhukham, Na-asti-Tyaaga-samam-Sukham.

*There are no greater eyes than Knowledge, no greater principle to strive for than truth, no greater misery than attachment and no greater happiness than sacrifice for others*

विद्या ददाति विनयं विनयाद् याति पात्रताम् ।  
पात्रत्वाद् धनमाप्नोति धनाद्धर्मस्ततः सुखम् ॥

Vidya-Dadaati-vinayam, Vinayam-Vinayaad-Yaati-Paatrataam,  
Paatra-tvaada-Dhanam-apnoti, Dhanaada-dharmastatah Sukham.

*True Knowledge gives rise to humility.*





## सुभाषिताः (2)

अहिंसा, सत्य, अस्तेय, ब्रह्मचर्य, असंग्रह,  
शरीर-श्रम, अस्वाद, सर्वत्र, भयवर्जन।  
सर्वधर्म समानत्व, स्वदेशी स्पर्शभावना,  
विनम्र व्रत निष्ठा से ये एकादश सेव्य हैं।

Ahimsa, Satya, Astheya, Brahmacharya, Asangraha,  
Sharir-shram, Aswada, Sarvatra, Bhayavarjan.  
Sarvadharm Samanatva, Swadeshi Sparsha-bhavana,  
Vinamra-vrata Nistha Se Ye Ekadasha Sevy Hai।

*With non-killing, truthfulness, non-coveting, celibacy, non-hoarding, exertion, non-craving, fearlessness, oneness of all Dharmas, self reliance, humility, steadfastness and firm belief, serve Him in every creature.*

उद्यम साहस सत्य नय संस्कृति कला विलास,  
सरस्वती लक्ष्मी तहाँ अविचल करे निवास।

Udhyam Sahas Satya Naya, Samskrit Kala Vilas,  
Saraswati Lakshmi Tahan, Avichala Kare Niwas.

*Where hard work, courage, and truth are the life principles that nourish the culture, literature and art, it is there that Saraswati and Lakshmi make there permanent abodes.*

अलसस्य कुतो विद्या, अविद्यस्य कुतो धनम्।  
अधनस्य कुतो मित्रं, अमित्रस्य कुतो सुखम्॥

Alassya kuto vidya, Avidyasya kuto dhanam .  
Adhanasya kuto mitram, Amitrasya kuto sukham.

*There is no knowledge for the lethargic, no wealth for the ignorant, no friends without wealth and no happiness without friends*





### सुभाषिताः (3)

नरस्याभरणम् रूपम् रूपस्याभरणम् गुणः ।  
गुणस्याभरणम् ज्ञानम् ज्ञानस्याभरणम् क्षमा ॥

Narasyabharanam roopam, Roopasyabharanam gunah.  
Gunasyabharanam gyaanam, Gyaanasyabharanam kshamaa.

*The essence of a being is the physical form, the essence of the form is guna (virtue), the essence of virtue is knowledge, the essence of knowledge is forgiveness*

कोकिलाणाम् स्वरो रूपम् स्त्रीणाम् रूपम् पतिव्रता ।  
विद्यारूपम् कुरूपाणाम् साधुणाम् च तथा क्षमा ॥

Kokilanam swaro roopam, Streenam roopam pativrataa.  
Vidyaroopam kuroopanam, Sadhunam cha tatha kshama.

*The beauty of Nightingale lies in its voice, the beauty of a woman lies in her purity, the beauty of a person lies in their learning and knowledge, and the beauty of Wise persons in their forgiving nature.*

अमन्त्रं अक्षरं नास्ति, नास्ति मूलमनौषधम् ।  
अयोग्यं पुरुषो नास्ति, योजकस्तत्र दुर्लभः ॥

Amantram aksharam naasti, Naasti moolamanaushadham,  
Ayogyo purusho naasti Yojakastatra durlabhah.

*There is no letter that cannot be used in divine hymns, no root that cannot be used for medicine, there is no useless person, scarcity is indeed of an organizer.*





## सुभाषिताः (4)

अयं निजः परो वेति, गणना लघुचेतसाम् ।  
उदारचरितानां तु, वसुधैव कुटुम्बकम् ॥

Ayam nijah paro vati, gananaa laghuchetasam, Udaaracharitanam tu vasudhaiva kutumbakam.

*“This is mine”, “That is not mine”, This attitude is of mean-minded ones. For the noble-minded ones, the entire universe is one family.*

नाभिषेको न संस्कारः, सिंहस्य क्रियते वने ।  
विक्रमार्जित सत्वस्य, स्वयमेव मृगेन्द्रता ॥

Naabhisheko na sanskaara, hinsaa kriyati vane, Vikramaarjita satvasya, svayameva mrigendrataa.

*There is no crowning ceremony for the lion in the forest, he is declared the king of all animals by virtue of his own strength.*

अश्वं नैव गजं नैवं, व्याघ्रं नैव च नैव च ।  
अजापुत्रं बलिं दद्यात्, देवो दुर्बलघातुकः ॥

Ashvam naiva gajam naiva, vyaaghram naiva cha naiva cha,  
Ajaaputram balim dadyaat, devo durbalaghaatukah.

*Not a horse, not an elephant and never a tiger. A sheep is offered as sacrifice for the god. Even God punishes the weak!*

कृते मन्त्रप्रयोगे वा, त्रेतायां तन्त्रसाधने ।  
द्वापरे व्यूहरचने, शक्तिः संघे हि सा कलौ ॥

Krute mantra prayoge vaa, tretaayaam tantra saadhane,  
Dwaapare vyooharachane, shaktih sanghe hi saa kalau.

*In Krita-Yuga (pre-Ramayan period), the strength was in chanting powerful mantras. In Treta-Yuga, (Ramayan period), the strength was in powerful weapons. In Dwapar-Yuga (Mahabharat period), the strength was in army formations. In Kali-Yuga (present times), organization is strength.*



## सुभाषिताः (5)

अग्रतश्चतुरो वेदाः, पृष्ठतः सशरं धनुः ।  
इदं ब्राह्ममिदंक्षात्रं, शापादपि शरादपि॥

Agratashchaturō vedaah, prishthatah sasharam dhanuh,  
Idam brahmanidam kshaatram, shaapaadapi sharaadapi.

*The four Vedas are in front, at the back, we have bows and arrows. Armed with both intellectual power and also soldier's strength, we are prepared to face all types of enemies either through curse or by means of arrows.*

आहार निद्रा भय मैथुनञ्च, सामान्यमेतत् पशुभिर्नराणाम् ।  
धर्मो तेषां अधिको विशेषः, धर्मेण हीनः पशुभिस्समानः॥

Aahaara nidra bhaya maithuncha, Samanyameta pashubhir naraanam,  
Dharmo hi tesham adhiko visheshah, Dharmena heena pashubhissmanah.

*Hunger, sleep, fear, and physical pleasures are common to both animals and human beings. It is the adherence to Dharma that distinguishes human beings from animals. Without Dharma, human beings and animals are the same.*

सत्यम् ब्रूयात् प्रियम् ब्रूयात्, न ब्रूयात् सत्यमप्रियम् ।  
प्रियञ्च नानृतम् ब्रूयात्, एषः धर्मः सनातनः॥

Satyam bruyaat priyam bruyaat, na bruyaat satyam apriyam.  
Priyamcha naanritam bruyaat, esah dharmah sanatanah.

*Truth should be spoken, What is pleasant should be spoken. Unpleasant truth should not be spoken. Pleasant lies are also not to be spoken. This is the ancient Dharma.*





## सुभाषिता: (6)

प्रियवाक्य प्रदानेन, सर्वे तुष्यन्ति जन्तवः ।  
तस्मात् तदेव वक्तव्यम्, वचने का दरिद्रता॥

Priya vaakya pradaanena sarve tushyanti jantavah.  
Tasmaat tadeva vaktavyam, vachane kaa daridrataa.

*By offering of sweet words, everyone can be pleased.  
Therefore offer sweet words. Why be mean in speech?*

किं भारम् समर्थनाम्, किं दूरम् व्यवसायिनाम् ।  
को विदेशः सविद्यानाम्, कः परः प्रियवादिनाम् ।

Kim bhaaram samarthanam, kim dooram vyavasaayinaam,  
Ko videshahsavidyanam, kah parah priyavaadinam.

*What is heavy for a capable man? What is distance for a business man? Which is a  
foreign country for a learned man? Who is an alien to a sweet spoken person?*

हम लोगों में चाहे जितने ऊपरी मतभेद दिखाई दें परन्तु हम  
सारे हिन्दू तत्त्वतः एक हैं। हमारा तत्त्वज्ञान एक है। तन मन  
जीवन से इसकी रक्षा करना हमारा कर्तव्य है।

- डॉक्टर हेडगेवार

*We (Bharteeyas) may on the surface appear to have differing views, but the inner core  
of all the Hindus is essentially one. Our Foundational Knowledge base is One. To  
protect that with our mind, body and lives is our Duty.*





सुभाषिताः (7)

आरम्भगुर्वी क्षयिणी क्रमेण,  
लघ्वी पुरा वृद्धिमती च पश्चात् ।  
दिनस्य पूर्वार्ध परार्ध भिन्ना,  
छायैव मैत्री खलु सज्जनानाम् ।

Aarambha gurvi kshyini kramena,  
laghvi pura vriddhimati cha pashchat,  
Dinasya poorvaardha paraardha bhinna,  
Chaayaiva khalu sajjanaanam.

*Very big to start with, but dies down soon; very small in the beginning and then grows steadily. The friendship with wicked and noble ones are like the shadows after noon and before noon.*

अल्पानामपि वस्तूनां संहतिः कार्यसाधिकाम् ।  
तृणैर्गुणत्वमापन्नैः बध्यन्ते मत्तदन्तिनः ।

Alpaanam api vastoonam sanhatih karyaasaadhikam,  
Trinair gunatwamapannaih, badhyante mattadantinah.

*Even trifles can achieve a great deal when organized. A rope made out of grass can bind a mad elephant.*





## सुभाषिताः (8)

सत्यमेव जयते नानृतम् ।

Satyameva Jayate

*Truth is always victorious*

अहिंसा परमो धर्मः ।

Ahimsa paramo dharmaha

*Non-violence (non-hurting) is the greatest Dharma*

परोपकाराय सतां विभूतयः ।

Paropkaaraaya sataam vibhootayah

*Service to others is the very reason for your existence*

विद्याविहीनः पशुः ।

Vidya viheenah pashuhu

*Devoid of learning and knowledge, you are verily an animal*

उद्योगिनं पुरुषसिंहमुपैति लक्ष्मीः ।

Udyogin purushahinsmupaiti Lakshmeehi

*Lakshmi graces only the industrious*

धर्मार्थकाममोक्षणामारोग्यं मूलमुत्तमम् ।

Dharmaartha kaamokshaam aarogyam moolam uttamam

*Dharma Artha Kama Mosksha is the fundamental secret to removal of all miseries*

जलविन्दुनिपातेन क्रमशः पूर्यते घटः ।

Jalavindu nipaatenam kramashaha pooriyate ghataha

*Tiny drops of water falling one by one gradually fill up the big vessel.*



## सुभाषिताः (9)

यः क्रियावान् सः पण्डितः ।

*Yaha kriyaavaan saha panditaha  
One who exerts effort is a learned man*

अति सर्वत्र वर्जयेत् ।

*Ati sarvatra varjayet  
Avoid excess of anything.*

निर्वाणदीपे किं तैलदानम् ।

*Nirvaandeepe kim tailadaanam  
The enlightened person does not need to light a lamp*

मानो हि महतां धनम् ।

*Mano hi mahatam dhanam  
Self respect is the most treasured wealth for a noble person*

स्वदेशे पूज्यते राजा, विद्वान् सर्वत्र पूज्यते ।

*Swadeshe poojyate raja, vidvaan sarvatra poojate  
A king is regarded only within a country, a learned person is worshipped everywhere.*

दुर्दुराः यत्र वक्तारः तत्र मौनं हि शोभनम् ।

*Durduraaha yatra vaktaarah tatra maonam hi shobhanam  
The greatness of silence mitigates harmful speech*

न मातुः परं दैवतम् ।

*na maatuhu param daivatam  
There is no greater God than Mother*





## सुभाषिताः (10)

यथा बीजं तथा निष्पत्तिः ।

As is the seed, so are the leaves of that tree.

सर्वं जयत्यक्रोधः ।

Conquer your anger

न रूप-शोभा रमते बिना गुणैः ।

Without virtues good looks are worthless

तप्तं तप्तं पुनरपि पुनः काञ्चनं कान्तवर्णम् ।

Through repeated cycles of heating the gold attains radiance.

लोचनाभ्यां विहीनस्य दर्पणः किं करिष्यति ।

If the eyes do not have sight, what can the mirror do

मितभोजनं स्वास्थ्यम् ।

Moderate diet is the secret to good health

नास्त्यहंकारसमः शत्रुः ।

There is no enemy greater than ego

लोभः पापस्यं कारणम् ।

Greed is the root cause of all vices

स्वधर्मे निधनं श्रेयः परधर्मो भयावहः ।

Follow your own Dharma, however humble it may be

परोपकारः पुण्याय पापाय परपीडनम् ।

Kindness to others is the greatest virtue, inflicting pain is the greatest sin

श्रम एव परो यज्ञः श्रम एव परं तपः ।

Hard work is the highest sacrifice and the greatest penance





## Aarti (1)

ॐ जय जगदीश हरे, स्वामी जय जगदीश हरे ।  
भक्त जनोंके संकट, क्षणमें दूर करे । ॐ

Aum Jaya Jagadish Hare, Swami Jaya Jagadish Hare,  
Bhakta Jano Ke Sankata, Kshuna Mein Dur Kare.

जो ध्यावे फल पावे, दुःख विनसे मनका ।  
सुख सम्पति घर आवे, कष्ट मिटे तनका । ॐ

Jo Dhyave Phal Pave, Dukh Vina Se Manaka  
Sukh Sampati Ghar Ave, Kashta Mite Tan Ka

मात-पिता तुम मेरे, शरण ग्रहूं मैं किसकी ।  
तुम बिन और न दूजा, आस करूं मैं जिसकी । ॐ

Mat Pita Tum Mere, Sharan Grahun Mein Kisaki  
Tum Bin Aur Na Dooja, Aas Karun Mein Kiski.

तुम पूरण परमात्मा, तुम अन्तर्यामी ।  
पारब्रह्म परमेश्वर, तुम सबके स्वामी । ॐ

Tum Puran Paramatama, Tum Antar yami  
Para Brahma Parameshwar, Tum Sab Ke Swami.

तुम करुणा के सागर, तुम पालन कर्ता । ॐ  
मैं सेवक तुम स्वामी, कृपा करो भर्ता ।

Tum Karuna Ke Sagar, Tum Palan Karta,  
Mein Sewak Tum Swami, Kripa Karo Bharta.





## Aarti (2)

तुम हो एक अगोचर, सबके प्राण पति ।  
किस विध मिलूं दयामय, तुमको मैं कुमति । ॐ

Tum Ho Ek Agochar, Sab ke Prana Pati,  
Kis Vidh Miloon Dayamaya, Tum ko Mein Kumati.

दीनबन्धु, दुःखहर्ता, तुम रक्षक मेरे ।  
करुणा-हस्त बड़ाओ, द्वार पड़ा तेरे । ॐ

Din Bandhu Dukh Harta, Tum Rakshak Mere,  
Apana Hasta Badhao, Dvar Pada Mein Tere.

विषय विकार मिटाओ, पाप हरो देवा ।  
श्रद्धा भक्ति बड़ाओ, सन्तनकी सेवा । ॐ

Vishay Vikaar Mitao, Papa Haro Deva,  
Shradha Bhakti Badhao, Santan Ki Seva.

तन-मन-धन सब है तेरा, स्वामी सब कुछ है तेरा ।  
तेरा तुझको अर्पण, क्या लागे मेरा । ॐ

Tan Man Dhan Sab Hai Tera, Swami sab Kuch Hai Tera,  
Tera Tujh Ko Arpana, Kya Lage Mera

ॐ जय जगदीश हरे ।

Om Jaya Jagadish Hare..





## Mantra Yoga

जय गणेश, जय गणेश, जय गणेश, पाहिमाम् ।

श्री गणेश, श्री गणेश, श्री गणेश, रक्षमाम् ।

Jaya Ganesh, Jaya Ganesh, Jaya Ganesh Pahimam

Sri Ganesh, Sri Ganesh, Sri Ganesh Rakshamam.

*Glory to Sri Ganesh*

*Shri Ganesh, protect us*

सर्वण भव, सर्वण भव, सर्वण भव, पाहिमाम् ।

सुब्रमण्यं, सुब्रमण्यं, सुब्रमण्यं, रक्षमाम् ।

Saravam Bhava, Saravam Bhava, Saravam Bhava Pahimam,

Subhramanyam, Subhramanyam, Subhramanyam Rakshamam.

*Glory to the name of Kartikeya,*

*Glory to Subramanya, the one who is always bright – protect us.*

जय सरस्वति, जय सरस्वति, जय सरस्वति, पाहिमाम् ।

श्री सरस्वति, श्री सरस्वति, श्री सरस्वति, रक्षमाम् ।

Jaya Saraswati, Jaya Saraswati Jaya Saraswati Pahimam

Sri Saraswati Sri Saraswati Sri Saraswati Rakshamam

*Glory to Ma Saraswati*

*Ma Saraswati, protect us*

जय गुरु, शिव गुरु, हरि गुरु, राम ।

जगत गुरु, परम गुरु, सदगुरु श्याम ।

Jaya Guru Shiva Guru Hari Guru Rama

Jagat Guru Param Guru Sada Guru Shyam

*Glory to Shiv and Hari in the form of Ram*

*Glory to Krishna, who is the Supreme Truth of the entire universe*

ॐ, आदि गुरु, अद्वैत गुरु, आनन्द गुरु ॐ ।

चिद् गुरु, चिद्गान गुरु, चिन्मय गुरु ॐ ।

Om Aadi Guru Advaita Guru Anand Guru Om

Chida Guru Chidgan Guru Chinmaya Guru Om

*Glory to the Guru of Gurus, the non-dualistic Guru, the blissful Guru,*

*the Guru who is the embodiment of consciousness.*



## Mantra Yoga (2)

ॐ, बुद्ध गुरु, महावीर गुरु, नानक गुरु ॐ ।  
माता, पिता, बन्धु, सखा, सत्चितानन्द ॐ ।

Om Budha Guru Mahavir Guru Nanak Guru Om  
Mata Pita Bandhu Sakha Satchitananda Om

*Glory to Buddha, Mahavir, Nanak,*

*Glory to Mother, Father, relatives, friends, the ever-blissful consciousness.*

हरे रामा, हरे रामा, रामा, रामा, हरे, हरे ।  
हरे कृष्णा, हरे कृष्णा, कृष्णा, कृष्णा, हरे, हरे ।

Hare Rama Hare Rama, Rama Rama Hare Hare  
Hare Krishna Hare Krishna, Krishna Krishna Hare Hare

*Glory to Lord Ram*

*Glory to Lord Krishna*

ॐ नमो शिवाय, ॐ नमो शिवाय । ॐ नमो शिवाय, ॐ नमो शिवाय ।  
ॐ नमो नारायण, ॐ नमो नारायण । ॐ नमो नारायण, ॐ नमो नारायण ।  
Om Namo Shivaya, Om Namo Shivaya, Om Namo Shivaya, Om Namo Shivaya.  
Om Namo Narayana, Om Namo Narayana, Om Namo Narayana, Om Namo Narayana

*Salutations to the name of Shiva*

*Salutations to the name of Narayana*

ॐ नमो भगवते वासुदेवाय, ॐ नमो भगवते वासुदेवाय ।  
ॐ नमो भगवते वासुदेवाय, ॐ नमो भगवते वासुदेवाय ।  
Om Namo Bhagvate Vasudevaya, Om Namo Bhagvate Vasudevaya,  
Om Namo Bhagvate Vasudevaya, Om Namo Bhagvate Vasudevaya,

*Salutations to Lord Vasudeva (Vishnu)*

*Salutations to Lord Vasudeva (Vishnu)*





## Mantra Yoga (3)

ॐ नमो भगवते शिवानन्दाय । ॐ नमो भगवते सदगुरु नन्दाय ।

ॐ नमो भगवते शिवानन्दाय । ॐ नमो भगवते सदगुरु नन्दाय ।

Om Namo Bhagvate Shivanandaya, Om Namo Bhagvate Sadguru Nandaya

Om Namo Bhagvate Shivanandaya, Om Namo Bhagvate Sadguru Nandaya

*Salutations to Shiva, the eternal blissful Perfection,*

*Salutations to the Divine Guru of all*

कृष्णाम् वन्दे जगद्गुरुम् श्री । कृष्णाम् वन्दे जगद्गुरुम् ।

Krishnam Vande Jagad Gurum Sri, Krishnam Vande Jagad Gurum

*Adorations to Krishna, the Guru of the universe*

श्री राम जय राम जय जय राम ॐ । श्री राम जय राम जय जय राम ।

हरि ॐ, हरि ॐ, हरि हरि हरि ॐ । हरि ॐ, हरि ॐ, हरि हरि हरि ॐ ।

Sri Rama Jaya Rama Jaya Jaya Rama Om, Sri Rama Jaya Rama Jaya Jaya Rama,

Hari Om Hari Om Hari Hari Hari Om, Hari Om Hari Om Hari Hari Hari Om.

*Glory to Shri Ram,*

*Glory to Shri Hari, the Eternal*

गुरु ॐ, गुरु ॐ, गुरु गुरु गुरु ॐ । गुरु ॐ, गुरु ॐ, गुरु गुरु गुरु ॐ ।

Guru Om Guru Om Guru Guru Guru Om, Guru Om Guru Om Guru Guru Guru Om

*Glory to the Eternal Guru*

शक्ति माँ, शक्ति माँ, शक्ति शक्ति शक्ति माँ ।

शक्ति माँ, शक्ति माँ, शक्ति शक्ति शक्ति माँ,

Shakti Ma Shakti Ma Shakti Shakti Shakti Ma

Shakti Ma Shakti Ma Shakti Shakti Shakti Ma

*Glory to the All-Powerful Mother*

शिव, शिव, शिव, शिव शिवाय नमहो ।

हर हर हर हर नमः शिवाय ।

Shiva Shiva Shiva Shiva Shivaya Namaho

Hara Hara Hara Hara Namah Shivaya

*Glory to Shiva, the Supreme Dissolver*





## निर्वाणाष्टकम् Nirvanashtakam

मनो बुद्ध्यहंकार चित्तानि नाहं,  
न च श्रोत्रजिब्हे न च घ्राणनेत्रे ।  
न च व्योम भूमिर्न तेजो न वायु,  
चिदानन्दरूपः शिवोहम् शिवोहम् । 1

Mano Budhyahankar Chitani Nahum, Na Cha Shrotra Jivahe Na Cha Ghrananetra  
Na Cha Vyom Bhumir Na Tejo Na Vayu, Chidananda Rupah Shivoham Shivoham

*Mind, Intellect, Ego I am not, Neither have I ears, tongue nor nostrils, nor eyes; I am  
not the five great elements,; I am pure consciousness, Bliss, the Self  
I am Auspiciousness, Auspiciousness alone.*

न च प्राण संज्ञो न वै पञ्चवायुः,  
न वा सप्त धातुर्न वा पञ्चकोषः ।  
न वाक् पाणिपादौ न चोपस्थपायू,  
चिदानन्दरूपः शिवोहम् शिवोहम् । 2

Na Cha Pran Sangyo Na Vaye Pancha Vayuhu, Na Va Sapta Dhatu Na Va Pancha Koshah  
Na Vak Pani Padau Na Chopasthapayu, Chidananda Rupah Shivoham Shivoham

*The vital air I am not, Nor have I anything to do with the physiological functions in my  
body; Nor am I the seven-fold material that goes into the building up of the body; Nor  
am I in any way attached to the five sheaths of my personality; have nothing to do with  
the five prgans of action. I am auspiciousness, Auspiciousness alone.*





## Nirvanashtakam (2)

न मे द्वेष रागौ न मे लोभमोहौ,  
मदो नैव मे नैव मात्सर्यभावः ।  
न धर्मो न चार्थो न कामो न मोक्ष,  
चिदानन्दरूपः शिवोहम् शिवोहम् । 3

Na Me Dvesha Ragau Na Me Lobha Mohau, Mado Naiv Me Naiv Matasarya Bhavah  
Na Dharmo Na Chartho Na Kamo Na Moksha, Chidananda Rupah Shivo ham Shivo ham

*I have neither likes nor dislikes, nor have I covetousness or greed, nor have I any arrogant vanity nor any competition with anyone; I have not even a need for the four main "purposes of life". I am Auspiciousness, Auspiciousness alone.*

न पुण्यं न पापं न सौख्यं न दुःखं,  
न मन्त्रो न तीर्थं न वेदाः न यज्ञाः ।  
अहं भोजनं नैव भोज्यं न भोक्ता ।  
चिदानन्दरूपः शिवोहम् शिवोहम् । 4

Na Punyam Na Papam Na Saukhyam Na Dukham, Na Mantra Na Tirham Na Vedaah Na Yagaah  
Aham Bhojan Naiv Bhojya Na Bhokta, Chidnananda Rupah Shivo ham Shivo ham

*Sin or merit can never touch me, joy or sorrow cannot contaminate me; I know no mantra, I have no sacred pilgrimage to make, I know no scripture, nor have I anything to gain through rituals; I am neither the experiencer (subject), nor the experienced (object), nor the experiencing;  
I am auspiciousness, Auspiciousness alone.*





### Nirvanashtakam (3)

न मे मृत्यु शंका न मे जातिभेदः ।  
पिता नैव मे नैव माता न जन्म ।  
न बन्धुर्न मित्रं गुरुनैव शिष्य ।  
चिदानन्दरूपः शिवोहम् शिवोहम् । 5

Na Me Mrityu Shanka Na Me Jati Bhedah, Pita Naiv Me Naiv Mata Na Janma  
Na Bandhur Na Mitram Guru Naiv Shishya, Chidananda Rupah Shivoham Shivoham

*I have no death, nor have I any caste or creed distinction; I have neither father nor  
mother, why! I am never born! I have no kith or kin, I know no Guru, nor am I a  
disciple; I am Auspiciousness, Auspiciousness alone.*

अहं निर्विकल्पो निराकाररूपो ।  
विभुर्व्याप्त सर्वत्र सर्वेन्द्रियाणि ।  
सदा मे समत्वं न मुक्तिर्न बन्ध ।  
चिदानन्दरूपः शिवोहम् शिवोहम् । 6

Aham Nirvikalpo Nirakar Rupo, Vibhurvyapata Sarvatra Sarvendriyani  
Sada Me Samatvam Na Muktir Na Bandha Chidananda Rupah Shivoham Shivoham

*Thought-free am I, formlessness my only form, I am the vitality behind all sense organs  
of everyone; neother have I attachment to anything, nor am I free from everything; I am  
all-inclusive; I am Auspiciousness, Auspiciousness alone.*





## भज गोविन्दं Bhaj Govindam

भज गोविन्दं, भज गोविन्दं, गोविन्दं, भज मूढमते ।  
संप्राप्ते सन्नहिते काले, नहि नहि रक्षति दुकृत्र करणे ।  
भज गोविन्दं, भज गोविन्दं ।

Bhaja Govindam, Bhaj Govindam, Govindam bhaja moodhamate,  
Sampraapte sannihite kaale, Nahi nahi rakshati dukrit karane,  
Bhaja Govindam....

बालस्तावत्क्रीडासक्तः, तरुणास्तावत्तरुणीसक्तः ।  
वृद्धस्तावच्चिन्तासक्तः, परमे ब्रह्मणि कोऽपि न सक्तः ।  
भज गोविन्दं, भज गोविन्दं ।

Baalaastaavat kreeadaasaktah, Tarunastaavat taruneesaktah;  
Vridhdhastavachchintaasaktah, Parame Brahmani kopi na saktah  
Bhaja Govindam....

कामं क्रोधं लोभं मोहं, त्यक्त्वाऽऽत्मानं पश्यति सोऽहम् ।  
आत्मज्ञानविहीना मूढाः, तेपच्यन्ते नरकनिगूढाः ।  
भज गोविन्दं, भज गोविन्दं ।

Kaamam krodham lobham moham, Tyaktvaa (aa) tmaanam pashyati So(a)ham  
Aatmagnaanaviheenaa moodhaah, Te pachyante Narakanigoodhaah  
Bhaja Govindam....





## संघ गीत Sangh Geet Sangathan Gadhe Chalo

संगठन गढ़े चलो, सुपन्थ पर बड़े चलो।  
हो भला समाज का, वह काम सब किये चलो।

Sangathan gadhe chalo, supanth par badhe chalo  
Ho bhala samaj ka wah kam sab kiye chalo

युग के साथ मिल के सब कदम बढ़ाना सीख लो।  
एकता के स्वर में गीत गुनगुनाना सीख लो।  
एकता के स्वर में गीत गुनगुनाना सीख लो।  
भूलकर भी मुखमें जातिपंथ की न बात हो।

Yuga ke saath mil ke sab kadam badhana seekh lo  
Ekta ke swar mein geet gungunana seekh lo  
Ekta ke swar mein geet gungunana seekh lo  
Bhool kar bhi mukh mein jati panth ki na baat ho.

मनमें ऊँचनीच का कभी न भेदभाव हो।  
फूट का भरा घड़ा है फोड़ कर बड़े चलो।  
हो भला समाज का, वह काम सब किये चलो।  
संगठन गढ़े चलो, सुपन्थ पर बड़े चलो।

Man mein unch neech ka kabhi na bhed bhava ho.  
Phoot ka bhara ghada hai phord kar badhe chalo  
Ho bhala samaj ka wah kam sab kiye chalo  
Sangathan gadhe chalo, supanth par badhe chalo

आ रही है आज चारों ओर से यही पुकार।  
हम करेंगे त्याग इस समाज के लिये अपार।  
हम करेंगे त्याग इस समाज के लिये अपार।  
कष्ट जो मिलेंगे, मुस्कुराते सब सहेंगे हम।  
हिन्दु के लिये सदा जियेंगे और मरेंगे हम।  
हिन्दु का ही भाग्य अपना भाग्य है ये सोच लो।  
हो भला समाज का, वह काम सब किये चलो।  
संगठन गढ़े चलो, सुपन्थ पर बड़े चलो।

Aa rahi hai aaj charon oar se yahi pukar  
Ham karenge tyaag is samaj ke liye apaar  
Ham karenge tyaag is samaj ke liye apaar  
Kshat jo milenge muskurate sab sahenje ham  
Hindu ke liye sada jiyenge aur marenge ham  
Hindu ka hi bhagya apna bhagya hai ye sooch lo  
Ho bhala samaj ka vah kam sab kiye chalo  
Sangathan gadhe chalo supanth par badhe chalo





## **Sangathan Gadhe Chalo**

Come together in unity and walk together on the path of Goodness and Dharma to build  
a united, strong, vibrant Hindu society.

Think and act in the service of the society, look beyond yourself and do always that  
which will benefit the community at large.

Walk in unison with the times, nay, walk ahead and set the pace for all.

Sing the song of unity and harmony.

Never, not even in error, let narrow terms of race, caste, creed and color defile your  
speech.

And let your mind be forever free from petty feelings of high and low, superior and  
inferior

Be aware of the traitors lurking in your midst, sowing the seeds of disharmony. Break  
the vessel that they have filled to the brim with discord and disunity, and with courage  
keep marching on.

Today this sacred call rings supreme from all directions,

That we will sacrifice our utmost in the service of the Hindu community.

Though we may suffer endlessly, we will bear all hardships silently with a smile.

We will forever live for the cause of the Hindu society and willingly accept death in  
serving our people.

Realize that your destiny is one with the destiny of the Hindu society.

So, think and act in the service of the society, look beyond yourself and do always that  
which will benefit the community at large.



## साधना का पथ कठिन है। Sadhana Ka Path Kathin Hai

शपथ लेना तो सरल है,  
पर निभाना ही कठिन है।  
साधना का पथ कठिन है।

Shapath lena to saral hai,  
par nibhana hi kathin hai  
Sadhana ka path kathin hai

शलभ बन जलना सरल है,  
प्रेम की जलती शिखा पर।  
स्वयं को तिल तिल जला कर,  
दीप बनना ही कठिन है।  
साधना का पथ कठिन है।

Shalabh ban jalna saral hai,  
prem ki jalati shikha par  
Swayam ko til til jala kar,  
deep bannana hi kathin hai  
Sadhana ka path kathin hai

है अचेतन जो युगों से,  
लहर के अनकूल बहते।  
साथ बहना है सरल,  
प्रतिकूल बहना ही कठिन है।  
साधना का पथ कठिन है।

Hai achetan jo yugon se,  
lahar ke anukool bahate  
Saath bahana hai saral,  
pratikool bahana he kathin hai  
Sadhana ka path kathin hai

ठोकरें खाकर नियत की,  
युगों से जी रहा मानव।  
है सरल आंसू बहाना,  
मुस्कराना ही कठिन है।  
साधना का पथ कठिन है।

Thokaren khakar niyat ki,  
yugon se jee raha manav  
Hai saral aansoo bahana,  
muskurana hi kathin hai.  
Sadhana ka path kathin hai

तप तपस्या के सहारे,  
इन्द्र बनना तो सरल है।  
स्वर्ग का ऐश्वर्य पाकर,  
मद भुलाना ही कठिन है।  
साधना का पथ कठिन है।

Tapa tapasya ke sahare,  
Indra bannana to saral hai  
Swarga ka aishwarya pakar,  
mad bhulana hi kathin hai  
Sadhana ka path kathin hai





## यह कल कल Yah Kal Kal Chal Chal ...

यह कल कल छल छल बहती,  
क्या कहती गंगा धारा,  
युग युग से बहता आता,  
यह पुन्य प्रवाह हमारा।  
यह पुन्य प्रवाह हमारा।

Yah kal kal chal chal bahati,  
kya kahati ganga dhara  
Yuga yuga se bahata aata,  
Yah punya pravah hamara  
yah punya pravah hamara

इस धारा में घुल मिल कर,  
वीरों की राख बही है।  
इस धारा की कितने ही,  
ऋषियों ने शरण ग्राही है।  
इस धारा की गोदी में  
खेला इतिहास हमारा।  
यह पुन्य प्रवाह हमारा।

Is dhara mein ghul mil kar,  
veeron ki rakh bahi hai  
Is dhara ke kitane he,  
rishiyon ne sharan grahi hai  
Is dhara ki godi mein,  
khela itihasa hamara  
yah punya pravah hamara

यह अविरल तप का फल है,  
यह पुन्य प्रवाह प्रबल है।  
शुभ संस्कृति का परिचायक,  
भारत का यह आंचल है।  
हिन्दू के चिर जीवन का,  
मर्यादा धर्म सहारा।  
यह पुन्य प्रवाह हमारा।

Yah aviral tapa ka phal hai,  
yah punya pravah prabal hai  
Shubha sanskriti ka parichayak,  
Bharat ka yah aanchal hai  
Hindu ke chir jeevan ka,  
maryada dharma sahara  
yah punya pravah hamara

क्या इसको रोक सकेंगे,  
मिटने वाले मिट जायें।  
कंकड़ पत्थर की हस्ति,  
क्या बाधा बन कर आयें।  
दह जायेंगे गिरि पर्वत,  
कापे भू मंडल सारा।  
यह पुन्य प्रवाह हमारा।

Kya isako roka sakenge,  
mitane wale mit jayen  
kankar pathar ki hasti,  
kya badha ban kar aayen  
Dhah jayenge giri parvat,  
kanpen bhu mandal sara  
yah punya pravah hamara





## **Yah Kal Kal**

Listen to the enchanting music emanating from the dancing waters of the sacred river Ganga. Our song of Truth, Dharma and Sacrifice is eternal, they say. Forever, through the ages, these waters of the Ganga have carried this message through the heart of Bharat.

Mingled in your currents are the ashes of the Braves that sacrificed their lives, and the countless Rishis that took refuge in your nurturing caress. And it is in your lap that our glorious and ever vibrant history was created again and again.

After years of penance, you graced this land with your divine nectar, and its purity, vigor and "magic" grows by the day. You are the proud symbol of our rich heritage and the caring "Aanchal" of Bharat Mata. Your nectar sustains the flow of eternal Dharma in the veins of every Hindu life after life.

Mother, you are unstoppable! None could dare withstand your bold and powerful currents bursting with energy. The forces of Adharma that come in the path of your roaring torrents, shall perish or lay awash like stones and pebbles. Mountains shall crumble and the earth shall tremble, as you perform your majestic dance eternally through my sacred land of Bharat.



## हिन्दु भूमि गान से Hindu Bhumi Gaan Se

हिन्दु भूमि गान से गूँजता रहे गगन।  
स्नेह नीर से सदा फूलते रहें सुमन।

Hindu bhumi gaan se goonjata rahe gagan  
Sneha nir se sada phoolate rahen suman

जन्म सिद्ध भावना स्वदेश का विचार हो।  
रोम रोम में रमा स्वधर्म संस्कार हो।  
आरती उतारते प्राण दीप हो मगन।  
स्नेह नीर से सदा फूलते रहें सुमन।

Janma sidh bhavana swadesh ka vichar ho  
Roma roma mein rama swadharma sanskar ho  
Aarti utarate pran deep ho magan  
Sneha nir se sada phoolate rahen suman

हार के सुसुत्र में मोतियों कि पंक्तियाँ,  
ग्राम नगर प्रांत से संग्रहीत शक्तियाँ।  
लक्ष लक्ष रूप से देश हो विराट तन।  
स्नेह नीर से सदा फूलते रहे सुमन।

Haar ke susutra mein motiyon ki panktiyan  
Gram nagar pranta se sangrahita shaktiyan  
Laksha laksha roop se, desh ho virat tan  
Sneha nir se sada phoolate rahen suman

ऐक्य शक्ति देश की प्रगति में समर्थ हो।  
धर्म आसरा लिये मोक्ष काम अर्थ हो।  
पुण्य भूमि आज फिर ज्ञान का बने सदन।  
स्नेह नीर से सदा फूलते रहे सुमन।

Aikya shakti desh ki pragati mein samarth ho  
Dharma aasara liye moksha kama artha ho  
Punya bhumi aaj phir, gyan ka bane sadan  
Sneha nir se sada phoolate rahen suman





## हिन्दु हिन्दु एक रहे Hindu Hindu Ek Rahe

हिन्दु हिन्दु एक रहे,  
भेद भाव को नहीं सहे।  
संघर्षों से दुःखी जगत को,  
मानवता की शिक्षा दे।  
हिन्दु हिन्दु एक रहे (x3)।

Hindu Hindu ek rahe,  
Bhed Bhava ko nahi sahe  
Sangharshon se dukhi jagat ko,  
manavta ki shikcha de.  
Hindu Hindu ek rahe (x3)

एक ब्रह्म कुछ और नहीं,  
हरिहर दुर्गा मात वही।  
देव देवियां रूप उसीका,  
देश काल अनुसार सही।  
सब पंथों का मान करें,  
सब ग्रंथों से ज्ञान ग्रहें।  
सद्गुरुओं की सीख समझ कर,  
जीवन को जीना सीखें।  
हिन्दु हिन्दु एक रहे (x3)।

Ek Brahma kucha aur nahi,  
Harihar Durga Mat wahi  
Dev deviyan rupa usika,  
desh kal anusar sahi  
Sab pantho ka maan karen,  
sab granthon se gyan grahen  
Sadguruon ki seikh samajh kar,  
jeevan ko jeena seikhen  
Hindu Hindu ek rahe (x3)

जो भाई भटके बिछड़े,  
हाथ पकड़ ले साथ चले  
भोजन कपड़ा घर की सुविधा,  
शिक्षा सबको सुलभ रहे।  
ऊँच नीच लवलेश न हो,  
छुआछूत अवशेष न हो।  
एक लहू सबकी नसनस में,  
अपनेपन की रीत गहे।  
हिन्दु हिन्दु एक रहे (x3)।

Jo bhai bhatake bichude,  
hanth pakad le sath chale  
Bhojan kapda ghar ki suvidha,  
shikcha sab ko sulabh rahe  
Unch neech lavlesh na ho,  
chua chuta avashesh na ho  
Ek lahu sab ki nas nas mein,  
apne pan ki reet gahe  
Hindu Hindu ek rahe (x3)

धर्म प्रेम अमृत पियें,  
गीता गंगा गौ पूजें।  
वेद विहित जीवन रचना हो,  
राम कृष्ण शिव भक्ति करे।  
धर्म सनातन अनुगामी,  
बुद्ध शरणं गच्छामी।  
अर्हन्तोंको नमन करे,  
नित वाहे गुरु अकाल कहे।  
हिन्दु हिन्दु एक रहे (x3)।

Dharma prem amrita piyein,  
Geeta ganga gau pujein  
Veda vihita jeevan rachna ho,  
Ram krishna Shiva bhakti kare  
Dharma sanatan anugami,  
Budham sharnam gachami  
Arhanton ko naman kare,  
Nita wahe guru aakal kahe  
Hindu Hindu ek rahe (x3)



## **Hindu Hindu Ek Rahe..**

*Let the Hindus be united. Let the Hindus be united.  
Let there be harmony and no feeling of differences.  
May the Hindus teach the lesson of humanity to the world, torn and tired with strife.  
Let the Hindus be united. Let the Hindus be united.*

*The Universe is but One Brahman and nothing else.  
Vishnu, Shiva and Durga are His manifestation.  
His forms as Devis and Devas evolves with time and locale.  
Hindus revere all forms of worship as valid and  
willingly receive knowledge from all sacred books.  
They accept the spiritual teachings of all True Gurus, and bring it into their lives  
Let the Hindus be united. Let the Hindus be united.*

*Extend your hand so there be no brother lost or left behind.  
Every single Hindu should have food, shelter and access to learning.  
No feeling of high and low, and not a trace of untouchability;  
The same blood flows in our veins, and the feeling of Oneness rings in our hearts.  
Let the Hindus be united. Let the Hindus be united.*

*Inspired by the nectar of Dharma and Love,  
let us worship the sacred Geeta, Cow and river Ganga.  
Our lives be guided by the teachings of the Vedas;  
and Ram, Krishna and Shiva be the target of our devotion.  
May the Hindu forever follow the eternal and all inclusive Sanatan Dharma,  
respecting the teachings of Bhagwan Buddha, the Jain Arhants, and Guru Nanak.  
Let the Hindus be united. Let the Hindus be united.*



## चन्दन है इस देश की माटी Chand Hai Is Desh Ki Mati

चन्दन है इस देश की माटी,  
तपोभूमि हर ग्राम है।  
हर बाला देवी की प्रतिमा,  
बच्चा-बच्चा राम है।

Chandan hai is desh ki mati,  
tapo bhumi har gram hai  
Har bala devi ki pratima,  
bachha bachha Ram hai

हर शरीर मन्दिर सा पावन,  
हर मानव उपकारी है।  
जहाँ सिंह बन गये खिलौने,  
गाय जहाँ माँ प्यारी है।  
जहाँ सबेरा शंख बजाता,  
लोरी गाती शाम है।  
हर बाला देवी की प्रतिमा,  
बच्चा-बच्चा राम है।

Har sharir mandir sa paawan  
har manav upkari hai  
Jahan singh ban gaye khilaune,  
Gai jahan Ma pyari hai  
Jahan savera shankh bajata,  
lori gati sham hai  
Har bala devi ki pratima,  
bacha bacha Ram hai

जहाँ कर्म से भाग्य बदलते,  
श्रम निष्ठा कल्याणी है।  
त्याग और तप की गाथायें,  
गाती कवि की वाणी है।  
ज्ञान यहाँ का गंगा जल सा,  
निर्मल है अविराम है।  
हर बाला देवी की प्रतिमा,  
बच्चा-बच्चा राम है।

Jahan karm se bhagya badaltey,  
shram nishtha kalyani hai  
tyag aur tap ki gathayen,  
gati kavi ki vaani hai  
Gyan yahan ka Ganga jal sa,  
nirmal hai aviram hai  
Har bala devi ki pratima,  
bacha bacha Ram hai

इसके सैनिक समरभूमि में,  
गाया करते गीता हैं।  
जहाँ खेत में हल के नीचे,  
खेला करती सीता है।  
जीवन का आदर्श यहाँ हर,  
परमेश्वर का धाम है।  
हर बाला देवी की प्रतिमा,  
बच्चा-बच्चा राम है।

Uske sainik samarbhumi mein  
gaya kartey Geeta hain  
Jahan khet me hal ke neechey  
khela karti Seeta hai  
Jeevan ka aadarsh yahan har,  
Parmeshwar ka dham hai  
Har bala devi ki pratima,  
bacha bacha Ram hai

चन्दन है इस देश की माटी,  
तपोभूमि हर ग्राम है।  
हर बाला देवी की प्रतिमा,  
बच्चा-बच्चा राम है।

Chandan hai is desh ki mati,  
tapo bhumi har gram hai  
Har bala devi ki pratima,  
bachha bachha Ram hai



## इतनी शक्ति हमें देना दाता

Itni Shakti Hame Dena Data

इतनी शक्ति हमें देना दाता,  
मन का विश्वास कमजोर हो ना।  
हम चलें नेक रस्ते पर हमसे,  
भूल कर भी कोई भूल हो ना।

दूर अज्ञान के हों अंधेरे,  
तू हमें ज्ञान की राशनी दे।  
हर बुराई से बचके रहें हम,  
जितनी भी दे भली जिन्दगी दे।  
बैर हो न किसीका किसी से,  
भावना मन में बदले की हो ना।  
हम चलें नेक रस्ते पर हमसे,  
भूल कर भी कोई भूल हो ना।

हम न सोचें हमें क्या मिला है  
हम ये सोचें किया क्या है अर्पण।  
फूल खुशियाँ के बाटें सभी को  
सब का जीवन ही बन जाए मधुवन।  
अपनी करुणा का जल तू बहा के  
कर दे पावन हरएक मन का कोना  
हम चलें नेक रस्ते पे हमसे  
भूल कर भी कोई भूल हो ना।

हर तरफ जुलुम है बेबसी है,  
सहमा, सहमा सा हर आदमी है।  
पाप का बोझ बढ़ता ही जाये,  
जाने कैसे यह धरती थमी है।  
बोझ ममता का तू यह उठा ले,  
तेरी रचना का भी अन्त हो ना।  
हम चलें नेक रस्ते पर हमसे,  
भूल कर भी कोई भूल हो ना।

इतनी शक्ति हमें देना दाता,  
मन का विश्वास कमजोर हो ना।  
हम चलें नेक रस्ते पर हमसे,  
भूल कर भी कोई भूल हो ना।

Itni shakti hamen dena daata,  
Man ka vishvas kamjor ho na  
Ham chalen nek raste par hamse  
Bhool kar bhi koyee bhul ho na

Door agyan ke hon andhere,  
Tu hamen gyan ki raushani de  
Har burai se bach ke rahen ham,  
Jitani bhi de bhali jindagi de  
Bair ho na kisika kisi se,  
Bhavana man mein badle ki ho na  
Ham chalen nek raste par hamse  
Bhool kar bhi koyee bhul ho na

Ham na sochen hame kya mila hai  
Ham ye sochen kiya kya hai arpan  
Phool khushiyo ke baten sabhi ko  
Sab ka jivan hi ban jaye madhuban  
Apni karuna ka jal tu bahaa ke  
Kar de pavan kar ek man ka kona  
Ham chalen nek raste pe ham se  
Bhool kar bhi koi bhool ho na

Har taraf julum hai bebasi hai  
Sahma sahma sa har aadmi hai  
Papa ka bojha badhta hi jaye,  
Jane kaisey yah dharti thami hai  
Bojha mamta ka tu ye utha le,  
Teri rachna ka bhi anta ho na  
Ham chalen nek raste par hamse  
Bhool kar bhi koyee bhul ho na

Itni shakti hamen dena daata,  
man ka vishvas kamjor ho na  
Ham chalen nek raste par hamse  
bhool kar bhi koyee bhul ho na



## **Itni Shakti Hame Dena Data**

Ishwar, grant us enough strength, so that our faith will never waiver  
May we always walk on the path of goodness,  
Let us never commit a mistake even by mistake.

Let the darkness of ignorance be far from us, grant us the light of knowledge,  
let us stay away from the path of misfortune, let our life be full of goodness,  
Let us not bear enmity towards anyone, let us not have feelings of ill-will towards  
anyone.

May we always walk on the path of goodness,  
Let us never commit a mistake even by mistake.

Let us not think what we have obtained,  
Let us think about what we have offered,  
May we spread flowers of happiness,  
Let everyone's life be a garden of flowers,  
With the waters of your compassion,  
Make every corner of our hearts pure.

May we always walk on the path of goodness,  
Let us never commit a mistake even by mistake.

All around us there is injustice and strife, every man is afraid,  
The burden of misdeeds keeps growing, I don't know how this earth is sustained.  
Please lift this burden of maternal love, may your creation never cease.

May we always walk on the path of goodness,  
Let us never commit a mistake even by mistake.



## हे शारदे माँ Hey Sharde Ma

हे शारदे माँ, हे शारदे माँ।  
अज्ञानता से हमें तार दे माँ।

Hey Sharde Ma, Hey Sharde Ma  
Agyanta se hamen taar de Ma

तू स्वर की देवी, ये संगीत तुझसे।  
हर शब्द तेरा, हर गीत तुझसे।  
हम हैं अकेले, हम हैं अधूरे।  
तेरी शरण हम, हमें प्यार दे माँ।  
हे शारदे माँ, हे शारदे माँ। -----

Tu swar ki devi, ye sangeet tujhse  
Har shabda tera, har geet tujhse  
Ham hain akeley, ham hain adhurey  
Teri sharan ham, hamen pyar de Ma  
Hey Sharde Ma, Hey Sharde Ma

मुनियों ने समझी, मुनियों ने जानी।  
वेदों की भाषा पुराणों की बानी।  
हम भी तो समझें, हम भी तो जानें।  
विद्या का हमको अधिकार दे माँ।  
हे शारदे माँ, हे शारदे माँ। -----

Muniyon ne samjhi, Muniyon ne jani  
Vedon ki bhasha, puranon ki bani  
Ham bhi to samjhen, ham bhi to janen  
Vidya ka hamko adhikar de Ma  
Hey Sharde Ma, Hey Sharde Ma

तू श्वेत वरणी, कमल पे विराजे।  
हाथों में वीणा, मुकुट सर पे साजे।  
मन से हमारे मिटा के अंधेरे।  
हमको उजालों का संसार दे माँ  
हे शारदे माँ, हे शारदे माँ। -----

Tu shweta varani kamal pe viraje  
Hathon mein veena mukut sar pe saje  
Man se hamare mita ke andhere  
Hamko ujalon ka sansar de Ma  
Hey Sharde Ma, Hey Sharde Ma





## He Sharde Ma

O Mother Sharda, O Mother Sharda,  
Please remove us from ignorance

You are the Goddess of melody, this music emanates from you,  
Every word is yours, every song is from you,  
We are alone, we are incomplete,  
Grant us your presence, give us your love.

O Mother Sharda ...

Sages have understood, sages have known,  
The language of the Vedas, the speech of the Puranas,  
Let us understand, let us know,  
Give us the right of knowledge.

O Mother Sharda ...

You wear pure white clothes, and are seated on a lotus,  
With a veena in your hands, a crown shining on your head,  
Remove the darkness from our mind,  
Give us the world of illumination (knowledge).

O Mother Sharda ...



## हिन्द देश के निवासी Hind Desh Ke Nivasi

हिन्द देश के निवासी, सब जन एक हैं।  
रंग रूप वेष भाषा, चाहे अनेक हैं।

Hind desh ke niwasi, sab jan ek hain,  
Rang rupa vesh bhasha, chaahe anek hain.

बेला गुलाब जूही, चम्पा चमेली।  
प्यारे, प्यारे फूल गुथे, माला में एक हैं।

Bela gulaab juhi, champa chameli,  
Pyare pyare phool guthe, maala mein ek hain.

कोयल की कूक न्यारी, पपीहे की टेर प्यारी।  
गा रही तराना बुलबुल, राग मगर एक है।

Koyal ki kook nyari, papihe ki tera pyari.  
Gaa rahi taraana bulu bul, raag magar ek hai.

गंगा जमुना ब्रह्मपुत्रा, कृष्णा कावेरी।  
जा के मिल गई सागर में, हुई सब एक है।

Ganga Jamuna Brahmaputra, Krishna Kaveri  
Jaa ke mil gayee saagar mein, hui sab ek hai.

धर्म है अनेक इनके, सार वही है।  
पंथ है निराले सबके, मंजिल तो एक है।

Dharma hai anek inke, saar wahi hai,  
Pantha hai nirale sabke, manzil to ek hai.

हिन्द देश के निवासी, सब जन एक हैं।  
रंग रूप वेष भाषा चाहे अनेक हैं।

Hind desh ke niwasi, sab jan ek hain,  
Rang rupa vesh bhasha, chaahe anek hain.

O people of Hindustan, all are alike,  
Even though color, form, dress, or language may be different.

Bela, Rose, Juhi, Champa, Chameli, all are different flowers,  
All are tied together in one beautiful garland.

The song of the koyal is very melodious, the voice of the papiha is very sweet,  
They all sing different songs, but the melody is the same.

Ganga, Jamuna, Brahmaputra, Krishna, Kaveri,  
All these great rivers go and join the sea, they all become one.

Ways of life are many, but the summary is the same,  
The roads are different, but the destination is one.



## हिमाद्रि तुङ्ग शृङ्ग से Himadri tunga shringa se

हिमाद्रि तुङ्ग शृङ्ग से,  
प्रबुद्ध शुद्ध भारती।  
स्वयं प्रभो-समुज्ज्वला,  
स्वतंत्रता पुकारती।

Himadri tunga shringa se,  
prabudha shudha Bharati  
Swayam prabho samujjwala,  
swantrata pukarti

अमर्त्य वीर पुत्र हो,  
दृढ़ प्रतिज्ञ सोच लो।  
प्रशस्त पुण्य पंथ है,  
बढ़े चलो, बढ़े चलो।

Amartya veera putra.  
dridha pratigya sonch lo  
Prashasta punya pantha hai,  
badhe chalo badhe chalo

असंख्य कीर्ति रश्मियाँ,  
विकीर्ण दिव्य-दाह सी।  
सपूत मातृ भूमि के,  
रुको न शूर-साहसी।

Asankhya keerti rashmiyan  
vikeerna divya dah si  
Sapoota matri bhumi ke,  
ruko na shoor sahasi

अराति सैन्य-सिन्धु में,  
सुवाड़ वाग्नि से जलो।  
प्रवीर हो जयी बनो,  
बढ़े चलो, बढ़े चलो।

Araati sainya Sindhu mein  
suvarada vaagni se jalo  
Praveer ho jayee bano,  
badhe chalo badhe chalo





## मनुष्य तू बड़ा महान है Manushya Tu Bada Mahana Hai

धरती की शान तू है मनु की सन्तान,  
तेरी मुट्टियों में बंद तूफान है रे  
मनुष्य तू बड़ा महान है, भूल मत,  
मनुष्य तू बड़ा महान है।

Dharti ki shaan tu hai manu ki santaan,  
Teri mutthiyon me band toofan hai re.  
Manushya tu badaa mahaan hai, bhool mat,  
Manushya tu badaa mahan hai.

तू जो चाहे पर्वत पहाड़ों को फोड़ दे,  
तू जो चाहे नदियों के मुख को भी मोड़ दे  
तू जो चाहे माटी से अमृत निचोड़ दे  
तू जो चाहे धरती को अम्बर से जोड़ दे  
अमर तेरे प्राण मिला तुझको वरदान  
तेरी आत्मा में स्वयं भगवान है रे।  
मनुष्य तू बड़ा महान है।

Tu jo chaahe parvat pahaadon ko phod de,  
Tu jo chaahe nadiyon ke mukh ko bhi mod de,  
Tu jo chaahe maati se amrit nichod de,  
Tu jo chaahe dharti ko ambar se jod de,  
Amar tere praan, mila tuj ko vardaana,  
Teri aatmaa me swayam bhagwan hai re.  
Manushya tu badaa mahan hai ..

नयनों से ज्वाल, तेरी गति में भूचाल  
तेरी छाती में छुपा महाकाल है।  
पृथ्वी के लाल तेरा हिमगिरि सा भाल  
तेरी भृकुटि में तांडव का ताल है।  
निज को तू जान जरा शक्ति पहचान  
तेरी वाणी में युग का अहवान है रे,  
मनुष्य तू बड़ा महान है।

Nayano se jwaal, teri gati me bhoochaal,  
Teri chaati me chupaa mahaa kaal hai.  
Prithvi ke laal, tera himgiri sa bhaal,  
Teri bhrikuti me tandav kaa taal hai.  
Nij ko tu jaan, jara shakti pahchaan,  
Teri vaani me yug kaa aahvaan hai re.  
Manushya tu badaa mahan hai ..

धरती सा धीर, तू है अग्नि सा वीर,  
तू जो चाहे तो काल को भी थामले  
पापों का प्रलय रुके, पशुता का शीश झुके,  
तू जो अगर हिम्मत से काम ले,  
गुरु सा मतिमान, पवन सा तू गतिमान  
तेरी नभसे भी ऊँची उड़ान है रे।  
मनुष्य तू बड़ा महान है।

Dharti saa dheer, tu hai agni saa veer,  
Tu jo chaahe to kaal ko bhi thaamle.  
Paapon ka pralay ruke, pashutaa ka sheesh jhuke,  
Tu jo agar himmat se kaam le,  
Guru saa matimaan, pawan saa tu gati maan,  
Teri nabh se bhi oonchi udaan hai re.  
Manushya tu badaa mahan hai..



## व्यक्ति व्यक्ति में जगाएँ हिन्दु चेतना Vyakti Vyakti Me Jagyen Hindu Chetna

व्यक्ति व्यक्ति में जगाएँ हिंदु चेतना  
जन मन संस्कार करें यही साधना  
साधना नित्य साधना  
साधना अखंड साधना

Vyakti vyakti me jagayen hindu chetana  
Jan man sanskar karen yehi sadhana  
Sadhana nitya sadhana  
Sadhana akhand sadhana

नित्य शाखा जाह्नवी पुनीत जलधरा  
साधना की पुण्यभूमि शक्ति पीठिका  
रज कणों में प्रकटे दिव्य दीप  
मालिका  
हो तपस्वी के समान संघ साधना  
साधना नित्य साधना३

Nitya shaakha jahnvi puneet jaldhara  
Sadhana kee punya bhoomi shakti peethika  
Raj kano mein prakate divya deep malika  
Ho tapaswee ke saman sangh sadhana  
Sadhana nitya sadhana...

हे प्रभो तू विश्व की अजेय शक्ति दे  
जगत हो विनम्र ऐसा शील हमको दे  
कष्ट से भरा हुआ यह पंथ काटने  
ज्ञान दे कि हो सरल हमारी साधना  
साधना नित्य साधना३

He prabho tu vishwa kee ajeya shakti de  
Jagat ho vinamra aisa sheel hamko de  
Kasht se bhara hua yeh panth kaatne  
Jnan de ki ho saral hamaree sadhana  
Sadhana nitya sadhana...

विजय शाली संघबद्ध कार्यशक्ति दे  
तीव्र और अखंड ध्येय निष्ठा हमको दे  
हिंदु धर्म रक्षणार्थ वीरव्रत स्फुरे  
तव कृपा से हो सफल हमारी साधना  
साधना नित्य साधना३

Vijayshalee sanghbaddha karyashakti de  
Teevra aur akhand dheya nishtha hamko de  
Hindu dharm rakshanarth veervrat sphure  
Tav kripa se ho safal hamaree sadhna  
Sadhana nitya sadhana...



## सर पे हिमालय का छत्र है Sar Pe Himalaya Ka Chatra Hai ..

सर पे हिमालय का छत्र है  
चर्णों में नदियाँ एकत्र हैं  
हाथों में वेदों का पत्र है  
देश नहीं ऐसा अन्यत्र है  
जय भारती वन्दे भारती...

Sar pe himalaya ka chhatra hai  
Charano me nadiyan ekatra hai  
Hathon me vedon ka patra hai  
Desh nahin aisa anyatra hai  
Jai Bharati Vande Vharati...

धूएँ से पावन ये व्योम है  
घर घर में होता जहाँ होम है  
पुलकित हमारे रोम रोम हैं  
आदि अनन्त शब्द ओम है  
जय भारती वन्दे भारती  
वन्दे मातरम् वन्दे मातरम्...

Dhuen se paavan ye vyom hai  
Ghar ghar me hotaa jahan hom hai  
Pulkit hamare rom rom hai  
Aadi anant shabd om hai  
Jai Bharati Vande Bharati  
Vande mataram Vande mataram...

जिस भूमि पे जनम लिया राम ने  
गीता सुनाई जहाँ श्याम ने  
पावन बनाया चारों धाम ने  
स्वर्ग भी लजाए जिसके सामने  
वन्दे मातरम् वन्दे मातरम्...

Jis bhumi pe janam liya ram ne  
Geeta sunayi jahan shyam ne  
Pavan banaya charo dham ne  
Svarg bhee lajaae jiske samane  
Vande mataram Vande mataram



## ईश हमें देता है सब कुछ Ish hame Deta Hai Sab Kucha

ईश हमें देता है सब कुछ  
हम भी तो कुछ देना सीखें

Eesh hume deta hai sab kuch  
Hum bhi to kuch dena seekhen

सूरज हमें रोशनी देता  
हवा नया जीवन देती है  
भूख मिटाने को हम सब की  
धरती पर होती खेती है  
औरों का भी हित हो जिस में  
हम ऐसा कुछ करना सीखें  
ईश हमें...

Sooraj hume roshani deta  
Havaa nayaa jeevan deti hai  
Bhookh mitaane ko hum sab ki  
Dharti par hoti kheti hai  
Auron kaa bhi hit ho jis mein  
Hum aisa kuch karna seekhen  
Eesh hume...

गर्मी की तपती दुपहर में  
पेड़ सदा देते हैं छाया  
सुमन सुगंध सदा देते हैं  
हम सब को फूलों की माला  
त्यागी तरुओं के जीवन से  
हम परहित कुछ करना सीखें  
ईश हमें...

Garmi ki tapti dupahar mein  
Ped sadaa deten hain saayaa  
Suman sugandh sadaa dete hain  
Hum sab ko phoolon ki maala  
Tyaagi taruon ke jeevan se  
Hum parhit kuch karna seekhen  
Eesh hume...

जो अनपढ़ है उन्हें पढ़ाएं  
जो चुप हैं उनको वाणी दें  
पिछड़ गए जो उन्हें बढ़ाएं  
समरसता का भाव जगा दें  
हम मेहनत के दीप जला कर  
नया उजाला करना सीखें  
ईश हमें...

Jo anpadh hai unhe padhaayen  
Jo chup hain unko vaani den  
Pichhad gaya jo unhen badhaayen  
Samarasataa ka bhaav jagaa den  
Hum mehenat ke deep jalaa kar  
Nayaa ujaalaa karnaa seekhen  
Eesh hume...



## ऐ मालिक तेरे बन्दे हम Ae Malik Tere Bande Ham

ऐ मालिक तेरे बन्दे हम  
ऐसे हों हमारे करम  
नेकी पर चलें और बदी से टलें  
थाकि हंसते हुआ निकले दम

Ai maalik tere bande ham  
Aise ho hamaare karam  
Nekee par chalen aur badi se tale  
Taki haste hue nikale dam

ये अंधेरा घना छा रहा  
तेरा इन्सान घबरा रहा  
हो रहा बेखबर कुछ न आता नज़र  
सुख का सूरज छुपा जा रहा  
है तेरी रोशनी मे जो दम  
तू अमावस को करदे पूनम  
नेकी पर चलें....

Ye andhera ghanaa chhaa rahaa  
Teraa insaan ghabaraa rahaa  
Ho rahaa bekhabar, kuchh na aataa nazar  
Sukh kaa sooraj chhupaa jaa rahaa  
Hai teri roshanee men jo dam  
Too amaavas ko karade poonam  
Nekee par chalen...

जब जुल्मों का हो सामना  
थब तू ही हमें थामना  
वो बुराई करें हम भलाई करें  
नहीं बदले की हो कामना  
बढ उठे प्यार का हर कदम  
और मिटे गैर का ये भ्रम  
नेकी पर चलें....

Jab zulmon kaa ho saamanaa  
Tab too hi hamen thaamanaa  
Vo buraae karen ham bhalaee karen  
Nahi badale kee ho kaamana  
Badh utthe pyaar kaa har kadam  
Aur mite gair kaa ye bharam  
Nekee par chalen...



वर्धापन संस्कार  
A Birthday Prayer

ॐ शतं जीव शरदो वर्धमानः शतं हेमन्ताञ्छतमु वसन्तान्।  
शतमिन्द्राग्नि सविता बृहस्पतिः शतायुषा हविषेमं पुनर्दुः । ।

*Om shatam jeeva sharado vardhamaanah shatam hemantaanchatamu vasantaan.  
Shatam indragni savita brihaspatih shatayusha havishemam punarduhuh*

O Child! May you prosper, may you live for a hundred springs, summers and winters. May Ishwar, all knowing, all pervading, the source of all knowledge and energy that support this entire universe, grant you material, intellectual and spiritual sustenance for one hundred years again and again.

साग्रं वर्षशतं जीव पिब, खाद च मोद च।  
आर्युबलं यशः प्रज्ञां, प्राप्तुयाः शुभसम्पदाम् । ।

*Saagram varshshatam jeeva piba, khhaada cha moda cha  
Aayurbalam yashaha pragyaa praptuyaaah shubhasampadaam.*

May you live for a hundred years, eat well and enjoy life. May you live long and ever grow in physical strength, intellect, wisdom and material prosperity attaining fame and glory in all your endeavors.

इन्द्र श्रेष्ठानि द्रविणानी धेहि, चित्तिं दक्षस्य सुभगतत्वमस्म।  
पोषं रयीणामरिष्टिं तनूना, स्वाद्मानं वाचः सुदिनत्वमहनाम् । ।

*Indra shreshthani dravinani dhehi, chittim dakshasya subhagatvamasya.  
Posham rayeenamrishtim tanunaam, svadamanam vachah sudinatvamahnaam*

O Ishwar! Please grant this child the best of knowledge, wealth, strength and courage. Grant him alertness and caution, good fortune, boundless prosperity, health, life free from obstacles and sweetness of voice. May every day of this child's life be auspicious.



मनसा सततम् स्मरणीयम्  
Lokahitam Mama Karaneeyam

मनसा सततम् स्मरणीयम्  
वचसा सततम् वदनीयम्  
लोकहितम् मम करणीयम्  
लोकहितम् मम करणीयम्

**Manasaa satatam smaraneeyam**  
**Vachasaa satatam vadaneeyam**  
**Lokahitam mama karaneeyam**  
**Lokahitam mama karaneeyam**

*Let me always keep in mind – let me repeatedly speak out:  
my duty is to do good to people.*

न भोग भवने रमणीयम्  
न च सुखशयने शयनीयम्  
अहर्निशम् जागरणीयम्  
लोकहितम् मम करणीयम्

**Na bhog bhavane raneeyam**  
**Na cha sukha shayane shayaneeyam**  
**Aharnisham jaagaraneeyam**  
**Lokahitam mama karaneeyam**

*I am not going to live a lustful life nor am I going to enjoy luxuries, but  
be aware all the time of my duty to do good to people.*

न जातु दुःखं गणनीयम्  
न च निजसुख्यम् मननीयम्  
कार्य-क्षेत्रे त्वरणीयम्  
लोकहितम् मम करणीयम्

**Na jaatu dukham gananeeyam**  
**Na cha nija sukhyam mananeeyam**  
**Karya kshetre tvaraneeyam**  
**Lokahitam mama karaneeyam**

*My miseries are not to be considered, nor my enjoyment  
to be thought about, but I have to engage in a range of  
activities, as my duty is to do good to the people.*

दुःख सागरे तरणीयम्  
कष्ट पर्वते चरणीयम्  
विपत्ति विपने भ्रमणीयम्  
लोकहितम् मम करणीयम्

**Dukh sagare taraneeyam**  
**Kashtha parvate charaneeyam**  
**Vipatti vipane bhramaneeyam**  
**Lokahitam mama karaneeyam**

*The oceans of miseries have to be tided over and the  
mountains of hardship scaled. During troubled times I will  
remember Ishwar, so that I can do good to people.*



## लिंगाष्टकम् Lingaashtakam

ब्रह्मुरारिसुरार्चितलिंगम् । निर्मलभाषितशोभितलिंगम् । ।  
जन्मजदुःखविनाशकलिंगम् । तत् प्रणमामि सदाशिवलिंगम् । ।

Brahma murari surachit lingam, Nirmal bhaashita shobhita lingam.  
Janmaja dukha vinaashita lingam, Tat pranamaami Sadashivalingam.

*I bow before that Shivalinga, which is adored by Brahma, Vishnu and other Gods,  
which is hailed by pure words and which destroys the cycle of birth and death.*

देवमुनिप्रवरार्चितलिंगम् । कामदहं करुणाकर लिंगम् । ।  
रावणदर्पविनाशनलिंगम् । तत् प्रणमामि सदाशिवलिंगम् । ।

Devamuni pravaraarchita lingam, Kaamadaham karunaakara lingam  
Raavana darpa vinaashina lingam, Tat pranamaami sadaashiva lingam.

*I bow before that Shivalinga worshipped by the gods and sages, that form (of Shiva)  
which burnt Cupid, and subdued the ego of Ravana, and of infinite compassion.*

सर्वसुगन्धिसुलोपितलिंगम् । बुद्धिविवर्धनकारणलिंगम् । ।  
सिद्धसुरासुरवन्दितलिंगम् । तत् प्रणमामि सदाशिवलिंगम् । ।

Sarva sugandhi sulopita lingam, Buddhi vivardhana kaarana lingam,  
Siddha surasura vandita lingam, Tat pranamaami Sadashivalingam.

*I bow before that Sadashivalinga, smeared with various perfumes, which uplifts the  
intellect, and which is worshipped by the Siddhas, Devas and the Asuras.*



कनकमहामणिभूषितलिंगम् । फणिपतिवेष्टित शोभितलिंगम् । ।  
दक्षसुयज्ञ विनाशन लिंगम् । तत् प्रणमामि सदाशिवलिंगम् । ।

Kankamahamani bhooshita lingam, phanipati veshtita shobhita lingam,  
Daksha suyagya vinaashita lingam, Tat pranamaami Sadashivalingam.

*I bow before that Sadashivalingam, decorated with various ornaments, studded with varieties of gems and rubies, and glows with the lord of snakes coiled around, and of the form of the destroyer of Daksh's sacrifice.*

कुंकुमचंदनलेपितलिंगम् । पंकजहारसुशोभितलिंगम् । ।  
संचितपापविनाशनलिंगम् । तत् प्रणमामि सदाशिवलिंगम् । ।

Kumkum chandan lepita lingam, Pankaj haar sushobhita lingam,  
Sanchita Paap vinaashana lingam, Tat pranamaami Sadashivalingam.

*I bow before that Sadashivalingam, decorated with saffron and sandal-paste, which is adorned with lotus garlands, and which destroys all accumulated sins (over several births).*

देवगणार्चित सेवितलिंगम् । भावैर्भक्तिभिरेव च लिंगम् । ।  
दिनकरकोटिप्रभाकरलिंगम् । तत् प्रणमामि सदाशिवलिंगम् । ।

Deva ganaarchita sevaita lingam, bhaavair bhakti bhireva cha lingam,  
Dinkar koti prabhakara lingam, Tat pranamaami Sadashivalingam.

*I bow before that Sadashivalingam, worshipped by gods with sincere devotion, and whose brilliance is like that of crores of suns.*



अष्टदलोपरिवेष्टतलिंगम् । सर्वसमुद्भवकारणलिंगम् । ।  
अष्टदरिद्रविनाशनलिंगम् । तत् प्रणमामि सदाशिवलिंगम् । ।

Ashtadalopari veshtita lingam, Sarva samud bhava kaarana lingam,  
Ashta daridra vinaashana lingam, Tat pranamaami Sadashivalingam.

*I bow before that Sadashivalingam, which stands on the eight petals, which is the cause  
of all creation; and which can destroy the eight aspects of poverty.*

सुरगुरुसुरवरपूजितलिंगम् । सुरवनपुष्पसदार्चितलिंगम् । ।  
परात्परं परमात्मकलिंगम् । तत् प्रणमामि सदाशिवलिंगम् । ।

Surguru suarvara poojita lingam, Survana pushpa sadaarpita lingam,  
Paraatparam parmaatmaka lingam, Tat parnamaami Sadashivalingam.

*I bow before that Sadashivalingam, which is worshipped by the devas and their gurus  
with flowers from the divine gardens; which is the Transcendent Being and the Supreme  
Self.*

लिंगाष्टकमिदं पुण्यं यः पठेत् शिवसन्निधौ ।  
शिवलोकमवाप्नोति शिवेन सह मोदते । ।

Lingaashtakam idam punyam yaha pathet shivasannidhao,  
Shivlokakam vaapnoti shiven saha modate.

*Whoever recites these eight shlokas, in praise of the Shivalinga with the presence of  
Lord Shiva, attains that Supreme abode of Shiva and enjoys everlasting bliss with him!*



## हम को मन की शक्ति देना Ham ko man kee shakti dena

|                                      |  |
|--------------------------------------|--|
| हम को मन की शक्ति देना               | Ham ko man kee shakti dena               |
| मन विजय करें                         | Man vijay karen                          |
| दूसरों की जय से पहले                 | Doosaron kee jai se pehele               |
| खुद को जय करें                       | Khud ko jai karen                        |
|                                      |  |
| भेद भाव अपने दिल से साफ कर सकें      | Bhed Bhava apne dil se saaf kar saken    |
| दूसरों से भूल हो तो माफ कर सकें      | Doosaron se bhool ho to maaf kar saken   |
| झूठ से बचे रहें सच का दम भरें        | Jhooth se bache rahen sach ka dam bharen |
| दूसरों की जय से पहले                 | Doosaron ki jai se pahale                |
|                                      |  |
| मुश्किलें पड़ें तो हमपे इतना कर्म कर | Mushkilen paden to hum pe itna karm kar  |
| साथ दें तो धर्म का चलें तो धर्म पर   | Saath de to dharm ka chalen to dharm par |
| खुद पे हौसला रहे बदी से ना डरें      | Khud pe haosalaa rahe badee se na daren  |
| दूसरों की जय से पहले                 | Doorason kee jai se pehele               |

Grant us the strength of mind that we may ever be victorious,  
Before we celebrate the victory of others, let us

May we be able to remove the differences between people from our hearts,  
May we be able to forgive the mistakes done by others,  
May we be safe from untruth, and always speak the truth with every breath.

If misfortune befalls us, may we always do our duty,  
May we always side with right, and walk on the path of Dharma,  
May we have courage and faith in ourselves, and not be afraid of change.



## तुम्ही हो माता पिता तुम्ही हो Ham ko man kee shakti dena

|                               |                                      |
|-------------------------------|--------------------------------------|
| तुम्ही हो माता पिता तुम्ही हो | Tumhee ho maataa pitaa tumhee ho     |
| तुम्ही हो बन्धु सखा तुम्ही हो | Tumhee ho bandhu sakhaa tumhee ho    |
| तुम्ही हो साथी तुम्ही सहारे   | Tumhee ho saathee tumhee sahaare     |
| कोई न अपना सिवा तुम्हारे      | Koi na apanaa sivaa tumhaare         |
| तुम्ही हो नइया तुम्ही खेवैया  | Tumhee ho naiyaa tumhee khevaiyaa    |
| तुम्ही हो बन्धु सखा तुम्ही हो | Tumhee ho bandhu sakhaa tumhee ho    |
| जो खिल सके ना वो फूल हम हैं   | Jo khil sake na vo phool ham hain    |
| तुम्हारे चरणों की धूल हम हैं  | Tuhmaare charano kee dhool ham hain  |
| दया की द्रष्टी सदा ही रखना    | Dayaa kee drishti sadaa hee rakhanaa |
| तुम्ही हो बन्धु सखा तुम्ही हो | Tumhee ho bandhu sakhaa tumhee ho    |

You are my mother, you are my father,  
You are my relative, you are my friend.

You are my companion and my support,  
There is no-one besides you who is mine,  
You are my boat, and you are my boatman,  
You are my relative...

We are the flower that does not bloom,  
We are the dust of your feet,  
Keep your ever-compassionate eye on us,  
You are my relative...



## ***Vishwa Hindu Parishad of America***

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Vishwa Hindu Parishad of America (VHPA) is guided by vision of building a dynamic Hindu society inspired by the eternal values of *Dharma* and lofty ideal of *Vasudhaiva Kutumbakam* meaning, "The entire creation is one family." VHPA promotes awareness about Hindu heritage and provides a forum for all Hindu organizations and institutions to enhance Hindu interests through national and international programs and projects.

### *Objectives*

- To unite Hindus with a view to instill in them devotion to the principles and practices of Hindu way of life.
- To cultivate in them a spirit of self respect for themselves and their way of life and respect for the people of all colors, creeds, races and religions.
- To establish contacts with Hindus all over the world.

### *Programs and Projects*

VHPA programs and projects cater to the local needs within the broad framework of our mission.

- Bal Vihars - To teach basic values to children in a learn-while-you-play setting.
- Youth Camps - For youth and family to learn about Hindu heritage in a natural environment.
- Youth Conferences - One-day events organized for young adults to develop leadership in community services.
- Youth Books - Books on Hindu heritage for youths, children and their parents.
- SEVA- Support a Child, Ekal Vidyalaya, and Seva in America.
- Emporium - Source of authentic Hindu religious, cultural items.
- Hindu Interests and Public Relations - Representing interests of Hindus in the USA.
- Publications - Hindu Vishwa, newsletters, souvenirs.
- International and Regional Conferences - Opportunities for promoting Hindu unity and interests.
- Formation of Dharma-Samsad and Dharma Prasaar Yatra in America

### ***Founding Members of Vishwa Hindu Parishad***

*August 29, 1964 - Sri Krishna Janamastami*

*Shree M. S. Golwarkar (Shree Guruji)*

*Swami Satyamitrananda Giri*

*Shree Jagat Guru Shankaracharya*

*Swami Chinmayanandji*

*Shree Muni Susheekumariji*

*Sant Tukadoji Maharaj*

*Master Tara Singh*

*Bhai Hanuman Prasad Poddar*

*Shree C. P. Ramaswami Aiyar*

*Shree S. S. Apte (Dada Saheb)*

*Dr. Kanhaiyalal M. Munshi*

