

**OM GAM GANAPATAYE NAMAH
OM SHRI SHARAVANABHAVAYA NAMAH
OM DUM DURGAYE NAMAH
OM NAMAH SIVAYA
OM HAM HANUMATAYE NAMAH**

हरे कृष्ण हरे कृष्ण कृष्ण कृष्ण हरे हरे ।
हरे राम हरे राम राम राम हरे हरे ॥

*Hare Krishna Hare Krishna Krishna Krishna Hare Hare ।
Hare Rama Hare Rama Rama Rama Hare Hare ॥*

NAMARUPA YATRA 2015 MANTRAS

MANTRAS FOR SAFE TRAVEL

We always chant these mantras when starting out on the days' journey.

Maha Mrityunjaya Mantra

Om tryambakam yajāmahe sugandhim puṣṭi-varadhanam ।
urvārukam-iva bandhanā mṛtyormukṣīya māmṛtāat ॥

OM. We worship the Three-eyed Lord Who is fragrant and Who nourishes and nurtures all beings. As the ripened cucumber (with the intervention of the gardener) is freed from its bondage (to the creeper), may He liberate us from death for the sake of immortality.

Then include these Shantih Mantras

Om sarveshaam swastir bhavatu
Sarveshaam shantir bhavatu
Sarveshaam poornam bhavatu
Sarveshaam mangalam bhavatu
Sarve bhavantu sukhinah
Sarve santu niraamayaah
Sarve bhadraani pashyant
Maakaschit dukkha bhaag bhavet

*Auspiciousness (swasti) be unto all; peace (shanti) be unto all;
fullness (poornam) be unto all; prosperity (mangalam) be unto all.
May all be happy! (sukhinah)
May all be free from disabilities! (niraamayaah)
May all look (pashyant) to the good of others!
May none suffer from sorrow! (dukkha)*

Om asato maa satgamaya
Tamaso maa jyotir gamaya
Mrityor maa amritam gamaya

*Lead us from the unreal to the Real
From darkness to Light
From death to Immortality*

Om poornamadah poornamidam
Poornaat poornamudachyate
Poornasya poornamaadaya
Poornamevaavashishyate

*That (pure consciousness) is full (perfect); this (the manifest universe of matter; of names and forms being maya) is full. This fullness has been projected from that fullness. When this fullness merges in that fullness, all that remains is fullness.
- Peace invocation -Isa Upanishad*

Śrī Nṛsimha Praṇāma

Author: Vyasadeva, Book Name: Nrsimha Purana

namas te narasimhāya prahlādāhlāda-dāyine
hiraṇyakaśīpor vakṣaḥ- śilā-ṭaṅka-nakhālaye

I offer my obeisances to Lord Narasimha, who gives joy to Prahlada Maharaja and whose nails are like chisels on the stone like chest of the demon Hiranyakasipu.

ito nṛsimhaḥ parato nṛsimho
yato yato yāmi tato nṛsimhaḥ
bahir nṛsimho hṛdaye nṛsimho
nṛsimham ādim śaraṇam prapadye

Lord Nrsimha is here and also there. Wherever I go Lord Nrsimha is there. He is in the heart and is outside as well. I surrender to Lord Nrsimha, the origin of all things and the supreme refuge.

tava kara-kamala-vare nakham adbhuta-śṛṅgam
dalita-hiraṇyakaśīpu-tanu-bhṛṅgam
keśava dhṛta-narahari-rūpa jaya jagadīśa hare

O Kesava! O Lord of the universe! O Lord Hari, who have assumed the form of half-man, half-lion! All glories to You! Just as one can easily crush a wasp between one's fingernails, so in the same way the body of the wasp like demon Hiranyakasipu has been ripped apart by the wonderful pointed nails on Your beautiful lotus hands.

(The above verse is the 4th verse from Sri Dasavatara Stotram by Jayadeva Goswami

Shanti Mantras

Om sham no mitrah sham varunah
sham no bhavatvaryamaa
sham na indro brihaspatih
sham no vishnururukramah
namo brahmane namaste vaayo
twameva pratyaksham brahmaasi
twaameva pratyaksham brahma vadishyaami
ritam vadishyami satyam vadishyami
tanmaamavatu tadvaktaaramavatu
avatu maam avatu vaktaaram.
Om shantih shantih shantih!

May Mitra, Varuna and Aryama be good to us! May Indra and Brihaspati and Vishnu of great strides be good to us! Prostrations unto Brahman! (Supreme Reality). Prostrations to Thee, O Vayu! Thou art the visible Brahman. I shall proclaim Thee as the visible Brahman. I shall call Thee the just and the True. May He protect the teacher and me! May he protect the teacher! Om peace, peace, peace!

Om saha naavavatu sahanau bhunaktu
saha veeryam karavaavahai
tejasvi naavadheetamastu maa vidvishaavahai
Om shantih shantih shantih

May He protect us both (teacher and the taught)! May He cause us both to enjoy the bliss of Mukti (liberation)! May we both exert to discover the true meaning of the sacred scriptures! May our studies be fruitful! May we never quarrel with each other! Om peace, peace, peace!

Om aapyaayantu mamaangaani
vaak praanashchakshuh shrotram
atho balamindriyaani cha sarvaani sarvam brahmopanishadam
maaham brahma niraakuryaam maa maa brahma niraakarod
aniraakaranamastu aniraakaranam me astu
tadaatmani nirate ya upanishatsu dharmaah
te mayi santu te mayi santu.
Om shantih, shantih, shantih!

May my limbs, speech, Prana, eye, ear and power of all my senses grow vigorous! All is the pure Brahman of the Upanishads. May I never deny that Brahman! May that Brahman never desert me! Let that relationship endure. Let the virtues recited in the Upanishads be rooted in me. May they repose in me! Om peace. peace. peace!

Om bhadram karnebhih shrunuyaama devaah
Bhadram pashyemaakshabhiryajatraah
Sthirairangaistushtuvaamsastanoobhih
Vyashema devahitam yadaayuh
Swasti na indro vridhashravaah
Swasti nah pooshaa vishwavedaah
Swasti nastaarkshyo arishtanemih
Swasti no brihaspatir dadhaatu.
Om shantih, shantih, shantih!

Om, O worshipful ones, may our ears hear what is good and auspicious! May we see what is auspicious! May we sing your praise, live our allotted span of life in perfect health and strength! May Indra (who is) extolled in the scriptures, Pushan, the all-knowing Trakshya, who saves from all harm, and Brihaspati who protects our spiritual lustre, vouchsafe prosperity in our study of the scriptures and the practice of the truths contained therein! Om peace, peace, peace!

Om sarveshaam swastir bhavatu
Sarveshaam shantir bhavatu
Sarveshaam poornam bhavatu
Sarveshaam mangalam bhavatu
Sarve bhavantu sukhinah
Sarve santu niraamayaah
Sarve bhadraani pashyantu
Maakaschit dukkha bhaag bhavet

*Auspiciousness (swasti) be unto all; peace (shanti) be unto all;
fullness (poornam) be unto all; prosperity (mangalam) be unto all.
May all be happy! (sukhinah)
May all be free from disabilities! (niraamayaah)
May all look (pashyantu) to the good of others!
May none suffer from sorrow! (dukkha)*

Om asato maa satgamaya
Tamaso maa jyotir gamaya
Mrityor maa amritam gamaya

*Lead us from the unreal to the Real
From darkness to Light
From death to Immortality*

Om poornamadah poornamidam poornaat poornamudachyate
poornasya poornamaadaya poornamevaavashishyate

*That (pure consciousness) is full (perfect); this (the manifest universe of matter; of names and forms being maya) is full. This fullness has been projected from that fullness. When this fullness merges in that fullness, all that remains is fullness.
- Peace invocation -Isa Upanishad*

SONG OF THE 18 – ITIES by Swami Sivananda

Serenity, regularity, absence of vanity,
Sincerity, simplicity, veracity,
Equanimity, fixity, non-irritability,
Adaptability, humility, tenacity,
Integrity, nobility, magnanimity,
Charity, generosity, purity.

Practice daily these eighteen -ities;
You soon will attain immortality;
You'll abide in eternity and Infinity;
You'll behold Unity in Diversity.

Brahman is the only real entity:
Mr. So-and-So is a false non-entity.
You cannot learn this in the university.
By Yoga Sadhana you attain Immortality.

Serve, love, give, purify, meditate, realize;
Be good, do good, be kind, be compassionate;
Adapt, adjust, accommodate;
Bear insult, bear injury: highest Sadhana.
Bear insult, bear injury: highest Yoga.

Arati (Sivananda Yoga Vedanta Centers)

Jaya Jaya Arati Vighnavinayaka
Vighnavinayaka Sri Ganesha
Jaya Jaya Arati Subramanya
Subramanya Kartikeya
Jaya Jaya Arati Venugopala
Venugopala Venulola
Papavidura Navanita Chora
Jaya Jaya Arati Venkataramana
Venkataramana Shankataharana
Sita Rama Radheshyama
Jaya Jaya Arati Gauri Manohara
Gauri Manohara Bhavanishankara
Sambasadashiva Uma Maheshwara
Jaya Jaya Arati Raja Rajeshwari
Raja Rajeshwari Tripura Sundari
Maha Lakshmi Maha Saraswati
Maha Kali Maha Shakti
Jaya Jaya Arati Anjaneya
Anjaneya Hanumanta
Jaya Jaya Arati Dattatreya
Dattatreya Trimurti Avatara

Jaya Jaya Arati Adityaya
Adityaya Bhaskaraya
Jaya Jaya Arati Senishwaraya
Senishwaraya Bhaskaraya
Jaya Jaya Arati Shankaracharya
Shankaracharya Adwaitagurave
Jaya Jaya Arati Sadguru Natha
Sadguru Natha Sivananda
Jaya Jaya Arati Sadguru Natha
Sadguru Natha Vishnu-devananda
Samasta Guru Bhyo Namah
Jaya Jaya Arati Venugopala

Dedication

Tvameva Mata Ca Pita Tvameva
Tvameva Bandhusca Sakha Tvameva
Tvameva Vidya Dravinam Tvameva
Tvameva Sarvam Mama Devadeva
Kayena Vaca Manasendriyairva
Buddhyatmana va Prakritessvabhavat
Karomi Yadyat Sakalam Parasmai
Narayanayeti Samarpayami

Oh God of Gods, Thou alone are my mother, father, relative, friend, learning, wealth and everything. Whatever actions I perform with my body, speech, mind senses, intellect, my nature or my emotions, all these I dedicate to the Supreme Lord.

Ashtanga Yoga mantras

वन्दे गुरुणां चरणारविन्दे
सन्दर्शित स्वात्म सुखाव बोधे ।

vande gurūṇāṃ caraṇāravinde
sandarśita svātma sukhāva bodhe |

I bow to the lotus feet of the Gurus; The awakening happiness of one's own Self revealed; Beyond better, acting like the jungle physician;

निःश्रेयसे जङ्गलिकायमाने
संसार हालाहल मोहशांत्यै ॥

niḥ-śreyase jaṅgali-kāyamāne
saṁsāra hālāhala mohaśāntyai ||

Pacifying delusion, the poison of Samsara; Taking the form of a man to the shoulders; Holding a conch, a discus, and a sword; One thousand heads white; To Patanjali, I salute.

Song Name: Jaya Radha Madhava Author: Bhaktivinoda Thakura
Book Name: Gitavali (Section: Sri Krsnaer Vimsottara Sata Nama Song 4)
(jaya) rādhā-mādhava (jaya) kuñja-bihārī
(jaya) gopī-jana-vallabha (jaya) giri-vara-dhārī
(jaya) jaśodā-nandana, (jaya) braja-jana-rañjana,
(jaya) jāmuna-tīra-vana-cārī

1) Krsna is the lover of Radha. He displays many amorous pastimes in the groves of Vrndavana, He is the lover of the cowherd maidens of Vraja, and the holder of the great hill named Govardhana.

2) He is the beloved son of mother Yasoda, the delighter of the inhabitants of Vraja, and He wanders in the forests along the banks of the River Yamuna!

om namo bhagavate vāsudevāya

Song Name: Krsna Krsna Krsna Krsna Author: Krsnadasa Kaviraja
Book Name: Caitanya Caritamrta (Section: Madhya Lila: Chapter 7 Verse 96)
kṛṣṇa! kṛṣṇa! kṛṣṇa! kṛṣṇa! kṛṣṇa! kṛṣṇa! kṛṣṇa! he!
kṛṣṇa! kṛṣṇa! kṛṣṇa! kṛṣṇa! kṛṣṇa! kṛṣṇa! kṛṣṇa! he!
kṛṣṇa! kṛṣṇa! kṛṣṇa! kṛṣṇa! kṛṣṇa! kṛṣṇa! rakṣā mām!
kṛṣṇa! kṛṣṇa! kṛṣṇa! kṛṣṇa! kṛṣṇa! kṛṣṇa! kṛṣṇa! pāhi mām!
rāma! rāghava! rāma! rāghava! rāma! rāghava! rakṣā mām!
kṛṣṇa! keśava! kṛṣṇa! keśava kṛṣṇa! keśava! pāhi mām!

O Lord Krsna, please protect me and maintain me. O Lord Rama, descendant of King Raghu, please protect me. O Krsna, O Kesava, killer of the Kesi demon, please maintain me.

Song Name: Vrndavana Ramya Sthana
Official Name: Vasanti Rasa (Amorous Pastimes in the Spring)
Author: Narottama Das Thakura
Book Name: Prarthana (Section: Mathura- virohcita Darsana Lalasa Song 3)

(1)
vṛndāvana ramya-sthāna divya-ciñtāmaṇi-dhāma
ratana-mandira manohara
abr̥ta kālindī-nīre rāja-haṁsa keli kare
tāhe śobhe kanaka-kamala

(2)
tāra madhye hema-pīṭha aṣṭa-dale beṣṭita
aṣṭa-dale pradhānā nāyikā
tāra madhye ratnāsane ba'si āchen dui-jane
śyāma-saṅge sundarī rādhikā

(3)
o-rūpa-lābaṇya-rāśi amiya pariche khasi
hāsya-parihāsa-sambhāṣaṇe
narottama-dāsa kaya nitya-līlā sukha-maya
sadāi sphurūka mora mane

1) Beautiful Vrndavana is filled with cintamani gems and many jewel palaces and temples. Many regal swans play in the waters of the Yamuna, and in those waters a splendid golden lotus flower grows.

2) In the middle of that lotus is a golden place surrounded by eight petals. On these eight petals the eight principal gopis reside, and in the centre Lord Syamasundara and beautiful Srimati Radharani sit on a jewel throne.

3) The great beauty of the Divine couple and Their charming joking and laughter continually showers nectar everywhere. Narottama dasa says: I pray that these blissful eternal transcendental pastimes of the Divine Couple may be always manifest in my heart.