

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 I
Hare Rama Hare Rama Rama Rama Hare Hare II*

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 pashyantu
Maakaschit duhkha 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! (duhkha)*

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
hiraṇyakaśipor 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-hiraṇyakaśipu-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!

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Sarveshaam shantir bhavatu
Sarveshaam poornam bhavatu
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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 मोहशान्त्यै ॥

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) Kṛṣṇa 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: Kṛṣṇa Kṛṣṇa Kṛṣṇa Kṛṣṇa Author: Kṛṣṇadāsa Kavirāja

Book Name: Caitanya Caritamṛta (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 Kṛṣṇa, please protect me and maintain me. O Lord Rama, descendant of King Raghu, please protect me. O Kṛṣṇa, 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)

vr̥ndāvana 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.

॥ गणपत्यथर्वशीर्षोपनिषत् ॥

Gaṇapatyatharvaśīrṣopanīṣat

ॐ भद्रं॑ कर्णे॑भिः शृणु॑याम दे॒वाः । भद्रं॑ प॒श्येमा॒क्षभि॑र्यजत्राः ।
स्थि॒रैरङ्गै॑स्तुष्टु॒वाꣳ सस्त॑नूभिः । व्य॒शेम॑ दे॒वहि॑तं यदायुः ।
स्व॒स्ति न॒ इन्द्रो॑ वृ॒द्धश्र॑वाः । स्व॒स्ति नः॑ पू॒षा वि॒श्ववे॑दाः ।
स्व॒स्ति न॒स्ताद॒र्यो अ॒रिष्ट॑नेमिः । स्व॒स्ति नो॒ बृह॒स्पति॑र्दधातु ॥

om bhadraṁ karṇebhiḥ śṛṇuyāma devāḥ । bhadraṁ
paśyemākṣabhiryajatrāḥ । sthirairāṅgaistuṣṭuvāṁ śastanūbhiḥ ।
vyaśema devahitaṁ yadāyuh । svasti na indro vṛddhaśravāḥ ।
svasti naḥ pūṣā viśvavedāḥ । svasti na tārkṣyo ariṣṭanemiḥ ।
svasti no brhaspatirdadhātu । ।

ॐ शान्तिः॑ शान्तिः॑ शान्तिः॑ ॥

om śāntiḥ śāntiḥ śāntiḥ । ।



ॐ नमस्ते गणपतये । त्वमेव प्रत्यक्षं तत्त्वमसि । त्वमेव
 केवलं कर्तासि । त्वमेव केवलं धर्तासि । त्वमेव केवलं
 हर्तासि । त्वमेव सर्वं खल्विदं ब्रह्मासि । त्वं साक्षादात्मासि
 नित्यम् ॥ १ ॥

om namaste gaṇapataye । tvameva pratyakṣaṁ tattvamasī ।
 tvameva kevalaṁ kartāsi । tvameva kevalaṁ dhartāsi । tvameva
 kevalaṁ hartāsi । tvameva sarvaṁ khalvidaṁ brahmāsi । tvaṁ
 sākṣādātmāsi nityam ॥ 1 ॥

ऋतं वच्मि । सत्यं वच्मि ॥ २ ॥

ṛtaṁ vācmi । satyaṁ vācmi ॥ 2 ॥

अव त्वं माम् । अव वक्तारम् । अव श्रोतारम् । अव
 दातारम् । अव धातारम् । अवानूचानमव शिष्यम् । अव
 पश्चात्तात् । अव पुरस्तात् । अवोत्तरात्तात् । अव
 दक्षिणात्तात् । अव चोर्ध्वात्तात् । अवाधरात्तात् । सर्वतो मां
 पाहि पाहि समन्तात् ॥ ३ ॥

ava tvam mām | ava vaktāram | ava śrotāram | ava
dātāram | ava dhātāram | avānūcānamava śiṣyam | ava
paścāttāt | ava purastāt | avottarāttāt | ava dakṣiṇāttāt | ava
cordhvāttāt | avādharāttāt | sarvato mām pāhi pāhi samantāt
|| 3 ||

त्वं वाङ्मयस्त्वं चिन्मयः । त्वमानन्दमयस्त्वं
ब्रह्ममयः । त्वं सच्चिदानन्दाद्वितीयोऽसि । त्वं प्रत्यक्षं
ब्रह्मासि । त्वं ज्ञानमयो विज्ञानमयोऽसि ॥ ४ ॥

tvam vānmayastvam cinmayah | tvamānandamayastvam
brahmamayah | tvam saccidānandādvitīyo'si | tvam pratyakṣam
brahmāsi | tvam jñānamayo vijñānamayo'si || 4 ||

सर्वं जगदिदं त्वत्तो जायते । सर्वं जगदिदं त्वत्तस्तिष्ठति ।
सर्वं जगदिदं त्वयि लयमेष्यति । सर्वं जगदिदं त्वयि
प्रत्येति । त्वं भूमिरापोऽनलोऽनिलो नभः । त्वं चत्वारि
वाक्पदानि ॥ ५ ॥

sarvaṁ jagadidaṁ tvatto jāyate । sarvaṁ jagadidaṁ
tvattastiṣṭhati । sarvaṁ jagadidaṁ tvayi layameṣyati । sarvaṁ
jagadidaṁ tvayi pratyeti । tvaṁ bhūmirāpo'nalo'nilo nabhaḥ ।
tvaṁ catvāri vākpadāni ॥ 5 ॥

त्वं गुणत्रयातीतः । त्वं अवस्थात्रयातीतः । त्वं
देहत्रयातीतः । त्वं कालत्रयातीतः । त्वं मूलाधारस्थितोऽसि
नित्यम् । त्वं शक्तित्रयात्मकः । त्वां योगिनो ध्यायन्ति
नित्यम् । त्वं ब्रह्मा त्वं विष्णुस्त्वं रुद्रस्त्वमिन्द्रस्त्वमग्निस्त्वं
वायुस्त्वं सूर्यस्त्वं चन्द्रमास्त्वं ब्रह्म भूर्भुवः स्वरोम् ॥ ६ ॥

tvaṁ guṇatrayātītaḥ । tvaṁ avasthātrayātītaḥ । tvaṁ
dehatrayātītaḥ । tvaṁ kālatrayātītaḥ । tvaṁ mūlādhārasthito'si
nityam । tvaṁ śaktitrayātmakaḥ । tvāṁ yogino dhyāyanti
nityam । tvaṁ brahmā tvaṁ viṣṇustvaṁ
rudrastvamindrastvamagnistvaṁ vāyustvaṁ sūryastvaṁ
candramāstvaṁ brahma bhūrbhuvāḥ svarom ॥ 6 ॥

गणादिं॑ पूर्वमुच्चार्य॑ वर्णादिं॑स्तदनन्तरम् । अनुस्वारः
परतरः । अर्धेन्दुलसितम् । तारेण ऋद्धम् । एतत्तव

म॒नु॒स्व॒रूप॑म् । ग॒का॒रः॑ पू॒र्व॒रूप॑म् । अ॒का॒रो म॒ध्य॒म॒रूप॑म् ।
 अ॒नु॒स्वा॒रश्चा॒न्त्य॒रूप॑म् । बि॒न्दु॒रु॒त्तर॑रूपम् । ना॒दः स॒न्धा॒नम् ।
 सां॒हि॒ता स॒न्धिः॑ । सै॒षा ग॒णेश॑विद्या । ग॒ण॒क ऋ॒षिः॑ ।
 नि॒चृ॒द्गा॒य॒त्री छ॒न्दः॑ । श्री॒महा॑गणपतिर्दे॒वता॑ । ॐ गं ग॒ण॒प॒तये॑
 नमः॑ ॥ ७ ॥

gaṇādiṁ pūrvamuccārya varṇādiṁstadānantāram |
 anusvāraḥ paratarāḥ | ardhendūlasitam | tāreṇa rddham |
 etattava manusvarūpam | gakāraḥ pūrvārūpam | akāro
 madhyamarūpam | anusvāraścāntyarūpam |
 binduruttārarūpam | nādaḥ sandhānam | saṁhitā sandhiḥ |
 saiṣā gaṇeśavidyā | gaṇaka ṛṣiḥ | nicṛdgāyatrī chandaḥ |
 śrīmahāgaṇapatirdevatā | om gaṁ gaṇapataye namaḥ || 7 ||

ए॒क॒द॒न्ता॒य वि॒द्महे॑ व॒क्रतु॑ण्डाय धीमहि ।
 तन्नो॑ द॒न्तिः॑ प्र॒चोद॑यात् ॥ ८ ॥

ekadantāya vidmahe vakratuṇḍāya dhīmahī |
 tanno dantiḥ pracodayāt || 8 ||

एकदन्तं चतुर्हस्तं पाशमङ्कुशधारिणम् । रदं च वरदं
 हस्तैर्विभ्राणं मूषकध्वजम् । रक्तं लम्बोदरं शूर्पकर्णकं
 रक्तवाससम् । रक्तगन्धानुलिप्ताङ्गं रक्तपुष्पैः सुपूजितम् ।
 भक्तानुकम्पिनं देवं जगत्कारणमच्युतम् । आविर्भूतं च
 सृष्ट्यादौ प्रकृतेः पुरुषात्परम् । एवं ध्यायति यो नित्यं स
 योगी योगिनां वरः ॥ ९ ॥

ekadantaṁ caturhastam pāśamaṅkuśadhāriṇam । radaṁ ca
 varadaṁ hastairbibhrāṇam mūṣakadhvajam । raktaṁ
 lambodaram śūrpakarnakam raktavāsasam ।
 raktagandhānuliptāṅgam raktapuṣpaiḥ supūjitam ।
 bhaktānukampinaṁ devaṁ jagatkāraṇamacyutam । āvirbhūtaṁ
 ca sṛṣṭyādau prakṛteḥ puruṣātparam । evaṁ dhyāyati yo nityaṁ
 sa yogī yoginām varaḥ ॥ 9 ॥

नमो व्रातपतये नमो गणपतये नमः प्रमथपतये
 नमस्तेऽस्तु लम्बोदराय एकदन्ताय विघ्नविनाशिने शिवसुताय
 श्रीवरदमूर्तये नमः ॥ १० ॥

namo vrātapataye namo gaṇapataye namaḥ pramathapataye
 namaste'stu lambodarāya ekadantāya vighnavināśīne śivasutāya
 śrīvaradamūrtaye namaḥ ॥ 10 ॥

ए॒तद॒थर्व॑शी॒र्षं योऽ॒धी॒ते । स ब्र॑ह्मभू॒याय॑ क॒ल्प॒ते । स
 सर्वा॑विघ्नैर्न बा॒ध्य॒ते । स सर्व॑तः सु॒खमे॒ध॒ते । स पञ्च॑महापापात्
 प्रमु॒च्य॒ते । सा॒यम॑धी॒यानो॒ दि॒वस॑कृतं पा॒पं ना॑शयति ।
 प्रा॒तर॑धी॒यानो॒ रा॒त्रिकृ॑तं पा॒पं ना॑शयति । सा॒यं प्रा॒तः प्र॑युञ्जानः
 पा॒पोऽपा॑पो भ॒वति॑ । ध॒र्मार्थ॑काममोक्षं च वि॒न्द॒ति ।
 इ॒दम॑थर्वशी॒र्षम॑शिष्याय न दे॒यम् । यो यदि॑ मोहाद् दा॒स्य॒ति ।
 स पा॑पी॒यान् भ॒वति॑ । सह॒स्रा॑वर्तनाद्यं यं का॒मम॑धी॒ते । तं
 तम॑नेन सा॒धये॑त् ॥ ११ ॥

etadatharvaśīrṣaṁ yo'dhīte । sa brahmabhūyāya kalpate । sa
 sarvavighnairna bādhyate । sa sarvataḥ sukhamedhate । sa
 pañcamahāpāpāt pramucyate । sāyamadhīyāno divasakṛtaṁ
 pāpaṁ nāśayati । prātaradhīyāno rātrikṛtaṁ pāpaṁ nāśayati ।
 sāyaṁ prātaḥ prayuñjānaḥ pāpo'pāpo bhavati ।
 dharmārthakāmamokṣaṁ ca vīndati ।

idamatharvaśīrṣamaśiṣyāya na deyam | yo yadi mohād dāsyati |
sa pāpīyān bhavati | sahasrāvartanādyam yaṁ kāmamadhīte |
taṁ tamanena sādhayet || 11 ||

अनेन गणपतिमभिषिञ्चति । स वाग्मी भवति ।
चतुर्थ्यामनश्नन् जपति । स विद्यावान् भवति ।
इत्यथर्वणवाक्यम् । ब्रह्माद्याचरणं विद्यान् बिभेति
कदाचनेति ॥ १२ ॥

anena gaṇapatimabhiṣiñcati | sa vāgmī bhavati |
caturthyāmanaśnan japati | sa vidyāvān bhavati |
ityatharvaṇavākyaṁ | brahmādyācaraṇaṁ vidyāna bibheti
kadācaneti || 12 ||

यो दूर्वाङ्कुरैर्यजति । स वैश्रवणोपमो भवति । यो
लाजैर्यजति । स यशोवान् भवति । स मेधावान् भवति । यो
मोदकसहस्रेण यजति । स वाञ्छितफलमवाप्नोति । यः साज्य
समिद्धिर्यजति । स सर्वं लभते स सर्वं लभते ॥ १३ ॥

yo dūrvāṅkurairya_jati | sa vaiśravaṇopāmo bhavati | yo
lājairya_jati | sa yaśovān bhavati | sa medhāvān bhavati | yo
modakasahasreṇa ya_jati | sa vāñchitaphalamāvāpnoti | yaḥ sājya
samidbhiryajati | sa sarvaṁ labhate sa sarvaṁ labhate || 13 ||

अष्टौ ब्राह्मणान् सम्यग् ग्राहयित्वा । सूर्यवर्चस्वी भवति ।
सूर्यग्रहे महानद्यां प्रतिमासन्निधौ वा जप्त्वा । सिद्धमन्त्रो
भवति । महाविघ्नात् प्रमुच्यते । महादोषात् प्रमुच्यते ।
महापापात् प्रमुच्यते । महाप्रत्यवायात् प्रमुच्यते । स
सर्वविद्भवति स सर्वविद्भवति । य एवं वेद ।
इत्युपनिषत् ॥ १४ ॥

aṣṭau brāhmaṇān samyag grāhayitvā | sūryavarcaśvī
bhavati | sūryagrahe mahānadyām pratimāsannidhau vā japtvā |
siddhamantro bhavati | mahāvighnāt pramucyate | mahādoṣāt
pramucyate | mahāpāpāt pramucyate | mahāpratyaavāyāt
pramucyate | sa sarvavidbhavati sa sarvavidbhavati | ya evaṁ
veda | ityupaniṣat || 14 ||



भ॒द्रं कर्णे॑भिः शृ॒णुयाम॑ दे॒वाः । भ॒द्रं प॑श्येमा॒क्षभि॑र्यज॒त्राः ।
 स्थि॒रैरङ्गै॑स्तुष्टुवाꣳ सस्त॒नूभिः॑ । व्य॒शेम॑ दे॒वहि॑तं यदायुः ।
 स्व॒स्ति न॒ इन्द्रो॑ वृ॒द्धश्र॑वाः । स्व॒स्ति नः॑ पू॒षा वि॒श्ववे॑दाः ।
 स्व॒स्ति न॒स्ताद॑र्यो अ॒रिष्ट॑नेमिः । स्व॒स्ति नो॑ बृ॒हस्प॑तिर्दधातु ॥

bha॒draṁ kar॑ṇebhiḥ śṛṇu॑yāma devāḥ । bha॒draṁ
 paśy॑emākṣabhi॑ryajatrāḥ । sthi॒rairaṅga॑istuṣṭuvāꣳ sa॑stanūbhiḥ ।
 vyaśe॑ma deva॒hitaṁ ya॑dāyuh । sv॒asti na॒ indro॑ vṛddhaśravāḥ ।
 sv॒asti naḥ॑ pū॒ṣā vi॒śvave॑dāḥ । sv॒asti na॑stārksyo ari॑ṣṭanemiḥ ।
 sv॒asti no॑ br̥haspatir॑dadadhātu ॥

ॐ शान्तिः॑ शान्तिः॑ शान्तिः॑ ॥

om śāntiḥ॑ śāntiḥ॑ śāntiḥ॑ ॥

Sri Hanuman Chalisa

Man-ga-la mour-a-ti ma-ru-ta nan-da-na
Sa-ka-la a-man-ga-la mou-la ni-kan-da-na (2x)
Shree Gu-ru cha-ra-na sa-ro-ja ra-ja
Ni-ja ma-nu mu-ku-ru sud-haa-ri
Ba-ra-naun Rag-hu-ba-ra bi-ma-la ja-su
Jo daa-ya-ku pha-la chaa-ri
Bud-hi hee-na ta-nu jaa-ni-ke
Su-mi-raun pa-va-na ku-maa-ra
Ba-la bud-hi vid-yaa de-hu mo-hin
Ha-ra-hu ka-le-sa bi-kaa-ra
Si-yaa va-ra Raa-ma-chan-dra pa-da jai sha-ra-nam

1. Ja-ya Ha-nu-maa-na gyaa-na gu-na saa-ga-ra
Ja-ya Ka-pee-sha ti-hun lo-ka u-jaa-ga-ra
2. Raa-ma doo-ta a-tu-li-ta ba-la dhaa-maa
An-ja-ni pu-tra Pa-va-na-su-ta naa-maa
3. Ma-haa-bee-ra bi-kra-ma ba-ja-ran-gee
Ku-ma-ti ni-vaa-ra su-ma-ti ke san-gee
4. Kan-cha-na ba-ra-na bi-raa-ja su-be-saa
Kaa-na-na kun-da-la kun-chi-ta ke-saa
5. Haa-tha baj-ra au-ra dva-jaa bi-raa-jai
Kaan-dhe moon-ja ja-neu saa-jai
6. Shan-ka-ra su-va-na Ke-sa-ree nan-da-na
Te-ja pra-taa-pa ma-haa ja-ga ban-da-na
7. Vi-dyaa vaa-na gun-ee at-i chaa-tu-ra
Raa-ma kaa-ja ka-ri-be ko aa-tu-ra
8. Prab-hu cha-ri-tra su-ni-be ko ra-si-yaa
Raa-ma Lak-ha-na See-taa ma-na ba-si-yaa
9. Sooksh-ma roo-pa dha-ri Si-ya-hin di-khaa-vaa
Bi-ka-ta roo-pa dha-ri Lan-ka ja-raa-waa
10. Bhee-ma roo-pa dha-ri a-su-ra san-ghaa-re
Raa-ma-chan-dra ke kaa-ja san-vaa-re
11. Laa-ya sa-jee-va-na Lak-ha-na ji-yaa-ye
Shree Rag-hu-bee-ra ha-ra-shi u-ra laa-ye
12. Rag-hu-pa-ti keen-hee ba-hu-ta ba-raa-i
Tu-ma ma-ma pri-ya Bha-ra-ta-hi sa-ma bhaa-i
13. Sa-ha-sa ba-da-na tum-ha-ro ja-sa gaa-vai
A-sa ka-hi Shree-pa-ti kan-tha la-gaa-vai
14. Sa-na-kaa-di-ka Brah-maa-di mu-nee-saa
Naa-ra-da Saa-ra-da sa-hi-ta A-hee-saa
15. Ya-ma Ku-be-ra di-ga-paa-la ja-haan-te
Ka-bi ko-bi-da ka-hi sa-ke ka-haan-te
16. Tu-ma u-pa-kaa-ra Su-gree-va-hin keen-haa
Raa-ma mi-laa-ya raa-ja pa-da deen-haa
17. Tum-ha-ro man-tra Vi-bhee-sha-na maa-naa
Lan-ke-sh-va-ra bha-ye sa-ba ja-ga jaa-naa
18. Yu-ga sa-ha-sra yo-ja-na pa-ra bhaa-nu
Leel-yo taa-hi ma-dhu-ra pha-la jaa-nu
19. Prab-hu mu-dri-kaa me-li muk-ha maa-heen
Ja-lad-hi laan-ghi ga-ye a-cha-ra-ja naa-heen
20. Dur-ga-ma kaa-ja ja-ga-ta ke je-te
Su-ga-ma a-nu-gra-ha tum-ha-re te-te
21. Raa-ma du-aa-re tu-ma rak-ha-vaa-re
Ho-ta na aa-gyaa bi-nu pai-saa-re
22. Sa-ba suk-ha la-hai tum-haa-ree sha-ra-naa
Tu-ma rak-sha-ka kaa-hu ko da-ra-naa
23. Aa-pa-na te-ja sam-haa-rau aa-pai
Tee-non lo-ka haan-ka ten kaan-pai
24. Bhoo-ta pis-haa-cha ni-ka-ta na-hin aa-vai
Ma-haa-bee-ra ja-ba naa-ma su-naa-vai



25. Naa-sai ro-ga ha-re sa-ba pee-raa
Ja-pa-ta ni-ran-ta-ra Ha-nu-mat-a bee-raa
26. San-ka-ta ten Ha-nu-maa-na chu-raa-vai
Ma-na kra-ma ba-cha-na dhyaa-na jo laa-vai
27. Sab pa-ra Raa-ma ta-pas-vee raa-jaa
Ti-na ke kaa-ja sa-ka-la tu-ma saa-jaa
28. Au-ra ma-no-ra-tha jo ko-ee laa-ve
So-ee a-mi-ta jee-va-na pha-la paa-ve
29. Chaa-ron yu-ga pa-ra-taa-pa tum-haa-raa
Hai pa-ra-sid-ha ja-ga-ta u-ji-yaa-raa
30. Saa-dhu san-ta ke tu-ma rak-ha-vaa-re
A-su-ra ni-kan-da-na Raa-ma du-laa-re
31. Ash-ta sid-hi nau nid-hi ke daa-taa
As-a ba-ra dee-na Jaa-na-kee Maa-taa
32. Raa-ma ra-saa-ya-na toom-ha-re paa-saa
Sa-daa ra-ho Ra-ghu-pa-ti ke daa-saa
33. Tum-ha-re bha-ja-na Raa-ma ko paa-vai
Ja-na-ma ja-na-ma ke duk-ha bi-sa-ra-vai
34. An-ta kaa-la Rag-hu-ba-ra pu-ra jaa-ee
Ja-haan jan-ma Ha-ri bhak-ta ka-haa-ee
35. Au-ra de-va-taa chi-ta na dha-ra-ee
Ha-nu-ma-ta se-ee sar-va suk-ha ka-ra-ee
36. San-ka-ta ka-tai mi-te sa-ba pee-raa
Jo su-mi-re Ha-nu-ma-ta ba-la bee-raa
37. Jai Jai Jai Ha-nu-maa-na Go-saa-ee
Kri-paa ka-ra-hu gu-ru-de-va kee naa-ee
38. Jo sa-ta baa-ra paa-ta ka-ra ko-ee
Choo ta-hi ban-di ma-haa suk-ha ho-ee
39. Jo ya-ha pa-rai Ha-nu-maa-na chaa-lee-saa
Ho ya sid-hi saa-khee Gau-ree-saa
40. Tu-la-see-daa-sa sa-daa Ha-ri che-raa
Kee je naa -ta hri-da-ya ma-han de-raa

Pa-va-na ta-na-ya san-ka-ta ha-ra-na
Man-ga-la moo-ra-ti roo-pa
Raa-ma Lak-kha-na See-taa sa-hi-ta
Hri-da-ya ba-sa-hu su-ra bhoo-pa
Si-yaa va-ra Raa-ma-chan-dra pa-da jai sha-ra-nam

Sri Hanuman Chalisa

Son of the Wind, embodiment of all blessing,
you remove all unhappiness by the root.
Having polished the mirror of my heart
with the dust of my Guru's lotus feet,
I sing the pure fame of the best of the Raghus,
which bestows the four fruits of life.
Knowing this body to be devoid of intelligence,
I recall the Son of the Wind.
Grant me strength, wit, and wisdom,
and remove my sorrows and shortcomings.

1. Victory to Hanuman, ocean of wisdom and virtue,
Hail Monkey Lord, illuminator of the three worlds.
2. Ram's emissary, abode of matchless power,
Anjani's son, named "Son of the Wind."
3. Great hero, mighty as a thunderbolt,
remover of evil thoughts and companion to the good.
4. Golden-hued and splendidly adorned,
with heavy earrings and curly locks.
5. In your hands shine mace and banner,
a sacred thread of munja grass adorns your shoulder.
6. You are Shiva's son and Kesari's joy,
your glory is revered throughout the world.
7. Supremely wise, virtuous, and clever,
you are ever intent on Ram's work.
8. You delight in hearing of the Lord's deeds,
Ram, Lakshman, and Sita dwell in your heart.
9. Assuming tiny form you appeared to Sita,
and in awesome guise you burned Lanka.
10. Taking dreadful form you slaughtered demons
and completed Lord Ram's mission.
11. Bringing the magic herb, you revived Lakshman,
and Ram embraced you with delight.
12. Greatly did the Raghu Lord praise you -
"Brother, you're as dear to me as Bharat!"
13. "May the thousand-mouthed serpent sing your fame!"
So saying, Shri's Lord drew you to Himself.
14. Sanak and the sages, Brahma, gods, and great saints,
Narada, Sarasvati, and the king of serpents,
15. Yama, Kubera, and the guardians of the quadrants,
poets and scholars - none can express your glory.
16. You rendered great service to Sugriva,
presenting him to Ram, you gave him kingship.
17. Vibhishana heeded your counsel
and became Lord of Lanka, as all the world knows.
18. Though the sun is thousands of miles away,
you swallowed it, thinking it a sweet fruit.
19. Holding the Lord's ring in your mouth
it's no surprise you leapt the ocean.
20. Every arduous task in this world
becomes easy by your grace.
21. You are the guardian of Ram's door,
none enters without your leave.
22. Taking refuge in you one finds all delight,
those you protect know no fear.
23. You alone can withstand your own splendor,
the three worlds tremble at your roar.
24. Ghosts and goblins cannot come near,
Great Hero, when your name is uttered.



25. All disease and pain is eradicated,
brave Hanuman, by constant repetition of your name.
26. Hanuman releases from affliction
those who remember him in thought, word, and deed.
27. Ram the renunciant reigns over all -
you carry out his every task.
28. One who brings any yearning to you
obtains the fruit of abundant life.
29. Your splendor fills the four ages,
Your glory is famed throughout the world.
30. You are the guardian of saints and sages,
the destroyer of demons, the darling of Ram
31. You grant the eight powers and nine treasures
by the boon you received from Mother Janaki.
32. You hold the elixir of Ram's name
and remain eternally His servant.
33. Singing your praise, one finds Ram
and escapes the sorrows of countless lives.
34. At death, one goes to Ram's own city
or is born on earth as God's devotee.
35. Give no thought to any other deity -
worshipping Hanuman, one gains all delight.
36. All affliction ceases, all pain is removed,
by remembering the mighty hero, Hanuman.
37. Victory, victory, victory to Lord Hanuman!
Be merciful even as is the Divine Master.
38. Whoever recites this a hundred times
is released from bondage and gains bliss.
39. One who reads this Hanuman Chalisa
gains success - Gauri's Lord bears witness.
40. Says Tulsidas, Hari's constant servant,
"Lord, make your encampment in my heart."

Son of the Wind,
Banisher of sorrow and embodiment of blessing,
Dwell in my heart,
King of Gods, together with Ram, Lakshman, and Sita