The Hindu Prayer Book
(in Sanskrit and Roman with English Translations)
## Contents

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hinduism</td>
<td>5</td>
</tr>
<tr>
<td>Om</td>
<td>6</td>
</tr>
<tr>
<td>Havan Yagya</td>
<td>7</td>
</tr>
<tr>
<td>The Pancha Mahayagyas</td>
<td>8</td>
</tr>
<tr>
<td>The Five Yajnas (or yagyayas)</td>
<td>8</td>
</tr>
<tr>
<td>Benefits of the Pancha Mahayajnas</td>
<td>9</td>
</tr>
<tr>
<td>Havan Mantras</td>
<td>10</td>
</tr>
<tr>
<td>Prayer for purification</td>
<td></td>
</tr>
<tr>
<td><strong>Praanaayaam mantra</strong></td>
<td>11</td>
</tr>
<tr>
<td>Prayer for concentration and meditation</td>
<td></td>
</tr>
<tr>
<td><strong>Aachamana mantra</strong></td>
<td>24</td>
</tr>
<tr>
<td><strong>Indriyasparsha mantra</strong></td>
<td>25</td>
</tr>
<tr>
<td><strong>Samaadhaan Mantra</strong></td>
<td>26</td>
</tr>
<tr>
<td>Placing of firesticks</td>
<td></td>
</tr>
<tr>
<td><strong>Jalaprokshanam</strong></td>
<td>28</td>
</tr>
<tr>
<td>Purifying with water</td>
<td></td>
</tr>
<tr>
<td><strong>Poojneeya prabhu hamaare</strong></td>
<td>37</td>
</tr>
<tr>
<td>Prayer to Yagya (Sacred Fire)</td>
<td></td>
</tr>
<tr>
<td><strong>Sarve bhavantu sukhinah</strong></td>
<td>39</td>
</tr>
<tr>
<td>May all be happy</td>
<td></td>
</tr>
<tr>
<td><strong>Hotaa hai saare vishva</strong></td>
<td>41</td>
</tr>
<tr>
<td>The benefits of Yagya</td>
<td></td>
</tr>
<tr>
<td><strong>A Prayer for Immortality</strong></td>
<td>45</td>
</tr>
<tr>
<td><strong>Om aabrahman braahmano</strong></td>
<td>46</td>
</tr>
<tr>
<td>A Prayer for Universal Peace</td>
<td></td>
</tr>
<tr>
<td><strong>Braahman swaraashtra</strong></td>
<td>46</td>
</tr>
<tr>
<td><strong>He prabho tum shakti</strong></td>
<td>48</td>
</tr>
<tr>
<td><strong>Shaanti Paathh</strong></td>
<td>49</td>
</tr>
<tr>
<td>Prayers for peace</td>
<td></td>
</tr>
</tbody>
</table>
Contents

Shree Hanumaan-chaaleesaa ........ 50
Prayers to Lord Hanumaan

Dohaa ..................................................... 56

Veer hanumaanaa ................. 57
Lord Hanumaan

Aarati ...................................................... 59
Offering of light to God

Govinda Prarthana ................. 62
O Lord make me your own

Hey Naath Sab Sukhee ............. 63
Lord, may all be happy

Shaanti Paathh ........................... 64
Prayers for peace

Hindu Catechism .......................... 66
Questions and Answers on Hinduism

Hindu Worship or Upasana ........ 72

Benefits of Worship .................. 73

Saguna-Upasana ....................... 74

Our Festivals ............................. 76

Sixteen Sanskaras .................... 81
(Sacraments)

Some Rules to Help You Be Good 85

Take Time ................................. 87
Hinduism

-Hinduism is like an all-encompassing ocean. Here, in the West only rational thought is considered essential for science and faith for religion. Hinduism stresses the whole consciousness, which also includes rational thought and faith, and is more universal. It is a living philosophy of life.

-Hinduism is the oldest living religion of the world. Great thinkers all over the world agree with this. Any one individual or a prophet does not formally enunciate Hinduism. It is the collection of revelations to several saints during their period of rigorous and disciplined meditation (Tapasyaa). This collection of revelations is known as the Vedaas.

-Hinduism is a natural way of life. It is not a constructed main road but a self-formed footpath trodden by the continuous walking of masses by their own will and choice. Hinduism is never imposed on any body at any time and is only religion in the world that does not believe in conversion. It wants everyone to realise the Almighty through their own will.

-Hinduism is a symbol of unity. It is not a single religion, but a composite one where people of various religions were put together under a single shade. The diversity of rituals, belief, castes, food, dress, social behaviour, languages and politics have not been able to destroy the deeper spirituality of Hinduism.

-Hinduism is the religion of experience. It is not based on dogmas and creeds to be accepted with blind faith, but is based on self-realisation.

-Hinduism allows absolute freedom in the faith and mode of worship, not insisting that God could be reached through only a particular name, place or path.

-Hinduism has sacred scriptures written by women saints, no other religion matching this feature.

-Hinduism states that God is everything and everywhere.

-Hinduism is a religion of love and gratitude, and of tolerance and patience giving due respect to all religions.
Om is the Akshara, or the imperishable - i.e. God. Om is the Universe, and this is the exposition of Om. The past, the present and the future, all that was, all is, all that will be, is Om. Likewise all else that may exist beyond the bounds of time, that too is Om.

Another word for Om is Pranava ('Nu' meaning praise and `Pra' meaning superior) Thus Om means the best prayer or praise.

The letters AUM also stand for the mantra `Tat Twam Asi' which means That which you are., Man's realisation of divinity within himself. This relieves man from the fragmentation of body, mind, psyche and spirit.

Om is composed of three sounds 'AH', `00', `MM'. It is the first word uttered and from it come all the alphabets and all the phonetics.

The letter `AH' begins the sound of OM and this sound is the first letter of the alphabet in all languages.

The letter `00' sustains the sound of OM. And finally `MM' ends the sound of OM.

Hence Om stands for the Trinity - Brahmaa (The Creator), Vishnu (The Sustainer) & Mahesh (The Destroyer).

The Sanskrit `Om' and the Latin 'Omne' come from the same root. 'Omkar' for the Sikhs and `Amen' for the Christians may also come from the same root.

The Mantra Om precedes all Hindu prayers. It is the original sound of Brahmaa. It may be practiced silently or vocally. The vibration of it should permeate the whole of our beings. It helps purify the physical, mental, emotional and spiritual aspects of our being.

"On the bow of the mystic syllable Om, place the arrow of the Self, point at the target of Brahman, with an undistracted mind stretch the bow and penetrate the mark,"

Mundak Upanishad.
Havan Yagya
The Sacrificial Fire

Hindus believe that the purification of the mind and spirit is even more important than the purification of the body. It is through meditation, acts of worship and goodwill to all humanity that this is achieved.

Yagya is one of the most significant forms of Hindu act of worship. The sacred fire has a very special place in all Hindu religious ceremonies. During Yagya, Ghee, food and 'Havan Samagree' (consisting of vegetable matter, roots, food stuffs and sandal wood) are offered to the sacred fire. The act of praying while offering these items to the fire is called 'Aahootee'. The timing of the individual offerings made during the Yagya, should coincide with the utterance of the word 'Swaahaa'. The offerings should be dropped into the fire with the palm facing up: the offerings should not be thrown in!

During Havan we are not praying to the actual fire in front of us. The fire, 'Agni' (in Sanskrit) denotes warmth and light and thus signifies God, Who is radiant and bright, and leads us from darkness to light, untruth to truth, and death to immortality.

During the Yagya, besides the physical acts of worship, we are concentrating on the highest qualities of God that we, mere mortals, are capable of imagining; at the same time we are exalting ourselves to rise above the mental, emotional and spiritual level we are at the time. This is where mere repeating and chanting of the Mantras in a rote manner is not as useful, as when we recited the same with some understanding of the beautiful and rich meaning that they carry.

0 Lord, I pray for the strength and splendour of my powers of speech, respiratory system, sight, hearing, centres of love, feeling and heart, my throat and brain, my hands and arms; my whole body for my personal ends and for the service of all.
THE PANCHA MAHAYAGYAS

There are five great daily sacrifices that are to be performed by every householder. They are: (i) Brahma Yajna, called also Veda Yajna, sacrifice to Brahman or the Vedas or the sages; (ii) Deva Yajna, sacrifice to the celestials; (iii) Pitri Yajna, sacrifice to the manes; (iv) Bhuta Yajna, sacrifice to all the creatures; and (v) Manushya Yajna, sacrifice to men.

The performance of these five Yajnas is conducive to the spiritual evolution or growth of a man. He gradually learns that he is not a separate entity or isolated creature or isolated unit, but is a part of a great whole. He obtains knowledge by studying the sacred scriptures written by great Rishis. He gets help from his friends, relatives and fellow-beings. His parents gave his physical body. The milk of cows, grains, vegetables and fruits nourishes his body. The five elements help him. He cannot live without oxygen and water. The Devas and the Pitris bless him. Therefore, he owes a fivefold debt to Nature. He must pay back his debt by performing these five sacrifices daily. Further, numerous insects are killed by him unconsciously during walking, sweeping, grinding, cooking, etc. This sin is removed by the performance of these sacrifices.

THE FIVE YAJNAS (or yagyas)

The Rishis, the Devas, the Pitris, the Bhutas and the guests expect help from the householders. Hence, they should perform these five sacrifices daily. Teaching and studying of scriptures is Brahma Yajna; Tarpana or offering of water to the ancestors, and Sraaddha, form Pitri Yajna; Homa or oblations into the fire is Deva Yajna; Bali or offering of food to all creatures is Bhuta Yajna; and hospitality to guests is Manushya Yajna or Atithi Yajna.

Brahma Yajna or Rishi Yajna

Every man should study daily the sacred scriptures. He should share the knowledge with others. This is Brahma Yajna or Rishi Yajna. By so doing, he pays the debt to Rishis.

Deva Yajna

Lord Krishna says in the Bhagavad Gita: "Having, in ancient times, emanated mankind together with sacrifice, the Lord of Creation said, 'By this shall ye propagate; be this to you the fulfiller of desires. With this, nourish ye the shining ones, and may the shining ones nourish ye. Thus nourishing one another, ye shall reap the highest good. For, nourished by sacrifice, the shining ones shall bestow on you the enjoyments you desire. A thief verily is he who enjoyeth what
they give without returning them anything. The righteous, who eat the remains of the sacrifice, are freed from all sins; but the unpious who cook for their own sake, they verily eat sin" (Ch. III-10, 11, 12, 13). Manu says: "Let a man ever engage in the study of the Vedas and in the rites of the Devas; engaging in the rites of the Vedas, he supports the movable and the immovable kingdoms." These sacrifices turn the wheel of life in accordance with the divine will and thus help the evolution of man and the worlds.

**Pitri Yajna**

Offering libations, etc., to the forefathers, regularly, is Pitri Yajna.

**Bhuta Yajna**

Distribution of food to cows, dogs, birds, fish, etc., is Bhuta Yajna.

**Manushya Yajna**

Feeding the poor is Manushya Yajna. Feeding the hungry, clothing the naked, giving shelter to the homeless, comforting the distressed, etc., are all forms of Manushya Yajna. Any kind of service to the suffering humanity is Manushya Yajna. Feeding a guest is Manushya Yajna.

**BENEFITS OF THE PANCHA MAHAYAJNAS**

By daily doing such acts of kindness and sympathy, man develops mercy. Hatred vanishes. His hard egoistic heart is gradually softened. He cultivates cosmic love. His heart expands. He has a wider outlook on life. He tries to feel his oneness with all beings. His old feeling of separateness on account of selfishness and egoism is gradually thinned and eventually eradicated. He learns that he can be happy only by making others happy, by serving others, by helping others, by removing the sufferings of others and by sharing what he has with others. The five great daily sacrifices teach man his relations with his superiors, his equals and his inferiors.

Man has no separate individual existence. He is connected with the world. He is like a bead in the rosary. His whole life must be a life of sacrifice and duties. Then only he will have rapid evolution. Then only he will realize the supreme bliss of the Eternal. Then only he will free himself from the round of births and deaths and attain immortality.
HAVAN MANTRAS
Prayer for purification (Mentally touch the various parts of your body whilst reciting)

अओमू भूर्पुर्व स्वः । तदसवितुरिणयं भगो देवस्य धीमहि । धियो यो न प्रचोदयात्।
Om bhoor bhuvah swaha. Tatsavitur varenyam.
Bhargo devasya dheemahi. Dhiyo yo naah prachodayaat.

O Lord you are the Giver of life, Remover of pains and sorrows, Bestower of happiness. May we receive the supreme sin-destroying light of the Creator of the universe. May You guide our intellect in the right direction.

अओमू शनो देवी राधिष्य आपो भवनु पीतये। शंपोरिभिसवन्तु।
Om shanno devi rabhishtaya aapo bhavantu peetaye, shmyo rabhiisra vantu nah.

May the most gracious, brilliant, all-prevading Lord be the ever for our desired happiness and perfect bliss and may His blessings be on us from all sides.

अओमू वाक वाकः । अओमू प्राणः प्राणः। अओमू चशुः चशुः।
अओमू श्रोत्रमू श्रोत्रमू। अओमू नाथिः। अओमू ह्रदयमू। अओमू कण्ठ। अओमू शिरा।
अओमू बाहुभयं यशो बलमू। अओमू करतल करपृढ़े।
Om vaak vaak, Om praanah praanah, Om chakshuh chakshuh,
Om shrotram shrotram, Om naabhih, Om hridayam, Om kanthah,
Om shira,
Om bahubhyam yashobalam, Om karatala kara prishthe.

अओमू भूः पुनातु सिरिसि
अओमू भुवः पुनातु नेत्रयोः
अओमू सः पुनातु कण्ठे
अओमू महः पुनातु ह्रदयम्।
अओमू जनः पुनातु नामस्याम
अओमू तपः पुनातु पादयोः
अओमू सत्यः पुनातु पुनः सिरिसि
अओमू खं ब्रह्म पुनातु सर्वत्र
Om bhooch punaatu shirasi. (head)
Om bhuvah punaatu netrayoh. (eyes)
Om swaha punaatu kanthe. (throat)
Om mahaha punaatu hridaye. (heart)
Om janaha punaatu naabhyaam. (navel)
Om tapaha punaatu paadayoh. (feet)
Om satyam punaatu punah shirasi. (head)
Om kham bhrahma punaatu sarvatra. (all sides)
O Lord, the Life-Breath of all, Dispeller of miseries, Giver of true bliss, Creator of the universe, the Ultimate Reality, all-pervading God, purify and strengthen my head (powers of understanding), my eyes (powers of vision), throat and speech, heart, navel (sexual urge), feet: all the organs of my body to perform its normal functions and activity in the service of humanity.

Praanaayaam mantra
Prayer for concentration and meditation

(In order to pacify the body and the mind, you should take deep breaths while reciting. Repeat several times, holding the breath as long as is convenient.)

ॐ भूः । Om bhooh.
ॐ भुवः । Om bhuvah
ॐ स्वः । Om swaha.
ॐ महः । Om mahah.
ॐ जनः । Om janah.
ॐ तपः । Om tapah.
ॐ सत्यम् । Om satyam.

I hold my breath in sacred awe and pray 0 lord of life. 0 holy God of bliss! Father great and wise and true, my soul comes to Your glorious feet to kiss it.

ॐ रितम्-च-आ सत्यम् चचा भीड़हाः। तापसो अध्या जायताः।
ततो रात्रः जायताः। ततात समुद्रः अर्नवः।
Om ritam-ch-a satyam cha cha bheedhaa. Tapaso adhya jaayata.
Tato raatrah jaayata. Tatah samudro arnavah.

ॐ समुद्रां दर्मवाद्धिः सम्बलतः अजायत
अहो रात्राणि वधदहिःवस्यं मुष्टो वशी।
Om samudraa darnavaa dadhi. Samvatsaro ajaayata.
Aahoraatraani vidadh-avishvasya mishato vashee.
The almighty God created the whole universe out of His Own omnipotence according to the laws of nature. He created the days and nights, the vast expanses of water and space and the divisions of time. He who is the Supporter, Protector and Controller of the universe created the sun, the moon, the earth, space, planets, by His potency as He did in the previous cycles of creation. May we feel His power and presence everywhere and for all the time and refrain from committing evil deeds.

O radiant Lord, we feel Your presence in the eastern direction, which is symbolic of continuous progress, as our Lord Protector for our unfettered knowledge and advancement we bow to You and thank You for all the means of protection. Whoever hates anyone, including us, your devotees, submit to Your rule of justice.

O radiant Lord, we feel Your presence in the eastern direction, which is symbolic of continuous progress, as our Lord Protector for our unfettered knowledge and advancement we bow to You and thank You for all the means of protection. Whoever hates anyone, including us, your devotees, submit to Your rule of justice.

Om suryaa chandra masau dhaataa. Yathaa poorna makalpayat.
Divam cha prithveem. Chaantriksha matho swaha.

Om praachi digagneer adhipatir asito. Rakshitaa dityaa ishwah.
Yo asmaan dweshti yam vayam. Dwish mastam vo jambhe dadhmaha.
O Lord, we feel Your presence-in the southern direction, which signifies ability and efficiency as our Lord of prosperity and the Controller of our minds. We pay homage to You and thank You for Your protection which You provide us in the form of scholars spreading true knowledge. Whoever hates, or feels enmical, including ourselves, we submit to Your rule of Justice.

Om prateechi dig varuno. Dheepatih pridaaku. Rakshitaa annam ishawah.
Yo asamaan dwashti yam vayam. Dwishmastam vo jambhe dadhmaha.

O Lord, we see You with our minds fixed in the western direction as the mightiest Master and Protector of all. We bow before You and thank You for our protection by the means of food. Whoever hates, or feels enmical, including ourselves, we submit to Your rule of justice.

Om udeechee dik somo. Dheepateeh swajo. Rakshitaa shani rishvah.
Yo asmaan dwashti yam vayam. Dwishmastam vo jambhe dadhmaha.

O gentle and noble God, we visualise Your presence in the northern direction, showering peace and bliss upon us. We pay homage to You and thank You for Your protection which You provide by means of the forces of nature such as lightning etc. Whoever hates, or feels enmical, including ourselves, we submit to Your rule of justice.
Oṃ dhruvaa dig vishnu radhipatiḥ. Kalmaashgreevo. Rakshitaa veerudha ishedvah.


Yo asmaan dweshti yam vayam. Dwishmastam vo jambhe dadhmaha.

O Lord, Master and Controller of all creation, we see You with our mind's eye below where we stand. We bow to You and thank You for the protection by means of the plant life. Whoever hates, or feels enimical, including ourselves, we submit to Your rule of justice.

O almighty God, we feel Your presence in the regions above us. May we be pure and magnanimous in our thoughts and actions. We bow before You and thank You for the protection by means of the rains and other seasonal phenomenon. Whoever hates, or feels enimical, including ourselves, we submit to Your rule of justice.

O almighty God, You are the greatest of all in goodness. You are beyond darkness. You are the Illuminator of all that imparts lustre. We approach Your divine Majesty through truthfulness in thought, word and deed.
Om udutyam jaatvedasam. Devam vahanti ketawaha.
Drishe vishwaaya suryam.

O Lord, You are the Revealer of the true knowledge of the Vedas. All things great and small, organic and inorganic, the whole universe, the entire creation serve as signals to lead us on to Your glory.

Om chitram devaanaa. Mudgaa daneekam. Chaksur mitrasya varunaasyaagneh.

May He, Who is the Soul of the whole universe, Who is all pervading, Who is free from all hatred and attachment, Who helps the righteous and the noble, reveal His Own Self in our hearts.

Om tachchakshur devahitam. Purastaachchhukramuchcharat.
Shrinuyaama sharadah shatam. Prabravaama sharadah.
Shatmadeenaah syaama sharadah shatam. Bhuyashcha shradah shataat.

The Supreme Being, the Seer of all, the Benefactor of the learned and the Righteous was pious before the creation and is pious during its existence. May we see His divine vision for a hundred years - the full span of our life. May we suffer no frailty. May we live with our sight, hearing, speech, intellect and all other faculties unimpaired, enjoying freedom for more than a hundred years, with perfect health of body, mind and soul and in true bliss.
Om bhoor bhuvah swaha.
Tatsavitur vareniyam. Bhargo devasya dheemahi.
Dhiyo yo naah prachodayaat.

O Lord you are the Giver of life, Remover of pains and sorrows, Bestower of happiness. May we receive the supreme sin-destroying light of the Creator of the universe. May You guide our intellect in the right direction.


0 Lord, the Ocean of mercy, may we, by Your grace attain virtue, wealth, pleasure and liberation by meditation, prayer and other such acts as soon as possible.

Om namah shambhavaaya cha. Mayobhavaaya cha.

O Lord, You are eternal bliss and the source of all happiness, we bow to You. The Benefactor of all, the Bestower of blessings, we bow to You. O most holy One, the Bestower of freedom, we bow to You. We surrender ourselves to You.

Om shaantihi shaantihi shaantihi.

May there be peace, peace, peace.
Om yam brahma varunendra rudra marutaha. Stunvanti divyai stavai.
Vedaihi saang padaha kramopanishadai. Gaayantiyam saamagaha.
Dhyaanaavasthit tadagatena manasaa. Pashyantiyam yogino.
Om shree paramaatmane namo namaha.

Om Brahmaa (God), Varuna (God of Water), Indra (God of Heaven), Rudra (Lord Shiva), Marutaa (God of wind) all pray to using great prayers, the Vedas and all its little translations pray to, the Upanishads praise, the Gods sing to in a beautiful manner, the saintly persons meditate on with Om, whose limits nobody knows, whom the Angels and the Devils pray to: this Supreme Being we pray to You.

Om shaantihi shaantihi shaantihi.
May there be peace, peace, peace

Om vishwaani deva savitar duritaa. Niparaasuva. Yad bhadram tanna aasuva.
O Lord God Almighty, Creator of the whole universe and Bestower of happiness, we plead with You earnestly to remove all our evil leanings and enrich us with what ever is good and noble.

The Lord Who is self radiant, existed even before the creation of the universe. He is the only blissful Master of the world. He sustains the earth, the sun, the moon and all the planets. We adore Him with fervent devotion.

य आत्मदा बलदा यस्य विश्व उपास्ते प्रशिष्य यस्य देवा।
यस्य छाया अमृतं यस्य मृत्युं: कस्मै देवाय हविषा विघ्नेय।
Om ya aatmadaa. Baladaa yasya vishwa upaasate. Prashisham yasya devaah.

The Lord God gives His devotees the true knowledge of Himself as well as of the soul. He blesses them with physical, moral and spiritual strength. All the true people adore Him and accept His just rule. His protection provides emancipation. Indifference to Him causes all kinds of unhappiness and death.

ओम् य: प्राणतो निमिशतो महित्वैक इत्राजा जगतो ब्रूह ।
य ईशे अस्त्य हिंदुरस्तुष्यद कस्मै देवाय हविषा विघ्नेय।

Glory to the Lord, the Creator of all living and non-living things, the Ruler of the universe, who has created bipeds (like man) and quadrupeds (the animals). May we worship Him with earnest devotion.

ओम् येन द्रौस्या पृथिवी च हदा येन स्व: स्वभित्त येन नाक ।
यो अन्तरिष्के रजसो विमान: कस्मै देवाय हविषा विघ्नेय ।
Yo antarikshe rajaso vimaanah. Kasmai devaaya havishaah vithema.

The Lord God who sustains the tremendous sun, the earth and other planets, who maintains the equilibrium of the planets in space and gives them movement, Who grants salvation and sustains happiness, may we adore Him and worship His supreme Being with all our heart.
O Lord of all creatures, there is none equal to You. You are above all. You are supreme. May You fulfill our cherished desires. May we be enriched by the possession of material wealth of the world.

Almighty God is the Producer and the Creator of the entire universe. He is our friend and well-wisher. He knows all the names, places and sources of everything in all the world. Having attained liberation, the enlightened souls move freely throughout the universe. May we worship and adore Him with earnest devotion.

O Lord self-radiant, Source of all true knowledge, You are fully aware of our actions. For the sake of our advancement, lead us on the path of virtue. May we attain success in casting away debasing and sinful desires and keep away from undesirable ways. We adore You over and over again.

I praise the all-knowing Lord of the universe, Who existed before its creation, Who is the Bestower of all cherished desires and Master of all precious materials.

Om sanah pitewa. Soonave agne. Soopaayano bhava. Sachaswaa nah swastaye.

O Lord, Source of all knowledge, become easily accessible to us and unite us with Yourself as a father does his son.

Om swastino mimeetaam ashivaanaa bhagah. Swasti devya ditiranarvanah.

Swasti pooshaa asuro dadhaatu nah. Swasti dhyaaavaa prithivee suchetuna.

O Lord, grant that our teachers and preceptors may shower their blessings on us. May the earth, the clouds and space, scientifically explored, bring happiness for us.


O Lord, may we spread aerology for peace, and also invoke the moon who gives us the wealth of tranquillity. Being a creator of fluids etc., she protects the world. May we seek Your benign shelter. You are the Guard of great and noble deeds. Be gracious enough to produce amongst us great scholars who are fully conversant with the Vedic teachings.
Om vishve devaa no. Adhyaa swastaye. Vaishwaanaro vasuragnih swastaye.
Devaa avantribhavah. Swastaye swasti no. Rudraah paatwamhasah.

May the learned people bring us bliss. May the Lord always bestow prosperity on us. May the wise, with their enlightened intellect, protect us from evil. May He, the Punisher of wicked deeds, keep us from sins.

Om swasti Mitraavarunaa. Swasti pathye rewati.
Swasti na indraschaagnishcha swastino. Adite kridhi.

May the forces of fire and water be beneficial to us. May the path of riches lead us to happiness. May the Lord through his electric and aerial forces, help us prosper and bless us.


May we ever unswervingly follow the path of duty as do the sun and the moon. May we move in the company of the learned and the holy who are charitably disposed and non-violent in their deeds.

Om yajjaagrato. Doormudaiti daivam. Tadu suptasyatathaivaiti.
Doorangam Jyotishaam jyotirekam. Tanme manah. Shivasankalpamastu.

May my mind possessed of wonderful abilities, which cover vast distances and reaches far off regions during the waking hours and behaves similarly in sleep through dreams, which is the illuminator of luminous things, always have the noblest ideals.
Om yena karmaanya paso. Maneeshrino. Yagye krinvanti vidatheshu dhereah.

Shivasankalpamastu.

O Lord whereby the learned, ever given to meditation, the performance of virtuous deeds and the regulation of their faculties in the right channels, are active in the discharge of their selfless duties and thoughtful in the acquisition of scientific and political knowledge, and they deliver in assemblies and other places where knowledge is spread, and which is a unique something, the common centre of all senses, bestowed upon all, may that mind be of noblest resolves.

Om yatpragyaanmuta cheto. Ritischa rajyotirantara mritam prajaasu.

Shivasankalpamastu.

That which is instrumental in acquiring deeper knowledge, good memory, courage and firmness and which is the light within men that is not extinguishable till the final emancipation and without whose help nothing can be achieved, may that mind be full of the noblest ambitions.


Shivasankalpamastu.

Whereby the past, present and future are comprehended and under whose influence the human body, through its seven organs (two eyes, two ears, two nostrils and a mouth) is ever dedicating life to a continuous sacrifice - may that indestructible mind be full of the noblest intentions.
Om yasminrichah saama-yajoogungkesjasmin. Pratishtthhitaa.
Prajaanaam. Tanme manah. Shivasankalpamastu.

May my pure mind, in which the three branches of Tearing contained in the four Vedas (Rig Veda - knowledge, Yajur Veda - action, Saama Veda - devotion & Artha Veda - science) can be established like spokes in a chariot, and in which the entire knowledge of living creatures is filled, be devoted to the dissemination of the same true Vedic knowledge.

Om sushaarathi rashwaa nivayan. Manushyaa neneeyate abishubhir vajin iva.

That which drives a man, like a good charioteer does strong horses by the reins, in accordance with his desires, which is immune from decay, is restive and has very close connections with the noblest heart - may that mind be moved by the noblest of motives.

Om sa nah. Pavasvasham gave. Sham janaaya shamarvate. Shagung raajan noshadheebhyaaha.

O Lord may the wind blow favourably for us, may our cattle and horse be useful for us, may herbs and vegetation be health-giving and may You shower Your blessings on us all round.

Abhayam pashchaad abhayam. Purastaad uttaraad. Dadharaad abhayam no astu.
O Lord may we realise Your omnipresence and be fearless from mid-regions, brighter regions and the earth. May we not entertain any fears from any quarter - front, behind, above or below.

ओम् अभयं मित्रांभयंमित्रांभयं ज्ञाताभयं परोश्शात्।
अभयं नक्तभयं दिवा न: सर्वं आशा मम मित्रं भवन्तु।


O Lord of the universe, may we not be afraid of our friends or our foes. May we not have any fear from things known and unknown. May we be fearless in the waking hours of the day and when we are asleep at night. And may all directions, hopes and wishes be friendly towards us.

Havan (Homa) is called agnihotra in Sanskrit and is the smallest form of Vedic sacrifice. The fire is based on the biorhythms of nature. The haven produces certain specific effects in the atmosphere and has a therapeutic effect on our minds. The haven is the Vedic method of curing pollution. It causes harmony between man and the rest of nature. The fire disintegrates air-borne impurities. Also the ash has a curative effect on certain diseases. For us Hindus the haven is the symbolic effort we make to advance materially, morally and spiritually, through a living faith in God.

आचमन मन्त्र

Aachamana mantra

Sipping of water

(Take a little water in the right palm and sip once after reciting each of the following mantras.)

ॐ अमृतोपस्त्राणमसि स्वाहा।
Om amrito pastaranamasi swaahaa. (First sip)

ॐ अप्रितापिधानमसि स्वाहा।
Om amritaa pidhaanamasi swaahaa. (Second sip)
Om satyam yashah shreermayi shreeh shrayataam swaahaa. (Third sip)

O immortal Lord, You are my support and shelter. Living under Your protection, may I attain true fame, material well-being and spiritual advancement for the good of all - including myself. May this prayer of mine come true.

**Indriyasparsha mantra**
Touching different parts of the body

(Take a little water in the left palm and reciting the following mantras, dip the middle and ring fingers of the right hand in the water each time and touch the parts of the body as indicated below - first the right side then the left.)

```
Om vaangmaa asye astu. (lips)
Om nasorame praano astu. (nostrils)
Om akshnorme chakshoor astu. (eyes)
Om karnyorame shrotram astu. (ears)
Om baahvorame balam astu. (arms)
Om oorvorme ojo astu. (thighs)
Om arishtaani mengaani tanoostanvaa me sah santu.
```

(Sprinkle water on all parts of the body.)

O almighty God, may my tongue be ever-blessed with the power of speech, may my nostrils be blessed with healthy and vital air, may my eyes be blessed with the perfect power of sight, ears with the perfect power of hearing, arms with strength, legs with vitality. May all the parts of my body be in perfect health and good shape of life's work.

```
Om bhoor bhuvah swaha.
```
O Life-breath of all, Dispeller of miseries and Giver of bliss, I place this fire in the receptacle which is in direct contact with the earth on which the virtuous perform sacrifices and do good deeds, praying for obtaining all kinds of food. May my heart be kind and generous and vast like the heavens and may my mind be full of stamina and generosity, like the earth.

अंगु उदुद्धुष्ठ्वापने प्रतिजागृहित्वमिश्य पूर्तं सगु ज्वेशाक्यय च।
अस्मिन्नंधिः अध्युततरसमन् विश्वे देवा यज्ञानं च सीदत।


O Agni blaze well and rise high. May this performer, with your help, be able to accomplish all sacrificial duties and other deeds of public welfare. May this performer and other enlightened people be seated here, where the distinction of high and low disappears.

समाधान मन्त्र

Samaadhaan Mantra

Placing of firesticks

(Take three pieces of firewood dipped in melted ghee, whilst reciting the following Mantras place the pieces of wood in the fire. All offerings are made after the word swaahaa)

ओम अयत्न इध्म आत्मा जातवेदस्तेनेथ्यस्त वर्धस्व चैच्चवर्धय चास्मान।
प्रजया पशुस्ब्रह्मवर्धस्वेन नामेध्य स्वामः इधमन्ये जातवेदस्ते -इद्धम्म।


(Put one stick after this mantra.)

O almighty God, the Fountainhead of all Vedic knowledge, the ultimate Cause of the endless string of natural events of all elements. This my soul is Your fuel. (Like this firestick for the fire). O Agni burst into flames, brighten up and bless us with honourable children, and animals, and with Your Divine glory, an plenty of food and help us make spiritual advancement. This holy offering is made to the all-pervading Agni - and not for myself.
Om samidhaagnim duvasyata ghritair. Bodhaya taatithim. Aasmin havyaa juhotana.

Om susamidhhaaya sho chishi. Ghritam teevram juhotana. Agnaye jaatavedase swaahaa. Idamagnaye jaatvedase idanna mama. (Put the second stick.)

O performer set the sacrificial fire ablaze with good scented fuel and pure ghee, with reverence as you would serve a respectable guest. This offering is for the all-pervading Agni; it is not for myself.

Om tantwaa samidbhirangiro. Ghritena vardhyaamasi. Brihachho chaa yavishthhayaa swaahaa. Idamagnaye angiraseidanna mama. (Place the third stick)

O brightly lit Agni, I feed you with wood and ghee so you can grow further. You are the motive force behind the interplay of the elements which breakup and are re-united by you. This offering is for the great motive power, Agni; it is not for myself.

(Recite the following Mantras five times, each time pour into the Agni a spoonful of ghee and a couple of drops of ghee into the water containing receptacle)


O almighty God, the Fountainhead of all Vedic knowledge, the ultimate Cause of the endless string of natural events of all elements. This my soul is Your fuel. (Like this firestick for the fire). 0 Agni burst into flames, brighten up and bless us with worthy children, and animals, and with Your Divine glory, an abundance of food and help us make spiritual advancement. This pious offering is made to the all-pervading Agni; it is not for myself.
Jalaprokshanam
Purifying with water
(Chanting the prayers, sprinkle water on all sides of the fire.)

ओं अदिते अनुमन्यस्व।
Om adite anumanyaswa. With this in the East.

ओं अनुमते अनुमन्यस्व।
Om anumate anumanyaswa. With this in the West.

ओं सरस्वत्यनुमन्यस्व।
Om saraswatya anumanyaswa. With this in the North.

ओम् देव सजित; प्रसुव यज्ञ प्रसुव यज्ञलिम भगाय दियो गन्धर्वं
केतपू केतपू पुनातु वाचस्पतिं वाचं न स्वदेतु।
Om deva savitaah prasuva yagyam. Prasuva yagyapatim bhagaaya.
Divyoh gandharvah. Ketapooh. Ketannah. Punaatu vaachaspatir
vaacham-nah swadatu. With this in all directions.

O most likeable, infinite Source of all knowledge, beyond space and time, accept
our prayer. O self-radiant Creator of the universe, divine Source of the Vedas,
Purifier of the intellect, Protector of Speech, almighty God, purify our intelligence
and sweeten our speech.
(Pour offerings of ghee with these Mantras.)

ओं अग्निये स्वाहा। इदमग्निये इद्यम मम।
Om agnaye swaahaa. Idamagnaye idanna mama.
With this on the northern side of the fire.

ओं सोमाय स्वाहा। इदं सोमाय इद्यम मम।
Om somaaya swaahaa. Idamsomaaya idanna mama.
With this on the southern side of the fire.

O God, I make these offerings to You. You are true knowledge. You are the
supreme Lord, just and peaceful. Whatever I offer is for You; it is not for myself.

ओं प्रजापतिये स्वाहा। इदं प्रजापतिये इद्यम मम।
Om prajaapataye swaahaa. Idamprajaapataye idanna mama.
With this in the centre.

ॐ
ôôô ीन्द्राय स्वाहाः । इदमिन्द्राय इद्व मम ।

Om indraaya swaahaa. Idamindraaya idanna mama. With this also in the centre.

I offer these offerings to the Lord, God, our Father and the Master of all power and prize. These are for You; it is not for myself.

ôôô ७ूरगनये स्वाहाः इदमगनये— इद्व मम।

Om bhooragnaye swaahaa. Idamagnaye idanna mama.

ôôô ७ुरवर्वाये स्वाहाः इद्व वाये इद्व मम।

Om bhuvvarvaaye swaahaa. Idamvaayave idanna mama.

ôôô स्वरादित्याय स्वाहाः । इदमादित्याय इद्व न मम।

Om swaraadityaaya swaahaa. Idamaadityaaya idanna mama.

ôôô ७ूर्भूव । स्वराविवादित्यायेभ्य स्वाहाः। इदमाविवादित्यायेभ्य— इद्व मम।

Om bhoorbhuvah. Swaragni vaayvaa Dityebhyah swaahaa.
Idamagni vaayvaa dityebhyah idanna mama.

These offerings are for the almighty God, Who is dearer than my life itself, Who is the Dispeller of all sufferings, Bestower of all happiness, Who is all-knowledge, dynamic, imperishable, and eternal. There is nothing in these offerings for me.

ôôô यदस्य कर्मणो अत्यरित्च यद्या न्यूनमिहायकारम्।
अग्निनित्वर्षकारिभिः सर्व र्षीर्ष सूहुतं करोतु मे ।
अग्निये र्षीर्षसे सूहुतहते सर्वप्रायगमित्तहतीताना कामानां समत्तिक्षेत्र सर्वाय सामान्तसम्भूतं स्वाहाः।
इदमगनये र्षीर्षकृते इद्व न मम।

Om yadasya karmano atya reericham. Yadvaasya nyun mihaakaram.
Agnishtat swisht kridvidhyaat sarvam. Swishtam suhutam karotume.
Agnaye swisht krite. Sahuta hute sarva praayashchittaa huteenam.
O most generous God, You know what my noble desires are and what I seek. Pardon whatever excesses or shortcomings there may have been in the performance of this yagya. Please accept these expiatory offerings which are made reverently and make the yagya successful. Whatever is offered is for You; it is not for myself.

(Utter this Mantra in the mind, offering ghee to the fire)

ओम प्रजापत्ये स्वाहा । इदम्प्रजापत्ये ह्रद्द मम ।
Om (praajaapatyey) swaahaa. Idampraajaapatyey idanna mama.

This offering is for the Lord of all the creatures; it is not for myself.

ओम भूर्भुवः । अम आयूषि पवस आ सुवैर्जितं चन।
Om bhoorbhuva swaha. Agna aayoonshi. Pavas aasuvorjimisham cha naha.

आरे बाधस्व दुंहुना स्वाहा। इद्मन्ये पवामाणाय ह्रद्द मम।
Aare vaadhasva duchhunaam swaahaa. Idamagnaye pavamaanaaya idanna mama.

Supreme Lord, the efficient Cause of the universe, Dispeller of all evil, all bliss and all true knowledge, purify our lives, provide us with forcefulness and protect us from misfortunes, miseries and natural calamities. This is my heartfelt prayer. Whatever I have is all Yours and nothing belongs to me.

ओम भूर्भुव स्वरिन्द्रत्रिषि पवमाण पांचजन्यः पुरोहितः तमीमहे महागर्भ स्वाहा।

We pray that we may achieve the supreme Lord, who is dearer than life, Dispeller of miseries, Bestower of eternal bliss, self-radiant, greatest Seer, Purifier, Benevolent leader and to Whom all the praise is due. This offering is for the Lord of all the creatures; it is not for myself.
Oṁ bhoorbhuvah swaha. Agne pavasvaswapaa asme varcha.
Suveeryam.

O Lord, purify our deeds, give us glory and energy. Bless me with all kinds of riches and vigour, This is my sincerest request. This offering is for the Lord of all the creatures; it is not for myself.

(From now on put havan-saamagree and ghee in the fire after each mantra.)

Oṁ twanno agne varunasya vidvaan. Devasya hedo. Avayaa siseeshthhah.
Yajishthho vahnimatamah shoshuchaano. Vishvaa dweshaamsi.
Pramu mugdhyasmat swaahaa. Idamagnee varunaa-bhyaam idanna mama.

O self-radiant God, may we never dishonour any enlightened scholar. You are the most honourable and powerful Carrier among those that blow, flow and radiate. Drive away all ill-feelings from our minds. This offering is for Agni; it is not for myself.
Oalmighty God, protect us from all means of protection. You are nearest to us in this ceremony. Accept this offering. Provide us with the company of the enlightened. This offering is for Agni; it is not for myself.

O most likeable heavenly Father, listen to my prayer and make me happy today. I need Your protection and invoke you with all my heart. This offering is for Vanunaa; it is not for myself.

My I reach You my Lord by singing Your glory with these Vedic Mantras. The performer of this yagya seeks the same. O most adorable Father, be kind. Do not ignore our prayer and let our lives be wasted. This offering is for Varunaa; it is not for myself.

Oalmighty God, protect us from all means of protection. You are nearest to us in this ceremony. Accept this offering. Provide us with the company of the enlightened. This offering is for Agni; it is not for myself.

O most likeable heavenly Father, listen to my prayer and make me happy today. I need Your protection and invoke you with all my heart. This offering is for Vanunaa; it is not for myself.

My I reach You my Lord by singing Your glory with these Vedic Mantras. The performer of this yagya seeks the same. O most adorable Father, be kind. Do not ignore our prayer and let our lives be wasted. This offering is for Varunaa; it is not for myself.
O almighty God, we feel shackled by all sorts of bonds - hundreds and thousands spread all around us. 0 Creator of the universe, make the learned, the enlightened and the honourable scholars gracious enough to pull us out of these traps and chains with the help of this yagya today. Whatever I possess is for You and the learned and enlightened scholars; it is not for myself.

Oom ayaashchaagne. Asyanabhi shashti paashcha satyamitwa mayaasi.
Ayaa no yagyam vahaasyayaa no. Dhehi. Bheshaja gung swaahaa.
Idamagnaye ayase idanna mama.

O self-radiant and omnipresent God, You are the ultimate Reality pervading the entire universe. You protect the innocent. May our yagya be brought to a successful conclusion. May we be provided with the strength to fight and drive away disease, suffering, evil and sin. Whatever I own is for You, my Lord; it is not for myself.

Idam varunaayaa dityaayaa ditaye cha idanna mama.

O most adorable Lord, loosen our bonds from above, below and the middle (from all sides). May we be disciplined and sinless and free ourselves from all sorts of bonds that bind us. This offering is for Varunaa and Aaditya; it is not for myself.

Shivau bhavat madya nah swaahaa. Idam jaatavedobhyaam idanna mama.

May the enlightened scholars be favourable, unbiased, unanimous and sinless for us. May they never destroy this yagya and its performers. May they be good to us. This is my prayer. This offering is for the learned scholars; it is not for myself.
Truly the Lord supreme, who is Impeller, Creator and self-radiant, is the supreme Light and Lustre like the sun in the world. May this sun be ever in unison with the almighty God and with the glorious dawn grasp the fine particles of the material offered and diffuse them far and wide.

In these Mantras Agni (fire) represents the supreme Lord as the Guide and the Promoter of virtue and true knowledge is substituted for the sun. Rest as before.
We pray to that Lord Ganesh who is a God of Gods, more loved than anyone and is the owner of all wealth. By praying in this beautiful manner we are purifying ourselves and feeling grateful for the opportunity to do so.

We pray to that symbol of power, Mother Goddess Durga. We worship her in all her forms - in the form of Laxmi, Saraswati or Kaali. We pray to Her, Mother of all earth in all Her forms and in all Her strength.

We pray to (the three-eyed) Lord Shiva, Sustainer of the three worlds, Destroyer of illness and the Support of all. Through praying, free us from disease and grant us immortal life.

Offerings are made to Agni, Vaayoo and Soorya for the health of all the respiratory organs of all living beings; it is not for myself.

O Lord, You are all-pervading, the Light of all souls, all Bliss, Immortal, the great supreme Being, the Cause of the existence of the whole universe, the Sanctifier of the devotees, the Bestower of all happiness, and the Protector of all. This is the truth.


O self-radiant, omniscient God, grant me that superior discriminating intellect which the enlightened and the protectors possess. O Lord listen and answer my sincere prayers.

Om vishvaani deva savitur duritaa. Ni paraa suva. Yadbhadram tanna aasuuva swaahaa.

O Lord God Almighty, Creator of the whole universe and Bestower of happiness, we beg You earnestly to remove all our evil tendencies and enrich us with whatever is good and noble.


O Lord self-radiant, Source of all true knowledge, You are fully aware of our actions. For the sake of our advancement, lead us on the path of virtue. May we attain success in casting away evil and sinful desires and keep away from undesirable ways. We adore You over and over again.

Om bhoor bhuvah swaha. Tatsavitur vareniyam. Bhargo devasya dheemahi. Dhiyo yo naah. Prachodayaat swaahaa (Three times)

O Lord you are the Giver of life, Remover of pains and sorrows, Bestower of happiness. May we receive the supreme sin-destroying light of the Creator of the universe. May You guide our intellect in the right direction.

That (Almighty Brahma) is infinite. This (Manifested Brahma, the universe) is also infinite. This infinite has emanated from that infinite.

Om sarvæ vai poorna svaha.

Om sarvam vai. Poorna gun swaahaa. (Three times)

O Lord, the world created by You is perfect. You in Yourself are absolutely perfect. May we follow Your directions. By Your grace this entire Yagya has been concluded with perfection.

**Poojneeya prabhu hamaare**
Prayer to Yagya (Sacred Fire)

Yagya roopa prabhu hamaare, Bhaava ujjvala keejiye,
Chhoda deven chhal kapat ko Maanasik bala deejiye.

O Lord, in the form of the fire of the Yagya, please illuminate our feelings. Give us the mental strength to give up trickery and deception.

Ved ki bolen richaayen, Satya ko dhaarana karen,
Harsh men hon magna saare, Shok saagara se taren.

May we read the Vedaas and follow the path of truth. May we always be immersed in happiness; save us from the ocean of despair.

Ashwamedhaadika rachaayen, Yagya para upkaara ko,
Dharma maryaadaa chalaakar, Laabh den sansaara ko.

May we perform great deeds of worship with the intention of helping others and by creating and following the path of righteousness benefit the whole world.
नित्य श्रद्धा भक्ति से यज्ञादि हम करते रहें। रोग पीड़ित विश्व के सत्याप सब हरते रहें।

Nitya shraddaa bhakti se, Yagyaadi ham karte rahen,
Roga peedita vishwa ke, Santaapa saba harte rahen.

May we pray daily (with the performance of Yagya) with trust and devotion, and may we remove the ills and the pains of the world.

भावना मिट जाय मन से पाप अत्याचार की। कामनायें पूर्ण होवें यज्ञ से नर नारी की।

Bhaavana mit jaaye mana se, Paapa atyaachaara ki,
Kaamanaayen purana hoven, Yagya se nara naari ki.

From our minds, may we remove all evil and tyrannical thoughts. May all wishes of humanity be fulfilled through Yagya.

लाभकारी हों हवन हर जीव धारी के लिए। वायु जल सर्वत्र हों शुभ गंध को स्वागत किए।

Laabhkari ho havana har, Jeeva dhaari ke Lye,
Vaayu jal sarvatra ho shubh, Gandha ko dhaarana kiye.

May the performance of Yagya be beneficial to all creatures, and may the atmosphere be pure and perfumed.

स्वार्थ भाव मिटे हमारा प्रेम पथ विस्तार हो। इदन न मम का सार्थक प्रत्येक में व्यवहार हो।

Swaartha bhaava mite hamaaraa, Prema patha vistaara ho,
Idana mama ka saarthaka, Pratyeka men vyavhaara ho.

Through Yagya may we become selfless and create a path towards love. May we make "Idan mama" (Not for me, but for God) our motto in all our daily living.

प्रेम रस में मम होकर बदना हम कर रहे। नाथ करुणा रूप करुणा आप की सबपर रहे।

Prema rasa men magana hokar, Vandanaa hama kar rahen,
Naatha karunaa roopa karunaa, Aapki saba par rahen.

We, who are steeped in Your love, are praying to You - O Lord of kindness may You be kind to all the creatures.

चङ्ख प्रभो हमारे भाव उप्युतल कीजिये। छोइ देयें छल कपट को मानसिक बल दीजिये।

Poojniya prabhu hamaare, Bhaava ujwala keejiye,
Chhod deven chhal kapat ko, Maansika bala deejiye.

O Lord, in the form of the fire of the Yagya, please illuminate our feelings. Give us the mental strength to give up trickery and deception.
प्रामुख्य सब भगवान सुखी; सब सनु निरामया; सबें भ्रमण परम्पर या कक्षित दुःख धारभवेत।

Om sarve bhavantu sukhinah, Sarve santu niraamayaah
Sarve bhadraani pashyantu, Maa kashchid dukh bhaagbhavete.

O Lord in Thee may all be happy. May all be free from misery. May all realise goodness and may no one suffer pain.

सब का भला करो भगवान सब पर दया करो भगवानुः
सब पर कृपाकरो भगवानुः सब का सब विधि हो कल्याणः।

Saba kaa bhalaa karo bhagawaan, Saba para dayaa karo bhagawaan.
Saba par kripaa karo bhagawaan, Saba kaa saba vidhee ho kalyaan.

Lord, please look to the good of all, kindness to all and blessings for all, may good come to all of us in every form.

सुखी बसे सन्सार सब दुःखिया रहें न कौय। यह अभिलाषा हम सब की भगवान् पूरी होय।

Sukhee base sansaara saba, Dukhiyaa rahe na koy,
Ye abilaashaa ham sab ki, Bhagawana poori hoy.

May all be happy in the world - let none be unhappy - this wish we all have and may it come true.

विद्या बुद्धि तेज बल सब के भीतर होय। दृष्ट पूर्त धन धान्य से वाचित रहें न कौय।

Vidyaa budhhi teja bal, Saba ke bheetara hoy,
Doodha poota dhana dhaanya se, Vanchit rahe no koy.

May all of us receive education, wisdom, brilliance and strength and no one be deprived of health, wealth nor family.

आपकी भक्ति प्रेम से मन होवे भर पूर। राग द्वेषसे चिन्त हमारा कोसों भागे दूर।

Aapkee bhakti prema se, Mana hoye bharapoor,
Raaga dwesha se chitta hamaaraa, Koson bhaage door.

May our minds be so full of love and devotion towards you, that anger and enemity have no place in it.
मिले भरोसा नाम का हमें सदा जगदीश। आशा तेरे नाम की बनी रहे मम ईश।

Mile bharosaa naama kaa, Hamen sadaa jagadeesha,
Aashaa tere dhaama ki, Banee rahe mama eesha.

May we have the faith of Your name at all times. May the hope of meeting with You always remain in our hearts.

पाप से हमें बचाईये करके दया दयाल। अपना भगवत बनायके हमको करो निहाल।

Paapa se hamen bachaaiye, Karke dayaa dayaal,
Apnaa bhakta banaay ke, Sabko karo nihaal.

O Lord, through Your kindness protect us from sins. Make us Your devotees and please save all humanity.

दिल में दया उदारता मन में प्रेम अपार। हृदय में धैर्य बीरता सब को दो करतार।

Dila men dayaa udaarataa, Mana men prem pyaar,
Hridaya men dhairyaa veerataa, Saba ko do kartaar.

May You give all, in our hearts - generosity, in our minds - love, in our hearts - patience and courage.

नारायण तुम आप हो पाप के मोचन हार। क्षमा करो अपराध सब कर दो भव से पार।

Naaraayana tuma aap ho, Paapa ke mochanahaar,
Kshamaa karo aparaadha saba, Kar do bhava se paar.

Lord You are the Saviour from sins, forgive all our sins and get us through this untrue world.

हाथ जोड़ विनती करूँ दुःखिये कृपानिधान। साधु संगत सुख दीजिये दया नमरता दान।

Haatha joda vinatee karoone, Suniye kripaa nidhaan,Saadhu sangat sukh deejiye,
Dayaa namrataa daan.Saadhu sangat sukh deejiye, Dayaa namrataa daan.

With folded hands I request You to listen to me - please give me the gift of the company of saintly people, kindness and humility.

सुखी बसे सत्सार सब दुःखा रहे न कोय। यह अभिलाभ हम सब की भागवन् पूरी होय।

Sukhee base sansaara sab, Dukhiyaa rahe na koy,
Ye abhilaashaa ham sabki, Bhagwana pooree hoy.

May all be happy in the world - let none be unhappy - this wish we all have and may it come true.
Hotaa hai saare vishva kaa, Kalyaana yagya se.

Through the performance of Yagya, the entire universe benefits.

Jaldee prasanna hoten hain, Bhagawaana yagya se.

God is easily pleased with the performance of Yagya.

Rishiyon se oonchaa maanaa hai, Yah sthaana yagya kaa.

Saints have always maintained the highest position for the performance of Yagya.

Karten hain duniyaa waale sab, Sanmaana yagya kaa.

All the people of this world respect the Yagya.

Darjaa hai teen lok se, Mahaana yagya kaa.

Yagya holds the highest position in the three worlds.

Bhagawaan kaa hai yagya aur, Bhagawaana yagya kaa.

Yagya is for God and God is for Yagya.

Jaataa hai deva loka men, Insaana yagya se.

Humans go to heaven through Yagya

Hotaa hai saare vishva kaa, Kalyaana yagya se.
Karnaa ho yagya prakat ho, Jaate hain agnee deva.
On performing Yagya, God becomes present

Daalo vihit padaartha shuddha, Khaate hain agnee deva.
Put special and pure substances in to the Yagya for Him to partake

Sabko prasaad yagya kaa, Pahunchaate agnee deva.
Then He takes the offerings to all the Holy Spirits.

Baadal banaa ke bhoomi par, Barsaate agnee deva.
He also blesses the earth with the rains.

Badle main ek ke anek de, Jaate hain agnee deva.
In exchange for a little he returns a lot

Paidaa anaaj hotaa hai, Bhagwaana yagya se.
Crops grow due to the God of the fire.

Hotaa hai saarthak ved kaa, Vigyaana yagya se.
The science of the Vedas is fulfilled through Yagya.

Hotaa hai saare vishva kaa, Kalyaana yagya se.

Shaktee our tej yasha bharaa is, Shuddha naama men.
In the pure name of Yagya is strength, brilliance and fame.
साक्षी यहै है विश्व के हर नेक काम में।
Saakshhee yahee hai vishva ke, Hara nek kaama men.

Yagya is witness to all the deeds in the world.

पूजा है इस को श्री कृष्ण भगवान राम ने।
Poojaa hai isko shree krishna, Bhagawaana raama ne.

Even Lord Krishna and Lord Raam worshipped it.

होता है कन्या दान भी इसी के सामने।
Hotaa hai kanyaadaan bhee, Isee ke saamne.

Even the giving away of the bride is done in the presence of Yagya.

मिलता है राज्य कीर्ति संतान यज्ञ से।
Miltaa hai raaj keertee, Santaana yagya se.

Through Yagya one begets kingdoms, fame and family.

होता है सारे विश्व का कल्याण यज्ञ से।
Hotaa hai saare vishva kaa, Kalyaana yagya se.

सुख शान्ति दायक मानते हैं सब मुनि इसे।
Sukh shaanti daayak maante hai, Sab munee ise.

All saints believe that Yagya causes happiness and peace.

वसिष्ठ विश्वामित्र और नारद मुनि इसे।
Vashishthha vishvaamitra aur, Naarad munee ise.

Including Vashishthha, Vishwamitra and Naarad.

इसका पुजारी कोई पराजित नहीं होता।
Iskaa pujaaree koi paraajit, Naheen hotaa.

No worshipper of the Yagya is ever defeated.

भय यज्ञ करता को कभी किन्नित् नहीं होता।
Bhaya yagya kartaa ko kabhii kinchitaa naheen hotaa.

Those who worship Yagya never need be afraid.
Hoteen hain saaree mushkilen, Aasaaana yagya se.

Through Yagya all problems are solved.

Hotaa hai saare vishva kaa, Kalyaana yagya se.

Whether one is rich or poor

Jo nitya yagya kartaa hai, Vah khush naseeba hai.

If one does Yagya daily he will be fortunate.

Ham sab main aaye yagya ke, Arthon kee bhaavanaa.

May we all imbibe the meaning of Yagya.

Bhakton ke sachhe dil se hai yah, Shreshthha kaamnaa.

This is the noblest wish from the hearts of the devotees of the Yagya.

Hotee hai poorna kaamna, Mahaana yagya se.

All wishes are fulfilled through the performance of Yagya.

Hotaa hai saare vishva kaa, Kalyaana yagya se.

Through the performance of Yagya, the entire universe benefits.
A Prayer for Immortality

ॐ असतो मां सद् गमयः
Om asato maam sad gamaya
Lead us from untruth to truth

तमसो मां ज्योतिर्गमयः
Tamaso maam jyotir gamaya
Lead us from darkness to light

मृत्यो मां अमृतं गमयः
Mrityormaam amritam gamaya
Lead us from death to immortality

हें असत्य से दूर भगवन्, सत्य का बरदान दो।
Hon asatya se doora bhagawan, Satya kaa vardaana do.
Lord take us far away from untruth - give us the blessing of truth.

दूरः हों दुस्तिम्र शुभ ज्योति विहानूं दो।
Door hon dushttimra saare, Jyoti vihaan do.
Take us away from the dense darkness into enlightenment

मृत्यु बन्धन को हटा अमरत्व हे भगवान दो।
Mrityu bandhan ko hataa, Amaratva he bhagvaana do.
Take us away from the binding of death, and give us immortality.

प्रकृति पाशों से छ्रूट अमृत मधु का पान दो।
Prakriti paashon se chhudhhaa, Amrit madhu kaa paana do.
Lord, we are stuck in nature's falsehoods, give us the nectar of immortality.
Om aabrahman braahmamo

A Prayer for Universal Peace

(For the meaning see the translation of the Hindi version below)

Braahman swaraashtra

ब्राह्मण स्वाराष्ट्र में हों द्विज ब्रह्म तेजधारी।
Braahman swaraashtra main hon, Dwij brahma tej dhaari.
May all the teachers in our country be full of knowledge and brilliance.

क्षत्रिय महारथी हों, अरिदल विनाशकारी।
Kshatreeya mahaarathee hon, Ari dala vinaashakaari.
May the warriors be brave and destroy the enemy.

होवें दुधारु गोएण, फसू अभू आशुवाही।
Hovain dudharu gauvain, Pashoo ashva aashuvaahi.
May the cows be full of milk and the cattle of good quality.

आधार राज्य की हों, नारी सुभग सदा ही।
Aadhaara raashtra kee hon, Naaree subhaga sadaa hee.
May great women always be the foundation of the country.

बलवानू सभ्य योद्धा, यजमान पुत्र होवें।
Balwaana sabhya yoddhaa, Yajmaana putra hovain.
May our children be strong, well-mannered and capable of great organisation.
इच्छानुसार वरें, पर्जन्य ताप धोवें॥
Eechhaanusaara varashain, Parjanya taapa dhoavain.
May the rains be timely and wash away all our difficulties.

पल पूल से लदी हों, औषध अमोघ सारी॥
Phala phoola se ladee hon, Aushadhi amogha saaree.
May our herbs be powerful and well-used.

हों योग क्षेमकारी, स्वाधीनता हमारी॥
Ho yoga kshhaima kaaree, Swaadheentaa hamaaree.
May our freedom be fulfilled and prosperous.

ब्राह्मन स्वराष्ट्र में हों द्विज ब्रह्म तेज धारी॥
Braahman swaraashtra main hon, Dwij brahma tej dhaari.
May all the teachers in our country be full of knowledge and brilliance.

क्षत्रिय महारथी हों, अरिदल विनाशकारी॥
Kshatreeya mahaarathee hon, Ari dala vinaashakaari.
May the warriors be brave and destroy the enemy.

ओम् सं समिद्ध्वुसे वृक्षन्तने विश्वान्त्यथ या।
Om sansamiddhuvase vrishannagne Vishvaanyarya yaa,
इडस्पदे समिद्ध्यसे स नो चसून्या भर॥
Idaspade samidhhyase Sa no vasunyaa bhaara.
(for the meaning see below for translation of the Hindi version)

ओम् संगचह्द्वम स्मवद्धवम संवो मनसि जानताम्।
Om sangachhadhvam samvad-dhwam Sanvo manaansi jaanataam,
देवा भागं यथा पूवें सजानाना उपासते॥
Devaa bhaagam yathaapoorve Sanjaanaanaa upasaate.

ओम् समानो मन्त्र समिति समानी समार्न मन सह चित्त मेषाम्।
Om samaano mantrah samitih samaanee Samaanam manah sah chit-tameshaam,
समान मन्त्रमभिमन्त्रे व: समानेन वो हविषा जुहोमि।
Samaanam mantramabhi-mantraye vah Samaanen vo havishaa juhomi.

ओमू समानी व आकृति समान हदयानि व:।
Om sarnaanee va aakrutihi Samaana hridayaani vah,

समानमस्तु वो मनो यथा व: सुसहास्ति।
Samaanamastu vo mano Yathaa vah susahaasati.
(for the meaning see below for translation of the Hindi version)

**He prabho tum shakti**

हे प्रभो तुम शक्ति शाली हो बनाते सृष्टि को।
He prabho tum shaktishaali, Ho banaate shrishtthi ko
Lord You make nature so full of power.

वेद सब गाते तुम्हें है। कीजिए धन वृप्ति को।
Veda saba gaate tumhe hain, Keejiye dhana vrishtthi ko.
All the Vedas sing Your praise, please bless us with wealth.

प्रेम से मिल कर चलो बोलो सभी ज्ञानी बनो।
Prema se mila kar chalo, Bolo sabhi gyaani bano.

पूर्वजों की भांति तुम कर्तव्य के मानी बनो।
Poorvajan kee bhaanti tum, Kartavya ke maani bano.
And like our ancestors may we *fulfill* all our duties. May we strive together with love and seek knowledge.

हों विचार समान सब के चित्र मन सब एक हैं।
Hon vichaara samaana sabake, Chitta mana saba ek hon.
May our thinking be compatible, and our minds and consciousness in unison.
There are three kinds of suffering in the world: Suffering by natural calamities (fire, floods earthquake etc), Physical suffering (pain and illness of the body) and Spiritual suffering (of the mind and soul - worry, hatred, jealousy, addictions etc.) We are praying to God to relieve us of all the three kinds of sufferings.

**Shaanti Paath**

*Prayers for peace*

There are three kinds of suffering in the world: Suffering by natural calamities (fire, floods earthquake etc), Physical suffering (pain and illness of the body) and Spiritual suffering (of the mind and soul - worry, hatred, jealousy, addictions etc.) We are praying to God to relieve us of all the three kinds of sufferings.

**Om dhauh shaantiranta rikshagung** (May there be peace in Heaven)

**Shaantihi prithiwee** (May there be peace on earth)
Shaanti raapaah (May there be peace in the waters)

Shaantir oshadhayaah (May there be peace to the medicinal herbs)

Shaanti vrishchikashya: Shaantihi vanaspatayaah (May there be peace to all the plants)

Shaanti brahmaah: Shaantir vishvedevaah (May there be peace unto all the Gods.)

Shaanti bhrum: Shaantir brahmaa (May there be peace Unto Brahmaa)

Shaanti sarvam: Shaantihi sarvam (May there be peace unto all)

Shaanti: Shaanti: Shaanti: Shaanti: Shaantih sarvam, Shaantai revaa (Peace pervades everywhere)

Shaanti: Shaanti: Shaanti: Shaanti: Shaanti: Shaanti: Shaanti (May that peace come to me)

Shaanti: Shaanti: Shaanti: Shaanti: Shaanti: Shaanti: Shaanti: Shaanti: Shaanti: Shaanti (Unto all these be Peace, Peace, Peace.)

Shree Hanumaan-chaaleesaa
Prayers to Lord Hanumaan

Dohaa

Shree guru charana saroj raja, Nija mana mukura sudhaari,
Barnau raghuvara bimala jasu, Jo daayaka phala chaari.
Sivaavar raam, Jay jay raam, Mere mana basiyo seetaa raam.
With the dust of the Guru's lotus-feet, I first clean the mirror of my heart, and then describe the glory of Sree Raam Chandra, the supreme among the Raghu dynasty, the giver of four-fold successes of life.

बुद्धि हीन तनु जानिके सुमिरों पवन कुमार।
बल बुद्धि विद्या देहूं मोहि हर्षुं कलेस विकार।
Budhiheena tana jaanike, Samirow pavanakumaar,
Bala budhi vidyaa dehu mohi, Harahu kalesha vikaaar.

Siyavar ram, Jay jay raam, Mere mana basiyo seetaa raam.
Knowing myself to be ignorant, I urge You - O Hanumaan, son of Pavan, bestow me strength, wisdom and knowledge, and take away all my miseries and blemishes.

जय हनुमान ज्ञान गुण सागर। जय कपिष तिहु लोक उजागर।
Jai hanumaana gyaana guna saagara, Jai kapeesha tihu loka ujaagara.
Victory to Thee O Hanumaan, Ocean of wisdom and virtue. Victory to the lord of monkeys, Whose wisdom is known in all the three worlds.

राम दूत अतुलित बल धामा। अंजनि पुत्र पवनसुत नामा।।
Raama doota atulita balidhaamaa, Anjani putra pawanasut naamaa.
The messenger of Raam and the repository of immeasureable strenght, You are also known as Anjaniputra and Pavanputra.

महाबीर विक्रम बजरंगी। कुमति निवारी सुमिति के संगी।।
Mahaa veera bikarama bajrangee, Kumati nivaara sumati ke sangi.
Mighty, powerful and strong as lightning, O Mahaaveer. You are accompanied by wisdom and scatter dark and evil thoughts.

कंचन वरण विराज सुबेशा। कानन कुण्डल कुचित केसा।।
Kanchana barana biraaja subesaa, Kaanana kundala kunchita kesaa.
O golden-hued Hanumaan, You look beautiful with ear-studs and curly hair.

हाथ बज्र अरू ध्वज विराजे कार्य गृहि जनेन साजे।।
Haatha bajra our dhwajaa biraaje, Kandhe moonja janeu saaje.
You hold the mace of lightning and a flag in your hands; the sacred thread of Munja adorns Your shoulder.
संकर शुचन केसरी नन्दन। तेज प्रताप महा जग चन्दन॥
Sankara suwana kesari nandana, Teja prataap mahaajaga bandhana.
Reincarnation of Lord Shankar and the son of Kesaree, your lustre and glory is praised by the whole world.

विधावान गुणी अति चाँदन्। राम काज करिबे को आतुर॥
Vidyavaana guni ati chaatur, Raama kaaja karibe ko aatur.
The master of all knowledge, full of virtue and wisdom, You are always eager to serve Lord Raam.

प्रभु चरित्र सुनिये को रसिया। राम लखन सीता मन बसिया॥
Prabhu charitra sunve ko rasiyaa, Raama lakhana sitaa mana basiyaa.
You are engrossed in listening to hymns about the Lord. Raam, Laxman and Seeta dwell in your heart.

सूक्ष्म रूप धरि सियहि दिखावा। विकट रूप धरि लंक जावा॥
Sukshma roopa dhari siyahi dikhaawaa, Vikata roopa dhari lanka jaraawaa.
While you presented your humble form to Seeta; You assumed demonic proportions to bum Lanka.

भीम रूप धरि असुर संहारे। रामचन्द्र जी के काज संवारे॥
Bheema roopa dhari asura sanghaare, Raamachandra ke kaaja sawaare.
In your gigantic display You killed demons, fulfilling your Lord's mission.

लाय संजीवन लखन जेयाय। श्री रघुबीर हरषि उर लाय॥
Laaya sanjeevana lakhana jeyaaye, Shri raghubeera harsh ura laaye.
You revived Laxman with the Sanjivani herb, making Shree Raam embrace You in deep joy.

रघुपति कीन्हि बहुत बधााई। तुम मम प्रिय भरतहि सम भाई॥
Raghupati kinhi bahuta badhaai, Tuma mama priya bharata sama bhaai.
Shree Raam Chandra praised you a lot, saying you were as dear to Him as His brother Bharat
सहस बदन तुम्हरो जस गावेः। अस कहि श्रीपति कण्ठ लगावेः।

Sahas badana tumro jasa gaave, As kahi sripati kantha lagaave.

"The thousand-hooded Sheshnaag sings your glory" saying this, Shree Raam embraced You.

सनकादिके ब्रह्मादि मुनीसा । नारद सारद सहित अहिः॥

Sankaadika bramhaadi muneesaa, Naarada saarada sahita aheesaa.

The saint Sanka, Brahmaa and other Gods, Naarad, Shaarada, and other sages sing Your praise.

जम कुबे दिगपाल जहां ते। कबि कोबिद कह सके कहां ते॥

Jam kubera digapaala jahaate, Kabi kobida kahi sake kahaa te.

Even the Gods Yam, Kuber and Digpaal have no words to praise You, let alone mere poets and seers.

तुम उपकार सुग्रीवः किन्हा। राम मिलाये राज पद दिन्हा॥

Tuma upkaara sugreevahi kinhaa, Raama milaaye raajapada dinhaa.

You did a great favour to Soogreeva: with the blessings of Raam, You got him back his crown.

तुम्ह्रो मन्त्र विभीषन माना । लक्ष्मीर भये सब जग जाना॥

Tumhro mantra vibhishana maanaa, Lankeshwar bhaye saba jaga jaanaa.

Vibheeshana on accepting your advice became king of Lankaa, this the world knows.

जुग सहस्र जोजन पर भानू। लील्यो ताहि मधुर फल जानू॥

Jug sahastra jo jana para bhaanu, Leelyotaahi madhura phala jaanu.

You swallowed the sun millions of miles away, pretending it was a sweet fruit.

प्रभु मुद्रिका मेलि मुख माहि जलध लांचि गये अचरज नाहीं॥

Prabhu mudrikaa meli mukha maahi, Jaladhi laanghi gaye acharaja naahi.

Keeping the Lord's ring in your mouth, it was no surprise you conquered the ocean.
Durgama kaaja jagata ke jete, Sugama anugraha tumhare tete.

The most difficult tasks in the world can be overcome with ease, with Your grace.

Raama duaare tuma rakhvaare, Hota na aagyaa binu paisaare.

You are the Lord's sentinel: no one can enter His home without Your permission.

Saba sukha lahayे tumhaari saranaa, Tuma rakshaka kaahu ko daranaa.

By Your grace one can enjoy all happiness; under Your protection one need not have any fear.

Aapana teja samhaaro aapay, Teeno loka haaka to kaapay.

Only You can control Your might; when You roar all three worlds tremble.

Bhoota pisaacha nikata nahi aaway, Mahaabeer jaba naama sunaawe.

Evil spirits cannot come near Your devotees when they utter Your name.

Naasay roga hare saba peeraa, Japata nirantara hanumata beeraa.

One can be cured of all diseases and rid of pain by chanting constantly Your name.

Sankata se hanumaana chhudhaave, Mana krama bachana dhyaana jo laaway.

You save him from from all trouble, he who has You in their heart, word & meditation.

Sab para raama tapaswi raajaa, Tina ke kaaja sakala tuma saajaa.

The holy king, Raam, rules over all; You accomplished all His missions.
Aura manoratha jo soi laaway, Kaasu amita jeewana phala paaway.
Whoever approaches You with any desire, achieves great fulfillment in his life.

Chaaro juga parataapa tumhaaraa, Hai parsidha jagata ujiyaaraa.
In all the four Ages You are acclaimed; Your radiance is spread over the cosmos.

Sadhu Santa ke tuma rakhawaare, Asura nikandan raama dulaare.
You are the protector of saints, Decapitator of evil spirits and loved by Shree Raam.

Ashta sidhi now nidhi ke daataa, Asa bara deena jaanakee maataa.
You can grant eight sidhis and nine nidhis by the blessing of Mother Jaanaki.

Raama rasaayana tumhare paasaa, Sadaa rahow raghupati ke daasaa.
You, with the ambrosia that is Raam, always remain in the service of Lord Raam.

Tumhre bhajana raama ko paawain, Janam janam ke dukha bisraawe.
Chanting Your name; one can reach Raam, and be freed of the suffering of many lives.

Anta kaala raghubara pura jaai, Jahaan janama hari bhakta kahaai.
After death he enters the eternal abode of Shree Raam and remains his devotee whenever he is reborn.

Aura dewataa chitta naa dharai, Hanumata sai sarva sukha karai.
Other Gods may not care to take heed, but one who serves You, 0 Hanumaan, enjoys all pleasure.
संकट कटे मिटे सब पीए। जो चुम्मे हनुमत बल बीए॥

Sankata katai mitai saba peeraa, Jo sumirai hanumata balabearaa.

(You) Remove all the problems and pains of those who invoke the almighty Hanumaan.

जै जै हनुमान गोसाई। कृपा करहु गुरु देव की नाई॥

Jai jai jai hanumaana gusaain, Kripaa karahu gurudeva ki nai.

Victory, victory, victory be to Thee O Hanumaan; be charitable to me as a supreme teacher.

जो शत बार पाठ करे कोई छूटहि बन्द्र महा सुख होई॥

Jo sata baara paatha kara koi, Chhootahi bandi mahaasukha hoi.

He who chants your prayer a hundred times is liberated from earthly bonds and enjoys the highest bliss.

जो यह पढ़े हनुमान चालीसा होय सिद्धि साखी गौरीसा॥

Jo yeh padhhay hanumaana chaleesaa, Hoy sidhi saakhii gaureesaa.

He who reads these forty verses, (Lord Shankar witnesses) overcomes all troubles.

तुलसी दास सदा हरि चेचा। को जै नाथ हृदय महादेव॥

Tulsidaasa sadaa haricheraa, Keejay naatha hridaya maha deraa.

Tulsidans (the author) is an eternal devotee of Lord Hari; O Hanumaan kindly reside in my heart forever.

दोहा

Dohaa

पवन तनय संकट हरण मंगल मूर्ति रूप ॥

Pawantanay sankata harana, Mangala murati roop. Siyaa raam

O Hanumaan, son of Pavan, Savior from all troubles, Embodiment of all blessings.

राम लखन सीता सहित हृदय बसहु सुर भूप ॥

Raama lakhana sitaa sahita, Hridaya basahu sura bhoop

Along with Raam, Laxman and Seeta, please reside in my heart.
Veer hanumaanaa
Lord Hanumaan

Brave Hanumaan is extremely strong.

He is devoted to Lord Raam. Lord please dwell in my mind.

Whoever comes to You with a request, please listen to them.

Brave Hanumaan is extremely strong.

He is devoted to Lord Raam. Lord please dwell in my mind.
Deena dayaala parama kripaala, Deena dayaala parama kripaala,  
Sankata hariyo re, Prabhu mana basiyo re Sankata hariyo re, Prabhu mana basiyo re.

O Lord who are the embodiment of kindness, take away our troubles and live in our minds.

Veer hanumaana ati balavaanaa, Veer hanumaana ati balavaanaa

Brave Hanumaan is extremely strong.

Raam naam rasiyo re, Prabhu mana basiyo re,  
Raam naam rasiyo re, Prabhu mana basiyo re.

He is devoted to Lord Raam. Lord please dwell in my mind.

Araji hamaari maraji tumhaari, Araji hamaari maraji tumhaari,  
Kirpaa kariyo re, Prabhu mana basiyo re.  
Kirpaa kariyo re, Prabhu mana basiyo re.

We can only request You, it is for You to decide, please be kind and live in our minds.

Veer hanumaana ati balavaanaa, Veer hanumaana ati balavaanaa

Brave Hanumaan is extremely strong.

Raam naam rasiyo re, Prabhu mana basiyo re,  
Raam naam rasiyo re, Prabhu mana basiyo re.

He is devoted to Lord Raam. Lord please dwell in my mind.
आरति

**Aarati**
Offering of light to God

अंजू जय जगदीश हरे स्वामी जय जगदीश हरे
भक्त जनों के संकट दास जनों के अवगुण
बंसरिवाला दूर करे अंजू जय जगदीश हरे।

Om jaya jagdeesha hare, Swaami jaya deenaanaatha hare;
Bhakta jano ke sankat, Daas janon ke avaguna
Bansariwaalaa doora kare, Om jaya jagdeesha hare.

Hail to You, 0 Lord of the universe, Remover of sorrow and Master of all.
Salutations and prostrations to You, 0 instant Remover of troubles of Your devotees.

जो ध्यावे फल पावे दुःख विनशे मनका स्वामी दुःख विनशे मनका,
सुख सम्पति घर आवे, कष्ट मिटे तन का अंजू जय...

Jo dhyaave phala paave, Dukha vinase mana kaa, Swaami dukha vinase mana kaa;
Sukha sampati ghara aave, Sukha sampati ghara aave Kashta mite tana kaa, Om jaya jagdeesha hare.

You reward those who sing Your glories, and remove their sorrow. With Your name happiness and prosperity dawn and pain disappears.

मात पिता तुम मेरे शरण पडूँ मैं किसकी स्वामी शरण पडूँ मैं किसकी...
तुम बिन और न दूजा प्रभु बिन और न दूजा आस कहूँ मैं जिसकी अंजू जय ...

Maataa pitaa tuma mere,Sharana paru mai kiski, Swaami sharana paru mai kiski;
Tuma bina ur na dooja, Prabhu bina our na dooja
Aasa karun mai jiski, Om jaya jagdeesha hare.

You are my mother and father and the only refuge. There is none like You, that I can depend on.

तुम पूरण परमात्मा तुम अन्तर्यामी स्वामी तुम अन्तर्यामी
पारंभ्रह्म परमेश्वर पारंभ्रह्म परमेश्वर तुम सब के समी अंजू जय जगदीश हरे।

Tuma purana paramaatamaa, Tuma antarayaami, Swaami tuma antarayaami;
Paara brahma parameshwara, Paar brahma parasmadeshwara
Tuma sabke swaami, Om jaya jagdeesha hare.
O Indweller of all beings, You are perfect, absolute, omnipresent, omnipotent and omniscient.

तुम कहणा के सागर तुम पालन करता स्वामी तुम पालन करता
मैं मूरख खल कामी मैं सेवक तुम समी कृपा करो भर्ता ओपू जय जगदीश हरे।
Tuma karunaa ke saagara, Tuma paalana karataa, Swaami tuma paalana karataa;
Main muraka khala kaami, Main sewaka tuma swaami Kripaa karo bharataa, Om jaya jagdeesha hare.
O Ocean of compassion, O Protector of all. I am ignorant and lustful. I am a servant, You the master - be merciful.

तुम हो एक अगोचर सब के प्राण पति स्वामी सब के प्राणपति
किस विधि मिलू दया मय किस विधि मिलू कृपामय तुम को मैं कुमति ओपू जय जग दी श हरे।
Tuma ho eka agochara, Sabake praana pati, Swaami saba ke praana pati;
Kisa vidhi milon dayaamay, Kisa vidhi milon gosaai
Tumko main kumati, Om jaya jagdeesha hare.
O Life of all life, You are one and invisible. Guide ignorant beings like me to Your Divine knowledge.

दीन बन्धु दुख हरता जड़कु तुम मेरे स्वामी रक्षक तुम मेरे
अपने हस्त उठाओ अपनी शरण लागाओ द्वार पूर्व मैं तेरे ओपू जय जगदीश हरे।
Deena bandhu dukha hartaa, Thaakura tuma mere, Swaami rakshaka tuma mere;
Apane hatha uthaaao, Apane sharana lagaaao
Dwaara parun mai tere, Om jaya jagdeesha hare.
You are the Supporter of the weak, the Remover of sorrow and pain. Take me under Your protection I stand at Your threshold.

विषय विकार मिताओ पाप हरो देव्या स्वामी कष्ट हरो देव्या
श्रद्धा भक्ति बढ़ाओ श्रद्धा प्रेम बढ़ाओ सन्तन की सेवा ओपू जय जगदीश हरे।
Vishay vikaara mitaao, Paapa haro devaa, Swaami kashtha haro devaa;
Shraddhaa bhakti badhaao, Shraddhaa prema badhaao
Santana ki sevaa, Om jaya jagdeesha hare.
Take away my passion and suffering, take away my sins and pains. Bless me with ever increasing faith, Divine love and the spirit of service.

तन मन धन सब कुछ है तेरा स्वामी सब कुछ है तेरा
तेरा तुझ को अर्पण तेरा तुझ को अर्पण जय लागे मेरा ओम् जय जगदीश हरे
Tana mana dhanaSaba kuchha hai teraa, Swaami saba kuchha hai teraa;
Teraa tujha ko arapana, Teraa tujha ko arapana
Kyaa laage meraa, Om jaya jagdeesha hare.

My body, mind and wealth all are Yours. I am offering You that which is already Yours (for they are not mine).

श्याम सुन्दर जी की आरति जो कोई नर गावे स्वामी जो कोई नित गावे
कहत शिवानंद स्वामी भणत हरीहर सभी मन बोछिल फल पावे ओम् जय जगदीश हरे
Shyaamasundara ji ki aarati, Jo koi naara gaave,
Swaami jo koi nita gaave; Kahata shivaananda swaami, Bhajata harihara swaami,
Mana vaancchita phala paave, Om jaya jagdeesha hare.

This prayer, if it is performed daily, says Shivaanand (the poet), will get the devotee their heart's desire.

जय जगदीश हरे स्वामी जय जगदीश हरे भक्त जनों के संकट
दास जनों के अवगुण बंसारीवाला दूर करे ओम् जय जगदीश हरे
Jaya jagadeesha hare, Swaami jaya deenaanaatha hare
Bhakta jano ke sankata, Daasa janon ke avaguna, bansariwaala door kare om jay jagadeesha, hare.

Bansariwaalaa doora kare, Hari om jaya jagadeesha hare. Hail to You, 0 Lord of the universe, Remover of sorrow and Master of all. Salutations and prostrations to You, 0 instant Remover of troubles of Your devotees.
Govinda meri yehi
O Lord make me Your own

गोविन्द मेरी यही प्रार्थना है अपना दास बना लेना
Govinda meri yehi praarthanaa hai, Apanaa daasa banaa lenaa,

मितकर अवगुण सारे चरणों में चित्र लगाए देना।।
Mitaakar avaguna saare, Charano me chita lagaa denaa.

जन्म जन्मात्तर भक्ति देना और सेवा शक्ति देना
Janama janamaantara bhakti denaa, Aura sewaa shakti denaa.

Heavenly Father take pity on us -Your children; free us from our sins. By the
might of Your loving pour unto our souls the radiance of Your presence. We pray
to You - grant us abode at Your feet.

अन्त समय में भूल न जाना सदा मेरे सामने रहना।।
Anta samay me bhoola na jaanaa, Sadaa mere saamane rahanaa.

We surrender to You, never abandon us in the era of these days or In the Epochs
to come.

तू तो जग का पालन हारा मेरे जीवन का तू ही सहारा
Too to jaga kaa paalanhaaraa, Mere jeevan ka too hi sahaaraa.

You are the endower and the Restorer of the Life-field. Grant us protection under
Your shield.

ईश्वर तेरी शरण में आया तेरी माया का पार न पाया।।
Ishwara teri sharana me aayaa, Teri maayaa kaa paara na
paayaa.

Wipe away our errors forgive our senselessness,We are unaware of Your Infinite
identities & supreme Consciousness.

गोविन्द मेरी यही प्रार्थना है, अपना दास बना लेना
Govinda meri yehi praarthanaa hai, Apanaa daasa banaa lenaa,
I worship Lord Shiva, whose skin in red, who is the incarnation of kindness, the Man of this world, He has snakes as a necklace, who always lives in our hearts and who is present with the Goddess Parvati.

You are the mother and the father, the brother and the friend,

You are the education and the wealth. My Lord You are everything.

I offer You my prayers (with flowers), please accept it Lord. Be kind on me, I am in Your hands, please look after me.

Lord, may all be happy

O Lord  grant happiness to all of us. May no one be unhappy.
There are three kinds of suffering in the world: Suffering by natural calamities (fire, floods earthquake etc), Physical suffering (pain and illness of the body) and Spiritual suffering (of the mind and soul - worry, hatred, jealousy, addictions etc.) We are praying to God to relieve us of all the three kinds of sufferings.

अोम् ् द्रौः  शान्तिर् रिश्रुगुम्
Om dhauh shaantirantarikshagung (May there be peace in Heaven)

शान्ति: पृथिवी
Shaantihi prithiwee (May there be peace on earth)

शान्तिरापः:
Shaanti raapaah (May there be peace in the waters)

शान्ति रोषधयः:
Shaantir oshadhayaah (May there be peace to the medicinal herbs)
Shaanti hi vanaspatayah (May there be peace to all the plants)

Shaantir vishvedevaah (May there be peace unto all the Gods.)

Shaantir brahmaa (May there be peace Unto Brahmaa)

Shaantihi sarvam (May there be peace unto all)

Shaantihi shaanti revaa (Peace pervades everywhere)

Shaantihi saa maa, Shaanti redhi (May that peace come to me)

Hari om shaanti, shaanti, shaanti (Unto all these be Peace, Peace, Peace.)
Set of questions and answers on Hinduism are given below. Every Hindu should know these and children must be encouraged to memorise them.

**What is religion (Dharma)?**
Religion is the path that helps one to lead a noble life. It takes us closer to God.

**How old is Hindu Dharma (religion)?**
It is the oldest religion in the world. It was the first religion of man.

**Who founded the Hindu religion?**
Hindu religion was not founded by any prophet or person. The source of Hindu Dharma is the Veda, our principle scripture. Saints and rishis, and men of learning explained the teachings of the Veda in other religious books.

**What is the meaning of the word 'Hindu'?**
The word 'Hindu' was originated from the word 'Sindhu' (indus). Sindhu is a river in India. The people who had lived along the banks of river Sindhu were called Hindu. Thus our religion came to be known as the 'Hindu Dharma'.

**What was the original name of Hindu Dharma?**
At first it was simply called 'Dharma'. Since its teachings are based on the Vedas it is called the 'Vedic Dharma'. Its teachings are eternal so it is called the 'Sanatan Dharma'.

**What are the Vedas?**
Vedas are divine revelations? The word Veda means 'Knowledge'.

To whom was the knowledge of the Vedas revealed or first made known?
The Vedas were revealed to rishis who were in deep meditation. These rishis were absolutely pious and they possessed the purest qualities.

What are the scriptures of the Hindus?
(a) The scriptures of the Hindu are the four VEDAS. The primary scriptures are:
   1) Rig Veda
   2) Yajur Veda
   3) Sama Veda
   4) Atharva Veda

(b) There are other religious scriptures based on the teachings of the Vedas. The most important ones are:
   1) Upanishads
   2) Bhagavad Gita
   3) Ramayana
   4) Mahabharata
   5) Tirukkural
   6) Manusmriti

What are the main principles of Hinduism?
The main principles of Hinduism begin with the letter 'P'. There are five in number:
   1) Parameshwar (God)
   2) Prarthana (Prayer)
   3) Punarjanma (Rebirth)
   4) Purushartha (Law of Action)
   5) Prani Daya (Love for all creatures)

Who is God?
God is that Conscious Supreme Being Who controls the whole universe. He is ONE but is given many names to describe his qualities and actions.
What are the three principal qualities of God?
The three principal qualities of God are?
1) Omnipresent (present everywhere)
2) Omniscient (all-knowing)
3) Omnipotence (all-powerful)

What is the principal name of God?
The principal name of God is 'AUM'. The three letters, A, U, M denote his principal duties: Creation, Preservation and Dissolution.

What is soul?
Soul is a conscious being. It enters a body to perform worldly actions.

What is matter?
Matter is the smallest particle of atom. The universe that we see around us is made up matter. Matter is without life.

What is the main mantra (verse) or prayer of Hindus?
The 'Gayatri Mantra' which is given below with its meaning:

Om Bhur bhuvah swah Tatsavitur varenyam,
Bhargo devasya dhimahi Dhiyo yo nah prachodayat.

"O God the Giver of life, Remover of pains and sorrows, Bestower of happiness, and Creator of the universe. Thou art most luminous, pure and adorable. We meditate on Thee. May Thou inspire and guide our intellect in the right direction."

What is Havan?
The offering of ghee (butter) and scented substances (samagri) into the fire during prayer to God is called yagna or havan. It purifies the germladen air. It helps in spiritual upliftment or God realisation.

How many religious ceremonies do the Hindus have?
The sixteen ceremonies and they are performed for the physical, mental and spiritual development of man.
What is Punarjanma or Rebirth?
It is the re-entry of the soul into another body. The soul of a person does not cease to exist after his death. It is immortal.

What is Purushartha?
Purushartha is the Law of Action. We receive the fruit (punishment or reward) of our reactions according to our deeds. The giver of this fruit is God.

What is the meaning of Prani Daya or Love for all creatures?
The Hindus believe that in all living creatures, big or small there is a soul. Therefore we must not kill any creature or cause pain to them. This is non-violence (ahimsa) Prani Daya - love for all creatures.

What is Yoga?
Yoga is establishing contact with God during meditation. The word yoga means to join or to bring together.

What is Vedanta?
The knowledge of Brahma (God) is called Vedanta. The Vedas contain many branches of knowledge dealing with different subjects. The section dealing with the knowledge of God - Brahma is called the Vedanta.

What are ASHRAMS?
Ashrams are the four stages in life of a person. They are:
1) BRAHMACHARYA: The stage of education and preparation for future life
2) GRAHAHASTHA: Householder's life
3) VANAPRASTHA: Old age when one retires from family life and serves the people
4) SANNYASTHA: In this stage, one spends one's time in meditation and imparts knowledge for the good of all.
What are the VARNAS?
Men and women are grouped into four classes (varnas) according to their innate qualities, actions and habits. They are:

1) BRAHMANA: One who concentrates to realize Brahma, imparts knowledge to others and engages himself in religious work
2) KSHATRIYA: The ruling class, soldiers
3) VAISHYA: A trader, industrialist, farmer
4) SHUDRA: Labourer and menial worker

Are these varnas regarded as high or low or superior or inferior?
No, because one varna is dependent on another. Just as the head, the chest the arms, etc help to make up the whole body, similarly, these four varnas make up the human society.

Name some great saints and men who have been torch bearers of Hinduism?
Some of them are: Rama, Krishna, Gautama Buddha, Tiruvalluvar, Shankaracharya, Tulsidas, Guru Nanak, Rishi Dayanand, Mahatma Gandhi.

What are the most important festivals of the Hindus?
Deepavali is the most important. Some of the other important ones are:

1) Pongal (Sankranti)
2) Maha Shivratri
3) Holi
4) Ram Navami
5) Raksha Bandhan
6) Krishna Ashtami
7) Vijaya Dashmi-Dashera

Who created God?
Nobody. God is the creator of all things. There is no creator of this Great creator. He is the Supreme Being.
But if nobody created God, how did He come to exist?
He did not come to exist. He exists. There was no time when He was not. There will be no time when He will not be. He is eternal that is beginningless and endless. He is never born (Aja or Ajanma). He never dies (Amara).

Why should we worship God?
His worship creates in us an appreciation for His qualities and a love for Him. The more we love Him the more we try to be like Him. Prayer purifies our mind of all the undesirable passions and helps us in our spiritual advancements.

If we worship God, will He forgive our past or future sins?
No, God's laws are immutable. Even He cannot override them. Nor we ought to persuade Him to do so. Prayer will prevent us from committing sins. But a true devotee will gladly submit to the punishment for the sins committed.

What is Heaven? What is Hell?
Heaven and Hell are not geographical or spacial places. They are conditions of a soul. If the soul is in a good and prosperous life, it is in Heaven, otherwise in Hell.

What is Moksha, Mukti, or salvation?
It is a condition in which the soul gets its highest stage of development or evolution. Then it is released from birth cycle.

What should we eat?
Our diet should fulfill the following requirements:

1) It should be conducive to health
2) It should not in any way be injurious to our mind or body as wine or tobacco
3) It should not be procured by unfair means for example theft, fraud, robbery or bribery.
4) It should not cause pain to any living being. Fish, fowl, meat or eggs should be avoided, as they cannot be produced without giving pain to others.
**Should we drink wine?**

Never. It muddles the brain and leads to other vices.

**Should we smoke?**

No. It leads to diseases such as cancer and does harm to the brain.

---

**HINDU WORSHIP**
**WORSHIP OR UPASANA**

Worship is the expression of devotion, reverence and love to the Lord, of keen yearning to be united with Him and of spiritual thirsting to hold conscious communion with Him. The devotee prays to the Lord for granting Him intense devotion and removing the veil of ignorance. He pines for His benign grace. He constantly remembers His Name. He repeats His Mantra. He sings His praise. He does Kirtana. He hears and recites His Lilas. He lives in His Dhama in the company of His devotees. He meditates on His form, His nature, His attributes and His Lilas. He visualizes the form of the Lord with closed eyes and enjoys supreme peace and bliss.

Worship is the effort on the part of the Upasaka, i.e., he who does Upasana or worship, to reach the proximity or presence of God or the Supreme Self. Upasana literally means sitting near God. Upasana is approaching the chosen ideal or object of worship by meditating on it in accordance with the teachings of the Sastras and the Guru and dwelling steadily in the current of that one thought, like a thread of oil poured from one vessel to another (Tailadharavat). It consists of all those observances and practices, physical and mental, by which the aspirant or Jijnasu makes a steady progress in the realm of spirituality and eventually realises in himself - in his own heart - the presence of Godhead.
**BENEFITS OF WORSHIP**

Worship of the Lord purifies the heart, generates harmonious vibrations, steadies the mind, purifies and ennobles the emotions, harmonises the five sheaths, and eventually leads to communion, fellowship or God-realisation.

Upasana helps the devotee to sit near the Lord or to commune with Him. It fills the mind with Suddha Bhava and Prema or pure love for the Lord. It gradually transmutes man into a divine being.

Upasana changes the mental substance, destroys Rajas and Tamas and fills the mind with Sattva or purity. Upasana destroys Vasanas, Trishnas, egoism, lust, hatred, anger, etc. Upasana turns the mind inward and induces Antarmukha Vritti. It eventually brings the devotee face to face with the Lord, frees the devotee from the wheel of births and deaths, and confers on him immortality and freedom.

The mind becomes that on which it meditates in accordance with the analogy of the wasp and the caterpillar (Bhramara-Kitaka Nyaya). Just as you think, so you become. This is the immutable psychological law. There is a mysterious or inscrutable power (Achintya Sakti) in Upasana which makes the meditator and the meditated identical.

You will find in the Bhagavad-Gita: "But by devotion to Me alone, I may thus be perceived, O Arjuna; and known and seen in essence and entered, O Parantapa" (Ch. XI, 54).

Patanjali Maharshi emphasizes in various places, in his Raja Yoga Sutras, on the importance of Upasana. For even a Raja Yogi, Upasana is necessary. He has his own Ishta Devata or guiding Deity - Yogesvara Krishna or Lord Siva. Self-surrender to God is an Anga (limb) of Raja Yoga and Kriya Yoga. Patanjali says: "One can enter into Samadhi through Upasana."
Of all those things which are conducive to spiritual advancement, Adhyatmic uplift and the and the acquisition of Dharma, Upasana is one which is not only indispensably requisite, but eminently beneficial to all classes and grades of people. It is easy too.

Eating, drinking, sleeping, fear, copulation, etc., are common in brutes and human beings, but that which makes one a real man or a God-man is the religious consciousness. He who leads a mere outward sensual life without doing any Upasana in an animal only, though he wears outwardly the form of a human being.

**SAGUNA-UPASANA AND NIRGUNA-UPASANA**

Upasana is of two kinds, Pratika-Upasana and Nirguna-Upasana. Pratika means a symbol. Pratika-Upasana is Saguna-Upasana. is Nirguna-Upasana or meditation on the formless and attributeless Akshara or transcendental Brahman. Meditation on idols, Saligrama, pictures of Lord Rama, Lord Krishna, Lord Siva, Gayatri Devi, etc., is Pratika-Upasana. The blue expansive sky, all-pervading ether, all-pervading light of the sun, etc., are also Pratikas for abstract meditation. Saguna-Upasana is concrete meditation. Nirguna-Upasana is abstract meditation.

Hearing of the Lilas of the Lord Kirtana or singing His Names, constant rememberance of the Lord (Smarana), service of His feet, offering flowers, prostration, prayer, chanting of Mantra, self-surrender, service of Bhagavatas, service of humanity and country with Narayana-Bhava, etc., constitute Saguna-Upasana.

Chanting of Om with Atma-Bhava, service of humanity and country with Atma-Bhava, mental Japa of Om with Atman or Brahma Bhava, meditation on Soham or Sivoham or on the Mahavakyas such as Aham Brahma Asmi or Tat Tvam Asi after sublating the illusory vehicles through ‘Neti, Neti’ doctrine, constitute Nirguna-Upasana.

Saguna-Upasana is Bhakti Yoga or the Yoga of Devotion. Nirguna-Upasana is Jnana Yoga or the Yoga of Knowledge. Worshippers of the Saguna (the qualified) Brahman and of Nirguna (the unqualified)
Brahman reach the same goal. But, the latter path is very hard, because the aspirant has to give up attachment to the body (Dehabhimana) from the very beginning of his spiritual practice. The Akshara or the Imperishable is very hard to reach for those who are attached to their bodies. Further, it is extremely difficult to fix the mind on the formless and attributeless Brahman. Contemplation on the Akshara or Nirguna Brahman demands a very sharp, one-pointed and subtle intellect.
OUR FESTIVALS

Mahashivratri: It is a day to ponder of qualities like selflessness, simplicity of living, meditation, generosity and richness of thoughts, contentment and indifference (vairagya). Lord Shiva truly represents all these qualities. If only humans were to truly realise that everything around us is destructable, most of the unhappiness emerging from materialistic race would come to an end. Structure of society would be totally different. Lord Vishnu the protector of the Universe himself has worshipped Lord Shiva on this day with lotuses in the tranquillity of midnight. It is a tradition to observe fast and worship Lord Shiva with 'Abishek' while contemplating on his qualities.

Holi: It means, "setting fire". After the dusk fire, is lighted like bonfire in the presence of everybody while newly born children and newly wed couples go round this fire hoping that evil effects wouldn't touch them like Prahlad - son of an anti-God demon called Hriyankashapu and nephew of evil aunt called Holika who wished to burn him to ashes in conspiracy with her brother, to prevent Prahlad from worshipping Lord Vishnu - the protector of the Universe.

But as happens always, truth and utter devotion to God prevails. Prahlad came out and unaffected. Holika was turned to ashes even though she had a boon from Lord Agni. But she tried to use it for evil purposes. In a celebration of the prevalence of right over wrong, next day is celebrated with folk dances and songs along with throwing colours at each other. Life also becomes colourful and cheerful once there is total surrender of self to Almighty - the other name of total truth and devotion in the Universe.

Shri Ramnavmi: The seventh incarnation of Lord Vishnu took birth on the ninth day of the first lunar fortnight of the charitra (6th lunar month according to Hindu calendar) as Lord Rama, born to King Dasharath and Queen Kayshalya. He portrayed himself as an ideal son, ideal pupil, ideal brother, ideal husband, ideal warrior, ideal King and besides all an ideal master and a friend. Norms in the Society at the time had deteriorated to its lowest. Everybody was taking life for granted. Lord Rama therefore set standards for people and showed by his own behaviour the right code of conduct. We therefore, know him as "Maryada Purshotam Rama" today.
No wonder why story of Rama - Ramayana - was seen with unique interest even today on television. We wouldn't have fulfilled our duty if we didn't celebrate birthday of Lord Rama who conquered very learned demon King Ravana of Lanka and once again established reign of Dharma - righteousness.

**Shri Krishna Janmashtami:** Lord Krishna was born on this day to Vasudev and Devki as the eighth incarnation of Lord Vishnu but Nandbaba and Yashodaji of Vrindavan were his foster parents. Kansa - the tyrant King of Mathura had made living very difficult, so were other Kings like Jasarangh and Kalayavan etc. To re-establish law and order, confidence and peace and Dharma in the society, Lord Krishna right from his childhood started his mission. Though surrounded by all mortal dangers Lord Krishna came out with brilliant triumphs.

There have been any incarnations but Lord Krishna was unique and total (purna) in all respects. There was not a single aspect of human life where he did not provide a stirring and thought provoking solution of a problem. He was a staunch social reformer, very able politician, liberal democrat, messenger of Peace, protector of harassed, sincere impartial friend, selfless leader and above all, top most preacher of the spiritual knowledge. So far, no one has placed before the world such a concise, unambiguous yet the cream nectar of all the spiritual knowledge as "Bhagvad Gita" easily intelligible for a Commoner. He has promised that the highest goal of God realisation can be achieved through any one of the divine paths - 'Bhakti' (devotion), Karma (action) or Gnana (knowledge) leading to Paramatman. Who wouldn't bow their head to such a universal Guru and wouldn't feel totally fulfilled in celebrating Lord Krishna’s birthday? (Krishnam Vande Jagat Gurum).

**Ganesh-Chaturthi:** This day comes sometime in September. According to the Hindu calendar it is the 4th day in pre-full moon days in Bhadrapad the eleventh month. We all know Lord Ganesh is worshipped at the beginning of any religious ceremony - let it be for engagement, marriage, entering the house or even Pran-Prahistha. He is known to be the son of Lord Shiva and Maa Parvati (the union of Parmatma with Shakti - maya - Prakriti - results in Maha Siddha Yogi). The mythological story about the form of Lord Ganesh in 'purana' is only to signify (a) the importance of animals in our cultural life (b) the supreme qualities of the leader of masses. Gana = masses, Ish = Chief or Leader i.e. Ganesh.
Big head like elephant, i.e. he is the most intelligent of all. Small eyes - minutely observant. Big belly - stores everybody's secrets, big broad ears - listens from all directions, small legs - takes every step slowly and with understanding. Like elephant, looks indifferent - only that who has absorbed philosophy can be in such a state of tranquillity. How can we ignore to remember Ganeshji, the inspirer of these topmost qualities in our lives?

**Shraadha fortnight:** The homage is paid to our ancestors, through whom we exist, live and prosper, during these 15 days. It is our indebtedness towards them who have lived for us through us. We have to pray and pay homage to our elders on the day they left bodies to live in another world or heaven.

**Karwa Chauth:** The married women observe fast and keep awake for the whole night on this day for the well-being and all round welfare of their husbands. They also give presents to their mother-in-laws. This only brings out clearly how devoted are the ladies of our Society. Women have always provided examples of self-sacrifice, selflessness and total merger of the self as wives and mothers. Who can deny the rich heritage of our culture? Predominantly this is the festival of North India.

**Navratri:** These nine days are celebrated for the worship of supreme power - Shakti - Amba maa or Durga Maa - predominantly in East and West India. Folk dances and stick dances are arranged during these days. Mythological story narrates, there was a powerful demon King Mahishasur who terrorised everyone including deities like Indra, Varuna, Agni and hermits. It wasn't possible for any one God or Lord Vishnu to punish that demon. All these Gods - Brahma, Vishnu, Makesh, Indra, Varuna etc hence put their own super powers together to create a supreme power - Shakti to fight and conquer this demon. Fierce form of this Shakti known as Durga Maa killed the demon after nine days of terrible fight. Peaceful form of this Shakti was known as Amba Maa. The tenth day is known as Vijaya dashami. It also shows the importance of a feminine role in the history of our cultural heritage.

**Vijaya Dashmi:** The celebration on this day has a special significance as it is related to many events which resulted in brilliant successes in past (a) Durga Maa slayed Mahishasur on this day (b) Lord Rama set off on this day to liberate Sitaji from the clutches of demon Ravana (c) King Raghu gave ultimatum to Kubera the treasurer of Deva who became a
hoarder of wealth (d) Shivaji the protector of Hindu culture and Kingdom also set out against Aurangzeb the muslim emperor. Besides, this is considered to be a very auspicious day for entering new house or embarking upon any new project. It is a day for everyone to march against our own inner enemies like laziness, disorganisation, greed etc.

**Diwali** This is the festival of lights and firecrackers. The first day of the festive season is Dhanteras. Dhan = wealth, Teras = thirteen day of the dark lunar half of the month. In some parts of India particularly western India, Laxmi pooja is performed on this day.

2nd day or the fourteenth day known as Narak Charturdashi is a day of Kali-pooja or a day of womens liberation. Lord Krishna, at the inspiration of his wife Satyabhama attacked demon Narakasura who had captured many women for his pleasure. Lord Krishna killed him and liberated those women and gave them a status of wives to resettle them in the Society.

In northern India it is a day of rejoicing due to return of Lord Shri Rama to Ayodhya after staying in the woods for 14 years and slaying Ravana, thus liberating Sitaji and also the society from tyrannical and immoral life. The business community closes old books of accounts and gets new books ready for New Year. A pooja ritual is performed on this day on new books. It signifies a more introspective aspect of an individual. It is a day of taking account of our immoral actions; sins and bitter relationships developed during the year and willfully set them right in the New Year. Lighting of the "Deep" (candles) symbolizes the illumination of the light of true knowledge within, enabling us to lead a more pious and religious life with love, faith and enthusiasm, leaving behind vengeance, false pride and jealousy.

Thus we would have really celebrated our festivals with throbbing richness of our cultural heritage only if we would stop to think for a few moments about their meaningfulness and the actual role they play in our socio-religious life. We would then be able to pay a real tribute to our ancestors who rightly and skillfully designed those festivals for our children and us.
New Year's Day: This is the first day of the Hindu calendar after the name of King Vikram. It was on this day that Lord Waman - the 5th incarnation of Lord Vishnu liberated the "Prithvi Mata" from the reign of all-powerful King Bali. But in the reality, the King had made the other three classes of society very weak and dependent. Lord Waman brought in revolutionary consciousness thereby restored the fragmented weak society up to its self-respect and dutifulness. On the same Lord Krishna also challenged the people's acceptance of worshipping the proud autocratic leaders and he gave leadership to deserving personality. He started Govardhan Pooja in Vrindavan by stopping Indra Pooja, who had become proud and at times threatened the welfare of the people.

It is also a day for us to take new and fruitful oaths getting rid of old dogmas - a day of establishing new relationships and fresh starts in life developing and strengthening bonds of brotherhood and love.

Bhai-Duj: Traditionally all the sisters invite their brothers for a meal. It is a day of reunion of brothers and married sisters living apart and also a day of prayer for brothers for a long, healthy, active and sacred life. It is in a subtle way, reminder, for the men, of emotionally pious bonds of love and duty to protect the women folk of the society. Raksha Bandhan is another of a kind where sister binds the brother with a thread of love and a shield of protection against any evil coming to the brother. In return the brother gives a small token or gift to the sister indicating that he is prepared to sacrifice anything for the sake of her protection. All the sisters are thus protected by the brotherly sentiments in the society, by this pious relationship.

Makar-Sankranti: Geographically the sun starts moving towards tropic of Capricorn. It is the time when men and women are in tune with nature shifting towards cheerfulness. It is 14th January everytime. On this day "Tilgud" (sesame seeds and brown sweet sugar) are distributed among friends and neighbours signifying sweetness of speech and behaviour along with warmth, tenderness and strength through unity. At a more subtle level, it is a day for our intellectual migration towards a brighter life of the society shedding the old ideas in favour of progress.
SIXTEEN SANSKRARAS (Sacraments)

(i) Meaning of Sanskara (Sacrament)

What is sanaskara? Sanskara means the act of purifying, reforming or bringing out refinement. Every person wishes to see that his child grows up to be a person who is cultured and of good character. The religious ceremonies that are intended to ensure that the individual follows the path of righteousness in life are called sanskaras. There are sixteen sanskaras.

Sanskara also means the act of making an impression that would determine the future quality of life. The influence of the environment and associations affect the character of the child. Good influences are conducive to right living while undesirable influences have an adverse effect on character. The sixteen sanskaras are intended to ennoble the life of an individual and prevent him from joining undesirable company, and influence him to become a useful citizen.

(ii) Importance of Sanskaras

When one wants a comfortable chair one does not nail together pieces of rough and badly shaped wood from the forest. The rough wood is cut, stripped, rounded, smoothed, polished and made into an attractive article of furniture for the house.

We sweep and polish and dust our homes. We wash and keep our clothes clean. We are not happy if our home and clothes are not clean.

We also keep our body clean by taking our daily bath. Thus it becomes a part of our nature to keep ourselves clean for we know that if we don’t do this, the body will emit unpleasant odours and it will invite disease-carrying germs. We will thereby bring harm to ourselves. We are therefore mindful of keeping our home, our clothes and our body clean.

External cleanliness forms only a part of one’s life but purity of mind, intellect and the atma (soul) are more important. The mind must show an eagerness to seek the truth; one’s heart must become kind and liberal; the intellect must be characterized by purity; and the soul must be free of all sins. In this way human life can be raised to a nobler place.
For the achievement of the higher ideal of purity of the mind, intellect and soul, the rishis have formulated a system of religious ceremonies known as sanskaras. There are sixteen of them. The initial sanskara marks the beginning of life and the final sanskara is performed at the time of death. The sanskaras are meant to invoke the blessings of God to make the individual an embodiment of truth and goodness. The sanskaras form a system of elevated status of a truly noble person.

THE SIXTEEN SANSKARAS

1. Garbhadana

This sanskara follows the wedding ceremony when the couple decide to be blesses with a child. In this sanskara they pray for a healthy and noble child.

2. Punsavana

Three months after conception, the Punsavana sanskara is performed. The parents pray for the grace of God to ensure the sound development of the child in its embryo stage.

3. Simantonnayana

This sanskara is performed at the end of the sixth or eighth month after conception for the full developments of the organs.

4. Jatakarma

On the day of birth the child is welcomed into the world with the Jatakarma sanskara.

5. Namakaran

On the eleventh day after birth the Namakaran sanskara is performed and the child is given a name. The name chosen is intended to be a source of inspiration in the life of the individual.
6. Nishkramana

After the fourth month the Nishkramana sanskara is performed and the child is taken out in the open air for its acquaintance with nature. The child is exposed to the health-giving rays of the sun and there is a prayer for long life. From now onwards, the child would be nurtured in the lap of nature.

7. Annaprashana

The time for this sanskara is when the teeth begin to appear between the sixth and eighth month. It is at this stage that the child is introduced to solid food.

8. Choodakarma

From the first to the third year is the period for this sanskara, when all the hair from the child’s head is removed for the first time. At this time there is a prayer for good health and sound mental development.

9. Karnavedha

When the child is three years of age, this sanskara is performed by piercing the lower lobes of his ears, and a prayer is said for the child’s physical well-being.

10. Upanayana

This sanskara is performed any time from the age of five to eight years. Upanayana means getting closer to someone. With this sanskara, the child is placed in the care of the guru (teacher). It is given yajnopavit (sacred thread), which consists of three separate strands. The sacred thread symbolizes the vow of the child to follow a path of life as laid down by the scriptures. Brahmacharya, or celibacy, is of prime importance in the life of a student. He has to exercise self-restraint and abstain from all forms of indulgence. The formal education commences immediately after this sanskara. The three strands of the sacred thread represent the three letters of AUM. They also denote the three disciplines of life, namely, knowledge, action and devotion. The student adopts a rigorous code of conduct for the attainment of life that is virtuous and noble.
11. Vedarambha
Immediately after the Upanayana the Vedarambha sanskara is performed. At this stage he commences with the study of spiritual knowledge as contained in the Vedas and Shastras. All the branches of knowledge including science become his field of interest and study. In this way he prepares to seek progress in the material world while at the same time strengthening his spiritual life. The teacher explains to him the Gayatri Mantra and its significance. The student fervently prays for the attainment of a sound intellect.

12. Samavartana
This sanskara is performed between the twenty-first and twenty-fifth year, when the student has completed his studies. The guru confers the appropriate degree on him. The graduate of the Gurukul is then on threshold of a new life of self-reliance and independence. Henceforth he participates fully in the social and the economic life of the community.

13. Vivaha (marriage)
After having completed the stage of Brahmacharya, the student may decide to marry and move to the next stage in life, which is that of the householder (Grihastha ashrama). It is at this time that the Vivaha sanskara is performed. The male is expected to be about twenty-five years of age while the female should have attained the age of sixteen years. Two individuals who had lived independently now form a life-long companionship. It becomes a life of unity based on perfect harmony. After marriage when children are born of them the continuity of the family tree is maintained.

14. Vanaprastha
This sanskara marks the completion of the Grihastha ashrama at the age of fifty-one years and the commencement of the Vanaprastha ashrama. A person renounces all occupations from which personal benefits accrue. He hands over all his family responsibilities to his son and thus makes way for the succeeding generation. He is then free to follow a life of austerity and meditation. There is no limit, however, to the actions he may perform in the service of mankind.
15. Sannyasa

Although the holy order of a Sannyasa is taken at the age of seventy-five years, a person could enter the Sannyasa ashrama whenever his self-discipline and spirituality enable him to renounce all worldly attachments. At the time of the sanskara, he renounces his wealth, family ties and desire for fame. The saffron robe of a sannyasi is a symbol of a life of austerity. He does not belong any more to a particular family or community and he has no fixed abode. His outlook becomes completely universal.

16. Antyeshti

When a person dies his body is cremated. This takes the form of the Antyeshti sanskara. The soul is immortal. When the body is consumed by the fire, the five elements, namely, earth, water, fire, air and ether once more become a part of nature. The prayers that are recited are for the peace of the departed soul and for the comfort of the members of the bereaved family. Cremation is the best way for the disposal of the dead body.

SOME RULES TO HELP YOU BE GOOD

1. Always be truthful. Truth is always victorious.
2. Always be happy.
3. Be patient in your bad times. Always face your troubles with courage and tolerance.
4. Do all your work diligently, carefully and enthusiastically. A diligent person can overcome any problems and never lose his cool. A careful person always produces good work and an enthusiastic person derives enjoyment from his work.
6. Be just. Never be unfair to others.
7. Be generous in your appreciation of others. If others do good work, show your appreciation by sincere praise.
8. Don't lose temper. Do not become excited and angry. Try to control your anger.
9. Obey all the rules regarding your family, school, elders, officers, village, city, country and Nation. Never neglect or break rules.
10. Accept success or failure in your work. Do not become vain with your success or depressed with your failure. If you succeed, there is always room for improvement. If you fail, there is always scope to work hard and succeed.

11. Be polite. Always show good manners and conduct yourself with dignity wherever you are. Never be abrupt or rude to anybody.

12. Never waste words. Always speak politely, briefly and with understanding. Always speak to the point.

13. Always be compassionate. Don’t do any good if you cannot, but never never hurt anyone. Always stand by a person who is facing tough times and help him/her.

14. Everyone can accomplish easy tasks. Always aspire to do difficult tasks and attain higher goals in life.

15. Instead of doing work for enjoyment, try to learn to get enjoyment from any kind of work.

16. Think of the result before doing any deed. If it is a good deed, don’t delay.

17. When taking your meals, always pray and thank God for giving you food to eat. Take your meals as 'prasad' as a gift of God.

18. Always take nutritious and simple food so that you have a healthy body with which to do good deeds and service to others.

19. Always do good deed during day so you can sleep without any guilt at night. When you sleep, say your prayers and think of your day, think of what you have done, think of your mistakes and learn from your mistakes.

20. When you get up in the morning, bow to your parents and elders, say your prayers and begin your day.

21. God is omnipresent. You can’t do anything without His knowledge. So whatever you do, keep Him with you, let Him be a witness to all your deeds. He will help you to keep on the path of righteousness.
TAKE TIME

Take time to THINK  .........................It is the source of POWER
Take time to PLAY  .......................It is the source of perpetual YOUTH
Take time to READ  .......................It is the fountain of WISDOM
Take time to PRAY  .......................It is the greatest POWER on earth
Take time to LOVE and be loved  ...........It is a God-given PRIVILEGE
Take time to be FRIENDLY  ...............It is the road to HAPPINESS
Take time to LAUGH  ........................It is the MUSIC of the Soul
Take time to Give  .........................It is too short a day to be SELFISH
Take time to WORK  .......................It is the price of SUCCESS