

## **DHYANA SLOKAS (GAJANANAM)**

At the beginning of every lecture or class we chant the Dhyana Slokas. This helps to set the inner mood and create the proper mindset for the practice. The prayers invoke the Gurus and teachers blessing for a successful practice.

The Gajananam follows nearly the same sequence as the Jaya Ganesha. First, we invoke Ganesha to remove all obstacles, then Subramanya to give us strength and destroy all negative forces, inside and outside. Next is Saraswati to give us Divine knowledge. Then we ask the teacher (Guru) to guide us always. We invoke the Divine Mother Durga, Narayani to bring auspiciousness to all our undertakings.

**Gajananam Bhutaganadi Sevitam  
Kapitta Jambu Phala Sara Bhakshitam  
Uma Sutam Shokavinasha Karanam  
Namami Vigneshvara Pada Pamkajam**

*I prostrate myself before the lotus feet of Vigneshwara (Ganesha), the son of Uma, the cause of destruction of sorrow, who is served by the host of angels, who has the face of an elephant, who partakes of the essence of Kapitta and Jambu fruits.*

**Shadananam Kumkuma Raktavarnam  
Mahamatim Divya Mayura Vahanam  
Rudrasya Sunam Surasainya Natham  
Guham Sadaham Sharanam Prapadye**

*I always take refuge in Guha of six faces (Subramanya), who is of deep red color like Kumkuma, who possesses great knowledge, who has the divine peacock to ride on, who is the son of Rudra (Siva) and who is the leader of the army of the Devas (gods, angels).*

**Ya Kundendu Tushara Hara Dhavala  
Ya Shubra Vastravrita  
Ya Vina Vara Danda Mandita Kara  
Ya Shveta Padmasana  
Ya Brahmachyuta Shankara Prabhritivir  
Devai Sada Pujita  
Sa Mam Patu Saraswati Bhagavati  
Nishyesha Jatyapaha**

*May that goddess Saraswati, who wears a garland white like the Kunda flower, the moon and the snow, who is adorned with pure white clothes, who hands are ornamented with Vina and the gestures of blessings, who is seated on a white Lotus, who is always worshipped by Brahma, Vishnu and Siva and the other Gods, who is the remover of all inertness and laziness, protect me.*

**Om Namah Sivaya Gurave  
Sat-Chid-Ananda Murtaye  
Nishpranchaya Shantaya  
Sri Sivanandaya Te Namaha  
Sri Vishnu Devanandaya Te Namaha**

*Salutations to Guru Siva (Sivananda) who is the embodiment of Existence-Knowledge-Bliss Absolute, in whom worldliness does not exist, who is ever peaceful. Salutations to Swami Vishnu Devananda*

**Om Sarva Mangala Mangalye  
Shive Sarvatha Sadike  
Sharanye Trayambake Gauri  
Narayani Namostute  
Narayani Namostute**

*I salute the three-eyed Divine Mother Narayani, who brings auspiciousness and who fulfills all the desires of the Devotees (both spiritual and material).*

## **STUDENT TEACHER PRAYER**

At the beginning of every lecture or class we also chant the student teacher prayer to bless the transmission of knowledge.

**Om Sahanaa Vavatu  
Saha Nau Bhunaktu  
Saha Viryam Karavaavahai  
Tejas Vina Vathitamastu  
Maa Vidvishaavahai  
Om Shanti, Shanti, Shantihi**

*Om, may that protect us, the teacher and the student  
May that cause both to enjoy the Bliss of Liberation  
May both exert to find out the meaning of the scriptures  
May our learning be brilliant  
May we never quarrel with each other  
Om, peace, Peace, Peace.*

## **MAHA MRITYUNJAYA MANTRA**

(OM TRAYUMBAKUM – MOKSHA MANTRA)

At the end of every lecture or class we chant the Maha Mrityunjaya Mantra which is a life-giving Mantra. In these days when life is very complex, accidents are an everyday affair; this Mantra wards off death by snakebite, lightning, motor accidents, fire, cycle, water, air accidents and accidents of all kinds. Besides, it has a great curative effect for diseases. It should be repeated before any travel.

It is also a Moksha-Mantra and bestows liberation. It is a Siva Mantra. The Mantra should be repeated 3, 9, 27, or 108 times, especially on your birthday. This will bestow on you health, long life, liberation and prosperity.

**Om Trayumbakum Yajamahe  
Sugandhim Pushtivardhanam  
Urvarukamiva Bandhanam  
Mrityor Mukshiya Mamritat**

*Om, we worship the three-eyed one (Lord Siva)  
Who is fragrant and who nourishes well all beings.  
May he liberate us from death for the sake of Immortality,  
Even as a cucumber is severed from its bondage (to the vine).*

### **Peace Chants**

*The following are prayers for the peace of the world and the well-being of all. Praying for others opens the heart and fills our mind with compassion. The positive vibrations created by these Mantras help to lift the psychic atmosphere and bring peace and solace to all.*

**Om Sarvesham Svastir Bhavatu  
Sarvesham Shantir Bhavatu  
Sarve Sham Purnam Bhavatu  
Sarve Sham Mangalam Bhavatu**

*Om, may auspiciousness be unto all  
May peace be unto all  
May fullness be unto all  
May prosperity be unto all*

**Sarve Bhavantu Sukhinah  
Sarve Santu Niramayah  
Sarve Bhadrani Pashyantu  
Ma Kaschid Dukha-Bhag Bhavet**

*Om, may all be happy.  
May all be free from disabilities,  
May all look to the good of others  
May none suffer from sorrow.*

**Asato ma Sat Gamaya  
Tamaso Ma Jyotir Gamaya  
Mrityor-Ma Amritam Gamaya**

*Om, lead me from the unreal to the real  
From darkness to light  
From mortality to immortality*

**Om, Purnamadah, Purnamidam  
Purnat Purna-Mudachyate  
Purnasya Purnamadaya  
Purname-Vavashishate  
Om Shantih, Shanti, Shantih**

*Om, that is whole. This is whole.  
From the whole the whole become manifest  
From the whole, when the whole is negated  
What remains again is the whole.  
Om Peace, Peace, Peace.*

