

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.*

