

DHYANA SLOKAH

(At the beginning of any class, lecture, or personal sadhana (spiritual practice), we chant the Dhyana Slokas. This helps to tune the mind to the divine in its different aspects. Divine guidance is necessary for any sadhana to be successful.)

Gajānanaṁ Bhūta Gaṇādi Sevitam
Kapittha Jambū Phala Sāra Bhakṣitam
Umā Sutaṁ Śoka Vināśa Kāraṇam
Namāmi Vighneśvara Pāda Paṅkajam

I prostrate myself before the lotus-feet of Vighnesvara, (The Lord who is) the remover, (or Lord) of obstacles, The Elephant-Faced Lord, (Ganesa), the son of Uma, Who is served by bhutaganas, the attendants of Lord Siva, Who eats the essence of the Kapittha and Jambu fruits, And who is the cause of the destruction of (all) sorrows.

Ṣaḍānanaṁ Kuṅkuma Rakta Varṇam
Mahāmatim Divya Mayūra Vāhanam
Rudrasya Sūnuṁ Surasainya Nātham
Guhaṁ Sadā'haṁ Śaraṇaṁ Prapadye

I always seek refuge in Lord Guha (Karttikeya), who has six faces, Who is of deep red colour like Kunkum, who possesses the Infinite Knowledge, and who has the divine peacock as His vehicle, Who is the son of Rudra (Lord Siva), and the leader of the army of Devas (Gods).

Yā Kundendu Tuṣāra Hāra Dhavalā
Yā Śubhra Vastrāvṛtā
Yā Vīṇā Vara Daṇḍa Maṇḍita Karā
Yā Śveta Padmāsana
Yā Brahmācyuta Śaṅkaraḥ Prabhṛtibhir
Devaissadā Pūjitā
Sā Mām Pātu Sarasvatī Bhagavatī
Niśśeṣa Jāḍyāpahā

May Goddess Saraswati, who is fair (in complexion) like the white jasmine-colored moon, and whose pure white garland is like frosty dew drops; who is adorned in radiant white attire, on whose beautiful arm rests the vina, and whose throne is the white lotus; Who is always worshipped by gods starting with Brahma, Visnu and Siva, completely remove my lethargy and sluggishness.

Om Namaśśivāya Gurave
Saccidānanda Mūrtaye
Niṣprapañcāya Śāntāya
Sri Sivanandaya Te Namaha
Sri Visnudevanandaya Te Namaha

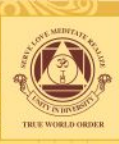
Salutations to the (Guru) Siva, the holy guru (Master) Sivananda, who is the embodiment of Existence- Knowledge-Bliss Absolute, in whom worldliness does not exist, who is (ever) peaceful. Salutations to you Swami Sivananda! Salutations to you Swami Visnu-devananda.

Om Sarva Maṅgala Māṅgalye
Śive Sarvārtha Sādhike
Śaraṇye Tryambake Gauri
Nārāyaṇi Namostu Te Nārāyaṇi Namostu Te

Om. (Oh Divine Mother)! The giver of all auspiciousness, the most auspicious One! Oh Siva (Durga)! Oh the utmost fulfiller of every goal (desire), Oh Goddess with three eyes! Oh Gauri! Oh Narayan! Salutations to you!

Om Shanti, Shanti, Shanti!

Om Peace, Peace, Peace!



MAHA MRITYUNJAYA MANTRA

(The Om Trayambhakam is a life-giving Mantra and has great curative effect for diseases.
This will bestow health, long life, peace, prosperity and liberation)

Om̐ Trayāmbakaṃ Yajāmahe
Sugaṅdhiṃ Puṣṭi Vardhanaṃ
Urvā Rukam Iva Bhaṅdhanāt
Mṛityor Mukṣīya Mā'mṛtāt (x3)

*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 creeper).*

Om̐ Sarveṣāṃ Svastir Bhavatu
Sarveṣāṃ Śāntir Bhavatu
Sarveṣāṃ Pūrṇaṃ Bhavatu
Sarveṣāṃ Mangalaṃ Bhavatu

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

Sarve Bhavantu Sukhinaḥ
Sarve Santu Nirāmayāḥ
Sarve Bhadrāṇi Paśyantu
Mā Kaschit Dhukha Bhāk Bhavet

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

Om̐ Asato Mā Sat Gamaya
Tamaso Mā Jyotir Gamaya
Mṛityor Mā Amṛtaṃ Gamaya

*Om, Lead me from the unreal to the Real
From darkness to light
From mortality to Immortality.*

Om̐ Pūrṇamada Pūrṇamidaṃ
Pūrṇāt Pūrṇam Udachyate
Pūrṇasya Pūrṇam Ādāya
Pūrṇamevāvaśiṣyate

*Om, That is whole. This is whole.
From the whole the whole becomes manifest
From the whole when the whole is negated
What remains is again the whole.*

Om Shanti, Shanti, Shanti!

Om Peace, Peace, Peace!

Om Bolo Sat Guru Swami Sivananda Maharaja Ki. Jai!

Om Bolo Swami Vishnudevananda Maharaja Ki. Jai!

UNIVERSAL PRAYER

O adorable Lord of mercy and love,
salutations and prostrations unto Thee.

Thou art omnipresent, omnipotent and omniscient.

Thou art Satchidananda.

Thou art existence, knowledge and bliss absolute.

Thou art the indweller of all beings.

Grant us an understanding heart, equal vision,
balanced mind, faith, devotion and wisdom.

Grant us inner spiritual strength to resist temptation
and to control the mind.

Free us from egoism, lust, anger, greed,
hatred and jealousy.

Fill our hearts with divine virtues.

Let us behold Thee in all these names and forms.

Let us serve Thee in all these names and forms.

Let us ever remember Thee.

Let us ever sing Thy glories.

Let Thy name be ever on our lips.

Let us abide in Thee forever and ever.