

SANSKRIT CHANTS

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Shanti or Peace Mantras

Swami Sivananda said that peace in the world today is based on fear. Not until we love our brothers and sisters with all their differences, and know that the soul is in all, will we truly know and understand peace. In this time of war and conflict, I wish to share with you the peace prayers, or Shanti Mantras.

Om Sarvesham svastir Bhavatu (May auspiciousness be unto all)

Sarvesham shantir Bhavatu (May peace be unto all)

Sarvesham poornam Bhavatu (May fullness be unto all)

Sarvesham mangalam Bhavatu (May goodness be unto all)

Loka Samasta Sukhino Bhavantu (May the whole world attain peace & harmony)

Sarve Bhavantu sukinah (May everyone be happy)

Sarve santu niramayah (May everyone be without affliction)

Sarve bhadrani pasantu (May everyone see only goodness)

Ma kashchit dukha bhak bhavet (Let none be the victim of suffering)

Asato ma sat gamaya (Lead me from the unreal to the Real)

Tamaso ma jyotir gamaya (Lead me from darkness to Light)

Mrtyor ma amrtam gamaya (Lead me from death to Immortality)

Om Poorna mada poorna midam (Om, That is full, this is full.)

Poornad poorna mudachyate (From that full, this full is removed)

Poornasaya poornamadaya Poornameva vasishyate (The full remains full always)

Om Shanti, shanti, shanti (Om Peace, Peace, Peace)

Guru Chants

Guru Brahma Guru Vishnu Guru Devo Maheshwara (addressing the Holy Trinity: Brahma, Vishnu, Siva)
Guru Sakshat Param Brahma Tasmai Sri Gurave Namaha (addressing the Supreme Guru)

Sadguru Devo Sadguru Devo Sadguru Devo Paahimaam (addressing the True Guru)
Sri Guru Natha Sri Guru Natha Sri Guru Natha Rakshamaam (addressing the Lord, our Master)

Soham

Soham Soham, Soham Sivoham
Soham Soham, Soham Sivoham

I am not this body, this body is not mine
I am not this body, this body is not mine

Soham Soham, Soham Sivoham
Soham Soham, Soham Sivoham

I'm neither body nor mind, Immortal Self I am
I'm neither body nor mind, Immortal Self I am

Soham Soham, Soham Sivoham
Soham Soham, Soham Sivoham

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The Universal Prayer – Swami Sivananda

Oh Adorable Lord of Mercy and Love
Salutations and Prostrations unto Thee.
Thou art Omnipresent, Omnipotent, and Omniscient,
Thou art Sat-Chid-Ananda,
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 For Ever and Ever.
Om Shanti. Amen

Bansoori

*(Bansoori: Krishna's breathes life into his bamboo
Flute; Shyma is a name for Krishna; Bolo means to
speak or sing from the deepest place in one's heart)*

Bansoori Bansoori Bansoori Shyamaki
Bansoori Bansoori Bansoori Shyamaki

Oh my Lord, Oh my Lord, Be with me, Be with me
Oh my Lord, Oh my Lord, Be with me, Be with me

Hey Rama, Hey Rama, Hey Rama, Hey Rama,
Hey Krishna, Hey Krishna, Hey Krishna, Hey
Krishna

Hey Jesus, Hey Jesus, Hey Jesus, Hey Jesus,
Hey Buddha, Hey Buddha, Hey Buddha, Hey
Buddha

Oh my Lord, Oh my Lord, Be with me, Be with me
Oh my Lord, Oh my Lord, Be with me, Be with me

Bansoori Bansoori Bansoori Shyamaki
Bansoori Bansoori Bansoori Shyamaki

Siva Bol, Siva Bol, Siva Bol, Siva Bol,
Hari Bol, Hari Bol, Hari Bol, Hari Bol.

I am Thine, All is Thine, Oh my Lord, Be with me,
I am Thine, All is Thine, Oh my Lord, Be with me,

I am Thine, All is Thine, Oh my Lord, Be with me,
I am Thine, All is Thine, Oh my Lord, set me free.

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Chant to Krishna

Sri Krishna Govinda *(all various names for Krishna)*
Hari Murari
Hey Natha Narayana Vasudeva

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Gayatri Mantra

Short Form

The Gayatri is a verse of the Rig Veda which has been held very sacred from time immemorial. This Gayatri is a verse invoking the "Divine Sun", or the light at the depth of our being, and inspiring and vivifying the power behind Surya, the visible sun. Together, let us repeat the mantra 3 times, please:

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|------------------------------------|--|
| Om Bhu Bhuvah Svah | The universe (Physical, Astral and Celestial planes) |
| Tat savitur varenyam | Let us meditate on that most |
| bhargo devasya dhimahi | excellent light of the Divine Sun |
| dhiyo yo nah prachodayat Om | that it may illumine our minds |

Long Form

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|--------------------------|--|
| Om Bhu | Earth Plane, Muladhara Chakra |
| Om Bhuvaha | Astral Plane, Svadhastana Chakra |
| Om Svaha | Celestial or Solar Plane, Manipura Chakra |
| Om Maha | First Spiritual Plane beyond the Sun, Anahata Chakra |
| Om Janaha | Second Spiritual Plane beyond the Sun, Vishuddhi Chakra |
| Om Tapaha | Third Spiritual Plane beyond the Sun, Ajna Chakra |
| Om Satyam | The Abode of Supreme Truth, Sahasrara Chakra |
| Om Tat Savitur Varenyam | That realm that is beyond comprehension |
| Bhargo Devasya Dhimahi | In that place where all celestials of all the planes have received |
| Dhiyo yo nah prachodayat | enlightenment, kindly enlighten our intellect. |

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HH Sri Swami Sivananda's Jingle

Swami Sivananda wrote this so it could run through our minds, like a jingle we hear on the radio or tv. He felt it was better to have a captivating tune of spiritual value than simply a commercial.

Serve, love, give, purify, meditate, realize.
Be good, do good, be kind, be compassionate.
Adapt, adjust, accommodate.
Bear insult, bear injury, highest sadhana.
Inquire "Who am I?" Know thyself and be free.
Om Tat Sat, Om Tat Sat, Om Tat Sat, Om.
Om Shanti, Om Shanti, Om Shanti, Om.

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Prayer: from Brihadaranyaka Upanishad

According to Swami Sivananda, this is the best prayer- the prayer for Light, for the Truth, for Immortality. The foremost prayer of an aspirant is for the removal of ignorance. The aspirant's goal is to realize the Truth and to free him/herself from the meshes of those that are unreal. The goal is to realize his/her essential divine nature.

Asato Ma Sat Gamaya (Ah-sah-toe-mah Sat-gah-mah-ya) Lead me from the Unreal to the Real
Tamaso Ma Jyortirgamaya (Tah-mah-so-mah Jor-tier-gah-mah-yah) Lead me from Darkness to Light

Mrityor Ma Amritam Gamaya (Mrit-yor-maam-ri-taam Gah-mah-yah) Lead me from Death to Immortality

Om shanti, shanti, shanti, Om peace, peace, peace.

“Lead us from the unreal to the Real, from darkness to Light, from mortality to Immortality”.

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Narayana

Narayana Narayana Jaya Govinda Hare (Narayana is a name for the Lord)
Narayana Narayana Jaya Gopala Hare (Nara = Soul/Self/Atman and Ayana = abode)
Repeat the chant over and over, then move into silence in the heart.

The Lord is the Abode of all His Beings. Abide in Thee

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Govinda Jaya Jaya

(Praises for Krishna, an incarnation of Vishnu)

Govinda Jaya Jaya, Gopala Jaya Jaya Govinda – the One whom Heaven is attained by
Radha Ramana Hari, Govinda Jaya Jaya Gopala – the Protector of earth and animals
Jaya - a word of praise, victory, halleluiah!
Hare - represents Vishnu, the Preserver

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Sri Radhe

Sri Radhe Radhe Radhe Shyam (Radha – feminine aspect of God. Krishna's wife.)
Govinda Radhe 2x (Shyam – another name for Krishna)
Sri Radhe
Govinda Radhe Radhe Shyam
Gopala Radhe Radhe Shyam 2x
Sri Radhe

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Om Bhagavan

Om Bhagavan, Sri Bhagavan
Ananda Bhagavan, Sivananda Bhagavan

(A name for Vishnu, “The Fortunate”)

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Om Namah Sivaya

Om Namah Sivaya, Om Namah Sivaya,
Om Namah Sivaya, Om Namah Sivaya

(Praises to Lord Siva, who frees us from the 3 Gunas)

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Mahamrityunjaya Mantra

(holy prayer for safe passage from this world to the next)

Om Trayambakam Yajamahe
Sugandhim Pushtivardhanam
Urvarukamiva Bandhanam
Mrityormukshiya Mamritat

*Om-Try-yam-ba-kam Ya-jaw-ma-hey
Sue-gan-dim Push-tea-var-da-nam
Ur-va-ruk-a-me-va Ban-da-nan
Mrit-tyor-muk-she-ya Mam-ri-tat*

(repeat three times for safety and passage at death)

Om, I surrender to the 3 eyed Lord Siva (whose 3rd eye is open), the Lord of all 3 worlds. May he lead me to the Divine riches, transcending death and immortality as gently as a ripe cucumber falls from the vine.

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Jaya Ram

Sri Ram Jaya Ram Jaya Jaya Ram Om
righteousness)
Sri Ram Jaya Ram Jaya Jaya Ram

(Praises to Rama, Lord who upholds

Jaya Sita Ram Jaya Jaya Hanuman
devotee)
Sri Gurudev Ananda Bhagavan
Bliss)

(Sita is Rama’s wife, and Hanuman is his loyal

(Praises to the Guru, who guides us to eternal

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Loka Samasta Sukino Bhavantu

Loka Samasta Sukino Bhavantu
(May the whole world attain peace and harmony) Om Shanti

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Om Gate

(Buddhist meditation to move beyond the unreal to the Real)

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| Om Gate Gate | Om, the Eternal |
| Para Gate | Gone, Gone |
| Parasam Gate | Gone Beyond |
| Bodhi Svaha.... | Gone Way Beyond,... Gone |

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Ganesha Sharanam

Ganesha Sharanam Sharanam Ganesha
Ssayisha Sharanam Sharanam Sayisha

Ganesha - the elephant-faced god of wisdom, son of Shiva, who removes obstacles and bestows wisdom; his blessings are sought at the start of any project; he clears the path to victory
Sharanam - surrender, giving up all sense of egoism; it is a gesture of self-offering
Sayisha - take refuge in the divine mother

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Tva Meva Mata

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|-------------------------------------|---|
| Tvameva Mata Cha Pita Tvameva | Thou art my mother and my father. |
| Tvameva Bandhuscha Sakha Tvameva | Thou art my brother and my friend. |
| Tvameva Vidya Dravinam Tvameva | Thou art my knowledge art my wealth. |
| Tvameva Sarvam Mama Deva Deva | Thou art my everything, Oh Lord of Lords |
| Kaayena Vacha Manasendriyai Va | All that I do by the body, speech, mind, sense, |
| Buddhyat manaavaa Prakritir Svabhad | intellect, Soul or tendency of nature |
| Karomi Yadyad Sakalam Parasmai | Whatever actions I perform, all those, |
| Narayana Iti Samar Payami | I offer (surrender) to the Supreme Lord Narayana. |

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OM TAT SAT, BRAHMAR PANA MASTU Om, That is Reality. Let everything be offered to God.