



Jai Sri Satguru Paramatmane Namah

JAYA GANESHA KIRTAN

According to the ancient wisdom teachings of the holy land of India, the one transcendental cosmic Spirit Divine, the Universal Soul, has manifested Itself in infinite names and forms. Its most superior form, however, is its manifestation as the personal God. This is the unique experience and teaching of the Hindu religion. The following invocation to the Divine in its various aspects as God, Guru and Divine Power glorifies the Divine and beseeches its Divine Protection (Raksha-mam). It was Gurudev Sri Swami Sivanandaji's invariable custom to commence all functions with the following invocatory Kirtan that expresses worshipful homage to many divine manifestations of the one Supreme Reality.

Jaya Gaṇeśha Jaya Gaṇeśha Jaya Gaṇeśha Pāhi Mām.

Śhrī Gaṇeśha Śhrī Gaṇeśha Śhrī Gaṇeśha Rakṣha Mām.

Glory to Lord Ganesha! May He protect me! O Revered Ganesha, save me (from all problems, difficulties, sorrows and distress)!

Śharavaṇabhava Śharavaṇabhava Śharavaṇabhava Pāhi Mām.

Kārttikeya Kārttikeya Kārttikeya Rakṣha Mām.

Jaya Sarasvati Jaya Sarasvati Jaya Sarasvati Pāhi Mām.

Śhrī Sarasvati Śhrī Sarasvati Śhrī Sarasvati Rakṣha Mām.

Jaya Guru Śhiva Guru Hari Guru Rāma.

Jagad-guru Paraṃ Guru Sat-guru Śhyāma.

Om Ādi Guru Advaita Guru Ānanda Guru Om.
Chid Guru Chid-ghana Guru Chin-maya Guru Om.

Hare Rāma Hare Rāma Rāma Rāma Hare Hare.
Hare Kṛiṣhṇa Hare Kṛiṣhṇa Kṛiṣhṇa Kṛiṣhṇa Hare Hare.

Namaḥ Śhivāya Namaḥ Śhivāya Namaḥ Śhivāya Om.
Namaḥ Śhivāya Namaḥ Śhivāya Namaḥ Śhivāya Om.

Oṃ Namo Nārāyaṇāya Oṃ Namo Nārāyaṇāya.
Oṃ Namo Nārāyaṇāya Oṃ Namo Nārāyaṇāya.

Oṃ Namo Bhagavate Vāsudevāya.
Oṃ Namo Bhagavate Vāsudevāya.

Āñjaneya Āñjaneya Āñjaneya Pāhi Mām.
Hanumanta Hanumanta Hanumanta Rakṣha Mām.

Dattātreyā Dattātreyā Dattātreyā Pāhi Mām.
Dattaguru Dattaguru Dattaguru Rakṣha Mām.

Śhaṅkarāchārya Śhaṅkarāchārya Śhaṅkarāchārya Pāhi Mām.
Bhagavat-pāda Bhagavat-pāda Bhagavat-pāda Rakṣha Mām.

Sadgurudeva Sadgurudeva Sadgurudeva Pāhi Mām.
Śhivānanda Śhivānanda Śhivānanda Rakṣha Mām.

Sadgurudeva Sadgurudeva Sadgurudeva Pāhi Mām.
Chidānanda Chidānanda Chidānanda Rakṣha Mām.

Gaṅgārānī Gaṅgārānī Gaṅgārānī Pāhi Mām.
Bhāgīrathī Bhāgīrathī Bhāgīrathī Rakṣha Mām.

Oṃ Śhakti Oṃ Śhakti Oṃ Śhakti Pāhi Mām.
Brahma-śhakti Viṣhṇu-śhakti Śhiva-śhakti Rakṣha Mām.

Om Ādi-śhakti Mahā-śhakti Parā-śhakti Pāhi Mām.
Ichchhā-śhakti Kriyā-śhakti Jñāna-śhakti Rakṣha Mām.

Rāja-rājeśhvarī Rāja-rājeśhvarī Rāja-rājeśhvarī Pāhi Mām.
Tripura Sundarī Tripura Sundarī Tripura Sundarī Rakṣha Mām.

Om Tat Sat Om Tat Sat Om Tat Sat Om.
Om Śhānti Om Śhānti Om Śhānti Om.

GURU STOTRAM

Brahmanandam parama shukhadam kevalam jnana murtim
Dwandātitam gagana sadrusham tatvamashyadi laksham
Ekam nityam vimalamachalam sarvadhī sakshi bhutam
Bhavātitam triguna rahitam sadgurum tam namami.

I prostrate to that Satguru, the Brahman, who is bliss, Who is the giver of supreme happiness, Who is absolute Knowledge, Who is beyond the pairs of opposites, Who is vast like the ether, Who is attained by assertions like “Tat Twam Asi” (That Thou Art); Who is one, eternal, pure, and changeless, the witness of the mind, Who transcends all change and modifications, Who is devoid of the three modes (of Prakriti).

Gurur brahma gurur vishur
Gurur devo maheshvarah;
Guruh sakshath param brahma
Tasmai shree gurave namah.

I prostrate to that Sri Guru who is himself Brahma, Vishnu and God Maheshwara (Lord Siva), and who is verily the Supreme Absolute itself.

Ajnana timirandhasya jnana-anjana shalakaya;
Chakshur unmeelitam yena tasmai shree gurave namah.

I prostrate to that Sri Guru, who has opened with the collyrium stick of divine knowledge, the eyes of them who were rendered blind by the darkness of ignorance.

Dhyana moolam guror murtih, Pooja moolam guroh padam;
Mantra moolam guror vakyam; Moksha moolam guroh kripa.

The form of the Guru is the basis of meditation, the feet of the Guru are the basis of worship, the words of the Guru are the basis of mantra, the Grace of the Guru is the basis of liberation.

Om namah Sivanandaya gurave, Satchidananda moortaye;
Nish prapan-chaya shantaya nira-lambaya tejase.

Om Prostration to the Guru, who is Siva (bliss and auspiciousness), who is the embodiment of Existence-Consciousness-Bliss, who is beyond world-consciousness, who is peaceful, without any support, and self-effulgent.

Anyatha sharanam nasti Twameva sharanam mama
Tasmat karunya bhavena Raksha Raksha Maheshvara
Tasmat karunya bhavena Raksha Raksha Gurudeva

*I have no other refuge, Thou art my sole refuge,
Out of sense of compassion, protect me, O Supreme Lord!
Out of sense of compassion, protect me, O Divine Guru!*

Om Sahanā Vavatu Sahanau Bhunaktu
Saha Vīryam Karavā Vahai
Tejasvi nā Vadhī Tamastu
Mā Vidviṣhā Vahai
Om Shānti Shānti Shāntih Hari Om

*Om. May He protect us by revealing Knowledge.
May He nourish us (by vouchsafing the results of Knowledge).
May we attain great spiritual energy together.
May our studies be filled with the brilliance of understanding.
May there be no negativity amongst us.
Om Peace, Peace, Peace.*

Nitya-shuddham nirabhasam, nirakaram niranjanam;
Nitya-bodham Chidanandam; gurum brahma namamy-aham.

I prostrate to the Guru, the pure eternal Brahman, free from reflection, beyond all names and forms, taintless, ever awake as Pure Consciousness and Everlasting Bliss.

INTRODUCTION TO MEDITATION BY SWAMI CHIDANANDA – GURU STOTRAS

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Chaitanyam shaswatam shantam vyomaatitam niranjanam
Nādabindu kalātitam tasmai shri gurave namah.

I prostrate to that Sri Guru, who is pure Consciousness, eternal, peaceful, beyond ether, spotless and beyond sound, space and time.

Gagana sadrisham ekam satchidananda roopam
Vimalam-achalam-adyam tattvam-asyadi-lakshyam
Sakala-vishaya-mulam sarvadhi- sakshi-bhutam
Parama-sukhada bhavam sadgurum bhavayami

I devoutly meditate on the Satguru (Guru principle), who is infinite like space, who is Satchidananda (Existence-Consciousness-Bliss), who is one, pure, unmoving, primeval Being, who is the goal indicated by the great sayings like “Thou art That”, who is the origin of the entire creation, who is the witness of all the intellects and who is the bestower of supreme happiness.

OM OM OM

*** ***Silent Meditation for a few Minutes*** ***

Yasyantar-nadi-madhyam nahi kara-charanam
Naama-gotram na sutram na jaatir-naiva varnam
Na bhavati purusho na napumsam na cha stree,
Naakaram no vikaaram nahi janana maranam
Naasti punyam na paapam na tattvam tattvam-ekam
Sahaja-sama-rasam Sadgurum tam namaami.

I prostrate to that Satguru, who has no beginning, no middle, no end, no hands, no feet, no name, no lineage, no class, no caste, no color, who is

neither male nor female, who has no form, no change, no birth, no death, no virtue, no vice, no elements of creation, who is the one Truth, who is the natural homogeneous Essence.

Om Namō Adī Dev, Namō Namō Vedageya
Jaya Jaya Saukhyadeya, Atma Roopa.

Salutations to the Primeval Being, Whose glory is sung in the Vedas! All glory to That Being Who bestows Supreme Bliss and Whose form is the Self.

OM

SHLOKA AFTER MEDITATION

Tvam-Eva Mātā Ca Pitā Tvam-Eva
Tvam-Eva Bandhush-Ca Sakhā Tvam-Eva
Tvam-Eva Viidyā Dravinnam Tvam-Eva
Tvam-Eva Sarvam Mama Deva Deva

O God of all Gods, you alone are my mother, father, kinsman, friend, my knowledge and my wealth. You are everything to me.

***** SATSANG PRESENTATION *****

Om Sahanā Vavatu Sahanau Bhunaktu
Saha Vīryam Karavā Vahai
Tejasvi nā Vadhī Tamastu
Mā Vidviṣhā Vahai
Om Shānti Shānti Shāntih

Om. May He protect us by revealing Knowledge.
May He nourish us (by vouchsafing the results of Knowledge).
May we attain great spiritual energy together.
May our studies be filled with the brilliance of understanding.
May there be no negativity amongst us.
Om Peace, Peace, Peace.

CONCLUDING PRAYERS

(Maha Mrityunjaya Mantra)

Oṃ Tryambakaṃ Yajāmahe Sugandhiṃ Puṣṭivardhanam,
Urvārukam-iva Bandhanān-mṛityor-mukṣhīya Mā'mṛitāt.

We worship the three-eyed One (Lord Shiva) Who is fragrant and Who nourishes all beings; may He liberate me from death for the sake of Immortality, even as the cucumber is severed from its bondage (to the creeper).

Oṃ Sarveṣhāṃ Svasti-bhavatu Sarveṣhāṃ
Śhāntir-bhavatu Sarveṣhāṃ Pūrṇaṃ Bhavatu
Sarveṣhāṃ Maṅgalaṃ Bhavatu.

*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 Paśhyantu Mā Kaśhchid Duḥkha-bhāgbhavet.

*May all be happy; May all be free from disabilities;
May all behold what is auspicious; May none suffer from sorrow.*

Asato Mā Sad-gamaya Tamaso Mā Jyotir-gamaya
Mṛityor-mā Amṛitaṃ Gamaya.

*Lead me from the unreal to the Real; Lead me from darkness to Light;
Lead me from mortality to Immortality.*

Oṃ Pūrṇam-adaḥ Pūrṇam-idaṃ Pūrṇāt-pūrṇam-udachyate
Pūrṇasya Pūrṇam-ādāya Pūrṇam-evāvaśhiṣhyate.
Oṃ Śhāntiḥ Śhāntiḥ Śhāntiḥ.

*Om. That (the Absolute) is Infinite, this (universe) is Infinite.
(This) Infinite emanates from the (Absolute) Infinite.
After the coming of the Infinite from the Infinite, the Infinite alone remains.
Om. Peace! Peace! Peace!*

Kayena vacha manas-endriyair va
Buddhi atmanava prakriteh svabhavat

Karomi yadyat sakalam parasmai
Narayanayeti samarpayami.

*Whatever I do with my body, speech, mind and senses;
by my intellect, self or nature,
all these I offer unto the Supreme Lord Narayana.*

Satchidananda Bhagavan Ki Jai
Viswanatha Bhagavan Ki Jai
Shankaracharya Bhagavan Ki Jai
Satguru Sivananda Maharaj Ki Jai
Satguru Chidananda Maharaj Ki Jai
Divya Nama Bhagavan Ki Jai
Sarva Santana Ki Jai
Sanatana Dharma Ki Jai
Sarva Dharma Ki Jai
Ganga Mayya Ki Jai
Namah Parvati Patay Hara Hara Mahadev.

*Glory to the Supreme Lord
Glory to the Lord of the Universe
Glory to Lord Shankaracharya
Glory to Satguru Swami Sivananda Maharaj
Glory to Satguru Swami Chidananda Maharaj
Glory to the Divine Name
Glory to all Saints
Glory to the Eternal Religion
Glory to all Religions
Glory to Mother Ganga
Salutations to Mother Parvati and Lord Siva.*

HANUMAN CHALISA

(Forty Verses in Praise of Lord Hanuman)

Saint Tulsidas

Śhrī-guru Charana Saroja Raja, Nija-manu Mukuru Sudhāri,
Baranauñ Raghubara Bimala Jasu Jo Dāyaku Phala Chāri.

*Having cleansed the mirror of my mind with the dust of the Guru's lotus feet,
I sing Shri Rama's spotless glory which bestows all the four fruits of life –
Artha, Kama, Dharma and Moksha (wealth, fulfillment of desires, virtue and
liberation).*

Buddhi-hīna Tanu Jānike Sumirouñ Pavana-kumāra,
Bala Buddhi Vidyā Dehu Mohiñ Harahu Kalesa Bikāra. (1)

*Realizing the inadequacy of my intellect, I remember the Son of the Wind (Shri
Hanumanji); may He bless me with strength, intelligence and knowledge and remove
my sorrows and shortcomings.*

Jaya Hanumāna Jñāna Guna Sāgara, Jaya Kapīsa Tihuñ Loka Ujāgara. (2)

*Glory to You, O Hanuman! Ocean of wisdom and virtues! Glory to the Lord of the
monkeys, enlightener of the three worlds!*

Rāma Dūta Atulita Bala Dhāmā, Añjani-putra Pavana-suta Nāmā. (3)

*You are the messenger of Shri Rama, abode of incomparable might.
O Añjani's Son! You are called Pavanasuta, "Son of the Wind".*

Mahābīra Bikrama Bajaraṅgī, Kumati Nivāra Sumati Ke Saṅgī. (4)

*Great hero of exceptional valour! Powerful as the thunderbolt!
Remover of impure thoughts and companion to the good!*

Kañchana Barana Birāja Subesā, Kānana Kuṇḍala Kuñchita Kesā. (5)

Golden-hued and charmingly dressed, with sparkling earrings and curly locks.

Hātha Bajra Ou Dhvajā Birājei, Kāñdhe Mūñja Janeū Sājei. (6)

*In Your hands flash the thunderbolt and banner, and across Your shoulder is the
sacred thread of Muñja grass.*

Saṅkara Suvana Kesarī-nandana, Teja Pratāpa Mahā Jaga Bandana. (7)

*Shankara's Son, the delight of Keshari, the greatness of Your glory is revered
throughout the world.*

Bidyāvāna Gunī Ati Chātura, Rāma Kāja Karibe Ko Ātura. (8)

Supremely wise, virtuous and clever, You are ever eager to carry out Rama's work.

Prabhu Charitra Sunibe Ko Rasiyā, Rāma Laṣhana Sītā Mana Basiyā. (9)

*You delight in listening to the glorious life-story of the Lord. Rama, Lakshmana and
Sita dwell in Your heart.*

Sūkṣhma Rūpa Dhari Siyahiñ Dikhāvā, Bikaṭa Rūpa Dhari Lañka Jarāvā. (10)
Assuming a subtle form You appeared to Sita, and in awesome guise You burnt Lanka.

Bhīma Rūpa Dhari Asura Sañhāre, Rāmachandra Ke Kāja Sañvāre. (11)
Taking a dreadful form, You slaughtered demons and fulfilled Lord Rama's mission.

Lāya Sajivana Lakhana Jiyāye, Śhrī-raghubīra Haraṣhi Ura Lāye. (12)
Bringing the life-giving herb, Sanjivani, You revived Lakshmana, and Shri Rama embraced You with delight,

Raghupati Kīnhī Bahuta Baṛāi, Tuma Mama Priya Bharatahi Sama Bhāi. (13)
Shri Rama praised You greatly and said: "You are as dear to me as my brother, Bharata!"

Sahasa Badana Tumharo Jasa Gāveiñ, Asa Kahi Śhrīpati Kaṇṭha Lagāveiñ. (14)
"Even Adhi Sesa, the thousand-headed serpent, sings of Your glory!" So saying, Shri Rama held You in a warm embrace.

Sanakādika Brahmādi Munīsā, Nārada Sārada Sahita Ahīsā. (15)
Sanaka and the sages, Brahma, gods and great saints, Narada, goddess Sarasvati, and the King of the serpents,

Jama Kubera Digapāla Jahāñ Te, Kabi Kobida Kahi Sake Kahāñ Te. (16)
*Yama (the god of death), Kubera (the god of wealth), Dikpalakas (the guardians of the cardinal directions), none can express Your glory!
Then how can ordinary mortals, poets and scholars glorify You?*

Tuma Upakāra Sugrīvahiñ Kīnhā, Rāma Milāya Rāja Pada Dīnhā. (17)
You rendered great service to Sugriva, presenting him to Shri Rama and restoring him to the throne.

Tumharo Mantra Bibhīshana Mānā, Lañkesvara Bhae Saba Jaga Jānā. (18)
Vibhishana heeded Your advice and became the king of Lanka, as all the world knows.

Juga Sahasra Jojana Para Bhānū, Līlyo Tāhi Madhura Phala Jānū. (19)

Though the sun is thousands of miles away, You swallowed it, thinking it to be a sweet fruit.

Prabhu Mudrikā Meli Mukha Māhīñ, Jaladhi Lāñghi Gaye Acharaja Nāhīñ. (20)
Holding the Lord's ring in Your mouth, it's no surprise You leapt across the ocean.

Durgama Kāja Jagata Ke Jete, Sugama Anugraha Tumhare Tete. (21)
Every arduous task in this world becomes easy by Your grace.

Rāma Duāre Tuma Rakhavāre, Hota Na Ājñā Binu Peisāre. (22)
You guard the entrance to Shri Rama's abode and none can enter without Your consent.

Saba Sukha Lahei Tumhārī Saranā, Tuma Rakṣhaka Kāhū Ko Ḍaranā. (23)
Taking refuge in You, one finds all delight; those You protect know no fear.

Āpana Teja Samhāro Āpei, Tinoñ Loka Hāñka Te Kāñpei. (24)
You alone can withstand Your own splendour; the three worlds tremble at Your roar.

Bhūta Pisācha Nikaṭa Nahīñ Āvei, Mahābīra Jaba Nāma Sunāvei. (25)
Ghosts and goblins cannot come near, Great Hero, when Your Name is uttered.

Nāsei Roga Harei Saba Pīrā, Japata Nirantara Hanumata Bīrā. (26)
All diseases are cured and all pains removed, brave Hanuman, by constant repetition of Your Name.

Saṅkaṭa Teñ Hanumāna Chhurāvei, Mana Krama Bachana Dhyāna Jo Lāvei. (27)
Hanuman releases from affliction those who remember Him in thought, word and deed.

Saba Para Rāma Tapasvī Rājā, Tina Ke Kāja Sakala Tuma Sājā. (28)
The ascetic King Rama reigns over all; yet You, Hanumanji, fulfilled all His tasks successfully.

Aura Manoratha Jo Koī Lāvei, Soī Amita Jivana Phala Pāvei. (29)
Whoever expresses a longing to You is rewarded with countless fruits of life.

Chāroñ Juga Paratāpa Tumhārā, Hei Parasiddha Jagata Ujyārā. (30)

Your splendour fills the four ages; Your glory is famed throughout the world.

Sādhu Santa Ke Tuma Rakhavāre, Asura Nikandana Rāma Dulāre. (31)

You are the protector of saints and sages, the destroyer of the demons, and the beloved of Rama.

Aṣṭa Siddhi Nou Nidhi Ke Dātā, Asa Bara Dīna Jānakī Mātā. (32)

You grant the eight Siddhis (supernatural powers) and the nine Nidhis (kinds of wealth) by the boon You received from Mother Janaki.

Rāma Rasāyana Tumhare Pāsā, Sadā Raho Raghupati Ke Dāsā. (33)

You hold the elixir of Rama Rasayana (sweet devotion to Shri Rama). Eternally You remain His servant.

Tumhare Bhajana Rāma Ko Pāvei, Janama Janama Ke Dukha Bisarāvei. (34)

Singing Your praise, one finds Rama and the sorrows of countless lives are destroyed.

Anta Kāla Raghubara Pura Jāī, Jahāñ Janma Hari-bhakta Kahāī. (35)

At death, one goes to Rama's own abode and, on taking rebirth, will be a devotee of the Lord.

Aura Devatā Chitta Na Dharaī, Hanumata Sei Sarva Sukha Karaī. (36)

Even if one does not cherish any other god, by worshipping Shri Hanuman, that devotee will enjoy all bliss.

Saṅkaṭa Kaṭei Miṭei Saba Pīrā, Jo Sumirei Hanumata Balabīrā. (37)

All affliction ceases, all pain is removed, by remembering the mighty hero, Hanuman.

Jeī Jeī Jeī Hanumāna Gosāīñ, Kṛipā Karahu Gurudeva Kī Naiñ. (38)

Victory! Victory! Victory to Lord Hanuman! Be merciful even as is the Divine Master!

Jo Sata Bāra Pāṭha Kara Koī, Chhūṭahi Bandi Mahā Sukha Hoī. (39)

He who recites this (Hanuman Chalisa) a hundred times is freed from bondage and enjoys supreme bliss.

Jo Yaha Paṛhei Hanumāna-chālīsā, Hoya Siddhi Sākhī Gaurīsā. (40)

One who reads this Hanuman Chalisa attains perfection; Gauri's Lord (Shiva) bears witness.

Tulasīdāsa Sadā Hari Cherā, Kijei Nātha Hṛidaya Mahañ Ḍerā. (41)

*Says Tulasidas, Lord Hari's constant servant, "Be gracious, Lord, to make my heart
Your place of abode."*

Doha:

Pavana-tanaya Saṅkaṭa Harana, Maṅgala Mūrati Rūpa. Rāma

Laṣhana Sītā Sahita, Hṛidaya Basahu Sura Bhūpa.

*O Son of the Wind, Banisher of sorrow and Embodiment of all blessings! O King of
the gods!*

Dwell ever in my heart together with Rama, Lakshmana and Sita!

THE UNIVERSAL PRAYER

Swami Sivananda

*O Adorable Lord of Mercy and Love! Salutations and
prostrations unto Thee.*

Thou art Omnipresent, Omnipotent and Omniscient.

Thou art Satchidananda (Existence-Consciousness-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 temptations and to control the mind.

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

PRAYER BEFORE TAKING FOOD

Brahmārpaṅam Brahma Havir Brahmāgnau Brahmañāhutaṃ,
Brahmaiva Tena Gantavyam Brahmakarmā Samādhinah.

Brahman is the oblation; Brahman is the melted butter (ghee); by Brahman is the oblation poured into the fire of Brahman; Brahman verily shall be reached by those who alway see Brahman in action. (Bhagavad Gita 4:24)

HARI OM TAT SAT

Maṅgalaṃ Asmad-gurūṅāṃ Maṅgalaṃ Me Astu
Sarveṣhāṃ Maṅgalaṃ Bhavatu Oṃ Sadguru Bhagavana Ki Jay!

May auspiciousness be unto our Gurus!

May auspiciousness be unto me as well!

May auspiciousness be unto all!

Om! Glory to the Sat Guru who is the Lord Himself!