

Shlokas for beginning of class

**Aum Saha Naa Vavatu Saha nau Bhunaktu,
Saha Veeryam Karavaa Vahai,
Te Jas Vi Naa Vadhi Ta Mastu
Maa Vid Vi Sha Vahai. Aum Shantih, Shantih, Shantih.**

May God protect us both, Guru and student (follower). Nourish us that we may work together with vigor and our endeavors shine. May we hold no malice towards each other. Aum Peace, Peace, Peace.

**Saraswaati Namastubhyam Vaarade Kamarupini.
Vidyaarambham Karishyami Siddir Bhavatu Me Sada.**

Salutations to you, O Saaraswati (Goddess of Knowledge), grantor of blessings and embodiment of all wishes, I am getting inducted to studies, may there be fulfillment for me forever.

Aarti

**AUM JAYA JAGADISHA HARE, SWAMI JAYA JAGADISHA HARE ! (2)
BHAKTA JANO KE SANKAT, KSHAN MEN DUR KARE.....AUM**

Victory to Lord of the Universe, He who removes in an instant all the obstacles of his Devotees.

**JO DHYAVE PHALA PAVE, DUKHA VINASHE MANAKA (2)
SUKHA SAMPATI GHARA AVE, KASHTA MITE TANAKA.....AUM**

Whoever meditates shall obtain the fruit. Gone are the trials (tribulations) of mind and body. Happiness and prosperity prevail.

**MAT PITA TUM MERE, SHARAN GRAHUN KISAKI (2)
TUM BINA AUR NA DUJA, ASHA KARUN KISAKI.....AUM**

Thou, Lord, art my parents. Where else may I take shelter? There are none to compare with You. With whom else could I keep faith?

**TUM POORAN PARAMATMA, TUM ANTARAYAMI (2)
PAR BRAHMA PARAMESHWAR, TUM SABAKE SWAMI.....AUM**

Perfect art Thou, the ultimate Soul. Every mind canst Thou read. Supreme Brahma art Thou, Highest God, Lord of All.

**TUM KARUNA KE SAGAR, TUM PALANKARTA (2)
MAIN SEVAKA TUM SWAMI, KRIPA KARO BHARTA.....AUM**

Shlokas for beginning of class

The ocean of Compassion art Thou, The preserver. I am your servant you are my Lord.
Be merciful, O Lord.

TUM HO EK AGOCHARA, SABAKE PRANAPATI (2)
KISA VIDHA MILUN DAYAMAYA, TUMAKO MAIN KUMATI....AUM

It is only You who may not be perceived by the senses. You are the master of every soul. How may I see you? O Lord, I who am of impure mind.

DEEN BANDHU DUKHA HARTA, TUM RAKSHAKA MERE (2)
APANE HAATH BADHAVO, APANE SHARAN LAGAAVO,
DWAAR PADA MAIN TEREAUM

You are as a brother to the poor, remover of misery. You are my Protector. I beg You to extend Your Hand, accept my surrendered soul, I am lying at your door.

VISHAYA VIKARA MITAVO, PAP HARO DEVA, (2)
SHRADDHA BHAKTI BADHAVO, SHRADDHA PREM BADHAVO
SANTANA KI SEVA.....AUM

O Lord ! Remove my **passion**, my sins. Increase my faith and devotion. Increase my faith and love for service of the Saints.

TANA MANA DHANA SABA HAI TERA, SABA KUCHHA HAI TERA (2)
TERA TUJAKO ARPANA, KYA LAGE MERAAUM

All my possessions (Body, Mind, Wealth) belong to Thee. I offer yours' unto You.
Nothing belongs to me .

Some Other Shlokas

Mangalam Bhagavan Vishnuh Mangalam Garuda Dhvajah.

Mangalam Pundarikaksho Mangalaayatano Harih.

Auspicious is (His Darshan) Lord Vishnu. He with the eagle embalmed flag, with eyes of white lotus, he who is the sacred place itself.

Sarvamangal Mangalye, Shive Sarvartha Sadike.
Sharanye Tryambake Gauri, Narayani Namostute.

Oh Auspicious element of all auspicious actions, incarnate of welfare who fulfills all desires, worthy succor of all devotees, three eyed, bright featured, Narayana's Consort, Salutation to you.

**Vakratunda Mahaakaaya, Suryakoti Samaprabha.
Nirvighnam Kuru Me Deva, Sarva Karyeshu Sarvadaa.**

Of curved face and large body, Illuminating like thousand suns, O Lord (Ganesh)! Remove all obstacles to my good works.

**Raamaaya Raama Bhadraaya, Raamachandraaya Vedhase.
Raghunaathaaya Naathaaya, Sitaayaaha Pataye Namaha.**

To Rama, Ramabhadra, Brahma-swarupa, Raagunatha, the Lord the consort of Sita to him, Salutations.

**Anjana Nandanam Veeram, Janaki Shoka Nashanam.
Kapeesham Aksha-Hantaram, Vande Lankaa Bhayankaram.**

The charmer of Anjana, the brave hero, the destroyer of the grief of Janaki the chief of monkeys, the controller of sensory organs, I salute to the terror of Lanka (Lord Shree Hanumanji).

**Shantakaram Bhujaga Shayanam Padmanabham Suresham
Vishawadharam Gaganaa Sadrusham Meghavarnam Subhangam.
Laxmikantam Kamalanayanam Yogibhir-Dhyanagamyam,
Vande Vishnu Bhavabhaya Haaaram Sarvalokaika Natham.**

Of peaceful appearance, reclining on the serpent, with a lotus from a navel, lord of Gods, the basis on the universe, vast like the sky, colored as the cloud, auspicious-bodied, beloved of Laxmi, lotus eyed, capable of being reached through meditation by yogis, we bow to the lord of all worlds, Vishnu.

**Ya Devi Sarva Bhuteshu, Matru Rupena Sansthita.
Namastasyei Namastasyei, Namastasyei Namonamaha.**

Salutations to her, salutations to her, salutations to her, repeated salutations to her, who is established as mother, in all beings.

**Krishnaya Vasudevaya, Haraye Paramatmane.
Nanda Gopa Kumaraya, Govindaa Namonamaha.**

I bow and pray Lord Krishna, son of Vasudeva, Nandgopa's son, who takes away sorrows, sufferings, pain and troubles.

**Twameva Mata Cha Pita Twameva
Twameva Bandhuscha Sakah Twameva.
Twameva Vidya Dravinam Twameva
Twameva Sarvam Mama Deva Deva.**

Shlokas for beginning of class

Oh God! You are my mother, You are my father, You are my brother, You are my friend, You are my knowledge, You are my wealth, You are everything to me Oh God!

**Sarve Bhavantu Sukhinaha, Sarve Santu Niramayaha.
Sarve Bhadrani Pashyantu, Ma Kashchit Dukhamapnuyat.**

Let all be happy, Let all be healthy, Let all see the good, let none be host to misery.

**Aum Namō Arihantanam, Namō Siddhanam, Namō Ayariyanam,
Namō Uvajjayanam, Namō Loye Savva Sahunam,
E-So Pancha Namukkaro, Savva Pava Panasano.
Mangalanam cha Savvesim, Padhamam Havai Mangalam.**

We bow to the conqueror of inner foes. We bow to whoever acquires the highest perfection. We bow to the preachers. We bow to the wise. We bow to the saints and sadhus. These five namaskaras are the holiest of mantras and destroy all sins. Those who recite them are blessed.

**Aum Asato Maa Sad Gamaya, Tamaso Maa Jyotir Gamaya, Mrutyor Ma Amrutam Gamaya.
Aum Shanti .**

Aum, Lead me from falsity (unreal) to real (truth), from darkness to the Light, from death to Immortality. Oum, Peace.

**Aum Dyauhu Shantihi, Antariksham Shantihi, Pruthivi Shantihi,
Apaha Shantihi, Oshadhayaha Shantihi. Vaaanaspatayaha Shantihi,
Vishwedevahaa Shantihi, Brhma Shantihi, Sarvam Shantihi
Shantireva Shantihi, Sa ma Shantiredhi. Aum Shantihi, SHantihi, Shantihi.**

Aum. May there be peace in Heaven. May there be peace in the sky. May peace prevail on Earth. May there be peace in the waters, in the herbs and plants and in vegetation. May there be peace in all the Gods in the Universe. May there be peace in the Brahman, the Supreme. May there be peace everywhere, peace peace and only peace.

**Saraswaaati Namastubhyam Vaarade Kamarupini.
Vidyaarambham Karishyami Siddir Bhavatu Me Sada.**

Salutations to you, O Saaraswati, grantor of blessings and embodiment of all wishes, I am getting inducted to studies, may there be fulfillment for me forever.

**Gurur Brahma Gurur Vishnu, Gurur Devo Maheshvaraha.
Gurur Sakshat Parabrahma, Tasmai Shree Gurave Namaha.**

The Guru, the teacher, is like unto Lord Brahma, Vishnu, and Mahesh. Guru is the visible supremedivinity incarnate; therefore I kneel before that Guru in salutation.

Shlokas for beginning of class

**Mookam Karoti Vachalam,, Pangum Langhayate Girim.
Yat Krupa Tamaham Vande, Paramanand Madhavam.**

I salute that supreme bliss, Madhav, by whose mercy are the speechless given tongue and the lame made to vanquish mountains.

**Kararvindena Padaravindam, Mukharvinde Viniveshayantam.
Vatasya Patrasya Pute Shayanam, Balam Mukundam Manasa Smarami.**

With the lotus like hand, placing the lotus like toes, in the lotus like mouth, reclining on the banyan leaf - that the young Mukund, I meditate upon.

**Aum Tryambakam Yajamahe Sugandhi Pustivardhanam.
Urvarukamive Bandhanan Mrytyor Mukshiya Mamrutat.**

We propitiate Triambaka (Shiva) who spreads fragrance and increases nourishment. May he liberate me, like the cucumber fruits detach from the stem (when it becomes ripe), from death, but not from immortality.

**Aum Bhur Bhuvah Swah Tat Savitur Varenyam Bhargo Devasya Dhimahi, Dhiyo Yonah
Prachodayat.**

Let the Earth, the entire world and the heavens be enlightened by the brilliant supreme light of Lord sun and inspire our intellect.

**Aum Saha Naa Vavatu Saha nau Bhunaktu, Saha Veeryam Karavaa Vahai, Te Jas Vi Naa Vadhi
Ta Mastu Maa Vid Vi Sha Vahai. Aum Shantih, Shantih, Shantih.**

May God protect us both, Guru and student (follower). Nourish us that we may work together with vigour and our endeavours shine. May we hold no malice towards each other. Aum Peace, Peace, Peace.

**Aum Purnamadaha Purnamidam Purnat Purna Mudachyate.
Purnasya purnam adaya purna mevavshishyate.**

Aum Perfect is the Lord, Perfect also is the Universe. If any portion is subtracted from the Perfect, that which is taken and that which remains is yet Perfect.

Prayer for end of class

**O adorable Lord of mercy and love!
Salutations and prostrations to thee.
Thou art omnipresent, omnipotent, and omniscient.**

Shlokas for beginning of class

**Thou art satchidanand (Truth-Concioussness-Bliss or Existence-Awarness-Love).
Thou art indweller of all beings.**

**Grant us an understanding heart,
Equal vision, balanced mind, faith, devotion, and wisdom.
Grant us inner spirited 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 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.**

**O Lord we offer our sincere prayers unto Thee with thy grace.
May all be aware of thy presence in the east and the west, in the north, and the south.-
May peace and goodwill abide among individuals as well as amongst communities and nations.
This is our earnest prayer.
May peace be unto all.
Om peace, peace, peace.**

**(Swami Sivananda, Guru of Swami Chinmayananda of Chinmaya Mission has composed this
above noble prayer.)**