

SriMā Vidyā Niketan (SMVN)- Universal Prayer

1. Parameshwara Vandanā

Khaṇḍana bhava ban-dhana
jaga van-dana vandi tomāy |
nirañ-jana nara-rūpa-dhara (2)
nirguṇa guṇamay ||
Mocana aghadūṣaṇa
jagabhūṣaṇa cidghanakāy |
jñānāñjana-vimala-nayana (2)
vīkṣaṇe moha jāy ||
Bhā-swara bhāva-sāgara
cira-unmada prema-pāthār |
bhaktārjana-yugala caraṇa (2)
tāraṇa-bhava-pār ||
Jṛmbhita-yuga-īśvara
jagadīś-vara yogasahāy |
niro-dhana samāhi-ta-mana (2)
nirakhi tava kṛpāy ||
Bhañjana-duḥkha-gaṇjana
karuṇāghana karma-kāthor |
prāñārpaṇa jagata-tāraṇa (2)
kṛntana-kaliḍor ||
Vañcana-kāmakāñcana
atinindita-indriyarāg |
tyāgī-śwara he nara-vara (2)
deha-pade anurāg ||
Nir-bhaya gata-saṁśaya
dṛṣṭha-niścaya-mānasavān |
niṣkāraṇa-bhakata-śaraṇa (2)
tyāji jāti-kula-mān ||
Sam-pada tava śrīpada
bhava-goṣpada-vāri yathāy |
premār-paṇa sama-daraśana (2)
jagajana-duḥkha jāy || [2]
Namo namo prabhu vākya-manātīta
manova-ca-naikā-dhār | prabhu-2
jyotira jyoti ujala-hṛdikandar (2)
tumi tamo-bhañjana hār || prabhu-2
Dhe dhe dhe laṅga raṅga bhaṅga
bāje aṅga saṅga mṛdaṅga (2)
gāhiche chanda bhakata-vṛnda ārati tomār ||2
Jaya jaya ārati tomār | hara hara ārati tomār |
śiva śiva ārati tomār ||
Khaṇḍana bhava ban-dhana
jaga van-dana vandi tomāy |

Jay śrī gurumāhārājji ki jay ||

2. Guru Stuti

Gurur brahmā gurur vishnu
Guru devo maheshwaram |
Guru sāksat param brahma
Tasmai sri gurave namaha ||
Nara-deva deva jaya jaya nara-deva 2+2+2
śakti-samudra-samutthata-raṅgam
darśita-prema-vijṛmbhita-raṅgam |
saṁśaya-rākṣasa-nāśa-mahāstraṁ
yāmi gurum śaraṇam bhava-vaidyam || Nara...
Advaya-tattva-samāhita-cittam
projjvala-bhakti-paṭāvṛtavṛttam |
karma-kalevaram-adbhuta-ceṣṭam
yāmi gurum śaraṇam bhava-vaidyam || Nara...

3. Mātri Vandanā

Om sarvamaṅgalamaṅgalye śive sarvārthasā-dhike |
śaraṇye tryambake gauri nārāyaṇi namo'stute ||
sṛṣṭi-sthiti-vināśānām śakti-bhūte sanā-tani |
guṇāśraye guṇamaye nārāyaṇi namo'stute ||
śaraṇāgata dīnārta pari-trāṇa-parāyaṇe |
sar-vasyār-ti-hare devi nārāyaṇi namo'stute ||
jaya nārāyaṇi namo'stute jaya nārāyaṇi namo'stute |
jaya nārāyaṇi namo'stute jaya nārāyaṇi namo'stute ||

4. Meditation Song

Tumi nirmala kara, mangala kare, malina marma mucchaye,
Taba punnya kiran diye jak mor, moha kalima ghuchaye
“Malina marma mucchaye”

Lakṣya śunya, lakkha bāsanā, echuticche gabhira āndhāre,
Jāninā kakan, dube jabe kon, akūla garala pāthāre.
Prabhu, viśwa bipada hantā, tumi dñārāo rudhiā panthā,
Taba sri charana tale niye esa mor matta bāsanā ghuchaye
“Malina marma mucchaye”

Āccho anala anile chiro nabho nīle bhūdhara salīle gahane,
Āccho bītapee latāi jaladera gāi śaśī tārakāi tapane,
Āmi nayane basana bāñdhiyā, base āndhāre marigo kñādiyā,
Āmi dekhi nāi kicchu, bujhi nāi kicchu, dāo he dekhāye bujhāye.
“Malina marma mucchaye”

10 minutes meditation

5. Concluding Prayer-I

Asat hate moder sat pathe nāo
jñāner ālok jwele āndhār ghuchāo |
mara-ner bhoy hare amar koro
dhekā diye prabhu moder shānta koro ||
Karunā āshish dārā Rudra-shire
Chiradhin thāke jena jibana ghire |
Shānti-bāri jharuk carācarāmoy
Chira-shānti parimale bharuk hridoy ||

Shānti Mantra

Om Sri Guravyo Namaḥ, Hari Om !

Om Saha Nāv[au]-Avatu | Saha Nau Bhunaktu |
Saha Viiryam Karavāvahai |
Tejasvi Nāv[au]-Adhītam-Astu Mā Vidviṣāvahai

Om Shāntih | Shāntih | Shāntiḥ || Hari Om ||

Om Bhadram Karnnebhih Shrnnyāma Devāḥ |
Bhadram Pashyema-Akshabhir-Yajatrāḥ |
Sthirair-Aṅgaish-Tushtuvānsas-Tanūbhihi |
Vyashema Deva-Hitam Yad-Āyuhu |
Svasti Na Indro Vṛddha-Shravāḥ | Svasti Nah Pūshā
Vishva-Vedāḥ | Svasti Nas-Tākshyor Arishta-
Nemihi | Svasti No Vṛhaspatir-Dadhātu ||

Om Shāntih | Shāntih | Shāntiḥ || Hari Om ||

Om Pūrnamadaḥ Pūrnamidam
Pūrnat Pūrnamudacyate |
Pūrnasya Pūrnamādāya Pūrnamevā-vashiṣyate ||
Om Shāntih Shāntih Shāntiḥ || Hari Om tat sat ||

Simple meaning of Vedic Shānti Mantra

(Students must try to memorize the meaning)

[1. May Lord protect us both (the teacher and the student). May Lord nourish us both. May we both work together with joy and great spirit. May our study be enlightening, purposeful and fruitful. May we never be poisoned with the seeds of hatred for anyone. May we never find fault in others.

2. Oh ! Lord ! May we hear with our ears what is Auspicious. Oh ! Holy Ones ! worthy of Worship! May we see with our eyes what is Auspicious. May we live a life of satisfaction with strong organs and healthy body! May we Praise the Lord during the life span given to us by the Devās and Holy men!

May Indra whose Glory is Great, bestow Well-Being on Us. May Pushan who is All-Knowing (Omniscient), bestow Well-Being on Us! May Tarkshaya who protects us by killing the doubt-demon and hatred, bestow Well-Being on Us. May Brihaspati (preserver of knowledge) bestow Well-Being on Us.

3. THAT is infinite (Complete or perfect), THIS is infinite (Complete or perfect), From THAT comes THIS. If THIS added or removed from THAT, only Infinite (complete or perfect) remains.

Om Peace, Peace, Peace unto all.]

Gītā Pāṭh Bidhi

Om tat sat || Om tat sat || Om tat sat ||

Om akhanda mandalākāraṁ vyāptam yena carācaram |
tadpadaṁ darshitam yena tasmai śri gurabe namo ||

Om namo bhagabate vāsudevāyaḥ || 3

Athaḥ Śrīmad Bhagabat Gītā dhyānam ||

vasudeva-sutam devam kaṁsa-cānūra mardanam |
devakī-paramā-nandanakṛṣṇam vande jagad gurum |
mukam karoti bācālam paṅgum laṅghayate girim |
yad kṛpā tamaham vande paramānanda mādham ||

Recite verses from the Gītā with meaning

Śrīmad Bhagabad Gītā māhatmāyaṁ ||

Śrī viṣṇur- uvāca ||

gītāśraye-aham tiṣṭhāmi gītā me ca-uttamaṁ griham |
gītā- jñānam-upāśṛitā tṛin lokān pālayām-aham ||
gītā me paramā vidyā brahma rupā na saṁśayaḥ
lārdha-mātrā-kṣarā nitā sānirvacāya-padātmikā ||
cidā-nandena kṛṣṇena proktā swamukha-toḥ-Afjunam
veda-trayi parā-nandā tattvārtha- jñāna-saṁyutā ||
Yadā-kṣaram pari-bhraṣṭam ātrā-hinam ca yad bhavet
purnāt bhavatu tat sarvaṁ tat-prasādād sureśwara ||

Om śāntiḥ śāntiḥ śāntiḥ | Hari Om tat sat ||

Concluding Prayer-II

Bhumi maṅgalaṁ | Udaka maṅgalaṁ |

Agni maṅgalaṁ | Bāyu maṅgalaṁ |

Gagana maṅgalaṁ | Surya maṅgalaṁ |

Chandra maṅgalaṁ | Deha maṅgalaṁ |

Mano maṅgalaṁ | Jiba maṅgalaṁ |

Ātma maṅgalaṁ | Sarva maṅgalaṁ -

Bhabatu | Bhabatu | Bhabatu |

Sarva maṅgalaṁ- Bhabatu | Bhabatu | Bhabatu ||

Om śāntiḥ..śāntiḥ..śāntiḥ..Hari Om tat sat ||

Sri Mā-caranā-r-panam-astu!!!