CHINMAYA MISSION PLEDGE

We stand as one family bound to each other with love and respect.

We serve as an army, courageous and disciplined, ever ready to fight against all low tendencies and false values, within and without us.

We live honestly the noble life of sacrifice and service, producing more than what we consume, and giving more than what we take.

We seek the Lord's grace, to keep us on the path of virtue, courage and wisdom.

May Thy grace and blessings flow through us to the world around us.

We believe that the service of our country is the service of the Lord of Lords, and devotion to the people is the devotion to the Supreme Self.

We know our responsibilities; give us the ability and courage to fulfil them.

Om Tat Sat



श्री गणेशः

ŚRĪ GANEŚAH

एकदन्तं महाकायं लम्बोदरगजाननम् । विघनाशकरं देवं हेरम्बं प्रणमाम्यहम् ।।

Ekadantam mahākāyam lambodara-gajānanam , Vighna-nāśa-karam devam herambam praṇamāmy aham.

I Salute Lord *Heramba* (the Self-effulgent *Ganeśa*) who destroys all obstacles, who has a huge body, the face of an elephant and only one tusk.

श्रीकृष्ण:

ŚRĪ KŖṢŅAḤ



मूकं करोति वाचालं पङ्गुं लङ्घयते गिरिम् । यत्कृपा तमहं वन्दे परमानन्दमाधवम् ॥

Mūkam karoti vācālam pangum langhayate girim Yat kṛpā tam-aham vande paramānanda mādhavam

I salute Lord *Kṛṣṇa*, the consort of *Lakṣmī*, the supreme bliss, whose grace makes the mute eloquent, and the lame cross a mountain.

दैनिकप्रार्थनाः Daily Prayers

प्रात:काल:

Prātah-kālah

In The Morning Upon Waking Up:

कराग्रे वसते लक्ष्मीः करमूले सरस्वती । करमध्ये तु गोविन्दः प्रभाते करदर्शनम् ।।

Karāgre vasate lakṣmīḥ karamūle sarasvatī karamadhye tu govindaḥ prabhāte kara-darśanam

On the tip of your fingers is Goddess *Lakṣmī*, on the base of your fingers is Goddess *Sarasvatī*, in the middle of your fingers is Lord *Govinda*—in this manner, in the morning look at your palms.

अध्ययनात् प्राक्

Adhyayanāt prāk

Before Studies:

सरस्वित नमस्तुभ्यं वरदे कामरूपिणि । विद्यारम्भं करिष्यामि सिद्धिर्भवतु मे सदा ।।

Sarasvati namas-tubhyam varade kāma-rūpiņi Vidyārambham kriṣyāmi siddhir-bhavatu me sadā

Oh, Goddess Sarasvatī, I humbly bow to Thee, who is the fulfiller of my wishes. I start my studies with the prayer that I may become successful always.

दीपदर्शने

Dīpa-darśane

On Switching Evening Lights:

शुभं करोति कल्याणमोराग्यं धनसंपदः । शत्रुबुद्धिविनाशाय दीपज्योतिर्नमोऽस्तु ते ।।

Śubhaṁ karoti kalyāṇam-ārogyaṁ dhana-saṁpadaḥ Śatru-bhuddhi-vināśāya dīpa-jyotir-namo'stu te

I bow down to that lamp (light) which brings auspiciousness, prosperity, health, and abundance of wealth, for the destruction of the intellect's enemy.

श्री गुरुदेव

ॐ गुरुर्ब्रह्मा गुरुर्विष्णुर्गुरुर्देवो महेश्वरः । गुरुः साक्षात्परब्रह्म तस्मै श्रीगुरवे नमः ॥

Śrī Gurudeva

Om Gururbrahmā Gururviṣṇur-Gururdevo Maheśvaraḥ l Guruḥ Sākśātparabrahma Tasmai Śrī Gurave Namaḥ ll

Shri Gurudeva

Guru is Brahma, Guru is Vishnu, Guru is Maheshwara; Guru is the personification of Parabrahma (Supreme Consciousness); Therefore, I bow down to Shri Guru.

ब्रह्मार्पणम् - Brahmārpaṇam

अँ ब्रह्मार्पणं ब्रह्म हविब्रह्माग्नी ब्रह्मणा हुतम् । ब्रह्मीव तेन गन्तव्यं ब्रह्मकर्मसमाधिना ।।

Brahmarpanam Brahma Havir Brahmagnau Brahmana Hutam Brahmaiva Tena Gantavyam Brahmakarma Samadhina

Meaning

ब्रह्म – Brahman; अर्पणम् – the oblation-offering; हवि: – the clarified; ब्रह्माग्रौ – the fire of Brahman; ब्रह्मणा – by Brahman; हुतम् – is offered; एव – only; तेन – by him; गन्तव्यम् – shall be reached; ब्रह्म – by the man who is absorbed; कर्म – in action which is; समाधिना – Brahman

Brahman, Himself is the oblation (offering, pious donation); Brahman, Himself is the clarified butter etc. constituting the offerings; by Brahman Himself is the oblation poured into the fire of Brahman; Brahman verily (in truth) shall be reached by him who always sees Brahman in all actions.

Good is the offering Good is the Ghee, Good is the fire sacrifice Good is also the sacrifice Those who live by Good, Shall reach him. 6

शान्तिपाठः

ŚĀNTIPĀŢĦAĦ

PEACE INVOCATION

ओं सह नाववतु । सह नौ भुनक्तु । सह वीर्यं करवावहै । तेजस्विनावधीतमस्तु मा विद्विषावहै । ओं शान्तिः शान्तिः शान्तिः

Om Saha nāvatu. Saha nau bhunaktu. Saha vīryam karvāvahai. Tejasvinā vadhītam astu mā vidviṣāvahai. Om Śāntiḥ Śāntiḥ

Meaning

🕉 - Om. Symbol of the Para Brahman; सह - together; नौ - us both; अवतु - may He protect; सह - together; नौ - us both; भुनक्तु - may He look after (the fruits of scriptural study); सह - together; वीर्यम् - put in effort with enthusiasm; करवावहै - exert together (to find the true meaning of sacred texts); तेजस्व - lustrous; नौ - of both of us; अधीतम् - study; अस्तु - may be; माविद्विषावहै - (may we two) never quarrel

Om, may He protect us both (teacher and the taught). May He look after us both to enjoy (the fruits of scriptural study). May we both exert together (to find the true meaning of the sacred text). May our studies be fruitful so that we acquire lustre. May we never quarrel with each other.

Om Peace be ! Peace be !! Peace be !!!

ॐ पूर्णमदः पूर्णमिदं पूर्णात् पूर्णमुदच्यते। पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते॥ ॐ शान्तिः! शान्तिः! शान्तिः!!

Om Poornamadah poornamidam poornaat poornamudachyate Poomasya poornamaadaaya poornamevaavasishyate

Om Saanti! Saanti! Saanti!

Meaning

🕉 - Om. Symbol of the Para Brahman; पूर्णम् - infinite (whole); अद: - that; इदम् - this; पूर्णात् - from the infinite (whole); उदच्यते - becomes manifest; पूर्णस्य - from the infinite (whole); आदाय - is negated; एव - alone; अवशिष्यते - remains

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! Peace be!! Peace be!!!

त्वमेव माता...

त्वमेव माता च पिता त्वमेव त्वमेव बन्धुश्च सखा त्वमेव । त्वमेव विद्या द्रविणं त्वमेव त्वमेव सर्वं मम देवदेव ।।

Tvameva Mātā...

Tvameva Mātā Ca Pitā Tvameva

Tvameva Bandhuśca Sakhā Tvameva I Tvameva Vidyā Draviņam Tvameva

Tvameva Sarvam Mama Devadeva 11

A Prayer

Thou alone art my Mother, Thou alone my Father,
Thou alone my Brother, Thou alone my Friend;
Thou alone my Knowledge, Thou alone my Prosperity,
Thou alone art my everything, O God of gods!

श्री विष्णु

ॐ शान्ताकारं भुजगशयनं पद्मनाभं सुरेशम् विश्वाधारं गगनसदृशं मेघवर्णं शुभांगम् । लक्ष्मीकान्तं कमलनयनं योगिभिध्यानगम्यम् वन्दे विष्णु भवभयहरं सर्वलोकैकनाथम् ॥

Śri Viṣṇu
Om Śāntākāram Bhujagaśayanam
Padmanābham Sureśam
Viśvadhāram Gaganasadṛśam
Meghavarṇam Śubhangam I
Lakśmikāntam Kamalanayanam
Yogibhirdhyānagamyam
Vande Viṣṇu Bhavabhayaharam
Sarvalokaikanātham

Shri Vishnu

He who is the embodiment of tranquility;
Resting on the serpent (Sheshanaga, a symbol of time);
From whose navel sprung the lotus (on which Brahma, The Creator of the Universe is seated); Who is the God of gods;
Who is the support of the Universe, and is as infinite as the sky;
Who is the complexion of dark clouds, and is auspicious;
Who is the consort of Lakshmi (goddess of Prosperity);
Whose eyes are like a lotus;
Who is attainable by yogis through meditationI bow down to that Vishnu, the destroyer of all fears of the world,
The Sole Lord of the Universe.

Śrī Gaņeśah



शुक्लाम्बरधरं विष्णुं शशिवर्णं चतुर्भुजम् । प्रसन्नवदनं ध्यायेत् सर्वविद्योपशान्तये ।।

śuklāmbaradharam viṣṇum śaśivarṇam caturbhujam prasannavadanam dhyāyet sarvavighnopaśāntaye

Sanskrit to English Word Meaning

śuklāmbaradharam - one who wears the white garment; viṣṇum - who is all-pervading; śaśi-varṇam - who has a bright complexion; caturbhujam - who has four hands; prasanna-vadanam - who has an ever-smiling face (or an elephant face); dhyāyet - may one meditate upon; sarva-vighna-upaśāntaye - for the removal of all obstacles

Translation

May one meditate upon Lord Vighneśvara, who wears the white garment, who is all pervasive, who has a bright complexion (like the full moon), who has four hands (representing all power), who has an ever-smiling face (or an elephant face), for the removal of all obstacles.

Brief Explanation

Lord Ganeśa is the older son of Lord Śiva and his consort, Pārvatī. The younger son is Lord Kārtikeya. Lord Ganeśa is invoked before any undertaking for the removal of obstacles. He is also worshipped for knowledge and wisdom he bestows upon devotees.

Śrī Kṛṣṇaḥ



वसुदेवसुतं देवं कंसचाणूरमर्दनम्। देवकीपरमानन्दं कृष्णं वन्दे जगद्गुरुम् ।।

vasudevasutam devam kamsacāņūramardanam devakīparamānandam kṛṣṇam vande jagadgurum

Sanskrit to English Word Meaning

vasudevasutam - son of Vasudeva; devam - the Lord; kaṃsa-cāṇūra-mardanam - destroyer of Kaṃsa and Cāṇūra (demonic kings); devakī-parama-ānandam - the greatest joy of Devakī (Kṛṣṇa's mother); kṛṣṇam - Lord Kṛṣṇa; vande - I salute; jagadgurum - the teacher of the world

Translation

I salute Krsna, the Lord, the teacher of the world, son of Vasudeva, destroyer of Kamsa and $C\bar{a}n\bar{u}ra$, and the greatest joy of $Devak\bar{i}$.

Brief Explanation

In this prayer one salutes Lord Krsna in the form of jagadguru, universal teacher. The Lord is looked upon as a jagadguru, since the Lord's message in the Bhagavad $G\bar{t}t\bar{a}$ is meant for humanity. Even though the Lord's essential nature is one of formlessness, Lord is described as above, for the purpose of visualisation and worship.



Saraswati Vandana

Yā kundendu tushārahāra dhavalā yā shubhra vastrāvrutā Yā veenā vara danda manditakarā yā shweta padmāsanā

Yā Brahmāchyuta Shankara prabhrutibhih Devaih sadā vanditā Sā Mā pātu Saraswati Bhagawati nihshesha jādyāpahā

या कुन्देन्दु तुषारहार धवला या शुभ्र वस्त्रावृता। या वीणा वर दण्ड मण्डितकरा या श्वेत पद्मासना॥ या ब्रह्माच्युत शङ्कर प्रभृतिभिः देवैः सदा वन्दिता। सा मां पातु सरस्वती भगवती निःशेष जाङ्यापहा॥

Meaning

या - who; कुन्द - white Jasmine flower; इन्दु - moon; तुषार - frost, dew; हार - garland; धवला - white and pure; शुप्र - white and radiant; वस्त्रा - clothes; आवृता - adorned with; वीणा - Veena; वर - beautiful; दण्ड - arm; मण्डित - adorned; करा - palm; श्वेत - white; पद्मासना - lotus throne; ब्रह्मा - Brahma; अच्युत - Lord Vishnu; शंकर - Lord Sankara; प्रभृतिभि: - beginning from; देवै: - by the Lords; सदा - always; वन्दिता - respected; सा - she (That); मां - me; पातु - protect; सरस्वती - Saraswati; भगवती - Goddess; नि:शेष - without any remnant; जाड्य - lazy; आपहा - remove;

May Goddess Saraswati, who is fair like the Jasmine coloured moon and whose pure white garland is like frosty dew drops, who is adorned with radiant white clothes and on whose beautiful palm and arm rests the Veena, whose throne is a white lotus, and who is surrounded and respected by Gods beginning with Lord Brahma, Lord Vishnu and Lord Mahesh, protect me. I beseech Her to totally remove my laziness and sluggishness.



Prayer to Lakshmi, Goddess of Wealth



namastestu mahamaye sripithe surapujite sankha cakra gada haste mahalakshmi nama O Mahaamaaya, abode of fortune, worshipped by the Gods, I sa O Mahaalakshmi, one who has conch, disc and mace in Her han obeisance to Thee.	lute Thee.
namaste garudarudhe kolasura bhayankar sarvapapa hare devi mahalakshmi namostu My salutations to Thee, who rides Garuda and are a terror to der O Devi Mahaalakshmi, remover of all miseries, my obeisance to T	non Kola;
sarvajne sarvavarade sarvadusta bhayankar sarvadukha hare devi mahalakshmi namostu O Devi Mahaalaksmi, who is the embodiment of knowledge, give boons, a terror to all the wicked, remover of all sorrows, obeisand Thee.	सर्वदुष्ट भयकार सर्वदुःख हरे देवि
siddi buddi prade devi bhukti mukti pradayi mantra murte sada devi mahalakshmi namos O Devi, You give success and intelligence and worldly enjoyment liberation (as well). Thou hast always the mystic symbols (Mantre form, O Mahaalakshmi, obeisance to Thee.	stu te भाकि मुक्ति प्रदायिनि मन्त्रमूर्ते सदा देवि
aadyantarahite devi adyasakte mahesvari yogajne yogasambhute mahalakshmi namost O Devi, Maheshwari, You are without a beginning or an end , You Primeval energy, You are the greatest ruler, You are born of Yoga Mahaalakshmi, obeisance to Thee.	महालक्ष्मि नमोस्तु ते
sthula suksma maharudre mahasakte mahod mahapapahare devi mahalakshmi namostu s O Mahaalakshmi, You are both gross and subtle, most terrible (fo wicked), You are the embodiment of great power and prosperity of are remover of all sins, obeisance to Thee.	महाशक्ते महदिये महापाप हरे देवि महालक्ष्मि नमोस्त ते

Prayer to Lakshmi, Goddess of Wealth



padmasanasthite devi parabrahma svarupini	
paramesi jagnamatah ma	halakshmi namostu ste

O Devi, You are seated on the lotus, You are the Supreme Brahman, You are the great Lord and Mother of the universe, O Mahaalakshmi, obeisance to Thee.

svetambaradhare devi nanalankarabhusite jagatsthite jaganmatah mahalakshmi namostu te

O Devi, You are dressed in white garments and decked with various kinds of ornaments, Thou art the mother of the universe and its support, O Mahaalakshmi, obeisance to Thee.

mahalakshmyastaka stotram yah pathed bhaktiman narah sarva siddimavapnoti mahalakshmi prasadatah

Benefits of chanting this shloka: Whoever reads this mantra(composed in eight stanzas) with devotion, attains all success through the grace of Mahalakshmi.

पद्मासनस्थिते देवि परब्रह्म स्वरूपिणि परमेशि जगन्मात महालक्ष्मि नमोस्तु ते

श्वेताम्बरधरे देवि नानालन्कार भुषिते जगत्स्थिते जगन्मातः महालक्ष्मि नमोस्तु ते

महालक्ष्म्यष्टक स्तोत्त्रं यः पठेद् भक्तिमान् नरः सर्व सिद्धिमवाप्नोति महालक्ष्मि प्रसादतः

Prayers to Maa Durga



aum jayanti mangalaa kaalee bhadrakaalee kapaalini durgaa kshamaa shivaa dhaatri swaahaa swadhaa namostu te

O Divine Mother whose names are Jayanti (giver of victories); Mangalaa (embodiment of auspiciousness); Kaalee (the dark one); Bhadra Kaalee (the excellent dark one); Kapaalini (wearer of skulls); Durga (cosmic energy) Kshamaa (repository of forgiveness); Shivaa (auspicious one); Dhaatri (supporter); Swaahaa (divine fire); Swadhaa (fulfillment). O Goddess, I prostrate before Thee.

30 जयंति मङ्घल काली भद्रकाली कपालिनी दुर्गा क्षमा शिवा धात्री स्वाहा स्वधा नमोस्तु ते

Prayer to Sri Ram



Sri Rama Rama Rameti Rame Raame Manorame Sahasra Nama Tat Tulyam Rama Nama Varanane

Lord Shiva told this shloka to Parvati I meditate upon Sri Ram as Sri Rama Rama Rama, the thrice recital of Rama's name is equal to Recitation of the thousand names of Lord Vishnu (Vishnu Sahasranama)

Ramaya Rama Bhadraya Ramachandraya Vedhase Raghu Nathaya Nathaya Sitayah Pataye Namaha

To Rama, Ramabhadra, Raghunatha (These are different names of Lord Rama), the Lord, the Consort of Seetha, our salutations to him.

Rama Shlokam

Neelambuja shyamala komalaangam Sita-samaaropita vamabhagam Paanau-mahaa-saayaka charu-chaapam Namami Raamam Raghu-vamsha naatham

I do namaskarams to Lord Rama, who was the best amongst the great kings of Raghu-kula, who wields his great bow and arrows, who has a complexion and softness like that of a blue-lotus, and on whose left sits Goddess Sitaji, his dear consort.

Eka Shlokam Ramayanam

Poorvam Rama-tapo-vanaadi-gamanam Hatva Mrugam Kaanchanam Vaidehee-haranam Jatayu-maranam Sugreeva-sambhashanam Balee-nigrahanam Samudra-taranam Lankapuri-daahanam Paschaat Raavana-kumbhakarna-hananam Etatdhi Ramayanam.

Lord Rama went to the forest in order to fulfill the promise his father had given to one of his wives (Kaikeyi). In the forest, Seeta was attracted by the golden deer and Rama went after it. At that time, the wicked Ravana kidnapped Seeta. Jatayu tried to defend Seeta and save her, but was killed by Ravana. Lord Rama then befriended Sugriva and killed Vali, the unrighteous. He crossed the ocean and entered the city of Lanka. He then destroyed the city of Lanka, killed the wicked demons Ravana and Kumbhakarna and set Seeta free. This is the story contained in the Ramayana.

Prayers to Say in the Temple for each God



Ganesha:

Ekdantam Mahakayam Lambodara Gajananam Vignanash Karam Devam Herambam Pranamamyaham

I salute the Lord Hermba whose body radiates light, who destroys all obstacles. To the God having the face of an elephant, a huge body, and only one tusk I offer my prayers.



Lakshmi:

Namastesthu Mahaamaaye Sreepeethe Surapujithe Shankha Chakra Gadhaa HastheMahaalakshmi Namosthuthe

Salutations to you, O Goddess Lakshmi.

You are the divine Mother, worshipped by Gods and people alike. You are the giver prosperity and wealth. In your hands you hold the conch, the chakra and the mace.



Saraswati

Saraswati Namastubhyam Varade Kama Rupini, Vidhya Rambham Karishyami Siddhir Bhavatu Me Sadha

Oh Goddess Saraswati, I humbly bow to Thee, who is the fulfiller of my wishes. I begin my studies (work) with the prayer that you will always grant me success.



Durga:

Aum Jayanti Mangalaa Kaali Bhadrakaali Kapaalini, Durgaa Kshamaa Shivaa Dhaatri Swaha Swadha Namostute

O Divine Mother whose names are: Jayanti-giver of victories; Mangalaa -embodiment of auspiciousness; Kaali- the dark one; Kapaalini-wearer of skulls; Durga-cosmic energy; Kshamaa-grants Forgiveness; Shivaa-auspicious one; Dhaatri-supporter; Swaahaa-divine fire; Swadhaa-fulfillment. O Goddess, I





Krishna:

Vasudev Vasutam Devam Kamsa Chanur Mardanam Devaki Paramandandam Krishnam Vande Jagat Gurum

I pray to the son of Vasudev, the destroyer of demons Kamsa and Chanura, who is Devaki's greatest joy. I bow down to Krishna the supreme teacher of the world.



Dama

Sri Rama Rama Rameti Rame Raame Manorame Sahasra Nama Tat Tulyam

Rama Nama Varanan

Saying this Shloka three times is equivalent to saying the name of the Lord 1,008 times.



Venkateshwara:

Vinaa Venkatesam Nanaadho Nanatha Sadhaa Venkatesam Smaraami Smaraami Hare Venkatesa Praseedha Praseedha Priyam Venkatesa Prayaccha Prayaccha

Without you, Venkatesa, there is no other Lord. I remember and worship you always. Show mercy to me, Oh Vishnu. Bless me with all that is good and pleasant.



Hanuman:

Manojavam Maarutha Thulya Vegam Jithendhrhiyam Budhdhimathaam Varishtam Vaathaa-thmajam Vaanara Yoodha Mukhyam Sree Raama-dhootham Sirasaa Namaami

I salute, the messenger of Sri Rama, Hanuman, who travels as fast as the mind and the wind, who has conquered his senses, who is the most intelligent, the son of the wind god and the commander in chief of the monkey army.



Shiva:

Shivam Shivakaram Shantham, Shivatmanam Shivottamam Shiva Marga Pranetharam, Pranathosmi Sathashivam Namaha Shivaya Shivaya Namaha

I offer prays to the eternally auspicious embodiment of peace. He who is sacred, purifying and the leader of all auspious ways.

Salutations to Sadashiva!

Parvati:

Sarva Mangala Maangalye Shive Sarvaartha Saadike Sharanye Tryambake Gauri Naaraayani Namostute

She is the most auspicious One who fulfills all prayers and all seek refuge in Her. To Thee, O Parvati, also known as Triambika and Gauri O Devi, our salutations!



Murugan:

Mayuradhirudham Mahavaakyagudham Manoharideham Mahachitagheha Mahidevadevam Mahavedabhaavam Mahadevabaalam Bhajelokapaalam

You, son of Shiva (Mahadeva), are the teacher who rides on the peacock, the essence of mahavakiya. You are the one with the beautiful body who dwells in the mind of sages. You are the quintessence of the four Vedas and the Supreme Lord of the

Universe.