



Chinmaya Mission®

Washington Regional Center

2021 Online Summer Camp



ramayana



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My Responsibilities at Home

1. I will be alert and vigilant and sit in one of the seven postures.
I will not sit as I like during class time.
2. I will offer my Gratitude to God and My Parents for my meals and snacks.
I will not be disrespectful and waste my meals and snacks.
3. I will consciously put my trash in the trashcan.
I will not throw trash anywhere.
4. I will consciously check for a liner in the trashcan before putting trash in.
I will not put trash in a trashcan which does not have a plastic liner.
5. I will use the restroom neatly.
I will not dirty the restroom.
6. I will treat my devices with respect.
I will not abuse my devices and unnecessarily damage them.
7. I will keep my area clean and spacious to move around in.
I will not dirty my area and make it unusable.
8. I will ask permission to talk when it is necessary.
I will not talk during the Ārati or when Swamiji or My Teachers are teaching.
9. I will remember that Prasad is Divine and I will take Prasad with Devotion.
I will not drop Prasad on the ground.
10. I will write once, every day, the responsibility that I failed to follow.
I will not forget my responsibilities.

O Lord! I know my responsibilities.
Give me the ability and courage to fulfill them.
Om Tat Sat Hari Om!

My Values



*I invoke the Lord's Grace and Blessings
to Kindle the Light of Knowledge and Compassion in My Heart!*



1. I will smile.
2. I will be silent! Then, I get to listen!
3. I will listen! Then, I am silent!
4. I will greet Swamiji with "Hari Om!"
5. I will greet everyone in the Chinmaya family with "Hari Om!"
6. I will say "Thank You!"
7. I will say "Please!"
8. I will say something nice to someone every day.
9. I will follow instructions given by Parents and Teachers.
10. I will consciously seek ways to help others and help someone each day.
11. I will help Mom and Dad clean our home.
12. I will let someone waiting in line behind me to go ahead of me.
13. I will appreciate someone's service and say, "Great Job!"
14. I will encourage a sad person and spread a little joy.
15. I will fulfill my responsibilities cheerfully.
16. I will be a friend.
17. I will be trustworthy.
18. I will share what I like the most.
19. I will look for something good in everyone.
20. I will consciously think of what I am thankful for each day.
21. I will express my Gratitude!



I Value My Values!



I Can! I Must! I Will!

विवेक	Viveka	Insight	<i>I will do what is right.</i>
वैराग्य	Vairāgya	Dispassion	<i>I will conquer my likes and dislikes.</i>
शम	Śama	Peaceful Mind	<i>I will keep my mind peaceful.</i>
दम	Dama	Sense Control	<i>I will perceive good and do good.</i>
उपरम	Uparama	Silence	<i>I will fulfill my duties.</i>
तितिक्षा	Titikṣā	Endurance	<i>I will endure pain and sorrow.</i>
श्रद्धा	Śraddhā	Faith	<i>I will develop Faith.</i>
समाधानम्	Samādhānam	Concentration	<i>I will be quiet, alert and vigilant.</i>
मुमुक्षुत्वम्	Mumukṣutvam	Freedom	<i>O Lord! May I be FREE from sorrow!</i>

I will try to do what is right and reject what is wrong.

I will try to be aware of and unaffected by likes and dislikes.

I will try to keep my mind calm.

I will try to see, hear, and speak good. And I will try to perceive and do good.

I will try to withdraw from useless activities and do my duties.

I will try to forbear heat and cold, sorrow and insult.

I will try to develop Faith in the Scriptures and Teachers.

I will try to maintain my focus on my Goal.

O Lord! Please help me to discover Freedom from sorrow.

Sanskrit Alphabet

अ	आ	ब	भ	च	छ	द
a	ā	ba	bha	ca	cha	da
ध	ढ	ढ	ए	ऐ	ग	घ
dha	ḍa	ḍha	e	ai	ga	gha
ह	इ	ई	ज	झ	क	ख
ha	i	ī	ja	jha	ka	kha
ल	म	न	ण	ओ	औ	प
la	ma	na	ṇa	o	au	pa
फ	र	ऋ	स	श	ष	त
pha	ra	ṛa	sa	śa	ṣa	ta
थ	ट	ठ	उ	ऊ	व	क्ष
tha	ṭa	ṭha	u	ū	va	kṣa
य	ज्ञ					
ya	jña					

श्रीमद्-भगवद्-गीता Śrīmad-Bha-ga-vad-Gīta

Chapter 2 Verses 19 - 36

ॐ हरिः ॐ	om hariḥ om
श्री गुरुभ्यो नमः	śrī gu-ru-bhyo na-maḥ
हरिः ॐ	hariḥ om
ॐ श्री कृष्णपरमात्मने नमः	om śrī kṛṣṇa-pa-ra-māt-ma-ne na-maḥ
श्रीमद्-भगवद्-गीता	śrīmad-bha-ga-vad-gī-tā
अथ द्वितीयोऽध्यायः ।	a-tha dvi-tī-yo-'dhyā-yaḥ ।
साङ्ख्ययोगः ।	sāṅ-khya-yo-gaḥ ।

य एनं वेत्ति हन्तारं	ya enaṁ vet-ti han-tā-raṁ
यश्चैनं मन्यते हतम् ।	yaś-cai-naṁ manya-te ha-tam ।
उभौ तौ न विजानीतः	u-bhau tau na vi-jā-nī-taḥ
नायं हन्ति न हन्यते ॥ १९ ॥	nā-yaṁ han-ti na han-ya-te ॥ 19 ॥

Meaning:

They who take the Self to be the slayer and they who think It is slain; neither of them knows. It slays not, nor is It slain.

न जायते म्रियते वा कदाचित् na jā-ya-te mri-ya-te vā ka-dā-cit
नायं भूत्वा भविता वा न भूयः । nā-yam bhūt-vā bha-vi-tā vā na bhū-yaḥ ।
अजो नित्यः शाश्वतोऽयं पुराणः ajo nit-yaḥ śāś-va-to'-yam pu-rā-ṇaḥ
न हन्यते हन्यमाने शरीरे ॥ २० ॥ na han-ya-te han-ya-mā-ne śa-rī-re ॥ 20 ॥

Meaning:

It is not born, nor does It ever die; after having been, It again ceases not to be;
Unborn, Eternal, Changeless and Ancient, It is not killed when the body is killed.

वेदाविनाशिनं नित्यं ve-dā-vi-nā-śi-nam nit-yam
य एनमजमव्ययम् । ya enam-ajam-av-ya-yam ।
कथं स पुरुषः पार्थ ka-tham sa pu-ru-ṣaḥ pār-tha
कं घातयति हन्ति कम् ॥ २१ ॥ kam ghā-ta-ya-ti han-ti kam ॥ 21 ॥

Meaning:

Whosoever knows It to be Indestructible, Eternal, Unborn, and Inexhaustible, how can
that person slay, O Partha, or cause others to be slain?

वासांसि जीर्णानि यथा विहाय vā-sām-si jīr-ṇā-ni ya-thā vi-hā-ya
 नवानि गृह्णाति नरोऽपराणि । na-vā-ni gṛh-ṇā-ti na-ro'-pa-rā-ṇi ।
 तथा शरीराणि विहाय जीर्णानि ta-thā śa-rī-rā-ṇi vi-hā-ya jīr-ṇā-ni
 अन्यानि संयाति नवानि देही ॥२२॥ an-yā-ni saṁ-yā-ti na-vā-ni de-hī ॥ 22 ॥

Meaning:

Just as a person casts off worn-out clothes and puts on new ones, so too the embodied-Self casts off Its worn-out bodies and enters other new bodies.

नैनं छिन्दन्ति शस्त्राणि nai-naṁ chin-dan-ti śas-trā-ṇi
 नैनं दहति पावकः । nai-naṁ da-ha-ti pā-va-kaḥ ।
 न चैनं क्लेदयन्त्यापः na cai-naṁ kle-da-yant-yā-paḥ
 न शोषयति मारुतः ॥ २३ ॥ na śo-ṣa-ya-ti mā-ru-taḥ ॥ 23 ॥

Meaning:

Weapons cleave It not, fire burns It not, water wets It not, wind dries It not.

अच्छेद्योऽयमदाह्योऽयम्	ac-ched-yo'-ya-ma-dāh-yo'-yam
अक्लेद्योऽशोष्य एव च ।	akled-yo'-śoṣ-ya eva ca ।
नित्यः सर्वगतः स्थाणुः	nit-yaḥ sar-va-ga-taḥ sthā-ṇuḥ
अचलोऽयं सनातनः ॥ २४ ॥	aca-lo'-yam sa-nā-ta-naḥ ॥ 24 ॥

Meaning:

This Self cannot be cut, nor burnt, nor wet, nor dried up. It is Eternal, All-Pervading, Stable, Immovable and Ancient.

अव्यक्तोऽयमचिन्त्योऽयम्	av-yak-to'-yam-acint-yo'-yam
अविकार्योऽयमुच्यते ।	avi-kār-yo'-yam-uc-ya-te ।
तस्मादेवं विदित्वैनं	tasmād-evam vi-dit-vai-nam
नानुशोचितुमर्हसि ॥ २५ ॥	nā-nu-śo-ci-tum-ar-ha-si ॥ 25 ॥

Meaning:

This (Self) is said to be Unmanifest, Unthinkable and Unchangeable. Therefore, knowing This to be such, you should not grieve.

अथ चैनं नित्यजातं	a-tha cai-naṃ nit-ya-jā-taṃ
नित्यं वा मन्यसे मृतम् ।	nit-yaṃ vā manya-se mṛ-tam ।
तथापि त्वं महाबाहो	ta-thā-pi tvaṃ ma-hā-bā-ho
नैवं शोचितुमर्हसि ॥ २६ ॥	nai-vaṃ śo-ci-tum-ar-ha-si ॥ 26 ॥

Meaning:

But even if you think of Him as being constantly born and constantly dying, even then, O mighty-armed, you should not grieve.

जातस्य हि ध्रुवो मृत्युः	jā-tas-ya hi dhru-vo mṛt-yuḥ
ध्रुवं जन्म मृतस्य च ।	dhru-vaṃ jan-ma mṛt-asya ca ।
तस्मादपरिहार्येऽर्थे	tas-mā-da-pa-ri-hār-ye'r-the
न त्वं शोचितुमर्हसि ॥ २७ ॥	na tvaṃ śo-ci-tum-ar-ha-si ॥ 27 ॥

Meaning:

Indeed, certain is death for the born, and certain is birth for the dead; therefore, over the inevitable, you should not grieve.

अव्यक्तादीनि भूतानि	av-yak-tā-dī-ni bhū-tā-ni
व्यक्तमध्यानि भारत ।	vyak-ta-madh-yā-ni bhā-ra-ta ।
अव्यक्तनिधनान्येव	av-yak-ta-ni-dha-nān-ye-va
तत्र का परिदेवना ॥ २८ ॥	tat-ra kā pari-de-va-nā ॥ 28 ॥

Meaning:

Beings are Unmanifest in the beginning, and Unmanifest again in their end, and seem to be manifest in the middle, O Bharata! What then is there to grieve about?

आश्चर्यवत्पश्यति कश्चिदेनम्	āś-carya-vat-paś-ya-ti kaś-ci-de-nam
आश्चर्यवद्ब्रूति तथैव चान्यः ।	āś-carya-vad-va-da-ti ta-thai-va cān-yaḥ ।
आश्चर्यवच्चैनमन्यः शृणोति	āś-carya-vac-cai-nam-an-yaḥ śṛ-ṇo-ti
श्रुत्वाप्येनं वेद न चैव कश्चित् ॥ २९ ॥	śrut-vāp-ye-naṃ veda na ca-iva kaś-cit ॥ 29 ॥

Meaning:

One sees This as a wonder; another speaks of This as a wonder; another hears of This as a wonder; yet, no one understands This at all!

देही नित्यमवध्योऽयं	de-hī nit-yam-avadh-yo'yaṃ
देहे सर्वस्य भारत ।	de-he sar-vas-ya bhā-ra-ta ।
तस्मात्सर्वाणि भूतानि	tas-māt-sar-vā-ṇi bhū-tā-ni
न त्वं शोचितुमर्हसि ॥ ३० ॥	na tvaṃ śo-ci-tum-ar-ha-si ॥ 30 ॥

Meaning:

This, the Indweller, in the body of everyone is ever Indestructible, O Bharata! Therefore, you should not grieve for any beings.

स्वधर्ममपि चावेक्ष्य	sva-dhar-ma-ma-pi cā-vekṣ-ya
न विकम्पितुमर्हसि ।	na vi-kam-pi-tum-ar-ha-si ।
धर्म्याद्धि युद्धाच्छ्रेयोऽन्यत्	dharm-yād-dhi yud-dhāc-chre-yo'n-yat
क्षत्रियस्य न विद्यते ॥ ३१ ॥	kṣat-ri-yas-ya na vid-ya-te ॥ 31 ॥

Meaning:

Further, looking at your own duty you ought not to waver, for there is nothing higher for a Kshatriya (warrior) than a righteous war.

यदृच्छया चोपपन्नं	ya-dṛc-cha-yā co-pa-pan-naṃ
स्वर्गद्वारमपावृतम् ।	svaṛ-ga-dvā-ram-apā-vṛ-tam ।
सुखिनः क्षत्रियाः पार्थ	su-khi-naḥ kṣat-ri-yāḥ pār-tha
लभन्ते युद्धमीदृशम् ॥ ३२ ॥	la-bhan-te yud-dham-ī-dṛ-śam ॥ 32 ॥

Meaning:

Happy indeed are the Kshatriyas (warriors), O Partha, who are called to fight in such a battle, that comes of itself as an open door to heaven.

अथ चेत्त्वमिमं धर्म्यं	a-tha cet-tvam-imam dharm-yaṃ
सङ्ग्रामं न करिष्यसि ।	saṅ-grā-maṃ na ka-riṣ-ya-si ।
ततः स्वधर्म कीर्तिं च	ta-taḥ sva-dhar-maṃ kīr-tiṃ ca
हित्वा पापमवाप्स्यसि ॥ ३३ ॥	hit-vā pā-pam-avāps-ya-si ॥ 33 ॥

Meaning:

But if you will not fight this righteous war, then having abandoned your own duty and fame, you shall incur sin.

अकीर्तिं चापि भूतानि	a-kīr-tiṃ cā-pi bhū-tāni
कथयिष्यन्ति तेऽव्ययाम् ।	ka-tha-yiṣ-yan-ti te'v-ya-yām ।
सम्भावितस्य चाकीर्तिः	sam-bhā-vi-tas-ya cā-kīr-tiḥ
मरणादतिरिच्यते ॥ ३४ ॥	ma-ra-ṇād-ati-ric-ya-te ॥ 34 ॥

Meaning:

People will also recount your everlasting dishonor; and to the one who has been honored, dishonor is worse than death.

भयाद्रणादुपरतं	bha-yād-ra-ṇād-upa-ra-taṃ
मंस्यन्ते त्वां महारथाः ।	maṃs-yante tvāṃ ma-hā-ra-thāḥ ।
येषां च त्वं बहुमतः	ye-ṣāṃ ca tvāṃ ba-hu-ma-taḥ
भूत्वा यास्यसि लाघवम् ॥ ३५ ॥	bhūt-vā yās-ya-si lā-gha-vam ॥ 35 ॥

Meaning:

The great battalion commanders will think that you have withdrawn from the battle out of fear; and you will be looked down upon by those who thought highly of you and your heroism in the past.

अवाच्यवादांश्च बहून्	avāc-ya-vā-dāṃś-ca ba-hūn
वदिष्यन्ति तवाहिताः ।	va-diṣ-yan-ti ta-vā-hi-tāḥ ।
निन्दन्तस्तव सामर्थ्यं	nin-dan-tas-ta-va sā-marṭh-yaṃ
ततो दुःखतरं नु किम् ॥ ३६ ॥	ta-to duḥ-kha-ta-raṃ nu kim ॥ 36 ॥

Meaning:

And your enemies will speak many unspeakable words disparaging your powers. What can be more painful than this?

ॐ तत्सत्	om tat-sat
इति श्रीमद्भगवद्गीतासु	iti śrīmad-bhaga-vad-gī-tā-su
उपनिषत्सु	upa-ni-ṣat-su
ब्रह्मविद्यायाम्	brahma-vid-yā-yām
योगशास्त्रे	yoga-śās-tre
श्रीकृष्णार्जुनसंवादे	śrī-kṛṣṇa-ṇār-juna-saṃ-vā-de
साङ्ख्ययोगो नाम	sāṅ-khya yo-go nā-ma
द्वितीयोऽध्यायः ।	dvi-tī-yo-'dhyā-yaḥ ।
ॐ हरिः ॐ ।	om hariḥ om
श्री गुरुभ्यो नमः	śrī guru-bhyo namaḥ
हरिः ॐ ।	hariḥ om ।

सर्वधर्मान्परित्यज्य

sar-va-dhar-mān-pari-tyaj-ya

मामेकं शरणं व्रज ।

mām-ekaṁ śara-ṇaṁ vra-ja ।

अहं त्वा सर्वपापेभ्यः

ahaṁ tvā sar-va-pā-pebh-yaḥ

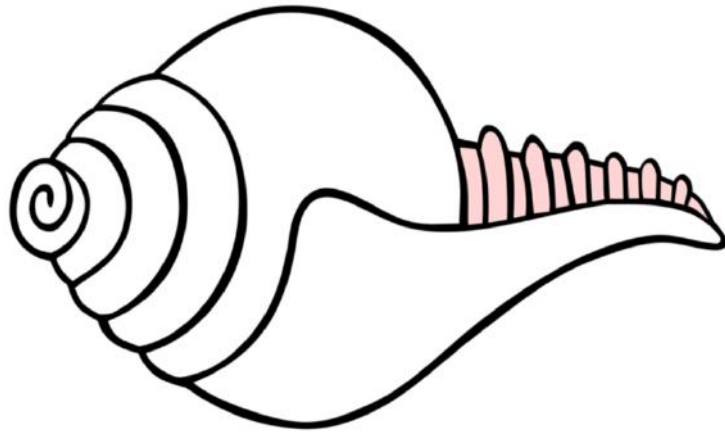
मोक्षयिष्यामि मा शुचः ॥ १८-६६ ॥ mokṣa-yiṣ-yā-mi mā śu-caḥ ॥18-66 ॥

Meaning:

Having abandoned all duties (of the body, mind, and intellect), take refuge in Me alone;
I will liberate you of all sins; do not grieve.

श्री कृष्णार्पणमस्तु

śrī kṛṣ-ṇār-pa-ṇa-m-astu



A Note on the Transliteration for Śrī Rāma Gīta

To ease the reading while chanting, a conscious choice was made to omit the ṁ and ṃ glyphs, which correspond to the anusvara mark (◌ं) and candrabindu mark (◌ँ) from the transliteration of Śrī Rāma Gītā. This is to avoid confusion as the anusvara and candrabindu imply a nasalization of the corresponding vowel, not a distinct consonant.

Instead, some vowels feature an umlaut above them (e.g. ï or ä). The umlaut implies the vowel is nasalized and should be pronounced as such. There is no loss in transliteration, just a non-standard representation.



श्री राम गीत – Śrī Rāma Gīta

जब ते राम कीन्ह तहँ बासा ।	ja-ba te rā-ma kīn-ha ta-hā-bā-sā ।
सुखी भए मुनि बीती त्रासा ॥	su-khī bhae mu-ni bī-tī trā-sā ॥
गिरि बन नदीं ताल छबि छाए ।	gi-ri ba-na na-dī tā-la cha-bi chāe ।
दिन दिन प्रति अति होहिं सुहाए ॥	di-na di-na pra-ti ati ho-hī su-hāe ॥
खग मृग बृंद अनंदित रहहीं ।	kha-ga mṛ-ga bṛn-da a-nan-di-ta ra-ha-hī ।
मधुप मधुर गुंजत छबि लहहीं ॥	ma-dhu-pa ma-dhu-ra gun-ja-ta chabi la-ha-hī ॥
सो बन बरनि न सक अहिराजा ।	so ba-na ba-ra-ni na sa-ka a-hi-rā-jā ।
जहाँ प्रगट रघुबीर बिराजा ॥	ja-hā-pra-ga-ṭa ra-ghu-bī-ra bi-rā-jā ॥
एक बार प्रभु सुख आसीना ।	e-ka bā-ra pra-bhu su-kha ā-sī-nā ।
लछिमन बचन कहे छलहीना ॥	la-chi-ma-na ba-ca-na ka-he cha-la-hī-nā ॥
सुर नर मुनि सचराचर साई ।	su-ra na-ra mu-ni sa-ca-rā-ca-ra sāī ।
मैं पूछउँ निज प्रभु की नाई ॥	mai pū-chaü-ni-ja pra-bhu kī nāī ॥
मोहि समुझाइ कहहु सोइ देवा ।	mo-hi sa-mu-jhā-i ka-ha-hu soi de-vā ।
सब तजि करौं चरन रज सेवा ॥	sa-ba ta-ji ka-ra-ü ca-ra-na ra-ja se-vā ॥

कहहु ग्यान बिराग अरु माया । ka-ha-hu gyā-na bi-rā-ga a-ru mā-yā ।
कहहु सो भगति करहु जेहिं दाया ॥ ka-ha-hu so bha-ga-ti ka-ra-hu je-hi dā-yā ॥

दोह doha ।

ईस्वर जीव भेद प्रभु सकल कहौ समुझाइ ॥

ī-sva-ra jī-va bhe-da pra-bhu sa-ka-la ka-hau sa-mu-jhāi ॥

जातें होइ चरन रति सोक मोह भ्रम जाइ ॥ १४ ॥

jā-tē hoi ca-ra-na ra-ti so-ka mo-ha bhra-ma jāi ॥ 14 ॥

सियावर रामचन्द्र की जै । siyāvara rāma-candra kī jai ।
पवनसुत हनुमान की जै । pavanasuta hanumāna kī jai ।
उमापति महादेव की जै । umāpati mahā-deva kī jai ।
बोलो भाई सब सन्तन की जै । bolo bhāi saba santana kī jai ।

थोरेहि महुँ सब कहउँ बुझाई । tho-rehi ma-hä-sa-ba ka-ha-ü-bu-jhāi ।
सुनहु तात मति मन चित लाई ॥ su-na-hu tā-ta ma-ti ma-na ci-ta lāi ॥

मैं अरु मोर तोर तैं माया । maī aru mo-ra to-ra tai mā-yā ।
जेहिं बस कीन्हे जीव निकाया ॥ je-hi ba-sa kīn-he jī-va ni-kā-yā ॥

गो गोचर जहुँ लगि मन जाई । go go-ca-ra ja-hä la-gi ma-na jāi ।
सो सब माया जानेहु भाई ॥ so saba mā-yā jā-ne-hu bhāi ॥

तेहि कर भेद सुनहु तुम्ह सोऊ । te-hi ka-ra bhe-da su-na-hu tum-ha soū ।
बिद्या अपर अबिद्या दोऊ ॥ bid-yā apara a-bid-yā doū ॥

एक दुष्ट अतिसय दुखरूपा । eka duṣ-ṭa ati-sa-ya du-kha-rū-pā ।
जा बस जीव परा भवकूपा ॥ jā ba-sa jī-va pa-rā bha-va-kū-pā ॥

एक रचइ जग गुन बस जाकें । eka ra-ca-i ja-ga gu-na ba-sa jā-kē ।
प्रभु प्रेरित नहिं निज बल ताकें ॥ pra-bhu pre-ri-ta na-hī ni-ja ba-la tākē ॥

ग्यान मान जहँ एकउ नाहीं । gyā-na mā-na ja-hā ekau nā-hī ।
देख ब्रह्म समान सब माही ॥ de-kha brah-ma sa-mā-na sa-ba mā-hī ॥

कहिअ तात सो परम बिरागी । ka-hi-a tā-ta so pa-ra-ma bi-rā-gī ।
तून सम सिद्धि तीनि गुन त्यागी ॥ ṭṛ-na sa-ma sid-dhi tī-ni gu-na tyā-gī ॥

दोह doha ।

माया ईस न आपु कहँ जान कहिअ सो जीव ।
mā-yā īsa na ā-pu ka-hū jā-na ka-hia so jī-va ।

बंध मोच्छ प्रद सर्बपर माया प्रेरक सीव ॥ १५ ॥

ban-dha moc-cha pra-da sar-ba-para mā-yā pre-raka sīva ॥ 15 ॥

सियावर रामचन्द्र की जै ।	siyāvāra rāma-candra kī jai ।
पवनसुत हनुमान की जै ।	pavanasuta hanumāna kī jai ।
उमापति महादेव की जै ।	umāpati mahā-deva kī jai ।
बोलो भाई सब सन्तन की जै ।	bolo bhāī saba san-tana kī jai ।

धर्म तें बिरति जोग तें ग्याना ।	dhar-ma tē bi-ra-ti jo-ga tē gyā-nā ।
ग्यान मोच्छप्रद बेद बखाना ॥	gyā-na moc-cha-pra-da be-da ba-khā-nā ॥

जातें बेगि द्रवउँ मैं भाई ।	jā-tē be-gi dra-vaü-māī bhāī ।
सो मम भगति भगत सुखदाई ॥	so ma-ma bha-ga-ti bha-ga-ta su-kha-dāī ॥

सो सुतंत्र अवलंब न आना ।	so su-tan-tra ava-laṃ-ba na ā-nā ।
तेहि आधीन ग्यान बिग्याना ॥	te-hi ā-dhī-na gyā-na bi-gyā-nā ॥

भगति तात अनुपम सुखमूला ।	bha-ga-ti tā-ta anu-pa-ma su-kha-mū-lā ।
मिलइ जो संत होई अनुकूला ॥	mi-lāī jo san-ta hoī-anu-kū-lā ॥

भगति कि साधन कहउँ बखानी ।	bha-ga-ti ki sā-dha-na ka-ha-ü-ba-khā-nī ।
सुगम पंथ मोहि पावहिं प्रानी ॥	su-ga-ma pan-tha mo-hi pā-va-hī prā-nī ॥

प्रथमहिं बिप्र चरन अति प्रीती ।	pra-tha-ma-hī bi-pra ca-ra-na ati prī-tī ।
निज निज कर्म निरत श्रुति रीती ॥	ni-ja ni-ja kar-ma ni-ra-ta śru-ti rī-tī ॥

एहि कर फल पुनि विषय बिरागा । ehi ka-ra pha-la pu-ni bi-ṣa-ya bi-rā-gā ।
तब मम धर्म उपज अनुरागा ॥ ta-ba ma-ma dhar-ma u-pa-ja anu-rā-gā ॥

श्रवनादिक नव भक्ति दृढाहीं । śra-va-nā-di-ka nava bhak-ti ḍṛ-ḍhā-hī ।
मम लीला रति अति मन माहीं ॥ ma-ma lī-lā ra-ti a-ti ma-na mā-hī ॥

संत चरन पंकज अति प्रेमा । san-ta ca-ra-na pan-ka-ja ati pre-mā ।
मन क्रम बचन भजन दृढ नेमा ॥ mana kra-ma ba-ca-na bha-ja-na ḍṛ-ḍha ne-mā ॥

गुरु पितु मातु बंधु पति देवा । gu-ru pi-tu mā-tu ban-dhu pa-ti de-vā ।
सब मोहि कहँ जाने दृढ सेवा ॥ sa-ba mo-hi ka-hā jā-ne ḍṛ-ḍha se-vā ॥

मम गुन गावत पुलक सरीरा । ma-ma gu-na gā-va-ta pu-la-ka sa-rī-rā ।
गदगद गिरा नयन बह नीरा ॥ ga-da-ga-da gi-rā na-ya-na ba-ha nī-rā ॥

काम आदि मद दंभ न जाकें । kā-ma ā-di ma-da daṃ-bha na jā-kē ।
तात निरंतर बस मैं ताकें ॥ tā-ta ni-ran-ta-ra ba-sa maī tā-kē ॥

दोह doha ।

बचन कर्म मन मोरि गति भजनु करहिं निःकाम ॥

ba-ca-na kar-ma ma-na mo-ri ga-ti bha-ja-nu ka-ra-hi niḥ-kā-ma ॥

तिन्ह के हृदय कमल महुँ करउँ सदा विश्राम ॥ १६ ॥

tin-ha ke hr-da-ya ka-ma-la ma-hü-ka-ra-ü-sa-dā biś-rā-ma ॥

सियावर रामचन्द्र की जै । siyāvara rāma-candra kī jai ।

पवनसुत हनुमान की जै । pavanasuta hanumāna kī jai ।

उमापति महादेव की जै । umāpati mahā-deva kī jai ।

बोलो भाई सब सन्तन की जै । bolo bhāi saba santana kī jai ।

भगति जोग सुनि अति सुख पावा । bha-ga-ti jo-ga su-ni ati su-kha pā-vā ।

लछिमन प्रभु चरनन्हि सिरु नावा ॥ la-chi-ma-na pra-bhu ca-ra-nan-hi si-ru nā-vā ॥

एहि बिधि गए कछुक दिन बीती । ehi bi-dhi ga-e ka-chu-ka di-na bī-tī ।

कहत बिराग ग्यान गुन नीती ॥ ka-ha-ta bi-rā-ga gyā-na gu-na nī-tī ॥

कहत बिराग ग्यान गुन नीती ॥ ka-ha-ta bi-rā-ga gyā-na gu-na nī-tī ॥

मंगल भवन अमंगल हारी

man-ga-la bha-va-na aman-ga-la hā-rī

द्रवहु सो दशरथ अजर बिहारी

dra-va-hu so da-śa-ra-tha a-ja-ra bi-hā-rī

सियावर रामचन्द्र की जै । siyāvara rāma-candra kī jai ।

पवनसुत हनुमान की जै । pavanasuta hanumāna kī jai ।

उमापति महादेव की जै । umāpati mahā-deva kī jai ।

बोलो भाई सब सन्तन की जै । bolo bhāi saba santana kī jai ।

श्री राम स्तुति – Śrī Rāma Stuti

श्री रामचन्द्र कृपालु भजु मन
हरण भवभय दारुणं ।

śrī rā-ma-candra kṛ-pā-lu bha-ju ma-na
ha-ra-ṇa bha-va-bha-ya dā-ru-ṇaṃ ।

हरण भवभय दारुणं ।

ha-ra-ṇa bha-va-bha-ya dā-ru-ṇaṃ ।

श्री राम् ।

śrī rām ।

नवकंज-लोचन कंज-मुख कर
कंजपद कंजारुणं ॥ १ ॥

na-va-kan-ja-lo-ca-na kan-ja-mu-kha ka-ra
kan-ja pa-da kan-jā-ru-ṇaṃ ॥ 1 ॥

हरण भवभय दारुणं ।

ha-ra-ṇa bha-va-bha-ya dā-ru-ṇaṃ ।

श्री राम् ।

śrī rām ।

कंदर्प अगणित अमित छवि नव-
नील नीरद सुन्दरं ।

kan-dar-pa a-ga-ṇi-ta a-mi-ta cha-vi na-va-
nī-la nī-ra-da sun-da-raṃ ।

पट पीत मानहु तडित रुचि शुचि
नौमि जनक सुतावरं ॥ २ ॥

paṭa pīta mā-na-hu ta-ḍi-ta ru-ci śu-ci
nau-mi ja-na-ka su-tā-va-raṃ ॥ 2 ॥

हरण भवभय दारुणं ।

ha-ra-ṇa bha-va-bha-ya dā-ru-ṇaṃ ।

श्री राम् ।

śrī rām ।

भजु दीनबंधु दिनेश दानव-
दैत्य-वंश निकंदनं ।

bha-ju dī-na-ban-dhu di-ne-śa dā-na-va-
dai-tya-vaṃ-śa ni-kan-da-naṃ ।

रघुनंद आनंदकंद कोशल
चंद दशरथ-नंदनं ॥ ३ ॥

ra-ghu-nan-da ā-nan-da-kan-da ko-śa-la
can-da da-śa-ra-tha-nan-da-naṃ ॥ 3 ॥

हरण भवभय दारुणं ।

ha-ra-ṇa bha-va-bha-ya dā-ru-ṇaṃ ।

श्री राम् ।

śrī rām ।

सिर मुकुट कुंडल तिलक चारु

si-ra mu-ku-ṭa kun-ḍa-la ti-la-ka cā-ru

उदारु अंग विभूषणं ।

u-dā-ru an-ga vi-bhū-ṣa-ṇaṃ ।

आजानुभुज शर-चाप-धर

ā-jānu-bhuja śara-cāpa-dhara

संग्राम-जित-खरदूषणं ॥ ४ ॥

saṃ-grā-ma-ji-ta-kha-ra-dū-ṣa-ṇaṃ ॥ 4 ॥

हरण भवभय दारुणं ।

ha-ra-ṇa bha-va-bha-ya dā-ru-ṇaṃ ।

श्री राम् ।

śrī rām ।

इति वदति तुलसीदास शंकर-

iti va-da-ti tu-la-sī-dā-sa śan-kara-

शेष-मुनि-मन-रंजनं ।

śeṣa-muni-mana-ran-ja-naṃ ।

मम हृदय कंज निवास कुरु

ma-ma hṛ-da-ya kan-ja ni-vā-sa kuru

कामादि खल-दल-गंजनं ॥ ५ ॥

kā-mā-di kha-la-da-la-gan-ja-naṃ ॥ 5 ॥

हरण भवभय दारुणं ।

ha-ra-ṇa bha-va-bha-ya dā-ru-ṇaṃ ।

श्री राम् ।

śrī rām ।

श्री रामचन्द्र कृपालु भजु मन

śrī rā-ma-candra kṛ-pā-lu bha-ju ma-na

हरण भवभय दारुणं ।

ha-ra-ṇa bha-va-bha-ya dā-ru-ṇaṃ ।

हरण भवभय दारुणं ।

ha-ra-ṇa bha-va-bha-ya dā-ru-ṇaṃ ।

श्री राम् ।

śrī rām ।

श्री राम् ।

śrī rām ।

श्री राम् ।

śrī rām ।

सुन्दर काण्ड श्लोक – Sundara Kāṇḍa Śloka

शान्तं शाश्वतमप्रमेयमनघं

śān-taṃ śāś-va-tam-a-pra-me-yam-ana-ghaṃ

निर्वाणशान्तिप्रदं

nir-vā-ṇa-śān-ti-pra-daṃ

ब्रह्माशम्भुफणीन्द्रसेव्यमनिशं

brahmā-śam-bhu-pha-ṇīn-dra-sev-yam-a-ni-śaṃ

वेदान्तवेद्यं विभुम् ।

ve-dān-ta-ved-yaṃ vi-bhum ।

रामारव्यं जगदीश्वरं सुरगुरुं

rā-mā-khyaṃ ja-ga-dīś-va-raṃ su-ra-gu-ruṃ

मायामनुष्यं हरिं

mā-yā-ma-nuṣ-yaṃ ha-riṃ

वन्देऽहं करुणाकरं रघुवरं

van-de'-haṃ ka-ru-ṇā-ka-raṃ ra-ghu-va-raṃ

भूपालचूडामणिम् ॥ १ ॥

bhū-pā-la-cū-ḍā-ma-ṇim ॥ 1 ॥

नान्या स्पृहा रघुपते हृदयेऽस्मदीये

nān-yā spr̥hā ra-ghu-pa-te hṛ-da-ye'-sma-dī-ye

सत्यं वदामि च भवानखिलान्तरात्मा ।

sat-yam̐ va-dā-mi ca bha-vān-a-khi-lān-ta-rāt-mā ।

भक्तिं प्रयच्छ रघुपुङ्गव निर्भरां मे

bhak-tiṃ pra-yac-cha ra-ghu-puṅgava nir-bha-rām̐ me

कामादिदोषरहितं कुरु मानसं च ॥ २ ॥

kā-mā-di-do-ṣa-ra-hi-tam̐ ku-ru mā-na-sam̐ ca ॥ 2 ॥

अतुलितबलधामं हेमशैलाभदेहं

a-tu-li-ta-ba-la-dhā-mam̐ he-ma-śai-lā-bha-de-ham̐

दनुजवनकृशानुं ज्ञानिनामग्रगण्यम् ।

da-nu-ja-va-na-kṛ-śā-num̐ jñā-ni-nām-agra-gaṇ-yam ।

सकलगुणनिधानं वानराणामधीशं

sa-ka-la-gu-ṇa-ni-dhā-naṃ vā-na-rā-ṇām-adhī-śam̐

रघुपतिप्रियभक्तं वातजातं नमामि ॥ ३ ॥

ra-ghu-pa-ti-pri-ya-bhak-tam̐ vā-ta-jā-tam̐ na-mā-mi ॥ 3 ॥

देखो देखो रे आये रे भगवान – Dekho Dekho Re Āye Re Bhagavān

देखो देखो रे आये रे भगवान
श्री राम सीता राम

dekho dekho re āye re bha-ga-vān
śrī rām sītā rām

देखो देखो रे आये रे भगवान
श्री राम सीता राम

dekho dekho re āye re bha-ga-vān
śrī rām sītā rām

देखो पुष्पकारूढ सियराम
लक्ष्मण सुग्रीव हनुमान
नल नील अङ्गद समेत
विभिशन अरु जाम्बवान

dekho puś-pa-kā-rū-ḍha siya-rām
lakṣ-ma-ṇa su-grī-va hanu-mān
nala nīla aṅ-ga-da sa-me-ta
vi-bhi-śa-na aru jām-ba-vān

देखो देखो रे आये रे भगवान
श्री राम सीता राम

dekho dekho re āye re bha-ga-vān
śrī rām sītā rām

आनन्द मगन पुरजन
मङ्गल मोद त्रिभुवन
अब सत्य धर्म स्थापन
राम राज्य कीर्ति महान

ā-nan-da ma-ga-na pu-ra-ja-na
maṅ-ga-la moda tri-bhu-va-na
aba satya dhar-ma sthā-pana
rāma rājya kīrti mahān

देखो देखो रे आये रे भगवान
श्री राम सीता राम

dekho dekho re āye re bha-ga-vān
śrī rām sītā rām

18 Steps to Immortality

1. Serenity
2. Regularity
3. Absence of Vanity
4. Sincerity
5. Simplicity
6. Veracity
7. Equanimity
8. Fixity
9. Non-irritability
10. Adaptability
11. Humility
12. Tenacity
13. Integrity
14. Nobility
15. Magnanimity
16. Charity
17. Generosity
18. Purity

Sri Ram Jaya Ram Jaya Jaya Ram!
Sri Ram Jaya Ram Jaya Jaya Ram!

Practice daily these eighteenities –
You will soon attain Immortality.

Practice now these eighteenities –
You will soon attain Immortality.

This-- you can't get-- in the University.
This-- you can't get-- in the University.

गुरुस्तोत्रम् Guru-stotram

अखण्डमण्डलाकारं akhaṇḍa-maṇḍa-lā-kā-ram
व्याप्तं येन चराचरम् । vyāp-taṁ yena carā-caram ।
तत्पदं दर्शितं येन tat-padaṁ dar-śi-taṁ yena
तस्मै श्रीगुरवे नमः ॥ १ ॥ tasmai śrī-gurave namaḥ ॥ 1 ॥

Salutations to the Guru who showed me the Supreme Reality, whose form is without parts, who is beginning and endless and by whom all the movable and immovable are pervaded.

अज्ञानतिमिरान्धस्य ajñāna-timi-rāndhasya
ज्ञानाञ्जनशलाकया । jñānāñ-jana-śa-lā-kayā ।
चक्षुरुन्मीलितं येन cak-ṣu-runmī-li-taṁ yena
तस्मै श्रीगुरवे नमः ॥ २ ॥ tas-mai śrī-gurave -namaḥ ॥ 2 ॥

Salutations to the Guru who has opened the eyes of one who is blinded by the darkness of ignorance, with the collyrium stick of knowledge.

गुरुर्ब्रह्मा गुरुर्विष्णुः gurur-brahmā gurur-viṣṇuḥ
गुरुर्देवो महेश्वरः । gurur-devo maheś-varaḥ ।
गुरुरेव परं ब्रह्म gurur-eva paraṁ brahma
तस्मै श्रीगुरवे नमः ॥ ३ ॥ tas-mai śrī-gurave namaḥ ॥ 3 ॥

Salutations to the Guru, who is the Creator, Sustainer and Destroyer; and who is indeed the Supreme Reality.

स्थावरं जङ्गमं व्याप्तं	sthā-varaṁ jaṅga-maṁ vyāp-taṁ
यत्किञ्चित्सचराचरम् ।	yat-kiñ-cit-saca-rā-caram ।
तत्पदं दर्शितं येन	tat-padaṁ darśi-taṁ yena
तस्मै श्रीगुरवे नमः ॥ ४ ॥	tas-mai śrī-gurave namaḥ ॥ 4 ॥

Salutations to the Guru who showed me the Supreme Reality, and who pervades movable and immovable, animate and inanimate.

चिन्मयं व्यापि यत्सर्वं	chinmayam vyā-pi yat-sarvam
त्रैलोक्यं सचराचरम् ।	traī-lok-yaṁ saca-rā-caram ।
तत्पदं दर्शितं येन	tat-padaṁ darśi-taṁ yena
तस्मै श्रीगुरवे नमः ॥ ५ ॥	tas-mai śrī-gurave namaḥ ॥ 5 ॥

Salutations to the Guru who showed me the Supreme Reality, who is pure Awareness and who pervades all the three worlds comprising the sentient and insentient.

त्वमेव माता च पिता त्वमेव ।	tvam-eva mā-tā ca pi-tā tvam-eva ।
त्वमेव बन्धुश्च सखा त्वमेव ।	tvam-eva bandhuś-ca sa-khā tvam-eva ।
त्वमेव विद्या द्रविणं त्वमेव ।	tvam-eva vid-yā dra-vi-ṇaṁ tvam-eva ।
त्वमेव सर्वं मम देवदेव ॥	tvam-eva sar-vaṁ mama deva-deva ॥

O Guru! The God of all Gods! You are indeed my mother and father.

You are indeed my relative and friend. You are indeed my knowledge and wealth.

You are everything to me!

श्री चिन्मय अष्टोत्तर शत नामावलिः
Śrī Chinmaya Aṣṭottara Śata Nāmāvaliḥ

ॐ अजाय नमः om ajāya namaḥ

I offer my salutations to the unborn.

ॐ अव्ययाय नमः om avyayāya namaḥ

I offer my salutations to the one who is imperishable.

ॐ अविनाशिने नमः om avināśine namaḥ

I surrender to the indestructible.

ॐ अचिन्त्याय नमः om acintyāya namaḥ

I offer my salutations to the unthinkable.

ॐ अप्रमेयाय नमः om aprameyāya namaḥ

I bow down to the immeasurable.

ॐ अद्वितीयाय नमः om advitīyāya namaḥ

I offer my salutations to the one without a second.

ॐ अनिकेताय नमः om aniketāya namaḥ

I surrender to the one who has no abode.

ॐ अनुशासनप्रियाय नमः om anuśāsanapriyāya namaḥ

I surrender to the one who loves discipline.

ॐ अन्तःसाक्षिणे नमः om antaḥsākṣiṇe namaḥ

I offer my salutations to the inner witness.

ॐ अन्तर्यामिने नमः om antaryāmine namaḥ

I surrender to the inner controller.

ॐ आनन्दाय नमः om ānandāya namaḥ

I bow down to the blissful one.

ॐ आत्मस्वरूपाय नमः om ātmasvarūpāya namaḥ

I surrender to the one who is the nature of the self.

ॐ आङ्ग्लभाषा-विदुत्तमाय नमः om āṅglabhāṣā-viduttamāya namaḥ

I bow down to the one who is most eloquent in English.

ॐ ईश्वराय नमः om īśvarāya namaḥ

I surrender to the Supreme Lord.

ॐ उदारहृदयाय नमः om udārahṛdayāya namaḥ

I offer my salutations unto the large-hearted one.

ॐ उत्साह-वर्धकाय नमः om utsāha-var dhakāya namaḥ

I bow down to the one who inspires.

ॐ एकस्मै नमः

om ekasmai namaḥ

I surrender to the one.

ॐ ओङ्कार-विदे नमः

om oṅkāra-vide namaḥ

I offer my salutations unto the knower of Om.

ॐ करुणा-सागराय नमः

om karuṇā-sāgarāya namaḥ

I surrender to the ocean of compassion.

ॐ कर्म-परायणाय नमः

om karma-parāyaṇāya namaḥ

I bow down to the one engaged in service.

ॐ कालातीताय नमः

om kālātītāya namaḥ

I surrender to the one who is beyond time.

ॐ कैवल्य-स्वरूपाय नमः

om kaivalya-svarūpāya namaḥ

I offer my salutations unto the one who's nature is absolute oneness.

ॐ कृतात्मने नमः

om kṛtātmane namaḥ

I bow down to the self-made one.

ॐ कृत-कृत्याय नमः

om kṛta-kṛtyāya namaḥ

I offer my salutations to the ever-fulfilled one.

ॐ गीता-ज्ञान-यज्ञ-प्रचारकाय नमः

om gītā-jñāna-yajña-pracārakāya namaḥ

I bow down to the propagator of the knowledge of Śrīmad Bhagavad Gītā.

ॐ गुरवे नमः om gurave namaḥ

I surrender to the one who is a Guru.

ॐ गुणातीताय नमः om guṇātītāya namaḥ

I surrender to the one who is beyond all attributes.

ॐ ग्रन्थ-कृते नमः om grantha-kṛte namaḥ

I offer my salutations unto the elucidator of scriptural texts.

ॐ चिन्मयाय नमः om chinmayāya namaḥ

I surrender to the one who is pure consciousness.

ॐ छिन्न-संशयाय नमः om chinna-saṁśayāya namaḥ

I offer my salutations to the one who destroys all doubts.

ॐ जगदात्मने नमः om jagadātmane namaḥ

I surrender to the one for whom the world is the Self.

ॐ जगत्साक्षिणे नमः om jagatsākṣiṇe namaḥ

I bow down to the witness of (all happenings in) the world.

ॐ जन-प्रियाय नमः om jana-priyāya namaḥ

I bow down to the one loved by all people.

ॐ जितेन्द्रियाय नमः om jitendriyāya namaḥ

I surrender to the one who conquered all the sense organs.

ॐ जीव-ब्रह्मैक्य-विदे नमः

om jīva-brahmaikya-vidē namaḥ

I offer my salutations to the knower of the oneness of the individual and the supreme.

ॐ जीवन्मुक्ताय नमः

om jīvanmuktāya namaḥ

I surrender to the one who is liberated.

ॐ जीर्ण-मन्दिरोद्धारकाय नमः

om jīrṇa-mandiroddhārakāya namaḥ

I offer my salutations unto the rejuvenator of the Hindu culture.

ॐ तपोवन-शिष्याय नमः

om tapovana-śiṣyāya namaḥ

I offer my salutations unto the disciple of Swami Tapovanji Maharaj.

ॐ तपस्विने नमः

om tapasvine namaḥ

I bow down to the austere ascetic.

ॐ ताप-नाशनाय नमः

om tāpa-nāśanāya namaḥ

I offer my salutations to the destroyer of sorrows.

ॐ तीर्थ-स्वरूपाय नमः

om tīrtha-svarūpāya namaḥ

I surrender to the one who is a sacred place of pilgrimage in himself.

ॐ तेजस्विने नमः

om tejasvine namaḥ

I offer my salutations unto the brilliant one.

ॐ देहातीताय नमः

om dehātītāya namaḥ

I bow down to the one who is beyond the body.

ॐ द्वन्द्वातीताय नमः

om dvandvātītāya namaḥ

I offer my salutations unto the one who is beyond the pairs of opposites.

ॐ दृढ-निश्चयाय नमः

om dṛḍha-niścayāya namaḥ

I surrender to the firm and determined one.

ॐ धर्म-संस्थापकाय नमः

om dharma-saṁsthāpakāya namaḥ

I offer my salutations to the one who establishes dharma.

ॐ धीमते नमः

om dhīmate namaḥ

I offer my salutations to the intelligent and discriminate one.

ॐ धीराय नमः

om dhīrāya namaḥ

I surrender to the courageous one who walks the righteous path.

ॐ धैर्य-प्रदाय नमः

om dhairya-pradāya namaḥ

I surrender to the one who instills courage.

ॐ नारायणाय नमः

om nārāyaṇāya namaḥ

I bow down to the one who is lord Vishnu.

ॐ निजानन्दाय नमः

om nijānandāya namaḥ

I surrender to the one who is innate bliss.

ॐ निरपेक्षाय नमः

om nirapekṣāya namaḥ

I surrender to the one who does not depend on anything or anyone.

ॐ निस्स्पृहाय नमः om nissprhāya namaḥ

I offer my salutations unto the one without desires.

ॐ निरुपमाय नमः om nirupamāya namaḥ

I bow down to the one who is unmatched.

ॐ निर्विकल्पाय नमः om nirvikalpāya namaḥ

I surrender to the one who is ever undisturbed.

ॐ नित्याय नमः om nityāya namaḥ

I bow down to the eternal one.

ॐ निरञ्जनाय नमः om nirañjanāya namaḥ

I offer my salutations to the taintless one.

ॐ परमाय नमः om paramāya namaḥ

I offer my salutations to the one who is the highest Supreme.

ॐ पर-ब्रह्मणे नमः om para-brahmaṇe namaḥ

I offer my salutations to the ultimate reality.

ॐ पावनाय नमः om pāvanāya namaḥ

I surrender to the one who is pure.

ॐ पावकाय नमः om pāvakāya namaḥ

I bow down to the one who purifies all.

ॐ पुरुषोत्तमाय नमः om puruṣottamāya namaḥ

I surrender to the one who is supreme being.

ॐ प्रसन्नात्मने नमः om prasannātmane namaḥ

I bow down to the joyous one.

ॐ फलासक्ति-रहिताय नमः om phalāsakti-rahitāya namaḥ

I bow down to the one who is free from attachment to the fruits of actions.

ॐ बहु-भक्ताय नमः om bahu-bhaktāya namaḥ

I bow down to the one with many devotees.

ॐ बन्ध-मोचकाय नमः om bandha-mocakāya namaḥ

I bow down to the one who is liberated from bondage.

ॐ ब्रह्म-निष्ठाय नमः om brahma-niṣṭhāya namaḥ

I surrender to the one who is firmly established in Brahman.

ॐ ब्रह्म-पराय नमः om brahma-parāya namaḥ

I bow down to the one for whom reveling in Brahman is the supreme goal.

ॐ भय-नाशनाय नमः om bhaya-nāśanāya namaḥ

I surrender to the one who is the destroyer of fear.

ॐ भारत-गौरवाय नमः om bhārata-gauravāya namaḥ

I bow down to the one who is the pride of Bharata.

ॐ भूम्ने नमः om bhūmne namaḥ

I surrender to the one who is the infinite.

ॐ महावाक्योपदेशकाय नमः om mahāvākyopadeśakāya namaḥ

I bow down to the teacher of the great statements of truth in the Upaniṣads.

ॐ महर्षये नमः om maharṣaye namaḥ

I surrender to the one who is a great Sage.

ॐ मधुरस्वभावाय नमः om madhurasvabhāvāya namaḥ

I surrender to the one who has a sweet nature.

ॐ मनोहराय नमः om manoharāya namaḥ

I bow down to the one who has a charming persona.

ॐ महात्मने नमः om mahātmane namaḥ

I surrender to the one who is a great soul.

ॐ मेधाविने नमः om medhāvine namaḥ

I bow down to the one who is a scholar.

ॐ यतात्मने नमः om yatātmane namaḥ

I bow down to the one who is self-controlled.

ॐ यज्ञकृते नमः om yajñakṛte namaḥ

I offer my salutations to the one who has performed jnana yajnas.

ॐ लोक-प्रसिद्धाय नमः om loka-prasiddhāya namaḥ

I offer my salutations to the one who is world renowned.

ॐ वाग्मिने नमः om vāgmīne namaḥ

I surrender to the eloquent one.

ॐ विभवे नमः om vibhave namaḥ

I surrender to the all-pervading one.

ॐ विनोद-प्रियाय नमः om vinoda-priyāya namaḥ

I offer my salutations to the one who loves humor.

ॐ विनय-शीलाय नमः om vinaya-śīlāya namaḥ

I bow down to the one who is humble.

ॐ वीत-रागाय नमः om vīta-rāgāya namaḥ

I surrender to the one who is free from all attachments.

ॐ वेदान्त-वेद्याय नमः om vedānta-vedyāya namaḥ

I surrender to the one who is to be known through the study of Vedanta.

ॐ शान्ताय नमः om śāntāya namaḥ

I offer my salutations unto the one who is peaceful.

ॐ शान्ति-प्रदाय नमः om śānti-pradāya namaḥ

I bow down to the one who gives peace to all.

ॐ शास्त्रोद्धारकाय नमः om śāstroddhārakāya namaḥ

I bow down to the one who uplifts the scriptures.

ॐ शुद्ध-सत्त्वाय नमः om śuddha-sattvāya namaḥ

I offer my salutations unto the pure one.

ॐ श्रुति-पारगाय नमः om śruti-pāragāya namaḥ

I offer my salutations unto the one who spreads the teachings of the scriptures.

ॐ श्रोत्रियाय नमः om śrotriyāya namaḥ

I surrender to the one who has studied and has known vedas.

ॐ संन्यासिने नमः om saṁnyāsine namaḥ

I offer my salutations to the one who is a renunciate.

ॐ सम-बुद्धये नमः om sama-buddhaye namaḥ

I offer salutations unto the well-composed and equanimous one.

ॐ सच्चिदानन्दाय नमः om saccidānandāya namaḥ

I offer salutations unto the one who is pure existence, consciousness, and bliss.

ॐ सर्व-हित-चिन्तकाय नमः om sarva-hita-cintakāya namaḥ

I surrender to the one who thinks of the welfare of all.

ॐ सत्य-सङ्कल्पाय नमः om satya-saṅkalpāya namaḥ

I surrender to the one who is of pure resolve.

ॐ सन्तुष्टाय नमः

om santuṣṭāya namaḥ

I surrender to the content one.

ॐ साधवे नमः

om sādhave namaḥ

I bow down to the pious one.

ॐ सुमनसे नमः

om sumanase namaḥ

I bow down to the one who has a good mind.

ॐ सुहृदे नमः

om suhṛde namaḥ

I surrender to the one who has a good heart.

ॐ स्वयं-ज्योतिषे नमः

om svayaṁ-jyotiṣe namaḥ

I bow down to the self-effulgent one.

ॐ स्थितप्रज्ञाय नमः

om sthitaprajñāya namaḥ

I offer salutations unto the one established in highest wisdom.

ॐ क्षमा-शीलाय नमः

om kṣamā-śīlāya namaḥ

I surrender to the forgiving one.

ॐ ज्ञान-मूर्तये नमः

om jñāna-mūrtaye namaḥ

I offer salutations unto the one who is the embodiment of knowledge.

ॐ ज्ञान-योगिने नमः

om jñāna-yogine namaḥ

I offer salutations unto the one who attained the realization through the path of knowledge.

ॐ ज्ञान-तृप्ताय नमः

om jñāna-tr̥ptāya namaḥ

I surrender unto the one who is content in the knowledge of the Self.

ॐ नित्य-शुद्ध-बुद्ध-मुक्त-स्वरूपाय नमः

om nitya-śuddha-buddha-mukta-svarūpāya namaḥ

I surrender unto the one who is of the nature of the eternal, pure and liberated.

ॐ नित्य-शुद्ध-बुद्ध-मुक्त-स्वरूपाय नमः

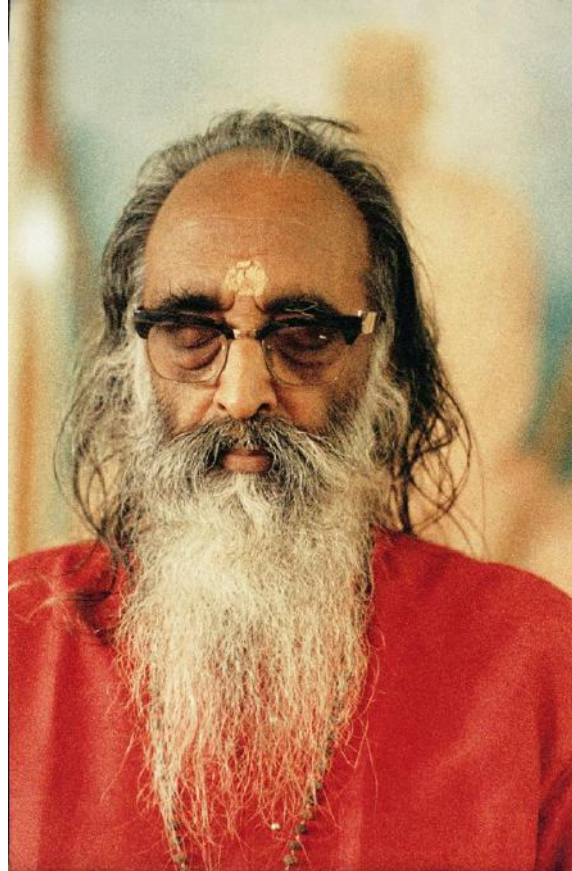
om nitya-śuddha-buddha-mukta-svarūpāya namaḥ

I surrender unto the one who is of the nature of the eternal, pure and liberated.

ॐ श्रि चिन्मय सद्गुरवे नमः

om śri chinmaya sadgurave namaḥ

I surrender unto Śri Chinmaya, the ultimate Guru.



ॐ बुद्धिर्बलं
Om Buddhir-Balaṁ
(One Gets Wisdom, Strength)

ॐ बुद्धिर्बलं यशो धैर्यं	om buddhir-balaṁ yaśo dhair-yaṁ
निर्भयत्वम् अरोगता ।	nir-bha-yat-vam aro-gatā ।
अजाड्यं वाक्पटुत्वं च	ajāḍ-yaṁ vāk-paṭut-vaṁ cha
हनुमत् स्मरणात् भवेत् ॥	hanu-mat smara-ṇāt bha-vet ॥

One gets wisdom, strength, fame, courage,
fearlessness, health, alertness and eloquence
by remembering Hanuman.



नमस्ते-अस्तु भगवन्
Namaste-astu Bhagavan

ॐ नमस्ते अस्तु भगवन्

विश्वेश्वराय महादेवाय त्र्यम्बकाय

त्रिपुरान्तकाय त्रिकालाग्निकालाय कालाग्निरुद्राय

नीलकण्ठाय मृत्युञ्जयाय सर्वेश्वराय सदाशिवाय

श्रीमन् महादेवाय नमः ॥

om namaste astu bhagavan

viśveś-varāya mahā-devāya tryam-bakāya

tripu-rānta-kāya trikā-lāgni-kālāya kālāgni-rudrāya

nīla-kaṅṭhāya mṛt-yuñja-yāya sarveś-varāya sadā-śivāya

śrīman mahā-devāya namaḥ ॥

O Lord! My Salutations unto You. You are the Lord of the Universe.
You are the All Knowing Effulgence. Your three eyes represent justice, mercy and intuition.
You not only illumine our waking, dream and deep sleep states but also guide us beyond.
You illumine the past, present and future. You are the controller of time.
You are the embodiment of Compassion. You are the conqueror of Death.
You are the Lord of all. You are the embodiment of Auspiciousness.
You are the Great Lord of Abundance.

महा मृत्युञ्जय मन्त्र Mahā Mṛtyuñjaya Mantra

ॐ त्र्यम्-बकं यजामहे

om tryam-bakaṁ yajāmahe

सुगन्धिं पुष्टिवर्धनम्

sugandhiṁ puṣṭi-varḍhanam

उर्वारुकमिव बन्धनान्-

urvārukamiva bandhanān-

मृत्योर्मुक्षीय माऽमृतात् ।

mṛtyor-mukṣīya mā'ṁṛtāt ।

General Meaning:

We Pray to Lord Shiva,
the embodiment of Auspiciousness,
who grants ever increasing Peace and Prosperity.
O Lord! Please liberate us from the fear of death.
Please do not let us turn away from the path of Spiritual Realization.



प्रार्थना

Prārthanā Invocation

ॐ न कर्मणा न प्रजया धनेन त्यागेनैके अमृतत्व-मानशुः ।
om na karmaṇā na prajāyā dhanena tyāgenaike amṛtatva-mānaśuḥ ।

परेण नाकं निहितं गुहायां विभ्राजदेतद्यतयो विशन्ति ।
pareṇa nākaṁ nihitaṁ guhāyāṁ vibhrāja-detadyatayo viśanti ।

वेदान्तविज्ञान-सुनिश्चितार्थास-संन्यास योगाद्यतयश्शुद्धसत्त्वाः ।
vedānta-vijñāna-suniścitārthāsa-saṁnyāsa yogādyatayaś-śuddha-sattvāḥ ।

ते ब्रह्मलोकेतु परान्तकाले परामृतात्परिमुच्यन्ति सर्वे ।
te brahma-loketu parāntakāle parāmṛtāt-parimuc-yanti sarve ।

दहं विपापं परमेऽश्मभूतं यत्पुण्डरीकं पुरमध्यसगस्थम् ।
dahraṁ vipāpaṁ parameśma-bhūtaṁ yatpuṇḍarīkaṁ pura-mādhyasagastham ।

त्रापि दहं गगनं विशोक-स्तस्मिन् यदन्तस्तदुपासितव्यम् ।
tatrāpi dahraṁ gaganam viśokas-tasmin yadantas-tad-upāsi-tavyam ।

यो वेदादौ स्वरः प्रोक्तो वेदान्ते च प्रतिष्ठितः ।
yo vedādau svaraḥ prokto vedānte ca pratiṣṭhitaḥ ।

तस्य प्रकृति-लीनस्य यः परस्य महेश्वरः ॥
tasya prakṛti-līnasya yaḥ parasya mahēśvaraḥ ॥

न तत्र सूर्यो भाति न चन्द्र तारकम् नेमा विद्युतो भान्ति कुतोऽयमग्निः ।
na tatra sūryo bhāti na candra tārakam nemā vidyuto bhānti kuto'yamagniḥ ।

तमेव भान्तमनुभाति सर्वम् तस्य भासा सर्वमिदं विभाति ॥
tameva bhāntamanubhāti sarvam tasya bhāsā sarvamidam vibhāti ॥

ॐ हर हर नमः पार्वती पतये हर हर महादेव ।
om hara hara namaḥ pārvatī pataye hara hara mahādeva ।

श्री सत् गुरु नाथ महाराज की जय ।
śrī sat guru nātha mahārāja kī ... jay ।

जन्मदिन गीत Birthday Song

जन्मदिनमिदम्
अयि प्रिय सखे ।
शं तनोतु ते
सर्वदा मुदम् ॥ १ ॥

janma-dinam-idam
ayi priya sakhe ।
śam tanotu te
sarvadā mudam ॥ 1 ॥

*O Dear friend!
May this birthday bring auspiciousness and joy to you forever!*

प्रार्थयामहे
भव शतायुषी ।
ईश्वरः सदा
त्वां च रक्षतु ॥ २ ॥

prārtha-yāmahe
bhava śatāyūṣī ।
īśvaraḥ sadā
tvām ca rakṣatu ॥ 2 ॥

Indeed, we all pray for your long life. May the Lord always protect you!

पुण्यकर्मणा
कीर्तिमर्जय ।
जीवनं तव
भवतु सार्थकम् ॥ ३ ॥

puṇya-karmaṇā
kīrtim-arjaya ।
jīvanam tava
bhavatu sārthakam ॥ 3 ॥

By noble deeds, may you attain fame and may your life be fulfilled.



ॐ ब्रह्मार्पणम्

Om Brahmārpaṇam – Prayer Before Food

Lord Sri Krishna impresses upon Arjuna that the whole life is a Yajna.

Yajna means Worship or Selfless Dedicated Service.

Even the act of eating is a Yajna.

Eating is not merely for enjoying food,

but mainly to sustain the body to fulfill our responsibilities cheerfully.

ॐ ब्रह्मार्पणम् ब्रह्म हविः	om brahmārpaṇam brahma haviḥ
ब्रह्माग्नौ ब्रह्मणा हुतम् ।	brahmāgnau brahmaṇā hutam ।
ब्रह्मैव तेन गन्तव्यम्	brahmaiva tena gantavyam
ब्रह्मकर्म-समाधिना ॥	brahmakarma-samādhinā ॥

॥ हरिः ॐ ॥ श्री गुरुभ्यो नमः ॥ हरिः ॐ ॥

॥ hariḥ om ॥ śrī gurubhyo namaḥ ॥ hariḥ om ॥

Hari Om! Salutations unto the Great Master! Hari Om!

श्री चिन्मय आरति Śrī Chinmaya Ārati

आरति श्रीचिन्मय सद्गुरु की ।
दिव्य रूप मूर्ति करुणा की ॥
आरति सद्गुरु की ॥

ārati śrī chinmaya sadguru kī ।
divya rūpa mūrati karuṇā kī ॥
ārati sadguru kī ॥

चरणों में उनके शान्ति समाए ।
शरणागत की भ्रान्ति मिटाए ।
पाप ताप संताप हरण की ॥ १ ॥

carāṇom̐ meṁ unake śānti samāe ।
śaraṇāgata kī bhrānti miṭāe ।
pāpa tāpa saṁtāpa haraṇa kī ॥ 1 ॥

वेद उपनिषद गीता को गाया ।
धर्म सनातन फिर से जगाया ।
शुद्ध नीति प्रीति शङ्कर की ॥ २ ॥

veda upaniṣada gītā ko gāyā ।
dharma sanātana phira se jagāyā ।
śuddha nīti prīti śaṅkara kī ॥ 2 ॥

सिद्धबाडि की तपोभूमि में ।
नित्य बिराजे गुरु हमारे ।
भक्त हृदय आनन्द स्रोत की ॥ ३ ॥

siddhabāḍi kī tapobhūmi meṁ ।
nitya birāje guru hamāre ।
bhakta hṛdaya ānanda srota kī ॥ 3 ॥

Salutations unto Sri Chinmaya the best among the teachers
Whose divine form is the incarnation of compassion
Salutations unto the best among the teachers

His feet are the abode of peace
He removed delusion of those who took refuge in Him
And destroyed their sin, pain and sorrow

Singing the glories of Vedas, Upanishads and Geeta
He re-awakened the ancient Sanatan Dharma
Through pure service he pleased Lord Sankara

At Sidhabhari, the abode of penance
Our noble teacher flourishes eternally
As a source of joy in the hearts of Devotees

सर्वे वयं गोत्रमिव स्म एकं

sar-ve va-yam go-tram-iva sma e-kam

प्रेमादरश्लक्षणगुणानुबद्धाः ।

pre-mā-daraś-lakṣ-ṇa-gu-ṇā-nu-baddhāḥ ।

योद्धुं सदा चाखिलदुष्प्रवृत्तीः

yod-dhum sa-dā cā-khila-duṣ-pra-vṛt-tīḥ

सेनेव सिद्धा नियताश्च धीराः ॥

se-ne-va sid-dhā niya-tāś-ca dhī-rāḥ ॥

सेवा परित्यागमयायुषा च

se-vā pari-tyā-ga-ma-yā-yu-ṣā ca

प्रतिग्रहेभ्योऽधिकमेव दद्वः ।

pra-ti-gra-hebh-yo'dhi-kam-eva dadmaḥ ।

मनस्वितासद्गुणधैर्यमार्गे

manas-vi-tā-sadguṇa-dhair-ya-mār-ge

त्रातुं प्रसादाय भजाम ईशम् ॥

trā-tum pra-sā-dā-ya bha-jā-ma īśam ॥

प्रभो कृपा ते च शुभाशिषोऽस्मद्

pra-bho kṛ-pā te ca śu-bhā-śi-ṣo'smad

द्वाराऽभितोस्मिन् जगति स्रवन्तु ।

dvā-rā'bhi-tos-min ja-ga-ti sra-van-tu ।

स्वदेशसेवैव च देवसेवा

sva-de-śa-se-vai-va ca de-va-se-vā

सदेति भो! विश्वसिमो दृढं च ॥

sa-de-ti bho! Viś-va-si-mo dṛ-ḍham ca ॥

जनेषु भक्तिः परमात्मभक्तिः

ja-ne-ṣu bhak-tiḥ pa-ra-māt-ma-bhak-tiḥ

इति स्वकार्याणि च सुष्ठु विद्वः ।

iti sva-kār-yā-ṇi ca suṣ-ṭhu vid-maḥ ।

तेषां प्रपूर्त्यै कृपया प्रभो नो

te-ṣām pra-pūrt-yai kṛ-pa-yā pra-bho no

बलं च धैर्यं वितरोपयुक्तम् ॥

ba-lam ca dhair-yam vita-ro-pa-yuk-tam ॥

बलं च धैर्यं वितरोपयुक्तम् ॥

ba-lam ca dhair-yam vita-ro-pa-yuk-tam ॥

शान्ति मन्त्रः

Śānti Mantraḥ Prayer for Peace

ॐ सर्वे भवन्तु सुखिनः ।	om sarve bha-vantu sukhi-naḥ ।
सर्वे सन्तु निरामयाः ॥	sarve santu nirā-mayāḥ ॥
सर्वे भद्राणि पश्यन्तु ।	sarve bhadraṇi paś-yantu ।
मा कश्चित् दुःखभाक् भवेत् ॥	mā kaścit duḥ-kha-bhāk bhavet ॥
ॐ असतो मा सद्गमय ।	om asato mā sadgamaya ।
तमसो मा ज्योतिर्गमय ॥	tama-so mā jyotir-gamaya ।
मृत्योर्मा अमृतं गमय ।	mṛt-yor-maa-amṛtaṁ gamaya ।
ॐ शान्तिः शान्तिः शान्तिः ॥	om śāntiḥ । śāntiḥ । śāntiḥ ।

॥ हरिः ॐ श्री गुरुभ्यो नमः हरिः ॐ ॥

॥ hariḥ om śrī gurubhyo namaḥ hariḥ om ॥

Om! May all be happy! May all be healthy!

May all see auspiciousness! May none suffer!

Om! Lead me from untruth to Truth!

Lead me from darkness to Light!

Lead me from mortality to Immortality!

Om! Peace! Peace! Peace!

Hari Om! Salutations unto the Great Master! Hari Om!

Activity – 18 Steps to Immortality

- | | |
|----------------------|------------------|
| 1. Serenity | 10. Adaptability |
| 2. Regularity | 11. Humility |
| 3. Absence of Vanity | 12. Tenacity |
| 4. Sincerity | 13. Integrity |
| 5. Simplicity | 14. Nobility |
| 6. Veracity | 15. Magnanimity |
| 7. Equanimity | 16. Charity |
| 8. Fixity | 17. Generosity |
| 9. Non-irritability | 18. Purity |

Sri Ram Jaya Ram Jaya Jaya Ram!
Sri Ram Jaya Ram Jaya Jaya Ram!

Practice daily these eighteenities - You will soon attain Immortality.
Practice daily these eighteenities - You will soon attain Immortality.

This-- you can't get-- in the University.
This-- you can't get-- in the University.

EIGHTEENITIES WORD SEARCH

T	K	A	I	V	C	M	E	R	N	G	U	C	A	M	D	M	P	Y	F	S	N	O	B	I	L	I	T	Y	
I	T	E	N	A	C	I	T	Y	W	S	K	Z	Z	U	L	O	O	K	E	C	B	L	B	D	U	K	C	W	V
S	I	X	Z	F	L	K	L	B	T	E	F	H	Y	D	G	E	N	E	R	O	S	I	T	Y	U	D	S	P	E
I	D	W	Y	N	R	C	I	J	P	R	I	X	B	C	Q	L	N	V	K	R	B	E	N	W	I	Y	S	N	R
N	E	Y	W	E	X	I	N	X	J	E	P	U	R	I	T	Y	P	S	H	L	K	L	Z	Y	H	D	B	L	A
C	Q	G	Q	O	T	N	B	T	G	N	U	N	O	N	I	R	R	I	T	A	B	I	L	I	T	Y	A	H	C
E	U	H	F	H	A	T	V	M	V	I	K	R	N	U	T	U	J	E	P	Q	C	E	J	L	S	U	A	A	I
R	A	O	I	S	S	E	C	O	O	T	H	U	W	P	B	S	A	N	O	H	O	U	A	E	V	I	W	W	T
I	N	S	X	P	C	G	H	N	S	Y	H	A	B	B	H	J	V	R	E	G	U	L	A	R	I	T	Y	F	Y
T	I	R	I	A	H	R	X	M	C	J	K	U	N	B	A	B	S	E	N	C	E	O	F	V	A	N	I	T	Y
Y	M	F	T	I	A	I	F	C	P	S	M	O	L	Z	M	W	H	M	A	G	N	A	N	I	M	I	T	Y	R
X	I	B	Y	Z	R	T	X	P	H	U	M	I	L	I	T	Y	N	K	W	S	T	Q	N	N	S	H	E	Y	M
R	T	D	N	N	I	Y	L	Y	O	T	I	H	B	X	G	F	Z	B	L	P	D	O	H	D	M	P	H	O	S
X	Y	M	X	O	T	O	B	H	X	B	H	U	M	P	N	U	Y	E	H	S	I	M	P	L	I	C	I	T	Y
E	N	O	K	Z	Y	K	I	J	O	I	A	D	A	P	T	A	B	I	L	I	T	Y	J	Y	S	G	U	G	D

EIGHTEENTH WORD SEARCH

- | | | | |
|----------------------|---------------------|-----------------|----------------|
| 1. SERENITY | 6. VERACITY | 11. HUMILITY | 16. CHARITY |
| 2. REGULARITY | 7. EQUANIMITY | 12. TENACITY | 17. GENEROSITY |
| 3. ABSENCE OF VANITY | 8. FIXITY | 13. INTEGRITY | 18. PURITY |
| 4. SINCERITY | 9. NON-IRRITABILITY | 14. NOBILITY | |
| 5. SIMPLICITY | 10. ADAPTABILITY | 15. MAGNANIMITY | |

T K A I V C C M S I N C E R I T Y M P Y F S B O B I L F T Y
 I C T O X S N H N W I K Z Z U L O O K E C B L B D U K C W T
 S I X Z F L K L B T N F H Y D B T X L N Y W M A K U D S P I
 I D W Y N R C I J P T I X B C Q L N V K R B E N W I Y S N R
 T Z Y W E Y Q N X J E G U R I F Y P S H L K L Z Y H D B L A
 K R G Q T T N B T G G U A B S E N C E O F V A N I T Y A H H
 E J H I H A T V M V R K R N U T U J E P Q C E J L S U A A C
 M G X I S S E C O O I H U W P B S A N O H O U A E V I W W N
 I I S X P L G H N S T H A B B H J V D E K U L A R I P Y F I
 F Q R T A H R X M C Y K U N B L B S E A C E Y F V A N I T Y
 Y S F T I A I F C P S M O L Z M W H B A G N A N K M I T Y R
 X T B Y Z X R X P H U M I L I T Y N K W S T Q N N S H E Y M
 R Y D N N I Y L Y O T I H B X T F Z B L P D O H D M P H O S
 X I M X O T O B H X B H U M I N U Y E H G W S G Y D H Z U E
 E N O K Z M K I J O I A W R Z N P Z O Y V T C T Y S G U G D
 B D D O Y A X X T A C A A G E U Y N L K O M I T E I G H Y L
 M U F F I O F W Y A N L E P E P D I L S T R F L L E H B R H
 Y N Q A H C T J E T U Z Q F R N H L N R U P C M V K K O H A
 T T X D K X O J P G U X U W M E E B P P C Z A L X E P E W H
 I E F A F W S H E Q K K A C C X T R Y Z W O V E R A C I T Y
 M X X P U B E R D J O B N R K H Y P O I Z A P T Z G U C F S
 I L F T C C R F F W T E I Q D C N W R S Y Y K T C J C E C I
 N Z U A J B E E Y T C T M L R B D O Q V I V R N K K E Q Z M
 A V Y B A X N G V U Y E I C T J D D B Q O T G I R X R L R P
 N N A I N E I X H V K N T L Q Q S P N I Y S Y E T L N C D L
 G C H L W Y T V H X V A Y W C O V T B N L X G G U V H F S I
 A K M I N G Y A U H W C A Y I P Q D U D U I Z X Q A R Q W C
 M T Z T X S W V I B C I G W A S H T G Z Z A T U W Z U H U I
 O V X Y J R X M D H R T G U N P Q N R N L X O Y J R G V B T
 E Q F I V K G W X W Q Y O N O N I R R I T A B I L I T Y I Y

Activity – Likhita Japa

Please write every week (Monday - Friday)

Likhita Japa is the practice of repetitive writing of a mantra.
This repetitive writing brings peace, poise, and strength within.



In the attached sheets you will be practicing Likhita Japa by tracing for the number of times specified each day.

Please note the following –

- While tracing, all phonetic signs need to be followed for the English script.
- When you are writing **five** times, you should think of the **five senses (Sight, Smell, Hearing, Taste, Touch)** that God has given us to experience this beautiful world.
- When you are writing **three** times, you should think of the **three states (the waking state, the dream state, and the deep sleep state)** that we experience in our lives.
- When you are writing **four** times, you should think of the four pursuits (Dharma, Artha, Kāma, Mokṣa) of our life.
- If you would like to practice further, please print more sheets from the CMWRC Summer Camp website.

Japa Sheet for Monday

PLEASE WRITE 5 TIMES

Five times for 5 senses - Sight, Smell, Hearing, Taste, Touch

ॐ नमः शिवाय om namaḥ śivāya

ॐ नमः शिवाय om namaḥ śivāya

ॐ नमः शिवाय om namaḥ śivāya

ॐ नमः शिवाय om namaḥ śivāya

ॐ नमः शिवाय om namaḥ śivāya

ॐ नमः शिवाय om namaḥ śivāya

Japa Sheet for Tuesday

PLEASE WRITE 5 TIMES

Five times for 5 senses - Sight, Smell, Hearing, Taste, Touch

ॐ श्री हनुमते नमः om śrī hanumate namaḥ

ॐ श्री हनुमते नमः om śrī hanumate namaḥ

ॐ श्री हनुमते नमः om śrī hanumate namaḥ

ॐ श्री हनुमते नमः om śrī hanumate namaḥ

ॐ श्री हनुमते नमः om śrī hanumate namaḥ

ॐ श्री हनुमते नमः om śrī hanumate namaḥ

Japa Sheet for Wednesday

PLEASE WRITE 3 TIMES

Three times for 3 states - Waking, Dream, Deep sleep

ॐ श्री रामाय नमः om śrī rāmāya namaḥ

ॐ श्री रामाय नमः om śrī rāmāya namaḥ

ॐ श्री रामाय नमः om śrī rāmāya namaḥ

ॐ श्री रामाय नमः om śrī rāmāya namaḥ

ॐ श्री कृष्णाय नमः om śrī kṛṣṇāya namaḥ

ॐ श्री कृष्णाय नमः om śrī kṛṣṇāya namaḥ

ॐ श्री कृष्णाय नमः om śrī kṛṣṇāya namaḥ

ॐ श्री कृष्णाय नमः om śrī kṛṣṇāya namaḥ

Japa Sheet for Thursday

PLEASE WRITE 4 TIMES

Four times for the 4 pursuits of life - Dharma, Artha, Kāma, Moksha

ॐ श्री चिन्मय सदगुरवे नमः om śrī chinmaya sadgurave namaḥ

ॐ श्री चिन्मय सदगुरवे नमः om śrī chinmaya sadgurave namaḥ

ॐ श्री चिन्मय सदगुरवे नमः om śrī chinmaya sadgurave namaḥ

ॐ श्री चिन्मय सदगुरवे नमः om śrī chinmaya sadgurave namaḥ

ॐ श्री चिन्मय सदगुरवे नमः om śrī chinmaya sadgurave namaḥ

Japa Sheet for Friday

PLEASE WRITE 3 TIMES

Three times for 3 states - Waking, Dream, Deep sleep

ॐ श्री दुर्गायै नमः om śrī durgāyai namaḥ

ॐ श्री दुर्गायै नमः om śrī durgāyai namaḥ

ॐ श्री दुर्गायै नमः om śrī durgāyai namaḥ

ॐ श्री दुर्गायै नमः om śrī durgāyai namaḥ

ॐ श्री लक्ष्म्यै नमः om śrī lakṣmyai namaḥ

ॐ श्री लक्ष्म्यै नमः om śrī lakṣmyai namaḥ

ॐ श्री लक्ष्म्यै नमः om śrī lakṣmyai namaḥ

ॐ श्री लक्ष्म्यै नमः om śrī lakṣmyai namaḥ

ॐ श्री सरस्वत्यै नमः om śrī sarasvatyai namaḥ

ॐ श्री सरस्वत्यै नमः om śrī sarasvatyai namaḥ

ॐ श्री सरस्वत्यै नमः om śrī sarasvatyai namaḥ

ॐ श्री सरस्वत्यै नमः om śrī sarasvatyai namaḥ



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 devotion to the Supreme Self.

We know our responsibilities
Give us the ability and courage to fulfill them.

Om Tat Sat

