

# Focus Shlokas

## Gita Dhyaanam

**1. om paar-THaaya prathi-bhoDHi-thaam Bhagavathaa naaraaya-Nena svayam  
vyaasena graTHi-thaam puraaNa-muninaa maDHye mahaa-BHaa-ratham/  
adhvaithaa-mritha-varSHiNeem BHagavatheem aSHtaa-dashaa-DHYaayineem  
amba tvaam-anu-sandha-DHaami BHagavadh-geethe BHavadh-veSHiNeem//**

Om, O Bhagavadgita, with which Partha (Arjuna) was enlightened by Lord Narayana himself, and which was composed in the middle of the Mahabharata by the ancient sage Vyasa. O Divine Mother, the destroyer of rebirth, the showerer of the nectar of Advaita and consisting of eighteen chapters – upon Thee, O Bhagavad Gita! O affectionate Mother! I meditate.

**2. namosthu the vyaasa vishaala-budhDHe phul-laara-vindhAA-yatha-pathra-nethra/  
yena tvayaa BHaaratha-thaila-poorNah praj-vaa-litho gnyaana-maya pradheepah//**

Salutations unto thee, O Vyaasa of broad intellect and with eyes like the petals of a full blown lotus, by whom the lamp of knowledge, filled with the oil of the Mahabharata, has been lighted.

**3. prapanna-paari-jaathaaya thothra-vethraika-paaNaye/  
gnyaana-mudhraaya krishNaaya geethaa-mrutham-dhuhe namaha//**

Salutations to Krishna, the Parijata tree, the bestower of all desires for those who take refuge in Him, the holder of the cane in one hand, the holder of Jnanamudra (the symbol of knowledge), the milker of the Gita-nectar.

**4. sarvopa-niSHadho gaavo dhogDHaa gopaala nandhanah/  
paarTHo vathsa suDHeer-BHokthaa dhugDHam geethaa-mrutham mahath//**

All the Upanishads are the cows, the milker is Krishna, the cowherd boy, Partha is the calf, men of purified intellect are the drinkers, the milk is the supreme nectar of the Gita.

**5. vasudheva-sutham devam kamsa-chaaNoora-mardhanam/  
devakee-paramaa-nandham krishNam vandhe jagadh-gurum//**

I salute Lord Krishna, the world teacher, the son of Vasudeva, the destroyer of Kamsa and Chaanura, the supreme bliss of Devaki.

**6. BHeeshma-dhroNa-thataa jayadhra-THajalaa gaanDHaara-neeloth-palaa  
shalya-graaha-vathee kripeNa vahanee karNena velaa-kulaa/  
ashvath-THaama-vikarNa-GHoramakaraa duryo-DHanaa-varthinee  
soth-theerNaa KHalu paaNdavai raNa-nadhee kaivarthaka keshavaha//**

The battle-river whose banks were Bhisma and Drona, whose water was Jayadratha, whose blue-lily was the king of Gandhaara, whose crocodile was Shalya, whose current was Kripa, whose billow was Karna, whose sharks (Ghora-makara – meaning ‘terrible fish’) were Ashvatthama and Vikarna, whose whirlpool was Duryodhana – even such was crossed over by the Pandavas, with Keshava as the ferryman.

**7. paaraa-sharya-vacha saroja-mamalam geethaarTHa-ganDHoth-katam  
naanaa-KHyaana-kakesaram hari-kaTHaa sambodHanaa-boDHitham/  
loke sajjana-SHat-padhaira-haraha pepeeya-maanam mudhaa  
BHooyaadh-BHaaratha-pankajam kalimala-praDH-vamsina shreyase//**

May this lotus of the Mahabharata, born in the lake of the words of the son of Paraashara (Vyasa), sweet with the fragrance of the meaning of the Gita, with many stories as its stamens, fully opened by the discourses on Hari, the destroyer of the sins of Kali, and drunk joyously day by day, by the bees of good men in the world become the bestower of good to us.

**8. mookam karothi vaachaalam pangum lanGHayathe girim/  
yath-kripaa thamaham vandhe paramaa-nandha-maaDHavam//**

I salute that Maadhava, the Source of Supreme Bliss, whose grace makes the dumb eloquent and the cripple cross mountains.

**9. yam brahmaa varuNendhra-rudhra-maruthaha sthun-vanthi dhivyai sthavaihi  
vedhai saanga-padha-kramopa-niSHadhair-gaayanthi yam saamagaaha/  
DHyaanaa-vasTHitha tadh-gathena manasaa pash-yanthi yam yogino/  
yas-yaantham na vidhu suraa-sura-gaNaa dhevaaya thasmai namaha//**

Salutations to that God whom Brahma, Varuna, Indra, Rudra and the Maruthas praise with divine hymns, whom the Saama-chanters sing by Vedas and their Angas, in the Pada and Krama methods, and by the Upanishads, whom the yogis see with their minds absorbed in Him through meditation, and whose end the hosts of Devas and Asuras know not.

## Hanuman Chalisa

**Sri guru charana saroja raja nija manu mukuru suDHaari,  
Varanau raGHuvara vimala yasu jo daayaku phala chaari  
BudDHi-heena tanu jaanike, sumirau pavana-kumaara,  
Bala budDHi vidya dehu mohi, harahu kalesa vikaara**

After cleansing the mirror of my mind with the pollen dust of holy Guru's Lotus feet. I Profess the pure, untainted glory of Shri Raghuvar which bestows the four fold fruits of life.(Dharma, Artha, Kama and Moksha).

Fully aware of the deficiency of my intelligence, I concentrate my attention on Pavan Kumar and humbly ask for strength, intelligence and true knowledge to relieve me of all blemishes, causing pain.

**Jaya Hanumana jnana guna saagara,  
Jaya kapeesa tihu loka ujaagara. (1)**

Victory to thee, O'Hanuman! Ocean of Wisdom-All hail to you O'Kapisa! (fountain-head of power,wisdom and Shiva-Shakti) You illuminate all the three worlds (Entire cosmos) with your glory.

**Rama dootha athu-litha bala DHaama,  
Anjani puthra pavana-sutha naama. (2)**

You are the divine messenger of Shri Ram. The repository of immeasurable strength, though known only as Son of Pavan (Wind), born of Anjani.

**Mahaa-veera vikrama bajarangi,  
Kumathi nivaara sumathi ke sangi. (3)**

With Limbs as sturdy as Vajra (The mace of God Indra) you are valiant and brave. You are the companion of those having good sense and wisdom. You dispel the darkness of evil thoughts.

**Kanchana varana viraaja suvesha,  
Kaanana kundala kunchitha kesha. (4)**

Your physique is beautiful golden colored and your dress is pretty. You wear ear rings and have long curly hair.

**HaaTHa vajra au DHvajaa viraajai,  
KaanDHe moonja jane-oo saajai. (5)**

You carry in your hand a lightening bolt along with a victory flag and wear the sacred thread on your shoulder

**Shankara suvana kesari-nandhana,  
Theja prathaapa mahaa jaga vandhana. (6)**

As a descendant of Lord Sankar, you are a comfort and pride of Shri Kesari. With the lustre of your Vast Sway, you are propitiated all over the universe.

**Vidyaa-vaana gunee athi chaathura,  
Raama kaaja kariveko aathura. (7)**

You are the repository of learning, virtuous and fully accomplished, always keen to carry out the behest's of Shri Ram.

## Hanuman Chalisa (contd.)

**PraBHu charithra sunive ko rasiyaa,  
Raama laKHana seetha mana basiyaa. (8)**

You are an ardent listener, always so keen to listen to the narration of Shri Ram's Life Stories. Your heart is filled with what Shri Ram stood for. You therefore always dwell in the hearts of Shri Ram, Lakshman and Sita.

**Sookshma roopa DHari siyahi dhiKHaavaa,  
Vikata roopa DHari lanka jaraavaa. (9)**

You appeared before Sita in a Diminutive form and spoke to her in humility. You assumed an awesome form and struck terror by setting Lanka on fire

**BHeema roopa DHari asura samhaare,  
Raama chandhra ke kaaja savaare. (10)**

With over-whelming might you destroyed the Asuras and performed all tasks assigned to you by Shri Ram with great skill.

**Laaya sajeevana laKHana jiyaaye,  
SriraGHuveera haraSHi ura laaye. (11)**

You brought Sanjivan (A herb that revives life) and restored Lakshman back to life, Shri Raghuvir (Shri Ram) cheerfully embraced you with his heart full of joy.

**RaGHupathi keenhi bahutha badaa-ee  
Thuma mama priya BHAratha-hi sama BHaa-ee. (12)**

Shri Raghupati (Shri Ram) lustily extolled your excellence and said: "You are as dear to me as my own brother Bharat."

**Sahasa vadhana tumharo yasha gaavai,  
Asa kahi Shree-pathi kaNTA lagaavai. (13)**

Thousands of living beings are chanting hymns of your glories; saying thus, Shri Ram warmly hugged him (Shri Hanuman).

**Sanakaadhika brahmaadhi muneesha,  
Naaradha shaaradha sahitha aheesa. (14)**

When prophets like Sanka, even the Sage like Lord Brahma, the great hermit Narada himself, Goddess Sarasvati and Ahisha (one of immeasurable dimensions).

**Yama kubera digapaala jahaan te,  
Kavi kovidha kahi sake kahaan te. (15)**

Even Yamraj (God of Death) Kuber (God of Wealth) and the Dignals (deputies guarding the four corners of the Universe) have been vying with one another in offering homage to your glories. How then, can a mere poet give adequate expression of your super excellence

## Hanuman Chalisa (contd.)

**Thuma upakaara sugreevahi keenha,  
Raama milaaya raja padha deenha. (16)**

You rendered a great service to Sugriv. You united him with Shri Ram and he installed him on the Royal Throne.

**Thumharo manthra viBHeeSHana maana,  
Lankeshvara BHa-e saba jaga jaana. (17)**

By heeding your advice, Vibhishan became Lord of Lanka. This is known all over the Universe.

**Yuga sahasra yojana para BHaanu,  
Leelyo thaahi maDHura phala jaanu. (18)**

On your own you dashed upon the Sun, which is at a fabulous distance of thousands of miles, thinking it to be a sweet luscious fruit.

**PraBHu mudhrikaa meli muKHa maahee,  
JalaDHi laanGHi gaye acharaja naahee. (19)**

Carrying the Lord's Signet Ring in your mouth, there is hardly any wonder that you easily leapt across the ocean.

**Durgama kaaja jagatha ke jethe,  
Sugama anugraha thumhare thethe. (20)**

The burden of all difficult tasks of the world become light with your kind grace.

**Raama duaare thuma raKHavaare,  
Hota na aagjna binu paisaare. (21)**

You are the sentry at the door of Shri Ram's Divine Abode. No one can enter it without your permission,

**Saba suKHa lahai thumhaaree sharanaa,  
Thuma rakshaka kaahu ko dara naa. (22)**

All comforts of the world lie at your feet. The devotees enjoy all divine pleasures and feel fearless under your benign Protection.

**Aapana theja samhaaro aapai,  
Tino loka haanka the kaampai. (23)**

You alone are befitted to carry your own splendid valour. All the three worlds (entire universe) tremor at your thunderous call.

**BHootha pishaacha nikata nahin aavai,  
Mahaa-veera java naama sunaavai. (24)**

All the ghosts, demons and evil forces keep away, with the sheer mention of your great name, O'Mahaveer!!

**Naasai roga harai saba peera,  
Japatha niranthara hanumatha veera. (25)**

All diseases, pain and suffering disappear on reciting regularly Shri Hanuman's holy name.

## Hanuman Chalisa (contd.)

**Sankata the Hanumaana CHudaavai,  
Mana krama vachana DHyaana jo laavai. (26)**

Those who remember Shri Hanuman in thought, words and deeds with sincerity and faith, are rescued from all crises in life.

**Saba para raama tapasvee raaja,  
Thina ke kaaja sakala thuma saajaa. (27)**

All who hail, worship and have faith in Shri Ram as the Supreme Lord and the king of penance. You make all their difficult tasks very easy.

**Aura mano-raTHa jo koi laavai,  
Soi amitha jeevana phala paavai. (28)**

Whosoever comes to you for fulfillment of any desire with faith and sincerity, Will he alone secure the imperishable fruit of human life.

**ChaarO yuga parathaapa thumhaara,  
Hai parasidhDHa jagata ujiyaara. (29)**

All through the four ages your magnificent glory is acclaimed far and wide. Your fame is Radiantly acclaimed all over the Cosmos.

**SaaDHu santha ke thuma raKHavaare,  
Asura nikandana raama dhulaare. (30)**

You are Saviour and the guardian angel of Saints and Sages and destroy all Demons. You are the angelic darling of Shri Ram.

**ASHta sidhDHi nau niDHi ke dhaataa,  
Asa vara dheena jaanakee maathaa. (31)**

You can grant to any one, any yogic power of Eight Siddhis (power to become light and heavy at will) and Nine Nidhis (Riches, comfort, power, prestige, fame, sweet relationship etc.) This boon has been conferred upon you by Mother Janki.

**Raama rasaayana thumhare paasaa,  
Sadhaa raho raGHuPathi ke daasaa. (32)**

You possess the power of devotion to Shri Ram. In all rebirths you will always remain Shri Raghupati's most dedicated disciple.

**Thumhare BHajana raama ko paavai,  
Janama janama ke duKHa visaraavai. (33)**

Through hymns sung in devotion to you, one can find Shri and become free from sufferings of several births.

**Anthaa kaala raGHu-vara pura jaai,  
Jahaan janma hari-BHaktha kahaai. (34)**

If at the time of death one enters the Divine Abode of Shri Ram, thereafter in all future births he is born as the Lord's devotee

## Hanuman Chalisa (contd.)

**Aura dhevathaa, chiththa na DHarai,  
Hanumatha sei sarva suKHa karai. (35)**

One need not entertain any other deity for Propitiation, as devotion of Shri Hanuman alone can give all happiness

**Sankata katai mitai saba peera,  
Jo sumirai hanumatha balaveeraa. (36)**

One is freed from all the sufferings and ill fated contingencies of rebirths in the world. One who adores and remembers Shri Hanuman.

**Jai jai jai Hanumaana gosai,  
Kripaa karahu guru deva kee naai. (37)**

Hail, Hail, Hail, Shri Hanuman, Lord of senses. Let your victory over the evil be firm and final. Bless me in the capacity as my supreme guru (teacher).

**Jo satha baara paaTa kara koi,  
CHoota-hi bandhi mahaa-suKHa hoi. (38)**

One who recites Chalisa one hundred times, becomes free from the bondage of life and death and enjoys the highest bliss at last.

**Jo yaha paDhai hanumaana chaleesa,  
Hoya sidDHi saaKHee gaureesa. (39)**

All those who recite Hanuman Chalisa (The forty Chaupais) regularly are sure to be benedicted. Such is the evidence of no less a witness as Bhagwan Sankar.

**Thulasi-daasa sadhaa hari chera,  
Keejai naaTHa hridhaya maha deraa. (40)**

Tulsidas as a bonded slave of the Divine Master, stays perpetually at his feet, he prays "Oh Lord! You enshrine within my heart & soul."

**Dhoha**

**Pavana-thanaya sankata harana, mangala moorathi roopa,  
Raama laKHana seetha sahitha, hrdhaya basahu sura bHoopa.**

**Siyaavara raamachandhra kee jay  
Pavana-sutha hanumaana kee jay  
Umaapathi mahaadeva kee jay  
Bolo BHai saba santhana kee jay.**

Oh! conqueror of the Wind, Destroyer of all miseries, you are a Mangal murti roop. Symbol of Auspiciousness. Along with Shri Ram, Lakshman and Sita, reside in my heart. Oh! King of Gods.

## Focus Bhajan: Prema Mudita

Prema Mudita Manasey Kaho  
Rama Rama Ram Rama Rama Ram  
Rama Rama Ram Shri Rama Rama Ram

Papa Ghatey Dukha Mitey Lekey Rama Nam  
Bhava Samudra Sukhada Nava Eka Rama Nam  
Rama Rama Ram Rama Rama Ram  
Rama Rama Ram Shri Rama Rama Ram

Parama Shanti Sukha Nidhana Divya Rama Nam  
Niradhara Ko Adhara Eka Rama Nam  
Rama Rama Ram Rama Rama Ram  
Rama Rama Ram Shri Rama Rama Ram

Parama Gopya Parama Divya Mantra Rama Nam  
Santa Hrudaya Sada Vasatha Eka Rama Nam  
Rama Rama Ram Rama Rama Ram  
Rama Rama Ram Shri Rama Rama Ram

Maata Pita Bandhu Sakha Sabha Hi Rama Nam  
Bhakta Janara Jivana Dhana Eka Rama Nam  
Shri Rama Rama Ram Rama Rama Ram  
Rama Rama Ram Shri Rama Rama Ram



## Focus Bhajan: Prema Mudita

### Meaning of the Bhajan Prema Mudita

With the heart and mind full of love and devotion, recite the name of Lord Rama.

Reciting the name of Lord Rama cuts down sins and miseries and helps us cross the ocean of life and death.

So potent is Lord Rama's name that it brings eternal peace and bliss and is the only support of those who have no support.

So loving and so divine is Lord Rama's name that sages and saints always have only Lord Rama's name in their hearts.

O Lord Rama! Thou art my Mother, Father, Relations, Friends, everything, and all.

The only life-long treasure of the devotee is Thy name. Chant the mantra 'Rama Rama Ram'.