

MORNING ASSEMBLY PRAYERS

Gayathri Manthraa

Om BHour, BHuva, svaha,

thath savi-thur vareIN-yam,

BHargo devasya DHee-mahi,

DHiyo yo nah pracho-dayaath.

**Om, the Divine light which pervades the earth, the galaxy, and the
heaven above,**

That divine light which is the most adorable,

On that divine light we should meditate,

And may that light enlighten our intellect and awaken our spiritual wisdom

Shaanthi Manthraas

Om saha naa vavathu

saha nau BHu-nak-thu

saha veer-yam kara-vaa-vahai

the-jasvi naava DHee-tha masthu

maa vidh viSHaa-vahaii

Om shaanthy shaanthy shaanthy hi

Om - May God protect us both (the teacher and the student),

May God nourish us both

May we work together with energy and vigor,

May our study be enlightening, not giving rise to hostility,

Om, Let there be Peace, Peace, Peace

Om sarve-SHaam svas-thir BHavathu

sarve-SHaam shaan-thir BHavathu

sarve-SHaam poor-Nam BHavathu

sarve-SHaam mangalam BHavathu

Om shaanthy shaanthy shaanthy hi

Om- May there be well-being in all, May there be peace in all,

May there be fulfillment in all, May there be auspiciousness in all

Om, Let there be Peace Peace Peace.

Om sarve BHa-vanthu suKHi-naha

sarve san-thu niraama-yaaha

sarve BHadh-raaNi pash-yanthu

maa kash-chidh Duh-KHa BHaa BHaveth

Om shaanthy shaanthy shaanthy hi

Om, May all become happy, may all be free from illness

May all see what is auspicious, may no one suffer,

Om, Let there be Peace, Peace, Peace.

Om poor-Na-madhaha poor-Na-midham

poor-Naath poor-Na-mu-dachyathe

poor-Nasya poor-Na-maa-daa-yaa

poor-Nam evaa Va-shiSH-yathe

Om shaanthy shaanthy shaanthy hi

Om - God is infinite and complete. We came from this source and hence are also complete. If we are removed from this universe, the infinite power of God still remains and everything around us still stays complete.

Om, Let there be Peace, Peace, Peace.

*Om asatho maa sadh ga-ma-ya,
tha-maso maa jyothir ga-ma-ya,
mrth-yor maa amritham ga-ma-ya
Om shaanthy shaanthy shaanthy hi.*

Om, Lead me from the unreal to the Real, Lead me from darkness to Light, Lead me from death to Immortality.

Om, Let there be Peace, Peace, Peace.

OM JAYA JAGADEESHA HARE

*Om Jaya Jaga-deesha Hare,
Svaami Jaya Jaga-deesha Hare,
Bhaktha Jano Ke Sankat,
Daas Jano Ke Sankat,
Kshana Mein Door Kare,
Om Jaya Jaga-deesha Hare.*

*Oh Lord of the whole Universe
Mighty Lord of the whole Universe
The agonies of devotees
The sorrows of devotees
In an instant, you remove,
Oh Lord of the whole Universe*

*Jo Dhyaa-ve Phal Paave,
Dukh Bin Se Mann Kaa,
Swami Dukh Bin Se Mann Kaa,
Sukha Sam-pathi Ghar Aave,
Sukha Sam-pathi Ghar Aave,
Kasht Mite Than Kaa,
Om Jaya Jaga-deesha Hare*

*He who is immersed in devotion
His mind's sadness ceases
Lord, his mind's sadness ceases
Joy, prosperity enter the home
Joy, prosperity enter the home
A body free of problems
Oh Lord of the whole Universe*

*Maatha Pithaa Thum Mere,
Sharan Padoo Mein Kiski,
Svaami Sharan Padoo Kiski,
Thum Bin Aur Na Dooja,
Prabhu Bin Aur Na Dooja,
Aas Karoon Mein Jiski,
Om Jaya Jaga-deesha Hare.*

*You are my Mother and Father
Whom should I take refuge in
Lord, whom should I take refuge in
Without you, there is no other
Without you, there is no other
For whom I would wish
Oh Lord of the whole Universe*

*Thum Pooran Para-maatmaa,
Thum Anthar-yaami,
Svaami Thum Anthar-yaami,
Paar Brahma Para-meshvara,
Paar Brahma Para-meshvara,
Thum Sabke Svaami,
Om Jaya Jaga-deesha Hare.*

*You are the ancient great soul,
You are the omnipotent master
Lord, you are the omnipotent master
Perfect, Absolute, Supreme God
Perfect, Absolute, Supreme God
You are the Lord of everything and everyone,
Oh Lord of the whole Universe*

*Thum Karunaa Ke Saagar,
Thum Paalan Karthaa,
Svaami Thum Paalan Karthaa,
Mein Sevaka Thum Svaami,
Mein Sevaka Thum Svaami,
Kripaa Karo Bartha,
Om Jaya Jaga-deesha Hare.*

*You are an ocean of mercy
You are the protector
Lord, you are the protector
I am a simpleton with vain desires,
I am a servant and you are the Lord
Oh Lord, grant me thy divine grace
Oh Lord of the Universe*

*Thum Ho Ek Agho-chara,
Sabke Praana Pathi,
Svaami Sabke Praana Pathi,
Kis Vidh Milo Dayaa-maya,
Kis Vidh Milo Dayaa-maya,
Thum Ho Mein Kumathi,
Om Jaya Jaga-deesha Hare.*

*You are the one unseen
Of all living beings
The Lord of all living beings
Grant me a glimpse
Grant me a glimpse
Guide me along the path to you,
Oh Lord of the Universe*

*Deena Bhan-dhu Dukh Hartha,
Thum Rak-shaka Mere,
Svaami Thum Rak-shaka Mere,
Apne Haath Badaao,
Apne Sharan Lagaaao,
Dvaar Padaa Mein There,
Om Jaya Jaga-deesha Hare.*

*Friend of the helpless and feeble
Benevolent savior of all
Lord, benevolent savior of all
Lift up your hand
Offer me refuge
At your feet
Oh Lord of the Universe*

*Vishaya Vikaar Mitaaao,
Paapa Haro Devaa,
Svaami Kashta Haro Devaa,
Shraddha Bhakthi Badaao,
Shraddha Prema Badaao,
Santan Ki Sevaa,
Om Jaya Jaga-deesha Hare.*

*Removing faults of the mind (like ego, greed,
selfishness etc.)
Defeating evil, Supreme Soul,
Lord, defeating evil
With all my Faith and devotion
Oh Lord, with all my faith and devotion
In eternal service to you,
Oh mighty Lord of the whole Universe*

*Than Mana Dhana Sab Hein Thera
Svaami Sab Kuch Hein Theraa,
Theraa Tujh Ko Arpan,
Theraa Tujh Ko Arpan,
Kyaa Laage Meraa
Om Jaya Jaga-deesha Hare*

*Oh Lord of the whole Universe
Mighty Lord of the whole Universe
The agonies of devotees
The sorrows of devotees
You instantly remove
Oh Lord of the whole Universe*

*Om Jaya Jaga-deesha Hare,
Svaami Jaya Jaga-deesha Hare,
Bhaktha Jano Ke Sankat,
Daas Jano Ke Sankat,
Kshan Mein Dhoor Kare,
Om Jaya Jaga-deesha Hare.*

PRADAKSHINA MANTRAAS

*yaani kaani cha paa-paani jan-maan-thara kri-thaani cha
thaani thaani vinash-yanthi pradak-shiNa padhe padhe
paa-poham paapa kar-maa-ham paa-paath-ma paapa sam-BHavaa
thraa-hi maam kri-payaa devaa sharaNaa-gatha vath-sala
anya-THaa shara-Nam naas-thi toa-meva shara-Nam mamaa
thas-maath kaa-ruNya BHaa-vena raksha raksha janaar-dhanah*

O God, Whatever sins I may have committed in this and in previous lives, destroy them with every step I take around you.

*toa-meva maathaa cha pithaa toa-meva
toa-meva banDHu cha saKHaa toa-meva
toa-meva vidh-yaa dhra-vi-Nam toa-meva,
toa-meva sarvam mama deva deva*

You are my mother and father You are my relative and friend. You are my knowledge and spiritual prosperity. You are my everything, dear God.

*kaaye na vaa-chaa mana-sein dhri-yair-vaa
budDH-yaathma -naa vaa pra-krither sva-BHaa-vaadh
karomi yadh-yath sakalam parasmai
naaraayaNaa-yethi samar-payaami*

Whatever actions are performed with body, speech, mind, senses, intellect, nature or emotions, I dedicate all of them to the Supreme Lord.
