1

Lord Ganesha constantly reminds us of our origin from the Divine Consciousness. He is the Perfect One. That is why one of His names is Sri Purna (the Perfect One). The elephant is also associated with a prodigious memory, and Lord Ganesha is also a symbol of wisdom and is a bringer of good luck. It is said that his elephant head epitomizes everything related to wisdom — small, shrewd eyes, long ears that miss nothing, a long nose that can smell anything and remove obstacles. His vehicle, a tiny rat, reflects how much importance a wise man gives to the smallest forms of life. Clearly, the evolution towards Divinity includes the smallest details of Perfection. The elephant head on the human body symbolizes the process of evolution and teh inevitable union of man with Divinity.

### ॐ श्री गणेशाय नम: ॥ ॐ श्री गणेशाय नम: ॥ ॐ श्री गणेशाय नम: ॥

OM Shree Ganeshaya Namah, OM Shree Ganeshaya Namah, OM Shree Ganeshaya Namah.

#### Meditating, I bow down to Lord Ganesha

सर्व विघ्नविनाशाय, सर्वकल्याण हेतवे । पार्वती प्रियपुत्राय, श्री गणेशाय नमो नम: ॥

Sarva vigna- vinashaya sarva kalyana hetave Parvati priya-putraya. Shree Ganeshaya namo namah.

He is the destroyer of all obstacles as He is the source of welfare for all of us. The beloved son of Goddess Parvati, time and again I bow down to You, Lord Ganesha.

> ॐ वक्रतुण्ड महाकाय सूर्यकोटि समप्रभा । निर्विघ्नं कुरु मे देव सर्वकार्येषु सर्वदा ॥

OM vakratunda mahakaya suryakoti samahprabha Nirvignam kuru me deva sarvakaryeshu sarvada.

The divine Lord Ganesha who has a huge body (mahakaya), a bent trunk (vakratunda), who radiates light of a million suns (surya koti) and who constantly removes all obstacles so that the work can proceed without any hindrances.

गण नायका यह गण देवता यह गणाध्यक्षा यह धी मही गुण शरीरा यह गुण मण्डिता यह गुणेशाना यह धी मही गुणातीता यह गुणाधीशा यह गुण प्रविष्टा यह धी मही एक दन्ता यह वक्र तुण्डा यह गौरी तनया यह धी मही गजेशाना यह भालचन्द्रा यह श्री गणेशा यह धी मही

Gana nayaka yaha gana deveta yesa ganadhyksha yaha dhi mahi Guna sharira yaha guna mandita yaha Gulrshana yeha dhi mahi Gunatita yaha gunadhiha yaha guna pravishta yaha dhi mahi Ek danta yaha vakratunda yaha Gauri tanaya yaha dhi mahi Gajeshana yaha bhalchadra yaha Shri Ganesha yaha dhi mahi I meditate upon Him, who is the Leader, Lord and Chief of all the Gods. I meditate upon Him, who is the very embodiment of all virtues, who is the Lord of all divine values and qualities.

I meditate upon Him, who is beyond all virtues, who is the Supreme Lord of all qualities and from and into whom all virtues enter.

I meditate upon Him who has a single tusk and a curved trunk and who is the son of Gauri (Parvati – consort of Lord Shiva).

I meditate upon Lord Ganesa, who is the leader of all elephants and whose forehead is adorned with the Crescent Moon.

आदिशंकराचार्य कृत गणेश वन्दना

Ganesha Prayer by Sri Shankaracharya Adi

मुदा करात्तमोदकं सदाविमुक्तिसाधकम् कलाधरावतंसकं विलासिलोकरक्षकम् । अनायैककनायकं विनाशितेभदैत्यकम् नताशुभाशुनाशकं नमामि तं विनायकम् ॥

Mudakarata modakam sada vimukti sadhakam Kaladharavatanasakam vilasilokarakshakam. Anayakaikanayakam vinashitebhadaityakam Natashubhashunashakam namami tan vinayakam.

I bow down to Lord Ganesha who happily holds a laddu (a ball of sweet - symbolically – perfection) in his hand, gives salvation to us and has the Moon as his ornament. He loves those who worship him. He is the protector of the world, the leader of a group that has no leader. He is the destroyer of demons and the slayer of all ills.

नतेतरातिभीकरं नवोदितार्कभास्वरम् नमत्सुरारिनिर्जरं नताधिकापदुद्धरम् । सुरेश्वरं निधीश्वरं गजेश्वरं गणेश्वरं महेश्वरं तमाश्रये परात्परं निरन्तरम् ॥

Natetratibhikaram navoditarkabhasvaram Namatsurarinirjaram natadhikapadµdharam. Sureshvaram nidhishvaramn gajeshvaram ganeshvaram Maheshvaram tamashraye paratparam nirantaram.

I constantly seek the refuge of the Supreme One (Lord Ganesha), who is like the rising sun, is bright and is acknowledged by the gods and the demons equally. He protects us from misfortunes and He is the great Lord of Gods, the curator of treasure, the best among the elephants and the Lord of Lords.

> समस्तलोकशङ्करं निरस्तदैत्यकुञ्जरं दरेतरोदरं वरं वरेभवक्त्रमक्षरम् । कृपाकरं क्षमाकरं मुदाकरं यशस्करं मनस्करं नमस्कृतां नमस्करोमि भास्वरम् ॥

Samastalokashankaram nirastadaitya kunjaram Daretarodaram varam varebhavaktramaksharam.

Kripakaram kshamakaram mudakaram yashaskaram manaskaram namaskritam namaskaromi bhasvaram.

I bow down to the shining One who is the giver of bliss to the entire universe, He kills all demons. His large belly, his adorable face is immortal, gracious, merciful, and He is the giver of all delight and splendour. Yes, He is the one who gives intelligence to those who aspire for it.

अकिञ्चनार्तिमार्जनं चिरन्तनोक्तिभाजनं पुरारिपूर्वनन्दनं सुरारिगर्वचर्वणम् । प्रपञ्चनाशभीषणं धनंञ्जयादिभूषणं कपोलदानवारणं भजे पुराणवारणम् ॥

Akinchanartimarjanam chirantanoktibhajanam Puraripurvanandanam surarigarvacharvanam. Prapanchanashbhishanam dhanajayadibhµshanam Kapoladanavaranam bhaje puranavaranam.

I worship the immortal adorable Elephant-God, who eradicates poverty. He is the epitome of Immortal speech, the first-born of Lord Shiva, the destroyer of demons, who shatters the pride of demons and is dreadful in destroying the phenomenal world.

नितान्तकान्तदन्तकान्तिमन्तकान्तकात्मजम् अचिन्त्यरूपमन्तहीनमन्तरायकृन्तनम् । हृदन्तरे निरन्तरम् वसन्तमेव योगिनां तमेकदन्तमेव तं विचिन्तयामि सन्ततम् ॥

Nitantakantadantakantimantakantakatmajam Achintyarupamantahinamantarayakrintanam. Hridantare nirantaram vasantameva yoginam Tamekadantameva tam vicintayami santatam.

I constantly meditate on Him who sits perpetually with His broken tusk, who is extremely stunning and brilliant, the son of the God of Immortality. His beauty is beyond conception, and He removes all obstacles and lives perpetually in the heart of His worshippers.

2

Nara and Naraayani prevail in the entire universe. Duality is a premise that says that the universe consists of atoms with positive and negative charges, the principle of Purusha and Prakriti. One cannot exist without the other. Nara is unmanifest without Naarayani. Naarayani is the dynamic reality, the Shakti behind this moving Universe.

ॐ श्री दुर्गाये नम: ॥ ॐ श्री दुर्गाये नम: ॥ ॐ श्री दुर्गाये नम: ॥

OM Shree Durgaya Namah. OM Shree Durgaya Namah. OM Shree Durgaya Namah.

Meditating, I bow down to Goddess Durga.

# सर्वमंगलमांगल्ये शिवे सर्वार्थसाधिके । शरण्ये त्र्यम्बके गौरी नारायणि नमोऽस्तुते ॥

Sarvamangal mangalye Shive sarvarth sadhike Sharnye Trayambake Narayani Namostute.

Salutations to you - O Naraayani, the fair complexioned one who shines as the most beautiful. She who is the Divinity personified, the consort of the three-eyed Lord Shiva, and one who fulfils all our desires, and in whom all of us can take refuge.

> सृष्टिस्थिति विनाशानं शक्तिभूते सनातनी । गुणाश्रये गुणमये नारायणि नमोऽस्तुते ॥

Srishti sthiti vinashanam shaktibhute sanatani

Gunashraye gunamaye Narayani namostute.

Salutations to you, Naraayani - the one who is Divine in all that is propitious, the consort of the three eyed Lord Shiva, through whom He accomplishes all His wishes. She gives refuge to all, She is the one, who is fair complexioned and the most beautiful.

सर्वे भवन्तु सुखिन: । सर्वे सन्तु निरामया ॥ सर्वे भद्राणि पश्यन्तु । मा कश्चित दु:खभागु भवेतु ॥

Sarve bhavantu sukhina sarve santoo niramaya Sarve bhdrani pashyantu Ma kashchit dukhbhag bhavet.

May all be blissful, may all be healthy, may all enjoy good fortune May none suffer sorrow, let peace prevail everywhere and let all of us remain in harmony.

> कायेन वाचा मनसैन्द्रियर्वा, बुध्दयात्मना वा प्रकृते स्वाभावात् । करोमि यत्यद् सकलं परस्मै, नारायणेति समर्पयामि ॥

Kayena vacha Manasendriyair va,Budhyatmana va Prakrute Svabhavat Karomi Yadyat Saklam Parasmai

Whatever I may have done, with my body, my speech, my mind, my senses, and my intellect or by any natural ability, I dedicate all that to Lord Naarayana. I am a Karma Yogi.

# **3** हरि ॐ ! हरि ॐ ! हरि ॐ !

Hari Om, Hari Om, Hari Om.

### I meditate on Lord Hari

मंगलं भगवान् विष्णुः, मंगलं गरुड़ध्वज । मंगलं पुण्डरीकाक्षं, मंगलायतनो हरि: ॥

Mangalam Bhagwan Vishnu, Mangalam Garuda-dhwajah Mangalam Pundarikaksham, Manglalyatano Hari. All fortunate is God Vishnu, all auspicious is He who has the Garuda (eagle) as His flag, all propitious is the One whose eyes are like lotus flowers. He is the Divine. He is Hari.

त्वमेव माता च पिता त्वमेव, त्वमेव बन्धुश्च सखा त्वमेव । त्वमेव विद्या द्रविणं त्वमेव, त्वमेव सर्वं मम देव देव ॥

Tvamev Mata ch Pita tvamev, Tvamev Bandhush ch Sakha tvamev, Tvamev Vidya, Dravinam tvamev, Tvamev Sarvam mama Dev, Dev.

> You - my Father and Mother in one My comrade, friend and All in all My wisdom, light and my dearest pearl My God of gods, To You I call.

गुरुर्ब्रह्मा गुरुर्विष्णुः, गुरुर्देवो महेश्वरः ।

गुरुः साक्षात् परं ब्रह्मा, तस्मै श्रीगुरवे नमः ॥

Gururbhrama GururVishnu Gururdevo Maheshvarah Gurursakshat para-braham. tasmay shri gurvenamah

The Guru (our spiritual teacher) is akin to Lord Brahma (as he creates spirituality within us), the Guru is similar to Lord Vishnu (as he imparts and guards the knowledge of right conduct in us), and the Guru is like Lord Maheshwara - Lord Shiva (as he dispels and destroys our ignorance). Thus in Guru is the Divine Trinity of the Brahman present. I offer my salutations to such a Guru.

# अखण्ड मण्डलाकारं, व्याप्तं येन चराचरम् । तत्पदं दर्शितं येन, तस्मै श्रीगुरवे नम: ॥

Akhanda mandalkaram Vyaptam Yena characharam, Tatpadam darshitam yena tasmay shri gurvenamah Dyanmulam guru murti, Pujamulam Gurupadam, Mantramulam guru vakyam, Mokshamulam gurukripa.

My Salutations to that Guru, who revealed to me the Ultimate Truth, that is immutable, infinite, Eternal, Divine, and That which pervades in the entire universe – animate and inanimate

ध्यानमूलं गुरु मूर्तिः पूजामूलं गुरु पदम् । मंत्रमूलं गुरु वाक्यं मोक्षमूलं गुरु कृपा ॥

Dhyanmulam guru murti, Pujamulam Gurupadam, Mantramulam guru vakyam, Mokshamulam gurukripa.

The Guru's physical form is the finest to meditate upon; the Guru's feet deserve the best worship; the Guru's words are like a mantra; and the Guru's grace leads us to deliverance.

#### 4

There is indeed a mystic power that lies behind the creation of our universe – visible and invisible, animate and inanimate. This cosmic power is without any shape, any magnitude or any duration. It is always there and so It is Absolute and is called Shiva. Its perception is beyond any imagination or conception. To facilitate its worshippers, who want to draw energy from this power by way of meditation, a symbol of Linga was created.. It represents the entire universe. Shiva has the contradictory attributes of being the destroyer and restorer of the Universe, a perfect blend of opposites. Hence, He is the supreme deity. Shiva is portrayed as the Supreme celestial power; Shankara is portrayed as His earthly personification.

ॐ नम: शिवाय ॥ ॐ नम: शिवाय ॥ ॐ नम: शिवाय ॥ OM Namah Shivaya, OM Namah Shivaya, OM Namah Shivaya.

#### Meditating, I bow down to Lord Shiva

कर्पूरगौरं करुणावतारं, संसारसारं भुजगेन्द्र हारम् । सदा वसन्तं हृदयारविन्दे, भवं भवानी सहितं नमामि ॥

Karpoor gauram karuna avataram, sansarsaram bhujgenraharam. Sadavasantam hridaya arvinde, bhavam Bhavani sahitam namami.

I bow to that camphor-hued, bright complexioned Lord Shiva, Who is the epitome of compassion, who is the very essence of life, who wears snakes as garlands, and whose eternal abode is in the heart of the devotee. I bow down to Him (Lord Shiva) and His consort Bhavaani (Uma or Parvati)

### ॐ नम: शम्भवाय च, मयोभवाय च, नम: शंकराय च,

मयस्कराय च, नम: शिवाय च, शिवतराय च ।

Om Namah Shambhavaya cha, Mayobhavaya cha, Namah Shankaraya cha, Mayaskaya cha, Namah Shivay cha, Shivtaraya cha.

We bow down to Lord Shiva who is magnificent, Who is delight and ecstasy incarnate, Who always gives us Joy, Bliss and who is munificent And who is ever compassionate.

# ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम् । उर्वारूकमिव बन्धनामृत्योर्मुक्षीय माऽमृतात् ॥

Om Trayambakam yajamahe Sugandhimpushti vardhanam Urwarukmiya Bandhana Mrityur Mokshima amrita.

We worship the three-eyed (Tryambakam) Lord Shiva, Lord of Time who delivers beauty, sustenance and vigour in our lives. He unshackles us from all our bondages and liberates us from the clutches of death, leading us to Immortality.

शुभं करोति कल्याणं आरोग्यं धनसम्पदा । शत्रु बुद्धि विनाशाय दीपज्योतिर्नमोस्तुते ॥ दीपो ज्योति: परब्रह्म दीपो ज्योति: जनार्दन:। दीपो हरतु मे पापं संध्या दीपो नमोस्तुते ॥

Shubham Karoti Kalyanam, arogyam dhansampta, Shatrubuddhivinashaya Dipoojyotirnamostute Dopoojyotih Parabrahma, dipoojyotih Janardhana, Dipoo hartu me papam sandhya dipoo Namoostute.

I salute the Lord who is Light and who is auspicious; who showers prosperity, good health, and the abundance of wealth. He destroys the enemy's intellect.

I salute Him who sustains the creation in the form of light. I salute this Divine light. May He destroy affliction caused by my sins of omission and commission.

#### <u>Symbolism</u>

This prayer is chanted before lighting the lamp. Light is considered a symbol of soul. Light brings with it brightness, but how does it destroy the intellect's enemy? The intellect's enemy is ignorance, which is likened to darkness. Light removes the darkness and makes it possible to see things clearly.

# ॐ तत् सवितुर्वरं रूपं ज्योति: परस्य धीमहि ।

यन्न: सत्येन दीपयेत् ॥ Om tat saviturvaran rupam jyotihi parasya dheemahi Yannah satyena deepyet.

Let us meditate on the most auspicious form of The Creator, on the light of the Supreme which shall illumine us with the Truth.

> मन्त्रहीनं क्रियाहीनं, भक्तिहीनं सुरेश्वर ! यत्पूजितं मया देव ! परिपूर्णं तदस्तु मे ॥ यदक्षरं पदं भ्रष्टं, मात्राहीनं च यद्भ्वेत् । तत्सर्वं क्षम्यतां, देव ! प्रसीद परमेश्वर ! ॥

Mantra heenam kriya heenam, Bhakti heenam sureshwara, Yat-pujitam maya deva, Pariournam sureshwara, Yadaksharam padam bhrashtam, Matra heenam cha yad vet, Tatsarvam Kshmyatam deva preseed Parameshwara.

If my worship is without the knowledge of rituals, mantras and is performed without the right devotion, still O Lord, forgive me and receive it as intact. If I have made an error, omitted a syllable, faltered in my rhythm or have gone out of meter,

forgive me my Lord for my error and accept my rendering as complete and without flaws.

5 ॐ द्यौः शान्तिरन्तरिक्षं शान्तिः पृथिवी शान्तिरापः शान्तिरोषधयः शान्तिः वनस्पतयः शान्तिर्विश्वेदेवाः शान्तिक्रह्म शान्तिः सर्व शान्तिः शान्ति रेव शान्तिः सामा शान्तिरेधि ॥ ॐ शान्तिः शान्तिः शान्तिः ॥ सर्वारिष्टषु शान्तिर्भवतु ॥

May peace flow to us from heaven, from the subtle space. May peace prevail on the earth, in the waters, in the plants, in vegetation, in the woods and in the whole Nature. Let heavenly peace pervade, come to us from every source and let it flood all space. May peace be here, there and everywhere.

भूमि मंगलम् । उदक् मंगलम् । अग्नि मंगलम् । वायु मंगलम् । गगन मंगलम् । सूर्य मंगलम् । चन्द्र मंगलम् । जगत् मंगलम् । जीव मंगलम् । देह मंगलम् । मनो मंगलम् । आत्म मंगलम् । सर्वमंगलम् भवतु भवतु भवतु ।

Let the earth be in harmony, the waters calm, the fire benign and the wind beneficial. Let the sky, the sun and the moon be peaceful. Let our earth be auspicious and all beings remain calm.

Let peace prevail permanently in the body, in the mind and in the spirit. May peace prevail everywhere, on all the planes of our consciousness and in each one of us.

6 ॐ पूर्णमद: पूर्णमिदं पूर्णात् पूर्णमुदच्यते । पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते ॥

ॐ शान्ति: शान्ति: शान्ति: ॥

Om Poornamadah, Poornamidam, Poornat Poornamadachyate Poornasya Poornamadaya Poornameva Vashishate Om Shantih, Shantih, Shantih.

Complete in itself is that yonder and complete is that which is here. Complete rises from complete. Even when thou takes complete from its fullness, that which remains is also complete and perfect. Let peace prevail totally.

#### 7

# प्रभु हमपे दया करना

A devotion song (bhajan) praying for God's blessings

प्रभु हमपे दया करना - कृपा करना - दया करना प्रभु हमपे दया करना - प्रभु हमपे कृपा करना वैकुण्ठ तो यही है, हृदय मे रहा करना प्रभु हमपे दया करना - प्रभु हमपे कृपा करना

गूंजेंगे राग बन कर वीणा की तार बन कर प्रगटोगे नाथ मेरे हृदय मे प्यार बन कर हर रागिनी की धुन पर स्वर बन के उठा करना वैकुण्ठ तो यही है, हृदय मे रहा करना प्रभु हमपे दया करना - प्रभु हमपे कृपा करना

नाचेंगे मोर बन कर, हे श्याम तेरे द्वारे घनश्याम छाऐ रहना, बन कर के मेघ तारे अमृत की धार बनकर, प्यासो पे दया करना वैकुण्ठ तो यही है, हृदय मे रहा करना प्रभु हमपे दया करना - प्रभु हमपे कृपा करना

तेर वियोग में हम, दिन रात हैं उदासी अपनी शरण मे ले लो, हे नाथ ब्रज के वासी तुम सोहम शब्द बन कर, प्राणों मे रमा करना वैकुण्ठ तो यही है, हृदय मे रहा करना प्रभु हमपे दया करना - प्रभु हमपे कृपा करना

### 8

## Mantras to welcome the Golden Age

To welcome the approaching Golden Age and to prepare ourselves for the intense golden light that will immerse on us, the regular listening and chanting of the following mantras compiled by Dr. Hajari, author of Devayan (3<sup>rd</sup> epic of India), will purify and strengthen our inner being.

#### यच्चिद्धि शश्वता तना देवं देवं यजामहे ॥

Yacchiddhi shashwat tana devam devam yajamahe - to be chanted 12 times

To realise the Truth and to attain a divine body, I meditate on Him who is The Ultimate. By uttering the words - Deva, O Deva, we attain a total identification. He is the Deva and I am the Deva. With this I am one with the Truth.

देवं देवं यजामहे ॥ Devam devam yajamahe - to be chanted 12 times

#### Let me be one with God.

देवं देवं ॥ Devam devam – to be chanted from 10 - 100 times. I call on Deva time and again.

Then chant the holy word of Om

आनन्दं आनन्दं केवलानन्दं ॥ Anandam anandam kevalanandam – to be chanted 6 times

### Let the Divine bliss alone prevail.

आनन्ददेव खल्विमानि भूतानि जायन्ते । आनन्देन जातानि जीवन्ति । आनन्दं प्रयन्तं संविर्शति ॥

Ananddev khalvimaani bhutani jayante Anandena jatani jivanti Anandam prayantam sanvishanti From Delight all things are born, in Delight they exist and grow, to Delight they ultimately return.

आनन्दं आनन्दं ॥

Anandam anandam - to be chanted 6 times) Let Divine Joy surround us.

आनन्दं ब्रह्म ॥

Anandam brahma – (to be chanted 12 times) Delight Is the Divine Creator.

ब्रह्म सत्यं ॥ Brahma Satyam – to be chanted 12 times The Creator Is the Truth

सत्यं देवं ॥ Satyam devam – to be chanted 12 times Truth Is God.

देवं देवं ॥ Devam devam – to be chanted from 10 –100 times I call on Deva time and again.

तत्सवितुर्वरेण्यम् भर्गोदेवस्य धीमहि । धियो यो न: प्रचोदयात् ॥

*Tatsaviturvarenyam bhargo devasya dhimahi Dhiyo yo na prachodayat* – to be chanted 3 times

Let us meditate On the most excellent Light Of the Divine Truth That it may impel our minds Without reserve.

ॐ भूर्भुवस्व: मह: ॥ Om bhurbhuvasvaha maha – to chanted 3 times

We meditate on the physical, vital, mental and the Supramental planes

तत्सवितुर्वरेण्यम् भर्गो देवस्य धीमहि । धियो यो न: प्रचोदयात ॥ Tatsaviturvarenyam bhargodevasya dhimahi Dhiyo yo na prachodayat – to be chanted once

Let us meditate On the most excellent Light Of the Divine Truth That it may impel our minds Without reserve. देवं देवं ॥ Devam devam – to be chanted from 10 - 100 times I call on Deva time and again.

त्रहतं सत्यं अमृतं सत्यं ॥ Rhitam satyam amritam satyam – to be chanted 12 times

Truth is immortality and immortality is Truth

देवं देवं ॥ Devam devam – to be chanted from 10 - 100 times I call on Deva time and again.

अमृतं कुरु कुरु स्वाहा ॥ Amritam kuru kuru svaha – to be chanted 12 times Do noble deeds and offer them to the Divine

देवं देवं ॥ Devam devam – to be chanted from 10 - 100 times I call on Deva time and again.

ॐ क्रीं क्री क्री हूं हूं श्री श्री दक्षिणे कालिके स्वाहा

*Om krim krim hrim hrim shrim shrim dakshine kālike svaha* – to be chanted 12 times Secret sounds to invoke the powers of Goddess Kali into our being that will demolish erroneous zones of our nature.

ॐ क्री क्री क्री हुं हुं श्री श्री दक्षिणे कालिके स्वाहा

Om krim krim hum hum shrim shrim dakshine kālike svāha - to be chanted 12 times Secret sounds to invoke the powers of Goddess Kali into our being that will demolish erroneous zones of our nature.

> Proprietor Nilesh D. Nathwani Einwanggasse 17/1/3 A-1140 Vienna Austria 2431 8945 889