

Morning Chants

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वक्रतुण्ड महाकाय सूर्यकोटी समप्रभः ।

निर्विघ्नं कुरु मे देव सर्वकार्येषु सर्वदा ॥

vakratuṇḍa mahākāya sūryakoti samaprabhā
nirvighnaṁ kuru mae deva sarvakāryeṣu sarvadā

Salutations to Lord Ganapathi, the one with the crooked trunk and big body and having the radiance of a thousand suns; please keep away all obstacles in all my work at all times.

गुरुब्रह्मा गुरुर्विष्णु गुरुर्देवो महेश्वरः ।

गुरुस्साक्षात् परब्रह्म तस्मै श्री गुरवे नमः ॥

gururbrahma gururviṣṇu gururdevo maheśvaraḥ
guruḥ sākṣāt parabrahmā tasmai śrī gurave namaḥ

*I bow to the "guru" or teacher, who is the creator, the sustainer and the destroyer
(of negativity), who is verily God himself*

ॐ भूर्भुवस्वः तत्सवितुर्वरेण्यम्
भर्गो देवस्य धीमहि
धियो योन प्रचोदयात् ॥

Om bhūrbhuvāḥ suvaḥ
tatsaviturvareṇyam
bhargo devasya dhīmahi
dhiyo yo naḥ pracodayāt

*Om! We meditate on the glory of the sacred light illuminating the three worlds.
May that divine light inspire our thoughts!*

Vishnu Sahasra Nama- Thousand Names of VISHNU

ॐ सहनाववतु सहनौ भुनक्तु सहवीर्यं करवावहे

तेजस्विनावधीतमस्तु मा विद्विषावहे

ॐ शान्तिः शान्तिः शान्तिः

Om! Saha nāvavatu saha nau bhunaktu Sahavīryaṁ karavāvahai
Tejasvi nāvadhītamastu māvidviṣāvahai
aum śāntiḥ śāntiḥ śāntiḥ

*May God protect us both together;
May God nourish us both together;
May we gain energy to know the Truth;
May our study together be filled with Light;
May we not oppose each other; Om Peace, Peace Peace*

ॐ नमामि धन्वन्तरिं आदिदेवं सुरासुरैर्वन्दित पादपद्मं
लोके जरारुग्भयमृत्युनाशं दाधारमीशं विविधौषधीनाम्
Namāmi dhanvantharim ādidevaṁ
surāsurairvandita pādapadmaṁ
Loke jarārugbhayamṛtyunāśaṁ
dhātāramīśaṁ vividhouṣadhīnām

*Salutations to Dhanvanthari, the first amongst gods,
whose lotus feet are worshipped by the gods and the demons;
who destroys all old age, disease, fear and death;
who is the God who carries all medicines.*

ॐ त्रयम्बकं यजामहे सुगन्धिं पुष्टिवर्धनं
ऊर्वारुगमिव बन्धनात् मृत्योर्मुक्षीय मामृतात् ॥

Om! Trayambakaṁ yajāmahe sugandhim puṣṭivardhanam
ūrvārukamiva bandhanāt mṛtyormukṣīya mā'mrtāt

*We worship the all-seeing One;
fragrant, he nourishes aplenty;
May I be free from the fear of death;
Like the fruit of the vine freed from its stem,
But not from the nectar of immortality*

ॐ सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः
सर्वे भद्राणि पश्यन्तु मा कश्चित् दुःखभाग्भवेत्
sarve bhavantu sukhinaḥ sarve santu nirāmayāḥ
sarve bhadraṇi paśyantū mā kaściddukḥabhāgbhavet

*Let all be well (happy);
let all be free from disease;
let all see only good and auspicious;
let all never face sorrow.*

ॐ असतोमा सद्गमयः तमसोमा ज्योतिर्गमयः
मृत्योर्मा अमृतं गमयः ॥

asato mā satgamaya
tamaso mā jyotirgamaya
mr̥tyormā amṛtaṁ gamaya

*Lead us from falsehood to truth;
From darkness unto light;
From the fear of death to knowledge of immortality;*

ॐ पुर्णमतः पुर्णमिदं पुर्णात् पुर्णमुदच्यते
पुर्णस्य पुर्णमादाय पुर्णमेवावशिष्यते
ॐ शान्तिः शान्तिः शान्तिः

Om! pūrṇamadaḥ pūrṇamidaṁ pūrṇāt pūrṇamudacyate
pūrṇasya pūrṇamādāya pūrṇamevāvaśiṣyate

*That is full; this also is full;
this fullness came from that fullness;
Though this fullness came from that fullness,
that fullness remains forever full!*

कराग्रे वसतिर्लक्ष्मी करमुले सरस्वती
करमध्ये तु या गौरी प्रभाते करदर्शनम् ॥

karAgre vasatirlakshmie karamUle sarasvatie
karamadhye tu ya Gourie prabhAte karadarzanam

Lakshmi the Goddess of prosperity resides on the tip of your fingers and

Saraswati the Goddess of knowledge resides in the root of the palm

Gouri the Goddess of nature resides in your palm

It is auspicious to see those goddesses in your palm in the morning

Evening chants

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I bow to the "guru" or teacher, who is the creator, the sustainer and the destroyer (of negativity), who is verily God himself.

Lalita sahasranama- Thousand names of Lalita

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तेजस्विनावधीतमस्तु मा विद्विषावहैः

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मृत्योर्मा अमृतं गमयः ॥
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Though this fullness came from that fullness,
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त्वमेव माता च पिता त्वमेव । त्वमेव बन्धुश्च सखा त्वमेव ॥

त्वमेव विद्या द्रविणं त्वमेव । त्वमेव सर्वं मम देव देव ॥

Tvameva mātā ca pitā tvameva
Tvameva bandhuśca sakhā tvameva
Tvameva vidyā draviṇam tvameva
Tvameva sarvam mama deva deva

*You are my Mother and my Father
You are my Family and my friend
You are my Knowledge and my Wealth
You are my All, God of Gods!*

kāyena vācā manasendriyairvā
buddhiātmanā vā prakṛteḥ svabhāvāt
karomi yadyat sakalam parasmai
nārāyaṇāyeti samarpayāmi

*Whatever actions I may perform
using body, speech, mind, senses, intellect,
soul or by way of nature;
I offer that to Lord Narayana*