

MORNING CHANTS



the
sanctuary

ॐ TRUTH ॐ

**OM ASATO MAA SAD GAMAYA
TAMASO MAA JYOTIR GAMAYA
MRITYOR MAA AMRITAM GAMAYA**

Lead us from the unreal to the real.

From darkness to light.

From death to immortality.

ॐ LIFE ॐ

**OM BHUR BHUVAH SVAHA
TAT SAVITUR VARENYAM
BHARGO DEVASYA DHEEMAHI
DHIYO YONA PRACHODAYAT**

We meditate on the one supreme intelligence

that pervades every level of existence.

May it enlighten, guide and inspire us.

ॐ FREEDOM ॐ

**OM TREYAMBAKAM YAJAMAHE
SUGANDHIM PUSHTIVARDANAM
URVAA RUKAMI VABANDANAAN
MRITYOR MUKSHI AMAAMRATAAT**

We bow to the all seeing one,

who is fragrant, who nourishes all beings.

May he liberate us from the death of ignorance

for the sake of immortal wisdom,

even as a fruit is severed from its bondage to the creeper.

INVOCATION TO PATANJALI CHANT:

**OM YOGENA CHITASYA PADENA VACHAM
MALAM SHARIRASYA CHA VAIDYAKENA
YOPAKAROTAM PRAVARAM MUNINAM
PATANJALIM PRANJALIRANATOSMI**

Let us bow before the noblest of sages, Patanjali
Who gave Yoga for the serenity and sanctity of mind,
Grammar for clarity and purity of speech
And medicine for the perfection of health.

THE SANGHA CHANT:

**OM SAHA NA VAVATU
SAHA NAU BHUNAKTU
SAHA VIRYAM KARAVAVAHAI
TEJAS VINA VADHITAMASTU
MA VID VISHAVAHAI**

Om May we be protected and secure together,
May we all be nourished by the energy of our shared practice,
May we work together with great energy and vigour,
May our minds be sharpened and illumined through our endeavour,
Let there be no animosity amongst us or obstacles between us which cannot be overcome.

~

OM SHANTI, SHANTI, SHANTI OM

SRI GURUBHYO NAMAHA HARI OM

ॐ ATMA SHATKAM – SONG OF THE SOUL ॐ

**MANO BUDDHYAHAMKAARA CHITTAANI NAAHAM
NA CHA SHROTA JIVHE NA CHA GHRAANA NETRE
NA CHA VYOMA BHUUMIH NE TEJO NA VAAYUH
CHIDANANDA RUUPAH SHIVOHAM SHIVOHAM**

I am neither ego nor reason, I am neither mind nor thought, I cannot be heard nor cast into words, nor by smell nor sight ever caught,
In light and wind I am not found, nor yet in earth and sky, Consciousness and joy incarnate, bliss of the blissful am I

**NA CHA PRAANA SANJNO NA VAI PANCH VAAYUH
NA VAA SAPTA DHAATUR NA VAA PANCH KOSHAH
NA VAAK PAANI PAADAU NA CHOPASTHA PAAYUU
CHIDANANDA RUUPAH SHIVOHAM SHIVOHAM**

I have no name, I have no life, I breathe no vital air, No elements have moulded me, no body sheath is my lair, I have no
speech no hands and feet no means of evolution, Consciousness and bliss incarnate, bliss of the blissful am I

**NA ME DVESHA RAAGAU NA ME LOBHA MOHAU
MADO NAIVA ME NAIVA MAATSARYA BHAAVAH
NA DHARMO NA CHAARTHO NA KAAMO NA MOKSHAHA
CHIDANANDA RUUPAH SHIVOHAM SHIVOHAM**

I cast aside hatred and passion, I conquered delusion and greed, No touch of pride caressed me, so envy never did breed, Beyond all
faiths, past reach of wealth, past freedom, past desire, Consciousness and joy incarnate, bliss of the blissful am I

**NA PUNYAM NA PAAPAM NA SAUKHYAM NA DUHKHAM
NA MANTRO NA TEERTHAM NA VEDAA NA YAJNAAH
AHAM BHOJANAM NAIVA BHOJYAM NA BHOKTAA
CHIDANANDA RUUPAH SHIVOHAM SHIVOHAM**

Virtue and vice, or pleasure and pain are not my heritage, Nor sacred texts, nor offerings, nor prayer, nor pilgrimage, I
am neither food, nor eating, nor yet the eater am I, Consciousness and joy incarnate, bliss of the blissful am I

**NA ME MRUTYU SHANKAA NA ME JAATI BHEDAH
PITAA NAIVA ME NAIVA MAATAA NA JANMA
NA BANDHUR NA MITRAM GURUR NAIVA SHISHYAHA
CHIDANANDA RUUPAH SHIVOHAM SHIVOHAM**

I have no misgivings of death, no chasms of race divide me, No parent ever called me child, no bond of birth ever tied
me, I am neither disciple, nor master, I have no kin or friend, Consciousness and joy incarnate, bliss of the blissful am I

**AHAM NIRVILKALPO NIRAAKAARA RUUPO
VIBHUR VYAAPYA SARVATRA SARVENDRIYAANAAM
SADAA ME SAMATVAM NA MUKTIR NA BANDHAHA
CHIDANANDA RUUPAH SHIVOHAM SHIVOHAM**

Neither knowable, knowledge, nor knower am I, formless is my form, I dwell within the senses, but they are not my home,
Ever serenely balanced, I am neither free nor bound, Consciousness and joy incarnate, bliss of the blissful am I.

HANUMAN CHALISA

**Shree Guru charana saroja raja
Nija manu mukuru sudhaari
Baranaun Raghubara bimala jasu
Jo daayaku phala chaari**

Having polished the mirror of my heart with the dust of my Guru's lotus feet I sing the pure fame of the best of Raghus, which bestows the four fruits of life.

**Budhi heena tanu jaanike
Sumiraun pawana kumaara
Bala budhi vidyaa dehu mohin
Harahu kalesa bikaara**

I know that this body of mine has no intelligence, so I recall you, Son of the Wind Grant me strength, wit and wisdom and remove my sorrows and shortcomings.

1. Jaya Hanumaan gyaana guna saagara Jaya Kapeesha tihun loka ujaagara

Hail to Hanuman, the ocean of wisdom and virtue, Hail Monkey Lord, illuminater of the three worlds.

2. Raama doota atulita bala dhaamaa Anjani putra Pawanasuta naamaa

You are Ram's emissary, and the abode of matchless power Anjani's son, named the "Son of the Wind."

3. Mahaabeera bikrama bajarangee Kumati niwaara sumati ke sangee

Great hero, you are as mighty as a thunderbolt, You remove evil thoughts and are the companion of the good.

4. Kanchana barana biraaja subesaa Kaanana kundala kunchita kesaa

Golden hued and splendidly adorned With heavy earrings and curly locks.

5. Haata bajra aura dwajaa biraajai Kaandhe moonja janeu saajai

In your hands shine mace and a banner And a sacred thread adorns your shoulder.

6. Shankara suwana Kesaree nandana Teja prataapa mahaa jaga bandana

You are Shiva's son and Kesari's joy And your glory is revered throughout the world.

7. Bidyaawaana gunee ati chaatura Raama kaaja karibe ko aatura

You are the wisest of the wise, virtuous and clever And ever intent on doing Ram's work.

8. Prabhu charitra sunibe ko rasiyaa Raama Lakhana Seetaa mana basiyaa

You delight in hearing of the Lord's deeds, Ram, Sita and Lakshman dwell in your heart.

9. Sookshma roopa dhari Siyahin dikhaawaa Bikata roopa dhari Lankaa

jaraawaa Assuming a tiny form you appeared to Sita And in an awesome form you burned Lanka.

- 10. Bheema roopa dhari asura sanghaare Raamachandra ke kaaja sanvaare**
Taking a dreadful form you slaughtered the demons And completed Lord Ram's mission.
- 11. Laaya sajeevana Lakhana jiyaaye Shree Raghubeera harashi ura laaye**
Bringing the magic herb you revived Lakshman And Ram embraced you with delight.
- 12. Raghupati keenhee bahuta baraaee Tuma mama priya Bharatahi sama bhaaee**
The Lord of the Raghus praised you greatly: "Brother, you are dear to me as Bharat!"
- 13. Sahasa badana tumharo jasa gaawai Asa kahi Shreepati kanta lagaawai**
"May the thousand-mouthed serpent sing your fame!" So saying, Lakshmi's Lord drew you to Himself.
- 14. Sanakaadika Brahmaadi muneesaa Naarada Saarada sahita Aheesaa**
Sanak and the sages, Brahma, gods and the great saints, Narada, Saraswati and the King of serpents,
- 15. Yama Kubera digapaala jahaante Kabi kobida kahi sake kahaante**
Yama, Kubera and the guardians of the four quarters, poets and scholars – none can express your glory.
- 16. Tuma upakaara Sugreevahin keenhaa Raama milaaya raaja pada deenhaa**
You did great service for Sugriva, Presenting him to Ram, you gave him the kingship.
- 17. Tumharo mantra Bibheeshana maanaa Lankeshwara bhaye saba jaga jaanaa**
Vibhishana heeded your counsel And became the Lord of Lanka, as the whole world knows.
- 18. Yuga sahasra yojana para bhaanu Leelyo taahi madhura phala jaanu**
Though the sun is thousands of miles away, You swallowed it, thinking it to be a sweet fruit.
- 19. Prabhu mudrikaa meli mukha maaheen Jaladhi laanghi gaye acharaja naaheen**
Holding the Lord's ring in your mouth It's no surprise that you leapt over the ocean.
- 20. Durgama kaaja jagata ke jete Sugama anugraha tumhare tete**
Every difficult task in this world Becomes easy by your grace.
- 21. Raama duaare tuma rakhawaare Hota na aagyaa binu paisaare**
You are the guardian at Ram's door, No one enters without your leave.
- 22. Saba sukha lahai tumhaaree sharanaa Tuma rakshaka kaahu ko daranaa**
Those who take refuge in you find all happiness and those who you protect know no fear.
- 23. Aapana teja samhaaro aapai Teenon loka haanka ten kaanpai**
You alone can withstand your own splendor, The three worlds tremble at your roar.
- 24. Bhoota pisaacha nikata nahin aawai Mahaabeera jaba naama sunaawai**
Ghosts and goblins cannot come near, Great Hero, when your name is uttered.
- 25. Naasai roga hare saba peeraa Japata nirantara Hanumata beeraa**
All disease and pain is eradicated, Brave Hanuman, by constant repetition of your name.
- 26. Sankata ten Hanumaana churaawai Mana krama bachana dhyaana jo laawai**
Hanuman releases from affliction those who remember him in thought word and deed.

27. Saba para Raama tapaswee raajaa Tina ke kaaja sakala tuma saajaa

Ram, the ascetic, reigns over all, but you carry out all his work.

28. Aura manorata jo koe laawai Soee amita jeewana phala paawai

One who comes to you with any yearning obtains the abundance of the Four Fruits of Life.

29. Chaaron juga parataapa tumhaaraa Hai parasidha jagata ujiyaaraa

Your splendor fills the four ages your glory is renowned throughout the world.

30. Saadhu santa ke tuma rakhawaare Asura nikandana Raama dulaare

You are the guardian of saints and sages, the destroyer of demons and the darling of Ram.

31. Ashta siddhi nau nidhi ke daataa Asa bara deena Jaanakee Maataa

You grant the eight powers and the nine treasures by the boon you received from Mother Janaki.

32. Raama rasaayana toomhare paasaa Sadaa raho Raghupati ke daasaa

You hold the elixir of Ram's name and remain eternally his servant.

33. Tumhare bhajana Raama ko paawai Janama janama ke dukha bisaraawai Singing
your praise, one finds Ram and escapes the sorrows of countless lives.

34. Anta kaala Raghubara pura jaaee Jahaan janama Hari bhakta kahaee

At death one goes to Ram's own city or is born on the earth as God's devotee.

35. Aura devataa chitta na dharaaee Hanumata se-ee sarva sukha karaee

Give no thought to any other deity, worshipping Hanuman, one gains all delight.

36. Sankata katai mite saba peeraa Jo sumire Hanumata bala beeraa

All affliction ceases and all pain is removed by remembering the mighty hero, Hanuman.

37. Jai jai jai Hanumaana Gosaaee Kripaa karahu gurudeva kee naaee

Victory, Victory, Victory to Lord Hanuman! Bestow your grace on me, as my Guru!

38. Jo sata baara paata kara koe Chootahi bandi mahaa sukha hoee

Whoever recites this a hundred times is released from bondage and gains bliss.

39. Jo yaha parai Hanumaana chaleesaa Hoya siddhi saakhee Gauresaa

One who reads this Hanuman Chaleesa gains success, as Gauri's Lord (Shiva) is witness.

40. Tulasee Daasa sadaa Hari cheraa Keejai naata hridaya mahan deraa

Says Tuls Das, who always remains Hari's servant: "Lord, make your home in my heart."

Pavana Tanaya sankata harana

Mangala moorati roopa

Raama Lakhana Seetaa sahita

Hridaya basahu sura bhoopa

Son of the Wind, destroyer of sorrow, embodiment of blessing, Live in my heart, King of Gods, together with Ram, Lakshman and Sita.

OM SRI RAM JAI RAM JAI JAI RAM