



# Prayers



## Dyana Slokas (Gajananam)

In the Sivananda tradition at the beginning of any class, lecture, or personal sadhana, we chant the Dhyana Slokas. This helps to tune the mind to the divine in its different aspects. It makes us feel like instruments, and helps to remove the tasmatic-rajasic ego. Divine guidance is necessary for any sadhana to be successful.

First we invoke Ganesha to remove all obstacles, then we ask Subramanya to give us strength and destroy all negative forces, internal and external. Next is Saraswati, we pray to her to give us divine knowledge. Then we ask the teacher (guru) to guide us always. Finally we invoke the Divine Mother Durga, Narayani to bring auspiciousness for all our undertakings.

Gajananam Bhutaganadi Sevitam  
Kapittha Jambu Phala Sara Bhakshakam  
Uma Sutam Shokavinasha Karanam  
Namami Vigneshvara Pada Pamkajam

Shadananam Kumkuma Raktavarnam  
Mahamatim Divya Mayura Vahanam  
Rudrasya Sunum Surasainya Natham  
Guham sadaham Sharanam Prapadye

Ya Kunddendu Tushara Hara Dhavala  
Ya Shubhra Vastravrita  
Ya vina Varadanda Mandita Kara  
Ya Shveta Padmasana  
Ya Brahmaachyuta Shankara Prabhrithihi  
Devai Sada Pujita  
Sa Mam Patu Saraswati Bhagavati  
Nissesha Jadyapaha

Om Namah Shivaya Gurave  
Sat-Chid-Ananda Murtaye  
Nispranchaya Shantaya  
Sri Sivanandaya Te Namaha  
Sri Visnu Devanandaya Te Namaha

Om Sarva Mangala Mangalye  
Shive Sarvartha Sadhike  
Sharanye trayambake gauri  
Narayani Namostute Narayani Namostute





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## Maha Mrityunjaya Mantra (Om Trayambakam)

Maha-Mrityunjaya is a life giving mantra. In these days, when life is very complex, this mantra wards off death and accidents of all kinds. It has a great curative effect on disease and should be repeated before any travel.

It is also a Moksha Mantra and bestows liberation. It is a Siva Mantra. The Mantra should be repeated 3,9,27, or 108 times, especially on your Birthday. This will bestow on you health, long life, liberation and prosperity.

Om trayambakam yajamahe  
sugandhim pushtivardhanam  
urvarukamiva bandhanan  
mrityor mukshiya mamritat

Om Sarvesham Swasti Bhavatu,  
Sarvesham Shantir Bhavatu  
Sarvesham Purnam Bhavatu,  
Sarvesham Mangalam Bhavatu

Sarve Bhavantu Sukhinah,  
Sarve Santu Niramayah  
Sarve Bhadrani Pashyantu,  
Ma Kaschid-Duhkha-Bhagvatet

Asato Ma Sadgamaya,  
Tamaso Ma Jyotir-Gamaya  
Mrityor-Ma Amritam Gamaya,

“OM - Purnamadah Purnamidam  
Purnat purnamudachyate.  
Purnasya Purnamadaya  
Purnamevavashisyate.”  
Om Shantih Shanti Shanti





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## Peace mantra (From the Kato Upanishad)

OM SAHANA VAVATU SAHANA BHUNATTU  
SAHA VIRYAM KARAWAVAHAI  
TEJASVINAVADITAMASTU  
MA VIDVISHAVAHAI  
OM SHANTI SHANTI SHANTI OM

Together may we be protected  
Together may we be nourished  
Together may we work with great energy  
May our journey together be brilliant and effective  
May there be no bad feelings between us  
Peace, peace, peace

## Opening Invocation

Om Namah Shivaya Gurave  
Satchidananda Murtaye  
Nishpranchaya Shantaya,  
Niralambaya Tejase  
Om Aum

I honour the essence of being, the auspicious One, the luminous Teacher within and without.  
Who assumes the forms of Truth, Consciousness and Bliss.  
Is ever present and full of peace.  
Ultimately free and sparkles with a Divine luster.  
Om Aum





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## Universal prayer By SRI SWAMI SIVANANDA

O Adorable Lord of Mercy and Love  
Salutations and prostrations unto Thee.  
Thou art Omnipresent, Omnipotent and Omniscient.  
Thou art Existence-Knowledge-Bliss Absolute.  
Thou art the Indweller of all beings.

Grant us an understanding heart,  
Equal vision, balanced mind,  
Faith, devotion and wisdom.  
Grant us inner spiritual strength  
To resist temptation and to control the mind.  
Free us from egoism, lust, greed, hatred, anger and jealousy.  
Fill our hearts with divine virtues.

Let us behold Thee in all these names and forms.  
Let us serve Thee in all these names and forms.  
Let us ever remember Thee.  
Let us ever sing Thy glories.  
Let Thy Name be ever on our lips.  
Let us abide in Thee for ever and ever.

Bolo sat guru Sivananda Maharaja ki! Jai !  
Bolo Swami Vishnu-Devenanda Maharaja ki! Jai !

**There is one thing stronger than all the armies of the world, and that is an idea whose time has come.**

