



SANSKRIT SLOKAS for Chanting

1. SHANTHI PAT (Peace Prayer)

*Om Sahana Vavathu Sahanau Bhunaktu Saha VeeryamKaravavaHai |
Tejaswi na vadheetha mastuMa Vid Dwishava Hai Om Shanthi Shanthi Shanthi ||*

May lord protect of us, may we nourish together, may we work together, may our studies be brilliant, may we not fight with each other. Om peace, peace, peace

2. GANESHA

*shuklaambharadharam viShNum shashivarNam chaturbhujam |
prasannavadanam dhyaayet sarvavighnopashaantaye ||*

Lord Ganesh, who wears a white garment, who is all-pervading, who with a bright complexion, four arms, an ever smiling face, upon that God, I meditate for removal of all obstacles

3. GURU

*gururbrahmaa gururviShNu: gururdevo maheshwara: |
gurussaakShaaparam brahma tasmai shriigurave nama: ||*

Salutation to that Teacher who shows the Truth, which is pure consciousness that pervades the three worlds. *Guru* is *Brahma*, *Vishnu*, *Shiva* and the Self

4. SARASWATHI

*saraswati namastubhyaM varade kaamaruupiNi |
vidyaarambhaM kariShyaami siddhirbhavatu me sadaa ||*

O Goddess *Saraswathi*, I bow to you the fulfiller of my wishes, I begin my studies seeking your blessings so that I shall always be successful

5. MORNING PRAYER

*karaagre vasate lakShmii: karamadhye saraswatii |
karmuule sthithaa gourii prabhaate karadarshanam ||*

On the tip of palm is Goddess *Lakshmi* (wealth, good qualities), in the middle *Devi Saraswathi* (knowledge) and at the base *Devi Parvathi* (Energy). In this manner, look at the palms and invoke their blessings for the day.

6. BRAHMARPANAM (Prayer before food)

*brahmaarpaNaM brahmahavi: brahmaagnau brahmaNaa hutam |
brahmaiva tena gantavyam brahmakarmasamaadhinaa ||*

This verse from the Bhagavad Gita (Chapter 4, verse 24) is commonly chanted before meals. Brahman is the name for the Lord, the cause of the whole creation. Looking at the whole creation as an effect, Brahman is seen as the cause of everything.

7. RIVERS (Bath time prayer)

*GaNge cha yamune chaiva Godaavari Saraswati |
Narmade Sindhu Kaaveri jalesmin sannidhiM kuru ||*

In this water I invoke the presence of holy waters from the rivers *Ganga, Yamuna, Godavari, Saraswathi, Narmada, Sindhu* and *Kaveri*. May the holy rivers purify me.

8. KAYENA VACHA - Before Bed prayer

*kaayena vaacha manasendriyaiirvaa buddhyaatmanaa vaa prakRuthe
swabhaavaat |
karomi yadyatsakalaM parasmai naaraayaNaayeti samarpayaami ||*

Whatever I do with my body, speech, intellect, mind and sense organs, either intentionally or unintentionally I offer everything to Lord *Narayana (Vishnu)*.

9. SHANTI PAT (Peace Prayer)

*Om purnamadah purnamidam purnaat purnamudachyate |
Purnasya purnamadaya purnamevavashishyathe Om Shanthi Shanthi Shanthi ||*

That is perfect. This is perfect. Out of perfect only perfect comes. Even after taking perfect out of perfect, that is perfect which remains. Om peace, peace, peace
(This *sloka* describes the Supreme Self)