

Śānti Pāṭhaḥ - 1



ॐ स॒ ह॒ ना॒वतु॑ । स॒ ह॒ नौ॑ भु॒नक्तु॑ ।
स॒ह॒ वी॒र्यं॑ क॒रवा॒वहै॑ । ते॒ज॒स्वि॒ना॒वधी॑तमस्तु ।
मा वि॒द्विषा॒वहै॑ ॥ ॐ शान्तिः॒ शान्तिः॒ शान्तिः॑ ॥

*om sa ha nāvavatu / sa ha nau bhunaktu
saha vīryam karavāvahai / tejasvināvadhītamastu
mā vidviṣāvahai om śāntiḥ śāntiḥ śāntiḥ*

Sanskrit to English Word Meaning

sah - he; *ha* - indeed; *nau* - both of us; *avatu* - may protect; *sah* - he; *ha* - indeed; *nau* - both of us; *bhunaktu* - may nourish; *saha* - together; *vīryam karavāvahai* - may we acquire the capacity (to study and understand the scriptures); *tejasvi* - brilliant; *nau* - for us; *adhītam* - what is studied; *astu* - let it be; *mā vidviṣāvahai* - may we not disagree with each other; *om śāntiḥ śāntiḥ śāntiḥ* - om peace, peace, peace

Translation

May the Lord indeed, protect both of us. May he indeed, nourish both of us. May we together acquire the capacity (to study and understand the scriptures). May our study be brilliant. May we not disagree with each other. *om* peace, peace, peace.

Brief Explanation

At the beginning of a class, the teacher and students generally recite this peace invocation together. Both seek the Lord's blessings for a study that is free of obstacles, such as poor memory, or the inability to concentrate, or poor health. They also seek blessings for a conducive relationship, without which communication of any subject matter is difficult. Therefore, this prayer is important for both the teacher and the student. (This prayer should be learned and recited using the three *svaras*, tones that are used in Vedic chanting.)

Svasti Pāthah



स्वस्ति प्रजाभ्यः परिपालयन्ताम् । न्यायेन मार्गेण महीं महीशाः ।
गोब्राह्मणेभ्यश्शुभमस्तु नित्यम् । लोकास्समस्तास्सुखिनो भवन्तु ।।

svasti prajābhyah paripālayantām / nyāyena mārgēṇa mahīm mahīśāḥ
gobrāmaṇebhyaśśubhamastu nityam / lokāsamasthāssukhino bhavantu

Sanskrit to English Word Meaning

svasti - may there be happiness; *prajābhyah* - for all people; *paripālayantām* - may rule; *nyāyena* - by righteous; *mārgēṇa* - by means; *mahīm* - the earth; *mahīśāḥ* - rulers; *gobrāmaṇebhyah* - for cows and men of wisdom; *śubham* - welfare; *astu* - may there be; *nityam* - at all times; *lokāḥ* - beings; *samasthāḥ* - all; *sukhinah* - happy; *bhavantu* - be

Translation

May there be happiness for all people. May the rulers righteously rule the earth. May there be welfare for cows and men of wisdom at all times. May all beings be happy.

काले वर्षतु पर्जन्यः । पृथिवी सस्यशालिनी ।
देशोऽयं क्षोभरहितः । ब्राह्मणास्सन्तु निर्भयाः
kāle varṣatu parjanyaḥ / pṛthivī sasyaśālinī /
deśo'yaṁ kṣobharahitaḥ / brāhmaṇāssantu nirbhayāḥ

Sanskrit to English Word Meaning

kāle - at the proper time; *varṣatu* - may rain; *parjanyaḥ* - clouds; *pṛthivī* - earth; *sasya-śālinī* (*bhavatu*) - (be) producer of grains; *ayam* - this; *deśaḥ* - country; *kṣobha-rahitaḥ* (*bhavatu*) - (be) free from famine; *brāhmaṇāḥ* - men of wisdom; *santu* - be; *nirbhayāḥ* - fearless

Translation

May the clouds rain at the proper time. May the earth produce grains. May this country be free from famine. May men of wisdom be fearless.

सर्वे भवन्तु सुखिनः। सर्वे सन्तु निरामयाः
सर्वे भद्राणि पश्यन्तु। मा कश्चिद् दुःखभाग् भवेत् ॥

*sarve bhavantu sukhinah / sarve santu niramayāḥ /
sarve bhadraṇi paśyantu / mā kaścid duḥkhabhāg bhavet*

Sanskrit to English Word Meaning

sarve - all; *bhavantu* - may be; *sukhinah* - happy; *sarve* - all; *santu* - may be; *niramayāḥ* - free from disease; *sarve* - all; *bhadraṇi* - prosperity; *paśyantu* - may enjoy; *mā* - not; *kaścit* - anybody; *duḥkhabhāg* - one who experiences sorrow; *bhavet* - may be

Translation

May all be happy. May all be free from disease. May all enjoy prosperity. May none experience sorrow.

असतो मा सद्गमय । तमसो मा ज्योतिर्गमय ।
मृत्योर्मा अमृतं गमय ॥ ॐ शान्तिः शान्तिः शान्तिः ॥

*asato mā sadgamaya / tamaso mā jyotirgamaya
mrtyormā amṛtaṁ gamaya / om śāntiḥ śāntiḥ śāntiḥ*

Sanskrit to English Word Meaning

asatah - from unreal; *mā* - me; *sad* - to the real; *gamaya* - lead; *tamasah* - from darkness; *mā* - me; *jyotiḥ* - to light; *gamaya* - lead; *mrtyoh-* from death; *mā* - me; *amṛtam* - to immortality; *gamaya* - lead; *om śāntiḥ śāntiḥ śāntiḥ* - om peace, peace, peace

Translation

Lead me (by giving knowledge) from the unreal to the real; from darkness (of ignorance) to light (of knowledge); from death (sense of limitation) to immortality (limitlessness, liberation). *Om* peace, peace, peace.

Brief Explanation

These are prayers for the prosperity and welfare of all humanity. To achieve anything in life, one has to make an effort and await the results. In addition, many unknown factors and laws influence the outcome of that effort. By praying to the Lord one acknowledges these laws as the natural order inseparable from the Lord, and one acknowledges the Lord as the giver of all results of actions. Finally, the last prayer is from a seeker committed to a life of truth, seeking knowledge and freedom.

Kara Darśanam



कराग्रे वसते लक्ष्मीः करमध्ये सरस्वती ।
करमूले स्थिता गौरी प्रभाते करदर्शनम् ॥

*karāgre vasate lakṣmīḥ karamadhye sarasvatī
karamūle sthitā gaurī ḥ prabhāte karadarśanam*

Sanskrit to English Word Meaning

karāgre - on the tip of your hand (palm); *vasate* - dwells; *lakṣmīḥ* - the Goddess of Prosperity, *Lakṣmī*; *kara-madhye* - in the middle of your hand (palm); *sarasvatī* - the Goddess of Knowledge, *Sarasvatī*; *karamūle* - on the base of your hand (palm); *sthitā* - abiding; *gaurī* - Goddess *Pārvatī*; *prabhāte* - in the morning; *kara-darśanam* - looking at your hand (palm)

Translation

On the forefront of your palm is Goddess *Lakṣmī*; in the middle of your palm is Goddess *Sarasvatī*; on the base of your palm is Goddess *Pārvatī*. In this manner, look at your palm in the morning.

Brief Explanation

This is a morning prayer called '*kara-darśanam*'. One begins the day with this prayer. '*Kara*' means the forearm including the palm. Here, *kara* refers to the palm of the hand and it stands for the five *karmendriyas* or the organs of action. While looking at the palm, one invokes the Lord in the form of various deities, thus sanctifying all the actions that will be done during the day. By acknowledging the Lord as the giver of the capacity to perform actions and as the giver of the fruits of those actions one sanctifies the action.

Bhūmi Namaskārah



समुद्रवसने देवि पर्वतस्तनमण्डले।
विष्णुपत्नि नमस्तुभ्यं पादस्पर्श क्षमस्व मे ॥

samudravasane devi parvatastanamandale
visnupatni namastubhyam pādasparśam kṣamasva me

Sanskrit to English Word Meaning

samudravasane - O one who dwells in the ocean!; *devi* - the effulgent one!; *parvata-stana-mandale* - one whose breasts are big like the mountain and rounded; *visnupatni* - wife of Lord *Visnu*; *namah* - (my) salutation; *tubhyam* - to you; *pādasparśam*- for my touching (you) with (my) feet; *kṣamasva* - forgive; *me* - me

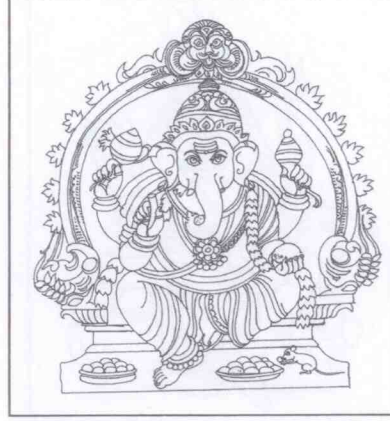
Translation

O one who dwells in the ocean! the effulgent one! one whose breasts are big like the mountain and rounded, (my) salutation to you. Forgive me for my touching (you) with (my) feet.

Brief Explanation

This prayer is chanted after *kara-darśanam* when one places one's feet on Mother Earth for the first time at dawn. In the Vedic culture, Mother Earth is looked upon as Goddess, and not merely one of the five elements of creation. Therefore, placing one's feet on her is looked upon as an act of disrespect. In seeking forgiveness from the Goddess, one acknowledges the divinity around.

Śrī Gaṇeśaḥ



शुक्लाम्बरधरं विष्णुं शशिवर्णं चतुर्भुजम्।
प्रसन्नवदनं ध्यायेत् सर्वविघ्नोपशान्तये ॥

*śuklāambaradaram viṣṇum śaśivarnam caturbhujam
prasannavadanam dhyāyet sarvavighnopaśāntaye*

Sanskrit to English Word Meaning

śuklāambaradaram - one who wears the white garment; *viṣṇum* - who is all-pervading; *śaśi-varṇam* - who has a bright complexion; *caturbhujam* - who has four hands; *prasanna-vadanam* - who has an ever-smiling face (or an elephant face); *dhyāyet* - may one meditate upon; *sarva-vighna-upaśāntaye* - for the removal of all obstacles

Translation

May one meditate upon Lord *Vighneśvara*, who wears the white garment, who is all pervasive, who has a bright complexion (like the full moon), who has four hands (representing all power), who has an ever-smiling face (or an elephant face), for the removal of all obstacles.

Brief Explanation

Lord *Gaṇeśa* is the older son of Lord *Śiva* and his consort, *Pārvatī*. The younger son is Lord *Kārtikeya*. Lord *Gaṇeśa* is invoked before any undertaking for the removal of obstacles. He is also worshipped for knowledge and wisdom he bestows upon devotees.

Śrī Śivah



नमस्ते अस्तु भगवन् विश्वेश्वराय महादेवाय त्र्यम्बकाय त्रिपुरान्तकाय
त्रिकालाग्निकालाय कालाग्निरुद्राय नीलकण्ठाय मृत्युञ्जयाय
सर्वेश्वराय सदाशिवाय श्रीमन्महादेवाय नमः

*namaste astu bhagavan viśveśvarāya mahādevāya tryambakāya
tripurāntakāya trikālāgnikālaya kālāgnirudrāya nīlakaṇṭhāya
mr̥tyuñjāyāya sarveśvarāya sadāśivāya śrīmanmahādevāya namaḥ*

Sanskrit to English Word Meaning

namaḥ - salutation; *te* - to you; *astu* - let it be; *bhagavan* - O Lord; *viśveśvarāya* - the master of the universe; *mahādevāya* - great Lord; *tryambakāya* - the three-eyed one; *tripurāntakāya* - the destroyer of *Tripura*; *trikālāgni-kālaya* - the extinguisher of the *Trikāla* fire; *kālāgnirudrāya* - the extinguisher of the fire of death; *nīlakaṇṭhāya* - the blue-necked one; *mr̥tyuñjāyāya* - the victor over death; *sarveśvarāya* - the Lord of all; *sadāśivāya* - the ever-auspicious one; *śrīman mahā devāya* - the glorious Lord of all deities; *namaḥ* - salutation

Translation

Salutation to you, O Lord, the master of the universe, the great Lord, the three-eyed one, the destroyer of *Tripura*, the extinguisher of the *Trikāla* fire and the fire of death, the blue-necked one, the victor over death, the Lord of all, the ever-auspicious one, the glorious Lord of all deities.

Brief Explanation

This Vedic prayer is taken from *Rudram*, which is a hymn to Lord *Śiva*. *Śiva* is the presiding deity of the function of destruction. The word 'Śiva' means 'the auspicious one'. *Śiva*'s third-eye symbolises wisdom, that wisdom by which *adharmā* is destroyed and the apparent limitation of mortality is overcome. (This prayer should be learned and recited using the three *svaras*, tones that are used in Vedic chanting.)

Śrī Devī



सर्वमङ्गल माङ्गल्ये शिवे सर्वार्थसाधके
शरण्ये त्र्यम्बके गौरि नारायणि नमोऽस्तुते

sarvamangala māṅgalye śive sarvārthasādhake
śaraṇye tryambake gauri nārāyaṇi namo'stu te

Sanskrit to English Word Meaning

sarva-mangala-māṅgalye - the one who is the auspiciousness of all that is auspicious; *śive* - the consort of *Śiva*; *sarvārthasādhake* - who is the means of accomplishing all desires; *śaraṇye* - who is the refuge of all; *tryambake* - the three-eyed one; *gauri* - the fair-complexioned one; *nārāyaṇi* - O *Devī*; *namaḥ* - salutation; *astu* - let it be; *te* - to you

Translation

Salutation to you, O *Devī*, who is the auspiciousness of all that is auspicious, who is the consort of Lord *Śiva*, who is the means of accomplishing all desires, who is the refuge of all, who is three-eyed and who is the fair-complexioned one.

Brief Explanation

Goddess *Pārvatī* is the consort of Lord *Śiva* and is worshipped as *Śakti*. The puranic literature describes her as having many forms, including *Durgā*, *Caṇḍī*, *Kālī* and *Umā*. While *Śiva* represents the efficient cause of creation, *Śakti* symbolises the material cause.