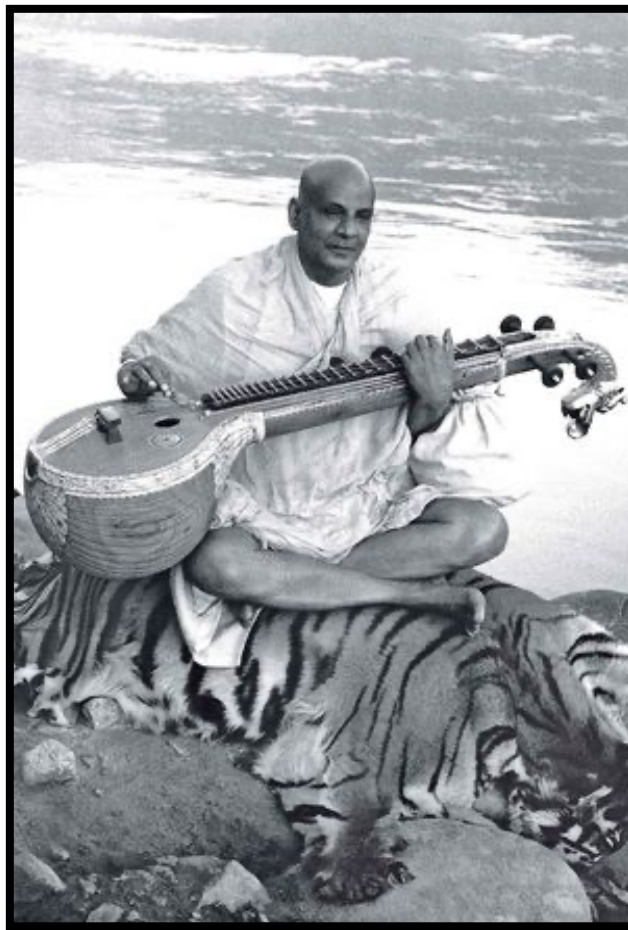


LIBRO DEI KIRTAN



Swami Sivananda

Canti quotidiani

Jaya Ganesha, Jaya Ganesha Jaya Ganesha pahamam
Shri Ganesha Shri Ganesha Shri Ganesha rakshamam

Sharavanabhava, Sharavanabhava, Sharavanabhava pahamam
Subrahmanya, Subrahmanya, Subrahmanya rakshamam

Jaya Sarasvati Jaya Sarasvati, Jaya Sarasvati pahamam
Shri Sarasvati Shri Sarasvati, Shri Sarasvati rakshamam

Jaya Guru Shiva Guru Hari Guru Ram,
Jagad guru param guru sadguru Shyam
Om adi Guru advaita Guru, Ananda Guru om
Cid Guru cidghana Guru cinmaya Guru om

Hare Rama Hare Rama
Rama Rama Hare Hare
Hare Krishna Hare Krishna
Krishna Krishna Hare Hare

Sadguru natha Shri Guru natha, Jaya Guru natha Sivananda
Sivananda Sivananda, Sivananda Sadguru deva
Vishnudevananda Vishnudevananda, Vishnudevananda Shri Guru natha

Hare Rama Hare Rama, Rama Rama Hare Hare
Hare Krishna Hare Krishna, Krishna Krishna Hare Hare

Om namah Shivaya Om namah Shivaya, Om namah Shivaya Om namah Shivaya
Om namo Narayanaya Om namo Narayanaya,
Om namo Narayanaya Om namo Narayanaya
Om namo bhagavate Vasudevaya, Om namo bhagavate Vasudevaya
Om namo bhagavate Sivanandaya, Om namo bhagavate Sadguru nathaya
Om namo bhagavate Vishudevanandaya
Om namo bhagavate shri Guru nathaya

Shri Ram Jaya Ram Jaya Jaya Ram Om
Shri Ram Jaya Ram Jaya Jaya Ram Om

Anjaneya Anjaneya Anjaneya pahamam,
Hanumanta Hanumanta Hanumanta rakshamam
Dattatreya Dattatreya Dattatreya pahamam
Dattaguru Dattaguru Dattaguru rakshamam
Shankaracharya Shankaracharya, Shankaracharya pahamam
Advaita Guru advaita Guru Advaita Guru rakshamam

Krishnam vande jagad gurum Shri Krishnam vande jagad Gurum

Anando'ham Anando'ham Anandam Brahm Anandam

Om namah Shivaya Om namah Shivaya
Om namah Shivaya Om namah Shivaya

OM

(versi opzionali)

Shivaya namah om Shivaya namah om
Shivaya namah om, om namah Shivaya

Samba Sadashiva samba Sadashiva
Samba Sadashiva samba Shiva om hara

Shiva Shiva Shiva Shiva Shivaya
namah om
Hara hara hara hara namah Shivaya

Shiva Shiva Shankara hara hara
Sankara
Jaya jaya Shankara namami Shankara

Kirtan di Swami Sivananda

Serve, Love, Give, Purify, Meditate, Realise

Serve, Love, Give, Purify, Meditate, Realise

Be Good, Do Good, Be Kind, Be Compassionate

Adapt, Adjust, Accommodate

Bear Insult, Bear Injury, Highest Sadhana

Bear Insult, Bear Injury, Highest Yoga

Enquire "Who Am I?"

Know Thy Self and be free

You will soon attain immortality

Om Tat Sat Om Tat Sat Om Tat Sat Om

Om Shanti, Om Peace, Om Shalom, Om

Song of Will

Bhajo Rādhe Krishna bhajo Radhe Shyama (x 2)

Om om om om om om om om om om om (x 2)

So'ham so'ham so'ham shivo'ham (x 2)

I am that I am, I am that I am (x 2)

I am neither body nor mind, Immortal Self I am (x 2)

I am not this body, this body is not mine

I am not this mind, this mind is not mine

I am not this prana, this prana is not mine

I am not these senses, these senses are not mine

I am not this intellect, this intellect is not mine

I am not these emotions, these emotions are not mine

I am that I am, I am that I am (x 2)

I am witness of three states, existence absolute

I am witness of three states, knowledge absolute

I am witness of three states, bliss absolute

I am Sat-Cit-Ananda, Sat-Cit-Ananda, Sat-Cit-Ananda, Sat-Cit-Ananda

Existence absolute, knowledge absolute, bliss absolute, Sat-Cit-Ananda

I am mind of all minds, prana of all pranas

I am Soul of all Souls, Self of all Selves

So'ham so'ham so'ham śivo'ham (x 2)

Kirtan di Vishnu

Sriman Naryana

Sriman Naryana, Narayana Narayana Naryana

Sriman Naryana, Narayana Narayana Naryana

Bhagavan Naryana Naryana Naryana

Bhagavan Naryana Naryana Naryana

Lakshmi Narayana Narayana Narayana

Lakshmi Narayana Narayana Narayana

Guru Narayana Narayana Narayana

Guru Narayana Narayana Narayana

Narayana

Narayana Narayana jaya Govinda Hare
Narayana Narayana jaya Gopala Hare

Lakshmi Narayana

Sriman Narayana Narayana Narayana

Lakshmi Narayana Narayana Narayana

Surya Narayana Narayana Narayana

Lakshmi Narayana Narayana Narayana

Sita Rama kaho Radhe shyama kaho
Sita Rama kaho Radhe shyama kaho

Kirtan di Krishna

Yamuna Tira Vihari

Yamuna Tira Vihari
Vrindavana sancari
Govardhana giridhari
Gopala Krishna Murari

Dasharatha nandana Ram Ram
Dashamukha mardana Ram Ram
Pashupati ranjana Ram Ram
Papa vimocana Ram Ram

Manimaya bhushana Ram Ram
Matjula bhashana Ram Ram
Rana jaya bhishana Ram Ram
Raghu kula bhushana Ram Ram

Hari Bol

Hari bol Hari bol Hari Hari bol
Keshava Madhava Govinda bol

Shiva bol Shiva bol Shiva Shiva bol
Shiva Shankara sri Mahadeva bol

Gopala bol Govinda bol
Keshava Madhava Govinda bol

Nilakantha bol Mahadeva bol
Shiva Shankara sri Mahadeva bol

Hari Hari Bol

Hari Hari bol Hari Hari Hari bol
Keshava Madhava Govinda bol

Radhe Bolo

Radhe Radhe Radhe bolo Radhe Govinda bolo
Shiva Shiva Shiva bolo Shiva Shankara bolo
Vishnu Vishnu Vishnu bolo Vishnu Narayana bolo

Sri Krishna Govinda

Sri Krishna Govinda Hare murare
He natha Narayana Vasudeva
He natha Narayana Vasudeva (x 2)
Gurudev gurunath sharanam mama om (x 2)

Krishna Keshava Pahi Mam

Krishna Keshava Krishna Keshava Krishna Keshava pahi mam
Krishna Keshava Krishna Keshava Krishna Keshava raksha mam

Raghu Ram raghu Rama raghu Ram raghu Rama
Raghu Ram raghu Rama pahi mam
Raghu Ram raghu Rama raghu Ram raghu Rama
Raghu Rām raghu Rama raksha mam

Candrashekhara Candrashekhara
Candrashekhara pahi mam
Candraśekhara Candraśekhara
Candrashekhara raksha mam

Shiva Shankara Shiva Shankara Shiva Shankara pahi mam
Shiva Shankara Shiva Shankara Shiva Shankara Raksha mam

Gurudev Sivananda gurudev Sivananda
Gurudev Sivananda pahi mam
Gurudev Sivananda gurudev Sivananda

Gurudev Sivananda raksha mam

Gurudev Vishnu Swami gurudev Vishnu Swami
Gurudev Vishnu Swami raksha mam
Gurudev Vishnu Swami gurudev Vishnu Swami
Gurudev Vishnu Swami raksha mam

Gopala Gopala

Gopala Gopala Gokulanandana Gopala
Yadukula tilaka Gopala yadavanandana Gopala

Gopala Gopala devakinandana Gopala
Venuvilola Gopala vijaya Gopala Gopala

Gopala Gopala Radhavallabha Gopala
Navanitacora Gopala nandakumara Gopala

He Radhe

He Radhe Radhe Radhe shyam
Govinda Radhe sri Radhe

Govinda Radhe Radhe shyam
Gopala Radhe Radhe shyam

Govinda Jaya Jaya

Govinda jaya jaya Gopala jaya jaya
Radha Ramana Hari Govinda jaya jaya

Sri Rama jaya jaya Sri Krishna jaya jaya
Sita Ramana Hari Raghurama jaya jaya

Shankara jaya jaya Shambava jaya jaya
Uma Ramana Shiva Shankara jaya jaya

Bhajo Radhe Govinda

Bhajo Radhe Govinda
Gopala tera pyara nama hai (x 2)
Nanda lala tera pyara nama hai

Bansuri

Bansuri bansuri bansuri shyamaki (x 2)
He Rama... He Krishna... He Allah... He Jesus...
He Buddha...
Oh my Lord, oh my Lord, oh my Lord, be with me
Oh my Lord, oh my Lord, oh my Lord, set me free

Radha Krishna

Radha Krishna karnalola Radhe Govinda
Radhe Govinda Murari Govinda
Radhe Radhe Govinda Murari Gopala
Radhe Govinda Murari Gopala

Krishna Govinda

Krishna Govinda Govinda Gopala
Krishna Murari manohara Nandalala

Govinda Narayana

Govinda Narayana Gopala Narayana
Govinda Gopala Narayana
Hari Govinda Gopala Narayana

Govinda Krishna Jaya

Govinda Krishna jaya Gopala Krishna jaya
Gopala Balarama Radha Krishna jaya
Krishna jaya Krishna jaya Krishna jaya
Krishna Krishna Krishna Krishna Krishna jaya
Sphatika maladhari premamaya Miramanovihari
Madhava Murari muralidhara Krishna jaya
Krishna jaya Krishna jaya Krishna jaya
Krishna Krishna Krishna Krishna Krishna jay

Kirtan di Rama

Ramacandra

Ramacandra raghuvira
Ramacandra ranadhira
Ramacandra raghunatha
Ramacandra jagannatha
Ramacandra raghurama
Ramacandra paramdhama
Ramacandra mama bandhu
Ramacandra dayasindhu

Sri Ram Jaya Ram

Sri Ram Jaya Ram jaya jaya Ram om
Sri Ram Jaya Ram jaya jaya Ram

Jaya Sita Ram jaya jaya Hanuman
Sadguru Sivananda Bhagavan
Sri guru Vishnudevananda Bhagavan

Jaya Sita Ram

Jaya Sita Ram jaya Sita Ram
Jaya Hanuman Hari Hari bol

Raghupati Raghava Raja Ram

Raghupati raghava raja Ram
patita pavana Sita Ram
Sita Ram Sita Ram Sita Ram jaya Radhe Shyam
Radhe Shyam Radhe Shyam
Radhe Shyam jaya Sita Ram
Ishvara allah tere nam
sabako sanmati de Bhagavan

Krishna Jesus is Thy name, love thy neighbour as Thy Self
Jesus Moses is Thy name, love thy neighbour as Thy Self
Moses Mohammed is Thy name, love thy neighbour as Thy Self
Mohammed allah is Thy name, love thy neighbour as Thy Self
Allah Buddha is Thy name, love thy neighbour as Thy Self
Buddha Guru Nanak is Thy name, love thy neighbour as Thy Self
Durga Mary is Thy name, love thy neighbour as Thy Self
Mary Rādhā is Thy name, love thy neighbour as Thy Self
Radha Sita is Thy name, love thy neighbour as Thy Self
The names are many but God is one, love thy neighbour as Thy Self
The forms are many but the truth is one, love thy neighbour as Thy Self
Raghupati raghava raja Ram patita pavana Sita Ram

Ayodhya Vasa Ram Ram

Ayodhya vasi Ram Ram
Dasharatha nandana Ram Ram
Patita pavana janaki jivana Sita mohana Ram

Rama Bolo

Rama bolo Rama bolo, bolo bolo Ram (x 2)
Sita bolo Sita bolo, bolo Sita Ram (x 2)
Hanuman bolo Hanuman bolo bolo Hanuman (x 2)
Shiva bolo Shiva bolo bolo Shiva Ram (x 2)

Kirtan di Shiva

Shambho Mahadeva

Shambho Mahadeva candracuda
Shankara Hara samba Sadashiva
Gangadhara Hara Kailasavasa
Pahi mam Parvati ramana

Shiva Shiva Mahadeva

Shiva Shiva Mahadeva
namah Shivaya Sadashiva (x 2)

Hare Rama Hare Rama Rama Rama Hare Hare
Hare Krishna Hare Krishna Krishna Krishna Hare Hare

Narayana Hari Narayana Hari
Narayana Hari Om (x 2)

Bhagavan sri Sivananda Bhagavan sri Sivananda
Bhagavan sri Sivananda Om (x 2)

Bhagavan sri Vishnu Swami Bhagavan sri Vishnu Swami
Bhagavan sri Vishnu Swami Om (x 2)

Guru maharaj gurudevo guru maharaj gurudevo
Guru maharaj gurudevo sadguru Sivananda (x 2)

Guru maharaj gurudevo guru maharaj gurudevo
Guru maharaj gurudevo
sadguru Vishnudevānanda (x 2)

Om Hari... Om Krishna... Om Devi... Om Jesus...

Jaya Shiva Shankara

Jaya Shiva Shankara bham bham Hara Hara
Hara Hara Hara Hara Hara bol Hara
Shiva Shiva Shiva Shiva Shiva adi sundara
Hara Hara Hara Hara Hara adi sundara
He Parameshvara daya karo

Samba Sadashiva

Samba Sadashiva samba Sadashiva
Samba Sadashiva samba Shiva om Hara

Om mata om mata om sri mata jaganmata
Om mata om mata om sri mata jagadamba

Uma Parameshvari sri Bhuvaneshvari
Adi para Shakti Devi Maheshvari

Hara Hara Mahadeva

Hara Hara Mahadeva Shambho
Kashi vishvanatha Gange

Nataraj

Nataraja Nataraja Shivananda Nataraja
Shivaraja Shivaraja Sivananda Shivaraja

Shankara Karunakara
Shankara Karunakara Parameshvara Jagadishvara
Shankari Karunakari Parameshvari Jagadishvari

Ganesha Sharanam

Ganesha Sharanam, Sharanam Ganesha

Kirtan di Devi

Om aim hrim klim

Om aim hrim klim camundayai viccaye namah

Om Shakti Om

Om Shakti Om Shakti Om Shakti Om (x 2)
Brahma shakti Vishnushakti Shivashakti Om

Om Shakti Om Shakti Om Shakti Om
Icchashakti kriyashakti jnanashakti Om
Om Shakti Om Shakti Om Shakti Om
Devishakti mayashakti gurushakti Om

Om Sakthi Om Sakthi Om Sakthi Om
Om Sakthi Om Sakthi Om Sakthi Om (x 2)

Sri Kali Mahadeva

Jai jai Gurudeva

Sri Kali Mahadeva

Brahma Vishnu Maheshvara

Sri Kali Mahadeva

Jaya Ho Mata

Jaya ho Mata jaya Jagadamba

Rajarajeshvari sri Paratpari

Kali Durgayai Namō Namah

Kali Durgayai namō namah

Kali Durgayai namō namah

Uma Parvati ananda Ma

Kali Durgayai namō namah

Rajarajeshvari ananda Ma

Kali Durgayai namō namah

Tripurasundari ananda Ma

Kali Durgayai namō namah

Mā Kālī Durgāyai namō namah

Kālī Durgāyai namō namah

Gauri Gauri Gange Rajeshvari

Gauri Gauri Gange Rajeshvari

Gauri Gauri Gange Purneshvari

Gauri Gauri Gange Maheshvari

Gauri Gauri Gange Jnaneshvari

Gauri Gauri Gange Mahakali

Gauri Gauri Gange Mahalakshmi

Gauri Gauri Gange Parvati

Gauri Gauri Gange Sarasvati

Devi Devi Devi Jaganmohini

Devi Devi Devi jaganmohini

Chandika Devi Candamundaharini

Camundeshvari Ambika Devi

Amba Amba

Amba Amba jaya Jagadamba
Jaya Bhuvaneshvari jaya jaya Mukamba

Mata Mata jaya Jaganmata
Jaya Parameshvari jaya Vishvamata

Shakti Shakti jaya Shiva Shakti
Jaya Kameshvari jaya Mahashakti

Devi Devi jaya Mahadevi
Jaya Camundeshvari jaya Gauridevi

Namo'stu Te

Namo'stu te namo'stu te
jaya sri durge namo'stu te
Namo'stu te namo'stu te
jaya sri shakti namo'stu te
Namo'stu te namo'stu te
jaya sri kali namo'stu te
Namo'stu te namo'stu te
jaya sri lakshmi namo'stu te

Kirtan del Guru

Vande Gurudev

Vande gurudev jaya jaya gurudev
Jaya sri gurudev jaya jaya gurudev

Vande gurudev Sivananda gurudev
Jaya sri gurudev Sivananda gurudev

Vande gurudev Vishnu Swami gurudev
Jaya sri gurudev Vishnu Swami gurudev

Sivananda Namah Om

Sivananda namah om jaya gurudeva
Om guru jaya guru deva
Om guru jaya guru deva
Om guru jaya guru deva

Vishnu Swami namah om jaya gurudeva
Om guru jaya guru deva
Om guru jaya guru deva
Om guru jaya guru deva

Gurudeva

Gurudeva gurudeva jaya gurudev
Sivananda gurudeva jaya gurudev

Not my will but thy will my Lord
Not my will but thy will

Guru Brahma Guru Vishnu

Guru Brahma guru Vishnu guru devo Maheswara
Guru sakshat param Brahma tasmai sri gurave namah

Sivananda Sivananda Sivananda pahi mam
Satguru deva satguru deva
sat guru devo raksha mam

Vishnu Swami Vishnu Swami Vishnu Swami pahi mam
Sri guru natha sri guru natha
sri guru natha raksha mam

Deva Deva Sivananda

Deva deva Sivananda dinabandho pahi mam
Candravadana mandahasa premarupa raksha mam

Madhura gita ganalola jnanarupa pahi mam
Samastaloka pujitanga mohananga raksha mam

Divya gangatiravasa danashila pahi mam
Papaharāṇa puṇyashila parama purusha raksha mam
Bhaktaloka hrdayavasa swaminatha pahi mam
Citsvarupa cidananda namah Shivaya raksha mam

Guru hamare man mandir me

Guru hamare man mandir me
Guru hamare pyar
Sare visva ka vo hai data
Narayana Bhagavan
Om Guru Dev Jaya Guru Dev

Guru hamare tan man sab hai
Guru hamare pyar
Jnana bhakti ka vo hai data
Narayana Bhagavan
Om Guru Dev Jaya Guru Dev

Guru hamare Dhan Dhaulat hai
Guru hamare pyar
Sare visva ka Jnanapradata
Narayana Bhagavan
Om Guru Dev Jaya Guru Dev

Namah Kirtan

Jaya guru jaya guru jaya guru jaya
Jaya guru jaya guru jaya jaya guru jaya

Sri Ram jaya Ram jaya jaya Ram
Sri Ram jaya Ram jaya jaya Ram

Sita Ram jaya raja Ram jaya
Gauri Ahankara Sita Ram

Shiva Durga Shiva Durga Durga Durga Shiva Shiva
Shiva Kali Shiva Kali Kali Kali Shiva Shiva

Jaya ma jaya ma jaya ma jaya
Jaya ma jaya ma jaya ma jaya

Jaya Shnkaracharya jaya jaya Sivananda
Vishnudevananda jaya Vishnudevananda

Jaya Bhagavan jaya jaya Bhagavan
Jaya Bhagavan jaya jaya Bhagavan

Jaya guru raja Ram hare Krishna hare Ram
Jaya guru raja Ram hare Krishna hare Ram
Lakshmi Narayana Lakshmi Narayana
Lakshmi Narayana Ram

Radhe Govinda Radhe Govinda
Radhe Govinda Shyam
Radhe Govinda Radhe Govinda
Radhe Govinda Shyam

Hare Rama Hare Rama Rama Rama Hare Hare
Hare Krishna Hare Krishna Krishna Krishna Hare Hare
Ami tomari ami tomari ami tomari priya hai
ami tomari
Tumi amare tumi amare tumi amare natha hai
tumi amare
Sri Rama Rama Rama Sri Rama Rama Rama
Sri Rama Rama Rama Sri Rama Rama Rama

Om Bhagavan

Om Bhagavan sri Bhagavan
Ananda Bhagavan Sivananda Bhagavan
Om Bhagavan sri Bhagavan
Ananda Bhagavan Vishnu Swami Bhagavan

Sat-Cit-Ananda

Sat-Cit-Ananda guru sat-cit-ananda (x 2)
Ananda guru om Sivananda guru om (x 2)

Alla seconda strofa si può sostituire Guru con Krishna, Rama, Vishnu ecc.

Jaya Gurudev

Jaya Gurudev jaya jaya Gurudev jaya
Jaya Gurudev jaya jaya Gurudev jaya

Jaya Sita Ram jaya jaya Hanuman jaya
Jaya Sita Ram jaya jaya Hanuman jaya

Jaya Shiva Shankara jaya Shiva Shankara
Jaya Shiva Shankara Hara Hara Shankara

Mantra conclusivi

Om namo Narayanaya daso'ham tava Keshava

Om dum Durgayai namah

Om hrim maha Lakshmyai namah

Om aim Sarasvatyai svaha

Om namo bhagavate Sivanandaya

Om namo bhagavate Vishnudevanandaya

Sri Rama Rama Rameti
Rame Rame manorame
Sahasra nama tattulyam
Rama nama varanane.

Shanti Mantra

Om sham no mitrah sham varunah
sham no bhavativ aryama
sham na indro brihaspatih
sham no vishnur urukramah
namo brahmaṇe
namaste vayo
tvam eva pratyaksham bhrahmasi
tvam eva pratyaksham brahma vadishyami
ritam vadishyami
satyam vadishyami
tan mām avatu
tad vaktaram avatu
avatu mam
avatu vaktāram
Om shanīh, shantīh, shanthī

Om saha nav avatu
saha nau bhunaktu
saha viryam karavavahai
tejasvi nav adhitam astu

ma vidvishvahai
Om shantih shantih shantih

Om apyayantu mamangani vakpranashcakshuh
shrotram atho balam indriyani ca sarvani
sarvam brahma upaniṣadam ma'ham brahma
nirakuryam ma ma brahma
nirakarodanirakaranamastvanirakaranam me 'stu
tadatmani nirate ya upanishatsu dharmaste
mayi santu te mayi santu
om shantih shantih shantih

Om bhadram karnebhih shrinuyama devah
bhadram pashyemakshabhir yajatrah
sthirair angais tushtuvamsas tanubhih
vyashema devahitam yadayuh |
svasti na indro vriddhashravah |
svasti nah pusha vishvavedah |
svasti nas tarkshyo arishtanemih |
svasti no brihaspatir dadhatu
Om shantih shantih shantih

Preghiere al Guru

Brahmanandam Paramasukhadam
Kevalam Jnana Murtim
Dvandvatitam Gaganasadrisham
Tatvamasyadi Lakshyam

Mi prostro davanti al Guru che è Brahma, che è Beatitudine, che è il dispensatore della felicità suprema, che è l'Assoluto, che è la forma della Conoscenza, che è al di là del dualismo degli opposti, che è vasto come l'etere, che si può conseguire con affermazioni come Tat Tvam Asi.

Ekam Nityam Vimalmachalam
Sarvadhi Sakshibhtam
Bhavatitam Triguna-rahitam
Sadgurum Tam Namami

Mi prostro davanti al Sadguru che è uno, eterno, puro e immutabile, che è testimone di tutti gli stati mentali, che trascende le modificazioni, che è privo dei tre modi (Guna)

Caitanyam Shashvatam Shantam

Nirakaram Niranjanam

Nadabindu kalatitam

Tasmai Sri Gurave Namah

Mi prostro davanti allo Sri Guru che è Coscienza, eterno, pacifico, privo di forma, immacolato e al di là di Nada (suono), Bindu (punto) e Kala (tempo)

Gurur Brahma Guru Vishnu

Guru Devo Maheshvarah

Guru Sakshat Param Brahma

Tasmai Sri Gurave Namah

Mi prostro davanti allo Sri Guru, che è gli stessi dei, Brahma, Vishnu e Shiva e che è davvero il supremo Assoluto

Ajnana Timirandhasya Jnananjnana Shalakaya

Cakshur Unmilitam Yena Tasmai Sri Gurave namah

Mi prostro davanti al Guru che con la conoscenza apre gli occhi di chi è reso cieco dalla nebbia dell'ignoranza

Dhyanamulam Gurormurtih

Pujamulam Gurorpadam

Mantra Mulam Guror vakyam

Mokshamulam Gurorkripa

La forma del Guru è la radice della meditazione. I piedi del Guru sono la radice del culto. La parola del Guru è la radice di tutti i Mantra. La Grazia del Guru è la radice della liberazione.

Om Namah Sivaya Gurave

Satchidananda Murtaye

Nishpapanchaya Shantaya

Sri Sivanandaya Te Namah

Sri Vishnudevanandaya Te Namah

Om. Ci prostriamo al Guru Swami Sivananda, che è Shiva, che è l'incarnazione di Esistenza-Conoscenza-Beatitudine, che è libero dalla coscienza terrena, che è pacifico. Ci prostriamo a Te e a Swami Vishnudevananda.

Mata Ca Parvati Devi Pita Devo Maheshvara

Bhandhavah Shiva Bhaktasca Svadevo Bhuvanatraya

Om Namah Parvati Pataye Hara Hara Mahadeva

La dea Parvati è mia madre. Il dio Shiva è mio padre. Tutti i devoti di Dio sono miei fratelli.

Omaggio allo sposo di Parvati, Shiva

Preghiera Universale

Oh adorabile Signore di misericordia e amore
Ti salutiamo e ci prostriamo davanti a Te
Tu sei onnipresente, onnipotente e onnisciente
Tu sei Sat-Cit-Ananda
Tu sei esistenza, conoscenza e beatitudine assoluta
Tu sei Colui che dimora in tutti gli esseri
Donaci un cuore comprensivo, una visione equanime, una mente equilibrata,
fede, devozione e saggezza.
Donaci la forza spirituale interiore per resistere alla tentazione e controllare la nostra
mente.
Liberaci da egoismo, lussuria, collera, avidità, odio e gelosia.
Riempi i nostri cuori di Virtù Divine.
Fa' che Ti vediamo in tutti i nomi e tutte le forme
Fa' che Ti serviamo in tutti i nomi e tutte le forme
Fa' che Ti ricordiamo sempre
Fa' che cantiamo le Tue glorie
Fa' che il Tuo nome sia sempre sulle nostre labbra
Fa' che viviamo in Te per l'eternità.

Arati

Jaya jaya arati Vighnavinayaka
Vighnavinayaka sri Ganesha

Jaya jaya arati Subrahmanya
Subrahmanya kartikeya

Jaya jaya arati Venugopala
Venugopala Venulola
Papavidura navanita cora

Jaya jaya arati Venkataramana
Venkataramana shankataharana
Sita Rama Radhe shyama

Jaya jaya arati Gauri manohara
Gauri manohara bhavani shankara
Samba Sadashiva Uma Maheshvara

Jaya jaya arati Raja Rajeshvari
Raja Rajeshvari Tripura Sundari
Maha Lakshmi Maha Sarasvati
Maha Kali Maha Shakti

Jaya jaya arati Anjaneya
Anjaneya Hanumanta
Jaya jaya arati Dattatreya
Dattatreya Trimurti avatara

Jaya jaya arati Adityaya
Adityaya Bhaskaraya
Jaya jaya arati Senishvaraya
Senishvaraya Bhaskaraya

Jaya jaya arati Shankaracharya
Shankaracharya advaita gurave

Jaya jaya arati Sadguru natha
Sadguru natha Sivananda

Jaya jaya arati Vishnudevananda
Vishnudevananda sri guru natha

Jaya jaya arati agastya munaye
Agastya munaye shri rama priyaye

Jaya jaya arati ayappa swamiye
Ayappa swamiye dharmashastave

Jaya jaya arati jesus gurave
moses gurave buddha gurave
Jaya jaya arati mohammed gurave
Guru nanak gurave samasta
gurubhyoh namah
Jaya jaya arati venugopala

Om na tatra suryo bhati na chandra tarakam
Nema vidyuto bhanti kuto yamagnaih
Tameva bhantam anubhati sarvam
Tasya bhava sarvamidam vibhati

Om gange ca yamune caiva godavari
sarasvati narmade sindhu kaveri
namastubhyam namo namah

Tvam eva mata ca pita tvam eva
Tvam eva bandhush ca sakha tvam eva
Tvam eva vidya dravinam tvam eva
Tvam eva sarvam mama deva deva

Kayena vaca manasendryairva
Buddhiatman va prakritessvabhavat
Karomi yadyat sakalam parasmai
Narayanayeti samarpayami

Sarva dharma parityajya
mamekam sharanam vraja
Aham tva sarva papebhyo
mokshashyishyami ma suchah

