H.H. Swami SivanandaJi Maharaj

Sivananda

&

Shan-mata

Mantra Manjari

by

Swami N.V. Karthikeyan
Introduction to Mantra Manjari

Hari Om

Om Namo Bhagavate Sivanandaya.

Adorations and salutations to the One Supreme Being, whom religions call God. ‘Goal of life is God-realisation,’ says Swami Sivanandaji Maharaj. This is attained by worship of any Deity or God. There are six main Deities, viz., Ganesa, Devi, Siva, Vishnu, Surya and Skanda. The system of worship of these six Deities is known as ‘Shan-Mata’. Usually, devotees have a chosen Deity, called Ishta Devata, for their worship, on whom they pour all their love and devotion, and attain Him. There are innumerable devotee-saints who have attained God through worship of any of these Deities. The Vedas proclaim: “Ekam Sat, Vipraha Bahudha Vadanti”. “The ONE BEING, the wise diversely speak of”.

This Mantra Album “Sivananda and Shan-mata Mantra Manjari” is a garland of Mantras. The album begins with the Guru-Stotras, etc., invoking the grace of Gurudev Swami Sivanandaji Maharaj, who is the inspiration behind this effort and also the Guru is regarded as the embodiment of all the Deities. This is followed by Mantras to the Shan-mata Deities, in the order of Ganesa, Devi, Siva, Vishnu, Surya and Skanda. To enhance the utility and value of the Album, we have also included, at the end, the ‘Navagraha Stotras’ which are effective prayers to ward off the negative influence of the nine planets, and the ‘Skanda Upanishad’ which contains mystic clues for meditation and Wisdom. The Album concludes with Mantras for the welfare of mankind, thus making it a complete presentation.

Swami N.V. Karthikeyan of Sivananda Ashram, Rishikesh (India), a direct disciple of Swami Sivanandaji, has been kind enough to chant these Mantras for us, in his own way of feelingful prayer. This rendition is a humble attempt to make these powerful Mantras available to devotees and aspirants on the spiritual path and is purely for free circulation. This Mantra Manjari is offered with deep love and devotion at the Lotus Feet of our Beloved Gurudev with a prayer to bless and awaken the slumbering spirit in us all.

Hari Om Tat Sat.

Date : September 2007 - Sivananda Devotees
Om

Om….Om….Om

Om….Om….Om

Om Gam Ganapataye Namah
Om, Salutations to Lord Sri Ganesa.

Om Gum Gurubhyo Namah
Om, Salutations to Gurus, the Spiritual Masters.

Om Aim Saraswatyai Namah
Om, Salutations to Goddess Saraswati, the Divine Mother.
GURU STOTRA

Om Brahmanandam Parama Sukhadam Kevalam Jnaanamoortim
Dvandvaateetam Gagana Sadresam Tattvamasyaadi Lakshyam
Ekam Nityam Vimalamachalam Sarvadhee Saakshibhootam
Bhaavaateetam Triguna Rahitam Sadgurum Tam Namaami

Prostrations to the Guru, the Absolute, the embodiment of Bliss, the bestower of Highest joy. He is beyond duality, He is knowledge personified. All-pervasive like the sky, He is One, Eternal, Pure and Steady. He has realized “Thou Art That”. He is the Witness of all thoughts. He is free from the three Gunas, beyond all modifications of mind and body.

Ajnaana Timiraandhasya Jnaanaanjana Salaakayaa
Chakshurun-meelitam Yena Tasmai Sree Gurave Namah

Prostrations to that Guru, who, through the collyrium of Knowledge, opens the eyes of him who is blind by the gloom of ignorance.

Gurur-Brahmaa Gurur-Vishnur-Gurur-Devo Maheshwarah
Guru Saakshaat Param Brahma Tasmai Sree Gurave Namah


Dhyaanamoolam Guror Moortih   Poojaamoolam Guroh Padam
Mantramoolam Guror Vaakyam   Mokshamoolam Guroh Kripaa

The form of Guru is the root (support) of meditation. The Feet of Guru are the object of worship. The teaching of the Guru is the root (essence) of all Mantras. The grace of Guru is the root (means) of salvation.

Mannaathah Sree Jagannaathah Madguru Sree Jagadguruh
Mamaatmaa Sarva-Bhootaatmaa Tasmai Sree Gurave Namah

Prostrations to the Guru, who is my Lord as well as the Lord of the Universe, my Guru as also the Guru of the Universe, the Self of me and the Self of all beings.

Yasya Deve Paraa Bhaktih Yathaa Deve Tathaav Gurau
Tasyaite Kathitaav Hyarthaah Prakaasante Mahaatmanah

He whose devotion to God is supreme and whose devotion to the Guru is as great as to the Lord, to that high-souled one all the knowledge of the scriptures stand revealed.

Chaitanyam Saasvatam Saantam Vyomaateetam Niranjanam
Naada-bindu-kalaateetam Tasmai Sree Gurave Namah

Prostrations to that Sri-Guru, who is Consciousness, eternal, peaceful, beyond ether (space), spotless and beyond Nada, Bindu and Kala.

Om Namah Sivaanandaaya Gurave Satchidaananda Moortaye
Nishprapancheeya Saantaaya Niraalambaaya Tejase
Om. Prostrations to Sivananda, the Guru, who is an embodiment of Existence, Knowledge and Bliss, who is ever peaceful, free from world-consciousness, needs no support, and luminous like the sun.

Om Namo Bhagavate Sivaanandaaya
Om. Prostrations and Salutations to Sivananda

**SIVAANANDA YOGEENDRA STUTIH**

Sadāa Paavanam Jaanhavee Teeravaasam
    Sadāa Sva-svaroopaanusandhaana-seelam;
Sadāa Suprasannam Dayaaluṁ Bhajε-ham
    Sivaananda-Yogeendra-maananda Moortim. (1)

I adore Sivananda, the best among Yogis and an embodiment of bliss (Bliss Incarnate), who lives (in Ananda Kutir) on the banks of the holy Ganga, who is ever pure, always cheerful, compassionate to all, and who is ever dwelling in the Self.

Hareer-divya-naama Svayam Keertayantam
    Hareeh Paada-bhaktim Sadaa Bodhayantam;
Hareeh Paada-padma-sthabhrungam Bhajε-ham
    Sivaananda-Yogeendra-maananda Moortim. (2)

I adore Sivananda, the best among Yogis and an embodiment of bliss (Bliss Incarnate), who always sings the holy Names of Lord Hari, ever teaches the path of Devotion to the Lotus Feet of Lord Hari, and whose mind dwells ever on the Lotus Feet of Lord Hari even as a honey bee on lotus-flower.

Jaraa-vyaadhi-daurbalya-sampeeditaanaam
    Sadaa-rogyadam yasya Kaarunya-netram;
Bhajε-ham Samastaarta-sevaadhureenam
    Sivaananda-Yogeendra-maananda Moortim. (3)

I adore Sivananda, the best among Yogis and an embodiment of bliss (Bliss Incarnate), whose compassionate glance bestows health and happiness to all those who are afflicted by old age, disease, mental and physical ailments, and who is ever ready to serve those who are in distress.

Sadaa Nirvikalpe Sthiram Yasya Chittam
    Sadaa Kumbhitah praana-vaayur-nikaamam;
Sadaa Yoga-nisithnam Nireeham Bhajε-ham
    Sivaananda-Yogeendra-maananda Moortim. (4)

I adore Sivananda, the best among Yogis and an embodiment of bliss (Bliss Incarnate), whose mind ever remains fixed in Nirvikalpa (Absolute Transcendental) state, who has mastery over the breath, who is desireless, and who is ever established in Yoga (abides in God).

Mahaamudra-bandhaadi-yogaanga-daksham
    Sushumnaantare Chit-svaroope Nimagnam;
Maha-yoga-nidraa-vileenam Bhajε-ham
    Sivaananda-Yogeendra-maananda Moortim. (5)
I adore Sivananda, the best among Yogis and an embodiment of bliss (Bliss Incarnate), who is an adept in all Mudras, Bandhas and other Yogic practices, who is blissfully immersed in the Consciousness which indwells the Sushumna Nadi, and who is absorbed in the glorious state of Yoga-Nidra (Samadhi).

Dayaa-saagaram Sarva-kalyaana-raasim
   Sadaa Satchidaananda-roope Nileenam;
Sadaachaara-seelam Bhaje-ham Bhaje-ham
   Sivaananda-Yogeendra-maananda Moortim. (6)

I adore Sivananda, the best among Yogis and an embodiment of bliss (Bliss Incarnate), who is an ocean of compassion, a treasure-house of all auspiciousness, who is immersed in Sat-Chit-Ananda (Existence-Knowledge-Bliss Absolute) and who is always good-natured.

Bhavaambhodhi-naukaa-nibham Yasya Neetram
   Mahaamoha-Ghoraandha-kaaram Harantam;
Bhaje-ham Sadaa tam Mahaantam Nitaantam
   Sivaananda-Yogeendra-maananda Moortim. (7)

I adore Sivananda, the best among Yogis and an embodiment of bliss (Bliss Incarnate), whose compassionate look (eye) is boat-like for those who are caught in the ocean of Samsara (transmigratory existence), who dispels the dense darkness of delusion and ignorance, and who is exceedingly Divine and Glorious.

Bhaje-ham Jagat-kaaranam Sat-svaroopam
   Bhaje-ham Jagad-vyaapakam Chit-svaroopam;
Bhaje-ham Nijaananda-maananda Roopam
   Sivaananda-Yogeendra-maananda Moortim. (8)

I adore Sivananda, the best among Yogis and an embodiment of bliss (Bliss Incarnate). Adorations to Sivananda – the Pure Existence, the Cause of the Universe.
Adorations to Sivananda – the Pure Consciousness, pervading the whole Universe.
Adorations to Sivananda – the Pure Bliss, the Self-Delight.

Pathedyah Sadaa Stotrameetat Prabhaate
   Sivaananda-yogeendra-naamni Praneetam;
Bhavet-tasya Samsaara-dukhham Vinashtam
   Tathaa Moksha-saamraajya-kaivalya-laabhah. (9)

Whosoever recites (with feeling and understanding) these verses on the Great Yogi, SIVANANDA, in the early hours of the morning, his worldly sufferings get destroyed and he attains the Great Wealth of final Liberation (Kaivalya).
GANESA

Gajaananam Bhoota-ganaadhi-sevitam
   Kapittha-jamboo-phalasaara-bhakshanam
Umaasutam soka-vinaasa-kaarakan
   Namaami Vighnesvara Paada-pankajam

I prostrate myself before the lotus-feet of Lord Vighnesvara, the son of Uma (Parvati), who causes the destruction of sorrow, who is served by the host of Bhuta-Ganas, etc., who has the face of an elephant, who partakes of the essence of Kapittha and Jambu fruits.

Om Suklaambaradharam Vishnum Sasivarnam Chaturbhujam
Prasanna Vadanam Dhyayet Sarva Vighnopasaantaye

Lord Sri Ganesa who is adorned with white clothes, who is all-pervading, who is radiant like the moon, who has four arms, and who has a graceful smiling face, is to be meditated upon for the removal of all obstacles.

Om Sumukhaschaika Dantascha Kapilo Gajakarnakah
   Lambodorascha Vikato Vighnaraajo Ganaadhipah
Dhoomaketur Ganaadhyaksho Phaalachandro Gajaananah
Dwaadasaitani Naamaani Yah Pathet Srunuyaadapi
   Sarvakaarya Samaarambhe Vighnastasya Na Jaayate

This mantra contains twelve scared Names of Lord Sri Ganesa. When these twelve Names are chanted or heard, with devotion, at the commencement of any undertaking, all obstacles are removed; success is ensured.

Om Ganaanaam Twaa Ganapatim Havaamahe Kavim Kaveenaam Upamasravastamam;
   Jyeshtharaajam Brahmanaam Brahmanaspata Aa Nah Srunwan-nootibhih Seeda Saadanam.
   Om Sree Mahaaganapataye Namah

We invoke Ganapati (Sri Ganesa) who is the leader of the divine hosts, who is the master of all learning and wisdom, who is the greatest and the best, who embodies, verily, the Supreme Being, Brahman. Salutation unto the Great Ganapati (Lord Ganesa).

Ganesa Gaayatri

Om Ekadantaaya Vidmahe Vakratundaaya Dheemahi,
   Tanno Dantee Prachodayaat.

We commune ourselves with Lord Ganesa (Ekadanta), and meditate on (Him as) Vakratunda; May that Lord Ganesa (Dantin) direct us (to the Great Goal).

Om Gam Ganapataye Namah

Om, Salutations (and surrender) to Lord Sri Ganesa, the dispeller of sorrow.
O Mother Divine, when people remember You in their difficult times, You remove their fears totally. When they remember You in their happy and well-off conditions, You bestow upon them greater happiness and prosperity. O Devi, O Dispeller of poverty, pain and fear, who is there other than You who is ever intent upon the welfare of everyone, and who has a sympathetic heart for helping everyone?

Prostrations to Goddess Durga, the abode of all auspiciousness, whose form is auspicious, who is the bestower of all wealth on her devotees, who is the refuge of all, who has three eyes, and who is the Divine Force of Narayana (Narayani).

Prostrations to Goddess Narayani who has the power of creation, preservation and destruction. Salutations to You, O Devi. Who is the support as well as embodiment of the three Gunas.

Prostrations to Goddess Narayani who is avowed to saving the dejected and distressed that take refuge in Her. Salutations to You, O Devi, who removes all the sufferings of your devotees.

We commune ourselves with Kaatyaayani (Durgaa), and meditate on (Her as) Kanyaakumaari; May that Durgaa direct us (to the Great Goal).

OM. Salutations (and surrender) to Goddess Durgaa, the Protector.
LAKSHMEE


I worship that Lakshmee, the daughter of the king of the milk-ocean, the queen of the abode of Lord Vishnu, whose servants are the wives of all the gods, who is the one light and the sprout of the universe, through a side-glance of whose benign grace Brahma, Indra and Siva have attained their high positions, who is the mother of the three worlds, who is called Kamala, and who is the consort of Bhagavan Vishnu.

Lakshme Gaayatri

Om Mahaadevyai Cha Vidmahe Vishnupatnyai Cha Dheemahi, Tanno Lakshmeeh Prachodayaat.

WecommuneourselveswiththeGreatGoddess,andmeditateon(Heras)theConsortofVishnu;Maythat Lakshmee direct us (to the Great Goal).

SARASWATEE


May that Goddess Saraswatee, who wears a garland white like the Kunda-flower or the moon or the snow, who is adorned with pure white clothes, whose hands are ornamented with the Vina and the gesture of blessings, who is seated on a white lotus, who is always worshipped by Brahma, Vishnu, Siva and other gods, who is the remover of all inertness and laziness, protect me.

Saraswatee Gaayatri

Om Vaagdevyai Cha Vidmahe Kaamaraajaaya Dheemahi, Tannah Saraswatee Prachodayaat.
OM. We commune ourselves with the Goddess of Speech (Wisdom), and meditate on (Her as) the Kaamaraajaa (one who has conquered desires); May that Goddess Saraswatee direct us (to the Great Goal).

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Om Aim Saraswatyai Namah

Om, Salutations to Goddess Saraswatee, the Divine Mother, the dispeller of sorrow.

SIVA

Saantam Padmaasanastham Sasidharamukutam Panchavaktram Trinetram
Soolam Vajram cha Khadgam Parasumabhayadam Dakshinaange Vahantam
Naagam Paasam cha Ghantaam Damarukasahitaam Chaankusam Vaamabhaage
Naanaalankaaradeeptam Sphatika-maninibham Paarvateesam Namaami

I prostrate myself before the Lord of Paarvati, who is peaceful, who is seated in the Lotus-pose, whose crown is adorned with moon, who has five faces, who has three eyes, who holds the trident, bolt, sword and the fearlessness-giving axe on the right side, who holds the serpent, noose, bell, Damaru and spear on the left side, who shines with various ornaments, and who is luminous like the crystal-jewel.

Karpoora-gauram Karunaa-vataaram Samsaara-saaram Bhujagendra-haaram
Sadaa Vasantam Hridayaara-vindee Bhavam Bhavaanee-sahitam Namaami

I bow to Lord Siva who is white as camphor, is compassion-incarnate, the Essence of the world, has the Serpent-king as a necklace, and who ever resides, along with Paarvati,in the lotus of the heart.

Om Tryambakam Yajaamahe Sugandhim Pushtivardhanam;
Urvaarukamiva Bandhanaan-Mrityormuksheeya maamritaat.

We worship the Three-Eyed One (Lord Siva) who is fragrant and who nourishes all beings; may He liberate us from death, for the sake of Immortality, even as the cucumber is severed from its bondage (of the creeper).

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Rudra Gaayatri

Om Tatpurushaaya Vidmahe Mahaadevaaya Dheemahi,
Tanno Rudrah Prachodayaat.

We commune ourselves with that Supreme Purusha, and meditate on (Him as) the Great God; May that Rudra direct us (to the Great Goal).

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Om Namah Sivaaya.

Om, Salutations (and surrender) to Lord Siva.
VISHNU

Saantaa-kaaram Bhujaga-sayanam Padma-naabham Suresam
Visvaa-dhaaram Gagana-sadrisham Megha-varnam Subhaangam
Lakshmee-kaantam Kamala-nayanam Yogi-bhir-dhyaana-gamyam
Vande Vishnum Bhava-bhaya-haram Sarva-lokaika-naatham

I adore Vishnu, the embodiment of Peace, who sleeps on the serpent, whose navel is the lotus (of the universe), who is the Lord of gods, who is the support of the universe, who is of the form of (the omnipresent) ether, whose colour resembles that of clouds, whose body is auspicious, who is the Lord of Lakshmee, whose eyes are like lotuses, who is attainable by Yogis through meditation, who is the destroyer of the fear of birth and death, and who is the One Lord of all the worlds.

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Vishnu Gaayatri

Om Naaraayanaaya Vidmahe Vaasudevaaya Dheemahi,
Tanno Vishnuh Prachodayaat

We commune ourselves with Naaraayana, and meditate on (Him as) Vasudeva; May that Vishnu direct us (to the Great Goal).

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Om Namo Narayanaya

OM, Salutations (and surrender) to Lord Naaraayana.

SOORYA

Om Sooryam Sundara Lokanaatham-Amritam Vedaantasaaram Sivam
Jnaanam Brahmanam Suresamamalam Lokaikachittam Swayam
Indraaditya Naraadhipam Suragurum Trailokya Chhoodaamanim
Brahmaa-Vishnu-Siva-Swaroopa Hridayam Vande Sadaa Bhaaskaram

I always adore Soorya, the Sun, the beautiful Lord of the world, the immortal, the quintessence of the Vedanta, the auspicious, the absolute knowledge, of the form of Brahman, the Lord of the gods, ever-pure, the one true consciousness of the world himself, the Lord of Indra, the gods and men, the preceptor of the gods, the crest-jewel of the three worlds, the very heart of the forms of Brahma, Vishnu and Siva, the giver of light.

Om Namo Bhagavate Shree Sooryaaya Aadityaaya Akshitejase
Aho Vaahini Vaahini Svaaha

Salutations to Bhagavan Surya (Sun), who is Aaditya (son of Adity) and who is the light of our eyes. To that Sun, who is the conductor of the day as also the universe, is everything offered with due respect.

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Soorya Gaayatri

Om Aadityaaya Vidmahe Sahasrakiranaaya Dheemahi,
Tannah Sooryah Prachodayaat.

We commune ourselves with the Aaditya (the First Cause -- Sun), and meditate on (Him as) the Thousand (Infinite)-rayed; May that Soorya direct us (to the Great Goal).

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Om Ghrinihi Soorya Aadityaha

Om, Aaditya, the supreme cause of the universe, is the giver of light and water, and is the source of all energy. (We take refuge in Him.)

SKANDA

Om Shadaananam Kumkuma-raktavarnam
Mahaamatim divya-mayoora-vaahanam
Rudrasya soonum sura-sainya-naatham
Guham sadaaham saranam prapadye

I always take refuge in Lord Guha of six faces, who is of deep red colour like Kumkuma, who is possessed of great knowledge, who has the divine peacock to ride on, who is the son of Rudra, and who is the leader of the army of gods.

KAARTTIKEYA STOTRAM

Om Sree Ganesaaya Namah

Skanda Uvaacha:

Yogeesvaro Mahaasenah Kaarttikeyo-agninandanah
Skandah Kumaarah Senaaneeh Swaamee Sankara Sambhavah      (1)

Gaangeyas-Taamrachoodas-cha Brahmacaaree Sikhidhvajah
Taarakaarir-Umaaputrah Krownchaaris-cha Shadaananah      (2)

Sabdabrahma Samudras-cha Siddhah Saarasvato Guhah
Sanatkumaro Bhagavaan Bhoga-moksha-phala-pradah            (3)

Sarajanmaa Ganaadheesah Poorvajo Mukti-maargakrit
Sarvaagamapranetaa Cha Vaanchhitaartha-pradarsanah        (4)

Ashtaavimsati Naamaani Madeeyaneeti Yah Pathet
Pratyoshe Sraddhayaa Yukto Muko Vaachaspatirbhavet        (5)
Lord Skanda said:

Whoever reads these twenty-eight Names* of Mine (which are enumerated in the first four stotras of the text) in the early hours of dawn with faith and devotion, even if he be dumb, will become the Lord of Speech (Vachaspati).

By recitation of these Names of Mine, which are equivalent to Mahaa-Mantras (Great Mantras or Formulas), one attains (secures) Supreme Consciousness. There is no doubt about this (one should not think otherwise).

This Kaarttikeya-Stotra, the giver of Great Wisdom, is from the Rudrayaamala Tantra.

*Twenty-eight Names of Karttikeya

1. Yogeesvarah - The Lord of Yogins
2. Maahaasenah - The great god of war; He who has a large army
3. Karttikeyah - He who was nursed by the six Krittika Devis
4. Agninandanah - He who was born of the Fire (Light) of the Third-eye of Siva; Son of Fire-god, - as the Tejas of Siva was carried by him.
5. Skandah - He who leaped out or emanated from the Third-eye of Siva
6. Kumaarah - The destroyer of evils, both inside and outside
7. Senaaneeh - The Commander-in-Chief of the Celestial armies
8. Swamee Sankara-Sambhavah - Born of Lord Sankara
9. Gaangeyah - The son of Ganga
10. Taamrachoodah - He who has the Cock-banner
11. Brahmachaaree - He who is ever in Brahmic Consciousness; A celibate
12. Sikhidhvajah - Whose flag is Fire
13. Taarakaaarih - The vanquisher of the powerful demon Taaraka
14. Umaaputrah - The Son of Umaa Devi or Paarvatee
15. Krownchaarih - The destroyer of (the mountain-shaped Asura) Krauncha
16. Shadaanaanah - The Lord with six faces
17. Sabdabrahma Samudrah - He who is an ocean of Knowledge (represented by the Vedas)
18. Siddhah - The Perfected one
19. Saarasvatah - He whose Deity is Sarasvati Devi
20. Guhah - He who dwells in the heart cave of all beings; the Self of all; the Indweller of all
21. Bhagavaan Sanatkumaarah - (Who appeared as) Bhagavaan Sanatkumaara, one of the four mind-born sons of Brahma
22. Bhoga-moksha-phala-pradah - The bestower of (worldly) enjoyments as well as Liberation
23. Sarajanma - He who was born in the thicket of Sara or reeds
24. Ganaadheesah - The Lord of the Devas
25. Poorvajah - The first-born
26. Muktimaargakrit - The bestower of Mukti or Salvation
27. **Sarvaagampranetaa** - The Originator of all the Vedas
28. **Vanchhitaarthapradarsanah** - He who reveals Himself as the desired objects

Skanda Gaayatri

**Om Tatpurushaaya Vidmahe Mahaasenaaya Dheemahi, Tannah Skandah Prachodayaat.**

We commune ourselves with that Supreme Purusha (Being), and meditate on (Him as) the Supreme General of the great Deva Army; May that Lord Skanda direct us (to the Great Goal).

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**Om Saravanabhavaaya Namah**

Om. Salutations (and surrender) to the Lord Saravanabhava (Kaarttikeya or Skanda)

**Om Vachadbhuve Namah**

Om. Salutations (and surrender) to the Lord Shanmukha
NAVAGRAHA-STOTRAM

Om Sree Ganesaaya Namah

Japaakusumatasankaasam Kaasyapeyam Mahaadyutim; Tamorim Sarva-paapaghnam Pranatosmi Divaakaram. (1)

Dadhi-Sankha-Tushaaraabham Ksheeraarnava-Samudbhavam; Namaami Sasinam Somam Sambhor-mukuta-bhooshanam. (2)

Dharanee-garbha-sambhootam Vidyut-kaanti-samaprabham; Kumaaram Sakti-hastam Tam Mangalam Pranamaamyaham. (3)

Priyangukalikaasyaamam Roopenaapratimam Budham; Saumyam Saumyagunopetam Tam Budham Pranamaamyaham. (4)

Devaanaam cha Rishinaam cha Gurum Kaanchana-sannibham; Buddhibhootam Trilokesam Tam Namaami Brihaspatim. (5)

Himakunda Mrinaalaabham Daityaanaam Paramam Gurum; Sarva-saastra-pravaktaaram Bhaargavam Pranamaamyaham. (6)

Neelaanjana-samaabhaasam Raviputram Yamaagrajam; Chaayaamaartanda-sambhootam Tam Namaami Sanaischaram. (7)

Ardhakaayam Mahaaveeryam Chandraaditya-vimardanam; Simhikaa-garbha-sambhootam Tam Raahum Pranamaamyaham. (8)

Palaasa-pushpa-sankaasam Taarakaa-graha-mastakam; Raudram Raudraatmakam Ghoram Tam Ketum Pranamaamyaham. (9)

Iti Vyaasamukhodgeetam Yah Pathet-susamaahitah; Divaa Vaa Yadi Vaa Raatrau Vighna-saantir-bhavishyati. (10)

Nara-Naari-Nripaanaam cha Bhaved Duhsvapna-naasanam; Aiswaryam-atulam Teshaamaarogyam Pushtivardhanam. (11)

Graha-nakshatraajaah Peedaas-taskaraagni-samudbhavaah; Taah Sarvaah Prasamam Yaanti Vyaaso Broote Na Samsayah. (12)

NAVAGRAHA-STOTRAM

Om Sree Ganesaaya Namah

1. I prostrate to (and seek the blessings of) Soorya (Sun-God), who shines like the Japa Kusuma flower (which is of deep-red colour), who is the son of sage Kasyapa, who is resplendent, who is the enemy of darkness, and who destroys all (kinds of) sins.

2. I prostrate to Soma (Moon-God), whose colour is white like yogurt, conch and snow; who rose from the Ksheerasaagara (milk-ocean) and who adorns the head of Lord Siva (as the crescent moon).

3. I prostrate to Mangala (also known as Angaaraka) (the Deity presiding over the Mars-planet), who is born of earth, who shines like the lightning, who is called Kumaara (Kaarttikeya), and who holds in his hand the weapon called Sakti.

4. I prostrate to Budha (the Deity presiding over the Mercury-planet) who has a dark-blue complexion like the bud of the creeper called Priyang, who is incomparably beautiful; who is wise, who is the son of Soma or Moon-God; and who is of a very charitable and noble disposition.

5. I prostrate to Brihaspati (the Deity presiding over the Jupiter-planet), who is the Guru of the Devatas (gods) and Maharshis, who is resplendent like gold, who is of the form of wisdom, and who is the lord of the three worlds.

6. I prostrate to Sukraachaarya (the Deity presiding over the Venus-planet), who shines like snow, Kunda-flower and Mrinal-flower (all which are pure white), who is the great Guru of the Asuras (demons) and who is the master-teacher of all Sastras (scriptures).

7. I prostrate to Sanaischara (the Deity presiding over the Saturn-planet), whose complexion is like the shining dark-blue collyrium (for the eye), who is the son of Soorya (Sun-God), who is the elder brother of Yama (the lord of death) and who is born of Soorya and his wife Chaayaa.

8. I prostrate to Raahu (Dragon-head), who has a half-body, who is of extraordinary strength, who is the oppressor of the moon and the sun, and who is born of Simhika.

9. I prostrate to Ketu (Dragon-tail), who shines like Palaasa-flower (red colour), who is the foremost among the stars and planets, who is Raudra and whose form is fierce and fearful.

10. He who reads (or chants) these Stotras gifted by Sage Vyaasa, either by day or by night (at any time) with a peaceful and concentrated mind, he is freed from all obstacles.

11. Men, women or kings and rulers – whoever reads these Stotras – they are freed from the effects of bad-dreams; and their wealth, health and prosperity will increase limitlessly.

12. Sage Vyaasa (who composed this Navagraha-Stotras) says that one (who chants this) will be freed from fears, dangers, worries, etc. caused by the planets, stars, robbers and fire. There is no doubt about this.

Thus ends the Navagaha-Stotra of Sage Vyasa.
Thus the Navagraha-Stotras.
SKANDOPANISHAD

Yatraa-sambhinnataam Yaati Svaatiriktabhidaatatih:
Samvinmaatram Param Brahma Tatsvamaatram Vijrumbhate.

Om Sahanaa-vavatu Sahanaau Bhuunaktu Sahaveeryam Karavaavahai
Tejasvinaavadheetamstu Maa Vidvishaavahai:
Om Saanti: Saanti: Saantihi:

Achyutosi Mahaadeva Tava Kaarunya-lesatah:,
Vijnaana-ghana Yevaasmi Sivosmi Kimatah Param. 1

Na-Nijam Nijavadbhaati Antahkarana-krumbhnaat,
Antahkarana-naasaena Samvinmaatra-sthito Harihi. 2

Samvinmaatra-sthischaschaaham-ajosmi Kimatah Param,
Vyatiriktam Jadam Sarvam svapnavaccha Vinasati. 3

Chjjadaanaam tu yo Drashtaa So-achyutaau Jnaana-vigraha:,
Sa yeva hi Mahaadevah Sa yeva hi Mahaaharihi:. 4

Sa yeva Jyotishaam Jyotihi, Sa yeva Paramesvaraha,
Sa yeva hi Param Brahma, Tad-brahmaaham na Samsayah:. 5

Jeevah Sivaha, Sivo Jeevaha, Sa Jeevah kevalah Sivaha,
Tushena Baddho Vreehihi Syaat-tushaabhaavena tandulaha. 6

Yevam Baddhastathaa Jeevaha, Karma-kaase Sadaasivaha,
Paasa-baddhastathaa Jeevaha, Paasa-muktah Sadaasivaha. 7

Sivaaya Vishnu-roopaaya, Siva-roopaaya Vishnave,
Sivasya Hridayam Vishnuhu, Vishnoscha Hridayam Sivaha. 8

Yathaa Sivamaya Vishnurevam, Vishnumayah Sivaha,
Yathaantaram na Pasyaami Tathaam me Svastiraayushi. 9

Yathaantaram na Bhedaahaa Syuh Siva-Kesavayostathaa,
Deho Devaallayah Proktaha, Sa Jeevah Kevalah Sivaha,
Tyajet-ajaanaa-nirmaalayaam Soham-Bhaavena Poojayet. 10

Abheda-darsanam Jnaanam, Dhyaanam Nirvishayam Manaha,
Snaanam Manomala-tyaagaha, saucham-indriya-nigrahaha. 11

Brahmaamritam Pibet-Bhaikshamaacharet-deha-rakshane,
Vased-yekaantiko Bhootvaa Chaikaante Dwaita-varjite,
Ityevam-aacharet-dheemaan Sa yeva Muktiimaapnuyaat. 12

Sree-Parama-Dhaamme Svasti Chiraayushyonnam Iti,
Virinchi-Naraayana-Sankaraatmakam Nrisimha Devesa tava prasaadatah,
Achintyam-avyaktam-anantam-avyayam Vedaatmakam Brahma Nijam Vijaanate. 13
That which sees nothing other than Itself, which is free from all differences, which by nature is Knowledge Absolute, --- that Supreme Brahman alone shines by Itself.

Om! May He protect us both – teacher and pupils; may He enable both of us to enjoy the bliss of Mukti. May we both find out the true meaning of the scriptures. May our studies be fruitful. May there be no dispute! Om ! Peace! Peace! Peace!

O Mahaadeva (Great Lord)! I am Achyuta (indestructible) on account of an iota of Thy Grace (having been showered on me). I am full of Knowledge; I am Siva (Auspicious)! What more is to be achieved or desired?(1)

Truth does not shine as Truth, owing to the play of the inner instruments, viz., mind, Chitta, Buddhi and Ahamkara. (Now) with the destruction of the antahkarana or inner instruments, Hari (God) dwells (in me) as Pure Consciousness. As I am also Pure consciousness, I am without birth. What is nobler than this state?” All inert things (other than the Atman) perish like a dream. He who sees all the inert things as forms of Achyuta (Lord Naaraayana) is an embodiment of Knowledge. He, indeed, is Mahaadeva! He indeed, is Mahaahari, too! He is the Resplendence of the resplendent! He is Paramesvara (the Supreme Lord). He alone is Parabrahman and I am That Brahman, no doubt! (2-5)

Jiva ia Siva; Siva is Jiva. Jiva is verily Siva alone! So long as the husk encases it, the grain is known as paddy; with the disappearance of the husk, it is called rice. Similarly, when in bondage, it is Jiva; and when Karma is destroyed, it is Sadaasiva. (6-7)

Salutations to Siva of the form of Vishnu; and to Vishnu who is of the form of Siva! Siva’s heart is Vishnu; and Vishnu’s heart (real nature) is Siva. As Vishnu is Sivamaya (full of Siva), Siva is Vishnumaya (full of Vishnu). As I do not perceive any difference (between the two), so prosperity and long life are mine. (8-9)

The body is the Lord’s temple; and Jiva is Siva alone. One should worship it with the idea of SOHAM (I am He or a feeling of identity), abandoning the flowers of ignorance which have outlived their utility. Jnyaana or knowledge is perception of non-difference. Dhyana or meditation is to extricate the mind from sense-objects. Snaana or bath is the cleansing of the impurities of the mind. Controlling the senses is purity or Saucha. (10-11)

The nectar of Brahman is to be drunk; and for the preservation of the body, alms are to be accepted. One should live alone without a second, and dwell upon that Secondless Atman. That wise man who does all this attains salvation. Salutations to that Parama-dhaama! May prosperity and long life be mine! Om. Om Narasimha! O Lord of Devas! Through Thy Grace, one realizes the true nature of Brahman, though beyond thought, unmanifest, endless and immutable, via the forms of Gods: Brahma, Naaraayana and Sankara. (12-13)
Just as the eye clearly sees the vast expanse of heaven, the wise always see the glorious state of Vishnu. Sages endowed with divine eyes, who are highly evolved, sing the praises of the Supreme Abode of Vishnu in diverse ways and thus illuminate it. This is the teaching of the Vedas for obtaining Nirvaana (salvation). Thus declares the Upanishad. (14-15)

Om! May He protect us both – teacher and pupils; may He enable both of us to enjoy the bliss of Mukti. May we both find out the true meaning of the scriptures. May our studies be fruitful. May there be no dispute!

Om ! Peace! Peace! Peace!

Thus ends the Skandopanishad

Concluding Prayers

Om Sarveshaam Swasti Bhavatu
Sarveshaam Saantir Bhavatu
Sarveshaam Poornam Bhavatu
Sarveshaam Mangalam Bhavatu

May Auspiciousness be unto all;
May Peace be unto all;
May Fullness be unto all;
May Prosperity be unto all.

Sarve Bhavantu Sukhinah
Sarve Santu Niramaayaah
Sarve Bhadraani Pasyantu
Maa Kaschid Duhkhabhaagbhavet

May all be happy;
May all be free from disabilities;
May all behold what is auspicious;
May none suffer from sorrow.

Om Asato Maa Satgamaya;
Tamaso Maa Jyotirgamaya;
Mrityormaa Amritam Gamaya.

Lead us from unreal to the Real;
Lead us from darkness to Light;
Lead us from mortality to Immortality.

Om Poornamadah Poornamidam Poornaat Poornamudachyate
Poornasya Poornamaadaaya Poornamevaavasishyate
    Om Saantih Saantih Saantihi

That is Whole. This is Whole. From the Whole, the Whole becomes manifest. From the Whole when the Whole is manifest, what remains is again the Whole.
Om Peace, Peace, Peace.

**Om Tat Sat Sivaanandaarpanamastu**

Glory to Sivananda, unto Him is this offered.

**Om Tat Sat Saravanabhavaarpanamastu**

Glory to Lord Shanmukha, unto Him is this offered.

**Om Tat Sat Brahmaarpanamastu**

Glory to Brahman, the Absolute; unto Him is this offered.

**Hari Om Tat Sat**

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Swami N.V.Karthikeyan at the Feet of his Guru, Swami SivanandaJi Maharaj, after a Puja to the Master’s Feet, in Sivananda ashram, Rishikesh. (August, 1962)