

BHAKTI CHANTING #4

BHAKTI MARGA PRAYERS: ŚRUTI MANTRAS

Guruji's wish is that everyone participates during prayers by singing and clapping to stay focused. The shift from mind to heart is worth the time you give your full focus to the prayers, and will bring you great benefits, if you let it do its work.



VAIṢṆAVA MANTRA

This mantra is a part of the Ṛg Veda and it praises the Lord as Trivikrama Avatar, covering the whole world in just three steps. In Bhakti Marga, this mantra is chanted daily as a creed, or declaration, of a Vaiṣṇava's belief. It states that Lord Viṣṇu is the Lord of all the worlds. The dust from His Lotus Feet covers the entire Earth, blessing all the Earth and its inhabitants.

ṛto devā avantu no ya to viṣṇur viçakrame |
pṛthivyāḥ sapta dhāmabhiḥ |

May the demigods preserve us on the Earth whence Vishnu (aided) by the seven metres, stepped.

idaṁ viṣṇur viçakrame tredhā nidadhe paḍam |
samudham asya pā(g)ṁ sūre ||

Vishnu walked across this whole world; three times He planted His foot, and the whole world was collected in the dust of His footstep.

trīṇi paḍā vicakrāme viṣṇur gopā ṛdā bhyaḥ |
ato dharmāṇi dhārayaḥ |

Vishnu, the Preserver, the invincible, stepped three steps, thereby upholding righteous acts.

viṣṇoḥ karmāṇi paśyata yato vrātāṇi paspāśe |
indrasya yujyaḥ sakhā ||

Behold the pastimes of Lord Vishnu, through which (the devotee) accomplishes pious activities. That devotee is the worthy friend of Indra.

taḍ viṣṇoḥ paramaṁ paḍa(g)ṁ sadā paśyanti sūrayaḥ |
diviṇa cakṣur ātātam |

Just as the sun's rays in the sky are visible to an average person, in the same way the wise and learned devotees always see the abode of Lord Vishnu.

taḍ viprāśo vipanyaḥ jagrva(g)ṁ saḥ samindhate |
viṣṇor yat paramaṁ paḍam ||

Because those highly praiseworthy and spiritually awake devotees can see the spiritual world, they are also able to reveal that supreme abode of Lord Vishnu.

GĀYATRĪ MANTRA OF PARAMAHAMSA VISHWANANDA

preṁāvatārāyā vidmahē |
saḍgurudevāyā dhīmahi |
tanno viśvānanda pracodayāt ||

We meditate on the Premavatar (incarnation of Love), we fix our minds on the Satguru. May Sri Swami Vishwananda inspire us.

GĀYATRĪ MANTRA

om bhūr bhuvah svah |
tat savitur vareṇyāṁ |
bhargō devasyā dhīmahi |
dhiyo yo nāḥ pracodayāt ||

Oh Divine Mother, we meditate on Thee as the Supreme Light that illumines the earth, the sky and the heavens, the adorable Sun of Divine Consciousness that illumines the Devas and dissipates all darkness and ignorance. Through Thy Grace may You enlighten our intellect and awaken the same brilliant Divine Light in us.

CLOSING PRAYERS

asato mā sad gamāya |
tamaso mā jyotir gamāya |
mr̥tyor mā 'mr̥tām gamāya |

Lead me from untruth to truth, from darkness to light, from death to immortality.

om śāntiḥ śāntiḥ śāntiḥ ||

OM...peace, peace, peace.

lokāḥ sāmastāḥ sukhīno bhavāntu | (3)

May all beings in all the worlds be happy and free.

om śāntiḥ śāntiḥ śāntiḥ ||

OM...peace, peace, peace.

SUDARŚANA MANTRA

om |
klīm kṛṣṇāya govindāya gopījana-vallabhāya
parāya parama-puruṣāya
parakarma mantra yantra tantra auśadhāstra śāstrāṇi
saṁhāra saṁhāra mr̥tyor mocāya mocāya |
om namo bhagavate mahā sudarśanāya dīpte jvāla parītāya
sarvadik-kṣobhaṇa hūṁ phaṭ
paraśmai parābrahmaṇe paramjotiṣe
svāhā |

Oh Lord Krishna, beloved of Prakriti and all devotees, Oh Supreme Soul of the Universe, Oh Universal Self, please save me from all machinations of enemies in the form of occult blocks, from all evil acts, also from death. Oh supremely effulgent Maha Sudarshana which shines in all the eight directions, the Ashta Digs, Oh Glorious Light, Salutations to Thee!

om śāntiḥ śāntiḥ śāntiḥ ||

OM...peace, peace, peace.

śrī gurubhyo namaḥ |

hariḥ om ||

Salutations to the Guru. Hari is OM.

SANSKRIT MANTRAS

The term Saṁskṛta means ‘perfected’ or ‘accomplished’, indicating that it is a very orderly language in terms of grammar, symmetry, and arrangement. It is considered the ancient language of Sanātana Dharma (eternal law) – the spiritual culture that is nowadays known as Hinduism – and in that context regarded as the language of the Gods, of divine origin, an expression of the Divine consciousness. As the Sanskrit language is very refined, it is very suitable to express spiritual context.

Today we see a growing interest in spirituality where seekers connect with and learn from Sanskrit scripture, for example the Mahābhārata epic, the Bhagavad Gītā or the Upaniṣads. From an academic point of view, the Sanskrit language is one of the oldest languages in the world, which went through an evolution itself. In addition to Greek and Latin, Sanskrit had great influence on the languages of the world. Together with the Hittite language, it is the most ancient member of the Indo-European language family, which accommodates Greek, Latin, English and most European languages. Scholars have discovered great similarities between Sanskrit and European languages.

Modern science has proven that everything is energy, and that energy is vibration. With Sanskrit chanting, you can balance or raise the vibration in your environment by using mantras. Mantras are sacred syllables, which create vibrations in each cell of our body and influence the brain. So, they are a protection of, and for, the mind.

- A mantra protects your mind from the negativity of the outside so that your mind stays positive, but it also protects you from the negativity already present in your mind.
- ‘Man’ also means to believe/to imagine, and ‘tra’ also means repetition. So, the second meaning of mantra is to repeatedly set your mind on someone/something.

Mantras are soundwaves that carry divine energies. According to the text Varṇa Śikṣā, the sounds of the Sanskrit alphabet are emanations of the Divine Mother’s śakti (divine power) that becomes manifest through correct pronunciation of the letters. The sounds are accordingly venerated as deities. In other words, Sanskrit is not an object-specific language, meaning, it does not try to describe an object to form an image in your mind. Rather, Sanskrit is a vibration-based language, meaning the inherent nature of an object is communicated via sound vibration; the word in Sanskrit has the same vibration of the object itself. For example, the word śānti (peace) is not so much a description of a peaceful state, but rather, it is the vibration of śānti which carries the vibration of peace. That’s why seekers feel drawn towards Sanskrit without knowing the actual meaning at first. It is important to know the meaning, but you’ll see that, the way Sanskrit works, you may be able to feel the vibration of what you chant at a deeper level.

VERSE METRES

The mode of recitation changes, depending on the number of syllables per line. In the Guru Stotram we encounter two different verse metres, accommodating 4x8 and 4x11 syllables respectively. **There are no regular anuṣṭubh / triṣṭubh verses in this course paper.**

ANUṢṬUBH METRE

gurur ādiranā diś-ca
guruḥ parama daivatam |
guroḥ parataram nāsti
tasmai śrī gurave namaḥ ||

4X8 SYLLABLES

gu-rur-ā-di-ra-nā-diś-ca
gu-ruḥ-pa-ra-ma-dai-va-tam |
gu-roḥ-pa-ra-ta-ram-nās-ti
tas-mai-śrī-gu-ra-ve-na-maḥ ||

TRIṢṬUBH METRE

tvam eva mātā ca pitā tvam eva
tvam eva bandhuś ca sakhā tvam eva |
tvam eva vidyā draṇam tvam eva
tvam eva sarvam mama deva deva ||

4X11 SYLLABLES

tvam-e-va-mā-tā-ca-pi-tā-tvam-e-va
tvam-e-va-ban-dhuś-ca-sa-khā-tvam-e-va |
tvam-e-va-vid-yā-dra-vi-ṇam-tvam-e-va
tvam-e-va-sar-varṇ-ma-ma-de-va-de-va ||