

इहरो करेइहना लानदीर'इ
चौदेरन हानन बोके



The assembly will stand and with clasped hands and closed eyes and in one voice, chant the opening prayers:

Ohm tvameva mātā cha pitā tvameva, tvameva bandhush-cha sakhā tvameva
tvameva vidyā draviṇam tvameva, tvameva sarvam mama deva-deva

ॐ त्वमेव माता च पिता त्वमेव त्वमेव बन्धुश्च सखा त्वमेव ।
त्वमेव विद्या द्रविणं त्वमेव त्वमेव सर्वं मम देव देव ॥

Trans: O Lord, thou art our Mother, and our Father. Thou art our relative and friend; thou art our knowledge and wealth. O Lord of all, thou art everything to us.

Ohm Vasudeva sutam devam, kansachānoo-ramardanam
Devakee parmānandam, Kṛishṇam vande jagat-guroom

ॐ वसुदेवसुतं देवं कंसचानूर्मरदनम् ।
देवकीपरमानन्दम् कृष्णं वन्दे जगत्पुरुम् ॥

Trans: I bow before Lord Shri Krishna, who is the teacher of this entire universe, who is the son of Vasudeva, the destroyer of the evil King Kansa, the supreme bliss of Devaki.

Ohm Sarva mangal māngalye Shive sarvārtha sādhike
Sharāṇye tryambake gouree nārāyaṇi namō-stutay

ॐ सर्वं मंगल मागल्ये शिवे सर्वार्थसाधिके ।
शरण्ये त्र्यम्बके गौरी नारायणि नमोऽस्तु ते ॥

Trans: Salutations to thee, O Mother Parvati, thou art the divine consort of Lord Shiva, the fulfiller of all desires. O bestower of auspiciousness, thou art the protector of devotees.

-Take our seat

Āchman

Āchman is the sipping of water three times for inner purification.

Ohm Amṛtō-pastaraṇamasi shāhā

Ohm Amṛtā-pidhānamasi swāhā

Ohm Satyam yashah shreemayi shreeh shrayatām swāhā

āṅga-sparśha

‘Anga’ means ‘limbs’ and ‘sparsha’ means ‘touch’, therefore, Anga-sparsha literally means touching the limbs of the body. Sanatan Dharma preaches that the body is a vehicle for the soul use to attain moksha, or salvation. Without a properly functioning body, the soul cannot properly attain its goal of moksha. In Anga Sparsha, we ask Bhagwana Krishna that may the body, the vehicle for the soul, be strong and healthy. We ask that may the mouth works so that we can chant the name of Krishna, may our ears work that we can hear the name Krishna, and may our hands and feet work so that we can perform seva, service, to Bhagwan Krishna.

Ohm Vāṅga me āsye astu (mouth) Ohm Nāsōrme prāṇ ·ō astu (nose)

Ohm Askhñōrme chakshurastu (eyes)

Ohm Karṇayōrme shrōtramastu (ears)

Ohm Bāhvōrme balamastu (shoulders)

Ohm Oorvō me ōjō-a-stu (thighs)

Ohm Arishtāni me-angāni tanoostanvā me saha santu (all around body)

prarthnā (prayer)

Ohm Vishāni deva savitar duritāni parāsuva, Yad bhadram tann āsuva

Trans: O All creating God! Please keep far from us all evil and let us have all this is beneficial unto us.

Ohm Hiraṇya garbha: samavartatāgre bhootasya jāta: patireka āseet

Sa dādhāra pṛthiveem dyāmutemām kashmai devāya havishā vidhem

Trans: O most holy, thou art the respiratory of all efulgent bodies, who shone conspicuous at the beginning of the universe, was the sole master of all and is the supporter of the heaven and earth to thee we worship with humble adoration.

Ohm Dyauh shānti antariksha gvaam shānti, Pṛthivee shānti rāpa: shānti

rōshadhaya: shānti, Vanaspataya: shāntir-Vishvadevā shāntir-Brahma shānti

sarva gvaam shānti shanti reva shānti sā mā shāntiredhi

Trans: To the heavens be peace, to the sky and the earth, to the waters be peace, to plants and all trees; to the Gods by peace, to Brahman be peace, to all men be peace, again and again, peace also to me!

ॐ AOM Mantra

AOM is one syllable mantra, consisting of three root sounds, ‘a’, ‘o’ and ‘m’. ‘A’ is created by using the abdomen and throat. ‘O’ is created by using the soft and hard palates of the mouth and the lips. ‘M’ is created by using the tongue, teeth, lips, and nasal cavity.

To create the sound AOM, we start from the gut/throat and move to the hard and soft palates and then the lips. Since we use our entire vocal system to create the sound AOM, it is therefore stated in the scriptures that AOM is the mother of all sound and language.

AOM is such a powerful mantra, that the Vedas declare that before chanting any prayer, we first begin by chanting AOM, because it is AOM that gives power to the prayer.

We will chant AOM three times.

ॐ Gayatri Mantra

Ohm Bhoor bhuwah swah, Tat savitur varenyam
Bhargo devasya dheemahi, Dhiyo yo nah Prachodayaat

Trans: We meditate on the Spiritual Splendor of that supreme and Divine reality, source of the physical, astral and celestial spheres of existence. Allow that divine being supreme to illuminate our intellect, so that we can realize the supreme Truth.

Regular chanting of the Gayatri Mantra improves our concentration and focus; calms our minds and reduces stress and anxiety.

ॐ hawan Mantra

We begin first by igniting the hawan kund.

Ohm Agni milay parohitam yagyasya deva mritawijam
Hotaaram ratna dhaa tamam

We thank Agni Devata, who is represented by the fire, and ask that may the fire of Angi Devata touch our bodies, our minds and our souls. As the fire touches our bodies, may it burn all sickness, giving our bodies health and strength. As the fire

touches our minds, it bit burn away all calamities, ignorances and give the mind peace (shanti). As the fire touches our soul, may it burn away all impurities and make us pure.

Ohm Agnaye Swaahaa	Idam agnaye idan-na mama
Ohm Somaaya Swaahaa	Idam Somaaya idan-na mama
Ohm Prajapatayey Swaahaa	Idam Prajaapatayay idan-na mama
Ohm Indraaya Swaahaa	Idam Indraaya idan-na mama

Morning Mantra:

Ohm Sooryo jyotir jyotiḥ sooryaḥ swaahaa
Ohm Sooryo varcho jyotir varchaḥ swaahaa.
Ohm Jyotiḥ sooryaḥ sooryo jyotiḥ swaahaa
Ohm Sajoor devena savitraa
Sajoor uṣhasendra-vatyaa
Juṣhaaṇaḥ sooryo vetu swaahaa.

Evening Mantra:

Ohm Agnir jyotir jyotir agniḥ swaahaa.
Ohm Agnir varcho jyotir varchaḥ swaahaa.
Ohm Agnir jyotir jyotir agniḥ swaahaa. -
Ohm Sajoor devena savitraa
Sajoo-raatryendra-vatyaa,
Juṣhaaṇo' agnir vetu swaahaa.

Ohm Bhoo Swaaha

Ohm Bhuvaha Swaahaa

Ohm Swaha Swaahaa

Ohm Jana Swaahaa

Ohm Tapa Swaahaa

Ohm Maha Swaahaa

Ohm Satyam Swaahaa

Ohm Ishta Devaaya Swaahaa

Ohm Kula Devaaya Swaahaa

Ohm Graama Devaayha Swaahaa

Ohm Vaastu Devaaya Swaahaa

Ohm Sthaana Devaaya Swaahaa

Ohm Sooryaaya Swaahaa

Ohm Chandraaya Swaahaa

Ohm Ganesha Devaaya Swaahaa

Ohm Ohm Nava Graha Devaaya Swaahaa

Ohm Vishnavay Swaahaa

Ohm Krishnaaya Swaahaa

Ohm Raamaaya Swaahaa

Ohm Naaraayanaaya Swaahaa

Ohm Hanumantaaya Swaahaa

Ohm Namaha Shambhavaaya cha Mayo bhavaaya cha
Namaha Shankaraaycha cha mayaskaraaya cha
Namah Shivaaya cha Shiva taraaya cha
Swaahaa

Ohm Dharti Maataa Bhya Namah Swaahaa

Ohm Gouri Maataa Bhya Namah Swaahaa

Ohm Tulsi Maataa Bhya Namah Swaahaa

Ohm Lakshmi Maataa Bhya Namah Swaahaa

Ohm Saraswati Maataa Bhya Namaha Swaahaa

Ohm Ganga Maataa Bhyo Namah Swaahaa

Ohm Durga Maataa Bhyo Namah Swaahaa

Ohm Bhoor agnaye praanaya swaahaa,
Idam agnaye praanaya, idanna mama

Ohm Bhuvan-vaayave 'paanaaya swaahaa,
Idam vaaya-ve 'paanaa-ya, idanna mama.

Ohm Swaraadityaaya vyaanaaya Swaahaa
Idam-aadityaaya idan-na mama

Ohm Aapo jyotee raso 'mritam brahma
Bhoor bhuvaḥ swar-om swaahaa

Ohm Yaam medhaam deva-gaṇaḥ pitarash chopaa-sate
Tayaa maamadya medhaya-agne
Medhaa-vinam kuru swaahaa.

Ohm Vishāni deva savitar duriṭāni parāsuva, Yad bhadram tann āsuva

Ohm Bhoor bhuwah swah Tat savitur varenyam
Bhargo devasya dheemahi
Dhiyo yo nah Prachodayaat
Swaahaa (3 times)

Make three equal shares with the remaining saamaagri.

Ohm Sarvam vai poornam swaahaa (3 times)

All of the remaining saamaagri and ghee should be placed in the hawan kunda.

Take a little ghee from the bowl (using your ring and middle fingers). Place it in the palm of your left hand and rub the ghee on both hands.

Ohm Tanoopaa agne 'si tanvam me paahi
Aayur-daa agne 'syaayur me dehi
Varcho-daa agne 'si varcho me dehi

Agne yan-me tanvaa oonam tan-ma aa-priṇa

hārti

Jay Jagadeesha Hare

Jaya Jagadeesha hare, Swami jaya Jagadeesha hare
Bhakta janōn ke sankāṭa, kshana me doora kare
Jō dhāve phala pāvay dukha binasay mankā
Sukha sampati ghara āvay, kashṭa miṭe tan kā
Māta pitā tum mere sharaṇ gahu kisakee
Tum bina aur n doojā āsa karō jisakee
Tum pooran paramātmā, tuma antarayāmee
Pār brahma parameshwar, tuma sab key swāmee
Tum karunā key sāgar, tuma pālan kartā
Mein moorakha khala kāmee, kṛpā karō bhartā
Tum ho eka agōchar, sab ke prāna pati
Kisa bidha milu gōsā-ee, tum kō mein kumatee
Deena bandhu dukha hartā, Thākur tuma mere
Apne hātha uṭhaa-ō, dwāra paṛhā tere
Vishai vikāra mitā-ō, pāpa harō devā
Shraddhā bhakti baṛhā-ō, Santana kee sevā

ॐ नमो भगवते वासुदेवाय prayarṇ

Ohm tvameva mātā cha pitā tvameva, tvameva bandhush-cha sakhā tvameva
tvameva vidyā draviṇam tvameva, tvameva sarvam mama deva-deva

Bow our heads to the ground:

Ohm Gururbrahma GururVishnu, Gurudevo Maheshwara
Guru Saakshat paramBrahma Tasmai shri guruvay namaha

Peace Prayer:

Ohm Dyauh shānti antariksha gvaam shānti, Pṛthivee shānti rāpa: shānti
rōshadhaya: shānti, Vanaspataya: shāntir-Vishvadevā shāntir-Brahma shānti
sarva gvam shānti shanti reva shānti sā mā shāntiredhi
Ohm Shaanti, Shaanti, Shaantihi Hari Ohm

Trans: To the heavens be peace, to the sky and the earth, to the waters be peace, to plants and all trees; to the Gods by peace, to Brahman be peace, to all men be peace, again and again, peace also to me!

