

VEDIC CHANTS

The following are chants from the holy Vedas.

**Devapitrkaaryaabhyaam Na
Pramaditavyam.**

Maatrdevo Bhava. Pitrdevo Bhava.

Aachaaryadevo Bhava.

Atithidevo Bhava.

Yaanyanavadyaani Karmaani.

Taani Sevitavyanni. No Itaraani.

Yaanyasmaakagum Sucharitaani.

Taani Tvayopaasyaani.

*(Taittiriya Upanishad, Shikshavalli, 10th
Anuvaka)*

(Do not neglect your duties to God and your ancestors. May your mother be like a God unto you. May your father be like a God unto you. May your guru be like a God unto you. May your guest be like a God unto you. Wherever you have observed faultless deeds performed, you should follow those alone and no others. When you have seen us, your teachers, perform good actions, follow those alone.)

Asato Ma Sadgamaya

Tamaso Ma Jyotir Gamaya

Mrityor Ma Amrtam Gamaya

Om Shaanti Shaanti Shaanti.

*(Brihadaranyaka Upanishad, 1st Adyaya, 3rd
Brahmana, 28th Mantra)*

(Oh Lord, Lead me from unreal
to the real.

Lead me from darkness to the light

[i.e., from ignorance to knowledge].

Lead me from death to immortality.

Om, peace, peace, peace.)

CHANTS

Om (A-U-M)

- Om Namah Shivaya -

- Hari Om -

- Jai Shree Krishna -

- Ram Ram Sita Ram -

SCRIPTURES:

The Vedas
The Upanishads
The Bhagavad Gita

STUDY BOOKS:

Self-Unfoldment
by Swami Chinmayananda

The Essentials of Hinduism
by Swami Bhaskarananda

MAGAZINES:

Hinduism Today (Sanatana Dharma)

WEB SITES:

www.chinmayamission.com

www.hindunet.org

www.hinduismtoday.com

FOR MORE INFORMATION

Camp Foster Chapel at 645-7486 or
Kadena Air Base Chapel at 634-1288.

Or send an e-mail to:

1) gidwanicn@mcbbutler.usmc.mil

2) kul.garg@kadena.af.mil

U. S. Forces Lay Leader Program



HINDU Study Group

CHINMAYA MISSION WEST

INVOCATION

Before beginning the study, the lay-leader generally leads the group in chanting an invocatoion:

**Om
Sahanaavavatu,
Saha Nau Bhunaktu,
Saha Veeryam Karavaavahai.
Tejasvinaa Vadheetamastu.
Maa Vidvishaavahai
Om Shanti, Shanti, Shanti.**

(Om, May the Lord protect us,
May the Lord allow us to enjoy,
May we work together.
May our studies be thorough and faithful.
May we never misunderstand each other.
Om, Peace, Peace, Peace!)

The group will study the assigned chapter from Self-Unfoldment and conclude with closing prayer.

CLOSING PRAYER

**Om, Sarve Bhavantu Sukhinah,
Sarve Santu niraamayah;
Sarve Bhadraani Pashyantu,
Maa Kashchit Duhkhabhaag Bhavet.
Om Shanti, Shanti, Shanti.**

(Om, May all be happy. May all be healthy.
May we all experience what is good and let
no one suffer. Om, Peace, Peace, Peace!)

GAYATRI MANTRA

The Gayatri mantra is the universal holy prayer - mantra. It is a prayer to the Supreme Divinity for enlightenment of the intellect of all human beings. Daily and routine recitation of this special verse assigned to the Goddess Gayatri is considered to have special benefits.

**Om Bhur Bhuvah Svaha
Tat Savitur Varenyam,
Bhargo Devasya Dheemahi
Dhiyo Yo Nah Prachodayaat**
(*Rig Veda, 3.62.10*)

TRANSLITERATION

(**Om**: Invocation to the Hindu Trinity of Lord Brahma, the creator; Lord Vishnu, the Preserver; and Lord Shiva, the destroyer).

Bhur: Earth
Bhuvah: Heavens
Svaha: Everything in between
Tat: That
Savitur: Of the sun
Varenyam: Supreme
Bhargo: Radiance
Devasya: Of God
Dheemahi: We meditate
Dhiyo: To the intellect
Yo: One
Nah: Our
Prachodayaat: May we inspire or enlighten)

(Om. We meditate on that Divine Who has created the Universe, the Heavens and all that is in between; who is the total sum of all the radiance; who is the Supreme Being. May our intellects be enlightened.)

HINDU GRACE

The following verse is recited from the GITA before meals. (Brahman is the Divine.)

**Om Brahmaarpanam Brahma havir
Brahmagnau Brahmanaa hutam;
Brahmaiva tena gantavyam
Brahma karma samaadhinaa.**
(*Bhagavad Gita, Ch 4: 24*)

(Brahman is the ritual,
Brahman is the offering,
Brahman is the one who offers
to the fire that is Brahman.
When one sees Brahman in every action,
That person will find Brahman.)

**Sarveshaam Svastir Bhavatu
Sarveshaam Shaantir Bhavatu
Sarveshaam Purnam Bhavatu
Sarveshaam Mangalam Bhavatu.**

(May good befall all,
May there be peace for all,
May all be fit for perfection, and
May all experience that which is
auspicious.)

**Gururbrahmaa Gururvishnuh
Gurudevo Maheshvarah.
Gurursaakhaat Param Brahma
Tasmai Shri Gurave Namah.**

(The Guru is none other than the creator,
Lord Brahma; he verily is Lord Vishnu,
the preserver; and he truly is
Maheshvara, the destroyer. He is the
supreme Brahman himself. To my Guru,
I salute you.)