



**Allentown Hindu Temple Society**  
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 @bal\_vihar

**Bal-Vihar**

**Handbook**  
**2014-15**

**While you are at the Bal-Vihar:**

- Please maintain silence at all times.
- Do not let your children run around in the temple.
- Dispose off trash in the trashcans, not in the sinks or anywhere else around the property.
- Keep your shoes in the shoe-cubicles; it keeps our temple clean and prevents someone from tripping and getting hurt.
- Treat our Allentown Hindu Temple as you would your own home – do your part and keep our temple clean.
- Please silence your cell phones inside the temple.

## Allentown Bal-Vihar Calendar 2014-15

1	September 14, 2014	Bal-Vihar Begins, Registration, Orientation. Carnival for kids. No class.
2	September 28, 2014	Regular Class. Last day of registration without late fee.
3	October 05, 2014	Regular class followed by Dussehra Celebration. Last day of registration with \$50 Late fee.
4	October 19, 2014	Regular Class
5	October 26, 2014	Deepawali Celebration, No class.
6	November 2, 2014	Regular Class
7	November 9, 2014	Regular Class
8	November 23, 2014	Regular Class
9	December 7, 2014	Regular Class
10	December 21, 2014	Regular Class
<b>Winter Holiday break</b>		
11	January 11, 2015	Regular Class
12	January 25, 2015	Regular Class
11	February 08, 2015	Regular Class
13	February 22, 2015	Regular Class
14	March 01, 2015	Balvihar Bowling, No class.
15	March 8, 2015	Regular Class
16	March 15, 2015	Snow Make-up day if needed
17	March 22, 2015	Regular Class
18	March 29, 2015	Holi Celebration(weather permitting), No class.
19	April 12, 2015	Regular Class
20	April 26, 2015	Regular Class
21	May 10, 2015	Final Exams
22	May 17, 2015	Annual day preparation

**May 31, 2015 (Bal-Vihar Annual day)**

### Class Schedule

10:00 AM – 10:10 AM	Assembly
10:15 AM – 11:05 AM	Language
11:10 AM – 12:00 PM	Religion
12:05 PM – 12:35 PM	Satsang
12:35 PM – 12:45 PM	Arati and Prasad

**Note: Some of the dates may be changed due to conflicts with the school holidays, other programs in the temple, or weather emergency. Please visit [www.balviharallentown.org](http://www.balviharallentown.org) for up to date information.**

Allentown Balvihar  
2014-15  
Code of Conduct

The Allentown Temple Society strongly believes that the Bal-Vihar students should reflect the standards of the Sanatana Dharma belief and consideration for the rights and well-being of others. The following guidelines are provided for students, teachers, and parents to work together to establish a learning environment to foster mutual respect, trust, and personal caring:

1. On the Bal-Vihar day, the student shall wear clean clothes, absolutely no shorts or skirt/mini-skirt. The legs must be fully covered.
2. Do not bring chewing gum, bubble gum, candy or toys to the class.
3. Put your shoes in the shoe cubicle and coats on the hangers.
4. If you have come early, please help in setting up the prayer or class items.
5. Enter the class quietly. Be enthusiastic. Show it with a smile.
6. Be considerate of students younger than you.
7. No cross-talking during the class. Listen attentively to your teachers.
8. Maintain sanctity, cleanliness, discipline and an overall pleasant atmosphere in the building.
9. If you see any mess on the floor, please clean it. Do not worry who did it. We work as a family.
10. When you come to the arati, sit with your group in front of the deities respectfully.
11. Parents shall help their children complete reading or writing assignment on time. Fifteen minutes before leaving home for the Bal-Vihar, parents and students shall go over the previous classes' coverage and assignments. When you leave home, make sure that your book bag contains this handout, the religion and language textbooks, notebooks, completed homework and two sharpened pencils with eraser tops.
12. An absent student must catch up with the class with the help of his classmates. The teachers shall not make concession for the absent students.

13. If the parents are staying in the Temple during the classes, they shall make sure that their non-Bal-Vihar children do not disturb the classes, or damage the Temple Property. It will be appreciated if parents can sit in one of the classes and help maintain good learning environment.
14. In November and February, at the end of the Bal-Vihar program, there will be a Parents-Teachers meeting. The first meeting agenda includes issues that help make the Bal-Vihar run smoothly and efficiently. The second meeting is to plan the Annual Day program. Please note that the Annual Day items are an important part of Bal-Vihar learning.
15. Rules governing official graduation: The student must have completed the last five years of Bal-Vihar that is the Religion groups 3 and 4, during school grades 5 through 9. Furthermore, the student must complete an independent project during the last year at Bal-Vihar, on which they must make a short presentation on the Annual Day.
16. Often parents ask us to allow their kindergarten child to sit in the Religion Group 1 class. If we do, the parents must realize that the students will end up repeating one year of Bal-Vihar, because from School Grade 1 through 9, all students will be placed in Religion Groups under a common formula. (This is so that every student graduates when they are in the 9<sup>th</sup> grade.)
17. The family whose turn it is to bring "Prasad" will bring 40 servings of whole (not cut) fruit, such as apple, pear, banana, grapes. Please do not bring candies, cake, etc. which are likely to contain inappropriate ingredients.
18. The Prasad-bringing families are requested to stay in the temple during the Bal-Vihar session and help in various ways:
  - For the general assembly, set up pictures of the deities and dish with incense sticks by 10:00 AM sharp.
  - Check that all the shoes are placed properly in the racks in the shoe room. Help maintain discipline during the class.
  - At arati time, prepare arati dish with lamps lit and help maintain order in the Temple.
  - At the end, help teachers put things away, clean the white board and clean the classroom floor of all rubbish.



प्रार्थना - prārthanā  
Prayer

ॐ सह नाववतु। सह नौ भुनक्तु। सह वीर्यं करवावहै।  
तेजस्विनावधीतमस्तु। मा विद्विषावहै" ॥  
ॐ शान्तिः शान्तिः शान्तिः ॥१॥

om sa.ha nā.va.va.tu | sa.ha nau bhunak.tu | sa.ha vīr.yam ka.ra.vā.va.hai |  
te.ja.svi.nā.va.dhīta.mas.tu | mā vid.vi.ṣāva.hai" ||  
om śāntiḥ śāntiḥ śāntiḥ ||1||

**saha** = both  
**bhunaktu** = may he nourish

**nau** = for us  
**ma vidvisavahai** = may we not argue with each other.

**nau** = us  
**viryam karavavahai** = may we acquire the capacity  
**adhitam** = what is studied

**avatu-** = may he protect  
**tejasvi** = be brilliant  
**astu** = let it be

May the Lord protect us both (the teacher and the student). May He nourish us both. May we make the effort (to study) together.

May our study be brilliant. May there be no miscommunication between us.

May there be no disturbances from our own-body-mind, our immediate surroundings or the rest of the world.

वक्रतुण्ड महाकाय कोटिसूर्यसमप्रभा ।  
निर्विघ्नम् कुरु मे देवा सर्व कार्येषु सर्वदा ॥२॥

vak.ra.tuṇ.ḍa ma.hā.kā.ya ko.ṭi.sur.ya.sa.map.ra.bhā |  
nir.vigh.nam ku.ru me de.vā sar.va kār.ye.ṣu sar.va.dā ||2||

**vakratunda** = curved trunk  
**sama prabha** = with the brilliance of  
**me** = my  
**sarvada** = always

**mahakaaya** = large bodied  
**nirvighnam** = free of obstacles  
**deva** = Lord

**surya kotee** = million suns  
**kuru** = make  
**sarva kaaryeshu** = in all work

I pray to Lord Ganesha, who has a crooked trunk and a colossal body and whose splendor equals millions of suns, to always remove obstacles from my undertakings.

या कुन्देन्दुतुषारहारधवला या शुभवस्त्रावृता  
या वीणावरदण्डनण्डितकरा या श्वेतपद्मासना।  
या ब्रह्माच्युतशंकरप्रभृतिभिः देवै सदा वन्दिता।  
सा मां पातु सरस्वती भगवती निःशेष जाड्यापहा ॥ ३ ॥

ya kun.den.du.tu.ṣār.ahāra.dha.va.lā yā śubh.ra.vas.trā.vr.utā  
yā vī.ṇā.va.ra.daṇ.ḍa.maṇ.ḍi.ta.ka.rā yā śve.ta.pad.mā.sa.nā |  
yā brah.mā.cyu.ta.śaṁ.ka.ra.pra.bhr.ti.bhiḥ de.vai sa.dā van.di.tā |  
sā māṁ pā.tu sa.ra.sva.tī bha.ga.va.tī niḥ.śe.ṣa jā.ḍyā.pa.hā || 3 ||

**ya** = one who  
**tushara** = dew  
**shubra** = white

**Vina vara danda** = boon giving stem of vina

**sveta** = white

**brahma achyut shankara** = brahma

Vishnu shankara

**sada** = always

**nihsesa** = without residue

**kunda** = jasmine flower

**hara** = garland

**vastra** = cloth

**mandita** = adorned

**padma** = lotus

**prabhrtibhih** = from the very beginning

**vandita** = praised by

**jadya** = ignorance, numbness

indu = moon

**dhavala** = white

**Avruta** = wear

**kara** = hand

**asana** = seated

**Devai** = divine forms

**bhagavati** = great, devine

**apaha** = one who destroys, removes, repels

The goddess of knowledge Saraswati, who is as pure (and white) as the *kunda* flower, the moon and a garland of dew drops, is clad in white sari, has veena in her arms, is seated on a white lotus, and who is revered by Brahma, Vishnu, Mahesh, and all the celestial beings – may she shower her grace on me and completely remove my ignorance.

गुरुर्ब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः।  
गुरुः साक्षात्परंब्रह्म तस्मै श्री गुरवे नमः ॥ ४ ॥

gu.rur.brah.mā gu.rur.viṣ.ṇuḥ gu.rur.de.vo ma.he.śva.raḥ |  
gu.ruḥ sāk.ṣāt.pa.raṁ.brah.ma tas.mai śrī gu.ra.ve na.maḥ || 4 ||

**guru** = guru  
**maheshvarah** = siva  
**tasmai** = to him  
**Namah** = salutation

**brahmaa** = the creator  
**sakshat** = embodiment  
**sri** = glorious

**vishnu** = the sustainer  
**para brahma** = supreme Brahman  
**guruve** = to guru

अखण्ड मण्डलाकारं व्यापतं येन चराचरम्।  
तत्पदं दर्शितं येन तस्मै श्री गुरवे नमः ॥ ५ ॥

a.khaṇ.ḍa man.ḍa.lā.kā.raṁ vyāp.taṁ yena cha.rā.cha.ram |  
tat.pa.daṁ dar.śi.taṁ ye.na tas.mai śrī gu.ra.ve na.maḥ || 5 ||

**akhand** = unfragmented  
**yena** = by which  
**darshitam** = has shown  
**sri** = glorious

**mandalakaram** = one infinite whole  
**char acharam** = movable & immovable  
**yena** = by whom  
**guruve** = guru, teacher

**vyaptam** = pervades  
**tadpadam** = That state  
**tasmai** = to that  
**namah** = my salutations

My Salutations to that Guru who revealed to me that Truth, which is unfragmented, infinite, timeless divinity, and which pervades the entire universe – movable or unmovable.

स्वस्ति प्रजाभ्यः परिपालयन्ताम् न्याय्येन मार्गेण महीं महीशाः।  
गोब्राह्मणेभ्यः शुभमस्तु नित्यम् लोकाः समस्ताः सुखीनो भवन्तु॥ ६॥  
Svas.ti pra.jā.bhyaḥ pa.ri.pā.la.yan.tām nyāy.yena mār.ge.ṇa ma.hīm ma.hī.śāḥ |  
Go.brāh.ma.ṇe.bhyaḥ śu.bha.ma.stu ni.t.yam lo.kāḥ sa.ma.stāḥ su.khī.no bha.van.tu || 6 ||

**svasti** = may there be happiness  
**nyayena** = by righteous  
**mahisah** = rulers, king

**astu** = may there be  
**samastah** = all

**prajabhyah** = for all people  
**margena** = by means  
**gobrahmanebhyah** = for cows and men of wisdom  
**nityam** = at all times  
**sukhinah** = happy

**paripalayantam** = may rule  
**mahim** = earth  
**subham** = welfare  
**lokah** = beings  
**bhavantu** = be

Let good things occur to the king of the country, Who looks after his people well, in the path of justice,  
Let Cows and Brahmins have a pleasant life daily; let all people of the world have a very pleasant life.

काले वर्षतु पर्जन्यः पृथिवी सस्यशालिनी ।  
देशोऽयं क्षोभरहितः ब्राह्मणाः सन्तु निर्भयाः ॥ ७॥  
Kā.le var.ṣa.tu par.jan.yaḥ pr.ithivī sa.sya.śā.linī  
De.śo'.yam kṣo.bha.ra.hi.taḥ brāh.ma.ṇāḥ san.tu nir.bha.yāḥ || 7 ||

**kale** = at proper time  
**prithivi** = earth  
**desah** = country  
**asantu** = be

**varsatu** = may rain  
**sasya-salini** = (be) producer of grains  
**ksobha-rahitah** = (be) free from famine  
**nirbhayah** = fearless

**parjanya** = clouds  
**ayam** = this  
**brahmana** = men of wisdom

Let the monsoon be timely and plentiful, Let earth be covered with vegetation.  
Let the country live without problems; Let good people never have fear.

ॐ सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।  
सर्वे भद्राणि पश्यन्तु मा कश्चित् दुःखभाग् भवेत् ॥ ८ ॥  
om sar.ve bha.van.tu su.khi.naḥ sa.rve san.tu ni.rā.ma.yāḥ  
sar.ve bha.drā.ṇi paś.yan.tu mā kaś.cit duḥ.kha.bhā.g bha.vet

**sarve** = all  
**santu** = may be  
**pasyantu** = may enjoy  
**duhkhabhag** = one who expresses sorrow

**bhavantu** = may be  
**niramayah** = free from disease  
**ma** = not  
**bhavet** = may be

**sukhinah** = happy  
**bhadrani** = prosperity  
**kascit** = anybody

May all beings be happy. May all be free from disease.  
May all experience the good. May no one come to grief.

ॐ असतो मा सद्गमय। तमसो मा ज्योतिर्गमय। मृत्योर्मा अमृतं गमय॥ ९ ॥

om a.sa.to mā sad.ga.ma.ya | ta.ma.so mā jyo.tir.ga.ma.ya | mṛt.yor.mā a.mṛ.taṁ ga.ma.ya || 9 ||

**asatah** = from unreal  
**gamaya** = lead  
**jyotih** = to light  
**ma** = me

**ma** = me  
**tamasah** = from darkness  
**gamaya** = lead  
**amrtam** = to immortality

**sad** = to the real  
**ma** = me  
**mṛtyoh** = from death  
**gamaya** = lead

Lead us from the unreal to the real, from darkness (of ignorance) to light (of knowledge), from death to immortality.

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते।  
पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते॥ १० ॥

om pūr.ṇa.ma.daḥ pūr.ṇa.mi.daṁ pūr.ṇāt.pūr.ṇa.mu.da.cy.ate |  
pūr.ṇa.sya pūr.ṇa.mā.dā.ya pūr.ṇa.me.vā.va.śiṣ.ya.te || 10 ||

**purnam** = is fullness  
**idam** = this  
**udacyate** = has come  
**adayah** = having removed  
**avasisyate** = remains

**adah** = that  
**purnat** = from that fullness  
**purnasya** = of that fullness  
**purnam** = the fullness

**purnam** = is fullness  
**purnam** = this fullness  
**purnam** = this fullness  
**eva** = only

That is fullness (whole, lacking nothing). This is fullness. From that fullness this fullness came. From that fullness this fullness is removed, what remains is fullness.

ॐ शान्तिः शान्तिः शान्तिः ॥

om śān.tis śān.tis śān.tiḥ ||





Gayatree Mantra

ॐ भूर्भुवस्सुवः॑ तत्स॑वितुर्वरेण्यम् ।  
भर्गो॑ देवस्य॑ धीमहि॑ धियो॒ यो नः॑ प्रचोदयात् ॥

om bhūr.bhu.vas.su.vaḥ tat.sà.vi.tur.va.ré.ṇ.yam  
bhar.gó de.vas.yà dhī.ma.hi dhi.yo yo naḥ pra.co.da.yāt

**Aum** = Brahma or Almighty God  
**swaH** = embodiment of happiness  
**vareNyaM** = best, choicest  
**dhiimahi** = may imbibe  
**naH** = our

**bhuuH** = embodiment of vital spiritual energy (pran)  
**tat.h** = that  
**Bhargo** = destroyer of sins  
**dhiyo** = intellect  
**prachodayaata** = may inspire

**bhuvaH** = destroyer of sufferings  
**savituH** = bright, luminous like sun  
**devasya** = divine  
**yo** = who

O Lord illuminating the earth, the sky, and the space (heaven)! We mediate upon the glorious splendor of the Sun God. May he illuminate our intellect with knowledge.

Upon getting up

कराग्रे वसते लक्ष्मी करमूले सरस्वती ।  
करमध्ये तु गोविन्दः प्रभाते करदर्शनम् ॥

Ka.rāg.re va.sa.te lakṣ.mī ka.ra.mū.le sa.ras.va.tī  
Ka.ra.ma.dhye tu go.vin.daḥ pra.bhā.te ka.ra.dar.śa.nam

**karāgre**=on the tip of your palm  
**karamūle** = on the base of your hand  
**tu** = you  
**karadarśanam** = looking at your hand (palm)

**vasate** = dwells  
**sarasvatī** = Goddess of Knowledge  
**govindaḥ** = Lord Vishnu

**lakṣmī** = Goddess of Wealth  
**karamadhye** = in the middle of the palm  
**prabhāte** = in the morning

In the fingers resides the Goddess of Wealth, in the wrist the Goddess of Knowledge, and to the palms of the Lord Vishnu himself. With this thought, look at your hands in the morning.

Before Meals

ब्रह्मार्पणं ब्रह्महविः ब्रह्मग्नौ ब्रह्मणा हुतम् ।  
ब्रह्मेव तेन गन्तव्यं ब्रह्मकर्मसमाधिना ॥

Brah.mār.pa.ṇaṁ brah.ma.ha.viḥ brah.mag.naū brah.maṇā. hu.tam|  
Brah.mei.va te.na gan.tav.yaṁ brah.ma.kar.ma.sa.mā.dhi.nā||

**brahma** = Brahman  
**haviḥ** = oblation  
**brahma** = Brahman  
**gantavyaṁ** = to be reached

**ārpaṇaṁ** = the means of offering  
**brahmagnaū** = unto the fire that is Brahman  
**eiva** = indeed  
**brahmakarmasamādhinā** = by the one who is abiding in Brahman

**brahma** = Brahman  
**brahmaṇā hutam** = is offered  
**tena** = by him

The process of offering is Brahman (God), the obligation is Brahman, the fire in which the offering is made is Brahman, the one who offers is Brahman. One who abides in the Brahman verily attains Brahman. (The eater, the food, the process of eating, and the digestive fire in the stomach are all but different forms of God.)

Before going to sleep:

करचरण कृतं वाक्कायजं कर्मजं वा श्रवणनयनजं वा मानसं वाऽपराधं।  
विहितमविहितं वा सर्वमेतत् क्षमस्व जय जय करुणाब्धे श्रीमहादेव शम्भो॥

Ka.ra.ca.ra.ṇa kṛ.taṁ vā.kkā.ya.jaṁ ka.rma.jaṁ vā śra.va.ṇa.na.ya.na.jaṁ vā mā.na.saṁ vā'.pa.rā.dhaṁ  
vi.hi.ta.ma.vi.hi.taṁ vā sar.va.me.tat kṣa.ma.sva ja.ya ja.ya ka.ru.ṇāb.dhe śrī.ma.hā.de.va śam.bho ||

**karacaraṇa kṛtaṁ** = done by hands and feet

**vākkāyajam** = due to speech and physical body

**karmajam** = due to performance of action

**vā** = or

**mānasam** = due to mind

**avihitam** = prohibited acts

**etat** = these

**śravaṇanayanajam** = due to ears and eyes

**aparādham** = omission

**vā** = or

**kṣamasva** = forgive

**vā** = or

**vihitam** = enjoyed acts

**sarvam** = all

**jaya jaya** = may you be victorious

**karuṇābdhe** = ocean of forgiveness

**śrīmahādeva śambho** = O one who causes happiness

Lord, the ocean of kindness, kindly forgive all the acts of omissions (not done what is to be done) and commissions (done what is not to be done) by my eyes, ears, mind, speech, hands, and feet.

## Sarva-Dharma Praarthanaa

ॐ तत्सत् श्री नारायण तु पुरुषोत्तम गुरु तू । सिद्ध बुद्ध तु स्कन्द विनायक सविता पावक तू ॥  
ब्रह्ममज्द तु यहवशक्ति तु ईशु पिता प्रभु तू । रुद्र विष्णु तु राम कृष्ण तू रहीम ताओ तू ॥  
वासुदेव गोविश्वरूप तू चिदानंद हरि तू । अद्वितीय तू अकाल निर्भय आत्मलिंग शिव तु ॥

Om Tat Sat Sri Narayana Tu Purushottama Guru Tu  
Siddha Buddha Tu Skanda Vinayaka Savita Pavaka Tu

Brahma Mazda Tu Yahve Shakti Tu Ishu Pita Prabhu Tu  
Rudra Vishnu Tu Rama Krishna Tu Rahima Tao Tu

Vasudeva Go-Vishvarupa Tu Chidananda Hari Tu  
Advitiya Tu Akala Nirbhaya Atmalinga Shiva Tu

This prayer contains 36 names of God taken from various religious traditions from round the world. We use hundreds of names and forms of God only to sing the praises of different attributes and glories of the one and only God.

(1) Om: A special syllable created to encompass all possible sounds we may use to name God. (2) Tat: That. "This" means what is around us; "that" means what is far from, or beyond, this world, God. (3) Sat: the truth, reality. While it is out of this world, it is also the real substance of everything in the world. (4) Shree: Beauty and Wealth, The beauty in cleanliness and orderliness; wealth of money, prestige, family, etc. (5) Narayana: leader of the society of human beings (6) Purushottama: The best person. The person means a human being without the coverings of personality: age, sex, roles, virtues, vices, temperament, etc. Purushottama is the cosmic person, the parent of all persons. The last two names, as well as Vaasudeva, are from the devotional Hinduism. (7) Guru: The first guru; the guru of all gurus; the source of all knowledge. (8) Siddha: The accomplished. The one who has reached the ultimate human goal. This word is from Jainism, whose main tenets are non-injury, self-control, and charity. (9) Buddha: The enlightened. The one who has diagnosed the problem facing every person in life and discovered its solutions. The word is from Buddhism, whose main theme is compassion to all beings. (10) Skanda: Lord Kaartikeya: Destroyer of enemies; brave. (11) Vinaayaka: Lord Ganesha. Teacher, educator. (12) Savitaa: Lord Sun. Provider of light (and knowledge). (13) Paavaka: Fire. Portable provider of light (and energy); purifier.

(14) Brahma: All-pervasive. (15) Mazda: The great. This word is from the religion of the Parsees called Zoroastrianism. Ahur-Mazda means the greatest of the gods, or Mahaadeva. (16) Yahvah: The unpronounceable name of God, YHVH. This word is from Judaism. In English, it became Jehovah. (17) Shakti: Mother Kali or Durga. Goddess of power. (18) Eeshu-pitaa: the father of Jesus Christ; God. (19) Prabhu: The Lord; the special, unique being. (20) Rudra: Lord Shiva, who removes the inauspicious. (21) Vishnu: Lord that brings in and sustains the auspicious. (22,23) Raama, Krishna: incarnations of Vishnu, representing duty/dharma and love. (24) Rahaama; Merciful. This word is from Islam religion. (25) Tao: All-pervasive. This word is from the Chinese religion Taoism.

(26) Vaasudeva: Abiding in the whole world, also Krishna, the son of Vaasudeva. (27) Go-rupa: Go means 1. Speech, as a faculty unique to human beings, 2. cow, which is like mother provides us nourishment, and 3. earth, which also supports and nourishes us. (28) Visva-rupa: This is the scary form of God, which includes all the death and destruction of the past, present, and future. (29) Chit: The consciousness due to which we have the desire and ability to know. (30) Aananda; Peace; everlasting happiness. (31) Hari: Remover (of disease, unhappiness, ignorance); also Vishnu. (32) Advitiya: The one and only. (33) Akaala: Beyond time. How can the very creator of time be ever born or destroyed in time? (34) Nirbhaya: Fearless; bestower of fearlessness. This word is from Sikhism. (35) Aatma-linga: Self-indicated, self-evident. Or, the one who is indicated by our self. (36) Shiva: Good, auspicious; also, Lord Shiva.

## **Bhajan – Ganapati**

Ganapati, Ganapati, Ganapati, Ganapati, Ganapati, Ganapati Palaya mam  
Ganapati, Gunapati, Gajapati, Mamapati, Varapati, Surapati Palaya mam  
Ganapati  
Bala Ganapati  
Gambhira Ganapati  
Jnana Ganapati  
Nritya Ganapati

## **Dhun**

Hari Hari bol, bol Hari bol; Mukunda Maadhava Govinda bol.  
Raam Raam bol, Krishna Krishna bol; Mukunda Maadhava Govinda bol.

## **Dhun**

Govinda jaya jaya, Gopala jaya jaya; Radhaa-ramana Hari, Govinda jaya jaya

## **Bhajan – Raghupati Raaghava**

Raghupati Raghava raja Raam Patita paavan Sitaa Raam  
Sitaa Raam Sitaa Raam Bhaja pyare tuu Sittaa Raam – Raghupati...  
Eeshvara allah tere naam Sabako sanmati de Bhagavaan – Raghupati

## **Bhajan – He Shaarde Maa**

Music...

He shaarade maa, He shaarde maa                      Agyaanataa se hame taara de maa – He shaarade maa..

Music...

Tuu svara kii devii, yeh sangiita tujhase; Hara shabda teraa hai, hara giita tujhase;  
Ham hai akele, ham hai adhuure; Teri sharana ham, hame pyaare de maa – He shaarde ma..

Music...

Muniyo ne samjhii, guniyo ne jaanii; Vedo ki bhaashaa, purano ki baani;  
Ham bhii to samjhe, ham bhi to jaane; Vidyaa kaa hamko adhikara de maa – He shaarde maa...

Music...

Tuu shveta varnii, kamala pe biraje; Haatho me maala, mukuta sara pe saaje;  
Mana se hamare mitaa de andhere; Hamko ujaalo kaa sansaara de maa - He shaarade maa..

**Aarti**  
**Jai Jagadeesha Harey**

Om Jaya Jagadeesha Harey, Swaami Jaya Jagadeesha Harey  
Bhakta Janon Ke Sankata, Daas Jano Ke Sankata,  
Kshana Men Door Karey, Om Jaya Jagadeesha Harey

Jo Dhyaavey Phala Paavey Dukha Vinasey Mana kaa  
Swami Dukha Vinasey Mana Kaa  
Sukha Sampati Ghara Aavey, Sukha Sampati Ghara Aavey,  
Kashta Mitey Tana kaa, Om Jaya Jagadeesha harey

Maat Pitaa Tum Merey, Sharana Gahoon Main Kiski  
Swami Sharana Gahoon Main Kiski  
Tum Bin Aur Na Doojaa, Tum Bin Aur Na Doojaa  
Aash Karoon Main Jisaki, Om Jaya Jagadeesha Harey

Tuma Purana Paramaatmaa, Tuma Antaryaami  
Swami Tuma Antaryaami  
Par-Brahma Parameshvara, Par-Brahma Parameshvara  
Tuma Sabake Swami, Om Jaya Jagadeesha Harey

Tuma Karunaa Ke Saagar, Tuma Paalana Kartaa  
Swami Tuma Paalana Kartaa  
Mai Moorakh Khal-Kaami, Mai Sevaka Tum Swami  
Kripaa Karo Bharataa, Om Jaya Jagadeesha Harey

Tum Ho Ek Agochara, Sabkey Praanapati  
Swami Sabkey Praanapati  
Kisa Vidhi Miloon Dayaamaya, Kisa Vidhi Miloon Dayaamaya  
Tuma Ko Main Kumati, Om Jaya Jagadeesha Harey

Deena Bandhu Dukha Harataa, Tum Rakshaka Merey  
Swaami Tum Rakshaka Merey  
Karuna Haasth Badhaao, Apney Charan Badhaao,  
Dwaar Para Main Terey, Om Jaya Jagadeesha Harey

Vishaya Vikaar Mitaa, Paap Haro Devaa  
Swami Paap Haro Devaa  
Shraddhaa Bhakti Badhaao, Shraddhaa Bhakti Badhaao  
Santan Ki Sevaa, Om Jaya Jagadeesha Harey

Tan Man Dhana Sab Hai Tera, Swami Sab Kuchh Hai Tera,  
Tera Tujhko Arpan, Tera Tujhko Arpan,  
Kyaa Laagey Mera. Om Jaya Jagadeesha Harey

## After Aarti

श्री कृष्ण कनैया लाल की जय  
sri krishna kanaiya lal ki jaya  
श्री सिद्धिविनायकस्वामी की जय  
sri siddhivinayakaswami ki jaya  
हर हर नमः पार्वतीपतये हर हर महादेव  
hara hara namah parvatipataye hara hara mahadeva

त्वमेव माता च पिता त्वमेव,  
त्वमेव बन्धुश्च सखा त्वमेव॥  
त्वमेव विद्या द्रविणं त्वमेव,  
त्वमेव सर्वं मम देवदेव॥

tvameva mātā ca pitā tvameva,  
tvameva bandhuśca sakhā tvameva||  
tvameva vidyā draviṇaṁ tvameva,  
tvameva sarvaṁ mama devadeva||

ॐ सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।  
सर्वे भद्राणि पश्यन्तु मा कश्चित् दुःखभाग् भवेत् ॥  
om sar.ve bha.van.tu su.khi.naḥ sa.rve san.tu ni.rā.ma.yāḥ  
sar.ve bha.drā.ṇi paś.yan.tu mā kaś.cit duḥ.kha.bhā.g bha.vet

असतो मा सद्गमय। तमसो मा ज्योतिर्गमय। मृत्योर्मा अमृतं गमय॥  
om a.sa.to mā sad.ga.ma.ya | ta.ma.so mā jyo.tir.ga.ma.ya | mṛt.yor.mā a.mṛ.taṁ ga.ma.ya ||

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते।  
पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते॥ १०॥

om pūr.ṇa.ma.daḥ pūr.ṇa.mi.daṁ pūr.ṇāt.pūr.ṇa.mu.da.cy.ate |  
pūr.ṇa.sya pūr.ṇa.mā.dā.ya pūr.ṇa.me.vā.va.śiṣ.ya.te || 10 ||

ॐ शान्तिः शान्तिः शान्तिः ॥  
om śān.tis śān.tis śān.tiḥ ||

हरिः ॐ | श्री गुरुभ्यो नमः | हरिः ॐ  
|| harih om | sri gurubhyo namah | harih om ||

# **Jana Gana Mana**

**Indian National Anthem by Rabindranath Tagore**

*JANA-GANA-MANA-ADHINAYAKA, JAYA HE  
BHARATA-BHAGYA-VIDHATA*

*PUNJAB-SINDHU-GUJARAT-MARATHA  
DRAVIDA-UTKALA-BANGA*

*VINDHYA-HIMACHALA-YAMUNA-GANGA  
UCCHHALA-JALADHI TARANGA*

*TAVA SUBHA NAME JAGE  
TAVA SUBHA ASHISHA MAGE  
GAHE TAVA JAYA GATHA*

*JANA-GANA-MANGALA-DAYAKA, JAYA HE  
BHARATA-BHAGYA-VIDHATA*

*JAYA HE, JAYA HE  
JAYA JAYA JAYA, JAYA HE*

## Translation

Thou are the ruler of the minds of all people, dispenser of India's destiny. The name rouses the hearts of Punjab, Sindh, Gujarat, and Maratha, of the Dravid, Orissa, and Bengal. It echoes in the hills of the Vindhya and Himalayas, mingles in the music of the rivers Yamuna and Ganga and is chanted by the waves of the Indian Sea. They pray for thy blessings and sing thy praise. The salvation of all people is in thy hand, thou dispenser of India's destiny.

Victory, Victory, Victory to thee,