

गणपति प्रार्थन

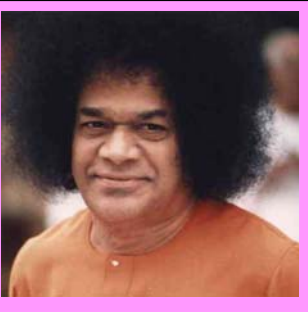
gaṇapati prārthana

ॐ गणानां त्वा गणपतिं हवामहे

कविं कवीनामुपमश्रवस्तमम् ।

om gaṇānām tvā gaṇapatim havāmahe  
kaviṁ kavīnāmupamaśravastamam ।

*I pray to You Ganapati, the Lord of groups of demigods, who removes obstacles. You are omniscient with complete knowledge; You know more than anybody else. I have come to You, recognizing Your greatness. You are the Emperor of Emperors.*



# गणपति प्रार्थन

# gaṇapati prārthana

ज्येष्ठराजं ब्रह्मणाम् ब्रह्मणस्पत

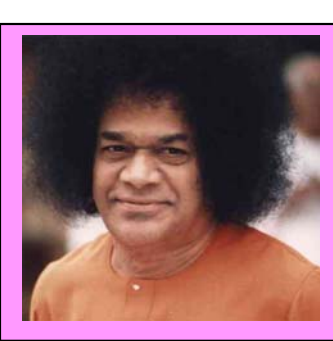
आ नः श्रुण्वन्नूतिभिस्सीद सादनम् ॥

**jyeṣṭharājaṃ brahmaṇām**

**brahmaṇaspata**

**ā naḥ śruṅvannūtibhissīda sādānam ॥**

*You are Brahma. I have propitiated You with my chanting of adoring hymns. I salute You for the fulfillment of my desires. You are the highest treasure among all treasures. You grant Your devotees both the treasures of food and wisdom.*

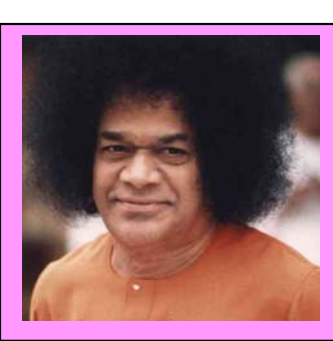


# गणपति प्रार्थन gaṇapati prārthana

प्र॒णो॑ दे॒वी सर॑स्वती वाजे॑भिर्वा॒जिनी॑वती ।

**praṇo devī sarasvatī vājebhirvājinīvatī ।**

*We invoke Saraswati, the Goddess of speech with hymns. May She be pleased with us and inspire our intelligence (to pronounce hymns properly).*



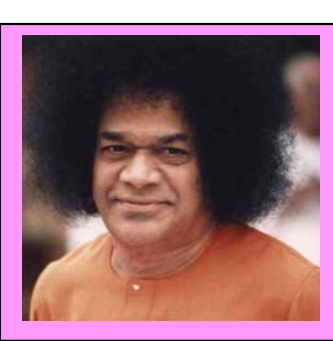
गणपति प्रार्थन

gaṇapati prārthana

धीनामवित्र्यवतु । गणेशाय नमः । सरस्वत्यै नमः । श्री  
गुरुभ्यो नमः । हरिः ओम् ॥

dhīnāma<sup>1</sup>vitry<sup>1</sup>avatu<sup>1</sup> | gaṇeśāya<sup>1</sup> namaḥ<sup>1</sup> |  
sarasvatyai<sup>1</sup> namaḥ<sup>1</sup> | śrī gurubhyo<sup>1</sup> namaḥ<sup>1</sup> |  
hariḥ om<sup>1</sup> ||

*Prostrations to Lord Ganesha, Goddess Saraswati and Sri Guru. Hari Om.*



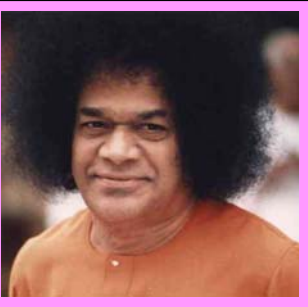
गणपति प्रार्थन

gaṇapati prārthana

ॐ शान्तिः शान्तिः शान्तिः ॥

om śāntiḥ śāntiḥ śāntiḥ ॥

*May there be peace to the body, mind, and the soul.*



# नारायण सूक्तम् nārāyaṇa sūktam

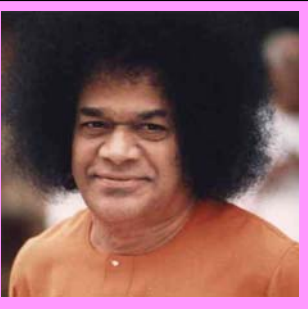
ॐ ॥ सहस्रशीर्षं देवं विश्वाक्षं विश्वशम्भुवम् ।

Om ॥ sahasraśīrṣam devam viśvākṣam  
viśvaśambhuvam ।

विश्वं नारायणं देवमक्षरं परमं पदम् ॥

viśvam nārāyaṇam devamakṣaram paramam  
padam ॥

*This Universe is the Eternal Being Narayana. He is the imperishable, the supreme, and the goal. He is the countless headed and countless eyed – omnipresent and omniscient, the resplendent, the source of delight for the whole Universe.*



# नारायण सूक्तम् nārāyaṇa sūktam

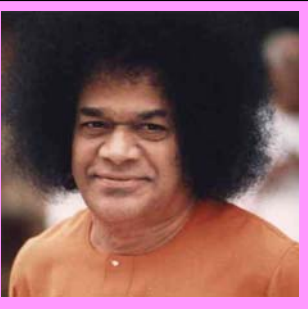
विश्वतः परमान्नित्यं विश्वं नारायणगं हरिम् ।

viśvataḥ paramānityaṁ viśvaṁ  
nārāyaṇagṁ harim ।

विश्वमेवेदं पुरुष-स्तद्विश्व-मुपजीवति ॥

viśvamevedam puruṣa-stadviśva-  
mupajīvatii ॥

*This Universe is the Supreme Being (Purusha) alone; hence it subsists on Him. I meditate on this Eternal, Omnipresent God Narayana who destroys all our sins.*



# नारायण सूक्तम् nārāyaṇa sūktam

पतिं विश्वस्यात्मेश्वरगुं शाश्वतगुं शिव-मच्युतम् ।

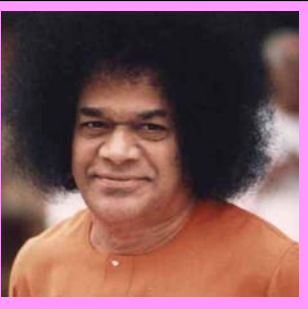
patim̐ viśvasyātmeśvaragm̐ śāśvatagm̐ śiva-  
macyutam̐

नारायणं महाज्ञेयं विश्वात्मानं परायणम् ॥

nārāyaṇam̐ mahājñeyam̐ viśvātmānam̐ parāyaṇam̐ ॥

*He is the protector of the Universe, the Lord of all Souls (or Lord over Self), the perpetual one, the auspicious, the indestructible, and the goal of all Creation. He is the Supreme object worthy of being known, the Soul of all beings and the unfailing refuge. I meditate on You O Narayana!*





# नारायण सूक्तम् nārāyaṇa sūktam

नारायणपरोज्योति-रात्मा नारायणः परः ।

nārāyaṇaparojyoti-rātmā nārāyaṇaḥ paraḥ ।

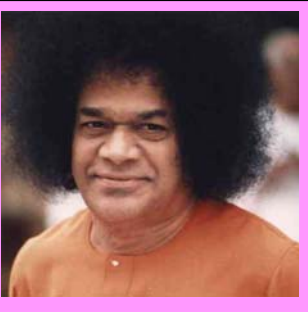
नारायण परं ब्रह्म तत्त्वं नारायणः परः ।

nārāyaṇa paraṁ brahma tattvaṁ nārāyaṇaḥ paraḥ ।

नारायण-परो ध्याता ध्यानं नारायणः परः ॥

nārāyaṇa-paro dhyātā dhyānaṁ nārāyaṇaḥ paraḥ ॥

*The Lord Narayana is the Supreme Absolute; Narayana is the Supreme Reality; Narayana is the Supreme Light; Narayana is the Supreme Self. Narayana is the Supreme Meditator; Narayana is the Supreme Meditation.*



# नारायण सूक्तम् nārāyaṇa sūktam

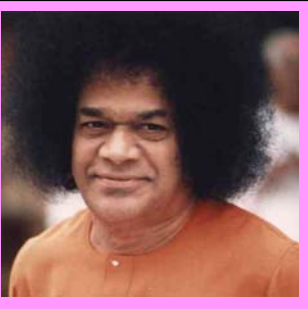
यच्च किञ्चिज्जगत्सर्वं दृश्यते श्रूयतेऽपिवा ।

yacca kiñcijjagatsarvaṃ dṛśyate  
śrūyate'pivā

अन्तर्बाहिश्च तत्सर्वं व्याप्य नारायण-स्थितः ॥

antarbaḥiśca tatsarvaṃ vyāpya nārāyaṇa-  
sthitah ॥

*Whatever in this Universe is, - seen or heard of, -pervading all this from inside and outside alike, stands supreme the Eternal Divine Being - Narayana.*



# नारायण सूक्तम् nārāyaṇa sūktam

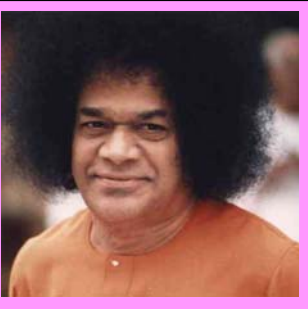
अनन्तमव्ययं कविग्ं समुद्रेऽन्तं विश्वशम्भुवम् ।

anantamavyayaṁ kavigṁ samudre'ntaṁ  
viśvaśambhuvam ।

पद्मकोश-प्रतीकाशग्ं हृदयं चाप्यधोमुखम् ॥

padmakōśa-pratīkāśagṁ hṛdayaṁ  
cāpyadhomukham ॥

*He is the limitless, imperishable, omniscient, residing in the ocean of the heart, the cause of the happiness of the Universe, the Supreme end of all striving. He manifests Himself in the ether of the heart which is comparable to an inverted bud of the lotus flower.*



# नारायण सूक्तम् nārāyaṇa sūktam

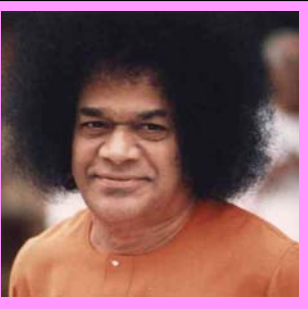
अधोनिष्ठ्या वितस्त्यान्ते नाभ्यामुपरि तिष्ठति ।

**adhoniṣṭyā vitastyānte nābhyāmupari tiṣṭhati ।**

ज्वालमालाकुलं भाति विश्वस्यायतनं महत् ॥

**jvālamālākulaṁ bhāti viśvasyāyatanaṁ mahat ॥**

*Below the Adams apple, at a distance of a span, and above the navel is the heart which is the relative seat of the manifestation of Pure Consciousness in the human being. It effulges the Great Abode of the Universe, as if adorned with garlands of flames.*



# नारायण सूक्तम् nārāyaṇa sūktam

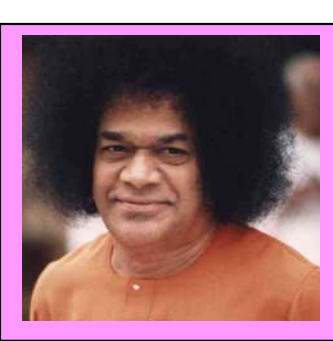
सन्ततगुं शिलाभिस्तु लम्बत्याकोशसन्निभम् ।

santātagm̄ śilābhīstu lambātyākōśasannibham ।

तस्यान्ते सुषिरगुं सूक्ष्मं तस्मिन् सर्वं प्रतिष्ठितम् ॥

tasyānte suṣiragm̄ sūkṣmam̄ tasmiṅ sarvaṁ  
pratiṣṭhitam ॥

*Surrounded on all sides by nerve-currents (or arteries), suspends the lotus-bud of the heart in an inverted position. It is in a subtle space (a narrow aperture, the Sushumna-Nadi) and there in is to be found Substratum of all things.*



# नारायण सूक्तम् nārāyaṇa sūktam

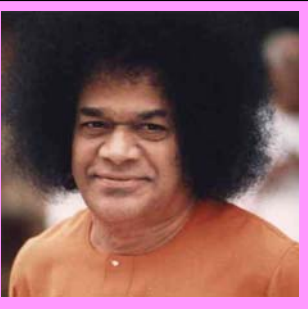
तस्य मध्ये महानग्नि-विश्वार्चि-विश्वतोमुखः ।

tasya madhye mahānagni-rviśvārci-rviśvatomukhaḥ ।

सोऽग्रभुग्विभजन्तिष्ठ-न्नाहारमजरः कविः ॥

so'grabhugvibhajantiṣṭha-nnāahāramajaraḥ kavīḥ ॥

*In that space within the heart resides the great flame of fire, undecaying, all-knowing, with tongues spread out in all directions, with faces turned everywhere, consuming food presented before it, and assimilating it unto itself.*



# नारायण सूक्तम् nārāyaṇa sūktam

तिर्यगूर्ध्व-मधश्शायी रश्मयस्तस्य सन्तता ।

tiryagūrdhva-madhaśśāyī raśmayastasya santatā ।

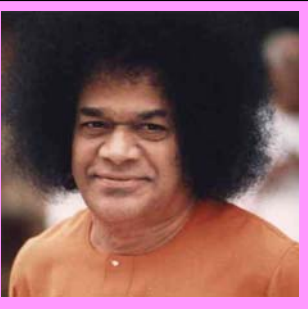
सन्तापयति स्वंदेहमापादतलमस्तकः ।

santāpayati svandehamāpādatalamastakaḥ ।

तस्य मध्ये वह्निशिखा अणीयोर्ध्वा व्यवस्थितः ॥

tasya madhye vahniśikhā aṇīyōrdhvā vyavasthitaḥ ॥

*His rays, spreading all around, side ways, as well as above, and below, warm up the whole body from head to foot. In the center of that Flame abides the Tongue of Fire as the topmost of all subtle things.*



# नारायण सूक्तम् nārāyaṇa sūktam

नी॒लतो॑-यद॒म॒ध्य॒स्था-द्वि॒द्युल्ले॑खेव भास्वरा ।

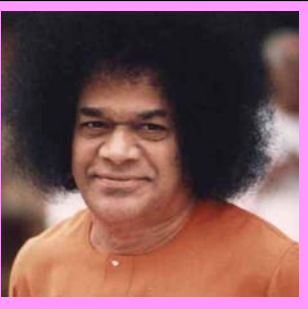
**nīlato-yadamadhyasthā-dvidyullekheva  
bhāsvarā**

नी॒वार॑शूकवत्तन्वी पी॒ताभा॑स्वत्यणूपमा ॥

**nīvāraśūkavattanvī  
pītābhāsvatyaṇūpamā**

*Slender like the awn of a paddy grain, yellow (like gold) in color, in subtlety comparable to the minute atom, this Tongue of Fire grows splendid brilliant like a streak of lightning set in the midst of the blue rain-bearing clouds.*





# नारायण सूक्तम् nārāyaṇa sūktam

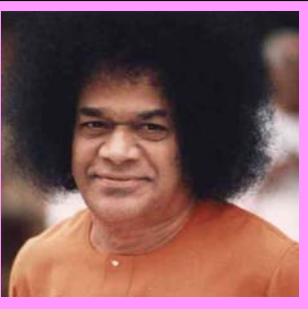
तस्याः शिखाया मध्ये परमात्मा व्यवस्थितः ।

tasyāḥ śikhāyā madhye paramātmā vyavasthitaḥ ।

स ब्रह्म स शिवः स हरिः सेन्द्रः सोऽक्षरः परमः स्वराट् ॥

sa brahma sa śivaḥ sa hariḥ sendraḥ so'kṣaraḥ  
paramaḥ svarāṭḥ ॥

*In the Middle of That Flame, the Supreme Self dwells. This (Self) is Brahma (the Creator), Siva (the Destroyer), Hari (the Protector), Indra (the Ruler), the Imperishable, the Absolute, the Autonomous Being. Prostrations again and again to the Omni-Formed Being.*



# नारायण सूक्तम् nārāyaṇa sūktam

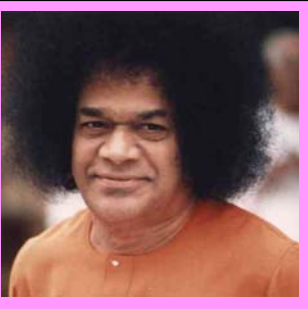
ऋ॒त॒गं॑ स॒त्यं॑ प॒रं॑ ब्र॒ह्म॑ पु॒रु॒षं॑ कृ॒ष्ण॑पि॒ङ्ग॒लम्॑ ।

ṛtagm̐ satyam̐ param̐ brahma puruṣam̐  
kṛṣṇapiṅgalam̐

ऊ॒र्ध्व॑रे॒तं॑ वि॒रू॒पाक्षं॑ वि॒श्व॑रू॒पाय॑ वै न॒मो॑ न॒मः॑ ॥

ūrdhvaretam̐ virūpākṣam̐ viśvarūpāya vai namo  
namah̐ ॥

*Prostrations again and again to the Omni-Formed Being, the Truth, the Law, the Supreme Absolute, the Purusha of blue-decked yellow hue. He is the Centralized-Force, Power, the All-Seeing One.*



# नारायण सूक्तम् nārāyaṇa sūktam

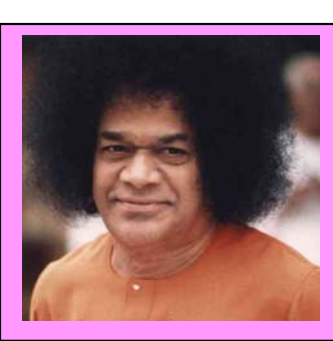
ॐ नारायणाय विद्महे वासुदेवाय धीमहि ।

om nārāyaṇāya vidmahe vāsudevāya  
dhīmahī

तन्नो विष्णुः प्रचोदयात् ॥

tanno viṣṇuḥ pracodayāt ॥

*We commune ourselves with Narayana, and meditate on Vasudeva, may that Vishnu direct us (to the Great Goal)*

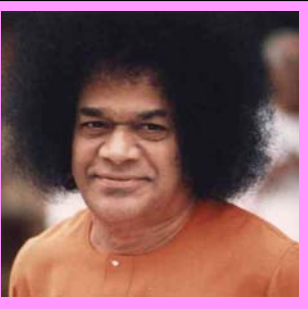


# नारायण सूक्तम् nārāyaṇa sūktam

ॐ शान्तिः शान्तिः शान्तिः ॥

om śāntiḥ śāntiḥ śāntiḥ ॥

*May there be peace to the body, mind, and the soul.*



# नारायण सूक्तम् nārāyaṇa sūktam

ॐ सह नाववतु । सह नौ भुनक्तु । सह वीर्यं करवावहै ।

om saha nāvavatu | saha nau bhunaktu |

saha vīryam karavāvahai |

तेजस्विनावधीतमस्तु मा विद्विषावहै ॥

tejasvināvadhītamastu mā vidviṣāvahai ||

*May He protect both of us. May He nourish both of us. May we both acquire the capacity (to study and understand the scriptures). May our study be brilliant. May we not argue with each other.*