



Chants and Prayers

*as recited by the devotees of
Sri Ramakrishna and Sri Sarada Devi,
the Holy Mother*

Terrence +
June H. H



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Introduction

Chants and prayers are the important spiritual practices of all religions. These are the great source of inspiration to all spiritual seekers.

This is a small collection of chants and prayers from the Vedas and other scriptures meant for the daily use of the devotees of Sri Ramakrishna and Holy Mother.

I thank Jim Selig who gave so much of his time to print these out in this book form.

Let these chants be an intrinsic part of our daily life.

Swami Shantarupananda

*Portland, Oregon
August 23, 2000
Sri Krishna's Birthday*

Chants and Prayers

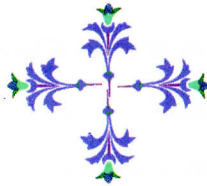
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Chant Before Class

From Katha Upanisad

Om saha navava tu, saha nau bhunaktu,
saha viryam karavavahai,
tejas_vina_avadhitm_astu, ma vidvisavahi
Om
shanti, shanti, shanti.



Om
May Brahman protect us, teacher & student, both.
May Brahman nourish us both.
May we both acquire energy (as a result of this study)
May we both become illumined.
May love and harmony be with us all.

Vedic Chant 2

Om

Purnamada Purnamidam Purnat Purna-mudacyate
Purnasya Purna-madaya Purna-meva-vasisyate
Om Shanti Shanti Shanti



Om

*The Infinite Fullness is Brahman.
The Infinite fullness is the manifested universe.
The Infinite Fullness rises from the Infinite Fullness.
Cut off the Infinite Fullness,
Alone remains the Infinite Fullness.*

Om

Peace Peace Peace

Gayatri Mantra

Reg-Veda

ॐ भूर्भुवः सुवः
तत्सवितुर्वरेण्यं
भर्गो देवस्य धीमहि ।
धियो यो नः प्रचोदयात् ॥

Om

bhur_bhuvah suvah
tat-savitur varenyam
bhargo devasya dhimahi,
dhiyo yo nah pracodayat.



Om

Let us meditate on the
adorable effluence of the divine Creator,
the Source of the physical, subtle and causal worlds.
May He stimulate our intelligence!



Khandana

"Breaker of this World's Chain"

Swami Vivekananda

KHANDANA BHAVA BANDHANA JAGA VANDANA VANDI TOMAI
NIRAN JANA NARA RUPA DHARA NIRGUNA GUNA MAI //

MOCHANA AGHA DUSHNA JAGA BHUSANA CHIDGHANA KAI
JNANAN JANA VIMALA NAYANA VIKSHANE MOHA JAI //

BHASVRA BHAVA SAGARA CHIRA UNMADA PREMA PATHAR
BHAKTARJANA JUGALA CHARNA TARANA BHAVA PAR //

JRIMBHITA YUGA ISHWARA JAGAD ISHWARA YOGASAHAI
NIRO DHANA SAMAHITMANA NIRAKI TAVA KRIPAI /

BHAN JANA DUKHAGANJANA KARUNAGHANA KARMAKATHOR
PRANAR PANA JAGATA TARANA KRINTANA KALIDOR //

VANCHANA KAMA KANCHANA ATININDITA INDRAIYARAG
TYAGISHWARA HE NARA VARA DEHA PADE ANURAG //

NIRBHAYA GATA SAMSHAYA DRIDHA NISHCHAYA MANA SAVAN
NISHKARANA BHAKATA SHARANA TYAJI JATI KULA MAN
SAMPADA TAVA SHRIPADA BVABA GOSHPADA BARI JATHAY
PREMAR PANA SAMADA RASHANA
JAGA JANA DUHKHA JAI.

NAMO NAMO PRAHU VAKYA MANATITA MANO
BACHANA KADAR //
JOYTIRA JOTI U JALA HRIDI KANDARA //
TUMI TAMO BHANJANA HAR

NAMO NAMO PRABHU VAKYA MANA TITA //
MANO BACHANA KADHAR .
JYOTIRA JYOTI UJALA HRIDI KANDARA //
TUMI TAMO BHANJANA HAR

DHE DHE DHE LANGA RANGA BHANGA BAJE ANGA
SANGA MRI DANGA //

GAHICHHE CHANDA BHAKATA BRINDA ARATI TOMAR //

JAYA JAYA ARATI TOMAR, HARA HARA ARATI TOMAR //
SHIVA SHIVA ARATI TO MAR

KHANDANA BHAVABANDHANA JAGA BANDANA
BANDI TOMAY
JAI SRI GURU MAHARAJ, JIKI JAI !

Breaker of This World's Chain

Translation of Khandana

1. Breaker of the bondage of worldly existence,
Thou adored of all the worlds, we salute Thee.
Pure Being Thou art, though clad in human form;
Absolute Thou art, yet infinite are Thy glories.
2. Thou ornament of the universe,
Thy body is verily spirit condensed;
Thine eyes are pure with the collyrium of Knowledge.
Thou deliverest us from sin's defilement;
At Thy mere glance, all our delusion vanishes.
3. Thou effulgent Sea of spiritual emotions,
Thou ever-turbulent Ocean of love,
Thy blessed feet, won by Thy devotees,
Carry them across the dark waters of the world.
4. Lord of the universe, Thou hast come as the Lord
of this age
And helpst us to attain union with Thee.
Our minds wholly restrained and absorbed in Thee,
We behold Thee by Thy grace.
5. Remover of sorrow's indignity, Thou art compassion itself
And awesome are Thine actions. By giving Thy life
Thou hast severed the bonds of this iron age
Thou hast saved the world.

6. Shunning lust and gold and sense joy ever-condemned,
Thou art the greatest of those who have renounced the world,
O Man Supreme, grant us devotion at Thy feet.

7. Fearless art Thou and free from all doubts -
Thy mind adamant in its certainty.
Haven, for no reason, of all who adore Thee,
Thou carest naught for their caste, their lineage, honor or shame.

8. Holding Thy glorious feet as our treasure,
We find the ocean of worldly existence a mere puddle
Left in the hoofprint of a cow.
Thou givest love to all alike, O Same-sighted One,
And the sorrow of men vanishes throughout the world.

9. Salutations, salutations, Lord!
Beyond the grasp of speech and mind,
Thou art yet their sole support.
O Light of light, illuminating the cave of our heart,
Thou art the Destroyer and Remover of darkness.

Thy devotees, gathered together, sing hymns in Thine adoration;
Victory! Victory! Adoration to Thee!
O Thou Remover of Ignorance, our adoration to Thee!
O Thou Transcendent, Eternal Good, to Thee our adoration!

Breaker of the bondage of worldly existence,
Thou adored of all the worlds, we salute Thee.

Om Hring Ritang

"Hymn to Sri Ramakrishna"
Swami Vivekananda

Om Hring Ritang tvama-chalo gunajit gunedyah
Naktang-divang sakarunang tava pada-padmam
Mohang-kashang vahukritang na bhaje yatoham
Tasmat-tvameva sharanang mama dina-bandho.

Bhaktir-bhagascha bhajanang bhava-bheda-kari
Gachhan-tyalang suvipulang gamanaya tattvam
Vaktro-dhritantu hridi me na cha bhati kinchit
Tasmat-tvameva sharanang mama dina-bandho.

Tejas-taranti tarasa tvayi tripta-trishnah
Rage krite ritapathe tvayi Ramakrishne
Martyamritang tava padang maranormi-nasham
Tasmat-tvameva sharanang mama dina-bandho.

Krityang karoti kalushang kuha-kanta-kari
Shnantang shivang suvimalang tava nama natha
Yasma-dahang tva-sharano jagadeka-gamya
Tasmat-tvameva sharanang mama dina-bandho.

Om sthapakaya cha dharmasya sarva-dharma swarupine
Avatara-varish-thaya Ramakrishnaya te namah.
Om namo Sri Bhagavate Ramakrishnaya namo namah!
Om namo Sri Bhagavate Ramakrishnaya namo namah!
Om namo Sri Bhagavate Ramakrishnaya namo namah!

Hymn to Sri Ramakrishna

English translation of *Om Hring Retung*

Om Hring. Thou art the True, the Imperturbable One
Transcending the three Gunas and yet adored for Thy virtues!
Inasmuch as I do not worship day and night with yearning
Thy compassionate lotus feet which destroy all ignorance
Therefore, O Thou friend of the lowly, Thou art my only refuge.

Spiritual powers, reverence and worship which put an end
To this cycle of birth and death are enough indeed
To lead to the greatest Truth. But this while finding utterance
Through the mouth is not at all being brought home to my heart.
Therefore, O Thou friend of the lowly, Thou art my only refuge.

If devotion is directed to Thee,
O Ramakrishna, the way of Divine Truth,
Then with desires all fulfilled in Thee, they forthwith cross over
This sea of Rajas; for Thy feet are like nectar to the mortals
Quelling the waves of death.
Therefore O Thou friend of the lowly, Thou art my only refuge.

O Thou dispeller of illusion, Thy name, ending in "shna"
Pure and auspicious, converts sinfulness to purity
Because, O Thou the only good of all beings, shelter have I none
Thou art, O friend of the lowly, my only refuge!



Ramakrishna Sharanam

Ramakrishna Sharanam, Ramakrishna Sharanam
Ramakrishna Sharanam, Sharanye

Kripahi Kevalam, Kripahi Kevalam
Kripahi Kevalam, sharanye

Sharana-Gatoham, Sharana-Gatoham
sharana-Gatoham, sharanye

Namo Sri Gurave, Namō Sri Gurave
Namō Sri Gurave, Namō Nama

Ramakirshna Ramakrishna Jai Jai Ramakrishna (2x)
Ramakirshna Ramakrishna Jai Jai Ramakirshna (4x)



Ramakrishna,
You are my refuge
Your grace alone is my refuge
I take refuge in You
Salutations to the Guru
Victory to Ramakrishna!

Offering to the Fire of Brahman

I, who am an embodied being, endowed with intellect, life-breath, and their functions, now offer up all my actions and their fruits to the fire of Brahman.

No matter what I may have done, said, or thought, in waking, in dreaming, or in dreamless sleep, with my mind, my tongue, my hands, or my other members: May all this be an offering to Brahman.

We offer up ourselves and all
we have at the feet of
Sri Ramakrishna.





Sri Parvadevi Stotram

Swami Abhedananda

Prakritim paramâm abhayâm varadâm
nara rūpadharâm janatâpa harâm
Sharanâgata sevaka toshakarâm
pranamâmi parâm janaîm jagatâm

Gunahîna sutân aparâdha yutân
kirpayâdhya samuddhara mohagatân
Taranîm bhavasâgara pâraakarîm
pranamâmi parâm janaîm jagatâm

Vishayam kusumam parihritya sadâ
claranâmburuhâmrita shânti sudhâm
Pibah bhrînga mano bhavaroga harâm
pranamâmi parâm jananîm jagatâm

Kripâm kuru mahâdevi, suteshu pranateshu ca
Caranâshrâya dânenâ, kripâmâyî namo'stute

Lajjâpatâvrite nityam, sârade jnâna dâyike
Pâpebhyo nah sadâ rakshah, kripâmâyî namo'stute

Râmakrishna gata prânâm, tannâma shravana priyâm
Tadbhâva ranjitâ kârâm, pranamâmi muhur muhuh

Pavitram charitam yasyâh, pavitram jivanam tathâ
Pavitratâ svarûpinyai, tasyai kurmo namo namah

Devîm prasannâm pranatârti hantrîm
yogindra pûjyâm yugadharma pâtrîm
Tâm sâradâm bhakti vijnâna dâtrim
dayâ svarûpâm pranamâmi nityam

Snehena badhnâsi mano'smadiyân
doshân asheshân sagunî karoshi
Ahetunâ no dayase sadoshân
svânke grihîtvâ yadidam vicitram

Prasîda mâtar vinayena yâce
nityam bhava snehavati suteshu
Premaika bindum cira dagdha citte
vishinca cittam kuru nah sushântram

Jananîm shâradam devam, râmakrishnam jagad gurum
Pâda padme tayoh sritvâ, pranamâmi muhur muhuh



Hymn to Sarada Devi

(Translation of Sri Sarada Devi Stotram)

1. I offer my salutations to Sri Sarada Devi, who is the Mother of the universe and who satisfied the wants of the devotees who surrender at her feet, who is the primordial power of God, the remover of all fear, who grants boons to the devotees, and has taken human form to remove the afflictions of mankind.

2. O Mother, please release your child who is devoid of merits, full of faults, and deluded by the power of maya. O Sri Sarada Devi, the mother of the universe and a boat to cross the ocean of this world, I offer my salutations to Thee.

3. O bee in the form of my mind, give up sitting on the flowers of worldly pleasures and sip the honey from the lotus of Mother's feet for getting rid of the disease of this world. O Sri Sarada Devi, the mother of the universe, I offer my salutations to you.

4. O great goddess, Sri Sarada Devi, please bestow your grace on me your child who has prostrated at your feet. Please give me refuge at your feet. I offer my salutations to thee, O Compassionate One!



5. O Sarada, giver of knowledge, who is always covered by a veil as a token of modesty, O Compassionate One, please protect us from sins for all times.

6. I bow down to Sri Sarada Devi whose life was centered in Sri Ramakrishna, who took delight in listening to his name, and who was always charged with devotion for him.

7. We offer our salutations to Sri Sarada Devi, whose life was absolutely pure, whose character was spotless—rather who was the embodiment of purity.

8. I bow to Sri Sarada Devi, the giver of devotion and knowledge, the Compassionate One, who is worthy of being worshipped by the king of the yogis, who removes the afflictions of the devotees who surrender at Her feet, the Devi who helped in establishing the religion of the age.

9. You have tied our hearts by your affection in spite of our faults; you show compassion towards us by transforming our faults into merit, Mother, you are really wonderful!

10. O Mother, I pray to you humbly: Be always affectionate to your child, and make my ever-burning heart calm by sprinkling a drop of your motherly affection on me.



Sri Parada Sankirtan

TWAM ME BRAH/MA-SA/NA/TA/NI MA)
) 2x
 SAR/A/DA-ISH/VAR/I SU/BHA/GE MA)
 BRAH/MA-NAN/DA SWAR./U/PI/NI MA) 2x
 BRAH/MA-SHAK/TI SU/KHA/DAY/I/NI MA) 2x
 SAT-CHIT-SU/KHA MA/YA RU/PI/NI MA) 2 x
 SRIS/TI-STHI/TI/LA/YA KAR/I/NI MA) 2x



Thou art my Brahman Eternal, O Mother!
 Heart-enchancing Divine Mother
 Thou Art the nature of Bliss Absolute!
 The power of Brahman and bestower of happiness!
 Who art of the nature of Existence, Consciousness, and Bliss!
 Who art the cause of creation, preservation, and dissolution!

Chant the Name of the Lord

Sri Chaitanya

*Sri Chaitanya (1485-1533) is one of India's greatest saints.
 He is famed for his ecstatic devotion to Krishna.*

Chant the Name of the Lord and His Glory unceasingly
 That the mirror of the heart may be wiped clean
 And quenched that mighty forest fire,
 Worldly lust, raging furiously within.
 Oh Name, stream down in moonlight on the lotus-heart,
 Opening its cup to knowledge of Thyself.
 Oh self, drown deep in the waves of His bliss,
 Chanting His Name continually,
 Tasting His nectar at every step,
 Bathing in His Name, that bath for weary souls.

Various are Thy Names, Oh Lord,
 In each and every Name Thy power resides.
 No times are set, no rites are needful, for chanting of Thy
 Name,
 So vast is Thy mercy.
 How huge, then, is my wretchedness
 Who finds, in this empty life and heart
 No devotion to Thy Name!

Oh, my mind,
 Be humbler than a blade of grass,
 Be patient and forbearing like the tree,
 Take no honor to thyself,
 Give honor to all,
 Chant unceasingly the Name of the Lord.

Oh Lord and Soul of the Universe,
Mine is no prayer for wealth or retinue.
The playthings of lust or the toys of fame;
As many times as I may be reborn
Grant me, Oh Lord, a steadfast love for Thee.

A drowning man in this world's fearful ocean
Is Thy servant, Oh Sweet one.
In Thy Mercy
Consider him as dust beneath Thy feet.

Ah, How I long for the day
When an instant's separation from Thee, Oh Govinda,
Will be as a thousand years,
When my heart burns away with its desire
And the world, without Thee, is a heartless void.

Prostrate at Thy feet let me be, in unwavering devotion,
Neither imploring the embrace of Thine arms
Nor bewailing the withdrawal of Thy Presence
Though it tears my soul asunder.
Oh Thou, who stealst the hearts of Thy devotees,
Do with me what Thou wilt--
For Thou art my heart's Beloved, Thou and Thou alone.

