

Dawn Chants **by Sri Shankaracharya, 8th Century A.D.**

Pratah Smarami Hridi Samspurat Atma Tattwam
Sat-Chid-Sukham Paramahamsa Gatim Turiyam
Yat Swapna Jagara Sushuptam Avaiti Nityam
Tad Brahma Nishkalam Aham, Na Cha Bhuta Sangha

At dawn, I meditate in my heart on the truth of the radiant Inner Self,
This True Self is Pure Being, Awareness, and Joy,
The Transcendent Goal of the great sages,
The Eternal Witness of the waking, dream and deep sleep states.
I am that undivided Spirit, and I am more than my body, mind and emotions.

Pratah Bhajami Manaso Vachasam Agamyam
Vacho Vibhanti Nikhila Yad Anugrahena
Ya Neti Neti Vachanai Nigama Avochuh
Tam Deva Devam Ajam Achutam Ahuragryam

At dawn, I worship the True Self that is beyond the reach of mind and speech,
By whose grace, speech is even made possible,
This Self is described in the scriptures as “Not this, Not this,” (not this body, not this
mind) It is unborn, undying, one with the Divine.

Pratah Namami Tamasa Param Arkavarnam
Purnam Sanatana Padam Purushottam Achyam
Yasminnidam Jagad Ashesha Ashesha Murtau
Rajuam Bhujangama Iva Pratibhatitam Vai

At dawn, I salute the True Self that is beyond all darkness, brilliant as the sun,
The infinite, eternal reality, the Highest Soul,
On whom this whole universe of infinite forms
Is superimposed, like a snake on a rope.
The snake seems so real, but when you pick it up, it's just a rope...
This world is ever-changing, fleeting...the Eternal light & love are everlasting.

A Brand New Day (words by Phyllis Onstad, music by Phyllis and Doug Onstad)

Loving is in the knowing, when peace is in the heart..
Tranquil as time's sweet flowing, every day a brand new start...

Joy is in the knowing, when peace is in the heart...
Tranquil as time's sweet flowing, every day a brand new start.

Kindness is in the knowing...

Mantra for the Blessing of Food

Om Brahmaṛpanam, Brahma Havih
Brahmagnau Brahmaṇa Hutam
Brahmaiva tena gandavyam
Brahma Karma Samadinah
Hari Om Tat Sat

This offering is Spirit...
The act of offering it is Spirit...
The one who is offering it is Spirit...
Whoever sees all actions in Spirit attains Spirit, the True Self.

Mantras for Bhakti Yoga & Karma Yoga

Twameva Mata Cha Pita Twameva
Twameva Bandhuscha Sakha Twameva
Twameva Vidya Dravinam Twameva
Twameva Sarvam Mama Deva Deva

You alone are my Mother, You alone are my Father.
You alone are my Friend and Companion.
You alone are my Wisdom and Wealth.
You alone are my Everything, oh God of Gods.

Kayena Vacha Manasendriyairva
Budhyatmana Va Prakriter Swabhavat
Karomi Yadyat Sakalam Parasmai
Narayana Yeti Samarpayami

Whatever I do with my body, speech, mind and senses;
By my intellect, self or nature – all this I offer to the Supreme Spirit.

Prayer for the well-being of all

Sarve Bhavantu Sukhinah Sarve Santu Niramaya
Sarve Bhadrani Pashyant Ma Kaschit Dukha Bhagbhavet

May all beings be happy; May all beings be free from ailment.
May all beings perceive what is good.
May no one undergo suffering.

Inner Light

Antara Jyoti Namō Paramatma Jyoti Namō
Salutations to the Inner Light, Salutations to the Supreme Light

Akhanda Jyoti Namō Mama Jivana Jyoti Namō
Salutations to the Infinite Light, Salutations to the Light of my Life

Sarv Antaryami Namō Jai Satguru Deva Namō
Salutations to the Indweller, Glory to the True Teacher, the Indwelling Divine.

By Thy Grace by Snatam Kaur, Thomas Barquee and Yogi Bhajan from the album
Grace by Snatam Kaur
It's by Thy Grace that I sing Your Holy Name (words & music by Snatam Kaur)

One day the day shall come when all the glory will be Thine...
People will say it is yours and I shall deny, not mine.
Peace to all, Life to all, Love to all...
(Words by Yogi Bhajan)

Blessing to the World by Karen Drucker
You are the heart... You are the hands... You are the voice of Spirit on Earth
And who you are... And all you do... Is a blessing to the world...
You're a Blessing to the World.
We are the Heart...
I am the Heart...

Shiva Shankara Shambho
Shiva Shiva Shiva Shambho... Shiva Shiva Shiva Shambho
Mahadeva Shambho Mahadeva Shambho

Kali Durge
Kali Durge Namō Namah

Jai Shiva Shankara
Jai Shiva Shankara Namami Shankara Shiva Shankara Shambho
Jai Girijapati Bhavani Shankara, Shiva Shankara Shambho,
Shiva Shankara Shambho...