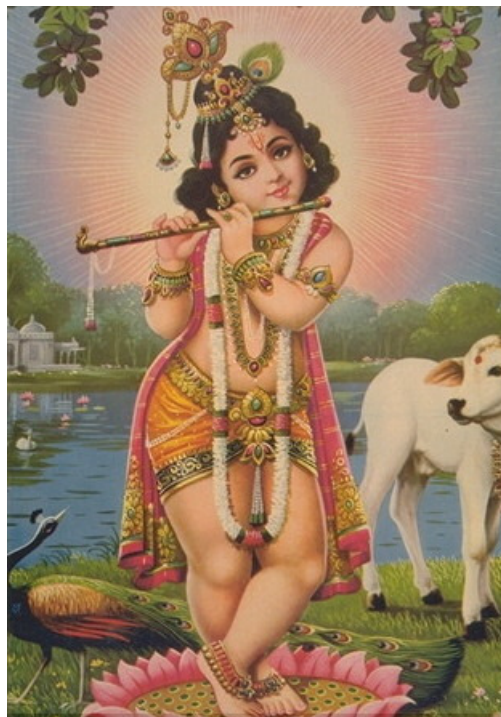




Bala-Gokulam



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नित्य विधि श्लोकाः - nitya vidhi ślokāḥ
(Daily Prayers)

Nityavidhi shlokas are recited at particular times during the day. The following shlokas are a few examples of nityavidhi shlokas. Every action we perform, even routine things like taking bath, eating, etc., can be turned in to worship by chanting these mantras and contemplating on their meaning. This will bring good thoughts to the mind and helps develop positive attitude resulting in peace and happiness everyday.

प्रातः स्मरणम् - prātaḥ smaraṇam
(Morning Prayer)

Audio: <http://www.balagokulam.org/teach/shlokas/karagrevasate.wma>

कराग्रे वसते लक्ष्मीः ।	karāgre vasate lakṣmīḥ
करमध्ये सरस्वती ॥	karamadhye sarasvatī
करमूले तु गोविन्दः ।	karamūle tu govindaḥ
प्रभाते करदर्शनम् ॥	prabhāte karadarśanam

Bhagawati Lakshmi dwells at the tip of the hand. In the center of the palm resides Sarasvati, the Bhagawati of wisdom. At the base of the palm is Govinda. Hence, one should look and meditate on the hand early in the morning.

॥ योगासन समये ॥ || yogāsana samaye ||
(Before doing Yogasana)

योगेन चित्तस्य पदेन वाचा	yogena cittasya padena vācā
मलं शरीरस्य च वैद्यकेन ।	malaṁ śarīrasya ca vaidyakena
योऽपाकरोत्तं प्रवरं मुनीनां	yo'pākarottaṁ pravaraṁ munīnāṁ
पतञ्जलिं प्राञ्जलिरानतोऽस्मि ॥	patañjalim prāñjalirānato'smi

With joined hands, I stay bowed to Patanjali-the preeminent among the sages, who removed the impurities of the mind by (explaining) yoga, of the speech by (commenting on) grammar and of the body by (expounding) medicine.

स्नान समये - snāna samaye

(While taking bath)

Audio: <http://www.balagokulam.org/teach/shlokas/gangecha.wma>

गङ्गे च यमुने चैव ।	gaṅge ca yamune caiva
गोदावरि सरस्वति ॥	godāvari sarasvati
नर्मदे सिन्धु कावेरि ।	narmade sindhu kāveri
जलेऽस्मिन् सन्निधिं कुरु ॥	jale'smin sannidhiṁ kuru

In this water, I invoke the presence of holy waters from the rivers Gaṅgā, Yamunā, Godāvarī, Sarasvatī, Narmadā, Sindhu and Kāverī.

पठन समये - paṭhana samaye

(Before commencing Studies)

Audio: <http://www.balagokulam.org/teach/shlokas/saraswati.mp3>

सरस्वति नमस्तुभ्यम् ।	sarasvati namastubhyam
वरदे कामरूपिणि ॥	varade kāmarūpiṇi
विद्यारम्भं करिष्यामि ।	vidyārambhaṁ kariṣyāmi
सिद्धिर्भवतु मे सदा ॥	siddhirbhavatu me sadā

Oh Bhagawati Sarasvati, I bow to you, the fulfiller of my wishes. I begin my studies seeking your blessings so that I shall always be successful.

गुरु - guru

(Salutations to Guru)

Audio: <http://www.balagokulam.org/teach/shlokas/gurur.mp3>

गुरुर्ब्रह्मा गुरुर्विष्णुः	gururbrahmā gururviṣṇuḥ
गुरुर्देवो महेश्वरः ।	gururdevo maheśvaraḥ
गुरुः साक्षात् परब्रह्म	guruḥ sākṣāt parabrahma
तस्मै श्रीगुरवे नमः ॥	tasmai śrīgurave namaḥ

My salutations to Guru, who is Brahma, who is also Vishnu, and who is also Maheshvara. Guru is none other than the all-pervading supreme Self.

कार्य सिद्धि - kārya siddhi

(Before starting any work, pray to Bhagawan Ganesha)

Audio: <http://www.balagokulam.org/teach/shlokas/shuklambaradaram.wma>

शुक्लाम्बरधरं विष्णुम् ।	śuklāambaradharam viṣṇum
शशिवर्णं चतुर्भुजम् ॥	śaśivarṇam caturbhujam
प्रसन्नवदनं ध्यायेत् ।	prasannavadanam dhyāyet
सर्व विघ्नोऽपशान्तये ॥	sarva vighno'paśāntaye

For the removal of all the obstacles in my effort, I meditate upon Bhagawan Ganesha, who wears a white garment, who is all pervading, who has a bright complexion (like a full moon), who has four shoulders, who has an ever-smiling face.

दीपोज्वलनम् - dīpojvalanam

(While lighting the lamp)

Audio: <http://www.balagokulam.org/teach/shlokas/shubamkaroti.wma>

शुभं करोति कल्याणम् ।	śubham karoti kalyāṇam
आरोग्यं धन-सम्पदा ॥	ārogyam dhana-sampadā
शत्रुबुद्धिर्विनाशाय ।	śatrubuddhirvinaśāya
दीपज्योतिर्नमोस्तुते ॥	dīpajyotirnamostute

The lamp brings auspiciousness, prosperity, good health and abundance of wealth. Let (my) salutations be to you for the destruction of ignorance, which is the intellect's enemy.

॥ प्रदक्षिण नमस्कार समये ॥ || **pradikshina namaskāra samaye** ||

(While performing pradakshina namaskara,
where we go round 3 times from our right and perform namaskara)

यानि कानि च पापानि	yāni kāni ca pāpāni
जन्मान्तर कृतानि च ।	janmāntara kṛtāni ca
तानि तानि विनश्यन्ति	tāni tāni vinaśśyanti
प्रदक्षिण पदे पदे ॥	pradakṣiṇa pade pade

Oh! Bhagawan, Whatever sins I have committed all my lives (i.e including past lives), please destroy them at every step that I take around you.

निद्रा समये - nidrā samaye

(Before going to bed)

रामस्कन्धं हनूमन्तम् ।	rāmaskandham hanūmantam
वैनतेयं वृकोदरम् ॥	vainateyam vṛkodaram
शयने यः स्मरेन्नित्यम् ।	śayane yaḥ smarennityam
दुःस्वप्नम् तस्य नश्यति ॥	duḥsvapnam tasya naśyati

Meditating upon Hanumanta, Bhīma and Garuda before going to bed ensures a sleep without disturbing dreams.

भोजन मन्त्र - bhojana samaye

(Before taking food)

Audio - <http://www.balagokulam.org/teach/shlokas/brahmarpanam.wma>

ब्रह्मार्पणम् ब्रह्म हविर्	brahmārpaṇam brahma havir
ब्रह्माग्नौ ब्रह्मणाहुतम् ।	brahmāgnau brahmaṇāhutam
ब्रह्मैव तेन गन्तव्यम्	brahmaiva tena gantavyam
ब्रह्म कर्म समाधिना ॥	brahma karma samādhinā

Brahman is the oblation (fire sacrifice). Brahman is the ghee. The oblation is poured by Brahman into the fire of Brahman. Brahman shall be realized by the one who considers everything as (a manifestation or) an act of Brahman.

शान्ति मन्त्र - Shanti mantra

(Praying for Peace and happiness)

Audio: <http://www.balagokulam.org/teach/shlokas/sahanavavatu.wma>

ॐ सहनाववतु । सहनौ भुनक्तु ।

सहवीर्यं करवावहै ।

तेजस्विनावधीतमस्तु ।

माविद्विषावहै ।

ॐ शान्तिः शान्तिः शान्तिः ॥

om sahanāvavatu |

sahanau bhunaktu |

sahavīryam karavāvahai |

tejasvināvadhītamastu |

māvidviṣāvahai |

om śāntiḥ śāntiḥ śāntiḥ |

God protect both of us. May we be nourished together. May we work together. May our studies be brilliant. May we not fight with each other. Peace. Peace. Peace