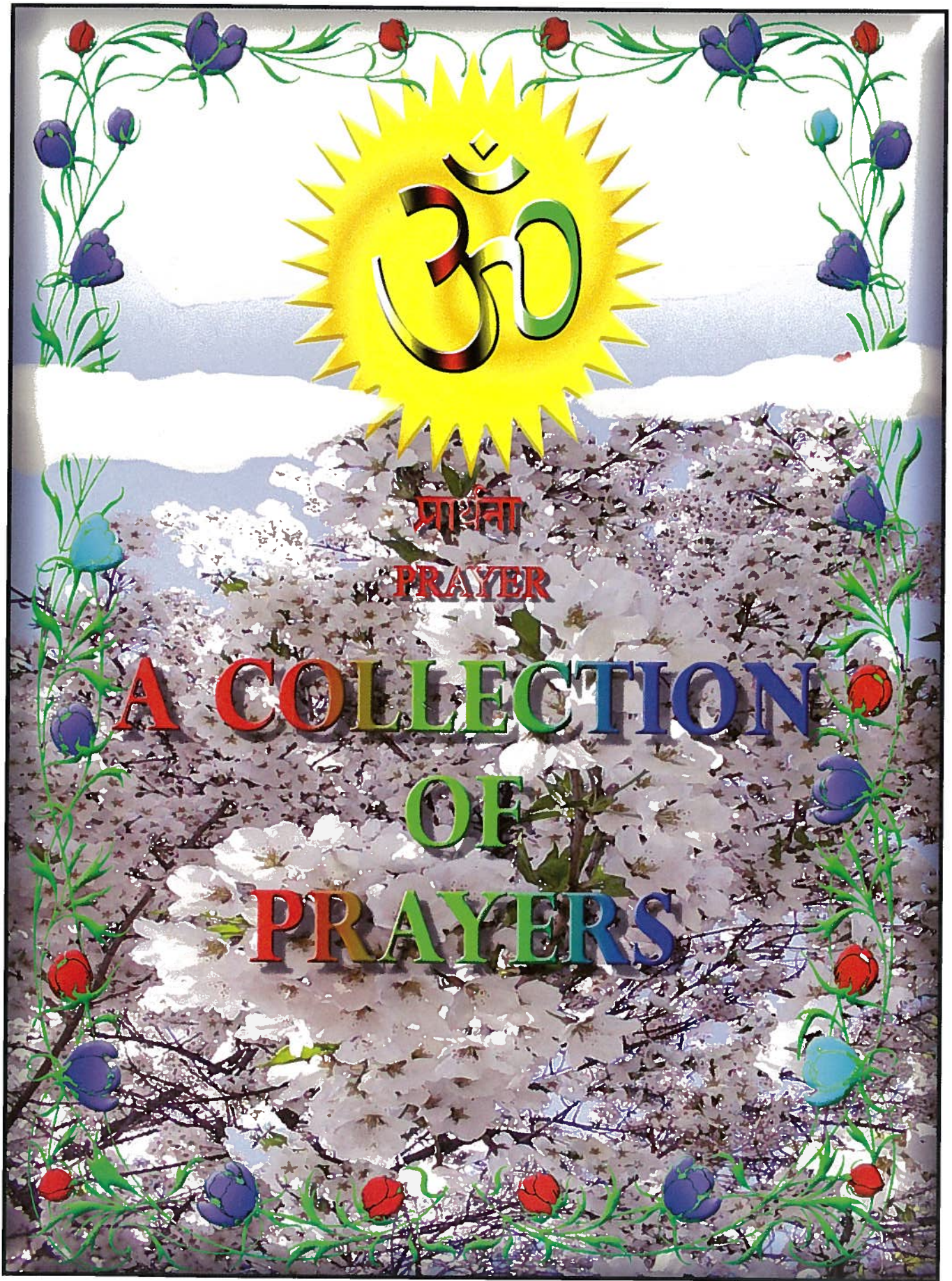




प्रार्थना
PRAYER

A COLLECTION
OF
PRAYERS



COMPILED
BY

Gaitree Sudha



A LIST OF THE PRAYERS

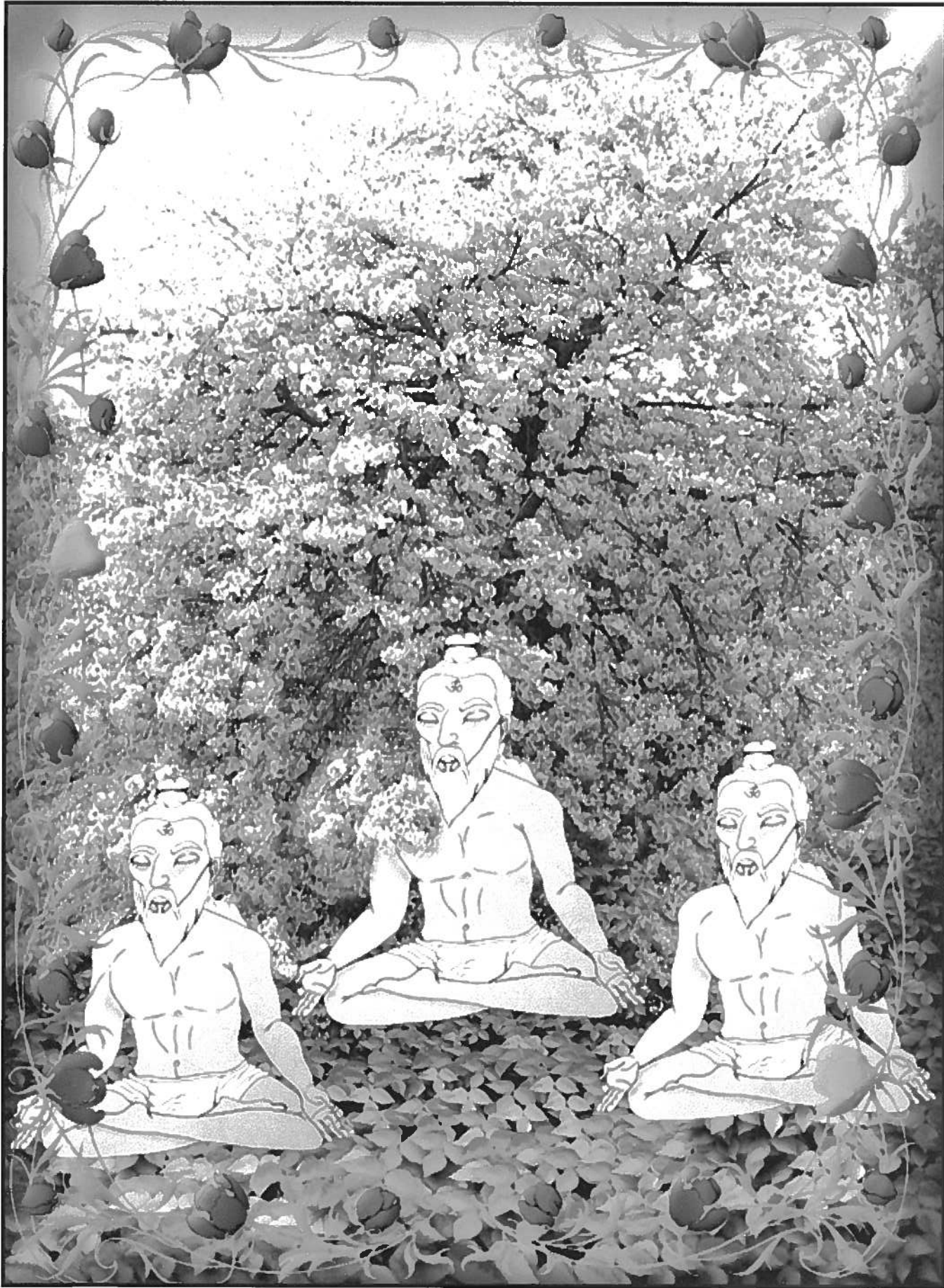
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The purpose of prayer is to purify and enoble life.
Prayer without faith and sincerity
does not result in strength and peace.

Let Us Pray



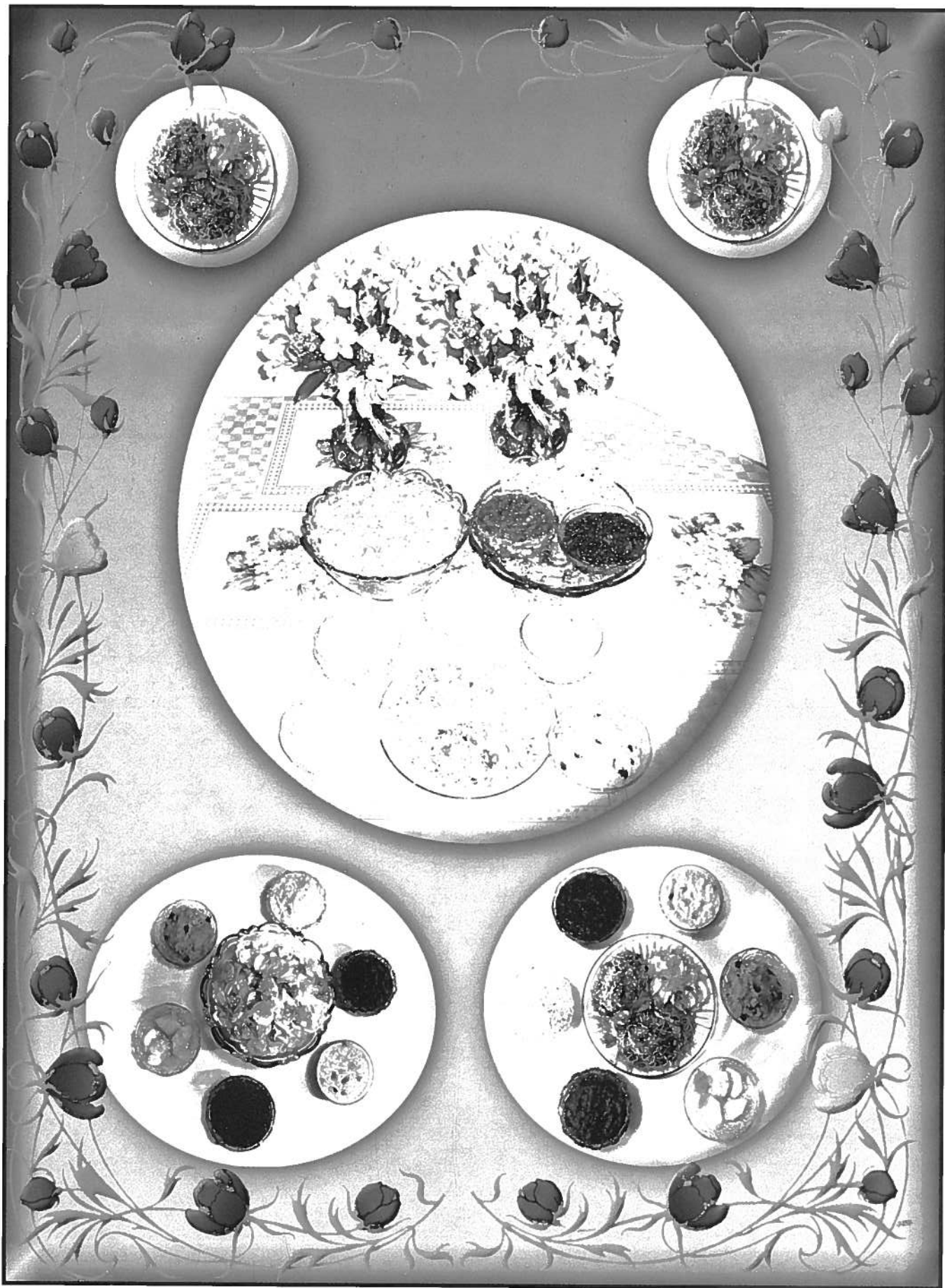
प्रातःकाल उठने के समय की प्रार्थना
MORNING PRAYER

ॐ प्रातरग्नि प्रातरिन्द्रं हवामहे प्रातर्मित्रावरुणा प्रातरश्विना ।
प्रातर्भगं पूषणं ब्रह्मणस्पतिं प्रातस्सोममुत रुद्रं हुवेम ॥

ॐ उत्तिष्ठत जाग्रत प्राप्य बरान्नि बोधत ।

Om praataragnim praatarindram havaamahe praatar mitraavarunaa
Praatarashwinaa. Praatarbhagam puushanam brahmanaspatim
Praatassomamuta rudram huvema.
Om uttishthata jaagrata praapya varaani bodhata

Awaking in the morning we meditate on God, who is all powerful, the Supreme Lord and creator of the universe, who is knowledgeable, pervasive and who is the destroyer of sins. We ask of him to bless us and make us wise and noble.



भोजन के समय की प्रार्थना
MEAL TIME PRAYER

ॐ अन्नपते अन्नस्य नो देहानमीवस्य शुष्मिणः ।
प्रप्रदातारं तारिष ऊर्जं नो धेहि द्विपदे चतुष्पदे ॥

Om annapate annasya no dehyanamivasya shushminah. Prapradaa-
Taaram taarisha uurjam no dhehi dvipade chatushpade.

O Lord, the Giver of Food! May this food give us health and energy and
free us from disease. Grant happiness to those that give food in charity.
may all living beings be blessed with energy-giving food.



परिवार कल्याण की प्रार्थना
FAMILY PRAYER

ॐ अनुव्रतः पितुः पुत्रो मात्रा भवतु समनाः ।
जायापत्ये मधुमतीं वाचं वदतु शान्तिवाम् ॥

Om anuvratah pituh putro maatraa bhavatu sammanaah. Jaaya patye madhu
Matim vaacham vadatu shaantivam.

O supreme and most merciful Lord, we, the members of this family, have assembled here to offer our prayers to Thee. Give unto us wisdom and understanding for the promotion of mutual love and affection. May we not hate each other and may harmony prevail among all of us. May the interaction between the members of this family and others be full of justice, love and mercy. May the younger members of the family be polite, respectable and dutiful and may all speak sweetly and truthfully.

ॐ मा भ्राता भ्रातरं द्विक्षन् मा स्वसारमुतस्वसा ।
समयं चः सप्तता भूत्वा वाचं वदत भद्रया ॥

Om maa braataa bhraataram dwikshan maa swassara muta swasaa.
Samyanchah saptataa bhuutwa vaacham vadata bhadrayaa.

O merciful father may we be free of ailments and worries and help us enjoy a healthy life up to a hundred years. Together may we work to achieve success in our undertakings by thy grace. May we obtain all our earnings by honest means and may we enjoy them by sharing with others.

समानी प्रपासहवोन्नभागः समानेयोक्त्रे सहवोयुनज्मि ।
सम्यंचोग्निं सपर्यतारा नाभिमिवा भितः ॥

Om samaani prapaa sahavo' nna bhaahgah samaane yoktre sahavo
Yunajmi. Samyanchognim saparyataaraa naabhi mivaa bhitah.

May we have good understanding with our neighbors and members of the community. May our intellect lead us along the path of righteousness and generate the attitude of truth, service and co-operation in us. Lord, we again bow to thee in prayer with devotion and humility.



पाठशाला चालू करने की प्रार्थना
SCHOOL ASSEMBLY PRAYER

ॐ भूर्भुवः स्वः । तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि ।
धियो यो नः प्रचोदयात् ।

Om bhuur bhuvah swah. Tatsavitur varenyam bhargo devasya dhiimahi.
Dhiyo yo nah prachodayaat.

Oh God you give life to man, animals and every other living things, you remove all our pains, miseries and sorrows, you give us happiness and joy and created this vast universe for our benefit. You are the brightest and purest whom we adore and we focus our minds on your qualities so that we can develop those qualities in our lives. We ask of thee to inspire and guide our intellect in the right direction.

ॐ सहनाववतु सहनौ भुनक्तु, सह वीर्यं करवावहै ।
तेजस्विनावधितमस्तु, मा विद्विषा वहै ॥

Om sahanavavatu sahanau bhunaktu saha viiryam karavaa vahai.
Tejaswinaavadhitamastu maa vidwishaah vahai.

O God, let us all unite and protect ourselves. Let us render service to others and let our studies be beneficial and lustrous. Let there be no hatred among us.

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

Twameva maataa cha pitaa twameva Twameva banduscha sakhaa twameva
Twameva vidyaa dravinam twameva Twameva sarvam mama deva deva

O Lord! You are our Mother, Father, Brother and our true Friend, you are knowledge and wealth, You are everything to us and our only Deva.



जन्म दिन की प्रार्थना
BIRTHDAY PRAYER

ॐ भूर्भुवः स्वः । तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि ।
धियो यो नः प्रचोदयात् ।

Om bhuur bhuvah swah. Tatsvitur varenyam bhargo devasya dhiimahi.
Dhiyo yo nah prachodayaat.

Oh God you give life to man, animals and every other living things, you remove all our pains, miseries and sorrows, you give us happiness and joy and created this vast universe for our benefit. You are the brightest and purest whom we adore and we focus our minds on your qualities so that we can develop those qualities in our lives. We ask of thee to inspire and guide our intellect in the right direction.

ॐ असतो मा सद्गमय । तमसो मा ज्योतिर्गमय ।
मृत्योर्माऽमृतंगमय ।

Om asato maa sad gamaya. Tamso maa jyotir gamaya. Mrityormaa'
Mritam gamaya.

Oh supreme Lord lead us from untruth to truth, from darkness to light,
and from death to immortality.

ॐ मा सिंचन्तु मरुतः सं पूषा सं बृहस्पतिः । सं मायमग्निः
सिंचतु प्रजया च धनेन च दीर्घमायुः कृणोतुमे ।

Om maa sinchantu marutah sam puusha sam brihaspatih. Sam maayamgnih
Sinchatu prajayaa cha dhanena cha dirghamaayuh krinotu me.

May the five elements, the life-giving air, the earth, the food digesting-energy (agni), the water, and the balance-maintaining ether, make my body healthy and strong. I pray for thy blessings to live a hundred years enjoying wealth and prosperity.



ॐ त्र्यायुषं जमदग्नेः कश्यपस्य त्र्यायुषम् । यद्देवेषु त्र्यायुषं
तन्नो अस्तु त्र्यायुषम् ।

Om tryaayusham jamadgneh kashyapasya tryaayusham. Yad deveshu
Tryaayusham tanno astu tryaayusham.

Great yogis, learned ones and devotees, have experienced profound joy in
their childhood, youth and in old-age. May we enjoy such sound health
in all these three stages.

ॐ पितर आयुष्मन्तस्ते स्वधाभिरायुष्मन्तस्तेन त्वायुषा
अयुष्मन्तं करोमि ।

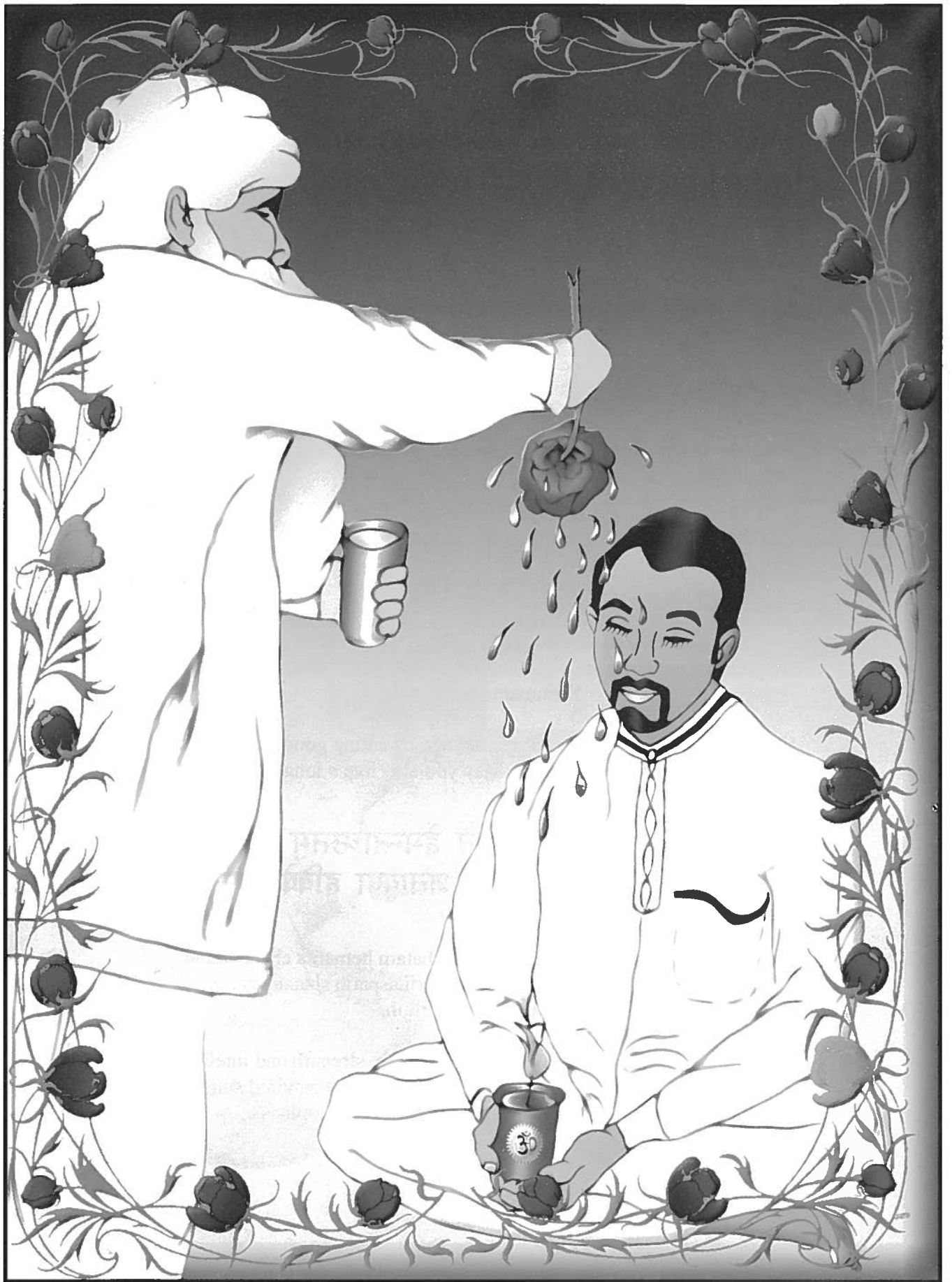
Om pitar aayushmantaste swadhaabhi raayushmanta stena twaayushaa
Yushmantam karomi.

Your forefathers lived up to a ripe old age by eating good quality and
health –promoting food. May you also live a long life.

ॐ शतं जीव शरदोवर्धमानः शतं हेमन्ताच्छतम् वसन्तान् ।
शतमिन्द्राग्नी सविता बृहस्पतिः शतायुषा हविषेमं पुनर्दुः ।

Om shatam jiva shardo vardhamaanah shatam hemanta chchhatamu
Vasantaan. Shata mindragnee savita brihaspatih shataayushaa
Havishemam punarduh.

May you, partake of food that promote long life, strength and intellect,
happily see a hundred winters, a hundred springs and a hundred summers.
may you live a hundred years in peace and happiness.



स्वास्थ्य की प्रार्थना
PRAYER FOR HEALTH

ॐ भूर्भुवः स्वः । तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि ।
धीयो यो नः पचोदयात् ।

Om bhur bhuvah swah. Tatsavitur varenyam bhargo devasya dhimahi.
Dhiyo yo nah prachodayat.

O God you give life to man, animals and every other living things, you remove all our pains, miseries and sorrows. You give us happiness and joy and created this vast universe for our benefit. You are the brightest and purest one whom we adore and we focus our minds on your qualities so that we can develop those qualities in our lives. We ask of thee to inspire and guide our intellect in the right direction.

ॐ तनुपा अग्नेऽसि, तन्वं मे पाहि । ॐ आयुर्दा अग्नेस्यायुर्मे
देहि । ॐ वर्चोदा अग्नेऽसि, वर्चो मे देहि ।
ॐ अग्ने यन्मे तन्वा ऊनं तन्म आपृण ॥

Om tanupa agne si tanvam me pahi. Om ayurda agne syayurme dehi.
Om varchoda agne si varcho me dehi.
Om agne yanme tanva unam tanma aprina.

O Lord: Make my body healthy. Give me a happy, long life, make me strong. Remove from my body all ailments and weaknesses.

ॐ तेजोऽसि तेजो मयि धेहि । ॐ वीर्यमसि वीर्यं मयि धेहि ।
ॐ बलमसि बलं मयि धेहि । ॐ ओजोऽस्योजो मयि धेहि ।
ॐ मन्युरसि मन्युं मयि धेहि । ॐ सहोऽसी सहो मयि धेहि ।

Om tejo si tejo mayi dhehi. Om viryamasi viryam mayi dhehi. Om balamasibalam mayi dhehi. Om ojo'syojo mayi dhehi. Om manyaurasi manyum mayi dhehi. Om saho' si saho mayi dhehi.

Oh Powerful God: Give me power, make my body sound. Remove my weaknesses and give me strength, Give me intelligence, consciousness and perception. Give me righteous anger to destroy sins. Bless me with determination and tolerance.

ॐ तच्चक्षुर्देवहितं पुरस्तात्छुक्रमुच्चरत् ।
पश्येम शरदः शतं जीवेम शरदः शतं श्रणुयाम शरदः
शतं प्रब्रवाम शरदः शतमदीनाः शयाम शरदःशतं
भूयश्च शरदः शतात् ।

Om tachchakshur devahitam purastaach chhukram uchcharat. Pashyema
Sharadah shatam jivema sharadah shatam shrinuyaama sharadah shatam
Prabravaama sharadah shatam adinaah syama sharadah shatam bhuyashcha
Sharadah shatat.

O Almighty Lord you are the well-wisher of thy worshippers: I concentrate on thy
pure energy. Give me perfect health. May my eyes, ears, tongue and the other
organs function in a strong and healthy way for a hundred years. May I not
become helpless and dependent during this time. Give on to me dear God
a hundred years of joyous life free from disease.

ॐ आपः शिवाः शिवतमाः शान्ताः शान्तस्तमा
स्तास्ते कृण्वन्तु भेषजम् ॥

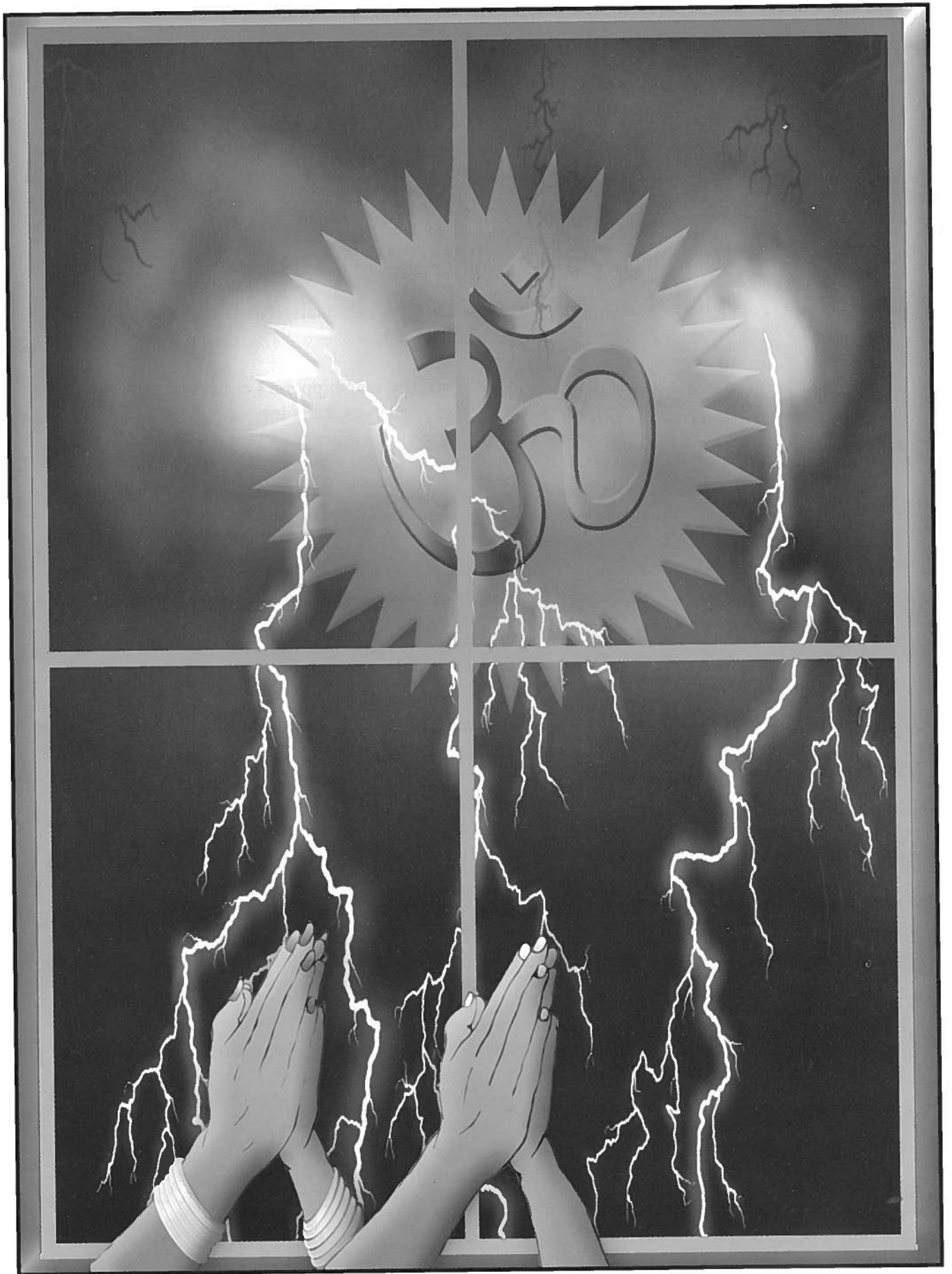
Om aapah shivaah shivatamah shaantaah shaantastamaa staaste
Krinavantu bsheshajam.

O All –pervading Lord : Thou art beneficent; make me good. Thou art
the Giver of Peace; cure me of my illness. By Thy grace may the germ-
destroying medicines prove effective in curing me speedily.

ॐ त्र्यंबकं यजामहे सुगन्धिं पुष्टिवर्धनम् । उर्वारु
मिव बन्धनान्मृत्योर्मुक्षीय मामृतात् ॥

Om tryambakam yajamahe sugandhim pushtivardhanam urvaaruk miva
Bandhanaan mrityor mukshiya maa'mritaat.

O sustainer of the Three Worlds. You are the Destroyer of illness and
support of all. I ask of thee father, as a ripe fruit gets its release from its
pedicel, so free us from disease and give us immortal life.



रात्रि को सोने के समय की प्रार्थना
BEDTIME PRAYER

ॐ यज्जाग्रतो दूरमुदैति दैवं तद्सुप्तस्य तथैवैति । दूरंगमं ज्जोतिषां
ज्जोतिरेकं तन्मे मनः शिवसंकल्पमस्तु ॥

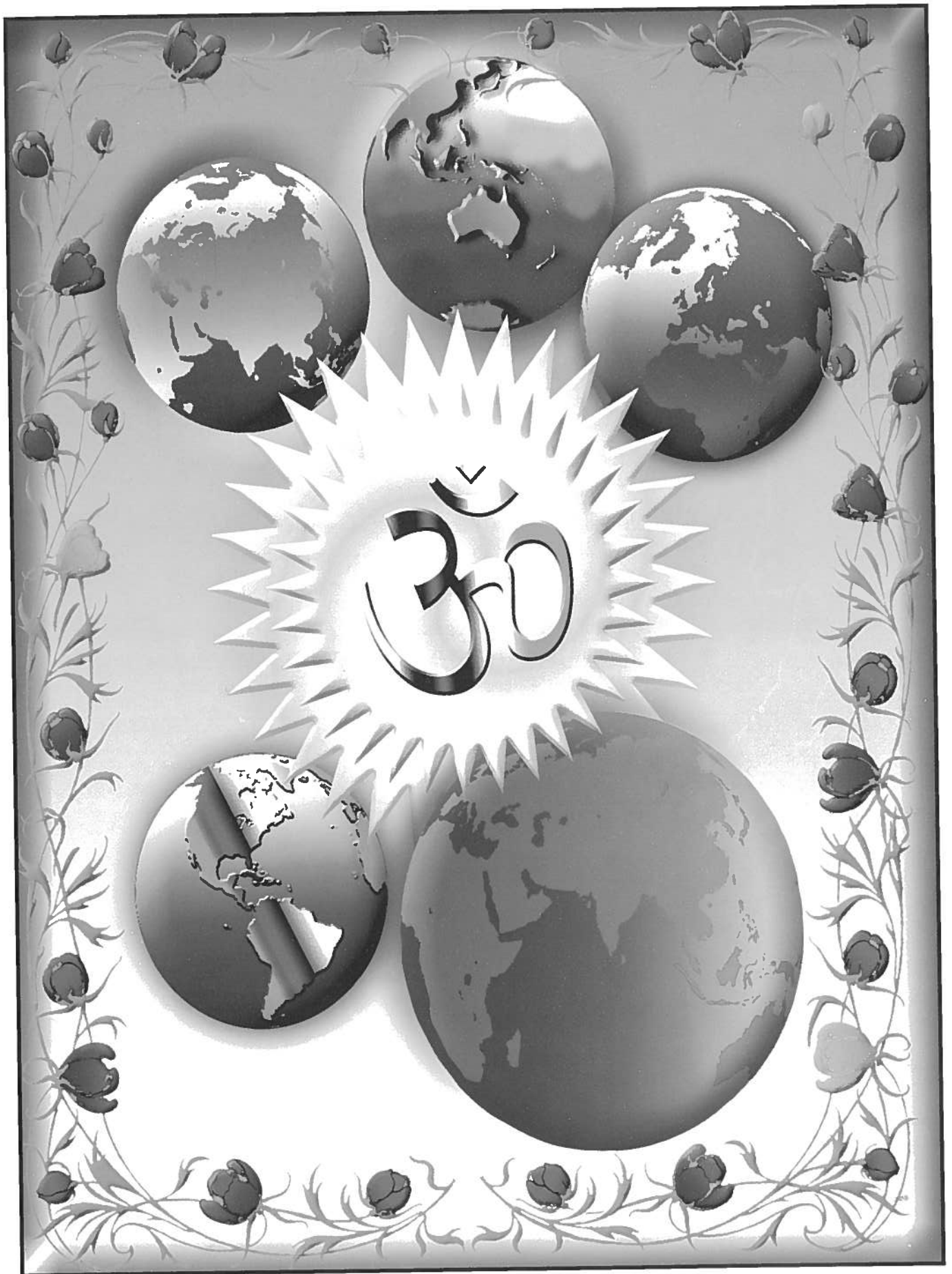
Om yajjagrato durmudaiti daivam tadu supatasya tathaivaiti. Durangamam
Jyotisham jyotirekam tanme manah shiva sankalpamastu.

O lord my mind is so swift that it wanders far away both while awake and sleep.
Thou art the giver of Light and Knowledge. Help me to control my fleeting mind.
Give unto my mind peace, and may good thoughts originate in it.

ॐ असतो मा सद्गमय तमसो मा ज्जोतिर्गमय मृत्योर्माऽमृतंगमय।

Om asato maa sad gamaya. Tamso maa jyotir gamaya.
Mrityormaa mritam gamaya.

O Supreme spirit lead us from untruth to truth, lead us from darkness
to light, lead us from death to immortality.



एकता संगठन के मंत्र
PRAYER FOR UNITY

ॐ संसमिद्युवसे वृषन्नग्ने विश्वान्यर्य आ । इडस्पदे
समिद्यसे सनो वसून्या भर ॥

Om samidyuvase vrishan nagne vishwaanyarya aa Idaspade samidhyase
Sa no vasuunya bhara.

O God. The fulfiller of all our desires, you pervade everything animate and inanimate. You are resplendent in this material world also which we describe in words. You gather and collate all the resources necessary for our survival. Please grant us material wealth and divine qualities.

ॐ संगच्छध्वं संवदध्वं संवोमनांसि जानताम् ।
देवा भागं यथापूर्वं संजानाना उपासते ॥

Om sangachchhadhwam samvadadhvam samvomanaasi jaanataam.
Devaa bhaagam yathaa puurve sanjaanaanaa upaasate.

O citizens! Live in harmony and concord. Be organised and co-operative. speak pleasantly to each other and let your minds be all of one accord to acquire knowledge of various sciences, as our ancient saints and seers, leaders and preceptors, may you not falter in executing your duties.

ॐ समानो मंत्रः समितिः समानी समानं मनः सह चित्तमेषाम् ।
समानं मंत्रमभिमंत्रयेवः समानेन वो हविषा जुहोमि ॥

Om samaano mantrah samitih samaani samaanam manah saha
Chittameshaam Samaanam mantram abhimantraye vaha samaanena
Vo havishaa juhomi

O mankind! Let the object of your thought be the same, the place of your assembly ought to be common, your hearts be united together: I (God) initiate you in the common inspired hymn and provide all of you with common objects for accepting and offering.

ॐ समानी व आकृतिः समाना हृदयानि वः ।
समानमस्तु वो मनो यथा वः सुसहासति ॥

Om samaani va aakuutih samaanaa hridayaani vah. Samaanamstu vo
Mano yathaa vahsusahaasati.

O Devotees, May your object of life be one and the same, may your
hearts and minds be united together so that there may be an excellent
common status of life for all.



राष्ट्रीय प्रार्थना
PRAYER FOR NATIONAL PROSPERITY

ओं आब्रह्मन ब्राह्मणो ब्रह्मवर्चसी जायताम् । आ राष्ट्रे
राजन्यः शूर इषव्योऽति व्याधीः महारथो जायताम् ।
दोग्धी धेनुर्वोढाऽनडवानाशुः सप्तःपुरन्धर्योषा जिष्णु -
रथेष्टाः सभेयो युवास्य यजमानस्य वीरो जायताम् ।
निकामे निकामे नः पर्जन्यो वर्षतु फलवत्यो न ओषधयः
पच्यन्तां योगक्षेमो नः कल्पताम् ।

Om aa brahman braahmano brahmavarchasi jaayataam. Aa raashtre
Raajanyah shuura ishavyoti vyaadheeh mahaaratho jaayataam. Dogdhri
Dhenur vodhaa nadwaanaashuh saptih purandhir -voshaa jishnuu
Ratheshtaah sabheyo yuvaasya yajamaanasya viro jaayatam. Nikaamay
Nikamay nah parjanya varshatu phalavatyo na oshadhayah pachyantaam
Yoga kshemo nah kalpataam.

Lord thou art knowledgeable, May men of learning and wisdom be born in our country. May there be born fearless, valiant and heroic soldiers proficient in the art of war to destroy our enemies. May there be no shortage of milch cows, animals useful in our agricultural operations and also other domesticated animals. May there be born in the homes, children who will become useful and civilised members of the community. May the women of our country be serviceable to all. May this land of ours be blessed with its seasonal rains, its natural fauna and flora, and may it yield in quantities adequate for our subsistence. May this country of ours thrive and flourish, be productive and populated, and may all be progressive and prosperous.



विश्व प्रार्थना
UNIVERSAL PRAYER

ॐ भूर्भुवः स्वः । तत्सवितुर्वरेण्यं भर्गोदेवस्य धीमहि ।
धियो योनः प्रचोदयात् ।

Om bhuur bhuvah swah. Tatsavitur varenyam bhargo devasya dhimahi dhiyo
Yo nah prachodayaat.

Oh God you give life to man, animals and every other living things, you remove all our pains, miseries and sorrows, you give us happiness and joy and created this vast universe for our benefit. You are the brightest and puriest whom we adore and we focus our minds on your qualities so that we can develop those qualities in our lives. We ask of thee to inspire and guide our intellect in the right direction.

ॐ विश्वानि देव सवितर्दुरितानि परासुव यद्भद्रं तन्न आसुव ।

Om vishwaani deva savitar duritaani paraasuva. Yad bhadram tanna aasuva.

O Lord, the Creator of the universe! Remove all forms of vices and sorrows from us and endow us with all that is noble.

ॐ अग्नेनय सुपथा राये अस्मान् विश्वानि देववयुनानि विद्वान् ।
युयो ध्यस्मज्जुहुराणमेनो भूयिष्ठां ते नम उक्तिं विधेम ॥

Om agne naya supathaa raaye asmaan vishwaani deva vayunaani vidwaan.
Yuyo dhyasma jjuhuraana meno bhuyishthante nama uktim vidhema.

Oh the effulgent divinity, lead us through noble path to prosperity, all knowledge and action and remove all evils from us, may we bow to and glorify thee more and more.

ॐ असतो मा सद्गमय । तमसो मा ज्योतिर्गमय ।
मृत्योर्मांमृतं गमय ॥

Om asato ma sad gamaya. Tamso ma jyotir gamaya. Mrityormaa ‘
Mritam gamaya.

O Supreme Lord. Lead us from untruth to truth. From darkness to
light and from death to immortality.

ॐ सर्वे भवन्तु सुखिनः सर्वेसंतु निरामयाः । सर्वे भद्राणि
पश्यन्तु मा कश्चिद् दुःखमाप्नुयात् ।

Sarvay bhavantu sukhinah. Sarvay santu niramayah Sarvay bhadrani
Pashyantu, Maa kashchit dukha mapnuyaat.

O lord! In Thee may all be happy. May all be free from misery,
may all realize goodness, and may no one suffer pain.

As you live your life you are faced with unexpected challenges, sorrows and difficulties and the only way out of this is through prayer. These mantras can heal, guide and help to control the mind, the senses and help to differentiate right from wrong.

Prayers help to empty the mind's bowl filled with sorrows and difficulties and allow us to face life with faith and courage. It also gives us inner peace and happiness through god's blessings.

May god bless the hands that turn the pages of this book.

Thank you

Gaitree Audho





प्रार्थना

PRAYER

A COLLECTION OF PRAYERS

COMPILED BY

Gaitree Audho