

DHYANA SLOKAS (GAJANANAM)

At the beginning of every lecture or class we chant the Dhyana Slokas. This helps to set the inner mood and create the proper mindset for the practice. The prayers invoke the Gurus and teachers blessing for a successful practice.

The Gajananam follows nearly the same sequence as the Jaya Ganesha. First, we invoke Ganesha to remove all obstacles, then Subramanya to give us strength and destroy all negative forces, inside and outside. Next is Saraswati to give us Divine knowledge. Then we ask the teacher (Guru) to guide us always. We invoke the Divine Mother Durga, Narayani to bring auspiciousness to all our undertakings.

Gajananam Bhutaganadi Sevitam

Kapitta Jambu Phala Sara Bhakshitam

Uma Sutam Shokavinasha Karanam

Namami Vigneshvara Pada Pamkajam

I prostrate myself before the lotus feet of Vigneshwara (Ganesha), the son of Uma, the cause of destruction of sorrow, who is served by the host of angels, who has the face of an elephant, who partakes of the essence of Kapitta and Jambu fruits.

Shadananam Kumkuma Raktavarnam

Mahamatim Divya Mayura Vahanam

Rudrasya Sunam Surasainya Natham

Guham Sadaham Sharanam Prapadye

I always take refuge in Guha of six faces (Subramanya), who is of deep red color like Kumkuma, who possesses great knowledge, who has the divine peacock to ride on, who is the son of Rudra (Siva) and who is the leader of the army of the Devas (gods, angels).

Ya Kundendu Tushara Hara Dhavala Ya Shubra Vastravrita

Ya Vina Vara Danda Mandita Kara

Ya Shveta Padmasana

Ya Brahmachyuta Shankara Prabhrivir

Devai Sada Pujita

Sa Mam Patu Saraswati Bhagavati

Nishyesha Jatypaha

May that goddess Saraswati, who wears a garland white like the Kunda flower, the moon and the snow, who is adorned with pure white clothes, who hands are ornamented with Vina and the gestures of blessings, who is seated on a white Lotus, who is always worshipped by Brahma, Vishnu and Siva and the other Gods, who is the remover of all inertness and laziness, protect me.

Om Namah Sivaya Gurave

Sat-Chid-Ananda Murtaye

Nishpranchaya Shantaya

Sri Sivanandaya Te Namaha

Sri Vishnu Devanandaya Te Namaha

Salutations to Guru Siva (Sivananda) who is the embodiment of Existence-Knowledge-Bliss Absolute, in whom worldliness does not exist, who is ever peaceful. Salutations to Swami Vishnu Devananda

Om Sarva Mangala Mangalye

Shive Sarvatha Sadike

Sharanye Trayambake Gauri

Narayani Namostute

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I salute the three-eyed Divine Mother Narayani, who brings auspiciousness and who fulfills all the desires of the Devotees (both spiritual and material)