



Sangh Sutra 2015

"Recognising the good in others is one of the greatest and rarest of human virtues. The guiding principle for a worker should be to water the seeds of virtues in others and carefully weed out their vices and defects without parading them before all and by presenting before them the silent example of their own superior conduct."

Poojaneya Guruji

Name:

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Sangh Sútra is a collection of the prayers (prārthanā/mantra) and songs (geet) that we commonly sing in shakhas.

Each of the prārthanā, mantras and geet has their meaning, as well as the text in Hindi, next to them. Audio versions are also available to download on **www.hssuk.org**

The material has been provided in this form so that we may follow them as we hear and recite them, helping us to learn to sing them ourselves.

Make use of this by learning the prārthanā, mantras, geet and their meaning so that you can recite them in your homes and daily lives.

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Ish Chintan

Taken literally, Īsh Chintan means thinking and meditating about God. It is a collection of mantras and verses, mainly from our scriptures, such as the Vedas and Upanishads. By reciting the Īsh Chintan every morning we ask God for blessings to guide us in the right path in terms of our own conduct as well as the wellbeing of all others around us.

ॐ **bhūrbhuvah swah
tatsaviturvareṇyaṃ
bhargo devasya dhīmahi
dhiyo yo nah pracodayāt**

Rig Veda (Gayatri Mantra)

ॐ भूर्भुवः स्वः
तत्सवितुर्वरेण्यं
भर्गो देवस्य धीमहि
धियो यो नः प्रचोदयात्

Lord, you are the giver of life, the remover of pain and misery, and the source of happiness. May you, creator of the Universe, guide our intellect in the right direction.

ॐ **saccidānandarūpāya
namo'stu paramātmane
jyotirmayasvarūpāya
viśwamaṅgalyamūrtaye**

Ekatmata Stotra

ॐ सच्चिदानन्दरूपाय
नमोऽस्तु परमात्मने
ज्योतिर्मयस्वरूपाय
विश्वमांगल्यमूर्तये

I bow to the Supreme Lord, who is the very form of truth, consciousness and bliss; an infinite, expansive blaze of light and the very image of universal good.

**prakṛtiḥ pañca bhūtāni
grahā lokā swarāsthā
diśaḥ kālaśca sarveṣāṃ
sadā kurvantu maṅgalam**

Ekatmata Stotra

प्रकृतिः पञ्च भूतानि
ग्रहा लोका स्वरास्तथा
दिशः कालश्च सर्वेषां
सदा कुर्वन्तु मंगलम्

May nature, composed of the: three qualities, (Sat, Rajas and Tamas); five elements (fire, water, air, earth and space); nine planets and fourteen worlds; seven notes of music with all their variations; ten directions and time (past, present and future), provide eternal good to us.

**ratnākarādhautapadām
himālayakiritiniṃ
brahmarājjarṣiratnādhyām
vande bhāratamātaram**

Ekatmata Stotra

रत्नाकराधौतपदां
हिमालयकिरीटिनीम्
ब्रह्मराजर्षिरत्नाढ्यां
वन्दे भारतमातरम्

Our salutations to Bharat Mata whose feet are washed by the waves of the Indian ocean, who is crowned by the snowy Himalayas, whose illustrious children include distinguished sages who have attained enlightenment and led the nation.

**īśāvāsyamidam sarvaṃ
yatkiñca jagatyām jagat
tena tyaktena bhūñjīthāḥ
mā grdhaḥ kasyasviddhanam**

īśāvāsyā Upanishad

ईशावास्यमिदं सर्वं
यत्किञ्च जगत्यां जगत्
तेन त्यक्तेन भुञ्जीथाः
मा गृधः कस्यस्विद्धनम्

The entire universe consists of the Supreme Lord present within nature that has existed since the beginning of time. That Almighty alone is therefore independent - without a beginning and without an end. Due to this quality, do not lust for others' wealth. Instead enjoy whatever is given to you by the Lord, and realise the Self by awareness and renunciation.

**ॐ saṃgacchadhvaṃ saṃvadadhvaṃ
saṃ vo manāṃsi jānatām
devā bhāgaṃ yathā pūrve
sañjānānā upāsate**

Rig Veda

ॐ संगच्छध्वं संवदध्वं
सं वो मनांसि जानताम्
देवा भागं यथा पूर्वे
सञ्जानाना उपासते

May you move in harmony, speak in one voice; let your minds be in agreement; just as the ancient gods shared their portion of sacrifice.

**samāno mantraḥ samitiḥ samāni
samānaṃ manaḥ saḥacittameṣām
samānaṃ mantramabhimantraye vaḥ
samānena vo haviṣā juhomi**

Rig Veda

समानो मन्त्रः समितिः समानी
समानं मनः सहचित्तमेषाम्
समानं मन्त्रमभिमन्त्रये वः
समानेन वो हविषा जुहोमि

May our purpose be the same; may we all be of one mind. In order for such unity to form I offer a common prayer.

**samanī va ākūtiḥ
samānā hridayāni vaḥ
samānamastu vo mano
yathā vaḥ susahāsati**

Rig Veda

समानी व आकूतिः
समाना हृदयानि वः
समानमस्तु वो मनो
यथा वः सुसहासति

*May our intentions and aspirations be alike, so that a
common objective unifies us all.*

**asato mā sadgamaya
tamaso mā jyotirgamaya
mrityormā'mratam gamaya**

Brihadaranyaka Upanishad

असतो मा सद् गमय
तमसो मा ज्योतिर्गमय
मृत्योर्मासृतां गमय

*Almighty, lead me from the untruth to the truth. Lead me
from darkness to light. Lead me from death to immortality.*

**ॐ pūrṇamadaḥ pūrṇamidaṃ
pūrṇātpūrṇamudacyate
pūrṇasya pūrṇamādāya
pūrṇamevāvaśiṣyate**

Iśāvāsya Upanishad

ॐ पूर्णमदः पूर्णमिदं
पूर्णात्पूर्णमुदच्यते
पूर्णस्य पूर्णमादाय
पूर्णमेवावशिष्यते

*That (Absolute Brahman that is me) is infinite. This
(Manifested Brahman that is the Universe) is also infinite.
From infinity comes infinity. Infinity subtracted from infinity,
still leaves infinity.*

**na tvahaṃ kāmaye rājyaṃ
na svargaṃ nāpunarbhavam
kāmaye duḥkha taptānāṃ
prāṇināmārtināśanam**

Shrimad Bhagwat

न त्वहं कामये राज्यं
न स्वर्गं नापुनर्भवम्
कामये दुःखतप्तानां
प्राणिनामार्तिनाशनम्

*I do not desire for kingdom, heaven or end of rebirth. My only
desire is that all those beings which are afflicted by misery be
happy.*

**jīvane yāvadādānaṃ
syāt pradānaṃ tato'dhikam
ityeṣā prārthanāsmākaṃ
bhagavan paripūryatām**

Vivekānanda Kendra prarthana

जीवने यावदादानं
स्यात् प्रदानं ततोऽधिकम्
इत्येषा प्रार्थनास्माकं
भगवन् परिपूर्यताम्

*The principle of giving more than we receive is the ideal for
life. O Lord we pray to you to fulfill this prayer of ours.*

**sarve bhavantu sukhinaḥ
sarve santu nirāmayāḥ
sarve bhadraṇi paśyantū
mā kascit duḥkhabhāg bhavet**

Bṛihadaranyaka Upanishad

सर्वे भवन्तु सुखिनः
सर्वे सन्तु निरामयाः
सर्वे भद्राणि पश्यन्तु
मा कश्चित् दुःखभाग् भवेत्

*Let all be happy. Let all be healthy. Let all see the good in
others. Let no one suffer from unhappiness.*

ॐ śantiḥ śantiḥ śantiḥ

ॐ शान्तिः शान्तिः शान्तिः

Ekātmatā Mantra

*“Ekātmatā” means a single unified soul or consciousness.
The Ekātmatā Mantra is therefore a special unity hymn
sung to remind us that God is one, even though Hindus have
given him different names relating to different
characteristics, functions, time periods and cultures. Singing
this mantra every day reminds us of the essential unity of all
Hindu thought, philosophy, sects and creeds that comprise
the whole Hindu society. It makes us aware of the whole
society as one and inspires us to work for its unity.*

**yaṃ vaidikā mantradrśaḥ purāṇā
indraṃ yamaṃ mātariśvānamāhuḥ
vedāntino'nirvacaniyamekam
yaṃ brahma śabdena vinirdīśanti**

यं वैदिका मन्त्रदृशः पुराणा
इन्द्रं यमं मातरिश्वानमाहुः
वेदान्तिनोऽनिर्वचनीयमेकम्
यं ब्रह्मशब्देन विनिर्दिशन्ति

*There is only ONE: The scriptures and those who knew the
Vedas, to whom the mantras were revealed, refer to as Indra
(the King of the Deities), Yama (the eternal and timeless God),
and consider as present everywhere like the air and the
Vedantis call as Brahma (one that cannot be described or
explained).*

**śaivā yamīsaṃ śiva ityavochan
yaṃ vaiṣṇavā viṣṇuriti stuvanti
buddhastathā'rhanniti bauddhajaināḥ
sat-shrī-akāleti ca sikkha santah**

शैवा यमीशं शिव इत्यवोचन्
यं वैष्णवा विष्णुरिति स्तुवन्ति
बुद्धस्तथाऽर्हन्निति बौद्ध जैनाः
सत-श्री-अकालेति च सिक्ख सन्तः

The Shaivaites say Omnipotent Shiva, Vaishnavas call Vishnu, Buddhists call Buddha, Jains say Arhant, one without an end and Sikhs as Sat Shri Akal, the timeless truth.

**śāsteti kecit prakrutih kumārah
swāmīti māteti piteti bhaktyā
yaṃ prārthayante jagadīśitāraṃ
sa eka eva prabhuradvitīyaḥ**

शास्तेति केचित् प्रकृतिः कुमारः
स्वामीति मातेति पितेति भक्त्या
यं प्रार्थयन्ते जगदीशितारं
स एक एव प्रभुरद्वितीयः

Some call him Shasta, Mother Nature, Kumar or Swami (lord of the universe and protector of all) Mata (divine mother) or Pita (father). All refer to the same and only ONE who is without a second.

Sangh Prārthanā

This prārthanā (prayer) contains the objectives of Sangh and what is needed to achieve them. Repeated daily, it acts as a guide to all throughout their lives. It is capable of giving a direction and purpose for all our actions and a constant source of inspiration to us in our work.

**sarvamaṅgala māṅgalyāṃ
devīm sarvārtha sādḥikām
śaraṇyām sarva bhūtānāṃ
namāmo bhūmimātaram**

सर्वमङ्गलमाङ्गल्यां
देवीं सर्वार्थसाधिकाम्।
शरण्यां सर्वभूतानां
नमामो भूमिमातरम्॥

We bow to thee Mother Earth. The giver of all happiness, the centre of all good things, the fulfiller of all our desires and the refuge of all beings.

**saccidānanda rūpāya
viśva mangala hetave
viśwadharmāika mūlāya
namostu paramātmane**

सच्चिदानन्दरूपाय
विश्वमङ्गलहेतवे।
विश्वधर्मैकमूलाय
नमोऽस्तु परमात्मने॥

We pay our respects to you, Oh Mighty God, you have the knowledge and you give happiness. You are the giver and the cause of all the goodness and you are the only source of Dharma (righteousness), which embraces the whole world.

**viśwadharma vikāsar̥tham
prabho sanghaṭitā vyaṃ
śubhāmāśiṣa-masabhyam
dehi tat pariṃrtaye**

विश्वधर्मविकासार्थम्
प्रभो सङ्घटिता वयम्।
शुभामाशिषमस्मभ्यम्
देहि तत् परिपूर्तये ॥

O God. We get together and organise ourselves for the spread and development of Vishwa (universal) Dharma, kindly bless us so that we can reach this goal.

**ajayyam ātma sāmartyam
suśilam̐ lokapūjitaṃ
jñānam̐ ca dehi viśveśa
dhyeya mārga prakāśakam**

अजय्यमात्मसामर्थ्यम्
सुशीलं लोकपूजितम्।
ज्ञानं च देहि विश्वेश
ध्येयमार्गं प्रकाशकम् ॥

O Lord of the Universe. Grant us unbeatable strength, self confidence, good character worthy of respect by others and the knowledge that will show us the path leading to the achievement of our aim.

**samutkarṣo stu no nityam̐
niḥśreyasa samanvitaḥ
tatsādhaḥ sphuratwantah
suvira vratamujalam**

समुत्कर्षोस्तु नो नित्यं
निःश्रेयससमन्वितः।
तत्साधकं स्फुरत्वन्तः
सुवीरव्रतमुज्वलम् ॥

We have undertaken a vow which is divine and worthy of heroes. It aims at achieving our material and spiritual prosperity. May this great vow always inspire our hearts to fulfil it.

**viśwadharma prakāśena
viśvasānti pravartake
hindusanghatanā kārye
dhyeyaniṣṭhā sthirā-stunaḥ**

विश्वधर्मप्रकाशेन
विश्वशान्तिप्रवर्तके।
हिन्दुसङ्घटनाकार्ये
ध्येयनिष्ठा स्थिरास्तु नः ॥

Let us have unwavering devotion to our ideal of organising and uniting the society (Hindu) so that it is capable of establishing world peace by following the universal Dharma.

**sanghaśaktirvijetrīyam̐
kṛtvāsmaddharma rakshaṇam
paramam̐ vaibhavam̐ prāptum̐
samarthāstu tavāśiṣā**

सङ्घशक्तिविजेत्रीयं
कृत्वास्मद्धर्म रक्षणम्।
परमं वैभवं प्राप्तुं
समर्थास्तु तवाशिषा ॥

Let our victorious organised strength, protected by our Dharma, be capable of achieving the supreme prosperity for all through your blessings.

**tvadiye puṇya kāryesmin
viśva kalyāṇa sādhaḥ
tyāga sevā vratasyāyam
kāyo me patatu prabho**

त्वदीये पुण्यकार्येस्मिन्
विश्वकल्याणसाधके।
त्यागसेवाव्रतस्यायम्
कायो मे पततु प्रभो ॥

In pursuit of the welfare of the human race, which indeed is thy holy cause, and inspired by noble virtues of service and sacrifice, let my being, O Lord, be offered at your feet.

Viśva Dharma Ki Jai

विश्व धर्म की जय

Victory To The Universal Dharma

Bhojan Mantra

Food enables us to nurture and protect our bodies so that we can be more effective in achieving our goals. We recite this mantra before eating our meals to offer our food to God first (in the form of Brahman) as well as to remind us of our duties and responsibilities towards each other.

**Anna grahaṇa karane se pahale
Vichāra mana me karanā hai
Kisa hetu se isa śārīra kā
Rakshaṇa poṣaṇa karanā hai**

अन्न ग्रहण करने से पहले
विचार मन मे करना है
किस हेतु से इस शरीर का
रक्षण पोषण करना है

Before we take our food, we pause to think, for what purpose should we nurture and protect our body.

**He parmeśwar ek prārthanā
Nitya tumhāre charṇo meṃ
Laga jāye tan man dhan merā
Vishwa dharmā kī sevā meṃ**

हे परमेश्वर एक प्रार्थना
नित्य तुम्हारे चरणों में
लग जाये तन मन धन मेरा
विश्व धर्म की सेवा में ॥

O God, grant us this prayer, for which I bow with respect at your feet, that my body, mind and wealth be put to use in the service of Universal Dharma.

**ॐ brahmārpanaṃ brahmahavir
Bhramāgnau brahmanā hutam
Brahmaiva tena gantavyaṃ
Brahma karma samādhinā**

ॐ ब्रह्मार्पणं ब्रह्महवि
ब्रह्माग्नौ ब्रह्मणाहुतम् ।
ब्रह्मैव तेन गन्तव्यं
ब्रह्म कर्म समाधिना ॥

The act of offering is Brahman. The offering itself is Brahman. The offering is done by Brahman in the sacred fire which is Brahman. He alone attains Brahman who, in all actions, is completely absorbed (samadhi) in Brahman.

**ॐ saha nāvavatu
Saha nau bhunaktu
Saha vīryaṃ karavāvahai
Tejasvināvadhītamastu mā vidviṣāvahai**

ॐ सह नाववतु
सह नौ भुनक्तु ।
सह वीर्यं करवावहै
तेजस्विनावधीतमस्तु मा विद्विषावहै ॥

Let us protect each other, let us eat together, let us work together, let us study together to be bright and successful and let us not hate each other.

ॐ śantiḥ śantiḥ śantiḥ

ॐ शान्तिः शान्तिः शान्तिः॥

ॐ Peace Peace Peace

Sūryanamaskār Mantras

Sūryanamaskār (salutation to the sun) was developed as an exercise many thousands of years ago to be practiced by everyone as an integral part of daily life. The following mantras highlight the unique qualities of the Sun (Sūrya Nārāyan) and the benefits that can be gained from performing Sūryanamaskārs regularly.

**Dheyah sada savitr mandala madhyawarti
Narayanaḥ sarasijāsana sannivishṭaḥ
Keyurawān makara kundalawān kirīṭi
Hāri hiran-maya-vapur-dhrta śhankha chakraḥ**

ध्येय सदा सवितृ मण्डलमध्यवर्ती, नारायणः सरसिजासनसन्निविष्टः ।
केयूरवान् मकरकुण्डलवान् किरीटी, हारी हिरण्मयवपुर् धृतशंखचक्रः ॥

O Surya Narayana! You are the crown glory, carrying shankha chakra in your hands. You are the creator of joy and destroyer of sorrows. You cover the entire universe with the golden twilight. You are the Master, the Provider of the entire universe. O Sun God! Make all my efforts as bright and brilliant as the sun in the solar system.

**Aadityasya namaskārān ye kurvanti dine dine
Ayuh pragnya balam veeryam tejas teshan ch jayate**

आदित्यस्य नमस्कारान्, ये कुर्वन्ति दिने दिने ।
आयु प्रज्ञा बलं वीर्यम्, तेजस तेषां च ज्ञायते ॥

Those who regularly perform Sūryanamaskārs attain healthy long life. They possess brightened personalities. They become strong, knowledgeable and have courage to fight with valour.

ॐ **Mitraaya Namaḥ** | ॐ मित्राय नमः
The friend of all

ॐ **Ravaye Namaḥ** | ॐ रवये नमः
The shining one

ॐ **Suryāya Namaḥ** | ॐ सूर्याय नमः
The one who induces activity

ॐ **Bhānave Namaḥ** | ॐ भानवे नमः
The one who illuminates

ॐ **Khagāya Namaḥ** | ॐ खगाय नमः
The one who moves quickly in the sky

ॐ **Pūshne Namaḥ** | ॐ पूष्णे नमः
The giver of strength

ॐ **Hiranyagarbhāya Namaḥ** | ॐ हिरण्यगर्भाय नमः
The bright centre of all energy

ॐ **Marīchaye Namaḥ** | ॐ मरीचये नमः
The lord of the dawn

ॐ **Aadityāya Namaḥ** | ॐ आदित्याय नमः
The son of Aditi

ॐ **Savitre Namaḥ** | ॐ सवित्रे नमः
The benevolent mother

ॐ **Arkāya Namaḥ** | ॐ अर्काय नमः
The one who is fit to be praised

ॐ **Bhāskarāya Namaḥ** | ॐ भास्कराय नमः
The one who leads to enlightenment

ॐ **Shrī Savitru Sūrya Nārāyanāya Namaḥ**
ॐ श्रीसवितृसूर्यनारायणाय नमः

Geet

Geets (songs) play a very important role in helping us learn, understand and be inspired by our Sangh work, Hindu culture, values, heritage and history. By singing these geets together in unison we develop confidence while bringing our hearts and minds closer together.

Geet 1: Nadiya Na Piye Kabhī Apanā Jal

Nadiya na piye kabhī apanā jal

Vruksh na khāye kabhī apanā phal

Apane tan kā, man kā, dhan kā, dhyeya prati ho dān re

Vo sachcā insān re, vo sachcā insān

Chāhe mile sonā chāndī, chāhe mile sūkhī rotī

Mahel mile bahu sukhakārī, chāhe mile kutiyā khālī

Prem aur santosh bhāv se, karatā jo svikār re ||1||

Vo sachcā insān re...

Chāhe kare nindā koi, chāhe koi gun gān kare

Phulo se satkār kare, kānto kī chintā na dhare

Mān aur apamān hī dono, jiske liye samān re ||2||

Vo sachcā insān re...

नदिया न पिए कभी अपना जल

नदिया न पिए कभी अपना जल

वृक्ष न खाए कभी अपना फल

अपने तन का मन का धन का, ध्येय प्रति हो दान रे

वो सच्चा इंसान रे, वो सच्चा इंसान ॥ध्रु॥

चाहे मिले सोना चांदी, चाहे मिले सूखी रोटी

महल मिले बहु सुखकारी, चाहे मिले कुटिया खाली

प्रेम और संतोष भाव से, करता जो स्वीकार रे ॥१॥

वो सच्चा इंसान रे...

चाहे करे निंदा कोई, चाहे कोई गुण गान करे

फूलो से सत्कार करे, कांटों की चिंता न धरे

मान और अपमान ही दोनों, जिसके लिए समान रे ॥२॥

वो सच्चा इंसान रे...

Geet 1: Meaning

A river never drinks its own water.

A tree never eats its own fruit.

In the same way, a true person is one that gives his mind, body and wealth to their goals and mission.

Whether one gets gold or silver, or dry food; a very luxurious palace, or an empty hut. A true person is one that accepts whatever is given with love and satisfaction.

Whether one is criticised or praised, admire with flowers rather than worrying about the thorns. A true person is one who accepts both equally.

Geet 2: Ektā Swatantratā Samānatā Rahe

Ektā swatantratā samānatā rahe

Vishwa me charitra kī mahānatā rahe, mahānatā rahe

Kanth hai karodo geet ek vishwa kā

Rang hai anek citra ek vishwa kā

Roop hai anek bhāv ek vishwa kā

Shabda hai anek artha ek vishwa kā

Chetanā samagratā samānatā rahe ||1||

Vishwa me charitra ki mahānatā rahe...

Pragati me vivek swapna ek vishwa kā

Yojnā anek dhyān ek vishwa kā

Karm hai anek lakshya ek vishwa kā

Pantha hai anek dharma ek vishwa kā

Sādagi sahisnutā samānatā rahe ||2||

Vishwa me charitra ki mahānatā rahe...

Jāti hai anek rakta ek vishwa kā

Pankti hai anek lekh ek vishwa kā

Desh hai anek bhāv ek vishwa kā

Kiran hai anek surya ek vishwa kā

Jāgaran manushyatā samānatā rahe ||3||

Vishwa me charitra ki mahānatā rahe...

एकता स्वतंत्रता समानता रहे

एकता स्वतंत्रता समानता रहे
विश्व में चरित्र की महानता रहे महानता रहे ॥धु॥

कण्ठ हैं करोड़ों गीत एक विश्व का
रंग हैं अनेक चित्र एक विश्व का
रूप हैं अनेक भाव एक विश्व का
शब्द हैं अनेक अर्थ एक विश्व का
चेतना समग्रता समानता रहे ॥१॥
विश्व में चरित्र की महानता रहे...

प्रगति में विवेक स्वप्न एक विश्व का
योजना अनेक ध्यान एक विश्व का
कर्म हैं अनेक लक्ष्य एक विश्व का
पन्थ हैं अनेक धर्म एक विश्व का
सादगी सहिष्णुता समानता रहे ॥२॥
विश्व में चरित्र की महानता रहे...

जाति हैं अनेक रक्त एक विश्व का
पंक्ति हैं अनेक लेख एक विश्व का
देश हैं अनेक भाव एक विश्व का
किरण हैं अनेक सूर्य एक विश्व का
जागरण मनुष्यता समानता रहे ॥३॥
विश्व में चरित्र की महानता रहे...

Geet 2: Meaning

To keep good character (moral values) on a high pedestal, oneness, freedom and equality are necessary in the world.

Millions are singing the same universal song (message). Though there are many colours in the canvas of the world, diverse humanity has just one feeling. Through different ways the same universal message is conveyed. We have to keep our consciousness and harmony to the core.

Mother Earth has a dream of her integrated (not one sided) development. There might be various models of development but sustainability of all entities should be kept in mind. Everyone can put their own efforts in various ways but still keeping the same sense of 'the world as one family'. Mechanisms may differ, but the whole world should be upheld by the same universal laws. We can bring equality through simplicity and patience.

Despite there being different types of people, the same blood is flowing through each person. Diverse ways to express the same thought are appreciated. Each country should feel connected with each other (together contributing for the betterment of the Universe). As the single Sun illuminates the entire world by many rays, we expect awareness of humanity and equality to prevail.

Geet 3: Vishwa Mangal Sāadhanā Ke

Vishwa mangal sādhanā ke hum hai mauna pujārī
Ārādhaka hai vishwa shānti ke akṣaya ṭeka hamārī

Vividha pantha mat darśana śailī

Bhāshā rīt vidhāna praṇālī

Eka saccidānanda rūpa kī

Bhavaya shrishṭi yah sārī ||1||

Artha kāma ke pīche saba nar

Bhāg rahe hai andhe hokara

Dharma bhāvase dūra karenge

Vikṛti svecchācārī ||2||

Balahīnonko nahī pūchatā

Balavānoṃ ko vishwa pūjatā

Sangh shakti yuga satya āja hai

Mānavatā hitakārī ||3||

Sangh shaktī yah vijayashālinī

Khala sanhārak dharmarakṣiṇī

Naye vishwa kā srujana karegī

Sabajana mangalakārī ||4||

विश्वमंगल साधना के

विश्वमंगल साधना के हम हैं मौन पुजारी

आराधक हैं विश्वशांति के अक्षय टेक हमारी ॥धृ॥

विविध पंथ मत दर्शन शैली भाषा रीत विधान प्रणाली

एक सच्चिदानंद रूप की भव्य सृष्टि यह सारी ॥१॥

अर्थ काम के पीछे सब नर भाग रहे हैं अंधे होकर

धर्म भावसे दूर करेंगे विकृति स्वेच्छाचारी ॥२॥

बलहीनोंको नहीं पूछता बलवानों को विश्व पूजता

संघशक्ति युग सत्य आज है मानवता हितकारी ॥३॥

संघशक्ति यह विजयशालिनी खल संहारक धर्मरक्षिणी

नये विश्व का सृजन करेगी सब जन मंगलकारी ॥४॥

Geet 3: Meaning

We are the silent devotees praying for goodness and harmony for all (vishwa mangal). Our only wish is for universal peace and our spirit for this cause will be unwavering and everlasting.

Though we see many different sects, creeds, religions, languages, customs, practices, philosophies and styles these are all are different manifestations and an expansion of the one supreme being with the qualities of sat (truth), chit (consciousness) and anand (bliss).

The world is blindly running after only their desires and material prosperity. Through the promotion and spirit of our dharma we will remove the negative elements of greed and selfishness and broaden this narrow perspective.

No one will listen to those without strength and power, even if they have high philosophies and thoughts. In contrast, those with strength and power will be worshiped and followed by the whole world. Organised unity will be victorious and for the benefit of wider humanity; this is the truth of the present era.

Our organised strength will be victorious and will help defeat all negative forces for the protection of dharma. This shakti (strength) will create a new world order where all are happy and prosperous.

Subhāshita

Subhāshita (noble words) are shlokas taken from our holy scriptures, such as the Vedas and Upanishads which convey the spirit and uniqueness of Hindu Dharma. By learning and reciting these on a regular basis we can reflect on the universality and eternal nature of our Hindu Dharma.

kriṇvanto viśwamāryam

कृण्वन्तो विश्वमार्यम्

Let us make this world noble

ekam sat viprāḥ bahudhā vadanti

एकं सत् विप्राः बहुधा वदन्ति

Truth is one; Wise men call it by different names

ayaṃ nijaḥ paro veti gaṇanā laghucetasām udāra caritānām tu vasudhaiva kutumbakam

अयं निजः परो वेति गणना लघुचेतसाम्

उदार चरितानां तु वसुधैव कुटुम्बकम्

The thought that, this is mine and that is somebody else's appear only to those with a narrow mind. For the open minded, however, the entire world is one family

**nābhiṣeko na saṃskāraḥ
siṃhasya kriyate vane
vikramārjita-satwasya
swayameva mrgendratā**

नाभिषेको न संस्कारः सिंहस्य क्रियते वने
विक्रमार्जित सत्वस्य स्वयमेव मृगेन्द्रता

*No rites of entronement are performed on a lion as
the king of the animals in the forest. It earns the
kingship of animals by its own might*

**udaye savitā raktau
raktashchāstamane tathā
sampatau ca vipattau ca
mahatāmek roopatā**

उदय सविता रक्तौ रक्तश्चास्तमने तथा
सम्पतौ च विपत्तौ च महातामेकरूपता

*The sun looks alike while rising and setting. Great men
too remain alike in both the good and bad times.*

**yatra sarve netāraḥ
sarve paṇḍita-māninaḥ
sarve mahatva-micchanti
tatra kāryaṃ vinaśyati**

यत्र सर्वे नेतारः सर्वे पण्डित-मानिनः
सर्वे महत्त्वमिच्छन्ति तत्र कार्यं विनश्यति

*Where everyone is a leader, where everybody thinks he
knows best and where everybody desires a place of
importance, the work to be done gets spoiled*

**gacchan pipīliko yāti
yojanānāṃ śatairapi
agacchan vainateyo'pi
padamekaṃ na gacchati**

गच्छन् पिपीलिको याति योजनानां शतैरपि
अगच्छन् वैनतेयोऽपि पदमेकं न गच्छति

*An ant which keeps moving covers hundreds of miles
while the Garuda which does not move can't cover even
a step*

**āhār nidra bhay maithunaṃ ca
sāmānyameintat pashubhirnarānām
dharmo hi teshām adhiko vishesho
dharmaṇ heenāḥ pashubhiḥ samānāḥ**

आहार निद्रा भय मैथुनं च सामान्यमेतत पशुभिर्नराणाम
धर्मो हि तेषाम अधिको विशेषो धर्मेणहीनाः पशुभिः समानाः

*Eating, sleep, emotion and reproduction are four habits
which are common between human beings and
animals. "Dharma" is the important additional quality
of man, which differentiates him from an animal.*

**upakāraḥ paro dharmāḥ
prayatno daivataṃ param
suśīlatā parā nītiḥ
kāryaṃ saṃghātmakaṃ param**

उपकारः परो धर्मः प्रयत्नो दैवतं परम्
सुशीलता परा नीतिः कार्यं संघात्मकं परम्

*Service is the greatest virtue. Effort is the
highest fortune. Noble character is the ultimate
wisdom and the greatest work is of organisation
(sanghathan) of the society*

Amrut Vachan

*Amrut Vachan are quotes by great personalities from our
history. These portray aspects of philosophy, personality
development and action. Reading and reciting these
regularly can inspire us and help guide our actions in a
positive direction.*

**All of us have to be taught that we are Hindus to
whatever denomination we may belong, have
certain common ideas behind us, and that the
time has come when for the well-being of
ourselves, for the well-being of our race, we
must give up all our little quarrels and
differences.**

Swami Vivekananda

**Mental weakness is the biggest weakness. This is
the biggest shortcoming of our society. If we
keep in mind our strength and unite, then our
work will be very high. Then, no work will appear
impossible. The truth is that we have a lot of
strength, but despite this we have forgotten our
own strength.**

Poojaneya Doctorji

Mark me, then and then alone you are a Hindu when the very name sends through you a galvanic shock of strength. Then, and then alone you are a Hindu when every man who bears name from any country, speaking your language or any other language, becomes at once the nearest and the dearest to you. Then, and then alone you are a Hindu when the distress of anyone bearing that name comes to your heart and makes you feel as if your own son were in distress.

Swami Vivekananda

Every organ of our body and our mind is filled with only one feeling – we must serve our Hindu society. There is no space for any other thought in our inner mind. Then why will God's blessings not be with us? Today the situation is so favourable to us that wherever our workers go, they become successful. Since our goal is extremely pure (sacred) and for benefit of the society our work has become God's work and it is exactly for this reason that we will definitely become successful.

Poojaneya Doctorji

Get up and set your shoulder to the wheel – how long is the life for you? As you have come into this world, leave some mark behind. Otherwise where is the difference between you and the trees and stone? They too come into existence, decay and die.

Swami Vivekananda

Take up one idea. Make that one idea your life - think of it, dream of it, live on that idea. Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave every other idea alone. This is the way to success, that is the way great spiritual giants are produced.

Swami Vivekananda

My faith is in the younger generation, the modern generation – out of them will come my workers. They will work out the whole problem, like lions. I have formulated the idea and have given my life to it. If I do not achieve success, some better one will come after me to work it out, and I shall be content to struggle.

Swami Vivekananda

What we want is muscles of iron and nerves of steel. We have wept long enough. No more weeping, but stand on your feet and be men. It is a man-making religion that we want. It is man-making theories that we want. It is man-making education all round that we want.

Swami Vivekananda

It is the coming together of little things in an organised manner that always goes to make a great thing. Great characters do not come up as readymade products in a day. They are built silently and their glorious heights scaled inch by inch and step by step.

Poojaneya Guruji

Practice is absolutely necessary. You may sit down and listen to me by the hour every day, but if you do not practice, you will not get one step further. It all depends on practice. We never understand these things until we experience them. We will have to see and feel them for ourselves. Simply listening to explanations and theories will not do.

Swami Vivekananda

Recognizing the good in others is one of the greatest and rarest of human virtues. The guiding principle for a worker should be to water the seeds of virtues in others and carefully weed out their vices and defects without parading them before all and by presenting before them the silent example of his own superior conduct.

Poojaneya Guruji

Sangh gives considerable importance to samskaras. A person's actions are guided by his thoughts, and a gathering of those who have similarity of thought and action contribute to a creative environment. Let us build throughout this country a pure and respectable, devoted to the cause, hopeful, inspiring and refreshing environment. Wherever Swayamsevaks go they should carry the spirit of such an environment.

Poojaneya Doctorji

We should give close attention to the programmes in shakhas, systems therein, swayamsevaks' attitude, behaviours and development of good qualities. I believe that success shall be ours when all of us are involved in this effort with one mind.

Poojaneya Guruji

Society will understand the Sangh through the Karyakarta only. I should become as pure and auspicious as Sangh is. Sangh should not get blotted by any of my misconduct. Each of us should ponder 'how can I become an instrument for social welfare by which society will be benefited.'

Ma. Moropant Pingle

Prarthana has become our mantra. We express all our hearty feelings while reciting it. Emotions arising of pure heart can create great impact.

This is the main purpose of reciting the prarthana. In this prarthana our ideology and methodology have been mentioned. Therefore we call it as Sangh Mantra.

Ma. Babasaheb Apte

Each one of us should try to become a model swayamsevak. May my whole life be dedicated to this work? For this purpose, we should acquire the necessary abilities of a good body and mind, develop the necessary qualities such as enthusiasm, confidence, valour and the will to win, and try to make our life that of a model swayamsevak.

Poojaneya Guruji

What is the process for imparting and imprinting permanent sanskaars? Psychologists tell us that there are three factors – firstly constant meditation on the ideal that is to be formed into a sanskaar, secondly constant company of persons devoted to the same ideal and finally engaging the body in activities congenial to that ideal – all are necessary in fashioning the character of a person after the ideal

Poojaneya Guruji

Every Swayamsevak should cultivate a magnetic aura around him. He must be adept in the art of having always around him intimately at least ten to twenty persons. He should equip himself with one or two well-bloomed traits. To be a good organiser, one must be apart from being soft and sweet-tongued, a good judge of men and matters and have acumen to deploy the right person for the right responsibility for which he is best suited.

Poojaneya Doctorji

Purity of speech, of the mind, of the senses, and of a compassionate heart are needed by one who desires to rise to the divine platform.

Chanakya

Physical education for the body to be effective must be rigorous and detailed, far sighted and methodological. This will be translated into habits. These habits should be controlled and disciplined, while remaining flexible enough to adapt themselves to circumstances and to the needs of growth and development of the being.

Sri Aurobindo

Perfect health, sincerity, honesty, straightforwardness, courage, disinterestedness, unselfishness, patience, endurance, perseverance, peace, calm, self control are all things that are taught infinitely better by example than by beautiful speeches

Sri Aurobindo

The highest education is that which does not merely give us information but makes our life in harmony with all existence.

Rabindranath Tagore

All that we are is the result of what we have thought. The mind is everything. What we think we become.

Buddha

Janmadin Geet (Birthday Song)

This Janmadin Geet conveys good wishes and blessings to our friends and family on the occasion of their birthday. It covers some of the wider elements of happiness, fame, fulfilment and long life.

**Janma-dinam-idam ayi priya sakhē
śaṁ tanōtu tē sarvadā mudam
Prārtha-yāmahē bhava śatāyuṣī
Iśvaraḥ sadā tvām ca rakṣatu
Puṇya-karmaṇā kīrtim-arjaya
Jīvanam tava bhavatu sārthakam**

जन्मदिनमिदम् अयि प्रिय सखे
शं तनोतु ते सर्वदा मुदम्
प्रार्थयामहे भव शतायुषी
इश्वरः सदा त्वां च रक्षतु
पुण्यकर्मणा कीर्तिमर्जय
जीवनं तव भवतु सार्थकम्

O Dear friend! May this birthday bring auspiciousness and joy to you forever. Indeed, we all pray for your long life. May the Lord always protect you. By noble deeds, may you attain fame and may your life be fulfilled.

Shānti Pāth

This Shānti Pāth is supposed to calm the mind of the reciter and the environment around them. We therefore recommend that this is recited before you go to sleep.

ॐ dhyau shanti-antariksha dhvam
shanti-prithvi shanti-rapah
shanti-aushadhaya
shanti-vanaspatayah
shanti-vishwedeva shanti-brahma
shanti-sarva dhvam shanti shantireva
shanti sā mā shanti redhi
ॐ shanti shanti shanti ॐ

ॐ द्यौः शान्ति रन्तरिक्षं शान्तिः

पृथिवी शान्ति रापः शान्तिरोषधयः शान्तिः ।

वनस्पतयः शान्ति विश्वे देवाः शान्ति ब्रह्म शान्तिः

सर्वं शान्तिः शान्तिरेव शान्तिः सा मा शान्तिरेधि ॥

ॐ शान्तिः शान्तिः शान्तिः ॥

May there be peace in heaven, peace in the atmosphere, peace across the waters. May there be peace on Earth, may peace flow from herbs, plants and trees. May all the celestial beings pervade peace, may peace pervade all quarters and may that peace come to me.