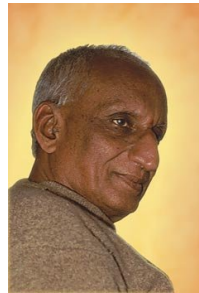




**H.H. Swami Sivananda Ji Maharaj**

**Sivananda**  
**&**  
**Shan-mata**  
**Mantra Manjari**

by



**Swami N.V. Karthikeyan**

# **Introduction to Mantra Manjari**

Hari Om

Om Namo Bhagavate Sivanandaya.

Adorations and salutations to the One Supreme Being, whom religions call God. 'Goal of life is God-realisation,' says Swami Sivanandaji Maharaj. This is attained by worship of any Deity or God. There are six main Deities, viz., Ganesa, Devi, Siva, Vishnu, Surya and Skanda. The system of worship of these six Deities is known as 'Shan-Mata'. Usually, devotees have a chosen Deity, called Ishta Devata, for their worship, on whom they pour all their love and devotion, and attain Him. There are innumerable devotee-saints who have attained God through worship of any of these Deities. The Vedas proclaim: "Ekam Sat, Vipraha Bahudha Vadanti". "The ONE BEING, the wise diversely speak of".

This Mantra Album "Sivananda and Shan-mata Mantra Manjari" is a garland of Mantras. The album begins with the Guru-Stotras, etc., invoking the grace of Gurudev Swami Sivanandaji Maharaj, who is the inspiration behind this effort and also the Guru is regarded as the embodiment of all the Deities. This is followed by Mantras to the Shan-mata Deities, in the order of Ganesa, Devi, Siva, Vishnu, Surya and Skanda. To enhance the utility and value of the Album, we have also included, at the end, the 'Navagraha Stotras' which are effective prayers to ward off the negative influence of the nine planets, and the 'Skanda Upanishad' which contains mystic clues for meditation and Wisdom. The Album concludes with Mantras for the welfare of mankind, thus making it a complete presentation.

Swami N.V. Karthikeyan of Sivananda Ashram, Rishikesh (India), a direct disciple of Swami Sivanandaji, has been kind enough to chant these Mantras for us, in his own way of feelingful prayer. This rendition is a humble attempt to make these powerful Mantras available to devotees and aspirants on the spiritual path and is purely for free circulation. This Mantra Manjari is offered with deep love and devotion at the Lotus Feet of our Beloved Gurudev with a prayer to bless and awaken the slumbering spirit in us all.

Hari Om Tat Sat.

Date : September 2007

- Sivananda Devotees

**OM**

**Om....Om....Om**

Om....Om....Om

**Om Gam Ganapataye Namah**

Om, Salutations to Lord Sri Ganesa.

**Om Gum Gurubhyo Namah**

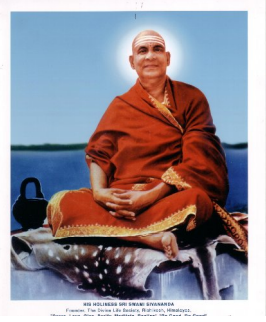
Om, Salutations to Gurus, the Spiritual Masters.

**Om Aim Saraswatyai Namah**

Om, Salutations to Goddess Saraswati, the Divine Mother.

# **GURU STOTRA**

**Om Brahmaanandam Parama Sukhadam Kevalam Jnaanamoortim  
Dvandvaateetam Gagana Sadresam Tattvamasyaadi Lakshyam  
Ekam Nityam Vimalamachalam Sarvadhee Saakshibhootam  
Bhaavaateetam Triguna Rahitam Sadgurum Tam Namaami**



Prostrations to the Guru, the Absolute, the embodiment of Bliss, the bestower of Highest joy. He is beyond duality, He is knowledge personified. All-pervasive like the sky, He is One, Eternal, Pure and Steady. He has realized “Thou Art That”. He is the Witness of all thoughts. He is free from the three Gunas, beyond all modifications of mind and body.

**Ajnaana Timiraandhasya Jnaanaanjana Salaakayaa  
Chakshurun-meelitam Yena Tasmai Sree Gurave Namah**

Prostrations to that Guru, who, through the collyrium of Knowledge, opens the eyes of him who is blind by the gloom of ignorance.

**Gurur-Brahmaa Gurur-Vishnur-Gurur-Devo Maheshwarah  
Guruh Saakshaat Param Brahma Tasmai Sree Gurave Namah**

Guru is Brahma. Guru is Vishnu. Guru is Siva. Guru is the Supreme Brahman Itself. Prostrations to that Guru.

**Dhyaanamoolam Guror Moortih Poojaamoolam Guroh Padam  
Mantramoolam Guror Vaakyam Mokshamoolam Guroh Kripaa**

The form of Guru is the root (support) of meditation. The Feet of Guru are the object of worship. The teaching of the Guru is the root (essence) of all Mantras. The grace of Guru is the root (means) of salvation.

**Mannaathah Sree Jagannaathah Madguru Sree Jagadguruh  
Mamaatmaa Sarva-Bhootaatmaa Tasmai Sree Gurave Namah**

Prostrations to the Guru, who is my Lord as well as the Lord of the Universe, my Guru as also the Guru of the Universe, the Self of me and the Self of all beings.

**Yasya Deve Paraa Bhaktih Yathaa Deve Tathaa Gurau  
Tasyaite Kathitaa Hyarthaah Prakaasante Mahaatmanah**

He whose devotion to God is supreme and whose devotion to the Guru is as great as to the Lord, to that high-souled one all the knowledge of the scriptures stand revealed.

**Chaitanyam Saasvatam Saantam Vyomaateetam Niranjanam  
Naada-bindu-kalaateetam Tasmai Sree Gurave Namah**

Prostrations to that Sri-Guru, who is Consciousness, eternal, peaceful, beyond ether (space), spotless and beyond Nada, Bindu and Kala.

**Om Namah Sivaanandaaya Gurave Satchidaananda Moortaye  
Nishprapanchaaya Saantaaya Niraalambaaya Tejase**

Om. Prostrations to Sivananda, the Guru, who is an embodiment of Existence, Knowledge and Bliss, who is ever peaceful, free from world-consciousness, needs no support, and luminous like the sun.

**Om Namo Bhagavate Sivaanandaaya**

Om. Prostrations and Salutations to Sivananda

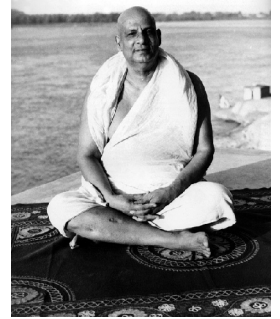
## **SIVAANANDA YOGEENDRA STUTHI**

**Sadaa Paavanam Jaanhavē Teeravaasam**

**Sadaa Sva-svaroopaanusandhaana-seelam;**

**Sadaa Suprasannam Dayaalum Bhaje-ham**

**Sivaananda-Yogeendra-maananda Moortim. (1)**



I adore Sivananda, the best among Yogis and an embodiment of bliss (Bliss Incarnate), who lives (in Ananda Kutir) on the banks of the holy Ganga, who is ever pure, always cheerful, compassionate to all, and who is ever dwelling in the Self.

**Hareer-divya-naama Svayam Keertayantam**

**Hareeh Paada-bhaktim Sadaa Bodhayantam;**

**Hareeh Paada-padma-sthabhrungam Bhaje-ham**

**Sivaananda-Yogeendra-maananda Moortim. (2)**

I adore Sivananda, the best among Yogis and an embodiment of bliss (Bliss Incarnate), who always sings the holy Names of Lord Hari, ever teaches the path of Devotion to the Lotus Feet of Lord Hari, and whose mind dwells ever on the Lotus Feet of Lord Hari even as a honey bee on lotus-flower.

**Jaraa-vyaadhi-daurbalya-sampeeditaanaam**

**Sadaa-rogyadam yasya Kaarunya-netram;**

**Bhaje-ham Samastaarta-sevaadhureenam**

**Sivaananda-Yogeendra-maananda Moortim. (3)**

I adore Sivananda, the best among Yogis and an embodiment of bliss (Bliss Incarnate), whose compassionate glance bestows health and happiness to all those who are afflicted by old age, disease, mental and physical ailments, and who is ever ready to serve those who are in distress.

**Sadaa Nirvikalpe Sthiram Yasya Chittam**

**Sadaa Kumbhitah praana-vaayur-nikaamam;**

**Sadaa Yoga-nishtham Nireeham Bhaje-ham**

**Sivaananda-Yogeendra-maananda Moortim. (4)**

I adore Sivananda, the best among Yogis and an embodiment of bliss (Bliss Incarnate), whose mind ever remains fixed in Nirvikalpa (Absolute Transcendental) state, who has mastery over the breath, who is desireless, and who is ever established in Yoga (abides in God).

**Mahaamudra-bandhaadi-yogaanga-daksham**

**Sushumnaantare Chit-svaroope Nimagnam;**

**Mahaa-yoga-nidraa-vileenam Bhaje-ham**

**Sivaananda-Yogeendra-maananda Moortim. (5)**

I adore Sivananda, the best among Yogis and an embodiment of bliss (Bliss Incarnate), who is an adept in all Mudras, Bandhas and other Yogic practices, who is blissfully immersed in the Consciousness which indwells the Sushumna Nadi, and who is absorbed in the glorious state of Yoga-Nidra (Samadhi).

**Dayaa-saagaram Sarva-kalyaana-raasim**  
**Sadaa Satchidaananda-roope Nileenam;**  
**Sadaachaara-seelam Bhaje-ham Bhaje-ham**  
**Sivaananda-Yogeendra-maananda Moortim. (6)**

I adore Sivananda, the best among Yogis and an embodiment of bliss (Bliss Incarnate), who is an ocean of compassion, a treasure-house of all auspiciousness, who is immersed in Sat-Chit-Ananda (Existence-Knowledge-Bliss Absolute) and who is always good-natured.

**Bhavaambhodhi-naukaa-nibham Yasya Neetram**  
**Mahaamoha-Ghoraandha-kaaram Harantam;**  
**Bhaje-ham Sadaa tam Mahaantam Nitaantam**  
**Sivaananda-Yogeendra-maananda Moortim. (7)**

I adore Sivananda, the best among Yogis and an embodiment of bliss (Bliss Incarnate), whose compassionate look (eye) is boat-like for those who are caught in the ocean of Samsara (transmigratory existence), who dispels the dense darkness of delusion and ignorance, and who is exceedingly Divine and Glorious.

**Bhaje-ham Jagat-kaaranam Sat-svaroopam**  
**Bhaje-ham Jagad-vyaapakam Chit-svaroopam;**  
**Bhaje-ham Nijaananda-maananda Roopam**  
**Sivaananda-Yogeendra-maananda Moortim. (8)**

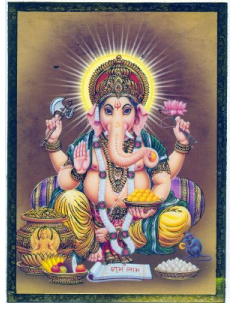
I adore Sivananda, the best among Yogis and an embodiment of bliss (Bliss Incarnate).  
Adorations to Sivananda – the Pure Existence, the Cause of the Universe.  
Adorations to Sivananda – the Pure Consciousness, pervading the whole Universe.  
Adorations to Sivananda – the Pure Bliss, the Self-Delight.

**Pathedyah Sadaa Stotrameetat Prabhaate**  
**Sivaananda-yogeendra-naamni Praneetam;**  
**Bhavit-tasya Samsaara-duhkham Vinashtam**  
**Tathaa Moksha-saamraajya-kaivalya-laabhah. (9)**

Whosoever recites (with feeling and understanding) these verses on the Great Yogi, SIVANANDA, in the early hours of the morning, his worldly sufferings get destroyed and he attains the Great Wealth of final Liberation (Kaivalya).

# **GANESA**

**Gajaananam Bhoota-ganaadhi-sevitam  
Kapittha-jamboo-phalasaara-bhakshanam  
Umaasutam soka-vinaasa-kaarakam  
Namaami Vighnesvara Paada-pankajam**



I prostrate myself before the lotus-feet of Lord Vighnesvara, the son of Uma (Parvati), who causes the destruction of sorrow, who is served by the host of Bhuta-Ganas, etc., who has the face of an elephant, who partakes of the essence of Kapittha and Jambu fruits.

**Om Suklaambaradharam Vishnum Sasivarnam Chaturbhujam  
Prasanna Vadanam Dhyayet Sarva Vighnopasaantaye**

Lord Sri Ganesa who is adorned with white clothes, who is all-pervading, who is radiant like the moon, who has four arms, and who has a graceful smiling face, is to be meditated upon for the removal of all obstacles.

**Om Sumukhaschaika Dantascha Kapilo Gajakarnakah  
Lambodarascha Vikato Vighnaraajo Ganaadhipah  
Dhoomaketur Ganaadhyaksho Phaalachandro Gajaananah  
Dwaadasaitaani Naamaani Yah Pathet Srunuyaadapi  
Sarvakaarya Samaarambhe Vighnastasya Na Jaayate**

This mantra contains twelve sacred Names of Lord Sri Ganesa. When these twelve Names are chanted or heard, with devotion, at the commencement of any undertaking, all obstacles are removed; success is ensured.

**Om Ganaanaam Twaa Ganapatim Havaamahe Kavim Kaveenaam Upamasravastamam;  
Jyeshtharaajam Brahmanaam Brahmanaspata Aa Nah Srunwan-nootibhih Seedha Saadanam.  
Om Sree Mahaaganapataye Namah**

We invoke Ganapati (Sri Ganesa) who is the leader of the divine hosts, who is the master of all learning and wisdom, who is the greatest and the best, who embodies, verily, the Supreme Being, Brahman. Salutation unto the Great Ganapati (Lord Ganesa).

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**Ganesa Gaayatri**

**Om Ekadantaaya Vidmahe Vakratundaaya Dheemahi,  
Tanno Dantee Prachodayaat.**

We commune ourselves with Lord Ganesa (Ekadanta), and meditate on (Him as) Vakratunda; May that Lord Ganesa (Dantin) direct us (to the Great Goal).

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**Om Gam Ganapataye Namah**

Om, Salutations (and surrender) to Lord Sri Ganesa, the dispeller of sorrow.

# **DURGAA**



**Om Durge Smritaa Harasi Bheetimaseshajantoh  
Swasthah Smritaa Matimateeva Subhaam Dadaasi  
Daaridraya-Duhkha-Bhaya Haarini Kaa Tvadanyaa  
Sarvopakaarakaranaaya Sadaardrachittaa**

O Mother Divine, when people remember You in their difficult times, You remove their fears totally. When they remember You in their happy and well-off conditions, You bestow upon them greater happiness and prosperity. O Devi, O Dispeller of poverty, pain and fear, who is there other than You who is ever intent upon the welfare of everyone, and who has a sympathetic heart for helping everyone?

**Om Sarva Mangala Maangalye Sive Sarvार्था साधिके  
Saranye Trayambake Gauri Naaraayani Namostute**

Prostrations to Goddess Durga, the abode of all auspiciousness, whose form is auspicious, who is the bestower of all wealth on her devotees, who is the refuge of all, who has three eyes, and who is the Divine Force of Narayana (Narayani).

**Srishti-Sthiti-Vinaasaanaam Saktibhoote Sanaatani  
Gunaasraye Gunamaye Naaraayani Namostute**

Prostrations to Goddess Narayani who has the power of creation, preservation and destruction. Salutations to You, O Devi. Who is the support as well as embodiment of the three Gunas.

**Saranaagata Deenaarta Paritraana Paraayane  
Sarvasyaartihare Devi Naaraayani Namostute**

Prostrations to Goddess Narayani who is avowed to saving the dejected and distressed that take refuge in Her. Salutations to You, O Devi, who removes all the sufferings of your devotees.

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**Durgaa Gaayatri**

**Om Kaatyaayanyai Vidmahe Kanyaakumaaryai Dheemahi,  
Tanno Durgaa Prachodayaat.**

We commune ourselves with Kaatyaayani (Durgaa), and meditate on (Her as) Kanyaakumaari; May that Durgaa direct us (to the Great Goal).

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**Om Dum Durgaayai Namah**

OM. Salutations (and surrender) to Goddess Durgaa, the Protector.



# **LAKSHMEE**

**Lakshmeem Ksheera-samudra-raajatanayaam Sree-ranga-dhaamesvareem  
Daasee-bhoota-samasta-deva-vanitaam Lokaikadeepaankuraam;  
Sreeman-manda-kataaksha-labdha-vibhava-brahmendra-gangaa-dharaam  
Tvaam Trailokya-kutumbineem Sarasijaam Vande Mukunda-priyaam.**



I worship that Lakshmee, the daughter of the king of the milk-ocean, the queen of the abode of Lord Vishnu, whose servants are the wives of all the gods, who is the one light and the sprout of the universe, through a side-glance of whose benign grace Brahma, Indra and Siva have attained their high positions, who is the mother of the three worlds, who is called Kamala, and who is the consort of Bhagavan Vishnu.

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## **Lakshmee Gaayatri**

**Om Mahaadevyai Cha Vidmahe Vishnupatnyai Cha Dheemahi,  
Tanno Lakshmeeh Prachodayaat.**

We commune ourselves with the Great Goddess, and meditate on (Her as) the Consort of Vishnu; May that Lakshmee direct us (to the Great Goal).

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## **Om Sreem Mahaalakshmyai Namah**

OM. Salutations (and surrender) to Goddess Mahaalakshmee, the giver of wealth, satisfaction and contentment.

# **SARASWATEE**

**Yaa Kundendu-tushaara-haara-dhavalaa yaa shubhra-vastraa-vritaa  
Yaa Veenaa-vara-danda-manditakaraa yaa sweta-padmaa-sanaa;  
Yaa brahmaa-achuta-sankara-prabhritibhir-devaih sadaa vanditaa  
Saa Maam Paatu Saraswatee Bhagavatee Nihsheshaadyaapahaa.**



May that Goddess Saraswatee, who wears a garland white like the Kunda-flower or the moon or the snow, who is adorned with pure white clothes, whose hands are ornamented with the Vina and the gesture of blessings, who is seated on a white lotus, who is always worshipped by Brahma, Vishnu, Siva and other gods, who is the remover of all inertness and laziness, protect me.

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## **Saraswatee Gaayatri**

**Om Vaagdevyai Cha Vidmahe Kaamaraajaaya Dheemahi,  
Tannah Saraswatee Prachodayaat.**

OM. We commune ourselves with the Goddess of Speech (Wisdom), and meditate on (Her as) the Kaamaraajaa (one who has conquered desires); May that Goddess Saraswatee direct us (to the Great Goal).

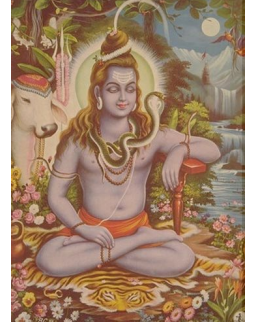
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**Om Aim Saraswatyai Namah**

Om, Salutations to Goddess Saraswatee, the Divine Mother, the dispeller of sorrow.

## **SIVA**

**Saantam Padmaasanastham Sasidharamukutam Panchavaktram Trinetrām  
Soolam Vajram cha Khadgam Parasumabhayadam Dakshinaange Vahantam  
Naagam Paasam cha Ghantaam Damarukasahitaam Chaankusam Vaamabhaage  
Naanaalankaaradeeptam Sphatika-maninibham Paarvateesam Namaami**



I prostrate myself before the Lord of Paarvati, who is peaceful, who is seated in the Lotus-pose, whose crown is adorned with moon, who has five faces, who has three eyes, who holds the trident, bolt, sword and the fearlessness-giving axe on the right side, who holds the serpent, noose, bell, Damaru and spear on the left side, who shines with various ornaments, and who is luminous like the crystal-jewel.

**Karpoora-gauram Karunaa-vataaram Samsaara-saaram Bhujagendra-haaram  
Sadaa Vasantam Hridayaara-vindee Bhavam Bhavaanee-sahitam Namaami**

I bow to Lord Siva who is white as camphor, is compassion-incarnate, the Essence of the world, has the Serpent-king as a necklace, and who ever resides, along with Paarvati, in the lotus of the heart.

**Om Tryambakam Yajamahe Sugandhim Pushtivardhanam;  
Urvaarukamiva Bandhanaan-Mrityormuksheeya maamritaam.**

We worship the Three-Eyed One (Lord Siva) who is fragrant and who nourishes all beings; may He liberate us from death, for the sake of Immortality, even as the cucumber is severed from its bondage (of the creeper).

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**Rudra Gaayatri**

**Om Tatpurushaaya Vidmahe Mahaadevaaya Dheemahi,  
Tanno Rudrah Prachodayaat.**

We commune ourselves with that Supreme Purusha, and meditate on (Him as) the Great God; May that Rudra direct us (to the Great Goal).

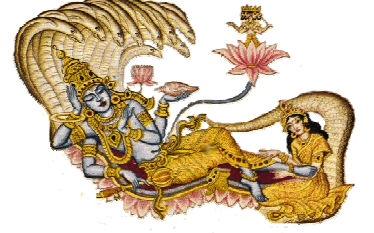
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**Om Namah Sivaaya.**

Om, Salutations (and surrender) to Lord Siva.

# **VISHNU**

**Saantaa-kaaram Bhujaga-sayanam Padma-naabham Suresam  
Visvaa-dhaaram Gagana-sadrisham Megha-varnam Subhaangam  
Lakshmee-kaantam Kamala-nayanam Yogi-bhir-dhyaana-gamyam  
Vande Vishnum Bhava-bhaya-haram Sarva-lokaika-naatham**



I adore Vishnu, the embodiment of Peace, who sleeps on the serpent, whose navel is the lotus (of the universe), who is the Lord of gods, who is the support of the universe, who is of the form of (the omnipresent) ether, whose colour resembles that of clouds, whose body is auspicious, who is the Lord of Lakshmee, whose eyes are like lotuses, who is attainable by Yogis through meditation, who is the destroyer of the fear of birth and death, and who is the One Lord of all the worlds.

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## **Vishnu Gaayatri**

**Om Naaraayanaaya Vidmahe Vaasudevaaya Dheemahi,  
Tanno Vishnuh Prachodayaat**

We commune ourselves with Naaraayana, and meditate on (Him as) Vasudeva; May that Vishnu direct us (to the Great Goal).

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## **Om Namo Narayanaya**

OM, Salutations (and surrender) to Lord Naaraayana.

# **SOORYA**

**Om Sooryam Sundara Lokanaatham-Amritam Vedaantasaaram Sivam  
Jnaanam Brahmamayam Suresamamalam Lokaikachittam Swayam  
Indraaditya Naraadhipam Suragurum Trailokya Choodaamanim  
Brahmaa-Vishnu-Siva-Swaroopam Hridayam Vande Sadaa Bhaaskaram**



I always adore Soorya, the Sun, the beautiful Lord of the world, the immortal, the quintessence of the Vedanta, the auspicious, the absolute knowledge, of the form of Brahman, the Lord of the gods, ever-pure, the one true consciousness of the world himself, the Lord of Indra, the gods and men, the preceptor of the gods, the crest-jewel of the three worlds, the very heart of the forms of Brahma, Vishnu and Siva, the giver of light.

**Om Namo Bhagavate Shree Sooryaaya Aadityaaya Akshitejase  
Aho Vaahini Vaahini Svaaha**

Salutations to Bhagavan Surya (Sun), who is Aaditya (son of Aditya) and who is the light of our eyes. To that Sun, who is the conductor of the day as also the universe, is everything offered with due respect.

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## Soorya Gaayatri

**Om Aadityaaya Vidmahe Sahasrakiranaaya Dheemahi,  
Tannah Sooryah Prachodayaat.**

We commune ourselves with the Aaditya (the First Cause -- Sun), and meditate on (Him as) the Thousand (Infinite)-rayed; May that Soorya direct us (to the Great Goal).

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## Om Ghrinihi Soorya Aadityaha

Om, Aaditya, the supreme cause of the universe, is the giver of light and water, and is the source of all energy. (We take refuge in Him.)

## SKANDA

**Om Shadaananam Kumkuma-raktavarnam  
Mahaamatim divya-mayooravaahanam  
Rudrasya soonum sura-sainya-naatham  
Guham sadaaham saranam prapadye**



I always take refuge in Lord Guha of six faces, who is of deep red colour like Kumkuma, who is possessed of great knowledge, who has the divine peacock to ride on, who is the son of Rudra, and who is the leader of the army of gods.

## KAARTTIKEYA STOTRAM

**Om Sree Ganesaaya Namah**

**Skanda Uvaacha:**

**Yogeesvaro Mahaasenah Kaarttikeyo-agninandanah  
Skandah Kumaarah Senaaneeh Swaamee Sankara Sambhavah** (1)

**Gaangeyas-Taamrachoodas-cha Brahmachaaree Sikhidhvajah  
Taarakhaarir-Umaaputrah Krownchaaris-cha Shadaananah** (2)

**Sabdabrahma Samudras-cha Siddhah Saarasvato Guhah  
Sanatkumaro Bhagavaan Bhoga-moksha-phala-pradah** (3)

**Sarajanmaa Ganaadheesah Poorvajo Mukti-maargakrit  
Sarvaagamapranetaa Cha Vaanchhitaartha-pradarsanah** (4)

**Ashtaavimsati Naamaani Madeeyaaneeti Yah Pathet  
Pratyoshe Sraddhayaa Yukto Muko Vaachaspatirbhavet** (5)

**Iti Sree Rudrayaamale Prajnavivardhanaakyam Sreemat-Kaarttikeya Stotram.**

**KAARTTIKEYA STOTRAM**

Lord Skanda said:

Whoever reads these twenty-eight Names\* of Mine (which are enumerated in the first four stotras of the text) in the early hours of dawn with faith and devotion, even if he be dumb, will become the Lord of Speech (Vaachaspati).

By recitation of these Names of Mine, which are equivalent to Mahaa-Mantras (Great Mantras or Formulas), one attains (secures) Supreme Consciousness. There is no doubt about this (one should not think otherwise).

This Kaarttikeya-Stotra, the giver of Great Wisdom, is from the Rudrayaamala Tantra.

\*Twenty-eight Names of Karttikeya

1. **Yogeesvarah** - The Lord of Yogins
2. **Mahaasenah** - The great god of war; He who has a large army
3. **Karttikeyah** - He who was nursed by *the six Kritika Devis*
4. **Agninandanah** - He who was born of the Fire (Light) of the Third-eye of Siva; Son of Fire-god, - as the Tejas of Siva was carried by him.
5. **Skandah** - He who leaped out or emanated from the Third-eye of Siva
6. **Kumaarah** - The destroyer of evils, both inside and outside
7. **Senaaneeh** - The Commander-in-Chief of the Celestial armies
8. **Swamee Sankara-Sambhavah** - Born of Lord Sankara
9. **Gaangeyah** - The son of Ganga
10. **Taamrachoodah** - He who has the Cock-banner
11. **Brahmachaaaree** - He who is ever in Brahmic Consciousness; A celibate
12. **Sikhidhvajah** - Whose flag is Fire
13. **Taarakaarih** - The vanquisher of the powerful demon Taaraka
14. **Umaaputrah** - The Son of Umaa Devi or Paarvatee
15. **Krownchaarih** - The destroyer of (the mountain-shaped Asura) Krauncha
16. **Shadaananah** - The Lord with six faces
17. **Sabdabrahma Samudrah** - He who is an ocean of Knowledge (represented by the Vedas)
18. **Siddhah** - The Perfected one
19. **Saarasvatah** - He whose Deity is Sarasvati Devi
20. **Guhah** - He who dwells in the heart cave of all beings; the Self of all; the Indweller of all
21. **Bhagavaan Sanatkumaarah** - (Who appeared as) Bhagavaan Sanatkumaara, one of the four mind-born sons of Brahma
22. **Bhoga-moksha-phala-pradah** - The bestower of (worldly) enjoyments as well as Liberation
23. **Sarajanma** - He who was born in the thicket of *Sara* or reeds
24. **Ganaadheesah** - The Lord of the Devas
25. **Poorvajah** - The first-born
26. **Muktimaargakrit** - The bestower of Mukti or Salvation

27. **Sarvaagampranetaa** - The Originator of all the Vedas

28. **Vanchhitaarthapradarsanah** - He who reveals Himself as the desired objects

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**Skanda Gaayatri**

**Om Tatpurushaaya Vidmahe Mahaasenaaya Dheemahi,  
Tannah Skandah Prachodayaat.**

We commune ourselves with that Supreme Purusha (Being), and meditate on (Him as) the Supreme General of the great Deva Army; May that Lord Skanda direct us (to the Great Goal).

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**Om Saravanabhavaaya Namah**

Om. Salutations (and surrender) to the Lord Saravanabhava (Kaarttikeya or Skanda)

**Om Vachadbhuve Namah**

Om, Salutations (and surrender) to the Lord Shanmukha

# **NAVAGRAHA-STOTRAM**

**Om Sree Ganesaaya Namah**

**Japaakusumasankaasam Kaasyapeyam Mahaadyutim;  
Tamorim Sarva-paapaghnam Pranatosmi Divaakaram.**

**(1)**

**Dadhi-Sankha-Tushaaraabham Ksheeraarnava-Samudbhavam;  
Namaami Sasinam Somam Sambhor-mukuta-bhooshanam.**

**(2)**

**Dharanee-garbha-sambhootam Vidyut-kaanti-samaprabham;  
Kumaaram Sakti-hastam Tam Mangalam Pranamaamyaham.**

**(3)**

**Priyangukalikaasyaamam Roopenaapratimam Budham;  
Saumyam Saumyagunopetam Tam Budham Pranamaamyaham.**

**(4)**

**Devaanaam cha Rishinaam cha Gurum Kaanchana-sannibham;  
Buddhibhootam Trilokesam Tam Namaami Brihaspatim.**

**(5)**

**Himakunda Mrinaalaabham Daityaanaam Paramam Gurum;  
Sarva-saastra-pravaktaaram Bhaargavam Pranamaamyaham.**

**(6)**

**Neelaanjana-samaabhaasam Raviputram Yamaagrajam;  
Chaayaamaartanda-sambhootam Tam Namaami Sanaishcharam.**

**(7)**

**Ardhakaayam Mahaaveeryam Chandraaditya-vimardanam;  
Simhikaa-garbha-sambhootam Tam Raahum Pranamaamyaham.**

**(8)**

**Palaasa-pushpa-sankaasam Taarakaa-graha-mastakam;  
Raudram Raudraatmakam Ghoram Tam Ketum Pranamaamyaham.**

**(9)**

**Iti Vyaasamukhodgeetam Yah Pathet-susamaahitah;  
Divaa Vaa Yadi Vaa Raatrau Vighna-saantir-bhavishyati.**

**(10)**

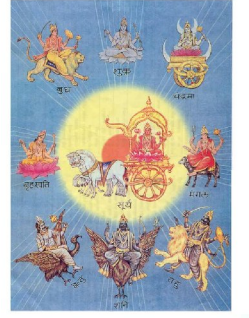
**Nara-Naari-Nripaanaam cha Bhaved Duhsvapna-naasanam;  
Aiswaryam-atulam Teshaamaarogyam Pushtivardhanam.**

**(11)**

**Graha-nakshatrajaah Peedaas-taskaraagni-samudbhavaah;  
Taah Sarvaah Prasamam Yaanti Vyaaso Broote Na Samsayah.**

**(12)**

**Iti Sree Vyaasa-virachitam Navagraha-stotram Sampoornam.  
Iti Navagraha-stotraani.**



## NAVAGRAHA-STOTRAM

Om Sree Ganesaaya Namah

1. I prostrate to (and seek the blessings of) *Soorya* (Sun-God), who shines like the *Japa Kusuma* flower (which is of deep-red colour), who is the son of sage *Kasyapa*, who is resplendent, who is the enemy of darkness, and who destroys all (kinds of) sins.
2. I prostrate to *Soma* (Moon-God), whose colour is white like yogurt, conch and snow; who rose from the *Ksheerasaagara* (milk-ocean) and who adorns the head of Lord Siva (as the crescent moon).
3. I prostrate to *Mangala* (also known as *Angaaraka*) (the Deity presiding over the Mars-planet), who is born of earth, who shines like the lightning, who is called *Kumaara* (Kaarttikeya), and who holds in his hand the weapon called *Sakti*.
4. I prostrate to *Budha* (the Deity presiding over the Mercury-planet) who has a dark-blue complexion like the bud of the creeper called *Priyang*, who is incomparably beautiful; who is wise, who is the son of *Soma* or Moon-God; and who is of a very charitable and noble disposition.
5. I prostrate to *Brihaspati* (the Deity presiding over the Jupiter-planet), who is the Guru of the Devatas (gods) and Maharshis, who is resplendent like gold, who is of the form of wisdom, and who is the lord of the three worlds.
6. I prostrate to *Sukraachaarya* (the Deity presiding over the Venus-planet), who shines like snow, *Kunda*-flower and *Mrinal*-flower (all which are pure white), who is the great Guru of the *Asuras* (demons) and who is the master-teacher of all *Sastras* (scriptures).
7. I prostrate to *Sanaischara* (the Deity presiding over the Saturn-planet), whose complexion is like the shining dark-blue collyrium (for the eye), who is the son of *Soorya* (Sun-God), who is the elder brother of *Yama* (the lord of death) and who is born of *Soorya* and his wife *Chaayaa*.
8. I prostrate to *Raahu* (Dragon-head), who has a half-body, who is of extraordinary strength, who is the oppressor of the moon and the sun, and who is born of *Simhika*.
9. I prostrate to *Ketu* (Dragon-tail), who shines like *Palaasa*-flower (red colour), who is the foremost among the stars and planets, who is *Raudra* and whose form is fierce and fearful.
10. He who reads (or chants) these *Stotras* gifted by Sage Vyaasa, either by day or by night (at any time) with a peaceful and concentrated mind, he is freed from all obstacles.
11. Men, women or kings and rulers – whoever reads these *Stotras* – they are freed from the effects of bad-dreams; and their wealth, health and prosperity will increase limitlessly.
12. Sage Vyaasa (who composed this Navagraha-Stotras) says that one (who chants this) will be freed from fears, dangers, worries, etc. caused by the planets, stars, robbers and fire. There is no doubt about this.

Thus ends the Navagraha-Stotra of Sage Vyasa.

Thus the Navagraha-Stotras.



# **SKANDOPANISHAD**

**Yatraa-sambhinnataam Yaati Svaatiriktabhidaatatih:  
Samvinmaatram Param Brahma Tatsvamaatram Vijrumbhate.**

**Om Sahanaa-vavatu Sahanaau Bhunaktu Sahaveeryam Karavaavahai  
Tejasvinaavadheetamastu Maa Vidvishaavahai:  
Om Saanti: Saanti: Saantihi:**

**Achyutosmi Mahaadeva Tava Kaarunya-lesataha:,  
Vijnaana-ghana Yevaasmi Sivosmi Kimatah Param. 1**

**Na-Nijam Nijavadbhaati Antahkarana-jrumbhanaat,  
Antahkarana-naasena Samvinmaatra-sthito Harihi. 2**

**Samvinmaatra-sthitaschaaham-ajosmi Kimatah Param,  
Vyatiriktam Jadam Sarvam svapnavaccha Vinasyati. 3**

**Chijjadaanaam tu yo Drashtaa So-achyutau Jnaana-vigraha:,  
Sa yeva hi Mahaadevaha Sa yeva hi Mahaaharihi:. 4**

**Sa yeva Jyotishaam Jyotihi, Sa yeva Paramesvaraha,  
Sa yeva hi Param Brahma, Tad-brahmaaham na Samsayaha:. 5**

**Jeevah Sivaha, Sivo Jeevaha, Sa Jeevah kevalah Sivaha,  
Tushena Baddho Vreehihi Syaata-tushaabhavena tandulaha. 6**

**Yevam Baddhastathaa Jeevaha, Karma-naase Sadaasivaha,  
Paasa-baddhastathaa Jeevaha, Paasa-muktah Sadaasivaha. 7**

**Sivaaya Vishnu-roopaaya, Siva-roopaaya Vishnave,  
Sivasya Hridayam Vishnuhu, Vishnoscha Hridayam Sivaha. 8**

**Yathaa Sivamayo Vishnurevam, Vishnumayah Sivaha,  
Yathaantaram na Pasyaami Tathaa me Svastiraayushi. 9**

**Yathaantaram na Bhedaahaa Syuh Siva-Kesavayostathaa,  
Deho Devaalah Proktaha, Sa Jeevah Kevalah Sivaha,  
Tyajet-ajnaana-nirmaalyam Soham-Bhaavena Poojayet. 10**

**Abheda-darsanam Jnaanam, Dhyaanam Nirvishayam Manaha,  
Snaanam Manomala-tyaagaha, saucham-indriya-nigrahaha. 11**

**Brahmaamritam Pibet-Bhaikshamaacharet-deha-rakshane,  
Vased-yekaantiko Bhootvaa Chaikaante Dwaita-varjite,  
Ityevam-aacharet-dheemaan Sa yevam Muktimaapnuyaat. 12**

**Sree-Parama-Dhaamne Svasti Chiraayushyonna Iti,  
Virinchi-Naaraayana-Sankaraatmakam Nrisimha Devesa tava prasaadataha,  
Achintyam-avyaktam-anantam-avyayam Vedaatmakam Brahma Nijam Vijaanate. 13**

**Tad-Vishnoh Paramam Padam, Sadaa Pasyanti Soorayaha,  
Diveeva Chakshuraatatam.**

**14**

**Tadvipraaso Vipanyavo Jaagruvaamsaha Samindhate,  
Vishnor-yat-paramam Padam Ityetan-nirvaanaanusaasanamiti,  
Vedaanusaasanamiti, Vedaanusaasanam-ityupanishat.**

**15**

**Om Sahanaavavatu Sahanaau Bhunaktu Sahaveeryam Karavaavahai  
Tejasvinaa-vadheetamastu Maa vidvishaavahai.  
Om Saantih Saantih Saantihi.**

**Iti Skandopanishat Samaaptaa.**

## SKANDOPANISHAD

That which sees nothing other than Itself, which is free from all differences, which by nature is Knowledge Absolute, --- that Supreme Brahman alone shines by Itself.

Om! May He protect us both – teacher and pupils; may He enable both of us to enjoy the bliss of Mukti. May we both find out the true meaning of the scriptures. May our studies be fruitful. May there be no dispute!  
Om ! Peace! Peace! Peace!

O Mahaadeva (Great Lord)! I am Achyuta (indestructible) on account of an iota of Thy Grace (having been showered on me). I am full of Knowledge; I am Siva (Auspicious)! What more is to be achieved or desired?(1)

Truth does not shine as Truth, owing to the play of the inner instruments, viz., mind, Chitta, Buddhi and Ahamkara. (Now) with the destruction of the *antahkarana* or inner instruments, Hari (God) dwells (in me) as Pure Consciousness. As I am also Pure consciousness, I am without birth. What is nobler than this state?" All inert things (other than the Atman) perish like a dream. He who sees all the inert things as forms of Achyuta (Lord Naaraayana) is an embodiment of Knowledge. He, indeed, is Mahaadeva! He indeed, is Mahaahari, too! He is the Resplendence of the resplendent! He is Paramesvara (the Supreme Lord). He alone is Parabrahman and I am That Brahman, no doubt! (2-5)

*Jiva* is Siva; Siva is *Jiva*. *Jiva* is verily Siva alone! So long as the husk encases it, the grain is known as paddy; with the disappearance of the husk, it is called rice. Similarly, when in bondage, it is *Jiva*; and when Karma is destroyed, it is Sadaasiva. (6-7)

Salutations to Siva of the form of Vishnu; and to Vishnu who is of the form of Siva! Siva's heart is Vishnu; and Vishnu's heart (real nature) is Siva. As Vishnu is Sivamaya (full of Siva), Siva is Vishnumaya (full of Vishnu). As I do not perceive any difference (between the two), so prosperity and long life are mine. (8-9)

The body is the Lord's temple; and *Jiva* is Siva alone. One should worship it with the idea of SOHAM ( I am He or a feeling of identity), abandoning the flowers of ignorance which have outlived their utility. *Jnaana* or knowledge is perception of non-difference. *Dhyaana* or meditation is to extricate the mind from sense-objects. *Snaana* or bath is the cleansing of the impurities of the mind. Controlling the senses is purity or *Saucha*. (10-11)

The nectar of Brahman is to be drunk; and for the preservation of the body, alms are to be accepted. One should live alone without a second, and dwell upon that Secondless Atman. That wise man who does all this attains salvation. Salutations to that Parama-dhaama! May prosperity and long life be mine! Om. Om Narasimha! O Lord of Devas! Through Thy Grace, one realizes the true nature of Brahman, though beyond thought, unmanifest, endless and immutable, via the forms of Gods: Brahma, Naaraayana and Sankara. (12-13)

Just as the eye clearly sees the vast expanse of heaven, the wise always see the glorious state of Vishnu. Sages endowed with divine eyes, who are highly evolved, sing the praises of the Supreme Abode of Vishnu in diverse ways and thus illuminate it. This is the teaching of the Vedas for obtaining Nirvaana (salvation). Thus declares the Upanishad. (14-15)

Om! May He protect us both – teacher and pupils; may He enable both of us to enjoy the bliss of Mukti. May we both find out the true meaning of the scriptures. May our studies be fruitful. May there be no dispute!

Om ! Peace! Peace! Peace!

Thus ends the Skandopanishad

## **Concluding Prayers**

**Om Sarveshaam Swasti Bhavatu  
Sarveshaam Saantir Bhavatu  
Sarveshaam Poornam Bhavatu  
Sarveshaam Mangalam Bhavatu**

May Auspiciousness be unto all;  
May Peace be unto all;  
May Fullness be unto all;  
May Prosperity be unto all.

**Sarve Bhavantu Sukhinah  
Sarve Santu Niraamayaah  
Sarve Bhadraani Pasyantu  
Maa Kaschid Duhkhabhaagbhavet**

May all be happy;  
May all be free from disabilities;  
May all behold what is auspicious;  
May none suffer from sorrow.

**Om Asato Maa Satgamaya;  
Tamaso Maa Jyotirgamaya;  
Mrityormaa Amritam Gamaya.**

Lead us from unreal to the Real;  
Lead us from darkness to Light;  
Lead us from mortality to Immortality.

**Om Poornamadah Poornamidam Poornaat Poornamudachyate  
Poornasya Poornamaadaaya Poornamevaavasishyate  
Om Saantih Saantih Saantihi**

That is Whole. This is Whole. From the Whole, the Whole becomes manifest. From the Whole when the Whole is manifest, what remains is again the Whole.

Om Peace, Peace, Peace.

**Om Tat Sat Sivaanandaarpanamastu**

Glory to Sivananda, unto Him is this offered.

**Om Tat Sat Saravanabhavaarpanamastu**

Glory to Lord Shanmukha, unto Him is this offered.

**Om Tat Sat Brahmaarpanamastu**

Glory to Brahman, the Absolute; unto Him is this offered.

**Hari Om Tat Sat**



**Swami N.V.Karthikeyan at the Feet of his Guru,  
Swami SivanandaJi Maharaj, after a Puja to the  
Master's Feet, in Sivananda ashram, Rishikesh.  
(August, 1962)**