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Salutations to OM (AUM)

Om karam bindu sanyukt am
Ntyam dyavant i yogi naha
Kaanadam bikshadam chai va
Otraraya Nam Namaha

Om united with the Source, on which the yogis ever dwell,
Grants desires and liberation, Salutations to the Omkaram

For Level 2

Om namah pranavarthaya
shuddagranai karutaye
nirnai aya prashant aya
daxi nanutaye nanah

AUM symbolises the sound of creation, the hum of the universe, the Word of God. AUM leads to That which is beyond the knowable. 'A' symbolises the waking state. 'U' symbolises the dream state. 'M' symbolises the deep sleep or dreamless state. The silent pause after AUM symbolises the ultimate and timeless Truth, the eternal quest of philosophers and mystics.

"A" (pronounced "AH" as in "father") resonates in the center of the mouth. It represents normal waking consciousness, in which subject and object exist as separate entities. This is the level of mechanics, science, logical reason, the lower three chakras. Matter exists on a gross level, is stable and slow to change.

Then the sound "U" (pronounced as in "who") transfers the sense of vibration to the back of the mouth, and shifts the allegory to the level of dream consciousness. Here, object and subject become intertwined in awareness. Both are contained within us. Matter becomes subtle, more
Shlokas for Kids

fluid, rapidly changing. This is the realm of dreams, divinities, imagination, the inner world.

"M" is the third element, humming with lips gently closed. This sound resonates forward in the mouth and buzzes throughout the head. (Try it.) This sound represents the realm of deep, dreamless sleep. There is neither observing subject nor observed object. All are one, and nothing. Only pure consciousness exists, unseen, pristine, latent, covered with darkness. This is the cosmic night, the interval between cycles of creation, the womb of the divine Mother.
Shlokas for Kids

Gayatri Mantra

ॐ
भूर भूवः स्वः
तत् सावितृर्वर्षेण्यं
भर्गो देवस्य धीमहि
धियो यो नः प्रचोदयात्

Om Bhoor Bhuva Swaha
Tat Savitur Varenyam
Bhargo Devaasya Dhimahim
Dhiyo-yo Naha Prachodayat
Om Shanti Shanti Shantihi

Om = Symbol for Para Brahman
Bhur = Bhu-Loka (Physical plane)
Bhuvaha = Antariksha-Loka (Astral Plane)
Swaha = Svarga-Loka (Celestial Plane)
Tat = That Transcendent, Paramatma
Savitur = Ishvara or Creator
Varenyam = Fit to be worshipped or adored
Bhargaha = Remover of Sins and Ignorance; Glory Effulgence.
Devasya = Resplendent; shining
Deemahi = I meditate
Dhiyah = Buddhis, intellects, understandings
Yah = Which, Who
Nah = Our
Prachodayat = Enlighten, guide.

"O God, Thou art the giver of life, the remover of pain and sorrow, the bestower of happiness; O Creator of the Universe, may we receive thy supreme, sin-destroying light; may Thou guide our intellect in the right direction."
Morning Shloka

Karagre Vasate Lakshmi
Kara Mul e Saraswat hi
Kara Madhye Tu Govindah
Prabate Kara Darshanam

Sanskrit to English Word Meaning
Karagre-on the tip of your fingers; vasate- dwells; Lakshmi- the Goddess of Prosperity, Lakshmi; karamule- on the base of your hands; Saraswathi- the Goddess of Knowledge Saraswathi; karamadhye- in the middle of your hands; tu-whereas; Govindah-the Lord Govindah; prabhate-in the morning; karadarshanam-look at your palm.

Translation
On the tip of your fingers is Goddess Lakshmi; on the base of your fingers is Goddess Sarasvati; in the middle of your fingers is Lord Govinda. In this manner, look at your palm

Brief Explanation
This is a Morning Prayer called “karadarshana”. One begins the day with this prayer. ‘kara” means the palm of the hand and it stands for the five karmendriyas, or the organs of action. While looking at the palm, one invokes the Lord in the form of various deities, thus sanctifying all the actions that will be done during the day. By acknowledging the Lord as the giver of the capacity to perform actions and as the giver of the fruits of those actions, one sanctifies the actions. Thus, one prays in the morning to reinforce the attitude that all actions are performed as a service to the Lord.
Shlokas for Kids

For Level 2

Mealtime Prayer

Brahmā arpanam Brahma Havi r
Brahmagnau Brahmānāa Hut am
Brahnai va Tena Gant avyam
Brahna Karnā Sanadhi na

Sanskrit to English Word Meaning

Brahma- Brahman; arpanam- the means of offering; havih-oblation; brahmagnau- unto the fire that is Brahman; brahma- by brahman; hutam- is offered; eva- indeed; tena- by him; gantavyam- to be reached; brahma-karma-samadhina-who is abiding in Brahman

Translation

Any means of offering is Brahman, the oblation is Brahman, the fire in which the offering is made is Brahman, and the one who offers is Brahman. Such a person who abides in Brahman indeed gains Brahman.

Brief Explanation

This verse from the Bhagavad Gita (chapter 4, verse 24) and is traditionally chanted before meals. Brahman is the name of the Lord, the cause of the whole creation. Looking at the whole creation as an effect, Brahman is seen as the cause of everything. The effect does not exist separate from its cause. This verse likens food that is eaten to an oblation poured into the fire during ritual. By chanting this prayer before meals, the food that is eaten is offered to Brahman, the Lord.
O Lord, kindly forgive the wrong actions I have done knowingly or unknowingly, either through my organs of action (hands, feet, speech) or through my organs of perception (ear, eyes) or by my mind. Glory unto Thee, Oh Lord, who is the ocean of compassion.
Shlokas for Kids
Asato Mā Sadgamaya
Tamāso Mā Jyotir gamaya
Mṛityum Āmṛtamgamaya
Om Shanti Shanti Shanti hi

Sanskrit to English Word Meaning
asato-from unreal; ma-me; sad-to the real; gamaya –lead; tamaso – from darkness (of ignorance), ma-me; jyothih-to light; gamaya-lead; mṛtyoh- from death ; āmṛtam- immortality; gamaya –lead to immortality

Translation
Lead me (by giving knowledge) from the unreal to the real; from darkness (of ignorance) to the light (of knowledge); from death (sense of limitation) to immortality (limitless liberation)

Gurur bhramaa gurur vi shnuh
gurur devo na heshvarah
gurur saakshaat parabrahm
tasnaa shree gurave nanah.

Meaning - Know the Guru to be Brahma himself. He is Vishnu. He is also Shiva. Know Him to be the Supreme Brahman, and offer thy adorations unto that peerless Guru.

Tvaneva Mata Cha Rata Tvaneva
Tvaneva Bandhuscha Sakha Tvaneva
Tvaneva Vidyadravinam Tvaneva
Tvaneva Sarvam Mana Deva Deva

O Supreme Lord (deva-dev, Master of all demigods), You are our mother, father, brother, and friend. You are the knowledge and You are the only wealth. You are our everything.
**Shlokas for Kids**

For Level 2

**Omsahanaavat u**
*sahanau bhunakt u*
*sahaveeryamkaravaavahai*
*t ej aswi naa vadheet anast u*
*nāa vi d vi shaa vahai*

*omshaant hi h, shaant hi h, shaant hi hi*

May he protect all, may he nurture all, may we all perform together the most heroic and divine actions; may our learning be prosperous to all; may we never quarrel on the different beliefs we may have; may we illumine together, may we live in harmony, may there be peace for all and for ever.

For Level 2

**aakaashaat h pat i tamt oyaM**
**yat haa gachchhati saagaram**
**sarvaDevaanasaakar aan.h**
**keshavaMprat i gachchhat i**

Like all the rivers flow into and merge with the one and the same ocean, devotion shown by the people to any name or form of God does reach the same Divinity.
Through body, speech, mind, sense organs, intellect, word, instinct, nature, everything that I do
I offer to Narayana.
Gajananam Bhuta Ganathy Sevitem
Kapittha Janbu Palasara Bhaksitam
Uma Sutam Shoka Vinasha Karanam
Namami Vignesvara Pada Pankajam

O elephant faced, served by hordes of divine followers, enjoyer of the essence and the juice of wood apple and jamuns, Son of Uma devi, destroyer of grief/sorrow, I salute at the lotus feet of Vigneshwara.
Shlokas for Kids

Vakratunda Mahakaya,
Suryakoti Sama-praba.
Nirvighnam Kuru Me Deva,
Sarva Karyeshu Sarvada.

KuruMe - Please do for me, Deva – Lord, Nirvighnam – without obstacles, SarvaKaryeshu – all my undertakings, Sarvada – at all times, VakraThunda – (one with) crooked face(trunk), MahaKaya – mighty body, Suryakoti – 10 million Suns, Sama-praba – equivalent splendor

O, Lord Ganesha of the curved trunk and massive body, the one whose splendor is equal to millions of Suns, please bless me so that I do not face any obstacles in my endeavors.

शुक्लम्बरदर विष्णु शशिवर्ण चतुर्भुजम्।
प्रसंग्र वदनं प्रसाद्येत् सर्व विन्योपशान्त्ये॥

Shuklambaradaram Vishnum Shashivarnam Chatur Bhujam
Prasannavadanam Dhyayet Sarva Vignopashantaye

Translation-
Suklambaradaram-one who wears a white garment; Vishnum; all pervading; Shashivarnam; who has a brilliant complexion; Chatur Bhujam-who had four hands; Prasannavadanam-who has an ever smiling face; Dhyayet- I meditate upon; Sarvavighnopashantaye- for the removal of all obstacles
Shlokas for Kids

For Level 2

मृषकवाहन मोदकहरू चामरकर्ण विलक्षिनिकुत्र ॥
वामनरूप महेश्वर पुत्र विनिविनायक पादनमस्ते ॥

Translation -
He who has the mouse as his vahana (vehicle),
He who always keeps Modhakam (a traditional type of sweet)
He who has ears that resemble a hand held fan,
He who wears a chain-like ornament around his waist,
He who is short in stature,
He who is the son of Parameshwar,
O Lord Vinayaka who is all the above and he who always removes our obstacles,
We worship your Divine Feet.
**Shlokas for Kids**

**Saraswathi Shlokas**

**Saraswathi Namastubhyam**

Varade Kamrupini

Vidyarambam Karisyami

Siddhir Bhavatu Me Sada

Translation -
Saraswathi- O Goddess of Knowledge Saraswathi, Namastubhyam-salutations to you; varade-one who gives boons; kamrupini- one who fulfills desires; vidyarambam-to begin my studies; karisyami-I am going; siddhirbhavatu-may there be accomplishment; me- for me; sada- always.
Yaa kundendu tushaarahaaraa dhaval aa
yaa shubhra vastraavritaa
yaa veenaa varadanda nanditakaraa
yaa shvetaa padmaasanaaa
yaa brahmaachyuta shankara prabhriti bi hi
devai h sadaa pujitaa
saa naampattu saravatee bhagavatee
ni hshesha jaadyaapahaa.

Meaning: Goddess Saraswati is all white like the kunda blossom, the moon, snow, and pearl. She is dressed in pure White. While two of Her hands play the veena, the two other hands are poised to give boons, and award punishments as needed. She is seated on a white lotus. She is ever worshipped by all the celestials including Brahma, Vishnu and Maheshwara. May this Saraswati remove my obstacles and protect me.
Shlokas for Kids

Devi/Durga Shlokas

Om Sarva-nāngal a-nāngal ye
Shi ve Sarvaart ha-sadhake
Sharanye Trayambake Gauri
Narayani Namostute

Explanation
Goddess Parvati is the wife of Lord Siva and is worshipped as Sakti. The Puranic literature describes her as having many forms, including Durga, Candi, Kali and Uma. While Siva symbolizes the efficient cause of the creation, Sakti symbolizes the material cause.

Translation
The one who is the auspiciousness of all that is auspicious (sarvamangalamangalye), the consort of Siva (Sive), who is the means of accomplishing all desires sarvarthasadhake), who is the refuge of all (saranye), the three eyed one(tryambake),the fair complexioned one(Gauri), Salutations to you, Narayani(narayani namostute). Salutations to the consort of Sri Narayana (Sri Lakshmi Devi) who blesses devotees succeed in their efforts and who is the refuge of all.

For Level 2

Chat ur bhuj e Chandra-kal avat hanse
Kuchonat he Kunkun a-raga-shone
Rundreshu Pashaankusha Pushpabaana Hast e
Namast e Jagat ega Mitaha

Oh, you with the four arms, wearing the digit of the moon, whose face is the color of kumkum, Holding the bow of sugar cane, the pasa, the ankusa and the five flower arrows I bow down to you, who are the One Mother of the Universe
I bow and pray to lord Krishna, son of Vasudeva and Devaki, also the son of Nandagopa, who takes away sorrows, sufferings, pain and trouble.

क्षुद्रेव सुरत देवं कंस चाणूरमदर्दनम्
देवकी परमानन्दं कृष्णं वन्दे जगदुरुपमः॥ १ ॥

Vasudeva sut amdevam
Kansa-Chanoo a nar danam
Devaki parama-anandam
Krishnamvande Jagat gurum
**Shlokas for Kids**

*I do vandana (glorification) of Lord Krishna, the resplendent son of Vasudev, who killed the great tormentors like Kamsa and Chanoora, who is a source of greatest joy to Devaki, and who is indeed a world teacher.*

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**For Level 2**

\[ \text{M} \text{bokamkaroti vaachal am} \]
\[ \text{Panghuml anghayate girim} \]
\[ \text{Yat kripa tamahamvande} \]
\[ \text{Paramananda Madhavam} \]

**Explanation**

Lord Krisna is the avatara of Lord Visnu who personifies ananda, joy. He established dharma and also gave us the teaching of the Bhagavad Gita.

**Translation**

Mukam(mute) karoti(makes) vacalam(eloquent), Pangum(lame) langhayate(cross) girim(mountain), yatkrupa (whose grace) tamaham vande(I salute Him), paramananda (one whose form is ananda) madhavam (Lord Krisna).
I adore Vishnu, the embodiment of Peace, who sleeps on the serpent,
Whose naval is the lotus of the Universe
Who is the Lord of the Gods, who is the support of the Universe, Who is in the form of Space (the Omnipresent)
Whose color resembles that of clouds, Whose body is auspicious
Who is the Lord of Lakshmi, 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.
Shlokas for Kids
Rama Shlokas

Ramaya Rama Bhadraya
Ramachandraya Vedhase
Raghu Nat haya Nat haya
Sitayah Pataye Namaha

To Rama, Ramabhadra, Raghunatha (These are different names of Lord Rama), the Lord, the Consort of Seetha, our salutations to him.

Sri Rama Rama Rama eti
Rame Rame Manorane
Sahasra Nana Tat Tul yam
Rama Nana Varanane

Lord Shiva told this shloka to Parvati I meditate upon Sri Ram as Sri Rama Rama Rama, the thrice recital of Rama’s name is equal to Recitation of the thousand names of Lord Vishnu (Vishnu Sahasranama)

For Level 2

Manoj - avam Maruti Tul ya Vegam
Jitendriyam Budhi - nat aam Varishtam
Vaat aat naj am Vaanara - yoot a - nukhyam
Sri Rama dootam Sharanam Prapadye

I surrender to Hanuman, the messenger of Lord Rama, whose speed is as swift as the mind and as swift as the wind, who has controlled his sense organs and is the most intelligent among the intelligent ones; who is the son of Vayu and the chief of the monkey tribe.
Shlokas for Kids

Lamp Shloka
(This sloka is to be recited while lighting lamp)

Subham Karoti Kalyanam
Arogyam Dhanasampadah
Shatru Buddhi Vinashaya
Dipajyotir Namostute

Sanskrit to English Word Meaning
Subham- auspiciousness; karoti – which brings; kalyanam- prosperity; arogyam- good health;
dhanasampadah- abundance of wealth; satrubuddhi- of the intellect’s enemy (ignorance);
vinasaya- for the destruction; dipajyotir- that lamplight; namosthute- I salute thee.

Translation
I salute the One who is the lamplight that brings auspiciousness; prosperity, good health, abundance of wealth, and the destruction of the intellect’s enemy.

Brief explanation
This prayer is chanted before lighting the lamplight. Light is considered a symbol of auspiciousness, prosperity, and abundance in many cultures. Light brings with it brightness, but how does it destroy the intellect’s enemy? The intellect’s enemy is ignorance, which is likened to darkness. Light removes the darkness and makes it possible to see things clearly.
II JAGADISH AARTII II

ओम जय जगदीश हरे, स्वामी जय जगदीश हरे
भक्त जनों के संकट; दास जनों के संकट
क्षण में दूर करे, ओम जय...

जो भ्यावे फल पायें, दुःख दिनसे मन का
सुख सम्पति घर आयें, कष्ट मिटें तन का, ओम जय...

मात पिता तुम मेरे, शरण गहने किसकी
तुम बिन और न दूजा, आस कहैं किसकी; ओम जय...

तुम पूर्ण परमात्मा, तुम अंतररामात्री
पारवत्प्राप्त परमेश्वर, तुम सबके स्वामी; ओम जय...

तुम कपिण के सागर, तुम पालन करता
दीनवन्धु दुःखहरू, कुषा करो भरता, ओम जय...

तुम हो एक अगोचर सबके प्राण पति
किस विधि भीतर, दयामय, तुम भी कुमाति, ओम जय...

दीन जेहू दुःख हरता, तुम रक्षक मेरे
करणा हुस्त बढायं, द्वार पढ़ा तेरे, ओम जय...

विषय विकार मिटावो पाप हरो देवा
अभ्या भक्ति बढाओ संतन की सेवा, ओम जय...
Shlokas for Kids

Sri Ramachandra Kripalu Bhajaman - Tulsidas

Sri Ramachandra Kripalu Bhaja Man Haran Bhavabhaya Dharunam
Nava Kanja Lochana, Kanja Mukha Kar Kanja Pada Kanjarunam

Kandarpa Aganitha Amit Chavi, Navneel Neeraja Sundaram
Pata Peeth Manahu Taditha Ruchi, Shuchi Nowmi Janaka Sutavaram
(Sri Ram)

Bhaja Dheen Bandhu Dinesh Danava Daithya Vamsha Nikandanam
Raghunanda Anandakanda Koshalachanda Dasharatha Nandana
(Sri Ram)

Sira Mukuta Kundala Thilaka Charu Udaaru Anga Vibhushanam
Aajanubhuja Shar-Chaap-Dhara Sangram-Jitha-Kara-Dooshanam
(Sri Ram)

Iti Vaditha Tulasidasa Shankar Shesha-Muni-Mana-Ranjanam
Mama Hriduya-Kanja Nivasa  Kuru Kaamadhi Khala-Dhala-Ganjaman
(Sri Ram)
Shlokas for Kids

श्रीराम-स्तुति

श्रीरामचंद्र कृपालु भजु मन हरण भवभय दारणं ॥
नवकंज-लोचन, कंजमुख, कर-कंज, पद कंजारुणं ॥
कंदर्प अरणित अमित छबि, नवनील-नीरज-सुंदरं ।
पट पीत मानु तड़ित रुचि शुचि नौमि जनक सुतावरं ॥
भजु दीनबंधु दीनेश दानव-दैत्यवंश-निकंदनं ।
रघुनंद आनेदंकंद कोशलचंद दशरथ-नंदनं ॥
सिर मुकुट कुंडल तिलक चार उदारु अंग विभूषणं ।
आजानुभुज शर-चाप-घर, संग्राम-जित-खरदूषणं ॥

इति वदति तुलसीदास शंकर शेष-मुनि-मन-रंजनं ।
मम हृदय-कंज निवास कुरु, कामादि खल-दल-ंजनं ॥