



# Swami Rama Sadhaka Grama Ashram Handbook



*Swami Rama of the Himalayas*

*"Love, Serve, Remember."*



## **Association of Himalayan Yoga Meditation Societies International**

AHYMSIN is a worldwide affiliation of centers and initiates, founded by Mahamandaleshwara Swami Veda Bharati, a disciple of H. H. Sri Swami Rama, in 2007. Swami Rama Sadhaka Grama (SRSG) in Rishikesh, India is the Global Headquarters of AHYMSIN.

Swami Veda Bharati served as the Spiritual Guide of AHYMSIN from its inception until his Mahasamadhi on July 14 2015. Swami Ritavan Bharati is the current Spiritual Guide of AHYMSIN and Ashram Pramukha of SRSG.

AHYMSIN is registered as a non-profit charitable society in India. At present, AHYMSIN has 56 affiliated centers in 24 countries and 76 friendly centers in 32 countries. Our purpose is to teach and make available the knowledge of yoga meditation within the Tradition of the Himalayan Masters, as interpreted by our Gurudeva, Swami Rama of the Himalayas, doing research in yoga meditation and performing acts of charity for the benefit of humanity.

## **Welcome to Swami Rama Sadhaka Grama**

Built like a beautiful Meditation hill village, Swami Rama Sadhaka Grama was established by Swami Veda Bharati in 2002.

*Gram*a means "village" and *Sadhaka* means "spiritual seeker" in the sanskrit language - thus we are "A *village of spiritual seekers devoted to the teachings of Swami Rama of the Himalayas.*"

Our Ashram is devoted to studying, teaching, and practicing the subtle aspects of yoga meditation. Eight acres of clipped lawns and lush green gardens house an eclectic mix of Vastu designed cottages, the Swami Rama Dhayana Gurukulam, the Meditation Research Institute, and our Publications wing, while serving as the Global Headquarters of AHYMSIN.

The unique opportunity to study and practice in the backdrop of the Himalayan foothills makes SRSG a dream destination for anyone drawn to the subtle aspects of yoga meditation.

## Table of Contents

Regular Programs and Retreats.....	4
Daily Ashram Schedule.....	6
Guidelines for Sadhakas .....	7
Facilities.....	9
Check-Out and Departure.....	10
Sadhana Mandir .....	11
Hatha Yoga Practice and Precautions.....	12
Essential Basic Reading List .....	16
Two Minute Meditation .....	17
Mantra Initiation .....	19
Full Moon Meditation .....	22
Morning Prayers .....	24
Evening Prayers .....	30
Meal Prayers .....	38
Stay Connected: Stay Inspired .....	40

## **Regular Programs and Retreats**

*SRSR, through its many really unique aspects, offers programs that are not available elsewhere... Aspirants from all spiritual traditions and all walks of life are welcome. Every Sadhaka arriving at the ashram receives personal instructions.*

### **Self-Transformation Spiritual Retreats**

- **Individualized Retreat:**

Individual and group study programs of meditation, hatha yoga, pranayama, relaxation, and yoga philosophy are taught within the Himalayan Tradition.

- **Silence Retreat:**

With the approval of the silence guides, silence retreats of 3/5/7/10 days with systematic practices are available. For those who are ready, longer periods of silence and solitude may be given.

- **Intensive Sadhana Retreat:**

Longer and more intensive periods of sadhana (Mantra Purushacharana, Fire Offerings, Special Mantras, 40/60/90 Days Silence Practice) may be assigned for prepared seekers by the spiritual guide.

Kindly contact one of the Ashram teachers to know more about the Silence and Intensive Sadhana Retreats.

## Special Retreats

From time to time special retreats, workshops, and seminars are organized. You may want to come back for a special retreat to deepen your knowledge and understanding of yoga meditation, and to deepen your practice.



Kindly visit [www.ahymsin.org](http://www.ahymsin.org) or write to [ahymsin@ahymsin.org](mailto:ahymsin@ahymsin.org) for dates and topics of upcoming seminars. You may also check the notice boards in the Main Building.

## **Daily Ashram Schedule**

Participants in all the programmes follow the daily ashram schedule (subject to change), which begins at 5:00 AM, and runs until 9:15 PM. Sadhakas also have the opportunity to attend Swami Ritavan's classes and meditations when he is in residence.

Video recordings of lectures by Swami Rama and Swami Veda on various topics are featured on a regular basis. The same are available in the bookstore for the Sadhakas.

5:00 AM	Prayer
5:15 - 6:45 AM	Joints & Glands Exercises
7:00 - 8:00 AM	Meditation
8:00 - 9:00 AM	Breakfast
9:00 - 10:00 AM	Karma Yoga
10:30 - 12:00 PM	Philosophy Class
12:15 - 12:45 PM	Breathing Class
1:00 - 2:00 PM	Lunch
2:00 - 4:00 PM	Rest/Journaling/Relaxation
4:00 - 4:15 PM	Herbal Tea
4:15 - 5:30 PM	Ha-tha Yoga
5:45 - 6:45 PM	Meditation
7:00 - 7:45 PM	Supper
8:00 - 9:00 PM	Evening Program
9:00 PM	Evening Prayers

Thursday is a day of silence and intensive meditation.

Kindly check the message boards outside the Knowledge Center for daily classes.

## Guidelines for Sadhakas

Listed below is some information that we feel is important to know during your stay with us: SRSG is an ashram, where everyone is encouraged to contribute towards cultivating and maintaining its loving and peaceful environment.

- **Eco-Friendly Living:** Kindly use the resources on the campus sparingly - lights, water, etc. India has a shortage of water and power resources. Kindly always switch off the electric water heater in the bathrooms, blowing heaters, and air conditioning units when not in use.
- **Waste Management:** Dustbins, one for biodegradable waste and the other for non-biodegradable waste have been placed at several locations around the ashram campus. Kindly help support the Ashram recycling program by disposing of your wastes properly.
- **Dress Code:** Modest, comfortable, loose, and less revealing clothing are recommended. White and light colors are considered sattvic (resonating peace and purity) and are traditional ashram colors. Kindly adopt modest dress and use your discretion according to an Indian ashram.
- **Silence:** SRSG is a place of silence and meditation. Kindly maintain silence between 10 PM and 5 AM to help maintain the ashram environment of contemplation and meditation. Sadhakas are also required to use earphones with all audio equipment.
- **Off-Campus Activities:** It is best to have as few distractions as possible. It is helpful to limit off-campus trips for necessities to once per week. This gives you the opportunity to participate more fully in the retreat to gain



the maximum benefit.

- **Emotional Relationships:** While at the ashram, in order for you to be able to maintain your focus on your personal inner self-discovery and spiritual practices, we suggest that you avoid forming and/or maintaining intense emotional relationships during your brief stay at the ashram that would divert your energy from your inward focus.
- In the spirit of Karma Yoga, we request the Sadhakas to take responsibility of **house-keeping** for their own cottages. Sadhaka Grama staff are not authorised to clean your cottage while you occupy it.
- The main building has **toilets** located near the lift on the left backside of the meditation hall.
- **Electricity Information:** The electricity is 220 volts and often drops causing dimming of lights etc. The power goes off at times as well. The socket outlets are round 2 pin and round 3 pin which adaptors can be used to fit plugs of other types.
- If you will be taking any of your meals outside the ashram and skipping a meal, Kindly inform Mandala Office at least 4 hours in advance. The food from the Ashram kitchen shall be consumed in the dining hall itself.
- Any cups, plates or steel tumblers borrowed from the dining hall must be returned to the kitchen at your earliest convenience and not left in the cottages and rooms.
- In the spirit of **ahimsa** (non-harming), we do not consume or prepare any meat, fish, or eggs on the premises. These items are strictly prohibited in the Ashram campus. All kinds of alcohol, intoxicants, mind-altering drugs and smoking are also strictly prohibited.

- The distribution of money, etc. to people outside the Ashram is strongly discouraged. It encourages a habit of begging and may give the impression of the Ashram as a distribution centre. If you are happy by our services, kindly make a note in our visitors register and if you wish, you make an offering to the staff welfare fund kept with the manager. Kindly refrain from giving any tips to the staff.
- Kindly do not move any furniture and other articles such as chairs, blankets, etc. from the meditation hall or other classrooms.

If you have any questions regarding the above guidelines, kindly speak with the Mandala Office (reception) staff. Think of the entire campus as your own home while you are here.

## **Facilities**

**Meals:** Vegetarian Indian meals are served in the common dining hall three times a day and chai (tea) is provided twice a day. Kindly note that all our meals contain some milk/milk products and nuts sometimes. If you have any dietary restrictions, kindly get in touch with the Mandala Office. Kindly note that a short prayer precedes all meals. We encourage all the Sadhakas to recite the meal prayers, before eating their food. All the Sadhakas are encouraged to maintain silence in the Dining Hall.

**Drinking Water:** Water filters are located at the dining hall, the Mandala Office, and near the Meditation Hall.

**Yoga Mats** are provided to all the guests upon arrival. Kindly use the mat provided to you for all your yoga classes and personal

practice to ensure proper hygiene. You are strongly encouraged to clean and return the mat upon your check-out.

**Sadhaka Library:** The Sadhaka Library is located next to the Knowledge Center. Kindly ask the Ashram teachers for assistance in checking out books.

**Book Store Services:** The Book Store inside the campus is open from 10:00 AM to 5:00 PM. Audio CDs are available by order.

**Services at the Mandala Office (Reception):** Kindly contact the Mandala Office staff during office hours from 8:00 AM to 5:00 PM for assistance with services such as:

- Internet Services,
- Transportation Services,
- Money Exchange Services,
- Laundry Services,
- Seva (Selfless Service) opportunities,
- Or any other assistance in your cottage
- In case of an emergency/medical needs.

### **Check-Out and Departure**

- ✓ Kindly empty the garbage bin in your cottage.
- ✓ Remove the sheets and pillow-cover. Place the used sheets and towels in the pillow-cover.
- ✓ Switch off the water-heater.
- ✓ Switch off all lights, ceiling fans and air conditioning/heating units.
- ✓ Check to see that all windows are latched shut.

Return your keys and yoga mat to the office if you leave during office hours or place key and yoga mat inside the lock and leave in the cottage at a visible location.

\* If you would like to contribute towards the maintenance of this peace enclave called Swami Rama Sadhaka Grama, you may offer a donation or dakshina at Mandala Office. As Swami Veda has said, “The student or disciple gives his/her offering for the love of the teaching, so that the teaching may be facilitated, that the Gurukulum or Guru Family may flourish, and that the teacher(s) do not suffer.”

We also welcome any comments or suggestions and encourage you to leave them in writing at the office.

## **Sadhana Mandir**

Founded in 1966 on the banks of the Ganges in Rishikesh, India, Sadhana Mandir Trust was established by our Gurudeva – Swami Rama and continues to be the source of spiritual inspiration for all of us. Sadhana is the word for a student's sincere efforts along a particular path of practice toward self-realization. The word mandir simply means "temple." So Sadhana Mandir means the abode of spiritual practice. For more information, kindly visit: <http://www.sadhanamandir.org/>

## Hatha Yoga Practice and Precautions

We offer a number of hatha yoga classes from “foundation” to “advanced”. Kindly review the following information prior to attending any of our classes.

During your stay with us in the ashram we will be happy to support you in any way to study and practice the Yoga of the Himalayan tradition, as taught by our master Swami Rama of the Himalayas and his disciple Swami Veda Bharati. The **Himalayan Tradition** is a meditation (*dhyana*)-based tradition. All the practices are meant to prepare us for meditation. In the process of learning meditation, the Himalayan Tradition teaches us how to sit (stable, comfortable and effortless), how to breathe without irregularities, how to relax and how to purify our mind.

### Daily Joints and glands-exercises and Hatha Yoga-sessions

The daily hatha yoga sessions are to be seen in this perspective. In the morning hatha yoga session there is an emphasis on joints and glands-exercises and preparatory postures; in the evening there's an emphasis on classical asanas / postures. The joints and glands-exercises are the body movements on a subtle level and prepare our bodies for the practice of classical postures. The Himalayan tradition teaches how to coordinate the body – breath – mind and to move in a meditative way. Regular and systematic practice leads on a physical level to a stronger and more flexible body (muscles, joints, tissues, inner organs) and, on a subtler level the exercises help us to remove blocks in the energetic and mental layers of our being (products of emotional blocks) so that our body and mind can become still, ready for meditation, for the experience of the Self.

## Guidelines and Precautions

During the hatha yoga classes the teacher will provide you with as complete as possible information. Still it is needed for each one of us to always remain aware of some precautions in the practice of asanas. Hatha yoga is all about awareness of what happens in our body, breath and mind. This enables us to listen to our body and to respect its limits in a given moment of time, which may change from day to day. Yoga practice is not meant to be an aerobic-exercise or about how far one can stretch or bend. As we study our inner Self, comparison with others is pointless.

**The main principle in hatha yoga is Ahimsa – non-violence to ourselves and to others.** Learn to have faith in the wisdom of the signals of our body and breath. eg if the breath becomes irregular, we are probably putting too much effort in the practice. Go a little less far. Swami Veda Bharati teaches us that our body is a temple of God. Kindly treat it with friendliness and respect.

**Be gentle with yourself!**

In case of any serious health problems and in case of doubts regarding health issues, kindly share your doubts with the teacher *before participating in the hatha yoga classes*. In this way you enable us to properly give you guidelines to prevent further problems and to help you where possible with specific exercises to restore a healthy body and mind. Here below will follow some general precautions about some common health issues.

- **Natural flow of the breath:** In the Himalayan Tradition we always practice letting the breath flow naturally, without jerks, noise or pauses, starting with an even length of inhalation and exhalation. We don't teach holding the

breath. Maintaining a free flow of the breath at all times will help to save us from injuries.

- **Practice postures on an empty stomach:** Hatha yoga should be practiced on an empty stomach. Wait at least two hours after having a light meal; wait four hours after a heavy meal. Many postures affect the internal organs. If there is food in the stomach, the practice of asanas will cause discomfort and can lead to complications.
- **Menstruation period:** Women during menstruation should preferably not practice asanas during this time, and take rest. They should especially not practice inverted postures (this means: the postures in which the pelvis is higher than the head). During menstruation the blood flow is directed downwards; inverted postures would distort this natural flow. Other postures to be avoided are those which strongly activate the abdomen (e.g. fire series or vigorous pranayama). During menstruation it is recommended to concentrate more on joints and glands exercises, relaxation, nadi shodhanam and meditation.
- **Lower back problems:** Be very careful, listen to your body. Don't continue your standing posture series if you start feeling pain or irritation in your lower back. Take rest, relax! We always have to protect the lower back by properly activating the legs and pelvis in backward bending postures. Check with the teacher if you have doubts whether you are performing the asanas in a safe way. Whenever you feel strain in the lower back: lie down on your back, bring your knees towards your chest and rest your lower back on the ground to release the tension.

- **Eye problems:** Take care not to put strain on the eye muscles. Practice the eye movement-exercises in the joints and glands-series in a gentle way. Avoid doing inverted postures and vigorous pranayama. In case of doubts, ask the teacher.
- **Problems in elbows and knees:** While moving the body, take extra care (awareness!) not to hurt them. Make gentle movements. Check with the teacher.
- **Surgery:** Don't put pressure in the still vulnerable areas that were under surgery. Listen to your body and to any advice that you may have received from your physician.
- **High blood pressure and heart conditions:** Avoid inverted postures. In breathing practices avoid the vigorous exercises. Consult the teacher in case of doubt.
- **Pregnancy:** Practice diaphragmatic equal breath and a lot of nadi shodhanam. The oxygen exchange will improve, which helps the baby. Don't do backward bends, stretch ups or inverted postures (because of the way the placenta is attached). No pelvic rotations, no spinal twists, no vigorous pranayama. Don't stretch the muscles in the abdomen. Use joints and glands-exercises. Trust what your body tells you. Relaxing the face muscles is beneficial, it relaxes the muscles of the pelvic floor.



## **Essential Basic Reading List**

### **First Step Readings:**

- Book: Living with the Himalayan Masters by Swami Rama
- Audio: The Guru-Disciple Relationship by Swami Veda
- Book: Meditation and Its Practice by Swami Rama
- Audios: (a) Five Minute Meditation by Swami Veda  
(b) Beginning Meditation by Swami Veda.
- Book: The Royal Path, Chapter 7, “What is Meditation” by Swami Rama
- Book: Night Birds by Swami Veda Bharati contains the topics of Himalayan Tradition of Yoga Meditation, Beginning Meditation, Mantra: What & Why, Mantra After Initiation, and other essential readings.
- Audio with book: Learn to Meditate (plus relaxation exercises) by Swami Veda.
- Video: Treading the Path of Superconscious Meditation by Swami Rama
- Audio: Superconscious Meditation by Swami Veda (Pandit Usharbudh Arya)
- Book: Philosophy of Hatha Yoga by Swami Veda (Pandit Usharbudh Arya)

### **Suggested Further Reading:**

1. Book: Science of Breath by Swami Rama
2. Book: Art of Joyful Living by Swami Rama
3. Book: Path of Fire and Light, Vol 2, by Swami Rama
4. Book: Holistic Health by Swami Rama
5. Book: Mantra and Meditation by Swami Veda Bharati

6. Book: Choosing A Path by Swami Rama
7. Book: Perennial Psychology of the Bhagavad Gita by Swami Rama
8. Book: Yoga and Psychotherapy by Swami Rama and others
9. Audio: Exercise without Movement by Swami Ritavan Bharati
10. Book: Sacred Journey by Swami Rama
11. Book: Exercises for Joints & Glands by Swami Rama

*These books and recordings are available for purchase in our bookstore.*

## **Two Minute Meditation**

**Swami Veda suggests going every 2-3 hours into a state of inner silence (meditative state) for just 2 minutes.**

How to reach this inner state of silence?

1. Sit comfortably (if sitting is not possible, stand comfortable - be practical).
2. If possible relax all musculature and joints in one breath. The most proficient can do so but do not struggle. With your awareness, quickly and systematically relax your whole body.
3. Relax your forehead.
4. Feel the touch of the breath in the nostrils.
5. Breathe slowly, gently, smoothly.
6. Let there be no sound, jerks or pauses.
7. Eliminate the pause between the breaths. As soon as one breath is completed begin to feel the next breath flow.
8. Use one of the four thoughts below. Let the chosen thought

flow with each breath, not on the lips not on the tongue, not in the vocal cords, but only as a thought in the mind.

- a. Your personal mantra.
  - b. In the absence of a personal mantra exhale “ham” and inhale “so”. Let there be no break in the chain of “ham so”, “so ham” thought flow.
  - c. Choose a name of divinity you prefer in accordance with your tradition.
  - d. If you do not believe in the above three then count 1 with the exhalation and 2 with the inhalation. There are many ways of counting the breaths this is the simplest.
9. After whatever number of above observations of the breath and single repeated thought, observe how the breath, mind and the word thought are flowing as a single stream.
  10. The entire mind becomes an even flowing stream.
  11. Without breaking the stream and its operation slowly open your eyes.
  12. Resolve in your mind that you will calm the mind in this way many times in the day.
  13. Whatever you do with the mind repeatedly becomes the mind's habit. At present disturbance is the mind's habit, later calmness and peace will become the mind's nature.

Thoughts may arise. Do not be angry with yourself because of thoughts arising. Be gentle to yourself and bring your awareness back to your object of concentration (mantra, breathing).

### **Do Two Minutes Meditations Every Two or Three Hours.**

Even at home, you can do this. A good possibility to integrate the two minute meditation into a daily schedule is doing them every time before you begin doing a new activity and after finishing. If

you have less time you can start taking the otherwise wasted time like waiting for paying in a store, sitting in a taxi, waiting for a bus, during advertisement on television. Be creative, it is just two minutes.

## **Mantra Initiation**

### **Four Conditions for Mantra Initiation:**

1. Keeping a fixed daily meditation time.
2. Living a life conducive to meditation.
3. One must refrain from the use of alcohol and all mind-altering substances. In some cases, the would-be initiate may be asked to wait a few months if he/she has been taking such substances.
4. Completing a course of classes in breathing, sitting, and other preparations of Yoga Meditation with the teachers so to establish ability in the basic practices.

### **Preparations in Yoga Meditation consist of:**

1. Joints and glands exercises
2. Training the legs
3. Sitting correctly: with a straight spine
4. Relaxation procedures
5. Diaphragmatic breathing
6. Breath awareness
7. Breath awareness with so-ham

### **Prescribed Readings Prior to Initiation and after Initiation:**

#### **Booklets:**

1. *The Himalayan Tradition* by Swami Veda Bharati

2. *Mantra What and Why* by Swami Veda Bharati
3. *Mantra After Initiation* by Swami Veda Bharati
4. *Special Mantras* by Swami Veda Bharati

### **Books:**

1. *Meditation and Its Practice* by Swami Rama, p. 4-6
2. *Meditation: The Art & Science* by Swami Veda Bharati
3. *Art of Joyful Living* by Swami Rama, p. 157-171 et.al.
4. *Mantra and Meditation* by Swami Veda, chapters 5, 10, 11, & 13

### **Recommended audio recordings:**

1. *Super-conscious Meditation* series by Swami Veda
2. *Mantra: Its Use and Meaning* by Swami Veda

### **Request for a Mantra and Initiation Process**

The request may be made by submitting the application to the resident preceptor/initiator who will note the date and time well in advance. Kindly get in touch with the teachers for more information.

### **Dakshina (Offerings)**

Your monetary offerings in appreciation for mantra initiation are not personal to the preceptor/initiator, nor are they mixed with general funds. “*Guru-dakshina*” are used to fulfill certain spiritual wishes of Gurudeva, H.H. Swami Rama. At this time, the particular funds from mantra initiation offerings are reserved for serving sadhus in need of medical care and other help.

After being initiated an initiate may make an inner spiritual commitment for helping with the Guru's work.

### **On the Day of Initiation:**

1. Kindly arrive at least half an hour before the appointed time. Sit in meditation.
2. Keep the stomach light; and for married persons, previous night's celibacy is recommended.
3. Keep the mind peaceful and pure, preference towards silence.
4. Bringing an offering of fruits, flowers and such is common in all the spiritual traditions.
5. You will be guided to your initiation where you will sit in correct meditation position with your right ear towards the initiator.
6. During initiation only listen to the mantra without reciting it. Remain in silence and the preceptor will guide the initiation and instruction. A copy of the mantra initiation will be given to the initiate by the preceptor along with audio of guided mantra-meditation.

### **Follow-Up:**

After the initiation, remain in touch with the preceptor/initiator for additional instruction and guidance through email; or when teachers of the Tradition are at your local Center. You may plan to come back for special retreats and workshops in future. Kindly stay updated regarding special practices, guidelines, upcoming programs and teachings through the AHYMSIN Newsletter and website.

## Full Moon Meditation

### **Global Meditations with Swami Ritavan Bharati**

Since 2003, thousands of sadhakas on all continents have been sitting in meditation on full moon days at the invitation of Swami Veda Bharati. The times for different continents vary and Swami Ritavan, the spiritual guide of AHYMSIN meditates several times to serve different groups at different times. Below you will find the times for your part of the world.

People sit in their own homes and Swami ji sits wherever he is synchronizing to your time. Many have written about the most wonderful experience of serenity, inspiration and energy they have received. It is a secret of the yogis how they may touch the other wave minds in the oceanic universal mind-field.

You may sit for whatever length of time and you will receive your share of blessings. For the Full Moon Meditation Dates kindly see [www.ahymsin.org](http://www.ahymsin.org)

#### **Global Timings:**

**7:00 AM in India (IST).** Surrounding countries adjust the time accordingly, for example Iran is 5:00 AM.

**8:00 PM in East Asia.** Australia, China, Hong Kong, Indonesia, Japan, Korea, Malaysia, Taiwan, Thailand etc. adjust their times to coincide with Singapore time 8:00 PM.

**8:00 PM in U.K. (Greenwich Mean Time).** Those in all European and all African time zones kindly adjust your sitting time to coincide with 8:00 PM United Kingdom (GMT).

**10:00 PM in New York.** Surrounding countries and regions of the South, Central, and North Americas and the Caribbean are to match their time to 10:00 PM New York time.



# Morning and Evening Prayers in the Himalayan Tradition

## Morning Prayers

### Guru Prayer

Verses 1 and 2 are from the Guru Gītā in the Skanda-Purāṇa and verse 3 was composed by Swami Veda Bharati for the frontispiece to his Yoga-sūtras. (Volume I: Samādhi-pāda)

ॐ ॐ ॐ गुरुब्रह्मा गुरुर्विष्णुर्गुरुर्देवो महेश्वरः।  
गुरुः साक्षात्परं ब्रह्म तस्मै श्रीगुरवे नमः॥ १ ॥

Om Om Om gurur brahmā gurur viṣṇur  
gurur devo maheśvaraḥ,  
guruḥ sākṣāt paraṁ brahma  
tasmai śrī-gurave namaḥ. (1)

Om, Om, Om. To that beautiful and benevolent Guru who is Brahmā, the Creator, Viṣṇu, the Maintainer, and Śiva, the Great Lord through whom all things return to their origin. To that Guru who is the direct experience of Brahman, salutations.

अखण्डमण्डलाकारं व्याप्तं येन चराचरम्।  
तत्पदं दर्शितं येन तस्मै श्रीगुरवे नमः॥ २ ॥

akhaṇḍa-maṇḍalākāraṃ vyāptaṃ yena carācaram,  
tat-padaṃ darśitaṃ yena tasmai śrī-gurave namaḥ. (2)

(Which) pervades the entire unbroken form of the circle (of creation), moving and unmoving. To that beautiful and benevolent Guru through whom that state was revealed (to me), salutations.

हिरण्यगर्भादारब्धां शेषव्यासादिमध्यमाम्।  
स्वामिश्रीरामपादान्तां वन्दे गुरुरम्पराम्॥ ३ ॥

hiraṇya-garbhād ārabdhāṃ śeṣa-vyāsādi-madhyamām,  
svāmi-śrī-rāma-pādāntāṃ vande guru-paramparām. (3)

Originating from the Golden Womb (of light, the guru-spirit), and (flowing) down through the medium of gurus like Śeṣa (Patañjali), Vyāsa and the rest, ending at the feet of Śrī Swāmī Rāma, that (unbroken stream of) succession, I worship.

### Peace Prayer

This Śānti Pāṭha is a traditional introduction to several of the Upaniṣads.

ॐ असतो मा सद्गमय। तमसो मा ज्योतिर्गमय।  
मृत्योर्मा मृतं गमय॥

Om asato mā sad gamaya, tamaso mā jyotir gamaya,  
mṛtyor mā amṛtaṃ gamaya.

ॐ शान्तिः शान्तिः शान्तिः ॥

Om śāntiḥ śāntiḥ śāntiḥ.

Om. Lead me from the unreal and the untrue to the Real and True. Lead me from darkness (of ignorance) unto light (of consciousness). Lead me from mortality to immortality. Om, Peace, Peace, Peace.

**Prayer at dawn by Śankarācārya (Prātaḥ-smaraṇa-stotram)**

प्रातःस्मरामि हृदि संस्फुरदात्मतत्त्वं  
सच्चित्सुखं परमहंसगतिं तुरीयम्।  
यत् स्वप्नजागरसुषुप्तिमवैति नित्यं  
तद् ब्रह्म निष्कलमहं न च भूतसङ्घः॥ १ ॥

prātaḥ smarāmi hṛdi saṁsphurad-ātma-tattvaṁ  
sac-cit-sukhaṁ parama-haṁsa-gatiṁ turīyam,  
yat svapna-jāgara-suṣuptim avaiti nityaṁ  
tad brahma niṣkalam ahaṁ na ca bhūta-saṅghaḥ. (1)

At dawn I remember the true Self, shining in the heart, the fourth state, Turéya, existence – consciousness – supreme joy, the goal of the supreme sages, That which eternally pervades the three (other states), waking, dream and deep sleep. I am That eternal Brahman, not this aggregate of elements.

प्रातर्भजामि मनसां वचसामगम्यं  
वाचो विभान्ति निखिला यदनुग्रहेण।  
यन्नेति नेति वचनैर्निगमा अवोचंस्तं  
देवदेवमजमच्युतमाहुरग्र्यम्॥ २ ॥

prātar bhajāmi manasām vacasām agamyam  
vāco vibhānti nikhilā yadanu graheṇa,  
yan neti neti vacanair nigamā avocaṁs  
taṁ deva-devam ajam acyutam āhur agryam. (2)

At dawn I sing the praise of that which is unreachable for the mind and words, That by whose grace all words shine, That which the scriptures describe with the words, "neither this nor that," That unborn, eternal foremost Divinity of divinities.

प्रातर्नमामि तमसः परमर्कवर्णं  
पूर्णं सनातनपदं पुरुषोत्तमाख्यम्।  
यस्मिन्निदं जगदशेषमशेषमूर्तौ  
रज्ज्वां भुजङ्गम इव प्रतिभासितं वै॥ ३ ॥

prātar namāmi tamasah param arka-varṇam  
pūrṇam sanātana-padam puruṣottamākhyam,  
yasminn idam jagad aśeṣam aśeṣa-mūrtau  
rajjvām bhujāṅgama iva prati-bhāsitaṁ vai. (3)

At dawn, I bow to That whose color is a flash beyond darkness (of the void, śūnya, or of ignorance), the Plenum, the ancient goal

(or eternal state), which is called the ultimate person(hood), That in which the remainderless (whole of the) Universe is revealed as the rope instead of the serpent.

श्लोकत्रयमिदं पुण्यं लोकत्रयविभूषणम्।  
प्रातःकाले पठेद्यस्तु स गच्छेत् परमं पदम्॥४॥

śloka-trayam idaṃ puṇyaṃ loka-traya-vibhūṣaṇam,  
prātaḥ-kāle paṭhed yas tu sa gacchet paramaṃ padam. (4)

Who so ever at the dawning hour recites this auspicious triad of verses, an ornament to the three worlds, goes to the supreme station, mokṣa, liberation.

### **Prayer for Harmony between Teacher and Student**

This Śanti-Pāṭha is a traditional introduction to several of the Upaniṣads.

ॐ सह नाववतु। सह नौ भुनक्तु। सह वीर्यं करवावहै।  
तेजस्वि नावधीतमस्तु। मा विद्विषावहै॥

Om saha nāv avatu, saha nau bhunaktu, saha vīryaṃ  
karavāvahai,  
tejasvi nāv adhītam astu, mā vidviṣāvahai.

ॐ शान्तिः शान्तिः शान्तिः ॥

Om śāntiḥ śāntiḥ śāntiḥ.

Om. May It (Brahman) protect us both together. May It (Brahman) enjoy/ feed us both together. May we create spiritual power together. May what we have studied together be possessed of brilliance. May we not hate one another. Om, Peace, Peace, Peace.

### **Prayer of Completion**

This Śanti-Pāṭha is a traditional introduction to the Iśā Upaniṣad.

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते।  
पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते॥

Om pūrṇam adaḥ pūrṇam idaṁ pūrṇāt pūrṇam udacyate,  
pūrṇasya pūrṇam ādāya pūrṇam evāva-śiṣyate.

ॐ शान्तिः शान्तिः शान्तिः ॥

Om śāntiḥ śāntiḥ śāntiḥ.

Om. That is full/ complete/ perfect. This is full/ complete/ perfect. Perfection arises from the Perfect. Taking the Perfect of the perfect, It remains as the Perfect alone. Om, Peace, Peace, Peace.

## Evening Prayers

### Śiva-Saṅkalpa-Sūktam (Yajur Veda)

ॐ यज्जाग्रतो दूरमुदैति दैवं  
तदु सुप्तस्य तथैवैति।  
दूरङ्गमं ज्योतिषां ज्योतिरेकं  
तन्मे मनः शिवसङ्कल्पमस्तु॥ १ ॥

Om yaj jāgrato dūram udaiti daivaṁ tadu suptasya tathavaiti,  
dūraṅgamaṁ jyotiṣāṁ jyotirekaṁ tanme manaḥ śiva-saṅkalpam  
astu. (1)

Om. That divine shining force which travels far as one is awake and also travels far and wide, the same way, when one is asleep, this far going, far travelling, one light of many lights, may that my mind be filled with beautiful and benevolent thoughts.

येन कर्माण्यपसो मनीषिणो  
यज्ञे कृण्वन्ति विदथेषु धीराः।  
यदपूर्वं यक्षमन्तः प्रजानां  
तन्मे मनः शिवसङ्कल्पमस्तु॥ २ ॥

yena karmāṅyapaso manīṣiṇo  
yajñe kṛṇvanti vidatheṣu dhīrāḥ,  
yad apūrvaṁ yakṣaṁ antaḥ prajānāṁ  
tan me manaḥ śiva-saṅkalpam astu. (2)

That wherewith all the wise ones, intuitive ones, perform their acts, all the patient spiritually practicing ones perform all duties in the battles of life, that which is the mysterious personality inside all beings, may that my mind be filled with beautiful and benevolent thoughts.

यत्प्रज्ञानमुत चेतो धृतिश्च  
यज्ज्योतिरन्तरमृतं प्रजासु।  
यस्मान्न ऋते किञ्चन कर्म क्रियते  
तन्मे मनः शिवसङ्कल्पमस्तु॥ ३ ॥

yat prajñānam uta ceto dhṛtiś ca  
yaj jyotir antar amṛtaṁ prajāsu,  
yasmān na ṛte kiñcana karma kriyate  
tan me manaḥ śiva-saṅkalpam astu. (3)

That which is awareness, that which is the mind field, that which is the holding, sustaining power, that which is the immortal light hidden in the interior of all beings, that without which no action is ever performed, may that my mind be filled with beautiful and benevolent thoughts.

येनेदं भूतं भुवनं भविष्यत्  
परिगृहीतममृतेन सर्वम्।  
येन यज्ञस्तायते सप्त होता  
तन्मे मनः शिवसङ्कल्पमस्तु॥ ४ ॥



yenedaṁ bhūtaṁ bhuvanaṁ bhaviṣyat  
pari-grhītam amṛtena sarvam,  
yena yajñas tāyate sapta hotā  
tan me manaḥ śiva-saṅkalpam astu. (4)

That by which all that is the past, that immortal force by which is held in his grip all that is past, all that is present, all that is future, that by which the sacrament of seven priests is performed, may that my mind be filled with beautiful and benevolent thoughts.

यस्मिन्नृचः साम यजूषि यस्मिन्  
प्रतिष्ठिता रथनाभाविवाराः।  
यस्मिंश्चित्तं सर्वमोतं प्रजानां  
तन्मे मनः शिवसङ्कल्पमस्तु॥५॥

yasminn ṛcaḥ sāma yajūrṣi yasmin  
pratiṣṭhitā ratha-nābhāvivarāḥ,  
yasmiṁś cittaṁ sarvam otaṁ prajānāṁ  
tan me manaḥ śiva-saṅkalpam astu. (5)

That in which the hymns of praise, as in the Rig Veda, the hymns that can be sung, as in the Sama Veda, they hymns that are recited in all sacraments, as in the Yajur Veda, all this knowledge is established as the arrays of spokes in the central navel of the chariot's wheel. That in which the mind field of all living beings is woven and interwoven, may that my mind be filled with beautiful and benevolent thoughts.

सुषारथिरश्वानिव यन्मनुष्यान्  
नेनीयतेऽभीशुभिर्वाजिन इव।  
हृत्प्रतिष्ठं यदजिरं जविष्ठं  
तन्मे मनः शिवसङ्कल्पमस्तु॥ ६ ॥

suṣārathir aśvān iva yan manuṣyān  
nenīyate 'bhīśubhir vājina iva,  
hṛt–pratiṣṭhaṁ yad ajiraṁ javiṣṭhaṁ  
tan me manaḥ śiva–saṅkalpam astu. (6)

ॐ शान्तिः शान्तिः शान्तिः ॥  
Om śāntiḥ śāntiḥ śāntiḥ.

As a good charioteer controls and leads the horses with the reins held fast, in the same way, that which leads all the human beings with the reins of senses in its grip, that heart dwelling, most agile, speediest force in the universe, may that my mind be filled with beautiful and benevolent thoughts. Om, Peace, Peace, Peace.

### Guru Prayer

This verse is from the Guru Gītā in the Skanda-Purāṇa.

ॐ ॐ ॐ गुरुब्रह्मा गुरुर्विष्णुर्गुरुर्देवो महेश्वरः।  
गुरुः साक्षात्परं ब्रह्म तस्मै श्रीगुरवे नमः॥

Om Om Om gurur brahmā gurur viṣṇur gurur devo maheśvaraḥ,  
Guruḥ sāksāt paraṁ brahma tasmai śrī–gurave namaḥ.

Om, Om, Om. To that beautiful and benevolent Guru who is Brahmā, the Creator, Viṣṇu, the Maintainer, and Śiva, the Great Lord through whom all things return to their origin. To that Guru who is the direct experience of Brahman, Salutations.

### Peace Prayer

This Śānti Pāṭha is a traditional introduction to several of the Upaniṣads.

ॐ असतो मा सद्गमय। तमसो मा ज्योतिर्गमय।  
मृत्योर्मा मृतं गमय॥

Om asato mā sad gamaya, tamaso mā jyotir gamaya,  
mṛtyor mā amṛtaṁ gamaya.

ॐ शान्तिः शान्तिः शान्तिः ॥

Om śāntiḥ śāntiḥ śāntiḥ.

Om. Lead me from the unreal and the untrue to the Real and True. Lead me from darkness (of ignorance) unto light (of consciousness). Lead me from mortality to immortality. Om, Peace, Peace, Peace.

## Prayer for Harmony between Teacher and Student

This Śanti-Pāṭha is a traditional introduction to several of the Upaniṣads.

ॐ सह नाववतु। सह नौ भुनक्तु। सह वीर्यं करवावहै।  
तेजस्वि नावधीतमस्तु। मा विद्विषावहै॥

Om saha nāv avatu, saha nau bhunaktu, saha vīryaṁ  
karavāvahai, tejasvi nāv adhītam astu, mā vidviṣāvahai.

ॐ शान्तिः शान्तिः शान्तिः ॥

Om śāntiḥ śāntiḥ śāntiḥ.

Om. May It (Brahman) protect us both together. May It (Brahman) enjoy/ feed us both together. May we create spiritual power together. May what we have studied together be possessed of brilliance. May we not hate one another. Om, Peace, Peace, Peace.

### Verses From Śankarācārya's Saundarya Laharī (1,3,8)

शिवः शक्त्या युक्तो यदि भवति शक्तः प्रभवितुं  
न चेदेवं देवो न खलु कुशलः स्पन्दितुमपि ।  
अतस्त्वामाराध्यां हरिहरविरिञ्च्यादिभिरपि  
प्रणन्तुं स्तोतुं वा कथमकृतपुण्यः प्रभवति ॥ १ ॥

śivaḥ śaktyā yukto yadi bhavati śaktaḥ pra-bhavituṃ  
na ced evaṃ devo na khalu kuśalaḥ spanditum api,  
atas tvām ārādhyāṃ hari-hara-viriñcy-ādibhir api  
praṇantuṃ stotuṃ vā katham akṛta-punyaḥ prabhavati. (1)

If Śiva is united with Śakti, he is able to exert his powers as Lord. If not, the god is not able to stir. How can one who has not acquired merit be fit to offer reverence and praise to You, who must be propitiated by Hari, Hara, Viriñci and the other (gods, the divine powers of creation, maintenance and dissolution)?

अविद्यानामन्तस्तिमिरिमिहिरोद्दीपनकरी  
जडानां चैतन्यस्तबकमकरन्दश्रुतिसृतिः ।  
दरिद्राणां चिन्तामणिगुणनिका जन्मजलधौ  
निमग्नानां दंष्ट्रा मुररिपुवराहस्य भवती ॥ ३ ॥

avidyānām antas timiri-mihiro dīpana-karī  
jaḍānām caitanya-stabaka-makaranda-śruti-sṛtiḥ,  
daridrāṇāṃ cintā-maṇi-guṇanikā janma-jaladhau  
nimagnānāṃ daṃṣṭrā mura-ripu-varāhasya bhavatī. (3)

You are the island city of the sun, (dispelling) the darkness of the ignorant. For the mentally stagnant, You are a waterfall of streams of nectar (flowing) from streams of Consciousness. For the poor, You are the (duplicate of Indra's) wishing jewel, for those submerged in the ocean of birth (and death) You are the tusk of that boar (Viṣṇu as the Boar incarnation) who was the enemy of Murā.

सुधासिन्धोर्मध्ये सुरविटपिवाटीपरिवृते  
मणिद्वीपे नीपोपवनवति चिन्तामणिगृहे  
शिवाकारे मञ्चे परमशिवपर्यङ्कनिलयां  
भजन्ति त्वां धन्याः कतिचन चिदानन्दलहरीम् ॥८॥

sudhā-sindhor madhye sura-viṭapi-vāṭī-parivr̥te  
maṇi-dvīpe nīpopavanavati cintā-maṇi-gr̥he  
śivākāre mañce parama-śiva-paryaṅka-nilayāṁ  
bhajanti tvāṁ dhanyāḥ katicana cid-ānanda-laharīm. (8)

ॐ शान्तिः शान्तिः शान्तिः ॥

Om śāntiḥ śāntiḥ śāntiḥ.

Some few lucky ones worship You, a flood of consciousness and supreme bliss, Your seat a mattress which is Parama Śiva, on a couch composed of the four gods, Śiva (and the others), in the mansion of wishing jewels with its grove of Nīpa trees, in the Isle of Gems, covered with groves of heavenly wish-fulfilling trees, in the midst of the Ocean of Nectar. Om, Peace, Peace, Peace.

## Meal Prayers

The 3rd verse of this prayer is verse 24 of the fourth chapter of the Bhagavad Gītā. The last line of the prayer (starting with “Om viśvātmā prīyatām, Om tat sad brahmārpaṇam astu”) may also be used at the end of a practice to dedicate the fruits of one's meditation to the welfare of All.

ॐ अन्नपूर्णे सदापूर्णे शङ्करप्राणवल्लभे।  
ज्ञानवैराग्यसिद्ध्यर्थं भिक्षां देहि च पार्वती॥

Om anna-pūrṇe sadā-pūrṇe śaṅkara-prāṇa-vallabhe,  
jñāna-vairāgya-siddhyartham bhikṣām dehi ca pārvatī.

O Pārvatī, source of all that is nourishing, source of never-ending abundance, and Śankara's beloved Consort, bestow upon us your blessing that will lead us into perfect knowledge and wisdom.

माता तु पार्वती देवी पिता देवो महेश्वरः।  
बान्धवाः शिवभक्ताश्च स्वदेशो भुवनत्रयम्॥

mātā tu pārvatī devī pitā devo maheśvaraḥ,  
bāndhavāḥ śiva-bhaktāś ca sva-deśo bhuvana-trayam.

O Pārvatī, you are our Divine Mother, as Śiva is our Divine Father, and as fellow worshippers of Śiva, inhabiting the three worlds, are our brothers.

ब्रह्मार्पणं ब्रह्म हविर्ब्रह्माग्नौ ब्रह्मणा हुतम् ।  
ब्रह्मैव तेन गन्तव्यं ब्रह्मकर्मसमाधिना ॥

brahmārpaṇaṁ brahma havir brahmāgnau brahmaṇā hutam,  
brahmaiva tena gantavyaṁ brahma-karma-samādhinā.

Brahman [is] the offering. Brahman [is] the oblation. By Brahman poured into the fire of Brahman, Brahman is attained by one alone whose meditation is focused on action in Brahman.

ॐ विश्वात्मा प्रीयताम् ॥

Om viśvātmā prīyatām.

ॐ तत्सद् ब्रह्मार्पणम् अस्तु ॥

Om tat sad brahmārpaṇam astu.

ॐ शान्तिः शान्तिः शान्तिः ॥

Om śāntiḥ śāntiḥ śāntiḥ.

Om. May the Universal Self be satisfied. Om, That (Brahman) is Truth, Existence. May this be an offering to (That) Brahman. Om, Peace, Peace, Peace.



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Swami Veda Bharati

*"Let every person feel loved."*



(Hands in Meditation)

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