"Let positive, strong, helpful thought enter into their brains from very childhood"
- Swami Vivekananda
Bala-Gokulam

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Hindu Swayamsevak Sangh, USA

"Let positive, strong, helpful thought enter into their brains from very childhood"
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Welcome to Bala-Gokulam

Gokulam is the place where an ordinary cowherd boy blossomed into a divine incarnation. It is here that Krishna’s magical days of childhood were spent and his powers came to be recognized.

Every child has that spark of divinity within. Bala-Gokulam is a forum for children to discover and manifest that divinity. Bala-Gokulam will enable Hindu children in the US to appreciate their cultural roots, learn Hindu values in an enjoyable manner and make good friends. They will also develop a sense of Sewa, Service to humankind.

Our Goals are ...
- To facilitate children to appreciate, learn and practice Hindu way of life.
- Instill pride and confidence in Hindu children about their identity.
- Raise Hindu awareness in the society around.
- Develop social awareness and leadership skills among children.

Activities In Bala-Gokulam

Children will have lots of fun while they learn. Activities are planned for their physical, intellectual, social and spiritual development. Weekly activities include:

- Games
- Yoga
- Arts
- Crafts
- Stories
- Bhajans
- Shlokas

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**Special Events**

**Festivals**
Hindu Festivals like Ganesh Pooja, Raksha Bandhan and Guru Pooja are celebrated with a special focus on children’s participation. Children will perform the pooja themselves and the meaning behind the festivals are explained.

**Hindu Heritage Camp**
Vacation can be magical. That’s the time to explore, enjoy and make more friends. Hindu Heritage Camp of HSS conducted during vacations or any other weekends has been a favorite event for the children.

**Community Service**
Sewa or service is the best way for us to realize the divinity in all and serve the needy. Children from HSS Bala-Gokulam have visited elderly people in convalescent hospital, volunteered at Hindu Mandirs, actively participated in Human Race and have worked with other voluntary groups in serving the community.

"**I make it a priority**" - Seema Shah (16), Houston, TX

As a Hindu teenager living in America, I make it a priority to participate in cultural or religious activities. The society in this country has a great deal to offer whether it is in education, careers, or recreation. However, it does not give the spiritual and cultural guidance that Hinduism encompasses. Hindu children should realize the importance of their heritage.

The activities offered in Bala-Gokulams are excellent ways for Hindu children to learn about their culture and incorporate the teachings and values in their everyday lives. Furthermore, Bala-Gokulams fosters a productive learning environment that is different from schools.

The breadth of activities from games and exercise to education encourages the children to improve a variety of skills. They also motivate the children to stay committed to the regular Bala-Gokulam classes and partake in the Hindu community events. Thus, Bala-Gokulams are instrumental in providing the necessary cultural and religious education to Hindu children so they may retain and be proud of their Hindu identity.
Hindu Swayamsevak Sangh

A global movement dedicated to experiencing, preserving, and protecting Sanatana Dharma and Hindu Civilization.

Hindu, Heir To A Rich Heritage

Hindus are inheritors of the greatest and oldest legacy of humankind, Sanatana Dharma, the Eternal Truth.

While the rest of the world’s ancient civilizations have crumbled and fallen, while the rest of the world’s people look at their past and find it strange and alien, we as Hindus can still read the ancient scriptures of Bharat and find wisdom. We as Hindus can still visit the ancient temples of Bharat and worship the deities there.

Bharat has been the guardian of the Eternal Truth, and our ancestors lived and loved and struggled and died to ensure that this legacy would remain for you to enjoy and experience, to preserve and propagate.

Mission - Hindu Unity

It was the disunity of Hindus, the failure of one Hindu to identify himself with another Hindu, which had permitted foreigners to conquer Bharat and it is the disunity of Hindus that is responsible for present problems in Hindu society in Bharat and other countries. It would be the unity of Hindus, then, which would bring strength to Hindu society around the world and protect the Hindu civilization from again falling into despair.

Hindu Swayamsevak Sangh (HSS) has embarked on a mission to organize the Hindus. HSS is a global movement dedicated to experiencing, preserving, and propagating Sanatana Dharma and Hindu Civilization.

Swayamsevak or Sevika:

A Swayamsevak or Sevika is a self-inspired volunteer serving the cause of our Dharma and society as a silent penance.

Sangh:

"Sangh" means organization. When we work collectively in an organized manner, we will be more effective in achieving our Goal.

"Let positive, strong, helpful thought enter into their brains from very childhood"

- Swami Vivekananda
Devnagari Alphabets and Transliteration Scheme

अ आ इ ई उ ऊ ऋ ए ऐ ओ औ ए ऐ ओ औ:
a ā i ī u ē u ē r̥ e ai o au am ah

क ख ग घ ङ
ka kha ga gha na

च छ ज झ ञ
ca cha ja jha ña

ट ठ ड ढ ण
ta tha da dha ña

त थ ध ध न
ta tha da dha na

प फ ब भ म
papha ba bha ma

य र ल व श प स ह छ ड ण
ya ra la va śa sa sa ha la kṣa jña

Visit this web site to practice writing Devnagari Script

http://faculty.maxwell.syr.edu/jishnu/101/alphabet/

"Let positive, strong, helpful thought enter into their brains from very childhood"
- Swami Vivekananda
The following verses are all śānti mantras. The śānti mantra is recited for peace. It is traditionally recited before chanting other mantras, before we begin the studies and at the beginning of any program.

ॐ

शान्ति मन्त्रः - śānti mantrāḥ (Mantras for Peace)

May Bhagwan protect both of us. May we be nourished together. May we work together. May our studies be brilliant. May we not fight with each other.


(Note: Here the phrase 'both of us' refer to the teacher and student. This mantra captures the very essence of teaching and learning. Learning is a joint exploration by the Guru and the disciples. The phrase 'our studies' says that it’s not the all-knowing teacher teaching the ignorant student, but both making a joint effort in understanding.)

"Let positive, strong, helpful thought enter into their brains from very childhood"
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Let us hear good things through our ears, see good things through our eyes and do good things through our bodies and please the Devas whereby our life span may be increased.

ॐ ईश्व वास्तवमिमिदं सर्वं वत्किंचं जगत्यं जगतः ।
	तेन त्यक्तेन बुद्धिः मा गृथः कस्यस्विद्धनम् ॥

om īśāvyamidam sarvam yatkiṇca jagatyām jagat |
tenā tyaktena bhuṇjitha mā grdhah kasyasviddhanam ||

All this is for habitation by the Bhagawan. We should enjoy whatever is left to us us by Bhagawan. We should not go after any one’s possession.

गायत्री मंत्रः

ॐ भूर्भुवः स्वः । तस्वितुरवर्ष्यम् भर्गो देवस्य धीमहि ।

धियो यो न: प्रचोदयात् ॥

gāyatri mantrah

om bhūrbhuvah svah | tatsaviturvareṇyam bhargo devasya dhīmahi|
dhiyo yo nah pracodayāt ||

We contemplate on the glory of Savita (the Sun God) that is in the earth, the sky, the heaven! May He enlighten our intellect.

"Let positive, strong, helpful thought enter into their brains from very childhood"
- Swami Vivekananda
Nityavidhi shlokas are recited at particular times during the day. The following shlokas are a few examples of nityavidhi shlokas. Every action we perform, even mundane things like taking bath, eating, etc., can be turned in to worship by chanting these mantras and contemplating on their meaning.

**प्रातः स्मरणम् - prātaḥ smaranaṁ**
*(Morning Prayer)*

कराघे कस्ते लक्ष्मीः ||
karāgre vasate lakṣmīh |

करमध्ये सरस्वती ||
karamadhye sarasvatī |

करमूले तु गोविन्दः ||
karamūle tu govindaḥ |

प्रभाते करदारशानम् ||
prabhāte karadarśanam |

Bhagawati Lakshmi dwells at the tip of the hand. In the center of the palm resides Sarasvati, the Bhagawati of wisdom. At the base of the palm is Govinda. Hence, one should look and meditate on the hand early in the morning.

**॥ योगासन समये ॥ || yogāsana samaye ॥**
*(Before doing Yogasana)*

योगेन चित्तस्य पदेन वाचा
yogena cittasya padena vācā
malam śārīrasya ca vaidyakena |

योगपक्षेऽर्त्च प्रवर्त मुनीनां
yo'pākarottam pravaram munināṁ
patañjalim prāṇjalirānato'smi |

पतजलितं प्राङ्कांठरं तोऽस्मि ||

With joined hands, I stay bowed to Patanjali-the preeminent among the sages, who removed the impurities of the mind by (explaining) yoga, of the speech by (commenting on) grammar and of the body by (expounding) medicine.

"Let positive, strong, helpful thought enter into their brains from very childhood"
- Swami Vivekananda
**snāna samaye**
(While taking bath)

gan̄ge ca yamune caiva |
godāvari sarasvati  

In this water, I invoke the presence of holy waters from the rivers Gāṅgā, Yamunā, Godāvari, Sarasvati, Narmadā, Sindhu and Kāverī.

**paṭhana samaye**
(Before commencing Studies)

sarvābhūtā dharmāh |

Oh Bhagawati Sarasvati, I bow to you, the fulfillsr of my wishes. I begin my studies seeking your blessings so that I shall always be successful.

**kārya siddhi**
(Before starting any work, Pray to Bhagawan Ganesha)

śuklāmbaradharam viṣṇum |

For the removal of all the obstacles in my effort, I meditate upon Bhagawan Ganesha, who wears a white garment, who is all pervading, who has a bright complexion (like a full moon), who has four shoulders, who has an ever-smiling face.

"Let positive, strong, helpful thought enter into their brains from very childhood"
- Swami Vivekananda
The lamp brings auspiciousness, prosperity, good health and abundance of wealth. Let (my) salutations be to you for the destruction of ignorance, which is the intellect’s enemy.

|| Namaskar Samye || namaskāra samaye ||
(While performing pradakshina namaskara, where we go round 3 times from our right and perform namaskara)

yāni kāni ca pápañi janmāntara kṛtāni ca ||
tāni tāni vinaśśyanti pradaksina pade pade ||

Oh! Bhagawan, Whatever sins I have committed all my lives (i.e including past lives), please destroy them at every step that I take around you.

Nidra Samaye - nidrā samaye
(Before going to bed)

rāmaskandham hanūmantam ||
vaṁateyaṁ vrkodaram ||
śayane yah smareṇnityam ||
duḥsvapnam tasya naśyati ||

Meditating upon Hanumanta, Bhima and Garuda before going to bed ensures a sleep without disturbing dreams.

"Let positive, strong, helpful thought enter into their brains from very childhood"
- Swami Vivekananda
&Secretary - stotra

(Shlokas in praise of various forms of Bhagawan)

गुरु - guru
(Salutations to Guru)

गुरुः गुरुः गुरुः: gururāma gururviṣṇuh
गुरुः महेश्वर: 1 gurudevo maheśvarah
गुरुः साक्षात्परमः tasmai śrigurave namah
तस्मै श्रीगुरवे नमः: ॥

My salutations to Guru, who is Brahma, who is also Vishnu, and who is also Maheshvara. Guru is none other than the all-pervading supreme Self.

अखण्डमण्डलाकारं व्यासं येन चराचरम्।
तत्पदं दर्शितं येन तस्मै श्रीगुरवे नमः: ॥
akhaṇḍamaṇḍalākāram vyātām yena caracaram |
tatpadam darśitām yena tasmai śrigurave namaḥ  ||

Salutations to that respected Guru who showed us the place of the one who pervades the vast universe with all its movable and immovable things.

अज्ञानतिमिरानस्य ज्ञानोज्जलस्यस्यकया।
चक्षुरुप्रसेषितं येन तस्मै श्रीगुरवे नमः: ॥
ajñānatimirāndhasya jñānānjanaśalakāya |
caṣkūruriṃlitām yena tasmai śrigurave namaḥ  ||

He who opens the eyes blinded by the darkness of ignorance, with a needle dipped in knowledge, to that guru we salute.

"Let positive, strong, helpful thought enter into their brains from very childhood"
- Swami Vivekananda
"Let positive, strong, helpful thought enter into their brains from very childhood"  
- Swami Vivekananda

The basis of meditation is guru’s murti; the support of worship is guru’s feet; the origin of mantra is guru’s word; the cause of liberation is guru’s mercy.

White as the lily, the moon and the garland of dews, clad in clean and spotless garments, hands adorned with Veena and japamala, sitting on white lotus, Always greeted by peers such as Brahma, Vishnu and Shiva, O Bhagawati of Wisdom, Sarasvati, look after me by driving away without any trace this illness of ignorance!
नमस्तेस्तु महामाये ।
श्रीपिे सुरपुजिते ॥
शांक्षच्य गदाहस्ते ।
महालक्ष्मि नमोऽस्तु ॥

Salutations to you, O Mahalakshmi, who is all-powerful, who is the seat of wealth, and who is worshipped by the devas and who has a conch, a disc and a mace in Her hands.

"Let positive, strong, helpful thought enter into their brains from very childhood"
- Swami Vivekananda
I take refuge in Hanuman who is as fast as the mind, equals his father, Maruta, in speed, is the master of the senses, the foremost amongst the learned, the leader of the Vaanara forces and the great messenger of Shri Rama.

When we pray to Bhagawan Hanuman, we will be blessed with intellect, strength, fame, courage, fearlessness, and freedom from all ailments, wisdom and diplomacy in speech.

"Let positive, strong, helpful thought enter into their brains from very childhood"
- Swami Vivekananda
My salutations to Bhagawan Sri Rama, the protector of all, one who knows all, the descendant of the Raghu dynasty, the husband of Sita and the Bhagawan of the entire universe.

एक श्रोकिरामायणम् || || eka ślokī rāmāyaṇam ||
(Story of Ramayana in one verse)

In the beginning, starting with Rama’s forest-exile, killing of the golden deer, abduction of Sita Devi, death of Jataayu, friendship with Sugriiva, killing of Vaali, crossing of the ocean, burning of Lankaa and after that killing of RavaNa and KumbhakarNa - this is the story (aphorism) of Ramayana.

"Let positive, strong, helpful thought enter into their brains from very childhood"
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"Let positive, strong, helpful thought enter into their brains from very childhood"
- Swami Vivekananda
Salutations to Bhagawan Vishnu, the one with peaceful disposition, one who is reclining over the soft coil-bed of Bhujaga, the one with a lotus growing in his navel, the leader of the Devas, the support of the universe, all-pervasive like the sky, cloud-colored one, auspicious-bodied one, the Spouse of Laxmi, lotus eyed one, visible to the yogis in their meditations, remover of the fear of the rounds of rebirth, the Bhagawan of all the worlds, salutations!

悉地得於彼，素來善護。

“Let positive, strong, helpful thought enter into their brains from very childhood”

- Swami Vivekananda
भूमि वन्दना - bhūmi vandana
(Salutations to Mother Earth)

समुद्रवसने देवि |
पर्वतस्तन मण्डले ॥
विष्णुपति नमस्तुभ्यम् ॥
पादस्पर्शं क्षमत्व मे ॥

samudravasane devi |
parvatastana maṇḍale ||
viṣṇupatni namastubhyam |
pādasparśam kṣamasva me ||

Forgive me mother earth for I have to step on you. O Mother, my salutations to you, who is covered by the oceans, whose breasts are the mountains and who is the consort of Bhagawan Vishnu.

"Let positive, strong, helpful thought enter into their brains from very childhood"
- Swami Vivekananda
I salute to that Ishwara along with Bhavani (Shiva and Parvati), who is as white as camphor, an incarnation of compassion, the essence of this world, who wears a bhujagendra (roughly translated as serpent, but represent the ever changing, moving aspect of the Universe) around his neck and is ever present in the lotus abode of our hearts.

"Let positive, strong, helpful thought enter into their brains from very childhood"
- Swami Vivekananda
We worship the three-eyed One (Bhagawan 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 (to the creeper).

**Other Shlokas**

Om tryambakaṁ yajāmahe
sugandhim puṣṭivardhanam |
urvārukamiva bandhanān
mṛtyormukṣiṣya maṁrūtāt ||

We worship the three-eyed One (Bhagawan 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 (to the creeper).

**Other Shlokas**

त्वेव माता च पिता त्वेव |
त्वेव बन्धुश्रृवृद्ध सवा त्वेव ||
त्वेव विद्या द्राविण्य त्वेव |
त्वेव सर्वं मम देव देव ||

O Bhagawan, you only is (my) mother, you only is (my) father, your only is (my) relation, you only is (my) friend, you only is (my) knowledge, you only is (my) wealth, you only is everything, you are the BHAGAWAN of the Devas.

आकाशात् पतितं तोषं यथा गच्छति सागरम |
सवदेवनवासः केशवं प्रतिगच्छति ||

Just as every drop of rain that falls from the sky flows into the Ocean, in the same way all prayers offered to any Deity goes to Bhagawan Krishna (Bhagvan Vishnu).

"Let positive, strong, helpful thought enter into their brains from very childhood"
- Swami Vivekananda
क्षमा याचना - kṣamā yācana
(Asking for forgiveness)
karacarana-kṛtaṁ vāk kāyajām
karmajām vā
śravaṇa-nayanajām vā mānasam
vāparādham ||
vihitamvihitam vā sarvaṃetat
kṣamasya |
jaya jaya karunābde śrī mahādeva
śambho ||

O Bhagawan Shambhu! Please forgive my wrong actions committed by me knowingly or unknowingly through my hands, feet, speech, body or through any organ of action; or through the ears, eyes (any organ of perception) or through the mind. May you forgive all sinful actions committed by me, O Great Shiva! Glory, Glory to you! You are the Surging Ocean of Compassion!

समर्पणम् - samarpanam (Offerings)
kāyena vācā manasendriyairvā |
buddhyātmanā vā prakṛtisvabhāvāt |
karomī yadyut sakalam parasmai |
nārāyanāyeti samarpayāmi ||

Whatever I perform with my body, speech, mind, senses, intellect, or my inner self either intentionally or unintentionally, I dedicate it all to that Supreme Bhagawan Narayana.

"Let positive, strong, helpful thought enter into their brains from very childhood"
- Swami Vivekananda
Let positive, strong, helpful thought enter into their brains from very childhood

- Swami Vivekananda
lingāśṭakam

brahmamurārisurārcitalingam
nirmalabhāṣitaśobhitalingam |
janmajaduḥkhavinaśakalingam
tat praṇamāmi sadāśivalingam || 1||

devamuni pravarārcitalingam
kāmadaham karunākara lingam |
rāvaṇadarpavinaśānalingam
tat praṇamāmi sadāśivalingam || 2||
sarvasugandhishulepitalingam buddhivivarhanakāraṇalingam |
siddhasurāsuravanditalingam tat praṇamāmi sadāśiva lingam || 3||

kanakamahāmaṇibhūṣitalingam phanipativeṣṭita śobhita lingam |
dakṣasuyajña vināśana lingam tat praṇamāmi sadāśiva lingam || 4||

kunīkumacandanalepitalingam paṅkajahārasuśobhitalingam |
saṃcitapāpavinaśānalingam tat praṇamāmi sadāśiva lingam || 5||

devagaṇārcita sevitalingam bhāvairbhaktibhīreva ca lingam |
dinakarakuṭiprabhākaralingam tat praṇamāmi sadāśiva lingam || 6||

aṣṭadalopariveṣṭitalingam sarvasamudbhavakāraṇalingam |
aṣṭadaridraviṇāśitalingam tat praṇamāmi sadāśiva lingam || 7||

suragurusuravarapūjita lingam suravanapuṣpa sadārcita lingam |
parātparam paramātmaka lingam tat praṇamāmi sadāśiva lingam || 8|

lingāśṭakamidam punyam yaḥ pathet sivasannidhau |
śivalokamavāpnoti śivena saha modate ||

"Let positive, strong, helpful thought enter into their brains from very childhood"

- Swami Vivekananda
Meaning of Lingashtakam

(Linga represents Bhagvaan Shiva. 'Ashtakam' means 8 verses. In Lingashtakam, Shiva Linga is praised and worshipped in 8 verses.)

The Linga that is worshipped by Brahma, Vishnu, and all the Devas, the Linga that is pure of speech and is radiant, the Linga that destroys the sorrow arising out of birth, to that Linga, (representing) Sadashiva, my prostrations. ||1||

The Linga that is worshipped by the sages, the destroyer of Kama, Linga, the compassionate, the Linga, the destroyer of the arrogance of Ravana, to that Linga, (representing) Sadashiva, my prostrations. ||2||

The Linga that is well anointed with all fragrance and that which is the cause of the growth of intellect, the Linga that is worshipped by the Siddhas, Devas, and Asuras, to that Linga, (representing) Sadashiva, my prostrations. ||3||

The Linga adorned with gold and precious jewels, who is radiant and who has the king of serpents, coiled around him, the Linga who destroyed the yajna of Daksha, to that Linga, (representing) Sadashiva, my prostrations. ||4||

The Linga anointed with saffron and sandal paste and appears radiant with a garland of lotuses, the Linga that destroys accumulated sins, to that Linga, (representing) Sadashiva, my prostrations. ||5||

The Linga that is worshipped and archan is offered by the Devas, the Linga that is worshipped with an attitude of devotion, the Linga that is effulgent like a million suns, to that Linga, (representing) Sadashiva, my prostrations. ||6||

The Linga that is enveloped with eight-fold petals, the Linga that is the cause of all creation and that which destroys the eightfold poverty, to that Linga, (representing) Sadashiva, my prostrations. ||7||

The Linga that is worshipped by the guru of the Devas and elite of the devas, the Linga that is worshipped with the divine flowers and the Linga that is higher than the highest, the supreme Self, to that Linga, (representing) Sadashiva, my prostrations. ||8||

(The last verse is called 'phala-shruti', which says the benefits of chanting this)

Whoever chants these eight verses for Shiva linga, they will attain the world of Bhagawan Shiva and enjoy the company of Bhagawan Shiva.

"Let positive, strong, helpful thought enter into their brains from very childhood"

- Swami Vivekananda
Because, death is certain for the one who is born, and birth is certain for the one who dies. Therefore, you (Arjuna) should not lament over the inevitable.

Treating pleasure and pain, gain and loss, victory and defeat alike, engage yourself in your duty. By doing your duty this way you will not incur sin.

"Let positive, strong, helpful thought enter into their brains from very childhood"
- Swami Vivekananda
"Let positive, strong, helpful thought enter into their brains from very childhood"
- Swami Vivekananda
paritrāṇāya sadhūnām vināśāya ca duṣkrtām |
dharmasamsthapanarthāya sambhavāmi yuge yuge || 4 , 8 ||

Whenever there is a decline of Dharma and the rise of Adharma, O Arjuna, then I manifest (or incarnate) Myself. I incarnate from time to time for protecting the good, for destroying the wicked, and for establishing Dharma, the world order.

अहं वैश्वानरो भूत्वा प्रणिनां देहमार्शि ॥
प्रणाप्याय समायुक्तं पचायप्रेद्र चर्तुर्विधम् ॥
aham vaśvanaro bhūtvā, prānīnām dehamārśitah |
prānapāna samāyuktaḥ, pacāmyanam caturvidham ||

I, says Bhagawan, am the Fire in you, I am residing in body of living beings, I am in the air you inhale and exhale, I am in the food you take.

ब्रह्मार्पणं ब्रह्म हवि: ब्रह्मायो ब्रह्मणा हुतम् ॥
ब्रह्मेव तेन गान्तयत्र ब्रह्म कर्म समाधिना ॥ ४ , २४ ॥
brahmārpanam brahma havih brahmāgnau brahmaḥṇaḥ hutam |
brahmaiva tena gantavyam brahma karma samādhinā || 4 , 24 ||

Brahman is the oblation (fire sacrifice). Brahman is the ghee (clarified butter, used in a fire sacrifice) The oblation is poured by Brahman into the fire of Brahman. Brahman shall be realized by the one who considers everything as (a manifestation or) an act of Brahman.

Footprints

One night a man had a dream. He dreamt he was walking along a beach with Bhagawan. Across the sky flashed scenes from his life. For each scene he noticed two sets of footprints on the sand - one belonging to him and the other to Bhagawan. When the last scene had flashed before him, he looked back at the footprints and he noticed that many times along the path there was only one set. He also noticed that this happened during the lowest and saddest times of his life. This bothered him and he questioned Bhagawan. “Bhagawan, you said that once I decided to follow you, you would walk all the way with me, but I noticed that during the most troublesome times of my life there was only one set of footprints. I don’t understand why, then I needed you most, you deserted me.”

Bhagawan replied, “My precious child, I love you and would never leave you. During your times of trial and suffering, when you see only one set of footprints, those were the times when I carried you in my arms.”

"Let positive, strong, helpful thought enter into their brains from very childhood"
- Swami Vivekananda
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"Let positive, strong, helpful thought enter into their brains from very childhood"
भजन

Bhajan
श्री गणेश - śri ganeśa

गणेश शरणं शरणं गणेश (4)
वांगीश शरणं शरणं गणेश (2)
सारीश शरणं शरणं गणेश (2)

गणेश शरणं शरणं गणेश (4)
वांगीश शरणं शरणं गणेश (2)
सारीश शरणं शरणं गणेश (2)

jaya ganeśa jaya ganeśa jaya ganeśa pāhi mām
jaya ganeśa jaya ganeśa jaya ganeśa rākṣa mām
śrī ganeśa jaya ganeśa jaya ganeśa pāhi mām
śrī ganeśa jaya ganeśa jaya ganeśa rākṣa mām

धार्मिक बदन आंनंद सदन
महादेव शिव श्रमो नंदन
धार्मिक बदन आंनंद सदन ||
माया विनाशक मृत्युक वाहन
मालामहेश्वरी भवानी नंदन
महागणपते मंगल चरण
महागणपते मंगल चरण ||

mātaṅga vadana ānanda sadana
mahādeva śīva śambho nandana
mātaṅga vadana ānanda sadana ||

maya vināśaka mūsaka vāhana
mata mahēśvari bhavāni nandana
mahā ganapate mangala caraṇa
mahā ganapate mangala caraṇa ||
देवी सरस्वती - devī sarasvati

हे हंस वाहिनी ज्ञान दायिनी
अम्बा विमल मति दे || अम्बा विमल मति दे ||

साहस शील ह्रदय में भर दे
जीवन त्याग तपोमय कर दे
संयम सत्य श्रेय का वर दे
स्वाभिमान भर दे || अम्बा विमल मति दे ||

लव कुश धूप प्रहाद बने हम
मानवता का भ्रास हरे हम
सीता सावित्री दुर्गा मा
फिर घर घर भर दे || अम्बा विमल मति दे ||

he hamsa vāhini jñāna dāyini
amba vimala mati de || amba vimala mati de ||

sāhasa śīla hṛdaya me bhara de
jivana tyāga tapomaya kara de
saṁyama satya sneha kā vara de
svābhimāna bhara de || amba vimala mati de ||

lava kuśa dhṛva prahlāda bane hama
mānavatā kā trāsa hare hama
sītā sāvitrī durgā mā
cṣa ghaṛa ghaṛa bhara de || amba vimala mati de ||
श्री हनुमान् - śri hanūmān

वीर मारुति गम्भीर मारुति
धीर मारुति अति धीर मारुति
गीत मारुति संगीत मारुति
दूत मारुति राम दूत मारुति
भक्त मारुति परम भक्त मारुति

vira māruti gambhīra māruti
dhīra māruti ati dhīra māruti
gīta māruti saṅgīta māruti
dūta māruti rāma dūta māruti
bhakta māruti parama bhakta māruti
शंकर भगवान् - śāṅkara bhagavān

शंकर सदाशिव चन्द्रशेखर
चन्द्रशेखर गौरी शंकर ।

नील कण्ठ शूल धारी चन्द्रशेखर
फालनेत्र तिपुरारी गौरी शंकर
चन्द्रशेखर गौरी शंकर ।

शंकर सदाशिव चन्द्रशेखर
चन्द्रशेखर गौरी शंकर ।

śāṅkara sadāśiva candrāsekharā
candrāsekharā gauri śāṅkara |
nīla kaṃṭha śūla dhārī candrāsekharā
phālanetra tipurāri gauri śāṅkara
candrāsekharā gauri śāṅkara |
śāṅkara sadāśiva candrāsekharā
candrāsekharā gauri śāṅkara |

शिवाय परमेश्वराय शाशिःशेखराय नमः ॐ
भवाय गुण सम्भवाय शिव ताण्डवाय नमः ॐ
शिवाय परमेश्वराय चन्द्रशेखराय नमः ॐ
भवाय गुण सम्भवाय शिव ताण्डवाय नमः ॐ
śīvāya paramēśvarāya śaśiśekharāya namah om
bhavāya guṇa sambhāvāya śīva tāṇḍavāya namah om
śīvāya paramēśvarāya candrāsekharāya namah om
bhavāya guṇa sambhāvāya śīva tāṇḍavāya namah om
श्री राम - śri rāma

आत्मा राम आनंद रमण
अच्छुन केशव हरि नारायण ।
भव भय हरण वन्दनत चरण
रघुकुल भूषण राजीव लोचन ।
आदि नारायण अनंत शयन
सब्दानंद सत्यनारायण ॥

ätmā rāma ānanda ramāṇa
acyuta keśava hari nārāyaṇa ।
bhava bhaya harāṇa vandita caraṇa
raghukula bhūṣaṇa rājīva locana ।
ādi nārāyaṇa ananta śayana
saccidānanda satyanārāyaṇa ॥

rāma rāma rāma rāma
rāma nāma tārakam
rāma kṛṣṇa vāsudeva
bhukti mukti dāyakam ।
jānakī manoharam
sarva loka nāyakam
śaṅkarādi sevyamāna
puṇya nāma kirtanam ।
rāma rāma rāma rāma
rāma rāma rām
rāma rāma rāma sitā
rāma rāma rām ॥
श्रीरामचन्द्र कृपालु भजु मन
श्रीरामचन्द्र कृपालु भजु मन हरण भवभय दारणम् ।
नवकंठ लोचन कमजु मुखकर कमजपद कमजारणम् ॥ १ ॥

कंदर्प अग्नित अमित छवि नव नील नीरज सुन्दरम् ।
पटपीत मानहें तड़ित रुचि सुचि नैमि जनक मुनावरम् ॥ २ ॥

भजु दीन बन्धु दिनेज दानव देत्यवंशनिकन्दनम् ।
रघुनंद आनंदकंद कोशल बन्द दशरथ नन्दनम् ॥ ३ ॥

मगुर मुकट कुंडलन तिलक चार उदार अव विभूषणम् ।
आजानुभुज सर चापधर संग्राम जित खरदशणम् ॥ ४ ॥

इति वदति तुलसीदास श्रेयः श्रेष्ठ मुनि मनरजनम् ।
मम हरदयकंज निवास कुर कामादिखलनदलमजनम् ॥ ५ ॥

śrīrāmacandr kṛpālu bhaju man haran bhavabhay dārunam |
navakaṅj locan kaṅj mukhakar kaṅjapad kaṅjārunam || 1 ||

kandarp agaṇit amit chabi nav nil niraj sundaram |
paṭapit mānahuṁ taḍit ruci suci naumi janak sutāvaram || 2 ||

bhaju din bandhu dīnes dānav daityavamśanikandanam |
raghunand ānandakand kośal cand daśarath nandanam || 3 ||

sir mukut kuṇḍal tilak cāru udār aṅg vibhūṣanam |
ājānubhuj sar cāpadhar sangrām jīt kharadūṣanam || 4 ||

iti vadati tulasidas śaṅkar śeś muni manaraṇjanam |
mam hṛdayakaṅj nivās kuru kāmādikhaladalamaṇjanam || 5 ||
हरि हरि हरि स्मरण करो
हरि चरण कमल ध्यान करो
सुरली माधव सेवा करो
सुरहर गिरियारिभजन करो।

हरि हरि हरि स्मरण करो
हरि चरण कमल ध्यान करो
मुरली माधव सेवा करो
मुरहर गिरियारिभजन करो।

श्री कृष्ण - śri kṛṣṇa

sadā nirantara hari guṇā gā o
prema bhakti se bhajana sunā o
śyāma piyā ke śaraṇa me ā o
mana mandira me dipa jalā o
jivana nayyā pāra karā o।।

hari hari hari smarana karo
hari caraṇa kamala dhyāna karo
murali mādhava sevā karo
murahara giridhāri bhajana karo।।


**Saadhanaa nitya saadhanaa**

vyakti vyakti me jagaaye hindu chetanaa  
jan man sanskaar kare yahii saadhanaa  
sadhanaa nitya saadhanaa, saadhanaa akhand saadhanaa  ||

nitya shaakhaa jaahnavi puniit jaldharaa  
sadhanaa ki punyabhumi shakti piitikaa  
raja kano me prakate divya deepa maalikaa  
ho tapasvi ke samaan sangh saadhanaa  
sadhanaa nitya saadhanaa, saadhanaa akhand saadhanaa  ||

he prabho tu vishwa ki ajeya shakti de  
jagat ho vinamra aisaa sheel ham ko de  
kasht se bharaa huua ye panth kaatane  
jaan de ki ho saral hamaari saadhanaa  
sadhanaa nitya saadhanaa, saadhanaa akhand saadhanaa  ||

vijayashaali sangha baddha kaarya shakti de  
teevra aur akhand dhyeya nishta ham ko de  
hindu dharma rakshnaartha veer vrata sphure  
tava kripaa se ho saphal hamaari saadhanaa  
sadhanaa nitya saadhanaa, saadhanaa akhand saadhanaa  ||

**Meaning**

Let us awaken the Hindu consciousness in every individual  
Giving good ‘sanskars’ to every mind in itself is our penance  
This penance is to be performed daily, and is an unbroken one  ||

Regular Shaakhaa is like the holy waters of Ganga  
The place where we perform this penance is a holy place (Sangh sthaan)  
Divine light manifests in every bit of this place  
Let our penance of Sangh work be severe like that of our sages  
This penance is to be performed daily, and is an unbroken one  ||

O God, give us the invincible strength  
and the character which would make the world bow to us with respect  
This path of Sangh work is difficult  
Give us the right knowledge to make this journey easy  
This penance is to be performed daily, and is an unbroken one  ||

Give us the organized strength that will be victorious  
Give us unbroken and firm conviction in our chosen mission  
Inspire us with a warrior’s vow to protect Hindu Dharma  
With your blessings, may our mission be successful.  ||
नित्य शाखा जाह्नवी पुनीत जलभरा
साधना की पुष्पभूषि शक्ति पीठिका
रज कणों में प्रकटे दित्य दीप मालिका
हो तपस्वी के समान संघ साधना।

हे प्रभो तू विश्व की अजेय शक्ति दे
जगत हो विनम्र ऐसा शील हम को दे
कष्ट से भरा हुआ यह फल्क काटने
ज्ञान हों फिर सरल हमारी साधना।

विजयशाली संघवद्र कार्यशालक दे
तीब और अस्वंद ध्वेय निष्ठा हम को दे
हिन्दु धर्म रक्षणार्थ वीरत्व रघुरे
तब कुप्प से हो सफ़ल हमारी साधना।
विश्वधर्म की जय हो जय हो
विश्वधर्म की जय हो जय हो एक हमारा नारा
श्राधि मुनियों की सन्निति हम है उच्छादर्श हमारा

नियमित शाखा संस्कारों से
सीख़े सभी नियम अनुशासन
समाज प्रति हो अक्षय निश्चित
केरें समर्पित तन मन धन
धर्म भूमि का कण कण तृण तृण
है प्राणों से प्यारा
श्राधि मुनियों की

रूढ़ि कुरौति मंद्रि विषमता
उच नीच का भाव मिटाकर
संगठना की शंक स्थिनि हो
बन्धु बन्धु का भाव जगाकर
नव जागृति का सूर्य उगा दे
है संकल्प हमारा
श्राधि मुनियों की

अपने तेज शील पौरुष से
केरें संगठित हिंदू सारा
धरती से संक्रान्त अमर तक
गुफ्झ उठे जगाकर हमारा
प्रति पल चित्तन ध्येय देश का
जीवन कार्य हमारा
श्राधि मुनियों की

vishva dharma ki jaya ho jaya ho
ek hamaara naaraa
rishi muniyon ki santati ham hai
uchhaadarsha hamaaraa
i

niyamita shaahkaa sanskaaron se
siikhe sabhii niyama arushaasana
samaaj prati ho akshaya nishtaa
kare samarpita tan man dhan
dharma bhoomi kaa kaNa kaNa
triNa triNa
hai praanon se pyaaraa
go

roodi kureeti aur vishamataa
uunch niich kaa bhaav mitaakar
sangaTanaa ki shankh dhwani ho
dandhu bandhu kaa bhaav jagaakar
nav jaagriti kaa suurya ugaa de
hai sankalpa hamaaraa
go

apane tej sheel paurush se
kare sangaTita hindu saaraa
dharti se lekar ambar tak
goonje ute jaikaar hamaaraa
prati pala chintana dhyeya deva kaa
jeevan kaarya hamaaraa
loka hitam mama karaNiyam

manasaa satatam smaraNiyam,
vachasaa satatam vadanIyam
loka hitam mama karaNiyam

na bhoga bhavane ramaNiyam,
na cha sukha shayane shayenIyam
aharnisham jaagaraNiyam,
lokahitam mama karaNiyam

na jaatu dukham gaNanlyam,
na cha nija sakhyam mananlyam
kaarya kshetre twaraNiyam,
lokahitam mama karaNiyam

dukh saagare taraNiyam
kashTa parvate charaNiyam
vipatti vipine bhramaNiyam
lokahitam mama karaNiyam

gahanaaraNye ghanaandhakaare,
bandhu janaa ye sthitaa gahvare
tatra mayaa sancharaNiyam,
lokahitam mama karaNiyam
yah punya pravaah hamaaraa

yah kal kal chhal chhal bahaati
kyaa kahati gangaa dhaaraa
yug yug se bahetaa aataa
yah punya pravaah hamaaraa... yah

is dhaaraa me ghul mil kar
viro.n ki raakh bahi hai
is dhaaraa ki kitane hI
rishiyo ne sharan gahi hai
is dhaaraa ki godI me
khelaa itihaas hamaaraa... yah

yah aviral tap kaa phal hai
yah punya pravaah prabal hai
shubh sanskruti kaa parichaayak
bhaarat kaa yah aanchal hai
hindu ke chir jIvan kaa
maryaadaa dharma sahaaraa... yah

kyaa is ko rok sakenge
miTane vaale miT jaaye.n
kankar patthar ki hastI
kyaa baadhaa banakar aaye.n
Dah jaayenge giri parvata
kaampe bhuu manDal saaraa... yah

|| yah purny pravah hamaaraa ||

yah kal kal chhal chhal bahaati
yah kal kal chhal bahati
kyaa kahati gangaa dhaaraa
yug yug se bahetaa aataa
yah punya pravaah hamaaraa... yah

is dhaaraa me ghul mil kar
viro.n ki raakh bahi hai
is dhaaraa ki kitane hI
rishiyo ne sharan gahi hai
is dhaaraa ki godI me
khelaa itihaas hamaaraa... yah

|| yah acharth tap ka phal hI yah purny pravah prakl hI

shubh sanskruti ka parichaayak bharat ka yah aanchal hai
hindu ke chir jivan ka
maryaadaa dharma sahaaraa... yah

kyaa is ko rok sakenge
miTane vaale miT jaaye.n
kankar patthar ki hastI
kyaa baadhaa banakar aaye.n
Dah jaayenge giri parvata
kaampe bhuu manDal saaraa... yah

|| yah purny pravah hamaaraa ||
Krinvanto Vishwamaaryam …

ek saath ucchaar kare, ham aisaa vyavahaar kare
ek mantra kaa ghosh kare, krinvanto vishwamaaryam ||

aaj nahii praachiin samay se, mantra hamaaraa saathii
duur duur takphailaayii thii, aarya dharm kii khyaatii
kaal chakra jab ghoom padda tab, lakshya huaa thaa ojhal
jaag utii hai drushi hamaarii, rahii nahii ab ojhal
divya drishya sandesh smare, ham aisaa vyavahaar kare
ek mantra kaa ghosh kare, krinvanto vishwamaaryam ||

ved aur upanishad sikhaate, kyaa kartavya hamaaraa
raam kathaa gitaa saikhalaitii, jo gantavya hamaaraa
mile vishwa me duur duur tak, smaskriti ke bikhare avashesh
karate prerita karo punah tuma bikharita jaagriti ke sandesh
puujan se avakaash bhare, ham aisaa vyavahaar kare
ek mantra kaa ghosh kare, krinvanto vishwamaaryam ||

akhila vishwa me ek baar phir unnat dhwaj bhagwaa dole
akhila vishwa me ek baar phir aarya dharma ki jay bole
vedon ke anushiilan se ham avishkaar nit naye kare
duniyaa kaa maanav bharaat kaa aaraadhan aur naman kare
jag apanaa uddhaar kare, ham aisaa vyavahaar kare
ek mantra kaa ghosh kare, krinvanto vishwamaaryam ||

Meaning

We shall proclaim together and we shall conduct accordingly
We shall chant this mantra together, "Let us ennoble the entire world"

Not today, this mantra has been with us since ages
The fame of our noble Dharma had spread far and wide
With the passing of time, this noble vision got blurred
Our vision is awakened now and the veil stands removed
We shall remember this grand vision and divine mission
We shall chant this mantra together, "Let us ennoble the entire world"

Vedas and Upanishads are teaching us what our duties are
The story of Ram and Bhagavadgita are teaching us what our goals are
The influence of our culture has been found all over the world
They are calling upon us to spread this message again
We shall conduct accordingly
We shall chant this mantra together, "Let us ennoble the entire world"

May we unfurl the Bhagwa Dhwaj all over the world once again
May this Sanatana Dharma be victorious all over the world once again
As per the dictates of Vedas, may we continue to innovate
May the humankind bow in respect to Bharat
कृप्यान्वतो विश्वार्थम्
एक साथ उचाई करें हम ऐसा व्यवहार करें
एक मन्त्र का घोष करें कृप्यान्वतो विश्वार्थम्॥

आज नहीं प्राचीन समय से मन्त्र हमारा साथी
दूर दूर तक फैलायी थी आर्य धर्म की स्वाति
काल चक जब धूम पड़ा तब लक्ष्य हुआ था ओऽहल
जाग उठी है हठह वर्ती रही नहीं अब ओऽहल
दिव्य दृश्य सन्देश स्पर्श हम ऐसा व्यवहार करें
एक मन्त्र का घोष करें कृप्यान्वतो विश्वार्थम्॥

बेद और उपनिषद सिखाते क्या करतव्य हमारा
राम कथा गीता सिखाते जो गन्तव्य हमारा
मिले विश्व में दूर दूर तक संस्कृति के विकास अवशेष
करते प्रेरित करो पुनः तुम विकसित नामुखित के सन्देश
पूजन से अवकाश भरे हम ऐसा व्यवहार करें
एक मन्त्र का घोष करें कृप्यान्वतो विश्वार्थम्॥

अखिल विश्व में एक बार फिर उद्द्वस्त ध्वज भगवान होते
अखिल विश्व में एक बार फिर आर्य धर्म की जय बोले
बदों के अनुशीलन से हम अविकार नित नचे करे
दुनिया का मानव भारत का आराधन और नमन करे
जग अपना उद्दार करे हम ऐसा व्यवहार करें
एक मन्त्र का घोष करें कृप्यान्वतो विश्वार्थम्॥
There is no crowning ceremony for the Lion in the forest. Simply by virtue of its own strength, it is declared the king of animals.

There is no letter that cannot be used in a mantra (divine poems). No plant’s root that cannot be used as medicine. There is no useless person. Scarcity is for an organizer (who makes use of them).

This one belongs to my group, the other one is an outsider - This is the thought of petty people; for the magnanimous, broadminded person, the whole world is his family.
Trees bear fruit to do good to others, Rivers flow to do good to others; Cows give milk to do good to others - This body is for doing good to others.

गच्छित्विपीलिका याति योजनानि शतान्यापि ।
अगच्छन् चैनतेयोऽपि पदमेकं न गच्छित ॥
gacchatpipilīkā yāti yojanāni śatānyapi ।
agacchan vainateyo’pi padamekam na gacchati ॥

Even as ant, if it’s moving, covers hundreds of miles; but an idle Vainetaya [Garuda] doesn’t move a step forward.

सत्यं माता पिता ज्ञानं धर्मं भ्राता दया गुरु: ।
शान्तिमित्रं क्षमा भ्रात्रि पंडते मम बान्धवा: ॥
satyam mātā pītā jñānam dharmo bhrātā dayā guruḥ ।
śaṁtirmitram kṣamā bhrātrī paṁdete mama bandhavah ॥

Truth is mother, Knowledge is father, Dharma is brother, Compassion is preceptor, Peace is friend, Forgiveness is sister. These six are my true relatives.

चित् नन्याहि विपदामादवेव प्रतिक्रिया ।
न कृपयन्नं युतं प्रदीपसि वहिना गृहे ॥
cintaniyā hi vipadāmādāveva pratikriyā ।
na kūpakuhananam yuktaṁ pradipte vahinā grhe ॥

One should be prepared to meet difficulties even before difficulties arise. Starting to dig a well when the house is on fire is not wise.

अलसस्य कुतः विद्या अविद्यस्य कुतः धनम् ।
अधनस्य कुतः मित्रम् अमित्रस्य कुतः सुखम् ॥
alasasya kutaḥ vidyā avidyasya kutaḥ dhanam ।
adhanasya kutaḥ mitram amitrasya kutaḥ sukham ॥

How can a lazy one get educated? how can an uneducated man earn wealth? how can a penniless man have friends? and how can anyone be happy without friends?
|| sangha prārthana ||
sarvamaṅgala māṅgalayām
devīn sarvārthā sādhikām |
śaranyām sarvabhūtānāṁ
namāmo bhūmimātaram ||1

saccidānanda rūpāya
viśvamāṅgala hetave |
viśvadharmaiśa mūlāya
namostu paramātmene ||2

viśvadharme vikāśarthaṁ
prabhō saṅghatītā vayam |
śubhām āśīrvasmabhyaṁ
dehī tatt parisūrtye ||3

ajayyamātma sāmarthyaṁ
susālaṁ loka pūjitam |
jñānām ca dehi viśvēṣā
dhyeyā mārga prakāśaṁ ||4

samutkarsuṣto no nityaṁ
niḥśreyasa samanvitaḥ |
tatsādhakāṁ sphurtavantaḥ
suviravratamujvalam ||5

viśvadharme prakāśena
viśvaśānti pravartake |
hindusāṅghatanaṁ kārye
dhyeyaniṁśthā sthirāstunāh ||6

saṅghaśaktivijetriyaiṁ
kṛtvāsmaddharmah rāksanām |
paramam vaibhavam prāptum
samartāstutu tavāśiṣā ||7

tvādyē punya kāryesmin
viśva kalyāṇa sādhake
tyāga sevā vrataśīyam
kāyō me patatu prabhō ||8

|| viśvā dharma kī jay ||

|| संघ प्रार्थना ||
सर्वमंगल मांगलयां देवीं सर्वार्थ साधिकाम।
शरणाः सर्वभूतानाः नमामो भूमिमातरम्। ||1
सचिदानन्द रूपाय विश्वमंगल हेतवे।
विश्वार्थेन मूलाय नमोऽस्तु परमात्मने। ||2

विश्वार्थ विकाशार्थ प्रभो संप्रेषिता वयम्।
श्रुभामालिकस्मवयम् देही तत् परिपूर्व। ||3
अजन्यात्म सामाथ्य सुन्तीत लोक पृष्टतम्।
ज्ञान च देहि विश्वेत्व वेय मार्ग प्रकाशाकम्। ||4

समुद्धरोऽस नो नित्य विशेष विषयथ समाविष्टः।
तत्साधन्य रस्वतत्वान् सुविष्णुतमुज्वलम्। ||5

विश्वार्थम् प्रकाशीन विश्वशार्मिक प्रवर्तकः।
हिन्दुसंघंतना कार्ये ध्वेयनिधि स्थिरास्तुः। ||6

संघशाश्वाक्षिर्जीवी कृतवास्मद्वर रक्षणम्।
परम वेभव साधुः समर्थस्तु तवाशिषा। ||7

त्वद्वियं पूण्य कार्यं मनः विश्व कर्त्याय साधके।
त्याम सेवा त्रास्त्यायम् कायोऽ मे पततु प्रभो। ||8

|| विश्व धर्म की जय ||
Meaning of Prarthana

The most sacred of all that is auspicious
The means to achieve all that one aspires
The safe refuge of all living beings
O Goodness Mother Earth, We salute thee.

You are the cause for the Universe good,
The embodiment of the Truth Wisdom, and Bliss
The Unique origin of Universal Righteousness,
Our Salutations to You, O God, Supreme.

Together we have come organized, O Bhagavan,
For the purpose of spreading Universal Dharma,
We seek Your blessings, the divine grace,
Bestow on us to accomplish the aim.

Possession of valor, unconquerable ever
Conduct, character renowned world over
Bestow the wisdom that brightens, O God
Paving the way to realize the goal.

Endowed with prosperity, exaltation, perpetual,
May there be affluence bestowed on us;
inspired are we to practice,
the radiant, worthy, valiant, vow.

With enlightenment from the Universal Dharma,
in propagating peace throughout the world
in the task of achieving Hindu unity,
May our aim and deep faith remain resolute.

With the triumphant power of the organization,
by safeguarding our own Dharma, the righteousness,
May we be blessed to be competent
To attain the glory supreme, sublime.

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

|| Victory to Universal Dharma ||
The One God was addressed by sages with different names. This mantra conveys the message that God is one, but the names and forms are many.

To whom the Vaidikas and the ancient seers call Indra, Yama and Matarishwaa, and the Vedantins indicate that inexplicable one by the word Brahma.

To which almighty the Shaivaites call Shiva and the Vaishnavaites praise as Vishnu. To Whom, the Bauddhas call Buddha, The Jainas call Arhan, and the Sikhs call Sat-Shri-Akal.

Some call that almighty as Shaasta, some others as Kumaar or Swaami, Maata or Pitaa through devotion and prayer. That Lord of the Universe is only one absolute without a second.
May God protect both of us. May we be nourished together. May we work together. May our studies be brilliant. May we not fight with each other. Peace. Peace. Peace.

Brahman is the oblation (fire sacrifice). Brahman is the ghee. The oblation is poured by Brahman into the fire of Brahman. Brahman shall be realized by the one who considers everything as (a manifestation or) an act of Brahman.

Before we consume this food, we should contemplate about why we should nourish and protect our body. Every day, my only prayer with God is to engage my body, mind and wealth at the service of Dharma.
एकात्मता स्तोत्रम्

उ नमः सचि दानन्द रूपाय परमात्मने।
ज्योतिर्मय स्वरूपाय विद्ध माज्ञत्य मूर्तिः॥ १॥

प्रकृति: पद्म भूतानि ग्रहा लोका स्वरास्त्वा।
दिशा: कालभ्रं सर्वं जस्ता कुजान्तु मुहम्मु॥ २॥

रत्राकराय तपनां हिंसालय किरिरितिन्मु।
बहु राजायं रलाथां बन्दे भरत मातामु॥ ३॥

महेन्द्रो मलयः सहस्रं देवतात्मा हिमालयः।
ध्वेयो रैवतको निरध्यो गिरिरासरावलितः॥ ४॥

गंगा सरस्वती सिन्धुस्यबसुव्रक्ष गण्डकी।
कौरवी यमुना रेवा कृष्ण गोदा महानन्दी॥ ५॥

अयोध्या मधुरा माया कादी दामच अवतिका।
वेशायी द्वारिका ध्वेया पुरीत तिष्किला गया॥ ६॥

प्रयागः पाटलीपुरुषः विजयानमारमु महतु।
इत्रम्रस्य सोमनाथः तथासमुतस्य: प्रियम्॥ ७॥

चंद्रवंद्रः पुराणानि सवेपनिपदस्तथा।
रामायण भारतं च गीता सदर्शनानि च॥ ८॥

जेनामाखियंकरा गुरुः यत्र गिरः।
एव ज्ञाननिधि: श्रेष्ठः अनेवो तु हृदि सर्वदा॥ ९॥

अरुणथवनसूयः च सावित्री जानकी सती।
द्रौपदी कण्णगी गार्गी मीरा तुरावली तथा॥ १०॥

लक्ष्मीरत्नः च स्मृत्तमा रुद्रामामा सुविकमा।
निवेदिता सारदा च प्रणयम् मातृ देवता:॥ ११॥

श्रीरामो भरतः कृष्णो भीमो धर्मास्तेवादुऽः।
मार्कहेण हरिश्चन्द्रः प्रहादो नारदो ध्रुवः॥ १२॥

हनुमानः जनको व्यासो वसिस्त्र शुको बलिः।
द्वीरीष विभक्तमापो पृथु वातमीक भगवंचः॥ १३॥

भगीरथश्वेकलित्वो मनुष्यतन्त्रस्तथा।
शिवद्रुष रान्तिदेव उपरणोद्रजत कीर्तनः॥ १४॥

बुधा जिनेन्द्रा गोरखः: पाणिनिध पतारः।
शाख्रो मधु निम्भादो श्रीरामादु बहुम्॥ १५॥

ज्ञेनंन्तलोकः चैतन्तः तिहक्षुकुवस्तथा।
नायकमारात्ववातः कम्भस्त्र सवेश्च॥ १६॥

सब् दिति रविदस्मितः कविरो गुरु नानकः।
नयिसिन्तुलस्यंदासो दासमेशो हुर्द्रवतः॥ १७॥
मृत्यु श्रीहृदेश्वर दश० सय लाइत माथियो भगवान

ज्ञानेश्वरस्वामी रामदास: धर्म: || १८ ||

विष्णु सहजानन्दो रामानन्दस्तथा महात

विषर्णु सद्वदेव दैवी सहस्रसप्तम || १९ ||

ललितां: कांठदास: श्रीभोजो नक्षत्रस्तथा

सरस्वत्या सरस्वतिक कर्कश: || २० ||

रविवर्मा भातलपड़े भान्यचन्द्र: स भूति:

लक्ष्मीन्तकबिंवायाता: स्मरणीया: निरन्तरम्: || २१ ||

अमरः कमलु कौण्डन्यू राजनेन्द्रशाल बंडजः

अशोक: पुजयमित्रक लावेश: सुमीतिमान्: || २२ ||

चाणक्य चन्द्रगुप्तो च बिंबम: शालिवाहन: ||

समुद्रगुप्त: श्रीहर्ष: शैशन्द्रो द्वपा: || २३ ||

लालित० भास्करमा: च द्वोधर्मा: च हृणितुः

श्रीकृष्णेशरायाय लतितादित्य उद्धरुः: || २४ ||

मुमुखुरी नायको:तौ प्रतापः शिवभूमि: ||

रणितो सिंहा इत्येवे वीरा बिंवाया बिंबमा: || २५ ||

बैशानिकाथ धर्मकः कामद: सुदृढत्वथा

चरको भास्कराचार्य: वराहमिश्र: सुभी: || २६ ||
ekātmata stotram

om namaḥ saccidānanda rūpāya paramātmane |
jyotirmaya svarūpāya viśva māṇgalya mūrtyaye || 1 ||

prakṛtiḥ pañcā bhuṭāni grāhā lokā svarāstātāḥ |
dīśāḥ kālaśca sarvesāṁ sādā kurvantu maṅgalam || 2 ||

ratnākaraḍhau tapadām himālaya kirītinim |
brahma ṛājarṣi ratnādhyaṁ vande bhārata mātaram || 3 ||

mahendro malayā sahyo devatātmā himālayaḥ |
dhyeyo raivatako vindhyo giriścārāvalistāthā || 4 ||

gāṅgā sarasvatī sindhurbrahmputraśca gāndakī |
kāverī yamunā revā kṛṣṇa godā mahānadi || 5 ||

ayodhyā māthurā māyā kāśi kāṇci avantikā |
vaiśālī dvārikā dhyeyā purī takṣaśīlā gayā || 6 ||

prayāgaḥ pāṭaliputraṁ vijayānagaram mahat |
indraprasthāṁ somanāthaḥ tathaṁrutaśaraḥ priyam || 7 ||

caturvedāḥ purāṇāṁ sarvopanisadastathā |
rāmāyaṇaṁ bhārataṁ ca gītā saddarśanāṁ ca || 8 ||

jaināgamāstrīpitakā gurugranthāḥ satāṁ girah |
esa jāananiḍhiḥ śreṣṭhāḥ śraddheyo hṛdi sarvadā || 9 ||

arundhātyānasūyāḥ ca sāvitrī jānakī satī |
draupadi kannagī gārgī mirā durgāvati tathā || 10 ||

lakṣmīrahalyā ca kannamā rudramāmbā suvikramā |
niveditā sāradā ca praṇamāṁ mātṛ devataḥ || 11 ||
śrīrāmo bharataḥ krṣṇo bhiṣmo dharmastathārjunah |
mārkāṇḍeyo hariścandraḥ prahlado nārado dhruvah || 12 ||

hanumān janako vyāso vasiṣṭhaśca śuko baliḥ |
dadhici viśvakarmānau prthu vālmiki bhārgavāḥ || 13 ||

bhagīrathāścaīkalavyo manurdhanvantaristathā |
śibiśca rantidevaśca purāṇodgītra kīrtayah || 14 ||

buddhā jinendra gorakṣah pāṇiniśca patañjaliḥ |
śaṅkara madhva nimbārkaṇa śrīrāmānuja vallabhau || 15 ||

jhūlelālo'tha caityayah tiruvalluvarastathā |
nāyanmārālavārāśca kambāśca basavesvaraḥ || 16 ||

devalo ravidāsaśca kabīro guru nānakah |
narasistulasidāso daśameśo drudhavrataḥ || 17 ||

śrīmat śaṅkaradevaśca bandhū sayaṇa mādhavau |
jāneśvarastukārāmo rāmadāsaḥ purandaraḥ || 18 ||

birasā sahajānando rāmaṇandastATHā mahān |
vitarantu sadaivaite daivim sadgūnasampadam || 19 ||

bharatarśih kālidāsaḥ śrībhojo jakanastathā |
sūradāsastāgarājo rasakhānaśca satkaviḥ || 20 ||

ravivarmā bhātakhaṇḍe bhāgyacandraḥ sa bhūpatiḥ |
kalāvantaśca vikhyātāḥ smaranīyāḥ nirantaram || 21 ||

agastyaḥ kambu kauṇḍinyau rājendraścoca vamśajaḥ |
aśokaḥ pusyamitraśca kāravelah sunītimān || 22 ||

cāṇakya candraguptau ca vikramaḥ śālivāhanaḥ |
samudraguptaḥ śrīharsaḥ śailendro bapparaivalah || 23 ||
lacid bhāskaravarmā ca yaśodharma ca hūnajit  
śrīkṛṣṇadvarāyaśca lalitāditya udbalāḥ  || 24  ||

musunūrī nāyakau tau pratāpah śivabhūpatiḥ  
raṇajit simha ityete vīrā vikhyāta vikramāḥ  || 25  ||

vaijñānikāśca kapilah kanādah susrutasathā  
carako bhāskarācāryo varāhamihiraḥ sudhiḥ  || 26  ||

nāgāṛjuno bharadvāja āryabhātto basurbudhah  
dhyeyo venkaṭarāmaśca vijñā rāmānujādayah  || 27  ||

rāmakṛṣṇo dayānando ravindro rāmamohanah  
rāmatīrtho'ravindaśca vivekananda udyaśah  || 28  ||

dādabhāi gopabandhuh tilako gāndhirāśrāh  
ramano mālaviyaśca śrīsubrahmanyā bhārati  || 29  ||

subhaśah prañavānandah krāntivīro vināyakah  
thakkaro bhīmarāvaśca phule nārāyano guruḥ  || 30  ||

sanghaśaktih prañetārau keśavo mādhavasthā  
smarāṇīyah sadaivaite navacaitanyadāyah  || 31  ||

anukta ye bhaktāḥ prabhucaraṇa sanśakta hṛdayāh  
aviṇātā vīrā adhiśamaramudhvasta ripavah  
samājoddhättāraḥ suhitakara vijñāna nipunāḥ  
namastebhyo bhūyat sakalasujanebhhyah pratidinam  || 32  ||

idamektmatatśtrotam śraddhayā yah sadā pāṭhet  
sa rāṣṭhradharma nīsthāvān akhaṇḍam bhāratam smaret  || 33  ||

|| viśva dharma kī jaya ||
Ekatmata Stotra

Ekatmata Stotra is a collection of shlokas, which reminds us of our holy land, Bharat. As Hindus, it’s our duty to recollect all the holy places, sacred rivers and mountains of Bharat. By reciting Ekatmata Stotra, we will also be remembering some of the great men and women who have enriched our culture, who have sacrificed their lives to protect our dharma and our holy land. In nutshell, it’s a tribute to our heritage.

Each one of us should try to study the lives of the great people mentioned here.

Meaning of Ekatmata Stotra

Om. I bow to the Supreme Lord who is the very embodiment of Truth, Knowledge and Happiness, the one who is Enlightened, and who is the very incarnate of universal good.

May all these cause perpetual good to us: Nature composed of Satva, Rajas and Tamas Gunas; the five elements namely fire, water, air, earth and space; The seven notes of Music; The ten quarters and time -past, present and future.

I worship Bharat Mata (the holy land) whose feet are being washed by the ocean waves, whose crown is the snowy Himalayas, whose illustrious sons have distinguished themselves as BrahmaRishis and as Rajarshis.

These mountains of our country should always be remembered - Mahendra (in Orissa), Malaya Giri (in Mysore), Sahyadri (Western Coast), Himalaya, the abode of gods, Raivatak (Girnar in Gujarat), Vindhyachal (Central India) and Aravali (in Rajasthan).

Seven important rivers of our holy land: Ganga, Saraswathi (under current), Sindhu, Brahmaputra, Gandaki, Kaveri, Yamuna, Reva (Narmada), Krishna, Godavari and Mahanadi.

Important holy places - Ayodhya, Mathura, Maya (Haridwar), Kashi, Kanchi, Avanthika (Ujjain), Vaishali, Dwaarika, Puri, Takhashila, Gaya, Prayaga, Pataliputra (Patna), Vijayanagara, IndraPrastha (Delhi), Somanath, and the famous Amritsar.

We must revere these great religious books from the core of our heart - the four vedas, eighteen puranas, all the Upanishads, the Ramayana, The Mahabharat, the Gita, the true Philosophies (Six Darshanas), The Agama books of Jainism, the Tripitaka of Buddhism and the truthful verse (Vani) of Guru Granth Sahib.

These great women must be worshipped as mother goddesses -Arundhati (Wife of Sage Vasishta), Anasuya (wife of sage Atri), Savitri, Satii(daughter of Daksha and consort of Lord Siva), Draupadi, Kannagi (a chaste woman of Tamil Nadu), Gargi (a learned woman of the Vedic period), Mira (a famous devotee of Lord Krishna), Durgavati (the brave Queen of Gadha mandala in Central Bharat who fought against the Moghuls), Lakshmibai (the famous Queen of Jhansi), Ahalya Bai Holkar (the famous administrator) , Channamma (the brave lady of Karnataka), Sister Nivedita (the disciple of Vivekananda) and Ma. Sarada (wife of Sri Ramakrishna Paramahansa).

These are the great men of our country whose glory has been sung in the Puranic lore - Lord Rama, King Bharata, Lord Krishna, Bhishma Pitamah, Dharmaraj Yudhishthir, Arjun (the great archer), Sage Markandeya, Truthful king Harischandra, Prahlad, Narada, Dhruva, Hanuman, King Janaka, Vyasa (the great editor of the Vedic Literature), sage Vasishta, Sukhdeva Muni, King Bali, Dadhichi (the great
donor of his bones), Vishwakarma (the great architect), King Prithu (after whom our earth become known as Prithvi), Sage Valmiki (the author of Ramayana), Parashuram (the son of Bhrigu), King Bhagiratha, Ekalavya (a devoted disciple of Guru Dronacharya), Manu (the great Hindu law giver), Dhanvantari (the great Indian Physician), and King Rantideva (who himself starved to feed the hungry). May these noble souls distinguished in their chosen field of activity generously bless us with their divine virtues.

Lord Buddha, Lord Mahavira, the great Yogi Gorakhnath, Panini (the great grammarian), Patanjali (the author of Mahabhashya), Adi Sankaracharya (the great Hindu crusader), philosophers and saints like Madhvacharya, Namratacharya, Jhuleylal (the great saviour of Sindhi Hindus), Maharajabhu Chaitanya, Fruvalluvar, Nayanmars, Alawars, Kamban (the Ramayana bard of Tamil), Basaweshwara, Maharishi Deval, Sant Ravidas, Kabir, Guru Nanak, Bhakta Narsi Mehta, Tulsidas, Guru Gobind Singh, Shankardev (the vaishnava saint of Assam), the brothers Sayanacharya and Madhvacharya, Sant Gyaneshwar, Tukaram, Samarth Guru Ramdas, Purandaradas, Birsa Munda of Bihar, Swami Sahajananda and Swami Ramananda (the great saviour of Hinudism in the medieval period), Poet Kalidas, Sri Bhojraj, Jakana, Hindi poet Bhakt Surtas, Bhakta Tyagraj, and poet Rasakhan, Ravi Verma (the famous painter), Bhat Khandha (the great Musician), and Bhagya Chandra (a King of Manipur).

These are the great warriors of our country in the past: Agastya, Kambu, Kaundinya, King Rajendra of Chola Dynasty, Ashoka the Great, Pushyamitra (the founder of Shung Dynasty), Kharavela (king of Kalinga), Chanakya and Chandragupta (the Precept of disciple pair), Shaliwahan of mighty prowess, Samudragupta, Harshwardhan, King Shailendra, Bappa Raval, Lachit Barfuahan, Bhaskara Verma, Yashodharma (the vanquisher of the Hun hordes), Sri Krishnadevaraya (the great king of Vijayanagar Empire), Lalitadiyta (a great warrior), Prolaya Nayak, Kappa Nayak, Maharana Pratap, Chhatrapati Shivaji, and Maharaja Ranjit Singh.

These are the great Indian scientists whom we must not forget: Kanaada Rishi, Susruta (the great Indian Surgeon), Charaka, Bhaskaracharya, Varahmihira, Nagarjuna, Bharadwaja, Arya Bhatta, Jagadish Chandra Basu, C.V. Raman and Ramanuja.

And these are the some social and religious leaders who brought about a great revival of the age old Hindu Society and infused new blood into its viens: Sri Ramakrishna Pramhansa, Swami Dayananda, Rabindra Nath Tagore, Raja Ram Mohan Roy, Swami RamaTirtha, Maharishi Aurobindo, Swami Vivekananda, DadaBhai Nauroji, Gopa Bandhu Das, Bala Gangadhar Tilak, Mahatma Gandhi, Maharishi Ramana, Mahamana Madan Mohan Malaviya, Tamil poet Subramaniya Bharati, Netaji Subhash Chandra Bose, Swami Pranavananda, the great revolutionary Vinayak Damodar Savarkar, Thakker Bappa, BhimRao Ambedkar, Mahatma Jyoti Rao Phule, Narayana Guru and the founder of RSS Dr. Keshav Baliram Hedgewar and his successor Sri ” Guruji ” Madhava Sadasiva Golwalkar.

There are many more devotees of Bharat Mata, whose name could not be recalled in the limited space here. Their hearts are in constant communion with God. Again there are numerous warriors who made the enemies of Bharat Mata bite the dust but today unfortunately we do not know their names. Still there might have been left out some important names of great social reformers and adept scientists through oversight. May our deep reverence and regards reach out to them daily.

This is the Unity Hymn. He who recites it daily with reverence and devotion will be firmly established in the Hindu Dharma. And in him the memory of Akhanda Bharat would never fade.

Victory to Universal Dharma
AMRUTA-VACHAN
(Inspiring words)

If one keeps firm, falls do not matter. One rises up again and goes forward.
- Sri. Aurobindo

When a man has begun to be ashamed of his ancestors, the end has come. Here I am one of
the least of the Hindu race, yet proud of my race, proud of my ancestors. I am proud to call
myself a Hindu, I am proud that I am one of your unworthy servants. I am proud that I am
a countryman of yours. You are the descendants of the sages, you are the descendants of
the most glorious Rishis the world ever saw.
- Swami Vivekananda

Stand up, assert yourself, proclaim the god within you, do not deny Him! Too much of
inactivity, too much of weakness , too much of hypnotism has been and is upon our race. O
ye modern Hindus, dehypnotize yourself. The way to do that is found in your own sacred
books. Call upon the sleeping soul and see how it awakes. Power will come, glory will
come... and everything excellent will come when this sleeping soul is roused to self-
conscious activity.
- Swami Vivekananda

Our sacred motherland is a land of religion and philosophy - the birthplace of spiritual giants
- the land of renunciation, where and where alone, from the most ancient to the most
modern times, there has been the highest ideal of life open to man.
- Swami Vivekananda

Great things can be done by great sacrifices only. No selfishness, no name, no fame, yours
or mine, nor my master's even. Work, work the idea, the plan, my boys, my brave, noble,
good souls - To the wheel, to the wheel put your shoulders! Stop not to look back for name
or fame or any such nonsense. Throw yourself overboard and work. Remember "The grass
when made into a rope by being joined together can even chain a mad elephant".
- Swami Vivekananda

The Sangh's concept of Hindu Sanghatan is like re-vitalizing the heart of a patient who had a
heart stroke. The Hindu is a giant not only in his numbers but also in every field of human
endeavor-intellectual, moral, cultural and spiritual. But the heart - the consciousness of
being the living limbs and organs of one corporate Hindu personality - has become weak.
The Sangh feels that when once this heart is put in order, all the latent powers of every
individual, every field of activity in the society will be surcharged with energy and dynamism.
- H.V.Seshadri

There is only one way by which selfishness can be restrained. Give the man an ideal to work
for, to live and if need be to die for. Then that person in his devotion to that ideal will be
able to control the pulls of his self interest and build up a better character. There is no other
way.
- Param Pujaniya Guruji
The Hindu society lost and suffered humiliation due to the absence of awareness in the individual that he was a part of the nation and must do his duty towards it. It is necessary to inculcate the spirit of Nationalism and sense of discipline in the whole society, and thus pave the way for the evolution of an invincible nation.

- Param Pujaniya Doctorji

This life is short, the vanities of the world are transient, but they alone live who live for others, the rest are more dead than alive.

- Swami Vivekananda

The history of the world is the history of a few men who had faith in themselves. That faith calls out the divinity within. You can do anything. You fail only when you do not strive sufficiently to manifest infinite power. As soon as a man or a nation loses faith, death comes.

- Swami Vivekananda

Whatever you think, that you will be. If you think yourself weak, weak you will be; if you think yourself strong, strong you will be.

- Swami Vivekananda

The Vedanta teaches men to have faith in themselves first. As certain religions of the world say that a man who does not believe in a personal God outside of himself is an atheist, so the Vedanta says, a man who does not believe in himself is an atheist.

- Swami Vivekananda

A hundred thousand men and women, fired with the zeal of holiness, fortified with eternal faith in the Lord, and nerved to lion’s courage by their sympathy for the poor and the fallen and the downtrodden, will go over the length and breadth of the land, preaching the gospel of salvation, the gospel of help, the gospel of social raising-up – the gospel of equality.

- Swami Vivekananda

The three prerequisites for the true reformer:

- Feel from the heart.
- You must know the remedy.
- Your motives should be pure and your will indomitable.

- Swami Vivekananda

You must not throw cold water on anybody’s project. Give up criticism altogether. Help all as long as you find they are doing all right, and in cases where there seem to be going wrong, show them their mistakes gently. It is criticizing each other that is the root of all mischief. That is the chief factor in breaking down organizations...

- Swami Vivekananda

Those that want to help mankind must take their own pleasure and pain, name and fame, and all sorts of interest, and make a bundle of them and throw them into the sea, and then come to the Lord. This is what all the masters said and did.

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

- Swami Vivekananda

This is the time to decide your future while you possess the energy of youth, not when you are worn out and jaded, but in the freshness and vigor of youth. Work; this is the time, for, the freshest, the untouched and unsmelled flowers alone are to be laid at the feet of the Lord, and such He receives.

- Swami Vivekananda

Let us therefore take up a great ideal, and give up our whole life to it. Let this be our determination, and may He, the Lord, who “comes again and again for the salvation of His own people”, to quote from our scriptures, may Krishna bless us, and lead us all to the fulfillment of our aims!

- Swami Vivekananda

I do not see into the future; nor do I care to see. But one vision I see clear as life before me, that the ancient Mother has awakened once more, sitting on Her throne rejuvenated, more glorious than ever. Proclaim Her to all the world with the voice of peace and benediction.

- Swami Vivekananda

<table>
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<tr>
<th><strong>A Winner’s Creed</strong></th>
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If you think you are beaten you are;  
If you think you dare not, you don’t;  
If you’d like to win, but think you can’t it’s almost a cinch you won’t.

If you think you’ll lose you’re lost;  
For out the world we find success begins with a person’s faith;  
it’s all in the state of mind.

Life’s battles don’t always go to the stronger or faster hand;  
They go to the one who trusts in God and always thinks “I CAN”
What the greatest intellectuals of the world say about Hinduism....
(Source:: http://atributetohinduism.com/quotes1_20.htm)

*Henry David Thoreau* (1817-1862), American Philosopher, Unitarian, social critic, transcendentalist and writer:

"In the morning I bathe my intellect in the stupendous and cosmogonal philosophy of the Bhagavad Gita in comparison with which our modern world and its literature seems puny."

"Whenever I have read any part of the Vedas, I have felt that some unearthly and unknown light illuminated me. In the great teaching of the Vedas, there is no touch of sectarianism. It is of all ages, climes and nationalities and is the royal road for the attainment of the Great Knowledge. When I am at it, I feel that I am under the spangled heavens of a summer night."

*Arthur Schopenhauer* (1788-1860), German philosopher and writer. He was one of the greatest philosophers of the 19th century.

"In the whole world there is no study so beneficial and so elevating as that of the Upanishads. It has been the solace of my life -- it will be the solace of my death."

*Ralph Waldo Emerson*, (1803-1882) author, essayist, lecturer, philosopher, Unitarian minister said this about the Gita:

"The Indian teaching, through its clouds of legends, has yet a simple and grand religion, like a queenly countenance seen through a rich veil."

*Mark Twain* (1835-1910) the American writer and humorist wrote:
"India, the land of religions, cradle of human race, birthplace of human speech, grandmother of legend, great grandmother of tradition. The land that all men desire to see and having seen once even by a glimpse, would not give that glimpse for the shows of the rest of the globe combined."

Mark Twain remarked: "India has two million gods, and worships them all. In religion all other countries are paupers; India is the only millionaire."

**Dr. Arnold Joseph Toynbee** (1889-1975) the great British historian. His massive research was published in 12 volumes between 1934 and 1961 as 'A Study of History'. Toynbee was a major interpreter of human civilization in the 20th century.

"It is already becoming clear that a chapter which had a Western beginning will have to have an Indian ending if it is not to end in self-destruction of the human race. At this supremely dangerous moment in human history, the only way of salvation is the ancient Hindu way. Here we have the attitude and spirit that can make it possible for the human race to grow together into a single family."

**Annie Wood Besant** (1847-1933), George Bernard Shaw regarded her the "greatest woman public speaker of her time." Was a prominent leader of India's freedom movement, member of the Indian National Congress, and of the Theosophical Society, said on India and Hinduism:

"After a study of some forty years and more of the great religions of the world, I find none so perfect, none so scientific, none so philosophical and no so spiritual that the great religion known by the name of Hinduism. Make no mistake, without Hinduism, India has no future. Hinduism is the soil in which India’s roots are stuck and torn out of that she will inevitably wither as a tree torn out from its place. And if Hindus do not maintain Hinduism who shall save it? If India’s own children do not cling to their faith who shall guard it. India alone can save India and India and Hinduism are one."

**Jules Michelet**, (1789-1874), French writer, the greatest historian of the romantic school said:

"At its starting point in India, the birthplace of races and religions, the womb of the world." 24


"India was the motherland of our race, and Sanskrit the mother of Europe’s languages: she was the mother of our philosophy; mother, through the Arabs, of much of our
mathematics; mother, through the Buddha, of the ideals embodied in Christianity; mother, through the village community, of self-government and democracy. Mother India is in many ways the mother of us all."

_Aldous Huxley_ (1894-1963) the English novelist and essayist

"The Bhagavad-Gita is the most systematic statement of spiritual evolution of endowing value to mankind. The Gita is one of the clearest and most comprehensive summaries of the spiritual thoughts ever to have been made."

_Alfred North Whitehead_ (1861-1947), British mathematician, logician and philosopher best known for his work in mathematical logic and who, in collaboration with Bertrand Russell, authored the landmark three-volume _Principia Mathematica_, (1910, 1912, 1913).

"Vedanta is the most impressive metaphysics the human mind has conceived." 31

_Sir Monier-Williams_ (1860-1888), Indologist and head of the Oxford's Boden Chair said:

"The strength of Hinduism lies in its infinite adaptability to the infinite diversity of human character and human tendencies."

Romain Rolland,(1866-1944) French Nobel laureate, professor of the history of music at the Sorbonne and thinker. He authored a book on the "Life of Ramakrishna".

"If there is one place on the face of the earth where all the dreams of living men have found a home from the very earliest days when man began the dream of existence, it is India. Let us return to our eagle’s nest in the Himalayas.

"Religious faith in the case of the Hindus has never been allowed to run counter to scientific laws."

_Mahatma Gandhi:_ (1869-1948) was among India’s most fervent nationalists, fighting for Indian independence from British rule said:

"Hinduism is a relentless pursuit of Truth. "Truth is God".

"The Geeta is the universal mother. I find a solace in the Bhagavadgeeta that I miss even in the Sermon on the Mount. When disappointment stares me in the face and all alone I see not one ray of light, I go back to the Bhagavad Gita. I find a verse here and a verse there, and I immediately begin to smile in the midst of overwhelming tragedies - and my life has been full of external tragedies - and if they have left no visible or indelible scar on me, I owe it all to the teaching of Bhagavadgeeta."
Sri Aurobindo: (1872-1950) most original philosopher of modern India. Education in England gave him a wide introduction to the culture of ancient, or mediaeval and of modern Europe.

"That which we call the Hindu religion is really the Eternal religion because it embraces all others."

Fritjof Capra, (1939-) the famous theoretical high-energy physicist, author of The Tao of Physics, The Turning Point and, more recently, The Web of Life. He is co-director of the Center for Eco-Literacy in Berkeley.

"I saw cascades of energy coming down from outer space, in which particles were destroyed and created in rhythmic pulses; I saw the atoms of the elements and those of my body participating in this cosmic dance of energy; I felt its rhythm and I heard its sound, and at that moment I knew that this was the Dance of Shiva, the Lord of Dancers."

Dr. Carl Sagan, (1934-1996) astrophysicist, in his book "Cosmos" says:

"The Hindu religion is the only one of the world’s great faiths dedicated to the idea that the Cosmos itself undergoes an immense, indeed an infinite, number of deaths and rebirths. It is the only religion in which the time scales correspond, to those of modern scientific cosmology. Its cycles run from our ordinary day and night to a day and night of Brahma, 8.64 billion years long. Longer than the age of the Earth or the Sun and about half the time since the Big Bang. And there are much longer time scales still."

---

Prince Rama was looked upon as God embodied on earth. Not only human beings were devoted to him, but also many of the animal kingdom. One of those was a crow. The story goes like this:

One day Rama and his younger brother Lakshman were walking beside Lake Pampa. Lakshman noticed on the other side of the lake a large crow, behaving strangely. It would run up to the water, look at it, bend its head, and then run back into the forest without drinking. It was seen to do this several times. So Lakshman (who had great respect for his brother’s opinions) asked Rama what he could make of it. Why should a bird act like that? Rama gave one look at that crow and said, "Oh, I can tell you: this one is very devoted to me, so much so that he has my name constantly upon his tongue. Just now he is thirsty, quite thirsty. But to drink the water he would have to interrupt his repeating of my name, and he just cannot bear to do that."
**SOORYA NAMASKAR**

Surya Namaskar is a combination of few Yogasana postures. This is a well balanced set of movements that will stretch all the muscles in the body and keep the body and mind healthy. There are 13 mantras which are different names of Sun God. We should chant a mantra before each Surya Namaskar.

<table>
<thead>
<tr>
<th>Mantra</th>
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<tr>
<td>ॐ मित्रय नमः</td>
<td>ओम मित्रया नमः</td>
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<td>ॐ रवये नमः</td>
<td>ओम रवये नमः</td>
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<td>ॐ सूर्याय नमः</td>
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<td>ॐ खगाय नमः</td>
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<td>ॐ पुष्णे नमः</td>
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<td>ॐ हिरण्यमार्फ्य नमः</td>
<td>ओम हिरण्यगर्भाया नमः</td>
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<td>ॐ मरीचये नमः</td>
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<td>ॐ भास्कराय नमः</td>
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<td>ॐ श्री सवितु सूर्य नारायणाय नमः</td>
<td>ओम श्री सवितु सूर्या नारायणाया नमः</td>
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**Soomya Namaskar Sthiti (Starting Posture):**
From Aarama, come to Soomya Namaskar-Sthiti (starting posture) in 3 counts: Ek-Do-Teen. These are the actions to be performed in three counts.

एक: Ek: Join the heels, hands on the side, fingers facing down and palm open.

दो: Do: Join the toes.

तीन: Teen: Join your hands to form Namaste position. Palms should be pressing against each other and the thumb joint should be at sternum (Solar Plexes).

In this posture, breathing is normal and slow. Face should be normal and relaxed.

“You will be nearer to Heaven through football than through the study of the Gita. ... You will understand the Gita better with your biceps, your muscles a little stronger.” - Swami Vivekananda
Following is a brief description of 10 steps in Surya Namaskar.

एक (Ek): As you breathe in...
Slowly raise your hands with biceps touching the ears and hands in namaste posture. Slowly bend backwards from your waist. Do not bend the knees. Look towards your palm.

दो (Do): While breathing out...
Slowly bend forward from the waist. Try to touch your palm to the floor on either side of your legs. Do not bend the knees. Nose should touch the knees. People with back problems should not bend too much. Bend only as much it is comfortable.

तीन (Teen): As you breathe in...
[Note: The description is for odd numbered namaskars (1st, 3rd, 5th, etc.)
For even numbered ones (2nd, 4th...) interchange left and right leg]
Take your left foot back. Left knee should touch the floor. Two palms should be completely on the ground and the right foot should be in between the two hands. Fingers should be pointing to the front. Lean forward on the right knee, so that calf and thigh muscles press against each other chest rests on the thigh. Look up and make a concave on your back.

चार (Chaar): While breathing out...
Take right foot back and join with left foot. Arms should be straight. Most of the weight will be on the arms. The body should be in one plane like a slide.
Look 5 feet in front of you on the floor.

पाँच (Paanch): Hold your breath
Bend your arms and touch your feet, knees, chest and forehead to the ground. Do not touch abdomen or nose (you don’t want to breathe in the dust!)

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चे Che: As you breathe in...
Come forward and bend back as much as you can. Abdomen should come between your hands. Look back from the top. Two legs should be joined.

सात Saat: While breathing out...
Form a mountain like posture. Push your chin towards the chest. Heels should touch the floor.

आठ Aat: As you breathe in...
[Note: The description is for odd numbered namaskars (1st, 3rd, 5th, etc.)]
[For even numbered ones (2nd, 4th,..) replace left leg with right leg]
bring your left foot forward all the way between the hands. Exactly like teen.

नौ Nau: While breathing out...
Bring the right foot forward and stand up as in Do.

दस Das:
Back to Soorya Namaskar Sthiti.

At the end of all the Soorya Namaskars, give the command "Aarama" Ek-Do-Teen.
Ek: Drop the hands on your sides. Palm facing down.
Do: Spread the toes and form V-Shape with the feet.
Teen: Aarama position

“You will be nearer to Heaven through football than through the study of the Gita. ... You will understand the Gita better with your biceps, your muscles a little stronger.” - Swmi Vivekananda
“You will be nearer to Heaven through football than through the study of the Gita. … You will understand the Gita better with your biceps, your muscles a little stronger.” - Swmi Vivekananda
Sanskrit Commands used in Bala-Gokulam

There is an air of orderliness and collectivity in all the Bala-Gokulams. Use of some of the Sanskrit commands make it more organized and enjoyable. These commands can be used during games, when we have to make children stand in a line or make two teams, form a circle, etc. Use of these commands will enable the Shikshak to get the formation done quickly.

MANDALA:
Every one hold each others hands and form a circle.

SAVADHAN:
When this command is heard, every one should pay attention to the Shikshak. This command is generally followed by another command or instructions

DAKSHA
Stand in Attention posture with heels together and feet forming a 30 degrees angle between them.

AARAMA
From the Daksha position slide the left leg 30 cm on the left hand side maintaining equal weight on both feet simultaneously take the arms at the back the right hand resting on the left palm.

EKASHAHA SAMPAT
Every one will come running in front of shikshaks to form one straight line. The tallest person shall stand three steps away directly facing the shikshak. All others shall stand to the left of this first person in the order of height. Every one will do AARAMA.

PURAS SARA, PRATISARA, DAKSHINA SARA, VAMA SARA
While Going backward or forwards, the movement starts with the left leg. In any of the movements, the arms should not be moved.

(i) EK(DWI,TRI,CHATUS) PURAS(PRATI) SARA
Take one (two,three,four) steps forward(backwards)

(ii) EK(DWI,TRI,CHATUS) DAKSHINA (VAMA) SARA
The right(left) leg is moved 30 cms to the right(left) and then the left (right) leg brought together to come in DAKSHA. This movement is repeated up to four times depending on order given.

SANKHYA :
One by one start counting by calling out EK,DO,TEEN...

Splitting the lines into two groups

(i) GANA VIBHAG
As in sankhya but call out EK,DO,EK,DO...

(ii) DWI TATI EK,DO,TEEN
All EK numbered persons shall move two steps forward.

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