

एकात्मता मंत्र Ekatmata Mantra

यं वैदिका मन्त्रद्रुशः पुराणा, इन्द्रं यमं मातरिश्वानमाहुः ।
वेदान्तिनो निर्वचनीयमेकं, यं ब्रह्मशब्देन विनिर्दिशन्ति । 1

Yam vaidika mantradrashsh puraanaa, Indram yamam
maatarishwaanamahuh,
Vedantino nirvachaneeyamekam, Yam brahmashabdena vinirdhishanti

*To whom the Vaidikas and the ancient seers call Indra, Yama and
Matarishwa; the vedantins indicate that inexplicable one by the word
Brahma.*

शैवायमीशं शिव इत्यवोचन्, यं वैष्णवा विष्णुरिति स्तुवन्ति ।
बुद्धस्तथाऽर्हन्निति बौद्धजैनाः, सत्-श्री अकालेति च सिक्ख-
सन्तः । 2

Shaiva-yameesham shiva ityavochan, Yam vaishnavaa vishnuriti stuvanti
Buddhastathaarhannitibauddhajainah, Sat-shree akaaleti cha sikkha-santah

*To which Almighty the Shaivites call Shiva and the Vaishnavites praise as
Vishnu, the Bauddhas call him the Buddha and the Jains as Arhat, the Sikh
sages call him as Sri Akal.*

शास्तेति केचित् कतिचित् कुमारः, स्वामीति मातेति पितेति
भक्त्या ।

यं प्रार्थयन्ते जगदीशितारं, स एक एव प्रभुरद्वितीयः । 3

Shasteti kechit katichit kumarah, Swameeti maateti piteti bhaktya
Yam prarthayante jagadeeshitaaram, Sa eka eva prabhuradwiteeyah

*Some call him as Shasta, some others as Kumar or Swami, Mata or Pita
through devotion and pray that the Lord of the universe is only one absolute
without second*

मनसा सततम् स्मरणीयम् Lokahitam Mama Karaneeyam

मनसा सततम् स्मरणीयम्
वचसा सततम् वदनीयम्
लोकहितम् मम करणीयम्
लोकहितम् मम करणीयम्

Manasaa satatam smaraneeyam
Vachasaa satatam vadaneeyam
Lokahitam mama karaneeyam
Lokahitam mama karaneeyam

*Let me always keep in mind – let me repeatedly speak out:
my duty is to do good to people.*

न भोग भवने रमणीयम्
न च सुखशयने शयनीयम्
अहर्निशम् जागरणीयम्
लोकहितम् मम करणीयम्

Na bhog bhavane ramaneeyam
Na cha sukha shayane shayaneeyam
Aharnisham jaagaraneeyam
Lokahitam mama karaneeyam

*I am not going to live a lustful life nor am I going to enjoy luxuries, but
be aware all the time of my duty to do good to people.*

न जातु दुःखं गणनीयम्
न च निजसुख्यम् मननीयम्
कार्य-क्षेत्रे त्वरणीयम्
लोकहितम् मम करणीयम्

Na jaatu dukham gananeeyam
Na cha nija sukhyam mananeeyam
Karya kshetre tvaraneeyam
Lokahitam mama karaneeyam

*My miseries are not to be considered, nor my enjoyment
to be thought about, but I have to engage in a range of
activities, as my duty is to do good to the people.*

दुःख सागरे तरणीयम्
कष्ट पर्वते चरणीयम्
विपत्ति विपने भ्रमणीयम्
लोकहितम् मम करणीयम्

Dukh sagare taraneeyam
Kashtha parvate charaneeyam
Vipatti vipane bhramaneeyam
Lokahitam mama karaneeyam

*The oceans of miseries have to be tided over and the
mountains of hardship scaled. During troubled times I will
remember Ishwar, so that I can do good to people.*

व्यक्ति व्यक्ति में जगाएँ हिन्दु चेतना Vyakti Vyakti Me Jagyen Hindu Chetna

व्यक्ति व्यक्ति में जगाएँ हिंदु चेतना
जन मन संस्कार करें यही साधना
साधना नित्य साधना
साधना अखंड साधना

Vyakti vyakti me jagayen hindu chetana
Jan man sanskar karen yehi sadhana
Sadhana nitya sadhana
Sadhana akhand sadhana

नित्य शाखा जाह्नवी पुनीत जलधरा
साधना की पुण्यभूमि शक्ति पीठिका
रज कणों में प्रकटे दिव्य दीप मालिका
हो तपस्वी के समान संघ साधना
साधना नित्य साधना३

Nitya shaakha jahnvi puneet jaldhara
Sadhana kee punya bhoomi shakti peethika
Raj kano mein prakate divya deep malika
Ho tapaswee ke saman sangh sadhana
Sadhana nitya sadhana...

हे प्रभो तू विश्व की अजेय शक्ति दे
जगत हो विनम्र ऐसा शील हमको दे
कष्ट से भरा हुआ यह पंथ काटने
ज्ञान दे कि हो सरल हमारी साधना
साधना नित्य साधना३

He prabho tu vishwa kee ajeya shakti de
Jagat ho vinamra aisa sheel hamko de
Kasht se bhara hua yeh panth kaatne
Jnan de ki ho saral hamaree sadhana
Sadhana nitya sadhana...

विजय शाली संघबद्ध कार्यशक्ति दे
तीव्र और अखंड ध्येय निष्ठा हमको दे
हिंदु धर्म रक्षणार्थ वीरव्रत स्फुरे
तव कृपा से हो सफल हमारी साधना
साधना नित्य साधना३

Vijayshalee sanghbaddha karyashakti de
Teevra aur akhand dheya nishtha hamko de
Hindu dharm rakshanarth veervrat sphure
Tav kripa se ho safal hamaree sadhna
Sadhana nitya sadhana...

ईश हमें देता है सब कुछ

Eesh Hame Deta Hai Sab Kuch

ईश हमें देता है सब कुछ
हम भी तो कुछ देना सीखें

Eesh hume deta hai sab kuch
Hum bhi to kuch dena seekhen

सूरज हमें रोशनी देता
हवा नया जीवन देती है
भूख मिटाने को हम सब की
धरती पर होती खेती है
औरों का भी हित हो जिस में
हम ऐसा कुछ करना सीखें
ईश हमें...

Sooraj hume roshani deta
Havaa nayaa jeevan deti hai
Bhookh mitaane ko hum sab ki
Dharti par hoti kheti hai
Auron kaa bhi hit ho jis mein
Hum aisa kuch karna seekhen
Eesh hume...

गर्मी की तपती दुपहर में
पेड़ सदा देते हैं छाया
सुमन सुगंध सदा देते हैं
हम सब को फूलों की माला
त्यागी तरुओं के जीवन से
हम परहित कुछ करना सीखें
ईश हमें...

Garmi ki tapti dupahar mein
Ped sadaa deten hain saayaa
Suman sugandh sadaa dete hain
Hum sab ko phoolon ki maala
Tyaagi taruon ke jeevan se
Hum parhit kuch karna seekhen
Eesh hume...

जो अनपढ़ है उन्हें पढ़ाएँ
जो चुप हैं उनको वाणी दें
पिछड़ गए जो उन्हें बढ़ाएँ
समरसता का भाव जगा दें
हम मेहनत के दीप जला कर
नया उजाला करना सीखें
ईश हमें...

Jo anpadh hai unhe padhaayen
Jo chup hain unko vaani den
Pichhad gaya jo unhen badhaayen
Samarasataa ka bhaav jagaa den
Hum mehenat ke deep jalaa kar
Nayaa ujaalaa karnaa seekhen
Eesh hume...

प्रार्थना

सर्वमंगल मांगल्याम्, देवीम् सर्वार्थ साधिकाम्
शरण्याम् सर्वभूतानाम्, नमामो भूमिमातरम्१

Sarva mangala mangalyam, Deveem sarvartha saadhikam.
Sharanyam sarva bhootanam, Namaamo bhoomi maataram.

We bow to the Goddess Mother Earth, who is the abode of bounteous blessings, the fulfiller of all needs and the ultimate refuge of all beings.

सच्चिदानन्द रूपाय, विश्वमंगल हेतवे ।
विश्वधर्मैकमूलाय, नमोस्तु परमात्मने२

Sacchidananda roopaya, Vishva mangala hetave.
Vishva dharmaika moolaya, Namostu Paramatmane.

Our obeisance to the Almighty, who is the manifestation of truth, consciousness and bliss, and the only source of all universal (Vishva) well-being and Dharma.

विश्वधर्मविकासार्थम्, प्रभो संघठिता वयम् ।
शुभाम् आशिषमस्मभ्यम्, देहि तत्परिपूर्ये३

Vishva dharma vikasartham, Prabho sangathita vayam.
Shubham aashisham asmabhyam, Dehi tat paripoortaye.

O Lord, as we organize ourselves to stand united for the advancement of Universal Dharma, please bestow upon us your auspicious blessings so that we can accomplish this noble mission.

अजय्यम् आत्मसामर्थ्यम्, सुशीलम् लोकपूजितम् ।
ज्ञानं च देहि विश्वेश, ध्येयमार्गं प्रकाशकम्४

Ajayyam atma samarthyam, Susheelam loka Poojitam.
Gyanan cha dehi vishvesha, Dhyeya marga prakashakam.

Grant us, O Lord of the universe, the invincible inner strength and virtuous character that all humanity adores, and the knowledge that will enlighten the path leading to our mission.

समुत्कर्षोस्तु नो नित्यम्, निःश्रेयस समन्वितः ।
तत्साधकम् स्फुरत्वन्तः, सुवीरव्रतमुज्वलम्६५

Samutkarshostu no nityam, Nishreyasa samanvitaha
Tatsaadhakam sphuratvantah, Suveera vratamujwalam.

Let our hearts be always stimulated with that spirit of a solemn vow and determination of a hero, which will lead us to attain the worldly prosperity together with spiritual enhancement.

विश्वधर्मप्रकाशेन, विश्वशान्ति प्रवर्तके ।
हिन्दुसंघठना कार्ये, ध्येयनिष्ठा स्थिरास्तुनः६६

Vishva Dharma Prakashena, Vishva shanti pravartake.
Hindu sangathana kaarye, Dhyeya nishtha sthiraastunah.

O Lord, give us that resolute faith in our aim to unite the people and establish world peace through propagation of Universal Dharma.

संघशक्तिर्विजेत्रीयम्, कृत्वास्मद्धर्मरक्षणम् ।
परमम् वैभवम् प्राप्तुम्, समर्थास्तु तवाशिशद्द७

Sangha shaktir vijetriyam, Kritvaasmad Dharma rakshanam.
Paramam vaibhavam praptum, Samarthaastu Tavaashisha.

With your blessings, O Lord, let this triumphant Sangh strength attain the supreme external glory by protecting the principle of righteousness (Dharma).

त्वदीये पुण्य कार्येस्मिन, विश्व कल्याण साधके
त्याग सेवा व्रत्स्यायम्, कायो मे पततु प्रभो ६८

Twadeeya Punya Karyesmin, Vishwa Kalyan Sadhake
Tyaga Seva Vratasyayam, Kayome patatu prabho

In this sacred work of serving and ennobling the entire humanity, give me the strength to accomplish it with single minded focus and supreme sacrifice. May this entire material and spiritual frame of mine be dedicated to this cause.

६६विश्वधर्म की जयद्द Victory to Universal Dharma



भोजन मंत्र Bhojan Mantra

ब्रह्मार्पणं ब्रह्म हविः ब्रह्माग्नौ ब्रह्मणा हुतम् ।
ब्रह्मैव तेन गन्तव्यं ब्रह्मकर्म समाधिनां

Brahmarpranam Brahma havir Brahmagnau Brahmana hutam
Brahmaiva tena gantavyam Brahma karma samaadhinaa

Any process of offering is Brahman, the oblation is Brahman,
the instrument of offering is Brahman,
the fire to which the offering is made is also Brahman.
For such a one who abides in Brahman, by
him Brahman alone is reached.

अहं वैश्वानरो भूत्वा प्राणिनां देहमाश्रितः
प्राणापानसमायुक्तः पचाम्यन्नं चतुर्विधम् ॥

Aham Vaish-vaanaro Bhutvaa, Praaninaam Deham-aashritah,
Praanaa-paana-Samaayuktah,
Panchaany-anam, Chatur-vidham.

सह नावतु सह नौ भुनक्तु सह वीर्यम् करवावहै ।
तेजस्विनावधीतमस्तु मा विद्विषावहै ।
शांतिः शांतिः शांतिः ।

Om sahanavatu saha nau bhunaktu, saha veeryam karavaavahai
Tejasvinavadhitamastu ma vidvisha vahai
Om shantih, shantih shantih