

Vedic Chanting Self-Study

The Companion Booklet
Part One



॥ श्रीः ॥

ॐ Press

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This booklet series is designed to be used with the MP3 series by the same name. This MP3-booklet combination has been designed to help those who do not have access to a traditional teacher. It cannot pretend to take the place of direct instruction, which would be needed for those of you who are blessed with a musical ear and have the ability to refine your articulation in order to master the precise nuances of Sanskrit phonetics. This is especially true for those of you who wish to learn the traditional Vedic prayers which use intonation (svara) as a memory tool.

This instruction booklet (part one) contains traditional Vedic mantras including ten śānti mantras (prayers invoking peace at the beginning and conclusion of scriptural studies). These mantras have been carefully chosen from the Vedas (Ṛg, Yajur, Sāma and Atharva), which are the unparalleled teachings of Vedic knowledge and culture. These mantras were manifested by the Ṛṣi's (sages not of human birth) who made manifest these prayers through their heightened intellects. Ṛṣi's are held in deep reverence as seers of timeless, universal truths. These truths are not born of speculation via cause-effect thinking. Nor are they understood through independent reasoning.

The rhythms and balance of Vedic mantras are determined by the phonetics of each consonant combined with long and short vowels, as well as the number of syllables present in each quarter-verse. These factors determine what is called candas (meter). These meters are many and varied; some quite long and complex. In this booklet we present only a few simple candas, which can be easily learned. Some of the mantras contained in this compendium do not have intonation marks, come from non-Vedic

sources and are rendered in a tune that may be altered without any detriment to the effectiveness of the prayer.

These prayers are recited with the intention to earn the grace of the Lord. This grace is earned in order to help us acquire emotional maturity and wisdom, not for mere material gain. There is no doubt that these prayers will bless the listener profoundly when assimilated and recited with this intention.

My best wishes and love to all of you who are now learning and invoking the Lord's grace through the chanting of these sacred prayers. It is ever a blessing to share them with you. I bow with deep gratitude and reverence to all my teachers; Śrī Parama Pūjya Svāmī Dayānanda Sarasvatī, Śrī Pūjya Svāmī Paramārthānanda Sarasvatī, Ghanapāṭhi Śāstrigal Vedic Paṇḍit Śrī Ravicandran Ayar and Śrī Svāmī Omkārānanda Sarasvatī. May the grace of their knowledge flow to all of you as you prayerfully listen to, and chant these sacred mantras.

Śrī Svāmī Vāgīśānanda Sarasvatī

॥ हरिः ॐ ॥

Guruśiṣyaparampara Prārthanā

om śrī gurubhyo namaḥ hariḥ om

ॐ श्री गुरुभ्यो नमः हरिः ॐ

Oh, Lord! We now bow our heads in reverential salutations unto all teachers and to the sacred lineage of teachers. We invoke their grace to remove our self-ignorance.

Vighneśvara Prārthanā

om śuklāambaradharam viṣṇum śaśivarṇam
caturbhujam prasannavadanam dhyāyet
sarvavighnopasāntaye om

ॐ शुक्लाम्बरधरं विष्णुं शशिवर्णं

चतुर्भुजं प्रसन्नवदनं ध्यायेत् सर्वविघ्नोपशान्तये ॐ

Lord Gaṇeśa, who wears a white garment; who is all-pervasive; who has a bright complexion (like the full moon); who has four hands (representing infinite power); who is ever-smiling in reason-less fullness: I invoke You to remove all obstacles.

Ṛg Vēdiya Gaṇapati Prārthanā

om gaṇānān tvā gaṇapatigr̥hāvāmahe
kaviṃ kavīnām upamaśravastamam
jyeṣṭharājam brahmaṇām brahmaṇaspata
ā naśśṛṇvannūtibhissīda sādānam
om śrī mahāgaṇapataye namaḥ

ॐ गणानान् त्वा गणपतिगृहवामहे
कविं कवीनामुपमश्रवस्यमम्
ज्येष्ठराजं ब्रह्मणां ब्रह्मणस्पत
आ नश्शृण्वन्नूतिभिस्सीद् सादनम्
ॐ श्री महागणपतये नमः

Oh, Īśvara, You are the Lord of all countable things and beings. You are omniscient; complete of knowledge. I bow to you, knowing You as greatness. You are the Emperor of emperors. You are most revered by Brahmaṇas. Oh Bhagavan, in the form of all virtuous qualities, please abide in our hearts.

Mantra from the Sarasvatī Rahasyopaniṣad

om praṇo devī sarasvatī vājebhirvājinīvatī
dhīnāmavitryavatu

ॐ प्र॒णो॑ दे॒वी सर॑स्वती॒ वाजे॑भिर्वा॒जिनी॑वती ।
धी॒नाम॑वि॒त्र्यव॑तु ॥

We invoke Goddess Sarasvatī; She who gives unconditional nourishment to all beings. Oh, great protectress; may You bless our intellects with absolute protection (with the knowledge that there is nothing to protect ourselves from; advaitajñānam).

Adhyayanāt Prāk

sarasvatī namastubhyaṃ varade kāmarūpiṇī
vidyārambhaṃ kariṣyāmi siddhirbhavatu me sadā

सर॑स्वती नमस्तु॒भ्यं वर॑दे काम॒रूपि॑णी ।

वि॒द्यार॑म्भं करिष्यामि सिद्धिर्भवतु मे सदा ॥

Oh Goddess Sarasvatī, our salutations unto You. Oh, Goddess who fulfills all desires, I am to begin my sacred studies. May there always be success for me in my pursuit of knowledge.

Tryambakamantra

(Mahāmṛtyuñjaya Mantraḥ)

om tryambakamyyajāmahe sugandhim puṣṭivardhanam
urvārukamiva bandhanānmṛtyormukṣīya mā'mṛtāt

ॐ त्र्य॑म्बकं॒ यजाम॑हे सु॒गन्धिं॑ पु॒ष्टि॒वर्ध॑नम् ।

उ॒र्वारु॑कमि॒व ब॑न्ध॒नान्मृ॑त्योर्मु॒क्षी॒य माऽमृ॑तात् ॥

We offer worship to the fragrant, three-eyed Lord Śiva who bestows ever-increasing prosperity. Please liberate us from the hands of death as effortlessly as a ripe urvāruka (watermelon) is severed from the vine. Please do not let us turn away from liberation.

॥ हरिः ॐ ॥

Śivadhyanam

om namaste astu bhagavan viśveśvarāya

mahādevāya

tryambakāya tripurāntakāya

trikālāgnikālāya

kālāgnirudrāya

nīlakaṇṭhāya mṛtyuñjayāya

sarveśvarāya

sadāśivāya

śrīmanmahādevāya namaḥ

Prostrations to the Lord; the master of the Universe;
the self-shining one; the three-eyed one;
the destroyer of tripura; ⇒

शिवध्यानम्

ॐ नमस्ते असतु भगवन् विश्वेश्वराय

महादेवाय

त्र्यम्बकाय त्रिपुरान्तकाय

त्रिकालाग्निकालाय

कालाग्निरुद्राय

नीलकण्ठाय मृत्युञ्जयाय

सर्वेश्वराय

सदाशिवाय

श्रीमन्महादेवाय नमः ॥

⇒ the extinguisher of the trikāla fire and the fire of death;
the blue-necked one; the one who defeats death;
the Lord of all; the ever-auspicious;
glorious God of gods.

Ten Sacred Vedic

om śanno mitraḥ śamvaruṇaḥ

śanno bhavatvāryamā

śanna indro bṛhaspatiḥ

śanno viṣṇururukramaḥ

namo brahmaṇe namaste vāyo

tvameva pratyakṣam brahmāsi

tvameva pratyakṣam brahma vadiṣyāmi

ṛtam vadiṣyāmi satyam vadiṣyāmi

tanmā mavatu tadvaktāram avatu

avatu mām avatu vaktāram

om śāntiḥ śāntiḥ śāntiḥ

Peace Mantras

ॐ शन्नो मित्रः शंवरुणः ।

शन्नो भवत्वर्यमा ।

शन्न इन्द्रो बृहस्पतिः ।

शन्नो विष्णुरुक्रमः ।

नमो ब्रह्मणे । नमस्ते वायो ।

त्वमेव प्रत्यक्षं ब्रह्मासि ।

त्वमेव प्रत्यक्षं ब्रह्म वदिष्यामि ।

ऋतं वदिष्यामि । सत्यं वदिष्यामि ।

तन्मामवतु । तद्वक्तारमवतु ।

अवत माम् । अवतु वक्तारम् ॥

ॐ शान्तिः शान्तिः शान्तिः ॥

May Mitra give us fullness. May Varuṇa give us fullness.
May Aryaman give us fullness.
May Indra and Br̥haspati give us fullness.
Salutations to Brahman.
Salutations to you Vāyo;
You indeed are the immediate Brahman.
I shall call you righteousness. ⇨

⇨ I shall call you truth.
May He protect me.
May He protect the teacher.
May He protect me.
May He protect the teacher.
May He protect me.
May He protect the teacher.
oṃ peace peace peace

oṃ saha nāvavatu
saha naubhunaktu
saha vīryaṃ karavāvahai
tejasvināvadhītamastu
mā vidviṣāvahai
oṃ śāntiḥ śāntiḥ śāntiḥ

ॐ सह नाववतु ।
सह नौभुनक्तु ।
सह वीर्यं करवावहै ।
तेजस्विनावधीतमस्तु ।
मा विद्विषावहै ॥
ॐ शान्तिः शान्तिः शान्तिः ॥

May He protect us (both).
May He nourish us (both).
May we (both) acquire the capacity ⇨

⇨ (to study and understand the scriptures).
May our studies be brilliant.
May we not argue with each other.
oṃ peace peace peace

om̐ yaśchandasāmṛṣabho viśvarūpaḥ
 chandobhyo'dhyamṛtātsambabhūva
 sa mendro medhayā spr̥ṇotu
 amṛtasya deva dhāraṇo bhūyāsam
 śarīraṁ me vicarṣanam
 jihvā me madhumattamā
 karṇābhyāṁ bhūri viśruvam
 brahmaṇaḥ kośo'si medhayā pihitaḥ
 śrutam̐ me gopāya
 om̐ śāntiḥ śāntiḥ śāntiḥ

The om̐ that is the most exalted of the Vedas;
 which pervades all worlds;
 which emerged from the immortal
 Vedas as their quintessence;
 may He (om̐ that is Indra), the supreme Lord,
 imbue me with wisdom. ⇨

ॐ यश्छन्दसामृषभो विश्वरूपः ।
 छन्दोभ्योऽध्यमृतात्सम्बभूव ।
 स मेन्द्रो मेधया स्पृणोतु ।
 अमृतस्य देव धारणो भूयासम् ।
 शरीरं मे विचर्षसम् ।
 जिह्वा मे मधुमत्तमा ।
 कर्णाभ्यां भूरि विश्रुवम् ।
 ब्रह्मणः कोशोऽसि मेधया पिहितः ।
 श्रुतं मे गोपाय ।
 ॐ शान्तिः शान्तिः शान्तिः ॥

⇨ Oh, Lord; may I be the receptacle of
 death-less-ness. May my body be fit;
 May my tongue be sweeter than the sweetest.
 May my ears hear all that can be heard.
 om̐ peace peace peace

om aham vṛkṣasya revivā
kīrtiḥ pṛṣṭhaṅgīrīva
ūrdhvaḥ pavitro vājinīva svamṛtamasmī
draviṇaḥ sāvarcasam
sumedhā amṛtokṣitaḥ
iti trīśaṅkorvedānuvacanam
om śāntiḥ śāntiḥ śāntiḥ

“I give life to the tree (of the world).
My fame is high like the ridge of a mountain.
My wellspring is the pure (Brahman).
I am like that pure reality (of Truth) that is in the sun.
I am the self-shining jewel. ⇨

ॐ अ॒हं वृ॒क्षस्य॑ रे॒रिवा॑ ।
की॒तिः पृ॒ष्ठङ्गि॑रे॒रिव॑ ।
ऊ॒र्ध्वप॑वि॒त्रो वा॒जिनी॑व स्व॒मृत॑मस्मि ।
द्र॒वि॒ण॒ग्स॒वर्च॑सम् ।
सु॒मे॒धा अ॒मृतो॑क्षितः
इति॑ त्रि॒शङ्को॑र्वे॒दानु॒वच॑नम्
ॐ शा॒न्तिः शा॒न्तिः शा॒न्तिः ॥

⇨ I possess a refined intellect and am death-less; imperishable.” This was proclaimed by Trīśaṅku after the realization of knowledge.

om peace peace peace

om̐ pūrṇamadaḥ	ॐ पूर्णमदः
pūrṇamidaṃ	पूर्णमिदं
pūrṇāt	पूर्णात्
pūrṇamudatcyate	पूर्णमुदच्यते ।
pūrṇasya	पूर्णस्य
pūrṇamādāya	पूर्णमादाय
pūrṇamevāvaśiṣyate	पूर्णमेवावशिष्यते ॥
om̐ śāntiḥ śāntiḥ śāntiḥ	ॐ शान्तिः शान्तिः शान्तिः ॥

All is Fullness.
This is 'full'.
From Fullness, this 'full' is made manifest. ⇒

⇒ Removing this 'full' from Fullness,
Fullness alone remains.
om̐ peace peace peace

om̐ āpyāyantu mamāṅgāni vākprāṇaścakṣuḥ
śrotramatho balamindriyāṇi ca sarvāṇi
sarvaṁ brahmaupaniṣadam
mā'haṁ brahma nirākuryām
mā mā brahma nirākarot
anirākaraṇamastvanirākaraṇaṁ me astu
tadātmani nirate ya upaniṣatsu dharmāste
mayi santu
te mayi santu
om̐ śāntiḥ śāntiḥ śāntiḥ

May my limbs, speech, vital force, eyes, ears, physical
capacity and all organs become well developed.
Everything is Brahman; a truth revealed by the Upaniṣads.
May I not 'deny' Brahman; may Brahman not 'deny' me.
Let there be no 'rejection' (of me 'by' Brahman). ⇨

ॐ आप्यायन्तु ममाङ्गानि वाक्प्राणश्चक्षुः
श्रोत्रमथो बलमिन्द्रियाणि च सर्वाणि ।
सर्वं ब्रह्मोपनिषदम् ।
माऽहं ब्रह्म निराकुर्याम्
मा मा ब्रह्म निराकरोत्
अनिराकरणमस्त्वनिराकरणं मे अस्तु ।
तदात्मनि नirate य उपनिषत्सु धर्मास्ते
मयि सन्तु
ते मयि सन्तु
ॐ शान्तिः शान्तिः शान्तिः ॥

⇨ Let there be no 'rejection' (of Brahman) 'by' me.
May all the virtues that are (spoken of) in the
Upaniṣads rest in me, the one engaged in the
pursuit of truth. May these virtues rest in me.
om̐ peace peace peace

om vānme manasi pratiṣṭhitā
mano me vāci pratiṣṭhitam
āvirāvīrma edhi
vedasya ma āṅīsthaḥ
śrutam me mā prahāsīḥ
anenādhītenāhorātrān sandadhāmi
ṛtam vadiṣyāmi satyam vadiṣyāmi
tanmāmavatu tadvaktāramavatu
avatu mām avatu vaktāram avatu vaktāram
om śāntiḥ śāntiḥ śāntiḥ

ॐ वाङ्मे मनसि प्रतिष्ठिता ।
मनो मे वाचि प्रतिष्ठितम् ।
आविरावीर्म एधि ।
वेदस्य म आणीस्थः ।
श्रुतं मे मा प्रहासीः ।
अनेनाधीतेनाहोरात्रान् सन्दधामि ।
ऋतं वदिष्यामि । सत्यं वदिष्यामि ।
तन्मामवतु । तद्वक्तारमवतु ।
अवतु माम् । अवतु वक्तारम् । अवतु वक्तारम् ॥
ॐ शान्तिः शान्तिः शान्तिः ॥

May my speech be based in accordance with my thoughts.
May my thoughts be based in accordance with my speech.
Oh, self-effulgent one, reveal Thyself to me. May speech
and thought be the carriers of the Vedas to me. I shall destroy
the 'as-though' difference between day and night through ⇒

⇒ my studies. I shall speak what is verbally true. I shall speak
what is mentally true. May that (Brahman) protect me. May that
(Brahman) protect the teacher. May that (Brahman) protect me. May
that (Brahman) protect the teacher. May He protect the teacher.
om peace peace peace

oṃ bhadraṃ no apivātaya manaḥ

oṃ śāntiḥ śāntiḥ śāntiḥ

Oh, Lord; please lead my mind toward auspicious thoughts. ⇨

oṃ bhadraṃ karṇebhiḥ śrṇuyāma devāḥ

bhadraṃ paśyemākṣbhiryajatrāḥ

sthirairāṅgaistuṣṭuvāgṃsastanūbhiḥ

vyaśema devahitaṃ yadāyuh

svasti na indro vṛddhaśravāḥ

svasti naḥ pūṣā viśvavedāḥ

svasti nastārḥṣo ariṣṭanemiḥ

svasti no bṛhaspatirdadhātu

oṃ śāntiḥ śāntiḥ śāntiḥ

ॐ भद्रं नो अपिवातय मनः ।

ॐ शान्तिः शान्तिः शान्तिः ॥

⇨ oṃ peace peace peace

ॐ भद्रं कर्णेभिः शृणुयाम देवाः ।

भद्रं पश्येमाक्षभिर्यजत्राः ।

स्थिरैरङ्गैस्तुष्टुवाग्ँसस्तनूभिः ।

व्यशेम देवहितं यदायुः ।

स्वस्ति न इन्द्रो वृद्धश्रवाः ।

स्वस्ति नः पूषा विश्ववेदाः ।

स्वस्ति नस्तार्क्षो अरिष्टनेमिः ।

स्वस्ति नो बृहस्पतिर्दधातु ॥

ॐ शान्तिः शान्तिः शान्तिः ॥

Oh, Gods! May we hear with our ears what is auspicious. While engaged in ritual worship, may our eyes see only auspicious things. While praising the gods with steady limbs and healthy bodies, may we wisely use the term of life allotted to us by them. May Lord Indra of ancient fame bless us. May the supremely rich Pūṣān, ⇨

om̐ yo brahmāṇam̐ vidadhāti pūrvam̐
yo vai vedāṁśca prahiṇoti tasmai
tagm̐ ha devamātmabuddhiprakāśam̐
mumukṣurvaiśaraṇamaham̐ prapadye
om̐ śāntiḥ śāntiḥ śāntiḥ

He, who at the beginning of all manifestation
created Lord Brahmā jī; who taught the Vedas to him: ⇨

⇨ the all-knowing, be propitious towards us.
May Garuḍa, the thunder-bolt to adversity, be well-disposed
towards us. May the Lord Bṛhaspati ensure our welfare.

om̐ peace peace peace

ॐ यो ब्रह्माणं विदधाति पूर्वं
यो वै वेदांश्च प्रहिणोति तस्मै ।
तगँ ह देवमात्मबुद्धिप्रकाशं
मुमुक्षुर्वैशरणमहं प्रपद्ये
ॐ शान्तिः शान्तिः शान्तिः ॥

⇨ Seeking liberation, I take refuge in that shining
One who enlightens my intellect.

om̐ peace peace peace

A Universal

om svasti prajābhyaḥ paripālayantām

nyāyena mārgena mahīm mahīśāḥ

gobrāhmaṇebhyaśśubhamastu nityam

lokāssamastāssukhino bhavantu (1)

kāle varṣatu parjanyaḥ

pr̥thivī sasyaśālinī

deśo'yaṁ kṣobharahitaḥ

brāhmaṇāssantu nirbhayāḥ (2)

om sarveṣāṁ svastirbhavatu

sarveṣāṁ śāntirbhavatu

sarveṣāṁ pūrṇambhavatu

Peace Invocation

ॐ स्वस्ति प्रजाभ्यः परिपालयन्ताम् ।

न्यायेन मार्गेण महीं महीशाः ॥

गेब्राह्मणेभ्यश्शुभमस्तु नित्यम् ।

लेकास्समस्तास्सुखिनो भवन्तु ॥ १ ॥

काले वर्षतु पर्जन्यः ।

पृथिवी सस्यशालिनी ॥

देशोऽयं क्षोभरहितः ।

ब्राह्मणास्सन्तु निर्भयाः ॥ २ ॥

ॐ सर्वेषां स्वस्तिर्भवतु ।

सर्वेषां शान्तिर्भवतु ॥

सर्वेषां पूर्णंभवतु ।

sarveṣāṃ maṅgalaṃbhavatu (3)
sarve bhavantu sukhinaḥ
sarve santu nirāmayāḥ
sarve bhadraṇi paśyantu
mā kaścīd duḥkhabhāg bhavet (4)
om̐ asato mā sadgamaya
tamaso mā jyotirgamaya
mṛtyormā'amṛtaṃ gamaya (5)
om̐ pūrṇamadaḥ pūrṇamidaṃ pūrṇāt
pūrṇamudatcyate
pūrṇasya pūrṇamādāya pūrṇamevāvaśiṣyate
om̐ śāntiḥ śāntiḥ śāntiḥ (6)
ḥariḥ om̐ śrī gurubhyo namaḥ ḥariḥ om̐ (7)

सर्वेषां मङ्गलंभवतु ॥ ३ ॥
सर्वे भवन्तु सुखिनः ।
सर्वे सन्तु निरामयाः ॥
सर्वे भद्राणि पश्यन्तु ।
मा कश्चिद् दुःखभाग् भवेत् ॥ ४ ॥
ॐ असतो मा सद्गमय ।
तमसो मा ज्योतिर्गमय ।
मृत्योमाऽमृतं गमय ॥
ॐ पूर्णमदः पूर्णमिदं पूर्णात् पूर्णमुदच्यते ।
पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते ॥
ॐ शान्तिः शान्तिः शान्तिः ॥
हरिः ॐ श्री गुरुभ्यो नमः हरिः ॐ ॥

May all beings be happy.
May the kings righteously rule the Earth.
Let there be abundance for animals and
people of wisdom at all times.
May all enjoy fullness. (1)

May it rain at the proper time.
May the Earth produce grains.
May this country be free from famine.
May men of contemplation (those that see
the objective world as limited) be fearless. (2)

May all have good fortune.
May all know peace.
May all know fullness.
May all be free from suffering. (3)

May all be happy.
May all be healthy.
May all be prosperous.
May none suffer. (4)

Lead me from the unreal to the real;
from ignorance to illumination;
from mortality to death-less-ness. (5)

All is Fullness. This is 'full'.
From Fullness, this 'full' is made manifest.
Removing this 'full' from Fullness,
Fullness alone remains.
om peace peace peace (6)

Oh, Lord! We now bow our heads in reverential salutations
unto all teachers and to the sacred lineage of teachers.
We invoke their grace to remove our self-ignorance. (7)

श्री स्वामी वागीशानन्द सरस्वती

Śrī Svāmī Vāgīśānanda Sarasvatī

Śrī Svāmī Vāgīśānanda Sarasvatī is a senior disciple of Pūjya Śrī Svāmī Dayānanda Sarasvatī, and has been studying and teaching Vedānta since 1975.

Svāmī jī was in his teens when he became fascinated with mystical poetry and non-dualistic philosophies. In 1975, at the age of 19, he left his home in the United States and traveled to India to study in a traditional gurūkulam. After graduating from a three-year residential course in Vedānta and Sanskrit, he attended four subsequent three-year courses in the United States and in India.

Using the traditional methodology called saṁpradāya, Svāmī Vāgīśānanda 'unlocks' the scriptures of Vedānta, thereby removing the veil of ignorance; the cause of all human suffering. He is a traditional saṁnyāsi (a renunciant who is committed to a life of knowledge and has taken a vow of non-injury). A master of the South Indian Kṛṣṇa Yajur Veda style of chanting, Svāmī jī travels the world teaching Sanskrit, Vedic chanting and Vedānta.

॥ हरिः ॐ ॥

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