

BalGokul

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1.1 Devnagari Alphabets

Devnagari Alphabets and Transliteration Scheme

अ आ इ ई उ ऊ ऋ ॠ ए ऐ ओ औ अं अः

a ā i ī u ū ṛ ṝ e ai o au am aḥ

क ख ग घ ङ

ka kha ga gha ṅa

च छ ज झ ञ

ca cha ja jha ṇa

ट ठ ड ढ ण

ṭa ṭha ḍa ḍha ṇa

त थ द ध न

ta tha da dha na

प फ ब भ म

pa pha ba bha ma

य र ल व श ष स ह ळ क्ष ज्ञ

ya ra la va śa ṣa sa ha ḷa kṣa jña



Visit this web site to practice writing Devnagari Script

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



1.2 Welcome to BalGokul



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-Gokul



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

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

- Swami Vivekananda

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Arts**Crafts****Stories****Bhajans****Shlokas**

1.3 नित्य विधि श्लोकाः - nitya vidhi ślokāḥ

(Daily Prayers)

कार्य सिद्धि - kārya siddhi

(Before starting any work, Pray to Bhagawan Ganesha)

शुक्लाम्बरधरं विष्णुम् ।

śuklāambaradharam viṣṇum |

शशिवर्णं चतुर्भुजम् ॥

śaśivarnam caturbhujam ||

प्रसन्नवदनं ध्यायेत् ।

prasannavadanam dhyāyet |

सर्व विघ्नोऽपशान्तये ॥

sarva vighno'paśāntaye ||

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.

पठन समये - paṭhana samaye

(Before commencing Studies)

सरस्वति नमस्तुभ्यम् ।

sarasvati namastubhyam |

वरदे कामरूपिणि ॥

varade kāmārūpiṇi ||

विद्यारम्भं करिष्यामि ।

vidyārambham kariṣyāmi |

सिद्धिर्भवतु मे सदा ॥

siddhirbhavatu me sadā ||

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

प्रातः स्मरणम् - prātaḥ smaraṇam

(Morning Prayer)

कराग्रे वसते लक्ष्मीः ।

करमूले तु गोविन्दः ।

करमध्ये सरस्वती ॥

प्रभाते करदर्शनम् ॥

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

- Swami Vivekananda

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karāgre vasate lakṣmīḥ |

karamūle tu govindaḥ |

karamadhye sarasvatī ||

prabhāte karadaśanam ||

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.

भूमि वन्दना - bhūmī vandana

(Salutations to Mother Earth)

समुद्रवसने देवि ।

samudravasane devi |

पर्वतस्तन मण्डले ॥

parvatastana maṇḍale ||

विष्णुपत्नि नमस्तुभ्यम् ।

viṣṇupatni namastubhyam |

पादस्पर्श क्षमस्व मे ॥

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.

निद्रा समये – nidraa samaye

(Before going to sleep)

वसुदेव सुतं देवम् ।

vasudeva sutam devam |

कंसचाणूर मर्दनम् ॥

kamsacāṇūra mardanam ||

देवकी परमानन्दम् ।

devakī paramānandam |

कृष्णं वन्दे जगद्गुरुम् ॥

kṛṣṇam vande jagadgurum ||

I bow to Sri Krishna, son of Vasudeva, the divine being, guru of the entire world, the killer of wicked Kamsa and Chanoora, and the source of happiness to mother Devaki.

Basic Characteristics of Dharma

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

- Swami Vivekananda

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धृतिः क्षमा दमोऽस्तेयं शौचमिन्द्रियनिग्रहः ।

धीर्विद्या सत्यमक्रोधो दशकं धर्मलक्षणम् ॥

dhṛtiḥ kṣamā damosteyam śoucama indriaya nigrahaḥ,
dhīrvidhyā satyamakrodho daśakam dharmalakṣaṇam.

Steadfastness, forgiveness, control over desires, non-stealing, cleanliness, control over senses, intelligence, knowledge, truthfulness and not getting angry: These are the ten essentials (manifestations) of Dharma.

॥ Selections from Veda Mantras ॥

May all live happily

सर्वे भवन्तु सुखिनः ।

sarve bhavantu sukhinaḥ |

सर्वे सन्तु निरामयाः ॥

sarve santu nirāmayāḥ ||

सर्वे भद्राणि पश्यन्तु ।

sarve bhadraṇi paśyantu |

मा कश्चित् दुःखभाग्भवेत् ॥

mā kaścit duḥkhabhāgbhavet ||

ॐ शान्तिः शान्तिः शान्तिः ॥

om śāntiḥ śāntiḥ śāntiḥ ||

May all live happily. May all enjoy good health. May all see auspiciousness. May none experience distress. May peace prevail everywhere.

Take Me From darkness to light

ॐ असतो मा सद्गमय ।

tamaso mā jyotirgamaya ||

तमसो मा ज्योतिर्गमय ॥

mṛtyormā amṛtaṅgamaya |

मृत्योर्मा अमृतङ्गमय ।

om śāntiḥ śāntiḥ śāntiḥ ||

ॐ शान्तिः शान्तिः शान्तिः ॥

om asato mā sadgamaya |

Bhagawan, lead me from untruth to Truth; Take me from darkness to light; from death to immortality. Let there be peace all around.

शान्ति मन्त्राः - śānti mantrāḥ (Mantras for Peace)

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 पूर्णमदः पूर्णमिदम् पूर्णात् पूर्णमुदच्यते ।

पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते ।

ॐ शान्तिः शान्तिः शान्तिः ॥

om pūrṇamadaḥ pūrṇamidam pūrṇāt pūrṇamudacyate |

pūrṇasya pūrṇamādāya pūrṇamevāvaśiṣyate |

om śāntiḥ śāntiḥ śāntiḥ ||

OM! That is Full. This is Full. From that Full, this Full has come; when this Full is taken from that Full It always remains Full! Om Peace, Peace, Peace!

ॐ सह नाववतु । सह नौ भुनक्तु ।

सह वीर्यं करवावहै ।

तेजस्विनावधीतमस्तु ।

मा विद्विषावहै ।

ॐ शान्तिः शान्तिः शान्तिः ॥

om saha nāvavatu |

saha nau bhunaktu |

saha vīryam karavāvahai |

tejasvināvadhitamastu |

mā vidviṣāvahai |

om śāntiḥ śāntiḥ śāntiḥ ||

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.

Peace. Peace. Peace.

(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"

- Swami Vivekananda

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1.4 Selections from Veda Mantras

ॐ भद्रं कर्णेभिः शृणुयाम देवाः ।

भद्रं पश्येमाक्षभिर्यजत्राः ।

स्थिरैरङ्गैः तुष्टुवाग्ं सस्तनूभिः ।

व्यशेम देवहितं यदायुः ॥

om bhadraṁ karṇebhiḥ śṛṇuyāma devāḥ |
 bhadraṁ paśyemākṣabhiryajatrāḥ |
 sthirairāṅgaiḥ tuṣṭuvāgṁ sastanūbhiḥ |
 vyaśema devahitaṁ yadāyuh ||

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 ईशा वास्यमिमिदं सर्वं यत्किञ्च जगत्यां जगत् ।

तेन त्यक्तेन भुञ्जीथा मा गृधः कस्यस्विद्धनम् ॥

om īśāvāsyamidaṁ sarvaṁ yatkiñca jagatyāṁ jagat |
 tena tyaktena bhuñjīthā mā gṛdhaḥ kasyasvidghanam ||

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

- Swami Vivekananda

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

गायत्री मंत्रः

ॐ भूर्भुवः स्वः । तत्सवितुर्वरेण्यम् भर्गो देवस्य धीमहि ।

धियो यो नः प्रचोदयात् ॥

gāyatrī mantraḥ

om bhūrbhuvāḥ svaḥ | tatsaviturvareṇyam bhargo devasya dhīmahi |
dhiyo yo naḥ 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.

Prayer for Peace

ॐ द्यौः शान्तिरन्तरिक्षं शान्तिः

पृथिवी शान्तिरापः शान्तिरोषधयः शान्तिः ।

वनस्पतयः शान्तिर्विश्वे देवाः शान्तिर्ब्रह्म शान्तिः

सर्वं शान्तिः शान्तिरेव शान्तिः सा मा शान्तिरेधि ॥

om dyauḥ śāntirantarikṣam śāntiḥ
pṛthivī śāntirāpaḥ śāntiṛoṣadhayaḥ śāntiḥ |
vanaspatayaḥ śāntirviśve devāḥ śāntirbrahma śāntiḥ
sarvaṁ śāntiḥ śāntireva śāntiḥ sā mā śāntiredhi ||

May there be peace in heaven. May there be peace in sky.
May there be peace on earth. May there be peace in waters.

May there be peace in plants. May there be peace in trees.
May there be peace in all divinities. May there be peace in Brahman. May
there be peace in all. May peace come to me.

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.

1.5 Prayers for Daily life

प्रातः स्मरणम् - prātaḥ smaraṇam

(Morning Prayer)

कराग्रे वसते लक्ष्मीः ।	karāgre vasate lakṣmīḥ
कर्मध्ये सरस्वती ॥	karamadhye sarasvatī
कर्मूले तु गोविन्दः ।	karmūle tu govindaḥ
प्रभाते करदर्शनम् ॥	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.

भूमि वन्दना - bhūmi vandanā

(Salutations to Mother Earth)

समुद्रवसने देवि ।	samudravasane devi
पर्वतस्तन मण्डले ॥	parvatastana maṇḍale
विष्णुपति नमस्तुभ्यम् ।	viṣṇupatni namastubhyam
पादस्पर्श क्षमस्व मे ॥	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.

॥ योगासन समये ॥ || yogāsana samaye ||

(Before doing Yogasana)

योगेन चित्तस्य पदेन वाचा
मलं शरीरस्य च वैद्यकेन ।
योऽपाकरोत्तं प्रवरं मुनीनां
पतञ्जलिं प्राञ्जलिरानतोऽस्मि ॥

yogena cittasya padena vācā
malam śarīrasya ca vaidyakena |
yo'pākarottam pravaram munīnām
patañjalim prāñjalirānato'smi ||

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.

स्नान समये - snāna samaye

(While taking bath)

गङ्गे च यमुने चैव ।
गोदावरि सरस्वति ॥
नर्मदे सिन्धु कावेरि ।
जलेऽस्मिन् सन्निधिं कुरु ॥

gaṅge ca yamune caiva |
godāvari sarasvati ||
narmade sindhu kāveri |
jale'smin sannidhim kuru ||

In this water, I invoke the presence of holy waters from the rivers Gaṅgā, Yamunā, Godāvarī, Sarasvatī, Narmadā, Sindhu and Kāverī.

पठन समये - paṭhana samaye

(Before commencing Studies)

सरस्वति नमस्तुभ्यम् ।
वरदे कामरूपिणि ॥
विद्यारम्भं करिष्यामि ।
सिद्धिर्भवतु मे सदा ॥

sarasvati namastubhyam |
varade kāmārūpiṇi ||
vidyārambham kariṣyāmi |
siddhirbhavatu me sadā ||

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

कार्य सिद्धि - kārya siddhi

(Before starting any work, Pray to Bhagawan Ganesha)

शुक्लाम्बरधरं विष्णुम् ।

शशिवर्णं चतुर्भुजम् ॥

प्रसन्नवदनं ध्यायेत् ।

सर्व विघ्नोऽपशान्तये ॥

śuklāambaradharam viṣṇum |

śaśivarṇam caturbhujam ||

prasannavadanam dhyāyet |

sarva vighno'paśāntaye ||

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.

दीपोज्ज्वलनम् - dīpojvalanam

(While lighting the lamp)

शुभं करोति कल्याणम् ।

आरोग्यं धन-सम्पदा ॥

शत्रुबुद्धिर्विनाशाय ।

दीपज्योतिर्नमोस्तुते ॥

śubham karoti kalyāṇam |

ārogyam dhana-sampadā ||

śatrubuddhirvināśāya |

dīpajyotirnamostute ||

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.

निद्रा समये - nidrā samaye

(Before going to bed)

रामस्कन्धं हनूमन्तम् ।

वैनतेयं वृकोदरम् ॥

शयने यः स्मरेन्नित्यम् ।

दुःस्वप्नम् तस्य नश्यति ॥

rāmaskandham hanūmantam | śayane yaḥ smarennityam |
 vainateyam vṛkodaram || duḥsvapnam tasya naśyati ||
 Meditating upon Hanumanta, Bhīma and Garuda before going to bed ensures
 a sleep without disturbing dreams.

1.6 स्तोत्राणि - stotrāṇi

(ślokaṣ in praise of various forms of Bhagawan)

गुरु - guru

(Salutations to Guru)

गुरुर्ब्रह्मा गुरुर्विष्णुः	gururbrahmā gururviṣṇuḥ
गुरुर्देवो महेश्वरः ।	gururdevo maheśvaraḥ
गुरुः साक्षात् परब्रह्म	guruḥ sāksāt parabrahma
तस्मै श्रीगुरवे नमः ॥	tasmai śrīgurave namaḥ

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 व्याप्तं येन चराचरम् ।

तत्पदं दर्शितं येन तस्मै श्रीगुरवे नमः ॥

akhaṇḍamaṇḍalākāraṁ vyāptaṁ yena carācaram |
 tatpadaṁ darśitaṁ yena tasmai śrīgurave 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.

अज्ञानतिमिरान्धस्य ज्ञानांजनशलाकया ।

चक्षुरुन्मीलितं येन तस्मै श्रीगुरवे नमः ॥

ajñānatimirāndhasya jñānāñjanaśalākayā |
 cakṣurunmīlitaṁ yena tasmai śrīgurave namaḥ ||

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

ध्यानमूलं गुरोर्मूर्तिः पूजामूलं गुरोः पदम् ।

मन्त्रमूलं गुरोर्वाक्यं मोक्षमूलं गुरोः कृपा ॥

dhyānamūlaṁ gurormūrtiḥ pūjāmūlaṁ guroḥ padam |
mantramūlaṁ gurorvākyaṁ mokṣamūlaṁ guroḥ kṛpā ||

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.

सरस्वती -sarasvatī



या ब्रह्माच्युत-शङ्कर-प्रभृतिभिर्

देवैः सदा वन्दिता ।

सा मां पातु सरस्वती भगवती

निःशेषजाड्यापहा ॥

yā kundendu tuṣārahāradhavalā |

yā śubhra-vastrāvṛtā ||

yā vīṇā varadaṇḍamaṇḍitakarā |

yā śvetapadmāsana |

yā brahmācyuta-śaṅkara-prabhṛtibhir

devaiḥ sadā vanditā |

sā mām pātu sarasvatī bhagavatī

niḥśeṣajāḍyāpahā ||

या कुन्देन्दु तुषारहारधवला ।

या शुभ्र-वस्त्रावृता ॥

या वीणा वरदण्डमण्डितकरा ।

या श्वेतपद्मासना ॥

White as the lily, the moon and
the garland of dew, 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!

लक्ष्मी - lakṣmī

नमस्तेस्तु महामाये ।

श्रीपीठे सुरपूजिते ॥

शङ्खचक्र गदाहस्ते ।

महालक्ष्मि नमोस्तुते ॥

namastestu mahāmāye |

śrīpīṭhe surapūjite ||

śaṅkhacakra gadāhaste |

mahālakṣmī namostute ||



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.

हनूमान् - hanūmān

(Recite this shloka while praying to Hanuman, the foremost devotee of Bhagawan Rama who is also known for his divine strength.)

मनोजवं मारुत तुल्यवेगम् ।

जितेन्द्रियं बुद्धिमतां वरिष्ठम् ॥

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

- Swami Vivekananda

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वातात्मजं वानर-यूथमुख्यम् ।

श्रीरामदूतं शिरसा नमामि ॥

manojavam māruta tulyavegam |

jitendriyam buddhimatām varīṣṭham ||

vātātmajam vānara-yūthamukhyam |

śrīrāma-dūtam śirasā namāmi ||



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.

बुद्धिर्बलं यशो धैर्यं निर्भयत्वमरोगता ।

अजाड्यं वाक्पटुत्वं च हनूमत्स्मरणाद्भवत् ॥

buddhirbalaṁ yaśo dhairyam nirbhayatvamarogatā |

ajāḍyam vākpaṭutvaṁ ca hanūmatsmaraṇādbhavet ||

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.

श्री राम - śrī rāma

रामाय रामभद्राय ।

रामचन्द्राय वेधसे ॥

रघुनाथाय नाथाय ।

सीतायाः पतये नमः ॥

rāmāya rāmabhadrāya | raghunāthāya nāthāya |
 rāmacandrāya vedhase || sītāyaḥ pataye namaḥ ||

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 श्लोकी रामायणम् ॥ || eka ślokī rāmāyaṇam ||

(Story of Ramayana in one verse)

आदौ रामतपोवनादिगमनं हत्वा मृगं काञ्चनम्
 वैदेहीहरणं जटायुमरणम् सुग्रीवसंभाषणम् ।
 वालीनिर्दलनं समुद्रतरणं लङ्कापुरीदाहनम्
 पश्चाद्रावणकुम्भकर्णहननं एतद्विरामायणम् ।

ādaū rāmatapovanādīgamanam hatvā mṛgam kāñcanam
 vaidehīharaṇam jaṭāyumarāṇam sugrīvasambhāṣaṇam |
 vālīnirdalanam samudratarāṇam laṅkāpurīdāhanam
 paścādrāvaṇakumbhakarṇahananam etaddhirāmāyaṇam |



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.

श्री कृष्ण śrī kṛṣṇa

वसुदेव सुतं देवम् ।

कंसचाणूर मर्दनम् ॥

देवकी परमानन्दम् ।

कृष्णं वन्दे जगद्गुरुम् ॥

vasudeva sutam devam |

kamsacāṇūra mardanam ||

devakī paramānandam |

kṛṣṇam vande jagadgurum ||



I bow to Sri Krishna, son of Vasudeva, the divine being, guru of the entire world, the killer of wicked Kamsa and Chanoora, and the source of happiness to mother Devaki.

शांताकारं भुजगशयनं पद्मनाभं सुरेशम्

विश्वाधारं गगनसदृशं मेघवर्णं शुभाङ्गम् ।

लक्ष्मीकान्तं कमलनयनं योगिभिर्ध्यातव्यम्

वन्दे विष्णुं भवभयहरं सर्वलोकैकनाथम् ॥

śāntākāraṁ bhujaśayanam padmanābham sureśam
viśvādhāraṁ gaganasadṛśam meghavarṇam śubhāṅgam |
lakṣmīkāntam kamalanayanam yogibhirdhyānagamyam
vande viṣṇuṁ bhavabhayaḥaram sarvalokaikanātham ||

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 !

॥ एक श्लोकी भागवतम् ॥ || *eka ślokī bhāgavatam* ||

(Sri Krishna's story in one verse)

आदौ देवकिदेविगर्भजननं गोपीगृहे वर्धनम्

मायापूतनजीवितापहरणं गोवर्धनोद्धरणम् ।

कंसच्छेदनकौरवादिहननं कुंतीसुतां पालनम्

एतद्भागवतं पुराणकथितं श्रीकृष्णलीलामृतम् ॥

ādau devakidevigarbhajananaṁ gopīgr̥he vardhanam
māyāpūtanajīvitāpaharaṇaṁ govardhanoddhāraṇam |
kamsacchedanakauravādihananaṁ kuntīsutāṁ pālanam
etadbhāgavatam purāṇakathitaṁ śrīkr̥ṣṇalīlāmṛtam ||

Shri Krishna's charitam in short is that he is Devaki's son, Gopi's admiration, Putana's killer, holder of Govardhan Giri, slayer of Kansa, destroyer of Kauravas, protector of Kunti's sons and the central figure of Srimad Bhagavata Puraanam.

Starting with birth from the womb of Devaki, growth in the house of cow-herds, killing of Putana, lifting of Govardhana mountain, the cutting of Kamsa and the killing of kauravas, protecting the sons of Kuntii - This is BhaagavataM as told in the epics. This is the nectar of Shri Krishna's Liilaa (sport).

हरे राम हरे राम ।

राम राम हरे हरे ॥

हरे कृष्ण हरे कृष्ण ।

कृष्ण कृष्ण हरे हरे ॥

hare rāma hare rāma |

rāma rāma hare hare ||

hare kṛṣṇa hare kṛṣṇa |

kṛṣṇa kṛṣṇa hare hare ||

॥ भगवान् शिव ॥ || bhagavān śiva ||



कर्पूरगौरं करुणावतारं
संसारसारं भुजगेन्द्रहारम् ।
सदा वसन्तं हृदयारविन्दे
भवं भवानीसहितं नमामि ॥

karpūragauram karuṇāvatāram
saṁsārasāram bhujagendrahāram |
sadā vasantam hṛdayāravinde
bhavam bhavānisahitam namāmi ||

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

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ॐ त्र्यम्बकं यजामहे
सुगन्धिं पुष्टिवर्धनम् ।
उर्वारुकमिव बन्धनान्
मृत्योर्मुक्षीय माऽमृतात् ॥

om tryambakam yajāmahe
sugandhim puṣṭivardhanam |
urvārukamiva bandhanān
mṛtyormukṣīya mā'mṛtāt ||

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

त्वमेव माता च पिता त्वमेव ।
त्वमेव बन्धुश्च सखा त्वमेव ॥
त्वमेव विद्या द्रविणं त्वमेव ।
त्वमेव सर्वं मम देव देव ॥

tvameva mātā ca pitā tvameva |
tvameva bandhuśca sakhā tvameva ||
tvameva vidyā draviṇam tvameva |
tvameva sarvaṁ mama deva deva ||

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 तोयं यथा गच्छति सागरम् ।

सर्वदेवनमस्कारः केशवं प्रतिगच्छति ॥

ākāśāt patitaṁ toyam yathā gacchati sāgaram |
sarvadevanamaskāraḥ keśavam pratigacchati ||

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).

क्षमा याचना - kṣamā yācanā

(Asking for forgiveness)

करचरण-कृतं वाक्कायजं कर्मजं वा ।

श्रवण-नयनजं वा मानसं वापराधम् ॥

विहितमविहितं वा सर्वमेतत् क्षमस्व ।

जय जय करुणाब्दे श्री महादेव शम्भो ॥

karacaraṇa-kṛtaṁ vāk kāyajam

karmajam vā |

śravaṇa-nayanajam vā mānasam

vāparādham ||

vihitamavihitam vā sarvametat

kṣamasva |

jaya jaya karuṇābde 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!

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.

समर्पणम् - samarpaṇam (Offerings)

कायेन वाचा मनसेन्द्रियैर्वा ।

बुद्ध्यात्मना वा प्रकृतिस्वभावात् ।

करोमि यद्यत् सकलं परस्मै ।

नारायणायेति समर्पयामि ॥

kāyena vācā manasendriyairvā |
buddhyātmanā vā prakṛtisvabhāvāt

|

karomi yadyat sakalam parasmai |
nārāyaṇāyeti samarpayāmi ||

1.7 Bhagavad Gita Shloks

भगवद्गीता श्लोकानि - bhagavadgītā
ślokāni
(Selected verses from Bhagavad
Geeta)



जातस्य हि ध्रुवो मृत्युर्ध्रुवं जन्म मृतस्य च ।
तस्मादपरिहार्येऽर्थे न त्वं शोचितुमर्हसि ॥ २ ,

२७ ॥

jātasya hi dhruvo mṛtyurdhruvaṁ
janma mṛtasya ca |
tasmādaparihārye'rthe na tvam
śocitumarhasi || 2 , 27 ||

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.

सुखदुःखे समे कृत्वा लाभालाभौ
जयाजयौ ।

ततो युद्धाय युज्यस्व नैवं पापमवाप्स्यसि ॥

२ , ३८ ॥

sukhaduḥkhe same kṛtvā lābhālābhau
jayājayau |

tato yuddhāya yujyasva naivam

pāpamavāpsyasi || 2 , 38 ||

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.

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन ।

मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि ॥

२ , ४७ ॥

karmaṇyevādhikāraṣte mā phaleṣu
kadācana |

mā karmaphalaheturbhūrmā te

saṅgo'stvakarmaṇi || 2 , 47 ||

You have Adhikaara (right) over your duty only, but no control or claim over the results. The fruits of work should not be your motive. You should never be inactive.

ध्यायतो विषयान्पुंसः सङ्गस्तेषूपजायते ।

सङ्गात्सञ्जायते कामः कामात्क्रोधोऽभिजायते ॥

२ , ६२ ॥

dhyāyato viṣayānpumsaḥ

saṅgasteṣūpajāyate |

saṅgātsañjāyate kāmāḥ

kāmātkrodho'bhijāyate || 2 , 62 ||

One develops attachment to sense objects by thinking about sense objects. Desire for sense objects comes from attachment to sense objects, and anger comes from unfulfilled desires.

क्रोधाद्भवति संमोहः संमोहात्स्मृतिविभ्रमः ।

स्मृतिभ्रंशाद् बुद्धिनाशो बुद्धिनाशात्प्रणश्यति ॥

२ , ६३ ॥

krodhādbhavati sammohaḥ

sammohātsmṛtīvibhramaḥ |

smṛtibhramśād buddhināśo

buddhināśātpṛaṇasyati || 2 , 63 ||

Delusion arises from anger. The mind is bewildered by delusion. Reasoning is destroyed when the mind is bewildered. One falls down (from the right path) when reasoning is destroyed.

यदा यदा हि धर्मस्य ग्लानिर्भवति भारत ।

अभ्युत्थानमधर्मस्य तदात्मानं सृजाम्यहम् ॥

४ , ७ ॥

yadā yadā hi dharmasya glānirbhavati

bhārata |

abhyutthānamadharmaṣya tadātmānam
srjāmyaham || 4 , 7 ||

परित्राणाय साधूनां विनाशाय च

दुष्कृताम् ।

धर्मसंस्थापनार्थाय सम्भवामि युगे युगे ॥ ४

, ८ ॥

paritrāṇāya sādḥūnām vināśāya ca

duṣkṛtām |

dharmasamsthāpanārthāya 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 प्राणिनां देहमाश्रितः ।

प्राणापान समायुक्तं पचाम्यन्नं चतुर्विधम् ॥

aham vaiśvānaro bhūtvā, prāṇinām

dehamāśritaḥ |

prāṇāpāna samāyuktaṁ,

pacāmyannaṁ caturvidham ||

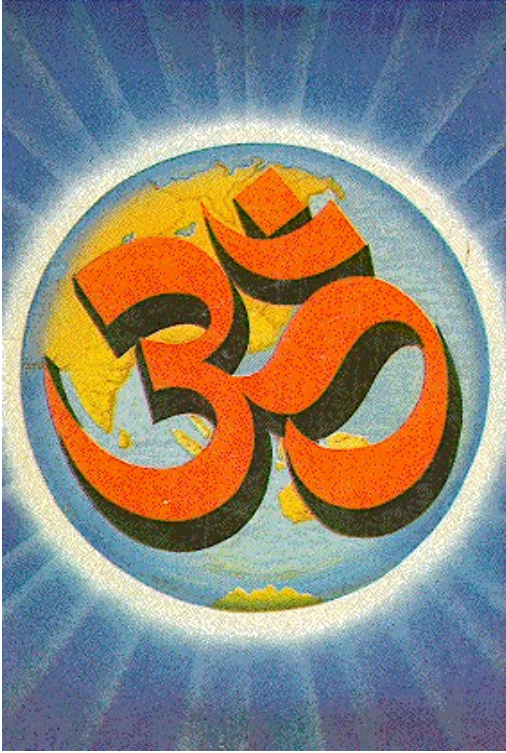
I, says Bhagawan, am the Fire in you, I am residing in body of living beings, I am in the air you inhale and exhale, I am in the food you take.

ब्रह्मार्पणं ब्रह्म हविः ब्रह्माग्नौ ब्रह्मणा हुतम् ।
ब्रह्मैव तेन गन्तव्यं ब्रह्म कर्म समाधिना ॥ ४ ,

२४ ॥

brahmārpaṇaṁ brahma haviḥ
brahmāgnau brahmaṇā hutam |
brahmaiva tena gantavyaṁ 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."

1.8 Subhashitas (Good Words)

॥ सुभाषितानि ॥

subhāṣitāni (Good Words)

नाभिषेको न संस्कारः सिंहस्य क्रियते वने ।

विक्रमार्जित सत्त्वस्य स्वयमेव मृगेन्द्रता ॥

nābhiṣeko na saṁskāraḥ sinhasya kriyate vane |

vikramārjita satvasya svayameva mṛgendratā ||

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.

अमंत्रम् अक्षरं नास्ति नास्ति मूलम् अनौषधम् ।

अयोग्यः पुरुषो नास्ति योजकः तत्र दुर्लभः ॥

amantram akṣaram nāsti nāsti mūlam anauśadham |

ayogyaḥ puruṣo nāsti yojakaḥ tatra durlabhaḥ ||

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).

अयं निजः परो वेति गणना लघुचेतसाम् ।

उदार चरितानां तु वसुधा एव कुटुम्बकम् ॥

ayaṁ nijaḥ paro veti gaṇanā laghucetasām |

udāra caritānām tu vasudhā eva kuṭumbakam ||

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.

परोपकाराय फलन्ति वृक्षाः परोपकाराय वहन्ति नद्यः ।

परोपकाराय दुहन्ति गावः परोपकाराय शरीरमेतत् ॥

paropakārāya phalanti vṛkṣāḥ paropakārāya vahanti nadyaḥ |

paropakārāya duhanti gāvaḥ paropakārāya śarīrametat ||

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

- Swami Vivekananda

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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.

गच्छत्पिपीलिका याति योजनानि शतान्यपि ।

अगच्छन् वैनतेयोऽपि पदमेकं न गच्छति ॥

gacchatpipilikā yāti yojanāni śatānyapi |

agacchan vainateyo'pi padamekaṁ 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 धर्मो भ्राता दया गुरुः ।

शान्तिर्मित्रं क्षमा भ्रात्री षडेते मम बान्धवाः ॥

satyaṁ mātā pitā jñānaṁ dharmo bhrātā dayā guruḥ |

śāntirmitraṁ kṣamā bhrātrī ṣaḍete mama bāndhavāḥ ||

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

चिन्तनीया हि विपदामादावेव प्रतिक्रिया ।

न कूपखननं युक्तं प्रदीप्ते वह्निना गृहे ॥

cintanīyā hi vipadāmādāveva pratikriyā |

na kūpakhananaṁ yuktaṁ pradīpte vahninā gr̥he ||

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 ?

1.9 Vishwa Prarthana

|| Vishwa prārthanā ||
 sarvamaṅgala māṅgalyām
 devīm sarvārtha sādḥikām |
 śaraṇyām sarvabhūtānām
 namāmo bhūmimātaram ||1

saccidānanda rūpāya
 viśvamaṅgala hetave |
 viśvadharmāika mūlāya
 namostu paramātmane ||2

viśvadharmā vikāsārtham
 prabho saṅghaṭitā vayam |
 śubhām āśiṣamasmabhyam
 dehi tat paripūrtaye ||3

ajayyamātma sāmārthyam
 suśilam loka pūjitam |
 jñānam ca dehi viśveśa
 dhyeya mārga prakāśakam ||4

samutkarṣostu no nityam
 niḥśreyasa samanvitaḥ |
 tatsādḥakam sphuratvantaḥ
 suvīravratamujvalam ||5

viśvadharmā prakāśena
 viśvaśānti pravartake |
 hindusaṅghaṭanā kārye
 dhyeyaniṣṭhā sthiraṣṭunah ||6

saṅghaśaktirvijetṛiyam
 kṛtvāsmaddharma rakṣaṇam |
 paramam vaibhavam prāptum
 samarthāstu tavaśiṣā ||7

tvadiye puṇya kāryesmin
 viśva kalyāṇa sādḥake

tyāga sevā vratasyāyam
 kāyo me patatu prabho ||8
 || viśva dharma kī jay ||

॥ संघ प्रार्थना ॥

सर्वमंगल मांगल्यां देवीं सर्वार्थ साधिकाम् ।
 शरण्यां सर्वभूतानां नमामो भूमिमातरम् ॥१

सच्चिदानन्द रूपाय विश्वमंगल हेतवे ।
 विश्वधर्मैक मूलाय नमोस्तु परमात्मने ॥२

विश्वधर्म विकासार्थं प्रभो संघटिता वयम् ।
 शुभामाशिषमस्मभ्यम् देहि तत् परिपूर्यते ॥३

अजय्यमात्म सामर्थ्यं सुशीलं लोक पूजितम् ।
 ज्ञानं च देहि विश्वेश ध्येय मार्ग प्रकाशकम् ॥४

समुत्कर्षोस्तु नो नित्यं निःश्रेयस समन्वितः ।
 तत्साधकं स्फुरत्वन्तः सुवीरव्रतमुज्ज्वलम् ॥५

विश्वधर्म प्रकाशेन विश्वशान्ति प्रवर्तके ।
 हिन्दुसंघटना कार्ये ध्येयनिष्ठा स्थिरास्तुनः ॥६

संघशक्तिर्विजेत्रीयं कृत्वास्मद्धर्म रक्षणम् ।
 परमं वैभवं प्राप्तुं समर्थास्तु तवाशिषा ॥७

त्वदीये पुण्य कार्येस्मिन् विश्व कल्याण साधके ।
 त्याग सेवा व्रतस्यायम् कायो मे पततु प्रभो ॥ ८

॥ विश्व धर्म की जय ॥

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

- Swami Vivekananda

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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 through out 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 ||

1.10 Ekta Manta**एकता मन्त्र**

यं वैदिका मन्त्रदृशः पुराणाः
 इन्द्रं यमं मातरिश्वा नमाहुः ।
 वेदान्तिनो निर्वचनीयमेकम्
 यं ब्रह्म शब्देन विनिर्दिशन्ति ॥

शैवायमीशं शिव इत्यवोचन्
 यं वैष्णवा विष्णुरिति स्तुवन्ति ।
 बुद्धस्तथार्हन् इति बौद्ध जैनाः
 सत् श्री अकालेति च सिख्व सन्तः ॥

शास्तेति केचित् कतिचित् कुमारः
 स्वामीति मातेति पितेति भक्त्या ।
 यं प्रार्थयन्ते जगदीशितारम्
 स एक एव प्रभुरद्वितीयः ॥

ekatā mantra

(Unity Hymn)

yam vaidikā mantradrśaḥ purāṇāḥ
 indram yamaṁ mātariśvā namāhuḥ |
 vedāntino nirvacanīyamekaṁ
 yaṁ brahma śabdena vinirdiśanti ||

śaivāyamīśaṁ śiva ityavocaṇ
 yaṁ vaiṣṇavā viṣṇuriti stuvanti |
 buddhastathārhan iti bauddha jaināḥ
 sat śrī akāleti ca sikhkha santaḥ ||

śāsteti kecit katicit kumārāḥ
 svāmīti māteti piteti bhaktyā |
 yaṁ prārthayante jagadīśitāram
 sa eka eva prabhuradvitīyaḥ ||

Meaning

(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.

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

- Swami Vivekananda

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1.11 Amruta Vacan

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

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

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

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

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

A Winner's Creed

~author unknown

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:*

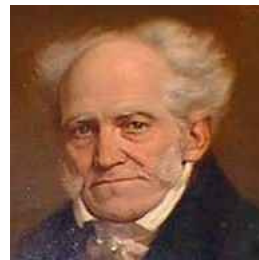


"In the morning I bathe my intellect in the stupendous and cosmogonical philosophy of the Bhagavad Gita in comparison with which our modern world and its literature seems puny."

"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:*



Ralph Waldo Emerson

" 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:*

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

- Swami Vivekananda

"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 in to 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 to 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 her 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

Will Durant, (1885-1981) American historian

"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."

Rama's devoted crow

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."

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

- Swami Vivekananda

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Sanskrit Commands used in Bala-Gokul

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.

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.

“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

Web Resources for Bala-Gokulam

www.balagokulam.org	All about Bala-Gokulam
www.hssworld.org	Hindu Swayamsevak Sangh
www.hindukids.org	Stories, Books, Pictures and more ...
www.atributetoHinduism.com	Excellent article, Quotes, etc.
www.hindunet.org	Everything you need about Hinduism
http://www.hindubooks.org/bansi_pandit/hindu_dharma/	"Hindu Dharma" by Bansi Pandit
www.hindumythology.com	Stories from Hindu Puranas and more
www.hindubooks.org	Online Books on Hinduism
http://www.hindubooks.org/hinduqa/index.htm	Hinduism through Q&A
www.divinedawn.org/surya_namaskar.htm	All about Sun God. Gayatri mantra, Surya Namaskar, etc.
www.hindunet.org/festivals/	Hindu festivals, Dates, etc.
www.bhajans.org/	Bhajans Online
www.hindutwa.com/	Well researched material about Hindu culture, history, etc.
www.hanuman.com	All about Hanumanji
www.mysticindia.com/yoga/postures.htm	Yogasana Postures
www.tandurusti.com/	Yoga, Exercises, Naturopathy
www.santosha.com/asanas/asana.html	Yogasana
Hindunet.org/hindu_pictures/	Hindu Pictures
www.hindukids.org/grandpa/index_panchatantra.html	Panchatantra Stories
www.hindubooks.org/sudheer_birodkar/india_contribution/index.html	Ancient India's Contribution
www.freeindia.org/biographies/	Biographies of Great People
www.hindubooks.org/david_frawley/arjuna/	"Arise Arjuna" by Dr.David Frawley
www.hindubooks.org/hinduism_simplified/hinduism_simplified_questions.html	"Hinduism Simplified"
www.geocities.com/SoHo/Lofts/6834/	Hindu Pictures
sanskrit.gde.to/	All Stotras, Subhashitas and other Sanskrit Documents
www.pitara.com	Stories, coloring, arts, humor for children
www.netfundu.com	Riddles, tricks, coloring, humor, etc.

"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