



## Sunday Prayers

The following chants are traditionally chanted on Sundays at the Sivananda Centres and Ashrams. They are beautiful chants, praising the various aspects of the Divine. Initially, they may seem difficult to chant, but with practice and concentration they become easier to follow and bring much happiness and joy.





## Sunday Prayers

### Prema Mudita

This is a chant in praise of Lord Rāma. The very repetition of his name is said to bring all happiness and joy.

**Prema mudita manase kaho  
Rāma Rāma Rām  
Śrī Rāma Rāma Rām (x3) = chorus**

*Repeat the name of God (Rāma) with a mind filled with love and joy.*

**Pāpa kaṭe duḥkha miṭe  
Lete Rāma nām  
Bhavasamudra sukhada nāva  
Eka Rāma nām (chorus)**

*By repeating His name, sins and miseries are removed. The name of Rāma is the only boat to cross the ocean of Samsāra.*

**Parama śānti sukhanidhāna  
Divya Rāma nām  
Nirādhāra ko ādhāra  
Eka Rāma nām (chorus)**

*The divine name Rāma is the abode of supreme peace and bliss. Rāma Nām is the only support of the supportless.*



**Parama gopya parama iṣṭa  
Mantra Rāma nam  
Santahr̥daya sadāvasata  
Eka Rāma nām (chorus)**

*Rāma Nām is the most secret and fruitful mantra.  
Rāma ever dwells in the hearts of sages.*

**Mahādeva satata japata  
Divya Rāma nām  
Kāśī marate mukti karata  
Kahata Rāma nām (chorus)**

*Mahādeva (Lord Śiva) always chants the divine name Rāma. Śiva grants liberation to those who die at Kāśī (a town on the banks of the river Gaṅgā) or who chant the name of Rāma.*

**Mātāpitābandhu sakha  
Saba hi Rāma nām  
Bhakta janana jīvana dhana  
Eka Rāma nām (chorus)**

*The divine name of Rāma is our mother, father, brother, friend and Rāma is in all. Rāma Nām is the life treasure of His worshippers.*



## **Ādi Divya**

(It may be chanted once slowly and then once faster.)

This is a chant in praise of the Divine Mother Kālī, asking for Her protection.

**Ādi divya jyoti Mahākālī mā namaḥ (x2)  
Madhu śumbha mahiṣa mardinī mahā śaktaye namaḥ (x2)  
Brahmā Viṣṇu Śiva svarūpa tvaṃna anyathā (x2)  
Carācarasya pālike namo namaḥ sadā (x2)**

*Salutations to the great Mother Kālī who is the first divine light to shine in the universe. We prostrate unto you, the great power and destroyer of the demons named Madhu, Śumbha and Mahiṣa. Oh Mother! You are a form of Brahmā, Viṣṇu and Śiva and you are the protector of animate and inanimate beings. Many salutations to you.*



## Rāmanāma – Nāma Rāmāyaṇa

This chant of 108 verses is a very condensed narration of the life story of Lord Rāma as told in the *Rāmāyaṇa*.

Rāmāyaṇa literally means 'the course of the life of Rāma', and it is one of the oldest epics in Sanskrit literature. It recounts the lives of Rāma and Sītā, Sītā's abduction by Rāvaṇa, the war with the demons, the return to Ayodhya and finally, their death and ascension to heaven. The *Rāmāyaṇa* is one of the most highly revered masterpieces of Indian literature.

The *Rāmāyaṇa*, narrated in stanzas, is a glorious epic and traditionally it is always sung on Sunday evenings.

The *Rāmāyaṇa* is a wonderful book containing the essence of all Vedas and the Holy Scriptures. It is a precious, infinite source of wisdom, containing the nectar of immortality. The main feature of the *Rāmāyaṇa* is its unpretentiousness. Pathos and modesty are its traits from beginning to end. Poetry and ethics are beautifully and intelligently interwoven, lending a natural quality to its ethics.

For centuries, the *Rāmāyaṇa* has served as a source of inspiration in the lives of millions of people, and it will continue to do so.

Śrī Rām jaya Rām jaya jaya Rām (x8)

Śuddha Brahma parātpara Rām  
Kālātmaka parameśvara Rām  
Śeṣa talpa sukha nidrita Rām  
Brahmādyamara prārthita Rām  
Caṇḍa kiraṇa kula maṇḍana Rām  
Śrīmad daśaratha nandana Rām  
Kausalyā sukha vardhana Rām  
Viśvāmitra priya dhana Rām



*Oh Supreme Self! Greater than the great! Rāma!  
Nature of Time! Great Lord! Rāma!  
Rāma, sleeping happily on Ādiśeṣa bed  
Rāma, worshipped by Brahmā and the other gods  
Rāma, jewel of the solar race  
Rāma, son of blessed king Daśaratha  
Rāma, enhanced happiness of Kausalyā  
Rāma, protector of Viśvāmitra's Yajña*

Ghora tāṭakā ghātaka Rām



**Māricādi nipātaka Rām**  
**Kauśika makha samrakṣaka Rām**  
**Śrīmad ahalyoddhāraka Rām**  
**Gautama muni sampūjita Rām**  
**Suramuni vara gaṇa samstuta Rām**

*Rāma, killer of the fearful demoness Tāṭakā*  
*Rāma, killer of demons Mārīca and others*  
*Rāma, who gave protection while Kaushika (the sage Vishwamitra)*  
*performed the Yajna*  
*Rāma, reviver of blessed Ahalyā*  
*Rāma, worshipped by the sage Gautama*  
*Rāma, raised by all the gods and sages*

**Nāvika dhāvita mṛdu pada Rām**  
**Mithilāpura jana mohaka Rām**  
**Videha mānasa rañjaka Rām**  
**Tryambaka karmuka bhañjaka Rām**  
**Sītārpita vara mālika Rām**  
**Kṛta vaivāhika kautuka Rām**  
**Bhārgava darpa vināśaka Rām**  
**Śrīmad ayodhyā pālaka Rām**

*Rāma, with soft feet washed by the boatman*  
*Rāma, the enchanter of the people in Mithilā*  
*Rāma attracted the mind of Janaka*  
*Rāma broke the bow of Śiva*  
*Rāma has the garland offered by Sītā*  
*Rāma celebrated his marriage*  
*Rāma, remover of Paraśurāma's pride*  
*Rāma, protector of the blessed Ayodhyā*

**Śuddha Brahmāparātpara Rām**  
**Kālātmaka parameśvara Rām**

*Oh Supreme Self! Greater than the great!*  
*Soul of entire time! Great Lord! Rāma!*



**Agañita guṇa gaṇa bhūṣita Rām**  
**Avanī tanayākāmita Rām**  
**Rākācandra samānana Rām**  
**Pitṛ vākyāśrita kānana Rām**  
**Priya guha vinivedita pada Rām**  
**Tat kṣālita nija mṛdu pada Rām**

*Rāma, embodying countless good qualities*  
*Beloved of the daughter of the earth (Sītā)*  
*Rāma, with a face like a full moon*  
*Rāma, exiled to the forest on father's word*  
*Rāma with feet adored by dear Guha*  
*Rāma with tender feet washed by him*

**Bharadvāja mukhā nandaka Rām**  
**Chitrakūṭādrī nīketana Rām**  
**Daśaratha santata cintita Rām**  
**Kaikeyī tanayārthita Rām**  
**Viracita nija pitṛ kārma Rām**  
**Bharatārpita nija pāduka Rām**

*Rāma, pleasure to the sage, Bharadvāja*  
*Rāma had a place to live on Chitrakūṭa hill*  
*Rāma always thought of father Daśaratha*  
*Rāma, requested by the son of Kaikeyī*  
*Rāma performed funeral rites of his father*  
*Rāma gave his sandals to Bharata*

**Daṇḍakāvana jana pāvana Rām**  
**Duṣṭa virādha vināśana Rām**  
**Śarabhaṅga sutīkṣṇārcita Rām**  
**Agastyānugraha vardhita Rām**  
**Gr̥dhrādhipa saṃsevita Rām**  
**Pañcavaṭī tata susthita Rām**

*Rāma, uplifting the dwellers of Daṇḍakā forest*  
*Rāma destroyed the evil demon Virādha*  
*Rāma, served by Śarabhaṅga and Sutīkṣṇa*  
*Rāma, nourished by sage Agastya's well-wishes*  
*Rāma, served by the king of vultures*  
*Rāma resided happily in Pañcavaṭī*



**Śūrpaṇakhārti vidhāyaka Rām**  
**Khara dūṣaṇa mukha sūdaka Rām**  
**Sītāpriya hariṇānuga Rām**  
**Māricārti kṛdāśuga Rām**  
**Vinaṣṭa sītānveṣaṇa Rām**  
**Gr̥dhrādhipa gati dāyaka Rām**

*Rāma caused pain to demoness Śūrpaṇakhā*  
*Rāma killed Khara, Dūṣaṇa and other demons*  
*Rāma went after the deer, dear to Sītā*  
*Rāma killed Mārīca with the arrow*  
*Rāma searched for his lost wife, Sītā*  
*Rāma gave salvation to the vulture king*

**Śabarī datta phalāśana Rām**  
**Kabandha bāhūchedana Rām**  
**Hanumat sevita nijapada Rām**  
**Nata sugrīvā bhīṣṭada Rām**  
**Garvita vālī pramathāna Rām**  
**Vānara dūta preṣaka Rām**

*Rāma ate the fruits offered by the lady hermit Śabarī*  
*Rāma cut off the arms of the demon Kabandha*  
*Rāma, with feet served by Hanumān*  
*Rāma blessed the noble Sugrīva*  
*Rāma killed the proud Vālī*  
*Rāma sent the monkey messenger*

**Hitakara lakṣmaṇa saṃyuta Rām**  
**Kāpivara santata saṃsmṛta Rām**  
**Tadgati vighna dhvaṃsaka Rām**  
**Sītāprāṇā dhāraka Rām**  
**Duṣṭa daśānana dūṣita Rām**  
**Śiṣṭa hanūmad bhūṣita Rām**

*Rāma, together with good-natured Lakṣmaṇa*  
*Rāma, constantly remembered by Hanūmān*  
*Rāma removed all obstacles in his path*  
*Rāma, the life-support of Sītā*  
*Rāma, insulted by the evil ten-headed Rāvaṇa*  
*Rāma, worshipped by virtuous Hanūmān*





**Sītāvedita kākāvana Rām**  
**Kṛta cūḍāmaṇi darśana Rām**  
**Kapivara vacanāśvāsita Rām**  
**Rāvaṇa nidhana prasthita Rām**  
**Vānara sainya samāvṛta Rām**  
**Śoṣita śaradhīśārthita Rām**

*Sītā narrated the story of the crow saved by Rāma  
Rāma did behold Cūḍāmaṇi (jewel) sent by Sītā  
Rāma was consoled by Hanūmān's words  
Rāma marched on, destroying evil Rāvaṇa  
Rāma was surrounded by the monkeys  
Rāma frightened the Lord of the Ocean*

**Vibhīṣaṇābhaya dāyaka Rām**  
**Parvata setu nibandhaka Rām**  
**Kumbhakarṇa śiracchedaka Rām**  
**Rākṣasa koṭi vimardaka Rām**  
**Ahimahi Rāvaṇa mārāṇa Rām**  
**Samhṛta daśamukha Rāvaṇa Rām**

*Rāma gave refuge to Vibhīṣaṇa  
Rāma built the bridge with hills and stones  
Rāma cut off Kumbhakarṇa's head  
Rāma killed millions of demons  
Rāma killed Ahimahi Rāvaṇa  
Rāma killed the ten-headed Rāvaṇa*

**Vidhi bhava mukha sura samstuta Rām**  
**Svaḥsthita daśaratha vīkṣita Rām**  
**Sītādarśana modita Rām**  
**Abhiṣikta vibhīṣaṇanata Rām**  
**Puṣpaka yānārohaṇa Rām**  
**Bharadvājādi nisevita Rām**

*Rāma, praised by all the gods, like Brahmā and Śiva  
Rāma, watched by father Daśaratha in heaven  
Rāma was pleased to see Sītā  
Rāma bowed by coronated Vibhīṣaṇa  
Rāma climbed the aerial vehicle, Puṣpaka  
Rāma worshipped by Bharadvāja*





**Bharata prāṇa vitarāṇa Rām  
Sāketa purī bhūṣaṇa Rām  
Sakala svīya samāvṛta Rām  
Ratna lasat pīṭhāsthita Rām  
Paṭṭābhiṣekālaṅkṛta Rām  
Pārthiva kula sammānita Rām**

*Rāma is Bharata's life and pleasure  
Rāma bedecked the city of Sāketa  
Rāma, surrounded by all his own people  
Rāma sitting on a diamond-studded seat  
Rāma, bejewelled for the coronation  
Rāma was honoured by all the rulers*

**Vibhīṣaṇārpita raṅgaka Rām  
Kīśa kulānugrāhakara Rām  
Sakala jīva saṃrakṣaka Rām  
Samasta lokoddhāraka Rām**

*Rāma was given an image of Raṅganātha by Vibhīṣaṇa  
Rāma blessed the race of monkeys  
Rāma, saviour of all beings  
Rāma, supporter of all worlds*

**Rāma Rāma jaya Rājā Rām  
Rāma Rāma jaya Sītā Rām**

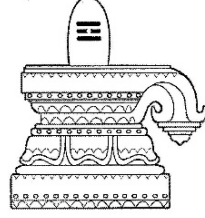
**Śrī Rām jaya Rām jaya jaya Rām (x10)**



## Liṅgāṣṭakam

This is a chant composed of eight verses in praise of the Śivaliṅgam. Liṅga in Sanskrit means symbol. Śivaliṅgam is a symbol of Śiva or the infinite reality which Śiva represents.

The Narmadā River contained marble-like stones which, owing to the river's flowing waters, had the beautiful shape of an ellipsoid. An ellipsoid resembles an elongated sphere.



The Śivaliṅgam is fixed in such a way that one half of it lies embedded in the earth while the other half remains above the ground. The upper half represents Śaktī, the seen, visible, manifest world of diversity. The lower half represents Śiva, the unseen, invisible substratum, the supporter of the upper half. Thus, the two sections of the Liṅga represent the two aspects of reality: Śiva, the immanent and unmanifest, and Śakti, the manifest.

**Brahmāmurāri surārcita liṅgam**  
**Nirmala bhāsita śobhita liṅgam**  
**Janmaja duḥkha vināśaka liṅgam**  
**Tat praṇamāmi Sadāśiva liṅgam**

*Liṅgam, the symbol of Lord Śiva, is adored by Brahmā, Viṣṇu and all gods. Taintless, shining, beautiful is the Liṅgam. Destroyer of the miseries that follow birth. I salute the Liṅgam of the eternal Śiva.*

**Deva muni pravarārcita liṅgam**  
**Kāma dahana karuṇākara liṅgam**  
**Rāvaṇa darpa vināśaka liṅgam**  
**Tat praṇamāmi Sadāśiva liṅgam**

*The Liṅgam is adored by the gods and the great sages. It brings the destruction of the god of lust, is an ocean of mercy, Rāvaṇa's pride, to that Liṅgam of the omnipresent Śiva, I prostrate.*

**Sarva sugandhi sulepita liṅgam**  
**Buddhi vivardhana kāraṇa liṅgam**  
**Siddha surāsura vandita liṅgam**  
**Tat praṇamāmi Sadāśiva liṅgam**

*To the Liṅgam that is anointed with fragrant substances, such as sandal paste, that enhances the intellect, and that is worshipped by seers (Siddhas), gods and demons (Āsuras), I offer my salutations.*



**Kanaka mahāmaṇi bhūṣita liṅgam**  
**Phaṇipati veṣṭita śobhita liṅgam**  
**Dakṣa suyajña vināśana liṅgam**  
**Tat praṇamāmi Sadāśiva liṅgam**

*The Liṅgam that is adorned with gold ornaments and precious items, that shines with the Lord of the serpents encircling it, and that destroyed the sacrifice performed by Dakṣa, to That I offer my salutations.*

**Kuṅkuma candana lepita liṅgam**  
**Pañkaja hāra suśobhita liṅgam**  
**Saṅcita pāpa vināśaka liṅgam**  
**Tat praṇamāmi Sadāśiva liṅgam**

*The Liṅgam that is smeared with vermilion and sandalwood paste, that shines with garlands of lotuses, and dispels the accumulated sins of devotees, to That I offer my salutations.*

**Deva gaṇārcita sevita liṅgam**  
**Bhāvair bhaktibhireva ca liṅgam**  
**Dinakara koṭi prabhākara liṅgam**  
**Tat praṇamāmi Sadāśiva liṅgam**

*The Liṅgam that is worshipped by the host of gods with great devotional feelings, and that shines with the brilliance of scores of suns, to That I offer my salutations.*

**Aṣṭadalopari veṣṭita liṅgam**  
**Sarva samudbhava kāraṇa liṅgam**  
**Aṣṭa dāridrya vināśaka liṅgam**  
**Tat praṇamāmi Sadāśiva liṅgam**

*The Liṅgam that is seated on an eight-petalled lotus, that is the cause of all creations, that destroys all forms of destitution, to That I offer my salutations.*

**Suraguru suravara pūjita liṅgam**  
**Suravana puṣpa sadārcita liṅgam**  
**Parātparam paramātmaka liṅgam**  
**Tat praṇamāmi Sadāśiva liṅgam**

*The Liṅgam that is worshipped by the preceptor (Bṛhaspati) of the gods, and the chief of the gods (Indra) who are always offering flowers from the heavenly gardens to Thee, the greatest of all beings, having the nature of supreme spirit, to That I offer my salutations.*



## He Prabho

This is a very beautiful kīrtan, in the form of a prayer to God to receive help and guidance on the spiritual path.

**He prabho ānandadātā jñāna hamako dījiye**

*Oh Lord, giver of bliss, give me knowledge.*

**Śīghra sāre durguṇomko dūra hamase kījiye**

*Quickly take my bad habits very far from me.*

**Lījiye hamako śaraṇameṃ ham sadācārī bane**

*Let us take refuge in Thee. Make us virtuous.*

**Brahmācarī dharmarakṣaka vīra vratadhārī bane**

*May we become brahmacārīs, protectors of righteousness, heroic and observers of vows.*

**He prabho ānandadātā jñāna hamako dījiye**

*Oh Lord, giver of bliss, give me knowledge.*

**Premase hama guru janomkī nitya hī sevākare**

*May we always serve our Gurus (teachers) lovingly.*

**Satya bole jhūṭha tyāge mela apasameṃ kare**

*May we speak the truth, reject untruth and may we live unitedly.*

**He prabho ānandadātā jñāna hamako dījiye**

*Oh Lord, giver of bliss, give me knowledge.*

**Nindākisīkī hama kisīse bhūlakara bhīnākare**

*May we never hurt or disrespect anyone, even by mistake.*

**Divya jīvana ho hamārā tere yaśa gāyākare**

*May our life be always divine and let us sing Your praises.*

**He prabho ānandadātā jñāna hamako dījiye**

*Oh Lord, giver of bliss, give me knowledge.*





## Jaya Jagadīśa Haré

**Om Jaya Jagadisha Haré**

**Swami, Jaya Jagadisha Haré**

**Bhakta Jano Ke Sankata (repeat)**

**Kshana Men Dur Kare Om Jaya Jagadisha Haré**

*Oh Lord of the Universe, Victory be to you.*

*Of Liberator of sins, Glory be unto you.*

**Jo Dhyave Phala Pave**

**Dukha Vinase Mana Ka**

**Swami, Dukha Vinase Mana Ka**

**Sukha Sampati Ghara Ave (repeat)**

**Kashta Mite Tana Ka Om Jaya Jagadisha Haré**

*You dispel the troubles of your devotees in just a moment. Those who worship you reap the fruits of their actions, and all their sufferings are taken away.*

**Matapita Tuma Mere**

**Sharana Gahumai Kisasi**

**Swami, Sharana Kisasi**

**Tuma Bina Aur Na Duja (repeat)**

**Āsa Karumai Kisasi Om Jaya Jagadisha Haré**

*Let the happiness and the wealth reach our home, the mind liberated of its sufferings. You are the mother and the father for me. I have no one else but you for shelter.*

**Tuma Purana Paramatma**

**Tuma Antarayamni**

**Swami, Tuma Antarayami**

**Parabrahma Parameshvara (repeat)**

**Tuma Saba Ke Swami**

**Om Jaya Jagadisha Haré**

**Tuma Karuna Ke Sagara**

**Tuma Palana Karata**

**Swami, Tuma Palana Karata**



**Mai Murakha Khala Kami (repeat)**

**Kripa Karo Bharata**

**Om Jaya Jagadisha Harī**

*You are the infinite Lord and you are in my heart. You are the Ultimate Source and Lord of all.*

**Tuma Ho Eka Agochara**

**Sabe Ke Pranapati**

**Kis Vidhi Milun Dayamaya (repeat)**

**Tumako Mai Kumati**

**Om Jaya Jagadisha Harī**

*You are the ocean of compassion and Ruler of the Universe. I am ignorant and a seeker of pleasures. Grace me.*

**Dina Bandhu Dukha Harata**

**Tuma Rakashaka Mere**

**Swami Tuma Rakashaka Mere**

**Apane Hatha Badhao (repeat)**

**Dvara Padamai Tere**

**Om Jaya Jagadisha Harī**

*You are the unseeable and Lord of All I am evil-minded. How do I get in tune with you?*

**Vishaya Vikara Mitao**

**Papa Haro Deva**

**Swami, Papa Haro Deva**

**Shraddha Bhakti Badhao (repeat)**

**Santana Ki Seva**

**Om Jaya Jagadisha Harī**

*You take away the problems of innocent ones. You are my saviour. Please raise your hands and bless me. I have fallen at your door.*

**Jaya Jagadisha Ke Arati**

**Jo Koye Nara Gave**

**Swami, Jo Koye Nara Gave**

**Kahat Sivananda Swami (repeat)**

**Sukha Sampati Ghar Avī**

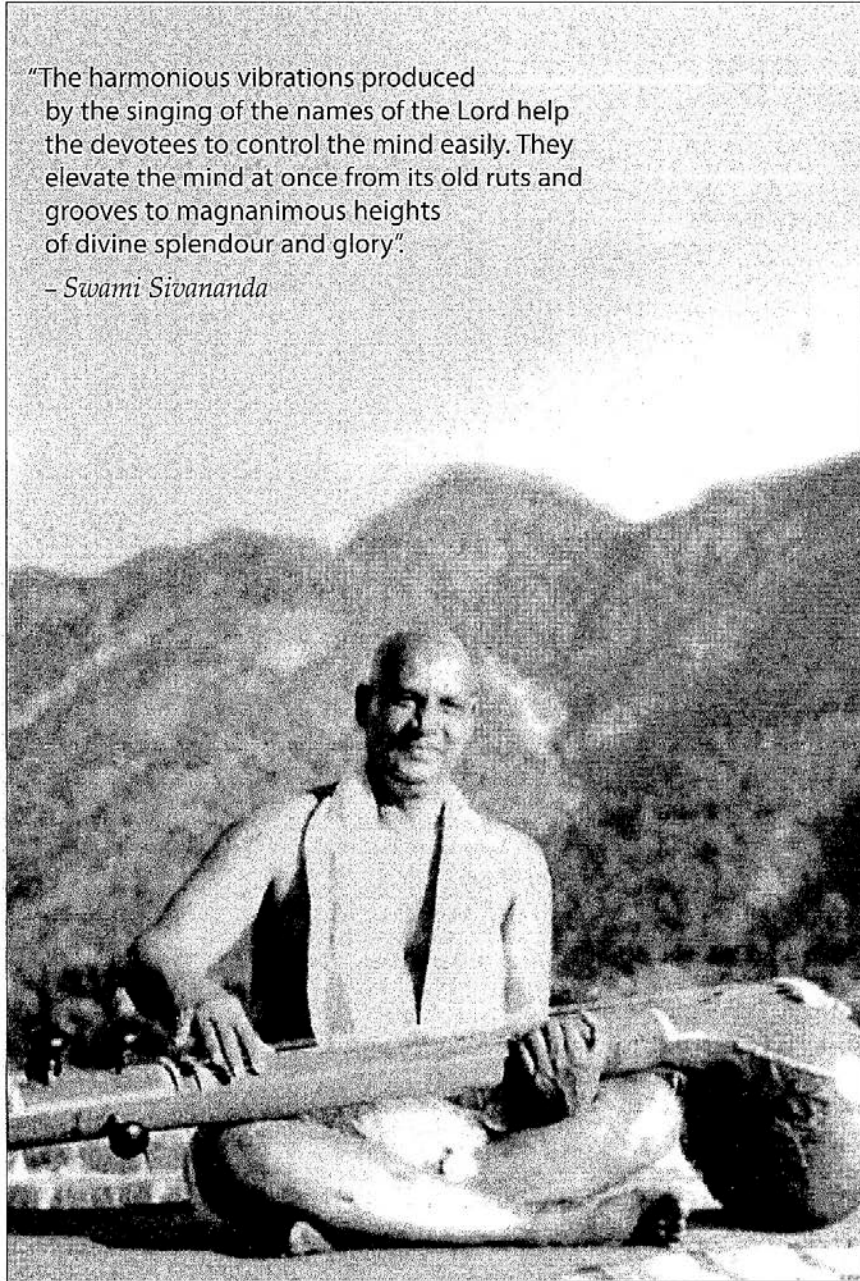
**Om Jaya Jagadisha Harī**

*Erase all instinctual impulses and sins from me. Let me be more sincerely devoted to you and help me to serve my Master Sivananda.*



"The harmonious vibrations produced by the singing of the names of the Lord help the devotees to control the mind easily. They elevate the mind at once from its old ruts and grooves to magnanimous heights of divine splendour and glory".

- *Swami Sivananda*



Swami Sivananda playing the Tambura