



a book of Sanskrit chants

The Chant
by
Les
Leventhal **Book**

Chant Book – I have put this chant book together so that you can see some of the translations of the chants we sing together in class. Some of them are very easy to understand and others will take a bit more study of the gods and goddesses that bless us all. Some are chants that we sing every week and others are chants that I am working on incorporating into our practice. I have drawn from many resources to put this together in a simplified form for you to enjoy.

It is said that even if you don't know the words while chanting and even if you don't know the meaning of a chant – that just the coming together of breath and voice in song can unite us in community, ground us and that a sound and vibrational healing begins to take place.

This chant book has been compiled from many chants that have been taught to me by many amazing teachers. Some of the translations have been changed a little to reflect my teaching, my understanding and from that place with which I heal. Other translations speak so directly to my soul that I teach them exactly the same way they have been passed on to me. Some of the teachers include, but are not limited to, Tias Little, Ana Forrest, Rusty Wells, Janet Stone, Stephanie Snyder and Jonathon Reynolds (chants and translations found on pages 2-6 were collected/organized by Jonathan Reynolds. Some of these chants do not have agreed upon common names nor could an exact translation be found. In such instances, Jonathan named and translated them to the best of his ability. If you would like to reproduce translations from these pages, contact Jonathan directly, jonathan@learningtolisten.info). I hope that you will feel moved, as I am, to pass them along to people you meet.

Enjoy.

Hari Om Tat Sat.

-Les

Sambasada Shiva

Sambasada Shiva, sambasada Shiva, sambasada Shiva, jay jay Om
Jay mata, jay mata, jay sri mata jay jay ma

Chant to Lord Shiva, the transcendent reality that exists in every soul. Shiva is beautiful and filled with compassion, reveling blissfully in truth and consciousness, and conquering even death.

Sita Ram

Sita Ram, Sita Ram, Sita Ram jaya Sita Ram
Oh Sita Ram Sita Ram Sita Ram Sita Ram, Sita Ram Sita Ram jay
jay Sita Ram

A chant for uniting with our own perfect masculine and feminine:
glory to the divine couple Sita and Ram.

Patanjali Invocation

Vande Gurunam Caranaravinde Sadarsita Svatma
Sukhava Bodhe, Nih Sreyase, Jangalikayamane
Samsara, Halahala, Mohasantyai, Abahu, Purusakaram
Sankhacakrasi Dharinam Sahasra Sirasam Svetam
Pranamami, Patanjalin

I pray at the lotus feet of the supreme guru who teaches the good knowledge, showing the way to knowing the self-awakening great happiness; who is the doctor of the jungle, able to remove the poison of the ignorance of conditioned existence.

To Patanjali, an incarnation of Adisesa, white in color with 1000 radiant heads, human in form below the shoulders holding a sword, a wheel of fire, and a conch, to him, I bow.

Radhe Govinda

Radhe Govinda, Radhe Govinda

Radhe Radhe Govinda Radhe Radhe, Radhe Radhe Govinda Radhe

Chant to Krishna (Govinda), the eternal lover of Radha, the flute playing king of the cowherds, who emanates waves of supreme consciousness, light, and bliss.

Teacher Mantra/ Guru invocation

Guru Brahma Guru Vishnu Guru Devo Maheswara,

Guru Sakshat Param Brahma

Tasmai Sri Guruve Namaha

Guru is that which dispels the darkness

Guru is Brahma the Creator

Guru is Vishnu the Preserver

Guru is Shiva the Transformer

Guru is the Supreme Being manifest in human form

To that Supreme Divine Teacher, I offer my heartfelt salutations,
reverence and endless gratitude

alternate translation:

To that teacher which is creation

To that teacher which is this life

To that teacher which is challenge and transformation

To that teacher which is each of us, sits beside us and

To that teacher which is beyond this life formless and supreme

I bow down and offer my efforts to all teachers

Anandoham

Sachara Chara Para Purna, Shivo ham Shivo ham
Nityananda Swarupa, Shivo ham Shivo ham
Anandoham Anandoham Anandoham Anandoham

My true nature is eternal, pure, and infinite. I am pure
consciousness, indifferent observer of everything. I am bliss, I am
bliss, I am bliss, I am bliss

Shiva Shambho

Shiva Shiva Shiva Shambho, Shiva Shiva Shiva Shambho
Mahadeva Shambho, Mahadeva Shambho

Shiva, bestower of good (the benevolent), Mighty Lord, the bestower
of good.

Maha Mrityunjaya Mantra

Om Tryambakam Yajamahe
Sugandhim Pushtivardhanam
Urvarukamiva Bandhanam
Mrityor Mukshiyā Mamritat

We worship the three-eyed Lord (Shiva) who is full of sweet
fragrance and nourishes human beings. May he liberate me from
bondage, even as the cucumber is severed from the vine.

Om Namah Shivaya

Om Namah Shivaya, Om Namah Shivaya
Shivaya Namah, Shivaya Namah Om

Shiva is the lord of ascetics and recluses. Shiva, the Cosmic Dancer, presides over destructive energies, which break up the universe at the end of each age. This is the process of the old making way for the new. In a more personal sense, it is Shiva's energy by which one's lower nature is destroyed, making way for growth. I bow to the evolution.

Tome Bhaja Remana

Tome Bhaja Remana, Tome Japa Remana
Om Sri Ram jaya Ram, Shri Ram jaya Ram
Japa Remana

A chant to King Ram, an avatar (divine incarnation) of Vishnu, the element of existence that acts to preserve and to sustain all life. A Bhajan is a song sung in Hindi, India's national language; to be distinguished from mantras, which are in Sanskrit, India's language of all things religious and studious. Japa is the use of sound repetition to elicit the experience of meditation.

Universal Peace Mantra

Loka Samastha Sukhino Bhavantu
Om Shanti Shanti Shanti Om

May all beings everywhere be happy and free.
Peace, Peace, Peace

Sri Krishna Arati

Sri Krishna Govinda Hare Murare
Hey Nata Narayana Vasudeva

Oh Beloved Krishna, Oh Govinda, Oh Hare, Hey Murare,
Oh Lord Narayana, Oh Vasudeva [all names of Krishna].
I worship you with my heart and soul.

Asato Ma

Asato ma sat gamaya
Tamaso ma jyotir gamaya
Mrtyor ma amratam gamaya

Lead me from untruth to truth
Lead me from darkness to light
Lead me from the fear of death to the knowledge of immortality

Gayatri Mantra

(considered one of the oldest chants in the world)

Om Bhur Bhuva Svah
Tat Savitur Varenyam
Bhargo Devasya Dhimahi
Dhiyo Yo Nah Pracodayat

Earth Atmosphere Heavens
We Meditate on the Divine
Sources's Brilliant Light.
May That Guide
Our Thoughts and Prayers.

Chant to Mothers

Om Mata (Sun)

Om Kali (Mother of death and destruction of and from suffering)

Durga Devi (Mother of rebuilding, reflection, manifestation, of supreme beauty)

Namo Namah (I bow to)

Om Namō Bhagavate

Om Namō Bhagavate Vasudevaya

Om Namō Bhagavate Vasudevaya

Om Namah Shivaya, Om Namah Shivaya,

Om Namah Shivaya, Om Namah Shivaya

Om, I bow in reverence to the supreme Lord Vasudevaya. The all pervading essence of all beings and the sustainer of creation.

Bhagavate literally means “One who possesses great wealth”. The title Bhagavan is used to mean Lord or Great God. Vasudevaya refers to Lord Vishnu, (one of the trinity of Gods: Brahma, Vishnu and Shiva). Vishnu also known as Narayana, is the supreme being or Ultimate Reality for Vaishnavas (devotees of Lord Krishna) and a manifestation of Brahman (God) in the Advaita tradition of Hinduism.

Vishnu incarnated on the earth as Lord Krishna. The Vishnu Sahasranama describes Vishnu as the All-Pervading Essence of all beings. He is not limited by space, time or substance, Vishnu supports, sustains and governs the Universe and originates and develops all elements within.

In the Trimurti, (Hindu Trinity) Vishnu is responsible for the maintenance or ‘preservation’ of the Universe, with the other roles of creation and destruction being under the care of Brahma and Shiva, respectively.

Songs to Ganesha

Ganesha, our great elephant god, remover of obstacles not that he would remove things from our lives that challenge us or that create struggle or suffering but rather Ganesha would reveal or unveil so that we might sit with, see more clearly and become one with the Atman, the divine, that true uncluttered nature of ourselves, even in times of need.

Ganesha Sharanam

Ganesha Sharanam
Sharanam Ganesha
Gan Gan Ganapati
Sharanam Ganesha

We take refuge in Ganesha,
Remover of all obstacles
We call up everything that is Ganesha in our own hearts
We ask for refuge and protection

Sri Ganesha

Sri Ganesha Sri Ganesha Sri Ganesha Pahimam
Jai Ganesha Jai Ganesha Jai Ganesha Rakshamon
Sri Ganesha Pahimam
Jaya Ganesha Rakshamon

Songs to Divine Mother – The Divine Goddess

Twameva Mata – translation by Yogananda

Twameva Mata, Shapita Twameva
Twameva Bhandus, Chasaka Twameva
Twameva Vidyea, Dravenam Twameva
Twameva Sarvum, Mama Deva Deva

Thou art my Mother, My Father thou art,
Thou art my Friend, like a brother art thou,
Thou art my Wealth, My Wisdom thou art,
Thou art my own Light of Lights art thou

Durge Durge

Durge Durge Durge Jai Jai Ma Durge Durge Durge Jai Jai Ma
Durge Durge Durge Jai Jai Ma Durge Durge Durge Jai Jai Ma

Namastasyai, Namastasyai, Namastasyai, Namoh Namah

(repeat after each line)

Ya Devi SarvaBhutesu, Buddhi Rupena Sansthita
Ya Devi SarvaBhutesu, Shakti Rupena Sansthita
Ya Devi SarvaBhutesu, Nidra Rupena Sansthita
Ya Devi SarvaBhutesu, Chaiya Rupena Sansthita
Ya Devi SarvaBhutesu, Daya Rupena Sansthita

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Ya Devi SarvaBhutesu, Kanti Rupena Sansthita
Ya Devi SarvaBhutesu, Bhranti Rupena Sansthita
Ya Devi SarvaBhutesu, Shantih Rupena Sansthita
Ya Devi SarvaBhutesu, Tushti Rupena Sansthita
Ya Devi SarvaBhutesu, Lakshmi Rupena Sansthita

Salutations to the Goddess who resides in all beings in the form of wisdom, light, abundance. To that constant, eternal Presence, I gratefully offer myself again and again. The feminine energy or nature resides in all beings (RupenaSansthita). As the flow of life, she is expressed in us as wisdom (Buddhi), Sleep (Nidra), the shadow (Chaiya), misunderstanding (Bhranti), peace (Shantih), contentment (Tushti), abundance (Lakshmi), Matri (Mother), Daya (Compassion), Kanti (Radiance) and Shakti (primal Source Energy).

Gopala

Gopala Gopala Devaki Nandana Gopala
Gopala Gopala Devaki Nandana Gopala
Devaki Nandana Gopala Devaki Nandana Gopala
Devaki Nandana Gopala Devaki Nandana Gopala

Radha Rani

Radha Rani Ki Jai, Maharani Ki Jai
Bolo Radha Govinda Ki Jai, Jai, Jai
Radhe Radhe Sham, Bolo Radhe Radhe Sham

We honor and adore the precious goddess Radha,
The beloved of Krishna, the Beloved of all

Anusara Opening Invocation

Om Namay Shivaya Gurave
Sachidananda Murtaye
Nischprapancaya Shantaya
Niralambaya Tejase

I offer myself the one true Teacher within and without
In the forms of reality, consciousness, and bliss
Ever present and full of peace
Independent being, the vital essence of illumination

Student's Four Parts of Learning

Acaryat padamadatte
Padam sisyah svamedhaya
Padam sabrahmacaribhyah
Padam kaladramena ca

A student receives
1/4 part (of their learning) from a teacher,
1/4 part from (their) own intelligence,
1/4 part by means of fellow students,
And 1/4 part with the course of time.

Sivo Ham

Cidanandarupah Sivo ham Sivo ham

I am Siva in the form of consciousness and bliss.

Cherokee Morning Song

As sung by Walela

Wi-na-de-ya-ho, wi-na-de-ya-ho
Wi-na-de-ya, wi-na-de-ya
Ho-ho-ho-ho
Hey-ya-ho, he-ya-ho-ya-ya-ya

Cree Morning Song

Sa sa pee ay see say
May cum oh wahahahahah
Pay meoh nah quan kay tes kee nut
Way – ah ya hey ya hey ya hi yo

Wishi Ta

From Sean Porter – a river song

Whishi ta do ya do ya do ya
Whishi ta do ya do ya hey

Wishi ta do ya do ya do ya
Whish ta do ya do ya hey

Washa ten ay ah hey ah hey ah
Washa ten ay ah hey ah hey

Washa ten ay ah hey ah hey ah
Washa ten ay ah hey ah hey

Heart Sutra

(Korean)

Ma-ha ban-ya ba-ra-mil-ta shim gyon
 Kwan-ja-jae bo-sal haeng shim ban-ya ba-ra-mil-ta
 Shi jo-gyon o-on gae-gong do il-che go-aek

Sa-ri-ja saek-bul-i-gong gong-bul-i-saek
 Saek-juk-shi-gong gong-juk-shi-saek
 Su-san-haeng-shik yok-pu-yo-shi

Sa-ri-ja shi-je-bop-dong-sang
 Bul-saeng-bul-myol bul-gu-bu-jong bu-jung-bul-gam
 Shi-go gong-jung-mu-saek mu su-sang-haeng-shik
 Mu an-i-bi-sol-shin-ui mu saek mu su-sang-haeng-shik
 Mu an-i-bi-sol-shin-ui mu saek-song-hyang-mi-chok-pop
 Mu-an-gye nae-ji mu-ui-shik-kye
 Mu-mu-myong yok mu-mu-myong-jin
 Nae-ji mu-no-sa yong-mu-no-sa-jin
 Mu go-jim-myol-do mu-ji yong-mu-duk-I mu-so duk-ko

Bo-ri-sal-ta ui ban-ya ba-ra-mil-ta go-shim-mu ga-ae
 Mu-ga-ae-go mu-yu-gong-po
 Wol-li jon-do mong-sang gu-gyong yol-ban
 Sam-se je-bul-ui ban-ya ba-ra-mil-ta
 Go-duk-a-nyok-ta-ra sam-myak sam-bo-ri

Go-ji ban-ya ba-ra-mil-ta shi-dae-shin-ju
 Shi-dae-myong-ju shi-mu-sang-ju
 Shi-mu-dung-ju nung-je-il-che-go
 Jin-shil bul-ho go-sol ban-ya ba-ra-mil-ta ju
 Juk-sol-ju-wal

a-je a-je ba-ra-a-je ba-ra-sung-a-je mo-ji sa-ba-ha
 a-je a-je ba-ra-a-je ba-ra-sung-a-je mo-ji sa-ba-ha
 a-je a-je ba-ra-a-je ba-ra-sung-a-je mo-ji sa-ba-ha

ma-ha ban-ya ba-ra-mil-ta shim gyong

Heart Sutra

(English)

The Maha

Prajna Paramita Hridaya Sutra

Avalokitesvara Bodhisattva

When practicing deeply the Prajna Paramita
Perceives that all five skandhas are empty
And is saved from all suffering and distress.

Shariputra,

Form does not differ from emptiness,
Emptiness does not differ from form.
That which is form is emptiness,
That which is emptiness form.
The same is true of feelings,
Perceptions, impulses, consciousness.

Shariputra

All dharmas are marked with emptiness;
They do not appear or disappear,
Are not tainted or pure,
Do not increase or decrease.
Therefore, in emptiness no form, no feelings,
Perceptions, impulses, consciousness.

No eyes, no ears, no nose, no tongue, no body, no mind;
No color, no sound, no smell, no taste, no touch, no object of mind;
No realm of eyes ...
And so forth until no realm of mind consciousness.

No ignorance and also no extinction of it ...
And so forth until no old age and death
And also no extinction of them.
No suffering, no origination,
No stopping, no path, no cognition,
(continued on next page...)

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Also no attainment with nothing to attain.

The Bodhisattva depends on Prajna Paramita
 And the mind is no hindrance;
 Without any hindrance no fears exist.
 Far apart from every perverted view one dwells in Nirvana.

In the three worlds
 All Buddhas depend on Prajna Paramita
 and attain Anuttara Samyak Sambodhi.

Therefore know that Prajna Paramita
 Is the great transcendent mantra,
 Is the great bright mantra,
 Is the utmost mantra,
 Is the supreme mantra
 Which is able to relieve all suffering
 And is true, not false.
 So proclaim the Prajna Paramita mantra,
 Proclaim the mantra which says:

Gate gate paragate parasamgate bodhi svaha
 Gate gate paragate parasamgate bodhi svaha
 Gate gate paragate parasamgate bodhi svaha

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