

ओ३म् FAMILY PRAYERS



हिरण्यगर्भः समवर्तताग्रे भूतस्य जातः पतिरेक आसीत्। स दाधार
पृथिवीं द्यामृतेमां कस्मै देवाय हविषा विधेम ॥२॥ यजु० १३।४॥

Om Hiranya garbha samvartatāgre bhūtasya jatah patireka āsit. Sa dādhara prithivīm dyāmutemām kasmāi devāya havishā Vidhema (RIG VEDA 10-121-1)

Before the creation of the Universe luminous matter was present in its primordial form. Of this too the master was God, the Creator of all the worlds. That God sustains this earth and the solar regions. To that blissful God we pray with faith and devotion."



नमस्ते हरसे शोचिषे नमस्तेऽस्तुर्वचिषे ।

अन्योऽस्तेऽस्मत्पन्तु हेतयः पावकोऽस्मभ्यं शिवो भव ॥२०॥

"NAMASTE ASTWARCHISHYE" (YAJUR VEDA 30 : 20)

" With all the power of my hands
With all the love of my heart,
With all the intelligence of my mind,
I pay my due respect to the Soul within you"



ओं अन्नपते अन्नस्य नो देह्यन्नमीवस्य शुष्मिणः ।
प्रप्रदातारं तारिष ऊर्जं नो धेहि द्विपदे चतुष्पदे ॥

Om annapate annasya no dehyannamīvasya shushminah.
Prapradataram tarisha urjam no dhehi dvipade chatushpade.

O Lord, the Giver of Food! May thou provide us with healthy and energy-producing food. Grant happiness to those that give food in charity. May all living beings be blessed with energy-giving food.



याँ मेधां देवगणाः पितरं चोपासते ।
तया मामद्य मेधयान्ने मेधाविनं कुरु स्वाहा ॥१४॥

"Om Yām medhām devaganāḥ pitarash cha opāsate. Tayā mā medya medhayāgne medhavinam kuru." (Yajur Veda 32-14)
"O Glorious god! be gracious to endow me at this time with that talent (medha) which the learned ones and fathers pray for.
May noble wisdom come to us from all sides, unperturbed, unhindered and over-flowing, so that our organs may always help us onward, unceasing in their care and be guardians day by day."



अभिवादनशीलस्य नित्यं वृद्धोपसेविनः ।
चत्वारि तस्य वर्षन्ते आयुर्विद्या यशो बलम् ॥ १२१ ॥

ABHIVADAN SHILASYA NITYAM,
VRIDHO PASEVINAH
CHATVARI TASYA VARDHANTE,
AAYUR, VIDYA, YASHO BALAM." (MAHUSMIRI, 2-121)

"He who has a sweet and amiable disposition and serves the wise and old with all his heart, continually gains in knowledge, reputation and strength and enjoys a long life." Whilst he that is otherwise, never advances in knowledge, etc.



सहृदयं सांमनस्यमविद्वेषं कृणोमि वः ।
अन्यो अन्येषां हर्षेण वस्त्रं ज्ञातमिवाद्या ॥ १ ॥

Om Sa hridayam sām manasya maidwesham krinomi vah. Anyo anyambhi haryata vastam jata mivāghnyā (ATHARVA VEDA 3.30.1)

"O Family Members! May you, united together, live in harmony. May your minds think alike, so that there may be no animosity between you. Just as the cow runs after its newly-born calf with love, in the same way treat each other with love and consideration."



यां रक्षन्त्यस्वप्ना विश्वदानीं देवा भूमिं पृथिवीममंदादम् ।
सा नो मधुं मियं दुरामयो उच्यते वचसा ॥७॥

OM YAM RAKSHANT YASWAPNA VISHWADANIM DEVA BHUMIM PRITHIVIMA PRAMADAM.
SA NO MADHU PRIYAM DUHAMATHO UKSATU VARCHASE." (ATHARVAVED 12 - 1-7)

"Intelligent and valiant men always alert and diligent protect this extensive earth which gives us physical wealth, food and infinite beauty. (radiance). May this earth provide us with tasty and delicious food which develops our body and increases our strength."



ओ असतो मा सद् गमय तमसो मा ज्योतिर्गमय
मृत्योर्माक्रिमृतं गमय

OM ASTO MA SAD GAMAYA TAMSO MA JYOTIR GAMAYA
MRITUR MA AMRITAM GAMAYANTI" (YAJUR VEDA)

O Lord! Lead us from untruth to truth,
Lead us from darkness to light
Lead us from death to immortality.

गायत्री मन्त्रः

ओ३म् भूर्भुवः स्वः । तत्सवितुर्वरेण्यं भर्गो देवस्य
धीमहि । धियो यो नः प्रचोदयात् ॥ यजु. ३६ ॥३॥

हे परमात्मा, आप प्राणदाता हैं, दुखहर्ता हैं, और
सुख के प्रदाता हैं । जगत के उत्पादक, हे
प्रकाशमान परमात्मा देव ! हम आपके वरणीय
श्रेष्ठ, शुद्ध स्वरूप का ध्यान करते हैं । आप
हमारी बुद्धि को सन्मार्ग की तरफ प्रेरित कीजिये ।

GAYATRI MANTRA

**Om bhur bhuvah swah. Tat savitur
varenyam bhargo devasya dhimahi.
Dhiyo yo nah prachodayat.**

Yajur Veda 36/3

*O God, the Giver of life, Remover of pains and
sorrows, Bestower of happiness and Creator of the
Universe, You are most luminous, pure and
adorable. We meditate on You. May You inspire
and guide our intellect in the right direction.*