

Nithya Slokah

(DAILY PRAYERS)



Compiled by
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Poojas may be generally classified into three categories, namely Manthra Puja, Tantra Puja and Stotra Puja. The first two categories call for austerities and may be performed only by qualified persons. On the other hand Stotra Puja (japa) can be performed by all including ladies and children.

I humbly offer you a compilation of slokas. These can be chanted for pleasing different deities, for better result of any actions, for cleansing, santhi, samarpanam, kshamapanam etc....

The whole family may recite these slokas daily sitting at a pooja place and thereby attain peace of mind. The effect of such chanting may not be any immediate benefit. But in a long run these practices gives the benefit. This could be an easy method of meditation. The sloaks, to that matter any poems, also helps to improve the memory power.

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A. Nityavidhi Slokah (Daily Prayers)

- A01. Morning Prayer Karagre.....
- A02. Bhoomi Vandhanam Sumudra.....
- A03. Yogasana Samaye Yogena.....
- A04. While Taking Bath Gangecha.....
- A05. While Lighting Lamp Subham..... Kalyananama..
- A06. Before Studies Sarasvati.....
- A07. Before Food Brahmarpanam
- A08. Karya Sidhi Suklam.....
- A09. Namaskara Samaye Yani kani
- A10. Before Sleep Ramaskanta

B. Sudhi / Jeeva Manthrah (Mantras for Cleansing)

- B01. Samarpanam Kayena vacha
- B02. Mahavakyam Thatwamasi.....
- B03. Panjakshari Om nama sivaya
- B04. Ashtakshari Om nama narayanaya
- B05. Dwadasakshari Om namo bhagavathe vasudevaya
- B06. Narayana sthuthy Hare rama.....
- B07. Gayathri Om bhur.....
- B08. Mruthyunjayam Om thryam
- B09. Mantrapushpam Yopam pushpam
- B10. Sapthasudhi Pranapana
- B11. Aswathavruksham Moolatho
- B12. Thulasi Namasthulasi
- B13. Bilwam Thridalam
- B14. Gomatha Sarva kama.....
- B15. Sree Rudram Om namasthe.....
- B16. Adithyahridayam Sandapana
- B17. Kshamapanam Karacharanakrutham....
- B18. Poorna Pushpanjali Manthraheenam

C. Santi Mantrah (Mantras for Peace)

- C01. Om asathoma
- C02. Om badram
- C03. Om esava
- C04. Sanno mithra....
- C05. Om purnamadaha ...

D. Guru Pranam (Salutations to Guru)

- D01. Om narayanam(Guru Parampara)
- D02. Akhandamandalakaram.....
- D03. Ajnanatimirandh
- D04. Gurubrahma.....
- D05. Dyanamoolam.....

E. Grandha Eka Slokah (Slokas on Grandhas)

- E01. Rig vedam Om hari
- E02. Yajur vedam Om eshe
- E03. Sama vedam Om agne
- E04. Adharvana vedam Om sanno
- E05. Upanishath Nama parama.....
- E06. Ramayanam Poorvam ramatapo
- E07. Sirmad bhagavatham Adau devkidevi.....
- E08. Bhagavad Gita Parithranaya.....
- E09. Soundarya Lahari Bhavanithvam
- E10. Narayaneeyam Agre pasyami

F. Deva Sthothrah (Prayers to Gods/Goddesses)

- F01. Ganapathi Vakrathunda Gajananam
- Eka dantham... Namonamoganesa
- F02. Saraswathi Yakundendu
- F03. Lakshmi Namasthesthu
- F04. Devi/Bhagavathi Sarva mang ... ayur dehi Annapo
- F05. Bhadrakali Kali Kali
- F06. Mahalakshmi Namasthesthu

- F07. Dhanwanthari Dhanwanthari
- F08. Durga Sarvaswaroope
- F09. Sapthamathrukal Brahmi
- F10. Naga/Sarpa Anando vasuki
- F11. Navagraha Nama Sooryaya
- F12. Soorya Namodharma
- F13. Brahma Namasthe..... Yena srushtam
- F14. Vishnu Sasanka... Santakaram
- F15. Siva Prabhum Sivamsivkaram....
- F16. Dhakshinamoorthy Guravesarvalo.... Namassivaya
- F17. Sri Krishna Krishna Vasudev Krishna ...
Santhakaram.... Gopala
- F18. Sri Rama Ramaya Aparamapaha
- F19. Anjaneya Anjaneya Manojavam
- Bhudhibalam... etra etra
- F20. Adisankaran Sruthi smruthi.....
- F21. Garudan Kunkumangitha
- F22. Nandhikesan Nandhikesa....
- F23. Narasimhamoorthy Ugram veeram
- F24. Dhathratheyan Kashaya vasthram
- F25. Subramanyan Sakti hastham Shadananam
- F26. Sasthav Bhoothanadha
- F27. Ayyappan Akhilabhuvana.....

Nityavidhi Slokah (Daily Prayers)

Nityavidhi slokah are recited at particular times during the day. Every action we perform, even mundane things can be turned in to worship by chanting these mantras and contemplating on their meaning. All of them carry health concept.

A01. Prabhata Smaranam (Morning Prayer)

(to be chanted as soon as you wake-up. Open your eyes to see your hands, sitting on the bed)

karagre vasathe lakshmi
karamadhye saraswathi
karmoole sthitha gouri
prabhathe karadarsanam

A02. Bhoomi Vandanam

(Salutations to Mother Earth. Touch the ground with the hand before keeping the first foot on the ground)

samudrivasane devi
parvatasthana mandale
vishnupatni namastubhym
padasparsam kshamasva me

A03. Yogasana Samaya (At the time of Yogasana)

yogena chittasya padena vacha
malam sarirasya cha vaidyakena
yopakarottam pravaram muneenam
patanjalin pranjaliranatosmi

A04. Snana Samaya (While taking bath)

gangecha yamune chaiva
godavari sarasvati
narmade sindhu kaveri
jalesmin sannidhim kuru

A05. Deepojvalanam (While lighting lamp)

Subham karoti kalyanam
arogyam dhyanasampada
shatrubuddhirvinasaya
deepajyotirnamostute

=====

kalyana namakaram kalmashagham
kamrakaram kandhi dhoothandakaram
sandhyalakshmee kanda sootraikaratnam
deepajyothir mangalam nasthanothu

A06. Padana Samaye (Before studies)

sarasvati namstubhyam
varade kamroopini
vidarambham karishyami
siddhirbhavatu me sada
padma patra visalakshi
padma kesara vardhini
nithyam padmalaya devi
samampadu sarasvati

A07. Before Consuming food

(Before start eating, pray looking at the food)

brahmarpanam brahma havir
brahmagnau brahmana hutam
brahmaiva tena gantavyam
brahma karma samadhina

A08. Karya siddhi

(Before starting any work, to Ganesh/Vigneswara)

suklambaradharam vishnum
sasivarnam chaturbhujam
prasannavadanam dhyayet
sarva vighnopasantaye

A09. Namaskara Samaye

**(Rotate three times clockwise for performing
atma-pradakshina namaskaram)**

**yani kani cha papani
janmantara krutani cha
tani tani vinashyanti
pradakshina pade pade**

A10. Nidra Samaye (Before sleep)

**(Before sleep keep the mind empty and meditate on
Hanuman and Sri Ram)**

**ramaskandham hanumantam
vainateyam vrakodaram
shayane ya smarennityam
duswapnam tasya nasyati**

Jeeva / Sudhi Manthrah

(Mantras for Cleansing)

**These mantras are good for the purification of the
mind and also for maintenance of better health.**

B01. Samarpanam (Offerings)

**kayena vacha manasendriyairva
buddhyatmana va prakrutersvabhavat
karomi yadyat sakalam parasmai
narayanayeti samarpayami**

B02. Mahavakyam

**thatwamasi - pragnyanam brahma
ayamathmaa brahma - aham brahmaasmi**

B03. Panchakshari Manthram

Om nama sivaya

B04. Ashtakshari Manthram

Om Namo Narayanaya

B05. Dwadasakshari Manthram

Om Namo Bhagavathe Vadudevaya

B06. Narayana Sthuthy (Maha Manthra)

**(Best for regular chanting during the present day - Kali
kala)**

**hare rama hare rama
rama rama hare hare
hare krishna hare krishna
krishna krishna hare hare**

B07. Gayathri Manthram

**Om bhur bhuvaswaha thath savithoor varenyam
bhargo devasya dheemahi diyoyonaha prajothayath**

B08. Mrutyunjaya Manthram

Om thryambakam yajamahe
sugandhim pushti vardhanam
urvarukamiva bandhanan
mruthyor muksheeya mamruthat

B09. Manthrapushpam

yopam pushpam veda
pushpavan prajavan pasuman bhavathi
chandrama va apam pushpam
pushpavan prajavan pasuman bhavathi
om shanti santhi santhi

B10. Saptha Sudhi

pranapana vyanodana samana me sudhyantham
jyothiraham viraja vipapma bhooyasamha swaha
vak mana chakshu srothra ghrana jihwaretho
bhudhya kruthi sangalpa me sudhyantham
jyothiraham viraja
sira pani pada parswa prushtorudara jamgha
sisnopasthapayavo me sudhyantham
jyothiraham viraja
thwak charma mamsa rudhira medo majja sthani me
sudhyantham
jyothiraham viraja
sabdha sparsa roopa rasa gandha me sudhyantham
jyothiraham viraja
pruthvi vyapasthejo vayurakaso me sudhyantham
jyothiraham viraja
mano bhudhirahankaraschitham me sudhyantham
jyothiraham viraja
manon-maya prana-maya manon-maya vijnana-maya
aanantha-maya kosam me sudhyantham
jyothiraham viraja

B11. Aswathavruksham

(while going around the Peepal tree)

moolatho brahma roopaya
madhyatho vishnu roopine
agratha siva roopaya
vruksharajaya te nama

B12. Thusasi

(while going around Thulasi)

namasthulasi kalyani
namo vishnu priya shubhe
namo mokshaprade devi
nama sampath pradayike

B13. Bilwam

thridalam thrigunakaram
thrinethram cha thriyayusham
thrijanma papa samharam
eka bilwam sivarpanam

B14. Gomatha

(while going around gomatha)

sarva kam dhukhe devi
sarva theerthabhishechini
pavane surabhi sreshte
devi thubhyam namosthu te

B15. Sree Rudram

om nnamasthe - asthu bhagavan
visweswaraya mahadevaya
thryambakaya thripuranthakaya
thrikagnikalaya kalagnirudrya
neelakantaya mruthyunjayaya
sarveswaraya sadasivaya
sankaraya sreemanmahadevaya nama

B16. Adityahridayam

Sandapanasakaraya namo nama
andhakarandakaraya namo nama
chinthamane chithaanandaya te nama
neeharanaasakaraaya namo nama
moha vinasakarya namo nama
santhaya raudraya soumyaya ghoraya
kanthimatham kanthi roopaya te name
sthavarva jangamaachaaryaaya te namo
devaya viswayika sakshine te nama
sathwa pradhaanaaya thathwaaya te nama
sathya swaroopaaaya nithyam namo nama

B17. Kshamapanam (Asking forgiveness)

karacharanakrutham va
kayajam karmajam va
sravana nayanajam va
manasam vaparadham
vihithamavihitham va
sarvamethal kshamasva
sivasiva karunabdhe
srimahadevasambho

B18. Poorna pushpanjali

manthraheenam kriyaheenam
bhakthiheenam janardhana
(bhakthiheenam maheswari)
yat poojitham maya deva
(yat poojitham maya devi)
paripoornam thadasthute

Santi Manthrah

(mantras for Peace)

The following verses are santi mantras. The santi mantra is recited for peace. It is traditionally recited before chanting other mantras, before we begin the studies and at the beginning of any programme.

C01. Swasthi vakyam

om asato ma sad-gamaya
tamaso ma jyotir-gamaya
mrutyorma amrutam-gamaya
om santi santi santi

C02.

om bhadram karnebhi srunuyama devaha
bhadram pasye-maakshabhir-yajathraha
sthirairangai-sthushtuvam
sasthanoobhihi
vyasema devahitham yadayu

C03.

om esavasya-midam sarvam
yatkincha jagathyam jagat
tena-tyaktena bhunjeethaha
ma grudhaha kasya siddhanam

C04.

sanno mithrassam varuna
sanno bhavathwaryyama
sanna indro bruhaspathi
sanno vishnu rurukarma
namo brahmane nasthe vayo
thvameva prathyaksham brahmasi
thvameva prathyaksham brahma
vadhishyami

rutham vadhishyami
sathyam vadhishyami
thanmamavathu
thadvaktharamavathu
avathu mam
avathu vakthaaram
om santhi santhi santhi
sanno mithrassam varuna
sanno bhavathwaryyama
sanna indro bruhaspathi
sanno vishnu rurukarma
namo brahmane nasthe vayo
thvameva prathyaksham brahma-vaadhisham
ruthamavaadisham
thanmaamaaveeth
thadvakthaaramaaveeth
aaveethmaam aavidvakthaaram
om santhi santhi santhi
sahanavavatu
saha nau bhunaktu
saha veeryam karavavahai
thejaswi navadheetamastu
ma vidwishavahai
om santi santi santihi

C05.

om poornamada poornamidam
poornath poornamudachyathe
poornasya poornamaadaaya
poornamevaavasishyathe
om santi santi santihi

Guru Pranam

D01. Guru Parampara Smarana

om narayanam padmabhuvam vasishtam
sakthim cha thath parasaram cha
vyasam sukam guada padam mahandam
govinda yogindra madhasya sishyam
sree sankaracharya madhasya padma
padam cha hastha malakam cha sishyam
thamthrodakam varthikakaaramanyaana
asmadh guroon sandhatha manathosmi

D02. Guru - The Brahma

akhandamandalaakaaram
vyaaptham yena charaacharam
tatpadam darsitham yena
tasmai srigurave namah

D03.

ajnanatimiraandhasya
jnaanaajnanasalaakaya
chakshuurunmulitam yena
tasmai srigurave namah

D04.

gururbrahma gururvishnu
gururdevo mahesvara
guru sakshat parabrahma
tasmai sri gurave namah

D05.

dhyana-moolam guror-mithra
poja-moolam goro-padam
manthra-moolam guror-vakyam
moksha-moolam guro-krupa

Grandha Eka Slokah

(Slokas for Grandhas)

Brief slokas on the gradhas are to be chanted to remind us about the treasure of knowledge we have.

E01. Rig Vedam

om hari om agnimeela purohitham yajnasya deva
mruthyumjam hotharam rathna chathamam

E02. Yajur Vedam

om yeshe thvorje thaw vayavasthopayavastha devo va
savitha prarpayathu sreshuthamaya karmane

E03. Sama Vedam

om agna ayahi veethaye grunano havyadathaye nihotha
sathsi barhishi

E04. Adharvana Vedam

om sanno deveerabhishtaya apo bhavanthu peethaye
samyorabhi sravanthu na

E05. Upanishath

nama parama rushibhyo
nam parama rushibhyaha

E06. Ramayanam

poorvam rama-tapovanandi-gamanam
hatva mrugam kanchanam
vaidhei-haranam jatayu-maranam
sugriva-sambhashanam
bali-nigrahanam samudra-taranam
lankapuri-dahanam
paschad-ravanakumbhakarna-hananam
etaddhi-ramayanam

E07. Sirmad Bhagvatam

adau devaki-devi-garbhajananam
gopi-gruhe vardhanam
mayapootana-jeevitaapaharanam
govardhanoddharanam
kamsacchedana-kauravadihananam
kuntisuta palanam
etad-bhagavatam puranakathitam
srikirshna-leelamrutham

E08. Bhagavad gita

parithranaya sadhoonaam
vinasaya cha dhushkrutham
dharma samsthapanardhaya
sambhavami yuge yuge

E09. Sauntharya Lahari

bhavani thwam dase
mai vidhara drishtim sakarunam
yithi sthothum vaanjan
kadhayathi bhavaani thwamithi ya
thadaiva thwam thasmai
disasi nija sayoojya padaveem
mukundha brahmendraspuda-
makudaneeraajithapadam

E10. Narayaneeyam

agre pasyami thejo nibidatharakalaa-
yavaleelobhaneeyam
peeyushaplavithoham thadanu thadudare
divyakaisoravesham
tharunyarambharamyam paramasukharasaa
swadromamchithamgai
raveetham naradadairvilasad-upanishal
sundari mandalaischa

Deva Sthotrah

(Prayers to Gods/Goddesses)

These slokas are to be chanted as and when pray at the various dieties in the temple. Also chant the respective sloka while doing pushparchana or seeing the GOD's pictures in the pooja room.

F01. Ganapathi

vakratunda mahaakaaya
suryakoti samaprabha
nirvighnam kuru me deva
sarvakaaryeshu sarvada

=====

gajananam bhootha ganadhi sevitham
kapithajam bhoopala sarabhakshitham
umasutham soka vinasa karanam
namami vigneswara pada pankajam

=====

yeka dandam mahakayam
thaptha kanjana sannibham
lambhodaram visalaksham
vande ham gana nayakam

=====

namo namo ganesaya
namasthe viswa roopine
nirvignam kurume kamam
namamithwam gajanana
agajanana padmarkam
gajanana maharnisam
aneka dhamtham bhakthanam
yeka dhanthamupasmahe
anyadha saranam nasthy
thwameva saranam mama
thasmath karunya bhavena
raksha raksha ganadhipa

F02. Saraswathi

ya kundendu thushaara haaradhavalaa
ya shubhravastraavritha
ya veenavara dandamanditakara
ya swetha padmaasanaa
ya bhrahmaachyutha shankara
prabhritibhir
devairsadaa vanditha (poojitaa)
saa maam paatu saraswati
bhagavatee
nihshesha jaadyaapahaa

F03. Lakshmi

namastestu mahamaye sreppede surapoojithe
sanghuchakra gadhahaste mahalakshmi namostute

F04. Devi / Bhagavathy

sarva mangala maangalye
shive sarvaartha saadhike
sharanye thriyambake gauri
narayani namosthuthe
=====

=====

annapoorne sada poorne
sankara prana vallabhe
jnaana vairagya sidhyartham
bhiksham dehicha parvathy
mathacha parvathy devi
pitha devo maheswara
bhandhava siva bhakthascha
swadeso bhuvanathrayam

F05. Bhadrakali

kali kali mahakali
bhadrakali namosthu the
kulanja kuladharmam cha
mam cha palaya palaya

F06. Mahalakshmi

Namasthesthu mahamaye
sreepeethe sura poojithe
sangachakra gada hasthe
maha lakshmi namosthu te

F07. Dhanwanthari

dhanwanthari maham vanthe
vishnu roopam janardhanam
yasya karunya bhavena
roga muktho bhavenjana

F08. Durga Devi

sarvaswaroope sarveshe
sarvashakti samanvite
bhayebhya-sthrahino devi
durge devi namostute

F09. Saptha Mathrukkal

brahmi maheswari chaiva
kowmari vaishnavi yada
varahi cha thathendrani
chamunda saptha matharah

F10. Sarpa / Naga

anando vasuki sesha
padmanabhascha kambala
drutharashtra sangapala
thakshaka kaliyasthadha

F11. Navagraha

Nama sooryaya somaya mangalaya bhudhaya cha
guru sukra sanibhyascha rahave kethave namaha

F12. Adithyan / Bhaskaran /Surya

namo dharma vidhanaya
namasthe krutha sakshine
nama prathyaksha devaya
bhaskaraya namo namo

F13. Brahma

namasthe loka nadhaya namathe srushtikarine
namasthe veda roopaya namasthe bhrahmane nama

yena srushtam jagathsarvam
svargadhavi vishnu sasanaal
pithamaha namasthesthu
sarva bhoothesa padmaja

F14. Vishnu

shaanthakaaram bhujagashayanam
padmanaabham suresham
vishwaadhaaram gaganasadrusham
meghavarnam shubhangam
lakshmi kaantham kamalanayanam
yogibhidyanagamyam
vande vishnum bhavabhayahram
sarvalokaika naatham

sasanka chakram sakireeta kundalam
speetha vastram sarasee ruhekshanam
sahara vaksha sthala
shobhi kausthubha sriyam
namami vishnum sirasa chathu bhujam

F15. Siva

prabhum prana natham vibhum viswa natham
jagannadha nadham sadhananda bhajam
bhaval bhavya bhootheswaram bhoothanatham
sivam sankaram sambhumeesana meede
=====

sivam sivakaram santham sivothmanam sivothamam
siva marga pranetharam pranathosmi sadasivam

F16. Dhakshinamoorthy

gurave sarva lokanam bhishaje bhava roginam
nidhaye sarva vidyanam dhakshinamoorthye nama
=====

namasivaya santhaya sudhaya paramathmane
nirmalaya prasannaya dhakshinamoorthaye nama

F17. Sri Krishna

krishnaaya vaasudevaaya devakee nandanaayacha
nandagopa kumaaraya govindaaya namonamahaa
=====

vasudeva sutam devam kamsachanoora mardanam
devaki paramanandam krishnam vande jagadgurum
=====

krishnaya yadavendranya jnanamudraya yogine
nadhaya rugmineesaya namo vedantha vedine
=====

santhakaram bhujaganayanam
padmanabham suresam
visvadharam gaganasadrusam
meghavarnam subhangam
lakshmi kantam kamalanayanam
yogi-bhirdhyana-gamyam
vande vishnum bhava-bhaya-haram
savaloikaikanatham
=====

gopala rathnam bhuvanayika rathnam
gopangana yavvana bhagya rathnam
sreekrishna rathnam surasevya rathnam
bhajamahe yadava vamsa rathnam

F18. Sri Rama

raamaaya raamabhadraaya raamachandraaya vedasey
raghunaathaya naathaya seethaaya pathayenamahaa
=====

aapara-mapahartharam bhatharam sarva sambhadam
lokabhiramam sreeramam bhuyo bhuyo namamyaham

F19. Aanjaneya / Hanuman

aanjaneya mathipada laadanam
kaanchanadari kamaneeya vighram
paarijaatha taru moola vasinam
paavayami bhava maana nandanam
manojavam maarya tulya vekam
jithendriyam poorthimatham varishtam
vaadaatmajam vaanarayutha mukham
shri rama dhootham shirasaatnamaami
=====

manojavam maruta tulyavegam
jitendriyam buddhimatam varishtam
vatatmajam vanarayoothamukhyam
srirama-dootam sirasa namaami
=====

buddhirbalam yaso dhairyam nirbhayatvamarogata
ajadyam vakpatutvam cha hanumat-smaranaa-dbhavet
=====

etra etra raghu nadha keerthanam
thatra thatra krutha mastha kanjilum
bhashpa vaari pari poorna lochanam
maruthim namatha raksha santhakam

F20. Adisankaran

sruthi smruthi purananam aalayam karunalayam
namami bhagavath padam sankaram loka sankaram

F21. Garudan

Kunkumangitha varnaya kunthenthu dhavalaya cha
vishnuvaha namasthubhyam pakshirajaya the nama

F22. Nandikesan

nandhikesa mahabaga sivadhyana parayana
goureesankara sevardham anujnam dhathumarhasi

F23. Narasimhamoorthy

ugram veeram mahavishnum
jwalandham sarvathomugham
nrusimham bheeshanam bhadram
mruthyumruthyum namamyaham

F24. Dhathathreyan

kashaya vasthram karadhandadharinam
kamandalam padma karena sangam
vhakram gadha bhooshitha bhushanadyam
sreepada rajam saranam prabhadye

F25. Subramanyan

Sakthi hastham viroopaksham sighi vaham shadananam
dharunam ripu rogagham bhavaye kukudadwajam
Shadananam kumkuma raktha varnam
mahaamadhim divya mayura vaahanam
rudrasya soonam, sura sainya natham
guham satha, sharanam aham prabadhyey
shankukhamcha ganaadeesham shampancha
parameshwaram, mama dukha vinaashaaya
sandhadam chintayaamyaham

F26. Sasthav

Bhoothandndha sadananda
sarvabhootha dayapra
raksha raksha mahabhaho
sastre thubyam namo namaha

F27. Ayyapan

Akhilabhuvana-deepam
bhakthahithaabda-sooram
suramunigana-sevyam
thatvamasyadi-lakshyam
hari-hara-sutha-meesam
tharaka-brahma-roopam
sabari-giri-nivasam
bhavayeth bhoothanadham

Swami Sivananda Writes

It is better if you get your mantra from your Guru. This is a tremendous effect on the disciple. The Guru imparts his SAKTI along with the mantra. If you cannot get a Guru, you can select any mantra according to your own liking and taste and repeat it mentally daily, with SRADHA and BHAVA.

This is also has a great PURIFICATORY effect. You will attain the realization of GOD.

Japa purifies the heart

Japa steadies the mind

Japa destroys the shadripus

Japa destroys birth and death

Japa burs sins

Japa scorches samskaras

Japa annihilates attachment

Japa induces vairagya

Japa roots out all desires

Japa makes one fearless

Japa removes delusion

Japa gives supreme peace

Japa develops prema

Japa unites the devotee with the loard

Japa gives health, wealth, strength and long life

Japa brings god-consciousness

Japa bestows eternal bliss

Japa awakens the kundalini

This compilation is not by accident, but by compulsion. During my lectures on management, scientific analysis on spirituality, vastu, healing, etc., I used to recommend the people to follow the indian rituals.

Many people come to me asking to suggest some books to learn the minimum required slokas. It was felt that the books are not comprehensive and many a time they are only a regional languages. But the younger generation likes to read in English.

Selection of slokas for a normal compilation is a difficult task as there are numerous slokas and really do not know what to take and what not.

I wanted to include the scientific reasons for the slokas wherever possible. But it was felt that the reason and the requirements of these slokas can be heard once and need not be part of the daily reference book.

This English writing may not be acceptable if the slokas are not heard chanting. Hence it is requested to hear the chanting from some one who knows and use this book for reference and learning.

I am not satisfied when it reached this shape. May be soon I will make it better with the help of Brahasree KPC Anujan Bhatathiripad (this is my wish). This is the rough copy that is being submitted for correction to all of you. Hope you will accept this and give your comments.

Dr. T.P.Sasikumar