

Ashtanga Class Ending Mantras

Invocation to Ganesha

Vakra tuṅḍa mahākāya koṭi surya samaprabha
avighnaṁ kurume deva sarva karyeṣu sarvadā

O Lord Ganesha one with a fat body and like a crore suns in brightness,
I pray to you everyday to grant me success always in all my works.

vakraṭuṅḍa curved trunk; *mahākāya* - big body; *koṭi* - 10 millions; *surya* - sun; *samaprabha* - with the brilliance of; *avighnaṁ* - no obstacles; *kurume* - give me; *deva* - God; *sarva* - all; *karyeṣu* - endeavors, works; *sarvadā* - always

वाक्र तुण्ड महाकाय कोटि सुर्य समप्रभ ।

अविघ्नं कुरु मे देव सर्व कार्येषु सर्वदा ॥

gurubrahmā guruviṣṇur
gurudevomahēśvaraḥ
gurusakśāt parabrahma
tasmai śrigurave namaḥ

The Guru is Brahma. The Guru is Viṣṇu.
The Guru is Lord Śiva.
The Guru is indeed Parabrahman.
Salutations to that Guru.

गुरुब्राह्मगुरुविष्णुर्गुरुदेवोमहेश्वः ।

गुरुसक्शात् पराब्राह्म तस्मै श्री गुरवेनमः ॥

Mahaganesa pancaratnam

1. mudā-karāttha modakam sadā vimukti sādhakam
kalā-dharā vatam-sakam vilā-siloka raksakam
anāya-kaika nāya-kam vināsitebha daityakam
natā-śubhāśu nāśakam namāmi tam vināyakam.

Ganesha, the pleasant faced one holding the sweet 'modakam' in his hand,
He wears the crescent moon on his head. He liberates us from misery,
protects and provides direction to those who are lost without a leader. He
removes the obstacles for those who pray to him. My salutations are to Him!

मुदाकरात्तमोदकं सदा विमुक्तिसाधकं

कलाधरावतंसकं विलसिलोकरक्षकं ।

अनायकैकनायकं विनाशितेभदैत्यकं

नताशुभाशु नाशकं नमामितं विनायकम् ॥ १ ॥

2. nate-tarāti bhīkaram navo-ditārka bhāsvaram
namat surāri nirjanam natādhikāpa duddharam
śureśvaram nidhīsvaram gajeśvaram ganeśvaram
maheśvaram samāśraye parātparam nirantaram.

Ganesha, with the orange glow of the rising sun, is the commander of Lord
Shiva's army. He removes the suffering of his devotees.

I seek refuge in Him!

नतेतरातिभीकरं नवोदितार्कभस्वरम्

नमत्सुरारिनिर्जरं नताधिकापदुद्धरम् ।

शुरेश्वरं निधीश्वर गजेश्वरं गनेश्वरं

महेश्वरं समश्रये पारात्परं निरन्तरं ॥ २ ॥

3. samasta loka śamkaram nirasta daitya kunjaram
dare-daro-daram varam vare-bhavaktram akṣaram
krupā-karam kṣamā-karam mudā-karam yaśas-karam
manaskaram namaskṛtām namaskaromi bhāsvaram.

Ganesha brings peace to the entire world.
He is large, infinite, superior and immutable. He is merciful and forgiving.
He brings happiness, success and purity of mind.
My salutations are to Ganesha, the luminous.

स्मस्तलोकशंकरं निरस्तदैत्यकुञ्जरं

दरेदरोदरं वरं वरेभवक्रमक्षरम् ।

कृपाकरं क्षमाकरं मुदाकरं यशस्करम्

मनस्करं नमस्कृतां नमस्करोमि भास्वरम् ॥३॥

4. akim-chanāti-marjanam ciranta-nokti-bhājanam
purāri pūrva nandanam surāri garva carvanam
prapancha-nā-ṣa-bhīṣanam dhanan-jayādi-bhuṣanam
kapola-dāna-vāranam bhaje purāna-vāranam.

Ganesha, the merciful, who removes the suffering of those who have no other
refuge, destroys the demonic forces and negative tendencies in us. He dissolves
the delusions of this illusory world.

I pray to Him the one venerated in the ancient Vedas!

अकिञ्चनार्तिमर्जनं चिरन्तनोक्तिभाजनं

पुरारि पूर्व नन्दनं सुरारि गर्व चर्वनम् ।

प्रपञ्चनासभीषनं धनंजयादिभुषनम्

क्पोलदानवारनं भजे पुरानवारनम् ॥४॥

5. nitānti-kānta danta-kānti manta-kānta kātmajam
Achintya rūpa manta-hīna manta-rāya kṛtanam
hrdantare nirantaram vasanta-meva yoginām
tameka danta meva tam vicinta-yāmi santatam.

Ganesha, the one with the broken tusk, the son of Lord Shiva, he is the formless absolute (his form is beyond the grasp of the intellect), he is infinite, he is the Remover of Obstacles, he lives in the hearts of yogis forever and ever.
I reflect solely upon Ganesha, forever and ever.

नितान्तिकन्तदन्तकान्ति मन्ताकान्ताकात्मजम्

अचिन्त्य रूप मन्तहीन मन्तराय कृतनम् ।

हृदन्तरे निरन्तरं वसन्तमेव योगिनम्

तमेकदन्तमेव तं विचिन्तयामि सन्ततं ॥५॥

mahāgaṇeśa-panca-ratnam-ādarena yo'nvaham
prajalpāti prabhātake hṛdi smaran ganeśvaram
arogatām adosatām susāhitīm suputratām
samā-hitāyurasta bhūti-mabhyupaiti so'cirat

Those who read the mahāgaṇeśa-pancaratnam with devotion and chant this in the early morning contemplating on Shri Gaṇeśa in their hearts will be free from diseases and vices and get good spouses and good sons and with it long life and the eight powers.

महागणेशपञ्चरत्नमादरेण योऽन्वहं

प्रजल्पाति प्रभातके हृदि स्मरन् गणेश्वरम् ।

अरोगतामदोषतां सुसाहितीं सुपुत्रतां

समाहितायुरस्त भुतिमभ्युपैति सोऽचिरत् ॥

Śanti Mantra

Om saha nāvavatu |
Saha nau bhunaktu |
Saha vīryam karavāvahai |
Tejasvi nāvadhītamastu mā vidvishāvahai ||
Om śantiḥ śantiḥ śantiḥ

sa - he; *ha* - indeed; *nau* - both of us; *avatu* - may protect;
sa - he; *ha* - indeed; *nau* - both of us; *bhunaktu* - may nourish;
saha - together; *vīryam karavāvahai* - acquire the capacity (to study and understand the scriptures);

tejasvi - brilliant; *nau* - for us; *adhītam* - what is studied; *astu* - let it be; *mā vidvishāvahai* - may we not disagree with each other;
Om śantiḥ śantiḥ śantiḥ - om peace, peace, peace.

Om. May we be protected together.
May we be nourished together.
May our learning together
be filled with light and vitality.
May we have no contention or misunderstanding between us.
Om Peace, Peace, Perfect Peace.

ॐ सह नाववतु । सहा नौ भुनक्तु ।
सह वीर्यं करवावहै ।
तेजस्विनावधीतमस्तु मा विद्विषावहै ॥
ॐ शान्तिः शान्तिः शान्तिः

Śam no varunaḥ

Om śam no mitraḥ śam varunaḥ | śam no bhavatvaryamā ||
śam no indro bṛhaspatiḥ | śam no viṣṇururukramaḥ |
namo brahmane | namaste vāyo
tvameva pratyakṣam brahmāsi | tvameva pratyakṣam brahma vadiṣyāmi |
ṛtam vadiṣyāmi | satyam vadiṣyāmi |
tanmāvavatu | tadvaktāramavatu | avatu mām | avatu vaktāram ||
Om śāntiḥ śāntiḥ śāntiḥ

Om. May Mitra be propitious with us. May Varuna be propitious with us. May the honorable
Aryama be propitious with us.
May Indra and Brhaspati be propitious with us.
May Vishnu with long strides be propitious with us.
Salutations to Brahman. Salutations to Vayu.
You indeed are the visible Brahman. I proclaim you, indeed, are the visible Brahman.
I speak about the divine truth. I speak about the Absolute Truth.
May That protect me. May That protect the Preceptor.
Protect me. Protect the Preceptor.
Om Peace, Peace, Perfect Peace.

ॐ शं नो मित्रः शं वरुणः । शं नो भवत्वयमा ।
शं न इन्द्रो बृहस्पतिः । शं नो विष्णुरुक्रमः ।
नमो ब्रह्मणे । नमस्ते वायो । त्वमेव प्रत्यक्षं ब्रह्मसि ।
त्वमेव प्रत्यक्षं ब्रह्म वदिष्यामि । ऋतं वदिष्यामि । सत्यं वदिष्यामि ।
तन्मामवतु । तद्धक्तामवतु । अवतु माम् ।
अवतु वक्ताम ॥
ॐ शान्तिः शान्तिः शान्तिः

Mangala Mantras

Om Svasti prajābhyāḥ paripālayantāṃ nyāyena mārgēṇa mahīm mahīśāḥ
go brāhmaṇebhyāḥ śubhamastu nityaṃ lokāḥ samastāḥ sukhino bhavaṃtu
kāle varṣatu parjanyaḥ pṛthivī sasyāśālinī
deśo'yaṃ kṣobharahitaḥ brāhmaṇāssantu nirbhayāḥ ॥

Om. Blessings on the subjects of those who are ruling.
May these great ones rule the earth in a just manner.
May good always be the lot of cattle (animals) and Brahmins (teachers)
May all beings everywhere be happy.
May it rain at the proper time. May the earth be full of crops.
May this country be free from disturbances. May teachers be free from fear.

ॐ स्वास्ति प्रजाभ्यः परिपलायंतां न्यायेनमार्गेण महीं महीशाः ।

गोब्राह्मणेभ्यः शुभमस्तु नित्यं लोकाःसमस्ता सुखिनोभवंतु ॥

काले वर्षतु पर्जन्यः पृथिवी सस्यशालिनी ।

देशोऽयं क्षोभरहितः ब्राह्मणास्सन्तु निर्भयाः ॥

sarveṣāṃ svastir bhavatu sarveṣāṃ śāntir bhavatu |
sarveṣāṃ pūrṇaṃ bhavatu sarveṣāṃ maṅgalaṃ bhavatu ॥
sarve bhavantu sukhinaḥ sarve santu nirāmayāḥ |
sarve bhadrāni paśyantū makaścīd duḥkha bhāgbhavet ॥
Om śāntiḥ śāntiḥ śṛntiḥ

May there be happiness in all. May there be peace in all.
May there be fullness in all. May there be auspiciousness in all.
May all be happy. May all be healthy.
May all see only auspicious sights. May no one have a share in sorrow.

सर्वेशं स्वस्ति भवतु । सर्वेशं शन्ति भवतु ॥

सर्वेशं पूर्णं भवतु । सर्वेशं मङ्गलं भवतु ॥

सर्वे भवन्तु सुखिनः सर्वे सान्तु निरामयाः ।

सर्वे भद्राणि पाश्यन्तु मकश्चिद् दुःख भाग्भवेत् ॥

ॐ शान्तिः शान्तिः शान्तिः

Upanishad Mantra

asatomā sadgamayah
tamasomā jyotir gamayah
mr̥tyormā'mr̥taṁ gamaya

From the unreal leads us to the real;
from darkness to light;
from death to immortality.

असतोमा सद्गमय ।

तमसोमा ज्योतिर्गमय ।

मृत्योर्मा ऽमृतं गमय ॥

From the Īśavāsyopaniṣat

Om pūrṇamadaḥ pūrṇamidaṁ pūrṇāt pūrṇamudacyate
pūrṇasya pūrṇamādāya pūrṇamevāvaśiṣyate
Om śāntiḥ śāntiḥ śāntiḥ

purnam - is fullness; *adaḥ* - that; *purnam* - is fullness; *idaṁ* - this; *purnat* - from that fullness; *purnam* - this fullness; *udacyate* - has come; *purnasya* - of that fullness; *purnam* - this fullness; *ādāya* - having removed; *purnam* - this fullness; *evā* - only; *avaśiṣyate* - remains; *om śanti śanti śantiḥ* - om peace, peace, peace.

Om

That is fullness; This is fullness. From that fullness this fullness has come.
When this fullness is taken from that fullness only fullness remains.
Om Peace, peace, peace.

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते ।

पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते ।

ॐ शान्तिः शान्तिः शान्तिः ॥