

# PRAYER MEDITATIONS

(Based on svasti vacanam)

स्वस्ति प्रजाभ्यः, परिपालयन्तां  
न्याय्येन मार्गेण महीं महीशाः ।  
गो-ब्राह्मणेभ्यः शुभमस्तु नित्यं  
लोकाः समस्ताः सुखिनो भवन्तु ॥

*Svasti prajābhyaḥ paripālayantā  
Nyāyyeṇa mārgēṇa mahīṃ mahīśāḥ ।  
Gōbrāhmaṇebhyaḥ śubhamastu nityaṃ  
Lōkāḥ samastāḥ sukhino bhavantu ॥ 1*

May all be well with the people.  
May the rulers rule the earth righteously.  
May there be welfare, at all times  
for all animals and people of wisdom.  
May all beings be happy.

काले वर्षतु पर्जन्यः, पृथिवी सस्यशालिनी ।  
देशोऽयं क्षोभरहितः, ब्राह्मणाः सन्तु निर्भयाः ॥

*Kāle varṣatu parjanyaḥ  
pṛthivī sasyaśālīnī ।  
Deśo' yaṃ kṣobharahitaḥ  
brāhmaṇāḥ santu nirbhayāḥ ॥ 2*

May the clouds rain at the proper time.  
May the earth produce grains.  
May this country be free of agitations.  
May men of contemplation be free of fear.

सर्वे भवन्तु सुखिनः, सर्वे सन्तु निरामयाः ।  
सर्वे भद्राणि पश्यन्तु, मा कश्चिद् दुःखभाग् भवेत् ॥

*Sarve bhavantu sukhinaḥ sarvē santu nirāmayāḥ ।  
Sarve bhadrāṇi paśyantū mā kaścit duḥkhabhāg bhavet ॥ 3*

May all be happy.  
May all enjoy health and be free of disease.

May all enjoy prosperity. (May all perceive the good side of things.) May none suffer.

असतो मा सद्गमय, तमसो मा ज्योतिर्गमय,  
मृत्योर्मा अमृतं गमय ।

*Asatō mā sadgamaya, tamasō mā jyōtirgamaya,  
mr̥tyōrmā amṛtaṃ gamaya । 4*

Lead me (through knowledge) from the unreal to the real. Lead me from the darkness of ignorance to the light of knowledge. Lead me from death (the sense of limitation) to immortality (limitlessness).

ओं पूर्णमदः पूर्णमिदं पूर्णात् पूर्णमुदच्यते ।  
पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते ॥  
ओं शान्तिः शान्तिः शान्तिः ॥

*Oṃ Pūraṇamadaḥ pūrṇamidaṃ  
Pūrṇāt pūrṇamudacyatē pūrṇasya  
Pūrṇamādāya pūrṇamevāvaśiṣyate ॥  
Oṃ Śāntiḥ Śāntiḥ Śāntiḥ ॥ 5*

Om. Brahman was whole, *pūrṇam*, before creation. After creation also it is whole. Even if the whole is removed from the whole all that remains is pūr,am, the whole.

Oh Lord, may I have peace and be free of the three types of obstacles - those centred around me, those arising from other living beings and those from natural forces.



*Svasti prajābhyah*

I find myself in a world that I did not create.  
 Yet, I find I am interrelated to everything in creation.  
 I appreciate this fact, and in appreciation  
 I send my good wishes to all beings  
 In every nook and corner of this Universe.

*THIS MUCH I CAN DO, CAN'T I?*

*Nyāyyeṇa mārgēṇa mahīśāḥ mahīṃ paripālayantām*

The politics and politicians of the world frighten me.  
 Yet I am aware that we need rulers.  
 If only there were no rulers,  
 There would indeed be utter chaos.  
 But then, when I see the newspapers and the TV,  
 I can't help myself feeling sad and helpless.  
 What can I do?  
 Neither qualified nor ready, am I, to stand for elections.  
 But one thing, Oh Lord, I can do. I can pray.

*THIS MUCH I CAN DO, CAN'T I?*

This, then, my prayer I send to You.  
 May those who rule this world,  
 Everyone at every level of ruling,  
 Rule it with justice,  
 In keeping with Your Dharma, Your Order.  
 They may be interested in their own welfare,  
 But then, let them not sacrifice the common interest.

Oh Lord! I ask of You, guide their minds  
 To make the right decisions at the right time,  
 Guide their hearts to care for people,  
 Guide their every action.  
 They take an oath in Your name to serve the people.  
 Help them, Oh Lord, to fulfill their oath.  
 This prayer, I submit to you.

***THIS MUCH I CAN DO, CAN'T I?***

Let me have respect for all rulers,  
 For they are appointed by Your Order.  
 Good Wishes to them, I send as token of my respect.  
 My wishes to them is respecting You and Your Order,  
 For have You not said, "I am the ruler among you."

Even though, sometimes it looks otherwise,  
 There is still some law and order,  
 Maintaining the day to day affairs -  
 Because there are people to make decisions and rule,  
 Let me appreciate and obey that law and order

***THIS MUCH I CAN DO, CAN'T I?***

***Gobrāhmaṇebhyaḥ śubhamastu nityam***

The cows give us milk and curds, butter and ghee  
 And all things needed for Vedic rituals.  
 If they are not there, how can rituals take place?  
 They stand for our material and religious wealth.  
 May the cows be healthy and in plenty.  
 This prayer, I offer to you.

***THIS MUCH I CAN DO, CAN'T I?***

Let there be people who can think well, plan well.

Let them be unselfish.

Let them take into consideration the welfare of all.

May they take into consideration

Not only the present, but also the future.

Foresighted and farsighted let them be.

Let their thinking respect the ecology of

Your vast law and order.

Let them be able to think, analyse and

acquire proper knowledge.

Let them give out their knowledge, undaunted.

Let them guide and lead the society

Let the society learn to care for, respect and value them.

Let the society learn to benefit from such people.

This prayer I submit to you.

### *THIS MUCH I CAN DO, CAN'T I?*

#### *Lōkāḥ Samastāḥ Sukhinō Bhavantu*

I find myself in a Cosmos of beings,

A few that I know, and a majority that I do not.

But this much, I know, Oh Lord,

That to serve me even for a day,

During my waking and sleeping hours,

Thousands of people, and other beings

Are tirelessly engaged in work.

I know not how to repay them all.

But this much, I know, Oh Lord that I can do.

I can start thinking of what all I enjoy

And at any given time, appreciate a few

That have made for me, my day. Without taking for granted each day and each thing.

***THIS MUCH I CAN DO, CAN'T I?***

When I cannot personally give things to people  
I place my parcels and letters in the post office,  
For them to distribute to all parts of the world,  
So too, Oh Lord, I send my sincere thanks and wishes  
Prayers saying 'Let all and every being be happy' —  
Through the post office of Your Altar.  
Please distribute them for my sake, Won't You?  
May I also remember to thank those I meet,  
Personally and sincerely.

***THIS MUCH I CAN DO, CAN'T I?***

Oh Lord, let me also try every day  
To keep passing the parcels I receive,  
The wealth and the health, the knowledge and skills,  
Without allowing them to stagnate with me.  
May they be, with Your grace, of some use to others.  
May they benefit others and make them happy.  
This prayer I submit to you.

***THIS MUCH I CAN DO, CAN'T I?***

***Kāle varṣatu parjanyaḥ pṛthivī sasyaśālinī .  
Dēśo'yaṃ nirupadravo'stu  
brāhmaṇāḥ santu nirbhayāḥ***

This law and order is not a dictator's command.  
It is part of the Vast Network

A network of an Unfailing Law and Order,  
A master computer, engineered  
and programmed by a Mastermind.  
A computer never subject to viruses,  
power failure or hanging,  
One with all the possibilities for upgrading built-in!

In this Universe everything is interdependent.  
There is a beautiful containment, a perfect balancing!  
The seasons go round in perfect cycles.  
There is rain and sun and moon and wind,  
Night and day - all in perfect levels.  
Oh Lord! Is it not You as the sun  
That evaporate the salty sea waters  
And pour it back to us as the pure rain waters?  
Is it not You that yield, as the Mother Earth?

The mother earth yields without deception.  
All that she asks in return  
Is to be fed with a little of her own biowaste.  
But then, we humans, greedily and ungratefully  
Try to slowly kill her by poisons  
And whip her to yield more and more.  
We think we should always be the beneficiaries and  
Mother Nature should, to us, cater forever and ever.

Our forefathers left us a kind Mother Nature.  
May we not, to our future generation,  
Leave her angry and furious.  
If we care not for her and do not our duty to her  
By doing our part to maintain the divine ecology,  
The rains and winds would be furious

And refuse to show their presence, or  
Show their power with great fury and at wrong times.

May we respect as Your divine manifestation  
Mother Nature and her orderly balance  
And derive benefit from her.  
May the rains come at the right time in right quantities.  
May Mother Earth yield to us food in plenty.  
This prayer, I offer to you, Oh Lord.

***THIS MUCH I CAN DO, CAN'T I?***

Through the wonders of science,  
This world has become a global village.  
With every being and everything interconnected.  
The flapping of a butterfly, the rise of a small eddy,  
Even in the farthest corner of the world,  
Affects me favourably or adversely.  
Therefore any strife, any agitation in any corner  
Cannot but leave me affected.

Therefore Oh Lord, may this world,  
Especially this Motherland of mine,  
Be free from famine, from internal conflicts,  
Be free from external threats.  
This prayer I offer to you.

***THIS MUCH I CAN DO, CAN'T I?***

For all this, we need people with the right thinking.  
May we have such people in plenty.  
And may they, with Your Grace,  
Think in keeping with Your Order.



Let them be comfortable enough to think  
 without distraction.  
 May they impart their knowledge freely to all.  
 May they have no threats to hinder their work.  
 Let the people be benefitted from their lofty thinking.  
 This prayer I offer to You, Oh Lord.

***THIS MUCH I CAN DO, CAN'T I?***

*Sarve bhavantu sukhinah  
 sarve santu nirāmayāḥ  
 Sarve bhadraṇi paśyantū  
 mā kaścit duḥkhabhāg bhavet ..*

No man is an island.  
 I find myself in a world of beings,  
 Each interrelated to the other.  
 How can I therefore live without relating?  
 How can I live my life without giving and taking,  
 without caring and sharing?  
 How can I be happy if those around are not?  
 May everyone be happy, Oh Lord!  
 May all be free from diseases, physical and mental.  
 This prayer I offer to You, Oh Lord!

***THIS MUCH I CAN DO, CAN'T I?***

In this relationship a proper understanding is needed.  
 When a person offers me half-a-cup of coffee.  
 I can grumble about the half empty cup  
 And spoil his day and mine.  
 OR I can sweeten and fill the cup  
 By seeing in it his love and care

And being grateful that with me he shared.  
 And this makes the day for me and him.  
 The choice is for me to make, is it not?  
 May I always see the pleasant side of things.  
 May I not wilfully make anyone unhappy.  
 This prayer I offer to You, Oh Lord!

***THIS MUCH I CAN DO, CAN'T I?***

I cannot make everyone happy in this world.  
 Nor can I wipe out everyone's unhappiness.  
 It is not within my means, I realize.  
 And even when I try, I may not know the right way,  
 For I lack all the knowledge and means.  
 But then, I can offer a prayer for their sake,  
 For you are all-knowing and all-capable.  
 Oh Lord! This is my prayer to you,  
 May one and all be happy,  
 May none be unhappy,  
 May everyone try to see the better side of things.  
 May everyone have love and care for all,  
 Because, after all, are we all not your children?  
 Thus I pray to you.

***THIS MUCH I CAN DO, CAN'T I?***

*Asatō mā sadgamaya, tamasō mā jyōtirgamaya,  
 mṛtyōrmā amṛtaṃ gamaya ।*

Everything around me seems limited,  
 Limited by time and place, by its own nature.  
 May I understand the unreal nature of these.  
 Is there really anything that can be called Real?

If so, Oh Lord, lead me to that Reality.  
 Even to seek this I need Your Grace.  
 My mind seems shrouded in the darkness of ignorance. Lead me,  
 Oh Lord, to the light of knowledge.  
 And through that knowledge  
 Lead me from the unreal to the Real,  
 Lead me from death to immortality  
 From a sense of limitation to limitlessness.  
 Thus I pray to you.

***THIS MUCH I CAN DO, CAN'T I?***

***Om Śāntiḥ Śāntiḥ Śāntiḥ*** ॥

There can be many a hindrance to my spiritual pursuit.  
 My own bodily problems may be a hindrance.  
 The various moods and complexes of my mind,  
 May throw a big barrier in my way.  
 Or other beings, the fury of nature may be obstacles.  
 This fact, I realize, Oh Lord!  
 I pray that in my attempts to gain You, to know You  
 May I not have such obstacles,  
 For without Your grace, how is it possible!  
 Above all, I sincerely pray,  
 That I myself do not throw barriers in my way  
 And estrange myself from You.

***THIS MUCH I CAN DO, CAN'T I?***

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\*\* As he last which is an upanisadic mantra, needs a detailed explanation, except for giving the basic meaning, it has not been touched here.