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Shanthi Pata

Sahana navathu.Sahanou bunakthu. Saha veerya karavavahai.
Tejaswinaa vadheedamasthu maa vidwishavahaii.
Om shanthi, shanthi, shanthi.

Let Brahman protect the teacher-student duo,
And also protect us,
We would work with vigour,
Let our learning be lustrous,
Let not we quarrel among ourselves,
Let there be peace, peace and peace.

Narayana Suktham

Sahasra seersham devam viswaksham viswa sambhuvam.
Viswam narayanam devam aksharam paramam padam.

1

I meditate on god Narayana,
Who has thousands of heads,
Who sees everywhere,
Who does good to all the world,
Who is the world,
Who is indestructible,
And who is the greatest destination.

Viswatha paramanithyam viswam narayanam harim,
Viswamevedam purusha stadvischa mupajeevathi.

2

I meditate on God Narayana,
Who is much greater than this world,
Who is forever,
Who is the world,
Who destroys sins and suffering,
And say, that this world is Purusha,
And is alive because he is inside it.

Pathim viswasyatmeshwara, saswatha shivamachyutham,
Narayanam mahagneyam viswathmanam parayanam.

3

I meditate on Narayana,
Who owns this world,

Who is the god of all souls,
Who is forever,
Who is personification of good,
Who never slips,
Who needs to be known with great effort,
Who is the soul of everything,
And who is the great destination.

Narayana paro jyothirathma narayana para,
Narayana para brahma tatwam narayana para.
Narayana paro dyatha , dyanam Narayana para.

4

Narayana is the great light,
Narayana is the great soul,
Narayana is the ultimate Brahman,
Narayana is the great principle,
Narayana is the greatest among those who meditate on him,
And Narayana is the great meditation.

Yachcha kinchid jagat sarvam drusyathe srusyathe bhi vaa,
Antharbahischa tatsarva vyapya narayana sthitha.

5

Narayana is spread,
All over the world.
In everything that we see and hear,
And in its inside and outside.

Anantham avyayam kavi samudrentham viswasambhuvam,
Padmakosa pratheekasa hrudhyam chapyadho mukham.

6

I meditate on God Narayana,
Who is endless,
Who is indestructible,
Who is all knowing,
Who is inside the sea,
And who does good to all world.
I also state that the heart hangs like an inverted lotus bud.

Adho nishtaaya vithasthyaanthe nabhyam upari thishathi,
Jwalamalaakulam bhathi viswasya yatanam mahat.

7

Inside the heart,
Which is Just below the collarbone,
And one hand above the belly button,
Shines .as if it is surrounded by a flame,
The greatest habitat of the universe

Santhatha shilabhisthu lambatya kosa sannibham,
Tasyanthe sushira sookshmam tasmin sarve prathishtitham. 8

The lotus like heart hangs,
Attached to the bones on all four sides,
And inside the heart is a very tiny hole,
And inside that hole everything exists.

Tasya madhye mahan agni viswa archir viswatho mukha,
Sograbuk vibhajan thishtaa annahara majara kavi. 9

Inside the center of the heart,
There is an ever-shining fire,
Which is spread in all directions,
And that fire which burns stable,
Sees everywhere,
Never gets old,
And divides and supplies the food.

Tirya goordhwa madhasa sayee rasmayas tasya santhatha,
Santhapayathi swam deha mapada thala masthaka,
Tasya madhye vahni shika aneeryordhwa vyavasthitha. 10

The rays of that fire is always spread,
All over from one end to other,
And throughout the length,
And from head to foot,
And the body of that fire,
Heats our body allover,
And its one thin flame,
Shines erect in the center of the heart.

Neela thoyadha madhyastha dwidyullekheva bhaswaraa,
Neevara sooka vathanvee peetha bhaswat yanoopama. 11

Like the sparkle of lightning,
From within a black dark cloud,
Like the sprout of a red paddy,
Thin and golden,
And as tiny as an atom,
That flame continues burning.

Tasya shikhaya madhye paramathma vyavasthitha,
Sa brahma sa shiva sa hari sendra sokshara parama swaraat. 12

In the center of the flame lives the all-pervasive God.
Who is Brahma,
Who is Shiva,
Who is Vishnu,
Who is Indra,
Who is perennial and ever living,
And He is the greatest emperor.

Rhutha sathyam param brahma purusham Krishna pingalam,
Oordhwaretham viroopaksham viswa roopaya vai namo nama.

13

Salutations and salutations,
To Him who is the beauty of everything,
To Him who is ever lasting truth,
To Him who exists as Para Brahmam in all bodies,
To Him who is the black Vishnu and reddish Shiva rolled into one,
To Him who looks after the progeny,
To Him who is three eyed,
And to Him who assumes the form of all beings of the universe.

Narayanaya vidmahe vasudevaya deemahi,
Thanno Vishnu prachodayath.

14

Let us try to know that Lord Narayana,
Let us try to meditate on that Vasudeva,
And let that Vishnu employ us to do good deeds.