YOGA MUSIC OF INDIA

VOLUME ONE
Mangalam (Prayer)
Ya Kundendu—Shlokam and Namavali (Saraswathi Sthothram)
Mangalam Yogivaryaya (Sree Sivananda Guru Sthothram)
Shadanamam-Sree (Subramanya Sthothram)
Yatra Yatra Raghunatha Kirtanam (Sri Hanumat Sthothram)
Mangalam Ramachandraya (Sri Nama Ramayanam)
Ramachandra Raghu Veera (Sri Ramasthothram)

Sung with Veena accompaniment by Swami Vidyananda

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YOGA
Music of India
Volume 1

OM.

In India where Vedanta has been developed to a very high pitch, even the common man is able to get into different Bhavas (feelings) at the mention of certain suggestive God's names such as:

SARASWATHI - Goddess of learning
Laxmi - Goddess of wealth and prosperity
KRISHNA - God of Protector
BRAHMA - God of Creator
SIVA - God of Destroyer
etc. Those who are not conversant with these names on different aspects of the One Universal God, need not bother themselves with these names at all. They may sing with a Bhava (feeling), thinking of its meaning in the mind simultaneously, when beneficial results are always obtained. In order to be able to have these feelings, meanings of these songs in general is given along with each song, which method is an innovation to the general practice of singing devotional songs.

This method of recital has been found very efficacious to generate feelings of devotion in those who chant them as well as in those who attentively listen, as hinted above; and many ardent devotees could forget themselves into Bhati Bhava (Godly love) known in the Vedantic language as BHAVA SAMADHI. Let all those who daily chant these kirtans with intense feeling in their hearts, thinking over the meaning of the verses in the songs, attain BHAVA SAMADHI (Godly love) is my con-stant prayer. If few devotees could chant these in the way prescribed above, that itself shall be deemed the greatest reward of this labour of service.

OM

Meanings of the songs in a general sense to guide aspirants to form Bhavas (feeling):

SIDE I, Band 1:

1st sloka:
May God Ganesha (an aspect of God of protection)
May God Saraswathi (do) learning
May God Maheswari (do) nature
May God Sadasasiva (do) all-goodness
Bring about auspiciousness!

2nd & 3rd slokas:
Prostrations to the guiding principle to attain
God-realization;
Prostrations to Nature who direct to
All-auspiciousness.

4th sloka:
Let the World enjoy ever-permanent Peace!

Prayer

—Shlokam—

Mangalam Dishathu Me!Vinayako
Mangalam Dishathu Me Saraswathi
Mangalam Dishathu Me Maheswari
Mangalam Dishathu Me Sadasivah
Gurur Brahman Gurur Vishnu
Gurur Deva Maheshvarah
Guruh Sakthi Para-Brahma
Tasmai Shri Gurave Namah.

—Meaning—

May Ganesha bring about auspiciousness
May Saraswathi bring about auspiciousness
May Maheswari bring about auspiciousness
May Sadasiva bring about auspiciousness
Guru is Brahman, Guru is Vishnu,
Guru is God Shiva
Guru verily is Supreme Brahman
Prostrations to that Guru!

1. Jaya Ganesha Jaya Ganesha Jaya Ganesha
   Pahi Mam
   Sri Ganesha Sri Ganesha Sri Ganesha Raksha Mam
2. Jaya Saraswathi Jaya Saraswathi Jaya Saraswathi
   Pahi Mam
   Sri Saraswathi Sri Saraswathi Sri Saraswathi Raksha Mam
3. Sat Guru Jaya Sat Guru Jaya Sat Guru Jaya
   Pahi Mam
   Sat Guru Jaya Sat Guru Jaya Sat Guru Jaya
   Raksha Mam
4. Ram Guru Jaya Ram Guru Jaya Ram Guru
   Jaya Pahi Mam
   Ram Guru Jaya Ram Guru Jaya Ram Guru
   Jaya Raksha Mam

SIDE I, Band 2:

sloka:

May the Goddess Saraswati (knowledge aspect of God)
Who is personification of all that is styled under
the term "beauty"
Inclusive of all lavish decorations and ornamentations
And who is always worshipped even by the Gods of
Trinity,
Make me ever-active, destroying all inactivity
in me.

Saraswathi Sthothram

 aşhokam... 
Ya Kundendu Tushararaha Dwivali - Ya Shukhbra
Vasthavritha
Ya Varna Vara Vakundha - Ya Swetha
Pattama
Ya Brahmayutha Sanakara Prabhritih - Devail
Sada Pujitha
Sa mam Pathu Saraswathi Bhagavathi - Nisseshha
Jadypaha

Meaning:
Who is white like the jasmine, the moon and the
moon, who is adorned in a white sari, who has got in her
hands the Veena, whose hands are adorned with the staff
of grating bones, who is seated in a white lotus, who is
worshipped always by Gods like Lord Brahma, the inex-
haustible Vishnu, Lord Shankara and many others. May that
Godess Saraswathi remove all the inactivities.

Sri Saraswathi Namastute

(1) Varade
(2) Para Devathi
Sri Seshthi Sakthi Guruguma Vinathe Vidyavathe
Vasanthraya Vivarjita Varamma Bhatva Murthe
Vasanthudhkula Nirjara Vasvitharanam Bahu kirthe
Darshana Yutha Mukhamburehe Adbhuta Chara-
namburehe
Samarabhheetpape - Sakala Mantrakshara, Guhe
Sri Saraswathi Sri Saraswathi Sri Saraswathi Pahi
Mam
Sri Saraswathi Sri Saraswathi Sri Saraswathi Rak-
sha Mam

Meaning:
Salutations to you, Sri Saraswathi
1. Creator of bones
2. To Thee, O Supreme Goddess
Salutations to Sri Pathi (Vishnu), Gauripathi (Shiva), Gauri
and Gau or Subramanya, darling of Brahma, free from the three types
of Vasanaa,
Thy face if meditated upon by the best of minds.
Meditated upon by agnins Indra, bestower of bones of great
fame
With smiling face, consort of Brahma and unique feet,
Destroyer of Samsara, through knowledge, abode of all
letters and Mantras.

Sloka:
I always take shelter in the Six-faced Lord Guha,
the Son of God Siva,
Who is Infinite knowledge itself,
Who rides on the beautiful peacock and
Captains the Devas' army.

Song:
I pray to Him who is beyond Sound, time & space,
Who is the formless form of Veda-mantras,
Who is the greatest of all Jnanies (learned),
Who is prosperity in the highest sense,
Who controls the Vasanas and the Pranas (the
cause of re-births),
Ever-present in all offerings to bestow
His Grace and Bliss.

Sree Subramanya Sthothram

ašhokam...
Shadanamam Kunkuma Raktha Varnam Maha Mathim
Divya Mayura Vahanam
Rudrasya Samayam Susarajnaya Natham Gaham Sada-
ramham Sharanam Prapadye

Meaning:
I always take refuge in Lord Guha of six faces, who is
of deep red colour and infinite knowledge, who has the divine
peacock to ride on, the son of Lord Siva and leader of the
army of the Devas.

Thiruppugaz:
1. Nada Bindu Kaladi Namo Gama
Veda Mantra Svaroopa Namo Gama
Jnana Pandita Swami Namo Gama Veku Koti
2. Namo Shambhu Kumara Namo Gama
Bhoga Anarthi Bala Namo Gama
Naga Bandha Mayaocca Namo Gama Para Shouma
3. Cchedha Danda Vimo Namo Gama
Githa Kinkini Pada Namo Gama
Dhira Sambhrama Vira Namo Nama Giri Raja
4. Deep Mangala Jyoti Namo Gama
Thooya Ambal Lila Namo Nama
Deva Kunjai Bhaga Namo Nama Arul Thayy

Meaning:
(Sacred Songs of Praise to Muruga)
1. Praise to Him who is beyond sound, time and space
Praise to Him, who is the form in Veda Mantra

Man
Madhura Gita Ganalola Jananarupa Pahi Mam
Samasthaloka Pujithaya Mohananga Raksha Mam
2. Divya Ganga Toravava Dana Sheela Pahi Mam
Papaharana Punya Sheela Paramapuruca Raksha Mam
Bhaktaloka Hridayavasa Swaminatha Pahi Mam
Chilawaroopa Chidananda Namah Sivaya Raksha Mam

Sat Guru Jaya Sat Guru Jaya Sat Guru Jaya Pahi Mam
Sat Guru Jaya Sat Guru Jaya Sat Guru Jaya Raksha Mam

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Guru Sthothram

ašhokam...
Mangalam Yogivaryaya Mahaniya Gunabhdhaya
Gangateera Nivasaya Sivandada Sargal

Meaning:
Guru, auspiciousness be in the greatest of Yogas.
Who is an ocean of the greatest qualities,
Who is living on the banks of the Ganges,
To that Sivanaa let there be auspiciousness.

1. Deva Deva Sivandada Deena Bandho Pahi Mam
Chandradwadana Mandhaha Premarupa Raksha

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Slokam:
May auspiciousness be to Lord Ramachandra, 
The Ocean of best qualities, 
Son of Emperor Dasaratha, 
Establiher of virtues and 
Delight-inspirer in the hearts of 
His Consort Sita and lovers.

Song:
Oh Rama, of Ragu's clan, You are the purifier of all impurities, 
The Universal Consciousness beyond attributes you are, 
You are Peace personified, unfurled by emotions, 
Son of Dasaratha, as effulgent as Sun on earth, 
You are Kausalya's (mother of God Rama) delighter, 
The treasure of Viswamitra (a great Sage), 
Destroyer of Tataka and Mareshi (demons) 
You are the personal God worshipped by Gautama 
For attainment of Salvation and 
Whose ever-full kindness is praised by Gods, 
Saints, animate and inanimate objects in various ways, 
You charmed Mithila and Janaka (Sita's father) 
You established your prowess by breaking 
Siva's (God) bow in a twinkling, 
and thus established your right in Sita-Swayamvara 
(Sita's marriage) 
In short, shall I say that you are in a compressed form all good qualities in human shape.

Essence of Ramayana

Shloka:
Mangalam Ramachandra
Mahaneeya-Gunadhaye
Chakravarti-Janujaya
Sarvabhaumama Mangalam
Mangalam Seshayayaya
Dharma-Samanthithi-Hethaye
Sitha-Madoharamaya
Ramachandra Mangalam

Meaning:
Rama! May auspiciousness be to Lord Ramachandra, 
who is an ocean of the greatest qualities, who is the son of an emperor (Dasaratha), who Himself is an emperor, to Him be auspiciousness. May auspiciousness be to the protector of Truth, who is the reason for the firm establishment of virtue (Dharma) who is the delight for the mind of Goddess Sita, may auspiciousness be to that Rama.

Balakanda: Childhood Days
Shri Ram Jaya Ram Jaya Jaya Ram (8 times)
Shuddha-Brahma Parathpara Ram
Kalathmaka Parameshwara Ram
Sesa-Thalpa-Sukha-Nidritha Ram
Brahmadyama Prarthitta Ram
Chanda-Kirana-Kula-Mandana Ram
Sreemad-Dasharatha-Nandana Ram
Kausalya-Sukhavardhana Ram
Vishvamitra-Priyadashana Ram
Ghora-Thataka-Ghatika Ram
Marichhadi-Nipatthaka Ram
Kausika-Makha-Samratshaka Ram
Sreemad-Atahyoddhara Ram
Gautamamuni-Sampujitha Ram
Suramuni-Varagama-Sambhusa Ram
Navika-Dhavitha-Mridupada Ram
Mithilapura-Jana-Modaka Ram
Videhi-Manasa-Ranjaka Ram
Tryambaka-Karmaka-Bhanjaka Ram
Sitarpitha-Varamalka Ram
Kitha-Malhika-Kauthika Ram
Bhargava-Darpa-Vinashaka Ram
Sreemadayodhya-Palaka Ram
Ragha-Pathi Raghava Raja Ram
Pathitha-Pavana Sita Ram
Isvarita All There Ram
Sabuko Sannati De Bhagavan

O Lord of Raghuv's clan, born in the line of Raghuv, purifier of the fallen, Sita and Rama. Pure Brahman, both high and lower attributes and with attributes is Rama. Embodiment of time, Supreme Lord is Rama.

Blissful sleeper on the bed of Sesha is Rama. Worshipped by Brahma and other gods is Rama. The abode is in the race of the enigmar son is Rama. The son of great Darasrtha is Rama. The increaser of the delight of Kuhtalya is Rama. The treasury of Vishvantha is Rama. The destroyer of terrible Tataka is Rama. The slayer of Marichi etc., is Rama. The protector of the sacrifice of Vishvantha is Rama. The Liberator of Ayodhya is Rama. The Lord worshipped by Gauvara is Rama. Who is praised by God, Yatra, etc., is Rama. The tender feet, the raft that takes one across the ocean is Rama. Who charmed the people of Mithilapuri is Rama. Who was the delight of Janaka's mind is Rama. Who destroyed the bow of Siva, the three-eyed is Akma. Who was garlanded by Sita is Rama. Who did the sport of marriage is Rama. Who destroyed the pride of Parashurama is Rama. Who sustained Ayodhya is Rama. Lord of Raghuv, born of the family of Raghuv, purifier of the fallen is Rama.

SIDE II, Band 3i

Ramachandra (God Rama) is hero of Raghuv's race. Most valiant in battle-field. Supreme abode of Peace to seekers, The Ocean of mercy and the brother of all in kindness.

Songs of Rama

Ramachandra Raghu Veera
Ramachandra Rama Dheera
Ramachandra Raghu Natha
Ramachandra Jagannatha
Ramachandra Raghuv Rama
Ramachandra Param Dhama
Ramachandra Rama Bandho
Ramachandra Dya-Sindho

---Meaning---

Ramachandra is the hero of the Raghuv race
Ramachandra is valiant in battle-field
Ramachandra is the Lord of the Raghuv race
Ramachandra is the delighter of the Raghuv race
Ramachandra is the Supreme Abode
Ramachandra is my brother
Ramachandra is the ocean of mercy.

9

Shlokam

Jayathu Jayathu Manthram Jana-Sapalya
Manthram
Janame Maraana Bheda Klesha Viccheda Manthram
Sakala Nigama Manthram Sarva Shashthralika
Manthram
wRaghupathi-Nijamanthram Rama-Ramethi
Manthram

---Meaning---

Victory, victory, be to that Mantra (that on the recitation of which one is made to cross the ocean of birth and death), that Mantra which makes the human birth quite fruitful, the Mantra which cuts at the root of birth, death differences and affictions, the Mantra of all the Vedas (scriptures), that one Mantra found in all the Shastras (sciences).

Khalati Mana Hridaye
1. Moha Mahamaya Tara Kari
Raga Dwesa Mukhasura Marce (Khalati...)

2. Shanti Vichoda Sutra Sahacharee
Daharayodhya Nigara Viharee (Khalati...)
3. Parama Hama Sarnajodharee
Sathya Jnanaandha Shariree (Khalati...)
4. Rama Rama Rama Uma Rama Uma Naraka Rama
Rama Krishna Vasantraa Bhakti Mukhi Daya-kam