



Mantras & Shlokas

*A compilation of Vedic Mantras & Shlokas
with a gist of the meaning*

CLASS – II

Compiled by


ARYASAMAJ
FOUNDATION
CHENNAI

Preface

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'**Mantras**' ensconced in the Vedas, is an immense source of knowledge bestowed to human beings by Ishvar, the Supreme Force. They are pearls of wisdom with deep intrinsic meaning. Interestingly, the word 'Mantri' (Minister) derived from 'Mantra', means a scholarly person who always 'thinks and advises'.

'Shlokas' are short verses that communicate the essentials for everyday living and were composed by our Yogis & Rishis.

Researchers have confirmed that chanting Mantras & Shlokas, either in solitude or as a group, has significant physical, mental and emotional benefits. When accompanied by systematic rhythmic deep breathing, chanting sharpens one's mind, improves concentration, energy and enthusiasm.

The rhythmic vibrations created by chanting Mantras and Shlokas create a melodious effect in the body known as the Neuro-linguistic Effect. Another effect known as the Psycho-Linguistic Effect occurs when one understands the meaning of what is chanted.

Mantras & Shlokas are a form of spiritual energy, manifested in words. They use ancient affirmations to bring about positive changes in our lives. The thought-energy waves created by chanting enhances our spiritual quotient, thus maintaining our moral compass and ensuring that we follow the eternal path of 'Dharma'.

The booklet is a compilation of Mantras & Shlokas from diverse sources, based on age appropriateness. The gist of the entire mantra (rather than word-by-word) has been provided, to help better understanding. However, there could be certain errors and omissions in the process. We request the reader to excuse us for the omissions, but please do bring to our notice any feedback for correction and improvement in subsequent versions. We will remain grateful to you for your support and feedback. You can write to **Vedic Vidya Kendra**, 212-213, Avvai Shanmugam Salai, Gopalapuram, Chennai - 600 086 or email to publications@davchennai.org.

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CLASS - II

पुनरावृत्ति:

1. ओ३म् भूर्भुवः स्वः। तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि ।

धियो यो नः प्रचोदयात् ॥

Om bhūr bhuvaḥ svah | Tat-savitur-varenyam bhargo devasya dhīmahi |
Dhiyo yo nah prachodayāt | |

(Yajur Veda | Chapter 36 | Mantra 3) ॐ

Rig Veda | Mandala 3 | Sukta 62 | Mantra 10)

O Ishvar! You are the Source of life (Praana), Remover of sorrow and Giver of happiness. We meditate upon You, the creator of this entire Universe. You are the source of all knowledge and bliss. May You bless us with Supreme intellect and guide it along the path of righteousness.

2. ओ३म् अन्नपते अन्नस्य नो देहि अनमीवस्य शुष्मिणः ।

प्र प्र दातारं तारिष ऊर्जं नो धेहि द्विपदे चतुष्पदे ॥

Om annapate-annasya no dehi-anamīvasya śushminah |
Pra pra dātāram tāriṣa ūrjan no dhehi dvipade chatuṣpade | |

(Yajur Veda | Chapter 11 | Mantra 83)

O Ishvar! The Giver of food! May You provide all living beings, both humans and animals, with healthy and energy producing food. Bless all those who have been involved in preparation of this food.

3. ओ३म् तच्चक्षुर्देवहितं पुरस्ताच्छुक्रमुच्चरत् ।

पश्येम शरदः शतं जीवेम शरदः शतं शृणुयाम शरदः शतं प्रब्रवाम शरदः शतमदीनाः
स्याम शरदः शतं भूयश्च शरदः शतात् ॥

Om Tacchakshur-devahitam purastācchukramuccharat |
Paśyema śaradah śatam jeevema śaradah śatam śrunuyāma śaradah śatam
prabravāma śaradah śatam-adīnāḥ syāma śaradah śatam bhūyash-cha
śaradah śatāt | |

(Yajur Veda | Chapter 36 | Mantra 24 |)

O Ishvar! Our well-wisher and the Source of all knowledge. May we see and learn for a hundred years; May we live a healthy and vibrant life for a hundred years; May we listen to the wisdom of scholars for a hundred years; May we speak Kindly and always the truth for a hundred years; May we live a happy meaningful life for hundred years and indeed even beyond.

4. ओ३म् सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।

सर्वे भद्राणि पश्यन्तु मा कश्चिद् दुःखभाग् भवेत् ॥

Om sarve bhavantu sukhinah sarve santu nirāmayāḥ |

Sarve bhadraṇi paśyantu mā kaśchid duhkha-bhāg bhavet | |

(Bṛihadaranyaka Upanishad)

O Ishvar! May everyone be happy; may all be free from illness and misery. May all see what is auspicious, and may no one suffer any pain.

5. परोपकाराय फलन्ति वृक्षाः परोपकाराय वहन्ति नद्यः ।

परोपकाराय दुहन्ति गावः परोपकारार्थमिदं शरीरम् ॥

Paropakārāya phalanti vrikshāḥ paropakārāya vahanti nadyah |

Paropakārāya duhanti gāvah paropakārārtham-idam śarīram | |

(Subhashitani)

Trees bear fruit for others to enjoy; rivers flow to serve others' needs; cows produce milk for the benefits of others. Likewise, this body should always be devoted to helping others.

6. विद्वत्त्वं च नृपत्वं च नैव तुल्यं कदाचन ।

स्वदेशे पूज्यते राजा विद्वान् सर्वत्र पूज्यते ॥

Vidvatvam cha nripatvam cha naiva tulyam kadāchana |

svadeśe poojyate rājā vidvān sarvatra pūjyate | |

(Hitopadesha)

Intelligence and kingdom (power) can never be compared. A king is honoured only within his own kingdom, but a wise person is respected everywhere.

7. उद्यमेन हि सिध्यन्ति कार्याणि न मनोरथैः ।

न हि सुप्तस्य सिंहस्य प्रविशन्ति मुखे मृगाः ॥

Udyamena hi siddhyanti kāryāṇi na manorathaiḥ |

Na hi suptasya simhasya praviśanti mukhe mṛgāḥ | |

(Hitopadesha)

Success can only be achieved through hard work, not by merely wishing for it. Even a lion, despite its strength, must strive and hunt for its food; a deer does not walk into its mouth on its own.

नवीनाः

1. ओ३म् विश्वानि देव सवितर्दुरितानि परा सुव ।

यद् भद्रं तन्न आ सुव ॥

Om Viśvāni deva savitar-duritāni parāsuva |

Yad bhadram tanna āsuva | |

(Yajur Veda | Chapter 30 | Mantra 3)

O Ishvar! Creator of the entire universe! We pray to You to remove all our shortcomings and vices. May You bestow upon us all good qualities.

2. ओ३म् हिरण्यगर्भः समवर्तताग्रे भूतस्य जातः पतिरेक आसीत् ।

स दाधार पृथिवीं द्यामुतेमां कस्मै देवाय हविषा विधेम ॥

Om hiranya-garbhah samavarta-tāgre bhūtasya jātah patireka āsīt |

Sa dādihāra prithivīm dhyāmutemām kasmai devāya havishā vidhema | |

(Yajur Veda | Chapter 23 | Mantra 1)

O Ishvar! You are the sole Creator of all sources of light, including the Sun. Eternal and unchanging, You have always existed, You are present as of now, and will forever exist in future. You uphold and sustain the Earth and all celestial bodies, supporting the entire Universe. We worship You alone.

3. ओ३म् य आत्मदा बलदा यस्य विश्व उपासते प्रशिषं यस्य देवाः ।

यस्य छायाऽमृतं यस्य मृत्युः कस्मै देवाय हविषा विधेम ॥

Om ya ātmadā baladā yasya viśva upāsate praśisham yasya devāh |

Yasya chāyāmritam yasya mrityuh kasmai devāya havishā vidhema | |

(Yajur Veda | Chapter 25 | Mantra 13)

O Ishvar! You have gifted the soul with a highly intricate physical body, as well as moral and spiritual strength. The learned sing Your praises and humbly accept Your governance and judgment. Your protective grace leads to immortality, while the absence of trust in You brings suffering and fear of death. We worship You alone.

4. ओ३म् यः प्राणतो निमिषतो महित्वैक इद्राजा जगतो बभूव ।

य ईशे अस्य द्विपदश्चतुष्पदः कस्मै देवाय हविषा विधेम ॥

Om yah prānato nimishato mahitvaika idrājā jagato babhūva |

Ya īše asya dvipadaś-chatushpadah kasmai devāya havishā vidhema | |

(Yajur Veda | Chapter 23 | Mantra 3)

O Ishvar! You are the One and only King of this entire universe encompassing all that is living and non-living. You alone are the Creator and Ruler of both humans (bipeds) and animals (quadrupeds). We worship You alone.

5. ओ३म् येन द्यौरुग्रा पृथिवी च दृढा येन स्वः स्तभितं येन नाकः ।

यो अन्तरिक्षे रजसो विमानः कस्मै देवाय हविषा विधेम ॥

Om yena dyaurugrā prithivī cha dridhā yena svah stabhitam yena nākah |

Yo antarikshe rajaso vimānah kasmai devāya havishā vidhema | |

(Yajur Veda | Chapter 32 | Mantra 6)

O Ishvar! You sustain the Universe, including the Sun, Earth, and other celestial bodies, ensuring their harmonious balance. You are the source of true happiness and eternal bliss. We worship You alone.

6. ओ३म् प्रजापते न त्वदेतान्यन्यो विश्वा जातानि परिता बभूव ।

यत्कामास्ते जुहुमस्तन्नो अस्तु वयं स्याम पतयो रयीणाम् ॥

Om prajāpate na tvadetānyanyo viśvā jātāni paritā babhūva |

Yatkāmāste juhūmastanno-astu vayam syāma patayo rayīṇām | |

(Rig Veda | Mandal 10 | Sukta 121 | Mantra 10)

O Ishvar! You are the supreme Lord of all, ruling over life forms and this material world. May You fulfil all our cherished desires and bless us with wealth and prosperity.

7. ओ३म् स नो बन्धुर्जनिता स विधाता धामानि वेद भुवनानि विश्वा ।

यत्र देवा अमृतमानशानास्तृतीये धामन्नध्वैरयन्त ॥

Om sa no bandhur janitā sa vidhātā dhāmāni veda bhuvanāni viśvā |

Yatra devā amritamāna-śānās-tritīye dhāmann-adhyairayanta | |

(Yajur Veda | Chapter 32 | Mantra 10)

O Ishvar! You are our parent and brother, our sustainer and guide. You are our teacher and judge, with perfect knowledge of the name, place, and origin of all things. Enlightened souls who place their trust in You, experience true freedom and remain undisturbed by suffering.

8. ओ३म् अग्ने नय सुपथा राये अस्मान् विश्वानि देव वयुनानि विद्वान् ।

युयोध्यस्मज्जुहुराणमेनो भूयिष्ठां ते नम उक्तिं विधेम ॥

Om agne naya supathā rāye asmān viśvāni deva-vayunāni vidvān |

Yuyodhyasmaj-juhurānameno bhūyishttānte nama uktim vidhema | |

(Yajur Veda | Chapter 40 | Mantra 16)

O Ishvar! Please lead us on to the right path of honesty and simplicity, cleansing us of all sins and falsehood. May we perform only good deeds. We praise and worship You alone.

9. दृष्टिपूतं न्यसेत्पादं वस्त्रपूतं जलं पिबेत् ।

सत्यपूतां वदेद्वाचं मनःपूतं समाचरेत् ॥

Drishti-pūtam nyaset-pādam vastra-pūtam jalam pibet |

satya-pūtām vaded vācham manah pūtam samācharet | |

(Manu Smṛiti | Chapter 6 | Shloka 46)

Take a step after looking ahead; drink water filtered through a cloth; speak only what is true; perform actions (karma) with a pure and clear mind.

10. धृतिः क्षमा दमोऽस्तेयं शौचमिन्द्रियनिग्रहः ।

धीर्विद्या सत्यमक्रोधो, दशकं धर्म लक्षणम् ॥

Dhritih kshamā damosteyam śauchamindriya-nigrahaḥ |

Dhīr vidyā satyamakrodho daśakam dharma lakshanam | |

(Manusmṛiti | Chapter 6 | Shloka 92)

Dharma encompasses ten key qualities: patience, forgiveness, control of mind, non-stealing, cleanliness (both internal and external), control of senses, intellect guided by reason, true knowledge, truthfulness and freedom from anger.

11. मनस्यन्यत् वचस्यन्यत् कर्मण्यन्यत् दुरात्मनाम् ।

मनस्येकं वचस्येकं कर्मण्येकं महात्मनाम् ॥

Manasyanyat vachasyanyat karmanyanyat durātmanām |

manasyekam vachasyekam karmanyekam mahātmanām | | (Hypotadesha)

Those who align their thoughts, words, and actions in perfect harmony are noble. In contrast, those whose actions contradict their thoughts and words are dishonorable.

12. यं मातापितरौ कष्टं सहेते संभवे नृणाम् ।

न तस्य निष्कृतिः शक्या कर्तुं वर्षशतैरपि ॥

Yam matāpitarau kṣtam saheṭe sambhave nṛiṇām |

Na tasya niṣkṛiti śakyā kartum varṣa-śatair-api | |

(Manusmṛiti)

Our parents (mother & father) endure immense pain and countless challenges to bring us into the world and raise us. Their debt is so profound that it cannot be repaid, even in a hundred years.

13. तयोर्नित्यं प्रियं कुर्यादाचार्यस्य च सर्वदा ।
तेष्वेव त्रिषु तुष्टेषु तपः सर्वं समाप्यते ॥

Tayornityam priyam kuryāt āchāryasya cha sarvadā |
Teṣveva triṣu tuṣṭeṣu tapah sarvam samāpyate | |

(Manusmriti)

We should always deeply respect our Mother, Father, and the Acharya. True 'Tapasya' lies in earning their happiness and satisfaction.

14. अक्रोधेन जयेत् क्रोधमसाधुं साधुना जयेत् ।
जयेत् कदर्यं दानेन जयेत् सत्येन चानृतम् ॥

Akrodhena jayet krodham-asādhunā sādhunā jayet |
Jayet kadaryam dānena jayet satyena chānritam |

(Mahabharat)

Conquer an angry person with patience (not by reacting). Defeat a wicked person with kindness. Overcome a miser by generously giving to charity, and counter a liar by always speaking the truth.

15. अभिवादनशीलस्य नित्यं वृद्धोपसेविनः ।
चत्वारि तस्य वर्धन्ते आयुर्विद्या यशो बलम् ॥

Abhivādana śīlasya nityam vridhdhopasevinah |
Chatvāri tasya vardhante āyurvidyā yaśo balam | |

(Manusmriti | Chapter 2 | Shloka 96)

The humility of one who regularly serves the elderly - leads to growth in longevity, knowledge, success, and strength

16. साहित्यसंगीतकलाविहीनः साक्षात् पशुः पुच्छविषाणहीनः ।
तृणं न खादन्नपि जीवमानः तद्भागधेयं परमं पशूनाम् ॥

Sāhitya-sangita-kalā-vihīnah sāksāt paśu-puccha-viṣāṇa-hīnah |
Triṇam na Khādannapi jivamānah tad-bhāga-dheyam paramam paśūnam | |

(Niti Shatakam)

A person who lacks knowledge of literature, music, or any form of art is akin to an animal without tail or horns. It is merely his good fortune that he doesn't graze on grass.

17. प्रारभ्यते न खलु विघ्नभयेन नीचैः,
प्रारभ्य विघ्नविहता विरमन्ति मध्याः ।
विघ्नैः पुनः पुनरपि प्रतिहन्यमानाः
प्रारभ्य च उत्तमजनाः न परित्यजन्ति ॥

Prārabhyate na khalu vighnabhayena nīchaih
prārabhya vighnavihatā viramanti madhyāḥ ||
Vighnaih punah punarapi pratihanyamānāḥ
prārabhya cha uttamajanāḥ na parityajanti ||

(Nīti Shatakam)


The Weak avoid starting challenging tasks due to fear; the mediocre begin but abandon them at the first sign of difficulty. Strong-minded individuals, however, persevere and refuse to give up, no matter how many obstacles or hardships they face.

SAMARPAN PRARTHANA – DEVOTIONAL PRAYER

18. हे विभो! आनन्दसिन्धो! मे च मेधा दीयताम्।
यच्च दुरितं दीनबन्धो! तच्च दूरं नीयताम्॥ हे विभो...
चंचलानि चेन्द्रियाणि मानसं मे पूयताम्।
शरणं याचे तावकोऽहं सेवकोऽनुगृह्यताम्॥ हे विभो...
त्वयि च वीर्यं विद्यते यत् तच्च मयि निधीयताम्।
या च दुर्गुणदीनता मयि सा तु शीघ्रं क्षीयताम्॥ हे विभो...
शौर्यं धैर्यं तैजसं च भारते चेक्रियताम्।
हे दयामय अयि अनादे! प्रार्थना मम श्रूयताम्॥ हे विभो...

Hey vibho! ānandasindho! me cha medhā dīyatām |
Yacchaduritam dīnabandho! taccha dūram nīyatām || Hey vibho...
Chanchalāni chendriyāṇi mānasam me pūyatām |
Śaranam yāche tāvakoham sevakonugrihyatām || Hey vibho...
Tvayi cha vīryam vidyate yat taccha mayi nidhīyatām |
Yā cha durguna dīnatā mayi sā tu śīghram kshīyatām || Hey vibho...
Śauryam dhairyam taijasam cha bhārate chekrīyatām |
Hey dayāmaya ayi anāde! prārthanā mama śrūyatām || Hey vibho..

O Ishvar! The ocean of happiness; bless me with good intellect.
Please remove all my bad qualities and evil deeds.
Purify my various sense organs and mind, which are easily distracted.
I have come to You; Kindly accept me as Your 'sevak'.



O Ishvar! Please bestow me with the vigor that you possess.
Remove at once all my weakness and bad qualities.
May all citizens of this country (Bharat) be brave, bright and patient.
O compassionate Almighty, the source of bliss, please listen to my prayers.