



*a book Sanskrit chants*

*The Chant*  
*by*  
*Les*  
*Leventhal* **Book**

Chant Book – I have put this chant book together so that you can see some of the translations of the chants we sing together in class. Some of them are very easy to understand and others will take a bit more study of the gods and goddesses that bless us all. Some are chants that we sing every week and others are chants that I am working on incorporating into our practice. I have drawn from many resources to put this together in a simplified form for you to enjoy.

It is said that even if you don't know the words while chanting and even if you don't know the meaning of a chant – that just the coming together of breath and voice in song can unite us in community, ground us and that a sound and vibrational healing begins to take place.

This chant book has been compiled from many chants that have been taught to me by many amazing teachers. Some of the translations have been changed a little to reflect my teaching, my understanding and from that place with which I heal. Other translations speak so directly to my soul that I teach them exactly the same way they have been passed on to me. Some of the teachers include, but are not limited to, Tias Little, Ana Forrest, Rusty Wells, Janet Stone, Stephanie Snyder and Jonathan Reynolds (chants and translations found on pages 3 -7 were collected/organized by Jonathan Reynolds. Some of these chants do not have agreed upon common names nor could an exact translation be found. In such instances, Jonathan named and translated them to the best of his ability. If you would like to reproduce translations from these pages, contact Jonathan directly, [jonathan@learningtolisten.info](mailto:jonathan@learningtolisten.info)). I hope that you will feel moved, as I am, to pass them along to people you meet.

Enjoy.

Hari Om Tat Sat.

-Les

## **Sambasada Shiva**

Sambasada Shiva, sambasada Shiva, sambasada Shiva, jay jay Om  
Jay mata, jay mata, jay sri mata jay jay ma

Chant to Lord Shiva, the transcendent reality that exists in every soul. Shiva is beautiful and filled with compassion, reveling blissfully in truth and consciousness, and conquering even death.

## **Sita Ram**

Sita Ram, Sita Ram, Sita Ram jaya Sita Ram  
Oh Sita Ram Sita Ram Sita Ram Sita Ram, Sita Ram Sita Ram jay  
jay Sita Ram

A chant for uniting with our own perfect masculine and feminine:  
glory to the divine couple Sita and Ram.

## **Patanjali Invocation**

Vande Gurunam Caranaravinde Sadarsita Svatma  
Sukhava Bodhe, Nih Sreyase, Jangalikayamane  
Samsara, Halahala, Mohasantyai, Abahu, Purusakaram  
Sankhacakrasi Dharinam Sahasra Sirasam Svetam  
Pranamami, Patanjalin

I pray at the lotus feet of the supreme guru who teaches the good knowledge, showing the way to knowing the self-awakening great happiness; who is the doctor of the jungle, able to remove the poison of the ignorance of conditioned existence.

To Patanjali, an incarnation of Adisesa, white in color with 1000 radiant heads, human in form below the shoulders holding a sword, a wheel of fire, and a conch, to him, I bow.

## **Radhe Govinda**

Radhe Govinda, Radhe Govinda

Radhe Radhe Govinda Radhe Radhe, Radhe Radhe Govinda Radhe

Chant to Krishna (Govinda), the eternal lover of Radha, the flute playing king of the cowherds, who emanates waves of supreme consciousness, light, and bliss.

## **Teacher Mantra/ Guru invocation**

Guru Brahma Guru Vishnu Guru Devo Maheswara,

Guru Sakshat Param Brahma

Tasmai Sri Guruve Namaha

Guru is that which dispels the darkness

Guru is Brahma the Creator

Guru is Vishnu the Preserver

Guru is Shiva the Transformer

Guru is the Supreme Being manifest in human form

To that Supreme Divine Teacher, I offer my heartfelt salutations,  
reverence and endless gratitude

*alternate translation:*

To that teacher which is creation

To that teacher which is this life

To that teacher which is challenge and transformation

To that teacher which is each of us, sits beside us and

To that teacher which is beyond this life formless and supreme

I bow down and offer my efforts to all teachers

## **Anandoham**

Sachara Chara Para Purna, Shivoham Shivoham  
Nityananda Swarupa, Shivoham Shivoham  
Anandoham Anandoham Anandoham Anandoham

My true nature is eternal, pure, and infinite. I am pure  
consciousness, indifferent observer of everything. I am bliss, I am  
bliss, I am bliss, I am bliss

## **Shiva Shambho**

Shiva Shiva Shiva Shambho, Shiva Shiva Shiva Shambho  
Mahadeva Shambho, Mahadeva Shambho

Shiva, bestower of good (the benevolent), Mighty Lord, the bestower  
of good.

## **Maha Mrityunjaya Mantra**

Om Tryambakam Yajamahe  
Sugandhim Pushtivardhanam  
Urvarukamiva Bandhanam  
Mrityor Mukshiya Mamritat

We worship the three-eyed Lord (Shiva) who is full of sweet  
fragrance and nourishes human beings. May he liberate me from  
bondage, even as the cucumber is severed from the vine.

## **Om Namah Shivaya**

Om Namah Shivaya, Om Namah Shivaya  
Shivaya Namah, Shivaya Namah Om

Shiva is the lord of ascetics and recluses. Shiva, the Cosmic Dancer, presides over destructive energies, which break up the universe at the end of each age. This is the process of the old making way for the new. In a more personal sense, it is Shiva's energy by which one's lower nature is destroyed, making way for growth. I bow to the evolution.

## **Tome Bhaja Remana**

Tome Bhaja Remana, Tome Japa Remana  
Om Sri Ram jaya Ram, Shri Ram jaya Ram  
Japa Remana

A chant to King Ram, an avatar (divine incarnation) of Vishnu, the element of existence that acts to preserve and to sustain all life. A Bhajan is a song sung in Hindi, India's national language; to be distinguished from mantras, which are in Sanskrit, India's language of all things religious and studious. Japa is the use of sound repetition to elicit the experience of meditation.

## **Universal Peace Mantra**

Loka Samastha Sukhino Bhavantu  
Om Shanti Shanti Shanti Om

May all beings everywhere be happy and free.  
Peace, Peace, Peace

## **Sri Krishna Arati**

Sri Krishna Govinda Hare Murare  
Hey Nata Narayana Vasudeva

Oh Beloved Krishna, Oh Govinda, Oh Hare, Hey Murare,  
Oh Lord Narayana, Oh Vasudeva [all names of Krishna].  
I worship you with my heart and soul.

## **Asato Ma**

Asato ma sat gamaya  
Tamaso ma jyotir gamaya  
Mrtyor ma amratam gamaya

Lead me from untruth to truth  
Lead me from darkness to light  
Lead me from the fear of death to the knowledge of immortality

## **Gayatri Mantra**

*(considered one of the oldest chants in the world)*

Om Bhur Bhuva Svah  
Tat Savitur Varenyam  
Bhargo Devasya Dhimahi  
Dhiyo Yo Nah Pracodayat

Earth Atmosphere Heavens  
We Meditate on the Divine  
Sources's Brilliant Light.  
May That Guide  
Our Thoughts and Prayers.

## Chant to Mothers

Om Mata (Sun)

Om Kali (Mother of death and destruction of and from suffering)

Durga Devi (Mother of rebuilding, reflection, manifestation, of supreme beauty)

Namo Namah (I bow to)

## Om Namō Bhagavate

Om Namō Bhagavate Vasudevaya

Om Namō Bhagavate Vasudevaya

Om Namah Shivaya, Om Namah Shivaya,

Om Namah Shivaya, Om Namah Shivaya

Om, I bow in reverence to the supreme Lord Vasudevaya. The all pervading essence of all beings and the sustainer of creation.

Bhagavate literally means “One who possesses great wealth”. The title Bhagavan is used to mean Lord or Great God. Vasudevaya refers to Lord Vishnu, (one of the trinity of Gods: Brahma, Vishnu and Shiva). Vishnu also known as Narayana, is the supreme being or Ultimate Reality for Vaishnavas (devotees of Lord Krishna) and a manifestation of Brahman (God) in the Advaita tradition of Hinduism.

Vishnu incarnated on the earth as Lord Krishna. The Vishnu Sahasranama describes Vishnu as the All-Pervading Essence of all beings. He is not limited by space, time or substance, Vishnu supports, sustains and governs the Universe and originates and develops all elements within.

In the Trimurti, (Hindu Trinity) Vishnu is responsible for the maintenance or ‘preservation’ of the Universe, with the other roles of creation and destruction being under the care of Brahma and Shiva, respectively.



## **Songs to Ganesha**

Ganesha, our great elephant god, remover of obstacles not that he would remove things from our lives that challenge us or that create struggle or suffering but rather Ganesha would reveal or unveil so that we might sit with, see more clearly and become one with the Atman, the divine, that true uncluttered nature of ourselves, even in times of need.

### **Ganesha Sharanam**

Ganesha Sharanam  
Sharanam Ganesha  
Gan Gan Ganapati  
Sharanam Ganesha

We take refuge in Ganesha,  
Remover of all obstacles  
We call up everything that is Ganesha in our own hearts  
We ask for refuge and protection

### **Sri Ganesha**

Sri Ganesha Sri Ganesha Sri Ganesha Pahimam  
Jai Ganesha Jai Ganesha Jai Ganesha Rakshamon  
Sri Ganesha Pahimam  
Jaya Ganesha Rakshamon

## **Songs to Divine Mother – The Divine Goddess**

### **Twameva Mata – translation by Yogananda**

Twameva Mata, Shapita Twameva  
Twameva Bhandus, Chasaka Twameva  
Twameva Vidyea, Dravenam Twameva  
Twameva Sarvum, Mama Deva Deva

Thou art my Mother, My Father thou art,  
Thou art my Friend, like a brother art thou,  
Thou art my Wealth, My Wisdom thou art,  
Thou art my own Light of Lights art thou

### **Durge Durge**

Durge Durge Durge Jai Jai Ma Durge Durge Durge Jai Jai Ma  
Durge Durge Durge Jai Jai Ma Durge Durge Durge Jai Jai Ma

### **Namastasyai, Namastasyai, Namastasyai, Namo Namah**

*(repeat after each line)*

Ya Devi SarvaBhutesu, Buddhi Rupena Sansthita  
Ya Devi SarvaBhutesu, Shakti Rupena Sansthita  
Ya Devi SarvaBhutesu, Nidra Rupena Sansthita  
Ya Devi SarvaBhutesu, Chaiya Rupena Sansthita  
Ya Devi SarvaBhutesu, Daya Rupena Sansthita

*(continued on next page...)*

Ya Devi SarvaBhutesu, Kanti Rupena Sansthita  
Ya Devi SarvaBhutesu, Bhranti Rupena Sansthita  
Ya Devi SarvaBhutesu, Shantih Rupena Sansthita  
Ya Devi SarvaBhutesu, Tushti Rupena Sansthita  
Ya Devi SarvaBhutesu, Lakshmi Rupena Sansthita

Salutations to the Goddess who resides in all beings in the form of wisdom, light, abundance. To that constant, eternal Presence, I gratefully offer myself again and again. The feminine energy or nature resides in all beings (RupenaSansthita). As the flow of life, she is expressed in us as wisdom (Buddhi), Sleep (Nidra), the shadow (Chaiya), misunderstanding (Bhranti), peace (Shantih), contentment (Tushti), abundance (Lakshmi), Matri (Mother), Daya (Compassion), Kanti (Radiance) and Shakti (primal Source Energy).

## **Gopala**

Gopala Gopala Devaki Nandana Gopala  
Gopala Gopala Devaki Nandana Gopala  
Devaki Nandana Gopala Devaki Nandana Gopala  
Devaki Nandana Gopala Devaki Nandana Gopala

## **Radha Rani**

Radha Rani Ki Jai, Maharani Ki Jai  
Bolo Radha Govinda Ki Jai, Jai, Jai  
Radhe Radhe Sham, Bolo Radhe Radhe Sham

We honor and adore the precious goddess Radha,  
The beloved of Krishna, the Beloved of all

## **Anusara Opening Invocation**

Om Namay Shivaya Gurave  
Sachidananda Murtaye  
Nischprapancaya Shantaya  
Niralambaya Tejase

I offer myself the one true Teacher within and without  
In the forms of reality, consciousness, and bliss  
Ever present and full of peace  
Independent being, the vital essence of illumination

## **Student's Four Parts of Learning**

Acaryat padamadatte  
Padam sisyah svamedhaya  
Padam sabrahmacaribhyah  
Padam kaladramena ca

A student receives  
1/4 part (of their learning) from a teacher,  
1/4 part from (their) own intelligence,  
1/4 part by means of fellow students,  
And 1/4 part with the course of time.

## **Sivo Ham**

Cidanandarupah Sivo ham Sivo ham

I am Siva in the form of consciousness and bliss.

## **Cherokee Morning Song**

As sung by Walela

Wi-na-de-ya-ho, wi-na-de-ya-ho  
Wi-na-de-ya, wi-na-de-ya  
Ho-ho-ho-ho  
Hey-ya-ho, he-ya-ho-ya-ya-ya

## **Cree Morning Song**

Sa sa pee ay see say  
May cum oh wahahahahah  
Pay meoh nah quan kay tes kee nut  
Way – ah ya hey ya hey ya hi yo

## **Wishi Ta**

From Sean Porter – a river song

Whishi ta do ya do ya do ya  
Whishi ta do ya do ya hey

Wishi ta do ya do ya do ya  
Whish ta do ya do ya hey

Washa ten ay ah hey ah hey ah  
Washa ten ay ah hey ah hey

Washa ten ay ah hey ah hey ah  
Washa ten ay ah hey ah hey

Heart Sutra

(Korean)

Ma-ha ban-ya ba-ra-mil-ta shim gyon  
 Kwan-ja-jae bo-sal haeng shim ban-ya ba-ra-mil-ta  
 Shi jo-gyon o-on gae-gong do il-che go-aek

Sa-ri-ja saek-bul-i-gong gong-bul-i-saek  
 Saek-juk-shi-gong gong-juk-shi-saek  
 Su-san-haeng-shik yok-pu-yo-shi

Sa-ri-ja shi-je-bop-dong-sang  
 Bul-saeng-bul-myol bul-gu-bu-jong bu-jung-bul-gam  
 Shi-go gong-jung-mu-saek mu su-sang-haeng-shik  
 Mu an-i-bi-sol-shin-ui mu saek mu su-sang-haeng-shik  
 Mu an-i-bi-sol-shin-ui mu saek-song-hyang-mi-chok-pop  
 Mu-an-gye nae-ji mu-ui-shik-kye  
 Mu-mu-myong yok mu-mu-myong-jin  
 Nae-ji mu-no-sa yong-mu-no-sa-jin  
 Mu go-jim-myol-do mu-ji yong-mu-duk-I mu-so duk-ko

Bo-ri-sal-ta ui ban-ya ba-ra-mil-ta go-shim-mu ga-ae  
 Mu-ga-ae-go mu-yu-gong-po  
 Wol-li jon-do mong-sang gu-gyong yol-ban  
 Sam-se je-bul-ui ban-ya ba-ra-mil-ta  
 Go-duk-a-nyok-ta-ra sam-myak sam-bo-ri

Go-ji ban-ya ba-ra-mil-ta shi-dae-shin-ju  
 Shi-dae-myong-ju shi-mu-sang-ju  
 Shi-mu-dung-ju nung-je-il-che-go  
 Jin-shil bul-ho go-sol ban-ya ba-ra-mil-ta ju  
 Juk-sol-ju-wal

a-je a-je ba-ra-a-je ba-ra-sung-a-je mo-ji sa-ba-ha  
 a-je a-je ba-ra-a-je ba-ra-sung-a-je mo-ji sa-ba-ha  
 a-je a-je ba-ra-a-je ba-ra-sung-a-je mo-ji sa-ba-ha

ma-ha ban-ya ba-ra-mil-ta shim gyong

## Heart Sutra

(English)

The Maha

Prajna Paramita Hrdaya Sutra

Avalokitesvara Bodhisattva

When practicing deeply the Prajna Paramita  
Perceives that all five skandhas are empty  
And is saved from all suffering and distress.

Shariputra,

Form does not differ from emptiness,  
Emptiness does not differ from form.  
That which is form is emptiness,  
That which is emptiness form.  
The same is true of feelings,  
Perceptions, impulses, consciousness.

Shariputra

All dharmas are marked with emptiness;  
They do not appear or disappear,  
Are not tainted or pure,  
Do not increase or decrease.  
Therefore, in emptiness no form, no feelings,  
Perceptions, impulses, consciousness.

No eyes, no ears, no nose, no tongue, no body, no mind;  
No color, no sound, no smell, no taste, no touch, no object of mind;  
No realm of eyes ...  
And so forth until no realm of mind consciousness.

No ignorance and also no extinction of it ...  
And so forth until no old age and death  
And also no extinction of them.  
No suffering, no origination,  
No stopping, no path, no cognition,  
(continued on next page...)

*(...continued from previous page)*

Also no attainment with nothing to attain.

The Bodhisattva depends on Prajna Paramita  
 And the mind is no hindrance;  
 Without any hindrance no fears exist.  
 Far apart from every perverted view one dwells in Nirvana.

In the three worlds  
 All Buddhas depend on Prajna Paramita  
 and attain Anuttara Samyak Sambodhi.

Therefore know that Prajna Paramita  
 Is the great transcendent mantra,  
 Is the great bright mantra,  
 Is the utmost mantra,  
 Is the supreme mantra  
 Which is able to relieve all suffering  
 And is true, not false.  
 So proclaim the Prajna Paramita mantra,  
 Proclaim the mantra which says:

Gate gate paragate parasamgate bodhi svaha  
 Gate gate paragate parasamgate bodhi svaha  
 Gate gate paragate parasamgate bodhi svaha



# The Chant Book

*by Les Leventhal*

Les Leventhal  
97 Collingwood  
San Francisco, CA 94112  
<http://www.YogaWithLes.com>