

ELEMENTAL SERIES FEATURE SANSKRIT CHANTS

1. OM ASATO MA SAT GAMAYA

(Traditional)

Episode #2

Om asato ma sat gamaya
Tamaso ma jyotir gamaya
Mrityor ma amritam gamaya

*May I be lead from untruth to truth,
From darkness to light,
From death to life.*

2. MAITREE KARUNA MUDITA UPAKSHAANAAM

(from Patanjali Yoga Sutras 1-33)

Episode #7

Maitree karuna muditopakshaanaam
Sukh duhkh punya apunya vishayaanaam
Bhaavanaatschitta prasaadanam

*Practise friendliness, compassion, joy and equanimity,
To all beings whether they are happy, sad, good or not good,
And your mind will be blessed with light.*

3. SARVAY BHAVATU SUKHINAHA

(Traditional)

Episode #12

Sarvay bhavantu sukhinaha
Sarvay santu niraamayaha
Sarvay badhrani pashyant
Maakashchitt dukkh bhaga bhavayt

*May all on Earth be blessed,
May all remain forever free.
We wish joy to all beings, May they know their immortality.*

4. TRI GUNYA VISHAYAA VAYDA

(from the Bhagavad Gita 2-45)

Episode #17

Tri gunya vishayaa vayda
Nistrigunyo bhaav arjun
Nir dwandwo, nitya sattwastho,
Nir yogshaym, aatmavaan

*All knowledge is made up of the worldly elements,
You must go beyond these elements;
Beyond duality, always established in intelligence and light,
Beyond attachments, be established in your true self.*

5. NAINAM CHINDANTI SHASTRAARNI

(from the Bhagavad Gita 2-23)

Episode #22

Nainam chindanti shastraarni
Nainam dahati paavakaha
Na chainam klaydayanti aapo
Na shoshayati maarutaha

*I am not cut by weapons, nor burnt by fire,
Neither wet by water, nor blown by the wind.*

