

YOGA MUSIC OF INDIA

VOLUME ONE

Mangalam (Prayer)

Ya Kundendu—Shloka and Namavali (Saraswathi Sthothram)

Mangalam Yogivaryaya (Sree Sivananda Guru Sthothram)

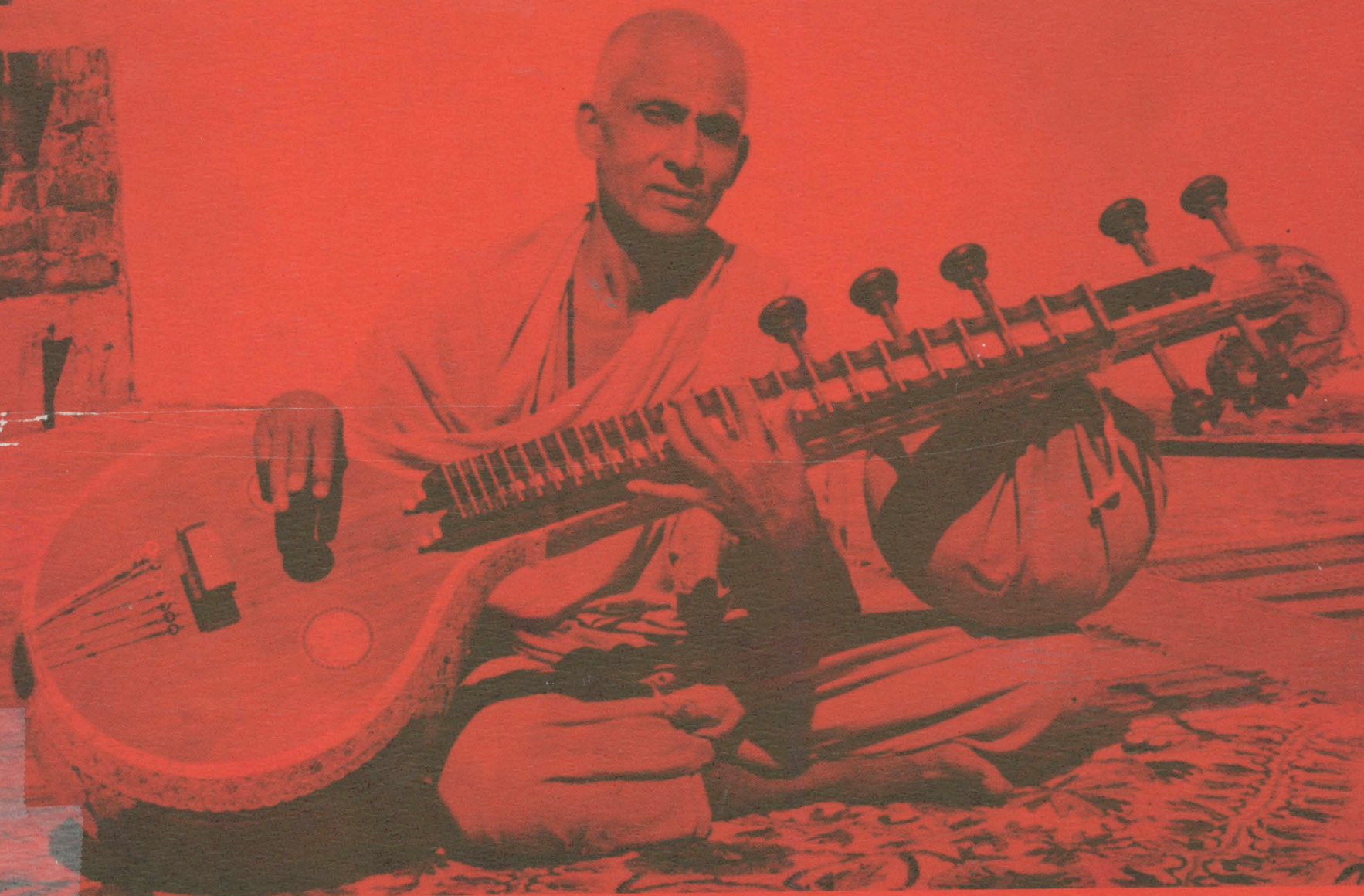
Shadananam-Sree (Subramanya Sthothram)

Yatra Yatra Raghunatha Kirtanam (Sri Hanumat Sthothram)

Mangalam Ramachandraya (Sri Nama Ramayanam)

Ramachandra Raghu Veera (Sri Ramasthothram)

Sung with Veena accompaniment by Swami Vidyananda



M
1808
V655
Y54
1964

FOLKWAYS RECORDS FR 8903

MUSIC LP

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DESCRIPTIVE NOTES INSIDE POCKET

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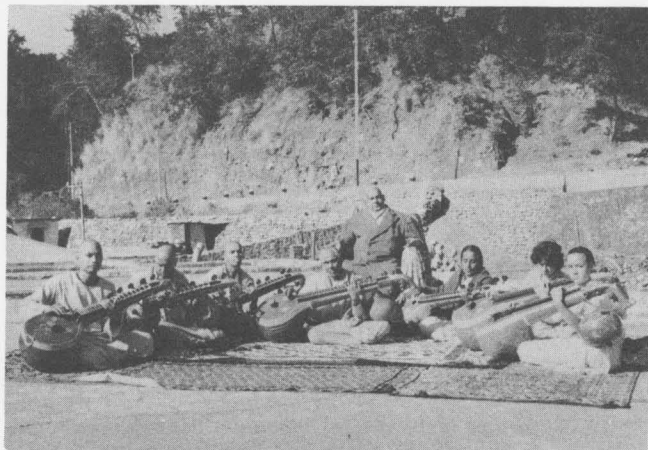
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COVER DESIGN BY RONALD CLYNE

YOGA MUSIC OF INDIA FOLKWAYS RECORDS FR 8903

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YOGA Music of India Volume 1



H. H. SRI SWAMI SIVANANDA, CHANCELLOR of the YOGA VEDANTA FOREST ACADEMY with the professors and students of music. The instrument they play is the VEENA.

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-

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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.

OMTAT-SAT....

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

—Shloka—

Mangalam Dishathu Me Vinayako
 Mangalam Dishathu Me Saraswathi
 Mangalam Dishathu Me Maheshwari
 Mangalam Dishathu Me Sadashivah
 Gurur Brahma Gurur Vishnur
 Gurur Devo Maheshvarah
 Guruh Sakshat Para-Brahma
 Tasmai Shri Gurave Namah.

—Meaning—

May Ganesha bring about auspiciousness
 May Saraswati bring about auspiciousness
 May Maheshwara bring about auspiciousness
 May Sadasiva bring about auspiciousness

Guru is Brahma, 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 Sa-
 raswathi Pahi Mam
 Sri Saraswathi Sri Saraswathi Sri Saras-
 wathi 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"

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Inclusive of all lavish decorations and ornamentations
And who is always worshipped even by the Gods of Trinity,
Make me ever-active, destroying all inertness in me.

Saraswathi Sthothram

—Shloka—

Ya Kundendu Tusharahara Dhavala - Ya Shubhra
Vasthravritha
Ya Veena Varadanda Mandithakara - Ya Swetha
Padmasana
Ya Brahmachyutha Sankara Prabhrithibir - Devaih
Sada Pujitha
Sa mam Pathu Sarasvathi Bhagavathi - Nissessa
Jadyapaha

—Meaning—

Who is white like the jessamine, the moon and the snow, who is adorned in a white sari, who has got in Her hands the Veena, whose hands are adorned with the staff of granting boons, who is seated in a white lotus, who is worshipped always by Gods like Lord Brahma, the indestructible Vishnu, Lord Shankara and others. May that Goddess Saraswati remove all the inertness.

Sri Saraswathi Namostute

(1) Varade

(2) Para Devathe

Sripati Gauripati Guruguha Vinuthe Vidhiyuvathe
Vasanatraya Vitarjita Varamuni Bhavita Murthe
Vasavadyakhila Nirjara Vaavitharana Bahu kirthe
Darahasa Yutha Mukhamburuhe Adbhuta Chara-
namburuhe

Samsarabheetyapahe - 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 Saraswati
I. Granter of boons
II. To Thee, O Supreme Goddess

Saluted by Sri Pathi (Vishnu), Gauripathi (Shiva), Guru
and Guha or
Subramanya, darling of Brahma, free from the three types
of Vasanas,

Thy form if meditated upon by the best of minds,
Meditated upon by ageless Indra, bestower of boons of great
fame

With smiling face, consort of Brahma and unique feet,
Destroyer of Samsara, through knowledge, abode of all
letters and Mantras.

SIDE I, Band 3:

song:

Oh Sivananda Gurudev!
You are the most Divine among the Divine Teachers;
And you have in you all the best qualities
that could be ever thought of;
Please have compassion on me and help me cross
the Ocean of this worldly life with ease,
To get atuned with the Universal Cosmic Conscious-
ness where only one can get Eternal Peace.

Guru Sthothram

—Shloka—

Mangalam Yogivaryaya Mahaniya Gunabhdhayc
Gangateera Nivasaya Sivanandaya Mangalam

—Meaning—

Guru, auspiciousness be to the greatest of Yogis,
Who is an ocean of the greatest qualities,
Who s living on the banks of the Ganges,
To that Sivananda let there be auspiciousness.

1. Deva Deva Sivananda Deena Bandho Pahi Mam
Chandravadana Mandahasa Premarupa Raksha

Mam

Madhura Gita Ganalola Jnanarupa Pahi Mam
Samasthaloka Pujithaya Mohananga Raksha
Mam

2. Divya Ganga Teeravasa Dana Sheela Pahi Mam
Papaharana Punya Sheela Paramapurusha Rak-
sha Mam
Bhaktaloka Hridayavasa Swaminatha Pahi Mam
Chitswaroopa Chidananda Namah Sivaya Rak-
sha Mam

Sat Guru Jaya Sat Guru Jaya Sat Guru Jaya Pahi
Mam

Sat Guru Jaya Sat Guru Jaya Sat Guru Jaya Rak-
sha Mam

—Meaning—

1. Sivananda is God of gods, brother of the humble—
may he protect me.
Moonlike face, mild smile, embodiment of love,
may he protect me.
Who delights in singing sweet songs, embodiment of
wisdom, may he protect me.
Who is adored by all beings, who is of charming limbs,
may he protect me.
2. Who resides by the bank of the river Ganga, who is
generous, may he protect me.
Who removes sin, who is full of virtues, Supreme
Purusha, may he protect me.
Who abides in the hearts of the devotees, the Lord,
may he protect me.
Who is the embodiment of consciousness and bliss,
salutations to Shiva, may he protect me.

SIDE I, Band 4:

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

—Shloka—

Shadananam Kunkuma Raktha Varnam Maha Mathim
Divya Mayura Vahanam
Rudrasaya Sunum Surasainya Natham Guham Sada-
aham 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 Nama Nama
Veda Mantra Svaroopo Nama Nama
Jnana Panditha Swami Nama Nama Veku Koti
2. Nama Shambhu Kumara Nama Nama
Bhoga Anthari Bala Nama Nama
Naga Bandha Mayoora Nama Nama Para Shoora
3. Ccheda Danda Vinoda Nama Nama
Githa Kinkini Pada Nama Nama
Dhira Sambhrama Vira Nama Nama Giri Raja
4. Deep Mangala Jyoti Nama Nama
Thooya Ambal Lila Nama Nama
Deva Kunjajri Bhaga Nama Nama Arul Tharay

—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

- Praise to Him, who is the King of Jnanis
2. Praise to Him, who is the son of Camba (Shiva)
Praise to Him, who is Devi of all prosperity and bliss
Praise to Him, who rides on peacock and controls the snake of sense Vasanas of devotees
 3. Praise to Him, who dances marvellously on the Prana
Praise to Him, whose foot anklet makes melody of Kinkini
Praise to Him, who is the hero of great valour, king of hills
 4. Praise to Him, who is present in light offerings
Praise to Him, who dances at the sacred arena
Praise to Him, who has Devayana by His side
Please bestow grace and bliss.

—Namavali—

Subramanya Subramanya Subramanya Pahi mam
Karthikeya Karthikeya Karthikeya Raksha mam

SIDE II, Band 1:

sloka:

My prostrations to God Hanuman, the son of
Vayu (the wind God),
Who always present himself wherever Divine
Or Adorations are spoken or even thought
of Sri Rama,
With folded hands and overflowing Bhakti (feeling
of intense love for God).

song:

My prayers to Sri Hanuman, who is ideal Rama
Bhakta
With tears of feelings pouring out in torrents;
Enjoying to the full the subtleties of ardent love
And dancing with supreme devotion,
Uttering always Rama-Mantra,
Bestowing happiness to all God-lovers.

Sri Hanumat Sthothram

—Shloka—

Yathra Yathra Raghunatha Kirtanam
Thatra Thatra Kritha Mastakanjalim
Bashpavari Paripurnalochanam
Maruthim Namatha Rakshasantakam

—Meaning—

Wherever, wherever the Kirtans (songs) of the Lord of Raghus (Rama) are sung, there, there with the hands folded above the head (in devotion), with eyes filled with tears (of bliss), to that son of Vayu (Lord of Wind), who is Death itself to the demons, I prostrate (the son of Vayu is Hanuman, the exemplary servant of Lord Rama).

1. Vande Santham Sree Hanumantham
Rama Dasam Amalam Balavantham (Vande..)
2. Premaruddhagalam Ashru Vahantham
Pulakankitha Vapusha Vilasantham (Vande..)
3. Rama Kathamrita Madhuni Pibantham
Parama Prema Bharena Natantham (Vande..)
4. Sarvam Rama Mayam Pashyantham
Rama Rama Ithi Sada Japantham (Vande..)
5. Sat Bhakthi Padam Samupadishantham
Vitthala Bandham Prathi Sukhayantham
(Vande..)

—Namavali—

Anjaneya Pahi mam Hanumantha Raksha mam
Satguro Pahi mam Satguro Raksha mam

—Meaning—

1. I prostrate to the good soul Sri Hanuman, who is peerless devotee of Rama, who is pure, strong.
2. Whose throat is choked with devotion, tears flowing from whose eyes, who shines with hairs standing on their ends all over the body.
3. Who is drinking the honey, the nectar of the stories of Lord Rama, who is dancing with supreme devotion.
4. Who is seeing everything as Lord Rama, who is always repeating "Rama, Rama."
5. Who is advising on the path of good devotion, who is attached to the Lord, who is the bestower of happiness.

SIDE II, Band 2:

sloka:

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

Song:

Oh Rama, of Raghu's clan, You are the purifier
of all impurities,
The Universal Consciousness beyond attributes
you are,
You are Peace personified, unfilled 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 Mareschi (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 (Sitha'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 Ramachandraya
Mahaneyya-Gunabdhaye
Chakravarthi-Thanujaya
Sarvabhaumaya Mangalam
Mangalam Sathyapalaya
Dharma-Samstithi-Hethave
Sitha-Manobhiramaya
Ramachandraya 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
Sesha-Thalpa-Sukha-Nidritha Ram
Brahmadyamara Prarthita Ram
Chanda-Kirana-Kula-Mandana Ram
Sreemad-Dasharatha-Nandana Ram
Kausalya-Sukhavardhana Ram
Vishvamithra-Priyadhana Ram
Ghora-Thataka-Ghathaka Ram
Marechadi-Nipathaka Ram
Kaushika-Makha-Samrakshaka Ram
Sreemad-Ahalyodharaka Ram
Gautamamuni-Sampujitha Ram
Suramuni-Varagana-Samstutha Ram
Navika-Dhavitha-Mridupada Ram
Mithilapura-Jana-Modaka Ram
Videha-Manasa-Ranjaka Ram
Tryambaka-Karmuka-Bhanjaka Ram
Sitarpitha-Varamalika Ram
Kritha-Vaivahika-Kauthuka Ram
Bhargava-Darpa-Vinashaka Ram
Sreemadayodhya-Palaka Ram
Raghu-Pathi Raghava Raja Ram
Pathitha-Pavana Sita Ram
Ishvara Alla There Nam

Sabuko Sanmati De Bhagavan

—Meaning—

O Lord of Raghu's clan, born in the line of Raghu, purifier of the fallen, Sita and Rama.

Pure Brahman, both high and lower attributeless and with attributes is Rama. Embodiment of time, Supreme Lord is Rama.

Blissful sleeper on the bed of Sesa is Rama.

Worshipped by Brahma and other gods is Rama.

The adornment in the race of the effulgent sun is Rama.

The son of great Dasaratha is Rama.

The increaser of the delight of Kaushalya is Rama.

The treasure of Vishvamitra is Rama.

The destroyer of terrible Tataka is Rama.

The slayer of Marichi etc., is Rama.

The protector of the sacrifice of Vishvamitra is Rama.

The Liberator of Ayodhya is Rama.

The Lord worshipped by Gautama is Rama.

Who is praised by God, sages, 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 delighter of Janaka's mind is Rama.

Who destroyed the bow of Siva, the three-eyed is Rama.

Who was garlanded by Sita is Rama.

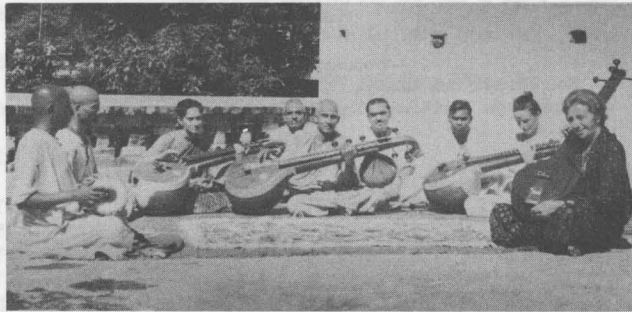
Who did the sport of marriage is Rama.

Who destroyed the pride of Parasurama is Rama.

Who sustained Ayodhya is Rama.

Lord of Raghu, born of the family of Raghu, purifier of the fallen is Rama.

2. Shanthi Videha Sutha Sahacharee
Daharayodhya Nagara Viharee (Khelati....)
3. Parama Hamsa Samrajyoddharee
Sathya Jnanananda Shariree (Khelati....)
4. Rama Rama Rama Rama Nama Tharakam
Rama Krishna Vasudeva Bhakthi Mukthi Dayakam



SWAMI VIDYANANDA, the music professor, center, with music students of the YOGA VEDANTA FOREST ACADEMY, Rishikesh, Himalayas. All of the students above are the disciples of the late H. H. Sri Swami Sivananda of Rishikesh.

SIDE II, Band 3:

Ramacandra (God Rama) is hero of Raghu'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 Rana Dheera
Ramachandra Raghu Natha
Ramachandra Jagannatha
Ramachandra Raghu Rama
Ramachandra Param Dhama
Ramachandra Mama Bandho
Ramachandra Daya-Sindho

—Meaning—

Ramachandra is the hero of the Raghu's race

Ramachandra is valiant in battle-field

Ramachandra is the Lord of the Raghu's race

Ramachandra is the delighter of the Raghus

Ramachandra is the Supreme Abode

Ramachandra is my brother

Ramachandra is the ocean of mercy.

9

—Shlokam—

Jayathu Jayathu Manthram Janma-Saphalya
Manthram
Jananā Marana Bheda Klesha Viccheda Manthram
Sakala Nigama Manthram Sarva Shasthraika
Manthram
wRaghupathi-Nijamanthram Rama-Ramethi
Manthram

—Meaning—

Victory, victory, be to that Mantra (that on the reflection of which one is made to cross over 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 afflictions, the Mantra of all the Vedas (scriptures), that one Mantra found in all the Shastras (sciences).

Khelathi Mama Hridaye

1. Moha Mahanava Taraka Kari
Raga Dwesha Mukhasura Maree (Khelati....)