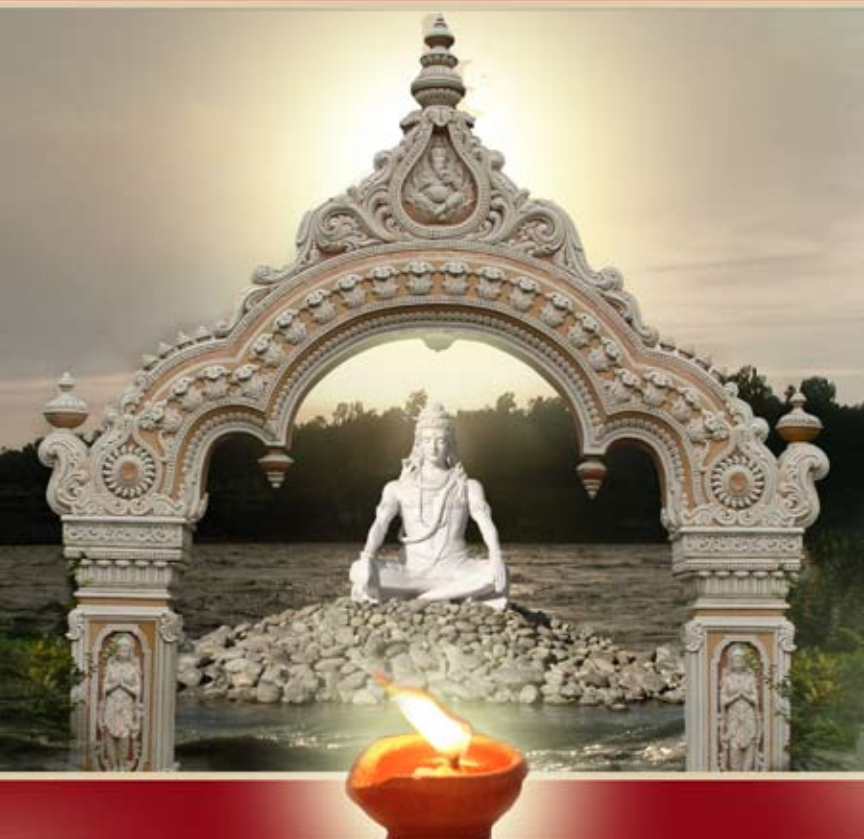




PARMARTH NIKETAN GANGA AARTI



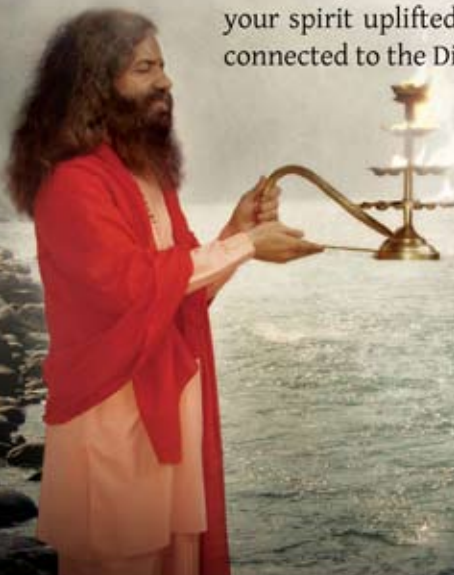
Blessings from Pujya Swami Chidanand Saraswatiji

This ashram is yours. Eat its fruit, drink its nectar. Let your soul and spirit reach the height of the Himalayas in whose lap you sit. Let your joys, your sorrows, your attachments flow like Ganga in whose waters you bathe. Be with nature, and change your nature. Let yourself become like the sunrise which peeks over the mountain tops, bringing light and warmth and a new day to all - freely with no discrimination, no hesitation, and no expectation.

Come stay and let your body be rejuvenated, your spirit uplifted, and your soul more deeply connected to the Divine Light of God.

All are welcome.

In the service of God and
humanity,



Swami Chidanand
ॐ

Swami Chidanand Saraswati
President, Parmarth Niketan



Parmarth Niketan Ashram

Parmarth Niketan is a true spiritual haven, lying on the holy banks of Mother Ganga, in the lap of the lush Himalayas.

It is also the largest ashram in Rishikesh. Parmarth Niketan provides thousands of pilgrims coming from all corners of the Earth with a clean, pure and sacred atmosphere amongst beautiful gardens. With over 1,000 rooms, the facilities are a perfect blend of modern amenities and traditional, spiritual simplicity.

The daily activities at Parmarth Niketan include morning universal prayers, daily yoga and meditation classes, daily satsang programs, kirtan and the world-renowned Ganga Aarti at sunset.

We host special cultural and spiritual programs delivered by revered visiting saints, acclaimed musicians, spiritual and social leaders. Seekers come to Parmarth Niketan from all over the world to partake in intensive courses in yoga, meditation, pranayama, stress management, acupressure, Reiki and other ancient Indian sciences.

Parmarth Niketan's spiritual, religious and humanitarian activities make no distinctions on the basis of caste, color, gender, creed or nationality. We foster unity, harmony, peace, global integrity, health and the holistic connection between the body, mind and spirit.

True to its name, Parmarth Niketan is dedicated to the welfare of all.

Mother Ganga

Ganga is not only a river. She is the giver of life, carrying purity, bliss and liberation in Her waters.

Ganga is not only water. She is the nectar of life, the nectar of liberation.

She is a source of inspiration to all who lay eyes on Her ceaseless, boundless, rushing current.

She irrigates not only our farms, but also our hearts, minds and souls. She is the Mother Goddess - giving freely to all with no discrimination, hesitation or expectation.

Her waters purify all who bathe in them, all who drink from them. In fact, She is the remover of contamination, washing away all past sins and *karma*, sanctifying all She touches.



Ganga Aarti

Aarti is the beautiful ceremony in which *diyas* (oil lamps) are offered to God. *Aarti* can be done to a deity in the temple, it can be done on the banks of the Ganga to Mother Ganga, or it can be done to a saint. It is performed to God, in any manifestation, any form, by any name.

Aarti is a time when we say 'thank you,' and we offer back the light of our thanks, the light of our love and the light of our devotion. *Aarti* also means 'removal of pain.'

Ganga Aarti is a time in which we break free from the normal stresses and strains of everyday life, and gather together in joy, reverence and peace. As the bright yellow sun dips into the water and the reflection of its rays brings tears to our eyes, we are filled with a deep sense of bliss, reverence and spiritual connection.



Yagna/Havan

Havan is one of the most common rituals in Indian culture. *Havan* is, in essence, a purifying ritual. Just as fire purifies everything it touches, so we perform *yagna* that our lives may be made pure. So, as we place the offerings into the flames, we symbolically offer all our 'impurities' - our anger, our greed, our jealousy, our grudges, our pain - and we pray to God to make our lives as pure as the ghee we pour into the flames.

Also, the *yagna* reminds us to give, give and give. At the end of the *mantras* and *shlokas* chanted by the priests, it says, "*Idam Namamah, Idam Namamah.*" This means, "Not for me, but for You." It reminds us that everything we do in life must be for others, for God, for the world. This is the root of *yagna* and the root of happiness in life.



ध्यान-मन्त्रः

Dhyaana Mantraah

वक्रतुण्ड महाकाय सूर्यकोटि-समप्रभ
निर्विघ्नं कुरु मे देव सर्व-कार्येषु सर्वदा

Vakra tunda mahaakaaya Surya koti samaprabha
Nirvighnam kuru me deva sarva kaaryeshu sarvadaa



हनुमान चालीसा

Hanumaan Chaalisa

श्री गुरु चरण सरोज रज
निज मन मुकुरु सुधारि
बरनऊँ रघुवर विमल जसु
जो दायकु फल चारि

Shri guru charana saroja raja
nija mana mukuru sudhaari
baranau raghuvara vimala jasu
jo daayaku phala chaari

बुद्धिहीन तनु जानिकै
सुमिरौ पवन-कुमार
बल बुद्धि विद्या देहु मोहिं
हरहु कलेश विकार

Haatha bajra aura dhvajaa viraajai
kaandhe munja janeu saajai
shankara suvana kesari nandana
teja prataapa mahaa jaga bandana

विद्यावान गुणी अति चातुर
राम काज करिबे को आतुर
प्रभु चरित्र सुनिबे को रसिया
राम लखन सीता मन बसिया

Vidyaavaana guni ati chaatura
raama kaaja karibe ko aatura
prabhu charitra sunibe ko rasiyaa
raama lakhana sitaa mana basiyaa

सूक्ष्म रूप धरि सियहिं दिखावा
विकट रूप धरि लंक जरावा
भीम रूप धरि असुर संहारे
रामचन्द्र के काज संवारे

Sukshma rupa dhari siyahin dikhaavaa
vikata rupa dhari lanka jaraavaa
bhima rupa dhari asura sanhaare
raamachandra ke kaaja sanvaare

लाय संजीवन लखन जियाये
श्री रघुवीर हरषि उर लाये
रघुपति कीन्हीं बहुत बड़ाई
तुम मम प्रिय भरतहिं सम भाई

Buddhi hina tanu jaanikai
sumiraun pavana-kumaara
bala buddhi vidyaa dehu mohin
harahun kalesha vikaara

जय हनुमान ज्ञान गुण सागर
जय कपीश तिरु लोक उजागर
राम दूत अतुलित बल धामा
अंजनि-पुत्र पवनसुत नामा

Jai Hanumaan gyaana guna saagara
Jai kapisha tihun loka ujaagara
raama duta atulita bala dhaamaa
anjani-putra pavanasuta naamaa

महावीर विक्रम बजरंगी
कुमति निवार सुमति के संगी
कंचन बरन बिराज सुबेसा
कानन कुण्डल कुंचित केशा

Mahaavira vikrama bajarangi
kumati nivaara sumati ke sangi
kanchana barana biraaja subesaa
kaanana kundala kunchita keshaa

हाथ बज्र और ध्वजा विराजै
काँधे मूँज जनेऊ साजै
शंकर सुवन केसरी नन्दन
तेज प्रताप महा जग बंदन

Laaya sanjivana lakhana jiyaaye
shri raghuvira harashi ura laaye
raghupati kinhin bahuta badhaai
tuma mama priya bharatahin sama bhaai

सहस बदन तुम्हरो यश गावै
अस कहि श्रीपति कंठ लगावै
सनकादिक ब्रह्मादि मुनीसा
नारद सारद सहित अहीसा

Sahasa badana tumharo yasha gaavain
asa kahi shripati kantha lagaavain
sanakaadika brahmaadi munisaa
naarada saarada sahita ahisaa

यम कूबेर दिगपाल जहाँ ते
कवि कौविद कहि सकै कहाँ ते
तुम उपकार सुग्रीवहिं कीन्हा
राम मिलाय राज पद दीन्हा

Yama kubera digapaala jahaan te
kavi kovida kahi sakai kahaan te
tuma upakaara sugrivahin kinhaa
raama milaaya raaja pada dinhaa

तुम्हरो मन्त्र विभीषन माना
लकेश्वर भए सब जग जाना
युग सहस्र योजन पर भानू
लील्यो ताहि मधुर फल जानू

Tumharo mantra vibhishana maanaa
Lankeshvara bhae saba jaga jaanaa
yuga sahasra yojana para bhaanu
lilyo taahi madhura phala jaanu

प्रभु मुद्रिका मेलि मुख माहीं
जलधि लांघि गये अचरज नाहिं
दुर्गम काज जगत के जेते
सुगम अनुग्रह तुम्हरे तेते

Prabhu mudrikaa meli mukha maahin
jaladhi laanghi gaye acharaja naahin
durgama kaaja jagata ke jete
sugama anugraha tumhare tete

राम दुआरे तुम रखवारे
होत न आज्ञा बिनु पैसारे
सब सुख लहै तुम्हारी शरणा
तुम रक्षक काहू को डरना

Raama duaare tuma rakhavaare
hota na aagyaa binu paisaare
saba sukha lahain tumhaari sharanaa
tuma rakshaka kaahu ko daranaa

आपन तेज सम्हारो आपै
तीनों लोक हाँक ते काँपै
भूत पिशाच निकट नहीं आवै
महावीर जब नाम सुनावै

Aapana teja samhaaro aapai
tinon loka haanka te kaanpai
bhuta pishaacha nikata nahin aavai
mahaavira jaba naama sunaavai

नासै रोग हरै सब पीरा
जपत निरंतर हनुमत बीरा
संकट ते हनुमान छुडावै
मन क्रम बचन ध्यान जो लावै

Naasai roga harai saba piraa
japata nirantara hanumata biraa
sankata te hanumaana chudaavai
mana krama bachana dhyaana jo laavai

सब पर राम तपस्वी राजा
तिन के काज सकल तुम साजा
और मनोरथ जो कोई लावै
सोई अमित जीवन फल पावै

Saba para raama tapasvi raajaa
tina ke kaaja sakala tuma saajaa
aura manoratha jo koi laavai
soi amita jivana phala paavai

चारों युग परताप तुम्हारा
है परसिद्ध जगत उजियारा
साधु सन्त के तुम रखवारे
असुर निकन्दन राम दुलारे

Chaaron yuga parataapa tumhaaraa
hai parasiddha jagata ujjyaaraa
saadhu santa ke tuma rakhavaare
asura nikandana raama dulaare

अष्ट सिद्धि नव निधि के दाता
अस वर दीन्ह जानकी माता
राम रसायन तुम्हरे पासा
सदा रहो रघुपति के दासा

Ashta siddhi nava nidhi ke daataa
asa vara dinha jaanaki maataa
raama rasaayana tumhare paasaa
sadaa raho raghupati ke daasaa

तुम्हरे भजन राम को पावै
जन्म जन्म के दुःख बिसरावै
अंत काल रघुवर पुर जाई
जहाँ जन्म हरि-भक्त कहाई

Tumhare bhajana raama ko paavai
Janama janama ke dukkha bisaraavai
anta kaala raghuvara pura jaai
jahaa janma hari-bhakta kahaai

और देवता चित्त न धरई
हनुमत सेइ सर्व सुख करई
सकट कटे मिटै सब पीरा
जो सुमिरै हनुमत बलबीरा

Aura devataa chitta na dharai
hanumata sei sarva sukha karai
sankata kate mitai saba piraa
jo sumirai hanumata balabiraa

जय जय जय हनुमान गोसाईं
कृपा करहुं गुरुदेव की नाई
जो शत बार पाठ कर कोई
छूटहि बंदि महा सुख होई

Jai jai jai hanumaana gosaain
kripaa karahun gurudeva ki naain
jo shata baara paatha kara koi
chutahi bandi mahaa sukha hoi

जो यह पढ़ै हनुमान चालीसा
होय सिद्धि साखी गौरीसा
तुलसीदास सदा हरि चेरा
कोजै नाथ हृदय माँह डेरा

Jo yaha padhai hanumaana chaalisaa
hoya siddhi saakhi gaurisaa
Tulasidaasa sadaa hari cheraa
kijai naatha hridaya manha deraa

पवन तनय संकट हरण
मंगल मूर्ति रूप
राम लखन सीता सहित
हृदय बसहु सुर भूप

Pavana tanaya sankata harana
mangala murati rupa
raama lakhana sitaa sahita
hridaya basahu sura bhupa

बोलिये पवन सुत हनुमान की जय
Boliye pavana suta hanumaana ki jai



भगवति तव तीरे नीर-मात्राशनोऽहमं
विगत-विषय-तृष्णः कृष्णमाराधयामि
सकल-कलुषभंगे स्वर्गसोपानसंगे
तरलतर-तरंगे देवि गंगे प्रसीद

Bhagavati tava tire nira maatraa shanoham
Vigata vishaya trishnah krishnamaaraadhayaami
Sakala kalushabhange svarga sopaana sange
Taralatara tarange devi gange prasida

कर्पूरगौरं करुणावतारं संसारसारं भुजगेन्द्रहारम्
सदा वसन्तं हृदयारविन्दे भवं भवानीसहितं नमामि

Karpuragauram karunaavataaram
Sansaarasaaram bhujagendrahaaram
Sadaa vasantam hridayaaravinde
Bhavam bhavaanisahitam namaami

गंगा आरती

Gangaa Aarti

ॐ जय गंगे माता मैया जय गंगे माता
जो नर तुमको ध्याता जो नर मैया जी को ध्याता
मन वांछित फल पाता ॐ जय गंगे माता

Om jaya gange maataa maiyaa jaya gange maataa
Jo nara tumako dhyaataa, jo nara maiyaa ji ko dhyaataa
Manavaanchita phala paataa om jaya gange maataa

*Hail to You, O Mother Ganga, the River Goddess. Your worshipper
gets all of his desires fulfilled.*

चन्द्र सी ज्योति तुम्हारी जल निर्मल आता
मैया जल निर्मल आता
शरण पड़े जो तेरी शरण पड़े जो तेरी
सो नर तर जाता ॐ जय गंगे माता

Chandra si jyoti tumhaari jala nirmala aataa
mayyaa jala nirmala aataa

Sharana pade jo teri, sharana pade jo teri
So nara tara jaataa om jaya gange maataa

*You are glorious like the moon with clear water.
Whoever surrenders himself to You overcomes all difficulties.*

पुत्र सगर के तारे सब जग को ज्ञाता
मैया सब जग को ज्ञाता
कृपा दृष्टि तुम्हारी दया दृष्टि तुम्हारी
त्रिभुवन सुख दाता ॐ जय गंगे माता

Putra sagara ke taare saba jaga ko gyaataa
Maiyaa saba jaga ko gyaataa
Kripaa drishti tumhaari Dayaa drishti tumhaari
Tribhuvana sukha daataa om jaya gange maataa
*The whole world knows that You redeemed the sons of King Sagar.
Your kind eyes are the giver of happiness to the three worlds.*

एक ही बार जो तेरी शरणागति आता
मैया शरणागति आता
यमकी त्रास मिटाकर यम के कष्ट मिटाकर
परम गति पाता ॐ जय गंगे माता
Ekahi baara jo teri sharanagati aataa
Maiyaa sharanagati aataaa
Yamaki traasa mitaakara yama ke kashta mitaakara
Parama gati paataa om jaya gange maataa
*One who comes to Your shelter is saved from the agony of death
and is liberated from the karmic cycle of death and birth.*

मंगलकारिणि मैया तू है सुखदाता
मैया तू है सुखदाता
तेरी गोद में आकर तेरी शरण में आकर
मन शान्ति पाता ॐ जय गंगे माता
Mangala kaarini maiyaa tu hai sukhdaataa
Maiyaa tu hai sukhadaataa
Teri goda men aakara teri sharana men aakara
Mana shaanti paataa om jaya gange maataa

You are the holy Mother, giver of all happiness. In Your lap, the mind attains peace.

ब्रह्म स्वरूपिणि मैया जो तुमको ध्याता
मैया जो तुमको ध्याता
तेरी दया से सो जन तेरी कृपा से सो जन
सद्गति है पाता ॐ जय गंगे माता

Brahma swarupini maiyaa jo tumako dhyaataa

Maiyaa jo tumako dhyaataa

Teri dayaa se so jana teri kripaa se so jana

Sadagati hai paataa om jaya gange maataa

*You are verily the Brahman. O Mother, Your devotees, by the virtue of
Your graciousness, find the right path in this life and in lives beyond.*

आरति माता तुम्हारी जो जन नित गाता
मैया प्रेम सहित गाता
दास वही है सहज में भक्त वही है सहज में
मुक्ति को पाता ॐ जय गंगे माता

Aarati maataa tumhaari

Jo jana nita gaataa maiyaa prema sahita gaataa

Daasa vahi hai sahaja men bhakta vahi hai sahaja men

Mukti ko paataa om jaya gange maataa

One who chants Your name regularly is relieved of misery and attains liberation.

ॐ जय गंगे माता मैया जय गंगे माता
जो नर तुमको ध्याता जो नर मैया जो को ध्याता
मन वांछित फल पाता ॐ जय गंगे माता

Om jaya gange maataa maiyaa jaya gange maataa
Jo nara tumako dhyaataa jo nara maiyaa ji ko dhyaataa
Manavaanchita phala paataa om jaya gange maataa

*Hail to You, O Mother Ganga, the River Goddess.
Your worshipper gets all of his desires fulfilled.*



मन्त्रपुष्पम् Mantrapushpam

ॐ यज्ञेन यज्ञमयजन्त देवाः । तानि धर्माणि प्रथमान्यासन् ।
ते ह नाकं महिमानः सचन्ते । यत्र पूर्वे साध्याः सन्ति देवाः ।

om yajnena yajna mayajanta devah
taani dharmaani prathamaanyaasana
te ha naakam mahimaanah sachante
yatra purve saadhyaah santi devaah

ॐ राजाधिराजाय प्रसह्य साहिने ।
नमो वयं वैश्रवणाय कुर्महे ।
स मे कामान् कामकामाय मह्यं कामेश्वरो वैश्रवणो ददातु ॥
कुबेराय वैश्रवणाय महाराजाय नमः ॥

om raajaadhiraajaaya prasahya saahine
namo vayam vaishravanaaya kurmahe
sa me kaamaan kaamakaamaaya mahyam
kaameshvaro vaishravano dadaatu
kuberaaya vaishravanaaya mahaaraajaaya namah

ॐ योऽपां पुष्पं वेद । पुष्पवान् प्रजावान् पशुमान् भवति ॥
चन्द्रमा वा अपां पुष्पम् । पुष्पवान् प्रजावान् पशुमान् भवति ॥
य एवं वेद । योऽपामायतनं वेद । आयतनवान् भवति ॥

om yopaam pushpam veda
pushpavaan prajaavaan pashumaan bhavati
chandramaa vaa apaam pushpam
pushpavaan prajaavaan pashumaan bhavati
ya evam veda yopaamaayatanam veda aayatanavaan bhavati

ॐ हरिः ॐ
श्री-भगवती-गंगा-देव्यै नमः । चरणकमलयोः वेदोक्त-
मन्त्रपुष्पाञ्जलिं समर्पयामि ॥
भागीरथ्यै च विद्महे विष्णुपदि च धीमहि । तन्नो गंगा प्रचोदयात् ॥
तत्पुरुषाय विद्महे महादेवाय धीमहि । तन्नो रुद्रः प्रचोदयात् ॥
ॐ शान्तिः शान्तिः शान्तिः

om harih om shri bhagavati gangaa devyai namah
charanakamalyoh vedokta mantrapushpaanjalinim samarpayaami
bhaagirathyai cha vidmahe vishnupadi cha dhimahi
tanno gangaa prachodayaat
tatpurushaaya vidmahe mahaadevaaya dhimahi
tanno rudrah prachodayaat
om shaantih shaantih shaantih



त्वमेव माता च पिता त्वमेव त्वमेव बन्धुश्च सखा त्वमेव ।
त्वमेव विद्या द्रविणं त्वमेव त्वमेव सर्वं मम देव देव ॥

Tvameva maataa cha pitaa tvameva
Tvameva bandhushcha sakhaa tvameva
Tvameva vidyaa dravinam tvameva
Tvameva sarvam mama deva deva

सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः
सर्वे भद्राणि पश्यन्तु मा कश्चित् दुःखभाग् भवेत्
ॐ शान्तिः शान्तिः शान्तिः

Sarve bhavantu sukhinah
Sarve santu niraamayaah
Sarva bhadraani pashyantu
Maa kashchit duhkhabhaag bhavet
Om shaantih shaantih shaantih

*May all be happy. May all be healthy. May all see the divinity in everything.
May there be no unhappiness or sorrow.
Om Peace Peace Peace*



संकीर्तन
Sankirtan

स्वागतं गंगे शरणागतं गंगे
स्वागतं शरणागतं शुभ-स्वागतं गंगे

Swaagatam Gange, Sharanaagatam Gange

Swaagatam sharanaagatam, shubha swaagatam Gange

*We welcome You, Mother Ganga. We take refuge in Your holy waters. We welcome You,
we seek the shelter of Your divine grace. We offer You a most ardent welcome.*



गोविन्द बोलो हरि गोपाल बोलो राधा रमण हरि गोविन्द बोलो

Govinda bolo hari gopaala bolo

Raadhaa ramana hari govinda bolo

हरि बोल हरि बोल हरि बोल हरि बोल

Hari bol hari bol hari bol hari bol

गोविन्द बोलो हरि गोपाल बोलो राधा रमण हरि गोविन्द बोलो

Govinda bolo hari gopaala bolo

Raadhaa ramana hari govinda bolo

राधे राधे राधे राधे कृष्ण कृष्ण कृष्ण कृष्ण

Raadhe Raadhe Raadhe Raadhe Krishna Krishna Krishna Krishna



सबसे ऊंची प्रेम सगाई

सबसे ऊंची प्रेम सगाई

Sabse unchi prema sagaai

Sabse unchi prema sagaai

Love with the Divine is the highest bond in life.

दुर्योधन को मेवा त्याग्यो
साग विदुर घर खाई
सबसे ऊंची प्रेम सगाई

Duryodhana ko mevaa tyaagyo

Saaga vidura ghara khaai

Sabse unchi prema sagaai

Owing to His love alone, the Lord chose the simple, devotional food offered by poor Vidura rather than the delicious feast at prince Duryodhana's palace!

प्रेम के बस अर्जुन रथ हांक्यो
भूल गये ठकुराई
सबसे ऊंची प्रेम सगाई

Prema ke basa arjuna ratha haankyo

Bhula gaye thakuraai

Sabse unchi prema sagaai

Out of love for His devotee, Lord Krishna served as Arjuna's charioteer, ignoring His own Divine Strength and Powers!

ऐसी प्रीत बढी वृन्दावन
गोपिन नाच नचाई
सबसे ऊंची प्रेम सगाई

Aisi prita badhi vrindaavana

Gopina naacha nachaai

Sabse unchi prema sagaai

Krishna filled the land of Vrindavana with such sublime love that all the simple milkmaids danced blissfully to His tune, oblivious to their worldly cares!

भिलनी के बेर सुदामा के तन्दुल
रुचि रुचि भोग लगाई
सबसे ऊंची प्रेम सगाई

Bhilani ke bera sudaamaa ke tandula
Ruchi ruchi bhoga lagaai
Sabse unchi prema sagaai

सूर क्रूर इस लायक नहीं
कह लग करन बड़ाई
सबसे ऊंची प्रेम सगाई

Sura krura isa laayaka nahin
Kaha laga karana badaai
Sabse unchi prema sagaai



हरे राम हरे राम राम राम हरे हरे
हरे कृष्ण हरे कृष्ण कृष्ण कृष्ण हरे हरे

Hare Raama Hare Raama Raama Raama Hare Hare

Hare Krishna Hare Krishna Krishna Krishna Hare Hare



*"God, you are everything. I am nothing.
All day you shine upon the world.
All I can offer you is this small deepa,
a flame which will be blown out
by the passing wind.
But, I offer it with devotion and with love.
Please accept my offering."*

*Aarti is a time when we say "thank you"
and we offer back the light of our thanks,
the light of our love and the light of our devotion.*



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