



BHAGAVAD-GITA
CHAPTER FOURTEEN
GUNATRAYA-VIBHAAGA-YOGAH
 THE YOGA OF THE DIVISION
 OF THE THREE GUNAS

The Three Moods of Material Nature: *Sattva*, *Rajas*, and *Tamas*

All embodied souls are under the control of the three moods, or qualities, of material nature: goodness, passion and ignorance. Lord Krishna explains what these moods are, how they act upon us, how one transcends them, and the symptoms of one who has attained the transcendental state.

Om Shri Paramatmane Namah
Atha Chaturdasho 'dhyayah

Sri Bhagavaan Uvaacha:

1. *Param bhooyah pravakshyaami jnaanaanaam jnaanamuttamam*
Yajjnaatwaa munayah sarve paraam siddhimito gataah
2. *Idam jnaanam upaashritya mama saadharmyam aagataah*
Sarge'pi nopajaayante pralaye na vyathanti cha
3. *Mama yonirmahadbrahma tasmin garbham dadhaamyaham*
Sambhavah sarvabhootaanaam tato bhavati bhaarata
4. *Sarvayonishu kaunteya moortayah sambhavanti yaah*
Taasaam brahma mahadyonir aham beejapradah pitaa
5. *Sattwam rajastama iti gunaah prakriti sambhavaah*
Nibadhnanti mahaabaaho dehe dehinam avyayam
6. *Tatra sattwam nirmalatwaat prakaashakam anaamayam*
Sukhasangena badhnaati jnaanasangena chaanagha
7. *Rajo raagaatmakam viddhi trishnaasangasamudbhavam*
Tannibadhnaati kaunteya karmasangena dehinam
8. *Tamastwajnaanajam viddhi mohanam sarvadehinaam*
Pramaadaalasyanidraabhis tannibadhnaati bhaarata
9. *Sattwam sukhe sanjayati rajah karmani bhaarata*
Jnaanamaavritya tu tamah pramaade sanjayatyuta
10. *Rajastamashchaabhibhooya sattwam bhavati bhaarata*
Rajah sattwam tamashchaiva tamah sattwam rajastathaa
11. *Sarvadwareshu dehe'smin prakaasha upajaayate*
Jnaanam yadaa tadaa vidyaa dvivridham sattwamityuta

12. *Lobhah pravrittir aarambhah karmanaam ashamah sprihaa
Rajasyetaani jaayante vivriddhe bhatarashabha*
13. *Aprakaasho 'pravrittishcha pramaado moha eva cha
Tamasyetaani jaayante vivriddhe kurunandana*
14. *Yadaa sattwe pravriddhe tu pralayam yaati dehabhrit
Tadottamavidaam lokaan amalaan pratipadyate*
15. *Rajasi pralayam gatwaa karmasangishu jaayate
Tathaa praleenastamasi moodhayonishu jaayate*
16. *Karmanah sukritasyaahuh saattwikam nirmalam phalam
Rajasastu phalam dukkham ajnaanam tamasah phalam*
17. *Sattwaat sanjaayate jnaanam rajaso lobha eva cha
Pramaadamohau tamaso bhavato 'jnaanameva cha*
18. *Oordhwam gacchanti sattwasthaa madhye tishthanti raajasaah
Jaghanyagunavrittisthaa adho gacchanti taamasaah*
19. *Naanyam gunebhyah kartaaram yadaa drashtaanupashyati
Gunebhyashcha param vetti madbhaavam so 'dhigacchati*
20. *Gunaanetaanateetya treen dehee dehasamudbhavaan
Janmamrityujaraadukhair vimukto 'mritamashnute*

Arjuna Uvaacha:

21. *Kairlingais treen gunaanetaan ateeto bhavati prabho
Kimaachaarah katham chaिताam streen gunaan ativartate*

Sri Bhagavaan Uvaacha:

22. *Prakaasham cha pravrittim cha mohameva cha paandava
Na dweshti sampravrittaani na nivrittaani kaangkshati*
23. *Udaaseenavadaaseeno gunairyo na vichaalyate
Gunaa vartanta ityeva yo 'vatishthati nengate*
24. *Samadukhasukhah swasthah samaloshtaashmakaanchanah
Tulyapriyaapriyo dheeras tulyanindaatma samstutih*
25. *Maanaapamaanayostulyas tulyo mitraaripakshayoh
Sarvaarambhaparityaagee gunaateeta sa uchyate*
26. *Maam cha yo 'vyabhichaarena bhaktiyogena sevate
Sa gunaan samateetyaitaan brahmabhooyaaya kalpate*
27. *Brahmano hi pratishthaa 'ham amritasyaavyayasya cha
Shaashwatasya cha dharmasya sukhasyaikaantikasya cha*

*Om Tat Sat, Iti Srimad Bhagavadgeetaasoo upanishatsu Brahavidyaayaam
Yogashaastre Sri Krishnaarjunasamvaade, Gunatrayavibhaagayogo Naama
Chaturdasho 'dhyayah*

BALA VIHAR INVOCATION

- ॐ *Om saha na-vavatu, saha nou bhunaktu, saha veeryam karavavahai, tejasvina-vadhita-mastu, ma vidvishavahai, Om shantih, shantih, shantih*
- ॐ *Vakratunda mahaakaaya soorya koti samaprabha nirvighnam kuru me dev sarva kaaryeshu sarvada*
- ॐ *Saraswati namastubhyam varade kaama roopini vidyarambham karishyami siddhir bhavatu me sadaa*
- ॐ *Sadashiva samaarambhaam sankaraachaarya madhyamaam asmadachaarya paryantaam vande guru paramparaam*
- ॐ *Samasta jana kalyaane niratam karunamayam namami chinmayam devam sadgurum brahama vidvaram*
- ॐ *Bhavaani shankarau vande shraddha vishwasa roopinau yaabhyam vinaa na pashyanti siddha swantasthameeshwaram*
- ॐ *Vasudeva sutam devam kamsa chanoora mardanam devaki paramanandam krishnam vande jagadgurum*
- ॐ *Ramaya rama bhadraya ramachandraya vedhase raghunathaya nathaya sitayah pataye namah*
- ॐ *Buddhir balam yasho dhairyam nirbhayatvam arogata ajaadyam vaakpatutvam cha hanumat smaranaat bhavet*
- ॐ *Om trayambakam yajamahe sugandhim pushtivardhanam urvarukamiva bandhanaan mrityor muksheeya ma amrutaat*
- ॐ *Om swastiprajabhya paripalayantam, nyayena margena mahim maheeshaah gobrahmanebhya subhamastu nityam, loka samasta sukhino bhavantu, kale varshatu parjanya, prithvi sasyasalini, Deshoyam kshobharahitah, brahmanaah santu nirbhayaah*
- ॐ *Om sarvesham swastirbhavatu, sarvesham shatir bhavatu, sarvesham poornam bhavatu, sarvesham mangalam bhavatu, sarve bhavantu sukhinah, sarve santu niramayaah, sarve bhadrani pasyantu, ma kaschit dukhabhag bhavet,*
- ॐ *Om asatoma sadgamaya, tamasoma jyotirgamaya, mrityorma amrutam gamaya*
- ॐ *Om purnamadah purnamidam purnaat purnamudachyate, purnasya purnamadaya purnamevaat avasishyate , Om shantih, shantih, shantih*
- ॐ *Om sham no mitra-sham varunah, sham no bhavataryama, sham nah indro brihaspathih, sham no vishnu-rurukramah, namo brahmane, namaste vayo, twa-meva pratyaksham brahmasi, twameva pratyaksham brahma vadishyami, ritham vadishyami, satyam vadishyami, tanmamavatu, tadvaktaramavatu, avatu maam, avatu vataaram, Om shantih, shantih, shantih*



Guru Paduka stotram

By Adi Sankaracharya

*Anantha samsara samudhra thara naukayithabhyam guru bhakthithabhyam,
Vairagya samrajyadha poojanabhyam, namo nama sri guru padukhabyam*

*Kavithva varasini sagarabhyam, dourbhagya davambudha malikabhyam,
Dhoorikrutha namra vipathithabhyam, namo nama sri guru padukhabyam*

*Natha yayo sripatitam samiyuh kadachidapyasu daridra varyah,
Mookascha vachaspathitham hi thabhyam, namo nama sri guru padukhabyam*

*Naleeka neekasa pada hrithabhyam, nana vimohadhi nivarikabhyam,
Nama janabheeshtathathi pradhabyam namo nama sri guru padukhabyam*

*Nrupali mouleebraja rathna kanthi sariddha raja jjashakanyakabhyam,
Nrupadvadhabyam nathaloka pankthe, namo nama sri guru padukhabyam*

*Papandhakara arka paramparabhyam, thapathryaheendra khageswarabhyam,
Jadyadhi samsoshana vadaveebhyam namo nama sri guru padukhabyam*

*Shamadhi shatka pradha vaibhavabhyam, Samadhi dhana vratha deeksithabhyam,
Ramadhavadeegra sthirha bhakthidabhyam, namo nama sri guru padukhabyam*

*Swarchaparana makhileshtathabhyam, swaha sahayaksha durndarabhyam,
Swanthachad bhava pradha poojanabhyam, namo nama sri guru padukhabyam*

*Kaamadhi sarpa vraja garudabhyam, viveka vairagya nidhi pradhabyam,
Bhodha pradhabyam drutha mokshathabhyam, namo nama sri guru
padukhabyam*