

# *Sri Rudram*

with its inner meaning

based on the book Rudra Tattva

by Maunish Vyas

R<sup>C</sup>S CHANTING BOOKLET

# CONTENTS

|                                       |           |
|---------------------------------------|-----------|
| <b>Gaṇapati Prārthanā</b> .....       | <b>1</b>  |
| <b>Śhrī Rudram</b> .....              | <b>2</b>  |
| <i>Namaka Anuvākaḥa 1</i> .....       | 2         |
| <i>Namaka Anuvākaḥa 2</i> .....       | 8         |
| <i>Namaka Anuvākaḥa 3</i> .....       | 10        |
| <i>Namaka Anuvākaḥa 4</i> .....       | 13        |
| <i>Namaka Anuvākaḥa 5</i> .....       | 16        |
| <i>Namaka Anuvākaḥa 6</i> .....       | 18        |
| <i>Namaka Anuvākaḥa 7</i> .....       | 20        |
| <i>Namaka Anuvākaḥa 8</i> .....       | 22        |
| <i>Namaka Anuvākaḥa 9</i> .....       | 24        |
| <i>Namaka Anuvākaḥa 10</i> .....      | 26        |
| <i>Namaka Anuvākaḥa 11</i> .....      | 31        |
| <i>Additional Rudra Mantras</i> ..... | 33        |
| <i>Chamaka Anuvākaḥa 1</i> .....      | 36        |
| <i>Chamaka Anuvākaḥa 2</i> .....      | 38        |
| <i>Chamaka Anuvākaḥa 3</i> .....      | 40        |
| <i>Chamaka Anuvākaḥa 4</i> .....      | 42        |
| <i>Chamaka Anuvākaḥa 5</i> .....      | 44        |
| <i>Chamaka Anuvākaḥa 6</i> .....      | 46        |
| <i>Chamaka Anuvākaḥa 7</i> .....      | 48        |
| <i>Chamaka Anuvākaḥa 8</i> .....      | 50        |
| <i>Chamaka Anuvākaḥa 9</i> .....      | 52        |
| <i>Chamaka Anuvākaḥa 10</i> .....     | 54        |
| <i>Chamaka Anuvākaḥa 11</i> .....     | 56        |
| <i>Śhānti Mantra</i> .....            | 58        |
| <b>Samasta Lōkāḥa Mantra</b> .....    | <b>59</b> |

## Gaṇapati Prārthanā

ॐ gaṇānā<sup>ān</sup>' tvā gaṇa<sup>pa</sup>tigm' havāmahē ka<sup>vi</sup>n'   
 ka<sup>vi</sup>nā<sup>mu</sup>pa<sup>ma</sup>śh'<sup>ra</sup>vas'tamam |   
 jyēsh'tha rā<sup>jam</sup>' bram'<sup>ha</sup>ṇām' bram'<sup>ha</sup>ṇas'<sup>pa</sup>ta , ā <sup>na</sup>śh'   
 śhr̥ṇ'<sup>van</sup>' nū<sup>ti</sup>bhis'<sup>sī</sup>da sād<sup>ana</sup>nam || 1 ||

*Lord of groups, we beckon you! Inspirer of poets, famously heard of as incomparably the best! Senior-most among the shining ones, Lord of Veda mantras and their chanters; hear us, Grace us, sit in this dwelling!*

pra<sup>ṇō</sup> dē<sup>vī</sup> sa<sup>ras</sup>'va<sup>tī</sup> vājē<sup>bhir</sup>'vā<sup>ji</sup>nī<sup>vatī</sup> | dhī<sup>nā</sup>ma<sup>vit</sup>'rya<sup>vatu</sup> |   
 Appear before us, dēvī Sarasvatī, energizer of energies! Descend; protect our intellect (from bad thoughts)!

gaṇēśhā<sup>ya</sup> namaḥa | sa<sup>ras</sup>'va<sup>t</sup>'yai <sup>na</sup>maḥa |   
 śhrī- gurubh'yō na<sup>ma</sup>ḥa | ha<sup>ri</sup>ḥi , ॐ || 2 ||

*Namaskāra to Gaṇēśha! Namaskāra to Sarasvatī! Namaskāra to Śhrī Guru!*

ॐ śhā-n'<sup>ti</sup>śh' śhā-n'<sup>ti</sup>śh' śhā-n'<sup>ti</sup>ḥi ||

*Peace to the physical-body, mental-body (mind) and causal-body.*

## Śhrī Rudram – Namaka Anuvākaḥa 1

ॐ namō bhagava**tē** rud'**rā**ya || 1 ||

*Om. Prostrations to Bhagavān Rudra.*

ॐ na**mas'**tē rud'**ra** **man'**ya**va** , **utō** **ta** , **iṣha****vē** na**ma**ḥa |

na**mas'**tē , as'**tu** dhan'**va**nē **bā**hubh'**yā** **muta** **tē** na**ma**ḥa || 2 ||

*All this is Yours, “not mine”: this anger within, these sharp hurtful words and actions, this potential violence in me, this hurting propensity in both arms.*

**yā** **ta** , **iṣhuśh'** **śhiva****ta**mā **śhivam'** **ba**bhū**va** **tē** dha**nu**ḥu |

**śhivā** **śha**rav'**yā** **yā** tava **tayā** nō rud'**ra** mṛḍaya || 3 ||

*This cutting sharpness in my speech & actions, may it become completely at ease and peace. May my violent propensity become non-violent & pacifying. May my excessive, futile plans become at peace, so that all around are pleased and feel at ease.*

**yā** **tē** rud'**ra** **śhivā** **ta**nūrag**hō**rā (a)**pā**pakāśhinī |

**tayā** nas'**ta**nu**vā** śhan'**ta**mayā giriśhan'**tā**bhi **chā**kaśhīhi || 4 ||

*Henceforth: may we not sin. So, may we not have to fearfully look at the reflection of our own sins (reflection = natural calamities). May we speak soothing words. May we look at everything with love, and so doing, experience inner peace.*

yāmiṣhuñ' giriśhan'ta has'tē bibhar'ṣhyas'tavē |

śhivān' giririt'ra tān' kuru mā

hig'm' sī[fp]' puruṣhañ' jagate || 5 ||

*Henceforth: may our violently aggressive power re-convert itself and manifest as passion to do sēvā – everything that is blessing, ennobling, elevating and selfless. May we reassure humans and others both by loving word and non-violent loving action.*

śhivēna vaḥasāt' tvā giriśhāt'chhā vadāmasi |

yaṥhā nas' sar'vamid' jagadayak'ṣhmagm' sumanā , asate || 6 ||

*May we speak blemish-less, loving, soothing speech. May we be rid of all kinds of ill-feelings. May we beget positive thoughts. May our thinking not be affected by even the slightest negativity.*

adh'yāvōchadadhivak'tāp' prathamō daiv'yō bhiṣhake |

ahigeśh'cha sar'vāññ' jam'bhayant'sar'vāśh'cha

yātudhān'yaḥa || 7 ||

*Advocate, designated spokesman, very first deity, Doctor! Please grind to dust our negative mind-set and mental diseases!*

asau yas'tām'rō , aruṇa , uta babh'rus' su maṇ'galaḥa |

yē chēmāgm' rud'rā , abhitō dik'ṣhuśh' śhritās'

sahas'raśhō (a)vai śhāgm'hēḍa , īmahē || 8 ||

*Just as a single light shatters darkness all around, we worshipfully pray to the auspicious light within us to show itself. May it shatter the numerous negative thought-reactions arising from external stimuli.*

asau yō (a)vasar'pati nīlag'rīvō vilōhitaha |

*The power which sustains our breath, invisibly moves across the inner sky of our body, the chitta-ākāśha, from the violet to red, from head to toe.*

utainan' gōpā , adrśhan'na drśhan'nudahār'yaḥa |

utainam' viśh'vā bhūtāni sa drśh'tō mṛḍayāti naḥa || 9 ||

*As and when the dawn of the inner sun occurs, we burst out of our limited identities and rejoice at feeling one with the whole Creation.*

namō , as'tu nīlag'rīvāya sahas'rāk'śhāya mīḍhuṣhē |

athō yē , as'ya sat'tvānō (a)han' tēbh'yō (a)karan'namaha || 10 ||

*My entire being is surrendered for the One who is as vast as the sky, who is a witness to all my actions with innumerable eyes, who is the most bountiful bestower. My being is also surrendered to serve His sāttvika devotees, wherever they may be. By doing so, I merge my limited identity with the unlimited one and thus become unlimited myself.*

pra muñ'cha dhan'vanas'tvamu bhayōrārt'niyōrd'jyām |  
yāśh'cha tē has'ta , iśhava[fp]' parā tā bhagavō vapa || 11 ||

*We hereby unstring our bow (spinal column) from the tendency to demand excessively from others. We hereby cast away our resolutions designed to deprive others of their property or peace of mind.*

avatat'tya dhanus'tvagn' sahas'rāk'śha śha tēśhudhē |  
niśhīr'ya śhal'yānām' mukhā śhivō nas' sumanā bhava || 12 ||

*Now onwards, all our offensive powers will be used for defending those who need it. Our violence will be rendered powerless by blunting its sharpness. Our minds will become conducive towards others so that we will receive their blessings in turn.*

vij'yan' dhanu[hk]' kapar'dinō viśhal'yō bāṇavāgm' , uta |  
anēśhan'nas'yēśhava , ābhuras'ya niśhan'ga thiḥi || 13 ||

*Now onwards, all our offensive & oppressive powers will be rendered useless or harmless. We 'empty' our scabbard (we discard our body-feeling) which is at the root of all these violent thought-powers.*

yā tē hētir'mīḍhuṣh'tama has'tē babhūva tē dhanuḥu |  
 tayā (a)s'māne viśh'vatas'tvama yak'śhmayā parib'bhuja || 14 ||

*Henceforward, may we all become mentally & vocally generous, respecting others' points-of-view, giving praise & credit where it is due, freely giving of our time, money, energy as per appropriateness, need and occasion. May we be always alert with alacrity such that negative thoughts (which are the origin of all diseases) cannot enter.*

namas'tē , ast'vāyudhāyānātātāya dhṛṣh'ṇavē |

ubhābh'yāmuta tē namō bāhubh'yān' tava dhan'vanē || 15 ||

*This potential for destruction (in me) is Yours, not mine! The violent quality in these hands and mind is Yours, not mine!*

pari tē dhan'vanō hētiras'mān' vṛṇak'tu viśh'vataḥa |

athō ya , iśhudhis'tavā (ā)rē , as'man'ni dhēhi tam || 16 ||

*Since we have cast out negativity from our mind-sets, now onwards, all negative thoughts and actions coming at us will bypass us. The reactions of our previous negative thoughts (that we were destined to suffer) have also been kept down by the side for the time being and will remain inactive as long as we remain positive.*



na**mas'**tē , as'tu bhagavan' viśh'vēśh'**varāya** mahā**dēvāyat'**

*Namastē be unto Bhagavān, Universe Lord, Great Deity,*

tryam'**ba**kā**yat'** tripurān'**ta**kā**yat'** trikāg'**ni**kā**lāya**

*three eyed, tri-body destroyer, tri-fire-time,*

kālāg'**ni**rud'**rāya** nīla**kaṇ'**ṭhā**ya** mṛt'yuñ'**jayāya**

*time-Rudra, blue-throated Rudra, death-defeater,*

sar'vēśh'**varāya** sadā**śhi**vā**yaśh'**

*always auspicious,*

śhrīman' mahā**dēvāya** na**maḥa** || 17 ||

*śhrīmat, mahādēva, namaḥa!*

## Namaka Anuvākaḥ 2

na**mō** hi**raṇ'**yabāhavē sē**nān'**yē diśhāñ' cha pa**ta**yē na**mō**

*From this moment, these tendencies are cast out as “not mine”: (In case we were indulging in those actions, HENCEFORWARD, we must cease and desist!) adorn gold (and similarly needless body-decorations) on our bodies, give unwanted advise, direction and command,*

na**mō** vṛ**k'**ṣhēbh'yō ha**ri**kēśhēbh'ya[fp]'

pa**śhū**nām' pa**ta**yē na**mō**

*illegally cut trees (God's hair), hurt & cause pain to animals,*

na**mas'** sas'piñ'**ja**rāyat' tvi**śhī**matē

pa**thī**nām' pa**ta**yē na**mō** || 18 ||

*criticize people following ‘other’ paths or no path at all,*

na**mō** babh'**lu**śhāya viv'yā**dhinē** (a)n'**nā**nām' pa**ta**yē na**mō**

*procrastinate cleaning up issues and delay attending to illnesses, over-eat, eat excessively fast, waste food, eat tasty but ‘junk’ food,*

na**mō** ha**ri**kēśhāyōpavī**ti**nē puṣh'ṭā**nām'** pa**ta**yē na**mō**

*ignore the vows, conduct associated with the sacred thread, give improper nourishment to the five senses of the body,*

na**mō** bhavas'**ya** hēt'yai ja**ga**tām' pa**ta**yē na**mō** || 19 ||

*make someone's life miserable,*

na**mō** rud'rā**yā** (ā)ta**tā**vi**nēk'** kṣhēt'**rā**ṇām' pa**ta**yē na**mō**

*make someone cry, oppress others with words or actions, forcibly occupy someone else's place,*

na**mas'** sū**tāyā**han'tyāya va**nā**ṇām' pa**ta**yē na**mō**

*misguide or steer others on the undesirable path, kill others physically or figuratively, create disturbances during worship,*

na**mō** rō**hi**tāyas' sthapa**ta**yē vṛk'ṣhā**ṇām'** pa**ta**yē na**mō** || 20 ||

*speak inauspiciously on important occasions (family gatherings or celebrations),*

na**mō** man'tri**nē** vāṇijāya kak'**ṣhā**ṇām' pa**ta**yē na**mō**

*give wrong counsel, unfairly conduct business, leak out business secrets,*

na**mō** bhuvan'ta**yē** vārivas'kr**tāyau**ṣha**dhī**ṇām' pa**ta**yē na**mō**

*disturb the planetary ecology, overexploit the oceans, adulterate medicines or administer wrong medicines,*

na<sup>ma</sup> , ut'chair'ghōṣhāyāk'

(ā)kran'daya<sup>te</sup> pat'tīnām' pata<sup>ye</sup> namō || 21 ||

*unnecessarily shout loudly, wail loudly or make others wail, pervert the Army & Police for selfish purposes,*

na<sup>ma[hk]</sup>' kṛt'snavītāya dhā<sup>va</sup>tē

sat'tva<sup>nām</sup>' pata<sup>ye</sup> namaḥa || 22 ||

*pollute space (inner & outer), not wash one's body & clothes, run after temporary sense-attractions, disturb the sātvika persons' peace of mind.*

### Namaka Anuvākaḥ 3

na<sup>mas</sup>' sa<sup>hamānāya</sup> niv'yādhi<sup>na</sup> ,

āv'yādhi<sup>nī</sup>nām' pata<sup>ye</sup> namō

*From this moment, these tendencies are cast out as “not mine”: punish or retaliate, allow inner enemies to manifest themselves, allow latent disease to manifest itself,*

na<sup>ma[hk]</sup>' ka<sup>ku</sup>bhā<sup>ya</sup> niṣhañ'giṇē<sup>ēs</sup>'

stēnā<sup>nām</sup>' pata<sup>ye</sup> namō || 23 ||

*allow our prominence to start plundering public or private money,*

na**mō** niṣhañ'gi**ṇa** , iṣhudhi**matē** tas'**ka**rā**ṇām**' pa**ta**yē namō

na**mō** vañ'**cha**tē pa**ri**vañ'**cha**tēs' stāyūnām' pa**ta**yē namō

na**mō** ni**chē**ra**vē** pa**ri**cha**rāyā**ra**ṇ**'yā**nām**' pa**ta**yē namō || 24 ||

*criminal tendencies – cheat, con-man, embezzler, burglar, housebreaker, poacher, forest-plunderer –*

na**mas**' sṛ**kā**vibh'yō jighā**gm**'sad'bhyō

muṣh'**ṇa**tām' pa**ta**yē namō

na**mō** (a)simad'bhyō nak'tañ'cha**rad**'bhya[fp]'

pra**kṛn**'tā**nām**' pa**ta**yē namō

na**ma** , uṣh'**ṇi**ṣhi**ṇē** giri**cha**rāya

ku**lu**ñ'**chā**nām' pa**ta**yē namō || 25 ||

*criminal tendencies – armed-mobster-extortionist, assassin, crop-stealer, killer-slasher, fugitive, killer-butcher, masked-bandit, mountain-brigand, pick-pocket, jewellery-snatcher.*

**na**ma , i**ṣhu**mad'bhyō dhan'vā**vibh'**ya**śh'**cha vō na**mō**

*May we reach the Target :*

*by keeping the spine perfectly erect, so that the kuṇḍalinī śhakti arises from the mūlādhāra chakra,*

**na**ma , ātan'vā**nēbh'**ya**[fp]'** prati**da**dhā**nēbh'**ya**śh'**cha vō na**mō**

*by discarding external disturbances during meditation,*

**na**ma , āyat'**chhad'**bhyō vi**sṛ**jad'**bhyaśh'**cha vō na**mō**

*by aiming at the Self in the cave of the heart,*

**na**mō (a)s'**yad'**bhyō vidh'**yad'**bhyaśh'cha vō na**mō** || 26 ||

*by reaching the Supreme Self.*

**na**ma , ā**sī**nēbh'**yaśh'** śha**yā**nēbh'**yaśh'**cha vō na**mō**

*All this belong to the body, not mine:*

*physical aspects like being seated, reclining,*

**na**mas'**svapad'**bhyō jāg'**rad'**bhyaśh'cha vō na**mō**

*dreaming or awake,*

**na**mas'**tiṣh'****ṭhad'**bhyō dhā**vad'**bhyaśh'cha vō na**mō**

*standing or running,*

na**mas'** sabhābh'**yas'** sabhā**pa**tibh'yaśh'cha vō namō || 27 ||

*being in an august assembly or its speaker,*

na**mō** , aśh'**vēbh'yō** (a)śh'**va**patibh'yaśh'cha vō na**ma**ha || 28 ||

*being wealthy with fine horses & vehicles.*

#### Namaka Anuvākaḥ 4

na**ma** , āv'yādhinī**ibh'yō** vi**vi**dh'**yan'**tībh'yaśh'cha vō namō

na**ma** , u**ga**ṇābh'yas'tṛgm'**ha**tībh'yaśh'cha vō namō

*From this moment, these tendencies are cast out as “not mine”:*

*wage war by attacking others, make them miserable with thoughts, word and deed,*

na**mō** gṛt'sēbh'yō gṛt'sa**pa**tibh'yaśh'cha vō namō

na**mōv'** vrātē**ēbh'yōv'** vrā**ta**patibh'yaśh'cha vō namō || 29 ||

*use cunning ways for selfish purposes, hire unorganized help to avoid taxes and injury liabilities,*

na**mō** gaṇēbh'yō gaṇa**pa**tibh'yaśh'cha vō namō

*join groups for purely selfish purposes and not contribute anything in turn,*

**na**mō vi**rū**pēbh'yō vi**śh'**va**rū**pēbh'yaśh'cha vō namō

*get mentally entangled with variously manifested forms while forgetting the Universal Form backing them,*

**na**mō ma**had'**b**hya**ḥa , kṣhul'**lakē**bh'**yaśh'**cha vō namō

*attend to the greatly important and ignore the trivial,*

**na**mō ra**thibh'yō** (a)ra**thē**bh'**yaśh'**cha vō namō

**na**mō ra**thē**ēbh'yō ra**tha**patibh'yaśh'cha vō namō || 30 ||

*be in awe of the affluent and look down upon the indigent, be careless with the maintenance of the human-body-chariot,*

**na**mas' sēnā**ābh'**yas' sēnā**nibh'**yaśh'cha vō namō

*ignore or encourage the activities of the enemy army within (greed, jealousy, anger, lust, pride, delusion),*

**na**ma**ḥa** , kṣhat'**ṛbh'yas'** saṅg'ra**hī**ṛbh'**yaśh'**cha vō namō

*overlook the inner voice, the voice of the conscience,*

**na**mas'tak'**śhabh'yō** rathakā**rē**bh'**yaśh'**cha vō namō

**na**ma[**hk**]' ku**lā**lēbh'ya[**hk**]' kar'mā**rē**ēbh'yaśh'cha vō namō

*procrastinate or stubbornly resist attempts to re-form and transform oneself,*



na**ma**[fp]' puñ'jiṣh'tē**ēbh'**yō

niṣhādēbh'**yaśh'**cha vō namō || 31 ||

*restrict someone else's freedom and plunder forests due to greed rather than necessity,*

na**ma** , iṣhukrd'**bhyō** dhan'**va**krd'**bhyaśh'**cha vō namō

*resist the urge to help others even though having the power to do so,*

na**mō** mr̥gayubh'**yaśh'** śhvanihb'**yaśh'**cha vō namō

*exploit others' weaknesses like a predator-hunter,*

na**maśh'** śhvabh'**yaśh'** śhvapa**ti**bh'**yaśh'**cha vō na**ma**ḥa || 32 ||

*resist/refuse to control our dog quality within (anger and lust).*

## Namaka Anuvākaḥ 5

na**mō** bhavāya cha rud'rāya cha || 33 ||

*From this moment, these tendencies are cast out as "not mine":  
be born, die, be re-born, and cry for not wanting the body to die,*

na**maśh'** śhar'vāya cha paśhupa**ta**yē cha

na**mō** nī**lag'**rīvāya cha śhi**ṭi**kaṇ'**ṭhā**ya cha

*pierce/kill subtly or grossly, exploit/hurt animals in our employ or otherwise, spit poison  
(malicious gossip) or keep quiet even if the situation demands that you speak up,*

na**ma**[hk]' ka**par'**dinē chav' vyup'takēśhāya cha

na**mas'** sahas'rāk'śhāya cha śha**ta**dhan'vanē cha || 34 ||

*pay excessive attention to hair and its upkeep, look here and there, everywhere outside,  
attempt too many tasks succeeding in none,*

na**mō** giriśhāya cha śhipi**viśh'**ṭāya cha

na**mō** mī**ḍ**huṣh'**ṭa**māya chē**śhu**matē cha

na**mō**ō**h'** hras'vāya cha vā**ma**nāya cha

*differ in thought, word and deed, ignore the light (knowledge) from within, be miserly and refuse to delegate powers, be narrow-minded, refuse to part with possessions,*

**na**mō bṛhatē **cha** var'ṣhīyasē **cha**

**na**mō vṛd'dhāya **cha** sam'vṛdh'vanē **cha** || 35 ||

*identify with the limited body, shower criticism instead of blessings, disrespect those who are senior in age and experience and those who are self-realized,*

**na**mō , ag'riyāya chap' prathamāya **cha**

**na**ma , āśhāvē chājirāya **cha**

**na**maśh' śhīgh'riyāya **cha** śhībh'yāya **cha**

*hog the limelight at the cost of the really deserving person, be unnecessarily slow and lazy, act rashly without forethoughts, unnecessarily procrastinate, boast,*

**na**ma , ūr'myāya chāvas'van'yāya **cha**

**na**mas' srōtas'yāya **chad'** dvīp'yāya **cha** || 36 ||

*be unsteady in thoughts, exaggerate, make a hue and cry, be in the rat race without being aware, selfishly isolate oneself from society.*

## Namaka Anuvākaḥa 6

namō<sup>ōd'</sup> jyēsh'<sup>ṭhāya</sup> cha kaniṣh'<sup>ṭhāya</sup> cha

na<sup>ma[fp]'</sup> pūr'<sup>vajāya</sup> chāpara<sup>rajāya</sup> cha

na<sup>mō</sup> madh'<sup>yamāya</sup> chāpa<sup>gal'</sup> bhā<sup>ya</sup> cha

*From this moment, these tendencies are cast out as “not mine”:*

*expect preferential treatment due to our age, identify with the body seniority-sequence, be immoderate with regards to body discipline (eating...) and project bravado where not needed,*

na<sup>mō</sup> jaghan'<sup>yāya</sup> cha budh'<sup>niyāya</sup> cha

na<sup>mas'</sup> sōbh'<sup>yāya</sup> chap'<sup>pratisar'</sup> yā<sup>ya</sup> cha || 37 ||

*treat the least important people at the bottom with disdain, allow the demonic thoughts to prevail over the noble, go counter to the wisdom of those more experienced,*

na<sup>mō</sup> yām'<sup>yāya</sup> chak'<sup>kṣhēm'</sup> yā<sup>ya</sup> cha

na<sup>ma</sup>, ur'<sup>var'</sup> yā<sup>ya</sup> cha khal'<sup>yāya</sup> cha

*unnecessarily impose excessive controls over employees and family members, cultivate bad company and harvest infamy,*

na**maśh'** śhlōk'**yā**ya chāvasān'**yā**ya **cha**

na**mō** van'**yā**ya **cha** kak'**śhyā**ya **cha**

na**maśh'** śhrawāya chap' pratiśh'**ravā**ya **cha** || 38 ||

*mouth śhlōkas without implementing their message, ruthlessly exploit forests, hanker to be famous or deliberately shy away from the public gaze,*

na**ma** , āśhu**śhē**ṇāya **chā** (ā)śhu**rathā**ya **cha**

na**maśh'** śhūrāya chāvabhin'**datē** **cha**

na**mō** var'**miṇē** **cha** varūthi**nē** **cha**

*misuse armies against defenceless people, allow the indrīya-army to go un-reined, fear the bold and the dauntless, afford shelter and protection to wrongdoers,*

na**mō** bil'**minē** **cha** kava**chi**nē **cha**

na**maśh'** śhurutāya chaśh' śhruta**sēnā**ya **cha** || 39 ||

*ignore and deny support to the soldiers who are fighting for the Country, ignore the Veda teacher and his disciples' needs (we of the society are duty-bound to support them).*

## Namaka Anuvākaḥa 7

na**mō** dun'dubh'yāya chā (ā)hanan'yāya cha

na**mō** dhr̥ṣh'ṇavē chap' pramr̥śhāya cha

*From this moment, these tendencies are cast out as “not mine”:  
boast and blow my own trumpet, rashly plunge into a situation or be excessively  
circumspect,*

na**mō** dūtāya chap' prahitāya cha

na**mō** niṣhaṅ'giṇē chēṣhudhimatē cha || 40 ||

*disrespect the emissary of an adversary, ignore the voice of the conscience,  
misuse/abuse power,*

na**mas'** t̥ik'ṣhṇēṣhavē chā (ā)yudhinē cha

na**mas'** svāyudhāya cha sudhan'vanē cha

*target/hurt others secretly or openly, misuse the power and equipment given,*

na**mas'** srut'yāya cha path'yāya cha

na**ma[hk]'** kāṭ'yāya cha nīp'yāya cha || 41 ||

*spoil the way for those walking behind (literally or figuratively), needlessly exploit the water-holes and mountains,*

**na**mas' sūd'yāya cha sa**ras**'yāya cha

**na**mō nād'yāya cha vaiśhan'tāya cha

**na**ma[hk]' kūp'yāya chāvaṭ'yāya cha

*hunt birds for mere pleasure in marshes and lakes, pollute rivers and ponds, over-exploit well water and underground water,*

**na**mō varṣh'yāya chāvarṣh'yāya cha

**na**mō mēgh'yāya cha vid'yut'yāya cha || 42 ||

*disturb the Planetary Eco-System leading to excessive rain, drought, storms & lightning,*

**na**ma , īdh'riyāya chā (ā)tap'yāya cha

**na**mō vāt'yāya cha rēṣh'miyāya cha

*over-exploit fossil-fuel resources and overuse/waste electricity, divert typhoon and tsunami relief material for personal gains,*

**na**mō vās'tav'yāya cha vās'tupāya cha || 43 ||

*illegally deprive others of their possessions.*

## Namaka Anuvākaḥ 8

ॐ hara hara hara hara ॐ

*May my body identification be forcibly taken away by Hara!*

na**mas'** sō**mā**ya cha **rud'**rā**ya** cha

na**mas'** **tām'**rā**ya** chā**ru**ṇā**ya** cha

*From this moment, these tendencies are cast out as “not mine”:*

*do things which give transient pleasure, then repent and cry later, not render the debts we owe (of all kinds),*

na**maśh'** **śhaṅ'**gā**ya** cha pa**śhu**pa**ta**yē cha

na**ma** , **ug'**rā**ya** cha **bhī**mā**ya** cha || 44 ||

*allow our bestial tendencies the upper hand and suffer on the way, inflict fear and feel dread,*

na**mō** , ag'rē**va**dhā**ya** cha dūrē**va**dhā**ya** cha

na**mō** han'trē cha ha**nī**yasē cha

*kill by various methods, forget that some day everyone will be dead,*

na**mō** **vṛk'**śhēbh'yō ha**ri**kēśhēbh'yō na**mas'** **tārā**ya || 45 ||

*needlessly chop trees out of greed, not help others even if in a position to do so,*



na**maśh'** śham'bha**vē** cha mayōbha**vē** cha

na**maśh'** śhañ'karā**ya** cha mayas'karā**ya** cha

*disturb the peace and spoil someone's pleasure, obstruct the noble activity of others,*

na**maśh'** śhivā**ya** cha śhiva**ta**rāya cha

na**mas'**tirth'**yā**ya cha kūl'**yā**ya cha || 46 ||

*see only the negative in everyone and every place, pollute the sanctity of sacred sites and river-banks,*

na**ma**[fp]' pār'**yā**ya chāvār'**yā**ya cha

na**ma**[fp]' pratarāṇāya chōt'tarāṇāya cha

na**ma** , ātār'**yā**ya chā (ā)lād'**yā**ya cha

*practise unjust favouritism, obstruct the activities of avatārs, prophets and saints, obstruct the activities of devotees of God,*

na**maśh'** śhaśh'**pyā**ya cha phēn'**yā**ya cha || 47 ||

*needlessly uproot young growing plants for extremely transient benefits,*

na**mas'** si**kat'**yāya chap' pravāh'**yā**ya cha || 48 ||

*over-exploit sand banks and water-sources and thus deprive others.*

## Namaka Anuvākaḥ 9

**na**ma , iriṇ<sup>ṅ</sup>'yāya chap' pra**pa**th'yāya **cha**

*From this moment, these tendencies are cast out as “not mine”:  
ridicule a messenger of God who forges a new path through the barren desert of  
bestiality,*

**na**ma[**hk**]' kigm'**śhi**lāya **chak**' kṣhayaṇāya **cha**

*search for God only in stone images outside instead of within our own body-temple,*

**na**ma[**hk**]' ka**pa**r'di**nē** **cha** pu**la**s'tayē **cha** || 49 ||

*pay undue attention to external head adornment instead of what's inside it:  
discriminative intelligence,*

**na**mō gōṣh'**ṭhyā**ya **cha** gṛh'yāya **cha**

*be indifferent towards the Veda-chanters, Veda-teachers & their needs,*

**na**mas'tal'**pyā**ya **cha** gēh'yāya **cha**

*needlessly pamper our body by providing it mansions when a simpler dwelling would  
suffice,*

**na**ma[**hk**]' kāṭ'yāya **cha** gah'va**rē**ṣh'**ṭhā**ya **cha**

*mindlessly over-exploit water and over-underground resources,*

namō<sup>ōh</sup>' hraday'yāya cha nivēṣhp'yāya cha || 50 ||

*break our vows to God and get drowned in materialistic thoughts,*

namā[fp]' pāgm'sav'yāya cha rajas'yāya cha

namāśh' śhuṣh'kyāya cha harit'yāya cha

*be obsessed with external cleanliness while ignoring internal purity, ignore the real rasa (essence/ātmā) and keep our beings parched and dry (bereft of love),*

namō lōp'yāya chōlap'yāya cha

namā , ūr'vyāya cha sūr'myāya cha || 51 ||

*be narrow-minded by not allowing the mind to imbibe Universal thoughts, misuse scientific knowledge,*

namā[fp]' par'nyāya cha par'ṇaśhad'yāya cha

*be indifferent towards the elderly who actually need us in old age,*

namō (a)paguramāṇāya chābhigh'natē cha

*threaten and attack others with sinful intent,*

namā , āk'khi<sup>datē</sup> chap' prak'khi<sup>datē</sup> cha || 52 ||

*cause disturbance/distress to others,*

na<sup>mō</sup> va[hk]' kirikēbh'yō dēvā<sup>nāgm'</sup> hṛ<sup>da</sup>yēbh'yō

*be indifferent towards the needs of the deities in NOT performing agnihōtras, yajñas and yāgas properly or at the appropriate times,*

na<sup>mō</sup> vik'ṣhīṇa<sup>kēbh'yō</sup> na<sup>mō</sup> vichin'vat'kēbh'yō

na<sup>ma</sup> , ānir'hatēbh'yō na<sup>ma</sup> , āmīvat'kēbh'yaḥa || 53 ||

*be indifferent towards the ātma-jñānīs, the contemplative sages and the unremitting practitioners of non-violence, by not heeding their advice, be indifferent towards those indecisive ones who need a push towards spirituality.*

### Namaka Anuvākaḥa 10

drā<sup>pē</sup> , an'<sup>dhasas'</sup>pa<sup>tē</sup> da<sup>rid'</sup>ran'nī<sup>la</sup>lōhita |

*We should tear all our desires to shreds. We should not cause others to run helter-skelter, we should not spread darkness in their life.*

ē<sup>ṣhām'</sup> pu<sup>ru</sup>ṣhānā<sup>mē</sup>ṣhām' pa<sup>śhū</sup>nām' mā bhēr'mā

(a)rō mō , ē<sup>ṣhān'</sup> kiñ' cha<sup>nā</sup> (ā)ma<sup>mate</sup> || 54 ||

*We should consider everything else as our own self. We should not threaten, antagonize or inflict disease upon anyone.*

yā tē rud'ra śhivā tanūśh' śhivā viśh'vā habhēśhajī |

*We should consider this entire Creation as an auspicious healing entity.*

śhivā rud'ras'ya bhēśhajī tayā nō mṛḍa jīvasē || 55 ||

*In turn, it will give us only positive/blessing vibrations, rendering our lives happy.*

imāgm' rud'rāya tava sē kapar'dinēk'

kṣhayad'vīrāyap' pra bharāmahē matim |

*We invite Rudra to reduce and remove our unwanted rājasic tendencies (violence).*

ya thā naśh' śhama sad' dvipadē cha tuśh' padē viśh'vam'

puśh'tan' grāmē , as'min' na nāturam || 56 ||

*We should ensure tranquility, health and wellness at the smallest level, i.e. the village; which will eventually lead to peace at the universal level.*

mṛḍā nō rud'rōta nō mayas'krdhik'

kṣhayad'vīrāya namasā vidhēma tē |

*We should not aim for happiness-by-getting. We should aim for contentedness-with-what-we-have.*

yat'chhañ' cha yōśh'cha manurāyajē

pitā ta daśh'yāma ta va rud'rap' prañītau || 57 ||

*Once we are contented, God will automatically grant us our needs as and when they arise from time to time.*

mā nō mahān'tamuta mā nō , ar'bhakam' mā na ,

uk'shan'tamuta mā na , uk'shitam |

mā nō vadhī[fp]' pitaram' mōta mātarām'

priyā mā nas'tanu vō rud'ra rīṣhaḥa || 58 ||

mānas'tōkē tana yē mā na , āyuṣhi mā nō gōṣhu mā nō ,

aśh'veṣhu rīṣhaḥa |

*We refrain from killing or hurting anyone with thoughts, words and deed – always.*

vīrān'mā nō rud'ra bhāmitō

va dhīr' ha viṣh'man'tō na masā vidhēma tē || 59 ||

*Also, we should be willing to offer our services and help always, whenever they are needed.*

ārāt' tē gōgh'na , uta pūruṣhagh'nēk'

kṣhayad'vīrāya sum'namas'mē tē , as'tu |

*We allow only noble non-violent thoughts near us and keep the violent ones afar.*

rak'ṣhā cha nō , adhi cha dēvab' brūh'yadhā

cha naśh' śhar'ma yat'chhad' dvi bar'hāḥa || 60 ||

*We speak up for those in a pitiable state when required to.*

stuhiśh' śhru tañ' gar'tasadañ' yuvānam'

mṛgan' na bhīma mu pahat'numug'ram |

mṛdā jarit'rē rud'ras' stavānō , an'yan' tē ,

as'man'ni vapan'tu sēnāḥa || 61 ||

*We pray to the Indweller of the heart to direct His destructive power on our inner enemies (greed, lust, etc.), and not on our physical bodies.*

pariṇō rud'ras'ya hētir'vr̥ṇak'tu parit'

tvēśhas'ya dur'matira ghāyō-ḥo |

*We divert our violent rage towards our own evil thoughts and intentions. If we always act like this, they will be reduced to ashes.*

a**vas**' **sthi**rā **ma**gha**va**d'**bhyas**'**tanuṣh**'**va**

mīḍh'**vas**'**tō**kāya **ta**na**yā**ya mṛḍaya || 62 ||

*We keep giving munificently as much as we can. This will shower future prosperity on our children and grand-children.*

mīḍ**huṣh**'**ṭa**ma śhi**va**tama ś**hi**vō **na**s'**su**ma**nā** bhava |

**pa**ramē **vṛ**k'**ṣha** , ā**yu**dhan' **nidhā**ya kṛt'**tim**' va**sā**na ,

ā **cha**ra **pi**nā**ka**m' **bi**bh'**ra**dā **ga**hi || 63 ||

*We use our inner enemies by diverting their energy towards a positive cause which will benefit everyone, like a wish-fulfilling tree (e.g. divert greed by collecting old newspapers and using the scrap-generated money for public causes). Thus we become benevolent towards each other.*

vi**ki**ri**da** vi**lō**hita **na**mas'**tē** , as'tu bhagavaḥa |

*We must endeavour to scatter largesse and hope, whenever feasible.*

yās'**tē** **sa**has'**ra**gm'

**hē**tayō (a)**n**'**yamas**'**man**'**ni** **va**pan'**tu** tā-ḥa || 64 ||

*We must not incite hatred amongst people for whatever reasons.*



sahas'rāṇi sahas'radhā bāhuvōs'tava hētayaḥa |

tāsāmīśhānō bhagava[fp]' parāchīnā mukhā kṛdhi || 65 ||

*We divert our selfish energy towards the Universal Cause by all means feasible.*

### Namaka Anuvākaḥa 11

sahas'rāṇi sahas'raśhō yē rud'rā , adhi bhūm'yāām |

tēṣhāgm' sahas'ra yōjanē (a)va dhan'vāni tan'masi |

as'min' mahat'yar'ṇavēē (a)n'tarik'ṣhē bhavā , adhi |

nīlag'rīvāśh' śhitikan'ṭhāāśh' śhar'vā ,

adhaḥa , kṣhamācharā-ḥa |

nīlag'rīvāśh' śhitikan'ṭhā divagm' rud'rā , upaśh'ritā-ḥa |

yē vṛk'ṣhēśhu sas'piñ'jarā nīlag'rīvā vilōhitā-ḥa |

yē bhūtānāma dhipatayō viśhikhāsa[hk]' kapar'dinaḥa |

yē , an'nēśhu vividh'yan'ti pāt'rēśhu pi batō janāne |

yē pa<sup>th</sup>ām' pa<sup>thi</sup> rak'ṣha<sup>ya</sup> , ailabṛdā yav'yudha<sup>ḥa</sup> |  
 yē tīr'thā<sup>nip</sup>' pra<sup>cha</sup>ran'ti sṛkā<sup>van</sup>'tō niṣhañ'gī<sup>ṇa</sup>ḥa || 66 ||  
 ya , ētā<sup>van</sup>'taśh'cha bhūyā<sup>gm</sup>'saśh'cha di<sup>śhō</sup>

rud'rā vi<sup>tas</sup>'thirē |

tēṣhā<sup>gm</sup>' sahas'ra yō<sup>janē</sup> (a)va dhan'vā<sup>ni</sup> tan'masi || 67 ||

*We relax our minds and forgo the violence that we harbored for others around us (by chanting this Rudra Praśhna and practising it with thought, word and deed).*

*May the positive vibrations of Love and Peace radiate from us in an area of 10,000 miles around: as we wipe the tears of those moaning and crying. When the others feel these positive vibrations, they too will be inspired to emulate us.*

*As and when this is repeated ten times, it will cover the entire planet Earth!*

na<sup>mō</sup> rud'rēbh'yō yē pṛ<sup>thiv</sup>'yāñ' yēē (a)n'ta<sup>rik</sup>'ṣhē yē

divi yēṣhā<sup>man</sup>'nam' vātō var'ṣhami<sup>śha</sup>vas'tēbh'yō

daśhap' prā<sup>chīr</sup>'daśha dak'ṣhiṇā daśhap'

pra<sup>tī</sup>chīr'daśhōdī<sup>chīr</sup>'daśhōrdh'vās'tēbh'yō

na**mas**'tē **nō** mṛḍayan'tu tē yan' **dviṣh**'mō

yaśh'**cha** **nōd**' dvēṣh'**ṭi** tam' **vō** jam'**bhē** dadhāmi || 68 ||

*Lord Rudra is Omnipresent and Omnipotent (and Omniscient). We surrender to His Will with our entire being. We place our inner and outer enemies (catastrophes, calamities) into His destructive jaws.*

*Positive vibrations now cover planet Earth, and the negation of the violence inside us has brought about a positive change outside us.*

*Our future calamities are softened or will bypass us.*

### Additional Rudra Mantras

try**am**'bakañ' yajāmahē sugan'dhim' **puṣh**'**ṭi**var'**dha**nam |  
ur'**vāru**ka**mi**va ban'**dha**nān'

**mṛt**'yōr'**muk**'ṣhīya mā (ā)mṛtā**ā**te || 69 ||

*We worship the Three-eyed One (Lord Śhiva) who is fragrant and excellently nourishes all beings. May He liberate us from repeated death to reach immortality just as a ripened cucumber effortlessly severs itself from bondage to its stalk. May we not divert ourselves from the Path of Liberation.*

yō rud'rō , ag'nau yō , ap'su ya , ośhadhīṣhu yō rud'rō  
viśh'vābhuvanā (ā)vivēśha tas'mai rud'rāya namō , as'tu || 70 ||

*Prostrations to Rudra who is in agni, in water and in medicinal plants. Prostrations to Rudra who inter-penetrates every single particle of the Universe.*

yē tē sahas'ramayutam' pāśhā mṛt'yō mar'tyāya han'tavē |  
tā-ne yaj'ñas'ya māyayā sar'vānavayajāmahē |

*As per the Yajña principles, we worshipfully sacrifice and pray for protection to the One (Death) who destroys whatever is mortal with thousands and tens of thousands of nooses.*

mṛt'yavēs' svāhā mṛt'yavēs' svāhā || 71 ||

*This is sacrificed for Mṛtyuḥ (Death); reach the celestial plane (svāhā)!!!*

prāṇānān' gran'thirasi rud'rō mā viśhān'takaḥa |

tēnān'nēnāp'yāyas'va |

*Please don't undo the knot of the prāṇa and kill the body! Swell it and re-inforce it with food.*

namō rud'rāya viśh'ṇavē mṛt'yur'mē pāhi || 72 ||

*Prostrations to Rudra and Viśhṇu, you both please rescue me from repeated death!*

ta**muṣh'** ṣhṭu**hi** yas' **sviṣhus'** su**dhan'**vāyō

viśh'**vas'** yak' kṣha**yati** bhē**ṣhajas'**ya |

*We praise Rudra's goodly bow – symbolising good actions; and Rudra's arrows – symbolizing good intentions; for their healing powers: they both decay the very need of medicinal substances.*

yak'ṣhvā**ā**ma**hē** sau**ū**ma**na**sā**ya** rud'**ran'**

namō**ō** bhir'**dē**vama**su**ran' duvas'ya || 73 ||

*We all – the deities, the demons and the humans – honour the power of Rudra and also do namaskāra in order to gain clarity and harmony in our minds.*

ayam' mē has'tō bhaga**vā**na**yam'** mē bhaga**vat'** taraḥa |

*This is my hand with powers Divine, this is my hand with powers even more Divine!*

ayam' mē**ē** viśh'va bhē**ē**ṣhajō

(a)yam' śhi**vā**bhi**mar'** śhanaḥa || 74 ||

*This is my cure-all potion, the power to heal the Universe. This is the auspicious, loving, healing touch!*

ॐ śhā-n'**tiśh'** śhā-n'**tiśh'** śhā-n'**ti**ḥi ||

*Peace to the physical-body, mental-body (mind) and causal-body.*

## Chamaka Anuvākaḥ 1

ॐ ag'nā viṣh'ṇū sajośhasēmā var'dhan'tu vān' giraha |

*Agni and Viṣṇu, may these words increase your radiance. May both of you jointly be pleased.*

dyum'nair'vājēbhirā gatam || 1 ||

*Come with radiance and abundance.*

vājaśh'cha mēp' prasavaśh'cha mēp' prayatiśh'cha mēp'

prasiśh'cha mē dhītiśh'cha mēk' kratuśh'cha mēs'

svaśh'cha mēśh' śhlōkaśh'cha mēśh' śhrāvaśh'cha mēśh'

*May all of these be mine: abundance, creativity, extra effort, motion, good thoughts & ideas, universally beneficial resolutions, tonal hearing, glory, renown,*

śhruśh'cha mēd' jyōtiśh'cha mē suvaśh'cha mēp'

prāṇaśh'cha mē (a)pānaśh'cha mēv'

vyānaśh'cha mē (a)suśh'cha mē || 2 ||

*Veda hearing & learning, inner illumination, divine cognition, communication with deities, life force, excretion (of breath, bad thoughts...), proper blood circulation, appropriate nourishment to all parts of the body, life or existence itself,*

chit'tañ' cha ma , ādhī'tañ' cha mē vāk' cha mē  
ma<sup>naśh'</sup> cha mē chak'<sup>śhuśh'</sup> cha mēśh' śhrōt'<sup>rañ'</sup> cha mē  
dak'<sup>śhaśh'</sup> cha mē ba<sup>lañ'</sup> cha ma ,  
ōjaśh' cha mē sa<sup>haśh'</sup> cha ma ,

*keen awareness, learning, speech, mind, eyes, ears, keen-ness (alert-ness) of the  
jñānēndriyas, strength, inner power, vitality, power and might,*

āyuśh' cha mē jarā cha ma , āt'mā cha mē ta<sup>nūśh'</sup> cha mē  
śhar'<sup>ma</sup> cha mē var'<sup>ma</sup> cha mē (a)n'<sup>gā</sup>ni cha mē (a)s'<sup>thāni</sup> cha  
mē parūgm'<sup>shi</sup> cha mē śha<sup>rī</sup>rāṇi cha mē || 3 ||

*full life term, maturity in old age, conscience, body, shelter, security, limbs, bones,  
joints, awareness of subtle bodies.*

*The ancients have said:*

*“Body is primarily meant for attaining dharma.”*

## Chamaka Anuvākaḥ 2

**jyaiṣṭh'yañ' cha ma , ādhipat'yañ' cha mē man'yuṣṭh'cha mē**  
*May all of these be mine: seniority, overlord-ship, projected anger (e.g. Swāmi revealed that His angry-face sometimes shown to His students is mere drama to correct them),*

**bhāmaṣṭh' cha mē (a)maṣṭh' cha mē (a)m'bhaṣṭh' cha mē**  
**jēmā cha mē maḥimā cha mē varimā cha mēp'**

**prathimā cha mē varṣṭh'mā cha mēd'**  
*righteous anger (by a righteous man, at the appropriate time, place & circumstance), unfathomability, potable water, win, glory, capacity to give boons, foremost, wide choice,*

**drāghuyā cha mē vṛd'dhañ' cha mē vṛd'dhiṣṭh' cha mē**  
**sat'yañ' cha mēṣṭh' śhrad'dhā cha mē || 4 ||**

*large family/followers, plenitude (of food, wealth & knowledge), growth (spiritual, mental & physical), honesty, self-confidence,*

**jagat' cha mē dhañañ' cha mē vaśhaṣṭh' cha mēt'**  
**tviṣṭh' cha mēk' kriḍā cha mē mōdaṣṭh' cha mē**



*the entire Creation (seen as myself), all kinds of wealth, power to prevail & win over others, inner & outer radiance or aura, sports, gladness,*

**jātañ' cha mē janiṣh'ya māṇañ' cha mē**

**sūk'tañ' cha mē sukr'tañ' cha mē**

*already born, to be born, excellently uttered (Veda sūktams), excellently done, conduct as per sūktams,*

**vit'tañ' cha mē vēd'yañ' cha mē bhūtañ' cha mē**

**bhaviṣh'yat'cha mē sugañ' cha mē supathañ' cha ma ,**

*worldly knowledge & wealth, ātmajñāna, a good background/history, bright future, good going, excellent paths towards Self-realization,*

**rd'dhañ' cha ma , rd'dhiśh' cha mē kḷp'tañ' cha mē**

**kḷp'tiśh' cha mē matiśh'cha mē sumatiśh'cha mē || 5 ||**

*filled granaries (always), innovations, inventions, innovativeness, inventiveness, thinking capacity, good-excellent thoughts.*

*Prāṇa Śhakti should predominate  
to possess all these qualities.*

### Chamaka Anuvākaḥ 3

śhañ' **cha** **mē** mayāśh'cha mēp' **priyañ' cha** mē

(a)nu**kā**maśh'**cha** **mē** kā**maśh'**cha mē sauma**na**saśh'**cha** mē

**bhad'**rañ' **cha** **mēśh'** śhrē**yaśh'**cha **mē** vas'**yaśh'**cha **mē**

*May all of these be mine: peace & tranquility, oneness, quality of mentally becoming one with the target, to love & be loved, needs, desires (beyond needs), cheerfulness, auspiciousness, unselfish actions, to do that which is right, habitation,*

ya**śhaśh'**cha **mē** bhagaśh'cha **mēd'** dra**vi**ṇañ' cha mē

yan'tā **cha** mē dhar'tā **cha** **mēk'** kṣhē**maśh'**cha **mē**

dhṛ**tiśh'**cha **mē** viśh'**vañ'**cha **mē** ma**haśh'**cha mē

**sam'**vit'**cha** **mēd'** || 6 ||

*fame, Divine qualities, wealth, preceptor, supporter, ease & regularity in obtaining needs, forbearance, fortitude, universal outlook, greatness, feeling of 'equal-ness' (neither superior nor inferior),*

jñāt'rañ' cha mē sūśh'cha mēp' prasūśh'cha mē  
sīrañ' cha mē layaśh'cha ma ,  
ṛtañ' cha mē (a)mṛtañ' cha mē (a)yak'ṣhmañ' cha mē  
(a)nāmayat'cha mē jīvātuśh'cha mē

*inborn teaching quality, inspiration, ability to inspire others, ability to dig out and become one with hidden truths, acceptance of Cosmic Rhythms (ṛtam), immortality beyond and hidden by ṛtam, no-disease-ness, not lack-of-digestive-power, access to doctors & medicines,*

dīr'ghāyut'vañ' cha mē (a)namit'rañ' cha mē  
(a)bhañañ' cha mē sugañ' cha mē śhayañañ' cha mē  
sūśhā cha mē sudinañ' cha mē || 7 ||

*longevity, no enemies or no 'no-friends', fearlessness, excellent journey, proper sleep, good mornings and days.*

*Mental powers are essential for acquiring  
divine qualities and become one with the One  
at the end of the spiritual journey.*

## Chamaka Anuvākaḥ 4

ūrḱ' **cha** mē sūnṛtā cha mē payāśh' cha mē raśāśh' cha mē  
 ghṛtañ' **cha** mē madhu cha mē sag'dhiśh' cha mē  
 sapītiśh' cha mē kṛṣhiśh' **cha** mē vṛṣh' **ṭiśh'** cha mē

*May all of these be mine: abundant energy, pleasant and sweet manner of speaking, drink, various juices, ghee, honey, nourishment for all, water for all, farms, appropriate rains,*

jait'rañ' cha ma , aud'bhid'yañ' cha mē rayiśh' **cha** mē  
 rāyaśh' cha mē puṣh'ṭañ' **cha** mē  
 puṣh'ṭiśh' cha mē vibhu **cha** mēp' prabhu **cha** mē || 8 ||

*conquest, springing out of the first shoots, elevating thoughts, treasure, kingship, food abundance, good nourishment, broad-minded/all pervading, generous & powerful,*

ba hu **cha** mē bhūyaśh' cha mē pūr'ṇañ' **cha** mē  
 pūr'ṇaṭarañ' **cha** mē (a)k'ṣhi tiśh' cha mē

*whatever is needed and much more, feeling of fullness, satisfaction, the condition in which one does not run out of anything,*

kūyavāśh'cha mē (a)n'nañ' cha mē (a)k'ṣhut'cha mēv'  
vrīhayaśh'cha mē yavāāśh'cha mē māṣhāāśh'cha mē  
tilāāśh'cha mē mud'gāśh'cha mē khal'vāāśh'cha mē  
gōdhūmāāśh'cha mē masurāāśh'cha mēp'  
priyañ'gavaśh'cha mē (a)ṇavaśh'cha mēśh'  
śhyāmākāāśh'cha mē nīvārāāśh'cha mē || 9 ||

*small-sized forest-growing millets, all types of eatables (for the five senses, not just the mouth), the condition in which one never has to go hungry, all types of rice, millets, lentil, til, moong bean, vetch seeds, panic seeds, etc.*

*Each imbibing-energy process (eating, drinking, etc.)  
is to be done with pleasant words,  
which will definitely reflect in the subtle portion  
of the food which goes to the mind.*

## Chamaka Anuvākaḥ 5

aśh'mā cha mē mṛt'tikā cha mē girayaśh'cha mē  
 par'vatāśh'cha mē sikaśh'cha mē vanas'pataśh'cha mē

*For a prosperous but non-selfish existence, using wealth for public welfare, may all of these be mine: boulders, soil, hills, mountains, sand, plants,*

hiraṇ'yañ' cha mē (a)yaśh'cha mē sīsañ' cha mēt'  
 trapuśh'cha mēśh' śhyāmañ' cha mē lōhañ' cha mē

(a)g'niśh'cha ma ,

*gold, iron, lead, tin, black iron, copper, bronze, alloys, fire,*

āpaśh'cha mē vīrudhaśh'cha ma , ośhadhayaśh'cha mē

kṛṣh'tapat'chyañ' cha mē (a)kṛṣh'tapat'chyañ' cha mēg'

grām'yāśh'cha mē paśhava , āraṇ'yāśh'cha

yaj'ñēna kal'pan'tām' || 10 ||

*water, creepers, medicinal substances, food which has undergone de-husking, pounding, threshing, cooking etc. processes, raw food, domesticated & wild animals (animal qualities) resolved for giving away in yajña,*

vit'tañ' cha mē vit'tiśh' cha mē bhūtañ' cha mē

bhūtiśh' cha mē vasu cha mē vasatiśh' cha mē

*wealth, the generous & knowledgeable disposition of a wealthy person, all-round success, the helpful disposition of a successful person, animals & things required in a prosperous house and opportunity to reside peacefully in it,*

kar'ma cha mē śhak'tiśh' cha mē (a)r'thaśh' cha ma ,

ēmaśh' cha ma , itiśh' cha mē gatiśh' cha mē || 11 ||

*socially relevant work, capacity to vigorously carry it out, money & resources for sēvā, goal, motion towards it, actual attainment of it.*

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## Chamaka Anuvākaḥ 6

*Each deity invoked (e.g. Savitā) presides over an external natural phenomenon (e.g. sun's light) which represents a subtle energy or quality (e.g. discrimination).*

*We ask for these subtle powers to manifest in our own body and invoke INDRA so that we become the 'master controller' of our body.*

ag'niśh'cha ma , in'draśh'cha mē sōmaśh'cha ma ,  
 in'draśh'cha mē savitā cha ma , in'draśh'cha mē  
 saras'vatī cha ma , in'draśh'cha mē pūṣhā cha ma ,  
 in'draśh'cha mē

*May all of these be mine: heat (entire body via blood circulation, the physical sense organs), delight, discrimination, speech, skin generating Vit. D with sunlight,*

br̥has'patiśh'cha ma , in'draśh'cha mē mit'raśh'cha ma ,  
 in'draśh'cha mē varuṇaśh'cha ma , in'draśh'cha mēt'  
 tvaśh'tā cha ma , in'draśh'cha mē  
 dhātā cha ma , in'draśh'cha mē || 12 ||

*inborn teaching quality, brightness, 'potential' spaces inside human body, genetic DNA, bones,*



viṣh'ṇuśh' cha ma , in'draśh' cha mē

(a)śh'vināu cha ma , in'draśh' cha mē

marutaśh' cha ma , in'draśh' cha mē

viśh'vē cha mē dēvā , in'draśh' cha mē

pr̥thivī cha ma , in'draśh' cha mē

*circulatory + nervous system, hands, legs, breath through nostrils, excretion as apāna vāyu, air movements in the body, touch, form, brain & memory, smell, muscles, excretory organs,*

(a)n'tarik' śhañ' cha ma , in'draśh' cha mēd'

dyauśh' cha ma , in'draśh' cha mē

diśhaśh' cha ma , in'draśh' cha mē

mūr'dhā cha ma , in'draśh' cha mēp'

prajāpatish' cha ma , in'draśh' cha mē || 13 ||

*expansive thought, dreams, sound, head, taste, reproductive organs.*

## Chamaka Anuvākaḥ 7

*These vessels used in sōma yāgas represent subtle powers to be directed towards the inner senses, controlling & subduing them.*

agm'śhuśh'cha mē raśh'miśh'cha mē (a)dāābh'yaśh'cha mē  
(a)dhipatiśh'cha ma , upāgm'śhuśh'cha mē

(a)n'tar'yāmaśh'cha ma , ain'dravāyavaśh'cha mē  
mait'rāvaruṇaśh'cha ma ,

*May all of these be mine: delight, Vedic knowledge, Sun's unapproachability & overlordship, Bṛhaspati's secrets, Viṣṇu's interpenetration, power over stormy winds, over brightness (sattvagūṇa) & darkness (tamōgūṇa),*

āśh'vināśh'cha mēp' pratip'ras'thānaśh'cha mē

śhuk'raśh'cha mē man'thīcha ma , āg'rayaṇaśh'cha mē

*Cosmic breath, power over celestial bodies, planets & comets, Cosmic reproductivity, Cosmic churning (e.g. rotation of a galaxy), agni's powers to lead everyone towards the Cosmic Realm,*

vaiśh'vadēvaśh'cha mēd' dhruvaśh'cha mē  
vaiśh'vānaraśh'cha ma , ṛtug'rahaśh'cha mē  
(a)tig'rāh'yāāśh'cha ma , ain'drāg'naśh'cha mē  
vaiśh'vadēvaśh'cha mē

*power of projecting the Universe through the eyes, power of mental focus, Cosmic heat, understanding & grasp of Cosmic Cycles, also that which is beyond grasp, power over planetary heating & cooling, omnipresence,*

marut'vatīyāāśh'cha mē māhēnd'raśh'cha ma ,  
ādit'yaśh'cha mē sāvit'raśh'cha mē  
sāras'vataśh'cha mē pauṣh'ṇaśh'cha mē  
pāt'nīvataśh'cha mē hāriyōjanaśh'cha mē || 14 ||

*power over winds & ocean currents, overall control as a supervisor, power at the centre of the galaxy, Sun's power of protecting life-force, power of fluid speech, Pūshā's power to nourish, energies to carry out these stupendous tasks, power to maintain everything in perfect order.*

## Chamaka Anuvākaḥ 8

*These physical articles used in a Vedic yajña symbolize something within us required for performing sacrifices (of any kind).*

idh'maśh'cha mē bar'hiśh'cha mē vēdiśh'cha mē  
 dhiṣh'ṇiyāśh'cha mēs' sruchaśh'cha mē  
 chamasāśh'cha mēg' grāvāṇaśh'cha mēs'  
 svaraśh'cha ma , uparavāśh'cha mē

*May all of these be mine: body heat, energy for sēvā, noble blessing instincts, passion & physical energy to do sēvā, mentor-guide, hands, inner bliss, sweet speech, correct tones or notes while chanting or singing, general hubbub sound of the audience-crowd,*

(a)dhiṣhavaṇē cha mēd' drōṇakalaśhaśh'cha mē  
 vāyav'yāni cha mē pūtabhṛt'cha ma ,

*lungs, breath control, the human body, the pañcha prāṇas, body of the elevated sādḥaka which can sustain samādhī,*

ādha**va**nī**yaśh'** cha **ma** , āg'nī**īdh'** rañ' cha mē

ha**vir'** dhā**nañ'** cha mē gr**hāśh'** cha **mē** sa**daśh'** cha mē

*mixing with elevating saints & yōgīs for satsaṅg which purifies the mind, the preceptor who kindles the fire of knowledge, the mouth leading to the stomach, special enclosure or aśhram where one can pursue sādhanā without disturbance, opportunity and place to do sēvā,*

purō**ḍāśhā**ā**śh'** cha mē pachatāśh'**cha** mē

(a)va**bhr**thaśh'**cha** mēs' svagā**kā**raśh'**cha** mē || 15 ||

*sāttvik food, assimilation of the food by the mind-body complex, constant nāma-smaraṇa, feeding God in various human bodies.*

## Chamaka Anuvākaḥ 9

*The actual Vedic yajñas and circumstances conducive to perform them represent sēvā and mental/physical requirements for properly undertaking it.*

ag'niśh'cha mē ghar'maśh'cha mē (a)r'kaśh'cha mē

sūr'yaśh'cha mēp' prāṇaśh'cha mē (a)śh'vamēdhaśh'cha mē

*May all of these be mine, for selfless sēvā: energy to carry out noble sacrifices, warmth, inner illumination, positive thoughts, dedication & perseverance, steadiness of mind,*

pṛthivīcha mē (a)ditiśh'cha mē ditiśh'cha mēd'

dyauśh'cha mē śhak'varīraṅgula yō diśhaśh'cha mē

*fulfillment of physical/mental needs, open mind, generosity, dazzling aura, harmony, guide, directions (to the goal),*

yaj'ñēna kal'pan'tāmṛk' cha mē

sāma cha mēs' stōmaśh'cha mē yajuśh'cha mē

*esoteric meanings of the Veda-mantras, ecstasy at the climax of the yāga, reminding of the ātmic presence within, ability to sing melodiously, attitude of sēvā,*

dīk'ṣhā cha mē tapaśh'cha ma , ṛtuśh'cha mēv'

vra tañ' cha mē (a)hōrāt'rayōōr' vṛṣh'tyā

*initiation into the spiritual path, discipline in life, appropriate timing, adhering to promises, continuity, good wishes and blessings,*

brhad'rathan'tarē cha mē yaj'ñēna kal'pētām || 16 ||

*expansiveness & end of 'body feeling'.*

*It is very noble and elevating to ask anything  
for the purpose of giving it away to those  
who need it and are not in a position to obtain it.*

## Chamaka Anuvākaḥ 10

*Various types of cattle – which represented the economic power of a rich and wealthy person in Vedic times – are demanded from God only to give away in yajña to others to earn a livelihood.*

gar'bhāśh'cha mē vat'sāśh'cha mēt' tryaviśh'cha mēt' tryavī  
 cha mē dit'yavāt' cha mē dit'yauhī cha mē  
 pañ'chāviśh'cha mē pañ'chāvī cha mēt' trivat'saśh'cha mēt'  
 trivat'sā cha mē tur'yavāt' cha mē tur'yauhī cha mē  
 paśh'ṭhavāt' cha mē paśh'ṭhauhī cha ma , uk'shā cha mē  
 vaśhā cha ma , ṛṣhabhaśh'cha mē vēhat'cha mē  
 (a)naḍ' vāñ'cha mē dhēnuśh'cha ma , || 17 ||

*May all of these be mine, to give away in yajña: foetuses, new-borns, 1½ to 4-year-old-he/she, stud-bull used for procreation only, infertile cow, excellent bull, cow that miscarries or with still-born calf, draught-ox for pulling, milch-cow,*



āyur'yaj'ñēna kal'patām' prāṇō yaj'ñēna kal'patāmapānō  
yaj'ñēna kal'patām' vyānō yaj'ñēna kal'patāñ'  
chak'ṣhur'yaj'ñēna kal'patāgēśh' śhrōt'rañ'  
yaj'ñēna kal'patām' manō yaj'ñēna kal'patām'  
vāg'yaj'ñēna kal'patāmāt'mā yaj'ñēna kal'patāñ'  
yaj'ñō yaj'ñēna kal'patām || 18 ||

*full life-term, life-force, excretory system, the circulatory system for nourishing all the parts of the body in equal and appropriate measure, eyes, ears, mind, power of speech, soul, the yajña (sacrifice, sēvā, etc.) itself with its benefits.*

*This is the high point of the Chamakam where, by giving away our entire being, the yajña itself and its benefits in yajña, we attain the state of 'no-desires-no-demands' and self-realization.*

## Chamaka Anuvākaḥ 11

*Having experienced the Ultimate Absolute upon cessation of all 'desires-demands', we identify with the Creator and His Creation. With this profound experience, we now state through the words "cha mē": "The 'One' too am I, 'three' too am I, 'five' too am I...", the number 'One' representing the Supreme Bramhan and the other numbers symbolizing His myriad manifestations in Creation.*

ēkā cha mē tis'raśh'cha mē pañ'cha cha mē sap'ta cha mē  
 na va cha ma , ēkādaśha cha mēt' trayōdaśha cha mē  
 pañ'cha daśha cha mē sap'ta daśha cha mē  
 na va daśha cha ma , ēka vigm'shatiśh'cha mēt'  
 trayō vigm'shatiśh'cha mē pañ'cha vigm'shatiśh'cha mē  
 sap'ta vigm'shatiśh'cha mē na va vigm'shatiśh'cha ma ,  
 ēkat' trigm'shat'cha mēt' trayas' trigm'shat'cha mē

*All this am I: The 'One' only am I, no other exists, the 3 worlds/guṇas, the 5 elements/breaths, the 7 planes of existence/ṛṣhis, the 9 planets/numerals/gems/holed body/types of devotional bhāva, the 11 rudras/anuvākas of Rudra-namaka, the 13 Sanskrit vowel sounds, the 15 days of lunar calendar (implies time)..., the 33 dēvatās,*

cha**tas'**rašh'cha mē (a)ṣh'ṭau cha mēd' dvā**da**śha cha mē  
ṣhō**ḍa**śha cha mē vigm'śha**tiśh'**cha mē  
cha**tur'**vigm'śhatiśh'cha mē (a)ṣh'ṭā**vigm'**śhatiśh'cha mēd'  
dvāt'**ri**gm'śhat'cha mē ṣhaṭ'**tri**gm'śhat'cha mē  
chat'vā**ri**gm'śhat'**cha** mē cha**tuśh'**chat'vā**ri**gm'śhat'cha mē  
(a)ṣh'ṭā**chat'**vā**ri**gm'śhat'cha mē || 19 ||

*the 4 Vedas/puruṣhārthas/āśhramas, the 8 directions, the 12 months, the 16 aspects of the pūrṇa-avatāra/kalās of the moon/siddhis..., the 40 red-horses of Indra...*

vā**jaśh'**chap' pra**sa**vāśh'**chā**pi**jaśh'**chak' kra**tuśh'**cha  
su**vaśh'**cha mūr'**dhā** chav' vyaśh'**ni**yaśh'chā (ā)n'tyāya  
naśh'chānt'**yaśh'**cha bhau**va**naśh'cha  
bh**u**va**naśh'**chā**dhi**patiśh'cha || 20 ||

*embodiment of energy, source of abundance for all, the entire Creativity, the creation of the Universe, the greatest sacrifice, the dazzling radiance, the highest, the One who consumes and digests everything, the One who leads to Liberation, final dissolution, Liberation, the Creator, the Creation, the Master-Supervising-Over-Lord.*

## Śhānti Mantra

iḍā dēvaḥūr'ma**nur'**yaj'ñānīr'bṛhas'pa**ti**ruk'thā**ma**dā**ni**  
 śhagm'si**śhad'**viśh'**vē** dēvās' sū**ūk'**ta vā**cha**[fp]' pṛ**thi**vi  
 mā**tar'**mā **mā** higm'**sīr'**ma**dhu** ma**niṣh'**yē ma**dhu** ja**niṣh'**yē  
 ma**dhu** vak'ṣhyā**mi** ma**dhu** va**diṣh'**yā**mi** ma**dhu**ma**tīn'**

*As Idā leads the deities to pacify Rudra's Manyu (projected anger), as Manu leads mankind to sēvā, as Bṛhaspati utters the mantras that pacify Rudra's Manyu, and as all other deities chant Veda-sūktas, O Mother Earth, may we LOVE you and refrain from needlessly exploiting you.*

dēvēbh'yō vā**cha**mud' yāsagm' śhuśh'**rū**ṣhēṇ'yā**ām'**  
 ma**nuṣh'**yē**ēbh'**yas'tam' **mā** dēvā ,  
 a**van'**tu **śhō**bhāyā**pi**tarō (a)**nu** madan'tu || 21 ||

*May we think, grow, speak & act lovingly; in doing so, may we shine spiritually & make our forefathers glow with pride.*

ॐ śhā-n'**tiśh'** śhā-n'**tiśh'** śhā-n'**ti**ḥi ||

*Peace to the physical-body, mental-body (mind) and causal-body.*

## Samasta Lōkāḥa Mantra

*Prayer for Peace*

ॐ svas'tip' prajābh'ya[fp]' paripālayan'tām ।

*May the common people (subjects) be governed and nourished by the rulers. Let there be happiness and peace for the people.*

nyāyēna mār'gēṇa mahīm' mahīśhā-ḥa ॥

*May those who rule the land, tread the path of justice.*

gōb' brām'haṇēbh'yaśh' śhubhamas'tu nit'yam ।

*May knowledge and the teachers of knowledge be ever well.*

samas'ta lōkās' sukhinō bhavan'tu ॥ (3x)

*May all the worlds be happy.*

ॐ śhā-n'tiśh' śhā-n'tiśh' śhā-n'tiḥi ॥

*Peace for the body, mind and soul.*

***“We should not neglect the Vedas. The secret of the entire creation is contained in them. They reveal to us the goal and purpose of life. The Vedas are replete with divine mysteries and deep spiritual truths. Rudram forms a very important section of Kṛṣṇa Yajur Veda. Rudram is generally understood to be a prayer to Lord Rudra. In fact, it is the essence of all the Vedas, viz. Ṛg Veda, Yajur Veda, Sāma Veda and Atharvaṇa Veda.”***

Bhagavān Sri Sathya Sai Baba,  
Ati Rudra Mahā Yajña, August 2006  
(Sanātana Sārathī of September 2006)



In this chanting booklet, the text of the Sri Rudram is presented in RCCS format (Roman Coloured Coding Script), along with the majestic inner meaning of its mantras.

This visual and intuitive coding of the rhythm and the tune of the Veda mantras will help you in your learning and chanting of this most powerful and sacred Vedic chant.

It enables everyone to access Vedic chanting and is our humble attempt to act upon Swāmi's Saṅkalpa (Divine Wish) that everybody should learn and chant the Vedas, irrespective of religion, nationality or caste.

