

सद्गुरु वन्दन

sadguru vandana

श्री रम् जय रम् जय जय रम् स्त्री रम् जय रम् जय जय रम्

Low: śrī ram jaya ram jaya jaya ram srī ram jaya ram jaya jaya ram

श्री रम् जय रम् जय जय रम् स्त्री रम् जय रम् जय जय रम्

High: śrī ram jaya ram jaya jaya ram srī ram jaya ram jaya jaya ram

भव सागर तारण कारण हे

bhava sāgara tāraṇa kāraṇa he

रवि नन्दन बन्धन खण्डन हे

ravi nandana bandhana khaṇḍana he

शरणा गत किंकर भीत मने

śaraṇā gata kiṅkara bhīta mane

गुरुदेव दया कर दीन जने

gurudeva dayā kara dīna jane

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हृदि कन्दर तामस भास्कर हे

haṛdi kandara tāmasa bhāskara he

तुम विष्णु प्रजापति शंकर हे

tuma viṣṇu prajāpati śaṅkara he

परब्रह्म परात्पर वेद भणे

parabrahma parātpara veda bhāṇe

गुरुदेव दया कर दीन जने

gurudeva dayā kara dīna jane x2

मन-वारण कारण अंकुश हे
mana-vāraṇa kāraṇa aṅkuśa he
नर त्राण करे हरि चाक्षुष हे
nara trāṇa kare hari cākśuṣa he
गुण गान परायण देव गणे
guṇa gāna parāyaṇa deva gaṇe
गुरुदेव दया कर दीन जने
gurudeva dayā kara dīna jane x2

कुल-कुण्डलिनी तुम भञ्जक हे
kula-kuṇḍalinī tuma bhañjaka he
हृदि ग्रन्थि विदारण कारण हे
hṛdi granthi vidāraṇa kāraṇa he
महिमा तव गोचर शुद्ध मने
mahimā tava gocara śuddha mane
गुरुदेव दया कर दीन जने
gurudeva dayā kara dīna jane x2

अभिमान प्रभाव विमर्दक हे
abhimāna prabhāva vimardaka he
अति दीन जने तुम रक्षक हे
ati dīna jane tuma rakśaka he
मन कम्पित वञ्चित भक्ति धने
mana kampita vañcita bhakti dhane
गुरुदेव दया कर दीन जने
gurudeva dayā kara dīna jane

रिपुसूदन मंगल नायक हे
ripusūdana maṅgala nāyaka he
सुख शान्ति वराभय दायक हे
sukha śānti varābhaya dāyaka he
त्रय ताप हरे तव नाम गुणे
traya tāpa hare tava nāma guṇe
गुरुदेव दया कर दीन जने
gurudeva dayā kara dīna jane x2

तव नाम सदा सुख साधक हे
tava nāma sadā sukha sādḥaka he
पतिता धम मानव पावक हे
patitā dhama mānava pāvaka he
मम मानस चंचल रात्रि दिने
mama mānasa cañcala rātri dine
गुरुदेव दया कर दीन जने
gurudeva dayā kara dīna jane x2

जय सद्गुरु ईश्वर प्रापक हे
jaya sadguru īśvara prāpaka he
भव रोग विकार विन शक हे
bhava roga vikāra vina śaka he
मन लीन रहे तव श्री चरणे
mana līna rahe tava śrī caraṇe
गुरुदेव दया कर दीन जने
gurudeva dayā kara dīna jane x2

Sadguru Vandana – meaning

You are the cause which enables me to swim across the ocean of the world.
You are the destroyer of death
I am your servant who is afraid.
O! Gurudev, be merciful of me, the helpless one.

You are the Sun when the darkness clouds my heart.
You are Vishnu, Brahma and Shiva.
You are the Parabrahma described in the Vedas
O! Gurudev, be merciful of me, the helpless one.

You are the goad controlling the elephant of the mind.
You are the eyes of God who sees all suffering.
All gods sing your praise.
O! Gurudev, be merciful of me, the helpless one.

You awaken the Kundalini lying dormant within.
You dissolve the great knot of ignorance in the heart
Your greatness is visible to a pure mind
O! Gurudev, be merciful of me, the helpless one.

You destroy the egocentric sense that I am the doer.
You protect the weak.
When my mind trembles I lose my capacity for devotion to you.
O! Gurudev, be merciful of me, the helpless one.

You are the destroyer of the enemy and the giver of all goodness.
You are happiness, peace and courage.
Repetition of your name destroys physical, natural and mental pain
O! Gurudev, be merciful of me, the helpless one.

Your name is a constant source of happiness to the aspirant.
It even purifies those lowly ones who are not worthy.
Day and night my mind is restless.
O! Gurudev, be merciful of me, the helpless one.

The Sadguru is always victorious, as God's medium.
You destroy worldly disease and ills.
May my mind be engrossed on the love of your feet.
O! Gurudev, be merciful of me, the helpless one.