

Sandhya Vandana



**Saccidananda Ashram
Shantivanam**

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SANDHYA VANDANA AT SHANTIVANAM

Vandana means chants of praise and worship, Sandhya literally means “holding together, union, juncture, meeting point.” Here it is the meeting point of day and night, darkness and light, morning and evening twilight, hence also the juncture of the three divisions of the day: dawn, noon, and sunset.

Sandhya also refers to the religious acts (yajnas) performed by Brahmins and the “twice-born” at these three divisions of the day.

The Rishis, the seers of ancient India, used to insist on praying thrice a day. The prayers are called tri-sandhya-prartana or tri-sandhya-mantra. The ritual consisted in sipping water and repeating invocations and mantras, especially the Gayatri Mantra. A connection is often made between sandhya and samadhi (unitive meditation), and in practice the ritual acts are intended to lead the soul into the silent worship of the Spirit within.

The three common acts of worship at Shantivanam, our Sandhya Vandana, correspond to the monastic offices of Lauds, Sext, and Vespers. Hence, they are based primarily on songs and readings from the Bible, according to the Syrian Christian and Latin Benedictine traditions. But the Christian prayer is always preceded by chanting in Sanskrit, the ancient sacred language of India, and by readings from the Scriptures of Hinduism and the other traditions of this land and the East in general. And so our sandhya also means the meeting point of the Church’s liturgy and India’s heritage, of Christ and the Rishis, of East and West, in the secret place of the heart at prayer.

MORNING PRAYER

GAYATRI MANTRA

Om – Bhur – Bhuva – Svah
Tat Savitur Varenām
Bhargo Devasya Dhīmahi
Dhīyo Yo Naḥ Prachodayāt.

Salutations to the Word which is present in the earth, the sky, and that which is beyond.

Let us meditate on the glorious splendour of that divine Giver of Life.

May the Holy Light illuminate our meditation.

(3 times)

INTRODUCTORY VERSES

OM. Lokāḥ samasthā sukhino bhavantuh. (3 times)

OM Asato mā sad gamaya,
tamaso mā jyotir gamaya,
mrityor mā amritam gamaya,

OM. pūrnām adah, pūrnām idam,
pūrnāt pūrnām udachyate,
pūrnasya pūrnām ādāya,
pūrnām eva avashiṣhyate.

OM shānti, shānti, shāntih.

OM. May all the world be happy.

OM. From the unreal lead me to the real, from darkness lead me to light, from death lead me to immortality.

OM That is full, this is full, from fullness, fullness proceeds, removing fullness from fullness, fullness alone remains.

OM Peace, Peace, Peace.

READING (From the Hindu Scriptures)

PRAYER FROM THE SYRIAN LITURGY

Leader: In the name of the Father and of the Son and of the Holy Spirit, one true God, to whom be glory, and upon us mercy and compassion for ever.

All: Amen.

L: Holy, Holy, Holy,

All: Lord God of strength.

Heaven and earth are full of your glory.

Hosanna in the highest.

Blessed is he who has come and is to come in the name of the Lord God.

Praise be in the highest.

L: Holy are you, O God

All: Holy are you, the strong.

Holy are you, the Deathless,

who were crucified for us.

Have mercy upon us. (3 times)

L: Lord, have mercy upon us.

All: Lord, have pity and mercy upon us.

Lord, receive our service and our prayers,
and have mercy upon us.

L: Glory to you, O God.

All: Glory to you, Creator,

glory to you, Christ the King,

who have compassion on your sinful servants.

L: Our Father in heaven,

All: hallowed be your name,

may your kingdom come,

may your will be done on earth as in heaven.

Give us this day the bread we need,

and forgive us our sins and offences,

as we have forgiven those who have offended us.

Do not lead us into temptation,

but deliver us from the evil one.

For yours is the kingdom, the power, and the glory,
for ever and ever. Amen.

L: Hail Mary, full of grace,
All: our Lord is with you;
blessed are you among women,
and blessed is the fruit of your womb,
our Lord, Jesus Christ.
O Lady Mary,
virgin mother of God,
pray for us sinners,
now and always,
and at the hour of our death. Amen.

L: Glory be to the Father and to the Son and to the Holy Spirit,
All: And upon us weak and sinful people may mercy and compassion be shed in
both worlds for ever. Amen.

PSALMS (Two Psalms in English and one in Tamil)

READING (From the Old Testament)

(On weekdays the Holy Mass follows the reading: see pages 54–55. On Sundays and Solemnities the Mass begins after the Psalms.)

MIDDAY PRAYER

GAYATRI MANTRA (Page 2)

HYMN

Om Jagadīshvara sadāpi chinmaya
Jagadīshvara vande (2)
Om paripūjita parāparātmā parāparātmā
Anavāratam vande. (3 times)
Om Jagadīshvara sadāpi chinmaya
Jagadīshvara vande, Jagadīshvara vande

*Lord of the Universe, O eternal consciousness,
I bow to you. Most Holy, O Supreme Spirit,
forever and ever I bow to you.*

READING (From the Sacred Writings of the world religions)

PRAYER FROM THE SYRIAN LITURGY (Page 3)

PSALM 118

READING (From the fathers of the Church)

PRAYER FOR PEACE

Lead me
from death to life,
from falsehood to truth.
Lead me from despair to hope,
from fear to trust.
Lead me from hate to love,
from war to peace.
Let peace fill our hearts,
our world,
our universe.

ARCHANA (Sunday, Tuesday and Friday)

Jaya Bhagavân, Jaya Bhagavân, Jaya Bhagavân pâhimâm
Shrî Bhagavân, Shrî Bhagavân, Shrî Bhagavân, rakshamâm
Jaya Pitâ, Jaya Pitâ, Jaya Pitâ, pâhimâm
Khrista Pitâ, parama Pitâ, svarga Pitâ, rakshamâm
Jaya Vidhâtâ, Jaya Vidhâtâ, Jaya Vidhâtâ pâhimâm
Shrî Vidhâtâ, Shrî Vidhâtâ, Shrî Vidhâtâ, rakshamâm
Jaya Khrista, Jaya Khrista, Jaya Khrista, pâhimâm
Shrî Khrista, Shrî Khrista, Shrî Khrista, rakshamâm
Mukti Dâta, Mukti Dâta, mukti Dâta, pâhimâm
Mârga Dâta, jîva Dâta, jyotir Dâta, rakshamâm
Om Shabda, Om Shabda, Om Shabda, pâhimâm
Adi Shabda, Deva Shabda, parâ Shabda, rakshamâm
Pitru Shakti, Putra Shakti, Parâ Shakti rakshamâm
Om âdi Shakti, Mahâ Shakti, parâ Shakti, pâhimâm
Icchâ Shakti, Jñâna Shakti, Kriyâ Shakti, rakshamâm
Jaya Mâtâh, Jaya Mâtâh, jaya Mâtâh, pâhimâm
Khrista Mâtâh, svargâ Mâtâh, Deva Mâtâh, rakshamâm
Jaya Kumâri, jaya Kumâri, jaya Kumâri, pâhimâm
Shrî Kumâri, shrî Kumâri, shrî Kumâri, rakshamâm
Om tatsat, Om tatsat, Om tatsat, OM
Om Shânti, Om Shânti, Om Shânti, OM

Glorious Lord protect us.
Revered Lord, save us.
Glorious Father, protect us.
Father of Christ, Supreme father, Heavenly Father, save us.
Glorious Creator, protect us.
Revered Creator, save us.
Glorious Christ, protect us.
Revered Christ, save us.
Giver of Salvation, protect us.
Giver of the way, giver of life, giver of light, save us.
O Word, protect us.
The primal Word, the Word of God, the supreme Word, save us.
Source of power, protect us.
Father of power, Son of power, O Supreme power, save us.
Hail, O primal power, O great power, O Supreme power, protect us.
Power of the will, power of wisdom, power of action, save us.
Glorious Mother, protect us.
Mother of Christ, heavenly Mother, Mother of God, save us.
Glorious Virgin, protect us, noble Virgin save us.
Hail absolute Truth.
Hail our peace.

ARCHANA (Monday and Thursday)

Leader : Om īshāya Khristicāya namah.

All : Namō namaste Khrista namaste.

Om bhuta krite īshāya namah	<i>Salutation to the Creator</i>
Om bhuta bhrite īshāya namah	<i>Supporter of beings</i>
Om bhavāya īshāya namah	<i>The source of all</i>
Om bhūtātmane ... namah	<i>The self of beings</i>
Om bhutabhavanāya ... namah	<i>Giver of existence to being</i>
Om paramātmane ... namah	<i>The supreme Self</i>
Om avyāyāya ... namah	<i>Undecaying</i>
Om puruṣāya ... namah	<i>Supreme Person</i>
Om sakshine ... namah	<i>Witness</i>
Om puruṣhottamāya ... namah	<i>Most high Person</i>
Om īshvarāya ... namah	<i>Lord</i>
Om svayambhuve ... namah	<i>Self originated one</i>
Om anādinadhanāya ... namah	<i>Devoid of beginning</i>
Om aprameyāya ... namah	<i>incomprehensible</i>
Om shashvatāya ... namah	<i>Eternal</i>
Om vitrāya ... namah	<i>Pure</i>
Om īshanāya ... namah	<i>Master of all creatures</i>
Om prānadāya ... namah	<i>Giver of life</i>
Om shreṣṭhāya ... namah	<i>Superior to all</i>
Om ajāya ... namah	<i>Unborn</i>
Om vasave ... namah	<i>Dwelling in all</i>
Om satyāya ... namah	<i>Truth</i>
Om samāya ... namah	<i>Ever the same</i>
Om amritāya ... namah	<i>Immortal</i>
Om shuchāya ... namah	<i>Holy</i>

Om tryambakam yajâmahe
sugandhim puṣṭivardhanam,
urvâr ukamiva bandhanât
mrityor mukṣhiyam amritât.

Om sarvesâm svastir bhavatu
sarvesâm shântir bhavatu
sarvesâm pûrnam bhavatu
sarvesâm mangalam bhavatu.
Sarve bhavantu sukhinâh
sarve shântu nirâmayâh
sarve bhadraṇi pashyant
mâ kashchid duhkha bhagbhavet.
Om shânti, shânti, shântih.

We worship the true God who is the Supreme Being; who is fragrant, and who nourishes all beings; may the Holy Light liberate us from death, for the sake of immortality, even as a cucumber is severed from its bondage to the creeper.

May it be well with everyone.

May all be at peace.

May all be contented.

May all be prosperous.

May all be happy.

May all be free from illness.

May all see good things.

May none be unhappy.

ARCHANA (Wednesday and Saturday)

Om Shrī mâtre namah	<i>Holy Mother</i>
Om Shrī mahârâjnyai	<i>Holy Queen</i>
Om Bhadramûrtyai	<i>Personification of benevolence</i>
Om Bhadrâpriyâyai	<i>Lover of benevolence</i>
Om Bhaktasaubhaga-dâyinyai	<i>Bestower of prosperity on devotees</i>
Om Bhaktâpriyâyai	<i>Friend of devotees</i>
Om Bhaktigamyayai	<i>Promotor of devotion</i>
Om Bhayapâhaya	<i>Dispeller of fear</i>
Om Sharmadâyinyai	<i>Giver of happiness</i>
Om Sâdhvyai	<i>of unequalled virtue</i>
Om Niranjânayai	<i>Unstained</i>
Om Nirlepâyai	<i>Free from impurity</i>
Om Nirmalâyai	<i>Free from blemish</i>
Om Nishkâmâyai	<i>Free from desire</i>
Om Nityashuddhayai	<i>Ever pure</i>
Om Nityabuddhayai	<i>Ever wakeful</i>
Om Nirmâdayai	<i>Free from pride</i>
Om Madanashinyai	<i>Destroyer of pride</i>
Om Nirmâmayai	<i>Free from thought of self</i>
Om Nishpâpayai	<i>Free from sin</i>
Om Pâpanashinyai	<i>Destroyer of sin</i>
Om Duhkhantryai	<i>Taking away sorrow</i>
Om Sukhapradâyai	<i>Conferring happiness</i>
Om Sarveshaktimâyai	<i>All powerful</i>
Om Sadgatipradâyai	<i>Leading on the path of truth</i>
Om Sarveshvariye	<i>Queen of the world</i>

Om tryambakam yajâmahe
sugandhim puṣṭivardhanam,
urvâr ukamiva bandhanât
mrityor mukṣhiyam amritât

Om sarvesâm svastir bhavatu
sarvesâm shântir bhavatu
sarvesâm pûrnam bhavatu
Sarvesâm mangalam bhavatu.
Sarve bhavantu sukhinâh
sarve shântu nirâmayâh
sarve bhadraṇi pashyantu
mâ kashchid dukkha bhagbhavet.

Om shânti, shânti, shântih.

We worship the true God who is the Supreme Being; who is fragrant, and who nourishes all beings; may the Holy Light liberate us from death, for the sake of immortality, even as a cucumber is severed from its bondage to the creeper.

May it be well with everyone.

May all be at peace.

May all be contented.

May all be prosperous.

May all be happy.

May all be free from illness.

May all see good things.

May none be unhappy.

ÂRATI

EVENING PRAYER

GAYATRI MANTRA (Page 2)

HYMN

Vande Sacchidânandam - vande.
Vande Sacchidânandam - vande.
Bhogi lânc̣hita yogi vânc̣hita charamapadam
Vande, vande, vande sacchidânandam. (2)
Parama purâṇa parâtparam
Pûrnam akhaṇḍa parâvaram. (2)
Trisanga shuddham asanga
buddham dûrvedam vande.
Vande sacchidânandam - vande. (2)
Pitru savitru paramesham ajam
bhavavrikṣha bījam abījam
akhila kâranam īkṣhaṇa shrījana govindam vande.
Vande sacchidânandam - vande. (2)
Anâhata shabdam anantam
Prasuta puruṣha sumahantam
Pitru svarûpâ chinmayarûpâ
sumukundam vande.
Vande sacchidânandam - vande. (2)
Sacchidor melana sharaṇam
shubha shvâsitânanda ghanam
pâvana javana vâñivadana jīvanadam - vande.
Vande sacchidânandam - vande. (2)

OM TAT SAT.

Glory to Sacchidânanda.

The Existent, the knower, the blissful, the furthest goal, despised by the world, longed for by saints, the Almighty, the ancient, the fullness, the undivided, higher than the highest, the far and the near, related within, pure and unrelated without, the aware, whom intellect scarce can reach.

The father, the inciter, the unbegotten, the great Lord, the cause of all; the seedless seed of the tree of being, from whose regard all this proceeds, the protector of the world.

The uncreated Son, the Word without end, the great Person, the image of the Father, the essential wisdom, the Saviour.

The blessed, the essential Joy, proceeding from the unity of Being and Consciousness, the sanctifier, the swift, the revealer of the revealing Son, the Giver of Life.

Glory to Sacchidânanda.

READING (From the Tamil Sages)

PRAYER FROM THE SYRIAN LITURGY (Page 3)

PSALMS (Two Psalms in English and one in Tamil)

READING (From the New Testament with commentary)

BHAJAN

ÂRATI