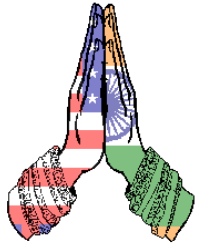
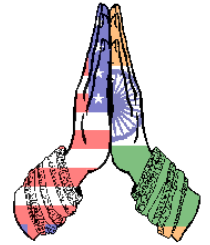


**C.R.O.P.**

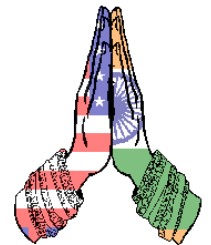
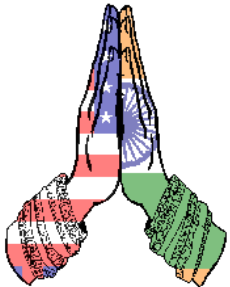
# NAMASTE



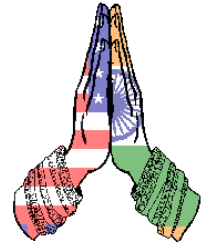
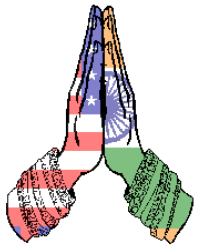
I honor the place in you  
Where the entire universe resides.



I honor the place in you  
Of love, of light, of truth, of peace.  
I honor the place within you, where,  
If you are in that place in you,  
And I am in that place in me,  
there is only one of us.



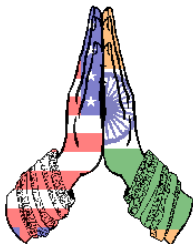
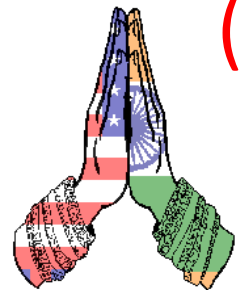
## Goal for C.R.O.P.



Honesty .....I Will be more honest than I am  
Kindness.....I Will be more kind than I am  
I will Have Cleanliness and Pure intentions in all  
actions that I do

For Austerity, I will follow Simplicity and remind  
myself that human life is a privilege in GOD's  
world so I will live righteously.

(I will do some Japa, Fasting, Mauna, Self-  
Introspection, every day)



## Praarthanaa

***Tu hi aadhaar sakal tribhoovan ko***

(The whole Universe is dependant on God)

***Paalak sacharaachar bhootan ko***

(The maintainer of the universe is God)

***Tu hi Vishnu tu Naaraayan***

(You are Vishnu and you are Naaraayan)

***Kaaran tu parabrahma jagat ko***

(The cause of all the causes in the whole universe is  
God)

# Why we do Prayers

We pray to seek God's grace, to keep us on the path of virtue, courage and wisdom.

We want to live an honest and noble life of sacrifice and service, producing more than what we consume and giving more than what we take.

We pray to God, to give us the ability and courage to achieve these qualities.

# ***You and God***

*People are often unreasonable, illogical,  
and self-centered;*

***Forgive them anyway.***

*If you are kind, people may accuse you of  
selfish, ulterior motives;*

***Be kind anyway.***

*If you are successful, you will win some false friends  
and some true enemies;*

***Succeed anyway.***

*If you are honest and frank,  
people may cheat you;  
**Be honest and frank anyway.***

*What you spend years building, others could destroy  
overnight;*

**Build anyway.**

*If you find serenity and happiness,  
they may be jealous;*

**Be happy anyway.**

*The good you do today, people will  
often forget tomorrow;*

**Do good anyway.**

*Give the best you have, and it may  
never be enough;*

**Give your best anyway.**

*In the final analysis, it is between you and God;  
It was never between you and them anyway.*



*Om saha naavavatu, saha nau bhunaktu  
Saha veeryam karavaavahai  
Tejaswi naa vadheeta mastu Maa  
vidvishaavahai-i  
Om Shaantih Shaantih Shaantihi*

Let us all work together; let us share the reward among all. Let us not hate others for the difference of opinions that may arise. By doing so, let us all be protected and be blessed by GOD.

Last Weeks Family promise

# **Mahaa- Mritunjaya Mantra (3 times)**

**Om Triyambakam Yajaamahe  
Sugandhim Pushtivardhanam  
Urvaa-rukamiva Bhandhanaat  
Mrityor-muksheeya Maamritaata**

This Maha-mrityunjaya mantra is from the Rig-Veda (7th Book or Mandala, 59 Chapter). Reciting this Mahaa-mantra helps attain good health and relief from problems.

Next Weeks Family promise

॥जन्मदिन गीत॥

**Birthday Song**

**By Pujya Swami Tejomayananda**

**Translation**

**Oh dear friends! On your birthday, WE pray, 'May all good things happen to you and may you always be happy and content. May you live a long life under God's protection. May your good deeds make you famous and may your human life be fulfilled in all respects.**

॥जन्मदिन गीत॥

Birthday Song

By Pujya Swami Tejomayananda

जन्मदिनमिदम् अयि प्रिय सखे शन्तनोतु ते सर्वदा मुदम्॥१॥  
प्रार्थयामहे भव शतायुषि ईश्वरस्सदा त्वां च  
रक्षतु॥२॥

पुन्य कर्मणां कीर्तिमर्जय जीवनं तव भवतु सार्थकम्॥३॥

Transliteration

Janmadinamidam ayi priya sakhe śantanotu te sarvadā  
mudam ||1||

Prārthayāmahe bhava śatāyūṣi īśvarassadā tvam ca rakṣatu  
||2||

Punya karmaṇā kīrtimarjaya jīvanam tava bhavatu  
sārthakam ||3||

# Aartí



## Aarti

Om jai Jagdish hare  
Swāmi jai Jagdish hare  
Bhakt jano ke sankat  
Dās jano ke sankat  
Kshañ men door kare,  
Om jai Jagdish hare

## Translation

Oh Lord of the whole Universe  
Mighty Lord of the whole Universe  
All Thy devotees' agonies  
All Thy devotees' sorrows  
Instantly Thou banish thee  
Oh Lord of the whole Universe





## Aarti

Jo dhyāve phal pāve  
Dukh binase man kã  
Swami dukh binase man kã  
Sukh sampati ghar āve  
Sukh sampati ghar āve  
Kasht mite tan kã,  
Om jai Jagdish hare

## Translation

He who's immersed in devotion  
He reaps the fruits of Thy love  
Lord, he reaps the fruits of Thy love  
Floating in a cloud of comforts  
Floating in a cloud of comforts  
Free from all the worldly problems  
Oh Lord of the whole Universe



## Aarti

Māt pitā tum mere  
Sharañ paḏoon main kiski  
Swāmi sharañ paḏoon main  
kiski

Tum bin aur na doojā  
Prabhu bin aur na doojā  
Ās karoon main jiski,  
Om jai Jagdish hare



## Translation

Thou are my Mother and Father  
At Thy feet I seek eternal truth  
Lord, at Thy feet I seek eternal truth

There's none other than Thee, Lord  
There's none other than Thee, Lord  
Guardian of all our hopes  
Oh Lord of the whole Universe

## Aarti

Tum poorāñ Paramātam

Tum Antaryāmi

Swāmi tum Antaryāmi

Pār Brahm Parameshwar

Pār Brahm Parameshwar

Tum sabke swami,

Om jai Jagdish hare

## Translation

Thou art Godly perfection

Omnipotent Master of all

Lord, omnipotent Master of all

My destiny's in Thy Hand

My destiny's in Thy Hand

Supreme Soul of all Creation

Oh Lord of the whole Universe



## Aarti

Tum karuñã ke sãgar  
Tum pãlan kartã  
Swãmi tum pãlan kartã  
Main moorakh khalakãmi  
Main sevak tum swãmi  
Kripã karo Bhartã,  
Om jai Jagdish hare

## Translation

Thou art an ocean of mercy  
Gracious protector of all  
Lord, gracious protector of all  
I'm Thy humble devotee  
I'm Thy humble devotee  
Grant me Thy divine grace  
Oh Lord of the whole Universe



## Aarti

Tum ho ek agochar  
Sab ke prāñ pati  
Swāmi sab ke prāñ pati  
Kis vidh miloon Dayāmai  
Kis vidh miloon Gosāi  
Tum ko main kumati,  
Om jai Jagdish hare

## Translation

Thou art beyond all perception  
Formless and yet multiform  
Lord, formless and yet multiform  
Grant me a glimpse of Thyself  
Grant me a glimpse of Thyself  
Guide me along the path to Thee  
Oh Lord of the whole Universe



## Aarti

Deen bandhu dukh harta

Thākur tum mere

Swāmi Thākur tum mere

Apne hāth uthāo

Apne sharañ lagāo

Dwār paḍā hoon tere,

Om jai Jagdish hare

## Translation

Friend of the helpless and feeble

Benevolent saviour of all

Lord, benevolent saviour of all

Offer me Thy hand of compassion

Offer me Thy hand of compassion

I seek refuge at Thy feet

Oh Lord of the whole Universe



## Aarti

Vishay vikār mitāvo

Pāp haro Devā

Swāmi pāp haro Devā

Shradhā bhakti baḍhāo

Shradhā bhakti baḍhāo

Santan ki sevā,

Om jai Jagdish hare

## Translation

Surmounting the earthly desires

Free me from the sins of this life

Lord, free me from the sins of this life

Undivided faith and devotion

Undivided faith and devotion

In eternal service unto Thee

Oh Lord of the whole Universe



## Aarti

Tan man Dhan

Sab hai terā

Swāmi Sab kuchha hai terā

Terā tuj ko arpan

Terā tuj ko arpan

Kya lāge merā,

Om jai jagdish hare

## Translation

My heart, soul and wealth  
are nothing but your manifestation.

How trivial am I,  
to be offering  
what is already all yours!  
Oh Lord of the whole Universe





## Aarti

Om jai Jagdish hare  
Swāmi jai Jagdish hare  
Bhakt jano ke sankat  
Dās jano ke sankat  
Kshañ men door kare,  
Om jai Jagdish hare

## Translation

Oh Lord of the whole Universe  
Mighty Lord of the whole Universe  
All Thy devotees' agonies  
All Thy devotees' sorrows  
Instantly Thou banish thee  
Oh Lord of the whole Universe



*Karpur gauram karuṇaavataaram  
Samsaara saaram bhujagendra haaram  
Sadaa vasantam hrudyaaravinde  
Bhavam bhavaanee sahitam namaami*

I bow to that camphor-hued, white complexioned (Lord Shiva), who is incarnation of compassion, who is the very essence of life (consciousness; the knowing principle of the embodied soul); who wears snakes as garlands, whose eternal abode is in the heart of the devotee, I bow to Him (Lord Shiva) and His consort Bhavani (Uma or Paarvati).

*Mangalam bhagvaan vishnuhu  
Mangalam garuda dhvajaha  
Mangalam pundaree kaakshaha  
Mangalaayatanno harihi*

Salutations to you O auspicious Ones - Lord Vishnu, Lord Garudadhvajaha, Lord PundariKaaksha, bless us with peace and prosperity.

*Sarva mangala maangalye  
Shive sarvaartha saadhike  
Sharṇye tryambake gauree  
Naarayaṇee namostute*

O! Goddess Paaravati, consort of Lord Shiva, you do good to all and fulfill the wishes of all - take me under your benediction. Before Thee, I prostrate myself.

*Kaayena vaachaa manasendriyairvaa  
Budhyaatmanaavaa prakrute svabhaavaat  
Karomi yadyat sakalam parasmai  
Naaraayaṇaayeti samarpayaami  
Shri sadaa Shivaaye ti samarpayaami*

Unto Lord Narayana, I dedicate all the acts that I perform with my body, speech, mind, senses and intellect that are born of natural tendencies.

*Before Meals*  
*Brahmaarpanam brahma havih*  
*Brahmagnau brahmanaa hutam*  
*Brahmaiva tena gantavyam*  
*Brahma karma samaadhinaa*  
*Om Shaantih Shaantih Shaantihi*

Any means of offering is Brahman, the oblation is Brahman, the fire in which the offering is made is Brahman, and the one who offers is Brahman. Such a person who abides in Brahman indeed gains Brahman. May there be peace, peace, and peace.