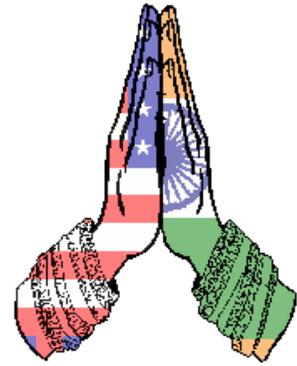
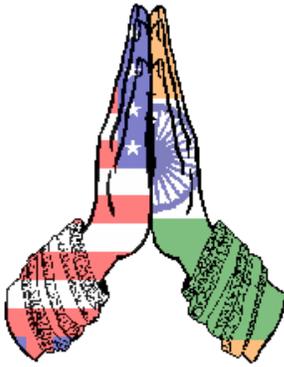


C.R.O.P.
C.R.O.P.

Hindu Center's Children's Religious Oriented Program



 *Namaste'*

*I honor the place in you
in which the entire universe dwells.*

*I honor the place in you
which is of love, of truth,
of light, and of peace.*

*When you are in that place in you
and I am in that place in me,
we are one.*

Hindu Center: 7400 City View Drive, Charlotte, NC 28212
Phone: 704-535-3440

CROP Goal: To live by the teachings of the Bhagavad Gita. To live with Moral Values and with GOD consciousness.

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Verse from Atharva Veda

We are the birds of the same nest,
We may wear different skins,
We may speak different languages,
We may believe in different rituals,
We may follow different customs,
Yet we share the same home - OUR EARTH.

Born on the same planet
Covered by the same sky
Gazing at the same stars
Breathing the same air
We must learn to happily progress together
Or miserably perish together,
For man can live individually,
But can survive only collectively.

BIRTHDAY SONG

by Pujya Guruji Swami Tejomayananda

जन्मदिनमिदम् अयि प्रिय सखे शन्तनोतु ते सर्वदा मुदम् ॥
प्रार्थयामहे भव शतायुषी ईश्वरः सदा त्वां च रक्षतु ॥
पुण्यकर्मणा कीर्तिमर्जय जीवनं तव भवतु सार्थकम् ॥

janmadinamidam ayi priya sakhe śantanotu te sarvadā mudam |
prārthayāmahe bhava śatāyūṣī īśvarassadā tvām ca rakṣatu | |
puṇyakarmaṇā kīrtimarjaya jīvanam tava bhavatu sārthakam | |

Oh dear friend! On your birthday, I pray, 'May all good happen to you & may you remain always happy. May you live a long life. May God always protect you. May you get fame by doing good deeds. May you live a fulfilled life.'

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.

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)

Prayers are for the prosperity and welfare of humanity. To achieve anything in life, one has to make efforts and await the results. In addition, many unknown factors and laws influence the outcome of the efforts. By praying to God, one accepts these factors and laws as the natural order inseparable from God, and one acknowledges God as the giver of all results of actions.

As we pray,

- We 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.

Shlokaas

*Vasudeva sutam devam
Kamsa-Chanoora mardanam
Devakee paramaanandam
Krishnam vande jagadgurum*

1. I pray to Lord Kriṣṇa, the Universal Teacher, who appeared as son of Vasudev, who gave greatest joy to Devaki, and who destroyed Kamsa and Chanūra.

*Mookam karoti vaachalam
Pangum langhayate girim
Yatkrupaa tamaham vande
Paramaananda Maadhavam*

2. Blissful Lord Madhava (Kriṣṇa), we pray for your blessing that gives us ability to speak wisely and use our legs to climb over the mountains of difficulties.

*Tvameva maataa cha pitaa tvameva
Tvameva bandhush-cha sakhaa tvameva
Tvameva vidyaa dravinam tvameva
Tvameva sarvam mama deva deva
Tvameva sarvam mama deva deva*

3. O Supreme Lord, You are our mother, father, brother, and friend. You are the knowledge and You are the only wealth. You are everything.

*Gurur Brahmaa gurur Vishnuh
Gurur devo Maheshvaraha
Guruh shaakshaat paraBrahma
Tasmai shree gurave namaha*

4. Guru is Brahmaa, guru is Vishnu, guru is lord Maheshwara(Shiva).
Guru is the Supreme Brahman itself. To such a guru I offer my salutations.

*Om poornamadaha poornamidam
Poornaat poornamudachyate
Poornasya poornamaadaya
Poornamevaava shishyate*

5. That (BRAHMAN) is Whole and this (CREATION) is Whole, the perfect has come out of the perfect; having taken from the perfect, only the perfect remains. This Shanti-shloka indicates the relation of the individual's soul to the divine supreme spirit. The Brahman remains unaffected, retains His/It's fullness and completeness.

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

6. 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.

Universal Prayer: *Om asato maa sadgamaya
Tamaso maa jyotir gamaya
Mrutyormaa amrutam gamaya
Om Shaantih Shaantih Shaantih*

7. Lead me (by giving knowledge) from the unreal to the real; from darkness (of ignorance) to the light (of knowledge); from death (sense of limitation) to immortality (limitless liberation). May there be peace, peace, and peace.

Gayatri Mantra

*Om bhur bhuvah swaha
Tatsa vitur varenyam
Bhargo devasya dheemahi
Dhiyo yo nah prachodayaat
Om Shaantih Shaantih Shaantih*

8. Oh God, the giver of life, remover of pain and sorrows, the bestower of happiness, may we receive inspiration to perform right actions at the right time, as we meditate on the brilliant splendor of Sun God.

"O thou existence Absolute, Creator of the three dimensions, we contemplate upon thy divine light. May You stimulate our intellect and bestow upon us true knowledge."

"O Divine mother, our hearts are filled with darkness. Please make this darkness distant from us and promote illumination within us."

We meditate on the glory of the Creator;
Who has created the Universe;
Who is worthy of Worship;
Who is the embodiment of Knowledge and Light;
Who is the remover of all Sin and Ignorance;
May He enlighten our Intellect.

Essence of Bhagvad Geeta:

*Karmanyē vaadhikaaraste
Maa phaleshu kadaachana
Maa karma phala hetur bhoohu
Maa te sangostva karmaṇi*

9. Your right is to work only, but never to the fruit or the result. Do not be instrumental in making your fruit be the cause of your actions, and do not get attached to inaction.

After Aarti Shlokaas

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

10. 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*

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

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

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

Tvamev maataa cha pitaa tvameva,
Tvameva bandhush cha sakhaa tvameva
Tvameva vidyaa dravinam tvameva, Tvameva sarvam mama deva deva
Tvameva sarvam mama deva deva

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

13. 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.

The joint prayer of the teacher and the pupil in the 'Kathopanishad' is as follows:

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

14. 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.

Selected Shlokaas from Bhagvad Geeta

*Klaibyam maasma gamah paartha
Naitat tvayy upapadyate
Kshudram hrdaya-daurbalyam
Tyaktvottishtha parantapa (Chapter 2, Verse 3) (2:3)*

1. Do not give in to feebleness. It does not befit you. Stand up! Shake off your weakness of heart.

*Shreyaan sva-dharmo vigunaha
Para-dharmaat svanusthitaat
Sva-dharme nidhanam shreyaha
Para-dharmo bhayaavahaha (3:35)*

2. One's own duty, though imperfect, is better than another person's duty well done. It is better to die performing one's own duty with clear understanding than performing the duty of another without the clarity.

*Api chedasi paapebhyaha
Sarvebhyo paapa-kruttamaha
Sarvam jnaana-plavenaiva
Vrujinam santarishyasi (4:36)*

3. Even if you are the most sinful of all sinners, having turned to Me this Knowledge alone would carry you, like a raft across all your sins.

*Brahmanyaadhaaya karmaani
Sangam tyaktvaa karoti yaha
Lipyate na sa paapena
Padma-patramivaambhasaa (5:10)*

4. When a person dedicates himself to God, when he acts unselfishly, he is as pure as a lotus leaf untouched by the water.

*Uddhared aatmanaatmaanam
Naatmaanam avasaadayet
Aatmaiva hyaatmano bandhuhu
Aatmaiva ripuraatmanaha (6:5)*

5. Let a person uplift his own self, let him not degrade himself. For he is his own friend, or he is own enemy.

*Mattah parataram naanyat
Kinchidasti dhananjaya
Mayi sarvamidam protam
Sutre maṇi-gaṇaa iva (7:7)*

6. There is nothing higher than Me, Arjuna. This whole universe is strung on Me as rows of gems on a string.

*Anta kaale cha maameva
Smaran muktvaa kalevaram
Yah prayaati cha mad-bhaavam
Yaati naastyatra samshayaha (8:5)*

7. Whoever, at the time of death, leaving the body, goes forth remembering Me (God) alone, he merges with Me. Do not doubt this.

*Ananyaas chintayanto maam
Ye janaah paryupaasate
Tashaam nityaabhiyuktaanaam
Yoga-kshemam vahaamyaham (9:22)*

8. For those devotees who are steady in their worship of Me, not thinking of other goals, I give them what they need and protect them from the loss of these things.

*Tasmaat praṇamya praṇidhaaya kaayam
Prasaadaye tvaam ahameeshamidyam
Piteva putrasya sakheva sakhyuhu
Priyam priyaayaarhasi deva sodhum (11:44)*

9. Therefore, bowing fully down, I ask You, Adorable Lord, to forgive me. Bear with me like a father with his son, as a friend with his friend, and as a lover with his beloved.

*Anapekshaha shuchir dakshaha
Udaasino gata-vyathaha
Sarvaarambha-parityaagi
Yo mad-bhaktaha sa me priyaha (12:16)*

10. He who is free from wants, who is pure and disciplined, without prejudice, untroubled, and who has given up selfish activities, he is My devotee and he is dear to Me.

*Yat tadagre vishamiva
Pariṇaame amrutopamam
Tat sukham saattvikam proktam
Aatma buddhi prasaadajam (18:37)*

11. Saatvik happiness is like poison at first, but like nectar at the end. It comes from a pure intelligence.

*Man-manaa bhava mad-bhakto
Mad-yaaji maam namaskuru
Maamevaishyasi kaunteya
Pratijaane priyosi me (18:65)*

12. Fix your mind on Me; be devoted to Me; sacrifice to Me; bow down to Me. Even so you shall come to Me. I truly promise you, for you are dear to Me.

**Om tat-sat Shree Krishnaarpanamastu!
(I offer everything to Lord Shree Krishna)**

Dhun's (Chanting of Holy Names)

1. Govind jai jai, Gopaal jai jai.
Raadhaa Raman hari Govind jai jai.
2. Shri Kriśna Govind hare mooraari
Hē naath Naaraayan Vaasoodeva
3. Mukund Maadhav Govind Bol,
Keshav Maadhav Hari Hari Bol.
Raama Raama Bol.....Raama Raama Bol
Kriśna Kriśna Bol..... Kriśna Kriśna Bol
4. Raghupati Raaghav Raajaa Raa..ma,
Patita paavan SitaaRaam.
Sītaa....Raama Sītaa...Raama,
Bhaj pyaare too SitaaRaama.
5. Jai Raadhaa Maadhava.., Kunj bihaa..ri,
Gopi jana Vallabha...,Girivardhaa..ri.
Yaśoda nandana, Braj jana ranjana,
Yamunaa teera, vanchaa...ri.
Harē Kriśna, Harē Kriśna,
Kriśna Kriśna Harē Harē.
Harē Raama, Harē Raama,
Raama Raama Harē Harē.

Raama Bhajan

Khaate bhi Raama kaho pite bhi Raama kaho (2)
(Eating also Raama say drinking also Raama say)
Raa...ma Raama Raama
Raa ..ma Raama Raama
Raama Raama Raama

Khelate bhi Raama kaho hasate bhi Raama kaho (2)
(Playing.....laughing.....)
Raa...ma Raama Raama
Raa ..ma Raama Raama
Raama Raama Raama

Likhate bhi Raama kaho padhate bhi Raama kaho (2)
(Writing.....studying.....)
Raa...ma Raama Raama
Raa ..ma Raama Raama
Raama Raama Raama

Sote bhi Raama kaho jagate bhi Raama kaho (2)
(Sleeping.....awake.....)
Raa...ma Raama Raama
Raa ..ma Raama Raama
Raama Raama Raama

Sukhmen bhi Raama kaho dukhmen bhi Raama kaho (2)
(Happiness.....sorrow.....)
Raa...ma Raama Raama
Raa ..ma Raama Raama
Raama Raama Raama

Khaate bhi Raama kaho pite bhi Raama kaho (2)
(Eating also Raama say drinking also Raama say)
Raa...ma Raama Raama
Raa ..ma Raama Raama
Raama Raama Raama

Aarti

OM JAI JAGDISH HARE
(An Universal Prayer)

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

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

*Māt pitā tum mere
Sharañ paḍoon main kiski
Swāmi sharañ paḍoon main kiski
Tum bin aur na doojā
Prabhu bin aur na doojā
Ās karoon main jiski
Om jai Jagdish hare*

*Tum poorāñ Paramātam
Tum Antaryāmi
Swāmi tum Antaryāmi
Pār Brahm Parameshwar
Pār Brahm Parameshwar
Tum sabke swāmi
Om jai Jagdish hare*

*Tum karuñā ke sāgar
Tum pālan kartā
Swāmi tum pālan kartā
Main moorakh khalakāmi
Main sevak tum swāmi
Kripā karo Bhartā*

THE UNIVERSAL PRAYER
(An original `translation')

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

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

Thou art 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

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

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

Om jai Jagdish hare

*Tum ho ek agochar
Sab ke prāñ pati
Swāmi sab ke prāñ pati
Kis vidhi miloon Gosāi
Kis vidhi miloon Dayālu
Tum ko main kumati
Om jai Jagdish hare*

*Deen bandhu dukh harta
Thākur tum mere
Swāmi Thākur tum mere
Apne hāth uthao
Apni sharañi lagāo
Dwār paḍā hoon tere
Om jai Jagdish hare*

*Vishay vikār mitāvo
Pāp haro Devā
Swāmi pāp haro Devā
Shradhā bhakti baḍhāo
Shradhā bhakti baḍhāo
Santan ki sevā
Om jai Jagdish hare*

*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*

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

Oh Lord of the whole Universe

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

Friend of the helpless and feeble
Benevolent savior of all
Lord, benevolent savior 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

Remove the earthly desires
Free me from the sins of this life
Lord, free 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

This body, mind and wealth
Are all yours
Lord, are all yours
I surrender (dedicate) all yours to you
I surrender (dedicate) all yours to you
For nothing belongs to me
Oh Lord of the whole Universe

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

Additional Shlokaas

1. Invocation to Lord Ganesha

*Gajaananam bhootaganaadisevitam
Kapittha jamboophala saara bhakshitam
Umaasutam shoka vinaasha kaaranam
Namaami vighneshwara paada pankajam.*

I worship the lotus feet of Ganesha, the son of Uma, the destroyer of all sorrows, who is served by the host of gods and elementals, and who takes the essence of the kapittha-jarnbu fruit (fruit resembling the bilwa fruit).

2. Mahaa Mrityunjaya Mantra: The Life-Giving Prayer

*Om trayambakam yajaamahe, sugandhim pushtivardhanam
Urvaarukamiva bandhanaat, mrityor muktisheeya maamritaat.*

We worship the three-eyed One (Lord Siva) Who is fragrant and Who nourishes well all beings; may He liberate us from death for the sake of immortality even as the cucumber is severed from its bondage (to the creeper).

3. Meditation On Sri Krishna

*Vamshee vibhooshita, karaannavaneeradaabhaat
Peetaambaraadaruna, bimbaphalaa dharoshthaat;
Poornendusundara, mukhaadaravinda netraat
Krishnaat param kimapi, tattwam aham na jaane.*

I know not any other Reality than the lotus-eyed Krishna with hands adorned with flute, looking like a heavy-laden cloud in lustre, wearing a yellow silk garment, with His lower lip like a ruddy bimba fruit, and with face shining like the full moon.

4. Kalidasa Raghuvamsha Mahaakavyam

*Vaagarthaaviva sampruktou, vaagartha pratipattaye
jagataha pitarou vande, Parvathi parameshwarou*

Oh! The parents of the World, Parvathi and Parameshwara, who are inseparable like the word and its meaning, I salute you, to attain expertise in words and their meanings.

5. Saraswati Vandana

*Yaa kundendu tushaara haaradhavalaa, Yaa shubhravastraavruta
Yaa veenavara dandamanditakaraa, Yaa shwetha padmaasanaa
Yaa brahmaachyutha shankara prabhrutibhihi devaisadaa
vanditha
Saa maam paatu saraswati bhagavati nishesha jaadyaapahaa*

May Goddess Saraswati, who is fair like the jasmine-colored moon, and whose pure white garland is like frosty dew drops; who is adorned in radiant white attire, on whose beautiful arm rests the veena, and whose throne is a white lotus; who is surrounded and respected by the Gods, protect me. May you fully remove my lethargy, sluggishness, and ignorance.

6. Mantra: Hanuman

*Manojavam maarutatulyavegam
jitendriyam buddhimataam varishtham;
Vaataatmajam vaanarayoothmukhyam
Shriraamdootam sharanam prapadhye.*

I surrender to Hanuman, the messenger of Lord Rama, whose speed is as swift as the mind and the wind. Who has controlled his sense organs and is the most intelligent among the intelligent ones; who is the son of vaayu and the chief of the monkey tribe. Every day I bow down at thy feet.

7. Mantra : Tulasi

*Tulasi kaananam yatra, yatra padma vanaani ca
Vasanti vaishnavaa statra, tatra sannihito harihi*

"Hari is present in the tulasi gardens, in the forests where there are lotus flowers, and in places where vaishnavas live".

8. Mantra: Lord Krishna

*Karaaravindena padaaravindam,
mukhaaravinde viniveshayantam;
Vatasya patrasya pute shayaanam
Balam mukundam manasaa smaraami.*

I remember with all my heart the Child Mukunda who is sleeping on the leaf of the banyan tree (at the beginning of the Universe), with the louts-like hand, lotus-like toes and the lotus-like mouth.

9. Mantra: Lord Shiva

*Pinaaka phani baalendu, bhasma mandaakini yutaa
pavarga rachitaa murtihi, apavarga pradaastu naha*

Pinaka is the bow of Shiva, phani or the snake is the garland of Shiva, baalendu or the crescent moon is the head ornament of Shiva, bhasma or ash is smeared on the body of Shiva, mandaakini or the Ganges is on the head of Shiva. May the idol composed of pavarga (the five elements) give me apavarga or inner bliss.