



Children's National.

Chaplaincy Services



Prayers from the Hindu Tradition

An Auspicious Prayer

May the winds bring us happiness.
May the rivers carry happiness to us.
May the plants give us happiness.
May night and day yield us happiness.
May the dust of the earth bring us happiness.
May the heavens give us happiness.
May the trees give us happiness.
May the sun pour down happiness.
May the cows yield us happiness.
May my body become pure.
May i be free from impurity and sin.
May i realize myself as the Light divine.
May my mind become pure.
May i be free from impurity and sin.
May i realize myself as the Light divine.
May my self become pure.
May i be free from impurity and sin.
May i realize myself as the Light divine.
May my body become pure.
Salutations to Brahman.
Salutations to the God in the fire.
Salutations to the God in the earth.
Salutations to the God in the plants.
Salutations to the God in speech.
Salutations to the Lord of speech.
I offer my salutations to the
Supreme Being, the all-pervading Spirit.

Taittiriya Aranyaka

Morning Prayer

When Hindus wake up in the morning, they pray to God, seeking blessings for the day. The front part of the hands (the finger tips) are ascribed to Goddess Lakshmi, the Goddess of wealth, the middle part (the palm proper) to Goddess Saraswati - the Goddess of learning, and the root (the part of of hand near the wrist) to Govinda (God). Therefore, every morning, one should have a respectful look at one's hand which symbolizes honest labor.

"O! Mother Earth, who has the ocean as clothes and mountains and forests on her body, who is the wife of Lord Vishnu, I bow to you. Please forgive me for touching you with my feet."





A Mantra for Healing

The Mrityunjaya (mrit-yoon-jaya) Mantra is a secret mantra that was only passed along verbally for generations. It is widely known now, as a healing mantra to ward off illness, improve health (mental and physical), and even untimely death.

Om Trayambakam Yajamahe Sugandhim Pushti Vardhanam

Urvarukam Iva Bandhanan Mrityor Mukshiya Mamritat

Simple Translation: I implore you, the Source of the cycle of birth, life and death, to free me from its bondage, make me fearless, and lead me to the absolute truth and bliss.

Dhanvantari is, in ancient Hinduism, considered to be the father of medicine and health. He is considered to be an Avatar of Vishnu and there are numerous references about him in the ancient Hindu scriptures like the Vedas and the Puranas. He is referred to as the physician of the Gods and the founder of what is known as Ayurvedic medicine. He is also said to be the first physician and surgeon. Dhanvantari is also worshipped in India as the God of health and immortality. He is portrayed as holding the pot containing the nectar of immortality, and is said to be the preserver of the world from all diseases. The Dhanvantari mantra is recited to remove fears and diseases, those wishing to improve their health and eradicate diseases recite this mantra.

Dhanvantari Mantra: English Translation

"Om Namo Bhagavate

Maha Sudharshana

Vasudevaya Dhanvantaraye;

Amrutha Kalasa Hasthaaya

Sarva Bhaya Vinasaya

Sarva Roka Nivaranaya

Thri Lokya Pathaye

Thri Lokya Nithaye

Sri Maha Vishnu Swarupa

Sri Dhanvantri Swarupa

Sri Sri Sri

Aoushata Chakra Narayana Swaha"

Meaning: We pray to the God, who is known as Sudarshana Vasudev Dhanvantari. He holds the Kalasha full of nectar of immortality. Lord Dhanvantri removes all fears and removes all diseases. He is the well wisher and the preserver of the three worlds. Dhanvantari is like Lord Vishnu,

by Jayaram V

Hidden in each man is the spark of the universal
delight,

The eternal soul, shining brightly, but a mute witness.

Awake, yet unknown, in all sleeping hearts is the seed of eternal
joy,

O Lord of Wisdom, awaken my heart to reach your Soul.

Mahashiva, beloved husband of mother goddess,
Parvathi,

In my heart is the unending silence, the primeval
silence of

The immense universe, hidden behind all sounds and life.

Let this silence pervade my whole being, and cleanse me, to be
worthy of your service.



Please call Chaplaincy Services for other resources: 202-476-3321/
202-476-3073. Nights and weekends call 202-476-5000 and ask
to have a chaplain paged.