

Prayers For Holy Satsang

About Yogi Gupta

YOGI Gupta was born in 1917 at Kanpur, United Provinces, North India, into an aristocratic and well-to-do family. As a youth he studied law, was admitted to the Bar, and practiced before one of the high courts of India. His legal career was dedicated to the service of humanity, but for the fulfillment of his mission on Earth he took to the path of renunciation. After intense penance and mastering nine types of Yoga, with the divine blessings of his *Guru* (spiritual teacher), he lived the life of a wandering monk, helping people to achieve radiant health and spiritual development.

Yogi Gupta was the founder and president of the *Kailash-ananda* Mission, situated on *Manikoot* Hills, Rishikesh, Himalayas, India, surrounded by the Himalayan peaks and on the banks of the holy river Ganges. He continued as its president from its founding in 1952 until His Maha Samadhi in 2011.

The Yoga Health Sanatorium at the Mission in India, had accommodations to admit fifty patients and unlimited accommodations for out-patients. Yogi Gupta was the director in charge of this sanatorium, which was operated by his disciples and followers.

Yogi Gupta developed a great following in the United States of America and other Western countries. His headquarters was in New York City. He was the director of Yogi Gupta New York Center, New York City, where he personally taught the occult and esoteric wisdom of the East and

provided personal guidance to the disciples on the Path, besides holding regular lectures and classes in Yoga Postures, Deep Breathings, Relaxation, Meditation and *Raja Yoga*.

Yogi Gupta is the author of the renowned book, *YOGA AND LONG LIFE*, a profusely illustrated handbook that presents all the important principles of Hatha Yoga, the Science of Living, practiced and perfected in India throughout the centuries. It has thirty-five full page illustrations of the author, including Postures for Beginners, Main Postures of Yoga, and Postures for Advanced Students.

Yogi Gupta is also the author of *YOGA AND YOGIC POWERS*, the first book of its kind ever written on Yoga that provides such penetrating insight into the thinking, life and powers of the Hindu Yogis. It also tells the readers unknown facts about themselves which they must know, if they wish to remedy the cause of their physical, mental and emotional problems. The book is so profusely illustrated with examples, experiences and guidance from the author's own life, that the reader will not only find it a deeply fascinating study of the mind and its powers, but also a warm inspiring story of one of the great Yogis of India, who taught in the United States from 1954 to 2009.

You can order both books, *YOGA AND LONG LIFE* and *YOGA AND YOGIC POWERS*, from: Yogi Gupta Society, Inc. (yogiguptasociety.org) - PUBLISHERS

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His Holiness Sri 108 Swami Kailashananda Ji
Maharaj, known in America as Yogi Gupta

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Preface

The essence of Satsang is association with the Self-Realized Saint, or knower of Satya, or Truth. From 1954 to 2009, Yogi Gupta conducted Holy Satsang for His disciples and students during His many trips to America. *Prayers For Holy Satsang* is modeled on Satsang as Yogi Gupta conducted it, and, for the sincere devotee, contains the necessary ingredients to invoke the Spiritual Presence of the the Holy Man, Saint or Guru, and to Praise the Lord through Kirtan and Aaratee. Then the devotee receives the Divine Blessings of Holy Satsang.

Yogi Gupta taught that Satsang is the easiest means of Salvation in the Kali Yuga, or Iron Age, which is our current Epoch, when Dharma, or Righteousness, envisioned as a cow, is standing on only one leg, and is on the verge of collapse. In the Kali Yuga, the intense and difficult tapasya enjoined by Scriptures for Salvation in the earlier Epochs becomes next to impossible for the ordinary person, so the Lord mercifully lowers the standard for Self-Realization. In the Kali Yuga, Bhakti Yoga, as exemplified by regular attendance at Holy Satsang, is itself sufficient not only to neutralize many of the negative astrological influences (karmas) that beset the individual, but also to achieve Moksha – Salvation. In this way, one can say that the Kali Yuga is the best of Ages because it is the time when Self-Realization is easiest to achieve for the devotee.

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Order of Satsang

1. Blowing of Conch and Invocation
2. Kirtan
3. Individual Songs and Speeches
4. Discourse from Scriptures
5. Aarati with light and chowri
6. Holy Prasad

Invocation

1. Blowing of Conch

2. Hari Om

Hari Om

3. Brahmaanandam Parama Sugatam

Brahmaanandam Parama Sugatam
Kevelam Jnaana Moortim
Dwandwaateetam Gagana Sadrusam
Tattwamasyaadi Lakshyam
Ekam Nityam Vimalam Achalam
Sarvadhee Saakshi Bhootam
Bhaavaateetam Triguna Rahitam
Satgurum Tam Namaami

4. Twameva Maata

Twameva Maata Cha Pitaa Twameva
Twameva Bandhus Cha Sakhaa Twameva
Twameva Vidyaam Dravinam Twameva
Twameva Sarvam Mama Devadeva

5. Om Tryambakam

Om Trayambakam Yajamahe
Sugandhim Pushtivardaman
Urvaukamiva bandanan
Mrityormukshiya maamritaam

Kirtan

1. Om Guru

Om Guru, Om Guru
Jaya Guru, Om Guru
Jaya Guru, Om Guru
Kailashananda

2. Om Sri Ganesha

Om Sri Ganesha Aya Namaha
Ganapatee Deva Aya Namaha

3. Shiva Shiva Maha Deva

Shiva Shiva Maha Deva
Nama Shivaya Sada Shivaya
Shiva Shiva Maha Deva
Nama Shivaya Sada Shivaya

4. Govinda Jaya Jaya

Govinda Jaya Jaya, Gopala Jaya Jaya
Radha Rama Na Hari, Govinda Jaya Jaya

5. Hare Krishna

Hare Krishna, Hare Krishna
Krishna Krishna, Hare Hare
Hare Rama, Hare Rama
Rama Rama, Hare Hare

6. Sita Ram

Sita Ram, Sita Ram, Sita Ram, Ram, Ram

7. So Hum So Hum

So Hum So Hum So Hum Shivo Hum
So Hum So Hum So Hum Shivo Hum

8. Bhajolay, Bhajolay

Bhajolay, Bhajolay, Sita Ram
Mangala Murti Sundar Shyam

9. Raghupati Raghava

Raghupati Raghava Raja Ram
Pateeta Pavana Sita Ram

10. Sri Krishna Govinda

Sri Krishna Govinda Hare Murare
Hay Nath Narayana Vasudeva
Govinda Garuda Dhawaja Prana Piyaray
Hay Natha Narayana Vasudeva
Sri Krishna Chaitanya Kailashananda
Hay Rama Hay Krishna Radhey Govinda

11. Shivananda Shivananda Shivananda Paahi Maam

Shivananda Shivananda Shivananda Paahi Maam
Shivohum Shivohum Shivohum Sohum
Satchitananda Swaroopum
Shiva Guru, Shiva Guru, Shiva Guru Ram
Shiva Guru, Shiva Guru, Shiva Guru Shyam

12. Govinda

Govinda, Govinda, Govinda, Govinda
Govinda, Govinda, Govinda, Govinda

Govinda, Govinda, Govinda, Govinda
Govinda, Govinda, Govinda, Govinda

13. Jaya Guru, Shiva Guru, Hari Guru Ram

Jaya Guru, Shiva Guru, Hari Guru Ram
Jaya Guru, Shiva guru, Hari Guru Ram
Jagat Guru, Param Guru, Satya Guru Shyam
Jaya Guru, Shiva Guru, Hari Guru Ram
Umadhi Guru, Advaita Guru, Ananda Guru Om
Umadhi Guru, Advaita Guru, Ananda Guru Om
Chit Guru, Chitgana Guru, Chinmaya Guru Om
Umadhi Guru, Advaita Guru, Ananda Guru Om

14. Jaya Ganesha

Jaya Ganesha Jaya Ganesha
Jaya Ganesha Pahimaam
Sri Ganesha Sri Ganesha
Sri Ganesha Rakshamaam

15. Ganesha Sharanama

Ganesha Sharanam Sharanam Ganesha

16. Om Namah Shivaya

Om Namah Shivaya

17. Jaya Jaya Shiva Shambho

Jaya Jaya Shiva Shambho Jaya Jaya Shiva Shambho Ma-
hadeva Shambho Mahadeva Shambho

18. Krishna Govinda Govinda Gopala

Krishna Govinda Govinda Gopala

19. Sri Ram Jaya Ram Jaya Jaya Ram

Sri Ram Jaya Ram Jaya Jaya Ram

20. Hare Rama Rama

Hare Rama Rama Hare Rama
Hare Rama Rama Hare Rama
Rama Rama Hare Rama Rama
Rama Rama Hare Rama Rama

21. Om Mata Kali

Om Mata Kali, Om Mata Durga
Kali, Durga, Namoh Namah

22. Om Kali Ma Om Kali Ma

Om Kali Ma Om Durga Om
Om Mata Om Mata
Om Sri Mata
Jagad Amba

23. Narayana Narayana

Narayana Narayana
Jaya Govinda Hare
Narayana Narayana
Jaya Gopala Hare

24. Jaya Guru Omkara

Jaya Guru Omkara, Jaya Jaya
Sadguru Omkara, Om
Kailashananda
Hara Hara Hara Hara, Mahadeva

25. Raghupati Raghava

Raghupati Raghava Raja Ram Pateeta Pavana Sita Ram

26. Shiva Kirtan

Jai Shiva Shankar, Jai Shiva Shankar

Jai Shiva Shankar Uma Pattee Girja Shankar Jagat Pattee

Jai Shiva Shankar, Jai Shiva Shankar

Bum Bholey Kailash Pattee Bhoot Nath Hey Nag Pattee

Jai Shiva Shankar, Jai Shiva Shankar

Rudra Roop Antariksha Pattee Bayey Virajay Parwatee

Jai Shiva Shankar, Jai Shiva Shankar

Badee Tapasya Karee Sattee Byahee Tub Putree Prajapat-
tee

Jai Shiva Shankar, Jai Shiva Shankar

Neel Kantha Rudraksha Pattee Dee Bhasmasur Ko Sad
Gattee

Jai Shiva Shankar, Jai Shiva Shankar

Kahan Swami Kailashanand Hey Parsud Pattee Dow Subko
Apnee Bhakttee

Jai Shiva Shankar, Jai Shiva Shankar

Bhasum Ramayey Trisul Pattee Trayambakeswar Shiva
Sakttee

Jai Shiva Shankar, Jai Shiva Shankar

Jai Shiva Sambhoo Kal Pattee Ardha Naree Swar Pret Pat-
tee

Jai Shiva Shankar, Jai Shiva Shankar

Aaratee

1. Mantra For Illumination (Hymn to Lord Shiva)

Namami Samisan Nirvan Roopum
Bibhum Vyapakum Brahma Vedaśwaroopum
Nijum Nirgunam Nirvikalpam Nireehum
Chidakas Makas Vasum Bhajeyhum
Nirakar Onkar Moolum Tureeyum
Gira Gyan Goteet Meetum Girishum
Karalum Mahakal Kalum Kripalum
Gunagar Sunsar Parum Natohum
Tusharadra Shunkas Gaurum Gumbhirum
Manobhoot Kotey Prabha Sri Sarirum
Isfurun Mowli Kullowlinee Charu Ganga
Lashud Bhal Baalendu Kanthey Bhujanga
Chalet Kundalum Bhru Suneytrum
Vishalum
Prasan Nan Num Nilkanthum Dayalum
Mrgadhees Charmambarum Mundmalum
Priyum Shankarum Sarva Nathum Bahajami
Prachandum Prakrashtum Pragulbhum
Pareshum
Akhandum Ajum Bhanu Kotip Prakashum
Trya Shool Nirmoolnum Shoolparnim
Bhajeyhum Bhawanee Patim Bhavagamyum
Kalateet Kalyana Kalpantkari
Sada Sajjananand Dahta Puraree

Chidanand Sandoh Moha Paharee
Prasheeda Prasheeda Prabho
Manmatharee

Na Yavad Umanath Padar Vindum
Bhajunteeh Lokey Parey Vanaranum

Na Tawat Sukhum Santi Santap Nasum
Prasheeda Prabho Sarva Bhootah Dhivasum

Na Janami Yogum Japum Nev Pujum
Na Tohum Sada Survada Sumbhoo Tubhyum

Jara Janm Dukhough Tatupyamanum
Prabo Pahi Appan Namameesh Shambo

2. Om Jai Shiv Omkara

Om Jai Shiv Omkara, Prabhu Hari Shiv Omkara
Brahma Vishnu Sada Shiv
Brahma Vishnu Sada Shiv
Ardhangii Dhara
Om Jai Shiv Omkara...

Ekanana Chaturanan Panchanan Raje
Swami Panchanan Raje
Hansanan, Garuraasan
Hansanan, Garuraasan
Vrishvahan Saje
Om Jai Shiv Omkara

Do Bhujja, Chaaruja Turubhuja Dashabhujja Te Sohe
Swami Dashabhujja Te Sohe
Tiinon Roopani Rakhata
Tiinon Roopani Rakhata
Tribhuvan Man Mohe
Om Jai Shiv Omkara

Yaksamala Vanamala Mundamala Dhari
Swami Mundamala Dhari
Chandana Mrigamad Chanda
Chandana Mrigamad Chanda
Bhole Shupadhaari
Om Jai Shiv Omkara

Shvetambara Piitambara Baaghambara Ange
Swami Baaghambara Ange
Brahmadhik Sanakaadhik
Brahmadhik Sanakaadhik

Pretaadhik Sange
Om Jai Shiv Omkara

Kara Madhye Jaka Mandala Jaktra Keshul Dharatar
Swami Jaktra Keshul Dharatar
Jagkarta Jagharta
Jagkarta Jagharta
Jagapalan Karta
Om Jai Shiv Omkara

Brahma Vishnu Sadashiva Janata Aviveka
Swami Janata Aviveka
Pranavak Sharke Madhe
Pranavak Sharke Madhe
Ye Tinonh Eka
Om Jai Shiv Omkara

Trigun Swamijee Ki Aarti Jo Koi Jana Gave
Swami Jo Koi Jana Gave
Kehete Shivananda Swami
Kehete Shivananda Swami
Manu Vanchita Phala Pave
Om Jai Shiv Omkara

Closing

1. Please be receptive to the Grace of God

Please be receptive to the Grace of God
Bestowing on each one of us
Radiant Health, Long Life,
Prosperity Spiritual, Prosperity Material,
Pushti, Tushti, and Divine Bliss.

2. Sarvesham Swasti Bhavatu

Sarvesham Swasti Bhavatu
Sarvesham Shantir Bhavatu
Sarvesham Purnam Bhavatu
Sarvesham Mangalam Bhavatu
Sarve Bhavantu Sukhinah
Sarve Santu Niramayah
Sarve Ehadrani Pasyantu
Ma Kasehid Dukha Bhag Bhavet
Lookaah Samastaah Sukhino Bhavantu

3. Om Shanti

Om Shanti, Shanti, Shanti

