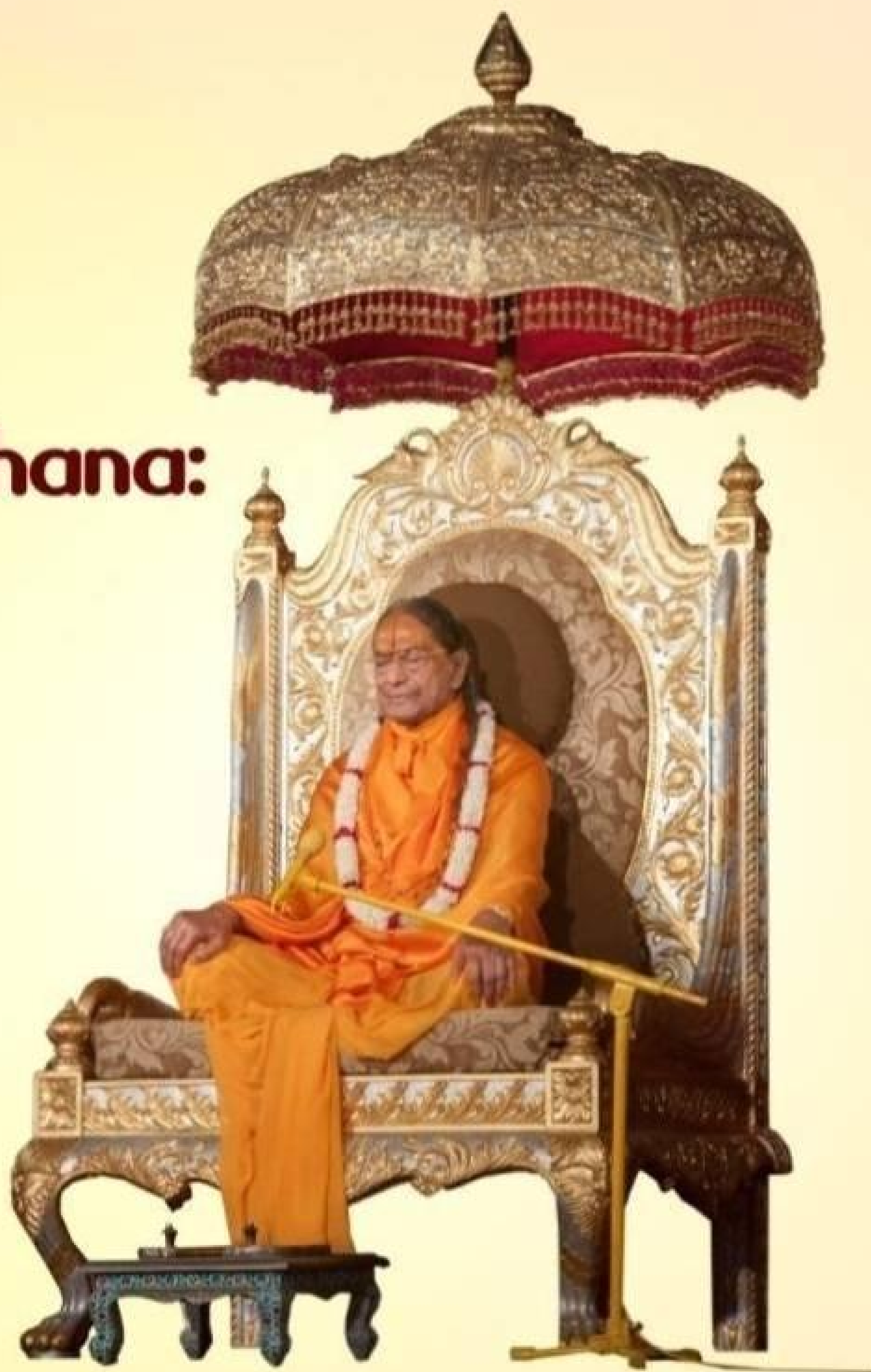


Jagadguru Kripalu Parishat

Sadhana Book

Online Sadhana:

Aarti
Prayer
Stuti



श्री राधाकृष्णाभ्यां नमः

श्री गुरवे नमः, श्री गुरवे नमः, श्री गुरवे नमः

śhrī rādhākṛiṣṇābhyāṁ namaḥ

śhrī gurave namaḥ, śhrī gurave namaḥ, śhrī gurave namaḥ

I offer my humble salutations to my Guru and to my Beloved
Śhrī Rādhā Kṛiṣṇa.

आचार्य मां विजानीयान्नावमन्येत कर्हिचित् ।

न मर्त्यबुद्ध्यासूयेत सर्वदेवमयो गुरुः ॥

āchāryaṁ mām vijānīyānnāvamanyeta karhichit

na martyabuddhyāsūyeta sarvadevamayo guruḥ

(Bhāgavatam, 11.17.27)

“Know the Guru to be Myself. Never think unfavourably about him. Do not use your material mind to comprehend his divine actions, for all forms of God dwell in the Guru.”

हे परम प्रियतम पूर्णतम पुरुषोत्तम श्री कृष्ण!

तुम से विमुख होने के कारण अनादिकाल से हमने अनन्तानन्त दुःख पाये एवं
पा रहे हैं ।

he parama priyatama pūrṇatama puruṣhottama śhrī kṛiṣṇa!

*tuma se vimukha hone ke kāraṇa anādikāla se hamane anantānanta
duḥkha pāye evaṁ pā rahe haiṁ.*

O Most Loving One, the Lord of All, my Beloved Śhrī Kṛishṇa!
As a result of being turned away from You for innumerable
lives, I have suffered untold miseries.

पाप करते करते अन्तःकरण इतना मलिन हो चुका है कि रसिकों द्वारा यह
जानने पर भी कि तुम अपनी भुजाओं को पसारे अपनी वात्सल्यमयी-दृष्टि से
हमारी प्रतीक्षा कर रहे हो, तुम्हारी शरण में नहीं आ पाता ।

*pāpa karate karate antaḥkaraṇa itanā malina ho chukā hai ki
rasikoṁ dvārā yaha jānane para bhī ki tuma apanī bhujāoṁ ko
pasāre apanī vātsalyamayī-dṛiṣṭi se hamārī pratīkṣhā kara rahe
ho, tumhārī śharaṇa meṁ nahīṁ ā pātā.*

Committing sins endlessly, my heart and mind have become
polluted to such an extent, that in spite of being told by the
Rasika Saints, that You have been eagerly awaiting for me,
with arms outstretched and eyes so full of love and affection,
I still fail to take Your shelter.

हे अशरण शरण! तुम्हारी कृपा के बिना तुम्हें कोई जान भी तो नहीं सकता ।
*he aśharaṇa śharaṇa! tumhārī kṛipā ke binā tumheṁ koī jāna bhī
to nahīṁ sakatā.*

O Protector of the Unprotected! No one can know You
without Your grace.

ऐसी स्थिति में, हे अकारण करुण ! पतितपावन श्रीकृष्ण ! तुम अपनी अहैतुकी कृपा से ही हमको अपना लो ।

*aisī sthiti meṁ, he akāraṇa karuṇa! patita pāvana śhrī kṛiṣhṇa!
tuma apanī ahaitukī kṛipā se hī hamako apanā lo.*

O Causelessly Merciful Śhrī Kṛiṣhṇa! O Saviour of the Fallen! Shower Your grace and accept me as Your own.

हे करुणा सागर! हम भुक्ति-मुक्ति आदि कुछ नहीं माँगते, हमें तो केवल तुम्हारे निष्काम प्रेम की ही एकमात्र चाह है ।

*he karuṇā sāgara! hama bhukti-mukti ādi kuchha nahīm māṅgate,
hamēṁ to kevala tumhāre niṣhkāma prema kī hī ekamātra
chāha hai.*

O Ocean of Compassion! I neither desire worldly pleasures nor liberation. My only desire is to possess selfless LOVE of Your's.

हे नाथ! अपने विरद की ओर देखकर इस अधम को निराश न करो ।

*he nātha! apane virada kī ora dekha kara isa adhama ko nirāśha na
karo.*

O my Dear Lord! You being causelessly merciful, have mercy on me. Please do not disappoint me, though I am the most fallen of all.

हे जीवनधन! अब बहुत हो चुका, अब तो तुम्हारे प्रेम के बिना यह जीवन मृत्यु से भी अधिक भयानक है।

he jīvana dhana! aba bahuta ho chukā, aba to tumhāre prema ke binā yaha jīvana mṛityu se bhī adhika bhayānaka hai.

O Lord of my Life! I am totally broken now and have no more strength left. Without Your LOVE, my life is more miserable than death.

अतएव, प्रेम भिक्षां देहि, प्रेम भिक्षां देहि, प्रेम भिक्षां देहि।

*ataeva, prema bhikṣhām dehi, prema bhikṣhām dehi,
prema bhikṣhām dehi.*

Please come to me and bless me with Your LOVE.

Bless me O Lord. Bless me O Lord.

साकेत बिहारी श्री राघवेन्द्र सरकार की जय।

sāketa bihārī śhrī rāghavendra sarakāra kī jaya.

All glories to the Supreme Lord Rāma!

वृन्दावन बिहारी श्री यादवेन्द्र सरकार की जय।

vṛindāvana bihārī śhrī yādavendra sarakāra kī jaya

All glories to the Supreme Lord Kṛiṣṇa!

श्रीमद्सद्गुरु सरकार की जय ।

śhrīmad sadguru sarakāra kī jaya.

All glories to the All-Gracious Master!

जय जय श्रीराधे, जय जय श्रीराधे, जय जय श्रीराधे ।

*jaya jaya śhrī rādhe, jaya jaya śhrī rādhe,
jaya jaya śhrī rādhe.*

All glories to Śhrī Rādhā Rānī.

आरती प्रीतम, प्यारी की, कि बनवारी, नथवारी की।

āratī prītama, pyārī kī, ki banavārī, nathavārī kī

I perform the *āratī* of my Beloved Banavārī and lovely Nathavārī.

दुहुँन सिर कनक-मुकुट झलकै,

duhumna sira kanaka-mukuta jhalakai,

Beautiful crowns of gold are glittering on Their heads.

दुहुँन श्रुति कुण्डल भल हलकै,

duhumna śhruti kuṇḍala bhala halakai,

Beautiful earrings are dangling from Their ears.

दुहुँन दृग प्रेम-सुधा छलकै,

duhumna dṛiga prema-sudhā chhalakai,

The nectar of divine love is brimming in Their eyes.

चसीले बैन, रसीले नैन, गँसीले सैन,

chasīle baina, rasīle naina, gaṁsīle saina,

Their voices are extremely sweet and melodious. Their eyes are full of the nectar of divine love and Their sidelong glances are piercing.

दुहुँन मैनन मनहारी की ।

duhumna mainana manahārī kī

Both of Them steal even the heart of Kāmadeva, the god of beauty.

दुहुँनि दृग चितवनि पर वारी,

duhumni dṛiga chitavani para vārī,

How beautiful is the way They are lovingly looking at each other. I wish to get completely lost in Them.

दुहुँनि लट-लटकनि-छवि न्यारी,

duhumni laṭa-laṭakani-chhavi nyārī,

The beauty of Their dangling curly hair is exceptional.

दुहुँनि भौं-मटकनि अति प्यारी,

duhumni bhaum-maṭakani ati pyārī,

The flirtatious movements of Their eyebrows is extremely sweet.

रसन मुख पान, हँसन मुसकान, दसन दमकान,

rasana mukha pāna, haṁsana musakāna, dasana damakāna,

The redness of the *pāna* in Their mouths, Their smiles and laughter and the glitter of Their beautiful teeth is extraordinary.

दुहुँनि बेसर छवि न्यारी की ।

duhumni besara chhavi nyārī kī

The *besaras* (nose pendants) that are dangling from Their noses are adding great charm to Their beauty.

एक उर पीताम्बर फहरै,

eka ura pītāmbara phaharai,

A yellow silken cloth, the *pītāmbara* is fluttering on Śhrī Kṛishṇa's beautiful broad chest,

एक उर नीलाम्बर लहरै,

eka ura nīlāmbara laharai,

whereas an exquisite blue *sari* is shimmering on Śhrī Rādhā's bosom.

दुहँन उर लर-मोतिन छहरै,

duhumna ura lara-motina chhaharai,

Necklaces of pearls are swaying on Their chests.

कंकनन खनक, किंकिनिन झनक, नूपुरन भनक,

kaṅkanana khanaka, kiṅkinina jhanaka, nūpurana bhanaka,

Their bracelets are clinking, Their *kiṅkiṇīs* (the waistbands around the hips) are jingling and Their anklets are tinkling.

दुहँन रुनझुन धुनि प्यारी की ।

duhumna runajhuna dhuni pyārī kī

All these ornaments produce a sweet melody that is most pleasing to the heart.

एक सिर मोर-मुकुट राजै,

eka sira mora-mukuṭa rājai,

A crest of peacock feathers adorns Śhyāmasundara's head.

एक सिर चूनरि-छवि छाजै,

eka sira chūnari-chhavi chhājai,

An exquisite *chūnarī* covers Śhrī Rādhā Rānī's head.

दुहुँन सिर तिरछे भल भ्राजै,

duhuṁna sira tirachhe bhala bhrājai,

Their heads are inclined towards each other in an enchanting manner.

संग ब्रज-बाल, लाड़िली-लाल, बाँह गल डाल,

saṅga braja-bāla, lāṛilī-lāla, bāṁha gala ḍāla,

Lāṛilī-Lāla are accompanied by Their eternal associates, the maidens of Braja. They have Their arms around each other's neck in loving embrace

‘कृपालु’ दुहुँन दृग चारी की।

‘kṛipālu’ duhuṁna dṛiga chārī kī

Shri Kripalu Ji Maharaj says, “Their eyes too are locked in the rapture of mutual love.”

आरति भगवति माँ की कीजै, जय जय जननि जगद्गुरु की जै ।

ārati bhagavati mām kī kījai, jaya jaya janani jagadguru kī jai.

Let us perform the *ārati* of the Divine Mother Bhagavatī, who gave birth to our beloved Master, Jagadguru Shri Kripalu Ji Maharaj. All glories to her.

सुकृत कौन अस वेद बतायो, जासों लाल कृपालुहिं पायो ।

sukṛita kauna asa veda batāyo, jāsom lāla kṛipāluhiṁ pāyo.

O Dear Mother! What virtuous Vedic actions did you perform to be blessed with the greatest fortune of having Ram Kripalu as your child

बनि जननी निज गोद खिलायो, सब विधि हलरायो दुलरायो ।

bani janani nija goda khilāyo, saba vidhi halarāyo dularāyo.

and showering motherly affection upon him?

मोहिं निज सुत सेवा वर दीजै, जय जय जननि जगद्गुरु की जै ।

mohiṁ nija suta sevā vara dījai, jaya jaya janani jagadguru kī jai.

O Holy Mother! Please bless me with the selfless service of your divine son.

तेरो सुत मानत सब तेरो, माँ इक काम करा दे मेरो ।

tero suta mānata saba tero, mām ika kāma karā de mero.

Seeing that your son obeys all your instructions, I beg you to plead on my behalf

मोहिं सो ले बनाय निज चरो, रहिहौं ऋणी तोर बहुतेरो ।

mohim̐ so le banāya nija chero, rahihaum̐ ṛiṇī tora bahutero.

and ask your son to accept me as his servant. I shall be eternally grateful to you for this favour.

माँ हौं हूँ तव सुत सुन लीजै,

mām̐ haum̐ hūm̐ tava suta suna lījai,

O Merciful Mother! I am your child too. Please do answer my plaintive cry for help.

जय जय जननि जगद्गुरु की जै ।

jaya jaya janani jagadguru kī jai.

All glories to the Divine Mother of our Spiritual Master.

जयति जगद्गुरु गुरुवर की,

jayati jagadguru guruvara kī,

All glories to Jagadguru, the Supreme Spiritual Master
of the world.

गावो मिलि आरती रसिकवर की ।

gāvo mili āratī rasikavara kī.

Let us all perform the āratī of the Crest Jewel of Rasika Saints,
with love and devotion.

गुरुपद-नख-मणि-चन्द्रिका प्रकाश,

gurupada-nakha-maṇi-chandrikā prakāśha,

The divine light that shines forth from the nails of his
lotus feet,

जाके उर बसे ताके मोह तम नाश ।

jāke ura base tāke moha tama nāśha.

dispels the darkness of ignorance from the hearts of those
who lovingly meditate upon them.

जाके माथ नाथ तव हाथ कर वास,

jāke mātha nātha tava hātha kara vāsa,

The individual whom my beloved Master blesses with his
love, grace and protection,

ताते होय माया मोह सब ही निरास ।

tāte hoyā māyā moha saba hī nirāsa.

the delusive power *māyā* with all her attendants (anger, greed, hatred, vanity, envy, etc.) goes away from him greatly disappointed.

पावे गति मति रति राधावर की,

pāve gati mati rati rādhāvara kī,

That most fortunate individual thereby attains the abode, knowledge and love of Śhrī Kṛishṇa.

गावो मिलि आरती रसिकवर की ।

gāvo mili āratī rasikavara kī

Let us all perform the *āratī* of the Crest Jewel of *Rasika* Saints.

अरे मन मूढ़! छाँड़ु नारी नर हाथ,

are mana mūṛha! chhāṇṛu nārī nara hātha,

O foolish mind! Do not rely on the world.

गुरुबिनु ब्रह्म श्यामहूँ न देंगे साथ ।

guru binu brahma śhyāmahūṁ na denge sātha.

Instead, seek the shelter of the Guru's lotus feet. Without the Guru's grace, even Śhrī Kṛishṇa cannot help you.

कोमल कृपालु बड़े कृपासिंधु नाथ,

komala kṛipālu baṛe kṛipāsindhu nātha,

My benevolent Guru, is an ocean of grace and causelessly merciful.

पाके इन्हें आज तू अनाथ हो सनाथ ।

pāke inheṁ āja tū anātha ho sanātha.

In the loving protection of my benevolent Guru, I feel totally secure and my miserable condition of being an orphan (alienated from God, my Divine Parents since time immemorial) is gone forever.

इन्हीं के आधीन कृपा गिरिधर की,

inhīm ke ādhīna kṛipā giridhara kī

Remember that even Lord Kṛiṣṇa graces those who are able to attain the favour of the Guru.

गावो मिलि आरती रसिकवर की ।

gāvo mili āratī rasikavara kī

Let us all perform the *āratī* of the Crest Jewel of Rasika Saints.

भक्तियोग-रस-अवतार अभिराम,

bhaktiyoga-rasa-avatāra abhirāma,

The Descension of Love and Bliss, my beloved Master

करें निगमागम समन्वय ललाम ।

kareṁ nigamāgama samanvaya lālāma

beautifully reconciles the apparent contradictory views in the *Vedas* and the *Śhāstras*.

श्यामा-श्याम नाम, रूप, लीला, गुण, धाम,

śhyāmā-śhyāma nāma, rūpa, līlā, guṇa, dhāma,

He is guiding us to sing the glories of the names, forms, pastimes, qualities and abodes of Śhrī Rādhā Kṛishṇa,

बाँटि रहे प्रेम निष्काम बिनु दाम ।

bāṁṭi rahe prema niṣhkāma binu dāma.

thereby, he is selflessly distributing the priceless treasure of divine love.

हो रही सफल काया नारी नर की,

ho rahī saphala kāyā nārī nara kī,

People are truly blessed being in his holy association.

गावो मिलि आरती रसिकवर की ।

gāvo mili āratī rasikavara kī

Let us all perform the *āratī* of the Crest Jewel of *Rasika* Saints.

लली लाल लीला का सलोना सुविलास,

lalī lāla līlā kā salonā suvilāsa,

His loving personality, so full of divinity, seems to be the sweet form of Śhrī Rādhā Kṛishṇa together.

छाया दिव्य दृष्टि बिच प्रेम का प्रकाश ।

chhāyā divya dṛiṣṭi bicha prema kā prakāśha

His piercing glances and shining eyes overflow with love.

वैसा ही विनोद वही मंजु मृदु हास,

vaisā hī vinoda vahī mañju mṛidu hāsa,

His exceptional sense of humour, his sweet and gentle smile seems so divine.

करें बस बरबस उच्च अट्टहास ।

kareṁ basa barabasa uchcha aṭṭahāsa.

And his deep loud hearty laughter all irresistibly captivate the heart.

झूमि चलें चाल वही नटवर की,

jhūmi chalem chāla vahī naṭavara kī,

His intoxicating gait immediately reminds one of the Lord of Love, Śhrī Kṛishṇa, who captivates all.

गावो मिलि आरती रसिकवर की ।

gāvo mili āratī rasikavara kī

Let us all perform the *āratī* of the Crest Jewel of *Rasika* Saints.

मत्प्रेयान् राधिकाप्रेयान् मद्धवो राधिकाधवः,

matpreyān rādhikāpreyān maddhavo rādhikādhavaḥ,

The Beloved of Śhrī Rādhā Rānī is my Beloved; the Lord of Śhrī Rādhā Rānī is my Lord.

तस्मादपि गरीयान्यो कृपालुर्मे जगद्गुरुः ।

tasmādapi garīyānyo kṛipālurme jagadguruḥ

Yet, still greater than Him is my Guru, the all-gracious Spiritual Master of the world.

* * *

गुरुं भजति श्रीकृष्णः श्रीकृष्णं भजते गुरुः,

gurum bhajati śhrī kṛiṣṇaḥ śhrī kṛiṣṇam bhajate guruḥ,

The Guru worships Śhrī Kṛiṣṇa and Śhrī Kṛiṣṇa worships the Guru.

सिद्धान्ततस्त्वभेदेऽपि कृपालुर्मे गुरुर्महान् ।

siddhāntatastvabhede 'pi kṛipālurme gururmahān.

Although the scriptures state that there is no difference between God and Guru, yet from a practical point of view, the Guru is greater, since he takes one to God.

यमुना निकट तटस्थित वृन्दावन कानने महारम्ये ।

yamunā nikaṭa taṭasthita vṛindāvana kānane mahāramye

In a most beautiful flowery bower in Vṛindāvana, on the banks of the River Yamunā,

कल्पद्रुमतलभूमौ चरणं चरणोपरिस्थाप्य ॥

kalpadrumatalabhūmau charaṇam charaṇoparisthāpya

Śhrī Kṛishṇa is sitting with one leg crossed over the other under a divine wish-fulfilling tree.

तिष्ठंतं घननीलं स्वतेजसा भासयन्तमिह विश्वम् ।

tiṣṭhantaṁ ghananīlaṁ svatejasā bhāsayantamiha viśhvam

Supremely effulgent, His blue body's divine glow is illuminating the entire world.

पीताम्बर परिधानं चन्दनकर्पूर लिप्तसर्वाङ्गम् ॥

pītāmbara paridhānaṁ chandanakarpūra liptasarvāṅgam

He is dressed in saffron-yellow silk and His entire body is anointed with sandalwood paste mixed with camphor.

आकर्णपूर्णनेत्रं कुण्डलयुगमण्डित श्रवणम् ।

ākarnapūrṇanetraṁ kuṇḍalayugamaṇḍita śhravaṇam

His large captivating lotus eyes almost reach up to His ears. His ears are adorned with glittering earrings.

मंदस्मितमुखकमलं सकौस्तुभोदारमणिहारम् ॥

mandasmitamukhakamalanī sakauṣṭubhodāramañihāram

There is a gentle, soul enticing smile on His face. He is wearing necklaces of precious stones, pearls and the *kaustubha* gem.

बलयांगुलीयकाद्यानुज्ज्वलयन्तं स्वलंकारान् ।

valayāṅgulīyakādyānujjvalayantāṁ svalaṅkāraṇ

The radiance and lustre of His body enhances the splendour of His bracelets, rings and other ornaments.

गलविलुलितवनमालं स्वतेजसापास्तकलिकालम् ॥

galavilulitavanamālāṁ svatejasāpāstakalikālam

Around His neck a *vanamālā*, a garland of various fragrant sylvan flowers, *pārijāta*, *kunda*, *mandāra*, lotus interspersed with *tulasī* leaves, is gently swinging to and fro. His divine presence drives away the evil effect of the dark age of *Kali Yuga*.

गुंजारवालिकलितं गुंजापुंजान्विते शिरसि ।

guñjāravālikalitaṁ guñjāpuñjānvite śhirasi

His curly black locks embrace His head like twining creepers and the humming bees, attracted by those nectarean vines of love, enhance the scene.

भुंजानं सह गोपैः कुंजांतर्वर्तिनं नमत ॥

bhuñjānaṁ saha gopaiḥ kuñjāntarvartināṁ namata

He is sitting in the flowery bower and eating with His playmates, the *gvāla bāla* (cowherd boys).

मन्दारपुष्पवासितमन्दानिल सेवित परानन्दम् ।

mandārapuṣhpavāsitamandānila sevita parānandam

He is being caressed by the gentle breeze made fragrant by *mandāra* flowers and

मन्दाकिनीयुतपदं नमत महानन्ददं महापुरुषम् ॥

mandākinīyutapadam namata mahānandadam mahāpuruṣam

His lotus feet are served by the sacred river Gangā. Meditate upon that supreme personality, Śhrī Kṛishṇa, who is the embodiment of divine bliss.

सुरभीकृतदिग्बलयं सुरभिःशतैरावृतः परितः ।

surabhīkṛitadigvalayam surabhiśhatairāvṛitaḥ paritaḥ

His divine fragrance pervades all four directions. Meditate on the sweet Śhrī Kṛishṇa surrounded by thousands of cows even more beautiful than *kāmadhenu*.

सुरभीतिक्षपणमहासुरभीमं यादवं नमत ॥

surabhītikṣhapaṇamahāsurabhīmam yādavam namata

Meditate on the Prince of the Yadu dynasty, who keeps the gods in His loving protection by terrifying the demons.

अशरण-शरण महाप्रभो, तुम स्वामी हम दास ।

aśharaṇa-śharaṇa mahāprabho, tuma svāmī hama dāsa

O protector of the unprotected, my beloved all-gracious Master! I am a servant of Your's.

कीजै कृपा कृपालु मम, दीजै गुरुसहवास ॥

kījai kṛipā kṛipālu mama, dījai guru sahaṇvāsa.

I beseech You to please shower Your grace upon this servant of Yours. I pray that I may reside in *Guru dhāma* (the divine abode of Guru) forever.

तुम दीनन रखवार हम, अहंकार अवतार ।

tuma dīnana rakhaṇvāra hama, ahaṅkāra avatāra

Only the most humble are truly blessed for they live under Your protection always. Then what should I do, for I am the personified form of absolute pride!

अस करु कृपा कृपालु अब, दीन बनूँ सरकार ॥

asa karu kṛipā kṛipālu aba, dīna banūṁ sarakāra.

O my Lord! O Merciful One! I only seek Your causeless grace; please make me humble so that I too may have a permanent place at Your lotus feet.

हौं ऐसो हौं पतित जो, पतित न आपुहिं मान ।

haum̐ aiso haum̐ patita jo, patita na āpuhiṁ māna

I know You are the Saviour of the fallen, but what about those who do not even accept themselves to be fallen?

ऐसे पतित विचित्र को, पावन करु तब जान ॥

aise patita vichitra ko, pāvana karu taba jāna

O my dear Lord, I fall into this category! If You can just go out of Your way and purify me, I will then wholeheartedly accept You to be the redeemer of the fallen.

सबै भिखारी जगत के, जेतिक नातेदार ।

sabai bhikhārī jagata ke, jetika nātedāra

All worldly relations are beggars, begging for love from each other.

दिव्य प्रेम आनन्द के, तुम इक साहूकार ॥

divya prema ānanda ke, tuma ika sāhūkāra

O my Master! My All-in-All! Only You possess this treasure of divine love.