

Shiva Sankalpa Mantras

1

यज्जाग्रतो दूरदैति दैवन्तदु सुप्तस्य तथैवेति ।

दूरङ्गमञ्ज्योतिषा ज्योतिरेकन्तन्मे मने! शिवसंकल्पमस्तु ॥३॥

*Yaj jaagrato dooram udaiti daivam
Tadu suptasya tathai-vaiti.
Doo-ranga-mam jyotishaam jyoti-rekam
Tan-me manah shiva-sankalpam astu.*

That far-going light of all lights that flies to distances in one's wakeful state, and even so, in one's sleep, may that my mind be filled with beautiful and benevolent thoughts. - Lights: cognitive senses seeing, hearing, smelling, tasting and touching. Light: mind the coordinator of all the senses. Far-going: the mind wanders off to distant places.

2

येन कर्मण्यपसो' मनीषिणो' यज्ञे कृण्वान्ति' विदतेषु धीराः

।यदपूर्वं यक्षमन्तः प्रजानान्तन्मे मनः शिवसंकल्पमस्तु ॥४॥

*Yena karmaan-yapaso manee-shino
Yaj-ye krinvanti vida-the-shu dheeraah
Yada-poorvam yak-sham antah prajaa-naam
Tan-me manah shiva-sankalpam astu*

That mind, with the help of which wise people perform sacred deeds in sacrifices, and patient people enter in to the battlefield of life, that which is the unique, mysterious light hidden in the innermost recess of our hear, may that my mind be filled with beautiful and benevolent thoughts.

3

यत्प्रज्ञानमुत चेतो धृतिश्च यज्ज्योतिरमृतमप्रजासु ।

यस्मान्न ऋते किञ्चन कर्म क्रियते तन्मे मनः शिवसंकल्पमस्तु ॥५॥

*Yat praj-yaanam uta cheto dhrish cha
Yaj-jyotir antar amritam prajaasu.*

***Yasmaan na rite kin-chana karma kriyate
Tan-me manah shiva-sankalpam astu.***

The mind which is consciousness in itself, which is awareness, that which is patience, and sustenance and memory, that which is the amritaa jyotee, the deathless light, hidden in the hearts of all created beings, that without which no action can be performed, may that my mind be filled with beautiful and benevolent thoughts.

4

येनेदम्भूतं भुवनम्भविष्यतप- रिगृहीतममृतेन सर्वम् ।

येन यज्ञस्तायते सप्तहोता तन्मे मनः शिवसंकल्पमस्तु ॥६॥

***Yene-dam bhootam bhuwa-nam bhavish-yat
Pari-gri-heetam armritena sarvam.
Yena yaj-yas taayate sapta hotaa
Tan-me manah shiva-sankalpam astu***

That deathless light by which is sustained all this past, present and future, that by which the sacrifice that has seven priests in extended and spread, may that my mind be filled with beautiful and benevolent thoughts.

5

यस्मिन्नृचः साम यजूंषि यस्मिन्प्र- तिष्ठिता रथनाभाविंवाराः ।

यस्मिंश्चित्तं हर्वमोतमप्रजानान्तन्मे मनः शिवसंकल्पमस्ती ॥७॥

***Yasminn richah saama yajoomshi
Yasmin pratish-thi-taa ratha-naa-bhaa-vi-vaa-raah.
Yas-minsh-chittam sarva-motam prajaa-naam
Tan-me manah shiva-sankalpam astu***

That mind in which is sustained the knowledge of the Rigveda, the music of the Saamaveda, and the sacred deeds of the Yajur, like the spokes in the hub of a wheel, that in which is woven and interwoven all consciousness of all beings, may that my mind be filled with beautiful and benevolent thoughts.

6

सुषारथिरश्वानिव यन्मनुष्या- न्नेनीयतेऽभीशुर्वाजिन' इव ।
हृत्प्रतिष्ठं यदजिरं जविरं तन्मे मनः शिवसंकल्पमस्तु ॥८॥

***Su-shaa-rathir ash-waan iva yan manushayaan
Ne-nee- yate bhee-shu-bhir vaa-jina iva
Hrit pra-tish-tham yada-jiram javish-tham
Tan-me manah shiva-sankalpam astu***

That mind which ever leads men like an expert charioteer controlling the reins of his horses, that which is heart-abiding, ever moving and the speediest of all forces, may that my mind be filled with beautiful and benevolent thoughts.

7

स नः पवस्व शं गवे शं जनाय शमवर्ते । शं राजन्नोषधिभ्यः ॥२६॥ -साम० उत्तरा ० १।१।३

***Sa nah pawas-wa shanga-ve
Sham janaaya sha-mar-vate.
Sham raajan-nosha-dhee-bhyah.
Sama Veda 1:1:3***

Bring peace to the world of animals with our flow, O King, and peace to the world of human beings, too. Peace, indeed, to the world of trees and plants.

8

अभयं नः करत्यन्तरिक्षमभयं ध्यावापृथिवी उभे इमै ।

अभयं पृश्नाभयं पुरस्तादुत्त- रादभयं नो अस्तु ॥२७॥ -अथर्व० १६।१२।२

***Abhayan-nah karat-yanta-riksham
Abhayam dyaawaa prithivee ubhe ime.
Abhayam pash-chaad abhayam puras-taad
Utta-raad adha-raad abhayam no astu.
Atharva Veda 16:12:2***

May the sky cause us no fear, no fear from both heaven and earth. No fear from behind, nor from in front. Let there be fearlessness from above and from below

9

अभयं मित्रादभयममित्रादभयं ज्ञातादभयं परोक्षात् । अभयं नक्तमभयं दिवा नः सर्व आशा मम मित्र भवन्तु ॥२८॥ -अथर्व०
१६।१२।६

*Abhayam mitraad abhayama mitraad
Abhayam jyaa-taad abhayam parok-shaat.
Abhayam naktam abhayam divaa nah
Sarvaa aashaa mama mitram bhawantu*

No fear from the friend, nor from the enemy. No fear from the known, nor from the unknown. No fear in the night, nor in the day. May we be friends unto all directions, and may all directions be friendly unto us. - Directions: all creatures living in East, West, North, South, above and below.