

YOUNG SINDHI ADULTS

www.youngsindhiadults.org

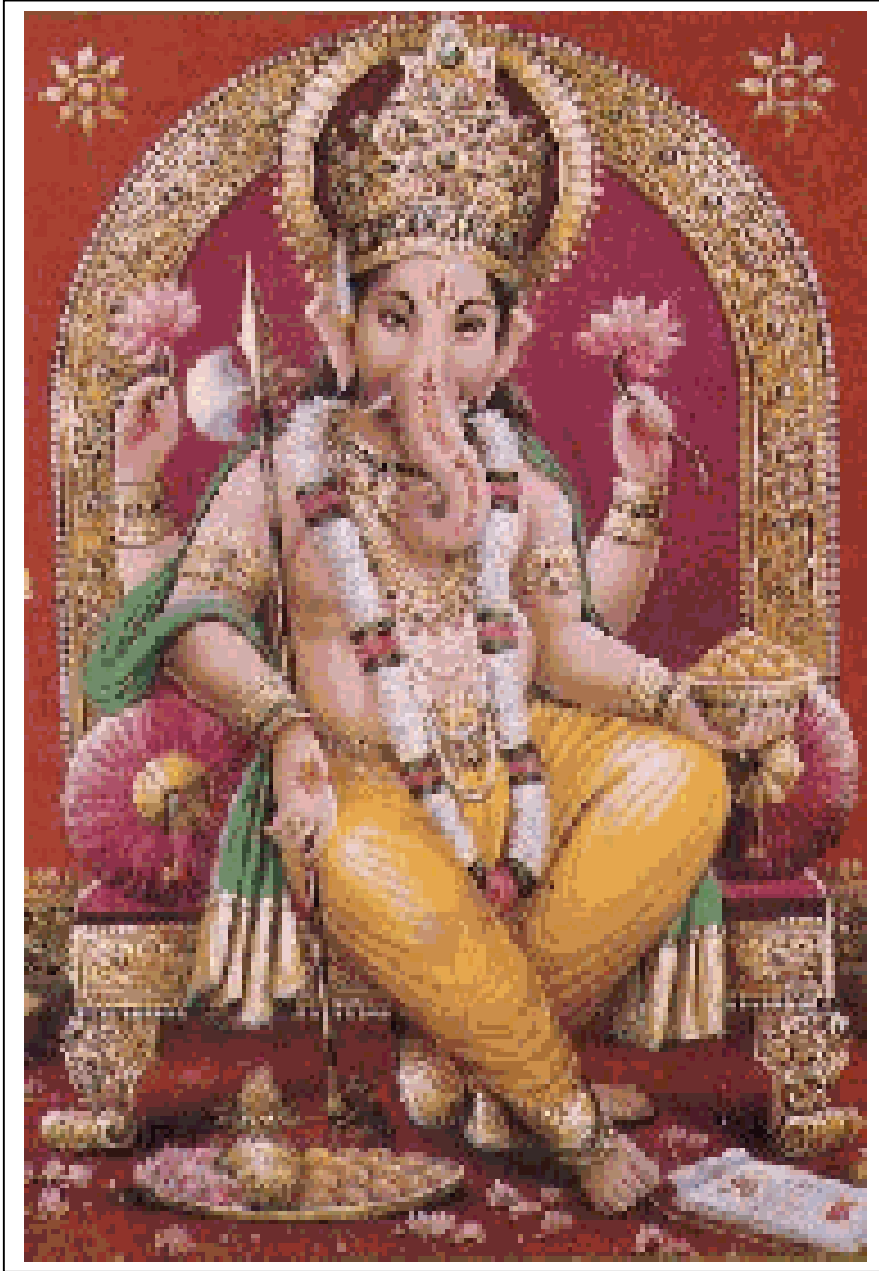


Satya Narayan Katha

YOUNG SINDHI ADULTS

www.youngsindhiadults.org

"Om Gan Ganpate Namah"



GANESH BHAGWAN

YOUNG SINDHI ADULTS

www.youngsindhiadults.org

INTRODUCTION

To spread the message and understanding of Sathyanarayan Katha and to encourage the participation of children, Geeta Mehrotra and Madhu Nainani compiled this book with the help of several people. This book is only to help people to do the katha either simple way or elaborate way. The Kirtan and Havan prayers are from Nuri Anjali geet from Sadhu Vaswani Mission, Pune, India. Very short kirtan are included in between each chapter to encourage kirtan. Yajya prayer is from Vedic prayers.

The first section is the katha with kirtan. The second section is the significance and third section is when to do and how to do.

Many Hindus observe Sathyanarayan Day, which is full moon day. They either pray, fast or recite the Sathyanarayan katha as a family. This puja can be done in simple or elaborate way. Some families do the puja every month among themselves in a simple way. They do not eat anything until the puja is done and Katha is read. On special occasions it can be elaborate puja. Usually a Brahmin is invited who starts with Ganesh Prayer and then worships nine planets and does Havan and may recite 108 or 1008 names of Lord Vishnu. People invite their extended families and friends and neighbors. Other times people get this prayer performed at the local temples.

OM GAN GANPATE NAMAHA

OM GAN GANPATE NAMAHA

OM GAN GANPATE NAMAHA

YOUNG SINDHI ADULTS

www.youngsindhiadults.org

HAVAN PRAYER

OM GURUDEVAM SHARANAM GACHAAMEE,
DAMAM SHARNAM GACHAAMEE,
SANGAM SHARNAM GACHAAMEE,
SHREE KRISHNA SHYAM SHARNAM GACHAAMEE,
GURUDEV JEE SHARNA MOO VARTE AAHE,
MITHRE DADAL SHAH JEE SHARANA MOO VARTEE AAHE,
DHARMA JEE SHARANA MOO VARTEE AAHE,
SANGAT JEE, SATSANG JEE SHARANA MOO VARTEE AAHE,
SHREE KRISHNA SHYAM SUNDER JEE SHARANA MOO VARTEE AAHE.

SHREE BHAGWAN CHAY:

JO SABH KARMA MOO MEIN THO ARPAN KARAY,
AJHO MUHINJO JO-EE VATHAY THO MUHINJO BHAGAT AAH,
VAYAR VRODH KHAAN PARAY THEE, PAHINJO MOH MAARAY,
MUKHE HEE THO PAA-AY, MUKHE HEE THO PAA-AY,

OM ASATO MA SAD
TAMASO MA JYOTIR GAMAYA,
MIRTYOR MA AMRITAM GAMAYA.

Sindhi Translation:

ASATYA KOOR MAAN KADHEE, TU ASAN KHAY SATYA MEIN AARN,
OONDHAY ANDHKAAR MAAN KADHEE TU ASAN KHAY JYOTI MEIN AARN,
MRITHYU PAAP, MIRTHYU MANDAL MAAN KADHEE,
TU ASAN KHAY AMAR DAAM, PREM DHAAM MEIN AARN,
PAHINJE DHAAM MEIN AARN.

OM ASATO MA SAD GAMAYA,
TAMASO MA JYOTIR GAMAYA,
MIRTYOR MA AMRITAM GAMAYA.

Lead us from unreal to real,
Lead us from darkness to light,
Lead from cycles of death to eternal bliss of liberation.

GAYATRI MANTAR IS UNIVERSAL PRAYER IN VOKING DIVINE GRACE AND INTELLIGENCE. REPEAT THIS FIVE TIMES

Om Bhur Bhuvah Suvaha
Tat Savithur Varneyam
Bhargo Devasya Dheemahi
Dheeyo Yo Nah Prachodayat.

YOUNG SINDHI ADULTS

www.youngsindhiadults.org

We Meditate on The Glory of Divine Light, Gayatri, Whose Effulgence illuminates the entire creation, embodied in the three states- Earth, Ether, Astral. That Supreme Light, may it remove our ignorance and enlighten our intellect.

YOUNG SINDHI ADULTS

www.youngsindhiadults.org

YAGYA PRAYER

POOJNEEYA PRABHO HAUMARAY BHAAVA UJJWAL KEEJIYE,
CHHOR DEVE CHHAL- KAPAT KO, MAANSIK BAL DEEJIYE.

VEDA KEE GAAVE RICHAAYE, SATYA KO DHAARAN KARE,
HARSH MEIN HO MAGNA SAARE, SHHOK SAGAR SE TARE.

ASVAMEDHAADIK RACAAYE, YAJNA PAR-UPKAR KO,
DHARM MARYADAA CHALAAKAR, LAABHA DEY SANSAR KO,

NITYA, SHRADDHAA BHAKTI SAY YAJAADI HAUM KARETE RAHE
ROG PEERIT VISHVA KE SANTAP SAB HARTE RAHE.

BHAAVANAA MIT JAAVE MAN SAY, PAAP ATHYACHAAR KEE
KAAMANAAAYE POORNA HOVE, YAJYA SAY NAR- NAAR KEE.

LAABHAKAARI HO HAVAN, HAR JEEVADHAREE KAYLIYA,
VAYOU JAL SARVATRA HO, SHUBH GANDH KO DHARAAN KIYE.

SVAARTHA BHAAV MITE HAMAARAA, PREM PATH VISTAAR HO,
IDANNA MAMAKAA SAARTHAK, PRATYEK ME VYAVHAAR HO.

HAATH JOR JHUKAAYE MASTAK, VANDANAA HAUM KAR RAHE
NAATH KARUNAA ROOP KARUNAA, AAPKEE SAB PAR RAHE.

YOUNG SINDHI ADULTS

www.youngsindhiadults.org

TRANSLATION:

VENERABLE GOD, MAKE OUR INTENTIONS CLEAR (Pure) SO THAT WE MAY BE FREE FROM DECEPTION; GIVE US MORAL STRENGTH.

MAY WE CHANT THE VEDIC HYMNS AND UPHOLD TRUTH,
LET ALL BE IMMERSSED IN JOY AND CROSS BEYOND THE SEA OF GRIEF.

MAY WE ARRANGE VEDIC YAGNAS TO BRING ABOUT THE WELL BEING OF ALL LIVING.
WITHIN THE BOUNDARIES OF RIGHTEOUSENSS, MAY WE BE OF BENEFIT TO THE WORLD.

REGULARLY MAY WE PERFORM YAJNAS WITH FAITH AND DEVOTION
MAY THE DISEASE-AFFLICTED WORLD BE FREE FROM ALL SORROW.

LET OUR MIND BE FREE FROM THE SINS OF LUST AND ATROCITY
LET THE DESIRES OF MEN AND WOMEN BE FULFILLED THROUGH SELF SACRIFICE.

MAY OUR SACRIFICE BE BENEFICIAL TO ALL LIVING ORGANISMS.
MAY THE WIND AND WATER EVERYWHERE MAINTAIN SWEET FRAGRANCE.

MAY OUR SELFISH INTENTIONS BE WIPED AWAY AND THE PATH OF LOVE BE EXTENDED.
LET UNSELFISH AND USEFUL ATTITUDES PREVAIL IN ALL OUR DEALINGS.
WITH FOLDED HANDS AND BOWED HEADS WE PAY OBESISTANCE TO THEE
LET THY LORDLY FORM OF COMPASSION PREVAIL ON US ALL.

YOUNG SINDHI ADULTS

www.youngsindhiadults.org

SHRI SATYANARAYANA KATHA Translation by Motilal L. Butani

CHAPTER 1

Once, Shownak and 88,000 other rishis assembled at the forest of Naimisbaranya and asked Maharishi Sut, the narrator of the puranas, “Oh Maharishi, please tell us how mankind can attain salvation?”

Maharishi Sut answered: “Once Narada Muni asked Lord Vishnu, the consort of Lakshmi, the same question. I will tell you what Lord Vishnu told Narada, so listen carefully.”

Once, Narada during one of his sojourns to the various worlds, came to the earth. There he saw the people suffering as a result of their past deeds. To alleviate their sufferings and bring them salvation Narada traveled to Vishnu Loka. There he **found** Lord Vishnu, adorned with Conch, Chakra, Gadha and Lotus in his four hands and a garland round his neck. Narada spoke humbly; “Oh Supreme Lord, the savior of the destitute and the troubled, I surrender at thy feet”.

Asked Lord Vishnu, “Narada, why have you come here? Tell me what you want and I would fulfill your wishes”,

To which Narada answered, “Oh Bhagawan, people on earth are suffering in many ways as a result of their own past sinful deeds. Please bestow thy grace and reveal to me as to how they can be helped?” Lord Vishnu replied, “Oh Narada, mankind can rid itself of all its sorrows by performing a puja called Satyanarayana puja. This puja, when performed according to religious rites will bring happiness, peace of mind and wealth in this life and salvation beyond” On hearing this, Narada was filled with joy and addressed Lord Vishnu thus, “Oh Lord, in your infinite grace, please tell me the details of the puja that you just mentioned, how and when to perform it and who has performed it before”.

YOUNG SINDHI ADULTS

www.youngsindhiadults.org

Lord Vishnu answered, “This puja, can be performed in any month on a full moon day. One must gather his friends and relatives perform the puja with devotion and offer fruits, ghee (clarified butter), milk, curd, (Plain yogurt), wheat flour, sugar and honey to the God. After the puja is over he must read the Satyanarayana Katha and distribute prasad to everybody. If the puja is thus performed, it will bring fulfillment of one’s wishes, particularly, in the Kaliyuga, this puja can bring contentment.”

EKO OMKAR

SATNAM

KARTA- PURKH

NIRBHAY, NIROVAR

AKAL MURATH

AJUNI

SAIBAN

GURUPRASAD

JAP

AADH SACCH

JHUGADH SACCH

HAI BHI SACCH

NANAK, HOSI BEE SACCH

Translation

There is only one God- Omkar – Om

His name is always truth

He takes care of everybody and He resides in everybody

He is not afraid of anybody

He is enemy to none

Time cannot kill Him

He does not come into birth cycle or he does not take birth

He is self generated or He is born by himself

You meet such God with the grace of Guru

Recite His Holy name always

From the beginning he is the truth

He (truth) is born before yugas (periods of time) Sathjug, Thretha Dwarpur Kaliyuga

Even now he is truth

Shree Guru Nanak says that he will be truth in the future too. He is unchangeable

His name is always truth

YOUNG SINDHI ADULTS

www.youngsindhiadults.org

CHAPTER 2

Maharishi Sut continued addressing the assembled rishis. “Oh rishis, I will now tell you who all have observed the Satyanarayana puja in the past. Once, there lived a very poor Brahmin in the beautiful city of Kashi. Plagued by acute hunger, he used to wander about here and there every day. Lord Vishnu took the form of an old man, appeared before the poor Brahmin and asked: “Friend, why are you wandering aimlessly?”

The poor Brahmin answered, “Sir, I am a very poor man. Unable to bear the pangs of hunger, I beg for alms. Sir, if you know a way out of this misery, please tell me.”

Where upon Lord Vishnu, who was in the guise of an old man, replied. “Oh Brahmin, Lord Satyanarayana grants his devotees wishes and remove their sorrows. So you should perform his puja and reap its benefit,” Lord Vishnu then explained the details of the Satyanarayana Vratha to the poor Brahmin and disappeared.

The poor Brahmin immediately resolved to perform the puja. After a sleepless night, he got up early in the morning and went to beg for alms, his mind fixed on only one thing namely, the puja. That day he got a lot of money with which he bought fruits, milk, curd (plain yogurt) and honey and performed the puja with his relatives and friends. With Lord Narayana’s grace he prospered and lived a contented life. Every month on the full moon day he performed the puja and finally attained Moksha (salvation).

Maharishi Sut thus told the assembled rishis the story, which originally was narrated by Lord Vishnu to Narada Muni. The rishis again addressed Maharishj Sut: “Oh, the great one, please tell us in detail who else performed the puja?”

Maharishi Sut continued; “One day when the poor Brahmin from Kashi was observing the Satyanarana Vratha, a wood-cutter entered his house and asked for water. Seeing the Brahmin perform the puja, the woodcutter inquired what the puja was about and what good it would bring. The Brahmin, who had been bestowed with Lord Narayana’s grace, spoke “This is called Satyanarayana Vratha. Anyone who observes this Vratha will get riches. I myself have been bestowed with wealth.” The woodcutter was delighted to hear this. He learnt the proper way to perform the puja. Ate the prasada that was offered and went his way.

YOUNG SINDHI ADULTS

www.youngsindhiadults.org

With Lord Satyanarayana in his mind, the woodcutter resolved that he would observe the Vratha with whatever he was going to earn. He went to the part of the city where rich people lived, sold the firewood and made twice the Normal profit. Pleased with his luck, the woodcutter bought bananas, sugar, ghee, milk, curd (plain yogurt) honey and wheat flour and performed the Satyanarayan puja with his friends and relatives. By Lord Narayana's grace he acquired enormous wealth, lived comfortably and finally attained Moksha.

OM NAMO GURUDEVA,
OM NAMO GURUDEVA,
OM NAMO GURUDEVA,
OM NAMO GURUDEVA,

OM NAMO GURUDEVA,
OM NAMO GURUDEVA,
OM NAMO GURUDEVA,
OM NAMO GURUDEVA,

OM NAMO GURUDEVA,
OM NAMO GURUDEVA,
OM NAMO GURUDEVA,
OM NAMO GURUDEVA,

YOUNG SINDHI ADULTS

www.youngsindhiadults.org

CHAPTER 3

Maharishi Sut continues, 'Oh, Best of Ascetics. I will now tell you the story further. In the olden days there lived a wise king by name Ulkamukh He had mastered all his senses and always spoke truth. He used to go to the temple everyday and give gifts to the Brahmins. His lotus-faced wife was a pure and pious woman. One day the royal couple was performing Satyanarayana puja at the banks of the river Bhadrashela. At that time, a merchant called Sadhu sailed by. Seeing the king perform some puja, Sadhu stopped his boat, got off and addressed the king humbly: "Oh king, would you kindly tell me what you are doing with such devotion and concentration?" The king replied, "Oh Sadhu, I've no children, in order that I may be blessed with children, I'm worshipping the almighty Lord Satyanarayana'.

On hearing this, Sadhu spoke humbly; "Oh king, please tell me how to perform the puja. I would like to observe the Vratha, as I too have no children". The king told him all the details. Sadhu returned home and with great joy told his wife that they would perform Satyanarayana puja, which would fulfill their desire to have children. He then resolved to perform the puja after the child was born.

Then, by the divine grace, Sadhu's wife Leelavathi conceived and in due course, a beautiful daughter was born to them. They named the child Kalavathi. One day, Leelavathi reminded her husband of his promise to perform Satyanarayan puja, Sadhu told his wife that he would do the puja at the time of his daughter's wedding and got busy with his work. In the meantime, Kalavathi, grew up and blossomed into a lovely girl. Sadhu sent out messengers to find a suitable bridegroom for his daughter.

One of his messengers found a good-natured and handsome boy in Vaishya family from Kanchan Nagar. Sadhu found the boy to be a suitable match for Kalavathi and celebrated his daughter's wedding with great pomp and show. But Sadhu completely forgot about the Satyanarayana puja and thus angered Lord Satyanarayana.

Then, one day Sadhu went on a business trip with his son-in-law. He stopped to trade a Ratnapur that was ruled by king Chandraketu. Lord Satyartarayana places a curse on Sadhu.

One day, some thieves robbed the king's treasury and were running away. Kings soldiers followed them in hot pursuit. The frightened thieves threw all the things they had robbed near Sadhu and escaped. Finding the King's treasures near Sadhu and his son-in-law, the king's soldiers arrested them and brought them before the king. The king ordered them to be chained and thrown into prison. Because of Lord Narayana's Maya, nobody ever listened to what Sadhu had to say in his defense. King Chandraketu also confiscated all their merchandise.

Lord Narayna's curse did not spare Sadhu's wife. Some robbers broke into her house and Leelavathi lost everything.

YOUNG SINDHI ADULTS

www.youngsindhiadults.org

One day, Kalavathi was very hungry and ran out of the house. She wandered here and there and stopped at the house where Satyanarayana puja was being performed. She stayed at the place until the puja was finished and ate the prasada that was offered. When she reached home, it was a late night. Leelavathi asked her where she had been. Kalavathi told her mother that she was listening to Satyanarayan Katha in somebody's house. Leelavathi at once remembered her husband's promise to perform the puja and resolved to observe the Satyanaravana Vrata herself. She collected all her relatives and friends and prayed to Lord Narayan to forgive their sins.

Lord Satyanarayan was pleased with Leelavathi's prayers. He appeared before King Chandraketu in his *dream* and told him to release the two merchants from prison, as they were not the thieves. If the king failed to do so, Lord Narayan warned that his kingdom, wealth and children would all be destroyed.

Next morning the King told his counselors about his dream and ordered Sadhu and his son-in-law to be released. The latter were frightened and stood before the king with bowed heads. The king talked to them gently and said "You two have suffered a great deal because of your fate, but now there is nothing to fear". The King returned their merchandise, gave them new clothes and lots of gifts and bade them good-bye.

HARI OM NAMO NARAYANA,
OM NAMO NARAYANA,
HARI OM NAMO NARAYANA
HARI OM NAMO NARAYANA.

HARI OM NAMO NARAYANA,
OM NAMO NARAYANA,
HARI OM NAMO NARAYANA
HARI OM NAMO NARAYANA.

HARI OM NAMO NARAYANA,
OM NAMO NARAYANA,
HARI OM NAMO NARAYANA
HARI OM NAMO NARAYANA.

YOUNG SINDHI ADULTS

www.youngsindhiadults.org

CHAPTER 4

Sadhu and his son-in-law loaded their boat with the riches given to them by the king and sailed homewards. Lord Satyanarayana wanted to test the Sadhu further. He took the form of an ascetic with a trident, appeared before Sadhu and asked him what he was carrying in his boat. Without realizing that the ascetic was indeed Lord Narayana disguised. Sadhu laughed mockingly and said, 'You Brahmin, were you thinking of stealing my things? We do not have any valuables in the boat except vessels' Where upon Lord Narayana replied. "Oh Sadhu, so be it". The God then departed in great haste and stood by the seashore.

When Sadhu went into his boat, he discovered to his horror that the boat was filled with vessels just as he had falsely told the ascetic. Sadhu swooned at the sight but he was revived, by his son-in-law who spoke:" This must be the curse the ascetic. He must be a mystic. Let's go to him and ask for his forgiveness." The two merchants then went to the seashore where the ascetic was meditating. They fell at his feet and repeatedly begged for his forgiveness.

Pleased by Sadhu's devotion, the Lord said, "Sadhu do not weep. You *suffer* because you've broken your promise time and again. On hearing this, Sadhu prayed to God, "Oh Lord, even Brahma and other devas, drowned in your Maya, cannot comprehend Your form completely. How can I with my limited knowledge, comprehend your various forms? I pray according to my limited knowledge. Please show me your true form and bless me".

Upon hearing his prayer, God was pleased and granted his wishes restoring his merchandise in the boat and disappeared. The two merchants then joyfully sailed homewards. On reaching their hometown, they sent a messenger to their wives to inform them of their safe arrival.

At that time, Leelavathi and Kalavathi were performing Satyanarayana puja. Leelavathi quickly finished the puja and asked her daughter to do so. She then hurried to the seashore to meet her husband. Kalavathi, in her eagerness to meet her husband, forgot to eat the prasad and rushed to the seashore. This action of hers angered Lord Satvanarayana. He caused the ship and her husband to drown in the sea.

YOUNG SINDHI ADULTS

www.youngsindhiadults.org

Not finding her husband, Kalavathi started weeping. All were wonderstruck and frightened. Sadhu was at a loss didn't know what to do. Thinking that it was Lord Narayana's Maya, he announced to everybody that he would perform Satvanarayana puja and prayed to Lord Narayana, again and again. At this Lord Satyanarayana, the savior of the sinners was very pleased and said, "Oh Sadhu, your daughter did not eat the prasada in her haste to see her husband, so I made him and the boat disappear. Let her go home, take the prasada and return." On hearing this Kalavathi rushed home and took the prasada. When she returned to the seashore, she found to her joy her husband and the boat. Then Sadhu returned home happily with his relatives and performed the Satyanarayana *puja* on every full moon day. With God's grace, he enjoyed all the comforts in this world and finally attained salvation.

HARI BHOL, HARI BHOL, HARI HARI HARI BHOL,
HARI HARI BHOL, HARI HARI BHOL,

HARI BHOL, HARI BHOL, HARI HARI HARI BHOL,
HARI HARI BHOL, HARI HARI BHOL,

HARI BHOL, HARI BHOL, HARI HARI HARI BHOL,
HARI HARI BHOL, HARI HARI BHOL,
HARI BHOOOOOLLLLLLLL
HARI HARI HARI BHOL

YOUNG SINDHI ADULTS

www.youngsindhiadults.org

CHAPTER 5

Maharishi Sut continued: “Once there was a king called Thungadwaja who under went a lot of misery after refusing the Satyanarayana prasad.

One day, after hunting, he was resting under a shady tree. Some cowherds were happily performing Satyanarayana puja nearby. The King, in his vanity, refused the prasad they offered. When he reached his place, he found that his kingdom, *his 100 sons*, *his wealth* and everything was destroyed. Then, it occurred to him that Lord Satyanarayana was probably angry with him. He went back to the cowherds, prostrated himself before Lord Satyanarayana and performed the puja with great devotion. Lord Satyanarayana showered his blessings and the king regained everything he had lost earlier. He lived happily and reached Vahkunta after death.”

Maharishi Sut said ‘Oh holy men, I have narrated to you the Satyanarayana, Katha which was originally told by Lord Vishnu to Narada Muni. By observing this Vratha, mankind, can attain salvation. In this Kaliyuga, observance of the Vratha can lead to gratification of one’s wishes’. Thus ended the narration of Maharishi Sut after which Shownak and other returned to their respective places.

HARI OM TAT SAT
HARI OM TAT SAT
HARI OM TAT SAT
HARI OM

HARI OM TAT SAT
HARI OM TAT SAT
HARI OM TAT SAT
HARI OM

HARI OM TAT SAT
HARI OM TAT SAT
HARI OM TAT SAT
HARI OM

YOUNG SINDHI ADULTS

www.youngsindhiadults.org

SHRI GANESH AARTHI

CHORUS

**JAI GANESH, JAI GANESH, JAI GANESH DEVA,
MATA JAAKI PARVATI, PITA MAHA DEVA
JAI GANESH, JAI GANESH, JAI GANESH DEVA,
JAI GANESH, JAI GANESH, JAI GANESH DEVA,
LADHUWAN KO BHOG LAAGE SANTH KARE SEVA, (SANT KARE SAVA
EK DAUNT DAYAWANT, CHAR BHUJA DHAREE, (CHAR BHUJA...
MATHE PAI SUNDHUR SOHEA, MUSEA KE SAWARE, (MUSEA KE SAWARE
DHUKHIYO KE DUKH HARAT PARMANAND DEVS,
JAI GANESH, JAI GANESH DEVA,
ANDAHAN KO AAKH DEAH, KOREAYAN KO KAYA, (KOREAYAN KO KAYA,
BHAJAHAN KO PUTRAH DEAH, NIRDHAN KO MAYA, (NIRDHAN KO MAYA,
BHAVA SE PAAR KARO NAATH, BHAJAN KARU THERA,
JAI GANESH, JAI GANESH DEVA,
JO THERA DHIYAN KARE, GIYAN MILE USKO,
GIYAN MILE USKO, GIYAN MILE USKO,
CHOR THUJHE AUR BHALA DHIYAOUN MEIN KISKO, (DHIYAOUN MEIN...
HAY DEVA KIRPA KARO KASHT HARO MERA
JAI GANESH, JAI GANESH DEVA,
JAI GANESH, JAI GANESH, JAI GANESH DEVA,
LADHUWAN KO BHOG LAAGE SANTH KARE SEVA,
JAI GANESH, JAI GANESH, JAI GANESH DEVA,**

YOUNG SINDHI ADULTS

www.youngsindhiadults.org

SATHYA NARAYAN AARTHI

JAYA LAKSHMI RAMAN A, JAYA LAKSHMI RAMAN A *
SATYANARAYAN SWAMI, JANA PATAK HARANA (**JAYA**)
RATAN JADIT SIMHASAN, ADBHUT CHAVI RAJEY
NARAD KAHAT NIRANJAN, GHANTA DHAVANI BAJEY (**JAYA**)*

PARAKAT BHAYE KALI KARAN, DHUJA KO DARASH DIYO
BHUDAU BRAHAMAN BANAKE KANCHAN MAHAL KIYO (**JAYA**)

DURBAL BHIL KATHOROA, JINPAR KREEPA KARI
CHANDRA CHUD EK RAJA, JIN KE BIPTI HARI (**JAYA**)

VAISHAY MANORATH PAYO, SHRADHA TAJ DINI
SO PHALA BHOGYO PRABHUJEE, PHIR STUTI KINI (**JAYA**)
BHAV BHUKHTI KE KARANA ,CHIN- CHIN ROOP DHARO
SHRADHA DHARAN KINI, OONAKO KAJ SARIYO (**JAYA**)
GWAL BAL SANG RAJA, BAN MEIN BHAKTHI KARI
MAN VANCHIT PHAL DHINO, DEEN DAYAL HARI (**JAYA**)
CHARHUT PRASAD SAWAYO, KADALI PHALA MEVA
DHOOP DEEP TULSI SEY RAJI SATYA DEVA (**JAYA**)
SATYA NARAYAN KE AARTI, JO KOYEE NAR GAVEY
BHANAT DAS SOOKH SAMPATI MANA MANCHITA PHALA PAVEY (**JAYA**)

YOUNG SINDHI ADULTS

www.youngsindhiadults.org

AARTI: OM JAI JAGDISH HARE

**CHORUS: OM JAI JAGDISH HARE, SWAMI JAI JAGDISH HARE,
GREETINGS TO THE CREATOR OF THE UNIVERSE, GLORY TO THEE**

**VERSES: BHAKTA JAN O KE SANKAT, DAS JAN O KE SANKAT, KHYAN MEIN DUR
KARE (OM**

HE BANISHES THE AGONIES OF DEVOTEES IN A MOMENT

**JO DHYAVE PHAL PAVE, DUKH VINSHE MAN KA, (SWAMI DUKH ...)
OMNISCIENT GOD, DRIVE AWAY ALL OUR ILL FEELINGS**

**SUKH SAMPATEE GHAR AAVE, KASHTA MITE TAN KAN (OM, JAI...)
BLESS US WITH SERENITY, PEACE, PROSPERITY, DISSIPATE ALL MISERIES AND
DISEASES**

**MATAPITA TUM MERE, SHARNA GAHUN KISKI (SWAMI SHARNA...)
OMNIPRESENT CREATOR, MY FATHER AND MOTHER WHOSE ELSE'S PROTECTION
CAN I SEEK!**

**TUM BIN AUR NA DUJA, AAS KARUN JIS KI, (OM, JAI...)
WITHOUT THEE THERE IS NO ONE WHOM I CAN DEPEND ON**

**TUM PURAN PARAMATMA, TUM ANTARYAMI (SWAMI TUM...)
YOU ARE BLISSFUL SUPREME ; ETERNAL, OMNIPRESENT, OMNIPOTENT**

**PAR BRAHAM PARAMESHWAR, TUM SAB KE SWAMI, (OM JAI...)
OMNISCIENT YOU ARE THE MOST EXALTED SUPREME BEING**

**TUM KARUNA KE SAGAR, TUM PALAN KARTA (SWAMI TUM...)
ALL BLISS AND MERCIFUL, YOU ARE PROTECTOR**

**MEIN SEVAK TUM SWAMI, KRIPA KARO BHARTA (OM JAI...)
I AM AT YOUR MERCY, GRANT ME THY GRACE**

**TUM HO EK AGOCHAR, SAB KE PRAN PATI (SWAMI SAB...)
YOU ARE SELF EXISTENT, INVISIBLE YET EVER PERVADING**

**KIS VIDHI MILUN DAYA MAY TUM KO MEIN KUMATI (OM JAI...)
GRANT ME WISDOM, I MAY HAVE A GLIMPSE OF THEE**

**DEEN BHANDHU DUJKH HARTA, TUM RAKSHAK MERA (SWAMI TUM...)
FRIEND OF HELPLESS, DISPELLER OF SUFFERING, BENEVOLENT SUPREME**

YOUNG SINDHI ADULTS

www.youngsindhiadults.org

APNA HATH BADHAO, SHARAN PADU TERE, (OM JAI..)

BESTOWER OF ALL HAPPINESS, I SEEK THY REFUGE

VISHAYA VIKAR MITA-O, PAAP HARO DEVA; (SWAMI PAAP..)

SUPREME BEING FREE US FROM PASSIONS AND TEMPTATIONS

SHRADHA BHAKTI BADAHO, SANTAN KI SEVA (OM JAI..)

GRANT US MIRTHFUL -DEVOTION TO SERVE THEE AND THY DEVOTEES

TANA MAN DHAN, SAB KUCH HAI TERA (SWAMI SAB..)

EVER PERVADING, WHATEVER I POSSES IS THINE AND THINE ONLY, NOTHING IS MINE,

TERE TUJIKO ARPAN KYA LAGEA MERA (OM JAI..)

I OFFER YOU EVERYTHING THAT BELONGS TO YOU SELF-ILLUSTRATED GOD

BHOG (OFFERING)

THAKUR THINJI MAIMANI-AAJ AAHAY MUNHINJE GHAR-
PREM SAAN THU KAH. **THAKUR THINJI MAIMANI....**

SONA SINGASAN -CHATH BHI JURAYAM -GANGA JAL JHI LOTI BHI BARAYAM –
THINJE LAI PRABHU CHAWARA JULAYA –

SADHKE TOHTHAN KAREYA PANJO SAU. **THAKUR**

TARAN, TARAN JAH MAL METHAIYU – THINJELAI DATA AAIN BANAYOON
PREM SE TOHKHEI WAYHEE KAHRAYU-EYAH SHALA PREMIN SA BALI JA.

THAKUR

PAAN BIRO AAN LAUNG SUPARI-EELACHI BEE KUSHBOO WARI-PANJE HATAN
SAN DEYAN EK WARI-DIS TU PREM AAN BHAKTI BAAH -THAKUR.....

MOR MUKAT PITAMBAR SUNDAR-SUR NAR MUNI SABIN KHAY VAARINDAR
-RAOH ACHI MINJE DIL JEH ANDAR- 2

RAHAY SHALLA CHARANAN MEIN MINJO CHAOAU-
THAKUR THINJE MAIMANI

TRANSLATION:

This is a prayer, offering food to the Lord, after which the food becomes prasad and is distributed to everybody.

Oh Lord you are my guest today and I offer you the food so please accept it in love. I have set a gold thrown for you and I have a fan to sway for your comfort. I offer you my life. I offer you Ganga Jal (water from Ganges River), variety of desserts I have made, with love I would offer to you with my own hands. I also have Beetle leaves, Beetle nut, fragrant Cardamom and cloves. Oh Lord with beautiful Crown, who is adored by man, sages and all, please come and reside in my heart, bless me that my intentions be focused at thy Lotus feet.

Palav

Payo Palav Prema San
Thay Ye Bhalo Sub Jo
Raja Jo Raj Rahee Kayam
Prajā Jo Thay Kalyan
Aan Pani Ja Bhandar
Janya aun Tilak Je Thay Raksha
Gahun Bhraman Je Thay Raksha
Panchen Je Thay Jaikar
Jin Jin Jeree Mansha
Thin Ji Karey Manaji Murad Puree
Bhol Shree Satyanarayan Bhagwan ki JAI
Laxmi Narayan bhagwan ki JAI

YOUNG SINDHI ADULTS

www.youngsindhiadults.org

Translation:

This is a concluding prayer, which teaches us to be a receiver in life. While this prayer is being said everybody, makes a bowl by extending part of their shirt or dress in front of the Lord for him to give.

Lets pray with love so that everybody may be blessed. May the Government and the citizens be blessed. May we abundantly be blessed with food and water. May the woman and men both be protected. May the cows and Brahmins (teachers) be protected. May the societies be blessed. May the wishes of everybody be fulfilled according to their intentions. Glory to God SathyaNarayan! Glory to Laxshmi Narayan! (Laxhmi- Goddesses of wealth- wife of Narayan)

YOUNG SINDHI ADULTS

www.youngsindhiadults.org

UNDERSTANDING THE PURPOSE AND SIGNIFICANCE

The word Sathya means truth. Narayan means that which is abiding in everybody and everything. Lord Sathyanarayan recommends that in order to overcome difficulties and problems either caused by this life or previous births, one has to begin worshipping truth. Worshipping Truth means being truthful to yourself. Then be truthful to others. Speak the truth. The more truthful we become we are worshipping the Narayan in others and ourselves. When we are truthful we are courageous and with courage we face life.

The purpose of fasting being recommended is to serve several purposes. The meaning of fasting is to *stay away from*. First you start with staying away from food, which is a physical and easy to account for. When Lord recommended being truthful He wanted us to stay away from untruth. The full moon is dedicated to stay away from food so we can save time what we spend on cooking and eating three meals. So we can devote more time to prayers and kirtan. This gives us also time to evaluate for the month how truthful we have been? With fasting also we purify ourselves. It also helps us to be appreciative of those days when we are blessed with food. It helps us to be more empathetic towards those who do not have food to eat.

The purpose of inviting family and friends and praying is to encourage harmony and unity. It gives others the opportunity to remind them to spend some time in prayers. It also encourages the sense of sharing and gratitude that we have friends and family to be with. Often when people go through problems they tend to isolate themselves, this is an opportunity to be with others. The Hindus believe that we should not only focus on our own happiness but also encourage others to be happy. How can you be happy if all-around you are not happy. They will create misery for you. Thus, in fact when you make others happy, you are in the long run making yourself happy. What you sow is what you reap.

Singing is encouraged in most religions. During singing it is hard for the mind to wander. The other benefit is that everybody is saying the same word at the same time, thus it creates harmony. The positive vibrations thus created help us to overcome the negative tendencies, which cause conflicts and problems in our lives.

Why we eat vegetarian or fast on Satyanarayan (Full Moon) Day

Man is made up of 70% water and 30% solid, the surface of the earth too is made up of the same proportion so on Satyanarayan Day, the gravitational pull of the moon on human beings is the highest just as it is on the ocean, i.e. it creates high tide. In the same way, it affects the water content in our bodies, in other words “High Tide in our body!” This leads to emotional imbalance, making people tense, irritable and violent. Hence we have the word “lunatic” in the dictionary, which is derived from the Latin word “Luna” meaning moon. The mentally unstable usually go even crazier on full moon day. According to studies done, more crimes are committed on full moon day than any other day.

Thus our Hindu scriptures have found that by eating a vegetarian diet or fasting on full moon day, this lowers the acidic content in our system, which helps human beings retain their mental balance. By fasting or eating light vegetarian food, one is also giving the body a rest. When the body is at rest, the mind is also at rest thus it will not be prone to irritation or outbursts of anger. Fruits and vegetables also have 70% water, thus we are aligning ourselves.

According to Hindu religion each being goes through some or all 8.4 million forms of life, human being is one for. Human life is considered to be the most elevated form of life among the 804 million forms. The purpose of human life is to perform good deeds and be free from the other forms of life by assimilating with God. Human body when dead had no value. The life in the body (inner soul or Aatma) is what counts and this the one which moves from one form of life to the other. According to the Hindu religion, what one does in the given form of life determines whether the following form of life becomes better or worse. Human form is supposed to offer the best opportunity to get from the cycle of birth and rebirth and merge with God, which is the ultimate goal of all souls.

YOUNG SINDHI ADULTS

www.youngsindhiadults.org

WHEN TO DO THE KATHA

1. Some people observe fast and do katha every month on poornamasi tithi - Full moon day 15th day of the lunar month.
2. Others perform fast and do puja, katha only when their desire or ambition is fulfilled/ achieved.
3. Some may do puja and katha on special occasions like birthday, anniversary or marriage, starting new business, buying new house.
4. Some people do fast katha on Poornamassi (full moon day) or Sankranth tithi or any day that is suitable. Often on Sundays close to the full moon day is chosen.

It is advised that as soon as your desire/ ambition is fulfilled perform Shree Satyanarayan fast katha, delay may cause difficulty.

PROCEDURE

The person performing the ceremony and the attendees take showers prior to the ceremony, wear clean clothes, and set up a clean area in the home for the ceremony. Some who have statues of the diety perform ceremony with giving shower and putting clothes and then dressing them with flowers and chandan and kum kum. Others can keep the picture of Sathyanarayan and do the same pooja. You wipe the picture and put tilak and chandan and offer flower garlands if available or place flowers in front of picture. Incense is lit and a lamp is lit. If lamp is not available then votive candle can be lit.

The prasad is kept in front of altar. The prayer is started with Ganesh prayer, worship of nine planets, some recite 108 or 1008 names of Lord Vishnu or one can perform havan. Havan can be performed on special occasions or not depending on the desire of the family. The Katha is read and then aarhi is performed. After Palav and Bhog, water is sprinkled on all attendees. Everybody is then served charnamrit and prasad. After which a simple meal is served.

Attendees are expected to fast that day and break their fast by charnaamrit and prasad after the aarhi is performed. Charnaamrit is prepared using 5 different ingredients. It usually consist of milk, sugar, plain yogurt, honey and ghee (clarified butter). The prasad consist of churi, which is made from wheat flour, sugar and butter. It is a dry mixture which is served with fresh cut fruit and dry fruit like almonds, raisins and walnuts or and coconut pieces.

At the conclusion of the aarhi, the pooja plate consisting of the lamp and incense is first taken outside to offer respect to the the sun, then this pooja plate is circulated in different room of the house. (Fueng Sui?) It is then circulated among the devotees in attendance. They warm their hands by placing them above the lamp and then rub the plams and place it on their eyes and rub their face. A reminder that we have to worhip the light and the purpose of life is to see the light.

Sathya Narayan fast and pooja ceremony are supposed to help us all to get closer to this ultimate goal. This religion ceremony should make is conscientious persons. Sathya Narayan katha talks about real life stories of the human beings from the past, what did or did not do and what happened to them due to their action or inactions.

LESSONS TO LEARN

For those who observe the fast religiously and regularly, there are some great lessons to be learned from the 'katha' (narration)

1. As is shown by characters who ignored their promise to perform the puja after their wish had been fulfilled. They suffered as a result. Therefore one is to deduce that one must stick to the promise given to the Lord in exchange of the desire fulfilled by His Grace. Sometimes fear is used as a motivation tool to overcome negative habits. Procrastination is the root cause chaos and confusion. In order to overcome problems one has to be prompt and punctual.
2. One is not to ignore or/ and forget the Lord's Grace. 'Parsad' is symbolic of God's Grace which Kalavati ignored as she learned of her husband's safe return. One can understand her eagerness in wanting to be re-united with her beloved, but one must understand that if one forgets to be thankful for gifts received from the Lord, one would have to go through another test until one remembers to remember. One is advised to get up after the aarthi is completed and one has received the charnaamrit and prasad. The reason behind this is that once one is seated and if we are praying with concentration we connect with the ground that gives us the stability. Once we get up in between the prayer the connection is broken. Our mind becomes unstable and agitated. Concentration is very essential to overcome problems and achieve goals. Completing what ones starts assures success.
3. When the rich merchant is asked what the boat contains, he untruthfully replies 'Only dry leaves' and the Mendicant says 'So be it' the above incident tells us that the spoken word has power. What you speak, manifests. Hence one must not speak an untruth. Specially an inauspicious untruth.
4. In the last story one learns that no one is higher or lower in status in the eyes of the Lord. Hence one must accord respect to whoever it may be, who is taking the name of God. Do not insult the katha or prasad encourages doing everything with reverence

YOUNG SINDHI ADULTS

www.youngsindhiadults.org

Glossary:

Aarti:	Choral or prayer of offering in words to God. Addressed at the end, offering our salutations to the Lord.
Bhagwan:	Lord
Brahmin	One of the four socio- occupational society, refers to Priest, teacher Intellectual
Bhog	Prayer offering food to God to sanctify thus it becomes prasad.
Chakra:	The wheel, one of the insignias of Lord Vishnu which represents time
Devas:	Inhabitants of God's above (Dev Loka)
Dharma:	the eternal function of the living entity
Gadha: Mace	
Ghee:	clarified butter
Guru:	A spiritual master or Acharya, who only speaks and acts in accordance with scriptures
Kaliyuga	The current Vedic historic age (fourth and last in a cycle of progressively degenerating ages) characterized by decline in spiritual knowledge morals and righteousness.
Kashi:	Sacred Hindu city on the banks of Ganges, present day Varanasi.
Katha;	Story
Loka:	Abode
Lakshmi:	The goddess of fortune and eternal consort of Supreme Personality of Godhead Narayana.
Maharishi:	A sage who has attained higher self realization than a sage (Maha Great)
Moksha:	Salvation. Liberation from cycle of repeated birth and death.
Maya:	the illusory energy (material energy) of the Lord that deludes the living entity into forgetfulness of his real spiritual nature.
Narda:	The celestial sage who roams various abodes of the cosmos many a time acting as a messenger.
Narayana:	One who is source and goal of living beings: name of Supreme personality of Godhead.
Palav:	Closing prayer of Sindhis. Asking God for blessings of health, wealth and peace for all.
Prasad:	Oblation. Food that is sanctified by being first offered to the Lord for his enjoyment.
Puja:	Worship
Rishi:	Sage
Satyanarayana:	See Narayana (Satya True, Truth) emphasizing the true nature of Narayana.
Vaishya:	One of the four social –occupational divisions of Vedic society Refers to Farmers and Businessmen.
Vedas:	The four scriptures eg. Rig, Yajur, Sama and Atharva and in broader sense also including the Upanishads and Vedanta sutras.
Vedic:	Pertaining to time/ culture in which all aspects of human life are under the guidance of Veda's tenets.
Vishnu:	Name of Supreme Personality of Godhead as creator and maintainer of material world.
Vaikuuta:	Heaven
Salvation.	Liberation from cycle of repeated birth and death.

YOUNG SINDHI ADULTS

www.youngsindhiadults.org

Items Required:

1. Fruits for prasad
2. Coconut for the ceremony.
3. Nava grahi (9) nine suparis (for Elaborate puja)
4. Raw Rice, Kum kum, Agarbati and Dhoop
5. Choori (wheat flour, ghee, sugar)*
6. Pancha Amrit *
7. Glass of water for chando
8. Tulsi (if available)
9. Don't forget the Katha (the story of the Satyanarayana Swami)
Get all this ready before you start the pooja.

TO MAKE CHURI OR KUTTI

INGREDIENTS

2 cups Wheat flour
1 Cup sugar
ghee or butter
1 tsp Cardmom powder

METHOD

Heat the ghee and add flour and fry the flour with cardmon powder on a low flame till aromatic and golden in color. Remember to stir continuously. Remove from the stove and add sugar. Let it cool. Serve it with cut fruit and dry fruit of your choice.

Cooking time 1 ½ hr.

TO MAKE CHARNAAMRIT

Mix 1 Tbsp each of milk, sugar, honey, ghee and yogurt, in a cup.

If any of the ingredients is missing you can add water or saffron or Tulsi leaves.