Allentown Hindu Temple Society
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HTS Bal-Vihar

Handbook

While you are at the Bal-Vihar:

- Please maintain silence in the temple hall
- Do not let your children run around in the temple.
- Dispose trash in the trash cans.
- Keep your shoes in the shoe-cubicles.
- Treat our Hindu Temple as you would your own home.
- Please silence your cell phones inside the temple.

प्रार्थना - prārthanā
Prayer

वक्रतुण्ड महाकाय कोटिसुर्यसमप्रभ ।
निर्विघ्नम् कुरु मे देव सर्व कार्येषु सर्वदा ॥१॥

vak.ra.tuṇ.ḍa ma.hā.kā.ya ko.ṭi.sur.ya.sa.map.ra.bhā |
nir.vigh.nam ku.ru me de.vā sar.va kār.ye.ṣu sar.va.dā ||1||

vakratunda = curved trunk
sama prabha = with the brilliance of
me = my
sarvada = always
mahakaaya = large bodied
nirvighnam = free of obstacles
deva = Lord
surya kotee = million suns
kuru = make
sarva kaaryeshu = in all work

I pray to Lord Ganesha, who has a crooked trunk and a colossal body and whose splendor equals millions of suns, to always remove obstacles from my undertakings.

ॐ सह नाववतु। सह नौ भुनक्तु। सह वीर्यं करवावहै ।
तेजस्विनावधीतमस्तु। मा विद्विषावहै" ॥
ॐ शान्तिः शान्तिः शान्तिः ॥२॥

om sa.ha nā.va.va.tu | sa.ha nau bhu.nak.tu | sa.ha vīr.yaṁ ka.ra.vā.va.hai |
te.ja. svi.nā.va.dhīta.mas.tu | mā vid.vi.ṣāva.hai" ||
om śāntiḥ śāntiḥ śāntiḥ ||2||

saha = both
bhunaktu = may he nourish
nau = for us
ma vidvisavahai = may we not argue with each other.
nau = us
viryam karavavahai = may we acquire the capa
adhitam = what is studied
avatu- = may he protect
tejasvi = be brilliant
astu = let it be

May the Lord protect us both (the teacher and the student). May He nourish us both. May we make the effort (to study) together.
May our study be brilliant. May there be no miscommunication between us.
May there be no disturbances from our own-body-mind, our immediate surroundings or the rest of the world.

या कुन्देन्दुतुषारहारधवला या शुभ्रवस्त्रावृता
या वीणावरदण्डमण्डितकरा या श्वेतपद्मासना।
या ब्रह्माच्युतशंकरप्रभृतिभिः देवै सदा वन्दिता।
सा मां पातु सरस्वती भगवती निःशेष जाड्यापहा॥ ३॥

ya kun.den.du.tu.ṣār.ahāra.dha.va.lā yā śubh.ra.vas.trā.vr.utā
yā vī.ṇā.va.ra.daṇ.ḍa.maṇ.ḍi.ta.ka.rā yā śve.ta.pad.mā.sa.nā |
yā brah.mā.cyu.ta.śaṁ.ka.ra.pra.bhr.ti.bhiḥ de.vai sa.dā van.di.tā |
sā māṁ pā.tu sa.ra.sva.tī bha.ga.va.tī niḥ.śe.ṣa jā.ḍyā.pa.hā || 3 ||

ya = one who
tushara = dew
shubra = white
Vina vara danda = boon giving stem of vina
sveta = white
brahma achyut shankara = brahma Vishnu shankara
sada = always
nihsesa = without residue
kunda = jasmine flower
hara = garland
vastra = cloth
mandita = adorned
padma = lotus
prabhrtibhih = from the very begining
vandita = praised by
jadya = ignorance, numbness
indu = moon
dhavala = white
Avruta = wear
kara = hand
asana = seated
Devai = divine forms
bhagavati = great, devine
apaha = one who destroys, removes, repels

The goddess of knowledge Saraswati, who is as pure (and white) as the *kunda* flower, the moon and a garland of dew drops, is clad in white sari, has veena in her arms, is seated on a white lotus, and who is revered by Brahma, Vishnu, Mahesh, and all the celestial beings – may she shower her grace on me and completely remove my ignorance.

गुरुर्ब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः।
गुरुः साक्षात्परब्रह्म तस्मै श्री गुरवे नमः ॥ ४ ॥

gu.rur.brah.mā gu.rur.viṣ.ṇuḥ gu.rur.de.vo ma.he.śva.raḥ |
gu.ruḥ sāk.ṣāt.pa.ra.brah.ma tas.mai śrī gu.ra.ve na.maḥ || 4 ||

guru = guru
maheshvarah = siva
tasmai = to him
Namah = salutation
brahmaa = the creator
sakshat = embodiment
sri = glorious
vishnu = the sustainer
para brahma = supreme Brahman
guruve = to guru

My Guru is Brahma, the creator. My Guru is Vishnu, the sustainer. My Guru is Maheshwara, the destroyer. My Guru is Parabrahma, the embodiment of the supreme god. We bow to that glorious Guru.

अखण्ड मन्डलाकारं व्यापतं येन चराचरम्।
तत्पदं दर्शितं येन तस्मै श्री गुरवे नमः॥ ५॥

a.khaṇ.ḍa man.ḍa.lā.kā.raṁ vyāp.taṁ yena cha.rā.cha.ram |
tat.pa.daṁ dar.śi.taṁ ye.na tas.mai śrī gu.ra.ve na.maḥ || 5 ||

akhand = unfragmented
yena = by which
mandalakaram = one infinite whole
char acharam = movable & immovable
vyaptam = pervades
tadpadam = That state

darshitam = has shown
sri = glorious
yena = by whom
guruve = guru, teacher
tasmai = to that
namah = my salutations

My Salutations to that Guru who revealed to me that Truth, which is unfragmented, infinite, timeless divinity, and which pervades the entire universe – movable or unmovable.

स्वस्ति प्रजाभ्यः परिपालयन्ताम् न्याय्येन मार्गेण महीं महीशाः।
गोब्राह्मणेभ्यः शुभमस्तु नित्यम् लोकाः समस्ताः सुखीनो भवन्तु॥ ६॥

Svas.ti pra.jā.bhyaḥ pa.ri.pā.la.yan.tām nyāy.yena mār.ge.ṇa ma.hīṁ ma.hī.śāḥ |
Go.brāh.ma.ṇe.bhyaḥ śu.bha.ma.stu ni.t.yam lo.kāḥ sa.ma.stāḥ su.khī.no bha.van.tu || 6 ||

svasti = may there be happiness
nyayena = by righteous
mahisah = rulers, king
astu = may there be
samastah = all
prajabhyah = for all people
margena = by means
gobrahmanebhyah = for cows and men of wisc
nityam = at all times
sukhinah = happy
paripalayantam = may rule
mahim = earth
subham = welfare
lokah = beings
bhavantu = be

Let good things occur to the king of the country, Who looks after his people well, in the path of justice,
Let Cows and Brahmins have a pleasant life daily; let all people of the world have a very pleasant life.

काले वर्षतु पर्जन्यः पृथिवी सस्यशालिनी ।
देशोऽयं क्षोभरहितः ब्राह्मणाः सन्तु निर्भयाः ॥ ७॥

Kā.le var.ṣa.tu par.jan.yaḥ pr.ithivī sa.sya.śā.linī
De.śo'.yaṁ kṣo.bha.ra.hi.taḥ brāh.ma.ṇāḥ san.tu nir.bha.yāḥ || 7 ||

kale = at proper time
prithivi = earth
desah = country
sasntu = be
varsatu = may rain
sasya-salini = (be) producer of grains
ksobha-rahitah = (be) free from famine
nirbhayah = fearless
parjanyah = clouds
ayam = this
brahmana = men of wisdom

Let the monsoon be timely and plentiful, Let earth be covered with vegetation.
Let the country live without problems; Let good people never have fear.

ॐ सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु मा कश्चित् दुःखभाग् भवेत् ॥ ८ ॥

om sar.ve bha.van.tu su.khi.naḥ sa.rve san.tu ni.rā.ma.yāḥ
sar.ve bha.drā.ṇi paś.yan.tu mā kaś.cit duḥ.kha.bhā.g bha.vet

sarve = all
santu = may be
pasyantu = may enjoy
duhkhabhag = one who expresses sorrow
bhavantu = may be
niramayah = free from disease
ma = not
bhavet = may be
sukhinah = happy
bhadrani = prosperity
kascit = anybody

May all beings be happy. May all be free from disease.
May all experience the good. May no one come to grief.

ॐ असतो मा सद्गमय। तमसो मा ज्योतिर्गमय। मृत्योर्मा अमृतं गमय॥ ९ ॥

om a.sa.to mā sad.ga.ma.ya | ta.ma.so mā jyo.tir.ga.ma.ya | mṛt.yor.mā a.mṛ.taṁ ga.ma.ya || 9 ||

asatah = from unreal
gamaya = lead
jyotih = to light
ma = me

ma = me
tamasah = from darkness
gamaya = lead
amrtam = to immortality

sad = to the real
ma = me
mrtyoh = from death
gamaya = lead

Lead us from the unreal to the real, from darkness (of ignorance) to light (of knowledge), from death to immortality.

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते।
पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते॥ १०॥

om pūr.ṇa.ma.daḥ pūr.ṇa.mi.daṁ pūr.ṇāt.pūr.ṇa.mu.da.cy.ate |
pūr.ṇa.sya pūr.ṇa.mā.dā.ya pūr.ṇa.me.vā.va.śiṣ.ya.te || 10 ||

purnam = is fullness
idam = this
udacyate = has come
adayah = having removed
avasisyate = remains

adah = that
purnat = from that fullness
purnasya = of that fullness
purnam = the fullness

purnam = is fullness
purnam = this fullness
purnam = this fullness
eva = only

That is fullness (whole, lacking nothing). This is fullness. From that fullness this fullness came. From that fullness this fullness is removed, what remains is fullness.

ॐ भूर्भुवः स्वः तत्सवितुर्वरेण्यम् ।
भर्गो देवस्य धीमहि धियो यो नः प्रचोदयात् ॥ ११॥

om bhūr.bhu.vaḥ.svaḥ tat.sa.vi.tur.va.re.ṇ.yam
bhar.go de.vas.ya dhī.ma.hi dhi.yo yo naḥ pra.co.da.yāt || 11 ||

Aum = Brahma or Almighty God
swaH = embodiment of happiness
vareNyaM = best, choicest
dhiimahi = may imbibe
naH = our

bhuuH = embodiment of vital spiritual energy (pran)
tat.h = that
Bhargo = destroyer of sins
dhiyo = intellect
prachodayaata = may inspire

bhuvaH = destroyer of sufferings
savituH = bright, luminous like sun
devasya = divine
yo = who

O Lord illuminating the earth, the sky, and the space (heaven)! We mediate upon the glorious splendor of the Sun God. May he illuminate our intellect with knowledge.

ॐ शान्तिः शान्तिः शान्तिः ॥

om śān.tis śān.tis śān.tiḥ ||

Aarti
Jai Jagadeesha Harey

Om Jaya Jagadeesha Harey, Swaami Jaya Jagadeesha Harey Bhakta Janon Ke Sankata, Daas Jano Ke Sankata, Kshana Men Door Karey, Om Jaya Jagadeesha Harey
Jo Dhyaavey Phala Paavey Dukha Vinasey Mana kaa Swami Dukha Vinasey Mana Kaa Sukha Sampati Ghara Aavey, Sukha Sampati Ghara Aavey, Kashta Mitey Tana kaa, Om Jaya Jagadeesha harey
Maat Pitaa Tum Merey, Sharana Gahoon Main Kiski Swami Sharana Gahoon Main Kiski Tum Bin Aur Na Doojaa, Tum Bin Aur Na Doojaa Aash Karoon Main Jisaki, Om Jaya Jagadeesha Harey
Tuma Purana Paramaatmaa, Tuma Antaryaami Swami Tuma Antaryaami Par-Brahma Parameshvara, Par-Brahma Parameshvara Tuma Sabake Swami, Om Jaya Jagadeesha Harey
Tuma Karunaa Ke Saagar, Tuma Paalana Kartaa Swami Tuma Paalana Kartaa Mai Moorakh Khal-Kaami, Mai Sevaka Tum Swami Kripaa Karo Bharataa, Om Jaya Jagadeesha Harey
Tum Ho Ek Agochara, Sabkey Praanapati Swami Sabkey Praanapati Kisa Vidhi Miloon Dayaamaya, Kisa Vidhi Miloon Dayaamaya Tuma Ko Main Kumati, Om Jaya Jagadeesha Harey
Deena Bandhu Dukha Haratаa, Tum Rakshaka Merey Swaami Tum Rakshaka Merey Karuna Haasth Badhaao, Apney Charan Badhaao, Dwaar Para Main Terey, Om Jaya Jagadeesha Harey
Vishaya Vikaar Mitaao, Paap Haro Devaa Swami Paap Haro Devaa Shraddhaa Bhakti Badhaao, Shraddhaa Bhakti Badhaao Santan Ki Sevaa, Om Jaya Jagadeesha Harey
Tan Man Dhana Sab Hai Tera, Swami Sab Kuchh Hai Tera, Tera Tujhko Arpan, Tera Tujhko Arpan, Kyaa Laagey Mera. Om Jaya Jagadeesha Harey

Jain Aarti

Jay jay arati aadi jinanda, naabhiraya maroodevi ko nanda,

Pehli arati puja kije, nar bhav paami ne laho leeje;

Dusri arati din dayala, dhuleva mandal me jag ajuwala,

Teesri aarti tribhuvan deva, sur nar indra kare tari seva,

Chauthi arati chaugati chure, man vanchith fal shiva sukh pure,

Panchmi aarti punya upaya, mulchande rushabh guna gaaya

Jay jay arati aadi jinanda, naabhiraya maroodevi ko nanda.

Mangal Devo

Deevo re deevo prabhu mangalika deevo,
Aarati utari ne bahu chiranjeevo
Sohamanu ghar parva dewali,
Ambar khele amra bali
Deepal bhane ane kul ajuwali,
Bhave bhakte vigna nivari
Deepal bhane ane ae kali kale,
Arati utari raja kumarpale,
Ama ghar mangalika, tum ghar mangalika,
Mangalika chaturvidha sangh ne hojo.

HTS Balvihar
Code of Conduct

The Allentown Hindu Temple Society strongly believes that the Bal-Vihar students should reflect the standards of the Sanatana Dharma belief and stand up for the rights and well-being of others. The following guidelines are provided for students, teachers, and parents to work together to establish a learning environment to foster mutual respect, trust, and personal caring:

1. On the BalVihar day, encourage the kids to take bath, wear clean clothes and be comfortable yet conservative. If they want to wear traditional clothes, this is the place for it.

2. Do not bring chewing gum, bubble gum, candy or toys to the class.

3. Put your shoes in the shoe cubicle and coats on the hangers.

4. If you have come early, please help in preparing for Mantra or class setup.

5. Enter the class quietly. Be enthusiastic. Show it with a smile.

6. Be considerate of students younger than you.

7. We follow Guru Parampara, so be respectful to your teachers and listen attentively to your teachers.

8. Maintain sanctity, cleanliness, discipline and an overall pleasant atmosphere in the building.

9. If you see any mess on the floor, please clean it. Do not worry who did it. We work as a family.

10. When you come to the Aarti, sit with your group in front of the deities respectfully.

11. Parents shall help their children complete reading or writing assignments on time. On the Friday before Balvihar, check to make sure that your child has done the homework and help them revise the material. When you leave home, make sure that your book bag contains this Mantra Folder, their Religion book, Language book, notebooks, and pencil case.

12. An absent student must catch up with the class with the help of his classmates. The teachers shall not make concession for the absent students.

13. We welcome parents staying back in Temple; however, we cannot guarantee your wish to attend the classes unless they are 5, 6 or 7 years of age, or need special attention / have anxiety. Please do not bring friends and cousins of the student to attend without checking with the teacher at least few days in advance. Younger siblings should not disturb the classes.

14. Rules governing official Balvihar Graduation: Student should have attended Religion 3, 4 and 5 with HTS Balvihar or similar Sunday School during school grades 5 through 9. They should present on a topic under the mentorship of Religion 5 teacher. They should have proper attendance and values reflected in their time at Balvihar.

15. Since last few years we have given admission to students from age 5, these are the students who might graduate in Grade 8. It has been our observation in last decade that students who graduate in 9th grade manage to retain a lot of benefits of moral, cultural and ethical value when they study Bhagawad Gita in High school rather than Middle school. We will not make any exceptions for kids who did not join HTS Balvihar from other grade levels to graduate early.

16. Please signup to join our Seva groups who take turn to bring Fruits or Snacks on Balvihar Sundays. Families who take turns bringing Prasad will bring 50 servings of whole (not cut) fruit, such as apples, pear, banana, oranges. Produce Junction has worked well for us in the past. Please do not bring candies, cake, etc. which are likely to contain eggs. We have a similar system for snacks. We buy snacks which are nut free from Bulk stores. If you give us the receipt, we will gladly reimburse you.

17. Every Family takes turns to provide Seva at the Mandir. We have a sign up set up for that to pick a date of your choice. Here is what you would do:
    Arrive at 9:15 am, wash the fruits from the kitchen and set up near Bhagwan area.

    - As the students come in, check that all the shoes are placed properly in the racks in the shoe room. Help maintain discipline during the assembly.
    - Set up whiteboards from library to all the designated teaching areas.
    - When you come to pick your child up, after Satsangh: Help teachers put things away, clean the white board and clean the classroom floor, Temple Hall, basement of all trash left by students.
    - Go around all the study areas to make sure no students are left behind. You are free by 12:45 or 1 pm.
    - You will receive an email in advance based on the signups, so sign up early!

18. Our Dear Balvihar Café partners provide us with warm breakfast and lunch on Balvihar Sunday mornings. We must make sure that while we use their services for Tea, Coffee, and other menu options, we do not disturb the class in sessions. If you need to make large orders for your takeout, then please do so in advance so that Balvihar Families may be able to purchase lunch after the Satsangh for the hungry kids.

We thank you for joining our Balvihar Family and hope that together we can bring harmony and enlightenment for our community's youngest members, Our children.

Namaste.