Apostila do Curso

– acompanha o cd –

Canções e Mantras de Sri Chinmoy

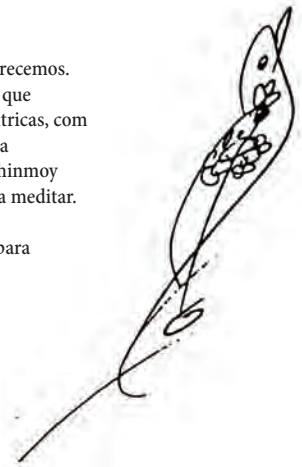
Sri Chinmoy Centre Brasil

"Each soulful song I sing
Is a gratitude-flower
From my heart
To my Beloved Lord Supreme."
– Sri Chinmoy

SOBRE ESTA APOSTILA

Esta é uma coleção de canções mântricas de Sri Chinmoy gravadas pelo Agnikana's Group, organizadas por alunas da República Tcheca sob o nome "Song-Flowers 1".

Essas canções serão utlizadas durante os dias de curso que oferecemos. Você também pode aprendê-las em casa, com o auxílio do CD que acompanha o livreto. O CD também tem outras melodias mântricas, com arranjos para instrumentos musicais, que você pode ouvir para inspiração no seu dia. E o segundo CD tem gravações de Sri Chinmoy tocando, que você pode ouvir durante o dia ou até mesmo para meditar.



Se quiser encontrar mais leituras, músicas e vídeos gratuitos para inspiração e meditação, visite:

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www.rjmeditacao.com
www.meditacaobrasil.com
br.srichinmoycentre.org

Sri Chinmoy
(1931-2007)

ABOUT THE COMPOSER OF THE SONGS

Sri Chinmoy, a contemporary spiritual Master and a man of profound inner peace, was born in 1931 in Bengal and lived in New York from his arrival in 1964 to his passing in 2007. To sincere seekers around the world, he offered the "Path of the Heart"—a simple, yet uniquely rich spiritual path, combining harmoniously the timeless wisdom of the East with the dynamism of the West. Sri Chinmoy showed how to realize our own highest, all-fulfilling Reality within us through the inner silence of meditation, love, joy and self-offering. For this quest, he brought inspiration and loving encouragement through hundreds of his writings, songs and paintings, concerts of meditative music and his entire life of ceaseless energy, creativity and deep love.

For more information, please visit www.srichinmoy.org.

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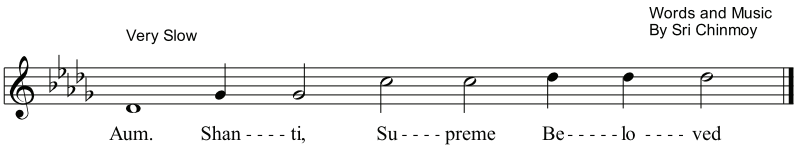
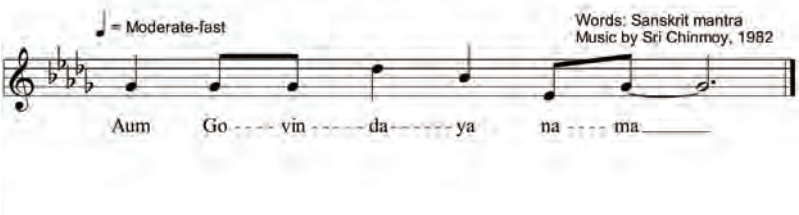
1. Aum Shanti Supreme Beloved



Aum. Shanti, Supreme Beloved.
*(mantra for inner and outer peace)**

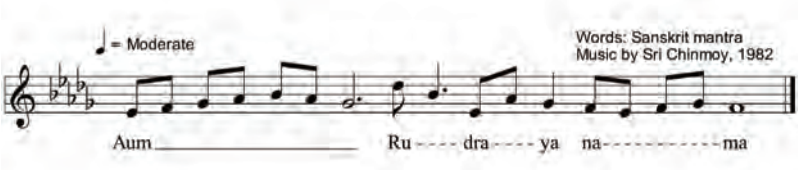
2. Aum Govindaya Nama



Aum. I bow to Lord Govinda.
*(mantra for protection)**

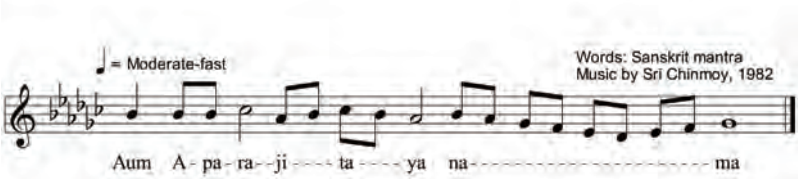
** editor's note*

3. Aum Rudraya Nama



Aum. I bow to Lord Rudra.
*(mantra for spiritual transformation)**

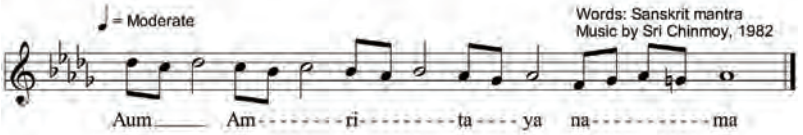
4. Aum Aparajitaya Nama



Aum. I bow to the Lord who never accepts defeat.
*(mantra for victory; never give up)**

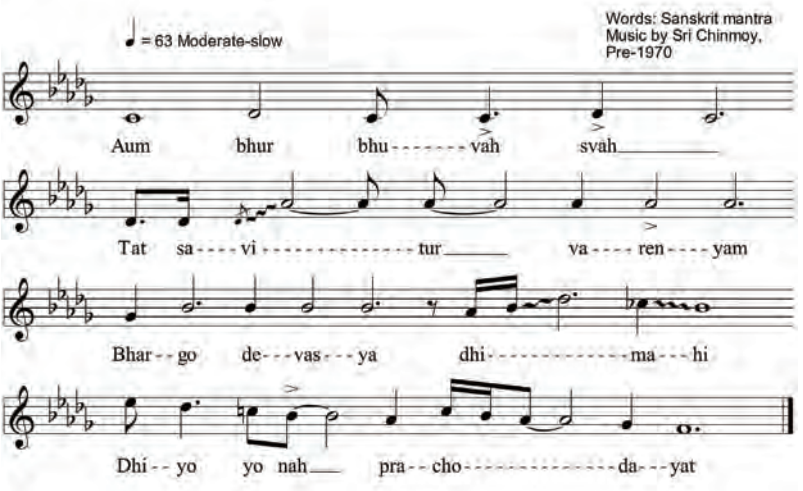
** editor's note*

5. Aum Amritaya Nama



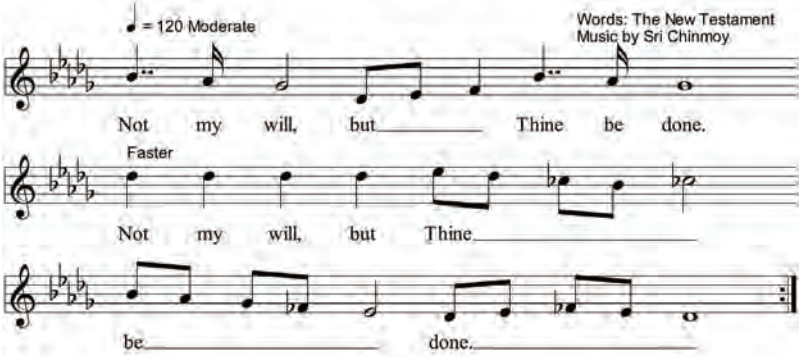
Aum. I bow to the Lord of Nectar.
*(mantra for joy, nectar-delight)**

6. Gayatri Mantra

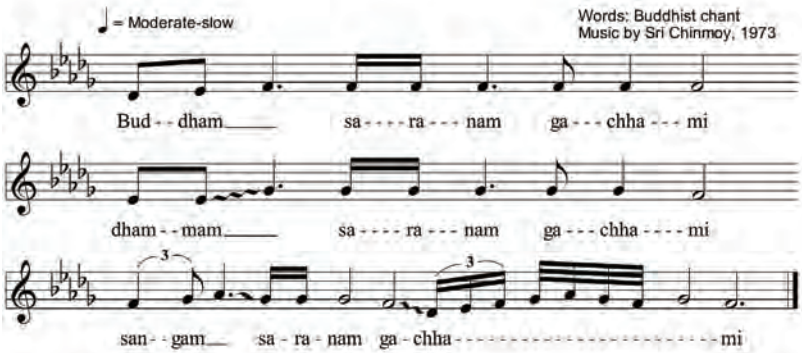


We meditate on the transcendental Glory of the Deity Supreme, who is inside the heart of the earth, inside the life of the sky and inside the soul of the heaven. May He stimulate and illumine our minds.

7. Not My Will

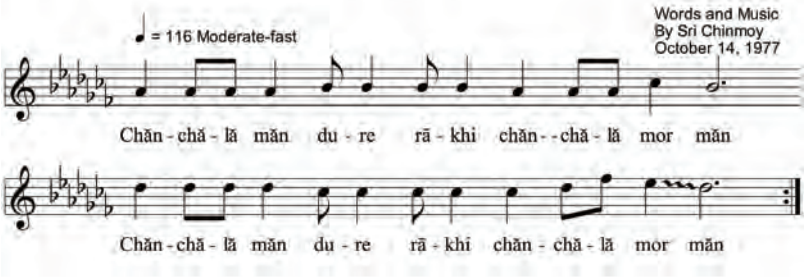


8. Buddham Saranam Gachhami



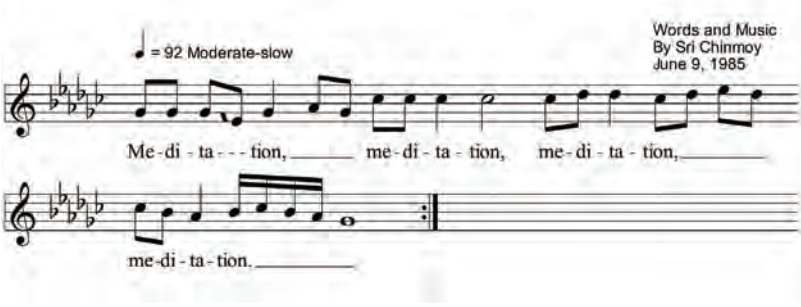
I go to the Buddha for refuge.
I go to the Dharma for refuge.
I go to the Order for refuge.

9. Chanchala Man



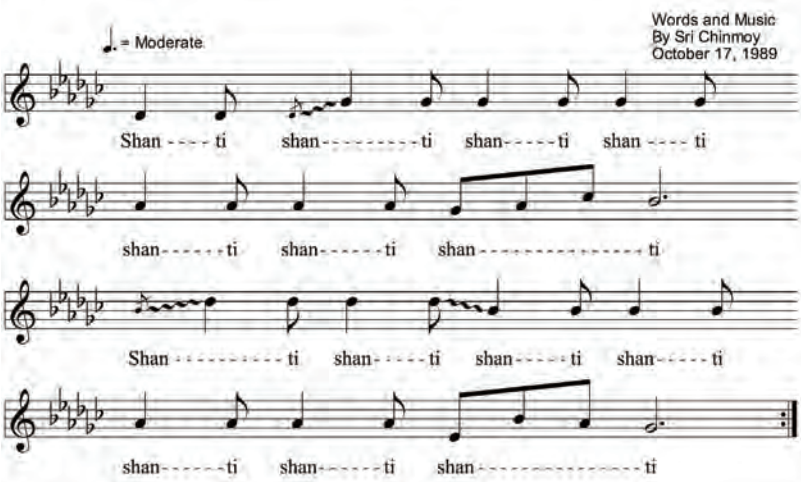
I keep aside my restless mind,
Always I keep it aside.

10. Meditation

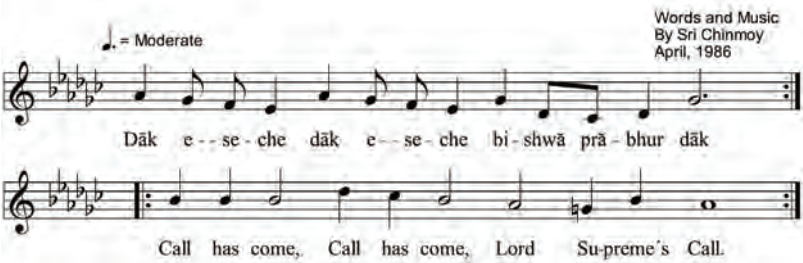


Meditation…

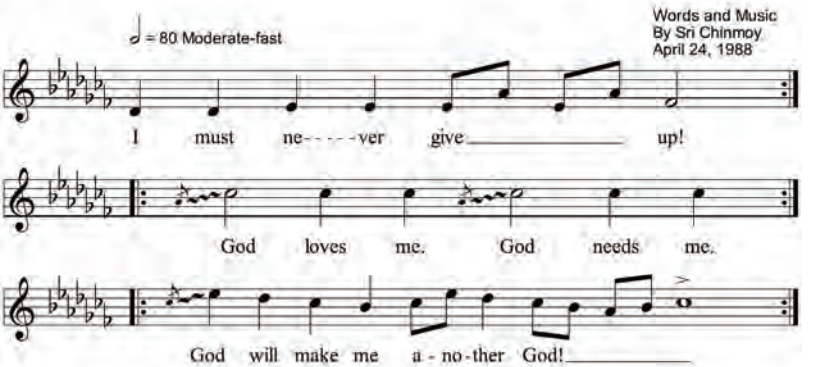
11. Shanti



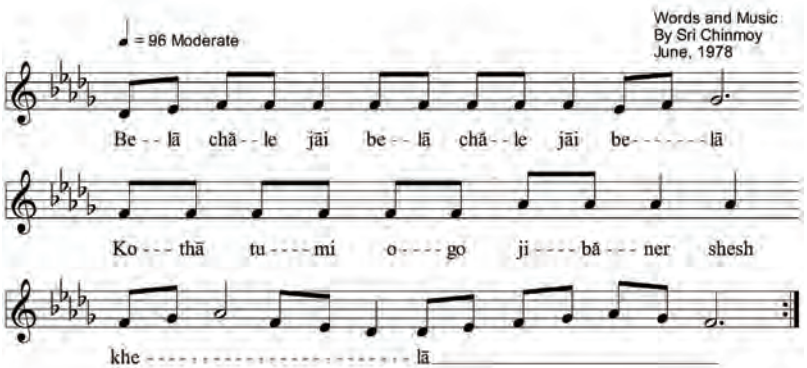
12. Dak Eseche / Call Has Come



13. I Must Never Give Up!

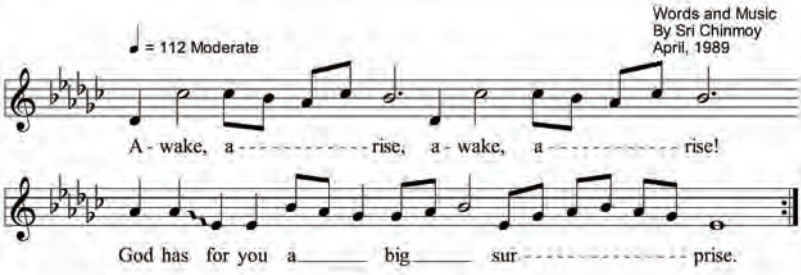


16. Bela Chale Jai



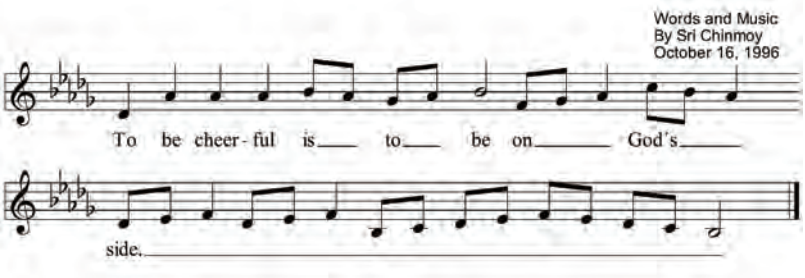
My time is passing away.
My time is passing away.
O where are You,
My life's last game?

19. Awake, Arise



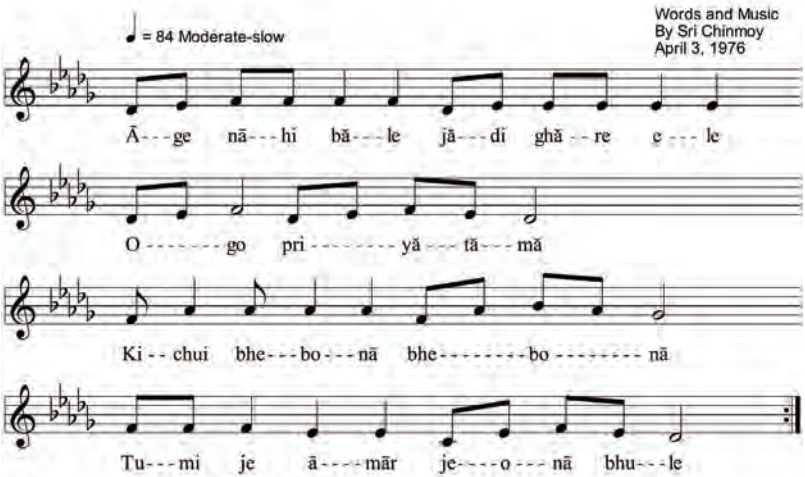
Awake, arise, awake, arise!
God has for you a big surprise.

20. To Be Cheerful



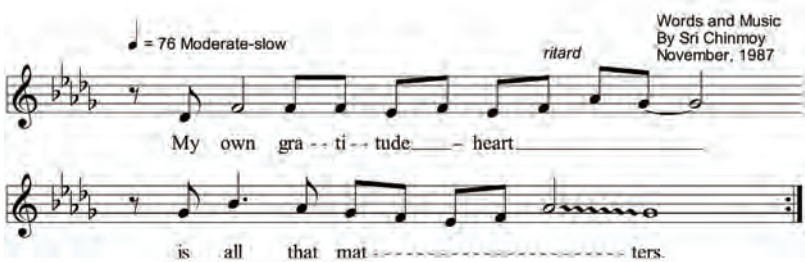
To be cheerful is to be
On God's side.

25. Age Nahi Bale

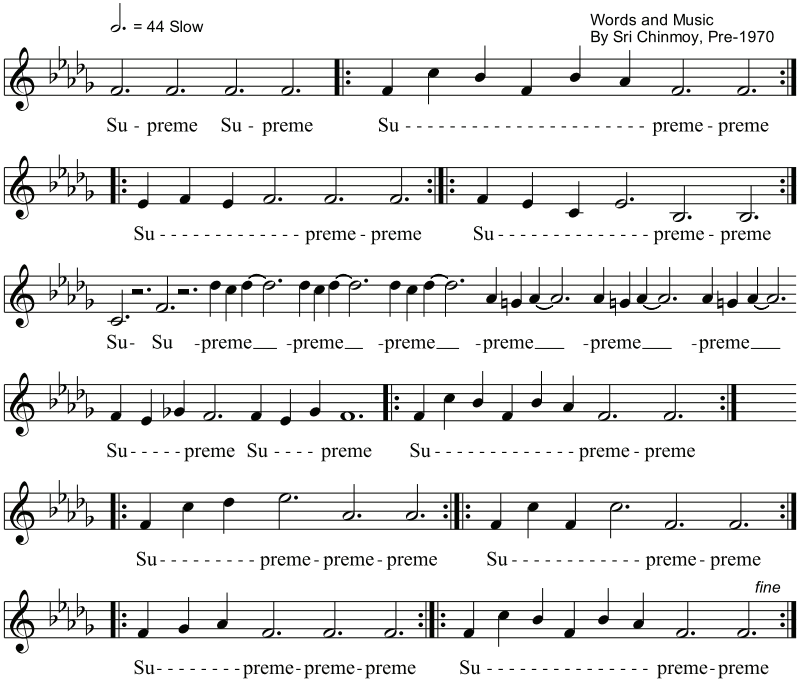


If You have entered into my heart's room
Without informing me,
O my Beloved Supreme,
Do not feel uncomfortable.
Do not forget You are my Eternity's All.

27. My Own Gratitude-Heart



30. “Supreme” Chant

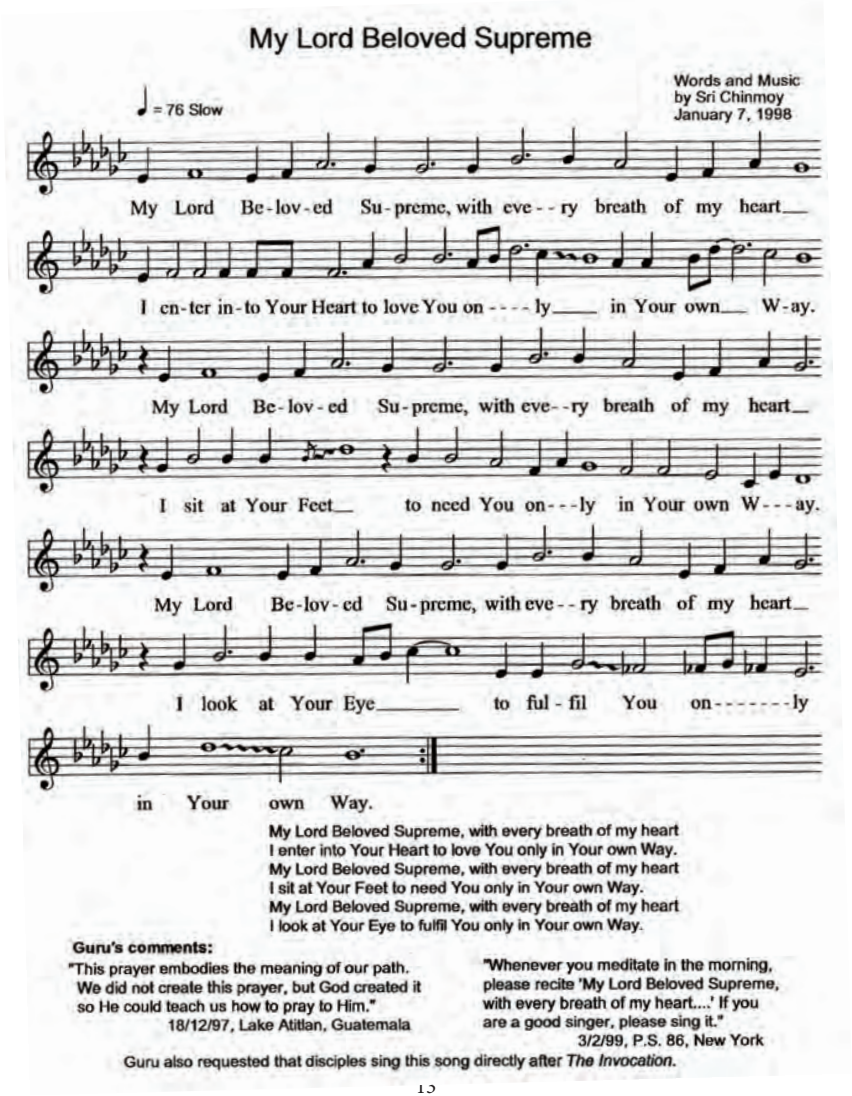


Supreme…

(Sri Chinmoy requested that this song never be arranged or harmonized.

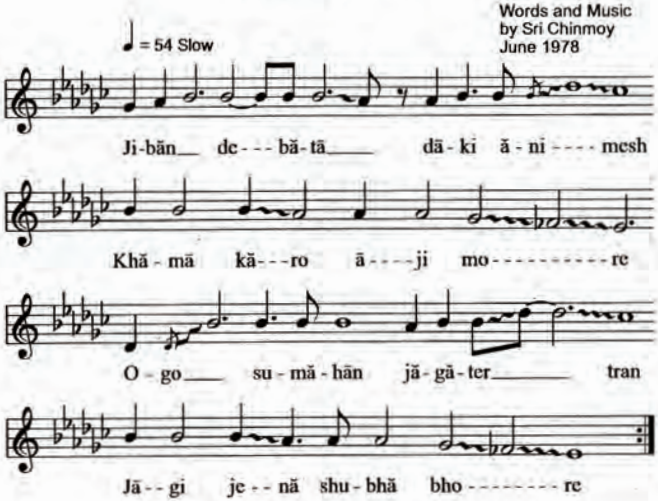
Apêndice:

Três canções sagradas



Jiban Debata

Words and Music
by Sri Chinmoy
June 1978



O my life's Lord Supreme,
Sleeplessly I invoke You
To forgive me today.
O great One, O world's Reality-Salvation.
May I be fully awakened
In purity's auspicious dawn.

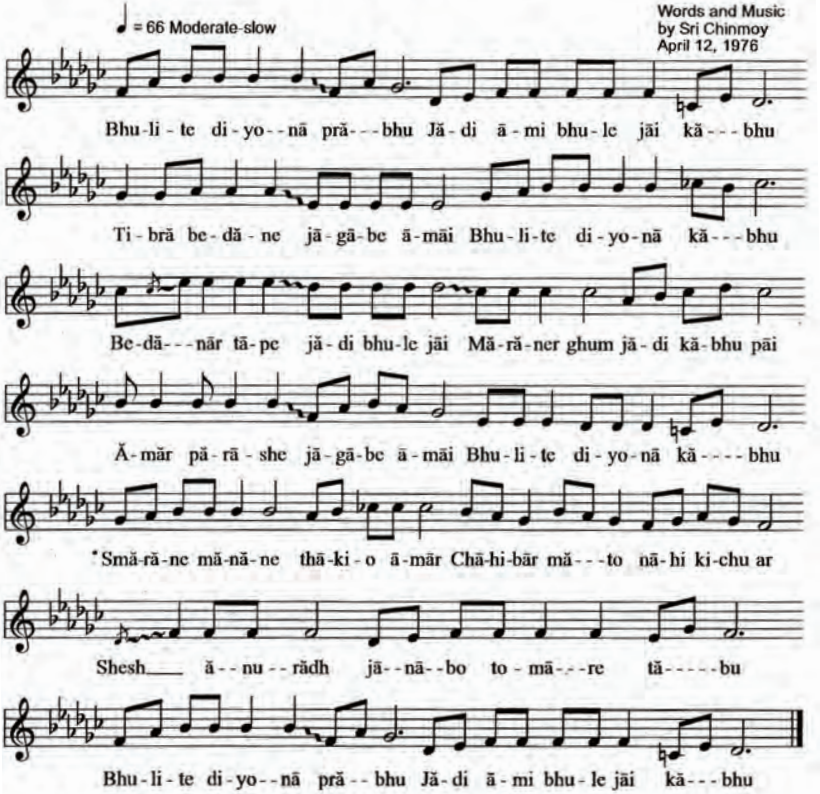
Guru's comments:

"As you know, I have written many songs on forgiveness. But one particular song, *Jiban Debata*, is absolutely of the highest height, like the sacred Sanksrit mantras. If this one song you can sing from the very depths of your heart, you will get not only forgiveness but also real purification and real illumination. Illumination and purification go together; they are inseparable. If there is purification, then illumination comes. If illumination comes, there has to be purification as well. So you have to cry for purification and illumination simultaneously. Especially when you sing the words *daki animesh* ("Sleeplessly I invoke You") and *jagater tran* ("O world's Reality-Salvation"), you have to give your whole heart totally. At that time you have to feel that you are nothing but the aspiring heart. Feel that throughout the centuries you have been aspiring and now, while you are singing these words, you have become the heart. I am begging you all to sing this song most, most, most soulfully so that our Beloved Supreme will forgive you and give you new hope, new inspiration, new aspiration and new dedication."

25 December 1986
Viña del Mar, Chile

As with *The Invocation*, Guru requested that disciples always fold their hands while singing or listening to this song.

Bhulite Diyona Prabhu



* pronounced "Shā"

Lord, allow me not to forget You.
If ever I forget You, do torture my heart ruthlessly.
If excruciating pangs shall compel me to forget You,
Do awaken me with Your infinite Compassion.
My Lord, if ever the sleep of death attacks me,
Do come and protect me.
Do remain inside my sleeping heart.
I have not asked You for anything meaningful and fruitful.
Do allow me not to forget You.

BENGALI PRONUNCIATION

The Bengali language has very subtle variations in pronunciation. These are difficult to translate into the English alphabet and spelling. The following are a few guides to the pronunciation of Bengali words.

Vowels:

ā	is pronounced as "ah"
ă	is rounded as in the word "saw"
i	at the end of a word is pronounced "ee" as in "feet"; e.g. hāri = hahree
e	at the end of a word is pronounced "ay" as in "play"; e.g. kole = ko-lay
(y)	when a word ends with "a" and the next word begins with "a", you often put a subtle "y" in between the words; e.g. "kripā(y) ăvătār" sounds like "kripāi ăvătār"
āi, āy	is pronounced "i" as in "light"; e.g. "sābāi" = "shah-bahee"
ăi, oi	is pronounced "oi" as in "boy"
ei	the letters "ei" are pronounced separately like "ay-ee"
au	the letters "au" are pronounced "o" as in "no"; e.g. "chaudike" = "chodeekay"

Consonants:

s	is always pronounced "sh" whether or not an "h" follows the "s"
r	is always flipped or rolled as in the French and Spanish languages and is never pronounced as an American "r" (rather)
g	is always hard as in "girl"
th	is always pronounced as "t" in "toy". Do not pronounce the "h" with the "t" as you do in "think"
ph	is always pronounced as "f" in "friend"
w	if it is after consonant, most of the time it is not pronounced; e.g. "jwālo" [jah-lo]