



Dear Budding Bhajanists,

Radhe Krishna

PRELIMINARIES TO START BHAJAN

The basic of Naama Sankeerthanam is the Mahamantra RAAMA RAAMA, which is called the Tharaka Manthram. It is capable of giving us relief from the worldly tests and tribulations and helps us gain purity of mind and peace within. Merely chanting this Manthra silently as a Japam also is more effective. You should do Raama Japam daily as many times as possible to give you quite mind and sharp intellect, which will help you in your studies even. Generally, therefore, Bhajan is commenced with RAAMA NAAMA JAPAM for a few seconds.

As in Carnatic Music, first of all, we should set a Sruti (pitch) in the sruti box or Harmonium which is convenient for all to sing. Generally for children it is Panchamam or 5 kattai Sruti. Some may have Madhyamam i.e. 4 Kattai sruti. This should be first set looking to the capacity of all participants. Then start Sruti and then match your vocal cord to that by uttering the following Pundareekams matching to that Sruti. The first part of the Pundareekam should be said by one and all others should say in chorus the second part. This is to set ourselves to Sruti and to make us practice concentration (Laya) on Naama. (In Carnatic Music you are asked to repeat SAA PAA SAA PAA SAA in the given pitches to set you to sruti.).

PUNDAREEKAMS:

SARVATHRA GOVINDA NAAMA SANKEERTHANAM - GOVINDAA GOVINDAA

SIDDHI VINAYAKA MOORTHIKI - JAI

SARADAA DEVIKI - JAI

SATGURU MOORTHIKI - JAI

VETRIVEL MURUGANUKKU - HARA HARO HARA

SWAMIYE - SARANAM AYYAPPA

HARAHARA NAMAH PAARVATHI PATHAYE - HARAHARA MAHADEVA

RAJARAJESWARI DEVIKI - JAI

JAANAKI KANTHA SMARANAM - JAI JAI RAMA RAMA

GOPIKAA JEEVANA SMARANAM - GOVINDA GOVINDA

VENKATRAMANA SWAMIKI - JAI

PUNDALEEKA VARADE - HARI VITTALE

ANJANEYA MAHARAAJ KI - JAI

SAMASTHA BHAAGAVATHULAKU - JAI

SAKALA KOTI SANTHUNIKI - JAI

Then start the Bhajan with “HARI NAARAAYANA BHAJA NAARAAYANA” (Repeat this many times with different pitches and in different pace in Raaga NAATTAI as demonstrated in the class). At the end repeat the first Pundareekam.

Achalabhakthan