

Guru Sloka

Om Namah Shivaya - Om Namah Shivaya
Om Namah Shivaya Gurave
Satchitananda Murtaye
Nishprapanchaya Shantaya
Niralambaya Tejase

Om Namah Shivaya means "I bow to Shiva" Shiva is the supreme reality, the inner Self. It is the name given to consciousness that dwells in all. Shiva is the name of your true identity - your self.

Om Namah Shivaya Gurave:

I offer myself to Lord Shiva, the Auspicious One, who is the true teacher Within and Without.

Satchitananda Murtaye:

Who Assumes the forms of Reality, Consciousness and Bliss.

Nishprapanchaya Shantaya:

Who is never absent and is full of peace.

Niralambaya Tejase:

Independent existence, the vital essence of illumination.

Traditionally this is the 16th verse from the Guru Stotram of the Sivananda lineage.