Advice to children

स्वामीशिवानन्दस्य बालकोपदेशः:

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God created you, your brother, sister, father, mother, friend and your relatives.

He created the sun, moon and the stars.

He created the animals and the birds.

He created the mountains, rivers and trees.

He created the whole world.

1
He dwells in your heart.
सः तव हृदये निवसितः।
He is everywhere.
सः सर्वत्र अस्ति।
He is all-pervading.
सः सर्वव्यापकः अस्ति।
He is all-knowing.
सः सर्वज्ञः अस्ति।
He is all-powerful.
सः सर्वशक्तिकाऽन् अस्ति।
He is all-merciful.
सः सर्वेशु दयाः अस्ति।
He is all-loving.
सः सर्वेशु स्नेहितः अस्ति।
He is all-blissful.
सः सम्पूर्णः आनन्दमयः अस्ति।
Your body is the moving temple of God.
तव देहः तस्य चर्मनिदिर्शम् अस्ति।
Keep the body pure, strong and healthy. २
(अतः) देहम स्वद्यम स्वद्दम निरोगि च तवम रक्ष। २
God is Love.
ईश्वरो हि प्रेम।
God is Truth.
ईश्वरो हि सत्यम्।
God is Peace.
ईश्वरो ज्ञानिः।
God is Bliss.
ईश्वरो ह आनन्द।
God is Light.
ईश्वरो ज्ञानिः।
God is Power.
God is Knowledge.

Realise Him and be free.

Do Kirtan daily morning and night.

Pray daily.

Offer flowers to Him.

Prostrate before Him.

Offer sweetmeats to Him and then eat.

Place light before Him.

Burn camphor before Him.

Do Arati.

Put garland on Him.

Pray to Him daily.

He will give you everything.

Keep a picture of God in your room.

Worship Him daily.
All your desires will be fulfilled.  

Offer this morning prayer to God, everyday:

"O Lord of this world! Prostrations unto Thee!
Thou art my Guru, real Mother, real Friend

and real Guide.

Protect me. I am Thine. All is Thine.

Thy Will be done."

"O Adorable God! Salutations unto Thee. Give me pure intellect.
Make me pure. Give me light, strength, health and long life. Make me a good Brahmachari."

"O Almighty Lord! Remove all my evil qualities.
Make me virtuous. Make me a patriot. Let me love my mother-country."

Before you retire to bed at night, offer this prayer to God:

"O Lord of this world! Prostrations unto Thee!
Thou art my Guru, real Mother, real Friend

and real Guide.

Protect me. I am Thine. All is Thine.

Thy Will be done."

"O Adorable God! Salutations unto Thee. Give me pure intellect.
Make me pure. Give me light, strength, health and long life. Make me a good Brahmachari."

"O Almighty Lord! Remove all my evil qualities.
Make me virtuous. Make me a patriot. Let me love my mother-country."

Before you retire to bed at night, offer this prayer to God:
“O Sweet God! Forgive my sins and wrong actions.

मधुरेश्वर पापानुक्षमस्य दुःख्यताम् में च।

I thank You for all Your gifts.

आभारितः अस्मि तव दानगणे: च सर्वे।।

You are very kind to me.

त्वमै दयालुः असि भूरिदयायम् करोपि।।

Let me remember You always.”

नित्यम् तव आस्मरणाम् अस्तु मम अन्तरखः।।

“Make me dutiful. Give me success in my examination. Make me a good, brilliant boy. (Make me a good, brilliant girl.)

धर्मं रतिम् सक्त्यताम् च परीक्षणं में मेधाविनम्/मेधाविनीम् कुरु विभो भवते।।

Adorations unto Thee.”

नमस्ते।

“Give me good memory. Let me love all. Let me serve all.

Let me see You in all.

देहि स्मृतिम् उद्धतिम् प्रणयानि सर्वान् सेवैः मम लघु दर्शि: सक्त्यत्य भूयात्।।

Make me prosperous. Protect me, my father, mother, grandfather, grandmother, brothers and sisters.

Glory unto Thee!” 9

ऋषिक्षित्म प्रदेहि महाम् पाहि माम् पितरम् जननीम् च तात्पितरम् पितामहीम् वन्नूत तथा च भगिनीम्।।

स्वस्तिस्म प्रभो त्वम् असि कीर्तियशः प्रदाता।। 9

Dear Govinda! Do not fight with your brother, sister or classmates. Obey your parents and teachers. Do not smoke. This is a bad habit. You will get disease from smoking. Give up bad company. 10

वत्स गोविन्दः कलहम् मा कुरु भ्रात्रा भगिन्या वंगित्रे: वा। पित्रो: गुरोः च आज्ञान्वित: भव। मा कुरु ध्यानम्। पत्तु वै व्यस्तम्। ध्यानपानकरणे।
Do not use vulgar words. Do not abuse anybody.
Be kind to all. Serve all. Love all. Respect elders.

Study your daily lessons well. Stand first in the class. Do not play much. Do not kill bugs and scorpions. Do not waste time.

Don’t play cards. Playing cards will make you a wicked boy.

Don’t go to cinema. But do go to the temple daily and worship the Lord. Take flowers, camphor and fruits when you go to the temple.

Don’t hate anybody, but do love all. Give a pie to a blind man. Wash the clothes of your parents. Never become angry towards your parents and others.

Anger is very bad. It will spoil your health. You will spoil your name. You will do wrong actions if you become angry.
मा कर्मार्पि द्वेषम् कुरु । सर्वेषु प्रीतिम् कुरु ।
अन्यजनाय वरातकम् देहि । पित्रोऽवश्यः क्षालय िं।
पितुः स्वामः मा कदापि कुर्य । अन्येमः अपि मा कुर्य ।
कोऽधः हि दुः । कोऽधः तव स्वास्थ्यम् हरिष्यति ।
तव नाम च आविष्कर्षम् करिष्यति । यदि कोऽधम् करिष्यसि
त्वम् अकार्यांगि करिष्यसि । १४

God watches your thoughts. Don’t hide your
thoughts. Be frank. Be pure in your thoughts, words
and actions.  15

ईश्वरः तव विचारान् पञ्चति । स्वविचारान् मा
अपहृति । स्पष्टः भव । विचारेषु वचनेषु कर्मसु च
शुद्धः भव । १५

Worship Lord Surya, the Sun-God, on Sundays.
Repeat ‘Om Mitraya Namah’, ‘Om Suryaya
Namah’, ‘Om Adityaya Namah’. Lord Surya will
give you good health and vigour and good eyesight.  16

सूयदेवम् रविवासेरे भज । पुनः पुनहः बृहि:।
ॐ मित्रयाः नमः । ॐ सूर्याय नमः । ॐ आदित्याय नमः ।
सूयदेवः तुष्यम् स्वास्थ्यम् शक्तिम् दृष्टि-सामर्थ्यम्
च दार्श्यति । १६

Worship Lord Shiva on Mondays. Worship Devi on
Tuesdays and Fridays. Worship Guru on
Thursdays. Worship Hanuman on Saturdays. You
will get plenty, peace, prosperity and success!  17

सोमवासरे भगवन्त्मृ शिवम् भज । भोमवासेरे
शुक्ववासेरे च जगद्वामुः भज । गुरुवासेरे गुरुम् भज ।
शान्तिवासेरे हनुमान्त्मृ भज । त्वम् बाहुल्यम् शान्तिम्
समुद्रिम् सफ़लताम् च अवाप्यसि । १७

Lord Brahma is the creator of this world. Sarasvati,
Goddess of learning, is His Sakti or energy or wife.  
Lord Vishnu is the preserver of this world. Goddess LakShmi is His Sakti, energy or wife. She is the Goddess of wealth. Lord Shiva is the destroyer of this world. Uma or Parvati is His Sakti, energy or wife. Lord Ganesa is His eldest son. Lord Subrahmanya is His second son! 18

Lord Ganesa removes all obstacles. Lord Subrahmanya gives all success and strength. Worship them with faith and devotion. You will get Bhakti (devotion), Bhukti (happiness) and Mukti (liberation). 19

God loves you. He gives you many good things. He gives you food to eat and clothes to wear. He has given you ears to hear, eyes to see, a nose to smell, tongue to taste, hands to feel and work, and legs to walk. 20
You cannot see God with your fleshy eyes but He sees you. He takes care of you. He knows all that you do.  

21

He is very kind to you. Love Him. Praise Him.

Sing His Name and glory. Pray to Him to keep you away from all sins. He will be pleased with you. He will bless you.  

22

O David! Look at the rose! How beautiful it is! What a fine fragrance it has. You love it. You pluck it and smell it. Can a scientist produce a rose? You can make a paper-flower which may look beautiful but it has no sweet smell.  

23

The rose soon fades and loses its beauty and fragrance. You throw it away. It is perishable. Its beauty lasts for a few minutes. Who has created the beautiful flower? This Creator is God. He is Beauty of beauties. He is everlasting Beauty. Attain Him. You also will possess eternal beauty. Beauty is God. Always discriminate between the real and the unreal.
There is only one God. But His names and aspects are endless. Call Him by any name and worship Him in any aspect that pleases you. You are sure to see Him and get His grace and blessings.  

Brahma, Vishnu and Shiva are the three Forms of the one God of the Hindus. Allah is the God of Muslims. Jehovah is the God of the Jews. The Father in Heaven is the God of Christians. Ahura Mazda is the God of the Zoroastrians.  

God is the Aim of all religions. Every religion points out the way to attain God. God is the central topic of every religion.
Do not fight with your Christian friends. Do not fight with your Muslim friends or Parsee friends. Their religions also lead them to God just as your religion does. You can reach the same destination by travelling through any of the paths leading to it. “All paths lead to God.” Bear this in mind. 28

Purity, charity, control of the senses, penance, truthfulness, absence of hatred and pride will help you to attain God. 29

Please send corrections to Haresh BakShi hareshbakShi at hotmail.com

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