

Spirituality in a Time of Crisis: Responding to the Coronavirus from the Hindu Tradition

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1. Selected Sanskrit Prayers for the Welfare of the World

Om sarve bhavantu sukhinah. Sarve santu niraamayaah. Sarve bhadraani pashyantu. Maa kaschid dukha bhaag bhavet

“May all beings be happy. May all beings be healthy. May all beings experience prosperity. May none in the world suffer.”

Asato maa sad gamaya / Tamaso maa jyotir gamaya / mrtyor maa amrtam gamaya

Lead me from the apparent to the real, lead me from darkness to light, lead me from death to immortality

Lokaah samastaah sukhino bhavantu

May all beings be always happy.

Om shanti, shanti, shanti

Om, peace, peace, peace

Many Hindus meditate on this Sanskrit word, “Shanti,” thereby invoking inner peace and radiating the same in external circumstances.

2. Selected Sanskrit Prayers for Good Health & Surrender

Tvameva Maata cha pitaa tvam eva

Tvameva Bandhus cha Sakhaa Tvameva,

Tvameva Vidyaa Dravinam Tvameva,

Tvameva Sarvam Mama Deva Deva

“O God of all Gods, you alone are my mother, my father, my friend, the knowledge and wealth. You are everything to me.”

Buddhi hina tanu jaanike, sumirau pavana kumaara

Bala buddhi bidyaa dehu mohi harahu kalesa bikaara

Realizing the inadequacy of my intellect, I meditate upon you, Hanuman (son of the wind god). Grant me strength, intelligence and true knowledge, and remove all my afflictions and blemishes

For the complete prayer, see [“Hanuman Chalisa”](#)

[Vishnu Sahasranaama](#) – Chanting 1000 names of Lord Vishnu. Devout Hindus believe that chanting this channels one’s thoughts towards positivity:

[Lalitha Sahasranaama](#) – Chanting 1000 names of Goddess Lalitha (Devi)

Two names of the Goddess are of special significance as they hail her as the Curer of All Ailments:

551 – **Om Sarva Vyaadhi Prashamanyai Namah** / She who removes all diseases.

552 – **Om Sarva Mrutyu Nivaarinyai Namah** / She who removes all types of death.



3. Resource Organizations

Chinmaya Mission (www.cmsj.org) The Chinmaya Mission was founded in 1953 by Swami Chinmayananda, with the primary aim of providing to individuals from any background the wisdom of Vedanta and practical means for spiritual growth and happiness, enabling them to become positive contributors to society.

Hindu American Foundation (www.hinduamerican.org) is a non-profit advocacy organization for the Hindu American community.

Vedanta Society - an organization based on the traditions of Vedanta as interpreted and embodied in the lives and teachings of Sri Ramakrishna and Swami Vivekananda.

The Art of Living - Operating in 156 countries, The Art of Living Foundation is a non-profit, educational and humanitarian organization founded in 1981 by Sri Sri Ravi Shankar, with the philosophy: "Unless we have a stress-free mind and a violence-free society, we cannot achieve world peace."

4. Resource Literature

The Holy Geeta – Commentary by Swami Chinmayananda

The Upanishads – Translation by Eknath Easwaran

Hinduism - Frequently Asked Questions (published by Central Chinmaya Trust)

Why I am a Hindu – Shashi Tharoor

Practical Vedanta – Swami Vivekananda

Bhaja Govindam – Adi Shankaracharya

The Spiritual Teaching of Ramana Maharshi - foreword by Carl Jung

Hinduism Today - quarterly magazine by the Himalayan Academy (Read Free Online:

<https://www.hinduismtoday.com> or on the Mobile App: <https://apps.apple.com/us/app/hinduism-today/id1023295974>)

5. Other Resources

iOS App: Gita 365. This mobile app has been designed by the Chinmaya Mission in Houston. It offers daily 2-4 minute lectures on the Bhagavad Gita by the renowned spiritual teacher Swami Chinmayananda. Key Vedantic (Hindu spiritual) concepts are covered in a systematic way.